

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 saptadhatus.
7. Ways to avoid complications during fasting.
8. What is the origin of foreign matter?
9. Define harmony.
10. Enema & its uses.
