

**FOURTH B.N.Y.S. DEGREE EXAMINATION**  
**PAPER III – FASTING AND DIET THERAPY**

*Q.P. Code : 821525*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Elaborate on fasting and its clinical Importance.
2. a) Explain the concept of a wholesome diet and its effect on health and Diet for Jaundice.  
b) Non Nutrient components of foods.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Fasting in Acute diseases.
2. Write a short note on diseases and fasting.
3. Write the types of therapeutic diet.
4. Diet for Lactose Intolerance.
5. What is the difference between hunger and appetite?
6. Explain the medical values of turmeric, Garlic and Mustard.
7. Write the importance of sprouts and its disadvantages.
8. What are the nutrient losses during cooking and preservation?
9. RDA for a pregnant woman.
10. Indicated and contraindicated foods for diabetes.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. What is kalpa?
2. What are the harmful effects of food colours?
3. What are the therapeutic effects of dietary fibre?
4. Write the precautionary procedures for raw eating.
5. What are the qualities of food according to naturopathy?
6. G.I. Value of Ice cream and Honey.
7. Assessment of obesity.
8. Results of fasting.
9. Mention any two animal behaviour during sickness.
10. How to break the fast?

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