

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

**ROGA VIJNANA - VIKRUTI VIJNANA - I**

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. Explaining word vikruti vijnana (pathology), write its importance and branches. 10
2. What is Agni? Explain role of mandagni, tikshnagni and vishmagni in disease formation. 10

**OR**

Write signs and symptoms of increased dhatu.

3. Write short notes on any **Four** of the following : 20
  - A. Write symptoms of sama and nirama kapha.
  - B. Causes and symptoms of pranavaha srotas vitiation.
  - C. What is Indriyapradosha?
  - D. Write in brief about yogic aspect of vikruti.
  - E. Write about karma vipaka.
4. Answer any **Five** of the following :(two to three sentences) 10
  - A. Define Penta elements.
  - B. What is Morbid matter?
  - C. Define Nadis.
  - D. Define Panchkosha.
  - E. Define Shakha and Koshta.
  - F. Define Ojas.

**SECTION-B**

5. Describe causes and nature of cell injury. 10
6. Defining Growth, explain any two diseases related with growth. 10

**OR**

Write definition and classification of acute and chronic inflammation.

7. Write short notes on any **Four** of the following : 20
  - A. Classification of benign tumours.
  - B. Anomalies due to motor organs.
  - C. Process of Wound healing.
  - D. Enlist diseases caused by fluid and hemodynamic changes in the body.
  - E. Ojo dushti.
8. Answer any **Five** of the following :(two to three sentences) 10
  - A. Define Panchatattva.
  - B. Define Atrophy.
  - C. Define Fibroma.
  - D. Define Benign tumour.
  - E. Define Leiomyosarcoma.
  - F. Define Fibro sarcoma.

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**ROGA VIJNANA - VIKRUTI VIJNANA - II**

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. Explain Shadvidha Rogi Pariksha Vidhi. 10
2. Describing importance of Yogic & Naturopathic diagnostic method, explain the concept of sattva, Rajas and Tamas. 10

**OR**

Explain Ayurvedic classification of disorders.

3. Write short notes on any **Four** of the following : 20
  - A. Write categorization of disorders according to penetration in superficial & deep dhatu.
  - B. Write difference between Nanatmaja & Samanya Vikara.
  - C. Write about Purvarupa.
  - D. Write about spinal diagnosis.
  - E. Write about Vyavachchhedaka Nidana (Differential diagnosis).
4. Answer any **Five** of the following :(two to three sentences) 10
  - A. Define word Upadrava.
  - B. Write names of Dashavidha pariksha.
  - C. What is Umbilical Diagnosis?
  - D. What is Vyadhihetusankarya?
  - E. Write meaning of WHO.
  - F. Define word Vyadhi.

**SECTION-B**

5. Write about disease Pravahika with its Nidana Panchaka. 10
6. Explain about disease Amavata. 10

**OR**

Describe disease Kamala.

7. Write short notes on any **Four** of the following : 20
  - A. Write difference between Atisara & Pravahika Vyadhi.
  - B. Describe Types & Characteristics of Rajyakshama vyadhi
  - C. Write about disease Akshepaka.
  - D. Write about Atattavabhinivesha.
  - E. Write about Grudhrasi.
8. Answer any **Five** of the following :(two to three sentences) 10
  - A. Define Pakshaghata.
  - B. What is Kampa?
  - C. Define Ardita.
  - D. What is Firanga?
  - E. How many types of Kushtha?
  - F. Write Importance of krumi.

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**YOGA PHILOSOPHY - 2**

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. Write in detail on Prana according to Shiva Swarodaya. 10  
2. Write in detail on concept of Yoga according to Hatha Ratnavali. 10

**OR**

Write in detail on concepts of Yoga according to Shatchakra Nirupana.

3. Write the characteristics of the following Upanishat. ( any Four) 20  
A. Brahmavidyopanishat.  
B. Varahopanishat.  
C. Dhyanabindu Upanishat.  
D. Amrutanadopanishat.  
E. Tejobindupanishat.
4. Enlist the saliency of the following Upanishat (any Five). 10  
A. Mahavakyopanishat.  
B. Darshanopanishat.  
C. Yajnya Valkya Smruti.  
D. Yoga Vartika.  
E. Yoga Shikha upanishat.  
F. Jabala Darshana Upanishat.

**SECTION-B**

5. Write in detail on seven stages of Prajna. 10  
6. Write in detail on Sadhaka 10

**OR**

Write in detail on Sabija and Nirbija Samadhi.

7. Write short notes on any Four of the following : 20  
A. Chittavrutti  
B. Importance of Chittavrutti Nirodha  
C. Importance of Yoganushasana.  
D. Pranayama.  
E. Asana.
8. Define the term in two sentences.(any Five) 10  
A. Satya.  
B. Samtosh.  
C. Swadhyaya.  
D. Brahmacharya.  
E. Pratyahara.  
F. Aparigraha.

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**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 various Antar Dhauti in detail. 10  
2. Define Bandha with technique and their physiological effect. 10

**OR**

Define Mudra and explain therapeutic importance of Ashvini mudra with scientific explanation.

3. Write short notes on any **Four** of the following : 20  
A. Define Mandukasan with technique and effect.  
B. Suryabhedan Pranayam.  
C. Effect of Pashini Mudra on nervous system.  
D. Nadi Shodhana as 'Balancing of life' – Explain.  
E. Technique and effect of Vajrasan.  
4. Answer any **Five** of the following : (two to three sentences) 10  
A. Technique of Vrushasan.  
B. Introduce Murchcha Pranayama.  
C. Technique of Tadagi Mudra.  
D. Technique of Mahabandha.  
E. Technique of Mulashodhana.  
F. Enlist the types of Basti with technique as per Gheranda Samhita.

**SECTION-B**

5. Describe memory boosting Yoga practices with examples. 10  
6. Explain the relationship of Kundalini with Chakras and Nadis. 10

**OR**

Explain indication and contra-indication of Sthula Vyayama.

7. Write short notes on any **Four** of the following : 20  
A. Effect of Chandrasvara.  
B. Mahapurusha Vidya.  
C. Yoga as rehabilitation.  
D. Contraindications of Bhastrika Pranayam.  
E. Yoga plan for marketing executives.  
8. Answer any **Five** of the following : (two to three sentences) 10  
A. Write two indication and Contraindications of Vaman Dhauti.  
B. Write four Asanas for lactating mother with explanation.  
C. Write four Suryamantra and their meaning according to the steps.  
D. Mention therapeutic uses of Suryasvara.  
E. Mention indication of Jalandhara Bandha.  
F. Write Yoga plan for labourers.

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**NISARGOPACHARA - I**

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 history of mud therapy in brief along with it's importance in health and disease. 10
2. Describe therapies of Jala Tattva. 10

**OR**

Write the preparation method of mud pack and describe the effect of mud pack over lower abdomen.

3. Write short notes on any **Four** of the following : 20
- A. Cosmetic uses of mud.  
B. Principles of mud therapy.  
C. Effects of temperature on the body.  
D. Importance and utility of mud poultices.  
E. Thermal reaction.
4. Answer any **Five** of the following :(two to three sentences) 10
- A. Enlist reflex areas of body.  
B. Write two therapeutical applications related to Vayu Tattva.  
C. Enlist two indications of hot mud application.  
D. What is action & reaction ?  
E. Write composition of mud.  
F. Enlist types of mud according to Acharya Sushruta.

**SECTION-B**

5. Describe in detail the role of water in health and disease. 10
6. Describe the Physiological effects of fomentation in detail. 10

**OR**

Explain enema along with it's physiological effects.

7. Write short notes on any **Four** of the following : 20
- A. History of hydrotherapy in brief.  
B. Wax bath.  
C. Physiological effects of Spinal bath.  
D. Ancient types of Swedana.  
E. Wet & Dry fomentation – indications & contraindications.
8. Answer any **Five** of the following :(two to three sentences) 10
- A. Define word 'hydrotherapy'.  
B. Enlist benefits of Snana.  
C. Enlist indications of Sitzbath.  
D. Enlist contraindications of Swedana.  
E. Enlist modern types of fomentation.  
F. Write two principles of hydrotherapy.

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**THIRD YEAR EXAMINATION FEBRUARY-2021 (Old Syllabus)**  
**PHYSIOTHERAPY & MANIPULATIVE THERAPIES – I**

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. Explain Gait cycle and phases in detail. 10  
2. Define posture. Its various types and describe how to develop good posture. 10

**OR**

Explain in human body: (i) AXES (ii) PLANES (iii) LEVERS

3. Write short notes on any **Four** of the following : 20  
A. Exercises for cerebellar ataxia.  
B. Relationship between Nisargopachara and Modern physiotherapy.  
C. Principles of soft tissue mobilization.  
D. Define Hanging position and position derived from it.  
E. Normal breathing mechanism.
4. Answer any **Five** of the following :(two to three sentences) 10  
A. Angle of pull.  
B. Benefits of Vyayama.  
C. Cadence.  
D. Uses of free exercises in elbow and knee joint.  
E. Types of Equilibrium with example.  
F. Enumerate types of suspension.

**SECTION-B**

5. Write in detail about the production of microwave diathermy. Explain about physiological effect and therapeutic uses for the same. 10  
6. Describe basic principle of proprioceptive neuromuscular facilitation. Explain pattern of Facilitation in detail. 10

**OR**

Explain in detail about the technique of application of LASER and its effect in pain relief, wound healing and musculoskeletal condition.

7. Write short notes on any **Four** of the following : 20  
A. Explain assessment of Tone and loco motor function.  
B. Community Based Rehabilitation.  
C. Thermal and non-thermal effects of ultrasound.  
D. Spontaneous activity in electromyography.  
E. Short note on: Physiotherapy in Common accidents.
8. Answer any **Five** of the following :(two to three sentences) 10  
A. Checking of ultrasound apparatus.  
B. Coupling media.  
C. SD Curve on partially denervated muscle.  
D. Photosensitization.  
E. How cryotherapy helps in spasticity and spasm.  
F. PEME.

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**PHYSIOTHERAPY & MANIPULATIVE THERAPIES – 2**

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. Explain the effects of pressure of hands on various systems of body. Enlist lubricants for various conditions. 10
  2. (i) Explain: Methods of Vayu Sevana. 10  
(ii) Short note: Effects of massage on nervous system.
- OR**
- (i) Explain: Vayu Sevana with qualities and effects of different directions.  
(ii) Short note: Effects of massage on circulatory system.
3. Write short notes on any **Four** of the following : 20
    - A. Short note: Historical development of manipulative therapies In India.
    - B. Explain: Methods of Abhyanga with scientific logic behind them.
    - C. Explain: The importance of 'Vayu' in therapeutic way.
    - D. Explain: Types of massage according to the movements.
    - E. Explain: Virtues of Abhyanga – as a daily regimen.
  4. Answer any **Five** of the following :(two to three sentences) 10
    - A. Enlist dimensions of manipulative therapies.
    - B. Write down benefits of Eardrops in ayurvedic massage.
    - C. Write down influence of massage upon elimination.
    - D. Enlist effect of lubricants on skin.
    - E. Write the two prominent manipulative therapist of Roman Empire.
    - F. How Abhyanga is different than massage?

**SECTION-B**

5. Explain therapeutic utility of massage. Mention indications and contraindications. 10
  6. (i) Write short note: Osteopathic treatment in respiratory disorders. 10  
(ii) Write short note: Basic principles of osteopathy & usefulness in tendonitis.
- OR**
- (i) Write short note: Diagnostics methods in Chiropractic.  
(ii) Write short note: History and aims of Chiropractic.
7. Write short notes on any **Four** of the following : 20
    - A. Short note: Manipulation and life extension.
    - B. Describe the massage in pregnancy with scientific explanation.
    - C. Describe with uses: (i) Percussion manipulation (ii) Vibratory manipulation
    - D. Describe the technique & effect of massage manipulation with oil. Mention substitutes for oil.
    - E. Define spinal subluxation. Describe how chiropractic can help with this condition.
  8. Answer any **Five** of the following :(two to three sentences) 10
    - A. Who invented Chiropractic and importance of X-Ray in Chiropractic?
    - B. Enlist the precautions while applying massage to a pregnant lady.
    - C. Show difference between: Digital kneading and Palmer kneading.
    - D. Enlist health benefits of massage.

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**FUNDAMENTS OF AYURVEDA - 3**

Date :- 26.02.2021  
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. Describe Srushti Utpatti according to VEDANTA. 10  
2. Enumerate and Explain PURUSHA 10

**OR**

Write an essay on "SHARIRA"

3. Write short notes on any **Four** of the following : 20  
A. SATTYA BUDDHI.  
B. SAMKHYA DARSHANA.  
C. Explain DUHKHA.  
D. PRATITANTRA SIDDHANT.  
E. Rules and ethics for VADA.  
4. Answer any **Five** of the following :(two to three sentences) 10  
A. Define EKDHATVATMAKA PURUSH.  
B. Enumerate VIKRUTI.  
C. What is the meaning of NITYAGA?  
D. Define PRAGYA.  
E. Enumerate SIDDHANTA.  
F. Define SHAKTIGRAHA.

**SECTION-B**

5. What are SHAD UPAKARMAs? Explain RUKSHANA. 10  
6. Write an essay on "CHIKITSA" 10

**OR**

Describe "KUMARA AGAR"

7. Write short notes on any **Four** of the following : 20  
A. JALAUKA.  
B. ASTHAPAN.  
C. SATTVAVAJAY CHIKITSA.  
D. NIDAN PARIVARJAN.  
E. STAMBHANA.  
8. Answer any **Five** of the following :(two to three sentences) 10  
A. Define DAIVYAPASHRAYA CHIKITSA.  
B. Enumerate NIRAGANI SVEDA.  
C. What are the qualities of PARICHARAKA?  
D. What is NAISTHIKI CHIKITSA.  
E. Which types of patients are indicated for BRUMHANA?  
F. Which types of patients are indicated for LANGHANA?

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