

## **Short CV of Priv.-Doz. Dr. med. Christian Sumith Kessler, MA, MSc**

### **Expertise**

PD Dr. Christian S. Kessler, MA, MSc is research coordinator and senior physician at Charité – Universitätsmedizin Berlin, Outpatient Clinic for Complementary and Integrative Medicine at Immanuel Hospital. He has broad experience in creation of new clinical research strategies integrating non-pharmacologic interventions such as diet and lifestyle changes into complex clinical trials with patients suffering from chronic diseases. A specific focus of this work is research on traditional systems of medicine. More than 20 randomized trials focusing on prevention and treatment by non-pharmacological therapies have been successfully conducted in the last 10 years under his scientific supervision. The facility is a renowned clinical trial center with a complete clinical research infrastructure, investigators, study nurses, biologists, nutritionists, bioinformaticians, and other research assistants.

### **Academic qualifications**

2021	Degree Master of Science (M.Sc.) in Ayurveda, Middlesex University, UK
2020	Habilitation at Charité Universitätsmedizin Berlin
2008	Degree of Magister Artium (M.A.) in Indology at Georg-August University Göttingen
2006	Doctorate in medicine (Dr. med.) at Hanover Medical School with "magna cum laude"
2005	Completion of medical studies at the Hannover Medical School with an overall grade of "very good" and medical approbation

### **Professional career**

2025 -	Adjunct faculty member at Dr. D.Y. Patil College of Ayurved and Research Centre, Pune, India
2016 - 2025	Senior physician, research coordination and project management at Charité Outpatient Clinic for Complementary and Integrative Medicine at Immanuel Hospital Berlin
2018	Special qualification in Complementary Medicine (German: "Naturheilkunde")
2015	Specialist for Internal Medicine
2010 - 2016	Assistant physician at Immanuel Hospital Berlin, Department of Complementary and Integrative Medicine
2006 - 2010	Residencies at Robert Koch Hospital, Gehrden and Charité Universitätsmedizin Berlin

### **Board activities in professional societies and journals (selection)**

2024 -	Board member of Akademisches Consortium für Naturheilkunde, Integrative Medizin und Gesundheit (ACoNIG e.V.)
2024 -	Board member of Allianz für Integrative Medizin (AIM e.V.i.G.)
2023 -	Expanded board member of European Society für Integrative Medicine (ESIM e.V.)
2021 -	Associate Editor at the Journal of Complementary and Integrative Medicine
2011 -	Board member of the German Medical Association for Ayurveda Medicine e.V. (DÄGAM)

### **Research prizes**

2020	Holzschuh Prize for Complementary Medicine of the Karl and Hilde Holzschuh Foundation
2019	Excellence in Integrative Medicine Research Award of the European Society of Integrative Medicine (ESIM)