

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

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

EXAMINATION SEPTEMBER-2013

SWASTHYA VIJNANA - 1

Date :- 02-09-2013

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

Monday

Total Marks :- 100

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

SECTION-A

1. Enlisting Seasons, describe Hemanta Rutucharya. 10
2. Explain any two definitions of Swastha. 10

OR

Explain the Ahara Vidhividhana.

3. Answer any Four of the following : 20
A. Write a short note on : Swapna (dreams).
B. Write a short note on : Dantadhavana Vidhi.
C. Write a short note on : Pathyahara in Grishma Ritu.
D. Explain the Sanchaya, Prakopa and Prashama of Tridoshas in various Ritus.
E. Write a short note on : Adharaniya Vegas.
4. Answer any Five of the following : 10
A. Define health according to WHO.
B. Define Vyayama.
C. Define Hansodaka.
D. Enlist any four Mithya Ahara Janya disorders.
E. Enlist the types of Nidra according to Charaka Samhita.
F. Write the benefits of Ushah Pana.

SECTION-B

5. Defining Sadvrutta, describe Sadvrutta related to social and spiritual health. 10
6. Explain the importance of Sharira Shodhana in personal hygiene. 10

OR

Enlisting the Nindita Purushas, describe Atikrusha.

7. Answer any Four of the following : 20
A. Explain the importance of Achara Rasayana.
B. Explain how company and relationships affect health ?
C. Write a short note on : Bahya Shodhana.
D. Write a short note on : Harmful effects of alcoholism.
E. Write a short note on : Natural Immunity.
8. Answer any Five of the following : 10
A. Enlist any four effects of Bad Relationship.
B. What are the characteristics of Atiloma ?
C. Define Artificial Immunity.
D. Define Prajnaparadha.
E. Enlist any four Sadvrutta related to women.
F. Enlist any four effects of smoking on the heart.

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EXAMINATION SEPTEMBER-2013

SWASTHYA VIJNANA -2

Date :- 03-09-2013

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

Tuesday

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 various methods for excreta disposal with its importance. 10
2. Describe ideal housing. 10

OR

Describe water pollution.

3. Answer any **Four** of the following : 20
A. Write short note on : Natural ventilation.
B. Write short note on : Methods of chlorination.
C. Write short note on : Methods of artificial lighting.
D. Write short note on : Auditory and non-auditory effects of noise pollution.
E. Write short note on : Arrangements of waste disposal in urban areas.
4. Answer any **Five** of the following : 10
A. Enlist the methods of artificial ventilation.
B. Enlist the methods for land purification.
C. Enlist the methods for temperature maintenance in house.
D. Enlist the properties of potable water.
E. What is meant by light pollution ?
F. Enlist any four harmful effects of cremation of the dead body by fire.

SECTION-B

5. Describe the Sexually Transmitted Diseases. 10
6. Explain the probable role of Yoga and Nisargopachara in National Health Policy. 10

OR

Describe the organisation and management of health care services.

7. Answer any **Four** of the following : 20
A. Write short note on : Role of Yoga in industrial health.
B. Write short note on : Vayu as a cause of Janapadoddhvamsa.
C. Write short note on : Chicken pox.
D. Write short note on : Contribution of Yoga and Nisargopachara graduate in Family Welfare Programme.
E. Write short note on : Shodasha Samskara.
8. Answer any **Five** of the following : 10
A. What is meant by I.L.O. ?
B. What is the full form of B.C.G. ?
C. What is meant by Retro virus ?
D. What are the objectives of M.C.H. ?
E. Enlist the types of tuberculosis.
F. Enlist the permanent methods of birth control.

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EXAMINATION SEPTEMBER-2013

AHARA VIJNANA

Date :- 04-09-2013
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. Describe the classification of Dravyas. 10
2. Explaining the need of different recipes in diet, describe the health benefits of any three of them. 10

OR

Define any ten Gurvadi Gunas and describe their functions respectively.

3. Answer any **Four** of the following : 20
 - A. Describe the difference between Dipana and Pachana Karma with examples.
 - B. Write short note on : Beneficial and adverse effects of Lavana Rasa.
 - C. Describe the importance of Tila Taila with its properties & health benefits.
 - D. Enlisting the components of Dugdha Varga, describe the properties and health benefits of Godugdha.
 - E. Write short note on : Shaka Varga and its importance.
4. Answer any **Five** of the following : 10
 - A. Define Anulomana and Stambhana.
 - B. Enlist any four beneficial effects of Tikta Rasa.
 - C. Write the Panchabhautika composition of Kashaya Rasa and any three of its effects on the body.
 - D. Enlist the therapeutic uses of Gomutra.
 - E. What is the difference between Yavagu and Yusha ?
 - F. Enlist any four benefits of Takra.

SECTION-B

5. Describe Aharavidhivisheshayatana. 10
6. Describe the benefits of vegetarian diet with suitable examples. 10

OR

Explain the importance of spices in diet and describe the health hazards caused by their excessive intake.

7. Answer any **Four** of the following : 20
 - A. Write short note on : Concept of Viruddhahara.
 - B. Write short note on : Ideal diet plan for a pregnant woman.
 - C. Write short note on : Tests of milk.
 - D. Write short note on : Importance and functions of carbohydrates.
 - E. Write short note on : Dietetics according to Yogic texts.
8. Answer any **Five** of the following : 10
 - A. Name any four disorders occurring due to malnutrition.
 - B. Enlist any four beneficial effects of Ardraka.
 - C. Enlist two beneficial effects each of Jayaphala and Ela.
 - D. Enlist any four uses of Tulasi as a therapeutic agent.
 - E. Enlist any four diseases where Ghrutakumari can be used therapeutically.
 - F. What is meant by 'alkaline diet' ?

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EXAMINATION SEPTEMBER-2013

YOGA PHILOSOPHY - 1

Date :- 05-09-2013
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. Describe in detail 'Yoga Siddhikar Bhavas'. 10
2. Explain 'Pilupaka and Pitharpaka Vada' according to Vaisheshika Darshana. 10

OR

Give detailed description of Purushartha Chatushtaya.

3. Answer any four of the following : 20
 - A. Explain the narration 'Yogah Karmasu Kaushalyam' according to Geeta - 2/50.
 - B. Explain clearly the Jain Doctrine of Jeeva.
 - C. Define 'Sheela' according to Bauddha Darshana.
 - D. Define and describe Prakruti.
 - E. Explain the 'Panchtanmatra' according to Sankhya Darshana.
4. Answer any Five of the following : 10
 - A. What is the catagory of Karma as per Vaisheshika Darshana ?
 - B. What is the ultimate purpose of evolution according to Sankhya ?
 - C. What is the main aim of Uttar Mimansa Darshana ?
 - D. Explain Vishesha according to Vaisheshika Darshana.
 - E. Define the 'Pratyahara'.
 - F. What is the concept of Nastika Darshana ?

SECTION - B

5. Describe Philosophical aspect of Yoga in Atharva Veda. 10
6. What is understood by the concept of Behaviour according to Yoga ?

OR

Explain the Yoga of Meditation (Dhyana Yoga).

7. Answer any four of the following : 20
 - A. Describe the Yoga of Devotion (Bhakti Yoga).
 - B. Explain the Philosophy of Raja Yoga.
 - C. What is the role of Atma in Human life ?
 - D. How many Indriyas are there according to Yoga ? Have they any relation with Saul ?
 - E. Explain the evalute Manas.
8. Answer any Five of the following : 10
 - A. Define the Uhapoha.
 - B. Define Niskama Karma Yoga.
 - C. Define Nada Yoga.
 - D. Explain briefly the concept of Health according to Yoga.
 - E. What is 'Pranayam' in Yoga ?
 - F. What is the Sthula Sharira ?



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EXAMINATION SEPTEMBER-2013

YOGA PRACTICES - 1

Date :- 06-09-2013

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. Which are the rules and regulations followed for the practices of Yogic procedures ? 10
2. Define and explain Asana. Describe the procedure, physiological actions and precautions of Mayurasana. 10

OR

Describe the difference between Bhastrika and Kapalabhati and explain physiological actions of Kapalabhati.

3. Answer any **Four** of the following : 20
A. Write a short note on : Bhramari Pranayama.
B. Importance of Yogic practices for maintenance of social health.
C. Write a short note on : Gomukhasana.
D. Write a short note on : Dhanurasana.
E. Write a short note on : Anuloma Viloma Pranayama.
4. Answer any **Five** of the following : 10
A. Describe the physiological actions of Suryanamaskara.
B. Describe the procedure of 'Upastha Tatha Swadhisthana Chakra Shuddhi' Yogic Sukshma Vyayama.
C. Describe the procedures of Utkurdana.
D. Describe the physiological actions of 'Vaksha Sthala Shakti Vikasaka' Yogic Sukshma Vyayama.
E. Describe the 'Medha Shakti Vikasaka' Yogic Sukshma Vyayama.
F. Describe the 'Griva Shakti Vikasaka' Yogic Sukshma Vyayama.

SECTION-B

5. Describe the Shatkarma and explain physiological actions of Sutra Neti & Jala Neti. 10
6. Write the Shanti Mantra and explain the same and its physiological actions. 10

OR

Mention the procedure of Dhyana as mentioned in Hatha Yoga Pradipika and describe the physiological actions of the same.

7. Answer any **Four** of the following : 20
A. Write a short note on : Shankha Prakshalana.
B. Write a short note on : Basti.
C. Write a short note on : Yoga Nidra.
D. Write a short note on : Samadhi.
E. Write a short note on : Prayer.
8. Answer any **Five** of the following : 10
A. Write the procedure of Trataka.
B. Write the types of Dhyana.
C. Describe any four physiological actions of Nauli.
D. Describe the procedure of Kapalabhati.
E. Describe the difference between the practices of Asanas and that of other exercises.
F. Write Gayatri Mantra and explain the same.

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EXAMINATION SEPTEMBER-2013

PHILOSOPHY OF NISARGOPACHARA

Date :- 07-09-2013
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 scientific base of evolution of man according to Sankhya Darshana. 10
2. Explain the scientific background of Sharira Dharmas in health. 10

OR

Give detail description about vaccination and its overall effect on human body.

3. Write short notes any four of the following : 20
 - A. Role of Agni in Naturopathy Treatment.
 - B. Healing Crisis.
 - C. Role of Principles of Pancha Mahabhuta in Nisargopachara.
 - D. Encumbrances.
 - E. Role of Nisargopachara Philosophy in practice of Nisargopachara.
4. Answer any Five of the following : 10
 - A. Give the names of steps involved in Upasa Tree.
 - B. Give the two names of fundamental principles.
 - C. What is suppression of Symptom ?
 - D. Enlist any four functions of Vayu Tattva.
 - E. Enlist any four characteristics of Jala Tattva.
 - F. Give the daily water intake amount in various aspects.

SECTION - B

5. Describe the Role of behaviour in Nisargopachara. 10
6. Explain the scientific background of different cleansing techniques. 10

OR

What is the importance of comparing the Nisargopachara Philosophy with other system of medicine.

7. Write short notes any four of the following : 20
 - A. Economical impact of Gandhian concept of Nisargopachara.
 - B. Philosophy of Rama nama.
 - C. Health concept of Henry Lindlhar.
 - D. Concept of Disease of J.H. Tildon.
 - E. Nisargopachara and Siddha.
8. Answer any Five of the following : 10
 - A. What meant by penta elemental balance ?
 - B. Define disease according to Nisargopachara.
 - C. Enlist cleansing process of Agnitattva.
 - D. Enlist water therapies according to Ayurveda.
 - E. Define Life.
 - F. What is Gandhian concept ?



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EXAMINATION SEPTEMBER-2013

FUNDAMENTS OF AYURVEDA - 2

Date :- 10-09-2013

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. Describe the Padartha and its relevance in Ayurveda and other life sciences. 10
2. Explain the Trividha Pramanas with their importance. 10

OR

Describe the Yুক্তipramana with its utility.

3. Answer any Four of the following : 20
A. Write a short note on : Ashtavidha Pramana.
B. Write a short note on : Sannikarsha.
C. Write a short note on : Characteristics of Apta.
D. Write a short note on : Arthapati Pramana.
E. Write a short note on : Upamana Pramana.
4. Answer any Five of the following : 10
A. What is meant by Smriti ?
B. Write the definition of Pramana.
C. Write examples of Yogaja Pratyaksha.
D. What is Anvaya ?
E. Write the types of Anumana Pramana.
F. What is Sannikarsha ?

SECTION-B

5. Describe the principles of philosophy and its applied aspects in Ayurveda. 10
6. Describe the Nyaya Darshana and its similarity with Ayurveda. 10

OR

Describe the Vriddhi-kshaya Siddhanta in detail with suitable examples.

7. Answer any Four of the following : 20
A. Write a short note on : Charvarka Darshana.
B. Write a short note on : Asatakarya Vada.
C. Write a short note on : Parinama Vada.
D. Write a short note on : Importance of Kaala.
E. Write a short note on : Concept of Avastha.
8. Answer any Five of the following : 10
A. Enlist the Shat Darshana.
B. Write name of the author of Jaina Darshana.
C. Write the types of Kaala.
D. Write the types of Desha.
E. Write the definition of health.
F. Write definition of Karana.
