



1. Write in detail about panchamahabhutas. Add a note on foreign matter.
2. Explain principles of Naturopathy.

SHORT ESSAYS

10 X 5 = 50 Marks

3. Rest and Relaxation
4. Water drinking
5. Prevention is better than cure. Explain.
6. Mahatma Gandhi
7. Natural Immunity
8. Family planning by Natural therapeutics
9. Natural Rejuvenation
10. Indications of Enema
11. Importance of physical and mental hygiene in health and disease
12. Define Naturopathy.

Multiple Choice Questions

10 X 1 = 10 Marks

13. One of the Pancha tantra is _____
 - a. Fasting twice a week
 - b. 6-7 hr sleep in a day
 - c. One hr Exercises daily
 - d. 4 meals a day
14. Violation of Natures Law is _____
 - a. Secondary cause of disease
 - b. Primary cause of disease
 - c. Disease crisis
 - d. Destructive principle
15. Primary colours are _____
 - a. Red, Yellow, Blue
 - b. Red, Green, Blue
 - c. Yellow, Green, Blue
 - d. Red, Yellow, Green
16. Having only one type of diet throughout the fasting is _____
 - a. Juice Fasting
 - b. Kalpa Therapy
 - c. Water Fasting
 - d. Dry Fasting





19. "Let food be the Medicine and Medicine be the Food" said by _____
- Louis Kuhne
 - Hippocrates
 - Benedict clust
 - Andrew Taylor Still
20. Number of Zones present in the Iris _____
- 6
 - 5
 - 7
 - 8
21. Direction of stroking for the chest _____
- Downward to upward
 - Lateral to medial of the chest
 - Medial to lateral side of the chest
 - Upward to downward
22. How much deep the mud should be collected for Mud Therapy
- 3 feet
 - 4 feet
 - 5 feet
 - 6 feet

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