



LONG ESSAYS

www.FirstRanker.com

www.FirstRanker.com 2 X 10 = 20 Marks

1. Define dietetics and explain the types of diet according to naturopathy.
2. Historical highlights of fasting therapy.

SHORT ESSAYS

10 X 5 = 50 Marks

3. Dietary fibre and its therapeutic effect.
4. Comparison between fasting and starvation.
5. Psychological effects and barriers for fasting.
6. Metabolism of fasting therapy.
7. Significance of fasting in fever
8. Starvation-pathological features in different organ systems.
9. Seasonal changes and diet.
10. Food hygiene and health.
11. Chemical composition of papaya.
12. Diet plan for diabetes.

Multiple Choice Questions

10 X 1 = 10 Marks

13. Who coined the term wholesome nutrition?
 - a) Paracelsus
 - b) Herbert M Shelton
 - c) Hippocrates
 - d) Werner Kollath
14. Contra indication of fasting therapy
 - a) Obesity
 - b) Fever
 - c) Hyperlipidaemia
 - d) Chronic renal failure
15. King of sprouts
 - a) Green gram
 - b) Alpha alpha
 - c) Horse gram
 - d) peanut
16. Classification of naturopathy diet except
 - a) Body building
 - b) Eliminative
 - c) Smoothing
 - d) Constructive





19. Calorific value of pineapple
- 63kcal
 - 25kcal
 - 30kcal
 - 46kcal
20. Excellent source carotenes
- Lemon
 - Orange
 - Mango
 - Gooseberries
21. Which other treatment will be very effective along with fasting therapy for the detoxification
- Massage therapy
 - Mud application
 - Shirodhara
 - Enema
22. Green leafy vegetables are not good sources of
- Fibre
 - Protein
 - Minerals
 - Vitamins

