

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

**FUNDAMENTALS OF CHIKITSA, HOSPITAL MANAGEMENT & RESEARCH**

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 Safe water & Sanitation in Hospital. 10  
2. Importance of Chikitsa Chatuspada in naturopathy & Yoga clinical practice. 10

**OR**

Describe Niruha Basti in detail.

3. Write a short note on any **Four** of the following : 20  
A. Qualities of Physician.  
B. Describe Hetu viprit-Vyadhi viprita- Tadarthkari chikitsa in short.  
C. Arrangement facilities for outdoor patients.  
D. Need of hospital administration in Nisargopachar Kendra.  
E. Necessary staff for Naturopathy 50 bedded Hospital.  
4. Answer any **Five** of the following : 10  
A. Enlist types of Nasya.  
B. Enumerate Sahaman chikitsa.  
C. What is Yoga basti?  
D. Effects of excessive langhan.(Any 2)  
E. Define Daivavyapashraya Chikitsa.  
F. What is inter departmental relationship?

**SECTION-B**

5. Define Research and describe types of Research. 10  
6. Describe current Status of research in Yoga & Naturopathy with its Scope. 10

**OR**

Describe Health Rules: international – national & regional and local.

7. Write a short note on any **Four** of the following : 20  
A. Aims & objectives of health related Statistics.  
B. Explain terms 'Population' and 'Sample'.  
C. Describe diagrammatical presentation of data.  
D. Benefits of IMRD.  
E. Methods used for qualitative research.  
8. Answer any **Five** of the following : 10  
A. Full form of RCTs.  
B. Enumerate elements for reference list.  
C. Define "Mode"  
D. Meaning of Vital statistics.  
E. Define "Median".  
F. What is meant by medical records?

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FOURTH YEAR EXAMINATION APRIL-2022

**YOGA PHILOSOPHY- HATHA YOGA TRADITION**

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. Give general information and development about Hatha Yoga & its tradition. 10
2. Explain the relationship between Raj Yoga & Hath Yoga according to Hatha Pradipika. 10

**OR**

Explain Nadis and signs of Nadi Suddhi according to Shiva Samhita.

3. Write a short note on any **Four** of the following : 20
  - A. Define Prana and its role in our body according to Gheranda Samhita.
  - B. Do's and Don'ts of Ahara according to Shiva Samhita.
  - C. Describe Yoga Matha according to Hatha Pradipika.
  - D. Seasons in Yogabhyasa according to Gheranda Samhita.
  - E. Factor for obstructing in Yogic Practice according to Hatha Pradipika.
4. Answer any **Five** of the following : 10
  - A. Complete the Shloka. \* चले वाते..... ततो वायु निरोधयेत् ।
  - B. Enlist the types of Sadhaka according to Shiva Samhita.
  - C. Write any four Upanishad related to Hatha Yoga.
  - D. Enlist Asthamahasiddhi.
  - E. Enlist any four contra indication of Achar (Act) for Yoga practitioner
  - F. Enlist the Niyama according to Hatha Pradipika.

**SECTION-B**

5. Describe Vighna in Mukti according to Shiva Samhita. 10
6. Explain importance of body cleansing according to Gheranda Samhita. 10

**OR**

Explain Pranayama and its relation to health & disease according to Goraksha Samhita.

7. Write a short note on any **Four** of the following : 20
  - A. Write the length of exhaled Vayu at the time of Gayana, Bhojan, Nindra and Margu Gamana.
  - B. Atma & Chaitanaya.
  - C. Explain Agni according to Shiva Samhita.
  - D. Explain Vayu nirodha abhyasa according to Goraksha Samhita.
  - E. Write any five methods of Mantra sadhana as per Shiva Samhita.
8. Answer any **Five** of the following : 10
  - A. Define Pinda.
  - B. Define Rasasvadanubhav according to Goraksha samhita.
  - C. Define Samadhi according to Goraksha Samhita.
  - D. Write any four sign of Yoga sidhi according to Goraksha samhita.
  - E. How many type of karma Kanda are there as per Shiva Samhita?
  - F. Write the benefits of Bhramari according to Gheranda Samhita.

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YOGA PRACTICES-3

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. Describe the therapeutic importance of Pancha Tattva Dahrana as per Gheranda Samhita. 10
2. Define Yoga Nindra with its importance and techniques in detail. 10

**OR**

Explain Samadhi with types, practices and its importance according to Gheranda Samhita.

3. Write a short note on any **Four** of the following : 20
  - A. Physiological effects of Sukshma Dhyan
  - B. Technique and benefits of Sushumana dharana as per Vijnana Bhairava Tantra.
  - C. Technique and therapeutic importance of Cyclic Meditation.
  - D. Importance of Nadanusandhana.
  - E. Therapeutic importance of Jihva Indriya Pratyahara as per Gheranda Samhita.
4. Answer any **Five** of the following : 10
  - A. Define Pratyahara according to Yoga tattvopnishat.
  - B. Define Tejo Dhyan with technique.
  - C. Which sounds can be heard in Ghatavastha?
  - D. Define Transcendental Meditation with technique.
  - E. Write four stages of Dynamic Meditation.
  - F. Define Pindastha Dhyana.

**SECTION-B**

5. Describe Iyengar school of Yoga with therapeutic utility and techniques. 10
6. Describe Raj Yoga of Brahma Kumari. 10

**OR**

Describe the effect of Laya Yoga on body, mind with its therapeutic utility.

7. Write a short note on any **Four** of the following : 20
  - A. Physio-Phycho-Spiritual effect of Vayu Mudra.
  - B. Technique of Shivananda Yoga in brief.
  - C. Yogic aspects of Gayatri Parivar – Pt.Rama Sharma.
  - D. Research on Physiological aspect of Neti.
  - E. Physiological and therapeutic utility of Shree Yantra.
8. Answer any **Five** of the following : 10
  - A. Define Sahaja Yoga.
  - B. Define Kriya Yoga and name its founder.
  - C. Write any four therapeutic utility of Dhyana Mudra.
  - D. Write any four benefits of Anahata Yoga.
  - E. Write any four researches name on Yogasana techniques.
  - F. Introduce Agni Yoga with the name of its founder.

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**FOURTH YEAR EXAMINATION APRIL-2022**  
**NISAGOPACHARA- (ACUPUNTUR, CT, MT.ETC)**

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. Composition of the Magnet therapy & physiological effects of magnet therapy. 10
2. Define Chromo therapy and gives properties of VIBGYOR. 10

**OR**

Explain the development, principles & methods of Reiki.

3. Write a short note on any **Four** of the following : 20
  - A. What is Bio-Magnets? Effects of Magnetism on living organism.
  - B. Physiological action of Sunlight.
  - C. Write short note on: Pranic Healing.
  - D. Indication & Contraindication of Helio Therapy.
  - E. Write short note on : General Sun bath.
4. Answer any **Five** of the following : 10
  - A. What is Natural Magnet?
  - B. What is Reiki?
  - C. Write any four indication of Music Therapy.
  - D. Write any four Advantages of Magnet Therapy.
  - E. Write any four Contra-indication of Chromo therapy.
  - F. What is Pranic Healing?

**SECTION-B**

5. Introduction of Meridian, describe Lung, Large intestine & spleen Meridian with indication and contraindication. 10
6. Describe the methods of applying Moxibustion. 10

**OR**

What is acupressure? Write branches of acupressure and brief about any two acupressure branches.

7. Write a short note on any **Four** of the following : 20
  - A. Write Short note on : Korean therapy and its Massage.
  - B. Physiological effects of Acupressure.
  - C. Write Short note on: Auriculotherapy.
  - D. Therapeutic Utilization of Reflexology.
  - E. Write Short note on : Therapeutic utility of Shiatsu.
8. Answer any **Five** of the following : 10
  - A. What is Scalp Acupuncture?
  - B. What is Acupuncture Anaesthesia?
  - C. Enlist indications of Acupressure.
  - D. Enlist the name of instruments of Acupressure.
  - E. What is difference between Acupressure and Acupuncture?
  - F. How many total Meridians in Acupuncture?

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FOURTH YEAR EXAMINATION APRIL-2022

**FASTING AND DIET THERAPY**

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. Write down hygiene auxiliaries of fasting and explain mental influence. 10
  2. Explain importance of fasting in fever. 10
- OR**
- Explain Mono diet in detail.
3. Write a short note on any **Four** of the following : 20
    - A. Importance of religious fasting.
    - B. Effect of fasting on appetite.
    - C. Effect of fasting on vitals.
    - D. Explain fasting as a means of cleaning.
    - E. Biology of hunger and thirst.
  4. Answer any **Five** of the following : 10
    - A. What is difference between fasting and starvation?
    - B. Write down the methods of breaking fast.
    - C. Write down Contraindications of fasting.
    - D. What is short fasting?
    - E. What is dry fasting?
    - F. Why weight gain occurs during fasting?

**SECTION-B**

5. Write down effects of chemical fertilizers on body. 10
  6. Dietary guidelines for healthy hair. 10
- OR**
- Write down Chemical composition and use of wheat grass with its effects.
7. Write a short note on any **Four** of the following : 20
    - A. Concept of Organic food.
    - B. Medical value of food.
    - C. Write down classification of cooking methods and explain steaming.
    - D. Write down the method and benefits of Sprouting.
    - E. Write down dietary guidelines for Diabetes Mellitus.
  8. Answer any **Five** of the following : 10
    - A. What are micronutrients?
    - B. Food sanitation.
    - C. Write down nutritional goals for Alzheimer patients.
    - D. Importance of diet in respiratory disorders.
    - E. Write down the customs and traditions of north India.
    - F. Write down poaching method of cooking.

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FOURTH YEAR EXAMINATION APRIL-2022

**MANAGEMENT OF DISORDERS THROUGH YOGA**

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. Describe therapeutic effect of various Yogic practices in Neuromuscular disorders with example. 10

2. Describe Yogic effect for lifestyle disorder – DM. 10

**OR**

Describe therapeutic effect of Aasana, Pranayam, Meditation for HTN.

3. Write a short note on any **Four** of the following : 20

- A. Preventive effect of Yoga in Fibrosis of lung.
- B. Effect of Yam-Niyam in Prevention of CFS.
- C. Describe Role of Pranayam in treatment of COPD.
- D. Physiological eff. Of Aasana in Arthralgia.
- E. Contraindication for Arrhythmia with appropriate reasoning.

4. Answer any **Five** of the following : 10

- A. Enumerate Chakra with its location. (Any four)
- B. Enumerate any four contraindicated Aasanas in IVPD.
- C. Enumerate any two contraindicated Shuddhi Kriya in Sciatica.
- D. Enumerate any four indicated Pranayama in Lung Fibrosis.
- E. Enumerate Shuddhi Kriya to prevent Ophthalmic disorders. (Any two)
- F. Enumerate Yogasana for constipation. (Any four)

**SECTION-B**

5. Modern & ancient concept of Psychoanalysis. 10

6. Concept of Pragna & Pragnaparadh in relation with disease. 10

**OR**

Role of Yoga therapy for AIDS.

7. Write a short note on any **Four** of the following : 20

- A. Role of yoga in improvement of Quality of life.
- B. Satvavajay chikitsa.
- C. Yoga for Anxiety.
- D. Management of Phobias by Yoga.
- E. Health promotion through Yoga.

8. Answer any **Five** of the following : 10

- A. Yogic Pranayama for Sleep disorders.( Any 4)
- B. Define EQ.
- C. Define Ego.
- D. Psychopathogenesis described in Bhagwad Geeta.
- E. What is the importance of Memory in health and diseases condition?
- F. Name of the theory proposed by William James.

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**FOURTH YEAR EXAMINATION APRIL-2022**

**MANAGEMENT OF DISORDERS THROUGH NISAGOPACHARA**

Date :- 11.04.2022  
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. Explain good clinical practice & its guideline in details. 10
2. Explain Naturopathic prescription making of Algorithmic line of management for skin disorders. 10

**OR**

Explain Naturopathic management for Obesity in details.

3. Write a short note on any **Four** of the following : 20
  - A. Basic principal of screening diseases.
  - B. Naturopathic management for chronic fatigue syndrome.
  - C. Naturopathic management for Metabolic disorders.
  - D. Naturopathic management for GERD.
  - E. Naturopathic management for gall stone.
4. Answer any **Five** of the following : 10
  - A. Define Scope of practice in Naturopathy.
  - B. Enlist hydrotherapy management for Oedema.
  - C. Enlist Diet Therapy for Anaemia.
  - D. Enlist Naturopathy treatment for food poisoning.
  - E. Enlist Herbology for piles.
  - F. Explain effect of Sunbath for RA.

**SECTION-B**

5. Describe Naturopathic line of management for Cardiovascular disease. 10
6. Describe Naturopathic prescription making and Algorithmic line of management for Respiratory Disorders. 10

**OR**

Describe Naturopathic management for Infertility in detail.

7. Write a short note on any **Four** of the following : 20
  - A. Naturopathic management of Fever.
  - B. Naturopathic management of Erectile dysfunction.
  - C. Naturopathic management of Alzheimer disease.
  - D. Naturopathic management of Glaucoma.
  - E. Naturopathic palliative therapy for Cancer.
8. Answer any **Five** of the following : 10
  - A. Enlist Naturopathic management for Dental carries.
  - B. Write effect of Massage on sleep disorders.
  - C. Enlist Aroma therapy for Sinusitis.
  - D. Enlist Dietary management of geriatric disorders.
  - E. Enlist Hydrotherapy management for anorexia Nervosa.
  - F. Enlist Herbology for COPD.

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FOURTH YEAR EXAMINATION APRIL-2022

MANAGEMENT OF DISORDERS THROUGH YOGA & NISAGOPACHARA (OBG & PEDIATRICS)  
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. Write the definition of *Stri* and its various stages with its importance. 10  
2. Write stages of labours in detail. How to conduct normal delivery? 10

**OR**

Write characteristic features of *Sadyogruhita* and define *Dauhrudavastha* with its complications.

3. Write a short note on any **Four** of the following : 20  
A. Write Yogic and naturopathy management of dysmenorrhoea.  
B. Write Yogic and naturopathy management of Hypo-pigmentation of pregnancy.  
C. Write Yogic and naturopathy management of Uterus-fybroid.  
D. Write Yogic and naturopathy management of ANC.  
E. Write short note on *Garbhopaghatakara Bhava*.  
4. Answer any **Five** of the following : 10  
A. Write the difference between PCOS and PCOD.  
B. Define the term menopause.  
C. Write the symptoms of Benign lesions of the cervix.  
D. Write the importance of PNC.  
E. Enlist the problem which occur during puberty of femate.  
F. Write the importance of counselling in female infertility.

**SECTION-B**

5. Write the contraindication of Yogic and Naturopathy management in new born baby. 10  
6. Write Yogic and naturopathy management of *Yakrit Roga*(Hepatitis). 10

**OR**

Write Yogic and naturopathy management of *Krimi* (worm infestation).

7. Write a short note on any **Four** of the following : 20  
A. Write Yogic and naturopathy management of Rickets.  
B. Write Yogic and naturopathy management of common cold(*Pratishyaya*).  
C. Write short note on general care of new born baby.  
D. Write short note on balanced diet for growing child.  
E. Write short note on *Kumaragara*.  
8. Answer any **Five** of the following : 10  
A. Write any four adverse effects of fast food.  
B. Define the term *Jata-Karma*.  
C. Define the term RDA.  
D. What is goiter ?  
E. What is *Krimidant* ?  
F. Write the importance of breast-feeding ?

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**FOURTH YEAR EXAMINATION APRIL-2022**

**VISHA VIGNANA & VYAVAHARA VIDHI VAIDYAKA**

Date :- 13.04.2022  
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. Describe the Snake poisoning with their features of the bite and their management. 10
2. Describe Chaturvimshati Chikitsa Upakrama of Acharya Charaka in detail. 10

**OR**

Define Sthavara Visha in detail with their primary management line.

3. Write a short note on any **Four** of the following : 20
  - A. Write short note on: Alarka Visha.
  - B. Explain poisonous effect of CO<sub>2</sub> (Carbon Dioxide) and its management.
  - C. Explain poisonous effect of Pb (lead) and its management.
  - D. Write short note on: Vruschika Visha.
  - E. Write short note on: Dushi Visha.
4. Answer any **Five** of the following : 10
  - A. What is Arishta Bandhan?
  - B. What is Gara-Visha?
  - C. Write the fatal dose of rat poison.
  - D. Write the fatal dose and fatal period of Mercury.
  - E. What are Asphyxiants?
  - F. Write the antidote of Tin and Copper.

**SECTION-B**

5. What are the responsibilities of physician in criminal matters? Explain professional negligence in detail. 10
6. Explain the method of personal identification and its medico-legal aspect in detail. 10

**OR**

Describe Consumer Protection Act and its applicability in Yoga and Naturopathy.

7. Write a short note on any **Four** of the following : 20
  - A. Write a short note on: injury and its types.
  - B. Write a short note on: Medico-legal importance of MTP.
  - C. Write a short note on: Medico-legal aspect of AIDS.
  - D. Write a short note on: Medico-legal importance of virginity.
  - E. Write a short note on: changes in body after death.
8. Answer any **Five** of the following : 10
  - A. Write the IPC section of Dowry death.
  - B. What is meant by impotency?
  - C. Define expert witness.
  - D. What is an inquest?
  - E. Define dying declaration.
  - F. What is Jury.

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