

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)
THIRD YEAR EXAMINATION APRIL-2018
ROGA VIJNANA VIKRUTI VIJNANA - 1

Date :- 16-04-2018
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 Ashraya-Ashrayi bhavas of Doshas and Dushyas. 10
2. Explaining word Vikruti Vijnana. Describe Dosha as a Principal cause of Vyadhi. 10

OR

Describe Kriyakala with it's importance.

3. Write short notes on any **Four** of the following : 20
A. Causes and symptoms of Medavaha Srotas vitiation.
B. Enumerate Srotas according to Acharya Charaka and Sushruta.
C. Describe the role of Nadi in manifestation of disease.
D. What is Karma Vipaka.
E. Write symptoms of Sama-Nirama Pitta.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Rasavaha Shrotodushti Lakshana.
B. Enlist the Pathological condition related with hyper activation of Dakshina Swara.
C. Enlist the symptoms of increased Kapha.
D. Enlist the symptoms of increased Pitta.
E. Enlist the symptoms of increased Vata.
F. Define Nadis.

SECTION-B

5. Explaining Bija. Write about Genetic disorder and its co-relation with Bija dushti. 10
6. Describing immunopathology. Write about auto immune diseases. 10

OR

Explaining granuloma. Write about formation of tubercle and it's relation to immune status.

7. Write short notes on any **Four** of the following : 20
A. Bijadushti and Tatjanya Vyadhi.
B. Various types of sensitivities.
C. Panchatatva.
D. Turner's syndrome.
E. Goucher's disease.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Define Carcinoma.
B. Define calcification.
C. What is mean by coagulation.
D. Hyper trophy.
E. Define Benign Tumour.
F. Fibroma.

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ROGA VIJNANA VIKRUTI VIJNANA - 2

Date :- 17-04-2018
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. Explaining Nidan Panchaka. Write about Samprapti in brief. 10
2. Explain Kriyakala. 10

OR

Describe the Naturopathic concept of disease production in detail.

3. Write short notes on any **Four** of the following : 20
 - A. What is Uttana and Gambhir stages of disease ?
 - B. What is Dosha-Dushya Sammurchhana ?
 - C. Classification of diseases according to WHO.
 - D. Trividha Pariksha.
 - E. Classification of Upashaya.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is Vyadhi Sankarya ?
 - B. What is Morbid Matter.
 - C. What is Umbilical Diagnosis ?
 - D. What is Sannikrishta Nidana ?
 - E. What is Khavaigunya ?
 - F. What is Samprapti ?

SECTION-B

5. Describe Yogic and Naturopathic view of disease Amavata along with its symptoms. 10
6. Describe the concept of Satva, Rajasa and Tamasa. 10

OR

Describe manifestation of disease Grahani along with its types and symptoms.

7. Write short notes on any **Four** of the following : 20
 - A. Yogic Samprapti of Shotha.
 - B. Ajirna.
 - C. Pliha Vikara.
 - D. Explain Atattvabhinivesha.
 - E. Types of Krimi.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enumerates types of Rajyakshma.
 - B. Define the word Karshya.
 - C. What is Antarayama.
 - D. Symptoms of Vishwachi.
 - E. Write characteristics of Atopa.
 - F. Write cardinal symptoms of Grahani.

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YOGA PHILOSOPHY - 2

Date :- 19-04-2018

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 concept of Yoga according to Hatha Ratnavali. 10
2. Describe the concept of Yoga according to Rudramalaya Tantra. 10

OR

Describe the concept of Yoga according to Vijnana Bhairav Tantra.

3. Write short notes on any **Four** of the following : 20
A. Tejobindu upanishat
B. Amrutanadopanishat
C. Amrutabindupanishat
D. Hansopanishat
E. Yogakundali upanishat
4. Enlist the saliency of the following Upanishat (any **Five**): 10
A. Yogashikha upanishat
B. Advayatarako upanishat
C. Mahavakyo upanishat
D. Trishikhibrahmano upanishat
E. Nadabindu upanishat
F. Jabaladarshana upanishat

SECTION-B

5. Write in detail on Yama. 10
6. Describe Savitarka and Nivitarka Samadhi. 10

OR

Describe Sabija and Nirbija Samadhi.

7. Write short notes on any **Four** of the following : 20
A. Yoganushasana
B. Chittavrutti
C. Pranayama
D. Pratyahara
E. Asana
8. Define the term any **Five** of the following : 10
A. Kriya Yoga
B. Klesha
C. Klesha Kshaya
D. Heya Hetu
E. Sadhaka
F. Prajna

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YOGA PRACTICES - 2

Date :- 20-04-2018
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 in detail on Bandha, its types, practices as mentioned in Shiva Samhita. 10
2. Write in detail on Kapalbhathi. 10

OR

Write in detail on Dhauti.

3. Write short notes on any **Four** of the following : 20
A. Bhujangasana
B. Mandukasana
C. Ushtrasana
D. Matangi Mudra
E. Bhujangini Mudra
4. Define the term any **Five** of the following : 10
A. Bhastrika
B. Kevali
C. Sahita
D. Surya Bhedana
E. Sitkari
F. Nadi Shodhana

SECTION-B

5. Write in detail on the role of Yogic practices in personality development. 10
6. Explain the lesson plans for health maintenance of Yoga teaching. 10

OR

Explain the lesson plans for life style disorders of Yoga teaching.

7. Write short notes on any **Four** of the following : 20
A. Importance of Svarodaya
B. Types of Kundalini
C. Importance of Surya Namaskara
D. Importance of Yogic practices
E. Symptoms of Kundalini awakening.
8. Define the term any **Five** of the following : 10
A. Chakra
B. Nadi
C. Aum Stavana
D. Mudra
E. Bandha
F. Savitru Upasana

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NISARGOPACHARA - 1

Date :- 21-04-2018
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. Write the types and characteristic features of mud along with it's general properties. 10
2. Describe effects of cold applications over various reflex areas of the body. 10

OR

Describe therapies of Pruthvi Tattva.

3. Write short notes on any **Four** of the following : 20
 - A. Importance of mud in health & diseases.
 - B. Conditions that encourage reaction.
 - C. Production of heat in the body.
 - D. Types of mud according to Maharshi Sushruta.
 - E. Thermal Bath.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist two natural therapies of Akash Tattva.
 - B. Enlist two effects of increased temperature on the body.
 - C. Write composition of mud.
 - D. Write two indications for application of mud poultices.
 - E. Write two cosmetic uses of mud.
 - F. Define 'reaction'.

SECTION-B

5. Write indications of Snana & explain it's physiological effects. 10
6. Describe physiological effects of cold compress in detail. 10

OR

Describe importance of fomentation in health & disease.

7. Write short notes on any **Four** of the following : 20
 - A. Special techniques of fomentation.
 - B. Physiological effects of enema.
 - C. General indications & contraindications of hydrotherapy.
 - D. Physiological effects of sitz bath.
 - E. Principles of hydrotherapy.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist benefits of swedana according to ancient view.
 - B. Enlist properties of water.
 - C. Enlist indications for spinal compress.
 - D. Define – 'wet fomentation'.
 - E. Enlist indications of enema.
 - F. Enlist forms in which water is used as therapy.

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FUNDAMENTS OF AYURVEDA - 3

Date :- 23-04-2018
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 Srushti Utpatti according to Vedanta. 10
2. Explain: Chaturvimshantika Purusha. 10

OR

Write an essay on "Tantra Yukti."

3. Write short notes on any **Four** of the following : 20
A. Define and briefly describe "Sattva."
B. Explain the utility of Pind Brahmam Nyaya.
C. What is the relation between Sharira-Indriya-Sattva and Atma? Explain briefly.
D. Define and describe Tanmatra.
E. Briefly describe about Panch Mahabhoota.
4. Answer any **Five** of the following :(two to three sentences) 10
A. What are the qualities of Dravya.
B. Rogabhisara Vaidya.
C. What is Laukiki Chikitsa?
D. Define buddhi.
E. Define Purusha.
F. What is the meaning of Jivitam?

SECTION-B

5. Describe Sutikagara and Kumaragara. 10
6. Define Chikitsa and explain Hetu and Vyadhi Viparita Chikitsa. 10

OR

Define Panchakarma and describe Nasya.

7. Write short notes on any **Four** of the following : 20
A. Anuvasana Basti.
B. Indication and contra indication of Langhana.
C. Sattvavajay Chikitsa.
D. What is Nidan Parivarjana? Explain.
E. Indication and contra indication of Virechana.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Define Yukti Vyapashrya.
B. Enumerate Svedana.
C. Enumerate the quality of Pricharaka.
D. Enlist instruments useful in Panchakarmagara.
E. Define Rukshana.
F. Which types of patients are contraindicated for Stambhana?

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PHYSIOTHERAPY & MANIPULATIVE THERAPIES – I

Date :- 24-04-2018
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 What is Physiotherapy – It's role in various condition. 10
2. Describe Posture, it's various types and classification of soft tissue mobilization. 10

OR

Describe Chankramana – It's method, benefits and Physiological action.

3. Write short notes on any **Four** of the following : 20
A. Relationship of Physiotherapy with Yoga.
B. How Physiotherapy works for breathing conditions.
C. Describe suspension therapy.
D. Write about type of Gait and when patient uses crutches for gait.
E. Mechanics of exercise therapy.
4. Answer any **Five** of the following :(two to three sentences) 10
A. How you will perform home exercise (four steps).
B. Write about various types of passive movements.
C. Write four uses of active movements.
D. Describe techniques of relaxed passive movements (only techniques).
E. Give types of Mat Exercise.
F. Give indication of Chankramana.

SECTION-B

5. Describe in detail about Physiotherapy Assessment. 10
6. Describe indication and type of application of Ultrasound. 10

OR

Write about what precaution a computer operator keep in mind while working more than 8 – 10 hours.

7. Write short notes on any **Four** of the following : 20
A. Shortwave Diathermy – Placement, Indication, Contraindication.
B. What purpose we should use a Electrical Stimulation.(give two conditions)
C. How cold therapy (cryo) helps and when to use it.
D. Write briefly about Proprioceptive Nuro muscular facilitation techniques.
E. Placement of Internferential pads on Shoulder, Leg, Back.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Write four line on women's health.
B. Write how you promote fitness and health awareness.
C. Define Radiant Heat.
D. Uses of Infra – Red.
E. Two line each of using heat and cold for pain.
F. Write about exercise tolerance test.

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PHYSIOTHERAPY & MANIPULATIVE THERAPIES – II

Date :- 25-04-2018
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. Define Massage – it's history, indication, contraindication and its effects in detail. 10
 2. Give rules, regulation and Characteristic of Abhyanga. 10
- OR**
- Give Benefits, indication, contraindication of Abhyanga.
3. Write short notes on any **Four** of the following : 20
 - A. Therapeutic effect of Vayu Sevana.
 - B. Define Abhyanga.
 - C. Co-relate Massage and Abhyanga.
 - D. Seven steps of Abhyanga Practice.
 - E. Effect of pressure of hands on musculo-skeletal system.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Give definition of Vayu.
 - B. Give four contraindication of Massage.
 - C. Methods of Vayu Sevana.
 - D. Which four point should a Messure keep in mind while Massaging.
 - E. Define Characteristic of good Messure.
 - F. Effect of Lubricant on hand or body.

SECTION-B

5. Describe special massage to women and children (Compare both with indication and contraindication.) 10
 6. Write two line each for how you will massage with oil, powder, ice, brush, vibro. 10
- OR**
- Techniques of Massage and it's efforts.
7. Write short notes on any **Four** of the following : 20
 - A. What do you mean by Osteopathy and give it's utility.
 - B. Give five techniques of Oil Massage.
 - C. Physiological effects of Cyro Practic treatment.
 - D. Give types of Massage techniques.
 - E. How will you prepare patient for Massage.
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is Osteopathy ?
 - B. What is Cyro Practic treatment ?
 - C. Give two condition in which you use Osteopathy.
 - D. When will you apply cyropactic technique (two technique).
 - E. Give four effect of Head Massage.
 - F. Give two contraindication for child massage.