

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR.**  
**BACHELOR OF NATUROPATHY AND YOGIC SCIENCES - (B.N.Y.S.)**  
**FIRST YEAR EXAMINATION MARCH-2015**  
**FUNDAMENTS OF AYURVEDA - 1 (OLD Syllabus)**

Date : 07-04-2015  
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. Explain the limbs of Ayurveda and its importance. 10  
2. Describe Bruhat Trayi and its contribution in Ayurveda. 10

**OR**

Describe in detail the main schools of Ayurveda.

3. Answer any Four of the following : 20  
A. Write a short note on : Hindu religion and Ayurveda.  
B. Describe the main commentaries of Sushruta Samhita.  
C. Write a short note on : Glimpses of Ayurveda in Baudha religion.  
D. Write a short note on : Bhavaprakasha.  
E. Write a short note on : The status of Ayurveda in present era.
4. Answer any Five of the following : 10  
A. Write the definition of Ayurveda.  
B. Enlist the name of Maharshi Atreya's disciples.  
C. Write the name of the authors and time period of Chakradatta.  
D. Enlist any four chapters of Madhava Nidana.  
E. Write any two differences between Ashtanga Hrudaya & Ashtanga Samgraha.  
F. Write the definition of Samhita.

**SECTION-B**

5. Describe the relationship of physics and chemistry with Ayurveda. 10  
6. Write an evaluation of the merits and demerits of modern Ayurveda education system. 10

**OR**

Describe the cause of degradation of Ayurveda in modern era.

7. Answer any Four of the following : 20  
A. Write a short note on : Banaras Hindu University.  
B. Write a short note on : C.C.R.A.S.  
C. Describe the status of education in medieval era.  
D. Write a short note on : Acharya Kashyapa and his work.  
E. Write a short note on : Vd. Yadavaji Trikamaji Acharya and his work.
8. Answer any Five of the following : 10  
A. Write the place and time period of Nalanda University.  
B. Enlist the objectives of C.C.R.Y.N.  
C. Write the qualities of disciple according to Ayurveda.  
D. Write the contribution of Vd. P.K. Warriar.  
E. Enlist the books written by Vd. Ramaksha Pathak.  
F. Write a brief introduction of Shri Gulabkunverba Ayurved Mahavidyalaya.

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Tuesday

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Total Marks : 100

- Instructions: 1. Every question is compulsory.  
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**SECTION-A**

1. Describe the Ayurvedic fundamentals and its importance. 10  
2. Describe the origin and history of Ayurveda. 10

**OR**

Describe Laghu Trayi and the commentaries written on it.

3. Write short notes on any **Four** of the following : 20  
A. Ashtanga Hrudaya.  
B. Ayurveda in Egyptian civilization.  
C. Ayurveda in Roman civilization.  
D. Harita Samhita.  
E. Concept of Ayurveda according to Dhanvantary School.  
4. Answer any **Five** of the following : 10  
A. Define Ayu.  
B. Write the name of author and time period of Ashtanga Samgraha.  
C. Write the subjects of Sahasra Yoga.  
D. What is meant by Urdhvanga Chikitsa ?  
E. Define Damshttra Chikitsa.  
F. Enlist the names of the commentaries written on Charaka Samhita with their authors.

**SECTION-B**

5. Explain the role of AYUSH in national and international health care system. 10  
6. Describe the leading Ayurvedic institution situated in Varanasi. 10

**OR**

Explain the role of various sciences like Botany, Chemistry and Biology in the research of Ayurveda.

7. Write short notes on any **Four** of the following : 20  
A. Maharshi Agnivesha.  
B. Acharya Sharangadhara.  
C. Acharya Kashyapa.  
D. Vd. Y. T. Acharya.  
E. Proff. V. J. Thaker.  
8. Answer any **Five** of the following : 10  
A. Enlist any four works by Vd. P. V. Sharma.  
B. Write the name of founder and time of foundation of Arya Vaidyashala, Kottakkal.  
C. Write the time period and place of Vd. Bapalal.  
D. Enlist any four positive points of ancient Ayurvedic education system.  
E. Enlist the works of Dr. P.M. Mehta.  
F. Write the name and year of establishment of the leading Ayurvedic intuitions belonging to Guradaspur and Jodhpur respectively.

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**FIRST YEAR EXAMINATION MARCH-2015**

**INTRODUCTION AND HISTORY OF NISARGOPACHARA**

Date : 06-04-2015  
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. Describe the scope of Nisargopachara in 21<sup>st</sup> century. 10  
2. Describe the origin, development and history of Naturopathy in India. 10

**OR**

Write the literary overview of Nisargopachara from Vedic to modern era.

3. Write a short note on any **Four** of the following : 20  
A. Subjects of Nisargopachara in Rigveda.  
B. Development of Nisargopachara in Gujarat.  
C. Development of Nisargopachara in Karnataka.  
D. Contribution of Dr. K. Lakshman Sharma to Nisargopachara.  
E. Contribution of Dr. H. K. Bhakhru to Nisargopachara.  
4. Answer any **Five** of the following : 10  
A. Enlist any four books written by Dr. Jindal.  
B. Write the definition of Nisargopachara.  
C. Write the objects of Nisargopachara.  
D. Enlist the works by Dr. E. D. Babbit.  
E. Who is the author of book "My nature cure" ?  
F. Write the name of author of the book "Return to nature"

**SECTION-B**

5. Write the introduction of Nisargopachara Kendra – Gotri (Vadodara). 10  
6. Describe the activities of Gujarat Ayurved University, Jamnagar in the field of Nisargopachara. 10

**OR**

Describe development of Nisargopachara in Mesopotamian and Indian civilization.

7. Write a short note on any **Four** of the following : 20  
A. Life sketch of Mahatma Gandhi.  
B. Louis Kuhne.  
C. Nisargopachara in Christianity.  
D. Education system of Nisargopachara in ancient Takshashila University.  
E. Relationship between Nisargopachara and biology.  
8. Answer any **Five** of the following : 10  
A. Who established Arogyadham ? Where is it situated ?  
B. Write a brief life sketch of Aesculapius.  
C. Write the structure of C.C.R.Y.N.  
D. Write the year of establishment and name of founder of Balavantarai Nisargopachara Kendra, Vadodara.  
E. Write the time period and place of Hippocrates.  
F. Write the time period and place of Sebastian Kneipp.

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FIRST YEAR EXAMINATION MARCH-2015

## INTRODUCTION AND HISTORY OF YOGA

Date : 04-04-2015

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

Saturday

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 the origin and history of yoga. 10
2. Describe the concept of Yoga according to Shrimad Bhagvad Geeta. 10

**OR**

Write a detail introduction of Shiva Samhita.

3. Answer any **four** of the following - 20
  - A. Write a short note on : Dhyanabindu Upanishat.
  - B. Write a brief history view of Yoga according to : Amrutbindu Upanishat.
  - C. Explain the definition : Yogashchittavrutti Nirodhah.
  - D. Write a brief introduction to : Yajnavalkya Smriti.
  - E. Write a short note on : Tejobindu Upanishat.
4. Answer any **five** of the following - 10
  - A. Write the definition of Asana.
  - B. Enlist the objectives of Yoga.
  - C. Write the name of the author and time period of the text "Yoga Philosophy and Religion".
  - D. Write the name of any four Mudras as per Gheranda Samhita.
  - E. Write the time period and author of Light on Yoga.
  - F. Enlist the chapters of Patanjala Yoga Sutra.

### SECTION - B

5. Describe Raj Yoga. 10
6. Describe the relation of Yoga with Physics and Biology. 10

**OR**

Describe the role of AYUSH in control and propagation of Yogic practices in a scientific manner.

7. Answer any **four** of the following - 20
  - A. Write a short note on : Glimpses of Yoga in Islam religion.
  - B. Write a short note on : Glimpses of Yoga in Japanese civilization.
  - C. Write a life sketch of : Mahaveera.
  - D. Write a life sketch of : Yogi Dayanand Saraswati.
  - E. Write a short note on : Kaivalya Dham, Lonavla.
8. Answer any **five** of the following - 10
  - A. What the place and the date of establishment of Yoga Niketan.
  - B. Name any two works authored by Swami Krupalvanandji.
  - C. Write the full form and place of M.P.I.Y.N.E.R.
  - D. Write any two examples about the glimpses of Yoga in Hindu religion.
  - E. Write in brief : Activities of Kayavarohan Tirth, Vadodara.
  - F. Name any two works authored by Muni Gorakshanatha.

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**FIRST YEAR EXAMINATION MARCH-2015**

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

Date : 01-04-2015  
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. Enlist the organs of urinary system and describe urine formation. 10  
2. Describe function of ovary and testis. 10

**OR**

Describe liver function tests and detoxification function of liver.

3. Write a short note on any **Four** of the following : 20  
A. Functions of pituitary gland.  
B. Explain metabolism of protein.  
C. Explain function of thyroid gland.  
D. Explain mineral.  
E. Explain secondary sex characters of male and female.  
4. Answer any **Five** of the following : 10  
A. Write normal value of blood urea.  
B. What is SGPT ?  
C. Write symptoms of hypothyroidism.  
D. Enlist pancreatic hormones.  
E. Write full form of UPT.  
F. Write the name of female gonadotropins.

**SECTION-B**

5. Write name of Jnanendriyas and Karmendriyas and describe the process of smell(Gandha Grahana Prakriya). 10  
6. Explain physiology of vision in detail. 10

**OR**

Describe cerebellum in detail.

7. Write a short note on any **Four** of the following : 20  
A. Describe sleep.  
B. Explain Shat Chakras.  
C. Describe memory and behaviour.  
D. Functions of sympathetic nervous system.  
E. Describe pyrexia.  
8. Answer any **Five** of the following : 10  
A. Write name of any four cranial nerve.  
B. Effect of Nisargopachara on digestive system.  
C. Write full form of EEG.  
D. Effect of Yoga on respiratory system.  
E. Functions of Susumna Nadi.  
F. Effect of Yoga on blood circulation.

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FIRST YEAR EXAMINATION MARCH-2015

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

Date : 31-03-2015

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 functions of Dosha in detail. 10  
2. Explain detail functions of different Dhatus. 10

**OR**

Define Srotas along with their classification and functions.

3. Write a short note on any **Four** of the following : 20  
A. Transport mechanism of cell.  
B. Functions of Mana.  
C. General functions of Panchamahabhutas.  
D. Classification and functions of muscles.  
E. Importance of neuromuscular physiology.  
4. Answer any **Five** of the following : 10  
A. Write types of Agni.  
B. Define words 'Kaya' and 'Deha'.  
C. Write four characteristics of Vata Prakriti.  
D. Types of Manas Prakriti.  
E. Define biochemistry.  
F. What is Nerve conduction ?

**SECTION-B**

5. Explain Avasthapaka and Nishthapaka in detail. 10  
6. Describe digestion of carbohydrates. 10

**OR**

What is Oja ? Explain its functions and importance.

7. Write a short note on any **Four** of the following : 20  
A. Describe composition of blood.  
B. Describe portal circulation.  
C. What is jaundice and anaemia ?  
D. Composition of pancreatic juice.  
E. Describe anticoagulants.  
8. Answer any **Five** of the following : 10  
A. Importance of minerals.  
B. What is blood group ?  
C. Describe types of immunity.  
D. Write about movements of intestine.  
E. What is homeostasis ?  
F. Write the types of heart sound.

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**FIRST YEAR EXAMINATION MARCH-2015**  
**SHAREERA RACHANA (HUMAN ANATOMY) - 2**

Date : 30-03-2015  
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. Describe the Shukravaha and Mutravaha Srotas. 10
  2. Write the types of Marma and describe the Sadya Pranahara Marma. 10
- OR**
- Write the Female Reproductive System and describe the Uterus.
3. Write short note on any **Four** of the following : 20
    - A. Adrenal Gland.
    - B. Ovary.
    - C. Anguli Pramana.
    - D. Trimarma.
    - E. Kalantara Pranahara Marma.
  4. Answer any **Five** of the following : 10
    - A. Enlist the Shatachakra.
    - B. Write the location of Parathyroid Gland.
    - C. Write the measurement of Kidney.
    - D. Write the Moolas of Artavavaha Srotas.
    - E. Define Endocrine Gland.
    - F. Write the location of Kidney.

**SECTION-B**

5. Write about Jnanendriya and describe the structure of the Eye. 10
  6. Write the structure and classification of Nervous System. 10
- OR**
- Write about Nadi Tantra and explain the Ida and Pingala Nadi in detail.
7. Write short note on any **Four** of the following : 20
    - A. Nose.
    - B. Twacha.
    - C. Spinal Cord.
    - D. Cranial Nerves.
    - E. External Ear.
  8. Answer any **Five** of the following : 10
    - A. Write the surface anatomy of the Kidney.
    - B. Define Indriya.
    - C. Write the Moolas of Svedavaha Srotas.
    - D. Define Trimarma.
    - E. Define Receptor.
    - F. Write the full form of ANS.

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**FIRST YEAR EXAMINATION MARCH-2015**  
**SHAREERA RACHANA (HUMAN ANATOMY) - 1**

Date : 27-03-2015  
Friday

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

- Instructions : 1. Every question is compulsory.  
2. The marks of every question have been written on their right side.

**SECTION - A**

1. Write the definition of Garbha and describe the Masanumasika Vridhhi. 10
  2. Write the definition of Kala and describe the Pericardium. 10
- OR**
2. Write the definition of Srotas and describe the Pranavaha Srotas.
  3. Write short note on any four of the following. 20
    - (i) Body Cavities.
    - (ii) Pharynx.
    - (iii) Sukradhara Kala.
    - (iv) Sthula and Sukshma Sharira.
    - (v) Shoulder Joint.
  4. Answer any of the following. 10
    - (i) Write the division of Aorta.
    - (ii) Enlist the Pancha Mahabhuta.
    - (iii) Enlist the organs of the Respiratory System.
    - (iv) What meant by Abduction ?
    - (v) Enlist the types of Sandhi.
    - (vi) What meant by Superior ?

**SECTION - B**

5. Describe the Gall bladder. 10
  6. Describe the Thoracic Duct. 10
- OR**
6. Describe the Rectum.
  7. Write short note on any four of the following. 20
    - (i) Pancreas.
    - (ii) Mukhguha.
    - (iii) Caecum.
    - (iv) Duodenum.
    - (v) Oesophagus.
  8. Answer any five of the following. 10
    - (i) Enlist the parts of Small Intestine.
    - (ii) Write the location of Spleen.
    - (iii) Write the Moolas of Rasavaha Srotas.
    - (iv) Write the Moolas of Raktavaha Srotas.
    - (v) Write the location of Appendix.
    - (vi) What meant by Lymph ?



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**FIRST YEAR EXAMINATION MARCH-2015**

**SANSKRUT**

Date : 26-03-2015

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. Write the माहेश्वराणिसूत्राणि and explain उच्चारण स्थान. 10
2. Describe the लकार used in Sanskrit language with their names and uses giving suitable examples of any five of them. 10

**OR**

Write the name of Karaka and explain any two Karaka.

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

A. Explain the difference between ह्रस्व, दीर्घ and षुत ।

B. Give the Sanskrit word of the following :

1. Parrot 2. Peacock 3. Uncle 4. Sister 5. Black board.

C. Find out the verb from the following sentences and identified them.

1. सा जलं नयति ।

2. शान्तः अस्ति ।

3. त्वं स्थास्यसि ।

4. दुग्धं पिबेत् ।

5. दश पुस्तकानि सन्ति ।

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

1. नी imperfect tense (अनद्यतनभूत) first person (उत्तम पुरुष).

2. नश् present tense second person (मध्यम पुरुष).

3. इच्च imperative tense third person (अन्य पुरुष).

4. स्पृश् potential tense (विद्यर्थ) first person (उत्तम पुरुष).

5. भक्ष future tense second person (मध्यम पुरुष).

E. Translate the following verse in English and write process of Sandhivichchheda of the underlines words :

वायुरायुर्वलं वायुर्वायुर्वाता शरीरिणाम् ।

वायुर्विश्वमिदं सर्वं प्रभुर्वायुश्च कीर्तितः ॥

4. Answer short note on any **Four** of the following : 10

A. Explain दिवादिगण or चुरादिगण with suitable example.

B. Prepare one sentence from each of the adjectives 1. लघु 2. चतुर

C. Prepare one sentence from each of the indeclinable 1. एकत्र 2. कुतः

D. Write the form of future tense in third person of the following roots :

1. याच् 2. लिख् 3. पृच्छ 4. कथ्

E. Write the form of the following roots as directed :

1. ह् present tense first person (उत्तम पुरुष).

2. मुच् future tense third person (अन्य पुरुष).

F. Write the अच् प्रत्याहार.

[P.T.O.]