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छत्रपती शाहू महाराज शिक्षण संस्था संचलित

# आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

## AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



Estd : 1989  
NCISM College Code : AYU0153  
MUHS College Code : 3401

**KRIYA SHARIR  
PAPER I<sup>st</sup> /TERM WISE  
ATP 2023 -2024**

Sr No	A2 List of Topics AyUG-KS  Paper I	B2 Term	D2 Lecture hours	E2 Non- Lecture hours	Name Of Teacher
1	<b>Sharir:</b> Definition and synonyms of term Kriya, Sharir & Shaarir. Description of Sharir Dosha and Manasa Dosha. Mutual relationship between Triguna-Tridosha & Panchmahabhuta.	I	2	1	Vd. Marathe S.R
2	<b>Basic principles of Ayurveda:</b> Dosha dhatu mala mulam hi shariram. Description of basics of Srotas	I	2	1	Vd.Fulse S.D.
3.	<b>Tridosha:</b> General description of Tridosha. Inter relationship between Ritu-Dosha-Rasa- Guna. Biological rhythms of Tridosha on the basis of day-night-age-season and food intake. Role of Dosha in the formation of Prakriti of an individual and in maintaining of health. Prakrita and Vaikrita Dosha.	I	3	0	Vd.Toshniwal M.B.
4.	<b>Vata Dosha:</b> Vyutpatti (derivation), Nirukti (etymology) of the term Vata, general locations, general properties and general functions of Vata, five types of Vata (Prana, Udana, Samana, Vyana, Apana) with their specific locations, specific properties, and specific functions.	I	6	2	Vd. Gaikwad G.T.
5.	<b>Pitta Dosha:</b> Vyutpatti, Nirukti of the term Pitta, general locations, general properties and general functions of Pitta, five types of Pitta (Pachaka, Ranjaka, Alochaka, Bhrajaka, Sadhaka) with their specific locations, specific properties, and specific functions. Similarities and differences between Agni and Pitta.	I	5	1	Vd.Toshniwal M.B.
6.	<b>Kapha Dosha:</b> Vyutpatti, Nirukti of the term Kapha, general locations, general properties and general functions of Kapha, five types of Kapha (Bodhaka, Avalambaka, Kledaka, Tarpaka, Śleshaka) with their specific locations, specific properties, and specific functions.	II	4	1	Vd.Fulse S.D.
7.	<b>Dosha Vriddhi-Kshaya:</b> Etiological factors responsible for Dosha Vriddhi, Dosha Kshaya and their manifestations.	II	1	1	Vd.Toshniwal M.B.
8.	<b>Kriyakala:</b> Concept of Kriyakala applied physiology of diseases produced by the vitiation of vata, pitta and kapha.	II	1	1	Vd.Toshniwal M.B.



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9	<b>Prakriti:</b> <b>Deha- Prakriti:</b> Vyutpatti, Nirukti, various definitions and synonyms for the term "Prakriti". Intra-uterine and extra- uterine factors influencing Deha-Prakriti, classification and characteristic features of each kind of Deha-Prakriti. <b>Manasa- Prakriti:</b> Introduction and types of Manasa-Prakriti	II	7	3	Vd. Marathe S.R
10.	<b>Ahara:</b> Definition, classification and significance of Ahara, Ahara-vidhi-vidhana, Ashta Aharavidhi Viseshayatana, Ahara Parinamkar Bhava.	III	3	1	Vd. Marathe S.R
11.	<b>Agni:</b> Definition and importance, synonyms, classification, location, properties and functions of Agni and functions of Jatharagni, Bhutagni, and Dhatvagni.	III	4	1	Vd. Marathe S.R
12.	<b>Aharapaka</b> (Process of digestion): Description of Annavaaha Srotas and their Mula. Description of Avasthapaka (Madhura, Amla and Katu). Description of Nishthapaka (Vipaka) and its classification. Role of Grahani & Pittadhara Kala. Separation of Sara and Kitta. Absorption of Sara. Genesis of Vata-Pitta-Kapha during Aharapaka process. Definition of the term Koshtha. Classification of Koshtha and the characteristics of each type of Koshtha.	III	7	2	Vd. Fulse S.D.
1	<b>Physiology Homeostasis:</b> Definition and mechanisms of maintenance of homeostasis. Cell physiology. Membrane physiology. Transportation of various substances across cell membrane. Resting membrane potential and action potential. Acid-base balance, water and electrolyte balance. Study of basic components of food.	I	5	1	Vd. Marathe S.R
2	<b>Physiology of Respiratory system:</b> functional anatomy of respiratory system. Definition of ventilation, mechanism of respiration, exchange and transport of gases, neural and chemical control of respiration, artificial respiration, asphyxia, hypoxia. Introduction to Pulmonary Function Tests.	II	5	2	Vd. Toshniwal M.B.



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3	<b>Physiology of Gastrointestinal system:</b> Functional anatomy of gastro-intestinal tract, mechanism of secretion and composition of different digestive juices. Functions of salivary glands, stomach, liver, pancreas, small intestine and large intestine in the process of digestion and absorption. Movements of the gut (deglutition, peristalsis, defecation) and their control. Enteric nervous system. Digestion and metabolism of proteins, fats and carbohydrates. Vitamins & Minerals- sources, daily requirement, functions, manifestations of hypo and hypervitaminosis.	II	7	2	Vd. Gaikwad G.T.
4	<b>Physiology of Nervous System:</b> General introduction to nervous system, neurons, mechanism of propagation of nerve impulse, physiology of CNS, PNS, ANS; physiology of sensory and motor nervous system, Functions of different parts of brain and physiology of special senses, intelligence, memory, learning and motivation. Physiology of sleep and dreams, EEG. Physiology of speech and articulation. Physiology of temperature regulation.	III	7	3	Vd. Gaikwad G.T.
5	<b>Physiology of Endocrine glands:</b> General introduction to endocrine system, classification and characteristics of hormones, physiology of all endocrine glands, their functions and their effects.	III	6	2	Vd. Toshniwal M.B.

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PAPER II<sup>nd</sup> /TERM WISE  
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	A2 List of Topics Paper II	B2 Term	D2 Lecture hours	E2 Non- Lecture hours	
1	<b>Dhatu:</b> Etymology, derivation, definition, general introduction of term Dhatu, different theories related to Dhatuposhana (Dhatuposhana Nyaya)	I	2	1	Vd. Toshniwal M.B.
2	<b>Rasa Dhatu:</b> Etymology, derivation, location, properties, functions and Praman of Rasa-dhatu. Physiology of Rasavaha Srotas, Formation of Rasa Dhatu from Aahara Rasa, circulation of Rasa (Rasa-Samvahana), role of Vyana Vayu and Samana Vayu in Rasa Samvahana. Description of functioning of Hridaya. Ashtavidha Sara, characteristics of Tvakasara Purusha, conceptual study of Aashraya-Aashrayi Bhaava and its relation to Rasa and Kapha. Manifestations of kshaya and Vriddhi of Rasa	I	4	1	Vd. Marathe S.R
3.	<b>Rakta Dhatu:</b> Etymology, derivation, synonyms, location, properties, functions and Praman of Rakta Dhatu. Panchabhautikatva of Rakta Dhatu, physiology of Raktavaha Srotas, formation of Raktadhatu, Ranjana of Rasa by Ranjaka Pitta, features of Shuddha Rakta, specific functions of Rakta, characteristics of Raktasara Purusha, manifestations of Kshaya and Vriddhi of Raktadhatu, mutual interdependence of Rakta and Pitta.	I	3	1	Vd. Gaikwad G.T.
4.	<b>Mamsa Dhatu:</b> Etymology, derivation, synonyms, location, properties and functions of Mamsa Dhatu, physiology of Mamsavaha Srotas, formation of Mamsa Dhatu, characteristics of Mamsasara Purusha, manifestations of Kshaya and Vriddhi of Mamsa Dhatu, Concept of Peshi.	I	2	1	Vd. Fulse S.D.
5.	<b>Meda Dhatu:</b> Etymology, derivation, location, properties, functions and Praman of Meda Dhatu, physiology of Medovaha Srotas, formation of Meda Dhatu, characteristics of Medasara Purusha and manifestations of Kshaya and Vriddhi of Meda	I	3	1	Vd. Fulse S.D.



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6.	<b>Asthi Dhatu:</b> Etymology, derivation, synonyms, location, properties, functions of Asthi Dhatu. Number of Asthi. Physiology of Asthivaha Srotas and formation of Asthi Dhatu, characteristics of Asthisara Purusha, mutual interdependence of Vata and Asthi Dhatu, manifestations of Kshaya and Vriddhi of Asthi Dhatu.	II	2	1	Vd. Gaikwad G.T.
7.	<b>Majja Dhatu :</b> Etymology, derivation, types, location, properties, functions and Praman of Majjaa Dhatu, physiology of Majjavaha Srotas, formation of Majja Dhatu, characteristics of Majja Sara Purusha, relation of Kapha, Pitta, Rakta and Majja, manifestations of Kshaya and Vriddhi of Majja Dhatu	II	3	1	Vd. Gaikwad G.T.
8.	<b>Shukra Dhatu:</b> Etymology, derivation, location, properties, functions and Praman of Shukra Dhatu, physiology of Shukraravaha Srotas and formation of Shukra Dhatu. Features of Shuddha Shukra, characteristics of Shukra-Sara Purusha, manifestations of Kshaya and Vriddhi of Shukra Dhatu.	II	3	1	Vd. Gaikwad G.T.
9.	<b>Concept of Ashraya-Ashrayi bhava</b> i.e. inter-relationship among Dosha, Dhatu Mala and Srotas. Applied physiology of diseases asserting saptadhatu enlisted under dhatu pradoshaj vikar.	II	1	1	Vd. Marathe S.R
10.	<b>Ojas:</b> Etymological derivation, definition, formation, location, properties, Praman, classification and functions of Ojas. Description of Vyadhikshamatva. Bala Vriddhikara Bhava. Classification of Bala. Etiological factors and manifestations of Ojavisramsa, Vyapat and Kshaya.	II	3	1	Vd. Toshniwal M.B.
11.	<b>Upadhatu:</b> General introduction, etymological derivation and definition of the term Upadhatu. Formation, nourishment, properties, location and functions of each Upadhatu. <b>Stanya:</b> Characteristic features and methods of assessing Shuddha and Dushita Stanya, manifestations of Vriddhi and Kshaya of Stanya. <b>Artava:</b> Characteristic features of Shuddha and Dushita Artava. Differences between Raja and Artava, physiology of Artavavaha Srotas. <b>Tvak:</b> classification, thickness of layer and functions.	II	6	1	Vd. Fulse S.D.



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12.	<p><b>Mala:</b> Etymological derivation and definition of the term Mala. Aharamala: Enumeration and description of the process of formation of Aharamala.</p> <p><b>Purisha:</b> Etymological derivation, definition, formation, properties, quantity and functions of Purisha. Physiology of Purishavaha Srotas, manifestations of Vriddhi and Kshhaya of Purisha.</p> <p><b>Mutra:</b> Etymological derivation, definition, formation, properties, quantity and functions of Mutra. Physiology of Mutravaha Srotas, physiology of urine formation in Ayurveda, manifestations of Vriddhi and Kshhaya of Mutra.</p> <p><b>Sveda:</b> Etymological derivation, definition, formation and functions of Sveda. Manifestations of Vriddhi and Kshhaya of Sveda. Discription of Svedvaha Srotas</p> <p><b>Dhatumala:</b> Brief description of each type of Dhatumala.</p>	III	6	2	Vd.Toshniwal M.B.
13	<p><b>Indriya vidnyan:</b> Physiological description of Panchagyaanendriya and physiology of perception of Shabda, Sparsha, Rupa, Rasa and Gandha. Physiological description of Karmendriya.</p>	III	1	1	Vd. Gaikwad G.T.
14	<p><b>Manas:</b> Properties, functions and objects of Manas.</p>	III	2	1	Vd.Toshniwal M.B.
15	<p><b>Atma:</b> Properties of Atma. difference between Paramatma and Jivatma; Characteristic features of existence of Atma in living body.</p>	III	2	0	Vd.Fulse S.D.
16	<p><b>Nidra &amp; Swapna:</b> Nidrotpatti, types of Nidra, physiological and clinical significance of Nidra; Svapnotpatti and types of Swapna.</p>	III	2	0	Vd. Marathe S.R

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1	<b>Haemopoetic system:</b> composition, functions of blood and blood cells, Haemopoiesis (stages and development of RBCs, and WBCs and platelets), composition and functions of bone marrow, structure, types and functions of haemoglobin, mechanism of blood clotting, anticoagulants, physiological basis of blood groups, plasma proteins, introduction to anaemia and jaundice.	I	5	2	Vd.Toshniwal M.B.
2	<b>Immunity:</b> classification of immunity: Innate, acquired and artificial. Different mechanisms involved in immunity: Humoral (B-cell mediated) and T-Cell mediated immunity. Hypersensitivity.	I	2	0	Vd. Gaikwad G.T.
3	<b>Physiology of cardio-vascular system:</b> Functional anatomy of cardiovascular system. Cardiac cycle. Heart sounds. Regulation of cardiac output and venous return. Physiological basis of ECG. Heart-rate and its regulation. Arterial pulse. Systemic arterial blood pressure and its control.	I	5	2	Vd.Fulse S.D.
4	<b>Muscle physiology:</b> comparison of physiology of skeletal muscles, cardiac muscles and smooth muscles. Physiology of muscle contraction.	II	2	0	Vd.Fulse S.D.
5	<b>Adipose tissue:</b> lipoproteins like VLDL, LDL and HDL triglycerides. Functions of skin, sweat glands and sebaceous glands.	II	2	1	Vd.Fulse S.D.
6	<b>Physiology of male and female reproductive systems:</b> Description of ovulation, spermatogenesis, oogenesis, menstrual cycle.	II	5	2	Vd. Marathe S.R
7	<b>Physiology of Excretion:</b> functional anatomy of urinary tract, functions of kidney. Mechanism of formation of urine, control of micturition. Formation of faeces and mechanism of defecation.	III	4	2	Vd.Fulse S.D.
8	<b>Special Senses, Sleep and Dreams:</b> Physiology of special senses. physiology of sleep and dreams	III	5	1	Vd. Marathe S.R

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### Practical ATP 2023- 2024

Sr.No.	List of Topic	Term	Non lecture	Batch - B	Batch - A
1	Dhatu sararata parikshana	I	10	Dr.Gaikwad G.T.	Dr.Gaikwad G.T.
2	Demonstrate laboratory equipment (spotting)	I	1	Dr.Toshniwal M.B.	Dr.Marathe S.R
3	Demonstrate blood collection	I	1	Dr.Gaikwad G.T.	Dr.Gaikwad G.T.
4	Estimate haemoglobin	I	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
5	Estimate bleeding time & clotting time	I	2	Dr.Gaikwad G.T.	Dr.Gaikwad G.T.
6	Estimate blood grouping	I	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
7	Prakriti parikshana	II	20	Dr.Gaikwad G.T.	Dr.Gaikwad G.T.
8	Dosha vridhhi kshaya parikshana	II	4	Dr.Gaikwad G.T.	Dr.Gaikwad G.T.
9	Dhatu vridhhi kshaya parikshana	II	5	Dr.Gaikwad G.T.	Dr.Gaikwad G.T.
10	Nadi parikshana	II	3	Dr.Gaikwad G.T.	Dr.Gaikwad G.T.
11	Pulse examination	II	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
12	WBC estimation	II	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
13	RBC estimation	II	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
14	DLC estimation	II	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
15	Measurement of Blood pressure	II	2	Dr.Toshniwal M.B.	Dr.Marathe S.R



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16	Perform the procedure Inspection of respiratory system	II	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
17	Perform the procedure Inspection of heart sound	II	3	Dr.Toshniwal M.B.	Dr.Marathe S.R
18	Agni parikshana	III	6	Dr.Gaikwad G.T.	Dr.Gaikwad G.T.
19	Koshtha parikshana	III	2	Dr.Gaikwad G.T.	Dr.Gaikwad G.T.
20	Urine examination	III	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
21	Demonstrate ESR, PCV	III	1	Dr.Toshniwal M.B.	Dr.Marathe S.R
22	Observe the procedure of ECG	III	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
23	Perform the procedure of examining the cranial nerves and reflexes	III	2	Dr.Toshniwal M.B.	Dr.Marathe S.R
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