



School: School of Science
Program/s: BMS
Year: 2nd **Semester:** 3rd
Examination: End Semester Examination
Examination year: December - 2022

Course Code: BM311, **Course Name:** **Alternative Medicine Systems**

Date: 07/12/2021

Time: 8.30 am to 10.30 am

Total Marks: 40

Total Pages: 03

Instructions:

- All the Questions are Compulsory
- Please read the questions carefully and answer accordingly
- Draw a neat and labeled diagram wherever necessary.

Q.1. Objective questions [Fill in the blanks, match the following, multiple choice questions]

Do as directed

(16 Marks)

1. What causes dryness in body?
 a) vata b) pitta c) kapha d) none of them
2. Complementary and alternative medicine (CAM) therapies focus on treating both the mind and the whole body, which means that CAM is part of a
 a) allopathic approach b) holistic approach
 c) psychological approach d) conventional approach
3. The alternative system of medicine based on the principle that "like cures like" is
 a) Ayurvedic medicine. b) homeopathic medicine.
 c) naturopathic medicine d) traditional Chinese medicine.
4. Chiropractic treatment often involves
 a) spinal manipulation b) herbal therapy c) prescription pain killers d) movement therapy
5. Naturopathy refers to
 a) an alternative medical system from India.
 b) the principle of "like cures like."
 c) creating a process that promotes the body's ability to heal itself.
 d) medical treatments based on spinal manipulation to achieve proper alignment
6. Acupuncture involves
 a) stimulating various locations on the body by the placement of fine needles to improve energy flow.
 b) a treatment plan based on classifying the patient into one of three body types
 c) using pressure of the fingers or hands to ease pain and improve energy flow.
 d) a system of movements and floor exercises designed to retrain the nervous system.
7. What is the main property used in Hydrotherapy?
8. Who was the discoverer of 'Aromatherapy'?
9. Patients with which type of condition may be treated by physiotherapists
 a) sports injuries b) back pain c) arthritis d) all of them

10. An incident which helped spark the rediscovery of essential oils involved an accident in which chemically burned hands were plunged into a bucket of liquid. The liquid was not water, but an essential oil that is extremely popular for treating burns. What oil is this?
a) Oregano b) peppermint c) lavender d) lemon
11. The word "Nadi" is derived from the word "Nad" which means
a) To flow b) To blow c) To Run d) To carry
12. Which is not a Pancha Bhuta?
a) Earth b) Water c) Sunlight d) Air
13. What are the solvents used for Homoeopathic drugs?
- 14) The meaning of prana is
a) vital energy b) air c) oxygen d) all of the them
- 15) Which alternative medical system addresses imbalances of qi (vital energy)?
- 16) Who is known as the 'Father of Medicine'?

Q. 2. Answer in brief (Any 9)

(9*2=18)

1. The people around you are skeptical about the benefits of alternative medicine. How will you convince them to use the alternative medicine system?
2. How Aromatherapy affects our emotions through our sense of smell?
3. Why did Indian Government develop AYUSH ministry?
4. What are carrier oils and why is it used in aromatherapy?
5. Give the principle of 'Color therapy'.
6. What is acupressure and what is its principle?
7. What are the complications of acupuncture therapy?
8. What are the benefits you get after undergoing massage therapy?
9. Give the difference between Hubbard Tank and Whirlpool bath.
10. What are the main objectives of 'Panchakarma'?

Q. 3. Long answer questions (Any 2):

(2*3=6)

1. Describe the benefits of Pranayanama and Yoga.
2. If you had to undergo Panchakarma, what are the different stages you would be treated with?
3. Comment on the principles of any two alternative therapies you have studied in the class.

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