



Department of Integrative Medicine



VMMC & Safdarjung Hospital in collaboration with

All India Institute of Ayurveda New Delhi

Integrating Tradition with Modern Excellence

The Department of Integrative Medicine at Vardhaman Mahavir Medical College (VMMC) & Safdarjung Hospital represents a landmark initiative of the Government of India to advance patient-centric, evidence-based integrative healthcare.

Established under a Memorandum of Understanding between All India Institute of Ayurveda (AIIA) and VMMC & Safdarjung Hospital, this department reflects a visionary step toward co-location and collaborative practice between Ayurveda and modern medicine — ensuring comprehensive, safe, and accessible healthcare under one roof.

The department began functioning on 8th July 2022 and was formally inaugurated on 7th February 2023 by:

- Hon'ble Union Minister of Health & Family Welfare, Shri Mansukh L. Mandaviya
- Hon'ble Union Minister of AYUSH, Shri Sarbananda Sonowal along with minister of state for health and Ayush Dr. And Dr MUNJAPARA Mahendrabhai

The initiative enables patients to access integrative treatment pathways — allowing them to choose or combine systems of medicine based on clinical indication and personal preference.

Our Vision

To deliver safe, scientific, and patient-centered integrative healthcare by combining the strengths of Ayurveda and modern medicine within a premier government tertiary care hospital.

Our Infrastructure

Our department is designed to ensure clinical precision, hygiene, comfort, and operational efficiency.

Consultation Chamber

A dedicated consultation chamber facilitates:

- Detailed clinical history taking
- Prakriti (constitutional) assessment
- Individualised treatment planning
- Confidential and focused doctor–patient interaction



Day Care Procedure Room

Equipped for short-duration therapeutic procedures including:

- Jalaukavacharana (Leech Therapy)
- Siravedhana (Therapeutic Bloodletting)
- Post-procedure observation and monitoring



Panchakarma Therapy Units (4 Dedicated Rooms)

Four fully functional Panchakarma therapy units ensuring:

- High standards of hygiene
- Patient privacy and comfort
- Standardised therapeutic protocols
- Skilled Panchakarma technicians with resident doctor supervision

In-House Pharmacy

An in-house dispensing unit providing:

- GMP-certified classical and proprietary Ayurvedic medicines
- Quality-assured formulations
- Free medicine distribution as per prescription
- Detailed dosage and intake counselling



Kalpshetra (Preparatory Unit)

A dedicated utility area supporting:

- Preparation of therapeutic materials
- Standardization of oils, decoctions, and procedural materials
- Efficient workflow of therapy services

Store & Logistics Support

Systematic storage infrastructure for:

- Medicines
- Procedure materials
- Equipment
- Consumables

Ensuring uninterrupted patient care.

Clinical Services

1. Specialty OPD

Senior consultants from AIIA provide specialty consultations on a rotational basis from Monday to Saturday (9:00 AM – 5:00 PM).

Each patient undergoes:

- Clinical examination
- Constitutional evaluation
- Integrative treatment planning
- Diet & lifestyle guidance

2. Panchakarma Therapy

Comprehensive Panchakarma services delivered in fully equipped therapy units, including:

- Abhyanga
- Swedana
- Kati Basti
- Janu Basti
- Pottali Swedan
- Shirodhara
- Nasya
- Basti
- Jalauka-avacharan
- Siravedha

Supervised by trained Panchakarma technicians and resident medical officers.

3. Free Ayurvedic Medicine Dispensary

Patients receive:

- GMP-certified medicines
- Personalized dosage instructions
- Dietary and behavioral guidance individually for each patient visiting opd
- Follow-up evaluation protocols

4. Personalized Dietary and lifestyle Consultation

Diet plays a foundational role in integrative medicine.

Dietary advice is customized based on:

- Prakriti (Constitution)
- Vikriti (Disease state)
- Digestive strength (Agni)
- Seasonal factors

Patients are guided regarding:

- Suitable cereals, vegetables, legumes
- Correct food combinations
- Spice usage
- Milk and dairy suitability
- Condition-specific modifications

OPD Schedule

Day	Department	Senior Consultant
Monday	Panchakarma	Dr. Prasanth Dharmarajan
Tuesday	Shalya	Dr. Deepak M (1st-3rd Tuesday) Dr. Awadhesh Pandey (2nd Tuesday) Dr. Foram Joshi (4th Tuesday)
Wednesday	Kayachikitsa	Dr. Raja Ram Mahto
Thursday	Kaumarbhritya	Dr. Rajagopala S
Friday	Panchakarma	Dr. Santosh Kr Bhatted
Saturday	Kayachikitsa	Dr. Ramakant Yadava / Dr. Amrish D(Alternate basis)

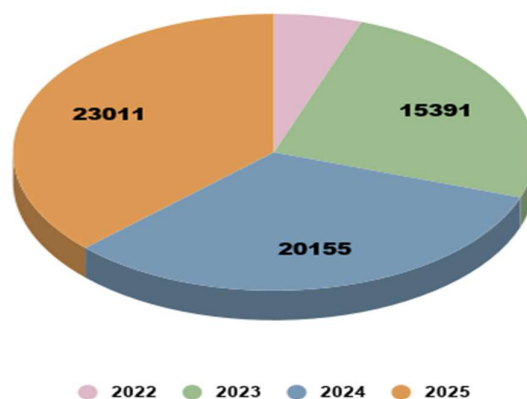
Medical Officers

- Dr. Shimmi
- Dr. Bhuvnesh Sharma

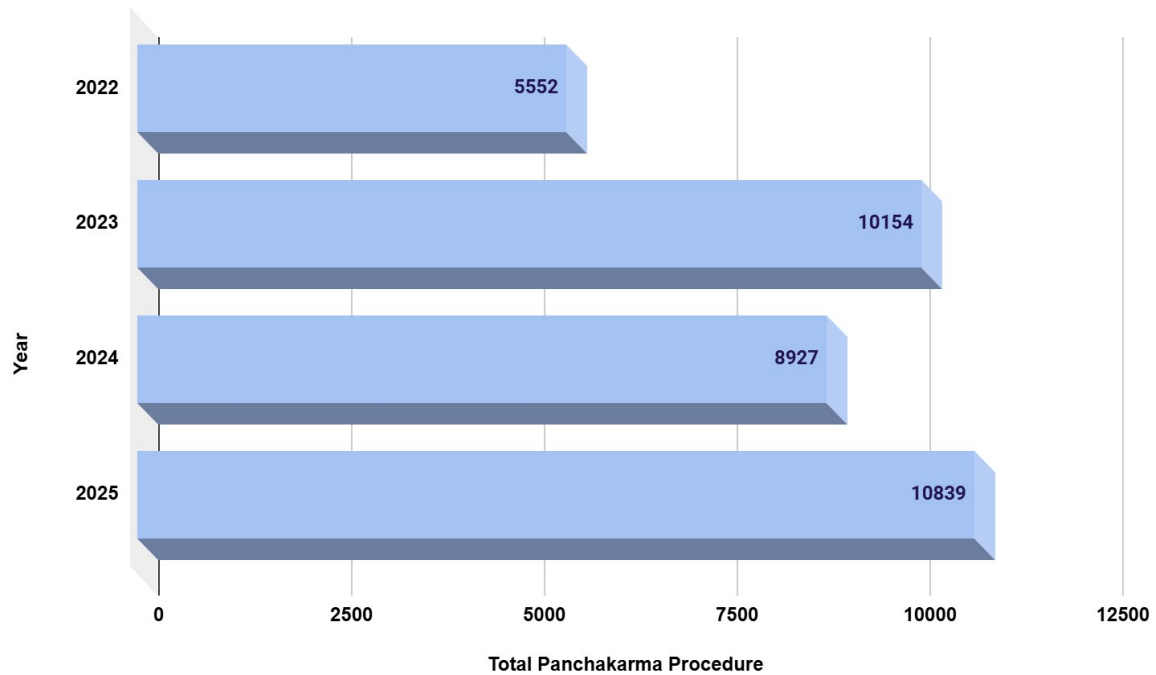
Statistical Data

Calender Year	Total OPD Patients	Total Panchakarma Patients	Total Panchakarma Procedures
2022	3371	1939	5552
2023	15391	3889	10154
2024	20155	3383	8927
2025	23011	3627	10839
Total	61928	12838	35472

Total OPD Patients - 61928
8th July 2022- 31st December 2025



Total Panchakarma Procedure - 35472 8th July 2022- 31st December 2025



Academic & Institutional Milestones

The Department was formally inaugurated in the presence of:

- Hon'ble Union Minister of AYUSH, Shri Sarbananda Sonowal
- Hon'ble Union Minister of Health & Family Welfare, Dr. Mansukh Mandaviya
- Hon'ble Ministers of State and senior officials of Ministry of AYUSH

The department also serves as:

- A clinical teaching platform
- A training site for nursing and healthcare students
- A model integrative healthcare initiative

Community Engagement & Events

Key initiatives include:

- International Yoga Day celebrations
- Educational visits by Rajkumari Amrit Kaur College of Nursing
- Public health awareness programs
- Integrative clinical workshop

Why Choose Integrative Medicine at VMMC & Safdarjung Hospital?

- ✓ **Government-backed initiative**
- ✓ **Academic collaboration with AIIA**
- ✓ **Senior specialty consultants**
- ✓ **Free medicines**
- ✓ **Structured Panchakarma facility**
- ✓ **Personalized diet and lifestyle planning**
- ✓ **Evidence-based integrative approach**

Book an Appointment

For OPD consultation and therapy scheduling, please contact the Integrative Medicine Department at VMMC & Safdarjung Hospital. Mob - 9311391884

Gallery



Inauguration of Department of Integrative Medicine



Educational visit of students of Rajkumari Amrit Kaur College of Nursing



11th International Yoga Day Celebration at Department of Integrative Medicine