

FEBRUARY 2005

[KM 1508]

Sub. Code : 1508

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE — II

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)

1. What are arogya rakshaka panchatantras? Who formulated them? Explain each briefly.

2. What are the natural diagnostic methods? Write their importance and explain their efficacy.

SECTION B — (10 × 5 = 50 marks)

3. What are the ill effects of vaccination?
4. Write about mental hygiene and its importance.
5. What are the natural family planning methods? Explain briefly.
6. Raw Diet. What are its advantages and disadvantages?
7. Write briefly about ayurveda and its basic principles.
8. Exercise brings a balance between nutrition and excretion. Explain.
9. Enumerate the similarities and dissimilarities between homeopathy and naturopathy.
10. Explain about steam bath.
11. Write the importance of rest and relaxation.
12. Write about prakriti and its categories.

AUGUST 2005

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B.N.Y.S. DEGREE EXAMINATION.

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First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE — II

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. Write the importance of physical and mental hygiene in health and disease.

2. What is geriatrics? Explain in detail how naturopathy and yoga play a role in rejuvenation of the old age.

II. Short notes (10 × 5 = 50)

1. Name the panchatantras and write briefly their significance.

2. Fasting is the best remedy. Explain.

3. What is swasthya vritam?

4. Compare and contrast ayurveda and naturopathy.

5. Write the different applications of chromotherapy.

6. Write briefly about benefits of enema.

7. Give a brief account of homeopathy and its basis.

8. What are toxins and ways of detoxification?

9. Enumerate the types of hip bath and its indications.

10. Write the benefits of foot bath and explain the method and procedure of the treatment.

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First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE — II

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 : (2 × 15 = 30)

1. Name the panchatantras. Explain the importance in maintaining health. (5 + 10)

2. What are the various diagnostic methods in nature cure? Explain each briefly. (3 + 12)

II. Short notes : (10 × 5 = 50)

1. Therapeutic uses of water and its types. (2 + 3)

2. Explain the importance of physical and mental hygiene. (1 + 2 + 2)

3. Rest and Relaxation. (2 + 2 + 1)

4. Natural Diet. (1 + 2 + 2)

5. Swasthya Vrittam. (1 + 4)

6. Enema. (1 + 2 + 2)

7. Importance of fasting and its benefits. (3 + 2)

8. Exercise and its benefits (3 + 2)

9. Natural family planning methods. (1 + 4)

10. Geriatrics and natural rejuvenation. (1 + 2 + 2)

AUGUST 2006

[KP 1508]

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B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE — II

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 on :

1. (a) Enema — contraindications, cautions,
positions, preparation of patient, and procedure. (10)

(b) Natural ways to eliminate toxins from the
body. (10)

2. (a) Properties of Mud, Water, Air and Sunlight.

(b) Pancha tantras — explain. (8 + 7)

3. (a) Define nutrition and balanced diet.

(b) Role of diet in nature cure. (5 + 10)

II. Short notes on :

(6 × 5 = 30)

1. Live food-nature's diet

2. Principles of allopathy

3. Dhina charya

4. Shareera Dharmas

5. Health is positive; Disease is negative

6. Definitions of rest and relaxation, its types
and its role in prevention and treating diseases.

AUGUST 2007

[KR 1508]

Sub. Code : 1508

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE — II

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 :

(2 × 15 = 30)

1. Explain the Panchatantras and give physiological justification for the relevance of each in maintaining health.

2. Write about natural diet and its role in prevention and cure of diseases.

II. Short notes :

(10 × 5 = 50)

1. Explain about Facial Diagnosis.

2. Geriatric problems and role of Naturopathy and Yoga in their management.

3. Write briefly about mental hygiene.

4. Quote the sloka for Dinacharya and explain each briefly.

5. Natural family planning methods.

6. Write the utilization of energy during fasting and its importance in breaking the fast.

7. Brief about exercise and its role in maintaining health.

8. Steam bath.

9. Mud therapy.

10. Enema and its benefits.

FEBRUARY 2008

[KS 1508]

Sub. Code : 1508

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE — II

Q.P. Code : 821508

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 : (2 × 15 = 30)

1. What are regular habits? Explain.
2. Explain in brief about the basic principles of
 - (a) Naturopathy
 - (b) Allopathy
 - (c) Homeopathy
 - (d) Ayurveda
 - (e) Siddha.

II. Short notes :

(10 × 5 = 50)

1. Properties of Mud.
2. Mental Hygiene
3. Geriatric Problems.
4. Swastha Vrittam.
5. Balanced Diet.
6. Vaccination.
7. Fasting.
8. Physiological effects of exercise.
9. Shareera dharma.
10. Enema and its types.

August 2008

[KT 1508]

Sub. Code : 1508

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE —II

Q.P. Code : 821508

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

- I. Long Essay : (2 × 15 = 30)
1. Write about natural diet and its role in prevention and cure of diseases?
 2. Explain Swastha Vritham and add a note on Nature Cure in relation to Swastha Vritham.
- II. Short notes : (10 × 5 = 50)
1. Basics of Allopathy.
 2. Prakruti Vignanam.

August 2008

3. Basic concepts in Nutrition and Balanced diet.
 4. Water drinking.
 5. Astanga of Ayurveda.
 6. Properties of Mud, Water, Air, Sunlight.
 7. Vaccination effects on human body of mind.
 8. Live food. Why are they called so?
 9. Basic principles of Siddha.
 10. Role of Yoga in Nature Cure.
- III. Write short answers : (10 × 2 = 20)
1. Define Family planning.
 2. Principles of Health according to Dr. Venkat Rao.
 3. Definitions of Health.
 4. What do you mean by Chromo diagnosis?
 5. Types of Agni.
 6. Measurements of Mud Pack.
 7. Fomentation.
 8. What do you mean by mental hygiene?
 9. Mention immunity agents.
 10. Who is the author of "My Water Cure"?
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FEBRUARY - 2009

[KU 1508]

Sub. Code : 1508

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE – II

Q. P. Code: 821508

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Write about Geriatric problems and methods of natural Rejuvenation?

2. (a) Define Nutrition and Balanced Diet.

(b) Role of diet in nature cure.

II. Short notes on: (10 × 5 = 50)

1. Live food-nature's diet.

2. Vaccination and its role in nature cure.

3. Dhinacherya.
 4. Shareera dharmas.
 5. Family planning by Therapeutics.
 6. Basic principles of Homoeopathy.
 7. Importance of physical and mental hygiene.
 8. Importance of fasting for mind and body.
 9. Facial diagnosis.
 10. Role of prayer in daily life.
 7. Precaution of steam bath.
 8. Types of Enema.
 9. Indication of Hot foot bath.
 10. Mode of utilization of energy during fasting.
-

III. Short answer question: (10 × 2 = 20)

1. Indication of cold hipbath.
2. Who captured the germ killing power of sunlight?
3. Indication of IRR.
4. How to break fast?
5. Contraindication of mud bath.
6. First aid for sports injury.

[KV 1508]

Sub. Code : 1508

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE — II

Q.P. Code : 821508

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Explain in detail about "Arogya Raksha Panchatantra". (15)

2. (a) Enumerate in detail about fasting therapy. (10)

(b) Describe about infrared rays. (5)

II. Short notes on : (10 × 5 = 50)

1. Define vaccination and explain about its ill effects.

2. Shareera dharma.

3. Define toxin and explain about detoxification.

4. Panchamaha Bhoota Siddhanta according to ayurveda.

5. Mud packs – Types, Effects, Indication.

6. Prakriti Vignanam.

7. Enema – Types, procedure, indication.

8. Vegadharanam.

9. Methods of treatments in siddha practice.

10. Agni and its types.

III. Short answers : (10 × 2 = 20)

1. Draw the diagrammatic view of types of diseases in Iris diagnosis.

2. What do you mean by natural rejuvenation?

3. Types of relaxation.

4. Sunlight in naturopathy.

5. Balanced diet.

6. Food and its types.

7. Precaution of steam bath.

8. Postoperative procedure for enema.

9. Define dinacharya.

10. Define antioxidants.

February 2010

[KW 1508]

Sub. Code: 1508

B.N.Y.S DEGREE EXAMINATION.

(New Regulations)

First Year

Part II

Paper VI –PHYSIOLOGY OF NATURE CURE - II

Q.P. Code : 821508

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay Questions:

(2 x 15 = 30)

1. (a) Explain in detail about Dinacharya.
(b) Methods of treatment in Siddha Medicine.
- 2 Explain the basic concepts in nutrition and balanced diets.

II. Short Notes:

(10 x 5 = 50)

1. Effects of vaccination in Human body.
2. Iridiagnosis.
3. Basic principles of Homeopathy.
4. Nature cure Vs Modern medicine
5. Write about Tridosha Vignana.
6. Steam bath.
7. Pathya apathyavichara.
8. Physical and mental hygiene.
9. Origin of Ayurveda.
10. Old age problems and nature cure.

III. Short Answers:

(10 x 2 = 20)

1. What is Facial diagnosis?
 2. What is satvic diet?
 3. What is Ritucharya?
 4. Prabhava.
 5. What are Sapta dhatus?
 6. Veerya.
 7. What are Malas?
 8. Fomentation.
 9. Properties of Sunlight.
 10. Uses of relaxation.
-

August 2010

[KX 1508]

Sub. Code: 1508

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part II

Paper VI –PHYSIOLOGY OF NATURE CURE - II

Q.P. Code : 821508

Time : Three hours

Maximum : 100 marks

Draw neat diagram wherever necessary.

Answer ALL questions.

I. Essay Questions:

(2 x 15 = 30)

1. (a) Explain in detail about fomentation.
(b) Define Family Planning. Illustrate about Natural Family Planning procedures.
2. (a) Explain in detail about Swastha Vrittam.
(b) Write about the basic principles of Homoeopathy.

II. Short Notes:

(10 x 5 = 50)

1. Properties of water and light.
2. Shareera Dharma.
3. Write about the preparation of Homoeo medicines.
4. Astanga of Ayurveda – Explain.
5. Role of Yoga in Nature cure.
6. Define exercise therapy and what are the types of exercise.
7. Define encumbrance, types of it with suitable examples.
8. Importance of Mental Hygiene.
9. Relaxation and its importance.
10. ENEMA – Procedure, benefits, contraindication.

III. Short Answers:

(10 x 2 = 20)

1. Define Antioxidants.
 2. Define Sprouts.
 3. Define Balanced Diet.
 4. Define Food. What are the types of food according of Naturopathy?
 5. Precaution and Physiological effects of IR.
 6. OJAS.
 7. Definition of fasting according to Herbert M Shelton.
 8. Precaution and contraindication of Mud therapy.
 9. Cold water drinking.
 10. Define Actinotherapy.
-

August 2011

[KZ 1508]

Sub. Code : 1508

B.N.Y.S. DEGREE EXAMINATION.

First Year

Part II

Paper VI — PHILOSOPHY OF NATURE CURE – II

Q.P. Code : 821508

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay Questions : (2 × 15 = 30)

1. Basic principles of Nature Cure through panchatantra.
2. Steam Bath – Procedure; Precautions; Therapeutic effects and contra indications.

II. Short notes : (10 × 5 = 50)

1. Symbiosis – Definition by DR. B. Venket Rao.
2. Key to Health.
3. Properties of Sunlight.
4. Health is Positive – clarify?
5. Write the importance of physical hygiene.
6. Write suggestions for scientific relaxation.
7. Compare Nature Cure with Modern Medicine.
8. Encumbrances.
9. Astanga of Ayurveda.
10. Natural Family Planning.

III. Short Answers : (10 × 2 = 20)

1. Disease concept by Krishnam Raju.
2. Version of Dr. Shelton?
3. Abdominal mud pack?
4. Lymphatic Rosary?
5. Composition of Air?
6. Food Bath – Effects and Indications?
7. Treatment Methodology of Siddha.
8. Define Ayurveda.
9. 'Lordosis'.
10. Infra – Red – Uses and Contraindications.

February 2012

[LA 1508]

Sub. Code: 1508

B.N.Y.S. DEGREE EXAMINATION.

FIRST YEAR

Part II

Paper VI - PHILOSOPHY OF NATURE CURE - II

Q.P. Code: 821508

Time: Three Hours

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

(2 x 15 = 30)

1. Explain in detail about diagnostic methods in Nature cure.
2. a. Scientific relation and normal suggestion
b. Old age problems and natural rejuvenations.

II. Write notes on:

(10 x 5 = 50)

1. Vegadharanam
2. Enema
3. Importance of physical and mental hygiene
4. Vaccination and their effects
5. Fasting-contraindication and indications.
6. Principles of unani.
7. Ways to improve elimination
8. Methods of treatment in siddha practice.
9. Tridosavignana
10. Role of diet and yoga in Nature Cure

III. Short Answers

(10 x 2 = 20)

1. Classification of diet according to Yoga
2. Benefits of water drinking
3. Indication of spinal bath
4. Trituration
5. Calendars method
6. Any two property of water and air
7. Ennervation
8. Nutrition
9. Types of Agni
10. Tools of diagnosis in Siddha

[LB 1508]

Sub. Code: 1508

FIRST YEAR B.N.Y.S. DEGREE EXAM – AUGUST 2012

Paper – VI PHILOSOPHY OF NATURE CURE – II

Q.P. Code: 821508

Time: 180 minutes

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

**Pages Time Marks
(Max.)(Max.)(Max.)**

1. Write in detail about fasting.
2. Discuss the importance of physical and mental hygiene for the preservation of health.

16	25	15
16	25	15

II. Short notes on:

1. Sathvic cooked diet.
2. Regular habits.
3. How naturopathy & yoga are achieving results without drugs.
4. Facial diagnosis.
5. Vaccination & modern medicine.
6. Barefoot walking on wet grass in the early morning.
7. Different types of enema.
8. The will power & self control.
9. Iris diagnosis.
10. Natural family planning.

3	8	5
3	8	5
3	8	5
3	8	5
3	8	5
3	8	5
3	8	5
3	8	5
3	8	5
3	8	5

III. Short Answers on:

1. Rest & relaxation.
2. Spinal bath.
3. Blue charged oil.
4. Eye pack.
5. Heliotherapy.
6. Cold Enema.
7. Infrared rays.
8. Mention the healthy habits.
9. Effect of South Pole.
10. Sathvic diet.

1	5	2
1	5	2
1	5	2
1	5	2
1	5	2
1	5	2
1	5	2
1	5	2
1	5	2
1	5	2

[LC 1508]

SUB. CODE: 1508

FIRST YEAR B.N.Y.S DEGREE EXAM - FEBRUARY 2013

PART II – PAPER VI : PHILOSOPHY OF NATURE CURE – II

Q.P. CODE : 821508

Time: 3 hours:

Maximum: 100 Marks

ANSWER ALL QUESTIONS

I.Essay Questions:

(2x15=30)

1. Write three types of diet & its importance in Nature cure.
2. Elaborate in detail about Arogya Rasha Panchatantra.

II.Short Notes:

(10x5=50)

1. Properties of sunlight.
2. Natural ways of family Planning
3. Write the methods of treatment in Siddha practice.
4. Write Astanga of Ayurveda.
5. Differentiate Satvik, Rajasik and Tamasik diet.
6. Iridiagnosis.
7. Outline fundamental and basic treatments in Nature cure.
8. Basic needs to eradicate old age problems.
9. Write the History and fundamentals of Allopathy.
10. Properties of mud.

III.Short Answers:

(10x2=20)

1. Infrared rays.
2. Basic principles of Unani.
3. Important works of Ayurveda.
4. Dosage and frequency in Homeopathy.
5. Mother tincture.
6. Types of Agnis.
7. Water drinking.
8. Fomentation.
9. Facial diagnosis.
10. Toxins.

[LD1508]

SUB. CODE: 1508

FIRST YEAR B.N.Y.S DEGREE EXAM - AUGUST 2013

PART II – PAPER VI : PHILOSOPHY OF NATURE CURE – II

Q.P. CODE : 821508

Time: 3 hours:

Maximum: 100 Marks

ANSWER ALL QUESTIONS

I.Essay Questions:

(2x15=30)

1. Write five properties of Great Elements in Nature.
2. Is diet & Yoga Constructive in Nature cure?

II.Short Notes:

(10x5=50)

1. Properties of Air.
2. Importance of Yoga in Nature cure.
3. Write about the fundamentals of Ayurveda.
4. Importance of Nutrition in Relation to Nature cure.
5. Effects of Vaccination on Human body.
6. Chromodiagnosis.
7. Write the technique of scientific relaxation.
8. Prove disease is negative.
9. Enlist chart by differentiating Nature cure, Ayurveda and Siddha.
10. Requirement to keep complete health.

III.Short Answers:

(10x2=20)

1. Swasthavrittam
2. Astanga of Ayurveda.
3. History of Homeopathy.
4. Preparation of Homeopathic medicine.
5. Basic principles of Siddha.
6. Spinal bath.
7. Enema.
8. Fundamentals of Unani.
9. Principles of Allopathy.
10. Regular habits for health.

FIRST YEAR B.N.Y.S. DEGREE EXAM
PAPER VI – PHILOSOPHY OF NATURE CURE-II

Q.P. Code : 821508

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions: **(2x15=30)**

1. Basic concepts of nutrition and balanced diet
2. Importance of physical & mental hygiene for healthy life

II. Short Notes: **(10x5=50)**

1. View of naturopathy on vaccination
2. Role of yoga in nature cure
3. How to acquire mental hygiene?
4. Narrate scientific relaxation
5. How disease is negative?
6. Regular habits of good health
7. Difference between yoga & exercise
8. Facial diagnosis
9. Procedure and precautions of taking steam bath
10. Five health principles of Dr. B. Venkat Rao

III. Short Answers: **(10x2=20)**

1. Contraindication for using infra red rays
2. Indications for hot foot bath
3. According to Siddha, physical constituents (udal thathus)
4. Types of fasting & their relevant followers
5. Any four branches of astanga of Ayurveda
6. What is ojas?
7. Classification of food by Dr. B. Venkat Rao
8. Compare body with five great elements
9. Metabolism & catabolism
10. Pathya - apathya

FIRST B.N.Y.S. DEGREE EXAM

PAPER VI – PHILOSOPHY OF NATURE CURE - II

Q.P. Code : 821508

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions:

(2x15=30)

1. Brief introduction on diagnostic methods of nature cure.
2. Rhythm method of family planning.

II. Short Notes:

(10x5=50)

1. Importance of diet in nature cure.
2. How to maintain physical hygiene?
3. Write about toxins and antitoxins?
4. How health is positive?
5. Types of food.
6. Importance of fasting.
7. Procedure of taking hip bath.
8. Therapeutic uses and contra indications of steam bath.
9. Indication and contra indications of hot& cold spinal bath.
10. Key to health by Dr. B. Venkat Rao.

III. Short Answers:

(10x2=20)

1. Define balanced diet.
2. What is nutrition?
3. Uses of Infra Red Rays.
4. Daily routine principles of vedas.
5. Treatment methodology of Siddha.
6. Any four types of saptadhatu.
7. Ways to avoid complications during fasting.
8. What is the origin of foreign matter?
9. Define harmony.
10. Enema & its uses.

FIRST B.N.Y.S. DEGREE EXAMINATION

PAPER VI – PHILOSOPHY OF NATURE CURE - II

Q.P. Code : 821508

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write the importance of physical and mental hygiene for the preservation of health.
2. Explain vega dharanam and ritucharya.

II. Write Notes on:

(10 x 5 = 50)

1. Effects of vaccination of human body.
2. Basic Principles of Homeopathy
3. Enema importance in Nature Cure
4. Infra red radiation.
5. Types of diet as per Nature Cure
6. Basic principles of siddha.
7. Unani – Basic Principles.
8. Properties of sunlight.
9. Astanga ayurveda.
10. Aroghya raksha panchatantra.

III. Short Answers on:

(10 x 2 = 20)

1. Water drinking.
2. Hip bath.
3. Formentation
4. What is Allopathy
5. Ushapana.
6. Vegadarana.
7. Calendar method.
8. Relaxation.
9. Define Fasting
10. Mud properties

FIRST B.N.Y.S. DEGREE EXAMINATION
PAPER VI – PHILOSOPHY OF NATURE CURE - II

Q.P. Code : 821508

Time: Three Hours

Maximum: 100 marks

Answer ALL questions in the same order

I. Essay Questions:

(2 x 15 = 30)

1. Write about shareera dharms and write about the importance of arogya raksha panchatantra.
2. Explain various treatments which are in conformity with the constructive and destructive principles with nature.

II. Short notes on:

(10 x 5 = 50)

1. Basic Principles of Ayurveda.
2. Properties of mud.
3. Natural rejuvenation.
4. Basic Principles of Allopathy.
5. Importance of water drinking.
6. Basic principles of homeopathy.
7. Mental hygiene.
8. Iridiagnosis.
9. Toxins and antitoxins.
10. Ritucharya.

III. Short Answers on:

(10 x 2 = 20)

1. Unani Principles.
2. Facial diagnosis.
3. Types of agni.
4. Name eighteen siddhars.
5. Sapta dhatus.
6. Ushapanam.
7. Ojas.
8. Basic principles of Sidha.
9. Disease.
10. Live food.