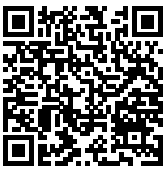


قائمة الاسئلة 2025-04-25 05:45

الطب التكميلي والبديل - المستوى الخامس - صيدلة - الصيدلة - الفترة الرابعة - درجة الامتحان (70)

د سلوى محمد راجح

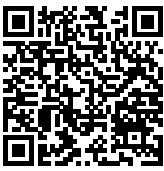
- 1) 1. What is the meaning of CAM?
 - 1) - a) Causalities and Authority management
 - 2) - b) Complementary and attending medicine
 - 3) + c) Complementary and Alternative medicine
 - 4) - d) B&C
- 2) 2. Alternative therapy:
 - 1) - a) used alone
 - 2) - b) used with cancer therapy
 - 3) - c) It's expensive to patients
 - 4) + d) used with conventional therapy
- 3) 3- The process of returning to normal function is called:
 - 1) + a) Healing
 - 2) - b) Balance
 - 3) - c) Energy
 - 4) - d) Holism
- 4) 4- Using meditation is order to help lessen patient discomfort:
 - 1) + a) Complementary therapy
 - 2) - b) Alternative medicine
 - 3) - c) Is a part from medicinal approach
 - 4) - d) related to futuristic plans
- 5) 5- AYUSH is related to:
 - 1) - a) Complementary medicine
 - 2) - b) Homeopathy therapy
 - 3) + c) Alternative medicine
 - 4) - d) a Nickname for Ayush
- 6) 6- Which one is not one of the types of CAM:
 - 1) - a) Energy therapy
 - 2) + b) Conventional and attenuated medicine (CAM)
 - 3) - c) Biologically based therapies
 - 4) - d) none of the above
- 7) 7- Increase the longevity of patient in Ayurveda:
 - 1) + a) it is aiding the Ayurveda
 - 2) - b) It's considered a myth in their beliefs
 - 3) - c) Can't be achieved anyway Ayurveda
 - 4) - d) A&C
- 8) 8- . Siddhas were the concept of:
 - 1) - a) Sick body
 - 2) - b) Cured body
 - 3) - c) Disable body
 - 4) + d) healthy body
- 9) 9- Homeopathy is based on the concept of:
 - 1) - a) Disease can be treated with drug (Large dose)
 - 2) + b) Disease can be treated with drug (Minute dose)
 - 3) - c) Disease can't be treated with drug (Minute dose)
 - 4) - d) Disease can't be treated with drug (Large dose)



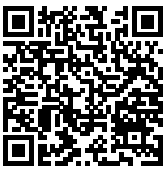
- 10) 10- Has always attracted some interest many well-known drugs are plant derived:
- 1) - a- alternative medicines
 - 2) ☒ b- Herbal medicines
 - 3) - c- Modern medicine
 - 4) - d- No one
- 11) 11- One of the most helpful and healthy form of experience to manage the influence of thinking
- 1) - a) Chiropractice
 - 2) - b) tai chi
 - 3) ☒ c) Yoga
 - 4) - d) All of above
- 12) 12- CAM therapies focus on treating the mind and whole body, which make them a part of a
- 1) - a- Natural approach
 - 2) - b- Psychology approach
 - 3) ☒ c- Holistic approach
 - 4) - d- Gentle approach
- 13) 13- which type of medicine addressees' imbalances of qi?
- 1) ☒ a- Traditional Chinese Medicine
 - 2) - b- Chiropractic medicine
 - 3) - c- Naturopathy
 - 4) - d- Homeopathy
- 14) 14- which system places equal emphasis on body, mind, and spirit and strives to restore the innate
- 1) - a- Naturopathy
 - 2) - b- Homeopathy
 - 3) ☒ c- Ayurevda
 - 4) - d- TCM
- 15) 15- the energy therapy based on the premise that the therapist can identify and cure energy imbalances in a client is
- 1) - a- Qigong
 - 2) - b- Reiki
 - 3) - c- Acupressure
 - 4) ☒ d- Healing touch
- 16) 16- the use of techniques to improve the mind's ability to effect the body is called
- 1) ☒ a- Mind-body medicine
 - 2) - b- Acupressure
 - 3) - c- Reiki
 - 4) - d- Bodywork
- 17) 17- According to Ayurveda theory, each belongs to one three body types known as
- 1) - a- Chakras
 - 2) ☒ b- Doshas
 - 3) - c- Biofield
 - 4) - d- Meridians
- 18) 18- Chiropractic's treatment often involves
- 1) - a- Movement
 - 2) ☒ b- Spinal manipulation
 - 3) - c- Herbal therapy
 - 4) - d- Prescription pain killers
- 19) 19- Treatments that rely on substances found in nature (such as herbs), special dietes, dietatry supplements, or fictional food are part of which CAM domain?
- 1) ☒ a- Biologically based practices



- 2) - b- Mind – body medicine
3) - c- Energy medicine
4) - d- Manipulative and body- based practices
- 20) 20- To help her relax, Brittany practices a daily exercise in which she focuses her awareness on a personally meaningful phrase, or mantra. Brittany is evidently practicing
- 1) - a- Mindfulness meditation
2) ☒ b- Transcendental meditation
3) - c- Tai chi
4) - d- Yoga
- 21) 21- CAM is used most often by
- 1) - a- Men
2) ☒ b- People with higher education levels
3) - c- People who have been hospitalized with intestinal problems
4) - d- Young adults
- 22) 22- Alternative medicine and Complementary medicine mean the same things
- 1) - a- True
2) ☒ b- False
- 23) 23- one of the central principles of complementary and alternative medicine is that the body heals itself
- 1) ☒ a- True
2) - b- False
- 24) 24- St. John's wort is an herb touted as a natural treatment for Malaria
- 1) - a- True
2) ☒ b- False
- 25) 25- You can't take too much of water -soluble vitamin
- 1) - A- True
2) ☒ B- False
- 26) 26- Traditional Chinese Medicine (TCM) is based on the idea of balancing yin and yang
- 1) ☒ a- True
2) - b- False
- 27) 27- . AYUSH is related to:
- 1) - a) Complementary medicine
2) ☒ b) Alternative medicine
3) - c) Homeopathy therapy
4) - d) a Nickname for Ali
- 28) 28- One of the following isn't a normal equilibrium of humours:
- 1) - a) Vatha
2) - b) Pitha
3) - c) Kapha
4) ☒ d) Marda
- 29) 29- Toxicodendron is derived from:
- 1) - a) Fecal
2) - b) Healthy specimen
3) ☒ c) Ivy substance
4) - d) None of above
- 30) 30- Reflexology is based on the belief that different points on the foot correspond to
- 1) - a) Muscles only
2) - b) Nerve endings in the brain
3) ☒ c) Different organs and body systems
4) - d) Blood vessels in the legs



- 31) 31- . Play therapy is mainly used for children of which age group?
- 1) ☒ a) 3-12 years
 - 2) ☐ b) 1-3 years
 - 3) ☐ c) 12-18 years
 - 4) ☐ d) Adults only
- 32) 32- What is the purpose of role-play in play therapy?
- 1) ☐ a) To make children memorize scripts
 - 2) ☒ b) To allow children to express feelings through puppets and costumes
 - 3) ☐ c) To teach children how to act in plays
 - 4) ☐ d) To improve physical coordination
- 33) 33- What is the success rate of acupuncture in treating headaches?
- 1) ☐ a) 50%
 - 2) ☒ b) 95%
 - 3) ☐ c) 85%
 - 4) ☐ d) 65%
- 34) 34- . What is the primary purpose of body massage?
- 1) ☐ A) To diagnose medical conditions
 - 2) ☒ B) To improve physical, mental, spiritual, and emotional well-being
 - 3) ☐ C) To increase muscle mass
 - 4) ☐ D) To replace medical treatments
- 35) 35- which of the following is not true about when to use meditation
- 1) ☒ A- Meditation is always beneficial
 - 2) ☐ B- Meditation can be useful for people do not have specific health problems
 - 3) ☐ C- Meditation effects the immune system
 - 4) ☐ D- All of above
- 36) 36- Alternative medicine includes therapies and health care practices
- 1) ☐ a) widely Tought in most medicine school.
 - 2) ☐ b) practice not used at all
 - 3) ☒ c) some are used in hospital.
 - 4) ☐ d) new practice.
- 37) 37- What is the aim of Ayurveda?
- 1) ☐ a) To replace modern medicine.
 - 2) ☐ b) To provide instant pain relief.
 - 3) ☐ c) To develop artificial medicines.
 - 4) ☒ d) To remove the cause of disorders, prevent illness, and harmonize body, mind, and consciousness.
- 38) 38- What is the main focus of Siddha medicine?
- 1) ☒ a) Maintaining equilibrium of three humors: vatha, pitha, and kapha.
 - 2) ☐ b) Strengthening the immune system
 - 3) ☐ c) Detoxification through fasting.
 - 4) ☐ d) Using only herbal treatments.
- 39) 39- Which relaxation technique is mentioned as a way to reduce stress?
- 1) ☐ a) Running.
 - 2) ☐ b) Cooking.
 - 3) ☐ c) Weightlifting.
 - 4) ☒ d) Guided visualization.
- 40) 40- Hypnotherapy is used to help with which of the following conditions?
- 1) ☐ a) Broken bones.
 - 2) ☐ b) Vitamin deficiency
 - 3) ☒ c) psychological issues affecting physical symptoms.



- 4) - d) Digestive problems.
- 41) 41- Therapeutic Touch (TT) involves:
- 1) - a) Injecting natural substances into the bloodstream.
 - 2) - b) Applying pressure to spinal joints.
 - 3) + c) Moving hands over the patient's body without physical contact.
 - 4) - d) Using essential oils for relaxation
- 42) 42- - Which of the following is a latest advancement in alternative therapies
- 1) + a) Drum Therapy
 - 2) - b) Herbal medicine.
 - 3) - c) Nutritional therapy.
 - 4) - d) Hydrotherapy.
- 43) 43- Which therapy is associated with the phrase: "No Evidence of Effectiveness Has Been Found"?
- 1) - a) Acupuncture.
 - 2) + b) Therapeutic Touch.
 - 3) - c) Homeopathy
 - 4) - d) Chiropractic.
- 44) 44- Which of the following is not listed under "Other Therapies"?
- 1) - a) Aromatherapy.
 - 2) - b) Detoxification therapy.
 - 3) - c) Horticultural therapy
 - 4) + d) Ozone therapy.
- 45) 45- The ability to put effort and enthusiasm into an activity , work etc
- 1) + a) Energy.
 - 2) - b) Strong.
 - 3) - c) Balance.
 - 4) - d) Ability.
- 46) 46- What does "binaural" refer to?
- 1) - A) A technique that uses water vibrations for healing.
 - 2) - B) A special type of musical instrument used in sound therapy.
 - 3) + C) Hearing two different frequencies in each ear to create a "phantom frequency."
 - 4) - D) A method of recording natural sounds for relaxation.
- 47) 47- What is the sound frequency therapy?
- 1) - A) It is a type of painting technique used in modern art.
 - 2) - B) It is a method of cooking that uses sound waves to heat food.
 - 3) - C) It is a style of dance that follows the rhythm of natural sound
 - 4) + D) It is the use of specific sound frequency to stimulate the functions of the body and mind.
- 48) 48- - Which of the following is not of drawing positive effects on mental:
- 1) + A- Back and neck pain
 - 2) - B- Stress and Anxiety Reduction
 - 3) - C- Increased Focus
 - 4) - D- Mood Improvement
- 49) 49- Benefits of Practicing Tai Chi
- 1) - a-bad for human
 - 2) - b- decrease energy
 - 3) + c- Improved Health
 - 4) - d-musculoskeletal pain
- 50) 50- Sage from type of essential oil:
- 1) + a-True
 - 2) - b-false