

**TILAK MAHARASHTRA VIDYAPEETH, PUNE**  
**M.SC. IN NUTRITION & FOOD SCIENCE**  
**EXAMINATION : NOVEMBER 2022**  
**THIRD SEMESTER**

**CB**

Sub. : Ayurvedic Nutrition in Obstetrics & Pediatrics (MSc. CB - 312)

**Date: 23/11/2022**

**Total marks: 60**

**Time: 10.00 am to 12.30 pm**

**Instructions:**

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.

**SECTION A**

**Q. 1 Select the correct alternative. (05)**

- 1) Rajaswala / menstruating women is considered as .....
  - a) injured patient
  - b) non-injured
  - c) healthy
  - d) none
- 2) ..... guna is abundant in Anoop Desha.
  - a) Snigdha
  - b) Ushna
  - c) Ruksha
  - d) Tikshna
- 3) For diet in pregnancy, ..... is advised..
  - a) milk
  - b) ghee
  - c) butter
  - d) all
- 4) ..... dosha get aggravated in jangal dosha.
  - a) Vata
  - b) Pitta
  - c) Vata & pitta
  - d) Kapha
- 5) Ksheerannad avastha is .....
  - a) 1 to 3 yr
  - b) 3 to 7 yr
  - c) 3 to 5 yr
  - d) 1 to 2 yr

**Q. 2 Answer the following questions. (Any One) (15)**

1. Write in detail about diet during Menopause.
2. Explain the diet in child according to age (ksheevad, ksheerannad, annada)

**Q. 3 Write a Short note. (Any Two) (10)**

1. Sadharana dosha with example
2. Anupana
3. Aahar in sootika

**SECTION B**

**Q. 1 Select the correct alternative. (05)**

- 1) Phenylketonuria occurs due to defect in \_\_\_\_\_.
  - a) GDH
  - b) Phenylalanine hydroxylase
  - c) G6PD
  - d) None of the above
- 2) Breast feeding should be initiated within \_\_\_\_\_ hours of birth.
  - a) 3-4 hrs
  - b) 1 hr
  - c) 24 hrs
  - d) 6 hrs
- 3) \_\_\_\_\_ is a thick yellowish fluid secreted during first 2-3 days after delivery.
  - a) Foremilk
  - b) Transition milk
  - c) Hind milk
  - d) Colostrum
- 4) RDA for calcium in pregnancy ICMR 2010 is \_\_\_\_\_.
  - a) 1000 mg/day
  - b) 800 mg/day
  - c) 1200 mg/day
  - d) 600 mg/day

- 5) Low birth weight babies have weight below \_\_\_\_\_.
- a) Less than 2.5 kg
  - b) Less than 5 kg
  - c) Less than 7 kg
  - d) None of the above

**Q. 2 Answer the following questions. (Any One) (15)**

1. Write in detail about the nutrition requirements during lactation.
2. What is PEM? Give its classification.

**Q. 3 Write a Short note. (Any two) (10)**

1. Galactogogues
  2. Importance of Pre-conceptual nutrition
  3. Gestational Diabetes Mellitus
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