

STAFF DETAILS (DEPT. OF PANCHAKARMA)

Panchakarma is a Sanskrit term that translates to "five actions" or "five treatments." It is an ancient Ayurvedic therapy that involves a set of five detoxification and rejuvenation treatments. Panchakarma aims to remove toxins from the body, balance the doshas (the three fundamental elements in the body), and improve overall health and well-being.

The five treatments that make up panchakarma include:

- **Vamana:** A therapeutic vomiting procedure that eliminates excess mucus and toxins from the respiratory and digestive tracts.
- **Virechana:** A purgation therapy that removes excess bile and toxins from the liver, gallbladder, and small intestine.
- **Basti:** An herbal enema therapy that helps to eliminate toxins from the colon and nourish the tissues.
- **Nasya:** A nasal administration of medicated oil or herbs that helps to clear the sinuses and promote mental clarity.
- **Raktakokshana:** A blood purification therapy that involves the use of leeches or other methods to remove impurities from the blood.

Panchakarma is a highly individualized treatment that requires careful evaluation by an Ayurvedic practitioner. It is recommended for individuals who are healthy or have specific health concerns such as stress, anxiety, chronic fatigue, digestive issues, skin problems, and respiratory problems. Panchakarma is a holistic approach to healing that aims to restore the body's natural balance and promote optimal health and well-being.

Govt. Ayurvedic Medical College in Bangalore is a renowned institution that offers courses in Ayurvedic medicine. The college is committed to promoting the ancient Indian system of medicine and providing quality education to its students. Located in the heart of Bangalore, the college has a beautiful and modern campus that is equipped with all the necessary facilities for students to learn and grow. The college offers a range of courses including Bachelor of Ayurvedic Medicine and Surgery (BAMS), postgraduate courses, and Ph.D. programs. The faculty at Govt. Ayurvedic Medical College is comprised of experienced and knowledgeable professionals who provide a holistic education to their students. With a focus on both theoretical knowledge and practical training, the college prepares students to become skilled practitioners of Ayurveda who can make a positive impact in the field of healthcare.

The Department of Panchakarma in PG Studies was established in 2006 at GAMC Bangalore, and since then it has developed approximately 105 PG Scholars into capable and future panchakarma physicians who are now successfully providing quality care to the people all over the nation.

We are offering an IP section in the college; overall, 66 beds are allocated to the department of Panchakarma, and 80% of the beds are occupied year-round. Offering wards that are well-kept and run by staff members with efficiency and expertise. Patients receive high-quality care from the caregivers. Each week, the department's staff employees and PG scholars rotate their shifts.

Name – Dr. Ananta S Desai

Qualification – BAMS, MD (AYU), PhD

Designation – Professor and HOD

Department of PG and Ph.D. Studies in Panchakarma

Project director, NAM AYUSH department, Govt. of
Karnataka

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UG – AYURVEDA MAHAVIDYALA HUBLI

PG – GAMC MYSURU

Year of joining GAMC - 2010

No. of publications – 33

Profile –

Dr. Ananta S Desai working as professor and HOD, Dept. of PG and Ph. D studies in Panchakarma. He is recognized as PG and Ph.D. guide in RGUHS and guided 40 PG Scholars, 6 Ph.D. Scholars. Sir is designed as Project director, NAM, Ayush Department, Govt. of Karnataka. Sir is a very humble, good physician and Academician. He has treated many patients of different disorders especially in neurological conditions and lifestyle disorders .He has presented many papers in both international and national seminars, Organized many scientific programmes .



Staff name-Dr. Sangnor Smita Laxmanrao

Qualification-BAMS, MD (AYU)

Designation-Professor

DOB-23/08/1980

E-mail Address-drsmithaghule148@gmail.com

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Year of completion of UG-2003, in MUHS Nasik C.S.M.S.S,
Aurangabad

Year of completion of PG-2008, in RGUHS-Bengaluru,
GAMC-Bengaluru

Year of joining any other initial institution-

1.5/10/2008-2/02/2009 as lecturer in SRAMC

2.3/2/2009-30/5/2013 as lecturer in Bapuji AMC Challikere

3.11/7/2013-15/12/2013 as lecturer in SRAMC, Malladihalli

4.16/12/2013-5/3/2016 as Reader in SRAMC, Malladihalli

5.12/3/2016-31/03/2019 as Reader in SDAMC, Ranchi

6. 28/08/2019-till date as a Professor in GAMC, Bengaluru

Date of joining GAMC-28/8/2019

Number of Publication-6

Profile: Dr.Sangnor Smita Laxmanrao working as Professor in Department of PG and Ph.D. studies in Panchakarma. She is having 16 years of teaching experience in this subject. She recognized as PG guide from RGUHS and guided 8 PG scholars from 2018 to 2023.She has treated many diseases by adopting various Panchakarma therapy. She has attended many seminars and workshop.



Staff Name: Dr. Shaila Borannavar

Qualification: BAMS, MD (AYU)

DOB: 01/05/1980

Designation: Associate professor

PG and Ph.D. studies in Panchakarma

HOD, Under Graduation in department of
Panchakarma

Year of completion of UG: 2002, In Ayurveda
Mahavidyalaya, Vijayapura

Year of completion of PG: 2006, In DGM Ayurveda
medical College, Gadag

Date of joining to GAMC Bengaluru – 02/02/2007

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No of Publication: 28

Profile: Dr. Shaila Borannavar working as Associate professor in department of PG and Ph.D. studies in Panchakarma. She is having 16 years of teaching experience in this subject. She is recognized as PG guide from RGUHS and guided 16 PG scholars from 2007 to 2023. Presently she recognized as Ph.D. Guide for Panchakarma under Ayurveda faculty. She is good academican and well versed physician. She has coordinated many programmes like NRHM, (2014-2015) Ayursamvada, and Azadi ka Amrit mahotsav. And organized many scientific programmes and also conducted Panchakarma therapy training course under SCP/TSP plan (2019-20)



Staff name: Dr. Santosh L Yadahalli

Qualifications: B.A.M.S, M.D. in Panchakarma

Designation: Associate Professor

Date of Birth: 27.03.1979

E mail: ayursantosh@yahoo.co.in

Phone number: 9902322355

UG College: D.G.M. Ayurveda College, Gadag

Year of Completion: 2001

PG College: D.G.M. Ayurveda College, Gadag

Year of Completion: 2005

Date of joining initial institution: 2005

Date of Joining GAMC: 05.02.2007

No. of Publications: 18

. Programs organized :

- Co-Coordinator for Panchakarma Therapist Training course under Dept of AYUSH, Govt of Karnataka in 2019.
- Actively participated and conducted NRHM Sponsored Panchakarma training Programmes for Therapist and GAD (Govt. Ayurvedic Dispensary) Doctors for the year of 2010 to 2014.

Profile :

Dr. Santosh. L. Yadahalli is working as Associate professor, Department of Panchakarma. He is having 15 years of teaching experience in this subject. He is a recognized PG guide from RGUHS and has guided 12 PG scholars till date. He has been awarded as “Innovative Researcher in Ayurveda – Panchakarma” in 2019 by RULA AWARDS, World Research Council and United Medical Council. He has presented many papers in national and international conferences on Panchakarma. He has worked as Deputy Registrar in AYUSH & Medical Exam Section in Rajiv Gandhi University of Health Sciences, Bangalore from 01-01-2020 to 03-01-2023. Till now he has treated more than 20,000 patients of various spectrum majorly includes Madhumeha(Diabetes), Sthoulya(Obesity), Vandyatwa(Infertility), Sandhigatavata(Osteo arthritis), Kati and greevagata vata(Lumbar & cervical Spondylosis), Kushta(Psoriasis), Kamala(Jaundice) through Panchakarma and oral medications.



Staff Name: Dr. Priyadarshini D

Qualification: BAMS, MD (AYU)

DOB: 04/12/1985

Designation: Assistant professor

Year of completion of UG: 2009,

In KVG Ayurveda Medical College and hospital

Year of completion of PG: 2013, in GAMC Bengaluru

Date of joining to any institutions as faculty: 2014, SDM Hassan

Date of joining to GAMC Bengaluru – 26/04/2018

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Phone number: 9008113650

Profile: Dr. Priyadarshini D working as Assistant professor in department of PG and Ph.D. studies in Panchakarma. She has joined GAMC Bengaluru in the year 2018. She is having total 9 years of teaching experience in this subject. She is recognized as PG co-guide from RGUHS. She has attended many seminars and workshops



Staff name – Dr Shakuntala

Date of Birth -1/09/1985

Qualifications – BAMS, MD (ayu), RAV, MA Sanskrit

Designation – Assistant professor

Email address – shakuboya123@gmail.com

Phone number - 9742150215

Year of joining GAMC Bengaluru: 2022

UG college- CB Guttal Ayurveda College, Dharwad.

UG completion year - 2011

PG College – Government Ayurveda Medical College, Bengaluru.

PG completion year – 2016

Dr. Shakuntala is working as assistant professor in the Department of PG and PhD studies in Panchakarma. She is having total teaching experience of 5years. She is a good clinician and practices



Panchakarma therapy in different disease condition. She also attended various seminars and workshops throughout India.