

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR,
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)**

THIRD YEAR EXAMINATION FEBRUARY-2021

ROGA VIJNANA - VIKRUTI VIJNANA

Date :- 18.02.2021
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 migration of Dosha from Koshtha to Shakha and Shakha to Koshtha along with signs and symptoms of increased and decreased Dosha. 10
2. Answer any **one** out of two questions: 10
 - A. Discuss the concept of Agni Dushti with special reference to metabolic disorders.
 - B. Discuss the concept of Oja vitiation in detail according to concept of Yoga, Nisargopachara and Ayurveda.
3. Write short notes on any **Four** questions: 20
 - A. Anomalies due to Indriya Pradosha (vitiation of sensory & motor organs).
 - B. Importance of Vikruti Vijnan.
 - C. Accumulation of morbid matter – as cause for disease manifestation.
 - D. Concept of Ama.
 - E. Importance of Srotas in disease production.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Write the signs and symptoms of Increased Vata.
 - B. What are the signs and symptoms of Sama Pitta ?
 - C. Write the symptoms of decreased Rasa (Rasa Kshaya).
 - D. What are the causative factors of Vitiation of Medovaha Srotas ?
 - E. What are Dashavidha Prana according to Yoga and Ayurveda ?
 - F. Write the Symptoms of Purisha Kshaya and Vriddhi.

SECTION-B

5. Describe etiology, Purvarupa, Samprapti and clinical features of Vatarakta in detail. 10
6. Answer any **one** question: 10
 - A. Write etiology, Purvarupa, Samprapti, types and clinical features of Unmada in detail.
 - B. Describe Shat Kriya Kala and its importance in disease production in detail.
7. Write short notes on any **Four** questions: 20
 - A. Classification of disease according to Acharya Sushruta.
 - B. Agantuja Jwara.
 - C. Chhardi Roga.
 - D. Sthoulya.
 - E. Ardita.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Write the prodromal symptoms (Purvarupa) of Apasmara.
 - B. Write the clinical features of Pittaja Ashmari.
 - C. Enumerate the types of Visarpa.
 - D. Write the pathogenesis (Samprapti) of Raktapitta.
 - E. Write the etiology of Grahani.
 - F. Write the Samanya Lakshana of Amavata.

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DIAGNOSTIC METHODS

Date :- 19.02.2021
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. Definition and development of Iridology. Explain iris chart of right eye. 10
2. Answer any one question: 10
 - A. Describe the concept of Vrutis and Klesha according to Maharshi Patanjali.
 - B. Describe the concept of chakra and Nadis in relation to human health.
3. Answer any **Four** questions: 20
 - A. What is Vital data and its importance in history taking?
 - B. Describe the features of Normal healthy figure.
 - C. What are the various densities of iris fibres and its importance ?
 - D. Reflection of toxic settlement of Arsenic and Bismuth on iris.
 - E. Write concept of Adhi and vyadhi according to yog-vashishtha.
4. Answer any **Five** questions : (two or three sentences) 10
 - A. Explain Iridoscope.
 - B. Open lesions on Iris.
 - C. Define Phrenology.
 - D. Define chromodiagnosis.
 - E. Enlist the Antrayas.
 - F. Enlist the various Gait.

SECTION-B

5. Examination of Cardiovascular System in detail. 10
6. Answer any one question: 10
 - A. Explain Liver Function test in detail.
 - B. Differential Leucocyte count and its interpretation.
7. Answer any **Four** questions: 20
 - A. Write about Thoracocentesis.
 - B. Describe in brief about Thyroid function test.
 - C. Diagnostic significance of MRI.
 - D. Diagnostic importance of Electroencephalography.
 - E. Radiological explanation of Paranasal sinuses.
8. Answer any **Five** questions : (two or three sentences) 10
 - A. Define Lumbar puncture.
 - B. Explain angiography.
 - C. Explain FNAC.
 - D. What is myelogram ?
 - E. Explain ECG
 - F. What is Clinical significance of TSH ?

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THIRD YEAR EXAMINATION FEBRUARY-2021
YOGA – PHILOSOPHY – PATANJALA YOGA & YOGA UPANISHADAS

Date :- 20.02.2021
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 Bahirang Yoga as per Patanjala Yoga sutra. 10
2. Answer any one question: 10
 - A. Describe Samprajnat and Asamprajnat Samadhi.
 - B. Explain importance of Chittavrutti Nirodha in detail.
3. Answer any **Four** questions: 20
 - A. Write a short note on:- Importance of Chittaprasadana.
 - B. Write a short note on :- Pranayama according to Patanjala Yoga Sutra.
 - C. Write a short note on :- Explain "Siddhis" according to Patanjala Yoga Sutra.
 - D. Write a short note on:- "Sahabhava".
 - E. Write a short note on:- Klesha.
4. Answer any **Five** questions : 10
 - A. Define karma according to Patanjala Yoga Sutra.
 - B. Define Nirman Chitta.
 - C. Define Kriya Yoga.
 - D. Dharmamegha Samadhi.
 - E. Define Asana and its benefits.
 - F. Enlist the seven stages of Prajna.

SECTION-B

5. Describe the concept of Ashtanga Yoga as per Shandilyopanishat. 10
6. Answer any one question: 10
 - A. Describe the Philosophy of Yoga as per Yoga Chudamani Upanishat.
 - B. Describe the concept of Yoga according to Yajnavalkya Smruti.
7. Answer any **Four** questions: 20
 - A. Describe the Pathya-Apathya during Yoga practice as per Yoga Chudamani Upanishat.
 - B. Philosophy of Yoga according to DhyanaBindu Upanishat.
 - C. Explain the Vairaja-pranava according to Nadabindu Upanishat.
 - D. Dashavidha Vayu as per Jabala Darshana Upanishad.
 - E. Describe the philosophy of Yoga according to Viveka Chudamani.
8. Answer any **Five** questions : 10
 - A. Enlist the types of Sadhakas as per Shiva Samhita.
 - B. Define Pratyahar as per Patanjala Yoga Sutra.
 - C. Define the Aum according to Goraksha Samhita.
 - D. Enlist the Niyam according to Darsanopanishat.
 - E. Enlist the Dhauti as per Hatha Pradipika.
 - F. Enlist any four Yoga Siddhikara bhavas according to Hatha Pradipika.

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THIRD YEAR EXAMINATION FEBRUARY-2021

YOGA PRACTICES - 2

Date :- 22.02.2021
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 therapeutic importance of Hrid Dhauti. 10
2. Answer any **one** out of two questions: 10
 - A. Explain Pranayama as per Goraksha Samhita.
 - B. Describe variation of Paschimottanasana as per different Yoga schools.
3. Write short notes on any **Four** questions: 20
 - A. Physiological effect of Khechari Mudra.
 - B. Ushtrasana and its variation.
 - C. Therapeutic importance of Yoni Mudra.
 - D. Matsyasana as kaivalaydham lonavala.
 - E. Physiological effect of Jalandhara Bandha.
4. Answer any **Five** questions (two to three sentences): 10
 - A. How many time Uddiyana Bandha should be repeated as per Shiva Samhita.
 - B. Enlist types of Kapalabhati as mentioned in Gheranda Samhita.
 - C. Enlist four therapeutic uses of Mulabandha.
 - D. Define Kaki Mudra.
 - E. Write four therapeutic uses of Netikriya.
 - F. Variation of Virasana as per S.Vyasa.

SECTION-B

5. Explain Svarodaya in detail. 10
6. Answer any **one** question: 10
 - A. Describe Yoga for adult women in detail (before, during and after pregnancy).
 - B. Explain Yoga for personality development and memory boost.
7. Write short notes on any **Four** questions: 20
 - A. Yoga for computer operators.
 - B. Indication and contraindications of Udarshakti Vikashaka Kriya.
 - C. Symptoms of Kundalini awakening.
 - D. Vajroli and its types.
 - E. Variations of Ujjayi Pranayama.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Write two lines of AUM Stavana.
 - B. Which God is worshiped in Savitru Upasana?
 - C. Write two indication of Bhastrika Pranayama.
 - D. Write technique of Amuloma - Viloma as per Iyengar School of Yoga.
 - E. Enlist four symptoms of Kundalini.
 - F. Enlist two indication of Viparita Karani Mudra.

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THIRD YEAR EXAMINATION FEBRUARY-2021

NISARGOPACHARA – HYDRO & MUD THERAPY

Date :- 23.02.2021
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. Write down General Principles of hydrotherapy. 10
2. Answer any **one** out of two questions: 10
 - A. Write down History of Hydro therapy in Roman and Arab civilizations.
 - B. Write down Action and reaction of hot and cold application.
3. Write short notes on any **Four** questions: 20
 - A. Describe the reflex areas of the body & effect of cold water application on those areas.
 - B. Physiological effect of hot application on Nervous system and Musculoskeletal system.
 - C. Explain Haemostatic effect of water.
 - D. Write the role of water in prevention of diseases.
 - E. Explain sedative effects of water.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Enlist therapeutics of Jala Tattva.
 - B. Which hydriatic procedure is always sedative?
 - C. Write effects of cold bath in old age.
 - D. Classification of temperature of water.
 - E. Define restorative effect.
 - F. What is calorific effect?

SECTION-B

5. Write down types of hip bath. Explain neutral hip bath with its physiological actions and therapeutic utility. 10
6. Answer any **one** question: 10
 - A. Name the therapies of internal usage of water and explain enema with Physiological actions, indication and contraindication.
 - B. Write down method, physiological effects, therapeutic applications and contraindication of Turkish bath.
7. Write short notes on any **Four** questions: 20
 - A. Explain cephalic douche in brief.
 - B. Write difference between cold plunge and graduated bath.
 - C. Write cosmetic uses of mud.
 - D. Therapeutic applications and contraindications of hot foot bath.
 - E. Therapeutic applications of fan douche on different temperature.
8. Answer any **Five** questions (two to three sentences): 10
 - A. What are the benefits of sea bathing?
 - B. What is percussion douche?
 - C. Indication of Steam bath.
 - D. What is difference between pack and compress?
 - E. Write down four indications for mud bath.
 - F. Classification of Douches.

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THIRD YEAR EXAMINATION FEBRUARY-2021

PHYSIOTHERAPY

Date :- 24.02.2021
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 the Principles of Relaxed Passive Range of Movements. 10
2. Answer any one question: 10
 - A. Explain Standing positions in detail with a neat diagram.
 - B. Describe the classifications of Movements in detail and their comparison.
3. Answer any **Four** questions: 20
 - A. Write a short note on: Mechanism of Exercise therapy.
 - B. Write a short note on: Suspension therapy.
 - C. Explain the classifications of Posture.
 - D. Describe the importance of Mat exercise in Paralytic patient.
 - E. Describe the basic physics of exercise therapy in brief.
4. Answer any **Five** questions : 10
 - A. Define and enlist Levers.
 - B. What is BOS?
 - C. Write the common physiotherapy advices for a Computer Operators.
 - D. Define Crutch gait.
 - E. Define free exercises.
 - F. Contraindications of Exercises.

SECTION-B

5. Explain Electro-diagnosis and its physiological principles. 10
6. Answer any one question: 10
 - A. Describe the importance of Physiotherapy in Women's Health.
 - B. Explain the necessity of the functional diagnosis in Physiotherapy.
7. Answer any **Four** questions: 20
 - A. Why is Physiotherapy important in Sports?
 - B. Write a short note on: Principles of Co-ordination exercise.
 - C. Enlist technique for Soft tissue Mobilization of the lower extremity.
 - D. Write the different types of Low frequency currents and their therapeutic uses.
 - E. Write a short note on: Define Cryotherapy and its method of application.
8. Answer any **Five** questions : 10
 - A. What are the uses of Electrical Stimulation?
 - B. What are the precautions to be taken during Ultra Violet Radiation?
 - C. Enlist four indications of Proprioceptive Neuro-muscular facilitation.
 - D. Enlist Muscle power Grading.
 - E. Enlist therapeutic uses of Ultra Sound.
 - F. Define Short Wave Diathermy.

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THIRD YEAR EXAMINATION FEBRUARY-2021
MANIPULATIVE THERAPIES

Date :- 25.02.2021
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 about Calmative, Restorative and Tonic effect of massage. 10
2. Answer any one question: 10
 - A. Importance of body mechanics while giving massage.
 - B. Explain Massage for Women in Detail.
3. Answer any **Four** questions: 20
 - A. What are different types of touch and write its physiological effects.
 - B. Write the directives and importance of baby massage.
 - C. Write the techniques and benefits of centrifugal massage.
 - D. Explain excretory effects of massage therapy.
 - E. Explain the preparation of massage room.
4. Answer any **Five** questions : 10
 - A. Define Vibrator Massage.
 - B. Explain Percussion.
 - C. Explain different lubricants of Massage.
 - D. Explain about Massage Environment.
 - E. Different techniques of Postural Drainage.
 - F. Describe effects of Abhyanga of sparshanendriya

SECTION-B

5. Describe various techniques of Fomentation and its physiological effect. 10
6. Answer any one question: 10
 - A. Describe Different essential oils and their benefits. Explain Precautions for uses of aroma oils.
 - B. Describe Osteopathy, its history, basic principles and techniques.
7. Answer any **Four** questions: 20
 - A. Principles of Chiropractic.
 - B. Explain steps in massage of abdomen.
 - C. Relation of Osteopathy to Musculoskeletal system.
 - D. Explain the techniques of Facial massage.
 - E. Explain about postpartum massage.
8. Answer any **Five** questions : 10
 - A. Enlist Tapotment movement.
 - B. MRT in Osteopathy.
 - C. Enlist oils to be avoid in pregnancy.
 - D. Enlist method of friction.
 - E. Explain Equipment required for mixing oils.
 - F. What is the role of Diffuser in Aroma therapy?
