

FEBRUARY - 2009

[KU 1522]

Sub. Code : 1522

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third year

**Paper VII — MASSAGE, AROMATHERAPY,
CHIROPRACTICE AND OSTEOPATHY**

Q. P. Code : 821522

Time : Three hours

Maximum : 100 marks

Draw diagrams wherever necessary.

Answer ALL questions.

- I. Long Essay : (2 × 15 = 30)
1. Describe different types of manipulations used in massage therapy.
 2. Describe the physiological effects of massage.
- II. Short notes : (10 × 5 = 50)
1. History of Aromatherapy.
 2. Essential Oils.

3. Indications and Contra indications of Massage.
 4. Manipulations used in Head Massage.
 5. Preparation methods of Essential oils.
 6. Brief notes on Basil Oil.
 7. Advantages of Aromatherapy.
 8. Define osteopathy and Chiropractice.
 9. Aromo prescription for Sinus Headache.
 10. Tea tree.
 8. Define stroling and friction.
 9. Classification of Kneading Movements.
 10. Lomi-Lomi.
-

III. Short answers : (10 × 2 = 20)

1. Lavender oil.
2. Basic oils.
3. Define Massage.
4. Uses of Neck Massage.
5. Contra indications of Abd. Message.
6. Indications of rose mary.
7. Bergomat.

August - 2009

[KV 1522]

Sub. Code : 1522

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

**Paper VII — MASSAGE, AROMATHERAPY,
CHIROPRACTICE AND OSTEOPATHY**

Q.P. Code : 821522

Time : Three hours

Maximum : 100 marks

Draw diagrams wherever necessary.

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Explain chiropractice in following headings :

(a) Origin and aims of chiropractice.

**(b) Importance of spine in chiropractice and
chiro examination.**

**(c) Physiological effects of chiropractice.
(5 + 5 + 5 = 15)**

2. (a) Definition, origin and history of aromatherapy.

(b) Different methods of using aroma oils.

(6 + 9 = 15)

II. Short notes : (10 × 5 = 50)

1. Massage in pregnancy.
2. Neck massage.
3. Vibration and its classification.
4. Effect of massage upon nervous system.
5. Joint movements.
6. Reflex areas.
7. Basic principles of osteopathy.
8. Shiatsu in manipulative therapy.
9. Sandal wood.
10. Storage of essential oils.

III. Write short answers : (10 × 2 = 20)

1. Effect of massage on digestion.
 2. Oils used in case of hair fall.
 3. Local effects of massage.
 4. Digital stroking.
 5. How to select aroma oils?
 6. Carrier oil.
 7. Aroma oils used for anxiety and menopause.
 8. Aroma oils which have diuretic property.
 9. Movements contra indicated for sciatica.
 10. Define massage.
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February 2010

[KW 1522]

Sub. Code: 1522

B.N.Y.S DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper VII – MASSAGE, AROMATHERAPY, CHIROPRACTICE

AND OSTEOPATHY

Q.P. Code : 821522

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay Questions:

(2 x 15 = 30)

1. Types of massage movements and their effects.
2. Write the method of use, action and healing effects of
(a) Bergamot (b) Chamomile (c) Tea-tree.

II. Short Notes:

(10 x 5 = 50)

1. Geranium.
2. Qualities of Measures.
3. Substitute for massage oil.
4. Massage of the heart.
5. Lavandula angustifolia.
6. Essential oil for hypertension.
7. Action of essential oils.
8. Chiropractic.
9. Swedana.
10. Define – emmenagogue, cholagogue, aphrodisiac, nervine and diuretic.

III. Short Answers:

(10 x 2 = 20)

1. Five fragrance categories.
 2. Four contraindications of massage.
 3. Skin patch test.
 4. Solvent extraction.
 5. Shiatsu.
 6. Cremasteric reflex.
 7. Linea alba.
 8. Knee jerk.
 9. Point percussion.
 10. Rolling.
-

August 2010

[KX 1522]

Sub. Code: 1522

B.N.Y.S DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper VII – MASSAGE, AROMATHERAPY, CHIROPRACTICE

AND OSTEOPATHY

Q.P. Code : 821522

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay Questions:

(2 x 15 = 30)

1. Write Down various movements used for each part of the body and contraindicated movements.
2. History, advantages, disadvantages of Aromatherapy.

II. Short Notes:

(10 x 5 = 50)

1. Scientific and therapeutic effects of stroking.
2. Friction.
3. Aroma and massage for pregnancy.
4. Vibration.
5. Carrier oils.
6. Methods of using aroma oils.
7. Classify kneading movements.
8. How will you select aroma oils?
9. Ylong Ylong.
10. Aromatherapy for anxiety.

III. Short Answers:

(10 x 2 = 20)

1. Define massage.
 2. Touch and its classification.
 3. Define Osteopathy.
 4. Oils which have anti inflammatory effect.
 5. Difference between Indian massage and Swedish massage.
 6. Oils used in case of Insomnia.
 7. Chemical constituents of Eucalyptus and its use.
 8. Mixing of aroma oils.
 9. Side effects of aroma oils.
 10. Chucking.
-

February 2011

[KY 1522]

Sub. Code : 1522

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

**Paper VII — MASSAGE, AROMATHERAPY, CHIROPRACTICE AND
OSTEOPATHY**

Q.P. Code : 821522

Time : Three hours

Maximum : 100 marks

Draw diagrams wherever necessary.

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Write in detail about the history of massage in various countries. Add note on different types of massage in various systems.
2. Write about the physiological effects and therapeutic effects of various movements.

II. Short notes : (10 × 5 = 50)

1. Side effects and benefits of massage.
2. Friction.
3. Chiropractice.
4. Massage movements of knee and effects.
5. Beauty care.
6. Different methods of preparation of Aromo Oils.
7. Essential oils.
8. Aromotherapy for skin diseases.
9. Basil.
10. Panchakarma.

III. Short answer :

(10 × 2 = 20)

1. Define massage.
 2. Carrier oils.
 3. Osteopathy.
 4. Lavender.
 5. Skin patch test.
 6. Aroma oils to be avoided in pregnancy.
 7. Powder massage - Indications.
 8. Oils used in massage.
 9. Tea tree.
 10. Movements contra - Indicated in facial massage.
-

August 2011

[KZ 1522]

Sub. Code: 1522

**B.N.Y.S. DEGREE EXAMINATION.
Third Year**

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

Q.P. Code : 821522

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay questions:

(2X15=30)

1. Describe different methods of extraction of aromatic substances from plants? Write down different methods of using essential oils?
2. Classify different massage manipulations and explain physiologically effects and therapeutic effects of each manipulation movements.

II. Short Notes:

(10X5=50)

1. Characteristics of masseur.
2. Physiological effect of chiropractice.
3. Aroma therapy for psoriasis.
4. Geranium.
5. Gharshana Abhyagana.
6. Thyme.
7. Essential oils in arthritis.
8. Aroma oils and photo toxicity.
9. History of massage.
10. Massage and its effects on nutrition.

III. Short Answer:

(10X2=20)

1. Andrew-w-still.
2. Storage and shelf life of aroma oils.
3. Phagocytosis.
4. Massage on skin.
5. Blending of Aroma oils.
6. Amenorrhoea and aroma oils.
7. Contraindications of massage.
8. Carrier oils.
9. Define Osteopathy.
10. Benefits of spinal manipulation.

February 2012

[LA 1522]

Sub. Code: 1522

B.N.Y.S. DEGREE EXAMINATION.

Third Year

**Paper VII- MASSAGE, AROMATHERAPY, CHIROPRACTICE AND
OSTEOPATHY**

Q.P. CODE: 821522

Time: Three Hours

Maximum: 100 marks

Answer ALL questions

I. Elaborate on: (2x15=30)

1. Describe in detail about the physiological effects of massage. Add its effects on Haemosynthesis
2. Write in detail about Aroma oil preparation and write the methods of using Aromatherapy

II. Write notes on: (10x5=50)

1. Head massage
2. Qualities of masseur
3. Aroma for mental tension
4. Classification of Kneading
5. Carrier Oils
6. Tea-tree
7. Bergamot
8. Contraindications of massage
9. Advantages of Aromatherapy
10. Effects of facial massage

III. Short Answers (10x2=20)

1. Define massage
2. Types of frictions
3. Essential oils
4. Amma – amma
5. Oils used for massage
6. Contraindication of abdominal massage
7. Aroma therapy- Precautions
8. Ylang - Ylang
9. Aroma for common cold
10. Ill effects of Aroma oils

[LB 1522]

Sub. Code: 1522

THIRD B.N.Y.S. DEGREE EXAM – AUGUST 2012

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

Q.P. Code: 821522

Time: 180 minutes

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

**Pages Time Marks
(Max.)(Max.)(Max.)**

- | | | | |
|---|----|----|----|
| 1. What is massage and its effects on nutrition, Haematogenesis, Phagocytosis, Absorption of increased inflammatory exude, Obese and emaciated. | 16 | 25 | 15 |
| 2. Write down various movements in massage, used for each part of the body and contradicted movements. | 16 | 25 | 15 |

II. Short notes on:

- | | | | |
|--|---|---|---|
| 1. Aromotherapy for Anxiety. | 3 | 8 | 5 |
| 2. Classify kneading movements. | 3 | 8 | 5 |
| 3. Shiatsu in manipulative therapy. | 3 | 8 | 5 |
| 4. Powder massage – merits & demerits. | 3 | 8 | 5 |
| 5. Effects of pressure of hands on skin. | 3 | 8 | 5 |
| 6. Phagocytosis. | 3 | 8 | 5 |
| 7. Massage to head and spine. | 3 | 8 | 5 |
| 8. Massage to infants and children. | 3 | 8 | 5 |
| 9. Osteopathy. | 3 | 8 | 5 |
| 10. History of massage in brief. | 3 | 8 | 5 |

III. Short Answers on:

- | | | | |
|--|---|---|---|
| 1. Side effects of aroma oils. | 1 | 5 | 2 |
| 2. Oils used in Insomnia. | 1 | 5 | 2 |
| 3. Difference between Indian and Swedish massage. | 1 | 5 | 2 |
| 4. Touch and its classification. | 1 | 5 | 2 |
| 5. Blending of aroma oils. | 1 | 5 | 2 |
| 6. Dry brush massage. | 1 | 5 | 2 |
| 7. Circum Location. | 1 | 5 | 2 |
| 8. Physiological effects of Chiropractic. | 1 | 5 | 2 |
| 9. Chiropractic - Origin. | 1 | 5 | 2 |
| 10. Difference between Indian massage and Swedish massage. | 1 | 5 | 2 |

THIRD B.N.Y.S. DEGREE EXAM - FEBRUARY 2013
MASSAGE, OSTEOPATHY, CHIROPRACTICE 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 physiological effects of massage nutrition, haematogenesis, phagocytosis, excretory system and nervous system.
2. Methods of using aroma oils.

II. SHORT NOTES:

10 X 5= 50

1. Physiological effects of Aromatherapy.
2. Carrier oils.
3. Essential oils.
4. Classification of stroking and friction.
5. Joint movements.
6. Uses of petrisage.
7. Indications of massage.
8. Powder massage.
9. Diagnostics methods in Osteo and Chiropractice.
10. Precaution for massage.

III. SHORT ANSWERS

10 X 2= 20

1. Uses of Head massage.
2. Romi – Romi.
3. Navarakizhi.
4. Uses of Black pepper oil.
5. Movements in Facial massage.
6. Define Osteopathy.
7. Shiatsu.
8. Rosemary.
9. YlangYlang.
10. Mixing of Aroma oils.

THIRD B.N.Y.S. DEGREE EXAM - AUGUST 2013
PAPER VII - MASSAGE, OSTEOPATHY, CHIROPRACTICE 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 history and various types of massage.
2. Write down the preparatory methods of Aroma oils and its physiological action.

II. SHORT NOTES: **10 X 5= 50**

1. Qualities of masseur.
2. Friction – types & uses.
3. Precautions taken in Aromatherapy.
4. Classification of kneading movements.
5. Prescriptions for headache.
6. Contraindications of Massage.
7. Physiological & therapeutic effects of petrissage.
8. Chiropractice.
9. Massage in children.
10. Lavender oil.

III. SHORT ANSWERS **10 X 2= 20**

1. Define massage.
2. Carrier oils.
3. Basil.
4. Stroking.
5. Vibration – uses.
6. Define Hematogenesis.
7. Bergamot.
8. Powder massage.
9. Osteopathy.
10. Define Aromatherapy.

THIRD YEAR 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 Essential oils and explain in detail about the various methods in the extraction of essential oil
2. Define Massage and explain in detail about various movements of massage its physiological & therapeutic effects

II. Short Notes:

(10 x 5 = 50)

1. Importance of spine in chiropractice & physiological effects of chiropractice
2. Massage to infants and children
3. Methods of using essential oils
4. Precaution for the use of Aroma oils
5. Ayurvedic Massage its importance
6. Shiatsu in Manipulative therapy
7. Dry brush Massage and its effects.
8. Structures concerned in Massage.
9. Powder Massage its indication & Contra indication
10. Carrier oil and its uses

III. Short Answers:

(10 x 2 = 20)

1. Benefits of Eucalyptus
2. Mixing of Aroma oils
3. Ill effects of Aroma oils.
4. Precaution for abdominal massage
5. Peppermint and its uses
6. Chemical Composition of clove bud
7. Head massage its merits & demerits
8. Crisis through massage
9. Effects of massage on nervous system
10. Toogi Toogi

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.

THIRD B.N.Y.S. DEGREE EXAMINATION

**PAPER VII – MASSAGE, CHIROPRACTICE OSTEOPATHY &
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 classification of movements of massage.
2. Write down the mechanism of functioning of Aromatherapy along with advantages and disadvantages of Aroma therapy.

II. Write Notes on: (10 x 5 = 50)

1. Qualities of masseur.
2. Massage and Aroma for hypertension.
3. Physiological effects of friction.
4. Advantages of osteo and chiropractice.
5. Carrier oils.
6. Indications of massage.
7. Ylang Ylang.
8. Muscles, blood and nerve supply of upper arm.
9. Methods of application of Aroma oils.
10. Various names of massage in various countries.

III. Short Answers on: (10 x 2 = 20)

1. Define stroking.
2. Types of massages.
3. Base oils.
4. Kellog.
5. Almond oil.
6. Contra indication of kneading movements.
7. Basil.
8. Oils used in massage.
9. Uses of vibration.
10. Classification of percussion.

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 history of massage explain different types of massage.
2. Explain the methods of preparation of Aroma Oils and physiological effects of Aromatherapy.

II. Write Notes on:

(10 x 5 = 50)

1. Preparation for massage.
2. Osteopathy and its diagnostic procedures.
3. Physiological effects of kneading.
4. Massage and Aromatherapy for headache.
5. Effects of joint movements.
6. Uses of Aromatherapy.
7. Base oils.
8. Chiropractic.
9. Classification of vibration.
10. Neck massage.

III. Short Answers on:

(10 x 2 = 20)

1. Define Aromatherapy.
2. Contraindications of Abdominal massage.
3. Uses of facial massage.
4. Tea tree.
5. Carrier oils.
6. Amma Amma
7. D.D Palmer.
8. Photo sensitivity.
9. Uses of powder massage.
10. Aroma oils for hypertension.

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 manipulation and explain in detail about various manipulative technique used in massage, its precaution and indication.
2. Define carrier oil explain the various types of carrier oils and add a note on storage of aroma oils .

II. Write Notes on:

(10 x 5 = 50)

1. Basic principles of osteopathy and its effects.
2. Importance of massage for infants and children.
3. Ayurvedic Massage.
4. Massage its contraindications.
5. Different methods of using essential oils.
6. Note on mixing and specific features of aroma oils.
7. Aroma oils for burns and hair loss.
8. Chiropractic and its effects.
9. Effects of massage on muscular system.
10. Aroma oils contraindicated in Asthma and epilepsy - justify it.

III. Short Answers on:

(10 x 2 = 20)

1. Oils which have a tonic effect.
2. Dilution of aroma oils.
3. Define “Toogie-Toogie”.
4. Movements contraindicated for heart.
5. Massage – Disadvantages.
6. Toxic effect of aroma oils.
7. Benefits of head massage.
8. How aromatherapy works?
9. Oils to be avoided in pregnancy.
10. Udvartana.

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 Explain in detail about the physiological effects of massage on various systems in the body and add a note on indications and Contraindications of massage.
2. Define Aromatherapy and Explain its origin and history; Add a note on different methods of using aroma oils.

II. Write Notes on:

(10 x 5 = 50)

1. History of Massage.
2. Dry brush – massage, precaution, its benefits, indication and contraindication.
3. Note on shiatsu in manipulative therapy.
4. Distillation and its procedure.
5. Explain Carrier oils.
6. Massage for women and how it helps in the maintenance of natural beauty.
7. Percussion movements - its procedure, indication and contraindication.
8. Crisis through massage.
9. Relation of Osteopathy to musculo – skeletal system.
10. Peppermint oil and its benefits.

III. Short Answers on:

(10 x 2 = 20)

1. Swedish massage.
2. Toxic effects of aroma oils.
3. Oils which have Detoxifying effects.
4. Define “Amma - Amma.”
5. Skin patch test.
6. Name some photosensitive oils.
7. Name the oils used for Bites and stings.
8. Benefits of aromatherapy.
9. Effects of deep kneading.
10. Types of neck massage.

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. Explain in detail about various movements in massage with its physiological and therapeutic effects and add a note on the characteristics of masseur.
2. Definition and techniques of osteopathy and chiropractic.

II. Write Notes on:

(10 x 5 = 50)

1. Importance of spine in chiropractic.
2. Manipulation and Life extension.
3. Structures concerned with massage.
4. Effects of massage on circulatory system and blood count.
5. Powder massage – its merits and demerits.
6. Abdominal massage – its precaution, indication and contraindication.
7. Why Aroma oils contraindicated in cancer & hypertension, Explain with justification?
8. Aroma oils for psoriasis and headache.
9. Lavender oil and its benefits.
10. Tea tree oil and its effects.

III. Short Answers on:

(10 x 2 = 20)

1. Oils which have analgesic effects.
2. Classification of massage.
3. Movements of Joints.
4. Massage to heart.
5. Benefits of chamomile.
6. How to select Aroma oils?
7. “Lomi-Lomi” - Define.
8. Massage movements indicated for insomnia.
9. Reflex areas.
10. Effects of Nerve compression.

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.

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 classification of various massage movements, it's indications and contraindications.
2. What are the essential oils and base oils? Describe them.

II. Write Notes on:

(10 x 5 = 50)

1. Muscular structure of arm.
2. Physiological effects of stroking.
3. Types of vibrations.
4. Describe the method of preparation of aroma oils.
5. Effects and uses of massage to infants and children.
6. Give a brief note on aromatherapy for insomnia.
7. Write about the massage for women.
8. Write about the history of massage in India.
9. Write the importance of joint movements.
10. Write down the advantages and disadvantages of aromatherapy.

III. Short Answers on:

(10 x 2 = 20)

1. Amma amma.
2. Ayurvedic massage.
3. Define petrissage.
4. Powder massage.
5. Peppermint oil.
6. Uses of facial massage.
7. Chiropractic.
8. Kellogg.
9. Types of neck massage.
10. Massage varieties.

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 Physiological effects of massage.
2. Explain enteroptosis and how do you restore the abdominal viscera through massage?

II. Write Notes on: (10 x 5 = 50)

1. Physiological effects of Chiropractice.
2. Write down the movements of back massage and its importance.
3. Classification of massage.
4. Cause and contra- indications of Osteopathy.
5. Special features of aroma oils.
6. Therapeutic massage in diathetic disorders.
7. Vibro-massage and its use.
8. Write five fragrant categories of aroma oils with an example.
9. Explain all three methods of neck massage.
10. History and origin of aromatherapy.

III. Short Answers on: (10 x 2 = 20)

1. Brief Soft tissue therapy.
2. What is maceration in oil preparation?
3. Write about thrust technique.
4. Effect of aroma oil on brain.
5. Define Chiropractice.
6. Write the structures involved in massage.
7. Influence of massage upon elimination.
8. Brief the allergic effects of aroma oils.
9. What is the specific effect of vibration?
10. Differentiate active, passive and resistive movements.

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. What is meant by General massage and explain massage of the abdomen and chest?
2. Justify Rest as a therapeutic means and explain 'Rest – Cure'.

II. Write Notes on: (10 x 5 = 50)

1. Explain Percussion movements.
2. Management by massage in obesity.
3. Vibro - massage and its use.
4. What are essential oils and how do they work?
5. Write the parts to be studied by the masseur.
6. Physiological effects of Chiropractic.
7. Massage in infants and benefits.
8. Contraindications of massage.
9. Rules and regulations of massage.
10. Explain all three methods of neck massage.

III. Short Answers on: (10 x 2 = 20)

1. Define Osteopathy and who is Father of Osteopathy?
2. Write the five fragrant families of aroma oils.
3. Write about myofascial release.
4. Mention the oil, which lowers blood pressure and the oil which strengthens liver?
5. Who invented Chiropractic and importance of X-Ray in Chiropractic?
6. Name two spinal manipulative therapies.
7. What is diathesis and name some diathetic disorders.
8. What is the consequence of 'cracking' the fingers.
9. Differentiate Swedish and Ayurvedic massage.
10. Define massage.

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. Explain in detail about Procedures of massage and precautions of Massage.
2. Explain Aromatherapy in treating common illnesses.

II. Write Notes on: (10 x 5 = 50)

1. Write about the structures, especially concerned in massage.
2. Explain the massage movements of the abdomen.
3. Physiological effects of joint movements.
4. Management of nutritional disorders by massage.
5. Physiological effects upon circulatory system.
6. History of Chiropractice and role of X- Ray in Chiropractice.
7. Write down the techniques used in Osteopathy.
8. Extraction methods of Aroma oils.
9. How women benefit through massage?
10. Mention special properties of Aroma oils.

III. Short Answers on: (10 x 2 = 20)

1. Massage is an art or science.
2. Directions of strokes in Swedish massage.
3. Different forms of Friction.
4. Importance of Spine in Chiropractice.
5. What are the palpation movements in Chiropractice?
6. Toxic effects of essential oils.
7. What is carrier oil and write its use?
8. Name two properties of aroma oil with examples.
9. Relation between Osteopathy and musculoskeletal system.
10. Point percussion.

[LN 1522]

AUGUST 2018

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. a) Massage therapy for paralysis.
b) Aromatherapy for anxiety and depression.
2. Describe the effects, indications and contraindications of friction and percussion movements.

II. Write Notes on:

(10 x 5 = 50)

1. Write a note on Chiropractice.
2. Joint movement, its types and effects.
3. Facial massage – procedure, effects and indications and contraindications.
4. Bergamot, its properties, benefits, indications and contraindications.
5. Difference between Ayurvedic and Swedish massage.
6. Rosemary, its properties, benefits, indications and contraindications.
7. Aromatherapy for Jaundice.
8. Effect of massage on Nervous system.
9. Distillation process and purification of Aroma oils.
10. Massage for children and infants.

III. Short Answers on:

(10 x 2 = 20)

1. Navarakizhi.
2. Define basil oil.
3. Dry brush massage.
4. Precautions of massage for sensitivity of skin.
5. Massage movements indicated for Hypertension.
6. Thumb kneading.
7. Kellog's method.
8. Define Osteopathy.
9. Uses of Vetriver.
10. Toogi Toogi.

[LO 1522]

MAY 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. Describe different methods of extraction of aromatic substance from plants? Write down different methods of using essential oils.
2. Classify different massage manipulations and explain the physiological and therapeutical effects.

II. Write Notes on:

(10 x 5 = 50)

1. Chiropractice.
2. Massage of infants.
3. Neck massage.
4. Carrier oils.
5. Stroking.
6. Eucalyptus.
7. Qualities of masseur.
8. History of aromatherapy.
9. Effect of massage upon Nervous system.
10. Scientific and therapeutic effects of stroking.

III. Short Answers on:

(10 x 2 = 20)

1. Reflex areas.
2. Basil.
3. Touch.
4. Osteopathy.
5. Shiatsu.
6. Movements indicated in hypertension.
7. Differentiate active & passive movements.
8. Bergamot.
9. Tea tree.
10. JH.Kellog.

[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".

[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.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[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 chiropractice 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

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0322]

**MARCH 2022
(FEBRUARY 2021 & MAY 2021 SESSIONS)**

Sub. Code: 1522

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR**

**(For the candidates admitted from the academic year 2011-12)
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. Explain in detail about the origin, aim, examination, physiological effects and different techniques of application of chiropractic.
2. How Ayurvedic massage differs from Swedish massage and explain the methods and manipulations of Ayurvedic massage.

II. Write Notes on: (10 x 5 = 50)

1. Write the physiological effects of Shiatsu massage.
2. Difference between Chiropractic and Osteopathy.
3. Dry brush massage.
4. Write the technique of application of Reflexology massage.
5. Massage and its effects on nutrition and haematogenesis.
6. Explain the Swedish basic therapeutic techniques and its benefits.
7. Write a note on pregnancy massage.
8. Write the composition and properties of clove bud oil.
9. Write the massage and aromatherapy prescription for diabetes.
10. Write the different techniques of osteopathy.

III. Short Answers on: (10 x 2 = 20)

1. Massage for maintenance of beauty.
2. Indication of sesame oil.
3. Order of movements of head massage.
4. Aroma oils for depression.
5. Oils contra indicated in epilepsy.
6. Reflex stroking.
7. Polarity massage.
8. Manipulative therapy for scoliosis.
9. Massage for writer's cramp.
10. Types of kneading.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0522]

MAY 2022

Sub. Code: 1522

(AUGUST 2021 & OCTOBER 2021 SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

THIRD YEAR

(For the candidates admitted from the academic year 2011-12)

**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 Massage. Enumerate different massage manipulation other than Swedish massage with its uses and contraindication.
2. Careful handling of essential oils and add a note on ill effects of aroma oils in Eyes, Toxic and Allergic effects.

II. Write Notes on:

(10 x 5 = 50)

1. Camphor oil.
2. Classification of massage.
3. Explain in detail about percussion.
4. Effect of massage for Digestion.
5. Ayurvedic massage and its importance.
6. Rules, regulations and characteristics of Masseur.
7. Assistive and resistive respiratory movements.
8. Effect of massage on nervous and circulatory system.
9. Order of Movements of abdominal massage and its physiological effects.
10. Aroma therapy for depression and anxiety.

III. Short Answers on:

(10 x 2 = 20)

1. Physiological effects of stroking.
2. Chiropractice.
3. Goose flesh appearance.
4. Olive oil.
5. Cedar wood oil.
6. Nerve compression.
7. Lemon grass.
8. Storage of aroma oils.
9. Marjoram.
10. Equipment required for mixing aroma oils.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 1022]

**OCTOBER 2022
(FEBRUARY 2022 & MAY 2022 SESSIONS)**

Sub. Code: 1522

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR**

**(For the candidates admitted from the academic year 2011-12)
PAPER VII – MASSAGE, CHIROPRACTICE OSTEOPATHY &
AROMATHERAPY
Q.P. Code : 821522**

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

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. Write a short note on reflexology massage.
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 are indicated for varicose vein?
8. How essential oils are used as Diffuser?
9. Property of carrot oil.
10. "Amma" massage.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0323]

MARCH 2023

Sub. Code: 1522

(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

THIRD YEAR

(For the candidates admitted from the academic year 2011-12)

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

Q.P. Code: 821522

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Write the classification of different types of massage and how it differs from Swedish massage?
2. Write the method of application, dilutions and storage of essential oils.

II. Write Notes on:

(10 x 5 = 50)

1. Rules and regulations relating to massage.
2. Orders of movements of the pelvic massage. Explain briefly about it.
3. Write the therapeutic applications of abdominal massage.
4. Order of movements in foot massage.
5. Write the technique and physiological benefits of meridian massage.
6. Principles and technique of osteopathy.
7. Massage, aromatherapy, osteopathy and chiropractic for sciatica.
8. Write the essential oils for skin problems.
9. Write the combo of menstrual cramp oils and manipulation.
10. Write about kneading and its physiological effects.

III. Short Answers on:

(10 x 2 = 20)

1. Myofascial release technique.
2. Manipulation for varicose vein.
3. Derivative massage.
4. Position during pregnancy massage.
5. Name the aroma oil for reducing stretch marks in abdomen.
6. Note on Castrol oil pack.
7. Write any one method of chiro diagnosis.
8. Massage and aroma prescription for anxiety neurosis.
9. Aroma oils for sinusitis.
10. Hoffinger's method of massage.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0824]

**AUGUST 2024
(MAY 2024 EXAM SESSION)**

Sub. Code: 1522

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR**

(For the candidates admitted from the academic year 2011-12)

PAPER VII – MASSAGE, CHIROPRACTICE OSTEOPATHY & AROMATHERAPY

Q.P. Code: 821522

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about the Physiological effects of massage on different systems of the body.
2. Explain in detail about the specific features of aroma oils.

II. Write Notes on:

(10 x 5 = 50)

1. History of Massage.
2. Aroma oils used for stress and burns.
3. Massage to infants and Children.
4. Ayurvedic massage.
5. Techniques of Osteopathy.
6. Benefits of Pine oil and basil oil.
7. Stroking its classification with its effects.
8. Crisis through massage.
9. Chiropractice.
10. Massage and Aromatherapy for obesity.

III. Short Answers on:

(10 x 2 = 20)

1. Petrissage movement.
2. Reflex massage.
3. Oils contra indicated in Insomnia.
4. Oils which have stimulant property?
5. Pregnancy massage.
6. Indications for powder massage.
7. Trigger point massage.
8. Skin patch test.
9. Contraindications of ylang ylang oil.
10. Aroma oils used in acne.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 1024]

**OCTOBER 2024
(JUNE 2024 EXAM SESSION)**

Sub. Code: 1522

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR**

(For the candidates admitted from the academic year 2011-12)

PAPER VII – MASSAGE, CHIROPRACTICE OSTEOPATHY & AROMATHERAPY

Q.P. Code: 821522

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about the following essential oils:
a) Lemon grass oil, b) Cardamom oil, c) Tea tree oil.
2. Define massage. Explain in detail about percussion movements with its physiological effects and add a note on joint movements.

II. Write Notes on:

(10 x 5 = 50)

1. Shiatsu in manipulative therapy.
2. Carrier oils.
3. Physiological effects of chiropractice.
4. Precaution for the use of aroma oils.
5. Effect of massage on phagocytosis and inflammation.
6. Oils contraindicated in liver disease and peptic ulcer.
7. Merits and demerits of powder massage.
8. Different types of essential oil and how it works?
9. Dry brush massage.
10. Aroma oils used for Rheumatism and fungal infections.

III. Short Answers on:

(10 x 2 = 20)

1. Define manipulation.
2. Cold pressing method of extracting aroma oil.
3. Different type of touch with its effects.
4. Carrot oil.
5. Name the techniques of Osteopathy.
6. Lubricants used in massage.
7. Oils that cause skin irritation.
8. Contraindication of massage.
9. Effect of massage on spine.
10. Contraindication of Osteopathy.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0125]

**JANUARY 2025
(OCTOBER 2024 EXAM SESSION)**

Sub. Code: 1522

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR**

(For the candidates admitted from the academic year 2011-12)

PAPER VII – MASSAGE, CHIROPRACTICE OSTEOPATHY & AROMATHERAPY

Q.P. Code: 821522

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. What are the main criteria for distillation methods of extracting aroma oil and explain in detail about other methods of extraction of aroma oil.
2. Explain in detail about massage for prevention of diseases and maintenance of health.

II. Write Notes on:

(10 x 5 = 50)

1. Rules and regulations relating to massage.
2. How massage promote activity of the skin?
3. History of chiropractic and osteopathy.
4. Write the mode of application of friction.
5. Write the technique and physiological benefits of mechanical massage.
6. What is osteopathy and how does it differ from chiropractic?
7. Massage, aromatherapy, osteopathy and chiropractic for rheumatoid arthritis.
8. Methods of application of reflexology massage.
9. Write the prescribed combo oils during delivery and pregnancy massage.
10. Write about kneading and its physiological effects.

III. Short Answers on:

(10 x 2 = 20)

1. Physiological effects of nerve compression.
2. Aromatic bath.
3. Shaking and its benefits.
4. Direction and rate of movement of stroking.
5. Indication of geranium oil.
6. Wringing and its rate of movement.
7. What happens if overexposure to an essential oil?
8. Massage and aroma oils for fever.
9. Aroma oils for tension headache.
10. Define tapotement.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0725]

**JULY 2025
(MAY 2025 EXAM SESSION)**

Sub. Code: 1522

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR**

**(For the candidates admitted from the academic year 2011-12)
PAPER VII – MASSAGE, CHIROPRACTICE OSTEOPATHY & AROMATHERAPY**

Q.P. Code: 821522

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about different types of massage and how it differs from Swedish massage?
2. How essential oils are applied to relieve physical symptoms and promote mental wellness?

II. Write Notes on:

(10 x 5 = 50)

1. Effect of massage upon nutrition, hematogenesis and phagocytosis.
2. Therapeutic application of stroking.
3. Techniques of osteopathy.
4. Write the massage, aroma therapy osteopathy and chiropractic prescription for hemiplegia.
5. Write the technique and physiological benefits of meridian massage.
6. How the brain processes aroma oil odour?
7. How does spinal adjustment improve health?
8. Write the essential oils for women's health problem.
9. Vibratory massage and its benefits.
10. Write a short note on cedar wood and frankincense oils.

III. Short Answers on:

(10 x 2 = 20)

1. Physiological effects of knuckle stroking.
2. Define effleurage.
3. Gersters method of neck massage.
4. Aromatic diffuser.
5. Name some skin irritant aroma oils.
6. Storage of carrier oils.
7. Emotional attribute of marjoram oil.
8. Massage and aroma for migraine.
9. Aroma oils for lumbar spondylosis.
10. Effects of chamomile.
