

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)
SECOND YEAR EXAMINATION MARCH-2016

SWASTHYA VIJNANA - 1

Date : 14-03-2016
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 importance of Dinacharya for maintenance of health along with benefits of Anjana and Pratimarsha Nasya. 10
2. Describe Ahara-Vihara and Pathya Apathya for Sharada Ritu. 10

OR

Explain the importance of Achara Rasayana in maintenance of health.

3. Write short notes on any **Four** of the following : 20
 - A. Ideal Shaiya Sthana, Shaiya Kala and Shayana Vidhi.
 - B. Various dimensions of Health.
 - C. Comparison of definitions of health as per WHO and ancient texts.
 - D. The effects of Adana Kala and Visarga Kala on body.
 - E. Sadvritta related to Abhyasa and Vyavahara.
4. Answer any **Five** of the following : 10
 - A. Write the definition of Prajna and Prajnaparadha.
 - B. Define Sadvritta.
 - C. Enlist the properties of Ratribhajana.
 - D. Write the properties of 'Vidyuta Vyajana Vata'(air from electric fan).
 - E. Write two rules of Gruhastha Dharma.
 - F. Write any four benefits of Udvaartana.

SECTION-B

5. Describe the types of Nidra and importance of Nidra for maintenance of health. 10
6. Write the rules for Vyavaya and effects of Ativyavaya. 10

OR

Enlisting Dharaniya Vegas, describe Kayika and Vachika Dharaniya Vegas.

7. Write short notes on any **Four** of the following : 20
 - A. Yogic and Naturopathic concept of Brahmacharya.
 - B. Characteristics of Atisthula and Atikrusha Purusha.
 - C. Immunity.
 - D. Effects of Kshavathu and Jrumbha Vega Dharana.
 - E. Food related hygiene and importance of sanitation of dinning place.
8. Answer any **Five** of the following : 10
 - A. Enlist Nindita Purusha.
 - B. Define Bala.
 - C. Enlist types of Swapna.
 - D. Enlist any four Apatarpana Janya Vyadhis.
 - E. Define Ahara.
 - F. Write the effects of Diwaswapna.

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SWASTHYA VIJNANA -2

Date : 15-03-2016
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 relation between light and health. 10
2. Describe the method of excreta disposal in sewerage area. 10

OR

Enlisting impurities of water and water borne disorders, describe Slow Sand Bed filtration.

3. Write short notes on any **Four** of the following : 20
A. Sources of air pollution.
B. Selection of land and its purification for housing.
C. UV radiation of water.
D. Noise pollution control.
E. Electric cremation of the dead body.
4. Answer any **Five** of the following : 10
A. What is the necessity of air for human being ?
B. What should be the size of a bedroom of an ideal house ?
C. Define the hardness of water.
D. Enlist non-auditory effects of noise pollution.
E. Enlist various sources of radiation from among the household stuff.
F. Define solid waste.

SECTION-B

5. Describe prevention of occupational health hazards. 10
6. Describe National Anti Malaria Programme. 10

OR

Describe NUHM in detail.

7. Write short notes on any **Four** of the following : 20
A. Employees State Insurance Scheme.
B. Trained Dai.
C. Rehabilitation in leprosy.
D. Hormonal contraceptives.
E. Natal care.
8. Answer any **Five** of the following : 10
A. Write any four occupational disorders possible to occur in a carpenter.
B. Enlist any four health problems of primary students.
C. Enlist any four disorders dealt with in tertiary health care.
D. Define immunity.
E. How is HIV spread ?
F. Enlist contraceptive methods for males.

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AHARA VIJNANA

Date : 16-03-2016
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. Discuss Ahara Vidhi Visheshayatana with practical consideration. 10
2. Answer any one out of two questions. 10
 - A. Describe Yogic concept of Ahara and its importance in Modern era.
 - B. Give definition and complete classification of Guna.
3. Answer any **Four** out of five questions : 20
 - A. Mention relation of Shad Rasa with Pancha Mahabhoota.
 - B. Discuss adverse effects of Non-vegetarian diet.
 - C. Write role of protein in health. Mention its deficiency disorders.
 - D. What is Dwadasha Ashana Vichara ?
 - E. Give characteristics of Madhura Rasa. Mention effects on excess use of it.
4. Answer any **Five** out of six questions : 10
 - A. Which Rasas decrease Kapha and Pitta both ?
 - B. Give definition of Pachana with examples of two Pachana Dravya.
 - C. Mention role of Minerals in health.
 - D. Which type of diet should be taken in pregnancy ?
 - E. Write deficiency disorders of vitamin - D.
 - F. What is unhygienic food ?

SECTION-B

5. What is Krutanna Varga (food preparation) ? Describe recipes and clinical applications of Peya and Yusha. 10
6. Write any **one** out of two questions : 10
 - A. Discuss advantages of Vegetarian diet in modern era according to Naturopathy.
 - B. Mention composition of milk with its significance as diet.
7. Answer any **Four** out of five questions : 20
 - A. Explain benefits of external and internal use of Gomootra.
 - B. Discuss importance of garden remedies with examples.
 - C. Mention various milk preparations with properties.
 - D. Write food accessories and its role in diet.
 - E. Give types of Takra with properties.
8. Answer any **Five** of six questions : 10
 - A. Therapeutic applications of Sheet Jala.
 - B. Haridra - internal and external medicinal usage.
 - C. What is Trijata ?
 - D. Preparation of Krushara.
 - E. Clinical use of Nirgundi.
 - F. What should be added in Ushnodaka in condition of Indigestion ?

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YOGA PHILOSOPHY - 1

Date : 17-03-2016
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 Yoga and its importance in Vedas – explain. 10
2. Describe 'Man' according to Yogic classics and evolution of universe. 10

OR

Concept of 'Jiva' as per Vedanta philosophy.

3. Write short notes on any **Four** of the following : 20
A. Describe Abhava as per Vaisheshikas.
B. Write a short note on : Anuvada.
C. Describe Yogic importance in the light of Upanishads.
D. What is Prajna in the Buddhism ?
E. Describe Dharma according to Mimamsa.
4. Answer any **Five** of the following : 10
A. Enlist the 24 evolutes as per Samkhya.
B. How many Gunas are described in Nyaya ?
C. What is the basic principle of Charvaka ?
D. In Kenopanishad which story is narrated to teach the principle ?
E. Enlist the names of students of Prashnopanishad.
F. What are the three boons of Yamaraja ?

SECTION-B

5. Describe the Yoga of Devotion. 10
6. Explain the characteristics of Sthitaprajna. 10

OR

Explain Philosophical aspect of Jnana Yoga (Yoga of knowledge).

7. Write short notes on any **Four** of the following : 20
A. What are the basic for Tantra and Yantra ?
B. Yoga of discrimination in light of Shrimad Bhagavad Gita.
C. Concept of Medha and Smruti.
D. The relevance of Yoga philosophy in this age.
E. Describe Purushartha Chatushtaya.
8. Answer any **Five** of the following : 10
A. Which are the 17 components of subtle body ?
B. Enlist the five Koshas.
C. Definition of Yoga as per Shrimad Bhagavad Gita.
D. Define Sthula Sharir.
E. What does the term Uhapoha denote ?
F. What is the meaning of Pinda ?

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YOGA PRACTICES - 1

Date : 18-03-2016
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. Define Udarshakti Vikasak Kriya and explain each of them in detail with Physiological action. 10
2. Answer any one out of two questions. 10
 - A. Explain the importance of posture maintainance in Yogic procedures like Suddhikriya, Asana, Pranayam Dhyan etc.
 - B. Define Sthulvyayam with physiological action.
3. Answer any **Four** out of five questions : 20
 - A. Technique and physiological action of Mayurasan.
 - B. Define Asana with their Physio-Anatomical types.
 - C. Importance of season in Yogarambha.
 - D. Rules for Asana with regards to breathing pattern with examples.
 - E. Technique and effect of Simhasan.
4. Answer any **Five** out of six questions : 10
 - A. Define and practice of Netra Shakti Vikasak Kriya.
 - B. Enlist Suryamantra any four with meaning.
 - C. Write concept and practice of Angulishakti Vikasak Kriya.
 - D. Mention Smaran Shakti Vikasak Kriya.
 - E. Define Dhanurasan with technique.
 - F. Explain Skandha tatha Bahumula Shakti Vikasak Kriya..

SECTION-B

5. Explain Yoga Nidra with technique and physiological effect. 10
6. Write any **one** out of two questions : 10
 - A. Explain the concept and practice of Shatkarma according to health pradipika.
 - B. Define Dhyan with physiological effect as per Hatha Pradipika.
7. Answer any **Four** out of five questions : 20
 - A. Khechari Mudra.
 - B. Effect of Prayer on digestive system.
 - C. Difference between Pranayam and other breathing exercises.
 - D. Maha Mudra.
 - E. Shitali Pranayam.
8. Answer any **Five** of six questions : 10
 - A. Write the meaning of Shanti Mantra.
 - B. Define Ucchrit Pranav.
 - C. Define Anulom-Vilom.
 - D. Write technique of Shaktichalinimudra.
 - E. Enlist the Asanas of Shakhaprakshalan.
 - F. Write any two difference between Yogic meditation and other methods of meditation.

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SECOND YEAR EXAMINATION MARCH-2016
PHILOSOPHY OF NISARGOPACHARA

Date : 19-03-2016
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 Bhutanupravesha Siddhanta and its importance in therapeutic science. 10
2. Explain the Trigunatmaka concept of Prakruti with suitable examples. 10

OR

Describe the concept of evolution of man and its therapeutic importance.

3. Write short notes on any **Four** of the following : 20
A. Philosophy of Nisargopachara.
B. Difference in Deha and Manasa Prakruti.
C. Vayu Mahabhuta.
D. Nisargopachara and economy according to Gandhiji.
E. Concept of cleansing as per Nisargopachara.
4. Answer any **Five** of the following : 10
A. What are the components of Tridosha ?
B. Enlist any four qualities of Jala Mahabhuta.
C. What is meant by Sharira Dharma ?
D. Enlist any four Dravyas dominated by Agni Mahabhuta.
E. Enlist any two behaviours related with Pruthvi Mahabhuta.
F. What is meant by Arogya Rakshaka Panchatantra.

SECTION-B

5. Describe inflammation along with its stages and therapeutic importance. 10
6. Explain the suppression of symptoms and the hazards caused by it. 10

OR

Describe concept of primary and secondary causes of disease production.

7. Write short notes on any **Four** of the following : 20
A. Enervation.
B. Encumbrance – therapeutic importance.
C. Law of periodicity.
D. Natural rejuvenation.
E. Nisargopachara and Siddha system of medicine.
8. Answer any **Five** of the following : 10
A. Enlist the types of crisis with time of their occurrence.
B. Enlist any four effects of inoculation.
C. What is meant by 'reverse order of cure' ?
D. What is meant by constructive principles of nature ?
E. Define vital economy.
F. What is meant by prayer ?

(NEW Syllabus)

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BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)
SECOND YEAR EXAMINATION MARCH-2016 (New Syllabus)
FUNDAMENTS OF AYURVEDA – 2

Date : 21-03-2016
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. Explain the importance of Pramana in Ayurveda. 10
2. Explain Aptopadesha 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. Characteristics and types of Pramana according to Ayurveda.
 - B. Yukti Pramana.
 - C. Upamana Pramana.
 - D. Classification of Guna.
 - E. Types of Indriyarth Sannikarsha.
4. Answer any **Five** of the following : 10
 - A. What is Arthapatti Pramana ?
 - B. Define Aprama.
 - C. What is meant by Vyapti ?
 - D. Enlist the Hetvabhasa of Nyaya Darshana.
 - E. Enlist Shat Padartha.
 - F. Define Parishesha Pramana.

SECTION-B

5. Explain the concept of Kaala and its importance in maintenance of health. 10
6. Write the importance of ethics in medical science. 10

OR

Explain different therapies of Karya-Kaarana Vada.

7. Write short notes on any **Four** of the following : 20
 - A. Kaarana.
 - B. Characteristics and types of Samanya.
 - C. Applied aspects of Vishesha.
 - D. Types of Desha.
 - E. Utility of Disha in medical science.
8. Answer any **Five** of the following : 10
 - A. Enlist characteristics of Anupa Desha.
 - B. Enlist name of Aastika Darshanas.
 - C. What is Tattva ?
 - D. What is ShatKarya Vada ?
 - E. What is Kshaya ?
 - F. Enlist any two theories accepted by Vaisheshika Darshan.

(OLD Syllabus)

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FUNDAMENTS OF AYURVEDA – 2

Date : 21-03-2016
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 Shat Padartha according to Ayurveda in detail. 10
2. Define the Pramana, write its various types and describe the Paramanas included in Ayurveda with their importance. 10

OR

Describe the Yukti Pramana with its importance in Ayurveda.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Abhava.
 - B. Write a short note on : Sannikarsha.
 - C. Write a short note on : Ahetu.
 - D. Write a short note on : Upamana.
 - E. Write a short note on : Arthapatti.
4. Answer any **Five** of the following : 10
 - A. What is meant by Chesta Pramana ?
 - B. Write the definition of Prama.
 - C. Write the characteristics of Apta Purusha.
 - D. Write the definition of Dravya.
 - E. Write the definition of Samanya.
 - F. Write the definition of Pramata.

SECTION-B

5. Describe the philosophy in the context to Ayurveda. 10
6. Describe the concept of Karya-Karana Vada with examples. 10

OR

Explain the concept of Samanya-Vishasha Siddhanta.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Samavayi Karana.
 - B. Write a short note on : Concept of Kaala.
 - C. Write a short note on : Concept of Desha.
 - D. Write a short note on : Concept of Avastha.
 - E. Write a short note on : Karya.
8. Answer any **Five** of the following : 10
 - A. What is meant by Vishsha ?
 - B. What is meant by Kshaya ?
 - C. Write the characteristics of Swastha.
 - D. What is meant by Nimitta Karana ?
 - E. Write the definition of Darshana.
 - F. Enlist the Astika Darshana.