



Dr. Stebin Anto
BAMS, MD (AYU)
(KAYACHIKITSA)
CCMC (MARMA)

NCISM TEACHER CODE

AYKC 04261

**MEDICAL COUNCIL
REGISTRATION**

Reg. No: 22522

State: Kerala

Central Registration Number:
NR/AY/KL/0013443

**HEALTH PROFESSIONAL
REGISTRY (HPR) NUMBER**

71-8106-2452-187

Permanent Address

Chittilappilly House,
Peramangalam PO, Thrissur
Dist. Kerala-680545

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6282 070 173

EMAIL:

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EDUCATION

Post Graduation

- 2025 MD (AYU) – KAYACHIKITSA
RGUHS- Sri Sri College of Ayurvedic Science & Research
Hospital- Bangalore
- 2025 NTET EXAMINATION – **QUALIFIED**
- 2025 Certificate Course in Marma Chikitsa (CCMC)
National Ayurveda Research Institute for Panchakarma (NARIP-
CCRAS), Cheruthuruthi, Thrissur, Kerala

Under Graduation

- 2020 BAMS Kerala University of Health Sciences (KUHS)
Kerala- Vishnu Ayurveda College- Shoranur, Palakkad

Schooling

- 2014 Class XII - IES Public School, Chittilappilly, Thrissur,
Kerala.
- 2012 Class X- IES Public School, Chittilappilly, Thrissur,
Kerala.

WORK EXPERIENCE

16/02/26 to till date

Assistant Professor, Department of Kayachikitsa
Ashtangam Ayurveda Chikitsalayam & Vidyapeedham, Vavanoor,
Koottanad, Palakkad, Keralam

13/08/25 to 27/01/26

Assistant Professor, Department of Kayachikitsa
Shri Babu Singh Jay Singh Ayurvedic Medical College & Hospital,
Farrukhabad, Uttar Pradesh

Assisted Dr. Jose T Paikada (Retd. Senior Medical Officer – ISM),
Valapad Clinic for 3 months (20/10/2021 to 15/01/2022)

Worked as a Trainee Doctor at Amala Ayurveda Hospital,
Thrissur, Kerala, for 2 Months (01/08/2020 to 30/10/2020)

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Personal Particulars: -

Father's Name:

Antony C J

Mother's Name:

Sibi Anto

DOB: 21/02/1995

Age: 31

Gender: Male

Nationality: Indian

Marital Status: Married

Wife's Name:

Dr. Aleena Joseph

Religion: Christian

Caste: Roman Catholic

Personal Expertise

- ✓ Expertise in engaging theory and practical classes for UG students.
- ✓ Experienced in handling various National and International patients.

DISSERTATION

2024 TITLE: "A RANDOMIZED OPEN LABELLED CONTROLLED CLINICAL STUDY TO EVALUATE THE EFFICACY OF APARAJITA CHURNA IN THE MANAGEMENT OF PRIMARY INSOMNIA".

SCIENTIFIC PAPER PRESENTATIONS

International Seminar

2023 ROLE OF AYURVEDA IN THE MANAGEMENT OF AVASCULAR NECROSIS (AVN) – A CASE STUDY
Global Ayurveda Festival Kerala.

National Seminars

2023 ROLE OF SHIRODHARA IN THE MANAGEMENT OF ANIDRA.
DYOTA, National Seminar on Mental Health & Hygiene – Vaidyaratnam P.S Varier Ayurveda College, Kottakkal.

2023 CLIMBING STEPS FOR MENTAL HEALTH.
National level Online Poster Presentation – Alva's Ayurveda Medical College, Moodubidire.

2022 UNDERSTANDING THE PRINCIPLES OF SHODHANA IN AMAVATA.
Sushrutha Avabodhini – National Conference on Autoimmune Disorders- Sushrutha Ayurveda College Bangalore.

TRAINING/ INTERNSHIP DETAILS

Post Graduation

- OPD POSTING
- IPD POSTING
- PANCHAKARMA POSTING
- CASUALTY POSTING
- LAB POSTING

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AREA OF INTEREST

Teaching

Research

Clinical Practice

Personal Attributes

Languages:

English, Malayalam, Sanskrit

Skills:

- Experienced in doing various Panchakarma procedures.
- Experienced in handling various clinical cases at OPD & IPD levels.
- Computer skills- MS Office, Poster designing etc.

Under Graduation

- Internship 26/07/2019 to 25/07/2020 -Vishnu Ayurveda College Shoranur, Palakkad, Kerala
- Rural Posting: Govt. Ayurveda Dispensary, Mundur - 1-month
- Surgery Posting: Govt. Dist. Hospital Tirur - 1-month
- Gynec. Posting: General Hospital Irinjalakkuda - 1-month
- CCRAS Posting: National Ayurveda Research Institute for Panchakarma (NARIP)- CCRAS Cheruthuruthi, Thrissur- 1-month

OTHER ACTIVITIES

COVID 19: (Voluntary Service)

2020 Govt. Ayurveda Dispensary Mundur, Thrissur, Kerala

Kerala Floods: (Voluntary Service)

2019 Conducted Medical Camp in the Flood Relief camp, set at IPT College, Shoranur - Palakkad

WORKSHOP/CME/ SEMINAR PARTICIPATION

- 2022 ANVESHANA: A Workshop on Synopsis Writing and Scientific Methodology, organized by the Department of Research and Development, JSS Ayurveda Medical College, Mysore.
- 2022 Training Programme on Research Methodology, Biostatistics, and Comprehensive Management of Diabetes by Central Ayurveda Research Institute, Bangalore.
- 2022 National Conference on Auto-Immune Disorders- Sushruta Avabodhini, Organized by Sushruta Ayurveda College, Bangalore.
- 2023 Vataroga Chikitsayile Keraleeya Yogangal, Organized by Vaidyaratnam Oushadhasala in Bangalore
- 2023 Prajna, Conference on Mental Health & Wellness Organised by Yuvapatha, Bangalore.
- 2023 Global Ayurveda Festival, Trivandrum Kerala

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PUBLICATIONS

- 2024 "Management of Avascular necrosis (AVN) in Ayurveda: A Case Study" - WORLD JOURNAL OF PHARMACEUTICAL RESEARCH.
- 2025 "Management of Bell's Palsy in Ayurveda: A Case Study" - WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH.