

CURRICULUM VITAE



Name : Dr PRASHANTH SHETTY B.N.Y.S,
M.Sc, PhD

Date of Birth : 09-02-1971

Age : 51 years

Parents name

Father : Late Sri Bhujanga Shetty.

Mother : Smt Parvathi Shetty

Wife : Dr.Deepika Shetty, B.A.M.S, M.Sc (Yoga
Science)

Children : Mr. Aditya,
Miss. Aishwarya

Designation : Principal,
SDM College of Naturopathy & Yogic
Sciences, Ujire.
AND
Chief Medical Officer, Sri Dharmasthala
Manjunatheshwara Yoga
and Nature cure Hospital,
Shanthivana, Dharmasthala,

Permanent address : “Jyothi Nilaya”, Mabli,
Belanje village, Karkala Taluk, Karnataka,
India.
Phone no: 08253-253874

Postal address : PRINCIPAL,
SDM College of Naturopathy & Yogic
Sciences,

Ujire – 574240
Belthangady (TQ)
Mangalore Dist
Karnataka, India.
Phone no: 9448252696
08256-277077, 277177, 277066,
267101,236188
E-mail: drprashanth9@gmail.com

Website : sdmbnys.in

➤ Educational Qualification

- Primary and Secondary Education- Ardi, Albadi village.
- Pre University- National Junior College, Barkur.
- B.N.Y.S-1994
(Bachelor of Naturopathy and Yogic Science) First batch and first class, SDM College of Naturopathy and Yogic sciences, Ujire (India's first degree college in Naturopathy and Yogic Science), Mangalore University.
- M.Sc (Master of Yoga Science) in 2006 from Swami Vivekananda Anusandhana Samsthana (Svyasa deemed Yoga University), Bangalore.
- PhD in Yoga in January 2015 from, Swami Vivekananda Yoga Anusandhana Samsthana (Svyasa deemed Yoga University).

➤ Clinical experience

Working as Chief Medical Officer in 400 bedded Yoga and Nature Cure Hospital, Shanthivana, Dharmasthala. Since November 2010. Worked as Resident Medical Officer in 400 bedded SDM Yoga and Nature cure Hospital at Dharmasthala, Karnataka, India last 27 years, treated approximately 4 lakhs inpatients and 6 lakhs outpatients till date.

- Head of the Department of Yoga Therapy
- Head of the Department of Diet and Nutrition
- General Administration
- Camp Director (Treatment camps for general public)

- Treatment camps conducted in 12 districts of Karnataka.
- Health awareness speeches, interviews in Rotary, Lions, schools, colleges.,TV and Radio

➤ **Academic Experience**

Professor and Head Department of Yogic Therapy & Diet and Nutrition, SDM College of Naturopathy and Yogic Sciences, Ujire, Karnataka, India for past **27 years**.

- Chairman, Internship committee
- External Examiner, MGR Medical University, Chennai
- External Examiner, NTR University of Health Sciences, Vijayawada, Andhra Pradesh
- Task Force member and Affiliation committee member, Rajiv Gandhi University of Health Sciences, Bangalore.
- Internal Examiner and Squad Chief, Rajiv Gandhi University of Health Sciences, Bangalore.
- Member Post Graduate Syllabus Committee, Rajiv Gandhi University of Health Sciences, Bangalore.

➤ **Advisory Board Member**

Appointed as Advisory Board Member for Naturopathy and Yoga, Government of Karnataka.

➤ **University Position (RGUHS)**

- Chairman Board of Studies Naturopathy & Yogic Sciences, RGUHS
- Member of Senate, RGUHS
- Member Academic Council of RGUHS.
- Member Board of Studies in Naturopathy & Yoga (UG &PG)
- Member Editorial Board – Journal of AYUSH Sciences
- Member Tenure Promotion Statues
- PG & PhD Guide, Examiner for Naturopathy & Yoga in Rajiv Gandhi University of Health Sciences, Karnataka
- Chairmen, Affiliation Committee of RGUHS

➤ **Research Projects Undertaken**

- Effect of Yoga and Naturopathy in Diabetes Mellitus.
- Effect of an Integrated Yoga Module on Pulmonary Functions in Police Trainees.

➤ **Paper Presentations in National and International Conferences**

- Effect of Yoga and Naturopathy in Diabetes Mellitus, 6th International Conference, SVYASA Bangalore
- Effect of Yoga and Naturopathy in Diabetes Mellitus, International Conference in INYS, Jindal Nagar, Bangalore.
- Effect of Yoga and Naturopathy in Diabetes Mellitus, Mahatma Gandhi Institute of Medical Sciences, Nagpur.
- Role of Diet in Health and Disease in 35th International Conference on Nutrition, Indian Dietetic Association, Bangalore.
- Effect of an Integrated Yoga Module on Pulmonary Functions in Police Trainees, National Conference on Yoga and Naturopathy, Dharmasthala.
- Role of Naturopathy in Diabetes, National Workshop, City College of Nursing, Mangalore.
- Role of Naturopathy on Diabetes. International Conference held at SVYASA Bangalore
- Health for all by 2020 in State Level Naturopathy Conference held at Bangalore.
- Role of Naturopathy in community Health at National Conference organized by National Institute of Naturopathy Pune.
- Role of therapeutic fasting in obesity of 4th Naturopathy Day Celebrations: CCRYN & NIN, Ministry of AYUSH, Govt. of India 2021

➤ **Book Publication**

- ❖ Author – Book Title – Naturopathy and Yoga for Wellness and Healing in 2012

- ❖ Author – Book Title – Aroghya Savardhane mathu Roga Nivaranegagi Yoga mathu Praktuthi Chikithse.
- ❖ Author-Ideal Diet for Wellness & Healing

➤ **Research Experience**

- Member, Advisory Committee of INYS Medical Research Society, Jindal Bangalore, Karnataka

➤ **Publications**

1. Naveen GH, Shetty P, Goutham M P, Ganesh P B, Chethan R, Sangram P. Effect Of Naturopathic Based Fasting Therapy On Liver Enzymes, Electrolytes, Fasting Blood Glucose, Weight And Perceived Stress Among Healthy Individuals -A Randomized Controlled Trial. *International Journal Of Yoga And Allied Sciences*, Volume: 3, Issue: 2; July - Dec. 2014
2. Shetty Prashanth, H R Nagendra, Gangadhara Varma B.R., Pailoor Subramanya. Effect Of Yoga And Naturopathy Intervention On Patients With Type II Diabetes Mellitus. *Online International Interdisciplinary Research Journal*, 2015
3. Shetty Prashanth, H R Nagendra, Gangadhara Varma B R, Pailoor Subramanya. Effect Of Naturopathy And Yoga Intervention On Patients With Type II Diabetes Mellitus. *Online International Interdisciplinary Research Journal*. 2015; 5 (1):320-329
4. Shashikiran H C, Shivaprasad Shetty, Prashanth Shetty, Chethan Kumar R. A Study On Influence Of Yoga On Autonomic Variables On Young Adults. *IJIRD* 2015; 4 (2); 267-274

5. Balakrishna Shetty, Geetha B Shetty, Prashanth Shetty, Manjula Shantaram. Effect Of Naturopathic Fasting Therapy On Hematological Indices And Serum Lipid Profile In Healthy Individuals. *RJPBCS* 2015; 6(2):1295-1299
6. Shashikiran H C, Prashanth Shetty, Chethan Kumar R, Shivaprasad Shetty. Effect Of Yoga On Autonomic Functions In Medical Students: A Pilot Study. *International Journal Of Research In Medical Sciences*. 2015; 3(5), 1047
7. Srishila Chaugala, Prashanth Shetty, Shashikiran H C, Chethan Kumar R, Shivaprasad Shetty, Sumangala Biswagar. A Study On Influence Of Yoga On Balance And Gait Deficits Among Alcoholics. *IJIRD* 2015; 4(4), 277
8. Geetha B. Shetty, Prashanth Shetty, Balakrishna Shetty. Immediate Effect Of Cold Spinal Bath On Autonomic And Respiratory Variables In Hypertensives. *WJPMR* 2016;2(5):236-240.
9. Jyothy Elizabeth Pullan, Sujatha K, Prashanth Shetty, Geetha B Shetty. Comparative Study On Effect Of Moist Heat Therapy And Acupuncture As An Adjuvant To A Comprehensive Naturopathy Treatment In Management Of Chronic Neck Pain- A Randomized Control Trial. *IOSR-JDMS* 2016;15(9):139-144.
10. Dr. Chunchu Sandeep, Dr. Shivaprasad K, Dr. Prashanth Shetty. Effects Of Yoga Nidra (Psychic Sleep) On Alcohol Dependent Individuals - A Randomized Control Trial. *IOSR Journal Of Dental And Medical Sciences (IOSR-JDMS)* 2016;15(9):08-13.
11. DR. Dushyant Kumar, DR. Sujatha K J, DR. Prashanth Shetty. Comparative Study On The Effect Of Hot Mud Application

And Mustard Application In Patients With Osteoarthritis Of Knee. Randomized Controlled Trial. IOSR Journal Of Dental And Medical Sciences (IOSR-JDMS) 2016:15(9):13-19.

12. Dr. N V Gnanadeep T, Dr. Sujatha Dinesh, Dr. Prashanth Shetty. Effect Of Mud Bath On Autonomic And Respiratory Variables In Normal Healthy Volunteers- A Randomized Control Trial. IOSR Journal Of Dental And Medical Sciences (IOSR-JDMS) 2016:15(9);58-64.
13. Dr. Kanaksoni, Dr. Prashanthshetty, Dr. Sujatha K.J.A Comparative Study On Effects Of Neutral And Cold Underwater Massage On The Physiological Parameters Of Healthy Individuals. IOSR Journal Of Dental And Medical Sciences (IOSR-JDMS) 2016:15(9);32-36.
14. Geethanjali M C, Shetty Prashanth, Shetty Shivaprasad, K Selvakumar, Ganesan Lakshmeesh DR. Effect Of Yogic Kriyas In Patients With Migraine: A Randomized Controlled Trial. International Journal Of Yoga And Allied Sciences 2016:5(1);11-17
15. Geetha B Shetty, Prashanth Shetty, Balakrishna Shetty. Immediate Effect Of Cold Spinal Bath On Autonomic And Respiratory Variables In Hypertensives. WJPMR 2016;2(5):236-240.
16. Jyothy Elizabeth Pullan, Sujatha K, Prashanth Shetty, Geetha B Shetty. Comparative Study On Effect Of Moist Heat Therapy And Acupuncture As An Adjuvant To A Comprehensive Naturopathy Treatment In Management Of Chronic Neck Pain- A Randomized Control Trial. IOSR-JDMS 2016 Sep; 15(9). ISSN: 2279-0861

17. Prashanth Shetty, BNYS, Msc, Phd; Kiran Kumar Reddy B, BNYS, MD; D R Lakshmeesha, BNYS, MD; Shiva Prasad Shetty, BNYS, Msc; Selva Kumar G, BNYS; Ryan Bradley, ND, MPH Effects Of Sheetali And Sheetkari Pranayamas On Blood Pressure And Autonomic Function In Hypertensive Patients. Integrative M 24 Edicine • Vol. 16, No. 5 • October 2017
18. Dr. Niraj Nayan Rishi, Dr. Ganesh Prasad, Dr. Shiva Prasad Shetty, Dr. Prasanth Shetty. Immediate Effect Of Aum Chanting On Anxiety, Reaction Time In Healthy Individuals - A Randomized Controlled Trial. Iaetsd Journal For Advanced Research In Applied Sciences. Volume 4, Issue 6, Nov/2017
19. Dr. Govinda Kumar¹, Dr. Prashanth Shetty², Dr. Sujatha K.J. A Comparative Study To Evaluate The Immediate And Prolonged Effect Of Full Mud Bath And Full Body Massage on Heart Rate Variability in Healthy Volunteers. IOSR Journal of Dental And Medical Sciences (IOSR-JDMS) E-ISSN: 2279-0853, P-ISSN: 2279-0861. Volume 16, Issue 10 Ver. XII (Oct. 2017), PP 69-79
20. Dr. Ashwin V.P.¹, Dr. Prashanth Shetty², Dr. Sujatha K.J. Immediate Effect of Whirlpool Bath on Autonomic Functions In Healthy Volunteers. IOSR-JDMS. Volume 16, Issue 10 Ver. XIII (Oct. 2017), PP 01-12
21. Dr. Avanthika G¹, Dr. Sujatha K J², Dr. Prashanth Shetty. Immediate Effect of Cold And Neutral Spinal Spray on Autonomic Functions In Healthy Volunteers – A Comparative Study. IOSR Journal Of Dental And Medical Science, Volume 16, Issue 11 Ver. VI (Nov. 2017), PP 18-24
22. Prashant Shetty, Jyotsna K J, Sujatha K J. Immediate Effect of Cold Chest Pack on Autonomic Functions in Healthy Individuals – A Randomised Controlled Trial. IOSR Journal of Dental And Medical Sciences, Volume 16, Issue 9 Ver. I (Sep. 2017), PP 07-11

23. Dr. Jisha Mol K. R., Dr. Geetha Kumari V., Dr. Prashanth Shetty, Dr. Sujatha K. J. And Mr. Balakrishna Shetty. "Effect of Steam Inhalation and Acupuncture on Subjects With Chronic Rhino Sinusitis" A RANDOMIZED CONTROLLED TRIAL. *Wjpmr*, 2017,3(11), 131-135
24. "Effect Of Fasting Therapy On Biochemical And Autonomic Changes In Obese Individuals- A Randomized Controlled Trial" – Dr Prashanth Shetty Principal Investigator
25. Comparing the effects of short-term fasting therapy and low-calorie diet on anthropometric and leptin measures among obese or overweight persons: randomized controlled trial. – Dr. Prashanth shetty, dr. sujatha dinesh, dr. Naveen gowrapura halappa1, dr. t rajany2
26. Archanah T, Shashikiran H. C, Prashanth Shetty, Chandrakanth K. K. Effect Of A Hydrotherapy Based Alternate Compress On Osteoarthritis Of The Knee Joint: A Randomized Controlled Trial. *Int J Res Med Sci*. 2018 Apr;6(4):1444-1449
27. Sanasammeetali, Shashikiran H. C, Prashanth Shetty, Ganesh Prasad, Chandrakanth K. K. Effect Of A Plant Versus Animal Based Diet On Lipid Profile Of Yoga Practicing Medical Students: A Pilot Study. *Int J Res Med Sci*. 2018 Apr;6(4):1207-1210
28. Vama Jain, Prashanth Shetty, Shashikiran H. C And Shivaprasad Shetty. Efficacy Of Yoga & Naturopathic Intervention Versus Conventional Medical Management On Quality Of Life Among Alcohol Dependent Individuals – A Pilot Study. *Ejbps*, 2018, Volume 5, Issue 7, 393-399
29. Harshitha S, Prashanth Shetty, Shashikiran H. C And Ganesh Prasad. Comparative Study Of Bitter Gourd Juice, Ash Gourd Juice And Knol-Khol Juice On Blood Glucose Level Among Type II Diabetes Mellitus – A Pilot Study. *Ejbps*, 2018, Volume 5, Issue 7, 400-404

30. Vibha Bhat, Prashanth Shetty, Shashikiran H. C, Sujatha K. J And Prajnaamruth. Immediate Effect Of Blue Colored Light On Autonomic Variables On Primary Hypertension. Ejbps, 2018, Volume 5, Issue 7, 405-408
31. Dr Prashanth Shetty, Dr Kavya Hedge, Dr Sujatha K J. Comparative Study On Effect Of Hot Mud And Hot Mustard Application As An Adjuvant To A Comprehensive Naturopathy Treatment In Management Of Low Back Pain – A Randomized Control Trail. International Journal Of Scientific Research, Vol. 7, Issue 7, July 2018.
32. Dr Geetha B Shetty, Dr Jayashree, Dr Prashanth Shetty, Dr Sujatha K J. Effect Of Naturopathic Treatment – Full Wet Sheet Pack On Autonomic Variables In Healthy Volunteers. Jetri, Vol.5, Issue 6, Page No. 171-176, June 2018.
33. Dr. Dhriti B Reddy, Dr. Shivaprasad K, Dr. Prashanth Shetty. Effect Of Yoga Nidra On Mental Status Among Self-Employment Aspirants. JETIR August 2018, Volume 5, Issue 8.
34. Dr. Shashikiran H C, Dr. Harshini, Dr. Prashanth Shetty, Dr. Shivaprasad Shetty. Effect Of Saline Nasal Irrigation (Jala Neti) Versus Pranayama (Suryabhedanaandanuloma-Viloma) In Chronic Rhino Sinusitis – A Comparative Study. International Journal Of Innovative Research And Advanced Studies (IJIRAS) Volume 5 Issue 7, July 2018.
35. Dr. Sujatha K.J, Dr. Vivek Vasant, Dr. Prashanth Shetty. Comparative Study On Naturopathic Treatments Cold And Hot Spinal Bath On Autonomic And Respiratory Variables In Healthy Volunteers. IAETSD Journal For Advanced Research In Applied Sciences, Volume 5, Issue 7, July/2018.
36. Dr. Arun P G, Dr. Prashanth Shetty, Dr. Shivaprasad Shetty. Effect Of Cyclic Meditation On Alcohol Dependent Individuals– A Randomized

- Controlled Trial. International Journal Of Scientific Research, Volume-7 | Issue-8 | August-2018.
- 37.Dr. Sujatha.K.J, Dr. F.J.Nuzhat, Dr. Prashanth Shetty. Effect Of Naturopathic Cold Compress On Patients With Type 2 Diabetes Mellitus. IJCRT | Volume 6, Issue 2 April 2018.
- 38.Dr. Vandana A Nikkam, Dr. Shivaprasad Shetty, Dr. Prashanth Shetty. Effect Of Mind Sound Resonance Technique On Autonomic Variables In Occupational Stress Individuals – A Randomized Controlled Trial. 2018 JETIR July 2018, Volume 5, Issue 7.
- 39.Dr.Prashanth Shetty, Selva Kumar, Sujatha Dinesh. Use Of Hot Mud Application And Revulsive Compress As An Adjuvant To A Comprehensive Naturopathy Treatment In The Management Of Osteoarthritis Of Knee Joint. IAETSD Journal For Advanced Research In Applied Sciences, Volume 5, Issue 8, August/2018.
- 40.Dr. Sujatha K.J, Dr. Shubha B.N, Dr. Prashanth Shetty. Effect Of Naturopathic Treatment - Cold Plantar Douche On Constipation. International Journal Of Innovative Research And Advanced Studies (IJIRAS) Volume 5 Issue 6, June 2018
- 41.Kriti Das, Dr.Prashanth Shetty, Shivaprasad Shetty And Shashikiran H. C. Effectof Chanting Shiva Panchakshari Mantra (Om Namahshivaya) 108 Times On Heart Rate Variability On Healthy Medical Students. Ejbps2018, Volume 5, Issue 11, 153-158.
- 42.Prathipati Gowri Nirupama, Dr.Prashanth Shetty, Sujatha K. J. And Shashikiran H. C. Comparative Study Of Local Steam Application And Wax Therapy On Knee Osteoarthritis – A Pilot Study. Ejbps, 2018, Volume 5, Issue 11, 307-310.

43. Dr Arya M D, Dr Swapna Suresh, Dr Prashanth Shetty, Mr. Ajith K. Naturopathic And Dietary Interventions In The Management Of Rheumatoid Arthritis: A Case Study Report. International Journal Of Innovative Research And Advanced Studies (IJIRAS) Volume 5 Issue 7, July 2018
44. Veronica Ningthoujam, Sujatha K.J And Dr.Prashanth Shetty. A Short Term Effect Of Integrative Naturopathy And Yoga Intervention In Patients With Dyslipidemia. International Journal Of Recent Scientific Research. Vol. 10, Issue, 08(X), Pp. Xxxx-Xxxx, August, 2019.
45. Roohi Banu, Geetha Kumary, Dr.Prashanth Shetty, Sujatha Dinesh. A Comparative Study On The Effects Of Naturopathy And Conventional Medical Treatment In The Management Of Menopausal Syndrome. JETIR June 2019, Volume 6, Issue 6
46. Dr. Mandiraju Sumanth Kumar Raju, Dr. Prashanth Shetty, Dr. Sujatha K.J. Effect Of Steam Bath And Reclining Steam Bath On Obese Individuals: A Comparative Study. IJRAR May 2019, Volume 6, Issue 2
47. Kshetrimayumguneri Devi, Shivaprasad Shetty And Dr.Prashanth Shetty. Immediate Effects Of Yoga Nidra And Shavasana (Supine Rest) Among Insomnia Patients On Heart Rate Variability -A Comparative Study. International Journal Of Recent Scientific Research Vol. 10, Issue, 09(F), Pp. 34954-34959, September, 2019
48. Dr Sujatha K J, Dr Sumana C I, Dr Ganesh Prasad B, Dr Prashanth Shetty. Effect Of Reclining Steam Bath On Heart Rate Variability In Healthy Volunteers: A Pre-Test Post-Test Design. IJRAR June 2019, Volume 6, Issue 2
49. Dr. Vidyasagar, Dr. Geetha Kumari V, Dr. Prashanth Shetty, Dr. Sujatha K. J. Comparative Study On Effect Of Cold Spinal Spray And Cold Spinal Bath On Autonomic Variables In Healthy Individuals. JETIR June 2019, Volume 6, Issue 6

50. Dr. Dhirenajit Nair, Dr. Prashanth Shetty, Dr. Sujatha K.J. Effect Of Gastro-Hepatic Pack As An Adjuvant To Naturopathy And Yoga Interventions In Patients With Alcohol Dependence. JETIR June 2019, Volume 6, Issue 6
51. Shashi Kiran, Sunil Sapkota, Dr. Prashanth Shetty, Thittamaranahallimuguregowdahonnegowda. Effect Of Yogic Colon Cleansing (Laghusankhaprakshalana Kriya) On Bowel Health In Normal Individuals. Yoga Mīmāṃsā | Volume XX | Issue XX | Month 2019
52. Garima malani (bnys,) shashikiran h c (bnys, md) Dr. Prashanth shetty (bnys, msc, phd) ajith k (msc). Effect of sathwik diet and fast food diet on lipid profile of obesity individuals - a food comparative pilot study. International journal of innovative research and advanced studies (ijiras) volume 6 issue 10, october 2019
53. A. Jai ganesh (bnys), shashikiran h c (bnys, md) and Dr. Prashanth shetty (bnys, msc, phd). Effect of integrative naturopathy and yoga intervention on lipid profile. Ejbps, 2019, v olume 6, issue 13, xx-xx.
54. Lekshmi mohan (bnys) shashikiran h c (bnys, md) Dr. Prashanth shetty (bnys, msc, phd) geetha b shetty (bnys, md). A comparative study on immediate effect of acupuncture and acupressure on headache – a pilot study. International journal of innovative research and advanced studies (ijiras) volume 6 issue 10, october 2019
55. Ruchika sharma (bnys), shashikiran h.c. (bnys, md), Dr. Prashanth shetty (bnys, msc, phd), shrikrishan sharma (nd, md, phd). Immediate effect of osimum sanctum (holy basil) oil administration in patients with allergic rhinitis. Ejbps, 2019, volume 6, issue 13, xx-xx.

56. Frinso francis (bnys), shashikiran h.c. (bnys, md), prashanth shetty (bnys, msc, phd) and shivaprasad shetty (bnys, msc). A comparative study on ultrasound and yogic cleansing technique (neti) on sinusitis- a randomized study. Ejbps, 2019, volume 6, i ssue 13, xx-xx
57. Prashanth Shetty (BNYS, Msc, Phd), Shashikiran H. C. (BNYS, MD), Alina (BNYS) And Geetha B. Shetty (BNYS, MD). Effect Of Alternate Hot And Cold Compress On Waist Hip Ratio On Obesity. Ejbps, Volume: 7, Issue: 3 261-264 Year: 2020
58. Prashanth Shetty (BNYS, Msc, Phd), Reeshika Rai (BNYS), Shashikiran H. C. (BNYS, MD) And Sujatha K. J. (BNYS, MSC). Effect Of Ganji Turmeric Bath On Heart Rate Variability On Primary Hypertension. Ejbps, Volume: 7, Issue: 3 265-268 Year: 2020
59. Prashanth Shetty (BNYS, Msc, Phd), Janhavisoni (BNYS), Shashikiran H. C. (BNYS, MD) And Geetha B. Shetty (BNYS, MD). Effect Of Therapeutic Massage On Vital Parameters Among Obese Individuals. Ejbps, Volume: 7, Issue: 3 269-272 Year: 2020
60. Prashanth Shetty (BNYS, Msc, Phd), Sadhana Kotapati (BNYS), Shashikiran H. C. (BNYS, MD) And Sujatha K. J. (BNYS, Msc). Comparative Study Of Ice Massage And Cold Compress In Primary Hypertension – A Randomized Trail. Ejbps, Volume: 7, Ejbps, Volume: 7, Issue: 3, 373-380 Year: 2020
61. Prashanth Shetty (BNYS, Msc, Phd), Somisetty Koushik Gupta (BNYS), Shashikiran H C (BNYS, MD), Shivaprasad Shetty (BNYS, Msc). Combined Effect Of Yoga And Naturopathy Treatments On Lipid Profile Among Type 2 Diabetes Mellitus – A Randomised trail. Volume: 7, Issue: 3, Year: 2020
62. K. Saisupriya¹, Shashikiran H. Chandrappa¹, Shivaprasad K. Shetty², Prashanth Shetty³, Thittamaranahallimuguregowda Honnegowda⁴, Leena

- Hiremath5. Analysis Of Immediate Effect Of Nadishodhana Pranayama In The Ratio Of 1:3:2 On Autonomic And Respiratory Variables In Healthy Individuals. Yoga Mīmāṃsā | Volume 52 | Issue 1 | January-June 2020
63. Sagun Tiwari, Apar Avinashsaoji, Kshamashreemadle, Namrata Sapkota, H.C. Shashikiran And Prashanth Shetty. Naturopathy And Yoga For Improving Quality Of Life In Pemphigus Vulgaris And Managing Co-Morbid Type 2 Diabetes: A Case Report. Journal Of Ayurveda And Integrative Medicine, 2020-04-01, Volume 11, Issue 2, Pages 110-113
64. Ganga K V, Sujatha K J, Prashanth Shetty. Efficacy Of Cold Abdominal Compress And Cold Abdominal Mud Pack On Young Adults With Increased Body Weight –A Parallel Randomized Comparative Trial. Iosr Journal Of Nursing And Health Science (Iosr-Jnhs) E-Issn: 2320–1959.P-Issn: 2320–1940 Volume 9, Issue 5 Ser. Vi (Sep. –Oct. 2020), Pp 38-45
65. Anju K Paily, Geetha B Shetty, Prashanth Shetty, Sujatha Kj. Immediate Effect Of Cold Spinal Spray On Autonomic Variables In Hypertensive Individuals - A Randomised Control Trial. Research Paper | Health And Medical Sciences | India | Volume 9 Issue 10, October 2020
66. Meghana Gowda, Sujatha K.J, Prashanth Shetty. Physiological Effects Of Short And Prolonged Cold Spinal Bath On Heart Rate Variability And Respiratory Rate In Healthy Volunteers Journal Of Research In Traditional Medicine |Volume 6, Number 2 | Page 1of 12
67. Pavithira M, Sujatha K. J, Prashanth Shetty. Immediate Effect Of Alternate Douche To Whole Body On Autonomic

- And Respiratory Variables In Healthy Volunteers. International Journal Of Advance Research, Ideas And Innovations In Technology. (Volume 6, Issue 5)
68. Tharima. K.L¹, Ganesh Prasad¹, Prashanth Shetty¹, Sujatha.K.J. Effect Of Cold Pack During Passive Heat Therapy On Heart Rate Variability In Healthy Individuals. (Ijmrap), Volume 3, Issue 5, Pp. 11-14, 2020
69. Dr.Manjushree.G, Dr.Shivaprasad Shetty, Dr.Prashanth Shetty. Immediate Effect Of Alternative Nostril Breathing On Cognitive Function – A Randomized Control Study. International Journal Of Emerging Technologies And Innovative Research, Vol.7, Issue 9, Page No. Pp954-963, September 2020
70. Dr.Divyashree Y, Dr.Shivaprasad Shetty, Dr. Prashanth Shetty. Effects Of Laghu Shanka Prakshalana (Yogic Colon Cleansing) On Migraineurs With Abdominal Discomfort- A Prospective Study. Iaetsd Journal For Advanced Research In Applied Sciences, Volume Vii, Issue Ix, September/2020
71. Dr. Krupa Rao M, Dr Shivaprasad Shetty, Dr Prashanth Shetty. Effect Of Cyclic Meditation Onpsychological Distress Among Women With Primary Dysmenorrhoea- A Randomized Controlled Trial. The Journal Of Physiology And Health 113 (2020) 330-245.
72. Geetha B. Shetty, Balakrishna Shetty, Prashanth Shetty. Effect Of Short-Term Naturopathy And Yoga Intervention On Anthropometric Variables, Lipid Profile And Thyroid Profile In Obese Hypothyroid Patients: A Randomised

- Controlled Trial. Int J Basic Clin Pharmacol. 2020 Feb;9(2):247-253.
73. Geetha B. Shetty, Jithin Jacob, Prashanth Shetty, A. Mooventhan, Pratikshyaaryal And B. K. Asha. Effect Of Acupuncture On Cognitive Task Performance Of College Students: A Pilot Study. Journal Of Complementary And Integrative Medicine -1(Ahead-Of-Print) Doi: 10.1515/Jcim-2020-0026
74. Dr Sushmitha C T, Dr Shashikiran H C, Dr Shivaprasad Shetty, Dr Prashanth Shetty. The Effect Of Agnisara Kriya On Gastric Motility In Students With Obesity - A Randomized Controlled Open Trial. International Journal Of Scientific Research, Volume - 9 | Issue - 11 | November - 2020 |
75. Dr Aparna A Raj, Dr Shivaprasad K. Immediate Effect Of Yoga Nidra On Systolic And Diastolic Blood Pressure – A Single Arm Trial. 2019 Jetir June 2019, Volume 6, Issue 6.
76. Honnegowda Tm, Prashanth Shetty , Shashikiran H C, Nandeesh N S, Arun P G, Thayyil J. Effect Of Fasting Therapy And Low-Calorie Diet On Anthropometric And Serum Lipids In Obese Females. J Diabetes Endocrpract2020;3:63-9
77. Sujatha Kj, Prashant P, Deeksha S, Pooja Gs. Effect Of Hydrotherapy And Yogic Kriyas On Snoring: A Randomized Control Study. Journal Of Ayurveda. 2021 Apr 1;15(2):84.

➤ **Guided Research projects for MD Naturopathy and MD Yoga Post Graduation Students**

1. “Effect of Neti (Sutra Neti & Jala Neti)a Yogic Kriya (Cleaning Procedure) on Chronic Rhino sinusitis Symptoms- a Prospective randomized control Trial”
2. “Effect of Surya Namaskara on overweight”
3. “Immediate effect of cold spinal bath on autonomic and respiratory variables in healthy volunteers and hypertensive”
4. “Effect of Gastro Hepatic pack on patients with type 2 diabetes mellitus”
5. “Influence of Pranayama on pulmonary function in smokers”
6. “Effect of Naturopathy and Yogic Intervention in patients with chronic back pain”
7. “Effect of Yogic Intervention on stress, Anxiety, Depression, Quality of life and verbal memory among un- employees”
8. “Immediate effect of Bhastrika and Brahmari Pranayamas on Autonomic and respiratory variables in healthy individuals”
9. “Effect of Sheetali and Sheetkari pranayamas on autonomic and respiratory variables in patients with hypertension- A randomized control Trial”

➤ **Conferences Attended**

- 1st International Conference on Lifestyle and Health, AIIMS, New Delhi.
- 22nd All India Nature cure Conference, Kerala.
- International Conference on Medicinal Alternative, Mumbai.
- 2nd, 3rd, 4th, 10th, 12th International Yoga Conference, SVYASA, Bangalore.

➤ **Conference Organized**

- **Executive chairman** SDM International Conference of Yoga & Naturopathy (SDMICYN 2014) organised in Ujire, Dharmasthala.
- **Organizing Secretary** Karnataka State Level Conference-2002 on Emerging Trends in Naturopathy & Yoga, Dharmasthala.
- **Organizing Secretary** National Conference on Naturopathy and Yoga in Modern Trends (YONAC), Dharmasthala.
- **Secretary General and Executive Member** International Conference of Yoga and Naturopathy Arogya Expo 2012 held in Bangalore.
- **Organizing Secretary** Incofyra 2016 at SVYASA University, Bangaluru.

➤ **Articles Published**

- Treatment Sans Medicine, Morning News English Daily
- Yoga and Naturopathy in Female disorders, Taranga weekly
- Diet Therapy, Sanyukta Karnataka Kannada daily
- Naturopathy as an alternative therapy, Indian Express English Daily
- Vijaya Karnataka – Prakruthi Chikitse matthu Yogada mahatva
- The Week – National Treasures (Yoga Ayurveda) August 15th 2010

➤ **Radio and Television Programs**

- Role of Naturopathy and Yoga in health and diseases in number of episodes broadcasted in Akashavani, Mangalore station, Madikeri station & Gulbarga station
- Role of Naturopathy and Yoga in health and diseases under the title “Sasya Puskarani”
Telecasted in Chandana TV, a government channel

- Role of Naturopathy and Yoga in health and diseases under the title “Marali Prakrithige”
- (Return to Nature) telecasted in 20 episodes in Etv Kannada channel
- Few programmes were telecasted in Udaya TV, Namma TV, etc.
- Radio Doctor on Diabetes, Hypertension, Back pain, GI Disorders broadcasted in all the 13 stations of Karnataka.
- Phone in Programme about naturopathy and Yoga in Akashavani, Bangalore
- Suvarna Varthegalu – Naturopathy and Yoga

➤ **General Secretary:**

Founder General Secretary for Indian Naturopathy and Yoga Graduates Association (Regd.)

➤ **Existing Membership in the following state and central Govt. Organizations:**

1. Vice Chairman of Technical Committee & Member of steering committee, Naturopathy Registration Board (NRB)
2. Member Board of Studies in Naturopathy & Yoga, Goa University.
3. Vice chairman, technical committee, Ministry of AYUSH GOI.
4. Member, Steering committee, Ministry of AYUSH, GOI.
5. Member, BOS, Advisory Committee for Yoga Department, Manipur University, Canchipur, Impala.
6. Member, Inter-Ministerial Committee for observation of 6th International Day of Yoga, Government of Indian, Ministry of Ayush.
7. Secretary General Indian Naturopathy & Yoga Graduates Medical Association® (INYGMA).
8. Member, task force Ministry of AYUSH Gov't of India.
9. Former Member, of Senate Rajiv Gandhi University of Health sciences, Karnataka.
10. Member, Governing Body, Central Council for Research in Naturopathy & Yoga, Govt. of India.
11. Member, Scientific Advisory Committee, Central Council for Research in Naturopathy & Yoga Govt. of India.

12. Former Member, Standing Finance Committee, Central Council for Research in Naturopathy & Yoga, Govt. of India.
13. Member National Board for Promotion & Development of Naturopathy and Yoga, Ministry of AYUSH Govt. of India.
14. Former Member Secretary, Academic Committee of Ministry of AYUSH Govt. of India.
15. Member Expert committee, WHO to formulate the Yoga syllabus.
16. Member-External Planning, Monitoring & Evaluation Board of Adichunchanagiri Deemed University, Mandya. 2012

➤ **Achievements**

1. “Vasishta Award” by Swami Vivekananda Yoga Anusandhana Samsthana, a Yoga University-2006
2. “Best Performing Youth” of the district awarded by Hon’ ble Minister for Medical Education, Govt. of Karnataka, sponsored by Sri Mahaganapathi Temple Trust, Someshwara, Karkala-2006
3. Best paper award in the National Conference held at Jindal Nature Cure Institute, Bangalore
4. Felicitation by Bunts Bahrain at Kingdom of Bahrain for contribution towards Naturopathy and Yoga
5. B.C.ROY AWARD by Govt.of Karnataka for excellent service in the field of Naturopathy and yoga for the year 2010-2011.
6. Member for Foreign Delegation &Resource person Represented by Indian Delegation sponsored by Dept. of AYUSH, Govt. of India for International Conference on Traditional/ Alternative Medicine to Bangkok, Thailand.
7. Best Ayush Doctor Award by Ayush Foundation Mangalore in 2016.
8. Eminent Teacher Award - 2018 by Rajiv Gandhi University of Health Sciences, Karnataka
9. Lifetime achievement in Naturopathy & Yoga during AYURYOG Expo 2023 held at Varanasi. Sponsored by Ministry of Ayush Govt. of India.

➤ **Reference**

- Dr. D. Veerendra Heggade, Dharmadhikari, President SDM Ed Society, Dharmastala, Karnataka.
- Dr H. R. Nagendra, chancellor, Swami Vivekananda Yoga Anusandhana Samsthana, a Yoga University, Bengaluru
- Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH GOI, New Delhi
- Dr. B.N. Gangadhar, Director, NIMHANS, Bengaluru