

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)

* **THIRD YEAR EXAMINATION OCTOBER-2018**

ROGA VIJNANA VIKRUTI VIJNANA - 1

Date :- 22-10-2018
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. Explaining Srotas, establish the importance of Srotas and Srotomulas in disease production. 10
2. Defining Ama, Explain signs & symptoms of sama & nirama Doshas. 10

OR

What is Dushya? Define Dosha and establish the interdependency (Ashraya-Ashrayi Bhavas) of Doshas and Dushya.

3. Write short notes on any **Four** of the following : 20
 - A. Metabolic disorders.
 - B. Agni dushti.
 - C. Naturopathic aspect of Vikruti.
 - D. Role of Nadis in disease process.
 - E. Symptoms of Shukra dhatu vrudhhi and kshya.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define Rogavijnana.
 - B. Define Ayurveda.
 - C. Define Yoga.
 - D. Define Naturopathy.
 - E. Define Mala.
 - F. Define Upadhatu.

SECTION-B

5. Describe Immunopathology in the context of its importance in health and disease condition. 10
6. What is Genes? Establish the role of Genes in disease condition with example. 10

OR

Describe in Brief about Metaplasia, Dysplasia, Anaplasia.

7. Write short notes on any **Four** of the following : 20
 - A. Classification of Malignant Tumour.
 - B. Causes of vitiation of Sensory organs.
 - C. Anomalies due to Motor organs.
 - D. Pathological significance due to Hemodynamic changes.
 - E. Parasites.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define Fibrosarcoma.
 - B. Define Tumour.
 - C. Define Angiosarcoma.
 - D. Define Embolism.
 - E. Define Granuloma.
 - F. Define Hypertrophy.

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ROGA VIJNANA VIKRUTI VIJNANA - 2

Date :- 23-10-2018
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 Classification of disorders according to WHO and its co-relation with Ayurvedic classification. 10
2. Describe Kriyakala. 10

OR

Explain Yogic & Nisargopachariya (Traditional & modern) concept of Disease production.

3. Write short notes on any **Four** of the following : 20
 - A. Write about Chromo diagnosis.
 - B. Write about Trividha Rogi Pariksha Vidhi.
 - C. Write about Nidanarthakara Roga.
 - D. Write about Purvaroopo.
 - E. Write about Importance of Nidana Panchaka.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define Samprapti.
 - B. Define updrava.
 - C. Define Upashaya.
 - D. Define sahabhuva (Maharshi Patanjali).
 - E. What is umbilical diagnosis?
 - F. What is Anupashaya ?

SECTION-B

5. Define the word Grahani with its types, symptoms & samprapti according to yoga, Naturopathy and Ayurvedic concept. 10
6. Describe disease Amlapitta with its co-relation with modern view. 10

OR

Explain Ashmari roga with its Nidan-Panchaka.

7. Write short notes on any **Four** of the following : 20
 - A. Write about types of Prameha.
 - B. "Ardita"
 - C. What is samprapti & characteristics of Shitapitta?
 - D. Write about STDs (Sexually Transmitterd Diseases).
 - E. Symptoms of stambhaka.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define word Rajyakshama.
 - B. How many types of Hrudroga?
 - C. What is Shitala?
 - D. Symptoms of Masurika.
 - E. Enumerates types of Vatarakta.
 - F. Write cardinal symptoms of Apasmara.

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YOGA PHILOSOPHY - 2

Date :- 24-10-2018
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. Describe Prana and its physiological importance. 10
2. Describe Sat Chakra in detail. 10

OR

Describe Yoga concepts according to Hatha Ratnavali.

3. Write the characteristics of the following Upanishat.(any Four) 20
A. Nadabindu Upanishat.
B. Yajna Valkya Smruti Upanishat.
C. Yoga Shikha Upanishat.
D. Darshanopanishat.
E. Yoga Chudamani Upanishat.
4. Enlist the saliency of the following Upanishat (any Five). 10
A. Hamsopanishat.
B. Tejobindupanishat.
C. Dhyanabindu Upanishat.
D. Shandilyopanishat.
E. Varahopanishat.
F. Yoga Kundali Upanishat.

SECTION-B

5. Write in detail of the importance of Chittavrutti Nirodha. 10
6. Write in detail on Samadhi. 10

OR

Write in detail on Sadhaka.

7. Write short notes on any **Four** of the following : 20
A. Prajna.
B. Kriya Yoga.
C. Klesha.
D. Heya Hetu.
E. Pratyahara.
8. Define the term in two sentences.(any Five) 10
A. Ahimsa.
B. Brahmacharya.
C. Shaucha.
D. Tapa.
E. Asana.
F. Pranayama.

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NISARGOPACHARA - 1

Date :- 26-10-2018
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. Describe Agni Tattva Chikitsa in detail. 10
2. Explain the production and distribution of heat in the body. 10

OR

Describe the different types of mud according to Acharya Sushruta with their uses.

3. Write short notes on any **Four** of the following : 20
 - A. Mud Poultice-Preparation method & indications.
 - B. Effects of eye Pack.
 - C. Importance of mud for health maintenance.
 - D. Thermal reaction.
 - E. Therapies of Akasha Tattva.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define internal reaction.
 - B. Write two cosmetic uses of mud.
 - C. Enlist any four conditions which encourage reaction.
 - D. Enlist therapies of Vayu Tattva.
 - E. Write two contra indications of lower abdomen mud pack.
 - F. Enlist reflex areas of body.

SECTION-B

5. Write the history of hydrotherapy in detail. 10
6. Describe the role of water in acute and chronic disorders with appropriate examples. 10

OR

Explain the difference of physiological effects among bath, packs & compresses.

7. Write short notes on any **Four** of the following : 20
 - A. Indications and contraindications of hot foot bath.
 - B. Abdominal cold pack.
 - C. Physiological effects of local steam.
 - D. Therapeutic usage of Epsom salt bath.
 - E. Benefits of enema.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist two health benefits of drinking water.
 - B. Enlist four properties of hot water.
 - C. Enlist any four types of Śwedana.
 - D. What is dry fomentation ?
 - E. Indications of wax-bath.
 - F. Write two indications & two contraindications of chest pack.

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YOGA PRACTICES - 2

Date :- 25-10-2018

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. Write in detail on Bandha, its types and therapeutic importance. 10
2. Write in detail on Dhauti and its therapeutic importance. 10

OR

Write in detail on Mudra and Its therapeutic importance.

3. Write the short notes on therapeutic importance of the following Asanas.(any Four) 20
 - A. Makarasana.
 - B. Vajrasana.
 - C. Garudasana.
 - D. Bhujanagasana.
 - E. Vrukshasana.
4. Define the term. (any Five) 10
 - A. Ujjayi Pranayama
 - B. Bhastrika Pranayama
 - C. Kevali Pranayama
 - D. Plavini Pranayama
 - E. Suryabhedana Pranayama
 - F. Sitkari Pranayama

SECTION-B

5. Write in detail on Svarodaya and its importance in practices of health maintenance. 10
6. Write in detail on Kundalini and benefits of Kunadalini awakening. 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. Lesson plan for memory boosting through Yoga Practices.
 - B. Sthula Vyayama and its importance.
 - C. Pranayama.
 - D. Lesson plan for computer operators through Yoga Practices.
 - E. Shat Karma and its importance.
8. Define the term. (any Five) 10
 - A. Swasti Mantra.
 - B. Aum Stavana.
 - C. Savitrupasana.
 - D. Rudropasana.
 - E. Suryanamaskara.
 - F. Bandha.

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FUNDAMENTS OF AYURVEDA - 3

Date :- 27-10-2018
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. Is the concept of SRUSHTI UTPATTI useful in Ayurveda? Explain. 10
2. Write an essay on "PARMATMA" 10

OR

Define TANTRAYUKTI and Explain any two.

3. Write short notes on any **Four** of the following : 20
A. Explain DUHKH according to Ayurveda.
B. VEDANT DARSHANA.
C. Explain PARINAM as NIDAN.
D. ABHYUPGAM SIDDHANT.
E. ASATTKARYA VADA.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Enlist INDRIYA
B. Enumerate PURUSHA
C. What are the synonyms of Ayu?
D. Define TANMATRA
E. What is the meaning of AHAMKARA?
F. SATYA BUDDHI – define

SECTION-B

5. What is the meaning of UPAKRAMA? Explain. 10
6. Write an essay on "VAMANA" 10

OR

Describe "PANCHKARMAGAR"

7. Write short notes on any **Four** of the following : 20
A. ASTHAPAN BASTI.
B. SAMYAK VIRECHANA.
C. SATTVAVAJAYA CHIKITSA.
D. NIDANPARIVARJAN
E. SVEDAN.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Define TADARTHKARI CHIKITSA.
B. Which types of Patients are AYOGYA for BRUMHANA?
C. What is the meaning of PRANABHISARA VAIDYA?
D. Enlist YANTRA in KUMARAGARA.
E. Which types of patients are contraindicated for ANUVASANA?
F. Which types of patients are indicated for SVEDANA?

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PHYSIOTHERAPY & MANIPULATIVE THERAPIES – I

Date :- 29-10-2018
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. Explain normal mechanism of breathing. Types of breathing exercises and its importance. 10
2. Describe in detail: (i) Supine lying to side lying on mat 10
(ii) Kneeling to half kneeling on mat

OR

Describe the physiological action of Vyayama.

3. Write short notes on any **Four** of the following : 20
 - A. Pelvic tilt.
 - B. Suspension therapy in: (i) Shoulder flexion and extension.
(ii) Elbow flexion & extension.
(iii) Knee flexion and extension.
 - C. Define posture. Explain nervous control in posture.
 - D. Daily adjustable progressive resistance exercises.
 - E. Causes for loco motor dysfunction.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Newton's law of force.
 - B. S-Hook in suspension.
 - C. Causes of restrictions of shoulder joint movements.
 - D. Muscles work for anterior pelvic tilt.
 - E. Third order lever and its example in human body.
 - F. Define repetition maximum.

SECTION-B

5. Write in detail about the treatment method of cryotherapy & Write about physiological Effect for the same. 10
6. Write about physiological and therapeutic effects and indication, contraindication of IFT. 10

OR

Define LASER and its therapeutic effects for the same.

7. Write short notes on any **Four** of the following : 20
 - A. Accommodation.
 - B. Explain how physiotherapy helps in fitness and health promotion.
 - C. High pressure mercury vapor discharge tube.
 - D. Volitional activity in electromyography.
 - E. Indication and contraindication of SWD.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. PUVA.
 - B. Functional electrical stimulator.
 - C. Traction and approximation in PNF.
 - D. Write about precautions for women's health.
 - E. Ice towel method.
 - F. Pulsed ultrasound.

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PHYSIOTHERAPY & MANIPULATIVE THERAPIES – II

Date :- 30-10-2018
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. Explain the effects of lubricants used in massage on various systems of the body. Enlist the lubricants used for massage in different conditions. 10
 2. (i) Explain: Therapeutic importance of Vayu. 10
(ii) Explain: Historical development of manipulative therapies in India.
- OR**
- (i) Explain: Historical development of massage. Mention key difference with Abhyanga.
(ii) Explain: Methods of Vayu Sevana.
3. Write short notes on any **Four** of the following : 20
 - A. Explain: Virtues of Abhyanga.
 - B. Define Vayu Sevana. Add a note on qualities & effects of different directions.
 - C. Short note: Friction – mention types & uses.
 - D. Short note: Effects of Abhyanga on Sparshendriya & benefits in modern view.
 - E. Mention precaution and contraindications for abdomen massage.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is centering in massage?
 - B. Enlist effect of massage on respiratory system.
 - C. Define with example: manual massage and mechanical massage.
 - D. Enlist four contraindication of Vayu Sevana.
 - E. Enlist dimensions of manipulative therapy.
 - F. What are the contraindications of Vayu Sevana.

SECTION-B

5. Describe basic therapeutic massage techniques in detail with contraindications. 10
 6. Describe special massage in infants – Its need, benefits and contraindication. 10
- OR**
- Describe special massage in children- Its classification and uses.
7. Write short notes on any **Four** of the following : 20
 - A. Describe the physiological effects of chiropractic manipulations on Endocrinal and respiratory system.
 - B. Describe scientifically: The technique and effect of massage with powder.
 - C. Describe osteopathic treatment in digestive disorders.
 - D. Describe Oil massage. Mention substitutes of oil.
 - E. Describe spinal manipulative therapy.
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Extract difference between: Palmer kneading and Ironing kneading.
 - B. Define osteopathy and who is known as the father of osteopathy?
 - C. How ice massage helps in treating meniscus injuries?
 - D. Define active and passive methods of osteopathy.
 - E. What is the indication of pummelling?
 - F. Define the role of X-ray in chiropractic.