

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

Sub. : Ayurvedic Nutrition Therapy Part-II (M Sc. CB-313)

Date: 07/12/2023

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) Sidhma is the type of _____ vyadhi
 - a) Mutrashmari
 - b) Shwas
 - c) Kushtha
 - d) Mutrakruchhra
- 2) Pathya for Grahani include _____
 - a) Kavath
 - b) Bilwa
 - c) Dadim
 - d) All of above
- 3) Vidagdhajirna is caused due to _____
 - a) Vata
 - b) Pitta
 - c) Kapha
 - d) Rakta
- 4) Principle used for treatment of Sthaulya vyadhi is _____
 - a) Guru
 - b) Laghu
 - c) Apatarpan
 - d) both a & c
- 5) Klaibya is related with _____ strotas
 - a) Asthivaha
 - b) Mansavaha
 - c) Pranvaha
 - d) Shukravaha

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

- 1) Apathya in Atisar vyadhi
- 2) Pathya in Arsha vyadhi
- 3) Write Aahariya chikitsa of Jwar vyadhi

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

- 1) Define Strotas and types of Strotas. Vyadhis according to Strotas and their Aahariya Chikitsa.
- 2) Write in detail about nidanpanchak of 'Sandhigata Vata' with Pathyapathya.

SECTION B

Q. 1 Select the correct alternative. (5)

- 1) The energy requirements during old age is ____
 - a) 30-40 Kcals/kg
 - b) 10-20 Kcals/kg
 - c) 25-30 Kcals/kg
 - d) 55-60 Kcals/kg
- 2) Lowered immunity in old age is because of _____.
 - a) Poor absorption of nutrients
 - b) Reduced food intake
 - c) Diminished immune system
 - d) All of the above
- 3) ____ deficiency is commonly seen during old age.
 - a) Vit D
 - b) Both a & c
 - c) Vit B12
 - d) Copper
- 4) ____ is commonly seen in geriatrics.
 - a) Xerostomia
 - b) SIBO
 - c) Bone deformities
 - d) All of the above
- 5) _____ foods can be prescribed to relieve constipation.
 - a) Tender GLVs
 - b) Oats
 - c) Apples
 - d) All of the above

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

- 1) Describe various physiological changes that occur during old age.
- 2) Plan a day's diet for a 72 year old woman with chronic GERD & reduced appetite, increased flatulence, 4 kg weight loss over past 2 months. She frequently experiences tingling & numbness of feet & lower back ache. She does not have a history of DM type II, HTN, CAD or CA. Her all other parameters are normal.

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

- 1) Old age and malnutrition.
- 2) Nutritional management of osteoporosis during old age.
- 3) Importance of antioxidants & fiber in geriatric diet.