

Prof. Dr.G.G. GANGADHARAN

Ayurvedacharya, FAIP (USA), PhD, Mstr.of Mgmt. (McGill, Canada)

Director,

Ramaiah Indic Specialty Ayurveda - Restoration Hospital
(NABH accredited)

A unit of Gokula Education Foundation (Medical)

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Prof. Dr. G. G. Gangadharan, a practicing Ayurveda physician - is the Director of Ramaiah Indic Specialty Ayurveda – Restoration Hospital, (RISA), Bengaluru, India. He is an expert on authentic Ayurveda methods of diagnosis, – specially the pulse diagnosis and treatment, and successfully treats lifestyle disorders. He has dedicated himself to the propagation of Ayurveda knowledge and promoting use of Ayurveda and local health traditions at the grass root level in rural parts of India.

ENDEAVOUR

- To assume leadership to ensure the application of Ayurveda and traditional systems of healthcare to meet contemporary healthcare needs.
- To conceive and lead basic and applied research in the field of Traditional Medicine that broadens the frontiers of healthcare research and drug development.
- To continuously pursue excellence in Ayurveda in order to be a catalyst in the renaissance of Ayurveda.
- To participate in research and development that attempts to uncover the inherent power of the holistic principles of Ayurveda in understanding the cause and remedy for human suffering.

ACADEMICS

- Completed a unique 7½ years Ayurveda Medical Degree ‘Ayurvedacharya’ from Madras University from 1978 - 1985.
- Master of Management degree pursuant to the International Masters in Health Leadership (IMHL), a post-doctoral international management program for outstanding senior health leaders, from McGill University, Canada.
- PhD on developing a standardized clinical protocol for Ayurveda clinicians based on Ayurveda theory and clinical practice, from Tilak Maharashtra Vidyapeeth, Pune.
- Fellow of Ashoka Innovators for the Public, Ashoka Trust, USA for work on Ayurveda and Primary Health Care

CAREER

- Director, Ramaiah Indic Specialty Ayurveda – Restoration Hospital, since Oct 2014.
- Additional Director, Foundation for Revitalisation of Local Health Traditions, Bangalore and Medical Director of its healthcare wing, since 2003. As Additional

Director and a part of the top leadership, was involved in steering the organization and guiding the major research activities and programs. As medical director, involved in managing and supervision of the NABH accredited 100-bed integrative healthcare centre.

- Started career with Arya Vaidya Pharmacy, Coimbatore. Involved in development of new dosage forms and traditional Ayurveda formulations – classical as well as proprietary. As a technical director at Arya Vaidya Pharmacy, continued to practice Ayurveda and actively lead many initiatives to promote Ayurveda and use of medicinal plants.
- Founder Secretary and Executive Director of Lok Swasthya Parampara Samvardhan Samity (LSPSS), an all India network of Individuals and Organizations established to promote Local Health Traditions (1986 – 2003).
- President, Centre for Innovation in Science & Social Action (CISSA), Thiruvananthapuram, Kerala. CISSA is a non-profit, non-government organization combining rigorous scientific analysis, innovative policy development and effective citizen advocacy to build a cleaner, safer and healthier world.

CONTRIBUTION TO SCIENCE

Dr. Gangadharan`s principal contributions to science have been in the area of the genetic basis of Prakriti, the Ayurveda concept of constitutional body types. As part of a multi-center initiative, he has been involved in a number of studies that examined the relationship between Prakriti and biological determinants including physiological characteristics and cellular/molecular signatures that are known to distinguish between groups of individuals and are related to differential susceptibilities to disease. His specific role in these projects included the formulation of research questions based the understanding of Ayurveda concepts of Prakriti and the importance of Prakriti in susceptibility to diseases, diagnosis of disease and clinical management. He has also contributed to the expert clinical assessment of Prakriti as a senior Ayurveda physician in the published works.

He was the editor of a well-known journal of Ayurveda in India - ANCIENT SCIENCE OF LIFE. He has coordinated (1995 – 2003) an all India program on Local Health Traditions and Ayurveda which made significant contributions to the revival of ISM and LHT in India by the name Lok Swasthya Parampara Samvasthan. He has co-authored few books on medicinal plants and has many research papers to his credit.

He has delivered many invited lectures on Ayurveda across India and abroad on topics related to treatment of lifestyle diseases, *Panchakarma* and promoting use of herbs in primary healthcare.

He is a regular Consultant for AYUSH, DST and NMPB (Govt. of India) on Medicinal Plant related Projects (Proposal and Work evaluation).

Dr Gangadharan was centrally involved in the conception and execution of a landmark event on national biodiversity called the Indian Biodiversity Congress. Also, was instrumental organizing several major events including ‘Annam’ on food security focused on India’s wholesome food traditions.

He brought into limelight Ayurveda through the Global Ayurveda Festival (GAF) a prestigious biennial event and was instrumental in bringing the Honorable Prime Minister of India, Sri. Narendra Modi to inaugurate the vision conclave of GAF 2016.

Dr Gangadharan is on numerous technical committees in the capacity of senior advisor in the government and private sector involved in the promotion of Ayurveda and medicinal plants.

He is a Fellow of Ashoka Innovators for the Public awarded by the Ashoka Foundation, USA through a rigorous national selection process.

Delivered invited lectures on Ayurveda across many countries mainly on topics related to treatment of lifestyle diseases, Panchakarma detox treatments and promoting use of herbs in primary health care.

Conducted a 3-day Panchakarma workshop at Columbia University, New York in 1996.

Research Engagements

Research Projects

- 1) Principal Investigator for Genomic Analysis and Gene Expression Variation in Human Doshaprakriti Based on Ayurveda, a Multi-centric study supported by the office of the Principal Scientific Advisor to the Prime Minister of India involving the premier research organizations in the country.
- 2) Principal Investigator in Development of Standardized Clinical Management Protocol as a part of the Doctoral study that involved design and development of management protocol and clinical documentation of Ayurveda management in approx. 150 study volunteers.
- 3) Investigator for a Controlled clinical trial, in collaboration with St. John's Medical College, Bangalore, on Diabetes Mellitus using an intercultural approach involving traditional Ayurveda diagnosis that was sponsored by New York Botanical Garden, USA.
- 4) Centre of Excellence for Integrative Medicine with focus on Geriatrics supported by Dept of AYUSH, GoI
- 5) Principal Investigator for a study to document Bone setting traditions in South India supported by ETC, Netherlands
- 6) Principal Investigator for a study to document folk practices in Ethno-veterinary supported by ETC, Netherlands
- 7) Principal Investigator for the Vaidya Scientist Fellowship Program conducted by FRLHT, Bangalore – a 2-year program for Ayurveda academicians that aims to make them ambassadors of Ayurveda.
- 8) Principal Investigator for Exploring correlations between human gut-micro flora and Dosh prakriti based on principles of Ayurveda supported by Science and Engineering Research Board
- 9) Principal Investigator for Clinical Evaluation of Ayurveda based integrative management of Diabetic retinopathy supported by Ministry of AYUSH, GoI

Books Authored & Edited

- 1) Chikitsakautukam in Malayalam published by Loka Swasthya Parampara Samvardhan Samiti (LSPSS), Coimbatore, India, 1993.
- 2) Ksemakutūhalam, published by FRLHT, Bangalore, 2009.

- 3) Glimpses of Wisdom, A collection of essays on Ayurveda Vaidyabhushanam K. RaghavanThirumulapadu, published by FRLHT, 2010.
- 4) Purushothamopanishat published by Nanal Foundation, Pune (Chapter)
- 5) Holistic medicine published by Arya Vaidya Sala, Kottakal, (Chapter)
- 6) Theoretical Foundations of Ayurveda, published by FRLHT, Bangalore, 2011
- 7) Bhojanakutūhālam, published by FRLHT, Bangalore, 2012.
- 8) Saving India's Manuscripts, published by National Mission for Manuscripts, Delhi, 2012
- 9) Annam – Food for Health in 2017 (Co-Author)
- 10) The two Futures of Food, Health and Humanity – A Civilisational Dialogue 2020 (Co-Author)

Publications list

1. **Nature Science Reports (2015):** Govindaraj P1, Nizamuddin S1, Sharath A1, Jyothi V1, Rotti H2, Raval R2, Nayak J3, Bhat BK3, Prasanna BV3, Shintre P4, Sule M4, Joshi KS4, Dedge AP4, Bharadwaj R5, **Gangadharan GG5**, Nair S6, Gopinath PM2, Patwardhan B7, Kondaiah P8, Satyamoorthy K2, Valiathan MV2, Thangaraj K1. Genome-wide analysis correlates Ayurveda Prakriti. Sci Rep. 2015 Oct 29;5:15786. doi: 10.1038/srep15786.
2. **Journal of Translational Medicine (2015):** Rotti H, Mallya S, Kabekkodu SP, Chakrabarty S, Bhale S, Bharadwaj R, Bhat BK, Dedge AP, Dhumal VR, **Gangadharan GG**, Gopinath PM, Govindaraj P, Joshi KS, Kondaiah P, Nair S, Nair SN, Nayak J, Prasanna BV, Shintre P, Sule M, Thangaraj K, Patwardhan B, Valiathan MV, Satyamoorthy K. J Transl Med. 2015 May 8;13:151.
3. **J Ayurveda Integr Med (2014):** Rotti H, Raval R, Anchan S, Bellampalli R, Bhale S, Bharadwaj R, Bhat BK, Dedge AP, Dhumal VR, **Gangadharan GG**, Girijakumari TK, Gopinath PM, Govindaraj P, Halder S, Joshi KS, Kabekkodu SP, Kamath A, Kondaiah P, Kukreja H, Kumar KL, Nair S, Nair SN, Nayak J, Prasanna BV, Rashmishree M, Sharanprasad K, Thangaraj K, Patwardhan B, Satyamoorthy K, Valiathan MV. Med. 2014 Jul;5(3):167-75.
4. Rotti H, Guruprasad KP, Nayak J, Kabekkodu SP, Kukreja H, Mallya S, Nayak J, Bhradwaj RC, **Gangadharan GG**, Prasanna BV, Raval R, Kamath A, Gopinath PM, Kondaiah P, Satyamoorthy K. J Ayurveda Integr Med. 2014 Jan;5(1):43-9.
5. Murthy CK, Sriranjini JS, Shetty N, **Gangadharan GG**. Conference report -Samyukti 2013. J Ayurveda Integr Med. 2013 Oct;4(4):251-2.
6. Vishnuprasad CN, Pradeep NS, Cho YW, **Gangadharan GG**, Han SS. J Ethnopharmacol. 2013 Sep 16;149(2):409-15.
7. **Gangadharan GG**, Padmashri P. K. Warriar, Arya Vaidya Sala, Kottakkal. J Ayurveda Integr Med. 2010 Jan;1(1):66-7.
8. **Gangadharan GG**. Quality of ingredients used in Ayurvedic herbal preparations. J Ayurveda Integr Med. 2010 Jan;1(1):16-7.
9. **Gangadharan GG**. Plant research in a new perspective. Anc Sci Life. 1996 Apr;15(4):254-5.
10. **Gangadharan GG**, Manohar RR. Concept of immunology in Ayurveda. Anc Sci Life. 1994 Jul;14(1-2):2-9.
11. **Gangadharan GG**. A REPORT: (Local Health Culture and Traditions in the Context of Primary Health Care). Anc Sci Life. 1986 Jan;5(3):209-11.

Key Leadership and Responsibilities

- 1) Chief Medical Officer, United States Aid for International Development (USAID) sponsored project on Traditional Medicine and Primary Healthcare, at AVR Foundation, Coimbatore (1988 to 93).
- 2) General Manager, Arya Vaidya Pharmacy (Coimbatore) Ltd., Coimbatore-45 (1992-1995).
- 3) Vice President, AryaVaidya Pharmacy (Coimbatore) Ltd., Coimbatore-45 (1995 – 2003).
- 4) Founder & Vice President, Centre for Indian Medical Heritage, Coimbatore – 641 045, a center promoting Conservation of Medicinal Plants and with a Nursery of 100 plants specializing in propagation of Medicinal Plants and Training Centre in Local Health Traditions (1993-2003).
- 5) Director, Heal Ayurveda Pharmacy Limited, (A sister concern of The Arya Vaidya Pharmacy, specializing in manufacturing and marketing of patented and OTC Herbal Products (1998-2003).
- 6) Executive Director, L.S.P.S.S. (A network of Individuals and Organizations for promotion of Local Health Traditions), P.B. No. 7102, Ayurvedic Trust Complex, Ramanathapuram, Coimbatore – 641 045. (1986-2003).
- 7) Dy.Chairman of AVR Educational Foundation of Ayurveda-A leading Ayurveda Institution in South. Conducting BAMS Degree Course in Ayurveda recognized by CCIM. (1995-2003).
- 8) National Convener, World Ayurveda Congress-2002. The biggest ever Ayurveda Congress organized in Cochin, Kerala with participation of delegates from 32 countries.
- 9) Joint Convener, National Steering Committee of 'PRITHVI-2005 '- an International Seminar on Eco-Friendly initiatives held at Thiruvananthapuram, Kerala.
- 10) National Convener, World Ayurveda Congress 2010, Bangalore.
- 11) Member, Governing Council of Gene Campaign, New Delhi, A National Organization working on IPR of Indigenous people headed by Dr. Suman Sahai.
- 12) Editorial Board Member in Annals of Ayurveda Medicine (AAM) A peer reviewed quarterly journal by Association of Ayurvedic Physicians of India (AAPI).
- 13) Editorial Board member of Journal of Ayurveda Case Reports published by All India Institute of Ayurveda, Delhi

Membership in Professional Bodies

1. Member– Ayurveda, Siddha and Unani Drugs Technical Advisory Board (ASUDTAB), Dept. of ISM & H. Govt. of India (2000-2003).
2. Trustee of Patriotic and People Oriented Science and Technology Foundation, Madras, an organization of Modern Scientists, keen in revitalizing India's Scientific Tradition (1995-2000).
3. Executive Member, Ayurveda Medicine Mfrs. Org. of India, Kerala (1998 – 2003).
4. Member, Technical Advisory Body of All India Co-ordinated Program on Medicinal Plants, Dept. of Science and Technology, Govt. of India (1990 – 1993).
5. Member, Research Advisory Committee of Herbal Research & Development Institute (HRDI), Govt. of Uttaranchal, Gopeshwar.
6. Member, State Medicinal Plant Board, Kerala.
7. Member, Steering Committee, State Medicinal Plants Board, Tamil Nadu.
8. Member, Sub-committee on Medicinal Plants, State Biodiversity Board, Karnataka.

9. Convener, Scientific Advisory Committee of International Institute of Ayurveda (Chemistry Division) – approved as Scientific and Industrial Research Organization (SIRO) by Ministry of Science and Technology, Govt. of India. It is a Research Centre, doing work on Standardization of Ayurveda Formulations (2000 onwards).
10. Member of Board of Management of CHETNA, A unit of Nehru Foundation for Development, Ahmedabad, an Organization working towards strengthening under privileged Women & Children, especially in the areas of Nutrition and Development (2000 onwards).
11. National committee member to review the TKDL Project of AYUSH Department.
12. Member of task force to monitor the development of AYUSH portal, AYUSH Department, Govt. of India.
13. Member of the National Task force for National campaign on Geriatric Care of CCRAS, AYUSH Department, Govt. of India.
14. Member of Scientific Advisory Committee (Ayurveda), CCRAS, Department of AYUSH, Govt. of India.
15. Expert committee member on excipients on AYUSH Medicines, AYUSH Department, Govt. of India.
16. Member, Governing council, JSS Ayurveda Medical College, Mysore
17. Member, Governing council, Sri Dharmasthala Manjunatheswara College of Ayurveda & Hospital, Hassan.
18. Member of Task Force on Medical Manuscripts, Department of AYUSH, Govt. of India.
19. Working committee Member of Amity Institute for Herbal Biotech Products Development (AIHBPD), for streamlining India's Traditional Knowledge towards formulating a Sui Genesis Regime, Thiruvananthapuram, Kerala under Amity University, New Delhi.
20. Temporary Advisor to the Regional Director, WHO-2009.
21. Member, Working Group, Interdisciplinary AYUSH Research and Development Task Force, Ministry of AYUSH, GoI
22. Member, Sub-committee for Complementary and Alternative Systems of Medicine, Karnataka Health Vision Group, GoK

Awards and Recognition

1. Fellow of Ashoka Innovators for the Public of Ashoka Foundation (FAIP), A US based International Organization working towards social change.
2. Award for the best International Awareness Building on Ayurveda from Arya Vaidya Pharmacy, Coimbatore.
3. Award for proficiency in clinical application of Ayurveda Shastra from Vaidyaraj Datar Panchaboutik Chikitsa and Samshodhan Kendra, Sangli, Maharashtra.
4. Shri Mathuradas Parikh Award for Excellence in Ayurveda Profession awarded by Indian Association for the Study of Traditional Asian Medicine, Pune.
5. Certificate of Honour in recognition and grateful appreciation for exemplary contribution to Ayurveda – The science of life by Ayurved Sutra, Jaipur
6. Recognition as `Guru` for outstanding contribution to Ayurveda by IndicAcademy, Bangalore
7. Certificate of appreciation in recognition of valuable contribution to AYUSH research and development by Savitribai Phule Pune University
8. Recognition as `Guru` by Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda), New Delhi

Consultancies

- For CAPART-Council for Advancement of Peoples Action and Rural Technology, Govt. of India, Department of Science and Technology (Govt. of India) – Consultant (Proposal and Activity evaluation) on Medicinal Plant related Projects.
- For Department of Science and Technology, Govt. of India on Medicinal Plant related Projects
- For Kerala State Council for Science and Technology and Environmental Sciences

OVERSEAS ENGAGEMENTS

1994

- Visited China on an invitation from Ministry of Public Health-People's, Republic of China to present a paper in III-International Conference on Ethno Pharmacology; spent 21 days observing Traditional places of Excellence in Health Care in Beijing.
- Visited HONGKONG-for 3 days visit to Universities working on Traditional Medicine.

1995

- Visited U.S.A. on invitation to give Lecture on Ayurveda at Columbia University, New York, Virginia University, Virginia and Maryland University, Baltimore.
- Visited Netherlands, Germany, Switzerland, Italy, France and U.K.
- Presented paper at International Conference at ANN's College at Oxford University on Traditional Medicine organized by Global Initiative for Traditional Systems of Health (GIFT to Health).

2000

- Visited Germany for Expo-2000, Exhibition at Hanover, representing Indian Government Pavilion, organized by Dept. of ISM & H, Government of India and conducted pulse diagnosis (Nadipariksha) as per Ayurvedic traditions.

2003

- Visited Rome-Italy, to deliver Lecture on Traditional Medicine with special reference to Ayurveda and its Global applications, organized by COE (Centro OrientamentoEducativo), Italy.

2005

- Attended an European Ayurveda Congress at Castrop-Rauxel, Germany and delivered a lecture on Globalization of Ayurveda
- Attended as a resource person for a conference on 'A Perspective & Approach of Ayurveda' organized by Kerala Ayurveda GmbH.
- Visited Nairobi, Kenya in December to attend 'Methodology Workshop on Medicinal Plants and Traditional Medicine' organized by IDRC (Intl Dev. Research Centre)

2008

- Visited Rosenberg GmbH, Birstein, Germany to attend 11thAyurveda Symposium and presented a paper on 'Panchakarma as prevention against heart diseases and hypertension.'

2009

- Visited Myanmar during the month of March 2009 to attend a Regional meeting on the use of Herbal Medicines in Primary Health Care, as a Temporary Adviser to the Regional Director, WHO.
- Visited Italy, Germany and Austria to attend the 1st International congress on Ayurveda during the month of March.
- Visited Germany to attend 11th International Ayurveda Symposium during the month of September.

2010

- Visited China to attend a Joint Conference on TCM-Ayurveda organized by Hindustan Unilever Ltd. during the month of May 2010.
- Visited Rosenberg GmbH, Birstein, Germany to attend 12th Ayurveda Symposium and presented a paper on Psychiatry/Psychology in Ayurveda.
- Visited Italy for attending Terra Madre 2010 in Turin, set up by the Italian Ministry Agriculture and 'Slow Food International'
- Visited Kathmandu and presented a paper on Medicinal Plants Quality Standards (physical and chemical): Developing Tools to Strengthen Market linkages between suppliers and buyers sponsored by ICIMOD

2011

- Visited France for exploring collaboration possibilities with L'Oreal

2012-13

- Visited Germany for the 14th International Ayurveda Symposium in Birstein organised by the European Academy of Ayurveda in 2012.
- Visited McGill University, Montreal, Canada for pursuing International Masters in Health Leadership – five visits of two weeks each during 2012-13.

2015

- Visited Florida, USA to attend International Symposium on inflammation and Health as a speaker

2016

- Visited Malaysia to attend the Fourth Evidence based seminar on traditional and complementary medicine in May.
- Attended 3rd International Congress on Ayurveda at Milan, Italy in September.
- Attended conference 'Ayurveda Approach to Cancer' organised by Nanhua University, Taiwan

2017

- Visited Kuala Lumpur in April on an invitation by Malaysian Medical Association and presented a paper on "Different Models of Integrative medicine and need for a traditional based integrative approach".
- Visited Singapore in June on being invited for the 2nd International Ayurveda Conference organised by High Commission of India in Association with Ministry of Ayush & Ayurveda Practitioners Association, Singapore and made a presentation on "Importance of Ayurveda Eugenics to Geriatrics".

- Visited Bali, Indonesia from 15th to 19th August for the 'Grand Ceremony of Asia Pacific Mass Yoga Session and Living Science' and made a presentation on "Indian Ayurveda medicine – Detoxification and Rejuvenation".
- Visited Toronto to attend conference on Ayurveda and Environmental Health organised by Ayurveda Association of Canada

2018

- Visited Toronto (Canada) on an invitation for a 2 day conference (21st & 22nd October on Ayurveda and Health Environment as a Keynote Speaker and made a presentation on "Ayurveda – Dual Benefits of Wellness and Disease Management".
- Visited Singapore to attend The fourth international conference on traditional Indian medicine as a speaker organised by the High Commission of India in Singapore and Association of Ayurveda, Singapore.
- Visited Malaysia and established an Ayurveda Healthcare Centre in Penang as a joint venture between Ramaiah Group and Sunshine Group.