

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)
THIRD YEAR EXAMINATION MARCH-2016
ROGA VIJNANA VIKRUTI VIJNANA - 1

Date :- 14-03-2016
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 Agni? Explain Migration of Dosha from Shakha to Koshta. 10
2. What is Pathology? Write it's branches. 10

OR

Write about Jatharagni and Dhatvagni and give their importance.

3. Answer any **Four** of the following : Write short note 20
A. Symptoms of Sama Mala
B. Symptoms of Nirama Mala
C. Samanya Lakshana of Stroto Dushti
D. Prana Dushti
E. Symptoms of Meda - Asthi - Majjakshya
4. Answer any **Five** of the following : Define 10
A. Ayurveda
B. Dhatvagni
C. Nadis
D. Karmavipaka
E. Panchkosha
F. Roga Vignana

SECTION-B

5. Write about Anomalies due to Indriya Pradosha. 10
6. Define Oja and give it's importance. 10

OR

Write about Genetic Disorder.

7. Answer any **Four** of the following : Write short note 20
A. Wound Healing
B. Anomalies due to Vitiation of sensory organs
C. Autoimmune Disorder
D. Various type of sensitivities
E. Hemodynamic changes
8. Answer any **Five** of the following : Define 10
A. Hypoplasia
B. Hypertrophy
C. Neoplasia
D. Sensitivities
E. Atrophy
F. Growth

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ROGA VIJNANA VIKRUTI VIJNANA - 2

Date :- 15-03-2016
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 the Naturopathic concept of disease production in detail. 10
 2. What is Rogi Pariksha? Describe Dashavidha Pariksha in detail. 10
- OR**
- Write difference between Dosha Lakshana and Vyadhi Lakshana? Write classification of disease according to Acharya Vagbhata.
3. Answer any **Four** of the following : 20
 - A. Write a short note on : Pratyaksha Pariksha
 - B. Write a short note on : Ashtavidha Pariksha
 - C. Write a short note on : Samanyaja Vikara
 - D. Write a short note on : Dosha Dushya Sammurchchhana
 - E. Write a short note on : Kapha Prakopaka Nidana.
 4. Answer any **Five** of the following : 10
 - A. Enlist three chief Naadis.
 - B. What is Viparitarthakari Upashaya?
 - C. What is Swabhava Bala Pravritta Vyadhi?
 - D. Write types of Purvarupa.
 - E. Define the word Samprapti.
 - F. What is Nanatnaja Vyadhi?

SECTION-B

5. Describe Nidana and Samprapti of disease kustha according to Ayurveda. 10
 6. Describe Nidana and Samprapti of disease Atisara and write the symptoms of Asadhya Atisara. 10
- OR**
- Write Yogic and Naturopathic view for production of disease. Write symptoms of Amavata.
7. Answer any **Four** of the following : 20
 - A. Write a short note on : Sanyasa
 - B. Write a short note on : Prameha – Yogic Samprapti
 - C. Write a short note on : Symptoms of Vataja and Kaphaja Visarpa
 - D. Write a short note on : Anaha – Naturopathic View.
 - E. Write a short note on : Ushnavata
 8. Answer any **Five** of the following : 10
 - A. Enlist types of Hikka.
 - B. Enlist types of Kasa.
 - C. Write Pratyatma Lakshana of Jwara.
 - D. Write Pratyatma Lakshana of Grahani
 - E. Enlist types of Udara Roga.
 - F. Write full form of STD and write any two STD

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YOGA PHILOSOPHY - 2

Date :- 16-03-2016
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 philosophy of Shrushti Utpatti according to Shiva Samhita. 10
 2. Explain the concept of Shadanga Yoga according to Amrutanadopanishat. 10
- OR**
- Describe the concept of Kundalini and its stages.
3. Answer any **Four** of the following : 20
 - A. Write a short note on : Philosophy of Yoga according to Darshnopanishat.
 - B. Write a short note on : Concept of Pranayama according to Tejabindu Upanishat.
 - C. Write a short note on : Concept of Yoga as per Pashupat Brahmana Upanishat.
 - D. Write a short note on : Yoga Vighnakara Bhava according to Hatha Pradipika.
 - E. Write a short note on : Concept of Dharana as per Vijnana Bhairava Tantra.
 4. Answer any **Five** of the following : 10
 - A. Enlist any four characteristics of Aphyahara during Yoga practice.
 - B. Enlist the Asanas according to Yoga Kundali Upanishat.
 - C. Define Diksha as per Mahanirvana Tantra.
 - D. Enlist any four characteristics of Yoga Matha as per Hatha Pradipika.
 - E. Enlist the seasons not suitable for Yogarambha as per Gheranda Samhita.
 - F. Enlist the Yoga practices according to the type of Sadhakas as per Shiva Samhita.

SECTION-B

5. Explain the importance of Amushasana in Yoga. 10
 6. Explain Yamas along with their benefits. 10
- OR**
- Describe Kriya Yoga and its importance.
7. Answer any **Four** of the following : 20
 - A. Write a short note on : Concept of Vikshepa Sahabhava with its importance.
 - B. Write a short note on : Pratyahara and its benefits.
 - C. Write a short note on : Importance of Heya Hetu.
 - D. Write a short note on : Concept of Asana and its benefits.
 - E. Write a short note on : Samprajnata Samadhi.
 8. Answer any **Five** of the following : 10
 - A. Enlist the Vruttis.
 - B. What is meant by Pramada ?
 - C. Define Rutambhara Prajna.
 - D. What is meant by Vairagya ?
 - E. What should be understood by Hana ?
 - F. What is meant by Sabija Samadhi ?

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YOGA PRACTICES - 2

Date :- 17-03-2016
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 effect of Mayurasana and Bhujangasana to enhance Agni in the body scientifically. 10
2. Describe therapeutic importance of Mudras. 10

OR

Explain the physiological effect of Hridaya.

3. Write any **four** short note of the following - 20
 - A. Role of Bhastrika Pranayam as energy boosting.
 - B. Technique and effect of Ashwini Mudra.
 - C. The Jalandharabandha.
 - D. Effect of Asanas on musculo-skeleton system.
 - E. Therapeutic utility of Moolashodhana.
4. Answer any **five** of the following - 10
 - A. Enlist two Shuddhikriyas mentioned as "Divya Drashti Prajayate"
 - B. Write numbers of Asanas as per Gheranda Samhita and enlist any four which only mentioned in it.
 - C. In which Chapter Pranayam is mentioned in Shiva, Goraksha and Gheranda Samhita.
 - D. Write seasonal indication and contra-indication to start Yogabhyasa as per Gheranda Samhita.
 - E. Mention the technique of Pashini Mudra in brief.
 - F. How many Mudras are mentioned in Shiva Samhita ? Enlist any four of them.

SECTION - B

5. Describe physiological effect of Suryanamaskara on different bodily systems. 10
6. Describe personality development through Yoga practices. 10

OR

Define Svarodaya and explain it on the base of Panchatatva.

7. Write any **four** short note of the following - 20
 - A. Kundalini awakening Pranayam.
 - B. Indication and contraindication of Vamana Kriya.
 - C. The effect of Prayer on Self confidence.
 - D. Special Yoga plan for old people.
 - E. Yogabhyasa in the management of stress.
8. Answer any **five** of the following - 10
 - A. What is teaching method of Sarvangasana to an individual ?
 - B. Enlist the benefits of Kundalini awakening.
 - C. Enlist any two indication of both types of Bhastrika mentioned in Gheranda Samhita.
 - D. Enlist any four contraindication of Suryanamaskara.
 - E. Define Bandha and enlist it.
 - F. Enlist any four Yoga practices for the pregnant women throughout the pregnancy period.

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NISARGOPACHARA - 1

Date :- 18-03-2016
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 the importance of Natural therapeutics in present era. 10
2. Describe various dimensions of Akasha Tattva therapies, explain the importance of Akasha Tattva in Natural therapeutics. 10

OR

Explain the effects of hot and cold application of mud with one example of each.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Vayu Tattva in Nisargopachara.
 - B. Write a short note on : Application of Hot mud pack.
 - C. Write a short note on : Effects of hot environment on Cardio Vascular System.
 - D. Write a short note on : Types of mud according to Sushrutacharya.
 - E. Write a short note on : Mud bath.
4. Answer any **Five** of the following : 10
 - A. Define Natural therapy.
 - B. Define Jala Tattva therapy.
 - C. How does human body release heat ?
 - D. Enlist the four names of Vayu Tattva therapies.
 - E. Enlist the types of mud pack.
 - F. Write any four characteristics of mud dominating Jala Guna according to Sushrutacharya.

SECTION-B

5. Describe the indications of fomentation including its physiological explanation. 10
6. Describe the method, types and benefits of Snana as per the ancient concept. 10

OR

Describe the physiological action of Dry fomentation on various systems of the Body.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Internal hydrotherapy – drinking.
 - B. Write a short note on : Water packs.
 - C. Write a short note on : Physiological action of hot water bath.
 - D. Write a short note on : Sauna bath.
 - E. Write a short note on : Principles of Fomentation.
8. Answer any **Five** of the following : 10
 - A. Define Enema.
 - B. What is the meaning of Steam bath ?
 - C. Define Parisheka Snana.
 - D. Enlist the any four indications of Enema.
 - E. What is Wax bath ?
 - F. Enlist the any four contra indications of Sand fomentation.

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FUNDAMENTS OF AYURVEDA - 3

Date :- 19-03-2016
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. Describe the concept of Purusha in detail. 10
2. Explain the concept of Mana with highlight its importance in Ayurveda. 10

OR

Explain the concept of Indriya with its importance in Ayurveda.

3. Write short notes (about 100 words) on any Four of the following : 20
A. Mula Prakruti.
B. Pinda Brahmand Nyaya.
C. Satmyaja Bhava.
D. Satya Buddhi.
E. Rajasa Ahamkara.
4. Write short notes (about 25 words) on any Five of the following : 10
A. Karmendriya.
B. Characteristics of Atma.
C. Loka.
D. Satvaja Bhava.
E. Garbhabhotpadaka Bhava.
F. Garbha.

SECTION-B

5. Describe the ideal Chikitsalaya for Ayurveda. 10
6. Describe the Chikitsa-Chatuspada in detail. 10

OR

Explain the concept of Shodhana Chikitsa.

7. Write short notes (about 100 words) on any Four of the following : 20
A. Laukiki Chikitsa.
B. Manusi Chikitsa.
C. Daivi Chikitsa.
D. Shamana Chikitsa.
E. Qualities of Aushadha.
8. Write short notes (about 25 words) on any Five of the following : 10
A. Essential equipments required in Kaumaragara.
B. Nasya Karma.
C. Stambhana Karma.
D. Virechana Karma.
E. Vamana Yogya persons.
F. Snehana Karma.

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PHYSIOTHERAPY

Date :- 21-03-2016
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. Defining Active Exercises, explain the principles and techniques of Resisted Exercises. 10
2. Explain the principles of Relaxed Passive Movements. 10

OR

Explain Standing Position in detail.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Benefits of Home Exercises.
 - B. Write a short note on : Principles of Coordination Exercises.
 - C. Compare the effects of Free Exercises and Sukshma Vyayama.
 - D. Explain the classification of Posture.
 - E. Write a short note on : Importance of Breathing Exercises in Pregnancy.
4. Answer any **Five** of the following : 10
 - A. Define Physiotherapy.
 - B. Enlist the types of Suspension.
 - C. Enlist the Phases of Gait.
 - D. Enlist the indications of Mat Exercises.
 - E. What is Force Mechanism ?
 - F. Enlist the contra indications of Vyayama.

SECTION-B

5. Describe the importance of Physiotherapy in woman's health. 10
6. Defining Soft Tissue Mobilization, explain its classification. 10

OR

Explain the necessity of functional diagnosis in Physiotherapy.

7. Answer any **Four** of the following : 20
 - A. Describe the therapeutic use of various Low Frequency Currents.
 - B. Explain the procedure of Exercise Tolerance Test.
 - C. Explain the principles of Electro Myography.
 - D. Describe the physiological effects of Ultra Sound.
 - E. Explain the techniques of Massage for the oedema of the lower limb.
8. Answer any **Five** of the following : 10
 - A. Enlist the indications of Laser Therapy.
 - B. Enlist the High Frequency Therapeutic Currents according to their depth of penetration.
 - C. What is Radiant Heat ?
 - D. What are the precautions to be taken during Ultra Violet Radiation ?
 - E. Enlist the contraindications of Cryotherapy.
 - F. Enlist Muscle Power Grading.

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MANIPULATIVE THERAPIES

Date :- 22-03-2016
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 is manipulations? How it can be useful in therapy. 10
 2. What is massage? Describe it's techniques in detail. 10
- OR**
- Describe effects and physiological action of Abhyanga
3. Answer any **Four** of the following : 20
 - A. Write a short note on : Relations of massage with Abhyanga
 - B. Write a short note on : Udvartana
 - C. Write a short note on : Methods of Vayu Sevana
 - D. Write a short note on : Crisis through massage
 - E. Write a short note on : Effects of hand pressure on musculo-skeletal system
 4. Answer any **Five** of the following : 10
 - A. Write any four indications of Vayu Sevana.
 - B. Enlist the steps of Abhyanga.
 - C. Enlist the principles of massage.
 - D. Characteristics of masseur.
 - E. Enlist any four benefits of abdominal massage.
 - F. Enlist effects of lubricants on skin.

SECTION-B

5. Describe special massage to infants and children. 10
 6. Explain physiological effects of Chiropractic with therapeutic utility. 10
- OR**
- Explain physiology of Osteopathy and it's relation with musculo-skeletal system.
7. Answer any **Four** of the following : 20
 - A. Write a short note on : Oil massage
 - B. Write a short note on : Dry massage
 - C. Write a short note on : X-Ray in Chiropractic
 - D. Write a short note on : Chiropractic Examination
 - E. Write a short note on : Massage manipulation
 8. Answer any **Five** of the following : 10
 - A. Enlist any four disorders in which Chiropractic works.
 - B. Enlist indications of ice – massage.
 - C. Define Chiropractic.
 - D. What is Vertebral subluxation.
 - E. Define Spinal Manipulation
 - F. Define active and passive methods of Osteopathy.
