

## Dr.Anagha.U

Sruthi (H)

Cherukulathur P.O PIN:673008

Kozhikode

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### Educational qualifications

- **2016-2019:** PG Panchakarma , VPSV Ayurveda College ,Kottakkal,Calicut University
- **2009-2015:** BAMS Degree, VPSV Ayurveda College, Kottakkal,Calicut University
- **2007-2009:** Plus two, MI higher secondary school, Ponnani
- **2007** : SSLC, Girls high school Ponnani

### Achievements

- **First rank in** Kerala health University – MD (Ayurveda)- Panchakarma
- **Second Rank** in Calicut University –BAMS degree
- **Gold medalist** - Baby Krishnan memorial young scholar award
- **Title winner of jnarnavam 19** -A multi stage completion to select best PG student

**Article published in** international journal of ayurvedic medicine (IJAM)

Title : A single case study of treating H-Pylori infection with coconut oil

### Scientific Paper presented

1. *Comparative controlled clinical trial of samanasnehapana with coconut oil against conventional modern treatment in parinamasula* in aryavaidyasala madhavan varier gold medal presentation-2019
2. *Challenges of ayurveda*-Manthana presentation contest by Himalaya drug company-2017
3. *A pilot study on samana snehapana with coconut oil in padadari w.s.r foot rhagades* in aryavaidyasala madhavan varier gold medal presentation-2018
4. *A clinical study on vasthi dravya samyojana w.sr to samyak nirooha lakshana-a pilot study*- National seminar on clinical aspects saadhana-2017

### Public awareness

Worked as resource person in academic extension program “100 schools, 100 classes” organized by Deeksha (centenary celebrations of vpsv avc kottakkal)

### Leadership Achievements

1. Worked as General secretary of post graduate association (PGSA) vpsv avc kottakkal during 2018-2019
2. Medical camp organization leader of flood relief medical camp conducted at Tirur 2018

### Work Experience

Worked as chief physician in Ayus ayurveda speciality center, kozhikode. Focusing on gynec related problems (irregular periods, dysmenorrhea, amenorrhea), skin diseases, musculo skeltel pain (low back pain, IVDP etc.) . Specialized in panchakarma procedures like vasthi, utharavasthi, nasya, rakthamoksha.

Currently working as consulting physician in Kerala ayurveda co-operative society, Kozhikode. Also have experience in telemedicine wing of Kerala ayurveda co-operative society

### Seminar/Conference/Workshop/CME attended

**Subhodha -19** National seminar on methodologies of ayurveda conducted by Samhitha department of VPSV AVC

**Medical education programme** on neurology and orthopedics in general practice conducted by AMAI

**Karma prakasini 2017** -workshop on virechana and vamana by AVP research institute coimbatore

**Saadhana -2** National seminar on clinical aspects-Nageli Ayurveda medical college Kothamangalam

**Ridhi-17** National seminar on clinical rasashashtra by HSA VPSV AVC kottakkal

**Rasashala-19** workshop on preparation of rasa drugs conducted by AMAI

**VAJRA-2016** International ayurveda conclave at thrissur in connection with Vaidyaratnam oushadha sala

**National workshop on Dietetics in ayurveda** department of swasthavritha VPSV AVC Kottakkal

**Seminar on sports Ayurveda** by department of salya thanthra VPSV AVC Kottakkal

**Personal Details**

Date of Birth : 28-02-1992

Father : Unnikuttan .K

Sex : Female.

Marital Status : married

Spouse : Dr Subin.S , MD(Ay)

Languages Known : English, Hindi, Malayalam,