

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)
FOURTH YEAR EXAMINATION OCTOBER-2017
HOSPITAL MANAGEMENT AND BIostatISTICS

Date :- 26-10-2017
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 various departments of Yogic and Nisargopachariya procedure. 10
 2. What are the uses of good administration in the hospital. 10
- OR**
- Explain about financial management in hospital.
3. Write short notes on any **Four** of the following : 20
 - A. Importance of Bio statistics.
 - B. Intra personal relationship.
 - C. Explain legal aspects of medical record management.
 - D. Arrangement of lights in hospital.
 - E. Definition of Bio-Statistics.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define frequency.
 - B. Define percentage.
 - C. Define censuses.
 - D. Define vital events.
 - E. Define SRS.
 - F. What is pie chart.

SECTION-B

5. Explain "Notification of disease". 10
 6. Explain National and International health rules. 10
- OR**
- Describe objectives of Tables and Graphs.
7. Write short notes on any **Four** of the following : 20
 - A. What is difference between the regional and local health rules.
 - B. Define professional relationship.
 - C. Types of Statistics.
 - D. Benefits of Bar diagram.
 - E. What is NRHM ?
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. What is meant by census.
 - B. What is meant by maintenance of sanitation.
 - C. Enlist various departments of Yoga and Naturopathy hospital.
 - D. Enlist basic facilities required for technical staff in hospital.
 - E. Requirement of water and space for a patient in hospital.
 - F. Enlist the registers to be required for out door patients department.

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YOGA PHILOSOPHY - III

Date :- 27-10-2017
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. Describe Ashta Maha Siddhis. 10
2. Describe the types, stages & importance of Pranayama as per Hatha Pradipika. 10

OR

Explain Penta-elemental cause, process and their characteristics as described in Shiva Samhita.

3. Write a short note on any **Four** of the following : 20
 - A. Mantra Sadhana according to Lord Shiva.
 - B. Importance of Vayu in Yogabhyasa.
 - C. Importance of Swadhishtana Chakra meditation according to Shiva Samhita.
 - D. Role of seasons in Yogabhyasa as per Maharshi Gheranda.
 - E. Khechari Mudra.
4. Answer any **Five** of the following : 10
 - A. Enlist the characteristic features of Adhimatratama Sadhaka.
 - B. Enlist any four contra indications of Vihara during Yogabhyasa.
 - C. Enlist the stages of Pranayama as per classical texts.
 - D. Define Maya.
 - E. Enlist any eight Nadis.
 - F. Define Hatha Yoga.

SECTION-B

5. Explain Pranavidya according to Goraksha Samhita. 10
6. Explain Varuni and Ambhasi Dharana as per Gheranda Samhita. 10

OR

Explain Dhyana as per Goraksha Samhita.

7. Write a short note on any **Four** of the following : 20
 - A. Importance of body cleansing.
 - B. Pratyahara for psychiatric disorders.
 - C. Shodasha Adhara according to Goraksha Samhita.
 - D. Nirmana Chitta as per Maharshi Patanjali.
 - E. Concept of Samyama as Antaranga Yoga.
8. Answer any **Five** of the following : 10
 - A. Enlist the types of Dhyana as per Gheranda Samhita.
 - B. Write the length of exhaled Vayu at the time of Maithuna and in normal general condition.
 - C. Writing the benefit of Pratyahara, enlist the enemies destroyed by it as per Gheranda Samhita.
 - D. Enlist the reasons for accumulation of Vasanas.
 - E. Name the Triloka and Tridevata situated in Pranavakshara.
 - F. Write the effects of Adhodharana.

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FOURTH YEAR EXAMINATION OCTOBER-2017

YOGA PRACTICES - III

Date :- 28-10-2017
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. Explain the difference between Dhyana and Samadhi as described in Goraksha Samhita. 10
2. Explain Dharana as mentioned in Vijnana Bhairava Tantra. 10

OR

Therapeutic importance of Dhyana.

3. Write a short note on any **Four** of the following : 20
 - A. Transcendental meditation.
 - B. Technique of Sthuldhyana.
 - C. Method of Pratyahara as per Yogachudamani.
 - D. Vibrational breath.
 - E. Nishpatyavastha.
4. Answer any **Five** of the following : 10
 - A. Define Pidastha Dhyana.
 - B. Enlist any two type of Samadhi with special procedure to achieve the state of it as mentioned in Gheranda Samhita.
 - C. Define Pratyahara.
 - D. Explain Indriya Dharana.
 - E. Mention therapeutic effect of AUM meditation.
 - F. Enlist first two stages of Nadanusandhana.

SECTION-B

5. Explain importance of Japa and its perfection with therapeutic utility. 10
6. Explain therapeutic utility of Hasta Mudra with examples. 10

OR

Explain therapeutic utility of Yantras with examples.

7. Write a short note on any **Four** of the following : 20
 - A. Raja Yoga of Brahmakumaris.
 - B. Research on physiological aspects of Shankhprakashana.
 - C. Laya Yoga.
 - D. Introduce Ashtanga Vinyasa Yoga.
 - E. Draw and explain Shiva Yantra.
8. Answer any **Five** of the following : 10
 - A. Introduce Gayatri Parivara with the name of the founder.
 - B. Explain Kriya Yoga with its founders name.
 - C. Which Yoga is popular as furniture Yoga ?
 - D. Technique of China Mudra.
 - E. Introduce Sahaja Marga.
 - F. Mention the full form of ISKON.

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FOURTH YEAR EXAMINATION OCTOBER-2017

NISARGOPACHARA - II

Date :- 30-10-2017

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. Explain ancient Fasting and its importance in modern era regarding treatment of various diseases 10
 2. Chromo therapy for rejuvenation and curing disease with scientific explanation 10
- OR**
- Therapeutic relevance of Marmas and its comparison with Acu points.
3. Write short notes on any **Four** of the following : 20
 - A. Crisis during Fasting and their importance
 - B. Introduction of Heart Meridian
 - C. Principles of Auriculotherapy
 - D. Dr. Rikkli's method of Sunbath
 - E. Therapeutic Utility of Su-jok
 4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Mental influence during Fasting
 - B. Definition of Heliotherapy
 - C. Contraindication of Acupuncture
 - D. Enlist Names of Acupuncture meridian
 - E. Enlist methods of chromo therapy
 - F. Acupuncture points for sciatica

SECTION-B

5. Describe the Principles, methods and effects of Moxibustion 10
 6. Definition ,history and development of Zone Therapy 10
- OR**
- Principles ,methods and physio-psychological action of Aroma therapy
7. Write short notes on any **Four** of the following : 20
 - A. Principles of Music therapy
 - B. Therapeutic utility of Reiki
 - C. Magnetized water and oils
 - D. Acupressure instruments
 - E. Su-jok instruments
 8. Answer any **Five** of the following : (two to three sentences) 10
 - A. Define Pranic Healing
 - B. Define Acupressure
 - C. Types of Moxibustion
 - D. Mechanism of reflexology
 - E. Methods of Music Therapy
 - F. Types of Magnets

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FOURTH YEAR EXAMINATION OCTOBER-2017

Date :- 01-11-2017
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 designing of a Yogic treatment protocol. 10
 2. Describe the complete Yogic management of Karshya. 10
- OR**
- Describe the complete Yogic management of Vatarakta.
3. Answer any **Four** of the following : 20
 - A. Write a short note on : General Yogic management of Atisara.
 - B. Write a short note on : General Yogic management of Parshvashula.
 - C. Write a short note on : General Yogic management of Pliha Vikara.
 - D. Write a short note on : General Yogic management of Snayuka.
 - E. Write a short note on : General Yogic management of Kamala.
 4. Answer any **Five** of the following : 10
 - A. Enlist the Asanas useful in the management of Pravahika.
 - B. Enlist the types of Dharana useful in the management of Hrudroga.
 - C. Enlist the components of Shadavidha Pariksha.
 - D. Enlist the Asanas useful in the management of Amavata.
 - E. Enlist the types of Pranayama useful in the management of Visuchika.
 - F. Enlist the diagnostic tools in Yogic science.

SECTION-B

5. Explain the definition of Vata Vikara and Yogic management of Stambhaka. 10
 6. Describe the complete Yogic management of Sandhigatavata. 10
- OR**
- Describe the complete Yogic management of Mutrakruchchhra.
7. Answer any **Four** of the following : 20
 - A. Write a short note on : General Yogic management of Ardita.
 - B. Write a short note on : General Yogic management of Palitya.
 - C. Write a short note on : General Yogic management of Chhardi.
 - D. Write a short note on : General Yogic management of Grudhrasi.
 - E. Write a short note on : General Yogic management of Udara Roga.
 8. Answer any **Five** of the following : 10
 - A. Enlist any four Yogic practices useful in the management of Atopa.
 - B. Enlist the types of Pranayamas useful in the management of Shula.
 - C. What is the role of Yama Niyama in the management of Prameha ?
 - D. Enlist any four Yogic practices useful in the management of Akshepaka.
 - E. Enlist the Dharanas useful in the management of Pakshaghata.
 - F. Name any four Yogic practices useful in the management of Kampa.

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FOURTH YEAR EXAMINATION OCTOBER-2017

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - II

Date :- 02-11-2017

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.	Explain traditional view of Nisargopachara therapy.	10
2.	Describe the naturopathic management of Kushtha.	10
OR		
	Describe naturopathic management of Udar roga.	
3.	Write short notes on any Four of the following :	20
	A. Mruttika Chikitsa in Vatarakta.	
	B. Sparsha Chikitsa in Vishvachi.	
	C. Mud therapy in Pliha vikara.	
	D. Accupressure Chikitsa in Ardita.	
	E. Chroma therapy in Urostoya.	
4.	Answer any Five of the following :(two to three sentences)	10
	A. Enlist life style management in Hrudroga.	
	B. Define do's and don'ts in the management of Yakruta vikara.	
	C. Write four main aspects of Acupressure.	
	D. Write four main aspects of Magnet therapy.	
	E. Enlist Naturopathic treatment of Grahani.	
	F. What is meant by naturopathic treatment protocol.	
SECTION-B		
5.	Describe Diet therapy of Jvara	10
6.	Describe management of Sandhigata Vata through Naturopathy.	10
OR		
	Describe Accupressure therapy in Pakshaghata.	
7.	Write short notes on any Four of the following :	20
	A. Neo-Naturopathic management of Asthikshaya.	
	B. Beneficial exercises for disease Vishwachi.	
	C. Acupressure treatment for Shula.	
	D. Role of Mud therapy in Skin disorders.	
	E. Traditional Naturopathic treatment of Udarroga.	
8.	Answer any Five of the following :(two to three sentences)	10
	A. Describe four main exercises types beneficial procedures in management of Grudhrasi.	
	B. Describe diet therapy for Krumi.	
	C. Enlist Hydrotherapy modalities beneficial for Mutrakruachha.	
	D. Enlist Shiatsu massage points beneficial for Ardita.	
	E. Write four main aspects of facial diagnosis.	
	F. Write Agnitattva Chikitsa beneficial in Shotha.	

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FOURTH YEAR EXAMINATION OCTOBER-2017

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - III

Date :- 03-11-2017

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

Friday

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 various stages pertaining to age of Stri with their importance and Problems. 10
 2. Write in detail on role of Yoga and Naturopathy in Pumsavana Samskara. 10
- OR**
- Write in detail on role of Yoga and Naturopathy in Yajnopavita Samskara.
3. Write short notes on any **Four** of the following : 20
 - A. Characteristic of Pregnancy.
 - B. Garbhopaghatakara Bhava.
 - C. Management of post natal care through Yoga and Nisargopachara.
 - D. Management of ante natal care through Yoga and Nisargopachara.
 - E. Complications of Dauhrudavastha.
 4. Answer any **Five** of the following : (two to three sentences) 10
 - A. Enlist the menarchial syndrome.
 - B. Define Bala (child)
 - C. Define Natal Care
 - D. Yoga procedure for health maintenance in Vrudhhavastha.
 - E. Jata karma Samskara
 - F. Kshirada

SECTION-B

5. Write in detail on role of Yoga and Nisargopachara in menarchical disorders. 10
 6. Write in detail on role of Yoga and Nisargopachara in menstrual disorders. 10
- OR**
- Define the term menopausal syndrome. Write in detail.
7. Write the management of any **Four** of the following : 20
 - A. Malavarodha
 - B. Fakka
 - C. Parigarbhika
 - D. Ajima
 - E. Atisara
 8. Define the term any **Five** of the following : 10
 - A. Tarunya Pidika
 - B. Unmada
 - C. Chhardi
 - D. Karshya
 - E. Apasmara
 - F. Shaiyamutrata

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MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – IV

Date :- 06-11-2017

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. Explain the concept of Psychopathology according to Shrimad Bhagvad Gita and other classics. 10
2. Explain and describe the role of Yoga and Nisargopachara in the management of Anidra and Nidra Vikaras. 10

OR

Explain and describe the role of Yoga and Nisargopachara in the management of Unmada.

3. Write a short note on any **Four** of the following : 20
 - A. Explain the role of Dharaniya Vegas in Psychopathology.
 - B. Write down the role of Yoga in Bhrama and Vibhrama.
 - C. Describe methods for mind control.
 - D. Describe the role of Nisargopachara in Apasmara.
 - E. Explain the role of Yoga in Avasada.
4. Answer any **Five** of the following : 10
 - A. Define Psychoanalysis.
 - B. What is intellect ?
 - C. Enlist the disorders of Manogranthayaha.
 - D. Define super ego.
 - E. Define Anavasthitachittatvasta.
 - F. Enlist the disorders due to non-suppression of Manasika Papakarma.

SECTION-B

5. Describe the role of Yoga in stress management. 10
6. Explain the role of Nisargopachara in eye and ear common disorders. 10

OR

Describe the management of common geriatric disorders through Nisargopachara.

7. Write a short note on any **Four** of the following : 20
 - A. Yogic management of Pratishyay.
 - B. Naturopathic management of common disorders of teeth and gums.
 - C. Yogic management of Suryavarta.
 - D. Naturopathic management of Indralupta.
 - E. Yogic management of Mukhapaka.
8. Answer any **Five** of the following : 10
 - A. Enlist behavioral disorders.
 - B. Define intellectual.
 - C. Naturopathic management of Karnashula.
 - D. Enlist Yogic management of Khalitya.
 - E. Enlist the Yogasanas in useful to manage Shiroroga.
 - F. Enlist the Naturopathic Management in Nasarsha.

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FOURTH YEAR EXAMINATION OCTOBER-2017

VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA

Date :- 07-11-2017
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. Vishopkrama according to Ayurveda and management of Visha through Naturopathy. 10
 2. Describe Madya Visha with its management. 10
- OR**
- Describe Snake venom with its management.
3. Write a short note on any **Four** of the following : 20
 - A. Alark Visha.
 - B. Parada Toxicity.
 - C. Food Poisoning.
 - D. Evolution of Visha.
 - E. Visha Kanya.
 4. Answer any **Five** of the following : 10
 - A. What is Upavisha ?
 - B. Types of Lutavisha.
 - C. Sthavar Visha.
 - D. Visha in Naturopathy.
 - E. Vishakta Drava (Poisonous drinks)
 - F. Properties of Oja.

SECTION-B

5. What is Vyavahara Ayurved ? Describe in detail. 10
 6. Describe Medico legal discussion on insanity. 10
- OR**
- Determination of Death.
7. Write a short note on any **Four** of the following : 20
 - A. Responsibilities and conduct in medical practice.
 - B. Consumer Protection Act.
 - C. Age determination and Identification.
 - D. Yoga and Vyavahara Ayurved.
 - E. Signs and symptoms of Naga Toxicity and treatment by Yoga and Naturopathy.
 8. Answer any **Five** of the following : 10
 - A. Medical Certificate.
 - B. Medical Ethics.
 - C. Section 274 I.P.C.
 - D. Jangam Visha.
 - E. Dying declaration.
 - F. Rigor Mortis.
