

Shareera Kriya
6-day CME for Teachers Module

Unit No.	Topic/subject	Course contents	Duration in Hours
1.	Physiological Doshas	Physical properties of Vata, pitta and kapha and their clinical application	1 hr. 30 min
2.	Dosha vriddhi	Judgement of signs & symptoms of 'Vatavriddhi' by modern investigations, methods of assessment of Pittavriddhi and kaphavriddhi, 'dosha vriddhi lakshanas' are found in various diseases	1 hr. 30 min
3.	Dosha kshaya	Judgement of signs & symptoms of 'Vatakshaya' by modern investigations, methods of assessment of Pittakshaya and kaphakshaya, 'dosha kshaya lakshanas' are found in various diseases	1 hr. 30 min
4.	Srotas	Correlation of different 'Srotases' with systems mentioned in modern science.	1 hr. 30 min
5.	Ojas	Importance of Ojas in the body, varieties and their anatomical and physiological status in modern parlance.	1 hr. 30 min
6.	Characters of body	Assessment of 'Pralamb Bahu', Pruthupeena Vaksha' & Mahalalaat'	1 hr. 30 min
7.	Dhatuposhan	Understanding of dhatuposhan and cellular metabolic activity, correlation of saptadhatus with body tissues, terms - kuposhan, vishamashan	1 hr. 30 min
8.	Dhatu and Upadhatu	Concept of dhatu, upadhatu and their formation. Kshaya & Vriddhi Lakshna of Artav & Stanya, definition of kandaras	1 hr. 30 min
9.	Manasa prakriti	Assessment of all 16 types of 'Maanas Prakriti' suggested by Sushrut	1 hr. 30 min
10.	Manas guna	Properties of Raja & Tama doshas & their affecting the mind?	1 hr. 30 min
11.	Assessment of dosha, dhatu and mala	Methods of assessment of stanastha and ashayastha dosha, dhatu and mala.	1 hr. 30 min
12.	Assessment of dosha, dhatu kshaya	Assessment of various dosha and dhatu kshaya at laboratory level.	1 hr. 30 min

13.	Dhatwagni, Bhutagni	Location of dhatwagni and bhutagni. Correlation of their activity at cellular level	1 hr. 30 min
14.	Prakriti	Genetic basis of Prakriti, assessment of deha prakriti	1 hr. 30 min
15.	Darshana, Dashavidha pariksha	Clinical application of examination in darshan pariksha and dasavidha pariksha	1 hr. 30 min
16.	Indriya	Demarcation between Indriya & Indriya Adhasthan	1 hr. 30 min
17.			1 hr. 30 min
18.			1 hr. 30 min
19.			1 hr. 30 min
20.			1 hr. 30 min
21.			1 hr. 30 min
22.			1 hr. 30 min
23.			1 hr. 30 min
24.			1 hr. 30 min
25.	Pre- and post-training assessmant	Assessment and Feedback forms may be given to participants before the commencement of sessions, so that they fill the forms at the end of each session/day and put them in sealed envelops.	01 hour
TOTAL			37 hours