

CURRICULUM VITAE

Parla .S. Jayagopal, BAMS, MD (Ayu), YTTC

PERSONAL DATA

Parla .S. Jayagopal
Parla.jayagopal@gmail.com

CURRENT EMPLOYMENT

Assistant professor and Department Chair.
Department of Ayurveda, American University of Complementary
Medicine.

Teaching course in the Clinical doctorate in Ayurveda (Ay.D) and Doctor of
Philosophy degree programs.

Clinical:
Provide Ayurvedic services to the University clinic patients.

Work History

- Assistant professor, Department of Ayurveda, AUCM, Beverly Hills, CA, 2006 – Present
- Board of director, California Association of Ayurvedic Medicine, Rodando beach, CA, 2007 – Present
- President, Athreya Corp, CA, 2006 – Present
- Chief physician, Athreya Ayurvedic Care, Bangalore, India, 2000 –2005
- Director, Athira Ayurvedic Pharmacy, Bangalore, India, 2000 –2005
- Faculty, Ramakrishna Ayurvedic medical college, Bangalore, India, 2001 – 2003
- Chief Resident Physician, Indus Valley Ayurvedic Center, Mysore, India, 1999 – 2001

- Chief Physician, Ayurdhama, Bangalore, India, 1998 –1999
- Consultant Ayurvedic Physician, Ayurdhama Panchakarma center, Bangalore, India, 1998 – 1999

Teaching Experience

- Faculty, American University of Complementary Medicine.2006- Present
- Faculty, Ramakrishna Ayurvedic Medical College, Bangalore, INDIA, 2001-2003
- Faculty, Indus Valley Ayurvedic Center, Mysore INDIA, 1999-2000

Clinical experience:

- Treated a wide variety of chronic ailments for the past 7 years.
- Expertise in Ayurvedic Keraliya Panchakarma therapies employed in various clinical conditions
- Specialized in management of Arthritis, Asthma, Low back pain, syndrome, Allergic disorders, GIT disorders, Immunocompromised conditions.
- Collecting ethnobotanical information from local and tribal sources, testing their efficacy clinically

Clinical Research experience

- Pharmacognostic studies of Medicinal herbs
- Phytochemical analysis of different parts of Aegle marmelos
- Anti inflammatory activity of Aegle marmelos (Rutaceae)
- Wound healing properties of Aristalochia indica, in patients of varicose ulcers.
- Effect of Centella asiatica and Nardostychos jatamamsi in Insomnia.
- Efficacy of oil prepared of Curcuma longa, Allium sativum in otolgia.

- Anti Diabetic properties of G. Sylvestre.

Education

- MAOM- Masters in Acupuncture and Oriental Medicine
Currently Pursuing
- MD – Ayurveda
Duration: 3 years
Graduation: 2005
University: Rajiv Gandhi University
- BAMS - Bachelors Degree in Ayurvedic Medicine and Surgery
Duration: Five and half years
Graduation: 1998
University: Mangalore
- YTTC - Teachers Training Course in Yoga
Graduation: 2000
Institute: Atma Darshan, Bihar School of Yoga.

Board/Specialty Status

Board Certified in India to practice Ayurvedic medicine

Presentation

KizhakkeVeettil A, **Parla SJ**, Herb-drug interactions and food incompatibilities
- A Review of literature- American Public Health Association (APHA)137th
APHA Annual meeting November 7-11 2009.

KizhakkeVeettil A, **Parla SJ**, Kathryn P. White, Hypercholesterolemia and
Ayurvedic management. American Public Health Association (APHA) 135th
Annual Meeting and Exposition, Session 2008, PA, 137th APHA Annual
meeting November 7-11 2009.

KizhakkeVeettil A, **Parla SJ**, Suzanne G.” Ayurvedic management of Uterine Polyp: A case study”. American Public Health Association (APHA) 135th Annual Meeting and Exposition, Session 2008, Sandiego, CA.

KizhakkeVeettil A, **Parla SJ**. “Ayurvedic therapy for Osteo arthritis of the knee”. American Public Health Association (APHA) 135th Annual Meeting and Exposition, Session 2008, San Diego, CA.

Parla SJ, Gurucharan Khalsa, Psycho-somatic outlook of tastes in weight loss and health promotion, American Public Health Association (APHA) 136th Annual Meeting and Exposition, Session 2008

KizhakkeVeettil A, **Parla SJ**. “Ayurvedic therapy for Osteo arthritis of the knee”. American Public Health Association (APHA) 135th Annual Meeting and Exposition, Session 2008, San Diego, CA.

KizhakkeVeettil A, **Parla SJ**, Potential Ayurvedic Supplements for Alzheimer's Diseases, 5th Annual Conference on Natural Supplements: An Evidence-Based Update, Scripps Center for Integrative Medicine, San Diego, January 17-20, 2008. Presenter: Anupama KizhakkeVeettil

KizhakkeVeettil A, **Parla SJ**, Preventative Aspect Of Spices and Herbs Used As Supplements in Indian Vegetarian Diet, 5th International Congress on Vegetarian Nutrition, Loma Linda, March 4-6, 2008.

KizhakkeVeettil A, **Parla SJ**. “Obesity and its prevention – an Ayurvedic module”. American Public Health Association (APHA) 134th Annual Meeting and Exposition, Session 2007

KizhakkeVeettil A, **Parla SJ**.”Common diseases and their simple remedies through Ayurveda”, Poster, NAMA Albuquerque, New Mexico, October 18 - 21, 2007.

Parla SJ, KizhakkeVeettil A, New methods of evaluating and standardizing herbal drugs, National seminar on medicinal plants, Bangalore, India. Jun. 2005

Parla SJ, Ragavendra, A comparative RCT of Pultice and herbal oil in the management of Osteo arthritis w.s.r Knee joint. National seminar on joint diseases, Mysore, India. Apr. 2004

Parla SJ, Sudhindra, Some controversial drugs in Ayurveda and their standardization. National seminar on compound preparations and their standardization, Koppa, India. Oct.2004

Parla SJ, Dietetics in Ayurveda, Symposium on natural ways of nutrition, Udupi, India. Nov. 2003

Parla SJ, Panchamahabhoota theory (theory of evolution and elements), SDMCA, Udupi, Sep 2003

Memberships:

- Board of Director California Association of Ayurvedic Medicine USA.
- Member of National Ayurvedic Medical Association USA.
- Member of American Public Health Association USA.
- Member Ayurvedic Professional of North America, USA.
- Secretary, Asian medical students association, India
- Member, International council of Ayurveda, India

Seminars & Workshops Conducted:

- Allergies and Ayurveda, Hindu samaj Temple, NY 2010
- Ayurvedic Spring detox and health, The Rose Temple, CA, 2010
- Ayurvedic care for cancer patients, City of hope, CA, 2008
- Losing weight and staying fit. Fit Yoga conference, CA 2008
- Alzheimer's Eastern Medical Approach, CA 2007
- Alzheimer's Ayurvedic Approach. Alzheimer's Support group, CA 2007
- Ayurvedic Medicinal approach to Alzheimer's, Wise elderly Day care center, CA 2007
- Management of dementia through Ayurveda Alzheimer's association, 2007

- Introduction to Ayurveda, Inner works wellness Center, CA 2007
- Daily routine for prevention of disease through Ayurveda, Inner works wellness Center, 2007
- Acceptance of Ayurveda as complimentary and alternative medicine ;, Inner works wellness Center, CA. 2007
- Ayurvedic Pulse technique, Awareness center, Pasadena, CA- 2007
- Nature's way to health and well being. Westchester family YMCA, LA- 2007
- Three seasons health - Yoga woks, CA 2007
- RASAYANA - Longevity through Ayurveda, Yoga way, NY- 2007
- Natural way of staying healthy and achieving Longevity, Awareness center, CA- 2007
- Prana and its control, Yoga way NY. 2007
- Natural way to Health and Wellbeing, Kona big Island, Hawai-2007
- Introduction to Ayurveda, Central Library, Tampa, Florida-2007
- Ayurvedic nutrition, Co-opportunity, Broadway, Santa Monica, CA -2007
- Fundamental of Ayurvedic nutrition, Inner works wellness Center- 2006
- Mind and Body through Ayurveda. Yoga way, NY- 2006
- Ayurvedic Daily routine, Yoga way, NY- 2006
- Ayurvedic management of gastrointestinal disorder, Hindu temple, NY- 2006
- Daily routine in Ayurveda for health and longevity, Germany -2006
- Yoga and Ayurveda , Germany -2006
- Ayurvedic mother and child health care. JAA, Japan -2005
- Six tastes unique nutritional concept of Ayurveda, Switzerland -2005

- Ayurvedic therapy work shop, France-2005
- Preventive care through Ayurveda, Germany-2005
- Ayurvedic nutrition – Canada -2003
- “Know yourself” an Introduction to Ayurveda – Yoga way, NY -2003
- Women health and wellbeing – Ayurvedic prospective, WS- 2003
- “Daily routine in Ayurveda” a hands on workshop, LA -2003

Seminars & work shops attended:

- American Public Health Association (APHA) 134th Annual Meeting and Exposition, Philadelphia, PA, 2009
- American Public Health Association (APHA) 134th Annual Meeting and Exposition, Sandi ego, CA ,2008
- American Public Health Association (APHA) 134th Annual Meeting and Exposition, Washington DC.,2007
- National Ayurvedic Medical Association Conference –NAMA, Albuquerque, NM., 2007
- National seminar on medicinal plants, Bangalore, India. 2005
- National seminar on Ayurvedic Pharmaceutical standardization, Koppa. 2005
- National seminar on joint diseases, Mysore, India. Apr. 2004
- Standardization of Ayurvedic terminology, Manipal, India 2004
- National seminar on Joint disorders, GAMC, Mysore. 2004
- National seminar on principles of Ayurveda, Bangalore. 2004
- Standardization on Herbal Drugs, COPS, Manipal. 2004
- Present drug research in Ayurveda, RGUHS, Bangalore. 2004

- National seminar on compound preparations and their standardization, Koppa, India Oct.2004
- Symposium on natural ways of nutrition, Udupi, India. Nov. 2003
- National Seminar on Neurological diseases, SDMAC, Udupi. 2003
- Panchakarma (Ayurvedic therapies) hands on work shop, Balaji Ayurvedic center, Hyderabad. 2001
- National seminar on Eye diseases an Ayurvedic prospective Yavanica, Bangalore. 1996

Travel From 2001-2007

- USA, CANADA, Japan, Switzerland, France, Germany: Taught Ayurvedic courses and given lectures

Other Skills:

Windows 2000/XP, MS Word, MS Excel, MS Power Point, SPSS, CARS
Bilingual, English and three Indian dialects

References Available Upon Request