

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR.**  
**BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) SECOND YEAR**  
**EXAMINATION SEPTEMBER-2014**  
**FUNDAMENTS OF AYURVEDA - 2**

Date :- 29-09-2014  
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 Abhava Padartha and its relevance in Ayurveda and other life sciences. 10
  2. Describe the Pratyaksha Pramana with its importance in Ayurveda. 10
- OR**
- Describe the Aptopadesha Pramana in detail with its importance.
3. Answer any **Four** of the following : 20
    - A. Write a short note on : Bhava Padartha.
    - B. Write a short note on : Pancha Panchaka.
    - C. Write a short note on : Pratyaksha Badhaka Bhava.
    - D. Write a short note on : Panchavayava Vakya.
    - E. Write a short note on : Hetvabhava.
  4. Answer any **Five** of the following : 10
    - A. What is meant by Vyapti ?
    - B. Define Hetu.
    - C. What is Manasa Pratyaksha ?
    - D. What is Anupalabdhi ?
    - E. What is Bhranti ?
    - F. What is Anvaya ?

**SECTION-B**

5. Describe the ethics and philosophy. 10
  6. Explain the similarities between Samkhya Darshana and Ayurveda. 10
- OR**
- Describe the Satkaryavada in detail.
7. Answer any **Four** of the following : 20
    - A. Write a short note on : Yoga Darshana.
    - B. Write a short note on : Asamavayi Karana.
    - C. Write a short note on : Types of Kaala.
    - D. Write a short note on : Characteristics of Jangala Desha.
    - E. Write a short note on : Vriddhi-kshaya Siddhanta.
  8. Answer any **Five** of the following : 10
    - A. Write name of the author of Bauddha Darshana.
    - B. Give two examples of Nimitta Karana.
    - C. Write the definition of Kaala.
    - D. Write the characteristics of Kaala.
    - E. Write types of Vishesha.
    - F. Write definition of Karana.

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**EXAMINATION SEPTEMBER-2014**

**PHILOSOPHY OF NISARGOPACHARA**

Date :- 27-09-2014  
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 eastern philosophy of Nisargopachara. 10  
2. Describe in detail the Upas tree. 10

**OR**

Describe the vaccination, its effects on health along with its naturopathic aspect.

3. Write short notes on any **Four** of the following : 20  
A. Jala Mahabhuta.  
B. Inflammation.  
C. Toxaemia theory.  
D. Trigunatnaka Prakriti.  
E. Drug Reaction.
4. Answer any **Five** of the following : 10  
A. Write the function of Vayu Tatva in body.  
B. Write the name of Tanmatras.  
C. Define Nisargopachara.  
D. Define suppression of symptom.  
E. Define destructive principles.  
F. Define natural rejuvenation.

**SECTION-B**

5. Compare the philosophy of naturopathy with modern system of medicine in detail. 10  
6. Explain social behaviour according to Nisargopachara. 10

**OR**

Explain in detail concept of life and health according to Nisargopachara.

7. Write short notes on any **Four** of the following : 20  
A. Concept of disease according to eastern naturopathy.  
B. Gandhian view of naturopathy.  
C. Nisargopachara and Ayurveda.  
D. Theory of cleansing.  
E. Seasonal behaviour according to Nisargopachara.
8. Answer any **Five** of the following : 10  
A. Define health according to Nisargopachara.  
B. Write two processes of cleansing through Agni Tatva.  
C. Define disease according to ancient Nisargopachara.  
D. Write two behaviours of morning time.  
E. Write two similarities between Nisargopachara and Siddha system of medicine.  
F. Define Penta elemental theory.

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**EXAMINATION SEPTEMBER-2014**

**YOGA PRACTICES - 1**

Date :- 26-09-2014  
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 importance of relaxative Asanas and its physiological actions. 10
2. Describe definition, types and concept of Pranayam. 10

**OR**

Describe importance of diet and surrounding environment in Yoga practice.

3. Write short notes any four of the following : 20
  - A. Effect of Shitali on digestive system.
  - B. Effect of Simhasana on endocrine system.
  - C. Effect of Mula Bandha on reproductive system.
  - D. Skanda Tatha Bahu Mula Shakti Vikasaka Vyayama.
  - E. Technique and benefits of Maha Mudra.
4. Answer any Five of the following : 10
  - A. Enlist rules regarding Sex for Yoga practices.
  - B. What is reason behind name of Kurmasana ?
  - C. Write differences between Siddhasana and Swastikasana.
  - D. Which leaf is used in Khechari Mudra ?
  - E. What is mean by Gulfa Padaprushtha Shakti Vikasaka Vyayama.
  - F. What is Urdhava Gati Vyayama ?

**SECTION - B**

5. Describe practice of Dhyana as mentioned in Hatha Yoga Pradipika. 10
6. Describe differences between Asanas and other exercises. 10

**OR**

Describe technique and benefits of Shankha Prakshalana.

7. Write short notes any four of the following : 20
  - A. Significance of prayer in Yoga practices.
  - B. Effect of Kapalabhati on body systems.
  - C. Differences between Pranayana and other exercises.
  - D. Effect of Dhyana on circulatory system.
  - E. Effect of Trataka on body systems.
8. Answer any Five of the following : 10
  - A. Write ideal diet pattern for Shankha Prakshalana.
  - B. What are the necessity of Yoga Nidra in Yoga practices ?
  - C. Write any two benefits of Shanti Mantra.
  - D. Write measurement of Vastra in Vastha Dhuti.
  - E. Write any four indications of Dhauti.
  - F. What are the contraindications of Nauhi ?



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**EXAMINATION SEPTEMBER-2014**

**YOGA PHILOSOPHY - 1**

Date :- 25-09-2014  
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 Philosophy in relation to Astika Darshanas and Ayurveda. 10
2. Give an account of the relation between Brahma and Jeeva according to Uttar Mimansa. 10

**OR**

Explain Vaisheshika Theory of Samanya. What are the different forms of Samanya ?

3. Answer any **four** of the following - 20
  - A. Explain briefly the Theory of Karma and re-birth.
  - B. Why does Charvak not accept Akasha as Mahabhuta ?
  - C. What is the essential property of Jeeva in Jainism ?
  - D. Explain Samadhi according to Baudha Darshana.
  - E. Describe according to Vaisheshika Darshana the types of Karma.
4. Answer any **five** of the following - 10
  - A. Why Vaisheshika category of Vishesh is regarded as a category ?
  - B. Which are the Gunas of Prakriti ?
  - C. What is Dharma according to Purva Mimansa ?
  - D. Enumerate the Characteristics of Gunas according to Vaisheshika Darshana.
  - E. Define Dhyana.
  - F. What is Anu Vada ?

**SECTION - B**

5. Describe the concept of life, health and disease according to Bhagwad Geeta. 10
6. Explain the Philosophy of Jnana Yoga according to Bhagwad Geeta. 10

**OR**

Explain the Philosophy of Raja Yoga.

7. Answer any **four** of the following - 20
  - A. Give an account of relation between Pinda and Brahmanda.
  - B. Explain the Philosophy of Nada Yoga.
  - C. Explain the Characteristics of Gunatita according to Bhagwad Geeta.
  - D. What do you understand by Indian concept of time ?
  - E. Describe Karma-Sanyasa. Why is it called so ?
8. Answer any **five** of the following - 10
  - A. Define Medha.
  - B. Explain briefly the relation between Yoga and Ayurveda.
  - C. Explain briefly the Yoga of discrimination.
  - D. Define Nishkama Karma Yoga.
  - E. What is Smriti ? What is its role ?
  - F. Define Yoga according to Bhagwad Geeta.



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**EXAMINATION SEPTEMBER-2014**

**AHARA VIJNANA**

Date :- 24-09-2014  
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. Give definition of Karma. Explain its classification and practical examples. 10  
2. Mention Paraadi Guna. Describe its practical application. 10

**OR**

Discuss why imbalance of Shad Rasa in diet is disadvantageous to health ?

3. Answer any **Four** of the following : 20  
A. What is Shook Dhanya ? With example explain its nutritional role in diet.  
B. Write effects and clinical importance of Tikta Rasa in health & disease.  
C. Explain dietary value and contra indications of Dadhi (Curd).  
D. What is Ahar Kalpana ? Describe preparation of Krushara and Odana.  
E. Discuss role of Lavana (Salt) in health & disease.  
4. Answer any **Five** of the following : 10  
A. Tila Taila – medicinal uses.  
B. Medhya & Madakari Guna – definition and example.  
C. Goat Milk and Goat Meat - properties.  
D. Yoosha and Peya – clinical importance.  
E. Ardrak and Shunthi – drug & diet accessory.  
F. Mango and Banana – nutritional value.

**SECTION-B**

5. What is meant by Nutritional disorders ? Discuss with examples. 10  
6. Mention Ahar Niyamaah. Discuss its practical importance. 10

**OR**

Explain criteria of Nutritional Diet with various factors.

7. Answer any **Four** of the following : 20  
A. What is ideal quantity of Diet ? Mention factors related to Rashi (quantity).  
B. Write sources, effects and defects on excess use of Carbohydrates.  
C. Describe examination of Food articles.  
D. Explain disadvantages of Non Vegetarian Diet.  
E. Discuss role of spices in routine diet and as a drug.  
8. Answer any **Five** of the following : 10  
A. Vitamin C – Source and functions.  
B. Disorders due to unhygienic diet.  
C. Examination of meat.  
D. Neem - medicinal value and uses.  
E. Vitamin A – source and deficiency disorders.  
F. Methika and Hingu – role as a drug and diet accessory.

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**SWASTHYA VIJNANA -2**

Date :- 23-09-2014

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. Explain proper housing and its health benefits. 10  
2. Describe the Rapid Sand Bed filtration with suitable diagram. 10

**OR**

Describe Noise pollution and its control at various levels.

3. Answer any **Four** of the following : 20  
A. Write short note on : Air pollutants and their natural controls.  
B. Write short note on : Methods for removing hardness of water.  
C. Write short note on : Methods of chemical analysis of water.  
D. Write short note on : Artificial lighting and its benefits.  
E. Write short note on : Solid waste removal in rural areas.  
4. Answer any **Five** of the following : 10  
A. Enlist the components of air.  
B. Enlist any four structural factors responsible for increasing the temperature in a house.  
C. Enlist the types of water born disorders.  
D. Enlist any four health benefits of Infra-Red Rays of sunlight.  
E. Enlist the therapeutic uses of sound.  
F. Enlist the methods of Dead body disposal.

**SECTION-B**

5. Describe the National Health Policy and the role of Yoga and Nisargopachara there in. 10  
6. Explain the concept of Janapadodhwamsa. 10

**OR**

Describe the functioning of WHO and its role in health care.

7. Answer any **Four** of the following : 20  
A. Write short note on : Industrial hygiene.  
B. Write short note on : Role of Nisargopachara in scholastic health.  
C. Write short note on : Malaria.  
D. Write short note on : Effects of population explosion.  
E. Write short note on : Importance reproductive and Child Health Care Programme.  
8. Answer any **Five** of the following : 10  
A. Enlist the objectives of school health check-up programme.  
B. What is full form of DPT ?  
C. What are the cardinal symptoms of Multi Bacillary type of Leprosy ?  
D. What is meant by the tertiary level of health care ?  
E. Enlist any four Samskaras.  
F. Enlist the chemical methods of Birth Control.

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**EXAMINATION SEPTEMBER-2014**

**SWASTHYA VIJNANA - 1**

Date :- 22-09-2014  
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 Ahara Vidhi Visheshayatanani. 10
2. Explain the importance of 'Nasyakarma'. 10

**OR**

Enlist seasons, describe 'Vasanta Rutucharya'.

3. Answer any four of the following : 20
  - A. Write a short note on Snana.
  - B. Write a short note on Brahmacharya.
  - C. Write a short note on Apathya Viharas of Varsha Rutu.
  - D. Write a short note on Rutu Sandhi.
  - E. Write a short note on Swapna.
4. Answer any Five of the following : 10
  - A. Write the benefits of Ahara.
  - B. Write the benefits of Kavala and Gandusha.
  - C. Write the benefits of Danta Dhavana.
  - D. Write the benefits of Ushahpana.
  - E. Define the Swastha person.
  - F. Enlist the types of Nidra according to Charaka Samhita.

**SECTION - B**

5. What is Sadvrutta ? Describe Sadvrutta related to personal hygiene. 10
6. Enlist the Nindita Purusha, describe Atisthula. 10

**OR**

Defining Baia, explain the concept of Vyadhikshamatva according to Ayurveda.

7. Answer any four of the following : 20
  - A. Write a short note on harmful effects of Tobacco.
  - B. Write a short note on Pragnaparadha.
  - C. Write a short note on 'Immunization'.
  - D. Write a short note on Achara Rasayana.
  - E. Write a short note on active immunity.
8. Answer any Five of the following : 10
  - A. Enlist the effects of tea.
  - B. Define passive smoking.
  - C. Enlist any four harmful activities.
  - D. Enlist the effects of alcoholism.
  - E. Which are the characteristics of Aloma.
  - F. Write any four things to be avoided in public places.

