



Sandeep D Nair

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ABOUT ME

My ten years of experience as a Research Officer in the Department of Neurology and complementary Medicine, has helped me to develop an efficient complementary methodology in the treatment of Extrapyrimal Movement disorders like Parkinson's Disease, Multiple Sclerosis, MNDs, and other Neurodegenerative disorders.

I am working as a Research officer and Ayurvedic physician in the Department of Neurology and Complementary Medicine at Augusta-Kranken-Anstalt Hattingen, Germany since September 2011. I have worked with Univ. Prof. Dr. med. Przuntek and Dr.med Sandra Szymanski on various research projects such as the influence of Vasthi and Ayurveda diet on microbiomics and the influence of Nasya on hyposmia of Parkinson's disease patients.

At present i am engaged with clinical and non-clinical research works in motor and non motor symptoms of primary parkinsons syndrome like Dysarthrophonia, Hyposmia, REM sleep disorders, Freezing of Gait etc.

My main responsibilities include diagnosing and treating patients with extrapyramidal movement disorders and other neurodegenerative diseases using complementary methods, training neurologists, therapists, and nurses on complementary medicine, and conducting clinical trials, observational studies, and systematic reviews of various treatment approaches for Parkinson's disease.

I am a former assistant professor (Lecturer) of Panchakarma at MVR Ayurveda Medical College Kannur, Kerala. I did my BAMS and MD in Panchakarma at Government Ayurveda College Trivandrum, University of Kerala, my MSc in Neurorehabilitation Research at Danube University Krems, Austria, and specialization in Clinical Research and ICH GCP at Pharma Academy Leipzig, Germany. I am one of the board members of IFAD (Indian Professional Association of Ayurveda Germany) and Programme Committee chairman of European Ayurveda Congress.

Over these years, my life has enabled me to develop skills and qualities like Compassion, Work ethics, Professionalism, Confidence, Humility, Ability to work in a Team, and Interpersonal communication skills.

WORK EXPERIENCE

Research Associate, Department of Neurology and Complementary Medicine.

Evangelisches Krankenhaus, Augusta GmbH [01/09/2011 – Current]

City: Hattingen

Country: Germany

1. Diagnosis and treatment using complementary methods for patients with extrapyramidal movement disorders, mainly Parkinson's disease, Multiple sclerosis, MND and other Neurodegenerative diseases.
2. Plan and organize the treatments for In-Patients.
3. Provide training to neurologists, therapists, and nursing staff on complementary medicine.
4. Conduct clinical studies, observational studies, systematic reviews, and publish articles on different treatment approaches in Parkinson's disease.
5. Present research papers at international conferences.

Assistant Professor / Lecturer, Department of Panchakarma
MVR Ayurveda Medical College [01/04/2009 – 30/06/2011]

City: Kannur
Country: India

Medical Officer

Sivam Ayurvedic Hospital and Preeth Resort, Healing Veda Health solutions [15/10/2004 – 30/01/2006]

City: Thiruvananthapuram
Country: India

EDUCATION AND TRAINING

Clinical Research Specialist

Pharmaakademie [26/03/2021 – 08/05/2022]

Address: Gerberstraße 15, 04105 Leipzig (Germany)
<https://www.pharmaakademie.com/de/home>

ICH GCP Certification

Pharmaakademie [06/07/2021]

Address: Gerberstraße 15, 04105 Leipzig (Germany)
<https://www.pharmaakademie.com/de/home>

MSc Neurorehabilitation Forschung (Research)

Department of Clinical Neuroscience and Preventive Medicine, Danube University [16/10/2016 – 26/04/2019]

Address: Dr.-Karl-Dorrek-Str. 30 · , 3500 Krems an der Donau (Austria)
<https://www.donau-uni.ac.at/de/studium/neurorehabilitationsforschung.html>

Medical Neuroscience Certification

Duke University through Coursera [11/10/2018]

<https://www.coursera.org/account/accomplishments/verify/772Q9JDCFZNN>

Human Neuroanatomy Certification

University of Michigan through edX [10/09/2018]

<https://courses.edx.org/certificates/cfead9a8373241afab745fe05796eb0a>

Fellowship in Neurorehabilitation

Martin Luther Christian University [24/02/2017]

Address: (India)

Human Physiology Certification

Duke University through Coursera [25/11/2014]

<https://www.coursera.org/account/accomplishments/verify/8NQ78DRL75>

Clinical Neurology Certification

University of California San Fransisco through Coursera [27/03/2014]

<https://www.coursera.org/account/accomplishments/verify/DDB4VTJMMP>

MD (Doctor of Medicine) Ayurveda

Government Ayurveda College, University of Kerala [03/2006 – 03/2009]

Address: Thiruvananthapuram (India)

<https://www.govtayurvedacollegevm.nic.in/>

BAMS (Bachelor in Ayurveda Medicine and Surgery)

Government Ayurveda College, University of Kerala [11/1998 – 06/2003]

Address: Thiruvananthapuram (India)

<https://www.govtayurvedacollegevm.nic.in/>

Pre-Degree

Government College Madapally, Calicut University [06/1994 – 04/1996]

Address: Vadakara (India)

<https://madappallycollege.org/>

SSC (Secondary School Leaving Certificate).

SICES High School, Bombay Board. [06/1984 – 06/1994]

Address: Ambernath (India)

<https://sicesambarnath.in/>

LANGUAGE SKILLS

Mother tongue(s): **Malayalam**

Other language(s):

English

LISTENING C2 READING C2 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Hindi

LISTENING C1 READING C1 WRITING B2

SPOKEN PRODUCTION C1 SPOKEN INTERACTION B2

German

LISTENING C1 READING C1 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Sanskrit

LISTENING B2 READING B2

DIGITAL SKILLS

My Digital Skills

Microsoft Office / RevMan5 / Kinemaster Video Editor / Davinci Resolve Studio / IBM SPSS Statistics 20

Communicative Skills: Teamwork, Self-initiative, Reliability, Friendliness, Punctuality, Motivation

PUBLICATIONS

Need for Complementary approach in Parkinson's disease

[2021]

<http://medwinpublishers.com/JONAM/need-for-complementary-approach-in-primary-parkinsons-disease-future-healthcare-perspective.pdf>

A COMPLEMENTARY APPROACH ON OLFACTORY DYSFUNCTION IN PARKINSONS DISEASE-RETROSPECTIVE OBSERVATIONAL STUDY

[2020]

<https://doi.org/10.47070/ijapr.v8iSupply1.1644>

Weg zur Heilung

[2020]

<https://www.top-magazin.de/ruhr/2020/01/31/ayurveda-ein-weg-zur-heilung/>

An article on Department of Neurology and Complementary Medicine.

Ayurveda goes global

[2020]

<https://www.ayurvedamagazine.org/>

EFFICACY OF HIGH FREQUENCY R-TMS ON FREEZING OF GAIT IN PARKINSON'S DISEASE SYSTEMATIC REVIEW.

[2019]

MSc Master Thesis: Department of Clinical Neuroscience and Preventive Medicine, Danube University.

Analysis of Panchamaha Bhutha Theory

[2014]

https://issuu.com/ayurveda.magazine/docs/ayurveda_atm-2014_web