

**Jupiter Ayurved Medical College & Tarini Ayurved Hospital,  
Nagpur.**  
organizing



## National Seminar on 'Kayachikitsa'

**15-16 Sept 2024**

Accredited by

**Maharashtra University of Health Sciences, Nashik. (MUHS)**

Endorsed by

**Maharashtra Council of Indian Medicine, Mumbai. (MCIM)**



**| Venue |**

**15 Sept 2024**

**Auditorium,**

**Jupiter Ayurved Medical College,**

**Shankarpur, Nagpur, Maharashtra-441108**

**16 Sept 2024**

**Regenta Central, Hotel & Convention Centre,**

**Jagnade Square, Nandanvan, Nagpur, Maharashtra - 440009**

# National Seminar on Kayachikitsa



recognized and endorsed by  
**MUHS, Nashik & MCIM, Mumbai.**



*Inaugural Function*

**16 Sept 2024**

**: Chief Guest :**

**Hon'ble Prof. Dr. Milind Nikumbh**  
Pro-Vice Chancellor, MUHS, Nashik.

**:: Patrons ::**

**Smt.Tarini Nikhare**  
Secretary, GSS.

**Shri Ajay Jaiswal**  
Vice-President GSS.

**Advisor**

**Prof.Dr.Archana Dachewar**

Professor & HOD, Department of Kayachikitsa  
Shri Ayurved College, Nagpur.

B.O.S. Member & Chairperson (Clinical & allied),  
Finance Committee & Academic council-Member, M.U.H.S. Nashik.  
President -Vidarbha Prantiya Ayurved Sammelan, Nagpur.

**Convenor**

**Dr.Sundar Singh Danga**

Principal

Jupiter Ayurved Medical College, Nagpur.

**Co-Ordinator**

Dr.Sneha Naringe

Dr.Sachin Borkar

Dr.Seema Parma

Dr.Sharda Milmile

Dr.Anurag Satpute

Dr.Monali Ramteke

Dr.Sneha Chavan

Dr.Sneha Gawande

**Organizing Secretary**

**Dr.S.B.Meshram**

Medical Superintendent,  
Tarini Ayurved Hospital, Nagpur.

**:: Special Invitee ::**

**Prof.Dr.Brijesh Mishra**

Principal,  
Shri Ayurved Mahavidyalaya,  
Nagpur.

**Dr.Milind Suryawanshi**

Assistant Director, M.D.(Ayu)  
CCRAS-RARI, Nagpur.  
Ministry of Ayush, Govt of India

**Prof.Dr.Harshala Rajurkar**

Principal  
Datta Meghe Ayurved College,  
Hingna, Nagpur.

**Prof. Dr.Kannan Mani**

Principal,  
Bhojraj Bhonekar Ayurvedic  
Mahavidhyalaya, Bhandara.

**Prof. Dr.Yuwraj Kale**

Principal,  
B.M. Ayurved Mahavidyalaya,  
Nandanvan, Nagpur.

**Prof. Dr.Mohan Yende**

Secretary -NIMA, Maharashtra State

**Dr.Shantidas Lunge**

President, NIMA,Nagpur.

**Dr.Shrikant Wanikar**

President, Ayurved Vyaspeeth,  
Nagpur.

**Prof. Dr.Sandesh Goje**

Vice Principal  
Vimladevi Ayurved College,  
Chandrapur.

**Prof.Dr.Sanjeev Chaudhary**

Co-ordinator, Regional office MUHS  
Member of Management Council, MUHS

**Prof. Dr.Kavita Khond**

Principal, K.R. Pandav Ayurved  
College, Nagpur.

**Prof. Dr.Pradnya Dakhole**

Principal,  
S.M.Ayurved College, Bhandara.

**Prof.Dr Dhiraj Mahajan**

Principal, Indutai Gaikwad Patil  
Ayurved College, Nagpur.

**Prof.Dr.Virendra Mahajan,**

Principal, Govindrao Vanjari Ayurvedic  
College, Nagpur.

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## The theme for the Paper Presentation (open for UG/interns/PG/PhD/Faculty/MO/RO)

- Ayurveda updates & current Scenario in Medicine & Public Health
- Noncommunicable disease and Ayurveda, Cancer and Ayurveda
- Vatvyadhi and Ayurved perspectives of prevention and treatment.
- Ahar vihar and lifestyle changes as per Ayurveda.
- Recent research in Ayurveda & Kayachikitsa, Advanced treatment
- Importance of Panchakarma in Ageing prevention, Mental health & Neurological disorders
- Skin & Hair diseases, Prevention and treatment of Metabolic disorders
- Rasayan and Vajikaran Chikitsa, Autoimmune disorders, Haematological disorders

## Paper presentation :

### Guidelines:

- The abstract should be structured in IMRAD (Introduction, Methods, Results, and Conclusion) It should be a maximum of 250-300 words.
- The title should be followed by the name of all the authors (in order of their contribution to the study), designation, and name of the affiliated institute.
- Full Name, Email ID, and contact details of the presenting author should be mentioned.
- The abstract The full paper should be prepared with **Times New Roman/Calibri** font style, a font size of 12, and line spacing of 1.5.
- Only full paper in **Word copy** will be accepted.

### Note:

- The Organizing Committee reserves the right to reproduce or publish online.
- Paper previously published/presented at any National/ International meetings and plagiarized are not permitted.
- Delegates will receive an email confirmation on the registered email address.
- The Scientific Committee will review the paper and acceptance will be communicated.
- The Scientific Committee reserves the right to accept or reject the paper without explanation Decision of the Scientific Committee is final.

For any Queries, please contact : **Dr. CM Gulhane 7710880622, Dr.SK Danga 9372045685**

## Article Publication:

1. Article needs to be sent to the given email ID in Microsoft Word copy only.
2. Manuscripts should be written as per the Author guidelines of journals. ([IJIM](#) & [AYUSCRIPT](#))
3. Articles will be reviewed by reviewers and only accepted articles will be published in these journals.

**Last Date of Registration:** 30 August 2024

Last Date of Abstract submission: 30 August 2024

Last Date of Paper submission: 30 August 2024

Send paper to [jupiterseminar@gmail.com](mailto:jupiterseminar@gmail.com)



Scan to register

### Contact Details

 9372045685, 9404233935

 [jupiterseminar@gmail.com](mailto:jupiterseminar@gmail.com)

 [www.jupiternagpur.com](http://www.jupiternagpur.com)



## Jupiter Ayurved Medical College & Tarini Ayurved Hospital, Nagpur

Jupiter Ayurved Medical College and Tarini Ayurved Hospital, this institute is flourishing since 2001. In these two decades, the institute has developed and is trying to develop more very consistently. We at Jupiter Ayurvedic Medical College, impart the Shastra-based education with all the concurrent modern knowledge. So, a student who comes out of this institution is equipped with the pure knowledge and skill of Ayurveda and will be an efficient physician who can diagnose a disease precisely and plan the treatment protocols based on Ayurvedic principles and thereby accomplish the aims of Ayurveda.

### Features of Seminar :

- Expert Lectures and Keynote Speeches
- Research Paper Presentations
- Paper Publications in IJIM/AYUSCRIPT
- Panel Discussions and Q&A Sessions on Kayachikitsa teaching methods as per NCISM Syllabus & MESA&R
- Best Paper Awards
- Healthcare Excellence Award 2024
- Exhibition Stalls
- Publication Opportunities
- Book Publication with ISBN

### Schedule

15 Sept 2024 : Papers Presentation

16 Sept 2024 : Main Conference

Date: 16.09.2024, Monday

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| Time                | Topic  | Speaker  | Institute  |
|---------------------|--|--|--|
| 08.00 am - 09.30 am | <b>Breakfast &amp; Registration</b>                                      |  |  |
| 09.30 am - 10.30 am | <b>Ayurvedic understanding and Management of Neurological conditions</b> | <b>Dr Prasad Mamidi</b><br>MD, PhD (Manasroga),<br>Renowned Ayurvedic Psychiatrist | Professor & HOD<br>Dept of Kayachikitsa, R B Ayurvedic Medical College & Hospital, Agra, India.          |
| 10.30 am-11.30 am   | <b>Critical Exploration of 'Shreshtah Charakastu Chikitsite'</b>         | <b>Dr. Sanjay Kadlimatti</b><br>Principal and Professor                            | BLDEA's AVS Ayurveda Mahavidyalaya,<br>Vijayapura, Karnataka, INDIA.                                     |
| 11.30 am - 12.00 am | <b>Seminar Inauguration</b>  |  |  |
| 12.00 pm - 01.30 pm | <b>Vajikaran Chikitsa &amp; its importance</b>                           | <b>Dr.Madhav Diggavi</b><br>Professor & HOD,<br>Department of Kayachikitsa         | Taranath Govt. Ayurvedic Medical College,<br>Ballary, Karnataka, INDIA.                                  |
| 01.30 pm -02.30 pm  | <b>Lunch Break</b>   |  |  |
| 02.30 pm -03.30 pm  | <b>Clinical perspectives of Trichology and Ayurveda</b>                  | <b>Dr. Srikant Babu Perugu</b><br>PG Professor &HOD                                | PG Professor &HOD ,<br>PG Dept Kayachikitsa<br>Dr. BRKR Government Ayurveda College,<br>Hyderabad,India. |
| 03.30 pm -04.30 pm  | <b>Panel Discussion</b>  | Kayachikitsa Teaching as per new MESA & R of NCISM                                 | All Experts in the field, (Kayachikitsa)   |
| 04.30 pm- 05.30 pm  | <b>Award Ceremony</b>  | <b>(Healthcare Excellence-2024 &amp; Best Paper Award)</b>                         |  |
| 05.30 pm -05.45 pm  | <b>High Tea Break</b>  |  |  |
| 05.45 pm- 06.00 pm  | <b>Vote of Thanks &amp; Awards/Certificates Distribution</b>             |  |  |
| 06.00 pm            | <b>National Anthem</b>   |  |  |

**Note:** Timing during program will be followed strictly, so it is requested to all the delegates, do not miss any important lectures by eminent speakers, effort will be taken in such manner that all the activities conducted perfectly on time.)



## Registration Details:

| No | Benefits                                    | Delegate      | Paper Presentation | Article Publication | Chapter in Book (ISBN) | Accompanying Person |
|----|---|---------------|--------------------|---------------------|------------------------|---------------------|
| 1  | <b>Delegate</b>                             | ✓             | ✓                  | ✓                   | ✓                      | ✓                   |
| 2  | Access to Conference                        | ✓             | ✓                  | ✓                   | ✓                      | ✓                   |
| 3  | Breakfast, Tea, high Tea, Lunch (2days)     | ✓             | ✓                  | ✓                   | ✓                      | ✓                   |
| 4  | <b>Registration Kit</b> (File, Pen, folder) | ✓             | ✓                  | ✓                   | ✓                      | x                   |
| 5  | Certificate                                 | ✓             | ✓                  | ✓                   | ✓                      | x                   |
| 6  | A Textbook of Research Methodology          | ✓             | ✓                  | ✓                   | ✓                      | x                   |
| 7  | Paper Presentation                          | x             | ✓                  | x                   | x                      | x                   |
| 8  | Article Publication                         | x             | x                  | ✓                   | x                      | x                   |
| 9  | Chapter in Book                             | x             | x                  | x                   | ✓                      | x                   |
| 10 | Access Free Courses                         | ✓             | ✓                  | ✓                   | ✓                      | ✓                   |
|    | <b>Amount</b>                               | <b>₹ 2100</b> | <b>₹ 2600</b>      | <b>₹ 3100</b>       | <b>₹ 3300</b>          | <b>₹ 1500</b>       |

| Type of Registration                                   | Specifications   |
|--|--|
| Delegate   | You will be as delegate and receive delegate certificate   |
| Access to Conference                                   | You will have a feast of knowledge from various experts in the field which is precious and also feel a great get together and discussion |
| Breakfast, Tea, high Tea, Lunch (2days) (worth ₹ 2000) | You will have delicious food, tea and breakfast in two days at college and in Hotel Regenta Central Nagpur.                              |
| Registration Kit (worth ₹ 500)                         | This includes a folder file, pen, writing pad etc.   |
| Certificate  | This will add a great advantage in your curriculum vitae and academic progress   |
| A Textbook of Research Methodology (worth ₹ 550)       | You will receive an exclusive A Textbook of Research Methodology for (MD/MS,Ph.D.)   |
| Paper Presentation                                     | You will have chance to present Single paper before the eminent expert and delegates on the first day of conference.                     |
| Article Publication (worth ₹ 2500)                     | *Accepted (Single)article will be published in IJIM OR AYUSCRIPT Journal   |
| Chapter in Book (worth ₹ 1000)                         | You will receive a Textbook in which you will be Author of chapter having ISBN number (Single print copy of book will be given)          |
| Access Free Courses (worth ₹ 2000)                     | You can have free access to various courses from AYURVEDA EXAM APP ( You may download this app from google play store)                   |

[👉 Click here to Register this conference](#)

**Who should attend :** UG/PG/PhD Scholars/Academicians/Researchers/GP's

**Why should attend:** To get new updates and knowledge, to present paper, to get paper published, to meet renowned experts, to have a get-together.

## Chapter Invitation

**Name of Book** ( Both books will be published on the day of the conference with ISBN Number) **Author can choose any one chapter from list below**

**First Book :** Mind, Ayurveda, and Yoga: An Integrative Approach to Mental Health

**Second Book :** Ayurvedic Internal Medicine: Principles and Practices of Kayachikitsa

### Chapters for First book

#### Table of Contents

#### Part I: Foundations

##### 1. Introduction to Ayurveda and Yoga

- Historical Context
- Core Principles of Ayurveda
- Core Principles of Yoga
- The Synergy between Ayurveda and Yoga

##### 2. Understanding the Mind in Ayurveda

- The Concept of Manas (Mind)
- The Tridosha Theory and the Mind
- Sattva, Rajas, and Tamas: The Three Gunas

##### 3. Psychological Concepts in Yoga

- The Koshas (Layers of Existence)
- The Role of the Chakras
- Yogic Philosophy on Mind and Consciousness

#### Part II: Diagnostic Approaches

##### 4. Ayurvedic Diagnosis of Mental Health Disorders

- Pulse Diagnosis (Nadi Pariksha)
- Mental and Emotional Assessment (Manas Pariksha)
- Case Studies

##### 5. Yogic Assessment Techniques

- Physical and Mental Evaluation through Yoga
- Psychological Profiling in Yoga Therapy
- Integration of Ayurvedic and Yogic Diagnostic Methods



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## **Part III: Therapeutic Strategies**

### **6. Ayurvedic Treatments for Mental Health**

- Herbal Remedies (Dravyaguna)
- Panchakarma for Mental Health
- Diet and Nutrition (Ahara) for the Mind

### **7. Yogic Practices for Mental Wellness**

- Asanas (Postures) for Mental Health
- Pranayama (Breathing Techniques)
- Meditation and Mindfulness Practices

### **8. Integrative Therapies**

- Combining Ayurveda and Yoga for Depression
- Anxiety Management with Ayurveda and Yoga
- Stress Reduction Techniques

## **Part IV: Special Populations and Considerations**

### **9. Mental Health Across Different Life Stages**

- Children and Adolescents
- Adults
- The Elderly

### **10. Gender-Specific Approaches**

- Men/Women's Mental Health

### **11. Cultural and Ethical Considerations**

- Adapting Practices for Different Cultures
- Ethical Issues in Integrative Mental Health

## **Part V: Practical Applications**

### **12. Case Studies and Clinical Applications**

- Detailed Case Studies
- Clinical Application of Integrative Approaches

### **13. Creating a Personalized Mental Health Plan**

- Assessing Individual Needs, Monitoring Progress and Adjustments
- Designing a Holistic Treatment Plan

## **Part VI: Future Directions**

### **14. Research and Innovations in Ayurvedic and Yogic Mental Health**

- Current Research Trends, Innovations in Treatment Approaches
- Future Directions and Potential

# Chapter in Second book:

## Part I: Fundamentals of Kayachikitsa

### 1. Introduction to Kayachikitsa

- Historical Background, Scope and Importance of Internal Medicine in Ayurveda

### 2. Basic Principles of Ayurveda

- The Panchamahabhutas (Five Elements)
- The Tridosha Theory: Vata, Pitta, and Kapha
- Concept of Agni (Digestive Fire) and Ama (Toxins)

### 3. Ayurvedic Anatomy and Physiology

- Doshas, Dhatus (Tissues), and Malas (Waste Products)
- Srotas (Channels) and their Functions, The Role of Ojas (Vital Essence)

## Part II: Diagnostic Techniques

### 4. Ayurvedic Diagnosis

- Prakriti (Constitution) Analysis
- Vikriti (Imbalance) Assessment
- Diagnostic Methods: Darshana (Observation), Sparshana (Touch), and Prashna (Questioning)

### 5. Pulse Diagnosis (Nadi Pariksha)

- Techniques and Interpretation
- Clinical Applications

### 6. Other Diagnostic Tools

- Examination of Tongue, Eyes, Skin, and Nails
- Urine and Stool Analysis

## Part III: Therapeutic Strategies

### 7. Diet and Nutrition in Kayachikitsa

- Principles of Ahara (Diet), Dietary Guidelines for Different Doshas
- Therapeutic Diets and Recipes

### 8. Herbal Medicine (Dravyaguna)

- Important Medicinal Plants and Their Uses
- Preparation of Herbal Remedies
- Dosage and Administration

### 9. Panchakarma: Detoxification and Rejuvenation

- Detailed Procedures of Vamana (Emesis), Virechana (Purgation), Basti (Enema), Nasya (Nasal Administration), and Raktamokshana (Bloodletting).

## **Part IV: Disease Management**

### **10. Management of Digestive Disorders**

- Common Disorders: Dyspepsia, Constipation, IBS, etc.
- Ayurvedic Treatment Protocols

### **11. Management of Respiratory Disorders**

- Common Disorders: Asthma, Bronchitis, etc.
- Ayurvedic Treatment Protocols

### **12. Management of Cardiovascular Disorders**

- Common Disorders: Hypertension, Atherosclerosis, etc.
- Ayurvedic Treatment Protocols

### **13. Management of Metabolic and Endocrine Disorders**

- Common Disorders: Diabetes, Thyroid Disorders, etc.
- Ayurvedic Treatment Protocols

### **14. Management of Musculoskeletal Disorders**

- Common Disorders: Arthritis, Osteoporosis, etc.
- Ayurvedic Treatment Protocols

### **15. Management of Neurological Disorders**

- Common Disorders: Unmad, Apsmar, Vishad, Epilepsy, etc.
- Ayurvedic Treatment Protocols

### **16. Management of Skin Disorders**

- Common Disorders: Eczema, Psoriasis, etc.
- Ayurvedic Treatment Protocols

## **Part V: Specialized Treatments**

### **17. Rasayana (Rejuvenation Therapy)**

- Principles and Practices
- Important Rasayana Herbs and Formulations

### **18. Vajikarana (Aphrodisiac Therapy)**

- Principles and Practices
- Important Vajikarana Herbs and Formulations

## **Part VI: Practical Applications and Case Studies**

### **19. Clinical Case Studies**

- Detailed Case Studies and Their Management
- Learning from Clinical Experiences

### **20. Developing a Treatment Plan**

- Patient Assessment
- Designing and Implementing an Ayurvedic Treatment Plan
- Monitoring and Adjusting Treatments

## **Part VII: Future Directions**

### **21. Research in Kayachikitsa**

- Current Research Trends
- Integration with Modern Medicine
- Future Directions and Potential



## General Instructions for Writing Each Chapter/ Author can choose any one chapter or sub chapter

### Write below information before chapter

Name of Author:

Designation:

Department:

Institute name :

Mobile no.

Email:

Chapter Name:



### 1. Introduction

- **Objective:** Begin each chapter with a clear statement of its objective. Explain what the reader will learn and why it is important.
- **Context:** Provide context by briefly explaining how the chapter fits into the overall theme of the book.

### 2. Historical Background and Theoretical Framework

- **Historical Context:** Include a brief history of the topic where applicable, highlighting significant developments and key figures.
- **Theoretical Basis:** Explain the underlying principles and theories in Ayurveda related to the chapter's topic. Use clear and concise language to make complex concepts understandable.

### 3. Core Concepts and Definitions

- **Definitions:** Clearly define key terms and concepts introduced in the chapter. Provide examples where necessary to illustrate their meanings.
- **Detailed Explanations:** Offer detailed explanations of core concepts, ensuring that all critical aspects are covered comprehensively.

### 4. Practical Applications

- **Step-by-Step Instructions:** For practical topics, provide step-by-step instructions on how to perform techniques, procedures, or treatments. Include any necessary precautions or contraindications.
- **Case Studies:** Incorporate relevant case studies to demonstrate the application of concepts and techniques in real-world scenarios.

### 5. Diagrams and Illustrations

- **Visual Aids:** Use diagrams, charts, tables, and illustrations to enhance understanding. Ensure all visual aids are clearly labeled and referenced in the text.
- **Clarity:** Make sure that visual aids are clear, accurate, and directly relevant to the text they accompany.

### 6. Evidence and References

- **Supporting Evidence:** Include references to classical Ayurvedic texts, modern research studies, and clinical evidence to support statements and recommendations.
- **Citations:** Use a consistent citation style throughout the chapter. Provide a bibliography or list of references at the end of the chapter.

### 7. Tips and Best Practices

- **Expert Tips:** Share practical tips and best practices based on your experience and knowledge.
- **Common Pitfalls:** Highlight common mistakes or misconceptions and provide guidance on how to avoid them.

### 8. Conclusion and Summary

- **Recap Key Points:** Summarize the key points discussed in the chapter.
- **Takeaway Message:** Provide a takeaway message or a few bullet points that encapsulate the main lessons of the chapter.

## Writing Style and Format

- **Clarity and Conciseness:** Write in a clear and concise manner. Avoid jargon and overly complex sentences.
- **Consistency:** Maintain a consistent tone and style throughout the chapter. Use headings and subheadings to organize the content logically.
- **Engagement:** Engage the reader with a conversational yet authoritative tone. Use anecdotes or relevant stories where appropriate to illustrate points.

### General Instructions for Font Style, Size, and Word Limit for Each Chapter

#### Font Style and Size

- **Font Style:** Times New Roman, for Sanskrit Shloka: Google font/mangal
- **Font Size:** 12 pt
- **Line Spacing:** 1.5 lines
- **Alignment:** Justified

#### Word Limit

- **Total Word Count for Each Chapter:** Approximately 5,000 to 7,000 words
  - **Introduction:** 500-700 words
  - **Historical Background and Theoretical Framework:** 700-1,000 words
  - **Core Concepts and Definitions:** 1,000-1,200 words
  - **Practical Applications:** 1,000-1,200 words
  - **Diagrams and Illustrations:** Variable (Ensure descriptions are concise and informative)
  - **Evidence and References:** 500-700 words
  - **Tips and Best Practices:** 500-700 words
  - **Conclusion and Summary:** 300-500 words

#### Additional Formatting Guidelines

- **Margins:** 1 inch on all sides
- **Indentation:** First line of each paragraph should be indented by 0.5 inches
- **Page Numbers:** Bottom center of each page
- Ensure consistent use of font styles and sizes throughout the chapter.
- Use headings and subheadings to organize content logically.
- Maintain high-quality, clear, and relevant visual aids.
- Proofread the chapter for grammar, spelling, and punctuation errors.

**Chapter in Word copy (Only) should be sent on email: [jupiterseminar@gmail.com](mailto:jupiterseminar@gmail.com)**

**Last Date of Chapter Submission: 30 August 2024 till 07.00 pm**

**No chapter will be accepted after this date.**

**Note:** Only Two Authors are allowed in a chapter and the Printed book will be given to the **First Author Only** (Single Print Copy), if need separate copy for each author registration of the conference is mandatory along with Chapter fee.

## About JAMC, Nagpur.

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Dr. Babasaheb Ambedkar International Airport, Nagpur : 8 km

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Distance from Railway Station : Ajani 5 km, Main Railway Station 4.8 km  
Dr. Babasaheb Ambedkar International Airport, Nagpur : 8 km

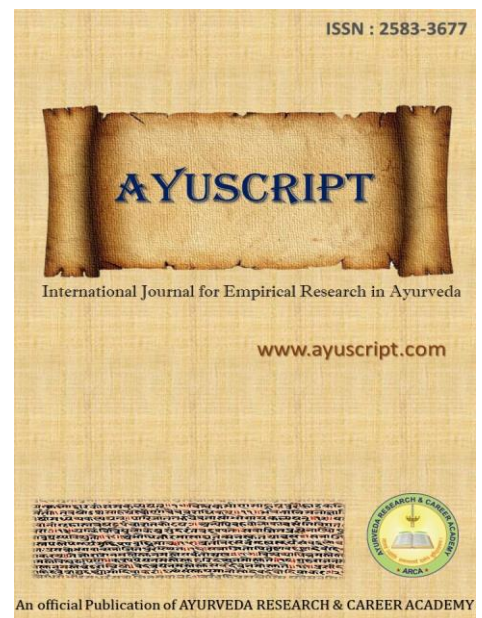
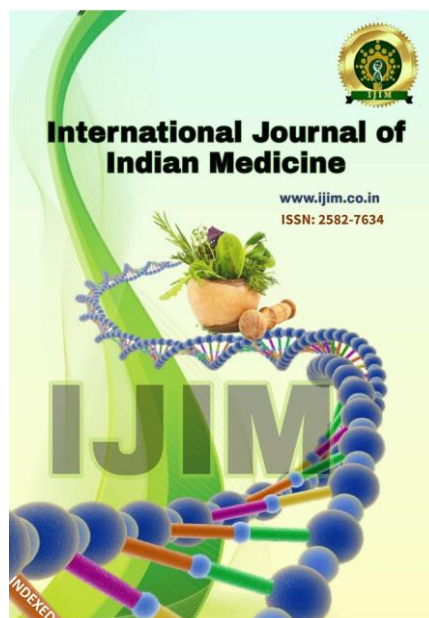
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