

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

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

FOURTH YEAR EXAMINATION JULY-2021(New Syllabus)

FUNDAMENTS OF CHIKITSA, HOSPITAL MANAGEMENT & RESEARCH

Date :- 15.07.2021

Time :- 03:00 P.m. to 06:00 p.m.

Thursday

Total Marks :- 100

- Instructions: 1. Every question is compulsory.  
2. Every question bears the marks written on the right side.

SECTION-A

1. Describe Arrangement of light & Ventilation in hospital building in details. 10  
2. Importance of Panchkarma in Nisargopachar kendra. 10

OR

Describe Nasya in Detail.

3. Write a short note on any **Four** of the following : 20  
A. Facilities for ideal meditation hall.  
B. Ancient concept of Panchkarmagar.  
C. Equipments for therapy rooms in Nisargopachar Kendra.  
D. Quality of Ideal Medicine and its relation with Naturopathy.  
E. Who is eligible for Samshodhan karma?  
4. Answer any **Five** of the following : 10  
A. Define Brumhana Chikitsa.  
B. Enlist Qualities of Upasthata.  
C. Enumerate Purvakarma.  
D. What is best season for Vaman? Why?  
E. Define Sattvavajaya Chikitsa.  
F. What is intra departmental relationship?

SECTION-B

5. Describe definition & importance of documentation in medical science. 10  
6. Answer in detail: Why Research is important for Yoga and Naturopathy? 10

OR

Describe – IMRD format.

7. Write a short note on any **Four** of the following : 20  
A. Difference between referencing & bibliography.  
B. Short note on "median".  
C. Describe tubular data.  
D. Describe types of 't' test with utility and examples.  
E. Methods of collection of data.  
8. Answer any **Five** of the following : 10  
A. Define biostatistics.  
B. What is  $\chi^2$  test.  
C. What is 'normal distribution' in statistics?  
D. Enumerate styles of referencing.  
E. What is hypothesis in research?  
F. Define health administration.

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FOURTH YEAR EXAMINATION JULY-2021(New Syllabus)

YOGA PHILOSOPHY- HATHA YOGA TRADITION

Date :- 16.07.2021  
Friday

Time :- 03:00 P.m. to 06:00 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 Yama and Niyama according to Hatha Pradipika. 10  
2. Explain the concept of "Ha & Tha" in Hatha Yoga. 10

OR

Explain the role of Maha Prana & Up Prana in health according to Gheranda Samhita.

3. Write a short note on any **Four** of the following : 20  
A. Cleansing process of Ghat yoga according to Gheranda Samhita.  
B. Sadhaka types & duration of success in Yoga practice according to Shiva Samhita.  
C. Factor for success in Yogic Practices according to Hatha Pradipika.  
D. Do's and Don'ts Ahara according to Gheranda Samhita.  
E. Importance of Nadi Suddhi.  
4. Answer any **Five** of the following : 10  
A. Define Ghat Yoga.  
B. What is the aim of Hatha Yoga ?  
C. Define Khechari.  
D. Describe the Yoga Matha according to Hatha Pradipika.  
E. Enlist any four synonym of Kundalini as per Hatha Pradipika.  
F. Enlist contra indicated season for Yogabhyas as per Gheranda Samhita.

SECTION-B

5. Define Pranayama and its relation to health & disease according to Gheranda Samhita. 10  
6. Explain Samadhi and its differentiation from Dhyana according to Goraksha Samhita. 10

OR

Explain the paths of attainment (Karmakanda) as per Shiva Samhita.

7. Write a short note on any **Four** of the following : 20  
A. Pranayama according to Goraksha Samhita.  
B. Length of exhaled Vayu as per Gheranda Samhita.  
C. Vighna in mukti according to Shiva Samhita.  
D. Write any four benefits of chakra meditation according to Shiva Samhita.  
E. Pranavabhyasa according to Goraksha Samhita.  
8. Answer any **Five** of the following : 10  
A. Define Pinda – Brahmanda.  
B. Write the three parts of days according to Goraksha Samhita.  
C. Define Maya according to Shiva Samhita.  
D. Write importance of Merudanda according to Shiva Samhita.  
E. Write characteristics of any two elements according to Shiva Samhita.  
F. Jnana & Aajnana according to Shiva Samhita.

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**YOGA PRACTICES – III**

Date :- 17.07.2021  
Saturday

Time :- 03:00 P.m. to 06:00 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 therapeutic importance of Pratyahara according to Goraksha Samhita. 10  
2. Define Cyclic Meditation with importance and its techniques. 10

**OR**

Explain any five Dharana as per Vijnana Bhairava Tantra in detail.

3. Write a short note on any **Four** of the following : 20  
A. Therapeutic importance of Jyotirmaya Dhyana.  
B. Therapeutic importance of Agnitatva Dharana.  
C. Types of Dhyana according to Goraksha Samhita.  
D. Therapeutic utility of Aum Meditation.  
E. Technique and importance of Vipassana Meditation.  
4. Answer any **Five** of the following : 10  
A. Define Yoga Nindra with its founder's name.  
B. Define Padaस्था Meditation.  
C. Write any four therapeutic Importance of Vibrational Breath.  
D. Enlist the types of Samadhi according to Gheranda Samhita.  
E. Write the name of any five dharana as per Goraksha Samhita  
F. Write Methods of Pratyahara as per Yogatattvopaniṣat.

**SECTION-B**

5. Explain the effect of Mantra Yoga on the mental health. 10  
6. Explain any two researches on physiological aspect of Relaxation techniques. 10

**OR**

Introduce Sahaja Yoga with its benefits, techniques and definition in detail.

7. Write a short note on any **Four** of the following : 20  
A. Technique and Therapeutic utility of Agni Mudra.  
B. Yogic concept of Kuvalyananda. Lonavla.  
C. Physiological effects of Karma Yoga.  
D. Introduction and importance of Shri Yantra.  
E. Physio-Psycho-Spiritual effects of Samana Mudra.  
8. Answer any **Five** of the following : 10  
A. Write any four therapeutic utility of Apana Mudra.  
B. Write any four researches name on Shat Kriya techniques.  
C. Enlist the types of Japa Yoga.  
D. Write full form of Swami Gitananda Yoga with location.  
E. Write any four benefits of Ashtanga Vinyasa Yoga.  
F. Define Tantra Yoga.

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**FOURTH YEAR EXAMINATION JULY-2021(New Syllabus)**

**NISARGOPACHARA- (ACUPUNCTURE, CT, MLETC.)**

Date :- 19.07.2021  
Monday

Time :- 03:00 P.m. to 06:00 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 Magnetism? Describe history, introduction & magnetism in the Universe. 10
2. Effects of Sunlight on vegetation & microorganism and describe Dr.Rikli's method of sunbath. 10

**OR**

What is Music Therapy? Describe the physiological & psychological effects of Music Therapy.

3. Write a short note on any **Four** of the following : 20
  - A. Physiological effects of Magnet therapy on Nervous system & Endocrine system.
  - B. Write short note on: Dr.Kunhe's Sun-Bath.
  - C. Magnetic Oils and Water.
  - D. Physiological effects of Chromo therapy.
  - E. Write Short note on: Reiki.
4. Answer any **Five** of the following : 10
  - A. What is the meaning of Bio-magnet?
  - B. Write the process of Vitamin-D production during Sunbath.
  - C. What is Helio Therapy?
  - D. What is Pranic Healing?
  - E. Enlist two effects of sunlight on Micro-organism.
  - F. What is Chromo therapy?

**SECTION-B**

5. What is Marmas? Gives the details of Traditional & Modern theories of Acupuncture. 10
6. Describe the 3 Meridians of Acupuncture. 10

**OR**

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

7. Write a short note on any **Four** of the following : 20
  - A. Body and its Reflex Zone.
  - B. Describe Zone and Organ Relationship.
  - C. Write Short note on: Therapeutic utility of Moxibustion.
  - D. Write Short note on: Therapeutic utility of Shiatsu.
  - E. Write Short note on: Scalp Acupuncture.
8. Answer any **Five** of the following : 10
  - A. Definition of meridian.
  - B. Enlist the instruments of Acupuncture.
  - C. Enlist two preventive effects of Reflexology.
  - D. What is Moxibustion?
  - E. What is Korean Therapy?
  - F. What is Acupuncture?

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FOURTH YEAR EXAMINATION JULY-2021(New Syllabus)

**FASTING AND DIET THERAPY**

Date :- 20.07.2021  
Tuesday

Time :- 03:00 P.m. to 06:00 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 effects of fasting in human. 10
  2. Write down classification of fasting and explain therapeutic fasting. 10
- OR**
- Explain crisis and its management during fasting.
3. Write a short note on any **Four** of the following : 20
    - A. Explain hibernation in animals.
    - B. Short fasting.
    - C. Rules and regulations for administering fasting.
    - D. Role of fasting in health preservation.
    - E. Effect of fasting on excretory function.
  4. Answer any **Five** of the following : 10
    - A. What is dry fasting?
    - B. What is juice therapy?
    - C. Importance of water drinking during fasting.
    - D. What is Appetite?
    - E. What changes are observed on pulse during fasting?
    - F. Write down the pathological signs if starvation?

**SECTION-B**

5. Explain food hygiene and health. 10
  6. Write down classification of cooking methods and explain slow cooking methods. 10
- OR**
- Write down the dietary guidelines for Hypertension with explanation of ideal diet plan.
7. Write a short note on any **Four** of the following : 20
    - A. Organic food.
    - B. Write down the customs and tradition of food in South India.
    - C. Write down physiological effect of Papaya on body.
    - D. Write down uses and benefits of Beetroot.
    - E. Write down dietary guidelines of Gout.
  8. Answer any **Five** of the following : 10
    - A. Define Dietetics.
    - B. Enlist harmful effects of Chemical Pesticides.
    - C. Write down rich sources of dietary fibres.
    - D. Write down benefits of Cooked food.
    - E. Write down restrictions of food for Hypothyroidism.
    - F. What is protein requirement in Chronic Renal Failure? And Why?

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**FOURTH YEAR EXAMINATION JULY-2021(New Syllabus)**

**MANAGEMENT OF DISORDERS THROUGH YOGA**

Date :- 22.07.2021

Thursday

Time :- 03:00 P.m. to 06:00 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. Therapeutic effect of Yoga for Ophthalmic disorders. 10
  2. Describe Yoga as a therapeutic tool for Obesity. 10
- OR**
- Describe Physiological effect of Yoga for Asthma.
3. Write a short note on any **Four** of the following : 20
    - A. Yogic Pathogenesis of thyroid dysfunction.
    - B. Concept of Panchkosh in Yoga therapy.
    - C. Preventive management of piles by Yoga.
    - D. Evidence based effect of yogic Pranayam for HTN.
    - E. Effect of speed & awareness factor in disease Management by Pranayam.
  4. Answer any **Five** of the following : 10
    - A. Contraindicated Aasanas for Atherosclerosis.
    - B. Indicated Shuddhi Kriya for APD with reasoning in short.
    - C. Define therapeutic Yoga.
    - D. What is full form of IAYT?
    - E. Indicated Aasanas for Arthralgia of Knee.(Any 4)
    - F. Contraindicated Yogic processes for spondylosis. (Any 4)

**SECTION-B**

5. Describe importance of Psychotherapy in therapeutic Yoga. 10
  6. Describe concept of psychopathogenesis according to Bhagvad Geeta. 10
- OR**
- Describe preventive aspects of Yogic practices.
7. Write a short note on any **Four** of the following : 20
    - A. Therapeutic Yoga for Cancer.
    - B. Importance of dharaniya Vega's Suppression.
    - C. Yogic management of sleep disorders.
    - D. Yogic management in OCD.
    - E. Importance of Super Ego.
  8. Answer any **Five** of the following : 10
    - A. Enlist Four Yogasana for Migraine.
    - B. Define SQ.
    - C. What is ID.
    - D. What is difference Between intellect & Intelligence.
    - E. Enumerate four disease manifest by tamas.
    - F. Enlist any two difference between Psychology & psychotherapy.

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**FOURTH YEAR EXAMINATION JULY-2021(New Syllabus)**

**MANAGEMENT OF DISORDERS THROUGH NISARGOPACHARA**

Date :- 23.07.2021  
Friday

Time :- 03:00 P.m. to 06:00 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 decision making in Naturopathy & Explain prevention of disease in details. 10
  2. Explain line of management for Neuromuscular disorders. 10
- OR**
- Explain Naturopathy management of psoriasis in detail.
3. Write a short note on any **Four** of the following : 20
    - A. Good clinical practice.
    - B. Naturopathic management of Alopecia.
    - C. Naturopathic management of Sciatica.
    - D. Naturopathic management of Dyslipidemia.
    - E. Naturopathic management of IBS.
  4. Answer any **Five** of the following : 10
    - A. Enlist limitations of Naturopathy.
    - B. Explain therapeutic effect of Mud therapy on Heat stroke.
    - C. Enlist Hydrotherapy management for Urticaria.
    - D. Enlist Herbology for Jaundice.
    - E. Enlist Aroma therapy for Eczema.
    - F. Enlist Diet therapy for Cirrhosis.

**SECTION-B**

5. Describe Naturopathic line of management for Geriatric disorders in details. 10
  6. Describe naturopathic management of ENT disorders in details. 10
- OR**
- Describe Naturopathic management for Stress in details.
7. Write a short note on any **Four** of the following : 20
    - A. Naturopathic management of HTN.
    - B. Naturopathic management of Bladder infection.
    - C. Naturopathic management Hypermetropia.
    - D. Naturopathic management of for Cancer.
    - E. Naturopathic management of for Fever.
  8. Answer any **Five** of the following : 10
    - A. Enlist Naturopathic palliative therapy for AIDS.
    - B. Enlist Acupuncture management for Migraine.
    - C. Enlist Diet chart for epilepsy.
    - D. Enlist Naturopathic management for Arrhythmias.
    - E. Enlist Aroma therapy for ear blockage.
    - F. Enlist Hydrotherapy for Depression.

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FOURTH YEAR EXAMINATION JULY-2021(New Syllabus)  
MANAGEMENT OF DISORDERS THROUGH YOGA & NISAGOPACHARA  
(OBG & PEDIATRICS)

Date :- 24.07.2021  
Saturday

Time :- 03:00 P.m. to 06:00 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 yogic and naturopathy management in anti-natal and post-natal care. 10
2. Write yogic and naturopathy management of infertility with proper diagnostic method and counselling. 10

**OR**

What is *Garbha*? Write *Garbhaya Lakshan* and describe *Garbhopaghatakar Bhavas* in detail.

3. Write a short note on any **Four** of the following : 20
  - A. Write short note on yogic and naturopathy management of Amenorrhea.
  - B. Write short note on yogic and naturopathy management of Hyper-pigmentation of pregnancy.
  - C. Write short note on stage of labour.
  - D. Write short note on *Garbhini Masanumasik Parichariya*.
  - E. Write short note on uterus polyps.
4. Answer any **Five** of the following : 10
  - A. Define the term *Stri*.
  - B. Define the term metrorrhagea.
  - C. Write any four symptoms of *Sadhyogruhita*.
  - D. What is female infertility?
  - E. Write symptoms of Menarchial.
  - F. Write difference between PCOS and PCOD.

**SECTION-B**

5. Write Yogic and Naturopathy management of *Krimidant*. 10
6. Write the contraindication of Yogic and Naturopathy management in new born baby. 10

**OR**

Write Yogic and Naturopathy management of *Pravahika*.

7. Write a short note on any **Four** of the following : 20
  - A. Write short note on importance of breast milk.
  - B. Write short note on nutrition value of different food items used for child.
  - C. Write short note on importance of new born baby care.
  - D. Write short note on *Jata Karma*.
  - E. Write Yogic and Naturopathy management of Critinism.
8. Answer any **Five** of the following : 10
  - A. What is *Pushavan*?
  - B. Define the term RDA.
  - C. Define term PEM.
  - D. Write any four symptoms of danger signs during paediatric care
  - E. Define the term *Kridanaka*?
  - F. What is Poliomyelitis?



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FOURTH YEAR EXAMINATION JULY-2021(New Syllabus)

VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA

Date :- 26.07.2021  
Monday

Time :- 03:00 P.m. to 06:00 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 Visha-Vijnana? Explain Gara-Visha in detail. 10
2. Define Jangam Visha & describe the signs and symptoms of Vrushchika Visha with its management. 10

**OR**

What are Mineral toxins? Describe Arsenic poison in detail with signs and symptoms and management.

3. Write a short note on any **Four** of the following : 20
  - A. What is Sthavar Visha? Explain the primary treatment of Ahiphena.
  - B. Write short note on: 'Sarpa-Visha' with its general line of management.
  - C. Write short note on: Jala santrasa.
  - D. Write the poisonous effect of hydrogen sulphide with its management.
  - E. Write the general treatment rules of Visha.
4. Answer any **Five** of the following : 10
  - A. Write the anti dote of Lead and Tin.
  - B. Write the fatal dose and fatal period of Vatsanabh.
  - C. Write the adhisthan of Sthavar-Visha.
  - D. Define the term Upvisha.
  - E. What is Arishta Bandhan?
  - F. Write fatal dose and fatal period of Tamra.

**SECTION-B**

5. Explain the method for determination of age and identification of a human body. 10
6. Write the types of court and their powers in detail. 10

**OR**

Describe Consumer Protection Act and its applicability in Yoga and Nisargopochara.

7. Write a short note on any **Four** of the following : 20
  - A. Write short note on: medical certificate.
  - B. Write short note on: Indian evidence act.
  - C. Write short note on: Oral dying declaration.
  - D. Write Medico-legal aspect of adultery.
  - E. Write Medico-legal aspect of MTP.
8. Answer any **Five** of the following : 10
  - A. Define the term "Witness".
  - B. What is Rigor-mortis?
  - C. What is Insanity?
  - D. Write the IPC section of unisexual act.
  - E. What is dowry death?
  - F. What is foeticides?

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