

**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. Write in detail about the physiology of Fasting and Starvation.
2. Describe about Nutritional anaemia and its managements.

**II. Write Notes on: (10 x 5 = 50)**

1. How and when to break fasting?
2. Methods of fasting in Naturopathy.
3. Difference between hunger and appetite.
4. Treatment procedures followed during fasting.
5. Role of fasting in skin diseases.
6. Comparison with raw and cooked food.
7. Methods of cooking and nutrients losses while cooking.
8. Paediatric nutrition and diet.
9. Dietary management for Hypercholesterolemia.
10. Role of anti-inflammatory foods in Rheumatoid arthritis.

**III. Short Answers on: (10 x 2 = 20)**

1. Mono diet fasting.
2. Clothing in fasting.
3. Objections in fasting.
4. What are the conditions fasting is not advisable?
5. List the Discomforts in fasting.
6. Disadvantages of raw diet.
7. Lactose intolerance
8. Gluten free diet.
9. Vitamin A rich sources.
10. Glycaemic index.

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