

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

SWASTHYA VIJNANA - 1

Date :- 26-10-2017
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. Write definition of health according to WHO along with definition of Swasthya and describe various dimensions of health in detail. 10
2. Write aims and importance of Dinacharya and describe benefits and contra indications for Abhyanga and Vyayama. 10

OR

Write Vasanta Ritucharya in detail.

3. Write short notes on any **Four** of the following : 20
 - A. Role of Sadvritta in prevention of psychosomatic diseases.
 - B. Abhyasa related Sadvritta and Vyavasaya related Sadvritta.
 - C. Ratribhojana Vidhi.
 - D. Ahara Vihara of Grishma Ritu.
 - E. Anjana and Pratimarsha Nasya.
4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Write two objectives of Swasthya Vijnana.
 - B. Write two rules for Gruhastha Dharma Palana.
 - C. Write two qualities of Yogya Shayya.
 - D. Define Sadavritta.
 - E. Write about Rituharitaki.
 - F. What is difference between Udvartana and Utsadana ?

SECTION-B

5. Write definition of Ahara and describe its importance as Upastambha. 10
6. What is Immunity ? Describe in detail and write correlation of Bala and immunity. 10

OR

Describe importance of Nidra for health maintenance.

7. Write short notes on any **Four** of the following : 20
 - A. Menstrual hygiene.
 - B. Dharaniya Vega and their importance in prevention of psychosomatic disorders.
 - C. Duration of Nidra according to age with properties of Yukta Nidra.
 - D. Effects of Ativyavaya.
 - E. Symptoms of Kshudha, Trusha and Nidra Vegadharana.
8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist Nindita Purusha.
 - B. Write types of Bala.
 - C. Write Chikitsa of Purisha Vegadharana.
 - D. Enlist any four Apatarpanajanya Vyadhi.
 - E. Enlist Maithuna Prakara.
 - F. What is Swapna ?

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SWASTHYA VIJNANA -2

Date :- 27-10-2017
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. Write health impacts of air and describe air polluting substances in detail. 10
2. Describe types of water and type wise qualities of water according to ancient and modern concepts. 10

OR

Describe biomedical waste management in detail.

3. Write short notes on any **Four** of the following : 20
 - A. Different methods of solid waste disposal.
 - B. Social goals of housing.
 - C. Types of land.
 - D. Noise pollution and its effects on health.
 - E. Shad-Dosha of Jala.
4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist sources of air pollution.
 - B. Write two methods for maintenance of temperature in house.
 - C. What is lighting standards ?
 - D. Write health impact of artificial ventilation.
 - E. Write two qualities of Nivasa Yogya Bhumi.
 - F. Enlist sources of Vikirana (radiation).

SECTION-B

5. Describe vaccination schedule in detail. 10
6. Describe structure and functions of PHC. 10

OR

Describe various definitions of health care services and their various levels.

7. Write short notes on any **Four** of the following : 20
 - A. Role of Yoga Nisargopachara in prevention of Janapadodhvamsa.
 - B. NSSK (Navajata Shishu Suraksha Karyakrama)
 - C. Importance and utility of Shodasha Samskara.
 - D. Measures of health prevention and promotion for school hygiene.
 - E. State and district level health system in India.
8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist four occupational health hazards.
 - B. Write two measures for promotion of occupational health.
 - C. Write full name of NRHM and NUHM.
 - D. Write four causes of Janapadodhvamsa.
 - E. Enlist any four infectious disorders.
 - F. What is Alma-ata declaration ?

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AHARA VIJNANA

Date :- 28-10-2017
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. Defining Rasa, describe all the Rasas in detail with its Atiyoga Parinama. 10
 2. Defining Dravya, describe its classification. 10
- OR**
- Describe Aharavidhi Visheshayatana.
3. Write short notes on any **Four** of the following : 20
 - A. Necessary elements of diet.
 - B. Importance of protein in diet.
 - C. Pathyapathya.
 - D. Ideal quantity of diet with regards to age and sex.
 - E. Dwadasha Ahara Pravicharana.
 4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Which Rasas decreases Vata and Kapha both ?
 - B. Give definition of Grahi and mention two Grahi Dravyas.
 - C. Write characteristics of Tamasika Ahara with example.
 - D. Write Ideal diet for pregnancy.
 - E. Write deficiency disorders of Vitamin B₁₂.
 - F. Definition of Ashukari Guna with examples.

SECTION-B

5. What is Aharopayogi Dravya ? Describe its importance in diet. 10
 6. Discuss advantages and disadvantages of Taila Varga in Ahara. 10
- OR**
- Describe the disadvantages of Vegetarian diet according to nutrition point of view.
7. Write short notes on any **Four** of the following : 20
 - A. Importance of Phala Varga in Naturopathy.
 - B. Therapeutic uses of Jiraka and Haridra.
 - C. Peya and its importance as Pathya Ahara.
 - D. Benefits and hazards of Lavana.
 - E. Therapeutic uses of Tulsi and Ghrutkumari.
 8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Write the preparation of Veshavara.
 - B. Write the therapeutic uses of Shatavari.
 - C. Enlist Mutra Varga.
 - D. Define Vatyodana.
 - E. External therapeutic uses of Rajika.
 - F. Write the composition of milk.

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YOGA PHILOSOPHY - 1

Date :- 30-10-2017
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. Define Yoga according to Vedic Philosophy. 10
 2. Describe Philosophical aspect of Yoga according to 'Katha' Upanishad. 10
- OR**
- Describe the development of Universe according to "Attariya' Upanishad.
3. Write short notes on any **Four** of the following : 20
 - A. Dravya in Nyaya.
 - B. Mana.
 - C. Anu-Vada.
 - D. Yoga as per Isha Upanishad.
 - E. Pudgal as described in Jainism.
 4. Answer any **Five** of the following : (two to three sentences) 10
 - A. What is Atma in Uttar Mimansa ?
 - B. Mention Charvak Philosophy.
 - C. Enlist Panch Tanmatra.
 - D. Define Dharma as per Purva Mimansa.
 - E. Explain Jiva.
 - F. Define Prajna.

SECTION-B

5. Explain 'Yoga as an art of living' according to Shrimad Bhagvat Geeta. 10
 6. Describe 'Jnana Yoga' as per Shrimad Bhagvat Geeta. 10
- OR**
- Explain the Philosophy of 'Laya' Yoga.
7. Write short notes on any **Four** of the following : 20
 - A. Concept of Soul.
 - B. Concept of Health in Yoga.
 - C. Purushartha Chatushtaya.
 - D. Vaisheshika concept of Brahmananda.
 - E. Forms of Intellect.
 8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist the types of Sharira.
 - B. Mention the Philosophy of Hatha Yoga.
 - C. Explain Karya-Karan Vada.
 - D. Define 'Nishkam Karma'.
 - E. Write concept of 'God'.
 - F. Enlist Panch-Kosha.

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YOGA PRACTICES - I

Date :- 01-11-2017
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. Explain the rules and regulations for Yogic procedures with regards to age, sex and diet. 10
2. Answer any one out of two questions. 10
 - A. Explain technique of Suryanamaskar with Mantra, number of round, correct postures etc.
 - B. Explain Jangha and Janu Shakti Vikasak Kriya with physiological benefits.
3. Answer any **Four** out of five questions : 20
 - A. Technique and Physiological effect of Shirshasan.
 - B. Define Paschimottanasan with techniques and its health benefit.
 - C. Griva Shakti Vikasaka Kriya.
 - D. Write definition and physiological action of Uttankurmasan.
 - E. Vakshasthala Shaktivikasak Kriya.
4. Answer any **Five** out of six questions : 10
 - A. Write the technique of Mechashakti Vikasak Kriya.
 - B. Enlist the season for starting Yoga (Yogarambha).
 - C. Mention the technique of Karnashakti Vardhak Kriya.
 - D. Define Kukkutasan as per Hathapradipika.
 - E. Define Sarvang Pushti.
 - F. Write the technique of Bhujabandha Shakti Vikasaka Kriya

SECTION-B

5. Define Pranayam with their types and technique with Physiological action. 10
6. Write any **one** out of two questions : 10
 - A. Describe Samadhi according to Hathapradipika.
 - B. Explain therapeutic utility of Prayer.
7. Answer any **Four** out of five questions : 20
 - A. Give definition and Physiological effect of Viparit Karanimudra.
 - B. Explain the difference between Yogic and non Yogic meditation.
 - C. Netikriya – types and technique with physiological action.
 - D. Explain Dhauti Kriya as per Hathapradipika.
 - E. Uddiyanbandha with its effect.
8. Answer any **Five** of six questions : 10
 - A. Enlist 'dont's' after Shakhaprakshalan any four.
 - B. Explain the meaning of Svastimantra.
 - C. Define Jalandharbandha.
 - D. Write any two difference between Yogic and non Yogic relaxation.
 - E. Define Kapalbhati.
 - F. Meaning of Uccharit Pranav.

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PHILOSOPHY OF NISARGOPACHARA

Date :- 02-11-2017
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 Arogya Rakshaka Panchatantra in detail. 10
2. Describe concept of cleansing according to Nisargopachara. 10

OR

Explain relationship of Nisargopachara and economy according to Gandhiji.

3. Write short notes on any **Four** of the following : 20
 - A. Functions of Jala Mahabhuta in the body.
 - B. Characteristics of Agni Mahabhuta dominant Dravya.
 - C. Principle of Bhutanupravesha.
 - D. Therapeutic importance of Ahara.
 - E. Concept of life and health according to Nisargopachara.
4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist Shodasha Vikara according to Samkhya Darshana.
 - B. Enlist types of Deha Prakriti.
 - C. Write penta elemental composition of Tridosha.
 - D. Enlist functions of Vayu Mahabhuta in body.
 - E. Enlist characteristics of Akash Mahabhuta dominant Dravya.
 - F. What is Panchikarana ?

SECTION-B

5. Describe theory of vitality and vital economy. 10
6. Describe 'Upas tree' in detail. 10

OR

Describe foreign matter theory of Louis Kunhe.

7. Write short notes on any **Four** of the following : 20
 - A. Causes of drug reaction.
 - B. Effects of vaccination and inoculation.
 - C. Importance of prayer in Nisargopachara.
 - D. Relation of Nisargopachara and Ayurveda.
 - E. Enervation.
8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist natural contraceptive method for female.
 - B. What is healing crisis ?
 - C. Who is founder of toxemia theory ? Define it.
 - D. What is encumbrances ?
 - E. Enlist stages of inflammation according to modern medicine.
 - F. What is constructive principle ?

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EXAMINATION OCTOBER-2017
FUNDAMENTS OF AYURVEDA - 2

Date :- 03-11-2017
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 the Yukti Pramana. 10
2. Describe the Aptopadesha. 10

OR

Write the utility of Pratyaksha Pramana.

3. Write short notes on any **Four** of the following : 20
A. Classification of Pramanas.
B. Pariksha.
C. Anumana.
D. Sadahetu.
E. Arthapatti.
4. Answer any **Five** of the following : (two to three sentences) 10
A. Define Anupalabdhi.
B. Enlist the types of the Shabda.
C. Enlist the Shat Padartha.
D. Define Dravya.
E. Write the examples of Upamana Pramana.
F. Define Aitihya.

SECTION-B

5. Explain the Karya – Karana Vada in relation to health. 10
6. Write about Sankhya Darshana. 10

OR

Write the Role of Kala in the manifestation of disease.

7. Write short notes on any **Four** of the following : 20
A. Role of Vishesh in Kshaya Siddhanta.
B. Relationship between Avasthika Kala and Age.
C. Jain Darshana.
D. Sadharana Desha.
E. Ashtanga Yoga.
8. Answer any **Five** of the following : (two to three sentences) 10
A. Write the name of the Author of Nyaya Darshana.
B. Define Siddhanta.
C. Write the examples of Dravya Samanya.
D. How many Rutus are included in One Ayana?
E. Write the name of the Author of Vaisheshika Darshana.
F. Enlist the types of the Desha.
