

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION APRIL-2017

SANSKRUT

Date :- 25-04-2017  
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. Explain अच् प्रत्याहार and हल् प्रत्याहार with the help of place(स्थान) and 10 effort(प्रयत्न) in detail.
2. Defining participle, describe its types and give their suitable example of them. 10

OR

How many विभक्तिः are their ? Explain any two among them in detail.

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

- A. Explain the classification of vowels.
- B. Give the Sanskrit word for the following :  
1. Pig      2. Brother      3. Lion      4. Crow      5. Wife
- C. Find out the verbs from the following sentences and identify them :  
1. सर्वे भद्राणि पश्यन्तु ।  
2. अरक्षितं तिष्ठति दैवरक्षितम् ।  
3. अयं कन्दुकं ग्रहीतुं धावति ।  
4. सर्वत्र वर्षाः पतन्ति ।  
5. सः कुत्र पठति ?
- D. Write all the three forms of the roots as directed :  
1. चर् - imperfect tense (अनद्यतनभूत) third person (अन्य पुरुष).  
2. गम्-गच्छ् - potential (विध्यर्थ) first person (उत्तम पुरुष).  
3. क्रीड् - future tense second person (मध्यम पुरुष).  
4. नम् - present tense third person (अन्य पुरुष).  
5. नी-न्य् - imperative second person (मध्यम पुरुष).

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

अहिंसा सत्यमस्तेयं शौचमिन्द्रिय निग्रहः ।

दानं दमो दया क्षान्तिः सर्वेषां धर्मसाधनम् ॥

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

- A. How many Matra are there in ह्रस्व, दीर्घ & प्लुत.
- B. Make one sentence each using the adjectives प्रायः and निरन्तर.
- C. Make one sentence each using the indeclinable शतम् and शोभनम्.
- D. Write all the forms of present tense of the following :  
1. अट्      2. ध्रा-जिघ्र्
- E. Give detail identification of the forms :  
1. अपठन्      2. वन्दताम्.
- F. Give two examples of Avyaya with their meaning.

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**FUNDAMENTS OF AYURVEDA - 1**

Date :- 24-04-2017  
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. Describe the limbs of Ayurved and its importance in detail. 10
2. Answer any one out of two questions. 10
  - A. Write the definition and detailed history of Ayurved.
  - B. Explain the concept of Ayurved according to Atrey School.
3. Answer any **four** out of five questions : 20
  - A. Write short note : Chinese religion and Ayurved.
  - B. Write short note : Objectives of Ayurved.
  - C. Write in short on Commentaries written on Laghu Trayi.
  - D. Write in short about Bruhatrayi.
  - E. Glimpse of Ayurved in Buddha religion.
4. Answer any **Five** out of six questions : 10
  - A Which is the most famous commentary written on Charaka Samhita.
  - B Enlist the book written by Arundutta.
  - C What is meant by 'Nidana' ?
  - D How Kashyapa Samhita is different from other texts ?
  - E Enlist the name of commentaries written in Modern era on Charaka Samhita.
  - F What is the time period of Indus Valley civilization ?

**SECTION-B**

5. Describe research activities in the field of Ayurved. 10
6. Write any **one** out of two questions : 10
  - A. Write about the ancient teaching methodology and Universities.
  - B. Write an essay on "Gujarat Ayurved University".
7. Answer any **Four** out of five questions : 20
  - A. Acharya Vagbhatta.
  - B. Vd. Bruhaspatidev Triguna.
  - C. Vd. Ramraksha Pathak.
  - D. Acharya Bhavamishra.
  - E. C.C.I.M.
8. Answer any **Five** of six questions : 10
  - A. Write the full form of A.Y.U.S.H.
  - B. Write the name and established year of Ayurved University in Gurdaspur.
  - C. Enlist the name of books written by Pt. Hariprapanna Shastri.
  - D. Write the contribution of Madhavakara.
  - E. What are the qualities of a Shishya ?
  - F. Enlist any four Modern Ayurved University.

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**INTRODUCTION AND HISTORY OF NISARGOPACHARA**

Date :- 22-04-2017  
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. Describe the definition, origin and history of Naturopathy. 10
2. Describe the contribution of Shri Gidwani in the field of Naturopathy. 10

**OR**

Describe the contribution of Henry Lindlhar in the field of Naturopathy.

3. Write short notes on any **Four** of the following : 20
  - A. Subjects of Nisargopachara in Yajur Veda.
  - B. Development of Naturopathy in India.
  - C. Traditional concept of Nisargopachara.
  - D. Contribution of Louis Kuhne in the field of Naturopathy.
  - E. Works by M.K. Gandhi.
4. Answer any **Five** of the following : 10
  - A. Enlist the books written by Dr. Kulranjan Mukharji.
  - B. Write the objectives of Nisargopachara.
  - C. Enlist the works of Dr. Sebastien Kneipp.
  - D. Write the importance of Nisargopachara.
  - E. Write the short introduction of 'History and Philosophy of Naturecure'.
  - F. Write about neo-naturopathy in brief.

**SECTION-B**

5. Write the details about Arogyadham, Gorakhpur. 10
6. Describe the activities of CCRYN, New Delhi. 10

**OR**

Describe the development of Nisargopachara in Chinese and Islam civilization.

7. Write short notes on any **Four** of the following : 20
  - A. Life sketch of Shri Jayanti Thakor.
  - B. Life sketch of Vitthaldas Modi.
  - C. Nisargopachara in Jain religion.
  - D. Education system of Nisargopachara in ancient Vikramashila University.
  - E. Relationship between Nisargopachara and chemistry.
8. Answer any **Five** of the following : 10
  - A. Enlist books written by Dr. J. H. Tilden.
  - B. Write the short life sketch of E. D. Babbit.
  - C. Give brief introduction of M.P.I.Y.N.E.R, Jamnagar.
  - D. Write the time period and place of Adolf Just.
  - E. Write the time period and place of Benedict Just.
  - F. Write the year of establishment and place of Jindal Naturopathy institute.

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**INTRODUCTION AND HISTORY OF YOGA**

Date :- 21-04-2017  
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. Describe the history and development of Yoga from Vedic to Modern era. 10
2. Describe the concept of Yoga according to Patanjali Yoga Sutra. 10

**OR**

Write a detailed introduction to Yoga Vashishtha.

3. Answer any **four** of the following - 20
  - A. Write a short note on : Trishikhibrahmanopanishat.
  - B. Write a brief historical view of Yoga according to : Brahnavidyopanishat.
  - C. Explain the definition : Samatvam Yoga Uchyate.
  - D. Write a brief introduction to : Darshanopanishat.
  - E. Write a short note on : Vijnana Bhairava Tantra.
4. Answer any **five** of the following - 10
  - A. Write the definition of Dhyana.
  - B. Write the name of any four chapters of Shrimad Bhagvad Geeta.
  - C. Enlist any four points indicating the relationship of Yoga and Mind.
  - D. Write the time period and author of Vivek Chudamani.
  - E. Write the time period and author of "The Serpent Power".
  - F. Write the names of Yoga practices as per Shandilyopanishat.

**SECTION - B**

5. Describe Karma Yoga. 10
6. Describe the tradition and practices of Yoga in the ancient period. 10

**OR**

Describe the concept of revival of "Teacher-Diciple" method in modern age.

7. Answer any **four** of the following - 20
  - A. Write a short note on : Glimpses of Yoga in Christianity.
  - B. Write a short note on : Glimpses of Yoga in Chinese civilization.
  - C. Write a life sketch of : Hanumana.
  - D. Write a life sketch of : Swami Rama Krushna Paramhansa.
  - E. Write a short note on : Introduction of Kayavarohan Tirth, Vadodara.
8. Answer any **five** of the following - 10
  - A. Write the full form and place of M.P.I.Y.N.E.R.
  - B. Name any two works authored by B.K.S. Iyengar.
  - C. Write the place and time of establishment of Krishnamachari Yoga Mandiram.
  - D. Write any two examples about the glimpses of Yoga in Jain religion.
  - E. Write in brief : Activities of M.D.N.I.Y.
  - F. Name any four works published by Shivananda Ashrama, Rishikesh.



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

Date :- 20-04-2017  
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. Enlist organs of male reproductive system and describe spermatogenesis. 10
2. Describe urine formation process according to ancient as well as modern concept. 10

**OR**

Describe kidney function test and composition of urine.

3. Write a short note on any **Four** of the following : 20
  - A. Explain negative feedback mechanism.
  - B. Functions of Hypothalamus.
  - C. Explain metabolism.
  - D. Explain electrolytes.
  - E. Explain skin with temperature regulation.
4. Answer any **Five** of the following : 10
  - A. What is FBS ?
  - B. What is normal value of S. creatinine.
  - C. What is G.H. ?
  - D. What is ACTH ?
  - E. Write full form of UTP.
  - F. Enlist name of hormones of posterior lobe of pituitary gland.

**SECTION-B**

5. Write name of Jnanendriyas and Karmendriyas and describe process of taste(Rasagrahana Prakriya). 10
  6. Describe physiology for regulation of body temperature. 10
- OR**
- Describe Cranial Nervous System.
7. Write a short note on any **Four** of the following : 20
    - A. Explain Shat Chakras.
    - B. Describe reflexes.
    - C. Explain receptor along with classification.
    - D. Write physiology of hearing in brief.
    - E. Write physiology of vision in brief.
  8. Answer any **Five** of the following : 10
    - A. Effect of Nisargopachara on skin.
    - B. Effect of Yoga on digestive system.
    - C. Effect of Yoga on endocrine system.
    - D. Effect of Nisargopachara on blood pressure.
    - E. Effect of Yoga on Mana(mind).
    - F. Effect of Nisargopachara on digestion.

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

Date :- 19-04-2017  
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. Describe the role of Nisargopachara in mental health. 10  
2. Describe in detail about Manas and Manovaha Srotas. 10

**OR**

Explain homeostasis.

3. Write short notes on any **Four** of the following : 20  
A. Cell membrane and its properties.  
B. Dhatvagni.  
C. Neuro-muscular junctions and importance of it in Nisargopachara.  
D. What is Dhatu Poshana Nyayas ? Describe any one.  
E. Effects of Yogasanas on Pranavaha Srotasa.
4. Answer any **Five** of the following : 10  
A. Characterises of Pitta Prakriti person.  
B. Name the Malas of Anna.  
C. Enlist the name of Panchakosha.  
D. Site of Manovaha Srotasa.  
E. What is action potential ?  
F. Any four functions of cell.

**SECTION-B**

5. Explain respiration according to Ayurveda. 10  
6. What is immunity ? Write the types of immunity and its importance in human. 10

**OR**

Describe digestion takes place in intestine.

7. Write short notes on any **Four** of the following : 20  
A. Physiology of vomiting and defecation.  
B. Pulmonary circulation.  
C. Immunity according to Ayurveda.  
D. Effect of Yoga and Nisargopachara on blood pressure.  
E. Describe water soluble vitamins in brief.
8. Answer any **Five** of the following : 10  
A. Write total time of one cardiac cycle.  
B. Write tidal volume.  
C. Enlist Oja.  
D. Normal value of heart rate per minute.  
E. pH of saliva.  
F. Enlist main contain of gastric juice.

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

Date :- 18-04-2017  
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 the definition, types and importance of Marma. 10  
2. Describe Pramana. 10

**OR**

Describe the Male Reproductive Organs.

3. Write short notes on any **Four** of the following : 20  
A. Classification of Glands.  
B. Testis.  
C. Thyroid Gland.  
D. Yoni.  
E. Garbhashaya.
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Write the Moolas of Mutravaha srotasa.  
B. Write the measurement of Kidney.  
C. Enlist the parts of Ureter.  
D. Write the length of Urethra.  
E. Draw the location of Kidney.  
F. Write the mean capacity of the Urinary Bladder.

**SECTION-B**

5. Describe the Eye. 10  
6. Explain the origin and different layers of Twacha according to Ancient texts. 10

**OR**

Write the microscopic structure of the Skin.

7. Write short notes on any **Four** of the following : 20  
A. Indriya Panchapanchaka.  
B. Vagus Nerve.  
C. Trigeminal Nerve.  
D. Spinal cord.  
E. The Nose.
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Write the full form of CNS.  
B. Define Sympathetic Nerve.  
C. Define Sensory Nerve.  
D. Write the full form of ANS.  
E. Define Sahastradhara Chakra.  
F. Define Mooladhara Chakra.

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

Date :- 17-04-2017

Monday

Time :-10:00 a.m. to 01:00 p.m.

Total Marks :- 100

Date :-

Time :-9:30 a.m. to 12:30 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 Masanumasika Vriddhi of Garbha 10  
2. Explain the Pranavaha Srotasa. 10

**OR**

Describe the Lungs.

3. Write short notes on any **Four** of the following : 20  
A. Sukradhara Kala.  
B. Medadhara Kala.  
C. Ashthivaha Srotasa.  
D. Scapula.  
E. Types of Joints.
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Enlist the Shada Anga of Sharira.  
B. Enlist the Systems of the body.  
C. Define Caudal.  
D. Define Medial.  
E. Define Proximal.  
F. Define Interior.

**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. Pittashaya.  
B. Pancreas.  
C. Plasma.  
D. Panchabhautika Sangathana of Rakta.  
E. Gall bladder.
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Define Amashaya.  
B. Define Grahani.  
C. Write the measurement of Duodenum.  
D. Write the length of Small Intestine.  
E. Define Pakvashaya.  
F. Draw the Caecum with Appendix.

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