

GUJARAT AYURVED UNIVERSITY, JAMNAGAR.

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

EXAMINATION SEPTEMBER-2013

FUNDAMENTS OF AYURVEDA - 1

Date :- 11-09-2013
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. Write a brief description of Charaka Samhita. 10
2. Describe the Ashtangas of Ayurveda. 10

OR

Write brief introduction to the different commentaries on Charaka Samhita.

3. Answer any **Four** of the following : 20
A. Write a short note on : Madhava Nidana.
B. Write a short note on : Commentaries on Sushruta Samhita.
C. Write a short note on : Objectives of Ayurveda.
D. Write a short note on : Ayurveda in Samhita Kala.
E. Write a short note on : Ayurveda in Hindu religion.
4. Answer any **Five** of the following : 10
A. Give the definition of Ayurveda.
B. Write the name of the author and time period of Kashyapa Samhita.
C. Enlist the names of any four Sthanas of Ashtanga Samgraha.
D. Write the name of the author and time period of Sharngdhara Samhita.
E. Enlist the subjects of Sahasra Yoga.
F. Enlist the names of the commentaries on Ashtanga Hridaya.

SECTION-B

5. Describe the role of CCRAS in Indian health care. 10
6. Describe the contribution of Gujarat Ayurved University, Jamnagar in the field of Ayurveda. 10

OR

Describe the mythological aspects of the origin of Ayurveda.

7. Answer any **Four** of the following : 20
A. Write a short note on : Maharshi Agnivesha.
B. Write a short note on : Arya Vaidya Shala – Kottakkal.
C. Write a short note on : Ayurveda and chemistry.
D. Write a short note on : Vd. Bapalal and his contribution.
E. Write a short note on : Vd. P.V. Sharma and his contribution.
8. Answer any **Five** of the following : 10
A. Write the place and time period of Vd. Zandu Bhatt.
B. Write any four functions of CCRYN.
C. Write any two examples proving the inclusion of zoology in Ayurveda.
D. Write the place and time of establishment of Poddar Ayurveda College.
E. Enlist any four qualities of a teacher.
F. Enlist any two differences in Ayurveda education between ancient and modern time.

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EXAMINATION SEPTEMBER-2013

INTRODUCTION AND HISTORY OF NISARGOPACHARA

Date :- 10-09-2013
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. Describe the origin and development of Naturopathy in India. 10
2. Describe the scope of Nisargopachara in 21st century. 10

OR

Describe the contribution of Louis Kuhne to the field of Naturopathy.

3. Write short note on any **Four** of the following : 20
A. Subject of Nisargopachara mentioned in Rigveda.
B. Development of Naturopathy in Gujarat.
C. Neo-naturopathic concept of Nisargopachara.
D. Contribution of Dr. Henry Lindlahr to Nisargopachara.
E. Contents of the works by Dr. V.P. Gidwani.

4. Answer any **Five** of the following : 10
A. Write the names of any four books written by Dr. H.K. Bakhru.
B. Write the definition of Nisargopachara.
C. Enlist the works of Dr. E.D. Babbit.
D. Give the short introduction of "Return to nature" book.
E. What is the meaning of word 'Nisarga' ?
F. Write the authors of the books "Impaired health" and "My water cure".

SECTION-B

5. Give the introduction of Nisargopachara Ashrama, Urulikanchan. 10
6. Describe the activities of C.C.R.Y.N., New Delhi. 10

OR

Describe the utility of Nisargopachara in Roman and Greek civilizations.

7. Write short note on any **Four** of the following :
A. Life sketch of Dr. M.M. Bhamagara.
B. Arnold Rickley.
C. Nisargopachara in Bauddha religion.
D. Education system of Nisargopachara in ancient Nalanda University.
E. Relationship between Nisargopachara and physics.
8. Answer any **Five** of the following : 10
A. Enlist any two books written by Dr. K. Laxman Sharma.
B. Write a short life sketch of Hippocrates.
C. Give the brief introduction of the M.P.I.Y.N.E.R.
D. Enlist the name of any four ancient Universities.
E. Write the time period and place of Vincent Priessnitz.
F. Write the date of establishment and place of the Morarji Desai Institute of Naturopathy and Yogic Sciences.

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

EXAMINATION SEPTEMBER-2013

INTRODUCTION AND HISTORY OF YOGA

Date :- 07-09-2013
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. Describe the concept of Yoga according to Shrimad Bhagavad Gita. 10
 2. Describe the origin and history of Yoga. 10
- OR**
- Describe the concept of Yoga according to Upanishads.
3. Answer any Four of the following : 20
 - A. Write a short note on : Mahanirvana Tantra.
 - B. Write a short note on : DhyanaBindu Upanishat.
 - C. Write a short note on : Concept of Yoga as per Goraksha tradition.
 - D. Write a short note on : Glimpses of Yoga in Islam.
 - E. Write a short note on : Glimpses of Yoga in Hindu Religion.
 4. Answer any Five of the following : 10
 - A. Enumerate and enlist the chapters of Hatha Pradipika.
 - B. Write the time period and the author of Shiva Samhita.
 - C. Write the time period and the author of Yoga Chudamani Upanishat.
 - D. Write any two examples about the glimpses of Yoga in Greek civilization.
 - E. Write any two examples about the glimpses of Yoga in Sufism.
 - F. Write two points about the inclusion of Yogic concepts in Jain religion.

SECTION-B

5. Describe Hatha Yoga. 10
 6. Describe the tradition and practices of Yoga in the ancient period. 10
- OR**
- Describe the role of AYUSH in standardization of Yogic practices.
7. Answer any Four of the following : 20
 - A. Write a short note on : Tantra Yoga.
 - B. Write a life sketch of Sage Patanjali.
 - C. Write a life sketch of Acharya Rajneesh.
 - D. Write a short note on : Relationship of Yoga with Biology.
 - E. Write a short note on : Educational system of Yoga in modern era.
 8. Answer any Five of the following : 10
 - A. Name any two works authored by Muni Vyas.
 - B. Name any two works authored by Swami Krupalvananda.
 - C. Write the time period and the place of Swami Dayananda Saraswati.
 - D. Write the date of establishment and place of Yoga Niketan.
 - E. Write the full form and date of establishment of M.P.I.Y.N.E.R.
 - F. How is Zoology related with the science of Yoga ?

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

EXAMINATION SEPTEMBER-2013

SHARIR KRIYA (HUMAN PHYSIOLOGY INCLUDING BIO-CHEMISTRY) - 2

Date :- 06-09-2013

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. Explain the role of Yoga and Nisargopachara in the maintenance of mental health. 10
 2. Describe Hridaya Dhara Kala (pericardium). 10
- OR**
- Describe Phupphusavarana (pleura).
3. Answer any Four of the following : 20
 - A. Write a short note on : Bhutagni.
 - B. Write a short note on : Manipura Chakra.
 - C. Write a short note on : Anahata Chakra.
 - D. Write a short note on : Dhatavotpatti.
 - E. Write a short note on : Pitta Prakruti person.
 4. Answer any Five of the following : 10
 - A. Enlist the functions of Shushumna.
 - B. Enlist the Mula of Majjavaha and Annavaha Srotas respectively.
 - C. Enlist any four sub types of Sattvika Manas Prakruti.
 - D. Enlist the Prakruti Janaka Bhavas.
 - E. Enlist the names of Dhatu Poshana Krama Nyayas.
 - F. Define Oja.

SECTION-B

5. Describe the functional aspects of the hypothalamus. 10
 6. Describe the effects of Ashwini Mudra on the functions of the reproductive system. 10
- OR**
- Describe the effects of hip bath on the functions of the reproductive system.
7. Answer any Four of the following : 20
 - A. Write a short note on : Functional aspects of adrenal gland.
 - B. Write a short note on : Functions of female reproductive system.
 - C. Write a short note on : Physiology of hearing.
 - D. Write a short note on : Functional aspects of reflexes.
 - E. Write a short note on : Behaviour and emotion.
 8. Answer any Five of the following : 10
 - A. Write the full form of P.P.B.S.
 - B. Write the full form of S.G.O.T.
 - C. Write the full form of F.B.S.
 - D. What is meant by Sterling's law ?
 - E. What are the properties of a nerve fibre ?
 - F. What is sex determination ?

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EXAMINATION SEPTEMBER-2013

SHARIR KRIYA (HUMAN PHYSIOLOGY INCLUDING BIO-CHEMISTRY) - I

Date :- 05-09-2013

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

Thursday

Total Marks :- 100

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

SECTION-A

1. Explain the importance of Dosha, Dhatu and Mala in human physiology. 10
2. Describe in detail the functions of Vata. 10

OR

Describe the physiology of respiration and vital capacity.

3. Answer any Four of the following : 20
A. Write a short note on : Cell structure.
B. Describe in brief the blood coagulation process.
C. Write a short note on : Functions of Rasa Dhatu.
D. Write a short note on : Functions of Pitta Dosha.
E. Write a short note on : Shuddha Shukra.
4. Answer any Five of the following : 10
A. Describe the hepatic circulation.
B. Enlist the types of Kapha.
C. Enlist four liver functions tests.
D. What is meant by lung volume and vital capacity ?
E. What is the normal value of RBC count in male and female ?
F. Define bio-chemistry.

SECTION-B

5. Describe the function of stomach along with composition of gastric juice. 10
6. Describe the functions of uterus. 10

OR

Describe the regulatory mechanism of urinary system.

7. Answer any Four of the following : 20
A. Write a short note on : Digestion of fat.
B. Functions of different organs of male reproductive system.
C. Write a short note on : Haemoglobin metabolism.
D. Write a short note on : Acid-base balance.
E. Write a short note on : Physiological relevance of jaundice.
8. Answer any Five of the following : 10
A. Write the movements of intestines.
B. Enlist the types of skin according to Ayurveda.
C. Enlist the functions of duodenum.
D. What are the functions of saliva ?
E. Write the functions of pancreas in brief.
F. Write a short note on chemistry of nucleic acid.

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EXAMINATION SEPTEMBER-2013

SHAREERA RACHANA (HUMAN ANATOMY) - 2

Date :- 04-09-2013

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

Wednesday

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 names of Kala and describe Pittadhara Kala in detail. 10
2. Write the definition of Marma and describe Trimarma in detail. 10

OR

Describe Annavaha Srotasa in detail.

3. Answer any **Four** of the following : 20
A. Write a short note on : Bahirmukha Srotasa.
B. Write a short note on : Shusumna Nadi.
C. Write a short note on : Garbhavruddhikara Bhava.
D. Write a short note on : Shleshmadhara Kala.
E. Write a short note on : Bones of Skull.
4. Answer any **Five** of the following : 10
A. Write the names of Moola of Raktavaha Srotasa.
B. Define Endocrine system.
C. Write the Moola of Pranavaha Srotasa.
D. Write the name of Shatchakra.
E. Define Indriya.
F. Write the Shuddha Shukra Lakshana.

SECTION-B

5. Explain the effects of Pranayama on the structural aspects of various system. 10
6. Describe the Chakshu Indriya. 10

OR

Enlist the cranial nerve and describe Vagus Nerve.

7. Answer any **Four** of the following : 20
A. Write a short note on : Surface anatomy of Liver.
B. Write a short note on : CSF.
C. Write a short note on : Hypothalamus.
D. Write a short note on : Reticulo-endothelial system.
E. Write a short note on : Structure of the Pituitary gland.
8. Answer any **Five** of the following : 10
A. Write the location of Thyroid gland.
B. Write the location of Uterus.
C. Write the location of Pineal gland.
D. Enlist the internal organs of the male Reproductive system.
E. Write the names of the Special senses.
F. Effect of cold foot bath on calf in the muscles of the calf.

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EXAMINATION SEPTEMBER-2013

SHAREERA RACHANA (HUMAN ANATOMY) - 1

Date :- 03-09-2013

Time :-10:00 a.m. to 01:00 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 the importance of Sharira Rachana in Yoga and Naturopathy science. 10
2. Describe the Panchakosha and its relation with human anatomy. 10

OR

Enlist the bones of the Upper Limb and describe Ulna.

3. Answer any **Four** of the following : 20
A. Write a short note on : Ankle joint.
B. Write a short note on : Tongue.
C. Write a short note on : Cranial nerve.
D. Write a short note on : Nose.
E. Write a short note on : Duodenum.

4. Answer any **Five** of the following : 10
A. Define Dosha.
B. Define Mala.
C. Define Upadhatu.
D. Define Dhatu.
E. Define Panchamahabhuta.
F. Define Sharira.

SECTION-B

5. Enlist the organs of the Reproductive system and describe the Uterus. 10
6. Describe the Vertebral column. 10

OR

Describe the structure of the Brain.

7. Answer any **Four** of the following : 20
A. Write a short note on : Heart.
B. Write a short note on : Large intestine.
C. Write a short note on : Liver.
D. Write a short note on : Urethra.
E. Write a short note on : Caecum.

8. Answer any **Five** of the following : 10
A. Write name of the fifth Cranial nerve.
B. What is meant by Sympathetic nerve ?
C. Write the number of Lumber Vertebra.
D. Write the location of Appendix.
E. Enlist the parts of the Internal Ear.
F. Write the location of Kidney.

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EXAMINATION SEPTEMBER-2013

SANSKRUT

Date :- 02-09-2013
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. Describe the total number of tenses used in Sanskrit language with their names and uses giving suitable examples of any five of them. 10
2. Explain the उच्चारण स्थान (articulatory places) and प्रयत्न (effort). 10

OR

Enlisting the types of कारक, explain संप्रदान कारक and अधिकरण कारक with suitable examples.

3. Answer any Four of the following : 20

A. Explain the difference between ह्रस्व, दीर्घ and प्लुत and write the अर्धस्वर letters.

B. Give the Sanskrit word for the following :

1. Maternal aunt 2. Women 3. Crow 4. Donkey 5. Duck

C. Find out the verbs from the following sentences and identify them :

1. उपकारः कृतञ्जेन न स्मर्यते ।
2. नृपेण तस्करः शतं अदण्डयत् ।
3. विनय सुखाय भवति ।
4. अग्निः शाम्यति ।
5. त्वं सुखमिच्छसि ।

D. Write all the three forms of the roots as directed :

1. नश् - imperfect tense (अनद्यतनभूत) first person (उत्तम पुरुष).
2. ह - present tense second person (मध्यम पुरुष).
3. छद् - imperative third person (अन्य पुरुष).
4. पृच्छ् - potential (विध्यर्थ) first person (उत्तम पुरुष).
5. पाल् - future tense second person (मध्यम पुरुष).

E. Translate the following verse in English and write process of Sandhi-Vichheda of the underlined words :

प्राणायामेन युक्तेन सर्वरोगक्षयो भवेत् ।
अयुक्ताभ्यासयोगेन सर्वरोगस्य सम्भवः ॥

4. Answer any Five of the following : 10

A. Explain भ्वादिगण or चूरादिगण with suitable example.

B. Make one sentence each using the adjectives वामनः and पिंगलः.

C. Make one sentence each using the indeclinable साकम् and किन्तु.

D. Write the form of future tense in third person (अन्य पुरुष) of the following roots :

1. लिख् 2. ताड् 3. वद् 4. लभ्

E. Write the form of the following roots as directed :

1. नृत् - present tense third person (अन्य पुरुष).
2. कथ् - future tense second person (मध्यम पुरुष).

F. Give any two examples of interrogation with their meanings.