

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

Sub.: Ayurvedic Nutrition Therapy (MSC24-311TH)

Date: 25/11/2025

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) Upwas (Fasting) is the _____ therapy
 - a) Bruhan
 - b) Langhan
 - c) Sthambhan
 - d) None of above
- 2) Pitta Dosha get aggravated in _____ rutu
 - a) Grishma
 - b) Varsha
 - c) Sharad
 - d) Hemant
- 3) Rasa advised for Dantadhavan is _____
 - a) Katu
 - b) Tikta
 - c) Kashay
 - d) All of above
- 4) Water consumed immediate after meal makes person _____
 - a) Lean
 - b) Obese
 - c) Normal
 - d) None of above
- 5) Diwaswap (Sleeping during daytime) is allowed in _____ Rutu
 - a) Grishma
 - b) Varsha
 - c) Sharad
 - d) Hemant

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

- 1) Abhyanga
- 2) Visham bhojan
- 3) Varsha Rutucharya

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

- 1) Write the significance of Aahar according to Rutucharya in Health Maintenance
- 2) Explain Ashta Aaharvidhi visheshayatan in detail

SECTION B

Q. 1 Select the correct alternative.

(5)

- 1) Amla Udgat (Sour belching) is the sign of _____
 - a) Saam Vata
 - b) Saam Pitta
 - c) Niram Pitta
 - d) Saam Kapha
- 2) Vyanjak is the type of _____
 - a) Hetu
 - b) Purvarupa
 - c) Rupa
 - d) Upashay
- 3) Praman Parikshan comes under _____ Pariksha
 - a) Trividha
 - b) Ashtavidha
 - c) Navavidha
 - d) Dashavidha
- 4) _____ comes under Shatkriyakal
 - a) Vyanjak
 - b) Viprakrushta
 - c) Vyakti
 - d) Vikalp
- 5) Bahya rogamarga is also called as _____ rogamarga
 - a) Shakhashrita
 - b) Marmasthisandhi
 - c) Koshashrita
 - d) None of above

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

(15)

- 1) What is Nidanpanchak. Explain Hetu in detail with its importance
- 2) Explain Shatkriyakal according to Acharya Sushrut in detail with its clinical importance

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

(10)

- 1) Rogamarga
- 2) Ashtavidha Pariksha
- 3) Aam
