



Tentative Programme

International Conference on Ayurveda and Integrative Approaches to Obesity & Metabolic Syndrome & 57th CCRAS Foundation Day

on 1st -2nd December 2025 at IISc Bengaluru

Organized by CCRAS-CARI, IISc and NIMHANS Bengaluru

Events

1. Plenary Sessions by invited speakers on 1st-2nd Dec. at A V Rama Rao Auditorium
2. Symposium on “Translational Science and Integrative Medicine Approaches to Management of Type 2 Diabetes, Obesity and Dyslipidemia” on 2nd Dec. at TCS Smart-X Hub IDR Building
3. Workshop on Nanotechnology & Molecular Biology on 2nd Dec. at TCS Smart-X Hub IDR Building
4. Parallel sessions with the presentations from scientists, academicians and PG, PhD scholars on 1st -2nd Dec. at A V Rama Rao Auditorium building complex/ CeNSE building
5. Health screening camp by Samatvam, Pathshodh and CARI on 1st-2nd Dec. at AV Ram Rao Auditorium
6. Pre Conference Virtual Scientific deliberations from 25th to 27th Nov.

1 st December 2025, Day– 1	
08.00 to 09.30 AM -Registration at A V Rama Rao Auditorium ground floor 9.30 to 10.00 AM -Assembling for Inauguration	
10.00 to 11.30-Inauguration	
11:30 to 12:00-High tea	
12:00 to 1:30 pm -Keynote Session at A V Rama Rao Auditorium	
Speaker(30 mins for each expert)	Topic
Dr. Murali Krishna , Ayurveda physician - Scientist, Former Principal, Sri Venkateswara Ayurvedic Medical College, Tirupati	Understanding Metabolic syndrome through the Lens of Ayurveda
Dr. M. A. Shekar , Founder Director, Apoorva Diabetes Foundation, Mysuru and Former Director, Karnataka Institute of Endocrinology and Research (Govt. of Karnataka)	Converging Ancient and Modern Views on Metabolic Health
Interaction	
Lunch 1:30 to 2:30	

Coordinators: Dr. Shubhashree MN, Dr. Bhavya BM, Dr. Thejaswini C,Dr. Vidyashree, Dr. Rajendra			
Plenary Sessionsat A V Rama Rao Auditorium			
Plenary -1	Chair	Speaker	Topic
Time: 2:30 to 3:45 (20 mins for each speaker)	Dr. S. Swaminathan, Inaugural Chair & Prof. TATA IISc Medical School , Bengaluru and Adjunct Faculty, Mayo Clinic Arizona Dr. Ramesh Babu, Former Director General, CCRAS, New Delhi	Dr. Shrikanta S, Medical Director, Samatvam Endocrinology Diabetes Center, Bengaluru	“Subtle is the Lord, but Malicious He Is Not”: Synergistic Integration of Ayurveda and Modern Science Towards Best Metabolic Health
		Dr. Rangesh Paramesh, Director, Intellectual Property, Himalaya Wellness	Regulatory Concerns on Herbal and Nutraceutical Interventions in Obesity
		Dr. Chitra Selvan, Head of the Dept of Endocrinology, Ramaiah medical College Bangalore	Bridging the Gap: Women-Centric Pathways in Metabolic Health, Obesity and Dyslipidaemia
Interaction			
Tea break 3:45 to 4:00			
Plenary - 2	Chair	Speaker	Topic
4:00 to 5:00 (20 mins for each speaker)	Dr. Prasanna Rao, Director, SDM Colleges of Ayurveda Dr. S. V. Madhu, Director & Head, Centre for Endocrinology, University College of Medical Sciences and Guru Teg Bahadur Hospital, Delhi	Dr. Madhava Diggavi, Prof. Govt. Ayurveda Medical College, Bengaluru	Lipid Metabolism and Disorders in Ayurveda: Correlation with Gut Health
		Dr. B.N. Gangadhar, Distinguished Ayush Chair, Former Director, NIMHANS and Chairman NMC	Collaborative Models of Integrative Clinics: Global Experiences and Best Practices
Interaction			
7 PM onwards :Cultural Programme (Bharatnatyam by Vidushi Pallavi Gayatri) Followed by Dinner			

Day – 2 2 nd December 2025			
Plenary -3	Chair	Speaker	Topic
9:30 to 11:00 (20 mins for each speaker)	Dr. (Ms.) M.W. Saumya Janakanthi Kumari, Senior Lecturer, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka Dr. Ramaprasad, Sr. Principal Scientist, CSIR - Central Food Technological Research Institute (CFTRI), Mysuru	Ms.Sheela Krishnaswamy, Nutrition and wellness consultant, Advisory Board Member, Indian Society of Lifestyle Medicine, Goa	Scientific insights into traditional and contemporary dietary practices
		Dr. Sridevi Annapoorna Singh, Former Director,CSIR-CFTRI, Mysuru	AyurvedaBased Nutraceuticals: Innovation, Safety, and Global Market Opportunities
		Dr. Babu, Director, Research & Development, Himalaya Wellness Company, Bengaluru	Establishing Gold Standards for Research and Development in the Globalization of Ayurveda: An Industry Perspective
Interaction			
11:00 to 11:30 - High tea			
Plenary -4	Chair	Speaker	Topic
11:30 to 1:00 (20 mins for each speaker)	Dr.DyananPuvanandran, Secretary, Traditional & Complementary Medicine Council, Ministry of Health Malaysia Dr. M.M.Padhi, Physician – scientist, Former Dy DG, CCRAS - Bhubaneswar	Dr. Mukund Sabnis, Founder & Director JeevanrekhaAyurved,Aurangabad	Lifestyle based community interventions in obesity prevention
		Dr Latha Venkataram, Lead Consultant, Aryamba Centre for O&G, Research and Excellence,OBG unit of Rangadore Memorial Hospital, Bengaluru	Wellness Traced Back to Womb - an Integrated Approach
		Dr. Suhas Shetty, Principal, KLE Ayurveda Medical College, Belagavi	Ayurveda Interventions for Obesity and Metabolic Syndrome: Current Evidence and Future Directions
Interaction			
1:00 pm to 2:00pm: Lunch			

Plenary Session 5	Chair	Speaker	Topic
2:00 to 3:30 (20 mins for each speaker)	Prof. (Mrs) S.K.M.K. Herapathdeniya, Head- Dept of Dravyaguna and Swasthavritta, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka. Dr. B A Venkatesh, Former Principal, GAMC Bengaluru and Chairman IEC, CARI, Bengaluru	Dr. B. S. Prasad, former President, Board of Ayurveda, NCISM, Ministry of Ayush, New Delhi	Role of Panchakarma in Metabolic Health
		Dr. Shivarama Varambally NIMHANS, Bengaluru	Synergistic Role of Ayurveda, Yoga and Modern Medicine in Managing Metabolic Syndrome
		Dr. N. Srikanth, Dy. DG, CCRAS, New Delhi	Evidence Bated integrative Approaches in Non communicable Diseases-CCRAS R&D initiatives
Interaction			
Time 3:30 to 5:30Panel Discussion and wrap up			
[Concluding remarks by each experts on the conference theme (4 minutes) followed by interaction]			
Moderator: Dr. N. Srikanth, Dy. Director General, CCRAS, New Delhi Coordinator: Dr. Kavya, Jayadev Memorial Rashtrotthana Hospital and Research Centre, Bengaluru Panelists: 1. Prof. Rabinarayan Acharya, Director General, CCRAS, New Delhi 2. Dr.B.R.Ramakrishna, Vice chancellor, S-VYASA Deemed to be University, Bengaluru 3. Prof. Subhankar Chowdhury, Department of Endocrinology, Institute of Post-Graduate Medical Education and Research Kolkata 4. Mr. Rajeev Vasudevan, CEO, Ayurvaid hospital, Bengaluru 5. Dr. Kishore Kumar R, Prof & Head, Dept of Integrative Medicine, NIMHANS, Bengaluru 6. Dr. Shailaja, Principal, SDM Ayurveda College, Hassan 7. Dr. L N Shenoy, Assistant Director, Govt Ayurveda Research Centre, Mysuru 8. Dr. Kavita Muniraj, Endocrinologist, SamatvamEnocrinology and Dibates Centre, Bengaluru 9. Dr. Vijay, Additional Professor of Psychiatry, NIMHANS, Bengaluru 10. Dr. B.K. Ashok, Senior Manager, AYUSH & Scientific Affairs, Himalaya wellness company, Bengaluru 11. Dr. PrashanthA.S, Principal, Ayurveda Mahavidyalaya, Hubli 12. Dr. Supriya Bhalerao, Interactive Research School for Health Affairs (IRSHA), Bharati Vidyapeeth, Pune			
Awarding Certificates for the best papers (for other delegates at registration counters, after this session)			
5:30 PM - Refreshments and departure			

Parallel Symposium on 2nd Dec. 2025 at TCS Smart-X Hub IDR Building
“Translational Science and Integrative Medicine Approaches to Management of Type 2 Diabetes, Obesity and Dyslipidemia”

8:30- 09:00 Registration

Time	Segment	Details / Speakers
09:00 – 9:30 AM	Inaugural Session and Guru Vandana	Welcome Address: Prof. Navakanta Bhat, Dean, Interdisciplinary Sciences, Indian Institute of Science (IISc), Bengaluru Inaugural Reflections: “<i>Science – The Endless Frontier</i>” • Dr. P. R. Krishnaswamy, Emeritus Scientist, Indian Institute of Science (IISc), Bengaluru • Prof. P. Balaram, Former Director, Indian Institute of Science (IISc), Bengaluru • Vaidya Rajesh Kotecha, Secretary of the Ministry of Ayush, Government of India

9:30 – 11:15 AM - SESSION 1: Translational Science in Diabetes, Dyslipidemia and Other Metabolic Disorders

Chair: Dr. Kaustubh Upadhyaya, Advisor, Ministry of Ayush, New Delhi

Type	Lecture Title	Speaker
Keynote Lecture (30 min)	Heterogeneity of type 2 diabetes	Prof. Subhankar Chowdhury, Head, Department of Endocrinology and Metabolism, Manipal Hospital, EM Bypass, Kolkata
Guest Lecture (20 min)	Multiomic profiling of immune, metabolic and microbiome perturbations in Type 2 Diabetes	Prof. Nagasuma Chandra, Department of Biochemistry, Indian Institute of Science (IISc), Bengaluru
Guest Lecture (20 min)	Recent advances in Metabolic Dysfunction–Associated Steatotic Liver Disease (MASLD): Biomarkers, prevention and therapy	Dr. Mahesh D Mruthyunjaya, Senior Consultant Endocrinology Diabetes, Aster CMI Hospital, Bengaluru
Guest Lecture (20 min)	Novel therapeutic approaches to prevent and treat diabetes and obesity related nephropathy.	Prof. Sundar Swaminathan, Head, Department of Nephrology, Tata IISc Medical School, Bengaluru
Discussion		
High tea		

11:15 AM – 1:00 PM-SESSION 2: Clinical, Translational and Integrative Biomedical Approaches to Better Human Health**Chair:** Dr. Rabinarayan Acharya, Director General, CCRAS, New Delhi

Type	Lecture Title	Speaker
Keynote Lecture (30 min)	Integrating yoga and standard lifestyle measures to prevent type 2 diabetes	Prof. Dr. S.V. Madhu, Head, Department of Endocrinology, University College of Medical Sciences (UCMS) & GTB Hospital, New Delhi
Guest Lecture (20 min)	AMP-activated protein kinase (AMPK): At the crossroads between T2D and Cancer	Prof. Annapoorni Rangarajan, Department of Molecular Reproduction, Developmental Biology and Genetics, Indian Institute of Science (IISc), Bengaluru
Guest Lecture (20 min)	Sesaminol from Sesame: A Promising Molecule to Combat Obesity associated Metabolic Diseases	Prof Sona Rajakumari, Department of Molecular Reproduction, Developmental Biology and Genetics, Indian Institute of Science (IISc), Bengaluru
Guest Lecture (20 min)	Recent advances in the management of atherogenic dyslipidemia (PCSK9 inhibitors, siRNA, and emerging therapies)	Prof. Vageesh Ayyar, Head, Department of Endocrinology, St. John's Medical College and Hospital, Bengaluru
Discussion		
01 – 01:45 PM Lunch Break		

01:45 – 3:15 PM -SESSION 3: Global and Future Directions in Translational and Integrative Metabolic Research**Chair:** Dr. Narayanam Srikanth, Deputy Director General, CCRAS, New Delhi

Type	Lecture Title	Speaker
Keynote Lecture (30 min)	Changing paradigms in understanding obesity: An Indian perspective	Prof. Nitin Kapoor, Department of Endocrinology, Diabetes & Metabolism, Christian Medical College (CMC), Vellore, Tamil Nadu
Guest Lecture (20 min)	“Learning from Nature”: Phytochemical approaches to prevention and treatment of obesity and diabetes	Dr. K. S. Nagabhushana, Director, Prayoga Institute of Education and Research, Bengaluru
Guest Lecture (20 min)	GLP1, incretins, twincretins and more: Superb examples of translation from bench to bedside (molecule and cell to man)	Dr S Srikanth, Distinguished Consultant Endocrinology Diabetes, Samatvam: Science and Research for Human Welfare Trust, Bangalore
Discussion		
03.30 PM -All delegates and speakers move to the Main Conference @ A V Rama Rao Auditorium, for panel discussion and wrap up session		

**Parallel Workshop on “Molecular Biology and Nanotechnology for Management of Diabetes, Obesity and Dyslipidemia”
on 2nd Dec. 2025 at TCS Smart-X Hub IDR Building, Conference Room, G03**

Chairperson: Prof. Navakanta Bhat, Dean, Interdisciplinary Sciences, IISc Bengaluru

Time	Segment	Details / Speakers
09:00 AM – 09:30 AM	Assembly and Networking	Participant registration, networking, and informal interaction

SESSION 1: Advances in Nanotechnology for Diabetes and Metabolism Research

Key Focus: Unlocking the potential of nanodiagnostics, nanotherapeutics and nanobiosensing for personalised diabetes and metabolic disorders management.

Session Coordinator: Dr Archini Paruthi

Part 1	Topics Covered
09:30– 11:00 AM	- Nanomaterials in diabetes care: Advanced nanodiagnostics and nanotherapeutic methods in diabetes and metabolic disorders management - Nanomaterial synthesis (theory and methods) and nano-characterisation

High Tea

Part 2	Topics Covered
11:00AM– 12:00 PM	Practical demonstration: Demonstration on nanomaterial synthesis and electrochemical biosensing platforms for glucose / analyte monitoring

SESSION 2: Advances in Molecular Biology for Diabetes and Metabolism Research

Key Focus: Understanding the molecular basis of diabetes and other metabolic disorders and exploring the modern analytical and therapeutic technique of mass spectrometry.

Session Coordinator: Dr Madhumati S Vaishnav

Part 1	Topics Covered
12:00– 01:00 PM	- Protein post-translational modifications and their role in diabetes - Advanced proteomics for studying diabetic complications - Mass spectrometry in evaluating albumin modifications (glycation, oxidation, truncation)

01:00 – 01:45 PM – Lunch Break

Part 2	Topics Covered
01:45– 03:00 PM	Practical demonstration: Workflow of LC-MS/MS in diabetes metabolic biomarkers analysis

All delegates and speakers move to the Main Conference @ A V Rama Rao Auditorium, IISC, for Panel Discussion and Wrap Up session.

SCHEDULE FOR ORAL PRESENTATIONS(tea and lunch break will align with the plenary sessions)**1st December 2025****Venue:**Hall No -1:Rajarshi Bhattacharya Memorial (RBM) Hall, A V Rama Rao Auditorium complex**Session 1:** 11.45 AM to 1.00 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/01	DR TEJASWINI BHALE	Evidence Based Metabolic Disorders Prediction AI Model Using Non-invasive Nadi Analysis Platform, Nadi Tarangini- A Translational Study
2.	CARI/IC/OP/02	DR NISHU RAINA	Clinical Evaluation of Ayurvedic Medicines and Panchkarma therapy in the management of Obesity
3.	CARI/IC/OP/03	DR AMRITHA E PADY	Role of Terminalia arjuna as a Cardioprotective Agent: Comparative Analysis with Vitamin B Complex Therapy on Homocysteine Modulation
4.	CARI/IC/OP/04	DR DEEPANJALI T	Clinical study to evaluate the efficacy of Nishamalaki as rasayana in Shtula Madhumehaw.s.r to type 2 Diabetes mellitus
5.	CARI/IC/OP/05	DR BINDYA R	Clinical trial on the effect of Amruthadyaguggulu with kana sathahwadikashaya in the management of polycystic ovarian syndrome in obese women
6.	CARI/IC/OP/06	DR SANIYA CK	A Clinical evaluation of 'Potentiated ThriphalaChoorna with Honey' in Overweight management among Adults-A Randomized Controlled Trial
7.	CARI/IC/OP/07	DR SINDHUSHREE BALLAKKURAYA	A Clinical Study on Effect of Matra Basti with TriphaladyaTailam In Sthoulya W.S.R. to Obesity
8.	CARI/IC/OP/08	DR MANJU T K	Attractiveness, Service Quality, and Value Perception in Ayurveda Tourism: Evidence from Ayurveda Centres in Kerala
9.	CARI/IC/OP/09	DR HARITHA K S	A comparative Clinical Evaluation of Dhanwantaraghrita as Shodanangasnehapana to Vamana karma and MustadiRajayapana Vasti in the management of Type 2 Diabetes mellitus with special emphasis on HbA1c as a biomarker of therapeutic intervention

1st December 2025**Venue:** H Hall No -1:all -1Rajarshi Bhattacharya Memorial (RBM) Hall, A V Rama Rao Auditorium complex**Session 2:** 2.00 PM to 3.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/10	DR YOGEESHA ACHARYA	Remedial Rasayana in combating Fasting Blood Sugar w.s.r. to TuvarakaRasayana – Case series
2.	CARI/IC/OP/11	DR SINDHURA AS	An Exploratory Study on Astrological Patterns in Ten Cases Of Madhumeha W.S.R to Diabetes Mellitus- A Case Series Report
3.	CARI/IC/OP/12	DR ASHOK KUMAR PANDA	Ayurvedic management of Metabolic syndrome in patients with Fatty liver : Case series

4.	CARI/IC/OP/13	DR PARVATHY S	Ayurvedic Management Of Thromboangiitis Obliterans (TAO) – A Case Report
5.	CARI/IC/OP/14	DR TB TRIPATHY	Integrative medicinal approach to Metabolic syndrome - A Case study
6.	CARI/IC/OP/15	DR PUSHPA DAGDU GAWALE	Randomised controlled clinical trial to evaluate the efficacy of Pathadikwatha in management of Madhumeha
7.	CARI/IC/OP/16	DR RUCHI PUROHIT	SantarpanothaVikara and the Role of Samshamana Chikitsa in Managing Metabolic Syndrome: A Case Study
8.	CARI/IC/OP/17	DR BUVANA V MUNDARGI	Therapeutic Efficacy of Virechana Karma in the Management of Dyslipidemia - A Clinical Case Study
9.	CARI/IC/OP/18	DR RAGHAVI M	Holistic Interventions In Stoulya -A Case Study
10.	CARI/IC/OP/19	DR SOUMYA KULKARNI	A Successful Ayurvedic Management Of Hypothyroidism W.S.R. To Metabolic Disorder -A Case Study

1st December 2025

Venue: Hall No -1:Rajarshi Bhattacharya Memorial (RBM) Hall, A V Rama Rao Auditorium complex

Session 3: 3.45 PM to 5.15 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/20-	DR LOLASHRI S J	Association between Salt intake and Obesity among Urban Adults: A Survey based Analysis w.s.r to Lavana Rasa Sevana in Sthoulya
2.	CARI/IC/OP/21	DR SHILPA S	An Observational Survey Study on the Concept of Kaalabhojana — Ayurvedic Dietary Timing with respect to Obesity.
3.	CARI/IC/OP/22	DR BHANU SHARMA	Clinic-based Ayurvedic Management of Obesity and Early Metabolic Syndrome: A Prospective Observational Study
4.	CARI/IC/OP/23	DR NITIN CHAUBE	Prakruti Assessment and Monitoring as a Lens for Individualized Pathways in Metabolic Syndrome: A Three-Pronged Framework of Prediction, Management, and Terminal Care in consequential Liver Cirrhosis because of metabolic syndrome
5.	CARI/IC/OP/24	DR SONIA VELARSAN	An observational cohort study to assess the potential of combining Ayurveda and Modern Dietetics to support cancer patients
6.	CARI/IC/OP/25	DR PALLAVI M	Effect of Virechana and Yoga in Obesity - A Retrospective Study
7.	CARI/IC/OP/26	DR YOGITHA BALI M.R	Ayurvedic interventions for Abdominal Obesity- A systematic review of clinical evidence
8.	CARI/IC/OP/27	DR JYOTHISH G NAIR	Therapeutic Potential of VidanganagaradiChoorna (YavalohaChoorna) and Its Constituents in Obesity Management: A Systematic Review
9.	CARI/IC/OP/28	DR PARTH SORATHIYA	Langhana in Metabolic Syndrome: Evidence from Systematic Review of Ayurvedic Interventions
10.	CARI/IC/OP/29	DR MAHESHWARSWAMY HIREMATH	A systematic review and meta analysis on understanding the gut health in Ayurveda and contemporary science.

1st December 2025

Venue: Hall No 2: AG 12, Lecture Hall, A.V.Rama Rao Auditorium

Session 1: 11.45 AM to 1.00 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/30	DR CHAITRA LAKSHMI K N	Shodhana as a Key Therapeutic Modality for Prameha (Diabetes Mellitus) in Ayurveda
2.	CARI/IC/OP/31	DR ROOPALI BARMOLA	Therapeutic potential of basti karma in Diabetes Mellitus (Madhumeha): An Ayurvedic Perspective
3.	CARI/IC/OP/32	DR C MUTHUNAGAI	Critical Analysis of Insulin Resistance and Dhatu Shaithilyam
4.	CARI/IC/OP/33	DR CHAITRALI G. GOLATKER	Evidence-Based Approach to Erectile Dysfunction in Diabetes: An Ayurvedic Perspective
5.	CARI/IC/OP/34	DR SOUMYA E A	Correction of Gut Microbiota in Type 2 Diabetes Mellitus: An Integrative Ayurvedic Perspective with Special Reference to Musta (Cyperus rotundus)
6.	CARI/IC/OP/35	DR SUJATHAMMA K	Ayurvedic perspective of Mahavasadikwatha in the management of Diabetic Macular edema : A Narrative Review
7.	CARI/IC/OP/36	DR NEENA GUPTA	Role Of Herbal Based Nutraceuticals In Mitigating Obesity& Metabolic Syndrome : A Holistic Approach
8.	CARI/IC/OP/37	DR S LEKHA	From Spikes to Stability: Conquering the Insulin Rollercoaster for Metabolic Health
9.	CARI/IC/OP/38	DR KRISHNA PRIYA G	Ayurvedic Dietetics Meets Chrononutrition: Aligning Ahara Kala with Circadian Metabolic Rhythms
10.	CARI/IC/OP/39	DR RAJKUMAR PARIHAR	Role of Ayurveda in combating life style disorders

1st December 2025

Venue: Hall No 2: AG 12, Lecture Hall, A.V.Rama Rao Auditorium

Session 2: 2.00 PM to 3.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/40	DR PRETTY P	Ayurvedic And Neuroendocrine Insights Into The Agni–Gut–Brain Axis In Metabolic Disease
2.	CARI/IC/OP/41	DR SREEDIVYA	Comprehensive Care Strategies in Pediatric Metabolic Syndrome: An Integrative approach
3.	CARI/IC/OP/42	DR RAJANI KAGGA	Beyond Medicine: Balancing Metabolic Health in Polycystic Ovarian Syndrome (PCOS) through Ahara (Diet) and Vihara (Lifestyle) Rhythms
4.	CARI/IC/OP/43	DR DIVYA K	Environmental And Dietary Toxins: Hidden Determinants Of Metabolic Syndrome - An Agada Tantra Insight
5.	CARI/IC/OP/44	DR ARPANA PV	Bridging Agni and Metabolism: Unravelling the Grey Zones of Metabolic Disorders through Ayurveda

6.	CARI/IC/OP/45	DR AAKANKSHA	Agni Centric Approach: Role Of Diet, Lifestyle And Yoga In Metabolic Health.
7.	CARI/IC/OP/46	DR SHRUTHI SHIVARAMA	Ayurvedic Interpretation of Primary Hypothyroidism with Obesity as a RasapradoshajaVikara – A Conceptual Insight into Metabolic Dysregulation
8.	CARI/IC/OP/47	DR VIJAY BHASKAR S	The role of ayurvedic shodhana in correcting snehavyapath: a staged model for metabolic syndrome management
9.	CARI/IC/OP/48	DR J INDHIRA PIRIYADHARSANI	Review On Novel Perspectives and Prospective Therapeutic Approaches For Metabolic Disorder.
10.	CARI/IC/OP/49	DR ANAGHA R PHATAK	Pittadhara Kala — A Central Entity In Gut Health And Metabolic Disorders

1st December 2025

Venue: Hall No 2: AG 12, Lecture Hall, A.V.Rama Rao Auditorium

Session 3: 3.45 PM to 5.15 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/50	DR SANTRUPTI KATTI	Exploring Rasayana's potential in preventing and managing Metabolic disorders - A Review
2.	CARI/IC/OP/51	DR BHARGAVI	Cognitive wellness through holistic approach to metabolic disorders
3.	CARI/IC/OP/52	DR RAJASHREE ACHARYA	Review of Pathya-Apathya in Panchakarma for the Management of SantarpanajanyaVyadhi
4.	CARI/IC/OP/53	DR AVINASH BAIS	Ayurvedic insights into obesity and metabolic disorders — classical views and modern correlations
5.	CARI/IC/OP/54	DR ROHINI HD	Role of Dhi and Dhriti in Metabolic Syndrome
6.	CARI/IC/OP/55	DR REKHA A R	Impact Of GramyaAaharas In The Pathogenesis Of Chronic Inflammation – An Analytical Review
7.	CARI/IC/OP/56	DR HARSHITHA K S	NAFLD in the era of Precision Medicine: Bridging Ayurveda with Guy Microbiota and Genomic signatures
8.	CARI/IC/OP/57	DR AYUDHA A KEMBHAVI	Ayurvedic Insights into Obesity and Metabolic Disorders
9.	CARI/IC/OP/58	DR REVATHY P S	Ayurvedic insights into circadian eating: Kala Bhojana Nyaya and Modern Chrono-nutrition for metabolic wellness
10.	CARI/IC/OP/59	DR ASHWINI N	Role Of Manas In Metabolic Disorders W.S.R To Dyslipidemia

1st December 2025

Venue: Hall No 3- AG 04 Lecture Hall, A V Rama Rao Auditorium complex

Session 1: 11.45 AM to 1.00 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/60	DR MEGHANA MADAGUNAKI	Sthoulya and its management through rukshana with snehapoorvakavamana - A case report
2.	CARI/IC/OP/61	DR HIMAKASHI SHARMA	Restoring Balance Between Mind and Metabolism: A Case Report on Stress-Induced Obesity
3.	CARI/IC/OP/62	DR KIRAN VILASRAO JOSHI	Efficacy of Ayurvedic Intervention and Lifestyle Modification in the management of Stoulya Childhood Obesity-A Clinical Case Study.
4.	CARI/IC/OP/63	DR ASHWINI PATANGE	Ayurvedic Management of Medoroga with Special Reference to Hyperlipidemia : A Case Report
5.	CARI/IC/OP/64	DR SHUBHA RANI M	Management of Hypercholesterolemia through the lens of Medovridhi – A Case Report
6.	CARI/IC/OP/65	DR MIRAL NARESHBHAI PARMAR	Clinical Appraisal of Apatarpana Therapy with Triphala - Aragvadhadi Kashaya and Diet- Lifestyle modifications in Dyslipidemia: A case report
7.	CARI/IC/OP/66	DR SHREYASHRI N SUVARNA	A prospective Longitudinal clinical study to evaluate VyadhipratyanikaRasayana as Asanadigana Kashaya in Juvenile Diabetes Mellitus w.s.r to Madhumeha– A Case study
8.	CARI/IC/OP/67	DR DIVYA NAGARI N	Ayurveda approach in the treatment of Prameha- A case study
9.	CARI/IC/OP/68	DR KAVANA K	Integrative Ayurveda Approach in the Management of Obesity :A Clinical Case Study
10.	CARI/IC/OP/69	DR YASASWANI G	Ayurvedic Approach in Correcting Lipid Imbalance in Rasa Nimmitajavyadhi: A Single Case study

1st December 2025

Venue: Hall No 3- AG 04 Lecture Hall, A V Rama Rao Auditorium complex

Session 2: 2.00 PM to 3.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/70	DR NIKITA RATHEE	Reclaiming Metabolic Health through Ayurveda: A case of transformation and integration.
2.	CARI/IC/OP/71	DR MAHIMA GOSWAMI	A Comprehensive Case Study: The Combined Impact Of Apatarpana Chikitsa And Rasayana In Managing Metabolic Syndrome W.R.T SantarpanaVikara
3.	CARI/IC/OP/72	DR J KAVERI ABINAYA	Ayurvedic management of CKD with metabolic disorders through matrabasti using gandharvahastadierandataila and indukanthagritha
4.	CARI/IC/OP/73	DR LAKSHMIPRIYA S	An Ayurvedic perspective on the management of metabolic syndrome- A case insight

5.	CARI/IC/OP/74	DR TEESHA SHARMA	Acanthosis Nigricans with Hepatic Dysfunction: A Clinical Window into Early Metabolic Syndrome- A Single Case Study
6.	CARI/IC/OP/75	DR VEKARIYA JANKI RAMESHBHAI	Effect of Aumkara Mantra Chanting for the Prevention of Non-communicable Disease in Healthy Adult Volunteer: A Case Study
7.	CARI/IC/OP/76	DR RAGINI RAJKUMAR RAJMANE	Effect of Abhyanga on Stress Modulation, Metabolic Health, and Quality of Life: A Case Report
8.	CARI/IC/OP/77	DR JATTE SAKSHI MALLINATH	Synergistic Effect of NavakaGuggulu and Common Yoga Protocol in the Regulation of Metabolic Health: A Case Study
9.	CARI/IC/OP/78	DR S AMARESH	Ayurvedic Management Of Erectile Dysfunction In Metabolic Syndrome With KostashodhanottaraUttarabasti And Manmathabra Rasa- A Case Series
10.	CARI/IC/OP/79	DR SHREELAKSHMI S	An Evidence Based Ayurvedic Approach to The Management of Metabolic Syndrome: A Case Series

1st December 2025

Venue: Hall No 3- AG 04 Lecture Hall, A V Rama Rao Auditorium complex

Session 3: 3.45 PM to 5.15 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/80	DR RUNA PATEL	Optimizing Clinical Outcomes in Prameha Through Diet and Lifestyle Integration:A Case Study
2.	CARI/IC/OP/81	DR NOORUL HADIYA	Yoga Basti Followed by Yava Rotika-Based Diet in Newly Diagnosed Type 2 Diabetes Mellitus: A Case Study
3.	CARI/IC/OP/82	DR KARTIK SHARMA	Ayurvedic Reversal of Type 2 Diabetes Mellitus in Three Months: A Case Report Demonstrating Sustained Remission
4.	CARI/IC/OP/83	DR AJEET PAWAR	Integrative Panchakarma Approach In Type 2 Diabetes Mellitus: A Clinical Case Demonstrating Metabolic Restoration Through ĀsanādiNiruha Basti And Rasayana Therapy
5.	CARI/IC/OP/84	DR VINOD KUMAR	Role Of KoshtashodhanottaraMadhumehaRasayana And MedhyachatushkaGhritaPratimarsha Nasya In The Management Of Stress Induced Diabetes: A Case Series
6.	CARI/IC/OP/85	DR RESHMI KRISHNAN	ShilajituRasayana in Diabetic Neuropathy – A Case Series
7.	CARI/IC/OP/86	DR AKSHAY GOPAL PRAJAPAT	Efficacy of Ushahpana, an Ayurvedic Dinacharya procedure with Tryushanadi Guggulu and Pathya-Apathya in the management of Owerweight- A Case study
8.	CARI/IC/OP/87	DR MALLIKA JANDARA	Effect of Madhutailik Yog Basti on Central Obesity Associated with Vitamin B12 Deficiency: A Single Case Study
9.	CARI/IC/OP/88	DR BIDUSHI MISHRA	Role of Virechana Karma with TrivrutAvaleha in Obesity with special reference to insulin resistance -A Case Study
10.	CARI/IC/OP/89	DR PAVITHRA S	Importance of Pratipurusha Chikitsa in the Management of Diabetes Mellitus- A Case study

1st December 2025

Venue: Hall No 4 : GF 7, Seminar Hall, CeNSE Building

Session 1: 11.45 AM to 1.00 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/90	DR SHASHANK GOWDA H R	Leptin Signalling and Neurobiochemical Dysregulation in Obesity-Associated Depressive Episodes in Youth: an Integrative Perspective for Holistic Therapeutic Exploration
2.	CARI/IC/OP/91	DR AMIRTHA KADESH ABIRAM	Insight On Incretin Hormones Through The Lens Of Medodhatwagni In The Management Of Obesity
3.	CARI/IC/OP/92	DR DEEPIKA KELKAR	Clinical research and evidence in ayurvedic treatments in Sthoulya
4.	CARI/IC/OP/93	DR FATEMEH MOAZZAMIPEIRO	Bridging Ayurveda Pathophysiology and Integrative Metabolic Disorder through the Agni Āma Meda Sthaulya Axis for understanding and management of Obesity.
5.	CARI/IC/OP/94	DR MANJULA Y	Intervention of Ayurveda principles for preventing and Managing childhood obesity
6.	CARI/IC/OP/95	DR RAHULSINGH U JAMADAR	Virechana Karma For Obesity-Induced Insulin Resistance: An Ayurvedic Perspective
7.	CARI/IC/OP/96	DR GAYATHRI A	Medo Dhatu Dysfunction in Obesity: Exploring Quantitative Excess and Qualitative Deficiency through an Ayurvedic Lens
8.	CARI/IC/OP/97	DR PRANATHI G KASHYAP	Integrative Role Of Lekhana Basti And Udvartana In Obesity: Bridging Ayurvedic Principles With Modern Metabolic Insights
9.	CARI/IC/OP/98	DR SOURABH ASHOK TEMBHARE	Ayurvedic Insights into Obesity and Metabolic Disorders: a structured review
10.	CARI/IC/OP/99	DR SWATHI S L	SampraptiVighatana of MedovahaSrotodushti through PippaliChurna: An Ayurvedic and Modern Perspective

1st December 2025

Venue: Hall No 4 : GF 7, Seminar Hall, CeNSE Building

Session 2: 2.00 PM to 3.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/100	DR CHANDANA B HOSAMANE	Role of LekhaniyaMahakashaya in the Management of Obesity (Sthoulya)
2.	CARI/IC/OP/101	DR HEMALATHA G A	Viruddhāhāra and Garaviṣa in Medo DhātuVikāra: Preventive Insights from Agada Tantra
3.	CARI/IC/OP/102	DR SUSME M.J.	Herbal and Nutraceutical Interventions in Obesity Management
4.	CARI/IC/OP/103	DR SHAHEENA M S	Ayurvedic Individualized dietary framework for obesity management: A conceptual correlation with modern personalized nutrition.

5.	CARI/IC/OP/104	DR ARPITHA M S	Metabolic Harmony through Ayurveda:Nutraceutical and Lifestyle Pathya for Obesity management
6.	CARI/IC/OP/105	DR DEEKSHA DUBEY	Exploring the potential of common dietary spices in management of obesity: A review
7.	CARI/IC/OP/106	DR JISY M K	Herbal and nutraceutical Interventions in Obesity Management
8.	CARI/IC/OP/107	DR SUSHMITHA S	Ayurvedic Herbs Targeting the Adipose–Immune Axis: Insights into Medodhatu Modulation and Peripheral Immune Restoration”
9.	CARI/IC/OP/108	DR PANKAJA K	Lifestyle as Medicine: Transformative Pathways to Combat Obesity
10.	CARI/IC/OP/109	DR PUNEETH RAJ R M	Herbal and nutraceutical interventions in obesity
11.	CARI/IC/OP/110	DR ADITHYA RAJ K R	Ayurveda and Nutraceuticals: A Synergy For Sustainable Weight Loss

1st December 2025

Venue: Hall No 2: AG 12, Lecture Hall, A.V.Rama Rao Auditorium

Session 3: 3.45 PM to 5.15 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/111	DR PRAKHAR MISHRA	Evidence-Based Ayurvedic Medicine: Clinical Research Approaches for Integrative and Personalized Healthcare
2.	CARI/IC/OP/112	DR NOOR SABA	Integrative medicine approach to Metabolic syndrom
3.	CARI/IC/OP/113	DR SNIGDHA CAROLINE P	An Integrative Ayurvedic Approach to Managing Metabolic Syndrome through a Digital Health Application
4.	CARI/IC/OP/114	DR YAZHINI K J	Ayurvedic Integrative Medicinal Approaches To Metabolic Syndrome
5.	CARI/IC/OP/115	DR SANGEETHA.N	Panchakarma In The Management Of Metabolic Syndrome: An Integrative Approach
6.	CARI/IC/OP/116	DR SHANKAR SUBHAS ANCHALAKAR	Integrated medicine approachs to Metabolic syndrome
7.	CARI/IC/OP/117	DR INCHARA P	Integrated Ayurvedic Approach to Metabolic Syndrome
8.	CARI/IC/OP/118	DR NANDINI RD	Integrative Medicine Approaches to Metabolic Syndrome
9.	CARI/IC/OP/119	DR PARIKSHITHA K.R	Integrative Medicine Approaches To Metabolic Syndrome
10.	CARI/IC/OP/120	DR HRUSHIKESH	Integrative Medicine Approaches to Metabolic Syndrome: An Ayurvedic Perspective

2nd December 2025

Venue: Hall No -1:Rajarshi Bhattacharya Memorial (RBM) Hall, A V Rama Rao Auditorium complex

Session 1: 9.30-11.00 AM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/121	DR SUSHOBHITHA M	GC-MS Profiling And Clinical Correlation Of Darvyadi Anjana In The Treatment Of Diabetic Retinopathy
2.	CARI/IC/OP/122	DR THIRUPATAIAH BOINI	Quality Evaluation of Ayurvedic Anti-Obesity Formulation TryushandiGuggulu through Quantitative RP-HPLC Analysis of Bioactive Compounds
3.	CARI/IC/OP/123	DR C SRINIVASULU	A computational approach to explore the therapeutic potential of millet-based nutraceuticals for the management of obesity through inhibition of fat mass and obesity-associated (FTO) protein
4.	CARI/IC/OP/124	DR KISHOR KUMAR SINDOGI	Unique Scientific Validation Method for Ayurvedic Formulations using X ray Diffraction and polarized microscopy
5.	CARI/IC/OP/125	DR KANIKA	Computational Approach For The Assessment Of Valoneic Acid Potential For Alpha-Glucosidase Inhibitor: A Possible Mechanism For Antidiabetic Activity
6.	CARI/IC/OP/126	DR PADMAPRAJITHRA P C	Ayurvedic Insights into the Bioactive Principles of Euphorbia nivulia from Vythiri, Kerala, India
7.	CARI/IC/OP/127	DR REMYA V	Molecular Mechanisms Underlying the Lekhana Karma of Yava (Hordeum vulgare): Deciphering Anti-Obesity Mechanisms through Network Pharmacology
8.	CARI/IC/OP/128	DR ANUSREE RK	In Silico Dual - Targeting Of Metabolic And Psychological Components Of Obesity With Phytochemicals In Ayurvedic Medicines
9.	CARI/IC/OP/129	DR NANDANA RANGAWAJJULA	Jyotishmatyadi Arka: A Novel Comparative Pharmaceutico-Analytical Study On Its Pushpakaraka Action (Emmenagogue) With Varying Ratios Of Drava Dravya (Water)
10.	CARI/IC/OP/130	DR ARUN TV	Action of selected phytoconstituents from Tinospora cordifolia (Willd.) Hook.f. & Thomson on selected targets related to Obesity and Diabetes – An In-silico Analysis

2nd December 2025

Venue: Hall No -1:Rajarshi Bhattacharya Memorial (RBM) Hall, A V Rama Rao Auditorium complex

Session 2: 11.30 AM -1.00 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/131	DR THAKUR RAKESH SINGH	Anti-Diabetic and Anti-Hyperlipidemic Effects of Shilajitvadi Lauha in Nicotinamide- Streptozotocin Induced Diabetic Rats
2.	CARI/IC/OP/132	DR SWAPNIL YASHWANT CHAUDHARI	Antihyperlipidemic activity of Hridayarnava Rasa (an Ayurvedic herbo-metallo-mineral formulation) in Charles Foster albino rats
3.	CARI/IC/OP/133	DR HARSHITHA SJ	Advocacy of Tuttha Bhasma as a Lipid-lowering Agent: A Pre-clinical evidence based Approach
4.	CARI/IC/OP/134	DR SHAILY AGARWAL. G	Animal studies and exploratory trail on the therapeutic potential of an Ayurveda-based nutritional supplement on cancer-induced malnutrition

5.	CARI/IC/OP/135	DR DINESH T	Green Synthesis and Characterization of Zinc Oxide Nanoparticles Using <i>Trichopuszeylanicus</i> : Evaluation of Phytochemical Profile, Liver Metabolic Modulation and Anticancer Activity
6.	CARI/IC/OP/136	DR V. VEENA	Comparative study on the antioxidant, anti-proliferative and antimetastatic potential of <i>Emblica officinalis</i> (Amla), <i>Zingiber officinale</i> (Ginger), <i>Hibiscus sabdariffa</i> (Hibiscus), <i>Cinnamomum verum</i> (Cinnamon), and <i>Camellia sinensis</i> (Green Tea)
7.	CARI/IC/OP/137	DR VAGDEVI RAO KC	Chemical Formulation Analysis and in vitro Antidiabetic Potencies of Mustadi and Varadi Ghanavatis from Jhansi
8.	CARI/IC/OP/138	DR SANIA KOUSER	Polyherbal formulation Lodhrasavam ameliorates MASLD by targeting the liver–adipose–pancreas axis and gut-derived endocrine signaling: Insights from in vitro and in vivo models
9.	CARI/IC/OP/139	DR PRABHAVATI P ERIMANI	Evaluation of Processed and Formulated Millet Diets for Improvement of Metabolic Disorders
10.	CARI/IC/OP/140	DR SONICA SWATHI G	Herbal and Nutraceutical Interventions in Obesity Management

2nd December 2025

Venue: Hall No -1:Rajarshi Bhattacharya Memorial (RBM) Hall, A V Rama Rao Auditorium complex

Session 3: 2.00 PM -3.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/141	DR JITHESH T POOJARY	Integrated Management Of Hypertriglyceridaemia In A 28-Year-Old Male: A Case Report
2.	CARI/IC/OP/142	DR BASAPPA KADADI	A clinical experience in the ayurvedic management of sthoulya and eka kusta.
3.	CARI/IC/OP/143	DR CHAITRA	Rukshana Purvaka Virechana Karma in Sthoulya
4.	CARI/IC/OP/144	DR LEKSHMI V	Ayurvedic Management of Sahaja Sthoulya -A case study
5.	CARI/IC/OP/145	DR CHANDANA U	A Holistic Approach on Obesity Management
6.	CARI/IC/OP/146	DR RAKESH REDDY K	A Case Study on the Effect of Modified Niruha Vasti with KolakuluttadiUdwartanaChurna Kashaya in the Management of Obesity (SthoulyaRoga)
7.	CARI/IC/OP/147	DR M. GUNASEKHAR	Clinical Outcomes In The Management Of Obesity Affecting Male Fertility - A Case Study
8.	CARI/IC/OP/148	DR SARASWATHI BALAJAPALLI	Re-establishing Joint Health through Ayurvedic Treatment Protocol in Obesity – Induced Osteoarthritis: A Case Report
9.	CARI/IC/OP/149	DR MEGHANA NAMBIYUR	Unlocking Obesity and OSA: An Integrative Ayurvedic Case Report on Obstructive Sleep Apnea Associated with Obesity
10.	CARI/IC/OP/150	DR MEENAKSHI	Effect of Virechana Karma on Glycemic Parameters in Newly Diagnosed Type 2 Diabetes Mellitus – An Ayurvedic Case Study
11.	CARI/IC/OP/151	DR NEHA KUMARI	A Clinical Study on the Standardization and Validation of Prameha Diagnostic Criteria with Assessment of Upadrava

2nd December 2025

Venue: Hall No 2: AG 12, Lecture Hall, A.V.Rama Rao Auditorium

Session 1: 9.30-11.00 AM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/152	DR SYAMLAL S	Concept Of Beeja,Beejabhaga And BeejabhagaAvayava In Genetic And Epigenetic Susceptibility To Obesity
2.	CARI/IC/OP/153	DR LEENA GAUTAM	Ayurvedic insights into obesity and metabolic disorders
3.	CARI/IC/OP/154	DR POOJA M KADAKOL	Decoding Obesity: Ayurvedic Understanding of Metabolic Dysregulation
4.	CARI/IC/OP/155	DR JHANSY KRISHNA PUTTA	Ayurvedic insights into Obesity and Metabolic disorders
5.	CARI/IC/OP/156	DR VISHAKHA MOGHE	Ayurvedic Insights into Obesity and Metabolic Disorders
6.	CARI/IC/OP/157	DR G KAVITHA	Exploring the Impact of Ayurvedic approaches on Obesity through Lifestyle, Diet and Yogasana.
7.	CARI/IC/OP/158	DR V SUNITHA	Ayurvedic Insights into Obesity & Metabolic Disorders
8.	CARI/IC/OP/159	DR NAVNITA SENGUPTA	Conceptual Exploration on Nutraceutical Intervention in Obesity(Sthaulya) - An Ayurvedic Approach
9.	CARI/IC/OP/160	DR AJITH NARAYANAN A M	Integrating Shalyatantra Principles in Sports Medicine for Management of Diabetes Mellitus
10.	CARI/IC/OP/161	DR SUDHA KUMARI	Obesity - A Psychometabolic Syndrome

2nd December 2025

Venue: Hall No 2: AG 12, Lecture Hall, A.V.Rama Rao Auditorium

Session 2: 11.30 AM -1.00 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/162	DR MAHESH S	Obesity management through Anti-Obesity Herbo-mineral (AOHM) formulations and AYUSH Aahara
2.	CARI/IC/OP/163	DR KRUTHIKA .B	Lekhana Basti in Obesity (Sthaulya) through the prism of Loka Purusha Saamya Siddhanta.
3.	CARI/IC/OP/164	DR KAVITA VYAS	Iatrogenic Obesity and its management through to Ayurveda: A Holistic Review
4.	CARI/IC/OP/165	DR DHARANESH S	An Analytical Study on the Role of Shadbhavas in the Predisposition to Metabolic Disorders
5.	CARI/IC/OP/166	DR ARPITHA M U	Critical Analysis on mode of action of Basti in obesity Management: A literary review
6.	CARI/IC/OP/167	DR AASTHA DAWAR	Agni and the Mind: Exploring the Ayurvedic basis of Emotional Regulation and Obesity through Digestive fire Dynamics

7.	CARI/IC/OP/168	DR SUDHEENDRA A DESHPANDE	Management of Obesity - An Integral Challenge
8.	CARI/IC/OP/169	DR VISHWA R	Integrating Ayurvedic Insights and Nutritional Science in Obesity Management: A Review
9.	CARI/IC/OP/170	DR AKSHATHA M	Beyond Body Weight: An Ayurvedic Perspective on Subtle Obesity and Hidden Metabolic Risk
10.	CARI/IC/OP/171	DR AJAYKUMAR M	Integrating Nutrient-Dense Millets into Samsarjana Krama: A Translational and Evidence Based Approach to Therapeutic Nutrition

2nd December 2025

Venue: Hall No 2: AG 12, Lecture Hall, A.V.Rama Rao Auditorium

Session 3: 2.00 PM -3.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/172	DR RANJANA YADAV	Efficacy of Ayurvedic treatment in Hypothyroidism:A Case Report
2.	CARI/IC/OP/173	DR ARATHI BADIGER D	Role of shodana in metabolic correction of a female case of hypothyroidism
3.	CARI/IC/OP/174	DR RIYA SUBHASH PATIL	Effect of IkshwakuVamaka Yoga in the management of Hypothyroidism: A Single Case Study
4.	CARI/IC/OP/175	DR MALATHI S	Rebalancing Thyroid Function through Classical Panchakarma: Insights from a VicharanaSnehapana followed by Virechana karma – A single Case Study
5.	CARI/IC/OP/176	DR SOUMYA	Hypothyroidism as a Hidden Cause of Male Infertility: A Case Report with Diagnostic and Therapeutic Highlights
6.	CARI/IC/OP/177	DR RAKSHITHA J	Ayurvedic Approach in the Management of Hypothyroidism with Shamana Chikitsa: A Case Report
7.	CARI/IC/OP/178	DR DIVYA DARSHINI M	A Hoistic Protocol Integrating RookshanaPoorvaka Vamana Karma and Yoga in Hypothyroidism Management
8.	CARI/IC/OP/179	DR KARISHMA ANWAR	Restoring Neuroendocrine balance through Panchakarma: A case of Hyperthyroidism managed with Virechana
9.	CARI/IC/OP/180	DR MAHATHI M CHATRA	Effect of Virechana Karma and Lifestyle Modification in the Management of Hypothyroidism: A Case Study
10.	CARI/IC/OP/181	DR DIVYA STUVERT	Ayurvedic Management of Mixed Hearing Loss with Right Lateral Semicircular Canal Dysplasia: A Case Study
11.	CARI/IC/OP/182	DR SIDDHAYYA SWAMI	Makandi (Coleus Forskohli) Moola Choorna Capsules In The Management Of Subclinical Hypothyroidism – A Case Series

2nd December 2025

Venue: Hall No 3- AG 04 Lecture Hall, A V Rama Rao Auditorium complex

Session 1: 9.30-11.00 AM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/183	DR ANANDA N STAPIN	Lajjalu suppository in the management of abhyantaraarsha 1st & 2nd degree internal haemorrhoids - A Case study
2.	CARI/IC/OP/184	DR SANGEETA	Investigating The Role Of Mrudu Virechana In Alcoholic Fatty Liver Disease: An Open Label Case Study On MedodustiVikara
3.	CARI/IC/OP/185	DR APOORVA.K.S	Understanding Hepatobiliary Disorders through the lens of Ayurveda: A Case – Based Insight.
4.	CARI/IC/OP/186	DR RAMYA S	Holistic Approach on Diabetic neuropathy - on quality of life improvement
5.	CARI/IC/OP/187	DR SARATHI S	A Successful Management of Pediatric Idiopathic Recurrent Hematuria Through Siddha Regimen - A Case Report
6.	CARI/IC/OP/188	DR MADHUSHREE B	Principles & Management of Chronic fatigue syndrome vis a vis Bahudoshaavastha- A case study
7.	CARI/IC/OP/189	DR KAVITHA C MULUKOMPIMATH	Ayurvedic Management of Non alcoholic Fatty Liver - A Case Study
8.	CARI/IC/OP/190	DR SRIKANTH VUYYURU	Ayurvedic Management of Dyslipidemia through Vadavanala Ras: A Case Series with Network Pharmacology Insights
9.	CARI/IC/OP/191	DR SUMAYYA BEGUM	Therapeutic potential of virechanottarashleshmakalanala rasa ashwagandha Ghanavati with agnimanthadikashaya in atopic triad A dietary antigen induced immunometabolic syndrome
10.	CARI/IC/OP/192	DR NEETHU S PILLAI	Ayurvedic management of GLUT 1 Deficiency Syndrome- A Case Report
11.	CARI/IC/OP/193	DR RICHA PRIYADARSHINI	Ayurveda for Metabolic Harmony: A Case Report on the Management of Type 2 Diabetes Mellitus

2nd December 2025

Venue: Hall No 3- AG 04 Lecture Hall, A V Rama Rao Auditorium complex

Session 2: 11.30 AM -1.00 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/194	DR MAHAK	Evaluation Of Virechana Karma And Kantaka Panchamoola Kashaya Siddha Kala Basti In Madhumeha With Reference To Hb1c Reduction – A Case Series
2.	CARI/IC/OP/195	DR RICHA GUPTA	Comaparativr Evaluation of AbhyantarSnehapan and Anuvasan Basti prior virechana in the management of obesity (sthauya)
3.	CARI/IC/OP/196	DR SNEHA SANJAY BHIVATE	Efficacy Of Integrated Ayurveda Protocol In Inadequately Controlled Type 2 Diabetes Mellitus: A Randomized Controlled Clinical Trial

4.	CARI/IC/OP/197	DR GURUKIRAN B DATTAWADE	Efficacy Of Dietic Regimen Followed By Udwarthana With Kulattha Musta Churna And Lekhana Basti In Sthoulya W.S.R. To Overweight – A Randomised Clinical Trial
5.	CARI/IC/OP/198	DR BHANUPRAKASH A	Comparative Gene Expression Analysis Among Vata, Pitta, and Kapha Individuals: An Integrative Ayurgenomic Approach
6.	CARI/IC/OP/199	DR SUPRIYA SUDHAKAR CHABUKSWAR	Effect of MashadiModaka Granules Supplementation on Metabolic Health, Physical Performance, and Quality of Life in Healthy Sportspeople: A Pilot Study
7.	CARI/IC/OP/200	DR SUPRABHA HEGDE	Clinical Research and Integrative Evidence on Ayurvedic Approaches in Obesity and Metabolic Syndrome
8.	CARI/IC/OP/201	DR ASHMITHA	Evaluation of the Therapeutic Potential of SaktuPrayoga in Sthoulya: A Single-Arm Clinical Study
9.	CARI/IC/OP/202	DR VRUSHALI BHAGWAN ZANZAD	Efficacy of Ayurveda Treatment Protocol Compared to Vonoprazan in Patients with Functional Dyspepsia (Amlapitta) – A Randomized Controlled Trial
10.	CARI/IC/OP/203	DR ADITHI B	Relationship Of Anthropometric Measures With The Clinical Features Of Atisthoulya: A Cross-Sectional Study

2nd December 2025

Venue: Hall No 3- AG 04 Lecture Hall, A V Rama Rao Auditorium complex

Session 3: 2.00 PM -3.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/204	DR RICHA JANGPANGI	Integration of Ayurveda and Yoga for Modulating Oxidative Stress in Middle-Aged Women: A Pilot Study on Catalase Assay Activity as a Biomarker of Premenopausal Metabolic Health
2.	CARI/IC/OP/205	DR MEHRUNNISA T	Psychological Approaches in Hypertension: A Research Proposal with Special Reference to Hypnotherapy
3.	CARI/IC/OP/206	DR SPARSHA K O	Dinacharya And Circadian Rhythm Synchronization In Obesity
4.	CARI/IC/OP/207	DR PAVITHRA B J	Effect of Siravyadha combined with dietary modification in the management of Hyperlipidemia: A case series.
5.	CARI/IC/OP/208	DR REVATHI BAI HEBBARE	Bridging Endocrinology And Yoga : An Integrative Protocol For Managing Sub-Clinical Hypothyroidism And Associated Metabolic Dysfunction .
6.	CARI/IC/OP/209	DR VIBHUTI RAO	Abstract: Development of a combined Ayurveda diet and yoga therapy program for managing excess weight in women with polycystic ovary syndrome
7.	CARI/IC/OP/210	DR NAVYA R	Nasya Karma as a Neuroendocrine Modulator in Metabolic and Ocular Disorders: A Translational Review

8.	CARI/IC/OP/211	DR SUHAIL AHAMED M I	Ayurvedic Understanding And Management Of Wilson's Disease W.S.R To Virechana Karma
9.	CARI/IC/OP/212	DR HARIKRISHNAN N MENON	A Study on the Role of the Metabolic Enzyme Diamine Oxidase in Allergic Rhinitis and Its Management from an Ayurvedic Viewpoint

2nd December 2025

Venue: Hall No 4 : GF 7, Seminar Hall, CeNSE Building

Session 1: 9.30-11.00 AM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/213	DR VISHWANATH S CHATTI	Samhita Paradigm of SwabhavaUpamaVaada : Conceptual insights into Madhumeha chikitsa.
2.	CARI/IC/OP/214	DR MRUDULAA PRASAD	An Ayurvedic Perspective on Metabolic Disorders in the Purview of Rachana Shareera
3.	CARI/IC/OP/215	DR RAJATH D	Ayurvedic insights into obesity and metabolic disorders
4.	CARI/IC/OP/216	DR AMAN UMAKANT RAIKAR	Ayurveda Insights Into Obesity And Metabolic Disorders
5.	CARI/IC/OP/217	DR VIBHA K BHASKAR	Ayurvedic insights into metabolic disorders with special reference to prameha
6.	CARI/IC/OP/218	DR SHRAVANKUMAR C MADLI	Panchakarma- based Udvartana therapy: A transformative Ayurvedic approach for managing metabolic disorders
7.	CARI/IC/OP/219	DR YATHINDRA N	Ayurvedic Insights into Obesity and Metabolic Disorders
8.	CARI/IC/OP/220	DR DIVYA BAIRWA	Ayurveda and Integrative Approaches to Obesity & Metabolic Syndrome
9.	CARI/IC/OP/221	DR POOJASHREE NK	Understanding Metabolic Disorders Through the Lens of Bahudosha Avastha: A Panchakarma-Based Approach”
10.	CARI/IC/OP/222	DR VIGNESH POOJARY	Role of ShodhanangaSnehapana in Metabolic Syndrome

2nd December 2025

Venue: Hall No 4 : GF 7, Seminar Hall, CeNSE Building

Session 2: 11.30 AM -1.00 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/223	DR CHAITRA A G	Conceptualizing and Developing a Diagnostic Approach for Prameha
2.	CARI/IC/OP/224	DR ULAGAMADHAVAN M	An Appraisal Of Siddha Diagnostic Methodology And Treatment Regimen For Metabolic Syndrome – A Review
3.	CARI/IC/OP/225	DR KIRTHANA.K	Ayurvedic insights into metabolic disorders:A holistic and Integrative approach to non alcoholic fatty liver disease
4.	CARI/IC/OP/226	DR SAMHITHA B	Exercise and Fat Metabolism: A co-relation between Ayurveda and Molecular Mechanisms
5.	CARI/IC/OP/227	DR ANKITHA U K	Understanding Metabolic Disorders Through The Lens Of Ayurveda: From Dhatu Paka To Insulin Resistance

6.	CARI/IC/OP/228	DR SIDDALINGA SWAMY J M	Brain metabolism axis in Metabolic syndrome
7.	CARI/IC/OP/229	DR LALITA SURANAGI	“Chrono-Dhātvaṅni Therapy: A Time-Aligned Ayurvedic Strategy For Metabolic Regulation”
8.	CARI/IC/OP/230	DR KAVYA SREENIVAS	AI - Integrated Risk Prediction Of Metabolic Syndrome : A Personalised Ayurvedic Methodology Prototype
9.	CARI/IC/OP/231	DR GOLI. LAKSHMI MANASA	Exploring The Therapeutic Potential And Probable Mode Of Action Of Swarnaksheeri (Argemone Mexicana) In The Management Of Hypothyroidism
10.	CARI/IC/OP/232	DR ATHIRA M	Stress In Polycystic Ovarian Syndrome And Its Management – An Integrated Approach

2nd December 2025

Venue: Hall No 4 : GF 7, Seminar Hall, CeNSE Building

Session 3: 2.00 PM -3.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/OP/233	DR SHARANYA R	Revealing The Potential Of Chandrakala Vati : An Evidence-Based Ayurvedic Approach For Madhumeha (Type 2 Diabetes Mellitus)
2.	CARI/IC/OP/234	DR CHETNA VATS	The Satvik Diet Paradigm and Mitigation of Chronic Low-Grade Inflammation: A Systematic Review
3.	CARI/IC/OP/235	DR T K DARSHITHAA	Lifestyle, diet and yoga for metabolic health
4.	CARI/IC/OP/236	DR RAIHANATH P	Ahara vidhividhanam : An Ayurvedic Framework for optimizing metabolic health
5.	CARI/IC/OP/237	DR BHUMI CHANDRAYAN	An approach to the case of dyslipidaemia through shankhaprakshalana (yogic purgation Technique)-case study
6.	CARI/IC/OP/238	DR TEJASWINI LOHAR	The Triad of Health: Lifestyle, Diet, and Yoga in Promoting Metabolic Harmony
7.	CARI/IC/OP/239	DR AHANA A JAIN	Environmental and Dietary Toxins in the Etiopathogenesis of Metabolic Disorders: An Agada Tantra Insight
8.	CARI/IC/OP/240	DR SOUNDARYA NAGAPPA SATAPUTE	Synchronizing Metabolism with Nature’s Rhythm: Ayurvedic Insights on Dinacharya and Ritucharya in Circadian Gene Regulation
9.	CARI/IC/OP/241	DR ARPITA. KADADINNI	Conceptual Insight Into Pathya - Apathya And Yogic Practices For Maintaining Metabolic Balance Through Agni Deepana
10.	CARI/IC/OP/242	DR JHANVI SARVAIYA	Ayurvedic Dietetics and Yogic Interventions in the Prevention and Management of Hypothyroidism: A Review Study

SCHEDULE FOR POSTER PRESENTATIONS

1st December 2025

Venue: 2nd floor corridor, A V Rama Rao Auditorium

Display Time: 2.30 to 5.00 PM

Assessment time: 3.30 to 4.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/PP/01	DR SHRADHA.H	Biomarkers And Ayurgenomics For Translational Metabolic Modulation: An Integrative Medical Perspective
2.	CARI/IC/PP/02	DR PS HARSHITHA RAGINJ	Holistic approach to metabolic wellness: Ayurvedic Insights into Medoroga
3.	CARI/IC/PP/03	DR DEVISREE BABU TS	Integrative role of virechana karma and ardhmatsyendriyasana in optimizing glycemic control: a case based observation
4.	CARI/IC/PP/04	DR ARYA VR	Weight Reduction in Obesity through mind diet and ayurveda: an observation case report
5.	CARI/IC/PP/05	DR MEERA K	Role of Agni and Ama in the Pathogenesis od Obesity: An Ayurvedic Perspective on Oxidative and Metabolic Stress
6.	CARI/IC/PP/06	DR S PRIYADHARSHINI	Role of Popped Grains (Laja) in obesity Management: An Integrative Ayurvedic and Nutritional Perspective
7.	CARI/IC/PP/07	DR SHRUTHI M JANNU	Integrative Ayurvedic and Modern perspective In obesity and Endometrial Cancer
8.	CARI/IC/PP/08	DR RAGHAVENDRA SWAMY P	Role Of AgadaTantra In Metabolic Disorders
9.	CARI/IC/PP/09	DR VINOD	Effect of lifestyle modification and yogic practice on regulation of lipid profile
10.	CARI/IC/PP/10	DR K SANGEETHA PATIL	Integrative Strategies For Optimizing Hypothyroidism

11.	CARI/IC/PP/11	DR JASMEEN S AKKALKOT	Healing in Harmony: Integrating the Modern and Ayurvedic Principles for Metabolic health.
12.	CARI/IC/PP/12	DR LAKSHMI PRIYA A	Yoga Based Therapeutic Approach To Manage Central Obesity and Metabolic health
13.	CARI/IC/PP/13	DR TEJASWINI B HIREMATH	A Case Study on Adolescent Obesity (emerging young generation problem)
14.	CARI/IC/PP/14	DR INDRAJA	Madhumeha as a Metabolic disorder: A ScepticalAyurvedic approach towards management
15.	CARI/IC/PP/15	DR DARA SAMANVITHA	Synergy Between Ayurveda and Nutraceuticals in Obesity Management
16.	CARI/IC/PP/16	DR TARINI VENKATANARAYAN	Diet Kits for Modern Metabolic Health: A SWOT analysis through Ayurvedic Lens
17.	CARI/IC/PP/17	DR SHWETA TYAGI	LashunaKsheerapaka : A Traditional Milk-Herbal Formulation for Hyperlipidaemia
18.	CARI/IC/PP/18	DR RANJITHA S	Utility of Pragrashachurna in Stoulya
19.	CARI/IC/PP/19	DR RAVIKUMAR A S	GramyaAhara: Foundation of Metabolic Illness And Barriers to Rasayana
20.	CARI/IC/PP/20	DR HARIPRIYA K	AyurvedicNutraceutical Solutions for Obesity: A Critical Review
21.	CARI/IC/PP/21	DR SHREEDEVI B HUDED	Metabolic syndrome in ayurveda
22.	CARI/IC/PP/22	DR POOJA I	Dosha Dynamics in the Pathogenesis and Management of Madhumeha: A Conceptual Review
23.	CARI/IC/PP/23	DR AISHWARYA S	Nutraceutical Aspect of Rasayana and Its Pharmacology in Obesity
24.	CARI/IC/PP/24	DR SHARADA M	Ayurvedic Interpretation of Gut Dysbiosis In Metabolic Disorders: A Conceptual and Clinical Review of Pathogenesis and its Management

2nd December 2025

Venue: 2nd floor corridor, A V Rama Rao Auditorium

Display Time: 10.30 AM to 1.00 PM

Assessment time: 11.30AM to 12.30 PM

S. No.	Abstract ID	Name	Title
1.	CARI/IC/PP/25	DR BHAVYA SATHENAPALLI	Translating AI Innovations into Evidence-Based Ayurvedic Healthcare Supply Chain Resilience
2.	CARI/IC/PP/26	DR CHANDRAMOULI.S	A Contextual Review on LekhaneeyaDashaimani in management of Obesity
3.	CARI/IC/PP/27	DR V PRANATHI KATHYAYANI	Medoroga-JanitaGalaganda: An Integrative Ayurvedic Perspective on Obesity-Induced Hypothyroidism
4.	CARI/IC/PP/28	DR NAVEEN KUMAR A	Medoroga-JanitaArtavaDushti: Ayurvedic Insights into Obesity- Associated Polycystic Ovarian Syndrome (PCOS)
5.	CARI/IC/PP/29	DR LOGESHWARAN C R	Bridging Ayurveda and Modern Pharmacology: A Phytochemical Insight into Medohara Drugs for Obesity Management
6.	CARI/IC/PP/30	DR SESHAN B	Herbal and nutraceuticals interventions in obesity management
7.	CARI/IC/PP/31	DR VITHISHA VARSHINI M.R	Ayurvedic insights into obesity and metabolic disorders
8.	CARI/IC/PP/32	DR HIMA BINDU ATTEL	Integrative In Vitro–In Silico Elucidation of Desmodiumgangeticum (Śālaparṇi) as a Multi-Target Anti-Diabetic Agent: Bridging Ayurvedic Therapeutics with Molecular Systems Pharmacology
9.	CARI/IC/PP/33	DR NANDANA R	JyotishmatyadiArka : A Novel Comparative Pharmaceutico-Analytical Study On Its Pushpa-Karaka Action (Emmenagogue) With Varying Ratios Of Drava -Dravya (Water)
10.	CARI/IC/PP/34	DR DAKE SHARYU	Integrative Medicine Approaches To Metabolic Syndrome- Obesity

11.	CARI/IC/PP/35	DR RINA JADHAV	Stress related metabolic Syndrome
12.	CARI/IC/PP/36	DR PRANATHI G KASHYAP	Integrative role of Lekhanabasti and Udvartana in obesity:bridgingAyurvedic principles with modern metabolic insights
13.	CARI/IC/PP/37	DR RINA ARUN JADHAV	Ayurvedic management in stress linked metabolic syndrome
14.	CARI/IC/PP/38	DR PARISARA H S	Management of Obesity by Ayurveda therapy in terms of Metabolic disease
15.	CARI/IC/PP/39	DR ANUSHREE ABHAY SAVARKAR	Understanding the Interrelation between Manas and Metabolic Disorders: An Integrative Ayurvedic review
16.	CARI/IC/PP/40	DR PARVANA P T	Role of Srotas in nutrient signaling and metabolic network regulation
17.	CARI/IC/PP/41	DR MAHIMA RAMAPPA RATHOD	Evaluating the Therapeutic Role of Mudras and Asanas in Functional Constipation
18.	CARI/IC/PP/42	DR PREETHI M POOJARI	A Non pharmacological approach to treat PCOD beyond pills - let your food breath be your medicine A conceptual review.
19.	CARI/IC/PP/43	DR PADMINI BABU	Revisiting NityaAsevaniyaDravya in the light of Modern Processed Foods: An Ayurvedic Insight into Obesity Causation
20.	CARI/IC/PP/44	DR MEGHASHREE J S	A Criticle Review On Sthoulya And IntsManagemnt According To Vaya And Agni
21.	CARI/IC/PP/45	DR SOWMYA	Ayurvedic Perception Into Metabolic Disorders:A Critical Analysis Of Of Agni, Dosha, And Dhatu In Prameha.
22.	CARI/IC/PP/46	DR ANJALA JABEEN K	Translational Insights On HemigraphisColorata: Bridging Ayurveda And Experimental Science In Diabetic Wound Healing.
23.	CARI/IC/PP/47	DR PARISARA H S	Ayurveda therapy in Metabolic disease

