

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

HOSPITAL MANAGEMENT AND BIOSTATISTICS

Date :- 18.07.2022
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. Explain facilities required in IPD & OPD of Yoga & Naturopathy Hospital. 10
2. Answer any **one** out of two questions: 10
 - A. Write importance of man power management in hospital.
 - B. Explain importance of documentation in hospital.
3. Write short notes on any **Four** questions: 20
 - A. Linen Management in Hospital.
 - B. Utility of meditation hall in hospital.
 - C. Write objectives of health statistics.
 - D. Importance of financial management.
 - E. Intra-Personal relationship.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Write executive posts in hospital.
 - B. How to maintain sanitation in hospital?
 - C. Enlist the legal aspects of medical certificate.
 - D. Enlist the importance of Indoor Patient records.
 - E. Define hospital administration.
 - F. Enlist the aims of health statistics.

SECTION-B

5. Define Census and explain the role at Census in biostatistics. 10
6. Answer any **one** question: 10
 - A. What is notification of disease? Describe importance and methods of notification of disease.
 - B. Write the utility of piechart in biostatistics.
7. Write short notes on any **Four** questions: 20
 - A. Vital events.
 - B. Write method of counting median and its importance in biostatistics.
 - C. National health administration.
 - D. Types of Statistics.
 - E. Frequency.
8. Answer any **Five** questions (two to three sentences): 10
 - A. What is the difference between International & National health rules?
 - B. Define Mode.
 - C. What is meant by paired 't' test?
 - D. Define SRS.
 - E. What is meant by 'Chi square test'?
 - F. What is meant by descriptive statistics?

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FOURTH YEAR EXAMINATION JULY-2022(Old Syllabus)

YOGA PHILOSOPHY – III

Date :- 19.07.2022
Tuesday

Time :- 10:00 a.m. to 01:00 p.m.
Total Marks :- 100

Instructions : All the questions are compulsory.

SECTION A

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|----|---|----|
| 1 | Describe the factors obstructing Yogic practices in detail. | 10 |
| 2 | Describe Pranayama in detail. | 10 |
| OR | | |
| 2 | Write in detail on Sadhaka. | |
| 3 | Write the shortnotes on: (any Four) | 20 |
| A | Khechari Samadhi | |
| B | Nadi Shuddhi. | |
| C | Hatha Yoga. | |
| D | Paths of attainment. | |
| E | Agni. | |
| 4 | Define the term: (any Five). | 10 |
| A | Chakra meditation. | |
| B | Maya. | |
| C | Mantra Sadhana. | |
| D | Merudanda. | |
| E | Mukti | |
| F | Brahmadanda. | |

SECTION B

- | | | |
|----|--|----|
| 5 | Write in detail on relationship between Mana and Vayu. | 10 |
| 6 | Write in detail on Dhyana and its types. | 10 |
| OR | | |
| 6 | Write in detail on Pratyahara and its Matra. | |
| 7 | Write the short notes on any four of the following. | 20 |
| A | Benefits of samyama. | |
| B | Importance of Bhramari. | |
| C | Importance of body cleansing. | |
| D | Raja Yoga. | |
| E | Hatha Yoga. | |
| 8 | Define the term in two sentences.(any Five) | 10 |
| A | Nirmana Chitta. | |
| B | Kaivalya. | |
| C | Samadhi. | |
| D | Pranavabhasya. | |
| E | Pranavidya. | |
| F | Vasana (Desires). | |

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FOURTH YEAR EXAMINATION JULY-2022(Old Syllabus)

YOGA PRACTICES – III

Date :- 20.07.2022
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. Describe Yoga nidra in detail. 10
2. Answer any **one** out of two questions: 10
 - A. Explain Pratyahar as mentioned in Gheranda Samhita.
 - B. Describe Dharana as per Vijnan bhairav Tantra.
3. Write short notes on any **Four** questions: 20
 - A. Ghatavastha.
 - B. Benefits of Manipoor Chakra Dhyam.
 - C. Rasanand Yoga Samadhi.
 - D. Vipassana Meditation.
 - E. Therapeutic importance of Saguna Dhyam.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Write technique of Sukshma dhyam.
 - B. Write special techniques of Pratyahar mentioned in Goraksha Samhita.
 - C. Enlist special technique of Dhyam Yoga & Nada Yoga Samadhi.
 - D. Enlist any four therapeutic uses of Jaltatva dharana.
 - E. Write technique of Nadabrahma meditation.
 - F. What is Vibrational Breath ?

SECTION-B

5. Explain therapeutic utility of Mantra Yoga. 10
6. Answer any **one** question: 10
 - A. Introduce Iyengar School of Yoga in detail.
 - B. Explain therapeutic importance & effect of Yantras with appropriate examples.
7. Write short notes on any **Four** questions: 20
 - A. Art of living.
 - B. Research activities on Shat Kriya.
 - C. Swami Kavalayanandaji's Yoga School.
 - D. Hriday Mudra.
 - E. Bihar School of Yoga.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Write technique of Integral Yoga.
 - B. Enlist any two Scientific tools by which Meditation can be evaluated.
 - C. Introduce Agni Yoga.
 - D. Write about Siddhu Yoga.
 - E. Enlist any two types of Laya Yoga.
 - F. Enlist types of Karma.

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NISARGOPACHARA – II

Date :- 21.07.2022
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. Write the definition, classification and benefits of fasting. What is the procedure to break fasting in respect of therapy? 10
2. Answer any **one** out of two questions: 10
 - A. Explain chromo diagnosis. How to manage the hypothyroidism disorder with chromo therapy?
 - B. Describe the principles and therapeutic utility of Meridianology.
3. Write short notes on any **Four** questions: 20
 - A. Marma.
 - B. Method and types of therapeutic fasting.
 - C. Explain Dr. Kunhe's method of sunbath.
 - D. Contra indication and complications of acupuncture.
 - E. Symptoms of Parkinson's disease and management by Chromotherapy.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Religious fasting.
 - B. Exercise.
 - C. Study of tongue in fasting.
 - D. Aum.
 - E. Acupuncture needle.
 - F. Aroma therapy.

SECTION-B

5. Write the definition, principle, method and therapeutic utility of Moxibustion. 10
6. Answer any **one** question: 10
 - A. Describe the Zone therapy in detail with elaborating the reflex zones.
 - B. Write the harmful effects of excessive exposure of electromagnetic field in chronic disease.
7. Write short notes on any **Four** questions: 20
 - A. Shiatsu.
 - B. Factor influencing the acupressure.
 - C. Pranic Healing and Chakras.
 - D. Essence of meridian.
 - E. Auriculotherapy.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Character of Therapeutic magnet.
 - B. Tunia.
 - C. Guasha.
 - D. Filiform needle.
 - E. Classification of Magnet.
 - F. Extra meridian.

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FOURTH YEAR EXAMINATION JULY-2022(Old Syllabus)

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – I

Date :- 22.07.2022
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. Describing Yogic Shuddhi kriyas. Explain its importance and utility in medical Science. 10
2. Answer any **one** out of two questions: 10
 - A. Describe disease Kamala with Yogic management of it.
 - B. Write Yogic management of Hrudroga in different condition and types of it.
3. Write short notes on any **Four** questions: 20
 - A. General yogic management of Yakruta Vikara.
 - B. Write Pranayama usefulness in Jvara.
 - C. Yogic management of Atisara.
 - D. Yogic management of Amavata.
 - E. Yogic procedure for Pandu.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Enlist Pranayama useful in Snayuka.
 - B. Enlist Yogasana useful in Shotha.
 - C. Write Cardinal Symptoms of Amavata.
 - D. Enlist diagnostic tools of Yogic science.
 - E. Enlist suddhikriya for management of Agnimandya.
 - F. Enlist Dharana useful in Kamala.

SECTION-B

5. Describe Yogic management of Grahani. 10
6. Answer any **one** question: 10
 - A. Explain Doctor-Patient relationship.
 - B. Defining Vata Vikar explain Yogic management of Grudhrasi.
7. Write short notes on any **Four** questions: 20
 - A. General Yogic management of Visarpa.
 - B. Yogic management of Kampa.
 - C. Yogic management of Ashmari.
 - D. Yogic management of Krumi.
 - E. Yogic management of Amlapitta.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Enlist Pranayama useful in Atopa.
 - B. Enlist Suddhi Kriyas for Mutraghata.
 - C. Enlist Yogasana for Ardita.
 - D. Enlist Yogasana for Kushtha.
 - E. Enlist pranayama for Bahirayama.
 - F. Write cardinal symptoms of Chhardi.

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MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – II

Date :- 23.07.2022

Time :- 10:00 a.m. to 01:00 p.m.

Saturday

Total Marks :- 100

- Instructions: 1. Every question is compulsory.
2. Every question bears the marks written on the right side.

SECTION-A

1. Describe general treatment protocol, do's and don'ts of traditional nisargopachara therapy. 10
2. Answer any **one** out of two questions: 10
 - A. Describe neo-naturopathy management of Urah Kshata.
 - B. Describe naturopathic management of Jvara.
3. Write a short note on any **Four** of the following : 20
 - A. Croma therapy in Kamla.
 - B. Diet management of Amavata.
 - C. Treatment Protocol of Yakruta Vikara.
 - D. Sparsha Chikitsa in Udarda.
 - E. Acupressure treatment in Hrudroga.
4. Answer any **Five** of the following : 10
 - A. Write Precaution required in Mardana Chikitsa in Ardita.
 - B. Write do's and don'ts in the management of Raktapitta.
 - C. Enlist life style management of Prameha.
 - D. Write management therapy in Amavata.
 - E. Write the management of Pakshagatha.
 - F. Enlist Agnitatva Chikitsa in Trushna.

SECTION-B

5. Explain management of Rajyakshama through Nisargopachara. 10
6. Answer any **one** out of two questions: 10
 - A. Write traditional naturopathic management of disease Kushtha.
 - B. Write neo naturopathic management of disease Shula.
7. Write a short note on any **Four** of the following : 20
 - A. Naturopathic treatment protocol for disease Atisara.
 - B. Exercise for Stambhaka.
 - C. Management therapy in Mutraghata.
 - D. Role of hydro therapy in Ashmari.
 - E. Mud therapy in Visarpa.
8. Answer any **Five** of the following : 10
 - A. Enlist silent features of diet in management of Udara Roga.
 - B. Enlist hydro therapy modalities beneficial for disease Chhardi.
 - C. Define Khanja.
 - D. Write diet therapy of disease Grahani.
 - E. Enlist Naturopathy treatment in disease Kampa.
 - F. Enlist role of mud therapy in skin disorders.

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MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – III

Date :- 25.07.2022

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 the term "Stri". Write in detail on various stages of Stri pertaining to age and their importance and problems 10
2. Answer any **one** out of two questions: 10
 - A. Define Samskara and its importance. Write in detail on the role of Yoga and Nisargopachara in Samskara.
 - B. Write in detail on Garbhini Masanumasika Paricharya.
3. Write short notes on any **Four** questions: 20
 - A. Bala avastha and its various stages.
 - B. Garbhopaghatakara Bhavas.
 - C. Role of Yogic and Nisargopachariya management in Pregnancy.
 - D. Dauhradavastha and its complications.
 - E. Management of menopausal syndrome.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Sadyogruhita.
 - B. Artava.
 - C. Shukra.
 - D. Menstrual disorders.
 - E. Menarchial disorders.
 - F. Jatakarma

SECTION-B

5. Write the contraindications of Yogic and Nisargopachariya management of pediatric patients, precautions and care in detail. 10
6. Answer any **one** question: 10
 - A. Write the management of Jvara.
 - B. Write the management of Parigarbhika in detail.
7. Write short notes on any **Four** questions: 20
 - A. Cerebral palsy.
 - B. Unmada.
 - C. Ardita.
 - D. Kshiralasaka.
 - E. Malavarodha.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Tarunyapidika.
 - B. Krumidanta.
 - C. Pangu.
 - D. Talukantaka.
 - E. Atisara.
 - F. Shaiyamutra.

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FOURTH YEAR EXAMINATION JULY-2022(Old Syllabus)

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA - IV

Date :- 26.07.2022

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 the concept of psychopathology. 10
2. Answer any **one** out of two questions: 10
 - A. Describe the Yogic management of AnaAvasthita Chittavastha.
 - B. Write in details on methods for mind control.
3. Write short notes on any **Four** questions: 20
 - A. Concept of Id,Ego & super Ego.
 - B. Chittaprasadana.
 - C. Bhrama & Vibharama.
 - D. Dharaniya Vega & its importance in psychology.
 - E. Role of Naturopathy in Nidra Vikara.
4. Answer any **Five** questions (two to three sentences): 10
 - A. Define spiritual development.
 - B. Define Bhaya.
 - C. Define Pragna.
 - D. Enlist the types of Unmada.
 - E. Define memory.
 - F. What is meant by Lobha.

SECTION-B

5. Describe the management of behavioural disorder through Naturopathy. 10
6. Answer any **one** question: 10
 - A. Describe the theory of stress & its Yogic management.
 - B. Describe the Naturopathic management of Ardhavabhedaka.
7. Write short notes on any **Four** questions: 20
 - A. Management of Putinasa through Yoga.
 - B. Management of Shankhaka through Naturopathy.
 - C. Management of eye disorders through yoga.
 - D. Yogic management of Swarabheda.
 - E. Naturopathy management of Nasarsha.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Enlist the Yogic management of Tundikeri.
 - B. Enlist the use of Pranayama in the management of Shirobhitapa.
 - C. Enlist the Naturopathy management of Shirobhitapa.
 - D. Enlist useful Yoagasana in the management of Khalitya.
 - E. Define emotional disorders.
 - F. Naturopathic management of osteoarthritis.

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FOURTH YEAR EXAMINATION JULY-2022(Old Syllabus)

VISHA VIJNANA AND VYAVAHARA VIDHI VAIDYAKA

Date :- 27.07.2022
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. Define the term Visha and explain it's classification in detail. 10
2. Explain 24 Upakramas according to Acharya Charaka.

OR

Describe Alarka Visha (Rabies) in detail.

3. Write short notes on any **Four** of the following : 20
A. What are the Nisargopachariya measures in Poisoning?
B. Examination of Poisonous food.
C. Short note ; Dushi Visha
D. Short note ; Bhallataka Visha
E. Cardiac Poison with example and antidote.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Visha Samkata
B. Visha Kanya
C. Visha Data Lakshana
D. Guna of Visha
E. Gunja lethal dose & lethal period
F. Post mortem sign in death due to poisoning.

SECTION-B

5. Food poisoning sign & sign and symptoms with treatment. Explain Yogic & Nisargopachara measures to counteract such conditions. 10
6. What is death? Write its classification and medico legal signification.

OR

What is the procedure of courts, give detail account of court in India ?

7. Write short notes on any **Four** of the following : 20
A. Consumer Protection Act.
B. Write difference between Dooshivisha and Garavisha.
C. Medico legal importance of age.
D. Short note on Abrasion.
E. Short note on Abortion.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Oath
B. Dying declaration
C. Infertility
D. Adultery
E. IPC section related to Rape
F. Police inquest
