

VII - S - BPT - (Alternative Medicine) - (Back)

**2025**

Full Marks - 75

Time - As in the Programme

*The figure in the right hand margin indicates marks.*

*Answer ALL questions.*

Section - A

*(Long Essay Questions)*

Answer any THREE : (Each question carries 15 marks.) [3 x 15 = 45]

1. Explain Yoga therapy in rehabilitation. Describe principles of yoga, types of yogic practices (asanas, pranayama, meditation) and their therapeutic applications in musculoskeletal and neurological disorders.
2. Discuss Acupuncture and Acupressure. Explain their basic concepts, meridian theory, mechanism of action, indications, contraindications and role in pain management.

[ Cont...

[ 2 ]

3. Describe Naturopathy. Discuss its principles, therapeutic modalities and role in chronic lifestyle-related and musculoskeletal disorders.
4. Discuss Mind – Body therapies. Explain relaxation techniques, meditation and their role in stress management and psychosomatic disorders in rehabilitation.

Section – B

*(Short Essay Questions)*

Answer any THREE : (Each question carries 10 marks.) [3 x 10 = 30

5. Pranayama and breathing exercises in cardiopulmonary rehabilitation.
6. Yoga in neurological rehabilitation (Stroke, Parkinsonism, SCI)
7. Diet and nutrition in naturopathic management of lifestyle disorders.
8. Acupuncture in chronic pain and sports injuries.
9. Reflexology and massage therapy in alternative medicine.



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