

BREIF BIO-DATA

1. Name and full correspondence address: **Dr. Ajai Kumar Pandey**
Department of Kayachikitsa,
Faculty of Ayurveda,
IMS,
BHU, Varanasi-221005, UP.
2. Email(s) and contact number(s): drajaipandey@gmail.com,
& drajai@bhu.ac.in
3. Institution: Institute of Medical Sciences,
Banaras Hindu University
4. Date of Birth: 3rd July, 1970 (03/07/1970)
5. Gender (M/F/T): Male
6. Category Gen/SC/ST/OBC: General
7. Whether differently abled (Yes/No): No



8. Academic Qualification (Undergraduate Onwards):

Degree	Year	Subject	University/ Institution	Percentage (%)
B. Sc. (Bio.)	1991	Zoology Botany & Chemistry	Avadh University, Faizabad, UP	68.00%
B.A.M.S.	1998	As per CCIM norms	CSJM University, Kanpur	65.30%
M.D.(Ay.) Kayachikitsa	2003	Kayachikitsa- Chikitsa	Banaras Hindu University	62.56%
Ph.D (Ay)	2012	Kayachikitsa	Banaras Hindu University	-
Diploma in Yoga	2003		Banaras Hindu University	72.50%
Certificate Course in Yoga	2003	-	Banaras Hindu University	-

9. MD (Ay)/Ph.D thesis title, Guide's Name, Institute/Organization/University, Year of Award.:

Degree	Thesis Title	Name of Guide	Institute/ University	Date of Award
MD (Ay.) Kayachikitsa- Chikitsa	A Study of the Immune status in patients of Diabetes mellitus and the Role of Panchakarma & Naimittika Rasayana	Prof. R.H. Singh	Banaras Hindu University	2003
Ph.D. in Kayachikitsa	A Clinical study on certain Diabetic complications under the influence of Naimittika Rasayana therapy (with special reference to Nishamalaki & Shilajatu)	Prof. R. H. Singh	Banaras Hindu University	2012

10. Research Degree

Degree	Title	Date of Award	University
MD (Ay.) Kayachikitsa- Chikitsa	A Study of the Immune status in patients of Diabetes mellitus and the Role of Panchakarma & Naimittika Rasayana	2003	Banaras Hindu University
Ph.D. in Kayachikitsa	A Clinical study on certain Diabetic complications under the influence of Naimittika Rasayana therapy (with special reference to Nishamalaki & Shilajatu)	2012	Banaras Hindu University

11. Sponsored Projects: 2 completed as CO-PI

S. No.	Title	Agency	Period	Amount of Grant (In Lac)	API Score
1.	"Evaluation of the Efficacy of BGR-34 (NBRMAPDB) in the Management of Type-2 Diabetes mellitus" rendered our services as Co-PI	CIMAP-CSIR (M21-153)	2017-2108 Completed	27.74 Lac	15
2.	Development of aerosol based novel drug delivery method/device for the regulation of Asthma exacerbations and pulmonary fibrosis rendered our services	DST (Technology Developmental programme)	05/06/2018-2019 Completed	11.5 Lac	15

as Co-PI				
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12. Work experience (in chronological order).

S. N.	Position Held	Name of Institute	Date		Pay scale
			From	To	
1	Lecturer	Babe Ke Ayur. Med. College & Hospita, Daudhar, Moga, Pb	01/08/2003	07/07/2005	12,220-220-11,660
2	Lecturer	State Ayur. College, Gurukul Kangari, Haridwar, UK	08/07/2005	07/07/2006	14,000 (fixed pay)
3	Lecturer	State Ayur College, Gurukul Kangari, Haridwar, UK	11/07/2006	18/05/2007	15,000 (fixed pay)
4	Assistant Professor	IMS/Banaras Hindu University	19/05/2007	19/05/2011	PB-III-15,600-39,100/6000
5	Assistant Professor (Stage-II)	IMS/Banaras Hindu University	19/05/2011	19/05/2016	PB-III-15,600-39,100/7000
6	Assistant Professor (Stage-III)	IMS/Banaras Hindu University	19/05/2016	Continued	PB-III-15,600-39,100/8000/Level-12 as per 7 th Pay

13. Teaching Experience: About 16 Years (PG Teaching experience more than 12.4 Years).

14. Research Experience: 13 Years.

15. Professional Recognition/ Award/ Prize/ Certificate, Fellowship received

S. N.	Name of Award/Fellowship	Awarding agency	Year
1	Prof. U. S. Asarani Gold Medal for Securing first position in Yoga	Banaras Hindu University	2004

	Diploma, Examination 2003		
2	Best author award' for valuable contribution in the field of Ayurveda	Angirasa seva sansthan, Mathura,UP, in National seminar on 'Healthcare in present perspective'.	2015
3	Certificate of Excellence- honor received in National Science Colloquium & Ist Scholar's Science Meet	Mewar Institute of Management, Deptt.of Biotechnology, Ghaziabad	2015
4	'Patanjali Yoga Gaurav Award' for outstanding contribution in the field of healing of mankind through Yoga and lifestyle modification	Indian Academy of Yoga in International conference on Yoga Science and education, at Malaviya Bhavan, BHU,	2016
5	Kayachikitsa Visharad for outstanding contribution in the field of Kayachikitsa	Bharat Seva Sansthana, Luknow, India, in 19th International Conference on 'Integrated medicine for perfect health' held on Nov.4-6th, 2016	2016
6	'Vagbhata Award' 2016 for excellence in Ayurvedic Teaching	AAPNA, USA, in 19 th International Conference on 'Integrated medicine for perfect health' held on Nov.4-6th, 2016	2016
7	Mahima Young Scientist Award- 2017,	MRF&SW, Varanasi, in International conference on Role of Basic Sciences in translational research in Ayurvedic medicine at BHU, On 17-18th December, 2017	2017
8	Fellow Award (FSEDER)- for outstanding contribution in the field of Ayurveda during EEBRHW-2018	Society for Educational Development and Environmental Research (SEDER)	2018
9	Certificate of Excellence Award in Strengthening Kayachikitsa (Diabetes and Metabolic syndrome)-2018.	IConference in 1st International conference on Integrated approach to management of LSD.	2018
10	Honor of Fellowship for valuable contributions for the development of AYUSH	Baikunthi AYUSH Research & Social Welfare Society, Lucknow, by the Executive board in International conference.	2018

16. Publications (List of papers published in SCI Journals, in year wise descending order).

> 90, some important are given below.

S.N.	Author	Title	Name of Journal	Volume	Page	Year
1	Pandey A. K. and Singh R. H	A Study of the Immune status in patients of diabetes mellitus and their Management with certain <i>Naimittika Rasayana</i> drugs.	<i>Journal of Research in Ayurveda & Siddha (JRAS)</i> . ISSN: 0254- 3478,	Vol XXIV. No. 3-4.	48-61	July- Dec.- 2003
2	A.K.Pandey, K.N.Murthy & R.H.Singh	Ayurvedic Management of Ulcerative Colitis: Clinical observation	<i>Aryavaidyan</i> ISSN: 0970-4086	-	11-18	May- July- 2004.
3	Umesh Choudhary & Dr A.K.Pandey	Vardhamana Pippali in the Management of Ascites (Jalodara): A Case Study"	<i>Aryavaidyan</i> ISSN: 0970-4086	Vol. XXIV No.-4	210- 213	May- July 2011
4	Jaspreet Singh, Girish Singh, Ajai Kr Pandey & R.H.Singh	Clinical observation of Efficacy of Jointcare Tablet & Jointcare gel in the cases of Osteoarthritis	<i>International Journal of Medicine and Pharmaceutical Sciences (IJMPS)</i> , ISSN 2250 – 0049	Vol.-3, Issue-3	51-62	Aug 2013
5	Vikas Rae & Ajai Pandey	Management of Rheumatoid arthritis vis-à-vis Amavata through Samshodhana & Samshamana Approach	<i>Journal of Vishwa Ayurveda Parishad (JVAP)</i> ISSN 0976 – 8300	Vol-5-6	71-76	May- June- 2014
6	Jaspreet Singh, A.K.Pandey & R.H Singh	Prevention-Potential in Type 2 Diabetes Mellitus. Annals of Ayurvedic Medicine	<i>Annals of Ayurvedic Medicine (AAM)</i> ISSN: p-2277-4092, e-2347– 6923,	Vol. 3 (1)	62-63	January - 2014.
7	Anurag Singh, Shivendra Singh, Gopal Krishna, Ajai Kumar Pandey	Traditional Knowledge and Ethno-pharmacological Perspectives of Herbal Medicine in India: a Review	<i>Journal of Medicinal Plants Studies (JMPS)</i> , ISSN: 2320-3862	Vol. 2(1)	89-96	January - 2014

8	Anurag Singh, Priya Singh, Garima Singh, Ajai Kumar Pandey.	Plant used in primary health practices in Vindhya Region of Eastern Uttar Pradesh, India	<i>International Journal of Herbal Medicine (IJHM)</i> , ISSN: 2321-2187	Vol. 2(2)	31-37	July 2014
9	Manoj Kumar, Pawan Kumar, Narendra Kumar, Abaidya Nath Singh, Manju Lata Singh, Anurag Singh, Ajay Kumar Pandey	Antimicrobial activity of Cedrus deodara Linn and Hemidesmus indicus Linn Plants against clinically important microorganism	<i>American Journal of Phytomedicine and Clinical Therapeutics (AJPCT)</i> ISSN: 2321-2748,	Vol-2 (8)	952-956	August 2014
10	Shail K Chaube, Tulsidas G Shrivastav, Meenakshi Tiwari, Shilpa Prasad, Anima Tripathi, Ajai K Pandey	Neem (Azadirachta indica L.) leaf extract deteriorates oocyte quality by inducing ROS-mediated apoptosis in mammals	<i>SpringerPlus</i> ISSN: 2193-1801,	Vol. 3	464	August-2014
11	Sanjai Kumar, Girish Singh, Ajai Kumar Pandey, Ram Harsh Singh	A clinical study on the Naimittika Rasayana effect of Silajatu and Mamajjaka in type 2 Diabetes Mellitus	<i>AYU</i> ISSN: 0974-8520,	Vol 35, Issue 4	404-410	Oct-De 2014
12	Himangshu Baruah, Anand K Chaudhary, Ajai Kumar Pandey	Effect of a herbo-mineral formulation in the management of klaibya (erectile dysfunction)	Int. J. Res. Ayurveda Pharm (IJRAP) ISSN: p-2277-4343 & e-2229-3566.	Vol. 6(5)	586-593	Sep - Oct 2015
13	Ashutosh Kumar Pathak, H. H. Awasthi ¹ , Ajai Kr. Pandey.	Use of Dashamoola in Cervical Spondylosis: Past and Present Perspective	<i>Journal of AYUSH</i> ISSN: e- 2278-2214 & p-2321-6484	Volume 4, Issue-1	10-16	May 2015
14	Anurga Singh,	Protective Role of	<i>British Journal of</i>	Vol-	1-8	July-

	Ragni Srivastava, Ajai Kr Pandey	Terminalia chebula in Streptozotocin-induced Diabetic Mice for Wound Healing Activity	<i>Medicine & Medical Research (BJMMR)</i> ISSN: 2231-061	22(2)		2017
15	Meenakshi Tiwari ¹ , Anumegha Gupta, Ajai K Pandey, Tulsidas G Shrivastav, Shail K Chaube et al	Neem (Azadirachta Indica L.) and Oocyte Quality	<i>Glob J Reprod Med (GJRP)</i> ISSN: 2575-8594	Vol-1, Issue-1	1-4	April-2017
16	Meenakshi Tiwari, Anumegha Gupta, Ajai K. Pandey, Tulsidas G. Shrivastav, Shail K. Chaube. et al Pages-1-7, June 2017.	Role of Mitogen Activated Protein Kinase and Maturation Promoting Factor During the Achievement of Meiotic Competency in Mammalian Oocytes	<i>Journal of Cellular Biochemistry</i> ISSN: 1097-4644	Vol. 9999:1-7	1-7	June-2017
17	Deepika Dwivedi, Girish Singh, Ajai Kr Pandey. Pages-	A Comparative clinical evaluation of Shaddharna Churna and pre-probiotic capsule in cases of irritable bowel syndrome (IBS)	<i>International Journal of Current Advanced Research (IJCAR)</i> ISSN:o-2319-6475, & p-2319-6505	Vol-6, Issue-9	5859-5864,	Sept.-2017
18	Ajai K Pandey, Anumegha Gupta, Shail K Chaube et al	Impact of stress on female reproductive health disorders: Possible beneficial effects of shatavari (Asparagus racemosus)	<i>Biomedicine & Pharmacotherapy</i> ISSN: 0753-3322,	Vol.103	46-49	April-2018
19	Ajai Kumar Pandey*, Puja Verma, Rahul Parihar,	Amalaki (Embllica officinalis Gaertn.): A Comprehensive Classical Review	Research & Reviews: Journal of Herbal Science ISSN: 2278-2257	Volume 7, Issue 3	4-10	2018

	Anshu Gangwar	w.s.r. to Diabetes Mellitus	(Online), ISSN: 2348-9553 (Print)			
20.	Govind R Chaudhary, Pramod Kumar Yadav, Anil Kumar Yadav, A. K. Pandey, Shail K Chaube et al	Necrosis and necroptosis in germ cell depletion from mammalian ovary	<i>Journal of Cellular Physiology</i> p- ISSN: 0021-9541 O- ISSN: 1097-4652	234(2)	8019-8027	Sept. 2018
21	Anurag Singh, Ragni Srivastava, Ajai Kumar Pandey	Effect of the seeds of Terminalia chebula on blood serum, lipid profile and urine parameters in STZ induced Diabetic rats	<i>Journal of Pharmacognosy and Phytochemistry</i> , ISSN: e-2278-4136 & p-2349-8234	Vol-7, Issue-2	01-05	Feb-2019
22	Govind R. Chaudhary, Pramod K. Yadav, Meenakshi Tiwari, Ajai K. Pandey, Shail K. Chaube et al	Necroptosis in stressed ovary	<i>Journal of Biomedical Science</i> , ISSN: 1021-7770	Vol.26. Issue-11	2-6	January 2019
23	Dr.Varsha Gupta, Dr. K. S. Girhepunje, Dr.A.K.Pathak, Dr.A.K. Pandey, Pro..K .N.Singh	A Bird's Eye View On Marma Science	Journal of Emerging Technologies and Innovative Research (JETIR) (ISSN-2349-5162)	Vol.6, Issue-5	630-635	May-2019
24	Anil Kumar Yadav, Pramod Kumar Yadav, Govind R Chaudhary, A. K. Pandey, Shail K Chaube et al	Autophagy in hypoxic ovary	Cellular and Molecular Life Sciences CMLS eISSN. 1420-9071	76(17)	3311-3322	April-2019

25.	Anumegha Gupta, Meenakshi Tiwari, Alka Sharma, A. K. Pandey, Shail K. Chabe et al	Empowering oocyte health through basic research/////	ISSRF Newsletter ISSN. 2395-2806	Issue-23	23-27	February-2019
26	Varsha Gupta *, K.S. Girhepunje, Lakshmi , A.K. Pandey and K.N.Singh	A Study on Janu Marma and Application of Marma Thera/////py	Int J Ayu Pharm Chem (IJAPC) e ISSN 2350-0204	Vol.-11, Issue-1	364-368	Oct. 2019
27	Deepika Dwivedi, Ajai Kr. Pandey	An overview of some Phenomenal herbs of Ayurveda used in Grahani roga	Bhugol Swadesh Charcha (Multidisciplinary International Journal) ISSN: 2581-4788	Vol.15, No 2	1-7	Oct 2019
28	Dr. Ajai Kumar Pandey	Scientific basis of Vata, Vatavyadhi & Vatavyadhi Chikitsa in General	Bhugol Swadesh Charcha (Multidisciplinary International Journal) ISSN: 2581-4788	Vol.16, Special issue-1	1-10	January - 2020
29	Anshu Gangwar, A. K. Pandey	Effect of Darvyadi Ghana vati in Prediabetes: a case study	Bhugol Swadesh Charcha (Multidisciplinary International Journal) ISSN: 2581-4788	Vol.16, Special issue-1	1-4	January - 2020

17. Detail of patents. Nil

18. Books/Reports/Chapters/General articles etc.

S. No.	Title	Author's Name	Publishers	Year of Publication
1	A Hand Book of Ayurveda, 1st Edition, ISBN: 81-7084-387-7.	Pandey A.K.	Chaukhamba Sanskrit Pratishtan, 38 U.A. Bungalow Road, Jawahar Nagar, Post Box No. 2113, Delhi-110007, India.	2008
2	"A Text Book of Kayachikitsa" in English, Vol-1, 1 st Edition	Byadgi P.S. & Pandey A.K.	Chaukhamba Publications, 4262/3, Ansari Road, Darya	2013

	2013, ISBN: 978-93-81608-26-5.		Ganj, New Delhi-110002, India.	
3	"A Text Book of Kayachikitsa" in English, Vol-II, 1st Edition 2014, ISBN: ISBN: 978-93-81608-49-4.	Byadgi P.S. & Pandey A.K.	Chaukhamba Publications, 4262/3, Ansari Road, Darya Ganj, New Delhi-110002, India.	2014
4	"A Text Book of Kayachikitsa" in English, Vol-III, 1st Edition 2014, ISBN: 978-93-81608-38-8	Byadgi P.S. & Pandey A.K.	Chaukhamba Publications, 4262/3, Ansari Road, Darya Ganj, New Delhi-110002, India.	2014
5	"A Text Book Of Kayachikitsa" in Hindi Vol-I, 1st Edition 2019, ISBN: 978-81- 938519-5-1.	Pandey A. K.	Chaukhamba Publications, 4262/3, Ansari Road, Darya Ganj, New Delhi-110002, India.	2019
6	"A Text Book Of Kayachikitsa" in Hindi Vol-II, 1st Edition 2019, ISBN: 978-81-938519-6-8.	Pandey A. K.	Chaukhamba Publications, 4262/3, Ansari Road, Darya Ganj, New Delhi-110002, India.	2019
7	"A Text Book Of Kayachikitsa" in Hindi Vol-III, 1st Edition 2019, ISBN: 978-81-942481-1-8.	Pandey A. K.	Chaukhamba Publications, 4262/3, Ansari Road, Darya Ganj, New Delhi-110002, India.	2019
6	Contributed four chapters In the Training Module for Geriatric Health Care viz- 1. Chapter- I. Diabetes Mellitus vis a vis Madhumeha in the Elderly. 2. Chapter II. Metabolic and Endocrine disorders in the Elderly. 3. Chapter III. Referral Requirement and clinical Judgment in Geriatric Practice. 4. Chapter IV. Respiratory diseases in the elderly.	1. Dr. Ajai Kumar Pandey 2. Dr. Ajai Kumar Pandey 3. & 4. By DR. Ajai Kumar Pandey & Prof. R.H.Singh	Department of AYUSH, Ministry of Health & Family Welfare, Govt. of India, New Delhi.	2008
7	Contributed 10- Chapters for the Open Vocational Education Programme (HPM) on Certificate Course in Ayurvedic Therapy Course Code- 721 & 722 (For Panchakarma Technician Module 1 & 2), viz- 1. Causes of Disease 2. Disease Process and Types of Pathogenesis 3. Examination of Patient and disease	Dr. Ajai Kumar Pandey	Published in June- 2011 by NIOS (Governed by M.H.R.D), A-24-25, Institutional Area, NH-24, Sector-62, NOIDA, Gautam Buddha Nagar, U.P.	2011

4.	Principles of Ayurvedic Therapy			
5.	Basic Concepts of Panchakarma			
6.	The Purvakarma (Preparatory Procedure)			
7.	Pradhanakarma (Principle Procedure)			
8.	Pashchatakarma (Post-Operative Regimens)			
9.	Preparation used for Panchakarma Therapy and			
10.	10. Applied Aspect of Panchakarma Therapy.			

16. Life Member in Professional Organization & Social Organization- 11

- National Academy of *Panchakarma* & Research (NAPAR) since 2006.
- Indian Academy of Yoga (IAY) since 2008.
- Association of Ayurvedic Physicians of India (AAPI) since December 2008.
- The Indiana Academy of Geriatric (IAG) since December 2008.
- Vishwa Ayurveda Parishad (VAP) since December 2010.
- Life member of Association of Gerontology (India) AGI since December 2008.
- Associate Life member of Bhartiya Sangyaharak association (Association of Anaesthetists of Indian Medicine) since December 2014.
- Life member of All India Ayurvedic Specialists (PG) Association (AIASPGA) since August 2014.
- Life Member of Mahadeva Charitable Trust since 23rd March 2009. It is Social Organization for Vriddha and Nirashrit people.
- Life Member of ISCON, Since June 2011.

16. Any other Information (maximum 500 words):

I have actively involved in the teaching and training programme related to Ayurved UG, PG, Ph.D and PG Diploma Panchakarma courses based on its relevance in contemporary use today by imparting new knowledge My thirst area of research work is rheumatism and metabolic disorder, under this category 20 MD (Ay) scholars have successfully completed their research work under my supervision and co-supervision. As a Supervisor and co-supervisor 3 PhD students have successfully completed their course and awarded with PhD degree. Under PG diploma panchakarma 4 students have completed their work of dissertation under trial of panchakarma procedure with and without Ayurvedic drugs in different musculoskeletal disorders.

I have participated as resource person at Guwahati in the interactive seminar on Shukravaha & Artava Srotas, their sorotodushti lakshana and management, which is sponsored by Rashtriya

Ayurveda Vidyapeeth, Depart. of AYUSH, Govt. of India, dated-23rd -24th March, 2013. Besides this, I also nominated as member of Academic council of Desh Bhagat University Mandi Gobindgarh, Pb, during period of December 2014 to December 2016 and nominated as Adjunct faculty Member of Bhojpuri Addhyayan Kendra, by Honorable Vice Chancellor, BHU for the period of 2018-2020.

The other teaching, academic and professional activities are given below.

1. Attended the meeting of working group of preparation of training manual on geriatric health care as a member held at SSH, IMS, BHU, which is sponsored by Dept. of AYUSH, MH&FW, New Delhi during 2008-2009.
2. Attended several meeting for designing of course curriculum of Ayurveda Programme therapy, organized by NIOS, Gaziabad at Uttrakhand at Sanskrit Academy, Hardwar, UK as a member of course curriculum committee and rendered our services as member of writing team.
3. Look after and control the duties of Interns, JR & SR in both OPD & IPD of the Department of Kayachikitsa, IMS, BHU as clinical incharge, which is assigned by HOD during 2008-2014
4. Member of disciplinary committee of Deptt of Kayachikitsa as assigned by HOD, since last 10 years.
5. Appointed as In-charge for Clinical seminar by HOD for smooth functioning of academic & clinical seminar since last 7 years.
6. Performing observer duties time to time at university level exam.n, which are assigned by controller of exam.n, BHU, Varanasi.
7. Rendered our services as Inspecting officer for smooth conduction of various examinations of SSC (CR), Allahabad, from 2010- 2019.
8. Rendered our services as a member of Purchase committee of Ayurvedic Pharmacy, BHU.

Dated: 08/04/2020



(Dr. Ajai Kumar Pandey)
Assistant Professor (Stage-3)
Department of Kayachikitsa,
Faculty of Ayurveda,
Institute of Medical Sciences,
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