



**Tilak Ayurved Mahavidyalaya, Pune**  
**Department of Kriya- Sharir**

**Goals of kriya- Sharir Studies:**

- 1.To understand the concept of homeostasis.
- 2.To teach the students to understand the normal functioning of human body and use it as a basis to understand the reasons for deviation from normal as mentioned in ayurveda.
- 3.To educate the medical students about different deh prakrutis,dhatu sarata and dosha s and make its use to understand different diseases and treatment protocols for it as written in ayurvedic granthas.
4. To spread the knowledge amongst students about different organs and systems of the human body and their inter relations.
- 5.To train the students about the signs of normal functioning of human body by use of nadi parikshan,agni parikshan etc.

**Objectives of kriya - Sharir Studies:**

At the end of the course the students shall be able to

- 1.Explain the concept of homeostasis.
- 2.Describe the concept of Dosha,Dhatu,Mala, Prakruti ,Sarata etc.
- 3.Describe the functioning of different srotus,systems.
- 4.Describe the agni and its role in maintainance of homeostasis.
- 5.Shall be able to perform modern physiology practicals like blood pressure estimation,Haemoglobin ,blood group estimation,different blood cell counts,urine examination etc

**Skills to be achieved at the end of Kriya –Sharir Studies:**

At the end of the course the students shall be able to make use of ;

- 1.The basic principles like Dosha,Dhatu ,Mala Agni, Koshtha, Prakruti etc.
2. To dignose Dosha,Dhatu ,Mala Vridhhi ,Kshaya Lakshana.
- 3.Advising diet and healthy practices according to prakruti.
4. At the end of the course the students shall be able to collect blood samples ,urine samples and their laboratory examinations.
5. The students shall be able to identify individuals prakruti and sarata.

  
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