

TILAK MAHARASHTRAVIDYAPEETH, PUNE
M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : APRIL/MAY - 2025
FIRST SEMESTER

Sub. : Basic Principles of Traditional Indian Diet Part-I (MSC24N-111TH)

Date: 07/05/2025

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. Dravya, Guna and Karma are the types of _____siddhanta.
 - a) Lokapurusha
 - b) Samanya Vishesh
 - c) Panchabhautik
 - d) Karyakaran
2. _____is the function of Mamsa Dhatu.
 - a) Prinan (Nourishment)
 - b) Lepan (Covering property)
 - c) Dharan (Holding property)
 - d) Puran (Filling the cavities)
3. Bodhak is a type of _____
 - a) Vata
 - b) Kapha
 - c) Pitta
 - d) Rakta
4. Mala of Meda dhatu is _____
 - a) Kha mala
 - b) Kapha
 - c) Pitta
 - d) Sweda
5. The site of Vata Dosha is _____
 - a) Pakvashay (Large intestine)
 - b) Kati (Waist)
 - c) Twacha (Skin)
 - d) All of above
6. Mala are _____ in number
 - a) 2
 - b) 3
 - c) 5
 - d) 7
7. Ruksha is guna of _____
 - a) Vata
 - b) Pitta
 - c) Kapha
 - d) None
8. Aahar (Food) gives _____
 - a) Bala (Strength)
 - b) Varna (Good Complexion)
 - c) Prabha (Glow)
 - d) All
9. _____is a special feature of Aakash Mahabhoota
 - a) Rupa
 - b) Shabda
 - c) Gandha
 - d) Sparsha

10. Hruday is a site of _____

- a) Rasa Dhatu
- b) Sadhak Pitta
- c) Pranavaha Strotas
- d) All of these

Q. 2 Answer the following questions (Any 2) (30)

1. Write about Vata Dosha –properties, types, location, function and its importance in maintenance of Health.
2. Write about Panchabhautik Siddhant & its importance in nutrition therapy.
3. Write in detail about Rasa Dhatu.

Q. 3 Write Short Note (Any 4) (20)

1. Purish mala
 2. Features of Pitta Prakruti
 3. Pranvaha Strotas Moolasthan, Strotas Dushti Hetu & Lakshan
 4. Types of Aahar according to Mahabhoota
 5. Lokapurush Siddhant
 6. Write about location, common functions, Vruddhi & Kshaya Lakshan of Kapha Dosha
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