

## Current Appointments

- Working as Research scholar for Ayurveda medicine under the Chair of Complementary and Integrative medicine, Kliniken Essen-Mitte, University Duisburg-Essen, Am Deimelsberg 34a, 45276 Essen, Germany from 15.05.2008
- Working as Ayurveda doctor in the department of Traditional Indian Medicine-Ayurveda, Institute for Complementary and Traditional Chinese and Indian medicine, Kliniken Essen-Mitte, University Duisburg-Essen, Am Deimelsberg 34a, 45276 Essen, Germany from 01.02.2009
- Teacher in charge for Ayurvedic education in integrative medicine for doctors at the Chair of Complementary and Integrative medicine, Kliniken Essen-Mitte, University Duisburg-Essen, Am Deimelsberg 34a, 45276 Essen, Germany from January 2009
- Secretary of the Ayurvedic doctors association "Akademische Fachgesellschaft Indische Medizin (AFGIM)", Kliniken Essen-Mitte, Am Deimelsberg 34a, 45276 Essen, Germany
- Member of the "German organization for Natural medicine"

## Qualifications

Doctor of Philosophy	<b>PhD</b> Effective Integration of Traditional Indian Medicine (TIM) – Ayurveda among general practitioners in Germany, Faculty of Interdisciplinary research and education Alpen-Adria-University Klagenfurt 2017
German medical qualification	<b>Heilpraktiker - HP</b> (alternative medical practitioner) Medical Board, Essen, Germany 2008
Postgraduate Qualification	<b>MD</b> Ayurveda (Doctor of Medicine) Kayachikitsa Rajiv Gandhi University for Health Sciences, Bangalore, India 2003
Ayurvedic Degree	<b>BAMS</b> (Bachelor of Ayurvedic Medicine & Surgery) Dr. MGR Medical University Chennai, India 1996

## **Experience in Germany**

- Working in Germany as an Ayurvedic doctor since 17 years. Pattern of work include Research in Ayurveda medicine, teaching, consultation, publication, seminars and talks, practicing Panchakarma treatments and other Ayurvedic classical treatments
- Conducting education in Ayurvedic medicine for Doctors and medical professionals
- Active participant in integrative medicine and Ayurvedic medicine seminars
- Work together with professors and doctors

## **Traditional Ayurvedic background**

- Born in a traditional Ayurvedic family from Kerala, India. My forefathers were Ayurvedic practitioners for five generations. His father is a famous Ayurvedic physician and is practicing still in his clinic.

## **Other Activities**

- Reviewer for journals:
  - Journal of Ethnopharmacology
  - Complementary Therapies in Clinical Practice
  - Journal Evid Based Complementary Altern Med.
  - Annals of Ayurvedic Medicine
  - Journal of Musculoskeletal Diseases in Ayurveda
- Member of DIG (Indian association) Essen, Germany
- Member of Badminton Club TVK Essen, Germany

## **Research**

- Effective Integration of Traditional Indian Medicine (TIM) – Ayurveda among general practitioners in Germany, Faculty of Interdisciplinary research and education, Alpen-Adria-Universität Klagenfurt, 2017
- Clinical research on “Effect of Ayurvedic herbal combination in IBS” at the University Duisburg-Essen under the Chair of Complementary and Integrative medicine. 2011

- Clinical research in the University Duisburg-Essen in Ayurveda medicine under the Chair of Complementary and Integrative medicine for Effect of Ayurvedic treatment in Chronic Low Back Pain. 2008
- Evaluation of Rasnapanchaka Guggulu in Sandhigata Vata (Osteo arthritis)  
Dissertation in partial fulfillment of the requirements for the award of degree of MD Kayachikitsa, Rajiv Gandhi University for Health Sciences, Bangalore, India 2001

## **Publications**

### ***Publication in Medical journals***

- Experience of practising Ayurveda in Germany, Ayurveda the expanding frontiers, Arya Vaidya Sala Kottakkal 2022, Page 58
- Behandlung des Fibromyalgiesyndroms mit Traditioneller Indischer Medizin (TIM) – Ayurveda, S Kumar, F Saha, Deutsche Zeitschrift für Akupunktur 2022 • 65 (1): 28–301-2022, Page 28
- Gewürze in der Traditionellen Indischen Medizin, Kumar S, Rampp T, Zaen Magazin, 9 Jahrgang 4/2017, 18 – 23 (German)
- Effectiveness of Ayurvedic Massage (Sahacharadi Taila) in Patients with Chronic Low Back Pain: A Randomized Controlled Trial. Kumar S, Rampp T, Kessler C, Jeitler M, Dobos GJ, Lüdtker R, Meier L3, Michalsen A. J Altern Complement Med. 2016 Oct
- The Significance of Ayurvedic Medicinal Plants, Kumar S, Dobos GJ, Rampp T. J Evid Based Complementary Altern Med. 2016; Sep
- Efficacy and safety of Ayurvedic herbs in diarrhoea-predominant irritable bowel syndrome: A randomised controlled crossover trial, Romy .Lauchea, S.Kumar, et al. Complementary Therapies in Medicine 26 (2016) 171–177
- Gesundes Älterwerden aus Sicht des Ayurveda - Alt werden wie ein Baum, Interview Kumar S von Altner N, KVC, 2016 (German)
- Lebensverlängerndes Phytotherapeutikum weiterhin gesucht, Zeitschrift für Komplementärmedizin S.Kumar, 2015; 6: 40–41 (German)

- Clinical Significance of Leech Therapy in Indian Medicine, Kumar S, Dobos GJ, Rampp T. J Evid Based Complementary Altern Med. 2012; Nov
- Aspekte der traditionellen indischen Medizin (Ayurveda) in der Urologie. Mani J, Kumar S, Dobos GJ, Haferkamp A, Der Urologe. 2012;51:1663-1673. (German)
- Traditional India medicine: Ayurveda, natural medicine and integrative medicine, Kliniken Essen-Mitte, Essen Germany, S.Kumar, G.Dobos, T.Rampp, Ancien science of life, Apr-Jun 2012, Page 209 -211
- Traditionelle Indische Medizin bei Typ-2-Diabetes, Zeitschrift für Komplementärmedizin 3. 2009 (German)
- Heilsame indische Küche, S.Kumar, S.Geisler, KVC Verlag Carstens-Stiftung, Jan 2015 (German)
- Traditionelle Indische Medizin, Ganzheitsmedizin, Jan 2014 (German)
- Ayurvedic science of food and nutrition, Concept of diet in Ayurveda and its implication to modern world, Springer, 2014
- The case for Ayurveda, Therapoid and Apotheker Journal (Holland), 5-2011
- Ayurvedic treatment methods for Osteo Arthritis, Syal Kumar, Thomas Rampp, Die Naturheilkunde, 3/ 2016, 24-28 (German)
- Management of Fybromyalgia symptom with Ayurveda, Syal Kumar, Thomas Rampp, Die Naturheilkunde, 3/ 2013, 40-44 (German)
- Indian spices and its therapeutic action, part 3, Syal Kumar, Thomas Rampp, Die Naturheilkunde, 2/ 2013, 32-35 (German)
- Indian spices and its therapeutic action, part 2, Syal Kumar, Thomas Rampp, Die Naturheilkunde, 1/ 2013, 34-37 (German)
- Indian spices and its therapeutic action, part 1, Syal Kumar, Thomas Rampp, Die Naturheilkunde, 6/2012, 31-38 (German)
- Ayurveda – more than wellness, treatment possibility of muscle and joint diseases, Syal Kumar, Comed, December 2010 (German)

### ***Publication in Magazines***

- Vertraue dem Arzt in dir, Happinez, 7 - 2015
- Ganzheitlich heilen mit Ayurveda, Revier Manager, 06/14
- Körper und Geist in der Balance, Kosmos Indien, Jahrbuch Mission 2014
- Ayurveda bei Rückenschmerzen, Pulsschlag 02.2013
- Ayurveda bei Rheuma und Migräne, Informer, Jan. 2013
- Ayurveda bei Migräne, Pulsschlag 01.2013
- Ayurveda bei Migräne, KBS-kk maz, 01.2013
- Traditionelle Indische Medizin Ayurveda, Rhein-Ruhr Magazin Frühjahr 2012
- Ayurveda, KK MAZ, Apr-Jun 2012
- Die Heilkraft der Natur (DVD), Focus Nr.38/17. Sep 2012
- Young Germany, Ayurveda: from wellness to medical science, 24.02.2011
- Ayurveda Mehr als Ole und Kräuter, Pulsschlag, 01.2010
- Traditionelle Indische Medizin – ein altbewährtes Heilsystem, Natur und Medizin, 03.2010
- Die Heilkraft Indiens, Informer, Jun. 2010
- Ayurveda Ein altbewährtes Medizinsystem, Rhein-Ruhr Magazin, Sommer 2010
- Das Wissen vom Leben, Revier Manager, okt. 2010
- 33 Tipps von Ärzten aus der Naturheil klinik, Laura Gesundheit, Apr. 2009
- Ayurveda- Traditionelle Indische Medizin, KK MAZ Aug-Sep 2009

## Presentations

- Ayurvedic treatment of rheumatoid arthritis - efficient and sustainable (with case report), 55th Medical Week Baden-Baden 30 Oct, 2022
- Role of traditional medical systems in integrative treatment approach – a special one related to Indian medicine, imm-Congress: natural substances in the holistic medicine, Berlin, Oct 2, 2022
- The concept of fasting and its therapeutic importance in Ayurveda, Rosenberg Institute Birstein, Sep 17, 2022
- Holistic systems: Ayurveda, additional designation naturopathic treatment Module I - Basics of Naturopathy, Sheraton Hotel Essen, June 11, 2022
- Integrative approach of Ayurvedic Management in Covid-19, PRĀNĀYU-2022, Online International Conference on Respiratory Disorders, Shri Babu Singh Jai Singh Ayurvedic Medical College & Hospital, Farrukhabad, UP March 31, 2022
- Sleep and sleep disorders in traditional Indian medicine - Ayurveda, Medical Week Baden-Baden, November 01, 2021
- Possibilities of Ayurveda education in Germany, Online lecture at Prachar Coimbatore, September 17, 2021
- Workshop on Indian Medicine, Summer School Chair for Complementary and Integrative Medicine, University of Duisburg-Essen, August 23, 2021
- Keynote lecture: Traditional Indian Medicine - Ayurveda, Summer Academy for Integrative Medicine, University of Witten / Herdecke, August 18, 2021
- Why does traditional Indian medicine Ayurveda play an important role in integrative medicine in Germany ?, The 13th Cologne India Week, Cologne, August 12, 2021
- Integrative Approach of Ayurvedic Management in COVID, International Virtual Convention, Ayurveda & Research Advances on Covid 19, AVP Ayurveda College Coimbatore, June 19, 2021
- Pioneer work to Standardize Ayurveda at the Chair of Integrative medicine, University Duisburg-Essen, Global Ayurveda Festival, India 16 Mar 2021
- Medical Use and Scientific Context of Ayurveda, Yoga and Meditation in Germany' Online Seminar, organized by the Embassy of India, Berlin 16 December 2020

- Ayurveda: Opportunities, challenges and the way forward, Online Seminar Ayurveda day, Moderation, conducted by Consulate General of India, 13 November 2020
- Immunity through Ayurveda and its relevance to present and future situations, Online Conference FMTA, Lausanne 10 October 2020
- Management of urinary tract diseases with Ayurveda, additional qualification in naturopathy, chair for complementary medicine and integrative medicine, in the Essen-Mitte clinic (University of Duisburg-Essen) Essen, November 2020
- Workshop on Indian Medicine, Sommer school Chair of Complementary and Integrative medicine, University Duisburg-Essen, 29. August 2020
- Management of Pain through Ayurveda, Chair of Complementary and Integrative medicine, in Kliniken Essen-Mitte, Duisburg-Essen University hospital, Essen, Germany, Feb 2019
- Individualized Ayurvedic treatment methods, Medicine conference, Baden Baden, Germany, 2 October 2018
- Introduction to Traditional Indian medicine- Ayurveda, lecture in the Audimax, University Hospital, University of Duisburg-Essen, Essen, Germany, January 2017
- Workshop : Traditional Indian Medicine – Ayurveda, Summer academy for integrative Medicine, University Witten/Herdecke, Germany, 30 July - 06 August 2016
- Sommer academie Level I, Introduction to Ayurveda I, Iyengar-Yoga-Academy, Bad Neuenahr-Ahrweiler Germany, August 2015
- Management of Urinary tract diseases with Ayurveda, Additional qualification in naturopathy, Chair of Complementary and Integrative medicine, in Kliniken Essen-Mitte (Duisburg-Essen University hospital) 45276 Essen, Germany, November 2014
- Introduction to Traditional Indian medicine- Ayurveda, lecture in the Audimax, University Hospital, University of Duisburg-Essen, Essen, Germany, November 2014
- Management of Diabetes through Ayurveda, 8. Yoga-Kongress "Diabetes", Iyengar Yoga centre, Bad Neuenahr, Germany, November 2014

- Workshop : Traditional Indian Medicine – Ayurveda, Summer academy for integrative Medicine, University Witten/Herdecke, Germany, 26 July - 02 August 2014
- Introduction to Traditional Indian medicine- Ayurveda, HSG University for health studies, Bochum, Germany, May 2014
- Ayurveda and Geriatrics, 7. Yoga-Kongress "Geriatrics", Iyengar Yoga centre, Bad Neuenahr, Germany, November 2013
- Method of leech therapy in Ayurveda, Medicine conference, Baden Baden, Germany, 30 October 2013
- Management of vertigo with Ayurveda, Medicine conference, Baden Baden, Germany, 31 October 2013
- Introduction to Traditional Indian medicine- Ayurveda, lecture in the Audimax, University Hospital, University of Duisburg-Essen, Essen, Germany, 08 November 2012
- Regulation of mind: Yoga, Meditation and mindfulness as an integrative component in Ayurveda - Strategies; 46 Medicine conferences, Baden-Baden, Germany, 31 October - 4. November 2012
- Sommer academie Level I, Introduction to Ayurveda I, Iyengar-Yoga-Academy, Bad Neuenahr-Ahrweiler Germany, 28 July 2012
- Workshop : Traditional Indian Medicine – Ayurveda, Summer academy for integrative Medicine, University Witten/Herdecke, Germany, 28 July – 04 August 2012
- Traditional Indian Medicine in integrative medicine, MEDICA Dusseldorf, Germany, November 17 2011
- Role of Ayurveda in the TIM-integrative treatment setting - case presentation, ECIM, 4 European Congress for Integrative Medicine, Charité Berlin, Germany 7 - 8, October 2011
- Introduction to Traditional Indian medicine- Ayurveda, lecture in the Audimax, University Hospital, University of Duisburg-Essen, Essen, Germany 17 June 2011
- Concept and management of pain with TIM-Ayurveda, 43 tcm Congress Rothenburg Germany, 2 June 2011



- Ayurveda treatment in chronic low back pain – a randomized controlled clinical study, Medicine conference, Baden-Baden, Germany, 29 October - 3. November 2010
- Introduction to Indian medicine-Ayurveda, University Clinic Freiburg, Zentrum Naturheilkunde, 71106 Freiburg, Germany June 2010
- Management of Muscle and joint diseases with Ayurveda, Organized by Carstens Stiftung, Kettwig bahnhof, Essen, Germany May 2010
- Modern research in dialog with traditional medicine, 11<sup>th</sup> International Ayurveda symposium, Ayurveda institute, Birstein, Germany Sep 2009
- Psychosomatic diseases according to Ayurvedic perspective, 11<sup>th</sup> International Ayurveda symposium, Ayurveda institute, Birstein, Germany Sep 2009
- Management of Urinary tract diseases with Ayurveda, Chair of Complementary and Integrative medicine, in Kliniken Essen-Mitte (Duisburg-Essen University hospital) 45276 Essen, Germany, January 2009
- Introduction to Indian medicine-Ayurveda, Chair of Complementary and Integrative medicine, in Kliniken Essen-Mitte (Duisburg-Essen University hospital) 45276 Essen, Germany, May 2008)

## **Media reports**

### **Reports in the German Newspapers**

- Hygiene ist in der Essener Kliniken Chefsache, WAZ 13. Sep 2017
- Mit Ölen den Schmerz bannen, NRZ 18. Mar. 2014
- Der richtige Heilkräuter-Mix ist ausschlaggebend, WAZ, 30.Nov. 2013
- Helfen, die Balance wieder zu finden, Fit & Gesund, 21.Apr. 2010
- Kräuter treffen Schulmedizin, West deutsche Zeitung 25.Nov. 2010
- Die Kraft der Kräuter und Öle, WAZ,1 Apr. 2009

### **Reports in the Indian Newspapers**

- Germans fall for Ayurveda 30.10.2019
- German doctors as Ayurveda students in Kerala, Mathrubhumi 01.11.2019
- German students reached to learn Ayurveda, Mathrubhumi, 07.11.2017
- Standardise Ayurveda Globally, Deccan Chronicle daily, 28.07. 2017
- Ayurveda Doc gets PhD from Europe, Deccan Chronicle, 25.07. 2017
- German doctors seek a primer in Ayurveda, Deccan Chronicle, 07.11.2016
- German group to know Ayurveda, Mathrubhumi, 10.11.2016
- German varsity to promote Ayurveda, Deccan chronicle, 17.12.2015
- Ayurveda in integrative medicine in Germany, Mathrubhumi, 28.11.15

#### **Reports in German TV**

- ZDF 17.08.2020
- WDR Servicezeit 13.01.2020
- SERVUS TV 02.07.16
- ARTE X:ENIUS TV 17.10.2015
- BR TV 06.05.14
- ARD TV 26.04.14
- WDR Service zeit: 14.06.2010
- WDR TV 14.12.2009
- WDR Lokal: 01.08.2009
- RTL TV 08.05.2009

#### **Reports in German Radio**

- Europa Funk 2010
- SWR2 RADIO 15.06.16