

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) SECOND YEAR

EXAMINATION SEPTEMBER-2015

SWASTHYA VIJNANA - 1

Date :- 21-09-2015
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. Defining Sadvritta, describe its role in prevention psycho-somatic disorders. 10
2. Defining Adanakala and Visarga Kala, describe Hemanta Ritucharya. 10

OR

Write benefits and contraindications of Abhyanga, Udvartana and Snana.

3. Write short notes on any **Four** of the following : 20
A. Gruhasthadharma Palana Vidhi along with rules.
B. Benefits of different types of Shaiya.
C. Benefits of Vyayama and hazards of excessive Vyayama.
D. Ahara-Vihara of Grishma Ritu.
E. Definitions of Swastha and Swasthya.
4. Answer any **Five** of the following : 10
A. Enlist the dimensions of health.
B. Write the definition of health as per WHO.
C. Write the characteristics of Yogya Shaiya.
D. Enlist Kaalas of Dhoomapana.
E. Write the benefits of Ushahpana.
F. Write the condition of Agnibala in Vasanta and Varsha Ritu with suitable reasons.

SECTION-B

5. Defining Bala, explain the concept of Bala according to Yoga and Nisargopachara. 10
6. Enlisting Nindita Purusha, describe the characteristics of Ati Sthula. 10

OR

What is Trayopastambha ? Explain their relation with health and disease.

7. Write short notes on any **Four** of the following : 20
A. Importance of Ahara for prevention of disease.
B. Yogic and Naturopathic concept of Nidra.
C. Importance of Brahmacharya and Abrahmacharya.
D. Diseases occurring due to Kshudha and Trusha Vega Dharana.
E. Concept of Swapna (dream) along with its types.
8. Answer any **Five** of the following : 10
A. Enlist any four Santarpanajanya Vyadhis.
B. Enlist the effects of Ratri Jagarana.
C. Write any two adverse effects of Ativyavaya.
D. Enlist Adharaniya Vega.
E. Enlist Vachika Dharaniya Vega.
F. Write any four Aharadravya causing sound sleep.

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EXAMINATION SEPTEMBER-2015

SWASTHYA VIJNANA -2

Date :- 22-09-2015
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 hardness of water, its adverse effects and softening methods. 10
2. Enlisting the health hazards of air pollution, describe the possible contribution of humans towards air purification. 10

OR

Explain the importance of solid waste disposal.

3. Write short notes on any **Four** of the following : 20
 - A. Air disinfection.
 - B. Radiation control.
 - C. Purification of water by Reverse Osmosis.
 - D. Burial of dead body.
 - E. Sources and hazards of noise pollution.
4. Answer any **Five** of the following : 10
 - A. Enlist the types of ventilation.
 - B. Enlist the minimum facilities in an ideal house ?
 - C. Enlist any four impurities of sewage contaminated water.
 - D. Enlist health hazards of light pollution.
 - E. What are the sources of microwave radiation ?
 - F. Define sanitation barrier.

SECTION-B

5. Explain the role of Yoga in health of employees in chemical industry. 10
6. Describe the role of Nisargopachara in health promotion at primary level. 10

OR

Describe the structure of ministry of AYUSH.

7. Write short notes on any **Four** of the following : 20
 - A. Mid-day meal programme.
 - B. Role of Nisargopachara in Secondary Health Care.
 - C. AIDS prevention.
 - D. Natural methods for contraception.
 - E. Aims and objectives of Alma-Ata declaration.
8. Answer any **Five** of the following : 10
 - A. Which occupational disorders are possible to occur in a masseur ?
 - B. What is NUHM ?
 - C. How does Malaria spread ?
 - D. Defining emergency contraception.
 - E. Enlist the cares to be taken for the storage of polio vaccine.
 - F. Write the structure of health care service at district level.

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EXAMINATION SEPTEMBER-2015

AHARA VIJNANA

Date :- 23-09-2015
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. Enlist Gurvadi Guna with short introduction of each. 10
2. Explain definition and types of Karma with sort introduction. 10

OR

Give various classification of Dravya with example and usage.

3. Write short notes on any **Four** of the following : 20
A. Which are the positive and negative effects of Katu Rasa in body ?
B. Mention factors of diet with its role in body according to modern dietetics.
C. Define Vishad and Pichchhil Guna with example and application.
D. Define Vyavayi and Ashukari with examples and applied aspect in treatment.
E. Give definition and examples of Viruddha Ahara with its adverse effects.
4. Answer any **Five** of the following : 10
A. Define the Medhya Karma with example.
B. Which Rasas increasing Kapha and pitta both ? How ?
C. Define Grahi and Stambhana with clinical application.
D. What is over nutrition ? Name any two disorders due to over nutrition.
E. What is Acidic and Alkaline diet ?
F. Write role of vitamin – C in health and disease.

SECTION-B

5. Explain Anna Dravya Vargikarana with examples. 10
6. While describing form and factors of contaminated meat, mention examination of meat. 10

OR

What is Shimbi Dhanya ? Discuss its importance in health and disease.

7. Write short notes on any **Four** of the following : 20
A. Discuss properties of Dadhi and Takra clinical point of view.
B. Describe various applications of Ushnodaka with its properties.
C. What is Mamsa Rasa ? Discuss its role in treatment.
D. Discuss general rules and regulations of diet.
E. Which type of diet should be indulged in Varsha Rutu ? Why ?
8. Answer any **Five** of the following : 10
A. Features of contaminated meat.
B. What should be added in milk in the condition of cold and cough ? Why ?
C. Properties of Manda (food preparation).
D. What is Trikatu ?
E. Mention clinical properties of Shatavari.
F. Masura dietetic properties.

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EXAMINATION SEPTEMBER-2015

YOGA PHILOSOPHY - 1

Date :- 24-09-2015
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 term Darshana and write on Aastika Darshana. 10
2. Describe Sapta Padartha according to Nyaya Darshana. 10

OR

Write a detailed note on Charvaka Philosophy.

3. Write short notes on any **Four** of the following : 20
 - A. What is significant importance of Mahat ?
 - B. What the term Pudgal denotes ?
 - C. The importance of Yoga narrated in Mundakopanishad.
 - D. Explain Pilu-Pithara Vada.
 - E. Write a brief note on : Sheela.
4. Answer any **Five** of the following : 10
 - A. Enlist the Indriyas as per Samkhya.
 - B. What the Yaksha asks to do to the five god ?
 - C. What was the second boon given to Nachiketa ?
 - D. What were the questions of Gargi to Yajnavalkya ?
 - E. Which are the five Tanmatras ?
 - F. Discuss Jeeva as per Jainism.

SECTION-B

5. Describe the Yoga of detached action according to Shrimad Bhagavad Gita. 10
6. Write detailed note on : Gunatita. 10

OR

Explain the philosophy of Hatha Yoga.

7. Write short notes on any **Four** of the following : 20
 - A. The doctrine of Incarnation as per Shrimad Bhagavad Gita.
 - B. Describe concept of soul as per Yogic classics.
 - C. Discuss concept of Pinda and Brahmanda.
 - D. What is Karya Karana Vada ?
 - E. Western concept of Yoga - discuss in brief.
8. Answer any **Five** of the following : 10
 - A. What is casual body ?
 - B. What is the meaning of Uhapoha ?
 - C. Define the term Smruti.
 - D. Mention Yoga philosophy of Raj Yoga in brief.
 - E. What is meant by re-birth ?
 - F. Who is the preacher of Shrimad Bhagavad Gita.

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EXAMINATION SEPTEMBER-2015

YOGA PRACTICES - 1

Date :- 26-09-2015
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 the rules and regulations for Yogic procedures with regards to season, regularity and repetitions with examples. 10
2. Answer any one out of two questions. 10
 - A. Explain Grivashaktivikasak Kriya with their technique and Physiological action.
 - B. Explain hand developing Sukshnavyayam from shoulder to fingers.
3. Answer any **Four** out of five questions : 20
 - A. Write short note on : Rekhagati.
 - B. Write short note on : Technique and Physiological effect of Matsyendrasan.
 - C. Katishakti Vikasak Kriya.
 - D. Suryanamaskar for health maintainance.
 - E. Janushakti Vikasak Sukshma Kriya.
4. Answer any **Five** out of six questions : 10
 - A. Define Hrudgati.
 - B. Write the technique of Kapolshaktivikasak Kriya.
 - C. Define Kurmasan with it's Physiological action.
 - D. Mention the technique of Urdhvagati.
 - E. Define Gomukhasan and write the technique.
 - F. Define Swastikasan with technique.

SECTION-B

5. Describe Shankha Prakashalan in detail. 10
6. Write any **one** out of two questions : 10
 - A. Explain the difference between Asanas and other exercise with appropriate examples.
 - B. Describe the types and technique of Mudras according to Hath Pradipika.
7. Answer any **Four** out of five questions : 20
 - A. Technique and physiological effect of Anulom Vilom.
 - B. Concept of Dhyan in Hatha Pradipika.
 - C. Technique and effect of Kapalbhati.
 - D. Bhramari Pranayam.
 - E. Mulabandha.
8. Answer any **Five** of six questions : 10
 - A. Explain the meaning of Gayantri Mantra.
 - B. '*Udare Pashchimamtanam Nabhirurdhvam tu karyet*' is written for which Yoga procedure ?
 - C. Define Sahjoli and Amaroli.
 - D. Enlist two difference between Pranayam and other breathing exercise.
 - E. Define Yoganidra.
 - F. Enlist any four diseases which can be cured by Vastradhauti according to Hatha Pradipika.

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EXAMINATION SEPTEMBER-2015

PHILOSOPHY OF NISARGOPACHARA

Date :- 28-09-2015
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 Arogya Rakshaka Panchatantra and exercise in detail. 10
2. Explain the penta elemental concept of Deha Prakruti with suitable examples. 10

OR

Explain the concept of evolution of universe according to the ancient texts.

3. Write short notes on any **Four** of the following : 20
 - A. Concept of health according to Nisargopachara.
 - B. Concept of Trigunatmaka Prakruti.
 - C. Agni Mahabhuta.
 - D. Concept of Ahara as Sharira Dharma.
 - E. Gandhiji and Nisargopachara.
4. Answer any **Five** of the following : 10
 - A. What is meant by Tanmatra ?
 - B. Enlist four qualities of Pruthvi Mahabhuta.
 - C. What is meant by Panchikarana ?
 - D. Enlist any four functions of Akasha Mahabhuta in the body.
 - E. Enlist any two behaviours related with Jala Mahabhuta.
 - F. Enlist any four cleansing processes related with Akasha Mahabhuta.

SECTION-B

5. Defining crisis, describe its types and management. 10
6. Explain the concept of Upas Tree with suitable diagram. 10

OR

Describe the unity of disease and unity of cure principle giving suitable examples.

7. Write short notes on any **Four** of the following : 20
 - A. Intrinsic causes of drug reaction.
 - B. Toxaemia theory.
 - C. Facial expression and its therapeutic utility.
 - D. Natural contraceptive methods for females with their importance.
 - E. Nisargopachara and Yoga – a comparative study.
8. Answer any **Five** of the following : 10
 - A. Define vaccination.
 - B. Enlist the stages of inflammation.
 - C. Define enervation.
 - D. What is meant by encumbrance ?
 - E. Define the destructive principles of nature.
 - F. What are the aims of prayer ?

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EXAMINATION SEPTEMBER-2015

FUNDAMENTS OF AYURVEDA - 2

Date :- 29-09-2015
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 different opinions of main Ayurvedic texts regarding Pramana and Pariksha. 10
 2. Explain Anumana Pramana in detail. 10
- OR**
- Explain the concept of Dravya according to Ayurveda and Darshana.
3. Write short notes on any **Four** of the following : 20
 - A. Aptopadesha Pramana.
 - B. Pratyaksha Badhaka Hetu.
 - C. Abhava Padartha.
 - D. Importance of Upamana Pramana.
 - E. Importance of Yukti Pramana.
 4. Answer any **Five** of the following : 10
 - A. What is Sambhava Pramana ?
 - B. Write characteristics of Karma according to Ayurveda.
 - C. Define Prama ?
 - D. Define Chesta Pramana.
 - E. Enlist name of Padartha according to Acharya Charaka.
 - F. Define Bhranti.

SECTION-B

5. Explain concept of Desha and its importance in context of health and disease. 10
 6. Describe Shat-Darshana. 10
- OR**
- Explain Vruddhi-Kshaya Siddhanta.
7. Write short notes on any **Four** of the following : 20
 - A. Karya Kaarana Vada.
 - B. Dimentions and Avastha of Kaala.
 - C. Characteristics of Kaala.
 - D. Kaarana.
 - E. Samanya.
 8. Answer any **Five** of the following : 10
 - A. What is Aanupa Dsha ?
 - B. Write definition of Nastika.
 - C. Enlist name of Aastika Darshana.
 - D. Define Disha.
 - E. What is Asatakaryavada ?
 - F. Write characteristics of Vishesha.

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EXAMINATION SEPTEMBER-2015 (OLD SYLLABUS)

FUNDAMENTS OF AYURVEDA - 2

Date :- 29-09-2015
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 Pratyaksha Pramana, its classification and importance. 10
2. Describe the concept of Anumana Pramana. 10

OR

Describe Aptopadesha Pramana and its utility in Chikitsa.

3. Answer any **Four** of the following : 20
A. Write short note on : Utility of Saptapadartha.
B. Write short note on : Pariksha and its importance.
C. Write short note on : Concept of Upamana Pramana.
D. Write short note on : Concept of Yukti Pramana.
E. Write short note on : Anumana Pramana according to Charaka Samhita and Nyaya Darshana.
4. Answer any **Five** of the following : 10
A. Write the difference between Shabda Pramana and Aptopadesha.
B. Define Smruti.
C. What is meant by Anupalabdhi ?
D. Define Sambhava.
E. Define Prameya.
F. Define Karana Dravyas.

SECTION-B

5. Describe the concept of philosophy and ethics with its role in medical sciences. 10
6. Describe the concept of Rutus and its importance in Chikitsa Shastra. 10

OR

Describe the concept of Bhumi Desha and its importance in Chikitsa Shastra.

7. Answer any **Four** of the following : 20
A. Write short note on : Importance of Samanya in diagnosis.
B. Write short note on : Role of Vaya in health and disease.
C. Write short note on : Difference between Tattvajnana and Darshana.
D. Write short note on : Relation of Ayurveda with Yoga Darshana.
E. Write short note on : Vruddhi Siddhanta and its role in a healthy person.
8. Answer any **Five** of the following : 10
A. What is meant by Adana Kala ?
B. What is meant by Pragbhakta Kala ?
C. Write the names of elements according to Charvaka Darshana.
D. Define Visheshha.
E. Define Karana.
F. Enlist the characteristic features of Astika Darshana.
