

**MANSAROVAR AYURVEDIC MEDICAL COLLEGE, HOSPITAL AND
RESEARCH CENTRE BHOPAL (M.P.)**

Department of Panchkarma

Introduction:

Panchkarma is a branch of Ayurved for detoxification program aimed to reduce the toxin overload in the system. The *Panchkarma* is unique to each individual and their body type (*Doshas*), identifying the underlying factors in the ailments. Five purification methods are followed in the *Panchkarma* cleansing therapy namely, *Vamana* (Induced vomiting), *Virechana* (Purgation), *Basti* (Medicated enema), *Nasya* (Nasal medication) and *Raktamokshana* (Bloodletting). Together all these five is called Panchkarma.

Vision:

1. To be an excellence of Ayurvedic Institute to impart scientific Ayurvedic knowledge to all aspirant students based on integration of ancient wisdom with modern technology for the propagation and practice of genuine Ayurveda.
2. To bring Ayurvedic Science to the people as their life science through evidence base clinical diagnosis, treatment and prevention.

Facilities:

Our Panchkarma unit provides the full range of classical panchkarma, keraliyapanchkarma procedures along with allied procedures like shirobasti, shirodharaetc, which are found efficient in the variety of

Neurological, Musculoskeletal and skin disorders like Psoriasis, Eczema etc, there are separately specialized set up for male and female.

Indoor wards with full ambience and 24 hours individual patient care. General ward admission along with breakfast, lunch, and dinner is free for patients.

Gallery:



Panchkarma section





Swedan Karma



Droni with Swedana Box



Team Panchkarma

TEAM:

| Sr. No. | Name of Faculty/ Staff | |
|---------|--------------------------|----------------------|
| 01 | Dr. Rajlaxmi Jain | Professor |
| 02 | Dr. Kushal Yadav | Associate Professor |
| 03 | Dr. Prakash Singh Rajput | Assistant Professor |
| 04 | Dr. Nakul V. Khode | Assistant Professor |
| 05 | Mr. Jagpreet Singh | Physiotherapist |
| 06 | Mr. Jijo Joseph | Panchkarma Assistant |
| 09 | Mrs. Tincy Joseph | Panchkarma Assistant |

DR. RAJLAXMI JAIN

Designation: Professor

Qualification: M.D. (Kayachikitsa)

MRAV (Panchkarma)

Experience: 16 years

No. of Research Article: 03

Paper Presented in Seminar: 05

Workshops/ Exhibition: 08

Training – 02

Reorientation Programme - 2

Achievements/ Awards:

1. Life Membership of National Academy of Panchkarma & Research
2. Member of Rastriya Ayurved Vidyapeeth, New Delhi, in Panchkarma.



DR. KUSHAL YADAV

Designation: Associate Professor

Qualification: M.D. (Panchkarma)

Experience: 6 Years 7 Months

Delegate / Paper Presented in Seminar: 06

Workshops/ Exhibition: 01

Training – 03

Achievements/ Awards:

1. Teaching Excellence Award 2018 by Dainik Bhaskar
2. Master Trainer – Standardized Prakriti Assesment Scale and AYUR Prakriti Web Portal

Training:

TTT (Training To Teachers) 1017 organised by CCIM and Pt. Khushilal Sharma Govt. Ayurved College Bhopal.



DR. PRAKASH SINGH RAJPUT

Designation: Assistant Professor

Qualification: M.D. (Panchkarma)

Experience: : 2 year7 month

No. of Research Article (Author/Co-Author): 06

Paper Presented in Seminar:08

Workshops/ Exhibition: 03

Training - 01

Achievements/ Awards:

1. First prize in Scientific Article Writing competition organised by Pt. Khushilal Sharma Govt. Ayurved College Bhopal, on The Occasion of National Ayurveda Day.

Training:

Industrial training at minor forest produce processing & research center, barkhedapathani Bhopal.



Dr. NAKUL V. KHODE

Designation: Assistant Professor

Qualification: M.D. (Panchkarma)

MSc Pharmaceutical Medicine

Experience: Assistant Professor: 5 months

Senior Research Fellow: 3 Years

Clinical Research Associate: 2 ½ years

No. of Research Article: 08

Paper Presented:01

Workshops/ Exhibition: 04

Seminar/CME: 10

Achievements/ Awards:



2. Third prize in poster presentation in National seminar on Ayurvedic Management of Joint Disorder (Sandhivikara).

Project/ Assignment:

1. Tribal Health Care Research Project of Central Council for Research in Ayurveda (CCRAS).
2. Clinical Trials, BABE Trial, Protocol, CRF preparation for Clinical Research Organisation (CRO).
3. Audit faced: DCGI facility audit for BABE study, WHO, ANVISA, EMEA.