

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR.**

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

**EXAMINATION FEBRUARY-2013**

**SWASTHYA VIJNANA - 1**

Date :- 18-02-2013  
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. Define Ahara and describe Ahara Vidhividhana. 10
2. Enlist seasons, describe Sharada Rutucharya. 10

**OR**

Explain the importance of 'Trayopastambha' in life.

3. Answer any four of the following : 20
  - A. Write a short note on Apathya Viharas of Varsha Ritu.
  - B. Write a short note on Ritusandhi.
  - C. Write a short note on Divaswapa.
  - D. Write a short note on Abhayanga.
  - E. Write a short note on Adharaniya Vega.

4. Answer any Five of the following : 10
  - A. Write the difference between Kaval and Gandusha.
  - B. Write the benefits of Ushah pana.
  - C. Write the benefits of Brahmacharya.
  - D. Write the benefits of Danta Dhavana.
  - E. Define the 'Hansodaka'.
  - F. Write the benefits of 'Anjanakarma'.

**SECTION - B**

5. Defining Sadvrutta, Sadvrutta related to social and spiritual health. 10
6. Defining immunity, describe active and passive immunity. 10

**OR**

Enlist the Nindita Purushas, describe Atikarshya.

7. Answer any four of the following : 20
  - A. Write a short note on Good relationship.
  - B. Write a short note on Herd immunity.
  - C. Write a short note on 'Abhyantara Shodhana'.
  - D. Write a short note on Harmful effects of Alcoholism.
  - E. Write a short note on 'Pragnaparadha'.

8. Answer any Five of the following : 10
  - A. Enlist the Rakshanatmaka Karyas.
  - B. Write any four things to be avoided in public places.
  - C. Write the type of Vaccination.
  - D. Which are the characteristics of Atiloma ?
  - E. Write any four effects of smoking on the heart.
  - F. Enlist any four Sadvrutta for women.



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**EXAMINATION FEBRUARY-2013**

**SWASTHYA VIJNANA -2**

Date :- 19-02-2013  
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 the role of Yoga and Nisargopachara in scholastic health. 10  
2. Describe the importance and role of Ventilation in health. 10

**OR**

Describe the domestic water filtration and purification.

3. Answer any Four of the following : 20  
A. Write short note on : Air pollutants and hazards caused by them.  
B. Write short note on : Proper housing.  
C. Write short note on : Water borne diseases.  
D. Write short note on : Effects of sunrays on health.  
E. Write short note on : Sewage system in urban area.

4. Answer any Five of the following : 10  
A. What is meant by cross ventilation ?  
B. Enlist any four structural factors responsible for decreasing the temperature in a house.  
C. Enlist the types of impurities in water giving one example of each.  
D. Enlist any four sources of artificial lighting.  
E. Define noise pollution.  
F. What is meant by Electric Cremation ?

**SECTION-B**

5. Describe the role of Yoga and Nisargopachara in occupational health. 10  
6. Describe the factors responsible for Janapadodhdhwamsa and measures for their prevention. 10

**OR**

Describe STDs and the National programme to control them.

7. Answer any Four of the following : 20  
A. Write short note on : Ideal school.  
B. Write short note on : Tuberculosis control.  
C. Write short note on : Polio.  
D. Write short note on : Natal care.  
E. Write short note on : Family Welfare programme.

8. Answer any Five of the following : 10  
A. Enlist any four activities of ILO.  
B. What is the full form of IMR ?  
C. What are cardinal symptoms of Bubonic Plague ?  
D. What is meant by the secondary level of health care ?  
E. What is meant by Shodash Samskaras ?  
F. Enlist the surgical methods of birth control.

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

EXAMINATION FEBRUARY-2013

## AHARA VIJNANA

Date :- 20-02-2013  
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. Defining Dravya, describe its classification and the importance of its subclasses. 10
2. Enlisting Gurvadi Guna, describe the practical utility of Guru-Laghu and Ushna-Shita Guna in dietetics. 10

OR

Describe Shad Rasa with special reference to balanced diet.

3. Answer any Four of the following : 20
  - A. Write short note on : Guna-Karma of Shaka Varga.
  - B. Write short note on : Importance of Samshodhana and Samshamana.
  - C. Write short note on : Importance of Dipana and Pachana with suitable examples.
  - D. Defining Drava Dravya Varga, describe any two edible oils with their properties.
  - E. Describe the types of Takra with their health benefits.
4. Answer any Five of the following : 10
  - A. Enlist the Guna-Karma of Shuka Dhanya Varga.
  - B. Enlist the properties and indications of Ushnodaka.
  - C. Enlist any two health benefits each of Manda and Yavagu.
  - D. Define Medhya and Madakari Karmas.
  - E. Enlist the components of Mutra Varga.
  - F. Enlist the indications and contra indications of salt.

### SECTION-B

5. Describe the naturopathic concept of alkaline and acidic food and its importance in dietetics. 10
6. Describe the ideal quantity of diet and its importance in health and disease. 10

OR

Enlisting the types of vitamins, write their sources and deficiency disorders.

7. Answer any Four of the following : 20
  - A. Explain the role of protein as a macro nutrient in the body.
  - B. Describe the importance of water as a component of diet.
  - C. Write short note on : Effects of Hingu and Jiraka on the body and its uses.
  - D. Write short note on : Good qualities of non-vegetarian diet.
  - E. Explain good and bad effects of spices in diet.
8. Answer any Five of the following : 10
  - A. Define unhygienic diet.
  - B. What is meant by over nutrition ?
  - C. Enlist the properties of Gomutra.
  - D. Define Mitahara.
  - E. Enlist the properties of Shunthi and Pugiphala.
  - F. Enlist properties of Ghruta Kumari and Karpura.

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**EXAMINATION FEBRUARY-2013**

**YOGA PHILOSOPHY - 1**

Date :- 21-02-2013

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

Thursday

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 Evolution of Universe and man according to Yoga. 10
2. Explain the 24 evolutes of Prakruti according to Sankhya Darshana. 10

**OR**

Explain the four Mahabhutas and their functionings in the relation of body according to the Charvaka Darshana.

3. Answer any four of the following : 20
  - A. Explain the Concept of Re-birth according to Indian Philosophy.
  - B. Explain the Sapta Padartha according to Vaisheshika Darshana.
  - C. Define 'Dharma' according to Purva Mimansa.
  - D. Define and describe Samadhi according to Indian Philosophy.
  - E. Explain the 'Astanga Yoga'.
4. Answer any Five of the following : 10
  - A. What is Anu Vada according to Vaisheshika Darshana ?
  - B. What is the 'Purusha and Sarga' according to Sankhya ?
  - C. What is the main aim of Charvaka Darshana ?
  - D. Explain Samavaya according to Vaisheshika Darshana.
  - E. Define the 'Isvara (God) as per Nyaya.
  - F. How many 'Darshanas' are there according to Indian Philosophy ?

**SECTION - B**

5. Explain the relation between Pinda and Brahmananda. 10
6. What is understood by concept of Health and Disease according to Yoga ? 10

**OR**

Explain the Yoga of Discrimination.

7. Answer any four of the following : 20
  - A. Describe the characteristics of Sthitaprajna.
  - B. Explain the Philosophy of Mantra Yoga.
  - C. What is characteristics of 'Gunitita' according to Bhagvat Geeta ?
  - D. How many Bhutas are there according to Yoga ? Have they any relation with Soul ?
  - E. Explain the evaluate Budhdhi.
8. Answer any Five of the following : 10
  - A. Define the Yoga of Devine Manifestation.
  - B. Define Tantra Yoga.
  - C. Define Yantra Yoga.
  - D. Explain briefly the concept of life according to Yoga.
  - E. What is Yama in Yoga ?
  - F. What is Sukshma Sharir ?



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

EXAMINATION FEBRUARY-2013

## YOGA PRACTICES - 1

Date :- 22-02-2013

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

Friday

Total Marks :- 100

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

### SECTION - A

1. Describe importance of Yogic practices in health. 10
2. Describe physiological action of Shirsasana. 10

OR

Explain physiological action of stretches and rotations in Yogic practices.

3. Write short notes any four of the following : 20
  - A. Technique and benefits of Anuloma Viloma.
  - B. Effect of Pashchimottasana on digestive system.
  - C. Technique and benefits of Viparit Karani Mudra.
  - D. Bhujavalli Saktivikashaka Sukshma Vyayama.
  - E. Effect of Uddiyan bandha on body systems.
4. Answer any Five of the following : 10
  - A. Define Bandha.
  - B. Enlist best four Asanas according to Hathayoga Pradipika.
  - C. Enlist the rules regarding age for Yoga practices.
  - D. What is Amroli ?
  - E. Write any two benefits of Uccharita Pranava.
  - F. What is Rekha gati ?

### SECTION - B

5. Describe technique and benefits of Trataka. 10
6. Explain physiological effects of prayer on body systems. 10

OR

Describe technique and benefits of Sutra-neti.

7. Write short notes any four of the following : 20
  - A. Difference between Yogic relaxation and other relaxation techniques.
  - B. Definition and types of Dhyana.
  - C. Technique and benefits of Vastra Dhauti.
  - D. Rules and regulations of Shankha Prakshalana.
  - E. Importance of Samadhi in Yogic practice.
8. Answer any Five of the following : 10
  - A. What is Shatkarma ?
  - B. What is reason behind name of Shankha Prakshalana ?
  - C. Define prayer.
  - D. Which type of Neti mentioned in Hathayoga Pradipika ?
  - E. Enlist stages of Yoga Nidra.
  - F. Define Manonmani Avastha.



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**EXAMINATION FEBRUARY-2013**

**PHILOSOPHY OF NISARGOPACHARA**

Date :- 23-02-2013

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

Saturday

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 Crisis in detail. 10
2. Describe the similarities and differences in eastern and western Naturopathy principles. 10

**OR**

Explain the secondary cause of disease with examples.

3. Write short notes any **four** of the following : 20
  - A. Unity of disease and cure.
  - B. Natural Rejuvenation.
  - C. Tridoshatmaka Prakruti.
  - D. Role of Bhaya in Sharira Dharma.
  - E. Panchapanchikaran Siddhanta.
4. Answer any **Five** of the following : 10
  - A. Define Vayu.
  - B. Which Mahabhutas involved in production of Kapha Dosha ?
  - C. Enlist any four characteristics of Jala Tattva.
  - D. What is drug reaction ?
  - E. What is destructive principles ?
  - F. Define encumbrances.

**SECTION - B**

5. What are similarities and differences in Nisargopachara and Ayurveda ? 10
6. Ancient and Modern concept of cleansing in Nisargopachara. 10

**OR**

Explain the social changes in health status due to Gandhian concept of Nisargopachara.

7. Write short notes any **four** of the following : 20
  - A. Health concept in Unani.
  - B. Cleansing concept of Adolf Just.
  - C. Behaviour.
  - D. Gandhian concept of Mud therapy.
  - E. Disease in Homeopathy.
8. Answer any **Five** of the following : 10
  - A. What meant by cleansing in Nisargopachara ?
  - B. How was Mahatma Gandhi initiated towards Nisargopachara ?
  - C. Enlist the use of solar therapy in Ayurved.
  - D. Define health in Siddha.
  - E. Define disease according to Henry Lindlhar.
  - F. Enlist hydrotherapy used by Mahatma Gandhi.



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**EXAMINATION FEBRUARY-2013**

**FUNDAMENTS OF AYURVEDA - 2**

Date :- 25-02-2013  
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 the relevance of Padartha in Ayurveda and other Indic life sciences. 10  
2. Describe Dravya and its classifications. 10

**OR**

Describe the characteristic features and attributes of Panchamahabhuta.

3. Answer any Four of the following : 20  
A. Write short note on : Characteristic features and types of Abhava.  
B. Write short note on : Means of knowledge according to Ayurveda.  
C. Write short note on : Importance of Pratyaksha Pramana.  
D. Write short note on : Pancha Panchaka.  
E. Write short note on : Utility of Anumana Pramana in Chikitsa Shastra.  
4. Answer any Five of the following : 10  
A. Define Prama.  
B. What is meant by Upamana ?  
C. What is meant by Pariksha ?  
D. Define Aitihya Pramana.  
E. Define Apta.  
F. Define Arthapatti.

**SECTION-B**

5. Describe the utility of philosophy in the applied aspects of medical sciences. 10  
6. Describe the concept of Deha Desha, its types and its relevance in health. 10

**OR**

Describe the concept of Vruddhi Kshaya Siddhanta.

7. Answer any Four of the following : 20  
A. Write short note on : Types and features of Karana.  
B. Write short note on : Concept of Satkaryavada.  
C. Write short note on : Samanya and its classification.  
D. Write short note on : Characteristics of Vishesha and its types.  
E. Write short note on : Classification of Kala.  
8. Answer any Five of the following : 10  
A. Enlist Shat Darshana.  
B. Write the names of Nastika Darshanas.  
C. Enlist the characteristics of Swasthavastha.  
D. Write the features of Anupa Desha.  
E. What is the difference between Karana and Karya ?  
F. Define Kala.

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