



INTERNATIONAL AYURVEDA CONGRESS

Ayurveda for Global Health

Five hundred delegates attend the International Ayurveda Congress, April 11-12, 2015 Roermond, The Netherlands

TheaterHotel De Oranjerie, one of the finest conference facilities in the Netherlands, has once again proved itself a spectacular venue, setting the scene for one of the largest assemblies of Ayurveda experts outside India. Hosted by the International Maharishi AyurVeda Foundation, 500 delegates from 49 countries including leading physicians, researchers and scholars, exchanged research findings, case studies, and in-depth analysis of India's ancient system of natural health care.



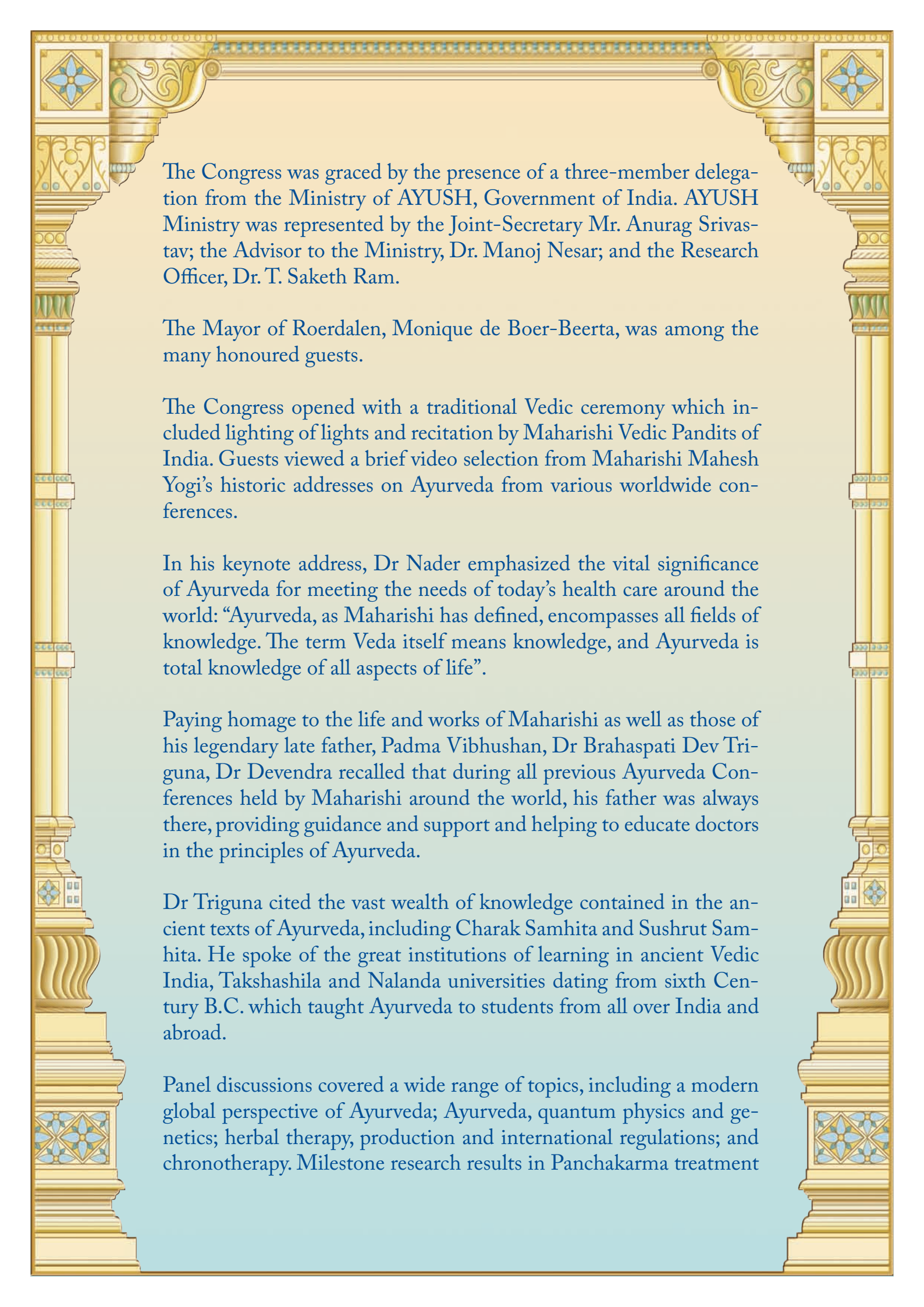
For the past three decades, inspired by the outstanding contribution of Maharishi Mahesh Yogi, Ayurveda has gained worldwide recognition as an effective, holistic and prevention-oriented approach to today's problems in the fields of individual and public health.



The Congress was held under the patronage of Tony Nader MD, PhD, internationally renowned scholar in Vedic Science and author of two ground-breaking books: *Human Physiology: Expression of Veda* and *the Vedic Literature and Ramayan in Human Physiology*.



Padma Bhushan Dr. Devendra Triguna, President of All India Ayurvedic Congress, the largest organization of Ayurvedic physicians in India; Dr. Subhash Ranade, Chairman of International Academy of Ayurveda; and Dr Rainer Picha Chairman of the International Maharishi AyurVeda Foundation, served as the three Congress Presidents.



The Congress was graced by the presence of a three-member delegation from the Ministry of AYUSH, Government of India. AYUSH Ministry was represented by the Joint-Secretary Mr. Anurag Srivastav; the Advisor to the Ministry, Dr. Manoj Nesar; and the Research Officer, Dr. T. Saketh Ram.

The Mayor of Roerdalen, Monique de Boer-Beerta, was among the many honoured guests.

The Congress opened with a traditional Vedic ceremony which included lighting of lights and recitation by Maharishi Vedic Pandits of India. Guests viewed a brief video selection from Maharishi Mahesh Yogi's historic addresses on Ayurveda from various worldwide conferences.

In his keynote address, Dr Nader emphasized the vital significance of Ayurveda for meeting the needs of today's health care around the world: "Ayurveda, as Maharishi has defined, encompasses all fields of knowledge. The term Veda itself means knowledge, and Ayurveda is total knowledge of all aspects of life".

Paying homage to the life and works of Maharishi as well as those of his legendary late father, Padma Vibhushan, Dr Brahaspati Dev Triguna, Dr Devendra recalled that during all previous Ayurveda Conferences held by Maharishi around the world, his father was always there, providing guidance and support and helping to educate doctors in the principles of Ayurveda.

Dr Triguna cited the vast wealth of knowledge contained in the ancient texts of Ayurveda, including Charak Samhita and Sushrut Samhita. He spoke of the great institutions of learning in ancient Vedic India, Takshashila and Nalanda universities dating from sixth Century B.C. which taught Ayurveda to students from all over India and abroad.

Panel discussions covered a wide range of topics, including a modern global perspective of Ayurveda; Ayurveda, quantum physics and genetics; herbal therapy, production and international regulations; and chronotherapy. Milestone research results in Panchakarma treatment

and new diagnostic tools to assess its effect through heart rate variability measurement were highlighted.



Speakers brought to light the vitally important role of Maharishi's Transcendental Meditation and Transcendental Meditation Sidhi Programme for the development of consciousness, the basis of improved health care in Ayurveda. Other topics included: Ayurveda for mental health care and treatment of anxiety disorders; patient-centered care; digestion as the key to good health and wellbeing; educational programmes; surgery; aroma therapy, and women's health.

Special felicitations were awarded to ten individuals around the world in recognition of their outstanding achievements in the field of Ayurveda.

During the Congress the delegates enjoyed delicious organic Ayurvedic meals prepared under the direction of Europe's leading Ayurvedic chef, Frank Lotz. Participants also enjoyed an evening of Indian classical music from three of the most prominent young artists of India.

Dr Bevan Morris, President of Maharishi University of Management, USA, concluded with a summary of Congress highlights and a resolution to continue to explore the possibilities for incorporating the knowledge of Ayurveda in health care systems around the world.