

CV of Prof. Dr. med. Christian S. Keßler, MA, MSc

Expertise

Christian S. Keßler is Professor for Integrative Healthcare and Prevention at the University of Augsburg, Bavaria, Germany. He has broad experience in creation of clinical research strategies, integrating non-pharmacologic interventions such as nutrition and lifestyle changes into complex clinical trials related to chronic disease care. A specific focus of his work is research on traditional systems of medicine (whole systems research). More than 20 randomized trials focusing on prevention and treatment (focus: non-pharmacological therapies) have been successfully conducted in the last 15 years under his scientific coordination/supervision. Furthermore, he has been active as a clinical physician in internal medicine and TCIM patient care for two decades at Charité Universitätsmedizin, Immanuel Hospital Berlin and elsewhere.

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
2005	Completion of medical studies at the Hannover Medical School

Professional career

2025 -	Full Professor (primo loco) for Integrative Healthcare and Prevention (inap) at University and University Hospital of Augsburg
2025	Offer of a full professorship (primo loco) at Charité Universitätsmedizin Berlin (declined)
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
2021	Special qualification for Psychotherapy
2018	Special qualification for 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)

2025 -	Associate Editor at Frontiers Journal 'Family Medicine and Primary Care'
2024 -	Board member of Akademisches Consortium für Naturheilkunde, Integrative Medizin und Gesundheit e.V. (ACoNIG)
2024 -	Board member of Allianz für Integrative Medizin e.V. (AIM)
2024 -	Chairman of the Board of Trustees of the German Ayurveda Foundation (DäS)
2023 -	Chairman of the Board the German Medical Association for Ayurveda Medicine e.V. (DÄGAM)
2023 - 2025	Expanded board member of European Society für Integrative Medicine e.V. (ESIM)
2017 -	Editorial board member of Annals of Ayurvedic Medicine (AAM)
2016 -	Editorial board member of Journal of Ayurveda and Integrative Medicine (JAIM)
2021 -	Executive Editor at the Journal of Integrative and Complementary Medicine (JCIM)
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)