

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF YOGA AND NATUROPATHY SCIENCES - (B.Y.N.S.) THIRD YEAR
EXAMINATION SEPTEMBER-2014
ROGA VIJNANA VIKRUTI VIJNANA - 1

Date :- 22-09-2014
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. Describe the signs and symptoms of increased and decreased Doshas. 10
2. Writing the differences between Dhatu and Upadhatu, describe the symptoms of increased and decreased Meda, Asthi and Shukra Dhatus. 10

OR

Explain the concept of Srotas and its importance.

3. Answer any **Four** of the following : 20
 - A. Write short note on : Branches of Vikruti Vijnana.
 - B. Write short note on : Signs and symptoms of Sama and Nirama Mala.
 - C. Write short note on : Importance of Agni Dushti in relation to metabolic disorders.
 - D. Write short note on : Concept of Sroto Dushti.
 - E. Write short note on : Panchakosha Vikruti.
4. Answer any **Five** of the following : 10
 - A. Enlist the symptoms of increased Pitta.
 - B. Write the symptoms of Sama Vata.
 - C. Enlist any four symptoms of Annavaha Sroto Dushti.
 - D. What is meant by Rasavaha Sroto Dushti.
 - E. Enlist the pathological conditions related with hyper activation of Dakshina Swara.
 - F. What is meant by Karma Vipaka ?

SECTION-B

5. Describe Panchatattva Dushti and its relation with disease manifestation. 10
6. Describe the effects of embolism and enumerate the various types of emboli. 10

OR

Defining granuloma, describe the formation of tubercle and its relation to immune status.

7. Answer any **Four** of the following : 20
 - A. Write short note on : Ojo Dushti and its causative factors.
 - B. Write short note on : Infectious agents and parasites.
 - C. Write short note on : Karmendriya Pradoshaja Vyadhi.
 - D. Write short note on : Down's syndrome.
 - E. Write short note on : Characteristic features of benign and malignant tumours.
8. Answer any **Five** of the following : 10
 - A. What is meant by Bijabhagavayava Dushti ?
 - B. Define Turner's syndrome.
 - C. What is meant by autoimmune disorders ?
 - D. Define coagulation.
 - E. What is meant by agenesis ?
 - F. Define carcinoma in situ.

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ROGA VIJNANA VIKRUTI VIJNANA - 2

Date :- 23-09-2014
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. Write the disease Classification according to WHO and briefly correlate them with Ayurvedic classification. 10
2. Describe Trimarga of disease production with examples. 10

OR

Write difference between Nanatmaja and Samanya Vikara with examples.

3. Answer any Four of the following : 20
 - A. Write the cause- effect type of relation between Dosha and Vyadhi.
 - B. Write classification of Upashaya.
 - C. Define word Upadrava & Arista. Write their importance in prognosis of diseases.
 - D. What is Uttana and Gambhira stage of diseases?
 - E. Write the Yogic concept of disease production.
4. Answer any Five of the following : 10
 - A. Enumerate types of Samprapti.
 - B. Characteristics of Sadhya Vyadhi.
 - C. What is Vyadhi Sankarya ?
 - D. What is Nidanarthakar Hetu ?
 - E. What is morbid meter ?
 - F. What is Khavaigunya ?

SECTION-B

5. Describe Dasavidha Pariksha in detail. 10
6. Explain the concept of Adhi and Vyadhi according to Yoga Vashishtha. 10

OR

Describe the concept of Satva, Rajasa and Tamasa.

7. Write short notes on any Four of the following : 20
 - A. Pliha Vikara.
 - B. Chromo diagnosis.
 - C. Accu-point diagnosis.
 - D. Shotha.
 - E. Hrudayabhighata (myocardial infarction).
8. Answer any Five of the following : 10
 - A. Types of Rajyakshama.
 - B. Types of Atisara.
 - C. Write characteristics of Atop.
 - D. Write cardinal symptoms of Grahani.
 - E. What is Murchha ?
 - F. Write cardinal symptom of Prameha.

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YOGA PHILOSOPHY - 2

Date :- 24-09-2014
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 Yoga Siddhikara Bhavas according to Hatha Pradipika. 10
 2. Explain the philosophy of Yoga according to Yajnavalkya Smruti. 10
- OR**
- Explain the concept of Pancha Kosha according to Mahanirvana Tantra.
3. Answer any **Four** of the following : 20
 - A. Write a short note on : Philosophy of Yoga as per Mandala Brahmanopanishat.
 - B. Write a short note on : Philosophy of Yoga as per Nadabindu Upanishat.
 - C. Write a short note on : Panchamahabhuta as per Shiva Samhita.
 - D. Write a short note on : Panchadharana as per Gheranda Samhita.
 - E. Write a short note on : Philosophy of Yoga as per Goraksha Samhita.
 4. Answer any **Five** of the following : 10
 - A. What is meant by Hamsa Mantra ?
 - B. Write the names of the Bandhas as per Yoga Shikhopanishat.
 - C. Which Devatas have been said to be related with Pranayama as per Dhyana Bindu Upanishat ?
 - D. Enlist the characteristics of Mrudu Sadhaka as per Shiva Samhita.
 - E. Enlist the characteristics of various stages of Pranayama.
 - F. What is the importance of Mitahara in Yoga practice as per Gheranda Samhita?

SECTION-B

5. Describe Antarayas. 10
 6. Explain Niyamas along with their benefits. 10
- OR**
- Describe the seven stages of Prajna.
7. Answer any **Four** of the following : 20
 - A. Write a short note on : Concept of Avidya.
 - B. Write a short note on : Concept of Vairagya.
 - C. Write a short note on : Concept of Nidra as Chittavrutti.
 - D. Write a short note on : Hanopaya.
 - E. Write a short note on : Concept of Pranayama and its benefits.
 8. Answer any **Five** of the following : 10
 - A. What is meant by Klisha Vrutti ?
 - B. What are the functional types of Klesha ?
 - C. What is the need of Chittaprasadana ?
 - D. What is the benefit of practicing Asteya ?
 - E. How and up to what limit an Asana must be practiced ?
 - F. Define Pratyahara.

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YOGA PRACTICES - 2

Date :- 25-09-2014
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 "Kevali Kumbhak" in detail as per Gheranda Samhita and other pranayam in short. 10
2. Therapeutic effect of "Shatkarma" 10

OR

Physiological effect of Meditative Posture.

3. Answer any **Four** of the following : 20
- A. Write a short note on : Technique and effect of Mahabandha.
B. Write a short note on : Technique and therapeutic effect of Mrutasan.
C. Write a short note on : Technique and effect of Kapalbhafi as per Gheranda Samhita.
D. Write a short note on : Ujjayi pranayam for thyroid difficulty.
E. Write a short note on : Shaktichalini mudra.
4. Answer any **Five** of the following : 10
- A. Technique of Bujagini mudra.
B. Effect of Nadishodhan pranayam.
C. Total number of mudra as per Shiva Samhita. Enlist four of them.
D. Technique of Manduki mudra.
E. Technique of Guptasan.
F. Enlist Agnivardhak Yogasan – any four.

SECTION-B

5. Personality development and memory boosting through Yogabhyas. 10
6. Explain different classical practices for Kudalini Jagruti. 10

OR

Importance of prayer for psycho-physiological healing.

7. Answer any **Four** of the following : 20
- A. Importance of Svarodayshastra in therapy.
B. Effect of Suryanamaskar on hormonal balancing.
C. Symptoms of Kundalini awaking.
D. Pregnancy yoga plan.
E. Indication and C.I. of Suryabhedan pranayam.
8. Answer any **Five** of the following : 10
- A. Total number of steps (Asana) involved in Suryanamaskar. Enlist them.
B. Define Prayer.
C. Effect of Chandraswar on body.
D. Enlist any four contraindicated yoga practices for "Sleepdisc" (disc proleps) patient.
E. Enlist any four yoga kriya which is C.I. for Children.
F. What is "Savitru Upasana" ?

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NISARGOPACHARA - 1

Date :- 26-09-2014
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 for the management of diseases. 10
2. Explain the concept of Panchatattva for the Natural therapeutic application. 10

OR

Describe the composition, general properties and collection method of mud for therapy.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Various Agni Tattva therapies.
 - B. Write a short note on : Effects of cold environment on Cardio Vascular System.
 - C. Write a short note on : Relation of internal heat and immune system.
 - D. Write a short note on : Mud poultice.
 - E. Write a short note on : Mud in beauty parlour.
4. Answer any **Five** of the following : 10
 - A. Define Natural therapeutics.
 - B. Enlist the any four names of Akasha Tattva therapies.
 - C. During cold exposure, which body part become cold in the beginning ?
 - D. Enlist the conditions that encourage the reactions.
 - E. Define thermal reaction.
 - F. What are the colours of mud having dominance of Pruthvi Guna according to Acharya Sushruta.

SECTION-B

5. Explain the importance and role of water in health. 10
6. Describe various dimensions of hydrotherapy in detail. 10

OR

Describe contra indications of Svedana along with its physiological explanation.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : History of hydrotherapy.
 - B. Write a short note on : Contra indications of Ancient Snana.
 - C. Write a short note on : Principles of hydrotherapy.
 - D. Write a short note on : Importance of fomentation in health.
 - E. Write a short note on : Therapeutic utility of Ekanga Svedana.
8. Answer any **Five** of the following : 10
 - A. Define Hydrotherapy.
 - B. Enlist the any four benefits of Ancient Snana.
 - C. Enlist the four types of Water packs.
 - D. Enlist the any four functions of water inside the body.
 - E. What is the effect of hot water bath on peripheral circulation ?
 - F. How the apply sand for fomentation?

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FUNDAMENTS OF AYURVEDA - 3

Date :- 27-09-2014
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 Masanumasika Vruddhi Krama in detail. 10
2. Explain the applied aspect of Srushti Utpatti. 10

OR

Write the qualities of Atma and explain its relation with Mana.

3. Answer any **Four** of the following : 20
A. Write the Satmyaja and Satvaja Bhava of Garbha.
B. Write the various Bhava regarding Loka and Purusha.
C. Write the Lakshana of Shudha Shukra and Shudha Artava.
D. Write about Tridhatvatmaka Purusha.
E. Explain Pancha Mahabhuta and Pancha Tanmatra.
4. Define any **Five** of the following : 10
A. Srushti Sarga.
B. Mahata.
C. Loka.
D. Purusha
E. Garbhavakranti
F. Satya-Buddhi.

SECTION-B

5. Describe any three Agara (words) according to Ayurvediya texts. 10
6. Describe the Vamana and Virechana therapy in detail. 10

OR

Write short note on Pancha-Karma therapy.

7. Answer any **Four** of the following : 20
A. Write the indications for Rukshana and Sneha therapy.
B. Write the qualities of Chikitsa Chatushpada.
C. Explain Sattvavajaya Chikitsa.
D. Write the contra-indications for Stambhana therapy.
E. Write the types and indications for Nasya therapy.
8. Define any **Five** of the following : 10
A. Purva-Karma.
B. Sutika.
C. Rukshana.
D. Laukiki Chikitsa.
E. Tadarthakari Chikitsa.
F. Asthapana Basti.

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PHYSIOTHERAPY

Date :- 29-09-2014
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. Explain standing position, its muscles work and its uses. 10
2. Explain Vyayama and Chankramana, its indications and contraindications. 10

OR

What are the active movements ? Describe its types and uses.

3. Answer any **Four** of the following : 20
 - A. Differentiate between good and bad posture.
 - B. Write a short note on : Suspension therapy.
 - C. Define passive movements and its classifications.
 - D. Write a short note on : Mat exercises.
 - E. Write a short note on : Mechanics of exercise therapy.
4. Answer any **Five** of the following : 10
 - A. What do you mean by breathing mechanism ?
 - B. Enlist four uses of rolling.
 - C. Define free exercises.
 - D. Enlist divisions of physiotherapy.
 - E. Enlist four coordination exercises.
 - F. Enlist four uses of bend standing.

SECTION-B

5. Explain about the various therapeutic currents. Give detail about interferential therapy. 10
6. Explain in detail about physiological and therapeutic effects of ultra violet rays. 10

OR

Define short wave diathermy, its indications and contraindications.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Physiotherapy for geriatrics.
 - B. Write a short note on : Indications of ultra sound.
 - C. Write a short note on : Cryotherapy – definition and its method of application.
 - D. Write a short note on : Physiological principles of electro diagnosis.
 - E. Write a short note on : Soft tissue mobilization and its classification.
8. Answer any **Five** of the following : 10
 - A. Enlist four indications of proprioceptive neuromuscular facilitation.
 - B. Define laser.
 - C. What is electromyography ?
 - D. Define exercise tolerance test.
 - E. Define medium wave diathermy.
 - F. Enlist four low frequency therapeutic instruments.

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MANIPULATIVE THERAPIES

Date :- 30-09-2014
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. Define manipulative therapy. Describe it's importance and history. 10
2. Define Abhyanga and describe it in detail. 10

OR

Describe benefits of Vayu Sevana and explain it's physiology.

3. Answer any Four of the following : 20
A. Write a short note on : Crisis through massage
B. Write a short note on : Methods of Abhyanga
C. Write a short note on : Therapeutic importance of Vayu
D. Write a short note on : Contra-indications of Abhyanga with physiological explanation.
E. Write a short note on : Rules and regulations of Massage
4. Answer any Five of the following : 10
A. Enlist dimensions of manipulative therapy.
B. What is similarity between Abhyanga and Massage.
C. Write any four benefits of Pada Abhyanga.
D. What are the contra-indications of Yavu Sevana.
E. Write any four characteristics of masseur.
F. What is the difference between Abhyanga and Udvartana.

SECTION-B

5. Explain therapeutic utility of Massage. 10
6. Describe chiropractic in detail. 10

OR

Explain the therapeutic utility of Osteopathy.

7. Answer any Four of the following : 20
A. Write a short note on : Special Massage for woman
B. Write a short note on : Powder Massage
C. Write a short note on : Vibrio Massage
D. Write a short note on : Importance of Spine in Chiropractic
E. Write a short note on : Basic Principles of Osteopathy.
8. Answer any Five of the following : 10
A. Enlist any four contra-indications of ice – massage.
B. Enlist the precautions while applying massage to a pregnant lady.
C. Enlist any four indications of dry – massage.
D. Enlist the aims of Chiropractic.
E. Define Osteopathy.
F. What is sublaxation in Chiropractic.
