



ZALAK CHAUDHARY

AYURVEDIC DOCTOR

CONTACT

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SUMMARY

**Knowledgeable Ayurvedic
Doctor with holistic healing
and wellness. Possess
comprehensive understanding
of ayurvedic principles,
diagnosis methods,
Panchkarma therapies, and
herbal medicine preparation.
Skilled at patient,
consultation, treatment
planning, and follow up care.**

SKILLS

- Primary care experience
- Organizational skills
- Excellent communication
- Health education
- Patient counseling
- Treatment planning
- Supplements understanding
- Stress management techniques
- Professionalism

EDUCATION

Bachelor of Ayurvedic Medicine and Surgery- 09/2022
State Model Institute Of Ayurveda Sciences, Gandhinager , Gujarat

Higher secondary- science education

Shri Vardhman vidhalaya Mehsana,GJ

EXPERIENCE

Internship

Gujarat ayurveda university | Gandhinager & Mehsana
01/2023-12/2023

- Educated patients about the principles of Ayurveda and its application to their specific condition.
 - Monitored patient progress during treatment sessions and conducted regular follow-ups.
 - Developed educational materials, including handouts and brochures, for distribution at events and clinics.
 - Performed panchakarma therapies, including abhayanga, shirodhara, and swedana.
 - Taught patients how to maintain balance through diet, exercise, medication and daily routines.
 - Effectively communicated with patients to discuss diagnosis, treatment plan recommendations, and lifestyle changes.
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