

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF YOGA AND NATUROPATHY SCIENCES - (B.Y.N.S.)
FOURTH YEAR EXAMINATION MARCH-2015
VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA

Date : 08-04-2015
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. Write the 24 Upakramas according to Acharya Charaka along with their importance in Visha Chikitsa. 10
2. Describe the classification of Visha according to different medical texts. 10

OR

Classify the types of snakes according to the system involved and write the different stages of poison spread and their management.

3. Answer any **Four** of the following : 20
 - A. Write a short note on : Examination of poisonous food.
 - B. Write a short note on : Gara Visha Chikitsa.
 - C. Write a short note on : Relation between Visha, Madya and Oja.
 - D. Write a short note on : Management of Scorpion bite by Naturopathy.
 - E. Write a short note on : Alarka Visha Chikitsa.
4. Answer any **Five** of the following : 10
 - A. Define Agada Tantra.
 - B. Enlist any four characteristics of Vishadata.
 - C. Write Shanka Visha Chikitsa in brief.
 - D. Enumerate and enlist Upavisha.
 - E. Enumerate and enlist the Stages of Madatireka.
 - F. What is meant by Luta Visha ?

SECTION-B

5. Describe 'Courts of Justice' in India and their role in medical practice. 10
6. Describe the Yogic and Naturopathic measures adopted in management of food poisoning. 10

OR

Describe medico legal implications of death and age determination.

7. Answer any **Four** of the following : 20
 - A. Write a short note on : Management of Parada Vishaktata.
 - B. Write a short note on : Signs and symptoms of Tamra Vishaktata.
 - C. Write a short note on : Arsenic poisoning.
 - D. Write a short note on : Types of witness in court.
 - E. Write a short note on : Consumer Protection Act for Yoga and Naturopathy.
8. Answer any **Five** of the following : 10
 - A. What are the clinical features of Naga poisoning ?
 - B. Define dying declaration.
 - C. What is meant by 'Oath' in court of law ?
 - D. Define Medical ethics.
 - E. Define Electrocution.
 - F. Enlist the occasions for which medical certificates are required.

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

FOURTH YEAR EXAMINATION MARCH-2015

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – IV

Date : 07-04-2015

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 concept of Id, ego and Super ego and its role in health and disease. 10
2. Describe the Psychopathology according to different ancient classics. 10

OR

Describe the Manogranthayah and the role of Nisargopachara in their management.

3. Write a short note on any **Four** of the following : 20
 - A. Apasmara and its Yogic management.
 - B. Describe methods of mind control.
 - C. Concept of Psychoanalysis.
 - D. Define Dharaniya Vegas and its importance in Psychopathology.
 - E. Describe the disorders produced by non-suppression of different Papakarmas.
4. Answer any **Five** of the following : 10
 - A. Define Bhrama.
 - B. Enlist the Yogic management of Apatantraka.
 - C. Define Memory.
 - D. Enlist the Naturopathic management of Anidra.
 - E. What is Chittaprasadana ?
 - F. Enlist the type of Unmada.

SECTION-B

5. What is Spiritual Quatient (S.Q.) ? Describe its relation with Yoga and Naturopathy. 10
6. Describe Ardhavabhedaka and its management through Yoga. 10

OR

Describe the theory of stress and its naturopathic management.

7. Write a short note on any **Four** of the following : 20
 - A. Yogic management of Mukhapaka.
 - B. Naturopathic management of Arunshika.
 - C. Yogic management of Nasarsha.
 - D. Naturopathic management of senile tremors.
 - E. Yogic management of refractory eye disorders.
8. Answer any **Five** of the following : 10
 - A. What is meant by Antisocial personality disorder ?
 - B. Enlist the Yogic management of premature greying of hairs.
 - C. Define Behavioural disorders.
 - D. What is Emotional Quotient (E.Q.) ?
 - E. Enlist Naturopathic management of Nasapaka.
 - F. Enlist the Yogic management of toothache.

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FOURTH YEAR EXAMINATION MARCH-2015

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - III

Date : 06-04-2015
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. Describe Garbhopaghatakara Bhavas and their management by Yoga. 10
2. Describe the role of Yoga and Nisargopachara in the management of ante-natal and post-natal care. 10

OR

Describe the role of Yoga in Masanumasika Paricharya of Garbhini.

3. Answer any Four of the following : 20
A. Write a short note on : Dauhrudivastha and its management by Yoga and naturopathy.
B. Write a short note on : Developmental milestones of a child & Nisargopachara.
C. Describe the importance of Nisargopachara in the Vruddhavastha of a female.
D. Write a short note on : Role of Yoga in health maintenance in pubertal age.
E. Write a short note on : Symptoms of pregnancy.
4. Answer any Five of the following : 10
A. Define Pumsavana Samskara.
B. What is the importance of Upaveshana Samskara ?
C. Enlist the stages of a Stri.
D. Enlist the symptoms of Sadyogruhita Garbha.
E. Write any four points about the health benefits of Yajnopavita Samskara.
F. What is meant by babysitting ?

SECTION-B

5. Describe the Yogic and Nisargopachariya management in menopausal syndrome. 10
6. Describe the Nisargopachariya management in Kshirannada Kalina Jvara and Atisara. 10

OR

Describe the management of Kashtartava by Yoga and Nisargopachara.

7. Answer any Four of the following : 20
A. Write a short note on : Management of Shosha as per Nisargopachara.
B. Write a short note on : Management of scanty menses as per Yoga.
C. Write a short note on : Management of Krumi as per Nisargopachara.
D. Write a short note on : Management of Prakruta Kamala.
E. Write a short note on : Management of Kukunaka.
8. Answer any Five of the following : 10
A. What is meant by Menarche ?
B. Enlist the Asanas beneficial in premenstrual syndrome.
C. Define Kshirannada Avastha.
D. Enlist the Yogic procedures beneficial in the disorders of pubertal age.
E. Define Parigarbhika.
F. Define Talukantaka.

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FOURTH YEAR EXAMINATION MARCH-2015
MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - II

Date : 04-04-2015
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 neo naturopathy views. 10
 2. Describe diet therapy for the management of disease Shitapitta and Kotha. 10
- OR**
- Describe the naturopathic management of disease Pandu.
3. Write a short note on any **Four** of the following : 20
 - A. Facial diagnosis.
 - B. Magnet therapy in Hrudayabhighata.
 - C. Naturopathic treatment protocol for disease Vatarakta.
 - D. Chromo therapy in Kamala.
 - E. Naturopathic treatment protocol for Jvara.
 4. Answer any **Five** of the following : 10
 - A. Enlist neonaturopathy treatment for disease Firanga.
 - B. Enlist traditional naturopathy treatment for Urastoya.
 - C. Enlist any four silent features of diet in management of Karshya.
 - D. Enlist neonaturopathic treatment for disease Romantika.
 - E. What is Iri diagnosis ?
 - F. What is neo naturopathy ?

SECTION-B

5. Describe complete naturopathic management for disease Sandhigata Vata. 10
 6. Describe traditional naturopathic management for disease Jalodara. 10
- OR**
- Describe neo naturopathic management for disease Pakshaghata.
7. Write a short note on any **Four** of the following : 20
 - A. Beneficial exercises for disease Vishwachi.
 - B. Treatment protocol for Kshudra Roga.
 - C. Naturopathic diet for disease Anaha.
 - D. Traditional naturopathy treatment for Grahani.
 - E. Accupressure treatment for Shula.
 8. Answer any **Five** of the following : 10
 - A. Enlist neo naturopathic treatment of disease Khanja.
 - B. Enlist hydro therapy for Mutra Krichchha.
 - C. Enlist Accupressure points for management of disease Prameha.
 - D. Enlist any four silent features of diet for disease Visuchika.
 - E. Enlist traditional naturopathic treatment for Asthikshaya.
 - F. Enlist any four neo naturopathic techniques for disease Ajirna.

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FOURTH YEAR EXAMINATION MARCH-2015

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - I

Date : 01-04-2015

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

Wednesday

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. How a Yoga therapy session is conducted for an individual as well as in group ?
Explain it in detail. 10
 2. Describe Yogic management of Hrudshula in detail. 10
- OR**
- Describe Yogic management of Hrudayabhighata in detail.
3. Write a short note on any **Four** of the following : 20
 - A. To design treatment Protocol.
 - B. Yogic management of Shitapitta.
 - C. Yogic management of Parshvashula.
 - D. Yogic management of Svarabheda.
 - E. Yogic management of Shotha.
 4. Answer any **Five** of the following : 10
 - A. Enlist the Suddhikriya to be carried out in disease Amavata.
 - B. Enlist useful Asanas in Kotha.
 - C. Enlist Yogic procedure to be carried out in Pliha Vikara.
 - D. Enlist types of Dharana useful in Firanga.
 - E. Write cardinal symptoms of Shlipada.
 - F. Enlist the Asanas useful in Pandu.

SECTION-B

5. Brief about disease Udara roga and explain its complete management. 10
 6. Explain Yogic management of Agnimandya. 10
- OR**
- Explain Yogic management of disease Vilambika.
7. Write a short note on any **Four** of the following : 20
 - A. Yogic Management of Mutraghata.
 - B. Yogic Management of Kshudra Kushtha.
 - C. Yogic Management of Anaha.
 - D. Yogic Management of Stambhaka.
 - E. Yogic Management of Krumi.
 8. Answer any **Five** of the following : 10
 - A. Enlist Yogic procedure to be carried out in disease Kampa.
 - B. Enlist useful Asanas for disease Prameha.
 - C. Enlist useful Asanas for Adhmana.
 - D. Enlist Yogic procedure for Asthikshaya.
 - E. Enlist Yogic procedure for Ardita.
 - F. Enlist Yogic procedure for Grudhrasi.

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FOURTH YEAR EXAMINATION MARCH-2015
NISARGOPACHARA - II

Date : 31-03-2015
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 methods of Su-jok therapy and its therapeutic utility. 10
2. Describe the methods, types and therapeutic aspects of Fasting in various disorders. 10

OR

Describe the principles and therapeutic utility of Meridianology.

3. Write a short note on any **Four** of the following : 20
A. Physiological action of Sunlight.
B. Rules for selection of Accu-puncture points.
C. Methods of applying Auriculo therapy.
D. Indication and contra indication of Fasting.
E. Therapeutic utility of Chromo therapy.
4. Answer any **Five** of the following : 10
A. Enlist any four type of diet preparation should be taken after the Fast.
B. Enlist any four indications of Helio therapy.
C. Define scalp Accu-puncture.
D. What is meant by Accu-puncture ?
E. Write the sites of stomach meridians.
F. Describe any two hygienic auxiliaries of Fasting.

SECTION-B

5. Describe the methods of applying Moxibustion. 10
6. Describe the mechanism, indication and contra indication of Reflexology in detail. 10

OR

Describe the methods and physiological action of Music therapy.

7. Write a short note on any **Four** of the following : 20
A. Body and its Reflex zones.
B. Physio-psychological action of Music therapy.
C. Therapeutic utility of Aroma therapy.
D. Techniques of Magnet application in management of pain.
E. Therapeutic utility of Shiatsu.
8. Answer any **Five** of the following : 10
A. Define Reiki.
B. Enlist any four compositions of Magnets.
C. Enlist any two principles of Pranic healing.
D. Enlist any four instruments utilised in Magneto therapy.
E. Enlist any four indications of Music therapy.
F. Enlist any four contra indications of Shiatsu.

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YOGA PRACTICES - III

Date : 30-03-2015
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. Describe Dharana with physiological action and therapeutic utility as per Goraksha Samhita. 10
2. Describe the importance of each Chakradhyana according to Shiva Samhita. 10

OR

Describe Pratyahara with physio-psychological aspect.

3. Write a short note on any **Four** of the following : 20
A. Nadanusandhana.
B. Samadhi according to Gheranda Samhita.
C. Chidakasha Dharana.
D. Vipashyana meditation.
E. Dynamic meditation.
4. Answer any **Five** of the following : 10
A. Mention total number of Dhyana and enlist them as described in Gheranda Samhita.
B. Explain Bhairava Dharana.
C. Define Ghatavastha.
D. Explain technique and enlist the Asanas for cyclic meditation.
E. Define Rupatita Dhyana.
F. Mention the sequence of Pratyahara according to Goraksha Samhita.

SECTION-B

5. Describe Baktiyoga with technique. 10
6. Describe the types and therapeutic utility of Laya Yoga. 10

OR

Explain Mantra Yoga according to Shiva Samhita.

7. Write a short note on any **Four** of the following : 20
A. Iyengar school of Yoga.
B. Kundalini Yoga.
C. Research on physiological aspect of Basti.
D. Therapeutic utility of Shakti Yantra.
E. Physio-psycho-spiritual effect of Hridaya Mudra.
8. Answer any **Five** of the following : 10
A. Define Sthapani Mudra.
B. Draw Pruthvi Mudra.
C. Introduce Agni Yoga with the name of its founder.
D. Enlist any four important markers showing the effects of Yogasana according to modern science.
E. Draw Shri Yantra.
F. Introduce Shivanada Yoga.

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YOGA PHILOSOPHY - III

Date : 27-03-2015
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 Nadis according to Shiva Samhita. 10
2. Explain the relation between Mana and Vayu according to Hatha Pradipika. 10

OR

Describe the types of Pranayama with their importance as per Gheranda Samhita.

3. Write a short note on any **Four** of the following : 20
A. Vighna in Mukti as per Shiva Samhita.
B. Factors obstructing Yogic Practices according to Hatha Pradipika.
C. Concept of Agni as per Shiva Samhita.
D. Ashta Maha Siddhis.
E. Kundalini.
4. Answer any **Five** of the following : 10
A. Define Raja Yoga.
B. Write the benefits of Manipura Chakra Dhyana as per Shiva Samhita.
C. Enlist the signs of Nadi Shuddhi.
D. Enlist any four types of Samadhi with concerned Yoga practices according to Gheranda Samhita.
E. Enlist Upaprana.
F. Write the names of the seasons contraindicated for Yogarambha.

SECTION-B

5. Describe Dharmamegha Samadhi and Kaivalya according to Patanjala Yoga Sutra. 10
6. Describe Dhyana and its types as per Gheranda Samhita. 10

OR

Explain Dharana according to Goraksha Samhita.

7. Write a short note on any **Four** of the following : 20
A. Factors responsible for attainment of Siddhis as per Patanjala Yoga Sutra.
B. Pranavabhyasa.
C. Bhramari according to Gheranda Samhita.
D. Pratyahara.
E. Benefits of Samyama.
8. Answer any **Five** of the following : 10
A. Enlist Vyompanchaka.
B. Enlist Parinama Traya.
C. Define Nirmana Chitta.
D. Write the length of exhaled Vayu at the time of Gayana, Bhojana, Nidra and Marga Gamana.
E. Enlist the types of Karma according to Patanjala Yoga Sutra.
F. Write any two examples/explanation of Samadhi and its differentiation from Dhyana.

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FOURTH YEAR EXAMINATION MARCH-2015
HOSPITAL MANAGEMENT AND BIOSTATISTICS

Date : 26-03-2015
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 regarding administration in the hospital. 10
2. Write a note on documentation of indoor and outdoor patients. 10

OR

Write a note on safe water management at IPD level of hospital.

3. Write a short note on any **Four** of the following : 20
A. Legal aspects of medical record.
B. Aims and objects of statistics in the hospital.
C. Arrangement of light in the hospital.
D. Intra personal relationship.
E. Benefits of biostatistics.

4. Answer any **Five** of the following : 10
A. Enlist the ideal number of class III staff required in a hospital along with their departments.
B. Define ventilation.
C. Enlist the objectives of biostatistics.
D. What is meant by notification of a disease ?
E. Define the term professional relationship.
F. What is the difference between regional and local health rules ?

SECTION-B

5. Describe the utility of percentage in statistics. 10
6. Describe the benefits of mean, median and mode. 10

OR

Describe the utility of different graphs in statistics.

7. Write a short note on any **Four** of the following : 20
A. Utility of table in statistics.
B. Utility of pie chart in statistics.
C. Types of statistics.
D. Methods of notification of a disease.
E. Health administration.

8. Answer any **Five** of the following : 10
A. Enlist the vital events.
B. Write the sequence of key posts in the state health administration.
C. What is meant by census ?
D. What is meant by paired T test ?
E. Enlist any four regional health rules.
F. What is meant by SRS ?
