TILAK MAHARASHTRAVIDYAPEETH, PUNE M.SC. IN NUTRITION & FOOD SCIENCE EXAMINATION :NOVEMBER - 2022

FIRST SEMESTER

Sub. : Basic Principles of Ayurvedic Diet (M.Sc. CB-111)

Date:22/11/2022		Total marl	ks: 60	Time: 10.00 am to 12.30 pm
Instruction	ons:			
) All questions are co		equal marks.	
2)) Any kind of miscor	nduct is punishable.		
Q.1 Fill	in the right answer			(10)
1)	There are Num	ber of Dhatu in our	body.	
	a) 3	b)	4	
	c) 5	d)	7	
2)	Rupa is a property of	which Mahabhoota	?	
	a) Agni	b)	Vayu	
	c) Jala	d)	Prithvi	
3)	According to types of	f rasa, aahar is divid	ed into how man	ny types ?
	a) 4	b)	5	
	c) 6	d)	7	
4)	In pitta dosha N	Mahabhoot is domin	ant.	
	a) jala	b)	agni	
	c) prithvi	d)	vayu	
5)	is a main site f	or kapha dosha.		
	a) Udara / abdomen	b)	Ur/chest	
	c) Pada/feet	d)	Hasta/hands	
6)	this vayu stim	ulates digestive fire	for digestion.	
	a) Udana	b)	Samana	
	c) Apana	d)	Vyana	
7)	Upadhatu of rakta dh	atu is		
	a) Sira	b)	kandara	
	c) a & b	d)	none	
8)	There are numbers of srotas in male.			
	a) 13	b)	11	
	c) 9	d)	10	
9)	Snigdha is guna of			
	a) vata	b)	pitta	
	c) kapha	d)	both b and c	
10)	Ruksha is guna of			
	c) vata	d)	pitta	
	e) kapha	f)	none	
Q. 2 An	swer the following qu	uestions (Any 2)		(30)

Write about importance of food / ahara in maintainance of health and explain types of Aahara.

- 2 Write in detail about Dhatu types, functions, srotas
- 3 Explain concept of srotas in detail.

Q. 3 Write Short Note (Any 4)

- 1 Write about Purisha mala (stool)
- 2 Short note on Types of Ahara according to Mahabhoota.
- 3 Mansa Dhatu production, function, srotas
- 4 Swabhavoparam vada
- 5 Samanya vishesh sidhanta
- 6 Vata prakruti features