

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.) THIRD YEAR
EXAMINATION SEPTEMBER-2015
ROGA VIJNANA VIKRUTI VIJNANA - 1

Date :- 21-09-2015
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? Explain migration of Dosh from Koshta to Shakha 10
2. What is Dhatu? What is Upadhatu? Describe symptoms of increased all Dhatus. 10

OR

Write about Ashraya – Ashrayi bhava of Dosha and Dushya.

3. Answer any **Four** of the following : Write short note 20
A. Symptoms of Sama and Nirama Kapha
B. Symptoms of Rasa – Rakta - Manasakshya
C. Importance of Strotas
D. Prandushti according to yoga
E. Role of Svara in manifestation of disease
4. Answer any **Five** of the following : Define 10
A. Shakha
B. Dhatu
C. Upadhatu
D. Mala
E. Strotas
F. Yoga

SECTION-B

5. What is Oja? Write about Ojokshya, Ojovistrance and Ojovyapada. 10
6. What is Bija? Describe about it's Dushti. 10

OR

Write Panchtattva Dushti as cause for disease manifestation.

7. Answer any **Four** of the following : Write short note 20
A. Accumulation of morbid matter for disease manifestation
B. Anomalies due to motor organs
C. Ojo Dushti
D. Bijadushti and Tatjanya Vikriti
E. Wound Healing
8. Answer any **Five** of the following : Define 10
A. Down's Syndrome
B. Klinefelter's Syndrome
C. Panchtattva
D. Metaplasia
E. Anaplasia
F. Atrophy

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EXAMINATION SEPTEMBER-2015

ROGA VIJNANA VIKRUTI VIJNANA -2

Date :- 22-09-2015
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 Yogic concept of disease production in detail. 10
2. Write various definitions of Vyadhi and explain the classification of disease according to Acharya Sushruta. 10

OR

Explain Nidan Panchaka in brief. Describe Hetu Viparita and Hetu Viparitarthakari upashaya in brief.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Importance of Kriyakala.
 - B. Write a short note on : Nanatmaja Vikara.
 - C. Write a short note on : Accy point Diagnosis.
 - D. Write a short note on : Iri Diagnosis.
 - E. Write a short note on : Naturopathic concept of Disease production.
4. Answer any **Five** of the following : 10
 - A. Enumerate ten fold examination.
 - B. What is Phrenology ?
 - C. Enumerate Seven Chakra.
 - D. What is Sannikrishta Nidana ?
 - E. Enumerate types of Samprapti.
 - F. Enlist eight fold examination.

SECTION-B

5. Describe Yogic & Naturopathic view of disease Pravridha Rakta Chapa (Hypertension) along with its symptoms. 10
6. Write Nidana, Samprapti and Lakshana of Vishwachi. 10

OR

Describe production of disease Gridhrasi according to Yogic aspects along with its symptoms.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Symptoms of Shitapitta.
 - B. Write a short note on : Samprapti of Visuchika – Ayurvedic aspect.
 - C. Write a short note on : Yogic samprapti of Jwara.
 - D. Write a short note on : Symptoms of Ajirna.
 - E. Write a short note on : Symptoms of Sandhigatavata.
8. Answer any **Five** of the following : 10
 - A. Enumerate types of Astisara.
 - B. Define word Apasmara.
 - C. Define work Kustha.
 - D. Pratyatma lakshana of Jwara.
 - E. Pratyatma lakshana of Pravahika.
 - F. Enumerate types of Kamala.

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YOGA PHILOSOPHY - 2

Date :- 23-09-2015
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. Explain the concept of dietetics according to Hatha Pradipika. 10
 2. Describe the concept of Ashtanga Yoga as per Shandilyopanishat. 10
- OR**
- Explain the philosophy of Yoga according to Tejobindu Upanishat.
3. Answer any **Four** of the following : 20
 - A. Write a short note on : Pathya – Apathya during Yoga practice as per Yoga Chudamani Upanishat.
 - B. Write a short note on : Philosophy of Yoga as per Brahnavidyopanishat.
 - C. Write a short note on : The stages of Kumbhaka as per Shiva Samhita.
 - D. Write a short note on : AUM as per Mahanirvana Tantra.
 - E. Write a short note on : Dhauti as per Gheranda Samhita.
 4. Answer any **Five** of the following : 10
 - A. Enlist the limbs of Yoga according to Goraksha Samhita.
 - B. Enlist any four specialities of Jabala Darshanopanishat.
 - C. Enlist the Dhatus of Prana as per Yajnavalkya Smruti.
 - D. Enlist the Yoga Vighnakara Bhavas as per Hatha Pradipika.
 - E. What is meant by Divya Bhava as per Mahanirvana Tantra ?
 - F. Enlist any four types of Mudra described in Shiva Samhita.

SECTION-B

5. Explain the concept of Klesha. 10
 6. Describe Sabija and Nirbija Samadhi. 10
- OR**
- Explain the stages of Prajna.
7. Answer any **Four** of the following : 20
 - A. Write a short note on : Concept of Pramana as Chittavrutti.
 - B. Write a short note on : Importance of Chittaprasadana.
 - C. Write a short note on : Concept and importance of Antaraya.
 - D. Write a short note on : Importance of Ishwara in Yoga.
 - E. Write a short note on : Importance of Yama.
 8. Answer any **Five** of the following : 10
 - A. What is meant by Aklishta Vrutti ?
 - B. Enlist the benefits of practicing Shaucha.
 - C. Enlist the benefits of practicing Pranayama.
 - D. Define Angamejayatva.
 - E. Define Heya Hetu.
 - F. What is meant by Nirvitarka Samadhi ?

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YOGA PRACTICES - 2

Date :- 24-09-2015
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. Explain procedure of Shankhprakhshalan with it's physiological effect. 10
2. "आदौ स्थानं यथा कालं मितान्द्वारं तथा परमं । नाडीशुद्धिश्च मत् पश्य्यात् प्राणायामं च साचेत् ।"..... 10
Explain as per Maharshi Gheranda.

OR

Explain therapeutic importance of Asanana in Respiratory disorders.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Practice and effect of Padmasan.
 - B. Write a short note on : Technique and Physiological action of Suryabhedan Pranayam.
 - C. Write a short note on : Viparit Karani Mudra.
 - D. Write a short note on : Practice and Physiological effect of Danda dhauti.
 - E. Write a short note on : Uddiyan Bandha.
4. Answer any **Five** of the following : 10
 - A. Mention Special time and number of round for Pranayam practice as per Shiva Samhita.
 - B. Total number of Asana as per Goraksha Samhita, enlist them.
 - C. Write technique of Tadagi Mudra.
 - D. Enlist Dantadhauti as per Gheranda Samhita with their total number.
 - E. Technique of Yogasana.
 - F. Technique of Sitkari Pranayama.

SECTION-B

5. Explain the importance of Svarodaya with Co-relation of Panch-tatva. 10
6. Define Prayer with it's Psycho – Physiological effect on human body. 10

OR

Explain the effect of Suryanamaskar in health maintenance.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Awakning of Kudalini.
 - B. Write a short note on : Specific Yoga practices for non pregnant woman.
 - C. Write a short note on : Indication and contra indication of Bhasrika pranayam.
 - D. Write a short note on : Specific Yoga, Plan for Celebrities.
 - E. Write a short note on : Yoga for personality development.
8. Answer any **Five** of the following : 10
 - A. Enlist indication and contra indication of Vamandhauti – two of each.
 - B. Enlist any four Yoga practices beneficial for pregnant lady.
 - C. Write "Swasti Mantra"
 - D. Enlist Suryamantra with meaning – any four.
 - E. Therapeutic effect of Suryasvara.
 - F. Enlist few yogic practices for oldage prevantion.

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EXAMINATION SEPTEMBER-2015

NISARGOPACHARA - 1

Date :- 26-09-2015
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 role and importance of Nisargopachara in modern era. 10
2. Explain the effects of temperature on the body in general. 10

OR

Explain the cosmetic uses of Mud.

3. Answer any **Four** of the following : 20
A. Write short note on : Introduction to the therapies of Pruthvi Tattva.
B. Write short note on : Reflex areas of the body.
C. Write short note on : Principles of Mud therapy.
D. Write short note on : Effects of knee Mud pack on the musculo skeletal system.
E. Write short note on : Effects of whole body Mud smear.
4. Answer any **Five** of the following : 10
A. Enlist any four conditions that encourage reaction.
B. Enlist any four general properties of Mud.
C. Enlist the precautions to be taken during the collection of Mud.
D. What is meant by purification of Mud ?
E. What is the ideal process for heating the Mud ?
F. Write the characteristics of Yellow coloured Mud as per Acharya Sushruta.

SECTION-B

5. Describe the history of water as a therapeutic agent. 10
6. Explain the technique of Trunk Pack and T Pack with their benefits. 10

OR

Explain the technique of Bhu Sweda and Prastara Sweda with their benefits.

7. Answer any **Four** of the following : 20
A. Write short note on : Physiological action of cold water.
B. Write short note on : Techniques and benefits of Parisheka.
C. Write short note on : Principles of Fomentation.
D. Write short note on : Effects of Kati Snana on the reproductive system.
E. Write short note on : Effects of Wax Bath on the musculo skeletal system.
8. Answer any **Five** of the following : 10
A. Enlist the effects of Overhead Hot Water Bath as per ancient Ayurvedic classics.
B. Enlist the indications for Wet Abdomen Pack.
C. Enlist the contra indications of Cold Head Pack.
D. Write the technique of Spinal Bath in brief.
E. What is the shape of a Chest Pack ?
F. What is difference between Epsom salt and other salts ?

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EXAMINATION SEPTEMBER-2015
FUNDAMENTS OF AYURVEDA - 3

Date :- 28-09-2015
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 Vyutpatti of Purusha and describe its various types. 10
 2. Describe the Shrushti Utpatti in detail. 10
- OR**
- Explain the utility of Mana in treatment.
3. Answer any **Four** of the following : 20
 - A. Explain शरीरेन्द्रिय सत्त्वात्मा संयोगो धारि जीवितम् ।
नित्यगश्चऽनुबन्धश्च पर्यायैः आयुः उच्यते ॥
 - B. Write a short note on : Garbhopaghatakarā Bhava.
 - C. Write a short note on : Satya Buddhi.
 - D. Write a short note on : Signs and symptoms of pregnancy.
 - E. Explain the applied aspects of Loka-Purusha Siddhanta.
 4. Define any **Five** of the following : 10
 - A. Garbha.
 - B. Indriya.
 - C. Tattva.
 - D. Prakriti.
 - E. Vikriti.
 - F. Sukshma Shareera.

SECTION-B

5. Explain the importance of Snehana and Swedana for Panchakarma therapy. 10
 6. Write the importance of Shodhana therapy in detail. 10
- OR**
- Explain the Chikitsa Chatushpada in detail.
7. Answer any **Four** of the following : 20
 - A. Write the indications for Vamana and Virechana therapy.
 - B. Describe various types of Langhana.
 - C. Write the importance of Daivyapashraya Chikitsa.
 - D. Explain the importance of Nidana Parivarjana.
 - E. Write a short note on : Sutikagara.
 8. Define any **Five** of the following : 10
 - A. Chikitsa.
 - B. Shodhana.
 - C. Shamana.
 - D. Stambhana.
 - E. Naishthiki Chikitsa.
 - F. Sattva Vajaya Chikitsa.

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EXAMINATION SEPTEMBER-2015

PHYSIOTHERAPY

Date :- 29-09-2015
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 are passive movements ? Clarify and explain the principles of passive movements. 10
2. Define coordination. Describe in detail about frenkel's exercises. 10

OR

Describe suspension therapy with types of suspension and types of rope.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Vyayama and Chankramana.
 - B. Describe kneading and positions derived from it.
 - C. Explain pain gate theory.
 - D. Write a short note on : Principles of exercise therapy.
 - E. Write a short note on : Relationship of Physiotherapy with Ayurevda.
4. Answer any **Five** of the following : 10
 - A. Enlist the parts of axillary crutch.
 - B. Enlist four free exercises.
 - C. Define resisted exercises.
 - D. Enlist four home exercises for shoulder joint.
 - E. Define good posture.
 - F. Define active movements.

SECTION-B

5. Discuss the principles of treatment of short wave diathermy and its physiological effects. 10
6. Describe the basic principles of proprioceptive neuromuscular facilitation techniques and any one technique in detail. 10

OR

Write production of ultra sound, dangers and contraindications of ultra sound.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Tone assessment.
 - B. Write a short note on : Examination of joint.
 - C. Write a short note on : Physiotherapy for woman's health.
 - D. Write a short note on : Physiological effects of ultra violet rays.
 - E. Write a short note on : Physiotherapy for industrial health.
8. Answer any **Five** of the following : 10
 - A. Define soft tissue mobilization.
 - B. Define cryotherapy.
 - C. Enlist four contradictions of infra-red rays.
 - D. Define proprioceptive neuromuscular facilitation.
 - E. Enlist four uses of exercise tolerance test.
 - F. Define radiant heat.

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EXAMINATION SEPTEMBER-2015
MANIPULATIVE THERAPIES

Date :- 30-09-2015
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 importance of Manipulative Therapies in Health Care System. 10
2. Describe the principles of Massage with its scientific background. 10

OR

Explain the effects of lubricants used in massage on various systems of the body.

3. Answer any **Four** of the following : 20
A. Write a short note on: Historical development of Massage.
B. Describe the methods of Abhyanga with the scientific logic behind them.
C. Describe the indications and contra indications of Vayu Sevana.
D. Describe the Centripetal technique of massage.
E. Write a short note on: Pressure of hands in massage.
4. Answer any **Five** of the following : 10
A. Write the name of the first ever book on Manipulative therapy and its author.
B. What is the similarity between Abhyanga and Massage?
C. Define Udvartana.
D. Enlist the processes of Vayu Sevana.
E. Enlist any four effects of massage on Urinary System.
F. Define Crisis.

SECTION-B

5. Explain the quotation – ‘Manipulation and Life Extension’. 10
6. Describe the speciality of massage to be given to the women with suitable examples and scientific reasons. 10

OR

Explain the relation of Osteopathy to Musculo Skeletal system.

7. Answer any **Four** of the following : 20
A. Describe the precautions to be taken during massage to infants with their scientific explanation.
B. Describe the classification of massage manipulations with their uses.
C. Describe the technique and effect of Massage with oil.
D. Write a short note on: Importance of Spine in Chiropractic.
E. Describe the Osteopathic management of Digestive disorders.
8. Answer any **Five** of the following : 10
A. Write the technique of Kneading.
B. Enlist the precautions to be taken while massaging the children.
C. What is the indication for Classical massage ?
D. Write the technique of Dry Massage in brief.
E. What is meant by Subluxation ?
F. Enlist the curves of the spine.