

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

BNYS 6th SEMESTER FINAL EXAMINATION
BNYS T 604 Fasting therapy-2

Date: June 17, 2012

Time: 3 Hrs

Total Marks: 80

All questions are compulsory

Essay type

10X2=20

1. Explain Physical, Physiological & Metabolic changes during Fasting in the body.
2. Prescribe the fasting diet chart for Hypertension.

Short notes

5X8=40

3. Explain the process of Loss and Gain of weight
4. What is the fasting management in Acute diseases?
5. Prescribe the fasting phase chart for Constipation.
6. Explain the Obesity assessment pattern in detail.
7. Mention any five crises and their management.
8. Prescribe the fasting phase chart for Hyperacidity.
9. Explain fasting in Chronic diseases.
10. How does fasting help in prevention of diseases?

Short type answers

2X10=20

11. Describe the fasting protocol?
12. How to break the fasting?
13. What diet should be followed after fasting?
14. Mention any one healing crisis and its' management.
15. What is Obesity? And write about its' causes?
16. Write the classification of fasting?
17. What do you mean by Soothing diet?
18. What are the indications of fasting?
19. What happens to our breath during fasting?
20. How to start fasting?