

## PG. DEPARTMENT OF KAYACHIKITSA



Name	Qualification	Position	E-mail ID	Experience (In Yrs)	No. of Publications	Area of Specialization/ Interest
<b>Prof. Ajay Kumar Sharma</b>	<b>M D (Ay.), Ph.D Dip. Yoga, C.C.T.Y</b>	<ul style="list-style-type: none"> <li>• Director NIA Jaipur</li> <li>• Medical Superintendent, NIA Hospital</li> <li>• Professor &amp; Head P.G. Deptt. Kayachikitsa, NIA Jaipur</li> </ul>	<b>ajay_sharma_54@hotmail.com,</b>  <b>pasharma_jpr@yahoo.com</b>	<ul style="list-style-type: none"> <li>• Clinical Experience – more than 32 Years</li> <li>• Research Experience - More than -24 Years</li> <li>• Teaching Experience -More than 32 Years</li> <li>• Administrative Experience - More than 28 Years</li> </ul>	<ul style="list-style-type: none"> <li>• International Publications -5 (3 Book Chapters, 2 Research Articles)</li> <li>• Books Published : 13</li> <li>• Peer Reviewed Research Articles-42</li> <li>• Other Articles- 217</li> <li>• As Contributing Expert &amp; Resource Person -06</li> </ul>	Indian Medicine, Panchakarma & Yoga

### Departmental Activities:

#### A. Academic

Conferences / Seminars / Workshops / CMEs / ROTPS Attended = 126

1. International -18
2. National -106
3. As Chair Person -33
4. Lectures Delivered - 106
5. Thesis/Guided/Supervised -76
  - a. M.D (Ay) - 50
  - b. Ph.D - 26

#### B. Research- Significant Research Contributions-

1. Effective treatment for Hypertension, Dyslipidemia & IHD
2. Developed Shirodhara treatment for Insomnia & Anxiety Neurosis.
3. Role of Basti Therapy in Amvata. (R.A.)
4. Developed Nasya Karma Therapy for Chronic Rhinitis.

5. Evaluation of Rasayana Prabhava of Amalaki, Bhallataka, Mandukparni, Brahm Rasayana etc.
6. Anti-Aging & Anti Stress effect of Ashwagandha.
7. Effective treatment for lipid disorders with Bala Haritaki.
8. Dependable treatment for Diabetes Mellitus.
9. Sthaulyahara Bati & Sthaulyahara Basti in managing Obesity.
10. Kanchanara Guggulu & Pippali Vardhamana Rasayana in the management of Hypothyroidism.
11. Effective treatment for Viral Hepatitis with Markandeyadi Hima.
12. Effective treatment for Depressive Illness.
13. Developed Vamana Karma Therapy for managing Bronchial Asthma.
14. Effective treatment for various Sleep Disorders

### C. Others

#### Foreign Assingements

- a. Visited Serbia on deputation by AYUSH Dept., Govt. of India as an Ayurveda Expert to participate in "India in Serbia" trade Manifestation w.e.f. April 8-11, 2008.
- b. Visited South Korea on deputation by AYUSH Dept., Govt. of India as an Ayurveda Expert to participate in "International Conference on Ayurveda" w.e.f. September 26-28, 2009
- c. Visited Malaysia on deputation by AYUSH Dept., Govt. of India as an Ayurveda Expert to participate in "International Conference on Traditional Indian Systems of Medicine" – "Ayurvedic Medicine – The Way Forward " w.e.f. Feb. 28 to Mar.02, 2010
- d. Visited South Korea, Daejeon on deputation by AYUSH Dept., Govt. of India as an Ayurveda Expert to participate in "International Symposium on the Current Trends of Clinical Research in Traditional Medicine" w.e.f. October 24-28, 2010

#### Awards, Distinctions & Scholarships

- a. Recipient of "**Swargiya Shri Shivnath Sharma Ayurved Shodha Puruskara**" for the year 2007, for Outstanding Achievements & Contributions in the field of Ayurveda, sponsored by "**Shri Gyana Kalyana Datavya Nyasa**", Managing trustee "**Shri Murali Manohar Joshi**" honourable Member of Parliament (Rajya Sabha), Chairman, Parliamentary Standing Committee on Commerce. The honour was presented by "**Shri Navin Patnaika, Chief Minister of Orissa on 18<sup>th</sup> November, 2007**" at **Bhubaneshwar**.
- b. Recipient of "**Rashtriya Ekta Samman**" on the occasion of **Rashtriya Ekta Diwas** on 64<sup>th</sup> Birth Anniversary of **Late Shri Rajiv Gandhi** on **19<sup>th</sup> August 2007, New Delhi** for Outstanding Achievements & Contributions in the field of Ayurveda.
- c. Recipient of "**Shiksha-Vibhushana 2010**" Award by **Rajasthan Yuva Chaatra Sanstha** on October 03, 2010.
- d. **Vidwata Sammana**" for outstanding contribution in the field of Scientific Propagation of Ayurveda, by **Prof. Vaidya Laxmi Narayan Sharma Samiti Jana-Kalyana Nyas**, Jaipur on Nov. 16, 2010.

#### Radio/T.V. Programs:

Participated in various Health related programs on Radio & Television, from Delhi / Jaipur AIR / DOORDARSHANA. (AIR Talks 35, T.V. Programs 9).