

D.N.Y. 52019 Course Summer-2020
SUBJECT: NATUROPATHY PAPER-I

Day: Tuesday
Date: 05.01.2021

Time: —
Max. Marks: 10

S2020-22702

N.B:

- 1) All questions are **COMPULSORY**.
- 2) You have to make (✓) such kind of marks in the box of appropriate answer.
- 3) This questions paper is self as an answer script, you have to return to the supervisor after 10 minutes.
- 4) There is no negative marking.

Seat No: _____

Total Marks Obtained: _____

Jr. Supervisor's Signature: _____

Signature of the Examiner: _____

Q.1 _____ is known as father of naturopathy.

- | | |
|----------------------|--------------------------|
| a) Mahatma Gandhi | <input type="checkbox"/> |
| b) Louie Kuhne | <input type="checkbox"/> |
| c) Dr. Benedict lust | <input type="checkbox"/> |
| d) Jyotiba phule | <input type="checkbox"/> |

Q.2 Naturopathy diet are _____ in number.

- | | |
|------|--------------------------|
| a) 1 | <input type="checkbox"/> |
| b) 2 | <input type="checkbox"/> |
| c) 3 | <input type="checkbox"/> |
| d) 4 | <input type="checkbox"/> |

Q.3 Body _____ itself.

- | | |
|-------------|--------------------------|
| a) Heals | <input type="checkbox"/> |
| b) Protects | <input type="checkbox"/> |
| c) Cleans | <input type="checkbox"/> |
| d) Fight's | <input type="checkbox"/> |

Q.4 Vismeducatrix Naturae means _____.

- | | |
|----------------------------|--------------------------|
| a) Healing power of nature | <input type="checkbox"/> |
| b) Vital power | <input type="checkbox"/> |
| c) Natural strength | <input type="checkbox"/> |
| d) Natural Immunity | <input type="checkbox"/> |

P.T.O.

Q.5 "Return to nature" text is written by _____.

a) Louie kuhne

b) Adolf Just

c) John Luis

d) Mahatma Gandhi

Q.6 Night blindness is caused by deficiency of _____.

a) Vit.A

b) Vit-B

c) Vit-C

d) Vit-D

Q.7 _____ is useful in management of Diabetes mellitus.

a) Banana

b) Spinach

c) Bitter gourd

d) Lemon

Q.8 Deposition of metabolic _____ is disease.

a) Enzymes

b) Waste

c) Acids

d) Hormones

Q.9 Cucumber is an example of _____.

a) Leafy Vegetable

b) Solid Vegetable

c) Juicy Vegetable

d) Stimulating

Q.10 Origin of Modern naturopathy is _____.

a) US

b) UK

c) Germany

d) India

D.N.Y.S. 2019 Course Summer - 2020
SUBJECT: NATUROPATHY PAPER-I

Day: Tuesday
Date: 05.01.2021

Time: 10.00 A.M. To 1.00 P.M.
Max. Marks: 90

S 2020 - 22702

N.B:

- 1) All questions are **COMPULSORY**.
- 2) Figures to the **RIGHT** indicate full marks.
- 3) Draw neat labeled diagrams **WHEREVER** necessary.

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- Q.1** Define Fasting. Explain types, procedure, duration, indications and contra- (15)
indications of fasting in detail.
- Q.2** Explain any five basic principle's of Naturopathy with appropriate examples. (10)
- Q.3** Write short notes on **ANY FOUR** of the following: (20)
- a) Explain primary cause of disease
 - b) Vitamin-A
 - c) Hypertension-management with naturopathy diet
 - d) Importance of Fruits
 - e) Constructive diet
- Q.4** Write in short about pioneer's Naturopathy and explain in detail aim's and (15)
objections of Naturopathy.
- Q.5** Explain benefits and drawback's of raw diet and cooked diet. (10)
- Q.6** Write short notes on **ANY FOUR** of the following: (20)
- a) Concept of natural diet
 - b) Importance of sprouts
 - c) Panchmahabhuta's
 - d) Therapeutic use of Ashgourd (white pumpkin)
 - e) Diet for nephrotic syndrome

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सूचना :

- १) सभी प्रश्न अनिवार्य हैं ।
- २) दाहिने दिए हुए अंक प्रश्नों के पूर्ण गुण दर्शाते हैं ।

- प्र. १ फास्टींग की व्याख्या लिखकर उसके प्रकार, प्रक्रिया कालावधि एवं उपयोग सविस्तर वर्णन करें । (१५)
- प्र. २ नॅचरोपॅथी के किसी भी पाँच तत्व वर्णन करें (१०)
- प्र. ३ टिप्पणीयाँ (कोई भी चार) (२०)
- अ) व्याधी के प्रमुख कारण
 - ब) 'अ' जीवनसत्व
 - क) उच्च रक्तताप में नॅचरोपॅथी आहार
 - ड) फलों का महत्व
 - इ) कन्सट्रक्टिव आहार
- प्र. ४ नॅचरोपॅथी के प्रणेता के बारे में लिखकर, नॅचरोपॅथी के उद्देश स्पष्ट करें (१५)
- प्र. ५ कच्चे और पके आहार के लाभ एवं कमीयाँ वर्णन करें (१०)
- प्र. ६ टिप्पणीयाँ (कोई भी चार) (२०)
- अ) प्राकृतिक आहार
 - ब) अंकुरित आहार महत्व
 - क) पंचमहाभूत
 - ड) लौकी के औषधी उपयोग
 - इ) नेफ्रोटीक सिन्ड्रोम में आहार