

(ENGLISH)

[TIME ALLOWED—3 HOURS]

(MARKS—100)

NATUROPATHY AND DIET (THEORY-II)**Marks**

1. (a) Fill in the blanks (*any five*) :— 5
- (i) Spinal bath treatment stimulate system of our body.
 - (ii) For disease we give hot hip bath.
 - (iii) Father of hydrotherapy is
 - (iv) We use in magnetotherapy for treatment.
 - (v) We use in chromotherapy for treatment.
 - (vi) We use in mud therapy for treatment.
- (b) State *true* of *false* (*any five*) :— 5
- (i) Sunbath should be taken at 4 p.m.
 - (ii) In Naturopathy food is the medicine.
 - (iii) B.P. patient should take oily food.
 - (iv) Diabetic patient can take sugar.
 - (v) Fasting help in detoxification of our body.
 - (vi) We can not give local steam on wounds.
- (c) Define in one sentences (*any five*) :— 5
- (i) Root cause of all diseases is naturopathy.
 - (ii) Panchamahabhuta-name.
 - (iii) Three prakruti
 - (iv) Three Gunas
 - (v) " Health " define according to naturopathy.
 - (vi) " Disease " define according to naturopathy.
- (d) Match the pairs :— 5
- | ‘ A ’ Group | ‘ B ’ Group |
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| (i) Hydratherapy | (a) Aap Tatwa |
| (ii) Mud therapy | (b) Vayu Tatwa |
| (iii) Fasting | (c) Tej Tatwa |
| (iv) Air bath | (d) Efflucrage |
| (v) Massage | (e) Akash Tatwa |
| (vi) Sun bath | (f) Prithvi Tatwa. |

2. Attempt any *two* of the following :— 16
- (a) "Unity of disease and unity of cure " describe.
 - (b) Basic principles of magnetotherapy.
 - (c) Describe chromotherapy
 - (d) Vayu tatva and disease management.
3. Describe any *two* of the following :— 16
- (a) Ten fundamental principles of naturopathy.
 - (b) Panchatantra for maintaining good health.
 - (c) Swedish massage—describe.
 - (d) Philosophy of fasting.
4. Write in brief (any *two*) :— 16
- (a) Constituents of food.
 - (b) Panchagavya and organic farming.
 - (c) Wheat grass juice its benefits and preparation.
 - (d) Describe panchamahabhutatmak chikitsa.
5. Write short notes (any *four*) :— 16
- (a) Balanced diet
 - (b) Full mud bath
 - (c) Spinal bath
 - (d) Abdominal mud pack
 - (e) Massage for stress management.
6. Describe in brief (any *two*) :— 16
- (a) Draw and describe hip bath and sits bath
 - (b) Massage to infants and children.
 - (c) Ideal dincharya describe.
 - (d) Legends in naturopathy, describe.
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