

## **6-Days CME Programme for Teachers of Kayachikitsa**

**Sponsored by  
Ministry of AYUSH, Government of India**

**Coordinated by  
Rashtriya Ayurved Vidyapeeth (National Academy of Ayurveda)**

**Organized by  
Raghunath Ayurved Mahavidyalaya and Hospital  
Contai, Purba Medinipur 721401, West Bengal  
13-18 October, 2025**

### **Performance – Cum – Achievement Report**

In reference to sanction letter F. No. 65-114/RAV/2017-18/ESC dt. 27.6.2025 issued by Rashtriya Ayurved Vidyapeeth, a 6-days CME programme for Teachers of Kayachikitsa held at Raghunath Ayurved Mahavidyalaya and Hospital, Contai, Purba Medinipur, West Bengal from 13<sup>th</sup> October 2025 (Monday) to 18<sup>th</sup> October 2025 (Saturday). In pursuance of publication and circulation of application in prescribed format, a total 30 teachers of Kayachikitsa from all over India participated the programme. The programme was started on 13<sup>th</sup> October 2025 with garlanding of the statue of the founder of the institute Kaviraj Raghunath Maity by Professor Kamlesh Kumar Dwivedi, Member, Board of Ayurveda, NCISM and other dignitaries including Principal Professor Tuhin Kanti Biswas.



**Garlanding of statue of Kaviraj Raghunath Maity**



**Main Gate of the institute**



**CME Hoarding at institute premises**



**Resources at a glance**

This was followed by deliberation of first speech of the Resource Professor Kamlesh Kumar Dwivedi on the topic entitled, “Application of Rasayana for prevention of disease and promotion of health”. In his topic Professor Dwivedi emphasized on current trends on concept of Rasayana regarding prevention of disease and promotion of health. He had also mentioned that NCISM has emphasized on Rasayana as an important part of syllabus under Kayachahikitsa. The formal inauguration of the CME was held after the first lecture of the day 1 CME. The honorable SDO of Contai Mr. Pratik Dhumal, President of Ayurved Sevak sangha and local MLA Mr. Uttam Barik, Vice-President of Ayurved Sewvak Sangha Janab Habibur Rahman, Treasurer of Ayurved Sevak Sangha Mr. Harisadhan dasadhikary, Members of Ayurved Sevak Sangha Mr. Snehasish Pahari and Dr. Biswajit Bera, Member, Board of Governing Body Mr. Amalendu Bikash Jana, Ex-Principal, Professor Sushil Kumar Nath, Resources Professor K K Dwivedi and Professor Abichal Chattopadhyay and exiting Principal Professor Tuhin Kanti Biswas were present in the ceremony and all of them wishes grand success of programme.



**Inaugural Session**



**Speech by Mr. Uttam Barik  
President, Ayurved Sevak Sangha**



**Garlanding the statue of Lord Dhanwanatari by guests**



**Lightening of traditional lamp by guests**

Professor Abichal Chattopadhyay, Ex-Professor of Samhita and Siddhanta, Institute of Postgraduate Education and Research at SVSP Hospital, Kolkata delivered two consecutive lectures on the topic entitled, “Fundamentals of Asthivaha Srota and Clinical Importance” and “Standard Treatment Guideline for Asthivaha Srota Vikara”. Professor Chattopadhyay narrated the topics with examples of case studies. A good interactive session held between speaker and participants. This was followed by lunch break for a period of one hour. The 4<sup>th</sup> lecture of the day delivered by Professor Dwivedi on the topic entitled, “Diagnosis of diseases of Manovaha and Sangyavaha Srota and their approach of treatment”. Importance of Mana in manifestation of psychological disease as well as psychosomatic disorders and their principle of management was explained by him in detail. Interactions between trainee and trainer held at the end of the day. Life streaming of the programme of day-1 was done with RAV.



**Professor KK Dwivedi**



**Professor Abichal Chattopadhyay**

The programme of day-2 (14.10.2025) CME started at 09:00 am with speech of Professor Anupam Srivastava, Head, Department of Rasashastra and Medical Superintendent, National Institute of Ayurveda, Jaipur. Professor Srivastava talked on two consecutive topics as “Nutritional deficiency and role of dietary supplements” and “Ayurveda Poshana: Standard Guideline for different diseases”. Professor Srivastava explained the concept of Ayurvedic Poshana for health and diseases. He had also

narrated the process of getting patents on dietary supplements as mentioned in Ayurveda for global perspectives. Other speaker Professo Jagabandhu Mishra, Principal and Professor of Kayachikitsa, Sri Sri Nrusinghnath Ayurved College and Research Institute, Paikmal, Odisha discussed on the topic “Mutravahasrotagata Vyadhi with special emphasis on Mutrakrichchra and Mutrghata and its Management’ where he had emphasized regarding management of CKD according to Ayurveda and “Approach to Hepato biliary Cases and their Ayurvedic Perspectives of therapeutics” with examples of hyperbilirubinaemia, NAFLD, etc. with classical evidence based Ayurvedic management. The programme of day-2 was concluded with interactive session at 4 pm.



**Professor Anupam Srivastava**



**Professor Jagabandhu Mishra**



**Trainee Teachers of Kayachikitsa for 6-Days CME Programme**

Two eminent resources Professor (Dr.) Pradeep Kumar Moharana, HoD, Kayachikitsa and Vice-Principal, Sri Jayendra Saraswathi Ayurveda College and Hospital, Chennai and Professor (Dr.) Ratnaprabha Mishra, HoD, Kayachikitsa Subhadeep Ayurved Medical College and Hospital, Indore delivered their lecture, each on two topics on day-3 (15.10.2025) in the CME. The morning session started with the lecture of Professor Maharana on the topic, “Current trends of diagnosis and therapeutic guideline of Madhumeha with special emphasis on pre-diabetes and diabetes mellitus”. In his topic he detailed about classical Ayurvedic explanation of Prameha, its sequences, complications and mode of management. Besides, he had also drawn attention regarding application specific application of treatment principal according to variations of states including pre-diabetes. The second speech was delivered by Professor (Dr.) Ratnaprabha Mishra on the topic, “Avaranajanya Vatavyadhi with special emphasis on chronic arthritis: Its perspective of diagnosis and management principle”. Professor Mishra narrated the mechanism of Avarana in manifestation of several diseases in relation to Vata dosa like Sandhigata Vata, Gridhrasi, Grivastambha, etc. Specificity regarding selection of treatment principles according to variations of conditions was also described vividly. The third of speech of day-3 CME was delivered by Professor Maharana on “Amavata vis-à-vis Rheumatoid Arthritis: Treatment Guideline”. Professor Maharana justified the comparison between Amavata and Rheumatoid Arthritis on the basis of the manifestation of clinical features as described in Madhava Nidana and European league criteria. The organic changes found in complications like Z-deformity and Swan Neck deformity was narrated in detail. Treatment protocol for different stages according to Ayurvedic Chikitsasutra was also nicely described by Professor Moharana. This was followed by a group photograph and lunch break.



**Professor Pradeep K Moharana**



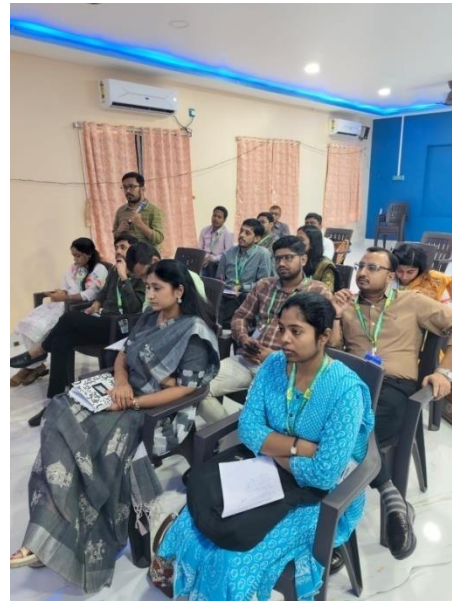
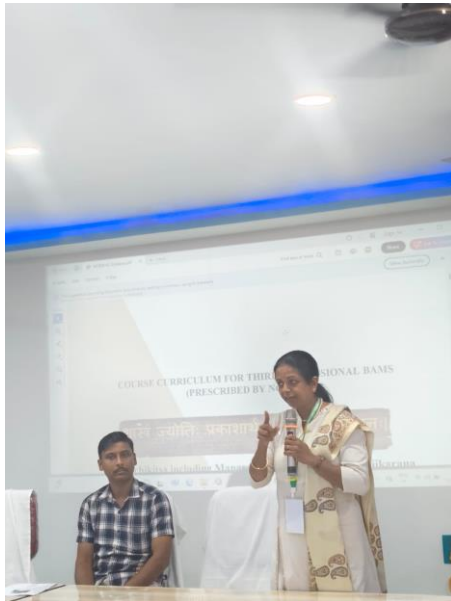
**Professor (Dr.) Ratnaprabha Mishra**

In post lunch session, 4<sup>th</sup> speech of the day was delivered by Professor Mishra on the topic entitled, “Pakshavadh and its complications: Ayurvedic approach of management”. She described in detail about Ayurvedic Samprapti of the disease in comparison with CVA. Professor Mishra described some classical Ayurvedic treatment protocol in some selected patients with videography documentations.



**Group of 30 Trainee Teachers of Kayachikitsa, two resources of the day 3, Mr. Sukamala Maity, Secretary, Ayurved Sevak Sangha, Professor Tuhin Kanti Biswas, Principal of the institute, Professor Sushil Kumar Nath, Ex-Principal and other dignitaries**

A special session was arranged on day 3 after completion of the schedule programme of CME to discuss regarding understanding and application of newly published UG syllabus by NCISM. Experts like Professor Zenica D'Souza, one of the trainers, Professor Tuhin Kanti Biswas, Principal, RAMH and Dr. Dipanjan Jana, Vice-Principal of RAMH jointly coordinated the programme. The procedure of teaching, aims and application with expected outcome of the syllabus was described vividly. Almost all the participants took part in this discussion and interacted accordingly.



**Prof. Zenica D'Souza and Dr. Dipanjan Jana on the dais and Participants off the dais in discussion on newly published UG KC Syllabus of NCISM**

The CME of day-4 (16.10.2025, Thursday) started by 09:30 morning with the speech of Professor (Dr.) Anup Baishya, Professor and HoD, Department of Roga Nidan, Government Ayurved College, Guwahati, Assam. Professor Baishya delivered two consecutive speeches with a tea break between two. In first lecture, Professor Baishya talked on, “Diagnosis of Hridroga with special emphasis on interpretation of ECG and designing of standard Ayurvedic treatment guideline”. Professor Baishya described in detail about cardiac cycle, importance, application and process of identification of different waves (p, q, r, s, t), leads, etc. with special emphasis on electric stimulation of junctional tissues. Professor Baishya described the identification of various cardiac diseases like MI, inferior and anterior wall ischaemia, RBBB, LBBB, heart failures, etc. from classical explanation of ECG waves on screen. In his second lecture, Professor Baishya described on, “An overview of Snayugata Vata with special reference to neurological disorders and its standard Ayurvedic Management”. In this lecture, Professor Baishya narrated the radiculopathies in comparison to lumber disc herniation, cervical dislocations, brachial neuritis, etc. comparing with Ekanga and Sarvanga Vata. He had also narrated in detail about the application of different Ayurvedic management with practical experiences in this session. The session was followed by lunch break.



**Professor Anup Baishya**



**Professor Dilip Kumar Das**



**Professor Tuhin Kanti Biswas**

In post-lunch session two senior faculties of the Department of Kayachikitsa of Raghunath Ayurved Mahavidyalaya and Hospital delivered lectures on two topics. Professor Dilip Kumar Das, Head, Department of Kayachikitsa talked on “Vishama Jwara (fever of irregular manner) with special emphasis on malaria and its current perspective of management”. Professor Das narrated the characteristics of Vishamajwara and its relevance with other varieties of Nija Jwara. In his topic he described about involvement of various Dushyas in manifestation of five specific types of Vishama Jwara. Relevance of malaria with these varieties was also described in detail. The treatment modalities and recent researches on plant medicine on malaria was described by Dr. Das. The last lecture of the day was delivered by Professor Tuhin Kanti Biswas, Principal and Profesor of Kayachikitsa of the host institute on the topic entitled, “Agantuja Jwara: Role of Ayurveda in Prevention and Control”. Professor Biswas explained the characters of four varities of Agantuja Jwara and relevance of specific variety in current scenario. Considering its next sequence as “Ghora Sannipatika” as described in Charaka Samhita, he compared with severe immune system hampering procedure which compared with various viral diseases including COVID-19. Professor Biswas narrated evidence based studies of different Ayurvedic formulation like effect of AYUSH Kwath in COVID-19 on the basis of RdRp (RNA dependent RNA polymerase model) and preparation of combinations of Aswagandha, Shilajeet and Amalaki for prevention and control of the disease based on evaluation of immunological markers like CD4+, CD8+, IgG, IgM and inflammatory markers like CRP, IL1b, IL6, IL10, TNF- $\alpha$  and INF- $\gamma$ . The session concluded at 05:30 pm.

In day-5 of CME on 17<sup>th</sup> October 2025 (Friday), two eminent speakers viz. Professor (Dr.) Asit Panja, Department of Samhita and Siddhanta, National Institute of Ayurveda, Jaipur and Professor (Dr.) Jayanta Kumar Sarma, Principal and Professor of Kayachikitsa, Ghataprabha Ayurved Medical College and Hospital, Belgaon, Karnataka delivered four lectures, each on two topics. Professor Panja discussed on two topics in a continuous manner as “Ama and Agni; Fundamental concept” and “Disease due to Ama Vikara and their therapeutic approach”. In the initial part Prof. Panja explained about role of agni in various segments on the basis of variations of human system with clinical applications. He had also narrated the derangement of agni with example in cluster of diseases and their principle of management. Modulations of medicines in different states were also narrated in detail with clinical examples. This part was continued for a period of 1½ hours. In next 1½ hour Professor Panja clinical understanding of Ahara Paka, Bhutagni Paka and Dhatwagni Paka were explained with Ausadha Chayana Hetu and modulation of medicine were narrated in detail with example. Many interactions were held in both the parts which were explained by the resource nicely. This was followed by lunch break.



**Professor Asit Panja**



**Professor Jayanta Kumar Sarma**

In post-lunch session of day-5, Professor Jayanta Sarma delivered first lecture on the topic, “Kasaroga with special reference to COPD: Diagnosis and Treatment Principle”. In this topic, Professor Sarma explained about identification of Kasa in general and specific on the basis of variations of Dosas. Identification of special varieties of Kasa like Kshataja and Kshayaja. In this connection he had also described about causes, manifestation and diagnostic tools for COPD/COLD. Treatment principles for each variety of Kasa were explained with classical Ayurvedic way with practical experiences. The second speech of Professor Sarma was “Diagnostic approach, differential diagnosis and treatment principle of Swasroga vis-à-vis bronchial asthma”. In this context, Professor Sarma explained about pathogenesis of Swasa on the basis of involvement of various causes according to Ayurveda. Considering five varieties, he had emphasized mainly on Tamaka Swasa. Relation between Tamaka Swasa and bronchial asthma was clarified by Profesor Sarma on the basis of relevance of clinical manifestation. Specificity about selection of specific Ayurvedic treatment was also narrated by him. An interactive session was also held at the end of the day.

The sixth and final day programme of CME held on 18<sup>th</sup> October 2025 (Saturday) from 08:30 am onwards. This day was marked as Dhanwantari Jayanti and programme was started with incantation of Dhanwantari Srotram, led by four Trainee teachers, tuned by all other trainees, resources and other faculties present in the hall. The programme of the sixth day was linked with RAV for life streaming through Google meet.



**Incantation of Dhanwantari Srotram**

The first lecture of the last day was delivered by Professor (Dr.) Bishnu Chowdhury, Principal (i/c), College of Ayurveda and Head, Department of Kayachikitsa, North Eastern Institute of Ayurveda and Homoeopathy (NEIAH), Shillong, Meghalaya on the topic entitled, “Management of Benign Prostatic Hyperplasia (BPH) through Ayurveda”. In this speech, Professor Chowdhury explained about clinical and histological prevalence of BPH with age specification. The reason behind comparing the condition with Mutraghata was also explained with rationality. He had also nicely narrated the HI FUN (Hesitancy,

Intermittence, Incontinence, Frequency, Fullness, Urgency, Nocturia) symptoms of BPH. Procedure of maintenance of 24 voiding diary as well as BPH LUTS scoring was also explained by Professor Chowdhury. In the management part, he had mentioned several home remedies and represented some case studies. The second lecture of Professor Chowdhury was on the topic, “Management of obesity with Ayurveda and Yoga”. In this talk, he narrated the causes of obesity and sthoulya and importance of BMI for its measurement. Common complication of obesity was discussed and the management was narrated with application of Lekhana Vasti in particular. The effect of Yoga like Suryanamaskar, Dhanurasana, Ustrasana, etc was also narrated in detail. The dietary regulatory to control obesity with example was mentioned by him.



**Professor Bishnu Chowdhury**



**Professor Sishir Kumar Mandal**

The 3<sup>rd</sup> and 4<sup>th</sup> speech were delivered by Professor (Dr.) Sishir Kumar Mandal, Professor of Roga Nidana, Institute of Medical Science, Banaras Hindu University, UP on the topic Skin diseases and their Ayurvedic management. Professor Mandal divided his speech into two sections as diagnosis of various skin diseases from clinical point view with correlation between Ayurvedic and modern view and management of certain skin diseases including Vatarakta. Professor Mandal practically showed the way of diagnosis on the basis of skin lesions with clinical manifestations with photographic documentation. He shared his practical experience of Ayurvedic treatment with its prospects in various skin disorders like Svitra, Visphota, Sleepada, Charmakila, Khalitya, etc. An extensive interaction occurred between Resources and participants for clinical applications. This was followed by lunch.

In post-lunch time, valedictory session was organized in presence of resources, trainees, college authorities, dignitaries like Mr. Sukamal Maity, Secretary, Ayurved Sevak Sangha (ASS), Dr. Sukumar Jana, Vice-President, ASS, Dr. Biswajit Bera, Member, ASS, Mr. Snehasish Pahari, Member, ASS, Dr. Basanta Singha, DMO (Ayush), Nandigram Health District, etc. Dr. Debasish Ghosh, Director Ayurveda, Government of West Bengal was present in this session on online mode as he had pre-schedule official programme elsewhere. Welcome address was delivered by Mr. Sukamal Maity and Dr. Debasish Ghosh extends warm greetings to all the participant trainee, resources, RAV, Ministry of etc. Dr. Debasish Ghosh informed that Government of West Bengal is emphasizing much towards the Ayurvedic system of medicine. He mentioned that a special archive on Kaviraj Gangadhar Roy, the commentator of Charaka

Samhita is going to be established at Murshidabad district of the state shortly by the Government of West Bengal. Certificates were distributed to the trainee teachers by the guests.



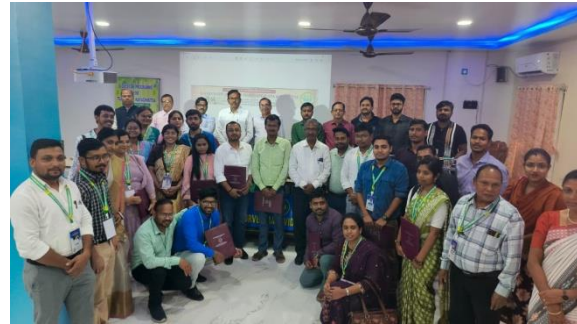
**The Valedictory Session**



**Speech delivered by Dr. Debasish Ghosh, Director Ayurveda, Government of West Bengal through online**



**Distribution of certificate to trainee teachers**



**Concluding Group Photographs**

Main achievements that obtained by the Raghunath Ayurveda Mahavidyalaya and Hospital for successful organization of CME are exchange of views of different trainee teachers and resources for betterment of study and application of Kayachikitsa to the students, both at UG and PG level. Standard treatment guideline on various diseases of Kayachikitsa is also evolved from this 6-days CME programme. The participants were very happy as they expressed in the group through written comments like 'from the insightful sessions to the impeccable arrangements, every detail was thoughtfully designed to cater to our academic and personal needs', 'It was truly a pleasure meeting all the esteemed faculties and resource persons and sharing such enriching knowledge and experiences' etc. All the trainees expressed that the training will be helpful to the students in their respective colleges as they achieved at Raghunath Ayurved Mahavidyalaya and Hospital, Contai, Purba Medinipur, West Bengal.