

Department of
Panchakarma, AUTCH,
(Govt. of NCT of Delhi)

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:“KARTAVYADAKSHA DOCTOR” award Given by All India Human Right Association, New Delhi on Doctor’s Day 2007 at Pune. Guest of Honor: Largest class on Charak” a world Record organized by NASYA Guest of Honor: Guest of Honor in the 4th edition of India’s largest Health & Wellness Exhibition, “The Yogshala Expo 2019”, in Pragati Maidan, New Delhi.
Published books-	Published Book: 1. “Panchakarma parichaya” 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, Gol, Published by Chaukhamaba prakashak,Varanasi). Books included as Reference book of Panchakarma by NCISM
RESEARCHACTIVITIES:	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-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,Gol) (CTRI/2020/05/025338) 1. CO-I:Parent Knowledge and Attitude regarding COVID-19 among children-A Hospital based study (CTRI/2021/12/03878) 2. 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 Undergoing: 1. Co-I in the Departmental Research Project:“ An exploratory study to compare two different dosing patterns of Shodhanarth aabhyantara snehapaana (internal oleation) against conventional method” (CTRI/2023/04/051263)
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Published Research Articles-

S.No.	Year	Author(s)	Title of Paper	Details of Journal
1	2011	Shrivas Yogita K, Shamkuwar Sujata K, Shamkuwar Manoj K , Tiwari G N ,Chauhan AS	Therapeutic efficacy of Dadim Ghrita in the management of sahaj Pandu roga (sickle cell disease): A human trial-based study	<i>IJRAP</i> 2(2)358-362) ISSN2229-3566
2	2011	Manoj K Shamkuwar , Y.K. Shrivas, L C. Jaiswal	Evaluation of Panchakarma as an Ayurvedic line of treatment in the management of Psoriasis	<i>Journal of Chemical and Pharmaceutical Research</i> 2011, 3(4):17-21 ISSN:0975-7384
3	2012	Shamkuwar Manoj Keshao, et al	Effect of Matrabasti of panchatikta ghrita in psoriasis	<i>IJRAP</i> 3(6)2012 ISSN2229-3566
4	2012	Jindal Nitin , Shamkuwar Manoj , Berry Sadhan	Importance of Rukshan karma (Depleting therapy) in the management of transverse myelitis-A case study	<i>AYU (Indexed in PubMed)</i> 2012;33:402-5 ISSN 0976-9382
5	2012	Jindal Nitin , Shamkuwar Manoj , Kaur Jaskirat ,Berry Sadhan,	Efficacy of Ayurvedic treatment using <i>Panchakarma</i> combined with balance exercises for disability and balance in Progressive Supranuclear Palsy :A case study	<i>ASL (Indexed in Pub Med)</i> 2012;32;54-58 ISSN2249-9547(Web) 0257-7941(Print)
6	2013	Bhandare Madhuri, Raut Subhash, Shamkuwar Manoj	The effect of leech therapy in the management of tenosynovitis of quadriceps femoris - a case study	<i>IJRAP</i> 4(4);629-30July- Aug2013 ISSN2229-3566
7	2013	Pawar Preeti, Kadam Sujata, Gaikwad Manoj, Shamkuwar Manoj	Efficacy of Darvi Madhu oil in Striae Gravidarum	<i>IAMJ</i> 1(6);37-41 Nov-Dec13 ISSN2320-5091
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
		Sijaoria	<i>Jalauka avcharana</i> (leech therapy): a case study	
9	2014	Shrivas Yogita Tiwari GN K ,Shamkuwar Sujata K, Shamkuwar Manoj	Therapeutic role of <i>gomed-mandur-kasis Bhasma</i> compound in clinical management of sickle cell anaemia	<i>JPSI</i> 3(5) 2014
10	2016	Shamkuwar Manoj . Rajan Sujata, Singhai Swapnil	Applied approach of virechan Karma in tamak shwasa	Ijpaam,2016,(1)1-55-59
11	2018	<i>Dr Sujata Rajan, Dr Manoj Shamkuwar</i>	<i>"Role of Ayurveda in Life Style Disease with Special Reference to Obesity - Management and Prevention"</i> ,	<i>International Journal of Science and Research (IJSR)</i> , Volume 7 Issue 8, August 2018 ,995-998
12	2019	<i>Dr. Ankur tanwar, Dr Sujata Rajan, Dr Manoj Shamkuwar</i>	Description of shukra in laghutrayi: a critical review	<i>WJPR</i> , Vol8, Issue8, 2019, 1129-39
13	2019	<i>Dr. Ankur tanwar, Dr Sujata Rajan, Dr Manoj Shamkuwar</i>	Effect of Mustadi yapana basti in shukrakshaya : a panchbhautik Review	<i>IJSR</i> 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, Nimbalkar K, Sharma A, Jindal N, et al.	Prakriti Analysis of COVID 19 Patients: An Observational Study.	Altern Ther 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 Snehapana :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 A main the manifestation of the disease: a critical Review	International Journal of Scientific Research IJSR11(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 Jour of Advanced Research (IJAR)Int. J. Adv.Res.10(05),1148-1152
19	2022	Manoj K. Shamkuwar, Shivshankar Rajput ,et al	Ayurveda formulation AYUSH64 in asymptomatic and mild COVID-19 infection—A single-arm, open-label, prospective, pilot study	Journal of Research in Ayurvedic Sciences6(2):p53-64, Apr–Jun 2022.
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 to Osteoporosis and Its Biomarkers-Review Article	International Journal of Health Sciences and Research IJHSR13(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 major Depressive 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

Details of Faculties	
Name	Dr. Nitin Jindal
Date of Birth	20/06/1978
Photo	
Teacher Code	AYPK0668
Reg.No.	DBCP/A/6960
Edu. Qualification	MD(Panchakarma)
Designation	Associate Professor/ Link-HOD
Date of Joining	16-02-2016
Experience	17 years 03 months
Contact No.	9811765501
Email-id	nitjin2005@gmail.com

List of Research Publications	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] 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] 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] - Probable Cardiac Complications of Vaman Karma in Hridaya-Rogas (Cardiac diseases).[International journal of Ayurveda Medicine ISSN- 09765921] Treatment Of Bone Marrow Edema of Talus Bone by Jalauka avcharana (Leech Therapy): A Case Study'[Journal of Research and Education in Indian Medicine -An International Quarterly.ISSN:0970-7700 (Print)ISSN: 0970-7700 (Online)] - 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] - Ayurveda formulation AYUSH 64 in asymptomatic and mild COVID19 infection-A prospective, open label Clinical Study. (Pre Print). - A Review on <i>Piccha Basti</i> as a Pharmacotherapeutic Option for Acute Inflammatory Conditions of Lower Gastrointestinal Tract - A Comparative Analysis of Balaguduchyadi and Erandamooladi Niruha Basti: Insights and Outcomes (as Second author) Published book-‘Panchakarma Siddhi,’ Chaukhamba Orientalia, ISBN-978-81-7637-337-1 Copyright- ‘Panchakarma Master Chart’ ‘Standard Operating Procedure of Pizhichil’ ‘Assessment Format of Virechana Kamra’.
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OPD days and timings	Monday & Thursday (09:00-12:30 PM), Saturday -(09:00-11:30)AM Special OPD- Skin/Neuro- Wednesday-2:00-03:00 PM)

PG Department present/absent	Yes.
List of Students and Thesis Title	As Supervisor- -Dr. Deepak Kumar- “Comparative study to evaluate 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 virechana karma in hyperuricemia." -Dr. Ritu Sahrawat- Comparative clinical trial to evaluate the efficacy of Phalatrikadi ghanvati with and without Virechana Karma in Metabolic Syndrome. -Dr. Ayushi Gupta- Comparative Efficacy of Chandanadi Basti along with Pradarantaka Lauha and Pradarantaka Lauha Alone on Hemoglobin level in Patients with Raktapradara (w.s.r Menorrhagia)
RESEARCH ACTIVITIES:	Principal Investigator- I: 1. :“Evaluation of the efficacy of an Ayurvedic intervention (Chyawanprash) in the prevention of COVID-19 pandemic among Health Care Personnel 2. An open label single arm prospective study” 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 Ongoing- As Principle Investigator- Shodhanartha abhyantara snehapaana (internal oleation) against conventional method” (CTRI/2023/04/051263)

Details of Faculties	
Name	Dr. Shruti Balabhim Joshi
Date of Birth	13/01/1991
Photo	
Teacher Code	AYPK01199
Reg.No.	32527A
Edu.Qualification	BAMS,MD(Panchakarma), MA(YOGASHASTRA)
Designation	Assistant professor
Date of Joining	25/09/2023
Experience	Teaching - 3year 1.5 month till date, Medical officer 10 months, SRF-CCRAS POST COVID PROJECT-6 MONTHS
Contact No.	9220037141
Email-id	shrutijoshi1391@gmail.com
List of Research Publications and Paper presentation at conferences	Published Research Publications in various reputed journals 1.Efficacy of Churnabasti in Acute Pain management in Amavata. 2.Understanding the preventive and Therapeutic Role of Murdhnitaila in jarajanyavyadhi 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 5.Presented a paper in international conference at SGT University held on “Conceptual understanding of Ayurveda and Mental wellbeing- A Holistic Approach”- 22/11/2025
OPD days and timings	▪ Main officer -E Sanjeevini Consultation– 11am -12pm Panchakarma , AUTCH. ▪ Wednesday and Friday, 9Am-1pm Evening opd - ▪ Skin opd -1st ,4th,5th Monday- 2pm to 3.30pm Neurological disorder OPD-1st and 3rd Monday -2 pm to 3.30 pm
PG Department present/absent	Present
Any awards or appreciations received, ifany	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 Murdhnitaila in jarajanya Vyadhi at international conference JARA-2018 organized by Gomanta Ayurvedic College, GOA. 3.Received RULA International Award for 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. 5.Received Certificate for as Margadarshaka for Vitandavaada group in SAMVADA -04 conducted on28th September 2022 ,organized by KLE Shri B M Kankanawadi Ayurveda Mahavidyalaya and post Graduate studies and Research Center, Belagavi - Karnataka. 6. Received Award for Academic Excellence on the occasion of 5th Ayurveda Day 13/11/2020 at Government Ayurveda Medical college, Bengaluru,

	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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Brief Information about Panchakarma Department and achievements

Department information in brief	• Dept. of Panchakarma is running independently since 2008. • All the Classical and Keraliya Panchakarma Procedures are conducted in the Department. • Patients with Musculo skeletal, Skin and Neurological disorders are higher to seek Panchakarma treatment. • The post graduate course started in the Department in year 2021.Second batch of Post graduate students have passed out in March- April-2025. • The average OPD since last 03 years is approx. 75 pts per day and average IPD is around 17 pts. • Panchakarma technician course in collaboration
Research Projects Conducted	1.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) 2.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] 3.An open label single arm prospective study” 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
Publications and other achievements	Refer to the publication and Research section
CME Seminars/Conferences etc. Programmes conducted by Department	CME sponsored by Govt. of India, Organized by RAV- October 2018

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1.	Standard Operating Procedure of Pizhichil	Dr Nitin Jindal, Dr Manoj Shamkuwar, Dr Bhawna Bhardwaj	L-137211/2023
2.	Assessment Format of Swedana karma /Keraliya Panchakarma Procedure	Dr Divya Panchal, Dr Manoj K Shamkuwar, Dr Nitin Jindal, Dr Pritoshsundarmoharana, Dr Bhawna Bhardwaj, Dr Leena Gautam	L-149669/2024
3.	Standard Operating Procedure of Shirobasti	Dr Leena Gautam, Dr Manoj K Shamkuwar	L-155012/2024
4.	Standard Operative Procedure of Manya basti/Greevabasti	Dr. Manoj K.Shamkuwar Dr. Nitin Jindal Dr. Divya Panchal	L-123488/2023
5.	Assessment Format of Virechana Karma	Dr. Divya Panchal Dr. Manoj K. ShamkuwarDr. Nitin Jindal	L-144821/2024
6	Assessment Format for Basti Karma	Dr. Bhawna Bhardwaj Dr. Manoj K.ShamkuwarDr. Nitin Jindal	L-150055/2024
7	Pramehapuravrupa screening index (PDSI)	Dr. Manoj K.Shamkuwar Dr. Nitin Jindal Dr. Manisha	

Post-Graduate Department of Panchakarma
Research Protocol for MD (Panchakarma)

S.No.	Nameof 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 SeropositiveRheumatoid Arthritis in relation to Amavata	CTRI/2022/01/039706
2	DrLeena Gautam	Dr. Manoj Shamkuwar	Dr.Kamal Bisht Dr.Prerna Kukreti	AComparativestudyof different modalities of Murdhini Taila and its effect on Stress: A Randomized clinical study	CTRI/2022/02/039984
3	DrDivya Panchal	Dr. Manoj Shamkuwar	Dr.Nitin Jindal	A Non-RandomisedClinicalTrialto Evaluate the Efficacy of UttarbhaktikaSnehana and Manya Basti in the managementofCervicalRa diculopathy	CTRI/2022/01/039465

4	DrPritosh Sundar Moharana	Dr. Manoj Shamkuwar	Dr.Nettujain	Comparative study on the effect of MustadiYapana Basti and BalaguduchyadiBastiinAs thiKshayainrelation to Osteoporosis and its biomarkers	CTRI/2022/02/040452
Ongoing					
5	DrBhavna Bhatia	Dr. Manoj Shamkuwar	Dr.Nitin Jindal Dr. Vibhu Mehndiratta Dr. Sujata Rajan	Evaluationofchangesin the Gut microbiome following Virechana karma in patients of ChronicPlaquePsoriasis	CTRI/2023/05/052326
6	Dr Diwakar Mani Tripathi	Dr. Manoj Shamkuwar	Dr.NeetuJain Dr. Saurabh Gyan	A study to assess the effect of Virechana karma as compared to thestandardtreatment in the management of non-alcoholicfatty 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 DiabetesinPre- DiabeticPatients- ASingleArmOpenLabel Clinical Trial.	CTRI/2023/05/052545
8	DrRohit Pal	Dr.Nitinjindal	Dr. Manoj Shamkuwar	Clinicalstudytoevaluate theefficacyof	CTRI/2023/08/056473
				Balaguduchyadibastion 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 levelinatopicdermatitis	CTRI/2024/06/069620
10	Dr. Aniket	Dr. Manoj Shamkuwar	Dr. Nitin Jindal andDr. SaurabhGyan	Comparativeclinicaltrial to evaluate the efficacy ofshuddhagugguluwith and without virechana karma in dyslipidemia	CTRI/2024/06/069222
11.	Dr. Anjali Karande	Dr. Manoj Shamkuwar	Dr. Nitin Jindal and Dr. Swati Gaikwad	A clinical trial to evaluate the efficacy of Vamana karma along with Kuberakshavati on PCOS profile in the patients of polycystic ovarian syndrome.	CTRI/2024/12/078810 ,
12.	Dr. Ayushi Gupta	Dr. Nitin Jindal	Dr. Manoj K. Shamkuwar Dr. Swati Gaikwad Dr. Samta Agrawal Dr. Navleen	Comparative Efficacy of Chandanadi Basti along with Pradarantaka Lauha and Pradarantaka Lauha Alone on Hemoglobin level in Patients with Raktapradara (w.s.r Menorrhagia)"	CTRI/2025/02/080050

13.	Dr. Jolly Gautam	Dr. Manoj Shamkuwar	Dr. Neetu Jain	A Comparative Clinical Study to Evaluate the role of Lekhana basti and Virechana karma in Sthaulya (obesity).	CTRI/2025/03/081999
14.	Dr. Ritu	Dr. Nitin Jindal	Dr. Manoj Shamkuwar	Comparative clinical trial to evaluate the efficacy of Phalatrikadighanvati with and without Virechana Karma in Metabolic Syndrome	CTRI/2025/01/079134