

Dr. Narayan Ramachandra Hegde

BAMS • CCPT • CCMC • DNHE • MSCP

Ayurvedic Physician • Natural Lifestyle Medicine • Founder, MarmaNrayn™ ·
AyurMarmaYoga

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Kishan Ayurveda Clinic, #1198, Nutananagara Jaddi, Yellapur Town,
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Professional Profile

India-trained and RGUHS-qualified Ayurvedic physician (BAMS) with over 20 years of professional experience and more than 45,000 wellness sessions across India and internationally, complemented by postgraduate hands-on training across six universities and three premier national institutes (NIMHANS, NIA, and NARIP). Founder of the **MarmaNrayn™ · AyurMarmaYoga** wellness method — an educational framework integrating Ayurveda, Yoga, Marma awareness, and mindful Yoga Walk for daily self-care. Practises clinical Ayurvedic care within authorized settings in India and delivers non-clinical, educational, and cultural wellness programs internationally. Specialised in Marma-awareness-based lifestyle practices, non-invasive neuro-wellness, and traditional self-care education.

“I help people bridge the gap between knowing, doing, and being — through a personalised, integrated approach combining the foundational principles of Ayurveda and Yoga, behaviour change, life-skills, Vata–Pitta–Kapha–based holistic health management, and contemplative practice — fostering sustainable lifestyle transformation and nervous-system resilience.”

Education & Core Qualifications

Bachelor of Ayurvedic Medicine and Surgery (BAMS)

Government Ayurveda Medical College, Mysuru — Rajiv Gandhi University of Health Sciences (RGUHS), Bengaluru (5.5-year / 66-month full-time degree)

Master’s in Counselling (MSCP)

Maanasa Education Foundation / Directorate of Distance Education, Kuvempu University

PhD Coursework Completed

School of Foreign Languages, University of Mysore (coursework completed; degree not conferred)

Diploma in Nutrition & Health Education (DNHE)

Open University recognised by the University Grants Commission (UGC)

Professional Experience

Founder & Independent Wellness Consultant

June 2007 – Present

Private Practice of AyurMarmaYoga wellness care, Karnataka, India — non-invasive neuro-wellness, YogaWalk and Marma-Awareness curriculum development, self-care education

International Wellness Facilitator

Mar 2009 – Apr 2011

Center of Indian Tradition (Tsentri Indiysskoy Traditsii), Voronezh, Russian Federation — visiting facilitator introducing traditional Indian wellness culture; marma-awareness demonstrations and Indian self-care education

Resident Medical Officer (Ayurveda)

Nov 2015 – Apr 2019

Vivekananda Memorial Hospital (SVYM), India — recuperative and rehabilitation support; taught Ayurveda certificate courses and mentored international interns

Chief Medical Officer (CMO)

Feb 2021 – May 2023

Vivekananda Arogyadhama — 20-bed AYUSH hospital, SnehaKunja Trust — led frontline clinical operations during the COVID-19 pandemic, integrating traditional wellness with essential medical protocols

Planned one-year experiential sabbatical (Apr 2019 – Mar 2020), including 124 days of intensive experiential study of Ayurveda, Marma Awareness, and Antaranga Yoga, extended by about ten months of full-time practice before returning to clinical service.

Specialised Post-Graduate Training

- **Panchakarma** — Post-graduate Certificate, National Ayurveda Research Institute for Panchakarma (NARIP), Kerala.
- **Advanced Panchakarma** — CISSRA, SDM College of Ayurveda, Hassan, Karnataka (250 hours certified hands-on training).
- **Beauty Care in Ayurveda; Nutrition & Dietetics; Saundarya Ayurveda (Traditional Aesthetics)** — National Institute of Ayurveda (NIA), Jaipur.
- **Basic home care in Active Aging & Wellness** — University of Trans-Disciplinary Health Sciences and Technology (TDU).

Marma Knowledge Systems

- **Certificate Course in Marma Chikitsa (CCMC)** — National Ayurveda Research Institute for Panchakarma (NARIP), Cheruthuruthy, under the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of AYUSH, Government of India (May–June 2026).
- **Certificate Course in Naadi Parikshan (Semi-Online)** — Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University (July–August 2026; currently attending).
- **International Workshop (5-day)** — Mrityunjaya Mission, Haridwar; trained by Dr. Sunil Joshi (former Vice-Chancellor, Uttarakhand Ayurveda University).
- **National Workshops** — CCRAS, Dr. M.G.R. Medical University (Tamil Nadu), National Institute of Siddha (Chennai), Department of Yoga, Kumaon University (Uttarakhand); hands-on training by Dr. Shishir Prasad (CCRAS Marma Expert Committee); Mitrayusha Foundation.
- **Ancestral lineage** — multi-generational Marma-Vaidya tradition of Kerala, Goa, and Karnataka, studied and practised from age five.

Yoga, Stress Management & Counselling

- **Yoga Mental Health Certificate** — Dept. of Integrative Medicine, NIMHANS (*awarded Best Performer*).
- **Yoga Appreciation Course (YAC)** — NIMHANS Integrated Centre for Yoga; **Adolescent Well-being Workshop** — NIMHANS.
- **Yoga Instructor Course (YIC)** — S-VYASA Yoga University; CME on Yoga as Lifestyle Medicine (23rd INFOCYRA, S-VYASA).
- **Workshops in CBT & NLP** — Maanasa Education Foundation.

International Study & Languages

- **Pre-Medical Preparatory Course & Certification** — Faculty of Pre-University Training, Voronezh State Medical University n.a. N.N. Burdenko, Russian Federation (Russian language and foundational medical sciences).

- **Russian Language** — Certificate Course and Junior Diploma, University of Mysore.
- **Research & papers** — presented on medical tourism and communication at the University of Mysore, University of Kerala, and University of Calicut.
- **Languages:** English (functional), Kannada (functional), Hindi (basic), Sanskrit (basic), Russian (basic).

Professional Credentials & Affiliations

- **KAUPB Registered Practitioner** — Karnataka Ayurvedic and Unani Practitioners' Board (legal authorization to practise Ayurveda in Karnataka).
- **Formerly QCI-Certified (Yoga)** — Quality Council of India (now YCB), national-level certification.
- **CYA International Alumnus** — Accredited Institutional Yoga Instructor (AYI), Council for Yoga Accreditation International.
- **Founder & Ex-Chairman** — Vedashee Foundation (R), ten-year tenure in rural development and holistic health initiatives.
- **Managing Director** — Aatmabandhu Foundation (R), community outreach and human-welfare programs.
- **Executive Committee Member** — HEARt Organization (R).

Areas of Expertise

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| · Ayurvedic Clinical Care & Neuro-wellness (India) | · AyurMarmaYoga Wellness Method |
| · Marma Awareness & Self-Care Education | · Panchakarma & Traditional Aesthetics |
| · Yoga, Breathwork & Mindful Yoga Walk | · Cross-Cultural Wellness Education |

Personal Details

Date of Birth: 01 June 1983
Nationality: Indian
Place of Birth: Ummachagi, Uttara Kannada District, Karnataka, India
Languages: English, Kannada, Hindi, Sanskrit, Russian