

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

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

Date :- 18.07.2022

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

Monday

Total Marks :- 100

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

**SECTION-A**

1. Describe required facilities to accommodate 25 patients in Yoga & Nisargopachar Kendra. 10
  2. Describe Langhan procedure in Ayurveda & its implication in Naturopathy. 10
- OR**
- Describe Shirodhara in detail.
3. Write a short note on any **Four** of the following : 20
    - A. Ideal space for hospital.
    - B. Requirements for Sutikagar.
    - C. Describe Contraindicated patient for Panchakarma according to Charakacharya.
    - D. Importance of inter departmental relationship.
    - E. Describe Sattvavajaya chikitsa in relation with therapeutic Yoga.
  4. Answer any **Five** of the following : 10
    - A. Meaning of Raktamokshan.
    - B. Enumerate samyak langhan lakshanas.(Any 4)
    - C. Qualities of ideal Rogi.
    - D. What is best season for Virechan & Why ?
    - E. What should be ideal distance between two beds in wards?
    - F. What should be Ideal illumination of examination table?

**SECTION-B**

5. Describe Methods of collection and presentation of Data. 10
  6. Describe common statistical term & notions. 10
- OR**
- Describe reading & writing research reports.
7. Write a short note on any **Four** of the following : 20
    - A. Why referencing is important? Answer in detail.
    - B. Describe Health rules in brief.
    - C. Define health related statistics & its objectives in different areas of health.
    - D. What are differences between Parametric & non parametric tests?
    - E. General principles of Documentation.
  8. Answer any **Five** of the following : 10
    - A. Full form of ANOVA.
    - B. Define Wilcoxon Rank sum test.
    - C. Define 'Arithmetic mean'.
    - D. Enlist types of research.
    - E. Define IMRD format.
    - F. Define "Sample".

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YOGA PHILOSOPHY- HATHA YOGA TRADITION

Date :- 19.07.2022  
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. Define the relationship between Mana & Vayu according to Hatha Pradipika. 10
2. Explain factor for success and obstructing in Yogic Practice according to Hatha Pradipika. 10

**OR**

Write Do's & Don'ts – Ahara, Vihara, Achara & Vichara according to Gheranda Samhita.

3. Write a short note on any **Four** of the following : 20
  - A. Yoga Matha (Yoga Place ) according to Gheranda Samhita.
  - B. Niyama according to Hatha Pradipika.
  - C. Ashta Maha Siddhi according to Hatha Pradipika.
  - D. Relationship between Raja Yoga and Hatha Yoga.
  - E. Kundalini according to Goraksha Samhita.
4. Answer any **Five** of the following : 10
  - A. Explain this sutra " प्राण एव परं मित्र प्राणा एव परः सखा "
  - B. Enlist Yama according to Hatha Pradipika.
  - C. Enlist indicated Seasons in Yogabhyasa according to Gheranda Samhita.
  - D. Enlist the sings of Nadi Shuddhi.
  - E. Define Manomani state.
  - F. Define Ghat Yoga according to Gheranda Samhita.

**SECTION-B**

5. Explain Penta-elemental cause, process and their characteristics as described Shiva Samhita. 10
6. Write the places of 29 special sites of body with picture according to Goraksha Samhita. 10

**OR**

Explain chakra Meditation and its benefits as per Shiva Samhita.

7. Write a short note on any **Four** of the following : 20
  - A. Requirement & importance of Yoga as per Shiva Samhita.
  - B. Paths of attainment (karma-kanda).
  - C. Pranavabhyasa according to Goraksha Samhita.
  - D. Samadhi according to Goraksha Samhita.
  - E. Poshana (nourishment) according to Shiva Samhita.
8. Answer any **Five** of the following : 10
  - A. Matra (proportion) of Pranayama according to Gheranda Samhita.
  - B. Define Brahmanda.
  - C. Define Agni.
  - D. Write Trividh Pranayam according Goraksha Samhita.
  - E. Define Prana-Apana according to Goraksha Samhita.
  - F. Write any four importance of Merudanda according to Shiva Samhita.

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**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. Explain Pratyahara and its practices in Goraksha Samhita with their physiological actions. 10
2. Explain the effects of Nadanusandhana on mind and body. 10

**OR**

Define Preksha meditation with its importance & technique.

3. Write a short note on any **Four** of the following : 20
  - A. Technique of Dynamic Meditation.
  - B. Rupa-tita Meditation.
  - C. Pratyahara according to Yoga Chudamani Upanishad.
  - D. Chidakasha Dharna.
  - E. Importance of Jal Tatva Dharana in therapy.
4. Answer any **Five** of the following : 10
  - A. Write technique of Nadabrahma Meditation.
  - B. Define Samadhi as per Goraksha Samhita.
  - C. Write the technique of Rasananda Samadhi as per Gheranda Samhita.
  - D. Define Tejo Dhyana.
  - E. Write technique of Zen Meditation.
  - F. Enlist any four dharana according to Vijnana Bhairava Tantra.

**SECTION-B**

5. Explain importance of Japa and its perfection with therapeutic utility. 10
6. Give introduction and explain Yogic aspects of Gayatri Parivara- Pt. Rama Sharma 10

**OR**

Introduce swami kuvalyananda – Kaivalyadhama Lonavla with its unique techniques.

7. Write a short note on any **Four** of the following : 20
  - A. Therapeutic utility of Bhakti Yoga.
  - B. Physio-Psycho –Spiritual effects of Hridaya Mudra.
  - C. Bihar School of Yoga.
  - D. Technique and benefits of sudarshana kriya.
  - E. Research on physiological aspect of Basti Kriya.
8. Answer any **Five** of the following : 10
  - A. Write any four therapeutic uses of Laya Yoga.
  - B. Write any four importance of Shakti Yantra.
  - C. Write technique of Apana Mudra with picture.
  - D. Write the technique of Sahaja Marga.
  - E. Introduce Ananda Marga with the name of its founder.
  - F. Write any four researches name on pranayama techniques.

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**NISARGOPACHARA- (ACUPUNCTURE, CT, MT.ETC.)**

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. Definition of Magneto Therapy? Types of magnet & it's physiological effect in the boy. 10  
2. Chromo therapy for rejuvenation & details about various sun baths. 10

**OR**

What is Pranic healing? Describe physio-psychological actions & its therapeutic utility.

3. Write a short note on any **Four** of the following : 20  
A. Technique of application of magnet in various disorders.  
B. Physiological & Chemical properties of Sunlight.  
C. Write Short note on ; Therapeutic utility of Music Therapy.  
D. Indication & Contraindications of Helio Therapy.  
E. Write Short note on ; Reiki.  
4. Answer any **Five** of the following : 10  
A. Enlist 2 effects of Sunlight on micro-organism.  
B. What is Artificial Magnet ?  
C. Enumerate steps of Pranic Healing.  
D. Write any four physiological effects of Music Therapy.  
E. What is Helio Therapy?  
F. Write any two Advantages of Magneto therapies.

**SECTION-B**

5. Therapeutic Relevance of Marmas and its comparison with Accupoints. 10  
6. Describe any 3 Meridians of Acupuncture. 10

**OR**

What is Su-Jok Therapy? Explain therapeutic utility of Sujok Therapy.

7. Write a short note on any **Four** of the following : 20  
A. Body and its Reflex Zone.  
B. Write Short note on: Methods of applying Zone therapy.  
C. History and Development of Acupressure Therapy.  
D. Principles of Moxibustion.  
E. Indications & Contra Indications of Reflexology.  
8. Answer any **Five** of the following : 10  
A. Definition of Meridian.  
B. What is Shiatsu?  
C. Enlist two preventive effect of Reflexology.  
D. What is Scalp Acupuncture?  
E. How many types of Zone in the Body?  
F. What is Acupressure?

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FOURTH YEAR EXAMINATION JULY-2022(New Syllabus)

**FASTING AND DIET THERAPY**

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. Explain starvation and write down importance of hunger. 10
2. When to break the fast? Explain the importance of it. 10

**OR**

Intermittent fasting.

3. Write a short note on any **Four** of the following : 20
  - A. Long fasting.
  - B. Fasting in chronic disease.
  - C. Effect on tongue and breath during fasting.
  - D. Effect of fasting on metabolism.
  - E. Importance of therapeutic fasting.
4. Answer any **Five** of the following : 10
  - A. Define fasting.
  - B. What is difference between aestivation and hibernation?
  - C. What are the rules to follow during fasting?
  - D. Political fasting.
  - E. Why to do fasting in Health?
  - F. Why weight loss occurs during fasting?

**SECTION-B**

5. Explain hazards and benefits of food sanitation. 10
6. Explain dietary fibres and its effects in body. 10

**OR**

Explain dietary management of acute renal failure.

7. Write a short note on any **Four** of the following : 20
  - A. Write down the concept of diet in modern medicine.
  - B. Write down the benefits and uses of Papaya.
  - C. Write down nutritional importance of Mango.
  - D. Write down the effect of chemical fertilizers on health.
  - E. Enlist dry cooking methods and explain Broiling.
8. Answer any **Five** of the following : 10
  - A. Define hygiene.
  - B. Write down common allergic food.
  - C. Write down fat requirement in cardiovascular disease. Explain it in brief.
  - D. Demerits of boiling method.
  - E. Write down benefits of raw food.
  - F. Chemical composition of Pineapple.

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**FOURTH YEAR EXAMINATION JULY-2022(New Syllabus)**

**MANAGEMENT OF DISORDERS THROUGH YOGA**

Date :- 23.07.2022  
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. Therapeutic effect of Yoga practices on Geriatric disorders. 10  
2. Describe therapeutic effect of Yoga for Allergic respiratory condition. 10

**OR**

Describe Pathogenesis, therapeutic effect of Yoga for treatment of Fibromyalgia.

3. Write a short note on any **Four** of the following : 20  
A. Concept of Chakra in Yoga therapy.  
B. Therapeutic effect of Asana for IVPD.  
C. Role of Pranayama in management of Dyspepsia.  
D. Effect of Meditation for Asthma.  
E. Yogic Pathogenesis of IBS.
4. Answer any **Five** of the following : 10  
A. What is Adhi & Vyadhi?  
B. Contraindicated Pranayama in Acute Backache.  
C. Enlist any four Indicated Yoga practices for genitourinary disorders.  
D. Enlist any two Mudra and Bandha indicated for incontinence.  
E. Enlist 2-2 Asanas and Pranyama indicated to prevent Worm infection.  
F. Enlist Any two function of Nadi.

**SECTION-B**

5. Describe in detail – Stress as a Causitive factor for disease. 10  
6. Physiological effect of Yoga in management of Psychological disorders. 10

**OR**

Management of diseases caused by non Supprersion of Suprerible disease.  
(Dharaniya vegas)

7. Write a short note on any **Four** of the following : 20  
A. Yoga as a Preventive tool in Health.  
B. Describe CBT.  
C. Yogic management for Migraine.  
D. Psychological disease menifestd by Rajas Gun.  
E. Chitta Vrutti Nirodh Upaya.
8. Answer any **Five** of the following : 10  
A. Enumurate meditation for Anxiety.(Any Four)  
B. Define SQ.  
C. Define Super Ego.  
D. What is DBT?  
E. Enumurate 2 benefits of Yoga in Social harmony.  
F. What are methods for Mind control?

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**MANAGEMENT OF DISORDERS THROUGH NISARGOPACHARA**

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. What is good clinical practice? Explain Screening & its basic principle in details. 10
2. Explain Naturopathic line of management for Digestive disorders. 10

**OR**

Explain Naturopathic management for Arthralgia in details.

3. Write a short note on any **Four** of the following : 20
  - A. Decision making in Naturopathy.
  - B. Naturopathic management for Skin Allergies.
  - C. Naturopathic management for Frozen Shoulder.
  - D. Naturopathic management for Fibromyalgia.
  - E. Naturopathic management for thyroid dysfunction.

4. Answer any **Five** of the following : 10
  - A. Define Prevention of disease in Naturopathy.
  - B. Enlist Naturopathy treatment for Acne.
  - C. Enlist Hydrotherapy management for Scoliosis.
  - D. Enlist Diet management for gout.
  - E. Enlist Naturopathy treatment for Worms.
  - F. Enlist Naturopathy treatment for Colitis.

**SECTION-B**

5. Describe Naturopathic line of management for Neurological disorders in details. 10
6. Describe Naturopathic palliative therapy for Cancer in details. 10

**OR**

Describe Naturopathic palliative Therapy for AIDS condition.

7. Write a short note on any **Four** of the following : 20
  - A. Naturopathic management for Atherosclerosis.
  - B. Naturopathic management of Ophthalmologic disorders.
  - C. Naturopathic management of Incontinence.
  - D. Naturopathic management of Parkinson's disease.
  - E. Importance of management of fever in Naturopathy.
8. Answer any **Five** of the following : 10
  - A. Design Diet chart for Chloasma.
  - B. Enlist Naturopathy management for genitourinary disorders.
  - C. Enlist Herbology for Herpes.
  - D. Enlist Acupuncture management for Stress.
  - E. Enlist Naturopathy management for lung Fibrosis.
  - F. Enlist Aroma therapy for Anxiety.

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FOURTH YEAR EXAMINATION JULY-2022(New Syllabus)  
MANAGEMENT OF DISORDERS THROUGH YOGA & NISAGOPACHARA  
(OBG & PEDIATRICS)

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. Write the definition of *stri* and its various stages with its importance. 10
2. Write characteristic features of *Sadyogruhita* and define *Dashrudavastha* with its complications. 10

**OR**

What is *Garbha* ? write *Garbhaya Lakshan* and describe *Garbhopaghatakar Bhavas* in detail.

3. Write a short note on any **Four** of the following : 20
  - A. Write Yogic and naturopathy management of Amenorrhea.
  - B. Write Yogic and naturopathy management of infertility.
  - C. Write Yogic and naturopathy management Hyper-pigmentation of pregnancy.
  - D. Write short note on stages of labour.
  - E. Write short note on Anti-Natal care.
4. Answer any **Five** of the following : 10
  - A. Write difference between PCOS and PCOD.
  - B. Write the importance of counselling in female infertility.
  - C. Enlist the problem which may occur during puberty of female.
  - D. Write the difference between Menorrhagea and Metrorrhagea.
  - E. Write any four symptoms of Benign Lesion of the cervix.
  - F. Define the term "*Pushavan*"

**SECTION-B**

5. Write yogic and naturopathy management of *Yakritroga*. 10
6. Write the contraindication of Yogic and Naturopathy management in Paediatric patient. 10

**OR**

Write Yogic and naturopathy management of malnutritive condition in child.

7. Write a short note on any **Four** of the following : 20
  - A. Write short note of breast-feeding.
  - B. Write short note on *Jata-karma*.
  - C. Write short note on importance of new born baby care.
  - D. Write short note on psychological changes in retarded child.
  - E. Write short note on yogic and naturopathy management of *Mala-avarodha*.
8. Answer any **Five** of the following : 10
  - A. What is Goiter?
  - B. Write symptoms of adverse effect of fast food in child.
  - C. Define the term *Kridanaka*?
  - D. Define the term PEM.
  - E. Define the term RDA.
  - F. Write the features of *Kumaragara*.

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**FOURTH YEAR EXAMINATION JULY-2022(New Syllabus)**

**VISHA VIJNANA & 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 Visha? Describe its classification in detail and write its general treatment rules. 10
  2. Describe Chaturvimshati Chikitsa Upakrama of Acharya Charaka in detail. 10
- OR**
- Describe the signs and symptoms of Luta-Visha with its management.
3. Write a short note on any **Four** of the following : 20
    - A. What is Sthavar Visha? Explain the primary treatment of Bhaang.
    - B. Write the poisonous effect of Carbon monoxide with its management.
    - C. Write short note on: physician duty in suspected poisoning case.
    - D. Explain poisonous effect of mercury with its management.
    - E. Write short note on: Jala santrasa.
  4. Answer any **Five** of the following : 10
    - A. Define the term "Upkarma".
    - B. What is Gara-Visha?
    - C. Write the fatal dose of rat poison.
    - D. Write fatal period of Vatsanabha.
    - E. Write the antidote of Copper and Arsenic.
    - F. What are mineral-toxins?

**SECTION-B**

5. Write the Medico-legal importance of sexual offence in detail. 10
  6. Write the types of court and their power 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 short note on: injury and its types.
    - B. Write short note on: oral dying declaration.
    - C. Write short note on: importance of Medical certificate.
    - D. Write short note on: importance on insanity.
    - E. Write short note on: Electrocutation?
  8. Answer any **Five** of the following : 10
    - A. Define the term inquest.
    - B. What is Indian Penal Code?
    - C. Write the IPC section related with virginity.
    - D. What is Algor Mortis?
    - E. What is Abortion?
    - F. Define the term expert witness.

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