



[Time: 3 Hours]

[Max. Marks : 80]

**FASTING THERAPY**

**QP Code: 2516**

Your answers should be specific to the questions asked.  
Draw neat labeled diagrams wherever necessary.

**LONG ESSAY**

**2 X 10 = 20 Marks**

1. Write in detail about the physiological effect of fasting
2. Write in detail about the philosophy and history of fasting

**SHORT ESSAY (Answer any eight of the following)**

**8 X 5 = 40 Marks**

3. Pros and Cons of Fasting
4. Rules for fasting
5. Difference between Hunger and Appetite
6. Classification of fasting
7. Religious fasting
8. Crisis in fasting
9. Foreign matter theory and fasting
10. Fasting and skin problems
11. Fasting and low back pain
12. Self experience of fasting

**SHORT ANSWER**

**10 X 2 = 20 Marks**

13. Results of fasting
14. Breathing in fasting
15. Enema
16. Mental attitude
17. Disease crisis
18. Contra indication for fasting
19. Political fasting
20. Short fasting
21. Concept of fasting
22. Juice fasting

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