

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)
FOURTH YEAR EXAMINATION FEBRUARY-2021

HOSPITAL MANAGEMENT & BIOSTATISTICS

Date :- 18.02.2021
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. Describe collection methods of health related statistics. 10
2. Answer any **one** out of two questions: 10
 - A. Describe ideal facilities at Yoga and Naturopathy hospital.
 - B. Write an essay on 'Hospital management'.
3. Write short notes on any **Four** questions: 20
 - A. Use of biostatistics and its benefits.
 - B. Ideal light arrangement in hospital.
 - C. Intra personal relationship.
 - D. Medical records in context of its legal aspects.
 - E. Enlist departments required in Naturopathy hospital.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Enlist any two ways to provide safe water in hospital.
 - B. Enlist primary requirements of ideal hospital.
 - C. Enlist Instruments required at Kriyeroom for Naturopathy hospital.
 - D. Define Documentation.
 - E. Enlist required staff for Naturopathy hospital.
 - F. Enlist any two aims of health related statistics.

SECTION-B

5. Write utility of Percentage in biostatistics. 10
6. Answer any **one** question: 10
 - A. Explain various types of statistics used in health sector.
 - B. What is Census? Write its role in biostatistics.
7. Write short notes on any **Four** questions: 20
 - A. Method for counting of Mean.
 - B. State health administration.
 - C. Bar graph.
 - D. Utility of Piechart.
 - E. National Health rule.
8. Answer any **Five** questions (two to three sentences): 10
 - A. What is descriptive statistics?
 - B. Local Health rule.
 - C. Use of table in biostatistics.
 - D. Limitation of statistics.
 - E. Enlist types of statistics.
 - F. Enlist vital events.

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YOGA PHILOSOPHY-3

Date :- 19.02.2021
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 concepts of penta-elements in detail as per Shiva Samhita 10
2. Answer any **one** out of two questions: 10
 - A. Describe Nadi mentioned in Goraksha Samhita.
 - B. Explain Kundalini as per Hatha Pradipika.
3. Write short notes on any **Four** questions: 20
 - A. Yoga Matha
 - B. Nadanusandhana.
 - C. Jnana or Ajnana.
 - D. Benefit of Swadhishtana Chakra Meditation.
 - E. Seasons in Yogabhyasa.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Explain Chaitanya.
 - B. What is meant by Karma Kanda?
 - C. What is Pinda?
 - D. Enlist four classical systems of Nadi Shuddhi.
 - E. Enlist four factors for success in Yogabhyasa as per H.P.
 - F. Enlist all Upprana.

SECTION-B

5. Explain relationship between Raja Yoga and Hatha Yoga 10
6. Answer any **one** question: 10
 - A. Describe Nirmana Chitta as mentioned in P.Y.S.
 - B. Explain 29 special sites of the body according to Goraksha Samhita.
7. Write short notes on any **Four** questions: 20
 - A. Dharmamegha Samadhi.
 - B. Concept of Ghata Shuddhi.
 - C. Bhramari Pranayama.
 - D. Parinama Traya.
 - E. Relation between Mana and Vayu.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Enlist types of Dhyana as mentioned in Gherandu Samhita
 - B. Enlist Karmas as mentioned in P.Y.S.
 - C. Explain Pranavabhyasa.
 - D. Define Samyam.
 - E. Enlist features responsible for attainment of Siddhis as per P.Y.S.
 - F. What is the length of exhaled Vayu during Bhojana and Nidra?

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YOGA PRACTICES-3

Date :- 20.02.2021
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. Explain Dharana as mentioned in Vijnanbhairav Tantra. 10
2. Describe Pratyahar as mentioned in Gorksha samhita. 10

OR

Explain Samadhi as per Shiva samhita.

3. Write short notes on any **Four** of the following : 20
A. Sthul dhyam
B. Therapeutic effect of Pruthvi tatva dharana
C. Dhyam yoga Samadhi as per Gheranda samhita
D. Technique & therapeutic effect of Anahat chakra dhyam
E. Nadbrahm meditation
4. Answer any **Five** of the following :(two to three sentences) 10
A. How many days Pran has to be controlled to achieve state of Samadhi ?
B. Enlist dhyam as per Goraksha samhita.
C. Define Rupatit dhyam.
D. Write full form of D.R.T.
E. Enlist the stages of Nadanusandhan in sequence.
F. Enlist physical & spitiual benefits of Muladhar chakra dhyam as per Shiva samhita.

SECTION-B

5. Describe importance of Karma yoga in present era. 10
6. Define Yantra yoga & explain therapeutic utility of any 2 Yantras with example. 10

OR

Describe Tantra yoga in detail.

7. Write short notes on any **Four** of the following : 20
A. Yoga of Bihar school.
B. ICYER
C. Ashtang vinyas yoga
D. Research work on reverse posture like Shirshasan.
E. Art of living
8. Answer any **Five** of the following :(two to three sentences) 10
A. Enlist any 2 experimental tools for pranayam.
B. Name founder of Agni yoga.
C. Write technique of krupalu yoga.
D. Write full form of ISKCON.
E. Enlist any 4 publication of Swami kuvalyanandji.
F. Introduce Shivananda yoga.

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NISARGOPACHARA-2

Date :- 22.02.2021
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. Describe chromo therapy and explain Dr. Kuhne's method of Sunbath. 10
2. Define obesity, its management through diet and fasting. 10

OR

Explain therapeutic relevance of 'Marmas'

3. Write a short note on any **Four** of the following : 20
A. Write short note on: Diet after fasting.
B. Healing power of primary colours.
C. Chromo-prescription for Insomnia
D. Effect of sunlight on microorganism.
E. Write short note on: Acupuncture needle.
4. Answer any **Five** of the following : 10
A. Mental influence in fasting.
B. Describe vulnerable points.
C. Precautions of heliotherapy.
D. Sunbath through wet pack.
E. Chromo hygiene.
F. Father of acupuncture and his work.

SECTION-B

5. History and methods of applications in magneto therapy. 10
6. Describe Liver meridian in detail. 10

OR

Define reflexology explain the various reflex zones in the body & how it works.

7. Write a short note on any **Four** of the following : 20
A. Classification of magnetic materials.
B. lumbar spondylosis -Magneto therapy.
C. Write short note on: Reiki
D. Reflexology zone diagram, add a note on hand and foot reflexology.
E. Music therapy.
8. Answer any **Five** of the following : 10
A. Stomach meridian.
B. Electro Magnetic field on human behavior.
C. Prescribe magneto therapy techniques to O.A. Knee.
D. Pranic therapy steps.
E. Types of Moxibustion
F. Magnetic induction.

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FOURTH YEAR EXAMINATION FEBRUARY-2021

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA-I

Date :- 23.02.2021

Time :- 03:00 P.m. to 06:00 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. Yogic management of Yakrut Vikar (Liver disorders) in detail 10
2. Yogic management of Jwara in detail 10

OR

Define Chikitsa and explain principles of Yogic management of disorders.

3. Write a short note on any **Four** of the following : 20
A. Write short note on: Doctor patient relationship.
B. Write short note on: Rogi pariksha.
C. Write short note on: General treatment protocol of yogic management.
D. Write short note on: General yogic management of Pandu.
E. Write short note on: Yogic Management of Swarabheda.
4. Answer any **Five** of the following : 10
A. Enlist the synonyms of chikitsa.
B. Enlist the pranayama in Hrudroga.
C. Write the cardinal symptoms of Udarda and Kotha
D. Enlist symptoms of Snayuka and Yogasana indicated for snayuka.
E. Enlist Pranayam in Vishuchika.
F. Enlist suddhi kriyas in pandu.

SECTION-B

5. Describe complete management of Pakshaghata. 10
6. Write in detail about management of Ashmari 10

OR

Write in detail about management of Agnimandhya.

7. Write a short note on any **Four** of the following : 20
A. Write short note on : Yogic management of Udararoga.
B. Write short note on : Yogic management of Chardi.
C. Write short note on : Yogic management of Mutraghata.
D. Write short note on : Yogic management of Avrutavata.
E. Write short note on : Yogic management of Kampa.
8. Answer any **Five** of the following : 10
A. Enlist the Asanas for asthikshaya.
B. Enlist the Asanas for Ardita
C. Role of Yama and Niyama in Kushtha vyadhi.
D. Role of Yama and Niyama in Grahani
E. Enlist any four yogic practices useful in management of Ardita
F. Enlist any four yogic practices useful in management of Krumi

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MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA-2

Date :- 24.02.2021

Wednesday

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 Naturopathic diagnosis procedure. 10
2. Describe Neo Naturopathic treatment of Parshvashula. 10

OR

Explain diet therapy in management of Trushna.

3. Write a short note on any **Four** of the following : 20
 - A. Naturopathic management of Kushtha.
 - B. Vayu Tattva chikitsa in Kampa.
 - C. Accupressure treatment in Sandhigata Vata.
 - D. Magnet therapy in Grudhrasi.
 - E. Mrutika chikitsa in Anaha.
4. Answer any **Five** of the following : 10
 - A. Write four main aspects of facial diagnosis.
 - B. Enlist Agni Tattva chikitsa beneficial in Shula.
 - C. What is role of hydrotherapy in management of Urostoya.
 - D. Enlist lifestyle management of Prameha.
 - E. Enlist diet management of Shitapitta.
 - F. What is meant by traditional naturotherapy.

SECTION-B

5. Describe acupunctue therapy of Pakshaghata. 10
6. Describe Magnet therapy of Stambhaka. 10

OR

Describe complete naturopathic management of Yakruta Vikara.

7. Write a short note on any **Four** of the following : 20
 - A. Mud therapy in Ushnavata.
 - B. Hydrotherapy in Mutraghata.
 - C. Treatment protocol of Vatrakta.
 - D. Naturopathic diet for Rajyakshma.
 - E. Exercise useful for Akshepaka.
8. Answer any **Five** of the following : 10
 - A. Write four main aspects of Iris diagnosis.
 - B. Enlist silent features of diet management of Kamala.
 - C. Enlist prevention required for Mardana chikitsa.
 - D. Enlist siatsu massage point beneficial for management of Ardita.
 - E. Enlist diet therapy for management of Trushna.
 - F. Write Agnitattva chikitsa beneficial in Shotha.

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FOURTH YEAR EXAMINATION FEBRUARY-2021

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA-3

Date :- 25.02.2021

Thursday

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

Total Marks :- 100

Instructions : All the questions are compulsory.

SECTION A

- 1 Write in detail on Balavastha. 10
- 2 Write in detail on role of Yoga nad Nisargopachara in Pumsavana Samskara. 10
- OR
- 2 Write in detail on role of Yoga nad Nisargopachara in Yajnopavita Samskara.
- 3 Write the short notes on (any Four) 20
- A Garbhopaghatakara Bhava.
- B Role of Yoga nad Nisargopachara in pregnancy.
- C Sadyogruhita Garbhaya Lakshana.
- D Characteristic of pregnancy.
- E Management of menstrual disorders by Yoga and Nisrgopachara..
- 4 Write in short. (any Five) 10
- A Definition of Stri.
- B Jatakarma Samskara.
- C Vivaha Samskara.
- D Gabha.
- E Symptoms of Dauhradavastha.
- F Menopausal syndrome.

SECTION B

- 5 Write the management of Fakka and Shosha. 10
- 6 Write the management of Atisara. 10
- OR
- 6 Write the management of Ardita.
- 7 Write the short notes on any Four of the following. 20
- A Ksiralasaka.
- B Talukantakam.
- C Parigarbhika.
- D Cerebral palsy.
- E Allergic bronchitis
- 8 Define the term. (any Five) 10
- A Pangu.
- B Karshya.
- C Unmada.
- D Shaiyamutrata.
- E Bala graha.
- F Kshirpa avastha

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FOURTH YEAR EXAMINATION FEBRUARY-2021

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA-4

Date :- 26.02.2021

Friday

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

Total Marks :- 100

Instructions : All the questions are compulsory.

SECTION A

- 1 Describe the role of Yoga nad Nisargopachara in the management of Apasmara. 10
- 2 Write in detail on imporatnce of intellect and memory. 10
- OR
- 2 Write in detail on role of psychotherapy accoding to Shrimad Bhagvad Gita.
- 3 Write the short notes on (any Four) 20
- A Sattvavajaya.
- B Pragnaparadha.
- C Management of Avasada.
- D Management of disorders produced by Dharaniya Vegas.
- E Management of Anidra
- 4 Writein short. (any Five) 10
- A Atattvabhinivesha.
- B Psycho analysis.
- C Memory.
- D Lobha.
- E Moha.
- F Mano sangharsha.

SECTION B

- 5 Write in detail on geriatric management by Yoga nad Nisargopachara. 10
- 6 Write in detail on various Shiroroga. 10
- OR
- 6 Write the management of common disorders of oral cavity.
- 7 Write the short notes on any Four of the following. 20
- A Pratishyaya.
- B Nasapaka.
- C Pinasa.
- D Khalitya
- E Palitya.
- 8 Define the term. (any Five) 10
- A Priti
- B Chittaprasadana.
- C Pranayama.
- D Shankhaka.
- E Psychotherapy.
- F Gingivitis

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FOURTH YEAR EXAMINATION FEBRUARY-2021

VISHA VIJNANA AND VYAVAHARA VIDHI VAIDYAKA

Date :- 27.02.2021

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 the 24 Upkramas according to Acharya Charak in detail. 10
2. Answer any one question: 10
 - A. Define Visha and Agad Tantra and write the classification of visha.
 - B. Write a note on Madatyaya and compare it with Contemporary concepts.
3. Answer any **Four** questions: 20
 - A. Alarka visha.
 - B. Dushivisha.
 - C. Garavisha.
 - D. Dhatura poisoning.
 - E. Management of Cobra snake bite.
4. Answer any **Five** questions : 10
 - A. 10 properties of Ojas.
 - B. Vishadata lakshanas
 - C. Visha kanya.
 - D. Symptoms of Vrushchika visha.
 - E. Write nakha-danta visha and its treatment (any one)
 - F. Toxic symptoms of Kuppeelu.

SECTION-B

5. Give the detailed description of Mercury poisoning along with its treatment. 10
6. Answer any one question: 10
 - A. Write a short note on Rigor Mortis.
 - B. Food Poisoning and its treatments with Nisargopachara.
7. Answer any **Four** questions: 20
 - A. Consumer Protection Act in Yoga and Nisargopachara
 - B. Electrocutation.
 - C. Write the Clinical examination for confirmation of death.
 - D. Signs and Symptoms of Copper poisoning.
 - E. Code and Conduct of Physician.
8. Answer any **Five** questions : 10
 - A. What is expert witness?
 - B. What is legal age?
 - C. Euthanasia.
 - D. Legal Abortion.
 - E. Definition of Rape.
 - F. Post-mortem findings in suicide by hanging.