



Dr. Abdur Rahaman

B.A.M.S., MD(Ayu)

Experience

- Currently working as Assistant Professor, Department of Dravyaguna Vigyan (Materia Medica & Pharmacology), Aligarh Ayurvedic Medical College & ACN Hospital, Aligarh, Uttar Pradesh
- Previously worked as a Senior House Surgeon, Department of Shalya Tantra (General Surgery including Ksharsutra) & Atyaika Chikitsa (Emergency Management) at J.B.Roy State Ayurvedic Medical College & Hospital, Kolkata, Govt. of West Bengal
- Worked as a Junior House Surgeon, Department of Shalya Tantra (General Surgery including Ksharsutra) & Atyaika Chikitsa (Emergency Management) at J.B.Roy State Ayurvedic Medical College & Hospital, Kolkata, Govt. of West Bengal
- Worked as a Chief Ayurvedic Consultant at Arogya Niketan Clinic & Vedic Care Clinic, Kolkata, West Bengal



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Education

- B.A.M.S.(Ayurvedacharya), 2015 from J.B.Roy State Ayurvedic Medical College & Hospital, Kolkata under W.B.U.H.S., Govt. of West Bengal
- MD AYURVEDA (Ayurveda Vachaspati) in DRAVYAGUNA (Materia Medica & Pharmacology), 2021 from Institute of Post Graduate Ayurvedic Education & Research, Kolkata under W.B.U.H.S., Govt. of West Bengal



Dissertation Topic

“Comparative assessment of the Rasayan Guna Karma and safety profile of hydroalcoholic extract of Toxic medicinal plants by using the Antioxidant and Chronic toxicity studies”

Presentation/Seminar/CME

- 3 days International Seminar on **“Promotion, Prevention and Pacification: Ayurvedic Landscape”** organized by Centenary Celebration Committee of J.B.Roy State Ayurvedic Medical College & Hospital, held during February 9-11, 2016
- 2 days International Symposium on **“Yoga, Ayurveda & Other Streams of AYUSH”** organized by Shree Satyananda Mahapeeth, Jadavpur, Kolkata in collaboration with West Bengal Council of Yoga and Naturopathy & Paschim Banga Ayurved Parishad on 7th & 8th March, 2020
- Poster presentation on **“Safety And Efficacy Of Poisonous Ayurvedic Plants After Traditional Purification (Shodhan)”** at International Symposium in SOHAM 2020, Kolkata, West Bengal
- Webinar on **“Awareness Programme on Pharmacovigilance”** organized by IPvC, ITRA-Jamnagar, Ministry of AYUSH, Govt. of India on 25th January, 2021
- Completed the training programme on **“Ayurvedic Doctors on Modern Medicine (Limited)”** organized by Department of Pharmacology, NRS Medical college, Dept. of Health & Family welfare, Govt. of West Bengal

Publications in Journal/Magazine

In Journal-

- Rahaman et al., **A comprehensive review and aoushadhi prayog of *Acacia catechu* WILD. W.S.R. to Nighantus**, World Journal of Pharmaceutical Research, Vol 11, Issue 6, 2022, 416-428
- Abdur Rahaman*, Tanzil Ansari, Trisha Talapatra, **Role of Bhesaja and Shalya Chikitsa in Arsha Roga W.S.R. to Haemorrhoids**, World Journal of Advance Research and Reviews, 2022, 14(02), 068-075
- Rahaman et al., **Asthisamhari (*Cissus quadrangularis* Linn.), a Medicinal Plant in Ayurveda and Modern perspective: A comprehensive review**, International Journal of Pharmaceutical Research and Application, Vol 7, Issue 3, 2022, pp: 29-37
- Rahaman et al., **A comprehensive review of Haritaki (*Terminalia Chebula* RETZ.) and Ritu Haritaki W.S.R. to Ayurveda and Modern Pharmacological perspective**, International Journal of Pharmaceutical Research and Application, Vol 7, Issue 3, 2022, pp: 45-52
- Rahaman et al., **Cutch Tree: A brief Review on Ayurveda and Modern Pharmacological properties**, Journal of Research in Pharmaceutical Science, Vol 8, Issue 4(2022), pp: 06-13
- Rahaman et al., **A comprehensive review of Ayurvedic Management of Arsha Roga W.S.R. to Haemorrhoids**, Journal of Medical and Dental Science Research, Vol 9, Issue 4 (2022), pp: 80-84
- Dr.Abdur Rahaman², Dr.Ushasi Ghosh Chaudhury^{1*}, Dr.Poonam Chhabra³, **A Comprehensive Review and Standardization of Talisapatra W.S.R. to Bhrihatrayee and Nighantus**, World Journal of Pharmaceutical Research, Vol 11, Issue 6, 569-579

In Magazine-

Regular writer of most famous & leading Bengali Health Magazine **“Sarir o Sasthya”** published by **Bartaman Patrika**. He wrote various health issues and topics related to

Ayurveda for this magazine. These are-

- **Amalaki- Benefits and how to consume-** Sarir o Sasthya, 15th January, 2021
- **Benefits of vegetables of summer season-** Sarir o Sasthya, 15th April, 2021
- **Does consumption of Bitter food helpful in Diabetes?** -Saptahik Bartaman, 25th September, 2021
- **Which fruits are best for winter season?** – Sarir o Sasthya, 15th December, 2021
- **Benefits of Tikta Rasa- as per the Ayurveda & Modern science perspective** – Saptahik Bartaman, 5th March, 2022
- **Nutritional value of flowers** - Sarir o Sasthya, 15th April, 2022
- **Glimpse of Glory: A brief case history** - Dr.Abdur Rahaman, Dr.Abhimanyu Poddar, Dr.Kawsar Haque Mondal & Dr.Srinkanta Pandit, Souvenir of 102nd Foundation Day and 46th Reunion, 2016, J.B.Roy State Ayurvedic Medical College & Hospital, Govt. of West Bengal
- **Immunity- Advance self-care through Ayurveda-** Dr.Abdur Rahaman, Nishan Magazine, December, 2021

Recognition of excellence

- He is recognized for Unique ayurvedic treatment skills for a chronic disease in various Leading Bengali News Paper like- **Dainik Sangbad** on 22nd November, 2016 & **Ekdin Patrika** on 12th November, 2016
- He was also appeared on **TV9 Bangla** for his excellence on Dravyaguna Vigyan & demonstrated various endangered Plants in Herbal Garden, Eco Park, Kolkata on 14th January, 2021