

Day : Tuesday

Date : 04-01-2022

W-22702-1-2021

Time : 10:00 AM TO 1:00 P.M.  
Max.Marks 90

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat labelled diagrams **WHEREVER** necessary.

- Q.1** Write about Pancha-Mahabhuta's and its relationship with different treatment modalities in Naturopathy. (15)
- Q.2** Explain briefly philosophy and History of Indian Naturopathy. (10)
- Q.3** Write short notes on any **FOUR** of the following: (20)
- a) Prayers and its benefits
  - b) Unity of disease and unity of cure
  - c) Mahatma Gandhiji - contribution to Naturopathy
  - d) Elaborate- "Body heals itself"
  - e) Stages of Fasting
- Q.4** Define Nutrition. Write in detail about various types of Nutrition. (15)
- Q.5** Write about Advantages and Disadvantages of raw and cooked diet? (10)
- Q.6** Write short notes on any **FOUR** of the following: (20)
- a) Balanced diet
  - b) Customs of manners of eating
  - c) Mal- nutrition
  - d) Fasting in obesity
  - e) Therapeutic use of Ash gourd (White pumpkin)

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- प्र.१ पंचमहाभूत और उनका निसर्गोपचार चिकित्सा से संबंध स्पष्ट किजिए । (१५)
- प्र.२ निसर्गोपचार के सिद्धांत एवं इतिहास संक्षिप्त में लिखिए । (१०)
- प्र.३ टिप्पणी लिखिए । (कोई भी चार) (२०)
- अ) प्रार्थना - महत्त्व
  - ब) युनिटी ऑफ डिसिस एवं युनिटी ऑफ क्युर
  - क) महात्मा गांधी - निसर्गोपचार योगदान
  - ड) “बॉडी हिल्स इट् सेल्फ” स्पष्ट किजिए ।
  - इ) उपवास के स्टेजेस
- प्र.४ न्यूट्रीशन की व्याख्या लिखकर, उसके विभिन्न प्रकार वर्णन किजिए । (१५)
- प्र.५ अपरिपक्व एवं संस्कारीत आहार के परिणाम और दुष्यपरिणाम स्पष्ट किजिए । (१०)
- प्र.६ टिप्पणी लिखिए । (कोई भी चार) (२०)
- अ) संतुलीत आहार
  - ब) आहार संबंधित नियम
  - क) कुपोषण
  - ड) मोटापे में उपवास चिकित्सा
  - इ) लौकी के चिकित्सा संबंधित उपयोग

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D.N.Y.S.(2019 course) Winter-2021

**SUBJECT: NATUROPATHY PAPER-I**

Day : Tuesday

Time : —

Date : 04-01-2022 W-22702-1-2021

Max.Marks 10

**N.B.:**

- 1) All questions are **COMPULSORY**.
- 2) You have to make ( ✓ ) such kind of marks in the box of appropriate answer.
- 3) This question paper is self as an answer script, you have to return to the supervisor after 10 minutes.
- 4) There is no negative marking.

Seat No: \_\_\_\_\_

Total Marks Obtained: \_\_\_\_\_

Jr. Supervisor's Signature: \_\_\_\_\_

Signature of the Examiner: \_\_\_\_\_

**Q.1** Apple is an example of \_\_\_\_\_ .

- a) ☐ Solid
- b) ☐ Rarely used
- c) ☐ Juicy
- d) ☐ Avoidable

**Q.2** \_\_\_\_\_ is the father of Naturopathy.

- a) ☐ Louis Kuhne
- b) ☐ Dr. Benedict lust
- c) ☐ Kneipp
- d) ☐ Mahatma Gandhi

**Q.3** Vayu is an example of \_\_\_\_\_ .

- a) ☐ Unani
- b) ☐ Nutrition
- c) ☐ Panchamahabhuta
- d) ☐ Fasting

**Q.4** Naturopathy is a treatment related to \_\_\_\_\_ .

- a) ☐ Ayurveda
- b) ☐ Allopath
- c) ☐ Homeopathy
- d) ☐ Nature cure

**P. T. O.**

**Q.5** Milk and Lemon is \_\_\_\_\_-.

- a) ☐ Supportive nutrition
- b) ☐ Curative nutrition
- c) ☐ Healthy nutrition
- d) ☐ Formulated nutrition

**Q.6** "Return to nature" book is written by \_\_\_\_\_.

- a) ☐ Louis kuhne
- b) ☐ Adolf Just
- c) ☐ Mahatma Gandhi
- d) ☐ J. H. Kellogg

**Q.7** Notional institute of Naturopathy in India is situated at \_\_\_\_\_.

- a) ☐ New Delhi
- b) ☐ Calcutta
- c) ☐ Pune
- d) ☐ Bangalore

**Q.8** Body \_\_\_\_\_ itself.

- a) ☐ Heals
- b) ☐ Cures
- c) ☐ Treats
- d) ☐ Manages

**Q.9** Deposition of metabolic \_\_\_\_\_ is disease.

- a) ☐ Toxins
- b) ☐ Waste
- c) ☐ Foods
- d) ☐ Nutrient's

**Q.10** As per Naturopathy daily \_\_\_\_\_ glasses of water should be consumed

- a) ☐ 6
- b) ☐ 7
- c) ☐ 8
- d) ☐ 10