



INTERNATIONAL AYURVEDA CONGRESS

Ayurveda – Holistic Health for All

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



3 – 5 March, 2023
Kathmandu, Nepal

Congress Guide

www.InternationalAyurvedaCongress.com/Nepal-2023

Organizers:



All India Ayurvedic
Congress (AIAC)
New Delhi, India

www.ayurvediccongress.com



International Academy
of Ayurveda (IAA)
Pune, India

www.ayurved-int.com



International Maharishi AyurVeda
Foundation (IMAVF)
Vlodrop, The Netherlands

www.ayurvediccongress.com

Local Organizer



Ayurveda Doctors' Association of Nepal (ADAN)
Kathmandu, Nepal
www.adan.org.np

Hosted By



Nepal Maharishi Vedic Foundation™
नेपाल महर्षि वैदिक फाउण्डेसन
Kathmandu, Nepal
maharishi.org.np

Prime Sponsors



Maharishi Ayurveda Products India



Dr Tony Nader Institute

Exhibitors and Sponsors



Kanchanjangha Tea Estate



Soupherb Nutrition



Holin - Health from Nature



All Ayurveda
Health Home



La Avanya
Luxury Ayurveda



Bhaskar
Herbaceuticals



Kailash Treks Pvt. Ltd.



Patanjali Ayurveda



The Vyas Retreat



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.

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

Seventh International Ayurveda Congress

Ayurveda – Holistic Health for All

3–5 March 2023, Kathmandu, Nepal

All India Ayurvedic Congress, New Delhi; International Academy of Ayurved, Pune and International Maharishi AyurVeda Foundation, The Netherlands extends a warm invitation to all health professionals, Ayurvedic scholars, and researchers from India and around the world to participate at this Seventh International Ayurveda Congress to be held in Kathmandu, Nepal.

Internationally renowned scholars will be keynote speakers at the congress and will present scientifically verified solutions to showcase the effectiveness of Ayurveda towards fulfilling the human pursuit of health, happiness and long life.

The International Ayurveda Congress offers a prestigious platform for research scholars to present their findings in various fields of Ayurveda. The latest innovative and pioneering work will be presented in this congress.

Supported by the Ministry of AYUSH



It is a pleasure to announce that His Excellency Minister of State for the Ministry of Ayush and Ministry of Women & Child Development, His Excellency Honourable Shri Dr. Munjpara Mahendrabhai Kalubhai will attend the Congress along with a high level delegation from the Ministry.



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.

"Our principal aim is to bring Ayurveda into more widespread use worldwide, and to ease the pressure in modern health systems by adding a focus on the effective prevention of imbalance and disease."

– Dr Tony Nader, MD, PhD, MARR



**INTERNATIONAL
AYURVEDA CONGRESS
2023 – KATHMANDU,
NEPAL**

The All India Ayurvedic Congress, New Delhi, the International Academy of Ayurved, Pune, and the International Maharishi AyurVeda Foundation, The Netherlands, supported by the Nepal Maharishi Vedic Foundation as the local host, invite you to the seventh International Ayurveda Congress, which will take place from 3 to 5 March 2023 in Kathmandu, Nepal – for the first time in Asia.

Nepal is home to the Himalayas and bounteous ancient Vedic traditions and wonders. Among them is the world's largest Hindu Temple, Pashupatinath, located in the east of the Kathmandu Valley. Stunning views of the Himalayan Peaks can be seen from this ancient city.

Going centuries back, Nepal has a rich history of Ayurveda and to this day it is recognised as a core part of their culture and routine. Rare Ayurvedic medicines and herbs are also naturally growing throughout the Himalayan valleys.

The Congress will be a forum for international leading experts and professionals interested in Ayurveda, to expand their scope of knowledge. Attend workshops on medical, herbal, pharma, engineering and science of Ayurveda. Discuss and debate topics relating to Ideal Health, Prevention of Chronic Disorders, and natural approaches to the reversal of ageing.

Special emphasis will be laid on exchanging ideas

how to increase the acceptance and application of Ayurvedic methods all over the globe. The goal is to formulate a Roadmap for Holistic Health for All through Ayurveda in the following 4 areas:

- Establishing highest quality education and training in Ayurveda for medical practitioners as well as for the public in each country.
- Guiding the practice of various preventative approaches in Ayurveda and thereby detecting and correcting physiological imbalances in their early stages.
- Promote scientific research on Ayurveda to showcase preventive and curative benefits in healthcare and encourage its global recognition.
- Ensuring global availability of authentic Ayurveda products by overcoming regulatory hurdles and implementing procedures to guarantee safety and purity.

The Congress will be held at the most exclusive five star hotel in Nepal, the Soaltee Kathmandu. This luxurious property is equipped with four fine dining restaurants of different cuisines, fitness gym, spa with sauna and steam bath, pool, tennis courts, lounges and business centers. Enjoy the comfort of the hotel with other renowned Ayurveda experts gathering together to discuss the future of Ayurveda and its role versus new advancing technologies.

We expect this conference to be a unique and special opportunity that will sell out quickly. Sign up now to get the early bird prices and secure your spot for the IAVC Kathmandu 2023.

PRESIDENTS

**Deepak Prakash Baskota**

Chairman Nepal Maharishi Vedic Foundation, former State Home Minister and executive chairman of the National Cooperative Federation of Nepal

**Padma Bhushan Vaidya Devendra Triguna**

President, National Academy of Ayurveda, Ministry of Ayush, Government of India, Chairman, Trust, All India Ayurvedic Congress, New Delhi, India

**Prof. Dr. Subhash Ranade**

Chairman, International Academy of Ayurved, Pune, India

**Dr. Rainer Picha**

Chairman, International Maharishi AyurVeda Foundation, The Netherlands

ORGANIZERS

**Kingsley Brooks**

Chairman, Maharishi Vedic University, Courses & Consultations; Board of Directors, International Maharishi AyurVeda Foundation, The Netherlands

**Dr. Walter Mölk**

Director, International Maharishi AyurVeda Foundation; Director, Stichting MERU; Director Maharishi College of Perfect Health International, The Netherlands

**Dr. Girish Momaya**

Director, IMAVF
Director, International Maharishi AyurVeda Foundation; Director, Maharishi European Research University, The Netherlands

**Dr. Gunvant Yeola**

Secretary, IAVC
Head of Dept. of Kayachikitsa, D. Y. Patil College of Ayurved and Research Centre, Pune, India

ORGANIZERS

**Dr. Shyam Babu Yadav**

President, Ayurveda Doctors Association of Nepal, Naradevi, Kathmandu, Nepal

CONGRESS SECRETARIES

**Hagen Rainbow**

Director of Health, Nepal Maharishi Vedic Foundation; Research Coordinator, Dr. Tony Nader Institute, USA; Managing Director, The Vyas Retreat, Nepal

**Jenna Rainbow**

Ayurveda Director, Nepal Maharishi Vedic Foundation; Business Administrator, Dr. Tony Nader Institute, USA; Managing Director, The Vyas Retreat, Nepal

CONGRESS MODERATORS

**Prof. Lothar Pirc**

Germany
CEO & Owner, Maharishi AyurVeda Health Centre Bad Ems, Germany; Director, International Maharishi AyurVeda Foundation (IMAVF); Co-Founder and Director ADAVED Germany (National Ayurveda Umbrella Organisation); Professor of Practice, DPU Dr. D. Y. Patil Vidyapeeth, Pune, India

**Vaidya Kopila Adhikari
BAMS, MD, Nepal**

General Secretary Ayurveda Doctor's Association of Nepal ADAN, Consultant Ayurveda Doctor at Ajasrika Ayurveda and Panchakarma Center, Nepal

**Dr. Ankita Shirkande
MD (Ayurved), PhD (Scholar), India**

Secretary, International Academy of Ayurved; Associate Professor at Dr. D. Y. Patil College of Ayurved & Research Centre, Pune; Owner and Chief Consultant, Shree VishwAngad Ayurved, Panchakarma & Yoga Clinic, Pune, India

Thursday, March 2

Location / Time	Speaker / Event	Title of speech
Hall Name	Registration and Welcome	
3.00 - 6.00 pm	Registration	
7.00 - 8.00 pm	Dinner	
8.10 - 8.30 pm	Cultural Dancing by Tilangatar School Students	
8.30 - 9.00 pm	Welcome and Orientation	

Friday, March 3

Main Hall	Plenary Session 1	Theme: Inaugural Session
8.00 - 9.00 am	On the stage will be Prime Minister of Nepal Hon'ble Pushpa Kamal Dahal (TBC*) Health Minister of Nepal Hon'ble Padam Giri (TBC) Minister of State for Ayush, India, Hon'ble Dr Mahendrabhai Munjpara (TBC) Ambassador of India to Nepal, His Excellency Mr. Naveen Srivastava Padma Bhushan Dr. Devendra Triguna, President, National Academy of Āyurveda, Ministry of Ayush, Government of India Prof. Dr Subhash Ranade, Chairman, International Academy of Āyurved, Pune, India Dr Rainer Picha, Chairman, International Maharishi ĀyurVeda Foundation, the Netherlands Dr P D Patil, Chancellor, D Y Patil University, Pune, India Deepak Baskota, Chairman, Nepal Maharishi Vedic Foundation Dr. Shyam Babu Yadav, President, ĀyurVeda Doctors' Association of Nepal	<i>Opening Session to be seated</i>
9.00 - 9.15 am	Vedic recitation, Lighting the light, Dhanvantari invocation	
9.15- 9.30 am	Welcome and opening remarks by Deepak Baskota, Chairman Nepal Maharishi Vedic Foundation	
9.30 - 9.45 am	Honourable Prime Minister of Nepal Pushpa Kamal Dahal (TBC)	
9.45 - 10.00 am	Health Minister of Nepal Honorable Minister Padam Giri (TBC)	
10.00 - 10.15 am	Hon'ble Minister of State, Dr Munjpara Mahendrabhai, Ministry of Ayush and Ministry of Women & Child Development (TBC)	
10.15 - 10.30 am	Tea Break	
10.30 - 10.40 am	Tony Nader, MD, PhD, MARR (Patron of the Congress)	
10.40 - 10.50 am	Dr P D Patil, Chancellor, D Y Patil University	<i>Āyurveda Education for Holistic Health for All</i>
10.50 - 11.00 am	Padma Bhushan Vaidya Devendra Triguna, President, National Academy of Āyurveda, Ministry of Ayush, Government of India	
11.00 - 11.10 am	Prof Dr Subhash Ranade, Chairman International Academy of ĀyurVed, Pune, India	
11.10 - 11.15 am	Dr Rainer Picha, Chairman International Maharishi Āyurveda Foundation, the Netherlands.	
Main Hall	Plenary Session 2	Theme: Āyurveda for Holistic Health for All
11.15 - 11.35 am	Dr John Hagelin (PhD Harvard), USA President, Maharishi International University, Iowa, USA	<i>Unified Field based Medicine</i>
11.35 - 11.55 am	Dr. med. Rainer Picha, Chairman International Maharishi Āyurveda Foundation, Austria	<i>Modern Medicine starts to agree with Āyurvedic principles</i>
11.55 am - 12.15 pm	Dr. Shyam Babu Yadav, President, Āyurveda Doctors Association of Nepal	<i>International Trade and Commercialization of Āyurveda Products in Nepal</i>
12.15 - 12.30 pm	Panel discussion	
12.30 - 12.40 pm	GROUP PICTURE	
12.40 - 1.40 pm	Lunch Break	
Main Hall	Plenary Session 3	Theme: Āyurveda for Holistic Health for All
1.40 - 2.00 pm	Prof. Dr Rabinarayan Acharya, Director General, Central Council for Research in Āyurvedic Sciences, Ministry of Ayush, Government of India (TBC)	
2.00 - 2.20 pm	Vaidya Jayant Deopujari, Chairperson, National Commission for Indian System of Medicine, Ministry of Ayush, Government of India (TBC)	
2.20 - 2.40 pm	Dr. Kousthubha Upadhyaya, Director, National Academy of Āyurveda, Ministry of Ayush, Government of India (TBC)	
2.40 - 3.00 pm	Prof. Dr Rakesh Sharma, President, Board of Ethics and Registration for Indian System of Medicine, National Commission for Indian System of Medicine, Ministry of AYUSH Government of India	

* To Be Confirmed

3.00 - 3.20 pm	Dr. Vasudev Upadhyay, Director General Āyurveda and Alternative Medicine, Nepal	<i>Country Report of Āyurveda: Focussing over the Āyurveda Promotion to meet Holistic Health for All</i>
3.20 - 3.40 pm	Dr Walter Moelk, Director Maharishi College of Perfect Health International, Austria	<i>Maharishi's contribution to realising the full potential of Āyurveda</i>
3.40 - 4.00 pm	Dr Oliver Werner, President, Swiss Physicians' Society for Āyurveda	<i>On the Nature of Consciousness</i>
4.00 - 4.20 pm	Panel discussion	
4.20 - 4.50 pm	Tea and Networking break	
Hall 1	Parallel Session 1	Scientific Research Presentations
4:50 - 6.40 pm	Chair: Dr Subhash Ranade; Co-chair: Dr Ram Adhar Yadav	
4.50 - 5.00 pm	Assoc. Prof. Dr. Abhijeet Shirkande	<i>A Case Report of Plasma Cell Myeloma In 58 Years Old Male Patient Treated with Āyurvedic Modalities.</i>
5.00 - 5.10 pm	Dr Padmashree Yadav	<i>An Integrated Approach of Āyurveda and Yoga Shastra in Mental Health – A Review</i>
5.10 - 5.20 pm	Prof. Dr Chandra Bhushan Singh	<i>Prevention of Madhumeha</i>
5.20 - 5.30 pm	Prof. Dr Sachin Deva, Parul Institute of Āyurved, Parul University, Vadodara, India	<i>Impact of Chardi Vegadharana in Disease Manifestation- A Case Study</i>
5.30 - 5.40 pm	Dr Prasad Bapat	<i>Āyurvedic Proctology - Scope and Clinical Approach</i>
5.40 - 5.50 pm	Dr James Maede	<i>Epigenetics, DNA, and the Globalization of Āyurveda</i>
5.50 - 6.00 pm	Dr Sujata Yeola	<i>Rasayan Chikitsa for Care and Cure of Sense Organs</i>
6.00 - 6.10 pm	Dr Pooja Kotasthane	<i>Treatment of Rasa Dhatu Dushti – a Case Study</i>
6.10 - 6.20 pm	Dr Supriya Gugale	<i>Role of Dinacharya (daily routine/lifestyle) in our Health with Special Reference to Brahma Muhurta</i>
6.20 - 6.40 pm	Panel discussion	
Hall 2	Parallel Session 2	Scientific Research Presentations
4:50 - 6.40 pm	Chair: Dr Rainer Picha; Co-chair: Dr Shyam Mani Adhikari	
4.50 - 5.00 pm	Dr Dinesh Gyawali	<i>Ujyaalo Āyurveda: Reflecting on Glorious Past and Gleaming Future of Nepal's Āyurveda</i>
5.00 - 5.10 pm	Dr Vikrant Patil	<i>Thyroid Disorders or Thyroid Syndromes: Revisiting Basics</i>
5.10 - 5.20 pm	Prof. Dr Hema Kulkarni	<i>Threatened Āyurvedic Herbs Substitution by Cultivated Bioactive Ingredients- Ashtvarga and Dashmula Scope</i>
5.20 - 5.30 pm	Dr Sharada Khanal	<i>Commonly Practised Formulations in Kitibh: A Research</i>
5.30 - 5.40 pm	Dr Anjana Kushwaha	<i>Significance of Flowcytometry in Āyurvedic Medicine Research</i>
5.40 - 5.50 pm	Prof. Dr. Jasbir Kaur	<i>Āyurveda: A promising health care system in ophthalmology</i>
5.50 - 6.00 pm	Dr Amit Arora	<i>Successful Clinical practice guidelines using unique Vedic herbs</i>
6.00 - 6.10 pm	Dr Ritu Sethi	<i>Panchakarma in Āyurveda</i>
6.10 - 6.40 pm	Panel discussion	
Hall 3	Parallel Session 3	Scientific Research Presentations
4:50 - 6.40 pm	Chair: Dr Sunanda Ranade; Co-chair: Dr Anupam Kshetriya	
4.50 - 5.00 pm	Dr Pradip Gyawali, Executive Chief, Nepal Health Research Council, Kathmandu, Nepal	<i>Promoting Research in Āyurveda: Developing Āyurveda Research Ecosystem in Nepal.</i>
5.00 - 5.10 pm	Dr. Sarita Shrestha	<i>Medical Āyurveda Tourism in Nepal: A new horizon for the Promotion of Āyurveda globally</i>
5.10 - 5.20 pm	Dr Santosh Kumar Thakur	<i>Educational Advancement for Strengthening Āyurveda Human Manpower in Nepal</i>
5.20 - 5.30 pm	Dr Sandeep Kale	<i>Blood color shade identification with the help of red color shade strip</i>
5.30 - 5.40 pm	Dr Shivanarayan Prasad Gupta	<i>Study of Types Jalauka (Leech) Found in Siraha District in Nepal</i>
5.40 - 5.50 pm	Dr Ashok Kumar Panda	<i>Recompensating of Decompensated Liver Cirrhosis by Āyurveda Medication: Retrospective Case Series</i>
5.50 - 6.00 pm	Dr Shyamsundar Upadhyay	<i>Recent Advancement in shalya Tantra</i>
6.00 - 6.10 pm	Dr Rajat Sharma	<i>Āyurveda Practice Outcomes</i>
6.10 - 6.20 pm	Dr Shilpa Swar	<i>Āyurveda as a Sports Medicine</i>
6.20 - 6.40 pm	Panel discussion	
7.00 - 8.00 pm	Dinner	
8.00 - 8.30 pm	Cultural Dancers by Everest Nepal Cultural Group	

Saturday, March 4

Location / Time	Speaker / Event	Title of speech
Main Hall	Plenary Session 4	Theme: Roadmap for Globalization of Āyurveda
9.00 - 9.20 am	<i>Roadmap for Globalization of Āyurveda Practice: Supporting the practice of Āyurveda in the health service of each country — Dr Subhash Ranade</i>	
9.20 - 9.40 am	<i>Roadmap for Globalization of Āyurveda Education: Establishing highest quality education in Āyurveda for medical practitioners as well as for the public in each country. - Dr Gunvant Yeola</i>	
9.40 - 10.00 am	<i>Roadmap for Globalization of Āyurveda Research: Promoting Mental and Physical Health in The General Population with Maharishi Āyurveda Detox Enhanced Lifestyle Program: A Whole System Research Project — Dr Wolfgang Schachinger</i>	
10.00 - 10.20 am	<i>Roadmap for Globalization of Āyurveda Products: Ensuring global availability of authentic Āyurveda products, by overcoming regulatory hurdles and implementing procedures to guarantee safety and purity — Ram Shrivastava</i>	
10.20 - 10.40 am	Tea Break	
Main Hall	Plenary Session 5	
10.40 - 11.00 am	Dr Julia Arnold	<i>Integrating Āyurvedic Medicine into Cancer Research Programs</i>
11.00 - 11.20 am	Vaidya Manohar Palakurti	<i>Diagnostic Validity of Āyurvedic Pulse Assessment: Maharishi Nādi-Vigyān in Cardiovascular Health</i>
11.20 - 11.40 am	Lakshman Shrivastava	<i>Presenting Ancient Āyurveda in a contemporary world</i>
11.40 - 12.00 am	Panel discussion	
12.00 - 1.00 pm	Lunch Break	
Hall 1	Parallel Session 4	Scientific Research Presentations
1.00 - 3.00 pm	Chair: Dr Gunvant Yeola; Co-chair: Dr Julia T. Arnold	
1.00 - 1.10 pm	Dr Nitin Juneja	<i>Pharmacological Action of Nasya Karma in Urdhwajatrugata Roga</i>
1.10 - 1.20 pm	Dr Samruddhi Patil	<i>Clinical Evaluation of Shrama Hara Energy Bar for Immediate Effects On Exercise Exertion: A Case Study</i>
1.20 - 1.30 pm	Dr Ankita Shirkande	<i>Management of Pre-Menstrual Syndrome In Young Woman Using Green Gram Soup And Barley Porridge As Menstrual Diet Regimen – A Case Study</i>
1.30 - 1.40 pm	Khushi Tyagi	<i>Amlaki Says “Age with Grace”</i>
1.40 - 1.50 pm	Dr Ramakrishnam Acharya	<i>Dietary Supplements with Botanicals For Special Medical Purpose</i>
1.50 - 2.00 pm	Stretch Break	
2.00 - 2.10 pm	Dr Ramesh Paudel	<i>A Case Study on Urusthamba (Myositis Ossificans of Vastus Lateralis Muscle): Āyurvedic Management</i>
2.10 - 2.20 pm	Dr Himangshu Baruah	<i>Pharmaceutical and Analytical Study of Lodhradi Kashaya Ghanavati (LKGv), a modified dosage form of Lodhradi Kashaya</i>
2.20 - 2.30 pm	Dr Sushma Patil	<i>Potential Curative Role of Classic Āyurvedic Therapy in Obese Hypothyroidic Females</i>
2.30 - 2.40 pm	Dr Pushparaj Paudel	<i>A Vision Paper: On Āyurveda Services Roadmap in Nepal by 2030.</i>
2.40 - 3.00 pm	Panel discussion	
Hall 2	Parallel Session 5	Scientific Research Presentations
1.00 - 3.00 pm	Chair: Dr Wolfgang Schachinger; Co-chair: Dr Supriya Gugale	
1.00 - 1.10 pm	Dr Prasad Khandagale	<i>Relevance Of Govidyan in The Globalization of Āyurveda</i>
1.10 - 1.20 pm	Dr Mauricio Arley	<i>Āyurveda In Diverses Kinds of Mindfulness And Behavioral Epigenetics</i>
1.20 - 1.30 pm	Dr Indira Anand	<i>Energy Healing Through Some Yogic Practices</i>
1.30 - 1.40 pm	Dr Samarth Kotasthane	<i>Understanding Rakta Dhatu in Context of Cancer – Literature Study</i>
1.40 - 1.50 pm	Dr Prof. Ramesh Waghmare	<i>Clinical Presentation of Mutraghata In Āyurved And Modern Medicine</i>
1.50 - 2.00 pm	Stretch Break	
2.00 - 2.10 pm	Dr Tarini Moghe	<i>Review Of Stem Cell Differentiation in Correlation with Rasayana</i>
2.10 - 2.20 pm	Dr Satish Kumar Chandra	<i>A Double Blind, Randomized, Placebo-Controlled Clinical Study to Evaluate the Efficacy and Safety of TFN34 tablets for Individuals with Subclinical</i>
2.20 - 2.30 pm	Dr. Anupam Kshetriya	<i>Anti microbial herbs in Āyurveda have great role for prevention and treatment of many infectious diseases.and very effective against covid 19</i>
2.30 - 2.40 pm	Dr. Subhadra Karki Kshetriya	<i>Efficacy of Swarna Bindu Prasan Sanskar to promote non-specific immunity in children, aclinical evaluation.</i>
2.40 - 3.00 pm	Panel discussion	

Hall 3	Parallel Session 6	Scientific Research Presentations
1.00 - 3.00 pm	Chair: Dr Manohar Palakurti; Co-chair: Dr Padmashree Yadav	
1.00 - 1.10 pm	Dr Bishnu Choudhury	<i>Effect of Lagerstroemia Speciosa (L.) Pers. (Jarula) Leaves Powder as A Hypoglycemic Agent in The Management Of Type 2 DM – A Interventional</i>
1.10 - 1.20 pm	Dr M S Keertan	<i>An Integrative Approach to Prediabetes A Major Cause for Diabetes</i>
1.20 - 1.30 pm	Sujith Madathil Padi Subrahmanium	<i>Corroborative Assessment on Anticancer Efficacy of Āyurvedic Herbal Formulation Amrutha Vataka</i>
1.30 - 2.00 pm	Stretch Break	
2.00 - 2.10 pm	Dr Swati Chobhe	<i>Analysis of Liver Function as a root of Raktavaha Srotas & Iron metabolism Regulator and its application in the management of Iron deficiency</i>
2.10 - 2.20 pm	Dr Bijendra Shah	<i>Efficacy of Apamarga Kshara application and Sclerotherapy in the management of Arsha (1st and 2nd degree piles) – An open-labeled, randomized, controlled clinical trial</i>
2.20 - 2.30 pm	Dr Amandeep Singh	<i>Clinical Prescription Management in Āyurveda</i>
2.30 - 2.40 pm	Dr Kumar Gaurav	<i>Clinical Prescription for Chronic Kidney Disease in Āyurveda</i>
2.40 - 3.00 pm	Panel discussion	
	Sightseeing for Delegates	
3:00 - 6:00 pm	Guided Sightseeing in Kathmandu	
Public Talks and Health Fair		
Main Hall		
3:00 - 6:00 pm	Experts in Āyurveda, the timeless science of life, will share simple practical health secrets that people can use.	
6.00 - 8.00 pm	Dinner	
Main Hall	Plenary Session 6	
8.15 - 8.35 pm	Prof. Lothar Pirc, Founder and CEO, Maharishi Āyurveda Health Centre Bad Ems, Germany	<i>Proposal To Create Peace in The World Through The Ancient Vedic Sciences Of Āyurveda, Yoga And Yagya – From Philosophy To Science</i>
8.35 - 8.45 pm	Joaquim Jorge, President, Portuguese Association of Āyurvedic Medicine (AMAYUR)	<i>Strategies To Spread Āyurveda Around the World</i>
8:45 - 9:00 pm	Traditional Nepali Music by Project Sarangi	

Sunday, March 5

Main Hall	Plenary Session 7	
9.00 - 9.20 am	Prof. Dr B. L. Mehra, Secretary, National Commission for Indian System of Medicine, Ministry of Ayush, Government of India	
9.20 - 9.40 am	Prof. Dr Subhash Waghe, President Rognidan Vikrutivigyan PG Association for Radiodiagnosis and Pathology (RVPGA)	<i>Roga Nidan, Vikruti Vigyan; Pathology and Radio diagnosis</i>
9.40 - 10.00 am	Prof. Dr K. K. Pandey, Head of Anaesthesia, Banaras Hindu University	
10.00 - 10.20 am	Dr Rini Vohra	<i>Comprehensive Research on Maharishi Āyurveda Products: Three Decades of Scientific evidence</i>
10.20 - 11.40 am	<i>Meeting with the Minister of State for Ayush, India, Hon'ble Dr Mahendrabhai Munjpara along with Ayush delegation and delegation from the Ministry of Health Nepal:</i> <i>Inviting leaders from various countries attending the congress.</i> <i>Summarizing the achievements and resolutions of the Congress.</i> <i>New developments, areas of concern, and suggestions from the leaders coming from different countries.</i>	
11.40 - 12.00 pm	Felicitation and Culmination of Congress	

SIGHTSEEING

We offer you the opportunity to visit three treasures of Nepal.

Pashupatinath Temple



Dedicated to Lord Shiva, Pashupatinath is one of the four most holy pilgrim sites in Asia for devotees of Shiva.

Built in the 5th century and later renovated by Malla kings, the site itself is said to have existed from the beginning of the previous millennium when a Shiva lingam was discovered here.

Pashupatinath is the largest temple complex in Nepal.

Swayambhunath Stupa



The Swayambhunath Stupa is one of the crown-ing glories of Kathmandu Valley architecture.

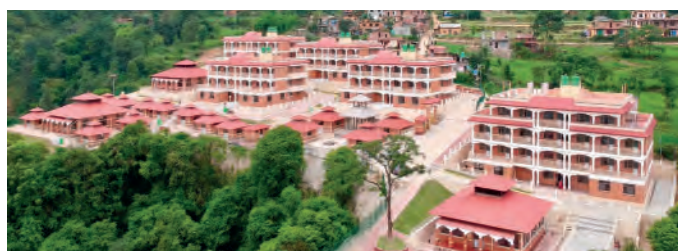
This perfectly proportioned monument rises through a whitewashed dome to a gilded spire, from where four iconic faces of the Buddha stare out across the valley in the cardinal directions.

Lord Vishnu on Shesh Shaiya— Budhanilkantha T.



Here lies the Budhanilkantha, a reclining statue of Lord Vishnu on Shesh Shaiya. The largest and most beautiful stone carving in all of Nepal, also the most enigmatic. Carved from a single block of black basalt stone, the Lord Vishnu statue is 5 meters in length.

Brahmananda Saraswati Nagar



Nestled on the third highest hill in the Kathmandu valley, is the Maharishi Vedic Institute Pandit Campus, Brahmananda Saraswati Nagar. This campus of 5 buildings will be home to 400 Maharishi Vedic Pandits, and Maharishi courses will be offered here. This tour will be organized for 5 March after the congress has been concluded. Delegates may be required to pay an entrance fee for Pashupatinath Temple (no fee for Nepalis or Indians) and a modest contribution to cover transportation costs.

Pokhara – The Gateway to the Himalayas



On 6 March, don't miss out on an opportunity to visit Pokhara, the 'Tourist Capital of Nepal.' Pokhara is the second-largest city in Nepal after Kathmandu. The spectacular Phewa Lake flawlessly reflects the mountains that border it, making it a breathtaking scenic sight and a boating paradise. You can buy famous Nepalese handicrafts and souvenirs in the shops of the old city.



Maharishi Mahesh Yogi with leading Vaidyas, 1985

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



Maharishi Mahesh Yogi, the great scientist of consciousness and Founder of the Transcendental Meditation Programme, organized and elucidated the centuries-old scattered Vedic Literature as the record of a perfect science – Maha-

rishī's Vedic Science and Technology. As part of this monumental project, Maharishi examined and clarified all aspects of Vedic wisdom, devoting special attention to reviving the scientific foundations and full practical potential of Ayurveda.

Working with many great Ayurvedic physicians and scholars, Maharishi established Ayurveda as the cornerstone of his worldwide initiative to create a disease-free society. In recognition of Maharishi's unique contribution, these experts adopted the name Maharishi AyurVeda to denote complete Ayurveda in accordance with the ancient Ayurvedic texts.

Maharishi explains that Veda represents the Totality of Natural Law reverberating within the unmanifest field of pure consciousness, the unified wholeness of life at the basis of all manifest creation. This field can be equated with the Unified Field of all the laws of nature glimpsed by the quantum field theories of modern physics. In Vedic terms, the Unified Field of pure intelligence is Atma, our own Self.

Like all branches of Vedic Literature, Ayurveda has its foundation in this universal field of intelligence, and can only be properly understood and practised in its completeness when this field is fully enlivened in human awareness.

The ancient texts of Ayurveda recognize Atma as the foundation of all existence:

अव्यक्तमात्मा क्षेत्रज्ञः शाश्वतो विभूतव्ययः ।

— चरक शारीरस्थानम् १. ६२

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

— Charaka Sharira Sthanam, 1, 61

आत्मा ज्योतिर्चिदानन्दरूपो नित्यतो निःस्पृहः निर्गुणः प्रकृतियोगात्मगुणः 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

Despite the huge contribution made by the Ayurvedic community to the health and well-being of the vast population of India and neighbouring nations, it is widely recognized that this precious science lost some of its purity and effectiveness during centuries of foreign

rule. Maharishi AyurVeda supplies the missing elements needed to bring fulfillment to the high aspirations and dedicated work of Vaidyas everywhere.

Health in Ayurveda is described as perfect balance on all levels of life: balanced doshas, agnis, dhatus, and malas, and bliss in senses, mind, and Atma (Self). To achieve this goal, Maharishi AyurVeda establishes the central importance of life in accordance with natural law as the essential foundation for good health. This in turn requires that human consciousness is fully developed, so that individuals spontaneously function without violating the laws of nature, disallowing stress and imbalance to build up in their own lives and in society.

Maharishi AyurVeda brings the individual in harmony with Natural Law through Maharishi's Vedic Technologies. Foremost of these is Maharishi's Transcendental Meditation programme, a simple, effortless technique which requires no belief, nor any change in life-style or diet, and can be easily learned by anyone regardless of age, education, or culture. More than six million people have learned the technique worldwide. Since 1970, more than 600 research studies on TM have been conducted at over 250 universities and research institutions in 30 countries. Many have appeared in leading peer-reviewed journals.

These studies demonstrate that Transcendental Meditation produces comprehensive improvements in all aspects of physical and mental health. Findings include reduction of major risk factors for disease, improvement in cardiovascular disorders such as coronary heart disease and high blood pressure, decreased mortality, and reduced health care needs and costs.

For example, in a recently published nine-year randomized controlled trial of patients with coronary heart disease, funded by the US National Institutes of Health, Transcendental Meditation led to a 48% reduction in the rate of major clinical events (all-cause mortality plus non-fatal myocardial infarction and stroke) compared to control subjects who received education on risk factor reduction. (Schneider RH et al. Stress reduction in the secondary prevention of cardiovascular disease: randomized, controlled trial of Transcendental Meditation and health education in blacks. *Circulation: Cardiovascular Quality and Outcomes* 2012 5:750-758)

Extensive research has also shown that Transcendental Meditation reduces various forms of psychological distress, enhances positive aspects of mental and social functioning, and develops a more stable, balanced, and resilient personality.

Maharishi AyurVeda also utilizes many other methods to culture life in accord with natural law, from the angles of mind, body, behaviour, and environment.

These include: Maharishi Vedic Vibration Technology; Maharishi AyurVeda Self-Pulse Reading; balanced diet; health-promoting daily and seasonal routine; natural herbal preparations and Rasayanas; and physiological purification programmes such as Panchakarma.

Maharishi AyurVeda also incorporates programmes from other branches of Vedic knowledge, including Shapathya Veda (for fortune-creating homes and buildings), Gandharva Veda, and Jyotish. In all these areas, as always, Maharishi complemented his profound cognitions and insights with scientific clarity and rigour.

Collectively, all these approaches enliven the inner intelligence of the body in order to maintain perfect balance and thereby promote a long, healthy, and happy life.

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, he 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 fun-



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

damental to the worldwide upsurge of interest in and enthusiasm for Ayurveda that we see today.

Finally, Maharishi extended the range of health care to include collective health of society as a whole: more than 50 controlled studies (including prospective projects) have found that collective practice of Transcendental Meditation (and its advanced techniques, particularly Yogic Flying) by a small fraction of the total population can improve the collective health of society as a whole, as measured by reductions in crime, accidents, unemployment, and both civil and international conflict, and improvements in positive trends throughout the community, nation, and world.

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।

May everyone be happy.
May everyone be healthy.

Plenary Speakers



Tony Nader, MD, PhD, MARR

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..



Honourable Prime Minister of Nepal Pushpa Kamal Dahal



Dr. Munjpara Mahendrabhai Kalubhai

Hon'ble Minister of State, Ministry of Ayush and Ministry of Women & Child Development., Government of India.

Member of Parliament (Lok Sabha) from Surendranagar, Gujarat, India.



Health Minister of Nepal Honorable Minister Padam Giri



Deepak Prakash Baskota

Chairman Nepal Maharishi Vedic Foundation, former State Home Minister and Executive Chairman of the National Cooperative Federation of Nepal



Prof. Dr Rabinarayan Acharya

Director General, Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, Government of India



Vaidya Jayant Deopujari

Chairperson, National Commission for Indian System of Medicine, Ministry of Ayush, Government of India.



Dr Kousthubha Upadhyaya

Director, National Academy of Ayurveda, Ministry of Ayush, Government of India.



Padma Bhushan Vaidya Devendra Triguna

Padma Bhushan Vaidya Triguna is President, National Academy of Ayurveda, Ministry of Ayush, Government of India; Chairman, Trust, All India Ayurvedic Congress. He is recipient of "Padma Shri" & "Padma Bhushan" award for his contribution to Ayurveda. He is Honorary Physician to the President of India. His father Vd. Brihaspati Dev Triguna was a renowned Nadi Vaidya in India and abroad.

Ayurveda for Holistic Health of All



Prof. Dr. Subhash Ranade – Board Member

Prof. Dr. Subhash Ranade is one of the foremost experts on Ayurveda. He is a leading academician 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.

Roadmap for Globalization of Ayurveda Practice: Supporting the practice of Ayurveda in the health service of each country



Dr. med. Rainer Picha, Austria

Rainer Picha, MD, senior consultant in cardiology from Austria; former Assistant Director, Department of Cardiology of the State Hospital in Graz, Austria; researcher at Maharishi Vedic University in Vlodrop, Netherlands, since 1996. Dr. Picha is now Chairman of International Maharishi AyurVeda Foundation, overseeing all Maharishi AyurVeda activities worldwide.

Modern Medicine starts to agree with Ayurvedic Principles

In recent years many profound Ayurvedic principles have been confirmed by scientific research. This includes for example the circadian rhythm (Dinacharya), the discovery of autophagy as a means to purify the physiology

(concept of Ama), the significance of the large intestine as the seat of the gut microbial (disturbed Apana Vata as a frequent cause for diseases), nutrition as a major cause of disease and death (Proper nutrition, Ahara, is of utmost importance to prevent and cure diseases), the nose-brain interface as a likely gateway to contribute to major diseases of the central nervous system (Nasya is the Ayurvedic gateway to treat diseases of the brain), psychosocial stress is now seen as a major contributor to cardio-vascular diseases and other major disorders (consciousness-based medicine should be the foundation of any health care system).



Dr John Hagelin (PhD Harvard), USA

President of Maharishi International University. Honorary Chair of the Board of Trustees. AB summa cum laude, Physics, Dartmouth College. MA, PhD, Physics, Harvard University. Doctorate of World Peace, Maharishi University of World Peace



Dr P D Patil, Chancellor, D Y Patil University

Dr. P. D. Patil is the architect of Pune's academic complex of the Pratishthan and has transformed the vision of Padmashree Dr. D. Y. Patil into reality by establishing many quality institutions within a short span of time. The credit of rapid and meteoric rise of the Pune complex goes only to Dr. P. D. Patil. It is his dedication and dynamics that has elevated the institutions in Pune complex to international standards..



Dr. Vasudev Upadhyay

Director General Ayurveda and Alternative Medicine, Nepal.

Country Report of Ayurveda: Focussing over the Ayurveda Promotion to meet Holistic Health for All

Nepal has a rich tradition of Ayurveda and is known for its natural resources and scenic beauty, which make it an ideal destination for Ayurvedic treatment and wellness. The Nepalese government has recognized the potential of Ayurveda and has implemented various policies and programs to promote it both domestically and internationally.

To promote Ayurveda globally from Nepal, the government has been taking several steps and make the strategy for the promotion of Ayurveda.

Establishing a National Ayurveda Policy: The government has established a National Ayurveda Policy to promote Ayurveda education, research, and practice in Nepal.

Promoting Ayurveda education: The government has been providing funding and resources to establish Ayurveda education institutions and training programs for Ayurveda practitioners.

Encouraging research and development: The government has been providing

funding and resources to promote research and development in Ayurveda, including the establishment of research centres and the promotion of international collaboration.

Promoting Ayurveda tourism: The government has been promoting Nepal as a destination for Ayurveda tourism by providing tax incentives for Ayurvedic treatment centres and promoting the development of Ayurvedic spa and wellness centres.

Exporting Ayurvedic products: Nepal has a rich biodiversity and traditional knowledge of medicinal plants, which has led to the development of a substantial herbal industry. The export of herbal products from Nepal is increasing, with countries in the Asia-Pacific region being the major markets.

Creating standardization: The government is also working towards standardization of Ayurveda education and Ayurveda products, to ensure the quality and safety of Ayurveda treatments and products.

Nepal has been actively promoting Ayurveda globally through a combination of education, research and development, tourism, and export promotion. However, there are still challenges that need to be addressed in order to promote sustainable Ayurveda development and internationalization, such as quality control, standardization, and regulation of Ayurvedic treatment centers, as well as the need for more research and data on the effectiveness of Ayurvedic treatments.



Dr. Shyam Babu Yadav

President, Ayurveda Doctors Association of Nepal.

International trade and commercialization of Ayurveda Products in Nepal

Herbal products in Nepal are widely used for medicinal and cosmetic purposes. The country has a rich biodiversity and traditional knowledge of medicinal plants, which has led to the development of a substantial herbal industry. The export of herbal products from Nepal is increasing, with countries in the Asia-Pacific region being the major markets. Some of the popular herbal products exported from Nepal include essential oils, herbal teas, and medicinal herbs.

The Nepalese government has implemented various policies and programs to promote the commercialization of herbal products, including the promotion of Good Agricultural Practices (GAP) and the establishment of a National Herbal Policy. Additionally, there are various private sector initiatives that are working to promote the sustainable cultivation and export of herbal products. However, Nepal still faces challenges in terms of quality control and standardization, as well as limited access to markets and financing.

Hence, the international trade and commercialization of herbal products in Nepal has significant potential for economic growth and employment generation, but it requires further efforts to improve the quality of products, increase access to markets and financing, and ensure sustainable cultivation practices.



Dr Walter Moelk, Austria

Director Maharishi College of Perfect Health International, Austria

Maharishi's Contribution to Ayurveda and Integrative Medicine

Successful integration of different systems of medicine into one coherent healthcare system is only possible if one is able to identify the common basis of the different healing methods. Otherwise simply mixing different methods in an unrelated way will not give the desired result. Any process of integration finally takes place at the silent level of our own consciousness, and therefore development of consciousness is essential.

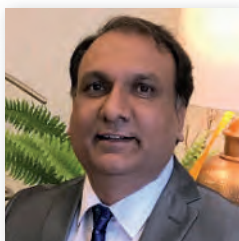
Under integrative medicine we usually understand the practice of modern medicine along with natural systems of medicine (alternative/complementary).

However, to fully appreciate the value of Ayurveda we must expand the meaning of integrative medicine and identify the different areas which need to be integrated such as:

- Modern science (e.g. physics) - modern medicine - all natural systems of healthcare
- Pure Being - Mind- Body - Behaviour - Society - Environment
- (Atma-Veda-Sharir-Vishwa: Brahm)
- Identity of individual and cosmos (Loka Purusha samya)
- Individual health and collective health
- Body - house - city planning - cosmic influences (Sthapatya Veda)
- Life (Ayu) as the result of the integration of Self (Atma), Mind (Manas), Senses (Indriya) and Body (Sharira)
- Integration of opposite qualities within consciousness (e.g. unity and diversity, silence and dynamism) and within our physiology
- Health as the integrative basis for Dharma - Artha - Kama - Moksha
- Health (Swa-sthya) - being established in oneself, in self-referral consciousness is the perfect state of integration of all areas of our life, also described as the state of Yoga or Union ('..Swarupe avasthanam' Yoga Sutra 1.3)
- Consciousness as the integrative basis of Source, Course, and Goal of Ayurveda
- Ayurvedic treatment requires the integration of physician (Bhishak), medicine (Dravya), attendant (Upasthata), and patient (Rogi)
- The integrative force of love and the importance of the development of consciousness of the physician (Vaidya).
- Discovery of the structure and function of Vedic literature (including the Ramayana) in the structure and function of our own physiology.
- Integration of the different aspects of the Vedic literature (not only Ayurveda) into one coherent scientific system of knowledge and practical applications.

Conclusion: Maharishi's insights into the nature of consciousness and confirmation through the discovery by neuroscientist Tony Nader, MD, PhD show that the range and depth of the Ayurvedic system of healthcare can provide a unifying framework to understand and integrate not only all types of medical systems but also all areas of our life individually and collectively.

This presents Ayurveda as a scientific prevention-oriented system of health care that can be globally implemented and integrated with every existing system of medicine.



Prof Dr (Vaidya) Gunvant Yeola MD, PhD (Ayurveda), India

Principal, D. Y. Patil College of Ayurved and Research Centre, Pune, India; Director of International Academy of Ayurved, Pune.

Roadmap for Globalization of Ayurveda Education: Establishing highest quality education in Ayurveda for medical practitioners as well as for the public in each country

Rapid urbanization and industrialization as well as green revolution (hybrid seeds) and white revolution (dairy products) have altered the diet and lifestyle pattern significantly leading to an alarming rise in incidence of non-communicable lifestyle related diseases. 70% of diseases are related with LSD or NCD which is a huge burden on health care system across the globe. Amongst these lifestyle related diseases, Premature ageing, Heart diseases, Hyperlipidemia, Diabetes mellitus, Hormonal imbalance, Cancer, Obesity and Stress are the most commonly prevalent diseases and pose a major threat to the public health affecting people from all the strata of the society.

Comprehensive management of these diseases involves medicinal treatment, counseling about diet and lifestyle modifications, treatment to boost immunity of the patient and early detection and management of debilitating complications of these diseases. Various medicinal plants, medicinal formulations and therapies mentioned in Ayurvedic texts have shown significant results during in-vitro and in-vivo studies conducted on Lifestyle disorders or Non-Communicable diseases.

The main objective of this talk is to update stake holders of health care system across the globe about the recent advances and current research trends in management of Lifestyle diseases and their complications with a comprehensive and integrated overview which is clearly the need of the hour.

In my full paper and/or presentation data will be presented related to advances and current research trends of Ayurveda and use of simple techniques of this wisdom and successfully managed cases.



Vaidya Manohar Palakurti

Diagnostic Validity of Āyurvedic Pulse Assessment: Maharishi Nādi-Vigyān in Cardiovascular Health

Cardiovascular disease is a major threat to public health in nearly every country.

Therefore, the use of a validated, traditional, non-invasive method of health assessment is important for prevention and therapeutics. The Āyurvedic texts (Samhitas) present knowledge about pulse diagnosis for cardiovascular and other disorders but without a systematic and detailed method to apply it. Maharishi Mahesh Yogi and leading Āyurvedic experts elaborated the practice of pulse assessment in Maharishi Nādi Vigyān. The purpose of this study was to investigate the diagnostic validity of Maharishi Nādi Vigyān in cardiovascular health.

The sample consisted of 160 participants at a Maharishi Ayurveda integrative

health clinic in Fairfield, IA from January 2017 to December 2019. Subjects were assessed for consistency of diagnoses between Maharishi Nādi-Vigyān and hypertension, measured by blood pressure using a standard sphygmomanometer, and client self-reports of elevated cholesterol, insomnia, and psychological stress (operationalized as 'state of mind'). Data was analyzed using Cohen's Kappa coefficient (k) for diagnostic validity.

Our results showed diagnostic validity of 95% coefficient of $k = .88$, ($p < .001$) for hypertension by Maharishi Nādi Vigyān, compared to objectively measured hypertension. For cholesterol, insomnia, and psychological stress, the agreement was 76% $k = .46$ ($p = .001$), or moderate agreement, across all three cardiovascular risk factors.

This study is the first to systematically investigate the relationship between the clinical practice of Maharishi ĀyurVedā pulse assessment and cardiovascular health. We found relatively high diagnostic validity for hypertension, and self-reported cholesterol levels, insomnia and psychological stress. These findings have significant implications for Maharishi Nādi Vigyān as a noninvasive assessment method in the holistic, integrated, and preventive healthcare of Maharishi ĀyurVedā.



Dr Oliver Werner

On the Nature of Consciousness

President, Swiss Physicians' Society for Āyurveda

According to the Veda and Maharishi's teaching, consciousness in the most basic element in creation (excellently described in Dr. Tony Nader's ebook "Consciousness is all there is"). However, this is not the opinion of modern neuroscience. Their assumption is that consciousness is somehow created by the physiological and biochemical interactions of the physical brain. This is by no means proven, but their assumption is that once the functioning of the brain is fully understood, it will become clear that this is so.

Can it be decided by scientific experiment, which of these opinions is correct?

If the opinion of neuroscience were correct, there could be no other interactions between individuals and their environment than what is mediated by the 5 senses, including social interaction, and what is mediated by the 4 well-known forces of nature (here mainly electromagnetism, as the nuclear forces have too short a range to play a significant role, and gravity might be too weak except maybe in some extraordinary circumstances). If any other types of consciousness-based interactions could be shown to exist, the materialistic theory of consciousness promoted by modern neuroscience (and supported by most of the modern scientific establishment) would be shown to be incorrect, as it has no means to explain such phenomena.

Since many decades, scientific research has been carried out on phenomena such as telepathy (direct mental connection between individuals), remote cognition, telekinesis (direct mental effects on objects) and group effects of consciousness, including the Maharishi Effect, which shows that trends in society can be affected in a positive way by small numbers of people practicing Maharishi's Transcendental Meditation. Although all this research is difficult, the results are now becoming clear: These effects do exist. This shows that it cannot be correct that consciousness is created by the material physiology of the brain; it must be something very basic in creation.

The scientific proof that consciousness is a basic phenomenon in nature has massive implications for society: It shows that consciousness is a field. This explains the observed fact that individuals practicing Maharishi's Transcendental Meditation can have a positive effect on their environment. It gives a rational basis for governments and other organisations to create large groups practicing TM and advanced meditation techniques to create positivity and coherence in their entire population and significantly improve the quality of life on earth.



Prof. Lothar Pirc

Founder and CEO, Maharishi Āyurveda Health Centre Bad Ems, Germany

Proposal to Create Peace in the World through the Ancient Vedic Sciences of Ayurveda, Yoga and Yagya – from Philosophy to Science

Proposal to Create Peace in the World through the Ancient Vedic Sciences of Ayurveda, Yoga and Yagya – from Philosophy to Science

Purpose: The purpose of this presentation is to present an overview of scientific research on Samadhi and its effects on creating coherence in the collective consciousness of society.

Method: The method is to examine the classical texts of Ayurveda and Yoga Sutras of Patanjali, which describe the experience of Samadhi and the effects of Samadhi on the individual physiology and consciousness and the collective consciousness of society.

In this framework, this presentation will support this interpretation with overview of 650 scientific studies published in comprehensive set of eight volumes of scientific research on the transcendental meditation technique.

Results: Patanjali's Yoga Sutras state Yogah Chitta-vritti-nirodah, "when the activities of the mind have come to complete stillness, we experience Yoga." (Yoga Sutra 1.2) This is the state of Samadhi. The Yoga Sutras further state Tat-sannidhau vaira-tyaga, "in the vicinity of yoga, hostile and conflictual tendencies are eliminated" (Yoga Sutra 2.35).

Research over the last 51 years, including neuroimaging techniques, EEG and all the latest physiological methodologies found that Samadhi is a unique physiological state measured by breath rate, heart rate, metabolic processes etc. and more coherent brain functioning. Thus, it has been scientifically established that Samadhi is of great practical benefit to the individual because all of those measures together indicate growth towards higher states of consciousness, better health, harmonious relations, and reduced stress.

On the collective level, our finding from 50 studies has confirmed the hypothesis that experiences of Samadhi in the individual have a positive effect on the broader society.

The well-developed methodology used is called time series analysis.

These studies have been conducted on the level of cities, provinces, states, countries, and the whole world.

Conclusion. Maharishi Mahesh Yogi's interpretation of Patanjali Yoga Sutras, as supported by the scientific research, indicates that humanity possesses a new and yet completely ancient technology of unprecedented effectiveness for reducing conflict and creating cooperation and love in our beautiful family of nations.



Dr. Julia Arnold, PhD MS (Ayurveda)

Dr. Arnold has 40+ years of cancer research experience in cell and molecular biology mechanisms of regulation of cancer cells by their tissue microenvironment. She developed preclinical models to study cell-cell regulation and hormonal effects of multiple natural products. Dr. Arnold received her Ph.D from University of North Carolina, Chapel Hill and did her post-doctoral studies at NIH- National Cancer Institute (NCI) and Johns Hopkins Medical School. She worked 10 years in the laboratories at the NIH-National Center for Complementary and Alternative Medicine (NCCAM; now NCCIH) and has 11 years of experience in program development and grant support for translational research at the NIH-NCI. In 2021, she received an MS in Maharishi Ayurveda and Integrative Medicine from MIU.

Integrating Ayurvedic medicine into cancer research programs

Integration of Ayurveda into our current health care research programs is critical to making progress in global wellness and in disease prevention and control, especially for cancer. Ayurveda promotes restoration of the innate healing mechanisms existing in the body for optimal immunity, resilience, and health. Ayurveda also has an abundant resource of botanical products containing diverse pharmaco-active ingredients and millennia of experience of clinical applications for health benefits. But there is a lack of evidence-based research to demonstrate its efficacy and potential. This 2-part review is written from the perspective of a western-trained biomedical scientist and student of Ayurveda. It aims to educate research scientist peers about the opportunities and challenges for scientific validation of Ayurvedic herbal compounds, protocols, and modalities and inspire more research in this area. Part 1 will review several aspects of Ayurveda including principles of body constitution (Prakriti), digestion (Agni and Ama) and mind-body health, in relation to cancer. Part 2 [1] will focus on Ayurvedic botanical resources used for cancer and research studies will be discussed on selected herbal compounds. Research gaps and opportunities will be identified to guide development of research programs to validate safety and efficacy of these therapies. Importantly, the use of Ayurvedic modalities is not intended to substitute for allopathic treatments for cancer but as an integrative component for prevention and restoration of strength and immunity post treatment.

A presentation for the 2023 International Ayurveda Congress will be a summary of the main points from this review.



Ram Shrivastava

Ram Shrivastava did his Masters in Sustainable Business from Maharishi International University, USA.

He is the Director of Maharishi Ayurveda India and Europe, heading Marketing and International Business development. He is a Trustee of the Maharishi Ayurveda Hospital, New Delhi. He's also a Trustee of Maharishi International University, Iowa, USA.

He is a certified Teacher of Transcendental Meditation and is involved with various activities within the Maharishi Organisations.

Roadmap for Globalization of Ayurveda Products: Ensuring global availability of authentic Ayurveda products, by overcoming regulatory hurdles and implementing procedures to guarantee safety and purity

His Holiness Maharishi Mahesh Yogi in his World Plan for Perfect Health gave the objective of 'Creating a Disease-free Society'.

Maharishi ji granted this responsibility to Mr Anand Shrivastava, who set up a state of the art manufacturing facility in Noida to produce top quality Ayurveda products. These products were made to cater to the demands of the global markets especially Europe and US. This became the first standardised facility as per international standards to produce Ayurveda products and continues to be one of the most certified units for Ayurveda manufacturing.

Mr Shrivastava went on to establish a distributor network for selling and distribution of MA products globally and today the MA Brand has a presence in over 40 countries.

Mr Shrivastava also established a service based vertical in the form of the Maharishi Ayurveda Hospital in New Delhi along with several MA Wellness Clinics to offer not just products but Holistic treatment including Ayurveda Consultations by trained Vaidyas using Pulse Diagnosis and Panchakarma services.

Today, the Maharishi Ayurveda Brand is amongst the most prestigious Ayurveda Brands offering Products and Services of the highest standard. The Brand is well positioned to build upon the solid foundations laid by the First Chairman of MA. The next generation, also inspired and guided by Maharishi ji's vision, are passionately involved in driving the Maharishi Ayurveda Brand and business.



Dr. Wolfgang Schachinger

Medical Director, Soma Clinic, Austria

Pilot study on effects of a guided purification process at home

An 8 day ayurvedic home cleanse therapy reduces indicators of inflammation, blood lipids, blood sugar, blood pressure and body weight. At the same time, bio rhythms and sleep patterns improve.



Lakshman Shrivastava

Director, Services, Maharishi Ayurveda Products Pvt. Ltd.; Executive Director, Maharishi Ayurveda Hospital, Delhi; Managing Director, Maharishi Ayurveda-Boutique Wellness Retreat, Rishikesh, India

Presenting Ancient Ayurveda in a contemporary world

This presentation will explore a vision for Ayurveda hospitals and retreats and how they should design the service to provide a better Ayurvedic experience in a contemporary form to today's population.

We will also cover the challenges of marketing Ayurveda to a modern audience and address the need for simplifying Ayurvedic knowledge to make people more receptive.

The presentation will provide insights into the potential for Ayurveda to thrive in the modern market and how it can be marketed in a way that is relevant and appealing to a wider audience.

This presentation will also emphasise why it's essential for people to understand and appreciate Ayurveda and not just get relief from it.



Dr. Rini Vohra

Dr. Rini Vohra is a Health Outcomes Researcher with an experience in developing, conducting, and implementing clinical and observational research studies. In her current role as the Scientific Advisor to Maharishi Ayurveda, she is responsible for developing scientific evidence on Ayurveda therapies and products along with content and knowledge dissemination for spreading the wisdom of Ayurveda and Consciousness in India and international communities. She is a PhD in HEOR from West Virginia University, USA

Comprehensive Research on Maharishi Ayurveda Products: Three Decades of Scientific evidence

Background: Maharishi Ayurveda is the only consciousness-based Ayurveda system of health which has provided holistic health and wellness solutions to the society in the past 37 years. The current study aims to address the gap in knowledge of extent and strength of research on Maharishi Ayurveda proprietary formulations.

Aim: To conduct a scoping review on published scientific research for Maharishi Ayurveda proprietary formulations.

Method: We conducted a scoping literature review using multiple web based sources such as Google Scholar, PubMed, AYUSH, CTIRI, DHARA, EBSCOhost using keywords such as "Maharishi", "Amrit Kalash", "Livomap" "MA 1471" etc. depending on the type of product being searched. Other literature sources such as company records, local libraries, and Maharishi International University (MIU) sources were also accessed. An evidence table was created to analyze the strength of these studies and identify gaps that need to be addressed for future research.

Results: About 92 different research studies were found for multiple Maharishi Ayurveda formulations. Maharishi Amrit Kalash (MAK) was found to be the most researched product with 59 preclinical and 15 human studies conducted in esteemed institutes worldwide since 1988. The variety of studies established the anti-oxidant, anti-ageing, anti-cancer, anti-chemotoxic, anti-atherosclerotic, and immunomodulating properties of MAK. Glucomap (MA-1471), second most researched product for management of diabetes showed significant lowering of mean fasting glucose (7.13 to 5.76), postprandial glucose (13.07 to 9.67), and HbA1c (9.13 to 6.93) within a 9-month duration. Blissful sleep (MA 1778), was found to significantly reduce sleep latency period by 16 min in patients with sleep onset insomnia. Likewise, Lipomap was effective in improving the lipid profile of primary hyperlipidemic patients in equivalence to Lovastatin. Amlant (MA 320) is a clinically tested Ayurvedic formulation for managing symptoms of non-uncle dyspepsia. To address anaemia, one of the leading problems in India, Raktda (MA 321) was found to significantly improve haemoglobin level from 9.2 to 11.04 after its intake for 30 days. Vidyarthi Amrit/Intelligence Rasayana also showed great improvement in intelligence quotient and concentration of young students. Clinical study on Asthomap showed cure in 90% patients with "Tamak Shvas". Results of many other products are reported. The type of studies conducted on all products except MAK were primarily clinical trials, and many of them conducted in esteemed institutions such as AIIMS, New Delhi, University of California, KGMU, Lucknow etc. No side effects or toxicity for any of the products were reported in the studies.

Conclusion: With 92 studies already conducted and 2 more studies underway, Maharishi Ayurveda formulations have enough evidence to be presented to various healthcare providers. More recent research is evidently needed with bigger sample sizes and robust research methods. The identified gaps were found to be: lack of characterization studies, in-silico testing models, genetic and epigenetic testing, and multi-center clinical trials. We encourage the investigators to explore various Maharishi Ayurveda formulations for their exceptional benefits.



Prof. Dr Rakesh Sharma,

President, Board of Ethics and Registration for Indian System of Medicine, National Commission for Indian System of Medicine, Ministry of AYUS Government of India



Prof. Dr. B. L. Mehra

Secretary, National Commission for Indian System of Medicine, Ministry of Ayush, Government of India



Prof. Dr. K. K. Pandey

Head of Anaesthesia, Banaras Hindu University



Prof. Dr. Subhash Waghe

President, Rognidan Vikrutivigyan PG Association for Radiodiagnosis and Pathology

Scientific Research Presenters



Associate Prof. Dr. Abhijit Shirkande,
Dr. D Y Patil College of Ayurved and Research Center, Pune, India

A case report of Plasma Cell Myeloma in 58 years old male patient treated with Ayurvedic modalities.

The global incidence of multiple myeloma (MM) is on the rise, according to data published in The Lancet Haematology. From 2001 to 2019, the incidence of MM increased, particularly among men, people 50 years of age or older. The data suggested that, in 2020, the age-standardized rate (ASR) of MM incidence was 1.78 per 100,000 people globally, and the ASR for mortality was 1.14 per 100,000 people globally. Chemotherapy along with Corticosteroids are preferred treatments in this disease. This article presents a case of 58 years old, male patient diagnosed with Plasma Cell Myeloma. He was under Chemotherapy and Steroidal therapy and suggested for stem cell transplant. At this moment patient decided to add on Ayurved treatment. At that instant he was having Bone pain especially in chest, Fatigue, Nausea, Loss of appetite, Constipation and Weight loss. The patient was Anaemic and progressive towards renal failure. According to ayurvedic parameters, he was diagnosed as Asthi- Majjagata Jwara and ayurved medicines and treatment was prescribed. Currently patient is physically fit without any symptoms, good laboratory-radiological report and on integrated therapy. This study reveals the course of treatment and importance of the integrated approach for betterment of patients.



Dr. Padmashri Yadav, India

An Integrated Approach of Ayurveda and Yoga Shastra in Mental Health – A Review

Ayurveda and Yoga are ancient Indian complimentary sciences which have highlighted the importance of Mind/Manas. Ayurveda defines health as equilibrium in dosha, dhatu, mala and agni as well as blithe in atma indriya and manas. WHO considers health as a state of complete physical mental social well-being and not merely an absence of infirmity. Yoga emphasizes on the balance and stability of mind and integration of physical, mental, emotional, social, and spiritual aspects of an individual. Thus Satva/Manas plays a crucial role in maintaining the health of an individual.

In recent years the lifestyle has been affected by stress. Intellect, thinking power, memory, temperament, behavior, and social attitude etc these factors are being cramped to cause psychic and psychosomatic disorders. This has induced the need of psychotherapy to be at its best.

Acharya Charak introduced a non-pharmacological approach - Satvavajay Chikitsa (psychotherapy) for mental disorders. This therapy aims at control of mind by restraining the mind from desires of wholesome objects. However, the detail description of how to control mind is not mentioned. Yoga is an experiential science which explicitly describes various mind controlling techniques through different ways/paths of yoga. Yoga totally focuses on cessation of mental fluctuations to put an end to kleshas (afflictions) and obtain a niruddha (restrain) state of mind.

This paper will complement the Satvavajay chikitsa of Ayurveda with various ways to control mind, mentioned in Traditional yoga texts /scriptures.

So an Integrated Approach of Ayurveda and Yoga will cater the best therapy in mental health.



Prof. Dr. Sachin Deva, PhD
Parul Institute of Ayurved, Parul University, Vadodara, India

Impact of Chardi Vegadharana in Disease Manifestation - A Case Study

Human body is a intricate system, with a number of ways to balance or eradicate the harmful materials out of the body. In order to facilitate this, body is equipped with urges that appear naturally. They are termed as Vega. Chardi is one among Vega. Our classics very well explained that all kinds of vegadharana will definitely produce a disease including different systems. During the act of vomiting contents from the stomach regurgitate upwards and get out expelling through oral cavity to cause gastric emptying. Normally it is a defence mechanism to throw out foreign or undigested material from stomach facilitating gastric cleansing. If the contents are withheld without throwing it out the outcome will be in the form of diseases. Common diseases produced due to dharana of chardi will be discussed along with a single case study.



Dr. Prasad Bapat, India

Ayurvedic Proctology - Scope and Clinical Approach

Ayurvedic Proctology is a speciality that focuses on herbal treatments and medicines for the diseases of colon, rectum and anus. There is urgent need of safe and perfect solution for ano rectal diseases. The existing system of modern science has many ways of diagnosis but they don't have perfect treatments to cure most of the anorectal diseases without side effects. Ancient Ayurvedic books explain thorough diagnosis and treatments. So Ayurvedic proctologists have a lot of opportunities worldwide. This branch of Ayurveda needs more attention and research.



Dr. James Maede, USA

Epigenetics, DNA, and the Globalization of Ayurveda

The implications of epigenetics stretch beyond the imagination. And ayurveda, operating with the finest level of the body and with the unseen level of life, is epigenetics. Suddenly, Ayurveda becomes more fundamental than Western medicine. The metaphysical becomes physical, because the workings of the universe are contained in the DNA and trackable there. Karma, chakras, and kundalini – long regarded in the general population as New Age (and therefore untestable and soft) – become scientifically testable and

verifiable. The goal of life, once a topic of philosophical debate, becomes physical – perfecting the DNA. (Note: All of this material comes from my collaboration of Dr. Hari Sharma, and my participation in the conference would depend on his approval. In the conference as in our collaboration of books, we make a powerful combination.)



Dr. Pooja Kotasthane, India

Treatment of Rasa Dhatu Dushti – a Case Study

Today's sedentary lifestyle and altered dietary habits are responsible for impaired digestive function. If diet is rich in heavy, oily, slimy, cold property food, then it leads to form Aam (indigestion). This Aam responsible for the deranged formation of Rasa Dhatu. This vitiated Rasa Dhatu reflects in abnormal values of blood investigations. Keeping Ayurveda basic principles in mind, treatment of these conditions becomes easy.

In this case study, due to causative factors, Rasa Dhatu Dushti was observed. Treatment was given according to Ayurveda basic principles and results were recorded by Objective and Subjective criteria. There are significant changes observed in symptoms of patient and levels of blood sugar and HbA1c.



Dr. Supriya Gugale, India

Role of Dinacharya (daily routine/lifestyle) in our health with special reference to Brahma Muhurta

Background: Present way of living is truly alarming. Whole world and especially India is facing lots of community health problems.

Abstract: The community health problems can be easily addressed by employing principles and therapeutics of Ayurveda, which may include Rasayanchikitsa (Rejuvenation therapy) for various degenerative disorders and lifestyle disorders. In Rasayanchikitsa, "Aachar Rasayan Chikitsa" can bring miracles in the health arena of people at large and has immense power to address majority of community health problems or also known as Non-Communicable Diseases (NCD) which carries approximately 70% of burden on health care system of almost all the countries across the globe.

We, at Tanushree Bramhamuhurta has deeply studied, researched, and then started utilizing "Achar Rasayan Therapy" for the masses of people.

This is an effort that we have been doing in almost 9000 families through initiating habits of waking up at Brahma muhurta along with following other Dinacharya tenets and Sadvritta which also includes spiritual enlightenment. The benefits that we have observed/expressed by participants are in relation to their emotional wellbeing and which is obviously because of achieving mental and physical health. Ayurveda and spirituality can't be separated from each other. We are conducting short meditation sessions and Ayurveda teachings for their betterment.

This is proving to be a healthy approach in reinstating the laws of Swasthavritta and in my opinion these laws can prepare the mankind to face pandemics like Covid 19 and turn them in to endemics.



Prof. Dr. Chandra Bhushan Singh

Prevention of Madhumeha

Aim

My aim was to prevent Madhumeha (Diabetes mellitus) T2DM. Madhumeha is increasing day by day due to urbanisation and sedentary life style. Prevalence of T2DM is 90% in which 50% can be prevented by an Ayurvedic concept.

Method

I had started diabetes prevention clinic in 2000 and enrolled 100 persons. They all were related to diabetic family age group of 30 to 42 years. Counselling for all were mandatory on monthly basis. Counselling was divided into four segments: 1. Ahar 2. Vihar 3. Physical activities and 4. Routine health checkup. Ahar- sattvic, rajasic, tamasic including beverages. Vihar-dincharya, ratricharya, ritusandhi, sadvritta. Physical activities – Isotonic/isometric exercises, yoga, pranayam, meditation. Routine health checkup – BMI, BP, BS - (Fasting and post prandial), fat evaluation every month and whole body check up every six months. On the basis of monthly assessment health report card were being distributed among all.

Result

After 22 years 96 were non diabetic and only four were developed pre diabetic synonyms due to different causes. 1st was due to voracious eater, 2nd due to too little sleep, 3rd due to physical exercise nil and 4th aversion to avoid bath.

Conclusion

Lastly, I had found madhumeha can be prevented by the Principle of Ayurveda if obey in disciplined manner. In fact, no short cut way to prevent madhumeha.



Dr. Vikrant Patil

Thyroid Disorders or Thyroid Syndromes: Revisiting basics

Thyroid disorders are common worldwide. Thyroid dysfunction, both hypo- and hyperthyroidism may increase the risk of metabolic disorder as well as reduced quality of life. There is great need to look at these clinical conditions from new insights in order to check on the basics and more effectively deal with it.

Methods. Based on the retrospective researches and from our own clinical experience at TATC clinic, we realized that current thyroid function tests may have limitations since they only measure the total or free T4 and/or T3 and TSH in peripheral blood. There is always no exact correlation of TSH levels and the clinical presentation of hypo and hyperthyroidism. It could be due to lack of understanding of effects of thyroid hormones, TSH on different effectors and their complicated network. Patients reported a lack of well-being with psychological distress, despite reaching euthyroid reference range of TSH after supplementation.

Results. We hypothesized thyroid related conditions as a syndrome then research perspective at the pathophysiology, interrelation between symptoms and comorbidities will be much broader that can lead researchers to get insights of different pathways in which thyroid gland functioning can be perceived and dealt therapeutically.

Conclusion-The deliberation of thyroid disorder as a syndrome can affluence our knowledge of correlating cofounders, action of thyroid hormones on target tissues, underlying cause and thyroid health.



Prof. Dr. Hema Kulkarni

Threatened Ayurvedic Herbs Substitution by Cultivated Bioactive Ingredients —Ashtavarga and Dashmula Scope

Substitution of rare medicinal plants by commonly cultivated herbs and spices can avoid the problem of adulteration and efficacy of Ayurveda medicines. Over 100 i.e. 12% of traded Indian medicinal plants, mostly from Ayurveda system are threatened with extinction by destructive methods of harvesting.

Thus we need to replace threatened Ayurvedic raw drugs by legitimate options in pharmacopeia by common or cultivated herbs to ensure health and environmental conservation as depicted here through Ashtavarga and Dashmula class of raw drugs. These are used in the famous tonic “Chyavanprash”, the topmost selling Ayurvedic brand. It comprises threatened species including 2 rare trees in Dashmula viz. Shyonak (*Oroxylum indicum*) and patala (*Stereospermum suaveolens*) that are often replaced by the common roadside tree viz. mahaneem (*Ailanthus excelsa*) and the cousins *S. Chelenoides* or *Ramermachera xylocarpa* respectively. As the later 2 species are also, rare, there is need to study and legitimise cultivated garden trees such as *Tabebuia avalandi*. The 2 herbaceous species in Ashtavarga viz. Riddhi (*Habenaria edgeworthii*) and Vriddhi (*H. Intermedia*) are replaced by *Discorea bulbifera*, air-yam, a widespread, common forest climber and found pharmacologically potent by Forest Research Institute. Similar initiatives are needed to replace the threatened herbs with cultivated species.



Dr. Anjana Kushwaha

Significance of Flowcytometry in Ayurvedic Medicine Research

Significance of Flowcytometry in Ayurvedic Medicine Research

Anjana Kushwaha, Sana Nafees, Pooja, Jasbir Kaur

Dr. R.P. Centre for Ophthalmic Sciences, All India Institute of Medical Sciences, New Delhi-110029, India

Corresponding email: anjanarahul01@gmail.com

Abstract

Ayurveda, the traditional Indian medicinal system remains the most ancient yet living traditions with sound philosophical and experimental basis. According to the World Health Organization, about 70–80% of the world populations rely on nonconventional medicines mainly of herbal sources in their healthcare. Evidence based research is highly needed for global recognition and acceptance of Ayurveda, which needs further advancements in the research methodology.

The modern-day research depends on the scientific and technological innovative devices. One of such instruments is flowcytometry, it provides rapid multi-parametric analysis of single cells in solution. Cell populations can be analyzed and/or purified based on their fluorescent or light scattering characteristics. The screening of numerous ayurvedic herbs for their anti-cancer effect can be done using this technique. Moreover, a variety of drugs for their immunomodulating and anti-inflammatory capacity from traditional medicine can be investigated and provide newer opportunities to improve therapeutic spectrum. Flowcytometry allows unprecedented detail in studies of the

immune system and other areas of cell biology. Also, it is extensively used in research for the detection of DNA damage, caspase cleavage, apoptosis and cell proliferation using different assays and markers.



Prof. Dr. Jasbir Kaur

Ayurveda: A promising health care system in ophthalmology

Ayurveda is a science of life with holistic approach and is one of the inherited traditions of health and longevity. Extracts of plants and substances of animal origin could be used safely, as has been determined by controlled interventional studies and wide variety of plants have been found to have effective against number of ocular diseases owing to their properties of anti-inflammatory, wound-healing, antimicrobial, antioxidant, antitumor, and antiangiogenic. Discovery of plant-based antiglaucoma drugs and anaesthetizing agent for ocular tissue has led to the exponential growth in ocular pharmaceuticals. Ayurvedic literatures record about fifty ophthalmic plant drugs and about forty metals minerals having diversified pharmacological actions on visual system and adnexa of the eye. It offers comprehensive safe and effective approaches to manage conditions like glaucoma, age related immature cataract, diabetic retinopathy, retinitis pigmentosa, age related macular degeneration (ARMD), dry eye syndrome, allergic conjunctivitis, myopia. Continued research may enhance the ability to synthesize new compounds based on nature-derived prototypes, giving rise to new pharmacologic options with additional properties. Attempts have been made to investigate new compounds particularly because they are locally available and easily consumable as raw or in simple medicinal preparations with an aim to provide substantial benefits to eye tissue and vision with less side effects and toxicity. Despite technological innovation, many of these naturally-occurring compounds have yet to be rigorously investigated for activity in ocular tissues.



Dr. Pradip Gyawali,
Executive Chief, Nepal Health Research Council Kathmandu,
Nepal

Promoting Research in Ayurveda: Developing Ayurveda Research Ecosystem in Nepal.

Promoting research in Ayurveda is important for advancing the understanding and effectiveness of this traditional system of medicine. Research can help to validate the effectiveness of Ayurvedic treatments, as well as identify new uses for Ayurvedic remedies. Nepal can be a nice hotspot for the research and development of Ayurveda and herbal medicine. There are few points prioritized areas for Ayurveda development.

Government funding: The government can provide funding for research in Ayurveda, both through public institutions and through grants to private institutions and researchers.

Collaboration with academic institutions: Universities and research institutions can play a key role in promoting research in Ayurveda by providing resources, expertise, and support for research projects.

Public-private partnerships: Private sector organizations, such as pharmaceutical companies, can work with government and academic institutions to promote research in Ayurveda.

International collaboration: International collaboration can help to increase the visibility of Ayurveda research and promote the exchange of ideas and knowledge.

Encouraging clinical trials: Clinical trials are essential for determining the safety and effectiveness of Ayurvedic treatments, and for gaining wider acceptance of Ayurveda among the medical community.

Developing a standardized curriculum: Standardized curriculum for Ayurveda education will help to create a pool of well-trained Ayurvedic professionals who can conduct research and promote Ayurveda.

Encouraging publication of research: The publication of research in peer-reviewed journals will help to increase the visibility and credibility of Ayurveda research.

Hence, promoting research in Ayurveda is essential for advancing the understanding and effectiveness of this traditional system of medicine. It requires a multi-faceted approach, involving government funding, collaboration with academic institutions, public-private partnerships, international collaboration, clinical trials, standardized curriculum and encouraging publication of research.



Dr. Sarita Shreshtha

Medical Ayurveda Tourism in Nepal: A new horizon for the Promotion of Ayurveda globally.

Nepal is ranked 9th among the Asian countries for its floral asset with 2,331 recorded useful medicinal and aromatic plants which is available within a wide range of altitudinal variations. The altitude ranges from 60 meters to 8848 meters above the sea level with massive topographic and climatic variations. Forest of Himalaya is the richest habitat for highly potent medicinal plants and the use of plants as a life-line has steadily increased with increasing altitude. Medical Ayurveda tourism in Nepal is growing in popularity, with increasing numbers of tourists seeking Ayurvedic treatment for various health conditions, such as stress, chronic pain, and skin disorders. Many Ayurvedic treatment centres and wellness resorts in Nepal offer a variety of Ayurvedic treatments, including massages, herbal remedies, and dietary therapy.

Movement for healthcare, mostly termed 'medical tourism', is the term commonly used to describe the phenomenon of people traveling outside their home country primarily for the purpose of seeking medical treatment. The Nepalese government has recognized the potential of medical Ayurveda tourism and has implemented various policies and programs to promote it. These include providing tax incentives for Ayurvedic treatment centres, establishing a National Ayurveda Policy, and promoting the development of Ayurvedic spa and wellness centres.

There is a need of Establishment of Medical Tourism Centres in selected Areas of Nepal promoting Ayurveda and the indigenous knowledge for lifestyle management and cure of disease.

There are few challenges that need to be addressed in order to promote sustainable medical Ayurveda tourism in Nepal. These include the need for quality control, standardization, and regulation of Ayurvedic treatment centres, as well as the need for more research and data on the effectiveness of Ayurvedic treatments. Medical Ayurveda tourism in Nepal has a lot of potential for economic growth and employment generation, but it requires further efforts to ensure the quality and safety of treatments, and to promote sustainable practices.



Dr. Santosh Kumar Thakur

Educational Advancement for Strengthening Ayurveda Human Manpower in Nepal

Ayurveda, a traditional system of medicine that originated in the Indian subcontinent, is widely practiced in Nepal. The education and advancement of Ayurveda in Nepal is an important aspect of preserving and promoting this traditional medical system.

In Nepal, Ayurveda education is provided at various levels, including certificate, diploma, undergraduate, and postgraduate levels. The Council for Technical Education and Vocational Training (CTEVT) is the main government body responsible for overseeing Ayurveda education in Nepal. There are currently several institutes and colleges in Nepal that offer Ayurveda education.

Despite the availability of Ayurveda education in Nepal, there are still challenges in terms of curriculum development, teacher training, and research. The government and private sector organizations are working to address these challenges by providing training programs for Ayurveda teachers, promoting research in Ayurveda, and developing a standardized curriculum.

Overall, Ayurveda education in Nepal has come a long way, but there is still a need for further advancement and improvement in order to ensure that practitioners are well-trained and equipped to provide high-quality Ayurvedic care to patients.



Dr. Dinesh Gyawali

Ujyaalo Ayurveda: Reflecting on glorious past and gleaming future of Nepal's Ayurveda

Ayurveda is esoterically known in the global arena as an Indian Science. It is an encouraging fact that with India's rising influence across the globe, Ayurveda is making its way together with Yoga on the world stage. Despite her age-old contribution to the growth and development of Ayurveda, Nepal, hasn't been able to share it loud and clear with the world. Ayurvedic professionals from Nepal are spreading the light of this ancient science globally and it is time for Nepal to reclaim her lost heritage. This presentation dwells on the glorious history and beaming future of Nepal's Ayurveda while discussing the ideas of participating in mainstream Ayurveda. The speaker will share his experience of representing Nepal's Ayurveda in various international organizations and what the future waits for all Ayurvedic professionals from Nepa.



Dr. Shivanarayan Prasad Gupta

Study of types jalauka (Leech) found in Siraha district Nepal

Jalauka (Leech) is one of the anushashtra and useful in treatment of many blood-related diseases. There are two types of Leech, one is Nirvisha (Non-poisonous) and other is savisha (poisonous). Non-poisonous leeches are medicated leech, and they are 6 types. Poisonous leeches are also 6 types. In Siraha district, about 95 percentage leeches found medicated leech.



Dr. Ashok Kumar Panda

Recompensating of Decompensated Liver Cirrhosis by Ayurveda Medication: Retrospective Case Series

Decompensated hepatic cirrhosis (DHC) patients have a poor prognosis and are more likely to undergo hospital readmissions, liver transplantation, death, or hepatocellular carcinoma. DHC is nearly 15% of all cirrhotic patients, and within 28 days' mortality is 4.6%, which increased to 12.6% at three months, 18.3% at six months, and 27.6% at one year. Patients, even public physicians, believe that end-stage liver diseases have no obvious progress or improvement, and it is not clear whether it can be maintained for an extended period of time. From a pathological point of view, there is no sufficient clinical evidence to support that liver fibrosis in patients with decompensated cirrhosis can be reversed except in one Ayurveda case series⁵. Therefore, this retrospective study is planned to evaluate the clinical outcomes using intention-to-treat analyses recompensation.

Materials and Method: The patients of Central Ayurveda Research Institute, Bhubaneswar, Odisha treated with conventional Ayurveda treatment were kept in observation to evaluate the clinical outcomes using intention-to-treat analyses recompensation. The treatment protocol was initial Deepan Pachana (digestive), Vatanulomana (Laxative) hepato protective, anti oxidant then Siddha makardwaja and Lokanath Rasa for six to one year depending on the condition of the patient.

The primary outcome of recompensation was measured using Liver function test, Fibrocan and the progress of the patient severity analysed in terms of Child-Turcotte-Pugh (CTP) or model for end-stage liver disease (MELD) scores. The secondary outcome is quality of life of patients.

Result: Out of five patients, one female patient's cirrhosis is due to auto immune and another two male patient's cirrhosis is due to heavy alcohol intake. Another two patients progressed from fatty liver. The fibroscan where other two cases reduce 48 to 12 kPa and 56 to 7 Kpa, respectively. Fatty liver progressed patients are all respond well to this regimen.

Discussion-Ayurveda treatment increased Agni and Bala of the patients. The herbal hepato protective drugs regenerated the hepatocytes. The Siddha Makardwja and Dasamula Haritaki act as systemic anti-inflammatory drugs because systemic inflammation is the key component of the progression of cirrhosis.

Ayurveda treatment for 12 months resulted in improved Child-Turcotte-Pugh (CTP) and model for end-stage liver disease (MELD) scores of five patients and patients were without complication of more than two years. Thus, Ayurveda treatment helps in recompensating the decompensated liver cirrhosis.

Conclusion: Ayurveda treatment for 12 months resulted in improved Child-Turcotte-Pugh (CTP) and model for end-stage liver disease (MELD) scores of five patients. Thus Ayurveda treatment helps in recompensating the decompensated liver cirrhosis.



Dr. Nitin Juneja

Pharmacological Action of Nasya Karma in Urdhwajatrugata Roga

The age-old science of life called Ayurveda has a treasure of holistic treatment modalities, which is a boon for humanity. The essence of this traditional method is that it emphasizes on treating the root cause through various Shodhana procedures. One of the procedures of Ayurveda called Nasya is practiced for Urdhwajatrugata (supra clavicular) diseases. Nasya is one among the five Panchakarma therapies. Nasya treatment refers to an Ayurvedic procedure that includes instillation of herbal oils, juices or powders through the nasal route. As stated by Ashtanga Sangraha, Nose is closest route to head (Brain) so the medicine that is used in Nasya administered through the nostrils pervades into the nervous (Brain) and venous system (Blood circulation) present in and around the nostrils through cavernous sinus. They evacuate the morbidity present or distributed in nearby area such as eye, ear, throat. Thus it relieves the blockage of the channels and influences head region by removing all accumulated Doshas from nose, throat and head region and cures Urdhwajatrugata Rogas effectively as well as nourishes the sensory organs such as nose, ear and eyes.



Dr. Samruddhi Patil

Clinical evaluation of Shrama Hara Energy Bar for immediate effects on Exercise Exertion: A Case Study

Introduction: Energy bars are supplemental bars with added micronutrients for quick release of energy during activities of daily living. Scientific reports predict a 28% growth in its annual capital growth during forecast period between 2022 to 2027. The major consumers for energy bars in Indian population consist of community adults from sports and recreational athletes and physically active individuals. Despite the presence of different types and compositions of energy bars available in the consumer market, there is still a developing consensus regarding healthier herbal options like Shrama Hara for its efficacy in exercise performance.

Methods: A formulation for Shrama Hara Bar was prepared by referring to Charaka Samhita Sutrasthana. Its immediate effects on exercise exertion and performance were studied on a 25-year-old physically active female. To test for exercise performance and exertion, the participant underwent Fitness Screening test using Rockport fitness test and reported exertion level using RPE Borg's exertion scale. Following initial screening, the participant was provided with prepared composition of Shrama Hara energy bar (65gms). A 30-minute recovery and absorption time was given to the participant during which no active exercises were carried out. The post-consumption recording of exercise performance and exertion was again undertaken to analyse the immediate effect of Shrama Hara energy bar.

Results: After comparing the pre(VO_{2max} – 34) and post(VO_{2max} – 43.33) assessment data, it was noted that the participant performed better and required lesser recovery time post-intervention. Hence, proving the effectiveness of Shramahara energy bar.

Conclusion: It may be primarily concluded that Shrama Hara Energy bar has potential to improve exercise performance by reducing the recovery time from an exercise bout. This may be implicated towards a quick and safe return to exercises thus paving way for exploring the effectiveness in a larger sample in the future.



Dr. Ankita Shirkande,
Associate Professor, D Y Patil College of Ayurveda and Research Centre

Management of Pre-Menstrual Syndrome in Young Woman Using Green Gram Soup and Barley porridge as menstrual diet regimen – A Case Study

Women suffer from various conditions related to the menstrual cycle due to changing lifestyles, bad food habits, physical and mental stress. Pre-Menstrual Syndrome (PMS) is a combination of physical and emotional symptoms that many women get one or two weeks before the start of their menstrual period. In the present study, 14 years old female patient having symptoms- lower abdominal pain, backache, breast tenderness, constipation, pimples, tiredness, and unexplained anger typically in luteal phase from last 4 months, was diagnosed with mild to moderate symptoms of PMS. After proper analysis along she was suggested to consume light-to-digest dietary articles advised in classical texts for minimizing specific symptoms during menstruation. Thus Green gram Soup and Barley porridge was given to her as lunch and dinner respectively for the first three days of the menstrual cycle for continuous 6 cycles.

It is observed that consumption of these dietary products during the menstruation time period assisted to minimize the symptoms of PMS. This illustrates that there is a wide scope to explore the ayurvedic dietary regimen recommended during menstruation which can be used more rationally to suit menstrual disorders.



Khushi Tyagi

Amlaki Says: 'Age with Grace'

Title:

AMLAKI says "AGE WITH GRACE"

Introduction:

Emblica Officinalis, commonly known as Indian Gooseberry or Amla is an ephemeral tree belonging to the Euphorbiaceae family. Amla fruits are edible and are mainly found in regions of India, South East Asia, China, Iran, and Pakistan. It is one of the most important medicinal plants in Ayurveda. The Amla fruit is used to treat wide range of ailments from the most common cold and fever to playing a beneficial role in fearsome diseases like cancer, diabetes etc. Amla has antioxidant immuno-modulatory, antipyretic, analgesic, cyto-protective and gastro protective actions.

Amla is also used for memory enhancement and for lowering blood cholesterol levels. It is stated to be protective against radiation damages by various scientific studies.

Amla is also reported to possess radiomodulatory, chemomodulatory, chemoprotective effects, free radical scavenging and anti-mutagenic effect.

It is a rich dietary source of vitamin c, minerals, amino acid and also contains various phenolic compounds. It is also known for providing protection for human dermal fibroblast against oxidative stress and therefore it is thought to be useful for natural skin care. Amla being a good source of nutritious content benefits hair health.



Dr. Ramkrishnamacharya C H

Dietary Supplements with Botanicals for Special Medical Purpose

In the year of Millets 2023 we would review the dietary supplements with botanicals for the special medical needs. Millets, especially Jowar and Ragi were staple foods for Asian people, but now it has become a food for economical weaker section people. In spite of good source of carbohydrates, vitamins, minerals, millets was thrown back to other cereals like rice, wheat, etc. which become staple food and due to Green Revolution. Recognizing the importance of millets, Govt. of India proposed an international year for millets and 2023 has been earmarked for Year of millets.

Similarly pulses, cereals, lentils etc. have a good role in balanced diet, nutritional status of humans. Therefore, concept of 'Dietary Supplements' is emerged to mitigate malnutrition, dietary deficiency. Apart from supplementing as diet, when botanicals are added these dietary supplements may contribute in restoring normal health in special medical conditions.

Millets such as little millet, Brown top millet, Barnyard millet, Foxtail millet, kodo millet, apart from providing nutrition, have good amount of vitamins, such as Vit B complex, Vit E, Vit C etc. They have antioxidants to control cellular damage, decaying of cell, and prevent or minimize the disease conditions. Green gram, Bengal gram and black gram contribute in improving muscle build, strengthens muscular activity and reduce protein deficiency. Adding seasonings such as spices Ela, lavang, jeerka etc enhance the digestions and bio-availability. Further adding botanicals, Aswagandh, Tulasi, Hardira, Triphala, Kanchanara, etc. shall synchronize and act as an adjuvant to conventional interventions already being administered for special health conditions such as diabetes, gynecological problems, cancers, renal problems.

FSSAI, Govt. of India included some of the medical plants under botanicals which may be used along with food supplements and categorized these supplements in to Food for Special Dietary Use, Food for Special Medical Purpose etc.

Details of millets, pulses, lentils, spices and seasonings and botanicals and their special role in specific health conditions will be presented.



Dr. Himangshu Baruah,
Asst. Professor,
Northeastern Institute of Ayurveda and Homoeopathy, Shillong

Pharmaceutical and Analytical Study of Lodhradi Kashaya Ghanavati (LKGV), a modified dosage form of Lodhradi Kashaya

Dr. Himangshu Baruah, Assistant Professor, NEIAH, Shillong

Dr. Rakesh Bramhankar, Associate Professor, Patil Institute of Ayurveda and Research, Vadodara, Gujarat

Background: The Indian System of Medicine (Ayurveda) has gotten recognition worldwide but there are some limitations of Ayurvedic dosage forms in terms of palatability, availability etc. To ensure availability of Lodhradi kashaya (an Ayurvedic polyherbal formulation especially indicated in Diabetes mellitus) and turn it into a more palatable form with less dose it is modified into Ghanavati (concentrated tablet) form. Herbal medicines are relatively safer but preparation and quality assurance is an integral part of any of medicinal system to ensure quality of medicines.

Aim and Objective: To evaluate quality parameters of Lodhradi Kashaya Ghanavati which can be adopted by the pharmaceutical industries.

Material and Method: In the work, attempts have been made to standardize Lodhradi Kashaya Ghanavati, an Ayurvedic polyherbal formulation. Standardization and quality control of Ayurvedic formulations is necessary to ensure their quality, strength, purity and authenticity. Present work deals with Organoleptic test, physico-chemical analysis, thin layer chromatography (TLC), microbial limit test and heavy metals analysis of LKGV Ghana Vati. Hardness, Disintegration time, Weight uniformity and Friability test were conducted to evaluate whether the finished product is under limit as pills dosage form.

Conclusion: This study will be useful to develop quality parameter of Lodhradi Kashaya Ghanavati by Pharmaceutical sector of Ayurvedic/Herbal medicines and improve patient compliance. The outcome of the research confirms the need of ensuring quality and safety of Ayurvedic medicines.



Dr. Sushma Patil

Potential Curative Role of Classic Ayurvedic Therapy In Obese Hypothyroidic Females

Thyroid hormones regulate the body's metabolic rate controlling vital organs like heart, muscle, digestive functions, brain development and bone maintenance. According to Ayurveda "aam" is very specific toxin produce in the body which may hamper different functions. Change in colloid constitution can be termed as "Mala sanchaya" due to this "aam" is produced and thus patient may have hypothyroidism.

Methods: The present study aims to provide a curative ayurvedic therapy for hypothyroidism and comorbid weight gain in obese hypothyroidic females. Females with hypothyroidism having average age of 36.5 ± 12.20 years and average weight of 68.39 ± 9.97 Kg were given four medicines — Capsule Agni, Capsule Thyro rasayan, Capsule Thyro K and Capsule Calm pro in a dose of 1 table twice a day for the period of 30 days. Capsule Agni is basically designed by to enhance "Agni" of the body. Thyro k targets thyroid gland and boost its normal functioning. It also gives "Gamitva" means catalyst action for other medicines. Calm pro capsules help to reduce symptoms like palpitation, tachycardia hyper perspiration, insomnia, irritation, depression, over thinking, etc. While Thyro rasayan capsule is intended to help maintain normal thyroid levels.

Results: The combination therapy of all four medicines showed promising effect in maintaining normal thyroid functions. There was significant reduction in weight i.e., 4.34% after 30 days treatment in these females. There was significant reduction in symptoms as well just in a week after commencement of treatment.

Conclusion: This represents the potential of Ayurvedic therapy given as an intervention in hypothyroidism and associated obesity. With limited evidence, our research is expected to assist the identification of better treatment approach and guide further research.



Dr. Prasad Khandagale, Govidyan Sanstha, India

Relevance of Govidyan in the Globalization of AyurVeda

Govigyan is the science of Indian cows and numerous cows originated products. It is a closely associated branch with Ayurveda. Ayurveda pharmacy is an important and integrated part of the ayurvedic system of medicines which is devoted to the science and technology of ayurvedic medicines and their applications, not only for the management of different diseases, but also for the maintenance of human health in an ideal condition. Cow based pharmacy is devoted to the pharmaceutical and medicinal aspects of the different products derived from Indian cows and their applications for the management of almost all kinds of ailments and health complaints.

The origin of the Ayurveda goes back right to the inception of Vedas and therefore it is the most ancient medicinal system of Indian origin. As against this Govidyan is relatively a new and recently established but rapidly developing branch of science. It is fundamentally based on the basic principles of Ayurveda and now it is receiving strong support from modern sciences also.

Currently extensive and intensive interdisciplinary research has been undertaken by a large number of researchers from India as well as abroad. The outcome of this research is astonishing and miraculous results are obtained indicative of the supremacy of Govidyan. Our efforts to work on cow urine, cow dung, cow ghee and other related cow origin product with various modern aspects and modern techniques shows higher value and relation of modern pharma and Govidyan.

Through this communication, we would like to expose to the scientific and research community, the current status of Govidyan and its relevance in the context of the globalization of Ayurveda.

Pritija Rajendra Kankariya, BAMS, MD, Pune, Prasad Khandagale*, Govidyan Sanstha Pune;

Mrudula Wadekar, Y.M. college Bharati Vidyapeeth Pune;

Rajendra Kankariya, Deepak Shah, Pratibha college, Chinchwad, Pune, Pune University.



Prof. Dr. Mauricio Arley Fonseca, University of Costa Rica

Ayurveda in Diverse Kinds of Mindfulness and Behavioural Epigenetics

Governments, during the Covid-19, has focus on infections, probabilities of contracting the virus, using masks, the distance, but what about the connection with the mountains, rivers, our nutrition and exercises, meditation, new forms of sharing time with the family and friends?

We need to remember that our inner web requires dedication, air, and despite of adversity, we do have genetic, spiritual, emotional potential which make us able to transform what is necessary to persist in the best possible way; the epigenetics discoveries has shown us that Science is also bond to Spirituality, and many other human connections, and beyond the humanity, is a connection with the whole system.

The actual situation with the Bird Flu Virus and the families of coronaviruses are warnings about what we have to remember and what we have to transform. In this context, spirituality is a path which permits to the humans connect with the present,

without fear, but with confidence on the universe.

And by other hand, we need to receive healthy ideas and food, because as important is our brain as our digestive system.



Dr. Indira Anand,
Chair, British Association of Accredited Ayurvedic Practitioners
(BAAAP)

Energy Healing through some Esoteric Yogic Practices

Energy vibrates in the body as a pranic flow and when the flow is increased by access to cosmic energy or by working directly on the dormant energy in the body it can be directed to the diseased parts of the body for healing. The mobilisation and direction of energy is done in different ways in different systems of healing. But intentionality is an important ingredient. By combining intentionality with faith and belief, we also access the valuable assistance of the subconscious mind. My presentation will cover 'Yoga Nidra' - the most effective way to relieve physical, emotional and mental tensions - the cause of most psycho-somatic diseases, which modern medical science is ill-equipped to tackle; 'Prana Nidra' - which aims at expanding the awareness and the experience of prana in previously unconscious areas. It is useful both as a physical and mental therapy; 'Prana Vidya' - an Art and Science of healing oneself and others; 'Swar Yoga' - which teaches us how using the right swara, by over-riding the natural rhythm of the breath through left or right nostril, one could help so many health conditions. The three swaras (through the left, right and both nostrils) correspond to the three major systems - Mind - Chitta, Life Force - Prana and Spirit - Atma. Chitta controls the sensory nerves, prana controls the five organs of action and Atma is the overall controller. All these practices help discipline our senses and our mind, and promote a balance in the hormonal, endocrinal and emotional structure of our personality.



Dr. Samarth Kotasthane, M.D., Ph.D.

Understanding Rakta Dhatu in Context of Cancer - Literature Study.

Cancer is a leading cause of death worldwide. There were Nearly 10 million deaths in 2020 due to various types of cancer. Cancer has become a major public health and economic issue which causes huge burden physically, psychologically and economically.

Blood playing pivotal role by change in ECE / angiogenesis / offering route for metastasis. This literature study was designed to Understand Role of Rakta Dhatu in Cancer as per Preventive, pathology and treatment factors.

it is concluded that, Rakta Dhatu is a master Dhatu to be focused in cancer. Maintaining healthy status of Rakta Dhatu is the most immediate and necessary understanding in treatment and prevention of cancer.



**Prof. Dr. Ramesh Waghmare, M.D., Ph.D.,
Vidarbha Ayurved College Amravati (MS)**

Clinical Presentation of Mutraghata in Ayurved and Modern Medicine

Mutraghata is the disease in which Mutravaha strotas afflicting and causes obstruction in the excretion of urine or suppress the formation of urine or knocked off the uine.

Acharya Charaka has been described thirteen types of Mutraghata, while Acharya Sushrut and Vagbhat have described twelve types of Mutraghata.

Obstruction of the urinary tract may produce profound structural and functional changes in the kidney and if uncorrected may result in complete, irreversible loss of renal function. Early Diagnosis and appropriate correction, therefore are essential for preventing or restoring renal function and preventing the progression to End Stage Renal Failure.

The emphasis has been made in the present clinical study to distinguish and correlate the 13 types of Mutraghata which are commonly observing in day to day practice in Ayurved terminology and similarly in Modern Medicine.

In the present clinical study 24 patients of Mutraghata have been studied with different aspects of the aetopathogenesis and their management with Ayurvedic drug.



Dr. Tarini Moghe

Review of Stem Cell Differentiation in Correlation with Rasayana

Stem cell differentiation involves changing of a cell to a more specialised cell type, involving a switch from proliferation to specialisation.

Ayurveda's Rasyana concept explains tissue regeneration and cell renewal. It not only plays a vital role in rejuvenation but also exhibits immunomodulatory activity, antioxidant activity, inotropic and anti-stress activity, which helps in improvement of quality of life.

Hence Rasayana drugs may act as an appropriate adjuvant drug in stem cell therapy to patients.

The drugs and therapies explained as Rasayana provide research opportunities for biology of regeneration. Specific Rasayana stimulate and nourish respective dhatus.

Various research studies are being conducted in order to assess the role of traditional Ayurvedic herbs in stem cell differentiation.

Stem cell differentiation can be observed in a number of various cell lineages like osteogenic potential, chondrogenic, adipogenic, neurogenic, cardiogenic etc.

Hence the advanced understanding about adult and embryonic stem cells along with concepts of regeneration in Ayurveda has immense potential in the development of regenerative medicine.



Dr. R.C. Satish Kumar, M.D.

A Double Blind, Randomized, Placebo-Controlled Clinical Study to Evaluate the Efficacy and Safety of TFN34 tablets for Individuals with Subclinical and Clinical Hypothyroidism

Hypothyroidism is one of the commonly presented medical complications addressed. There are Clinical symptoms that happen to differ from mild unspecific symptoms namely cold intolerance, tiredness, and obstipation to life-threatening signs like myxedema and lack of vitality. The current study involved on designing as well as evaluating the clinical efficacy of the aforementioned prescription on the poly-herbal formulation of oral medication for effective management of hypothyroidism. This study is planned to evaluate the efficacy and safety of TFN34 tablets for Individuals with subclinical and clinical hypothyroidism as assessed by clinical and laboratory methods including the Zulewski Index questionnaire. Evaluating the treatment regime effect on hypothyroidism management and treatment that monitoring the level of FT3, FT4 and TSH is the secondary objective for identifying the compliance and AE to the study. The treatment regime comprised of administering TFN34 tablets which was developed with a polyherbal formulation developed and manufactured by Apex Laboratories Private Limited, Chennai and the clinical trial was conducted at SRM Medical College Hospital and Research Centre, Kattankulathur. The clinical trial was intended to determine the efficacy and safety of administering TFN34 tablets in the treatment and management of hypothyroidism cases among 60 patients by conducting a placebo-controlled, randomized double-blind study.



Dr. Dhanvantari Kumar Jha, M.B.B.S., M.D. (Ayurveda)

Literary Review on Metabolic Syndrome through the lens of Ayurveda

Metabolic syndrome is a group of diseases which may include a combination of any of raised blood sugar levels, dyslipidaemia, obesity and Hypertension. It is a complex illness which often requires multiple approaches to manage the various components of it. The treatment protocol and the medicines need to be continuously monitored and changed as there can be a huge drug to drug interaction issue due to different classes of medicines involved for treating different diseases in the syndrome. The approach again changes as the combinations and permutations of the diseases and its complications change, thus making it very difficult to manage.

Metabolic syndrome is also a precursor to various cardiovascular disorders. Moreover, it is also rarely used as a final diagnosis due to the various components being diagnosed at different stages of life and/or only when the complications of the components are seen. Talking about Ayurveda as a holistic system of medicine the combination of some or all these various components of metabolic syndrome may it be raised blood sugar levels or dyslipidaemia, or obesity or hypertension can be attributed to a common Dosha disturbance especially due to the vitiation of Kapha Dosha alone or in combination with other Dosha's.

Thus, managing the Metabolic syndrome can be possible if we target the Kapha Dosha vitiation and work on treating the disturbed Kapha Dosha. Talking about pre-defined diseases in Ayurveda – Prameha is one such disorder mentioned in Ayurveda which by its basic nature is Kaphaj and thus a striking similarity can be seen between the Sthula Pramehi or Kaphaj Prameha and the Metabolic Syndrome.



Dr. Bishnu Choudhury, Asst. Prof.
College of Ayurveda, North Eastern Institute of Ayurveda and
Homoeopathy (NEIAH), (Ministry of AYUSH, Govt. of India).

Effect of *Lagerstroemia speciosa* (L.) Pers. (Jarula) leaves powder as a hypoglycemic agent in the management of type 2 DM – A interventional Study

Background: About 422 million people worldwide have diabetes, the majority living in low-and middle-income countries, and 1.5 million deaths are directly attributed to diabetes each year. Perusal of history reveals the earliest description of Madhumeha (diabetes mellitus) is found in Vedic literature of India. The hypoglycemic effect of *Lagerstroemia speciosa* (L.) Pers. has been dated back from the old writing of Ayurveda (Bhavaprakash Nighantu).

Objective: To assess the efficacy of *Lagerstroemia speciosa* (L.) Pers as an oral hypoglycemic agent.

Methods: The present study is a single-group, open-label, clinical trial with a pre-post follow-up test design on 100 subjects of Type 2 Diabetes Mellitus. Subjects were intervened with *Lagerstroemia speciosa* (L.) Pers. leaves powder in the dose of 12 grams daily in two divided doses ½ hour before breakfast and dinner with warm water for 90 days along with advice for standard control of diet and lifestyle modification. The result of the study was determined by the changes in fasting and post-prandial blood sugar and glycosylated hemoglobin level before and after the completion of the study. Statistical analysis was done using all values which are expressed as mean \pm SD and 'Z' test. The results were assessed through the 'p'-value.

Results: After 90 days of intervention, mean laboratory-measured fasting and post-prandial blood glucose showed a decrease from 168 mg/dl and 202 mg/dl to 135 mg/dl and 166 mg/dl respectively. Reduction in mean Glycosylated hemoglobin was also observed from 7.3% to 6.5%. The rate of shift of grade was observed statistically significant ($P < 0.01$) in all parameters.

Conclusion: Leaf's powder of *Lagerstroemia speciosa* (L.) Pers. showed a significant hypoglycemic effect.



Dr. Keertan M S,
Associate Prof. Shri B M Kankanwadi Ayurveda Mahavidyalaya
Belagavi, Karnataka, India

A Integrative Approach to Prediabetes a Major Cause for Diabetes

Prediabetes is a complex multifactorial metabolic disorder that extends beyond glucose control. Once thought of as an innocuous condition, current studies have found that micro-vascular (neuropathy, nephropathy, and retinopathy), macrovascular (stroke, coronary artery disease, and peripheral vascular disease), periodontal disease, cognitive dysfunction, blood pressure changes, obstructive sleep apnea, low testosterone level, fatty liver disease, and cancer are some of conditions that are present with the onset of glycemic dysregulation.

Current management strategy for prediabetes is lifestyle management. Lifestyle

interventions over 6 years can prevent or delay diabetes for up to 14 years after the active intervention (Li G et al. Lancet. 2008).

The U.S. Food and Drug Administration have not approved any drug specifically for the treatment of prediabetes (Brannick B et al. Exp Biol Med (Maywood). 2016).

However, there is a scarcity of methodologically rigorous research in supporting efficacy of Integrative medicine (Luberto CM et al. Curr Psychiatry Rep. 2013).

Hence, we need to evaluate the Efficacy of Integrated Ayurveda Management Protocol in Prediabetes.



Sujith Madathil Padi Subrahmanian,
Indian Institute of Technology, Hyderabad - India

Corroborative Assessment on Anticancer Efficacy of Ayurvedic Herbal Formulation Amrutha Vataka

1. Sujith Madathil Padi Subrahmanian, 2. Medammal Zubair and 3. Dr. C Jayaprakash
1, 2. Department of Zoology, University of Calicut, Malappuram, Kerala – 673 635, India.
3. Ayurveda Physician, Sankar Ayurvedics, Tirur, Malappuram, Kerala – 676 101, India.
Corresponding authors

1. sujithmsubrahmanian@gmail.com

2. zubairm@uoc.ac.in

Background: Amrutha Vataka is an ayurvedic formulation raised by Dr. C Jayaprakash of Sankar ayurveda pharmacy, Kerala, India, about 16 years it has been used for the ailment of different cancers including gut cancers, breast cancer, leukaemia etc. found to have ameliorative effect. This study focusing on the scientific validation of the formulation for the anticancer efficacy.

Methods: The semisolid formulation is extracted to 70% ethanol and dried inside a hot air oven at 50°C used for various assays. MTT assay is used to check the in-vitro cytotoxicity of the extract in the cell lines MCF7 (human breast cancer) and L929 (mice fibroblast). Acridine orange and Ethidium bromide assay is used to determine the apoptosis regulation activity further the p53 gene expression quantified using reverse transcriptase PCR method. The extract is tested for the free radical scavenging activity by DPPH assay and OH-free radical assay against standards. The proteinase inhibitory activity and protein denaturation potential of the compound is evaluated and the crude extract is subjected to LC-MS analysis to determine metabolomic profile.

Results: The invitro studies showing that the Amrutha Vataka shows toxicity on breast cancer cells with LC 50 value 126.79101 µg/mL and has less toxicity on mice fibroblast cells where LC 50 value is 225.04848 µg/mL The extract inducing apoptosis is clearly visible by Acridine orange and Ethidium bromide assay from the morphology, which is quantified by reverse transcriptase PCR analysis showing enhanced p53 expression about 25% greater than the control. Free radical scavenging activity of the extract by DPPH method shows IC 50 value of 45.07µg/mL against standard ascorbic acid where it is 36.48µg/mL. Hydroxyl radical scavenging activity of the extract reveals Amrutha Vataka has IC 50 value of 753.84µg/mL is less comparison with standard Gallic acid where IC50 is 249.21µg/mL.

The crude extract capable of proteinase inhibition activity and protein denaturation IC 50 values are 222.6688µg/mL and 409.630µg/mL respectively against standard Diclofenac sodium where respective IC50 values are 97.6828µg/mL and 115.360µg/

mL. LC-MS analysis of the Amrutha Vataka crude extract reveals the presence of 76 compounds.

Conclusion: The formulation Amrutha Vataka used for cancer therapeutics shows anticancer activity through scientific validation and the entire formulation is aqueous, attracting the biocompatibility and bioavailability, indicating that it is a potential candidate for cancer therapy on comparison with pure compounds.



Joaquim Jorge,
President of AMAYUR, Portugal

Strategies to spread Ayurveda around the world

In today's world, we are all subject to stress peaks and a pace of life never known by Man, which creates a separation between Humanity and nature.

This separation takes us away from consciousness and leads us to the disruption of natural cycles, creating conditions for major pandemics, as we have been witnessing, uncontrolled levels of pollution and diseases of all kinds.

Ayurvedic medicine and Yoga, two ancestral sciences (created by the Rishis), left us books, teachings and a range of tools that allow us to live in harmony with nature and the Universe.

Although thousands of years have passed since their creation, they are as current as when they were born. We must focus on creating measures and strategies for disseminating these sciences through various programs, such as teaching in kindergartens and schools in order to change the way of thinking of future generations, as well as training new therapists, doctors and practitioners of ayurveda and yoga, in order to create a social network everywhere that raises awareness for humanity.



Dr. Swati Chobhe,
Prof and HOD, Dept. of Ayurveda Physiology,
PDEAs Ayurved College, Pune, India

Analysis of Liver Function as a root of Raktavaha Srotas and Iron metabolism Regulator and its application in the management of Iron deficiency Anemia

Iron deficiency anemia arises when the balance of iron intake, iron stores, and the body's loss of iron are insufficient to fully support production of erythrocytes. Iron deficiency anemia rarely causes death, but the impact on human health is significant. In the industrialized world, this disease is easily recognized and treated, but often ignored by physicians. In contrast, it is a health problem that affects major portions of the population in the developing and underdeveloped countries. Overall, the prevention and successful treatment for iron deficiency anemia remains sadly inadequate worldwide, especially among underprivileged women and children.

But if Ayurvedic fundamentals about blood and liver if studied carefully and if integrated with Iron metabolism described in the modern physiology then the Iron deficiency anemia can be successfully managed with Ayurveda as well as Allopathy.

Every day new Modern hematinic medicines are coming in the market to cure anemia

but bioavailability of these medicines is very low so it become difficult to achieve desire effects but Ayurvedic fundamentals can help to increase bioavailability.

Since Vedic era, importance of Liver has been understood when metabolism of rakta dhatu (Blood) is discussed.

In Ayurveda Blood is elaborated as “Whole Blood” which is synthesized in the Liver, but modern medicine differs. In Modern medicine whole blood is composed of Plasma and blood cells.

Ayurvedic fundamentals regarding biosynthesis of rakta dhatu from food revolve around digestion and Yakrit (Liver) but from, according to modern physiology, from the second trimester of the fetal life till the last month of the pregnancy, erythropoiesis takes place in the liver and from the last month of pregnancy and after the birth Red blood cells (erythrocytes) are produced from the stem cells of the red bone marrow.

How liver plays crucial role in the Iron metabolism and why it is important to balance Liver functions and digestion for the management of iron deficiency anemia is reviewed in this article.

Key Words: Liver, root of Raktavaha srotas, Ranjak Pitta, Amashaya, blood, Apo transferrin, hepcidin, Iron absorption, anemia.



Dr. Bijendra Shah,
Ayurveda Teaching Hospital, Institute of Medicine(IOM),
T.U., Kirtipur, Nepal

Efficacy of Apamarga Kshara application and Sclerotherapy in the management of Arsha (1st and 2nd degree piles) – An open-labeled, randomized, controlled clinical trial

Background: Anorectal disorders are progressively increasing in the society. Out of many of the causes, some important are sedentary lifestyle, irregular and inappropriate diet, prolonged sitting or standing, and certain psychological disturbances. The prime cause of anorectal disorders is the instability of Jatharagni (digestive system), which further leads to constipation.

Aim and Objective: To compare the efficacy of Apamarga Kshara application (AKA) and sclerotherapy (SCL) in the management of Arsha (1st and 2nd degree piles).

Materials and Methods: In this study, 50 patients of Arsha (1st and 2nd degree piles) were selected and randomly allocated into two groups. In group AKA (n = 25), Apamarga Tikshna Kshara (alkaline of *Achyranthes aspera* linn.) application was done and in group SCL (n = 25), SCL was done in 1st and 2nd degree piles. The study was open prospective interventional clinical trial. Patients were assessed for relief in signs and symptoms at weekly interval for a month and another 1 month as follow-up period.

Results: Patients of group SCL took more time than the patients of group AKA to get reduction in size of pile mass. In group SCL, maximum relief in bleeding as well as discharge per rectum was reported. AKA provided better results in ceasing the bleeding per rectum as well as reducing prolapse piles, than SCL.

Conclusion: The study concluded that AKA is a effective procedure of choice for the management of 1st and 2nd degree internal piles as compared to SCL.



Dr. Amandeep Singh

Clinical Prescription Management in Ayurveda

Ayurveda has a long tradition behind it, having originated in India perhaps as much as 3,000 years ago. Today it remains a favoured form of health care in large parts of the Eastern world, especially in India, where a large percentage of the population uses. The Indian Medical Council was set up in 1971 by the Indian government to establish maintenance of standards for undergraduate and postgraduate education. This system exclusively or combined with modern medicine.

*Hitahitam Sukham Duhkhamayustasya Hitahitam |
Mananca Tacca Yatrotkamayurvedah Sa Ucyate ||*

Meaning: The grand treatise, which contains the details of healthy and long age (ayu) And which defines what is good (hita) and what is bad (ahita) for the four different types of ayus (namely, hitayu, sukhayu and dukhayu, concerning different conditions of diseased or healthy life) is Ayurveda. Dharniya and Adharniyavega (Preventive Regimens).



Dr. Kumar Gaurav

Clinical Prescription for Chronic Kidney Disease in Ayurveda

Ayurveda is not only the one of the world's oldest system of medicine but also is holistic (whole-body) in nature. The traditional medicine believe that creating this harmony can prevent illness, treat acute and chronic conditions, and contribute to a hale and hearty life. Ayurveda medicine aims to restore health by understanding the underlying causes of disease. It strives to attack the root causes and detoxifying, cleansing, strengthening body tissues (Dhatus) and balancing bodily Doshas, ensuring complete cure.



Dr. Sujata Yeola

Rasayan Chikitsa for Care and Cure of Sense Organs

Every tissue, organ and channel of the body is gifted with the reserve force. This is put into action when that tissue or organ is overloaded with work. Total combined effect of the reserve force of all tissues, organs and channels is called as the lifespan of that individual. An inordinate use of sexual organs, definite influence of some extraneous events like accidents and daredevil approach to the problems of life are the three factors through which this reserve force is consumed. Rasayana herbs and methods are used to increase the lifespan of the individual.

Rapid urbanization and industrialization have altered the diet and lifestyle pattern significantly leading to an alarming rise in incidence of communicable and non-communicable lifestyle related diseases especially related to sense organs (Eye, Ear, Nose, Tongue, and Skin). We receive information and knowledge through sense organs and hence optimum care should be taken of sense organs. In Dinacharya (daily regimen) chapter optimum care is suggested for sense organs, which is missing nowadays.

The main objective of this talk is to update stakeholders of the healthcare system across

the globe about the recent advances and current research trends in management of diseases especially related to sense organs and their complications with a comprehensive and integrated overview which is clearly the need of the hour.

In my full paper and/or presentation data will be presented related to advances and current research trends of Ayurveda and use of simple techniques of this wisdom and successfully managed cases.



Dr. Sharada Khanal

Commonly Practised Formulations in Kitibha: A Research

Kushta is a broad term which covers almost all the skin diseases in Ayurveda. In general Twak Vikaras are mainly affected due to altered lifestyle, lack of physical exercise, poor hygiene, mental stress and improper food habits. Kushta is further divided into Maha Kushta and Kshudra Kushta. Kitibha Kushta is one of the Kshudra Kushta. Syava/Asita/Krishna, Khara sparsa ati parusha, Kandu are its lakshanas. Literary search and survey study was done to carry the work. 12 members were selected for the survey and 12 books for review. 3 phase was conducted Literary search – 360 formulation. Exclusive yoga, Survey Study – 10. Mainly Tikta rasa drugs. Vatanulomaka and virechaka property. Nimba, Triphala, Guduchi, Katuki are common in almost all formulations.



Dr. Sandeep Kale

Blood color shade identification with the help of red color shade strip

Ayurved medical science has been treating patients since ancient times. It has unique principles and unique diagnosis based upon Tridosha. In the current era there are many diagnostic methods available. Blood samples are mostly used for the diagnosis. But today's parameters are different. In Ayurveda, blood's Varna Pariksha i.e. color examination method was used for diagnosis. And at this moment this method is not standardized. Hence with the help of computer and RGB color methods we have developed a red color shade strip according to Tridosha prominence. We had divided individuals in two groups i.e. healthy and unhealthy by following case taking procedure. Blood samples of these patients were compared with red color strips. In this we studied Varna Pariksha and its importance in the diagnosis of Tridosha. So we are able to quantify this test by using a red color shade strip.



Dr. Shyamsundar Upadhya

Recent Advancement in Shalya Tantra

Shalyatantra is a dynamic branch of Astanga (eight branches) Ayurveda. Acharya Sushruta has laid strong foundation in understanding the basic pathology and treatments like Kshara karma (caustics alkali), Agnikarma (cauterisation), Shastrakarma (surgical procedure), etc. Many clinical researches have been carried out. Pratisaraneeya

Ksharakarma (caustics alkali) has got a special role having properties like chedana (excision), bhedana (incision), lekhana (scraping), and alleviating vitiated three doshas. Recently appreciable results were seen in clinical conditions such as hemorrhoids, fistula in ano, fissure in ano, chronic non-healing ulcers, tonsillitis. In treatment of Fistula in ano Kshara sutra (caustics thread) was the basic line of treatment but nowadays it has been replaced by Kshara karma, hence decreasing the duration of the treatment. Many researches have been conducted on different drugs of Kshara, types of surgical threads with number of coatings of Kshara to Kshara sutra.

Dusta Vrana (chronic ulcer) is one of the other conditions where there is a need for surgical intervention. Samhitas explain Shashti Upakrama (60 measures of treatment). It is noted that even after Prakshalana (spraying), dressing and other measures of Vrana Ropana (healing measures), Vrana remains unhealed. Understanding its importance, initiations have been tried to establish the efficacy of Pratisaraneeya Kshara karma and Agni karma on vrana and Vrana lepa (ointments) with teekshana property (eg. Kakamachi lepa) are applied on Vrana to obtain auto-amputation of the dead tissues and healing of the chronic ulcers. Hence big surgical procedures such as amputation of the affected body part is avoided.

Trividha karma, the three basic procedures which are poorva karma, pradhana karma, paschat karma i.e., pre-operative, operative and post-operative principles are the hidden treasures for research scholars. Different trial studies on the concept of Vedanasthapana (anesthesia) such as use of gandhaka rasayana as suppositories in post-operative pain management has given encouraging results. Use of antibiotics are replaced by ayurvedic krimighna (antiviral and antibacterial) drugs. Rakta mokshana (blood letting procedures) such as Shrunga (horn), Jalouka (leech therapy), Alabu (cupping) and Siravyadha (venesection) has gained fame worldwide and its integration by plastic surgeons in surgical flap to remove venous congestion is a very well established study.

Therefore Ayurveda surgical principles aim at non-recurrence of the disease, decreasing the duration of the course of treatment and simple solution to avoid complex surgical procedures.



Dr. Shilpa Swar

Ayurveda as a Sports Medicine

Ayurveda is the most popular main system of alternative medicines and is of Indian origin. Today Sports medicine is a recently introduced branch which incorporates modern medicine in the sports field. Nowadays many ayurvedic practitioners have started using the term sports medicine. Many classical proven formulations that were found suitable for prescribing for sports injuries of the modern world. This presentation aims to explain different aspects of ayurvedic sports medicine. Maintenance of fitness throughout the events, and improved physical and mental stamina are the basic needs of sportsmen. Here, I attempt to find out the ways utilizing the potential of Ayurveda in the field of sports and its original contribution to sports medicine.



Dr. Ramesh Paudel

A Case Study on Urusthamba (Myositis Ossificans of Vastus Lateralis Muscle): Ayurvedic Management

A 41 year male came in OPD complaining swelling in the lateral aspect of right thigh associated with severe pain on walking, unable to sit in squatting position, restricted movements of right knee joint for 3 months. It was diagnosed as Myositis ossificans correlated as Urusthamba in Ayurveda. Urusthamba is the disease of Uru Pradesh (thigh) caused due to aama, meda and kapha accumulation. Myositis ossificans which is the condition where there is stiffness of thigh, inactivity and numbness of both thighs. General and systemic examinations were done along with investigations. As Panchakarma treatment is contraindicated in Urusthamba, so internal and external Ayurveda treatment was carried out.

- Internal Medication
- Medicine Dose
- Shaddharana Churna tab 2 bd b/f
- Shudda Shilajith tab+ Gomutra 2 tab +10 ml bd a/f
- Tab Navaka Guggulu 2 bd a/f
- Rasna Saptaka Kashaya 20 ml bd b/f
- External Medication
 1. Kottamchukkadi Churna + Marmani Vati lepa 2 times x 10 days
 2. Sarshapa Choorna + Gomutrlepa 2 times x 10 days
 3. Ruksha Churna Pinda Swedha: Kottamchukkadi Churna x 5 days

The Rukshaprayoga and shamana medicines helped to allieviate kapha and along with vatahara medicines better results were achieved.



Dr. Pushpa Raj Paudel

A Vision Paper: On Ayurveda Services Roadmap in Nepal by 2030

Ayurveda is one of the oldest and most traditional health systems in the world and has been practiced in Nepal for thousands of years. It originated from the Himalayas, where it has been passed down from generation to generation. Being an integral element of Southeast Asian society, it has greatly influenced who we are today. Its strength has fluctuated over time, ups and downs. We have Singha Durbar Vaidhyakhana (an Ayurvedic Pharmacy), which is a formal institution that has been in existence for over 300 years.

In the situation of numerous threats to public health including Highly infectious Communicable diseases and Non-Communicable disease, Emerging and reemerging diseases, Antimicrobial resistance, food safety, Climate change and its consequences, Ayurveda has emerged to sustain many challenges.

Localization and internalization of Sustainable Development Goal by 2030 in health sector, WHO Traditional medicine (2014-2023) strategy, constitution, Health act and regulations, sectoral policy and country specific health policy has driven the healthcare system as a whole. The Covid-19 pandemic has prompted the global population to reconsider the Ayurvedic medical system. According to preliminary data, the use of the

Ayurvedic health system has benefited a large number of people worldwide. To create a strong and resilient health system in Nepal, it is imperative to extend and reform the Ayurvedic healthcare system.

A road map for the development of Ayurveda services by 2030 is indeed necessary to ensure that people have access to quality healthcare through this traditional system of medicine. This will help to improve the overall health of the population and support the goal of universal health coverage.



Dr. Anupam Kshetriya

Anti microbial herbs in Ayurveda have great role for prevention and treatment of many infectious diseases.and very effective against covid 19 Prevention and treatment

In the field of Ayurved medical science many herbs and minerals which have anti viral, anti bacterial and microbial properties. The herbal combination like vasa, Ashwagandha, haridra, Tusli etc. the medicine is made up of 13 ingredients based on Charak Samhita in the context of Rajyakshma in Ayurveda total 100 patients /person were selected for this study from July 2020 when the vaccine for covid19 was not available in the world. The dose 5 drops daily Showed amazing changes in immunity of the person with 95% efficacy for Covid prevention In that person even contact of Covid patients occurred then also no infection found in person who are under regular medication of Naimittik Rasayan oral drops Many patients who suffered from Covid 19 Naimittik Rasayan oral drops had been given for treatment also it's showed quick results to subside the symptoms like cough, cold, fever , loss of taste with quick recovery of patients.

Discussion: The clinical trial was done on more than 2000 patients and found wonderful results in prevention and management of Covid 19 according to Ayurveda principles details data in research paper.

Results: We became successful in the prevention of community spread in our area and saved many people from Covid infections with the concept of Ayurveda mechanism of treatment with herbs.

Conclusion: Ayurveda has the oldest and great science of medicine . In this study we are able to prove that the protocol of Charak Samhita is found to be very effective for prevention, treatment, to stop the community spread , and fast recovery without any side effects in patients.. It needs more research work in the context of the virus world and Ayurveda in future upcoming viral diseases also.



Dr. Subhadra Karki Kshetriya

Efficacy of Swarna Bindu Prasan Sanskar to promote non-specific Immunity in Children — a clinical evaluation

Purpose: To study the efficacy of ancient formulation Swarna Bindu Prasan in promotion of children immunity along with its psychological impacts. Method: Swarna Bindu Prasan Sanskar was freshly prepared in every Pushya Nakshetra following the classical methods and administered in children in drop form in highly motivating satwik environment with holy chantings and puja ceremony. 100 children were selected from the age group of 6 months to 10 years who regularly took Swarna Bindu drops every Pushya Nakshetra for 9 episodes. Majority of children were healthy (with no specific

disease complaints) and a few of them (10%) were suffering from frequent URTI with a history of regular use of antibiotics and inhalers.

Results: Among 100 children who had taken drops, 70% of children had improved digestive function (increased appetite, improved weight) 40% of parents admitted reduced seasonal flus and those who caught also were easily managed. 10% of parents said there were no identifiable changes. 90% of parents were happy to bring their children to our campaign and All the children's memories became sharper than before Swarn bindu prashan.

Conclusion: Swarna Bindu Prasan Sanskar can be re-introduced in children as a healthy and natural option for immunity enhancement.



Dr. Amit Arora

Successful Clinical Practice Guidelines Using Unique Vedic Herbs

This is not only a challenge for new doctors/vaidyas but sometimes the experienced ones also to select the most effective medicines from the vast catalogue of Ayurveda medicines. There are 36 powerful herbs mentioned in Agni Puran to enrich the clinical practice on the strong foundation of consciousness based medicine. These are the best kept secrets from the families of vaidyas.

3 main approaches while selecting from

Powerful 36 herbs:

Approach 1 : Empowering Prana

Approach 2 : Balancing Agni

Approach 3: Creating Synergy in the disease specific prescription



Dr. Ritu Sethi

Ritu Sethi

Ayurveda is a holistic approach to healthcare with roots in ancient India. According to Ayurveda, Osteo-arthritis occurs due to aggravation of Vata Dosha (one of the three Bio-regulating principles of the body or the Kinetic force) and is known as "Sandhivata". It worsens with time, but its treatments can prevent the progression of the disease, relieve pain, rejuvenate damaged cartilages, and improve joint lubrication, function and strength.

Sandhivata may present with the following symptoms:

- Pain and stiffness in the affected joint
- Limitation of movement
- Deformity of the affected joint

Panchakarma, the unique method of treatment in Ayurveda, is aimed for promotion of health, prevention and cure of diseases. It is considered superior to Shamana (Palliative) measures due to its ability to eliminate the vitiated Doshas from the body. (Ca. Su. 16 / 20-21)

The exposition of the line of treatment of the diseases due to the provocation of Vata has been given in all the major Ayurvedic texts. Here, the line of treatment mentioned in Caraka and Astanga hridaya are being described and the same we are following at Ayurveda Department, Holy Family hospital.



Dr. Rajat Sharma

Ayurveda Practice Outcomes

Special dietary regimes are often quoted in cancer treatment. Is it beneficial to start a special dietary protocol and why? How important is this special diet to cancer patients and can it yield positive results?

Philosophy of Ayurveda diet:

Ayurveda says One should eat according to his own individual body type, thereby balancing it.

Rules of eating

1. Eat only when you are hungry.
2. Eat in a calm and comfortable place.
3. Eat the right quantity.
4. Eat warm meals.
5. Eat quality food.
6. Do not eat incompatible food items together
7. Be present when you eat.
8. Don't eat fast or too slow.
9. Eat at regular times.
10. One should not immediately have sex, do travelling or exercise just after eating meals.



NEPAL TO LEAD THE WORLD

स्वामी सचिनदास और
जापानी भक्तों की कृपा—
दीपावली को
राष्ट्रिय कवच
का निर्माण

नेपाल जिसकी राह में एक दीपावली का राष्ट्रिय
कवच का निर्माण होगा—
जिसके लिए १ दिन पहले से तैयारी शुरू कर
करना होगा—
इस वर्ष में अधिक से अधिक नेपाली को
पुस्तक दीप में भाग लें—
यदि और जिस को निम्नलिखित पुस्तकें प्राप्त
का पुस्तक दीप में भाग लें—
जो भी इस पुस्तक के लिए अपने अपने घरों में
१. नवम्बर को १ दिन के लिए कलशों में पूजा रहे है—
यह को देश की राह का प्रकाश बना दिया होगा—
यह दीप का प्रकाश समस्त नेपाली को दीपावली के
प्रकाश में नेपाल की समस्त जनता के साथ ध्यान
करने हुए नेपाली के साथ पूजा की राह का
तैयारी होगा—
जिसके लिए देश राष्ट्रिय कवच का निर्माण होगा—
जिसके लिए होगा—
यह पुस्तकें प्राप्त करने के लिए—
इन्हें अपने अपने घरों में रखें— नेपाल में
मनेमान करने का प्रयास करें—

दीपावली की राह लाना को— १ दिन में
अपने ध्यान में अपने मनेमान प्रवृत्ति
दिया जा रहा है—
१. १ नवम्बर तक सबसे ७ वजे से सायंकल
१ वजे तक सबसे ध्यान सांकेतिक का अवसर होगा।
यह लोग इस पुस्तक में दीपावली
प्रयोग में भाग लेंगे।

Maharishi Mahesh Yogi, Nepal 1974

Maharishi instructed over 28,000 people in about a week in Transcendental Meditation during his visit.



MAHARISHI AROMA THERAPY

with

VedAroma Essential Oils

*Enjoy Nature's most precious gifts – aromatic plants
and beautiful fragrant flowers; concentrated plant life
and sunlight energy – captured in small bottles.*

Pure, Highest Quality, Certified Organic or Wild-Harvested Essential Oils to enliven the body's inner intelligence and restore wholeness and balance in body and mind.

The revival of the complete knowledge of Vedic Aromatherapy brings us the ancient wisdom of one of the most natural systems of promoting holistic psychological and physical health and well-being.

VedAroma Essential Oils are 100% pure, highest quality, therapeutic grade, certified organic essential oils—single oils as well as therapeutic and aromatic blends, refreshing heavenly fragrance sprays, and perfumery based on aromatherapy—rare and exquisite natural perfumes which promote good health and blissful life.



Shop online at: www.vedaroma.com and www.veda.ch/ayurvedashop/
Enjoy free shipping at Amazon USA: www.amazon.com/shops/mvollar
Email info@vedaroma.com and customer-service@vedaroma.com

Maharishi Yagya Program

Exclusive for Nepal



Every year the planets go around the sun and influence our life. These influencers are classified in terms of positive and negative. It is wise to enhance any positive influence and amend any negative influence through Yagyas year after year – *Maharishi Mahesh Yogi*

BRAHMANANDA SARASWATI NAGAR NEPAL'S
FIRST MAHARISHI VASTU PANDIT CAMPUS



Premier Yagyas by Maharishi Vedic Pandits

Vedic Yagyas when performed correctly, are a powerful technology to achieve greater success, improve health, increase happiness, enhance good fortune, and neutralize negative influences before they arise thereby preventing future problems. Maharishi Vedic Pandits practice the Transcendental Meditation (TM) and TM-Sidhi programs and live the Vedic tradition in its purity. In this way Maharishi re-enlivened the element of transcendence or pure consciousness to Yagyas, and thus restored their effectiveness. When pure consciousness is absent in the awareness of the Pandit, this leaves the Yagya ineffective. Whenever Maharishi gave his name to any field of Vedic knowledge, it meant that he had restored it to its completeness.

Step 1

BIRTH CHART

Establish correct time of birth and birth chart
(confidentiality maintained at each step)

Step 2

MAHARISHI JYOTISH CONSULTATION

Identify trends and tendencies in your life

Step 3

MAHARISHI YAGYA RECOMMENDATION

Specify Yagya recommendation



Specialized Maharishi Vedic Pandits:

◆ Daily practice of TM (Transcendental Meditation) and TM-Sidhi program allows the Pandit to experience the source of all the Laws of Nature—only from this level can the Yagya achieve success

◆ Living in Maharishi Vastu

◆ Vedic organic food

◆ Fresh organic milk

◆ Healthy environment

◆ Ideal Vedic Pandit Routine



CONTACT: 980.201.2108

All rights reserved: TM, TM-Sidhi, Maharishi, Maharishi Jyotish, Maharishi Yagya, Yogic Flying, Maharishi Vedic, Maharishi Vastu

MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS
SINCE 1992



AUTHENTIC AYURVEDIC PANCHAKARMA TREATMENT

REJUVENATION · REVITALISATION · PREVENTION · CURE

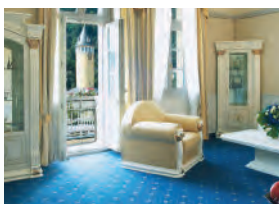
TREATABLE DISORDERS

Stress burnout · Diabetes · Asthma and chronic Bronchitis · Migraine · Hypertension and Cardiovascular disorders · Digestive disorders · Joint and spinal disorders · Allergies · Skin diseases

- Western medical doctors with extensive experience in Ayurveda
- Very experienced Vaidya from India
- Four star hotel rooms for your comfort
- Professionally trained massage specialists
- Delicious organic Ayurveda meals
- Established 1992 as a state-approved private clinic
- Sightseeing tours and boat rides on Rhine and Mosel

BEAUTIFUL REGION

wonderfully situated and near to the airports of Frankfurt and Cologne



Maharishi Ayurveda Health Centre Bad Ems

State recognized private clinic (§ 30 GewO)

Am Robert-Kampe-Sprudel · D-56130 Bad Ems / Germany

Tel. +49 (0)2603-94070 · Fax +49 (0)2603-3122

info@ayurveda-badems.de · www.ayurveda-badems.de



THE VYAS RETREAT

Maharishi AyurVeda Wellness Center
Pokhara, Nepal

COMING 2024

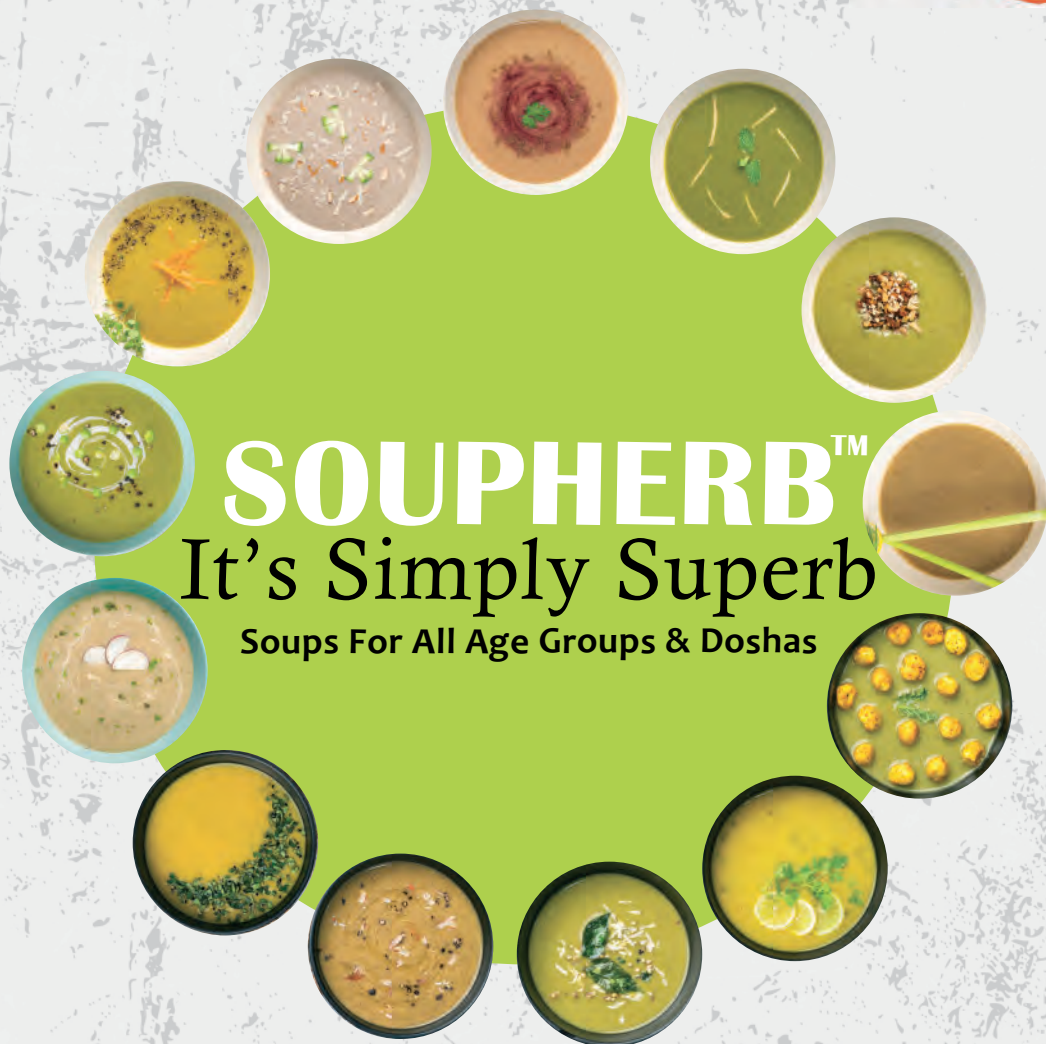
Join our email list to
Learn More



www.VyasRetreat.com

World's First Ayurveda Soup Brand

We are a company with a vision to promote Ayurveda globally and establish a value chain from herb cultivation to utilization for healing and creating balance with nature. Our mission is to offer wholesome Ayurvedic soups as a complete meal solution for better health, vitality and longevity, replacing fast - unhealthy food.



SOUHPHERB™ It's Simply Superb Soups For All Age Groups & Doshas

Wellbeing For The Entire Family!



Made Fresh
Daily



Crafted by Chefs,
Doctors & Nutritionists



No Artificial
Colors



Decoctions of
67 Herbs



Complete
Wholesome Meal



Immunity
Booster



Healthy



Energy



Keep Heart
Healthy

WWW.SOUHPHERB.ORG

INFO@SOUHPHERB.ORG





Embrace the Power of Ayurveda Excellence



AYURVEDA CARE FOR ALL



Holistic
Wellness



Better
living



Ayurveda
Philosophy



Knowledge
for modern life

- Present in over 40 Countries
- Touched lives of 50+ Million Trusted Customers
- A Holistic approach towards a Balanced Life
- Proven Formulations in 600 Categories
- 35+ Years of Legacy and Learning
- 800+ Researches in the field of Ayurveda

Ayurvedic Hospital

Wellness Clinics & Retreat

Products & Services



maharishiayurvedaindia

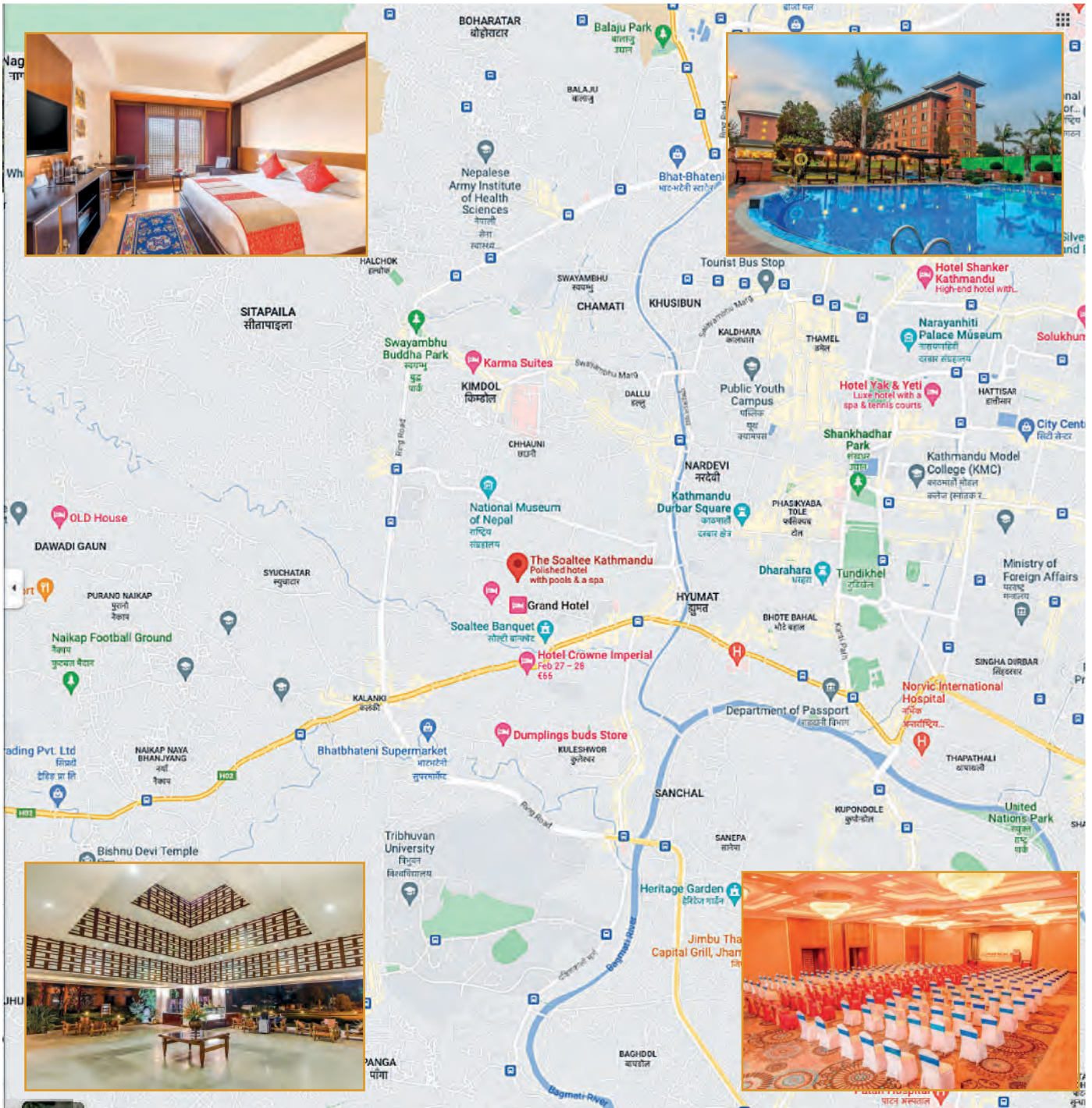


www.maharishiayurvedaindia.com



International Ayurveda Congress

3-5 March 2023, Kathmandu, Nepal



The Soaltee Kathmandu

Tahachal Marg, Kathmandu 44600, Nepal

+977-1-4273999 • info@soaltee.com

Hotel's event manager: Sumati Shakya, email: sumati.shakya@soaltee.com

For more details and registration visit: <https://InternationalAyurvedaCongress.com/Nepal-2023>

www.InternationalAyurvedaCongress.com