

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR.**  
**BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)**  
**THIRD YEAR EXAMINATION APRIL-2022**

**ROGA VIJNANA - VIKRUTI VIJNANA**

Date :- 04.04.2022  
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. Discuss Dosha as a principal cause of Vyadhi and describe the signs & symptoms of increased & decreased Dosha along with migration of Dosha from Koshtha to Shakha & Shakha to Koshtha. 10
  2. Discuss the importance of Srotas and Srotomula in disease production. 10
- OR**
- Discuss the role of Dhatu, Upadhatu & Mala in disease production and also describe the causative factors of vitiation of Dhatu, Upadhatu & Mala.
3. Write a short note on any **Four** of the following : 20
    - A. Write short note on vitiation of Dashavidha Prana according to Yoga.
    - B. Write short note on anomalies due to Indriya Pradosha.
    - C. Write short note on Ama.
    - D. Write Definition and importance of Vikruti Vijnana.
    - E. Write short note on Interdependency (Ashraya – Ashrayi Bhava) of Dosha & Dushya.
  4. Answer any **Five** of the following : 10
    - A. What do you mean by Panch Kosha?
    - B. Write the name of Nadis as per Yoga.
    - C. Write the signs and symptoms of Oja Kshaya.
    - D. Write the signs and symptoms of Rasa Kshaya.
    - E. Write the causative factors of Vata aggravation.
    - F. Write the causative factors of vitiation of Pranavaha Srotas.

**SECTION-B**

5. Describe Shat Kriya Kala in detail with its importance. 10
  6. Define disease and describe the classification of disease in detail. 10
- OR**
- Write the etiology, Purvarupa, Samprapti and clinical features of Kushtha in detail.
7. Write a short note on any **Four** of the following : 20
    - A. Write short note on Apasmara.
    - B. Write short note on Shotha.
    - C. Write short note on Ajirna.
    - D. Write short note on Trividha Pariksha.
    - E. Write short note on Vyadhi Hetu Sankarya.
  8. Answer any **Five** of the following : 10
    - A. Write the types of Purvarupa.
    - B. What do you mean by Nidanarthakara Roga?
    - C. Write the causative factors (Nidana) of Krumi Roga.
    - D. Write the cardinal symptoms of Sandhigatavata.
    - E. What do you mean by Vandhyatva?
    - F. What do you mean by Koshtrukashirsha?

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**DIAGNOSTIC METHODS**

Date :- 05.04.2022  
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. Describe principles and techniques of Iris reading with example in detail. 10
  2. Describe characters of front and half encumbrances and compare with healthy body. 10
- OR**
- Explain the concept of Adhi and Vyadhi according to Yoga Vashishtha.
3. Write a short note on any **Four** of the following : 20
    - A. Development of Iridology.
    - B. Scopes of the science of Facial expression.
    - C. Describe the importance of generalphysical examination of Built, Gait and Lymph nodes.
    - D. Describe Satva, Rajas and Tamasa.
    - E. Relevance of ODP- Origin, Duration & Progress in history taking.
  4. Answer any **Five** of the following : 10
    - A. Write about deformities of Vertebral Column.
    - B. Describe toxic effects of Opium and Quinine on iris.
    - C. Write a shore note on Accy point diagnosis.
    - D. Give the name of any six "Antaraya".
    - E. Enlist the five "Klesha"
    - F. Write a short note on " Radia psoloaris".

**SECTION-B**

5. Describe clinical approach and findings in case of Bronchial Asthama in detail? 10
  6. Describe Motor and sensory function examination of Central Nervous system in detail. 10
- OR**
- Describe clinical significance of Liver function Test in case of Jaundice.
7. Write a short note on any **Four** of the following : 20
    - A. Differential diagnosis of Rheumatoid arthritis.
    - B. Write a short note on Thyroid function test.
    - C. Describe the diagnostic skin test.
    - D. Significance of QRS compels in ECG.
    - E. What is PET Scan ? Discuss indications and advantages of PET scan.
  8. Answer any **Five** of the following : 10
    - A. What is Bronchogram?
    - B. Give the name of any four endoscopic procedures.
    - C. Give contra indications of Angiography.
    - D. What is "Thoracocentesis"?
    - E. Give normal values of serum creatinine and Blood Urea.
    - F. Explain about serum amylase.

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THIRD YEAR EXAMINATION APRIL-2022

**YOGA – PHILOSOPHY – PATANJALA YOGA & YOGA UPANISHADAS**

Date :- 06.04.2022  
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 Samadhi according to Patanjala Yoga Darshan in detail. 10
  2. Explain the Heya Hetu, Hana & Hanopaya with definition. 10
- OR**
- Explain Bahirang yoga according to Patanjala Yoga Darshan.
3. Write a short note on any **Four** of the following : 20
    - A. Antaraya according to Patanjala Yoga Darshan.
    - B. Explain Pranayama & its benefits according to Patanjala Yoga Darshan.
    - C. Seven stages of Prajna.
    - D. Explain Nirman chitta according to Patanjala Yoga Darshan.
    - E. Explain Factors responsible for attainment of Siddhis according to Patanjala Yoga Darshan.
  4. Answer any **Five** of the following : 10
    - A. Explain Dharmamegha Samadhi in short.
    - B. Define Kaivalya according to Patnjala Yoga Darshan.
    - C. Define Ishvara according to Patnjala Yoga Darshan.
    - D. Write effects of Nabhi Chakra Samayam.
    - E. Enlist the benefits of Conquering Udanvayu.
    - F. Write the benefits of Swadhyay.

**SECTION-B**

5. Explain the concept of Prana according to Shiva Swarodaya. 10
  6. Describe the concept of Yoga according to Goraksha Samhita. 10
- OR**
- Describe the Philosophy of Yoga according to Yoga Kundalini Upanishat.
7. Write a short note on any **Four** of the following : 20
    - A. Pashupatabrahmanopnishat.
    - B. Describe the concept of Yoga according to Kshurikopanishat.
    - C. Amrutanadopanishat.
    - D. Define Yama & Niyama according to jabaladarshana Upanishat.
    - E. Philosophy of Yoga according to Hatha Ratnavali.
  8. Answer any **Five** of the following : 10
    - A. Define the Pranasukta (Vedokta)
    - B. Enlist the Niyama according to Darsanopanishat.
    - C. Enlist the Dhayan according to Gheranda Samhita.
    - D. Enlist Yogang as per Hatha Pradipika.
    - E. Enlist any four Mudras according to Shiva Samhita.
    - F. Write Philosophy of yoga as per Yajnaya valakyasmruti.

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**THIRD YEAR EXAMINATION APRIL-2022**

**YOGA PRACTICES – 2**

Date :- 07.04.2022  
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 concept and practice of Pranayama as per Shiva Samhita. 10  
2. Explain therapeutic importance of Mula Bandha. 10

**OR**

Variation of Mayurasana as per iyengar.

3. Write a short note on any **Four** of the following : 20  
A. Explain "उदरे पश्चिमलासं नाभिः उर्ये त्वं कारयेत् ।"  
B. Physiology of Vastra Dhauti.  
C. Therapeutic importance of basic Kriya.  
D. Tadagi Mudra.  
E. Uttana Mandukasana as per munger bihar.

4. Answer any **Five** of the following : 10  
A. Write techniques of Nabho Mudra.  
B. Define Pashini Mudra.  
C. Write techniques of Guptasana.  
D. Enlist four therapeutic uses of Jalandhara Bandha.  
E. Enlist Danta Dhauties.  
F. Define Shambhavi Mudra.

**SECTION-B**

5. Describe Yoga plan for menopausal syndrome with appropriate reasoning. 10  
6. Indication or contra indication of Bhastrika Pranayama. 10

**OR**

Variation of Viparit Karani Mudra as per kaivalyadham.

7. Write a short note on any **Four** of the following : 20  
A. Svarodaya for health maintenance.  
B. Relationship of Kundalini with chakras.  
C. Yoga for teachers.  
D. Indication of Sarvanga Pushti.  
E. Yoga for Personality development.

8. Answer any **Five** of the following : 10  
A. Write two lines of AUM Stavana.  
B. Enlist four Yoga practices for elderly people.  
C. Write technique of Mahavedha Mudra as per iyengar.  
D. Enlist two classical Pranayama for Kundalini awakening.  
E. What is Savitru Upasana ?  
F. Enlist four contra indications of Padmasana.

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**THIRD YEAR EXAMINATION APRIL-2022**  
**NISARGOPACHARA – HYDRO & MUD THERAPY**

Date :- 08.04.2022  
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. Concept of Jalatatva in Nisargopachar with its therapeutic applications. 1  
2. Reflex effect of cold and hot water. 1

**OR**

General secondary excitant effects.

3. Write a short note on any **Four** of the following : 2  
A. General rules/directions for use of bath.  
B. History – Hydrotherapy of Hippocrates.  
C. Prophylactic uses of cold water in children and old age.  
D. Thermic reaction.  
E. Effect of cold water application on musculo-skeletal system.  
4. Answer any **Five** of the following : 1  
A. Write down conditions which increases heat production.  
B. Write down classification of water temperature.  
C. What is internal reaction?  
D. Define revulsive effects.  
E. Effect of hot application on respiration.  
F. Write down two physiological effects of cold water application on excretory system.

**SECTION-B**

5. Explain wet sheet pack. 1  
6. Write down the physiological effects with therapeutic uses of alternative douche. 1

**OR**

Write down the different types of mud and its therapeutic utility.

7. Write a short note on any **Four** of the following : 2  
A. Write down the research updates on mud therapies.  
B. Explain Turkish bath.  
C. Explain different types of mud applications.  
D. Write down physiological effects and therapeutic uses of colon irrigation.  
E. Write down cosmetic uses of mud.  
8. Answer any **Five** of the following : 1  
A. What is enema?  
B. Write down the use of full body mud application.  
C. What is Rain Douche?  
D. What is difference between steam bath and sauna bath?  
E. Write down indication of cold water drinking.  
F. Write down precautions of mud therapy.

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**THIRD YEAR EXAMINATION APRIL-2022**  
**PHYSIOTHERAPY**

Date :- 09.04.2022  
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. Define Physiotherapy write a brief note on the role of Physiotherapy in various aspects of life. 10
2. Answer any one question: 10
  - A. Explain Muscle work for all the fundamental Starting position.
  - B. Write short note on classification of movements. Describe the type and uses of Active movements.
3. Answer any **Four** questions: 20
  - A. Write a short note on: Bridging.
  - B. Write a short note on: Mat exercises.
  - C. Define Gravity and Enlist the effects and uses of lying position.
  - D. Explain the Isotonic and Isometric exercises with their Physiological actions.
  - E. Define techniques of Resisted exercises.
4. Answer any **Five** questions : 10
  - A. Define Postures.
  - B. Enlist four uses of Rolling.
  - C. Name the Phases of Gait.
  - D. Why do we use Crutches?
  - E. What is exercises good for?
  - F. Define Vyayama.

**SECTION-B**

5. Describe the importance and utility of Physiotherapy in Sports. 10
6. Answer any one question: 10
  - A. Explain about the various therapeutic currents. Write in detail about Interferential therapy
  - B. Explain in detail the Physiological and Therapeutic effects of Ultra sound.
7. Answer any **Four** questions: 20
  - A. Write a short note on: Soft tissue Mobilization.
  - B. Explain the procedure of Exercise Tolerance Test.
  - C. Describe the Physiological effects of UVR.
  - D. Describe role of Physiotherapy in Health Promotion.
  - E. Enlist the indication and contra-indication of SWD.
8. Answer any **Five** questions : 10
  - A. What is PNF?
  - B. Enlist the Contra-indications of Wax Bath.
  - C. Define LASER.
  - D. Enlist the precautions to be taken for Electromyography.
  - E. Enlist Muscle Power Grading.
  - F. Define Radiant Heat.

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**THIRD YEAR EXAMINATION APRIL-2022**  
**MANIPULATIVE THERAPIES**

Date :- 11.04.2022  
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. Define of Manipulative therapies, its historical highlights and Principles of massage. 10
  2. Full body therapeutic massage procedure with indication and contraindication. 10
- OR**
- Describe Abhyanga in detail.
3. Write a short note on any **Four** of the following : 20
    - A. Aim, Objectives & Strokes of Kellogg's massage.
    - B. Physiological effect of Touch on different system of the body.
    - C. Method of Vayu Sevana.
    - D. Importance of following ethics for massage professional.
    - E. Precaution and Physiological effect of massage in prenatal and postnatal stage of women.
  4. Answer any **Five** of the following : 10
    - A. Difference between basic therapeutic massage & Abhyanga.
    - B. Enlist post massage procedure for masseur.
    - C. What is hot- stone massage?
    - D. Two difference between kneading and friction according to Kellogg.
    - E. When massage is contraindicated during pregnancy?
    - F. What is Petrissage?

**SECTION-B**

5. Description of different essential oils and their benefits. 10
  6. Difference between osteopathy and chiropractic with its physiological effect. 10
- OR**
- Describe fomentation in Detail.
7. Write a short note on any **Four** of the following : 20
    - A. Principles of osteopathy.
    - B. Write a short note on : Svedana and its types.
    - C. What is Carrier oils? Describe almond and apricot kernel oil.
    - D. Describe Solvent extraction method for essential oils.
    - E. Different methods of using essential oils.
  8. Answer any **Five** of the following : 10
    - A. Five fragrance categories of aroma oils. (enlist)
    - B. What is essential oil?
    - C. Equipment required for mixing oils.
    - D. What is Vertebral Subluxation.
    - E. What is Dry Fomentation?
    - F. Contraindication of Aroma therapy.

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