

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) SECOND YEAR  
EXAMINATION OCTOBER-2016

**SWASTHYA VIJNANA - 1**

Date :- 13-10-2016  
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. Describe objectives and importance of Swasthya Vijnana and explain the concept of well-being in detail. 10  
2. Write method, rules, benefits and contra indications for Udvartana and Snana. 10

**OR**

Write Varsha Ritucharya in detail.

3. Write short notes on any **Four** of the following : 20  
A. Prajnaparadha and its importance for maintaining health.  
B. Effect of company and relationship on health.  
C. Aims and importance of Ratricharya.  
D. Ahara Vihara of Hemanta Ritu.  
E. Dhoomapana Vidhi with its benefits.  
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Write definition of Swastha.  
B. Write Vidyuta Vyajana (electric fan) Guna.  
C. Write two activities which are to be done at Sandhyakala.  
D. What is Achara Rasayana ?  
E. What is Ritusandhi ? Write its importance.  
F. Write benefits of Danta Dhavana.

**SECTION-B**

5. Describe in detail the importance of Ahara for maintenance of health and prevention of disease. 10  
6. Write definition of Bala and explain concept of Bala according to Yoga and Nisargopachara. 10

**OR**

Describe types of Nidra in detail.

7. Write short notes on any **Four** of the following : 20  
A. Maithuna Prakara.  
B. Importance of Adharaniya Vega in maintenance of health.  
C. Nirukti and Utpatti of Nidra.  
D. Vyavaya Sambandhi Niyama.  
E. Vachika Dharaniya Vega.  
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Define immunity.  
B. Characteristics features of Atisthula.  
C. Write symptoms of Chikitsa of Kshavathu Vegadharana.  
D. Write definition of Ahara.  
E. Write two methods of Viryaraksha.  
F. Write effects of Ratrijagarana.

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**EXAMINATION OCTOBER-2016**

**SWASTHYA VIJNANA -2**

Date :- 14-10-2016  
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 sources of air pollution and write method for air purification. 10  
2. Describe various impurities of water and waterborne diseases. 10

**OR**

Describe types of land and Nivasa Yogya Bhumi in detail.

3. Write short notes on any **Four** of the following : 20  
A. Bio medical waste management.  
B. Concept of Yoga Matha-Kuti.  
C. Health related aspects of sound.  
D. Importance and daily requirement of water.  
E. Methods of artificial lighting and their effect on health.  
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Write composition of air.  
B. Enlist Shad-Dosha of Jala.  
C. Write two rules of rural housing.  
D. Enlist different types of solid waste.  
E. Enlist methods of dead body disposal.  
F. Enlist qualities of sunlight.

**SECTION-B**

5. Explain the effects of population explosion national development. 10  
6. Describe objectives, structure and functions of WHO. 10

**OR**

Describe probable role of Yoga-Nisargopachara in various level of health care.

7. Write short notes on any **Four** of the following : 20  
A. Role of Yoga-Naturopathy in industrial hygiene.  
B. Introduction of DOTS programme.  
C. JSSK (Janani Shishu Suraksha Karyakrama).  
D. Occupational health hazards.  
E. United Nations agencies for health.  
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Write two measures of health prevention for school hygiene.  
B. Write objective of NRHM.  
C. Define Janapadodhvamsa.  
D. Enlist two national programmes for vector born disease.  
E. Enlist two preventive measures for malaria.  
F. Enlist two united nations agencies for health.

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EXAMINATION OCTOBER-2016

**AHARA VIJNANA**

Date :- 15-10-2016  
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. Describe the concept of Viruddha Ahara with its different types. 10
  2. Write about necessary element of diet with its importance. 10
- OR**
- Describe different classification of diet.
3. Write short notes on any **Four** of the following : 20
    - A. Importance of Gurvadi Guna in dietetics.
    - B. Hazards due to imbalance of diet.
    - C. Importance of fat in diet.
    - D. Specific characteristics of Shad Rasa.
    - E. Importance of Mitahara in Yogic diet.
  4. Answer any **Five** of the following : (two to three sentences) 10
    - A. Which Rasa decrease Pitta and Vata both ? How ?
    - B. Give definition of Samshamana with example.
    - C. Role of minerals in health.
    - D. Write characteristics of Rajasika Ahara with example.
    - E. Write deficiency disorders of Vitamin A.
    - F. Definition of Vikasi Guna with examples.

**SECTION-B**

5. What are Shami Dhanyas ? Describe properties of classical Shami Dhanya and one non classical Shami Dhanya. 10
  6. Describe disadvantages of non-vegetarian diet according to naturopathy. 10
- OR**
- Describe food adulterants and its hazards on health.
7. Write short notes on any **Four** of the following : 20
    - A. Importance of Jala in Naturopathy.
    - B. Shivambu and its importance in naturopathy.
    - C. Yusha and its importance as Pathya Ahara.
    - D. Diseases due to eating of contaminated meat.
    - E. Any two garden remedies with its therapeutic uses.
  8. Answer any **Five** of the following : (two to three sentences) 10
    - A. Write the preparation of Mansarasa.
    - B. Write the therapeutic uses of Brahmi.
    - C. Enlist Lavana Varga.
    - D. Define Raga.
    - E. Write external use of Asthishrunkhala.
    - F. Enlist any two preparation of Ikshu with its properties.

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**EXAMINATION OCTOBER-2016**

**YOGA PHILOSOPHY - 1**

Date :- 17-10-2016  
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 'Brahma-Tatva as the basic foundation' according to Upanishad Philosophy. 10
  2. Describe Yoga Philosophy according to Samaveda. 10
- OR**
- Describe Philosophical aspect of Prashna Upanishad.
3. Write short notes on any **Four** of the following : 20
    - A. Brief introduction of Sankhya Darshan.
    - B. Brihad Aranyaka Upanishad.
    - C. Mandukya Upanishad.
    - D. Taittiriya Upanishad.
    - E. Introduction of Jaina Philosophy.
  4. Answer any **Five** of the following : (two to three sentences) 10
    - A. What was the basic principle of Charvak ?
    - B. Enlist the Guna according to Nyaya Darshan.
    - C. Which question was asked by the student of Kena Upanishad ?
    - D. What was the boon of Yamaraja.
    - E. Enlist the Vada of Vaisheshika Darshan.
    - F. What is ment by Sheela ?

**SECTION-B**

5. Describe Philosophy of Raja Yoga. 10
  6. Describe 'Bhakta Lakshan' according to Shrimad Bhagvat Geeta. 10
- OR**
- Explain the importance and Philosophy of 'Avatar'.
7. Write short notes on any **Four** of the following : 20
    - A. Karma Yoga.
    - B. Importance of Jnanedriya for spiritual development.
    - C. Dhyana Yoga as described in Shrimad Bhagvat Geeta.
    - D. Concept of behaviours according to Yoga.
    - E. Concept of Sharira.
  8. Answer any **Five** of the following : (two to three sentences) 10
    - A. Explain the term 'Bhahmanand'.
    - B. Define Yoga as per Shrimad Bhagvad Geeta.
    - C. Enlist 4 students of Pipalad.
    - D. Define Ahankara.
    - E. Mention the concept of re-birth.
    - F. Enlist the form of Buddhi.

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**YOGA PRACTICES - 1**

Date :- 18-10-2016  
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. Describe the Katishkti Vikasaka Kriya with their technique and physiological effect. 10
2. Describe any two heart strengthening Sthula Vyayama with physiological explanation. 10

**OR**

Explain Uadara Shakti Vikasaka Kriya for digestive disorders.

3. Write short notes on any **Four** of the following : 20
  - A. Technique and effect of Kukkutasana.
  - B. Technique and effect of Gaumukhasana.
  - C. Importance of regularity and repetition in Yoga Practices.
  - D. Brain power developing Sukshma Vyayama.
  - E. Concept of Surya Namaskara.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. Write the definition and technique of Kurpara Shakti Vikasaka Kriya.
  - B. Write the definition and technique of Kapolashakti Vikasaka Kriya.
  - C. Write the definition and technique of Sarvangpushti Kriya.
  - D. Write the technique and effect of Skandha-Bahumula Shakti Vikasaka Kriya.
  - E. Write the technique and effect of Svastikasana.
  - F. Name genital organ strengthening Sukshma Vyayama.

**SECTION-B**

5. Define Mudras with types and their physiological action according to H.P. 10
6. Describe Yoga Nidra in detail. 10

**OR**

Explain difference between Yogic meditation and other methods of meditation.

7. Write short notes on any **Four** of the following : 20
  - A. Therapeutic utility of Prayer.
  - B. Vastra Dhauti.
  - C. Viparita Karani Mudra.
  - D. Sutra Neti.
  - E. Physiological effect of Anuloma-Viloma.
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. Enlist two differences between Pranayama and other breathing exercises.
  - B. Meaning of Svasti Mantra.
  - C. Technique of Uchcharita Pranava.
  - D. Physiological effects of Bhramari Pranayama.
  - E. Enlist types of Vajroli Mudra.
  - F. Define Shankha Prakshalana.

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EXAMINATION OCTOBER-2016

**PHILOSOPHY OF NISARGOPACHARA**

Date :- 19-10-2016  
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. Describe Gandhian view of Socio-economic impact of Nisargopachara. 10
2. Describe concept of life, behaviour and health according to Nisargopachara. 10

**OR**

What is Sharira Dharma ? Explain it's therapeutic importance.

3. Write short notes on any **Four** of the following : 20
  - A. Functions of Agni Mahabhuta in the body.
  - B. Characteristics of Vayu Mahabhuta dominant Dravya.
  - C. Principle of Panchikarana.
  - D. Therapeutic importance of Prayer.
  - E. Penta elemental concept of Deha prakriti.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. Enlist Ashta Prakriti Tatva according to Samkhya Darshana.
  - B. Enlist types of Manas Prakriti.
  - C. Write relationship of Tridoshatmak and Trigunatmak Prakriti.
  - D. Write two functions of Akasha Mahabhuta in the body.
  - E. What is Bhutanupravesha ?
  - F. Who established Arogya Rakshaka Pancha Tantra ? Enlist five components of it.

**SECTION-B**

5. Describe law of periodicity. 10
6. Define 'Crisis'. Describe it's types, occurrence and management. 10

**OR**

Write definition of prayer and describe it's importance in Nisargopachara.

7. Write short notes on any **Four** of the following : 20
  - A. Inflammation and it's stages according to naturopathy.
  - B. Upas tree.
  - C. Toxaemia theory.
  - D. Importance of facial expression in naturopathy.
  - E. Unity of disease and unity of cure.
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. Enlist intrinsic causes of drug reaction.
  - B. Enlist natural contraceptive methods for male.
  - C. Enlist two similarities between Nisargopachara and Ayurveda.
  - D. What is encumbrances ?
  - E. Enlist primary causes of diseases.
  - F. What is law of disease and reversal order of cure ?

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EXAMINATION OCTOBER-2016  
FUNDAMENTS OF AYURVEDA - 2

Date :- 20-10-2016  
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. Defining Pratyaksha, describe the importance of Pratyaksha Pramana in medical science. 10
2. Explain Padartha. 10

**OR**

Describe Abhava.

3. Write short notes on any **Four** of the following : 20
  - A. Importance of Pramana.
  - B. Features of good text book.
  - C. Sambhava.
  - D. Pratyaksha Badhaka Bhava.
  - E. Types of Shabda.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. Define Apta.
  - B. Write characteristic features of Samavaya.
  - C. Define Yunjaan.
  - D. Write the utility of Yukti Pramana.
  - E. Define Prama.
  - F. Define Bhranti.

**SECTION-B**

5. Describe Samanya. 10
6. Explain Desha. 10

**OR**

Explain Disha.

7. Write short notes on any **Four** of the following : 20
  - A. Sankhya Darshana.
  - B. Importance of Vishesha in Yoga and Naturopathy.
  - C. Types of Kala.
  - D. Utility of Karya-Karana Vada in Naturopathy.
  - E. Nyaya Darshana.
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. Define Yoga.
  - B. Enlist the types of Vishesha.
  - C. Write the name of the Author of Yoga Darshana.
  - D. Enlist the types of Yama.
  - E. Define Astika Darshana.
  - F. Write the features of the Jangala Desha.

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