

OCTOBER 1999

[KA 1407]

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

Second Year

NUTRITION DIETOTHERAPY, FASTING, KALPA

Time : Three hours

Maximum : 100 marks

Answer Sections A and B in separate answer books.

SECTION A

1. What are the diseases caused by the deficiency of various vitamins? Explain in detail the symptoms, complications and dietary management of any two of them. (10)
2. Explain about the role of eliminative, soothing and constructive foods in the treatment of diseases. Give at least three examples for each type of food. (10)
3. Give an account of the composition of any five food articles with respect to 'rasa', 'guna', 'veerya' and 'vipaka'. (10)
4. Write short notes on : (4 × 5 = 20)
 - (a) Value of sprouts.
 - (b) Alkaline diet.
 - (c) Therapeutic uses of dates.
 - (d) Therapeutic uses of Amala.

SECTION B

5. Give an outline of dietary management plan for a forty year old male obese diabetic patient. (10)
6. Write in detail the types of fasting and their applications in treatment of different diseases. (10)
7. Importance of well balanced diet in resistance to infections and other diseases. (10)
8. Write short notes on : (4 × 5 = 20)
 - (a) Fasting in different religions.
 - (b) Method of Kalpa treatment.
 - (c) Difference between fasting and starvation
 - (d) Fasting and anaemia.

APRIL 2000

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B.N.Y.S. DEGREE EXAMINATION.

Second Year

(Old Regulations)

Part I

Paper II — NUTRITION DIETOTHERAPY,
FASTING, KALPA

Time : Three hours

Maximum : 100 marks

1. Answer any THREE of the following : (3 × 10 = 30)

- (a) Explain the importance of Seasonal foods.
- (b) Explain briefly :
 - (i) Vitamin B complex
 - (ii) Fasting in Various religion.
- (c) Harmful effects of artificially processed foods.
- (d) Effects of Fasting
- (e) Composition of Food articles according to Ayurveda.

2. Write short notes on any FOUR of the following :
(4 × 5 = 20)

- (a) Explain Kalpa
- (b) Sprouts
- (c) Diet for Asthma

(d) Importance of Fruits

(e) Kalpa

(f) Hunger.

SECTION B

3. Answer any THREE of the following : (3 × 10 = 30)

- (a) How you differentiate Starvation from fasting?
- (b) Dietary management plan for a 40 year old diabetic patient.
- (c) Fasting in Acute and Chronic diseases.
- (d) Prove that Fasting makes the sick, healthies and healthier and wealthier.
- (e) Nutrition and natural resistance of infection.

4. Answer any FOUR of the following : (4 × 5 = 20)

- (a) Contraindications of fasting
- (b) Fasting in skin diseases
- (c) Diet for peptic ulcer
- (d) Inanniation
- (e) Classification of foods
- (f) Types of Fasting.

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B.N.Y.S. DEGREE EXAMINATION.

Second Year

(Old Regulations)

Part I

Paper II — NUTRITION DIETOTHERAPY,
FASTING, KALPA

Time : Three hours

Maximum : 100 marks

Answer Section A and Section B separately.

SECTION A

1. Outline the process of digestion, metabolism and excretion of wastes of proteins. (10)
2. Explain about the principles of eating with reference to the timings, quantity, type of food and method of eating in preserving good health. (10)
3. Explain about the harmful effects of artificially processed foods. (10)
4. Write short notes on : (4 × 5 = 20)
 - (a) Raw diet therapy.
 - (b) Saatvic foods
 - (c) Nutritional value of leafy green vegetables.
 - (d) Therapeutic uses of Ashgourd (Kooshmanda)
(or White pumpkin)

SECTION B

5. Explain about fasting, its physiological effects, indications and contraindications. (10)
6. Explain the importance of kalpa as a treatment, its methodology and types administered. (10)
7. Discuss about a diet chart for a case of jaundice with fatty liver. (10)
8. Write short notes on : (4 × 5 = 20)
 - (a) Fasting in obesity
 - (b) Natural fasting of Animals
 - (c) Sprouted seeds
 - (d) First class proteins.