

DIPLOMA IN NATUROPATHY & YOGIC SCIENCES (2019 COURSE)

D.N.Y.S. : WINTER- 2022

SUBJECT : NATUROPATHY PAPER-I

Day : Monday

Time : 10:00 AM-01:00 PM

Date : 20-02-2023

W-22702-1-2022

Max. Marks : 10

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) You have to make \surd 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 Decreased/ Lowered vitality leads to _____

- a) Accumulation of Morbid matter and
- b) Ennervation
- c) Abnormal composition of blood and lymph
- d) All the above

Q.2 Father of Indian naturopathy

- a) Jawaharlal Nehru
- b) Vittal das modi
- c) Lakshaman Sharma
- d) Mahatma Gandhi ji

Q.3 According to fundamentals of Naturopathy, acute disease are _____.

- a) Remedial/ cleansing agents.
- b) Detrimental
- c) Unfavorable condition for the body
- d) None of the above

Q.4 According to Panchamahabhoota theory, Vayu refers to _____.

- a) Fire
- b) Water
- c) Earth
- d) Air

- Q.5** According to Mahatma Gandhji, Prayers is for.
- a) Mental peace
 - b) Food for soul
 - c) Harmony between body and mind
 - d) None of the above
- Q.6** Facial (Encumbrances) diagnosis was discovered by_____.
- a) Louis khune
 - b) Louis Pasture
 - c) Adolf just
 - d) Vincent pressnitz
- Q.7** According to fundamentals of Naturopathy, Inflammation has
- a) Five stages
 - b) Three stages
 - c) Six stages
 - d) Seven stages
- Q.8** According to fundamentals of Naturopathy, Primary manifestation of disease is due to
- a) Wrong food habits and lifestyle
 - b) Bacteria
 - c) Virus
 - d) All of the above
- Q.9** According to fundamentals of Naturopathy, Diseases roots from _____.
- a) Self-indulgence
 - b) Self- control
 - c) Self- ignorance
 - d) All of the above
- Q.10** Return to nature is derived by_____.
- a) Adolf just
 - b) Vincent pressnitz
 - c) Mahatma Gandhi
 - d) None of the above

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Max. Marks : **90**

N.B.:

- 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.

SECTION-I

- Q.1** Write in detail about Fasting: Classification, methods and procedure of fasting. **(15)**
- Q.2** Write in details about primary manifestation of disease. **(10)**
- Q.3** Write short notes on any **FOUR** of the following: **(20)**
- a) Dr. Henry Lindlhar
 - b) Diet for indigestion
 - c) Plan Fasting for rheumatoid arthritis
 - d) Vitthal das modi
 - e) Soothing diet

SECTION-II

- Q.4** Explain "Return to Nature". **(15)**
- Q5** Panchamabhootas- explain in relation to Naturopathy. **(10)**
- Q.6** Write short notes on any **FOUR** of the following: **(20)**
- a) Nutritive importance of any 2 fruits
 - b) Diet for hypercholesterolemia
 - c) Any 2 determinants of health
 - d) Body heals itself
 - e) Calcium

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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 उपवास के बारे में विस्तार से लिखे : वर्गीकरण, उपवास के तरीके और प्रक्रिया । (१५)
- प्र.२ रोग की प्राथमिक अभिव्यक्ति के विवरण में लिखिए । (१०)
- प्र.३ टिप्पणी लिखिए । (कोई भी चार) (२०)
- अ) डॉ. हेनरी लिंडलर
 - ब) अपच के लिए आहार
 - क) संधिवात के लिए उपवास की योजना बनाएं
 - ड) विठ्ठल दास मोदी
 - इ) सुखदायक आहार

विभाग - २

- प्र.४ 'प्रकृति की ओर वापसी' को विस्तार से लिखिए । (१५)
- प्र.५ पंचमहाभूत - प्राकृतिक चिकित्सा के संबंध में विस्तार से लिखिए । (१०)
- प्र.६ टिप्पणी लिखिए । (कोई भी चार) (२०)
- अ) किन्ही २ फलों का पोषक महत्त्व
 - ब) हाइपरकोलेस्ट्रॉलमिया के लिए आहार
 - क) स्वास्थ्य के कोई २ निर्धारक
 - ड) शरीर अपने आप ठीक हो जाता है
 - इ) कैल्शियम
