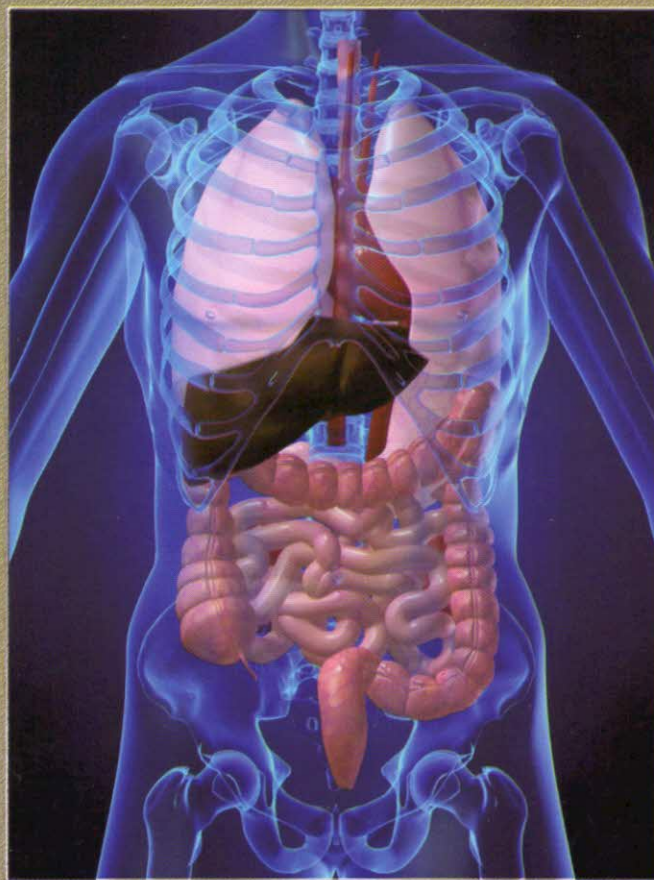


A TEXT BOOK OF  
**PHYSIOLOGY**

**SHAREERA KRIYA VIJNAN**



**Dr. Chitta Ranjan Das**

A Textbook of  
**Physiology**

(According to the new syllabus of CCIM, New Delhi)

(Volume - 1)



THE  
CHAUKHAMBA AYURVIJNAN STUDIES  
115

# A Textbook of Physiology

(According to the new syllabus of CCIM, New Delhi)

(Volume - 1)

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CHAUKHAMBA SANSKRIT PRATISHTHAN  
DELHI

A Text Book of Physiology-I

*Publishers :*

**CHAUKHAMBA SANSKRIT PRATISHTHAN**

*(Oriental Publishers & Distributors)*

38 U. A., Bungalow Road, Jawahar Nagar

Post Box No. 2113

Delhi 110007

Phone : (011) 23856391, 41530902

E-mail : cspdel.sales@gmail.com

Website : www.chaukhambabooks.in

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Reprinted : 2015

Pages : 16+400

Price : ₹ 225.00

*Also can be had from :*

**CHOWKHAMBA VIDYABHAWAN**

Chowk (Behind The Bank of Baroda Building)

Post Box No. 1069

Varanasi 221001



**CHAUKHAMBA SURBHARATI PRAKASHAN**

K. 37/117 Gopal Mandir Lane

Post Box No. 1129

Varanasi 221001



**CHAUKHAMBA PUBLISHING HOUSE**

4697/2, Ground Floor, Street No. 21-A

Ansari Road, Darya Ganj

New Delhi 110002

ISBN : 978-81-7084-535-4 (I)

978-81-7084-537-0 (Set)

Printed by :

A. K. Lithographers, Delhi

## PREFACE



*Dedicated to my Beloved Father*

*Dr. Chitra Ranjan Das*



## PREFACE

The Textbook of Physiology written in English (complete in 2 volumes) for the students of BAMS degree of Indian Universities. Both volumes contain all the matters for the subject Kriya Sharira according to CIM, Delhi new & revised syllabus with modern co-relation. The subject matter has been discussed as per different Samhita granthas, allied granthas and modern textbooks in this compilation work. In addition to this other essential matters of current interest are also incorporated to make the work most updated with compressive one.

In conclusion I would like to advice my student to use both the volume to get complete knowledge of "Kriyashareera" with modern correlation according to their own need. M.C.Q.s will also help them to appear the Entrance and other competitive examination of the Indian Universities.

It is my great privilege to express my heartiest gratitude to my Dean, Principal, colleagues, staff and students of S.J.S. Ayurveda College & Hospital, Chennai, Tamil Nadu for their proper guidance, inspiration, valuable suggestion and constant encouragement to complete this book.

At last but not least I offer my sincere gratefulness to my parents, mother, sister, wife and my only son for their constant encouragement during my life to complete this book in proper time.

I am very happy and thankful to Mr. Paveen Gupta of Chaukhamba Sanskrit Pratisthana, Delhi has taken up this task and have published this book in excellence manner.

Author

**Dr. Chitta Ranjan Das**

## ABBREVIATIONS

C.	- Charaka Samhita
S.	- Sushruta Samhita
A.H.	- Ashtanga Hridaya
A.S.	- Ashtanga Sangraha
B.P.	- Bhavaprakasha
Sharnga.	- Sharngadhara Samhita
Bhela.	- Bhela Samhita
M.N.	- Madhava Nidana
Su.	- Sutra sthana
Ni.	- Nidana sthana
Vi.	- Vimana sthana
Sha.	- Sharira sthana
In.	- Indriya sthana
Chi.	- Chikitsa sthana
U.	- Uttara khanda/sthana
Pu.	- Purva khanda

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This book is written strictly according to the curriculum framed by the CCIM for B.A.M.S. graduates. Part A and B of the syllabus are given separately.

Each topic is provided with Ayurveda and modern concept simultaneously in simple English. The book is enriched with modern physiology as and when required. To make things easy and student friendly, learning objectives and possible questions are given in beginning and at the end of each chapter respectively. This book also contains more than 540 MCQs from the various chapters, which will also help them to appear in the PG entrance and other competitive examination of the Indian Universities. I am sure this book will satisfy teachers and students alike.



**Dr. Chitta Ranjan Das** was born on 01.04.1972 in Bhubaneswar, Dist-Khurda, Odisha. He has graduated from Government Ayurveda College and Hospital, Bolangir, Odisha, in the year 1996 and post graduated from Calcutta University, Calcutta, West Bengal, in the year 2001 and is currently pursuing Ph.D in SCSVMV, Chennai.

Dr. Das is presently working as an Associate Professor and H.O.D. (Panchakarma Department) at Sri Jayendra Saraswathi Ayurveda College and Hospital, Chennai – 600123. He is associated in the teaching of subjects like Kriyashareera and Panchakarma to undergraduate scholars since last 12 years. This book is designed in a very simplified and illustrative manner with modern correlation for easy understanding of the subject.

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