

Doctors Profile

Dr. Varun Vinayak, born to a well-known family **Peroth** on 10th March 1984 which is located in Marathamcode, which belongs to Kadangode panchayat of Thrissur district in central Kerala. The treatment expertise of eminent members in family over generations spreads over a wide range of portfolio which includes **Ayurveda, Astrology** (Jyothisham), **Hastyaayurvedam**(Treating Elephants) and **Kalarippayatu** (Traditional Martial art). Traditionally being well known devotees of Lord Ayyapa their Vaidyashala (treatment centre) is named as “Shastha” which is another name of Lord Ayyappa.

They have a known history of about six generations in the field of Ayurveda, beyond that is unknown. Dr. Varun Vinayak, the second among three sons of Dr. P A Vijayan is the flag bearer of the present generation. He holds his BAMS degree from T.M.A.E.S Ayurveda Medical College, Shimoga under Rajiv Gandhi University of Health Sciences, Bengaluru. After completing his bachelor’s degree he worked with various Ayurvedic institutions.

Period	Designation	Organisation
Oct 2009 to Feb 2010	Doctor In charge	ABAD Whispering Palms lake resort (Ayurveda wing) – Kumarakom. Undertaken by K.P. Pathrose Vaidyans Kandamkulathy Ayurveda Group
Mar 2010 to Jul 2010	Junior Doctor	Shastha Ayurveda Clinic, Pannithadam
Aug 2010 to Dec2012	Residential Medical Officer	Poomully Aramthampuran’s Ayurveda Mana, Peringode
Jan 2013 to Nov 2013	IP In charge Visiting consultant	Perumbayil Ayurveda Mana, Guruvayoor Poomully Aramthampuran’s Ayurveda Mana, Peringode
Jan 2017 to Aug 2018	Senior Consultant Visiting Consultant	Shastha Ayurveda Clinic, Pannithadam In various reputed Ayurveda establishments
Nov 2018 to Till date	Special Consultant Assistant Professor	IBS (Irritable Bowel Syndrome) Ashtangam Ayurveda Chikithsaalayam

Gaining experience for 4 years Dr. Varun enrolled for Post-Graduation. He holds a master’s degree in Shareera Rachana from Sri Dharmasthala Manjunatheswara College of Ayurveda & Hospital, Hassan. Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru. Presently Dr. Varun is working as an Assistant Professor at Ashtangam Ayurveda Chikithsaalayam and Vidyapeedam, Vavanoor in Rachana Shareera (Human Anatomy) department since 16th November 2018. He also works as a specialist consultant in college hospital for IBS (Irritable Bowel Syndrome). His other areas of interests are sports medicine (Marma Chikitsa) and Nephrology (Kidney Disorders).