

**GUJARAT AYURVED UNIVERSITY, JAMNAGAR.**  
**BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)**  
**FOURTH YEAR EXAMINATION JULY-2021(Old Syllabus)**

**HOSPITAL MANAGEMENT AND BIOSTATISTICS**

Date :- 15.07.2021  
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. Describe in detail requirements of Ideal Hospital building. 10
2. Answer any **one** out of two questions: 10
  - A. Describe facilities required in Naturopathy hospital.
  - B. Explain ideal intra and inter departmental relationship in hospital.
3. Write short notes on any **Four** questions: 20
  - A. Arrangement of light & Ventilation in hospital.
  - B. Staff required for Yoga & Naturopathy hospital.
  - C. Documentation & its importance in medical science.
  - D. Collection and collection methods of health related statistics.
  - E. Role of maintenance of Sanitation in hospital.
4. Answer any **Five** questions (two to three sentences): 10
  - A. Enlist any two objectives of documentation in medical science.
  - B. Define Health related statistics.
  - C. Fitness certificate.
  - D. Define Professional relationship.
  - E. What is Financial Management?
  - F. Define Biostatistics.

**SECTION-B**

5. Define Disease, write importance & methods of Notification of Disease. 10
6. Answer any **one** question: 10
  - A. Describe table & graphs with its utility in biostatistics.
  - B. Write benefits of mean, median and mode.
7. Write short notes on any **Four** questions: 20
  - A. Percentage.
  - B. Vital Events.
  - C. Measures of dispersion.
  - D. 't' and 'p' Value and test.
  - E. Regional Health rules.
8. Answer any **Five** questions (two to three sentences): 10
  - A. Limitation of statistics.
  - B. Define biostatistics.
  - C. Benefits of Bar diagram.
  - D. Types of Statistics.
  - E. Histogram.
  - F. Define frequency.

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FOURTH YEAR EXAMINATION JULY-2021 (Old Syllabus)

YOGA PHILOSOPHY – III

Date :- 16.07.2021  
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 different types of Sadhaka with their characteristics and duration of success according to special Yoga form. 10
2. Answer any **one** out of two questions: 10
  - A. Describe Pranayama as per Gheranda Samhita in detail.
  - B. Describe benefits of Chakra meditation as per Shiva Samhita.
3. Write short notes on any **Four** questions: 20
  - A. Mantra Sadhana.
  - B. Vighna in Mukti.
  - C. Concept of Prana as mentioned in Goraksha Samhita.
  - D. Rasanand Yoga Samadhi as per Gheranda Samhita.
  - E. Importance of Yoga as per Shiva Samhita.
4. Answer any **Five** questions (two to three sentences): 10
  - A. Enlist contra indicated seasons to start Yogabhyasa.
  - B. Do's and don'ts of Vihara or Vichara (enlist 2-2).
  - C. Concept of Agni in Shiva Samhita.
  - D. Enlist five special seasons with correlation of pentaclements.
  - E. Define Upparana.
  - F. Explain concept of Poshana as per Shiva Samhita.

SECTION-B

5. Explain factors responsible for attainment of Siddhis as P.Y.S. 10
6. Answer any **one** question: 10
  - A. Explain Samadhi in detail.
  - B. Describe Kaivalya in detail.
7. Write short notes on any **Four** questions: 20
  - A. Jyotirmaya Dhyana.
  - B. Samyama.
  - C. अकृत & अकृत Karma of Yogi.
  - D. Vasana.
  - E. Concept of Hatha Yoga as per Hatha Pradipika.
8. Answer any **Five** questions (two to three sentences): 10
  - A. Enlist Sapta Sadhana for Ghata Shuddhi as per Gheranda Samhita.
  - B. Explain Prana Vidya.
  - C. Write the length of exhaled Vayu during Gayan or Marga Gamana.
  - D. Enlist special sites of the body as per Goraksha Samhita.
  - E. Explain Prakruti Purana.
  - F. What is Nirmana Chitta?

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FOURTH YEAR EXAMINATION JULY-2021 (Old Syllabus)

YOGA PRACTICES – III

Date :- 17.07.2021

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 Samadhi as per Gheranda Samhita. 10
2. Answer any **one** out of two questions: 10
  - A. Describe Dhyan as mentioned in Goraksha Samhita.
  - B. Describe Cyclic Meditation in detail.
3. Write short notes on any **Four** questions: 20
  - A. Preksha Dhyan.
  - B. Bhairv Dharana.
  - C. Therapeutic effect of Vayu tatva dharana.
  - D. Therapeutic importance of Pratyahar.
  - E. Physiological effect of Rasana indriya Pratyahar.
4. Answer any **Five** questions (two to three sentences): 10
  - A. Enlist types of dhyan as per Gheranda Samhita.
  - B. Enlist stage of Nadanusandhan.
  - C. Write the method of Pratyahar as per Yogatavopnishat.
  - D. Define Dynamic Meditation.
  - E. Write technique of Shunya dharana.
  - F. Write benefits of Mooladhar Chakra Meditation.

SECTION-B

5. Explain therapeutic utility of Karma Yoga. 10
6. Answer any **one** question: 10
  - A. Introduce Raj yoga of Brahmakumaris.
  - B. Describe Tantra Yoga in detail.
7. Write short notes on any **Four** questions: 20
  - A. Types of Japa.
  - B. Physio-Psycho-spiritual effects of Jnan mudra.
  - C. Shri Yantra.
  - D. Gayatri Parivar.
  - E. Yogic research on Pranayama.
8. Answer any **Five** questions (two to three sentences): 10
  - A. What is the technique of Ashtang Vinyasa Yoga ?
  - B. Write full form of ISKON.
  - C. Enlist any four therapeutic uses of Varuna Mudra.
  - D. Enlist four brain waves with their frequencies.
  - E. Introduce Anahata Yoga.
  - F. Enlist types of Bakti.

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**FOURTH YEAR EXAMINATION JULY-2021(Old Syllabus)**

**NISARGOPACHARA – II**

Date :- 19.07.2021  
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. Define the fasting and explain its physiology in therapeutic aspect. 10
2. Answer any **one** out of two questions: 10
  - A. Explain the Sunbath therapy in detail.
  - B. Explain Helio and Chromo therapy and write the effect of sunlight over rejuvenation and treatment of disease.
3. Write short notes on any **Four** questions: 20
  - A. Write the symptoms of IBS and its management by Chromo therapy.
  - B. Management of vertigo by Aroma therapy.
  - C. Homeostasis and reflex in acupuncture.
  - D. Principles and method of acupuncture.
  - E. Auxiliaries of therapeutic fasting.
4. Answer any **Five** questions (two to three sentences): 10
  - A. Types of fasting.
  - B. Water drinking in fasting.
  - C. Rejuvenation.
  - D. Traditional definition of acupuncture.
  - E. Fasting crisis.
  - F. Oils for depression management.

**SECTION-B**

5. Describe the static magnet therapy for pain in detail. 10
6. Answer any **one** question: 10
  - A. Define the meridian and therapeutic importance in the management of Low back pain.
  - B. Write the definition, principles and therapeutic utility of Shiatsu.
7. Write short notes on any **Four** questions: 20
  - A. Magnetized water.
  - B. Su-Jok.
  - C. Moxibustion.
  - D. Extra ordinary points.
  - E. Relation of aromatic oil and magnetized oil.
8. Answer any **Five** questions (two to three sentences): 10
  - A. Governing vessels (GV) meridian.
  - B. TW and ST.
  - C. Bio magnet.
  - D. Define the reflexology.
  - E. Advantage of Magnet therapy.
  - F. Define acupressure.

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FOURTH YEAR EXAMINATION JULY-2021(Old Syllabus)

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – I

Date :- 20.07.2021

Time :- 03:00 P.m. to 06:00 p.m.

Tuesday

Total Marks :- 100

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

SECTION-A

1. Describe complete Yogic management of Pakshaghata. 10
2. Answer any **one** out of two questions: 10
  - A. Explain Yogic management of Amavata according to its different types.
  - B. Describe complete Yogic management of Pravahika.
3. Write short notes on any **Four** questions: 20
  - A. General Yogic management of Firanga.
  - B. General Yogic management of Karshya.
  - C. General Yogic management of Urah Kshata.
  - D. General Yogic management of Visuchika.
  - E. General Yogic management of Atisara.
4. Answer any **Five** questions (two to three sentences): 10
  - A. Enlist the synonyms of chikitsa.
  - B. Enlist the sudhikriyas useful in Upadamsha.
  - C. Enlist the sudhikriyas useful in Parshava shoola.
  - D. Enlist the Asanas useful in Masurika.
  - E. Enlist the Asanas useful in Jvara.
  - F. What is the role of Yama & Niyama in the management of Prameha.

SECTION-B

5. Describe complete Yogic management of Kshudra roga. 10
6. Answer any **one** question: 10
  - A. Write Yogic management of Udar roga.
  - B. Write Yogic management of Sandhigatavata.
7. Write short notes on any **Four** questions: 20
  - A. How to design treatment Protocol? Explain it.
  - B. Yogic management of Atisara.
  - C. Yogic management Palitya.
  - D. Yogic management Ardita.
  - E. Yogic management Anaha.
8. Answer any **Five** questions (two to three sentences): 10
  - A. Explain any four Yogasana for Hrudroga.
  - B. Explain any four Pranayam for Udar roga.
  - C. Explain any four Asanas for Kushta.
  - D. Explain any four Shuddhi Kriyas for Vicharchika.
  - E. Explain any four Pranayama for Mutra ghata.
  - F. Explain any four Pnayama for Atisara.

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**FOURTH YEAR EXAMINATION JULY-2021(Old Syllabus)**

**MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – II**  
Date :- 22.07.2021  
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. Describe Naturopathic management of Jvara. 10
2. Answer any **one** out of two questions: 10
  - A. Describing traditional views of Nisargopachara therapy, explain doctor-patient's Relationship.
  - B. Write Naturopathic management of disease Kamala.
3. Write a short note on any **Four** of the following : 20
  - A. Magnet therapy.
  - B. Treatment protocol of Shitapitta.
  - C. Mrutika chikitsa in Vatarakta.
  - D. Diet therapy in Hrud roga.
  - E. Nisargopachara Chikitsa in Amavata.
4. Answer any **Five** of the following : 10
  - A. Hydro therapy in Atisara.
  - B. Define Visuchika.
  - C. What is chromo-diagnosis?
  - D. Enlist the Agni tatva Chikitsa beneficial in Rajyakshama.
  - E. Enlist life style management of disease Pandu.
  - F. Enlist Naturopathic treatment of Upadamsha.

**SECTION-B**

5. Write Neo-Naturopathic management of disease Ashmari. 10
6. Answer any **one** out of two questions: 10
  - A. Describe traditional Naturopathic management of disease Prancha.
  - B. Write acupressure treatment of disease Pakshaghata.
7. Write a short note on any **Four** of the following : 20
  - A. Mud therapy for disease Kushtha.
  - B. Role of hydro therapy in Shula.
  - C. Neo-naturopathic management of disease Stambhaka.
  - D. Role of Sparsha Chikitsa in disease Vishvachi.
  - E. Beneficial exercises for disease Sandhigata vata.
8. Answer any **Five** of the following : 10
  - A. Write precaution required for Mardana Chikitsa.
  - B. Enlist any four silent features of disease Krumi.
  - C. Write Agnitatva Chikitsa beneficial in disease Ajima.
  - D. Enlist silent features of diet for disease Prameha.
  - E. Naturopathic diet for disease Amlapitta.
  - F. Enlist acupressure points for management of disease Kampa.

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**FOURTH YEAR EXAMINATION JULY-2021(Old Syllabus)**

**MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – III**

Date :- 23.07.2021

Friday

Time :- 03:00 P.m. to 06:00 p.m.

Total Marks :- 100

**SECTION-A**

1. Write in detail on Balavastha and its various stages. 10
2. Answer any **one** out of two questions: 10
  - A. Write in detail on the role of Yoga and Nisargopachara in Samskara.
  - B. Write in detail on Stri and her various stages pertaining to age.
3. Write short notes on any **Four** questions: 20
  - A. Management of menarchial disorders.
  - B. Garbhini masanumasiki parichaya.
  - C. Dauhrudivastha and its complications.
  - D. Post natal care.
  - E. Importance of Samskara.
4. Answer any **Five** questions (two to three sentences): 10
  - A. Yagnopavit Samskara.
  - B. Menstrual disorders.
  - C. Natal care.
  - D. Sadyogruhita Garbhaya lakshana.
  - E. Jatakarma samskara
  - F. Simantonayana Samskara

**SECTION-B**

5. Write the contraindications of Yogic and Nisargopachariya management of Annada kalina Vyadhis. 10
6. Answer any **one** question: 10
  - A. Write the management of Cerebral Palsy.
  - B. Write the management of Ekangavata in detail.
7. Write short notes on any **Four** questions: 20
  - A. Kshiralasaka.
  - B. Karshya.
  - C. Jvara.
  - D. Ardita.
  - E. Mrud Bhakshanam janit Pandu
8. Answer any **Five** questions (two to three sentences): 10
  - A. Bala Grahas.
  - B. Pangu.
  - C. Gandamala.
  - D. Apasmara.
  - E. Unmada.
  - F. Fakka.

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FOURTH YEAR EXAMINATION JULY-2021(Old Syllabus)

MANAGEMENT OF DISORDERS THROUGH YOGA & NISARGOPACHARA – IV

Date :- 24.07.2021

Time :- 03:00 P.m. to 06:00 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 the concept of Dharniya Vegas and its role in different conditions. 10
2. Answer any **one** out of two questions: 10
  - A. Describe the role of Yoga in mental health.
  - B. Describe the importance of intellect and memory.
3. Write short notes on any **Four** questions: 20
  - A. Methods of Mind control.
  - B. Sattvavajaya.
  - C. Role of Yoga in Nidra Vikara.
  - D. Pragnaparadha.
  - E. Id, Ego and Super Ego.
4. Answer any **Five** questions (two to three sentences): 10
  - A. Define Smruti.
  - B. What is meant by Psychology?
  - C. Enlist the disorders generated due to non-suppression of Manasika Papakarma.
  - D. Enlist Naturopathy management of Avasada.
  - E. Define Dvesha.
  - F. What is meant by Priti?

SECTION-B

5. Describe Ardhavabhedaka and its management through Yoga. 10
6. Answer any **one** question: 10
  - A. Describe the theory of stress and its Naturopathic management.
  - B. Describe the Naturopathic management for common disorders of teeth and gums.
7. Write short notes on any **Four** questions: 20
  - A. Naturopathic Management of Krumija Shiroroga.
  - B. Yogic management of Nasasosha .
  - C. Naturopathic management of eye disorder.
  - D. Yogic management of Galashundika.
  - E. Naturopathy management of Indralupta.
8. Answer any **Five** questions (two to three sentences): 10
  - A. Enlist the Naturopathic management of balance disorder in old age.
  - B. What is meant by autism?
  - C. Enlist Naturopathic management of Nasavarodha.
  - D. Enlist Yogic management of Pinasa.
  - E. Define behavioural disorders.
  - F. Enlist Naturopathic management of Mukhapaka.

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FOURTH YEAR EXAMINATION JULY-2021(Old Syllabus)

VISHA VIJNANA AND VYAVAHARA VIDHI VAIDYAKA

Date :- 26.07.2021  
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 Vrushchika visha in detail. 10
2. Answer any one question: 10
  - A. Explain Garavisha with its signs and symptoms along with treatment.
  - B. Definition of visha and its detail classification.
3. Answer any **Four** questions: 20
  - A. Mass poisoning with its prevention and control.
  - B. Viruddha Ahara.
  - C. Luta visha.
  - D. 24 Upkramas.
  - E. Signs and symptoms of snake bite and its treatment in short.
4. Answer any **Five** questions : 10
  - A. Shankha visha.
  - B. Visha Kanya.
  - C. Fatal dose and antidotes of Langali.
  - D. Lepa.
  - E. Fatal dose and antidotes of Copper.
  - F. Rabies treatment.

SECTION-B

5. Write a detailed description of Arsenic poisoning and its treatment. 10
6. Answer any one question: 10
  - A. Medico legal aspect of PCPNDT and MTP Act.
  - B. Write a short note on Rigor Mortis.
7. Answer any **Four** questions: 20
  - A. Electrocutation.
  - B. Write the clinical examination for confirmation of death.
  - C. Medico legal aspect of Insanity.
  - D. Code and Conduct of Physician.
  - E. Sign and symptoms of food poisoning.
8. Answer any **Five** questions : 10
  - A. Cross examination.
  - B. Witness oath in court of India.
  - C. Expert Witness
  - D. Euthanasia.
  - E. Rape definition.
  - F. Determination of Age.

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