

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

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

THIRD YEAR EXAMINATION APRIL-2020 (RE-SCHEDULE ON SEPT. – 2020) (Old Syllabus)

ROGA VIJNANA - VIKRUTI VIJNANA - I

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

SECTION-A

1. Explaining oja, write about Vitiation of oja. 10
2. Explain the concept of Srotas with its importance. 10

OR

Describe the signs & importance of increased Doshas and Dhatus.

3. Write short notes on any **Four** of the following : 20
A. Write importance of Sama & Nirama Kapha.
B. Write panchadushti according to Yoga.
C. Branches of Vikruti Vijnana.
D. Write differences between Dhātu and Updhātu.
E. Write importance of Agni.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Define Yoga.
B. Define Shakha.
C. Define Karma Vipaka.
D. Define Nadis.
E. Define Dushya.
F. Define Indriya Pradosha.

SECTION-B

5. Explaining Bija and its Dushti, Describe Genetic Disorders. 10
6. Defining Immunopathology, Explain Autoimmune disorders. 10

OR

What is Granuloma? Write classification of Granuloama.

7. Write short notes on any **Four** of the following : 20
A. Klinefelter's Syndrome
B. Inflammation.
C. Wound Healing.
D. Importance of Hemodynamic changes in the body.
E. Fibrosarcoma.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Define word Hypertrophy.
B. Define word Atrophy.
C. Define word Growth.
D. Define word Coagulation.
E. What is Panchtatva?
F. What is mean by Bijabhagavayava dushti?

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ROGA VIJNANA - VIKRUTI VIJNANA - II

- Instructions: 1. Every question is compulsory.
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SECTION-A

1. What is Nidanapanchak ? Explain about Upasaya. 10
2. Give the definition of Rogipariksha. Explain about Dasavidha Pariksha. 10

OR

Define the word Vyadhi. Describe its classification according to Sushruta and WHO.

3. Write short notes on any **Four** of the following : 20
A. Phrenology.
B. Nanatmaja and Samanyaja Vikara.
C. Kriyakaal.
D. Accupoint Diagnosis.
E. Sadhya-Asadhyata of Diseases.

4. Answer any **Five** of the following : (two to three sentences) 10
A. Define the word Upadrava.
B. What is Roga Pariksha ?
C. Enlist the names of Trividha Rogamarga.
D. What is Vyadhi Sankar ?
E. What is spinal diagnosis ?
F. How many types of Purvarroopa ?

SECTION-B

5. Explain concept of Atisara according to Yoga, Nisargopachara and Ayurveda. 10
6. Describe about Vatavyadhi. Explain the Pathogenesis of Pakshaghat. 10

OR

Write about Raktapitta.

7. Write short notes on any **Four** of the following : 20
A. Write eight abnormalities of Sthaulya.
B. What is the difference between Anaha, Adhmana and Atopa.
C. Explain the Samprapti of Hridroga.
D. Difference between Kustha and Visarpa.
E. Write the Pathogenesis of Hypertension.

8. Answer any **Five** of the following : (two to three sentences) 10
A. What is the characteristics of Jvara ?
B. Enlist the names of types of Svarabheda.
C. How many types of Mutraghata ?
D. Write the Samanya Lakshana of Shitapita.
E. Write the names of Dushyas involved in Prameha.
F. Which are the symptoms of Tirupa Rajayakshma ?

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YOGA PHILOSOPHY - 2

- Instructions: 1. Every question is compulsory.
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SECTION-A

1. Write the definition of Prana, its Physiological importance in detail. 10
 2. Describe the concept of Yoga according to Hatha Pradipika. 10
- OR
- Describe the concept of Yoga according to Hatha Ratnavali.
3. Write in Short any **Four** of the following on Philosophy of Yoga according to 20
 - A. Mahavakyo upanishat
 - B. Nadabindu upanishat
 - C. Darshano upanishat
 - D. Yoga Vartika
 - E. Yoga shikha upanishat
 4. Enlist the Saliency of any **Five** of the following: 10
 - A. Yogakundali upanishat
 - B. Vijnana bhairava Tantra
 - C. Bhairava Tantra
 - D. Rudrayamala tantra
 - E. Kularnava tantra
 - F. Maha nirvana tantra

SECTION-B

5. Define Prajna, Write in detail on seven stages of Prajna. 10
 6. Describe on Yama in detail. 10
- OR
- Describe on Niyama in detail.
7. Write short notes on any **Four** of the following : 20
 - A. Yoganushashana
 - B. Chittavrutti Nirodha
 - C. Types of Sadhaka
 - D. Rutumbhara Prajna
 - E. Importance of Ishvara in Yoga practice.
 8. Define the term any **Five** of the following : 10
 - A. Samadhi
 - B. Klesha
 - C. Kriya Yoga
 - D. Satvika Samadhi
 - E. Nirbija Samadhi
 - F. Savichara Samadhi

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YOGA PRACTICES - 2

- Instructions: 1. Every question is compulsory.
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SECTION-A

1. Write in detail on therapeutic importance of any two Mudra. 10
2. Write in detail on therapeutic importance and physiological actions of Bandha. 10

OR

Write in detail on therapeutic importance of Dhauti.

3. Write the short notes on therapeutic importance of the following Asanas, (any Four) 20
A. Guptasana.
B. Mandukasana.
C. Vrukshasana.
D. Bhujangasana.
E. Yogasana.
4. Define the term. (any Five) 10
A. Kevali Pranayama.
B. Bhastrika Pranayama.
C. Suryabhedana Pranayama.
D. Kapalabhati
E. Jala Basti.
F. Plavini Pranayama.

SECTION-B

5. Write in detail on Suryanamaskara. 10
6. Write in detail on Kundalini and its types, stages and symptoms of awakening. 10

OR

Write in detail on Svarodaya practices.

7. Write short notes on any **Four** of the following : 20
A. Lesson plan for adult female through Yoga Practices.
B. Lesson plan for executives through Yoga Practices.
C. Lesson plan for memory boosting through Yoga Practices.
D. Lesson plan for personality development through Yoga Practices.
E. Lesson plan for health maintenance through Yoga Practices.
8. Define the term. (any Five) 10
A. Swastimantra.
B. Rudropasana.
C. Sukshma Vyayama.
D. Shat Karma.
E. Mudra.
F. Bandha.

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NISARGOPACHARA - I

- Instructions: 1. Every question is compulsory.
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SECTION-A

1. Describe in detail the effects of heated mud on the body. 10
2. Describe the effects of cold application on reflex areas of the body. 10

OR

Describe Vayu Tattva Chikitsa in detail.

3. Write short notes on any **Four** of the following : 20
A. Cosmetic uses of mud.
B. Production and distribution of heat in body.
C. Conditions that discourage reaction.
D. Types of mud according to area of collection.
E. Importance of mud in health maintenance.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Enlist natural therapies of Prithvi Tattva.
B. Enlist types of mud application.
C. Write two indications & two contraindications of mud bath.
D. Write composition of mud.
E. What is thermal reaction?
F. Write four general properties of mud.

SECTION-B

5. Describe the technique & physiological effect of full body wet sheet pack. 10
6. Describe ancient concept of Swedana with it's types 10

OR

Describe modern concept of various types of baths with their physiological effects.

7. Write short notes on any **Four** of the following : 20
A. Role of water in acute & chronic disorders.
B. Indications & procedure of hip bath.
C. Indications & Contraindications of neck bath.
D. Indications of Steam bath.
E. Effects of cold Spinal bath.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Write two indications of dry sheet pack.
B. Enlist four benefits of abdominal cold pack.
C. What is T- pack ?
D. Enlist two examples of wet fomentations.
E. Enlist indications of wax bath.
F. Enlist benefits of Epsom salt bath.

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PHYSIOTHERAPY & MANIPULATIVE THERAPIES - I

- Instructions: 1. Every question is compulsory.
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SECTION-A

1. Describe mechanics of movements. 10
2. Give the name of all fundamental positions. Describe hanging in details. 10

OR

Indications and Contraindications of Vyayama and Nisargopachara.

3. Write short notes on any **Four** of the following : 20
A. How will you improve bad posture?
B. Types of crutch walking. Write down preparation of crutch walking.
C. Passive movements mobilization technique.
D. Frankle's Exercises.
E. Define suspension therapy and describe suspension instruments.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Relation between line of gravity and centre of gravity.
B. Enlist absolute and relative contraindication of soft tissue mobilization.
C. Types of muscle contractions.
D. Hemiplegic Gait.
E. Uses of Mat Exercises.
F. Free exercises for Hand.

SECTION-B

5. Explain types of generator used in IR. Mention therapeutic uses of IR. 10
6. Define electromyography and its physiological principal. 10

OR

Describe how physiotherapy helps in sports and industrial health.

7. Write short notes on any **Four** of the following : 20
A. Phonophoresis.
B. Contraindications of electric stimulator.
C. Methods of S.W.D.
D. Techniques of application of UVR.
E. Indications and Contraindications of IFT.
8. Answer any **Five** of the following :(two to three sentences) 10
A. What is heat frequency?
B. Write four lines about physiotherapy in geriatrics.
C. Spacing of SWD for Maxillary sinusitis.
D. Radiant heat.
E. Difference between Faradic and Galvanic current.
F. Piezo-electric effect.

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PHYSIOTHERAPY & MANIPULATIVE THERAPIES – 2

- Instructions: 1. Every question is compulsory.
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SECTION-A

1. Vayu Sevana : Definition, indications, contra indications, methods, benefits and physiological actions. 10
2. Define massage. Enlist various techniques and write in detail about any one. 10

OR

Write principles, indications, contraindications, effects, rules and regulation of massage.

3. Write short notes on any **Four** of the following : 20
A. Therapeutic importance of Vayu.
B. Seven steps of Abhyanga Practice.
C. Relationship between massage and Abhyanga.
D. Effect of pressure of hand and lubricants on various systems of body.
E. Physiological actions of Abhyanga and its benefits.
4. Answer any **Five** of the following :(two to three sentences) 10
A. Define different manipulative therapies.
B. Effect of Abhayanga on Sparshanendriya.
C. Difference between Vayu sevana nad Abhyanga.
D. Effect of massage.
E. Write about vayu sevana of different directions.
F. Write about crisis through massage.

SECTION-B

5. Write about different manipulative techniques and write in detail about chivopractic aims and examination. 10
6. Write about different massage manipulations and describe massage for women in detail. 10

OR

Write in detail about osteopathy in management of various disorders.

7. Write short notes on any **Four** of the following : 20
A. Physiological effects of Chiro practic.
B. Relation between osteopathy to musculo skeletal system.
C. History of massage and its effects.
D. Special massage for infant and children.
E. Importance of spine in Chiro practic.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Classification of massage manipulations.
B. Difference between massage with oil and powder.
C. Compare concepts of Chiro practic and osteopathy.
D. What is massage with Vibro.
E. Origin of Chiro practic.
F. Contra indications of massage with ice.

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FUNDAMENTS OF AYURVEDA - 3

- Instructions: 1. Every question is compulsory.
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SECTION-A

1. Describe Srushti Utpatti according to VAISHESHIKA. 10
2. What is PANCHVIMSHANTIKA PURUSHA? Explain. 10

OR

- Enlist TANTRAYUKTI and describe any two.
3. Write short notes on any **Four** of the following : 20
A. Define and briefly describe "MANA".
B. Explain the utility of PINDBRAHMAND NYAYA in Ayurveda.
C. What is the relation between Sharira-Indriya-Sattva and Atma? Explain briefly.
D. Define and briefly describe VAYUMAHABHUTA.
E. VADA.
4. Answer any **Five** of the following :(two to three sentences) 10
A. What are the qualities of DRAVYA.
B. SIDHDHASADHIT VIDYA
C. Define LAUKIKI CHIKITSA.
D. Define BUDDHI.
E. Define PURUSHA.
F. What is the meaning of DHARI?

SECTION-B

5. Describe SUTIKAGAR. 10
6. Define CHIKITSA and explain HETUVIPARITA CHIKITSA. 10
- OR
- Define and briefly describe PANCHAKARMA.
7. Write short notes on any **Four** of the following : 20
A. ANUVASAN BASTI.
B. LANGHANA YOGYAYOGYA.
C. SATTVAVAJAY CHIKITSA.
D. What is PRAKRUTIVIGHAT? Explain.
E. Indication and contra indication of VAMANA.
8. Answer any **Five** of the following :(two to three sentences) 10
A. Define DAIVYAPASHRYA.
B. Enumerate SAGNISVEDA.
C. Enumerate the quality of PRICHARAKA.
D. Enlist instruments useful in SHASTRAKARMAGAR.
E. Define STAMBHANA
F. Enlist characteristics of STAMBHANA YOGYA PURUSH.
