

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR.**  
**BACHELOR OF YOGA AND NATUROPATHY SCIENCES - (B.Y.N.S.) THIRD YEAR**  
**EXAMINATION MARCH-2015**  
**FUNDAMENTS OF AYURVEDA - 3**

Date : 27-03-2015  
Friday

Time : 10:00 a.m. to 01:00 p.m.  
Total Marks : 100

**PART - A**

- Instructions : (1) Every question is compulsory.  
(2) Every question bears the marks written on the right side.

1. Describe the Srushti Utpatti krama according to Ayurveda. 10
2. Explain the concept of Garbhavakranti. 10

**OR**

Explain the concept of Satya Buddhi.

3. Write short notes (about 100 words) on any four of the following - 20
  - (a) Chaturvimshati Purusha.
  - (b) Pinda Brahmanda Nyaya.
  - (c) Indriya Siddhanta.
  - (d) Atmaja Bhava.
  - (e) Satvaja Bhava.
4. Write short notes (about 25 words) on any five of the following - 10
  - (a) Karma of Mana.
  - (b) Characteristics of Aatma.
  - (c) Guna Atma Mana.
  - (d) Satvika Ahmakara.
  - (e) Ek Dhatu Purusha.
  - (f) Loka.

**PART - B**

5. Describe the Chikitsa Siddhanta in detail. 10
6. Explain the Chikitsa Chatuspada. 10

**OR**

Explain the Yukti Vyapashraya Chikitsa.

7. Write short notes (about 100 words) on any four of the following - 20
  - (a) Satvavajaya Chikitsa.
  - (b) Shodhana Karma.
  - (c) Nidana Varjana.
  - (d) Hetu Viparita Vyadhi.
  - (e) Shamana Chikitsa.
8. Write short notes (about 25 words) on any five of the following - 10
  - (a) Langhana Karma.
  - (b) Rukshna Karma.
  - (c) Essential equipments required in Panchakarma.
  - (d) Nasya Karma.
  - (e) Virechana Yogya persons.
  - (f) Anuvasana Basti Yogya persons.



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**BACHELOR OF YOGA AND NATUROPATHY SCIENCES - (B.Y.N.S.) THIRD YEAR**  
**EXAMINATION MARCH-2015**  
**YOGA PHILOSOPHY - 2**

Date : 26-03-2015  
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 the Philosophy of Yoga according to Nada Bindu Upanishad. 10
  2. Describe the concept of Kundalini. 10
- OR**
- Explain the Philosophy of Yoga as per Shat Chakra Nirupana.
3. Write short notes (any Four). 20
    - A. Dashavidha Vayu as per Jabala Darshana Upanishad.
    - B. Hamsa Mantra according to Dhyana Bindu Upanishad.
    - C. Kapalabhati according to Gheranda Samhita.
    - D. Concept of Pancha Mahabhuta as per Shiva Samhita.
    - E. Nadanusandhana as per Goraksha Samhita.
  4. Answer any Five of the following : 10
    - A. Which are the three Dhatus of Prana as per Yajna Valkya Smruti ?
    - B. Write the meanings of A, U and M as per Mahanirvana Tantra.
    - C. What is the speciality of Vijnana Bhairava Tantra ?
    - D. Enlist the most important practice each amongst Yamas, Niyamas and Asanas according to Hatha Yoga Pradipika.
    - E. Enlist the types of Dhyana as per Gheranda Samhita
    - F. Enlist the characteristics of Mrudu Sadhaka as per Shivasamhita.

**SECTION-B**

5. Describe Yamas. 10
  6. Describe Sabija and Nirbija Samadhi. 10
- OR**
- Explain Kleshas.
7. Write short notes (any Four). 20
    - A. Smruti
    - B. Vairagya.
    - C. Chitta Prasadana.
    - D. Hanopaya.
    - E. Pratyahara as per Patanjala Yoga Sutra.
  8. Answer any Five of the following : 10
    - A. What is meant by Angamejayatva ?
    - B. Define Nirvitarka Samadhi.
    - C. Write down names of any four Antarayas.
    - D. What is the benefit of Asteya ?
    - E. What is the benefit of Swadhyaya ?
    - F. Define Asana.

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