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Post Graduate Institute of Ayurveda
Jodhpur

Kriya Sharir
Syllabus for Phd Course Work

Ayurvedic kriva Sharir

1.Introduction of Basic principles of *kriya sharir* and their significance:

Panchmahabhuta, Principle of Loka-Purusa Samya ,Importance of Sāmānya - Viśesa principle, Gurvādi Guna.

2.Dosha: Biological rhythms of Tridosha on the basis of day night, age, season and food intake. Role of Dosa in maintaining health. Etiological factor responsible for dosha Vridhi, Dosha shaya .

3. Concept of Dhatu, Updhatu and Mala: Applied physiology Dhātu Posana, Manifestations of Ksaya and Vridhi. Description of Pradosaja Vikāra.

4.Concept of Manas, Atma, Buddhi and Indriya and Nidra.

5.Concept of Āhāra, Āhārpāchana,kostha,agni .

MODERN PHYSIOLOGY:

6. Nervous System.

7.Endocrine system.

8.Respiratory system.

9.Digestive system.

10.Urinary system.

11.Reproductive system.

12.Immune system.

13.Cardio-Vascular system.

14.Hemopoietic system.

15.Musculoskeletal Physiology.

Diwan
12/03/25

16.Recent advance in research related to Kriya Sharir:

•Nadi Pariksha, Ayurvgenomics, Systems biology, Pranayam and yogic physiology., Exercise physiology , Physiograph, Computerised spirometry, Biochemical Analyzer, Pulse oximeter, ELISA Reader, Haematology Analyzer, Treadmill. , Techniques of tools, Models and working models, Applied Physiology in understanding the Pathogenesis and treatment aspects in different Systemic Disorders. Classical and Contemporary Biochemistry, Hematological, Seriological, Histopathological, Biophysical Examination to understand and interpretate Ayurveda Physiology. therapeutic intervention of kriya sharir and their effect. applied physiology in understanding the pathogenesis and treatment aspects in different systemic disorder.

17.Recent advances in:

- Recent advances in Neuro-Immune-Endocrine physiology.
- Recent advances in stem cell research.
- Recent advances in research related to Kriya Sharir.
- Role of Chronobiology in understanding the dosha biorhythms.

18.Development of tools assess the physiological parameter in Ayurvedic Kriya Sharir:

- Satva, Sara, Prakriti, Agni, Bala, Oja, Kostha, Praman, Samshamana.
- Educational methods and plan.
- Systemic Physiology.
- Standardization of methods and techniques relevant to the research topic.
- Preparation and Presentation of Research plan.

Divya
12/03/25

Course outcome of PhD in Kriya Sharir

COPhD 1	A thorough and in-depth knowledge of the theoretical and practical facets of Kriya Sharir, including its core ideas, Ayurvedic-specific research processes, diagnostic techniques, and therapeutic modalities, synthesis and critical evaluation of the body of current literature.
COPhD 2	A major original research effort that added new information to the field of Kriya Sharir was successfully completed and defended. Clinical trials, epidemiological research, or fundamental studies on Ayurvedic formulations or treatments could all be part of this.
COPhD 3	Presenting research at national and international conferences and publishing research findings in peer-reviewed journals.
COPhD 4	The capacity to assess research papers, methods, and findings in the field critically.
COPhD 5	The primary objective of a PhD in Kriya Sharir is to cultivate proficient and well-informed researchers and practitioners capable of propelling the field forward through groundbreaking research, data-driven practices, and strong communication skills.

Programme outcome of PhD in Kriya Sharir

NO	AT THE END OF PROGRAMME, THE PhD STUDENT IN KRIYA SHARIR WILL HAVE/BE:
POPhD 1	Shall have possess the skills to create, execute, and finalize independent research projects in Kriya Sharir, following strict scientific protocols and ethical practices. This involves developing a research question, crafting the methodology, gathering and assessing data, and drawing conclusions from the results.
POPhD 2	Shall have be able to identify knowledge gaps, formulate research questions to fill them, and critically assess the body of existing literature in Kriya Sharir and related topics.
POPhD 3	Shall have be skilled at working with researchers from various backgrounds and presenting their findings to audiences that are both academic and non-academic.
POPhD 4	Shall have be dedicated to lifelong learning and professional growth, staying current on the newest developments in Kriya Sharir and related sectors.

Divya
12/03/25