

THIRD B.N.Y.S. DEGREE EXAM

PAPER VII – MASSAGE, CHIROPRACTICE, OSTEOPATHY & AROMATHERAPY

Q.P. Code : 821522

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions:

(2 x 15 = 30)

1. Define Manipulation & Explain in detail about various manipulative technique used in massage, its precaution, indication & Contra indication.
2. Define Carrier oil, explain the various types of carrier oil & add a note on mixing and specific features of Aroma oils.

II. Short Notes:

(10 x 5 =50)

1. Basic principles of Osteopathy & how it works.
2. Neck massage its precaution, indication and contra indication.
3. Effects of massage on Musculo skeletal system.
4. Manipulative treatment in stress Management.
5. Massage to women & how it help in the maintenance of natural beauty.
6. Define Aromatherapy, its origin & history.
7. Bergamot & its benefits.
8. Aroma oils for hair loss & Insomnia.
9. Aroma oils contra- indicated in Asthma & ulcer with justification.
10. Chiropractice.

III. Short Answers:

(10 x 2 = 20)

1. Skin patch test.
2. Benefits of cypress.
3. Oils which have sedative effect.
4. Dilution of Aroma oils.
5. Movements contraindicated in heart.
6. Classification of massage.
7. Massage movements indicated for insomnia.
8. Masseur & their basic character.
9. How aromatherapy works.
10. Toxic effect of aroma oils.