A Review of Role of AI in *KriyaSharir*

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ABSTRACT

Artificial Intelligence (AI) plays a significant role in *Kriyasharir* which is the *ayurvedic* study of human physiology.AI refers to the simulation of Human Intelligence processes in machines which is enabling them to perform tasks that typically require human intelligence such as learning, reasoning, problem solving, interpritting and analysing.

The Integration of AI that is Artificial Intelligence into *Ayurvedic* physiology represents a transformative advancement in the field of traditional Indian medicine.

AI brings new possibilities to enhance diagnostic accuracy, innovative tools such as AI-based diagnostic applications, wearable health monitoring devices are increasingly being employed to analyze Ayurvedic parameters of kriyasharir such as Prakriti (body constitution) and dosha (bio-energetic forces)[1].

AI is useful for the Medical students to understand the basic knowledge of Kriyasharir very easily and apply it with the perfect techniques.

Nadi Parikshana also perform with the help of AI.

Keywords- Artificial Intelligence (AI), Kriyasharir, Prakriti assessment, Dosha – Dhatu kshaya vriddhi lakshan assessment

Introduction-

AI opens up new avenues for exploring the ancient works of the literature of Traditional Medicine, allowing the screening of herbs or components of traditional formulae, which could disclose the mechanism of action.

Assistive AI-based diagnostic models are also expanding in the areas of decision-making models, symptom classification based on varied clinical data.

Data mining technique by the use of Artificial Intelligence can show some promising results in this field of Ayurveda.

To know the pathology and before giving meditational treatment we must know about the basic physiology of an individual.AI helps to understand the basic concepts with various tools.2

Many journals, e-books, and indexing units such as Digital Helpline for Ayurveda Research Articles (DHARA), AYUSH Research portal, Traditional Knowledge Digital Library (TKDL), Random Uninterrupted Documentation for Retrospective Analysis (RUDRA) Program, AyuSoft, *Prakriti Vichaya*, and *Triskandha Kosha* to strengthen the position of Ayurveda in the digital era of AI.[3]

In the *kriyasharir*, *Agni Parikshana* ,*koshta parikshana* ,*Bala Parikshana* can be assessed with the AI tools. Using AI techniques we can Correlate some part of Ayurvedic Physiology with modern science.Many research projects related with kriyasharir becomes easier .

Need of Study- To understand the importance of AI in learning Kriyasharir with fastest and perfect mode.

Type of Study- It's a review of AI related material with reference to Ayurveda specially *Kriyasharir*.

Material and Methods-

Books, various research papers, peer reviewed journals, internet are the helping hands

Result-

AI is useful for the Medical students to understand the basic knowledge very easily and with the perfect techniques.

Research and Idea Generation: AI can be a valuable tool for generating innovative research ideas ,techniques in Ayurveda, offering fresh perspectives by leveraging vast amounts of knowledge. Researchers are exploring AI-driven brainstorming for various topics such as

Urinary System- The Clinical trials on Ayurvedic therapies for managing the benign prostatic hyperplasia (BPH) and urinary incontinence.

Sleep Physiology- Studies on the correlation between Pitta Dosha imbalance and disruption of REM sleep or Vata vriddhi and insomnia and the efficacy of Ayurvedic herbs in improving sleep quality.

Tridosha Theory- Integrating *Tridosha* theory with neurophysiology and studying its impact on cellular metabolism and repair.

Data Analysis and Pattern Recognition- AI can help analyze large datasets and identify patterns, which can be useful in understanding the effects of *Ayurvedic* treatments and therapies.

Personalized Medicine-AI can aid in developing personalized treatment plans based on an individual's unique characteristics, such as their *Prakriti* (*Ayurvedic* body constitution)[2].

Medical Education- AI-powered tools can enhance the learning experience for Kriya Sharir students, providing interactive and immersive experiences.

Clinical Decision Support-AI systems can assist healthcare professionals in making informed decisions about patient care, diagnosis, and treatment.

Overall, AI has the potential to revolutionize the field of Kriya Sharir by providing new insights, improving research quality, and enhancing patient care. By leveraging AI technologies, researchers and practitioners can work together to develop more effective and personalized treatment.

Discussion-

AI provides very novel opportunities for analyzing ancient Ayurvedic physiology literature, enabling the screening of herbs and components in traditional formulations to elucidate their mechanisms of action. This approach facilitates the discovery of alternative, effective, and safer lead compounds and plant-based treatments.

Conclusion-

AI tools facilitate Prakriti and Dosha assessments, although expert Vaidyas remain essential

for comprehensive care. Data mining through AI provides valuable insights into disease mechanisms and treatment protocols. In Rasashastra and Bhaishajya Kalpana, AI aids in characterizing, assessing toxicity, and clinically evaluating many Rasaushadhi.

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