

DEPARTMENT OF KRIYA SHARIRA
SHREE RMD AYURVEDIC COLLEGE AND HOSPITAL

1. INTRODUCTION:

- *Shareera Kriya* is the specialty of *Ayurveda* which deals with study of normal functioning of body and mind. *Shareera* is composed of many basic elements. '*Kriya*' means which has motion or which can perform actions, and *Shareera* performs its *kriya* only when these basic elements maintain their equilibrium state. It deals with the normal function of human body and its parts. It emphasizes the concepts of *Dosha*, *Dhatu* and *Malas*. According to the *Ayurveda* every individual is unique entity and for knowing this uniqueness of every individuals "*Prakriti Parikshan*" that is the analysis of body and mind is the speciality of this subject. This Department deals with the basic concepts, knowledge and applicability of *Tridosha* (Trifold functional entities – *Vata*, *Pitta* and *Kapha*), *Sapta Dhatus* (Tissues), *Malas* (Excretory wastes), *Prakriti* (concept of Genetics), *Mana* (Mind, cognition, memory etc), *Nidra* (Physiology of sleep), *Oja* (Physiology of Immunity) etc. The etio-pathogenesis of disease cannot be explained unless *Dosha-dhatu-malas* is assessed subjectively & objectively.
- This subject therefore is the base for proper understanding of *Ayurveda*. This subject is of great importance for a medical student to understand all other para clinical and clinical subjects. Proper knowledge of normality is very much important for assessment of abnormality and later for selection of right treatment.

VISION:

- To give the basic knowledge & to give new scientific approach with applied aspects to students in the skills of new era of *Ayurveda*.

- To be committed to make an effort excellence in *Kriya Sharira* education to obtain optimum level of knowledge of concepts & practical applicability of *Shareera kriya*.

MISSION:

- The learner should be able to Explain the basic concepts of Human Physiology in *Ayurveda*. Describe the fundamentals of *kriya sharira* related to all organ systems along with the important links between these systems.
- Able to discuss whether *Ayurveda* can contribute to the further development in different streams of the current sciences.
- To analyze and record the fundamental parameters related to *Kriya Sharira* like *Deha Prakruti, Dhatu Sara, Mala, Agni, Nadi Pariksha, Dosh Pariksha* etc in a healthy individual.
- Acquire the reasonably good skills in written and practical physiology.

2. STAFF AND DESIGNATION

SR.NO	NAME OF THE STAFF	DESIGNATION	QUALIFICATION
1.	DR YASHESH K PATEL	READER	MD(AYU)
2.	DR PRITAM KODGIRE	LECTURER	MD(AYU)

3. ACADEMIC FACILITIES:

- College Hostel
- Transport Facilities
- Cafeteria.
- Library And Information Centre
- Internet Centre
- Teaching Staff
- Practical Labs
- Class Rooms
- Research Lab
- Play Ground

4. EXTRA TRAINING PROGRAMME

- Weekly *shloka pathan* of *Kriya Sharira*
- Monthly surprise test
- Regular compilation project and seminars in groups
- Regular revision of ended topics.
- Audio-visual PPT presentation of difficult topics

5. DEPARTMENTAL FEATURES

- Computer and Internet facility.
- Library and reading room.
- Well equipped laboratory and museum.
- Books
- *Prakriti* software as per CCRAS approved format

6. GALLERY



PHYSIOLOGY LAB



Department Of Kriya Sharir



Practical Activities