

OCTOBER 2012

U/ID 14832/UCAJ

Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 50 words.

1. Naturopathy.
2. Bramacharya.
3. Diet.
4. Kumbhamuni.
5. Rheumatic fever.
6. Philosophy.
7. Obesity.
8. Meditation.
9. Relaxation.
10. Blood pressure.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Describe the fundamental principles of nature care.

Or

- (b) Write down the effects of sun care.

12. (a) Write down the symptoms of Malaria.

Or

- (b) Write down the symptoms of Anemia.

13. (a) Explain the benefits of fasting.

Or

- (b) Describe the method of breaking fast.

14. (a) Briefly explain the benefits of white pumpkin.

Or

- (b) Briefly explain the benefits of milk.

15. (a) Describe the benefits of Pranayama.

Or

(b) Explain methodical breathing.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) “ Let thy food be thy medicine”-Explain.

Or

(b) Explain the philosophy of nature care.

17. (a) List down the different methods used in dynamic massage and explain any two methods.

Or

(b) Explain spiritual healing.

18. (a) Describe the origin of diseases.

Or

(b) Explain the history of nature care.

19. (a) Explain the treatment for high and low blood pressure.

Or

- (b) Explain the treatment for obesity.

20. (a) Write down and explain the ten commandments of pregnancy.

Or

- (b) Write down the steps to be taken for child welfare.
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