

[LK 1525]

FEBRUARY 2017

Sub.Code :1525

**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 about the Naturopathic way of eating habits, types of diet, and why Non vegetarian diet is not recommended and write about diet for nausea, vomiting and constipation.
2. Functions, deficiency and sources of essential Fatty acids and Amino acids.

II. Write Notes on:

(10 x 5 = 50)

1. Types of salts and sugar and its ill effects.
2. Fragile X syndrome complications.
3. Psychological disorders of dieting.
4. Categories where food and drug interactions takes place.
5. Disorders of Iodine deficiency.
6. Therapeutic diet as per ICMR.
7. Difference between fasting and starvation.
8. Physiological effects of fasting.
9. Misconceptions of fasting.
10. Diet for Migraine and Insomnia.

III. Short Answers on:

(10 x 2 = 20)

1. Importance of mud vessels.
2. Importance of wheatgrass and arugampul juice.
3. Ash gourd and Plantain pith - effects.
4. Diet tips for Gout.
5. Composition of oral rehydration solution.
6. Betel leaves importance.
7. Negative aspects of food stored in refrigerator and pressure cooker.
8. Auxiliaries of fasting.
9. Why fasting is very good and its contraindications?
10. Diet tips for kidney stones.
