

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

THIRD YEAR EXAMINATION OCTOBER-2019

ROGA VIJNANA - VIKRUTI VIJNANA

Date :- 07.10.2019
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. Write the importance of Srotas and Srotomula in disease production and discuss the causative factors of vitiation of various Srotas. 10
2. Answer any **one** out of two questions: 10
 - A. Write the definition of Vikruti Vijnan and its importance along with causative factors of Dosha accumulation and aggravation.
 - B. Discuss the causative factors, signs and symptoms of increased and decreased Dhatu, Upadhatu and Mala.
3. Write short notes on any **Four** questions: 20
 - A. Symptoms of increased Dhatu.
 - B. Agni Dushti.
 - C. Interdependency (Ashraya- Ashrayi Bhava) of Dosha and Dushya.
 - D. Vitiation of penta-elements – as cause for disease manifestation.
 - E. Concept of Ama and its importance.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Write the signs and symptoms of Sama Vata.
 - B. What do you mean by Nadis in Yoga.
 - C. Write the signs and symptoms of vitiation of Raktavaha Srotas.
 - D. Write the features of Manda and Tikshna Agni.
 - E. What are the signs and symptoms of Sama Kapha ?
 - F. Write the signs and symptoms of vitiation of Swedavaha Srotas.

SECTION-B

5. Write the definition, classification and Yogic & Nisargopachariya concept of disease production. 10
6. Answer any **one** question: 10
 - A. Discuss the etiology, Samprapti and clinical features of Amavata in detail.
 - B. Describe the etiology, Purvarupa, Samprapti and clinical features of Ashmari in detail.
7. Write short notes on any **Four** questions: 20
 - A. Bija Dushti and Tatjanya Vikara.
 - B. Nanatmaja Vikara.
 - C. Jalodara.
 - D. Shitapitaa.
 - E. Trushna.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Write the symptoms of Shadrupa Raja Yakshma.
 - B. Write the prodormal symptoms (Purvarupa) of Kushtha.
 - C. Write the signs and symptoms produced during Samchaya (accumulation) Avastha of Shat Kriya Kala.
 - D. What do you mean by Adhyatmika Vyadhi ?
 - E. What do you mean by Nidanarthakara Roga ?
 - F. Write the clinical features of Sandhigatavata.

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)
THIRD YEAR EXAMINATION OCTOBER-2019

DIAGNOSTIC METHODS

Date :- 09.10.2019
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 stepwise history taking and approach to patient. 10
2. Answer any one question: 10
 - A. Describe different indicators of health, disease and Injuries on iris.
 - B. Describe yogic methods of Diagnosis and concept of health and disease.
3. Answer any **Four** questions: 20
 - A. Reflection of toxic settlement of Arsenic and Bismuth of iris.
 - B. Historical highlights of Facial diagnosis.
 - C. Describe the concept of Triguna and its clinical significance.
 - D. Clinical importance of Lymphatic rosary and nerve ring.
 - E. Describe the concept of Swara in health and disease.
4. Answer any **Five** questions : (two or three sentences) 10
 - A. Reflection of toxic settlement of Iodine and Mercury on iris.
 - B. Give difference between right and left iris.
 - C. Describe the features of Normal healthy figure.
 - D. How does poisoning revealed in iris?
 - E. Enlist the Vikshepa Sahabhava.
 - F. Write about deformities of Spine.

SECTION-B

5. Describe cardiac failure in detail. 10
6. Answer any one question: 10
 - A. Clinical examination of Skin in detail.
 - B. Explain clinical examination of Cranial nerves.
7. Answer any **Four** questions: 20
 - A. Differential diagnosis of Osteoarthritis.
 - B. Differential diagnosis of Frozen shoulder.
 - C. Write about FNAC.
 - D. Significance of P & T wave in ECG.
 - E. Diagnostic importance of ultra sonogram.
8. Answer any **Five** questions : (two or three sentences) 10
 - A. What is provisional diagnosis ?
 - B. Explain Serum CRP level.
 - C. Explain in which condition Doppler examination done.
 - D. What is the Dehydration?
 - E. Explain Abnormal components of Urine.
 - F. What is Paracentesis?

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)
THIRD YEAR EXAMINATION OCTOBER-2019

YOGA – PHILOSOPHY – PATANJALA YOGA & YOGA UPANISHADAS

Date :- 10.10.2019
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 Klesha & klesha kshaya in detail. 10
2. Answer any one question: 10
 - A. Define the Antaraya & cessation according to Patanjala Yoga Sutra.
 - B. Describe various types of Samadhi as per Patanjala Yoga Sutra.
3. Answer any **Four** questions: 20
 - A. Define the seven stages of Prajna.
 - B. Explain Sadhaka according to Patanjala Yoga Sutra.
 - C. Hana & Hanopaya.
 - D. Define Karma and Vasana according to Patanjala Yoga Sutra.
 - E. Explain Pranayama & its benefits according to Patanjala Yoga Sutra.
4. Answer any **Five** questions : 10
 - A. Prakrutipurana.
 - B. Define Santosh with its benefits.
 - C. Concept of God(ishwar)
 - D. Dharmamegha Samadhi.
 - E. Kaivalaya according to Patanjala Yoga Sutra.
 - F. Define Ahimsa with its benefits.

SECTION-B

5. Describe the concept of Yoga according to Hatha Ratnavali. 10
6. Answer any one question: 10
 - A. Describe the Prana and its Physiological importance.
 - B. Describe the Philosophy of Yoga according to jabaladarshana upanishat.
7. Answer any **Four** questions: 20
 - A. Amrutabindupanishat.
 - B. Yoga Kundalini Upanishat.
 - C. Define the Philosophy of Yoga according to DhyanaBindu Upanishat.
 - D. Describe the concept of Yoga according to Kshurikopanishat.
 - E. Viveka Chudamani.
8. Answer any **Five** questions : 10
 - A. Describe Tarak Yoga.
 - B. Enlist Yama according to Darsanopanishat.
 - C. Enlist the Samadhi according to Gheranda Samhita.
 - D. Enlist the Pranayama according to Gheranda Samhita.
 - E. Enlist any four Mudras according to Shiva Samhita.
 - F. Define the Pranasukta (Vedokta)

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)
THIRD YEAR EXAMINATION OCTOBER-2019

YOGA PRACTICES – 2

Date :- 11.10.2019
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. Explain therapeutic importance of Varisara Dhauti. 10
2. Answer any **one** out of two questions: 10
 - A. Describe variation of Dhanurasana as per Iyengar.
 - B. Describe variation of Shalabhasana as per Lakulish yoga university.
3. Write short notes on any **Four** questions: 20
 - A. Sambhavi mudra.
 - B. Physiological effect of Uddiyana Bandha.
 - C. Effect of Pranayama as per Shiva Samhita.
 - D. Types of Pranayama as per Goraksha Samhita.
 - E. Samkatasana as per munger bihar school.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Write technique of Matangi Mudra.
 - B. Write the technique of Vatakrama Kapalabhati.
 - C. Enlist Danda for Dandadhauti as mentioned in Gherandu Samhita.
 - D. Enlist any four therapeutic uses of Mahabandha.
 - E. Write technique of Ashvini Mudra.
 - F. Define Mudra.

SECTION-B

5. Describe variation of Bhramari Pranayama as per different schools of Yoga. 10
6. Answer any **one** question: 10
 - A. Describe classical practices for Kundalini awakening.
 - B. Explain utility of Svarodaya in therapy.
7. Write short notes on any **Four** questions: 20
 - A. Indication of Pranayama.
 - B. Yoga as rehabilitation.
 - C. Yoga for labourers.
 - D. Methods of Yoga for armed forces.
 - E. Importance of Yoga teaching.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Define personality development.
 - B. Enlist four yoga practices for memory boost.
 - C. Write the meaning of Rudropasana.
 - D. Enlist four indication of Shitali Pranayama.
 - E. Write technique of Saktichalini Mudra.
 - F. Define AUM Stavana.

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)
THIRD YEAR EXAMINATION OCTOBER-2019

NISARGOPACHARA – HYDRO & MUD THERAPY

Date :- 12.10.2019
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 down classification of Hydriatic effects and explain tonic effect of water. 10
2. Answer any **one** out of two questions: 10
 - A. Explain thermic reaction and write down the conditions which encourage and discourage the reaction.
 - B. Describe physiological effects of hot and cold applications on Nervous system.
3. Write short notes on any **Four** questions: 20
 - A. Effect of cold bath in childhood and old age.
 - B. General sedative effects of water.
 - C. Use of hydrotherapy by Hippocrates.
 - D. Use of Magnesium sulphate (Epsom salt) in hydrotherapy.
 - E. Describe the role of water in chronic diseases.
4. Answer any **Five** questions (two to three sentences): 10
 - A. What is the effect of cold application on skin?
 - B. What is circulatory reaction?
 - C. What is difference between revulsive and derivative effect.
 - D. What is Hydro therapy?
 - E. What is primary effect of cold water application?
 - F. Write two properties of Sheet Jala (Cold water) according to Ashtang Hridaya.

SECTION-B

5. Write down different methods of steam bath along with their physiological effects. 10
6. Answer any **one** question: 10
 - A. Write down Method, physiological effects, therapeutic utility and contraindication of Horizontal Jet.
 - B. Write down the composition of mud for therapeutic use and also describe importance of mud in health and diseases.
7. Write short notes on any **Four** questions: 20
 - A. Principles of mud therapy.
 - B. Therapeutic utility of cold water drinking.
 - C. Physiological effects of Russian bath.
 - D. Write down different types of mud according to Acharya Sushruta.
 - E. Write down precautions of sea bathing.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Write two indications of sand bath.
 - B. What is circular douche?
 - C. Use of Steam Inhalation.
 - D. What is Fomentation?
 - E. Write two effects of lower abdominal mud pack.
 - F. What is Brand bath?

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)
THIRD YEAR EXAMINATION OCTOBER-2019

PHYSIOTHERAPY

Date :- 14.10.2019
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. Define Passive movements? Describe its classifications and uses. 10
2. Answer any one question: 10
 - A. Explain Vyayama and Chakramana, its indication and contra-indications.
 - B. Enlist the indication and contra-indication of Mat Exercises and describe Crawling.
3. Answer any **Four** questions: 20
 - A. Write a short note on Home Exercises and its benefits.
 - B. Describe Progressive Resistance Exercises.
 - C. Write a short note on Relaxed Passive movements.
 - D. Explain in brief the importance of Breathing exercise in Pregnancy.
 - E. Explain the walking aids, its type and measured of length of the walking aids.
4. Answer any **Five** questions : 10
 - A. What is walking Gaits?
 - B. What is faulty Posture?
 - C. Contra-indications of Exercises.
 - D. What do you meant by Breathing Mechanism?
 - E. Define Gravity.
 - F. Enlist four factors causing poor Postures?

SECTION-B

5. Define Short Wave Diathermy, its indications and contra-indication. 10
6. Answer any one question: 10
 - A. Explain the role of Physiotherapy in Community Base Rehabilitation.
 - B. Explain the role of Physiotherapy in Industrial Health.
7. Answer any **Four** questions: 20
 - A. Write Short note on : Physiotherapy for Geriatric.
 - B. Write the technique of Electromyography in brief.
 - C. Describe the technique which is used to Assess Muscle status.
 - D. Describe the importance and therapeutic utility of Ultra sound.
 - E. Enlist the importance of physiotherapy for common Accidents.
8. Answer any **Five** questions : 10
 - A. Define Medium Wave Diathermy.
 - B. What Precautions should be taken during Geriatric Physiotherapy?
 - C. Enlist the therapeutic uses of IRR
 - D. Enlist for Co-ordination Exercise.
 - E. Enlist the therapeutic uses of LASER.
 - F. Define IFT.

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)
THIRD YEAR EXAMINATION OCTOBER-2019

MANIPULATIVE THERAPIES

Date :- 15.10.2019
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. Physiological effect of massage on Excretory system. 10
2. Answer any one question: 10
 - A. Definition of Manipulative therapy. Explain in detail About massage for sports and stress management.
 - B. Describe Abhyanga, its principles and steps.
3. Answer any **Four** questions: 20
 - A. What are different types of Kneading and write about its physiological effects?
 - B. Explain massage for Geriatrics.
 - C. Write the benefits and contraindications of Hot stone massage.
 - D. Explain derivative effects of massage therapy.
 - E. Explain the preparation of therapist for performing massage.
4. Answer any **Five** questions : 10
 - A. Define Shiatsu.
 - B. Describe Powder Massage.
 - C. Friction.
 - D. Define Abhyanga.
 - E. What are draping materials?
 - F. Vibro massage.

SECTION-B

5. What is Aroma therapy? Explain its Methods, Principles and Physiological effects. 10
6. Answer any one question: 10
 - A. Describe Vayu Sevana, Definition, Introduction and Important methods according to Adolf just.
 - B. Describe Osteopathy, its history, basic principles and techniques.
7. Answer any **Four** questions: 20
 - A. Principles of Chiropractic.
 - B. Principles of Shiatsu.
 - C. Describe methods of using Essential oils.
 - D. Clinical uses of massage therapy.
 - E. Write about clinical application of Aroma Therapy.
8. Answer any **Five** questions : 10
 - A. Enlist Tapotment movement.
 - B. Define Thrust.
 - C. Who is the Founder of Massage Therapy?
 - D. Define essential oil.
 - E. What is Dry fomentation?
 - F. What is wet fomentation?
