

[LE 1508]

FEBRUARY 2014

Sub.Code :1508

**FIRST YEAR 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. Basic concepts of nutrition and balanced diet
2. Importance of physical & mental hygiene for healthy life

**II. Short Notes: (10x5=50)**

1. View of naturopathy on vaccination
2. Role of yoga in nature cure
3. How to acquire mental hygiene?
4. Narrate scientific relaxation
5. How disease is negative?
6. Regular habits of good health
7. Difference between yoga & exercise
8. Facial diagnosis
9. Procedure and precautions of taking steam bath
10. Five health principles of Dr. B. Venkat Rao

**III. Short Answers: (10x2=20)**

1. Condraindication for using infra red rays
2. Indications for hot foot bath
3. According to Siddha, physical constituents (udal thathus)
4. Types of fasting & their relevant followers
5. Any four branches of astanga of Ayurveda
6. What is ojas?
7. Classification of food by Dr. B. Venkat Rao
8. Compare body with five great elements
9. Metabolism & catabolism
10. Pathya - apathya

\*\*\*\*