



### Chief Patron

Prof. Sudhir K. Jain  
Hon'ble Vice Chancellor, BHU

### Patron

Prof. S.N.Shankhwar  
Director, IMS, BHU

### Vice Patron

Prof. P.K. Goswami  
Dean, FoAy, IMS, BHU

### Organizing Chairman

Prof. Sangeeta Gehlot  
FoAy, IMS, BHU

### Organizing Secretary

Dr. Vandana Verma

### Joint Organizing Secretary

Dr. Aparna Singh

### Treasurer

Dr. Narendra Shanker Tripathi

### Venue:

K.N. Udupa Auditorium  
Institute of Medical Sciences  
Banaras Hindu University, Varanasi



**रोगास्तु दोषवैषम्यं, दोषसाम्यमरोगता**

**“National Conference on the Physio-Clinical  
Aspects of Tridosha in Health and Disease ”  
30th September-1st October, 2024**

### Organized By

**Department of Kriya Sharir  
Faculty of Ayurveda  
Institute of Medical Sciences  
Banaras Hindu University, Varanasi,  
Uttar Pradesh, INDIA-221005**

## About the Conference

National Conference on the Physio-Clinical Aspects of Tridosha in health and disease. The concept of Tridosha is central to Ayurveda, an ancient system of Indigenous medicine that originated in India. The Tridosha theory postulates that three fundamental bodily doshas i.e. Vata, Pitta, and Kapha govern physiological and psychological processes, influencing health and disease. This conference focuses on the physio-clinical aspects of Tridosha in Ayurveda Biology, to explore a comprehensive understanding of the concept of Tridosha in health and disease and its relevance to modern science. This conference aims to bridge the traditional wisdom of Ayurveda with modern scientific research, exploring the fundamental principles, clinical applications, and physiological foundations of Tridosha.

### Objectives

- To explore the fundamental principles of Tridosha in Ayurveda.
- To explore the applicability of the concept of Prakriti in clinical and preventive medicine.
- To discuss the physiological basis and modern scientific correlations of Tridosha.
- To examine the clinical manifestations and diagnostic methods related to Tridosha imbalances.
- To evaluate Ayurvedic therapeutics and lifestyle interventions based on Tridosha.
- To promote interdisciplinary research and collaborations in Ayurveda and Modern science.

### Sub-Themes

#### 1. Fundamental Principles of Tridosha

- Historical development and philosophical foundations
- Comparative analysis with modern medical concepts
- Health and disease perspectives in Ayurveda

#### 2. Physiological Basis of Tridosha

- Genetic, Biochemical and Molecular correlates of Dosha
- Neurophysiological aspects
- Hormonal and metabolic influences
- Doshaja Prakriti and the Role of genomics and proteomics in its understanding

#### 3. Clinical Manifestations of Tridosha Imbalance

- Common diseases associated with Vata, Pitta, and Kapha.
- Diagnostic methods in Ayurveda for assessing Tridosha.
- Case studies and clinical trials on Tridosha-based treatments.

#### 4. Tridosha and Modern Diagnostics

- Integration of Ayurvedic diagnostics with modern technologies (e.g., imaging, biomarkers).
- Evidence-based research on Tridosha and its clinical relevance.
- Understanding of Tridosha w.s.r genomics and proteomics.

#### 5. Ayurvedic Therapeutics Based on Tridosha

- Pharmacological basis of Ayurvedic herbs and their effects on Tridosha.
- Personalized medicine in Ayurveda: tailoring treatments based on individual dosha profiles.
- Efficacy and safety of Panchakarma and other detoxification therapies.

#### 6. Lifestyle and Dietary Interventions and preventive medicine

- Application of Tridosha principles in preventive health strategies.
- Community health programs incorporating Ayurvedic principles.
- Tridosha and its implications in stress management and mental health.

#### 7. Interdisciplinary Approaches to Tridosha Research

- Collaborations between Ayurveda practitioners and modern scientists.
- Translational research bridging traditional knowledge and contemporary science.
- Future directions and emerging trends in Ayurveda research based on Tridosha.

#### 8. Educational and Training Aspects of Tridosha

- Curriculum development to introduce Tridosha in modern medical education.
- Continuing education and professional development for healthcare providers.
- Public awareness and patient education on Tridosha and its health benefits.

## About the Faculty of Ayurveda, Banaras Hindu University

The Banaras Hindu University was established in 1916 through an Act of Parliament by a renowned visionary Bharat Ratna Mahamana Pandit Madan Mohan Malviya. Ayurveda was incorporated into the curriculum of Banaras Hindu University in 1922 as a subject, under the Faculty of Oriental Learning and in 1923 as a dedicated Department of Ayurveda.

Faculty of Ayurveda



The Faculty of Ayurveda currently has 17 departments, over 100 teachers, and offers UG, PG, and PhD programmes, as well as various certificate/diploma courses, a library and hostel facilities, an Ayurvedic pharmacy and dispensary, a medicinal plant garden, and a raw drug museum for herbs, minerals, and metals, all in order to provide quality teaching and research. We embrace a unique ecosystem of integrative education, interdisciplinary academia, research collaboration, and clinical health services [Sir Sunderlal Hospital, BHU (1200 bedded)], with Ayurveda and Modern Medicine services under one roof], which rarely exist in other parts of the country.

## About the Department of Kriya Sharir

The Department of Kriya Sharir was established in November 2006 and was previously a component of the Department of Basic Principles. The department offers BAMS and MD (Ay) courses and mentors PhD scholars in the field of Kriya Sharir. Since 1979, the Kriya Sharir unit has been exploring the scientific principles of Tridosha, Saptadhatu, and Deha-Manasa-Prakriti. The scientific examination of Tridosha is crucial in diagnosis and treatment. Disease aetiology can only be explained with an objective assessment of Tridosha. This department also conducts studies on the psychosomatic basis of health and disease. The department is also extensively involved in the assessment of psychosomatic constitution utilising anthropometric, biochemical, and psychological variables. The research of age-related physiological changes is another area in which the department is active. The department is exploring the development, implementation, and assessment of novel teaching- learning approaches. Currently the department has seven Faculty members, one senior resident, nine junior residents, and around eighteen PhD scholars. The department provides excellent teaching and research facilities, including smart classrooms with audiovisual aids and a well-equipped physiology laboratory, a microscope with digital camera, spirometer, ECG recording device, Elisa reader, stethoscope, sphygmomanometer, haematology equipment, and so on.

**Contribution at a Glance:** The department fosters a conducive environment for carrying out basic and clinical research on Kriya Sharir. Several tools for assessing Ayurvedic clinical parameters, such as Prakriti, Dhatu-Sara, Kosta, Viruddha Ahara and Agni-bala, have also been developed. till now, around 45 M.D. (Ay)s and 50 PhDs have been produced. Faculty members of Kriya Sharir have contributed to numerous research papers in reputable journals.



## Registration and Abstract Submission

Registration through Google link: <https://forms.gle/xqnsdD5Gg8V1mW9D8>

Abstract Submission through Email ID: [nct2024kriya@gmail.com](mailto:nct2024kriya@gmail.com)

**Abstract submission deadline:** 10.09.2024

### Payment Details:

BOB A/c : 27790200000845

IFSC Code: BARB0BHUVAR(Fifth letter is Zero)

Merchant Name: NCT2024



### Registration Fee Structure:

Faculty, PhD, PG, Research Scholar: Rs 2500/-

### Instruction for Abstract Submission:

- The Abstract should be written in English, in Times New Roman Font with Font Size 12, for Hindi Unicode Mangal font size 14, word limit - 250 words. A structured abstract (Background, Aims, Methodology, Results, Conclusion) with Keywords.
- All delegates presenting papers/posters should be registered.
- The paper accepted for poster presentation- Poster size 4 feet X 3 feet.
- Prizes for Best Oral Presentation and Best Poster Presentation will be awarded.
- Authors of selected abstracts will be asked to submit the full paper which will be published in the conference proceedings with ISBN.

For further information and queries:

Contact Details:

**Dr. Vandana Verma (8840871859) Organizing Secretary**

**Dr. Aparna Singh (9532497980) Joint Organizing Secretary**

Department of Kriya Sharir

Faculty of Ayurveda, IMS, BHU, India

**Email- [nct2024kriya@gmail.com](mailto:nct2024kriya@gmail.com)**

## Advisory Committee

Prof. P.K. Goswami	: Dean, Faculty of Ayurveda
Prof. Shobha Bhat	: Head, Dept. of Agad Tantra
Prof. Anil Singh	: Head, Dept. of Dravyaguna
Dr. P.S. Upadhyay	: Head, Dept. of Kaumaryabhritya
Prof. K.H.H.V.S.S.N. Murthy	: Head, Dept. of Kayachikitsa
Prof. Sangeeta Gehlot	: Head, Dept. of Kriya Sharira
Prof. T.D. Singh	: Head, Dept. of Medicinal Chemistry
Dr. Rajkala Patil	: Head, Dept. of Panchakarma
Prof. Vishwesh B. N.	: Head, Dept. of Prasuti Tantra
Prof. Vijay Laxmi Gautam	: Head, Dept. of Rachana Sharira
Prof. D.N.S. Gautam	: Head, Dept. of Rasa Shastra & B.K.
Prof. P.K. Goswami	: Head, Dept. of Samhita & Sanskrit
Prof. K.K. Pandey	: Head, Dept. of Sangyahan
Prof. Manoj Kumar	: Head, Dept. of Shalakya Tantra
Prof. Rahul N. Sherkhane	: Head, Dept. of Shalya Tantra
Prof. Rani Singh	: Head, Dept. of Siddhant Darshan
Dr. Mangalagowri V. Rao	: Head, Dept. of Swasthavritta & Yoga
Prof. Sisir Kumar Mondal	: Head, Dept. of Vikriti Vigyan

## Transport, Accommodation & Catering Committee

Chairman	: Dr. N.S. Tripathi : Dr. Sudama Yadav
Members	: Dr. Swati Sharma, Dr. Saurabh, Dr. Gaurav : Dr. Sujeet, Mrs. Manisha Maurya, Mr. Ankit Rai : Dr. Praveen, Mr. Antariksha Verma, Dr. Basil

## Media Committee

Chairman	: Vaidya Sushil Kumar Dubey : Dr. Raj Kishor Arya
Members	: Dr. Sushmita Yadav : Mrs. Sudha Yadav : Dr. Lavika Bhatt

## Registration & Stage Committee

Chairman	: Dr. Rashi Sharma : Dr. Shalini
Members	: Dr. Divyani Soni : Dr. Praveshika Shukla : Miss Garima Patel : Miss Divya Gupta : Dr. Ragini Joshi : Miss Sneha Maurya : Miss Binita Kumari Singh

## Scientific & Souvenir Committee

Chairman	: Prof. Kishor Patwardhan : Dr. Sanath : Dr. Vaibhav Jaiswal : Dr. Abhinav
Members	: Dr. Swati Sharma : Dr. Varsha More : Miss Shuchi Mishra : Miss Neha Singh : Miss Samiksha Rai



## Sites to visit in Varanasi



### Kashi Vishwanath Dham



### Assighat



### Namoghat



### Vishwanath Temple BHU



### Sarnath



### Rudraksha Convention Centre

