

## DEPARTMENT OF PANCHAKARMA

### DEPARTMENTAL PROFILE:

Ayurved is known all over the world through a unique therapy technique termed as 'Panchakarma', a major part of Ayurvedic treatment. Today everyone has to face environmental pollution, side effects of hybrid grains, fast food with preservatives, fruits & vegetables grown with chemical fertilizers as unavoidable part of living. Hence regular cleansing of body systems becomes imperative for prevention as well as cure.

Panchakarma includes five distinctive therapies viz. Vaman[ Medicated Emesis], Virechan [medicated purgation], Basti [Medicated Enema], Nasya [Medicated nasal medication] and Raktmokshan [blood-letting]. In Panchakarma unit of hospital students get hands on training of Panchakarma procedures. The department runs UG,PG & PhDprograms.

### FACULTY PROFILE:

Name	Qualification	Designation
Dr. S. E. Chavan	B.A.M.S., MD Ay, PhD	Professor
Dr S. R. Katkar	B.A.M.S., MD Ay, PhD	Associate Professor
Dr. M.V. Matekar	B.A.M.S., MD Ay, PhD	Associate Professor
Dr. Abhishek Anil Shipte	B.A.M.S., MD Ay.	Assistant Professor
Dr. Shruti Upendra Bagewadikar	B.A.M.S., MD Ay.	Assistant Professor



### UNIQUE FEATURES:

- The department is the pioneer to start post-graduation in Panchakarma in 2004 and our alumni are spread throughout India.
- Our treatment center provides its services to the OPD patients 12 hours i.e. 8 am-8pm considering the work schedule of the patients. Department 12 Male & Female Panchakarma Therapist & two full time physiotherapy doctors.
- Students get hands on experience under supervision of senior faculty.
- Scholarly activities like Samhitavachan and Shlok recitation improve understanding of the subject.
- Well-equipped physiotherapy center provide additional help for rehabilitation of patients.

### ACHIEVEMENTS:

- Dr. Santosh Chavan was invited by University of Central Florida College of Medicine, Orlando U.S. as Ayurveda Research speaker during 15-23<sup>rd</sup> October 2015.
- Dr Santosh Chavan awarded with **MAHA Aayush Kamal puraskar** for the propagation of ayush system for the year 2017 from department of ayush Government of Maharashtra. The award given on on 12 January 2018 at Ganesh Kala kridamanch Pune from DrAshutosh Gupta MCI president.

- Dr Santosh Chavan felicitated with **best teacher award in the subject of Panchakarma** from all India Ayurved teachers association the function was organised by Maharashtra University of Health science Nashik and all India Ayurved teacher association. the function held at Rajiv Gandhi e learning school Pune on 18th August 2019.



### RESEARCH ACTIVITY:

I) Funded research project :-

No.	Title of the Project	Funding Agency	Project Grant (INR)	Investigators	Status Completed/ Ongoing
1	Study of Anti-Diabetic activity of herbal medicine	National Innovation Foundation (NIF), Ahemdabad, an autonomous body of DST, Govt. of India, New Delhi.	23,24,311=00	P/I-Dr. Surendra Vedpathak, Co/I-Dr. VijayaPandit, Co/I-Dr. D. L. Shinde.	Ongoing, 2017
2	Study of Anti-Hypertensive activity of herbal medicine	National Innovation Foundation (NIF), Ahemdabad, an autonomous body of DST, Govt. of India, New Delhi.	28,78,878=00	P/I-Dr. Surendra Vedpathak, Co/I-Dr. VijayaPandit, Co/I-Dr. D. L. Shinde.	Ongoing, 2017

3	Study of Anti- Cataract activity of herbal medicine in Senile Immature Cataract	National Innovation Foundation (NIF), Ahemdabad, an autonomous body of DST, Govt. of India, New Delhi.	18,53,508=00	P/I- Dr.Surendra Vedpathak, Co/I-Dr. VijayaPandit, Co/I-Dr. D. B.Kadam	Ongoing, 2017
			Total Rs. 70,56,697=00		
4	Comparative study of Abhayanga, AvagahaSweda with internal medicine in EkaKushtha ( Psoriasis)	BharatiVidyapeeth University	50,000/-	PI- Prof. S.M.Vedpathak	Completed
5	Clinical evaluation of Omega-3 fortified Chinchadi Tail in Amavata(Rheumatoid Arthritis	BharatiVidyapeeth University	30,000/-	P.I- Prof. Surendra M Vedpathak ,	ongoing
6	Comparative clinical trial to assess the effect of retention period to matra basti with or without prakshep dravya in dhatukshyatmaka JanausandhigataVata	BharatiVidyapeeth University	Dr Manjula Vishal Matekar	55000/-	ongoing
7	Clinical study of allerkhanda on urticaria	Sitaram Ayurveda pharmacy	Dr Santosh Chavan	50000/-	ongoing

8	Clinical study of Cardiocalm on hypertension	Sitaram Ayurveda pharmacy	Dr Santosh Chavan Dr Abhishek shipte	60000/-	ongoing
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- 1) Research Project for Ph.D. : Completed -05
- 2) Research Project for Ph.D Ongoing-03
- 3) Research Project for MD Completed-45
- 4) Research Project for M.D.Ongoing : 5
- 5) Number of Publications:
  - Dr. Santosh Chavhan-22
  - Dr. Majula Matekar-12
  - Dr. Shubhangi Katarakar-02

### MUSEUM:

Departmental museum displays various instruments, models and charts. Many Models of Swedan Prakara (e.g. Kutisweda, Holaksweda.), Shirodhara, Abhyangam are available in museum. Shodhandravya like Vamak Dravya ex.Madanphal , Jeemutak, Ingredients of Vamanopag Kashay like Yashtimadhu Coarse powder , Virechan and Basti Dravya also displayed. Instrument like BastiNetra, Putak, Pradhaman Nasya Yantra, Gokarna. RaktamokshaYantra like Shringa and AlabuYantra are also displayed. .



## Showing department PG with Panchakarma Museum

### DEPARTMENTAL STRENGTH:

- Faculty members are well experienced and highly qualified and all have completed their Doctorate (PhD) in Panchakarma.
- Executive Panchakarma center serve foreign/VIP patients and train western doctors.
- Abundant number of all Panchakarma procedures facilitates development of clinical skills in students.

### TESTIMOMNIALS:

**TESTIMOMNIALS** Feedback of PG alumni Dr.Amit Mukhrjee (Asst Prof. Bhopal, MP

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## Feedback

- 1) Name:- Dr. Amit Mukherjee.
- 2) Passing Year:- M.D. Passing Year 2013.
- 3) Designation with address of Institution:-  
Assistant Professor in Panchkarma Department  
in Rani Dullaiya Smriti Ayurved P.G. Mahavidyalaya  
evam Chikitsalaya, Barkhedi-Kalan, Bhopal, M.P.
- 4) Feedback of Department of Panchkarma BVDU,  
College of Ayurved:-
  - (a) Regarding OPD & IPD Experience -  
Helped me a lot to learn unique  
Ayurvedic Terminological Style to make a Good  
Ayurved Prescription and gave me confidence to  
treat Patients with all Clinical Panchkarma Knowledge.
  - (b) Regarding training given for performing procedures of  
Panchkarma individually:- I learned all Practical  
Panchkarma Procedures during my houseman-  
ship duty which taught by my Great faculty.
  - (c) Regarding Teaching Faculty:- All were awesome,  
with full of knowledge and were always  
ready to teach, to discuss about our doubts.
- 5) Skill Development:-
  - (a) Presentations in Conferences/Workshops/Seminars.  
Gave me a lot confidence to perform  
PPT's on any type of presentation in any Seminar  
and gave an identity in Ayurveda World.

P.T.O.

## II) OF ALUMNI STUDENTS:

(b) Scientific Paper Writing in National/International Journals:- I have published more than 6 Research Papers in Recognized Ayurveda Journals.

(c) Research Work:- Right Now I am a Ph.D. Scholar of Panchkarma and about to complete my Ph.D. I was Co-guide of almost 12 P.G. Scholars in my College.

(d) Description of your work how the knowledge or experience gained from Panchkarma Department is useful for your present Position/Designation/Work  
I was never interested in Clinical era but faculties of Panchkarma gave me excessive confidence which helped me to teach & Guide my U.G. & P.G. Scholars. I am continuously doing Panchkarma Practice in my college. My OPD of Panchkarma gave me a special Identity. I will be always thankful to my Respected Teachers.

9-05-2018

Dr. Amit Tolukherjee

Dr. Amit Tolukherjee  
M.D., Ph.D. (Sch.)  
Panchkarma

Assistant Professor

Rani Dullaiya Smriti  
Ayurved Mahavidyalaya  
evam Chikitsalaya, Bankhed  
Kalan, Bhopal, M.P.

2) It was really very nice experience to work with all the faculties of Panchakarma department. As per current scenario I can feel that BVDU's Ayurved Hospital having nice number of patients both in OPD and IPD in compare to other institutes. Even the module set by the department for PG students [like for first year -treatment unit duty, for second year- IPD duty and for final year OPD duty ] helps gain knowledge in all aspects.

Dr. Jaydatt Vidyadharbhai Mehta

Vice Principal, Asst. Prof. Dept. of Panchakarma,

Shree Swaminarayan Ayurvedic College, Kalol-

Gandhinagar, Gujarat.



3) Excellent post graduate dept. which got good number of patients turn out in opd and adequate IPD facilities to accommodate all categories of patients. Good training obtained from both opd and Ipd interms of developing diagnostic and management skills. Got excellent opportunity for hands on training in all panchakarma procedures. Well qualified faculties with exceptional teaching skills and dedication. During the course it was made mandatory to attend both national and international seminars which gave an opportunity for developing speaking skills. Faculties usually persuaded us to write articles in journals. As a part of MD programme research has been done on dementia and learned research protocols. Panchakarma degree from BV(DU)COA helped me in becoming the superintendent of college in the initial year of my career considering my clinical skill I developed from BV(DU)COA

DrShibu verghese  
2007

Professor & HOD, dept of Panchakarma, Hospital superintendent, Nangelil Ayurveda Medical college

## II ) TESTIMONIALS - PATIENTS OF EXECUTIVE PANCHAKARMA CENTER :

### Executive Panchakarmacentre – Testimonials (from 2014 to August 2019)

Sr. No.	Name of patient	Place	Date	Feed back
1	Atul Godase	Pune	14/3/14 to 18/3/14	Therapist were very sincere. Facilities are good. I Have result for my backache.
2	Sunita Sharma	Pune	21/6/14 to 26/6/14	Treatment was excellent, good result, infrastructure is nice
3	Preeti Joshi	Pune	26/6/ 14 to 29/6/14	Nice experience
4	Shwetajoshi	Pune	21/6/14 to 22/6/14	Everything was the best.
5	Bhavana Shah	Pune	27/6/14 to 4/7/14	Best treatment modality, have relief, therapist are sincere.
6	Sangeeta Kadam	Pune	13/8/14 to 14/8/14	Nice experience.
7	Savitamehendale	Pune	6/10/14 to 9/11/14	Hospitality of doctor and therapist was excellent. Music system was very nice
8	Savitaindalkar		8/12/14 to 14/12/14	Excellent treatment, healthy atmosphere, everything was good. I Have result for my acidity

				problem.
9	Ujwalapatil	Pune	8/12/14 to 14/12/14	Panchakarma treatment was excellent, hospitality of doctor and therapist was excellent.
10	Swati Chougule	Pune	17/12/14 to 23/12/14	Excellent results. Feeling good. Punctuality of all staff was excellent.
11	Sugandhachougule	Pune	6/1/15 to 14/1/15	Very nice experience. Treatment having best results.
12	Maria peiou	Swedan	11/3/15 to 12/3/15	Hospitality of doctor and therapist was excellent, healthy atmosphere. Excellent infrastructure.
13	Milindpeshawe	Pune	30/5/15 to 1/6/15	Nice treatment
14	Arpita Singh	Pune	9/6/15 to 11/6/15	Feeling better.
15	GauriGadre	Pune	15/4/16 to 17/4/16	Excellent experience.
16	ManikraoSalunkhe	Pune	17/10/17 to 23/10/17	Best results of treatment. Therapist were very sincere and punctual.
17	RupaliGiri	Ambegaon pathar, Pune	21/11/17 to 24/11/17	Nice treatment. I have good results for my migraine problem.
18	Catherine Winkler	Morocco, France	18/12/17 to 1/1/18	Hospitality of doctor and therapist was excellent. cleanliness, punctuality was so good. Very Caring staff. Heater must be in room. I Have result in my cervical spondylosis complaint.
19	AlpanaMoghe	Rajeev Gandhi biotechnology college, Pune	30/12/17 to 2/1/18	Nice therapy. My Constipation problem almost gone and I loose about 4 kg weight.
20	Marianne Velandia	Swedan	8/8/18 to 10/8/18	Excellent experience
21	BirgitlaKerstis	Swedan	8/8/18 to 10/8/18	Hospitality was excellent. Cleanliness good. Punctuality was excellent. Hot water system must be in room.
22	Dr. KhurshidJamadar	B.V. College of Nursing, Pune	3/9/18 to 6/9/18	Excellent treatment. My stress decreased after Shirodhara. Hospitality of doctor and therapist was best. If possible, arrange the breakfast for patient.
23	RanjanaTrambake	B.V. College of Nursing, Pune	4/9/18 to 6/9/18	Very nice treatment. Good results. Caring of patient was excellent. I loose almost 6 kg of my weight during this treatment.
24	SukhadaShiyekar	SBI bank,	20/9/18 to	Everything was Excellent!!!!.

		Ambegaon Pune	24/9 18	Treating doctor and therapist are very nice and sincere. Good results, my backache almost gone.
25	MahadevSagre	Pune	3/10 18 to 8/10/18	Very nice.
26	Anjali Nimbalkar	SBI bank, Ambegaon Pune	6/10/18 to 16/10/18	Feel better. Nice treatment. Shirodhara excellent.
27	BeraAnanya	West bengal	3/11/18 to 11/11/18	Mother of Ananya- excellent treatment-Netratarpan was very effective for my daughter. Her eye vision increased. Everything was best.
28	PravinaMahadalkar	Pune	19/12/18 to 23/12/18	Nice treatment. My cervical spondylosis have relief. Netratarpan was very effective for my blurred vision.
29	Catherine Winkler	Morocco, France	25/12/18 to 3/1/19	Hospitality of doctor and therapist was excellent. Food was excellent. Cleanliness was excellent. Very Caring staff. Hot water and wi-fi system must be in room. Have result in my allergic rhinitis and Asthama.
30	Maya Pargaonkar	Pune	27/12/18 to 28/12/18	Nice experience.
31	Savitaltkarkar	B.V.Women's College of engineering, Pune	29/1/19 to 31/1/19	Good. Feeling relax.
32	AtreSunita	Pune	30/1/19 to 31/1/19	Very nice treatment. Therapist were very sincere.
33	JagdaleSumati	Pune	5/2/19 to 6/2/19	Nice.
34	PatilAjinkya	Kolhapur	6/5/19 to 10/5/19	Excellent treatment. I loose my 4 kg weight during this treatment.
35	PatilMinal	Kolhapur	6/5/19 to 10/5/19	Very nice treatment. My acidity problem almost gone. Very Caring staff.

Pune, 27/01/2020

I first heard of Ayurveda ten years ago through a Swedish friend who initiated me to yoga and

meditation. It's stayed in the back of my head until this past summer when I met up with a friend who is a recurrent patient of BharatiVidyapeethAyurved Hospital. She spoke very highly of the Hospital and her treatments throughout the last ten years. Her experience was inspiring, so much so that I decided to give it a try. I've had an auto-immune disease for the last 16 years, psoriasis.

My friend introduced me to Dr. Minaj Kulkarni, one of the Ayurvedic Doctors at the Hospital. Prior to committing to flying all the way to Pune from New York City, Dr. Minaj and I exchanged a few emails where we talked about my ailments and what she believed to be the adequate line of treatment. So with very little knowledge of Ayurveda and a lot of faith, I decided to come to Pune. My first time in India!



*(with Dr. Minaj at the guesthouse)*

From the moment I was picked up in Mumbai till now, 3 weeks into my treatment, I've had a wonderful experience. I met Dr. Minaj on my first day and immediately carried on the conversation we had started virtually. She came to the guesthouse, located on the same campus, for my first medical examination. She observed, palpated, measured and asked a series of questions to help better assess my health. She ordered the next day a complete blood work exam. My first impression was that she was very compassionate and empathetic, she sees the human before the disease. This has proven to be true through my time here and during the daily examinations that follow. It was initially decided that I would go through four of the five panchakarma procedures (bloodletting, purging, emesis and enema). Dr. Minaj explained the scientific reasons behind each one of them and did a good job reassuring me whenever I felt skeptical. She is very knowledgeable and patient when it comes to answering my questions (and there were many!). Halfway through the treatment, after the emesis, my blood pressure -naturally low- remained lower. Instead of carrying with the line of treatment, Dr. Minaj decided to skip the purging since there was a risk of dehydration which could worsen my hypotension. This shows both her flexibility and her ability to see the bigger picture and hence choose what's best for her patient. Ayurveda is a holistic

approach, it goes beyond the procedures. My diet was carefully planned and constantly adapted to the phases of my treatment. Two of the most kindest hospital staff, Vaishali and Deepali, were dedicated to preparing my fresh food and making sure everything runs smoothly at the guesthouse. They were extremely caring and would always go the extra mile to make me feel at ease. Needless to say that the food was delicious. I never thought a vegetarian diet could taste this good! On top of the procedure and diet, massages were also part of my treatment. Seema and Parween, two skilled therapists, would come to the treatment room in the guesthouse and to my delight, they would massage my body vigorously all the while applying the right pressure along the meridians. They were receptive to my feedback and adapted the pressure when needed. I was also prescribed Takradhara (pouring of buttermilk on my forehead). A very relaxing technique that helped with the one psoriasis plaque on my scalp. I've had a mild psoriasis since late 2003. And in the last five years, I've had stubborn plaques on my legs that would resist any form of treatment I tried. The topical steroids will help temporarily only for the plaques to flare up even more after I stop applying it. Only two weeks into my treatment here, I started seeing results. Not only it stopped flaring up, but the current plaques are decreasing to my own disbelief!! I'm taking photos regularly and comparing them to the ones I took on the first day and I'm seeing progress that I hope will continue after I finish my treatment here. I'll bring home with me supplements and ointments to use in the next 3 months and I'll continue with my specific diet. My only disappointment was yoga. Coming here, I was hoping I could deepen my practice but instead the few sessions I had were more like mellow stretches... I think the yoga program can be thought through and improved to adapt to all level practitioners/students. I'm very grateful to the entire Panchakarma department at the Hospital. Every doctor or nurse I met handled me with care and professionalism. It can be hard at times to be alone and far from my environment, but everyone here has made me feel at "home". The attentiveness I received goes well beyond the usual medical care. I also happened to be here on my birthday. Dr. Shubhangi Katkar, the Hospital's Medical Director, as well as Dr. Minaj surprised me with flowers and cake in the morning despite their busy schedule. I later celebrated with the guesthouse staff and even got to put a gorgeous



*(With Dr. Shubhangi & Dr. Minaj at the guesthouse)*

saree on and try some local dance moves. What a lovely time!

Thank you to the whole team for your efforts, care and kindness. You filled my heart with joy and gratitude.

Zineb

### **PHOTO GALLERY:**

Panchakarma procedures:

Patrapottali:







**Patrapottali Sweda  
Allied Karma**







**Shirodhara Sarvang Snehana, Swedan**

## Agnikarma:



## Manyabasti:



**Abhyanga:-**



# BHARATI VIDYAPEETH DEEMED UNIVERSITY AYURVED HOSPITAL



## EXECUTIVE PANCHAKARMA CENTRE





## **Residencial facility with staff**





**Shirodhara Demonstration - American Team**





**Training Consultancy German Doctors Team  
Theme: Skeleto Muscular Disorder**



Shirodhara:

