

**BACHELOR OF PHYSIOTHERAPY
SEVENTH SEMESTER
ALTERNATIVE MEDICINE
BPT-704 [SPECIAL REPEAT]
[USE OMR SHEET FOR OBJECTIVE PART]**

**SET
A**

Duration: 3 hrs.

Full Marks: 70

(Objective)

Time: 20 min.

Marks: 20

Choose the correct answer from the following:

1×20=20

1. In Pranayama what does "AYAMA" means?
 - a. Inhalation
 - b. Slow exhalation
 - c. Extension of life force
 - d. Control breathing
2. Which of the following not originates in Yin meridian?
 - a. Stomach
 - b. Urinary bladder
 - c. Gall bladder
 - d. Lung
3. Who translated Kuhne's "New Science of Healing" book into Hindi language?
 - a. S.K.Swaroop
 - b. D.V.Chelapati Sharma
 - c. N.Mehta
 - d. J.P.Mehta
4. Sushruta is famous for which of the following?
 - a. Rig-Veda Author
 - b. Ayurvedic medicine
 - c. Naturopathy specialist
 - d. Science of surgery
5. "Root Lock" denotes which Bandhas?
 - a. Jalandhara bandha
 - b. Mula bandha
 - c. Uddiyana bandha
 - d. None of the above
6. Which of the following is not a asana of supine lying?
 - a. Naukasan
 - b. Setubandhasan
 - c. Sarpasan
 - d. Pavanmuktasan
7. Yoga word derived from Sanskrit which means?
 - a. Union
 - b. Posture
 - c. Spirit
 - d. Peace
8. Which of the following is not a asana of standing posture?
 - a. Tadasan
 - b. Dhruvasan
 - c. Trikonasan
 - d. Ustrasan
9. The final stage of Astanga is?
 - a. Samadhi
 - b. Niyama
 - c. Pratyahara
 - d. None of the above

10. What does "Hatha" means in yoga?
 - a. Sun & Moon
 - b. Light & Dark
 - c. Fire & Water
 - d. Wood & Fire
11. In which Veda Magnetotherapy effectiveness mentioned?
 - a. Rig-Veda
 - b. Sambaed
 - c. Atharvaveda
 - d. Upanishad
12. Uddiyana bandha mainly stimulates which chakra of the body?
 - a. Manipura chakra
 - b. Anahata chakra
 - c. Vishuddi chakra
 - d. Both a & b
13. What is Chakra?
 - a. Energy Center
 - b. Karma
 - c. Prayer Point
 - d. Mudra
14. Where is KUNDALINI located in our body?
 - a. Umbilicus
 - b. Brain
 - c. Base of The Spine
 - d. Heart
15. 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
16. Which of the following is not a asana of sitting posture?
 - a. Dradhasan
 - b. Dandasana
 - c. Vakrasana
 - d. Yogamudrasana
17. Which type of yoga focuses primarily on exercise & physical techniques?
 - a. Jnana yoga
 - b. Hatha yoga
 - c. Raja yoga
 - d. All of the above
18. What is the technique of controlling breath called?
 - a. Asana
 - b. Pranayama
 - c. Yama
 - d. Mudra
19. Dr William Fitzgerald is related to which alternative medicine area?
 - a. Reflexology
 - b. Magnetotherapy
 - c. Tai-Chi
 - d. Naturopathy
20. For treating arthritis which type of tai chi is best amongst the following?
 - a. Yang
 - b. Sun
 - c. Hao
 - d. Chen

(Descriptive)

Time : 2 hrs. 30 min.

Marks : 50

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

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| 1. | Write an essay on Pranayama. | 10 |
| 2. | Elaborate basic doctrine principles of Ayurveda. | 10 |
| 3. | Discuss Magneto therapy in detail. | 10 |
| 4. | What are the salient features of naturopathy? | 10 |
| 5. | Explain astangh yoga in detail. | 10 |
| 6. | Explain physiological effects, indications & contraindications of Acupuncture. | 10 |
| 7. | Explain the following topics- | 5+5=10 |
| | a) Reflexology | |
| | b) Vipassana | |
| 8. | Explain yoga for relaxation. | 10 |

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[3]