



6th International Conference

Kshamatvam 2026

THEME :

Translational Ayurveda in Autoimmune Disorders :
Bridging Classical Wisdom with Global Healthcare

HOST :

Sri Dharmasthala Manjunatheshwara
College of Ayurveda, Hospital and Research Centre,
Udupi, Karnataka, India

VENUE :

Bhavaprakasha Auditorium

PRE - CONFERENCE WORKSHOP | 29TH SEPTEMBER 2026

CONFERENCE | 30TH SEPTEMBER & 1ST OCTOBER 2026

Website link : www.sdmkshamatvamudupi2026.com

Email ID : kshamatvam2026@sdmayurvedacollegeudupi.in



Scan for Venue

Location



• About the Host Institution •

Sri Dharmasthala Manjunatheshwara (SDM) College of Ayurveda, Hospital & Research Centre, Udupi, **Established in 1958** and nurtured under the visionary leadership of Padma Vibhushana Dr. D. Veerendra Heggadeji, is one of India's leading institutions dedicated to Ayurveda education, healthcare, research, and innovation. It is affiliated with RGUHS, Bengaluru and recognized by NCISM. The institution has been accredited with '**A**' Grade by the Quality Council of India (QCI) and secured **2nd and 5th ranks** nationally in consecutive assessment cycles.

Spread across a **30-acre campus**, the institution comprises a **310-bedded** teaching hospital, SDM Ayurveda Pharmacy and the SDM Centre for Research in Ayurveda and Allied Sciences (Centre of Excellence). The campus features **14 specialty departments**, a central library with over **30,000 books**, modern digital learning facilities, a manuscript museum, simulation and skill laboratories, 800 Capacity Bhavaprakasha Auditorium and a **7.5-acre herbal garden** housing more than **5,000 medicinal plants** representing over **1,000 species**, including more than **100 endangered species**.

Supported by funding from the **Ministry of AYUSH, CCRAS, DST, RGUHS, IKS, and VGST**, the institution actively promotes high-quality research and global academic collaborations. As the proud host of KSHAMATVAM 2026, SDM College of Ayurveda, warmly welcomes delegates from around the world to foster scientific dialogue and advance Translational Ayurveda for global healthcare.



• About KSHAMATVAM 2026 •

KSHAMATVAM 2026 – 6th International Conference on Translational Ayurveda in Autoimmune Disorders, organized by Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital & Research Centre, Udupi, will be held from **29th September to 1st October 2026** under the theme “**Translational Ayurveda in Autoimmune Disorders: Bridging Classical Wisdom with Global Healthcare.**”

Autoimmune disorders are emerging as one of the most challenging chronic diseases worldwide, demanding safe, holistic and evidence - based therapeutic approaches. KSHAMATVAM 2026 aims to explore the potential of Translational Ayurveda by integrating the classical concepts of Vyādhikṣamatva, Ojas, Agni, Rasāyana and personalized healthcare with contemporary advances in immunology, biomedical sciences and clinical research.

The conference will feature keynote lectures, invited scientific sessions, panel discussions, paper and poster presentations and hands-on pre-conference workshops by renowned national and international experts. An Ayurveda Expo with scientific and industrial exhibition stalls will showcase innovations in Ayurvedic pharmaceuticals, diagnostics, research, healthcare technologies, publications and wellness services, fostering academia – industry collaboration. Expected to attract more than **2,000 delegates**, the conference will promote interdisciplinary research, international collaboration, evidence generation and the translation of classical Ayurvedic wisdom into globally relevant solutions for the prevention and management of autoimmune disorders.



ORGANIZING COMMITTEE



• Chief Patron •

Padma Vibhushana Dr. D. Veerendra Heggade

Dharmadhikari, Sree Kshethra Dharmasthala,
President, SDMES, (R), Ujire,
Honourable Chancellor, Sri Dharmasthala
Manjunatheshwara University, Dharwad, Karnataka.

• Patrons •



Shri. D. Surendra Kumar
Vice President,
SDMES (R), Ujire



Shri. D. Harshendra Kumar
Secretary,
SDMES (R), Ujire



Dr. Satheeshchandra S
Secretary,
SDMES (R), Ujire



Shri. D. Shreyas Kumar
Director (Projects)
SDMES (R), Ujire



Shri. D. Nischal Kumar
Finance director
SDMES (R), Ujire

• Advisory Committee •

Dr. Kousthubha Upadhyaya
Adviser(Ayurveda)
Ministry of Ayush,
Government of India, New Delhi

Dr. Vandana Siroha
Director,
Rashtriya Ayurveda Vidyapeeth,
New Delhi

Dr. Bhagavan B.C
Vice Chancellor,
Rajiv Gandhi University of
Health Sciences Karnataka

Dr. Tanuja Manoj Nesari
Director,
Institute of Teaching and
Research in Ayurveda (ITRA),
Jamnagar, Gujarat

Dr. Pradeep Kumar Prajapati
Director,
All India Institute of Ayurveda,
New Delhi

Dr. M. Mohan Alva
Chairman,
Alva's Education Foundation,
Moodabidri

Dr. Srinivasa Hejmadi Acharya
Professor Emeritus,
All India Institute of Ayurveda,
New Delhi

Dr. Ravishankar B,
Distinguished Professor,
All India Institute of Ayurveda,
New Delhi

Dr. U.K. Krishna
Director,
Nippon Ayurveda School,
Tokyo

Dr. Prasanna Narasimha Rao
Director,
SDM Ayurveda Institutions,
SDM Educational Society, Ujire

Dr. Lakshminarayana Shenoy
Assistant Director,
Govt. Ayurveda Research Centre,
Mysuru

Dr. Anupama Kizhakkeveetil
Program Director (Ayurveda Medicine),
Southern California University of
Health Sciences, California

• Chief Organizing Secretary •

Dr. Mamatha K.V

Principal, SDMCAH & RC, Udupi

• Technical Advisors •

Dr. Shailaja U
Principal,
SDMCAH, Hassan

Dr. Jagadeesh K
Principal, SDM Institute of
Ayurveda & Hospital,
Bangalore

Dr. Niranjana Rao
Vice Principal (Clinical),
SDMCAH & RC, Udupi

Dr. Nagaraj S
Vice Principal (Academic),
SDMCAH & RC, Udupi

Dr. Jayakrishna Nayak
Medical Superintendent,
SDMCAH & RC, Udupi

Dr. Deepak S. M
Deputy Medical Superintendent
SDMCAH & RC, Udupi

• Organising Secretaries •

Dr. Prasanna N Mogasale
Professor,
Dept. of P.G Studies in Roganidana

Dr. Arhanth Kumar A
Associate Professor,
Dept. of P.G Studies in Samhita,
Siddhanta & Sanskrit

Speakers and Topics:

30/09/2026- Wednesday



Dr. Srinivasa Hejmadi Acharya
Professor Emeritus,
All India Institute of Ayurveda (AIIA)
New Delhi, India

**Keynote
Speaker**

1st Scientific Session



Dr. Vishweshwaraiah Prakash

"Padma Shri", Bhatnagar and Rajyotsava Awardee,
Former Director of CFTRI and
Distinguished Scientist of CSIR-India, Mysore, India

Topic : The Science of Traditional Foods
(Ahaara Vijnana) and Personalised Nutrition in
Understanding Autoimmune Disorder Management

2nd Scientific Session



Dr. Bhushan Patwardhan

Distinguished Scientist & Former Vice Chairman,
UGC Pune, Maharashtra, India

Topic : "Bridging Contemporary
Immunology and Ayurveda through Integrative
Research."

3rd Scientific Session



Dr. Jorge Luis Berra

Physician & Director,
Fundacion de Salud Ayurveda Prema Argentina

Topic : The Microbiome as One Dimension of Agni:
A Translational Model for Intestinal Permeability and
Autoimmune Pathogenesis

4th Scientific Session



Dr. Rammanohar Puthiyedath

Director, Amrita Centre for Advanced
Research in Ayurveda, Amrita School of
Ayurveda, Clappana PO, Vallikkavu, Kollam,
Kerala, India

Topic : Translational Research in
Immunology and Ayurveda

5th Scientific Session



Dr. Prasanna N Mogasale

Professor,
Dept. of P.G Studies in Roganidana

Topic : Ayurvedic Insights into the
Pathogenesis of Immune
Dysregulation and Autoimmunity w.s.r to Rheumatology



Speakers and Topics:

01/10/2026- Thursday

6th Scientific Session



Dr. Shashikiran Umakanth MBBS, MD, FRCP Edin
Senior Consultant Physician and Medical
Superintendent at Dr. TMA Pai Hospital Udupi, MAHE,
Manipal Academy of Higher Education

Topic : When Tolerance Fails: Recent Advances in
Diagnosing Autoimmune Disease, with a Live Decision
Support Demonstration

7th Session (ONLINE)



Dr. Christian Kessler, MA, MSc
Department of Integrative Health Care and Prevention,
University of Augsburg & University Hospital,
Augsburg, Germany

Topic : Ayurveda and Autoimmunity:
A European Academic Perspective

8th Session



Dr. Yogesh Bendale
Senior Ayurvedic Physician and Researcher
Pune, Maharashtra, India

Topic : “Autoimmune Disorders through the Lens of
Rasashastra: Evidence-Based Innovative Rasayanas”

9th Session



Dr. Kishore Kumar
Senior Consultant
National Institute of Mental Health and
Neurosciences (NIMHANS), Bengaluru, India

Topic : Integrative approaches in Neuroimmunological
disorders: Perspectives from a tertiary Neuropsychiatry
centre.

10th Scientific session (ONLINE)



Dr. Antonio Morandi
Scientific Director of the ICAM 2016,
Chairman & Director, Ayurvedic Point, Milan, Italy.
President, Italian Scientific Society for Ayurvedic Medicine.

Topic : Beyond Integration: A Collaborative Medicine and
Science Approach to Autoimmune Disorders Through
Ayurveda and Modern Medicine

11th Session



Dr. Anita Karilio Arkas
President of ARIA, Ayurveda Russia – India
Association.

Topic : Scope of Ayurveda in the management of
Crohn's disease

12th Session



Dr. Prashanth A S
Principal,
Ayurveda Mahavidyalaya Hubballi, Karnataka

Topic : Evidence - Based Evaluation of Ayurvedic Shodhana
Therapies in Autoimmunity



Pre-Conference workshop

GROUP - A

COURSE - 1

RESEARCH MODELS IN AUTOIMMUNE DISORDERS



Speaker :

Dr. Ravishankar

Distinguished Professor,
All India Institute of Ayurveda,
New Delhi, India

COURSE - 2

DRUG SURVEY



Speaker :

Dr. Ajayan Sadanandan

President, Centre for Indian Medical
Heritage (CIMH), a research wing
under the Arya Vaidya Pharmacy
(AVP) Coimbatore, Tamil Nadu, India

GROUP - B

COURSE - 1

MARMA CHIKITSA IN AUTOIMMUNE DISORDERS



Speaker :

Dr. N.V. Sreevaths

Chief Consultant Physician:
At Svasthyakshetram Ayurvedic
Health Care Centre in Nalappilly,
Palakkad, Kerala, India

COURSE - 2

OPD BASED PANCHAKARMA PROCEDURES



Speaker :

Dr. Niranjan Rao

Vice Principal [Clinical], Professor and Head,
Dept. of P.G.Studies in Panchakarma,
Sri Dharmasthala Manjunatheshwara
college of Ayurveda, Hospital and Research
centre, Udupi, Karnataka, India

ONLY CONFERENCE REGISTERED PARTICIPANTS CAN PARTICIPATE IN PRE - CONFERENCE WORKSHOP. DELEGATES CAN CHOOSE ANY ONE GROUP DURING REGISTRATION

Paper Presentation Themes:

Abstracts should align with the conference theme. Sub-themes include:

1. Conceptual Integration of Immunology with Ayurvedic Parameters: Prakṛti, Agni, Sātmya, Sattva and Kāla
2. Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhātu Sāra, Ojas, Bala and Vyādhikṣamatva.
3. Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders.
4. Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders.
5. Ayurvedic Diagnostic Perspectives in Autoimmune Disorders.
6. Assessment of Rogi Bala in the Context of Vyādhikṣamatva in Autoimmune Disorders.
7. Conceptual Integration of Asātmya and Viruddha Āhara in the Pathogenesis of Autoimmune Disorders.
8. Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives.
9. Ayurvedic Determinants of Immunity: Role of Āhāra, Vihāra and Ācāra.
10. Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives.
11. Integration of the Concept of Viṣa (Gara and Dūṣī) in the Pathogenesis of Autoimmune Disorders.
12. Śamana Auśadha and Pañcakarma-Based Clinical Approaches in Autoimmune Disorders
13. Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Abstract Format :

Prepare your abstract strictly as per the format below :

- Title: Concise, maximum 20 words; use Title Case.
- Word Limit: 250 words, excluding title, author details, and keywords.
- Structure: Background & Objectives, Materials & Methods, Observations/Results, Conclusion.
- Keywords: 3–5 keywords provided below the abstract.
- Language: English only. Avoid abbreviations in the title. All Sanskrit terminologies should be presented in standard transliteration.

Author Details:

- Provide full names of all authors along with their affiliations.
- The first author should be the presenting author.
- Include email ID and mobile number of the corresponding author.
- A maximum of four authors is permitted per abstract.



Submission Process:

- Registration for the conference is mandatory for Paper Presentation.
- Select the mode of Paper/Poster Presentation: ONLINE or OFFLINE
- Submit the abstract through the conference website.
- Last Date for Submission : **15th September 2026**.



Review and Selection:

- All abstracts will undergo peer review by the Scientific Committee.
- Acceptance will be communicated via email.
- Best ONLINE and OFFLINE Paper/Poster Presentations will be awarded



PPT/Poster Presentation Details

- Only the official conference template available on the conference website should be used.
- PPTs should contain a maximum of 10 content slides (excluding the title and thank-you slides).
- Presentation time: 4 minutes presentation + 1 minute discussion.
- Tentative online presentation dates: 25th & 26th September 2026.
- E-Posters must be prepared in 16:9 widescreen landscape format using the prescribed template.
- Last date for PPT/ E-Poster submission: **20th September 2026**.



Conference registration is mandatory for Pre-Conference Workshop registration.

REGISTRATION DETAILS

Early Bird till 15th September 2026

Category	Registration Fees
 Under graduates and Interns	Rs. 2,500 + GST
 P.G and Ph.D	Rs. 3,000 + GST
 Faculties, Researchers & Practitioners	Rs. 3,500 + GST
 International Delegates	USD 60 + GST
 BIMSTEC Country Delegates	USD 45 + GST
 International Student & BIMSTEC Student Studying in India	Rs. 3,500 + GST
 Pre-Conference Workshop Registration Fees	Rs. 1,000 + GST



30th September 2026

Cultural Evening by
SDM Kala Vaibhava

Scan To
Register Now



10% hike on above mentioned registration fee after September 15th 2026

TOP ATTRACTIONS



Sri Dharmasthala Temple



Shri Krishna Mutt



St. Mary's Island



HOW TO REACH SDM CAMPUS



From New KSRTC Bus Stand
Udupi (or KSRTC Bus Terminal)
4.5 km



From Udupi Railway Station
(UD) in Indrali
9.8 km



From Mangaluru International
Airport (IXE)
56 km

Limited Dormitory facility is available on request during registration before 31st August 2026.



Contact Details

ORGANISING SECRETARIES

Dr. Prasanna N. Mogasale
+91 98452 12813
pnmogasale73@sdmayurvedacollegeudupi.in

Dr. Arhanth Kumar A
+91 78297 01558
arhanth.kumar@sdmayurvedacollegeudupi.in

REGISTRATION COMMITTEE

Dr. Vidyalakshmi K
+91 94489 84482
drvidya_u@sdmayurvedacollegeudupi.in

Dr. Yogesh Acharya
+91 98860 55775
yogeeshadr@sdmayurvedacollegeudupi.in

SCIENTIFIC COMMITTEE

Dr. Padmakiran
+91 94489 53038
kiranasm@sdmayurvedacollegeudupi.in

Dr. Ravikrishna
+91 86602 97175
drkaithal@sdmayurvedacollegeudupi.in

STALL & EXHIBITION COMMITTEE

Dr. Vijay B Nagalur
+91 94800 46879
drvijaynagalur@sdmayurvedacollegeudupi.in

Dr. Shrinidhi Ballal
+91 9480649382
drshrinidhi3@sdmayurvedacollegeudupi.in

PRE - CONFERENCE WORKSHOP COMMITTEE

Dr. Prashanth K
+91 9448857560
drp235@sdmayurvedacollegeudupi.in

Dr. Rajalakshmi M.G
+91 9448951673
rajalexmi_mg@sdmayurvedacollegeudupi.in