

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

**SET
A**

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

(Objective)

Marks: 20

Choose the correct answer from the following:

1×20=20

1. In pranayama Ayama stands for?
 - a. Life energy
 - b. Extension of life force
 - c. Extension of life energy
 - d. Extension of soul power
2. Study of toxic substance is done in which of the following Ayurveda discipline?
 - a. Vajikarana
 - b. Rasayana
 - c. Kayachikitcha
 - d. Agada Tantra
3. Vishuddhi chakra is not related to which Suryanamaskar pose?
 - a. Hasta Utthanasana
 - b. Padahasthana
 - c. 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
 - c. Vishuddhi
 - d. Anahata
9. Which type of Tai Chi may be beneficial for Arthritis?
 - a. Sun
 - b. Wu
 - c. Yang
 - d. Chen

10. The Yin meridians originate from which organ?
 - a. Heart
 - b. Urinary bladder
 - c. Liver
 - d. Both b & c
11. Which one is not a magnet south pole characteristics?
 - a. Arthritis
 - b. Hernia
 - c. Insomnia
 - d. Skin diseases
12. What is the meaning of "Sahasrara"?
 - a. Throat
 - b. Intestine
 - c. Foot
 - d. Crown
13. 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
14. International Yoga Day is celebrated on which date?
 - a. 29 May
 - b. 21 September
 - c. 21 June
 - d. 29 July
15. Which type of yoga focuses primarily on exercise & physical techniques?
 - a. Hatha yoga
 - b. Raja yoga
 - c. Jana yoga
 - d. All of the above
16. Which city in India National Institute of Naturopathy located?
 - a. Ahmadabad
 - b. Pune
 - c. New Delhi
 - d. Nagpur
17. Which one is not a contraindication of Bhastrika pranayama?
 - a. Glaucoma
 - b. Vertigo
 - c. Peptic Ulcer
 - d. Chronic Bronchitis
18. In Yajur Veda how many approximately medicinal plants description given?
 - a. 293
 - b. 81
 - c. 79
 - d. 67
19. Which of the following is not an asana of sitting posture?
 - a. Ustrasana
 - b. Dandasana
 - c. Dradhasan
 - d. Yogamudrasan
20. Paracelsus discovered that magnets have healing properties in 14th century & he hails from which country?
 - a. France
 - b. Switzerland
 - c. Ukraine
 - d. Germany

-- --- --

(Descriptive)

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 |

= = *** = =