

**TILAK MAHARASHTRA VIDYAPEETH, PUNE**  
**M.SC. IN NUTRITION & FOOD SCIENCE**

**EXAMINATION : APRIL/MAY - 2024**

**FOURTH SEMESTER**

**Sub. : Ayurvedic Diet Planning (M.Sc. CB-412)**

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**Date: 26/04/2024**

**Total marks: 60**

**Time: 2.00 pm to 4.30 pm**

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**Instructions:**

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

**SECTION A**

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

- 1) In Raktajarsha \_\_\_\_\_ is useful.  
a) Curd  
b) Navneeta  
c) Milk  
d) None of these
- 2) Ginger and saindhav  
a) Increases appetite  
b) Decreases appetite  
c) both a & b  
d) None of above
- 3) The causative factor for the Kushtha is \_\_\_\_\_  
a) Atyashan  
b) Adhyashan  
c) Viruddhashan  
d) Samashan
- 4) \_\_\_\_\_ type of food is good in obesity.  
a) Laghu  
b) Guru  
c) Apatarpan  
d) both a & c
- 5) In \_\_\_\_\_ Rutu, Vata is in Chaya avastha.  
a) Varsha  
b) Grishma  
c) Sharad  
d) Shishir

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

- 1) Ahariya Chikitsa in Jwar
- 2) Diet in Ashmari
- 3) Ahariya Hetu of Ajirna Vyadhi

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

- 1) Write detail diet plan of Arsha Vyadhi according to Ayurvedic approach.
- 2) Dietic directives for Sthaulya –Ayurvedic perspective.

**SECTION B**

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

1. Fruits available in Kokan region

- |               |           |
|---------------|-----------|
| a) Mango      | b) Kaju   |
| c) both a & b | d) Grapes |

2. Rajasthan is \_\_\_\_\_ type of Desha.

- |             |               |
|-------------|---------------|
| a) Jangala  | b) Anup       |
| c) Sadharan | d) both a & c |

3. \_\_\_\_\_ is a staple food of Kerala.

- |           |          |
|-----------|----------|
| a) Wheat  | b) Maize |
| c) Barley | d) Rice  |

4. \_\_\_\_\_ is a multicourse meal in Kashmiri tradition.

- |           |             |
|-----------|-------------|
| a) Ghewar | b) Wazwan   |
| c) Thekua | d) Dal bati |

5. In North eastern part of India \_\_\_\_\_ is an important food ingredient.

- |          |                  |
|----------|------------------|
| a) Wheat | b) Fish          |
| c) Jowar | d) Bamboo shoots |

**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 –Continental Dietary practices.

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

- 1) Punjab Cuisine
- 2) Mediterranean Cuisine
- 3) Dietary practices of Vidarbh.