

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) SECOND YEAR
EXAMINATION APRIL-2017

FUNDAMENTS OF AYURVEDA - 2

Date :- 24-04-2017
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 Panchaavayava Vakya with example. 10
 2. Write the importance of Upamana Pramana in Yoga and Naturopathy. 10
- OR**
- Describe Yukti Pramana.
3. Write short notes on any **Four** of the following : 20
 - A. Hetvaabhasa.
 - B. Tadvida Sambhasa.
 - C. Types of Karma.
 - D. Importance of Shabda Pramana.
 - E. Cheshta
 4. Answer any **Five** of the following : (two to three sentences) 10
 - A. What is Nastik Darshana ?
 - B. Define Padartha.
 - C. Define Ayu.
 - D. Enlist the types of Pramana according to Nyaya Darshana.
 - E. Define Yukti.
 - F. Write the characteristic features of Apta.

SECTION-B

5. Explain Nastika Darshana. 10
 6. Write the role of Vishesha in Vruddhi - Kshaya of Doshas. 10
- OR**
- Write the applied aspect of Samanya.
7. Write short notes on any **Four** of the following : 20
 - A. Effect of Kala on Body.
 - B. Ashtanga Yoga.
 - C. General causes of Disease.
 - D. Anupa Desha.
 - E. Introduction to Ethics.
 8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enumerate the Disha.
 - B. Write the synonyms of Kala.
 - C. Enlist the types of Desha.
 - D. Enlist the Astika Darshana.
 - E. Write the name of the Author of Vedanta Darshana.
 - F. Write the name of the Author of Sankhya Darshana.

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EXAMINATION APRIL-2017

PHILOSOPHY OF NISARGOPACHARA

Date :- 22-04-2017
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. Writing the definitions of Nisargopachara, explain its philosophy. 10
2. Describe the evolution of universe and man according to ancient texts. 10

OR

Explain the scientific approach towards penta elemental theory.

3. Write short notes on any **Four** of the following : 20
 - A. Concept of behaviour according to Nisargopachara.
 - B. Cleansing through fasting – therapeutic approach.
 - C. Jala Mahabhuta.
 - D. Concept of Nidra as Sharira Dharma.
 - E. Social impact of Nisargopachara as per Gandhiji.
4. Answer any **Five** of the following : 10
 - A. Define Vayu.
 - B. What is meant by Deha Prakruti ?
 - C. Enlist Trigunas.
 - D. Define Akasha.
 - E. Enlist any four Dravyas dominated by Pruthvi Mahabhuta.
 - F. Enlist any four functions of Agni Mahabhuta in the body.

SECTION-B

5. Defining prayer, write its aims and objectives along with its importance in Nisargopachara. 10
6. Explain the theory of vitality and vital economy. 10

OR

Describe the Law of periodicity and its importance in Nisargopachara.

7. Write short notes on any **Four** of the following : 20
 - A. Healing crisis.
 - B. Upas Tree.
 - C. Foreign matter theory.
 - D. Law of disease and reverse order of cure.
 - E. Nisargopachara and Ayurveda.
8. Answer any **Five** of the following : 10
 - A. Define inflammation.
 - B. What is meant by extrinsic causes of drug reaction ?
 - C. Enlist the types of vaccination.
 - D. Enlist the types of encumbrance.
 - E. Enlist any four natural contraceptive methods for female.
 - F. Define enervation.

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EXAMINATION APRIL-2017

YOGA PRACTICES - 1

Date :- 21-04-2017

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. Explain rules, regulation for Yogic practices with regards to season. 10
2. Explain the concept and practice of Sukshma Vyayama related to lower limbs. 10

OR

Physiological effect of relaxative poses according to H.P.

3. Write short notes on any **Four** of the following : 20
A. Definition, technique and effect of Rekhagati.
B. Griva Shakti Vikasaka Kriya.
C. Rules of Yogic procedure for different age group.
D. Technique and effect of Dhanurasana.
E. Palm and finger related Sukshma Vyayama.
4. Answer any **Five** of the following : (two to three sentences) 10
A. Definition and technique of Virasana.
B. Enlist any four Sukshma Vyayama from shoulder to wrist.
C. Mention posture wise brathing techniques in Suryanamaskara.
D. Define Urdhvagati.
E. Write the technique of Mooladhara Chakra Suddhi Kriya.
F. Effect of Mayurasana.

SECTION-B

5. Describe Shakra Prakshalana with its physiological effect. 10
6. Define Bandhas with their types, practices and effect according to H.P. 10

OR

Explain the difference between Pranayama and other breathing exercise with appropriate examples.

7. Write short notes on any **Four** of the following : 20
A. Therapeutic utility of Gayatri Mantra.
B. Physiological effect of Yoga Nidra.
C. Trataka.
D. Khechari Mudra.
E. Bhramari Pranayama.
8. Answer any **Five** of the following : (two to three sentences) 10
A. Define Pranayama.
B. Write two differences between Yogic relaxation and other relaxing techniques.
C. Define Kapalabhati.
D. Write meaning of Shanti Mantra.
E. Write technique of Shakti Chalini Mudra.
F. Techniques of Sutra Neti and measurement of Sutra according to H.P.

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EXAMINATION APRIL-2017

YOGA PHILOSOPHY - 1

Date :- 20-04-2017
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 concept of Yoga according to Upanishad. 10
2. What is Brahmana as per Vedanta Darshana ? Write in detail. 10

OR

Explain cosmological evolution as per Samkhya.

3. Write short notes on any **Four** of the following : 20
A. What is the theory of Charvaka ?
B. Describe Samadhi according to Buddhism.
C. Describe Vishvesha in the light of Nyaya Darshana.
D. Philosophy of Taittiriya Upanishad
E. Write a short note on : Ajeerna as per Jainism.
4. Answer any **Five** of the following : 10
A. Enlist the seven Padarthas as per Nyaya.
B. Why the Samkhya entitled as Samkhya ?
C. Why the sage gets angry on Nachiketa ?
D. Give the definition of Aastika.
E. Enlist Purushartha Chatushtayam.
F. What is Pitharapakavada ?

SECTION-B

5. Define and illustrate Yoga as per Shrimad Bhagavad Gita. 10
6. Discuss the characteristics of devotee. 10

OR

Explain the Raja Yoga as per various Yogic classics.

7. Write short notes on any **Four** of the following : 20
A. Describe the concept of Ishwara.
B. Concept of life and health in the light of Yoga.
C. Explain Mantra Yoga.
D. Define Nada Yoga.
E. Discuss philosophical aspects of Yogic practice.
8. Answer any **Five** of the following : 10
A. Define the word Veda.
B. Write the Philosophy of Tantra Yoga in brief.
C. What is the meaning of Brahmanda ?
D. Enlist penta elements.
E. What is meant by Medha ?
F. Which are the forms of intellect ?

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EXAMINATION APRIL-2017

AHARA VIJNANA

Date :- 19-04-2017

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 Guna, describe the Gurvadi Guna in detail with examples of Ahara Dravya. 10
2. Defining Karma, describe its classification and importance. 10

OR

Describe importance of balanced diet and Shadrasa Sevana.

3. Write short notes on any **Four** of the following : 20
A. Disorders due to unhygienic diet.
B. Importance of carbohydrate in diet.
C. Characteristics of Amla Rasa and effects of its excessive uses.
D. Over nutrition and diseases due to it.
E. Relations between Shad Rasas and Dosha, Mala.
4. Answer any **Five** of the following : (two to three sentences) 10
A. Which Rasas decrease Kapha and Pitta both ?
B. Give definition of Stambhana and mention two Stambhana Dravyas.
C. Role of Vitamins in health.
D. Characteristics of Satvika Ahara with example.
E. Write deficiency disorders of Vitamin C.
F. Definition of Vyavayi Guna with example.

SECTION-B

5. What are Shuka Dhanyas ? Describe properties of classical Shaka Dhanyas and one non classical Shuka Dhanya. 10
6. Describe advantages and disadvantages of Shakavarga. 10

OR

Write the composition of milk and its tests.

7. Write short notes on any **Four** of the following : 20
A. Importance of Dugdha Varga in naturopathy.
B. Maricha and Lashuma with its therapeutic uses.
C. Manda and its importance as Pathyahara.
D. Benefits of Takra for health.
E. Therapeutic uses of Vasa and Nirgundi.
8. Answer any **Five** of the following : (two to three sentences) 10
A. Write preparation of Supa.
B. Write therapeutic uses of Nimba.
C. Enlist Madhu Varga.
D. Define Shadava.
E. Write external therapeutic uses of Shunthi.
F. Enlist types of Madhu.

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EXAMINATION APRIL-2017

SWASTHYA VIJNANA -2

Date :- 18-04-2017

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 ventilation, describe Artificial ventilation. 10
2. Describe ideal house for a nuclear family. 10

OR

Explain the importance of water disinfection.

3. Write short notes on any **Four** of the following : 20
A. Natural air purifying factors.
B. Yoga Matha-Kuti.
C. Boiling of water.
D. Noise and its effects.
E. Latrines for camps and fairs.
4. Answer any **Five** of the following : 10
A. Write the names of any four air pollutants.
B. What is the need of a house ?
C. Enlist any four impurities dissolved in the water.
D. What is the importance of light for effective vision ?
E. What are the sources of light pollution ?
F. Enlist the hazards of Radiation.

SECTION-B

5. Describe industrial hygiene. 10
6. Describe Community Health Care services at district level. 10

OR

Describe Tuberculosis Prevention.

7. Write short notes on any **Four** of the following : 20
A. Occupational health hazards of possible to occur in a doctor.
B. Functions of Male health worker for PHC.
C. Chicken pox prevention.
D. Ante Natal Care.
E. Role of NGOs in Primary Health Care.
8. Answer any **Five** of the following : 10
A. Enlist any four occupational disorders possible to occur in a lawyer.
B. What is NRHM ?
C. Define infectious disease.
D. Which micro-organism is responsible for syphilis and how it is spread ?
E. Which extra nutrients are necessary for a pregnant lady ?
F. Write any two objectives of WHO.

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EXAMINATION APRIL-2017

SWASTHYA VIJNANA - 1

Date :- 17-04-2017
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. Write definitions of Swastha, Swasthya and Swasthavritta and describe importance of Swasthya Vijnana in present era. 10
 2. What means Dinacharya ? Write benefits, indications and contra indications for Gandusha-Kavala Dharana and Dhumapana. 10
- OR**
- Write Hemanta Ritucharya in detail.
3. Write short notes on any **Four** of the following : 20
 - A. Importance of Sadavritta in present era.
 - B. Achara Rasayana.
 - C. Gruhastha Dharma Palanavidhi – Niyama.
 - D. Adanakala and Visarga Kala with their relation to Dosha and Bala.
 - E. Vyayama – Rules and benefits.
 4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Write the definition of health according to WHO.
 - B. Write two rules of Ratribhajana.
 - C. Write two qualities of Shayana Sthala.
 - D. Define Prajna and Prajnaparadha.
 - E. What is Yamadamshttra ?
 - F. Write benefits of Ushah Pana.

SECTION-B

5. Write food related hygiene in detail. 10
 6. Enlist Nindita Purusha and describe Atisthula and Atikrusha in detail. 10
- OR**
- Describe Yogic and Naturopathic concept of Nidra.
7. Write short notes on any **Four** of the following : 20
 - A. Yogic and Naturopathic concept of Brahmacharya.
 - B. Concept of Vega and its importance.
 - C. Effects of Ratribhajana and Diwaswapna on health.
 - D. Viryopatti and Viryaraksha.
 - E. Symptoms of Adhovayu, Purisha and Mutra Vegadharana.
 8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist the types of Bala.
 - B. What is Vyadhikshamatva ?
 - C. Write symptoms and Chikitsa of Kasa Vega Dharana.
 - D. Enlist any four Santarpanajanya Vyadhi.
 - E. Write definition of Brahmacharya.
 - F. Enlist types of Nidra.
