



## Rajiv Gandhi University of Health Sciences, Karnataka

### III Year B.N.Y.S Degree Examination - MAY 2016

Time: Three Hours

Max. Marks: 80 Marks

#### FASTING THERAPY (RS)

**Q.P. CODE: 2516**

Your answers should be specific to the questions asked

Draw neat, labeled diagrams wherever necessary

#### LONG ESSAYS

**2 x 10 = 20 Marks**

1. Explain the crisis that arises during fasting and their management.
2. Define fasting in different aspects and explain the rules and regulations of fasting.

#### SHORT ESSAYS (Answer any eight)

**8 x 5 = 40 Marks**

3. Historical highlights of fasting in India and foreign country
4. Fasting and Obesity
5. Fasting and Vitality
6. Misconception about Fasting
7. Explain the physiological effects of fasting on vital organs.
8. Describe fasting in acute diseases.
9. "Fasting can save your life". Comment on it.
10. Fasting as a measure to manage nutritional deficiency
11. Role of Baby massage
12. Fasting and peptic ulcer

#### SHORT ANSWERS

**10 x 2 = 20 Marks**

13. Classify fasting.
14. Define starvation.
15. Mono diet
16. Hunger strike
17. Hibernation
18. Importance of dry fasting
19. Indication and contra indication of fasting
20. Ash gourd juice
21. Healing crisis and Disease crisis
22. Role of mental preparation in fasting

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