

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2025
(Fourth Semester)

Branch – CLINICAL PSYCHOLOGY

ALTERNATIVE MEDICINES

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	AYUSH primarily includes which of the following traditional systems of medicine? a) Ayurveda, Yoga, Unani, Siddha, Homeopathy b) Acupuncture, Ayurveda, Naturopathy, Reiki, Homeopathy c) Ayurveda, Yoga, Acupuncture, Chiropractic, Unani d) Homeopathy, Reiki, Siddha, Unani, Acupuncture	K1	CO1
	2	What is a key characteristic of complementary and alternative medicine? a) Focuses solely on pharmaceutical interventions b) Treats only physical symptoms, ignoring mental health c) Emphasizes holistic well-being and self-healing d) Rejects any form of scientific validation	K2	CO1
2	3	Which factor has significantly contributed to the increasing acceptance of alternative medicine in mental health care? a) Decrease in the cost of psychiatric drugs b) Increased dissatisfaction with conventional medicine c) Decline in mental health disorders worldwide d) Lack of regulation in alternative medicine practices	K1	CO2
	4	In Homeopathy, which principle guides the selection of a remedy? a) Law of opposites b) Law of similars c) Homeostatic imbalance d) Genetic predisposition	K2	CO2
3	5	Which of the following mental health conditions is acupuncture most commonly used to treat? a) Schizophrenia b) Anxiety disorders c) Autism spectrum disorder d) Borderline personality disorder	K1	CO3
	6	Ayurveda attributes mental health disorders primarily to imbalances in which system? a) Endocrine system b) Tridosha system c) Nervous system only d) Blood circulation patterns	K2	CO3
4	7	From a research point of view, how does acupuncture influence mental health treatment? a) By directly altering neurotransmitter levels b) By reducing muscle tension without affecting neural pathways c) By promoting placebo effects without measurable physiological impact d) By improving digestion, which indirectly affects mood regulation	K1	CO4
	8	What is a critical ethical concern in the use of homeopathic remedies for psychological disorders? a) Excessive reliance on synthetic chemicals b) Risk of addiction to homeopathic substances c) Lack of empirical evidence for many claims d) Potential for severe withdrawal symptoms	K2	CO4
5	9	Which factor has hindered the integration of Ayurveda into mainstream psychiatric practice? a) Ayurveda focuses only on physical illnesses b) Ayurveda lacks standardized clinical trials c) Ayurveda is incompatible with mental health treatments d) Ayurveda relies entirely on invasive procedures	K1	CO5

Cont...

5	10	Which of the following statements best reflects the debate on the efficacy of complementary and alternative medicine in mental health care? a) Scientific studies universally support its effectiveness b) It is entirely placebo-based with no physiological effects c) Research findings are mixed, requiring further validation d) It has completely replaced conventional psychiatric treatments	K2	CO5
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SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 × 7 = 35)

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Module No.	Question No.	Question	K Level	CO
1	11.a.	How can the principles of holistic healing be integrated into modern psychological treatment approaches? Explain using relevant case studies.	K4	CO1
	(OR)			
	11.b.	Critically analyze the role of scientific validation in the acceptance of complementary and alternative medicine.		
2	12.a.	Discuss the role of cultural beliefs and patient expectations in the efficacy of alternative medicine in mental health care.	K4	CO2
	(OR)			
	12.b.	Categorize factors delaying acceptance of alternate treatments.		
3	13.a.	Evaluate the scientific rigor behind Homeopathy's treatment of ADHD.	K5	CO3
	(OR)			
	13.b.	Discuss the ethical concerns surrounding the use of Homeopathy in mental health care.		
4	14.a.	Analyze the impact of acupuncture on neurophysiological mechanisms related to stress and anxiety.	K5	CO4
	(OR)			
	14.b.	Discuss the limitations and challenges of integrating acupuncture into mainstream psychiatric care.		
5	15.a.	Critically examine the psychophysiological effects of Ayurvedic herbs in the treatment of mood disorders.	K5	CO5
	(OR)			
	15.b.	Recommend issues of safety in using Ayurveda's approach to mental health.		

SECTION - C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks (3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Design an integrative therapy model combining principles of Ayurveda and Homeopathy for treating chronic anxiety.	K5	CO1
2	17	Evaluate the efficacy of alternative medicine interventions in mental health.	K4	CO2
3	18	Assess applicability of homeopathy treatment of psychological disorders.	K5	CO4
4	19	Analyze the possibilities of integrating accupuncture and cautionary consideration required.	K4	CO3
5	20	Critically assess the impact of Ayurveda on mental health outcomes compared to psychopharmacological treatments.	K5	CO5