



INTERNATIONAL AYURVEDA CONGRESS

Time-Tested, Scientifically Verified Solutions
for the Health Problems of our Time

Ayurveda for Global Health



April 11–12, 2015
Roermond, The Netherlands

Congress Guide

www.internationalayurvedacongress.com





Dedicated to

His Holiness Maharishi Mahesh Yogi, who revived AyurVeda by connecting it with its origin in the Veda – the totality of natural law, the unified wholeness of life at the basis of all manifest creation. He established AyurVeda, as the science of life, as a holistic, scientific system of natural health care for the prevention and cure of disease, the preservation of health, and the promotion of longevity and happiness.

Along with leading Vaidyas of India Maharishi developed a World Plan for Perfect Health — a comprehensive, universally applicable, economically self-sufficient programme of health care based on the principles of AyurVeda.

Maharishi's initiatives over 50 years have been fundamental to the worldwide upsurge of interest in and enthusiasm for AyurVeda that we see today.

Welcome

We extend a warm welcome to all participants of this International AyurVeda Congress, held during April 11–12, 2015 at TheaterHotel de Oranjerie in Roermond, The Netherlands. Our special appreciation extends to all AyurVedic scholars, physicians and researchers who have come from India, and all health professionals and policy makers in the field of health who have come from all parts of the world.

This congress is designed to bring to light the time-tested knowledge of AyurVeda with up-to-date insights from modern science. Together with leading scholars in the field of AyurVeda, we will explore scientifically verified solutions to today's problems in the fields of individual and public health. Vaidyas and health professionals engaged in AyurVedic research will also present their findings.

This congress will explore the possibility of utilizing and incorporating the knowledge of AyurVeda – a holistic science of natural health care, to our health care system to make it holistic, prevention oriented and cost effective. This is a joint effort to present the science of AyurVeda as a means of global health care.



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Host:



Maharishi European
Research University (MERU)
Vlodrop, The Netherlands
www.meru-mvu.org

Organizers:



All India Ayurvedic
Congress (AIAC)
New Delhi, India
www.ayurvediccongress.com



International Maharishi
AyurVeda Foundation (IMAVF)
Vlodrop, The Netherlands
www.imavf.org



International Academy
of Ayurveda (IAA)
Pune, India
www.ayurved-int.com

TIME-TESTED, SCIENTIFICALLY VERIFIED SOLUTIONS
FOR THE HEALTH PROBLEMS OF OUR TIME

AYURVEDA FOR GLOBAL HEALTH

APRIL 11–12, 2015, ROERMOND, THE NETHERLANDS

THIS CONGRESS WILL ILLUMINATE THE
TIME-TESTED KNOWLEDGE OF AYURVEDA*
WITH UP-TO-DATE INSIGHTS FROM MODERN SCIENCE.
BREAK-THROUGH RESEARCH UNCOVERING THE INTIMATE LINK
BETWEEN CONSCIOUSNESS AND PHYSIOLOGY WILL BE PRESENTED —
LOCATING THE INNER HEALING INTELLIGENCE
OF THE HUMAN PHYSIOLOGY.

WORLD'S LEADING AYURVEDIC PRACTITIONERS AND RESEARCHERS
WILL COME TOGETHER TO SHOWCASE SCIENTIFICALLY VERIFIED
SOLUTIONS TO TODAY'S PROBLEMS IN THE FIELDS OF
INDIVIDUAL AND PUBLIC HEALTH.
VAIDYAS AND HEALTH PROFESSIONALS ENGAGED
IN AYURVEDIC RESEARCH
WILL PRESENT THEIR FINDINGS.

ALL HEALTH PROFESSIONALS WISHING TO EXPAND
THE SCOPE AND EFFECTIVENESS OF THEIR MEDICAL PRACTICE
ARE INVITED TO ATTEND. IN ADDITION, POLICYMAKERS
AND ADMINISTRATORS IN THE FIELD OF HEALTH
ARE INVITED TO JOIN THE CONFERENCE TO
GAIN INSIGHTS TO IMPROVE HEALTH CARE
AND REDUCE COSTS.

* AYURVEDA IS THE TIME-TESTED, NATURAL, PREVENTION-ORIENTED,
AND HOLISTIC HEALTH CARE SYSTEM OF ANCIENT INDIA.
IT IS FREE OF NEGATIVE SIDE EFFECTS, AND OFFERS ECONOMICAL SOLUTIONS
TO THE MAJOR CURRENT HEALTH PROBLEMS WORLDWIDE.

The Presidents and Secretaries of the International Ayurveda Congress

PATRON



Dr. Tony Nader, MD, PhD

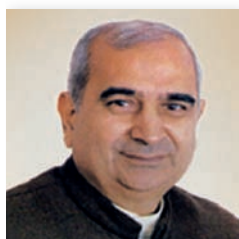
Patron of the Congress

Dr. Tony Nader, MD, PhD received his M.D. degree from the American University of Beirut. His Ph.D. is in the area of Brain and Cognitive Science from the Massachusetts Institute of Technology (MIT), and he completed post-doctoral work as a Clinical and Research Fellow in Neurology at the Massachusetts General Hospital, Harvard Medical School.

Dr. Nader has written two ground-breaking books: Human Physiology: Expression of Veda and the Vedic Literature and Ramayan in Human Physiology. In his latest book Dr. Nader's scientific analysis finds the ancient epic of the Ramayan (from the Itihas aspect of the Vedic Literature) to be a precise scientific description of how our body functions and evolves.

His interest in natural health care led him, while at MIT, to conduct research on Maharishi AyurVeda herbal and mineral preparations, investigating their safety, effects on memory and behaviour, and their ability to prevent ageing and disease.

PRESIDENTS



Padma Bhushan Vaidya Devendra Triguna

President, AIAC

Vaidya Triguna is a recipient of "Padam Shri" & "Padama Bhushan" award for his contribution to Ayurveda. He is the Visitor of the prestigious and one of the oldest University Gurukul Kangri University, Haridwar. He is Hon. Physician to the President of India, was born in a family of traditional Vaidyas. His father Vd. Brihaspati Dev Triguna is a renowned Nadi Vaidya in India and abroad. Vd. Devendra has been in clinical practice for the past 32 years and gathered rich experience in successful treatment of chronic and complicated disorders.

He is President of All India Ayurvedic Congress, numerous central councils, governing bodies of the government of India.



Prof. Dr. Subhash Ranade

Chairman, IAA

Prof. Dr. Subhash Ranade is one of the foremost experts on Ayurveda. He is leading academican and physician in the field of Ayurveda. He is the author of one hundred and twenty-seven books on Ayurveda and Yoga. These books have been published in fifteen languages.

He has worked as Prof. and Head, Dept. of Interdisciplinary School of Ayurveda and Prof. and Head, Dept. of Ayurveda Pune University and Principal of Ashtang Ayurveda College, Pune, India. At present he is Chairman, International Academy of Ayurveda, Pune and Honorary Dean, Kerala Ayurveda Academy, USA.



Dr. Rainer Picha

Chairman, IMAVF

Rainer Picha, MD, is a senior consultant in cardiology. He received his MD at the University of Vienna in Austria and completed his postgraduate medical training in the Department of Cardiology of the Vienna General Hospital and in the Department of Cardiology of the State Hospital in Graz, where he became Assistant Director. Dr. Picha's career has focused on echocardiography and coronary angiography. He has been a specialized consultant in cardiac arrhythmias and a faculty member of the Austrian Doctor's Association.

Dr. Picha has been a participant in several national and international training courses in Maharishi AyurVeda. Since 1996 he has been a full-time researcher at Maharishi Vedic University in Vloderp, The Netherlands.

VICE-PRESIDENTS

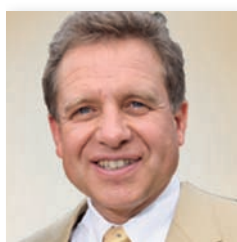


Dr. Walter Mölk

Director, IMAVF

In 1996 Dr. Mölk became a member of the international research team at Maharishi Vedic University in Vlodrop, The Netherlands. In 1998 he was awarded with his weight in silver for his research contributions at the same time when Tony Nader, MD, PhD (now known as Maharaja Adhiraj Rajaraam) had received his weight in gold for his discovery of Veda in the human physiology.

Dr. Mölk is also founder and president of the Austrian Society of Ayurvedic Medicine and founding medical director of the first Maharishi AyurVeda health center in Austria, and has more than 20 years of experience in leading Maharishi AyurVeda postgraduate training courses for health professionals worldwide.



Lothar Pirc

Director, IMAVF

Mr. Pirc is a business leader, speaker, and an international proponent of Ayurveda and holistic health. He is founder and CEO of the award-winning Maharishi AyurVeda Health Center Bad Ems, Germany. Over the last 25 years, Mr. Pirc has introduced the health benefits of Maharishi AyurVeda to thousands of people around the world. He has spoken to many groups of physicians, national health organizations, and government and business leaders in five continents and was awarded the Global Hakim Ajmal Khan Award 2007 for Organizational and Social Vedic Services presented by the Chief Minister of the State of Delhi, India, for its work in research, application, and expansion of Ayurveda around the world.



Dr. Girish Momaya

Director, IMAVF

Dr. Momaya is a director of Maharishi AyurVeda Products Europe B.V., a Dutch company dealing with manufacturing and distribution of herbal health food supplements.

He is also a director of Maharishi European Research University, a Dutch foundation dealing with education, training and services in the fields of education, health care and social well-being.

Furthermore Dr. Momaya is a director at Maharishi Foundation International in the Netherlands, an international foundation established to promote teachings and programmes of Maharishi Mahesh Yogi.



Dr. Karin Pirc

Medical Director, Maharishi Ayurveda Health Centre Bad Ems

Dr. Pirc opened Germany's first Ayurveda health centre in Schleddehausen in 1985. In 1993, she opened the Maharishi AyurVeda centre in Bad Ems. Advanced training with well-known Ayurveda experts such as Vaidya Dr. J. R. Raju in India made her one of the leading German specialists in Ayurvedic pulse diagnosis and Panchakarma.

In 2006, Dr. Pirc was given the prestigious Indian "Global Hakim Ajmal Khan Award" and became the first woman and first European to receive this award. At the Raj Ayu Con 2013, an International Conference on Ayurved & Complementary Systems of Medicines in Rajkot, India, she received the "International Lifetime Achievement Award".



Dr. Sunanda Ranade

Vice Chairperson, IAA

Dr. Ranade is an expert of Ayurvedic gynaecologist and nutritionist. Since the past 40 years she is the director of International Academy of Ayurveda, Pune, India and is working in the field of Ayurveda and Yoga.

Dr. Ranade has written hundreds of articles on Ayurveda, which have been published not only in Indian magazines and newspapers but also in Italy and Germany and USA. She is also the author of several books on Ayurveda, which have been published in Marathi, English, Italian and Spanish languages. Dr. Ranade is working as a visiting Professor for various Institutes in many countries all around the world and is giving lectures at various Institutes.



Vaidyaraj Sunil B. Patil

Founder-President, Vanoushadhi Vidhyapeeth

Dr. Sunil Patil is one of the foremost Maharishi AyurVeda doctors practicing this Vedic approach to health for the past 30 years as a Nadivaidya and Panchakarma expert. He received the Ayurvedacharya Degree (Bachelor of Ayurvedic Medicine and Surgery) with high honors from Shivaji University, Kolhapur in 1983. He has been propagating Maharishi AyurVeda in Europe and the U.S.A. He further participated in designing the syllabus of Maharishi AyurVeda Pulse, Diet and Mother Baby care and offers trainings in Panchakarma, Nadi Vigyan for students. He is the founder and president of Vanoushadhi Vidyapeeth an NGO that promotes Herbal Medicines and has been awarded with numerous national and international awards.

MODERATORS



Dr. med. Ulrich Bauhofer

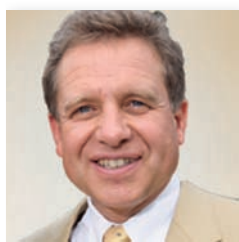
President, German Society for Ayurveda (DGA) and Author

Dr. Bauhofer is a bestselling author, meditation trainer and popular speaker. He is one of the leading experts in the area of health, stress and energy management. More than thirty years ago he was one of the first western doctors to participate in the scientific foundation of Ayurvedic medicine and he ranks amongst the most renowned Ayurveda specialists outside of India.

Dr. Bauhofer planned and led the biggest Ayurveda center in Europe and runs a medical practice in Munich, Germany. He is consulting corporations in health and energy management, gives seminars and talks. Some of his references are Audi AG, Axel Springer AG, Hochtief AG.

Lothar Pirc

Director, IMAVF



Mr. Pirc is a business leader, speaker, and an international proponent of Ayurveda and holistic health. He is founder and CEO of the award-winning Maharishi AyurVeda Health Center Bad Ems, Germany. Over the last 25 years, Mr. Pirc has introduced the health benefits of Maharishi AyurVeda to thousands of people around the world. He has spoken to many groups of physicians, national health organizations, and government and business leaders in five continents and was awarded the Global Hakim Ajmal Khan Award 2007 for Organizational and Social Vedic Services presented by the Chief Minister of the State of Delhi, India, for its work in research, application, and expansion of Ayurveda around the world.

SECRETARIES



Christina Anna Ziegler

Secretary IMAVF

Christina Anna Ziegler brings extensive professional experience in the areas of Marketing, Sales, Executive Sales and Strategic Project/Deal Management. In functioning with multi-international corporations over the past decades in the IT, Telecommunications and Market Research industry, working in Europe and the United States, she brings vital know-how on diverse cultures and foreign business practices.

She further holds an Ayurveda Wellness Consultant degree, enriching her work with profound knowledge on Ayurveda. Being also a certified teacher of the Transcendental Meditation® program she furthermore deeply understands consciousness-based Ayurveda.

Dr. Gunvant Yeola

Secretary, IAA



Dr. (Vaidya) Gunvant Yeola is M.D.; Ph.D. in Kayachikitsa (Ayurved) from Pune University and M.A. in Sanskrit. He has keen interest in Yogashastra and holds a Diploma in Yoga and Ayurved along with a Certificate course in Yogashastra from Kaivalyadham, Lonavala, Maharashtra. He is a Professor in Dept. of Kayachikitsa in one of the leading institutes at Pune, India. He has 13 years of teaching experience and is a Post Graduate teacher/guide & Ph. D guide in Kayachikitsa recognized by the Maharashtra University of Health Sciences. He was honored with the "Award of Excellence" at International Conference on Ayurved and Yoga at Dubai (UAE) by the International Academy of Ayurved on 5th January 2014.

Saturday, April 11

Time / Location	Speaker / Event	Title of speech
9.00 - 9.15 am Theatre Hall	Welcome and opening remarks	
9.15 - 9.30 am	Tony Nader, MD, PhD (Patron of the congress)	Wholeness in Health
9.30 - 9.50 am	Video Presentation of Maharishi Mahesh Yogi	Maharishi's contribution to the rise of AyurVeda in the world
9.50 - 10.00 am	Guest of honour	
10.00 - 10.20 am	Padma Bhushan Vaidya Devendra Triguna, India	Ayurveda for Global Health
10.20 - 10.40 am	Prof. Dr. Subhash Ranade, India	Lifestyle Diseases and their Solutions in Ayurveda and Yoga
10.40 - 11.00 am	Dr. med. Rainer Picha, Austria	Maharishi AyurVeda - using the full value of the Veda
11.00 - 11.15 am	Tea break	
11.15 - 11.30 am	Dr. med. Ulrich Bauhofer, Germany	Time-Tested, Scientifically Verified Solutions for the Health Problems of our Time
11.30 - 11.50 am	Dr. Bevan Morris, USA	Maharishi Mahesh Yogi's historic Contribution to the Revival of AyurVeda
11.50 - 12.10 pm	John Hagelin (Ph.D. Harvard), USA	Ayurvedic Medicine is Unified Field Based Medicine
12.10 - 12.30 pm	Prof. Bhushan Patwardhan, India	From OM to Genom
12.30 - 12.45 pm	Panel discussion and Q & A:	<i>Overview, global perspective of Ayurveda, Ayurveda and modern physics and genetics</i>
12.45 - 1.30 pm	Lunch break	
1.30 - 2.00 pm	Poster Presentations	
2.00 - 2.20 pm	Anand Shrivastava, India	Mainstreaming Ayurveda – Mastering Production and Regulatory Challenges
2.20 - 2.35 pm	Dr. Narendra S. Bhatt, M.D.Ayu.; B.Sc. (Botany) India	Validating Ayurvedic Therapeutics: Challenges and Solutions
2.35 - 2.50 pm	Prof. M S Baghel, M.D. (Ayu), Ph.D. Kayachikitsa	Role of Rasayana Therapy in present day medical scenario
2.50 - 3.05 pm	Nancy Lonsdorf, MD, USA	Chronotherapeutics—What's Time Got to Do with It? A Novel Behavioral Blueprint for Transforming Societal Health
3.05 - 4.01 pm (7 x 8 minutes)	Dr. Debendranath Mishra, India	A critical study of medicinal plants in Sanskrit medical text of Madhava cikitsa
	Prof. Dr. Tanja Kundacovic	Indian gooseberry (Phyllanthus emblica L.) vs. gooseberry (Ribes uva-crispa L.): their use in Ayurvedic and traditional European medicine, Serbia
	Dr. Pramod Kulkarni, India	The role of jeevantyadi yamak as a external application in vipaadika i.e. palmoplantar psoriasis
	Dr. Subhash Wadodkar, India	Prevention of the Flu and Role of Herbal Formulation "Pratishayahar Kashaya" (Anubhut) on the background of A H1N1 or Swine Flu"
	Dr. V. L. Shyam, Dubai	Rasayan therapy in the management of chronic diseases
	Dr. Vandana Palve, India	Effect of Rason (allium sativum linn.) siddha ksheera basti on osteopenia and osteoporosis
	Dr. Mahesh Birla, India	Vatarakta and ayurved treatment - clinical approach
3.00 - 4.00 pm Room "Frans Dupont"	Parallel Session I: Presentation for Representatives of Politics and Health Insurances:	Successful Treatment of Chronic Diseases with Ayurveda
4.00 - 4.30 pm Room "Frans Dupont"	Parallel Session II: Press conference:	Time-Tested, Scientifically Verified Solutions for the Health Problems of our Time
4.01 - 4.15 pm Theatre Hall	Panel discussion and Q & A:	<i>Herbal therapy, production, and regulations; chronotherapy</i>
4.15 - 4.30 pm	Tea break	
4.30 - 4.45 pm	Ashtavaidya Divakaran Mooss, India	Ashtavaidya Tradition of Kerala Ayurveda
4.45 - 5.00 pm	Dr. Narayanan Nambi	Kerala Speciality Therapies in Global Health
5.00 - 5.15 pm	Prof. Dr. H.P.T. Ammon, Germany	Salai Guggal – an Ayurvedic Remedy prevents Development Insulitis in Animal Models with Autoimmune Diabetes
5.15 - 5.40 pm (3 x 8 minutes)	Prof. Dr. Guntant Yeola, India	Present day food habits in students and its psychosomatic effects with some remedial measures
	Dr. Deepakkumar Shirude, India	Impact of Acharan on Human Health – View of Charak Samhita
	Dr. Sukumar Sardeshmukh, India	Cancer and Ayurved treatment
5.40 - 5.55 pm	Panel discussion and Q & A:	<i>Ayurvedic traditions in Kerala, Behavioural therapy, food habits; guggal research</i>
5.55 - 6.00 pm	FELICITATIONS	
6.00 - 6.30 pm	Poster Presentations	
6.30 - 7.30 pm	Dinner	
8.00 pm Theatre Hall	MERU Concert – An Evening with the best of India	

Sunday, April 12

Time / Location	Speaker / Event	Title of speech
9.00 - 9.05 am Theatre Hall	Opening remarks	
9.05 - 9.20 am	Padma Shri Rajesh Kotecha, India	Ayurvedic Approach to Anxiety Disorder
9.20 - 9.40 am	Dr. med. Walter Mölk, Austria	Is Consciousness the Key Factor for Evidence-based Medicine, Personalised Medicine and Integrative Medicine?
9.40 - 9.55 am	Michael Dillbeck, PhD, USA	Consciousness and Collective Health: The Vedic Perspective and Research Findings
9.55 - 10.10 am	John Fagan, Ph.D. Cornell Univ., USA	Regulating Genes for Stress Response, Inflammation and Tumor Suppression through Transcendental Meditation
10.10 - 10.25 am	Robert H. Schneider, M.D., F.A.C.C., USA	Total Mental Health: A Model for Vedic Psychiatry based on principles of Maharishi Ayurveda
10.25 - 10.33 am	Prof. Dr. Vishwanathan KG, India	Effect of keralaleeya chikitsa Sirodhara in Psychological disorders
10.35 - 10.50 am	Panel discussion and Q & A:	<i>The role of consciousness for individual and collective health including its effect on gene regulation; Mental health, anxiety disorders</i>
10.50 - 11.05 am	Tea break	
11.05 - 11.20 am	Dr. phil. Karin Pirc, Germany	Treating 20.000 Patients with Panchakarma
11.20 - 11.35 am	Dr. med. Christian Kessler, M.A., Germany	First Results of the Charaka-Trial on Osteoarthritis of the Knee
11.35 - 11.50 am	Dr. med. Wolfgang Schachinger, Austria	The value of HRV (Heart Rate Variability) in measuring the effects of ayurvedic interventions
11.50 - 12.05 pm	Lothar Pirc, Germany	Running a Panchakarma Clinic successfully and how to avoid Management Mistakes – unique Features of Maharishi Ayurveda
12.05 - 12.20 pm	Dr. Szilvassy Zoltán, Hungary	Novel biomarker-supported pharmacotherapeutic exploitation of substances of ayurvedic origin. The example of curcumin.
12.20 - 12.35 pm	Panel discussion and Q & A:	<i>Panchakarma treatment and new diagnostic tools to measure its effect with HRV, Management of panchakarma clinics; Curcumin research.</i>
12.35 - 1.30 pm	Lunch break	
1.30 - 2.00 pm	Poster Presentations	
2.00 - 2.15 pm	Candace Badgett Ph.D., USA	Ayurveda in the West: the Opportunities and the Challenges
2.15 - 2.30 pm	Dr. Donn Brennan MB BCh BAO, MRCGP, MScAyu, MSCI	Maharishi Ayurveda and Patient Centred Care
2.30 - 2.45 pm	Stuart Rothenberg, MD, FAAFP	Digestion as Key to Systemic Wellness: The Maharishi AyurVeda Model, with Validation from Modern Medical Science
2.45 - 3.00 pm	Dr. Keith Wallace, USA	Masters Degree Program in Maharishi AyurVeda and Integrative Medicine
3.00 - 3.15 pm	Vaidyaraj Sunil B. Patil, India	Medical Management of Surgical Indications – an Ayurvedic Approach
3.15 - 3.23 pm	Dr. Kunal Kamthe, India	Advance Ksharsutra therapy for Ano-rectal diseases
3.25 - 3.40 pm	Panel discussion and Q & A:	<i>Ayurveda trends and patient centred care, Digestion as key to systemic wellness, Ayurveda educational programmes, Ayurvedic surgery</i>
3.40 - 3.45 pm	FELICITATIONS	
3.45 - 4.00 pm	Tea break	
4.00 - 4.15 pm	Dr. phil. Malte Hozzel, Germany	Miraculous Aromatherapy – Examples of Research and Healing Experiences with Essential Oils
4.15 - 4.30 pm	Dr. Sunanda Ranade, India	Concept of Beauty in Ayurveda
4.30 - 4.45 pm	Dr. Sanjay Modi LCEH, D.Sc, India	Parallels between the Ayurvedic and Homeopathic approach to treatment of diseases
4.45 - 5.41 pm (7 x 8 minutes)	Dr. Colin I.H. Perry, UK	Ayurveda and Homotoxicology
	Dr. Geetanjali Ranade, India	Ayurveda, cosmetics and aromatherapy
	Dr. Anil Patil, India	Efficacy of “Sanyukta Upachar Paddhati®”on tubal block
	Dr. Swati Mohite, India	Uttarabasti – An alternative treatment for tubal block induced infertility
	Dr. Vikrant Patil, India	Polycystic Ovarian Syndrome (PCOS)- Ayurved Perspective
	Dr. Sheela D, India	Antenatal Care Through Ayurveda – A Practical Approach
	Dr. Shubham Garg, India	Baby Factory : A Concept of Healthy Progeny by AyurVeda
5.41 - 5.55 pm	Panel discussion and Q & A:	<i>Aromatherapy, concept of beauty, Homeopathy, Women's health</i>
5.55 - 6.00 pm	FELICITATIONS	
6.00 - 6.20 pm	Summary, Concluding remarks (from the patron and the three congress organisations and the host)	
8.00 - 9.00 pm MERU Vlodrop	For Vaidyas: Dinner at MERU Vlodrop with visit to Maharishi's Peace Palace with lights and fountain show	

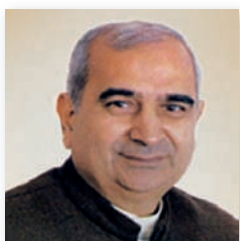


Tony Nader, MD, PhD

Dr. Nader received his M.D. degree from the American University of Beirut. His Ph.D. is in the area of Brain and Cognitive Science from the Massachusetts Institute of Technology (MIT), and he completed post-doctoral work as a Clinical and Research Fellow in Neurology at the Massachusetts General Hospital, Harvard Medical School.

Wholeness in Health

Health is wholeness. Developing the full potential of every individual is the supreme goal of the health profession. Not only absence of disease and balance in mind and body ought to be aimed at but to guide every individual to fulfillment on every level personal, physical, mental and also vocational, social and cosmic. For this, we have to first define what the human potential is. According to all major traditions of knowledge and belief systems in the world, the individual is cosmic. Man was created in the image of God. The kingdom of heaven is within everyone. Veda declares a human being as Brahman, wholeness, and totality. Our research has shown that total knowledge available in Veda and the Vedic literature is embodied in the human physiology. Hundreds of scientific studies on Veda as available in Maharishi's Vedic science and technology demonstrate that every individual can gain higher states of consciousness and rise to supreme balance, integration, fulfillment and enlightenment. Let us examine, and offer to the world from the platform of this great gathering of health scientists, the various procedures that not only can alleviate suffering but also raise every individual and society to perfection creating enlightenment, peace and harmony for everyone and in the family of nations.



Padma Bhushan Vaidya Devendra Triguna, India

Vaidya Triguna is a recipient of "Padam Shri" & "Padama Bhushan" award for his contribution to Ayurveda. He is the Visitor of the prestigious and one of the oldest University Gurukul Kangri University, Haridwar. He is Hon. Physician to the President of India, was born in a family of traditional Vaidyas. His father Vd. Brihaspati Dev Triguna is a renowned Nadi Vaidya in India and abroad. Vd. Devendra has been in clinical practice for the past 32 years and gathered rich experience in successful treatment of chronic and complicated disorders. He is President of All India Ayurvedic Congress, numerous central councils, governing bodies of the government of India.

Ayurveda for Global Health

I am extremely happy to be associated in this International Ayurveda Congress organized by International Maharshi Ayurveda Foundation. All India Ayurvedic Congress and International Academy of Ayurveda at Roermond, Netherlands.

First of all let me pay our homage to Poojya Maharshi ji for spreading Yoga and Ayurveda all over the world.

As you all are aware that Ayurvedic system of health care and medicine is one of the oldest systems of the world which was developed about more than three thousand years ago. Prior to that, references about Ayurveda and health care are also available in Rigveda and Atharvaveda which are known to be oldest classics of the world created about five thousand years ago.

The famous Ayurvedic classics like Charak Samhita and Sushrut Samhita, etc. were written during 8th Century B.C. by learned scholars of Ayurveda. The Nalanda University was in existence till 12th Century A.D. and teaching of Ayurveda was one of the main subjects in this university. The teaching and practice of Ayurveda after 13th century was neglected for various reasons. The revival of Ayurveda again started in India during 19th century with the independence movement of the country. As on today there are about 260 colleges of Ayurveda imparting graduate teaching and more than 50 institutions providing post graduate training like M.D. (Ay), M.S. (Ay), PhD (Ay), etc.

There are four Ayurveda universities functioning in this country:

1. Gujarat Ayurveda University, Jamnagar
2. Rajasthan Ayurveda University, Jodhpur
3. Guru Ravidas Ayurveda University, Hoshiarpur (Punjab)
4. Uttarakhand Ayurveda University, Dehradun

In addition to these Ayurveda Universities all Ayurvedic colleges and institutions are affiliated to various recognized universities of India.

The popularity of Ayurveda is spreading all over the world and Chair of Ayurveda has been established in many institutions of the countries like – South Africa, Malaysia, Hungary and Trinidad, etc. Short term courses in Ayurveda is taught in U.S.A., Britain, France, Italy, etc. Hundreds of Ayurvedic health care and Research centers are functioning in U.S.A. The Ayurvedic techniques of Panchakarma are becoming very popular in Moscow and Russian Government recognized Panchakarma as a therapy. Kshar Sutra and many other Ayurvedic techniques are also being adopted worldwide.

Large quantity of Ayurvedic drugs are exported all over the world and demand is increasing day by day. Ayurvedic medicines should be genuine, efficacious and prepared as per Shastras and also to be of world standard.

It is a matter of great satisfaction that World Health Organization has also recognized merit of Ayurveda for health care and cure of diseases.

Respected Maharshi Mahesh Yogi ji was a great visionary and believer of ancient science and culture developed by Rishis in India. Yoga and Ayurveda were his subjects of great interest. It is our duty to continue work on his mission continuously. There is also need for co-operation between physicians of Ayurveda and Modern medicine.

I am sure that future of Ayurveda is prosperous not only in India but all over the world.



Prof. Dr. Subhash Ranade, India

One of the foremost experts on Ayurveda. He is leading academician and physician in the field of Ayurveda. Chairman National Academy of Ayurveda, Pune, India.

Lifestyle Diseases and their Solutions in Ayurveda and Yoga

Life style diseases are the gift of civilization or industrialization to the modern world. They can include Alzheimer's disease, arthritis, atherosclerosis, asthma, some kinds of cancer, chronic liver disease or cirrhosis, chronic obstructive pulmonary disease, Type 2 diabetes, heart disease, metabolic syndrome, chronic renal failure, osteoporosis, stroke, depression and obesity.

Changed life style due to various working conditions, drug abuse, alcohol, smoking, eating more meat and sugary products with fatty foods and increased sedentary habits are the major causes of these diseases.

Ayurveda is not only medicine but knowledge of how to live happily by observing rules and regulations for balancing natural influences on our body. These include various regimens described in preventive medicine of Ayurveda. Ayurveda describes ways and means to prevent and treat all life style disorders. These include bio –purificatory procedures, taking care of proper diet and exercise according to constitution, various herbal medicines and rejuvenation. Adding Yoga and Transcendental Meditation to these will certainly help to prevent diseases created due to industrialization.



Dr. med. Rainer Picha, Austria

Rainer Picha, MD, is a senior consultant in cardiology from Austria. In 1996 he shifted his focus from a full-time position as Assistant Director at the Department of Cardiology of the State Hospital in Graz, Austria, to become a researcher at Maharishi Vedic University in Vlodrop, The Netherlands. Dr. Picha has travelled throughout the world to lecture on Maharishi AyurVeda and together with his multidisciplinary team he has developed new hospital designs, course materials and medical curricula in order to integrate the most ancient system of health care – Maharishi AyurVeda – with modern medicine. Dr. Picha is now overseeing all Maharishi AyurVeda activities worldwide.

Maharishi Ayurveda - using the full value of the Veda

The Veda in Maharishi AyurVeda indicates that the totality of Natural Law that is available in the Vedic sounds is also available in the consciousness of every human being. Furthermore, it has been discovered that there is a one-to-one relationship between the structure and function of the Vedic sounds, and the structure and function of the human physiology. This pioneering achievement was undertaken by neuroscientist Dr. Tony Nader, MD, PhD, working under Maharishi's guidance. It's significance is that the Vedic Sounds provide a link between consciousness and physiology and can be utilized to enliven the perfect functioning of Nature within every individual.

Practical applications of the discovery of Veda in human physiology are the Model of Vedic Physiology, Vedic Sound Therapy, and Vedic Vibration Technology. These applications will be presented in detail.

The range of Maharishi AyurVeda programmes also includes Transcendental Meditation and its advanced techniques, Maharishi Light Therapy with Gems, Nadi Vigyan, Pancha Karma, classical herbal formulas, Yoga Asana and Pranayama, music therapy, Maharishi Aroma therapy, prevention programmes, and collective health programmes.

The full practical application of Maharishi AyurVeda will be offered in Health Centres for Integrative Medicine, which are designed according to the rules of Vedic architecture. While AyurVedic approaches are favoured, the main principle is to choose the best options from ancient and modern science to make sure the best possible treatment choice is provided.

In conclusion, the goals of the newly formed International Maharishi AyurVeda Foundation for Health Professionals will be presented and the benefits of joining the foundation outlined.



Dr. med. Ulrich Bauhofer, Germany

Bestselling author, meditation trainer and popular speaker. He is one of the leading experts in the area of health, stress and energy management.

Time-Tested, Scientifically Verified Solutions for the Health Problems of our Time

Chronic diseases which are mainly responsible for the explosion of costs in health care mostly originate from unhealthy lifestyle. In contrast to contemporary medicine, Ayurveda as a holistic, personalized healing system does not focus on the administration of drugs alone. In addition to the application of effective, time-proven, traditional natural preparations it also emphasizes the necessity of individually designed lifestyle modification. This includes nutrition, daily and seasonal routine, stress management, detoxification programmes etc. A second important reason for cost explosion in industrialized nations is the demographic development. Also for this Ayurveda presents a solution by offering a specialized discipline of prevention as well as of promoting healthy and vital ageing.



Dr. Bevan Morris, USA

President of Maharishi University of Management in Fairfield, Iowa, USA.

Maharishi Mahesh Yogi's historic Contribution to the Revival of AyurVeda

Maharishi, from the peerless perfection of the state of Brahm itself, looked into the Veda and Vedic Literature, and discovered there the supreme system of prevention-oriented, comprehensive, Natural Law-based, all-enriching system of perfect health:

"The centuries-old, medicine-predominant approach to health has failed to eliminate sickness and suffering; this is because medicine alone is too superficial to influence the innumerable values that constitute the structure of life and its evolution. Only a HOLISTIC approach that takes into consideration all aspects of mind and body together can be successful in handling health.

"As every aspect of life is the expression of Natural Law, the approach to health must be based on the knowledge of the origin and evolution of Natural Law—guiding principles of intelligence upholding the balance functioning of the human physiology.

"The total knowledge of the immortal, eternal WHOLENESS of Natural Law is available in Rik Veda, and all the 36 aspects of Vedic Literature, and their divisions and subdivisions. This age-old knowledge of Natural Law has remained scattered. Now I have organized it in the form of a perfect science—the Science of Perfect Health—which is competent to maintain the perfect, integrated, balanced health of every individual and science as a whole" —Maharishi



John Hagelin (Ph.D. Harvard), USA

Renowned quantum physicist, Director of the Institute of Science, Technology and Public Policy at MUM, and President of the Global Union of Scientists for Peace.

Ayurvedic Medicine is Unified Field Based Medicine

Recent breakthroughs in our scientific understanding of the Universe from String Theory and M-Theory present Ayurvedic medicine in a completely new light. They reveal that Ayurvedic medicine is Unified Field Based medicine—i.e., the direct application to human health of the deepest principles of nature's functioning—i.e., the deepest laws of nature governing subatomic scales. Specifically, the three doshas directly correlate, in modern scientific terms, to the three Superfields of supersymmetric quantum field theory; the pancha mahabhutas to the five quantum-mechanical spin-types; and the Atma (Self), which is fundamental to Ayurveda, correlates to the Unified Field itself.

This new understanding from modern physics reveals that Ayurvedic medicine is, in fact, millions of times more fundamental (and thus potentially more powerful) than contemporary pharmacological medicine. It also explains why Ayurveda, being Unified Field Based medicine, is truly holistic—and hence naturally free of adverse side effects, in comparison to more superficial and fragmented allopathic approaches.



Prof. Bhushan Patwardhan, India

Professor & Director at Interdisciplinary School of Health Sciences, University of Pune; Editor-in-Chief at Journal of Ayurveda & Integrative Medicine; Honorary Director at International Longevity Center, India.

From OM to Genom

Despite advances in modern medicine, science and technology, information sciences, difficulties many challenges especially in health and medicine remain unresolved. Several years of research involving botany, chemistry, pharmacology no significant outcome has been achieved neither in basic understanding of health and disease nor in medicine, drugs or therapies. In the process neither Science nor Shastra appear to have been much benefitted.

Knowledge from Shastra can help to address present challenges in Science. The foundational logic and basic concepts can give new leads. This talk gives few examples including genetics and prakriti, bhasma and nano particles, rasayana and regenerative biology, personalized and integrative medicine to discuss how Shastra (OM) can give newer insights to basic sciences (Genome).



Anand Shrivastava, India

Chairman 'Maharishi Ayurveda Products' is engaged in Maharishi's envisioned Mission of Re-enlivening Ayurveda by Synergizing with Modern Science, Quality Management Systems & Technologies.

Mainstreaming Ayurveda – Mastering Production and Regulatory Challenges

Health, according to Ayurveda, is that state where body, spirit, emotions & senses are in perfect balance. This holistic approach towards health can be seen reflected in the curative protocols followed by Vaidayas of yore, which in addition to medication, included Panchkarma treatments, dietary regimes, Yoga, Yagyas, Meditation, etc.

However, the holistic & curative scope of India's unique health-science heritage was impacted over centuries of foreign influences, deteriorating it to the level of Vaidayas Cachet – merely a herbal remedy!

(...)

Ayurveda's renaissance happened in early 80's when Maharishi Mahesh Yogi, the Founder Guru of 'TM' shared His Vision of re-enlivening & re-establishing Ayurveda with its holistic attributes. This historic reincarnation of Ayurveda got recognised as "MAHARISHI AYURVEDA".

My presentation will cover the major challenges encountered in providing strong foundation to support the superstructure to be in consonance with the current-levels of rigorous scientific norms & Standards relating Product R&D, Manufacturing, Packaging, Health Services, etc..



Dr. Narendra S. Bhatt, M.D.Ayu.; B.Sc. (Botany)

Dr. Narendra S. Bhatt, M.D.Ayu.; B.Sc. (Botany) has 40 years of teaching, clinical, research and pharmaceutical experience. He has received four national awards, one international award and being an Ayurvedic physician in forth generation he has always continued his clinical practice.

Validating Ayurvedic Therapeutics: Challenges and Solutions

Having roots in Vedic philosophy Ayurveda has continued to evolve including newer practices and substances as depicted in later period texts and as experienced today.

Details on specific diseases and comprehensive information on nearly 7500 signs and symptoms are described in Ayurvedic texts. This comprehensive clinical knowledge when interpreted in the context of biomedical advances can provide an opportunity to better interlink the disease development in the context of its morbid local and systemic manifestations.

Ayurvedic pharmacopoeia with thousands of formulations prescribed for variety of indications in nearly 60 dosage forms, oral or external, offer intricacies of natural phenomena and principles of synergy. Such complex therapeutic interventions and practices need validation based on experience, inference, experiment and algorithmic logic.



Prof. M S Baghel, M.D. (Ayu), Ph.D. Kayachikitsa

Chairman, Ayurveda Chair at University of Debrecen, Hungary; former Director at Gujarat Ayurveda University. 32 years of professional experience, 120 published papers.

RASAYANA (The Rejuvenation therapy) – a noble contribution of Ayurveda to modern day health scenario

RASAYANA in the form of geriatrics – is among eight classical clinical branches of AYURVEDA, which comprises of the judicious and specialized use of diet, drug and lifestyle to promote the longevity of life by preventing ageing & diseases.

Looking to the various definitions given in texts it can be said that Rasayana therapy is primarily linked with molecular nutrition. Rasayana remedies seems to work through nutrition dynamics, improving the molecular health, in turn leading to rejuvenation and positive health.

Ayurveda is a science of life designed to fulfill two aims and objectives of health care i.e., promotion of physical & mental health and management of the diseases occurring in the body. In 21st century, after the significant control of

infectious diseases, the medical professionals are engaged in prevention and management of life style disorders. In this regard Traditional Medicines have come in the lime light due to their role in the prevention and the management of life style disorders. Modern conventional medicine is a basically an offensive medical strategy without giving much thought to defensive strategy, other than supplementation of Vitamins, minerals etc. Due to the concept of host defense strategy of Ayurveda practiced as Rasayana therapy, Ayurveda is attaining a special strategic importance in global health scenario.

The Rasayana therapy, a unique, well-known and time tested regimen attracted the attention of clinicians and pharmacologists in last 30 years. After seeing the experiences of physicians, the scientists have started to explore the pharmacology of Rasayana drugs. The possible mode of actions like Nootropic, Anabolic, Adjuvant, Anti-oxidant, Free radical scavenging/quenching activity, Adaptogenic, Immuno-modulatory, Anti stress and Intellect & Memory promoter have worked out critically and results are available on net as published papers.

However, in last decade new activities of Rasayana drugs like Genomic stability, Epigenome activation and shut down, Neuroprotective, cognition boosting anti-leukemic agent, adjuvant to radiotherapy and chemotherapy, Myeloprotective, Cytochrome P450 inhibitory potential, DNA protective activity, Hepato-protective, Anxiolytic-antidepressant activity etc have attracted the attention of scientists. Now the concept of functional food is also attaining the importance where Rasayana drugs are also considered.

The classical Rasayana drugs like Amalaki, Ashwagandha, Shatavari, Guduci, Pippali, Brahmi, Sankhapuspi, Bhumyamalaki, Haridra, Bhallatak, Guggulu, Shilajitu etc have been extensively tried at clinical and experimental levels.

Role of Rasayana drugs have been widely recognized for the management of chronic diseases like DM-II, obesity, Rheumatoid arthritis, Chronic Pulmonary disorders like Br Asthma & Bronchitis, Parkinson's Disease, Alzheimer's Disease, Cancer, Radio-chemo therapy adjuvant, Bio-enhancer of Antibiotics (Pippali), Liver disorders of infective and non-infective nature.

Rasayana word search on PUBMED gives 178 results. It is amazing to note that on Pubmed search only turmeric search results in 3102, curcuma longa – 2242 and curcumin – 7462. Piper longum – with 6040 results, is next extensively worked out drug. Further for Withania sonifera 699, Phyllanthus emblica/ Emblica officinalis-287, Tinospora cordifolia – 246, Phyllanthus niruri -128, Bacopa monieri – 148, Mucuna pruriens – 178 and Shankhapushpi – 26 search results were available.

(...)

However, out of these published papers very less belongs to clinical studies based on fundamentals of Ayurveda, because pharmacological studies may increase the understanding of the scientists and their confidence level but it will not serve the purpose of human use in general. A research program on Rasayana therapy should focus on mechanism studies before proceeding to parametric assessment of secondary effects which could be mixed effect of many associated factors. It cannot be over emphasized that only basic studies may succeed to validate the basic principles of Ayurveda, which would open newer vistas of original research. The secondary therapeutic studies will limit the scope to mere treatment validation, with temporary impact. (Prof R H Singh 2010)



Nancy Lonsdorf, MD

Associate Clinical Professor of Physiology and Health at the Maharishi University of Management

Chronotherapeutics—What's Time Got to Do with It? A Novel Behavioral Blueprint for Transforming Societal Health

The Ayurvedic texts designate kala or “time” as one of the three main categories of disease causation, and detail specific recommendations for timing of sleep, eating and exercise. Yet the dimension of time has largely been ignored, or has remained undiscovered, in the contemporary practice of medicine and preventive health education. Recent discoveries in chronobiology and chronotherapeutics document significant, and often marked, physiological modulation and therapeutic effects of time on regulation of mood, cognition and weight as well as in the treatment of hypertension, cancer, asthma, depression and other disorders. The latest scientific research elucidating Ayurvedic chronobiological principles for health will be reviewed and the implications for improved societal health through widespread implementation will be explored.



Ashtavaidya Divakaran Mooss

Chairman and Chief Physician at Ashtavaidyam Thaikkattu Mooss, Aatma Ayurvedic Hospital, Thrissur, Kerala, India, Chief Consulting Physician at Keraleeya Ayurveda samajam Shoranur, and at PNNM Ayurveda Medical College.

Ashtavaidya Tradition of Kerala Ayurveda

Ayurveda is a system of holistic treatment and is thousands of years old. Kerala has been a rich source of medicinal plants and there was already a system of folk medicine that was locally practiced. It is believed that Vagbhata, composed Ashtangahrdayam sitting on a rock near the Thiruvizha temple in Kerala.

This class of physicians who could intellectually combine these two branches came to be known as Ashtavaidyas of Kerala. They are generally referred to as Mooss and Nambis.

According to the legend, it was Lord Parasurama who brought eighteen (18) Namboodiri (Kerala Brahmins) families to Kerala and appointed them as physicians for the 18 regions of Kerala. They were called Ashtavaidyas since they were equally proficient in the eight (Ashta) branches of Ayurveda.

There were 18 original Ashtavaidya families. Of 15 Ashtavaidyas practicing now, I belong to the Elayidathu Thaikkat family of Ashtavaidyas which is the most prominent one today.

System of training

The traditional system of learning any branch of knowledge in India is Gurukula. The disciple stays with the Guru (Master) and also takes care of even his personal care. Since Ashtangahridayam is the backbone of the Ayurvedic treatment, Ashtavaidyas begin their study by learning by-heart all the 7120 verses of the treatise.

This is followed by the period of apprenticeship. under a guru. By close observation of his Guru's methods of examining the patient, the student could understand the rationale behind the prescription. The students were also taught to identify plants for making personalized medicinal preparations.

Method of treatment

A notable feature of Ayurvedic treatment by Ashtavaidyas is the care taken to examine even minute details of the personal history of a patient before diagnosing the disease and prescribing a treatment. Ashtavaidyas diagnose diseases by interacting with patients and not by noting the pulse. But Ashtavaidyas of Pulamanthole Mooss family have recently started checking pulse in some cases.

As for the medicines, they are prepared by the Ashtavaidyas themselves for which they have their own units. Some of the Ashtavaidyas had discovered their own formulations for specific disorders.

Literary contributions

Many Ashtavaidyas have written commentaries on Ashtangahridayam and other Ayurvedic books. A few of them have been published also. **Sahasrayogam, Yogamrutham, Chikitsamanjari, Alathiyur Manipravalam** are a few among them. Sahasrayogam contains a thousand formulations. Also many of the Vaidyas have been prolific writers.

My Guru Vayaskara Moos was one such writer. Surprisingly, he is the only one who has written in English, apart from Sanskrit and Malayalam. **'Single Drug Remedies'** and **'Ayurveda Flora Medica'** are two of his significant works. They are important reference books in Ayurveda *materia medica* today. Another notable Vaidya is Vaidyamadham Narayanan Namboodiri who has to his credit many articles on Ayurveda and treatment practices in periodicals.



Ashtavaidyan A N Narayanan Nambi MD(Ay)

Dr. Nambi is one of the leading figures in Ayurveda, a star orator, teacher, clinician and researcher. Available all over the world, he represents the rich ancestry of Ashtavaidyas- the greatest traditional medical families in India having centuries old lineage

Kerala Speciality Therapies in Global Health

Kerala Specialty therapies are the set of Ayurvedic therapies widely used all over the world that has originated in Kerala, India. These are Navarakizhi(Shashtika Pinda sweda) Pizhichil(Sarvanga dhara), Talam & Talapothichil (Siro lepas), Sirodhara etc which are mostly of external in application. These therapies are being extensively used and it's full potential is explored by eminent physicians like Ashtavaidyan Alathiyoor Narayanan Nambi (Senior) in curative as well as treatment areas. This precious knowledge is being propagated all over the world through various Maharishi Clinics.

Initially, this presentation is going to explain what are those therapies and its classical origins. The logic behind the selection of these therapies will be explained with suitable case studies in various types patients especially from the west.



Prof. Dr. H.P.T. Ammon, Germany

Professorship in pharmacology for natural scientists, pharmaceutical institute at the University of Tübingen.

Salai Guggal - an Ayurvedic Remedy prevents Development Insulinitis in Animal Models with Autoimmune Diabetes

Type 1 diabetes and the late onset autoimmune diabetes of the adults (LADA), are autoimmune diseases where pro-inflammatory cytokines, deriving from white blood cells (lymphocytes, macrophages) cause inflammation of pancreatic islets, destroy insulin producing cells and finally cause diabetes.

Salai guggal, the gum resin of *Boswellia serrata*, has been shown to possess anti-inflammatory and immunomodulatory properties by inhibition of leukotriene synthesis and release of pro-inflammatory cytokines from white blood cells including interleukines, interferon- γ and tumor necrosis factor- α . It is used in the therapy of chronic inflammatory diseases i.e. autoimmune diseases. In Ayurvedic terms salai guggal reduces Pitta and Kapha.

In two animal models with autoimmune diabetes similar to human Type 1 diabetes i.e. after application of multiple low doses of streptozotocin to mice and the use of the Non Obese Diabetic (NOD) mouse we could show that the

administration of salai guggal and two of its pharmacological active compounds i. e. 11-keto- β -boswellic acids prevented production of pro-inflammatory cytokines, development of insulinitis and finally diabetes.

It is concluded that salai guggal and respective boswellic acids by turning down an irritated immune system stopped development of autoimmune diabetes in experimental animals.

Since at present there is no drug available, which can prevent insulinitis in autoimmune diabetes, salai guggal and especially 11-keto- β -boswellic acids could be a therapeutical option.



Padma Shri Rajesh Kotecha, India

Vice Chancellor Gujarat Ayurveda University, Padma Award winner (medicine) 2015 - The honor of Padma Shri has been conferred on him by the Govt. of India for his exceptional services for upholding the essence and values of Ayurveda.

Ayurvedic Approach to Anxiety Disorder

Anxiety Disorders affect about 40 million American adults age 18 years and older in a given year causing them to be filled with fearfulness and uncertainty. It is one of the most prevalent mental health problems in the UK and elsewhere, yet it is still under-reported, under-diagnosed and under-treated. Unlike the relatively mild, brief anxiety caused by a stressful event, anxiety disorders last at least 6 months and can get worse if they are not treated.

Prevalence estimates of anxiety disorders are generally higher in developed countries than in developing countries. Effective therapies for anxiety disorders are available, and research is uncovering new treatments that can help most people with anxiety disorders lead productive, fulfilling lives. Anti-depressants, barbiturates are the drugs of choices in such conditions, but are known to have certain limitations. In addition, some non-medical approaches like psychotherapy etc. are also in practice. Ayurveda advocates blending Satvavajaya (psychotherapeutic procedures) along with specified therapeutic procedures like Shirodhara and certain medicinal plants known as Medhya Rasayana like Brahmi, Vacha, Jatamamsi, Amalaki, Ashwagandha, Jyotishmati, Yashtimadhu, Triphala etc. in the treatment of minor psychiatric ailments like anxiety states. According to Ayurveda understanding, these procedures increase the qualities of Sattva and decreases Tamas and Rajas by correcting the function of Buddhi (intellect) thus helps in controlling sense organs. Ayurveda follows a number of principles that can be used successfully to control the condition. This is a big ray of hope and can play a crucial role in restricting the pathology and improving quality of life of the individuals. There are number of evidences of the positive effect of these non invasive and safe Ayurveda approaches.



Dr. med. Walter Mölk, Austria

Director International College of Perfect Health, The Netherlands; founder Austrian Society of AyurVedic Medicine (1986).

Is Consciousness the Key Factor for Evidence-based Medicine, Personalised Medicine and Integrative Medicine?

The classical Ayurvedic texts explain that life is the combination of matter (five *Mahābhūtas*) and consciousness (*Chetanā*). This view is in contrast to the understanding that consciousness is just the result or correlate of brain activity.

Everyone experiences consciousness as the essence of his life, but surprisingly there are no commonly agreed definitions of consciousness amongst top scientists from the fields of neuroscience, biology, psychology, physics, computation, and philosophy.

Maharishi Mahesh Yogi has put forward a very simple and straightforward definition: **“Consciousness is that which is conscious of itself.”** This short Sutra-like definition describes in seed form the sequential development of consciousness interacting within itself, thereby creating the appearance of potential diversity in the form of observer, observed, and process of observing, within the abstract unity of self-referral consciousness. This continuous process of self-interaction then leads to the appearance of matter in the form of the physical body and the ever-expanding universe.

This is in line with the evolution of the universe (*Srishti*) as described in Ayurveda on the basis of Sāmkhya philosophy, in which the basic building blocks of matter sequentially emerge from an unmanifest field of consciousness (*Avyakta*).

Interestingly, some physicists also describe the basic building blocks of creation in terms of qualities similar to those attributed to the Self (*Ātma*) in Vedic science (Hagelin 1989). A deeper analysis of the concepts of Ayurveda shows that they are more in tune with the latest theories of modern physics, self-organising systems, chaos theory, system biology, etc., than with those concepts of classical physics and biochemistry that are presently used in what we call “modern medicine”.

Maharishi’s Vedic Science and technology integrates these modern theories with ancient Vedic knowledge, and presents Ayurveda as a scientific prevention-oriented system of health care that can be globally implemented and integrated with every existing system of medicine.

Furthermore, the research of Tony Nader MD, PhD (1994, 2012) has shown that the self-interacting structures of consciousness available to us as the sounds of the Vedic literature are expressed in material form in the human physiology, thereby opening a completely new understanding of the human physiology, and new possibilities for prevention and therapy.

All Ayurvedic terms and concepts can be finally understood in terms of their origin in consciousness, e.g. the three *Doshas* have their origin in the relationship between the three fundamental constituents of consciousness – the observer (*Rishi*), the process of observation (*Devatā*), and the observed (*Chhandas*).

The study of medicine is therefore the study of the physiology along with its source in consciousness. Development of consciousness through meditation is not an add-on to Ayurveda, but a core aspect of its practice, not only for the patient, but also for the physician. Numerous studies in peer-reviewed international journals have shown far-reaching health benefits resulting from repeatedly becoming established in one's own SELF (*Swa-stha*) during the practice of the Transcendental Meditation technique. Charaka (Sa 3, 20-21) clearly advises every physician to collect his mind and senses and be established within himself (*Ātma*) before performing medical duties.

The theory and practice of Ayurveda includes basic approaches that are now becoming popular in modern medicine, such as:

1) Evidence-based medicine: Ayurveda uses a systematic evidence-based approach (*Parīkshā*) to acquire valid knowledge, such as: expert opinion, authoritative textbooks (*Āptopdesha*), direct observation and perception including diagnostic tests (*Pratyaksha*), inference (*Anumāna*), reasoning (*Yukti*), and also *Kārya-Kāran siddhanta* (cause and effect theory).

2) Personalised/predictive/precision medicine: Personalised prevention and therapy based on constitutional types (*Prakriti*) and precise classification of all influences on health (diet, medicines, behaviour, climate, age, etc.) according to the three *Doshas* is one of the great strengths of Ayurveda.

3) Integrative medicine: Ayurvedic texts also advise us to also take into consideration other areas of expertise, and integrate this knowledge, as it might not be possible to get the best solution by only considering one field of knowledge.

In order to become a globally accepted system of health care, Ayurveda must expand its present predominantly herbal medicine-based approach, a) horizontally, by including all the 40 aspects of Veda and the Vedic literature (Yoga, Vedic astrology, Vedic architecture, Vedic agriculture, Gandharva Veda music, etc.) and b) vertically, by recognizing consciousness as the primary reality of all aspects of medical practice – physician, patient, and society (collective health).



Michael Dillbeck, PhD, USA

Research Professor and Trustee, Maharishi University of Management

Consciousness and Collective Health: The Vedic Perspective and Research Findings

The Vedic Literature identifies a transcendental field of consciousness, which is described as the Self (Atma) of everyone. This foundational insight has been translated into an empirically testable hypothesis by Maharishi Mahesh Yogi, that the enlivenment of the field of Transcendental Consciousness by a group numbering the square root of one per cent of the population practicing together the TM-Sidhi program creates an influence of harmony and positivity in the entire society. This hypothesis has been tested repeatedly over the past four decades, replicating health-related effects such as reduced mortality due to violence and accidents, and reduction of health-damaging behavior.



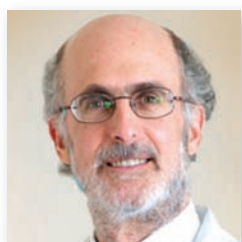
John Fagan, Ph.D. Cornell Univ., USA

International Director for Food Purity, Safety and Security, Professor of Molecular Biology, Maharishi University of Management, USA. Exec. Dir. Earth Open Source, USA & EU.

Regulating Genes for Stress Response, Inflammation and Tumor Suppression through Transcendental Meditation

New research shows that Transcendental Meditation (TM) has profound and positive effects on the expression of specific genes linked to the stress response, inflammation, cardiovascular disease and cancer. This study compared experienced practitioners of TM with individuals matched by age, sex, diet, and other demographic factors.

We found that 74 genes were significantly altered in their levels of expression in white blood cells of TM practitioners compared to controls. 18 of these genes were up-regulated while 56 of these genes were down-regulated. This demonstrates that Transcendental Meditation has distinct and measurable effects at the deepest level of functioning of the physiology, the level of the genes that serve as the blueprint for the physiology. Future studies will explore the time course of these effects on the gene expression process and examine the kinetics of gene expression during the meditation process, itself, as well as examine the effects of TM on gene expression in the context of disease states such as post-traumatic stress disorder and cardiovascular disease.



Robert H. Schneider, M.D., F.A.C.C., USA

Physician, scientist, educator, and one of the world's leading authorities on scientific, natural approaches for heart disease, high blood pressure, stress and other cardiovascular risk factors.

Total Mental Health: A Model for Vedic Psychiatry based on principles of Maharishi Ayurveda

WHO reports that mental health disorders are the leading cause of disability worldwide.

Maharishi Ayurveda provides a holistic model for health that includes diagnosis and treatment in the domains of mental, physical and environmental health, their interdependence and their common basis in consciousness or the unified field.

This presentation will elaborate on Ayurvedic theory and practices for developing mental health in the context of the consciousness-mind-body-environment model. The thesis of Vedic psychiatry is that the development of full mental health requires knowledge and practices in these four domains of health, including but not limited to, Vedic counseling. Empirical evidence will be referenced.



Dr. phil. Karin Pirc, Germany

Medical Director Maharishi AyurVeda Health Centre Bad Ems. She was honoured the "Global Hakim Ajmal Khan Award" as "Best Ayurvedic Physician 2006" and the "International Lifetime Achievement Award" in 2013 and is also the author of eight books on Ayurveda.

Treating 20.000 Patients with Panchakarma

Patients coming for treatments to an Ayurvedic clinic in the west mostly come for chronic conditions – and most of them have already been treated unsuccessfully for their ailments by modern medicine or other naturopathy. Scientific studies impressively document the improvement of physical health as well as the improvement of overall psychological wellbeing in different aspects. Patients coming are not very familiar with Ayurveda – so it is medically sensible apart from diagnosis and treatment with the classical time tested modalities to teach them basic concepts for further improving their life style, eating habits etc. before going back home.



Dr. med. Christian Kessler, M.A., Germany

Research Coordinator, Immanuel Hospital Berlin and Institute of Social Medicine, Epidemiology and Health Economics, Charité University Medical Center, Berlin, Germany.

First Results of the Charaka-Trial on Osteoarthritis of the Knee

Complex Āyurvedic Treatment for Osteoarthritis of the Knee (CARAKA-Trial) – A Randomized Controlled Trial Comparing Āyurveda and Conventional Standard Care

Kessler C1,2 , Michalsen A 1,2 , Witt CM 1

1 Institute for Social Medicine Epidemiology and Health Economics, Charité University Medical Center, Berlin, Germany

2 Immanuel Hospital Berlin, Department for Internal and Complementary Medicine, Berlin, Germany

Objective: The aim of this study was to evaluate the effectiveness of a complex Āyurvedic diagnosis and treatment compared to conventional standard care in patients with OA of the knee.

Methods and Design: A total of 150 patients were included in a prospective, multicenter, randomized, controlled study. The primary endpoint was the change in the Western Ontario and McMaster University Osteoarthritis Index (WOMAC) after 12 weeks.

The trial data is currently being entered and analyzed.
First results will be presented.



Dr. med. Wolfgang Schachinger

President European Ayurveda Medical Association (EURAMA), Board German Ayurveda Association, Medical Director Maharishi AyurVeda Health Centre, Ried, Austria

The value of HRV (Heart Rate Variability) in measuring the effects of ayurvedic interventions

Heart Rate Variability (HRV) is the natural phenomenon of slight deviation of heart rhythm during inhalation and exhalation and can be displayed in 24 hour ECG measurements. Specific patterns of HRV during the 24 hours are indicators of autonomic stability and adaptability, and of the efficiency of natural biological rhythms and cycles.

HRV recordings before and after ayurvedic interventions illustrate the effect of the intervention on the autonomic patterns and therefore on overall health before and after treatment.



Lothar Pirc, Germany

Founder and CEO, Maharishi AyurVeda Health Centre Bad Ems, Germany (since 1992); international consultant for establishing Ayurveda clinics; Secretary General of EURAMA - European Ayurveda Medical Association.

Running a Panchakarma Clinic successfully and how to avoid Management Mistakes – unique Features of Maharishi Ayurveda

Setting up and running an Ayurveda clinic in Europe that conforms to the highest Ayurvedic standards is very challenging. Dr Pirc is the Founder (in 1992) and CEO of one of the largest clinics in Europe – the Maharishi AyurVeda Health Centre Bad Ems, Germany, and is an international consultant on the establishment of Ayurveda clinics.

Dr Pirc will discuss how to deal with major challenges and practicalities and how to get the management advice in key areas.

Unique features of Maharishi Panchakarma treatments, refined over many years by top experts and made available in standardized form around the world, will be reviewed.



Dr. Szilvássy Zoltán

Rector, University of Debrecen. Dept Pharmacology and Pharmacotherapy Medical and Health Science Centre, University of Debrecen.

Novel biomarker-supported pharmacotherapeutic exploitation of substances of ayurvedic origin. The example of curcumin.

Background. Curcuma longa has been utilized for various medical purposes for several hundred years in traditional Indian medicine. Nevertheless, the medical evidence to support its use is almost lacking, similar to underlying pharmacological mechanisms responsible for curative effects in either experimental animals or clinical patients.

Aim. Our preceding experimental studies with rats revealed that an improvement in spatial memory performance occurred both in aged rats with Alzheimer disease model characteristics and scopolamine-induced memory impairment model. We carried out a series of experiments using with rats to estimate the putative cognitive function improving effects of curcumin, the active ingredient of curcuma longa at the aforementioned paradigm. We also approached mechanisms explaining curcumin effects.

Methods and Results. A significant improvement in spatial memory was observed in aged male, otherwise healthy Wistar rats weighing 500-550 g and in those with insulin resistance determined by hyperinsulinaemic euglycaemic glucose clamping. (...)

However, insulin resistance per se was found to deteriorate cognitive performance. The memory improving effect was dose dependent and strongly significant at a curcumin dose range of 0.3-100 mg/kg body weight given orally twice a day over a period of 7 days. A dose-dependent insulin sensitizing effect was also seen in insulin resistant animals. The memory improving effect was correlated with a D-amino acid oxydase (DAAO) inhibitory effect of curcumin, whereas the insulin sensitizing effect was found to interact with an endogenous insulin sensitizing mechanism known as meal-induced insulin sensitization. A pilot clinical study with 12 aged volunteers confirmed the memory improving effect of a preparation containing curcuma longa rhizoma extract with a pure curcumin equivalent of approx. 100 mg twice a day.

Conclusion. Curcumin induces an improvement of cognitive performance in both experimental animals and aged human volunteers. The effect is underpinned by DAAO inhibition. This effect is supported by insulin sensitization produced by curcumin, the mechanism of which seems to be independent of DAAO inhibition.



Candace Badgett Ph.D., USA

Founder / Vice President The Raj Ayurveda Health Center & Spa, Fairfield, IA, USA. President of the Global Health Foundation for Women. International Trustee of the Global Women's Organization for Total Knowledge.

Ayurveda in the West: the Opportunities and the Challenges

As providers of authentic AyurVeda healthcare services for more than 22 years, we have had the opportunity to observe, first hand, the introduction of AyurVeda to the West. In those past 22 years, we have faced the challenges inherent in introducing a new paradigm of healthcare to the West. Having fairly successfully met these initial challenges of educating the public and gaining respectful acknowledgment, or at least tolerance, by allopathic institutions, researchers and practitioners, today we see promising opportunities. But with these new opportunities comes a new set of challenges.

The opportunities inherent in the increasing popularity of AyurVeda in the West bring with them a far more serious set of challenges. At this time, the single most important challenge confronting those of us who are concerned for the perpetuity of authentic AyurVeda, is to ensure that it remains embedded in Veda. Maharishi spent his life restoring the Veda and Vedic Literature to its authentic, holistic, unified integrity. And in so doing, Maharishi put the Veda back into AyurVeda.

Keeping AyurVeda rooted in the Veda is key to a successful global integration of AyurVeda, avoiding the dangerous perspective that AyurVeda is nothing more than a collection of parts from which one can pick and choose. It is essential to avoid this Western tendency toward fragmentation, commercialization, and secularism, since these tendencies are, in fact, at the very root of the epidemic of poor health and emotional suffering we see today.

AyurVeda must be offered as a holistic science if it is going to consistently and successfully address chronic disorders, prevent disease, as well as address the pervading psychological and emotional imbalances symptomatic of this day and age. Maharishi's insight into the integral unity — not only within the body of Ayur-Vedic knowledge itself, but as importantly, within the entire body of Vedic Science — is the foundational perspective that will allow AyurVeda to fulfill its mission to offer perfect health as the full unfoldment of human potential.

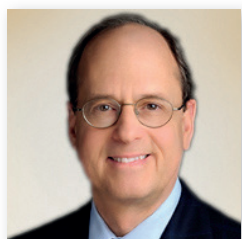


Dr. Donn Brennan MB BCh BAO, MRCGP, MScAyu, MSCI

Dr. Donn Brennan was founding President of the Ayurveda Practitioners Association in the UK. He works consulting in Britain and Ireland and he is the Medical Director of the Maharishi Ayurveda Health Centre, Skelmersdale, in the UK.

Maharishi Ayurveda and Patient Centred Care

Maharishi Ayurveda offers the gold standard for Patient Centred Care. Cancers, heart disease, diabetes and obesity are lifestyle issues. Medicines do not heal or prevent these modern epidemics. Patient Centred Care is coming to centre stage as the appropriate strategy for prevention and health care. Maharishi Ayurveda offers a time tested, evidence based, economically feasible approach in primary care for health promotion, disease prevention and treatment.



Stuart Rothenberg, MD, FAAFP

National Medical Director, Maharishi Ayurveda Association of America. He pioneered the introduction of Maharishi Ayurveda in the USA, co-founded the original MAV clinics, and has directed post-graduate training programs for the past 30 years.

Digestion as Key to Systemic Wellness: The Maharishi AyurVeda Model, with Validation from Modern Medical Science

Recent reports in the modern medical literature are validating the time-honored Ayurvedic principle that healthy digestion is key to overall systemic wellness. This presentation will highlight the central features of Ayurveda's theory of digestion—including digestive power (agni), tridosha balance, enteric toxicity (ama), and bowel dysfunction (grahani)—as well as correlates from recent gastroenterology and integrative medicine research. We will examine causes of impaired digestion (agnimandhya), the brain-gut connection, antigen-immune reactivity, impaired intestinal permeability (leaky gut), and dysbiosis, and the local and systemic inflammatory disorders resulting from these imbalances.



Dr. Keith Wallace, USA

Founding President, and currently Trustee, Maharishi University of Management, Co-Dean College of Perfect Health, Professor and Chairman, Department of Physiology and Health, and author of three books.

Masters Degree Program in Maharishi AyurVeda and Integrative Medicine

The Masters of Science program in Maharishi AyurVeda and Integrative Medicine offered at Maharishi University of Management in Fairfield, Iowa, includes both a traditional and western approach of the study of Ayurveda. Each of the eight main systems of the body is examined in terms of physiology, pathology, assessment, and management of health disorders from the perspective of Maharishi AyurVeda and that of modern Integrative Medicine. The goal of this program is to provide theoretical and practical knowledge, which enlivens the body's inner intelligence – the field of pure consciousness – to provide prevention and treatment of illness, and the promotion of ideal health.



Vaidyaraj Sunil B. Patil, India

Founder and president of Vanoushadhi Vidhyapeeth, Kolhapur, India. Editor of Vanoushadhi Magazine and author of eight books on Ayurveda. Received numerous national and international awards.

Medical Management of Surgical Indications – an Ayurvedic Approach

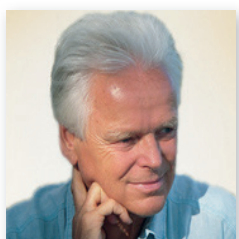
For past 2-3 decades surgery, the branch of medicine is being developed and thousands of patients found relief from their illness with the help of surgical management. The associated branches of modern science viz. Biophysics, Biochemistry, Pharmacology are always helpful to surgical intervention.

Many times the patient is not fit for surgery due to other medical problems. In such state the surgery has limitation and procedures are contra indicated. Ashtang Ayurveda is given special Stress upon “Shalakya Tantra” the branch of surgery. Acharya Sushruta is known as a pioneer of plastic surgery. Many surgical descriptions are advised in his text Sushrut Samhita. Even in the textbooks of Ayurvedic medicines, whenever there is a limitation to medical management the physician advised to refer such cases to surgeon.

They mentioned that to manage such patients surgically is right of Dhanvantari School of Surgery. But in present scenario many conditions of patients can be managed medically. Especially in some diseases, where surgery is indicated we can manage those conditions with Ayurvedic medicines.

Some diseases where surgery is indicated, medicines are not having that much scope. In those conditions Ayurvedic medical management plays an important role.

The ailments like Urolithiasis, Gallstones, small Cysts, Uterine fibroids can be managed successfully with the help of Ayurvedic medicines.



Dr. phil. Malte Hozzel

Founder of AYUS GmbH - Oshadhi GmbH / Germany - Ayus Tunisia - companies for high quality organic essential oils and associated products from worldwide origine. Aromatherapy lecturer and founder of Orto de Prouvènço, Aromatherapy training Center of intl. reputation in High Provence / France.

Miraculous Aromatherapy – Examples of Research and Healing Experiences with Essential Oils

Aromatherapy has become a popular way of using the therapeutic effects of healing plants through various simple means of application. Timeless folk-medicinal knowledge of numerous cultures of our world has become easily available today for everybody who is interested in natural ways of wellness, self-healing, energy medicine, etc. Over 5 000 research studies on essential oils confirm the interest in Aromatherapy as a serious and efficient therapeutic approach. The link of Ayurveda and Aromatherapy is an interesting additional perspective to convey more understanding of the functioning of essential oils.



Dr. Sunanda Ranade, India

Ayurvedic gynaecologist and nutritionist. Since the past 40 years she is the director of International Academy of Ayurveda, Pune, India and is working in the field of Ayurveda and Yoga.

Concept of Beauty in Ayurveda

Beauty lies in the eyes of beholder. We always think on this line. But the concept of beauty exists since ancient time. It has been admired since time immemorial. However the concept of beauty changes according to culture, religions and generation.

Ayurvedic science has considered beauty not only from outer appearance of an individual but from inner aspects also. It considers the beauty of whole body. It is not only beauty of hair, facial, pedicure and manicure. It has given emphasis not only on body but also on mind and soul.

One can find historical references from Pre Vedic period. In Vedic period mantras and lepas (e.g. facial packs) have been mentioned to improve the luster of the skin. Herbal preparations like amalaki, bhringaraj have been mentioned in Atharva Veda to promote the hair growth. There are number of other preparations from different herbs and food ingredients and oils.

Beauty is an actual expression of our wellbeing. Hence importance has been given to aahar (nutrition), proper exercise and behavior also. Inner beauty reflects on outer beauty. Healthy body + healthy mind = Beauty.



Dr. Sanjay Modi LCEH, D.Sc

Dr. Modi is lecturer and honorary at Smt. C.M.P. Homeopathic medical college, Mumbai and has over 30 years of experience in practicing classical homeopathy. He has delivered many seminars and lectures at national and international conferences.

Parallels between the Ayurvedic and Homeopathic approach to treatment of diseases

India presently has the largest number of practising Homeopaths. Homeopathy in India is one of the alternative line of treatment for a broad range of clinical conditions. Likewise, India also has the largest number of Ayurvedic Vaidya's. Culturally, Indians are open to various alternative treatments that advocate wholistic views on health.

As systems of medicine, both Ayurveda and Homeopathy have defined and understood several primary factors while treating patients. The attempt is to see how these sciences analyse them:

- 1 – the concept of health.
- 2 – the concept of disease.
- 3 – how to evaluate factors that contribute to disease and health.
- 4 – the approach to life-style factors.
- 5 – the duties of a physician.

The objective here is to bridge these two systems of medicine by identifying key points of similarities if any. Evidently, both systems of medicine have several fundamental principles in common. The presentation will highlight the similarities in the above concepts for opening up a link between Homeopathy and Ayurveda, so they work in synergy with TM for achieving the higher quality of health for humans. The purpose of this presentation is to shift focus from therapy centered behaviour to patient centered behaviour on the part of the physician.

Furthermore, the presentation aims to expound the above understanding with relevant clinical cases with the help of pre and post treatment diagnostic work-up.

Advanced pathological cases like Enteric Duplication Cyst, Mitral stenosis, Appendicitis, Renal Calculi, Space Occupying Lesion, Dysfunctional Bladder, etc. where patients were advised to undergo surgical intervention responded favourably to medical line of treatment which thankfully saved the patients from physical, mental and monetary stresses. Infective diseases like Dengue, Tuberculosis, Malaria, etc. which are nowadays increasingly resistant to antibiotic treatment regimens were cured with homeopathy by building up immunity, without any post illness fatigue. Therefore the quality life of the patients were not compromised. In addition to these Hormonal disorders like Hypothyroid and Hyperthyroid disorders, Ovarian cyst etc also responded favourably to homeopathic treatment. Cases which had no definite solutions with the modern medicine like SSPE, Pott's Spine, Dry Eye Syndrome, etc. has been treated with homeopathy much to the patients relief. Evidently homeopathy can address patho-physiology of illness rapidly and effectively, especially where the alternative choices are restricted to steroidal, hormonal or surgical treatments that can be accompanied by side effects.

In conclusion, it is suggested that as practitioner's of healing art one should aim to make the patient's welfare the primary concern. We need to become a physician first and then a Ayurved, or a Homeopath, or a Allopath, etc. For achieving Wholistic health it's time we start integrating the systematic learnings from Ayurvedic, and Homeopathic therapy in combination with TM. MERU here has already done good quality work in this direction, we just need to work cooperatively to move ahead. Maharishi's vision and MERU's efforts for helping suffering humanity can become more and more a reality in a consistent manner, through this approach so that mankind benefits from this endeavour.

Scientific Research Presenters



Dr. Debendranath Mishra, India

A critical study of medicinal plants in Sanskrit medical text of Madhava Cikitsa

The present day knowledge on the Āyurvedic medicinal plants is to a large extent based on the traditional practices, often derived from such family sources or from edited / non-edited Sanskrit medical texts and related literature. The literature search envisage several plants having one vernacular name with different botanical identifications and also one botanical identification has more than one vernacular names. In addition, several plants are explained in the Sanskrit texts for their complementary roles in curing the disease or acting as base units or adhering substance only. Some other plants are quoted for spiritual beliefs and astrological convictions in healing the ailment. On several occasions, a common group name of the plants representing usually two or more individual plants (Triphalā, Pañcamulī, Bēhatyādigaña, etc.) has been prescribed to which further clarifications are given differently in different commentaries resulting separate taxonomic plant species in groups came in to use. The present study with philological view points, crude drugs, active principles and referencing of Flora have made the appropriate botanical identification of these vernacular plant forms in to 109 taxonomic species.



Prof. Dr. Tanja Kundacovic

Indian gooseberry (Phyllanthus emblica L.) vs. gooseberry (Ribes uva-crispa L.): their use in Ayurvedic and traditional European medicine.



Dr. Pramod Kulkarni, India

The role of jeevantyadi yamak as a external application in vipaadika i.e. palmoplanter psoriasis

Vipaadika i.e. palmoplanter psoriasis is eczematous pattern which occurs only on the said site. Basically, eczema is a chronic skin disease and generally difficult to treat. Even if it is cured, relapse is common. As it not possible every time to avoid contact with irritant substances, it is necessary that one has to provide useful remedy to the disease. All skin diseases are having tridoshaja origin with Rasa, Rakhta & Mansa Dhatu & Lasika. There seven body elements take part in the formation of skin disease, the intensity and permutations & combinations are different in each type of skin disease. According to Ayurvedic compendia like Charakacharya, the external is most important in skin diseases. Due to this reason, Jeevantyadi yamak from Charak Sanvita was selected as an external application in P-p psoriasis. This is very easy to apply on the affected part. The conclusion will be drawn according to statistical data.



Dr. Subhash Wadodkar, India

Prevention of the Flu and Role of Herbal Formulation “Pratishyahar Kashaya” (Anubhut) on the background of A H1N1 or Swine Flu”

Introduction – In Maharashtra, particularly in Pune & nearby district like Dhule, Jalgaon “**the latest public health emergency of international concern**” was “**Swine Flu**”. Due to over load on Swine Flu Screening Centers large section of public was not properly screened for AH1N1 because of the shortage of kits & facilities. During this period number of families return to their native place like Jalgaon & nearby region was the main source of this study. (No of samples 2380). We decide to distribute free of cost “Pratishyahar Kashaya” (Anubhut) to these people to built up immunity against flu and allied symptoms.

Aim & Objective – To see the effect of Herbal formulation in the prevention of Viral infection like Flu on the background of *Swine flu* is the aim of this study.

Materials & Methods –

Selection of the Patients / Samples -

Group 1) Those who have signs and symptoms of Flu but not diagnosed as a “Swine Flu” due to overload of patients at diagnostic / screening centers. (Pratishyahar Kashaya & Laxmivilas Rasa)

Group 2) Those people who don’t have signs and symptoms of flue but in contact with the people suffering from flu and are ready to consume “Pratishyahar Kashaya” were selected in this group.

Group 3) Those people who don’t have signs and symptoms of flu but in contact with the people suffering from flu but not ready to take any kind of medicine, were considered as a Control Group.

Drug

- A. Herbal Formulation :- “Pratishyahar Kashaya”[Anubhut] (Used as a Preventive) – Matra** - Every time fresh prepared decoction 50ml for adult and 15 to 25 ml for pediatric use advised to take three times a day.
- B. Laxmivilas Rasa (Used as a Vyadhipratyanik Chikitsa) in Group 1 only – Matra** – 60mg to 125 mg T.D.S. **Anupana** - With Honey
- C. Duration** - . Duration of treatment was for 15 days.
- D. Follow up** - Follow up was kept for next 15 days.

Results –

1. Average Percentage of Relief of **Group 1** (Pratishyahar Kashaya & Laxmivilas Rasa) patients was **85.74 %**
2. Score of Symptomatic Aggravation of **Group 2** (Pratishyahar Kashaya only) patients was **325**
3. Score of Symptomatic Aggravation was very high in **Group 3** (Control) patients i.e. **2125**

Conclusion – This study observed Ayurvedic Herbal formulation “Pratishyahar Kashaya”(Anubhut) having excellent clinical efficacy to control viral infection like flu.



Dr. V. L. Shyam, Dubai

Rasayan therapy in the management of chronic diseases

Non-communicable diseases now account for more than 60% of mortality worldwide, of which developing countries carry 80% of the burden. Their preventable mortality rate is more than twice the preventable mortality rates of infectious diseases. According to Ayurveda, 2 factors are responsible for the etiology of any disease. 1. Disturbance in the physiology as expressed as Vata/Pitha/Kapha imbalance; 2. Quality weakness of anatomical structure expressed as Sara. The word sara means the state of excellence of a particular structural component of the body. Four Common Causes of Chronic Disease; poor nutrition, lack of physical activity, tobacco use & excessive alcohol consumption goes in tally with the weakening causes of Sara as narrated in Ayurveda. A majority of the present day diseases are reported to be due to the shift in the balance of the pro-oxidant and the antioxidant homeostatic phenomenon in the body. According to Ayurveda, such pro-oxidant activity affect the quality and strength of structural components (dhathu vaigunya / srotho vaigunya) and such affected tissues or organs later may become the seat of manifestation of a disease process. It is now accepted that ROS/RNS play an important role in several disease processes; Atherosclerosis, Autoimmune diseases, Cancer, Diabetes, Inflammation, Parkinson's disease, Rheumatoid arthritis, Hemorrhagic shock, Alzheimers disease, Down's syndrome etc.

Rasayana is not only a drug therapy but is a procedure practiced in the form of regimens, health promoting conduct and behavior. The focal basis of Rasayana is appropriate and accelerated nutrition promoting the qualities of body tissues or the sara. The particular rasayana for each individual has to be selected in consideration of age, prakrithi, habituation, digestion, strength of dhathu, channels of circulation, season etc. Over about 100 disorders like rheumatoid arthritis, hemorrhagic shock, CVS disorders, cystic fibrosis, metabolic disorders, neuro-degenerative diseases, gastrointestinal ulcers have been reported as reactive oxygen species mediated, where comes the role of Rasayana herbs with their potent antioxidant activity. Each plant is unique in its action; each herb has specific protective effects on specific organ/enzymes. Some important plants like *Allium sativum*, *Centella asiatica*, *Ocimum sanctum*, *Vitis vinifera* and *Zingiber officinale* have been extensively reviewed for it's effect on Chronic diseases. Few herbs like - *Acorus calamus*, *Aloe vera*, *Andrographis paniculata*, *Azadirachta indica*, *Desmodium gangeticum*, *Glycyrrhiza glabra*, *Psoralea corylifolia*, *Semecarpus anacardium*, *Terminalia chebula*, *Asparagus racemosus*, *Emblica officinalis*, *Withania somnifera*, *Picrorhiza kurroa*, *Tinospora cordifolia*, *Convolvulus pluricaulis*, *Centella asiatica*, *Mucuna Pruriens*, *Bacopa monnieri* are reviewed in the presentation.



Dr. Vandana Palve, India

Effect of Rason (*allium sativum* linn.) siddha ksheera basti on osteopenia and osteoporosis

Osteoporosis is a condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones. In osteoporosis the bone mineral density (BMD) is reduced, bone microarchitecture deteriorates, and the amount and variety of proteins in bone is altered. Osteopenia is a condition of bone that is slightly less dense than normal bone but not to the degree of bone in osteoporosis.

Now days we can diagnose this by doing investigations like X - ray and DEXA – scan. In simple x – rays we can observe it, when it is in severe stage. But in DEXA – scan it gives the values of bone matrix in terms of BMD as a T – score. WHO defines osteoporosis and osteopenia on the basis of T – score values. With this investigation we can prevent severe osteoporosis by doing prevention treatment. In Ayurveda literally osteoporosis means *asthisoushriya*. There was no sufficient information about *asthisoushriya* in ayurvedic compendias. Only in Ashtang Sangraha and in Ashtang Hrudaya it is described as a symptom of *Asthimajjagata Vata*.

In the treatment of *asthimajjagata vata* *aacharya* described *aabhyantar* and *bahya snehana* ie. internal and external oleation. Basti is one of the treatment of internal oleation. In the diseases of *asthivaha srotasa* basti treatment with milk and ghee also advised. Rason is the drug which is *vatashamak* and have tendency to reach upto *asthi* and *majjavaha srotasa*.

30 patients showing T – values < - 2.5 and between -1 to - 2.5 were selected and given basti treatment for 15 days. Follow up was taken on 30th and 90th day. The observations made was tabulated and the results obtained were analyzed statistically using student 't' test. Results showing that rason siddha ksheera basti acts on matrix of bone. It shows significant results on osteopenia.



Dr. Mahesh Birla, India

Vatarakta and ayurved treatment – clinical approach



Prof. Dr. Gunvant Yeola, India

Present day food habits in students and its psychosomatic effects with some remedial measures

Introduction:

Present day food habits have changed very much that there is hardly any resemblance to what is advocated in and recommended in Ayurved. According to Ayurved “Ahar bhavah, sharir bhavah bhavanti”. These changing food habits have brought changes in the body as well as mind of the people. Here, I have made an attempt to find out and detect the effects due to change in food habits on body and mind of students of age group 18 to 24 years.

Material and methods (Plan of Research work):

This study was carried out in three steps Day 1st – Day 90th, Day 90th – Day 180th, Day 1A- Day 90A

- ▷ Selection of the subject
- ▷ Written informed consent form
- ▷ Filling of Questionnaire on 1st day (CRF)
- ▷ Observation on 90th day
- ▷ Advice for change in diet pattern
- ▷ Observation on 180th day
- ▷ No advice about diet for 180 days
- ▷ Observation on 1st day i.e. 1A
- ▷ Advice for change in diet pattern
- ▷ Observation on 90th day i.e. 90A
- ▷ Data collection
- ▷ Statistical analysis
- ▷ Conclusion

Conclusion:

In conclusion it appears that food modifies both body parameters as well as intellectual functions. It was also noticed that if the food is consumed under unfavorable circumstances, then it has a potentiating effect to culminate in to shift towards undesirable changes leading to certain symptoms. The body struggles to restore samyaawastha of Dosha, Dhatu and Mala to a limited extent, but when mithyaharvihara continues beyond threshold, then the balance is disturbed; this was noticed in the intellectual faculty as well as in Dosha, Dhatu and Mala. In other words I have noticed that almost all the participants suffered from instability of mind and body, when they were not instructed to follow a proper dietary pattern on scientific base, and when they were properly observing the specifically instructed dietary pattern as per science, there were good signs of improvement and recovery.

Remedial measures:

1. During the learning phase of all the participants, they should receive not only nourishing diet but also ideal circumstances to eat their food.

2. Students should be educated to examine their Dosha, Dhatus and especially Mala every day. It should be emphasized on their mind that examination of Mala will give them a direction regarding sarakittavibhajan and will enable to avoid certain unfavorable food items.
3. Those who are compelled to eat outside, their food should be accompanied with Agnideepana and Amapachana substances or remedies like warm water, jaggery with ginger etc.
4. Sound mind is present only in sound body and sound body depends heavily on proper food; this principle should be emphasized.
5. All the participants were advised at the end of study about their bad food habits and attempt was made to educate them about importance of Pathyakara food.

The hostel mess food should be periodically inspected by college authorities for Rasa, Veerya, Vipaka and the mess atmosphere. No TV or provocative music should be played at the time of eating.

Even though, these suggestions are ideal, it is feared, that they may not be accepted readily as they are tedious to follow. After all, good habits require cultivation and bad habits grow like a weed.



Dr. Deepak Kumar Shirude, India

Impact of *Acharan* on Human Health – View of Charak Samhita

Purpose

After enormous efforts, preventing diseases still remain out of reach. In fact, psychological and life-style disorders are raising by leaps and bounds. May be modern medicine is scientific, correct and practical but it lacks basics about Human behaviour alias *Acharan* and its close relation to health.

Sanskrit literature contains ample guidance about human behaviour. It is needful to steer it up and reaffirm its *samavaay sambandh* with health. So that proper direction will be followed in future health policies and concerned activities.

Methods

This work is purely based on compiled information collected through *Ayurved* literatures. Study is limited to *Charak Samhita*, as per prime authenticity in concerned subject. Compilation – Discussion and Comparative study yielded the result and conclusion.

Results

Charak Samhita is an authority text regarding the matter so far Health and *Acharan* concerned. It contains detail account of practicable *Acharan* in every stage of human life. Its psychosomatic approach is great.

(...)

Conclusion

This study reveals an importance of health promoting *Acharan* mentioned in ancient texts.

Looking upon current human health status, it is needful to consider *Achar Rasayan* rules in every health promoting plans by any authority. eg. Irradication of any auto-immune disease needs to include stress upon proper *aahar, nidra and brahmacharya*.

This study broadens the way for propagation of *Achar Rasayan* for betterment of human health.



Dr. Sukumar Sardeshmukh, India

Cancer and Ayurved treatment



Prof. Dr. Vishwanathan KG, India

Effect of keralaleeya chikitsa Sirodhara in Psychological disorders

Psychological disorders are mentioned in Ayurveda as one of the eight branches of Ayurveda as Grahachikitsa. It includes depression, anxiety, schizophrenia, personality disorders etc. These are enumerated in Ayurvedic classics as Unmada, Apasmara, Manasasathwa, Grahabadha.

Early detection of the changes of manasa bhavas and early intervention can save the person from the state of mental illness. Atmajnana is the prime treatment and to have normal cognitive, intellectual uplift and boost the memories Ayurvedic treatment methods of Snehapana, Nasya, and Sirodhara are very effective. The aim of the study is to enumerate the effect of this conventional treatment modality specially propagated in Kerala, the cradle of Ayurveda. The effect can be analysed in the aspect of the modern physiology of brain working system.

Normalizing the changes in the behavioral pattern of the patient, relief in the symptoms, improvement in cognitive process by the treatment sirodhara is scientifically analyzed and interpreted. It can be improved by adding yoganidra and yogic psychotherapy also.



Dr. Kunal Kamthe, India

Advance Ksharsutra therapy for Ano-rectal diseases

Change in life style is a major cause for Ano-rectal diseases. In Ano-rectal diseases mainly haemorrhoids, fistula and fissure are considered. Research study shows that about 70 percent of people are suffering from haemorrhoids. A number of treatments are available to cure it but the most accepted treatment is Ksharsutra and now-a-days it is accepted and promoted by AYUSH (Govt. of India) and WHO also.

In India, Ksharsutra is now most preferred treatment for the management of fistula in ano, haemorrhoids, fissure/centinal tag, pilo-nidal sinus.

We have developed advance techniques in Ksharsutra, where in most of the cases hospitalization is not required and patient is treated on OPD basis. This treatment requires 30 to 40 minutes only. The success rate is 95-98% and recurrence is negligible (0-3%). There is no chance of damage to anal sphincter muscles and anal stenosis, local anesthesia is administered if required, negligible blood loss. Post operative care can be managed by patient himself, post therapy lifestyle is normal, and overall the treatment is cost effective.

Many Clinical trials have been done in India, Japan, Srilanka to evaluate the action. Precisely the action of Ksharasutra is thought to be due to its healing and cleansing effect according to Ayurveda. It can be suggested that due to the anti microbial action and as a Seton it allows the proper drainage of pus from the fistula, which leads to a proper healing. On the other hand the cutting effect of thread incises the skin gradually without a surgical incision. Ksharsutra is having the action of Excision, Scrapping, Draining, Penetrating, Debridement, Sclerosing and Healing. It is Bactericidal and Bacteriostatic.



Dr. Colin I.H. Perry, UK

Ayurveda And Homotoxicology

Ayurveda is an ancient comprehensive medical system that is still widely practiced successfully today.

Homotoxicology was formulated by Dr. Hans-Heinrich Reckeweg in 1952; it is a recent holistic medical system that provides comfort and healing for many.

We will illustrate just some of the ways that these two disciplines can compliment each other and have a combined synergic effect in painful conditions, such as acute arthritis and chronic arthrosis.



Dr. Geetanjali Ranade, India

Ayurveda, cosmetics and aromatherapy

Ayurveda, is important traditional health care system of India. Modern medicine also has proved with evidences the uses of ayurvedic modalities and herbs in health. This presentation talks about ayurveda, cosmetic s and aromatherapy.

Cosmetics are used by men and women to enhance their appearance and personality. To look beautiful is everyone's wish. Ayurveda always asserted beauty to be the result of general physical health and appropriate daily care. It is not just a cosmetic event. It is a perfect balance of inner and outer self of an individual. In this paper I shall be discussing western understanding of beauty with ayurvedic insights. Using ayurveda ways, one should try to understand one's "prakriti" (constitution), how this affects appearance and what foods can correct the imbalance and then using aromatherapy for skin, hair and other body care, in addition to moods and emotions.

Cosmetics consist of many accessories, useful to enhance facial appearance, hair care and mood elevators. They are in the form of creams, lotions, shampoos, oils and many others. Herbal extracts and aromatherapeutic oils can be used alone or in combination in all cosmetic products making them more efficacious. Development of cosmetics using some key combinations will be discussed.



Dr. Anil Patil, India

Efficacy of "Sanyukta Upachar Paddhati®"on tubal block

Fallopian tube obstruction is a major cause of female infertility. Blocked Fallopian tubes are unable to let the ovum and the sperm converge, thus making fertilization impossible. Approximately 20% of female infertility can be attributed to tubal causes.[1] In advanced modern sciences, the options to rectify the condition are either surgical or In-vitro fertilization.

This paper is based on clinical success stories in very interesting and encouraging tubal block cases. Success was achieved with a specially developed integrated therapy of treatment i.e. "SANYUKTA UPACHAR PADDHATI ®".

This direction will surely help to all, as a new perspective towards the obstruction of Fallopian tubes.

References:

1. Yen SSC, Jaffe RB, Barbieri RL (1999). Reproductive Endocrinology (4th ed.). W. B. Saunders.



Dr. Swati Mohite, India

Uttarabasti – An alternative treatment for tubal block induced infertility

Background – Intrauterine instillation of medicated oils, known as uttarabasti, is a well known Ayurvedic pancakarma therapy (~ specialized treatments mentioned in the texts for elimination of anomalous dosha out of the body) indicated for the treatment of several diseases affecting the reproductive system. It is one of the principal therapies for the treatment of vandhyatva or infertility. **Aim** -The present study was carried out to evaluate the role of uttarabasti in eliminating tubal blockage confirmed by HSG. Tubal blockage was the only reason for infertility in all the patients as confirmed by HSG and all the other reports of investigations like follicular study and semen analysis were found to be normal. **Methodology** – Uttarabasti of sahachar taila, as per pre-planned treatment protocol was duly administered in 30 patients confirmed of tubal block by HSG and laparoscopy. Out of 30 patients 16 patients had both tubal block at distal & 12 patients had mid segment diagnosed by HSG & 2 patients had proximal block which was confirmed by laparoscopy. **Results** - Out of 30 patients, 21 patients had shown both tubes opened after consequent 3 months of treatment & 7 patients had shown single tube open; only 2 patients with proximal end block had not shown any effect. Out of 19 cases of secondary infertility, 9 patients conceived within next 3 months to 1 year of period and out of 11 cases of primary infertility, 5 cases conceived within 3 to 9 months after treatment. **Conclusion:** The positive results of the study in 93% patients prove the efficacy of Sahachar taila uttarabasti in patients with tubal block induced infertility. The modified procedure of uttarabasti used for this study is also useful to decrease the probable complications which might arise during the therapy.



Dr. Vikrant Patil, India

Polycystic Ovarian Syndrome (PCOS) – Ayurved Perspective

Introduction

Polycystic ovarian syndrome (PCOS) is a common disorder in women of reproductive age. According to WHO report 2010, prevalence of PCOS is 3.4%. The name itself indicates enlarged ovaries containing numerous small cysts located along the outer edge of each ovary.

In Ayurvedic literature there are some references which have close resemblance with this syndrome. In KashyapSamhita, Kalpasthan, RewatiKalpa Chapter certain conditions are described as follows:

- PushpaghniRewati (anovulatory menstruation + obesity + hirsutism),
- ShushkaRewati (primary amenorrhea),
- KatambharaRewati (secondary amenorrhea) and
- VikutaRewati (irregular menses)

Symptoms complex of PCOS matches with Pushpaghni Revati.

(...)

Methodology

We have conducted clinical trial on 20 patients with following line of treatment.

For Internal use for 3 months- RevatiKalp 2 cap BD

Panchakarma treatment for 21 days includes

- A. Basti- Manjishtjadi Ksharbastiml& Dhanwantar Tailaml alternate days
- B. Uttar Basti- Kshar Tail 5 ml

Patients were assessed in terms

Subjective parameters

- Artakshay (artavkshay)
- Sthoulya
- Lomasha Gand (corpulent hair on cheeks)

Objective parameters

- Ovarian Volume
- No. of follicles

Conclusion

Significant change in both Subjective and objective parameter were observed in all patients.



Dr. Sheela D, India

Antenatal Care Through Ayurveda – A Practical Approach

Women and child health needs special attention since the national health status is assessed in its basis. Maternal mortality rate and infant health are main points that should be addressed. Even though hospital based deliveries and modern system of ante natal care had reduced the death rate of mother and children during delivery, caesarian session and low birth weight infants are a challenge that modern era facing. To address these issues Traditional health care system was incorporated as a public project for last 10 years. Starting as an institutional programme, panchayat programme, district level local government body project antenatal care programme is propagated and the data collected. The data was summerised for analysis and scientific project in Intrauterine growth retardation was conducted which had significant result in increasing the baby weight.

A protocol was formulated in the Antenatal care project with discussion of experienced experts. Another project is proposed to evaluate the effect of Ayurvedic therapy to establish normal labour. This paper includes the description of public interference, challenges and benefits and how the acceptance was established with scientific approach to research questions.



Dr. Shubham Garg, India

Baby Factory: A Concept of Healthy Progeny by AyurVeda

Reproduction is the noblest and should be the most reverent of all human powers. Acharya Charaka has mentioned that the woman is the origin of progeny. The increased incidence of congenital anomalies and mentally unhealthy babies prompts the necessity of establishing a strategy to avoid these complications in the offspring. On other side creating designer babies who are free from disease. But when bringing a new child into the world, society has an obligation to determine whether the technologies used to do so actually benefit or harm the infant.

On a larger scale, it's possible that giving parents the ability to select the genetic traits of their offspring by adopting some Ayurvedic health measures administered through pre and peri-conception and prenatal health care through Garbhashaya Sodhana (Purification of womb), Pumsavana karma, Ayurvedic diet and Life style regime according to each day growth of foetus. This study will highlight the unique way of getting physically, mentally, socially and spiritually healthy progeny.

Poster Presenter

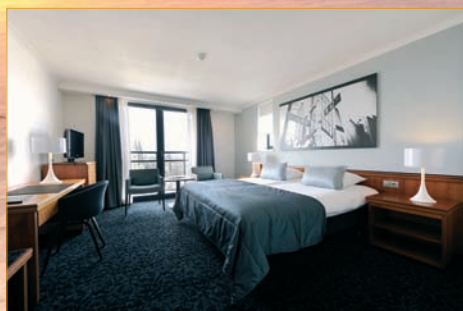


Dr. Carla Peeters

Improvement in quality of life for frailty and Dementia by integrating Ayurveda in mainstream healthcare

With increased ageing, levels of 'frailty' (a syndrome of increasing vulnerability with several symptoms including: weight loss, exhaustion, weakness, slow walking speed and physical inactivity) is of a growing concern.

Frailty is strongly associated with cognitive impairment and clinically diagnosed dementia among people aged 76 and older. Dementia is increasing every year, and in 2010 total costs were USD \$604 billion worldwide. People with frailty and dementia often experience a low quality of life. Most studies in Western countries have not been able to demonstrate enormous improvements in quality of life, thus far. Of interest is if Ayurveda could be of added value in the treatment of frailty and dementia. The positive impact on the quality of life of an elderly woman aged 88 years with dementia, high blood pressure and atrium fibrillation by introducing Ayurveda and will be presented. Treatment with allopathic medicine was decreased. Daily low activity, poor strength and instability of patient improved as well as mental, emotional and social interaction. The results of this case study with an introduction of the holistic view of Ayurveda in conventional medicine into Personalized Integrative Care looks promising. The observations need to be examined further to improve the quality of life of people with frailty and dementia and to lower the costs of healthcare in Western countries.



Venue

TheaterHotel De Oranjerie Roermond, The Netherlands

The Venue of the Congress is a 4-star hotel with a 800-seat conference facility. It is located in the central part of the city of Roermond.



2014 Award for Best Conference Location in Southern Holland

Congress Accommodation

Is available at TheaterHotel De Oranjerie. There is a special discounted rate for the conference participants of Euro 101.- per night including breakfast. Please mention your congress participation at the time of booking. There are other hotels also within walking distance.



Contact

TheaterHotel De Oranjerie
Kloosterwandplein 12-16
6041 JA Roermond

+31 475 391 491
(24hrs available, local costs)

oranjerie@valk.com



Enjoy first class Ayurvedic cuisine

Especially for this Congress one of Europe's leading Ayurvedic chefs will advise the hotel kitchen with his extensive experience. Frank Lotz, who has been the head chef at the Maharishi Ayurveda Health Centre in Bad Ems for many years will assist in creating finest Ayurvedic vegetarian meals for the congress participants. His cuisine will suit the taste of both, Indians and Europeans.

Frank Lotz is the author of Europe's best-selling Ayurvedic cookbook "[Heavenly Cooking with Ayurveda](#)", which is available in German and English language.

Hotels in Roermond

THEATERHOTEL DE ORANJERIE ROERMOND

This hotel is the venue of the Congress. It is a 4-star hotel with a 800-seat conference facility. *It is located at the city center of Roermond, 5 minutes walking distance to the Roermond train station.*

Accommodation is available at a special discounted rate for the conference participants of €101 per night including breakfast. Please mention your congress participation at the time of booking.

Contact:
Kloosterwandplein 12-16
6041 JA Roermond
oranjerie@valk.com
+31 475 391 491

Hotel Het Arresthuis

5 Minute walk from Oranjerie

(Special rate for conference participants, please mention to the hotel at the time of your booking)

Cost per night: €121

Contact:
Pollartstraat 7
Roermond, Nederlande
+31 475 870 870
www.hetarresthuis.nl

Hotel Roermond

5 minute walk from Oranjerie, near the train station

Cost per night: €79 - €89

Contact:
Stationsplein 9
Roermond, The Netherlands
+31 475 316 548
www.hotelroermond.nl

Hotel-Brasserie Dux

15 Minutes walk from Oranjerie

Cost per night: €154

Contact:
Roerkade 11
Roermond, Nederlande
+31 475 300 300
www.hoteldux.nl

Hotel De Pauw

15 Minutes walk from Oranjerie

Cost per night: € 89

Contact:
Roerkade 2
+31 475 316 548
www.hoteldepauw.nl/en/

HOUSING ORGANISED BY MERU VLODROP:

MERU St. Odilienberg

(For Vaidyas from India only. Accommodation is included in the registration charges.)

Bungalow Park Posterbos

3 room bungalows with shared bath
– Single room: 40 Euro per night
– Double room: 25 Euro per person per night

To reserve please email your request, including date of arrival and date of departure to:

Courses@Maharishi.net

Transport: to and from Oranjerie/ MERU St. Odilienberg/Bungalow Park Posterbos will be provided by MERU.

- ① TheaterHotel De Oranjerie
- ② Parking House
- ③ Railway Station
- ④ Bus Station
- ⑤ Hotel Het Arresthuis
- ⑥ Hotel Roermond
- ⑦ Hotel-Brasserie Dux
- ⑧ Hotel De Pauw
- ⑨ Designer Outlet

Shopping in Roermond

The inner part of Roermond is full of shops of all variety. This area starts right from the Oranjerie building, just follow the shopping streets. It worth taking a walk to the Designer Outlet, which is a shop-city in itself (⑨ on the map). Designer Outlet has given us vouchers for you to get 10% discount in most shops in the Outlet. Please claim your voucher at the AyurVeda Congress Information desk.

How to get to the Congress

BY CAR

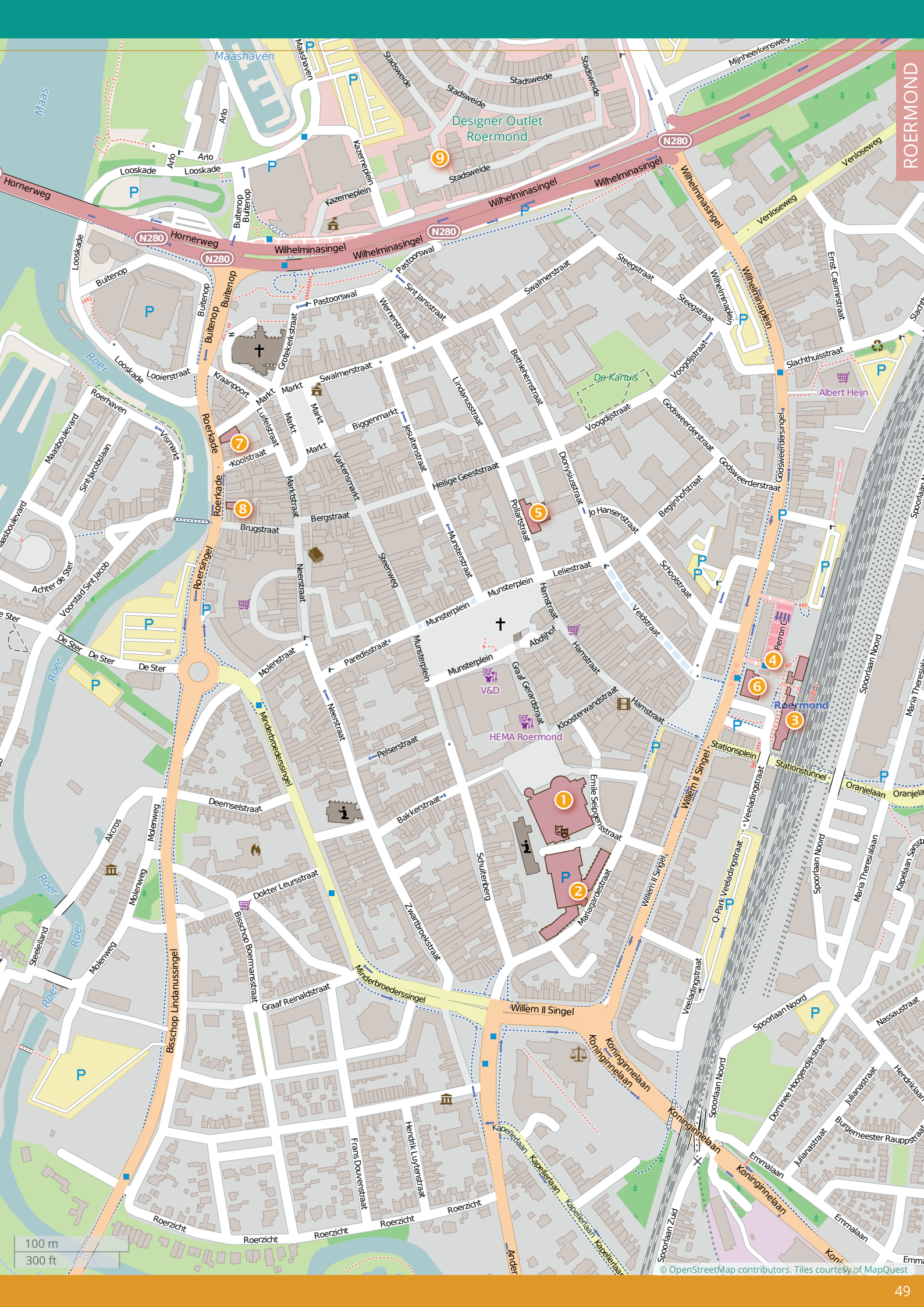
The city of Roermond can be reached by car through major freeways. The car park is located next to the TheaterHotel and provides you convenient parking. For GPS navigation please use: "Achter de Oranjerie". Roermond is approximately 45 minutes from Dusseldorf, 1.30 hours from Brussels, and 2.00 hours from Amsterdam by car.

BY TRAIN

The TheaterHotel De Oranjerie is conveniently located at a three minutes walking distance from Roermond train station and bus station. directly from Amsterdam Airport, as well as commuter trains to smaller destinations in the region. Roermond is about 2.00 hours by train from Amsterdam. For the train schedules and prices, please go to: <http://www.ns.nl/en/travellers/home>

BY AIRPLANE

Major International Airports such as Schiphol International Airport or Düsseldorf International Airport as well as Eindhoven Airport and Maastricht-Aachen Airport are all nearby. Non-stop trains from Amsterdam Airport are commuting in thirty minute intervals to Roermond. There are special 'IC' bus services available from Dusseldorf, Eindhoven and Brussels to Roermond. For 'IC' bus schedules and prices, please go to: <https://www.nsinternational.nl/en/buying-train-tickets/ic-bus/destinations>



100 m
300 ft

MERU Concert on Saturday, April 11

The Congress participants will enjoy the finest of Indian classical music from three of the most prominent young artists of India. They have received their training since early childhood from great maestros of India.

Ankita Joshi – Vocal

Her expressive voice and mastery of ragas enlivens rapturous harmony and bliss in the minds and hearts of listeners. In the last 13 years, Ankita is trained under the direct guidance of one of India's greatest classical singers, Padma Vibhushan Pandit Jasraj. She has received many awards and has performed extensively at top venues throughout India.

Nirali Kartik – Vocal

The beauty and joy emanating from Nirali's singing has been cultured through long years of dedicated practice and perseverance to master the intricacies of Indian classical music. She has performed at music festivals across India and in many European countries. Nirali has collaborated with many world music artists and is the lead vocalist in her band 'Maati Baani'.

Ragini Shankar – Violin

Ragini delights her listeners with her flawless violin performances of beautiful classical ragas. Since the tender age of four, Ragini has been fortunate to train under her renowned mother Sangeeta Shankar, and her grandmother, the legendary violinist, Padma Bhushan Dr. N. Rajam. Ragini has performed at prestigious music events in India and abroad.

Accompanying them on tabla will be **Ramkrishna Manohar**, and on harmonium, **Santosh Ghante**.

AN EVENING WITH THE BEST OF INDIA

Ragini Shankar
Violin

Nirali Kartik
Vocal

Ankita Joshi
Vocal

MERU CONCERT
SATURDAY, 11 APRIL
20:00 HRS THEATERHOTEL DE ORANJERIE
WWW.ORANJERIEPROGRAMMA.NL • TEL. 0475 391 491 ROERMOND



Sightseeing Tour — Monday, April 13

The day after the conference participating vaidyas will be having a sightseeing tour of world famous Keukenhof Tulip gardens flower show of Holland where as many as 500 growers present their prize blooms for leading flower arrangers to use in their unique shows.

Also they will have a chance to have Amsterdam canal cruise boat ride where a guided Amsterdam city tour will be showcasing wonderful monuments of the city.



More sightseeing tours — April 14 – 18

Vaidyas will also be having sightseeing tours to Germany and Belgium during the extension.

Maastricht (Netherlands), April 14

The first evening of the extension will be spent in Maastricht, the nearby capital of Limburg province, famous for its exceptionally rich historical, architectural, cultural and educational background.



Bad Ems (Germany), April 16

Another highlight of the sightseeing tour is the Maharishi Ayurveda Health Centre in Bad Ems, Germany. It is one of the largest and most recognized Ayurveda clinic in Europe. Over 20,000 Panchakarma patients have undergone treatments here. The ancient Romans enjoyed the magnificent area and the famous "Emser springs" with its high content of vital minerals. In the 19th century, it was the place where Europe's tsars, emperors, kings, scholars and artists sought improvement for their health and gained new strength and vitality.



Cologne (Germany), April 16

Cologne is Germany's fourth-largest city, located on both sides of the Rhine River and is a major cultural centre. It is home to more than thirty museums and hundreds of galleries. Germany's most visited sight: the Cologne Cathedral Cologne (Kölner Dom) is a World Heritage Site and the seat of the Catholic Archbishop of Cologne. The University of Cologne (Universität zu Köln) is one of Europe's oldest and largest universities.



Brussels (Belgium), April 17

Brussels is the capital and largest city of Belgium and the capital of European Union (EU). It is also the administrative centre of many international organizations.

For registering and more details please visit the congress website:

<http://internationalayurvedacongress.com/>



Advanced Seminar April 13 – 18

(for Maharishi AyurVeda trained health professionals¹)

After the congress we will have our yearly advanced seminar during which each day we will cover one or two major diseases of one of the eight organ systems in great depth, including the general principles of prevention, diagnosis, and treatment for the specific system and the corresponding Prakriti and Rik Veda Mandala. In the morning sessions we will also spend more time on deepening our understanding of Maharishi Nadi Vigyan, and in the afternoon we will have patients with the disease which we are discussing on that day. In the evening sessions we will hear enlightening talks from Maharishi about the deep principles of Maharishi AyurVeda and how we can apply them in our daily work as physicians.

The seminar will be conducted by [Dr. Oliver Werner](#) and [Dr. Karin Pirc](#). We expect that many of the leading Maharishi AyurVeda physicians from around the world will join this seminar, and together with several prominent Vaidyas [Dr. Devendra Triguna](#), [Prof. Gopinadha Raju](#) and his son [Dr. Mithun Rama Raju](#), and [Dr. Subhash Ranade](#), it will be a very rich and full seminar.

In addition there will be the unique opportunity to have a session with Prof. Tony Nader, MD, PhD, Maharaja Adhiraj Rajaram, about different topics, on Sunday evening 12 April, after the Congress.

Dates: 13-18 April (Monday 10:30 to Saturday after lunch)

Who can attend: All trained Maharishi AyurVeda health professionals (and also those who have started the training and at least completed Blocks 1-5 of Phase 1)

Fees: €420.- ² (approx. USD 480). Seminar fee includes vegetarian meals.

Housing: MERU St.Odilienberg³, Bungalow Park Posterholt⁴, Private, or in nearby hotels

Course location: Most likely MERU, St. Odilienberg (or in Maharishi's Peace Palace in Vlodrop)

Notes:

1) There will also be a seminar that will be only for Vaidyas from India, and will run in parallel from 14-18 April, Tuesday morning to Saturday after lunch.

2) Reduced seminar fee for participants from countries with lower general income, e.g. Eastern Europe or South America.

3) During the Congress 10-14 April all rooms in St. Odilienberg are reserved for the Vaidyas, but from 14 April onwards some rooms will be available again.

4) Bungalow Park Posterholt (about 20 min drive to Congress location). Fee € 40 per night; please apply at: courses@Maharishi.net

Congress-Extension for Vaidyas April 14 – 18

(April 18 - Departure day)

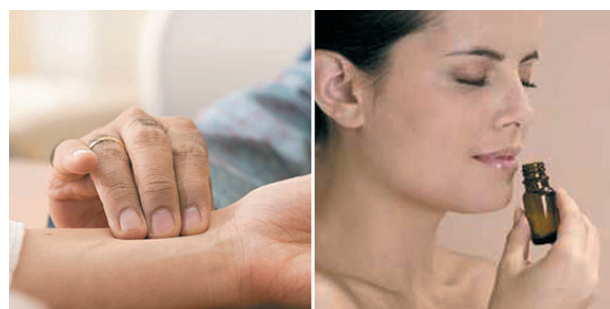
For Vaidyas who would like to go deeper into the knowledge of Ayurveda, this extension is offered with seminars on the different modalities of Maharishi AyurVeda including pulse diagnosis, aroma therapy and instruction in the [Transcendental Meditation technique](#).

Introduction to Maharishi AyurVeda Pulse Diagnosis (Nadi Vigyan)

Learning to detect balance and imbalance in the body by feeling the pulse, and to correct imbalances before disease arises, through adjustments in diet and daily routine. This course will provide you with a comprehensive introduction to pulse diagnosis including theoretical and practical aspects.

Introduction to Maharishi Aroma Therapy

During this course you will receive detailed knowledge about essential oils, their properties and applications. You will experience the powerful effects of the pure, certified organic and wild harvested VedAroma



essential oils. These essential oils are balancing and normalizing in their effects; they enliven body's own self-healing mechanism and restore life, health, and wholeness in body, mind and soul.

Vaidyas will also be having sightseeing tours to Germany and Belgium during the extension. [More details on Page 37.](#)

For registering and more details please visit the congress website:

<http://internationalayurvedacongress.com/>



Maharishi Mahesh Yogi with leading Vaidyas, 1985

Maharishi Mahesh Yogi's Contribution to the Rise of AyurVeda in the World



Maharishi Mahesh Yogi brought to light the unified connectedness of Veda and Ayurveda. Maharishi explained that Veda is unified wholeness of life, the unmanifest field of pure consciousness in which all the laws of nature, the expressions of knowledge, are structured. It is at the basis of everything and is the essence of all life in a unified wholeness. It is equated to the Unified Field of all the laws of nature as glimpsed by the quantum field theories of modern physics.

Ayurveda, being one of the Upa-Vedas, is the Vedic cognition of a complete science of wholeness of life emerging from the field of Veda. It branches out from Veda as the knowledge of the laws of nature that govern the wholeness of life in alliance with Natural Law, capable of bestowing perfect health to individual and society.

Health in Ayurveda is described as the complete balance of individual life with cosmic life; balance in every level of physiology; perfect balance of all Doshas, Agnis, Dhatus, Malakriya; and bliss of senses, mind, and Atma.

Atma is widely described in many expressions in the ancient texts of Ayurveda, as in the following two verses.

अव्यक्तमात्मा क्षेत्रज्ञः शाश्वतो विभुर्व्ययः ।

— चरक, शारीरस्थानम् १, ६४

Atma is unmanifest, knower of all creation, eternal, universal, and indestructible.

— Charaka Sharira Sthanam, 1, 61

आत्मा ज्योतिर्चिदानन्दरूपो नित्यव्यो निःस्पृहः निर्गुणः प्रकृतिर्योगात्सगुणः कृते जगत् ।

— भावप्रकाश, पूर्वखण्ड, २, ३

Atma is light of absolute bliss consciousness, eternal, non-attached and without attributes. Upon contact with Prakriti, manifest creation arises.

— Bhava Prakash, Purva Kanda, 2,3

Maharishi brought to the world from the ancient Shankaracharya tradition an authentic and scientifically-validated technique of meditation, known as Transcendental Meditation, that is simple, easy, effortless, and natural. It brings human awareness to the experience of this unified level of life in a very natural way.

Starting in 1979 Maharishi promoted Ayurveda throughout the world as a holistic, scientific system of natural health care for the prevention and cure of diseases, the preservation of health, and the promotion of longevity. Along with leading Vaidyas of India, the likes of Ayurved Martand - Padmavibhushan Brihaspati Dev Triguna, Vaidya Vasudev M. Dwivedi, Vaidya Balraj Maharishi, he developed a World Plan for Perfect Health, which is a comprehensive and universally applicable, economically self-

sufficient programme of health care based on the principles of Ayurveda.

Maharishi Ayurveda programmes include education and training of Vaidyas, medical doctors, and society in general in the holistic principles of Ayurveda. It also includes practical



International Course of Medical Doctors on Maharishi Ayurveda, New Delhi, 1987

Ayurvedic natural measures like Pancha Karma and Rasayanas to remove imbalances and to enliven the body's inner intelligence.

Maharishi's programme provides a Vedic technology to realize the Vedic theme of creating a disease-free society as expressed in the verse:

सर्वे भवन्तु सुखिनः

सर्वे सन्तु निरामयाः ।

May everyone be happy.
May everyone be healthy.

Maharishi promoted profound Ayurvedic approaches to educate and guide society to spontaneously behave in a health-promoting manner.

Maharishi AyurVeda Health Centres Around the World

Germany



Maharishi AyurVeda Health Centre Bad Ems

www.ayurveda-germany.com

Switzerland



Maharishi AyurVeda Health Centre Seelisberg

www.ayurveda-seelisberg.ch

USA



The Raj - Authentic AyurVeda Health Spa

www.the.raj.com

Japan



Maharishi AyurVeda Health Centre in Nasu

www.ved-nasu.com

The Edgar E. Davis Foundation welcomes all esteemed Vaidyas, dedicated physicians and concerned policymakers to this 2015 International Ayurveda Congress.

It is our privilege to endorse the vital goal of this Congress to bring to light a reliable, prevention oriented, and cost effective system of integrative healthcare based on the time-tested and scientifically verified principles and practices of Ayurveda.

"Ayurvedic medicine is a huge wave of compassion for mankind. Convening the International Ayurvedic Congress is a splendid step in the direction of bringing knowledge of Ayurved into public awareness."

Edgar Davis, Trustee

The Foundation is proud to offer its support to this historic endeavor and eagerly looks forward to seeing the practical outcomes of the Congress quickly applied in a variety of settings and modalities to help solve the serious healthcare challenges facing the world today.

Our great thanks go to the Patron of the Congress, Dr. Tony Nader, and all those forward-thinking individuals from the All India Ayurvedic Congress, the International Academy of Ayurveda and the International Maharishi AyurVeda Foundation whose joint efforts have made possible this timely and important meeting on Ayurveda for Global Health.

As always, we give special gratitude to His Holiness Maharishi Mahesh Yogi for all his gifts to the world and for engaging the leading Vaidyas of India to help restore the completeness of Vedic wisdom through Maharishi Ayurveda and making it available for the perfect health of all.

Jai Guru Dev

THE EDGAR E. DAVIS FOUNDATION

Founding Partner



Sponsors of the International AyurVeda Congress:



MAHC Bad Ems, Germany



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Center Switzerland

Oshadhi

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und Naturrohstoffe
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Wisma DXN, Malaysia



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Sanskrit Pratishthan



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MERU

Enlightenment and Well-Being



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Oshadhi



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Publishing books on Ayurveda,
Yoga and other subjects pertaining
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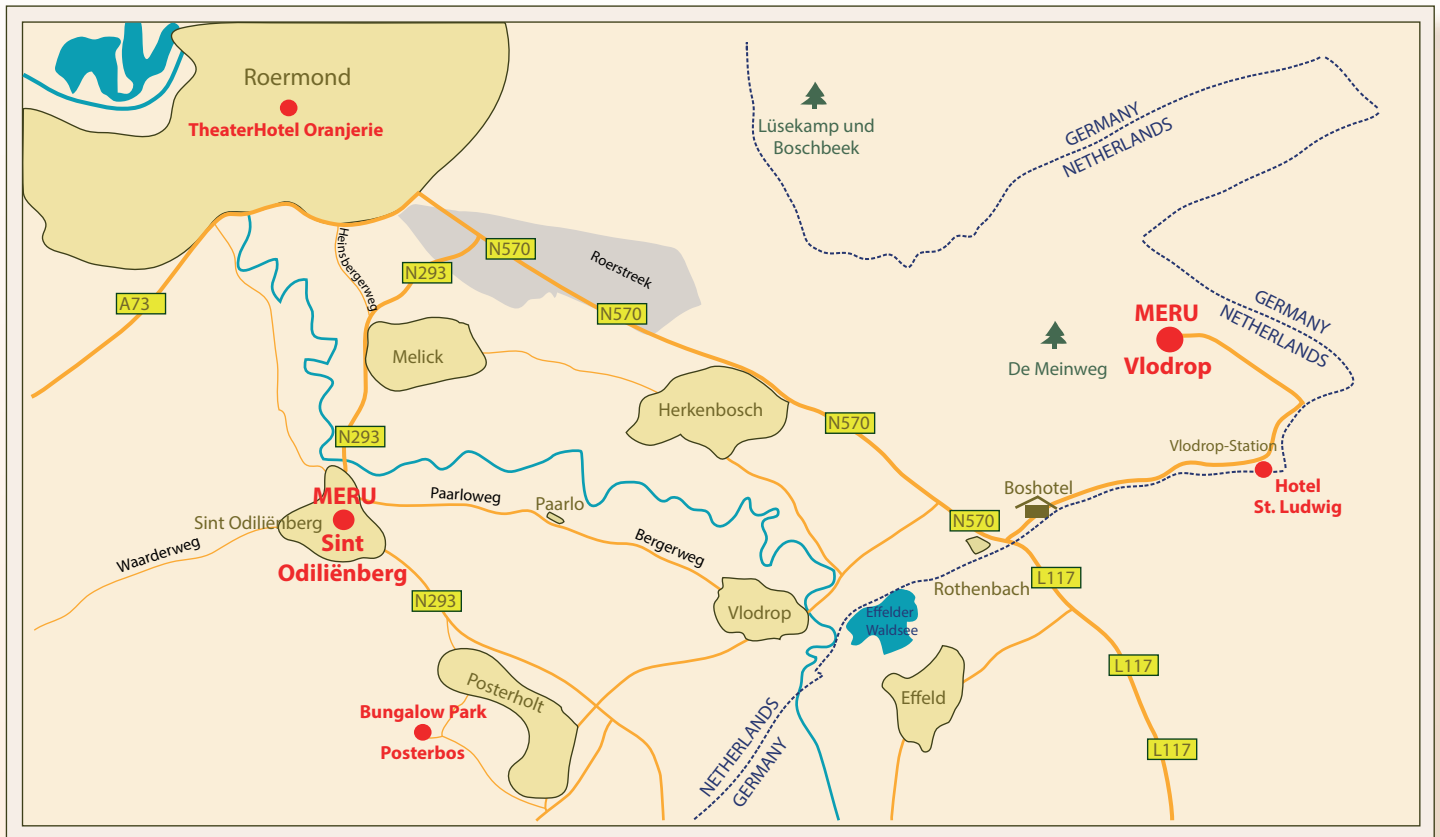
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