

VII - S - BPT -
(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.

[Cont...

[2]

2. Answer any THREE :

[10×3]

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



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