

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) SECOND YEAR
EXAMINATION MARCH-2015
FUNDAMENTS OF AYURVEDA - 2

Date : 06-04-2015
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 the role of Ayurvedic fundamental principles in the sciences of Yoga and naturopathy. 10
2. Describe the importance of Pramana and explain the divergent views regarding the enumeration of Pramana. 10

OR

Explain the utility and application of Pratyaksha in Ayurveda and in daily life.

3. Answer any Four of the following : 20
 - A. Write short note on : Classification of perception.
 - B. Write short note on : Anumana Pramana according to Charaka Samhita.
 - C. Write short note on : Hetvabhasa.
 - D. Write short note on : Yukti Pramana.
 - E. Write short note on : Classification of Dravya.
4. Answer any Five of the following : 10
 - A. Define Aprama.
 - B. Enumerate and enlist the sense organs.
 - C. Enlist the types of Abhava.
 - D. Enlist the types of Anumana according to Nyaya Darshana.
 - E. Enlist the characteristics of Apta.
 - F. What is Chesta Pramana ?

SECTION-B

5. Describe the various views and theories regarding the concept of Karya Karana Vada. 10
6. Describe the influence of Darshana on the life sciences of Indic origin. 10

OR

Describe the concept of ethics and its role in medical sciences.

7. Answer any Four of the following : 20
 - A. Write short note on : Samanya.
 - B. Write short note on : Vishesha.
 - C. Write short note on : Aupadhika (conditional) division of Kala.
 - D. Write short note on : Importance of Kala in Ayurveda.
 - E. Write short note on : Sadharana Desha and its relevance in health.
8. Answer any Five of the following : 10
 - A. What is the difference between Astika and Nastika Darshanas ?
 - B. Enlist the types of Avastha according to Ayurveda.
 - C. Enlist the types of Vriddhi according to Ayurveda.
 - D. Define Tattvajnana.
 - E. Enlist the characteristics of Jangala Desha.
 - F. Define Kshaya.

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EXAMINATION MARCH-2015

PHILOSOPHY OF NISARGOPACHARA

Date : 04-04-2015
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. Describe the western philosophy of Nisargopachara. 10
2. Describe the principles of Pancha Mahabhuta with Bhutanupravesha Siddhanta in detail. 10

OR

Describe Sharira Dharma in detail with suitable examples.

3. Write short notes on any Four of the following : 20
 - A. Arogya Rakshaka Panchatantra.
 - B. Akasha Mahabhuta.
 - C. Encumbrances.
 - D. Relationship of Deha Prakriti and Trigunatmaka Prakriti.
 - E. Healing crisis.
4. Answer any Five of the following : 10
 - A. Write four functions of Pruthvi Mahabhuta.
 - B. Enlist types of Deha Prakriti.
 - C. Write the name of Ahamkara.
 - D. Define diseases crisis.
 - E. Define constructive principles of health.
 - F. Define secondary cause of disease.

SECTION-B

5. Explain in detail the cleansing methods of Nisargopachara. 10
6. Explain in detail the various concept of disease in naturopathy. 10

OR

Describe the Gandhian view about economical impact of Nisargopachara.

7. Write short notes on any Four of the following : 20
 - A. Concept of health according to Louis Kuhne.
 - B. Social impact of Nisargopachara according to Gandhiji.
 - C. General concept of behaviour according to Nisargopachara.
 - D. Nisargopachara and Unani system of medicine.
 - E. Health according to Henry Lindlahr.
8. Answer any Five of the following : 10
 - A. Write two social behaviours.
 - B. Define disease according to Nisargopachara.
 - C. Enlist penta-elements with one principle property of each.
 - D. Write two similarities between Ayurveda and Nisargopachara.
 - E. Write two common therapies, used in Nisargopachara and modern medicine.
 - F. Define life according to Nisargopachara.

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YOGA PRACTICES - 1

Date : 01-04-2015

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

Wednesday

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 importance of timing, repetition, breathing pattern in Yoga practice. 10

OR

Explain physiological action of Surya Namaskara.

3. Write short notes any four of the following : 20
 - A. Kati Shakti Vikasaka Vyayama.
 - B. Effect of Mayurasana on digestive system.
 - C. Technique and benefits of Bhramari.
 - D. Physiological action of Uccharit Pranava.
 - E. Technique and benefits of Uddiyana Bandha.
4. Answer any Five of the following : 10
 - A. What is mean by Vajroli ?
 - B. Enlist any two benefits of Shakti Chalan Mudra.
 - C. Write the timing and rounds of Pranayam mentioned in Hathayoga Pradipika.
 - D. Enlist types of Asana.
 - E. What is Mahavedha ?
 - F. Write technique of Hrud Gati in brief.

SECTION - B

5. Describe technique and benefits of Basti Karma. 10
6. Describe technique and physiological actions of Nauli. 10

OR

Describe technique and benefits of Jala Dhauti.

7. Write short notes any four of the following : 20
 - A. Effect of Dhyana on digestive system.
 - B. Differences between Yogic Meditation and other methods of meditation.
 - C. Effect of Kapalbhata on respiratory system.
 - D. Effect of Yoga Nidra on cardio vascular system.
 - E. Effect of prayer on mental status.
8. Answer any Five of the following : 10
 - A. Enlist technique of Yoga Nidra.
 - B. Define Mula bandha.
 - C. Enlist any two benefits of Gayatri Mantra.
 - D. Enlist Yogic relaxation techniques.
 - E. Enlist any four method of meditation other than Yoga.
 - F. What is Dakshina Nauli ?



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YOGA PHILOSOPHY - 1

Date : 31-03-2015
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 man according to Yogic classics and evolution of universe. 10
2. Explain the concept of 'Brahman' according to Uttara Mimamsa in detail. 10

OR

Describe the seven padarthas as per Nyaya philosophy.

3. Answer any **Four** of the following : 20
A. Describe Mahat according to Samkhya.
B. Discuss Pudgal as per Jainism.
C. Give the theory of 'Anuvada'.
D. Write the concept of Ishvara as per Indian Philosophy.
E. Describe 'Charvak philosophy' in brief.
4. Answer any **Five** of the following : 10
A. What is Pitharapakavada ?
B. What is Ahankara according to Samkhya ?
C. Give the definition of 'Aastika'.
D. Enlist Purusharth Chatushtayam.
E. Which are the five Tanmatras.
F. Enlist padarthas as per Nyaya.

SECTION-B

5. Describe the Yoga Philosophy according to Taittiriya Upanishad. 10
6. Explain the Yoga of Divine manifestation (Vibhuti Yoga) in detail. 10

OR

Discuss the Yoga of meditation.

7. Answer any **Four** of the following : 20
A. Yoga and its importance in the present time.
B. Write on "Karma" as per yogic school.
C. Discuss Mantra Yoga.
D. Give the characteristics of Gunatita.
E. Explain the concept of Incarnation according to Bhagavad Gita.
8. Answer any **Five** of the following : 10
A. Enlist the major Upanishads.
B. Define the word 'Veda'.
C. Taittiriya, Brihadaranyaka and Ishavasyopanishad are belonged to which Veda?
D. Which are the three boons of Nachiketa ?
E. Enlist the forms of intellect.
F. Who is the teacher of Prashnopanishad ?

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AHARA VIJNANA

Date : 30-03-2015
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. Define "Dravya". Give short description on its types & sub types with examples. 10
2. What is Karma ? Discuss its various practical aspects. 10

OR

Enlist Shaarir Guna. Explain clinical importance of Ushna – Sheeta and Snigdha – Ruksha Guna.

3. Answer any Four of the following : 20
A. Discuss Shad Rasa consideration in routine balanced diet.
B. Write beneficial & harmful effects of Katu rasa in diet.
C. Explain Ahar Dravya Vargikaran with example.
D. Mention types of Takra and discuss its clinical importance.
E. Describe role of Lavana (Salt) as a drug and diet accessory.
4. Answer any Five of the following : 10
A. Navneet (butter) – Nutritional Value.
B. Grapes (Draksha) – Medicinal properties.
C. Yoosha & Yavagu – Preparation process.
D. Mamsa Rasa – Drug & diet.
E. Deepan & Pachan – Clinical importance with definition
F. Ushnodaka – Clinical uses.

SECTION-B

5. What is Pathya – Apathya ? Explain its importance in health & disease. 10
6. Discuss Ahar Vidhi Visheshayatana in detail. 10

OR

Define and discuss the concept of Viruddha Ahar with examples.

7. Answer any Four of the following : 20
A. Mention composition and tests of Milk.
B. What is Malnutrition ? Explain its social impact.
C. Give short introduction of unhygienic diet and its disorders.
D. Write benefits & limitations of Vegetarian diet.
E. Discuss concept of diet in Nisargopachara.
8. Answer any Five of the following : 10
A. Milk – as complete diet.
B. Minerals – source and importance.
C. Garlic – dietary and medicinal properties.
D. Kumari – medicinal properties and applications.
E. Satvika Ahar according to Yoga.
F. Over nutrition.

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SWASTHYA VIJNANA -2

Date : 27-03-2015
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. Describe Noise pollution and its effects. 10
 2. Enlist and describe the different types of water according to ancient classics. 10
- OR**
- Describe the techniques and importance of land purification.
3. Answer any **Four** of the following : 20
 - A. Write short note on : Air purification.
 - B. Write short note on : Health hazards of improper housing.
 - C. Write short note on : Physical analysis of water.
 - D. Write short note on : Importance of sunlight.
 - E. Write short note on : Health benefits of solid waste disposal.
 4. Answer any **Five** of the following : 10
 - A. Enlist the components of air.
 - B. Enlist any four factors affecting the temperature in a house.
 - C. Enlist any four sources which pollute water at the catchment area.
 - D. Enlist the types of household water purification.
 - E. Enlist the units for measurement of light.
 - F. Enlist the methods of excreta disposal.

SECTION-B

5. Explain the role of Yoga and Naturopathy in the prophylactic management of infectious disorders. 10
 6. Explain the concept of Janapadoddhvamsa and its causes according to the ancient classics. 10
- OR**
- Describe the levels of Health Care Services.
7. Answer any **Four** of the following : 20
 - A. Write short note on : Role of Nisargopachara in the industrial health.
 - B. Write short note on : Scholastic health.
 - C. Write short note on : Acquired immuno deficiency syndrome.
 - D. Write short note on : Yoga and Nisargopachara in the Family Welfare Programme.
 - E. Write short note on : Scientific background of Shodhana Samskara.
 8. Answer any **Five** of the following : 10
 - A. What are the factors that affect Industrial hygiene ?
 - B. What is the full form of MMR ?
 - C. Enlist the microbes causing Malaria.
 - D. What are the objectives of R.C.H. ?
 - E. Enlist the types of Plague.
 - F. Enlist the mechanical methods of Birth Control.

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SWASTHYA VIJNANA - 1

Date : 26-03-2015
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 importance of 'Trayopastambha' in life. 10
2. Describe the Ahara Vidhi Visheshayanani. 10

OR

Enlist seasons, describe 'Hemanta Rutucharya'.

3. Answer any four of the following : 20
A. Explain the Sanchaya-prakopa and prasama of Tridosha according to Ritu.
B. Write a short note on Adharaniya Vega.
C. Write a short note on Pathya Ahara in Grishma Ritu.
D. Write a short note on Snana.
E. Write a short note on Dantadhavana Vidhi.
4. Answer any Five of the following : 10
A. Write the definition of health according to W.H.O.
B. Write the benefits of Ushahpana.
C. Enlist the type of Nidra according to Charaka Samhita.
D. Write the benefits of Vyayama.
E. Define the 'Hansodaka'.
F. Give four example of Mithya Aharajanya disorders.

SECTION - B

5. Describe the Sadvrutta and Achar Rasayana. 10
6. Defining Bala, explain the concept of Vyadhikshamatva according to Ayurveda. 10

OR

Explain the importance of Sharira Shodhana in personal hygiene.

7. Answer any four of the following : 20
A. Write the effects of company and relationship on health.
B. Write a short note on Natural immunity.
C. Write a short note on 'Pragnaparadha'.
D. Write a short note on immunization.
E. Write a short note on harmful effects of Brown Sugar and Charasa..
8. Answer any Five of the following : 10
A. Write the type of vaccination.
B. Which are the characteristics of Aloma ?
C. Write any four effects of bad relationship.
D. Enlist any four harmful activities.
E. Enlist any four Sadvrutta for women.
F. Write any four things to be avoided in public places.

