

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

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

FOURTH YEAR EXAMINATION OCTOBER-2018

HOSPITAL MANAGEMENT AND BIostatISTICS

Date :- 22-10-2018

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 importance of maintaining various kind of registers in hospital. 10
2. What is personal, intra and inter departmental relationship in the context of co-ordination in hospital ? Explain it. 10

OR

What is importance and usefulness of health related statistics ? Describe it.

3. Write short notes on any **Four** of the following : 20
A. Facilities required in Naturopathy section of hospital.
B. Arrangement of lights in hospital.
C. Importance of medical records in hospital.
D. Benefits of Bio-Statistics.
E. Notification of diseases.
4. Answer any **Five** of the following : (two to three sentences) 10
A. Define mean.
B. Define Median.
C. Define Mode.
D. Write components of Fitness certificate.
E. Enlist executive post of hospital.
F. What is Bar graphs.

SECTION-B

5. Explain methods and utility of Frequency presentation. 10
6. Describe utility of Percentage in Bio-Statistics. 10

OR

Explain the utility of graphs in statistics.

7. Write short notes on any **Four** of the following : 20
A. Methods of notification of a disease.
B. Requirement of Regional health rules.
C. Role of WHO in health rules.
D. Methods for counting of Mean.
E. What is Histogram ?
8. Answer any **Five** of the following :(two to three sentences) 10
A. Enlist the specific uses of statistics in the sector of health research.
B. What does a frequency graph indicate ?
C. Enlist the vital events.
D. Full form of CCIM ?
E. Benefits of Pie-chart.
F. Full form of O.P.D. and I.P.D.

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FOURTH YEAR EXAMINATION OCTOBER-2018

YOGA PHILOSOPHY - III

Date :- 23-10-2018
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. Write in detail on Pranayama according to Hatha Pradipika. 10
 2. Write in detail on requirement and importance of Yoga. 10
- OR**
- Write in detail on factors obstructing Yogic practices according to Gheranda Samhita.
3. Write short notes on any **Four** of the following : 20
 - A. Mantra Sadhana
 - B. Signs of Nadi Suddhi
 - C. Types of Sadhaka
 - D. Agni
 - E. Samadhi
 4. Define the term, any **Five** of the following :(two to three sentences) 10
 - A. Prana
 - B. Vayu
 - C. Atma
 - D. Jnana
 - E. Maya
 - F. Pinda

SECTION-B

5. Write in detail on relationship between Mana and Vayu according to Hatha Pradipika. 10
 6. Write in detail on importance of body cleansing. 10
- OR**
- Write in detail on factors responsible for attainment of Siddhi.
7. Write short notes on any **Four** of the following : 20
 - A. Dhyana and its types
 - B. Importance of Pranayama
 - C. Benefits of Samyama
 - D. Karma and Vasana
 - E. Samadhi
 8. Define the term, any **Five** of the following :(two to three sentences) 10
 - A. Pranavbhasya
 - B. Kaivalya
 - C. Dhyana
 - D. Bhramari
 - E. Pratyahara
 - F. Pranavidya

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YOGA PRACTICES - III

Date :- 24-10-2018
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 types of Dhyān with their Physiological action as per GorakshaSamhita. 10
2. Describe Pratyahar as mentioned in GherandaSamhita. 10

OR

Explain PanchatatvaDharana in Detail.

3. Write short notes on any **Four** of the following : 20
 - A. RupasthaDhyān.
 - B. Dynemic Meditation.
 - C. Rasanand Yoga Samadhi.
 - D. Samadhi as per Shiva Samhita.
 - E. Therapeutic utility of BhairavDharana.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist characteristic features of Arambhavastha.
 - B. Write the method of Pratyahar as per Yoga tattvopaniṣad.
 - C. Write technique of Chidakashdharana with definition.
 - D. Define Prekshameditaion.
 - E. Mention the technique for Dhyān Yoga Samadhi and Layaṣiddhi Yoga Samadhi.
 - F. Enlist effect of Manipoor chakra Dhyān as per Shiva Samhita.

SECTION-B

5. Explain therapeutic utility of Hast Mudras with appropriate examples. 10
6. Describe Jap yoga with it's types and therapeutic utility. 10

OR

Describe researches done on Shat Kriya with appropriate examples.

7. Write short notes on any **Four** of the following : 20
 - A. Sakam Bhakti
 - B. Shiv Yantra.
 - C. Raj yoga of BhrahmaKumaris.
 - D. Effect of Meditation on Brainwave pattern.
 - E. Shunya Mudra for spiritual upliftment.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist 4 types of Laya Yoga.
 - B. Mention therapeutic utility of Bhakti Yoga.
 - C. Explain Agni Yoga shortly.
 - D. Write technique of Kundalini Yoga.
 - E. Write the date of birth and death of B.K.S. Iyengar.
 - F. Introduce Krupalu Yoga.

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NISARGOPACHARA - II

Date :- 25-10-2018
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. Detail study of patients during Fasting and proper method of breaking Fast 10
2. Describe three Meridians of acupuncture except lung meridian. 10

OR

Chromo therapy for rejuvenation and detail about various sunbaths

3. Write short notes on any **Four** of the following : 20
A. General Sunbath
B. Types of Fasting
C. Lung Meridian
D. Scalp Acupuncture
E. Introduction and principles of Auriculotherapy
4. Answer any **Five** of the following :(two to three sentences) 10
A. Philosophy of Fasting
B. Acupuncture meridian which contains highest points with its polarity
C. Enlist methods of chromo therapy
D. Acupuncture points for Anxiety
E. Concept of Acupuncture
F. Definition of Chromotherapy

SECTION-B

5. Describe the Principles ,methods and effects of Moxibustion 10
6. Principles ,methods and physio-psychological action of Aroma therapy 10

OR

Research review from Indian and foreign Magneto Therapy

7. Write short notes on any **Four** of the following : 20
A. Short note on Reiki
B. Electro magnets
C. Therapeutic utility of Music therapy
D. Brief introduction of Shiatsu Methods
E. Preventive effects of Reflexology
8. Answer any **Five** of the following :(two to three sentences) 10
A. Pranic Healing Steps
B. Total numbers of Acupuncture points with two analgesic Acupoints.
C. Types of Moxibustion
D. Types of Acupuncture needles
E. Methods of Music Therapy
F. Enlist any two oil having sedative effects

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FOURTH YEAR EXAMINATION OCTOBER-2018

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - I

Date :- 26-10-2018

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 definition of Chikitsa, its synonyms with definitions and write the Importance of chikitsa. 10
 2. Describe the Yogic management of Jwara in detail. 10
- OR**
- Describe the Yogic management of Pakshaghata in detail.
3. Write short notes on any **Four** of the following : 20
 - A. Explain the Yogasana useful in Prameha
 - B. Write General Yogic management of disease Ardit.
 - C. Write General Yogic management of pravahika.
 - D. Explain the pranayam useful in Hrudroga.
 - E. Importance of Do's and Don't in the management of Disease.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Enlist pranayam useful in Rajayakshma.
 - B. Enlist Dharana useful in Krumi.
 - C. Enlist Yogasana useful in Agnimandya.
 - D. Enlist Yogasana useful in Khanja.
 - E. Enlist Pranayam useful in Masurika.
 - F. Enlist Yogic procedures useful in Shotha.

SECTION-B

5. Write Yogic management of Amavata in detail. 10
 6. Write Yogic management of Kushta in detail. 10
- OR**
- Write about the Doctors – Patient Relationship in detail.
7. Write short notes on any **Four** of the following : 20
 - A. Write Short note on Designing the treatment protocol.
 - B. Write Short Note : Sandhigatavata and its yogic management.
 - C. Write Yogic management of Udarroga.
 - D. Write Yogic management of Atisara.
 - E. Write Yogic management of Shilpada
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write pranayama useful in Trushna.
 - B. Enlist Yogasana useful in Aksepaka.
 - C. Enlist Yogasana useful in Grudrasi.
 - D. Enlist Suddhikriya for yakruta vikara.
 - E. Enlist Dharana for Chhardi.
 - F. Enlist Suddhi kriya for Vatarakta.

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FOURTH YEAR EXAMINATION OCTOBER-2018

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - II

Date :- 27-10-2018

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.	Explain the technique of counselling of naturopathic therapy session for a small group of patients.	10
2.	Describe Diet therapy for the management of Prameha.	10
OR		
	Describe Naturopathic management of Hrudshula.	
3.	Write short notes on any Four of the following :	20
	A. Acupressure treatment in Ardita.	
	B. Treatment protocol of Svarbheda.	
	C. Cromo therapy in Kamala.	
	D. Hydrotherapy in Shotha.	
	E. Mud therapy in Pliha Vikar.	
4.	Answer any Five of the following :(two to three sentences)	10
	A. Enlist any four neo-naturopathic processes beneficial the management of Parshvashula.	
	B. Write the modes of chromo therapy beneficial in the management of Trushna.	
	C. Enlist any four Silent features of the diet management of Rajyakshama.	
	D. Enlist any four traditional naturopathic processes beneficial in the management of Urastoya.	
	E. Enlist any four aspects of Iris diagnosis.	
	F. Write any four aspects of Magnet therapy in Khanja.	
SECTION-B		
5.	Describe diet therapy for management of Udar roga.	10
6.	Describe management of Visuchika through acupressure therapy.	10
OR		
	Describe the traditional naturopathic management of Pakshaghata.	
7.	Write short notes on any Four of the following :	20
	A. Acupressure treatment in Kampa.	
	B. Enlist Agnitattva Chikitsa beneficial in Shotha.	
	C. Diet therapy in Yakruta Vikara.	
	D. Naturopathic diet for disease Anaha.	
	E. Treatment protocol for Kshudra Roga.	
8.	Answer any Five of the following :(two to three sentences)	10
	A. Enlist hydrotherapy in Ushnavata.	
	B. Enlist four silent features of diet for disease Atisara.	
	C. Enlist traditional naturopathic treatment for disease Firanga.	
	D. Enlist Neo-naturopathy treatment of Mutraghata.	
	E. Enlist Acupressure Points for treatment of Pakshaghata.	
	F. Enlist any four silent features of Baddhagudodara.	

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MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - III

Date :- 29-10-2018

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. Define Bala(Child) and it's developmental mile stones of various stages. 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. Garbhopagatakara Bhava.
 - B. Diagnosis and characteristic of pregnancy.
 - C. Complications of Dauhrudavastha and its management.
 - D. Sadhyogruhita Garbha Lakshana.
 - E. Importance of Various stages of Stri pertaining to her age.
4. Define the term any **Five** of the following : 10
 - A. Artava
 - B. Shukra
 - C. Garbha
 - D. Kshirada
 - E. Karnavedhana Samskara
 - F. Jatakarma Samskara

SECTION-B

5. Describe the menarchial disorders and its Yogic and Naturopathic management. 10
6. Describe the menopausal syndrome and its management through yoga and Nisargopachara Management. 10

OR

Describe the management of menstrual disorders.

7. Write the management of any **Four** of the following : 20
 - A. Prakruta Kamala
 - B. Parigarbhika
 - C. Malavarodha
 - D. Jvara
 - E. Fakka
8. Define the term any **Five** of the following : 10
 - A. Shaiya Mutra
 - B. Apasmara
 - C. Unmada
 - D. Pangu
 - E. Atisara
 - F. Ajirna

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FOURTH YEAR EXAMINATION OCTOBER-2018

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – IV

Date :- 30-10-2018

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 role of Yoga in Geriatric Care. 10
2. Write the concept of Psycho-analysis and its modes according to modern medical science. 10

OR

Describe the role of yoga and Nisargopchara in the management of Unmada.

3. Write short notes on any **Four** of the following : 20
 - A. Describe the role of Dwesha in psychopathology.
 - B. Describe the role of Nisargopachara in the management of Manoavasada.
 - C. Yogic management of Pinasa.
 - D. Naturopathic management of Mukhapaka.
 - E. Write a short note on chittvrutti Nirodha.
4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Write the definition of Roga.
 - B. Write the definition of IQ and EQ.
 - C. What is Ego ?
 - D. Pranayama useful for Nasapaka.
 - E. What is Otitis Media ?
 - F. What is shirobhitapa.

SECTION-B

5. Role of Yoga and Nisargopachara in Stress management. 10
6. Write the importance of mind in health and disease. 10

OR

Write the concept of psycho-pathology according to Shrimad Bhagvad Gita.

7. Write short notes on any **Four** of the following : 20
 - A. Role of Yoga in management of Anidra.
 - B. Explain the concept of psychotherapy and its types.
 - C. Role of Nisargopachara in management of Shankhaka.
 - D. Role of Yoga in management of Svarbheda.
 - E. Yogic management of palitya.
8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Define Chittaprasadana.
 - B. Define Priti.
 - C. Enlist the Yogasana useful in management of Nasasosha
 - D. Enlist the Naturopathy management of Gingivities.
 - E. Enlist the Pranayama useful in management of conjunctivities.
 - F. Enlist the Naturopathy management of Apasmara.

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FOURTH YEAR EXAMINATION OCTOBER-2018

VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA

Date :- 01-11-2018

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. Write definition of Agada Tantra and Visha. Explain types and classification of Visha in detail. 10
 2. Explain Alarka Visha and write its management in detail. 10
- OR**
- Explain Gara Visha, its sign and symptoms and treatment.
3. Write short notes on any **Four** of the following : 20
 - A. Sthavara Visha Adhithana.
 - B. Jangama Visha Adhithana.
 - C. 10 signs and symptoms of Poisoning.
 - D. Ancient method of prevention and control of Mass Poisoning.
 - E. Characteristics of Vishadata.
 4. Answer any **Five** of the following :(two to three sentences) 10
 - A. Fatal dose of Snake venom.
 - B. Fatal dose of Scorpion venom.
 - C. Antidotes of Snake venom.
 - D. Antidotes of Rabies.
 - E. Antidotes of Rat poison.
 - F. Antidotes of Alcohol Poison.

SECTION-B

5. Define Death and explain its medico-legal implications. 10
 6. Write responsibilities, code of conduct, rules, professional rights and professional secrecy of a Vaidya and mention consumer protection Act. related to Yoga and Nisargopachara. 10
- OR**
- Explain medico-legal aspect of Insanity.
7. Write short notes on any **Four** of the following : 20
 - A. Medical evidence of the Physician.
 - B. Treatment of Mercury Poisoning.
 - C. Treatment of Arsenic Poisoning.
 - D. Rigor Mortis.
 - E. Legal Abortion.
 8. Answer any **Five** of the following :(two to three sentences) 10
 - A. Validity period of Dying declaration.
 - B. PNDT Act.
 - C. When Abortion becomes a criminal one ?
 - D. For whom Oath is not required in court ?
 - E. Who can take Dying declaration ?
 - F. What is cross examination ?
