

**COURSE CODE – 3060407**

**PG DIPLOMA EXMINATION - JAN 2009**

**PGDY**

**NATUROPATHY**

**(For the Candidates Admitted from Calendar Year 2007)**

**Time: 3 hours**

**Max. Marks: 75**

**Section-A**

**Answer All Questions:**

**15 X 1 = 15**

1. Define Naturopathy
2. What is hydro therapy
3. What is surya chikitsa
4. Effects of hydro therapy
5. Define Reiki
6. What is Gem therapy
7. Define body mass index
8. What is cryo therapy
9. What is Enema
10. What is effect of green colour
11. Write the benefits of fasting
12. What is the ideal temperature far Hat Hip Bath
13. Dedication of cold compress
14. What is mud therapy?
15. Which is the Best therapy far Asthma

**Section-B**

**Answer any Five Questions:**

**5 X 6 = 30**

16. a. Properties of South pole

**(Or)**

b. Properties of North people

17. a. Physiological effects of Red colour

**(Or)**

b. Physiological effects of Brown color

18. a. Describe Heating computation.

**(Or)**

b. Philosophy of Naturopathy

19. a. Fasting methods duration and benefits

**(Or)**

b. Describe and Pack and Mud bath

20. a. Write about Meditation and charkas

**(Or)**

b. Describe sound therapy and effects of Mantras.

**Section -C**

**Answer any Two Questions:**

**2 X 15 = 30**

21. Describe about massage therapy effects and uses of Each techniques
22. Describe Hydrotherapy principles effects and uses
23. Describe the Circle pose and the effects duration, steps ,  
contraindication
24. Describe about the juice therapy and effects in children  
and pregnant woman
25. Describe the three locks methods benefits precautions.