

**DIPLOMA IN NATUROPATHY & YOGIC SCIENCES (2019 COURSE)**

**D.N.Y.S. :SUMMER- 2022**

**SUBJECT : NATUROPATHY (T P-I) PAPER-I**

Day : Thursday

Time : 10:00 AM-01:00 PM

Date : 18-08-2022

**S-22702-1-2022**

Max. Marks : 10

**N.B.:**

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

Seat No. \_\_\_\_\_

Total Marks Obtained. \_\_\_\_\_

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

Signature of the Examiner. \_\_\_\_\_

**MCQ:**

**Q.1** One of the important Panchantantra is "Drink at least .....Liters of water per day.

- a)  2
- b)  2.5
- c)  3
- d)  3.5

**Q.2** Therapeutic fasting means

- a)  Absence of food
- b)  Absence of food without water
- c)  Absence of food with water
- d)  None of the above

**Q.3** Moderate fasting is for .....days

- a)  15
- b)  7
- c)  10
- d)  20

**Q.4** Fasting is indicated for

- a)  Arthritis
- b)  Obesity
- c)  Constipation
- d)  All of the above

**Q.5** Halitosis is

- a)  Bad breath
- b)  Indigestion
- c)  Heart burn
- d)  Acidity

**Q.6** Soothing diet is rich ...

- a)  Fiber
- b)  Cholesterol
- c)  Carbohydrates only
- d)  Both carbohydrates and fiber

**Q.7** Best food to give in constructive diet is

- a)  Millet
- b)  Sprouts
- c)  Fruits
- d)  All of the above

**Q.8** In high blood pressure .....diet is advised

- a)  High calories, High fiber ,High fat, High protein
- b)  Moderate calories, High fiber, Low fat, Low protein
- c)  Low calories, Low fiber, Low fat, low protein.
- d)  Moderate calories, Moderate fiber, Moderate fat, Moderate protein

**Q.9** In high cholesterol patients.....diet is advised

- a)  Eliminative and constructive diet
- b)  Soothing and constructive diet.
- c)  Eliminating and soothing diet
- d)  None

**Q.10** In type 2 Diabetes mellitus .....Diet is advised

- a)  High calories, High fiber ,High fat, High protein
- b)  Moderate calories, High fiber, Low fat, Low protein
- c)  Low calories, Low fiber, Low fat, low protein.
- d)  Moderate calories, Moderate fiber, Moderate fat, Moderate protein

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- 1) All questions are **COMPULSORY**.
  - 2) Figures to the right indicate **FULL** marks.
  - 3) Answers to both the sections should be written in **SEPARATE** answer book.
  - 4) Draw neat labelled diagrams **WHEREVER** necessary.
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**SECTION-I**

- Q.1** Explain any 5 basic principles of Naturopathy. **(15)**
- Q.2** Give an outline of dietary management plan for 60 year old Female Diabetic Patient. **(10)**
- Q.3** Write short notes on any **FOUR** of the following: **(20)**
- a) Prithvi
  - b) Difference of Fasting and Starvation
  - c) Nutritive importance of Sprouts
  - d) Define Health and Disease
  - e) Constructive diet

**SECTION-II**

- Q.4** Explain in detail about "Return to Nature". **(15)**
- Q5** Write in details about determinants of health. **(10)**
- Q.6** Write short notes on any **FOUR** of the following: **(20)**
- a) Define constructive and Destructive principle in nature cure with examples
  - b) Short note on diet for high blood pressure
  - c) Importance of Seasonal food
  - d) Importance of Dietary fiber
  - e) Dr. Benedict Lust

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## हिंदी रूपांतर

टीप -

- १) सभी प्रश्न अनिवार्य है ।
- २) दाहिने ओर दिए हुए अंक गुणोंका निर्देश करते है ।
- ३) दोनो विभाग अलग-अलग उत्तरपत्रिकामें लिखिए ।
- ४) आवश्यकता के नुसार उचित आकृती बनाईए ।

### विभाग - १

- प्र.१ प्राकृतिक चिकित्सा के किन्हीं ५ मूल सिद्धांतों को विस्तार से लिखिए । (१५)
- प्र.२ महिला मधुमेह रोगी के ६० वर्ष के लिए आहार प्रबंधन योजना की रूपरेखा दें । (१०)
- प्र.३ टिप्पणी लिखिए । (कोई भी चार) (२०)
- अ) पृथ्वी
  - ब) उपवास और भुमखरी का अंतर
  - क) स्प्राउट्स का पोषक महत्व
  - ड) स्वास्थ्य और रोग को परिभाषित करें
  - इ) रचनात्मक आहार

### विभाग - २

- प्र.४ 'प्रकृति की ओर वापसी' के बारे में विस्तार से बताएं । (१५)
- प्र.५ स्वास्थ्य के निर्धारकों को विस्तार से लिखिए । (१०)
- प्र.६ टिप्पणी लिखिए । (कोई भी चार) (२०)
- अ) रचनात्मक और विनाशकारी सिद्धांत प्रकृति को उदाहरण सहित परिभाषित करें ।
  - ब) उच्च रक्तचाप के लिए आहार
  - क) मौसमी भोजन का महत्व
  - ड) आहार फाइबर का महत्व
  - इ) डॉ. बेनेडिक्ट लस्ट

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