

FEBRUARY - 2009

[KU 1525]

Sub. Code : 1525

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Fourth Year

Paper III — FASTING AND DIET THERAPY

Q. P. Code : 821525

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Define Obesity, causes, types, complications, management through diet and fasting.
2. Methods and types of therapeutic fasting.

II. Short notes : (10 × 5 = 50)

1. Cancer diet.
2. Crises during fasting.
3. Omega three fatty acids.
4. Metabolism of carbohydrates during fasting.

5. Dietary fibre.
 6. Balanced diet.
 7. Write a model menu for diabetes mellitus.
 8. Soyamilk.
 9. History of fasting.
 10. Water drinking.
 8. Therapeutic values of apple.
 9. Write the iron content in dates and watermelon.
 10. Aginomotto.
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III. Write short answers : (10 × 2 = 20)

1. Define acute disease.
2. Chemical compositions of pineapple.
3. Basal metabolic rate.
4. Taste buds.
5. Saccharine.
6. Metabolism of protein during starvation.
7. Contraindications of fasting.

[KV 1525]

Sub. Code : 1525

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Fourth Year

Paper III — FASTING AND DIET THERAPY

Q.P. Code : 821525

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Write the physiology of salivation, digestion, absorption, excretion in the digestive system during fasting and benefits of fasting.

2. A case of pregnant women having anaemia and diabetes mellitus. How will you manage through naturopathy?

II. Short notes : (10 × 5 = 50)

1. Protein energy malnutrition.

2. Theories of Fasting.

3. Enema.

4. Body Mass Index.

5. Management of heart diseases through diet.

6. Cancer diet.

7. Mediterranean diet.

8. Fasting Vs. Starvation.

9. Naturopathic treatments for bronchial asthma.

10. Diuretics in diet therapy.

III. Write Short Answers : (10 × 2 = 20)

1. Define Triglyceride.

2. Wheat grass juice.

3. Mental influence in fasting.

4. Indications for dry fasting.

5. Define Health.

6. Normal values of total cholesterol, HDL, LDL.

7. Therapeutic aspects of honey.

8. Intestinal villus.

9. Difference between Hunger and Fasting.

10. Daily Requirement of Iron and Iodine.

February 2010

[KW 1525]

Sub. Code: 1525

B.N.Y.S DEGREE EXAMINATION.

(New Regulations)

Fourth Year

Paper III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay Questions:

(2 x 15 = 30)

1. (a) Justify the role of Glycaemic Index, Dietary fibre, Calorie in the management of Diabetes?
(b) Role of Essential Fatty Acids and Unsaturated fats in Coronary Heart Disease. **(10 + 5)**
2. (a) Relationship between visceral obesity and Heart Disease, and Diabetes.
(b) Justify your Herbal prescription in Dyslipidemia, Diabetes and Peptic Ulcer. **(7 + 8)**

II. Short Notes:

(10 x 5 = 50)

1. Metabolism during Juice Fasting and add a note on Fat metabolism.
2. Physiological effects of Fasting and Disadvantages.
3. Fasting and Gall stones – Justify relationship.
4. Renal Function Test and its normal value.
5. Metabolic syndrome – Role of Diet.
6. Skin diseases and Diet Therapy.
7. Disadvantages of Raw Food, Raw Juice therapy.
8. Recommended Dietary Allowances for Infancy and Adolescence.
9. Minerals and Trace Metals importance.
10. Therapeutic Diet and its types with one sample menu.

III. Short Answers:

(10 x 2 = 20)

1. Adult requirement of Egg Protein and Mixed Vegetable Protein.
 2. Principles in Paediatric and Geriatric Nutrition
 3. Classify food according to its Perishability.
 4. Fatty Acid composition of Rapeseed or Mustard oil.
 5. Celery leaves – Nutritional Value.
 6. Any two Herbs or Spices for Flatulence Dyspepsia.
 7. Mushroom.
 8. Why sodium chloride is restricted in Hypertensive patients diet.
 9. Levulose – what is it and its importance?
 10. Why excessive intake of Vitamin A and D can prove toxic.
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August 2010

[KX 1525]

Sub. Code: 1525

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Fourth Year

Paper III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay Questions:

(2 x 15 = 30)

1. (a) Write on Acid Peptic Diseases.
(b) Diet Therapy for Acid Peptic Diseases.
2. Write on fasting under the following headings:
(a) Physiological effects and Metabolism.
(b) Crisis during fasting and contraindications.

II. Short Notes:

(10 x 5 = 50)

1. Half or children diet.
2. Gluten free diet.
3. Bland diet.
4. Essential Fatty Acids.
5. Nutritive value of coriander leaves and curry leaves.
6. R.D.A. for Adult and Infants as per ICMR.
7. Tabulate the richest sources of Iron and Folic Acid from plant sources.
8. Foods rich in calcium with its value from all groups of food.
9. Essential amino acids and its functions.
10. Effects of Maternal malnutrition on Breast milk and write diet for Lactating mother.

III. Short Answers:

(10 x 2 = 20)

1. Pre-fast evaluation.
 2. Role of fasting in acne.
 3. Master cleanse fast.
 4. Famine fever.
 5. Hexheimer reaction.
 6. Food combination.
 7. Food Hygiene.
 8. Importance of drumstick leaves in diabetes.
 9. Gape as a diuretic – Justify.
 10. Dieting vs fasting.
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February 2011

[KY 1525]

Sub. Code : 1525

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Fourth Year

Paper III — FASTING AND DIET THERAPY

Q.P. Code : 821525

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay: (2 × 15 = 30)

1. Give an account of historical high lights of fasting in India and foreign.
2. Explain in detail about the dietetic principles in Naturopathy.

II. Short notes : (10 × 5 = 50)

1. Chemical composition of carrot juice.
2. Definitions of fast.
3. Difference between hunger and appetite.
4. Milk diet (Dugdha Kalpa)
5. Dietary fibre – therapeutic effect in constipation.
6. Diet for Anaemia.
7. Fasting in acute disease.
8. Diet for atheletics.
9. Water drinking in fasting.
10. When to break the fast.

III. Short answers:

(10 × 2 = 20)

1. Enema and fast.
 2. Winter sleep.
 3. Contra indications of fast.
 4. Diet in diarrhea.
 5. Condition of tongue during fasting.
 6. Fenugreek seeds.
 7. Exercise and fasting.
 8. Healing crisis.
 9. Assessment of obesity.
 10. Define acute disease.
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August 2011

[KZ 1525]

Sub. Code: 1525

B.N.Y.S. DEGREE EXAMINATION.

Fourth Year

Paper III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay questions:

(2X15=30)

1. Explain how nature made human body as vegetarian animal and write how flesh food intake induces diseases in the body.
2. Define fasting and explain the physiological changes occurring during and after fasting.

II. Short Notes:

(10X5=50)

1. How fasting helps to increase and decrease body weight? Write in detail.
2. Importance of folic acid during pregnancy.
3. Explain how poor nutrition causes illness.
4. Explain the nutrition requirement in child hood and aged peoples.
5. Write the difference between natural diet and cooked food.
6. Explain the management of obesity through natural diet.
7. Role of food and exercise in life span.
8. Write the importance of juice therapy.
9. Importance and medicinal value of Ash guard juice.
10. What type of diet you can advise for skin allergy patient and why?

III. Short Answer:

(10X2=20)

1. What is balanced diet?
2. Alkaline juices.
3. Define healing crisis and disease crisis.
4. Eliminative diet.
5. Write about intermittent fasting.
6. Objections in fasting.
7. Abdomen and eye pack in fasting.
8. Do you advice fasting in fever. Why?
9. Write Mahatma Gandhi's Contribution to fasting.
10. Draksha Kalpa.

February 2012

[LA 1525]

Sub. Code: 1525

B.N.Y.S. DEGREE EXAMINATION.

Fourth Year

Paper III – Fasting & Diet Therapy

Q. P. 821525

Time: Three Hours

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

(2x15=30)

1. Therapeutic fasting
2. Dietary measures in Peptic ulcer

II. Write notes on:

(10x5=50)

1. Food allergy and management
2. Hygienic auxiliaries in fasting
3. Highlights of fasting in India
4. Difference between hunger and appetite
5. Compare raw and cooked food
6. Method of cooking to prevent nutrient loss
7. Sprouts and its benefits
8. Symptoms during fasting
9. Prescribe diet chart for obesity
10. Diet during pregnancy and lactation

III. Short Answers

(10x2=20)

1. Food preservation
2. Satvic food
3. Enema in fasting
4. General classification of fasting
5. Metabolic changes in starvation
6. Raw food
7. Composition and Use of wheat grass
8. Use of fibre diet
9. Harmful effects of artificial coloring of food
10. Constructive diet

[LB 1525]

Sub. Code: 1525

FOURTH B.N.Y.S. DEGREE EXAM – AUGUST 2012

Paper – III FASTING AND DIET THERAPY

Q.P. Code: 821525

Time: 180 Minutes

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

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

1. Write briefly rules of fast.

16 25 15

2. Dietary management in

(i) Obesity

(ii) Gout.

16 25 15

II. Short notes on:

1. Classify fasting.

3 8 5

2. List auxiliaries of fasting.

3 8 5

3. Pros and cons of fasting.

3 8 5

4. Vital economy in health.

3 8 5

5. Diet therapy for fatty liver.

3 8 5

6. Diet therapy in old age.

3 8 5

7. Draksha Kalpa (Grape juice diet)

3 8 5

8. Fasting in chronic disease.

3 8 5

9. Fasting in ancient India.

3 8 5

10. How to break the fast?

3 8 5

III. Short Answers on:

1. Law of vital energy.

1 5 2

2. Aestivation.

1 5 2

3. Importance of mudpack in fasting.

1 5 2

4. Disease crisis.

1 5 2

5. Clothing and fast.

1 5 2

6. Coriander juice.

1 5 2

7. Salt as a forum.

1 5 2

8. Ash gourd.

1 5 2

9. Fasting in Skin allergy.

1 5 2

10. Cause of disease in Naturopathy.

1 5 2

[LC 1525]

SUB. CODE. 1525

FOURTH BNYS DEGREE EXAMINATION - FEBRUARY 2013

PAPER III - FASTING & DIET THERAPY

Q.P. CODE : 821525

Time: 3 hours:

Maximum: 100 Marks

ANSWER ALL QUESTIONS

I.Essay:

(2 x 15 = 30)

1. Diet therapy for 'X Syndrome'.
2. Write on Antioxidants about
 - a)Body factors that increase free radical formation.
 - b)Dietary Antioxidants

II.Short notes

(10 x 5 = 50)

1. Prevention of PEM
2. Goitrogens and their sources.
3. Objectives of Cooking
4. Osteomalacia and Osteoporosis
5. Harmful effects of food colours and preservatives
6. Coriander seeds and Garlic – Medicinal uses
7. Diet for Nutritional Anaemia
8. Historical highlights of fasting
9. Physiological effects of fasting
10. Misconceptions of fasting

III.Short answers

(10 x 2 = 20)

1. Role of Vitamin "A" in the prevention of infections .
 2. Large intestine and Vitamin "K" – relationship
 3. Advantages of Germination
 4. Sources of water for the body
 5. Vegetarian Eggs
 6. Sucralose
 7. Broccoli
 8. Spinach
 9. Glycemic index of apple and potato
 10. Half Diet
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[LD 1525]

SUB. CODE. 1525

FOURTH BNYS DEGREE EXAMINATION - AUGUST 2013

PAPER III - FASTING & DIET THERAPY

Q.P. CODE : 821525

Time: Three hours:

Maximum: 100 Marks

ANSWER ALL QUESTIONS

I.Essay Questions:

(2x15 = 30)

1. Diet therapy for 'Metabolic Syndrome'.
2. Various Therapeutic Diets as per National Institute of Nutrition

II. Short notes

(10 x 5 = 50)

1. What is Low-Sodium diet? What are the dangers of Sodium restricted diet?
2. Functional properties and milk and curd.
3. Low Glycemic Index foods.
4. Non-vegetarian diet its positive aspects.
5. Contraindications of fasting.
6. Fatty acid composition of Coconut Oil and Palm Oil.
7. Food hygiene and health
8. Hygienic auxiliaries of fasting
9. Differences between Hunger and Appetite.
10. Definitions of Fasting and how to break the fast

III.Short answers

(10 x 2 = 20)

1. Essential Fatty Acids
2. How to improve Good Cholesterol
3. Medicinal uses of Cow ghee
4. Types of therapeutic fast
5. Advantage of Raw food
6. Stress Vitamins
7. Essential Aminoacids sources
8. Biotin
9. Raw plantain stem juice
10. Fresh Ash gourd Juice

FOURTH YEAR B.N.Y.S. DEGREE EXAM

PAPER III – FASTING & DIET THERAPY

Q.P. Code : 821525

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Long Essay: (2 x 15 = 30)

- 1) Fasting therapy in detail
- 2) Modification of Diet in Chronic Glomerulonephritis, Nephrotic Syndrome and Chronic Renal failure

II. Short Notes: (10 x 5 = 50)

1. Define and explain Glycemic Index. Mention the Glycemic Index of Idly, Ice cream, Millets, Honey and Sundal
2. Food and Drug interactions- four categories
3. Tabulate the Balanced Diet for an elderly person for a day
4. Principles of low purine, low fat Diet
5. Relationship between coffee and heart and why excess salt is bad for heart.
6. Objectives of cooking
7. Advantages of using Mud vessels in the management of health
8. Physiological effects of Fibre
9. Dietary principles for diabetic patient who is suffering from uremia and has a high Blood pressure.
10. Advantages of germination of seeds

III. Short Answers: (10 x 2 = 20)

1. Wrong dietary beliefs for diabetics
2. Recommended Dietary Allowances for Pregnant women
3. Fatty acids composition of Olive Oil
4. Effects of cooking
5. Environmental factors which increases free radical formation
6. Phenolic acids of phytochemicals
7. Functional properties of Curd and Milk
8. Juice Diet for Primary hypertension
9. Aging Process and Nutrition
10. Harmful effects food colors

FOURTH B.N.Y.S. DEGREE EXAMINATION**PAPER III – FASTING & DIET THERAPY****Q.P. Code : 821525****Time: Three hours****Maximum : 100 Marks****Answer All questions****I. Long Essay:****(2 x 15 = 30)**

1. a) Principles of Diabetic, Bland and Full Diet.
b) Recommended calorie intake for Diabetic based on body weight.
2. Physiological mechanism of fibre in preventing Diverticulitis, Diabetes Mellitus and Coronary Heart Diseases.

II. Short Notes:**(10 x 5 = 50)**

1. Health problems associated with excessive sodium intake.
2. Trigonelline - source and uses.
3. Phytochemicals- explain.
4. Lactose Intolerance Diet.
5. Define and explain Glycemic Index. Mention the Glycemic Index of Idly, Ice cream, Millets, Honey and Sundal.
6. Aging Process and Nutrition.
7. Explain why germination of seeds is good.
8. Medicinal uses of garlic and coriander seeds.
9. Contraindications and metabolism of fasting.
10. History and types of fasting.

III. Short Answers:**(10 x 2 = 20)**

1. What are Trans fatty acids?
2. What is Balanced Diet?
3. What makes food unsafe?
4. What is organic food?
5. Body factors which increases free radical formation.
6. Millets importance in Naturopathy.
7. When and How to break fasting?
8. Why naturopaths avoid three Whites namely sugar, Maida and salts?
9. Diet for acne.
10. Diet for rheumatoid arthritis.

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about therapeutic diets as per Indian Council of Medical Research.
2. Fasting Therapy in detail.

II. Write Notes on:

(10 x 5 = 50)

1. Diet for anemia
2. Diet for Jaundice.
3. Oral rehydration Solution - composition and importance
4. Role of nutrients in cancer.
5. Diet for Dyspepsia.
6. Role of fatty acids and Coronary Heart Disease.
7. Herbal prescription for peptic ulcer.
8. Sprouts and its benefits.
9. Therapeutic effects of soluble dietary fibers.
10. Medicinal values of fenugreek and coriander seeds

III. Short Answers on:

(10 x 2 = 20)

1. Kalpa therapy and types.
2. Artificial sweeteners.
3. Aim of diet in Urolithiasis.
4. Contraindication of fasting.
5. Composition of Soyabean.
6. Disadvantages of Raw food
7. Diet for Hemochromatosis.
8. Glycemic Load
9. RDA for pregnancy.
10. Aim of geriatric diet.

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about Diabetes Mellitus, management through diet, dietary fibers and role of Glycemic Index.
2. Fasting - Types, Metabolic changes, contraindications, auxiliaries and misconceptions.

II. Write Notes on:

(10 x 5 = 50)

1. Diet for Allergic Sinusitis.
2. Importance of prebiotic and probiotic and its sources.
3. Diet for Nephrotic Syndrome.
4. Food for Renal Calculi.
5. Food sources of Calcium and Iodine.
6. Assessment of obesity and diet advices.
7. How fasting helps to reduce weight?
8. Difference between hunger and appetite.
9. How to diagnosis the metabolic syndrome?
10. Explain-dietary factors induce cancers.

III. Short Answers on:

(10 x 2 = 20)

1. Aestivation.
2. Dumping syndrome.
3. Medicinal uses of wheat grass juices.
4. Harmful additives.
5. Medicinal use of garlic.
6. Parenteral feeding.
7. Vitamin deficiencies during tuberculosis.
8. Name some phytonutrient to against cancer.
9. Contraindicated diet for high B.P.
10. Immuno nutrients.

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Elaborate on fasting and its clinical Importance.
2. a) Explain the concept of a wholesome diet and its effect on health and Diet for Jaundice.
b) Non Nutrient components of foods.

II. Write Notes on:

(10 x 5 = 50)

1. Fasting in Acute diseases.
2. Write a short note on diseases and fasting.
3. Write the types of therapeutic diet.
4. Diet for Lactose Intolerance.
5. What is the difference between hunger and appetite?
6. Explain the medical values of turmeric, Garlic and Mustard.
7. Write the importance of sprouts and its disadvantages.
8. What are the nutrient losses during cooking and preservation?
9. RDA for a pregnant woman.
10. Indicated and contraindicated foods for diabetes.

III. Short Answers on:

(10 x 2 = 20)

1. What is kalpa?
2. What are the harmful effects of food colours?
3. What are the therapeutic effects of dietary fibre?
4. Write the precautionary procedures for raw eating.
5. What are the qualities of food according to naturopathy?
6. G.I. Value of Ice cream and Honey.
7. Assessment of obesity.
8. Results of fasting.
9. Mention any two animal behaviour during sickness.
10. How to break the fast?

[LI 1525]

APRIL 2016

Sub.Code :1525

**FOURTH B.N.Y.S. DEGREE EXAMINATION
PAPER III – FASTING AND DIET THERAPY**

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain the importance of dietary fibre and its therapeutic effects.
2. Therapeutic Diet as per ICMR.

II. Write Notes on:

(10 x 5 = 50)

1. Explain the Diet for Pregnancy and Lactation.
2. Describe the physiological effects of fasting.
3. Differentiate fasting and starvation.
4. History of fasting.
5. Write the changes in breath and temperature during fasting.
6. Write the Diet for obesity.
7. Explain the importance of raw juices .
8. Compare the cooked foods with raw foods.
9. Diet for Hypertension.
10. Dietary management for food allergy.

III. Short Answers on:

(10 x 2 = 20)

1. Harmful effects of artificial sweeteners.
2. Negative aspects of non vegetarian diet.
3. What is milk kalpa?
4. Classify food according to Ayurveda.
5. What is insoluble fibre?
6. Define Glycemic Index.
7. RDA of calcium for women.
8. RDA of Iron for children.
9. Diet for anemia.
10. Diet for Diabetics.

[LJ 1525]

AUGUST 2016

Sub.Code :1525

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain about fasting therapy in detail.
2. Write in detail on dietetics for respiratory disorders and nephrotic syndrome.

II. Write Notes on:

(10 x 5 = 50)

1. How to eat food for maintaining good health?
2. Write the importance of fruits.
3. Prescribe diet for a sports man.
4. What are the properties of food according to Ayurveda?
5. Write the medical uses of papaya, Banana, Jack fruit, sapota.
6. Diet for Migraine.
7. Diet in Hair fall.
8. Diet for Rheumatoid Arthritis.
9. Make a short note on starvation.
10. Diet for Gastritis.

III. Short Answers on:

(10 x 2 = 20)

1. Define diet therapy and Nutrition.
2. Write about water drinking during fasting.
3. What are the objections commonly raised in fasting therapy?
4. Indications and contraindications of fasting.
5. What are appetite and Hunger?
6. Fasting in Muslims.
7. What are the medical values of wheatgrass?
8. Define Bland diet.
9. Methods of cooking.
10. Hazards of food preservatives.

[LK 1525]

FEBRUARY 2017

Sub.Code :1525

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write about the Naturopathic way of eating habits, types of diet, and why Non vegetarian diet is not recommended and write about diet for nausea, vomiting and constipation.
2. Functions, deficiency and sources of essential Fatty acids and Amino acids.

II. Write Notes on:

(10 x 5 = 50)

1. Types of salts and sugar and its ill effects.
2. Fragile X syndrome complications.
3. Psychological disorders of dieting.
4. Categories where food and drug interactions takes place.
5. Disorders of Iodine deficiency.
6. Therapeutic diet as per ICMR.
7. Difference between fasting and starvation.
8. Physiological effects of fasting.
9. Misconceptions of fasting.
10. Diet for Migraine and Insomnia.

III. Short Answers on:

(10 x 2 = 20)

1. Importance of mud vessels.
2. Importance of wheatgrass and arugampul juice.
3. Ash gourd and Plantain pith - effects.
4. Diet tips for Gout.
5. Composition of oral rehydration solution.
6. Betel leaves importance.
7. Negative aspects of food stored in refrigerator and pressure cooker.
8. Auxiliaries of fasting.
9. Why fasting is very good and its contraindications?
10. Diet tips for kidney stones.

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Modification of diet in Chronic Renal Failure, Chronic glomerulonephritis and Nephrotic Syndrome.
2. Fasting therapy in detail and write the difference between fasting and starvation.

II. Write Notes on:

(10 x 5 = 50)

1. Principles of low Purine, low fat diet.
2. Glycemic Index of Rice, Wheat and Sprouts.
3. Food and Drug interactions – four categories.
4. Tabulate the Balanced Diet for an elderly person for a day.
5. Diet for Bronchial Asthma and why milk is bad for health? Explain.
6. Objectives of cooking and methods of cooking.
7. Advantages of using Mud vessels in the management of health.
8. Diet for Diabetic nephropathy.
9. Dietary principles of a diabetic patient who is suffering from uremia and high blood pressure?
10. Types of salts and sugar.

III. Short Answers on:

(10 x 2 = 20)

1. Chromium and Biotin importance.
2. Wrong dietary beliefs for Diabetics.
3. Diet for Gastritis.
4. Fatty acids composition of groundnut oil.
5. Environmental factors which increases the free radical formation?
6. Phenolic acids of phytochemicals.
7. How eggs are bad for health?
8. Diet tips for urticaria.
9. Diet tips for cough and cold.
10. Maida – ill effects - justify.

**FOURTH B.N.Y.S. DEGREE EXAMINATION
PAPER III – FASTING AND DIET THERAPY**

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. a) Principles of Diabetic, Half and Full Diet.
b) Recommended calorie intake for diabetic based on body weight as per ICMR.
2. Physiological mechanism of fibre in preventing Diverticulitis, Hypertension and Coronary Heart Diseases.

II. Write Notes on:

(10 x 5 = 50)

1. Trigonelline – sources and uses.
2. Phytochemicals - explain.
3. Lactose Intolerance Diet.
4. Glycemic Index of Idly, Ice cream, Millets, Honey and Sundal.
5. Ageing process and nutrition.
6. Advantages of germination of seeds.
7. Medicinal uses of garlic, cinnamon, pepper, mint leaves and lotus stem.
8. Diet for different types of arthritis.
9. Contraindication and metabolism of fasting.
10. History and types of fasting.

III. Short Answers on:

(10 x 2 = 20)

1. Trans fatty acids.
2. Green tea and Black tea.
3. What makes food unsafe?
4. What is organic food?
5. Body factors which increase free radical formation.
6. Gluten free Diet.
7. When and how to break fasting?
8. Why naturopaths avoid three Whites namely sugar, Maida and salts?
9. Diet for acne.
10. Diet for cold.

**FOURTH B.N.Y.S. DEGREE EXAMINATION
PAPER III – FASTING AND DIET THERAPY**

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about the diagnosis, dietary management for malabsorptive syndrome.
2. Herbal prescription for liver diseases and asthma.

II. Write Notes on:

(10 x 5 = 50)

1. Diet for nephrotic syndrome.
2. Difference between fasting and starvation.
3. Role of sodium in hypertension and its RDA.
4. Crisis during fasting.
5. Role of phytochemicals in cancer.
6. Adverse effects of food additives.
7. Diet for vitamin D deficiency in female.
8. Dietary management for peptic ulcer.
9. Medicinal values of germinated seeds.
10. Specific diet, minerals needed during diabetes and its glycemic percentages.

III. Short Answers on:

(10 x 2 = 20)

1. DASH-diet.
2. High calorie diet needed in which disease condition?
3. How to calculate BMR for men and women?
4. Low residue diet.
5. Immuno nutrition.
6. Adverse effects of tannins.
7. Role of selenium and vitamin D.
8. When to break the fasting?
9. Diet for alopecia.
10. Role of copper and iron.

**FOURTH B.N.Y.S. DEGREE EXAMINATION
PAPER III – FASTING AND DIET THERAPY**

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions: (2 x 15 = 30)

1. Write in detail about the dietary management, exercise, fatty acid for coronary heart disease.
2. Write in detail about physiological changes during fasting.

II. Write Notes on: (10 x 5 = 50)

1. Therapeutic effects of dietary fibre.
2. Medicinal values of garlic and onion.
3. Historical highlights of fasting.
4. Diet for celiac diseases.
5. Food-borne diseases and its prevention.
6. Diet for geriatric.
7. Role of fasting in colon cancer.
8. Role of sodium chloride and its RDA for Hypertension.
9. Dietary management for haemorrhoids.
10. Write about food combination to health.

III. Short Answers on: (10 x 2 = 20)

1. Examples of anti-inflammatory foods.
2. Dietary anti-oxidants.
3. Role of B.6 in pregnancy.
4. Functions of zinc.
5. Composition of ORS.
6. Medicinal uses of Ananas comosus.
7. What is hydrogenated fat and example?
8. Define weaning.
9. Diet for peptic ulcer.
10. Define Glycemic index.

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions: (2 x 15 = 30)

1. Write in detail about the physiology of Fasting and Starvation.
2. Describe about Nutritional anaemia and its managements.

II. Write Notes on: (10 x 5 = 50)

1. How and when to break fasting?
2. Methods of fasting in Naturopathy.
3. Difference between hunger and appetite.
4. Treatment procedures followed during fasting.
5. Role of fasting in skin diseases.
6. Comparison with raw and cooked food.
7. Methods of cooking and nutrients losses while cooking.
8. Paediatric nutrition and diet.
9. Dietary management for Hypercholesterolemia.
10. Role of anti-inflammatory foods in Rheumatoid arthritis.

III. Short Answers on: (10 x 2 = 20)

1. Mono diet fasting.
2. Clothing in fasting.
3. Objections in fasting.
4. What are the conditions fasting is not advisable?
5. List the Discomforts in fasting.
6. Disadvantages of raw diet.
7. Lactose intolerance
8. Gluten free diet.
9. Vitamin A rich sources.
10. Glycaemic index.

[LN 1525]

AUGUST 2018

Sub. Code: 1525

**FOURTH B.N.Y.S. DEGREE EXAMINATION
PAPER III – FASTING AND DIET THERAPY**

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about the diagnosis, dietary management for hypersensitivity of foods.
2. Therapeutic fasting for various diseases.

II. Write Notes on:

(10 x 5 = 50)

1. Hygienic axillaries during fasting.
2. Importance of phenolic compounds in foods.
3. Adverse effects of mono sodium glutamate.
4. Diet for urolithiasis.
5. Difference between hunger and appetite.
6. Role of folic acid, iron, calcium during pregnancy.
7. Diet for tuberculosis and its nutrient interference.
8. Write the assessment of metabolic syndrome.
9. Medicinal uses for green leafy vegetables and fruits.
10. Disadvantages of non-vegetarian.

III. Short Answers on:

(10 x 2 = 20)

1. Atkins diet.
2. Aestivation.
3. Method of feedings.
4. Adverse effect of oxalates.
5. Saccharine.
6. Name some disease causes negative nitrogen balance.
7. Acid ash diet.
8. What is probiotic food?
9. Role of vitamin E.
10. Contraindicated major nutrient during gouty arthritis.

[LN 1525]

OCTOBER 2018

Sub. Code: 1525

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about the rules and regulations of sane Fasting and Therapeutic Fasting.
2. Describe about Non-Vegetarian diet, its positive and negative aspects in Naturopathy.

II. Write Notes on:

(10 x 5 = 50)

1. Crises during fasting and their managements.
2. Role of fasting in various diseases.
3. Hygienic auxiliaries of fasting.
4. How fasting helps to increase the body weight?
5. Difference between fasting and starvation.
6. Food allergy and its dietary management.
7. Dietary fibres and its therapeutic effects.
8. Define sprout and methods of sprouting.
9. Protein Energy Malnutrition and its dietary management.
10. Dietary management for Peptic ulcer.

III. Short Answers on:

(10 x 2 = 20)

1. Intermittent fasting.
2. Fasting in chronic diseases.
3. Enema in fasting.
4. What are the changes in the tongue during fasting?
5. Ayurvedic fasting.
6. Balanced diet.
7. Alkaline foods.
8. Benefits of pomegranate.
9. Kalpa therapy.
10. Probiotics.

[LO 1525]

MAY 2019

Sub. Code: 1525

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about Fasting therapy and theory of fasting in Animals.
2. Describe about liver diseases and its dietary management.

II. Write Notes on:

(10 x 5 = 50)

1. Pros and cons of fasting.
2. Role of fasting in chronic diseases.
3. Benefits of fasting.
4. General classification of fasting.
5. Role of Fasting in Obesity.
6. Give a note on wheat grass juice.
7. Harmful effects of preservatives in the food.
8. Geriatric nutrition and diet.
9. Role of fatty acids in coronary heart disease.
10. Irritable bowel syndrome and its dietary management.

III. Short Answers on:

(10 x 2 = 20)

1. Water drinking in fasting.
2. Define Starvation.
3. Dry fasting.
4. What are the changes in the pulse during fasting?
5. Religious fasting.
6. Importance of green leafy vegetables.
7. Acidic foods.
8. Scurvy.
9. Name the active principle present in papaya.
10. Artificial sweeteners.

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Recommended calorie intake for Diabetic based on body weight as per ICMR and add a note on modification of diet in chronic renal failure.
2. Physiological mechanism of fiber in preventing Diverticulitis, Diabetes Mellitus and Coronary Heart Diseases.

II. Write Notes on:

(10 x 5 = 50)

1. Food and Drug interactions-four categories.
2. Categories where food and drug interactions takes place.
3. Factors influencing distribution of body fluid.
4. Psychological disorders of Dieting and Sugar substitutes of Natural and Artificial sweeteners.
5. Physiology of fasting.
6. What are Goitrogens and their sources and differences between Osteomalacia and Osteoporosis.
7. Contraindications of Fasting with Justifications.
8. Diet for insulin resistance.
9. Nutritive value of pumpkin, Broccoli and cabbage.
10. Food allergy and food intolerance.

III. Short Answers on:

(10 x 2 = 20)

1. Metabolic Syndrome.
2. Role of Vitamin "A" in the prevention of infections.
3. Large intestine and Vitamin "K" – relationship.
4. Combination of foods to improve the quality of protein with examples.
5. Vegetarian Eggs and Calcium and phosphorous ratio in adults.
6. Glycemic Index of Idly, and Honey.
7. What do you mean by phytochemicals and organic food?
8. Relation of Calcium in pre-menstrual syndrome and colon cancer.
9. Write any one assay as Markers of Oxidative Stress.
10. Relationship of Vitamin "E" and rheumatoid arthritis.

[LQ 1525]

FEBRUARY 2020

Sub. Code: 1525

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain Acute Renal Disease and its causes and prescribe the Diet with justifications.
2. Explain about Thyroid Disorders, its functions, causes, complications, and justify your Diet therapy.

II. Write Notes on:

(10 x 5 = 50)

1. Mechanism of high Glycemic Index and high Glycemic load foods in Diabetes.
2. Explain on Insulin Resistance and fasting role.
3. What is Crohn's disease and colitis and write its diet therapy?
4. Cardiac markers and diet for IHD.
5. Diet for fatty liver.
6. Write a note on Typhoid and justify the contra indicated foods.
7. Diet for Nephrotic Syndrome.
8. Write a note on Sheehan's syndrome and diet for Obesity.
9. Explain Polycystic ovarian disease and justify your diet prescription.
10. Define Bell's Palsy and justify your diet prescription.

III. Short Answers on:

(10 x 2 = 20)

1. Contra indications of fasting.
2. Low copper Diet.
3. Misconceptions of fasting.
4. Adverse effects of non vegetarian foods.
5. Auxiliaries of fasting.
6. Contra indications of High Fibre Diet.
7. Bland diet.
8. Oxalic rich foods.
9. Importance of mud vessels in health.
10. How to break the fast?

[LQ 1525]

DECEMBER 2020

Sub. Code: 1525

(MAY & AUGUST 2020 SESSION)

FOURTH B.N.Y.S. DEGREE EXAMINATION

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write the principles of diet in Ankylosing Spondylitis and Rheumatoid Arthritis.
2. Write the Scientific Evidence and Physiological effects of fasting in the Loss and Gain of Weight.

II. Write Notes on:

(10 x 5 = 50)

1. Glycemic Index of Dosai, Millets and Sundal.
2. Diet For Diarrhea and WHO Composition of ORS.
3. Phytochemicals and its Role in Health.
4. Lactose Intolerance Diet and Gluten Free Diet.
5. Ageing Process and Nutrition.
6. Disadvantages of Raw Diet and Advantages of Germinated Seeds.
7. Justify Your Diet Prescription for Tuberculosis.
8. Contraindications and Metabolism of Fasting.
9. History and Types of Fasting.
10. Water Metabolism and Water Fasting.

III. Short Answers on:

(10 x 2 = 20)

1. Low Copper Diet.
2. Hot Water Drinking.
3. Mud Vessels Cooking.
4. Nutritive Value of Wheat and Boiled Rice.
5. How Fasting Increases Lifespan?
6. Food Hygiene.
7. Dietary Sources of Vitamin D.
8. Examples For Bad Food Combination.
9. Importance of Low Salt and Sugar in Our Daily Diet.
10. High Protein Diet Disadvantages, Advantages and Examples.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0322]

**MARCH 2022
(FEBRUARY 2021 & MAY 2021 SESSIONS)**

Sub. Code: 1525

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER III – FASTING AND DIET THERAPY
Q.P. Code : 821525**

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions: (2 x 15 = 30)

1. Write in detail about Anemias, complete clinical investigations, clinical features of anemias and justify importance of diet.
2. Write in detail about protein and fat metabolism and add a note on metabolism during fasting therapy.

II. Write Notes on: (10 x 5 = 50)

1. Seasonal changes in the dietary pattern in ayurveda.
2. Contraindications and indications of fasting.
3. Paediatric and geriatric nutrition.
4. Features of Vitamin-D deficiency, Write specifically Vitamin-D sources from diet.
5. Write on renal diseases in detail and justify role of diet in renal diseases.
6. Write on diseases of large intestine. Role of diet in any of the diseases of large intestine.
7. Aetiology and clinical features of Osteomalacia, Diet role in Osteomalacia.
8. Disadvantages of juice fasting and raw vegetable salad.
9. Harmful effects of food colours, pesticides, preservatives and artificial manures.
10. Kalpa therapy in naturopathy and non vegetarian diet positive and negative aspects in naturopathy.

III. Short Answers on: (10 x 2 = 20)

1. Define syndrome X.
2. Define organic food.
3. Factors affecting fat absorption.
4. Interrelationship of iron and copper.
5. Write about proteins present in milk.
6. Name the three main curcuminoids and its uses.
7. What is food allergy and food intolerance.
8. Medicinal value of kokum and garlic.
9. Fasting in religions.
10. Appetite and hunger.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0522]

MAY 2022

Sub. Code: 1525

(AUGUST 2021 & OCTOBER 2021 SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FOURTH YEAR

(For the candidates admitted from the academic year 2011-12)

PAPER III – FASTING AND DIET THERAPY

Q.P. Code : 821525

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. a) Write the Metabolic disorders.
b) Principles of diet in Metabolic disorders.
2. a) Musculo skeletal disorders.
b) Diet for Musculo skeletal disorders.

II. Write Notes on:

(10 x 5 = 50)

1. Osteomalacia and Osteoporosis.
2. Diet for chrohn's disease and colitis.
3. Psychological disorders of Dieting.
4. Dietary principles for diabetic patient who is suffering from uremia and has a high Blood pressure.
5. Water metabolism and water fasting.
6. Fat Metabolism.
7. Diet for Diarrhoea and composition of ORS.
8. Disadvantages of Raw Diet and advantages of Germinated Seeds.
9. Contraindications and metabolism of fasting.
10. History and types of fasting.

III. Short Answers on:

(10 x 2 = 20)

1. Ill effects of various dietary sugars.
2. What makes food unsafe?
3. Trans fatty acids and Essential fat.
4. Dietary sources of Vitamin-D and what is organic food?.
5. Body factors which increases free radical formation.
6. GI value of Soya, Rajmah, as per ICMR.
7. Nutritive Value of Ragi and Barnyard millet.
8. Disadvantages of Millets.
9. Balanced Diet for an elderly person for insulin resistance.
10. Chemical composition of wheat grass juice.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 1022]

**OCTOBER 2022
(FEBRUARY 2022 & MAY 2022 SESSIONS)**

Sub. Code: 1525

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER III – FASTING AND DIET THERAPY
Q.P. Code : 821525**

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions: (2 x 15 = 30)

1. Science of Fasting Therapy.
2. Functions, Deficiency and Sources of Essential Fatty Acids and Essential Amino Acids.

II. Write Notes on: (10 x 5 = 50)

1. Mechanism of Sodium in Blood Pressure.
2. Physiology of simple carbohydrates in insulin Resistance.
3. Cardiac markers and diet for Dyslipidemia.
4. Diet for Cirrhosis of liver and write on liver enzymes.
5. Write on Inflammatory Bowel Disease and its contra indicated foods.
6. Diet for Chronic Kidney Disease and write the normal values of Electrolytes.
7. Write on Cushing's syndrome and diet for secondary Obesity.
8. Diet prescription for primary infertility and justify it.
9. Diet prescription for facial palsy and justify it.
10. Diet prescription for COPD and justify it.

III. Short Answers on: (10 x 2 = 20)

1. Importance of blood vessels in health.
2. Disadvantages of Wheat in Auto immune Disease.
3. Ash gourd nutritive value.
4. Diet tips for Gout.
5. Paediatric nutrition.
6. Negative aspects of food stored in refrigerator and pressure cooker.
7. Food allergy.
8. Disadvantages of Germinated Seeds.
9. Disadvantages of egg and Fish.
10. Psychological disorders of Dieting.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0323]

MARCH 2023

Sub. Code: 1525

(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FOURTH YEAR

(For the candidates admitted from the academic year 2011-12)

PAPER III – FASTING & DIET THERAPY

Q.P. Code: 821525

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Tabulate the food – borne disease caused by some pathogenic organisms.
2. Write on aetiology – pathogenesis, clinical features of disease of connective tissues and joints and role of diet therapy in diseases of connective tissues and joints.

II. Write Notes on:

(10 x 5 = 50)

1. Concept of wholesome diet and dietetic principle in nature cure.
2. Protein metabolism.
3. Medicinal value of asafotida, bay leaves, kokum, mustard and clove.
4. Medicinal value of chillies and coriander seeds.
5. Aetiology, clinical features, treatment of osteoporosis and diet role in osteoporosis.
6. Write etiology and features of gall stones and add a note on Role of diet in gall stones.
7. Write in detail primary prevention of ischemic heart disease. Justify your diet prescription.
8. Paediatric and Geriatric nutrition.
9. History of fasting and physiology of fasting.
10. Philosophy of fasting and pros and cons of fasting.

III. Short Answers on:

(10 x 2 = 20)

1. What is organic milk?
2. Define food additives and its examples.
3. Explain how salt acts as a preservative.
4. Functional properties of curd and milk.
5. Distinguishing characteristics of animal and vegetable fat.
6. Relationship between avidin and biotin.
7. Interrelationship of zinc and vitamin A.
8. Medicinal value of ajwain and aniseed.
9. Disadvantages of fasting.
10. Religious fasting.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0823]

**AUGUST 2023
(MAY 2023 EXAM SESSION)**

Sub. Code: 1525

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER III – FASTING & DIET THERAPY**

Q.P. Code: 821525

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Recommended calorie intake for Diabetic based on body weight as per ICMR and add a note on modification of diet in chronic renal failure.
2. Physiological mechanism of fibre in preventing Diverticulitis, Diabetes Mellitus and Coronary Heart Diseases.

II. Write Notes on:

(10 x 5 = 50)

1. Food and Drug interactions-four categories.
2. Categories where food and drug interactions takes place?
3. Factors influencing distribution of body fluid.
4. Psychological disorders of Dieting and Sugar substitutes of Natural and Artificial sweeteners.
5. Physiology of fasting.
6. What are Goitrogens and their sources and differences between Osteomalacia and Osteoporosis?
7. Contraindications of Fasting with Justification.
8. Diet for insulin resistance.
9. Nutritive value of pumpkin, Broccoli and cabbage.
10. Food allergy and food intolerance.

III. Short Answers on:

(10 x 2 = 20)

1. Metabolic Syndrome.
2. Role of Vitamin “A” in the prevention of infection.
3. Large intestine and Vitamin “K” – relationship.
4. Combination of foods to improve quality of protein with examples.
5. Vegetarian Eggs and Calcium and phosphorus ratio in adults.
6. Glycemic Index of Idly and Honey.
7. What do you mean by phytochemicals and organic food?
8. Relation of Calcium in pre-menstrual syndrome and colon cancer.
9. Write any one essay as Markers of Oxidative Stress.
10. Relationship of Vitamin “E” and rheumatoid arthritis.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0124]

**JANUARY 2024
(OCTOBER 2023 EXAM SESSION)**

Sub. Code: 1525

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER III – FASTING & DIET THERAPY**

Q.P. Code: 821525

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain the importance of nutrition during pregnancy. And plan supplementary foods to meet the additional need during 3rd trimester.
2. Explain Coronary heart disease. Add a note on role of diet therapy in the management of CHD.

II. Write Notes on:

(10 x 5 = 50)

1. Role of Vit A in Vision.
2. Effects of diet on plasma lipids.
3. Importance of Iodine.
4. Water balance.
5. PEM and its dietary management.
6. Role of a dietitian.
7. Advantages of breastfeeding.
8. Methods of cooking.
9. Diet for constipation.
10. Food intolerance.

III. Short Answers on:

(10 x 2 = 20)

1. Balanced diet.
2. Water fasting.
3. Food Hygiene.
4. Food Combinations.
5. Low residue diet.
6. Trans fatty acids.
7. Paediatric nutrition.
8. Food additives.
9. Phytochemicals.
10. Function of Chromium.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0824]

**AUGUST 2024
(MAY 2024 EXAM SESSION)**

Sub. Code: 1525

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER III – FASTING & DIET THERAPY**

Q.P. Code: 821525

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about Hormonal disorders and add a note on diet with justification for each disorder.
2. Write on various nervous disorders. Justify importance of diet for nervous disorders.

II. Write Notes on:

(10 x 5 = 50)

1. Fat Metabolism and vegetarian Fats.
2. Etiology, clinical features, pathophysiology of RA and add a note on diet.
3. Explain Polycystic ovarian disease and justify your diet prescription.
4. Diet for prostate cancer.
5. Breast cancer and diet to prevent it.
6. Nutritional factors in CHD.
7. Renal function Tests with its normal values and diet for CKD.
8. Diet for Hypercholesterolemia.
9. ENT disorders and Diet related to it.
10. Explain Mood Disorders and diet for Mood disorders.

III. Short Answers on:

(10 x 2 = 20)

1. Personal hygiene.
2. When to break the fast?
3. Fasting in religion.
4. Fasting classification.
5. Fasting in Cancer.
6. Healing is within – meaning.
7. Fasting pros and cons.
8. Diet in TB.
9. Diet for memory.
10. Diet for Urticaria.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0125]

**JANUARY 2025
(OCTOBER 2024 EXAM SESSION)**

Sub. Code: 1525

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER III – FASTING & DIET THERAPY**

Q.P. Code: 821525

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain Tuberculosis and its dietary management. Add a diet plan for TB.
2. Define Fasting. Explain the physiological and psychological changes during and after Fasting.

II. Write Notes on:

(10 x 5 = 50)

1. Diet therapy for Fatty liver.
2. Role of high glycemic index foods on Diabetes mellitus.
3. Misconceptions of fasting.
4. Food and drug interactions.
5. Importance of juice therapy.
6. Role of Vit E in RA.
7. Crisis during fasting and its management.
8. Role of folic acid and iron during pregnancy.
9. Methods of feeding.
10. Advantages and disadvantages of non vegetarian diet.

III. Short Answers on:

(10 x 2 = 20)

1. Prebiotics.
2. Oxalates.
3. Saccharines.
4. Alkaline diet.
5. Diet for Hypo thyroidism.
6. Functions of Phosphorus.
7. Define weaning.
8. Role of selenium.
9. Food additives.
10. Uses of Wheat grass juice.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0725]

**JULY 2025
(MAY 2025 EXAM SESSION)**

Sub. Code: 1525

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER III – FASTING & DIET THERAPY**

Q.P. Code: 821525

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain Metabolic Syndrome in detail and add a note on diet with justification.
2. Write on mental disorders. Justify importance of diet for mental health.

II. Write Notes on:

(10 x 5 = 50)

1. Water Metabolism and Water Fasting.
2. Explain Poly cystic ovarian disease and justify your diet prescription.
3. Assessment of Obesity.
4. Nutritional factors in cardiovascular disease.
5. Liver function Tests with its normal values and diet for fatty liver.
6. Etiology, clinical features and diagnosis for Sinusitis and write your diet prescription.
7. Physiological mechanism of fibre in preventing Diverticulitis, Hypertension and CHD.
8. Recommended calorie intake for diabetic based on body weight as per ICMR.
9. Etiology, clinical features and pathophysiology of hypertension and write your dietary principles for hypertension.
10. Protein Metabolism.

III. Short Answers on:

(10 x 2 = 20)

1. Hand hygiene.
2. Oral rehydration therapy.
3. Define balanced diet.
4. Define Nutrient and types of Nutrient.
5. Fasting definitions.
6. Fasting types.
7. Contraindications of fasting.
8. Fasting in animals.
9. Fasting in chronic diseases.
10. Fasting in fever.
