

# Dr. Rashmi Gurao

Assistant Professor  
Department of Kriya Sharir  
National Institute of Ayurveda (*De-novo*),  
Jaipur, Rajasthan

Assistant Professor with 7 years of teaching experience at undergraduate level. 6 Paper presentations and participation in more than 15 national & international seminars & webinars with 11 research publications in indexed, peer reviewed and other journals combined.

## Personal Info

**State Registration No. – I – 57461 - A**  
(Old); 58185 (New)

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Plot No. 72, Shri Hari Kripa  
Apartment, Govind Nagar  
West, Jaipur, Rajasthan,  
Pin-code 302002

## Other

- Professional Diploma in Clinical Research
- Maharashtra State Certificate in Information Technology
- Summer Course in Yoga
- Course in Saral Sanskrit Sambhashanam

## CME & Workshops

- CME – Sharir Vichaya , NIA, Jaipur
- Basic Workshop in Research Methodology by MUHS, Nashik
- Basic Workshop in Health Sciences Education Technology by MUHS, Nashik
- Workshop on Writing Skills & Ethics in Research, NIA, Jaipur
- Workshop on Saswarvedapathasya Chikitsiya Prabhava

## Professional Appointments

**Apr 2021** Associate Professor at Mansarovar Ayurvedic  
**Dec 2021** Medical College, Bhopal, Madhya Pradesh

**2019 – 2021** Associate Professor at Mahaveer College of  
Ayurvedic Science, Sundra, Rajnandgaon,  
Chhattisgarh

**2017 - 2019** Assistant Professor at Jupiter Ayurved Medical  
College, Shankarpur, Nagpur, Maharashtra

**2012 – 2013** Assistant Professor at R.D Memorial Ayurved  
P.G College & Hospital, Bhopal, M. P.

## Education

**2016** **PhD in Sharir Kriya**  
National Institute of Ayurveda, Jaipur (Raj.)  
Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved  
University, Jodhpur

**2011** **M.D. in Sharir Kriya**  
R. A. Podar Medical College (Ayu), Mumbai, Maharashtra  
M.U.H.S. Nashik

**2006** **B.A.M.S**  
Government Ayurved Mahavidyalaya, Nagpur, Maharashtra  
M.U.H.S. Nashik

## Achievements

- **Most downloaded article** in Journal of Research in Ayurvedic Sciences: *Pathogenesis of COVID-19: A Review on Integrative Understanding through Ayurveda* (July – Sept 2020) DOI: 10.5005/jras-10064-0110
- Awarded “*Best Oral Paper*” prize for Paper Presentation “*Homologous Functional Correlation of Pranavaha Srotasa and Rasa Dhatu*” at National Conference on Application of Doshadhatu-Mala in Physio-pathology of Pranavaha Srotasa Vyadhi (Respiratory Disorders), 21<sup>st</sup> & 22<sup>nd</sup> January 2015, organized by B.H.U, Varanasi.
- **First Rank** (Ayurveda) in M.U.H.S PhD Entrance Exam (2013)
- **28<sup>th</sup> State Merit** in SSC Examination (2000)

## Paper & Poster Presentation

1. Paper Presentation "***Role of Yoga in Psychoanalysis of Emotional Eating***" at Swasthyam – 2018, National Seminar on Prevention of Lifestyle Disorders, 22<sup>nd</sup> April 2018, organized by Department of Swasthavritta And Yoga, MAM's Sumatibhai Shah Ayurved Mahavidyalaya Hadapsar, Pune, Maharashtra.
2. Paper Presentation "***To Study the Prevalance of Annavaaha Srotodushti Lakshana w.s.r. to Aahara Vidhi Vidhana***" at 2<sup>nd</sup> International Seminar/ Workshop on Wellness Through Ayurveda, 03 & 04 October 2015, organized by Ayush Darpan Foundation, India/ Trilok Ayurveda, Rishikesh, Uttarakhand.
3. Paper Presentation "***Conceptual Study Of Endocrine System and Vata Dosha***" at national Seminar on An Ayurved Approach on Endocrinal Disorders, 23& 24 March, 2015, organized by M.M.M Govt. Ayurved College, Udaipur, Rajasthan.
4. Paper Presentation "***Homologous Functional Correlation of Pranavaha Srotasa and Rasa Dhatu***" at National Conference on Application of Dosha-Dhatu-Mala in Physio-pathology of Pranavaha Srotasa Vyadhi (Respiratory Disorders), 21<sup>st</sup> & 22<sup>nd</sup> January 2015, organized by B.H.U, Varanasi.
5. Paper Presentation on "***Correlation of Aahara Vidhi Vidhana and Panchamahabhuta***" at National Conference on Panchbhautic Chikitsa, 25 April 2010, Pune, Maharashtra.
6. Paper Presentation "***Shonitsthapana***" at National Conference Anusandhana- 2010 on Anushalyakarma, 19<sup>th</sup> to 21<sup>st</sup> February 2010, organized by Y.M.T Ayurvedic Medical College, P.G. Institute – Research Centre & Hospital, Navi Mumbai, Maharashtra.

## Research Publications

1. ***Pathogenesis of COVID-19: A Review on Integrative Understanding through Ayurveda*** in Journal of Research in Ayurvedic Sciences, Vol. 4 Issue 3 (July- Sept 2020), ISSN: 2456-5601, eISSN: 2581-9895, Page. No. 104 -112. DOI: 10.5005/jras-10064-0110
2. ***Conceptual Study of Manovaha Srotasa : A Review*** in International Journal of Research in Ayurveda & Pharmacy, Vol. 9, Issue. 1 (Jan – Feb 2018); ISSN Online: 2229-3566, ISSN Print: 2277-4343, Page. No. 13 – 16. DOI: 10.7897/2277-4343.0914
3. ***Add on effect of Somvalkala Kashaya Siddha Basti in the management of Diabetes Mellitus: A Case Report*** in Journal of Ayurveda Case Reports, Vol. 4 Issue 1 (Jan – Mar 2021), ISSN – Print: 2667-0593, Online: 2667-0607, Page. No. 27 – 32. DOI: 10.4103/jacr.jacr\_1\_21
4. ***Evaluation of the Effect of Local Application of Kalpit Kasisadi Yoga in the Management of Ksharasutra Induced Hyper Granulation at External Opening of Fistula-in-Ano: A Randomized Controlled Trial*** in Indian Journal of Forensic Medicine & Toxicology, Vol. 14,

Issue 4 (Oct – Dec 2020), ISSN: 0973-9122, Online ISSN: 0973-9130, Page. No. 7035 – 7041. DOI: 10.37506/ijfmt.v14i4.12750

5. ***To Study the Efficacy of Vidangadi Churna in Sthaulya w.s.r. to Obesity*** in World Journal of Pharmaceutical Research Volume 6, Issue 8 (August 2017); ISSN 2277- 7105, Page No. 1606 – 1616. DOI:10.20959/wjpr20178-9041
6. ***Conceptual Study of Hypothyroidism and Agnimandya*** in International Journal of Ayurvedic and Herbal Medicine, Vol. 5, Issue 4 (July – Aug 2015); ISSN : 2249-5746, Page No. 1923 -1931
7. ***Development of Assessment Criteria of Laghu Guna of Vata and its applied aspect in Sthaulya w.s.r. to Vidangadi Churna*** in Journal of Ayurveda, Vol.12, Issue 3 (July – Sept 2018), ISSN (Print): 2321-0435, Online: 2582 – 7693, Page. No. 72 - 79
8. ***The Role of Aahara in Kushta*** in International Ayurvedic Medical Journal, Vol 2. Issue 6 (Nov- Dec 2014); ISSN No. 2320- 5091, Page No. 1037 – 1042
9. ***To Study the Prevalance of Annavaaha Srotodushti Lakshana w.s.r. to Aahara Vidhi Vidhana*** in Ayush Darpan 'ISWWTA-2015/ 2(2); ISSN No. 0976-3368, Page no. 66 - 68
10. ***Yoga Evam Swasthya*** in Swasthya Traimasik Patrika, Jan- March 2016, Page No. 23 – 25
11. ***Balkanche Prakriti Parikshana*** in Srijan Chikitsa Year - 6 Volume – 32 (Mar- Apr 2010), Page No. 8-9