

**Assistant Medical Officer-Lecturer Grade-II Yoga
and Naturopathy**

| Sr. No. | Question Body and Alternatives |
|---------|--|
| 1 1 | <p>Thromboangiitis obliterans is also called as _____ disease.</p> <p>A) Buerger's</p> <p>B) Raynaud's</p> <p>C) Vascular</p> <p>D) Pancytic</p> |
| 2 2 | <p>In which type of Anaemia "Howell-Jolly" bodies is seen?</p> <p>A) Aplastic</p> <p>B) Microcytic</p> <p>C) Macrocytic</p> <p>D) Megaloblastic</p> |
| 3 3 | <p>Chronic infection with _____ increases the risk of developing gastric carcinoma.</p> <p>A) H. Pylori</p> <p>B) Entamoeba histolytica</p> <p>C) E.Coli</p> <p>D) HPV</p> |
| 4 4 | <p>Wool Sorter's disease is otherwise known as</p> <p>A) Intestinal anthrax</p> <p>B) Pertussis</p> <p>C) Pulmonary anthrax</p> <p>D) Meningitis</p> |
| 5 5 | <p>Secretin stimulates _____ secretion.</p> <p>A) Gastric</p> <p>B) Pancreatic</p> |

C) Pepsin

D) Insulin

6 6 B-Lymphocytes were first discovered in

A) Bones

B) Birds

C) Blastocyst

D) Fish

7 7 Two chromatids of each chromosomes are pulled apart at the centromere in which stage of mitosis

A) Prophase

B) Metaphase

C) Anaphase

D) Telophase

8 8 The physiological range of sodium in humans is

A) 115 to 125 mEq/L

B) 125 to 135 mEq/L

C) 135 to 145 mEq/L

D) 140 to 150 mEq/L

9 9 Tip of the nose is supplied by which nerve?

A) Maxillary

B) Mandibular

C) Ophthalmic

D) Accessory

10 10 Length of large intestine is

A) 0.5 meter

B) 1 meter

C) 1.5 meters

D) 2 meters

11 11 Vertebra prominence is present in

A) C6

B) C7

C) T1

D) L1

12 12 Tubercle of Lister is present in

A) Ulna

B) Humerus

C) Radius

D) Scapula

13 13 Which of the following is not a 'diamagnet'?

A) Hydrogen

B) Oxygen

C) Nitrogen

D) Water

14 14 Which colour activates pituitary gland?

A) Orange

B) Red

C) Brown

D) Violet

15 15 Malignant melanoma patient should avoid

A) Violet

B) Ultraviolet colour

C) Red

D) Infrared colour

- 16 16 The ability to become heavy is
- A) Vashitva
 - B) Laghima
 - C) Mahima
 - D) Garima
- 17 17 When Pranayama is performed with repetition of mantra, it is known as
- A) Sagarbha
 - B) Nigarbha
 - C) Sandhya
 - D) Marga
- 18 18 Which Pranayama give freedom from bondage?
- A) Sheetalī
 - B) Sheetkari
 - C) Bastrika
 - D) Ujjayi
- 19 19 The constant flow of nectar is induced from Bindhu Visarga can be achieved by practicing
- A) Uddiyana Bandha
 - B) Jalandhara Bandha
 - C) Moola Bandha
 - D) Maha Bandha
- 20 20 The attitude of dwelling in supreme consciousness is
- A) Chinmaya Mudra
 - B) Yoga Mudra
 - C) Sambavi Mudra
 - D) Khechari Mudra
- 21 21 'Mahavaugha' denotes

A) Divine guru

B) Siddha guru

C) Human guru

D) Adiguru

22 22 Name the crutches which is useful for Rheumatoid arthritic patients?

A) Elbow crutches

B) Axillary crutches

C) Gutter crutches

D) None of the above

23 23 Disulfiram is given only after ensuring that alcohol has not been consumed for atleast _____ hours

A) 4

B) 8

C) 6

D) 12

24 24 The US-FDA has graded the documentation of Risk for causing birth defects into _____ categories.

A) 1

B) 3

C) 5

D) 7

25 25 Predictable drug reactions are based on

A) Pharmacological properties

B) Genetic factors

C) Environmental influences

D) Psychological factors

26 26 The weight is between the fulcrum and the effort and the efforts arm must therefore always exceed the weight's arm

A) 2nd order

B) 3rd order

C) 1st order

D) 4th order

27 27 What is the effect of muscle traction in the Myotatic reflex?

A) Provides powerful stimuli to muscle contraction

B) Inhibits the reflex response

C) Causes muscles to relax

D) Prevents the reflex activity

28 28 Infected wounds can be effectively treated with _____.

A) UVA

B) UVC

C) UVB

D) None of the above

29 29 Wavelength of Infra red rays?

A) 750 nm – 400,000 nm

B) 850 nm – 400,000 nm

C) 650 nm – 300,000 nm

D) 950 nm – 500,000 nm

30 30 When does a fast begin?

A) The last meal was taken

B) The meal to be taken is skipped

C) Hunger satisfied by eating

D) Hunger satisfied by drinking water

31 31 Hydrotherapy, air baths comes under

A) Elimination

B) Economy of vital force

C) Chemical Remedy

D) Return to Nature

32 32 "Every acute disease is the result of a cleansing and healing effort of nature". Statement given by

A) Louis Kuhne

B) Henry Lindlahr

C) Sebastien Kneipp

D) J.H. Kellogg

33 33 _____ is not the manifestation of accumulation of morbid matter.

A) Catarrhal discharges

B) Syphilis

C) Ulcers

D) Skin eruptions

34 34 'Bright Red' appearance in Iris represents

A) Lead Poisoning

B) Iron Poisoning

C) Iodine Poisoning

D) Mercury Poisoning

35 35 Among the blue eyed people, mercury poisoning in iris is represented as

A) Yellowish crescent

B) Whitish crescent

C) Bluish crescent

D) Greenish crescent

36 36 Which is the indicator of serious front encumbrance?

A) Lump on the neck

B) Lump on the forehead

C) Swollen face

D) Swollen cheeks

37 37

Miscarriage is more common in

A) Front encumbrance

B) Left side encumbrance

C) Right side encumbrance

D) Back encumbrance

38 38

The word "Gudam" indicates

A) Small intestines

B) Urethra

C) Rectum

D) Perineum

39 39

Kumbhaka occurs spontaneously through the practice of pranayama is known as

A) Bahiranga Kumbhaka

B) Antaranga Kumbhaka

C) Sahita Kumbhaka

D) Kevala Kumbhaka

40 40

Upa Prana "Krikara" is responsible for

A) Belching and hiccups

B) Blinking of eyes

C) Sleep and Yawning

D) Hunger and Thirst

41 41

Variation of Moolabandhasana

A) Swastikasana

B) Bhadrasana

C) Siddhasana

D) Padmasana

42 42

Bagassosis occurs due to the inhalation of

A) Grain dust

B) Sugarcane dust

C) Mouldy hay

D) Cotton fibre dust

43 43

Added values of years of lost life and years lost to disability gives

A) Disability adjusted life years

B) Disability free life expectancy

C) Disability rates

D) Quality adjusted life years

44 44

Immediate flushing and washing of wound site with plenty of soap and water is an early management in

A) Burn wound

B) Cat bite wound

C) Scalds

D) Open wounds

45 45

Ability of a test to identify correctly those who do not have the disease is termed as

A) Sensitivity

B) Specificity

C) Accuracy

D) Predictive accuracy

46 46

Web enabled mother and child tracking system has been initiated under

A) Universal Immunization Programme

B) National Rural Health Mission

C) National Urban Health Mission

D) Janani Suraksha Yojana

47 47 Awareness of an object or situation as having been known to a person is known in memory as

- A) Learning
- B) Retention
- C) Recognition
- D) Recall

48 48 Who did systematic work in studying the phenomenon of forgetting?

- A) Skinner
- B) Ebbinghaus
- C) Thorndike
- D) John B. Watson

49 49 Pronounced thyroid deficiency occurring in infancy can lead to

- A) Hypothyroidism
- B) Cretinism
- C) Myxedema
- D) Goitre

50 50 Catharsis refers to

- A) Process of suppressing emotions
- B) Talking about troubles, worries, conflicts
- C) Process of forming new coping mechanism
- D) Avoiding confrontation to maintain peace

51 51 As per Indian Penal Code (IPC) which IPC deals with Rape

- A) 320 IPC
- B) 420 IPC
- C) 375 IPC
- D) 302 IPC

52 52 'Tardieu spots' is seen in cadaver due to

- A) Neuro toxicity
- B) Capillary congestion
- C) Mercury toxicity
- D) Capillary dilatation

53 53 Eruption of third molar permanent teeth occurs in between _____ years

- A) 17-25
- B) 18-25
- C) 11-12
- D) 12-14

54 54 Coffee ground vomit is a clinical feature of _____ acid

- A) HCl
- B) Nitric
- C) Phosphoric
- D) Sulphuric

55 55 The secretion of sweat is increased by the following EXCEPT

- A) Copious drinking of warm water
- B) Exercises
- C) Contact of hot air
- D) Application of cold

56 56 Cool temperature as per J.H. Kellogg

- A) 55° to 65°F
- B) 65° to 80°F
- C) 80° to 92°F
- D) 92° to 98°F

57 57 Which is not a “reaction” effect produced by intense, short general application of heat?

- A) Lessened perspiration

B) Vasoconstriction

C) Diminished mental irritability

D) Increased muscular irritability

58 58 "To warm the patient in the cold fit, and to cool him in the hot one"- Quoted by

A) Dr. Darwin

B) Cullen

C) Louis Kuhne

D) J.H. Kellogg

59 59 The upper limit of body fat to define obesity in males is

A) 25%

B) 20%

C) 30%

D) 35%

60 60 Severely malnourished patient may result this syndrome in which there are acute intracellular shift of electrolytes as cell anabolism is stimulated

A) Derick syndrome

B) Refeeding syndrome

C) Ruberg syndrome

D) Secular syndrome

61 61 Carotenoids found in tomatoes

A) Terpenes

B) Lycopene

C) Limonoids

D) Lignans

62 62 Dietary requirement of folate for a pregnant women is

A) 4000 μ g /day

B) 200 μ g/day

C) 400 μ g/day

D) 2000 μ g/day

63 63 The asana which recondition the entire alimentary canal is

A) Dhanurasana

B) Bhujangasana

C) Vajrasana

D) Pawanuktasana

64 64 Which among the following condition is not contraindicated for Shankaprakshalana Practice?

A) Digestive problem

B) Kidney problem

C) Heart problem

D) Hypertension

65 65 Plough pose is otherwise known as

A) Halasana

B) Dhanurasana

C) Sarvangasana

D) Shalabasana

66 66 The Chakra related to Thyroid gland

A) Ajna

B) Vishuddhi

C) Manipura

D) Swadhisthana

67 67 According to embryological theory, Urinary bladder Meridian is formed from the _____ germinal layer

A) Mesoderm

B) Ectoderm

C) Both (A) and (B)

D) Endoderm

68 68 Write the Chinese name of SP-4 acupuncture point

A) Gong sun

B) Shang qiu

C) Taipai

D) Dadu

69 69 Which type of needles are used for bleeding from jing well points in acute emergency conditions?

A) Filliform Needles

B) Press Needles

C) Plum-blossom Needles

D) Prismatic Needles

70 70 What is the herb commonly used in Moxibustion?

A) Ginseng

B) Artemisia Vulgaris

C) Ginger

D) Asplenium nidus

71 71 Which of following is not a duty of staff nurse?

A) Bedside nursing care

B) Typing patient discharges

C) Health promotion and health education

D) Performing procedures

72 72 Which among the following is non operating expenses?

A) Fund raising

B) Salaries

C) Utilities

D) Administrative expenses

73 73 Which is not a tool for data collection?

A) Check sheets

B) Data sheets

C) Control chart

D) Surveys

74 74 Implementation of strategic plan is called

A) Long term planning

B) Short term planning

C) Goal oriented planning

D) Operational planning

75 75 Whipworm infection is typically

A) Always symptomatic

B) Asymptomatic except worm load heavy

C) Only symptomatic in children

D) Symptomatic in adults

76 76 The Exotoxin produced by Shigella known as

A) Botulinum toxin

B) Entero toxin

C) Vero toxin

D) Tetanus toxin

77 77 Black water fever is associated with

A) Malarial Hemoglobinuria

B) Acute kidney failure

C) Typhoid fever

D) Lepto spirosis

- 78 78 Which is not a pressure point?
- A) Temporal pressure point
 - B) Brachial pressure point
 - C) Jugular pressure point
 - D) Popliteal pressure point
- 79 79 Which is not a symptom of Rabies?
- A) Cough
 - B) Hydrophobia
 - C) Hallucination
 - D) Sensory loss of extremities
- 80 80 Which transportation method is used to move a light weighted adult?
- A) Human crutch
 - B) Fireman's carry
 - C) Pick-a-back
 - D) Neck Drag
- 81 81 Hypernatraemia is said to be present when the serum sodium is > _____ mEq/L
- A) 50
 - B) 70
 - C) 150
 - D) 200
- 82 82 Musical continuous added sounds are called as
- A) Rhonchi
 - B) Crackles
 - C) Amphoric
 - D) Tubular
- 83 83 Protodiastolic sound is a synonym for

A) S1

B) S2

C) S3

D) S4

84 84 Synonym for Water-Hammer pulse is

A) Rapid pulse

B) Collapsing pulse

C) Pulsus bisiferens

D) Pulsus paradoxus

85 85 Which of the following are two types of adipose tissues found in body?

A) White and Green

B) Brown and Yellow

C) White and Brown

D) Red and Yellow

86 86 Wolman disease is a genetic disorder characterized by accumulation of which of the following

A) Glycogen

B) Lipids

C) Protein

D) Carbohydrates

87 87 What is the normal range for unconjugated bilirubin in blood?

A) 0.1 – 0.3 mg/dl

B) 0.2 – 0.6 mg/dl

C) 0.5 – 1.0 mg/dl

D) 1.0 – 1.5 mg/dl

88 88 Which of the following is true about C-reactive protein?

A) It is produced in bone marrow

- B) It is type of antibody that fights infection
- C) It is produced in liver in response to inflammation
- D) It is mainly involved in regulation of blood pressure

89 89

Bandl's ring is prominent in

- A) Prelabour
- B) Obstructed Labour
- C) Preterm Labour
- D) Active Labour

90 90

Approximately how much testosterone is secreted daily by ovaries

- A) 0.01 – 0.10 mg
- B) 0.2 – 0.3 mg
- C) 0.5 – 0.6 mg
- D) 0.1 – 0.2 mg

91 91

The normal fetal pH is

- A) > 7.00
- B) > 7.10
- C) > 7.25
- D) > 7.35

92 92

Where are Montgomery's follicles found?

- A) Vagina
- B) Eyelids
- C) Breasts
- D) Palms of hands

93 93

Which terminology is used for the massage by the natives of sandwich Islands?

- A) Toogi-Toogi
- B) Lomi-lomi

C) Romi-Romi

D) Amma-Amma

94 94

Friction acts Chiefly upon the

A) Muscles

B) Deep veins

C) Superficial Veins

D) Lymph Vessels

95 95

Which of the following massage movement is a powerful excitant upon the tissues?

A) Vibration

B) Kneading

C) Percussion

D) None of the above

96 96

Aromatherapy compresses are helpful in the following conditions EXCEPT

A) Bruises

B) Muscular pain

C) Irritated skin conditions

D) Peptic ulcer

97 97

Which is not comes under dry heat cooking method?

A) Frying

B) Sauteing

C) Stewing

D) Grilling

98 98

Boiling point of simmering method of cooking

A) 82 – 99°C

B) 80 – 85°C

C) 60 – 70°C

D) 65–75°C

99 99

How much visible fat is required per day for heavy worker?

A) 30 – 40 g

B) 25 – 35 g

C) 30 – 50 g

D) 15 – 25 g

100 100

Which among the following is not advisable in the emergency management of shock?

A) Mouth to mouth respiration

B) Loosening the tight clothing

C) Control bleeding

D) Apply hot water bottle to the lower extremity