



Name of the Department- Panchakarma

About the Department: Bio-purification of the body to eliminate toxins from the body for the purpose of treating an ailment and rejuvenation is the main concept behind the Panchakarma treatment. The department of Panchakarma is running independently in A & U Tibbia College since September 2008. It has a dedicated Panchakarma Unit with separate sections for consultation and therapy rooms. All the classical Panchakarma like Vaman, Virechana, Basti karma, Nasya, Raktamokshana and all Keraliya panchakarma procedures like Shirodhara, Pinda Sweda etc. are performed here by trained masseurs under the supervision of specialist faculty. There is an associated Physiotherapy unit as well to ensure maximum benefits of Panchakarma therapy.

Details of the Faculty:

S. No.	Name of Faculty	Educational Qualification	Designation	Experience	Specialization / Area of Interest (if any)	Books published / Publications in peer reviewed journals (if any)	Rewards/ Achievements (if any)	OPD no. and OPD days	Photograph of the faculty
1	Dr. Manoj K Shamkuwar	MD (Ay) Ph.D	Associated Professor, Head of the Dept.	19 yrs	Skin disorders, Neurological disorders	Books- 04 Publications- 12		OPD No.02 Tue, Wed, Sat.	
2	Dr. Nitin Jindal	MD (Ay)	Assistant Professor	11 yrs	Neurological disorders, Joint Disorders	Book- 01 Publications-05		OPD No.-02 Mon, Thu, Fri.	

Departmental activities:

Apart from the routine clinical and academic duties, the Department has conducted following programs in the past.

- CME for Medical Officers- Feb, 2011,
- National Seminar on Raktamokshana- April, 2017
- CME for Panchakarma Teachers- Oct, 2018

Research work (if any) undergoing in the Department:

Co-PI in the Research Project : To study the relationship of gut microbes and dietary habits of Indian subjects by using stool from adult metabolically stressed subjects (Co-operation with Next Bio Research Private Ltd, Bangalore – 560092, India on behalf of the sponsor ITC Life Sciences and Technology Centre)

Any other relevant detail regarding the Department:

The faculty of the Department has developed a format to record all the procedure of panchakarma to make each and everything recorded. This format has been registered under the copyright act with the title 'Panchakarma Master Chart'.

Photographs (maximum 04) of the Department/Departmental activity: