

Government Ayurvedic College, Dharashiv

Department of Kriya Sharir


❖ Introduction-

Kriya Sharir is the subject that deals with the the basic concepts of Human Physiology in Ayurveda including fundamental principles, *Siddhantas* and clinical examination of normal individual which initiates the learning of Ayurveda for the students of first BAMS students and application of the same in practice for post graduate students.

The department deals with the subject 'Kriya Sharir' i.e., the functioning of the human body in its normal state. 'Physiology' is the basis of 'Medicine'. In this subject, students get introduced to fundamental Ayurvedic concepts like *Dosha, Dhatu, Mala, Agni, Koshtha, Prakruti, Sara, Bala, Atma, Mana* etc. If one understands these normal body processes, it is easy to understand pathological changes in Ayurvedic view. Kriya Sharir is also the basis of Ayurvedic pharmacology and Ayurvedic medicine.

Currently, the department is run under the supervision of the Head, Professor Dr.Ravindra Sahebrao Dhimdhime and 2 Assistant Professors (Dr.Yogesh Shewale and Dr.Amruta Rajenimbalkar) with supporting technical and non-teaching staff.



❖ Faculty—

Sr.No.	Name of Faculty	Designation	Photo
1	Dr.Ravindra Sahebrao Dhimdhime Ph. D. (Kriyasharir), M.D. (KriyaSharir)	Professor and HOD	
2	Dr.Yogesh Kashinath Shewale M.D. (KriyaSharir)	Assistant Professor	
3	Dr.Amruta Jagdish Rajenimbalkar M.D. (Kriya Sharir)	Assistant Professor	

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❖ Non-Teaching Staff -

Sr. No.	Name	Designation	Photo
1	Smt. Diparani Vishnu Bidve	Lab Technician	
2	Mr. Saurabh Sanjiv Dhumal	Sweeper	

❖ Highlights –

- The department has Well equipped laboratory and museum with required equipment, instruments, charts, specimens and posters.
- Department also has its library with various Books of different authors and dissertations.
- Department conducts Intra departmental PG seminars on regular basis.
- Department also conducts clinical posting for students to assess Prakriti, sara, Koshta and Agni of an individual.
- Department also conducts clinical postings for *Agniparikshan, Malparikshan, Dosh Dhatu Mal Vruddhi-Kshaya* etc. And also modern practicals like, Haemoglobin estimation, RBC and WBC counting, Differential WBC counting etc.

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❖ Achievements-

Sr. No.	Name of Faculty	Achievement / Award
1	Dr.Ravindra Sahebrao Dhimdhome	National award for Best Teacher in Kriya Sharir by Ayurved TeacherS Association (ATA).

❖ Ongoing PG Dissertations-

Sr No	Student Name	Guide Name	Dissertation Topic
1	Dr.Pooja B.Baddu	Dr. R. S. Dhimdhome	An observational study of <i>Nidra</i> in different <i>Deha Prakriti</i> in shift duty hospital workers w.s.r. Pittsburgh Sleep Quality Index.
2	Dr.Chandarani A. Kshirsagar	Dr. R. S. Dhimdhome	An observational study of <i>Krodh</i> (anger) in resident doctors in different deha prakriti w.s.r. to Novaco Anger Scale.

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3	Dr.Prajakta. V. Ople	Dr. R. S. Dhimdhime	An observational study of <i>Vyanga</i> in different <i>Deha Prakriti</i> w.s.r. to Fitzpatrick Scale.
4	Dr Dipak S. Pandit	Dr. R. S. Dhimdhime	An observational study to evaluate the effect of stress on <i>Rasavaha Srotas</i> in undergraduate students w.s.r. to Student Stress Scale.
5	Dr.Shukra S.Wankhade	Dr. R. S. Dhimdhime	An observational study of Computer Vision Syndrome in IT professionals in different <i>Deha Prakriti</i> w.s.r. to Schirmer's Test
6	Dr Snehal M. Kuchekar	Dr. R. S. Dhimdhime	An observational study of <i>Sharir Bala</i> and <i>Agni</i> in <i>Grishma</i> and <i>Varsha Ritu</i> by comparing individuals following and not following <i>Ritucharya</i> .
7	Dr Priya B. Singh	Dr. R. S. Dhimdhime	An observational study to evaluate <i>Nidra</i> and its effect on <i>Manobala</i> in neet ug aspirants.
8	Dr Somesh V. Varke	Dr. R. S. Dhimdhime	Physiological study of <i>Kesha</i> (as a <i>mala</i> of <i>Asthidhatu</i>) in <i>Akalapalitya</i> in different <i>Dehaprakriti</i> .