

TILAK MAHARASHTRA VIDYAPEETH, PUNE
M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : APRIL/MAY - 2024
FIRST SEMESTER

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

Date: 02/05/2024

Total marks: 60

Time: 10.00 am to 12.30 pm

Instructions:

- 1) All questions are compulsory and carry equal marks.
- 2) Any kind of misconduct is punishable.

Q. 1 Fill in the right answer (10)

1. _____ is the function of Asthi Dhatu.
 - a) Prinan (Nourishment)
 - b) Lapan (Covering property)
 - c) Dharan (Holding property)
 - d) Puran (Filling the cavities)
2. The site of Vata Dosha is _____.
 - a) Pakvashay (Large intestine)
 - b) Kati (Waist)
 - c) Twacha (Skin)
 - d) All of above
3. _____ is a special feature of Aakash Mahabhoota.
 - a) Shabda
 - b) Sparsha
 - c) Roop
 - d) Rasa
4. Bharajak is a type of
 - a) Vata
 - b) Rakta
 - c) Pitta
 - d) Kapha
5. There are _____ number of Dhatu in our body.
 - a) 3
 - b) 4
 - c) 5
 - d) 7
6. Snigdha is guna of _____.
 - a) Vata
 - b) Pitta
 - c) Kapha
 - d) both b & c
7. _____vayu stimulates digestive fire for digestion.
 - a) Udan
 - b) Saman
 - c) Apan
 - d) Vyan
8. Mala of Meda dhatu is _____.
 - a) Kha mala
 - b) Kapha
 - c) Pitta
 - d) None of above
9. In Pitta Dosha _____ mahabhoota is dominant.
 - a) Jala
 - b) Agni
 - c) Pruthvi
 - d) Vayu

