

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

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

EXAMINATION APRIL-2017

VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA

Date :- 26-04-2017

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

Wednesday

Total Marks :- 100

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

SECTION-A

1. Adhithana of Sthavar Visha and general symptoms of Sthavar Visha. 10
2. Define Dushivisha and its management through Yoga and Nisargopachar. 10

OR

Define Gara Visha and describe its management through Yoga and Nisargopachar.

3. Write a short note on any **Four** of the following : 20
A. Vishadata.
B. Food poisoning.
C. Jangam Visha.
D. Gauripashan toxicity.
E. Oja.
4. Answer any **Five** of the following : 10
A. Corrosive Poisons.
B. Copper Poisoning.
C. Anti venom.
D. Shanka Visha.
E. Visha Sankatam.
F. Death Certificate.

SECTION-B

5. Define Vyavahara Ayurveda and its importance in current era. 10
6. Describe the rules and regulations regarding medical certificates. 10

OR

Describe the signs and symptoms of Vrushchika Visha with its management.

7. Write a short note on any **Four** of the following : 20
A. Professional rights of Vaidya.
B. Consumer protection act.
C. Visha guna.
D. Lead Poisoning.
E. Medico legal aspect of abortion.
8. Answer any **Five** of the following : 10
A. Syncope.
B. Mummification.
C. Coma.
D. Strangulation.
E. Rigor Mortis.
F. Drowning.

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EXAMINATION APRIL-2017

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – IV

Date :- 25-04-2017

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

Tuesday

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 mind in health and disease. 10
2. Explain the concept of Psychotherapy and its types. 10

OR

Explain the concept of Psychoanalysis and its various modes.

3. Write a short note on any **Four** of the following : 20
A. Explain Chittavrutinirodha Upaya.
B. Explain the role of Yoga in Apasmara.
C. Explain the role of Nisargopachara in Avasada.
D. Describe the management of disorders produced by non suppression of different Papakarma.
E. Concept of Psychotherapy in Bhagvad Gita.
4. Answer any **Five** of the following : 10
A. Define Atattvabhinivesha.
B. Define Phobias.
C. Define Krodha and Dhairya.
D. What is Sattvavajaya ?
E. Define Mano Sangharsha.
F. Define Memory.

SECTION-B

5. Define the effects of stress in body, mind and society. 10
6. Describe the management of behavioural disorders through Yoga. 10

OR

Describe the Yogic management of Pratishtyay.

7. Write a short note on any **Four** of the following : 20
A. Psychotherapeutic management of Mukhapaka.
B. Describe Yogic management of Shankhaka and Shirobhitapa.
C. Naturopathic management of bipolar disorder.
D. Describe about intellectual quotient (I.Q.) and its relation with Yoga.
E. Naturopathic management of Arunshika.
8. Answer any **Five** of the following : 10
A. Enlist the Yogic management of sleep disorders in geriatric patients.
B. Enlist the Yogasan as useful to manage vision problems.
C. Define stress and distress.
D. What is bipolar disease ?
E. Enlist Naturopathy management of Kanthashula.
F. Enlist Yogic management of gingivitis.

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EXAMINATION APRIL-2017

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - III

Date :- 24-04-2017

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

Monday

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 Yogic and Naturopathic Management in Postnatal period. 10
2. Describe the role of Yoga and Nisargopachara in Masanumasika Paricharya of Garbhini. 10

OR

Describe the role of Yoga and Nisargopachara for the health maintenance in reproductive age.

3. Write a short note on any **Four** of the following : 20
A. Role of Yoga and Nisargopachara in baby sitting.
B. Nisargopachara and Samskaras.
C. Sadhya Gruhita Garbha.
D. Health problems of a female in Kaumaryavastha.
E. Complications of Dauhrudavastha and its management.
4. Answer any **Five** of the following : 10
A. Define Jatakarma Samskara.
B. What is the importance of Karnavedhana Samskara ?
C. What is the procedure of Pumsavana Samskara ?
D. Enlist the various stages of female child.
E. Define menopause.
F. Enlist the Yoga procedures for health maintenance in Vrudhnavastha.

SECTION-B

5. Describe the Yogic and Naturopathic management of Ekangavata. 10
6. Describe the Yogic and Naturopathic management of Malavarodha. 10

OR

Describe the menstrual disorders and their management.

7. Write a short note on any **Four** of the following : 20
A. Management of Talukantaka.
B. Management of Jvara.
C. Management of Parigarbhika.
D. Management of Krumidanta.
E. Management of Kukunaka.
8. Answer any **Five** of the following : 10
A. Enlist any four Yogic procedures useful in Manovikriti.
B. Enlist the Naturopathic procedures useful in Pandu.
C. Define Kshiralasaka.
D. Enlist the Naturopathic procedures useful in Kasa.
E. Enlist the Yogic procedures useful in menarchical disorders.
F. What is meant by Fakka ?

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EXAMINATION APRIL-2017

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - II

Date :- 22-04-2017
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 traditional views of Nisargopachara. 10
 2. Describe magnet therapy for Atisara. 10
- OR**
- Describe the Rasopavasa treatment for Kamala.
3. Answer any **Four** of the following : 20
 - A. Write a short note on : Mruttika Chikitsa in Vatarakta.
 - B. Write a short note on : Acupressure treatment in Parshvashula.
 - C. Write a short note on : Traditional naturopathic management of Jvara.
 - D. Write a short note on : Mud therapy in Shotha.
 - E. Write a short note on : Diet therapy for the management of Raktapitta.
 4. Answer any **Five** of the following : 10
 - A. Enlist any four aspects of Iris diagnosis.
 - B. What is the role of hydro therapy in the management of Shotha ?
 - C. Enlist any four neo naturopathic processes beneficial in the management of Hrudroga.
 - D. Write the modes of chromo therapy beneficial in the management of Rajayakshma.
 - E. Enlist any four traditional naturopathic processes beneficial in the management of Kshata Kshina.
 - F. Enlist the diet management for Svarabheda.

SECTION-B

5. Describe diet therapy for the management of Pakshaghata. 10
 6. Describe the acupuncture therapy for Vishvachi. 10
- OR**
- Describe the magnet therapy for Amlapitta.
7. Answer any **Four** of the following : 20
 - A. Write a short note on : Magnet therapy in Akshepaka.
 - B. Write a short note on : Helio therapy in skin disorders.
 - C. Write a short note on : Traditional naturopathic management of Ajirna.
 - D. Write a short note on : Hydrotherapy in Mutrakruchchhra.
 - E. Write a short note on : Sparsha Chikitsa in Udarashula.
 8. Answer any **Five** of the following : 10
 - A. Enlist the neo naturopathic practices beneficial for Palitya.
 - B. Write the precautions required for Mardana Chikitsa in Chhardi.
 - C. Write four main exercise types beneficial in the management of Grudhrasi.
 - D. Enlist the diet management for Krumi.
 - E. Enlist any four traditional naturopathic processes beneficial in the management of Sandra Prasada Meha.
 - F. Enlist the hydro therapy modalities beneficial for Ushnavata.

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EXAMINATION APRIL-2017

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - I

Date :- 21-04-2017
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. Write principles of Yogic management in detail. 10
 2. Describe the Yogic management of Rajayakshma in detail. 10
- OR**
- Describe the Yogic management of Amavata in its different conditions.
3. Write a short note on any **Four** of the following : 20
 - A. Importance of Yogic management in medical science.
 - B. Importance of Do's and Don'ts in the management of disease.
 - C. General Yogic management of disease Pandu.
 - D. General Yogic management of disease Shotha.
 - E. General Yogic management of disease Upadamsha.
 4. Answer any **Five** of the following : 10
 - A. Enlist the Asanas useful in Yakrita Vikara.
 - B. Write and define synonyms of Chikitsa.
 - C. Enlist the Yogic procedure to be carried out in disease Urastrya.
 - D. Enlist the Asanas to be prescribed in disease Raktapitta.
 - E. Enlist types of Dharana useful in disease Firanga.
 - F. Enlist the Asanas to be useful in Amavata.

SECTION-B

5. Define the word Atisara and explain its complete Yogic management. 10
 6. Explain Yogic management of Visarpa in detail. 10
- OR**
- Describe Yogic management of Visuchika.
7. Write a short note on any **Four** of the following : 20
 - A. Yogic management of Shula.
 - B. Yogic management of Adhmana.
 - C. Yogic management of Kampa.
 - D. Yogic management of Ushnavata.
 - E. Yogic management of Grudhrashi.
 8. Answer any **Five** of the following : 10
 - A. Enlist the Pranayama to be carried out in Pakshaghata.
 - B. Enlist the Pranayama to be done in disease Trushna.
 - C. Enlist the Suddhikriya in disease Prameha.
 - D. Enlist the Yogic procedures to be done in Amlapitta.
 - E. Enlist the Yogic procedures to be done in Mutraghata.
 - F. Enlist the Yogic procedures to be done in Chhardi.

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EXAMINATION APRIL-2017

NISARGOPACHARA - II

Date :- 20-04-2017

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. Describe methods of therapeutic fasting, crisis and its management during fasting. 10
2. Describe the traditional and modern theories of acupuncture and concept of stimulation. 10

OR

Explain the principles and methods of auriculotherapy.

3. Answer any **Four** of the following : 20
A. Write a short note on : Dr. Kuhne's sunbath with its effects.
B. Write a short note on : Contraindications and complications of acupuncture.
C. Write a short note on : Therapeutic utility of Su-jok.
D. Write a short note on : Methods of scalp acupuncture.
E. Write a short note on : Principles of Meridinology.
4. Answer any **Five** of the following : 10
A. Define religious fasting.
B. Enlist the chemical properties of sun light.
C. What is the method of selecting an acupuncture point ?
D. Define meridians.
E. Enlist the materials/equipment used in Su-jok therapy.
F. Identify stomach meridians.

SECTION-B

5. Describe the principles, methods and effects of Shiatsu. 10
6. Explain the development, principles and method of Reiki. 10

OR

Explain the therapeutic utility of Music with its physiological effects.

7. Answer any **Four** of the following : 20
A. Write a short note on : Reflex zones and preventive effect of Zone therapy.
B. Write a short note on : Acupressure instruments.
C. Write a short note on : Principles of Moxibustion.
D. Write a short note on : Review of researches on Magneto therapy.
E. Write a short note on : Methods of Aroma therapy.
8. Answer any **Five** of the following : 10
A. Enlist the types of Moxibustion.
B. Enlist any four types of magnets.
C. Define Aroma therapy.
D. Enlist any four principles of Reflexology.
E. Define Acupressure.
F. Enlist any four principles of Pranic healing.

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EXAMINATION APRIL-2017

YOGA PRACTICES - III

Date :- 19-04-2017
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 types of Samadhi and practices as mentioned in Gheranda Samhita. 10
 2. Define Nadanusandhana its technique and stages in detail. 10
- OR**
- Describe the types and techniques of Dhyana as mentioned in Gheranda Samhita.
3. Write a short note on any **Four** of the following : 20
 - A. Bhrahma Dharana.
 - B. Yoga Nidra.
 - C. Physiological action of Samadhi.
 - D. Importance of Pratyahara on mental health.
 - E. Zen meditation.
 4. Answer any **Five** of the following : 10
 - A. Mention total no. of Dharana as per Vijnana Bhairava Tantra and enlist any four of them.
 - B. Define Padaस्था Dhyana.
 - C. Explain the therapeutic utility of meditation with music.
 - D. Enlist the stages of dynamic meditation.
 - E. Mention the method of Pratyahara as per Darshnopanishat.
 - F. Mention the effect of Mooladhara Chakra Dhyana according to Shiva Samhita.

SECTION-B

5. Describe the types, techniques and therapeutic utility of Laya Yoga. 10
 6. Describe Physio-Psycho-spiritual effect of Tantra Yoga. 10
- OR**
- Describe Navadha Bhakti.
7. Write a short note on any **Four** of the following : 20
 - A. Research on psychological aspect of relaxation.
 - B. Mantra Yoga.
 - C. Swami Kuvalyananda.
 - D. Swami Satyananda Saraswati.
 - E. Yantra Yoga.
 8. Answer any **Five** of the following : 10
 - A. Enlist the characteristic features of the Sadhaka(desiple) who can practice Mantra Yoga as per Lord Shiva.
 - B. Explain Dhenu Mudra in short.
 - C. Draw and explain Jnana Mudra.
 - D. Enlist the types of Japa.
 - E. Therapeutic utility of Shakti Yantra.
 - F. Introduce Siddha Yoga.

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EXAMINATION APRIL-2017
YOGA PHILOSOPHY - III

Date :- 18-04-2017
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. Explain the difference between Raja Yoga and Hatha Yoga. 10
2. Describe the factors obstructing Yogic practices. 10

OR

Describe the requirement and importance of Yoga as per Shiva Samhita.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Kundalini Jagarana.
 - B. Write a short note on : Importance of seasons in Yogabhyasa.
 - C. Write a short note on : Concept of Pinda-Brahmanda.
 - D. Write a short note on : Ashtamaha Siddhi.
 - E. Write a short note on : Stages of Pranayama and their importance.
4. Answer any **Five** of the following : 10
 - A. What should be the Achara while practicing Yoga ?
 - B. Enlist the duration of success and types of Yoga according to the types of Sadhakas.
 - C. Enlist the symptoms of Nadishuddhi as per Shiva Samhita.
 - D. What is the nature of mind as per Hatha Pradipika ?
 - E. What is meant by Chaitanya ?
 - F. Define Maya as per Shiva Samhita.

SECTION-B

5. What are the types of Dhyana as per the Gheranda Samhita ? 10
6. Describe the effects of Samyama. 10

OR

Describe Pranavabhyasa as per Goraksha Samhita.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Pranavidya.
 - B. Write a short note on : The nature of Chitta as per Patanjali.
 - C. Write a short note on : 29 special sites of the body and their relevance.
 - D. Write a short note on : Kaivalya.
 - E. Write a short note on : Concept of Dharana as per Gheranda Samhita.
8. Answer any **Five** of the following : 10
 - A. Enlist the contents of 'Kaya Sampat' as per Patanjala Yoga Sutra.
 - B. What is meant by Prakruti Purana ?
 - C. What is meant by Karma ?
 - D. What should be the length of Kumbhaka in Pranayama ?
 - E. Enlist the Parinama Traya.
 - F. What is Pratyahara ?

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EXAMINATION APRIL-2017

HOSPITAL MANAGEMENT AND BIOSTATISTICS

Date :- 17-04-2017

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

Monday

Total Marks :- 100

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

SECTION-A

1. Write in detail on basis of administration in the hospital. 10
2. Describe the importance of man power management in hospital. 10

OR

Describe the facilities provided to the staff of the hospital.

3. Write a short note on any **Four** of the following : 20
A. Importance of indoor patient record.
B. Financial management of a hospital.
C. Department required in naturopathy hospital.
D. Arrangement of light in hospital.
E. National health administration.
4. Answer any **Five** of the following : 10
A. Define professional relationship.
B. Components of fitness certificate.
C. Enlist the difference between common hospital and Yoga naturopathy hospital.
D. Define the arrangement of ventilation in hospital.
E. Enlist the executive posts in a hospital.
F. Enlist the facilities required for naturopathy hospital.

SECTION-B

5. Describe the various types of statistics used in health sector. 10
6. Discuss the method of frequency presentation. 10

OR

Describe in detail on utility of the frequency graph.

7. Write a short note on any **Four** of the following : 20
A. Method for counting the median.
B. Benefits of mode and median.
C. Vital events.
D. Bar graph.
E. Utility of percentage.
8. Answer any **Five** of the following : 10
A. Define SRS.
B. Define histogram.
C. Limitations of statistics.
D. Define mode.
E. Define frequency.
F. What is meant by biostatistics ?
