

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR.**  
**BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR**  
**EXAMINATION OCTOBER-2016**  
**FUNDAMENTS OF AYURVEDA - 1**

Date :- 21-10-2016  
Friday

Time :-10:00 a.m. to 01:00 p.m.  
Total Marks :- 100

- Instructions: 1. Every question is compulsory.  
2. Every question bears the marks written on the right side.

**SECTION-A**

1. Which tests were included in Aruhatrasi ? Give detail description of any one. 10  
2. Write an essay on Madhav Nidana. 10

**OR**

Write in detail about Dhanvantari School of Ayurveda.

3. Write about Author and Speciality of the following books (any **Four**). 20  
A. Dhanekar Tikka.  
B. Sharvang Sundar.  
C. Nibandh Samgraha.  
D. Ayurved Dipika.  
E. Astang Samgraha.
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Define Kay.  
B. How many chapters and Shlokas are there in Charak Samhita.  
C. What are the subjects of Balroga according to Vagbhatta ?  
D. Write the name of the commentary by Indu.  
E. Write in short about Jainism and Ayurveda.  
F. Write about Mesopotamian culture an Ayurveda.

**SECTION-B**

5. Write about Vagbhatta. 10  
6. Write an essay on education of Ayurveda in ancient era. 10

**OR**

Write about Madhavkar.

7. Write short notes on any **Four** of the following: 20  
A. Nalanda.  
B. Gujarat Ayurved University.  
C. RAV.  
D. CCRAS.  
E. Rajasthan Ayurved University.
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Give the full form of BHU.  
B. Give the full form NIA.  
C. Give the full form of CCIM.  
D. Which is the famous book of Vd. V.J. Thakar?  
E. Write in short about contribution of Dr. P.M. Mehta.  
F. Write in short about Divodasa.

\*\*\*\*\*

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION OCTOBER-2016

**INTRODUCTION AND HISTORY OF NISARGOPACHARA**

Date :- 20-10-2016  
Thursday

Time :-10:00 a.m. to 01:00 p.m.  
Total Marks :- 100

- Instructions: 1. Every question is compulsory.  
2. Every question bears the marks written on the right side.

**SECTION-A**

1. Write the definition of Nisargopachara and describe objective and importance of Nisargopachara in present era. 10
2. Describe the contribution of Vitthaldas Modi in literature of Naturopathy. 10

**OR**

What is the difference between traditional and neo concept of Naturopathy ? Describe in detail.

3. Write short notes on any **Four** of the following : 20
  - A. Subject of Nisargopachara in Vedic Literature.
  - B. Literary contribution of Mahatma Gandhi in field of Nisargopachara.
  - C. Naturopathy literature by Kularanjana Mukharjee.
  - D. Naturopathy literature by Louis Kuhne.
  - E. Contribution of J.H. Kellogs in Naturopathy.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. Write the name of author of book 'Impaired health'.
  - B. Who is author of book 'My Nature Cure' ?
  - C. Write two differences between eastern and Western concept of Naturopathy.
  - D. Write the name of book written by K. Laxman Sharma.
  - E. Enlist the work of Dr. H.K. Bhakhru.
  - F. Enlist two examples of Nisargopachara from Samhita literature.

**SECTION-B**

5. Describe the status of Nisargopachara in Indus Valley civilization. 10
6. Describe the role of CCRYN in development of Nisargopachara in India. 10

**OR**

Describe the relationship of Botany and Zoology with Nisargopachara.

7. Write short notes on any **Four** of the following : 20
  - A. Arogyadham – Gorakhpur.
  - B. S.D.M. Nisargopachara Kendra – Moodubidoi – Karnataka.
  - C. Contribution of Balkoba Bhave in Nisargopachara.
  - D. Contribution of Adolf just in Naturopathy.
  - E. Contribution of Sukhabir Singh in Nisargopachara.
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. Who established American School of Naturopathy ?
  - B. Who is the author of book 'Diet & diet reform' ?
  - C. Arnold Rickli is famous for which therapy ?
  - D. Who is author of book 'Irdiagnosis' ?
  - E. Where is Vinoba Ashram – Nisargopachara Kendra is situated ?
  - F. Who established Vasant Nature Cure hospital at Ahmedabad ?

\*\*\*\*\*

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION OCTOBER-2016

**INTRODUCTION AND HISTORY OF YOGA**

Date :- 19-10-2016  
Wednesday

Time :-10:00 a.m. to 01:00 p.m.  
Total Marks :- 100

- Instructions: 1. Every question is compulsory.  
2. Every question bears the marks written on the right side.

**SECTION-A**

1. Write a detailed historical and literary introduction to Patanjala Yoga Sutra. 10  
2. Explain the definitions of 'Yoga' and describe the origin and history of Yoga. 10

**OR**

Write a detailed historical and literary introduction to Shiva Samhita.

3. Answer any **Four** of the following : 20  
A. Write a detailed literary introduction to : Yoga Vaishishtha.  
B. Write a detailed literary introduction to : Yoga Choodamani Upanishat.  
C. Write a detailed literary introduction to : Amrutanadopanishat.  
D. Write a detailed literary introduction to : Kularnava Tantra.  
E. Write a detailed literary introduction to : Light on Yoga.  
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Name the author and the time period of 'Gheranda Samhita'.  
B. Enlist the last four chapters of Shrimada Bhagvad Geeta.  
C. Name the author and time period of 'Shiva Svarodaya'.  
D. Name the author and time period of 'Yoga Philosophy and Religion'.  
E. Name the author and time period of 'Viveka Chudamani'.  
F. Name the author and time period of 'The Serpent Power'.

**SECTION-B**

5. Explain the importance of teacher – disciple method of education in Yoga science. 10  
6. Describe the glimpses of Yoga in various aspects of Hinduism. 10

**OR**

Describe the glimpses of Yoga in various aspects of Christianity.

7. Answer any **Four** of the following : 20  
A. Write a short note on : Glimpses of Yoga in Egyptian culture.  
B. Write a short note on : Glimpses of Yoga in Iranian culture.  
C. Write a life sketch of Rishi Yajnavalkya along with important works by him.  
D. Write a life sketch of Lord Buddha.  
E. Write a life sketch of Swami Dayananda Sarasvati.  
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Enlist any four publications by The Yoga Institute, Mumbai.  
B. Enlist any four publications by Kaivalyadhama, Lonavla.  
C. Enlist any four publications by Bihar School of Yoga, Munger.  
D. Write the date of establishment and any three courses conducted by MPIYNER.  
E. Write the date of establishment and place of Krishnamachari Yoga Mandiram.  
F. Where is Yoga Niketana situated and what is its date of establishment ?

\*\*\*\*\*

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION OCTOBER-2016

**SHARIR KRIYA (HUMAN PHYSIOLOGY INCLUDING BIO-CHEMISTRY) - 2**

Date :- 18-10-2016  
Tuesday

Time :-10:00 a.m. to 01:00 p.m.  
Total Marks :- 100

- Instructions: 1. Every question is compulsory.  
2. Every question bears the marks written on the right side.

**SECTION-A**

1. write an essay on male reproductive system 10
2. What is metabolism? Explain 10

**OR**

Write about the mechanism of sweating and temperature regulation by skin.

3. Write short notes on any **Four** of the following : 20
  - A. Describe the mechanism of micturition.
  - B. Write about the secondary sex characters in male.
  - C. Pituitary gland.
  - D. Thymus gland.
  - E. Describe the process of urine formation according to ancient science.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. What is nephron?
  - B. Enlist the organs of female reproductive system.
  - C. What is FSH?
  - D. Enlist the hormones of thymus gland.
  - E. Enumerate the water soluble vitamins?
  - F. Enlist the symptoms of hyper thyroid.

**SECTION-B**

5. Write about the functional aspect of Pingala. 10
6. Write an essay on parasympathetic nervous system. 10

**OR**

Describe the process of hearing.

7. Write short notes on any **Four** of the following : 20
  - A. Explain the physiology of touch.
  - B. Is Pranayam useful in physical health maintenance? How?
  - C. Which Naisargopcharik processes are useful in the diseases of nervous system?
  - D. Which Pranayams are useful in stress management? How?
  - E. Which Yogic processes are contraindicated in high blood pressure?
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. Define Ida.
  - B. Enumerate Chakras.
  - C. What is hypothermia?
  - D. Enumerate Karmendriya.
  - E. Enlist Receptors.
  - F. What is Synapse?

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION OCTOBER-2016

**SHARIR KRIYA (HUMAN PHYSIOLOGY INCLUDING BIO-CHEMISTRY) - 1**

Date :- 17-10-2016  
Monday

Time :-10:00 a.m. to 01:00 p.m.  
Total Marks :- 100

- Instructions: 1. Every question is compulsory.  
2. Every question bears the marks written on the right side.

**SECTION-A**

1. Write an essay on Prakruti. 10
  2. Write in detail about Pitta Dosha. 10
- OR**
- Write an essay on Dhatu.
3. Write short notes on any **Four** of the following : 20
    - A. Write about Dhatvagni.
    - B. Write about the role of Panchamahabhuta in the formation of Prakruti.
    - C. Define Dosha and write the functions of Vatta.
    - D. Write about Role of Yoga in mental health.
    - E. Write about Sama Deha Prakruti.
  4. Answer any **Five** of the following : (two to three sentences) 10
    - A. Define Sharira.
    - B. Define Agni.
    - C. Define Physiology.
    - D. Sleshaka Kapha.
    - E. Tamasa Manasa Prakruti.
    - F. Moola of Pranavaha Srotasa.

**SECTION-B**

5. Write the physical properties and functions of blood. 10
  6. Describe the process of fat digestion. 10
- OR**
- Write an essay on Oja.
7. Write short notes on any **Four** of the following : 20
    - A. Describe the composition of blood.
    - B. Large intestine.
    - C. Pulmonary circulation.
    - D. Minerals.
    - E. Describe the mechanism occur during vomiting.
  8. Answer any **Five** of the following : (two to three sentences) 10
    - A. Define Avasthapaka.
    - B. Enlist the composition of enteric juice.
    - C. Enlist heart sounds.
    - D. What is normal lung volume ?
    - E. Enlist the functions of cardiovascular system.
    - F. Enlist the disease due to vitamin B deficiency.

\*\*\*\*\*

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION OCTOBER-2016

**SHAREERA RACHANA (HUMAN ANATOMY) - 2**

Date :- 15-10-2016  
Saturday

Time :-10:00 a.m. to 01:00 p.m.  
Total Marks :- 100

- Instructions: 1. Every question is compulsory.  
2. Every question bears the marks written on the right side.

**SECTION-A**

1. Enlisting the organs of the Urinary system, explain the Urethra. 10  
2. Enlisting the organs of the Female Reproductive System, describe Ovary. 10

**OR**

Describe the Uterus.

3. Write short notes on any **Four** of the following : 20  
A. Sadya Pranahara Marma.  
B. Vaikalyakara Marma.  
C. Kalantara Pranahara Marma.  
D. Anguli Pramana.  
E. Anjali Pramana.
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Define Endocrine gland.  
B. Write the location of Pituitary gland.  
C. Write the hormones of the Parathyroid gland.  
D. Draw the location of Adrenal gland.  
E. Write the location of the Thymus gland.  
F. Write the hormones of the Testis.

**SECTION-B**

5. Describe Twacha according to Ayurved. 10  
6. Describe the Autonomous Nervous System. 10

**OR**

Write about Ida, Pingala, Sushumna and Saraswati Nadi.

7. Write short notes on any **Four** of the following : 20  
A. Concept of Indriya.  
B. Receptors of Special Senses.  
C. The Ear.  
D. Muscles of the Eye.  
E. Optic Nerve.
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Write the name of 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> and 11<sup>th</sup> Cranial Nerve.  
B. Define Nerve.  
C. Write the length of Spinal cord.  
D. Enlist the main parts of the Brain.  
E. Enlist the layers of the Meninges.  
F. Write the names of the 5<sup>th</sup> and 10<sup>th</sup> Cranial nerve.

\*\*\*\*\*

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION OCTOBER-2016

**SHAREERA RACHANA (HUMAN ANATOMY) - 1**

Date :- 14-10-2016  
Friday

Time :-10:00 a.m. to 01:00 p.m.  
Total Marks :- 100

- Instructions: 1. Every question is compulsory.  
2. Every question bears the marks written on the right side.

**SECTION-A**

1. Write the Panchbhautikava and Shadangatva of Sharira. 10  
2. Explain the Pranavaha Srotasa. 10

**OR**

Describe the Lungs.

3. Write short notes on any **Four** of the following : 20  
A. Types of Asthi.  
B. Majjavaha Srotasa.  
C. Types of Muscles  
D. Pittadhara Kala  
E. Pericardium.
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Define Shaarira.  
B. Enlist the Panchkosha.  
C. Define Sthula Sharira.  
D. Define Median.  
E. Enlist the Sukshma Sharira.  
F. Define Lateral.

**SECTION-B**

5. Explain the Blood Circulation. 10  
6. Explain the Rasavaha and Raktavaha Srotasa. 10

**OR**

Describe the Spleen.

7. Write short notes on any **Four** of the following : 20  
A. Blood Cells.  
B. Rakta.  
C. Lymph.  
D. Bile duct.  
E. Yakruta.
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Write the main parts of the Stomach.  
B. Write the length of the Duodenum.  
C. Enlist the parts of the Large Intestine.  
D. Enlist the parts of the Mukhaguha.  
E. Write the Moolas of Annavaha Srotasa.  
F. Draw the location of Pancreas.

\*\*\*\*\*

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION OCTOBER-2016

SANSKRUT

Date :- 13-10-2016  
Thursday

Time :-10:00 a.m. to 01:00 p.m.  
Total Marks :- 100

- Instructions: 1. Every question is compulsory.  
2. Every question bears the marks written on the right side.

SECTION-A

1. Enumerate and enlist the Karaka and explain the अधिकरण कारक in detail. 10
2. Give the definition of compound, write their types and explain any two with examples. 10

OR

Enlist the total number of tenses and describe in detail any two of them.

3. Answer any **Four** of the following : 20

A. What is the difference between adjective and adverb ? Explain with examples.

B. Give the Sanskrit word for the following :

1. Cow
2. Elder
3. Maternal Aunt
4. Camel
5. Ass.

C. Find out the verbs from the following sentences and identify them :

1. अहं अग्नये बलिं यच्छामि ।
2. सा अजं हरति ।
3. त्वं चित्रशालां गत्वा चित्रं पश्यसि ।
4. ग्रीष्मे तृणानि शुष्पन्ति ।
5. सूर्यप्रकाशेन किं भवति ।

D. Write all the three forms of the roots as directed :

1. चिन्त् - imperative third person (अन्य पुरुष).
2. स्मृ - present tense second person (मध्यम पुरुष).
3. रक्ष् - imperfect tense (अनद्यतनभूत) first person (उत्तम पुरुष).
4. वद् - potential (विध्यर्थ) third person (अन्य पुरुष).
5. कथ् - future tense second person (मध्यम पुरुष).

E. Translate the following verse in English and write process of Sandhi-Vichchheda of the underlined words :

समदोषः समाग्निश्च समधातुमलक्रियः ।

प्रसन्नात्मेन्द्रियमनाः स्वस्थइत्यभिधीयते ॥

4. Answer any **Five** of the following : 10

A. Write the Maheswara Sutra.

B. Make one sentence each using the adjectives नीलः and उष्णः.

C. Make one sentence each using the indeclinable पुनः and विना.

D. Write the form of future tense of the following roots :

1. भू-भव्
2. नृत्

E. Give detail identification of the forms :

1. साधूनाम्.
2. अग्निभिः

F. Write the name of the 4<sup>th</sup> and 7<sup>th</sup> case in Sanskrit and English.