

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)

SECOND YEAR EXAMINATION OCTOBER-2018

HYGIENE AND COMMUNITY MEDICINE-I

Date :- 22-10-2018
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. Write about Sanchaya, Prakopa, Prasama of Doshas and their Uttpatti in Ritu.Doshashodhana in samanya ritu. 10
2. Write in details about Hemant Ritucharya. 10

OR

Write about definition of Health and its components.

3. Write short notes on any **Four** of the following : 20
- A. Explain Dhariya Vegas.
B. Explain Nasya.
C. Explain Abhyanga
D. Relation of Agni bala and Ritu
E. Importance of Ratricharya.
4. Answer any **Five** of the following :(two to three sentences) 10
- A. Urge of Sneezing.
B. Urge of Defection.
C. Ushapana
D. Defination of Swastha and Swasthya.
E. Importance of Ritu Haritaki
F. Contraindication Anjana.

SECTION-B

5. Yogic and Naturopathic Concept of Nidra. 10
6. Explain Sadvritta in Detail. 10

OR

Health System in India-Central level, State level, Distric level.

7. Write short notes on any **Four** of the following : 20
- A. Achara Rasayana.
B. WHO- Objective and functions.
C. Gruhasthadharma Palana-Vidhi-Niyamah.
D. Yogic and Naturopathic concept of Bramacharya.
E. Role of yoga and naturopathy in National health policy.
8. Answer any **Five** of the following :(two to three sentences) 10
- A. Importance of Ahara.
B. Method of Virya Raksha.
C. Diwasawapna
D. Yogya Shayya
E. AYUSH.
F. Menstrual Hygiene.

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SECOND YEAR EXAMINATION OCTOBER-2018

HYGIENE AND COMMUNITY MEDICINE-II

Date :- 23-10-2018

Time :-10:00 a.m. to 01:00 p.m.

Tuesday

Total Marks :- 100

- Instructions: 1. Every question is compulsory.
2. Every question bears the marks written on the right side.

SECTION-A

1. Explain disposal of solid waste in detail 10
2. Explain occupational hygiene and prevention of occupational hazards. 10

OR

Role of yoga Nisargopachara in scholastic hygiene

3. Write short notes on any **Four** of the following : 20
- A. Bio-medical waste management
- B. Role of yoga & Nisargopachara in occupational hygiene
- C. Water pollution
- D. Relation of housing and health
- E. Air temperature & Humidity
4. Answer any **Five** of the following :(two to three sentences) 10
- A. Definition of ventilation
- B. Noise pollution
- C. Effect of vikirana (Radiation)
- D. Water born disorders
- E. Lighting standards
- F. Hardness of water

SECTION-B

5. Arthropod-borne infections. Explain malaria 10
6. Principles of Epidemiology and its Methods, Uses of Epidemiology 10

OR

Enlist National program related to Nutrition. Explain IDD

7. Write short notes on any **Four** of the following : 20
- A. Concept of Janapadoddhvamasa
- B. Santarpan janya and Apatarpana janya Vyadhi
- C. Role of yoga and Nisargopchar in family welfare program
- D. Epidemiology of Non- communicable disease (any two)
- E. Write about Intra-uterine contraceptive devices.
8. Answer any **Five** of the following :(two to three sentences) 10
- A. Droplet infection
- B. Incubation period
- C. Still birth
- D. Definition of family planning
- E. Food born disease (any four)
- F. Effect and control of Vikirana

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SECOND YEAR EXAMINATION OCTOBER-2018

NUTRITION & DIETETICS

Date :- 24-10-2018
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 Amla rasa. 10
2. Describe Viruddhahara in detail. 10

OR

Write Necessary elements of diet from the view point of Western diet.

3. Write short notes on any **Four** of the following : 20
A. Ahara as disease prevention
B. nutrient and diet
C. Merits and demerits of Non vegetarian diet
D. Merits and demerits of vegetarian diet
E. Diet plan for 20 to 30 yr female age group
4. Answer any **Five** of the following :(two to three sentences) 10
A. Write concept of Grahi Karma.
B. Write concept of Pachana Karma.
C. Write concept of Medhya Karma.
D. Write concept of Guru Guna.
E. Write concept of Ushna Guna.
F. Write concept of Tikshan Guna.

SECTION-B

5. Write Yusha Kalpana in detail. 10
6. Describe Sattvika, Rajasika and Tamasika Ahara. 10

OR

Write Recipes & health benefits of Takra in detail.

7. Write short notes on any **Four** of the following : 20
A. Fruit salad
B. Krushara
C. Diet planning for Vata prakruti person
D. Lavana Varga
E. Acidic & Alkaline diet
8. Answer any **Five** of the following :(two to three sentences) 10
A. Write the name of Dravyas which are classified under the lavana varga.
B. Write Guna-Karma of godugdh.
C. Write Guna -Karma of tila taila.
D. Write Guna-Karma of Shunthi.
E. Write Guna-Karma of Shankhapushpi.
F. Write Guna-Karma of Tulasi.

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YOGA PHILOSOPHY - 1

Date :- 25-10-2018
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. Explain the Yoga and its importance in Veda. 10
2. Describe the philosophical aspect of Yoga according to Katha Upanishad. 10

OR

Define the Yogic philosophy of Brihad Aranyaka Upanishad.

3. Write short notes on any **Four** of the following : 20
A. Dhayanabindu Upanishad.
B. Explain the concept of Purusha & Prakruti.
C. Explain the Prajna-Sheela-Samadhi according to Bauddha Philosophy.
D. Hamsopanishad.
E. Explain Dharma-Marma and Vidhi according to Purva Mimansa.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Explain Pudgala.
B. Describe the Anu Vada.
C. What is Dharma according to Purva Mimansa?
D. Explain difference between Samanya and Vishesh shortly.
E. Mention Charvak Philosophy.
F. What is Atma in Uttar Mimansa?

SECTION-B

5. Explain the Philosophy of Karma Yoga. 10
6. Describe the Introduction & Contribution of Yoga as per Kularnava Tantra. 10

OR

Explain the philosophical aspect of Jnana Yoga (Yoga of Knowledge).

7. Write short notes on any **Four** of the following : 20
A. The relevance of Yoga philosophy in this age.
B. Explain the Philosophy of Raja Yoga.
C. What is the role of Atma in Human life?
D. Explain the Characteristics of Gunatita accordign to Bhagwad Geeta.
E. What is understood by the concept of Behaviour according to Yoga?
8. Answer any **Five** of the following :(two to three sentences) 10
A. Which are the 17 components of subtle body?
B. Define "Avatar".
C. Define the word ' Upanishad '
D. Which are the three boons of Nachiketa?
E. Who is the preacher of Shrimad Bhagavad Gita.
F. Define Nada Yoga.

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SECOND YEAR EXAMINATION OCTOBER-2018

YOGA PRACTICES - 1

Date :- 26-10-2018
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. Define Megha Shakti Vikasaka and explain each of them in detail with Physiological action. 10
2. Explain the rules and regulation for Yogic procedures with regards to season, regularity and repetitions with examples. 10

OR

Describe Vaksha Sthala Shakti Vikasaka in detail with Physiological action.

3. Write short notes on any **Four** of the following : 20
 - A. Write the technique and its benefits of Mandukasana.
 - B. Define Matsyendrasana with its Physiological action.
 - C. Describe the Indication & Contra-indication of Mayurasana.
 - D. Griva Shakti Vikasaka.
 - E. Define Asana with their Physio-Anatomical types.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define Netra Shakti Vikasak Kriya.
 - B. Enlist the Suryanamaskara with mantra.
 - C. Write the technique of Gatyatmak Meru Vakrasana (dynamic spinal twist).
 - D. Write any four Yogic Sukshma Vyayama of Lower limb.
 - E. Benefits of Anguli Mula Shakti Vikasaka.
 - F. Explain Skandha tatha Bahumula Shakti Vikasak Kriya.

SECTION-B

5. Explain Gajkarani with technique and physiological effect. 10
6. Define Suryabhedana Pranayama with their effect on Digestive system. 10

OR

Explain the effect of Uchcharita Pranava on Nervous system.

7. Write short notes on any **Four** of the following : 20
 - A. Write the introduction of Plavini Pranayama.
 - B. Khechari Mudra.
 - C. Indication & Contra-indication of Viparitkarani Mudra.
 - D. Effect of Jalandhara Bandha on body systems.
 - E. Effect of Neti on E.N.T disorders.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write measurement of Vastra in Vastra Dhuti.
 - B. Write any two benefits of Shanti Mantra.
 - C. What is Dakshina Nauli?
 - D. Enlist Yogic relaxation techniques.
 - E. Enlist the types of Kapabhati.
 - F. Write any three benefits of Simhasana.

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SECOND YEAR EXAMINATION OCTOBER-2018

PHILOSOPHY OF NATURE CURE

Date :- 27-10-2018
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. Explain 10 basic principles of Naturopathy. 10
 2. Compare Nisargopachara with other systems of medicines. 10
- OR**
- Concept of cleansing according to Nisargopachara.
3. Write short notes on any **Four** of the following: 20
 - A. Briefly explain "Arogya Rakshaka Pancha Tantra".
 - B. Importance of Prayer.
 - C. Composition of human body according to Naturopathy.
 - D. Explain Tridoshatmaka and Trigunatmaka Prakruti.
 - E. Characteristics of Agni dominant dravya in human body.
 4. Answer any **Five** of the following (two to three sentences) 10
 - A. Father of Naturopathy.
 - B. Importance of exercise.
 - C. What are Penta-elements.
 - D. Importance of Fasting.
 - E. How to prevent diseases through Naturopathy.
 - F. Define Ahara

SECTION-B

5. Define Encumbrance. Explain its various types. 10
 6. Explain Unity of disease and Unity of Cure. 10
- OR**
- Explain Intrinsic and Extrinsic drug reactions.
7. Write short notes on any **Four** of the following: 20
 - A. Explain Law of Periodicity .
 - B. Explain Vaccination and Inoculation.
 - C. Natural Contraceptive Methods.
 - D. Upas tree.
 - E. Crisis and its management through Naturopathy.
 8. Answer any **Five** of the following: (two to three sentences) 10
 - A. Define Free radicals and Antioxidants.
 - B. Facial Expressions.
 - C. Integrative Medicines.
 - D. Vitality.
 - E. Define Cure
 - F. Ageing.

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SECOND YEAR EXAMINATION OCTOBER-2018

PATHOLOGY & MICROBIOLOGY - I

Date :- 29-10-2018
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. Definition of Pathology and scientific study of diseases and methodology. 10
2. Difference between acute and chronic inflammation. 10

OR

Characteristic features of Benigan and Malignant Tumors.

3. Write short notes on any **Four** of the following : 20
- A. Define Anoplasia
 - B. Turner's Syndrome
 - C. Autoimmunity
 - D. Hemochromatosis
 - E. Sub. Lethal Injury
4. Answer any **Five** of the following :(two to three sentences) 10
- A. Define Oedema
 - B. Define HLA
 - C. Definition of Dysplasia
 - D. Definition of Thrombosis
 - E. What is Antigen?
 - F. What is Immunopathology?

SECTION-B

5. What is Microbiology and distinctive characteristics of major group of Micro-Organisms? 10
6. What is Parasites and describe types of Protozoa. 10

OR

General properties of Virus and their diagnosis.

7. Write short notes on any **Four** of the following : 20
- A. Pox Virus
 - B. Steptococcus
 - C. Taenia
 - D. Gram negative Eubacteria
 - E. Define Herpes
8. Answer any **Five** of the following :(two to three sentences) 10
- A. What is Virology?
 - B. What is Morphology?
 - C. What is Hemophilus?
 - D. Define Poliovirus.
 - E. Define HIV.
 - F. What is Plasmids?

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SECOND YEAR EXAMINATION OCTOBER-2018

PATHOLOGY & MICROBIOLOGY - II

Date :- 30-10-2018
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. Explain Splenomegaly. 10
 2. Describe Etiopathologic classification of anaemia. 10
- OR**
- Explain Intestinal Tuberculosis.
3. Write short notes on any **Four** of the following : 20
 - A. Renal failure
 - B. Liver Abscess
 - C. Appendicitis
 - D. Enteric Fever
 - E. Eurolithiasis
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is Pyelonephritis?
 - B. What is sprue?
 - C. What is Lymphadenopathy?
 - D. What is CCF?
 - E. What is Haemetemesis?
 - F. What is Oesophagitis?

SECTION-B

5. Describe Diabetes Mellitus. 10
 6. Describe hypo functioning of Thyroid gland. 10
- OR**
- Describe Progressive Muscular Dystrophy.
7. Write short notes on any **Four** of the following : 20
 - A. Frozen shoulder
 - B. Encephalitis
 - C. Osteomyelitis
 - D. UrticariaPigmentosa
 - E. Rheumatoid Arthritis
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is Goiter?
 - B. Describe Osteomalacia.
 - C. Hyper function of Pituitary Gland
 - D. Describe Vaginitis.
 - E. Describe Myasthenia Gravis.
 - F. What is Diabetes Insipidus.