

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA  
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

**FINAL EXAMINATION**

**ATTC T 09 Alternative Systems of Medicine in Mental Health**

**Date : 24-May-2011**  
**Time : 2Hr**

**Max Marks: 50**

**Instructions:** Be calm and read the question paper twice before answering it.

**I. Short answers questions(Any Five):**

**5x3=15**

1. Write the definitions of Yoga according to Bhagawat Gita and Patanjali Yoga Sutras. What is the significance of Yoga?
2. What is herbal medicine?
3. Where did Unani System of medicine originated? Describe its salient features.
4. Which is considered as the oldest medical system in the world?
5. Homoeopathy is based on what working principle.
6. Describe Ayurveda and its three regulatory principles— *doshas*

**II. Write short notes (Any Five):**

**5x3=15**

1. Biofeedback
2. Behavioral Therapy
3. MagnetoTherapy
4. Guided Imagery
5. Occupational Therapy
6. Recreational Therapy
7. Chiropractic Therapy
8. Pancha Kosha Viveka

**III. True or False – Write 'T' for True and 'F' for False.**

**10x1=10**

1. Naturopathy is drugless system of medicine.
2. Dr., Benedict lust is the father of Naturopathy.
3. Specific needles are used for acupuncture.
4. Acu-puncture can be given in pregnancy.
5. Constipation is the root cause of disease.
6. Asana can be practiced immediately after food.
7. Massage can be given in fever.
8. Acu-pressure can be given in headache.
9. Kapalabhati should not be practiced by Hypertensive patient.
10. Fats and oils decrease the weight.

**IV. Tick the correct answer**

**10x1=10**

1. Massage can given in  
(a) fever (b) cancer (c) obesity (d) all of the above mentioned.
2. Naturopathy does not use  
(a) Water (b) Diet (c) Drugs (d) Sunlight.
3. For given acu-puncture we need  
(a) Needles (b) Spirit (c) Cotton (d) All the above mentioned.
4. Which is not good during constipation?  
(a) Apple (b) Banana (c) Water (d) Biscuits & bread.
5. Acupressure is good for  
(a) Headache (b) Back pain (c) Neck Pain (d) All the above mentioned.
6. Savasana can be given in  
(a) Heart patient (b) Asthma (c) In somnia (d) All the above conditions.
7. Acu-puncture should not be given in  
(a) Umbilicus (b) Nipple (c) Head (d) a & b.
8. Yogic practice does not includes  
(a) Asanas (b) Pranayama (c) Exercise (d) Meditation.
9. Father of naturopathy  
(a) Louis Kuhne (b) Benedict Lust (c) Dr. Henry Lindhlar (d) Mahatma Gandhi.
10. Who is the yoga guru?  
(a) Marshi Patanjali (b) Lord Rama (c) Vasishta (d) Venkata Ramacacharya.

\*\*\*\*\*WISH YOU ALL THE BEST\*\*\*\*\*