

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)
SECOND YEAR EXAMINATION FEBRUARY-2021

HYGIENE AND COMMUNITY MEDICINE-I

Date :- 18.02.2021
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. Define Health and Dimensions of Health. 10
2. Answer any one question: 10
 - A. Define Dincharya and describe Nasya Karma.
 - B. Describe the Importance of Dincharya in maintaining health.
3. Answer any **Four** questions: 20
 - A. Grishma ritu charya.
 - B. Dantdhavan Karma.
 - C. Relation of Agni, bala and Ritu.
 - D. Dharaniya Vega.
 - E. Adharaniya Vega.
4. Answer any **Five** questions : 10
 - A. Define Udvaratanam.
 - B. Define Swasthavritta.
 - C. Write the Benefits of Vyayam.
 - D. Define Swastha.
 - E. Define yamadamshttra.
 - F. Write the benefits of Ratnadharan.

SECTION-B

5. Write a note on how Sadvritta prevents Psycho-somatic disorders. 10
6. Answer any one question: 10
 - A. Describe Nindra and explain how does ahar and vihar affects sleep.
 - B. Describe Nindra and its yogic and naturopathic concepts.
7. Answer any **Four** questions: 20
 - A. Achara Rasayana.
 - B. Concept of swapna.
 - C. Health systems in India.
 - D. Yogic and Naturopathic concept of Brahmacharya.
 - E. Health care Services and its various levels.
8. Answer any **Five** questions : 10
 - A. Write the effects of Diwaswapna on health.
 - B. Write the types of Nidra according to ancient text.
 - C. Define Prajnaparadha.
 - D. Define Health according to WHO
 - E. Write the full form Ayush.
 - F. Importance of Menstrual hygiene.

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SECOND YEAR EXAMINATION FEBRUARY-2021

HYGIENE AND COMMUNITY MEDICINE-II

Date :- 19.02.2021
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. Write about Occupational hazards and role of Naturopathy & yoga. 10
2. Answer any one question: 10
 - A. Write in detail about Medical waste management.
 - B. Explain about water pollution in relation to public health.
3. Answer any **Four** questions: 20
 - A. Write about Housing and its social goals.
 - B. Artificial lighting and its biological goals.
 - C. Role of proper ventilation on public health.
 - D. Write about Prevention of Occupational hazard.
 - E. Role of Yoga & Nisargopachara in Scholastic hygiene..
4. Answer any **Five** questions : 10
 - A. Enlist the sanitation barriers.
 - B. Water borne disorder.
 - C. Methods of chlorination.
 - D. Laterines for camps.
 - E. Ergonomics.
 - F. Air purification.

SECTION-B

5. Write about of Preventive and prophylactics role of Yoga & Nisargopachara in non-communicable disease management. 10
6. Answer any one question: 10
 - A. Write about National Programme related to Nutrition.
 - B. Write about the use of epidemiology in planning and evaluation.
7. Answer any **Four** questions: 20
 - A. Write about vaccination schedule for Pregnant women and infants.
 - B. Poliomyelitis, mode of transmission and prevention strategies.
 - C. Write the concept of *Nindita Pursusha* especially *Atisthula & Atikrusha*.
 - D. Write about National Anaemia programme.
 - E. Enumerate Nutritional problems in public health.
8. Answer any **Five** questions : 10
 - A. Endemic.
 - B. DOTS-Plus.
 - C. Prevention of Thyphoid.
 - D. Vector borne disease.
 - E. Live Vaccine.
 - F. Anganwadi.

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SECOND YEAR EXAMINATION FEBRUARY-2021

NUTRITION & DIETETICS

Date :- 20.02.2021
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. Write the important of Ahara in health maintenance. 10
2. Write the classification of Dravya. 10

OR

Describe Ahara-vidhi-visheshayatana.

3. Write short notes on any **Four** of the following : 20
A. Food Pyramid
B. Ideal quantity of diet
C. Composition of milk & its various tests
D. Madhur Rasa
E. Food adulterants
4. Answer any **Five** of the following :(two to three sentences) 10
A. Define Vyavayi Guna.
B. Define function of Dipan.
C. Write the introduction of Bhedan Karma.
D. Write about Guru Guna
E. Give example of Pachan dravyas.
F. Write characteristic of Sheet Guna.

SECTION-B

5. Write Yavagu Kalpana. 10
6. Describe Shami dhanya varga 10

OR

Write Yogic concept of Mitahara.

7. Write short notes on any **Four** of the following : 20
A. Juice diet
B. Madya
C. Krushara
D. Phala Varga
E. Vegetable salad
8. Answer any **Five** of the following :(two to three sentences) 10
A. Write the health benefits of Hingu.
B. Write the health benefits of Haridra.
C. Write the health benefits of Ela.
D. Write the health benefits of Vasa.
E. Write the health benefits of Ghrutakumari.
F. Write the health benefits of Shatavari.

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SECOND YEAR EXAMINATION FEBRUARY-2021
YOGA PHILOSOPHY - I

Date :- 22.02.2021
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 Yoga Philosophy according to Atharva Veda. 10
2. Answer any one question: 10
 - A. Describe the Philosophical aspect of Yoga according to Katha Upanishad.
 - B. Explain Yoga Philosophy of Taitariya Upanishad.
3. Answer any **Four** questions: 20
 - A. Dravya in Nyaya.
 - B. Hamsopanishad
 - C. Explain Prajna-Sheela-Samadhi according to Bauddha Philosophy.
 - D. Yoga Kundalini Upanisahd.
 - E. Yoga in Yajurveda.
4. Answer any **Five** questions : 10
 - A. Pudgal as described in Jainism.
 - B. What were the questions of Gargi to Yajnavalya?
 - C. What is Atma according to Uttar Mimansa?
 - D. Define Prakruti.
 - E. Enlist the student's name of Prashnopanishad.
 - F. Concept of Pithar Paka Vada according to Vaisheshika.

SECTION-B

5. Explain the Philosophy of Karma Yoga. 10
6. Answer any one question: 10
 - A. Describe "Dhyan Yoga" as per Shrimad Bhagwad Geeta.
 - B. Introduce Shatchakranirupan and it's contribution in Yoga.
7. Answer any **Four** questions: 20
 - A. Forms of Intellect.
 - B. Explain the characteristics of Sthitaprajna.
 - C. Describe the concept of Ishwara.
 - D. Describe the Glimpses of Yoga in Shikha Religion.
 - E. Explain Nada Yoga.
8. Answer any **Five** questions : 10
 - A. Enlist characteristics of Rajo Guni Person.
 - B. Define "Daiviya Samapada" according to Bhagwad Geeta.
 - C. Define the word "Veda"
 - D. What is the meaning of Pinda ?
 - E. Define Sthula Sharir.
 - F. What is the Laya Yoga ?

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SECOND YEAR EXAMINATION FEBRUARY-2021

YOGA PRACTICES - I

Date :- 23.02.2021
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. Explain rules for Yogic Procedures with regards to Sex. 10
2. Answer any one question: 10
 - A. Describe Upper limb related Sukshma vyayam as per A.P.M.B.
 - B. Describe Lower limb related Sukshma vyayam as per Dhiren Bhrahmchari.
3. Answer any **Four** questions: 20
 - A. Eye related Sukshma vyayam as per A.P.M.B.
 - B. Indication and C.I. of Chakki chalan & Naukachalan.
 - C. Physiological effect of Utkurdan with C.I.
 - D. Surya namaskar for weight management.
 - E. Griva shakti Vikasak Kriya as per Dhiren Bhrahmachari.
4. Answer any **Five** questions : 10
 - A. Technique & effect of Supta Udarakarshnasan.
 - B. Technique & effect of Swadhishtan chakra Shuddhi Yogic Kriya.
 - C. Enlist 2-2 Indication and C.I. of Sarvang Pushti.
 - D. Technique of Smaran Shakti Vikasak Kriya.
 - E. Enlist 2-2 Indication & C.I. of Pindali Shakti Vikasak Kriya.
 - F. Technique and Physiological effect of Rajju Karshanasan.

SECTION-B

5. Explain Anulom-Vilom Pranayan in detail. 10
6. Answer any one question: 10
 - A. Explain Physiological effect of Viparitarani Mudra.
 - B. Explain Mahahamudra in detail.
7. Answer any **Four** questions: 20
 - A. Indication and C.I. of Mayurasan.
 - B. Indication and C.I. of Kapalbhati.
 - C. Technique & effect of Ugrasan.
 - D. Tratak Kriya.
 - E. Gajkarani.
8. Answer any **Five** questions : 10
 - A. Write Classical Measurement of Vastra for Vastradhauti.
 - B. Write Technique of Matsyendrasan.
 - C. Write 4 Contra Indication of Paschimottanasan.
 - D. Define Shalabhasana.
 - E. Definition & Technique Of Mulabandha.
 - F. Enlist 4 Classical Indication of Shitali as per Hatha-Pradipika.

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SECOND YEAR EXAMINATION FEBRUARY-2021

PHILOSOPHY OF NATURE CURE

Date :- 24.02.2021
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. Explain Penta elemental concept of Deha Prakruti and Manas Prakruti. 10
2. Answer any one question: 10
 - A. Describe Arogya Rakshak Panchtantra.
 - B. Explain Traditional & Neonaturopathic Concept in Naturopathy.
3. Answer any **Four** questions: 20
 - A. Concept of cleansing according to Naturopathy.
 - B. Sharir Dharma.
 - C. Gandhian Practices of Nisargopachara.
 - D. Compare Naturopathy & modern medicine.
 - E. Composition of human body according to Ayurveda.
4. Answer any **Five** questions : 10
 - A. Mention Agni Mahabhuta dravya's Characteristics.
 - B. What is Panchikaran Principle ?.
 - C. Socio-economic impact of Naturopathy.
 - D. Enlist any 4 Deha-Prakriti.
 - E. Define Nisargopachara.
 - F. Enlist 4 Characteristics of Pruthvi Mahabhut.

SECTION-B

5. Define encumbrance and describe various types of encumbrances. 10
6. Answer any one question: 10
 - A. Describe Toximia theory in detail.
 - B. Define Crises or Describe its types & management.
7. Answer any **Four** questions: 20
 - A. Describe drug Reactions.
 - B. Law of Periodicity.
 - C. Ways to acquire Natural Immunity.
 - D. Inflammation & its stages.
 - E. Suppressions of symptoms & its effects.
8. Answer any **Five** questions : 10
 - A. Explain Vaccination.
 - B. Define Homeostasis.
 - C. Enlist 4 natural contraceptive methods for female.
 - D. Define Enervation.
 - E. What are free radicals ?.
 - F. What is Xenobiotics ?

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SECOND YEAR EXAMINATION FEBRUARY-2021
PATHOLOGY & MICROBIOLOGY - I

Date :- 25.02.2021
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. Define Oedema. Describe cardiac & renal oedema. 10
2. Answer any one question: 10
 - A. Define shock. Explain its various types.
 - B. Describe wound healing.
3. Answer any **Four** questions: 20
 - A. Difference between acute & chronic inflammation.
 - B. Explain Fatty liver.
 - C. Characteristic features of Benign and Malignant tumors.
 - D. Explain gangrene.
 - E. Explain mucoid degeneration.
4. Answer any **Five** questions : (two or three sentences) 10
 - A. Define Autoimmunity.
 - B. Define Haemoglobin
 - C. Explain Turner's syndrome.
 - D. Define Embolism.
 - E. What is Carcinogenesis?
 - F. What is Lipoma?

SECTION-B

5. Explain morphology, structure, staining & growth of gram positive Eubacteria. 10
6. Answer any one question: 10
 - A. Describe sterilization & disinfection of Bacteria.
 - B. Describe general properties of viruses. Explain Pox Virus.
7. Answer any **Four** questions: 20
 - A. Explain Plasmids.
 - B. Explain Gonococci.
 - C. Explain Superficial Mycosis.
 - D. Explain Culture Media.
 - E. Explain Plasmodium.
8. Answer any **Five** questions : (two or three sentences) 10
 - A. What is Normal flora?
 - B. What is Nosocomial infections.
 - C. Define PolioVirus.
 - D. What is Bacteriophage?
 - E. What is Algae?
 - F. Define HIV.

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SECOND YEAR EXAMINATION FEBRUARY-2021

PATHOLOGY & MICROBIOLOGY - II

Date :- 26.02.2021
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. Explain Chronic Obstructive Pulmonary diseases in detail. 10
2. Answer any **one** out of two questions: 10
 - A. What is Atherosclerosis? Explain in detail.
 - B. What is Hepatitis? Explain Viral Hepatitis in detail.
3. Write short notes on any **Four** questions: 20
 - A. Explain Peptic Ulcer.
 - B. Enteric Fever.
 - C. Portal Hyper-tension
 - D. Pancreatitis
 - E. Liver Abscess
4. Answer any **Five** questions (two to three sentences): 10
 - A. What is Tropical Spure ?
 - B. Describe Emesis.
 - C. What is CCF?
 - D. What is Urtecaria?
 - E. Explain Appendicitis.
 - F. Explain food poisoning

SECTION-B

5. Explain hypo-functioning of Pituitary Glad. 10
6. Answer any **one** question: 10
 - A. Describe breast Fibrocystic disease in detail.
 - B. What is menstrual disorder? Explain any two in detail.
7. Write short notes on any **Four** questions: 20
 - A. Renal stone.
 - B. Frozen shoulder
 - C. Hydrocle in detail
 - D. Acne Vulgaris.
 - E. Explain Goitre.
8. Answer any **Five** questions (two to three sentences): 10
 - A. What is Spondylosis?
 - B. What is Scitica?
 - C. What is Granulomatus disease?
 - D. What is Cretinism?
 - E. What is Psoriasis?
 - F. What is ARDS?
