

MEDINITY AWARDS 2025



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Inspiring Excellence. Honouring Achievements

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The International Recognition Forum & Awards (IRFA) is a prestigious platform based in New Delhi, India, committed to identifying, recognizing, and honoring excellence across various domains including academics, healthcare, research, entrepreneurship, innovation, social service, and leadership. IRFA's vision is to spotlight individuals and institutions that are making meaningful contributions to society and their professional communities. Through thoughtfully curated award ceremonies, conferences, honorary recognitions, and expert panels, IRFA brings recognition to those who are often working behind the scenes to bring change.

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2. Honorary Doctorates (Ph.D. & D.Litt.)
3. Academic & Professional Excellence Awards
4. Women Leadership & Youth Icon Awards
5. Healthcare & Social Impact Recognition
6. Organizing International Conferences & Ceremonies
7. Publishing Award Magazines and Proceedings

IRFA Flagship Events

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2. EduLeaders Awards – Honouring distinguished educators, researchers, and institutions
3. Global Excellence Awards – Recognizing outstanding professionals across disciplines
4. Honorary Doctorate Convocations – For significant contribution in respective fields

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 - Backed by expert advisory and jury panels
 - National & international media coverage
- Digital and printed publications for global visibility
- Endorsement for academic and professional growth

"Recognition is not the end—it's a reminder to keep leading by example." - IRFA

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Why Choose IConference?

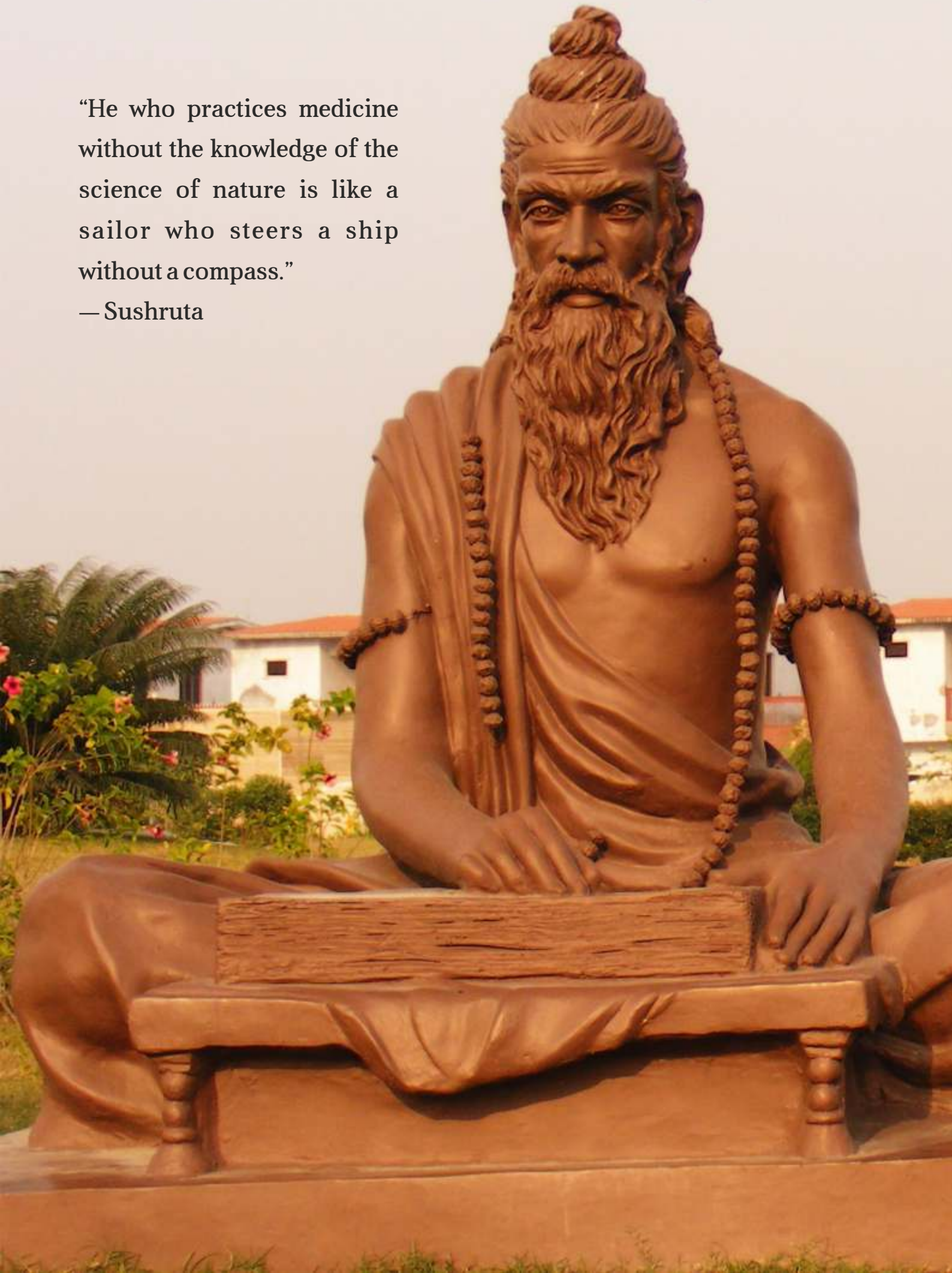
- **Professional Management** – Our experienced team ensures smooth event execution, from call for papers to post-conference proceedings.
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“He who practices medicine
without the knowledge of the
science of nature is like a
sailor who steers a ship
without a compass.”

— Sushruta



“आहार वह प्राण है जो हमें ऊर्जा, स्वास्थ्य और समता प्रदान करता है।” - चरक संहिता

“आयुर्वेद कहता है, खाद्य सामग्री तीव्र, संतुलित, तापमान के अनुकूल और प्राकृतिक होनी चाहिए।” - सुश्रुत संहिता

“आयुर्वेद में आहार एक महत्वपूर्ण चिकित्सात्मक तत्त्व है, जो हमें स्वस्थ रहने के लिए उचित भोजन की आवश्यकता बताता है।” - वागभट्ट

“Ayurveda is not just about treating diseases; it is about creating harmony in body, mind, and spirit.” - Dr. Vasant Lad.

“Ayurveda is a sister philosophy to yoga. It is the science of life or longevity and it teaches about the power and the cycles of nature, as well as the elements” - Christy Turlington

“Ayurveda is the science of life that teaches us how to live in harmony with nature and the world around us.” - Dr. Robert Svoboda.

“आयुर्वेद मनुष्य के शरीर, मन और आत्मा के बीच संतुलन स्थापित करने के लिए विज्ञान है।” - चंद्रकांत आचार्य

“स्वास्थ्य के लिए आयुर्वेद हमें प्रकृति के साथ अनुकूल रहने की सिखाता है, क्योंकि प्रकृति हमारे शरीर की सबसे अच्छी चिकित्सक है।” - श्री बालकृष्ण

“स्वास्थ्य उचित आहार, संतुलित व्यायाम, और स्थिर मन के संयम पर निर्भर करता है।” - योगी आदित्यनाथ

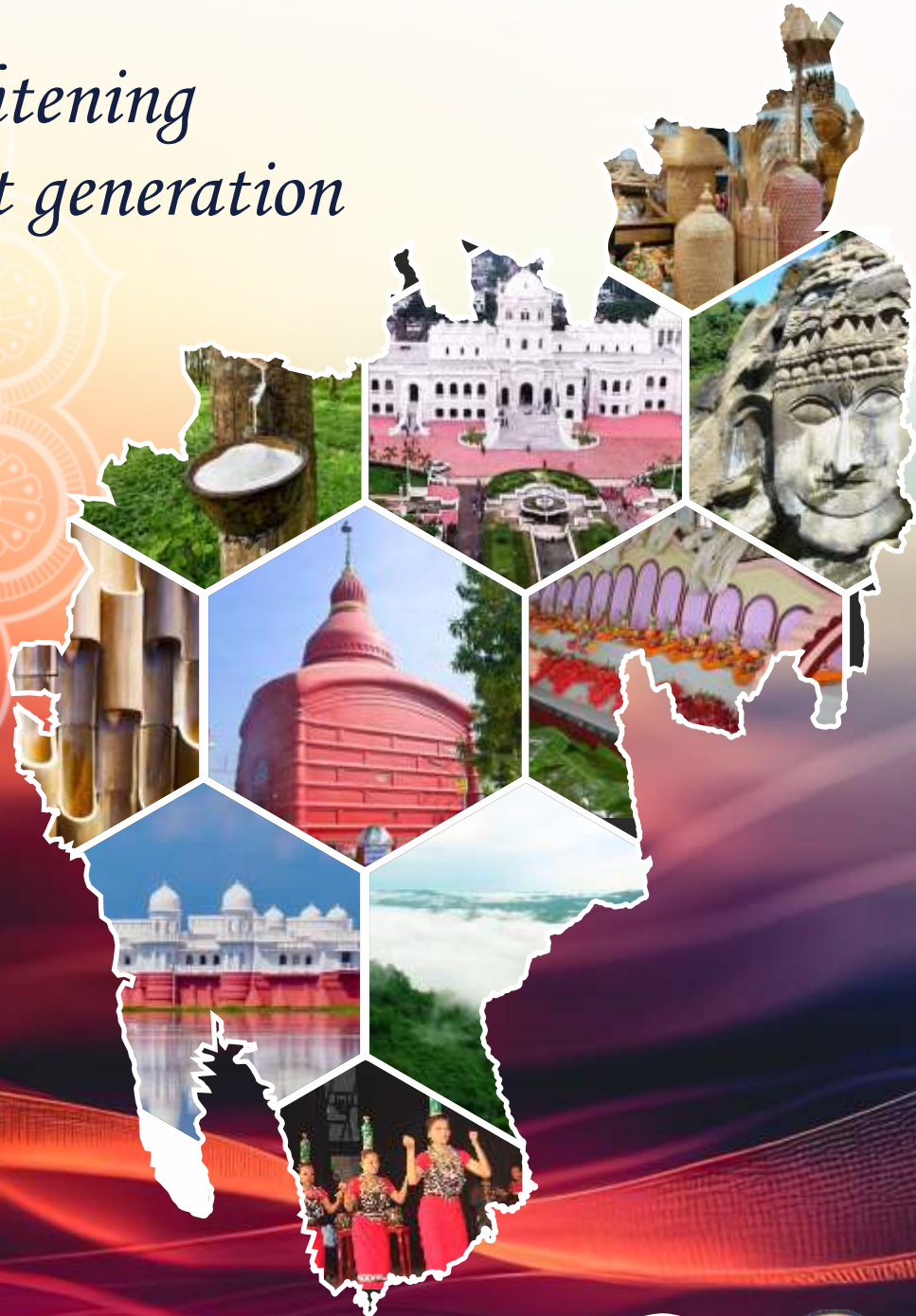
“आयुर्वेद एक प्राकृतिक चिकित्सा पद्धति है जो संतुलित जीवन और अनंत स्वास्थ्य को प्रोत्साहित करती है।” - डॉ. जैनेंद्र कुमार



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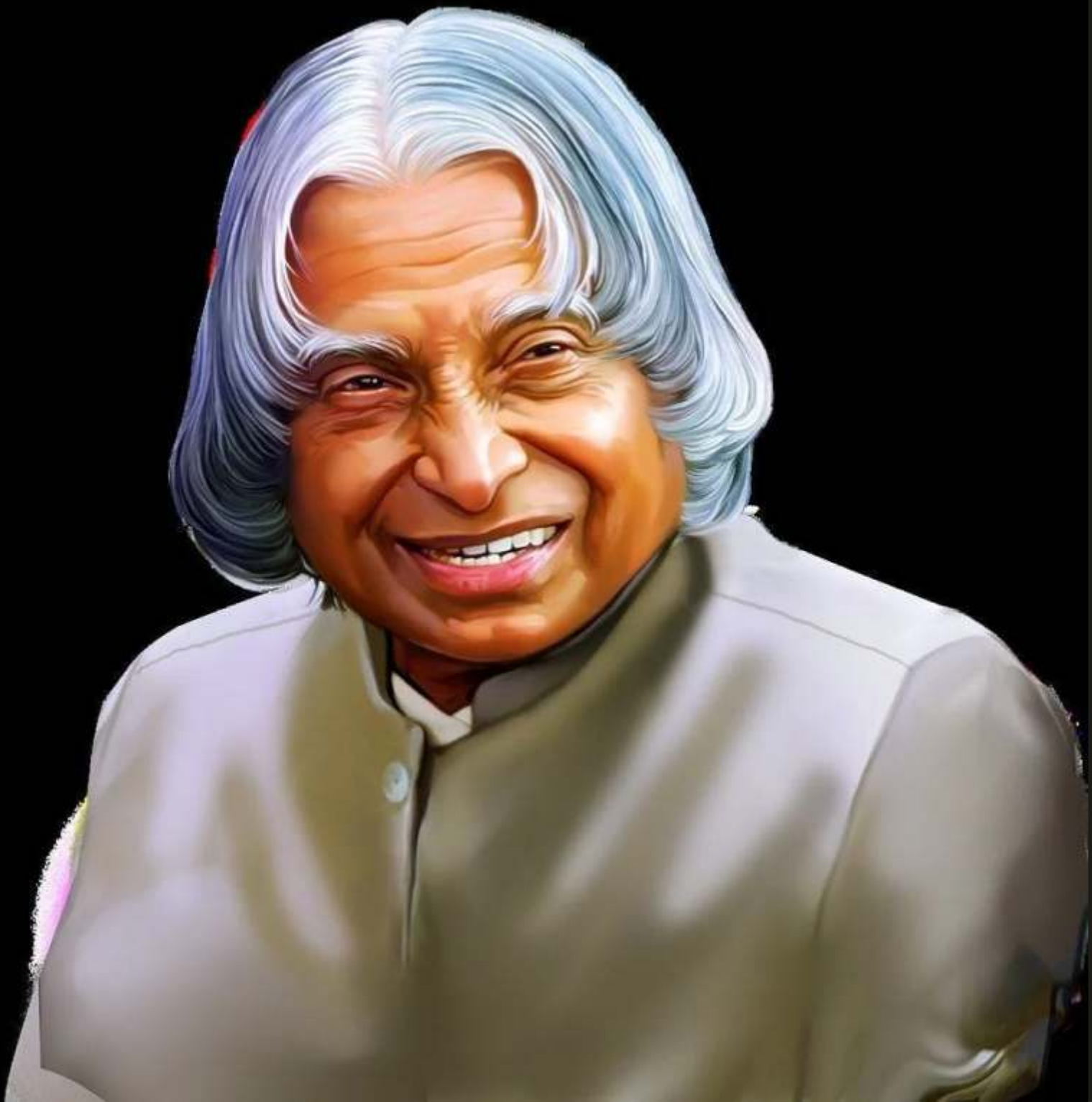


Articles



“Science without humanity is the
soul without compassion.”

— Dr. A.P.J. Abdul Kalam



Editor's Note



MEDINITY Awards 2025

Organized by International Recognition Forum & Awards (IRFA), New Delhi

Dear Readers,

It gives me great pleasure to introduce this special edition of the MEDINITY Awards 2025 magazine — a tribute to outstanding contributions in Ayurveda and Integrative Medicine, including Allopathic, Homeopathic, Unani, Siddha, and other holistic health systems.

The vision behind MEDINITY is to celebrate and recognize healthcare professionals, educators, and researchers who bridge the gap between ancient wisdom and modern science. The recipients featured in this issue embody a commitment to compassionate healing, evidence-based practice, and interdisciplinary collaboration — values that are essential in today's evolving global health landscape.

As Acharya Charaka once stated:

"He who practices medicine out of compassion for all creatures rather than for gain or gratification of the senses, succeeds best in achieving success both here and hereafter."

This magazine is a small yet meaningful gesture to honor those who have chosen the noble path of service through healing. May their journeys continue to uplift, inspire, and transform the future of medicine.

Warm regards,

Dr. Gunjan Bansal

Editor-in-Chief

MEDINITY Awards 2025 Magazine

“Wherever the art of medicine is loved, there is also a love of humanity.”

— Hippocrates



Message from the Jury Member



Prof. Dr. A. R. V. Murthy

Medical Director and Director (Academic and Research),
Professor & Head, Department of Kayachikitsa,
Aarihant Ayurvedic Medical College and Research Institute,
Swarnim Startup and Innovation University, Gandhinagar, Gujarat

It is a privilege to be part of the jury panel for MEDINITY Awards 2025, a platform that honors remarkable contributions in the field of Ayurveda and Integrative Medicine. As someone who has dedicated years to the academic, clinical, and research domains of Ayurveda, I am delighted to see a growing emphasis on cross-disciplinary integration — blending Ayurveda, allopathy, homeopathy, and other systems for holistic patient care.

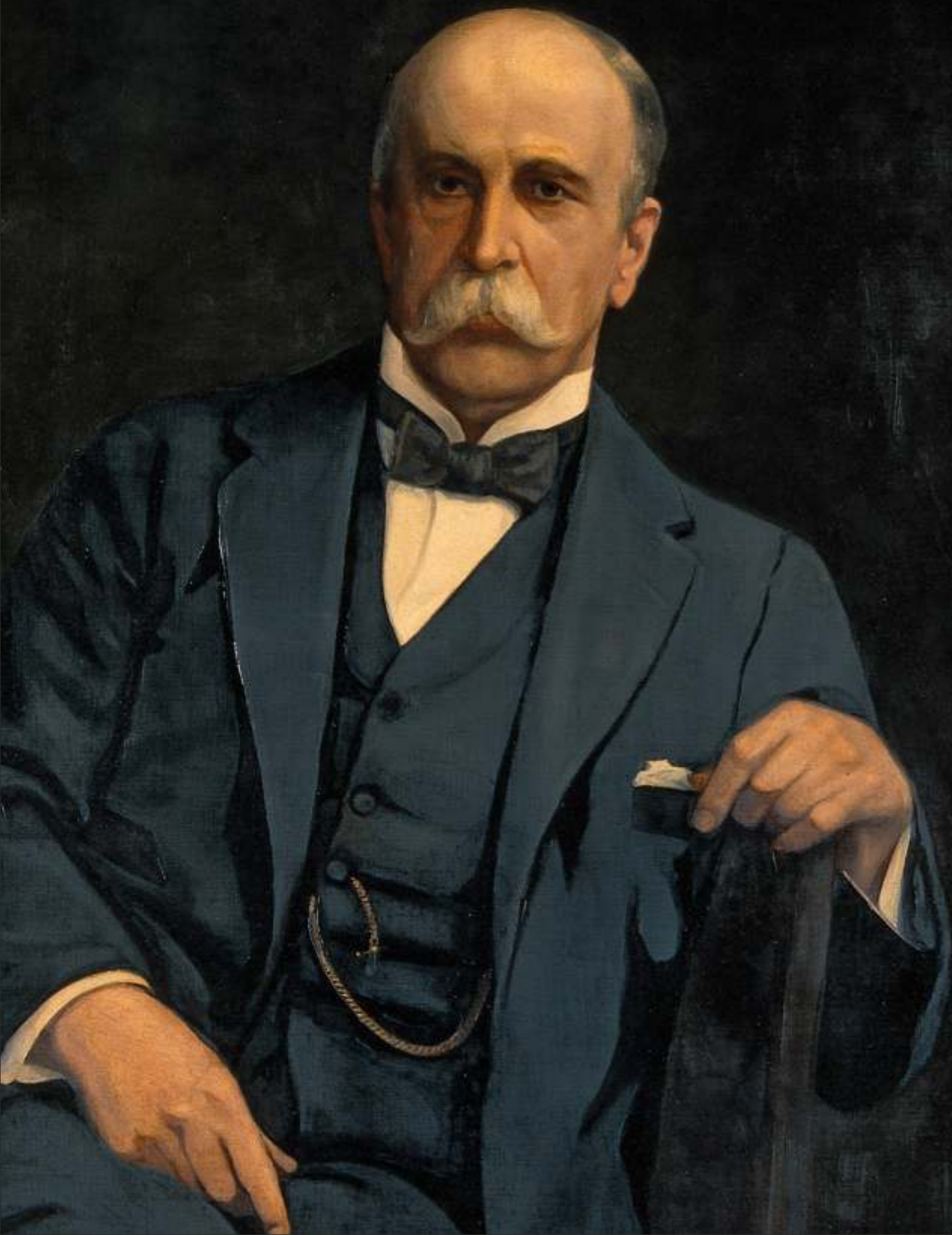
The nominations this year were truly impressive, reflecting passion, scientific rigor, and a strong commitment to evidence-based traditional healing. Recognizing such excellence not only motivates individuals but also elevates the global relevance of Indian systems of medicine.

My warmest congratulations to all the deserving awardees. Let this recognition serve as a reminder that our journey in the pursuit of integrative and patient-centered healthcare must continue with even greater vigor and unity.

**With best wishes,
Prof. Dr. A. R. V. Murthy**

“The good physician treats the disease; the great physician treats the patient who has the disease.”

— William Osler



Message from the Jury Member



Dr. Pawan Kumar Sharma

Professor and Head, RSBK – FOA, Mansarovar Global University, Bhopal

It is a matter of great pride and honor for me to be associated with MEDINITY Awards 2025, organized by the International Recognition Forum & Awards (IRFA), New Delhi. The initiative to recognize excellence in Ayurveda and Integrative Medicine is both timely and essential in today's healthcare landscape.

In an age where patient-centric, evidence-based, and holistic care is increasingly emphasized, acknowledging contributions across diverse healthcare systems—Ayurveda, Homeopathy, Allopathy, Siddha, and beyond—is crucial. MEDINITY serves as a bridge between these systems, encouraging dialogue, respect, and collaborative innovation.

As a practitioner and academician of Rasashastra and Bhaishajya Kalpana, I have always believed in the power of traditional formulations when guided by ethical research and scientific scrutiny. The diversity and depth of work submitted for this year's awards reflect a growing commitment to scientific validation and societal relevance.

I extend my heartfelt congratulations to all awardees, researchers, and contributors who are working tirelessly to advance the cause of health and healing. Let this recognition inspire many more to engage in meaningful research, compassionate care, and academic excellence.

Kudos to the organizing committee for creating such a valuable platform for knowledge sharing and honor.

**With regards and best wishes,
Dr. Pawan Kumar Sharma**

“Medicine is a science of uncertainty and an art of probability.”

— William Osler



Message from the Jury Member



Prof. Dr. S. R. Shahi

Director, GHG Ayurvedic Medical College, Raikot, Ludhiana, Punjab

It is an honour and a privilege to serve as a jury member for the prestigious MEDINITY Awards 2025, a noble initiative by the International Recognition Forum & Awards (IRFA), New Delhi. This platform has emerged as a beacon of encouragement for professionals across the spectrum of healthcare systems—Ayurveda, Allopathy, Homeopathy, Yoga, Naturopathy, and other integrative disciplines.

The vision behind MEDINITY—to acknowledge excellence in healing, research, clinical practice, education, and innovation—is a timely response to the growing global demand for evidence-based, patient-centric, and holistic healthcare. It is especially heartening to see Ayurveda and allied sciences gaining the respect and recognition they deserve through such inclusive and credible initiatives.

I extend my heartfelt congratulations to all awardees, scholars, researchers, and practitioners who have been recognized for their contributions this year. Your dedication, hard work, and vision have not only benefited your institutions and communities but have also elevated the reputation of Indian healthcare traditions on a global platform.

To the organizers, I offer my sincere appreciation for their commitment to transparency, excellence, and academic integrity. Events like MEDINITY are instrumental in bridging the gap between traditional and modern systems of medicine, thereby paving the way for truly integrative healthcare that is inclusive, effective, and sustainable.

Let us continue working together to uphold the values of our diverse healing systems, promote interdisciplinary collaboration, and inspire future generations to carry forward this legacy of care and compassion.

**With warm regards and best wishes,
Prof. Dr. S. R. Shahi**



“To keep the body in good health is a duty...
otherwise we shall not be able to keep our mind
strong and clear.”

— Buddha

Message from the Jury Member



Prof. Dr. Rajendra Prasad

Professor and Head, Department of Kayachikitsa
Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University (BHU)

It gives me immense pleasure to be part of the MEDINITY Awards 2025 as a jury member. This platform, organized by the International Recognition Forum & Awards (IRFA), New Delhi, celebrates the spirit of innovation, dedication, and excellence across all systems of medicine—Ayurveda, Allopathy, Homeopathy, Yoga, and other integrative disciplines.

In an era where health challenges are becoming increasingly complex, the need for integrative and evidence-based approaches has never been more significant. Events like MEDINITY not only recognize individual achievements but also promote a deeper understanding and collaboration among different healthcare systems, ultimately benefiting patient care at large.

As a representative of the academic and clinical traditions of Ayurveda, I feel proud to witness the resurgence of interest and respect for ancient medical wisdom, now harmonized with modern scientific approaches. I am especially pleased to see the quality of nominations this year—marked by depth, innovation, and societal relevance.

I extend my warm congratulations to all award recipients participating in this prestigious event. Let this recognition serve as an inspiration to continue working with sincerity and scientific rigor for the advancement of global healthcare.

My heartfelt appreciation to the organizing team for their efforts in making MEDINITY a trusted and respected platform for honoring excellence in healthcare.

**With best wishes,
Prof. Dr. Rajendra Prasad**

"It is health that is real wealth and not pieces of gold and silver"

- Mahatma Gandhi



Message from the Jury Member



Prof. Dr. V. D. Agarwal

Retired Professor, All India Institute of Ayurveda
General Secretary, All India Ayurveda Specialist (PG) Association
Consultant, Jiva Ayurveda

It gives me immense pleasure to be associated with MEDINITY Awards 2025, organized by the International Recognition Forum & Awards (IRFA), New Delhi. This distinguished platform not only celebrates excellence but also acknowledges the tireless efforts of professionals working across Ayurveda and integrative systems of medicine.

In my long journey through academic, clinical, and organizational roles, I have witnessed the transformative power of Ayurveda when practiced with integrity and enriched with innovation. Events like MEDINITY play a pivotal role in nurturing the next generation of thought leaders and clinicians by recognizing talent, encouraging research, and promoting collaboration between traditional and modern systems of medicine.

As we stand at the confluence of ancient wisdom and scientific advancement, it is heartening to see a renewed commitment towards holistic healing, patient safety, and evidence-based practices. I wholeheartedly congratulate all award recipients and participants for their exemplary contributions.

Let us continue to build a healthier world by integrating knowledge, compassion, and purpose.

**Warm regards,
Prof. Dr. V. D. Agarwal**

**MEDINITY AWARDS
2025**

AWARDEES



DR. POUSE POULOSE

Ayurvedic Scholar, Surgeon, and Educator

Dr. Pouse Poulose is a passionate Ayurvedic professional with extensive experience in clinical practice, academic teaching, and public health awareness. A skilled surgeon specializing in Anorectal Procedures, Jalandhara Bandha and Panchakarma therapies, he has also served as an Assistant and Associate Professor in prestigious Ayurvedic colleges across India, including Alvas Ayurveda Medical College, Jammu Institute of Ayurveda & Research, Mandsaur Institute of Ayurveda Education and Research and Netra Chikitsa Ayurveda College, Amreli.

Holding an MS in Shalya Tantra (Surgery) and an M.Sc in Applied Psychology, currently pursuing Ph.D from Glocal University, Dr. Pouse blends traditional Ayurvedic wisdom with modern clinical approaches. His research on Apamarga Kshara Lepa and Jaloukavach-arana (leech therapy) in chronic wound management has been published in the Journal of Ayurveda and Integrated Medical Science.

Beyond academia, he is a prolific writer, blogger, and vlogger, running the popular blog "Ayurvedic Treatment Method" and a YouTube channel to educate the public on Ayurveda. He

has also authored a poetry book and contributed articles to magazines like Oushadham.

Currently serving as Associate Professor in Shalakya Tantra (Eye & ENT) at Netra Chikitsa Ayurveda College, Amreli, Dr. Pouse remains committed to advancing Ayurvedic education and holistic healthcare. His expertise, teaching skills, and multilingual proficiency (English, Hindi, Malayalam) make him a valuable contributor to the field.

"My mission is to bridge ancient Ayurveda and modern science while empowering people through awareness," says Dr. Pouse, who continues to inspire through his clinical work, writings, and digital outreach.



DR RAJA SINGLA

Professor at Shri Krishna Ayush University, Kurukshetra, Haryana

Academic & Professional Journey

Dr. Raja Singla, a distinguished Professor at Shri Krishna Ayush University, Kurukshetra, Haryana, is a renowned scholar and clinician with over 19 years of experience in Ayurveda. A gold medalist in MD (Panchkarma) from Bharati Vidyapeeth University, Pune, he is currently pursuing his Ph.D. at Glocal University. His tenure as In-Charge of Haryana's Drug Testing Laboratory (2021-2024) showcased his commitment to quality assurance in Ayurvedic medicines.

Research & Clinical Contributions

A prolific researcher, Dr. Singla specializes in autoimmune and neuromuscular disorders, publishing groundbreaking case studies on Ankylosing Spondylitis, Sjogren's Syndrome, and Avascular Necrosis. His work on Panchkarma therapies has been presented at national and international forums. He has guided multiple PG dissertations and contributed to authoritative texts like Kayachikitsa Sambhasa Abhilekham.

Leadership & Honors

As Proctor of SK AYUSH University, he plays a pivotal role in academic governance. His leadership extends to scientific committees, including the All India Ayurvedic Specialist PG Association. Recognized for his excellence, he has been honored with Ayurveda Shiromani (2024), Ayurveda Shodha Vibhuti (2023), and AYURVEDA MARTANDA.

Vision for Ayurveda

Dr. Singla envisions integrating Ayurveda into mainstream healthcare, particularly for chronic diseases. His mission is to mentor future practitioners in evidence-based Ayurveda while expanding clinical research in Panchkarma and autoimmune therapies.

A true visionary and clinician-scientist, Dr. Singla's contributions continue to shape the future of Ayurveda.

**DR. SHITAL S. MAHADIK**

*Professor, Swasthavritta at the Institute of Ayurvedic Studies & Research,
Shri Krishna AYUSH University, Kurukshetra,*

Academic & Professional Excellence

Dr. Shital S. Mahadik is Professor in Swasthavritta at the Institute of Ayurvedic Studies & Research, Shri Krishna AYUSH University, Kurukshetra, with 19 years of teaching experience. She began her career at K.G. Mittal College, later joining Shri Krishna Govt. Ayurvedic College (2013) and becoming Associate Professor in 2016. A gold medalist in MD (Swasthavritta, 2008), she is currently pursuing a Ph.D. in the same field, enhancing her expertise in preventive and social Ayurveda.

Research & Publications

Dr. Mahadik has authored impactful works on Ayurvedic lifestyle medicine, Rasayana, and Panchakarma, including:

- Haritaki Rasayana for Pitta disorders (WJPR, 2024)
- Bhramari Pranayama for stress (IJCRT, 2024)
- Ayurvedic Management of Psoriasis (Mukt Shabd Journal, 2025)
- Role of Ama in Autoimmune Disorders (Nat. Conf., 2023)
- She also presented abstracts at AYUCON

2023 on lifestyle disorders, reproductive health, and colitis.

Leadership & Conferences

- Member, All India Ayurvedic Specialist PG Association (since 2016)
- Reviewer, World Ayurveda Congress & Journal of Ayurveda
- Vice Chairperson, National Seminar on Musculoskeletal Disorders (2019)
- Speaker at major events like the 39th National Conference on Skin Disorders (2018), Agni Vyapar (2022), and Pharma covigilance in AYUSH (2024)

Vision for Ayurveda

Dr. Mahadik promotes preventive Ayurveda, dietary ethics, and yoga therapy. Her mission is to bridge traditional Ayurvedic principles with modern evidence-based solutions for lifestyle and autoimmune disorders.

A passionate educator, clinician, and researcher, she exemplifies holistic healing rooted in Ayurvedic science.



DR. RATIKA SINGH BHADOURIA

Ayurvedic Gynecologist

Dr. Ratika Singh Bhadouria is a dedicated second-year postgraduate resident in the Department of Obstetrics and Gynecology at Dr. D.Y. Patil College of Ayurved and Research Centre, Pimpri, Pune. With a strong foundation in Ayurveda (BAMS), she seamlessly blends traditional wisdom with modern clinical practice to deliver compassionate, patient-centered women's healthcare.

Professional Journey

- Currently pursuing MD/MS in Ayurvedic Obstetrics & Gynecology with a focus on integrative therapies.
- Recognized for sincerity, discipline, and punctuality—qualities that define her clinical and academic rigor.
- Actively mentors undergraduate students, fostering the next generation of Ayurvedic practitioners.

Approach to Care

Dr. Bhadouria believes in:

Holistic Healing: Bridging Ayurvedic principles with contemporary gynecological care.

Preventive Health: Empowering women through education and personalized wellness strategies.

Evidence-Based Practice: Combining ancient knowledge with modern medical advancements.

Beyond Medicine

- An avid music enthusiast and sketch artist, she finds balance through creative expression.
- Believes in mind-body harmony as the key to a grounded, fulfilling life.

Vision

"To revolutionize women's healthcare by integrating Ayurveda's timeless wisdom with modern science—ensuring compassionate, culturally rooted, and effective healing."

With her dedication, expertise, and innovative approach, Dr. Bhadouria is poised to make a transformative impact in Ayurvedic gynecology and women's wellness.



DR. SADAR HEMANT MOHANRAO

MD (Kriya Sharir), BAMS | Ayurveda Physician, Educator & Entrepreneur

Dr. Sadar Hemant Mohanrao is a dedicated Ayurvedic physician and academician committed to advancing traditional Indian medicine through clinical practice, research, and public engagement. Born in Akola, Maharashtra (July 28, 1995), he earned his BAMS from C.S.M.S.S. Ayurved Mahavidyalaya, Aurangabad, followed by an MD in Kriya Sharir from Pt. KLS Government Ayurveda College, Bhopal (MPMSU Jabalpur).

He has served in various public health institutions across Maharashtra and contributed to COVID-19 vaccination efforts. During his postgraduate tenure, he taught Kriya Sharir to BAMS students. His notable research on Dehik Prakriti and Anxiety in Private School Teachers highlights Ayurveda's holistic diagnostic approach.

Dr. Hemant has successfully completed his one-year CRAV course in Ayurved Rasashala Pune under the Guru-Shishya Parampara tradition, under the guidance of his guru, Dr. Doiphode Sir. His talk on "Customizing Ayurveda" at Pt. KLS Govt. Ayurveda College exemplifies his academic engagement.

His accolades include 2nd Prize in Sambhasha 2018 (National Ayurveda Quiz) and 1st Runner-Up in Ayurwhiz 4, reflecting his academic excellence.

In 2023, he founded "Anargha", a wellness brand offering Ayurvedic products like Shatadhauta Ghrita, Kumkumadi Oil, and Suvarna Prashan. Rooted in purity and sustainability, Anargha embodies Ayurveda's modern-day relevance.

A passionate teacher and lifelong learner, Dr. Hemant is driven by honesty, discipline, and a vision to globalize Ayurveda through authentic, personalized care.

"Ayurveda is not just a system of medicine—it's a way of life. My mission is to blend its timeless principles with modern relevance to offer holistic, personalized healing to all."

— Dr. Hemant Sadar



PROF. DR. SANJAY LAXMINARAYANJI TRIVEDI

Professor, PG Department of Shalya Tantra, G.J. Patel Institute of Ayurvedic Studies and Research & S.G.A.H., Anand, Gujarat

Prof. Dr. Sanjay L. Trivedi is a distinguished academician, Ayurvedic surgeon, and healthcare professional with over 15 years of experience in clinical practice, teaching, research, and institutional leadership. He currently serves as Professor and Emergency In-charge at G.J. Patel Institute of Ayurvedic Studies and Research, Anand, Gujarat.

He holds a BAMS degree from RGUHS, Bangalore, and completed his MS in Shalya Tantra in 2010, followed by a Ph.D. from Parul University, Vadodara, and an advanced certificate in Yoga. He also holds certifications in medical ethics, disaster management, and pain management.

Dr. Trivedi has served in roles such as NABH Assessor, NAAC Coordinator, NSS Program Officer, and Nodal Officer for G-20 at CVM University. He is a member of the Skill India Advisory Board and National Susruta Association.

He has performed over 6,700 surgical and parasurgical procedures, with expertise in general, pediatric, gynecological, and

proctological surgeries. He is particularly noted for his skills in Agnikarma and Kshara Sutra.

He has been a speaker at national and international conferences, including IMS-BHU Varanasi and Proctocon 2024, and has authored two books published by Lambert Academic Publishing, Germany.

Dr. Trivedi was awarded the “Precious Gems Award” by the Indian Red Cross Society (Anand) and the Dr. R. Asthana Memorial Award for excellence in Ayurvedic anesthesia and surgery.

Outside his professional life, he is a dedicated green belt martial artist and actively supports student welfare and institutional development. He also serves as the sports in-charge and has contributed significantly to various institutional committees, holding the position of chairperson at the institute level. Additionally, he played a key role in the democratic process by serving as a Booth Officer for the Election Commission of India during the 2018 Anand Vidhan Sabha elections.



DR. JITENDRA KUMAR N. VARSAKIYA

Associate Professor, Postgraduate Department of Kayachikitsa, Chaudhary Brahm Prakash Ayurveda Charak Samsthan (An Autonomous body under the Govt. of NCT, New Delhi)

Dr. Jitendrakumar N. Varsakiya is an accomplished Ayurvedic physician, researcher, and Associate Professor in the Postgraduate Department of Kayachikitsa at Chaudhary Brahm Prakash Ayurveda Charak Sansthan (Govt. of NCT, New Delhi). Born on 12th September 1989 in Jamnagar, Gujarat, he completed his BAMS in 2011, MD (Kayachikitsa) in 2015, and PhD in 2018 from Gujarat Ayurved University under the mentorship of Dr. Mandip Goyal.

Dr. Jitendra specializes in Kayachikitsa, with a focus on Vajeeekarana (male infertility and sexual health). He has treated over 5 lakh patients, with more than 1,000 cases of male infertility successfully managed, all with documented results. He has performed over 3,000 Panchakarma procedures, notably Virechana Karma, for various chronic conditions including paralysis, thyroid disorders, obesity, liver diseases, psoriasis, diabetes, and hypertension.

He has received 13 prestigious awards from organizations including the Ministry of AYUSH, MOHFW, CCRAS, and other NGOs. A prolific scholar, Dr. Jitendra has authored 75+ research

papers, three books, and has participated in over 150 academic events, winning 3 best paper awards. He has contributed to CCRAS research projects, served as a reviewer for indexed journals, and delivered talks on national platforms like DD Bharati and Akashwani.

Currently, he also serves as Boys' Hostel Warden, Nodal Officer for Ayushman Bharat Digital Mission & Website, and Social Media Champion at CBPACS. His dedication continues to bridge classical Ayurvedic wisdom with modern healthcare needs.



DR. MANISHA

DESIGNATION

Dr. Manisha was born on 10th September 1973 in Nashik, Maharashtra. Her primary school was completed in Abhinav Bal Vikas Mandir, Nashik in 1980s. The secondary school was completed in M.R. Sarda Kanya Vidya Mandir, Nashik in 1989.

Afterwards she completed her junior college in 1990-91 at K.T.H.M. College, Nashik. Dr. Manisha has completed her Graduation in Ayurved at Ayurved Mahavidyalaya, Ayurved Seva Sangh, Ganeshwadi, Panchavati, Nashik and has received the degree of Bachelor of Ayurved Medicine & Surgery from Pune University in 1997. Also, she has done the post-graduation in Ayurved Medicine i.e. Kaychikitsa at Ayurved Mahavidyalaya, Ayurved Seva Sangh, Nashik and received the additional qualification from Pune university in Oct. 2000.

Dr. Manisha has done Yog Prashikshaka Course from YCMV, Nashik as well as doing PhD in Subject of Kaychikitsa under the guidance of Dr. Anaya Pathrikar, at APM's Ayurved Mahavidyalaya & Rugnalaya, Sion, Mumbai, Maharashtra.

In 2002, Dr. Manisha gets married with Dr.

Pratapsinh N. Sarnikar who was Govt. Medical Officer at PHC Yellambghat, Dist. Beed (Dr. Pratapsinh has done his PG in subject of PSM & recently he has joined as JtDHS, Malaria & Filiriasis, Maharashtra). Dr. Manisha has a son of 20 years and is doing computer engineering at Pune and a daughter who has completed her matriculation and is pursuing her higher secondary studies.

In 2004, Dr. Manisha joined Aditya Ayurved Mahavidyalaya, Beed as a Physician. From 2008, served as Assistant Professor; Associate Professor in subject of Swasthavrutta at Aditya Ayurved Mahavidyalaya, Beed. Now, she is working as Professor in the Department of Swasthavrutta at Aditya Ayurved Mahavidyalaya, Beed.

Dr. Manisha has done Housepost at Ayurved Rugnalaya, ASS, Nashik in the department of Kaychikitsa. She served as RMO at Vijan Cardiac Care Centre, Nashik from 1998-2002.

Dr. Manisha has taken part in social work and attended health camps as a Ayurved Physician arranged by Anusaya Prasarak Mandal, Nashik.

Dr. Manisha has written eight research articles in National & International Research Journals on Tamra-Jala, Suryanamaskara, Shiroabhyanga, Tamakashwas and Samipannag Rasa and Jan-Pad-Dhwansa & Covid 19. An article was written on Nutraceuticals in IAMJ. She has attended International & multidisciplinary conferences arranged by I-conference, New Delhi, India and presented a paper on Ayurvedokta Ahar and Covid-19 which was selected for best paper award. 2nd international & multidisciplinary conference arranged by I-conference, New Delhi, India attended & paper presented on lifestyle diseases and Ayurved Management as well as a chapter on Lifestyle diseases is written in e-book of I-Conference. Conference 'Aaptopdesha' arranged by Pt. Taranath Ayurved Foundation, Karnataka and presented a paper on geriatrics and Ayurved. A Conference arranged on Lifestyle diseases and Ayurved by Dr. DY Patil, Ayurved College, Nerul, Mumbai attended. She has attended a conference on Yoga and presented a paper on Lifestyle diseases & Yoga arranged by Govt. Ayurved Mahavidyalaya and presented a paper on Lifestyle diseases & Yoga. She has presented a poster on Lifestyle diseases & Ayurved Management and was selected as third rank in "Aayu-Sandhaya" arranged by APM's Ayurved Mahavidyalaya on Research and statistics. Attended the conference arranged by TAMV, Pune on Ahar and presented a paper on Millets. "Garbha-Sanskar" conference arranged by Manshakti at Lonavala, Pune. She has participated in a conference arranged at Tilak Ayurved Mahavidyalaya, Pune, on 'Ahara as Mahabhaishajya' and presented a paper on Millets and Pandu as well as a poster presentation on Millets and Anemia. A paper presentation on 'An Amalgamation of Ayurved and Modern Science in National seminar arranged by Aditya Ayurved Mahavidyalaya, Beed, Maharashtra on 'Rog-Rogi Pariksha'.

Dr. Manisha Uttamrao Nikam has won the ICRE 2024 Title International Best Researcher Award Of the Year for her specialization in Medicine of Ayurved on March 16, 2024 at Trichy, Tamilnadu.

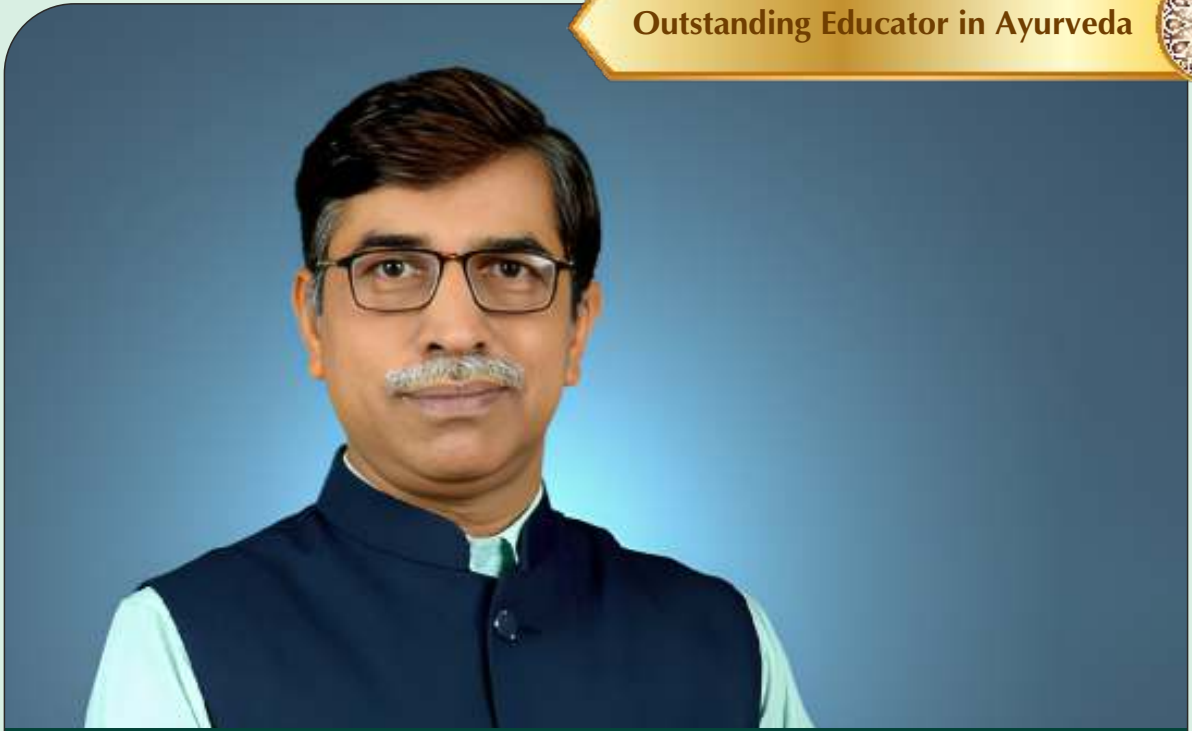
She has participated in a webinar arranged on Ayurved & Manas Vyadhi, by ARCA and written a

chapter in a book 'Mind, Ayyurveda, and Yoga: An Integrative Approach To Mental Health' titled as "The Panacea for Addressing Mental Health Issues-Ahar".

She has attended the health camps arranged by Govt. Rural Hospital, Neknoor, Beed and demonstrated Yoga for the public and Aanganwadi workers. She has worked as a convenor and external examiner for Swasthavrutta recommended by MUHS. Dr. Manisha has worked as a Reviewer in BP International & awarded a certificate for peer reviewing.

Dr Manisha has worked as a reviewer in BP international and JOCAMR and awarded a certificate of excellence for peer reviewing.

She is admired by her reports, colleagues and superiors; and is respected by her community. She enjoys her equally important role as a mother and wife, residing with her family in Beed, Maharashtra. Nurturing a high-drive personal nature, she experiences a healthy and active lifestyle including singing & drawing. The energy powering her personal life is equally evident in her aspirations towards her professional future as a different kind of professor.



DR. INAMDAR MAHESH PRABHAKAR

Ayurvedic Academician | Physician | Researcher

Dr. Inamdar Mahesh Prabhakar is a seasoned Ayurvedic academician, physician, and researcher with over 25 years of dedicated service to the field. Renowned for his impactful contributions to Ayurvedic education, clinical practice, and pharmaceutical innovation, he currently serves as Professor and Head of Department at Hon. Shri Annasaheb Dange Ayurved Medical College, Post Graduate and Research Center, Ashta, Dist-Sangli, Maharashtra. In his illustrious academic career, Dr. Inamdar has taught undergraduate students for more than 24 years and postgraduate students for over 17 years. As a postgraduate guide for 15 years, he has mentored 10 scholars and is presently guiding six Ph.D. candidates, having amassed seven years of experience in doctoral research supervision.

His expertise in Ayurvedic pharmaceuticals spans more than two decades, including the development of a widely beneficial immunity booster formulation during the COVID-19 pandemic. Dr. Inamdar's contributions have been recognized through six prestigious awards, including three international, two national, and one regional honor. He has authored three

books, published 36 research papers, and holds five patents, reflecting his commitment to innovation in Ayurveda.

His academic influence extends across five reputed universities—Maharashtra University of Health Sciences (Nashik), Rajiv Gandhi University of Health Sciences (Bengaluru), Parul University (Vadodara), Desh Bhagat University (Punjab), and Shri Krishna University (Kurukshetra). A respected resource person at national and international conferences and workshops, Dr. Inamdar remains deeply involved in research projects aimed at integrating traditional Ayurvedic wisdom with modern scientific applications.

“My mission is to nurture the next generation of Ayurvedic scholars while innovating solutions for global health challenges,” he states—a philosophy that continues to guide and inspire excellence in the fields of Ayurvedic education, research, and clinical practice.

Dr. Vikas is a highly experienced and compassionate paediatric specialist with over 11 years of expertise in child healthcare. He holds an MBBS and MD in Paediatrics, and is a respected member of leading medical bodies including MIAP (Member of Indian Academy of Paediatrics) and MNNF (Member of National Neonatology Forum). He is also certified in NALS (Neonatal Advanced Life Support) and PALS (Paediatric Advanced Life Support), reflecting his proficiency in managing critical paediatric and neonatal emergencies. Dr. Vikas has previously served in several prominent government hospitals in Delhi, including Safdarjung Hospital, Aruna Asaf Ali Government Hospital, Bhagwan Mahavir Hospital, and Acharya Bhikshu Hospital. His wide-ranging experience spans from routine paediatric care to the treatment of complex childhood illnesses. Dedicated to ensuring the well-being of every child he treats, Dr. Vikas is known for his thorough clinical approach, empathetic nature, and commitment to the latest medical practices in paediatrics.

Excellence in Newborn and Paediatric Medicine



DR. VIKAS

MBBS and MD in Paediatrics

Healthcare Excellence in Internal Medicine



DR. BHAWANA

Associate Consultant at Fortis Hospital, Shalimar Bagh

Dr. Bhawana is a dedicated and skilled physician specializing in internal medicine, currently serving as an Associate Consultant at Fortis Hospital, Shalimar Bagh. She completed her MBBS from Government Medical College, Latur in 2013, followed by an MD in Medicine from Gajra Raja Medical College, Gwalior in 2019. Her thesis focused on the "Study of abnormal R wave in lead V₁ of ECG." She brings with her rich experience in managing a wide range of acute and chronic medical conditions, with special expertise in Medicine ICU, Cardiac ICU, COVID ICU, and Geriatric OPDs. Her clinical proficiency is matched by her academic involvement as a faculty member at Dr. B.S.A. Medical College and Hospital, Rohini. Dr. Bhawana is well-versed in procedures such as adult endotracheal intubation, ventilator management (CPAP, BiPAP, and advanced ventilation support), lumbar puncture, pleural and ascitic tapping, and bone marrow aspiration. She is known for being calm under pressure and is adequate at handling critically ill patients with precision and care. Her patient-first approach, clinical acumen, and commitment to continuous learning make her a valuable asset to the department of Internal Medicine.



DR. ARSHATH JYOTHI P.S.

Ayurveda Researcher And Clinician

Dr. Arshath Jyothi P.S. is a dedicated Ayurveda researcher, clinician, and public health advocate, currently pursuing his Ph.D. at the prestigious All India Institute of Ayurveda (AIIA), Delhi University, under the esteemed guidance of Prof. R.K. Yadava. His ongoing doctoral research focuses on developing and validating Ayurvedic interventions for the management of musculoskeletal pain, particularly in underserved rural populations. As part of this fieldwork, he has meticulously evaluated over 1,500 clinical cases across 12 remote villages in Haryana, bringing holistic healthcare to communities with limited access to conventional medical services.

Dr. Jyothi previously completed his MD in Ayurveda (Kayachikitsa – General Medicine) from AIIA, with a specialization in hepatology. His postgraduate thesis involved a randomized controlled trial evaluating the efficacy of Darvyadi Lauha in the treatment of hepatocellular jaundice and paracetamol-induced hepatotoxicity, contributing valuable clinical insights to integrative liver care. He holds a first-class BAMS degree from the renowned Government Ayurveda College,

Tripunithura, affiliated with Kerala University of Health Sciences, where he laid the foundation for his clinical and academic excellence.

In addition to his academic pursuits, Dr. Jyothi played an instrumental role in Ayurvedic strategies for COVID-19 prevention and management, publishing multiple case studies and treatment models that supported frontline care during the pandemic. His professional interests span across clinical practice, community-based health initiatives, and translational Ayurveda research. He has authored more than 15 peer-reviewed articles in respected journals, including the Journal of Ayurveda Case Reports and the International Journal of Ayurveda Research, further cementing his reputation as a rigorous and ethical scholar.

Dr. Arshath Jyothi P.S. is nationally and internationally recognized, receiving the Ayurveda Shoth Vibhuti award (2022) and representing AIIA at WHO forums. Fluent in four languages, he blends traditional Ayurveda with modern research, upholding ethical, patient-focused care.



DR. ARSHPREET KAUR

*Professor in the Department of Prasuti Tantra and Stri Roga at
Guru Nanak Ayurvedic Medical College and Research Institute, Gopalpur, Ludhiana.*

Dr. Arshpreet Kaur is currently serving as a Professor in the Department of Prasuti Tantra and Stri Roga at Guru Nanak Ayurvedic Medical College and Research Institute, Gopalpur, Ludhiana. With a strong commitment to academic excellence and clinical expertise in Ayurvedic obstetrics and gynecology, she has consistently contributed to the promotion and practice of Ayurveda in women's health.

Her objective is to work in a quality-driven environment where her knowledge and experience can be shared and enriched, with the aim of advancing Ayurveda in the field of Prasuti Tantra and Stri Roga. Over the years, Dr. Kaur has actively participated in numerous national, state, and international seminars and webinars, including the 4th Ayurveda Congress, sessions on Advancement in Reproductive Technology, and workshops on Medical Ethics for Ayurvedic Doctors. She has also participated in seminars focused on Garbha Sanskar and has taken part in various Ayurvedic quiz competitions such as Ayurveda Olympiad, Ayur Manthan Quiz, and community initiatives like Har Ghar Ayurveda Mission.

Dr. Kaur has been involved in multiple healthcare outreach camps, including those organized by the Nishkam Sewa Society, infertility-focused camps, and numerous women's health camps in and around Gopalpur, contributing to public awareness and treatment in the field of Prasuti and Stri Roga.

She has also contributed to Ayurvedic literature with a recently published article in IJRESM (IJRESM-1110) titled "Role of Ayurvedic Herbs for Healthy Pregnancy." Her thesis work was focused on "A Clinical Study of Khandakushmandavaleha in the Management of Rakta Pradara." Dr. Kaur also holds an MBA in Hospital Administration, further strengthening her leadership and organizational capabilities in healthcare management.

With her combined clinical, academic, and administrative expertise, Dr. Arshpreet Kaur remains dedicated to enhancing Ayurvedic education and holistic women's healthcare.



MS. JYOTI D

A Visionary in Radiology and Imaging Technology

Ms. Jyoti D. is a distinguished Radiology and Imaging professional, educator, and researcher with more than five years of experience in both clinical practice and academia. She is currently pursuing her PhD in Radiology from NIMS University, Rajasthan, and has earned her Master's and Bachelor's degrees in Radio-Imaging Technology from SGT University, where she was awarded a Certificate of Merit for securing the top position in her first year.

Her clinical expertise covers a wide range of diagnostic modalities including MRI (Philips & Siemens), CT (Siemens), Mammography (Allengers), DEXA (Hologic Discovery), and Angiography studies. She has gained valuable hands-on experience at Columbia Asia Hospital and SGT Hospital, Gurugram, working on procedures such as GIT, urinary tract, HSG investigations, and USG reporting.

In academics, Ms. Jyoti has contributed as Assistant Professor, Controller of Examination at Noida International University, Program Head and Research Committee Head at Sushant University, BOS Expert at CT University, and Guest Faculty at multiple healthcare academies.

A prolific researcher, she has published numerous papers on MRI image quality, radiation dose optimization, and AI in radiology, authored several book chapters, and is currently writing her own book, "Conventional to Modern Medical Radiology and Imaging." She has presented at national and international conferences, winning awards and serving as an invited speaker.

Beyond her profession, Ms. Jyoti is passionate about art, music, travel, and social work, dedicating her time to providing free education for underprivileged students. Her vision is to integrate cutting-edge radiology with sustainable healthcare while nurturing the next generation of imaging professionals.



Dr. Mrs. Geeta Sanjay Patki

: A Beacon of Ayurvedic Gynecology and Women's Empowerment

Dr. Mrs. Geeta Sanjay Patki, Professor and Head of the Department of Stri-Roga and Prasuti Tantra at Gomantaka Ayurveda Mahavidyalaya & Research Centre (GAM&RC), Shiroda, is a distinguished scholar, clinician, and educator with over 30 years of dedicated service to Ayurveda. A gold medalist and university rank holder, she completed her MD with distinction from IPGTR/GAU Jamnagar and is currently pursuing her PhD from MUHS. Her academic brilliance is matched by her clinical expertise, particularly in infertility, PCOD, and adolescent health, where she has pioneered groundbreaking initiatives like Suvarnaprashan (first in India), Garbhasanskar camps, and evidence-based Ayurvedic treatments for gynecological disorders.

A recipient of numerous accolades, including the prestigious Dhanwantari Puraskar (2017), National Best Teacher Award (2024), and Gomantak Ayurved Bhushan Puraskar (2024), Very prestigious Vaidya khadiwale laxmibai Borvankar stree Vaidya puraskar(2023) Shakti prerana sanman award (2024) Dr. Patki is a tireless advocate for women's health. She serves as Vice President of the Ayurved Menopausal

Society of India, Master Trainer for ARSH (Govt. of India), and subject expert for NCISM, shaping policies and curricula in Ayurvedic education. Her 25+ research publications in peer-reviewed journals and authored books like Garbhasanskar reflect her commitment to bridging traditional wisdom with modern science.

Beyond academia, Dr. Patki is a dynamic community leader, having organized 100+ health camps, national seminars like YOSHITA 2025, and awareness programs on breast cancer, menstrual health, and menopause. Fluent in five languages, she frequently engages with media and NGOs to promote holistic healthcare for underprivileged women. A true embodiment of "Swasthya Stri, Samriddh Samaj" (Healthy Women, Prosperous Society), Dr. Geeta Patki continues to inspire as a healer, mentor, and changemaker in Ayurveda.



DR. SONIA MEEND

BAMS, MD (Ayu.), Ph.D. (Pursuing)

Department of Sharir Rachana, National Institute of Ayurveda, Jaipur

Dr. Sonia Meend is a dedicated Ayurvedic scholar, researcher, academician, and clinician with a specialization in Sharir Rachana. A graduate and postgraduate from the prestigious National Institute of Ayurveda (NIA), Jaipur, she is currently pursuing her Ph.D. (Batch 2022-2025) in the same institution, having already completed her coursework with distinction.

Served as an Invited Speaker at STAREX University's National Conference (2019).

Attended 100+ webinars, FDPs, and CMEs, including events by IAEA, ILBS, and Jamia Hamdard.

Her postgraduate research focused on "A Comprehensive Study of Majjakshaya w.s.r. to Osteoporosis," under the guidance of Prof. Sunil Kumar, Professor, Department of Sharir Rachana, NIA, Jaipur. Her academic background is further strengthened by internships in both Ayurvedic and Allopathic streams, which have provided her with a holistic clinical perspective.

Her post doctoral research work is focused on "Marma therapy" on occupational stress under the guidance of Prof Sunil Kumar Yadav, HOD, Department of Rachana Sharir.

Dr. Meend has worked as an Assistant Professor at IIMT University, Meerut, and Ishan Ayurvedic Medical College, Greater Noida, where she contributed to both academic and institutional development. She has attended over 80 academic events, including seminars, webinars, workshops, and CMEs, with over 23 presentations to her credit. Her significant contribution to Ayurvedic literature includes 18 published research papers in reputed national and international journals, several of which address novel anatomical insights and clinical applications of Ayurveda.

She is also a recipient of Best Paper Awards at prominent academic platforms such as Saundarya (NIA, Jaipur, 2019) and Ayurmanthan (IAMCRC, Greater Noida, 2022). Her book titled "Ayurvedic Aspect of Osteoporosis" (ISBN-13: 978-6206154310) adds to her contributions to Ayurvedic education and public awareness.

An innovative practitioner, Dr. Meend runs her own online consultancy, Ananta Ayurveda, providing teleconsultation and home delivery of Ayurvedic medicines to thousands of patients across India—particularly benefiting those who

cannot visit OPD facilities.

She has also actively participated in public wellness activities, including being part of the Yoga World Record of Longest Mass Performance of 108 different Yoga postures organized by Akhil Bhartiya Yoga Mahasangh (ABYM), Rajasthan, on July 7, 2019. She was also recognized with the WAC ICON Award 2020 by the World Against Corruption People Council.

Apart from her academic excellence, Dr. Meend is also a talented singer and has won several inter-college singing competitions and a zonal-level Ayurvedic quiz competition, reflecting her all-rounded personality.

With a strong academic foundation, robust clinical practice, and a commitment to Ayurvedic research and education, Dr. Sonia Meend continues to inspire peers and students alike in the field of Ayurveda.





LIFE (AYU) IS THE
COMBINATION (SAMYOGA)
OF BODY, SENSES, MIND
AND REINCARNATING
SOUL. AYURVEDA IS THE
MOST SACRED SCIENCE OF
LIFE, BENEFICIAL TO
HUMANS BOTH IN THIS
WORLD AND THE WORLD

-

Charaka

**MEDINITY AWARDS
2025**

POSTERS

स्वस्थ जीवन की दो राहें - आयुर्वेद और योग

आयुर्वेद ने योग को माना,
योग ने आयुर्वेद को माना।
दोनों ने एक ध्येय साधा -
स्वस्थ रहे पूरा परिवार हमारा।

आयुर्वेद कहे - प्रकृति को जानो,
तन और मन से चर्या का पालन करो।
स्वस्थ रहे हम, ध्येय हमारा,
आयुर्वेद कहे - यही उद्देश्य है हमारा।

योग कहे - रुवास को जानो,
आसन, ध्यान से मन को पहचानो।
एक शरीर स्वस्थ बनाए,
दूसरे से आत्मा मुस्कुराए।

योग और आयुर्वेद संग,
जीवन बने मधुरतम्।

ऋषियों का है ये अमूल्य उपहार,
करे हमें रोग से लड़ने को तैयार।
जो अपनाएं ये दोनों पथ,
उनका जीवन बने - स्वस्थ और मस्त।

:- सानिया बाणेवाले
(द्वितीय वर्ष, आयुर्वेदाचार्य)

मूलात् खादन्तरं देहे प्रसृतं त्वमिवाहं अतः ।
 स्त्रोतस्यादिति विज्ञेयं सिराधमनी वर्जितम् ॥ (सु. रा. १/१६)



The Doctor vs. The Algorithm: Who Will Diagnose Tomorrow?

"A machine can see your X-ray... but only a human can feel your silence."

In the silent corridors of tomorrow's hospitals, who will listen to your pain - a doctor, or a machine?

Medicine today stands at a powerful crossroad. Artificial Intelligence can now analyze scans in seconds, predict drug responses, and even write prescriptions. Algorithms don't get tired. They don't forget. But here's the question - can they care?

A human doctor may take a moment longer, may miss a lab value, but they meet your gaze, notice your trembling hands, your moist eyes, your fear. In that pause of understanding lies healing beyond measure - something no circuit board can simulate.

Yes, AI is remarkable. It can assist, even outperform. But healing is not just about disease - it's about the person who has it. It's about the mother who fears her cancer report, the old man who hides his loneliness behind blood pressure charts, the child who is more than a diagnosis.

Ayurveda knew this centuries ago. It never treated "a case of asthma" or "a diabetic foot." It treated a person, with a prakriti, a story, a context. And perhaps, that is where we must pause.

The question is not Doctor vs. Algorithm, but rather - Who do we trust with our vulnerability? A mind that computes, or a heart that listens?

Let technology sharpen our tools - yes. But let humanity remain our compass.

Because one day, when all data is processed, and all patterns are learned - the most healing thing may still be a hand held in silence, a doctor saying: "I understand."

Message: In a world racing toward automation, let us not outsource empathy. Let machines assist - but let only humans heal.

Name: Lakshmi Sainath Kotgirwar

College: Aditya Ayurved College

SJÖGREN SYNDROME & AYURVEDA

Correlation with *Vataadhikya Vatarakta*

वातेऽधिकेऽधिकं तत्र शूलस्फुरणतोदनम् । शोफस्य रौक्ष्यकृष्णत्वश्यावतावृद्धिहानयः ॥

धमन्यङ्गुलिसन्धीनां सङ्कोचोऽङ्गग्रहोऽतिरुक् । शीतद्वेषानुपशयौ स्तम्भवेपथुसुप्तयः ।

SYMPTOMS OF SJÖGREN SYNDROME

- Dryness of eyes and mouth, Vaginal dryness in females (*Rokshya*)
- Joint pain and muscle stiffness (*Shula, Safurana, Toda, Stambha*)
- Stiffness in Joints of Hands (*Sandhinam sankoch, Stambha*)
- Swelling of salivary glands (like parotid) (*Shofa*)
- Skin rashes and discoloration (*Krishanatva, Syavta*)
- Fatigue (*Anggraha*)

Basti Chikitsa (medicated enema) in Vata Disorders

न हि वस्तिसमं किञ्चिद्वातरक्तचिकित्सितम् ॥

Presented by: Dr. Narender Kumar, PG Scholar

Guided by: Dr. Raja Singla, Professor

Dept. of Panchkarma, Shri Krishna AYUSH University Kurukshetra

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Dr. Shubhi Sharma, PG Scholar,
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Management of Guillain-Barré Syndrome (GBS) through Ayurveda : A Case Study

GUIDED BY

Prof. (Dr.) Raja Singla, PG,
Department of Panchkarma,
JASR, SRAU, Kurukshetra

GUILLAIN-BARRÉ SYNDROME



01. Introduction

Guillain-Barré Syndrome also known as Acute inflammatory demyelinating polyradiculoneuropathy. Immune-mediated demyelination of PNS (LMNL).
Triggered by: Gastroenteritis or Respiratory infection, mainly *Campylobacter jejuni*, Cytomegalovirus, Epstein-Barr virus, *Mycoplasma pneumoniae*, Covid-19, Zika virus, surgery or vaccination.

02. Etiopathogenesis

Infection
↓
Induced Abnormal Immune Response
↓
B-Cell & T-Cell Attack
↓
Schwann Cell (Molecular Mimicry)
↓
Demyelination of PNS (LMNL)



Demyelination of Nerve

03. Clinical Feature

1. Symmetrical ascending progressive weakness
2. Neuropathic pain
3. Hyporeflexia or Areflexia
4. Hypotonia
5. Paraesthesia
6. Facial paralysis
7. Respiratory distress
8. Speech disturbances
9. Dysphagia
10. Diplopia

Diagnosis

*Clinically diagnosed (no specific blood investigations)
*Nerve conduction studies - reduced signals
*Lumbar puncture - CSF analysis - raised protein levels

04. Ayurvedic Siddhant of GBS

- Sanipatak jwara siddhant
- Kapha avaranam
- Oja kshayam
- Dhātu kshyam

Chikitsa Shiddhant

- Jwara chikitsa
- Sanipatak jwara chikitsa
- Dhātu paka awastha treated
- Kaphaj jwara chikitsa

05. Case Study

A female patient of aged 35 years old resident of Pabwal, Haryana came to panchkarma OPD on 1 Aug. 2024, with complaints of unable to walk without support, generalized weakness in BA, hands & legs. Patient have difficulty in grasping. She was already diagnosed with GBS in 2023. NCS of upper and lower limbs shows severe axonal sensory - motor poly neuropathy.

06. Treatment protocol

- a. Vatagajankusha Rasa - 125mg/BD with praval-pisti - 250mg/BD
- b. Giloy satva- 250mg/BD
- c. Laxanadi vati- 250mg/BD with luke-warm water
- d. Astavarga kashyam- 39ml/TDS with equal amount of water

07. Panchkarma Procedure

Udwaran with kulltha and triphala charan for 3 days
↓
Savarga tail dhara with geshhazjanvismardanam tail for 15 days
↓
Shastika shali pinda sweda for next 15 days

06. Result & Conclusion

After 3 cycles of panchkarma procedure along with samana chikitsa, the patient experienced good relief in all symptoms. Now, she is able to walk without support and doing her house hold works. GBS is a serious neurological condition requiring proper treatment to prevent complications. Panchkarma procedure, along with oral medication were employed for the treatment of GBS and we observed favorable outcomes from this treatment.





AI IN AYURVEDA



PERSONALIZED TREATMENT PLANS

Personalized treatments based on Prakriti & lifestyle



VOICE & CHAT BASED VAIDYA ASSISTANTS

Helps Vaidyas with virtual tools & case management



EDUCATION & SIMULATION

Enhances learning of Samhitas



HERBAL FORMULATION & OPTIMIZATION

Improves herbal safety & effectiveness



DIAGNOSTIC SUPPORT

Supports diagnosis of Dosha imbalances



RESEARCH & DATA ANALYSIS

AI refines Ayurveda through text and data analysis



PRESENTED BY:

DR. KIRTI CHOUDHARY

Currently joined AMO UPHC BATRA COLONY, Panipat, Haryana

PG SCHOLAR DEPARTMENT OF SHALYA TANTRA

Institute for Ayurved studies and research

Shri Krishna AYUSH University, Kurukshetra, Haryana

PARKINSON IN AYURVEDA



INTRODUCTION

Parkinson's Disease is Progressive Neurodegenerative Disorder characterized by loss of dopaminergic neuron in substantia nigra pars compacta, region of brain that helps in controlling movements. It mainly involves disturbance in Nigra stratum pathway that consists dopamine.



Concept in Ayurveda

- **Udana Aavrit Vyana** shows rigidity and impaired movement.
- **Kapha Aavrit Udana** leads to speech difficulty, weakness, and dysphagia.
- **Kapha Aavrit Vyana** causes joint pain and gait disturbances.

Samprapti

- **Dosha:** vata, pitta and kapha dosha (mainly Prana, Udana, and Vayan vayu Sadhak pitta, Tarpaka kapha)
- **Dushya:** Rasa, Mansa, Majja and Shukra dhatu
- **Updhatu:** Snayu, Ojas
- **Srotasa:** Rasavaha, Mansavaha, Majjavaha, Shukravaha
- **Srotodushti:** Sanga
- **Marga:** Madhyam margata
- **Adhithana:** Pakvashya, Majja, Shukra

Parkinson's Disease Symptoms



Management of Asthimajjagata vata (Avascular necrosis of femoral head)

AUTHORS

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GUIDED BY

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INTRODUCTION: Avascular necrosis is the interruption or loss of blood flow to bone leading to death of osteocytes and bone starts to collapse. AVN

is also known as Osteonecrosis (Death of bone)/Ischemic Bone Necrosis, Secondary Hip Joint Osteoarthritis/Silent Hip, Chondrocallosities. In Ayurveda, its symptoms can be correlated with Asthi-Majjagata Vata.

Clinical features

1. Most common and earliest symptom is pain
2. restricted range of motion, limping gait
3. joint stiffness, especially after periods of rest
4. wasting of surrounding muscle
5. clicking or cracking sensation
6. collapse of femoral head may lead to limb length discrepancy

Diagnosis

X-ray or MRI of the femoral head

Pathophysiology

AVN

Vascular Blockage → Bone Ischemia → Cell Death → Bone Collapse → Joint Destruction

Asthimajjagata Vata:

Vata Aggravation → Srotorodha → Asthi & Majja Kshaya → Bone Weakness → Joint Degeneration

Chikitsa Siddhant

1. Vata Shamana Chikitsa
2. Asthi Dhatu Poshana
3. Majja Dhatu Poshana
4. Srotoshodhana
5. Rasayana Chikitsa
6. Shaman Aushadhi
7. Panchakarma (Basti Karma)

case study

PATIENT'S NAME: YOGESH KUMAR

AGE: 41 YEAR

OCCUPATION: BUSINESSMAN

SYMPTOMS: CLICKING CONTINUOUS PAIN IN HIP JOINT, NUMBNESS, LIMPING GAIT, SWELLING UPTO THIGH REGION

TREATMENT PROTOCOL

1. YOGRAJ GUGGULU 2 TABLETS TDS
2. ASHWAGANDHA CHURANA 1tsp BD with milk
3. Maharasnadi kowath 2 tsf BD

PANCHAKARMA PROTOCOL

PANCHATIKTA KSHEER BASTI



Samprapti Ghatakas
Dosha – Predominantly Vata
Dushya – Asthi, Majja, Rasa, Rakta
Srotas involved – Asthivaha Srotas,
Majjavaha Srotas, Raktavaha Srotas
Srotorodha – Obstruction of
microchannels leading to Majja kshaya
Udbhava Sthana – Pakwashaya
Vyakta Sthana – femoral head

Panchatikta Ghrita Ksheera Basti – Action

Panchatikta Ghrita Ksheera Basti
↓
Colon Delivery (Vata Sthana)
↓
Vata Shamana + Srotoshodhana
↓
Bone Nourishment (Asthi Dhatu Poshana)
↓
Marrow Nourishment (Majja Dhatu Vriddhi)
↓
Anti-inflammatory + Rasayana Effect
↓ Pain, ↓ Degeneration, ↑ Bone Strength

Conclusion: Improvement in limping gait,
Decrease in pain intensity,
Decrease tenderness
Decrease sensation of clicking pain.
Numbness Absent.

**MEDINITY AWARDS
2025**

ARTICLES

An Exploratory Study to Evaluate the Climatic Influence on Pain in Patients with Inflammatory Arthritis

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Background: Inflammatory arthritis, including rheumatoid and psoriatic arthritis, causes chronic joint pain and dysfunction. While patients often report symptom fluctuations with weather changes, evidence has been inconsistent.

Objective: This study explored potential associations between climatic variables—temperature, humidity, barometric pressure, and precipitation—and pain severity in inflammatory arthritis patients using real-time symptom tracking and local weather data.

Methods: A 12-month prospective observational study was conducted involving 150 patients. Participants used a mobile app for daily pain reporting. Local weather data were collected concurrently. Mixed-effects models analyzed associations, adjusting for confounding variables

Results: Data from 133 participants revealed key findings:

- Low temperatures and high humidity were significantly associated with increased pain scores ($p < 0.05$), especially in combination.
- Rapid barometric pressure changes correlated with higher pain intensity ($p < 0.01$), whereas gradual changes and precipitation showed no significant effects.
- Significant inter-individual variability was found: 43.6% were weather-sensitive, while 24.8% showed no weather-related patterns.
- Pain associations were stronger in patients with longer disease duration, higher baseline disease activity, and pre-existing beliefs in weather-pain links.
- Use of biological DMARDs was associated with reduced weather sensitivity.

Conclusion:

Specific climatic conditions—cold, humid weather and abrupt barometric changes—can aggravate arthritis pain in a substantial subset of patients. Individual variability highlights the need for personalized pain management. Further research is needed to understand mechanisms and develop predictive tools.



Clinical Implications:

1. Educating patients about weather-related triggers may improve symptom anticipation and self-care.
2. Personalized strategies (e.g., indoor activity, warming strategies) may benefit weather-sensitive individuals.
3. Effective disease control, especially with biological therapies, may mitigate weather-related pain.

Future Directions:

1. Explore physiological mechanisms of pressure and temperature-induced pain.
2. Develop mobile-integrated tools for weather-based symptom forecasting.
3. Conduct multicenter studies across different climates for broader applicability.



Integrating Ayurveda with Sports: A Holistic Approach to Athletic Excellence.

By Dr. Omkar D Salokhe (PG scholar in Department of Shalakya Tantra [ENT, Eye]),
Ayurvedic Physician.

Sports and physical activities demand of peak physical fitness, endurance, mental resilience, and a strong recovery system. While modern sports science focuses on biomechanics, nutrition and training regimens, Ayurveda—India's ancient system of holistic medicine offers valuable insights for optimizing athletic performance and preventing injuries and enhancing recovery. Ayurveda with its deep understanding of body types (Prakriti), energy balance (Doshas) and natural healing techniques can significantly improve athletic performance and longevity.

Understanding Ayurveda in the Context of Sports: -

Each individual has a unique combination of these energies influencing their physical and mental attributes. In sports the most important is understanding an athlete's Dosha composition can help design personalized training, diet and recovery strategies.

1. **Vata (Air & Space):** Agile, quick, and energetic athletes with high flexibility but prone to injuries and exhaustion.
2. **Pitta (Fire & Water):** Strong, intense, and competitive athletes with excellent metabolism but susceptible to inflammation and overheating.
3. **Kapha (Earth & Water):** Enduring and strong athletes with great stamina but slower metabolism and weight gain tendencies.

By aligning sports training with these natural tendencies, Ayurveda can help athletes achieve optimal performance without overstraining their bodies.

Ayurvedic Nutrition for Athletes: -

Diet plays a crucial role in sports performance. Unlike modern diet plans that often focus only on macronutrients, Ayurveda emphasizes digestion (Agni), food compatibility.

The Role of Panchakarma in Enhancing Athletic Performance: -

While modern sports science and physiotherapy have revolutionized athletic care, traditional systems like Ayurveda are gaining prominence for their holistic approach to health and well-being. One of Ayurveda's most profound therapeutic techniques i.e. Panchakarma, is emerging as a natural and effective solution for athletes seeking comprehensive physical and mental rejuvenation.

Panchakarma and Sports Performance: -

Athletes are often exposed to intense physical and mental stress, which can lead to the accumulation of toxins, fatigue and imbalances in the body. Panchakarma serves as a reset mechanism, helping athletes maintain peak performance by: -

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1. **Detoxification:** Removing metabolic waste and toxins accumulated due to strenuous training and improper diet.
2. **Injury Prevention:** Enhancing muscle flexibility, joint lubrication, and tissue regeneration.
3. **Stress Relief:** Calming the mind and reducing anxiety, which is crucial for mental clarity and focus.
4. **Immune Boosting:** Strengthening the body's natural defence mechanisms.
5. **Recovery Acceleration:** Speeding up the healing process post-injury through targeted therapies.

Customizing Ayurveda for Athletes:

Both Panchakarma and Rasayan Chikitsa therapies can be customized based on an athlete's sport, body constitution (Prakriti), and specific health concerns. Some clinical examples are:

1. Endurance athletes may benefit from Basti and Rasayan herbs like Ashwagandha and Shatavari.
2. Combat sports athletes can use Nasya along with Brahmi-based Rasayan formulations to enhance mental focus and respiratory health.
3. Injured athletes can undergo Virechana and Rasayan therapies like Chyawanprash for faster tissue recovery and pain relief.

Vrana Chikitsa: Wound Healing in Sports:

1. Vrana Chikitsa, or wound care therapy plays a crucial role in managing injuries common in sports.
2. This branch of Ayurveda focuses on the treatment of wounds, cuts and bruises using herbal formulations, medicinal oils and specialized bandaging techniques.

Benefits of Vrana Chikitsa in Sports:

1. **Faster Healing:** Herbal pastes and oils accelerate the wound-healing process.
2. **Anti-Inflammatory Action:** Reduces swelling and pain associated with injuries.
3. **Scar Prevention:** Promotes proper tissue regeneration and minimizes scar formation.
4. **Infection Control:** Natural antiseptic herbs like Neem and Turmeric prevent infections.
5. **Pain Relief:** Analgesic properties of Ayurvedic formulations alleviate discomfort.

Bhagna: Fracture is one of the common hazards in sports. Ayurvedic approach to fracture-especially the role of medicinal herbs and minerals, is noteworthy and can become revolutionary in the treatment of sports fractures. Sushruta (100 BC) and many other classical scholars have dealt with fractures elaborately. He has indicated many herbs like: Manjistha (Rubia Cordifolia), Yasti Madhu (Glycyrrhiza Glabra), Rakta Chandana (Pterocarpus Santalinus), Asthi Shruankhala (Cissus quadrangularis), Guggulu (Balsemodendron mukul) which will help in acceleration of cells formation and effective healing by increasing blood

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supply as well. The drugs noted in Sandhaneeya group by Charak Acharya (200 BC) too may be considered. Sushruta (100 BC) have prescribed Bhagna-Sandhanaka taila and similar other oils obviously medicated, can also be tried. Shilatiji (Bitumen) is important among minerals. Approaching in integrated way as Ayurvedic Medico-mechanical measures would be more fruitful and result yielding.

natur

In the competitive world of sports on international level Ayurveda can help Indian sportsman to improve upon their total performance. The integrated approach assistance of modern technological development and incorporation of Ayurvedic measures, both in fitness as well as in therapeutic level, would be highly beneficial.

All Awardees



All Awardees



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