

Dosadhatumalavijnana

1. **Contribution of different Ayurveda Samhita in Kriya Sharir**
2. Theory of Pancamahābhūta
3. Principle of Loka-Purusa Sāmya
4. Importance of Sāmānya - Viśesa principle.
5. Different views on the composition of Purusa and the importance of Cikitsya Purusa.
6. Importance of Gurvādi Guna in Ayurveda.
7. General description of Tridosa theory
8. Mutual relationship between Triguna-Tridosa-Pancamahābhūta-Indriya.
9. Mutual relationship between Rtu-Dosa-Rasa-Guna.
10. Biological rhythms of Tridosa on the basis of Day-Night-Age-Season and Food intake.
11. Role of Dosa in the formation of Prakrti of an individual.
12. Role of Dosa in maintaining health.
13. **Vāta Dosa**
14. Pitta Dosa
15. Kapha Dosa
16. Applied physiology of Tridosa principle: Kriyākāla, Dosa Vrddhi-Dosa Ksaya.
17. **Dhātu Posana**
18. Dhātu
19. Srotas
20. **Ojas**: Bhāva. Classification of Bala. Relation between Ślesmā, Bala and Ojas. Ojaksaya, Visramsa and Vyāpat. Physiological and clinical significance of Ojas.
21. **Upadhātu**
22. **Physiology of Mala**
23. **Sveda**
24. **Dhātumala**
25. **Āhāra**: Definition and significance of Āhāra. Classification of Āhāra. Āhāra-vidhi- vidhāna. Asta āhāra-vidhi viśesāyatana, Āhāraparināmakara bhāva.
26. **Āhārpāchana**: Āhāra Pāka Prakriyā, Description of Annavaha Srotās. Description of Avasthāpāka and Nishthapaka. Role of dosha in Āhārapāka. Sāra and Kitta Vibhajana. Absorption of Sāra. Utpatti and Udieeran of Vāta-Pitta-Kapha.
27. Definition of the term Kostha. Physiological classification of Kostha and the characteristics of each kind of Kostha.
28. **Agni**: Description of the importance of Agni. Classification of Agni. Locations, properties and functions of Jātharāgni, Bhūtāgni, and Dhātvaṅni.

29. Applied physiology of Agni in Kriyā Śārīra and Cikitsā.
30. Description of the aetiology and features of Annavaha Srotodusti. Applied physiology
31. of Annavaha Srotās: Arocaka, Ajīrna, Atīsāra, Grahanī, Chardi, Parināma Śūla
32. Agnimāndya.

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KRIYA SHARIRA - II

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Prakrti- Sattva Vij ĀNa

Deha-Prakrti: Various definitions and synonyms for the term ‘Prakrti’. Factors influencing the Prakrti. Classification of Deha-Prakrti. Characteristic features of the individuals belonging to each kind of Deha-Prakrti. Recent advances in understanding the Prakrti.

Pancajnanendriya: Physiological description of Pancajnanendriya and physiology of perception of Śabda, Sparśa, Rūpa, Rasa, Gandha. Indriya-panca-pancaka; Physiological description of Karmendriya.

Manas – Definition, location (sthana), Properties, Functions and Objects of Manas.

Ātmā – Definition, Properties of Ātmā. Difference between Paramātmā and Jīvātmā; Characteristic features of Ātmā.

Buddhi – Location, Types, Functions of Buddhi; Physiology of Dhī, Dhrti and Smrti.

Nidrā – Definition of Nidrā, Classification of Nidrā. Tandra, physiological and clinical significance of Nidra; Svapnotpatti and Svapnabheda.

Review of applied aspects of modern physiology related to the above topics.

TEXT BOOKS/ REFERENCES:

1. AyurvediyaKriyasharir - Ranjitrai Desai
2. KayachikitsaParichaya - C. Dwarikanath
3. Prakrit Agni Vigyan - C. Dwarikanath
4. SharirKriyaVigyan - Shiv CharanDhyani
5. AbhinavaSharirKriyaVigyana - AcharyaPriyavrata Sharma
6. DoshaDhatu Mala Vigyana - Shankar GangadharVaidya
7. PrakritaDoshaVigyana - AcharyaNiranjana Dev
8. TridoshaVigyana - ShriUpendranath Das
9. ShariraTatvaDarshana - HirlekarShastri
10. Prakrita Agni Vigyana - Niranjana Dev

11. DehaDhatvagniVigyana - Vd. Pt. HaridattShastri
12. SharirKriyaVigyana (Part 1-2) - AcharyaPurnchandra Jain
13. SharirKriyaVigyana - ShriMoreshwarDutt. Vd.
14. ShariraKriyaVijnana (Part 1 and 2) – NandiniDhargalkar
15. DoshaDhatu Mala Vigyana - Basant Kumar Shrimal
16. AbhinavaSharirKriyaVigyana - Dr. Shiv Kumar Gaur
17. PragyogikKriyaSharir - Acharya P.C. Jain
18. Kaya ChikitsaParichaya - Dr. C. Dwarkanath
19. Concept of Agni - Vd. Bhagwan Das
20. PurushVichaya - Acharya V.J. Thakar
21. SharirKriyaVigyana - Prof. JayaramYadav&Dr. Sunil Verma.
22. Human Physiology in Ayurveda - Dr KishorPatwardhan
23. SharirkriyaVignyan Practical Hand Book – Dr.Ranade, Dr.Chobhe, Dr. Deshpande
24. SharirKriya Part 1 – Dr.R.R.Deshapande, Dr.Wavhal
25. SharirKriya Part 2 – Dr.R.R.Deshapande, Dr.Wavhal
26. Textbook of Physiology - Gyton& Hall
27. Review of medical physiology – William Ganong
28. Essentials Of Medical Physiology - Sembulingam, K.
29. Concise Medical Physiology - Chaudhari, Sujit. K.
30. Fundamental of Anatomy & Physiology - Martini
31. Principals of Anatomy & Physiology - Tortora& Grabowski
32. Human Physiology - Richards, Pocock