**Department of Panchakarma**

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| Name of Department | Panchakarma |
| Details of Faculties |  |
| Name | Dr. Manoj k Shamkuwar |
| Date of Birth | 01.08.1973 |
| Photo |  |
| Teacher Code | AYUPK00571 |
| Reg. No. | DBCP/A/6881 |
| Edu. Qualification | MD (Panchakarma), PhD, PhD-2 (Sch) |
| Designation | Professor and Medical Superintendent |
| Date of Joining | 17.09.2008 |
| Experience | 24 Years |
| Contact No. |  |
| Email-id | manoj\_1873@yahoo.co.in |
| List of Research Publications | As Annexed |
| OPD days and timings | Tuesday and Saturday |
| PG Department present /absent | Present |
| List of Students and Thesis Title | As Annexed |
| Any awards or appreciations received, if any | **AWARDS: “ KARTAVYA DAKSHA DOCTOR”** awardgiven by All India Human Rights Association, NewDelhi on Doctor’s day 2007 at Pune.**Guest of Honor :** Largest class on Charak” a worldrecord organized by NASYA**Guest of Honor:** Guest of Honour in the 4th edition of India’s largest Health & Wellness Exhibition, “The Yogshala Expo 2019”, in Pragati Maidan, New Delhi. |

# RESEARCH ACTIVITIES:

1. **Co-I** 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 NextBio Research Private Ltd, Bangalore – 560092, India on behalf of the sponsor ITC Life Sciences and Technology Centre )
2. As PhD Co-Guide Use of biomarkers on stress and impact of Shirodhara- A open label single arm study(CTRI/2019/10/021657).
3. **PI**-“Evaluation of Efficacy and Safety of Ayurveda Intervention (Ayush -64) in the management of COVID-19 infection (Asymptomatic & Mild to Moderate symptoms)- An open

label single arm prospective clinical trial” **(Collaboration with CCRAS, Ministry of AYUSH, GoI) (**CTRI/2020/05/025338 )

1. **CO-I:**Parent Knowledge and Attitude regarding COVID-19 among children-A Hospital based study ( CTRI/2021/12/03878)

# Undergoing:

1. Co-I in the Research Project : “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
2. Co-I in the Departmental Research Project : “ An exploratory study to compare two different dosing patterns of Shodhanarthaabhyantarasnehapaana (internal oleation) against conventional method” (CTRI/2023/04/051263)

# Published Book:

1. “Panchakarma parichay” a book on Panchakarma.
2. Chief Editor- Souvenir on Panchakarma published on the occasion of National seminar.
3. Efficacy of Ayurveda in the Management of Psoriasis published By Lambert Academic Publication, Germany.**(ISBN- 978-3-659-29397-9**)
4. Panchakarma Sangrah (Marathi) **Sixth Edition: 2022, Reprint 2023**
5. Panchakarma Sangrah (Hindi)**3rd Edition 2022**( Foreword By VV Bhat, IAS , Former Member Secretary, ISRO, GoI, Published by Chaukhamabaprakashak,Varanasi ). Books included as Reference book of Panchakarma by NCISM

**Published Research Articles**

|  |  |  |  |  |
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| **Sl N** | **Year** | **Author(s)** | **Title of Paper** | **Details of Journal** |
| **1** | **2011** | Shrivas Yogita K,Shamkuwar Sujata K, **Shamkuwar Manoj****K**,TiwariGN,Chauhan AS | Therapeutic efficacy of Dadimghrita in the management of sahajpanduroga (sickle celldisease): A human trial based study | *IJRAP 2(2)358-362)***ISSN 2229-3566** |
| **2** | **2011** | **Manoj K Shamkuwar**, Y.K.Shrivas, LC.Jaiswal | Evaluation of Panchakarma as an Ayurvedic line of treatment in the management of Psoriasis | *Journal of Chemical and Pharmaceutical Research* 2011, 3(4):17-21**ISSN : 0975 – 7384** |
| **3** | **2012** | **Shamkuwar Manoj Keshao**, *et al* | Effect of matrabasti of panchatiktaghrita in psoriasis | *IJRAP 3(6)2012***ISSN 2229-3566** |
| **4** | **2012** | Jindal Nitin, **Shamkuwar Manoj,** Berry Sadhan | Imporatance of Rukshan karma (Depleting therapy) in the management of transverse myelitis-A case study | *AYU (Indexed in PubMed)* 2012;33:402-5 **ISSN** 0976-9382 |
| **5** | **2012** | Jindal Nitin, **Shamkuwar Manoj,** Kaur Jaskirat,BerrySadhan, | Efficacy of Ayurvedic treatment using *Panchakarma* combined with balance exercises for disability and balance in ProgressiveSupranuclear Palsy: A case study | *ASL (Indexed in PubMed) 2012;32;54-58***ISSN** 2249-9547 (Web) 0257-7941(Print) |
| **6** | **2013** | BhandareMadhuri,RautSu bhash,**Shamkuwar Manoj** | The effect of leech therapy in the management of tenosynovitis of quadriceps femoris - a case study | *IJRAP* **4 (4)** ;629-30 **July-****Aug 2013****ISSN 2229-3566** |
| **7** | **2013** | PawarPreeti,KadamSujata, Gaikwad Manoj,**Shamkuwar Manoj** | Efficay of Darvi Madhu oil in Striae Gravidarum | *IAMJ 1 (6);37-41***Nov-Dec 13****ISSN 2320-5091** |
| **8** | **2013** | Jindal Nitin, **Shamkuwar Manoj,** Kaur Jaskirat, KK | Treatment of bone marrow edema of talus bone by | J Res. Educ. Indian Med, 2013 Vol. XIX (1-2) 45 |

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|  |  | Sijaoria | *Jalaukaavcharana*(leech therapy): a case study |  |
| **9** | **2014** | Shrivas Yogita Tiwari GN K,ShamkuwarSujata K, **Shamkuwar Manoj** | Therapeutic role of *gomed*- *mandur*-*kasisbhasma* compound in clinical management of sickle cellanaemia | *JPSI 3(5) 2014* |
| **10** | **2016** | **Shamkuwar Manoj.** RajanSujata,Singhai Swapnil | Applied approach of virechankarma in tamakshwasa | Ijpaam,2016, (1)1-55-59 |
| **11** | **2018** | *Dr Sujata Rajan,* ***Dr Manoj Shamkuwar*** | *, "Role of Ayurveda in Life Style Disease with Special Reference to Obesity - Management and**Prevention",* | *International Journal of Science and Research (IJSR), Volume 7 Issue 8,**August 2018, 995 - 998* |
| **12** | **2019** | *Dr. Ankur tanwar,Dr Sujata Rajan,* ***Dr Manoj Shamkuwar*** | Description of shukra in laghutrayi: a critical review | *WJPR, Vol 8,Issue 8, 2019, 1129-39* |
| **13** | **2019** | *Dr. Ankur tanwar,Dr Sujata Rajan,* ***Dr Manoj******Shamkuwar*** | Effect of Mustadiyapanabasti on shukrakshaya : a panchbhautikReview | *IJSR* Volume-8 |Issue-10| October – 2019 DOI : 10.36106/ijsr |
| **14** | **2021** | Rajan S, Shamkuwar MK, Tanwar AK. | Impact of Shirodhara on biological markers of stress: A case study. | J Ayurveda Integr Med. 2021;12(1):178-81.(Indexed in Pubmed) |
| **15** | **2021** | Rajan S, Munjal Y, Shamkuwar M, Nimabalkar K, Sharma A, Jindal N, et al. | Prakriti Analysis of COVID 19 Patients: An Observational Study. | AlternTher Health Med. 2021;27(S1):12-7.(Indexed in Pubmed) |
| **16** | **2022** | Dr. Leena Gautam Dr. Manoj Shamkuwar Dr. Nitin Jindal, et al | Mode of Action in Conventional Symptoms of Snehapan: A Review Article | International Journal of Advanced Research (IJAR)Int. J.Adv. Res. 10(09), 326-332 |
| **17** | **2022** | Bhawna Bhardwaj, Nitin Jindal, Manoj Shamkuwar, Leena Gautam, Divya Panchal and Pritosh. S.Moharana | Role of Ama in the manifestation of the disease: a criticalReview | International Journal of Scientific ResearchIJSR 11 (07), 2277 – 8179 |
| **18** | **2022** | Dr.Divya Panchal, Dr. Manoj Shamkuwar, Dr. Nitin Jindal et al | Use of sthanika (external) basti in spondylitis diseases | Inter Jourof Advanced Research (IJAR)Int. J. Adv. Res. 10(05), 1148-1152 |
| **19** | **2022** | Manoj K. Shamkuwar, Shivshankar Rajput, et al | Ayurveda formulation AYUSH 64 in asymptomatic and mild COVID-19 infection—A single-arm, open- label, prospective, pilot study | Journal of Research in Ayurvedic Sciences 6(2):p 53-64, Apr–Jun2022. |
| **20** | **2023** | Pritosh Sundar Moharana, **Manoj Shamkuwar,** Divya Panchal, Bhawna Bhardwaj, Leena Gautam | An Analysis of the Effects of Basti Kalpana on Asthikshaya in Relation toOsteoporosis and Its Biomarkers -Review Article | International Journal of Health Sciences and ResearchIJHSR 13 (1), 164-169 |
| **21** | **2023** | Dr. Neelam Jakhar , Dr. Sujata Rajan and **Dr.****Manoj Shamkuwar** | A systematic review: to analyze the effect of Shirodhara in majordepressive disorder (vishada)” | Int. J. Adv. Res. 11(06), 1071-1079 |
| **22** | **2023** | Sujata Rajan1, P. U. Deshmukh, Jatved Pawar, **Manoj Shamkuwar**,et a | The Soothing Effects of Shirodhara: Alleviating Stress through an Ancient Ayurvedic Technique | IRJAY. [online] 2023;6(8);96-100. ISSN: 2581-785X |

**Post Graduate Department of Panchakarma Research Protocol MD (Panchakarma)**

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| **Completed -** |
| **S.No.** | **Name of MD****Scholar** | **Name of Supervisor/Guide** | **Name of Co- Supervisor** | **Title of synopsis protocol** | **CTRI No.** |
| **1** | **Dr Bhawna Bhardwaj** | **Dr. Nitin Jindal** | **Dr. Manoj Shamkuwar** | **A Multiarm study to assess the effect of Virechan Karma alongwith standard treatment in the management of Seropositive Rheumatoid Arthritis in relation to****Amavata** | **CTRI/2022/01/039706** |
| **2** | **Dr Leena Gautam** | **Dr. Manoj Shamkuwar** | **Dr. Kamal Bisht****Dr. Prerna Kukreti** | **A Comparative study of different modalities of Murdhini Taila and its effect on Stress: A Randomized clinical****study** | **CTRI/2022/02/039984** |
| **3** | **Dr Divya Panchal** | **Dr. Manoj Shamkuwar** | **Dr. Nitin Jindal** | **A Non- Randomised Clinical Trial to Evaluate the Efficacy of Uttarbhaktika Snehana and Manya Basti in the management of Cervical Radiculopathy** | **CTRI/2022/01/039465** |
| **4** | **Dr Pritosh Sundar Moharana** | **Dr. Manoj Shamkuwar** | **Dr. Nettu jain** | **Comparative study on the effect of Mustadi Yapana Basti and Balaguduchyadi Basti in Asthi Kshaya in relation to Osteoporosis and its****biomarkers** | **CTRI/2022/02/040452** |
| **Ongoing** |
| **5** | **Dr Bhavna Bhatia** | **Dr. Manoj Shamkuwar** | **Dr. Nitin Jindal****Dr. Vibhu Mehndiratta Dr. Sujata Rajan** | **Evaluation of changes in the Gut microbiome following Virechana karma in patients of Chronic Plaque Psoriasis** | **CTRI/2023/05/052326** |
| **6** | **Dr Diwakar Mani Tripathi** | **Dr. Manoj Shamkuwar** | **Dr. Neetu Jain Dr. Saurabh Gyan** | **A study to assess the effect of Virechana karma as compared to the standard treatment in the management of non-alcoholic fatty liver disease in relation to****Yakritodara”** | **CTRI/2023/05/052432** |
| **7** | **Dr Manisha** | **Dr. Manoj Shamkuwar** | **Dr. Nitin Jindal****Dr. Saurabh Gyan** | **Effect of Vamana Karma on the Disease specific Biomarkers of Diabetes in Pre- Diabetic Patients -****A Single Arm Open Label Clinical Trial.** | **CTRI/2023/05/052545** |
| **8** | **Dr Rohit****Pal** | **Dr. NITIN JINDAL** | **Dr. Manoj****Shamkuwar** | **Clinical study to evaluate****the efficacy of** | **CTRI/2023/08/056473** |

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|  |  |  |  | **Balaguduchyadi basti on the level of****Micronutrients** |  |
| **9** | **Dr. Satrughna** | **Dr. Manoj Shamkuwar** | **Dr .Neetu Jain,Dr. Vibhu Mehndiratta****,Dr. Preksha Singh** | **Study of effect of virechan on serum IgE level in atopic dermatitis** | **CTRI/2024/06/069620** |
| **10** | **Dr. Aniket** | **Dr. Manoj Shamkuwar** | **Dr. Nitin Jindal and Dr. Saurabh Gyan** | **Comparative clinical trial to evaluate the efficacy of shuddha guggulu with and without virechana karma in dyslipidemia** | **CTRI/2024/06/069222** |

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| Details of Faculties |  |
| Name | Dr. Nitin Jindal |

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| Date of Birth | 20/06/1978 |
| Photo |  |
| Teacher Code | AYPK0668 |
| Reg. No. | DBCP/A/6960 |
| Edu. Qualification | MD (Panchakarma) |
| Designation | Associate Professor |
| Date of Joining | 16-02-2016 |
| Experience | 15 years 10 months |
| Contact No. | 9811765501 |
| Email-id | nitjin2005@gmail.com |
| List of Research Publications | 1. **Importance of Rookshana Karma (Dehydrating therapy) in the management Of Transverse myelitis- A Case Study. [ AYU (An International Quarterly Journal of Research in Ayurveda)**ISSN (P)0974-8520, ISSN(E)0976-9382]
2. **Comparative study of Vaman&Virechana karma in controlling blood sugar levels in Diabetes mellitus. [AYU (An International Quarterly Journal of Research in Ayurveda)** ISSN (P)0974-8520 ISSN(E)0976-9382]
3. **Efficacy of Ayurvedic Treatment Using Panchakarma Combined With Balance Exercises For Disability And Balance In Progressive Supranuclear Palsy: A Case Study.[Ancient Science of Life** ISSN (P): 0257-7941 ISSN (E)2249-9547]
4. Probable Cardiac Complications Of VamanKarma In Hridaya- rogas (Cardiac diseases).[ **International Jjournal of Ayurveda MedicineISSN- 09765921**]
5. **Treatment Of Bone Marrow Edema Of Talus Bone By Jalaukaavcharana (Leech Therapy): A Case Study'[Journal of Research and Education in Indian Medicine**

**- An International Quarterly.** ISSN: 0970- 7700 (Print)ISSN: 0970-7700 (Online)**]**1. Chyawanprash as add on to the standard of care in preventing COVID-19 infection among apparently healthy health care workers - A single arm, longitudinal study.[ **Annals of Ayurvedic Medicine Vol- 10 Issue-3 Jul.-Sep., 2021**]
2. Ayurveda formulation AYUSH 64 in asymptomatic and mild COVID 19 infection-A prospective, open label Clinical Study. **(Pre Print)**
3. **Published book-** ‘Pancakarma Siddhi,’ ChaukhambaOrientalia, **ISBN- 978-81-**

**7637-337-1**1. **Copyright-**
	* **‘**Panchakarma Master Chart’
	* ‘Standard Operating Procedure of Pizhichil’
	* ‘Assessment Format of Virechana
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|  | Kamra’.- |
| OPD days and timings | Monday & Friday (09:00- 12:30) |
| PG Department present /absent | Present |
| List of Students and Thesis Title | **As Supervisor-**Dr. Rohit Pal- “Clinical Study to study the role of Balaguduchyadi Basti on the level of micronutrients.”-Dr. Deepak Kumar- “Comparative study to evaulate the efficacy of vrishadi basti with and without kati basti in management of gridhrasi w.s.r PIVD "-Dr. Ritika Nagpal- "Double arm Clinical trial to evaluate the role of basti karma and virechan karma in hyperuricemia." |
| Any awards or appreciations received, if any | None-* Conducted two EMR protocols on Covid-19 , sponsored by CCRAS, Govt. of India.
* Presently conducting one Multicentric Research Project of CCRAS on Rheumatoid Arthritis under SMART Scheme.
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| Details of Faculties |  |
| Name | Dr.Shruti Balabhim Joshi |
| Date of Birth | 13/01/1991 |

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| Photo |  |
| Teacher Code | AYPK01199 |
| Reg. No. | 32527A |
| Edu. Qualification | BAMS, MD , MA(YOGASHASTRA) |
| Designation | Assistant professor |
| Date of Joining | 25/09/2023 |
| Experience | Teaching- 1 year 9 months till date, Medical officer 10months,SRF - CCRAS POST COVID PROJECT-6 MONTHS |
| Contact No. | 8277610531 |
| Email-id | shrutijoshi1391@gmail.com |
| List of Research Publications | Published Research Publications in various reputed journals1. Efficacy of Churna basti in Acute Pain management in Amavata.
2. Understanding the preventive and Therapeutic Role of Murdhni taila in jara janya vyadhi w.s.r to Cerebral Atrophy.
3. Badaradi Lepa in Abhighataja janu Shotha wsr to post Traumatic Synovitis-A case study.
4. POST COVID 19: A CUE TO UNDERSTAND THROUGH AYURVEDA
 |
| OPD days and timings | Wednesday and Friday, 9Am -1pm Evening opd -Skin opd -1st ,4th,5th Monday- 2pm to 3.30pm Neurological disorder OPD- 1st and 3rd Monday -2pm to 3.30pm |
| PG Department present /absent | Present |
| List of Students and Thesis Title | - |
| CME Seminars/Conferences etc. Programmes conducted by Department | - |
| Any awards or appreciations received, if any | 1. Secured 4th Rank in the karnataka state Postgraduate Ayurveda entrance examination conducted by Rajiv Gandhi University of Health Sciences, Bengaluru for the year 2016.
2. Received best Paper presentation award for the topic "Understanding the preventive and Therapeutic Role of Murdhni taila in jara janya vyadhi at international conference JARA-2018 organized by Gomanta Ayurvedic College, GOA.
3. Received RULA International Award foe the Best Researcher of the year-2019.
4. Secured 8th Rank in MD Ayurveda-PANCHAKARMA Examination held in October 2018 in RGUHS

,UNIVERSITY, Bengaluru, karnataka.1. Recieved Certificate for as Margadarshaka for Vitandavaada group in SAMVADA -04 conducted on 28th September 2022 ,organized by KLE Shri B M Kankanawadi Ayurveda Mahavidyalaya and post Graduate studies and Research Center, Belagavi - karnataka.
2. Recieved Award for Academic Excellence on the

occasion of 5th Ayurveda Day 13/11/2020 at Government Ayurveda Medical college, Bengaluru, |

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|  | karnataka.7. Received Prashansa Pramanapatra for participating from 14th to 28th September 2021 in Hindi pakhavada which held at Regional Ayurveda Research Institute, Nagpur. |

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| **CME Seminars/Conferences etc.****Programmes conducted by Department** | CME sponsored by Govt. of India, Organized by RAV- October 2018 |
| **Department Speciality in brief** | Dept. of Panchakarma is running independently since 2008. The post graduate course started in the Department in year 2021. First batch of Post graduate students have passed out in April -2024.The average OPD since last 05 years is approx. 70 pts per day and average IPD is around 15 pts. All the Classical and Keraliya Panchakarma Procedures are conducted in the Department.Patients with Musculo skeletal, Skin and Neurological disorders are high coming to this department. |