

CONCEPT OF PUZZLE MAKING IN RACHANATOMY

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ABSTRACT –

The concept of puzzle making in the medical field is innovative work. The Rachanatomy includes the branch of allopathic science as Anatomy and the Ayurvedic stream as Rachana Sharir. The combination of both called as the Rachanatomy. A puzzle is a game, problem that test's person's knowledge. Puzzles are often created to be a form of entertainment but they can be also arising from serious logistical problems. There are different types of puzzles are available for the information. In the medical field also one can create this type of puzzle making by using some puzzle making applications and softwares. This can create and arouse interest in the medical field's students. Also puzzle making and solving can be mind refreshing as well. So this is the author's idea and effort to make the subjects of Anatomy and Rachana Sharir interesting and also mind refreshing. This is a novel idea or concept which can helps the medical students not only for the competitive entrance exams but also for the revision of the subject.

KEY WORDS – Puzzle making, Rachana Sharir, Anatomy, Applications and Softwares.

INTRODUCTION -

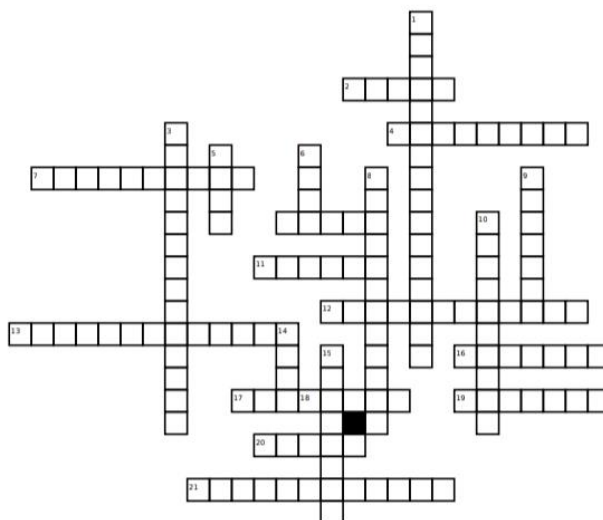
Concept of Puzzles –

The Rachanatomy includes the branch of allopathic science as Anatomy and the Ayurvedic stream as Rachana Sharir. The combination of both called as the Rachanatomy. A puzzle is a game, problem that test's person's knowledge. Puzzles are often created to be a form of entertainment but they can be also arising from serious logistical problems. In a puzzle, the solver is expected to put pieces or words together in a logical way, in order to arrive at the correct or fun solution of the puzzle. There are different forms of puzzles like crossword puzzle, word search puzzles, number puzzles, relational puzzles or logic puzzles. The puzzles can be divided into various groups as tour, construction, stick, tiling, disentanglement, lock, folding, combination and mechanical puzzles. In this article the concentration is given on the crossword puzzle on terms of Rachanatomy. A crossword puzzle and word search game that usually takes the form of a square or rectangular grid of white and black shaded squares. The game's goal is to fit the white squares with letters, forming words or phrases, by solving clues leads to the answers. In the languages that are written left to right, the answer words and phrases are placed in the grid from left to right and from the top to bottom. The shaded squares are used to separate the words or phrases. The types of crossword puzzles are as American style grid, British style grid, Australian style grid, Japanese style grid, Swedish style grid etc. the crossword puzzles are the part of both an across word and a down word.

In Rachana Sharir and Anatomy subjects, many concepts are correlating to each other. So one can make the crossword puzzle using those correlating and comparative points. So keeping the same concept of the crossword puzzles, this is a small attempt to make these two subjects interesting interms of the study which can be helpful to the medical faculty students. So, following are some of the crossword puzzles in Rachanatomy using the crossword puzzle applications.¹

² Crossword puzzle No. 1 -

Marma Puzzle



Down:

1. Causes death within one month after injury
3. Ansaphalak marma
5. Knee joint marma
6. Mansa marma in pelvic cavity
8. Reference by Vagbhatacharya
9. Dwividha marma
10. Calf muscles marma
14. Bicep brachi muscle's Tendon
15. Vidur marma injury effect

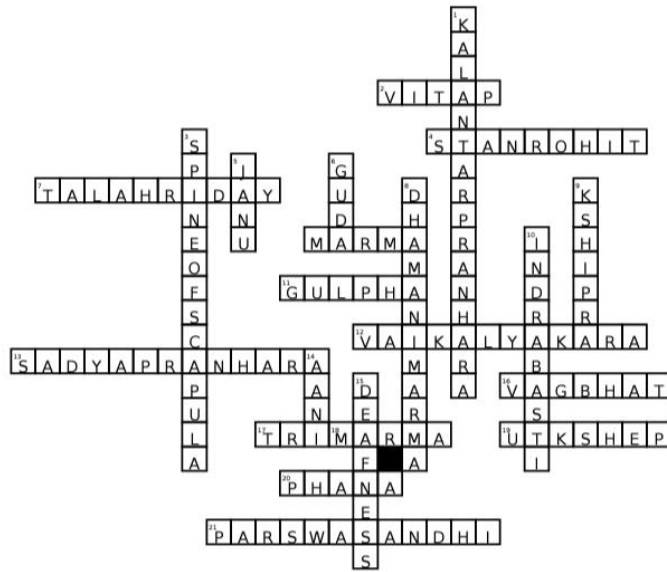
Across:

2. Marma injury causes infertility
4. Lower part of Pectoralis major muscle
7. Palmar apponeurosis marma
11. Ankle joint
12. injury causes deformity
13. Agni Guna predominance
16. Pulsating pain mentioned by
17. Mentioned by Charakacharya
18. Vital point on human body
19. Vishalyaghna marma
20. Marma located in nose
21. Common illiac vessels



Crossword puzzle No. 1 Answer Sheet -

Marma Puzzle



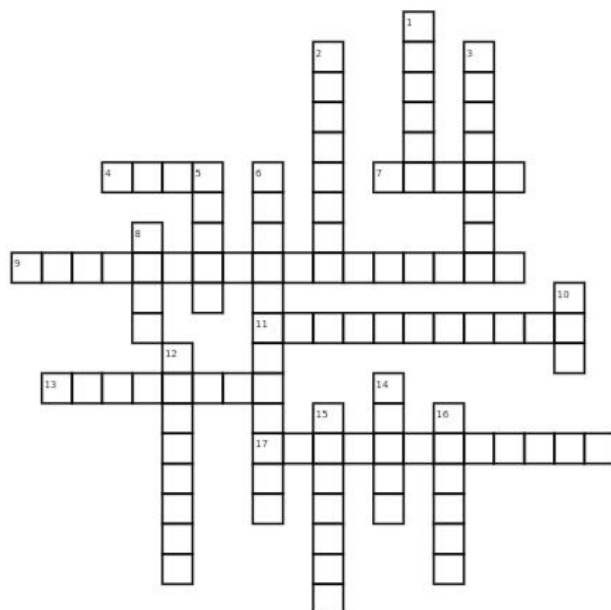
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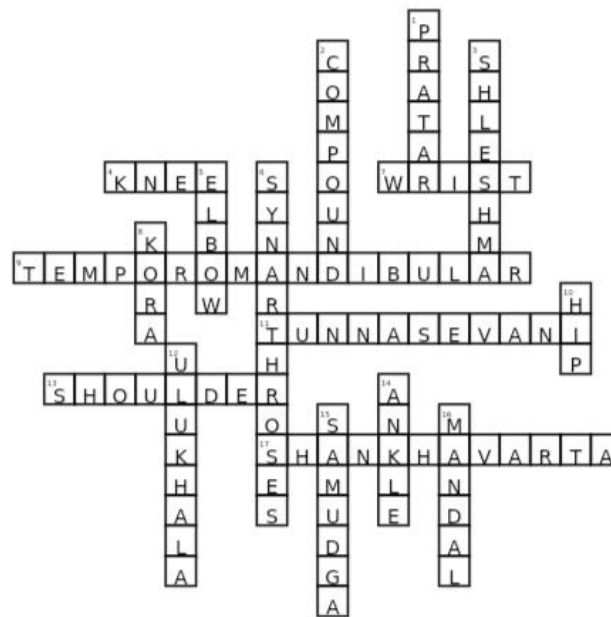
Crossword puzzle No. 2 – Sandhis / Joints -**Down:**

1. Gliding joint
2. More than 2 bones involved in the formation of joint
3. Ayurvedic component in Sandhi for lubrication purpose
5. Uniaxial joint in upper limb
6. Immovable joint
8. Hinge joint
10. Polyaxial joint in lower limb
12. Ball and socket joint
14. Sprain as Clinical Anatomy
15. Pubic symphysis
16. Tracheal rings

Across:

4. Only complex joint
7. Ellipsoid joint in upper limb
9. Vayastund Sandhi
11. Sutural joint
13. Glenohumeral joint
17. Cochlea



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DISCUSSION –

The Rachanatomy includes the branch of allopathic science as Anatomy and the Ayurvedic stream as Rachana Sharir. The combination of both called as the Rachanatomy. A puzzle is a game; problem that test's person's knowledge. Puzzles are often created to be a form of entertainment but they can be also arising from serious logistical problems. A crossword puzzle and word search game that usually takes the form of a square or rectangular grid of white and black shaded squares. The game's goal is to fit the white squares with letters, forming words or phrases, by solving clues leads to the answers. The above mentioned two crossword puzzles are made by using the Crossword Puzzle Maker | Education.com. It also provides the answer sheet of the puzzle as mentioned above. This is unique and innovative concept to make the vast subjects like Rachana Sharir and Anatomy interesting interms of study as well as the revision purpose for the medical students. So like the above way, one can make the Rachana sharir and Anatomical crossword puzzles using various applications and softwares which are available.

CONCLUSION –

A puzzle making in the medical field and especially in Rachana Sharir and Anatomy subjects is inventive and creative concept. The aim of this crossword puzzle making in these subjects is to study both the subjects comparatively. This can help to the medical fraternity students to study and clear the points and also helpful in revision purpose. The students can be benefited using this idea for the various competitive entrance exams. This notion is also advantageous to the medical faculty teachers to revise the subject points and also to take the feed back of the student's study and the progress especially in this lockdown situation.

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