

# Department of Kayachikitsa, GAC Dharashiv



**II KAYACHIKITSA II**

Government Ayurved  
College, Dharashiv  
Maharashtra

## **INTRODUCTION:**

Established in 1986 by the State of Maharashtra, the Department of *Kayachikitsa* is a major clinical branch of *Ayurveda* that deals with the diagnosis and management of systemic diseases through internal medicine. It focuses on principles of *Dosha*, *Dhatu*, and *Mala* to maintain health and treat disorders. The department provides both preventive and curative care using *Ayurvedic* therapies such as *Shamana* and *Shodhana*, along with lifestyle and dietary modifications. It also plays an important role in teaching, research, and clinical training for students.

The first speciality of *Ayurveda* has stood the test of time for centuries despite various adversaries. As we mostly concentrate on Traditional clinical practice. E- learning teaching skill available with the faculty.

## **Vision:**

To be a centre of globular excellency in the field of *Kayachikitsa* education by assured quality educational programme to build skillful, competence towards the health needs of the society.

## **Mission:**

The Department of *Kayachikitsa* intends at bringing about merging in achieving academic excellence through extending the knowledge, integrative teaching method, induce skills, hands on training and promoting scientific mood for researches and keeping up with current developments of the science.






## **Objectives:**

- To implement effectively programs through innovations in teaching, learning and evaluation (E- learning).
- To develop ability of applying evidence based principles of medicine & ability to practice the principles of primary health care.
- To help the learner to use the knowledge for clinical application in day to day practice

## Department of Kayachikitsa, GAC Dharashiv

### Teaching staff & Consultant:

With 5 faculty

Name	Qualification	Designation	Photograph
Dr.P.D.Dongare	MD	Professor & HOD	
Dr.Shruti Tarapore	MD	Associate professor	
Dr.Vinayak Pache	MD	Assistant professor	
Dr.Vilas Borse	MD	Assistant professor	
Dr.Atul Gopnarayan	MD	Assistant Professor	

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## Non Teaching Faculty -

Name	Designation
Mr. K.K.Dudhbhate	Technician
Mr. R.E.Patwari	Servant

## HIGHLIGHTS OF DEPARTMENT:

### Academic Highlights:

Core clinical branch dealing with internal medicine in Ayurveda

- Teaching of classical texts like Charaka Samhita and Ashtanga Hridaya

Emphasis on clinical reasoning, diagnosis (*Roga-Rogi Pariksha*), and treatment planning.

- Training through lectures, case discussions, and bedside teaching

### Clinical Services:

OPD and IPD facilities for management of chronic and lifestyle disorders

Treatment of diseases like:

*Jwara* (fever), *Prameha* (diabetes), *Amlapitta* (acidity), *Sandhivata* (arthritis) etc...

Use of *Shamana* (conservative) and *Shodhana* (*Panchakarma*) therapies

- Diagnostic Approach

Application of *Ayurvedic* diagnostic methods:

*Dashavidha Pariksha*, *Ashtavidha Pariksha* etc....

Integration with modern diagnostic tools when ever needed

- Therapeutic Modalities

Use of classical *Ayurvedic* medicines (*Kwatha*, *Churna*, *Vati*, *Ghrita*)

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*Panchakarma* procedures(*Shodhana Karmas*)

Diet (*Pathya-Apathya*) accordance with the disease and lifestyle counselling

- Research & Innovation
- ✓ Clinical research trails of medicine effects
- ✓ Drug standardization and evidence-based practice

Participation in seminars, workshops, and publications

- Student Training

Hands-on clinical exposure, Case taking, diagnosis, and treatment planning

Preparation for practical exams, OSCE/OSPE, and clinical postings

- Preventive & Holistic Care

Focus on health, Promotion of a healthy lifestyle and disease prevention

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## Achievements:

### 1. Dr P.D.Dongare Professor & HOD

Sr.No	Title Of Paper	Journal/Publication /Issue/Date	Article Type	Journal Index
1	<b>Ayurvedic Review Of Asava Arishta From Charak Chikitsa W.S. R To Its Internal Usage In Various Diseases</b>	World journal of Pharmaceutical Research ISSN 2277-7105 Vol-13 ISSUE 12 358-366	Review report	Index Copernicus , Google scholar
2	<b>A Litaratory Review On The Preperatory Methods Of Kshar According To Various Ayurvedic Text.</b>	European journal of Pharmaceutical and Medical research. ISSN 2394-3211 EJPMR	Review report	Indian Science Publication , Google Scholar
3	<b>A. Review For Lep Kalpana For Skin Diseases; Inherent Topical Formulations Described In Charak Samhita</b>	journal of Ayurveda and Integrated Medical science ISSN 2456- 3110	Review report	Index Copernicus, Indian Science Publication
4	<b>An Ayurvedic Perspective On Ekakushtha ( Psoriasis) - A Case Based Analysis.</b>	World journal of Pharmaceutical Research ISSN 2277- 7105 vol. - 13 issue - 18 973-982	Case study	Google scholar, VIKAS PSOAR
5	<b>An Ayurvedic Review Article Of Siddha Jal From Charak Samhita W.S.R. To Its Internal Usage In Various Diseases.</b>	world journal of Pharmaceutical Research.ISSN 2277-7105 vol. 13 issue 11. 2072- 2081	Review article	Google scholar, Science Central
6	<b>A Critical Review On Usage Of Ghrita In Pandu.</b>	Journal of Ayurveda and Integrated Medical science. ISSN 2456- 3110 vol. 9 issue 8	Review article	Indian Science Publication, Index Copernicus
7	<b>Bastand Siddha Kshir Basti In Klabya - Case Study</b>	International journal of Research and Analytical Review E- ISSN 2348 - 1296. P-ISSN 2349- 5138	Case study	Google scholar, Science Central
8	<b>Ayurvedpecial Reference Anagement Of Multiple Spin Disorder With Special Reference To Sandhigat Vata : A Case Study.</b>	International journal of Research and Analytical Review E- ISSN 2348-1269 P- ISSN 2349- 5138	Case study	Index Copernicus, Science Central

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9	<b>Ayurvedic Management Of Katigraha (Degenerative Lumbar Anterolisthesis)- A Case Study</b>	world journal of Pharmaceutical Research ISSN 2277- 7105. vol - 13 , issue -11	Case study	EBSCO Publishing Inc. , Google scholar
10	<b>Understanding Concept Of Moha From Charak Samhita .</b>	International journal of Research and Analytical Review E- ISSN 2348-1269 P - ISSN 2349 5138 vol 10. issue 3	Review article	Index Copernicus, Science Central, VIKAS PSOAR
11	<b>The Physiology Of Yoga And Weight Loss According To Ayurveda.</b>	European journal of Biomedical and Pharmaceutical sciences ISSN 2349-8870 vol .5. issue 11	Review article	EBSCO Publishing Inc. , Science Central
12	<b>Ayurvedic Management Of Lumbar Canal Stenosis With Urine And Stool Incontinence - A Case Study .</b>	World journal of Pharmaceutical Research ISSN 2277- 7015 vol. 9 issue 6 1779 – 1787	Case study	Google scholar, EBSCO Publishing Inc.
13	<b>Adulteration And Substitution Of ASU Drugs - A Challenge.</b>	European journal of Biomedical and Pharmaceutical sciences ISSN 2349 - 8870 vol.5 issue - 12	Review article	Index Copernicus, Google scholar
14	<b>Ayurvedic Management Of Grahani - A Case Study .</b>	World journal of Pharmacy and Pharmaceutical sciences ISSN - 2278-4357 vol. 7 issue 6	Case study	Science Central, VIKAS PSOAR , EBSCO Publishing Inc.
15	<b>Understanding The Contributions Of Charak Samhita In Research And Methodology.</b>	Int. J Ayu Pharm chem E- ISSN - 2350-0204. vol. 6 issue .3	Review article	VIKAS PSOAR , EBSCO Publishing Inc.
16	<b>Integrated Study Of Mode Of Action Of Mochras Basti In Grahani Vyadhi With Special Reference To Inflammatory Bowel Disease.</b>	Ayushdhara ISSN - 2393- 9583. vol.3 issue 5.	Review article	Index Copernicus , Indian Science Publication
17	<b>A Case Study Of Jalaovkavacharan In Kroshtukshirsha With Special Reference To Septic Arthritis.</b>	European journal for Pharmaceutical and Medical research ISSN - 2394- 3211.	Case study	Google scholar, Index Copernicus, Indian Science Publication
18	<b>Effects Of Madayantika Siddha Taila In Darunaka W.S.R. To Seborrhoea Capitis.</b>	International journal of Ayurvedic and Herbal Medicine ISSN-2249- 5746.	Case study	EBSCO Publishing Inc. , Science Central

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19	<b>A Clinical Study On Effect Of Cassia Tora Linn. And Occimum Sanctum Linn. In Drug Resistance Case Of Tenea Corporis.</b>	World journal of pharmacy and Pharmaceutical sciences. ISSN - 2278- 4357 vol. 8 issue 9.	Research article	Indian Science Publication , Google Scholar
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### BOOK PUBLICATION:

Title	Author	Year Of Publication	Publication & Distribution	ISBN Number
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Approach To Yakrut Vikaras(Liver Disorders) In Ayurveda(Revised edition)	Dr. P D Dongare	2025	Wordveris	978-93-49658-75-2
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### 2. Dr. Shruti R Tarapure Publication

Sr. No	Title of Paper	Journal/Publication/Issue/Page	Order of Authorship	Article Type	Journal Indexing
1.	Ayurvedic management of dysfunctional uterine bleeding- A case report	ISSN 2471-8165 2018 Vol.4. No.1:61	2 <sup>nd</sup>	Case report	Copernicus, Research gate etc...
2.	Ayurvedic approach towards guillain-barre syndrome: A case study	JAIM_2017_722_R4	2 <sup>nd</sup>	Case report	Elsevier PubMed
3.	Dinacharya Enlightenment On Madhumeha (DM) – A Review Appraise	Indian Journal Of Research _ Paripex	1 <sup>st</sup>	Review	Copernicus, Research gate etc...
4.	Ayurvedic Approach Towards Water And Electrolyte Imbalance: A Review Article	Indian Journal Of Research _ Paripex	1 <sup>st</sup>	Review	Copernicus, Research gate etc...

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5.	Management Of Ascites(Jalodara) Through Ancient System Of Medicine-An Case Report	Ayushdhara	1 <sup>st</sup>	Case report	Copernicus, Research gate etc...
6.	Ayurvedic Classical Appraisal On Vishmajwara- A Review Article	Indian Journal Of Research	2 <sup>nd</sup>	Review Article	Copernicus, Research gate etc...
7.	Elastographic Liver Evaluation Of Katukyadi Churna In The Management Of Non- Alcoholic Steatohepatitis(NASH)- A Single Arm Clinical Trial	Journal Of Ayurveda & Integrative Medicine	1 <sup>st</sup>	Case seies	Elsevie PubMed
8.	Understanding Of Amlapitta W.S.R To Acid Peptic Disorder With Ancient System Of Medicine – A Review Article	Indian Journal Of Research _ Paripex	1 <sup>st</sup>	Review Article	Copernicus, Research gate etc...
9.	Management of Granthibhuta Aartava Dushti w.s.r To PCOD- A Case Report	International Ayurvedic Medical Journal	1 <sup>st</sup>	Clinical Study	Google Scholar and Cosmos Impact Factor
10.	A Pilot Study On Evaluation Of The Individual And Combined Effect Of Shankha Bhasma And Shalmalikantaka	International Journal of Current Science	1 <sup>st</sup>	Clinical Study	Copernicus, Research gate etc...
11.	An Ayurvedic Prevention And Management Of Hypertension	International Journal of Current Science	1 <sup>st</sup>	Clinical Study	Copernicus, Research gate etc...
12.	Enlight On Pandu (Anemia) - A Short Review.	Indian Journal Of Research _ Paripex	1 <sup>st</sup>	Review Article	Copernicus, Research gate etc...

## Department of Kayachikitsa, GAC Dharashiv

13.	To Evaluate The Effect On Katighraha By Shodhana and Shaman Chikitsa- A Single Case Study	National Journal of Research in Ayurved Science	1 <sup>st</sup>	Case Report	National Library of Science , Advance science index
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### **3. Dr Vilas Borse**

Sr no	Title of paper	Article type
1	A clinical study on the role of Eranda kshar in Sthaulya	Case study
2	Guggulu- Dhoopana Dravya, An Ancient Ayurvedic approach to Disinfection	Review Article
3	Shukra- The Essence of all other Dhatu- A Review	Review Article
4	A conceptual & clinical study of Aparajata (placenta)	Review Article
5	A Study of Clinical effect of Haritakyadi Kwath & Basti in Benign enlargement of prostate	Case study

### **4. Dr Atul Gopnarayan**

Sr no	Title of paper	Article type
1	Role of Padadhara Therapy as a bahya snehana and Upnaha swedan effect in various types of Peripheral Neuritis	Case study
2	Overview on Ayurvedic Gastroprotective management of Annadravashoola W.S.R. to Pangastritis	Case study

## Department of Kayachikitsa, GAC Dharashiv

3	An Ayurvedic Review of Grahani W.S.SR to Malabsorption	Review Article
4	A conceptual review on Amlapitta (Hyperacidity) W.S.SR to Aetiological factors & preventive tools	Review Article
5	Conceptual overview on Asthikshay and its management W.S.SR to Postmenopausal osteoporosis	Review Article