



[BNYS 0321]

MARCH 2021

Sub. Code: 1522

(MAY 2020 & AUGUST 2020 SESSION)

B.N.Y.S. DEGREE EXAMINATION

THIRD YEAR

PAPER VII – MASSAGE, CHIROPRACTICE OSTEOPATHY AND
AROMATHERAPY

Q.P. Code : 821522

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Define aroma therapy, write in detail about different methods of using essential oils
2. Define shiatsu massage, write in detail about how shiatsu massage works and its benefits

II. Write Notes on:

(10 x 5 = 50)

1. Write the basic principles of osteopathy
2. Write a note on chiropractic examination
3. What are the rules, regulation and characteristics of masseur
4. Manipulative therapy in case of low back pain
5. Explain with scientific evidence that how massage therapy works
6. Write the combination of aroma oils which have detoxifying effect
7. Write the massage and aroma therapy prescription for upper respiratory infection
8. Why meridian massage is needed and how it works
9. Foot massage and its benefits
10. Types of essential oils

III. Short Answers on:

(10 x 2 = 20)

1. Mention the oils to be avoided in pregnancy
2. Skin patch test
3. Myofascial release technique
4. Massage for bell's palsy
5. Storage of essential oils
6. Massage for osteo arthritis
7. Aroma oils for sexual problems
8. Massage to heart
9. Effects of nerve compression
10. Precautions for using aroma oils

