

FIRST SEMESTER EXAMINATION
DIPLOMA IN NATUROPATHY & YOGA SCIENCE
Paper Code: DNYS0105
Paper Name: Philosophy of Nature care

Maximum Marks = 70

Maximum Time = 3 Hrs.

The question paper has seven questions. The candidate must attend only five of them. All the questions has equal marks

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| Question 1. | Discuss the philosophy and principles of nature care (Naturopathy), including the concept of the healing power of nature and the body's inherent ability to heal. | 14 Marks |
| Question 2. | Explain the principles and techniques of naturopathic healing, including the use of natural remedies, therapeutic diets, hydrotherapy, and other natural modalities. | 14 Marks |
| Question 3. | Analyze the principles of holistic health and wellness in nature care, including the understanding of the mind-body connection and the importance of preventive health practices. | 14 Marks |
| Question 4. | Discuss the principles and practices of herbal medicine in nature care, including the use of medicinal plants and their therapeutic properties. | 14 Marks |
| Question 5. | Explain the principles and benefits of nutrition and dietary approaches in nature care, including the use of whole foods, therapeutic diets, and nutritional supplementation. | 14 Marks |
| Question 6. | Discuss the principles and techniques of detoxification and cleansing in nature care, including the use of fasting, detox diets, and lifestyle modifications to support the body's natural detoxification processes. | 14 Marks |
| Question 7. | Analyze the integration of nature care with other complementary and alternative medicine modalities, such as acupuncture, homeopathy, and traditional healing practices, for a holistic approach to health and well-being. | 14 Marks |