

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION SEPTEMBER-2015

**SANSKRUT**

Date :- 21-09-2015  
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. Explain indeclinable along with their types and uses. 10
2. How many Samasa (समास) are their ? Explain it with the example in detail. 10

**OR**

How many types of Lakara (लकार) are used in Sanskrut language. Give their names and example of any five of them.

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

A. Write short note on Munitraya.

B. Give the Sanskrut word of the following :

1. Mother
2. Monkey
3. Goat
4. Paternal grandfather
5. Ant

C. Find out the verb from the following sentence and identify them :

1. समिपे एकः आम्रवृक्षः आसीत् ।
2. अहं संस्कृतपण्डितः भविष्यामि ।
3. बालकेन गम्यते ।
4. पण्डितेन सत्यम् उक्तम् ।
5. सायं मन्त्रि सभायां भाषिष्यते ।

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

1. कृ - Present tense first person (उत्तम पुरुष)
2. आ+गम् - Future tense second person (मध्यम पुरुष)
3. चर् - Imperfect tense(अनघतनभूत) third person (प्रथम पुरुष)
4. त्यज् - Imperative tense second person (मध्यम पुरुष)
5. भ्रम् - Potential (विध्यर्थ) third person (प्रथम पुरुष)

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

वायुरायुर्बलं वायुवार्युधाता शरीरिणाम् ।  
वायुर्विश्वमिदं सर्वं प्रभुर्वायुश्च कीर्तितः ॥

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

A. Write two examples of the अव्ययिभाव समास.

B. Prepare one sentence from each of the adjectives.

1. ज्ञानी
2. गौरः

C. Prepare one sentence from each of the indeclinable.

1. कुत्र
2. प्रातः

D. Write all forms of future tense of the following roots :

1. विद् (जानना)
2. वस्

E. Give detail identification of the forms :

1. अनश्यताम्
2. अकथयाम

F. Write the हल् प्रत्याहार.

## SECTION-B

5. Write the importance of प्राणायाम. 10
6. Translate the following verse in English and explain it : 10  
किन्तु मद्यं स्वभावेन तथैवन्न तथा स्मृतम् ।  
अयुक्तियुक्तं रोगाय, युक्तियुक्तं यथाऽस्मृतम् ॥

OR

Translate the following verse in English and explain it :  
यो वर्तते शुचित्वेन स वैश्वानर उच्यते ।  
यो वर्ततेऽशुचित्वेन स वैश्वानर उच्यते ॥

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

A. Translate the following sentence in English.

1. रज्जुं सर्पं न मन्येध्वम् ।
2. ईश्वरस्य पूजया शान्तिं विन्देवहि ।
3. पण्डितानां समाजेऽपण्डिता मौनं भजेयुः ।
4. रामस्य पीडा नष्टा ।
5. हरिणा सर्पो द्रष्टः ।

B. Complete the following sentence by writing suitable forms of the word written in the bracket :

1. पुस्तकम् ( आ + नी ) ।
2. प्रतिदिनं सः किं ( कृ ) ?
3. ( वानरः ) किम् अखाद्यत ?
4. ( बालकः ) अक्षरम्भः कदा भविष्यति ?
5. तत् ( वाहनम् ) अगच्छत् ।

C. Identify the following compound words :

1. विद्याहीनः ।
2. शास्त्रनिपुण ।
3. शताब्दी ।
4. पत्रपुष्पफलानि ।
5. पिताम्बर ।

D. Translate the following verse in English and explain it.

1. जीर्णभोजनं व्याधिर्नोपसर्पति ।
2. शरीरमायासजनकं कर्म व्यायामसंज्ञितम् ।

E. Translate the following verse in English and explain it.

- अयुक्तियुक्तमन्नं हि व्याधये मरणाय वा ।  
मद्यं त्रिवर्गाधिधैर्यलज्जादेरपि नाशनम् ॥

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

A. Write the Samasavighraha of the दशाब्दी & प्रतिकुलम्.

B. What is शौच.

C. Change the following in the future tense :

1. सः बालकः कुत्र गच्छति ?
2. चोरः धनं चोरयति ।

D. Find out and write the indeclinable forms of the following :

1. कुत्र गच्छति भवान् ?
2. अति सुन्दरं चित्रमिदम् ।

E. Write the process of Sandhivighraha of the विद्यार्थी & ज्ञानोदयः.

F. Translate the following sentence in English.

1. तीर्थोदकं च वन्दिष्ये नान्यतः शुद्धिमर्हतः ।
2. सर्वत्र नूतनं शस्तं सेवाकान्ने पुरातने ।

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EXAMINATION SEPTEMBER-2015

SHAREERA RACHANA (HUMAN ANATOMY) - 1

Date :- 22-09-2015  
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. Defining Garbha, describe Masanumasika Vriddhi of Garbha. 10
  2. Defining Srotasa, describe Mamsavaha Srotasa. 10
- OR**
- Defining Kala, describe Synovial membrane.
3. Write short notes on any **Four** of the following : 20
    - A. Fertilization.
    - B. Lung.
    - C. Medodhara Kala.
    - D. Shadangatva of Sharira.
    - E. Knee joint.
  4. Answer any **Five** of the following : 10
    - A. Enlist the body cavities.
    - B. Enlist the types of Asthi.
    - C. Enlist the organs of the Respiratory system.
    - D. What meant by Medial ?
    - E. Write the definition of Snayu.
    - F. What is meant by Pronation ?

**SECTION-B**

5. Describe the Stomach. 10
  6. Describe the Heart. 10
- OR**
- Describe the Lymphatic circulation.
7. Write short notes on any **Four** of the following : 20
    - A. Spleen.
    - B. Aorta.
    - C. Large Intestine.
    - D. Mukhaguha.
    - E. Pancreas.
  8. Answer any **Five** of the following : 10
    - A. Enlist the part of small intestine.
    - B. Write the location of Gall bladder.
    - C. Write the Mulas of Raktavaha Srotasa.
    - D. Write the Mulas of Rasavaha Srotasa.
    - E. Write the location of Liver.
    - F. Write the full form of RBC.

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EXAMINATION SEPTEMBER-2015

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

Date :- 23-09-2015  
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. Defining Srotasa, describe Shukravaha Srotasa. 10
  2. Writing the type and number of Marma, describe the Sadyapranahara Marma. 10
- OR**
- Enlisting the organs of female Reproductive system, describe the Fallopian tube.
3. Write short notes on any **Four** of the following : 20
    - A. Thyroid gland.
    - B. Ducts deferens.
    - C. Anguli Pramana.
    - D. Vishalyaghna Marma.
    - E. Kalantara Pranahara Marma.
  4. Answer any **Five** of the following : 10
    - A. Enlist the organs of male Reproductive system.
    - B. Write the location of Thymus gland.
    - C. Write the Anjali Paramana of Mutra and Ojas.
    - D. Write the Mulas of Artavavaha Srotasa.
    - E. Enlist the Endocrine gland.
    - F. Enlist the organs of Urinary system.

**SECTION-B**

5. Describe the structure of Nose. 10
  6. Explain Autonomous Nervous System in brief. 10
- OR**
- Describe Yogic concept of Nadi Tantra.
7. Write short notes on any **Four** of the following : 20
    - A. Tongue.
    - B. Indriya.
    - C. Svedavaha Srotasa.
    - D. Cranial nerve.
    - E. Cerebellum.
  8. Answer any **Five** of the following : 10
    - A. Explain the Tympanic membrane.
    - B. Write the size of Ureter.
    - C. Define Nerve.
    - D. Define Manipura Chakra.
    - E. Write the length of Spinal cord.
    - F. Write the full form of C.N.S.

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**BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR**  
**EXAMINATION SEPTEMBER-2015**

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

Date :- 24-09-2015  
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. Explain Manas Prakriti in detail. 10  
2. Describe Mala in detail. 10

**OR**

Write about the general functions of cells.

3. Write short notes on any **Four** of the following : 20  
A. Homeostasis.  
B. Upadhatu.  
C. Write definition of Srotas and explain Pranavaha Srotasa.  
D. Role of Nisargopachara in mental health.  
E. Sterling's Law along with its application.
4. Answer any **Five** of the following : 10  
A. Name the cell membranes.  
B. Write features of Vata Prakruti person.  
C. Types of bio-electrical potentials.  
D. Enlist nerve fibres.  
E. Write the functions of Rasa Dhatu.  
F. What is action potentials ?

**SECTION-B**

5. Explain Ahara Parinamakar Bhava & its usefulness. 10  
6. Write about digestion and absorption of fat. 10

**OR**

Describe human blood groups and its importance.

7. Write short notes on any **Four** of the following : 20  
A. Oja.  
B. Blood pressure along with its types.  
C. Mastication and deglutition process.  
D. Respiration.  
E. Normal function of blood.
8. Answer any **Five** of the following : 10  
A. Source of vitamin-C.  
B. What is hypotension ?  
C. What is ventilation ?  
D. Full form of PFT.  
E. Define Vipaka.  
F. Write the name of normal heart sounds.

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EXAMINATION SEPTEMBER-2015

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

Date :- 26-09-2015  
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. Explain ovulation and menstrual cycle in detail. 10
2. Describe physiological functions of kidney. 10

**OR**

Functions of supra renal gland.

3. Write short notes on any **Four** of the following : 20
  - A. Vital role of haemoglobin.
  - B. Role of skin in regulating body temperature.
  - C. Fat metabolism.
  - D. Functions of Bile.
  - E. Mechanism of hormonal action.
4. Answer any **Five** of the following : 10
  - A. Daily requirements of carbohydrates in human body ?
  - B. Write full form of RFT.
  - C. Normal value of urine output per day.
  - D. Name any two minerals.
  - E. Name the unit of filtration in kidney.
  - F. Enlist the types of labour.

**SECTION-B**

5. Explain the effect of Yogic process on cardiovascular system. 10
6. Describe the physiology of smell. 10

**OR**

Explain the effect of Yogic process on sleep and wakefulness.

7. Write short notes on any **Four** of the following : 20
  - A. Explain the function of various Nadis.
  - B. Write about hypothermia and pyrexia.
  - C. Explain the effect of Nisargopachara on nervous system.
  - D. Physiology of hearing.
  - E. Functions of Jnanendriyas.
8. Answer any **Five** of the following : 10
  - A. Name any two reflexes.
  - B. Name any two yogic processes for respiratory system.
  - C. Any four functions of cerebellum.
  - D. Name of Shatchakras.
  - E. Two Naisargika process useful for nervous system.
  - F. Full form of CSF.

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EXAMINATION SEPTEMBER-2015

**INTRODUCTION AND HISTORY OF YOGA**

Date :- 28-09-2015  
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. Defining Yoga, describe its origin and history. 10  
2. Write a detailed introduction to Gheranda Samhita. 10

**OR**

Describe the concept of Yoga according to Hatha Pradeepika.

3. Write short notes on any **Four** of the following : 20  
A. Darshanopanishat.  
B. Historical view of Yoga according to Dhyana Bindoo Upanishat.  
C. Yogah Karmasu Kaushalam.  
D. Patanjala Yoga Sutra.  
E. Yoga Vashishtha.
4. Answer any **Five** of the following : 10  
A. Write time period and author of 'Light on Yoga'.  
B. Define Asana.  
C. Enlist the name of any four Mudras according to Hatha Pradeepika.  
D. Name the author and time period of the book 'Yoga philosophy and religion'.  
E. Enlist any four works of Bihar School of Yoga.  
F. Enlist the objectives of Yoga.

**SECTION-B**

5. Describe the glimpses of Yoga in Islam and Bauddha religions. 10  
6. Explain the relation of Yoga with Physics and Zoology. 10

**OR**

Describe the role of AYUSH in standardization of Yoga practices in a scientific manner.

7. Write short notes on any **Four** of the following : 20  
A. Glimpses of Yoga in Japanese civilization.  
B. Glimpses of Yoga in Greek culture.  
C. Importance of teacher disciple method in Yoga education.  
D. Life sketch of Lord Hanumana.  
E. Life sketch of Acharya Rajaneesh.
8. Answer any **Five** of the following : 10  
A. Enlist any two works of Kayavarohana Tirth, Vadodara.  
B. Write the full form and place of M.P.I.Y.N.E.R.  
C. Write the activities of Shivanand Ashram, Rishikesh in brief.  
D. What is Laya Yoga ?  
E. Write the time period and place of Vivekanand Institute of Yoga.  
F. Name any four activities of Moraraji Desai National Institute of Yoga, New Delhi.

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BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR  
EXAMINATION SEPTEMBER-2015

**INTRODUCTION AND HISTORY OF NISARGOPACHARA**

Date :- 29-09-2015  
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. Describe the origin and development of Naturopathy in India. 10
  2. Describe the contribution of M.K. Gandhi in the field of Naturopathy. 10
- OR**
- Describe the contribution of Louis Kuhne in the field of Naturopathy.
3. Write short notes on any **Four** of the following : 20
    - A. Subjects of Nisargopachara in Atharva Veda.
    - B. Development of Naturopathy in Gujarat.
    - C. Neo-naturopathic concept of Nisargopachara.
    - D. Contribution of Dr. Henry Lindlhar in the field of Naturopathy.
    - E. Works by Shri V.P. Gidwani.
  4. Answer any **Five** of the following : 10
    - A. Enlist the books written by Dr. H.K. Bhakhru.
    - B. Write the definition of Nisargopachara.
    - C. Enlist the works of Dr. E. D. Babbit.
    - D. Write the short introduction of book 'Return to Nature'.
    - E. What is the meaning of word 'Nisarga' ?
    - F. Write the authors of book 'Impaired health and my water care'.

**SECTION-B**

5. Write the details about Nisargopachara Ashram, Urulikanchan. 10
  6. Describe the activities of CCRYN, New Delhi. 10
- OR**
- Describe the development of Nisargopachara in Roman and Greek civilization.
7. Write short notes on any **Four** of the following : 20
    - A. Life sketch of Dr. M. M. Bhamgara.
    - B. Life sketch of Arnold Rickley.
    - C. Nisargopachara in Buddha religion.
    - D. Education system of Nisargopachara in ancient Nalanda University.
    - E. Relationship between Nisargopachara and physics.
  8. Answer any **Five** of the following : 10
    - A. Enlist books written by Dr. K. Laxman Sharma.
    - B. Write the short life sketch of Hippocrates.
    - C. Write the full name and place of M.P.I.Y.N.E.R.
    - D. Write the time period and place of Vincent Priessnitz.
    - E. Enlist any four ancient universities.
    - F. Write the year of establishment and place of NIN, Pune.

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**BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR**  
**EXAMINATION SEPTEMBER-2015**  
**FUNDAMENTS OF AYURVEDA - I**

Date :- 30-09-2015  
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. Give the detail description of Dhanvantari School and its importance in Modern era. 10
2. Answer any one out of two questions. 10
  - A. Describe the origin and brief history of Ayurved.
  - B. Describe the glimpse of Ayurved in any of the eastern civilizations.
3. Answer any **four** out of five questions : 20
  - A. Charaka Samhita.
  - B. Various commentaries written on Ashtanga Hridaya.
  - C. Write in short about Ayurvedic fundamentals.
  - D. Glimpse of Ayurved in Jain religion.
  - E. Limbs of Ayurved.
4. Answer any **Five** out of six questions : 10
  - A Write the name of authour and time period of Chaktadutta.
  - B What is meant by Kaya Chikitsa ?
  - C What is the subject matter of Sharangadhara Samhita ?
  - D Write in short about Bhavprakash.
  - E What is meant by Sahasra Yoga ?
  - F Nibandha Samgraha is a commentary on ..... written by .....

**SECTION-B**

5. Write the life sketches of any two Maharshis belonged to Bruhatrayi. 10
6. Write any **one** out of two questions : 10
  - A. Explain the Ayurved Education System and Methodology in Modern era.
  - B. Detail description of Banaras Hindu University.
7. Answer any **Four** out of five questions : 20
  - A. Write short note on : Dr. K.N. Udupa.
  - B. Write short note on : Vd. Bapalal.
  - C. Write short note on : Acharya Parashara.
  - D. Write short note on : Necessity of Research in Ayurved.
  - E. Write short note on : Ayurved Education in medieval era.
8. Answer any **Five** of six questions : 10
  - A. Who was the founder of Arya Vaidyashala ?
  - B. Write the name of books written by Vd. Ranjit Rai Desai.
  - C. Enlist the name of Acharya Punarvasu Atrey's disciples.
  - D. Who was Dhanvantari ?
  - E. Write the name of Acharya having profound knowledge of Dravyaguna in Sangrahakala.
  - F. Write the name of any four famous Vaidyas of Modern era belonged to Gujarat.