

D.N.Y.S, 2019 Course SUMMER-2020.  
SUBJECT: NATUROPATHY PAPER - II

Day: Wednesday  
Date: 06.01.2021

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 question 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 the "Father of Hydrotherapy".

- a) ☐ J. H. Kellogg
- b) ☐ Vincent presnitzz
- c) ☐ Louis Kahne
- d) ☐ Adolf Just

**Q.2** North pole helps to stop \_\_\_\_\_

- a) ☐ Inflammation
- b) ☐ Bleeding
- c) ☐ Influenza
- d) ☐ Cold

**Q.3** \_\_\_\_\_ type of soil is best for mud therapy treatment

- a) ☐ Red
- b) ☐ Yellow
- c) ☐ Black
- d) ☐ White

**Q.4** \_\_\_\_\_ type of bath is used in back pain.

- a) ☐ Sitz bath
- b) ☐ Jet Spinal bath
- c) ☐ Foot bath
- d) ☐ Whirlpool bath

P. T. O.

**Q.5** A person doing massage should be \_\_\_\_.

- a) ☐ Unhygienic
- b) ☐ Unclean and unhygienic
- c) ☐ Short tempered
- d) ☐ Clean and hygiene

**Q.6** \_\_\_\_\_ Color has stimulating effect on body.

- a) ☐ Blue
- b) ☐ Green
- c) ☐ Red
- d) ☐ Purple

**Q.7** Putting whole body in water is \_\_\_\_\_.

- a) ☐ Immersion bath
- b) ☐ Sitz bath
- c) ☐ Spinal bath
- d) ☐ Jet bath

**Q.8** Douche means \_\_\_\_\_.

- a) ☐ Mud application
- b) ☐ Full body wrap
- c) ☐ Spraying of water
- d) ☐ Color therapy

**Q.9** Use of colors in Naturopathy is known as \_\_\_\_\_.

- a) ☐ Chromatography
- b) ☐ Chromo-therapy
- c) ☐ Chiropractic
- d) ☐ Reflexology

**Q.10** Prolonged application of cold on body leads to \_\_\_\_\_.

- a) ☐ Pain relief
- b) ☐ Increased Pain
- c) ☐ Loss of Energy
- d) ☐ Fatigue

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**SUBJECT: NATUROPATHY PAPER - II**

Day: **Wednesday**  
Date: **06.01.2021**

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

**S2020-22702**

**N.B.:**

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat labelled diagrams **WHEREVER** necessary.

- Q.1** Define massage. Explain various types of massage in detail. (15)
- Q.2** Explain properties of Mud therapy and its indications and contraindication? (10)
- Q.3** Write short notes on any **FOUR** of the following: (20)
- a) Steam bath
  - b) Effect of blue color on body
  - c) Hot and cold fomentation
  - d) Mud packs
  - e) Acupressure-principles
- Q.4** Define hydrotherapy? Explain methods of Full immersion bath, its uses, indication, and contraindication in detail. (15)
- Q.5** Write about Magneto therapy and its effect and methods of treatment? (10)
- Q.6** Write short notes on any **FOUR** of the following: (20)
- a) Enema
  - b) Effect of short cold application on body
  - c) Sun bath
  - d) Douche
  - e) Foot and arm bath

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- प्र.१ मर्दन चिकित्सा की व्याख्या लिखकर उसके विभिन्न प्रकारों का वर्णन किजिए । (१५)
- प्र.२ मृत्तिका चिकित्सा के गुण एवं इंडिकेशन और कॉन्ट्रा इंडिकेशन स्पष्ट किजिए । (१०)
- प्र.३ टिप्पणी लिखिए । (कोई भी चार ) (२०)
- अ) स्टीम बाथ
  - ब) नीले रंग का शरीर पर प्रभाव
  - क) गरम और शीत फोमेन्टेशन
  - ड) मड पैकस
  - इ) अक्युप्रेसर - सिद्धांत
- प्र.४ जल चिकित्सा की व्याख्या लिखकर फुल इमरशन बाथ के उपयोग और संबंधित जानकारी स्पष्ट किजिए । (१५)
- प्र.५ मैग्नेट चिकित्सा और उसके चिकित्सा उपयोग संक्षिप्त में स्पष्ट किजिए । (१०)
- प्र.६ टिप्पणी लिखिए । (कोई भी चार) (२०)
- अ) इनिमा
  - ब) शॉर्ट कोल्ड अप्लीकेशन का शरीर प्रभाव
  - क) सन बाथ
  - ड) डूश
  - इ) फुट एवं आर्म बाथ

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