

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)
THIRD YEAR EXAMINATION OCTOBER-2017

ROGA VIJNANA VIKRUTI VIJNANA - 1

Date :- 26-10-2017
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. Explaining Dhatu and Updhatu. Describe the symptoms of increased and decreased Rasa, Rakta and Mamsa Dhatu. 10
2. Defining Dosha and Dushya. Describe Ashraya-Ashrayi bhava of Dosha and Dushya. 10

OR

Describing Ama write sign and symptoms of Sama Dosha.

3. Write short notes on any **Four** of the following : 20
 - A. Write the symptoms of Pranavaha and Raktavaha Srotodushti.
 - B. What is Upashaya ?
 - C. Karma Vipaka.
 - D. Symptoms of Shukra Vriddhi and Shukra Kshaya.
 - E. Prana Dushti.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write the name of Panchakosha.
 - B. What is Swabhavika Vyadhi.
 - C. Enlist any four symptoms of Shukra Srotodushti.
 - D. Define Koshtha.
 - E. Define Rogavijnana.
 - F. What is Upashaya ?

SECTION-B

5. Defining Bija. Explain Bija dusti in the context of Congenital disorders. 10
6. Describing Inflammation. Explain acute and chronic Inflammation. 10

OR

Defining Tumour. Explain Benign and Malignant Tumour.

7. Write short notes on any **Four** of the following : 20
 - A. Auto immune disorders.
 - B. Lethal injury.
 - C. Pathological calcification.
 - D. Turner's Syndrome.
 - E. Anomalies due to Motor Organs.
8. Define any **Five** of the following : 10
 - A. Klinefelter's syndrome.
 - B. Neoplasia.
 - C. Embolism.
 - D. Hypertrophy.
 - E. Metastasis.
 - F. Anaplasia.

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ROGA VIJNANA VIKRUTI VIJNANA - 2

Date :- 27-10-2017
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. Write various definition of Vyadhi and explain classification of Vyadhi (disease) according to Acharya Charaka. 10
 2. Define Roga Pariksha and Rogi Pariksha. Explain Dashavidha Pariksha. 10
- OR**
- Describe Yogic concept of disease production in detail.
3. Write short notes on any **Four** of the following : 20
 - A. What is the importance of Upadrava and Arista in prognosis of disease.
 - B. What is chromo diagnosis.
 - C. What is Trividha Rogamarga.
 - D. Write classification of Upashaya.
 - E. What is Sthana Samskraya.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is Upadrava ?
 - B. Accu point diagnosis.
 - C. Spinal diagnosis.
 - D. Umbilical diagnosis.
 - E. Define Nidanarthakara Roga.
 - F. Define Nidana.

SECTION-B

5. Describe manifestation of disease Prameha according to Yogic aspects. 10
 6. Write Nidana, Samprapti and Lakshana of disease Kamala. 10
- OR**
- Write Nidana, Samprapti and Lakshana of disease Hrudroga.
7. Write short notes on any **Four** of the following : 20
 - A. Explain about Atattvabhinivesha.
 - B. Samprapti of Amlapitta – Ayurvedic aspect.
 - C. Symptoms of Shitapitta.
 - D. Write about STDs (Sexually Transmitted disease).
 - E. Symptoms of Pravahika.
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist the types of Swasha.
 - B. Write Trirupa of Rajyakshama.
 - C. Write any four names of Mahakushta.
 - D. Define Apasmara.
 - E. What is Murchchha.
 - F. Write types of Amlapitta.

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YOGA PHILOSOPHY - 2

Date :- 28-10-2017-
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. Explain the Pranasukta (Vedokta) and the importance of Prana. 10
2. Describe the concept of Yoga according to Yajnavalkya Smriti. 10

OR

Describe the concept of Yoga according to Yoga Vartika.

3. Write short notes on any **Four** of the following : 20
A. Philosophy of Yoga according to Shandilyopanishat.
B. Philosophy of Yoga according to Amrutnadopanishat.
C. Philosophy of Yoga according to Tejobindupanishat.
D. Philosophy of Yoga according to Shatchakra Nirupana.
E. Philosophy of Yoga according to Rudrayamala Tantra.

4. Answer any **Five** of the following : (two to three sentence) 10
A. Enlist any four Yoga Siddhikara Bhavas according to Hatha Pradipika.
B. Enlist the types of Kumbhaka as per Hatha Pradipika.
C. Enlist any four Mudras according to Gheranda Samhita.
D. Enlist the Dharanas as per Gheranda Samhita.
E. Write the laws of food consumption during Yoga practice as per Shiva Samhita.
F. Enlist the limbs of Yoga according to Goraksha Samhita.

SECTION-B

5. Describe Chittavrutti and its types. 10
6. Describe Samprajnata and Asamprajnata Samadhi. 10

OR

Describe Sabija and Nirbija Samadhi.

7. Write short notes on any **Four** of the following : 20
A. Types of Sadhaka.
B. Antaraya.
C. Ishwara.
D. Klesha Kshaya.
E. Prajna.

8. Answer any **Five** of the following : (two to three sentences) 10
A. Define Satya.
B. Define Asteya.
C. Define Shaucha.
D. Define Tapa.
E. Define Svadhyaya.
F. Define Asana.

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YOGA PRACTICES - 2

Date :- 30-10-2017
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 types, techniques and therapeutic effects of Asanas as per Goraksha Samhita. 10
 2. Write in detail on Shankha Prākshalana. 10
- OR**
- Write in detail on Bandha.
3. Write short notes on any **Four** of the following : 20
 - A. Kapalbhata
 - B. Types of Mudra
 - C. Pranayama
 - D. Matsyasana
 - E. Therapeutic Importance of Vajrasana and Bhujangasana
 4. Define the term any **Five** of the following : 10
 - A. Kaki Mudra
 - B. Kevali Pranayama
 - C. Garudasana
 - D. Agnisara
 - E. Jalandhara Bandha
 - F. Jala Basti

SECTION-B

5. Describe Yoga practices for adult women. 10
 6. Explain the importance of Surya Namaskara in health maintenance. 10
- OR**
- Prepare the Yoga practices for marketing executives.
7. Write short notes on any **Four** of the following : 20
 - A. Savitru Upasana
 - B. Types of Kundalini
 - C. Contra indication of Sukshma – Sthula Vyayama
 - D. Indication of Shat Karma
 - E. Contra indication of Asana
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define Aum Stavana
 - B. Define Swarodaya
 - C. Define prayer
 - D. Symptoms of Kundalini awakening
 - E. Contra indication of Utkurdana
 - F. Define Kundalini

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NISARGOPACHARA - 1

Date :- 01-11-2017
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 physiology of heat production and its distribution in body. 10
 2. Describe different types of mud and their uses according to Sushrutacharya. 10
- OR**
- Describe therapeutic application of Panchatatva.
3. Write short notes on any **Four** of the following : 20
 - A. Natural therapeutics.
 - B. Importance of mud in health and diseases.
 - C. Mud pack.
 - D. Thermal bath.
 - E. Collection of mud.
 4. Answer any **Five** of the following : (two to three sentences) 10
 - A. What is internal reaction ?
 - B. Write cosmetic uses of mud.
 - C. Enlist therapies of Agni Tatva.
 - D. Write composition of mud.
 - E. Write effect of mud pack on abdomen.
 - F. Enlist types of mud application.

SECTION-B

5. Explain the principles of hydrotherapy and write importance of water for maintenance of health. 10
 6. Write types, benefits indications and contraindications of Swedana. 10
- OR**
- Enlist various types of baths and describe Hipbath in detail.
7. Write short notes on any **Four** of the following : 20
 - A. Physiological explanation of enema.
 - B. Types of Snana with its benefits.
 - C. Wet fomentation.
 - D. Wax bath.
 - E. Effect of cold compress on circulation and nervous systems.
 8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist properties of water.
 - B. Write two health benefits of fomentation.
 - C. Enlist benefits of cold pack on spine.
 - D. Enlist indications of enema.
 - E. Enlist four special techniques of fomentation.
 - F. Enlist general indications of hydrotherapy.

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FUNDAMENTS OF AYURVEDA - 3

Date :- 02-11-2017
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 Srushti Utpatti according to Vaisheshika. 10
2. Write an essay on "Atma." 10

OR

Define Tantra Yukti and Explain Shaktigraha.

3. Write short notes on any **Four** of the following : 20
A. Pragnaparadha.
B. Vedanta Darshana.
C. Duhkha.
D. Prati Tantra Siddhanta.
E. SattkaryaVada.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Enlist Karmendriya.
B. Enumerate Purusha.
C. What are the synonyms of Ayu?
D. Define Tanmatra.
E. Define Ahamkara.
F. Satya Buddhi.

SECTION-B

5. What is the meaning of Upakrama? Describe any two. 10
6. Write an essay on "Vamana." 10

OR

Describe "Shastrakarmagara"

7. Write short notes on any **Four** of the following : 20
A. Asthapan Basti.
B. Virechana.
C. Sattvavajaya Chikitsa.
D. Nidan Parivarjana.
E. Svedana.
8. Answer any **Five** of the following :(two to three sentences) 10
A. What is Tadarthkari Chikitsa?
B. Which types of Patients are indicated for Brumhana?
C. Enumerate the qualities of Pranabhisara Vaidya.
D. Enlist Shastra in Kumaragara.
E. Which types of patients are contraindicated for Anuvasana?
F. Which types of patients are contraindicated for Svedana?

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THIRD YEAR EXAMINATION OCTOBER-2017 (New Syllabus)

PHYSIOTHERAPY & MANIPULATIVE THERAPIES – I

Date :- 03-11-2017
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 concept, principles and fundamentals of position in Exercise Therapy. 10
2. Describe concept and principles of Physiotherapy, write its relationship with Nisargopachara. 10

OR

Describe indication, contraindication and physiological effect of Vyayama.

3. Write short notes on any **Four** of the following : 20
 - A. Active movement types & techniques.
 - B. Coordinative exercises.
 - C. Relaxed Passive Movement techniques.
 - D. Suspension therapy.
 - E. Soft Tissue Mobilisation.
4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Define Crutch Gait.
 - B. Enlist four indication of Chankramana.
 - C. Enlist types of Postures.
 - D. Define Resisted Exercises.
 - E. Define Passive Movement.
 - F. Enlist types of Active Movement.

SECTION-B

5. Describe the principles, types, therapeutic use and effect of Diathermy. 10
6. Describe Interferential Therapy with its principle & effect. 10

OR

Describe the physiotherapy for sports and sports injury in detail with example.

7. Write short notes on any **Four** of the following : 20
 - A. Therapeutic Laser - uses and benefits.
 - B. Assessment of Loco Motor Function.
 - C. Physiotherapy for Rehabilitation.
 - D. Techniques of proprioceptive Neuromuscular facilitation.
 - E. Functional Diagnosis.
8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist the types of IFT currents.
 - B. Enlist four instruments of Electrotherapy.
 - C. Define Cryotherapy.
 - D. Define Electro Diagnosis.
 - E. Enlist two chief exercises in Geriatrics.
 - F. What is Exercise Tolerance Test ?

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PHYSIOTHERAPY

Date :- 03-11-2017
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. Define passive movements. Explain its principles and rules. 10
2. What are active exercises ? Describe its type and explain the uses of free exercises. 10

OR

Define Physiotherapy and its division. Describe its relationship with Yoga and Nisargopachara.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Suspension therapy and types of suspension.
 - B. Write a short note on : Any six coordination exercises.
 - C. Write a short note on : Basic physics to exercise therapy.
 - D. Write a short note on : Breathing mechanism.
 - E. Write a short note on : Muscles work in hanging portion.
4. Answer any **Five** of the following : 10
 - A. Define gait.
 - B. Enlist four home exercises.
 - C. Define incoordination.
 - D. Define Vyayama and it's two uses.
 - E. Enlist four indications of chankramana.
 - F. Define posture.

SECTION-B

5. Define soft tissue mobilization, its classification and uses. 10
6. Explain the basic principles of proprioceptive neuromuscular facilitation. Describe any one technique of proprioceptive neuromuscular facilitation in detail. 10

OR

Write in detail about the laser, its indications and contraindications.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Various stimulators.
 - B. Write a short note on : Short wave diathermy.
 - C. Write a short note on : Cryotherapy and its method of application.
 - D. Write a short note on : Tone assessment.
 - E. Write a short note on : Sports physiotherapy.
8. Answer any **Five** of the following : 10
 - A. Define ultrasound.
 - B. Enlist four uses of exercise tolerance test.
 - C. Enlist four indications of ultra violet rays.
 - D. Enlist two exercises used after pregnancy.
 - E. Define interferential therapy.
 - F. Define electromyography.

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PHYSIOTHERAPY & MANIPULATIVE THERAPIES – II

Date :- 06-11-2017
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 the Massage, it's definition, techniques and effect on the body. 10
2. Describe the history of Massage and explain it's relation with Abhyanga. 10

OR

Describe the history of Manipulative Therapies in various countries.

3. Write short notes on any **Four** of the following : 20
A. Vayusevena method.
B. Principles of Massage.
C. Crisis of Massage.
D. Effect of Sesamum oil in lubrication.
E. Seven steps of Abhyanga practice.
4. Answer any **Five** of the following : (two to three sentences) 10
A. Enlist four effects of Vayu sevana.
B. Define Manipulation.
C. Enlist four qualities of Vayu.
D. Enlist four contraindication of Vayu Sevana.
E. Enlist four benefits of Abhyanga.
F. Enlist four contraindication condition of Abhyanga.

SECTION-B

5. Write aims, techniques and physiological effect of Chiropractic with therapeutic utility. 10
6. Describe the steps, uses, contra indications and effect of Massage on Infant. 10

OR

Describe the steps, contra indications, classification and effect Massage on Women.

7. Write short notes on any **Four** of the following : 20
A. Brush Massage techniques and effect.
B. Physiological effect of Osteopathy on musculo skeletal system.
C. Powder Massage techniques and effect.
D. Osteopathy for backache.
E. Head Massage technique and effects.
8. Answer any **Five** of the following : (two to three sentences) 10
A. Define Vibro massage.
B. Enlist four effect of Leg Massage.
C. Enlist four indication of Dry Abdominal Massage.
D. Enlist two principles of Osteopathy.
E. Enlist four contra indication of Oil Massage.
F. Enlist four types of Massage.
