

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

SECOND YEAR EXAMINATION APRIL-2022

HYGIENE AND COMMUNITY MEDICINE-I

Date :- 04.04.2022
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 in details about the Ratricharya. 10
2. Define Health according to WHO, Describe dimension of Health. 10

OR

Describe in details about Grishma ritucharya.

3. Write a short note on any **Four** of the following : 20
A. Realation of Agni bala & Ritu.
B. Explain Vyayam in details.
C. Importance of Swasthya Vijana.
D. Explain Suppression of urge of Sneeze.
E. Explain Manasika Vega.
4. Answer any **Five** of the following : 10
A. Difference between Gandusha and Kavala.
B. Contraindication of Dhoompan.
C. Define Swatha.
D. Benefits of Ratna Dharana.
E. Define Tertiary prevention.
F. Positive Health.

SECTION-B

5. Yogic and Naturopathic concept of Nidra. 10
6. Concept of Health system in India. 10

OR

Defination of Sadvritta and Explain Achar Rasayan in detail.

7. Write a short note on any **Four** of the following : 20
A. Sadvritta concerned to Adhyayana.
B. Alma-Ata Declaration.
C. Importance of Brahmacharya.
D. Explain Abrahmcharya and its importance.
E. Health system in India – "State level".
8. Answer any **Five** of the following : 10
A. Objectives of WHO.
B. Sadvritta concerned to Sanana.
C. Types of Nidra.
D. Effects of Ativyavaya.
E. Prajanaparadha.
F. Effects of Ratri Jagarana.

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SECOND YEAR EXAMINATION APRIL-2022

HYGIENE AND COMMUNITY MEDICINE-II

Date :- 05.04.2022

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. Role of Yoga and Nisargopachara in Scholastic hygiene. 10
 2. Describe Dead body disposal. 10
- OR**
- Describe Air pollution in detail.
3. Write a short note on any **Four** of the following : 20
 - A. Water borne disorders.
 - B. Bio-medical waste management.
 - C. Ventilation.
 - D. Small scale water purification.
 - E. Noise pollution.
 4. Answer any **Five** of the following : 10
 - A. Composition of Air.
 - B. Importance of Water & its daily requirement.
 - C. Source of refuse.
 - D. Importance of light.
 - E. Types of ventilation.
 - F. Physical hazards.

SECTION-B

5. Explain Dynamics of Disease transmission. 10
 6. Vitamin A prophylaxis program. 10
- OR**
- Concept of Nindita purusha especially Atishula & Atikrusha.
7. Write a short note on any **Four** of the following : 20
 - A. Explain epidemiology of Small pox.
 - B. Mid-Day Meal programme.
 - C. Explain epidemiology of Typhoid.
 - D. Uses of Epidemiology.
 - E. Intra-Uterine Devices.
 8. Answer any **Five** of the following : 10
 - A. Incubation period.
 - B. Prevention of AIDS.
 - C. Enlist Any Four STDs.
 - D. OPV.
 - E. Droplet Infection.
 - F. Causes of Janapadoddhvamsa.

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SECOND YEAR EXAMINATION APRIL-2022

NUTRITION & DIETETICS

Date :- 06.04.2022
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. What is Guna? Describe Gurvadi Guna in detail. 10
2. Answer any one question: 10
 - A. What is Karma? Discuss its various practical aspects.
 - B. Describe aharavidivisheshayatana.
3. Answer any **Four** questions: 20
 - A. Write short note on:- Importance and function of Vitamin B12.
 - B. Necessary elements of diet.
 - C. Write short note on:- Ideal diet plan for a working person.
 - D. Write short note on:- Anna Bhakta.
 - E. Differentiate Samshodhan and Samshamana with example.
4. Answer any **Five** questions : 10
 - A. What is Dravya?
 - B. Enlist the Rasa which increase the Kapha.
 - C. Explain Grahi.
 - D. Explain Stambhana.
 - E. Write two Pachan dravya.
 - F. Write health benefits of cooked diet.

SECTION-B

5. Describe Western concept of Dietetics. 10
6. Answer any one question: 10
 - A. What is Pathya-Apathya? Explain its importance in health and disease.
 - B. Explain Phal Varga in detail.
7. Answer any **Four** questions: 20
 - A. Concept of Mitahara.
 - B. Describe dos and don'ts of Ahara.
 - C. Explain advantages and disadvantages of vegetarian food.
 - D. Therapeutic uses of Jayaphala and Shatpushpa.
 - E. Describe Naturopathic diet in detail.
8. Answer any **Five** questions : 10
 - A. Write Raspanchak of Kapura.
 - B. Therapeutic uses of Rajika.
 - C. Write sanitation of eating place.
 - D. Write two formulations of Ikshu.
 - E. Write Therapeutic uses of Yusha.
 - F. Write the composition of milk.

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SECOND YEAR EXAMINATION APRIL-2022

YOGA PHILOSOPHY - I

Date :- 07.04.2022
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. Explain Yoga and its importance in Rig Veda. 10
2. Answer any one question: 10
 - A. Describe Philosophical aspect of Yoga in Isha & Mundak Upanishad.
 - B. Describe Philosophical aspect of Yoga in Prashna Upanishad.
3. Answer any **Four** questions: 20
 - A. Define Char Mahabhuta and their function in relation to body according to Charvak.
 - B. Yoga Chudamani Upanishad.
 - C. Brief introduction of Sankhya Darshan.
 - D. Explain Dharma-Marma and Vidhi according to Purva Mimansa.
 - E. Nadabindupanishat.
4. Answer any **Five** questions : 10
 - A. Explain the concept of Prajna & Sheela as per Bauddha Philosophy
 - B. Which questions were asked by the student of Kena Upanishad ?
 - C. What is Pitharpakavada ?
 - D. Enlist Panch Tanmatra.
 - E. What are the three question of Nachiketa ?
 - F. Give the definition of 'Nastika'.

SECTION-B

5. Describe the Philosophy of jnana Yoga. 10
6. Answer any one question: 10
 - A. Describe Kularnava Tantra & its Contribution in Yoga.
 - B. Describe "Bhakti Yoga" as per Shrimad Bhagvat Geeta.
7. Answer any **Four** questions: 20
 - A. Bhakta Lakshana.
 - B. Purushartha Chatushtaya.
 - C. Philosophy of Hatha Yoga.
 - D. Describe the Glimpses of Yoga in Egyptian.
 - E. Concept of behaviours according to Yoga.
8. Answer any **Five** questions : 10
 - A. Which are the forms of intellect?
 - B. Define Nishkama Karma Yoga.
 - C. Define Ahankara.
 - D. Enlist Penta elements.
 - E. Define the word "upanishad".
 - F. What is the meaning of Pudgala ?

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SECOND YEAR EXAMINATION APRIL-2022

YOGA PRACTICES - I

Date :- 08.04.2022
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 technique and Physiological action of Udarshakti Vikasak Kriya. 10
2. Answer any one question: 10
 - A. Describe rules of Yoga Practices in different season.
 - B. Yogic Sthul Vyayam as per Dhiren Bhrmchhari.
3. Answer any **Four** questions: 20
 - A. Karna Shakti Vikasak Kriya.
 - B. Technique and effect of Udarakarshanasana.
 - C. Wrist related Sukshma vyayam as per A.P.M.B.
 - D. Sukshma Vyayam for Shoulder.
 - E. Nasikagra Drishti.
4. Answer any **Five** questions : 10
 - A. Technique and effect of Vayu Nishkasana.
 - B. Enlist 4 Surya mantra with Postures' name in Suryanamaskar.
 - C. Enlist any 4 ankle related sukshma vyayama.
 - D. Technique and effect of Poorna titali Asana.
 - E. Enlist Knee related sukshma vyayama as per A.P.M.B.
 - F. Enlist 2-2 Indication and C.I. of cycling.

SECTION-B

5. Describe Mudras as per H.P. in detail. 10
6. Answer any one question: 10
 - A. Explain Physiological effect of balancing Asana with examples.
 - B. Describe Nauli Kriya in detail.
7. Answer any **Four** questions: 20
 - A. Kukutasana.
 - B. Indication and C.I. of Vajrasana.
 - C. Ujjayi Pranayam.
 - D. Jalandhar Bandha.
 - E. Basti Kriya with types.
8. Answer any **Five** questions : 10
 - A. Write any 4 indication of Bhramari Pranayam.
 - B. Define Plavini Pranayama.
 - C. Technique of Sitkari Pranayama.
 - D. Define Kaplabhati.
 - E. Write Technique of Muktasana.
 - F. Write 4 contra indicationof Uddiyan bandha.

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SECOND YEAR EXAMINATION APRIL-2022

PHILOSOPHY OF NATURE CURE

Date :- 09.04.2022
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. Composition of human body according to Ayurveda & Modern medicine. 10
2. Answer any one question: 10
 - A. Describe 10 basic Principles of Naturopathy.
 - B. Eastern & Western concepts of Nisargopachara.
3. Answer any **Four** questions: 20
 - A. Importance of Prayer in Nisargopachara.
 - B. Concept of cleansing according to Nisargopachara.
 - C. Explain Tri-doshas.
 - D. Importance of diet & Exercise in Naturopathy.
 - E. Compare Naturopathy & Modern Medicine.
4. Answer any **Five** questions : 10
 - A. Arogya Rakshak Panchtantra.
 - B. Vayu Mahabhuta.
 - C. Father of Naturopathy.
 - D. Concept of Life.
 - E. Nidra.
 - F. Deha-Prakruti.

SECTION-B

5. Describe foreign matter theory in detail with it's founder's name. 10
6. Answer any one question: 10
 - A. Define Destructive Principles and describe concept of Vitality & Vital Economy.
 - B. Describe Upas tree.
7. Answer any **Four** questions: 20
 - A. Qualities of Naturopathy & Yoga Practitioner.
 - B. Natural Contraceptive methods for males & females.
 - C. Encumbrances.
 - D. Drug reactions.
 - E. Scope & limitations of Naturopathy.
8. Answer any **Five** questions : 10
 - A. Explain reverse order of Cure.
 - B. Integrative Medicines.
 - C. Unity of disease & Unity of Cure.
 - D. Vaccination.
 - E. Toxins & Antitoxins.
 - F. Inflammation.

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
BACHELOR OF NATURO PATHY AND YOGA SCIENCE (B.N.Y.S.)
SECOND YEAR EXAMINATION APRIL-2022
PATHOLOGY & MICROBIOLOGY -I

Date : 11.04.2022
Monday

Time : 10:00 am to 01:00 pm
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 various branches of Pathology and it's importance. 10
2. Introduction of Immunopathology and describe Autoimmune Disorders. 10

OR

Define Genetic disorders and describe Down's syndrome.

3. Write short notes on any **Four** of the following : 20
- A. Necrosis
 - B. Goucher's diseases
 - C. hyperplasia
 - D. Hemosiderosis
 - E. Wound healing
4. Answer any **Five** of the following :(two to three sentences) 10
- A. Define Cloudy swelling
 - B. Define DIC
 - C. Define Aplasia
 - D. function of antibody
 - E. Define Vaccines
 - F. Define Fibrosarcoma

SECTION-B

5. Define infection and descript nosocomial infection. 10
6. Introduction to sterilization and disinfection of bacteria. 10

OR

General characteristics and methods used for study and diagnosis of fungal infections.

7. Write short notes on any **Four** of the following : 20
- A. Characteristics of Gram Positive Ecobacteria.
 - B. Mechanism of bacteriophage.
 - C. Systematic bacteriology of Pneumococcus .
 - D. Define Parasites.
 - E. Superficial MYCOSIS
8. Answer any **Five** of the following :(two to three sentences) 10
- A. What is normal flora.
 - B. What is plasmids.
 - C. Define Steptococcus.
 - D. Define Ascaris.
 - E. What is normal flora

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SECOND YEAR EXAMINATION APRIL-2022
PATHOLOGY & MICROBIOLOGY - II

Date :- 12.04.2022
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 Acute Respiratory diseases Syndrome in detail. 10
2. Answer any **one** out of two questions: 10
 - A. What is Atherosclerosis? Explain in detail.
 - B. What is Hepatitis? Explain viral hepatitis in detail.
3. Write short notes on any **Four** questions: 20
 - A. Renal stone.
 - B. Explain Diarrhoea.
 - C. Explain Peptic Ulcer.
 - D. Explain Ulcerative Colitis.
 - E. Explain Thromboangitis Obliterans.
4. Answer any **Five** questions (two to three sentences): 10
 - A. What is Pancreatitis?
 - B. What is CCF?
 - C. What is Polycythemia?
 - D. What is Tropical Sprue?
 - E. What is Glomerulonephritis?
 - F. What is UTI?

SECTION-B

5. Describe Diabetes Insipidus? 10
6. Answer any **one** question: 10
 - A. What is Cushing's Syndrome?
 - B. Explain hyper functioning of Parathyroid gland in detail.
7. Write short notes on any **Four** questions: 20
 - A. Osteo Arthritis
 - B. Frozen Shoulder
 - C. Explain Meningitis.
 - D. Explain Psoriasis
 - E. Explain Fibrocystic disease of breast.
8. Answer any **Five** questions (two to three sentences): 10
 - A. What is Hydrocele?
 - B. Explain Cervicites?
 - C. What is Eczema?
 - D. What is Hemorrhoids?
 - E. What is Cretinism?
 - F. What is Lymphadenopathy?
