

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

SANSKRUT

Date : 14-03-2016
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. Explain the place (स्थान) of each letter with the help of rule (सूत्र). 10
2. How many types of indeclinable are there in Sanskrit language ? Explain with example in detail. 10

OR

What is Karaka कारक ? How many Karaka are there ? Explain Karma Karama with example in detail.

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

- A. Describe the द्रस्व, दीर्घ & प्लुत in detail.
- B. Give the Sanskrit word of the following :
1. Fox 2. Ant 3. Younger brother 4. Fish 5. Sister
- C. Find out the verb from the following sentence and identify them :
1. अहम् अगच्छम् । 2. महिला स्वः गमिष्यति ।
3. त्वं गत्वान् । 4. याचकः भिक्षां याचते ।
5. अहम् अभाषे ।
- D. Write all the three forms of the roots as directed :
1. लभ् - Imperfect tense(अनद्यतनभूत) third person (प्रथम पुरुष)
2. स्मृ - Future tense second person (मध्यम पुरुष)
3. हस् - Potential (विध्यर्थ) first person (उत्तम पुरुष)
4. या - Present tense third person (प्रथम पुरुष)
5. ह्र - Imperative tense third person (प्रथम पुरुष)
- E. Translate the following verse in English and the process of Sandhi Vichchheda of the underlined words.
न तद्भुक्तं न तत्पीतं न तत्सुप्तं न तद्गतम् ।
यन्मांसमाहिषक्षीरललनावाजिवर्जितम् ॥

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

- A. How many types of Sandhi are there give an example of any one ?
- B. Prepare one sentence from each of the adjectives.
1. एकः 2. विशालम्
- C. Prepare one sentence from each of the indeclinable.
1. अधुना 2. पुरतः
- D. Write all forms of present tense of the following roots :
1. पच् 2. चूर्
- E. Give detail identification of the forms :
1. नर्तिष्यथः 2. इच्छन्तु
- F. Write the Sanskrit name of all Karaka कारक.

[P.T.O.]

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FIRST YEAR EXAMINATION MARCH-2016

SHAREERA RACHANA (HUMAN ANATOMY) - I

Date : 15-03-2016
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. Writing the Garbhavridhikara Bhava, describe fertilization. 10
 2. Defining Kaala, describe Peritoneum. 10
- OR**
- Defining Srotasa, describe Majjavaha Srotasa.
3. Write short notes on any **Four** of the following : 20
 - A. Tissue.
 - B. Trachea.
 - C. Mamsadhara Kala.
 - D. Panchabhautiktva of Sharira.
 - E. Elbow joint.
 4. Answer any **Five** of the following : 10
 - A. Definition of Shaarira.
 - B. Enlist the types of muscle.
 - C. Write the Difference between right and left lung.
 - D. What meant by Lateral ?
 - E. Enlist the Kalas.
 - F. What is meant by Adduction ?

SECTION-B

5. Describe the Pancreas. 10
 6. Describe the Yakruta. 10
- OR**
- Describe Small intestine.
7. Write short notes on any **Four** of the following : 20
 - A. Thoracic Duct.
 - B. Unduka.
 - C. Difference between Artery and Vein.
 - D. Rectum.
 - E. Heart.
 8. Answer any **Five** of the following : 10
 - A. Enlist the organs of Cardiovascular system.
 - B. Write the location of Stomach.
 - C. Write the Mulas of Raktavaha Srotasa.
 - D. Write the Mulas of Annavaha Srotasa.
 - E. Write the full form of WBC.
 - F. Define Plasma.

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FIRST YEAR EXAMINATION MARCH-2016
SHAREERA RACHANA (HUMAN ANATOMY) - 2

Date : 16-03-2016
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. Defining Srotasa, describe Artavavaha Srotasa. 10
2. Writing the definition and types of Marma, describe Vaikalyakara Marma. 10

OR

Enlisting the organs of female Reproductive system, describe the Uterus.

3. Write short notes on any **Four** of the following : 20
A. Thymus Gland.
B. Testis.
C. Anjali Pramana.
D. Marma of the Upper Limb.
E. Marma of the Head and Neck.
4. Answer any **Five** of the following : 10
A. Enlist the organs of Urinary system.
B. Write the location of Pituitary gland.
C. Write the average height of human body according to Anguli Pramana.
D. Write the Mulas of Shukravaha Srotas.
E. Enlist the Endocrine gland.
F. Enlist the Marma of lower Limb.

SECTION-B

5. Describe Structure of Tongue. 10
6. Writing classification of Nervous system, describe Lumber Plexus. 10

OR

Writing about Nadi Tantra, describe Shatchakra.

7. Write short notes on any **Four** of the following : 20
A. Nose.
B. Ear.
C. C.N.S.
D. C.S.F.
E. Skin.
8. Answer any **Five** of the following : 10
A. Write the size and weight of Kidney.
B. Enlist the branches of Trigeminal nerve.
C. Enlist the layers of Meninges.
D. Define Vishuddha Chakra.
E. Write the full form of A.N.S.
F. Write the number of pairs of spinal cord.

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FIRST YEAR EXAMINATION MARCH-2016

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

Date : 17-03-2016

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. Explain Agni in detail. 10
2. Describe cell functions in brief. 10

OR

Describe functional classification of nerve fibres and muscles.

3. Write short notes on any **Four** of the following : 20
A. Panchakosha.
B. Types, qualities and normal functions of Doshas.
C. Relationship of Manas with chestavaha Srotasa.
D. Types of nerve conduction tests.
E. Yoga on Sangnavaha Srotas.
4. Answer any **Five** of the following : 10
A. Define Sharira.
B. Composition of cell membrane.
C. Types of Prakruti.
D. Clinical signs of muscular hyper functions.
E. Site of Mana.
F. Types of Srotas according to Charaka.

SECTION-B

5. Describe the functions of blood. 10
6. Describe the mechanism of respiration. 10

OR

Explain the digestive process in stomach.

7. Write short notes on any **Four** of the following : 20
A. Utility of minerals in human body.
B. Difference between Avasthapaka and Nisthapaka.
C. Role of immunity in prevention of disease.
D. Importance of Prana Vayu and Udana Vayu in respiration.
E. Write about the useful Naisargika process for CVS.
8. Answer any **Five** of the following : 10
A. What is Prapaka ?
B. Write full form of FBS and PPBS.
C. Define coagulation.
D. How much water requires in adult per day ?
E. Name any two diseases due to deficiency of vitamin-B₁₂.
F. Which cells are responsible for immunity ?

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FIRST YEAR EXAMINATION MARCH-2016

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

Date : 18-03-2016

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. Describe the functions of adrenal gland. 10
2. Explain carbohydrate metabolism in detail. 10

OR

Describe the functions of testes and the process of spermatogenesis.

3. Write short notes on any **Four** of the following : 20
A. Explain lactation.
B. Explain the functions of parathyroid glands.
C. Explain the formation of urine according to Ayurveda.
D. Explain the functions of skin.
E. What is detoxification of body ? Explain it.
4. Answer any **Five** of the following : 10
A. Enlist fat soluble vitamins.
B. Write normal value of haemoglobin in female.
C. Write full form of FSH:
D. Write the name of hormones which are responsible for ovulation and breast development.
E. Enlist kidney functions.
F. Enlist the sources of Vitamin-B₁₂.

SECTION-B

5. Explain physiology of taste and smell. 10
6. Describe functions of Shatchakra in detail. 10

OR

Explain physiology of memory, behaviour and emotions.

7. Write short notes on any **Four** of the following : 20
A. Functions of Kermendriya.
B. Functions of sympathetic nervous system.
C. Describe Basal Ganglions.
D. Effects of Yogic process on respiratory system.
E. Explain Naisargika process useful for digestive tract.
8. Answer any **Five** of the following : 10
A. Write full form of EEG.
B. Functions of Saraswati Nadi.
C. What is synapse ?
D. Name any four receptors.
E. Name any two parasympathetic nerves.
F. Write any two Nisargopachara useful for endocrine system.

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FIRST YEAR EXAMINATION MARCH-2016

INTRODUCTION AND HISTORY OF YOGA

Date : 19-03-2016
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. Defining Yoga, describe its literary overview from Vedic to modern era. 10
2. Write a detailed introduction to Patanjala Yoga Sutra. 10

OR

Describe the concept of Yoga according to Shrimad Bhagavad Gita.

3. Write short notes on any **Four** of the following : 20
A. Yoga Chudamani Upanishat.
B. Historical view of Yoga according to Jabaladarshanopanishat.
C. Dhyana according to Patanjala Yoga Sutra.
D. Shiva Samhita.
E. Gheranda Samhita.
4. Answer any **Five** of the following : 10
A. Name the author and time period of the book 'Goraksha Shataka'.
B. Enlist the names of any four chapters of Hatha Ratnavali.
C. Enlist the name of any four Chakra according to Shiva Swarodaya.
D. Name the author and time period of the book 'Yoga and Indian Philosophy'.
E. Write time period and author of the text 'Light on Pranayama'.
F. Write the author and time period of Viveka Chudamani.

SECTION-B

5. Describe the glimpses of Yoga in Christian and Hindu religions. 10
6. Explain the relation of Yoga with Biology and Chemistry. 10

OR

Describe the tradition and practice of Yoga in today's perspective.

7. Write short notes on any **Four** of the following : 20
A. Glimpses of Yoga in Roman civilization.
B. Glimpses of Yoga in Chinese culture.
C. Morarji Desai National Institute of Yoga, New Delhi.
D. Life sketch of Swami Krupalvanandji.
E. Life sketch of Lord Mahaveera.
8. Answer any **Five** of the following : 10
A. Enlist any two works of Maharshi Mahesh Yogi Foundation, New Delhi.
B. Write any four activities of Kaivalyadham, Lonavla.
C. Write the time of establishment and place of Shivanand Ashram.
D. Enlist any four publications of Swami Rama.
E. Write the time period and place of M.P.I.Y.N.E.R.
F. Write the name of two research works by International Centre of Yoga Education & Research, Pondicherry.

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FIRST YEAR EXAMINATION MARCH-2016
FUNDAMENTS OF AYURVEDA - 1

Date : 21-03-2016
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. Overview of Ayurved from Vedic to modern era. 10
2. Answer any one out of two questions. 10
 - A. Write an essay on Brahatrayi.
 - B. Write an essay on Sushruta Samhita.
3. Answer any **four** out of five questions : 20
 - A. Mesopotamian culture and Ayurved.
 - B. Explain the role of commentaries to understand Ayurved.
 - C. Laghutrayi.
 - D. Kashyapa Samhita.
 - E. Glimpse of Ayurved in Islam.
4. Answer any **Five** out of six questions : 10
 - A. What is meant by Samhita ?
 - B. Define Ayurved.
 - C. Write any two drawbacks of Ayurved in modern era.
 - D. What is 'Rasayana Chikitsa' ?
 - E. What is 'Shashilekha' ?
 - F. What is the main concept of Dhanvantari School.

SECTION-B

5. Compare Ancient and modern Ayurved Education System and give your opinion which one is better ? 10
6. Write any **one** out of two questions : 10
 - A. Describe the role of W.H.O. in Global Perspective.
 - B. Establish the relationship of any two sciences with Ayurved.
7. Answer any **Four** out of five questions : 20
 - A. Write short note on : Pt. Madanmohan Malaviya.
 - B. Write short note on : Vd. D.A. Kulkarni.
 - C. Write short note on : Role of C.C.R.A.S. in Indian health care.
 - D. Write short note on : Poddar Ayurved College.
 - E. Write short note on : Divodasa.
8. Answer any **Five** of six questions : 10
 - A. What are the qualities of a teacher ?
 - B. Full form of I.P.G.T. & R.A.
 - C. Write the name of Ayurved Institutions in Rajasthan.
 - D. Write the types of Research in Ayurved.
 - E. Enlist the name of books written by Prof. V.J. Thaker.
 - F. What is the main contribution of Vd. P.K. Warriar in the field of Ayurved ?