

Department of Kriya Sharir (Ayurveda Physiology) **SRV Ayurvedic Medical College and Hospital, Lucknow**

Introduction

The Department of Kriya Sharir (Ayurveda Physiology), established in 2016, is a fundamental unit of medical education that deals with the functional aspects of the human body, mind, and senses. It provides essential knowledge of the normal and abnormal functioning of Dosha, Dhatu, and Mala, forming the basis for understanding disease processes and their management.

The department focuses on core Ayurvedic principles such as Tridosha (Vata, Pitta, Kapha), Sapta Dhatu, Malas, Prakriti (body constitution), Mana (mind), Nidra (sleep), and Oja (immunity). It plays a vital role in integrating classical Ayurvedic knowledge with modern scientific understanding. The department is also actively involved in studying psychosomatic aspects of health, age-related physiological changes, and developing innovative teaching-learning methods and clinical assessment tools.

Aims

- To provide excellence in teaching of Kriya Sharir (Ayurveda Physiology)
- To promote evidence-based research in Ayurvedic physiological concepts
- To develop a clear understanding of body functions based on Ayurvedic principles
- To enhance practical applicability of Ayurvedic physiology in disease prevention and management

Objectives

- To impart comprehensive knowledge of Dosha, Dhatu, and Mala and their clinical significance
- To understand and evaluate concepts like Prakriti, Agni, Dhatu-Sara, and Oja
- To promote integration of classical knowledge with modern scientific tools
- To encourage research in psychosomatic and physiological aspects of Ayurveda
- To develop innovative and effective teaching-learning methodologies
- To study normal and abnormal physiological changes across different age groups

Cases Handled / Activities

- Assessment of Prakriti (body constitution) of individuals using standard parameters
- Evaluation of Agni (digestive power), Dhatu-Sara, and Bala (strength)
- Study and analysis of psychosomatic disorders using anthropometric, biochemical, and psychological tools

Academic activities such as seminars, workshops, quizzes, and guest lectures

Participation in research projects related to Ayurvedic physiology

Development and use of tools for clinical evaluation of Ayurvedic parameters

Awareness programs on healthy lifestyle, sleep (Nidra), and mental health (Mana)

Faculty

Prof. (Dr.) Savita Choudhry – Professor & Head of Department

Dr. Vishwanath Verma – Assistant Professor



Prof. (Dr.) Savita Choudhry
(Professor & HOD)

Dr. Vishwanath Verma
(Assistant Professor)



