

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

**PHYSIOTHERAPY & MANIPULATIVE THERAPIES – II**

Date :- 21-10-2016  
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. Describe method, indications, contraindications and physiological effect of Vayu Sevana. 10
2. Describe method, indication, contraindication and benefits of Abhyanga in detail. 10

**OR**

Describe the physiological effect of Abhyanga and write special effect on Sparshanendriya in detail.

3. Write short notes on any **Four** of the following : 20
  - A. European history of Massage.
  - B. Relation of Massage and Abhyanga in view of procedure.
  - C. Principles of Massage.
  - D. Effect of various type of Hand Pressure on Nervous system.
  - E. Common steps of Massage.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. Enlist four types of Lubricants for Massage.
  - B. Define Massage.
  - C. Effect of Vayu sevana of east wind.
  - D. Enlist four step of Abhyanga.
  - E. Enlist four crisis of Massage.
  - F. Enlist four characteristic of Massage.

**SECTION-B**

5. Define Osteopathy and describe it's basic principles and effect on the human body. 10
6. Describe the technique and benefits of Powder Massage. 10

**OR**

Describe the technique and benefits of Ice Massage.

7. Write short notes on any **Four** of the following : 20
  - A. Chiropractic examination.
  - B. Child Massage.
  - C. Spinal Massage techniques.
  - D. Contraindication of Women Massage with justification.
  - E. Effect of Abdominal Massage.
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. Enlist four pressure type in Chiropractic.
  - B. Enlist four indication of Massage.
  - C. Enlist four step of Infant,Massage.
  - D. Define Chiropractic.
  - E. Enlist four use of Vibromassage.
  - F. Enlist four contraindication of Brush Massage.

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EXAMINATION OCTOBER-2016

**PHYSIOTHERAPY & MANIPULATIVE THERAPIES – I**

Date :- 20-10-2016  
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. Describe the principles and division of Physiotherapy in detail. 10  
2. Describe the uses of Active and Passive movements with examples. 10

**OR**

Describe the classification of movement with examples.

3. Write short notes on any **Four** of the following : 20  
A. Home Exercises.  
B. Principles of Exercise Therapy.  
C. Mat Exercises.  
D. Soft Tissue Mobilisation Techniques.  
E. Resisted Exercises.
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Enlist four indication of Vyayama.  
B. Enlist four indication of Resisted Exercise.  
C. Define Posture.  
D. Define position in Exercise Therapy.  
E. Enlist four contraindication of Chankramana.  
F. Define Active Movement.

**SECTION-B**

5. Describe the types, principles and therapeutic utility of Interferential Therapy. 10  
6. Describe the principles, therapeutic uses and benefits of Ultrasound. 10

**OR**

Describe the uses and physiological action of Radiant Heat.

7. Write short notes on any **Four** of the following : 20  
A. Physiotherapy for woman's health.  
B. Muscular Tone Assessment techniques & uses.  
C. Role of Physiotherapy in rehabilitation.  
D. Joints examination techniques.  
E. Stimulator – uses & effect on muscular system.
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Enlist four uses of Therapeutic Laser.  
B. Define Electromyography.  
C. Enlist four contraindication of Electrotherapy.  
D. Enlist four uses of physiotherapy in Industrial Health.  
E. Enlist four types of Stimulators.  
F. Define Diathermy.

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EXAMINATION OCTOBER-2016  
FUNDAMENTS OF AYURVEDA - 3

Date :- 19-10-2016  
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. Is Pinda Brahmanda Nayay significant ? Why ? 10
  2. What is Tridhatvatmaka Purusha ? Explain. 10
- OR**
- Describe Shrushti Utpatti according to Shankhya.
3. Write short notes on any **Four** of the following : 20
    - A. Shad Dhatvatmaka Purusha.
    - B. Pratitantra Siddhanta.
    - C. What is Shabdartha Bodhaka Vrutti ? Explain.
    - D. Tamasika Ahankara.
    - E. Panchamahabhuta.
  4. Answer any **Five** of the following : (two to three sentences) 10
    - A. Define Ahankara.
    - B. Define Dukha.
    - C. Define Sattva
    - D. Define Tantrayukti.
    - E. Define Tanmatra.
    - F. Define Vritti.

**SECTION-B**

5. Write essay on Chatushpada. 10
  6. Is Nidana Parivarjana important ? Why ? 10
- OR**
- Why Basti is known as Ardha Chikitsa ?
7. Write short notes on any **Four** of the following : 20
    - A. Daivavyapashraya Chikitsa.
    - B. What is Shamana ? Explain.
    - C. What is Vamana ? Explain.
    - D. What is Raktamokshana ? Explain.
    - E. What is Rukshana ? Explain.
  8. Answer any **Five** of the following : (two to three sentences) 10
    - A. Define Sattvavajaya.
    - B. Enlist Niragni Sweda.
    - C. What is Vyadhiviparita ?
    - D. Which Sneha is the best for Snehana ?
    - E. What is Anuvasana ? Define.
    - F. Enlist any four Basti Upadrava.

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**EXAMINATION OCTOBER-2016**

**NISARGOPACHARA - 1**

Date :- 18-10-2016  
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. Write types of mud with their characteristic features and properties. 10
2. Explain clinical aspect of Panchatatva principle and describe therapies of Agni Tatva. 10

**OR**

Describe principles of mud therapy and its' importance in health and diseases.

3. Write short notes on any **Four** of the following : 20
  - A. Reflex areas of the body.
  - B. Effect of cold application on spine.
  - C. Preparation of mud for clinical use.
  - D. Types of mud according to Sushruta.
  - E. Mud poultice.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. What is natural therapeutics ?
  - B. Write effects of temperature on the body.
  - C. Enlist general properties of mud.
  - D. Enlist indications of mud bath.
  - E. Write the method of heating the mud.
  - F. What is thermal bath ?

**SECTION-B**

5. Describe gradual development of hydrotherapy. 10
6. Describe indications of enema with their physiological explanation. 10

**OR**

Write types of Swedana with its' indications and contraindications.

7. Write short notes on any **Four** of the following : 20
  - A. Physiological explanation of hot pack application.
  - B. Sitz bath.
  - C. Dry fomentation.
  - D. Special techniques of fomentation.
  - E. Indications and contraindications of Snana.
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. Write definition of hydrotherapy.
  - B. Enlist four health benefits of drinking water.
  - C. Write indications of hip bath.
  - D. Enlist ancient types of Swedana.
  - E. Enlist methods of wet fomentation.
  - F. Benefits of footbath.

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**EXAMINATION OCTOBER-2016**

**YOGA PRACTICES - 2**

Date :- 17-10-2016  
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 Kapalabhati with technique, physiological action and types according to Gheranda Samhita. 10
2. Explain the technique and types of Pranayama and physiological effect as per Shiva Samhita. 10

**OR**

Describe types, technique and effect of Danta Dhauti as mentioned in Gheranda Samhita.

3. Write short notes on any **Four** of the following : 20
  - A. Technique and effect of Mahabandha.
  - B. Effect of Ushtrasana in respiratory disorders.
  - C. Therapeutic effect of Garudasana with technique.
  - D. Concept of Kevali Pranayama as per Gheranda Samhita.
  - E. Effect of Jalandhara Bandha in E.N.T. disorders.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. Define Mulabandha.
  - B. Technique of Pashini Mudra.
  - C. Enlist therapeutic uses of Yoni Mudra.
  - D. Define Shambhavi Mudra.
  - E. Write technique of Muktasana.
  - F. Physiological effect of Kaki Mudra.

**SECTION-B**

5. Explain modification of Surya Namaskara in diseased condition with appropriate example. 10
6. Describe symptoms and benefits of Kundalini awakening. 10

**OR**

Write Aum Stavana with meaning.

7. Write short notes on any **Four** of the following : 20
  - A. Svarodaya for health maintenance.
  - B. Indication and contraindication of Danda Dhauti.
  - C. Yoga plan for Air-force group.
  - D. Yoga plan for kids health maintenance.
  - E. Explain indicated Sukshma Vyayama for elderly.
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. Enlist Yoga practices for computer operators.
  - B. Contraindication of Trataka.
  - C. Mening of Rudropasana.
  - D. Write synonyms of Kundalini.
  - E. Specific Yoga plan for teachers.
  - F. Enlist memory boosting Pranayama.

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**YOGA PHILOSOPHY - 2**

Date :- 15-10-2016  
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. Defining Prana, describe the physiological importance of Prana in Yogic science. 10  
2. Describe the concept of Yoga according to Mandalbrahmanopanishat. 10

**OR**

Describe the concept of Yoga according to Mahavakyopanishat.

3. Write short notes on any **Four** of the following : 20  
A. Philosophy of Yoga according to Hamsopanishat.  
B. Philosophy of Yoga according to Kshurikopanishat.  
C. Philosophy of Yoga according to Yoga Kundali Upanishat.  
D. Philosophy of Yoga according to Kularanava Tantra.  
E. Philosophy of Yoga according to Yoginihridaya Tantra.
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Enlist any two Yoga Siddhikara and two Yoga Asiddhikara Bhavas according to Hatha Pradipika.  
B. Enlist the stages of Nadanusandhana as per Hatha Pradipika.  
C. Enlist the limbs of Yoga according to Shiva Samhita.  
D. Write the laws of food consumption during Yoga practice as per Goraksha Samhita.  
E. Enlist the types of Kumbhaka as per Hatha Ratnavali.  
F. Enlist any four Mudras as per Hatha Ratnavali.

**SECTION-B**

5. Defining Anushashana, describe its role in Yogabhyasa. 10  
6. Describe Savichara and Nirvichara Samadhi. 10

**OR**

Describe Samprajnata and Asamprajnata Samadhi.

7. Write short notes on any **Four** of the following : 20  
A. Importance of different types of Sadhaka in Yoga practice.  
B. Procedures for cessation of Antarayas.  
C. Ishwara as Purusha Vishesha.  
D. Heya Hetu.  
E. Seven stages of Prajna.
8. Answer any **Five** of the following : (two to three sentences) 10  
A. What are the benefits of practicing Asteya ?  
B. What are the benefits of practicing Brahmacharya ?  
C. What are the benefits of practicing Shaucha ?  
D. What are the benefits of practicing Samtosha ?  
E. Define Ishwarapranidhana.  
F. Define Pratyahara.

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**EXAMINATION OCTOBER-2016**  
**ROGA VIJNANA VIKRUTI VIJNANA - 2**

Date :- 14-10-2016  
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. Describe Sadvidha Kriyakala. Explain Yogic and Nisargopacharik concept of diseases production. 10
2. Give the definition of Vyadhi and describe the classification of Vyadhi according to Charak. 10

**OR**

Explain about Nidanpanchak and its importance.

3. Write short notes on any **Four** of the following : 20
  - A. Nidanarthakar Roga.
  - B. Write about Vyadhi avastha (Stage of diseases).
  - C. Explain Trividha Pariksha.
  - D. What is Umbilical Diagnosis ?
  - E. Describe about Breath Diagnosis.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. Give the names of Ashtavidha Pariksha.
  - B. What is Phrenology ?
  - C. Mention the names of Chakras.
  - D. What is Nanatmaja Vikara ?
  - E. How many types of Purvarupa ?
  - F. Define the word Upadrava.

**SECTION-B**

5. Explain Sthaulya diseases according to Yogic and Nisargopachariya and Ayurvedic concept. 10
6. Write about Pandu roga and its Nidanapanchak. 10

**OR**

Explain about Unmada Vyadhi.

7. Write short notes on any **Four** of the following : 20
  - A. Difference between Shitápitta, Udarda and Kotha.
  - B. Types of Ajirna.
  - C. Types of Rajyakshma.
  - D. Explain Pathogenesis of Gridhrasi.
  - E. Difference between Mada, Murchha and Samnyasa.
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. What is the characteristics of Visuchika ?
  - B. How many types of Kushtha ?
  - C. Write the names of types of Udara roga.
  - D. Write the symptoms of Ardita.
  - E. Give the definition of Apasmara.
  - F. What is Ushnavata ?

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EXAMINATION OCTOBER-2016

**ROGA VIJNANA VIKRUTI VIJNANA - 1**

Date :- 13-10-2016  
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. What is Agni ? Describe types of Agni and write the symptoms of Sama stage of Vayu, Pitta and Kapha. 10
2. Describe the role of Nadi and Karma Vipaka in production of disease. 10  
OR  
Describe the role of morbid matter in disease production.
3. Write short notes on any **Four** of the following : 20
  - A. Ashraya-Ashrayi Bhava.
  - B. Importance to study Vikruti Vijnana.
  - C. Importance of Srotomula.
  - D. Cause and symptoms of Pitta aggravation.
  - E. Ojas vitiation.
4. Answer any **Five** of the following : (two to three sentences) 10
  - A. Enumerate the factors those brings Dosha from Shakha to Kostha.
  - B. Write characteristic of Tikshnagni.
  - C. Write causative factors of Majjavaha Srotas vitiation.
  - D. Write symptoms of Annavaha Srotas vitiation.
  - E. Enumerate Pancha Kosha.
  - F. Write causes of Rasavaha Srotas vitiation.

**SECTION-B**

5. What is hypersensitivity ? Describe hypersensitivity reaction in brief. 10
6. Describe classification of Neoplasia. 10  
OR  
Describe hemodynamic changes in brief.
7. Write short notes on any **Four** of the following : 20
  - A. Growth disorders.
  - B. Aplasia, Atrophy and Anaplasia.
  - C. Wound healing.
  - D. Classification of inflammation.
  - E. Calculus.
8. Answer any **Five** of the following : (two to three sentences) 10
  - A. What is pathological calcification ?
  - B. What is difference between metaplasia and dysplasia ?
  - C. Define word hypertrophy.
  - D. Define the word lethal injury.
  - E. Enumerate causes for cell injury.
  - F. What are physical agents responsible for cell injury ?