



About Dr. Nisar Shaikh

Dr. Nisar Shaikh is an outstanding Ayurvedic (Panchakarma) & Yoga consultant currently practicing & doing research at Salil stress clinic's Ayurveda Health Point & vedic yoga foundation.

He work in Kaivalyadham Ayurvedic clinic as Panchakarma expert & give training to yoga & Ayurveda therapy students. His keen interest in psychosomatic therapeutics forced him to open up his own clinic in pune bringing in first ever concept called Stress Clinic. Dr.Nisar has developed a unique technique called Vedic Yoga Therapy which attracted the attention of western word. He is trying to go to root of ancient wisdom & yoga therapy can help lot of crisis in current health scenario. He is been invited in many countries like Bulgaria, Switzerland, united states, Canada to share his wisdom on vedic yoga therapy. He conducts courses for yoga teachers & patients there. He has got his student spread across the globe & many of his students are practicing yoga therapy successfully.