

[LQ 1525]

DECEMBER 2020

Sub. Code: 1525

(MAY & AUGUST 2020 SESSION)

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 the principles of diet in Ankylosing Spondylitis and Rheumatoid Arthritis.
2. Write the Scientific Evidence and Physiological effects of fasting in the Loss and Gain of Weight.

II. Write Notes on:

(10 x 5 = 50)

1. Glycemic Index of Dosai, Millets and Sundal.
2. Diet For Diarrhea and WHO Composition of ORS.
3. Phytochemicals and its Role in Health.
4. Lactose Intolerance Diet and Gluten Free Diet.
5. Ageing Process and Nutrition.
6. Disadvantages of Raw Diet and Advantages of Germinated Seeds.
7. Justify Your Diet Prescription for Tuberculosis.
8. Contraindications and Metabolism of Fasting.
9. History and Types of Fasting.
10. Water Metabolism and Water Fasting.

III. Short Answers on:

(10 x 2 = 20)

1. Low Copper Diet.
2. Hot Water Drinking.
3. Mud Vessels Cooking.
4. Nutritive Value of Wheat and Boiled Rice.
5. How Fasting Increases Lifespan?
6. Food Hygiene.
7. Dietary Sources of Vitamin D.
8. Examples For Bad Food Combination.
9. Importance of Low Salt and Sugar in Our Daily Diet.
10. High Protein Diet Disadvantages, Advantages and Examples.
