

DR. SANJEEV RASTOGI

Dr Sanjeev Rastogi is MD in Kaya Chikitsa (Ayurvedic Medicine) from Banaras Hindu University, and PhD from Lucknow University. He additionally posses Diploma in Yoga, Diploma in Acupuncture (China), PG Diploma in Health and Hospital Management and Green Health Care(GHC) leadership entitlement from Teleosis Institute, USA .

After worked as Ayurveda consultant at SL Marvari Hindu Hospital, Varanasi and HRKD Hospital, Lucknow, he joined State Ayurveda Services in Uttar Pradesh as lecturer in Kaya Chikitsa. He worked as Associate Professor and Head, Dept of Panchakarma there. Subsequently he joined as Director, Rashtriya Ayurveda Vidhyapeeth, an autonomous organization under the Ministry of Ayush, Govt. of India, New Delhi where he worked for two years (2015-2017). Following this he joined back at State Ayurvedic College, Lucknow.

Dr. Rastogi is widely known for his exemplary writings appearing regularly at various national and international science journals. Seriously engaged in the reform of Ayurveda on contemporary footings, he is helping spread of Ayurveda globally through his writings, consultations and lectures. In recognition to his work, he is awarded with a **Chinese Govt. fellowship** in 1998; **Luisa Kreisberg Family Foundation Scholarship** in 2008 from **Teleosis Institute, California**; **Nutritional Grant Award** consecutively for 2 years in 2008 and 2009 from **Consumer Wellness Center, Arizona, USA**; **Robert Bosch Foundation Grant Award, Germany** in 2010 and **IASTAM excellence in teaching award** in 2018.

Dr. Rastogi has over 80 published research papers to his credit. He is also credited for authoring and editing over 9 books on ayurveda and many chapter contributions to international publications (**Springer Nature, Nova**). He is on editorial boards of many national and international journals related to Ayurveda and CAM and is senior editor to ‘Annals of Ayurvedic Medicine’ a peer reviewed quarterly journal published by Association of Ayurvedic Physicians of India (AAPI).

Dr Rastogi is a popular teacher; researcher and physician in one go. He is known among students for his critical ability to look inside out view of the ayurvedic thoughts in a logically derived manner helped with advances of science. He is a strong advocate of capacity building requirements in Ayurveda at every stake holding. His recent book by Springer Nature titled as ‘Ayurvedic Science of Food and Nutrition’ (2014) is one among largest selling Springer books on Ayurveda in Europe and America. Dr. Rastogi traveled across the globe running after his dream of building a competent, dependable and reproducible Ayurveda accessible to everyone.
