

Sub. : Ayurvedic Diet Planning (MSC24N-412TH)

Time: 2.00 pm to 4.30 pm

9. Ras of Madhu is
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|-----------|------------|
| a) Kashay | b) Madhur |
| c) Lavan | d) a and b |
10. Virya of Dadhi is
- | | |
|------------------|----------|
| a) Ushna | b) Shita |
| c) Anushna Shita | d) none |

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

1. Describe in detail Aahariya Hetu and Chikitsa of KushthaVyadhi
2. Diet plan for a male person with Ashmari, having Night shifts and viruddhaaharhetu, with Ayurvedic Approach
3. Rice can be considered as staple food of India. Explain this statement.

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

1. Ahariya Hetu of Arsha
 2. Pandu vyadhi diet
 3. AhariyaHetu of Amlapitta
 4. Explain cuisines of Arunachal Pradesh
 5. Diet in Germany
 6. Describe dietary practices of any 2 states in Northen India
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