

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.
BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)

THIRD YEAR EXAMINATION JULY-2021

YOGA PRACTICES – 2

Date :- 15.07.2021
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. Describe Kapalbhati with its types and physiological effect as mentioned in Gheranda Samhita. 10
 2. Explain indication or contra-indication of Pranayama with appropriate examples. 10
- OR**
- Explain therapeutic importance of Jalandhara Bandha.
3. Write a short note on any **Four** of the following : 20
 - A. Variation of Padmasana as per kaivalyadham lonavala.
 - B. Ushtrasana as per s.vyasa.
 - C. Bhujangini Mudra – technique and physiological effect.
 - D. Technique or therapeutic importance of Yoni Mudra.
 - E. Utkatasana as per lakulish Yoga.
 4. Answer any **Five** of the following : 10
 - A. Write specific Matra for Madhyam Pranayama as per Goraksha Samhita.
 - B. "नाभिं यदि मेरु पृष्ठे शल्यं तु कारयेत्" is mentioned for which Kriya ?
 - C. Enlist classical instrument for Mulashodhana.
 - D. Write technique and definition of Manduki Mudra.
 - E. Write technique of Yogasana as per iyengar.
 - F. Define Shankha Prakshalana.

SECTION-B

5. Define Kundalini with its types manifestation and stages of awakening. 10
 6. Importance of Prayer in healing. 10
- OR**
- Variation of Ujjayi Pranayama as per different school of Yoga.
7. Write a short note on any **Four** of the following : 20
 - A. Maha Mudra as per kaivalyadham lonavala.
 - B. Suryabhedana Pranayama as per bihar school of munger.
 - C. Individual Yoga plan for pregnant woman.
 - D. Group Yoga lesson for obesity.
 - E. Specific Yoga plan for marking executives.
 8. Answer any **Five** of the following : 10
 - A. Enlist special Yoga for computer operators.
 - B. Enlist any for indication of balancing Asanas.
 - C. Enlist two indications and contraindications of Trataka Kriya.
 - D. Enlist four therapeutic uses of Sukshma Vyayama.
 - E. Define Svarodaya.
 - F. Enlist two indications and contraindications of Nauli Kriya.

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

BACHELOR OF NATUROPATHY AND YOGA SCIENCES (B.N.Y.S.)

THIRD YEAR EXAMINATION JULY-2021

NISARGOPACHARA – HYDRO & MUD THERAPY

Date :- 16.07.2021

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

Friday

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 the physiological effects of hot and cold applications on skin and circulatory system. 10
2. Answer any **one** out of two questions: 10
 - A. Describe concept of Jala Tattava in Nisargopachara and its co-relation with Ayurveda.
 - B. Explain primary excitant effect.
3. Write short notes on any **Four** questions: 20
 - A. Internal reaction.
 - B. Explain Diaphoretic and Expectorant effects of secondary excitation effects.
 - C. Explain revulsive and derivative effects.
 - D. Effects of cold bathing in women.
 - E. Write down the conditions which encourage the reaction.
4. Answer any **Five** questions (two to three sentences): 10
 - A. What is thermal reaction?
 - B. Write down conditions which increase heat productions.
 - C. Principle of hydrotherapy respecting to neutral bath.
 - D. Write down the conditions which discourage the reaction.
 - E. What is antipyretic effect?
 - F. Precautionary measures for cold bath in old age.

SECTION-B

5. Describe the method, physiological effects, therapeutic applications and contraindications of wet sheet pack. 10
6. Answer any **one** question: 10
 - A. Describe different type and uses of mud according to Acharya Sushruta and write down five research studies of mud therapy published in journals with proper references.
 - B. Describe method, Physiological effects, therapeutic utility, and contra indications of the cold plunge.
7. Write short notes on any **Four** questions: 20
 - A. Procedure of mud collection.
 - B. Physiological effect of Rain Douche.
 - C. Difference between enema and colon irrigation.
 - D. Physiological applications of hot air bath.
 - E. Physiological effects of the Brand bath.
8. Answer any **Five** questions (two to three sentences): 10
 - A. Write different types of hip bath.
 - B. What is compress?
 - C. Write four indications for cold water drinking.
 - D. Effects of mud applications on skin.
 - E. What is cephalic douche?
 - F. What is balneo therapy?