

## Dr. SWATHY V M. D. (Ay)

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### PERSONAL PROFILE

- Sex: Female
- Date Of Birth: 13-06-1989
- Nationality: Indian
- Religion: Hindu, Caste: Nair
- Permanent Address: 'Vaisakham' B-4, New Civil Nagar, Behind Civil Station, Palakkad-678001, Kerala
- Fathers Name: Dr. K. R. Vijayakumar
- Mothers Name: C.K.Santhakumari
- Marital Status: Married
- Spouse: Sooraj K S
- Languages Known: Malayalam, English, Hindi, Tamil, Sanskrit

### ACADEMIC PROFILE

Degree	Institute/ University	Duration
MD (Ayu) Swasthavritta (Social and Preventive medicine)	Amrita School of Ayurveda, AmritaVishwaVidyapeetham Kollam	2018-2021
CRAV (Certificate of RashtriyaAyurveda Vidyapeeth)	Bharatiya Sanskriti Darshan Trust, Integrated Cancer Treatment and Research centre under institutional guru (Dr.S.P.Sardeshmukh) at Pune, Maharashtra	2017-2018
Bachelor of Ayurvedic MedicineandSurgery(BAMS)	Ayurveda College Coimbatore, Tamil Nadu Dr. M. G. R Medical University	2007-2013

### PROFESSIONAL REGISTRATION

The Travancore -Cochin Medical Council for Indian System of Medicine  
Registration No: 14222

**PROFESSIONAL EXPERIENCE****MONTHS**

**Ashtamgam Ayurveda Chikitsalayam and Vidyapeetham, Vavannoor, Palakkad, Kerala- 29 June 2023 Till date**

**Presently serving as Assistant Professor in the department of swasthavritta and Yoga, Ashtamgam Ayurveda Chikitsalayam and Vidyapeetham, Vavannoor, Palakkad, Kerala**

**Parul Institute of Ayurveda ( Parul University), Vadodara - From 14 Feb 2022- 28 June 2023**

<b>Designation</b>	<b>Assistant Professor, Department of Swasthavritta</b>
<b>Roles and Responsibilities</b>	Academics, OPD, IPD, Incharge of the pathyakalpana unit, NABC IQAC Member Secretary, NAAC Criteria 2 member , MBBS Internship in AYUSH coordinator PG co-cordinator, IYD 2022 Co-ordinator, Ayur Food fest 3 Coordinator

**Arya Vaidya Chikitsalayam and Research Centre, Coimbatore (July2013-Feb 2015)**

	<b>Medical Officer</b>
<b>Roles and Responsibilities</b>	<ul style="list-style-type: none"> <li>• Clinical case documentation</li> <li>• OPD Management and Consultation</li> <li>• IPD Rounds, Patient monitoring and care.</li> <li>• Treatment supervision</li> <li>• Organizing Community awareness programs</li> <li>• Coordinating CME's and Educational sessions</li> <li>• Research</li> </ul>

**Arya Vaidya Sala, Kottakkal Agency and Nagarjuna Oushadhasala, Palakkad**

<b>Designation</b>	Consulting Physician
<b>Roles and Responsibilities</b>	OPD Consultation

**AWARDS AND ACHIEVEMENTS**

<ul style="list-style-type: none"> <li>• <b>Young Scientist Award</b></li> </ul> <p><b>December 2022</b></p>	For the best oral paper presentation at the 6 <sup>th</sup> International conference on 'Ayurved for Cancer' at BSDT'S Integrated Cancer Treatment and Research Centre, Wagholi, Pune
<ul style="list-style-type: none"> <li>• <b>Dr.C.R. Agnives Memorial Award</b></li> </ul>	1 <sup>st</sup> prize in the National Level PG Thesis Presentation Competition organized by Ayurveda Medical Association of India and AMA Research foundation, Kottakkal Feb 2022
<ul style="list-style-type: none"> <li>• <b>1<sup>st</sup> Rank with Gold Medal</b></li> </ul> <p><b>October 2022</b></p>	For MD Swasthavritta from Amrita Vishwa Vidyapeetham University

<ul style="list-style-type: none"> <li>• <b>Amrita Innovations and Research Awards (AIRA) 2021</b></li> </ul>	For the publication titled ‘Lead and Cadmium assessment in 54 Indian Herbal Medicines: Traditional and marketed varieties – a questionable allegation!!’ published in the Journal, Environmental Science and Pollution Research (ESPR)
<ul style="list-style-type: none"> <li>• <b>Best paper presentation in the Department of swasthavritta (Preliminary round)</b></li> <li>• <b>2<sup>nd</sup> Best paper in the interdepartmental Final round</b></li> </ul>	‘Saadhanaa 3’ National Seminar on clinical aspects held at Nangelil Ayurveda Medical College, Kothamangalam, Kerala in February 2020
<ul style="list-style-type: none"> <li>• <b>Outstanding performer award</b></li> </ul>	In the Astangahridayasaptaha’ Organized by Arya Vaidya Pharmacy Research Foundation in 2011.
<ul style="list-style-type: none"> <li>• <b>2<sup>nd</sup> Prize</b></li> </ul>	In the National level elocution competition on the topic ‘Yoga for stress management’ in the National Yoga week work shop conducted by Morarji Desai National Institute of Yoga New Delhi in the year 2010.
<ul style="list-style-type: none"> <li>• <b>Best Paper Award (1<sup>st</sup> Prize)</b></li> </ul>	‘AdravyabhootaChikitsa of Prameha’ in the National Seminar on lifestyle disorders conducted by Prithvi foundation in 2010
<ul style="list-style-type: none"> <li>• <b>2<sup>nd</sup> Prize for All Kerala Speech Competition</b></li> </ul>	The role of Yoga in the post covid society) conducted by Ashtangam Ayurveda Vidyapeeth and Research Centre on behalf of International Yoga Day June 2020.
<ul style="list-style-type: none"> <li>• <b>Aryavaidhyan Shri P. V.Rama Variar Award</b></li> </ul>	2007 Batch BAMS Topper
<ul style="list-style-type: none"> <li>• <b>Individual Overall Champion in the literary, arts and cultural competitions.</b></li> </ul>	‘Ayurdhwani’ 2010, Ayurveda College Coimbatore

RESEARCH EXPERIENCE	POSITION AND RESPONSIBILITIES
<p><b>PG Dissertation Topic:</b></p> <p><b>A Randomized controlled clinical trial to evaluate the efficacy of <i>Yashtimadhughrita</i> application in minimizing the radiation induced toxicity in patients of Oropharyngeal squamous cell carcinoma.’</b></p> <p>An integrated study in the Department of Radiation Oncology in Regional Cancer Centre (RCC), Trivandrum, India</p>	<p>Co-investigator And Research coordinator (September 2020- August 2021)</p>
<p>Student start up and innovation policy( SSIP) and Gujarat knowledge society –Project</p>	<p>Hackathon Academic mentor- Oct 2022</p>

‘Dantadhaavana’ a clinical Survey on the effect of Dantadhavanachoorna in selected Dental pathologies.	A monograph submitted in partial fulfilment of the CRAV (Certificate of Rashtriya Ayurveda Vidyapeeth) -2018
Comprehensive and integrative care for children with DMD (Duchenne Muscular Dystrophy) AnMDCRC (Molecular diagnostics Counseling Care and Research Centre) and Arya Vaidya Pharmacy, Coimbatore collaborative initiative.	Case taking, QOL assessment, counselling parents- 2015
STI-AyurITLIVES, Ayurveda inspired Tribal livelihoods, education and sustainability for the Tribal community of Mizoram of Amrita Vishwa Vidyapeetham.	Drafting the Project proposal -2021
Safety and efficacy evaluation of customized Ayurvedic treatment in ameliorating glycemic index in patients diagnosed with type-2 diabetes mellitus compared to standard oral hypoglycemic drugs metformin.	Clinical Research Co-Coordinator – 2014 to 2015

PUBLICATIONS (TITLE)	JOURNAL/ YEAR
<ul style="list-style-type: none"> <li><b>Vijayakumar S</b>, Sugunanandan A, Madhavan V, Chacko J, Robin DT, Mohan P. Lead and cadmium assessment in 54 Indian herbal medicines: traditional and marketed varieties-a questionable allegation!!. <i>Environ Sci Pollut Res Int</i>. 2020;27(34):43419-43420. doi:10.1007/s11356-020-10991- <a href="https://pubmed.ncbi.nlm.nih.gov/33011951/">xhttps://pubmed.ncbi.nlm.nih.gov/33011951/</a></li> </ul>	Environmental Science and Pollution Research (December 2020)
<ul style="list-style-type: none"> <li>Effective management of Colles Fracture using Murivenna and Half cast plaster of Paris and splinted bandage- A case report</li> </ul>	Journal of Ayurveda and integrative medicine (Accepted for publication)
<ul style="list-style-type: none"> <li><b>Vijayakumar S</b>, Subramaniam M, Madhavan VR, Dileep A, Venkatesha RN, Robin DT. <b>Preliminary Physico-Chemical Profile of YashtimadhuGhrita</b>. <i>Int J Res Pharm Sci</i> [Internet]. 2021 Aug 6 [cited 2021 Sep 17];12(3):2184–9. Available from: <a href="https://www.pharmascope.org/index.php/ijrps/article/view/4832https://www.pharmascope.org/index.php/ijrps/article/view/4832">https://www.pharmascope.org/index.php/ijrps/article/view/4832https://www.pharmascope.org/index.php/ijrps/article/view/4832</a></li> </ul>	International Journal of Research in Pharmaceutical Research (August 2021)
<ul style="list-style-type: none"> <li>Varghese T, <b>Vijayakumar S</b>, Boban N, R SS, L V, Robin DT, M VR. Severe Lead Toxicity Due to Ayurvedic Medicine in a Child with Type 1 Diabetes Mellitus: Correspondence. <i>Indian J Pediatr</i>. 2022 Feb 16. doi: 10.1007/s12098-022-04088-1. Epub ahead of print. PMID: 35171435.</li> </ul>	Indian Journal of Pediatrics (Feb 2022)

<ul style="list-style-type: none"> <li>• AYUSH Cancer Conclave 2019 Accepted Oral Papers with Abstracts. (2019). <i>AYU (An International Quarterly Journal of Research in Ayurveda)</i>, 40(5), 9. <a href="https://www.ayujournal.org/article.asp?issn=0974-8520;year=2019;volume=40;issue=5;spage=9;epage=34;aulast=Role of psychosomatic axis in the etio-pathogenesis of cancer and personalized SatvavajayaChikitsa as a preventive model-A conceptual studyhttps://www.ayujournal.org/article.asp?issn=0974-8520;year=2019;volume=40;issue=5;spage=9;epage=34;aulast=">https://www.ayujournal.org/article.asp?issn=0974-8520;year=2019;volume=40;issue=5;spage=9;epage=34;aulast=</a></li> </ul>	<p>AYU (An International Quarterly Journal of Research in Ayurveda) (July 2021)</p>
<ul style="list-style-type: none"> <li>• Role of LaghumaliniVasanta Rasa as an anti-natal supplement for preventing gestational Diabetes Mellitus.</li> </ul>	<p>Scientific Journal of Ayurveda Medical Association of India ‘TREATISE’ (August 2020)</p>

### PAPERS PRESENTED AND TITLES

<ul style="list-style-type: none"> <li>• ‘Role of psychosomatic axis in the etio-pathogenesis of cancer and personalized satvavajayachikitsa as a preventive model. At Conclave on Cancer care and Research, developing a road map, jointly organized by Amrita centre for Advanced Research in Ayurveda.</li> </ul>
<ul style="list-style-type: none"> <li>• ‘Role of Swasthavritta for enhancing the health and performance of Military Personnel’ In Saadhanaa 3 National Seminar on clinical aspects held at Nangelil Ayurveda Medical College</li> </ul>
<ul style="list-style-type: none"> <li>• ‘Millets: A salubrious nutritional intervention for abating lifestyle disorders’ In the 4<sup>th</sup> Global Ayurveda Festival.</li> </ul>
<ul style="list-style-type: none"> <li>• Role of LaghumaliniVasanta Rasa as an anti-natal supplement for preventing gestational Diabetes Mellitus in ATHARVA national seminar on Emergency Management, Govt. Ayurveda College Trivandrum.</li> </ul>
<ul style="list-style-type: none"> <li>• Presented a paper on ‘Adravyabhootachikitsa of prameha’ in the national seminar on lifestyle disorders conducted by the Prithvi foundation in 2010</li> </ul>
<ul style="list-style-type: none"> <li>• Presented a paper on ‘Stress management through yoga’ in the National yoga work shop at Morarji Desai National Institute of Yoga in NewDelhi. -2010</li> </ul>

### ESSAY’S

<p>“Tenets of Epidemiology in Ayurveda” In theVishwa Ayurveda Parishad, Vaidya Uddhav das Mehta Memorial All India Ayurveda PG Students Essay Competition</p>
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### RESOURCE PERSON

1. Resource person- Transitional curriculum (Importance of Yoga) for 1<sup>st</sup> year BAMS-Feb 2023
2. Expert speaker – Ayur Tarang start up- On ‘Child Nutrition through Ayurveda’
3. M G College Trivandrum, Post Graduate and Research Department of Hindi and IQAC, Resource person for the One day National Webinar.- ‘Health and Wellbeing through Ayurveda’ - 25/08/22
4. Expert Speaker for ‘Vaidyasameeksha’ AMAI Perumbavoor Area, Ernakulam District Committee- 31/07/2022
5. Expert Talk, Faculty of Law, Parul University on International day of Yoga 2022

#### **COMMUNITY ACTIVITIES (2019–2021)**

- Awareness talk regarding Child nutrition and Ayurveda for children for ashra workers, parents and kids in the Anganwadi of Dabhoi Taluka, Limda Village, Vadodara
- Awareness talk on Ayurveda diet and lifestyle for occupational health- for the personnel of National Industrial Security force- GAIL Vadodara
- ‘Food resolutions for New Year’- Insta live interactive session for Parul University social media crew
- Consultant physician in the Ayur help call center providing Online consultation for Covid 19 Prevention, Covid 19 Diagnosis and Treatment and Post covid relief and vaccine related queries.
- Survey among the rural population of Talavadi Village (Satyamangalam, Tamil Nadu) -
- Health awareness classes for School going children, NGO’s, Residential associations and Women Working Groups.
- Medical camps and Flood relief camp during the Kerala Flood 2018
- Actively participated in case taking, cancer screening and patient examination and community awareness programs as a part of the CRAV in the Integrated Cancer Treatment and Research Centre, Wagholi, Pune
- VISHAKHACOMMITTEE students member- Amrita School of Ayurveda
- Health talks for Pensioners association and NSS Karayogam members

#### **INTERESTS AND HOBBIES**

- Gardening
- Cooking
- Creative writing
- Collectables
- Singing and Dancing
- Watching Movies
- Travelling
- Reading

I hereby certify that the information given is true to the best of my knowledge.

SIGNATURE

