**P.G.Department of Kriya Sharira**

**A & U Tibbia College & Hospital, Karol Bagh, New Delhi**

**Details of faculty**

**Name:** Dr. Sujata Rajan

**Date of Birth:** 10.07.1973

**Photo** :



**Teachers Code:** AYKS00494

**Reg No:** DBCP/A/6883

**Edu. Qualification:** B.A.M.S., M.D., Ph.D. (Scholar) Kriya Sharira

**Designation:** Vice- principal, Academic Head (Ayurveda), Associate Professor

**Date of Joining:** 02/09/2008

**Experience:** 19 years

|  |  |  |
| --- | --- | --- |
| **Name of Institute** | **Post** | **Period** |
| A & U Tibbia College and Hospital, Govt of NCT of Delhi | Executive officer (in-charge) | 26.02.2024 to Till date |
| A & U Tibbia College and Hospital, | Executive officer (in- | 26.02.2024 to Till |
| A & U Tibbia College and Hospital, Govt of NCT of Delhi | Academic Head (Ayurveda) | 24.11.2022 to till date |
| A & U Tibbia College and Hospital, Govt of NCT of Delhi | Vice-Principal | 04.12.2020TO till  date. |
| A & U Tibbia College and Hospital, Govt of NCT of Delhi | HOD (Kriya Sharir) | 26.12.2019 to till date |
| A & U Tibbia College and Hospital, Govt of NCT of Delhi | Associate Professor (KriyaSharir) | 02.09.2013 to Till date |
| A & U Tibbia College and Hospital, Govt of NCT of Delhi | Assistant Professor (KriyaSharir) | 02.09.2008 to  01.09.2013 |
| ShriSaiAyurvedic Medical College and Hospital, Aligarh (UP) | Lecturer (KriyaSharir) | 08.11.2005 to  8.11.2007 |
| RD Memorial Ayurvedic Medical College and Hospital, Bhopal (MP) | Lecturer (KriyaSharir) | 01.07.2005 to  07.11.2005 |

**Contact No**: +91-9818473595, 9354925026

**Email ID:** sujataa.rajan@gmail.com

**List of Research Publications:** 41 Research articles

|  |  |  |
| --- | --- | --- |
| **S.No.** | **Article Name/Title of paper with ISSN** | **Journal Name** |
| 1 | Amalaki as preventing premature aging drug review | International Journal of Ayurveda and Pharma- 3 (12), Dec 2015 |
| 2 | Exercise as an effective tool to control Dyslipidemia, | National Seminar on regimental therapy March 2014 |
| 3 | Applied approach of virechana Karma | IJPAAM(1)1: 55-59,2016 |
| 4 | Raktamokshan A –Preventive and curative Procedure | IJPAAM vol 2 issue 1:2018. |
| 5 | Satvajayachikitsa (Ayurvedic psychological counseling ) in the management of metabolic disorder wsr to Prameha | National seminar on role of basic sciences BHU 16-17 April 2018 (ISBN:978.81-7637-039-4). |
| 6 | Role of sattvikaAahar in the management of metabolic disorder | National seminar 7- April 2018 Merut. |
| 7 | Role of Ayurveda in Lifestyle Disease with Special Reference to Obesity- Management and Prevention | International Journal of Science and Research vol 7 issue 8, August 2018. |
| 8 | Maintainance of mental Health through Ayurveda, Oral presentation | Nationalseminar on Integrated Approaches in Management of Psychosomatic Disorders April 07 2018.Meerut UP |
| 9 | Scientific exploration of Aahar and lifestyle in Rasvahasrotodusti wsr to premature aging | oral presentation, National seminar on Role of basic Sciences to Develop Diagnostic Tools for srotodusti wsr to purvarupa of Metabolic disorders-16-17 April 2018 BHU,Varanasi. |
| 10 | Role of Pathya-Apathya in management Medovahasrotodusti wsr to Metabolic Syndrome | presentation, National seminar on Role of basic sciences to Develop Diagnostic Tools for srotodustiwsr to purvarupa of Metabolic disorder 16-17 April 2018 BHU Varanasi. |
| 11 | Prevention of Psychosomatic Disorders-Maintaining Equilibrium of Dosha | National seminar on Management of Psychosomatic Disorders, April 07 2018 Merrut UP. |
| 12 | Role of Psychic factor in the etiopathogenesis of twakavikar | 39th National Conference on Ayurvedic Research and Drug Industry Development, September 09, 2018 |
| 13 | Association of Janpadodhwansa with Skin Diseases | 39th National Conference on Ayurvedic Research and Drug Industry Development, September 09, 2018. |
| 14 | Role of stress in premature aging (akalajajara) and its prevention by medhyarasayana-a review. | IJPAAM ,April –June 2019, Volume 3, Issue 2 ,e-ISSN No:2581-8058. |
| 15 | Description of shukra in laghutrayi: a critical review. | WJPR, Vol 8, Issue 8, 2019. ISSN 2277–7105. |
| 16 | Effect of mustadiyapanabasti on Shukrakshaya : A Panchbhautik review. | IJSR, Volume-8 | Issue-10 | October - 2019 | PRINT ISSN No. 2277 - 8179, [UGC Sr.No.49217](https://www.worldwidejournals.com/international-journal-of-scientific-research-(IJSR)/) |
| 17 | Analytic Review of medodhatu and metabolic syndrome. | IJAPC ,Vol.11,Issue 2 ,e-ISSN – 2350 -0204 . |
| 18 | Observational Study on Medasarasarata vis-à-vis body adiposity index. | IAMJ, Vol.3, Issue 6, Aug-Sept 2019, ISSN No.2320-5091. |
| 19 | A case report- management of Ardita through Ayurveda. | Volume-9 | Issue-2 | February- 2019 | PRINT ISSN - 2249-555X. |

**The research paper published in UGC CARE / PUBMED INDEXED Journals**

|  |  |  |  |
| --- | --- | --- | --- |
| **S.**  **No**  **.** | **Title** | **Nature of Study** | **Name of Journal and details** |
| 1. | Impact of Shirodhara (oil dripping therapy) On Biological Markers of Stress: A Case Study | Case Study | JAIM  (Accepted and processed for Publication in coming issue\_2021) |
| 2. | Prakriti analysis of COVID-19 patients: An observational study | Original Researc h | ATHM *(Alternative Therapies in Health and Medicine)*  Accepted for coming issue 2021 |
| 3. | Yoga: A Non-pharmacological Approach against Current Pandemic of Coronavirus Disease-19. | Review Article | Journalof Ayurveda 2020:vol.xiv-4 |
| 4. | Ayurveda formulation AYUSH  64 in asymptomatic and mild COVID-19 infections –A  single-arm,open-label, prospective, pilot study | Clinical study | JRAS(Journal of Research in Ayurvedic Science) |
| 5 | Retrospective Analysis of Ayurvedic dietary modalities in Improving mental  wellbeing& satisfaction with food-related life in COVID-19 Patients. | Original Researc h | Annals of Ayurvedic Medicine(A.A.M.) |
| 6 | A systematic review: to analyze the effect of Shirodhara in major depressive disorder (vishada)” | Review Article | Int. J. Adv. Res. 11(06), 1071-1079  Pubmed for selected articles |
| 7 | The Soothing Effects of Shirodhara: Alleviating Stress through an Ancient Ayurvedic Technique | Review Article | IRJAY. [online] 2023;6(8);96-100. ISSN: 2581-785X  DOI link- https://doi.org/10.4722 3/IRJAY.2023.6819  Publon |
| 8 | Applied approach of virechan karma in tamakshwasa | Review Article | Ijpaam,2016, (1)1-55-  59 |
| 9 | Description of shukra in laghutrayi: a critical review | Review Article | *WJPR, Vol 8,Issue 8, 2019, 1129-39*  *PubMed, Elsevier* |
| 10 | Effect of Mustadiyapanab sti on shukrakshaya : a panchbhautik Review | Review Article | *IJSR* Volume-8 |Issue-10 | October – 2019 DOI : 10.36106/ijsr  *Cross Ref, Cite factor, Scite Index* |
| 11 | *"Role of Ayurveda in Life Style Disease with Special Reference to Obesity - Management and Prevention* | Review Article | *International Journal of Science and Research (IJSR), Volume 7 Issue 8, August 2018, 995 – 998* |
| 12 | Shirodhara : a future model of pharmaco-physio- psychotherapy. | Review Article | Shirodhara : a future model of pharmaco- physio-psychotherapy. “Global congress on Traditional health & Alternative medicine 07-08 ,2019 ,Bangkok ,Thailand  . |
| 13 | Accuracy of Smartphone- based Vital Monitoring Using Remote  Photoplethysmography Technology Enabled WellFie application | Clinical study | medRxiv preprint doi: https://doi.org/10.1101/2023.01.14.23284 548; this version posted January 18, 2023. T |
| 14 | Insights into Changes in Intestinal Microbiota at the Genus and Species Levels in Psoriatic Arthritis Post  Panchakarma Therapies - A Case Study | A Case study | Submitted ,Journal of Ayurveda and Integrative Medicine  Manuscript No. - JAIM-D-24-00196 |
| 15 | Evaluation of changes in the gut micro biome following virechana karma in patients of chronic plaque psoriasis | Clinical study | Submitted to Journal: BMC Pilot and Feasibility Studies  Manuscript no. - pafs-d-24-00069 |
| 16 | Ayurvedic management of Oligoasthenoteratozoosperm ia-A case report | -A case report | World journal of pharmaceutical research June,2022 ,ISSN 2277-7105 |
| 17 | A critical review of Covid- 19’s impact on reproductive health in males. | Review Article | International journal of advanced research, June,2022, Doi:10.21474/IJAR01/15092 |
| 18 | Rational approach for applications of Ayurvedic principles in public health | Review Article | 9th WAC e-book, December 2022 |
| 19 | An insight into the concept and management of Vishada through Ayurvedic fundamentals: A Review | Review Article | World journal of pharmaceutical research Jan2023, ISSN 2277-7105 |
| 20 | Poster Presentation on the title “Combating the psychological impact of covid-19 pandemic on mental health through ayurveda- a review”. | Review Article | 9 th World Ayurveda Congress & Arogya Expo held in Goa on 10 th Dec 2022. |
| 21 | Practical implementation of Ayurveda-Successful stories. | Review Article | 9th WAC e-book, December 2022 |
| 22 | Potential parameters to assess the dynamic states of Tri-doshas | Review Article | World journal of pharmaceutical Research Sept203, ISSN:2277-7105 |

**OPD Days and Timing:** OPD no 20 (Research OPD) at A&U Tibbia College and Hospital, New Delhi – 110005

Monday: 9AM – 1 PM

Friday: 9 AM – 1 PM

**PG Dept Present/Absent:** Present

**List of Students and Thesis title:**

**Supervised PG Thesis**

|  |  |  |
| --- | --- | --- |
| **S.no** | **Title of the study** | **CTRI No.** |
| 1. | Effect of suryabhedanaPranayana on premature aging (Akalajajara) W.S.R. to lifestyle related factors. | - |
| 2. | Study of medasarata vis-à-vis body adiposity index and serum lipid | - |
| 3. | Use of biomarkers to evaluate the physiological effect of yapanabasti on ShukraDhatu | CTRI/2019/08/020538 |
| 4. | Correlation between psychosocial stress and Twaksarata in Psoriasis disease W.S.R to serum cortisol and skin Moisture. | CTRI/2020/09/027599 |
| 5. | Analysis of serum electrolyte and serum lipid profile in young obese female sw.s.r to Agni Bala. | - |
| 6. | An observational study of assessment of stress and immune response in different Prakriti individuals | (CTRI/2021/03/032246) |
| 7. | To assess the clinical efficacy of Yoga and Shirodhara in Depression-A Randomized,  Open-label double arm study | CTRI/2021/12/038999. |
| 8. | Efficacy and Safety of Ashwagandha (Withania Somnifera ) Root Powder on Male Sexual Health in Recovered Covid-19 Patients: A Double-Blind Randomized Placebo-Controlled Study | CTRI/2022/01/039243 |
| 9. | An Observational Study to Analyse the Relation of Ama with Systemic Inflammation in Relation to Metabolic Syndrome | CTRI no. CTRI/2023/03/050588 |
| 10. | Clinical evaluation of Yasti Madhu on estrogen and mood state of perimenopausal women- An open-label double arm randomized control trial. | CTRI number- CTRI/2023/05/053215. |
| 11. | "Effect of lekhana basti on obesity and associated inflammatory marker in females: An open label single-arm clinical trial" | CTRI Under process |
| 12. | "To evaluate the effect of amalakirasayan on markers of oxidative stress in subbjects with pre-mature ageing: an open-label single-arm  clinical trial" | CTRI Under process |
| 13. | To study the effect of standardized aqueous extracts of Phyllanthus emblika fruits on the biomarker of oxidative stress in subjects with metabolic syndrome w.s.r to Ama: A pilot study | CTRI Under process |

**Research Experience(Principal Investigator and co-investigator)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.No** | **Type of Project** | **Investigator/Co- investigator** | **Funding Agency** | **Title of the research** |
| 1. | Clinical trial | Principal Investigator | I.T.C. Life Sciences and Technology Centre | To study the relationship of gut microbes and dietary habits of Indian subjects by using stool from metabolically stressed subjects |
| 2. |  | Co-investigator |  | A Pilot study to assess the effect of Ayurvedic Dietary Modification on Mental Well Being and Satisfaction with Food -related Life (SWFL) in mild cases of  Covid-19. |
| 3. |  | Co-investigator | CCRAS, MO AYUSH,  G.O.I. under I.M.R. | Evaluation of Efficacy and Safety of Ayurveda I intervention (Ayush-64) in the management of COVID- 19 infection "Asymptomatic and Mild to Moderate symptoms) An open label single arm prospective  clinical trial" |
| 4. |  | Co-investigator |  | An interventional, single arm study to observe and assess the effectiveness of "VyaghradiKashayaTab" in preventing the progression of severity in asymptomatic, mild to moderate COVID- 19 cases |
| 5. | E.M.R.  project | Co-investigator | Ministry of AYUSH | Impact Assessment of Virechana(therapeutic induction of purgation) on gut microbiota and biochemical parameters in apparently healthy individuals: An exploratory multicenter parallel group Clinical study  (CTRI/2020/06/025800) |
| 6. | EMR | Co-I |  | “Treatment adherence, tolerability and safety of Ayurveda therapeutic regimen in the management of Rheumatoid arthritis: An Open Label, OPD Based, Multi-center study” – Sponsored by CCRAS |
| 7. | Clinical trial | Principal Investigator | BwellHalth Tech Pvt Ltd Address C/o We-Work, Prestige Cube, Site No. 26,  LaskarHosur Road, Koramangala, Bengaluru, Karnataka  560029 | A Comparative performance of wellfie Mobile App Solution output of Heart Rate, respiration Rate, Spo2 and Blood Pressure in comparison with certified medical device.  CTRI/2022/01/039530 |

**Any awards or appreciations received if any**: Yes

International Best Researcher Award (ISSN International Research Award and Congress (IIRAC-2024)

**P.G.Department of Kriya Sharira**

**A & U Tibbia College & Hospital, Karol Bagh, New Delhi**

**Details of faculty**

**Name:** Dr. Dr. Srikanta.Kumar Panda



**Date of Birth:** 06/04/1970

Teachers code – AYSS01203

Reg no - DBCP-A/5801

Edu qualification – M.D.(AY.), Ph.D. (AY.)

Designation - Professor

Date of joining - 26/07/2001

Experience – 24 years

Contact no - 9871553996

Email id – drspanda79@gmail.com

List of research Publications – 3 Books Published and 53 Research Paper Published in National and International Journal

OPD days and timing – 2 days and 9 am-01 pm

PG Dept present/Absent - Present

List of Students and Thesis Title –

Completed 8 Thesis work and 6 Thesis work is on progress

CME SEMINARS CONFERANCES ETC PROGRAMMES CONDUCTED BY DEPT - Any Awards or appriciations recieved if any – Received Dhanwantari Award



**P.G.Department of Kriya Sharira**

**A & U Tibbia College & Hospital, Karol Bagh, New Delhi**

**Details of faculty**

**Name:** Dr. Gugulothu Ramesh

**Date of Birth:** 24.06.1988

**Photo** :



**Teachers Code:** AKS00535

**Reg No:** 891/A/2013

**Edu. Qualification:** M.D., Ph.D. (Scholar) Kriya Sharira

**Designation:** Assistant professor

**Date of Joining:** 13.04.2023

**Experience:** 6 years 6 Months 20 Days

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| --- | --- | --- | --- | --- |
| **Instt./Deptt.** | **Designat-ion** | **Period** | | **Total Period Yr. & Months** |
| **From**  **dd/mm/yr** | **To**  **dd/mm/yr** |
| **V.Y.D.S. Ayurved Mahavidyalaya, Khurja** | Assistant Professor | 11.11.2017 | 30.01.2022 | 4 Years 2 Months 10 days |
| **A.L.Govt Ayurvedic Medical college, Warangal** | Associate Professor | 31.01.2022 | 31.03.2023 | 1 Year 2 Months |
| **A & U Tibbia College, New Delhi** | Assistant Professor | 13.04.2023 | Till Date | 1 Year 2 Months 10 Days |

**Contact No**: 9502108464/7989283869

**Email ID:** [ramayush7@gmail.com](mailto:ramayush7@gmail.com)

**List of Research Publications:** 27 Research articles and I Book

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.No.** | **Article Name/Title of paper with ISSN** | **Journal Name** | **Authorship** | **Status** |
| 1 | Skin related to Doshaja Prakriti – An Ayurvedic review. (2321-  0435) | Journal of Ayurveda, NIA. Jaipur, Jul –Sep 2016 | Principal Author | Published |
| 2 | Conceptual study of Medovaha Srotas in  Ayurveda (2321-  0435). | Journal of Ayurveda, NIA.  Jaipur, Apr – Jun 2017 | Principal Author | Published |
| 3 | A physiological study of  Adharaneeya Vega w.s.r. to Mootra Vega (2321-  0435). | Journal of  Ayurveda, NIA. Jaipur, May 2017 | Principal Author | Published |
| 4 | Nadi Pariksha (Pulse diagnosis) – A traditional Diagnostic Approaches as per Ayurveda (2455-  8737). | International Journal Of Innovative Research In  Medical Science, Sep 2017 | Principal Author | Published |
| 5 | A physiological study of Adharaneeya Vega w.s.r. to  Apanavayu Vega (2320 -  5091). | International Ayurvedic  Medical Journal, Sep 2017 | Principal Author | Published |
| 6 | Interrelation Between Tridosha and Triguna (2320 –  5091). | International  Ayurvedic Medical Journal, Sep 2017 | Principal Author | Published |
| 7 | A Comparative Study Of ayurveda and Siddha System of Medicine 2455 –  8737 (2455 –  8737) | International Journal Of Innovative Research In  Medical Science, Sep 2017 | Principal Author | Published |
| 8 | A Successful clinical case study of Male Infertility  w.s.r. to oligiasthenoteratozoospermia (0975-  833X) | International Journal of Current  Research, Oct 2017 | Principal Author | Published |
| 9 | Conceptual Study of Kilasa(Vitiligo) (2320 –  5091) | International Ayurvedic Medical Journal, Oct 2017 | Principal Author | Published |
| 10 | A Case study of Leech Therapy (Jalukavacharana)  in Khalitya w.s.r to Alopecia (2320 –  5091) | International Ayurvedic  Medical Journal, Oct 2017 | Principal Author | Published |
| 11 | Physiological Study Of Shukradhatu: A review (2320 –  5091) | International  Ayurvedic Medical Journal, Oct -2017 | Principal Author | Published |
| 12 | A Conceptual Study on nidra As Adharaneeya vega w.s.r.to Shift work sleep  disorder. | Global Journal For Research Analysis (GJRA), January -2020 | Co –Author | Published |
| 13 | Twaksarta (Healthy Skin)  And Its Relationship With Agni: A Review. | International Ayurvedic Medical Journal, January-2020 | Principal Author | Published |
| 14 | Understanding Principle Of Lok-Purush Samyata And Its Importance For Homeostasis (2320 –  5091) | International Ayurvedic Medical Journal, January-2020 | Co –Author | Published |
| 15 | Conceptual study of sandhivata (osteoarthritis) (2320-  5091) | International Ayurvedic  medical journal (IAMJ), March-2020 Volume-8 Issue-3 | Co –Author | Published |
| 16 | Review on physiological functions of pranavayu w.  S. R. to neurophysiology of Anna pravesha (0975-  833X) | International Journal of Current Research(IJCR), January-2020 Volume-12 Issue- 1 | Co –Author | Published |
| 17 | Analytical study of Prevalence of Sandhivata  lakshana with reference to Doshaj prakriti | Global Journal For Research Analysis (GJRA), February-2020 Volume-9 Issue-2 | Co –Author | Published |
| 18 | Importance of saar in assessment of present health condition of the individual and w.s.r. to prognosis of disease (2277-  8160) | Global Journal For Research Analysis (GJRA), February-2020 Volume-9 Issue-2 | Co –Author | Published |
| 19 | Physiological study of manasika prakriti w.s.r. to psychosomatic disorder (2320 –  5091) | International Ayurvedic Medical Journal, February-2020 Volume-8 Issue-2 | Co –Author | Published |
| 20 | A case study on Chittodvega with Takradhara and Medhya rasayana (2278-  4357) | World journal of Pharmacy and Pharmaceutical  Sciences (WJPPS), Volume – 11,  Issue – 1, 1177-  1182. | Co –Author | Published |
| 21 | Clinical study of Masha Ashwagnadhadi Churna in Kshina Shukra (Oligospermia) (2277-  7105) | World journal of Pharmacetical Research, Volume 6, Issue  15, 1024-1032 | Co –Author | Published |
| 22 | Conceptual study of Sadhaka pitta and its assessment (2278-  4357) | World journal of Pharmacy and Pharmaceutical  Sciences (WJPPS), Volume 6, Issue  6. | Co –Author | Published |
| 23 | Physiological study of Agni and its clinical Significance (2278-  4357) | World journal of Pharmacy and Pharmaceutical  Sciences (WJPPS), Volume 6, Issue  6,pg no:119-130 | Co –Author | Published |
| 24 | A Successful Clinical case study of Obesity (2394-3211) | European Journal of Pharmaceutical and Medical Research  (EJPMR), Volume 10, Issue 7, pg No:240-242 |  | Published |
| 25 | A Successful Clinical case study of Yuvanapidika (Acne) (2394-3211  ) | European Journal of Pharmaceutical and Medical Research  (EJPMR), Volume 10, Issue 7, pg No:437-439 | Co –Author | Published |
| 26 | Conceptual study of Madatyaya (Alcohol Addiction) (2278-4357) | World journal of Pharmacy and Pharmaceutical,  Sciences (WJPPS), Volume 12, Issue 8, pg No:724-736 | Co –Author | Published |
| 27 | Conceptual study of Kastarthava (Primary Dysmenorrhea) (2278-4357) | World journal of Pharmacy and Pharmaceutical  Sciences (WJPPS), Volume 12, Issue 8, pg No:767-774. | Co –Author | Published |

**Book Publication:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.No.** | **Book Name** | **Publication** | **Year** | **ISBN Number** |
| 1 | A Record Book of Prayogika Kriya Sharir (Practical Physiology) | Xpress Publishing, Chennai. | 2018 | 978-1-  64828-  072-6 |

**OPD Days and Timing:** Tuesday (Ballimaran)- 9AM – 2PM

Thursday (Research OPD) – 9 AM – 1 PM

**PG Dept Present/Absent:** Present

**List of Students and Thesis title:** As a Co- Supervisor for P.G. Research.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.NO.** | **Name OF P.G.Student** | **Research Protocol** | **Name of the college and University** | **Year** |
| **1** | Dr. Amit Mehra | Physiological study of manasika prakriti w.s.r. to psychosomatic disorder | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2017 |
| **2** | Dr. Anu saini | Conceptual Study of Dhatusamya w.s.r. to  Homeostasis. | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2017 |
| **3** | Dr. Raghavendra Mishra | Analytical Study of Prevalence of Sandhivata Lakshan with Special  Reference to Various Doshaj Prakriti | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2017 |
| **4** | Dr. Shivanshu Chandra Sharma | Physiological study f  Dhatuposhanaw.s.r to Digesation and Metabolism. | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2018 |
| **5** | Dr. Sweta Paliwal | ObservationalStudy on Medha in different to Doshaj *prakriti* | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2018 |
| **6** | Dr. Dev Kumar das | Observational study on Medha (intelligence) in difference to Doshaj  Prakriti | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2019 |
| **7** | Dr. Avnika Shandilya | Observational study on functional status of nidra  w.s.r. To sthoulya | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2019 |
| **8** | Dr. Divya Sharad | Survey Study On Rajapravritti Kala In Different Dehaj Prakriti | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2019 |
| **9** | Dr. Vivek Rathore | Conceptual study of Klaibya w.s.r. to Erectile Dysfunction. | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2019 |
| **10** | Dr. Anjali Bhargav | Observational Study On *Kastharthava* (Dysmennoria) In  Different *Dehaj Prakriti* | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2019 |
| **11** | Dr. Lunavathu Karunakar | To evaluate the efficacy of *Drakshyadi Kashaya* in *Madatyaya* w. s. r. to Alcohol addiction: A randomized control clinical trial | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2019 |
| **12** | Dr. Sweta Bharti | A clinical study to evaluate Efficacy of Vaman and Virechan in Yuvan Pidika  w.s.r. to Acne vulgaris. | V.Y.D.S.A.M.  Khurja & C.C.S.U. Meerut. | 2019 |

Any awards or appreciations received if any: No

**P.G.Department of Kriya Sharira**

**A & U Tibbia College & Hospital, Karol Bagh, New Delhi**

**Details of faculty**

**Name:** Dr. Neha Rawat

**Date of Birth:** 14.09.1992

**Photo** :



**Teachers Code:** AYKS00805

**Reg No:** DBCP/A/8876

**Edu. Qualification:** B.A.M.S, M.D. (Kriya Sharira)

**Designation:** Assistant professor

**Date of Joining:** 13.04.2023

**Experience:** 3 years 4 Months

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Instt./Deptt.** | **Designation** | **Period** | | **Total Period Yr. & Months** |
| **From**  **dd/mm/yr** | **To**  **dd/mm/yr** |
| Shree Ram Ayurvedic Medical College and Hospital, Meerut, U.P | Assistant Professor | 25/01/21 | 11/01/22 | 11months 15 days |
| Future Institute of Ayurvedic Medical Sciences, Bareilly, U.P | Assistant Professor | 22/01/22 | 12/04/23 | 1year 2months 20 days |
| Ayurved and Unani Tibbia College and Hospital | Assistant Professor | 13/04/23 | Till Date | 1 year 02 Month  (Till date) |

**Contact No**: 93549 25063

**Email ID:** [neharawat.in@gmail.com](mailto:neharawat.in@gmail.com)

**List of Research Publications:** 20 Research articles

|  |  |  |
| --- | --- | --- |
| **S.No.** | **Article Name/Title of paper with ISSN** | **Journal Name** |
| 1 | ADHATODA VASICA AND TINOSPORA CORDIFOLIA EXTRACTS AMELIORATE CLINICAL AND MOLECULAR MARKERS IN MILD COVID-19 PATIENTS: A RANDOMIZED OPEN LABEL THREE- ARMED STUDY. | European Journal of Medical Research |
| 2 | AYURVEDIC MANAGEMENT OF TRIGEMINAL NEURALGIA: A CASE REPORT. | International Journal of research in Ayurved and Pharmacy |
| 3 | AYURVEDIC APPROACH FOR MANAGEMENT OF UTERINE FIBROID: A CASE REPORT. | Journal of Research in Ayurvedic Sciences by CCRAS |
| 4 | AYURVEDIC APPROACH FOR MANAGEMENT OF OVARIAN CYST: A CASE REPORT. | International Journal of research in Ayurved and Pharmacy |
| 5 | AYURVEDIC MANAGEMENT OF VICHARCHIKA (ECZEMA) - A CASE REPORT. | International journal of basic and applied research |
| 6 | MANAGEMENT OF ARBUDA (TUMOR) THROUGH MULTIPLE AYURVEDA TREATMENT MODALITIES. | International journal of basic and applied research |
| 7 | BENEFITS OF GETTING BRIDGE COURSE TO PUBLIC HEALTH AND AYURVEDIC DOCTORS. | World Journal of Pharmaceutical Research |
| 8 | GUDUCHI; A POTENTIAL DRUG IN AYURVEDA. | World Journal of Pharmaceutical Research |
| 9 | ASHWAGANDHA (WITHANIA SOMNIFERA); A POTENTIAL APHRODISIAC DRUG IN AYURVEDA. | International journal of basic and applied research |
| 10 | CRITICAL ANALYSIS OF A REJUVINATING DRUG: AMLAKA RASAYAN. | World Journal of Pharmaceutical Research |
| 11 | CHYAVANAPRASHA RASAYANA; TRUSTED ARMOUR AGAINST DISEASES- A CRITICAL REVIEW. | International journal of basic and applied research |
| 12 | MEDHYA RASAYAN: A POTENTIAL ANXIOLYTIC DRUG IN AYURVEDA. | International Journal of Ayurveda Pharmaceutical Chemistry |
| 13 | ASHTAVIDHA AHAR VIDHI VISHESHAYATAN AN EXPLANATION OF HEALTHY AND BALANCED DIET- A REVIEW. | International Journal of Ayurveda Pharmaceutical Chemistry |
| 14 | A CRITICAL REVIEW OF APANA VAYU IN MODERN PERSPECTIVE. | International journal of basic and applied research |
| 15 | CORRELATION OF RASA DHATU IN MODERN PRESPECTIVE: A REVIEW. | International Journal of research in Ayurved and Pharmacy |
| 16 | CONCEPT OF AGEING IN AYURVEDA. | International journal of basic and applied research |
| 17 | OBESITY: A BITTER TRUTH OF MODERN LIFESTYLE. | International journal of basic and applied research |
| 18 | ASSOCIATION OF SELF PERCEPTION OF PRE-MATURE AGEING AND HUMAN CONSTITUTION (PRAKRITI) - A CROSS-SECTIONAL STUDY | Epidemiology International |
| 19 | AYURVEDIC TREATMENT OF RHEUMATOID ARTHRITIS: A CASE STUDY | International Journal of research in Ayurved and Pharmacy |
| 20 | A CRITICAL APPRAISAL ON THE MECHANISM OF ACTION OF BASTI PROCEDURE OF AYURVEDA IN PERSPECTIVE OF MODERN PHYSIOLOGY | International Journal of research in Ayurved and Pharmacy |

**OPD Days and Timing:** Monday (Ballimaran)- 9AM – 2PM

Wednesday (Research OPD) – 9 AM – 1 PM

**PG Dept Present/Absent:** Present

**Any awards or appreciations received if any**: Yes

Research Ratna Award 2019 for best

youngest Researcher in Ayurveda