REV-01
BPT/57/28/33

2025/12

SET B

BACHELOR OF PHYSIOTHERAPY
SEVENTH SEMESTER
ALTERNATIVE MEDICINE
BPT – 704

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs. **Full Marks: 70**

Time: 30 min. **Marks: 20**

Objective

Choose the correct answer from the following: *1×20=20*

1. What is the magnetic field of earth?
   a. 1 G b. 0.5 G
   c. 11 G d. 0.1 G
2. Which of the following is not an asana of sitting posture?
   a. Ustrasana b. Dandasana
   c. Dradhasan d. Yogamudrasan
3. In Yajur Veda how many approximately medicinal plants description given?
   a. 293 b. 81
   c. 79 d. 67
4. Which one is not a contraindication of Bhastrika pranayama?
   a. Glaucoma b. Vertigo
   c. Peptic Ulcer d. Chronic Bronchitis
5. Which city in India National Institute of Naturopathy located?
   a. Ahmadabad b. Pune
   c. New Delhi d. Nagpur
6. Which type of yoga focuses primarily on exercise & physical techniques?
   a. Hatha yoga b. Raja yoga
   c. Jana yoga d. All of the above
7. International Yoga Day is celebrated on which date?
   a. 29 May b. 21 September
   c. 21 June d. 29 July
8. Gandhiji became a firm believer in Naturopathy after?
   a. Meeting Adolf Lust b. Reading Return To Nature
   c. Reading New Science Of Healing d. Talking with Louis Kuhne's
9. What is the meaning of "Sahasrara"?
   a. Throat b. Intestine
   c. Foot d. Crown

10. Which one is not a magnet south pole charactertics?
    a. Arthritis
    b. Hernia
    c. Insomnia
    d. Skin diseases

11. The Yin meridians originate from which organ?
    a. Heart
    b. Urinary bladder
    c. Liver
    d. Both b & c

12. Which type of Tai Chi may be beneficial for Arthritis?
    a. Sun
    b. Wu
    c. Yang
    d. Chen

13. Which chakra is not affected by Uddiyana bandha?
    a. Manipura
    b. Swadhisthana
    c. Vishuddhi
    d. Anahata

14. In Vipassana wisdom or insight is also known as?
    a. Silla
    b. Samadhi
    c. Panna
    d. Yamani

15. "Om Bhanave Namah" is the beej mantra of which sun salutation pose?
    a. Parvatasana
    b. Ashwa Sanchalanasana
    c. Hasta Utthanasana
    d. Padhahastanasana

16. Who is the author of hatha yoga pradipika?
    a. Patanjali
    b. Swatamarama
    c. Maharishi
    d. Gorakhnath

17. In Reiki "Rei" means what?
    a. Universe
    b. Soul
    c. Life energy
    d. Energy

18. Which Veda sanctity of sun god has been explained?
    a. Rig Veda
    b. Yajur Veda
    c. Sama Veda
    d. Atharva Veda

19. Study of toxic substance is done in which following Ayurveda discipline?
    a. Vajikarana
    b. Rasayana
    c. Kayachikitcha
    d. Agada Tantra

20. How many sub divisions of pranayama exits?
    a. 3
    b. 8
    c. 9
    d. 11

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Descriptive

Time : 2 hrs. 30 min. Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. Write an essay on Padmasana? What are the benefits of Makarasana? 7+3=10

2. Discuss physiological effects of Acupuncture with a suitable diagram? 10

3. When to avoid Shavasana? Explain Uddiyana bandha in detail? 3+7=10

4. List out 8 subdivisions of Pranayama. Mention science behind Ujjayi Pranayama effectiveness. Explain Bhastrika Pranayama & its benefits? 2+3+5 =10

5. What are the salient features of naturopathy? Write an essay on Mud therapy? 6+4=10

6. Write a brief note on power & types of Biomagnet? What is magnetized water-explain? What is the frequency of repetitive transcranial magnetic stimulation [rTMS] & its effectiveness? 4+3+3 =10

7. Explain mechanism of action or effects of reflexology? Draw a foot reflexology chart. 6+4=10

8. What are the principles & types of Tai Chi? What are the techniques & benefits of Reiki? 5+5=10

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