

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

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

EXAMINATION FEBRUARY-2013

VISHA VLJNANA & VYAVAHARA VIDHI VAIDYAKA

Date :- 27-02-2013

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 various Yoga and naturopathy concepts useful for Visha Chikitsa. 10
2. Describe the classification of Visha according to different ancient and modern texts. 10

OR

Classify the poisons giving suitable examples for each type.

3. Answer any **Four** of the following : 20
A. Write a short note on : Vrushchika Visha and its management.
B. Write a short note on : Alarka Visha and its management.
C. Write a short note on : Signs and symptoms of poisonous snake bite.
D. Write a short note on : 3 stages of Madatireka and their management.
E. Write a short note on : Shanka Visha and its management.
4. Answer any **Five** of the following : 10
A. What is meant by Mushika Visha ?
B. Enlist the Oja Lakshanas.
C. What is to be understood by Visha Vega ?
D. Enlist the Sthavara Visha Adhishthana.
E. What is meant by Vishakta Phala/Pushpa ?
F. Enlist the Vishamukta Lakshana.

SECTION-B

5. Describe the Courts of Justice in India with their powers. 10
6. Describe the signs and symptoms of food poisoning and its management through Yoga and naturopathy. 10

OR

Explain the conduct of justice in a Court of Law.

7. Answer any **Four** of the following : 20
A. Write a short note on : Witness in Court of Justice.
B. Write a short note on : Vanga Vishaktata Lakshana and its management.
C. Write a short note on : Mechanism of Rigor Mortis.
D. Write a short note on : Differentiation between enquiry and inquest.
E. Write a short note on : Death by hanging and death by throttling.
8. Answer any **Five** of the following : 10
A. What is dying declaration ?
B. What is meant by medical etiquettes ?
C. How is pelvic bone helpful in the determination of sex ?
D. What is meant by hostile witness ?
E. Define perjury.
F. What is meant by malingering ?

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

EXAMINATION FEBRUARY-2013

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - IV

Date :- 26-02-2013

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 ancient concept of psycho-analysis in the context of Manasa Prakruti. 10
2. Describing Raga-Dvesha and their effects, explain its management according to Shrimad Bhagvad Gita. 10

OR

Describe the Yogic management of Mano Sangharsha.

3. Answer any Four of the following : 20
 - A. Write a short note on : Right Mental Attitude.
 - B. Write a short note on : The concept of Dharaniya Vegas.
 - C. Write a short note on : Types of psychotherapy.
 - D. Write a short note on : Yogic management of Bhrama.
 - E. Write a short note on : Naturopathic management of Apasmara.
4. Answer any Five of the following : 10
 - A. Define memory.
 - B. Enlist the psycho-types as per modern science.
 - C. Define Bhaya and Priti.
 - D. What is meant by Sattvavajaya ?
 - E. Enlist the types of Nidra Vikaras.
 - F. Enlist the disorders generated due to non-suppression of Vachika Papakarmas.

SECTION-B

5. Describe the management of 'Behavioural Disorders' through Yoga. 10
6. Describe 'Geriatric Care' with neo-naturopathic approach. 10

OR

Describe the role of Upavasa (fasting) in spiritual development.

7. Answer any Four of the following : 20
 - A. Write a short note on : Yogic approach of Stress management.
 - B. Write a short note on : Naturopathic management of Suryavarta.
 - C. Write a short note on : Yogasanas useful in eye disorders in general.
 - D. Write a short note on : Jala Chikitsa and emotional development.
 - E. Write a short note on : General naturopathic management of Karna Nada.
8. Answer any Five of the following : 10
 - A. Write the etymology of Jara.
 - B. Define Eu-stress.
 - C. Define Attention Deficit Hyperactivity Disorder (ADHD).
 - D. Enlist the steps of Yogic management for Shankhaka.
 - E. Write the naturopathic diet useful for managing eye diseases in general.
 - F. Enlist the naturopathic management in Mukha Paka.

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EXAMINATION FEBRUARY-2013

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - III

Date :- 25-02-2013

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 the role of Yoga and Nisargopachara in the management of pregnancy. 10
2. Describe the problems occurring in Kaumaryavastha of a female and their importance. 10

OR

Describe Garbhopaghatakara Bhavas.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Dauhrudavastha and its complications.
 - B. Write a short note on : Role of Yoga and Nisargopachara in babysitting.
 - C. Write a short note on : Diagnosis and characteristics of pregnancy.
 - D. Write a short note on : Developmental milestones of a child and Yoga.
 - E. Write a short note on : Nisargopachara and post natal care.
4. Answer any **Five** of the following : 10
 - A. What is the procedure of Pumsavana Samskara ?
 - B. What is the importance of Nishkramana Samskara ?
 - C. Define Annaprashana Samskara.
 - D. What is the importance of Karnavedha Samskara ?
 - E. Enlist the various stages of male child.
 - F. Enlist the problems which can occur during puberty of a male.

SECTION-B

5. Describe the Yogic and Nisargopachariya management in Ajirna. 10
6. Describe the Yogic and Nisargopachariya management in Shaiyamutra. 10

OR

Describe the management of Mrudbhakshanajanya Pandu by Yoga and Nisargopachara.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Management of scanty menses as per Nisargopachara.
 - B. Write a short note on : Management of dysmenorrhoea as per Yoga.
 - C. Write a short note on : Management of Unmada as per Nisargopachara.
 - D. Write a short note on : Management of Jvara as per Yoga and Nisargopachara.
 - E. Write a short note on : Management of dysfunctional uterine bleeding as per Nisargopachara.
8. Answer any **Five** of the following : 10
 - A. Enlist the Asanas beneficial in menopausal disorders.
 - B. What is meant by Kshirapa Avastha ?
 - C. Define Gandamala.
 - D. Define Ekangavata.
 - E. Enlist the Asanas beneficial in scanty menstruation.
 - F. Enlist any four naturopathic procedures beneficial in the management of Atisara.

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EXAMINATION FEBRUARY-2013

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - II

Date :- 23-02-2013

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 conducting a naturopathic therapy session for a group of 10 patients.

2. Describe the naturopathic management for Snayuka. 10

OR

Describe the neo naturopathic management of Firanga.

3. Answer any Four of the following : 20

- A. Write a short note on : Acupressure treatment in Hrudroga.
- B. Write a short note on : Traditional naturopathic management of Pravahika.
- C. Write a short note on : Chromo therapy for the management of Urostoya.
- D. Write a short note on : Hydrotherapy in Shotha.
- E. Write a short note on : Mruttika Chikitsa in Udarda.

4. Answer any Five of the following : 10

- A. Enlist the diet management for Jwara.
- B. Enlist the Agnitattva Chikitsa beneficial in Amavata.
- C. What is the role of Hydrotherapy in Raktapitta ?
- D. Enlist the neo naturopathic process beneficial in Swarabheda.
- E. Enlist the life style management of Hrudroga.
- F. Define do's and don'ts in the management of Yakruta Vikara.

SECTION-B

5. Describe the diet therapy for the management of Kushtha. 10

6. Describe the acupressure therapy in Pakshaghata. 10

OR

Describe the magnet therapy in Amlapitta.

7. Answer any Four of the following : 20

- A. Write a short note on : Role of hydrotherapy in Mutrakruchchhra.
- B. Write a short note on : Traditional naturopathic management of Agnimandya.
- C. Write a short note on : Role of mud therapy in skin disorders.
- D. Write a short note on : Role of Sparsha Chikitsa in Chhardi.
- E. Write a short note on : Neo naturopathic management of Khanja.

8. Answer any Five of the following : 10

- A. Enlist any four salient features of the diet management for Ajirna.
- B. Enlist any four salient features of the life style management of Prameha.
- C. Enlist the precautions required for Mardana Chikitsa.
- D. Enlist any four neo naturopathic procedures beneficial in Grahani Roga.
- E. Enlist any four salient features of the Baddhagudodara.
- F. Enlist the hydrotherapy techniques useful in the management of Ushnavata.

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EXAMINATION FEBRUARY-2013

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - I

Date :- 22-02-2013

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. Describe the definition of Chikitsa, its synonyms and different types of Chikitsa. 10
2. Explain Yogic management of Pandu according to its different types. 10

OR

Describe the complete Yogic management of Amavata.

3. Answer any Four of the following : 20
A. Write a short note on : Treatment protocol in Yogic therapy.
B. Write a short note on : General Yogic management of Raktapitta.
C. Write a short note on : Do's and don'ts according to Yogic therapy in Kshatakshina.
D. Write a short note on : General Yogic management of Shitapitta.
E. Write a short note on : Benefits of Asanas in Karshya.
4. Answer any Five of the following : 10
A. Enlist the Shuddhikriyas useful in the management of Shotha.
B. Enlist the Yogic Chikitsa processes beneficial in the management of Shlipada.
C. Write the modes of Yogic management beneficial in Trushna.
D. Enlist the Yogic processes beneficial in the management of Jwara.
E. Enlist the diagnostic tools in Yogic science.
F. What is the importance of Bahiranga Yoga in Hrudroga ?

SECTION-B

5. Explain the definition of Visarpa and complete Yogic management of its types. 10
6. Describe the complete Yogic management of Akshepaka. 10

OR

Describe the complete Yogic management of Agnimandya.

7. Answer any Four of the following : 20
A. Write a short note on : Yogic management of Amlapitta.
B. Write a short note on : Yogic management of Stambhaka.
C. Write a short note on : Yogic management of Ushnavata.
D. Write a short note on : Yogic management of Anaha.
E. Write a short note on : Yogic management of Vicharchika.
8. Answer any Five of the following : 10
A. Enlist any four Yogic practices useful in the management of Vishvachi.
B. Enlist the Shuddhikriyas useful in the management of Palitya.
C. Enlist the types of Dharanas useful in the management of Kampa.
D. Enlist the types of Pranayama useful in the management of Atopa.
E. What is role of Yama and Niyama in the management of Sidhma Kushtha ?
F. Enlist any four Yogic practices useful in the management of Mutraghata.

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EXAMINATION FEBRUARY-2013

NISARGOPACHARA - II

Date :- 21-02-2013
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 the concept, methods and therapeutic utility of Acupuncture. 10
2. Describe the effects of various colours on the body. 10

OR

Explain the principles and methods of Meridinology.

3. Answer any Four of the following : 20
A. Write a short note on : Dr. Rikli's sunbath with its effects.
B. Write a short note on : Utility of study of tongue, breath and temperature in fasting.
C. Write a short note on : Principles of Su-jok.
D. Write a short note on : Methods of Auriculo therapy.
E. Write a short note on : Principles of Scalp acupuncture.
4. Answer any Five of the following : 10
A. Enlist the types of fasting.
B. Enlist any two effect of sunlight on micro-organism.
C. Identify Kidney meridians.
D. Enlist any four contra indications of acupuncture.
E. What is meant by Korean technique ?
F. What is meant by 'extra ordinary points' ?

SECTION-B

5. Describe magnetism in the universe and the magnetic effects of earth on human beings. 10
6. Describe the application of Reflexology with suitable figures and examples. 10

OR

Describe principles and physio-psychological effects of Aroma therapy.

7. Answer any Four of the following : 20
A. Write a short note on : Principles of Pranic healing.
B. Write a short note on : Psychological effect of Music therapy.
C. Write a short note on : Therapeutic utility of Moxibustion.
D. Write a short note on : Therapeutic utility of Shiatsu.
E. Write a short note on : Physiological effects of Acupressure.
8. Answer any Five of the following : 10
A. Define Reiki.
B. Enlist the instruments of Acupressure.
C. Enlist any four principles of Shiatsu.
D. Define Music therapy.
E. What is meant by carrier oils ?
F. Enlist any four principles of Moxibustion.

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EXAMINATION FEBRUARY-2013

YOGA PRACTICES - III

Date :- 20-02-2013
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 Dharana as per Vijnana Bhairava Tantra. 10
2. Describe Dhyana as per Shiva Samhita. 10

OR

Explain the physiological action of Samadhi as per different texts.

3. Answer any **Four** of the following : 20
A. Write a short note on : Transcendental Meditation.
B. Write a short note on : Ghatavastha.
C. Write a short note on : Method of Pratyahara as per Yogatattvopnishat.
D. Write a short note on : Chidakasha Dharana.
E. Write a short note on : Jyotirmaya Dhyana.
4. Answer any **Five** of the following : 10
A. Enlist the Asanas to be practiced in Cyclic Meditation.
B. Define Sukshma Dhyana.
C. Mention the sequence of Pratyahara practice as per Goraksha Samhita.
D. Define Yoganidra.
E. Enlist the physiological effects of Pruthvi Dharana.
F. What is meant by Chakra Dharana ?

SECTION-B

5. Describe the types and techniques of Laya Yoga. 10
6. Explain the types of Bhakti Yoga and characteristic features of Bhakta. 10

OR

Describe Mudra as per Tantra Yoga with its therapeutic utility.

7. Answer any **Four** of the following : 20
A. Write a short note on : Yogic aspects of Siddha Yoga.
B. Write a short note on : Therapeutic utility of Shiva Yantra.
C. Write a short note on : Research in Yogic relaxation techniques.
D. Write a short note on : Therapeutic effects of Manas Japa.
E. Write a short note on : Sahaja Yoga.
8. Answer any **Five** of the following : 10
A. Enlist the modern parameters for evaluating the state of meditation.
B. Define Upanshu Japa.
C. Enlist the practices included in Agni Yoga.
D. Enlist the characteristic features of Mantra Yoga Sadhaka as per Shiva Samhita.
E. Enlist the stages/limbs of Mantra Yoga.
F. Enlist the types of Samadhi as per Gheranda Samhita.

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EXAMINATION FEBRUARY-2013

YOGA PHILOSOPHY - III

Date :- 19-02-2013

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 factors necessary for success in Yoga. 10
2. Narrate Kundalini Jagarana. 10

OR

Describe Nadanusandhana as per Hatha Pradipika.

3. Answer any Four of the following : 20
A. Write a short note on : Chakra meditation as per Shiva Samhita.
B. Write a short note on : Maya.
C. Write a short note on : Types of Pranayama as per Shiva Samhita.
D. Write a short note on : Khechari.
E. Write a short note on : Nadi Shuddhi.
4. Answer any Five of the following : 10
A. What is Jnana and Ajnana according to Shiva Samhita ?
B. Which seasons are not suitable for starting Yoga practice ?
C. Enlist the Apathya Viharas during Yoga practice.
D. What is Manonmani state ?
E. What is meant by the Vighna in Mukti ?
F. What is Hatha Yoga ?

SECTION-B

5. Describe Bhramari and its value as per Gheranda Samhita. 10
6. What is the importance of Pranavabhyasa as per Goraksha Samhita ? 10

OR

How does Samadhi differ from Dhyana ?

7. Answer any Four of the following : 20
A. Write a short note on : Length of exhaled Vayu.
B. Write a short note on : Body cleansing as per Gheranda Samhita.
C. Write a short note on : Importance of Samyama.
D. Write a short note on : Dharmamegha.
E. Write a short note on : Types of Dhyana as per Gheranda Samhita.
8. Answer any Five of the following : 10
A. What is Pratyahara and its benefit according to Gheranda Samhita ?
B. Name the Ashta Siddhis.
C. What is the role of Vasana in Yoga ?
D. Why is Karma important in Yoga ?
E. Define Kaivalya according to Sage Patanjali.
F. How does the knowledge of 'Kaya Vyuha' occur according to Patanjala Yoga Sutra ?

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EXAMINATION FEBRUARY-2013

HOSPITAL MANAGEMENT AND BIostatISTICS

Date :- 18-02-2013

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 the intra personal relationship management in the hospital and its importance in patient care. 10
2. Describe the importance of financial management in the hospital. 10

OR

Describe the facilities required for IPD and OPD in Yoga and naturopathy hospital.

3. Answer any Four of the following : 20
A. Write a short note on : Importance of indoor patient records.
B. Write a short note on : Importance of maintaining ventilation in the hospital.
C. Write a short note on : Benefits of computing in a hospital.
D. Write a short note on : Benefits of Bio-statistics.
E. Write a short note on : Hospital administration.
4. Answer any Five of the following : 10
A. Enlist any four basic facilities required for the technical staff of hospital.
B. What are the components of a 'fitness certificate' ?
C. What is the amount of space and water required for a patient in a hospital ?
D. What is meant by maintenance of sanitation ?
E. Enlist the various departments of Yoga and naturopathy hospital.
F. Enlist the registers to be maintained for the outdoor patients' department.

SECTION-B

5. Describe the methods and importance of 'notification of a disease'. 10
6. Describe the utility of pie chart in statistics. 10

OR

Describe the utility of tables and graphs in statistics giving suitable examples..

7. Answer any Four of the following : 20
A. Write a short note on : Utility of bio-statistics.
B. Write a short note on : Process and importance of mean.
C. Write a short note on : Health administration.
D. Write a short note on : Frequency.
E. Write a short note on : Role of WHO in health rules.
8. Answer any Five of the following : 10
A. Enlist the vital events.
B. Enlist the specific uses of statistics in the sector of Medical Research.
C. What is the medical importance of percentage ?
D. Write the sequence of key posts in state health administration.
E. What is the difference between the regional and local health rules ?
F. Define mode.
