

## **CURRICULUM – VITAE**

**Name** : **Dr. Ramesh Kant Dubey**

**Corresponding Address** : Deptt. Of Swastha Vritta  
Govt. Ayurvedic College and Hospital  
Chaukaghat, Varanasi U.P. Pin 221002

**Permanent Address** : S/O Shri Bhola Nath Dubey  
Vill. Kathari (Sahasepur) via Khamaria  
Teh. Aurai Dist. Sant Ravidas Nagar U. P.  
Pin 221306

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rameshdubey01@yahoo.com

Sr. No	Degree/Diploma/Certificate	College	Year	University	Percentage
1.	MBA	IGNOU	2018	India Gandhi National Open University , New Delhi	--
2.	CCC	NIELIT	2017	DOAEC	-
3.	P.G.D.N.YS.	Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalaya	2012	Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalaya	76.2 %
4.	Ph.D. (Ay.) Kayachikitsa	Sampurnanand Sanskrit University, Varanasi	2011	Sampurnanand Sanskrit University, Varanasi	-
5.	M.D (Ayu) Kayachikitsa	Rajiv Gandhi Govt. P.G.Ayurvedic College and Hospital Paprola, Dist. Kangra H. P	2006	Himachal Pradesh University , Shimla	-
6.	B.A.M.S.	Ayurvedic and Unani Tibbia College, New Delhi	2002	Delhi University	65.9%
7.	Senior Secondary Exam.	Babu Ram Govt. Senior Secondary School ,Shahdara Delhi	1996	Central Board of Secondary Education	79%

8.	Secondary Exam.	Shree Maheshwari Vidyalaya, Calcutta	1994	West Bengal Board of Secondary Education	83%
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### Aims & Objective

*To serve humanity via my profession and to promote Ayurveda and apply the Scientific ancient thoughts in modern society.*

### Educational Qualification

Internship:

Ayurvedic & Unani Tibbia College & Associated Hospital New Delhi from  
04-10-2001 to 04-10-2002

**Registration No.:** 51595 (Bhartiya Chikitsa Parishad Uttar Pradesh)

**Topic of Dissertations:**

Ph.D. (Ay.):- *Medohar Dravyanam Karmukatayah Adhyayanam*

M.D. (Ay.):- A clinical study to evaluate the effect of *Neelkanthi (Ajuga bracteosa)* on patients of *Madhumeha* (D.M.)

### Research Activities

#### Participation as Delegate in Seminars

1. Participation in seminar on “Role of Ayurvedic drugs and life style management in antenatal care” R. G. Govt P.G. Ayu College , Paprola Himachal Pradesh on 09<sup>th</sup> to 10<sup>th</sup> September 2004.
2. Chtrakoota
3. Atarra VAP
4. Participation in seminar on ‘Liver and Metabolic Update 2018’ at Hotel Taj Ganjes ,The Gateway Hotel ,Nadesar Palace Ground VARANASI, U.P. on 30 September 2018 .

#### Participation as Chairperson in Scientific Sessions in Seminars /Workshops

##### National

1. Participation as Chairperson of a Scientific Session in ‘National Conference on Yoga for Health and Beyond’ at Babasaheb Bhimrao Ambedkar University, Lucknow on 21<sup>st</sup> June 2018.

##### International

1. Participation as Chairperson of a Scientific Session in international conference 'Samyojanam, International Ayurveda Youth Conclave 2018' at B.H.U. Varanasi, on 16-18 Nov. 2018.

### **Participation as Co-ordinator in Scientific Sessions in Seminars /Workshops/CME**

1. Participation as Co-ordinator of a Scientific Session in 'Continue medical Education' in Sharir Kriya at Govt. Ayurvedic College, Varanasi, 22-27 OCT 2018.

### **Participation in workshops**

1. Participation in the workshop on "Scope And Clinical Application Of Panchkarma Therapy" At R G Govt Pg Ayu College, Paprola Himachal Pradesh on 26<sup>th</sup> to 27<sup>th</sup> April 2003.
2. Participation in 'Shabdawali karyashala' on topic 'Ayurvedigyan' organized by Vaigyanic Tatha Takaniki Shabdawali Ayog Manav Sansadhan Vikas Mantralaya New Delhi At R G Govt Pg Ayu College, Paprola Himachal Pradesh from 27<sup>th</sup> to 29<sup>th</sup> December 2003.

### **Paper Presentation in Seminars National**

1. Paper presentation on "Ayurvedic View of Aetiopathogenesis of Diabetes Mellitus" in National Conference on Diabetes and Ayurveda at Dayanand Ayurvedic College Jalandher Punjab on 06<sup>th</sup> - 07<sup>th</sup> November 2004.
2. Paper presentation on 'Management of Amavata in national seminar on joint disorders' at Vaidya Yagya Dutt Sharma Ayurveda Mahavidyalaya Khurja U P on 16<sup>th</sup> March 2007.
3. Paper presentation on 'Role of Neelkanthi (Ajuga bracteosa) in management of Madhumeha' in national seminar on recent trends in Ayurveda, education & research at Vaidya Yagya Dutt Sharma Ayurveda Mahavidyalaya Khurja U P on 17<sup>th</sup> - 18<sup>th</sup> June 2008
4. Paper presentation on 'Application of latest techniques & methodology of teaching in Ayurveda' in national seminar on Emerging trends in education and research in Ayurveda at RGSC, Barkachha, BHU on 28<sup>th</sup> March 2011

5. Paper presentation on 'Role of Ayurveda in prevention of Obesity' in national workshop on preventive health care in Ayurveda wsr lifestyle related disorders' at NDMC Auditorium, New Delhi on 6<sup>th</sup> May 2012.
6. Paper presentation on 'Role of Ayurveda in preventing lifestyle disorders wsr to Madhumeha in National seminar on 'Scope of Ayurveda in management of metabolic and lifestyle disorders in present perspective' at Chitrakoot on 16<sup>th</sup> March 2013.
7. Paper presentation on 'Clinical evaluation of an Ayurvedic formulation in Medoroga (Obesity)' in scientific seminar on 'Ayurvedic management of chronic diseases' at SLBSS Govt. Ayurvedic College, Handia, Allahabad on 25<sup>th</sup> Sept.2013.
8. Paper presentation on 'Role of Ahar-Vihar in prevention Of Hridroga (Coronary Heart Disease )' in 'National Seminar on 'Role of Ahar-Vihar in the management of chronic Non-Communicable diseases' at Govt. Ayurvedic College, Varanasi, on 11<sup>th</sup> April 2015.
9. Paper presentation on 'Concept of prevention' in National Seminar on 'Role of Ayurveda and Yoga in global health scenario ' at G.B. Pant Social Science Institute ,Jhunsi ,Allahabad on 21<sup>st</sup> June 2015.
10. Paper presentation on 'Ayurvedic management of obesity' in 'National Workshop on Ayurveda and Public Health ' at G.B. Pant Social Science Institute ,Jhunsi ,Allahabad on 24<sup>th</sup> April 2016.
11. Paper presentation on 'Role of Pranayam in Shwas Roga' in 'National Workshop on Ahara,Adhyatma and Asana ' at G.B. Pant Social Science Institute ,Jhunsi ,Allahabad on 21<sup>st</sup> June 2016.
12. Paper presentation on 'Scope of modification in lifestyle in care of patients of essential hypertension' in 'National Seminar on 'Emerging trends in teaching training and patient care in Ayurved' at Govt. Ayurvedic College, Varanasi, on 6-7 April 2018.
13. Paper presentation on 'Role of Yoga in prevention of lifestyle diseases wsr to diabetes mellitus (Madhumeh)' in 'National Conference on Yoga for Health and Beyond' at Babasaheb Bhimrao Ambedkar University, Lucknow on 21<sup>st</sup> June 2018.
14. Paper presentation on 'Role of Ayurveda in prevention of diseases in elderly' in 'National Seminar on Ayurveda in Geriatric Medicine' at Govt. Ayurvedic College, Varanasi, on 22 Dec 2018.

## **International**

1. Paper presentation on 'A clinical study to evaluate the effect of a herbal compound (RT-74) in patients of Medoroga' in international conference on 'Recent advances on the role of basic sciences in Ayurvedic Medicine 'at B.H.U. Varanasi, on 18-19 Oct. 2014.
2. Paper presentation on '**Scope of Modification in Lifestyle in Care of Patients of Amavata (Rheumatoid arthritis)**' in international conference 'Samyojanam 2018' at B.H.U. Varanasi ,on 16-18 Nov. 2018.
3. Paper presentation on '**A Contemporary Scientific Support on Role of Dinacharya in Prevention and Management of Non-communicable Diseases)**' in World Ayurveda Congress 'WAC 2018' at Ahmedabad,on 14-17 Dec. 2018.

### **Interactive Workshops**

1. Participation in the interactive workshop on topic "Prognosis through Arishta Lakshanas and their scientific basis organized by Rashtriya Ayurveda Vidyapeeth ,New Delhi at New Delhi on 23-24 March 2011.
2. Participation in the interactive workshop on topic "Mamsavaha Srotasa and neuromuscular system ,diseases and their management through Ayurveda " organized by Rashtriya Ayurveda Vidyapeeth ,New Delhi at New Delhi on 10-11March 2012.
3. Participation in the interactive workshop on topic "Ayurvedic Formulation ,Ancient Prescriptions and current Practices" organized by Rashtriya Ayurveda Vidyapeeth ,New Delhi at New Delhi on 22-23 March 2012.
4. Participation in the interactive workshop on topic "Shukravaha Srotasa and Artavavaha Srotasa their Srotodushti Vikar and Management" organized by Rashtriya Ayurveda Vidyapeeth ,New Delhi at New Guwahati on 23-24 March 2013.

### **Reorientation Training Programme /CME**

1. Participated in Re-orientation Training Programme on Panchakarma at Vaidyaratnam P S Varier Ayurveda College Kottakal from 26-05-2008 to 31-005-2008.
2. Participated in Re-orientation Training Programme in Kayachikitsa organized by P G Department of Kayachikitsa at R G Govt PG Ayu College, Paprola Himachal Pradesh from 05<sup>th</sup> to 10<sup>th</sup> january2009.

3. Participated in Re-orientation Training Programme in Kayachikitsa organized by P G Department of Kayachikitsa at R G Govt PG Ayu College, Paprola Himachal Pradesh from 26<sup>th</sup> to 31<sup>st</sup> October 2009.
4. Participated in Re-orientation Training Programme in Geriatrics in P G Department of Kayachikitsa at IMS BHU from 15-02-2010 to 20-02-2010.
5. Participated in Re-orientation Training Programme in Swasthavritta organized by Govt. Ayurvedic College, Varanasi from 02-05-2011 to 07-05-2011.
6. Participated in Course on training technology for AYUSH faculty members held at NIHFWS, New Delhi from 24-28 Dec.2012.
7. Participated in CME Programme in Swasthavritta organized by D.Y.PATIL Ayurvedic College, PIMPRI ,Pune from 17-10-2016 to 22-10-2016.
8. Participated in CME Programme in Swasthavritta organized by Govt. Dhanwantari Auto. Ayurvedic College, UJJAIN ,M.P. from 05-06-2017 to 10-06-2017.

## **Publications:**

### **Articles/Papers**

#### **National**

1. Paper on “Sandhivat” published in *Arogyadham Patrika Varsha Ritu Ank 2008,ISSN NO.0972-3501.01-07-2008 PP.74-75 (Sole Author)*
2. Paper on ‘Ayurvedic view of etiopathogenesis of Madhumeha (Diabetes Mellitus) and its relation with Medoroga (Obesity)’ published in Journal of Vishwa Ayurveda Parishad (ISSN NO. 0976-8300) Vol.10/34 ,30-04-2013. *PP.30-34 (Sole Author)*
3. Paper on ‘Madhumeha Ki Chikitsa Me Yoga Ki Upayogita’ published in Ayurveda Mahasammelana Patrika (ISSN NO.0970-6550) Vol.100-07,31-07-2013. *PP.6-7 (Sole Author)*
4. Paper on ‘A pilot study on effect of Neelkanthi (Ajuga bracteosa Wall Ex Benth) on Madhumeha (Diabetes mellitus ) ’ published in Journal of Vishwa Ayurveda Parishad (ISSN NO. 0976-8300) Vol.10/11-12 ,31-12-2013. *PP.03-10 ( First Author)*

5. Paper on 'Tamak Shwas Me Ayurvedeeya Upachar' published in Ayurveda Mahasammelana Patrika (ISSN NO.0970-6550) Vol.100-12,31-12-2013. PP.33-34 (Sole Author)
6. Paper on 'Medoroga Ka Naidanik Vivechana ' published in Journal of Vishwa Ayurveda Parishad (ISSN NO. 0976-8300) Year -11,Vol.10/3-4 ,31-03-2014. PP.30-36 (Sole Author)
7. Paper on 'Chikunguniya Ka Naidanik Vivechan Evam Ayurvedeeya Upachar' published in Ayurveda Mahasammelana Patrika (ISSN NO.0970-6550) Vol.100-04 ,30-04-2014 PP.08-09 (First Author)
8. Paper on 'A clinical study to evaluate the effect of a herbal compound (RT-74) in patients of Medoroga' published in edited book entitled 'Recent advances on the role of basic sciences in Ayurvedic Medicine' ISBN NO. 978-81-926935-3-8 ,Mahima Publications ,Varanasi ,Year 2014 PP.67-78 ( First Author)
9. Paper on 'Scientific approach to explore the nutritional facts of Ayurvedic dosage forms' published in Journal of Vishwa Ayurveda Parishad (ISSN NO. 0976-8300) Year -12, Vol.1-2, 15-02-2015. PP.03-11. (Co Author )
10. Paper on 'Medoroga ki awadharana Evam Upachar' published in Ayurveda Mahasammelana Patrika (ISSN NO.0970-6550) Vol.102-03 ,31-03-2015. PP.13-17 (Sole Author)
11. Paper on. '**Concept of Prevention in Ayurveda and its Relevance in Current Clinical Practices**' in Tejas : The Edgy Journal of Alive sciences (ISSN NO 2347 -4122)Vol. 3 No.2 .30-06-2015. PP.7-12 (Sole Author)
12. Paper on 'Ayurvedic approach to the concept of epidemic and disaster' published in Journal of Vishwa Ayurveda Parishad (ISSN NO. 0976-8300) Year -12, Vol.8, 1-08-2015. PP.27-32. (First Author)
13. **Physiology of Sweating and thermoregulation in accordance to ayurveda** (Co author 3) under publication
14. Paper on Japanese encephalitis JAPANI MASTISHKA SHOTHA KI AWADHARANA EVAM BACHAV KE UPAYA in Ayurveda Mahasammelana Patrika (ISSN NO.0970-6550) Vol.. **under publication**

15. paper on pranayam **under publication VAP**

## **International**

1. Paper on 'Role of Ayurveda in preventing lifestyle disorders wsr Madhumeha (Diabetes Mellitus)' published in IAMJ (International Ayurvedic Medical Journal online), (ISSN NO.2320-5091), Vol.1/4, 18-08-2013. *PP.1-7 (Sole Author)*
2. Paper on '**Role of ayurveda in prevention of hridroga (coronary heart disease) international journal of ayush**', (ISSN NO. 2349-7025) Year -2016, Vol.5, ISSUE 1. *PP.212-221. (1st Author)*
3. Paper on Role of diet, exercise and yogic practices in prevention and management of *sandhigata vata* (osteoarthritis) in *International Journal of Medicinal Plants and Natural Products (IJMPNP) Volume 2, Issue 1, AUGUST 2016, PP 1-8 ISSN 2454-7999 (Online) (Sole Author)*
4. Paper on " Scope of Modification in Lifestyle in Care of Patients of Essential Hypertension" published in **International Journal of Emerging Technologies and Innovative Research (www.jetir.org | UGC and issn Approved)**, ISSN:2349-5162, Vol.5, Issue 7, page no. pp587-595, July-2018, Available at : <http://www.jetir.org/papers/JETIR1807545.pdf> (Co author 2)
5. Paper on 'A Review of Teaching and Learning Skills in Ayurveda in Current Perspectives' published in IJRAR- International Journal of Research and Analytical Reviews , [VOLUME 5 I ISSUE 3 I JULY – SEPT 2018] e ISSN 2348 –1269, Print ISSN 2349-5138 <http://ijrar.com/> Cosmos Impact Factor 4.236 (Co author 2)
6. **Paper on "The Concept of Langhana in Ayurveda with special reference to Autophagy"**, International Journal of Emerging Technologies and Innovative Research (www.jetir.org), ISSN:2349-5162, Vol.5, Issue 9, page no.524-526, September-2018, Available :<http://www.jetir.org/papers/JETIR1809481.pdf> (Co author 2)
7. **Paper on "PHYSIOLOGICAL ASPECTS OF RANJAKA PITTA IN AYURVEDA"**, IJRAR - International Journal of Research and Analytical



Reviews (IJRAR), E-ISSN 2348-1269, P- ISSN 2349-5138, Volume.5, Issue 4, Page No pp.460-465, October 2018, Available at : <http://www.ijrar.org/IJAR1904311.pdf> \_ ( co author 2)

8. Paper on ‘Current and Future Perspectives of Ayurveda and Yoga for Management of *Prameha* ‘ International Journal of Green Pharmacy • Vol 11 • Special Issue 2018 | S217 PP 214-219 (Co author 2)

## **Book**

1. Tridosh Parichaya Vigyan –Co Author, published by Chaukhambha Prakashan , Varanasi , 1<sup>st</sup> Edition 2017 ,ISBN NO.978-81-933718-3-1
2. Medoroga Vivechana – Author , published by Chaukhambha Orientalia , Varanasi , 1<sup>st</sup> Edition 2017, ISBN NO.978-386660-63-3
3. Chapter in book (dr Sushil kumar Dubey )

## **Awards / Other Achievements**

1. Best paper award on paper entitled ‘A clinical study to evaluate the effect of a herbal compound (RT-74) in patients of Medoroga’ in international conference on ‘Recent advances on the role of basic sciences in Ayurvedic Medicine ‘at B.H.U. Varanasi , on 18-19 Oct. 2014.
2. Best paper award on paper entitled’ Role of Ahar-Vihar in prevention of Hridroga (Coronary Heart Disease ) in National Seminar on ‘Role of Ahar-Vihar in the management of chronic Non-Communicable diseases’ at Govt. Ayurvedic College,S.S.University, Varanasi, on 11<sup>th</sup> April 2015.

## **Conference /Workshops Organized**

- 1. Role as Joint organizing secretary in** National seminar on ‘Scope of Ayurveda in management of metabolic and lifestyle disorders in present perspective’ at Chitrakoot on 16<sup>th</sup> March 2013.

## **Editor or Member of Editorial Board of referred journal**

- 1. Member of Editorial Board of International Journal of Medicinal Plants and Natural Products (IJMPNP) ISSN NO. 2454-7999 (Online)**

2. **Member of Editorial Board of International Journal of HERBAL MEDICINE** E-ISSN: 2321-2187, P-ISSN: 2394-0514
3. **Member of Editorial Board of International Journal of AYURVEDA**  
**ISSN NO 2456-6640**
- 4.

### **Work Experience:**

1. Worked as a resident for three yrs. During M.D. period.
2. Worked as R.M.O.Deptt.of Kayachikitsa, Vaidya Yagya Dutt Sharma Ayurveda Mahavidyalaya Khurja U P from 6-01-2006 to 14-05-2006
3. Worked as Lecturer in Deptt. of Kayachikitsa (Panchkarma) Vaidya Yagya Dutt Sharma Ayurveda Mahavidyalaya Khurja U P from 15-05-2006 to 12-11-2009
4. Worked as Lecturer in Deptt. of Swastha Vrita Govt.Ayurvedic College & Hospital Atarra Banda U P from 13-11-2009 to 05-06-2018.
5. Working as Lecturer in Deptt. of Swastha Vrita Govt.Ayurvedic College & Hospital Varanasi, U P from 06-06-2018 to till date.
- 6.

### **Membership of Professional Bodies**

<b>S. No</b>	<b>Name of Body</b>	<b>Registration /Certificate No.</b>	<b>Type of Membership</b>	<b>Date of Membership</b>	<b>Positions Held</b>
1.	Vishwa Ayurveda Parishad		Life	15-11-2012	Member
2.	Association of Ayurvedic Physicians of India		Life	10-05-2013	Member
3.	All India Ayurvedic Congress		Life	19-09-2013	Member
4.	International Journal of Medicinal Plants and Natural Products		-	05-06-2015	Member editorial board
5.	International Journal of Herbal Medicine		-	17-02-2017	Associate Editor
6.	International Journal of Ayurveda		-		Member editorial board

### **Educational Tour:**

An Educational tour for the herbal Identification for 1 day at high altitude in Himachal Pradesh

### **Health Camps:**

Attended many health camps organised by P.G. Dept. of Kayachikitsa R G Govt PG Ayu College, Paprola Himachal Pradesh, Vaidya Yagya Dutt Sharma Ayurveda Mahavidyalaya Khurja U P and Deptt.of Swasthavritta ,Govt.Ayurvedic College, Atarra, Banda

### **Interested area:**

1. To practice as Ayurvedic physician
2. Teaching
3. Research work in Kaya Chikitsa and Swastha Vritta

### **Personal Information**

Father's Name	:	Shri Bhola Nath Dubey
Date of Birth	:	18 <sup>th</sup> February 1978
Sex	:	Male
Nationality	:	Indian
Qualification	:	M.D. (Kayachikitsa) , Ph.D. (Kayachikitsa) ,PGDNYS,PGDCA,CCC,MBA
Mother tongue	:	Hindi
Languages Known	:	Hindi, Sanskrit, & English

*I hereby declare that the above written particulars are best of my knowledge and belief.*

***Place:***

***Dr. Ramesh Kant Dubey***

***Date:***

### **References:**

1. Prof. G.S Tomar, Ex Principal, Govt Ayu College, Handia Allahabad, Uttar Pradesh.
2. Prof.Y.K. Sharma, Professor Deptt. Of Kayachikitsa, R G Govt PG Ayu College, Paprola Himachal Pradesh.
3. Prof. B.L. Mehra, Professor Deptt of Kayachikitsa R G Govt PG Ayu College, Paprola Himachal Pradesh.