



**PROFILE AND EFFICIENT CONTRIBUTION OF DR. ANANT KUMAR V. SHEKOKAR  
IN AYURVEDA**

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**INTRODUCTION**

Ayurveda science of traditional practice encompasses knowledge of ancient science. Ayurveda has eight branches consisted of many chapters and meaningful *Shloka*. Various Ayurveda practitioners contributed significantly to build up basic principles of Ayurveda by writing different *Granthas* & literature. The science of Ayurveda established by great philosophers & researchers and some of them still making their continuous efforts for the advancement of Ayurveda. Recently many academicians and practitioners of Ayurveda put great efforts towards the profession exploration of Ayurveda principles through evident based textual contribution in different reputed journals, books and guest lecturer; Prof. Dr. Anant Kumar Shekocar is one of them. In the present article we made an effort to highlight contribution of Dr. Anant Kumar Shekocar towards the Ayurveda as a disciple, teacher, clinician, academicians, researcher, expert and administrator. Dr. Anant Kumar Shekocar is a well known proficient personality in the field of recent Ayurveda education and professionalism. Currently Dr. Anant Kumar V. Shekocar working as Prof. & HOD in Dept. of *Shalyatantra*, S.V.N.H.T. Ayurveda College, Rahuri factory, Rahuri, Maharashtra, India.

Dr. Shekocar born on 29<sup>th</sup> Dec. 1977 in the *Paturda* village in the district *Buldana* of *Maharashtra*. He was an all rounder student throughout his academic carrier. He acquired primary education from Government Rural Primary School and completed higher secondary school from Akola. His enthusiastic approach to serve the society in terms of medical service forced him to join medical profession and he got admitted in R.T. Ayurveda Mahavidyalaya, Akola (Maharashtra) as undergraduate student. The intensive attitude to get specialty in the field of Ayurveda brought him to well-known center I. P. G. T. & R. A., Jamnagar as a post graduate student in *Shalyatantra* department. The desired to develop innovation and skill in Ayurveda education and professionalism forced him to neglect his family life and sacrifice himself to be an academicians and researcher for that he joined Ph. D. programme in Ayurveda at Government Ayurved College, Nanded. Dr. Anant Kumar V. Shekocar elaborates and re-establishing various aspects of parasurgical treatment including *Agnikarma* and *Ksharaplota* in *Shalyatantra*. Dr. Anant Kumar V. Shekocar oriented and specialized himself towards some specific area of Ayurveda due to his belief that unless one possesses enough knowledge of relevant branches cannot attain efficacy in own subject. Dr. Anant Kumar V. Shekocar and his team published more than 50 peer

reviewed research articles in national and international journals with good impact factor. Dr. Shekocar discussed clinical efficacy of many Ayurveda therapy in various diseases and also discovered some beneficial techniques related to teaching methodology along with various aspects of surgical interventions. Students and physicians may boost their knowledge by using Dr. Shekocar's literatures and may get rid of their queries through his expertise textual contents.

Dr. Shekocar studied and published his works on different diseases related to *Shalyatantra* like *Agnikarma Chikitsa* & *Ajmodadi Vati* in *Ghridhrasi* (sciatica), *Kankayan Vati* & *Nagaradi Modak* in management of *Arsha* (Piles), *Suvarnkshiri taila pichu* in *Bhagandara*, *Yashtimadhukadi Varti* & *Diclofenac Sodium* suppository in the management of *Parikartika* (fissure), *Tilkalka Madhu Sarpi Varti* in the management of *Vidredhi Bhedana* and *Vistravana*, *Manjistadi Taila* with *Kadalipatra* & *Bactigauze* in the management of burn, *Ksharaplota* in the management of *Vrana*, *Navajivana Rasa* and *Ropana Tailm* in the venous ulcer, *Palandu Ghrut* in the management of sutured clean lacerated wound to avoid hypertrophic scar, *Pratisaran Agnikarma* in the management of *Kadar* (corn), *Mushkadikshara* in the management of *Mutraashmari* (renal stone),

*Agnikarma* in *vatakantaka* (planter fasciitis), *Pratisaraniya kshara* in the management of *Visarpa* (cellulitis). His deep and significant contribution in the field of surgery and education enable him to publish many articles in various reputed periodicals. However he has given more emphasis on some specific area but not ignored the other aspect of Ayurveda practice, his scientific contribution is enough for the basic knowledge of the subject and utmost satisfaction of the scholars, teachers, students, researcher and physicians. Dr. Shekokar and his team still working very hard to explore various facts of our ancient medical science and their applications.

Dr. Shekokar also emphasized clinical efficacy of some Ayurveda therapies in various diseases such as; use of *Kshar karma* and cryo-surgery in the management of *Arsh* W.S.R. to piles, comprehensive ayurveda management of vertebral Disc Lesions (*Asthyasrayee Vata*) by *Panchkarma* therapies & herbomineral formulations, *Madhubhavit Seevan Sutra* in the management of *Sadyovrana Kshar sutra* Ligation and electro-thermal cautery in the management of sentinel piles, *Agnikarma* in the management of trigger finger, *Agnikarma* with electric cautery in *Charmakila* (wart), *Virechanakarma* before *Ksharasutra* procedure in the management of *Bhagandara* (Fistula in Ano), management of infected wound with *ksharaplot*a dressing. Dr. Shekokar and team emphasized clinical efficacy of *Agnikarma Chikitsa* and *Kshar karma* in adverse health conditions. He studied anorectal disorder deeply along with its various treatment options. Dr. Shekokar not only focused diseases and their therapies but also described importance of balanced life style and diets in prevention of different diseases.

Dr. Shekokar described some innovative and novel teaching methodology for the educational system of Ayurveda sciences and published these teaching methodologies in reputed periodicals as follows

- ❖ Effect of mood elevator techniques during lectures; study based on teaching faculty of Ayurveda.
- ❖ Role of communication as essential part of human behavior in medical practice (health sciences profession).
- ❖ Effect of topic summarization before starting the lectures on learning ability of Ayurveda students.
- ❖ Role of group discussion in teaching and learning process W.S.R. to Ayurveda science.

Dr. Shekokar investigated various facts based on modern approach; recently he proposed comparative evaluation of squatting posture and straight posture of defecation in fissure in ano along with *Awagahaswedana* (sitz bath). He also suggests practioner of Ayurveda science to adopt rules of "Ethical Medical Practice" which are essential to maintain decorum and proud of Ayurveda science. He emphasized and investigated clinical importance of leech therapy *Jalouka* and also presented modern view of *Sushruta Samhita*.

Dr. Shekokar has published 11 books to explore scientific concepts of *Shalyatantra* in correlation with modern surgery and era. The book of *Shalyatantra* part 1 and 2 has been published in Marathi, Hindi and English language which is being used all over India with strong support and feedback of students, teachers and practitioners of Ayurveda field. The book entitled "principles and practices of *Agnikarma Chikitsa*" approved by Central Council of Indian Medicine, Delhi in 2012 for undergraduate and post graduate syllabus of *Shalyatantra*. He also published a book on "Research Methodology and Medical Bio-Statistics". Dr. Shekokar published collection of Past Post Graduate research work at a glance entitled "Researcher and Researches in Ayurveda institute Rahuri" and also published review article "A bridge of past post graduate thesis in *Shalyatantra* department at Ayurveda institute Rahuri" which help new researcher to set their research goals in the direction of *Shalyatantra* in Ayurveda. Dr. Shekokar contributed towards the profession of Ayurveda not in term of literature and publications but he also worked as Honorary House Physician (one year) and Honorary Clinical Registrar (two year) in the Department of *Shalya-Shalaky*a, I.P.G.T. & R.A., Jamnagar, after that he continue this work in the role of in-charge residence medical officer in present working institute. He acquired clinical experience and surgical management in the field of Ano-rectal disorder, anesthesia and *Agnikarma Chikitsa*. He has guided 20 post graduate students in *Shalyatantra* department during his teaching tenure at S.V.N.H.T Ayurveda college, Rahuri under MUHS, Nashik and they are carry forwarding his ethical legacy and versatile approaches of good quality education system and professionalism throughout country. His constant interest and desire in the field of research made him the research director at working institute of Rahuri. Dr. Shekokar appointed as subject expert at Uttar Pradesh Public Service Commission, Alhabad, (UP) for *Shalya Tantra*. He is life member of *Bharatiya Sangyaharak* Association (Association of Anaesthetists of Indian Medicine). Dr. Shekokar also accepted editorial board membership and peer reviver of reputed journal; International Journal of Ayurveda and Pharma Research, in his progressive work Dr. Shekokar elected as B.O.S. (Board of Studies) and faculty member for undergraduate and post graduate *Shalyatantra* & allied in Ayurveda at Maharashtra University of Health Sciences, Nashik for the period of 5 yrs from 2018 to 2023. He has done critically evaluated various reference book in the field of Ayurveda and research. He believe that blessings of his parents, teachers and national Saint Gadage Baba offered him success therefore he constantly taking part in events of development of Utopian and egalitarian society. As a responsibility to return social credit for making life meaningful by actively serving the mankind with his knowledge for which he & his team organized health camps for the poor & needy peoples on regular intervals and organized 40 major camps till now and approximately 5200 surgical procedures of piles, fistula

in ano and other anorectal conditions were treated with *ksharasutra* therapy.

Dr. Shekokar constantly struggling for Ayurveda students for their educational demands including separation of Ayush ministry on 2000 year under roof of NIMA student forum in the role of state level president. Struggling for Ayurveda teacher for their rights and educational demands for that first step put forward for demand of Educational tour for Ayurveda teacher at MUHS, Nashik on 2017 year under roof of Ayurveda *Aacharya* association in the role of founder president.

Dr. Shekokar shared his knowledge & health tips about piles, fistula, fissure, abdominal discomfort, hyperacidity and tips for healthy life in newspapers that's count about 30 in numbers. Dr. Shekokar is regularly updating his research knowledge, materials, Ayurveda views about diseases and related management on social sites, facebook pages, website page and You Tube so that he may connect with the practioner, student, teacher and new researchers world widely. Dr. Shekokar worked in student welfare department & helped students in "Earn and Learn" Scheme of MUHS, Nashik. He also served as guest lecturer, key note speaker, motivational speaker for *Shalya-Tantra*, research methodology & biomedical statistics, personality development and social health issues and represented it in various institutes, colleges, schools, NGO's, CME's, seminars, workshops and social valedictory functions.

Dr. Shekokar revised and updated facts of Ayurveda science using logical inferences and investigational approaches. He established teaching methodology of *Shalyatantra* on scientific evaluation which is efficient and also popular among the Ayurveda scholar. His published literatures may help other researchers to explore various aspects of Ayurveda. Currently Dr. Shekokar researching *Kshara plota* exclusively for its clinical significance in *Dushta Vrana* and also investigating for some scope regarding innovative formulation and application of *Ksharaplota*. He and his team put great efforts towards the execution of "*Akhanda Samhita Pathan*" which boost reading habits of younger generation students and also help to share knowledge amongst the group of students and academician. Such an elegant and eminent personality with his extensive works will definitely lift modern & applied view of Ayurveda. So that we can implement Ayurveda and its techniques more practically for betterment and good quality education system and professionalism in Ayurveda. The immense work of Dr. Shekokar is very valuable and enormous in present time. His proficiency will enlighten the path of upcoming clinician and researchers in various aspects.

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