

DR. AADYA GUPTA

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Address- A-38, Second Floor, Sudarshan Park, Moti Nagar, Delhi Delhi-110015

Objectives

To pursue a challenging career in the field of Ayurveda and accepting every opportunity that would give me a chance to expand my knowledge and field of expertise.

I'm passionate towards providing benefits to my patients through Ayurveda and Diet management. I have a keen interest in administering Ayurvedic treatment in modern day lifestyle.

I am keen in developing such a trust in people about Ayurveda that they would opt. it as a primary treatment.

Education

- ***Bachelor of Ayurvedic Medicine.*** [B.A.M.S] from UTTARAKHAND AYURVED UNIVERSITY
YEAR- 2022
REGISTRATION NO. – DBCP/A/10153
- Did 6 month internship in Ayurveda from Doon Institute of Medical Sciences , Dehradun. Here I gained expertise on tackling modern day lifestyle related diseases like diabetes, hypertension, cholesterol, pcos, hair fall, insomnia, joint disorders etc. along with various Panchakarma therapies like netra tarpan, nasya, dhumpana, vamana , virechana, vasti, shirodhara, potli sweda ,leech therapy and cupping therapy .
Also gained expertise in making medicines and made many medicines myself like vasa avleha, giloy tablets, antidandruff hair oil, medicated ghee and oils, ayurvedic soaps etc.
- Did 6 month internship in allopathy from Community Health Centre Doiwala, Dehradun. Here I learned to tackle larger number of patients more effectively. I worked in various departments like pediatrics, gynecology, orthopedics, medicine and even gained expertise in handling emergency and minor OT procedures like cysts removal etc.
I am capable of handling patients at both OPD and IPD levels. Also handled infective diseases.

- CLASS 12TH- FROM ST. THOMAS' SR. SEC. GIRLS' SCHOOL
YEAR- 2017
ROLL NO. - 9209159
- CLASS 10TH- FROM THOMAS' SR. SEC. GIRLS' SCHOOL
YEAR- 2015
ROLL NO.- 8213102

Experience

- Attended CMEs organized by popular names in Ayurveda fraternity like Tulsi Ayurveda and SBEBA.
- Attended residential workshops by Tulsi Ayurveda and gained hands-on training in Panchakarma.
- Assisted an experienced Ayurveda practitioner Dr. Modi (BAMS, MD Ayu) at his Panchakarma Centre Sharir Santulan in Moti Nagar, New Delhi and learned about various therapies and patient dealing, their treatment plan, dietary regulation etc.

Skills

- Ayurvedic healer.
- Natural remedy expert.
- Quick learner.
- Team Worker
- Sound knowledge about Panchakarma procedures like netra tarpan, nasya , dhumpana, vamana, virechana, vasti, potli sweda, nadi sweda, leech therapy and cupping therapy.
- Made various medicines and seen their effects on patients like vasa avleha, giloy tablets, giloy sattva, gandhak malahar lepa , medicated oils, ghee soaps etc.
- Can handle patients at both OPD and IPD levels.
- Have basic knowledge of Nadi Pariksha (pulse diagnosis)
- Can handle minor OT procedures.
- Can handle emergency patients.
- Can thoroughly guide patient about their disease and treatment plan being opted.
- Always keen on gaining more knowledge related to my field.
- Good knowledge of about medicines and their side effects and how to treat them.
- Can prepare medical formulations that gave positive results.
- Can prepare cosmetic Ayurvedic Products like Medicated soaps, gels oils, ghee etc.
- Sound knowledge about medicinal plants.
- Carefully review patient's Medical history, physical findings and diagnosis.

- Good command on Lifestyle disorders like thyroid, PCOD , Diabetes, Hypertension,Cholestrol, Insomnia etc.
- Can suggest diet to a patient that would aid in speedy recovery.
- Can Suggest the most suitable diagnosis and treatment to a patient based on Dosha dushti assessment.
- Provide with result-oriented treatment.
- Good in maintaining Doctor-patient relationships.
- Can work on communicable and non-communicable diseases.
- LANGUAGES KNOWN- Hindi,English,French,German