DR. C. BALATHIRUPURASUNDARI

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B.A.M.S. | Diploma in Yoga | M.Sc. (Counselling Psychology)

Senior Ayurveda Consultant | Counselling Psychologist | AYUSH Speaker | Women's Health & Integrative Wellness Specialist

PROFESSIONAL SUMMARY

Senior wellness leader with over 20 years of clinical, community health, and wellness leadership experience, combining Ayurveda, psychology, yoga, lifestyle medicine, and preventive healthcare to deliver holistic, patient-centred care. Recognised for expertise in women's health, fertility care, hormonal disorders, mental wellness, lifestyle diseases, and healthy ageing, with a track record of supporting individuals across diverse age groups through personalised treatment, counselling, and health education programs. A respected AYUSH thought leader and public health advocate, active in promoting preventive healthcare, community wellness, and the integration of traditional Indian health systems with modern scientific approaches, through clinical practice, public speaking, research, digital education, and social service initiatives.

CORE EXPERTISE

Women's Health & Reproductive Wellness

- PCOS / PCOD
- Menstrual Disorders
- Hormonal Imbalances
- PMS Management
- Menopause & Perimenopausal Care
- Reproductive Health & Wellness

Fertility & Infertility Support

- Ayurvedic Fertility Enhancement
- Preconception Care
- Lifestyle & Nutritional Optimization
- Stress Management
- Reproductive Counselling

Psychological Wellness & Counselling

- Stress & Burnout Management
- Anxiety Support
- Women's Mental Health
- Family & Adolescent Counselling
- Emotional Resilience & Personal Development

Lifestyle & Preventive Healthcare

- Obesity & Metabolic Disorders
- Digestive Health
- Lifestyle Disease Management
- Preventive Health Planning
- Wellness & Behavioural Change Programs

Geriatric & Supportive Care

- Healthy Ageing
- Chronic Disease Management
- Joint & Mobility Health
- Cognitive Wellness
- Senior Citizen Emotional Support

Autism Supportive Care

- Parent Counselling
- Lifestyle & Dietary Guidance
- Family Wellness Strategies
- Behavioural Support

LEADERSHIP & COMMUNITY IMPACT

- Organized numerous health camps and preventive health screening programs.
- Led public awareness campaigns on women's health, mental wellness, and lifestyle disorders.
- Conducted healthcare outreach initiatives benefiting rural and underserved communities.
- Promotes early disease detection, preventive healthcare, and wellness education.

THOUGHT LEADERSHIP

International AYUSH Speaker
Delivered lectures and presentations on:

- Ayurveda in Modern Healthcare
- Integrative Medicine
- Women's Health
- Preventive Healthcare
- Lifestyle Medicine
- Mental Wellness

Healthcare Educator & Media Contributor
Regular speaker at:

- CME Programs
- Academic Institutions
- Medical Conferences
- Public Health Forums
- Television & Digital Health Platforms

RESEARCH & INITIATIVES

Running for Cause
Community health initiative focusing on:

- Metabolic Health Awareness
- Lifestyle Disease Prevention
- Community Screening Programs
- Preventive Health Monitoring

Education & Knowledge Projects

- Shastra Vicharanam - Exploring the intersection of Ayurveda, science, and spiritual well-being.
- “Sastram and Science” YouTube Channel - Bridging traditional wisdom with modern scientific understanding.
- Author, Dinacharya Project - Developing practical guidance on Ayurvedic daily living and preventive healthcare.

AWARDS & RECOGNITIONS

- Seva Ratna Award (2026)
- Sevai Semmal Award (2026)
- Indian Iconic Women Achievement Award (2025)
- Women Empowerment Ambassador Award (2025)
- Vaidya Ratna Award (2023)
- Ayurveda Arpuda Mangai Award (2019)