

KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA– 506 002
BUMS THIRD YEAR DEGREE EXAMINATION: JANUARY 2026

ILAJ BIT TADBEER
(REGIMENAL THERAPY)

Time: 3 Hours.

Max Marks: 100

Note: Answer all questions.

Give Diagrammatic representation wherever necessary.

PART —A (60 MARKS)

Write an essay on any FOUR of the following:

4 X 15 = 60

1. Describe molecular basis of Istifragh e Dimagh.
2. Describe dietary fibers and their functions in health and diseases in detail.
3. Describe the role of Riyazat e qawiya- strengthening exercises on different body systems with mechanisms in detail.
4. Write down the health benefits of Hijama Maa Shurt.
5. Write down the therapeutic effects of Amale kai cauterization.

PART — B (20 MARKS)

Write a short note on any FOUR of the following:

4 X 5 = 20

6. What is the homoeostatic regulation of Sleep.
7. Therapeutic regimens for Sahar Insomnia.
8. Therapeutic regimens for Psoriasis.
9. Therapeutic regimens for Anaemia.
10. Therapeutic regimens for Wajaul Mafasil.

PART — C (20 MARKS)

Write briefly on the following:

10 X 2 = 20

11. Methods of Shamoomat – Aroma Therapy.
12. Diathermy.
13. Taaleeq- Leeching therapy.
14. Dalk massage benefits.
15. Effects of Poly Unsaturated Fatty Acids.
16. Regimens for muscular relaxation.
17. Effects of intermittent fasting.
18. Role of ATP in muscular contraction.
19. Components of Atmospheric Air.
20. Inkibab– steam inhalation.
