

**BACHELOR OF PHYSIOTHERAPY  
THIRD SEMESTER  
ALTERNATIVE MEDICINE  
BPT-704**

**SET  
C**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

**(Objective)**

Marks: 20

1×20=20

**Choose the correct answer from the following:**

- The aims and Objectives of Yoga Education is/are
  - Enable Students to have good health
  - Practice mental Hygiene
  - Possess emotional stability
  - All of the above
- Who is the author of the book named "Return to Nature"
  - Adolf Just
  - L. Kuhne's
  - Venkat Sharma
  - Venkat Sharma
- How many shlokas are there in Rig-Veda
  - 1082
  - 10000
  - 1028
  - 100
- In Pranayama what does "AYAMA" means?
  - Inhalation
  - Slow exhalation
  - Extension of life force
  - Control breathing
- What are the benefits of Yogasana?
  - Provides Flexibility
  - Promote Relaxation
  - Improves Metabolism
  - All of the above
- Which of the following not originates in Yin meridian?
  - Stomach
  - Urinary bladder
  - Gall bladder
  - Lung
- For treating arthritis which type of tai chi is best amongst the following?
  - Yang
  - Sun
  - Hao
  - Chen
- Who translated Kuhne's "New Science of Healing" book into Hindi language?
  - S.K.Swaroop
  - D.V.Chelapati Sharma
  - N.Mehta
  - J.P.Mehta
- In which Veda Magnetotherapy effectiveness mentioned?
  - Rig-Veda
  - Sambaed
  - Atharvaveda
  - Upanishad
- Sushruta is famous for which of the following?
  - Rig-Veda Author
  - Ayurvedic medicine
  - Naturopathy specialist
  - Science of surgery

11. Magnetic field of Earth is:  
 a. 0.5 Gauss  
 b. 1.1 Gauss  
 c. 5 Gauss  
 d. 10 Gauss
12. Dr William Fitzgerald is related to which alternative medicine area?  
 a. Reflexology  
 b. Magnetotherapy  
 c. Tai-Chi  
 d. Naturopathy
13. Uddiyana bandha mainly stimulates which chakra of the body?  
 a. Manipura chakra  
 b. Anahata chakra  
 c. Vishuddi chakra  
 d. Both a & b
14. "Root Lock" denotes which Bandhas?  
 a. Jalandhara bandha  
 b. Mula bandha  
 c. Uddiyana bandha  
 d. None of the above
15. Sphincter of Oddi contraction happens in which techniques?  
 a. Uddiyana Bandha  
 b. Mula Bandhana  
 c. Both A and B  
 d. None of the Above
16. Which asana from the following is performed in a sitting position?  
 a. Chakrasana  
 b. Ardh-Matsyendrasana  
 c. Mayurasana  
 d. Trikonasana
17. Sayagyi U Ba Khin was the divine practioner of Vipassana & he hails from which part of the world?  
 a. Burma  
 b. China  
 c. Japan  
 d. India
18. What is the first step of Ashtang Yoga  
 a. Niyam  
 b. Dhyan  
 c. Yama  
 d. Asana
19. Which asana is also known as Palm Tree Asana?  
 a. Tadasana  
 b. Trikonasana  
 c. Kapalbhathi  
 d. Bhujangasana
20. Which type of Asana should be avoided in Disc Prolapse?  
 a. Twisting Asana  
 b. Side Bend Asana  
 c. Forward Asana  
 d. Backward Asana

**( Descriptive )**

Time : 2 hrs. 30 mins.

Marks : 50

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

1. Discuss physiological effects of acupuncture with a Suitable diagram. 10
2. Give a historical insight to ayurvedic medicine. Elaborate basic doctrine principles of Ayurveda. 5+5=10
3. Write a brief note magnetized water & oil. What are biomagnets & its types & powers? 5+5=10
4. What are the salient features of naturopathy? Write a note on Mud Pack in detail. 5+5=10
5. Explain the following topics--- 5+5=10
  - a. Vipassana
  - b. Ujjayi Pranayama
6. Explain the Following: 5+5=10
  - a. Asanas For Relaxation.
  - b Elaborate Types of Pranayam and Explain any One
7. Explain Ashtanga Yoga in detail. Also explain principles of Magnetotherapy 5+5=10
8. Explain Asanas for Relaxation. Also explain benefits of Jalandhrabandha 5+5=10

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