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BNYS

4th YEAR EXAMINATION

NUTRITION DIETETICS AND HERBS

[Time : 3:00 Hours]

[Max. Marks : 70]

I. Long Essay : Answer Any Two

[10×2=20]

1. Plan a diet chart of a 40 year old pateint suffering from ulcerative colitis and diabetes.
2. Explain the different methods of cooking and evaluate the nutritional loss of each one.
3. Explain the nutritional deficiencies during pregnancy and lactation and its correction.

II. Short Essay : Answer Any Ten

[5×10=50]

1. Explain briefly about the classification of food group.
2. Food adulteration and consumer protection.
3. Dietetic principles in Naturopathy.
4. Concept of wholesome diet.
5. Comparison with raw and cooked food
6. Zingiber officinalis
7. Diet for an anemic patient. Add a note on iron deficiency anemia.
8. Explain briefly about the green leafy vegetables and other vegetables.
9. Nutritional Education
10. Fat soluble vitamin
11. Nutritive values of Sprouts and methods of sprouting.
12. Diet for Renal disease.

19/02/2022

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BNYS
4th YEAR EXAMINATION
OBSTETRICS & GYNAECOLOGY

[Time : 3:00 Hours]

[Max. Marks : 70]

Note: Attempt all Questions.

1. Describe in detail the physiological changes that occur [20]
during pregnancy.
2. Write short notes on any 5 of the following [5×6=30]
 - (i) Diagnosis of pregnancy in 1st, 2nd & 3rd trimester
 - (ii) Prenatal Care
 - (iii) Episiotomy
 - (iv) Lochia
 - (v) Pap Smear
 - (vi) Define Puerperium
 - (vii) Hellp Syndrome
 - (viii) Keigel exercises
 - (ix) Symptoms & treatment of fibroid uterus
 - (x) Tocolytic agents
3. Write in brief about [2×10=20]
 - (i) Define preterm labor & enumerate the causes & risk factors
 - (ii) Write down screening tests for gestational diabetes mellitus

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(B) (SVSU:2020-21/R)

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B.N.Y.S. (Bachelor of Naturopathy & Yogic Sciences)
4th YEAR EXAMINATION

Yoga Therapy

[Time : 3:00 Hours]

[Max. Marks : 70]

I Long Question : Answer Any Two [10×2=20]

1. Elaborate on Vipasyana Meditation.
2. Write the starting sloka with meaning pertaining to PET, Cyclic meditation. Explain in detail.
3. Fundamentals, benefits and equipments used in Pilates.

II. Short Question: Answer any Five [5×6=30]

4. MSRT.
5. Upa-prana-vayus.
6. IAYT for PCOS.
7. Yogic breathing for hormonal regulation.
8. Physiological effect of regular pranayam practice.
9. Enumerate the difference between Kapalabhati pranayama, Voluntary Hyperventilation breathing
10. Assessment parameters of a successful liver and gall bladder detox process.

III. Objectives Question: Answer All Question [2×10=20]

11. Attunement.
12. Khechari Mudra.
13. Aqua Yoga
14. Jalandhar Bandha.
15. Murcha Pranayam.

- 4 9 1 2 5 / 2
16. Meditative poses in Hatha Yoga.
 17. Importance of Prayer in yoga practice.
 18. Somatoform disorders.
 19. Anayomico-physiologic consideration in yoga teaching.
 20. Satsanga.

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BNYS
4th YEAR EXAMINATION
HYDROTHERAPY- I

[Time : 3:00 Hours]**[Max. Marks : 70]****Note: Attempt all Questions.****A. Long Essay :****[10×2=20]**

1. Define Hydrotherapy. Write in detail about the physiological basis of hydrotherapy.
2. Write in detail about the physiological effects of hot and cold in gastro intestinal tract.

B. Short Essay :**[5×6=30]**

1. Vincent Priessnitz
2. Use of magnesium sulphate in Hydrotherapy
3. D' Arsonval Calorimeter.
4. Effect of cold muscle.
5. Second Reaction and Incomplete Reaction
6. Role of water in acute Disease.

C. Short Answer.**[2×10=20]**

1. Shivering
2. Goose flesh Appearance.
3. Primitive physis
4. Kneippism
5. Tepid temperature
6. Cold on absorption
7. Heat elimination
8. Effect of cold on skin
9. Cold on involuntary muscle.
10. Fever Calorimeter.

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Bachelor of Naturopathy & Yogic Science (B.N.Y.S)
4th YEAR EXAMINATION
HYDROTHERAPY-II

Time : 3 Hours]

[Max. Marks : 70

Note: Attempt all the questions.

1. Long Essay [2*10 =20]
 - a. Explain Mud therapy and its methods of application with their indications and contra-indications in detail.
 - b. Classify hydratic effect. Explain the Secondary excitant effects in detail.
2. Short Essay [8*5=40]
 - a. Explain in detail the general rules of hydrotherapy.
 - b. Define Douche and classify its types.
 - c. Explain the pool therapy in detail.
 - d. Write a note on importance of cold water and hot water drinking.
 - e. Write the physiological effect, indication and contra-indication of cold hip bath.
 - f. Explain immersion bath in detail.
 - g. Make a hydratic prescription for patient with Bronchial asthma.
 - h. Write a note on enema and its types.
3. Short Essay [5*2=10]
 - a. What are the indication of steam inhalation?
 - b. Indication and contra-indication of ear irrigation.
 - c. Write the procedure for Gastro-hepatic pack.
 - d. Define Expectorant effect.
 - e. Explain the difference between steam bath and Sauna bath?

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B.N.Y.S. (Bachelor of Naturopathy & Yogic Sciences)

4th YEAR EXAMINATION

PHYSIOTHERAPY

[Time : 3:00 Hours]

[Max. Marks : 70]

I Long Question : Answer Any Two [15×2=30]

1. Define SWD. Mechanism, Physiological effect
Indication & Contraindication.
2. Discuss about the paraffin wax bath method of
application Indication & Contraindication.
3. Define posture. Write down good & bad posture in
detail?

II. Short Question: Answer any Five [6×5=30]

4. TENS & with its type.
5. Relaxation & with its type.
6. Interferential Therapy.
7. Cryotherapy.
8. Active & Passive movement.
9. Luminous generator

III. Very Short Question: Answer Four Question [2.5×4=10]

10. Indication & Contraindication of UVR.
11. Indication & Contraindication of Ultrasound.
12. Axis & Plane
13. Faradic & Galvanic current
14. PUVA apparatus

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B.N.Y.S. (Bachelor of Naturopathy & Yogic Sciences)
4th YEAR EXAMINATION
Holistic Practices of Naturopathy and Yoga

[Time : 3:00 Hours]

[Max. Marks : 70]

I Long Question : Answer Any Two [10×2=20]

1. Write about the characteristic of cancer cells. Staging of Cancer. Role of nutraceutical in cancer management.
2. Difference between folliculitis, Furuncle and Furunculosis. Write about naturopathic management of Furunculosis.
3. What are Acid-Peptic disorders? Write about aim and objectives and Holistic management of APD.

II. Short Question: Answer any Five [5×6=30]

4. Cortisol awakening response as in indicator of health.
5. Mention names of 10 kitchen herbs (or ayurvedic herbs) for diabetes mellitus.
6. Shivambu chikitsa.
7. Differentiate between chiropractice and Osteopathy.
8. Management of Hemorrhoids through Naturopathy and Yoga.
9. Asthma Bath.
10. IBS diet chart.

III. Objectives Question: Answer All Question [2×10=20]

11. Keggels exercise.
12. Glucocorticoid.

13. Panchavalkala Kashaya.
14. Likert Scale.
15. Azadirachta indica
16. Agnikarma
17. IVDP staging.
18. RICE therapy.
19. Anu tailam.
20. Health benefits of Curcumin supplementation.

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B.N.Y.S. (Bachelor of Naturopathy & Yogic Sciences)

4th YEAR EXAMINATIONHospital Management and Research Methodology &
Forensic Medicine

Time : 3:00 Hours]

[Max. Marks : 70]

I Long Question : Answer Any Two [10×2=20]

1. What is Communication? Explain its various types and importance.
2. Explain medical audit in detail, its importance and uses.
3. Write a detailed stepwise research plan in the field of Naturopathy and Yoga.

II. Short Question: Answer any Five [5×6=30]

4. Explain briefly about committees and list out a few examples of committees in hospital and their functioning.
5. Explain the importance of planning as a managerial skill giving appropriate examples.
6. Explain different types of hydrotherapeutic modalities used in a naturopathy set-up giving appropriate examples.
7. Differentiate between fresh drowning and sea water drowning..
8. Write a short note on Infamous conduct
9. Corrosive Poisons.
10. What is bioethics?

III. Objectives Question: Answer All Question [2×10=20]

11. What is euthanasia? Is it legal in India?
12. What is Hypothesis?
13. Which are time management techniques according to you?
14. What is a 2-tier architecture system?
15. What is an autoclave? What are its uses.
16. General treatment of poisoning.
17. Summons.
18. MTP.
19. Empirical research.
20. How to write Abstract of research paper.

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BNYS

**4th YEAR EXAMINATION
PSYCHOLOGY & BASIC PSYCHIATRY****[Time : 3:00 Hours]****[Max. Marks : 50]****Note: Attempt all questions**

1. Write any Two answers
 - a. Thinking [5]
 - b. Attention [5]
 - c. Depression [5]
2. What is Substance abuse? How do you treat substance use person in psychiatric ward. [10]
3. What is the difference between Conflict and Frustration [10]
4. What is the Psychotherapy? Write about Client- Centred Therapy? [10]
5. What is the difference between Illusion and Hallucination? [10]