Dr M.V.Prashanth : an introduction
He is an esteemed Ayurvedic practitioner and the founder of *Ayurdhaama*, an exclusive Ayurvedic centre in Bangalore, India. With over two decades of experience in the field of Ayurveda, Dr. Prashanth is dedicated to offering authentic Ayurvedic consultations, treatments, and Panchakarma therapies. He aims to make Ayurveda accessible, affordable, and effective for people in India and globally, promoting the holistic healing powers of Ayurveda.

His Ayurveda career is highlighted as the founder of Ayurdhama, a wholistic health giving service, Consultations in Chakreshwari Ayurveda Chikitsalaya and Amrutham Traditional Ayurvedic Treatment Centre, extraordinary expertise in Nāḍī Parīkṣaṇa (pulse diagnosis), he has authored Ayrogyamaya Jeevana.

He is highly qualified : B.A.M.S. (1997), MD in Dravyagunaat, Master’s Degree in Reiki and Hologram Healing, Training in Acupressure and Marma Chikitsa. His professional expertise includes ayurvedic consultancy in India and abroad, Visiting consultancy in various prestigious Ayurvedic and Medical heath care centres. He is an expert adviser to various academic bodies like Sakshi and Brahmavidya.

Dr. Prashanth is initiated into Srividya Tantra Marga by world renowned Padmasri awardee, Mahamahopadhyaya Dr. R.Sathyanarayana, who is hailed as a Srividya Rishi during our times.

Dr. Prashanth has great expertise in Nāḍi Parīkṣa, Pañcakarma cikitsa Therapy, Indian alternative thearapies like Medication, stress relief techiniques, Prāṇāyāma techniques, Yoga and Lifestyles counseling. He is an acclaimed teacher in Ayurveda and is a famous TV and Social media personality featuring in many prestigious channels.

Dr. Prashanth is a Fellow, International Council of Ayurveda, Academy of General Education, Manipal and member of Creative Life Project of Sakshi Bangalore.

Dr. Prashanth’s ongoing work in the field of Ayurveda continues to inspire and guide individuals toward balanced health through the integration of mind, body, and spirit.