

Roll No.

Total No. of Pages : 02

Total No. of Questions : 13

B.Pharmacy (Sem.-8)
DIETARY SUPPLEMENTS & NUTRACEUTICALS

Subject Code : BP-812ET

M.Code : 79775

Date of Examination : 19-07-22

Time : 3 Hrs.

Max. Marks : 75

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains THREE questions carrying TEN marks each and student has to attempt any TWO questions.
3. SECTION-C contains NINE questions carrying FIVE marks each and student has to attempt any SEVEN questions.

SECTION-A

1. Write briefly :

- a) What are functional foods? Give two examples.
- b) Enumerate two diseases that have connection to obesity.
- c) What is spirulina and its use?
- d) What is Ginkgo and what are its uses?
- e) Flaxseeds are commonly used for which purposes?
- f) What are the sources of lycopene? What is the function of lycopene?
- g) What is quercetin and what are its uses?
- h) Name two oil soluble antioxidants along with their sources.
- i) What is super oxide dismutase?
- j) What is meant by FSSAI and FAO?

SECTION-B

2. What is osteoarthritis? Discuss the role of nutraceuticals in preventing osteoarthritis.
3. Differentiate between pre- and pro- biotics giving suitable examples. Discuss the role of dietary factors in functioning as pre- and pro- biotics and in contributing to health of an individual.
4. What are free radicals and how they influence the cellular processes? Discuss in brief the role of free radical scavengers in maintaining cellular health.

SECTION-C

5. Give a brief account of the regulatory framework in India responsible for food safety.
6. Differentiate between enzymatic and non enzymatic antioxidant defence with suitable examples.
7. Give a brief account on muscle damage and the role of dietary factors.
8. Write a note on foods rich in phyto estrogens and their role in health.
9. What are xanthophylls? Give an account of dietary sources of xanthophylls.
10. Give an account of the role of dietary intake in controlling weight of an individual.
11. Briefly discuss the foods that should be avoided in order to prevent heart diseases.
12. Comment on dietary intake for maintaining optimum nutrition in children.
13. Give an account of health benefits associated with the intake of garlic and ginseng.

NOTE : Disclosure of Identity by writing Mobile No. or Marking of passing request on any paper of Answer Sheet will lead to UMC against the Student.