

[LP 1522]

OCTOBER 2019

Sub. Code: 1522

THIRD B.N.Y.S. DEGREE EXAMINATION

**PAPER VII – MASSAGE, CHIROPRACTICE OSTEOPATHY AND
AROMATHERAPY**

Q.P. Code : 821522

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Define massage and classification of various movements of massage.
Explain in detail about kneading movement, types and its physiological effects.
2. Describe about extraction, selection and usage of aroma oils.

II. Write Notes on:

(10 x 5 = 50)

1. Write a note on Basil, its properties, benefits, indications and contraindications.
2. Explain about Osteopathy.
3. Massage for pregnancy.
4. Physiological effects of massage upon nervous system.
5. Massage therapy for constipation.
6. Rosemary and its properties, benefits, indications and contraindications.
7. Write notes on carrier oils.
8. Rules and Regulations of masseur.
9. Aromatherapy for dandruff.
10. Effect of massage on Circulation.

III. Short Answers on:

(10 x 2 = 20)

1. Skin patch test.
2. Hoffinger's method.
3. Define chiropractic.
4. Uses of bergamot.
5. Adverse effects of aroma oils.
6. Spiral friction.
7. Which Massage movements is indicated for varicose vein?
8. How essential oils are used as Diffuser?
9. Property of carrot oil.
10. "Amma Amma".
