

Pushya A. Gautama

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🌐 <https://pushyaagautama.wixsite.com/my-site>

I am a formally trained Ayurveda physician and scholar. Until recently, I was a doctoral scholar in the Consciousness Studies Programme, School of Humanities at the National Institute of Advanced Studies, Bengaluru, where I worked on exploring conceptions of well-being in the Caraka Saṃhitā through the lenses of consciousness, self and life-purpose. My thesis has been submitted and is currently under review.

Academic Background

● **PhD: Doctoral Scholar** (2020 - Thesis under review)

National Institute of Advanced Studies, Indian Institute of Science Campus, Bengaluru

● **Post-graduation: MD (Ayu)** (2015 - 2018)

SDM College of Ayurveda and Hospital, Hassan, Karnataka

● **Under-graduation: Bachelor of Ayurveda Medicine and Surgery** (2008 - 2014)

SDM College of Ayurveda and Hospital, Hassan, Karnataka

Research Interests

- Philosophy of health and illness in Ayurveda
- Phenomenology of healing and body in Ayurvedic textual and practice traditions
- Interfaces between Ayurveda and local healing traditions in South India
- Ethics and modalities of assessing Ayurvedic clinical interventions

Academic Achievements

● **NIAS Doctoral Fellowship Award** (2020)

National Institute of Advanced Studies

● **MD Gold Medal** (2019)

Rajeev Gandhi University of Health Sciences

● **Full Scholarship for MD** (2015)

SDM Educational Society, Ujire

● **Best Outgoing Student Award** (2015)

SDM College of Ayurveda and Hospital, Hassan, Karnataka

● **Winner (Rs. 1 lakh prize), 'Hṛdayāmṛtam'** (2014)

National Level Aṣṭāṅga Hṛdayam Competition, Amrita Ayurveda College, Kerala

Publications

Journal

- Gautama PA. 'What's Traditional About Traditional Medicine? Contemporary Notions of Tradition and Modernity Among Vaidya-s of Rural Bengaluru.' *Asian Anthropology*. (2026). <https://doi.org/10.1080/1683478X.2025.2596489>. Taylor and Francis.
- Gautama PA, Menon S. 'Are Plants Conscious? Vegetal 'being' in the Caraka Saṃhitā.' *Journal of Dharma Studies*. (2025). <https://doi.org/10.1007/s42240-025-00231-1>. Springer Nature
- Gautama PA, Menon S. Self, Well-being and Agency in the Caraka Saṃhitā. *Journal of Hindu Studies*. (2024); hiae013, <https://doi.org/10.1093/jhs/hiae013>. Oxford University Press.
- Gautama PA, Guruvayoorappan S, Menon S. Placing well-being: The role of ecology in Āyurvedic and Māvīlan healing traditions. *Indian Journal of History of Science*. (2024). 59, 274–283 (2024). <https://doi.org/10.1007/s43539-024-00133-4>. Springer Nature.

- Gautama PA, Subramanian N, Varma RG, Gangadharan GG. Integrative management of anaplastic astrocytoma through a combination of Ayurveda and conventional care: A case report. *Journal of Ayurveda and Integrative Medicine*. (2023); 14(5):100748. doi:10.1016/j.jaim.2023.100748. Elsevier.
- Gautama PA. Book Review: The Practice of Texts: Education and Healing in South India. By Anthony Cerulli. *The Journal of Hindu Studies*. (2023); hiad029, <https://doi.org/10.1093/jhs/hiad029>. Oxford University Press.
- Gautama, PA. RCTs and other clinical trial designs in Ayurveda: A review of challenges and opportunities. *Journal of Ayurveda and Integrative Medicine*. (2021); 12(3):556-561. DOI: 10.1016/j.jaim.2021.06.012. Elsevier.

Book Chapter

- Menon, S, Gautama, PA, Todariya, S. "Post-Covid world and new Humanism" (2021), *COVID-19 Pandemic, History, Science & Society*. Kant, R (Ed.). Published by the Indian Council for Medical Research (ICMR). p.140-151. (ISBN : 978-93-5409-175-9)
- GG Gangadharan, Pushya A Gautama. "COVID-19 and Integrative Medicine: Ayurveda perspective" (2021). *COVID-19: Many Facets and Dimensions: A multi-disciplinary compendium of current evidence and experience*. Special issue published by MS Ramaiah Hospital, India, University of Illinois, Chicago and the University of Manitoba, Canada. p. 467-477.

Selected Conferences and Talks

- **Paper presentation** - "Fixed Plants, Fluid Beings: Vegetal Life in the Caraka Samhitā", at the annual academic conference organized by the Indian Knowledge Systems and Heritage Association, Jawaharlal Nehru University, New Delhi, 10-12th July 2025.
- **Paper Presentation:** Presented a paper titled "Self and Well-being in the Caraka Samhita", in the conference "Narrative, Health and Well-being" Organised by Human Sciences Research Centre, Indian Institute of Information Technology, Hyderabad and UNESCO Chair in Vulnerability Studies, University of Hyderabad, 26th October 2024.
- **Invited Talk:** Delivered a talk (online) titled "RCTs and Clinical Trial Designs – Challenges and Opportunities in AYUSH" organized by the Indian Council of Medical Research, Clinical Studies and Trials Unit, as part of its monthly webinar series, on 6th April 2023.
- **Paper Presentation:** Presented a paper online titled "Changing landscapes and indigenous narratives - (Re)placing indigenous healing: a case study from Rural Bengaluru", Humanising Medical Practices: Indigenous, Interdependent and Cross-cultural Insights, Online International Symposium, Organised by NIAS Consciousness Studies Programme, National Institute of Advanced Studies, Bengaluru, India, 29 July 2022.
- **Paper Presentation:** Presented a paper (online) titled "Networked well-being and ecological sustainability in Ayurveda" in the panel "Ways of Healing: Exploring non-Biomedical Cures as Emancipatory and Biopolitical Knowledge-Practices - I: Pluralism and difference in non-biomedical healing and wellbeing" organized by the Society for the social studies of Science, Toronto Canada, on 8th October 2021.

Work Experience

- **Senior Project Associate** (2026)
Inequality and Human Development Programme, National Institute of Advanced Studies
- **Project Consultant** (2025-2026)
Consciousness Studies Programme, National Institute of Advanced Studies
- **Freelance Research Consultant** (2019-2020)
Ramaiah Ayurveda Hospital, Bengaluru
- **Duty Doctor** (2019)
Dept. of Panchakarma, Ramaiah Ayurveda Hospital, Bengaluru

Other Projects

- 2022 – NIAS CSP-TATA Trusts Project titled “Changing Contexts And Approaches To Healing Amongst Paramparika Vaidyas In And Around The Rural Bengaluru District”. A video series was made as a part of the project, and the [YouTube video links](#) may be found [here](#).
- 2017 – Internship under Dr. M.S. Valiathan and Dr. K Satyamoorthy at Manipal School of Life Sciences, Manipal Academy of Higher Education (MAHE), regarding applications of epigenetics and genomics in Ayurvedic prakrti classification.