

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)
SECOND YEAR EXAMINATION APRIL-2019 (New Syllabus)

HYGIENE AND COMMUNITY MEDICINE-I

Date :- 25-04-2019
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 in Detail about Dincharya and its importance. 10
 2. Write in details on Greeshma Ritu Charya. 10
- OR**
- Write in detail on Adana and Visarga Kala.
3. Write short notes on any **Four** of the following : 20
 - A. Describe Vyayama
 - B. Write a short note on Dimensions of Health.
 - C. Write about Dharneeya vegas and its importance.
 - D. Explain Nasya.
 - E. Explain Ritu Haritaki –Ritusandhi.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Udvartanam
 - B. Ritu viparyaya
 - C. WHO Defination of Health.
 - D. Ratri Bhojanvidhi
 - E. Yamadamshtra
 - F. Write about Hamsodaka.

SECTION-B

5. Defination of sadavritta and Achara Rasayana. 10
 6. Write the Nirukti-Utpati, Types of Nidra. 10
- OR**
- Nahonal Health policy and importance of Yoga and Naturopathy in it.
7. Write short notes on any **Four** of the following : 20
 - A. Explain Nidra –Swasthya sambandh.
 - B. Define Bramacharya and Method of Virya Raksha.
 - C. Write about Functions of WHO
 - D. Yogic and Naturopathic concept of Bramacharya.
 - E. Health Systems in India At the Centre level.
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Objectives of WHO
 - B. Ayush
 - C. Prajnaparadha
 - D. Gram panchayat
 - E. Viryanasa phalas
 - F. Goals of NRHM.

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HYGIENE AND COMMUNITY MEDICINE-II

Date :- 26-04-2019
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 in detail about various types of water purification. 10
2. Explain disposal of solid waste in detail. 10

OR

Role of yoga and Nisargopanchara in scholastic hygiene.

3. Write short notes on any **Four** of the following : 20
 - A. Latrines for camps, fairs and festivals.
 - B. Write about Air Pollution.
 - C. Write about Analysis of water.
 - D. Role of yoga and Nisargopanchara in occupational hygiene.
 - E. Modern Sewage Treatment.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write about Biological Effects of Lighting.
 - B. Noise pollution.
 - C. Source of Vikirama (Radiation).
 - D. Defination of ventilation.
 - E. Prevention of Occupational hazards
 - F. Shad Dosha of Jala.

SECTION-B

5. Dynamics of Diseases Transmission. 10
6. Concept of Nindita Purusha especially Atisthula and Atikrusha. 10

OR

Write in detail about Matrusishu kalyana yojana.

7. Write short notes on any **Four** of the following : 20
 - A. Epidemiology of Non-communicable disease.(any two)
 - B. National Anemia Control Programme
 - C. Contraceptive Methods.
 - D. Health Aspects of family planning.
 - E. Food borne disease
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Diphtheria
 - B. Polio
 - C. Secondary data collection.
 - D. Vector borne disease.(any four)
 - E. Fetal Death.
 - F. STD. (any four)

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NUTRITION & DIETETICS

Date :- 27-04-2019
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. Write the Gurvadi Guna in brief. 10
2. Describe Western concept of Dietetics 10

OR

Describe Eastern Concept of Ahara Vidhi.

3. Write short notes on any **Four** of the following : 20
A. Nutrient healing
B. Difference between cooked and uncooked diet
C. Food Pyramid
D. Amla Rasa
E. Effects of food adulterants on health.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Describe sanitation of eating places.
B. Describe ashit ahara
C. Write the definition of Dravya.
D. Define Anuloman Karma.
E. Write the composition of milk.
F. Write the name of any four examinations, which are useful to check food adulteration.

SECTION-B

5. Write diet planning of healthy volunteers according to Prakruti in brief. 10
6. Describe milk as food article along with its Guna and Karma. 10

OR

Describe classification of diet in brief.

7. Write short notes on any **Four** of the following : 20
A. Timings of diet
B. Juice
C. Takra
D. Bhakta
E. Lavana Varga (salts)
8. Answer any **Five** of the following :(two to three sentences) 10
A. Write two formulations of Haridra
B. Write two formulations of Hingu
C. Write two formulations of Mirchi.
D. Write two formulations of Shankhpushpi.
E. Write two formulations of Shatpatri (rose).
F. Write two formulations of Vasa.

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YOGA PHILOSOPHY - 1

Date :- 29-04-2019

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

Monday

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 philosophical aspect of Yoga in Veda. 10
2. Describe the Yogic philosophy in "Isha & Kena Upanishad". 10

OR

Describe the development of Universal according to " Attariya Upanishad.

3. Write short notes on any **Four** of the following : 20
- A. Explain Karya-karan vada.
B. Shandilyaupanishad.
C. What is significant importance of Mahat?
D. Describe the Aum according to "Madukya Upanishad".
E. Yogtattvopanishad.
4. Answer any **Five** of the following :(two to three sentences) 10
- A. Enlist Padarthas as per Nyaya.
B. What the Yaksha asks to do to the five God?
C. Enlist Characteristic features of Purusha.
D. What is Ahankara according to Samkhya?
E. What is Anu vada?
F. What are the questions of Gargi to Yajnavalkya?

SECTION-B

5. Explain the introduction and contribution of Yoga as per Shatchkranirupan. 10
6. Define Hatha Yoga. 10

OR

Explain the characteristics of a devotee (Bhakta Lakshana).

7. Write short notes on any **Four** of the following : 20
- A. What are the basic for Tantra and Yantra?
B. Concept of Medha and Smruti.
C. Describe Purushartha Chatushtaya.
D. Glimpses of Yoga in Egyptian culture.
E. Define the Dhyana Yoga according to Bhagvad Geeta.
8. Answer any **Five** of the following :(two to three sentences) 10
- A. What is the meaning of Pinda?
B. Enlist forms of Intellect.
C. Enlist the major Upanishads in Yoga.
D. Define the word 'Veda'.
E. What is Smruti and its role?
F. What is meant re-birth?

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YOGA PRACTICES - 1

Date :- 30-04-2019
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 definition, concept and importance of Sukshma Vyayama. 10
 2. Explain physiological action of Suryanamaskara. 10
- OR**
- Explain importance of timing, repetition, breathing pattern in yoga practice.
3. Write short notes on any **Four** of the following : 20
 - A. Write the definition and physiological action of Dhanurasana.
 - B. Define Vakshathala Shakti Vikasak Kriya.
 - C. Technique and benefits of Kashtha Takshanasana.
 - D. Define Paschimottanasana with techniques and its health benefit.
 - E. Define Jangha Shakti Vikasaka.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define Sarvang Pushti.
 - B. Enlist any five name of Suryanamaskara with mantra.
 - C. Define Swastikasan with technique.
 - D. Write any four name of Yogic Sukshma Vyayama of Lower limb.
 - E. Janushakti Vikasak Sukshma Kriya.
 - F. Define Bhadrasana with technique.

SECTION-B

5. Describe the types and technique of Neti according to Hatha Yoga Pradipika. 10
 6. Explain Sitkari Pranayama with their effect on Body System. 10
- OR**
- Explain the effect of Mudra on Nervous system according to Hatha Yoga.
7. Write short notes on any **Four** of the following : 20
 - A. Technique and effect of Kapalbhati.
 - B. Define Sahjoli and Amroli.
 - C. Explain Vastra Dhuati kriya as per Gherand Samhita.
 - D. Define Mahabandha with its effect on Body & Mind.
 - E. Define Murchchha Pranayama.
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist the types of Basti.
 - B. Write any three benefits of Pranayama.
 - C. What is meant by Gajakarani?
 - D. Enlist any four diseases which can be cured by Ujjayi Pranayama according to Gheranda Samhita.
 - E. Enlist the types of Trataka.
 - F. Write Shanti Mantra.

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PHILOSOPHY OF NATURE CURE

Date :- 01-05-2019
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 Arogya Rakshaka Pancha Tantra. 10
 2. Explain 10 basic principles of Naturopathy. 10
- OR**
- Describe Sharira Dharmas.
3. Write short notes on any **Four** of the following: 20
 - A. Composition of human body according to Ayurved.
 - B. Importance of Prayer
 - C. Penta-elemental concept of tridosha
 - D. Neo-naturopathic concept of Nisargopchar.
 - E. Compare Naturopathy with modern medicine.
 4. Answer any **Five** of the following (two to three sentences) 10
 - A. Who introduced "Arogya Rakshaka Pancha Tantra"?
 - B. Who is the father of Naturopathy?
 - C. Gandhian practices of Nisargopachara.
 - D. Concept of health and disease in Naturopathy.
 - E. Importance of Jala Mahabhuta.
 - F. What are tridoshas?

SECTION-B

5. Explain Unity of disease and Unity of cure. 10
 6. Define Inflammation. Explain its various stages. 10
- OR**
- Define Encumbrance. Explain its various types.
7. Write short notes on any **Four** of the following: 20
 - A. Natural Immunity. How to acquire it?
 - B. Primary and Secondary causes of disease.
 - C. Qualities of Naturopathy and Yoga Practitioner.
 - D. Toxemia theory.
 - E. Upas tree.
 8. Answer any **Five** of the following: (two to three sentences) 10
 - A. Define Acute disease.
 - B. Define Constructive Principles.
 - C. Facial expressions
 - D. Antitoxins
 - E. Xenobiotics
 - F. Vaccination and Inoculation.

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PATHOLOGY & MICROBIOLOGY - I

Date :- 02-05-2019
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. Definition of Pathology and scientific study of diseases and methodology. 10
2. Characteristic features of Benigan and Malignant Tumors. 10

OR

Define Gentle Disorders and describe Klinefelter's Syndrome.

3. Write short notes on any **Four** of the following : 20
- A. Lympho Sarcoma
 - B. Acute Inflammation
 - C. Pathology of Hemochromatosis
 - D. Necrosis
 - E. Wound Healing
4. Answer any **Five** of the following :(two to three sentences) 10
- A. Define Vaccines.
 - B. What is Immunopathology?
 - C. What is the function of antibodies?
 - D. Define DLC.
 - E. Define HLA.
 - F. Define Odema.

SECTION-B

5. Introduction to Sterilization and disinfection of Bacteria. 10
6. What is Parasites and describe types of Protozoa? 10

OR

Define Genetic disorders and describe Down's syndrome.

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

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PATHOLOGY & MICROBIOLOGY - II

Date :- 03-05-2019
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. What is coagulation and bleeding disorder and describe blood dyscrasias. 10
2. What is Glomerular diseases and describe acute and chronic glomerulonephritis. 10

OR

What is hepatitis and describe its types in detail.
3. Write short notes on any **Four** of the following : 20
 - A. Congenital heart diseases.
 - B. Pancreatitis
 - C. Oesophagitis
 - D. Portal Hypertension
 - E. Indian Childhood Cirrhosis.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is COPD?
 - B. What is ARDS?
 - C. What is UTI?
 - D. Describe Emesis.
 - E. Definition of anemia.
 - F. What is Arteriosclerosis.

SECTION-B

5. Detail introduction to Menstrual Disorders. 10
6. Describe Non-Infectious Inflammatory Dermatoes and describe Eczema and Acne Vulgaris. 10

OR

Describe carcinoma of cervix.
7. Write short notes on any **Four** of the following : 20
 - A. Vaginitis
 - B. Rickets
 - C. Hydrocele
 - D. Carcinoma of Cervix
 - E. Spondiolitis
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is Orchitis?
 - B. What is Psoriasis?
 - C. What is Sciatica?
 - D. What is Arthritis?
 - E. Describe Cretinism?
 - F. Describe Urticaria?
