

Bio-Data

Personal Data:

Name : Dr. A. Ramya

Professional Data:

Academic qualification

:

Bachelor of Ayurvedic Medicine & Surgery

Completion of the course : January, 2008

College : Vaidyaratnam P.S.Varier Ayurveda College
Kottakkal

University : University of Calicut.

Post-graduate Specialty : **MD (Ay) Pancakarma**

College : Dept. of Post-Graduate Studies in Pancakarma,
Govt.Ayurveda College,
Thiruvananthapuram.

University : University of Kerala.

Completion of course : **October, 2012.**

Current position

- **Vice Principal
Professor and Head,
Dept.of Pancakarma,
Ashtamgam Ayurveda Vidyapeedam, Vavanoor(at Ashtamgam since 2015
Experience 11 years of graduate teaching**
- **Currently pursuing PhD(part time) at Kerala university of health Sciences**
- **CENTER, Vaidyaratnam P S Varier Ayurveda College Kottakkal**
- **Teaching Experience - 11 YEARS**

Previous Teaching & Clinical Experience:

1. **Tutor, Dept. of Kayachikitsa**, Parrassinikkadavu Ayurveda Medical College, Parassinikkadavu, Kannur District from 1-4- '08 to 26-7- '08.
2. **Demonstrator/ Clinical Registrar** at the **Dept. of Racana Shareeram**, Amrta School of Ayurveda, Amrta VishwaVidyapeetam Deemed University, Vallikkavu PO, Kollam Dist. from 28-7- '08 to 31-12- '08
3. **Assistant Professor, Dept. of Pancakarma**, Parassinikkadavu Ayurveda Medical College, Kannur October 2012 onwards TO JULY 2015
4. **Specialist Consultant** in Ayurvedic Neurology, Ayurvaid Hospital, Cochin from November 2012 to February 2013
5. **Specialist Consultant**, Neuro Care & Rehabilitation, Dept. Of Ayurveda, Indira Gandhi Co-operative Hospital, Thalasseri, from February 2014 onwards till january 2015.
6. **Specialist Consultant**, Natural Touch Ayurveda Clinic, Kannur from march 2015- continued till March 2020
7. Currently Visting PK Specialist at Ayurbethania Aurveda Hospital, THRISSUR
8. Currently Academic Advisor, Sitaram Research Foundation

Books

- Co author to Dr L Mahadevan on” **Principles and Practice of Snehana** “ published by SRI SARADA AYURVEDA TRUST , Dersinamcope, Kanyakumari, in June 2018 at Vaidyanadham seminar series in 2018 held at VIVEKANANDA KENDRA , Kanyakumari
- **Tridoshic diary- A Compilation** , published by SRI SARADA AYURVEDA TRUST , Dersinamcope, Kanyakumari, 2018 at Vaidyanadham seminar series in 2018 held at VIVEKANANDA KENDRA , Kanyakumari

Articles and Publication in 2023

Contributed 20 articles to Sunday express coming under the title “Ayurwisdom”, biweekly series from Feb 2023 to dec2023

ARTICLES PUBLISHED (2023)

SUNDAY EXPRESS

- Best practices for disease free life
- Reset with abhyanga rituals
- Health begins at home
- Seize the sneeze
- Ayurveda for parkinsons disease
- Decoding detox
- Answer your mane worries
- Preventing neurological issues through ayurveda
- Taking care of our back
- Sleep pillar of life
- Facing rains –healthy way
- Tackling common cold
- For a healthy heart
- Set sight on vision
- Learning without limits
- Diabetic neuropathy
- Panick attack
- Migraine-tackling ayurvedic way

VAIDYA SAMVADAM

- Shodanaarhanarhata
- Bahudosavastha
- Snehanam-arhanarhata-oru punarvichintanam

Academic activities 2023

Attended 6 day CME for PK TEACHERS at NEIAH , Shilong,Meghalaya (March 2023)

Faculty to

- CME FOR PANCHAKARMA TEACHERS
GAC TVM(March 2023)
GAC Bangalore(December 2023)
- Guest speaker to first year Induction series at Vaidyaratnam P S varier Ayurveda College ,Kottakkal

Other Academic activities

- Academic Consultant to SITARAM RESEARCH FOUNDATION
- Running special OPD at Ashtamgam for neurodegenerative diseases (mainly Parkinsons Disease)
- Conducting RITHUSHODANA – a programme for students, staff of ashtamgam and Public-.seasonal purification
- Clinically working on role of panchakarma in prevention of NCDS
- A faculty on panchakarma to various webinar e learning platforms PAMPA RESOLUTE,PRATIGNA,SAMEEKSHA,AYURTARANG,PRAJNA,SMERA.,AYURVEDA MAPetc

I hereby declare that whatever information furnished here is true to my knowledge

Truly

Dr Ramya Alakkal