

**SDM INSTITUTE OF AYURVEDA AND HOSPITAL, BENGALURU**  
**RESEARCH PROJECTS/ACTIVITIES AND PUBLICATIONS – STAFF**  
**AND STUDENTS**

**JANUARY 2025**

Research Activities -Faculties Publications details	Dr Mamatha K V, Dr Sushobhitha M, Dr Chandana P, faculties of Shalakya Department presented oral papers in JANAKA-2K25, National level conference and live demonstration workshop organized by SVMAMC, ILKAL, RGUHS Bengaluru and TAS Karnataka on 5 <sup>th</sup> and 6 <sup>th</sup> January 2025
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**FEBRUARY 2025**

Research Activities Faculties Publications details	<ol style="list-style-type: none"> <li>1. Dr Navya R 2nd year PG Scholar department of Shalakya Tantra won the award “ Dr NPP Namboothiri Memorial Shastra Jyothi Puraskaram ” with 1 lac cash prize in an International conference SUNETRA CONCLAVE 2025 from 5/02/2025-7/02/20025 conducted by Shreedhareeyam ayurvedic eye hospital, Kerala</li> <li>2. PG Scholars of Shalya department participated and presented oral paper in SUNETRA CONCLAVE 2025 as follows- <ul style="list-style-type: none"> <li>• Dr.Aparna- Ayurvedic insights into Abhishyanda- the role of Dooshivisha and Gara visha in ocular inflammation</li> <li>• Dr. Manoj: Reviving eye function through ayurveda-addressing lateral rectus pals</li> <li>• Dr.Rethika- The intersection of blood pressure and vision – ayurvedic interventions for Hypertensive Retinopathy- a case study</li> <li>• Dr.Sheena Babu- Ayurvedic eye ointment- a novel solution for digital eye</li> <li>• Dr.Vidya- Scleritis redefined- ayurvedic multilayered healing paradigm</li> <li>• Dr. Navya – Microbiomes in focus – protecting eye health from inside out</li> <li>• Dr. Pratiksha – Ayurvedic insights into Keratoconus – a clinical success story</li> <li>• Dr. Saru – Mantra chikitsa and vision- harnessing sound frequencies for eye health and well being</li> <li>• Dr. Sreerenjini – Harnessing the power of Rasoushadhis for netra roga management</li> <li>• Dr. Vrudhi – Abhishtyanda as a systemic reflection- insights from ayurveda and modern medicine.</li> </ul> </li> <li>3. PG Scholars of Kaumarabritya Department participated and presented oral paper in 8 th International Ayurveda Congress, held on Feb 1 and 2, 2025 At DY Patil Ayurveda Medical college, Pune, as follows</li> </ol>
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	<ul style="list-style-type: none"> <li>• Ayurvedic clinical guidance for management of Perthes disease- A case report. Presented by Dr. Mamata</li> <li>• Ayurveda Management of Angelman syndrome in children- A case report. Presented by Dr. Meghana S.K</li> <li>• Ayurveda approach in the management of Charcot Marie Tooth disease w.s.r to Beejadushti with Mamsagata vata- A Case report Presented by Dr. Meghana.V</li> <li>• Ayurvedic Management of Childhood Autism with sensory Processing Abnormalities- A Case report. Presented by Dr. Niveditha.S</li> </ul>
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## MARCH 2025

Research Activities Faculties Publications details	<p><b>Staff publications</b></p> <ol style="list-style-type: none"> <li>1. Dr Dipti- Published an article on “Ayurvedic Menopause diet” in ‘Heritage Amruth’ magazine</li> <li>1. Dr Shruthi Shivaram published article in IJMPR- March April edition 2025 entitled ‘The impact of Ayurvedic interventions on Primary Hypothyroidism with Obesity: A Focus on critical analysis of Krimighnadi Kashaya as a Shamanoushadhi and Shakotaka Taila for Pratimarsha Nasya’.</li> </ol> <p><b>PG Scholars participation and BAMS student’s Participation.</b></p> <ol style="list-style-type: none"> <li>1. PG Scholars participated at PV Tiwari memorial National Level paper presentation competition by Diksha Academy and KAGOF Paper Presentation 3.3.25 <ul style="list-style-type: none"> <li>• Dr Shweta Balamkar presented on topic entitled - From Kitchen To Care: Home Remedies For Womens Health</li> <li>• Dr Sakhare Prajaktha presented on topic Title-Postpartum Stress Management.</li> <li>• Dr. Shravya.M.Jain presented on topic Shodasha samskara</li> <li>• Dr.Gayatri Vishwanath presented on Topic- on Circadian rhythm and women’s health: An Ayurvedic perspective</li> <li>• Dr.Veenashree. on topic - AHARA – a key to mental wellbeing in phases of women’s life</li> </ul> </li> </ol>
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## APRIL 2025

Research Activities Faculties Publications details	<p><b>Staff publications</b></p> <ol style="list-style-type: none"> <li>1. Dr. Divya K, Associate Professor, Department of Agadatantra has published an article entitled ‘A Critical Review and Analysis Of Role Of Millets In Achieving Sustainable Development Goals’ in WJPMR, 2025, 11(4), 215-220.</li> </ol>
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## MAY 2025

Research Activities Faculties Publications details	<ol style="list-style-type: none"> <li>1. Dr Mahesh Sharma Associate Professor Department of Kayachikitsa published an article on ayurveda management of skin disorders in vijaya Karnataka kannada newspaper on 3-5-25</li> <li>2. Article entitled “An open labelled randomized, parallel-group, 14 Days study to evaluate the efficacy of ajamoda arka with Yava kshara and shatapushpa arka in the management of Vataja udarshoola (infantile colic)” was published in Journal of Ayurveda and holistic medicine authored by Tale Vaibhav vitthal rao, Reena K, Poornima N published on 16/05/2025.</li> <li>3. Dr.Smitha Jain published an article titled“Therapeutic Application of Shatapushpa (Anethum Graveolens Linn.) in the context of Menstrual Disorders: A Critical Review” in IJRAP.16(2),2025.</li> </ol>
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## JUNE 2025

Research Activities Faculties Publications details	<p><b>PG and Staff publication</b></p> <ol style="list-style-type: none"> <li>1. Dr.Reena K, Professor and Head, department of kaumarabhritya published an article entitled Paediatric Drug Regulation Inayurveda:Current Gaps And Strategic Solutions in Journal of Ayurveda and Holistic Medicine.Published on May 2025.</li> <li>2. Dr.Reena K,Professor and Head ,department of kaumarabhritya published an article entitled Impact Of Eating Habits On Adolescent Obesity-A Case Control Study,Journal of Ayurveda &amp; Holistic Medicine.Published on May 2025.</li> <li>3. Dr.Reena K,Professor and Head ,department of kaumarabhritya ,Dr.Nahar Pritesh Premchand(Final year PG scholar,Department of Kaumarabhritya) published an article entitled Efficacy Of Ashwagandhadi Leha Granules In Comparison To Hyderabad Mix On Kashaya, Undernutrition lap Grade I and II In Children-A Double Blind Randomized Controlled Clinical Trial. Journal of Ayurveda &amp; Holistic Medicine.Published on May 2025.</li> <li>4. Published 3 articles in 3 different magazines by Dr Dipti godbole, Associate Professor Department of Shareera Rachana as follws- <ul style="list-style-type: none"> <li>• Magazine Manjuvani- Vruddhara, rogigala sheeghra chetarikege bala tumbuva Mane araike.</li> <li>• Magazine Heritage amruth- Surgery and Ayurveda</li> <li>• Magazine Vaidyaloka- Besigeyalli Arogya araike</li> </ul> </li> </ol>
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## JULY 2025

Research Activities Faculties Publications details	<p><b>PG and Staff publication</b></p> <ol style="list-style-type: none"> <li>1. Dr. Reena K, Professor and Head, Department of Kaumarabhritya, published Research article On Efficacy of Dantaraksha Toothpaste in Comparison To Pediflor Kidz</li> </ol>
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	<p>Toothpaste In Prevention Of Kr Imidanta, Early Childhood Caries-A Double Blind Randomized Controlled Clinical Trial Journal: Journal of Ayurveda &amp; Holistic Medicine. Published in July 2025.</p> <p>2. Dr. Girish Kumar S V (Associate Professor department of kaumarabhritya), Topic: Efficacy of Dantaraksha Toothpaste in Comparison to Pediflor Kidz Toothpaste in Prevention of Krimidanta, Early Childhood Caries-A Double Blind Randomized Controlled Clinical Trial in Journal of Ayurveda &amp; Holistic Medicine. Published on JULY 2025.</p>
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## AUGUST 2025

<p>Research Activities Faculties Publications details</p>	<p><b>PG and Staff publication</b></p> <ol style="list-style-type: none"> <li>1. Dr. Reena K. (Professor and HOD, Department of Kaumarabhritya published article entitled Ayurvedic management of autism spectrum disorder with sensory processing abnormalities-A case report Journal: Journal of Ayurveda &amp; Holistic Medicine. Published in August 2025.</li> <li>2. Dr. Niveditha (Final year PG Scholar, Department of Kaumarabhritya) published article entitled Ayurvedic management of autism spectrum disorder with sensory processing abnormalities-A case report Journal: Journal of Ayurveda &amp; Holistic Medicine. Published in August 2025.</li> <li>3. PG Scholar Dr.Shravya .M.Jain published article entitled —“Effect of Ayurveda intervention on uterine artery pulsatility index in the prevention of preeclampsia-A case report” on 25.8.25, Journal of Research in Traditional Medicine</li> <li>4. II BAMS student named Ananya katti participated in ‘Poster presentation’ on ‘PCOD IN AYURVEDA’ guided by Dr Dipti Godbole</li> <li>5. II BAMS student named, Ankita Krishna participated in ‘Paper presentation’ on ‘Hetusvipareeta chikitsa- A Case study’ guided by Dr Dipti Godbole.</li> </ol>
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## SEPTEMBER 2025

<p>Research Activities Faculties Publications details</p>	<p><b>PG and Staff publication</b></p> <ol style="list-style-type: none"> <li>1. Dr.Chandana P, Dr Sushobhitha M faculties of Shalakya Tanta published an article on Methodological aspects in the preparation of naga Anjana shalakya: a ayurvedic review in International Journal for Multidisciplinary Research , Volume 7, Issue 5(September-October 2025)</li> <li>2. Dr.Chandana P, Dr Mamatha K V faculties of Shalakya Tanta have published an article onRole of Naganjana Shalaka in Netra roga: a critical Ayurvedic review in Interational Journal for Multidisciplinary Research , Volume 7, Issue 5(September- October 2025).</li> </ol>
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	<ol style="list-style-type: none"> <li>3. Dr Divya Stuvert, Associate professor Department of Shalakya Tantra has presented a paper on Ayurvedic cosmetology in Samsiddhi International web conference from 7/09/2025 to 21/09/2025, Organized by DIKSHA E-learning Academy.</li> <li>4. Dr Srilakshmi and Dr Thanmayee published article Topic: Efficacy of Kalyanavalehachoornam with Panchabhoutika ghrita pratimarsha nasya in Vaakvikara, Primary Developmental Speech Delay in Children- Study Protocol for a Randomized Controlled Trial in Journal: International Journal of Pharmaceutical Research and Applications Published in September 2025.</li> <li>5. Dr Dipti Godbole, Associate professor, Department of Shareera Rachana published an article on HIV-AIDS in Vaidyaloka magazine(kannada).</li> </ol>
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## OCTOBER 2025

Research Activities Faculties Publications details	<b>PG and Staff publication</b>
	<ol style="list-style-type: none"> <li>1. Dr. Reena Kulkarni Professor HOD Kaumarabhritya published an article on 17-10- 2025 on Topic: Digital addiction in Children and Herbal Pharmacotherapy: A scientific review in journal of Ayurveda and holistic medicine</li> <li>2. Dr. Reena Kulkarni Professor HOD Department of Kaumarabhritya contributed a chapter for publication “Autism spectrum disorders: current trends and Ayurveda approach “ chapter in a compendium book on integrative medicine- a collection of papers from experts of Arogya sangam 2025</li> <li>3. Dr Srilakshmi Associate Professor Department of Kaumarabhritya published article on Efficacy of Kapithashtaka Choorna in the Management of Kanthaluka adenoid Enlargement in Children – Study Protocol for A Randomized Controlled Trial in IJPRA in October.</li> <li>4. Dr. Uday.II Post graduate scholar published article under the guidance of Dr Srilakshmi on Efficacy of Kapithashtaka Choorna in the Management of Kanthaluka adenoid Enlargement in Children – Study Protocol for A Randomized Controlled Trial in IJPRA in October.</li> <li>5. Dr Thanmayee, PG Scholar the guidance of Dr Srilakshmi Associate Professor Department of Kaumarabhritya presented at Samyojana 2025 2 Day National Conference organised by Vishwa Ayurveda Parishad, Karnataka in Collaboration with KSOU, Mysore on topic from Nidana to Nivrutti: An ayurvedic perspective on etiology, pathogenesis, and management of Sthoulya in children on 29.10.2025</li> <li>6. Dr Sharanabasu, PG Scholar under the guidance of Dr Srilakshmi, Associate Professor Department of Kaumarabhritya presented at samyojana 2025 2 Day National Conference organised by Vishwa Ayurveda Parishad, Karnataka in Collaboration with KSOU, Mysore on topic Anatomical Perspectives on Meda Dhatu and Srotas in Metabolic Disorders –A Comprehensive Review on 25.10.2025</li> </ol>

	<p>7. Dr Krutika under the guidance of Dr Srilakshmi Associate Professor Department of Kaumarabhritya presented at Samyojana 2025, Two Day National Conference organised by Vishwa Ayurveda Parishad, Karnataka in Collaboration with KSOU, Mysore on topic Role of Dinacharya in Prevention of Metabolic Disorders in Children on 25.10.2025.</p> <p>8. A Research article entitled “Urethral stricture- An integrative review of Ayurveda and modern perspective” was published by Dr Aditi Chougule, PG Scholar Department of Shalya Tantra</p> <p>9. Dr Dipti G Godbole, Associate Professor Department of Shareera Rachana Published an article on ‘Handwash’ on account of Global handwashing day’ in Manjuvani Magazine (Kannada).</p> <p>10. Dr Mahesh Sharma published an article on health benefits of Abhyanga in Vijaya Karnataka Newspaper on 18-10-25.</p>
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## NOVEMBER 2025

Research Activities Faculties Publications details	<p><b>PG and Staff publication</b></p> <p>1. Dr. Reena Kulkarni has published a chapter in book “women and child health care in Ayurveda” in the publications of Indian institute of advanced study.</p> <p>2. Dr Srilakshmi, Associate Professor Department of Kaumarbritya and Dr Mamatha, final year pg scholar published article on Ayurvedic clinical guidance for the management of perthes disease- a case report in DPU’s Journal of Ayurved, Homeopathy and Allied Health Sciences in November issue with DOI: 10.4103/jahas.jahas_6_25.</p>
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## DECEMBER 2025

Research Activities Faculties Publications details	<p><b>PG and Staff publication</b></p> <p>1. Dr Dipti Godbole Associate Professor published Article in IJRAP International Journal on the topic: Reversal of Palmaris longus in a cadaveric dissection in Dec 2025.</p>
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