



**Swarnnim Startup and Innovation University, Gandhinagar**

**Aarihant Ayurvedic Medical College**

**VALUE ADDED COURSE (2019-20)**

**Kriya Sharira Department**

**Course name – Assessment of Prakriti**

**Organizing Department – Kriya Sharira**

**Course code – KSAP1**

**Course co-ordinators – Dr. G.G.Pandya, Dr. Vaibhav Bhadane & Dr. Shila Malivad**

**Duration – 30 hours**

### **Course Overview**

This course is designed for students of Ayurveda who wish to deepen their understanding and skills in assessing Prakriti (body constitution), with a specific focus on its application in Chikitsa (Ayurvedic treatment). The course covers Ayurvedic principles, the fundamental concepts of Prakriti in within the framework of Kriya Sharira (Ayurvedic Physiology) and their relevance in diagnosing and treating various health conditions based on individual Prakriti. students will gain their knowledge that can be applied in everyday life and preliminary clinical settings.

### **Aim and Objectives**

- Understand the fundamental concept and significance of Prakriti in Ayurveda.
- Learn classical methods for assessing Prakriti.
- Apply Prakriti assessment techniques in Ayurvedic treatment (Chikitsa).
- Tailor Ayurvedic treatments based on individual Prakriti.
- Apply Prakriti assessment in clinical practice for personalized healthcare.

### **Content of the course**

<b>Sr.no.</b>	<b>Module</b>	<b>Duration</b>
1.	Introduction to Kriya Sharira. Overview of Ayurveda principles and introduction to the concept of Prakriti.	2 hours
2.	Fundamental Concepts of Prakriti with definition and significance of Prakriti.	2 hours
3.	Classification of Prakriti with influencing factors.	2 hours
4.	Detail study of Vata Prakriti	2 hours
5.	Detail study of Pitta Prakriti	2 hours
6.	Detail study of Kapha Prakriti	2 hours
7.	Mental and behavioural characteristics of each types of Manas Prakriti.	2 hours
8.	Prakriti Assessment by observation (Darshana), palpation (Sparshana), and questioning (Prashna) with using Ayurvedic texts and questionnaires for Prakriti assessment.	2 hours
9.	Understanding the role of Prakriti in disease susceptibility and common health issues associated with different Prakriti types.	2 hours
10.	Specific life style according to individual prakriti.	2 hours
11.	Ayurvedic Dietary Recommendations Based on Prakriti type.	2 hours
12.	Herbal Remedies and Panchakarma procedures based on Prakriti.	2 hours
13.	Role of Yoga in balancing doshas and Prakriti.	2 hours
14.	Group discussions and presentations on Prakriti.	2 hours
15.	Q & A session to address student queries.	2 hours

PPTs, Lectures, Videos, Interactive Sessions, Practical Training

### **Evaluation Criteria**

- Attendance and active participation (20%).
- Written quizzes and exams (30%).
- Practical assessment and skill demonstration (40%).
- Final project and presentation (10%).

### **Certification**

- Upon successful completion of the course, participants will receive a certificate of completion.

### **Eligibility criteria**

- UG, PG students of BAMS.

