

## Curriculum Vitae

Dr. ANUPAMA V NAYAK

### **Academic Background:**

<i>Sl. No.</i>	<i>University / Institution</i>	<i>Degree / Training</i>	<i>Duration</i>	<i>Year of Passing</i>
01	KMC Manipal, MAHE University, Manipal Karnataka	MSc Yoga Therapy	2 Years	August 2009
02	KMC Manipal, MAHE University, Manipal Karnataka	PG Diploma in Panchakarma	2 Years	July 2002
03	SDM Ayurvedic Medical College, Udipi, Karnataka Mangalore University, Mangalore, Karnataka, India	B.A.M.S.	5 ½ Years	June 1994

### **Positions Held:**

<i>Position</i>	<i>University/Institution</i>	<i>Place</i>	<i>Period</i>
Resident Doctor	Kasturba Medical College, Manipal Academy of Higher Education, A Deemed University, Manipal, Karnataka, India.	India	Oct-2000
Assistant Lecturer	Kasturba Medical College, Manipal Academy of Higher Education, A Deemed University, Manipal, Karnataka, India.	India	Since May- 2005

### **Teaching experience:**

**Specialty:** Panchakarma

For Certificate Course in Panchakarma and Kshara Sootra – 1 year,

For Certificate Course in Panchakarma – Since 2004

For MBBS students of Melaka, Manipal College International Center for Health Science,  
Manipal – Since 2003,

### **Research Project:**

1. Co- Investigator- “Forslean II clinical trial on Obesity- K. M. C. Manipal, funded by Sami Labs, Bangalore.

### **Publications:**

- Case Report – Distal Myopathy (pangu) being treated by Ayurvedic means – P.No.22-23, Living Ayurveda, August / September 2002 Vol.I issue-1, London, U.K. (Co-Author)
- Basavaraj S Hadapad. Anupama Nayak. Ayurvedic drugs in British Pharmacopoeia of 1948 – A systemic review. Aryavaidyan 2009:22:49-59
- Madhukar Mallya H, Revathi P. Shenoy, Sreejith Ramakrishnan, Linta Thampi, Rashmi Stevens, **M. Sethukumar Kamath, Anupama Nayak**, Anjali Rao. The antioxidant status in human population based on the concept of *prakruti* in Ayurveda. Asian Pacific Journal of tropical Medicine 2008; 1(4):40-43

### **Conference Paper Presentations:**

- Paper presented on Diet & Lifestyle in Cardiac Disorders in “Ayurvision-2006, CME in Ayurveda on Clinical Methods in Cardiovascular System”, 21<sup>st</sup> to 23<sup>rd</sup> December 2006 at Dept of Ayurveda KMC Manipal.

### **Achievements:**

- Secured **Distinction** and stood **first in the Course** Batch of **MSc Yoga Therapy** for the year **2007 – 2009** , conducted by **Manipal University, Manipal**.
- Poojya Kirthishehesha Dharmasthala Manjayya Hegde Birth Centenary commemorative **Gold Medal** for securing **Highest Marks** in **BAMS** by **Mangalore University**.
- Vaidya Partha Narayana Pandit and Family Cash Prize for securing **Highest Marks** in **BAMS**.
- Felicitation from SHREE KASHI MUTT SAMSTHAN for securing **Highest Marks** in **BAMS**.