

**TILAK MAHARASHTRAVIDYAPEETH, PUNE**  
**M.SC. IN NUTRITION & FOOD SCIENCE**  
**EXAMINATION : DECEMBER - 2023**  
**THIRD SEMESTER**

**Sub. : Ayurvedic Nutrition in Obstetrics & Pediatrics (M Sc. CB-312)**

---

**Date: 06/12/2023**

**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. (5)**

- 1) Cucumber should not be consumed before meal.  
a) correct  
b) Not correct  
c) No any relevance  
d) None
- 2) One who drinks water after meals \_\_\_\_\_  
a) Renders thin built  
b) Renders obese built  
c) Remain Healthy  
d) Render normal built
- 3) Following guna is abundantly appear in Jangala Desha.  
a) Ruksha  
b) Ushna  
c) Laghu  
d) All of these
- 4) BMI is \_\_\_\_\_.  
a) Body mass index  
b) Body metabolic index  
c) Body measurement index  
d) Basal measurement index
- 5) In Vruddhavastha , the food should be \_\_\_\_\_.  
a) Snigdha and Ushna  
b) Ruksha and Ushna  
c) Sheeta and Ruksha  
d) Guru

**Q. 2 Answer the following questions. (Any Two) (10)**

- 1) Rules for Drinking water.
- 2) Write about ' Ksheerannad Avastha'.
- 3) Dietary directives for Menopausal condition.

**Q. 3 Answer the following questions. (Any One) (15)**

- 1) Write in detail about importance of pathya in maintaining health.
- 2) Describe Diet during pregnancy.

**SECTION B**

**Q. 1 Select the correct alternative.** **(5)**

- 1) \_\_\_\_\_ is caused in infants by maternal hypothyroidism due to iodine deficiency.  
a) Spina bifida  
b) Cretinism  
c) MSUD  
d) None of the above
- 2) \_\_\_\_\_ are food substances believed to assist initiation, maintenance, or augmentation of the rate of maternal milk synthesis.  
a) Galactogogues  
b) ARFs  
c) Antioxidants  
d) Thermogenic foods
- 3) \_\_\_\_\_ requirements are increased during pregnancy.  
a) Iron  
b) Protein  
c) Energy  
d) All of the above
- 4) Supplementary feeding should commence for the infant when they reach the age of \_\_\_\_\_.  
a) 12<sup>th</sup> month  
b) 4<sup>th</sup> month  
c) 6<sup>th</sup> month  
d) 18<sup>th</sup> month
- 5) Colostrum is rich in the following except \_\_\_\_\_.  
a) Enzymes  
b) Lactose  
c) Antibodies  
d) Zinc

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

- 1) What is GDM? Explain its etiology, complications & dietary management.
- 2) Explain the importance of breastfeeding to the mother as well as infant. Also explain the significance of colostrum.

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

- 1) RDA of essential nutrients during lactation along with their justifications.
  - 2) Complications during Pregnancy.
  - 3) PEM
-