

Sushma Tiwari

Mob. No: +91-9453365182

Email id: sushmatiwari5@gmail.com

***Doctor of Medicine (Ay) with 3+ years of experience as a Resident Doctor (Kriya Sharir).
Exploring opportunities to utilize my knowledge and skills in the field of medical.***

QUALIFICATIONS

B, Sc., M.D. (Ay), 2008, Ph.D.
Institute of Medical Sciences
Faculty of Ayurveda
Banaras Hindu University, Varanasi

Work Experience

- Worked as Junior Resident Doctor (Sharir) at Institute of Medical Sciences, B.H.U., Varanasi since August 2005 to July 2008. Also organised ***Geriatric Health camp sponsored by WHO*** while pursuing MD(Ay) Degree.
- Worked as Lecturer (Kriya Sharir) at Sai Ayurvedic medical college and hospital, Aligarh from August 2008 to December 2008.
- Worked as Senior Resident Doctor (Kriya sharir) at Institute of Medical Sciences, B.H.U., Varanasi from May 2009 to May 2012.
- Worked as Lecturer (Kriya Sharir) at Nitishwar Ayurvedic medical college and hospital Muzaffarpur since 21 may 2012 to 13/08/12.
- Worked as Lecturer (Kriya Sharir) at J.S.Ayurveda Mahavidyalya & P.D. Patel Ayurveda hospital, Nadiad , Gujrat 17/08/12 to 17/09/12.
- Worked Lecturer (Kriya Sharir) at Desh bhagat Ayurvedic medical college and hospital Mandi govind Gargh since 15 oct 12 to 1 march 13.
- Worked as resident Doctor Mata Anandmayi charity hospital, shivala Varanasi since 2 march 2013 to 9 may 2013.
- Worked as Lecturer (Kriya Sharir) in Kriya sharir L.H.S.PG. College, Pilibhit since 10 may 2013 to 23/07/14(A.N.).

Current Responsibilities:

- Actively involved in teaching to undergraduate student, S.L.B.S.S. state Ayurvedic college & hospital, Handia, Allahabad since 24/07/14 to till now.
- Actively involved in OPD and covid 19 camp for isolated and home quarantine camp and medicine distribution to rural area and gynae opd.
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Paper Accepted / Published

Original Articles (International Journal)

1. Sushma Tiwari, Shinjini Singh, Kishor Patwardhan, Sangeeta Gehlot and I.S. Gambhir 'effect of Centella asiatica on mild cognitive impairment (MCI) and other common Age-related clinical Problems' published in Digest journal of Nanomaterial and Biostructure . Volume 3 No.4, December 2008.

Total citation: 57

2. Sushma Tiwari, Sangeeta Gehlot, S.K. Tiwari and Girish Singh 'Effect of isotonic exercise (walking) on various physiological parameters in hypertension'' published in Journal of Stress physiology and biochemistry Vol 7 no.3, 2011; 38-44.

Total citation: 14

3. Sushma Tiwari, Sangeeta Gehlot and S.K. Tiwari 'consequence of walking on anthropometric measurement in diabetic individuals as per prakriti' published in Indian journal of research Anvikshiki , bio- monthly international journal of all research Volume 5, 1-7, October 2011.

Total citation: 2

4. Sushma Tiwari, Sangeeta Gehlot and S.K. Tiwari 'How walking is supportive in Prevention of hypertension as per prakriti' published in Indian journal of research Anvikshiki, bio- monthly international journal of all research Volume 2012

Total citation: 3

5. Sushma Tiwari, Sangeeta Gehlot, S.K. Tiwari and Girish Singh .Effect of walking (Aerobic exercise) on various physiological variants with special reference to Prameha (Diabetes Mellitus) as per Prakriti.Ayu. vol.33, issue no.1. Jan-march 2012.

Total citation: 29

6 .S Tiwari, SK Tiwari, S Gehlot, G Singh.Outcome of Breathing Exercise (Pranayam) on Spirometric Parameters in Type 2 Diabetic Individuals: a Clinical Study. Published in Journal of Stress physiology and biochemistry Vol 8 no.4, 2012; 218-225.

Total citation: 9

7. Rakesh Roushan Sushma Tiwari, Sangeeta Gehlot and I.S. Gambhir. ‘Response of centella asiatica in the management of age related problems among elderly with special reference to cognitive problems as per prakriti.Int.J.Res.Ayurveda Pharmacy. 4(2):163-167.

Total citation: 4

8. Sushma Tiwari, Shweta Dwivedi and Sangeeta Gehlot.Effect of walking on ecg (electrocardiogram) parameters in hypertensive individuals. Int.J.Res.Ayurveda Pharmacy. 5(2):145-148.

9.Sushma tiwari, sangeeta gehlot.Variation of bmi as per prakriti in diabetic and hypertensive individuals by walking.International Ayurvedic Medical Journal.6 (2):1;6.

Original Articles (Indian Journal)

Citations: 29

10. Sushma Tiwari, Ashutosh Kumar Sinha , Kishor Patwardhan ,Sangeeta Gehlot and I.S. Gambhir “Prevalence of health problems among elderly: A study in a rural population of Varanasi” Indian Journal of preventive &social medicine , department of community medicine , IMS, BHU, Varanasi. Regd No. 19265/69, No. 0301- 1216.

Citations: 29

Index in: Index Medicus (IMSEAR), INSDOC, NCI Current Content. Database in TB& Allied Diseases. Entered in WHO CD Rom for south East Asia.

11 Sushma Tiwari, Shashi singh “Role of Jatayadi Taila in yoni kshata (Perineal wound) with special reference to Kriya Kal”article ‘published in peer reviewed international Ayurvedic Medical **Journal** ISSN (Online): 2320– 5091. Volume 7, issue 3, 320-326. March **2019**.

12. Chhaya Gupta ,Sushma Tiwari. “Role of Punarnava Mandura in Iron Deficiency Anaemia (Pandu Roga) with Special Reference to Pradhana Lakshana’ published in Journal of Stress physiology and biochemistry Vol 17 no.4, **2021**; 117-124.

13. Sushma Tiwari, Chhaya Gupta “ Assessment of Role of Punarnava Mandur in Iron Deficiency Anemia (Pandu Roga) as per Hematological Parameters: a Clinical Study published in Journal of Stress physiology and biochemistry Vol 18 no.4, **2022**;;5-10.

**Review Article (International Journal)
Accepted / Published**

14. Sushma Tiwari, Kishor Patwardhan and Sangeeta Gehlot ‘Principles of Gerontology and Geriatrics in Ayurveda’ published in Indian journal of research Anvikshiki bio- monthly international journal of all research, ISSN 0973- 9777. Volume 4, 50-55, January 2010.

15. Sushma Tiwari, Sangeeta Gehlot and S.K. Tiwari ‘Critical analysis of Prakriti: A review article ‘published in Indian journal of research Anvikshiki , bio- monthly international journal of all research , ISSN 0973- 9777. Volume 4, 8-13, November 2010.

Total citation: 3

16. Sushma Tiwari, Sangeeta Gehlot and S.K. Tiwari. Critical review on Ayurvedic perspective of exercise in Diabetes Mellitus and hypertension review article ‘published in Medha international Journal of multidisciplinary Researches, ISSN 0975-0886. Volume 2, No 3, 18-24, oct –Dec 2010.

17. Sushma Tiwari, Sangeeta Gehlot.Overview of vyayama (physical exercise) reviewarticle ‘published in peer reviewed **Journal of Biological and Scientific Opinion** ISSN (Online): 2321– 6328. Volume 2, issue 6, 359-362. Nov-Dec 2014.

18. Sushma Tiwari ,Chhaya Gupta, . A MANDUR SCIENTIFIC DRUG REVIEW ON PUNARNAVA published in peer reviewed international Ayurvedic Medical **Journal** ISSN (Online): 2320– 5091. Volume 9, issue 11, 2790- 2795. November **2021**.

19. Sushma Tiwari, Sangeeta Gehlot and I.S. Gambhir 'Centella asiatica : A concise drug review with probable clinical uses' published in Journal of Stress physiology and biochemistry, Vol 7 no.1 2011,pp 38-44 ISSN ,1997-0838.

20. Sushma Tiwari , Chhaya Gupta,. **Special appraisal on pandu (anemia) and its physiological aspect** published in peer reviewed international Ayurvedic Medical **Journal ISSN** (Online): 2320– 5091. Volume 10, issue 5, 1301- 1305. **May 2022.**

Total citation: 37

**Review Article (Proceeding in national seminar)
Accepted / Published**

21. Sushma Tiwari Sunil choudhary, Sangeeta Gehlot and S.K. Tiwari. Role of exercise in psychosomatic disorders with special reference to diabetes mellitus.recent advances and future challenges in Ayurveda. ISBN 978-85694-67-2.Ganga coveri publishing house.

Total citation: 53

22. Sangeeta Gehlot, B M Singh, Sushma Tiwari. Howmother's life style influence on fetus .Asian Journal of Modern and Ayurvedic MedicalScience . ISSN 2279-0772.

Chapter published in book

1. Kriya kala in reference to contemporary perspective and its clinical applicability: an overview. Recent advances on role of basic sciences in Ayurvedic medicine.ISBN: 978-81-926935-3-8. 2014. Published by mahima research foundation and social welfare.BHU, Varanasi.

2. Life style and pranavaha srotasa (respiratory disorders) of children ISBN: 978-81-7637-333-8. 2015. Published by chaukhambha orientalia Varanasi.

Papers personally presented at conference / Symposia

1.Effect of different surgical position and their effect on hemodynamic state' paper presented at 6th National conferences & First international congress of association of anesthetists of Indian medicine. Section of Sangyahan, dept of Shalya – shalakya Institute of Medical sciences, Banaras Hindu university, Varanasi from 6th – 8th Feb. 2003.

2. **'Concepts of Aging in Ayurveda'** paper presented at national seminar on Indian aging congress, 13th Biennial conferences of association of gerontology 4th Annual conferences of Indian Academy of Geriatric, from Dec 22nd to 24th, **2006**.
3. **"Centella asiatica : Potential herb in the management of cognitive decline'** Paper presented in the national seminar on the occasion of **Centenary Commemoration of Alzheimer's Disease & 12th Annual Conference of Alzheimer's and Related Disorders Society of India** held at **AIIMS, New Delhi** on 9th – 11th November **2006**.
4. **'Role of centella asiatica in the management of mild cognitive impairment in elderly' paper presented at** International symposium Advances in neurosciences & silver Jubilee conferences of Indian Academy of Neurosciences organized by Banaras Hindu University. Varanasi, on November 22-25, **2007**.
5. **'Concept of Homeostasis in Ayurveda' paper presented at 2nd World Congress on Vedic Sciences** held at BHU during 9th to 11th February **2007**.
6. **'Neurophysiology of Aging in Ayurveda'** National seminar on Role of Shadchakra in Chronic Diseases. Department of Philosophy Banaras Hindu university, Varanasi from 21th – 22th November **2009**.
7. **"Effect of exercise on various physiological variation as per Ayurvedic perspective'** international conference on recent technological advancement & entrepreneurship in sports **ICON SPORT 2010**, IMS, BHU January from 16th- 17th.
8. **"Role of Centella asiatica on on physiological variants among elderly populations"** National seminar on emerging trends in education & Research in Ayurveda, Rajiv Gandhi south campus Barkachha, BHU March , 28.
9. **"Clinical aspects of kriya kala with special reference to diabetes mellitus"** International conferences on Recent advances on role of basic sciences in Ayurvedic medicine, S.V.D.V. Mahima research foundation and social welfare, BHU, October 18-19.
10. **"Impact of life style on respiratory disorders in children"** National conferences on **Application of Dosha-Dhatu-Mala in Physio-Pathological of Pranavaha Srotastha Vyadhi (Respiratory Disorders"** National conferences organized by Deptt. of Kaumarbhritya / Bal roga and Kriya Sharir Faculty of Ayurveda , IMS, BHU on , January, 21-22 , **2015** to centenary year of BHU.
11. **" Evidence based life sciences in Ayurveda "** internaional conference on evidence based ayurveda and life sciences oranized by IVRI izzatnagar Bareilly on 16-17 April **2017**.
12. **" Metabolic syndrome "Role of Basic sciences to develop daignostic tools for srotodushti w.s.r. to purvarupa of metabolic syndrome"**. Department of rachna sharir, IMS, BHU, 16-17 April **2018**.
13. International seminar on **" Multi-disciplinary approaches to non - communicable diseases"** organized by Dept of Kayachikitisa , ims,bhu varanasi on 6th -7th april **2018**.

14. International conferences on application of Ayurvedic fundamentals in present scenario on organized Government P.G.Ayurvedic college and hospital , Varanasi. "Ayurvedic fundamental: tridosha theory" held on 9-10 March 2019.

15. World congress o Ayurveda . BHU, FOA, IMS. BHU. "Physiology of cognitive aging in ayurveda and its modern view" held on 14- 16 march 2019.

Swachhta abhiyan : how to get longevity through Ayurveda oraganized by slbss handia prayagraj oct 2019

16. Innovative research in Ayush sciences " Ayurvedic physiology: A scientific overview "internaional conference oranized by Arogya mandal charitable trust , Bareilly on 28 february 2020.

17." Basics of Prakriti Pariksha"transitional curriculum Ayurveda through CCIM organized by SLBSS Ayurvedic college and hospital , Handia, Prayagraj . 12 march to 26 march 2021.

18. "Yoga technique and practice" in transitional curriculum Ayurveda through CCIM organized by SLBSS Ayurvedic college and hospital, Handia, Prayagraj . 12 march to 26 march 2021.a

19."Yoga for humanity ".SLBSS Ayurvedic college and hospital, Handia, Prayagraj . 21 June 2022.

20. "Role of Ayurveda to sustain natural health: An overview" Ayur yog expo and Himalayan expo organized by Varanasi, 2023.

21. Science Behind Tridosha National conference on **Physio-clinical Aspects of Tridosha in Health and Disease** organized by Deptt. Kriya Sharir Faculty of Ayurveda ,IMS, BHU on , September 30 to 01 October 2024 to centenary year of BHU.

Participation in conference / Workshop/Symposia/Aumini Meet

Year 2003

- National Conference on Recent Advances in Ayurvedic Medicineheld at BHU on 5th and 6th March, 2003.
- CME on Recent Trends in Neo-natal Resuscitation organized by Kaumarbhritya & Sangyaharan Sections, IMS, BHU, varanasi ,on 6th Feb 2003 .
- 6th National conferences & First international congress of association of anesthetists of Indian medicine. Section of Sangyaharan, dept of Shalya – shalaky Institute of Medical sciences, Banaras Hindu university, Varanasi from 6th – 8th Feb. 2003.

- International Symposium on yoga in New Millennium & Annual conferences of Indian academy of Yoga. Organized by Banars Hindu University, on April 27 – 28 2003.

Year 2005

- Work shop on Monitoring in Medical Practice organized by A.A.I.M. Dept of shalya –shalakya, faculty of Ayurveda, IMS, BHU, and Varanasi on 6th Feb 2005.

Year 2006

- Govt. of India – WHO collaborator country programme, CME in health care of elderly held at IMS, BHU, on 22to 23 Feb, 2006.
- Indian aging congress, 13th Biennial conferences of association of gerontology 4th Annual conferences of Indian Academy of Geriatric, from 22to 24 Dec 2006.

Year 2007

- **2nd World Congress on Vedic Sciences** held at BHU during 9th to 11th February 2007.
- International symposium Advances in neurosciences & silver Jubilee conferences of Indian Academy of Neurosciences organized by Banaras Hindu University. Varanasi, on November 22-25, 2007.

Year 2009

- National seminar on Mahtmamana's vision for self Reliance India: current issue and future prospectus held on January 29-30. 2009

Year 2010

- International conference on recent technological advancement & entrepreneurship in sports ICON SPORT 2010, IMS, BHU January from 16th- 17th
- Indian aging congress, XVth Biennial conferences of association of gerontology 8th national Annual conferences of Indian Academy of Geriatric, from 12to 14 Nov 2010.

Year 2011

- Post world Ayurveda congress seminar on Advancement of Ayush systems and career options, 30 March 2011.

Year 2012

- *All india sharir research institute. National seminar on srotus shairr, 15 -16 April. 2012.*

- *Symposium on “inflammation in metabolic disorders and its management- perspective of Ayurveda & modern medicine .January 6- 1-2012.*
- *Punermilan in all india Ayurveda Fest “ Ayushpragya 12” held 8-10 Oct 2012.*
- *CME on kriya sharir, IMS, BHU, Varanasi held on 22 oct 2012.*

Year 2013

1. *All india sharir research institute, Lucknow. National seminar on “purusha” 06 -07 April. 2013.*
2. *All india sharir research institute, Lucknow National seminar on Relevance of learning Sharir, held on 28 july 2013.*

Year 2014

All india sharir research institute, Lucknow. National seminar on “ Neonatology in Ayurveda” 07 -08 October 2014.

Year 2015

“Human hemato – biochem workshop” National conferences on Application of Dosha-Dhatu-Mala in Physio-Pathological of Pranavaha Srotastha Vyadhi (Respiratory Disorders” National conferences organized by Deptt. of Kaumarbhritya / Bal roga and Kriya Sharir Faculty of Ayurveda , IMS, BHU on , January, 21-22 2015 to centenary year of BHU.

Year 2018

Alumini meet of department of kriya sharir as well as institutute aumini meet held on March 23, IMS, BHU.

Year 2020

Webinars on Covid -19

“Relevance of Ayurvedic practices in current scenario” National webinar organized by KGMU and APJ technical university up with up Ayush society on 18 may 2020.

“Care of GI Tract and kidney in the time of covid-19” Web CME organized by NIMA central council india on 24 may 2020.

“Role of Ayurveda in prevention and control of Pandemic w.s.r.to covid 19” national webinar organized by RAC Lucknow on 27may 2020.

“Women Health in current scenario ” national webinar organized by Vishwa Ayurveda Parishada Arogya bharti on 07 June 2020.

Natinal E- conference on Ayurvedic concept of diet and nutrition organized by Vishwa Ayurveda Parishad on 28/06/20

Role of Rasayana in immunity enhancement national webinar organized by MSM institute of Ayurveda bhagat bhool singh mahila vishwavidyalaya khanpur , sonapat , Harayana on 29 june 2020.

Managing impact of covid -19 in Gynaenological and surgical patients national webinar organized by MSM institute of Ayurveda bhagat bhool singh mahila vishwavidyalaya khanpur , sonapat , Harayana on 29 june 2020.

Webinar on Ayush sanjivani app ornized by regional research centre unanani Prayagraj , constituent of CCRUM ;Ministry of Ayush gov. of india on 04july 2020.

Nari shkti mission programme organized by SLBBSS handia Prayagraj October, 2023.

ITBP, 18 B.N. campaign /1567/24-25 Prakriti parikshan on Bamourauli , near civil Airport , Prayagraj 1/02/25.

ITBP, 18 B.N. campaign /1567/24-25 Prakriti parikshan on Bamourauli , near civil Airport , Prayagraj 4/02/25

Rapporteur in conference / Symposia

Rapporteur in international conferences on Recent advances on role of basic sciences in Ayurvedic medicine,S.V.D.V. Mahima research foundation and social welfare, BHU, October 18-19.

Rapporteur in national conference on **Physio-clinical Aspects of Tridosha in Health and Disease** organized by Deptt. Kriya Sharir Faculty of Ayurveda ,IMS, BHU on , Sptember 30 to 01 octber **2024** to centenary year of BHU.

Chair person in conference / Symposia/resource person

As chair person in national seminar "Role of Basic sciences to develop diagnostic tools for srotodushti w.s.r. to purvarup"Role of Basic sciences to develop diagnostic tools for srotodushti w.s.r. to purvarupa of metabolic syndrome". department of rachna sharir, IMS, BHU, 16-17 April 2018.

As chair person in transitional curriculum Ayurveda through CCIM organized by SLBSS Ayurvedic college and hospital , Handia, Prayagraj . 12 march to 26 march 2021.

As resource person (guest lecture) in national conference on "Ayurveda and contemporary perinatal care " Janayitri 2022 BHU, Varanasi , 23 June 2022.

National conference on **Physio-clinical Aspects of Tridosha in Health and Disease** organized by Deptt. Kriya Sharir Faculty of Ayurveda ,IMS, BHU on , September 30 to 01 october **2024** to centenary year of BHU.

Rangoli competition organized by SLBSS Ayurvedic college and hospital, handia, Prayagraj on 9th NAD on 24/10/**2024**.

Other Courses Attended

- **Computer Programming Course in Simple Basic** held at Varanasi.
- Certificate course in "**Yogic Practices for better living**" at Yoga Sadhana Kendra, B.H.U., Varanasi. (August - September 2002) (4 weeks).
- Geriatric Health camp sponsored by WHO and organised 2006.
- Yoga pakhvara course organized by SLBSS Ayurvedic college & hospital handia, Prayagraj. 15 June -30 June 2019.
- Yoga week course organized by SLBSS Ayurvedic college & hospital handia, Prayagraj. 15 June -21 June 2023.

Paper published in News paper

Working wonder for elderly people. **Hindustan Times** metro lucknow .

Can 'brahmi' be answer to Alzheimer's disease? **Times of India**. 21 Sep 2009.

AS chair person in interview for lecturer

As a chair person in interview for lecturer in sri krishna medical college cholapur varanasi,2017.

Member

Admission committee member, BAMS, batch 2023-2024.

Admission committee member, BAMS, batch 2024-2025.

Book published (International)

M.D. thesis publish as book from

A study on physiological changes in elderly with special reference to age – related cognitive deficit and its management. LAP (lambert academics publishing Gmbh&Co.in . Germany. ISBN-13 978-3-8484-0016-4. EAN; 9783848400164.

Number of copy sold: 1

As Associate editor in journal/Academic editor

World Research journal of medicinal and aromatic plants . bioinfo publications.

Member: Anvikshiki journal

AS External Examiner

BAMS I prof 2013 Batch external examiner (Practical and viva voce) held on 20-21 October 2014. Kriya shsrir, IMS .BHU.

BAMS I prof 2014 Batch external examiner (Practical and viva voce supplementary) held on 16 March 2015.

BAMS I prof external examiner (Practical and viva voce supplementary) held on 23-24th March 2015.

BAMS I prof external examiner (Practical and viva voce supplementary) held on 26 april 2016.

BAMS I prof 2017 Batch external examiner (Practical and viva voce) held on 08-09 August 2018. Kriya sharir IMS .BHU

BAMS I prof 2017 Batch external examiner (Practical and viva voce supplementary Examination) held on 30 November and 1 December 2018. Kriya sharir IMS .BHU.

BAMS I prof external examiner (Practical and viva voce supplementary) held on 10th January 2020.

MD (Ay) Prelim 2021 external examiner (Practical and viva voce supplementary Examination) held on 03 January 4, 2022. Kriya Sharir , IMS .BHU.

BAMS I prof 2022 supply Batch external examiner (Practical and viva voce supplementary Examination) held on 18 June, 2023 Kriya Sharir , IMS .BHU.

BAMS I prof 2022 Batch external examiner (Practical and viva voce supplementary Examination) held on 13, 14 September 2023. Kriya sharir, IMS .BHU.

BAMS I prof 2022 Batch External examiner (Practical and viva voce Examination) held on 09, August September 2023. Kriya Sharir, IMS .BHU.

BAMS I prof 2023-24 Batch Internal examiner (Practical and viva voce Examination) held on 18 March 2024. MYGGAU Gorakhpur SLBSS college and hospital, handia Prayagraj.

BAMS I prof 2022-23 regular and supplementary Batch external examiner (Practical and viva voce Examination) held on 26 and 27 August 2024. MYGGAU Gorakhpur and hospital, Apex institute of Ayurvedic medicine and hospital, Chunar, Mirzapur.

AS invigilator

BAMS I, II and III prof 2013, 2014, 2015, 2016, 2017,18.19 and 2020

BE.D. examination organized by Rajju bhiya Allahabad university , handia , Praygraj on 27 &29 October 2021.

AS Reviewer of Scopus journal

Review elsevier publication journal (JAIM) ref [180918-0161manuscript] Stress review: the biomedical , Pschychological and Ayurveda Perspective

Review elsevier publication journal (JAIM 2018-547] rewwiew on the concept of desha and its role on academic achievment of senior secondary school student wsr cimatic zone and biogeographicaal classiication of indian state.

Reviewer as journal of research and education in india 2023

CME attendanted

Participated as Trainee in CME programme for teachers in Kriya Sharir sponsored by Rastriya Ayurveda Vidyapeeth Ministry Of Ayush Govt. of India New Delhi and organized by Govt. PG Ayurvedic College & hospital SSVV , Varanasi from 22oct to 27 oct 2018.

Participated in CME through webinar on emergency & Ayurveda organized by Dabar india limited on 03 July **2020**.

CME National teachers training programme in Kriya sharir organized by **Rashtriya Ayurveda Vidyapeeth (RAV), Central council of Indian Medicine (CCIM) & All India Institute of Ayurveda (AIIA)**, through Video conferencing from 28th - 30th January **2021** .

Participated as Trainee in CME programme for teachers in Kriya Sharir sponsored by Rastriya Ayurveda Vidyapeeth Ministry Of Ayush Govt. of India New Delhi and organized by Govt. PG Ayurvedic College & hospital SSVV , Varanasi from 20 Feb. to 25 oct **2023**.

Ph.D. thesis publish as book from

Effect of exercise on physiological variations as per Prakriti. LAP (lambert academics publishing Gmbh&Co.in . Germany. ISBN- 978-3-659-10804-4.

Awards: Best Ph.D. thesis Award 2013

Covid -19 Training

as

Basics of Covid -19, Quarantine and isolation, Pregnancy and covid, ICU care and management,

Infection and control thorough ppe, Psychological care of patients with covid-19. By diksha IGOT board India on 25 April 2020. Total 7

Training though video conferencing by Ajay Yadav on covid -19 basics on 6 April 2020.



Aging is the process of becoming older, a process that is genetically determined and environmentally modulated. When broadly defined, aging refers to all time-associated events that occur during old age. These changes may be beneficial, neutral or deteriorative. During the developmental period of life most changes are due to maturation of physiological processes and tend to be beneficial. However, in the post maturation period of life, most of these changes are detrimental. Centella asiatica has been reported to accelerate nerve regeneration upon oral administration and contains multiple active fractions increasing neurite elongation in vitro. Axonal regeneration is important for functional recovery. Centella asiatica ethanolic extract elicited a marked increase in neurite outgrowth in human SH-SY5Y cells in presence of nerve growth factors. Greatest activity was found with a non-polar fraction (SK-4). (Soumyanath et al. 2005).

effect of centella asiatica on aging



Sushma Tiwari

Medium

A study on physiological changes in Elderly with Special Reference to Age-Related Cognitive Deficit and its management

Sushma Tiwari

Sushma Tiwari Mob. No: +91-9453365182 Email id: sushmatiwari5@gmail.com Doctor of Medicine (Ay) with 3+ years of experience as a Resident Doctor (Kriya Shari). Exploring opportunities to utilize my knowledge and skills in the field of medical. QUALIFICATIONS M.D. (Ay), 2008, Ph.D. S.R.BHU



978-3-8484-0016-4

Sushma Tiwari





Aging is the process of becoming older, a process that is genetically determined and environmentally modulated. When broadly defined, aging refers to all time-associated events that occur during old age. These changes may be beneficial, neutral or deteriorative. During the developmental period of life most changes are due to maturation of physiological processes and tend to be beneficial. However, in the post maturation period of life, most of these changes are detrimental. Centella asiatica has been reported to accelerate nerve regeneration upon oral administration and contains multiple active fractions increasing neurite elongation in vitro. Axonal regeneration is important for functional recovery. Centella asiatica ethanolic extract elicited a marked increase in neurite outgrowth in human SH-SY5Y cells in presence of nerve growth factors. Greatest activity was found with a non-polar fraction (GK4). (Soumyanath et al. 2005).

effect of centella asiatica on aging



Sushma Tiwari

Medium

A study on physiological changes in Elderly with Special Reference to Age-Related Cognitive Deficit and its management

Sushma Tiwari

Sushma Tiwari Mob. No: +91-9453365182 Email id: sushmatiwari5@gmail.com Doctor of Medicine (Ay) with 3+ years of experience as a Resident Doctor (Kriya Sharir). Exploring opportunities to utilize my knowledge and skills in the field of medical. QUALIFICATIONS M.D. (Ay), 2008, Ph.D. S.R.BHU



978-3-8484-0016-4

Sushma Tiwari



On the basis of the observations, it can be summarized that the Systolic blood pressure, Diastolic blood pressure, Pulse pressure and Respiratory rate are the specific responses that may have a strong association with the Prakriti of an individual at certain physiological conditions. Along with it certain anthropometric, electrophysiological and biochemical parameters (blood sugar level, lipid profile) have shown strong correlations with the Prakriti and exercise.

Exercise (walking) as per Prakriti



Sushma Tiwari
S. K. Tiwari
Sangeeta Gehlot

Sushma Tiwari

Doctor of Medicine (Ay) with 3+ years of experience as a Resident Doctor (Kriya Sharir). Exploring opportunities to utilize my knowledge and skills in the field of medical. QUALIFICATIONS M.D. (Ay), 2008, Ph.D. Institute of Medical Sciences Faculty of Ayurveda Banaras Hindu University, Varanasi



978-3-659-10804-4

Sushma Tiwari, S. K. Tiwari, S. Gehlot

Effect of exercise on physiological variations as per prakriti

Effect of exercise (walking) on physiological variations as per Prakriti in healthy and diseased conditions





