

Dr Sukhbir S. Verma
M.D.(Ay)
Ayurveda, Panchkarma and Yoga consultant

Brief Biography

- Young, Enthusiastic, Social, Creative and research oriented.
- Well versed in practical as well as theoretical knowledge.
- Knowledge of Yoga since childhood.
- Working knowledge of Computer and Internet.

Academic qualification

- Doctor of Philosophy [Ph.D. (Ay.)]- Kayachikitsa (Internal Medicine):-Rajasthan Ayurveda University, Jodhpur, India (Pursuing)
- Doctor of Medicine [M.D. (Ay.)]-Kayachikitsa (Internal Medicine):-M.M.M. Govt. Ayurvedic College, Udaipur [Rajasthan],India
- Bachelor of Ayurvedic Medicine and Surgery: Shri Krishna Govt. Ayurvedic College, Kurukshetra [Harayana], India

Academic Experience

Clinical

- Consultant Physician – Deptt of Kayachikitsa and Panchkarma, Ayurvedic Hospital, Charkhi Dadri, Haryana : Duration- From 16-1-06 to till date.
- Senior Resident- Govt. Ayurvedic Hospital, Udaipur, Rajasthan: Duration-Three years (During Post Graduation)

- Junior Resident- Govt Ayurvedic college, Kurukshetra, Govt. general hospital Jind, Haryana, : Duration- One year. (During Internship)

Teaching: - Under-graduate students of Ayurveda (Final year)

- Ayurvedic College, Charkhi Dadri, Haryana,: Duration- One year.
- Post-Graduate Ayurvedic College, Udaipur, Rajasthan: Duration- Two year. (During Post Graduation)

Panchkarma Practice

- Well Versed in practical as well as theoretical knowledge of Keralian and North-Indian Panchkarma.
- Worked as an unpaid trainee physician at Kottakkal, Arya Vadya Sala for 20 days (Sept 2005).
- Well versed with massage and other procedures related to Panchkarma and Spa.
- Good at teaching of every procedure related to Panchkarma and Spa.
- Visited to various famous Ayurvedic institutes of Kerala like Vaidyaratnam Thaikkatu Moos Thrissur, Shreedharyam Eye Hospital Kuthatukulam, Govt Ayurvedic College and Hospital Trivendrum, Triveni Ayurvedic Nursing Home Trivendrum etc.

Academic Research

- Role of Indigenous Herbs to the Poor Community.
- Efficacious Approach of Panchkarma in Malnutritional Diseases.

- A Clinical Study of Sandhivatari Gutika and Parsarini Tail in Osteoarthritis.
- Working on the “Efficacious study of Iksurak kshara (Herbal medicine) in the management of Cholelithiasis” by various vehicals.

Knowledge Extension

- Re-orientation at National Institute of Ayurveda, Jaipur by seven days programme, organized by Deptt of Kayachikitsa and sponsored by Deptt of Ayush, Govt of India. (21st- 26th Jan 2008)
- National Workshop attendance- “Standardization of Panchkarma-2008 ” organized by Govt ayurvedic college, Trivendrum, Kerala and sponsored by Deptt of Ayush, Govt of India. (11th – 14th Feb 2008)

Clinical Specialty

- Diagnosis through Ayurvedic basic principles.
- Use of Ayurvedic medicines, diet and yoga for the wellness.
- Rejuvenation according to the body type and diseases.

Yoga Specialty

Knowledge

Well versed in ascertaining & correlating various Asana and Pranayam with diseases.

Yoga Procedures

Well versed with Kunjal, Neti (Sutra & Jal), Nauli Kriya other kriyas

Practice

- a) Doing yoga regularly since childhood
 - b) North Zone Ayurveda College Championship (Krishna 98)-1st prize
 - c) Open Haryana State Yoga Championship-1991,1992, 1998 Participation
 - d) Open District Yoga Championship, Kurukshetra-1998-2nd Position.
- **The Art of Living**:- Basic Course (Sudarshan Kriya etc.)

Personal Information

Nationality : Indian

Date of Birth : 16-12-1977

Permanent Address : Luxmi Nagar, Rohtak Road,
Jind - 126102 (Haryana), INDIA

Phone No. : +91-1681-256677, +91-9355256677

E-mail : **ayursukh@gmail.com**

Language : Spoken - Hindi, English and Punjabi
Written - Can write legitimately in Hindi and English

Temperament : Industrious, Optimistic & Cheerful.