

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR**  
**BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)**  
**SECOND YEAR EXAMINATION OCTOBER-2019**  
**HYGIENE AND COMMUNITY MEDICINE-I**

Date :- 07.10.2019  
Monday

Time :- 03:00 p.m. to 06:00 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 Dharaniya – Adharniya Vegas. 10  
2. Write in Details Vsanta Ritucharya. 10

**OR**

Write about definition of health and its components.

3. Write short notes on any **Four** of the following : 20  
A. Write about Sanchaya, Prakopa - Prashma of Doshas and their Uttpati in ritu.  
B. Uses of dhumapana.  
C. Explain Doshashodhana in samanya ritu  
D. Dantadhavanam.  
E. Pathya- Apathya, Ahara- Vihara of hemant Ritu.
4. Answer any **Five** of the following :(two to three sentences) 10  
A. Defination of Swastha.  
B. Differentiate kavalam and gandoosam.  
C. what is OKA Satmya?  
D. WHO, Defination of health.  
E. Ratri Bhojnavidhi.  
F. Ritu viparyaya.

**SECTION-B**

5. Explain sadvritta in detail. 10  
6. Concept of Trayopastambhas. 10

**OR**

WHO-Objectives, structure and Function of WHO.

7. Write short notes on any **Four** of the following : 20  
A. Role of Yoga and Nisargopanchara in various levels of health care.  
B. Alma-Ata Declaration.  
C. Yogic and naturopathic concept of Nidra.  
D. Achara Rasayana.  
E. Methods of Virya Raksha
8. Answer any **Five** of the following :(two to three sentences) 10  
A. What is the Satmaya?  
B. Effect of Ratri Jagrana.  
C. Define viruddha -ahara.  
D. Menstrual Hygiene.  
E. Prajanaparadha.  
F. When celebrates World Health Day? Theme of 2018.

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

**SECOND YEAR EXAMINATION OCTOBER-2019**

**HYGIENE AND COMMUNITY MEDICINE-II**

Date :- 09.10.2019  
Wednesday

Time :- 03:00 p.m. to 06:00 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 proper solid waste disposal programme. 10
2. Answer any one question: 10
  - A. Describe role of Yoga and Naturopathy in social health.
  - B. Explain about various harmful Radiation, their sources, Health hazards and control.
3. Answer any **Four** questions: 20
  - A. Role of Air temperature and humidity on Public Health.
  - B. Write about purification of water on small scale.
  - C. Define Noise pollution and its effects on Health.
  - D. Write about RCA latrine.
  - E. Medical waste management.
4. Answer any **Five** questions : 10
  - A. Enlist the sanitation barriers.
  - B. Global warming.
  - C. What is the use of chlorine in water purification.
  - D. Water quality criteria and standards.
  - E. Asbestosis.
  - F. Ergonomics.

**SECTION-B**

5. Write definition and measurements of epidemiology indetails. 10
6. Answer any one question: 10
  - A. Write about National Programme related to Nutrition.
  - B. What if Family Planning explain about Contraceptive Methods.
7. Answer any **Four** questions: 20
  - A. Write about vaccination schedule.
  - B. Describe Indirect mode of disease transmission with Example.
  - C. Write about Disease Prevention and control.
  - D. Write about National Malaria programme.
  - E. Write about HIV counselling and testing services.
8. Answer any **Five** questions : 10
  - A. Population.
  - B. Contamination.
  - C. Measurement of dispersion.
  - D. Vector borne disease.
  - E. Food borne Disease.
  - F. Anganwadi

\*\*\*\*\*

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

**NUTRITION & DIETETICS**

Date :- 10.10.2019  
Thursday

Time :- 03:00 p.m. to 06:00 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 their Atiyotga Parinam. 10
2. Answer any one question: 10
  - A. Explaining the need of different recipes in diet and describe the benefits of any three of them.
  - B. What is Karma? Discuss its various practical aspects.
3. Answer any **Four** questions: 20
  - A. Write about food groups.
  - B. Necessary elements of diet.
  - C. Ideal quantity of diet with regards to age and sex.
  - D. Malnutrition and its dietetic solution.
  - E. Differentiate Deepan and Pachan with example.
4. Answer any **Five** questions : 10
  - A. Enlist Rasa which decrease the Pita.
  - B. Explain Bhedana.
  - C. Test of Milk.
  - D. Name two diseases caused due to eating Contaminated meat.
  - E. Define the Medhya Karma with example.
  - F. Write role of Vitamin in health and disease.

**SECTION-B**

5. Explain Shuka dhanya Varga with example. 10
6. Answer any one question: 10
  - A. Describe the disadvantages of non-vegetarian diet according to Nutrition Point of view and non-vegetarian diet examination in detail.
  - B. Describe Aharavidhivisheshayatana.
7. Answer any **Four** questions: 20
  - A. Composition of milk and its effect in the health.
  - B. Therapeutic uses of Vasa and Nilgiri.
  - C. Write the type of diet to be indulged in Sharad Rutu.
  - D. Describe Yogic concept of Aahar.
  - E. Explain Sthula and Sukshma Guna and their application.
8. Answer any **Five** questions : 10
  - A. What is Trijata?
  - B. What should be added in Tulsi swarasa in the condition of cold and cough? Why?
  - C. What is Asit and Pit diet?
  - D. Therapeutic uses of Rose.
  - E. Therapeutic uses of Ajawain.
  - F. Write Raspanchak of Nimba.

\*\*\*\*\*

# GUJARAT AYURVED UNIVERSITY, JAMNAGAR

## BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)

SECOND YEAR EXAMINATION OCTOBER-2019

### YOGA PHILOSOPHY - 1

Date :- 11.10.2019  
Friday

Time :- 03:00 p.m. to 06:00 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 Rigveda & Atharaveda 10  
2. Explain the Yogic philosophy according to Taittiriya Upanishad. 10

OR

Describe philosophical aspect of Yoga in Prashnopanishad.

3. Write short notes on any **Four** of the following : 20  
A. Yoga Chudamani Upanishad  
B. Explain Pilu-Pithara Vada.  
C. Describe the Concept of Sapta Padartha according to Nyaya Philosophy.  
D. Yajnavalkya Smriti.  
E. Explain the Char Mahabuta according to Charvaka Philosophy.
4. Answer any **Five** of the following :(two to three sentences) 10  
A. Write the stage of Yama and Niyama according to Jabaldarsanopanishad.  
B. Which are the five Tanmatra?  
C. Explain Pudgal.  
D. Discuss Jeeva as per Jainism.  
E. Explain Marma.  
F. What was the second boon given to Nachiketa?

#### SECTION-B

5. Describe Raja Yoga. 10  
6. Explain the introduction & contribution in Yoga as per Mahanirvan Tantra. 10

OR

Describe the characteristics of "Sthitaprajna".

7. Write short notes on any **Four** of the following : 20  
A. Glimpses of Yoga in Islam religion.  
B. Analysis of Daiviya & Asuri sampada in Shrimad Bhagvad Geeta.  
C. Bhakta Lakshana.  
D. Concept of Ishvara (God).  
E. Relation between Pinda & Brahmanda.
8. Answer any **Five** of the following :(two to three sentences) 10  
A. What is the effect of Mantra?  
B. Define Laya Yoga.  
C. Define 'Nishkam Karma'.  
D. Enlist the types of Sharira.  
E. What does the term Uhapoha denote?  
F. Definition of Yoga as per Shrimad Bhagavad Gita.

\*\*\*\*\*

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

**YOGA PRACTICES - 1**

Date :- 12.10.2019  
Saturday

Time :- 03:00 p.m. to 06:00 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 Kati Shakti Vikasaka and explain each of them in detail with Physiological action. 10
  2. Define any five Sthulvyayam with physiological action. 10
- OR**
- Describe the importance of breathing pattern, time and diet in Yoga Practice.
3. Write short notes on any **Four** of the following : 20
    - A. Suryanamaskar for health maintenance.
    - B. Define Dhanurasana with technique and its health benefit.
    - C. Define Nauli with its Indication & Contraindication.
    - D. Importance of Shatkarma in Yogic Practices.
    - E. General benefits of Rekha Gati & Hrud Gati Vyayama.
  4. Answer any **Five** of the following :(two to three sentences) 10
    - A. Which Mudra is useful for Bhramari Pranayama and why?
    - B. Enlist any four contraindication of Suryanamaskara.
    - C. What is a difference between Siddhasana and Swastikasana.
    - D. Skanda Tatha Bahu Mula Shakti Vikasaka Vyayama.
    - E. Define Griva Shakti Vikasaka.
    - F. Importance of season in Yogarambha.

**SECTION-B**

5. Explain the Vastra Dhauti with their Physiological action. 10
  6. Explain Shitali Pranayama with their effect on Body System. 10
- OR**
- Describe the physiological effects of Nauli on various systems of human body.
7. Write short notes on any **Four** of the following : 20
    - A. Define Mulabandha.
    - B. Contraindication of Jala Bast.
    - C. Name any four Asanas reducing abdominal fat.
    - D. Write differences between Gajkarani and Vamankriya.
    - E. Write any five contraindication of Uttanamandukasana.
  8. Answer any **Five** of the following :(two to three sentences) 10
    - A. Which leaf is used in Khechari Mudra?
    - B. Define Viparitkarani Mudra.
    - C. What is meant by Sahajoli?
    - D. Define Uddiyanabandha with its effect.
    - E. Mention the size of Vastra for Vastradhauti as per H.P.
    - F. Enlist memory boosting Pranayama.

\*\*\*\*\*

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

**PHILOSOPHY OF NATURE CURE**

Date :- 14.10.2019  
Monday

Time :- 03:00 p.m. to 06:00 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 Dharmas. 10
  2. Explain Eastern and Western concepts of Naturopathy. 10
- OR**
- Explain the Principle of Panchikarana.
3. Write short notes on any **Four** of the following: 20
    - A. Scientific approach towards Penta elemental theory.
    - B. Arogya Rakshaka Pancha Tantra.
    - C. Composition of human body according to modern medicine.
    - D. Importance of water intake in Naturopathy.
    - E. Gandhian practices of Nisargopachar and its socio-economic impact.
  4. Answer any **Five** of the following (two to three sentences) 10
    - A. Nidra.
    - B. Panch mahabhutas.
    - C. Characteristics of Jala dominant Dravya.
    - D. Prayer and its importance.
    - E. Introducer of "Arogya Rakshaka Panchatantra".
    - F. Diet

**SECTION-B**

5. Define Encumbrance. Explain Foreign Matter Theory. 10
  6. Define Crisis. Explain types, occurrences and management of crisis. 10
- OR**
- Define health and disease. Explain primary and secondary causes of disease.
7. Write short notes on any **Four** of the following: 20
    - A. Suppression of symptoms and its effects on human body.
    - B. Concept of Vitality and Vital Economy.
    - C. Scope and limitations of Naturopathy.
    - D. Inflammation and its stages.
    - E. Natural Contraceptive Methods.
  8. Answer any **Five** of the following: (two to three sentences) 10
    - A. Homeostasis.
    - B. Enervation.
    - C. Anti toxins.
    - D. Antioxidants.
    - E. Destructive Principles.
    - F. Healing Crisis

\*\*\*\*\*

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

**PATHOLOGY & MICROBIOLOGY – I**

Date :- 15.10.2019  
Tuesday

Time :- 03:00 p.m. to 06:00 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 Genetic disorders. Explain Thalasemia. 10
2. Answer any one question: 10
  - A. Define Oedema. Describe cardiac & renal oedema.
  - B. Define shock. Explain its various types.
3. Answer any Four questions: 20
  - A. Explain Sub lethal-injury.
  - B. Explain Ischemia.
  - C. Characteristics of benign & malignant tumors.
  - D. Explain fibro sarcoma.
  - E. Explain immuno deficiency disorders.
4. Answer any Five questions : (two or three sentences) 10
  - A. Define lipoma.
  - B. What is atrophy?
  - C. Explain Thrombosis.
  - D. Define Pathology.
  - E. Define aplasia.
  - F. Explain antibody complex.

**SECTION-B**

5. Describe sterilization & Disinfection of Bacteria. 10
6. Answer any one question: 10
  - A. Explain Introduction to Normal flora.
  - B. Describe general properties of Viruses, Explain Rabies Virus.
7. Answer any Four questions: 20
  - A. Explain klinefelter's syndrome.
  - B. Explain HLA-Disease.
  - C. Explain Pneumococcus.
  - D. Explain Culture media.
  - E. Explain Bacterial genetics.
8. Answer any Five questions : (two or three sentences) 10
  - A. What is Mycology?
  - B. What is necrosis?
  - C. What is Plasmodium?
  - D. Define Adenoviruses.
  - E. What is hemophilus?
  - F. What is HIV?

\*\*\*\*\*

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

**PATHOLOGY & MICROBIOLOGY - II**

Date :- 16.10.2019  
Wednesday

Time :- 03:00 p.m. to 06:00 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 Atherosclerosis? Explain in detail. 10
2. Answer any **one** out of two questions: 10
  - A. Explain Etio-Pathology classification of polycythemia.
  - B. Explain Jaundice in detail.
3. Write short notes on any **Four** questions: 20
  - A. Enteric Fever
  - B. Food poisoning
  - C. Urticaria
  - D. Congestive Cardiac failure
  - E. Leukemia.
4. Answer any **Five** questions (two to three sentences): 10
  - A. What is Hepatitis?
  - B. What is ARDs?
  - C. Explain Peptic Ulcer?
  - D. Explain Appendicitis
  - E. What is Endocarditis?
  - F. What is Urolithiasis?

**SECTION-B**

5. Explain hyper functioning of Pituitary Glad. 10
6. Answer any **one** question: 10
  - A. Explain Metabolic diseases of CNS in detail.
  - B. Describe Diabetes Melitus.
7. Write short notes on any **Four** questions: 20
  - A. Hydrocele
  - B. Acne Vulgaris
  - C. Osteomyelitis
  - D. Cervicitis
  - E. Grave's diseases
8. Answer any **Five** questions (two to three sentences): 10
  - A. What is Goitre?
  - B. What is spondylosis?
  - C. What is sciatica?
  - D. Explain Dermatoses.
  - E. Explain Paget's diseases.
  - F. What is Granulomatus disease.

\*\*\*\*\*