

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) FIRST YEAR
EXAMINATION SEPTEMBER-2014

SHAREERA RACHANA (HUMAN ANATOMY) - 1

Date :- 23-09-2014

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 of Sharira and Shaarira and explain Panchabhautikatva and Shadangatva of Sharira. 10
 2. Enlist the bones of lower limb and describe the Hip bone. 10
- OR**
- Enlist the bones of upper limb and describe the Radius.
3. Write short note on any **Four** of the following : 20
 - A. Masanumasika Vriddhi.
 - B. Garbha Vruddhikara Bhava.
 - C. Peshi Shaarira.
 - D. Types of Sandhi.
 - E. Kala.
 4. Answer any **Five** of the following : 10
 - A. Define Srotas.
 - B. Write the moolas and Pranavaha Srotas.
 - C. Enlist the types of muscles.
 - D. Write the location of lung.
 - E. Define Panchakosha.
 - F. Enlist the carpal bones.

SECTION-B

5. Enlist the organs of the Digestive System and describe the Yakruta. 10
 6. Explain the Heart in detail. 10
- OR**
- Enlist the organs of Cardio-Vascular System and describe the Spleen.
7. Write short note on any **Four** of the following : 20
 - A. Artery.
 - B. Composition of blood.
 - C. Rasavaha Srotasa.
 - D. Gall Bladder.
 - E. Amashaya.
 8. Answer any **Five** of the following : 10
 - A. Write the full form of RBC.
 - B. Write the numbers of Artery and Veins.
 - C. Write the location of Pancreas.
 - D. Write the location of Dnodenum.
 - E. Write the location of Appendix.
 - F. Enlist the Gudavalli.

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EXAMINATION SEPTEMBER-2014

SHAREERA RACHANA (HUMAN ANATOMY) - 2

Date :- 24-09-2014
Wednesday

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 about the Male Genital Organs and describe Scrotum. 10
 2. Write the definition of Marma and describe Kalantara Pranahara Marma 10
- OR**
2. Write about number and type of Marma and describe Trimarma.
 3. Write short note on any four of the following. 20
 - (i) Thyroid gland.
 - (ii) Exocrine gland.
 - (iii) Anjali Pramana.
 - (iv) Pitutary gland.
 - (v) Urinary bladder.
 4. Answer any of the following. 10
 - (i) Write the Shuddha Artava Lakshana.
 - (ii) Write the location of Thyroid gland.
 - (iii) Define Indriya.
 - (iv) Define Vaikalyakar Marma.
 - (v) Enlist the external organs of the female reproductive system.
 - (vi) Write the location of Thymus gland.

SECTION - B

5. Write about Shatchakra in detail. 10
 6. Describe the sympathetic and Parasympathi nervous system. 10
- OR**
6. Write the name of Jnanendriyas and describe the structure of Ear.
 7. Write short note on any four of the following. 20
 - (i) Spinal cord.
 - (ii) Motor nerve.
 - (iii) Nose
 - (iv) Sandhi of eye.
 - (v) Tounge.
 8. Answer any five of the following. 10
 - (i) Write the name of 1st, 5th, 9th and 12th nerve.
 - (ii) Enlist the layers of the skin according to Sushruta Samhita
 - (iii) Enlist the Karmendriya.
 - (iv) Write the full form of PNS.
 - (v) Enlist the Mandalas of eye.
 - (vi) Enlist the name of Rujakarmarma.



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EXAMINATION SEPTEMBER-2014

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

Date :- 25-09-2014
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. Describe the function of each Dhatu in detail. 10
2. Describe Kapha Dosha along with its types and functions in detail. 10

OR

Describe Agni in detail.

3. Write a short note on any **Four** of the following : 20
A. Cell functions.
B. Functions of Pitta Dosha.
C. Dhatu Poshana Krama.
D. Functions of muscles.
E. Subjects of mind(Vishaya of Mana).
4. Answer any **Five** of the following : 10
A. Define Mala.
B. Properties of cell membrane.
C. Write four characteristics of Kapha Prakriti.
D. Define Annamaya Kosha.
E. Enlist four cell organelles.
F. Write the definition of Sharir.

SECTION-B

5. Describe Liver with its functions. 10
6. Describe digestion of protein and describe blood pressure. 10

OR

Describe the circulatory system.

7. Write a short note on any **Four** of the following : 20
A. Describe coagulation of blood.
B. Explain immunity along with its types in brief.
C. Describe cardiac cycle.
D. Functions of respiratory system.
E. Functions of Salivary gland.
8. Answer any **Five** of the following : 10
A. Importance of vitamins.
B. What is heart sound ?
C. What is jaundice ?
D. Write the functions of Oja.
E. What is lung volume ?
F. Write about functions of colon.

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EXAMINATION SEPTEMBER-2014

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

Date :- 26-09-2014
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. Enlist the organs of female reproductive system and describe menstrual cycle. 10
2. Explain structure of skin and its functions. 10

OR

Describe composition of urine and excretion of urea.

3. Write a short note on any **Four** of the following : 20
A. Functions of pancreatic gland.
B. Functions of adrenal gland.
C. Metabolism of carbohydrate.
D. Explain Enzymes.
E. Functions of placenta.
4. Answer any **Five** of the following : 10
A. What is RBS ?
B. What is SGPT ?
C. Write symptoms of Hypothyroidism.
D. What is TSH ?
E. Write full form of UTP.
F. Write the name of male gonadotropins.

SECTION-B

5. Write introduction of Indriyas along with physiology of touch. 10
6. Explain physiology of hearing in detail. 10

OR

Describe Thalamus in detail.

7. Write a short note on any **Four** of the following : 20
A. Describe learning and speech.
B. Functions of parasympathetic nervous system.
C. Describe hypothermia.
D. Explain Shat Chakra.
E. Describe behaviour and emotions.
8. Answer any **Five** of the following : 10
A. Write full form of EEG.
B. Write name of any four cranial nerves.
C. Effect of Yoga on sleep.
D. Effect of Yoga on mental health.
E. Effect of Nisargopachara on skin.
F. Effect of Yoga on cardio vascular system.

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EXAMINATION SEPTEMBER-2014
INTRODUCTION AND HISTORY OF YOGA

Date :- 27-09-2014
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 objectives and importance of Yoga. 10
2. Describe the concept of Yoga according to Hatha Yoga Pradeepika. 10

OR

Write a detailed introduction to Gheranda Samhita.

3. Answer any **four** of the following - 20
 - A. Write a short note on : Yoga Choodamani Upanishat.
 - B. Write a brief historical view of Yoga according to Shandilyopanishat.
 - C. Explain the definition 'Yogah Karmasu Kaushalam'.
 - D. Write a brief introduction to : Shwetashwataropanishat.
 - E. Write a short note on : Mahanirvana Tantra.
4. Answer any **five** of the following - 10
 - A. Write the definition of Pranayama.
 - B. Enlist any four Chakras.
 - C. Write any four points indicating the relation of Yoga and other Indian Philosophies.
 - D. Enlist any four Shuddhikriyas as per Shiva Samhita.
 - E. Write the time period and author of Hatha Ratnavali.
 - F. Enlist the names of the four Yogas emphasized by Swami Vivekanand.

SECTION - B

5. Describe Jnana Yoga. 10
6. Describe the role of AYUSH in standardization of Yogic Practices. 10

OR

Describe the relationship of Yoga with Biology and Physics.

7. Answer any **four** of the following - 20
 - A. Write a short note on : Glimpses of Yoga in Jain religion.
 - B. Write a short note on : Glimpses of Yoga in Greek civilization.
 - C. Write a life sketch of : Swami Krupalvanand.
 - D. Write a life sketch of : Shri Krushna.
 - E. Write a short note on : Life of Shri Aurobindo.
8. Answer any **five** of the following - 10
 - A. Write the full form and place of M.D.N.I.Y.
 - B. Name any two works authored by Muni Vyas.
 - C. Write the place and the date of establishment of Maharshi Mahesh Yogi Foundation.
 - D. Write any two works authored by Swami Dayanand Saraswati.
 - E. Enlist any four main activities of Bihar School of Yoga Muger.
 - F. Enlist the Yoga programmes conducted by Kaivalyadham, Lonavla.



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EXAMINATION SEPTEMBER-2014

INTRODUCTION AND HISTORY OF NISARGOPACHARA

Date :- 29-09-2014
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 origin, development and history of Nisargopachara. 10
2. Describe the contribution of Shri Vitthaldas modi to the field of Nisargopachara. 10

OR

Describe the contribution of Sir Henry Lindlhar to the field of Nisargopachara.

3. Write a short note on any **Four** of the following : 20
A. Subjects of Nisargopachara mentioned in Sankhya Darshana.
B. Development of Nisargopachara in Maharashtra.
C. Neo-naturopathy concept of Nisargopachara.
D. Contribution of Shri Gidwani to Nisargopachara.
E. Importance of the works by Sigmond freud.
4. Answer any **Five** of the following : 10
A. Enlist the books written by Dr. Kulkarni.
B. Write the definition of Nisargopachara.
C. Write the objects of Nisargopachara.
D. Write the importance of Nisargopachara.
E. Write short introduction of the book "Return to nature".
F. Enlist the works by Dr. Louis Kuhne.

SECTION-B

5. Write the introduction of Nisargopachara Ashrama, Urulikanchana. 10
6. Describe the activities of CCRYN in the field of education, research and 10
propagation of Nisargopachara.

OR

Describe development of Nisargopachara in Chinese and Egyptian civilization.

7. Write a short note on any **Four** of the following : 20
A. Life sketch of Dr. Bhamagara.
B. Life sketch of Aesculapius.
C. Nisargopachara in Jaina religion.
D. Education system of Nisargopachara in ancient Nalanda University.
E. Relationship between Nisargopachara and chemistry.
8. Answer any **Five** of the following : 10
A. Enlist the books written by S. J. Singh.
B. Write a brief life sketch of Hippocrates.
C. Enlist any four institutes of Naturopathy.
D. Write brief introduction of NIN.
E. Write the time period and place of Mahatma Gandhi.
F. Write the date of establishment and place of Balavantarai Nisargopachara Kendra.

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EXAMINATION SEPTEMBER-2014
FUNDAMENTS OF AYURVEDA - I

Date :- 30-09-2014
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 Bruhat Trayi and explain its importance over other texts of Ayurveda. 10
2. Describe the glimpses of Ayurveda in Greek and Chinese Civilization. 10

OR

Describe the Atreya School of medicine.

3. Write short notes on any **Four** of the following : 20
 - A. Kashyapa Samhita.
 - B. Glimpse of Ayurveda in different religions.
 - C. Introduction of Laghu Trayi.
 - D. Need of Ayurveda in modern era.
 - E. All the commentaries written on Ashtanga Hrudaya.
4. Answer any **Five** of the following : 10
 - A. Enlist the limbs of Ayurveda.
 - B. Write the name of author and commentary written on Ashtanga Samgraha.
 - C. Write the main subject of Sharngadhara Samhita.
 - D. What is meant by Samhita ?
 - E. Write the name of author and commentary written on Charaka Samhita in modern era.
 - F. Write the name of author and commentary written on Sushruta Samhita.

SECTION-B

5. Compare the ancient and modern Ayurveda education system. 10
6. Explain the role of physics, Chemistry and Biology in promotion of Ayurveda. 10

OR

Write the contribution of NIA, Jaipur in the field of Ayurveda.

7. Write short notes on any **Four** of the following : 20
 - A. Acharya Vagbhatta.
 - B. Pt. Madanamohan Malaviya.
 - C. Arya Vaidya Shaala – Kottakkal.
 - D. AYUSH.
 - E. Acharya Divodasa.
8. Answer any **Five** of the following : 10
 - A. Enlist any four works of Vd. Ramraksha Pathaka.
 - B. Enlist any four functions of CCRAS.
 - C. Enlist the time period and place of Purvasu Atreya.
 - D. Write the place and time of establishment of Tilak Ayurveda College.
 - E. Name the ancient Universities having a provision of Ayurvedic education.
 - F. Write the date and place of foundation of Shri Gulabkunverba Ayurved Mahavidyalaya.
