
Dr. Deepak Sah

Reg No- DBCP/A/9971

DELHI BHARATIYA CHIKITSA PARISHAD

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SUMMARY

- **Motivated and passionate Ayurvedic Physician with 1 year 3 months of Clinical experience seeking a challenging role at a progressive clinic/hospital to utilize my knowledge of traditional methods in Modern healthcare with Evidence Based Practice .**
- **Skilled in pulse diagnosis , Panchakarma therapies , and personalized treatment plans based on Ayurvedic principles. Committed to providing patient - centered care and promoting preventive medicine.**

EDUCATION

- **Bachelor of Ayurvedic Medicine and Surgery (BAMS) -Delhi University [Ayurvedic & Unani Tibbia College & Hospital]**
- **WHO-ICRC Basic Emergency Care: approach to the acutely ill and injured (Certificate)**
- **WHO Tropical Dermatology : a syndrome-based approach (Certificate)**
- **Pursuing PGDMH (Post Graduate Diploma in Mental Health)**

Internship

- **Rao Tula Ram Memorial Hospital (Ayu. OPD)**
- **Dr. B.R Ambedkar Hospital (Ayu. OPD)**
- **Deen Dayal Upadhyay Hospital (Ayu. OPD)**
- **Delhi Govt. Dwarka Sec-14 & 17 Dispensary (Ayu. OPD)**
- **A & U Tibbia College & Hospital**

Clinical Training

- **Sanjay Gandhi Memorial Hospital**
- **Aruna Asif Ali Govt. Hospital**

CLINICAL EXPERIENCE

Videplus [July 2023- Currently]

Responsibilities: [Consultant, Resident Medical Officer, Marketing Expert]

- Conducted pulse diagnosis and physical examinations to assess patients health and Prakriti (dosha constitution).
- Formulated personalized treatment plans incorporating Ayurvedic herbs, diet, lifestyle modifications, and Panchakarma therapies.
- Administered and monitored Panchakarma procedures like Virechana (purgation), Basti (enema), and Nasya (nasal therapy).
- Educated patients about Ayurvedic principles, self-care practices, and preventive measures.
- Maintained accurate medical records and documented treatment progress
- Worked in Various Clinical Trials and R&D Department in Satvm (co-brand of Veditplus)

ACHIEVEMENTS

- Successfully Managed Acute and Chronic Conditions like Headache, Migraine , Diabetes , Digestive issues, Arthritis, PCOS, Anxiety and Skin disease (Psoriasis ,Leucoderma), Leucorrhoea using Ayurvedic Interventions.
- Achieved a 75% patient Satisfaction rate for personalized treatment plans.
- Developed and Implemented a Community Health Awareness program on Stress Management and Preventive Ayurveda.

SKILLS & EXPERTISE

- **Diagnosis & Treatment:**
Skilled in diagnosing and treating various acute and chronic ailments using Ayurvedic principles and herbs. Experience in pulse diagnosis, tongue diagnosis, and other Ayurvedic examination techniques.
- **Panchakarma Therapy:**
Adept in administering and overseeing Panchakarma detoxification and rejuvenation therapies, including Virechana (purgation), Basti (enema), and Nasya (nasal therapy).

- **Personalized Medicine:**

Proficient in creating personalized treatment plans based on individual Prakriti (dosha constitution) and Vikriti (imbalance).

- **Chronic Disease Management:**

Experienced in managing chronic conditions like diabetes, arthritis, and skin disorders through Ayurvedic interventions.

- **Mental Health & Wellness:**

Knowledge and ability to address mental health concerns like anxiety and depression using Ayurvedic practices like yoga, meditation, and herbal remedies.

- **Sanskrit Language:**

Proficiency in reading, understanding, and interpreting Ayurvedic texts and scriptures written in Sanskrit.

- **Ayurvedic Materia Medica:**

Extensive knowledge of Ayurvedic herbs, their properties, indications, and contraindications.

- **Ayurvedic Philosophy:**

Understanding of the fundamental principles of Ayurveda, including Tridosha theory, Panchamahabhuta theory, and Agni concept.

- **Dietary & Lifestyle Guidance:**

Expertise in recommending Ayurvedic diet and lifestyle modifications for optimal health and well-being.

- **Research & Evidence-Based Practice:**

Knowledge of current research in Ayurveda and ability to integrate evidence-based practices into clinical care.

ADDITIONAL SKILLS

- **Communication & Interpersonal Skills:**

Excellent communication skills to effectively explain Ayurvedic concepts and treatments to patients. Fluent in Hindi and English, comfortable communicating with diverse patient populations.

- **Patient Education & Counseling:**

Ability to educate patients about self-care and preventive measures in line with Ayurvedic principles. Volunteering with health awareness programs in underprivileged communities.

- **Collaboration & Teamwork:**

Ability to collaborate effectively with other healthcare professionals to provide comprehensive patient care.

- **Yoga:**

Practicing and teaching yoga and meditation for stress management and holistic well-being.

- **Research:**

Researching innovative applications of Ayurveda in modern healthcare.

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