

APRIL 2001

[KD 1407]

B.N.Y.S. DEGREE EXAMINATION.

Second Year

(Old Regulations)

Part I

Paper II — NUTRITION, DIETOTHERAPY,
FASTING AND KALPA

Time : Three hours

Maximum : 100 marks

Answer Section A and Section B separately.

Answer ALL questions.

SECTION A

1. Explain the composition of food based on – Rasa; Guna; Virya; Vipaka and Prabhava. (10)
2. Explain the seasonal regimens in relation to food habits. (10)
3. Short notes : (4 × 5 = 20)
 - (a) Eliminative food
 - (b) Importance of tender coconut water in therapy
 - (c) Customs and manners of eating
 - (d) Brief the digestive enzyme.
4. Classify food according to Trigunas. (10)

SECTION B

5. Explain the physiological effects of fasting and write about the results of fasting. (10)
6. Write in detail about nutritional diagnosis. (10)
7. Short notes : (4 × 5 = 20)
 - (a) Different feeding methods in hospital dietetics
 - (b) Auxillaries of fasting
 - (c) Differentiate between hunger and appetite
 - (d) Diet for Nephrotic syndrome.
8. (a) Fasting Vs. Starvation. (4)
(b) Diet for Migraine. (6)

NOVEMBER 2001

[KE 1407]

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

(Old Regulation)

Paper II — NUTRITION DIETO THERAPY FASTING
AND KALPA

Time : Three hours Maximum : 100 marks

Answer Section A and B separately.

Answer ALL questions.

SECTION A

1. Composition of the body in relation to Nutrition. (10)
2. Classification of food according to Nature cure. (10)
3. Diet therapy in deficiency diseases. (10)
4. Short notes on : (4 × 5 = 20)
 - (a) Harmful effects of processed food
 - (b) Therapeutic effects of honey
 - (c) Ginger
 - (d) Leafy vegetables.

SECTION B

5. Justify — Fasting is a therapy. (10)
6. Nutrition in relation with Immunity. (10)
7. Nutrition in Elderly. (10)
8. Short notes on : (4 × 5 = 20)
 - (a) Diet in Diabetes Mellitus
 - (b) Values of food in cooked form
 - (c) Importance of Milk products
 - (d) Customs and manners of eating.

MARCH 2002

[KG 1407]

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

Paper II — NUTRITION DIETO THERAPY FASTING
AND KALPA

Answer Sections A and B separately.

Answer ALL questions.

SECTION A

1. Classification of food according to Triguna's. (10)
2. Chemistry of food ingredients of Methi, Ashgourd, Bitter gourd, Tulsi. (10)
3. Values of Foods in. (10)
 - (a) Raw State
 - (b) Germinated Form
 - (c) Cooked Form.
4. Short notes on : (4 × 5 = 20)
 - (a) Liquid diet.
 - (b) Lemon its Theropatic Importance.
 - (c) Difference between Natural foods and Processed foods.
 - (d) Compartments of the body.

SECTION B

5. Write in detail about Nutritional Diagnosis. (10)
 6. Methods, Types and Physiological effects of Fasting. (10)
 7. Importance of Green leafy vegetables and fruits in Therapy. (10)
 8. Short notes on : (4 × 5 = 20)
 - (a) Diet in Pregnancy and Lactation.
 - (b) Constructive diet.
 - (c) Nutrition and infection.
 - (d) Diet therapy in renal diseases.
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SEPTEMBER 2002

[KH 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

(Old Regulations)

Part I

Paper II — NUTRITION, DIETOTHERAPY, FASTING
AND KALPA

Time : Three hours

Maximum : 100 marks

Answer Section A and Section B separately.

Answer ALL questions.

SECTION A

1. Chemistry of food ingredients commonly used and their interpretation according to Panchbhuta theory. (10)
2. Define fasting, differences between fasting and starvation, hunger and appetite. (10)
3. Write about the process of digestion and metabolism with special reference to the excretion process. (10)
4. Short notes : (4 × 5 = 20)
 - (a) Management of obesity
 - (b) Fibre diet
 - (c) Method and types of Kalpa
 - (d) Food combinations.

SECTION B

5. Diseases caused by deficiencies and their treatment by food. (10)
 6. Harmful effects of artificially processed foods and drinks. (10)
 7. (a) Nutrition in relation to acquired immunity. (5)
(b) Fasting in chronic diseases. (5)
 8. Short notes : (4 × 5 = 20)
 - (a) The philosophy of fasting
 - (b) Seasonal regimens
 - (c) Classifications of foods according to Trigunas
 - (d) Auxillaries of fasting.
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APRIL 2003

[KI 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

Paper II — NUTRITION DIETOTHERAPY, FASTING
AND KALPA

Time : Three hours

Maximum : 100 marks

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

Answer ALL questions.

SECTION A

1. Explain different methods of cooking and evaluate the nutritional loss of each one. (10)
2. Explain the role of spices and herbs in diseases. (5 + 5 = 10)
3. Prepare a diet chart of a 60 year old person suffering from cardiac disorders. (10)

4. Write short notes on : (4 × 5 = 20)
 - (a) Liquid diet
 - (b) Nutritional diagnosis
 - (c) Place of milk in naturopathy
 - (d) Dietary fibre.

SECTION B

5. Write about digestion and absorption of proteins, carbohydrates and fats. (10)
6. List the advantages and disadvantages of raw and cooked food in diseased condition. (5 + 5 = 10)
7. Explain the importance of Nutrition in Acute and chronic diseases. (5 + 5 = 10)
8. Write short notes on : (4 × 5 = 20)
 - (a) Nutritional value of Fenugreek
 - (b) Hospital dietetics
 - (c) Kalpa nutrition
 - (d) Minerals and trace elements.

OCTOBER 2003

[KJ 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

Paper II — NUTRITION DIETOTHERAPY, FASTING
AND KALPA

Time : Three hours Maximum : 100 marks

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

Twenty minutes for Sec. C Section C : 20 marks

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

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

Answer **ALL** questions.

SECTION A — (2 × 15 = 30 marks)

(Essay Questions)

1. Explain about different types of diet according to naturopathy and add a note on importance of fasting with physiological changes during fasting.
2. Elaborate on diet therapy for Diabetes mellitus with a sample menu and add a note on contents of bittergourd.

SECTION B — (10 × 5 = 50 marks)

3. Nutritional Diagnosis — Explain.
4. Explain auxiliaries of fasting.
5. Justify lemon as an eliminative diet with its nutritional composition.
6. Elaborate on value of food in germinated form.
7. "Ritu Charya" — Explain its significance.
8. Explain etiology of rickets and its nutritional management.
9. Write in detail about religious fasting.
10. Explain the significance of water with relation to body composition.
11. Explain the functions of cholesterol and nutritional management in hypercholesterolemia.
12. Write in detail about role of dietary fibre in management of constipation.

APRIL 2004

[KK 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

Paper II — NUTRITION DIETOTHERAPY, FASTING
AND KALPA

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

SECTION A

Essay Questions. (2 × 15 = 30)

1. (a) What is 'Mal Nutrition'?
- (b) Write the influencing factors over it.
- (c) Write the role of water in Nutrition.
(3 + 7 + 5 = 15)
2. (a) Prepare a diet chart for Pregnant lady,
Lactating mother and preschool children.
- (b) Nutritive value of Banana. (4 + 3 + 3 + 5 = 15)

SECTION B

Short notes on : (10 × 5 = 50)

3. Additives.
4. Relation of Nutrition and Immunity.
5. Essential Aminoacids.
6. Food Hygeine.
7. Constructive diet.
8. Balanced diet.
9. Dietary modifications for specific conditions.
10. Social aspects of Nutrition.
11. Management of Diabetes Mellitus
12. Principles of diet to therapeutics.

AUGUST 2004

[KL 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

**Paper II — NUTRITION DIETOTHERAPY, FASTING
AND KALPA**

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 Sections A and B in SAME Answer Book.

SECTION A

Essay Questions : (2 × 15 = 30)

1. Explain the Rasas—types and their properties in relation to emotions.
2. Write in detail about vitamins — their functions, sources and deficiency disorders.

SECTION B

Short notes : (10 × 5 = 50)

3. Food combination.
4. When, what and how to eat?
5. Give five artificially processed foods and explain their harmful effects.
6. Liquid Diet.
7. Amala (Gooseberry).
8. Pomogranate.
9. Ginger
10. Fasting in Religion.
11. Importance of Raw diet.
12. Nutritional Supplements in Cardiac disorders.

FEBRUARY 2005

[KM 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

**Paper II — NUTRITION DIETOTHERAPY, FASTING
AND KALPA**

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. Define Nutritional Diagnosis and Explain, and how to manage peptic ulcer through naturopathy, diet.
2. Define Fasting and how it is different from, starvarion, and add note crisis and its management in Nateropathy.

SECTION B — (10 × 5 = 50 marks)

Short notes :

3. History of fasting.
4. Diet and obesity.
5. Therapatic effect of green leafy vegetables.
6. Chemical contents of Pomogranate.
7. Therapatic effect of Bittergaurd.
8. Effect of fasting on digestive system.
9. Nutrition and immunity.
10. Explain about the Rasas.
11. Food values is different forms Raw state and Germinated forms.
12. How to manage the Ischaemic heart diseases through diet therapy?

AUGUST 2005

[KN 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

**Paper II — NUTRITION DIETOTHERAPY, FASTING
AND KALPA**

Time : Three hours Maximum : 100 marks

**Theory : Two hours and Theory : 80 marks
forty minutes**

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay (2 × 15 = 30)

1. Define fasting. Explain about

(a) Auxiliaries of fasting.

(b) Crisis in fasting. (2 + 7 + 6 = 15)

2. Explain calcium under following headings

(a) Sources

(b) Digestion

(c) Absorption

(d) Daily intake (RDI).

**Add a note on dietary management of
Osteoporosis. (2 + 3 + 4 + 1 + 5 = 15)**

II. Write short notes on : (10 × 5 = 50)

1. Carbohydrate.

2. Micro nutrients.

3. Constructive Diet.

4. Food toxins.

5. Iron deficiency.

6. Religious fasting.

7. Types of Kalpa.

8. Difference between Hunger and Appetite.

9. Preservatives.

10. Dietary Management of coronary artery disease.

FEBRUARY 2006

[KO 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

Paper II — NUTRITION DIETOTHERAPY, FASTING AND KALPA

Time : Three hours **Maximum : 100 marks**

Theory : Two hours and forty minutes	Theory : 80 marks
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M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Elaborate the principles of management and diet modification plan for obesity with Acid Peptic Disease. Give a sample menu.
2. Elaborate on physiological effects of fasting and discuss the results of fasting.

II. Short notes : (10 × 5 = 50)

1. Explain in detail different methods in determination of body composition.
2. Explain about dietary management of joint. Give a sample menu.
3. What is balanced diet? Explain in detail various aspects involved in balanced diet.
4. What do you mean by food combination? Explain.
5. Explain the nutritional classification of food.
6. Explain the nutritive value and therapeutic significance of germinated green gram.
7. Discuss the differences between fasting and starvation
8. Discuss the differences between hunger and appetite.
9. Explain the principle and methodology of fasting in hypertensive patients
10. Explain the principle and methodology of fasting therapy in Rheumatoid arthritis.

AUGUST 2006

[KP 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

Paper II — NUTRITION DIETOTHERAPY, FASTING AND KALPA

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. Essay Questions :

1. Describe the physiological changes seen in the period of fasting, and explain the importance of fasting in weight reduction. (20)

2. Describe the classification of diets. Explain fibre. (15)

3. Explain the management of Rheumatoid Arthritis in a 35 years old female with respect to. (15)

(a) Nutritional Supplements

(b) Dietetics

(c) Fasting Therapy

(d) **Juice Therapy.**

II. Short notes on : (6 × 5 = 30)

(1) What are the contradiction in fasting?

(2) Write the diet in kidney disease.

(3) What is Nutrition and Dietetics?

(4) Write the composition of maize and uncial.

(5) Explain cooked and uncooked diet.

(6) What are the pros and cons of fasting?

FEBRUARY 2007

[KQ 1407]

Sub. Code : 1407

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part I

**Paper II — NUTRITION DIETOTHERAPY, FASTING
AND KALPA**

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 :

1. Importance of Green leafy vegetables, Fruits and Raw ingredients; values of food in Raw state, Germinate form, cooked form. (20)
2. Philosophy and Sciences of Fasting Therapy. Add note on History of Fasting. (15)
3. Auxillaries of Fasting explain in detail. (15)

II. Short notes :

(6 × 5 = 30)

1. Orange.
 2. Honey.
 3. Fasting in obesity.
 4. Harmful effect of Processed Food.
 5. Diet in deficiency disorders.
 6. Kalpa Therapy.
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