

**Dr SABARINATH M K**

**M S Ayurveda (Shalakya Tantra)**

**Focus Areas:**

Dry eye syndrome, Computer vision Syndrome

Refractive errors in children and Adults

Diabetic retinopathy, CSR, Age related Macular Degeneration (ARMD), Retinitis Pigmentosa, Macular Oedema.

Early stage of cataract

Scleritis, Conjunctivitis, Glaucoma

Hearing Impairment, Tinnitus, Vertigo, Meniers Disease.

Acute and Chronic Otitis media

Sinusitis, Deviated Nasal Septum, Allergic Rhinitis, Nasal polyps

Removal of foreign bodies from ear

Scalp diseases like Alopecia, Hairfall, dandruff

Various types of Headaches

**Languages:-** Malayalam, English, Kannada, Hindi

**Conditions treated:-**

Refractive errors, Different types of headaches, Migraine, Alopecia, Dandruff, Hairfall  
Infection in ear, hearing loss, ear wax, vertigo, meniere's disease, Furunculosis, Otomycosis,  
Nasal polyps, Deviated nasal Septum, Acute and Chronic Sinusitis, Tonsillitis, Allergic  
Rhinitis.

**Procedures Performed:-**

Tarpana, Annalepa, Shirodhara, Shiropichu, Shiroabhyanga, Nasya, Gandoosha, Kabala,  
Karnapoorana, karnadhoopana, Anjana, Netraseka, putapaka, jalookavacharana, Pracchana,  
Thalapothichil, takradhara, Tailadhara, Nasapichu.

**Faculty profile**

**Assistant Professor-** Dept of Shalakya Tantra, Ashtanmgam Ayurveda Vidyapeedham

Medical Education:-

**BAMS-** Atreya Institute of Ayurveda, Bengaluru

**M S AYURVEDA,** Shalakya Tantra (samanya)-Government Ayurveda Medical College,  
Bengaluru



## **Awards, Honours and Achievements**

- **Secured 9<sup>th</sup> Rank in Final Year M S Shalaky Tantra Examination** conducted by RGUHS in the year 2022.
- Secured **All India Rank 583 in the AIAPGET Entrance conducted by NTA** in the year 2019
- Secured **2<sup>nd</sup> prize in State Level Ayurveda Quiz conducted by All India Institute of Ayurveda(AIIA)**, New Delhi, Ministry of AYUSH, Government of India in the year 2018
- Secured **4<sup>th</sup> prize in National Level Ayurveda Quiz conducted by All India Institute of Ayurveda(AIIA)**, New Delhi, Ministry of AYUSH, Government of India in the year 2018.

## **Academic Papers**

1. Ocular Manifestations in Vascular System Disorders, A conceptual Study at Sunetra Conclave 2020, 5<sup>th</sup> International Seminar on Retino vascular Pathologies of systemic illnesses, organized by Sreedhareeyam Ayurvedic Research & Development Institute.
2. Prevention of Ophthalmic Diseases through Ayurveda, A Conceptual Study at Global Ayurveda Fest, International Seminar, 2021.
3. Prevention Of Vataja Pratishyaya through Ayurveda, A Case study at SAMSIDDHI 2021-International web conference, organized by Ayurveda College Coimbatore.
4. Prevention of Blindness through Ayurveda , A Conceptual Study at Jignasa National Arogya Fair and International Conference 2021.
5. Management of Indralupta with Pracchana- A single case study at National Level Workshop Shalaky Darpana 2024 conducted by BVVS Ayurveda College Bagalkot.

## **Research Publications**

1. Ayurvedic Management of Fissured Tongue: A case study. . International Journal of Ayurveda & Pharma Research(IJAPC).(online version) Volume 15, Issue 3..pp.243.

2. A Conceptual Study on the importance of SwasthavrittaAcharana in preventing Urdwajatrugatavikaras. **IJRAP**, Volume 13, Issue 5,pp 96-99.
3. Management of Amblyopia through Ayurveda-A Single Case Study. **WJPPS**, (online journal) Volume 10, Issue 8, pp-1935\_39.
4. Ayurvedic Approach on Cystoid Macular Oedema-A Case Report. International Ayurvedic Medical Journal(**IAMJ**), (Online version) Volume 08, Issue 10, pp,1904\_1907.
5. An Observational Study to evaluate the efficacy of SahaAshwagandhadiTailaNasya and BalaShatavaryadiGhritaTarpana in PrathamaPatalagataTimira WSR to Simple Myopia -Original Article. **JAIMS**. Volume 7, Issue 4, pp 8-14.
6. A Theoretical Approach to Discover the Hidden Knowledge of Shalakya Tantra in Treasury of HaritaSamhita - A Review. **IJAPC** Volume 18, Issue 3,pp 18-23.
7. Management of Indralupta with Pracchana- A Case study. **IJAHM**,2024, pp 4591-4594.