



MADHYA PRADESH BHOJ (OPEN) UNIVERSITY, BHOPAL

e/; in'k Hkk t ¼eDr½ fo'ofok|ky;] Hkkiky

Accredited with "A" Grade by NAAC

CERTIFICATE IN AYURVEDIC DIETETICS (SESSION 2024-25) (June-July)

SUBJECT: AYURVEDIC DIETETICS PAPER -I

ASSIGNMENT QUESTION PAPER- FIRST

MAXIMUM MARKS: 30

fun'k&

- 01- I Hkh i'u Lo; dh gLrfyfi e gy djuk vfuok; gA
- 02- fo'ofok|ky; }kjk ink; l=h; mRrjifLrdkvk e gh l=h; i'ui= gy djuk vfuok; gA
- 03- l=h; dk; mRrjifLrdk d iFke i"B dk lko/kkuhiod ijk Hkj vkj mle mlh fo"k; dk i'ui= gy dj tk mRrjifLrdk d iFke i"B ij vfdr fd;k gA
- 04- l=h; dk; mRrjifLrdk viu v/;u dUn ij tek dj mldh ikorh vo'; iklr djA

ukV i'u dekd 01 l 05 rd d i'u y?mRrjh; i'u gA iR;d i'u 02 vd dk gA

- i-1 ty e ?kyu'khy foVkfuek dk o.ku dhft ,A
Explain the water soluble vitamins.
- i-2 vkgkj dh ifjHkk"kk fy[kA
Write the definition of Aahar.
- i-3 vk;on d eyHkr fl)kr D;k gA
What is the basic principal of Ayurveda.
- i-4 _rp;k D;k gA
What is Ritucharya.
- i-5 v"V vkgkj fof/k fo'k"kk; ru D;k g\
What is Ashtha Aharvidhi Visheshayatana ?

ukV i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;d i'u 04 vd dk gA

- i-6 nk"&/kkr ey dk foLrkj l le>kb,A
Explain in detail about Dosha-Dhatu and Mala?
- i-7 _r d vulkj vkgkj dh foopuk djA
Define the Ritu ke Anusar Aahar.
- i-8 nk"j /kkr ey ;g D;k g 0;k[;k djAA
What is Dosha, Dhatu, Mal. Write explain it.
- i-9 vkgkj ifj.kkedj Hkko dh foopuk djA
Define the Aahar Parinamkar Bhav.
- i-10 vk;on erkul kj vkgkj n0; e fdru j l gkr g o mudk o.ku dhft ,A
Explain in detail, how many rasas are present in ahar dravya according to Ayurveda.



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ASSIGNMENT QUESTION PAPER- SECOND

MAXIMUM MARKS: 30

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- 01- I Hkh i'u Lo; dh gLrfyfi e gy djuk vfuok; gA
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- 04- l=h; dk; mRrjifLrdk viu v/;;u dUn ij tek dj mldh ikorh vo'; iklr djA

ukV i'u dekd 01 l 05 rd d i'u y?mRrjh; i'u gA iR;d i'u 02 vd dk gA

- i-1 vk;on dh ifjHkk"kk fyf[k,A
Write the definition of Ayurveda.
- i-2 =; miLrEHk D;k g\
What are triya upastambha?
- i-3 fo"ke Hkk tu dk le>kb;A
Explain the Visham Bhojan.
- i-4 mPp jDrpki D;k gA
What is the Hypertension?
- i-5 vkgkj jkf'k d Hkn crkb,A
Explain the types of Ahar Rashi ?

ukV i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;d i'u 04 vd dk gA

- i-6 fiRr nk"k dk Lo: i crkdj bld idkj] LFkku ,o de fyf[k,A
Write about the form, its types, place and functions of Pitta dosha ?
- i-7 lrfyr Hkk tu dk ifjHkkf"kr djr g, xHkorh rFkk Lruiku djku okyh efgyk d fy, Hkk tu l kfj.kh fy[kA
Define the balance diet, write the diet chart of Pregnant and Lactating woman.
- i-8 idfr d vulkj Hkk tu fuek.k crkr g, idfr d idkj rFkk iR;d i}fr d x.kk dh foopuk fyf[k;A
Write the Bhojan preparation and define the types and qualities of each prakriti.
- i-9 vke dk ifjHkkf"kr djr g, vke dh mRifRr] vke fujke d y{k.k rFkk vke dh jkxkRifRr e Hkfedk dk le>kb;A
Define the Aam and production of Aam, role in Vyadhi and symptoms of aam and niram.
- i-10 ikVhu dk o.ku dj mld vkgkj L=krk d fo"k; e crkb,A
Explain about protein and their sources for food ?



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SUBJECT: AYURVEDIC DIETECTICS PAPER -II

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- 04- l=h; dk; mRrjifLrdk viu v/;u dUn ij tek dj mldh ikorh vo'; iklr dJA

ukV i'u dekd 01 l 05 rd d i'u y?mRrjh; i'u gA iR;d i'u 02 vd dk gA

- i-1 j l fdru idkj d gkr g\
Write the type of Rasa?
- i-2 /kkr fd l dgk tkrk gA
What is the concept of Dhatu.
- i-3 "kMl vkgkj dYiuk dk le>kb;A
Define the Shadas Aahar kalpana.
- i-4 vkgkj fof/k fo'k"kk; ru D;k gA
What is the Aahar vidhi Visheshytam.
- i-5 eu gk iHkkfor dju oky 3 x.k d uke fy[k\
Write the names of 3 guna affecting mana?

ukV i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;d i'u 04 vd dk gA

- i-6 foiijhr x.k oky n0;k d lou d mnkgj.k nhft;A
Give example of Viprit Guna Aahar.
- i-7 vkgkj dh ifjHkk"kk fy[kr g, vkgkj ifj.kke dj Hkko dk Li"V dJA
Write definition of Aahar and define the Aahar Parinamkar Bahv,
- i-8 vkgkj ,o ty d lc/k dk crkr g, vkgkj fof/k fo'k"kk; ru dh foopuk dJA
Explain the Aahar, Jal relation and define the Aahar vidhi Visheshyatan.
- i-9 =;miLrHk dh 0;k[k; k djr g, _rp;k dh foopuk dJA
Explain the Trayupstambh and define the Ritucharya.
- i-10 vfx d 13 idkjk dk foLrkj l o.ku dhft ,A
Explain in detail about 13 types of Agni.



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- 04- l=h; dk; mRrjifLrdk viu v/;;u dUn ij tek dj mldh ikorh vo'; iklr dja

ukV i'u dekd 01 l 05 rd d i'u y?mRrjh; i'u gA iR;d i'u 02 vd dk gA

- i-1 dQ d x.k crkb;A
Write about the qualities (Guna) of Kapha?
- i-2 okridfr d vulkj Hkk tu dh 0;k[;k dja
Explain the diet according vataprakrati.
- i-3 vfxunf"V d idkj fy[kA
Write the types of Agnidursti.
- i-4 vke dh ifjHkkf"kk fy[kA
Write the definition of Aam.
- i-5 idfr d idkj fyf[k;A
Write the types of Prakriti.

ukV i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;d i'u 04 vd dk gA

- i-6 v"V vkgkj fof/k fo'k"kk; ru dk o.ku dj mld v"V vk; ruk dk egRo crkb;A
Explain Asta Aahar Vidhi Visheshayatana and the importance of each aayatana?
- i-7 vkgkj dk egRo ifjHkkf"kr djr g, Jfedk rFkk ckydk dh Hkk tu l kfj.kh ixV dja
Define the importance of Aahar and Write the diet chart of Workers & Childrens.
- i-8 dkckgkbMV] o l k] ikVhu] foVkfue] [kfut yo.k d ckj e tkudkjh noA
Description of Carbohydrate, Fats, Protein, Vitamin and Minerals.
- i-9 fo:) vkgkj d idkj dh 0;k[;k dja
Explain the type of Vifudh Aahar.
- i-10 fdUgh 5 0;kf/k;k dk o.ku dhft; tk fo:) Hkk tu l tUe yrh gA
Explain in brief about 5 diseases due to intake of Virudhaahar?