

APRIL 1999

[SG 1403]

B.N.Y.S. DEGREE EXAMINATION.

(First Year)

Part II

PRINCIPLES OF YOGA THERAPY AND
NATURQPATHY

Time : Three hours Maximum : 100 marks

Answer Section A and B in separate answer books.

SECTION A

1. "Fasting can save your life". Explain the various methods and physiological effects. (10)
2. Explain the basic principles of Naturopathy. (10)
3. Write briefly on : (10)
 - (a) Properties of mud therapy and its contraindications.
 - (b) Management of lumbago by yoga therapy.
4. Write short notes on : (5 × 4 = 20)
 - (a) Kundalini yoga
 - (b) Prayer and its benefits
 - (c) Seetali pranayama
 - (d) Trataka
 - (e) Sarvangasana and its benefits.

SECTION B

5. Describe Satkriyas cleansing process in yoga and their effects. (10)
6. Justify the theory of "Unity of Disease and Unity of Cure". (10)
7. Write briefly on : (10)
 - (a) Importance of chromotherapy
 - (b) Attainment of "Samadhi" explained by Patanjali
8. Write short notes on any FIVE : (5 × 4 = 20)
 - (a) Sirshasana
 - (b) Vastra Dhouti
 - (c) Dr. B. Venkat Rao
 - (d) Steam bath
 - (e) Acute Disease
 - (f) Healing crisis.

OCTOBER 1999

[KA 1403]

BACHELOR OF NATUROPATHY AND YOGIC
SCIENCES (BNYS) DEGREE EXAMINATION.

First Year

Part II

PRINCIPLES OF YOGA THERAPY AND
NATUROPATHY

Time : Three hours

Maximum : 100 marks

Answer Sections A and B in separate answer books.

SECTION A

1. Define disease according to Naturopathy, and explain "Unity of disease, Unity of cure" (10)
2. Explain five Great Elements. (10)
3. Write notes on : (10)
 - (a) Prevention is better than cure.
 - (b) Swasta Vrittam.
4. Write short notes on any FOUR : (4 × 5 = 20)
 - (a) Define Immunity.
 - (b) Constructive principles in healing diseases.
 - (c) Definition of Health.
 - (d) Encumbrances.
 - (e) Lakshman Sharma-Invention.

SECTION B

5. What are the diagnostic procedures in Naturopathy and explain Facial-Diagnosis? (10)
6. Explain Pranayama and its importance in our daily life. (10)
7. Write notes on : (10)
 - (a) Various types of diet and its effects on our body and mind.
 - (b) Explain any two water treatments.
8. Write short notes on any FOUR : (4 × 5 = 20)
 - (a) Different methods of enema.
 - (b) Panchatantras.
 - (c) Kundalini Shakthi.
 - (d) Difference between Yoga and Physical Exercise.
 - (e) Dhyana.

[KB 1403]
APRIL 2000

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

(Old Regulations)

**Paper I — PRINCIPLES OF YOGA THERAPY AND
NATUROPATHY**

Time : Three hours Maximum : 100 marks

Answer ALL questions.

Answer Sections A and B in separate Answer books.

SECTION A

1. Define Nature Cure and explain how Nature cures by using various Natural therapeutics. (15)
2. Explain in detail the "Shat Kriyas" method, benefit, indication and contraindication. (15)
3. Write short notes on : (4 × 5 = 20)
 - (a) Kundalini Yoga
 - (b) Sarvangasana
 - (c) Difference between physiotherapy and yoga therapy
 - (d) Enema and its types.

SECTION B

4. Arogya Raksha Panchatantra

Explain how to implement it in preventing diseases. (15)

5. "Bahiranga Sadhana". Explain in detail with reference to Astanga Yoga. (15)

6. Write short notes on : (4 × 5 = 20)

- (a) Auto intoxication
- (b) Methods of diagnosis by Naturopathy
- (c) Raw Diet
- (d) Vastra Dhouti.

OCTOBER 2000

[KC 1403]

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

(Old Regulations)

Paper I — PRINCIPLES OF YOGA THERAPY AND
NATUROPATHY

Time : Three hours , Maximum : 100 marks

Answer ALL questions.

Answer Sections A and B in separate Answer books.

SECTION A

1. Write about unity of disease, unity of cure and way of treatment. (10)
2. Write in detail about the principles to acquire natural immunity. (10)
3. Write notes on : (2 × 5 = 10)
 - (a) Regular habits
 - (b) Name the pioneers in Indian Naturopaths and write about any two.

4. Write short notes on : (4 × 5 = 20)
 - (a) Meditation
 - (b) Destructive principles of health
 - (c) Outlines of Astanga Yoga
 - (d) Benefits and contra-indications of Paschimothasana.

SECTION B

5. Write about the different types of Pranayamas and explain any three in detail. (10)
6. Write in detail about Chromotherapy. (10)
7. Write notes on : (2 × 5 = 10)
 - (a) Rest and Relaxation
 - (b) Pancha tantras.
8. Write short notes on : (4 × 5 = 20)
 - (a) Definition and origin of Yoga
 - (b) Henry Lindlahr.
 - (c) Sharera Dharmas
 - (d) Spinal baths.