

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR.**

**BACHELOR OF YOGA AND NATUROPATHY SCIENCES - (B.Y.N.S.) THIRD YEAR**

**EXAMINATION SEPTEMBER-2013**

**ROGA VIJNANA VIKRUTI VIJNANA - 1**

Date :- 02-09-2013  
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. Give the definition of Roga and describe disease development process according to Ayurveda. 10
2. What are the characteristics of Sama and Nirama Vayu ? Write the symptoms of increased and decreased Vayu ? 10

**OR**

Write the symptoms of increased and decreased Rasa-Rakta and Manasa Dhātu.

3. Answer any Four of the following : 20
  - A. Write the Symptoms of increased and decreased Mutra.
  - B. Enumerate Sharira Mala, Dhātu Mala and Upadhātu Mala.
  - C. Write the symptoms of Sama Purisha.
  - D. Write the symptoms of Rasavaha & Raktavaha Srotodushti.
  - E. Define the word "Vimarga Gamana" in context of Srotodushti.
4. Answer any Five of the following : 10
  - A. Write any two disorders of Jatharagni Dushti.
  - B. Enumerate types of Koshtha.
  - C. What is Srotasa ?
  - D. Enumerate Dasavidha Prana.
  - E. What is Mala ?
  - F. Write causative factors of Pranavaha Srotodushti.

**SECTION-B**

5. What are Panchatattva ? Describe their role in disease production. 10
6. Describe Bija and Bijabhaga. Describe the causative factors responsible for Bija Dushti. 10

**OR**

What is Infection ? Describe primary and secondary immunity in brief.

7. Write short notes on any Four of the following : 20
  - A. Thrombosis.
  - B. Wound healing.
  - C. Infarction.
  - D. Features of malignant tumors.
  - E. Oedema.
8. Answer any Five of the following : 10
  - A. What is Turner's syndrome ?
  - B. Write the characteristics of acute inflammation.
  - C. Give the name of any four bacterial diseases.
  - D. Which substance helps in wound healing ?
  - E. Write the symptoms of Ojakhaya.
  - F. What is Down's syndrome ?

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EXAMINATION SEPTEMBER-2013

ROGA VIJNANA VIKRUTI VIJNANA - 2

Date :- 03-09-2013  
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 Nidana Panchaka? Write its importance in diagnosis of disease and describe the types of Samprapti in detail. 10
2. Define Nanatnauj Vyadhi and Samanyaj Vyadhi. Write importance of Shat Kriyakala. 10

OR

What is meant by Rogi Pariksha and Roga Pariksha? Describe Astavidha Pariksha in detail.

3. Answer any Four of the following : 20
  - A. Write a short note on : Sthana Samshraya
  - B. Write a short note on : Spiral Diagnosis
  - C. Write a short note on : Prashna Pariksha
  - D. Write a short note on : Chromo Diagnosis
  - E. Write a short note on : Vyavachchedaka Nidana (Differential Diagnosis)
4. Answer any Five of the following : 10
  - A. Define Pradhanik Nidan
  - B. What is Nidanarthakara Roga?
  - C. What is Upadrava?
  - D. Define the Word 'Klesha'
  - E. Enlist Trividha Roga Marg.
  - F. What is Vikruti Visham Samaveta Sammurchhana?

## SECTION-B

5. Describe manifestation of disease Grahani according to Naturopathy and modern aspect. 10
6. Describe production of disease Prameha according to Ayurveda. 10

OR

Describe Samprapti and lakshana of Udara Roga according to Ayurveda.

7. Answer any Four of the following : 20
  - A. Write a short note on : Amlapitta – Naturopathic Samprapti
  - B. Write a short note on : STDs (Sexually transmitted diseases )
  - C. Write a short note on : Kamala Symptoms
  - D. Write a short note on : Shotha – Ayurvedic Samprapti
  - E. Write a short note on : Symptoms of Pravahika
8. Answer any Five of the following : 10
  - A. Enlist types of Shwasa.
  - B. Enlist types of Raktapitta
  - C. Write Trirupa of Rajyakshama
  - D. Enlist types of Chhardi
  - E. Pratyatma lakshana of Antarayama
  - F. Write any four names of Mahakustha

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**EXAMINATION SEPTEMBER-2013**

**YOGA PHILOSOPHY - 2**

Date :- 04-09-2013  
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 philosophy of Yoga as per Yoga Shikha Upanishat. 10  
2. Describe the concept of Pancha Kosha based on Maha Nirvana Tantra. 10

**OR**

Explain the concept of Vighnas according to Shiva Samhita.

3. Answer any **Four** of the following : 20

- A. Write short note on : Philosophy of Yoga in Nada Bindu Upanishat.  
B. Write short note on : Yogabhyasa Kalina Pathya Apathya according to Yoga Chudamani Upanishat.  
C. Write short note on : Yoga Vighnakara Bhavas according to Hatha Pradipika.  
D. Write short note on : Stages of Kumbhaka as per Shiva Samhita.  
E. Write short note on : Kapalabhati according to Gheranda Samhita.

4. Answer any **Five** of the following : 10

- A. Which are the three Dhatus of Prana as per Yajna Valkya Smruti ?  
B. Enlist the Devatas of Pranayama as per Dhyana Bindu Upanishat.  
C. What are the meanings of A, U and M as per Mahanirvana Tantra ?  
D. Which disorders are possible if Pranayama is not done properly according to Hatha Pradipika ?  
E. Enlist the types of Dhauti according to Gheranda Samhita.  
F. Enlist Mudra Dashakam as per Shiva Samhita.

**SECTION-B**

5. Explain the concept of Chittavrutti. 10

6. Describe Antarayas. 10

**OR**

Explain Kleshas.

7. Answer any **Four** of the following : 20

- A. Write short note on : Vairagya.  
B. Write short note on : Rutambhara Prajna.  
C. Write short note on : Ishwara as per Patanjala Yoga Sutra.  
D. Write short note on : Asana as per Patanjala Yoga Sutra.  
E. Write short note on : Pratyahara as per Patanjala Yoga Sutra.

8. Answer any **Five** of the following : 10

- A. Define Yoga as per Patanjala Yoga Sutra.  
B. What is the meaning of Abhyasa ?  
C. Enlist the types of Samadhi.  
D. Enlist the Vikshepa Sahabhuvas.  
E. What is the advantage of Ahimsa ?  
F. What is meant by Hana and Hanopaya ?

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**EXAMINATION SEPTEMBER-2013**

**YOGA PRACTICES - 2**

Date :- 05-09-2013

Time :-10:00 a.m. to 01:00 p.m.

Thursday

Total Marks :- 100

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

**SECTION-A**

1. Explain physiological action of such inverted postures like Halasan, Paschimottanasan, Padahastasan etc. 10
2. Explain Bastikriya as per Gherandasamhita. 10  
**OR**  
Pranayam as described in Gorakshasamhita.
3. Answer any Four of the following : 20
  - A. Write a short note on : Tratak kriya.
  - B. Write a short note on : Bhramari Pranayam.
  - C. Write a short note on : Therapeutic importance of Ushtrasana.
  - D. Write a short note on : Technique and physiological effect of Ashvini Mudra.
  - E. Write a short note on : Moolbandha.
4. Answer any Five of the following : 10
  - A. Write total number of Asana as per Shivasamhita and enlist them.
  - B. Enlist the types of Kapalabhati with it's effect.
  - C. "नाभिग्रन्थि मेरुपृष्ठे शतवारं तु कारयेत् ।" For which Yoga practice this is said ?
  - D. Total number of Mudra as per Goraksha Samhita, enlist any four of them.
  - E. Technique of Mahabandha.
  - F. Technique of Uttankurmasan.

**SECTION-B**

5. Explain symptoms and benefits of Kundalini awakening. 10
6. Explain the effect of Suryanamaskar in diseased condition. 10  
**OR**  
Therapeutic utility of Svarodya.
7. Answer any Four of the following : 20
  - A. Write a short note on : Importance of Rudropasana.
  - B. Write a short note on : Therapeutic effect of Prayer.
  - C. Write a short note on : Memory boosting through Yoga.
  - D. Write a short note on : Indication and C.I. of Naulikriya.
  - E. Write a short note on : Yoga plan for adult.
8. Answer any Five of the following : 10
  - A. Enlist the steps of Suryanamaskar with breathing. (When to breath in and out?)
  - B. Enlist Kundalini jagrutikar Pranayam.
  - C. Enlist any four Yoga practices indicated in Hypothyroidism.
  - D. C.I. yogabhyas in pregnancy.
  - E. Write two lines of Mahapurush Vidya.
  - F. Yoga plan for teacher.

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**EXAMINATION SEPTEMBER-2013**

**NISARGOPACHARA - 1**

Date :- 06-09-2013  
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 the importance of Natural therapeutics for the maintenance of health. 10  
2. Describe various dimensions of Vayu Tattva therapies, explain the importance of Vayu Tattva in Nisargopachara. 10

**OR**

Explains the principles of Mud therapy.

3. Answer any Four of the following : 20  
A. Write a short note on : Therapeutic utility of Jala Tattva.  
B. Write a short note on : Effect of peripheral heat on Respiratory System.  
C. Write a short note on : Production and distribution of heat in the body.  
D. Write a short note on : Preparation of mud for clinical use.  
E. Write a short note on : Mud pack.  
4. Answer any Five of the following : 10  
A. What is therapy according to Nisargopachara ?  
B. Define internal reaction.  
C. How does the temperature rise affect the pulse rate ?  
D. Enlist the conditions that discourage the reaction.  
E. Define Mud therapy.  
F. Enlist any four characteristics of mud dominating Agni Guna according to Acharya Sushruta.

**SECTION-B**

5. Explain the importance of water in disease manifestation. 10  
6. What is Enema ? Describe its application method in detail. 10

**OR**

What is Steam bath ? Which are its types ? Describe full body steam bath.

7. Answer any Four of the following : 20  
A. Write a short note on : Properties of water and their therapeutic utility.  
B. Write a short note on : Various types of baths as per modern concept.  
C. Write a short note on : Physiological explanation of drinking water.  
D. Write a short note on : History of fomentation.  
E. Write a short note on : Wax bath.  
8. Answer any Five of the following : 10  
A. What is Fomentation ?  
B. What is compress in hydrotherapy ?  
C. What is Avagahana Snana ?  
D. What are the contra indications of enema ?  
E. Define Sauna bath.  
F. What is fomentation with cloth ?

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EXAMINATION SEPTEMBER-2013

FUNDAMENTS OF AYURVEDA - 3

Date :- 07-09-2013  
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. खादयश्चेतना षष्ठा धातवः पुरुषः स्मृतः । - Explain it. 10  
2. Explain the Loka-Purusha Samya Sidhanta. 10

OR

Write about Chaturvinshatika & Panchavinshatika Purusha in detail.

3. Answer any Four of the following : 20  
A. Explain the word Danhrada and write its importance.  
B. Write a short note on : Garbhotpadaka Bhava.  
C. Write the Lakshana, Karma and Guna of Mana.  
D. Explain the relation between body and mind.  
E. Write a short note on : Loka-Purusha Siddhanta.  
4. Define any Five of the following : 10  
A. Ayu.  
B. Apvarga.  
C. Sattva.  
D. Linga Sharira  
E. Ahankara.  
F. Vyakta and Avyakta.

## SECTION-B

5. Explain the Hetu Viparita, Vyadhi Viparita and Tadarthkari Chikitsa in detail. 10  
6. Explain Basti therapy in detail. 10

OR

Describe Shad Upakrama in detail.

7. Answer any Four of the following : 20  
A. Write a short note on : Importance of Nasya therapy.  
B. Write a short note on : Yukti-Vyapashraya Chikitsa.  
C. Write a short note on : Kumaragara.  
D. Explain the importance of Vaidya in Chikitsa Chatuspada.  
E. Write a short note on : Naishthiki Chikitsa.  
8. Define any Five of the following : 10  
A. Langhaniya.  
B. Stambhaniya.  
C. Qualities of patient.  
D. Qualities of attendant(nurse).  
E. Rakshasi Chikitsa.  
F. Manushi Chikitsa.

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**EXAMINATION SEPTEMBER-2013**

**PHYSIOTHERAPY**

Date :- 10-09-2013  
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 physiological actions of Vyayama. 10  
2. Explain lever with suitable examples. 10

**OR**

Describe the muscle actions in standing position.

3. Answer any **Four** of the following : 20  
A. Write short note on : Importance of mat exercises in cerebral palsy.  
B. Write short note on : Uses of active range of motion.  
C. Write short note on : Progressive Resistance Exercises.  
D. Write short note on : Principles of Co-ordination exercises.  
E. Write short note on : Gait training of stair case.  
4. Answer any **Five** of the following : 10  
A. Enlist the benefits of Chankramana.  
B. Define resisted movements.  
C. Enlist poor postures.  
D. Enlist the types of suspensions.  
E. Enlist the advantages of home exercises.  
F. Enlist free exercises for frozen shoulder.

**SECTION-B**

5. Describe the techniques of Proprioceptive Neuromuscular Facilitation. 10  
6. Explain the procedures of Exercise Tolerance Test. 10

**OR**

Enlist and explain the contra indications of Short Wave Diathermy.

7. Answer any **Four** of the following : 20  
A. Write short note on : Use of electrical stimulation in diagnosis of nerve injury.  
B. Write short note on : Types of infra-red rays.  
C. Write short note on : Physiological effects of Cryo Therapy.  
D. Write short note on : Procedure of massage for lower limb oedema.  
E. Write short note on : Causes of restriction of joint range of motion.  
8. Answer any **Five** of the following : 10  
A. Define Soft Tissue Mobilization.  
B. Enlist the Muscle Power Grading.  
C. Enlist the contra indications of ultra sound.  
D. What is meant by loco motor function ?  
E. Enlist the physiotherapy procedures for low back pain.  
F. Enlist the differences between Short Wave Diathermy and Medium Wave Diathermy.

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**EXAMINATION SEPTEMBER-2013**

**MANIPULATIVE THERAPIES**

Date :- 11-09-2013

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 historical development of Manipulative Therapies in India. 10  
2. Describe the principles of Massage with its scientific background. 10

**OR**

Explain the effects of pressure of hands on various systems of the body.

3. Answer any Four of the following : 20  
A. Describe the methods of Abhyanga with the scientific logic behind them.  
B. Write a short note on : Udvaartana  
C. Describe the methods of Vayu Sevana.  
D. Write a short note on: Characteristics of a Masseur.  
E. Write a short note on: Crisis through Massage.  
4. Answer any Five of the following : 10  
A. Name the two prominent manipulative Therapists of Roman Empire.  
B. Write the name of the first ever book on Manipulative therapy and its author.  
C. What is the difference between Abhyanga and Massage?  
D. Enlist any four indications of Vayu Sevana.  
E. Enlist any four effects of massage on Urinary System.  
F. Enlist the lubricants used for massage in different conditions.

**SECTION-B**

5. Explain the Chiropractic process and technique of examining a patient. 10  
6. Describe the speciality of massage to be given to the women with suitable examples and scientific reasons. 10

**OR**

Describe the speciality of massage to be given to the infants with suitable examples and scientific reasons.

7. Answer any Four of the following : 20  
A. Describe the precautions to be taken during massage to children with their scientific explanation.  
B. Describe the classification of massage manipulations with their uses.  
C. Describe the physiological effects of Chiropractic Manipulations on Endocrinal and Respiratory Systems.  
D. Describe the technique and effect of Massage with oil.  
E. Describe the Osteopathic management of Respiratory Disorders.  
8. Answer any Five of the following : 10  
A. Enlist any four contra indications of Therapeutic Massage.  
B. Write the technique of Kneading.  
C. What is the indication of Pummeling?  
D. Write the technique of Brush Massage in brief.  
E. What is meant by Subluxation ?  
F. Write the Osteopathic Management related with the spine for Fever.