

Dr. V.L Shyam BAMS, MD, MPhil

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www.vaidyashyam.com

www.drshyamayurveda.com

www.wellbeingnatura.com

www.backtorootz.com

- 22 years of Ayurveda Practice, Teaching & Business experience span across 19 countries.
- Successfully implemented 65 plus Ayurveda / Wellness projects in ME, Africa, EU, Far East & India.



Awards & Accolades

- Ministry of Health Award, UAE for the contributions to improve Healthcare in UAE – 2019.
- Member – International Expert Consultation Meeting (IECM) 2019 on WHO Benchmarks documents for the practice in Ayurveda & Unani medicine.
- Health Excellence Award – UAE – 2018 – Distinguished Leaders of Healthcare by Dubai Health Authority & Health Magazine.
- Health Excellence Award – UAE – 2017 – Distinguished Physician - by Dubai Health Authority & Health Magazine.
- Youth Icon Award 2019, Oruma Malayalee Association, UAE.
- Asia Spa Award – 2012 – Birla Kerala Vaidyashala.
- Most preferred Ayurveda Center – 2011 – Golden Star Award for Birla Kerala Vaidyashala.
- Spa person of the Year 2007 - Hotelier Middle East award.
- Silver Best Spa – Kempinski Mall of the Emirates - MENA Award 2007.
- First Ayurveda practitioner licensed by the Ministry of Health, UAE – 2003.
- Gold Medalist – BAMS – Mahatma Gandhi University.

Current Responsibilities

- **Medical Director:** Dr. Shyam's Ayurveda Centre (www.drshyamayurveda.com) operates 6 Ayurveda clinics in Dubai – Karama, Al Nahda, Jumeirah & Dubai Health Care City, Ajman & Ras Al Khaimah.
- **Faculty Member:** Ayurveda Department, Southern Californian University of Health Sciences, USA (www.scuhs.edu)
- Operates clinic in Indian Consulate, Dubai, in association with Ministry of AYUSH, India.
- **Director – Back to Roots** (www.backtorootz.com) operates an Ayurveda hospital in Kerala, India
- **Director – Natura Wellbeing** (www.wellbeingnatura.com) - serves professional wellness consultancy, to deliver an exceptional approach to creating unique Wellness concepts for hotels, resorts and day spas worldwide.
- **Ayurveda Consultant – Burjeel Day Surgery Centre** (www.burjeeldaysurgery.com) is the largest day care surgery centre in the region which integrates Ayurveda.
- **Consultant – Lillya Ayurveda Centre, Casablanca, Morocco** (www.lillyaayurveda.com)
- **Interview Board Member – TCAM, Ministry of Health, UAE**
- **General Secretary – International AYUSH Conference & Exhibition Dubai 2020 & 17:** first ever conglomeration of Ayurveda, Yoga & Naturopathy, Unani, Sidha and Homeopathy practitioners, policy makers, industrialists, researchers and students across the world was organized in 2017. www.ayushdubai.org
- **Columnist of Ayurveda & Wellbeing – Friday Magazine, Gulf News - 2013 till date.** <https://fridaymagazine.ae/>

Past Work Experience

- Medical Director - Malabar Wellness & Ayurveda Centre (www.malabarayurveda.com) - operates an Authentic Ayurveda Clinic & treatment centre at Kuala Lumpur, Malaysia.
- Director – Vaidya Ayurveda Centre (vaidyacare.com) operates in Dubai, UAE.
- CEO & Director: Mantra Medical Centre LLC operates 5 TCAM clinics in Dubai integrating the principles of Ayurveda, Homeopathy and Unani medicine. www.mantrawellbeing.com
- Senior Vice President – 2011-12 - Birla Kerala Vaidyashala Pvt. Ltd - operates 27 Ayurveda Clinics & hospitals across Maharashtra, Karnataka, Tamil Nadu, Kerala, and Rajasthan. During my tenure, we have structured the organization to corporate governance from a proprietary entity. We have transformed Kerala Vaidyashala to an Authentic Curative Ayurveda service provider. We have also launched 100 generic Ayurveda products and developed a robust Franchise system. www.birlakeralavaidyashala.com
- Wellness Consultant: Orange Wellness & Spa (Ivory Grand Hotels Al Barsha, Dubai)
- Regional Spa Director – Middle East & Africa - 2008 – 11 – Softouch International FZC. Sales & Operational responsibility of 6 luxury spas in MENA region. Effectively implemented the strategy of Yield management in Spa industry. www.softouchspa.com
- Spa Director – Kempinski Hotel Mall of the Emirates - 2006 – 2008. Continued as Spa Director after the Pre-Opening Management. www.kempinski.com/en/dubai/mall-of-the-emirates
- Spa Manager – Ajman Kempinski Hotel – 2001 – 2006 – Continued as the spa manager after the preopening in 2001. Took several short term breaks as I was assigned to the pre-opening of other wellness projects. www.kempinski.com/en/ajman/hotel-ajman
- Ayurveda consultant - Ayurveda Cures, Bangalore, India- 2000 ; www.ayurvedacures.com; www.wellnessocean.com; www.wellnessb2b.com
- Ayurveda Spa Manager – ITDC Kovalam, Kerala, India - 1997 – 2000
- Ayurveda Lecturer & Physician - Coimbatore Arya Vaidya Trust www.avpayurveda.com - 1996

Pre-Opening Ayurveda Projects

- 2010 - **Zamani Retreat Kempinski** - Africa's first holistic health retreat – Wellness retreat concept was prepared around Three 'Houses' offering a wide variety of traditional & contemporary treatments from the world's great healing traditions - The 'House of Africa' – Maasai Medicine, 'House of Asia' – Tibetan Healing & 'House of India', - Ayurveda.
- 2010 – Launched Ayurveda Wellness services at **Kempinski Somabay**. Kempinski Somabay on Egypt's Red Sea Coast is attached with Les Thermes Marins des Cascades with 65 treatment cabins which is the region's largest spa and thalasso center.
- 2009 - **Djibouti Palace Kempinski Hotel** – Wellness centre theme is prepared on authentic hammam treatments; property has one of the biggest hammam facilities in the region.
- 2007 - **The Spa, Hilton Resort & Spa**, Ras Al Khaimah, UAE – integrated different wellness therapies in the 10000 sq feet project.
- 2006 - **Kempinski Hotel Mall of the Emirates**, Dubai – Urban luxury spa with diversified wellness activities integrating Far East & European treatments to Ayurveda. Received Spa person of the year and Best spa awards for the unique theme & concept of spa.
- 2005 - **Day Spa**, Kuwait: Converted one of the antique Villas in Kuwait City into a wellness center for the Al Sabah family.
- 2004 – **Le Meridien Al Aqah Beach Resort**, Fujairah, UAE – converted the basement level of the hotel into a wellness center and this centre became the USP of the resort.
- 2004 - Ayurveda Spa - **Kempinski Hotel Julai'a**, Kuwait
- 2003 - **Kempinski Hotel, San Lawrenz, Malta** – Spa combining Ayurveda and Thalasso treatments. This property is a renowned destination wellness retreat now.
- 2003 – **Cleopatra Spa**, Wafi city, Dubai – set the Ayurveda division for Cleopatra.
- 2001 - **Kempinski Hotel, Ajman**, UAE - First Ayurveda Spa of Middle East; I received the first license to practice Ayurveda as a medical system in UAE.
- 2000 - **Le Revive Ayurveda Spa, Le Meridien Cochin, India** – Traditional spa influenced by the traditional Kerala architecture of a Nalukettu.

- 1997 - ITDC Kovalam Beach Resort - Set a Wellness & Yoga centre of approx 10,000 sq feet and converted 40 cottages to a wellness village. Developed one of the first Ayurveda cuisines in 1998 for the resort. Launched Slimming therapies in 1999 and was recognized by Nippon TV, for the treatment of the unbeatable Sumo wrestler, Konishiki, which was featured worldwide.

Educational Qualification

- **M.Phil in Business Management (Healthcare)** from BITS Pilani in collaboration with Christian Medical College, Vellore & Bombay Hospital.
Dissertation – Business plan of a Medical Day Spa - 2006
- **MD in Ayurveda – Specialty – Salyathantra;** from Kerala University, Kerala
Thesis work - Management of Hemorrhoids - 2000
- **BAMS** from Mahatma Gandhi University, Kerala. Gold Medal in 1996
- **Spa Management Program** by Steiner school and Cleopatra Spa 2004-05

Affiliations

- President – Emirates Ayurveda Graduates Association (EAGA), UAE – 2019-20.
- Core Committee Member - Emirates Ayurveda Graduates Association – 2016 till date.
- Secretary General – 1st International AYUSH Conference and Exhibition – 2017.
- Secretary General – 2nd International AYUSH Conference and Exhibition – 2020.
- Member - Interview Board – Traditional Complementary & Alternative Medicine Examinations, Ministry of Health, UAE - 2003 till date.
- Panel Expert – Friday Magazine, Gulf News - 2013 till date.

Medical Council Licenses

- Ministry of Health License to practice Ayurveda in UAE - (First Ayurveda License in the Country) – 2002 valid till date.
- Ayurveda Consultant license - Dubai Health Authority – 2006 till date.
- Ayurveda Practitioner License – Dubai Health Care City – 2014 till date.
- HAAD License to Practice Ayurveda – Abu Dhabi – 2016 till date.
- Ayurveda Practice License – Malaysia – 2017-18
- Ayurveda Medical Council license - 1997 till date.

Teaching Experience

- Teach Ashtanga Hridaya - Monthly classes for Ayurveda doctors in UAE – Organized by Emirates Ayurveda Graduates Association – 2017 till date.
- Ayurveda workshops & Seminars for public – www.skilldeer.com – 2018 till date.
- Guest Lecturer – Department of Salyathantra, Nangelil Ayurveda College – Kothamangalam, Kerala, India – 2006-07.
- Lecturer – Arsha Yoga Vidyapeetam, Coimbatore Arya Vaidya Trust, India – 1996-97.

Clinical Experience

- Best Physician Award UAE- 2017 - by Dubai Health Authority & Health Magazine.
- Ayurveda clinical practice of 22 years; More than 50,000 patient databases.
- Ayurveda clinical practice in:
 - India – 1997 till date
 - UAE – 2002 till date
 - Morocco – 2018-19
 - Malaysia – 2017-18
 - Djibouti – 2009-10
 - Kuwait – 2004 – 05
 - Malta – 2003-04
- Medical Director – Dr. Shyam’s Ayurveda Centre having 7 clinics in UAE.
- Ayurveda Consultant – Burjeel Day Surgery Centre.

Paper Presentations – 2017-19

- Dr. Shyam V L, Ayurveda & Spirituality, Heartfulness Meditation Centre, Jumeiraj Lake Towers, December 27, 2019, Dubai, UAE - Invited Presentation.
- Dr. Shyam V L, Saundarya - Ayurveda Perspective of Beauty & Personality, Natural & Organic Product Expo, MENOPE, December 3, 2019, Dubai, UAE - Invited Presentation.
- Dr. Shyam V L, Saundarya - Ayurveda Perspective of Beauty & Personality, International Conference on Saundarya, National Institute of Ayurveda, November 16, 2019, Jaipur, India - Invited Presentation.
- Dr. Shyam V L, Dietetics & Ayurveda, Mathrubhoomi Utsav, September 27, 2019, Sharjah, UAE - Invited Presentation.
- Dr. Shyam V L, Add Health to Years - An Ayurveda Perspective, INTRACOM, International Conference by Ministry of Health on Traditional Alternative and Complementary Medicine, August 3, 2019, Kuala Lumpur, Malaysia - Invited Presentation.
- Dr. Shyam V L, A personalized Ayurveda Lifestyle, Manorama Healthcare Exhibition, June 22, 2019, Sharjah, UAE - Invited Presentation.
- Dr. Shyam V L, Leadership & Transformation in Healthcare management, Panel Discussion by Murdoch University, March 10, 2019, Dubai, UAE - Invited Panel Discussion.
- Dr. Shyam V L, Country Report on Ayurveda (UAE), 7th International Delegate Assembly, World Ayurveda Congress, December 16, 2018, Dubai, UAE - Invited Presentation.
- Dr. Shyam V L, A Personalized Ayurvedic Lifestyle, Natural and Organic Products Expo, 2018, November 18, 2018, Dubai, UAE - Invited Presentation.
- Dr. Shyam V L, Satsavidham - A Day with our master, Ayurveda conclave for students, PNNM Ayurveda Medical College, June 12, 2018, Cheruthuruthy, India - Invited Interactive session.
- Dr. Shyam V L, Ayurveda for Women, Moroccan Ayurveda Week 2018 celebrations at DELL Casablanca, March 2, 2018, Casa Blanca, Morocco - Invited Presentation.
- Dr. Shyam V L, Ayurveda for Women, Moroccan Ayurveda Week 2018, 2018, March 2, 2018, Casa Blanca, Morocco - Invited Presentation.

- Dr. Shyam V L, Management of Sthoola Prameha (Obese Diabetics), International Conference Dr. D Y Patil Ayurveda College, December 14, 2017, Pune, India - Invited Presentation.
- Dr. Shyam V L, Rasayana for the management of Chronic Diseases, 1st International AYUSH Conference & Exhibition, November 9, 2017, Dubai, UAE - Invited Presentation.
- Dr. Shyam V L, Lifestyle Diseases – An Ayurvedic Perspective, Ayurveda Conference – Indian Cultural Centre, October 7, 2017, Brickfields, Malaysia - Invited Presentation.
- Dr. Shyam V L, Lifestyle Diseases, 2nd International Conference on Ayurveda – Singapore, June 21, 2017, Singapore - Invited Presentation.
- Dr. Shyam V L, Public Awareness program on Ayurveda, organized by Sri Maha Mariamman Kovil, Kota Kemuning, June 18, 2017, Malaysia - Invited Public Talk.
- Dr. Shyam V L, Dietetics of Ayurveda, organized by Ashtanga Yoga, Habtoor Grand Resort, June 9, 2017, Dubai, UAE - Invited Presentation.
- Dr. Shyam V L, Economics of Wellness, Wellness – Beauty world expo 2017, DWTC, May 15, 2017, DWTC, Dubai, UAE - Invited Panel Discussion Forum.
- Dr. Shyam V L, Migraine – An Ayurveda Perspective, Middle East & North Africa – Ayurveda International Conference & Expo, May 19, 2017, Sharjah, UAE - Invited Presentation.
- Dr. Shyam V L, Daily Ayurveda Rituals that brings Happiness, Sikka Art Fair organized by Ministry of Happiness, March 11, 2017, Dubai, UAE - Invited Presentation.
- Dr. Shyam V L, Gara Visha and its relevance in advanced Ayurveda practice, World Ayurveda Congress – Kolkatta, December 1, India - Invited Presentation.

Publishing, Columns & Features

- Columnist Friday, Gulf News since 2013 – **1000 plus columns** on Ayurveda perspective of different diseases <https://fridaymagazine.ae/life-culture/ask-the-experts/ayurveda-remedies-for-psoriasis-1.2305639>
- Editor - Editorial Board - International Journal of Ayurveda and Traditional Medicine (IJATM), National Institute of Ayurveda Jaipur, India.

- Ayurveda features & articles for Khaleej Times, Gulf Today, Panorama, Yogalife magazine, Ingredient South Asia, IMG Magazine, Blue bites, Probiz Magazine, Awakening Magazine.
- Business Plan of a Medical Day Spa – MPhil Thesis - under the guidance of Dr. Nirupama Prakash & Mr. Arun Rishi – BITS Pilani, Rajasthan, India – 2005.
- Management of Hemorrhoids – Thesis work – under the guidance of Dr. Babu Vijayanath & Dr. Geeta – Kerala University – 2000

TV & Radio

- Covered on BBC, Nippon TV and Star – Ayurveda Treatment for the unbeatable Sumo wrestler, Konishiki 2000.
- Vegetarian Cookery Show based on Ayurveda with Chef Anil – Janam TV
- Ayur Tips – Malayalam based Ayurveda program – 30 episodes – <https://www.youtube.com/watch?v=DgsiJn9xfjA>
- Morning Show – Ayurveda – Channel D
- Meet the Masters - Medibiz TV - <https://www.youtube.com/watch?v=JMESLdD-wCQ>
- Live Radio Talks on:
 - Flowers FM - 94.7 FM - UAE
 - Radio Asia 1476 AM - UAE
- Live TV talks at:
 - Asianet TV - India
 - NTV - UAE
 - Channel D - UAE