



# Dr.Md Tanzil Ansari

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

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### Experience

- Currently working as Assistant Professor, Department of Kayachikitsa (General Medicine), Aligarh Ayurvedic Medical College & ACN Hospital, Aligarh, Uttar Pradesh
- Previously worked as a Junior House Physician, Department of Kayachikitsa (General Medicine) & Atyaika Chikitsa (Emergency Management) at J.B.Roy State Ayurvedic Medical College & Hospital, Kolkata, Govt. of West Bengal

### Education

- B.A.M.S.(Ayurvedacharya), 2018 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 Kayachikitsa (General Medicine), 2021 from Institute of Post Graduate Ayurvedic Education & Research, Kolkata under W.B.U.H.S., Govt. of West Bengal

### Title Of M.D. Dissertation:

**A COMPARATIVE CLINICAL STUDY OF TRIKARSHIKA KWATHA WITH AND WITHOUT LIFESTYLE MODIFICATION IN THE MANAGEMENT OF VATARAKTA WITH SPECIAL REFERENCE TO HYPERURICAEMIA**

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### Academic Excellence:

- Madhyamik (Class - X) topper of the school.
- Higher Secondary (Class - XII) topper of the school.
- Got 2<sup>nd</sup> rank in 2<sup>nd</sup> & 4<sup>th</sup> Prof. B.A.M.S. Examinations.
- Got 1<sup>st</sup> rank in M.D. Part-I & Part-II Examinations.
- Got distinction marks in different subjects like Dravyaguna Vigyana, Charaka Samhita (Purvardh), Roga Vigyana Evam Vikriti Vigyana, Kaumarbhritya and Shalya Tantra during B.A.M.S.

### Publications:

- Geriatric Health Care through Rasayana: A Review, IRJAY, November:2020, Vol-3, Issue-11; 162-171.
- Management of Vicharchika (Lichen Simplex Chronicus) By Shamana Chikitsa: A Case Study, IJAPR. 2020; 8(12):21-24.
- Ayurvedic Management of Prediabetes: A Case Study, WJPR. 2021; 10(2):1200-1208.
- Role of Ayurveda in the Management of COVID-19: A Review, IJAPC. 2021; 14(2):182-188.
- A Review on the Significance of Nitya Virechana in the Management of Jalodara (Ascites), IJAPR. 2021; 9(2):61-64.
- A Comparative Clinical Study of Trikarshika Kwatha with and without Lifestyle Modification in the Management of Vatarakta with special reference to Hyperuricaemia, IJAPR. 2021; 9 (Supp 1):10-19.
- Role of Vyadhikshamatwa (Immunity) in the Prevention of Aupasargik Rogas (Communicable Disease), IRJAY, December:2020, Vol-3, Issue-12; 134-141.
- Anidra and its Management through Ayurveda: A Review, IRJAY, February:2021, Vol-4, Issue-2; 80-86.
- Manas (Mind) and Manovikara (Mental Disorder) in Ayurveda: A Review, IJAPR. 2021; 9(1):71-76.
- Role of Bhesaja and Shalya Chikitsa in Arsha Roga W.S.R. to Haemorrhoids, WJARR. 2022; 14(02): 68-75

### Presentation:

- 1 Poster Presentation on “Management of Kesha patana (Hair fall): An Ayurvedic Literature Review” at International Symposium

### Seminars / Workshops Attended:

- 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 National Seminar on “**Caraka Samhita: Its Clinical Applications**” organized by the Asiatic Society on 21<sup>st</sup> & 22<sup>nd</sup> March, 2016.

- 2 days National Workshop on “**Marma Chikitsa**” organized by PG Department of Shalya Tantra, National Institute of Ayurveda (Ministry of AYUSH, Govt. of India), Jaipur, held on 30<sup>th</sup> & 31<sup>st</sup> August, 2019.
- 2 days International Symposium on “**Yoga Ayurveda & Other Streams of AYUSH**” organized by Shree Satyananda Mahapeeth, Jadavpur, Kolkata, W.B. in collaboration with West Bengal Council of Yoga and Naturopathy, Paschim Banga Ayurveda Parishad on 7<sup>th</sup> & 8<sup>th</sup> March, 2020.
- Webinar on “**Pharmacovigilance Awareness Programme for ASU&H drugs**” organized by IPvC, ITRA, Jamnagar on 25<sup>th</sup> January, 2021.
- Attend monthly Webinar CME organised by Pashchim Banga Ayurved Chikitsak Samity.

### Awards:

- Received **Medal and Certificate of Appreciation** by the college for obtaining the distinction marks in Dravyaguna Vigyana and Charaka Samhita (Purvardh) in 2<sup>nd</sup> Prof. B.A.M.S. Examination.
- Received **Gold Medal and Certificate of Appreciation** from **Indian Pharmacological Society, West Bengal Branch** for securing highest marks in “Dravyaguna – Ayurvedic Pharmacology” under WBUHS in 2014.
- Received “**Dabur Ayurvedha Annual Ayurveda Scholarship**” for holding 2<sup>nd</sup> rank in 2<sup>nd</sup> Prof. B.A.M.S. Examination.
- Received “**Dabur Ayurvedha Annual Ayurveda Scholarship**” as Dravyaguna Topper.
- Received **Medal and Certificate of Appreciation** by the college for obtaining the distinction marks in Roga Vigyana Evam Vikriti Vigyana and Kaumarbhritya in 3<sup>rd</sup> Prof. B.A.M.S. Examination.