

[LQ 1522]

FEBRUARY 2020

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. Write in detail about the different manipulations and benefits of massage during pregnancy, lactation and menopause.
2. Explain about various methods of massage to spine, abdomen and lower extremities.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Massage and its effects on nutrition.
2. Mode of Friction applied to various body parts.
3. Scientific and therapeutic effects of kneading.
4. Manipulation of Neck massage and its benefits.
5. Carrier oils.
6. Methods of using aroma oils.
7. Chiropractic – procedure and benefits.
8. How to select aroma oils?
9. Aromatherapy for skin diseases.
10. Sports massage.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Indication of Massage.
2. Difference between Indian and Swedish massage.
3. Hacking.
4. Geranium.
5. Petrissage.
6. Lymphatic drainage.
7. Orange Essential oil.
8. Lavandula angustifolia.
9. Osteopathy.
10. Aroma oil used for anxiety.

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