

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)
SECOND YEAR EXAMINATION APRIL-2018

SWASTHYA VIJNANA - 1

Date :- 16-04-2018
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 dimensions of health in detail. 10
2. Write Ritus according to different Acharyas and describe in detail the Samchaya – Prakopa – Prasham of Dosha in different Ritus. 10

OR

Describe types, indications, benefits a method of Dhoomapana.

3. Write short notes on any **Four** of the following : 20
 - A. Objective & Subjective Criteria of well-being.
 - B. Benefits & method of Pratimarsha Nasya.
 - C. Role of Sadvritta in prevention of psychological disorders.
 - D. Ratribhajana Vidhi.
 - E. Ahara grahana related Sadvritta.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write two properties of Ushahpana.
 - B. Enlist persons\conditions where Vyayama is contraindicated.
 - C. Write two qualities of Shaiyasthala.
 - D. Enlist Mangalyakara Samagri mentioned in Ratricharya.
 - E. Define Adana Kala.
 - F. Define Sadavritta.

SECTION-B

5. Describe importance of Ahara in maintenance of health. 10
6. Write duration of sleep according to age and describe adverse health effects of Ratrijagarana & Diwaswapa. 10

OR

Enlist Adharaniya Vega and write signs-symptoms & treatment for Mutra & Purisha Vega Dharana.

7. Write short notes on any **Four** of the following : 20
 - A. Apatarpanajanya Vyadhi.
 - B. Yogic concept of Brahmacharya.
 - C. Effect of Atimathuna on health.
 - D. Vachika Dharaniya Vega.
 - E. Naturopathic concept of Bala.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write Symptoms of Kasa Vega Dharana.
 - B. Write treatment of Ashru Vega Dharana.
 - C. Write characteristics of Atikrusha Purusha.
 - D. Define Bala.
 - E. Write types of immunity.
 - F. Enlist any four Maithuna Prakara.

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SWASTHYA VIJNANA -2

Date :- 17-04-2018
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 composition of air and describe polluting substance for air with their health hazards. 10
2. Write sources of water pollution and various types of water purification. 10

OR

Describe sources, effects and control of Vikirana (radiation).

3. Write short notes on any **Four** of the following : 20
 - A. Various methods of dead body disposal.
 - B. Naturopathic concept of housing.
 - C. Five sources of water along with source wise qualities.
 - D. Method of Bhumi Shodhana.
 - E. Biomedical waste management.
4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Write method of air purification.
 - B. Enlist water borne diseases.
 - C. Enlist types of land.
 - D. Enlist two qualities of proper house.
 - E. Enlist methods of disposal for solid waste of rural area.
 - F. Define noise pollution.

SECTION-B

5. Describe various methods of birth control. 10
6. Describe importance of Yoga-Nisargopachara in national health policy. 10

OR

Write introduction of NRHM.

7. Write short notes on any **Four** of the following : 20
 - A. Role of Yoga-Nisargopachara in scholastic hygiene.
 - B. Janapadodhvamsa.
 - C. Mission Indradhanusha.
 - D. Measures of health prevention in industrial area.
 - E. AYUSH.
8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Write any two occupational disorders possible to occur in traffic police.
 - B. Define Janapadodhvamsa.
 - C. Enlist programmes for control of STDs.
 - D. What is WIFS ?
 - E. Write objectives of WHO.
 - F. Write structure of PHC.

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AHARA VIJNANA

Date :- 19-04-2018
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. Define and describe the "Viruddha Ahara". 10
2. Describe "Aharavidhi Visheshayatana" in detail. 10

OR

Describe the ideal diet qualitatively and quantitatively in order to age, sex and occupation.

3. Write short notes on any **Four** of the following : 20
 - A. Classification of Dravya
 - B. Panchabhautika composition of Shada Rasa.
 - C. Importance of Guna in dietetics
 - D. Comparative evaluation of Grahi and Stambhana Karma.
 - E. Pathyapathya Ahara.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist the classification of Dravya on the basis of Prayoga.
 - B. Which are the Sheeta Rasas ?
 - C. Enlist the Rasas which pacify the Vata.
 - D. Write the characteristics of "Vyavayi" Dravyas.
 - E. Enlist the Dravyas which should not be taken in excess.
 - F. Ghruta Prabhava.

SECTION-B

5. Describe the merits and demerits of non-vegetarian diet. 10
6. Describe "Shami Dhanya" in details and write about any two. 10

OR

Write about the composition of Milk and its health merits.

7. Write short notes on any **Four** of the following : 20
 - A. Merits and demerits of "Dadhi".
 - B. Write the indication and contraindications of Haridra with justifications.
 - C. Importance of Jiraka in food preparation.
 - D. Taila Verga.
 - E. Preparation and importance of "Raga" and Shadava".
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write Veerya and therapeutic action of "Vasa".
 - B. Write Rasa and Vipak of "Eranda".
 - C. Write any two formulations of Shankhapushpi.
 - D. Define "Veshavara" and enlist its properties.
 - E. Enlist types of Mutra.
 - F. External application of Nirgundi.

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SECOND YEAR EXAMINATION APRIL-2018

YOGA PHILOSOPHY - 1

Date :- 20-04-2018
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 philosophy of Yoga as per Atharvaveda. 10
 2. Explain yogic philosophy of Prashnopanishad. 10
- OR**
- Describe philosophical aspect of Yoga in Aitariya Upanishad.
3. Write short notes on any **Four** of the following : 20
 - A. Manduka Upanishada.
 - B. Yoga in Yajurveda.
 - C. Prakruti as per Sankhya.
 - D. Jain Darshan.
 - E. PurvaMimansa.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist NastikaDarshana.
 - B. Explain difference between Samanya and Vishesh shortly.
 - C. Enlist Characteristic features of Purusha.
 - D. What is AnuVada?
 - E. Define Sheela as per Baudha Philosophy.
 - F. What is Brahma?

SECTION-B

5. Describe "Dhyan Yoga" as per Shrimad Bhagwat Geeta. 10
 6. Describe the philosophy of Nada Yoga. 10
- OR**
- Explain the concept of health according to Yoga.
7. Write short notes on any **Four** of the following : 20
 - A. Relation between Pinda and Brahmanda.
 - B. Bhakta Lakshana.
 - C. Ayurvedic Philosophy of Yoga.
 - D. Evolution of Universe as per Yoga.
 - E. Philosophical aspect of Yogasana.
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define Yoga as per Shrimad Bhagawat Geeta.
 - B. Enlist the characteristics of "SthitaPrajna".
 - C. Define "Avatar".
 - D. Explain the reason of re-birth in short.
 - E. Enlist characteristics of Rajo Guni person.
 - F. What is the effect of Mantra?

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YOGA PRACTICES - 1

Date :- 21-04-2018
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 physiological action of brain related Sukshma vyayam with their techniques. 10
 2. Explain rules & regulation of diet during Yogabhyas. 10
- OR**
- Describe UdarshaktiVikasakKriyas in detail.
3. Write short notes on any **Four** of the following : 20
 - A. Importance of breathing in Asanas
 - B. Definition, techniques and physiological effect of Hrudgati.
 - C. Techniques and effect of Kukkutasan.
 - D. Simhasan for E.N.T. disorders.
 - E. VakshaSthala Shakti VikasakaKriya.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write the technique of Padanguli Shakti Viaksak.
 - B. Define SarvangPushti.
 - C. Define Uttankurmasan.
 - D. Write the technique of Karna Shakti Vikasak kriya.
 - E. Enlist yogic shuddhikriya which can be done by kids.
 - F. Enlist C.I. seasons for starting Yogabhyasas.

SECTION-B

5. Describe yoga nidra in detail. 10
 6. Define Pranayam with their effect on Respiratory system. 10
- OR**
- Explain the effect of prayer on Nervous system.
7. Write short notes on any **Four** of the following : 20
 - A. Kapalbhathi.
 - B. Difference between Asana and exercise.
 - C. Vajroli mudra.
 - D. Technique and effect of Madabandha.
 - E. JalaDhauti.
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write the technique of Uccharit Pranav.
 - B. Enlist Asanas for Shankhprakashalan.
 - C. Mention the size of Vastra for Vastradhauti as per H.P.
 - D. Write Shanti Mantra.
 - E. Write difference between Yogic and non yogic meditation.
 - F. Define Mahavedha mudra.

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SECOND YEAR EXAMINATION APRIL-2018
PHILOSOPHY OF NISARGOPACHARA

Date :- 23-04-2018
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 Sharira Dharma in detail. 10
 2. Describe penta elemental concept of Tridosha with it's therapeutic importance. 10
- OR**
- What is Arogya Rakshaka Pancha Tantra ? Describe it's therapeutic importance.
3. Write short notes on any **Four** of the following : 20
 - A. Definition of Akasha and it's functions in body.
 - B. Characteristics of Prithvi Mahabhuta dominant Dravya.
 - C. Concept of cleaning according to Nisargopachara.
 - D. Socio-economic impact of Nisargopachara according to Gandhiji.
 - E. Concept of health according to Nisargopachara.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist four functions of Agni Mahabhuta in the body.
 - B. What is Panchikarana?
 - C. Enlist types of Deha Prakriti.
 - D. Enlist four characteristics of Vayu Mahabhuta dominant Dravya.
 - E. Enlist twenty four Tatva of Universe according to Samkhya.
 - F. Write therapeutic importance of exercise.

SECTION-B

5. Describe constructive and destructive principles in detail. 10
 6. Describe Principle of 'Unity of disease and unity of cure'. 10
- OR**
- Describe toxemia theory of J.H.Tilden.
7. Write short notes on any **Four** of the following : 20
 - A. Types of crisis and its management.
 - B. Natural rejuvenation.
 - C. Natural contraceptive methods.
 - D. Similarities and differences between Nisargopachara and Ayurveda.
 - E. Stages of inflammation.
 8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Write aims and objectives of prayer.
 - B. Who is founder of foreign matter theory ? Define it.
 - C. Enlist roots of Upas tree.
 - D. Enlist effects of vaccination.
 - E. Write law of periodicity.
 - F. Define morbid matter.

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SECOND YEAR EXAMINATION APRIL-2018
FUNDAMENTS OF AYURVEDA - 2

Date :- 24-04-2018
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 Concept of Anuman Pramana and Practical approach of Anumana pramana in Ayurveda. 10
2. Describe the Concept of Pratyaksha Pramana and Give Practical Utility of Pratyaksha Pramana . 10

OR

Explain the Concept of Dravya according to Ayurveda and Darsana shastra.

3. Write short notes on any **Four** of the following : 20
 - A. Describe the Classification of Gunas as per Ayurveda.
 - B. Describe the Practical Utility of Samanya.
 - C. Write short notes on: Arthapatti Pramana.
 - D. Write short notes on: Indriyarth sannikarsha.
 - E. Describe the Numbers of Pramana according to different School of Philosophy.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Name the Five Components of Panchavayava Vakya.
 - B. Define Apta.
 - C. Enlist Karna Dravya.
 - D. Define Parishesha Praman.
 - E. Enlist Paradi Gunasa.
 - F. Define Vyapti.

SECTION-B

5. Define Darshana Describe the Nyaya Darshana and its relation to Ayurveda. 10
6. Describe the Vriddhi-Kshaya Siddhanta. 10

OR

Describe the concept of Desha its importance in Ayurveda.

7. Write short notes on any **Four** of the following : 20
 - A. Write short notes on: Charvaka Darshna.
 - B. Write short notes on: Concept of Avastha.
 - C. Write short notes on: Sat karya vada.
 - D. Write short notes on: Karya karanavada.
 - E. Write short notes on: Types of Kala.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is meant by Tattvavigana.
 - B. Define DIK.
 - C. Write definition of Health.
 - D. Write the types of Abhava.
 - E. Enlist the name of Ashtika Darshana.
 - F. Write the name of the author of Sankhya Darshna.