

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 down the physiological effects of massage on various systems.
2. Write about the methods of preparation of essential oils. Add a note on ways of using aroma oils.

II. Write Notes on:

(10 x 5 = 50)

1. Physiological effects of aromatherapy.
2. Define and write the types of kneading.
3. List out the uses of massage.
4. What should be the qualities of a good masseur?
5. Facial massage.
6. Ayurvedic massage.
7. Base oils.
8. Aromatherapy for headache.
9. Precautions for aromatherapy.
10. Vibration and its effects.

III. Short Answers on:

(10 x 2 = 20)

1. Tea tree.
2. Lavender.
3. Basil.
4. Phototoxicity.
5. Define stroking.
6. Uses of friction.
7. Contraindications of massage.
8. Aroma oil for cold.
9. Osteopathy.
10. Massage oils.
