

**KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA STATE – 506 002
BNYS THIRD YEAR PART-I DEGREE EXAMINATIONS: JANUARY 2026
FASTING THERAPY**

Time: 3 Hours.

Max Marks: 80

Note: Answer all questions.

Give Diagrammatic representation wherever necessary.

PART-A (40 MARKS)

Write an essay on the following:

1 X 10 = 10

1. Explain about the physiology of Fasting and its contra indications. Give explanation for each contra indication.

Write a short note on the following:

5 X 5 = 25

2. Mono diet.
3. Etiology of Obesity.
4. How fasting helps in preserving health?
5. Fasting in Arthritis.
6. History of Fasting in foreign countries.

Write briefly on the following:

5 X 1 = 5

7. How to prevent diseases by fasting?
8. Diet after Fast.
9. Any four hygienic Auxiliaries of Fasting.
10. What is Non-Alcoholic Fatty liver disease, does fasting helps in NAFLD?
11. Define Starvation.

PART-B (40 MARKS)

Write an essay on the following:

1 X 10 = 10

12. How fasting provides opportunity to body to heal itself?

Write a short note on the following:

5 X 5 = 25

13. Crisis during fasting and its management.
14. Physiological effects & psychological aspects of fasting.
15. Methods and types of therapeutic fasting.
16. Fasting in Peptic Ulcer.
17. Name the ten important books on Fasting & its author's name.

Write briefly on the following:

5 X 1 = 5

18. Define Dry Fast.
19. Define Hyperthyroidism and its fasting therapy indicated.
20. Differentiate Hunger and Appetite.
21. Difference between Obesity and overweight.
22. Normal value of Waist Hip ratio for men and women.
