

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF YOGA AND NATUROPATHY SCIENCES - (B.Y.N.S.)
FOURTH YEAR EXAMINATION APRIL-2014
HOSPITAL MANAGEMENT AND BIOSTATISTICS

Date : 17-04-2014
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 the outdoor facilities required in the Yoga and naturopathy hospital. 10
2. Describe the importance of documentation in the hospital. 10

OR

Describe the importance of various kinds of registers in the hospital.

3. Answer any **Four** of the following : 20
A. Write a short note on : Management of safe water in hospital.
B. Write a short note on : Importance of maintenance of light in the hospital.
C. Write a short note on : Utility of I.T. sector in hospital.
D. Write a short note on : Utility of Bio-statistics.
E. Write a short note on : Utility of ventilation in hospital.
4. Answer any **Five** of the following : 10
A. Enlist the benefits of departmental coordination in a hospital.
B. Define the term intra personal relationship.
C. Enlist the legal aspects of medical certificate.
D. What is the amount of space and other bed side facilities required per patient ?
E. Enlist any four facilities required for the technical staff in hospital.
F. Which specific facilities are required for Yoga therapy in a hospital ?

SECTION-B

5. Describe the objectives of tables and graphs. 10
6. Describe the methods of presentation of frequency and its importance. 10

OR

Describe the differences between the national and state health administration.

7. Answer any **Four** of the following : 20
A. Write a short note on : Types of statistics.
B. Write a short note on : Benefits of mode and median.
C. Write a short note on : Pie-charts.
D. Write a short note on : Vital events.
E. Write a short note on : National Health Rules.
8. Answer any **Five** of the following : 10
A. What is meant by census ?
B. What is meant by descriptive statistics ?
C. What is meant by paired T-test ?
D. Enlist any four regional health rules.
E. Which department and ministry looks after the practice of Yoga and naturopathy.
F. Define Mean.

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FOURTH YEAR EXAMINATION APRIL-2014
YOGA PHILOSOPHY - III

Date : 19-04-2014
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 role of Prana in Yoga. 10
2. Describe Khechari Mudra and its importance according to Hatha Pradipika and Gheranda Samhita. 10

OR

Describe the importance of Nadishuddhi in Yoga practice.

3. Answer any Four of the following : 20
A. Write a short note on : Factors for success in Yogic practice.
B. Write a short note on : Importance of seasons in Yogabhyasa.
C. Write a short note on : Requirement and importance of Yoga according to Shiva Samhita.
D. Write a short note on : Importance of Merudanda.
E. Write a short note on : Relationship between Raja and Hatha Yoga.
4. Answer any Five of the following : 10
A. What is meant by Mitahara ?
B. Enlist the names of Ashtamahasiddhi.
C. Define Manonmani state.
D. What is meant by Nadanusandhana ?
E. Define Ajnana according to Shiva Samhita.
F. Define Hatha Yoga.

SECTION-B

5. Explain the importance of body cleansing according to Gheranda Samhita. 10
6. Describe the 29 special sites of the body according to Goraksha Samhita. 10

OR

Describe the benefits of Samyama according to Patanjala Yoga Sutra.

7. Answer any Four of the following : 20
A. Write a short note on : Pratyahara according to Gheranda Samhita.
B. Write a short note on : Types of Dhyana as per Gheranda Samhita.
C. Write a short note on : Pranavidya according to Goraksha Samhita.
D. Write a short note on : Vasana (desires) as per Patanjala Yoga Sutra.
E. Write a short note on : Kaivalya according to Patanjala Yoga Sutra.
8. Answer any Five of the following : 10
A. Describe Bhramari in brief as per Gheranda Samhita.
B. How does Goraksha Samhita differentiate Samadhi from Dhyana ?
C. How does the knowledge of Atita and Anagata take place ?
D. What is meant by Parinama Traya ?
E. Define Prakrutipurana.
F. Enlist the types of Chitta as per Patanjala Yoga Sutra.

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FOURTH YEAR EXAMINATION APRIL-2014

YOGA PRACTICES - III

Date : 21-04-2014
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. Explain Nadanusandhana with its technique and stages. 10
 2. Describe the types and practices of Dhyana as per Gheranda Samhita. 10
- OR**
- Describe Pratyahara as per Goraksha Samhita.
3. Answer any Four of the following : 20
 - A. Write a short note on : Padaस्था Dhyana.
 - B. Write a short note on : Importance of Dharana in therapy.
 - C. Write a short note on : Physiological effects of Aum meditation.
 - D. Write a short note on : Yoga Nidra.
 - E. Write a short note on : Samadhi as per Goraksha Samhita.
 4. Answer any Five of the following : 10
 - A. Enlist the types of Dhyana as per Goraksha Samhita.
 - B. Define Pindastha meditation.
 - C. Enlist the types of Samadhi as per Gheranda Samhita.
 - D. What is meant by Sakshibhava ?
 - E. What is the method of Pratyahara as per Yoga Tattvopaniṣat ?
 - F. What is meant by Transcendental Meditation ?

SECTION-B

5. Describe Tantra Yoga. 10
 6. Explain the effect of Mantra Yoga on the mental health. 10
- OR**
- Explain the therapeutic utility of Panchavayu Mudra.
7. Answer any Four of the following : 20
 - A. Write a short note on : Therapeutic effects of Shakti Yantra.
 - B. Write a short note on : Yogic aspects of Gayatri Parivara.
 - C. Write a short note on : Art of Living.
 - D. Write a short note on : Research on psychological effects of Pranayama.
 - E. Write a short note on : Types and techniques of Laya Yoga.
 8. Answer any Five of the following : 10
 - A. Write the technique of Kriya Yoga in brief.
 - B. Enlist any four important markers showing the effects of relaxation techniques as per the modern medical science.
 - C. Enlist the types of Bhakti as per Narada Bhakti Sutra.
 - D. What is the technique of Anahat Yoga ?
 - E. Enlist the types of Japa.
 - F. What is meant by Bhairava Dharana ?

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FOURTH YEAR EXAMINATION APRIL-2014
NISARGOPACHARA - II

Date : 22-04-2014
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 the complete procedure of Fasting including the pre and post conditioning. 10
 2. Describe the methods of applying Chromo therapy. 10
- OR**
- Describe the methods of applying Acupuncture.
3. Answer any Four of the following : 20
 - A. Write a short note on : Hygienic auxiliaries of Fasting.
 - B. Write a short note on : Dr. Kuhne's method of Sun bath.
 - C. Write a short note on : Contraindications in Su-jok therapy.
 - D. Write a short note on : Therapeutic utility of Auriculo therapy.
 - E. Write a short note on : Principles of Meridianology.
 4. Answer any Five of the following : 10
 - A. When it is the proper time for a patient to break the fast ?
 - B. Enlist the special points about Dr. Rikkli's method of Sun bath.
 - C. What are the complications of Acupuncture ?
 - D. Enlist the instruments used in Su-jok therapy.
 - E. What are the methods for finding the appropriate points in Auriculo therapy ?
 - F. Write the sites of origin and insertion of Large Intestine Meridians.

SECTION-B

5. Describe the principles for applying Magnets giving suitable reasons. 10
 6. Describe the therapeutic utility of Shiatsu. 10
- OR**
- Describe the therapeutic utility of Acupressure.
7. Answer any Four of the following : 20
 - A. Write a short note on : Reflexology and disease prevention.
 - B. Write a short note on : Methods of applying Zone therapy.
 - C. Write a short note on : Hazards of over exposure to strong electro magnetic field.
 - D. Write a short note on : Therapeutic aspects of Music therapy.
 - E. Write a short note on : Reiki.
 8. Answer any Five of the following : 10
 - A. Define Shiatsu.
 - B. Define Moxibustion.
 - C. Enlist any four instruments utilised in Acupressure.
 - D. What is meant by Artificial Magnet ?
 - E. Define Aroma therapy.
 - F. What is meant by Pranic Healing ?

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FOURTH YEAR EXAMINATION APRIL-2014

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - I

Date : 23-04-2014

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 procedure of Yogic therapy with its importance and utility in medical science. 10

2. Explain the Yogic management of Shotha according to different types. 10

OR

Describe the complete Yogic management of Hrudroga.

3. Answer any **Four** of the following : 20

- A. Write a short note on : Doctor – patient relationship.
B. Write a short note on : General Yogic management of Parshva Shula.
C. Write a short note on : Benefits of Asanas in Hrudayabhighata.
D. Write a short note on : Rogi Pariksha in Yogic science.
E. Write a short note on : General Yogic management of Kamala.

4. Answer any **Five** of the following : 10

- A. Enlist the Pranayamas useful in the management of Raktapitta.
B. Enlist the synonyms of Chikitsa.
C. Enlist the Shuddhikriyas useful in the management of Swarabheda.
D. Enlist the types of Dharana useful in the management of Vilambika.
E. Enlist the Asanas useful in the management of Vatarakta.
F. What is the role of Yama and Niyama in the management of Kshatakshina.

SECTION-B

5. Explain the definition of Prameha and describe the complete Yogic management of its types. 10

6. Describe the complete Yogic management of Mutrakruchchhra. 10

OR

Describe the complete Yogic management of Kshudraroga.

7. Answer any **Four** of the following : 20

- A. Write a short note on : Yogic management of Chhardi.
B. Write a short note on : Yogic management of Ardita.
C. Write a short note on : Yogic management of Kitibha.
D. Write a short note on : Yogic management of Udarashula.
E. Write a short note on : Yogic management of Sandhivata.

8. Answer any **Five** of the following : 10

- A. Enlist any four Yogic practices useful in the management of Adhmana.
B. Enlist the Shuddhikriyas useful in the management of Kushtha.
C. Enlist the types of Dharanas useful in the management of Krumi.
D. Enlist any four Yogic practices useful in the management of Pakshaghata.
E. What is the role of Yama and Niyama in the management of Udara Roga ?
F. Enlist any four Yogic practices useful in the management of Amlapitta.

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FOURTH YEAR EXAMINATION APRIL-2014

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - II

Date : 24-04-2014

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 traditional views of Nisargopachara therapy. 10
2. Describe the diet therapy for the management of Yakrut Vikara. 10

OR

Describe naturopathic management of Kamala.

3. Answer any **Four** of the following : 20
A. Write a short note on : Vayu Tattva Chikitsa in Parshva Shula.
B. Write a short note on : Acupressure treatment in Hrudshula.
C. Write a short note on : Magnet therapy in Amavata.
D. Write a short note on : Traditional naturopathic management of Masurika.
E. Write a short note on : Mruttika Chikitsa in Pandu.
4. Answer any **Five** of the following : 10
A. Enlist any four neo naturopathic processes beneficial in the management of Karshya.
B. Enlist any four salient features of the diet management for Rajyakshama.
C. Enlist the Agnitattva Chikitsa beneficial in Shotha.
D. What is meant by naturopathy treatment protocol ?
E. Write four main aspects of Facial Diagnosis.
F. Write the modes of Chromo therapy beneficial in the management of Trushna.

SECTION-B

5. Describe the diet therapy for the management of Asthikshaya. 10
6. Describe the magnet therapy management for Chhardi. 10

OR

Describe the management of Visuchika through acupressure therapy.

7. Answer any **Four** of the following : 20
A. Write a short note on : Mud therapy in Kshudraroga.
B. Write a short note on : Neo naturopathic management of Sandhivata.
C. Write a short note on : Neo naturopathic management of Kampa.
D. Write a short note on : Hydrotherapy in Prameha.
E. Write a short note on : Acupressure treatment of Stambhaka.
8. Answer any **Five** of the following : 10
A. Write four main exercise types beneficial in the management of Grudhrasi.
B. Enlist the Shiatsu massage points beneficial for Ardita.
C. Enlist any four hydrotherapy techniques useful in the management of Udararoga.
D. Enlist any four salient features of the diet management for Jalodara.
E. Enlist any four traditional naturopathic techniques beneficial in Pakshaghata.
F. Enlist any four neo naturopathic processes beneficial in Krumi.

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FOURTH YEAR EXAMINATION APRIL-2014

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - III

Date : 25-04-2014

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 the role of Yoga and Nisargopachara in Masanumasika Paricharya of 10 Garbhini.
2. Writing the age of reproduction, describe the problems occurring during this stage 10 in a female.

OR

Describe the importance of various Samskaras in health maintenance.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Yoga and ante natal care.
 - B. Write a short note on : Health problems of a female in Vruddhavastha.
 - C. Write a short note on : Developmental milestones.
 - D. Write a short note on : Sadyogruhita Garbha.
 - E. Write a short note on : Complications of Dauhrudavastha and its management.
4. Answer any **Five** of the following : 10
 - A. Enlist the Yoga procedures important for health maintenance in Madhyavastha of a female.
 - B. Enlist various stages pertaining to the age of a male child.
 - C. Define Jata Karma Samskara.
 - D. What is meant by Chuda Karma Samskara ?
 - E. Enlist the Yoga procedures important for postnatal management.
 - F. Enlist the symptoms of pregnancy.

SECTION-B

5. Describe the Shaishaviya Pakshaghata and its management by Nisargopachara. 10
6. Describe the Yogic and Nisargopachariya management in Shaiyamutra. 10

OR

Describe the Yogic and Nisargopachariya management in Karshya.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Management of excessive menses as per Yoga.
 - B. Write a short note on : Management of Malavarodha of Kshirapa child as per Nisargopachara.
 - C. Write a short note on : Management of Kasa as per Nisargopachara.
 - D. Write a short note on : Management of Krumidanta.
 - E. Write a short note on : Management of Kamala.
8. Answer any **Five** of the following : 10
 - A. Enlist the Yogic procedures beneficial for menarchial disorders.
 - B. What is meant by Kshiralasaka ?
 - C. What is meant by Fakka ?
 - D. Enlist any four naturopathic procedures beneficial in the management of Chhardi.
 - E. Enlist any four naturopathic procedures beneficial in the management of Krumi.
 - F. Define Annada Avastha.

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FOURTH YEAR EXAMINATION APRIL-2014

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – IV

Date : 26-04-2014
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 concept of psychotherapy and its importance with suitable examples. 10
2. Defining Mano Granthayah, explain the role of Nisargopachara in their management. 10

OR

Describe the concept of mind in health and disease giving suitable examples.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Importance of intellect and memory.
 - B. Write a short note on : Tamasika Prakruti.
 - C. Write a short note on : Role of Nisargopachara in psychotherapy.
 - D. Write a short note on : Yogic management of Avasada.
 - E. Write a short note on : Naturopathic management of Bhrama.
4. Answer any **Five** of the following : 10
 - A. What is the difference between Ego and Super Ego ?
 - B. Enlist the modern theories for psychoanalysis.
 - C. Define Mada and Matsara.
 - D. Enlist the Yogic methods for Chittavrutti Nirodha.
 - E. Define Atattvabhinivesha.
 - F. Enlist the disorders generated due to non-suppression of Kayika Papakarma.

SECTION-B

5. Describe the management of "Behavioural Disorders" through Naturopathy. 10
6. Describe the effects of stress on body, mind and society. 10

OR

Explain the role of Yoga in developing the Emotional Quotient (EQ).

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Yogic management of Dementia senilis.
 - B. Write a short note on : Naturopathic management of bipolar disorder.
 - C. Write a short note on : Yogic management of Pratishyaya.
 - D. Write a short note on : Naturopathic management of Swarabheda.
 - E. Write a short note on : Yogic management of Darunaka.
8. Answer any **Five** of the following : 10
 - A. Enlist the Yogic management for 'Balance Disorders' in geriatric patients.
 - B. Enlist the types of Pranayama useful to manage 'Distress'.
 - C. What is meant by Antisocial Personality Disorder ?
 - D. Enlist the Yogic management for Nasa Shotha.
 - E. Enlist the Naturopathic management for disorders of the Sclera in general.
 - F. What is meant by Spiritual Quotient (SQ) ?

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FOURTH YEAR EXAMINATION APRIL-2014

VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA

Date : 28-04-2014
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 principles of Visha Chikitsa according to Yoga and naturopathy. 10
2. Defining Agada Tantra, enlist the classification of poisons giving suitable examples. 10

OR

Describe the origin of poison and action of poison based on its different types.

3. Answer any Four of the following : 20
A. Write a short note on : Differentiation of Dushi Visha and Gara Visha.
B. Write a short note on : Signs and symptoms of various stages of poisoning.
C. Write a short note on : Comparison of Visha – Madya – Oja.
D. Write a short note on : Gara Visha Chikitsa.
E. Write a short note on : Upavisha.
4. Answer any Five of the following : 10
A. What is meant by Visha Kanya ?
B. Define Visha Sankata.
C. Enlist Jangama Visha Adhishthana.
D. Enlist Vishadata Lakshana.
E. Define Shanka Visha.
F. Enlist the features of poisonous cloths.

SECTION-B

5. Explain the aspects of safe practice by Yoga and naturopathy under the perview of Consumer Protection Act. 10
6. Describe the signs and symptoms of toxicity of Gauripashana and its management. 10

OR

Describe the medico legal aspects of age determination.

7. Answer any Four of the following : 20
A. Write a short note on : Tamra Vishaktata Lakshana and its management.
B. Write a short note on : Types of medical evidences in the Court of Justice.
C. Write a short note on : Types of death and their medico legal implications.
D. Write a short note on : Medico legal aspects of abortion.
E. Write a short note on : Conduct and rules in medical practice.
8. Answer any Five of the following : 10
A. What is meant by Rigor Mortis ?
B. Define Asphyxia.
C. What is meant by bone age ?
D. What is meant by post mortem lividity ?
E. What is meant by Wilson's ring ?
F. Define medical ethics.
