

**PHILOSOPHY OF NATURE CURE – I, PAPER II****QP Code: 2507**

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

**LONG ESSAY****2 X 10 = 20 Marks**

1. Enumerate and briefly introduce Natural Diagnostic Methods.
2. Write the definition, procedure, benefits, indications, contraindications & precautions of Fasting Therapy.

**SHORT ESSAY****8 X 5 = 40 Marks**

3. Explain benefits of prayer twice daily.
4. Exercise helps to maintain a balance between Nutrition & Elimination. Explain.
5. Explain Hydrotherapy.
6. Write the definition, procedure, benefits, indications, contraindications & precautions of Steam Bath.
7. Write the definition, procedure, benefits, indications, contraindications & precautions of Mud Therapy.
8. Write about Sun Bath and its benefits.
9. Write the definition, procedure, benefits, indications, contraindications & precautions of Immersion Bath.
10. List a few Old Age problems. How to achieve Natural Rejuvenation?

**SHORT ANSWERS****10 X 2 = 20 Marks**

11. What is Mensuration in Spinal analysis?
12. Use of Foot rest & its benefits in Hip Bath & Spinal Bath
13. Justify 2 seers of water drinking in a day with 2 important reasons.
14. Compare Exercise & Yogasanas.
15. Bare foot walking benefits
16. What is detoxification? Name 1 best method for detoxification you know.
17. What is Electrotherapy?
18. Write the Disadvantages of Cooked Diet.
19. List the types of Chest pack.
20. What is Osteopathy?

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