

MEDINITY 2026

International Conference on Ayurveda & Integrative Medicine

Organized by IConference | Sunday, 04th October 2026 | Mode: Google Meet

CONFERENCE SCHEDULE

Time	Sl. No.	Speaker / Presenter	Topic / Title of the Paper
Session I: Technical and Scientific Integration in Ayurveda			
Session Chair: Dr. Prathibha G. Bhat, Assistant Professor, Department of Panchakarma, SDM Institute of Ayurveda and Hospital, Anchepalya, Kumbalagodu Post, Bangalore–Mysuru Highway, Bangalore, Karnataka			
9:00 AM – 9:20 AM	KEYNOTE	Dr. Shivarama Prasad Kethamakka Chief Medical Superintendent, Ayurjyan Hospital, IES Ayurvedic Medical College, Ratibad Road, Bhopal	Technical and Scientific Integration in Ayurveda Panchakarma
9:20 AM – 9:28 AM	1	Dr. Aanchal IASR, Kurukshetra	Bridging Classical Ayurvedic Wisdom with Evidence-Based Healthcare for a Healthier Tomorrow
9:28 AM – 9:36 AM	2	Dr. Ananya Sakshi Jammu Institute of Ayurveda and Research, Jammu	Therapeutic Evaluation of ‘Siravedha’ in Managing Venous Congestion and Symptoms of ‘Siraja Granthi (Varicose Vein)’: A Clinical Case Study
9:36 AM – 9:44 AM	3	Mr. Biswajit Das Aryavart School of Pharmacy, AIU, Tripura	Nanoemulsions in Drug Delivery: Recent Progress, Applications, and Future Perspectives
9:44 AM – 9:52 AM	4	Dr. Naveen Shandil RGGPG Ayurvedic College, Paprola (HP)	Digital Eye Health Through the Lens of Ayurveda: An Integrative Perspective on Computer Vision Syndrome
9:52 AM – 10:00 AM	5	Dr. Akanksha Sharma RGGPG Ayurvedic College, Paprola (HP)	The Impact of Excessive Physical Exertion on Auditory and Vestibular Health: An Ayurvedic Perspective
10:00 AM – 10:08 AM	6	Dr. Lubna Kamal Limbdii Homoeopathic Medical College, Gujarat	Effect of Meditation and Spirituality on Patients with Renal Failure as an Adjunct to Homeopathic Treatment
10:08 AM – 10:16 AM	7	Dr. Archana Shri NPA Govt. Ayurved College, Raipur	To Evaluate the Efficacy of Dual Route Administration of Manahprasadak & Ghrita in the Management of Chittodvega (Generalized Anxiety Disorder): A Randomized Comparative Clinical Trial
10:16 AM – 10:24 AM	8	Dr. Divya Rajput MGACH&RC, Salod (H), DMIHER, Wardha	Clinical Evaluation of Ayurveda Treatment in the Management of Tamaka Shwasa (Bronchial Asthma) – A Case Study
10:24 AM – 10:32 AM	9	Dr. Roshni Odedara Govt. Ayurved College, Vadodara	Trividha Aushadha in Ayurveda: A Comprehensive Review of the Three Therapeutic Modalities
Session II: Bone, Joint and Related Disorders			
Session Chair: Dr. Geeta Patki, M.D., Ph.D. (Sch.), Professor and HOD, Dept. of SRPT, GAM&RC, Shiroda, Goa			

Time	Sl. No.	Speaker / Presenter	Topic / Title of the Paper
10:32 AM – 10:52 AM	KEYNOTE	Dr. (Mrs.) Punam Gaurav Sawarkar <i>Professor & Head, Ph.D. Supervisor, Dept. of Panchakarma, Mahatma Gandhi Ayurved College, Hospital and Research Centre, Salod (H), DMIHER, Wardha, Maharashtra</i>	Holistic Approach of Ayurveda for Bone Care and Related Disorders
10:52 AM – 11:00 AM	10	Dr. Aniket Maity <i>Shri NPA Govt. Ayurved College, Raipur</i>	Decoding Knee Degeneration: From Dhatu Poshana to Rasayana — An Ayurvedic–Anatomical Perspective
11:00 AM – 11:08 AM	11	Dr. Arundhati Vilas Juware <i>MGACH&RC, Salod (H), DMIHER, Wardha</i>	Integrated Ayurvedic Management of Sandhigata Vata Presenting with Bilateral Knee Pain: A Case Study
11:08 AM – 11:16 AM	12	Dr. Ruchi Tirkey <i>Shri NPA Govt. Ayurved College, Raipur</i>	Ayurvedic Therapeutic Approach in Sandhigatvata (Osteoarthritis): A Case Study
11:16 AM – 11:24 AM	13	Dr. Shubhi Sharma <i>IAS&R, SKAU, Kurukshetra</i>	Management of Chondromalacia Patellae with Ayurveda
11:24 AM – 11:32 AM	14	Dr. Varsha Paikra <i>Shri NPA Govt. Ayurved College, Raipur</i>	Clinical Evaluation of Punarnavadi Churna Combined with Shatpushpadi Lepa in the Management of Amavata: An Ayurvedic Therapeutic Approach to Rheumatoid Arthritis
11:32 AM – 11:40 AM	15	Dr. Samruddhi Walke <i>MGACH&RC, Salod (H), DMIHER, Wardha</i>	Ayurvedic Management of Ankylosing Spondylitis: A Case Report
11:40 AM – 11:48 AM	16	Dr. Shivani Singh <i>Raipur</i>	Evaluation of Shwadanshradi Taila in the Management of Greevagata Vata (Cervical Spondylosis)
11:48 AM – 11:56 AM	17	Dr. Subhendu Mohanty <i>Govt. Ayurveda College, Raipur</i>	Integrated Ayurvedic Management of Greeva Sandhi Gata Vata w.s.r. to Cervical Spondylosis: A Case Study on Shamana Chikitsa and Greeva Basti
11:56 AM – 12:04 PM	18	Dr. Sohan Lal Sao <i>MGACH&RC, Salod (H), DMIHER, Wardha</i>	Ayurvedic Management of Avabahuka (Frozen Shoulder): A Case Report
12:04 PM – 12:12 PM	19	Dr. Riya Pathak <i>Govt. Ayurved College, Raipur</i>	A Randomised Comparative Clinical Study to Evaluate the Efficacy of Sahacharadi Tail Nasya and Balasahacharadi Ghanvati in the Management of Avabahuka (Frozen Shoulder)
12:12 PM – 12:20 PM	20	Dr. Anjali <i>IASR, Kurukshetra</i>	An Ayurvedic Approach to Sjogren's Syndrome with Reference to Vataadhikya Vatarakta: A Case Study
12:20 PM – 12:28 PM	21	Dr. Sunita <i>IASR, Kurukshetra</i>	Plantar Psoriasis: An Ayurvedic Perspective with Reference to Kitibha Kustha – A Case Study
12:28 PM – 12:58 PM LUNCH BREAK			
Session III: Ahara, Metabolism and Lifestyle Disorders			
Session Chair: Prof. (Dr.) Shital S. Mahadik , Professor, PG Department of Swasthavritta, Institute for Ayurved Studies and Research, SKAU, Kurukshetra, Haryana			
12:58 PM – 1:18 PM	KEYNOTE	Dr. Nikita Gunvant Khandekar <i>BAMS, MD (Kriya Sharir), Assistant Professor, Shreeyash Ayurvedic College and Hospital Research Center, Chhatrapati Sambhajinagar, Maharashtra</i>	Viruddhahara in Contemporary Dietary Practice: A Study of Food Combinations and Gastrointestinal Symptoms

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1:18 PM – 1:26 PM	22	Dr. Snehal Parmar <i>Govt. Ayurved College, Vadodara</i>	Exploring the Role of Dinacharya and Ritucharya in Mental Health: An Ayurvedic Conceptual Review
1:26 PM – 1:34 PM	23	Dr. Apoorva Shyamsunder Pande <i>MGACH&RC, Salod (H), DMIHER, Wardha</i>	Ayurvedic Management of Metabolic Syndrome: A Case Report
1:34 PM – 1:42 PM	24	Dr. Diksha Dhiraj <i>Shri NPA Govt. Ayurved College, Raipur</i>	Effect of Lekhaneeya Mahakashaya and Ayuraksha Vati in Sthaulya (Obesity)
1:42 PM – 1:50 PM	25	Dr. Masum Sharma <i>Shri NPA Govt. Ayurved College, Raipur</i>	To Evaluate the Therapeutic Efficacy of Medohar Guggulu in the Management of Medodushti W.S.R. to Dyslipidemia
1:50 PM – 1:58 PM	26	Dr. Ankita Lakra <i>Shri NPA Govt. Ayurved College, Raipur</i>	Role of Rajnitriphala Ghrita in the Management of Elevated Serum Ferritin Condition in Haemolytic Anaemia
1:58 PM – 2:06 PM	27	Dr. Shilpi Gangwani <i>Shri NPA Govt. Ayurved College, Raipur</i>	Role of Bhallatakadya Ghanvati in Ekkakushtha with Reference to Psoriasis
2:06 PM – 2:14 PM	28	Dr. Vismay Shah <i>MGACH&RC, Salod (H), DMIHER, Wardha</i>	Management of Lichen Simplex Chronicus (Vicharchika): A Case Report
2:14 PM – 2:22 PM	29	Dr. Vaishnavi Khot <i>MGACH&RC, Salod (H), DMIHER, Wardha</i>	Ayurvedic Management of Lichen Simplex Chronicus (Kitibha Kushtha): A Case Report
2:22 PM – 2:30 PM	30	Dr. Ajay Kumar <i>Shri NPA Govt. Ayurved College, Raipur</i>	A Clinical and Comparative Study to Evaluate the Efficacy of Kamdev Churna and Svayam Guptadi Churna Along with Bruhati Taila in the Management of Klaibya (Erectile Dysfunction)
2:30 PM – 2:38 PM	31	Dr. Brikesh Kumar Verma <i>Shri NPA Govt. Ayurved College, Raipur</i>	A Randomized Clinical Study to Compare the Efficacy of Rohitakadi Vati with Pippalichitrak Ghritam in the Management of Yakrita Vikar (Steatotic Liver Disease)
2:38 PM – 2:46 PM	32	Dr. Surya Brijesh <i>Assistant Professor, Yenepoya Ayurveda Medical College and Hospital</i>	Role of a Novel Indian Coffee Plum Asava as an Adjuvant in Hyperglycemia
Session IV: Shodhana, Gut Health and Systemic Disorders			
Session Chair: Prof. Dr. Harshavardhan Appaji K., MD Panchakarma (University of Kerala), FBAA (London, UK), Professor & HOD, PG Department of Panchakarma, S.V. Ayurvedic Medical College, Tirupati			
2:46 PM – 3:06 PM	KEYNOTE	Dr. Richa Tripathi <i>B.A.M.S., M.D. (Panchakarma), Ph.D.; Founder, Reviving Rituals Ayurveda & Panchakarma Center; Ayurvedic Physician, Researcher and Social Entrepreneur</i>	The Colonic Ecosystem as a Metabolic Control Center: How Ancient Shodhana Protocol Meets Modern Microbiome Therapeutics
3:06 PM – 3:14 PM	33	Dr. Reshamlal <i>Shri NPA Govt. Ayurved College, Raipur</i>	Pittadhara Kala and Majjadhara Kala: An Ayurvedic Perspective on the Brain–Gut Axis
3:14 PM – 3:22 PM	34	Dr. Arpit Patel <i>Shri NPA Govt. Ayurved College, Raipur</i>	A Randomized Clinical Study to Compare the Effect of Matra Basti and Uttar Basti of Shilodbhidadi Taila with Dashmoola Kwatha in the Management of Vatashtila (Benign Prostatic Hyperplasia)

Time	Sl. No.	Speaker / Presenter	Topic / Title of the Paper
3:22 PM – 3:30 PM	35	Dr. Isha Patle <i>MGACH&RC, Salod (H), DMIHER, Wardha</i>	Effect of Vamana Karma in the Management of Udumbara Kushtha with Special Reference to Hansen's Disease (Leprosy): A Clinical Case Study
3:30 PM – 3:38 PM	36	Dr. Nikita Tadge <i>Raipur</i>	A Randomized Controlled Comparative Study to Evaluate the Efficacy of Haritakyadi Ghana Vati and Trikantakadi Guggulu with Sphatika Yoni Dhavana in the Management of Mutrakrichhra Associated with UTI
3:38 PM – 3:46 PM	37	Dr. Sushma Rajwade <i>Shri NPA Govt. Ayurved College, Raipur</i>	Pharmacotherapeutic Potential of Brihatvarunadi Kwath in Mutrashmari: From Classical Concepts to Contemporary Evidence
3:46 PM – 3:54 PM	38	Dr. Kirti Choudhary <i>IAS&R, SKAU, Kurukshetra</i>	Management of Hemorrhoids by Local Application of Pratisaraneeya Kshara
3:54 PM – 4:02 PM	39	Dr. Narender Kumar, Prof. (Dr.) Raja Singla <i>IASR, Shri Krishna AYUSH University, Kurukshetra</i>	Role of Panchkarma in Management of Stage 4 Cancer: A Case Study
Session V: Marma, Rachana Sharira and Musculoskeletal Pain			
Session Chair: Dr. Gaurav Sawarkar , Professor & Vice Dean, Mahatma Gandhi Ayurveda College Hospital and Research Centre, a constituent unit of Datta Meghe Institute of Higher Education and Research (Deemed to be University), Wardha, Maharashtra			
4:02 PM – 4:22 PM	KEYNOTE	Dr. Rashi Sharma <i>BAMS, MD (Rachana Sharir), Ph.D. (Thesis Submitted), National Institute of Ayurveda (Deemed University), Jaipur; Former Assistant Professor, SSSB Ayurvedic College and Hospital, Mundiagarh, Kishangarh Renwal, Jaipur, Rajasthan</i>	Role of Marma Chikitsa and Cupping Therapy in Non-Specific Low Back Pain
4:22 PM – 4:30 PM	40	Dr. Arati Bansod <i>MGACH&RC, Salod (H), DMIHER, Wardha</i>	Role of Ayurvedic Management in Asymptomatic Renal Dysfunction with Sciatica in a Geriatric Patient: A Case Report
4:30 PM – 4:38 PM	41	Dr. Gamini Singh Kanwar <i>Shri NPA Govt. Ayurved College, Raipur</i>	A Conceptual Study of Manibandha Marma and Its Clinical Correlation with Carpal Tunnel Syndrome
4:38 PM – 4:46 PM	42	Dr. Pooja Tambe <i>Shri NPA Govt. Ayurved College, Raipur</i>	Amsa Marma: Anatomical Basis and Clinical Significance – A Conceptual Study
4:46 PM – 4:54 PM	43	Dr. Nikita Sonkar <i>Shri NPA Govt. Ayurved College, Raipur</i>	Vidhur Marma and Mastoid Region: An Anatomical Review
4:54 PM – 5:02 PM	44	Dr. Nishtha Tiwari <i>Shri NPA Govt. Ayurved College, Raipur</i>	Twak Sharir: A Critical Anatomical Review with Contemporary Perspectives
5:02 PM – 5:10 PM	45	Dr. Bhumika Naitam <i>MGACH&RC, Salod (H), DMIHER, Wardha</i>	Utility of Ayurvedic Treatment Protocol in the Symptomatic Management of Pakshaghata (Left Hemiplegia): A Case Study
5:10 PM onwards Valedictory Session and Vote of Thanks			

Note: Each keynote address is allotted 20 minutes and each paper presentation 8 minutes (including discussion). Presenters are requested to join the Google Meet session at least 15 minutes before their scheduled slot and keep their presentation ready for screen sharing.