2043

<u>VII - S - BPT -</u> (Alternative Medicine) - (Back)

2024

Full Marks - 75 Time - As in the Programme The figure in the right hand margin indicates marks.

Answer all questions

1. Answer any THREE:

- [15 ×3
- (a) What are the preparations and precautions to be followed for yoga practice?
- (b) Explain Astanga yoga with emphasis on Yama and Niyama.
- (c) What is Theory of Vitality? How five natural elements to be used in daily life for a healthy life?
- (d) What is Moxibustion? Write down different methods with their effects and precautions.

Answer any THREE:

[10×3

- (Allegeative Medicalne **Mud Therapy** (a)
- (b) Enema
- (c) Ah shi points
- Kapalbhati Pranayam (d)
- (e) Musculoskeletal effects of Asanas

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Answera Pestions

Answer any THISEE

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