

# Dr. Savita Nitin Rajurkar

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## WORK EXPERIENCE

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### Medical Practitioner –

- A highly accomplished professional in the field of Ayurveda, Naturopathy and Yoga with strong academic qualifications to my credit and rich hands on experience in treatment of critical diseases for past 24 years. I have been a trainer, counselor and coach to many in the field of Ayurveda.
- A highly recognized expert for 'NaadiPariksha', a method of diagnosis of normality and abnormality by virtue of pulse reading.
- Enhanced skills in Reiki by completing her Grand Masters in Reiki.
- Started career under guidance of *Vaidyraj Maharshi Nanakchand Sharma* (Doctor to President and PM of India) in New Delhi. I was associated with his "Kaya Maya Chikitsalay" Ayurvedic Hospital.
- In-charge for Technical Committee Council of Indian Medicine (CIM) at New Delhi.
- Worked as an Ayurvedic physician and consultant for many leading Hospitals in Mumbai.
- Started my own Ayurveda and Panchakarma Center in Pune and have a patient network all over India as well as in USA, Australia, Gulf countries, Japan. Have successfully developed techniques and methods for diagnosis as well as medication to overcome disease, symptoms.
- Have a successful track record for treatment of Neurological disorders, Asthma, Allergies, Infertility, Obesity, Diabetes, and Hyper-Tension. Critical Asthma, frequent breathlessness cases have been absolutely cured. Worked successfully towards addressing Infertility causes and associated diseases and symptoms. Regime and target weight loss programs as per "prakriti" root causes of obesity associated diseases. Include medication, Panchakarma, lifestyle advice, yoga and *pranyam*, relaxation methods and quick meditations.

### Sri Sri Ayurveda (SSA): Ayurveda Unit of Art of Living Organization

- Worked as Chief of Maharashtra, India SSA. Designed a case form, treatment schedule, "pathya-apathya" forms and concept, feedback forms, product information and promotion literature.
- Gave practical onsite training to existing SSA doctors about *NaadiPariksha*, disease-wise patient treatment and medication. Gave practical training of a benchmark medical camp for SSA in Mumbai.
- Planned a wellness center and local doctors to promote Sri Sri Ayurveda activities. Arranged a seminar of supplier and agencies of SSA to resolve problems in quality and supply of product.
- Consultant for product combination and quality management and quality enhancement.

### Ph.D. Research Thesis –

- Study of symptoms associated with *AGNI* with special emphasis on "Durbalatwa", "Saad", "Naash" on the basis of "Brihatrayee" in context of "Lakshana Kosha" which reveals the differential diagnosis of various symptoms associated with *AGNI* mentioned in various diseases.
- Various symptoms are expressed with various separate terminologies. The terms used are with special purpose to explain status and influence of *AGNI* in that particular disease and condition. It is also observed that the common term is used to express *AGNI* in different diseases. It is essential to identify meaning and purpose of terminology is the primary objective of research.
- The work started with understanding Etymology of terms right from the term *AGNI* to all the words used to explain *AGNI*. This study has thrown light on various aspects of *AGNI*. "Brihatrayee" was studied to search for symptoms of *AGNI* expressed in various diseases. In "Brihatrayee", terms related to *AGNI* are observed in context with diseases. Certain terms are commonly used in peculiar conditions which indicate and demand special treatment accordingly. The variation and similarity is compared with associated symptoms. The conclusion is drawn on the basis of this study.

## Ongoing Research

- Translating an English version of the book “*Ayurvedeey padartha-vigyan and history*”
- Chief Editor for an E-magazine on Ayurveda for a renowned Indian publisher.
- Smart Ayurveda- Initiative in partnership with Tiruba Electronics, India focused on outreach to common man.

## **PROFESSIONAL SKILLS**

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### Medical Skills:

#### 1. “NaadiPariksha” - Pulse Diagnosis

Undertook an extensive research to prove Ayurvedic “*Naadi-Pariksha*” findings on the basis of complete health checkup as per Ayurveda and modern concepts, performed in top two best schools in Pune, India.

Validation and Verification was performed on the basis of examining the same patient in Ayurvedic and modern methods for 3 consecutive years along with examination of almost 3000 children and 250 teachers.

Organized workshops based on these findings and provided medical advice about root cause factors, Ayurvedic lifestyle and preventive measures to avoid frequent and common illness in children and teachers.

#### 2. Yoga and Meditation

#### 3. Nutrition

#### 4. Lifestyle Management

#### 5. Reiki

#### 6. Successful track record in curing Skin Ailments, Gynecological Disorders, “*VaatVyadhi*”, Diabetes, Liver disorders, Hypertension, Infertility.

#### 7. Specialize in Pediatric Ayurveda, Pre-Natal, Post-Natal, Anti-Natal Care – “*Garbha Sanskaar*”

#### 8. Panchakarma -

➤ Conducted on-site workshops and training programs for under-graduate and graduate students with primary focus on Panchakarma applications according to “*prakriti*” and “*vikruti*” of the patient.

➤ Season wise Panchakarma application camps and schedules – “*Rutucharya*”.

➤ Invited and selected for special training of Kerala Panchakarma techniques.

➤ Specialized in personalized Panchakarma according to “*prakriti*” for health management and disease treatment.

➤ Proficient in performing/teaching *Vaman, Virechan, RaktaMokshan, Basti (Vasti), Nasya, HridVasti, Kati Vasti, Uttar Vasti, ShiroVasti, Netra Vasti, Paschyat Karma*

➤ Application of *Shirodhara, Shirovasti, Nasya* along with *Shaman* or medication and counselling for stress-management

➤ Use of various Panchakarma techniques such as local *snehan, swedan, lepan, local vasti, Taila-dhaara* in fractures and Arthritis.

➤ Use of Panchakarma for treatment of acute symptoms of Asthma, *snehan - swedan* to arrest symptoms immediately.

#### 9. Competence in *Jalaukavacharan* - Leech practice, *Agni Karma* and disease-wise massage

Computer Skills: Proficient in Windows OS and Microsoft Office tool suite.

## **EDUCATION**

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### **Doctor of Philosophy (Ph.D.), Doctorate in Ayurveda**

Tilak Maharashtra Vidyapeeth, Pune, India.

2004 - 2007

Thesis topic of defense- Study of symptoms associated with AGNI with special emphasis on “*Durbalatwa*”, “*Saad*”, “*Naash*” on the basis of *Brihatrayee* in context of “*Lakshana Kosha*”.

Successfully completed in 3 years with extensive research and field work.

### **Master's Degree (M.D.A.M.)**

Indian Board of Alternative Medicines, Calcutta, India.  
1998 - 2000

**Doctor of Naturapathy (N.D.)**

Post Graduate Diploma in Naturopathy, Pune India  
1995 - 1996

**Bachelor of Ayurvedic Medicines and Surgery (B.A.M.S.)**

University of Pune, Pune, India.  
1984 - 1990

Graduated with Gold Medal under Old Curriculum in

- *Rasa-shaastra* - Art of Vedic Alchemy
- *Stri Rog Prasuti-Tantra* - Gynecology
- *Kaya-Chikitsa* - Medicine

**PUBLICATIONS & ACHIEVEMENTS**

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- Authored 2 highly appreciated books on child health, life style and food habits viz 1. 'ABCD of Health for youth', 2. 'Student - Teacher Health Curriculum'
  - Was invited to conduct workshops for Senior Police Officers on 'Occupational Stress Management' at Police Officers Training Center in Pune, India.
  - Conducted workshops for senior teachers in various leading schools in Pune, India on 'Child Health and Child psychology'.
  - Invited to represent a leading herbal manufacturing company, *Nisarg Biotech*, as Health Advisor at the Natural Products Expo West 2015 Anaheim CA.
  - Invited by Intel Corporation to deliver series of sessions on 'Occupational Hazards and Ayurveda' in March-June 2015.
  - Speaker at *Vidwad Vaidya Parishad*, India and published articles on the topics 'Panchakarma Raktamokshan' and 'Environment and Ayurveda' with emphasis on pollution, public health and Ayurveda.
  - Authorized *Bhagwad Gita* teacher.
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