

TILAK MAHARASHTRAVIDYAPEETH, PUNE
M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : APRIL/MAY - 2026
SECOND SEMESTER

Sub. : Basic Diet from Kshemakutuhala (MSC24N-214TH)

Date: 25/04/2026

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. The author of Kshemakutuhala is _____
 - a) Charaka
 - b) Vagbhata
 - c) Kshema Sharma
 - d) Sushruta
2. Foods that are licked are classified as _____
 - a) Bhakshya
 - b) Bhojya
 - c) Lehya
 - d) Peya
3. The word “Kshemakutuhala” means _____
 - a) Curiosity about disease
 - b) Curiosity about well-being
 - c) Curiosity about herbs
 - d) Curiosity about surgery
4. According to the text, food should be _____
 - a) Heavy always
 - b) Light always
 - c) According to digestive power
 - d) Cold
5. Food incompatible combinations are _____
 - a) Adhyashana
 - b) Viruddha Ahara
 - c) Atyashana
 - d) None of the above
6. The ideal kitchen (Mahanasa) should face _____ direction.
 - a) North-East
 - b) South-East
 - c) South-West
 - d) North-West
7. Cooking food in _____ vessel is considered unwholesome as it aggravates Pitta.
 - a) Iron
 - b) Brass
 - c) Copper
 - d) Silver
8. _____ dosha gets aggravated in Sharad Rutu
 - a) Vata
 - b) Pitta
 - c) Kapha
 - d) Tridosha
9. Udvartana (Application of medicated powder) is useful in reducing _____
 - a) Kapha and Meda
 - b) Meda and Pitta
 - c) Rasa and Rakta
 - d) Asthi and Meda
10. One must avoid sleep immediately after commencement of the meal as it increases _____

- a) Vata
- b) Pitta
- c) Kapha
- d) None of the above

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

1. Describe seasonal regimen (Ritucharya) as explained in the text.
2. Explain the rules of food intake (Bhojana Vidhi) and quantity (Matra).
3. Explain Shaka Varga in detail.

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

1. Uddhulana churna and Veshavara.
 2. Ideal qualities of a kitchen (Mahanasa).
 3. Dantadhavana and Jihva Nirlekhana.
 4. Types of cooking vessels and their effects on food.
 5. Tambula sevana.
 6. Ratricharya.
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