



(University of Choice)

**MASINDEMULIROUNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

SECOND YEAR SECOND TRIMESTER EXAMINATION

FOR THE DEGREE

OF

**BACHELOR OF SCIENCE CLINICAL MEDICINE, COMMUNITY
HEALTH & SURGERY (UPGRADING)**

COURSE CODE: HCM 368

COURSE TITLE: COMPLEMENTARY MEDICINE

DATE: FRIDAY 22ND APRIL 2022

TIME: 8:00-11:00 AM

INSTRUCTIONS TO CANDIDATES

SEC A: Multiple Choice Questions (MCQ) 20 MARKS.

SEC B: Short Answer Questions (SAQ) 40 MARKS.

SEC C: Long Answer Question (LAQ) 40 MARKS

Time: 3 HOURS

MMUST observes ZERO tolerance to examination cheating 1

This Paper Consists of 6 Printed Pages. Please Turn Over.

SECTION A: MULTIPLE CHOICE QUESTIONS

Answer ALL questions

Each question carries 1 mark

Q1. Which of the following is an example of alternative medicine

- a) Massage
- b) Physiotherapy
- c) Cold and hot therapy
- d) Energy healing

Q2. The following are examples of Chinese traditional medicine. Which one is not?

- a) Moxibustion
- b) Acupuncture
- c) Qigong
- d) Homeopathy

Q3. Which of the following conditions is not an indication of traditional Chinese medicine?

- a) Heart disease
- b) Arthritis
- c) Menopausal problems
- d) Acute renal failure

Q4. The following are goals of acupuncture. Which one is not?

- a) Restoration of balance
- b) Restoration of harmony between man and his environment
- c) Balances the energies of the meridians
- d) Improves nerve stimulation

Q5. About acupuncture which is not true

- a) It uses very thin needles
- b) It causes slight pain during needle insertion
- c) It may be associated with the application of laser therapy
- d) Clinical practice varies from country to country

Q6. The following statements about Acupuncture are true. Which statement is FALSE?

- a) It is a key component of Chinese traditional medicine
- b) Stimulation of specific points corrects imbalances
- c) It is based on scientific knowledge
- d) It is mainly used for pain relief

Q7. About massage therapy which statement is FALSE?

- a) Breaks the painful cycle within the central nervous system
- b) During the procedure muscles relax and lengthen
- c) Takes blood away from the muscles
- d) Can be used as a recreational activity

Q8. In aquatic body work which statement is FALSE?

- a) It includes Watsu
- b) It may be performed in warm water pools
- c) Includes aquatic cranio-facial therapy
- d) It includes tepid sponging

Q9. About Anma massage which statement is FALSE?

- a) It is traditional Japanese massage
- b) It is Traditional Chinese medicine practice
- c) It involves vigorous kneading
- d) It is commonly performed through clothing

Q10. In Ashiatsu which statement is FALSE?

- a) Uses the hands to deliver treatment
- b) Uses the feet to deliver treatment
- c) The name comes from Japanese
- d) It is ideal for large muscles such as the thighs

Q11. About Balinese massage which statement is FALSE?

- a) It is a gentle way of doing massage
- b) It includes stroking and other techniques

- c) It is applied vigorously to the muscles
- d) It is applied together with aromatherapy throughout the procedure

Q12. About Bowen technique which statement is FALSE?

- a) It involves a rolling movement
- b) It involves superficial contact with the skin
- c) It requires prolonged contact with muscle tissues
- d) Restores normal lymphatic flow

Q13. In Breema technique the following statements are true except which one

- a) It is performed on the floor
- b) The recipient remains fully clothed
- c) Consists of leans and stretches
- d) The recipient is fully unclothed

Q14. About Bio-dynamic massage which statement is FALSE?

- a) It was created by Gerda Boyesen
- b) It is part of bio-dynamic psychotherapy
- c) It is practiced as a part of combination therapy
- d) It combines physical and energy work

Q15. About massage which statement is FALSE?

- a) Champissage is a massage technique focusing on the head, neck and face
- b) Craniosacral therapy (CST) is a gentle approach that releases tensions deep in the body
- c) Carotid sinus massage is used to diagnose carotid sinus syncope
- d) Carotid massage is more effective than management of SVT with medications.

Q16. About juice therapy which statement is FALSE?

- a) Juice is a detoxifier
- b) Helps identify food sensitivities
- c) Is used in combination with other body building foods
- d) Dangerous for diabetics

Q17. Which of the following statements is FALSE

- a) Juice therapy uses commercial juices
- b) May be used in order to lose weight
- c) May be used for religious purposes
- d) Can be used to stop habitual behaviour like cigarette smoking

Q18. The following are indications for juice fasting. Which one is not

- a) To cure chronic pain and arthritis
- b) To treat severe infections resistant to antibiotics
- c) To dissolve gall stones
- d) For healing specific organs and systems

Q19. Which of the following statements about hydrotherapy is FALSE?

- a) Heat causes the arteries and veins to expand
- b) Cold causes that blood vessels to constrict
- c) The physical properties of water are not important
- d) Improves lymphatic drainage

Q20. Which of the following is correctly matched

- a) Vata - Space and water
- b) Pitta - Fire and air
- c) Kapha - Earth and water
- d) None of the above

SECTION B: SHORT ESSAY QUESTIONS – 40 MARKS

Each question carries 5 marks

Q1. Describe the possible side effects of juice fasting (10 marks)

Q2. Discuss how Ayurvedic medicine works (10 marks)

Q3. Discuss the characteristics of homeopathic medicine (5 marks)

Q4 Discuss the reasons for the triumph of biomedicine over Homeopathic medicine (5 marks)

Q5. Discuss the three basic osteopathic principles (5 marks)

Q6. Briefly describe the term Energy healing (2 marks) List THREE of the many schools of energy healing (3 marks)

SECTION C

LONG ANSWER QUESTIONS – 40 MARKS

Answer ALL questions

Q1. Discuss four distinctive features of Bio-medicine (8 marks). Discuss the three basic osteopathic principles (6 marks)

Q2. Discuss the 7 common beliefs held by alternative/complementary medicine systems. (14 marks)

Q3. a) List FIVE potential uses of vitamin E as an alternative medicine (5 marks).

b) Briefly discuss Aroma therapy (5 marks).

c) Briefly describe the term Energy healing (2 marks)