

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

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

FOURTH YEAR EXAMINATION APRIL-2018

HOSPITAL MANAGEMENT AND BIOSTATISTICS

Date - 16-04-2018
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. Write in detail on importance of various types of registers in a Yoga Naturopathy Hospital. 10
2. Enumerate the outdoor facilities required in the Yoga and Naturopathy Hospital. 10

OR

Describe the indoor facilities required in the Yoga and Naturopathy Hospital.

3. Write short notes on any **Four** of the following : 20
A. Importance of outdoor patients record.
B. Intra personal relationship.
C. Arrangement of safe water supply in Hospital.
D. Financial management of Hospital.
E. Importance of I.T. sector in Hospital.
4. Answer any **Five** of the following :(two to three sentences) 10
A. What is frequency graph.
B. Benefits of Bio Statistics.
C. Benefits of Bar Graphs.
D. Enlist Aims of Health related statistics.
E. Benefits of Yoga Hospital.
F. Advantages of percentage.

SECTION-B

5. Explain methods and uses of mean and median. 10
6. Write importance of co-ordination between people and various department of Hospital. 10

OR

Explain types of Statistics.

7. Write short notes on any **Four** of the following : 20
A. National health administration and the status of Yoga and Naturopathy.
B. Legal aspects of Medical records.
C. How is sanitation related with health promotion.
D. Write advantages of Bio-Statistics.
E. Importance of documentation in Hospital.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Enlist the ideal number of class III staff required in hospital.
B. Importance of maintaining ventilation in hospital.
C. Write the sequence of key posts in the state health administration.
D. Define frequency.
E. Regional health rules.
F. What is meant by paired 't' test.

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FOURTH YEAR EXAMINATION APRIL-2018

YOGA PHILOSOPHY - III

Date :- 17-04-2018
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 Asta-maha-siddhi according to Hatha Pradipika. 10
2. Write in detail on benefits of Pranayama in healthy and diseased condition of a person. 10

OR

Describe Sadhaka and its types in detail.

3. Write short notes on any **Four** of the following : 20
A. Khechari Mudra
B. Nadi Suddhi
C. Mantra Sadhana
D. Benefits of Chakra Meditation
E. Factors for success in Yogic practice
4. Define the term, any **Five** of the following :(two to three sentences) 10
A. Maya
B. Samadhi
C. Mukti
D. Chaitanya
E. Mantra
F. Pinda (Brahmanda)

SECTION-B

5. Explain Dhyana in detail. 10
6. Explain relationship between Raja Yoga and Hatha Yoga. 10

OR

Write in detail on benefits of Pratyahara.

7. Write short notes on any **Four** of the following : 20
A. Nirmana Chitta
B. Parinama traya
C. Concept of Samyama
D. Importance of body cleansing
E. Benefits of Bhramari
8. Define the term, any **Five** of the following :(two to three sentences) 10
A. Dhyana
B. Vasana(Desire)
C. Pranavidya
D. Pranavabhyasa
E. Samadhi
F. Mana

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FOURTH YEAR EXAMINATION APRIL-2018

YOGA PRACTICES - III

Date :- 19-04-2018
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. Describe types of Dhyana with their therapeutic importance as per Shiva Samhita. 10
2. Describe Pratyahar as mentioned in Goraksha Samhita. 10

OR

Define Vipashyana meditation with technique and Physiological effects.

3. Write short notes on any **Four** of the following : 20
 - A. Nadayoga Samadhi.
 - B. AUM Dharana.
 - C. Jyotirmaydhyana.
 - D. Cyclic Meditation.
 - E. Therapeutic importance of Pratyahar.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define PindasthaDhyana.
 - B. Give definition of Yoganidra and name its founder.
 - C. Write the technique of Nadbrahma meditation.
 - D. Enlist the stages of Nadanusandhan.
 - E. Write the method of pratyahar as per Yoga Chudamani.
 - F. Define Kalagni Dharana.

SECTION-B

5. Discuss about research activity done in the field of Physiological aspect of Asanas. 10
6. Introduce Iyengar School of Yoga with their techniques. 10

OR

Describe Yantra Yoga with it's therapeutic utility.

7. Write short notes on any **Four** of the following : 20
 - A. Importance of Bhakti Yoga for Psychosomatic disorders.
 - B. Tantra Yoga.
 - C. Gayatri Parivar.
 - D. Importance of Japa and it's Perfection.
 - E. Draw and explain Chin mudra.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Introduce Sahaj Yoga.
 - B. Mention therapeutic utility of Laya Yoga.
 - C. Define Ankusha mudra.
 - D. Write Mahamrutyunjay Mantra.
 - E. Introduce Shivanand Yoga.
 - F. Mention the technique of Anand Marga.

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FOURTH YEAR EXAMINATION APRIL-2018
NISARGOPACHARA - II

Date :- 20-04-2018
Friday

Time :-10:00 a.m. to 01:00 p.m.
Total Marks :- 100

- Instructions: 1. Question 1 and 5 are compulsory.
2. Every question bears the marks written on the right side.

SECTION-A

1. Describe the general classification of Fasting along with the role of Fasting for loss and gain of weight. 10
 2. Describe the Helio therapy in detail. 10
- OR**
- Describe the materials, methods and therapeutic utility of Accu-puncture.
3. Write a short note on any **Four** of the following : 20
 - A. Principles of Auriculo therapy.
 - B. Effect of sunlight on Micro-organisms.
 - C. Traditional and modern theories of Accu-puncture.
 - D. Definition and principles of Su-jok therapy.
 - E. Methods of applying Meridianology.
 4. Answer any **Five** of the following : 10
 - A. Enlist any four instruments used in scalp Accu-puncture.
 - B. Enlist any four complication of Accu-puncture.
 - C. Define Urinary bladder meridians.
 - D. Write the point of origin and insertion of Heart Meridians.
 - E. What is meant by Political Fasting ?
 - F. Write the process of "Vit-D" production during sun bath.

SECTION-B

5. Describe the history and therapeutic utility of Accu-pressure. 10
 6. Describe the Reiki as a therapeutic tool. 10
- OR**
- What is meant by Shiatsu ? Describe its methods of applying and its therapeutic utility.
7. Write a short note on any **Four** of the following : 20
 - A. Methodology of applying Moxibustion.
 - B. Indication and contra indication of Reflexology.
 - C. Physio-psychological effect of Pranic healing.
 - D. Principles of Music therapy.
 - E. Advantages of Magneto therapy.
 8. Answer any **Five** of the following : 10
 - A. Enlist any two preventive effects of Reflexology.
 - B. What is meant by Bio-magnet ?
 - C. Define Aroma therapy.
 - D. Define Music therapy.
 - E. What is meant by carrier oil ?
 - F. Describe the principles of Shiatsu.

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FOURTH YEAR EXAMINATION APRIL-2018

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - I

Date :- 21-04-2018

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

Saturday

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 management of Kamala in detail. 10
2. Describe Yogic management principles of disease in detail. 10

OR

Describe the Yogic management of Udar roga in detail.

3. Write short notes on any **Four** of the following : 20
A. Write and explain definition and synonyms of Chikitsa.
B. General Yogic management of Urastoya.
C. General Yogic management of Mutrakruchchha.
D. General Yogic management of Prameha.
E. Explains Yogasanas useful for Sandhivata.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Enlist sudhdhikriyas useful in upadamsha.
B. Enlist Dharana useful in Kushtha.
C. Enlist Yogasana useful in Shlipada.
D. Enlist Pranayama useful in Parshvashoola.
E. Enlist Pranayama useful in Grahani.
F. Enlist Yogic procedures useful in Stambhaka.

SECTION-B

5. Explain Visarpa and its Yogic management in detail. 10
6. Explain Yogic management of Karshya in detail. 10

OR

Explain Yogic management of Pravahika.

7. Write short notes on any **Four** of the following : 20
A. Importance of Do's and Don't sin the management of disease.
B. Explain Pranayamas useful in Svarabheda.
C. Explain Yogasanas useful in Gridhrasi.
D. General Yogic management of Kampa.
E. General Yogic management of Agnimandya.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Enlist Yogasana for Vishvachi.
B. Enlist Yogasana for Atopa.
C. Enlist Yogasana for Amavata.
D. Enlist Yogasana for Trushna.
E. Enlist Suddhikriya for Shitpitta.
F. Enlist Pranayama for Raktapitta.

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MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - II

Date :- 23-04-2018
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.	Explaining Doctor-Patient relationship. Describe naturopathic diagnosis procedure.	10
2.	Describe magnet therapy for Sandhigata Vata.	10
OR		
	Describe naturopathic management of Visarpa.	
3.	Write short notes on any Four of the following :	20
	A. Traditional Naturopathic management of Ardita.	
	B. Magnet therapy in Amavata.	
	C. Acupressure therapy of Stambhana.	
	D. Treatment protocol for Swarbheda.	
	E. Role of Mud therapy in skin disorders.	
4.	Answer any Five of the following :(two to three sentences)	10
	A. Enlist neo-naturopathic process beneficial in the management of Shitapitta.	
	B. Diet therapy in Raktapitta.	
	C. Enlist massage point beneficial in Kampavata.	
	D. Mud therapy in Prameha.	
	E. Hydro therapy in Prameha.	
	F. What is meant by traditional naturopathy.	
SECTION-B		
5.	Describe naturopathic management of kamala.	10
6.	Describe Neo-Naturopathic management of diseases, Pakshaghata.	10
OR		
	Write the traditional Naturopathic management of Madhumeha.	
7.	Write short notes on any Four of the following :	20
	A. Hydrotherapy in Mutrakruchchha.	
	B. Diet therapy in Kamala.	
	C. Magnet therapy.	
	D. Sparsha chikitsa in Udarda.	
	E. Mud therapy in Visarpa.	
8.	Answer any Five of the following :(two to three sentences)	10
	A. Enlist Acupressure points beneficial in Management of Grudhrasi.	
	B. Enlist Shiatsu Massage points beneficial in the management of Ardita.	
	C. Enlist the Precaution required for Mardana Chikitsa.	
	D. Enlist Hydro therapy techniques useful in the treatment of Trushna.	
	E. Enlist any four silent features of diet management in Hrudroga.	
	F. Enlist diet management for Krumi roga.	

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FOURTH YEAR EXAMINATION APRIL-2018

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - III

Date :- 24-04-2018

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 Samskaras from Pumsavana to Yajnopavita. 10
2. Describe the age of puberty, describe the problems occurring during this stage in a female and their importance. 10

OR

Describe the Garbhopaghatakara Bhavas and their effect on foetus.

3. Write a short note on any **Four** of the following : 20
 - A. Dauhrudavastha and its complications.
 - B. Role of Asanas in antenatal period.
 - C. Developmental milestones of child.
 - D. Various stage of child (Bala).
 - E. Health problems of a female in menopausal stage.
4. Answer any **Five** of the following : 10
 - A. Enlist the characteristics of pregnancy.
 - B. Enlist the Asanas beneficial in post-natal period.
 - C. Enlist the Nisargopachariya procedures beneficial in natal care.
 - D. Enlist various stages pertaining to the age of a male child.
 - E. Enlist the problems occurring during reproductive stage of female.
 - F. Define Pumsavana Samsakara.

SECTION-B

5. Describe the Yogic and Naturopathic management of menopausal syndromes. 10
6. Describe the Yogic and Naturopathic management of Fakka. 10

OR

Describe the Yogic and Naturopathic management of amenorrhoea and menorrhagia.

7. Write a short note on any **Four** of the following : 20
 - A. Yogic and Neaturopathic management of Shaiyamutra.
 - B. Role of Yogic in the management of Unmada.
 - C. Naturopathic management of Chhardi.
 - D. Naturopathic management of Ajirna.
 - E. Naturopathic management of Bala Shosha.
8. Answer any **Five** of the following : 10
 - A. Enlist any four naturopathic procedures beneficial in the management Atisara.
 - B. Define Ekangavata.
 - C. Define Prakruta Kamala.
 - D. Enlist any four naturopathic procedures beneficial in the management of Krumi.
 - E. Define Kukunaka.
 - F. What is meant by Kshirapaka Avastha ?

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FOURTH YEAR EXAMINATION APRIL-2018

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – IV

Date :- 25-04-2018

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. Describe the role of yoga & Nisargopachara in Psycho therapy. 10
2. Write the Yogic management of Stress. 10

OR

Describe the importance of mind in health and disease.

3. Write short notes on any **Four** of the following : 20
 - A. Describe the Yogic management of Suryavarta.
 - B. What is Hatha and describe its role in psychopathology.
 - C. Describe the Naturopathy management of Pratishyay.
 - D. Write a Short Note : Unmada.
 - E. Explain the pranayam useful in management of Atattvabhinivesha.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist the name of Mind control Methods.
 - B. Enlist the Yogasana useful in Nasasotha.
 - C. Define Dhairya and Cheshta.
 - D. Enlist the name of Dharaniya Vegas.
 - E. What is Ego and Super ego ?
 - F. What is Anavasthitachittavastha ?

SECTION-B

5. Describe the role of yoga in Geriatric Care. 10
6. Explain the Naturopathic management of Shankhaka. 10

OR

Explain the role of yoga and Nisargopachara in relation to IQ, EQ & SQ development.

7. Write short notes on any **Four** of the following : 20
 - A. Describe the yogic management of Otitis media.
 - B. Describe the Naturopathic management of Mukha paka.
 - C. Role of Nisargopachara in management of Apatantraka.
 - D. Role of Yoga in management of krumija Shiroroga.
 - E. Describe the role of Raga and Lobha in psychopathology.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist the Yogasana useful in Behavioural Disorders.
 - B. Define Phobias.
 - C. Enlist the Naturopathy management of Bhrama.
 - D. Enlist the Naturopathy management of Tundikeri.
 - E. Enlist Yogic management of visual problems.
 - F. Enlist Pranayama useful in Gingivitis.

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FOURTH YEAR EXAMINATION APRIL-2018
VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA

Date :- 26-04-2018
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 24 Upakarmas of Visha and write role of Yogic and Nisargopachariya measures to counteract the condition of Poisoning. 10
2. Explain Madya Visha and write Yogic and Nisargopachariya treatment for Madatyaya. 10

OR

Explain Ahara-Visha and write Yogic and Nisargopachariya treatment for Ahara-Visha.

3. Write short notes on any **Four** of the following : 20
- A. Vrushchika Visha.
B. Alarka Visha.
C. Madya Visha.
D. Gara Visha.
E. Upavisha.
4. Answer any **Five** of the following :(two to three sentences) 10
- A. Lethal dose and lethal period of Arsenic.
B. Lethal dose and Lethal period of Parada.
C. Antidotes of Arsenic and Mercury.
D. Two examples of Corrosive Poison.
E. Two examples of Spinal toxic drugs.
F. Two examples of Cardiac toxic drugs.

SECTION-B

5. Define Vyavahara Ayurveda and explain its importance. 10
6. How determination of age and identification of a body is done ? 10

OR

Discuss Court of Justice and proceedings of Court in India.

7. Write short notes on any **Four** of the following : 20
- A. Causes of Death.
B. Dying declaration.
C. Insanity.
D. Professional Secrecy.
E. Consumer Protection Act in Yoga and Nisargopachara.
8. Answer any **Five** of the following :(two to three sentences) 10
- A. Visha Sankata.
B. Oath.
C. Legal abortion period in India.
D. Two major signs of Death.
E. Two major signs of Lead poisoning.
F. Two measures to counteract Snake Venom.
