

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.  
BACHELOR OF NATUROPATHY AND YOGA SCIENCES - (B.N.Y.S.)  
FOURTH YEAR EXAMINATION APRIL-2019

HOSPITAL MANAGEMENT AND BIostatISTICS

Date :- 25-04-2019  
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. Write an essay about Ideal Hospital building. 10  
2. Write about importance of Financial Management of Hospital. 10

**OR**

Write an essay on IT and Hospital documentation.

3. Write a short note on any **Four** of the following : 20  
A. Utility of Intra departmental relationship.  
B. Importance of Kriya Rooms in Hospital.  
C. Importance of Indoor Patients record.  
D. Medical Record Management.  
E. Arrangement of Light in the Hospital.
4. Answer any **Five** of the following : 10  
A. Define ventilation.  
B. Enlist Aims of Health related statistics.  
C. Define Hospital administration.  
D. Enlist instruments required for Yoga & Naturopathy Hospital.  
E. Enlist Hospital linen.  
F. Define statistics.

**SECTION-B**

5. Describe methods of frequency presentation and percentage. 10  
6. Defining census explain vital events in the context of statistics. 10

**OR**

Explain uses and objectives of Graphs & Tables.

7. Write a short note on any **Four** of the following : 20  
A. Notification of disease.  
B. Utility of Pie-chart.  
C. Importance of t & P in context of statistics.  
D. Methods of calculation of Mean and Median.  
E. Types of statistics.
8. Answer any **Five** of the following : 10  
A. What is Chi square test ?  
B. Enlist name of Ministry and department who looks after therapeutic practice of Yoga & Naturopathy.  
C. Limitation of Statistics.  
D. What is paired 't' Test?  
E. Define Mode.  
F. Enlist types of Graph presentation.

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FOURTH YEAR EXAMINATION APRIL-2019

YOGA PHILOSOPHY - III

Date :- 26-04-2019  
Friday

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

Instructions : All the questions are compulsory.

SECTION A

- 1 Write in detail on Nadi Shuddhi. 10
- 2 Write in detail on factors for success in Yogic practices. 10
- OR
- 2 Write in detail on factors obstructing in Yogic practices.
- 3 Write the shortnotes on: ( any Four). 20
- A Sadhaka and its types.
- B Atma and Chaitanya.
- C Khechari Samadhi.
- D Pranayama and its types.
- E Importance of Merudanda.
- 4 Write on: (any Five). 10
- A Vighna in Mukti.
- B Mantra Sadhana.
- C Chakra Meditation.
- D Maya.
- E Jnana and Ajnana.
- F Agni.

SECTION B

- 5 Write in detail on Samyama and Parinama traya. 10
- 6 Write in detail on Dhyana and Its types. 10
- OR
- 6 Write in detail on Samadhi.
- 7 Write the shortnotes on: ( any Four). 20
- A Pratyahara.
- B Matra of Pranayama.
- C Relationship of Mana and Vayu.
- D Samadhi and its differentiation from Dhyana.
- E General benefits of Pranayama
- 8 Write on: (any Five). 10
- A Sidhhi.
- B Prakruti purana.
- C Bhramari.
- D Raja Yoga.
- E Vasana.
- F Pranavidya.

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**FOURTH YEAR EXAMINATION APRIL-2019**

**YOGA PRACTICES - III**

Date :- 27-04-2019  
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 physiological action & therapeutic importance of Pratyahar scientifically. 10  
2. Explain Samadhi as per Gheranda samhita. 10

**OR**

Describe Dhyan as per Shiva samhita.

3. Write short notes on any **Four** of the following : 20  
A. Therapeutic effect of Jaltatva dharana  
B. Bhairav dharana  
C. Samadhi as per Goraksha samhita  
D. Aum meditation  
E. Transcendental meditation
4. Answer any **Five** of the following :(two to three sentences) 10  
A. Write the technique of Sakshibhavana.  
B. Write the technique of Indriya dharana.  
C. Enlist characteristic features of Parichayavastha  
D. How many pranayam results to achieve state of Dhyan as per Goraksha samhita  
E. Define Rupastha dhyan.  
F. Enlist any 4 dharana as mention in Goraksha samhita.

**SECTION-B**

5. Define Laya yoga with its types & effect on body. 10  
6. Describe Navadha bhakti in detail. 10

**OR**

Explain utility of Yantra yoga in psychosomatic disorder.

7. Write short notes on any **Four** of the following : 20  
A. Explain effect of pranayam on Lung volumes.  
B. Explain effect of Asanas on GSR  
C. Gayatri parivar  
D. Importance of Japa & its perfection  
E. Physiology of Hasta mudra.
8. Answer any **Five** of the following :(two to three sentences) 10  
A. Define Ankush mudra with its practice.  
B. Introduce Siddha yoga in short.  
C. Define Karma yoga.  
D. Enlist any 4 technique of Kundalini yoga  
E. Introduce Ashtang vinyas yoga in short.  
F. Name famous book of Shri Paramahansa Yoganand & his yoga school.

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**FOURTH YEAR EXAMINATION APRIL-2019**

**NISARGOPACHARA - II**

**Date :- 29-04-2019**  
**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 the Physiology of salivation, digestion, abortion and excretion in the digestive system during fasting and benefit of fasting. 10
2. Explain sunbath and describe Dr. Rikkli's method of Sunbath. 10

**OR**

Explain Chromo diagnosis. How to diagnose the CVS disorders with chromo diagnosis.

3. Write a short note on any **Four** of the following : 20
- A. Write short note on: Sun stroke.  
B. Write short note on: Colour and Aura  
C. Finger measuring in acupuncture.  
D. Crises during fasting.  
E. Effect of sunbath on vegetation.
4. Answer any **Five** of the following : 10
- A. Anti allergic points.  
B. Define acupuncture.  
C. History of colour science.  
D. Properties of black colour.  
E. Complications of acupuncture.  
F. Types of needle.

**SECTION-B**

5. Describe Harmful effect of excessive exposure to a strong electromagnetic field. 10
6. Definition of meridians and its therapeutic importance. 10

**OR**

Draw and label reflexology points of sole.

7. Write a short note on any **Four** of the following : 20
- A. Power of Magnets.  
B. Advantage of magneto therapy  
C. Pranic healing.  
D. Therapeutic utility of aroma therapy.  
E. The extra ordinary points.
8. Answer any **Five** of the following : 10
- A. Define Reiki.  
B. Only meridian crossing the midline of the body.  
C. Elemental points of liver meridian.  
D. Cervical Spondylitis – Magneto therapy.  
E. Magnetic flush.  
F. Enlist any two oil having sedative effect.

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**FOURTH YEAR EXAMINATION APRIL-2019**

**MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - I**

**Date :- 30-04-2019**

**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. Yogic management of Jwara in detail. 10
  2. Yogic management of Amavata in detail 10
- OR**
- Define word 'Chikitsa' and explain in detail.
3. Write a short note on any **Four** of the following : 20
    - A. Write short note on : Doctor patient relationship.
    - B. Write short note on : Yogic Management of Swarabheda
    - C. Write short note on : General Yogic management of Kamala.
    - D. Write short note on : Yogic management of Vatarakta
    - E. Write short note on : Rogi pariksha in yogic science.
  4. Answer any **Five** of the following : 10
    - A. Enlist shuddhi kriyas in pandu.
    - B. Enlist asanas in Amavata.
    - C. Enlist Pranayam in Raja yakshma.
    - D. Enlist pranayama in shitapitta.
    - E. Yoga protocol in Masurika.
    - F. Enlist Pranayam in Vishuchika.

**SECTION-B**

5. Describe Yogic management of Grahani according to its types. 10
  6. Describe complete management of Kustha. 10
- OR**
- Describe complete management of Krumi.
7. Write a short note on any **Four** of the following : 20
    - A. Write short note on : Yogic management of Amlapitta.
    - B. Write short note on : Yogic management of Madhumeha.
    - C. Write short note on : Yogic management of Ashmari.
    - D. Write short note on : Yogic management of Vishvachi.
    - E. Write short note on : Yogic management of Akshepaka.
  8. Answer any **Five** of the following : 10
    - A. Enlist the Asanas for Sandhivata.
    - B. Enlist any four yogic practices useful in management of Pakshaghata.
    - C. Role of Yama and Niyama in Prameha.
    - D. Enlist any four yogic practices useful in management of Atopa
    - E. Enlist any four yogic practices useful in management of Khanja
    - F. Enlist the Asanas for Antaryama.

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**FOURTH YEAR EXAMINATION APRIL-2019**

**MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - II**

Date :- 01-05-2019

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 process of Iris Diagnosis with suitable diagram. 10
  2. Describe the naturopathic management of Prameha. 10
- OR**
- Describe the neo naturopathic treatment of Sandhigata Vata.
3. Write a short note on any **Four** of the following : 20
    - A. Mrutika Chikitsa in Pandu.
    - B. Magnet therapy in Amavata.
    - C. Traditional views of Naturopathy.
    - D. Treatment protocol of Visarpa.
    - E. Diet management of Atisara.
  4. Answer any **Five** of the following : 10
    - A. Enlist Naturopathic treatment of Ardita.
    - B. Write the modes of Cromo therapy beneficial in management of Svarbheda.
    - C. What is role of Hydrotherapy in management of Grahani.
    - D. Enlist diet therapy in Udara roga.
    - E. Define Do's and don's in the management of Hrudroga.
    - F. Diet therapy in Kshina.

**SECTION-B**

5. Describe traditional naturopathic management of disease Shula. 10
  6. Describe diet therapy for management of Krumi. 10
- OR**
- Describe Acupuncture therapy for management of Vishvachi.
7. Write a short note on any **Four** of the following : 20
    - A. Write the mode of Cromo therapy beneficial in the management of Urastoya.
    - B. Enlist any four neo naturopathic process beneficial in the management of Svarbheda.
    - C. Diet therapy in Pliha Vikara.
    - D. Vayu Tattva chikitsa in Sandhigata Vata.
    - E. Enlist lifestyle management for Amavata.
  8. Answer any **Five** of the following : 10
    - A. Enlist any four silent features of diet management for Rajyakshma.
    - B. Define Iris diagnosis.
    - C. Define Neo naturopathy.
    - D. Define do's and don'ts in the management of Jvara.
    - E. Enlist main exercise types of beneficial in the management of Pakshaghata.
    - F. Enlist diet management of Masurika.

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**FOURTH YEAR EXAMINATION APRIL-2019**

**MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - III**

Date :- 02-05-2019

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

Thursday

Total Marks :- 100

**Instructions : All the questions are compulsory.**

**SECTION A**

1 What is Samsakara ? write in detail on the role of Yoga nad Nisargopachara in these Samsakara. 10

2 Write in detail on role of Yoga nad Nisargopachara in ante natal and post natal care. 10

**OR**

2 Write in detail on Balavastha and its various stages since Garbhavastha.

3 Write the short notes on : (any Four) 20

A Sadyogruhita Garbhaya Lakshana.

B Gharbhopaghatakara Bhava.

C Symptomps of Dauhrudavastha and its complications.

D Management of menopausal syndromes.

E Management of menstrual disorders.

4 Writein short. (any Five) 10

A Jatakarma Samskara.

B Garbha.

C Stri.

D Artava.

E Menarchial disorders

F Pumsavana Samskara.

**SECTION B**

5 Write in detail on containdication of Yogic and Nisargopachariya management in pediatric patients. 10

6 Write the management of Jvara. 10

**OR**

6 Write the management of Atisara.

7 Write the short notes on any Four of the following. 20

A Pandu.

B Ekangavata.

C Malavarodha.

D Unmada.

E Apasmara.

8 Define the term. (any Five) 10

A Tarunyapidika.

B Gandamala.

C Karshya.

D Ardita.

E Pakshavadha.

F Kshirannada avastha.

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**FOURTH YEAR EXAMINATION APRIL-2019**

**MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – IV**  
Date :- 03-05-2019  
Friday  
Time :-10:00 a.m. to 01:00 p.m.  
Total Marks :- 100

**Instructions : All the questions are compulsory.**

**SECTION A**

- |    |                                                                                     |    |
|----|-------------------------------------------------------------------------------------|----|
| 1  | Write in detail on role of Mind in health and disease.                              | 10 |
| 2  | Write in detail on methods for mind control.                                        | 10 |
| OR |                                                                                     |    |
| 2  | Write in detail on Pragnaparadha.                                                   |    |
| 3  | Write the role of Yoga nad Nisargopachara in the management of Disorders (any Four) | 20 |
| A  | Unmada                                                                              |    |
| B  | Apatantraka.                                                                        |    |
| C  | Anidra.                                                                             |    |
| D  | Bhrama.                                                                             |    |
| E  | Atattvabhinivesha.                                                                  |    |
| 4  | Write in short. (any Five)                                                          | 10 |
| A  | Dharanaiya vega                                                                     |    |
| B  | Spiritual development.                                                              |    |
| C  | Pragna.                                                                             |    |
| D  | Id, Igo, Super ego.                                                                 |    |
| E  | Dvesha.                                                                             |    |
| F  | Bhaya.                                                                              |    |

**SECTION B**

- |    |                                                                     |    |
|----|---------------------------------------------------------------------|----|
| 5  | Write in detail on stress management by Yoga and Nisargopachara.    | 10 |
| 6  | Write in detail on behavioral disorders by Yoga and Nisargopachara. | 10 |
| OR |                                                                     |    |
| 6  | Write the management of common disorders of eye and ear.            |    |
| 7  | Write the short notes on any Four of the following.                 | 20 |
| A  | Ardhavabhedaka.                                                     |    |
| B  | Khalitya.                                                           |    |
| C  | Palitya.                                                            |    |
| D  | Pratishyaya.                                                        |    |
| E  | Mukhapaka.                                                          |    |
| 8  | Define the term. (any Five)                                         | 10 |
| A  | Tundikeri.                                                          |    |
| B  | Svarabheda.                                                         |    |
| C  | Nasashotha.                                                         |    |
| D  | Arunshika.                                                          |    |
| E  | Darunaka.                                                           |    |
| F  | Galashundika.                                                       |    |

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**FOURTH YEAR EXAMINATION APRIL-2019**

**VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA**

**Date :- 04-05-2019**  
**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 various Yoga and Naturopathy concepts useful for Visha Chikitsa. 10
2. Explain Gara visha with its signs & symptoms and treatments. 10

**OR**

Write definition of Agad Tantra and Visha. Explain types and classification of visha in detail.

3. Write a short note on any **Four** of the following : 20
  - A. Management of scorpion bite by naturopathy.
  - B. Upavisha.
  - C. Led poisoning.
  - D. Intoxication.
  - E. Virudha Ahara.
4. Answer any **Five** of the following : 10
  - A. Enlist the features of poisonous cloths.
  - B. What is meant by Visha Kanya?
  - C. Shankha Visha Chikitsa in brief.
  - D. Enlist the Oja Lakshanas.
  - E. Visha mukta lakshanas.
  - F. Types of Non poisonous snakes.

**SECTION-B**

5. Describe Medico legal aspect of abortion in detail. 10
6. Describe lead poisoning and its management in detail. 10

**OR**

Explain rules and regulations of witness in court.

7. Write a short note on any **Four** of the following : 20
  - A. Write short note on : Rigor mortis.
  - B. Write short note on : Arsenic poisoning.
  - C. Write short note on : Strangulation.
  - D. Write short note on : Bone age.
  - E. Write short note on : Dying declaration.
8. Answer any **Five** of the following : 10
  - A. Signs and Symptoms of Food poisoning.
  - B. Explain importance of teeth in identification of dead body.
  - C. Enlist types of witness in court.
  - D. Enlist treatment of Mercury poisoning.
  - E. What is cross examination?
  - F. Define medical ethics.

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