



## **Seventh International Ayurveda Congress, Kathmandu DECLARATION**

### **Seventh International Ayurveda Congress in Kathmandu graced by the presence Nepal's Prime Minister, Honourable Pushpa Kamal Dahal**

**3-5 March 2023, Kathmandu**

Over 350 delegates from 14 countries including scholars, researchers, physicians, and policy makers in Ayurveda came together to participate and deepen their knowledge and share their experiences at the Seventh International Ayurveda Congress. Many participated from Nepal and India. Three days of seminars and presentations on the medical, herbal, pharma, engineering, science, and application of Ayurveda were held. Discussions and debate over topics relating to Ideal Health, Prevention of Chronic Disorders, and natural approaches to the reversal of ageing were held by leaders and experts in the field of Ayurveda.

The Prime Minister expressed, 'Government of Nepal is willing to support Ayurveda Research Centre for the research of indigenous medical plants, and to develop Ayurveda Pharmacopeia and formulary of Nepal. Government will work to make policy for Ayurveda medicine production centre, and collection and processing unit for medical plants in each province. Government will support Nepalese Ayurveda Companies to promote quality of Ayurveda medicines as per GMP Standards.'

He further assured, 'Government will promote Ayurveda Hospitals, Panchakarma and Wellness Centres for the promotion of health tourism in Nepal.'

Explaining the cooperation between India and Nepal, the Prime Minister mentioned, 'Government of India and Ministry of Ayush, India, have given high priority for the research and development of Ayurveda and herbal industry in India. Government of Nepal will work together with the Government of India to promote Ayurveda as an evidence based medicine in Nepal.'

Nepal is home to the Himalayas and bounteous ancient Vedic traditions and wonders. 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 Patron, Dr Tony Nader, presented via live video conference to the honourable Prime Minister and the delegates of the assembly ancient Vedic technologies to resolve international conflicts and tensions.

The conference programme was enriched by beautiful Nepalese Cultural music and dance which brought joy to hearts of the delegates. Many also used opportunities for visiting Pashupatinath temple and sightseeing of the beautiful nature.

This congress was a joint effort of the International Maharishi AyurVeda Foundation, The Netherlands; All India Ayurvedic Congress, New Delhi; the International Academy of Ayurved, Pune, India; and it was supported by the Nepal Maharishi Vedic Foundation as the local host, led by honourable Deepak Prakash Baskota former State Home Minister and executive chairman of the National Cooperative Federation of Nepal; and the Ayurveda Doctors' Association of Nepal.

Two very significant international University collaborations were entered into during the conference.

Maharishi International University in Fairfield, Iowa USA entered a Memorandum of Understanding with Kathmandu University's Himalayan Centre for Asian Studies. John Hagelin, President of Maharishi International University and KU Vice Chancellor Bhola Thapa executed the wide-ranging understanding in the presence of the Prime Minister, the Honourable Pushpa Kamal Dahal.

The Dr. D.Y. Patil College of Ayurved and Research Centre, Pimpri, Pune, India also entered into a Memorandum of Understanding with Maharishi International University which, among other things, is intended to foster significant new joint research in Ayurveda by these two leading global Ayurvedic academic centres.

Also on this occasion, in the special presence of the Honorable Khilraj Regmi, former chairman of the Council of Ministers and former Chief Justice of Nepal, the Seventh International Ayurveda Congress concluded with the Kathmandu Declaration.

The Honorable Khilraj Regmi expressed the hope that the presentations and discussions at the congress will inspire people everywhere to adopt Ayurveda as the most practical and profound system of true Health Care. Also, he emphasized that the congress would help forge new alliances and major collaborative efforts between governmental and non-government sectors, making Ayurveda products more available for larger communities in days to come. The Honorable Khilraj Regmi was very positive about the congress and the Kathmandu Declaration which he said will be the milestone for us to move forward.

In concluding, the Resolution of the successful Ayurveda Congress, special emphasis will be laid on exchanging ideas on 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



Group Picture of the Congress Speakers and Delegates





Nepal's Prime Minister Pushpa Kamal Dahal blessed the Congress with his presence



President of Maharishi International University, John Hagelin, PhD, and Vice Chancellor of Kathmandu University, Bhola Thapa, exchange MOU about collaboration of their institutions.