



BIODATA

Name : **Dr. Ramesh. R. Varier**
Designation : Managing Director & Senior Physician

Professional interests:

Medical Consultancy, Medical Research, Product Development, Business Management.
Medical education, Psychology.

Family background:

- Born in a family of Ayurvedic physicians.
- Grandfather Late. Arya Vaidyan Sri.N.Rama Varier founded the institution in 1930.
- Father, Arya Vaidyan.P.V.Raghava Varier, the current Chairman and Chief physician of the group has been the honorary Physician to the then President of India, Sri.V.Radhakrishnan, and a recipient of several awards for his thesis on different topics in Ayurveda.
- Sister, Dr.Sridevi and Brother-in –Law, Dr.Rajeev C.Warrier are Ayurvedic physicians of distinction specializing in Panchakarma and the treatment of chronic diseases like Rheumatology, Stroke and Neurology, Developmental Neurology.
- Son has Graduated in Ayurveda and is pursuing higher education in Pharmaceutical sciences.

Education:

- B. A. M. S. Bachelor of Ayurvedic Medicine & Surgery. Madras University (1979-86)
- P. G. D. C. A. Post graduate Diploma in Computer applications (1986-87)
- P. G. D. B. M. Post Graduate Diploma in Business Management (1993-94)
- Attended several Management and Self-development programs
- Certificate course in Hypno-therapy
- Certificate course in Clinical Psychology
- Successfully Completed Advanced Management Program (AMP) at IIM Bangalore (2107)
- Completed certificate courses in Clinical Trial Design and Interpretation offered by Johns Hopkins University and by Cape Town University.

Employment

- May 86- Apr 87 - Tutor in Ayurveda College. Coimbatore
Apr 87 – to date - Medical Consultation & Managing AVN Group of Companies.
Research & Development in Ayurveda since 1994.

Research experience:

- Engaged in developing Tablet Formulations from traditional Ayurvedic preparations.
- Formulated more than 30 Proprietary Formulations for specific ailments from traditional Ayurvedic herbal preparations and launched them as branded Ayurvedic proprietary products.
- Engaged in developing integrated understanding and specialized Ayurvedic treatments for specific ailments.
- Extensive research experience in areas like Diabetes, Cervical spondylosis, Lumbar Spondylosis, Arthritis and other ailments.
- Involved in integrating counseling as an aid to treatment of various chronic diseases.
- Engaged in interpreting the action of Ayurvedic medicines and therapies from a modern scientific point of view.
- Headed the team that has filed for a patent for a novel method of preparation of lipid based Ayurvedic formulations
- Involved in Clinical research activities supported by the group.

Teaching experience:

- Taught Ayurvedic students in their graduation course.
- Continued medical education training to Ayurvedic Doctors for promoting an integrated understanding of Modern Medicine and Ayurveda.
- Conducting technical training programs for Pharmaceutical marketing personnel.
- Offered lectures on different topics in Ayurveda to groups of Ayurvedic enthusiasts.
- Lectures at various institutions in India, Germany, Russia, USA, Switzerland, Singapore & UK.
- Is a GURU under the central government's Rashtreeya Ayurveda Vidyapeet, with four doctors under mentorship every year.

Major achievements:

- ❖ 1ST rank holder in B. A. M. S from Madras University in the year 1986.
- ❖ Introduction of over 30 innovative formulations for various diseases.
- ❖ Successful Ayurvedic Medical Consultant for chronic diseases. Interpreting Ayurvedic Concepts & Practices with modern scientific understanding.
- ❖ Managing and developing a professional Ayurvedic organization.
- ❖ Successfully headed the establishment and running of the 80 bedded NABH accredited Ayurvedic hospital at Madurai.

Clinical Expertise:

- Management of degenerative skeletomuscular problems like Osteoarthritis, Cervical and Lumbar spondylosis and Rheumatic disorders.
- Specialises in the management of women's health issues with special focus on menstrual disorders, fertility and psychological problems.
- Also specializes in male infertility.