

Departmental Activities

Department of Kayachikitsa

Medical Camps:

1. A **Free Geriatric Care Medical Camp** was conducted at **NSLP School, Maadakkathara**, on **28th August 2024** in association with the Kerala Senior Citizens Forum. PG scholars provided consultations, and medications were distributed to over 120 participants.
2. A **Lifestyle Disorders Camp** was held at **Vivekananda Kavady Samajam Hall, Perincherry**, on **11th September 2024**, organized in collaboration with the Kerala Ayush Department. Awareness sessions on lifestyle management were conducted by PG scholars, focusing on diabetes, hypertension, and obesity.
3. Participated in a **Health Camp for Post-COVID Syndrome Management**, focusing on improving lung health and immunity at **Lions Club Hall, Thrissur**, on **15th February 2024**.

Awareness Programs:

- A session titled “Ayurveda for a Healthy Lifestyle” was conducted at St. Mary’s CGHS, Ollur, on 9th November 2023, attended by over 200 participants, including students and teachers. The focus was on incorporating Ayurvedic principles for better physical and mental health.
- A Stress Management Awareness Class was organized for IT professionals at Infopark, Thrissur, on 20th April 2024. This session highlighted relaxation techniques, including yoga, pranayama, and diet tips.
- On World Diabetes Day (14th November 2024), an awareness campaign was conducted in Pananchery Panchayat, focusing on Ayurvedic approaches to diabetes prevention and control.

Academic Contributions:

1. The department presented two papers at the National Ayurveda Research Conference 2024: “Ayurvedic Interventions in Chronic Lifestyle Disorders: A Clinical Perspective” by Dr. Arun B.
2. “The Role of Panchakarma in Reversing Metabolic Disorders” by PG scholar Dr. Meera N.

Faculty members authored articles published in reputed journals:

1. “Efficacy of Virechana in Dyslipidemia” in the Journal of Ayurveda and Integrative Medicine.
2. “Effect of Yoga Therapy on Anxiety Disorders” in the Indian Journal of Ayurveda Research.

Workshops and Seminars:

1. A Clinical Workshop on Panchakarma was held from 5th to 7th August 2024, focusing on Vamana and Virechana procedures, with hands-on training for PG scholars.
2. A Seminar on Ayurveda for Lifestyle Disorders was conducted on 12th May 2024, attended by over 50 practitioners. Eminent speakers discussed Ayurvedic perspectives on hypertension and obesity.

Community Engagement:

1. The department organized a Geriatric Wellness Program on 7th October 2024 at Kudumbasree Community Hall, Thrissur. The program included yoga demonstrations, Ayurvedic diet tips, and free consultations for elderly participants.
2. Participated in National Ayurveda Day (23rd October 2024) celebrations with a public event at Vaidyaratnam Ayurveda Museum, emphasizing the role of Ayurveda in preventive health.

Publications and Research:

1. Dr. Binu S. published a case study on “Ayurvedic Management of Rheumatoid Arthritis with Panchakarma” in the International Journal of Ayurveda.
2. The department completed a research project titled “Clinical Efficacy of Rasayana Therapy in Post-COVID Recovery”, with findings presented at a national conference.

Department of Prasuti Tantra

Medical Camps:

1. A Mega Stree Roga Camp was organised on 8th March 2024, in association with local NGOs and community health workers, coinciding with International Women’s Day. Over 150 women participated, receiving free consultations, medications, and health checkups. The camp focused on common gynaecological issues like menstrual irregularities, PCOS, and menopausal symptoms.
2. A Specialized Gynecological Disorders Camp was conducted on 12th July 2024 at St. Joseph’s Hospital, Thrissur. This camp addressed conditions like infertility, endometriosis, and uterine fibroids.
3. A Prenatal Care Camp for expectant mothers was held at Vaidyaratnam Ayurveda College Hospital on 25th October 2024, providing Ayurvedic counselling and dietary guidelines for safe and healthy pregnancies.

Awareness Classes:

1. A “Menstrual Hygiene and Health” session was delivered to adolescent girls at Saraswati Vidya Mandir School, Thrissur, on 15th May 2024. The class highlighted the importance of hygiene, a balanced diet, and Ayurvedic remedies for menstrual pain and irregularities.
2. A Prenatal Yoga Awareness Program was conducted for expectant mothers on 20th June 2024 at the hospital premises. This session emphasised the role of yoga and meditation in ensuring smooth delivery and reducing stress.

3. On National Ayurveda Day (23rd October 2024), an awareness session on “Ayurveda for Women’s Health” was held for inpatients and staff, focusing on holistic care during the reproductive and postmenopausal stages.

Training Programs:

1. Conducted a Hands-On Training Program on Garbha Samskara (prenatal practices) for PG students on 15th August 2024, demonstrating Ayurvedic interventions to promote fetal development and maternal health.
2. A Workshop on Ayurvedic Management of Infertility was held on 10th December 2024, where experts discussed Panchakarma therapies, herbs, and dietary recommendations.

Academic Contributions:

1. The department presented papers at the National Conference on Women’s Health and Ayurveda 2024:
2. “Ayurvedic Approach to PCOS Management: A Case Study” by Dr. Anjali S.
3. “Role of Panchakarma in Treating Menorrhagia” by PG scholar Dr. Divya R.

Faculty members authored articles published in reputed journals:

1. “Comparative Efficacy of Basti and Oral Medications in Dysmenorrhea” in the Indian Journal of Gynecology and Ayurveda.
2. “A Clinical Study on Shatavari Kalp in Improving Lactation” in the Journal of Ayurveda and Reproductive Health.

Community Engagement:

1. Participated in the Ayush Mahotsav 2024 at Thrissur, delivering lectures on “Ayurvedic Care During Menopause” and “Holistic Approaches to Infertility.”
2. Conducted a Community Outreach Program in rural areas of Thrissur district on 5th September 2024, providing education on reproductive health and Ayurvedic dietary guidelines.

Publications and Research:

1. Published a study on “The Role of Panchakarma in Improving Endometrial Thickness in Infertile Women” in the International Journal of Ayurveda.
2. The department completed a research project titled “Clinical Efficacy of Ayurveda in Managing Postpartum Depression”, which was presented at the Kerala Ayurveda Research Meet 2024.

Special Events:

1. Organised a Breastfeeding Awareness Week from 1st to 7th August 2024, which included educational sessions for new mothers on lactation techniques and the benefits of Shatavari-based supplements.
2. Participated in World Menopause Day (18th October 2024) with a public awareness program emphasising the role of Rasayana therapy in managing menopause-related symptoms.

Department of Kaumarabhritya

Medical Camps:

1. Recurrent Respiratory Infections Camp: Conducted on 16th March 2024 at the college hospital, addressing recurrent respiratory infections in children. 75 children were treated with Ayurvedic therapies like Swarna Prashana (immunisation) and herbal formulations.
2. National Ayurveda Day Camp: On 30th October 2024 at Brahmaswom Madhom, Thrissur. Free consultations for 85 children with chronic health issues like asthma, skin conditions, and malnutrition. Parents were provided awareness of Ayurvedic childcare practices.
3. Special Health Camp for Children with Autism: Held on 12th May 2024 in collaboration with local NGOs. Focused on sensory integration therapies, dietary management, and herbal interventions for autistic children.

Awareness Classes:

1. Personal Hygiene and Nutrition Awareness Program: Conducted across five schools in Thrissur district between March and April 2024. Targeted children aged 8–12, educating them on personal hygiene, a balanced diet, and the importance of seasonal fruits and vegetables.
2. Awareness on Childhood Obesity: Delivered on 7th June 2024 at St. Joseph's School, Thrissur. Parents and teachers were educated on Ayurvedic diet and lifestyle interventions for managing obesity.
3. Breastfeeding and Infant Care Awareness: Held on 2nd August 2024 as part of Breastfeeding Awareness Week and covered the importance of breastfeeding, Ayurvedic lactation enhancers like Shatavari, and tips for infant care.

Training Programs:

1. Swarna Prashana Immunization Program: Monthly Swarna Prashana events were organised at the college hospital, benefiting over 300 children yearly. PG scholars actively participated in counselling parents and administering herbal gold formulations to improve immunity.
2. Hands-On Training in Balachikitsa (Pediatrics): Conducted on 10th July 2024, focusing on Ayurvedic therapies like Abhyanga (oil massage) and Shirodhara for neurodevelopmental disorders.

Workshops and Seminars:

1. Seminar on Ayurvedic Neonatal Care: Held on 5th August 2024 at the college auditorium. Topics included neonatal massage, Ayurvedic dietary practices for infants, and common neonatal ailments.
2. Workshop on Ayurvedic Interventions for Childhood Allergies: On 18th October 2024, participants were trained in herbal therapies for managing allergies like asthma and eczema.

Publications

Dr. Arun B

Dr. Arun B published an article in “International Journal of Recent Advances in Multidisciplinary Research” on the topic “Secondary lactose intolerance- An Ayurvedic case study. The article published on 26th January 2024.

Dr. Arun B published an article in IJFMR (International Journal for Multidisciplinary Research) on the topic “Management of Linear iga through Ayurveda: A case study”. The article published in March-April 2024.

Dr. Arun B published an article in AYUSHDHARA- an International journal of research in Ayurveda on the topic “ Management of Autism Spectrum Disorder through Ayurvedic Intervention and Diet Modification” . The article published on 07/05/2024.

Dr. Arun B published an article in “International Ayurvedic Medical Journal” on the topic “Management of Akakkarappan (A childhood disease with skin and GIT involvement) in infant- a case report. The article published on 15/07/2024.

Department of Panchakarma

Article published

1. **Marmas in Shiroabhyanga** - A Review Article -International Journal of Trend in Scientific Research and Development (IJTSRD) Volume 8 Issue 6, Nov-Dec 2024
2. **A CRITICAL REVIEW ON THE SITES OF RAKTHAMOKSHANA** – Research Article-International Journal of Current Research, Vol. 16, Issue, 11
3. **CRITICAL ANALYSIS OF NASYA KARMA IN SIROROGAS-** Research Article-International Journal of Current Research, Vol. 16, Issue, 10

4. **CASE REPORT ON MANAGEMENT OF CEREBELLAR TONSILLAR ECTOPIA- AN AYURVEDIC APPROACH- CASE REPORT-** International Ayurvedic Medical Journal, November 2024)
5. **A CRITICAL REVIEW ON PANCHAKARMA IN KASYAPA SAMHITHA- A** Review Article - International Journal of Trend in Scientific Research and Development (IJTSRD), Volume 8 Issue 6
6. **A CRITICAL REVIEW ON UTILITY OF MAMSA RASA IN BASTI YOGAS-** Journal of Ayurveda & Holistic Medicine, Vol.-XII, Issue-X (Oct. 2024).
7. **A BIRD’S EYE VIEW ON RASAOUSHADHIS IN PANCHAKARMA-** International Research Journal of Ayurveda & Yoga Vol. 6(12), pp. 68-72, October, 2023
8. **MARMAS IN PAADABHYANGA - A CONCEPTUAL OVERVIEW-** International Journal of Trend in Scientific Research and Development (IJTSRD), Volume 8 Issue 6, Nov-Dec 2024
9. **AN OVERVIEW OF CURRENT PRACTICES IN LEKHANA VASTI -** International Research Journal of Ayurveda & Yoga Vol. 7(9), pp. 46-49, September, 2024
10. **MANAGEMENT OF RHEUMATOID ARTHRITIS THROUGH AYURVEDA – A CASESTUDY-** - International Research Journal of Ayurveda & Yoga Vol. 7(9), pp. 46-49, September, 2024
11. **ROLE OF PANCHAKARMA IN BEAUTY CARE - A Review Article -** International Journal of Emerging Technologies and Innovative Research, September 2024, Volume 11, Issue 9
12. **AYURVEDIC APPROACH IN DRUG INDUCED INSOMNIA - A CASE STUDY,** Journal of Ayurveda and Integrated Medical Sciences , July 2024, Vol. 9, Issue 7
13. **REVAMPING THE CLASSICAL DHUMAYANTRA- ORIGINAL ARTICLE-** , Journal of Ayurveda and Integrated Medical Sciences , July 2024, Vol. 9, Issue 7
14. **KARKADAKA CHIKITSA – A CONCEPTUAL OVERVIEW -** International Journal of Emerging Technologies and Innovative Research, September 2024, Volume 11, Issue 9
15. **A CASE REPORT ON PARKINSON’S DISEASE (KAMPAVATA) – AN AYURVEDIC APPROACH,** - International Ayurvedic Medical Journal, September 2024

Department of Shalakaya Tantra

Free Medical Camps

- 16/01/2024 – Free Eye Check-up camp at DMLPS Karivanoor
- 07/04/2024 – Free Medical Camp at St Joseph Church Koorkanchery
- 28/04/2024 – Free Medical Camp at GLPS Kodakara
- 25/09/2024 – Free Eye Screening Medical Camp at GVHSS Cherp
- 24/10/2024 – Free Eye Screening Medical Camp at ALPS Thaikatussery

Classes Conducted

- 04/05/2024 – Webinar by Dr Adarsh Varma R on the topic Netra Swastyam
- 24/07/2024 – Common session for the people in cheruvathery on the topic Netra Chikitsa in Ayurveda(Ayurgramam 2.0)
- 08/10/2024 - Webinar by Dr Adarsh Varma R on the topic practical approach of Ayurvedic Ophthalmology Conducted by Nangelil Ayurveda Medical College

Article Published

Ayurvedic Approach InThe Managi Of Subconjunctival Haemorrhage With Respect To Arjuna: A Case Study

Adarsh Varma R

Journal-International Journal Of Research In Ayurveda And Pharmacy

Special Medicines Prepared in Shalakya Tantra

- SP Drops
- Jeerakadi Kuzhamb
- Vachalasunadi Tailm
- Mukkadi Purambada
- Darvi Arkam
- Sigruadi Tailam
- Vasakadi Kashayam
- Gandoopadadi Anjanam

Department of Roga Nidana

Workshops and Seminars:

1. A workshop on diagnostic tools in Ayurveda, integrating modern technology, was held on 22nd October 2024.
2. Seminar on Innovations in Ayurvedic Pathology: Organized on 5th August 2024, highlighting diagnostic approaches for skin disorders and arthritis using Ayurvedic principles. Guest speakers included specialists in pathology and Panchakarma.

Field Visits:

1. Academic visits were organised for PG students to Life Scan Diagnostic Imaging Center on the 22nd and 23rd of October 2024.
2. Community-Based Diagnostic Camps: Participated in diagnostic camps in rural Thrissur, held on 10th September 2024, offering free health checkups and lab investigations like blood sugar and lipid profile tests.

Research Initiatives:

1. Study on Diagnostic Methods for Autoimmune Diseases: Conducted a clinical study on autoimmune diseases like rheumatoid arthritis using Ayurvedic and modern parameters for accurate diagnosis. Findings were presented at the Kerala Ayurvedic Research Meet 2024.

2. Integration of Modern Technology in Nadi Pariksha: Research using advanced digital tools for Nadi Pariksha was completed and published in a reputed journal.

Department of Salyatantra

Medical Camps:

1. Ksharasutra Therapy Camp for Anorectal Disorders: Organized on 15th March 2024 at the college hospital, focusing on piles, fistula-in-ano, and fissures. 65 patients received consultations, and 25 underwent Ksharasutra procedures with follow-up care.
2. Surgical Outreach Program: Collaborated with local NGOs at Perinchery Community Hall on 10th July 2024. Provided minor surgical interventions, including incision and drainage procedures for abscesses.
3. Rural Medical Camp for Wound Management: On 12th September 2024 at Kudumbasree Health Center, Thrissur. Focused on managing chronic wounds and diabetic ulcers using Ayurvedic therapies like Raktamokshana (bloodletting) and herbal pastes.

Training Programs:

1. Hands-On Training in Agnikarma and Raktamokshana: Conducted on 15th August 2024 for UG and PG students. Training included practical demonstrations of Agnikarma for musculoskeletal disorders and Raktamokshana for localised pain and inflammatory conditions.
2. Surgical Techniques Workshop: Held on 25th October 2024, focusing on applying modern surgical techniques integrated with Ayurvedic principles. Topics included wound healing, infection control, and post-surgical care in Ayurvedic practice.

Awareness Programs:

1. Preventive Care for Anorectal Disorders: Delivered on 23rd February 2024 at Vivekananda Hall, Thrissur, educating the public on dietary habits, lifestyle changes, and hygiene to prevent piles and fistula.
2. Educational Session on Post-Surgical Care in Ayurveda: Conducted on 17th June 2024 at the college auditorium, focusing on Ayurvedic regimens for faster recovery and improved immunity after surgeries.

Workshops and Seminars:

1. Surgical Advances in Ayurveda: A seminar on 12th April 2024 focused on integrating modern diagnostic tools with Ayurvedic surgical practices. Eminent speakers included senior Ayurvedic surgeons and modern surgery experts.
2. Skill Enhancement Workshop for UG Students: Organised on 18th October 2024, covering suturing techniques, wound debridement, and infection control methods in Ayurveda.

Department of Swasthavritha

Yoga and Wellness Programs:

1. International Yoga Day Celebration: Conducted a 7-day Yoga Awareness Campaign from 15th to 21st June 2024 across multiple locations, including schools and community centres. It focused on memory enhancement for children, adult stress relief, and senior citizens' physical well-being. Over 500 participants attended the sessions, which included practical yoga demonstrations and lectures on Ayurvedic diet and lifestyle.
2. Vikas Yoga Camp for Children: Held a 15-day camp from 1st to 15th August 2024 for children aged 8–14 years. Topics covered included yoga for improving concentration, managing exam stress, and boosting physical health.
3. Yoga for Senior Citizens: A specialised yoga session was organised at Kudumbasree Hall, Thrissur, on 10th October 2024, addressing joint pain, mobility issues, and mental wellness.

Food and Lifestyle Fest:

1. Ayurahara Food Fest: Hosted on 5th November 2024, promoting Ayurvedic dietary practices to the general public. The fest featured stalls showcasing wholesome Ayurvedic meals, herbal teas, and detox drinks. Over 200 visitors attended the event, which included cooking demonstrations and talks on diet customization based on Prakriti (body constitution).
2. Healthy Lifestyle Week: Organized from 1st to 7th December 2024, featuring daily lectures on Ayurvedic lifestyle modifications, including Dinacharya (daily routine) and Ritucharya (seasonal routine).

Awareness Programs:

1. Community Awareness Drive on Preventive Health: Conducted across five rural villages in Thrissur district during October 2024, educating the public on hygiene, nutrition, and preventive measures for common seasonal diseases.
2. Awareness Campaign for Adolescent Health: Delivered sessions on personal hygiene, mental health, and diet for adolescents at St. Mary's High School, Thrissur, on 25th August 2024. Over 300 students participated in interactive workshops on managing stress and improving focus.
3. National Nutrition Week Program: Organised from 1st to 7th September 2024, promoting healthy eating habits and the benefits of traditional Ayurvedic diets.

Department of Agadatantra

Medical Camps and Outreach Programs:

1. Poison Management and First Aid Camp: Organized on 10th September 2024 at Kudumbasree Hall, Thrissur, in collaboration with local health units. The camp focused on emergency care for common poisonings, snakebites, and food poisoning. Over 80 participants were educated on Ayurvedic first-aid practices and herbal antidotes.
2. Rural Toxicology Awareness Camp: Held on 15th June 2024 in the Pananchery Panchayat. Conducted free consultations and provided awareness about environmental toxins, pesticide exposure, and preventive measures. Distributed herbal detox kits for those at risk of pesticide poisoning.

Awareness Programs:

1. World Anti-Toxin Awareness Day: Celebrated on 20th August 2024, with a public lecture on Ayurvedic management of poisonings and antidotal therapies. Over 150 attendees, including healthcare professionals and community members, participated.
2. School Awareness Drive on Poison Prevention: Delivered interactive sessions for St. Thomas High School, Thrissur students on 25th July 2024. Topics included preventing food and household poisoning and recognising symptoms of toxic exposure.
3. Herbal First Aid for Snake Bites: Conducted a unique awareness program for tribal communities in Athirappilly on 10th October 2024. Demonstrated the preparation and application of herbal antidotes for venomous bites.

Training Programs:

1. Hands-On Training on Ayurvedic Antidotes: Held on 12th May 2024, focusing on preparing and clinically applying Ayurvedic formulations like Tankana Bhasma (borax ash) and Haridra (turmeric). PG scholars actively participated in the preparation of antidotes for common toxins.
2. Workshop on Emergency Management in Toxicology: Organized on 18th November 2024, covering Ayurvedic and modern approaches to handling acute poisoning cases. Topics included emergency care, detox therapies, and herbal antidote applications.

Workshops and Seminars:

1. Seminar on Ayurvedic Toxicology: Held on 30th August 2024, focusing on diagnosing and managing various types of poisoning using Ayurvedic approaches. Topics included heavy metal detoxification, snakebite management, and herbal antidotes.
2. Skill Enhancement Workshop on Poison Management: Conducted on 10th December 2024, with hands-on training in preparing and applying herbal antidotes for snakebites and scorpion stings.