SAADHANAA 5

NATIONAL SEMINAR ON CLINICAL ASPECTS

Nangelil Ayurveda Medical College
Kothamangalam, Keralam

2027
JANUARY
7 | 8 | 9

PREAMBLE

Ayurveda, rooted in the profound wisdom of the Vedas, is one of the world's oldest holistic healing traditions. Keralam — God's Own Country — through its distinctive legacy and unique therapeutic lineages, has gained global recognition for pure, traditional Ayurvedic practice and education.

Nangelil Ayurveda Medical College, established in 2002 under the patronage of the Nangelil Charitable Trust, was conceived with the vision of advancing quality Ayurvedic education and healthcare. The college has consistently maintained the highest standards in academics with A Grade consecutively in QCI grading and clinical practice.

Over the years, the college has organized a series of highly successful seminars under the aegis of **SAADHANAA-NATIONAL SEMINAR ON CLINICAL ASPECTS**. Commenced in 2011, the series is renowned for its academic insights, organizational excellence and spirit of scholarly collaboration, establishing itself as one of the most sought-after national seminars in Ayurveda. The subsequent editions — SAADHANAA 2 (2017), 3 (2020) and 4 (2023) — received overwhelming response and brought together eminent academicians, clinicians, researchers and scholars from across the country.

The year 2027 marks the Silver Jubilee of Nangelil Ayurveda Medical College. The institute is privileged to present SAADHANAA 5 on 7th, 8th and 9th January 2027. Saadhanaa 5 will continue it's illustrious legacy by elevating clinical acumen, inspiring impactful research, and reaffirming the institution's commitment to authentic, evidence-based Ayurveda.

Saadhanaa 5 will serve as a platform to strengthen the scientific foundation of Ayurveda, fostering interdisciplinary dialogue between traditional Ayurvedic wisdom and modern medical science, and disseminating evidence-based insights and best practices in treatment and diagnostics.

Saadhanaa 5 will provide ethno-medical botanical education through an expedition to Bhoothathankettu, one of the richest floral diversities in Peninsular India, offering participants first-hand exposure to Dravyaguna and biodiversity. The seminar will culminate in a guided trip to Munnar, renowned for its lush tea plantations, mist-covered valleys and serene natural beauty.

We are delighted to welcome you to Saadhanaa 5 — a distinguished academic gathering crafted to inspire, educate and elevate every participant. Let us come together to kindle the light of shared learning, thoughtful dialogue and professional enrichment.

Dr.Vijayan Nangelil
Managing Director, NAMC

Dr. Sunil P V MD (Ay)
Principal, NAMC

Dr. Anil P Varkey MD (Ay)
Chairperson, Saadhanaa 5

DAY 1 - 7/01/2027 (THURSDAY)

7.00AM	:	REGISTRATION
9.00AM - 11.00AM	:	**INAUGURAL SESSION**
CHIEF GUEST	:	**Prof. Dr. GOPAKUMAR S,** BAMS, MD (Ay) in Kayachikitsa & Roganidana, Ph.D. Professor & HOD, Department of Roganidana, Government Ayurveda College, Kannur
Keynote Address	:	**CLINICAL APPROACH IN AYURVEDA** **Prof. Dr. GOPAKUMAR S,** BAMS, MD (Ay) in Kayachikitsa & Roganidana, Ph.D. Professor & HOD, Department of Roganidana, Government Ayurveda College, Kannur
11:00 am – 11:15 am	:	Tea break
First session		
11:15 am – 1:00 pm	:	**Dr. Benil P B BAMS, MD (Ay), Ph.D.** Professor and HOD, Department of Agadatantra, VPSV Ayurveda College, Kottakkal
Topic	:	**AGADATANTRA IN CURRENT CLINICAL PRACTICE**
1:00 pm – 2 pm	:	Lunch break
Second session		
2 pm- 3:30 pm	:	**Dr. M Gopikrishna BAMS, MD (Ay)** Chief Consultant, Srinivasa clinic Co-founder and Chairman Indian Institute of Ayurveda and Rasashastra Bellary, Karnataka
Topic	:	**RASAUSHADHIS IN ONCOLOGICAL CLINICAL PRACTICE**
3:30 pm – 3:45 pm	:	Tea break
3:45 pm – 5 pm	:	**Dr. Niranjan Y BAMS, MD (Ay) PhD** Professor & HOD, Department of Kayachikitsa Indian Institute of Ayurved Research & Hospital, Rajkot, Gujarat
Topic	:	**MANAGEMENT OF PERIPHERAL NEUROLOGICAL DISORDERS**
6 pm – 8 pm	:	**Cultural events**
8 pm	:	Dinner

DAY 2 - 8/01/2027 (FRIDAY)

8 am – 9 am : Breakfast

First Session

9 am – 10:30 am : **Dr. Jasmine Gujarathi BAMS, MD (Ay)**
Professor & HOD, Department of Prasuti tantra and Stree roga G J Patel Institute of Ayurvedic Studies and Research, Gujarat

Topic : **AYURVEDA IN BENIGN GYNAECOLOGICAL DISORDERS-FROM PRINCIPLES TO PRACTICE**

10:30 am – 10:45 am : Tea break

10:45 am- 12:15 pm : **Dr. Sreeja Sukesan BAMS, MD (Ay), PhD**
Principal, Former HOD, Shalakya tantra
Govt. Ayurveda College, Tripunithura

Topic : **SCIENTIFIC RATIONALE FOR THE AYURVEDIC MANAGEMENT OF REFRACTIVE ERRORS**

12:15 pm – 1:15 pm : Lunch break

Second Session

1:30 pm – 6 pm : **Forest Visit**

Conducted by : **Dr Ajayan Sadanandan BAMS, MD(Ay), PhD, DPharm**
(Director SKVM Ayurveda Marma and Medicinal Plant Academy, Thiruvananthapuram)

AYURVEDIC ETHNO – MEDICO BOTANICAL SURVEY OF BHOOTHATHANKETTU & THATTEKKADU FLORA

6:30 pm - 9 pm : **Musical Eve with Campfire**

9 pm : Dinner

DAY 3 - 9/01/2027 (Saturday)

8 am – 9 am : Breakfast

First Session

9 am – 10:30 am : **Dr. K M Pratap Shankar BAMS, MS(Ay)**
Research Officer (Ay.)
National Ayurveda Research Institute for Panchakarma, Cheruthuruthy
CCRAS, Ministry of AYUSH

Topic : **MARMA CHIKITSA IN PAIN MANAGEMENT: MECHANISM, EVIDENCE AND FUTURE RESEARCH PERSPECTIVES**

10:30 am – 10:45 am : Tea break

10:45 am- 12:15 pm : **Dr. Roshni Anirudhan BAMS, MD (Ay), PhD**
(Professor& HOD, Department of Kaumarabhritya, Government Ayurveda College, Thiruvananthapuram)

Topic : **SHIRO UPAKRAMAS IN NEURO BEHAVIOURAL DISORDERS – A CLINICAL REVIEW**

12:15 pm – 1:45 pm : **Dr. Nithin Krishnan R BAMS, MD(Ay)**
Associate Professor & HOD
Department of Roga Nidâna Evam Vikriti Vijñâna
Patanjali Bhartiya Ayurvigyan Evam Anusandhan Sansthan, Haridwar
Member, NCISM, RNVV UG and PG Curriculum Committee, New Delhi

Topic : **FROM CLASSROOM TO CLINIC: SIMULATION-BASED TEACHING OF DISEASE DIAGNOSIS IN AYURVEDA**

1:45 PM - 2:30 PM : Lunch Break

2:30 PM : **VALEDICTORY FUNCTION**

COMPETITIONS

PAPER PRESENTATION

- This competition is open to all UG, House Surgeons, PG, PhD scholars, faculties from different Ayurveda Colleges and practitioners. It will be conducted in 2 phases. The preliminary round will be conducted by dividing the participants into 16 groups.
- The participants will be categorized based on their department topic and the group for UG paper presentation will be separate. Winners from individual groups will be given a memento and overall winners will be awarded cash prizes.
- The paper presentation for the faculty members will be non-competitive

TOPICS FOR PG, PhD, FACULTY MEMBERS

DEPARTMENT	TOPIC
Samhita Siddhanta and Sanskrit	From Nidana to Upashaya: Charaka's Model of Early Diagnosis and Prevention of Lifestyle Disorders
Kriya Sharira	The effect of Nidra Vega Dharana in Cognitive Physiology
Rachana Sharira	Application of knowledge of Marma Shareera in Sports Medicine.
Rasasastra & Bhaishajya kalpana	Therapeutic potential of Lauha Kalpas in iron deficiency anaemia.
Swasthavritta	Rethinking Lifestyle Disorders: Innovative and Integrative Approaches to Prevention
Roga Nidana	Artificial Intelligence in Roganidana: Opportunities for Standardizing Ayurvedic Diagnosis
Agadatantra	Artificial intelligence in Poison Diagnosis, Treatment , Prognosis, and Risk Assessment - Future Scope of Agadatantra
Dravyaguna Vijnana	Therapeutic and Pharmacological Potential of Medicinal Plants in Lifestyle-Related Disorders: A Contemporary Evidence-Based Perspective
Shalakyatantra	Application of Surgical and Para surgical Procedures in Shalakyatantra
Shalyatantra	Innovative Adaptations of Classical Shalyatantra Practices in Contemporary Clinical scenario.
Panchakarma	Role of Panchakarma in Neurodegenerative Disorders
Prasuthitantra & Streeroga	Gut-Brain-Ovarian Axis in Female Reproductive Disorders
Kaumarabhritya	Integrative Ayurvedic Management of Rare Genetic Disorders: An Evidence Based Validation
Kayachikitsa	Ayurvedic Interventions for Diabetic Peripheral Neuropathy
Manasika Roga	The Clinical Utility of Achara Rasayana and Sadvritta in Preventing Lifestyle-Induced Psychological Disorders
UNDER GRADUATES AND HOUSE SURGEONS	Integration of Artificial Intelligence in Ayurveda for Global Health.

PAPER PRESENTATION AWARDS

1st Prize – Rs 15,000/-
2nd Prize – Rs 12,000/-
3rd Prize – Rs 10,000/-
with Certificate and Memento

POSTER PRESENTATION

This competition is open to all UG students and House Surgeons from different Ayurveda Colleges.

Topic: Integration of Artificial Intelligence in Ayurveda for Global Health.

1st Prize – Rs 7,000/-
2nd Prize – Rs 6,000/-
3rd Prize – Rs 5,000/-
with Certificate and Memento

Abstract Guidelines

E-Mail Address for sending Abstracts (Paper and Poster Presentations) –
saadhanaa2027abstract@gmail.com

CHIEF PATRON

- **Dr. Vijayan Nangelil**, Managing Director, NAMC

PATRONS

- **Dr. Sunil P V MD (Ay),** Principal, NAMC
- **Dr. Reji M. Varghese MD(Ay)**, Former Principal, NAMC
- **Dr. A. G. Prasannakumari MS (Ay)**, Former Principal, NAMC
- **Dr. K. Sasidharan MD (Ay)**, Former Principal, NAMC
- **Dr. P.K.Narayana Sharma MD (Ay)**, Former Principal, NAMC
- **Dr. P. Sukumaran Nair MD (Ay)**, Former Principal, NAMC
- **Dr. R. V. K. Varma MD (Ay)**, Former Principal, NAMC
- **Dr. G. Vinod Kumar MD (Ay),** Former Principal, NAMC

SIGHTSEEING DESTINATIONS

- Thattekad (14 km approx.)
- Iringole Kavu (13 km approx.)
- Inchathotty Suspension Bridge (17 km approx.)
- Paniyeli Poru (19 km approx.)
- Ayyappanmudi (8 km approx.)



REGISTRATION:

https://shorturl.at/ZOdsF

The last date for registration is 15 December 2026.

UG scholars	**Rs 2500/-**
PG scholars	**Rs 3200/-**
PhD Scholars, faculties, practitioners	**Rs 3500/-**
Early bird registration and Bulk Registration (for UG only) Early bird registration – before December 1st 2026: 10 % reduction Bulk Registration (20 or more): 10 % reduction (along with free registration for one accompanying faculty)	
NOTE : Spot registration will be subject to availability	

FOR REGISTRATION

OPTIONAL:

- **Bhoothathankettu Forest Visit, Day 2 (8/01/27): Additional charge of Rs. 250/- ***
- **Munnar Trip by KSRTC, Day 4 Sunday (10/01/27): based on the flyer Additional charge of Rs. 850/-***

  Route/Highlights: Travel from Kothamangalam to Munnar via Kuttampuzha and Mamalakandam.

***Additional charges to be paid along with registration fee**

Payment Details

Registration fee in favour of **SAADHANAA**

Bank : **South Indian Bank, Kothamangalam**

Bank Account number: **0136053000041287**

IFSC code: **SIBL0000136**

Registration fee includes food & accommodation on a sharing basis

ORGANIZING COMMITTEE

Dr. Anil P Varkey MD (Ay)
Chairperson, Saadhanaa 5: +91 9961413101
Dr Benoy Bhaskaran MD (Ay)
Vice Principal, NAMC: +91 9447289745
Dr Anjai Kannan C R, MD (Ay),
Co-Chairperson, Saadhanaa 5: +91 9846878021
Dr. Smitha Mohankumar MD (Ay)
Co-Chairperson, Saadhanaa 5: +91 9916709005

CONTACT DETAILS

For Registration:

Dr. Manju Joseph MS (Ay): +91 9656802191
Dr. Dhanya K. Nair MD (Ay): +91 9947197369

For Paper Presentation:

Dr. Sreelekshmi V.S. MS (Ay): +91 8848293450
Dr. Malavika M M. MD (Ay): +91 8848040817

For Further Details:

Dr Able P Varghese (HS)
Student Convenor, Saadhanaa 5:
+91 7025571198
Dr. Aiswarya Lakshmi (HS)
Student Co - Convenor, Saadhanaa 5:
+91 7012168540
Dr Anand S. (HS)
Student Co - Convenor, Saadhanaa 5:
+91 8547170562

SAADHANAA 5