

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

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

Date: 25/11/2025

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. _____ is a special feature of Pruthvi Mahabhoota
 - a) Rupa
 - b) Rasa
 - c) Gandha
 - d) Sparsha
2. Dhatu are _____ in number
 - a) 2
 - b) 3
 - c) 5
 - d) 7
3. Picchila is opposite guna of _____
 - a) Shlakshna
 - b) Kathina
 - c) Manda
 - d) Vishada
4. Alpa Kshudha (Less appetite) is the sign of _____ Prakruti
 - a) Vata
 - b) Pitta
 - c) Kapha
 - d) None of above
5. _____ siddhant is also known as Pindi Brahmandi Nyay
 - a) Panchabhautik
 - b) Samanya Vishesh
 - c) Lokapurush
 - d) Karyakaran
6. _____ sarata is examined by quality of skin
 - a) Rasa
 - b) Rakta
 - c) Mamsa
 - d) Meda
7. Snigdha is guna of _____
 - a) Vata
 - b) Pitta
 - c) Kapha
 - d) Both b & c
8. _____ is the moolasthan of Annavaha Strotas
 - a) Pakvashay (Large intestine)
 - b) Aamashay (stomach)
 - c) Nabhi (Umbilicus)
 - d) All of above
9. _____ is composition of Mutra mala
 - a) Jala + Pruthvi
 - b) Jala + Agni
 - c) Jala + Vayu
 - d) Jala + Akash

10. _____ is the main site of Pitta Dosha
- a) Pakvashay (Large intestine)
 - b) Kati (Waist)
 - c) Nabhi (Umbilicus)
 - d) All of above

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

1. Write about Panchabhautik Siddhant & its importance in nutrition therapy
2. Write about Pitta Dosha in detail –synonyms, properties, types, location, functions and symptoms of increase and decrease of Pitta Dosha along with its importance in maintenance of Health
3. Write in detail about Shukra Dhatu

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

1. Types of Kapha Dosha
 2. Features of Vata Prakruti
 3. Types of Aahar according to Mahabhoota
 4. Sweda mala
 5. Lokapurush siddhant
 6. Rakta Dhatu
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