

NOVEMBER 2001

[KE 1419]

B.N.Y.S. DEGREE EXAMINATION.

Third Year

Part II

Paper IV — DISORDERS AND TREATMENT

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

SECTION A

1. What is Sciatica? Explain in detail about its management through naturopathy. (10)
2. Discuss in detail about Naturopathic prescription to paralysis. (10)
3. What is Hypertension? How you will manage in Naturopathy? (10)
4. Write a short notes on : (4 × 5 = 20)
 - (a) Hydratic prescription to Tonsillitis.
 - (b) Goitre and Nature cure.
 - (c) Natural way of living — I.B.S.
 - (d) Naturopathic treatment to — Diabetes Mellitus.

SECTION B

5. What is Rheumatoid Arthritis? Describe its management through Yoga. (10)
6. Explain the integrate approach of yogic therapy to Respiratory Diseases. (10)
7. Explain in detail about Yogic Management to Insomnia. (10)
8. Write a short notes on : (4 × 5 = 20)
 - (a) Osteo Arthritis and Yoga.
 - (b) Yogic Prescription to Low Back pain.
 - (c) Yogic Management of cervical — Spondylosis.
 - (d) Yogic treatment to constipation.

MARCH 2002

[KG 1419]

B.N.Y.S. DEGREE EXAMINATION.

Third Year

Part II

Paper VI — TREATMENT OF DISORDERS
THROUGH YOGA AND NATUROPATHY

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer Section A and B separately.

SECTION A

1. Explain Cervical Spondylosis in detail and list out the treatment for its management. (10)
2. Explain the physiological effects of Bandhas in curing diseases. (10)
3. Explain in detail about spinal bath and justify its importance in the management of Hypertension. (10)
4. Short notes : (2 × 5 = 10)
 - (a) Vaman Kriya — indication and contraindication.
 - (b) Management of Jaundice.

5. Short notes : (2 × 5 = 10)
 - (a) Yoga therapy in primary sterility.
 - (b) Role of Mud therapy in skin disorders.

SECTION B

6. Explain the role of pranayama in the management of Respiratory disorders. (10)
7. Elaborate on management of obesity through naturopathy and yogatherapy. (10)
8. Justify the role of Hydrotherapy in management of menstrual disorders. (10)
9. Short notes : (2 × 5 = 10)
 - (a) Trataka and eye exercises.
 - (b) Management of Gout through fasting therapy.
10. Short notes : (2 × 5 = 10)
 - (a) Acupressure points for Hemiplegia.
 - (b) Yoga therapy for Sciatica.

SEPTEMBER 2002

[KH 1419]

Sub. Code : 1419

B.N.Y.S DEGREE EXAMINATION.

Third Year

Part II

Paper VI — TREATMENT OF DISORDERS
THROUGH YOGA AND NATUROPATHY

Time : Three hours Maximum : 100 marks

SECTION A

1. Elaborate on management of Rheumatoid Arthritis through Naturopathy and Yoga therapy. (10)
2. Explain the role of Pranayama in management of Bronchial Asthma. (10)
3. Explain Shaukha Prakshalana in detail and its indication and contra indications. (10)
4. Write short notes on : (5 × 2 = 10)
 - (a) Role of Mud packs in fever
 - (b) Management of osteoarthritis through magnetotherapy
5. Short notes on : (5 × 2 = 10)
 - (a) Nadishodhana pranayama
 - (b) Yoga therapy for sciatica.

SECTION B

6. Explain the role of diet therapy in the management of diabetes mellitus. (10)
7. Elaborate on the role of fasting therapy in management of obesity. (10)
8. Elaborate the importance of Hip Bath and Evolve it's relevance in Irritable Bowel Syndrome. (10)
9. Short notes : (5 × 2 = 10)
 - (a) Role of chromotherapy in Psoriasis
 - (b) Indication and contra indication of Sand bath.
10. Short notes : (5 × 2 = 10)
 - (a) Management of I.H.D. through yogatherapy
 - (b) Acupressure points for colic pain.

APRIL 2003

[KI 1419]

Sub. Code : 1419

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Third Year

Part II

Paper IV — TREATMENT OF DISORDERS
THROUGH YOGA AND NATUROPATHY

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer Sections A and B in the **SAME** Answer Book.

SECTION A

1. Write the causes of back pain. Explain the role of nature cure in treating back pain. (3 + 7 = 10)
2. Explain the role of Asanas in treating various diseases. (3 + 2 + 5 = 10)
3. List out the skin diseases. Justify the role of mud in treating skin diseases. (2 + 8 = 10)

4. Write short notes on : (2 × 5 = 10)
 - (a) Yoga therapy for irritable bowel syndrome
 - (b) Hydratic prescription to Diabetes Mellitus.
5. Short notes on : (2 × 5 = 10)
 - (a) Yogic management of myopia
 - (b) Fasting therapy in obesity.

SECTION B

6. What is rheumatoid arthritis? Explain in detail about its management through yogic therapy. (2 + 3 + 5 = 10)
7. What is insomnia, write its causes, role of hydrotherapy in treating insomnia? (2 + 3 + 5 = 10)
8. What are the causes of hypertension? Write its management through yogic therapy. (4 + 6 = 10)
9. Write short notes on : (2 × 5 = 10)
 - (a) Vastra Dhauti - indication and contraindication.
 - (b) Massage therapy to bronchial asthma
10. Short notes on : (2 × 5 = 10)
 - (a) Effect of sunlight on skin diseases
 - (b) Yogic management of hypothyroidism.

OCTOBER 2003

[KJ 1419]

Sub. Code : 1419

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Third Year

Part II

**Paper IV — TREATMENT OF DISORDERS
THROUGH NATUROPATHY**

Time : Three hours

Maximum : 100 marks

**Two hours and Forty
minutes for**

Sec. A & Sec. B : 80 marks

Section C : 20 marks

Sec. A and Sec. B

Twenty minutes for Sec. C

Answer Sections A and B in the SAME Answer Book.

Answer Section C in a SEPARATE Answer Sheet.

SECTION A — (2 × 15 = 30 marks)

Answer ALL questions.

- 1. Name the upper respiratory tract diseases. Explain in detail about the Yogic management in Rhinitis and Bronchial asthma.**
- 2. Name the methods of cooking. Explain the effect of cooking and heat processing on the nutritive values of the food.**

OCTOBER 2003

SECTION B — (10 × 5 = 50 marks)

Answer ALL questions.

3. Explain the physiological effects, indications, contra-indications and complications of short-wave diathermy.
4. What is Relaxation? Name the different relaxation techniques. Explain its role in yogic management of diseases.
5. Name any five asanas in relation to acid-peptic disorders and describe them.
6. Define Cryotherapy. Explain its physiological effects and techniques of application.
7. Describe the hydrotherapeutic management in acute articular rheumatism and chronic rheumatism.
8. Write the diet prescription for psoriatic patient.
9. Explain the importance of wheat-grass juice in juice therapy.
10. Define massage classify the movements. Explain the technique and role of massage in obesity.

11. Define fever. Explain the regulatory mechanism during increase and decrease in temperature of the body.

12. List the geriatric problems. Write in detail about the role of nutrition of old age.

APRIL 2004

[KK 1419]

Sub. Code : 1419

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Third Year

Part II

Paper IV — TREATMENT OF DISORDERS
THROUGH YOGA AND NATUROPATHY

Time : Three hours

Maximum : 100 marks

Sec. A & B : Two hours and
forty minutes

Sec. A & B : 80 marks

M.C.Q : Twenty minutes

M.C.Q : 20 marks

Answer ALL questions.

SECTION A

Long Essay :

(2 × 15 = 30)

1. (a) Elaborate diet therapy for a male patient complaining of obesity with Osteoarthritis, explain in detail the respective clinical features. (10)

(b) Juice therapy for Hyperacidity — Explain. (5)

2. (a) Write down all types of menstrual irregularities with explanation and elaborate on their management through Naturopathy and Yoga. (10)

(b) Yoga therapy in Low back pain. (5)

SECTION B

Short notes on :

(10 × 5 = 50)

3. Magneto therapy — its role in treatment of spondylosis.

4. Insomnia and Yoga therapy.

5. Massage therapy to lumbago.

6. Yoga therapy for Flatulence — Explain.

7. Reflexology points for management of Constipation. Method and duration.

8. Treatment of fever in Nature cure.

9. Management of Dyspepsia in Naturopathy.

10. Importance of Massage therapy in the treatment of Paralysis.

11. Foods to be supplemented and to be avoided for Psoriasis.

12. Hydratic prescription to Hypertension.

AUGUST 2004

[KL 1419]

Sub. Code : 1419

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Third Year

Part II

**Paper IV — TREATMENT OF DISORDERS
THROUGH YOGA AND NATUROPATHY**

Time : Three hours

Maximum : 100 marks

Sec. A & B : Two hours and

Sec. A & B : 80 marks

forty minutes

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

SECTION A — (2 × 15 = 30 marks)

1. Explain the integrated approach of Nature cure and Yoga therapy in the management of Sinusitis and Allergic rhinitis. (15)

2. Write down the cause, clinical features of urinary incontinence and role of exercise therapy in its management. (15)

SECTION B — (10 × 5 = 50 marks)

Short notes on :

3. Yogic prescription to Hemiplegia.
4. Massage therapy to diabetes mellitus.
5. Role of chromo therapy in skin diseases.
6. Netis.
7. Magneto-therapy — its influence in the body in the management of Hypertension.
8. Alternate Hot and Cold hip bath — its indications.
9. Eliminative dietary menu for Gout.
10. Suggest the apt relaxation methods for stress management.
11. Emergency nature cure management during wheeze attack in Bronchial Asthma.
12. Trataka — its importance in management of refractive eye disorders.

FEBRUARY 2005

[KM 1419]

Sub. Code : 1419

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Third Year

Part II

Paper IV — TREATMENT OF DISORDERS
THROUGH YOGA AND NATUROPATHY

Time : Three hours

Maximum : 100 marks

Sec. A & B : Two hours and
forty minutes

Sec. A & B : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

SECTION A — (2 × 15 = 30 marks)

Long Essay :

1. (a) Explain in detail the role of Nature Cure in Cardiac disorders management. (10)
(b) Naturopathy intervention in Hyperlipidemias. (5)
2. (a) What do you mean by Integrated Approach of Yoga? (10)
(b) Explain application of Integrated Approach of Yoga in management of Hypertension. (5)

SECTION B — (10 × 5 = 50 marks)

Short notes on :

3. Explain derivative massage and its application in treatment of Chronic Non specific Back Pain.
4. Write about hydiatic measures in management of Migraine.
5. Elaborate on immunity improving measures in Nature Cure for growing children between age of 10–17 yrs.
6. Explain the role of electromagnets in treatment of osteoarthritis.
7. Explain the application of reflexology in management of Insomnia.
8. Write in detail the diet therapy for a 45 yr old hypertensive patient with pedal edema.
9. Explain role of Yoga therapy in treatment of Allergic Bronchial Asthma.
10. What is the aim of management in Nature Cure and Yoga with relevance to psychiatric illnesses?
11. Eczema – explain management through chromotherapy and diet therapy.
12. Explain why fasting therapy is a fundamental method of management for various disorders in nature cure.

AUGUST 2005

[KN 1419]

Sub. Code : 1419

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Third year

Part II

Paper IV — TREATMENT OF DISORDERS
THROUGH YOGA AND NATUROPATHY

Time : Three hours

Maximum : 100 marks

Theory : Two hours and
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay.

(2 × 15 = 30)

1. Name and classify various joint diseases. Explain in detail about Rheumatoid arthritis and write the possible management through Yoga and Naturopathy.
2. Explain cardiovascular diseases and their classification. Give a brief account of treatment of Hypertension and its complications.

II. Short notes on :

(10 × 5 = 50)

1. Define rest and relaxation. Elucidate their differences and their role in alleviating psychosomatic disorders.
2. Explain and elaborate on the use of Interferential Therapy (IFT) and its various applications.
3. Explain Hydrotherapeutic Management of Obesity and their purpose.
4. Explain the importance of Dietary and Nutritional Intervention in case of type II Diabetes Mellitus.
5. Classify various manipulative therapies. Define massage therapy and explain its role in insomnia.
6. Define fasting therapy. Explain the metabolic changes and energy utilization during fasting in a case of obesity.
7. What is mud therapy? Add a note on its types, indications, contraindications, precautions, dangers and physiological effects.
8. What is Gerontology? Add a note on geriatric disorders and their rehabilitation.
9. Give an account of Integrated Approach of Yogic Therapy (IAYT). Add a note on Panchakosha theory of diseases.
10. Write about irritable bowel syndrome and its management through Naturopathy and Yoga therapy.

FEBRUARY 2006

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Sub. Code : 1419

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Third Year

Part II

Paper IV — TREATMENT OF DISORDERS
THROUGH YOGA AND NATUROPATHY

Time : Three hours Maximum : 100 marks

Theory : Two hours and Theory : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. What is Bronchial Asthama? Write its causes and how will you manage Bronchial Asthama through Naturopathy. (2 + 6 + 7)

2. What is Diabitis Mellitus? Write its causes and management through yogic therapy. (2 + 6 + 7)

II. Write short notes on : (10 × 5 = 50)

1. Naturopathic prescription to hypertension. (1 + 2 + 2)

2. Osteo Arthritis and yoga. (1 + 2 + 2)

3. Yogic management of Back pain. (1 + 4)

4. Yogic regimen to constipation. (1 + 4)

5. Refractive errors and yoga. (2 + 2 + 1)

6. How you will manage piles through naturopathy? (1 + 4)

7. How you will manage skin diseases through naturopathy and Yoga? (1 + 2 + 2)

8. Yogic and Naturopathic management of cervical spondylitis. (1 + 2 + 2)

9. Naturopathic prescription to I.B.S. (2 + 3)

10. How will you manage insomnia through nature cure? (2 + 3)

AUGUST 2006

[KP 1419]

Sub. Code : 1419

B.N.Y.S. DEGREE EXAMINATION.
(Old Regulations)

Third Year

Part II

**Paper IV – TREATMENT OF DISORDERS THROUGH
YOGA AND NATUROPATHY**

Time : Three hours Maximum : 100 marks

Theory : Two hours and Theory : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay :

1. Explain the integrated approach of Nature and Yoga therapy in the management of Sinusitis and Allergic rhinitis. (10 + 10 = 20)

2. What is Rheumatoid Arthritis? Write its pathophysiology and complication. Write in detail about the management of Rheumatoid Arthritis by Yoga. (2 + 4 + 4 + 5 = 15)

3. Explain about Diabetes Mellitus, its types, pathophysiology and complications. Write in detail about its management through Naturopathy and Yoga. (2 + 2 + 2 + 4 + 5 = 15)

II. Write short notes :

1. Psoriasis and its management through Naturopathy. (2 + 3 = 5)

2. Constipation and dietary management. (2 + 3 = 5)

3. Asthma Vs Asthma bath. (2 + 3 = 5)

4. Jaundice and its management through diet modification. (2 + 3 = 5)

5. Hypertension and yogic management. (2 + 3 = 5)

6. Irritable bowel syndrome and its management through Naturopathy. (2 + 3 = 5)

August 2008

[KT 1419]

Sub. Code : 1419

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Third Year

Part I

**Paper III — TREATMENT OF DISORDERS
THROUGH YOGA AND NATUROPATHY**

Q.P. Code : 821419

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

- I. Long Essay : (2 × 15 = 30)
1. Explain the causes and its complications of Hypertension, chart out the diet and exercise/yoga for Hypertension on Naturopathic theory.
 2. Explain detail about the Rheumatoid Arthritis and give Hydratic changes and Yoga management.

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II. Write short notes : (10 × 5 = 50)

1. Osteoarthritis and Hydro therapy.
2. Effect of Mud therapy on Dyspepsia.
3. Yogic management of Sciatica.
4. Prescribe with physiological changes of Hydriatic treatment for constipation.
5. Active and passive exercise – paralysis.
6. How the blue colour is effective on selective refractive disorders?
7. Diet chart for diabetes.
8. How massage helps in the condition of Insomnia?
9. Approach of Naturopathy on obesity.
10. Remedies for Urinary Tract Infection (UTI).

III. Write short answers : (10 × 2 = 20)

1. How the Bittergaurd is helpful in DM?
2. Which colour is helps for preventing constipation?
3. Acute Inflammatory condition – which pole of the magnet is used?

4. Precautions for steam bath.

5. Indication for Sitz bath.

6. Contra indication for Bhashika pranayama.

7. Properties of Mud.

8. Why radish is contra indicated in case of hypothyroidism?

9. Movements contra indicated for chest massage.

10. Acu-points for Vomiting.
