REV-01 BPT/61/31/36

2024/11

SET

A

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

1×20=20

Choose the correct answer from the following:

In pranayama Ayama stands for?

a. Life energyc. Extension of life energy

- b. Extension of life force
- d. Extension of soul power

2. Study of toxic substance is done in which of the following Ayurveda discipline?

- a. Vajikarana
- e. Kayachikitcha

- b. Rasayana
- d. Agada Tantra

3. Vishuddhi chakra is not related to which Suryanamaskar pose?

a. Hasta Utthanasana

b. Padahasthana

e. Parvatasana

d. Both a & b

4. Reflexology initiator Dr W Fitzgerald was in which profession?

a. ENT Surgeon

b. Neurophysiologist

c. Psychologist

d. Pathologist

5. Who is the author of hatha yoga pradipika?

a. Patanjali

b. Swatamarama

c. Maharishi

d. Gorakhnath

6. "Om Bhanave Namah" is the beej mantra of which sun salutation pose?

a. Parvatasana

b. Ashwa Sanchalanasana

c. Hasta Utthanasana

d. Padhahastanasana

7. In Vipassana wisdom or insight is also known as?

a. Silla

b. Samadhi

c. Panna

d. Yamani

8. Which chakra is not affected by Uddiyana bandha?

a. Manipura

b. Swadhisthana

e. Vishuddhi

d. Anahata

9. Which type of Tai Chi may be beneficial for Arthritis?

a. Sun

b. Wu

c. Yang

d. Chen

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i	h one is not a magnet south pole character rthritis b. somnia d. is the meaning of "Sahasrara"?

2

(<u>Descriptive</u>)

Time: 2 hrs. 30 min. Marks: 50

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

1.	Write a note on history behind Suryanamaskar & its types. Write an Explanatory note on Jalandhara bandha. What is Mahabandha?	4+5+1 =10
2.	Explain philosophy & principle of acupuncture. Write 6 absolute contraindication of acupuncture. What are the 6 techniques of Reiki?	4+3+3 =10
3.	Write an essay on Makarasana. When to avoid Shavasana?	7+3=10
4.	List out 8 subdivisions of Pranayama. Mention science behind Ujjayi Pranayama effectiveness. Explain Bhastrika Pranayama & its benefits?	2+3+5 =10
5.	How Naturopathy evolved in India? What are the principles of naturopathy? What are the physiological effects of calorie restriction & intermittent fasting?	4+3+3 =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.	Write a note on Vaisheshika & Nyaya School. What is Ashtanga Ayurveda? What are the 5 Mahabhutas in Ayurveda?	3+2+5 =10
8.	What are the principles & types of Tai Chi? Explain Reflexology 4 theories or mechanism of action.	6+4=10

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