

Q P Code: 306007

Reg. No.

Third Year BUMS Degree Examinations October 2018

Ilaj Bit Tadbeer

(2015 Scheme)

Time: 3 Hrs

Max. Marks: 100

Long Essay

(2x15=30)

1. Explain how *Ilaj Bit Tadbeer* is an important therapy and what scope it has in the present health conditions.
2. Explain type of *Ghiza* according to *Kaimoos* (chyme), *Ghizaeeayat* (nutrients) and *Hazm* (digestion) also prescribe dietary regimen for *Siman-e-Mufrit*. Give detailed description of *Mutawazin Ghiza* (balanced diet), also write diabetic diet.

Short Essay

(8x5=40)

3. Explain *Matbookh* and *Ghair Matbookh Ghiza* (cooked and uncooked food) which one you will prescribe for a healthy person and why
4. Differentiate *Sukun-e-Nafsani* from *Naum* (sleep) and describe diseases caused by *Qillat-e-Sukun-e-Nafsani*.
5. Explain the effect of *Riyazat* on the body.
6. Describe the importance of *Ehtebas* with examples of *Ehtebas-e-GhairTab'ee*.
7. How *Is'hal* is different from *Tal'yeen* and what are the *Sharait* (conditions) of *Istifragh*
8. Describe why water is part of the *Asbabe Zarooriyah*, with characteristics of *Maa-e-Mahmood*.
9. Explain *Harkat-e-Nafsani* and its significance as *Sabab-e Zaroori*.
10. Why *Naum* (sleep) and *Yaqza* (awakens) are *Asbab-e-Zarooriya* how it helps in maintaining health

Short Notes

(10x3=30)

11. Benefits of *Takmeedbil Shiga tahtul Ahmar* (infra-red therapy).
12. Ankle exercises.
13. Prepare a diet chart for *Samane Mufrat*.
14. Write down *Saoot* and its indications.
15. Different methods of *Istifragh*.
16. *Takmeedbilmaujsagheerah* (short wave diathermy).
17. *Abzan*.
18. *Riyazat*.
19. *Natool*.
20. Define *Mushil* and its contraindications.
