

# MUKESH D. JAIN

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<http://ayush-samiti.co.in>

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6/5 Priyadarshini East, Supela  
Bhilai 490023, CG  
India

## EXPERIENCE

**Director, Ayush Clinic on Neuro-Muscular Diseases** **2004 – Present**  
**Sanjivani Wellness Hospital, Supela**  
**Bhilai, India**

Ayush clinic is dedicated to promoting evidence-based Ayurvedic preventive / Promotive treatment and rehabilitation since 1995. Our mission is to provide the best Ayush care through integrated clinical practice, education and research. The diagnosis is performed using both modern and Ayurvedic methods while treatment includes Ayurvedic techniques such as Panch Karma, Yoga, Physiotherapy and Rasayana. Caretakers of patients also actively participate in the rehabilitative programs.

### **Duties, Responsibilities & Key Achievements:**

- Treated over 2500 domestic and international patients suffering from severe genetic or rare congenital malformations especially neuro-muscular diseases, including muscular dystrophy and mitochondrial disorders.
- Developed scientifically verified, safe, and affordable Ayurvedic treatments such as TMP procedure and special Rasayana molecules such as Mamsagni Rasayana, Shat-Bala Rasayana, Sukumar Guggul Rasayana, and Medhya molecules for autism.
- Promoted Ayurvedic Medical Tourism in the state of Chhattisgarh, India

**Project Coordinator (Ayurveda)** **2003 - Present**  
**Ayush Samajic Seva Avam Shikshan Sansthan,**  
**Bhilai, India**

This non-profit organization is dedicated to

- Increasing awareness and education about public health,
- Promoting activities to bring traditional Ayurveda, Yoga and Natural medicine into mainstream society for improving public health
- Increasing number of Ayurvedic practitioners through training, developing cost-effective Ayurvedic medicines and promoting evidence-based research in Ayurvedic healing & well being.

### **Duties, Responsibilities & Key Achievements:**

- Closely studied difficulties faced by caregivers in caring for muscular dystrophy afflicted children. Provided relevant care-giving information to caregivers and also helped patients develop realistic expectations from treatment.
- Treated patients of DMD, BMD, LGMD, and SMA, distal myopathy and polyneuropathy using simple, safe and cost effective Ayurvedic treatment using Panch Karma, Yoga and Rasayana.
- Disseminated knowledge about Ayurvedic treatment at different venues.

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**Teaching Instructor and Examiner (Ayurvedic Panch Karma & Yoga) 2001-2002**  
**Centre of Study in Alternative Medicine**  
**Government Medical College, Raipur, India**

**Duties, Responsibilities & Key Achievements:**

- Provided theory and hands-on training to community workers, young Ayurvedic doctors, and health care professionals.
- Developed cognitive behavioral therapy using subtle life-forces including hope, thoughts, desires, decisions, and experiences.

**Director, Health Watch Arogya Project on Neuro-Muscular Diseases 1995 – 2001**  
**Panch Karma & Yoga Unit**  
**Central Medical Institute, Bhilai, India**

**Duties, Responsibilities & Key Achievements:**

- Organized Panch Karma & Yoga Clinic for NMD patients and provided vocational and skill development training to young Ayurvedic doctors, health care professionals and interested senior citizens
- Organized several free health Camps in the urban and rural areas of Durg Bhilai and Raipur cities in Chhattisgarh

**Project Coordinator (Ayurveda), Hypertension Research & Education 1992 – 1994**  
**Panch Karma Unit, Pt. Jawaharlal Nehru Hospital & Research Centre**  
**Bhilai, India**

**Duties, Responsibilities & Key Achievements:**

- Organized Holistic Clinic on Human Hypertension using four dimensional approaches for hypertension care. Diagnosis and care was provided with modern medicine, Ayurveda, Yoga, Homoeopathy, Music therapy and Medical Astrology.
- Provided vocational and Yogic training to patients and senior citizens
- Published booklet on Holistic Strategies to Fight Human Hypertension in 1993.

**AWARDS & RECOGNITION**

- Awarded International Meet fellowship: ITN Marie Curie Project Ga No 317433, held in Radboud University Medical Centre, Nijmegen, The Netherlands, January 29-30, 2016.
- Life Time Achievement Award from government of Chhattisgarh for individual excellence in recognition of Care through Ayurvedic Research on Neuro-Muscular Diseases and Disseminating the Ayurvedic wisdom in the international scientific communities Worldwide. July 28, 2013.
- Healthcare Excellence Award, Best Ayurvedic Specialist in Chhattisgarh, Time Research Media, New Delhi 2012
- International Kohinoor Award, Global Achievers Foundation, Bangkok 2011

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- Fellow of Association Medicina et Yoga (France) 1994
  - D.Sc. (Hon) from OIUCM, Colombo, 1993

## **EDUCATION**

- Diploma in Yoga Therapy, Kundalini Yoga Research Institute, Lucknow, India, 1995
- MD from OIUCM University, Colombo Sri Lanka 1992
- Bachelor of Ayurveda with Modern Medicine and Surgery, Pt. Ravi Shankar University, Raipur India 1981
- Bachelor of Science, University of Saugar, Saugar MP, India 1976.

## **PROFESSIONAL AFFILIATION**

- Member, Society for Mitochondrial Research and Medicine, India 2016
- Associate Member International Mito Patients Org. The Netherlands. 2016
- Member, Organization of Rare Diseases of India 2016
- Member, Indian organization for rare diseases, 2015
- Member, Indian Association for the Study of Traditional Asian Medicine {IASTAM} India 2015
- Member, Treat-NMD (UK) 2013
- Honorary Clinical Director (Ayurveda), Oriental Medical Centre, Budapest Hungary (2012)
- Honorary International Clinical Director, Association of Ayurvedic Professionals of North America (2010 - 2012).
- Honorary President, AYUSH Academy of Ayurvedic Medical Sciences India, since 2003.
- Member, Central Directive Committee, World Federation of Holistic Health Sciences 1997.
- Honorary Member of Association Medicine et Yoga, Annecy France May 1994
- Honorary President, Indian Society of Clinical Ayurveda, 1990.
- Academic Member, Syllabus Committee, Ravishanker University, Raipur 1980

## **CERTIFICATION**

- Preventive & Promotive Health Care Program, Apollo Hospital Educational & Research Foundation, Hyderabad, India, 2005
- NDDY, Chhattisgarh Prakritik Chikitsa Parishad, Raipur, India, 2003

## **PUBLICATIONS**

- *Yoga als adjuvante Therapie: (Yoga as Supportive Therapy, German)*, Hippokrates Verlag GmbH, Germany, 1998
- *Holistic Strategies to Fight Human Hypertension*, Holistic Society of India 1993.
- *Fight & Win Ailments of Modern Era with Ayurvedic Treatment*, The AYUSH Samiti, India, 2008

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- *Uttsahbhari Jindigi ke liye Bimari ko Jada Se Ukharye (Hindi) The Ayush Samiti, India 2010*
  - *Ayurvedic Panch Karma & Yoga: Simple Treatment of Complex Diseases. Abhinav Publications, New Delhi 2015*
  - Editorial board member of prestigious Ayurvedic journals including Global Ayurveda, and Light on Ayurveda (US)

## **INVITED TALKS & SEMINARS**

- 2016**
1. Lecture. Developing Ayurvedic Treatment with Mamsagni for Neuro-muscular Diseases with special reference to Dystrophies. International Conference on Advances in Asian Medicine, IASTAM, Pune, India, January 5<sup>th</sup>, 2016.
  2. Fellowship Awarded for Meet Symposium 2016. The Mitochondrial European Education Training Project. Radboud University Medical Centre, Nijmegen, The Netherlands, January 29-30, 2016.
- 2015**
3. *Attended Master Duchenne muscular dystrophy Class (DMD) Expert Master Class in Amsterdam, the Netherlands, September 3-4, 2015.*
- 2014**
4. *Neuro-Muscular Diseases Ayurveda Perception & Treatment, Integrative Medicine Conference with Ayurveda Spirit, Budapest, September 23, 2014*
  5. *Basic Pharmacological Concepts of Ayurveda, Debrecen Institute of Pharmacology, University of Debrecen. September 21- 27, Debrecen, Hungary.*
  6. *Ayurvedic Approach for Healthy Ageing, Lecture for Senior Citizens, Szentendre, Hungary, September 29, 2014*
- 2012**
7. *Safe and effective Ayurveda, Lecture at Faculty of Health Care, University of Miskolc, Hungary, April 11, 2012.*
  8. *Autism: Ayurvedic Approach of Treatment, Talk at Government Hospital of Miskolc, Hungary, April 12, 2012.*
- 2011**
9. *Ayurvedic Management of Duchenne Muscular Dystrophy, Lecture in the Regional Child Neurology Hospital, Moscow Region, September 27, 2011.*
- 2010**
10. Complimentary Ayurvedic Approach in DMD, BMD and LGMD; Medical Teaching Centre, Oxford University UK, Mar. 25-26, 2010
  11. Conducted Panch Karma & Yoga Courses at Milan and Sardinia, Italy, March 29 – May 30 2010,

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12. Role of Ayurveda in the Management of NMD, 12<sup>th</sup> International Ayurveda Symposium Birstein, Germany, Sept 19, 2010
  13. Concept of Vata & Prana in relation to life forces : A talk for Yoga Therapists, Poornam Yoga Centre, Ludwigsburg, Germany Sept 21, 2010
  14. Ayurveda Rasayana Treatment in Muscular Dystrophy, 2<sup>nd</sup> International Ayurveda Conference, Miami FL USA October 10, 2010
  
  - 2009** 15. Conducted Panch Karma & Yoga Courses in Italy and Sanjivani wellness Centre, Bhilai India, Feb. & Aug. 2009
  
  - 2008** 16. Conducted Panch Karma & Yoga Courses at Sanjivani wellness Centre, Bhilai, India, Mar. - Sept. 2008
  
  - 2007** 17. Presented seminars on Ayurvedic Medicine practice organized by Il Melograno Organization at different locations in Italy, Jan. 16- Feb. 20, 2007.
  
  - 2006** 18. Clinical Study of Ayurvedic Management of Duchenne Muscular Dystrophy: 28 Patients. 2nd World Ayurveda Congress, University of Pune, Pune, India, Nov. 11, 2006
  
  - 2002** 19. Panch Karma and Yoga, Short Course organized at Central Medical Institute, Bhilai, India, April 2-10, 2002
  20. Short Course on Panch karma and Yoga conducted in Savona, Italy, May 16- June 5, 2002
  21. Ayurvedic Geriatric Care, Senior Citizen's club, Nehru Nagar Bhilai, India, July 13, 2002
  
  - 2001** 22. Panch Karma & Yoga Therapy in the management of Muscular Dystrophy and Motor Neuron Disease, Seminar on Neuro Muscular Disease organized by Indian Society of Clinical Ayurveda, Bhilai, India, May 20, 2001.
  23. Preliminary Study of Integrative Approach of Panch Karma, Yoga & Ayurvedic Medicine in the Management of Muscular Dystrophy - 19 Patients, 12th International Conference on Frontiers in Yoga Research & Application, Bangalore, India, Nov. 20, 2001.
  
  - 2000** 24. Knowledge Based Panch Karma & Yoga, Rajiv Gandhi University of Technology of Madhya Pradesh, 15th MP Young India Scientist Congress, Bhopal, India, July 30, 2000

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- 1999** 25. Panch Karma & Yoga for prevention, treatment and rehabilitation of Insulin dependent diabetic patients, CME programme organized by National Integrated Medical Association, Raipur, India, Jan. 24, 1999.
- 1998** 26. Psychopathology of Stress Management by Yoga, Defense Institute of Psychological Research, New Delhi, Feb. 3, 1998  
27. Clinical application of Panch Karma & Yoga on Obesity, Rheumatism and Psoriasis, 6<sup>th</sup> National Ayurvedic Conference, Bhilai, Dec. 12, 1998.
- 1997** 28. Concept of Holistic Medicine: Principle & Therapeutics, 7th World Congress on Holistic Life, Health and Aesthetics, Pugnochiuso, Italy, May 29, 1997.  
29. Comparisons of Clinical Efficacy and Metabolic Effects of Yoga & Medicine in 31 obese patients with hyperlipidemia, International Conference on Yoga: Science and Spirituality at the end of 21st century. Ohrid, Macedonia, June 6, 1997.  
30. The Support of Yoga to the Cardio-vascular Diseases, Yoga Science Centre for Integral Education & Holistic Health, Athens, Greece, June 10, 1997.  
31. Body-Life Purification through Panch Karma & Meditation, Associazione IL Melograno, Savona, Italy, June 13, 1997.
- 1996** 32. Randomized Placebo Controlled Clinical Trial of Holistic Therapy in 121 male patients with mild hypertension and Hyperlipidemia.  
33. Workshop on Yoga: Jointly Conducted with G. Barabino, P. Hassangas, M. Bhole, M. Gharote, University of Calicut, 6th World Congress on Holistic Life & Medicine, Kozhikode, Calicut, India, Jan. 6-7, 1996  
34. Taking Ayurveda in to 21st Century, JRD TATA Foundation for Research in Ayurveda and Yogic Sciences, at Chitrakoot, India, July 2, 1996  
35. Comparisons of Clinical Efficacy and metabolic effects of Ayurvedic Shirodhara & Yogic Relaxation Therapies in 46 male patients with Essential Hypertension, All India Seminar on Advances in Clinical application of Panch Karma Therapy, Government Ayurvedic Hospital, Vijayawada, India, Dec. 14, 1996.
- 1994** 36. Holistic Therapy for Human Hypertension, Vth World Congress Yoga & Holistic Medicine, Annecy, France, May 16, 1994.
- 1993** 37. Holistic Strategies to combat human Hypertension, 30th World Congress of Oriental Medicines, Colombo, Sri Lanka. Nov. 28 1993  
38. Report: Clinical Trial of Yogic Practices in Holistic Treatment of Hypertension, The world Yoga Convention, Munger India, Nov. 12, 1993

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- 1991** 39. Prevention of Bronchial Asthma by Holistic Approach  
40. Clinical study of Ayurvedic Compound on Non-insulin dependent Diabetes Mellitus, 5th All India Symposium & Camp, Jawaharlal Nehru Hospital & Research Centre, Bhilai, India, Oct. 28-30, 1991  
41. Prevention of High Blood pressure by Holistic Approach, 4th World Congress, Holistic Approach: Health for All, Bangalore, India, Dec. 28, 1991.
- 1988** 42. Ayurveda Comprehensive Health Care, 3rd All India Symposium & Medical Camp, Jan 18, 1988, Bhilai, India