

Prof. Vaidya. Dr. Shekhar V. Annambhotla

BAMS, MDAYURVED, LMT, ERYT, RMAS, FAMAS, BCIM, CPH, CRH

Registered Master Ayurvedic Specialist - # RMAS1001-03

Licensed Massage Therapist, Lic. # MSG000392

NCBTMB Continuing Education Provider # 451878-12

Experienced Registered Yoga Teacher - # 13423

Board Certified Integrative Medicine # 1245

Certified Pranic Healer

Certified Reiki Healer

Ayurveda Wellness Center – Ojas LLC

567 Thomas Street, Coopersburg, PA 18036, USA

Phones: 484.347.6110 (Mobile)

E-mail:

doctorshekhar@gmail.com

contact@aapna.org

contactiuya@gmail.com

Websites:

Ayurveda Wellness Center - www.ojas.us

Association of Ayurvedic Professionals of North America, www.aapna.org

Global Ayurveda Conferences, LLC www.globalayurvedaconferences.com

International University of Yoga and Ayurveda, Inc. www.iu-ya.org

Dosha Botanicals, LLC – www.doshabotanicals.com



Founding Director & President

- Association of Ayurvedic Professionals of North America (AAPNA), Pennsylvania, USA
- Ojas, LLC – Ayurveda Wellness Center, Pennsylvania, USA
- GAC, LLC – Global Ayurveda Conferences, LLC, Pennsylvania, USA
- Dosha Botanicals, LLC, Pennsylvania, USA
- International University of Yoga and Ayurveda, Inc. (Founding Co-Director), Florida, USA
- International Institute of Integrative Medicine (IIIM), Tangutur, Andhra Pradesh, India

Vice President

- American Hindu World Services, Inc. (AHWS), Maryland, USA
- International Association of Integrative Medicine (IAIM), Lucknow, India

Former Board of Director & Election Committee Chair & Membership & Standards Committee Member

- National Ayurvedic Medical Association (NAMA), CA, USA (August 2005-April 2010)

Faculty Member:

- International University of Yoga and Ayurveda, FL
- Amrit Yoga Institute, FL
- Mount Madonna College of Ayurveda, CA
- Canyon Ranch, Lenox, MA
- Seva Dharma Institute of Ayurveda, Miami, FL
- Kerala Ayurveda Academy, Seattle, WA
- Kripalu School of Ayurveda, Lenox, MA
- New World Ayurveda, ME
- Greens Ayur Center, Azhiyur, Kerala, India
- Vidya Institute of Ayurveda, Halifax, NS, Canada

Advisor:

- AYU, International Journal, Gujarat Ayurved University, India
- Yoga Sadhna, LLC, IL, USA
- International Wellness Professionals Association, FL, USA

External Moderator:

- Australasian Institute of Ayurvedic Studies, Auckland, New Zealand

Editorial Board:

- Editor-in-Chief, Journal of Homeopathy & Ayurvedic Medicine, Lifesciences Journals: OMICS Group, CA, USA
- Ayurveda Journal of Health, MA, USA

Registration:

- Experienced Registered Yoga Teacher – 500 Level, Yoga Alliance, VA, USA
- Registered Ayurvedic Specialist (RAS), Association of Ayurvedic Professionals of North America (AAPNA), PA, USA
- Member, International Association of Yoga Therapists, USA

Professional Member:

- Association of Ayurvedic Professionals of North America (AAPNA), PA, USA
- National Ayurvedic Medical Association (NAMA), CA, USA
- American Massage Therapists Association (AMTA), IL, USA
- American Association of Integrative Medicine, MO, USA
- American Alternative Medical Association (AAMA) TX, USA
- American Association of Drugless Practitioners (AADP) TX, USA
- American Holistic Health Association (AHHA), CA, USA

Lions Club International Member

PROFESSIONAL SUMMARY

7/2002 - Present	Ojas, LLC (Ojas Ayurveda Yoga Wellness Center), Coopersburg, PA, USA <i>Founder & Director</i>
5/2003 - Present	Association of Ayurvedic Professionals of North America (AAPNA), USA <i>Founding Director & President</i>
1/2014 – Present	Global Ayurveda Conferences, LLC, Pennsylvania, USA <i>Founder & Director</i>
1/2016 – Present	Dosha Botanicals, LLC, Pennsylvania, USA <i>Founder & Director</i>
6/2008 - Present	International Institute of Integrative Medicine (I3M), <i>Tangutur, Prakasam District, Andhra Pradesh, India</i> <i>Founder & Medical director</i>
10/2007- Present	Ayurveda Health Journal <i>Editorial Board, MA, USA</i>
5/2007 – Present	American School of Traditional Ayurveda (ASTA), PA, USA <i>Founder & Director, Allentown, PA, USA</i>
1/2005 – Present	Kripalu School of Ayurveda, Lenox, MA, USA <i>Faculty Member</i>
1/2007 – Present	Mount Madonna Institute: College of Ayurveda, Watsonville, CA, USA <i>Faculty Member</i>
8/2005 – 4/2010	National Ayurvedic Medical Association (NAMA), CA, USA <i>Board of Director</i>
4/2007 – 7/2008	Dosha Botanicals, Riverdale, NJ, USA <i>Co-director & Principal Formula Developer of the</i> <i>Three day cleanse for Optimum Health, a complete cleansing kit</i>
8/2007 – 7/2008	AyurVideo Productions, LLC, Riverdale, NJ, USA

8/2007 – 4/2009 *Co-director*
 Sai Ayurvedic School of Miami, FL, USA
Faculty Member

7/2003 – 5/2006 Ayurvedic Academy, Seattle, WA. USA
Adjunct Faculty Member

EXPERIENCE

- 30 years teaching, consulting, and research in the field of Ayurvedic Medicine
- 5 years study B.A.M.S. degree (Bachelor of Ayurvedic Medicine & Surgery), Nagarjuna University, India
- 3 years post-graduation training (M.D., Ayurved), Gujarat Ayurved University, India

EDUCATION

- MDAYURVED 1991
 - Gujarat Ayurved University, Jamnagar, Gujarat, India
 - *Specialization: Kayachikitsa (Internal Medicine)*
 - *Dissertation: Clinical study of Devadaru Compound (herbal food supplement) in Tamak Swasa (Bronchial Asthma)*
- BAMS (Bachelor of Ayurvedic Medicine & Surgery), 1988
 - Nagarjuna University, Andhra Pradesh, India

COMPLEMENTARY TRAINING

11/2015 Continuing Education - Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode District, Kerala State, India

2/2013 Continuing Education - Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode District, Kerala State, India

7/2013 Usui Shiki Ryoho – Reiki Method of Natural Healing Level 1 Certification, Ayurveda Wellness Center, Coopersburg, PA, USA

3/2007 Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode District, Kerala State, India

12/2006 Integrative bodywork and massage training Phase I (100 hours) Lehigh Valley Healing Arts Academy, Emmaus, PA

10/2006 Integrative bodywork and massage training Phase II (100 hours) Lehigh Valley Healing Arts Academy, Emmaus, PA, USA

8/2006 *Phoenix Rising Yoga Therapy – Stress to Bliss training, Allentown, PA, USA*

3/2004 *Registered Yoga Teacher (RYT – 500)*
 Yoga Alliance, 122 W. Lancaster Ave. Suite 204, Reading, PA 19607, USA

6/2003 *Art of Living Course 1*
 Art of Living Foundation, founded by Sri Sri Ravi Shankar

8/2001 *Yoga Instructors' Certificate Course (YICC)*
 Swami Vivekananda Yoga Anusandhana Samsthana, Indian Institute of Yoga, Bangalore, India

3/2001 *Advanced Pranic Healing & Pranic Psychotherapy Course, All India Pranic Healing Foundations Trust, Chennai, India*

CERTIFICATIONS

- Fellow of American Master Ayurvedic Specialist (FAMAS) – Association of Ayurvedic Professionals of North America (AAPNA) – Registration # FAAS 1001-13, PA, USA
- Registered Master Ayurvedic Specialist (RMAS) – Association of Ayurvedic Professionals of North America (AAPNA) – Registration # RAS1001-03, PA, USA
- Continuing Education Provider – Association of Ayurvedic Professionals of North America (AAPNA) Registration # CAE1001-03, PA, USA
- Continuing Education Provider – Ojas, LLC – Ayurveda Wellness Center – National Council of Bodywork and Therapeutic Massage Board (NCBTMB) – Registration # 451878-12, IL, USA
- Board Certified in Integrative Medicine (BCIM) from The American Association of Integrative Medicine (AAIM), Identification # 1245, MO, USA
- Experienced Registered Yoga Teacher (ERYT) – 500 hours, Registration # 13423, Yoga Alliance, Clinton, MD, USA
- Kripalu Yoga Teachers Association (KYTA), Registration # 5757, Lenox, MA, USA
- AADP (American Association of Drugless Practitioners), Certificate # 66032409, USA
- AAMA (American Alternative Medical Association), Certificate # 37572409, USA, 2004
- The Andhra Board of Ayurveda, Certificate # 19898, India, 1988
- The Gujarat Board of Ayurvedic and Unani Systems of Medicine, Certificate # G.B. I-10993, India, 1991

PROFESSIONAL MEMBERSHIPS

- **AAIM** (American Association of Integrative Medicine), # 1245, MO, USA 2010
- **AMTA** (American Massage Therapy Association) # 196173, IL, USA 2006
- **NAMA** (National Ayurvedic Medical Association), CA, USA, 2002
- **AAPNA** (Association of Ayurvedic Professionals of North America), # RAS1001-03, PA, USA, 2003
- **AHHA** (American Holistic Health Association), CA, USA, 2003

CONTINUING EDUCATION

August 4 – 6, 2017	Ayurvedic Home Remedies Conference, Atlanta, GA, USA – 15.0 CE hours
Apr 28 – 30, 2017	Ayurveda & Psychology Conference, Iowa, USA – 20.0 CE hours
Mar 10-12, 2017	Panchanga Veda Conference, California, USA – 16.0 CE hours
Dec 8, 2016	CPR – Adult and Child Certification
Sep 19, 2016	Ethics and Standards V – Roles and Boundaries in Massage Therapy 6 CE Hours and Pathology of Chronic Conditions for Massage Therapists – 2 CE Hours with Elite Continuing Education, (online), Ormond Beach, Florida
Sep 19, 2016	Massage Therapy for Sports Injuries 2 CE Hours with Elite Continuing Education, (online), Ormond Beach, Florida
Sep 19, 2016	Ethics 4 CE Hours with Elite Continuing Education, (online), Ormond Beach, Florida

Sep 19, 2016	Child Abuse Recognition and Reporting Pennsylvania, 2 CE Hours with Elite Continuing Education, (online), Ormond Beach, Florida
Sep 9-11, 2016	18 th International Conference on “Ayurveda: Herbs & Minerals” 16.0 CE, September 9 – 11, 2016, Bastyr University, Seattle, WA, USA
May 17, 2016	Integrated Energy Healing Workshop. 8 CE hours, Coopersburg, PA, USA
May 13 – 15, 2016	Ayurveda: Food & Nutrition, 22.5 CE hours, Pittsburgh, PA, USA
Oct 9 – 11, 2015	Ayurveda & Autoimmune Disorders, CE 16.5 hours, San Jose, CA, USA
Jan 31 & Feb 1, 2015	Ayurveda Psychology CE for Massage Therapy Feb 2015, Miami, FL, USA
Dec 10, 2014	Ethics & Standards 6.0 CE hours and Pathology and Care for Special Population Massage Therapists – 2.0 CE hours from Elite Continuing Education (Online Course)
Dec 3, 2014	Adult & Pediatric First Aid/CPR/AED – PA Institute of Massage Therapy, The American Red Cross Recognizes valid until December 2, 2016, Quakertown, PA, USA
Oct 1, 2014	Energy Healing Science – BeWell Science Basic Course – CE, Pennsylvania, USA – October 2014
Apr 29, 2014	The Habits of Happy People – CE – Pennsylvania, USA - April 2014
Jul 13, 2013	Reiki Method of Natural Healing Level 1 Certification (8 CE hours) provided by Neeraj Lal, Coopersburg, PA, USA
Dec 5, 2012	Ethics & Standards 6 CE hours and Pathology and Chronic Conditions for Massage Therapists – 2 CE hours from Elite Continuing Education (Online Course)
Nov 20, 2012	Adult CPR completed from PA Institute of Massage Therapy approved American Red Cross on 11/20/2012 and valid until 11/20/2014
May 21, 2012	How The Brain Forms New Habits: Why Will power Is Not Enough – Brian E. King, PhD, Allentown, PA, USA
Mar 23 & 24, 2012	Fibromyalgia – “Demystifying the Unexplained Disorder” – 12 continuing education hours provided by Nancy M. Porambo, MS, CNMT, LMT (PA1), NCBTMB approved provider, Jim Thorpe, PA, USA
Nov 20, 2012	Adult CPR – PA Institute of Massage Therapy, The American Red Cross Recognizes valid until Nov 20, 2014, Quakertown, PA, USA
Nov 20, 2011	Marma Therapy – 12 continuing education hours provided by Vijay Jain, MD, Medical Director, Amrit Yoga, FL, USA

INTERNATIONAL & NATIONAL CONFERENCES

Nov 11, 2017	Paper presentation on “ Ayurveda an emerging healing science in the West” at 23 rd International Conference “Ayurveda for Health & Wellness” in London, UK
Aug 6, 2017	Paper presentation on “Ayurvedic Dental Care and Home Remedies” Hindu Temple of Atlanta, GA, USA
Apr 30, 2017	Paper presented on “Autism Spectrum Disorders and Ayurvedic Management” at Maharishi University of Management, Fairfield, Iowa, USA
Mar 12, 2017	Paper presented on “Panchakarma Therapies” at Panchanga Veda” Conference at Mount Madonna College of Ayurveda, CA, USA

- Sep 10, 2016 Paper presented on “Anti-inflammatory herbs in ayurvedic clinical practice” at 18th International Conference on “Ayurveda: Herbs & Minerals” September 9 – 11, 2016, Bastyr University, Seattle, WA, USA
- May 15, 2016 Paper presented on “Importance of Pathya (Suitability) and Apathya (Unsuitability) of foods at 17th International Conference on “Ayurveda: Food & Nutrition, May 13-15, 2016, Indian Community Center, Pittsburgh, Pennsylvania, USA
- Nov 27-29, 2015 Paper presented on “Shalakyia practice in North America” at 1st International and 9th National Conference on “Shalakyia Manthan” Belagavi, Karnataka, India
- Oct 9 – 11, 2015 Paper presented on “Panchakarma in Autoimmune Disorders” at 15th International Conference on “Ayurveda & Autoimmune Disorders” Biltmore Hotel and Suites, Santa Clara, CA, USA
- Nov 9 – 11, 2013 Paper presented on “Nutrition in Ayurveda” 2nd International Congress on Complementary and Alternative Medicine, Medellin, Colombia, South America.
- Jan 7 & 8, 2012 Presented “Importance of Music Therapy in Healing: at IIIrd National Seminar on Music Therapy, Mumbai, India
- Jan 5-8, 2012 Paper presented on “Ayurveda in the West” at World Ayurveda Congress, Pune, Maharastra, India
- Sep 21-24, 2006 Paper presented on “Vata Disorders: at 4th National Ayurvedic Medical Association (NAMA) conference in New York, USA
- March 8-19, 1991 Paper presented on “Clinical study of Devadaru Compound in Tamak Shwas” at Golden Jubilee Celebrations of Podar Ayurvedic Medical College, Mumbai, India
- Mar 5 – 7, 1991 Participated in Platinum Jubilee Celebrations on Recent Developments in Kaya Chikitsa at Banaras Hindu University, Banaras, India
- Mar 24 – 27, 1989 Workshop on Research Methods of PG students of Indian Medicine, Pune, Maharastra, India

ACADEMIC APPOINTMENTS & CLINICAL PRACTICE

Ojas, LLC (www.ojas.us), Coopersburg, Pennsylvania

7/2002 – Present

Director

Founded Ojas, LLC to share the wisdom of Ayurvedic healing in North America. Activities include educating clients through classes, workshops and one-on-one personal consultations in various aspects of Ayurveda, such as Ayurvedic diet, nutrition and cooking, Ayurvedic dietary supplementation, pulse technique, breathing exercises, meditation, yoga exercises, and gentle home detoxification procedures.

Global Ayurveda Conferences, LLC (www.GlobalAyurvedaConferences.com)

Pennsylvania

1/2014 – Present

Director

Founded Ojas, LLC to share the wisdom of Ayurvedic healing in North America. Activities include educating clients through classes, workshops and one-on-one personal consultations in various aspects of Ayurveda, such as Ayurvedic diet, nutrition and cooking, Ayurvedic dietary supplementation, pulse technique, breathing exercises, meditation, yoga exercises, and gentle home detoxification procedures.

Kripalu Healing Arts, Lenox, MA **4/2004 –3/2006**

Panchakarma Advisor & Consultant

Oversee the Panchakarma program, including client intake evaluations and follow-up consultations, determining and planning each client's Panchakarma requirements, educational lectures for clients, cooking demonstrations, menu planning for individual clients' needs, on-site client support 24 hours/day.

Kripalu School of Ayurveda, Lenox, MA **1/2005 – 3/2006**

Faculty Member

Courses taught to date include: Ayurvedic Anatomy & Physiology, Ayurvedic Disease Etiology & Pathology, Digestion & Nutrition, and Ayurvedic Herbology.

Maharishi Vedic University, Vlodrop, Netherlands **11/1994 – 12/2000**

International Ayurveda Consultant

Traveled extensively worldwide to teach classes, deliver lectures and offer consultations on Ayurveda and Yoga for health professionals and for the general public. Gave several newspaper, radio and television interviews.

NKJ Ayurveda Medical College, Bidar, Karnataka, India **1/1992 – 9/1994**

Lecturer

Taught History of Ayurvedic Medicine, Ayurvedic Pharmacology & Herbology to B.A.M.S. students

Private Practice, Bidar, Karnataka, India **1/1992 – 9/1994**

Ayurvedic Physician

Offered Ayurvedic wellness consultations, Panchakarma, and Rejuvenation programs.

PUBLICATIONS

- “*Panchakarma Diet and Regimen*,” Shekhar Annambhotla. Light on Ayurveda Journal of Health: Vol. III, Issue 1, Fall 2004
- “*Insights on Guggulu*,” Dr. Shekhar Annambhotla. National Ayurvedic Medical Association (NAMA) Vol. 1, Issue No. 4, Fall 2003
- *An experimental and clinical evaluation of anti-asthmatic potentialities of Devadaru compound* (DC). Sekhar AV, Gandhi DN, Rao NM, Rawal UD. Ayurvedic Medical College, Bidar-585 403. Indian J Physiol Pharmacol. 2003 Jan; 47(1):101-7

BOOK REVIEWS

- Hari Sharma and Christopher Clark: *Contemporary Ayurveda: Medicine and Research in Maharishi Ayur-Veda*. (Reviewed in November 2003). Churchill Livingstone publication.
- Todd Caldecott / *Ayurveda: The Divine Secrets of Life*. (Reviewed in June 2003). Elsevier Publication.

ARTICLE REVIEWS

- Rationality behind Ayurvedic formulations & importance of the processing (July 2011)
Light on Ayurveda Journal

- Naturopathic and Yogic intervention in the Management of Coronary Artery Disease (June 2011). *Light on Ayurveda Journal*
- Honey: An Ancient Functional Food (March 2011) *Light on Ayurveda Journal*
- A Case of Severe Xerosis and Pruritus of the Legs (June 2010) *Light on Ayurveda Journal*
- Dreaming, Ayurveda and Consciousness (Jan 2010) *Light on Ayurveda Journal*
- Allergic to the Modern World—Multiple Chemical Sensitivities: A Case History (September 2009) *Light on Ayurveda Journal*
- Ghee- Ayurvedic Nectar (April 2009) *Light on Ayurveda Journal*
- Foot Massage (January 2009) *Light on Ayurveda Journal*
- Essentials of an Authentic Ayurvedic Spa (January 2009) *Light on Ayurveda Journal*
- Interstitial Cystitis (June 2008) *Light on Ayurveda Journal*
- Ancient Ayurveda (January 2008) *Light on Ayurveda Journal*
- It's a Miracle!": Ayurveda in Incurable Malignant Brain Tumour (November 2007) *Light on Ayurveda Journal*
- Ayurveda and Spa Industry (September 2007) *Light on Ayurveda Journal*

MEDIA INTERVIEWS

- "Ayurvedic Expert Connects Minds, Body, Spirit" *The News Press Cape Life South, Florida*, Sunday, September 23, 2007
- "Ayurveda for Natural Weight Loss" *The Daily Observer*, Kingston, Jamaica, March 30, 2005
- "Live healthy with Ayurveda", *The Daily Observer*, Kingston, Jamaica, March 23, 2005
- "Finding a healthy balance", *The Express-Times*, Pennsylvania, USA, October 9, 2003
- "Finger on the pulse", *Evening Gazette*, United Kingdom, November 26, 1999
- "Fingers on the pulse", *The Journal*, United Kingdom, November 25, 1999
- Television interview, *BBC Breakfast Television*, Great Britain, November 16, 1999
- "Mieux s'alimenter pour mieux se porter", *France Antilles-Le Quotidien D'information De La Guadeloupe*, Guadeloupe, August 1, 1996
- "Treating illness the Maharishi way", *Newsday*, Trinidad, July 15, 1996
- "Ministers must learn yogic flying", *Sunday Punch*, Trinidad, July 14, 1996
- "Helping the body heal itself", *Independent*, Trinidad, July 12, 1996
- "Finding a balance: Indian healers comes west on lecture tour", *Express*, Trinidad, July 8, 1996
- "Perfect health is possible", *Trinidad Guardian*, Trinidad, July 4, 1996
- "Indiai doktorunk", *Kurir*, Hungary, April 26, 1995

AWARDS:

- **Ayurveda Vishwa Karma Award** from Europe Ayurveda Academy, Ireland 2017
- **Dhanwantari Award** for Suraksha, Vijayawada, Andhra Pradesh, India 2016
- **Global Ambassador of Ayurveda** from Bharat Seva Sansthan, Lucknow, India 2016
- **MTC Global Award Excellence – 2015 – Outstanding Corporate Award: Healthcare and Community Service, Bangalore, India**
- **Ayurveda Wellness Center, Coopersburg Award 2015, Pennsylvania, USA**
- **Appreciation – Arth – Group of Companies**, Bangalore, India awarded in the hands of Sri Sri Ravishankar, Boone, North Carolina, USA July, 2014
- **Vishwa Ayurveda Ratna, Feb 15, 2014, Bharat Seva Sansthan, Lucknow, India**

- ***Ayurveda Khandantara Sthapanacharya*** Award by I-SERVE, Hyderabad, India on Feb 15, 2013
- ***International Ayurveda Pragati Award by Pragati Resorts, Hyderabad, India on Feb 16, 2013***
- ***Sursanjeevan Music Therapy Forum Award*** on IIIrd National Seminar On Music Therapy on January 7 & 8, 2012 in Mumbai, India
- ***Tathagat International Excellence Award 2011*** at 5th International Conference on Ayurved & Complementary Systems of Medicine, Dubai, Sep 22 & 23, 2011.