

**MANSAROVAR AYURVEDIC MEDICAL COLLEGE, HOSPITAL AND
RESEARCH CENTRE BHOPAL (M.P.)**

Department of Panchkarma

Introduction:

Panchkarma is a branch of Ayurved for detoxification program aimed to reduce the toxin overload in the system. The *Panchkarma* is unique to each individual and their body type (*Doshas*), identifying the underlying factors in the ailments. Five purification methods are followed in the *Panchkarma* cleansing therapy namely, *Vamana* (Induced vomiting), *Virechana* (Purgation), *Basti* (Medicated enema), *Nasya* (Nasal medication) and *Raktamokshana* (Bloodletting). Together all these five is called Panchkarma.

Vision:

1. To be an excellence of Ayurvedic Institute to import scientific Ayurvedic knowledge to all aspirant students based on integration of ancient wisdom with modern technology for the propagation and practice of genuine Ayurveda.
2. To bring Ayurvedic Science to the people as their life science through evidence base clinical diagnosis, treatment and prevention.

Facilities:

Our Panchkarma unit provides the full range of classical panchkarma, keraliyapanchkarma procedures along with allied procedures like shirobasti, shirodharaetc, which are found efficient in the variety of

Neurological, Musculoskeletal and skin disorders like Psoriasis, Eczema etc, there are separately specialized set up for male and female.

Indoor wards with full ambience and 24 hours individual patient care.
General ward admission along with breakfast, lunch, and dinner is free for patients.

Team Panchkarma

TEAM:

Sr. No.	Name of Faculty/ Staff	
01	Dr. Manish Ladhav	Professor
02	Dr. Kushal Yadav	Associate Professor
03	Dr. Prakash Singh Rajput	Assistant Professor

Name of Teacher

Dr. Manish Ladhav

Department

PANCHKARMA

Teacher Code

AYPK00054

Father's Name

Shri. Bhimsen Ladhav

Date of Birth

07/09/1983

Age (In Years)

39

Registration No.

52841

Qualification

MD

Designation

Professor

Experience (In Year's)

10 year's 9 month

Email ID

dr.m_ladhav@yahoo.co.in

BAMS Passing Year

2007

Name of University

RGUHS Bangalore

PG Passing Year

2012

Name of University

RGUHS Bangalore

Date wise detail of Experience in Chronological order (1st Appointment to Till Date) (Duration, Designation, Name of College, Department/ Subject)

- (1) 06/07/2012-06/07/2017 Assistant professor, shubhdeep ayurved medical college, indore , department of Panchakarma
- (2) 07/07/2017-21/10/2019 Associate professor, shubhdeep ayurved medical college indore, department of Panchakarma
- (3) 22/10/2019-14/10/2022 Associate professor, sri sai Institute of ayurvedic research and medicine Bhopal, department of Panchakarma
- (4) 15/10/2022-28/02/2023 Professor, sri sai Institute of ayurvedic research and medicine Bhopal, department of Panchakarma
- (5) 01/03/2023-till date Professor, Mansarovar ayurvedic medical college hospital and research center Bhopal, department of Panchakarma

Total No. of Paper Published

3

Detail of Publication (Title, Name of Journal, Vol., Page No., Month-Year)

- (1) Evaluation of the efficacy of chaturbhadra kalpa basti krama in the management of gridhrasi W. S. R. T. Sciatica, IJAAR vol. 3 issue 3, page no. 623-628, July-August 2017.
- (2) A comparative & clinical study of "effect of sadyosnehana W. R. T. Samyak snigdha lakshanas" IJAHM, page no. 3529-3538, may-june 2019.
- (3) Efficacy of vamana karma in psoriasis (kitibha kushta) a case report, IJAAR, vol. 5 issue 8, page no. 610-616, may-june 2022



No. of Book Published	02
Book Published Details	<ol style="list-style-type: none"> 1. Gridharasi ISBN-978-81-19288-17-5, Publisher perfect Writer, New Delhi, Publishing year 2023 2. Concept of Anjananamika, ISBN-978-81-19288-18-2, Publisher perfect Writer, New Delhi, Publishing year 2023
Total No. of Presentation	02
Presentation Details (Name of Seminar, Title of Presentation, Place, Date-Year)	<ol style="list-style-type: none"> 1. "Concept of YapanaBasti" in the NIACON-2011at national Institute of ayurveda, Jaipur. 2. National seminar on "Lifestyle disorders & ayurveda" in Anveshana-2017at Shubhdeep ayurved hospital, Indore. 3. Role of Padabhyanga in Maintaining Eye Health W.S.R. to Marma Chikitsa in National Seminar on recent advances in Shalakya Tantra and Arogya Expo. Shalakya Sambhashanam 2023 at MAMCH & RC, Bhopal (M.P.) 4. Vajeekarana In Terms of Ahara, vihara, Achara and Yoga in the National level Symposium on Ayurveda and mental health indorsed by Maharashtra University of health Science Nashik, Organized by Jupiter Ayurved Medical College, Nagpur on 21 December 2023.
Webinar Attend	3
Total No. of Seminar Attended	8
CME Detail	Participated as trainee in 6 days CME for teachers of panchakarma organized by department of panchakarma, All India institute of Ayurveda (AIIA), New Delhi.
Conference/ Workshops Detail	Interactive Workshop on Ayurveda (Mamsavaha srotas and neuro-muscular system, diseases and their management through Ayurveda) 10-11 March 2012, Rashtriya Ayurveda Vidyapeeth, New Delhi.
Resource Person/ Invited as a Speaker	Attended 6 days panchakarma training programme for ayurveda medical officer as a Resource person organized by North eastern institute of ayurveda and homeopathy (NEIAH), Shillong sponsored by directorate of AYUSH, government of Assam.
Co-Guide of PG Scholars	Yes

Name of Teacher **Dr. Kushal Yadav**

Department PANCHKARMA

Teacher Code AYPK00677

Father's Name Laxman singh Yadav

Date of Birth 7.11.1982

Age (In Years) 40

Registration No. 50759

Qualification MD

Designation Associate Professor

Experience (In Year's) 8 year 2month

Email ID dr.kushalyadav@gmail.com

BAMS Passing Year 2018

Name of University Barkatullah University ,Bhopal

PG Passing Year 2015

Name of University Vikram university, Ujjain

Date wise detail of Experience in Chronological order (1st Appointment to Till Date)
(Duration, Designation, Name of College, Department/ Subject)
2/feb/2015 to 30/jun/2016 (People's University,Bhopal)(panchkarma) Assistant professor .
01/jul/2016 to 20/Dec/2017(Sri Sai Institute Of Ayurvedic Research and Medicine, Bhopal)(Panchkarma) Assistant professor.
21/Dec/2017 to 02/ feb/ 2020(Mansarovar Ayurvedic Medical College, Bhopal)(Panchkarma) Assistant professor.
03/feb/2020 to Till Date(Mansarovar Ayurvedic Medical College, Bhopal) Associate professor.

Paper presentation role of nasya karma in the management of Netra roga in National seminar of shalaky tantra "shalakyasambhashanam 2023"



Name of Teacher	Dr. Prakash Singh Rajput	
Department	PANCHKARMA	
Teacher Code	AYPK00207	
Father's Name	Hari Singh	
Date of Birth	20/03/1987	
Age (In Years)	35	
Registration No.	54299	
Qualification	MD	
Designation	Assistant Professor	
Experience (In Year's)	4 Years	
Email ID	prakashbpl7@gmail.com	
BAMS Passing Year	2014,	
Name of University	Rani Durgavati Vishwavidhyalaya, Jabalpur (MP)	
PG Passing Year	2018	
Name of University	Madhya Pradesh Medical Science University, Jabalpur (MP)	
Date wise detail of Experiance in Chronological order (1st Appointment to Till Date) (Duration, Designation, Name of College, Department/ Subject)	18/02/2019 To 01/02/2021, Assistant professor, Panchkarma, pt. Shivshakti Lal Sharma Ayurved College, Ratlam (MP) 02/02/2021 To Till Date, Assistant professor, Panchkarma, Manasarovar Ayurved College, Bhopal (MP)	
Total No. of Paper Published	6	
Total No. of Presentation	8	
Webinar Attend	15	
Total No. of Seminar Attended	14	
Conference/ Workshops Detail	3	
Re-orientation Training Programme (ROTP) Detail	1	
Resource Person/ Invited as a Speaker	1 (Invited Speaker in webinar)	

Gallery:



Panchakarma section





Swedan Karma



