

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

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

EXAMINATION APRIL-2017 (New Syllabus)

PHYSIOTHERAPY & MANIPULATIVE THERAPIES – II

Date :- 25-04-2017
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. Define Abhyanga and describe it's methods, benefits and seven steps of Abhyang in detail. 10
2. Define Massage and write it's principles, indication and contraindication in detail. 10

OR

Describe the rules, regulation and characteristics of Massage.

3. Write short notes on any **Four** of the following : 20
 - A. Physiological action of Vayu Sevana.
 - B. Effect of pressure of hands on Musculo-skeletal system.
 - C. Effect of mustard oil on Vascular & Muscular system.
 - D. Relationship of Massage and Abhyanga.
 - E. Indian History of Manipulative Therapies.
4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist four crisis generate through Massage.
 - B. Define Vayu.
 - C. Enlist four regulation for Masseur.
 - D. Enlist four benefits of Vayu Sevana.
 - E. Enlist four contraindication condition of Abhyanga.
 - F. Define Manipulation.

SECTION-B

5. Describe any two Therapeutic Massage with its techniques, contraindications and effect on specific condition. 10
6. Describe the techniques and physiological effect of Oil Massage. 10

OR

Describe the materials, techniques and physiological effect of Dry Massage.

7. Write short notes on any **Four** of the following : 20
 - A. Chiropractic origin.
 - B. Principles of Osteopathy.
 - C. X-Ray in Chiropractic.
 - D. Infant Massage classification and effect.
 - E. Massage techniques of Post Natal condition.
8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Define Spinal Manipulation Therapy.
 - B. Enlist two principles of Chiropractic.
 - C. Enlist Chiropractic use in four disorders.
 - D. Define Osteopathy.
 - E. Enlist four instrument of Osteopathy.
 - F. Enlist four effect of Head Massage.

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EXAMINATION APRIL-2017 (New Syllabus)

PHYSIOTHERAPY & MANIPULATIVE THERAPIES – I

Date :- 24-04-2017
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 posture, types and classification of Soft Tissue Mobilisation. 10
2. Compare the Active and Passive movement and its techniques and effect on the body. 10

OR

Describe the Chankramana – its method, benefits and physiological action.

3. Write short notes on any **Four** of the following : 20
 - A. Mechanics of Exercise Therapy.
 - B. Free exercises.
 - C. Relation of Physiotherapy with Yoga.
 - D. Breathing mechanism.
 - E. Fundamentals of Position.
4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist four uses of Active Movement.
 - B. Define Gait.
 - C. Enlist types of Passive Movement.
 - D. Define Physiotherapy.
 - E. Enlist two principles of Exercise Therapy.
 - F. Enlist four step of Home Exercise.

SECTION-B

5. Describe the uses and physiological action of Infrared Rays with examples. 10
6. Describe the role & techniques of physiological action in accidents with examples. 10

OR

Describe the role & techniques of physiological action for sportsman with examples.

7. Write short notes on any **Four** of the following : 20
 - A. Law Frequency Stimulator.
 - B. Cryotherapy – technique & benefits.
 - C. Physiotherapy – technique & benefits.
 - D. Principles of Electromyography.
 - E. Exercise Tolerance Test technique.
8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Define Interferential Therapy.
 - B. Enlist four examination of Joints.
 - C. Define Radiant Heat.
 - D. Enlist four indications of Ultrasound Therapy.
 - E. Define Ultra-Violet Rays.
 - F. Define Electro Diagnosis.

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EXAMINATION APRIL-2017 (New Syllabus)

FUNDAMENTS OF AYURVEDA - 3

Date :- 22-04-2017
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 Shrushti Utpatti according to Ayurveda. 10
2. Write an essay on Siddhanta. 10

OR

What is Shabdagraha ? Explain.

3. Write short notes on any **Four** of the following : 20
A. Pancha Tanmatra.
B. Sankhya and Ayurveda.
C. Pragnaparadha.
D. Rajasika Ahankara.
E. Atma.
4. Answer any **Five** of the following : (two to three sentences) 10
A. Define Vada.
B. Define Moksha.
C. Define Sharira.
D. Define Indriya.
E. Define Mahabhuta.
F. Enlist Tridhatu in Tridhatvatmaka Purusha.

SECTION-B

5. Write essay on : Chikitsalaya. 10
6. Is Shodhana useful in health maintenance ? Explain. 10

OR

Can Nasya treat other diseases than Shiroroga ? How ?

7. Write short notes on any **Four** of the following : 20
A. Yuktivyapashraya Chikitsa.
B. What are the characteristics of Rogabhisara Vaidya ?
C. What is Panchakarma ? Explain.
D. What is Anuvasana ? Explain.
E. What is Naisthiki Chikitsa ? Explain.
8. Answer any **Five** of the following : (two to three sentences) 10
A. Define Rukshana.
B. Define Stambhana.
C. What is Laukiki Chikitsa ?
D. Enlist Virechana Upadrava ?
E. Define Basti.
F. Enlist Nasya Kala.

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

EXAMINATION APRIL-2017 (New Syllabus)

NISARGOPACHARA - 1

Date :- 21-04-2017
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 preparation of mud for clinical use and different types of mud applications with their indications. 10
 2. Describe therapies of Vayu Tatva in detail with clinical indications. 10
- OR**
- Describe heat production physiology in detail.
3. Write short notes on any **Four** of the following : 20
 - A. Types of mud and their characteristics features.
 - B. Principles of mud therapy.
 - C. Cosmetic uses of mud.
 - D. Thermal Bath.
 - E. Effects of mud pack on lower abdomen.
 4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Which are therapies of Akasha Tatva ?
 - B. Enlist reflex areas of body.
 - C. Write sources for mud collection.
 - D. Enlist types of mud according to Sushrutacharya.
 - E. What is thermal reaction ?
 - F. Define natural therapeutics.

SECTION-B

5. Define hydrotherapy and write brief introduction of hydrotherapy along with role of water in health and diseases. 10
 6. Describe physiological action of various types of fomentations. 10
- OR**
- Enlist internal and external usage of water and describe benefits of drinking water.
7. Write short notes on any **Four** of the following : 20
 - A. Physiological explanation of spinal bath.
 - B. Method of benefits of foot bath
 - C. Importance of fomentation in health and diseases.
 - D. Effects of Swedana on musculo-skeletal system.
 - E. Physiological effects of wax bath.
 8. Answer any **Five** of the following : (two to three sentences) 10
 - A. What is the difference between effect of hot pack and cold-pack ?
 - B. Enlist types of Swedana.
 - C. Write indications of Sitz bath.
 - D. Enlist properties of water.
 - E. Enlist types and benefits of Snana.
 - F. Write two examples of internal use of water in chronic diseases.

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BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) THIRD YEAR
EXAMINATION APRIL-2017 (New Syllabus)

YOGA PRACTICES - 2

Date :- 20-04-2017
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 types, techniques and therapeutic effect of Asanas as per Shiva Samhita. 10
 2. Describe Hrid Dhauti according to Gheranda Samhita. 10
- OR**
- Explain Pranayama with types and practices as mentioned in Goraksha Samhita.
3. Write short notes on any **Four** of the following : 20
 - A. Therapeutic effects of Bhujangasana.
 - B. Technique and effects of Bhastrika as per Gheranda Samhita.
 - C. Shambhavi Mudra.
 - D. Therapeutic effects of Uddiyana Bandha.
 - E. Technique and effects of Agnisara Kriya.
 4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Write technique of Yogasana.
 - B. Introduce Plavini Pranayama.
 - C. Write technique of Tadagi Mudra.
 - D. Enlist any four diseases in reference of Mula Bandha.
 - E. Mention the technique of vatasara Antara Dhauti.
 - F. Write technique of Vatkrama Kapalabhati.

SECTION-B

5. Definition and therapeutic utility of Svarodaya. 10
 6. Describe Yoga practices for personality development. 10
- OR**
- Explain the importance of Surya Namaskara in health maintenance.
7. Write short notes on any **Four** of the following : 20
 - A. Classical practices of Kundalini Jagruti.
 - B. Contra indication of Udara Shakti Vikasaka Kriya.
 - C. Indication of Griva Shakti Vikasaka Kriya.
 - D. Importance of Yoga in menopause.
 - E. Yoga plan for primary Kids.
 8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Write the meaning of Savitru Upasana.
 - B. Enlist Yoga practices for laboratory assistance.
 - C. Enlist indication and contraindication of Shirshasana.
 - D. Enlist any four Yoga practices for working women.
 - E. Mention indication and contraindication of Vrukshasana.
 - F. Mention contraindication of Utkurdana.

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

EXAMINATION APRIL-2017 (New Syllabus)

YOGA PHILOSOPHY - 2

Date :- 19-04-2017

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 concept of Prana according to Shiva Swarodaya. 10
2. Describe the concept of Yoga according to Yoga Shikha Upanishat. 10

OR

Describe the concept of Yoga according to Yoga Chudamani Upanishat.

3. Write short notes on any **Four** of the following : 20
A. Philosophy of Yoga according to Amrutabindu Upanishat.
B. Philosophy of Yoga according to Dhyana Bindu Upanishat.
C. Philosophy of Yoga according to Varahopaniashat.
D. Philosophy of Yoga according to Maha Nirvana Tantra.
E. Philosophy of Yoga according to Bhairava Tantra.
4. Answer any **Five** of the following : (two to three sentences) 10
A. Enlist any four Yoga Asiddhikara Bhavas according to Hatha Pradipika.
B. Enlist the limbs of Yoga according to Hatha Pradipika.
C. Enlist the types of Kumbhaka as per Gheranda Samhita.
D. Enlist any four Mudras according to Shiva Samhita.
E. Write the laws of food consumption during Yoga practice as per Gheranda Samhita.
F. Enlist the Chakras as per Shiva Samhita.

SECTION-B

5. Describe the concept of Chittavrutti Nirodha. 10
6. Describe Savitarka and Nirvitarka Samadhi. 10

OR

Describe Sabija and Nirbija Samadhi.

7. Write short notes on any **Four** of the following : 20
A. Importance of Ishwara in Yoga practice.
B. Role of Antaraya in Yoga.
C. Rutumbhara Prajna.
D. Kriya Yoga.
E. Klesha.
8. Answer any **Five** of the following : (two to three sentences) 10
A. Define Ahimsa.
B. Define Brahmacharya.
C. Define Aparigraha.
D. Define Shaucha.
E. Define Santosha.
F. Define Pranayama.

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EXAMINATION APRIL-2017 (New Syllabus)
ROGA VIJNANA VIKRUTI VIJNANA - 2

Date :- 18-04-2017
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. What is Roga Pariksha and Rogi Pariksha. Explain about Ashtavidha Parikshavidhi. 10
2. Give the definition of Samanyaja and Nanatmaja Vikara. Describe Nidanarthakara Roga, Hetu Sankara and Vyadhi Sankara. 10

OR

What is Nidana Panchak ? Explain about Samprapti.

3. Write short notes on any **Four** of the following : 20
 - A. Trividha Rogamarga.
 - B. Facial Diagnosis.
 - C. Classification of Diseases according to WHO.
 - D. The concept of Adhi and Vyadhi (Yoga Vashistha).
 - E. Stages of diseases.
4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Give the definition of Vyadhi.
 - B. Define the word Kriyakaal.
 - C. Enlist the names of Shatchakra.
 - D. Write the names of Dasvidha Pariksha.
 - E. What is Umbilical diagnosis ?
 - F. What is Pragnaparadha ?

SECTION-B

5. Define the word Kushtha. Describe its types, Samprapti and symptoms according to Yoga, Nisargopachara and Ayurveda concept. 10
6. Explain about Rajyakshma and its Nidanapanchak. 10

OR

Describe Prameha roga according to Yoga and Nisargopachriya concept.

7. Write short notes on any **Four** of the following : 20
 - A. Write about types of Kamala.
 - B. Explain Samprati and characteristics of Jalodara.
 - C. Describe types and characteristics of Krimi.
 - D. Explain about Attvabhinivesha.
 - E. Hypertension.
8. Answer any **Five** of the following : (two to three sentences) 10
 - A. What is the characteristics of Grahani.
 - B. Define the word Unmada.
 - C. Give the definition of Karshya.
 - D. Write the characteristics of Anaha.
 - E. Write the characteristics of Parinaam shoola.
 - F. How many types of Amlapitta ?

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ROGA VIJNANA VIKRUTI VIJNANA - 1

Date :- 17-04-2017
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. What is Ama ? Describe Ama in detail and write the characteristic symptoms of Manda, Vishama and Tikshna Agni. 10
2. Define the word Vikruti Vijnana and write its importance. 10

OR

Describe the responsible factor for migration of Dosha from Kostha to Shakha and Shakha to Kostha.

3. Write short notes on any **Four** of the following : 20
 - A. Panchakosha.
 - B. Ojas.
 - C. Causes and symptoms of Rasavaha Srotas vitiation.
 - D. Svāra Vijnana.
 - E. Symptoms of Vayu Prakopa.
4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enumerate Penta-elements.
 - B. Enumerate Srotas as per Acharya Charaka.
 - C. Define the word Srotas.
 - D. Write symptoms of Meda Dhatu Kshaya.
 - E. Write characteristic of Sama Purisha.
 - F. Enumerate common features of Srotodushti.

SECTION-B

5. Describe lethal and sub lethal cell injuries in brief. 10
6. What is Granuloma ? Describe its classification and characteristics. 10

OR

What is neoplasia ? Describe benign and malignant tumour in brief.

7. Write short notes on any **Four** of the following : 20
 - A. Inflammation.
 - B. Bija Dushti.
 - C. Auto immune disorders.
 - D. Down's syndrome.
 - E. Nomenclature of inflammation.
8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Define the word thrombosis.
 - B. Write characteristic of fibroma.
 - C. What does mean by carcinoma in Situ ?
 - D. What does mean by embolism ?
 - E. Write the characteristic of Klinefelter's syndrome.
 - F. What does mean by the word Hypertrophy ?