

INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO, RAJAGIRIYA

LEVEL II BAMS – FIRST SEMESTER (SUP) EXAMINATION – 2020 SEP-OCT

FUNCTIONAL FOODS AND NUTRACEUTICALS

COURSE CODE – DV 2104



Date: 23.09.2020
Time: 1 hour
(1.00 p.m. – 2.00 p.m.)

Index No

Answer all questions.

Part I - Structured Questions

1. (A)

1.1 Define following terms.

(a) functional food

(4 marks)

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(b) Antioxidants

(4 marks)

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(c) Probiotics

(4 marks)

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(d) Prebiotics?

(4 marks)

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(B)

1.1 Write 2 actions of Lycopine.

(3 marks)

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1.2 What is the mechanism of action of Vitamin C and E?

(3 marks)

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2. (A)

2.1 What are the type of extractions used in *Sheetha Kashaya* and explain it briefly?

(2 marks)

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2.2 Mention 4 drying methods.

(4 marks)

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2.3 What is soxhlet extraction method?

(3 marks)

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2.4 What are the types of dietary fibers ? Briefly explain their functions .

(3 marks)

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(B)

2.1 Write two functions of fatty acids.

(2 marks)

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2.2 Briefly explains the concept of product development

(4 marks)

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Part II – Essay Questions

1.

1.1 What is the importance of studying the mechanism of action of nutraceuticals? Briefly explain with examples. (20 marks)

1.2 Draw a product flow diagram for making a sachet packet of kanji using *Hathavariya* leaves (20 marks)

1.3 Briefly explain the parameters used for assessing the efficacy of nutraceuticals (20 marks)