

IGNOU

**Certificate in AYUSH Nursing
(Ayurveda) [CAY]**

**ASSIGNMENTS
2011-12**



*School of Health Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068*

Dear Student,

As explained in the Programme Guide, there are two assignments in total and both the assignments are compulsory. Please note that you are required to score 50% marks in each assignment separately. The assignments carry a weightage of 30% marks towards the final evaluation in theory component and *submission of related assignments is a prerequisite* for appearing in theory term-end examination for respective courses. The subject area of assignments and its last date of submission are mentioned below:

Last Date of Submission	Course Code	Blocks Involved	Assignment Code
31 st December, 2011	CNS AY-001	1, 2	CNS AY-001 &
	CNS AY-002	1, 2	CNS AY-002/TMA-1
31 st January, 2012	CNS AY-003	1, 2 and 3	CNS AY-003/TMA-2

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. **Only handwritten assignments** will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie all the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

Suggestions for writing an assignment:

Read the assignments carefully. Scan through the whole material of the course, answers may be linked within the blocks/units. Draw a rough outline of your answer in your own words. Support your answer from your clinical/community experience. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. **You may keep a xerox copy of the answer sheets for future reference.**

Do not copy from print material.

Answer each assignment in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your **programme study centre** (PSC) and date of submission. Your Enrollment No. Name and Full address should be mentioned in the top right corner of the first page. The first page of your response sheet should look like the format given below:

Course Code _____	Enrollment No. _____
Course Title _____	Name _____
Assignment Code _____	Address _____
PSC _____	_____
Date of Submission _____	_____

Please submit the assignments to the Programme In-charge of the Programme Study Centre allotted to you.

Maulika Siddhanta and Aushadha and Roga Vigayana

Assignment – 1 (Block – 1 and 2) (Tutor Marked)

Programme code: CAY
Course Code: CNSAY 001, CNSAY 002
Assignment Code: CNS AY 001, 002 /TMA – 1/2011
Maximum Marks – 100
Last date of submission: December 31st, 2011

This assignment has three parts i.e. Part A, B and C.

Part A consists of two long questions. Each question carries 15 marks.

Part B consists of six short questions. Each question carries 10 marks.

Part C consists of four objective type questions. Each question carries 2½ marks.

Part - A

- 1) a) Discuss the history of ayurveda.
b) Explain ayurveda and its branches.
c) Describe the three fundamentals theory in ayurveda. (2+9+4=15)
- 2) a) Explain viruddha ahara (incompatible foods).
b) Describe type of viruddha ahara (incompatible foods).
c) Explain satmya (favourable to body). (3+7+5=15)

Part - B

- 3) a) Discuss pitta doshas and type of pitta dosha.
b) Explain prakruti and type of doshaja prakruti. (5+5=10)
- 4) Discuss the Ashta vidha pariksha in detail. (10)
- 5) a) Define sharira rachana and explain the shadanga sharira.
b) Explain rules of dietetics in ayurveda. (5+5=10)
- 6) Explain the sadvritta (good behavioural regimen) and aspects of sadvritta in detail. (10)
- 7) a) Discuss classification of rasa aushadhies.
b) Describe bhasma and properties of good qualities of bhasma in short.
c) Define kupi pakva rasayana. (4+4+2=10)
- 8) Explain pancha nidana in detail. (10)

Part - C

9) Place tick mark (✓) against the most appropriate answer given under each statement.

($\frac{1}{2} \times 5 = 2\frac{1}{2}$)

- a) All of the following are karana dravyas **except**:
- Agni Mahabhuta
 - Disha (direction)
 - Kala (time/season/age)
 - Ghruta (fatty substance)
- b) Kapha dosha accumulated in hemanta rutu will liquefied by the effect of hot sunrays in:
- Hemanta Rutu
 - Shishira Rutu
 - Vasanta Rutu
 - Grishma Rutu
- c) Following are Adharniya vega, **except**:
- Hunger
 - Thirst
 - Jealously
 - Sleep
- d) Site of alochaka pitta is:
- Amashaya (stomach)
 - Twaka (skin)
 - Netra (eye)
 - Hrudya (heart)
- e) Sequence of process of thinking are:
- Sankalapa– Vicharya – Uhya - Dhyeya – Chintya
 - Chintya– Vicharya – Uhya - Dhyeya – Sankalapa
 - Vicharya – Chintya – Uhya - Sankalapa –Dhyeya
 - Uhya– Chintya – Vicharya - Dhyeya – Sankalapa

10) Match the mahabhutas in column A with the embryonic stage in column B

($\frac{1}{2} \times 5 = 2\frac{1}{2}$)

Column A

Column B

Mahabhutas

Embryonic stage

- | | |
|-----------------------|---|
| a) Akash mahabhutas | i) Cell division |
| b) Vayu mahabhutas | ii) Maintenance of moisture, bonding of cells |
| c) Teja mahabhutas | iii) Development of typical shape, compactness and increase in size |
| d) Aap mahabhutas | iv) Creation of space and expansion |
| e) Pruthvi mahabhutas | v) Establish natural shape of cell |
| | vi) Floating of material in the cell |
| | vii) Transformations of cells |

11) Fill in the blanks.

($\frac{1}{2} \times 5 = 2\frac{1}{2}$)

- Fasting is indicated to all people during the
- When each rasa, vipaka, virya and prabhava possesses similar power, vipaka dominates rasa, virya dominates and Prabhava dominates all the three.
- Grahi drugs absorb liquid part of stool due to
- The pitta responsible for color of a skin is..... pitta.
- Total numbers of bahirmukha srotas are

12) Place tick mark (\surd) against 'T' if you consider the statement as True and 'F' if you consider the statement as False.

($\frac{1}{2} \times 5 = 2\frac{1}{2}$)

- Trikatu is the combination of three fruits i.e Haritaki, Vibhitaki and Amalaki. (T/F)
- Parpati which break easily with simple pressure is madhyapaka Parpati Kalpana. (T/F)
- Ghrana (nasal septum) and Karna (pinna of ear) are example of taruna asthi. (T/F)
- Gynaecology and obstetrics comes under graha chikitsa of astanga ayurveda. (T/F)
- Injury to Visalyaghna Marma point causes severe pain. (T/F)

Chikitsa

Assignment – 2 (Block – 1, 2 and 3) (Tutor Marked)

Programme code: CAY
Course Code: CNSAY 003
Assignment Code: CNS AY 003 /TMA – 2/2011
Maximum Marks – 100
Last date of submission: January 31st, 2012

This assignment has three parts i.e. Part A, B and C.

Part A consists of two long questions. Each question carries 15 marks.

Part B consists of six short questions. Each question carries 10 marks.

Part C consists of four objective type questions. Each question carries 2½ marks.

Part - A

- 1) a) Discuss chikitsa and its type in detail.
b) Explain chikitsa chatushpada and its component. (10+5=15)
- 2) a) Describe garbha and garbha sambhava samagri.
b) Discuss garbhini avastha laxana. (5+10=15)

Part – B

- 3) a) Discuss swedana and its type.
b) Describe the list of ashta maha doshakara bhava. (5+5=10)
- 4) Explain care of neonate immediately after birth. (10)
- 5) a) Describe normal anatomy of eye according to ayurvedic text.
b) Explain classification of netra roga according to structure/part of the eye involved. (5+5=10)
- 6) Describe nidana, its classification and samanya chikitsa of yoni vyapata. (10)
- 7) a) Discuss concepts of rasayana chikitsa.
b) Describe classification of rasayana. (3+7=10)
- 8) a) Describe definition and classification of varna.
b) Explain role of ANM in the care of vranita (wounded person). (5+5=10)

Part – C

9) Place tick mark (✓) against the most appropriate answer given under each statement.

(5×½ = 2½)

- a) All comes under pradhana karma of panchakarma **except:**
- Vamana karma
 - Snehana karma
 - Nasya karma
 - Virechana karma
- b) Mala rupa raja srava kala of rutu chakra ranges from:
- Last three or seven days
 - First three or five days
 - First three or seven days
 - First fourteen days
- c) All of the following are specialized therapeutic procedure of rasayana therapy for its clinical effects, **except:**
- Vaya Sthapana
 - Ayushkara
 - Medhakara
 - Vyadhikara
- d) Rajo nivritti kala occurs at the age:
- 60 years
 - 50 years
 - 40 years
 - 30 years
- e) Vagina and accompanying structures is related to:
- Prathamavarta of yoni
 - Dwitiyavarta of yoni
 - Trutiyavarta of yoni
 - Chaturthavrta of yoni

- 10) Match the type of agantuka vrana (sadyo vrana) given in column 'A' with their possible modern correlation given in column 'B'. ($\frac{1}{2} \times 5 = 2\frac{1}{2}$)

Column A
Type of Agantuka Vrana

Column B
Modern Correlation

- | | |
|--------------|--|
| a) Chhinna | i) Punctured wounds of other body parts |
| b) Bhinna | ii) Compression or crushed injuries |
| c) Viddha | iii) Incised wound or traumatic amputation |
| d) Kshata | iv) Lacerated wounds (wounds with irregular edges) |
| e) Pichchita | v) Abrasions |
| | vi) Punctured wounds on cavities like abdomen, pelvis etc. |

- 11) Fill in the blanks. ($\frac{1}{2} \times 5 = 2\frac{1}{2}$)

- Administration of the medicine through nasal route is known as
- The maximum advantage of rasayana therapy can be obtained when used during 3rd todecades of life span.
- Method of applying the oil to the head is called as.....
- Diarrhoea in child appears due to vitiation of mother's milk by
- Ksheena artava dushti are due to vata and dosha

- 12) Place tick mark (✓) against 'T' if you consider the statement as True and 'F' if you consider the statement as False. ($5 \times \frac{1}{2} = 2\frac{1}{2}$)

- Apayayana nimittam chikitsa is used for alpa retasa in the early ages. (T/F)
- Raktamokshana (bloodletting) is component of panchakarma according to Charaka. (T/F)
- Starting of weaning food in child starts when the breast milk is adequate. (T/F)
- New born care in ayurveda is called as sadyojata paricharya. (T/F)
- Five types of netra sandhi are described in ayurveda. (T/F)