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M.SC. IN NUTRITION& FOOD SCIENCE

EXAMINATION : APRIL/MAY - 2024 THIRD SEMESTER

Sub.: Ayurvedic Nutrition Therapy Part-II (M Sc. CB-313) Date: 08/05/2024 Total marks: 60 Time: 2.00 pm to 4.30 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) Viruddha aahar is strotas dushti hetu of strotas a) Medovaha b) Asthivaha c) Majjavaha d) Shukravaha 2) Pundarik is the type of _____vyadhi a) Mutrashmari b) Shwas c) Kushtha d) Mutrakruchhra 3) Pathya for Atisar include a) Kavath b) Bilwa c) Dadim d) All of above 4) types of food is indicated in Karshya. a) Bruhan b) Snigdha d) None c) a and b 5) Vishtabdhajirna is caused due to a) Vata b) Pitta c) Kapha d) Vata-Pitta Q. 2 Answer the following questions. (Any Two) (10)1) Apathya in Arsha vyadhi 2) Pathya in Pandu vyadhi 3) Write Aahariya chikitsa of Kas vyadhi Q. 3 Answer the following questions. (Any One) (15)1) Explain in detail about Medovaha strotas and nidan panchak of Sthaulya vyadhi with pathyapathya.

2) Explain nidan panchak of Kamala vyadhi with Aahariya Hetu and pathyapathya in

detail.

SECTION B

| Q. 1 | Select the correct alternative. | | (5) |
|------|---|--|------------|
| | 1) Malnutrition in elderly individuals can lead to | | |
| | a) Decreased nutrient requirements | b) Increased immunity | |
| | c) Delayed wound healing | d) All of the above | |
| | 2) BMR in the old age as compared to the adulthood is | | |
| | a) Less | b) More | |
| | c) Remains the same | d) None of the above | |
| | 3) What is the primary aim of dietary intervention for the elderly? | | |
| | a) Prolong life | b) Maintain quality of life | |
| | c) Treat chronic disease | d)Prevent the development of complications | |
| | 4) Excessive use of antibiotics in old age can lead to the deficiency of | | |
| | a) Magnesium | b) Potassium | |
| | c) Calcium | d) All of the above | |
| | 5) requirements are increased during age advancement. | | |
| | a) Calcium | b) Vit D | |
| | c) Vit B12 | d) All of the above | |
| Q. 2 | Answer the following questions. (Any One) | | (15) |
| | 1) Explain the nutritional requirements of geriatrics. Also give the dietary guidelines. | | |
| | Dietary guidelines to manage GI disorders during old age & also explain ways to avoid muscle loss & weight loss in old age. | | |
| Q. 3 | Write a Short note. (Any two) | | (10) |
| | 1) Free radical theory of ageing. | | |
| | 2) Drug Nutrients interactions during old age. | | |
| | 3) Changes in the body composition during old age. | | |
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