

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR.**  
**BACHELOR OF YOGA AND NATUROPATHY SCIENCES - (B.Y.N.S.)**  
**FOURTH YEAR EXAMINATION MARCH-2016**  
**HOSPITAL MANAGEMENT AND BIOSTATISTICS**

Date : 14-03-2016  
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 the importance of hospital management. 10
  2. Describe the outdoor facilities required in a Yoga-Naturopathy hospital. 10
- OR**
- Describe the methods for collection of health related statistics.
3. Answer any Four of the following : 20
    - A. Write a short note on : Facilities required in Yoga section of a hospital.
    - B. Write a short note on : Importance of ventilation in hospital.
    - C. Write a short note on : Importance of Financial management.
    - D. Write a short note on : Registers and its maintenance in IPD.
    - E. Write a short note on : Importance of IT in record maintenance.
  4. Answer any Five of the following : 10
    - A. Enlist the facilities required for Naturopathy in a hospital.
    - B. What is the role of "maintenance" in sanitation ?
    - C. What is meant by intra-departmental relationship ?
    - D. Enlist the executive posts in a hospital.
    - E. Enlist the registers to be maintained for the Outdoor Patient Department.
    - F. Enlist the aims for health statistics.

**SECTION-B**

5. Describe the role of Census in bio-statistics. 10
  6. Write about importance and methods of notification of a disease. 10
- OR**
- Describe the international health rules.
7. Answer any Four of the following : 20
    - A. Write a short note on : Types of statistics.
    - B. Write a short note on : Method for counting the mean.
    - C. Write a short note on : Utility of the bar-graph.
    - D. Write a short note on : State health administration.
    - E. Write a short note on : Requirement of Regional health rules.
  8. Answer any Five of the following : 10
    - A. What is meant by 'vital events' ?
    - B. What is meant by Chi square test ?
    - C. Define Median.
    - D. What is meant by Histogram ?
    - E. Which department and ministry looks after the therapeutic practice of Yoga ?
    - F. What are local health rules ?

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BACHELOR OF YOGA AND NATUROPATHY SCIENCES - (B.Y.N.S.)  
FOURTH YEAR EXAMINATION MARCH-2016  
**YOGA PHILOSOPHY - III**

Date : 15-03-2016  
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. Explain the relationship between Raja Yoga and Hatha Yoga according to Hatha Pradipika. 10
2. Explain Nadanusandhana. 10

**OR**

Describe do's and don'ts of Ahara Vihara with classical references.

3. Write a short note on any **Four** of the following : 20
  - A. Concept of Atma and Chaitanya according to Shiva Samhita.
  - B. Yoga Matha as described in classical texts.
  - C. Penta Elemental cause as per Shiva Samhita.
  - D. Kundalini and its synonyms.
  - E. Nadis as per Goraksha Samhita.
4. Answer any **Five** of the following : 10
  - A. Enlist the types of Sadhaka along with duration of success accordingly.
  - B. Complete the Shloka. चले वाते .....ततो वायुं निरोधयेत् ।
  - C. Enlist the stages of Pranayama with their special characteristic features.
  - D. Enlist the Pancha Mahaprana with their particular location.
  - E. Define Khechari Mudra.
  - F. Enlist the types of Karma as mentioned in Shiva Samhita.

**SECTION-B**

5. Describe Dharana with its types and technique as per Gheranda Samhita. 10
6. Explain the factors responsible for attainment of Siddhis as per Patanjala Yoga Sutra. 10

**OR**

Describe the state of Samadhi with appropriate examples as given in Goraksha Samhita.

7. Write a short note on any **Four** of the following : 20
  - A. Interrelationship of Vasana and Karma.
  - B. Technique of Sthula Dhyana as per Gheranda Samhita.
  - C. Benefits of Pratyahara.
  - D. Samyama.
  - E. Dharmamegha Samadhi.
8. Answer any **Five** of the following : 10
  - A. Enlist Bahiranga of Nirbija Samadhi as per Patanjala Yoga Sutra.
  - B. Write the benefits and meaning of Adhodharana.
  - C. Write the technique of Pranavabhyasa as described in Goraksha Samhita.
  - D. Enlist the benefits of Samyama on Kanthakupa and Nabhichakra.
  - E. Define Kaivalya.
  - F. Enlist two Lakshyas with examples as per Goraksha Samhita.

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**FOURTH YEAR EXAMINATION MARCH-2016**

**YOGA PRACTICES - III**

Date : 16-03-2016  
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 Dhyana as per Gheranda Samhita with its technique and types. 10
2. Explain the methods of Pratyahara as per Darshanopanishat and Yoga Tattvopanishat. 10

**OR**

Explain Dharana according to Vijnanabhairava Tantra with its types and utility.

3. Answer any **Four** of the following : 20
  - A. Write a short note on : Varuni Dharana and its physiological effects.
  - B. Write a short note on : AUM meditation.
  - C. Write a short note on : Technique of Transcendental meditation.
  - D. Write a short note on : Therapeutic utility of Yoga Nidra.
  - E. Write a short note on : Concept of Samadhi as per Gheranda Samhita.
4. Answer any **Five** of the following : 10
  - A. Define Pratyahara according to Gheranda Samhita.
  - B. Enlist the types of Dhyana as per Goraksha Samhita.
  - C. Enlist the Dhyana Sthanani (places for Dhyana) according to Shiva Samhita.
  - D. Enlist the stages of Nadanusandhana.
  - E. Define Pindastha Dhyana.
  - F. What is meant by Preksha Dhyana ?

**SECTION-B**

5. Define and explain Tantra Yoga. 10
6. Explain the importance of Japa and its perfection. 10

**OR**

Explain Yantra Yoga with its techniques and therapeutic utility.

7. Answer any **Four** of the following : 20
  - A. Write a short note on : Jnanamudra and its importance.
  - B. Write a short note on : Laya Yoga and its techniques.
  - C. Write a short note on : Kriya Yoga.
  - D. Write a short note on : Shiddha Yoga.
  - E. Write a short note on : Research on physiological aspects of meditation.
8. Answer any **Five** of the following : 10
  - A. Enlist any four characteristics of Mantra Yoga Sadhaka as per Shiva Samhita.
  - B. What is the importance of Shri Yantra ?
  - C. What is meant by Sudarshana Kriya ?
  - D. What is meant by Krupalu Yoga ?
  - E. Define Anahata Yoga.
  - F. Enlist any four important investigations that can be carried out for a research on Relaxation Techniques.

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**FOURTH YEAR EXAMINATION MARCH-2016**

**NISARGOPACHARA - II**

Date : 17-03-2016  
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 complete procedure of Chromo therapy. 10  
2. Describe the methods and types of therapeutic Fasting with physiological effects. 10

**OR**

Describe the Crisis management during Fasting in detail.

3. Write a short note on any **Four** of the following : 20  
A. Principles of Su-jok.  
B. Indication and contra indication of Helio therapy.  
C. Stimulations in Accu-puncture.  
D. Principles and methods of Auriculotherapy.  
E. Therapeutic utility of Meridianology.
4. Answer any **Five** of the following : 10  
A. What is meant by Su-jok ?  
B. Write the sites of Lung meridians.  
C. Enlist any four indications of Auriculo therapy.  
D. What is meant by Meridian ?  
E. Enlist any two effects of Sun bath.  
F. Enlist any four instruments used in Accu-puncture.

**SECTION-B**

5. Describe the types and composition of Magnet along with some famous techniques of Magnet application. 10  
6. Describe the principles and methods of applying Shiatsu. 10

**OR**

Describe the types and mechanism of Reflexology along with its indication and contra indication.

7. Write a short note on any **Four** of the following : 20  
A. Therapeutic utility of Music therapy.  
B. History and development of Accu-pressure therapy.  
C. Principles of Moxibustion.  
D. Indication and contraindication of Zone therapy.  
E. Physiological effects of Aroma therapy.
8. Answer any **Five** of the following : 10  
A. Define Accu-pressure.  
B. Enlist any four contra indications of Reflexology.  
C. Write any four indications of Reiki.  
D. Write any four Aroma oils.  
E. Enlist any two effects of Magnetism on living organism.  
F. Define Pranic healing.

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**FOURTH YEAR EXAMINATION MARCH-2016**

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

Date : 18-03-2016  
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. Write precise definition of Chikitsa and explain its importance in detail. 10  
2. Write complete Yogic management of Jvara. 10

**OR**

Write complete Yogic management of Yakrita Vikara.

3. Write a short note on any **Four** of the following : 20  
A. Benefits of Pranayama in Pranavaha Srotogata Vikara.  
B. Yogic Management of Karshya.  
C. Rogi Pariksha.  
D. Yogic Management of Shitapitta.  
E. Yogic Management of Shotha.  
4. Answer any **Five** of the following : 10

- A. Enlist the Pranayama useful in Raktapitta.  
B. Enlist Shuddhi Kriyas in management of Pandu.  
C. Enumerate Yogic procedure in Firanga.  
D. Enumerate Yogic procedure in Romantika.  
E. Write cardinal symptoms of Hridshul.  
F. Enlist Asanas useful in the management of Amavata.

**SECTION-B**

5. Write definition of Kushtha and describe its complete management. 10  
6. Explain Yogic management of Pravahika. 10

**OR**

Describe complete Yogic management of Grahani according to its type.

7. Write a short note on any **Four** of the following : 20  
A. Yogic management of Asthikshaya.  
B. Yogic management of Sandhigatavata.  
C. Yogic management of Akshepaka.  
D. Yogic management of Pakshaghata.  
E. Yogic management of Mutrakrichchha.  
8. Answer any **Five** of the following : 10  
A. Enlist the Asanas useful in Grudhrasi.  
B. Enlist Shuddhi Kriyas in Kshudra Kushtha.  
C. Enlist Yogic procedure for Anaha.  
D. Enlist for Yogic procedure useful in Ardita.  
E. Enlist the types of Dharana useful in Akshepaka.  
F. Write cardinal symptom of Vishvachi.

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FOURTH YEAR EXAMINATION MARCH-2016

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

Date : 19-03-2016

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 naturopathic diagnostic procedure. 10  
2. Describe traditional naturopathic management of Pliha Vikara. 10

**OR**

Describe neo naturopathic management of Amavata.

3. Write a short note on any **Four** of the following : 20  
A. Traditional views of naturopathy.  
B. Magnet therapy.  
C. Diet therapy in Jvara.  
D. Diet management in Shotha.  
E. Treatment protocol for Svarabheda.  
4. Answer any **Five** of the following : 10  
A. Enlist chromo therapy techniques in Kamala.  
B. Enlist neo naturopathic protocol for disease Jvara.  
C. Enlist neoneuropathic treatment for Karshya.  
D. Enlist traditional naturopathy treatment for disease Urastrya.  
E. Enlist naturopathic treatment for disease Vatarakta.  
F. Diet therapy in Raktapitta.

**SECTION-B**

5. Describe complete naturopathic management of disease Kushtha. 10  
6. Describe traditional naturopathic management of disease Amlapitta. 10

**OR**

Describe neo naturopathic management for disease Prameha.

7. Write a short note on any **Four** of the following : 20  
A. Magnet therapy in Krumi.  
B. Exercise for Sandhigata Vata.  
C. Mud therapy in Ushnavata.  
D. Naturopathic treatment protocol for Agnimandya.  
E. Accupressure treatment for Shula.  
8. Answer any **Five** of the following : 10  
A. Enlist neo naturopathic treatment of Mutraghata.  
B. Enlist silent features of diet in disease Udara Roga.  
C. Enlist traditional naturopathic treatment for disease Kampa.  
D. Enlist silent features of diet for the management of Kushtha.  
E. Enlist hydro therapy for disease Mutrakruchehha.  
F. Enlist silent features of diet in management of Atopa.

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**FOURTH YEAR EXAMINATION MARCH-2016**

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

Date : 21-03-2016  
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. Define Stri, describe the various stages pertaining to age and their importance in a woman. 10
2. Describe the developmental mile stones in Bala (child) up to 5 years. 10

**OR**

Describe the role of Yoga and Nisargopachara in the management of pregnancy.

3. Write a short note on any **Four** of the following : 20
  - A. Diagnosis and characteristic of pregnancy.
  - B. Role of Yoga in post natal care.
  - C. Garbhopaghatakara Bhavas.
  - D. Nishargopachara and natal care.
  - E. Menarche and its management.
4. Answer any **Five** of the following : 10
  - A. What is the importance of Nishkramana Samskara ?
  - B. Define Dauhrudavastha.
  - C. Enlist the menstrual disorders.
  - D. Define Annaprashana Samskara.
  - E. Define Simmatonayana Samskara.
  - F. Enlist the problem which may occur during puberty of a female.

**SECTION-B**

5. Describe the Yogic and Nisargopachariya management of Pranavaha Srotogata Vyadhis. 10
6. Describe the Naturopathic management for cosmetic purpose. 10

**OR**

Describe the Yogic and Naturopathic management of Shaishaviya Pakshaghata.

7. Write a short note on any **Four** of the following : 20
  - A. Management of Mridbhakshanajanya Pandu by Nishargopachara.
  - B. Management of Tarunyapidika.
  - C. Naturopathic management of Apasmara.
  - D. Yogic management of Dysmenorrhoea.
  - E. Yogic management of Kshiralasaka.
8. Answer any **Five** of the following : 10
  - A. What is meant by Parigarbhika ?
  - B. Enlist Asanas beneficial in excessive menses.
  - C. Enlist the Asanas beneficial in Shaiyamutra.
  - D. Enlist any four naturopathic procedures beneficial in the management of Karshya.
  - E. Enlist the Asanas beneficial in Gandamala.
  - F. Define Annada Avastha.

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**FOURTH YEAR EXAMINATION MARCH-2016**

**MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – IV**

Date : 22-03-2016  
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 ancient concept of psycho-analysis in the context of Manasa Prakruti. 10
2. Describe the concept of psychopathology according to Shrimad Bhagavad Gita. 10

**OR**

Describe the role of Dhairya and Shraddha in correcting the condition of psychopathology.

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 : Naturopathic management of Avasada.
  - E. Write a short note on : Yogic management of Bhrama.
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 'Geriatric Care' with neo-naturopathic approach. 10
6. Describe the management of 'Behavioural Disorders' through Yoga. 10

**OR**

Explain the role of Yoga in developing the Intellectual Quotient (IQ).

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 Arunshika.
  - C. Write a short note on : Shuddhikriyas for Pratishtyaya.
  - D. Write a short note on : Yogasana in eye disorders.
  - E. Write a short note on : Jala Chikitsa and emotional development.
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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**FOURTH YEAR EXAMINATION MARCH-2016**  
**VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA**

Date : 23-03-2016  
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. What is Jangam Visha ? Describe 'Sarpa Visha'. 10  
2. Describe signs and symptoms of various stages of poisoning and its management. 10

**OR**

Describe common 'Visha Chikitsa'.

3. Write a short note on any **Four** of the following : 20  
A. Viruddha Ahara.  
B. Dhatura Poisoning.  
C. Carbon Monoxide poisoning and its management.  
D. Arishta Bandhan.  
E. Dushivisha Chikitsa.
4. Answer any **Five** of the following : 10  
A. Vishakta Vastra.  
B. Write lethal dose and lethal period of Hartal and Erand.  
C. What is Aala Visha ?  
D. What is Shankha Visha ?  
E. Types of Upavisha.  
F. Origin of Visha.

**SECTION-B**

5. Explain medical certificate and rules regarding witness. 10  
6. Explain post mortem examination. 10

**OR**

Explain post mortem changes in the body.

7. Write a short note on any **Four** of the following : 20  
A. Syncope.  
B. Death certificate.  
C. Strangulation.  
D. Mummification.  
E. Foeticide "Bhrunahatya".
8. Answer any **Five** of the following : 10  
A. Describe 'Oath'.  
B. What is jury ?  
C. Explain importance of teeth in identification of dead body.  
D. What is occupational marks ?  
E. Define Summons.  
F. What is meant by Dying declaration ?

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