

## SCOPE OF RESEARCH IN KRIYA SHARIR- A RESEARCH ARTICLE

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**ABSTRACT**

Research is defined as the production of new concepts, methodologies, and understandings through the expansion of innovative information and the imaginative request of existing information. This could include mixture and study of previous research to the amount that it leads to new and creative outcome. It is the chief need of modern *Ayurveda*. *Ayurveda* do research strives to create a scientific view of the concept and elementary philosophy outlined in the *Ayurvedic* classics, with crucial adjustments made when indispensable to maintain essential principles. Basic concept and essential philosophy on hand in different *Ayurvedic* Samhita's should be loud and clear on an academic platform, which is a very crucial task for *Kriya Sharir* scholars. The object of this exercise is to emphasize the areas in *Kriya sharir* which

need to be clarifying through research. The highlighted areas are the concept of ancient neurophysiology as health assessment through Nadi Tantra, establishment of Tridosha scale, *Agni* scale, *Prakriti*, *DhatuSarta*, *Bala* and Health Assessment etc. Hence an attempt has made to recollect all these and show the scopes related to *kriya sharir*.

**KEYWORDS:** *prakriti, saarta, Literary, sharir.*

**INTRODUCTION**

*Ayurveda* is pure evidence-based science which is written thousand years ago. In the global era, only logic or rudiments cannot purpose smoothly. They must prove from side to side investigate media. There is enormous scope for research in the field of *Ayurveda*. However, with the methodical development and modification of the old theories, it becomes mandatory to have a scientific insight into this ancient but most followed holistic system of remedy. Research in *Ayurveda* should be done in the areas of primary main beliefs with no

compromise them. Only a few organizations have a well-established study communications for select research in *Ayurveda*. Research in *Ayurveda* should be uniformly emphasized in the mythical field, new and clinical. It has to be able to crash the field of academics. The current methodology of research being practical in *Ayurveda* should be analyzed critically. In the last 50 years, it is seen that neither *Ayurvedic* teaching has been changed nor the textbooks have been enriched with new research. There should be the encouragement of research on *Ayurvedic* fundamentals. The research in *Ayurveda* can be alienated into three essential categories.

1. Literature and Theory
2. Experimental research
3. Clinical research.

Most of the *Ayurvedic* research is concentrated on drug research. The basic principles are the base of *Ayurveda*, and they appear to be uncared for. So far, investigational and scientific research in the area of *Ayurveda* has progress effectively, whereas fundamental investigation such as *Kriya sharira*, have yet to make significant charity. The most significant topics of research in *kriya sharir* are the concept of ancient physiology as *Nadi Tantra*, *Agni* scale, *Prakriti*, *DhatuSarta*, *Bala* and Health Assessment etc. Many other areas in *Samhitas* can be search and explore for buried content. Researchers of *kriya sharir* should now give consideration to the unfamiliar areas of *Samhitas*. The concepts need to be validated and established based on contemporary parameters.<sup>[1-2]</sup>

## CONTEMPORARY VIEW OF LITERARY RESEARCH

1. The chronological significance based upon literary research trigger present and future research work.
2. Literary research can be helpful to clarify strange or uncertain topics by revealing hidden connections.

## AIM AND OBJECTIVES

**AIM:** To find out the scope, areas, and need for research in the subject *Kriya sharir*.

## OBJECTIVES

1. To enlighten concepts as hidden linkage drawn from *Ayurvedic* *Samhitas* through literary research in contemporary as well as *Ayurveda* concept.
2. To highlight the areas in *kriya sharir* that need to be clarified through research.

3. To provide a new and clear vision to our budding *Ayurveda* acharya.

## METHODOLOGY

Research should be processes that convert data into in order, in sequence into information, and information into wisdom as we can see by transforming milk into ghee. In the last few years, it has been felt that there is a huge need for a separate investigate and advanced methodology for *Ayurveda* and traditional medicines. In the year 2000, the WHO attempted in this way. It helps to improve the research in *Ayurveda*. In terms of the subject, there are few seats in *kriya sharir* where research is necessary so that students will be benefit. As a result of this, *kriya sharir*'s instruction will be improved, and essential ideas will become clearer. Accordingly, textbooks must be enriching with new knowledge so that concept will become clearer and research orient.<sup>[3-4]</sup>

## DISCUSSION ON EXPERIMENT RESEARCH

### 1. GUNA ASSESMENT

- Assessment criteria of all *guna*'s.(guru, lagu, sheeta etc.)
- Assessment of development of the feeling attributed to that *Guna*
- *Aamshaa* - *Aamsha* concept of *guna* involvement in developing adisease

### 2. DOSHA – DHATU – MALA FUNCTIONS

Tests, Instruments, Investigations

⌘ Variable features – *Vruddhi* & *Kshaya* Etiological factors of *Dosha* involved in development of Disease BMI, BMR ETC.

### 3. STROTASA RELEVANT INVESTIGATIONS IN EVERY STROTO DUSHTI VIKARA

*Stroto Dushti Hetu Stroto Dushti Vikara*

- Ex. *Pranavaha* – Spirometry
- *Udakavaha* – Serum electrolytes
- *Mamsavaha* – Myography, Serum proteins
- *Svedavaha* - Dermoscopy, Spectrophotometric analysis of Skin

### 4. PRAMAAN - PRAKRITI & DHATUSARTA

⌘ In *Prakriti* - *Lalat*, *PralambaBahu*, *PruthupinaVaksha*, *Probadha Pindika*

⌘ *Apachita* – *Upchita Sharir*

- ⌘ In *Sarta - Mahanetra, Mahasphika*
- ⌘ *Sthula-Deergha-Vrutta Sandhi*
- ⌘ **Status of investigations in particular Sarta** – Enzymes, Secretions, Hormones

## 5. AGNI – KOSHTA – PRAKRITI – SARTA

Universal scale development – Validation and Approval

- ⌘ Status of above parameters – Retrospective study of typical diseases
- ⌘ Endocrinal hormonal assay (*Agni, Prakriti*)
- ⌘ *DhatuSarta Vs Dhatu Mala* comparative analysis
- ⌘ *Bala* Assessment – *Hardward* step, Cardiac efficiency, Endurance test
- ⌘ Psyche & Intellectual Assessment – MMSE, REBT, EQ, IQ, Bhatia Scale

## 6. NADI PARIKSHA AND PULSE EXAMINATION

### Plethysmography

- ⌘ Variations of Pulse with respect to *Prakriti*
- ⌘ Diurnal variations

### Organspecific

Bio-Profile Tests, Function Test, Electric potential tests (ECG, EEG, EMG)

- ⌘ Ex. Heart, Lungs, Liver, Stomach & GI tract, Skin, Muscle, etc.

## 7. MISCELLANEOUS

- ⌘ *Yoga*
- ⌘ *Pranayam*
- ⌘ Respiratory Rate
- ⌘ Heart Rate, Lung capacities, Blood Pressure

## 8. MODERN PHYSIOLOGICAL EXPERIMENTS

- ⌘ Blood Indices & Hematological Investigations
- ⌘ Blood pressure & Variations Pulse
- ⌘ & Variations Lung Volumes & Capacities Status of Oxygen Dissociation Curves
- ⌘ Cardiac Efficiency Tests
- ⌘ Mosso's Ergography

**STUDY CONDUCTED BY CCRAS IN KRIYA SHARIR CONDUCTED IN 2016**

1. Validation of *Agni* / objective assessments
2. Validation of *Ojas* – Biochemical / Immunological / clinical
3. Study on Correlation of various physiological and pathological conditions in relation to *Prakriti*.<sup>[5]</sup>

**RESULT**

Incomplete knowledge is always harmful to society, and it is very difficult to understand the abnormal structures present in the body and its fundamentals without proper knowledge of the normal Human body. *Ayurveda* parameters with modern are some certain areas in the subject. In *Ayurveda*, *kriya sharir* requires more attention and opens up new avenues for research in the holistic health care system. So that the students can properly understand the fundamental concepts of the human body that will be beneficial for society.<sup>[6]</sup>

**CONCLUSION**

*Ayurveda* looks like a covered magical box or mystery for modern medical scientists. It needs more research in the areas of fundamental principles. Research activity in the subject of *kriya sharir* can help to clarify the concepts and through given in different *Ayurvedic Samhitas*. As a *kriya sharir* subject teacher, focusing globally on the principles presented in the *Samhitas* by research activities would bring a fresh and clear vision to our scholars and *Ayurveda acharya*, perhaps opening a new world of health treatment that is cost-efficient and free of side effect.

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