

**ALL INDIA INSTITUTE OF AYURVEDA  
NEW DELHI**

**Deptt of Kriya Sharira**

**Course Module Draft prepared by:**

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**PRAKRITI ANALYST CURRICULUM AND COURSE WORK**  
**No. of trainees- Minimum 10 per batch , Eligibility: Internee and BAMS graduate**

**Essential Requirements:**

<b>Serial No.</b>	<b>Criteria</b>	<b>Requirement</b>	<b>Remarks (If any)</b>
1	Basic eligibility of participants	Internee & BAMS graduate	
2	Duration of the Course	1 Month	
3	Number of trainees per Batch	Min.- 10 Max.-20	
4	Trainer Qualification	Preferably Sharir Kriya, Siddhanta Samhita, Roga Nidan Vikruti Vigyan Post graduates	
5	Number of Trainers required (Theory)	Min.- 4	
6	Number of Guest faculty required	Kayachikitsa, any expert who has worked in the field of Prakruti	
7	Number of working Technician (Skill expert) required for practical training	Nadee Tarangini expert (optional)	
8	Infrastructure Technical specification requirement	Min.- As Per NCISM	
9	Assessment Method	Theory paper & Practical will be of 45 marks each. Internal assessment for 10% of overall weightage i.e. 10 marks out of 100 before the commencement of final exam	

**Course Objectives** – 1) To prepare Prakriti Analyst.

- 2) To develop co-ordination skill, self-discipline, empathy, dedication, patience, persistence and Ethical behaviour in trainees.
- 3) To inform how to groom and have a good communication skill with the Assesses.
- 4) To collect the information from assesses and prepare the prakriti report based on outcome evaluation.

**Instructions regarding Prakriti Analyst course:**

**For Teachers and students:**

1. Department must conduct classes for both the theory and Practical equivalent to 30 days per batch.
2. Practical will be conducted in class and bed-side demonstrations/ tutorials, etc.  
remaining hours will be utilized for skill-based learning - student seminars/ PBL/ Group discussions/ workshops/ self-directed learning/ project work/field-based learning etc. Total marks allotted for Theory 50 + Practical 50 = 100 Marks).
3. Formative assessment (internal assessment) for 10% of overall weightage i.e., 10 marks out of 100, will be conducted in the respective institutions. (10 marks each for theory paper and practical) before the commencement of final exam.
4. The examination for summative assessment (final Ayush level examination) will be conducted for the entire syllabus theory Paper- and practical will be of 45 marks each. The duration of the written examination will be of one and half hours each(1 ½hr).
6. Fifty percent Marks out of 100 Marks will be of a passing grade. More than seventy-five percent will be considered as distinction grade.
7. Teaching learning will be based of Medical Education Technology. Every teacher must follow designed specific learning objectives (SLO) for each class/session/ task in all three domains; and should use ‘Bloom’s Taxonomy.’
8. Teachers should use instructional techniques like Role play, video shows, movies, computerized simulation/ animations, jigsaw puzzle assignment in class, experiential or pseudo experiential didactic classroom teaching etc. Teaching should be conducted for at least 1 horizontal and 1 vertical integration classes from the given syllabus. Timetable should have 2 hours of continuous space per week for conducting common seminars, guest lectures, journal clubs, workshops, motivational programs, horizontal & vertical teaching etc.

9. Students must be encouraged to refer to the original Samhitas, memorizing and reciting shlokas, referring Samskrit-English dictionaries to understand Ayurvedic scientific terms etc.
10. Beyond the content of syllabus students should read Bio-physis, Bio-engineering, Microbiology, Biochemistry, drug cultivation, agriculture, nutrition and dietetics, botany, Molecular environmental sciences, Molecular biology and Ayur-Genomics, proteomics etc related to Prakriti.

### Topic wise Distribution: Theory

#### ***Prakriti (Deha- Prakriti, Manasa- Prakriti) (Body constitution, personality, temperament of individuals) 60Hr***

S.No.	Competency - Student should be able to	Domain	Mk/Dk /Nk	K/Kh/Sh/D	T-L Method	Duration	Assessment Method	Assessment Criteria	Integration
1	Introduction of Basic Principles and Philosophy of Ayurveda	Knowledge	Mk	K	Lecture Discussion	1hr	Viva voce	F	
2	Introduction of Dosha, Dhatu and Mala	(recall)	Mk	K	Lecture Discussion	2hr	Viva voce	F	
3	Define the term prakriti and describe the etymology & different meanings of the term <i>prakriti</i> .	Knowledge (recall)	Mk	K	Lecture Discussion		Written/ Viva voce	F & S	
4	Describe the role of different <i>matrijadi bhava</i> (genetic, intra-uterine and extra-uterine factors) influencing <i>prakriti</i> according to <i>Charaka and Sushruta</i>	Knowledge (Comprehension)	Mk	Kh	Lecture Discussion Symposium	1hr	Written/ Viva voce	F & S	
5	Describe the classification of different <i>prakriti</i> according to various Samhitas	Knowledge (Comprehension)	Mk	Kh	Lecture Discussion	2 hr	Written/ Viva voce	F & S	

6	Enumerate types of <i>deha prakriti</i> and classify <i>deha prakriti</i> into <i>eka-doshaja</i> , <i>dvanvaja</i> , <i>samadoshaja</i> etc.	Knowledge (Recall)	Mk	Kh	Lecture Discussion Model Demonstration		Written/ Viva voce	F & S	
7	Describe the <i>guna</i> (attributes) of <i>vata prakriti</i> according to <i>Charaka Samhita</i>	Knowledge (Comprehension)	Mk	Sh	Lecture Discussion Model Demonstration	2 hr	Written/ Viva voce	F & S	
8	Describe the <i>guna</i> (attributes) of <i>pitta prakriti</i> according to <i>Charaka Samhita</i>	Knowledge (Comprehension)	Mk	Sh	Lecture Discussion Role play real life experience	2 hr	Written/ Viva voce	F & S	
9	Describe the <i>guna</i> (attributes) of <i>kapha prakriti</i> according to <i>Charaka Samhita</i>	Knowledge (Comprehension)	Mk	Sh	Lecture Discussion video show Simulation	2 hr	Written/ Viva voce	F & S	
10	Describe the <i>guna</i> (attributes) of <i>vata, pitta &amp; kapha prakriti</i> according to <i>Vagbhata (abhiruchi) &amp; Sushruta samhita (anukatva)</i>	Knowledge (Comprehension)	Mk	Sh	Lecture Discussion Model Demonstration Team project work	3 hr	Written/ Viva voce	F & S	
11	Describe the <i>guna</i> (attributes) of <i>vata, pitta &amp; kapha prakriti</i> according to <i>Sharangadhara Samhita</i> and other Acharyas.	Knowledge (Comprehension)	Nk	Sh	Discussion		SA	SA	
12	Describe <i>Prakriti Anuband</i> (Relationship) of <i>Desh, Kala, Ritu, Age, Sara</i> and <i>Agni</i> .	Knowledge (Comprehension)	Mk	Kh	Lecture Discussion	2 hr	Written/ Viva voce	F & S	

13	Describe classification of <i>bhautik prakriti</i> and characteristic features of the individuals belonging to each kind of <i>bhautik prakriti</i> .	Knowledge (Comprehension)	Mk	Kh	Lecture Discussion	1 hr	Written/ Viva voce	F & S	
14	Describe classification of <i>manas prakriti</i> and characteristic features of the <i>satvik prakriti</i> .	Knowledge (Comprehension)	Mk	Kh	Lecture Discussion	1hr	Written/ Viva voce	F & S	
15	Describe the characteristic features of <i>rajasic &amp; tamasic manas prakriti</i> .	Knowledge (Comprehension)	Mk	Kh	Lecture Discussion	1 hr	Written/ Viva voce	F & S	
16	Describe classification of and characteristic features of the individuals belonging to each kind of <i>jatyadi-prakriti</i>	<i>Knowledge (Comprehension)</i>	<i>Mk</i>	<i>Kh</i>	<i>Lecture Discussion</i>		<i>Written</i>	<i>F &amp; S</i>	
17	Similarities and difference between the <i>sharirik &amp; manas prakriti</i> descriptions given in various Samhitas.	Knowledge (Comprehension)	Dk	Kh	Discussion Team project work	1 hr	Written	F	<i>Kayachikitsa</i>
18	Significance of the knowledge of <i>prakriti</i> in clinical aspect and <i>pathya-apathya kalpana</i> in <i>ahara</i> (Diet) and <i>vihara</i> (Lifestyle) of each type of <i>prakriti</i> .	Knowledge (Comprehension)	Mk	Kh	Discussion Self-learning Buzz group		Written Role play	F & S	Swasthvritta
19	Appreciate the use of various validated tools (software/ questionnaire) to evaluate <i>prakriti</i> - Ex-CCRAS portal	Knowledge (Application)	Mk	Sh	Discussion Tutorial, Demonstration	2 hr	Written/ Viva voce	F & S	

20	Describe the relevance of <i>desha-kala-ritu-vaya-ahara-vihara-satmya</i> , <i>aushadha</i> of parents especially of mother on <i>prakriti</i> of individual.	Knowledge (Application/ Analysis)	Dk	Kh	Tutorial, Discussion	2 hr	Viva voce Self-assessment	SA	<i>Kayachikitsa</i>
21	Appreciate the application of recent advances in the domain of research related to <i>prakriti</i> (genetic, physiological basis)	Knowledge (Application/ Analysis)	Nk	Kh	Discussion		Self-assessment	SA	
22	Role of of <i>Prakriti</i> in carrier guidance.	Knowledge (Application/ Analysis)	Nk	Kh	Discussion				
23	Coordination and Communication Skills- Hindi/English /Local lang.								
24	Recite and explain the important verses of <i>vata</i> , <i>pitta</i> & <i>kapha doshaja prakriti</i> .	Knowledge (Recall & Comprehension)	Dk	Kh	Discussion Recitation		Written/ Viva voce	F & S	

**Abbreviations:** Mk-Must Know, Dk-Describe to know, Nk-Nice to Know,

K-Knows, Kh- Knows how, Sh-Shows how, D-Does,

F-Formative assessment, S-Summative assessment, SA-Skill Assessment

T-L Method-Teaching Learning method

## Topic wise Distribution: Practical

S. No.	Competency - Student should be able to	Domain	Mk/Dk/Nk	K/Kh/Sh/D	T-L Method	Duration	Assessment Method	Assessment Criteria
1	Observe the procedure of <i>prakriti parikshan</i> of CCRAS portal	Skill	Mk	Sh	Lecture Demonstration Discussion Observe	2days of 6 hr each= 12 hr=6 practical	Practical Viva voce	S
2	Demonstrate <i>prakriti parikshan</i> under the supervision of teacher.	Skill	Mk	Sh	Demonstration in practical room & Bed side clinic Discussion Assist	2hr	Viva voce	S
3	Perform <i>prakriti parikshan</i> in an individual and on patient independently	Skill	Mk	Does	Demonstration in practical room & Bed side clinic Discussion Perform	10 hr	Practical Viva voce Skill assessment OSPE/OSCE	S
4	Assessment of Elements and performance criteria of trainee	Skill	Mk	Does	Demonstration	3hr	Skill Assessment OSPE/OSCE	F
4	Recite verses of <i>vata, pitta &amp; kapha prakriti</i> .	Knowledge (Recall & Comprehension)	Dk	Kh	Discussion Recitation	2hr	SA	SA
5	Project development, presentation and submission mandatory before cerification after the commencement of Course	Skill	Dk	Does	Demonstration	5hr for presentation	Skill	F



6	Make Charts, Animations, Models based on Prakriti (any one of the above)	Skill	Dk	Does	Demonstration	1hr	Skill	F
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