



DR. RIDDHI RAMDAS AVHAD

ASSOCIATE DIRECTOR & DOCTOR

She is the Youngest daughter of Dr Ramdas Avhad. Specialized in Joint & Spine disorders, Pain management through Ayurveda & Panchakarma. Devoted to providing top quality Ayurveda healthcare to the patients in need.



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drriddhiavhad.wixsitte.com

insta - @its.dr.riddhii

SKILLS

- Musculo-Skeletal disorder Specialist
- Yoga Advisor
- Diet Advisor
- Panchakarma Specialist
- Social Media Head
- Writer and Reader
- Speaker about awareness of Ayurveda, Diet, Yoga & Panchakarma

EDUCATION

BAMS (BACHELOR OF AYURVEDIC MEDICINE AND SURGERY)

SMBT, Igatpuri, Nashik

2015 - 2019

MD SCHOLAR (PANCHAKARMA)

SSAMS, Nashik.

2022 - present.

YOGA PARICHAY

Yoga Vidyadham, Nashik

2020

YOGA PRAVESH

Yoga Vidyadham, Nashik

2021

DIMAP (DIPLOMA IN MODERN APPLIED PSYCHOLOGY)

2021

EXPERIENCE

INTERNSHIP

Civil Hospital, Nashik & Primary Health Care, Nashik.

2019 - 2020

ASSOCIATE DOCTOR

Dr Avhad's Dhanvantari Ayurvedic Super Specialty Panchakarma Hospital & Infertility Center, Kopergaon.

2020 - Present

- Can treat Osteoarthritis, Rheumatoid Arthritis, Ankylosing Spondylitis, Lumbar Spondylosis, Gout, Degenerating disc diseases, Avascular Necrosis (AVN), etc
- Skilled in Skin disorders like Psoriasis, Vitiligo, Herpes, Eczema, etc
- GIT infections, Hyperacidity & Bowel Disorders are easily treated with Ayurveda
- Practicing Panchakarma in all kinds of Diseases

LANGUAGES

English

Hindi

Marathi

Gujrathi

Marwari

OTHER WORK EXPERIENCE

- Assistant Doctor and Demonstrator in India's First ever "Uttar Basti Workshop" conducted in Bellari, Karnataka in 2023
- International Speaker in "Clinical application of Basti Therapy", A workshop conducted in Nepal in 2022
- Creating Awareness regarding Ayurveda, Panchakarma, Diet & Yoga through Instagram, reddit.
- Promoting Mental Health and Guiding/Helping youngsters on platforms like 7 cups, reddit,
- Guest Speaker in Vishwalata College, Yeola in 2021
- Guest Speaker in Vishwalata College, Yeola in 2022
- Speaker in " Arogyam Dhansampada 2022 "
- Have published Articles about Ayurveda in magazines and news paper.

AWARDS & TITLES

- Virangana Award by Loknama in 2022
- Member of Prabha Ayurved Foundation since 2018
- Student Body Committee In charge of Maharashtra Ayurved sammelan since 2023

