

APRIL 2001

[KD 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 Section A and Section B separately.

SECTION A

(PRINCIPLES OF NATUROPATHY)

1. "Unity of cure and unity of Disease" — Explain. (10)
2. Explain the primary cause of Disease its route of entry and different manifestation and its way of elimination. (10)
3. Explain in detail the basic principles of Nature cure. (10)

4. Write short notes on : (20)

- (a) Mahatma Gandhiji's — Principles
- (b) Louis Kuhne
- (c) Henry Lindlahr
- (d) Massage therapy
- (e) Pancha maha Bhuthas.

SECTION B

(YOGA THERAPY)

5. Define the origin and history of philosophy of yoga. (10)
6. Essay on Ashtanga Yoga. (10)
7. What do you mean by Asanas? Write the classification of Asanas. (10)
8. Write short notes on : (20)
 - (a) Cleansing procedures
 - (b) Procedure, indication and contraindications of Sarvangaasana and Matsyaasana
 - (c) Pranayama and its benefits
 - (d) Kapalabhati
 - (e) Puraka, Rechaka and Kumbhaka.

NOVEMBER 2001

[KE 1403]

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

Paper I — PRINCIPLES OF YOGA THERAPY AND
NATUROPATHY

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer Section A and Section B separately.

SECTION A

(NATUROPATHY)

1. Arogya Raksha Panchatantras and their importance in maintaining good health and prevention of disease. (10)
2. Philosophy of Indian Naturopaths. (10)
3. How nature cures? Explain. (10)
4. Write short notes on : (20)
 - (a) Fasting – a natural remedy
 - (b) Natural diet
 - (c) Shareera Dharmas
 - (d) Constructive principles of Nature
 - (e) Hippocrates.

SECTION B

(YOGA THERAPY)

5. What are the fundamentals of Yoga. Explain in detail. (10)
 6. What do you mean by Yamas and Niyamas? Explain in detail. (10)
 7. Therapeutic importance of Pranayama. Explain in detail any one pranayama. (10)
 8. Write short notes on : (20)
 - (a) Pre-requisites for Asanas
 - (b) Dhyana
 - (c) Dhanurasana
 - (d) Dhauti kriya
 - (e) Kapala Bhati.
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MARCH 2002

[KG 1403]

FIRST B.N.Y.S DEGREE EXAMINATION.

First Year

Part — II.

PRINCIPLES OF YOGA THERAPY AND
NATUROPATHY.

Time : Three hours

Maximum :100 marks

Answer ALL questions.

Note : Answer Section A & B Separately.

SECTION A — (50 marks)

1. Write an Essay on : (2 × 10 = 20)
 - (a) Western history and philosophy of naturopathy.
 - (b) Foreign matter and toxins accumulations in the body and different methods of elimination.
2. Write Short notes on : (6 × 5 = 30)
 - (a) Pancha Maha bhutas.
 - (b) Sharira Dharmas.
 - (c) Family planning by natural therapeutics.
 - (d) Enema and its limitations.

(e) Mud and its therapeutic values.

(f) Importance of raw diet.

SECTION B — (50 marks)

3. Write an Essay on : (2 × 10 = 20)
 - (a) Explain in detail - Astang yoga.
 - (b) Write in detail the therapeutic effects, precautions and indications of Dhauti.
4. Write Short Note on : (6 × 5 = 30)
 - (a) Shirshasana - its benefits.
 - (b) Briefly explain the relation between mind, body, prana.
 - (c) Meditation — its preliminaries.
 - (d) Importance of group prayer.
 - (e) Nauli — types and effects.
 - (f) Trataka — its methods.

SEPTEMBER 2002

[KH 1403]

Sub. Code : 1403

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

Paper I — PRINCIPLES OF YOGA THERAPY AND
NATUROPATHY

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer Section A and Section B separately.

SECTION A

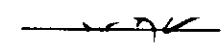
(PRINCIPLES OF NATUROPATHY)

1. Comparative study of Naturopathy with other system of medicine. (10)
2. Who is the Author of Arogya Rakshana Panchatantra? Write in brief about him and importance of jala. (10)
3. Discuss in detail about basic principles of Nature cure. (10)
4. Write short notes on : (20)
 - (a) Importance of acquired natural immunity.
 - (b) Natural methods of contraception.
 - (c) Mahathma Gandhi — Naturopathy.
 - (d) Healing Crisis.
 - (e) Fasting in chronic diseases.

SECTION B

(YOGA THERAPY)

5. Explain in detail about Bahiranga Sadana. (10)
6. Explain Prana, Nadi, Chakras according to a classical thought. (10)
7. Classify the Kriyas. Write in detail about different types of Dhouthi. (10)
8. Write short notes on : (20)
 - (a) Philosophy of Yoga.
 - (b) Shirsasana.
 - (c) Kundalini.
 - (d) Sathwa Guna Therapy.
 - (e) Plavani.



APRIL 2003

[KI 1403]

Sub. Code : 1403

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

Paper I — PRINCIPLES OF YOGA THERAPY AND
NATUROPATHY

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

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

SECTION A

(PRINCIPLES OF NATUROPATHY)

1. Discuss the importance of physical and mental hygiene in preservation of health. (10)
2. Classify massage. How massage is a curative method? (10)
3. Define balanced diet, give the classification of food according to Nature cure. (10)

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

- (a) Ruthucharya
- (b) Physiotherapy
- (c) ILL effects of vaccination
- (d) Magnetotherapy – Naturopathy
- (e) Effects of Green Colour on body.

SECTION B

(YOGA THERAPY)

5. Explain the philosophy of body, mind and soul. (10)
6. Define the word meaning of yoga. Explain its philosophy. (10)
7. Classify the Asanas. Explain the importance, precautions and limitations of Asanas. (10)
8. Write short notes on : (20)
 - (a) Yamas
 - (b) Sarvangasana
 - (c) Mayurasana
 - (d) Bhastrika
 - (e) Vyadhi.

OCTOBER 2003

[KJ 1403]

Sub. Code : 1403

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

Paper I — PRINCIPLES OF YOGA THERAPY
AND NATUROPATHY

Time : Three hours Maximum : 100 marks

Two hours and forty minutes Sec. A & Sec. B : 80 marks

for Sec. A and Sec. B Section C : 20 marks

Twenty minutes for Section C

Answer ALL the questions.

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

Answer Section C in **SEPARATE** Answer Book.

SECTION A — (2 × 15 = 30 marks)

Write Essay on the following :

1. Explain in detail about the composition of human body according to modern medicine, Ayurveda and Naturopathy. (5 + 5 + 5)
2. Explain Prana, Nadi and Kundalini according to a classical thought. (5 + 5 + 5)

SECTION B — (10 × 5 = 50 marks)

Write short notes on :

3. Ruthucharya.
4. Yamas.
5. Old age problem and Natural Rejuvenation.
6. Natural diet.
7. Sarvangasana.
8. Healing crisis.
9. Dhauti.
10. Mud therapy.
11. Samyama.
12. Bhastharika.

APRIL 2004

[KK 1403]

Sub. Code : 1403

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

**Paper I — PRINCIPLES OF YOGA THERAPY 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 the questions.

Answer Section A and B in the SAME Answer Book.

SECTION A

Write Essay on : (2 × 15 = 30)

1. Explain in detail about principles of Naturopathy and its comparison with other system of medicine.
2. Elaborate on origin, definition and philosophy of Yoga.

SECTION B

Write short notes on : (10 × 5 = 50)

3. Sebastian kneipp.
4. Bhaya.
5. Healing crisis.
6. Natural Immunity.
7. Chest pack.
8. Rajasik diet.
9. Baddha padmasana — technique, indications and contraindication.
10. Sattva guna theory.
11. Methods and benefits of Kapalabhati.
12. Unity of disease.

AUGUST 2004

[KL 1403]

Sub. Code : 1403

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

**Paper I — PRINCIPLES OF YOGA THERAPY 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.

Answer Section A and B in the SAME Answer Book.

SECTION A

Write Essay on : (2 × 15 = 30)

1. (a) Unity of disease, unity of Cure — Justify. (8)
(b) Pancha Maha Bhuta — its importance and
its relation with different treatment modalities in
naturopathy. (7)
2. Sat Kriyas and its classifications. (15)

SECTION B — (10 × 5 = 50 marks)

Short note :

3. Natural immunity through diet
4. Heliotherapy.
5. Natural Family Planning methods.
6. Constructive principles of Nature Cure.
7. Exercises and its importance in daily life.
8. Importance of Brahmcharya.
9. Kapal Bhati therapeutic effects.
10. Prana and its types.
11. Pratyahara.
12. Asanas and its physiological effects.

FEBRUARY 2005

[KM 1403]

Sub. Code : 1403

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

**Paper I — PRINCIPLES OF YOGA THERAPY 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)

Essay Questions :

1. Explain in detail about foreign mater theory. Correlate scientifically and add a note on Detoxification therapy.
2. What are the Natural family planning methods? Explain in detail and add on their efficiency in preventing unwanted child birth.

SECTION B — (10 × 5 = 50 marks)

Short notes :

3. Write in detail about Magnetotherapy, its origin, effects and methods of treatment.
4. Give a brief account of the basic principles of Chromotherapy. Elaborate on the different types of treatments used.
5. "Sound mind in a sound body" support the statement with scientific evidences.
6. Name and explain the five rules of health according to Dr. B. Venkata Rao.
7. Give a brief account of Dr. Benedict Lust's (Father of Modern Naturopathy) life and his contributions.
8. Physical Hygiene plays an important role in maintaining health and prevention of disease. Explain.
9. Write the advantages and disadvantages of raw diet and cooked diet.
10. Give a brief account of the physiological effects of exercise. Add a note on exercise therapy and also do's and don'ts during exercise.

FEBRUARY 2005

11. Elaborate on the advantages and disadvantages of vaccination are they a necessity or an abuse.
 12. Write methods, benefits, precautions and contraindications of Bhujangasana and Suryabedhana Pranayama.
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AUGUST 2005

[KN 1403]

Sub. Code : 1403

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

**Paper I — PRINCIPLES OF YOGA THERAPY 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 :

Write Essay on :

(2 × 15 = 30)

1. Explain detail about unity of disease, unity of cure and way of treatment.
2. Explain in detail about Prana, Nadi, Chakra and Kundalini.

II. Short notes on :

(10 × 5 = 50)

1. Philosophy of mind and soul
2. Louis kuhna
3. Sharira Dharmas
4. Dinacharya

5. HipBath

6. Philosophy of yoga

7. Sirsasana - technique indication and
contraindication

8. Physio-theraphy

9. Trataka

10. Methods and benefits of cljjayi.