



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
 DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY
 LEVEL IV - SECOND SEMESTER SUPPLEMENTARY EXAMINATION
 DECEMBER 2020 - JANUARY 2021
 KC4204 - Massage therapy

EXAMINATIONS
 Institute of Indigenous Medicine
 01 JAN 2021
 University of Colombo

Date: 01.01.2021
 Time: 9.45 - 11.15 am

Answer all questions.

Index No.

Part I - Structured Questions

1.1 Describe "Cupping" massage technique (04 Marks)

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1.2 List the indicated four (04) massage strokes for calf muscles pain (04 Marks)

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1.3 List the psychological effect of Head massage (04 Marks)

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1.4 Brief two (02) effects of Massage therapy on the skin and its appendages (04 Marks)

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1.5 Write the effects of Massage therapy on nervous and endocrine systems (04 Marks)

Clinical/ Laboratory findings	Effect (Increase/ Decrease)
a. Feeling depressed
b. Stress and anxiety
c. Pain
d. Dopamine levels

2.

2.1 Briefly describe the Back massage during pregnancy

(04 Marks)

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2.2 State four (04) benefits of Pregnancy massage

(04 Marks)

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2.3 What are the types of Face massage?

(04 Marks)

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2.4 Write down the steps of lifting and firming of Face massage

(04 Marks)

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2.5 Write the benefits of face massage

(04 Marks)

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Part II – Essay Questions

- 1
- 1.1 Describe “Elbow pressure” massage technique
 - 1.2 Describe “Rolling” massage technique
 - 1.3 Describe the Self massage
 - 1.4 Why “Contraindications of massage” is important in Massage therapy?
(05 Marks x 4=20)

- 2
- 2.1 Write a short note on benefits of Palm massage
 - 2.2 Briefly describe the steps of Foot massage
 - 2.3 Briefly explain the effects of Massage therapy on cardiovascular system
 - 2.4 How massage affect the muscles and joints?
(05 Marks x 4=20)
