

TILAK MAHARASHTRA VIDYAPEETH, PUNE
M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : DECEMBER - 2023
FOURTH SEMESTER
Sub. : Ayurvedic Diet Planning (M.Sc. CB-412)

Date: 06/12/2023

Total marks: 60

Time: 2.00 am to 4.30pm

Instructions:

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

SECTION A

Q. 1 Select the correct alternative. (05)

1. In ___ Ritu , Kapha gets aggravated (Prakopa).
a) Varsha
b) Vasant
c) Sharad
d) Grishma
2. There is _____ Dosha get vitiated in Shwas & Kasa Vyadhi.
a) Vata-Kapha
b) Vata-Pitta
c) Pitta-Kapha
d) Pitta-Vata
3. Takra is _____ in nature.
a) Agnideepak
b) Vatanulomak
c) Pachak
d) All of above
4. Dadim is useful in _____ vyadhi.
a) Jwar
b) Atisar
c) Pandu
d) All of above
5. _____ type of food is good in obesity.
a) Laghu
b) Apatarpan
c) Guru
d) b & C

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

1. Describe in detail Aahariya Hetu & Chikitsa of Sthaulya vyadhi.
2. Write detail diet plan of Kas & Shwas vyadhi considering Ayurvedic approach.

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

1. Aahariya Chikitsa of Ashmari
2. Takra
3. Aahariya hetu of Ajirna vyadhi.

SECTION B

Q. 1 Select the correct alternative. (05)

1. Thekua is a sweet dish of _____.
a) Asam
b) Nepal
c) Bihar
d) Bhopal
2. Kuzhambu is a famous dish of _____ cuisine.
a) Punjab
b) Goa
c) Tamilnadu
d) West Bengal

3. Gujrat is _____ type of Desha.
- a) Anup
 - b) Sadharan
 - c) Jangal
 - d) None
4. In North eastern part of India _____ is a important food ingredient.
- a) Bamboo shoots
 - b) Fish
 - c) Wheat
 - d) Jowar
5. Use of Kokum in food preparations is distinctive feature of _____.
- a) Goa
 - b) Madhya pradesh
 - c) Uttar pradesh
 - d) Aasam

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

1. Rice can be considered as the staple food of India. Comment on statement.
2. Write in detail about –Dietary practices-Continental cuisine.

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

1. Describe Mediterranean cuisine in brief.
 2. Describe staple food of Rajasthan.
 3. Explain Cuisine of Arunachal Pradesh.
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