



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 Schedule

www.InternationalAyurvedaCongress.com/Nepal-2023

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

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| 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 | |

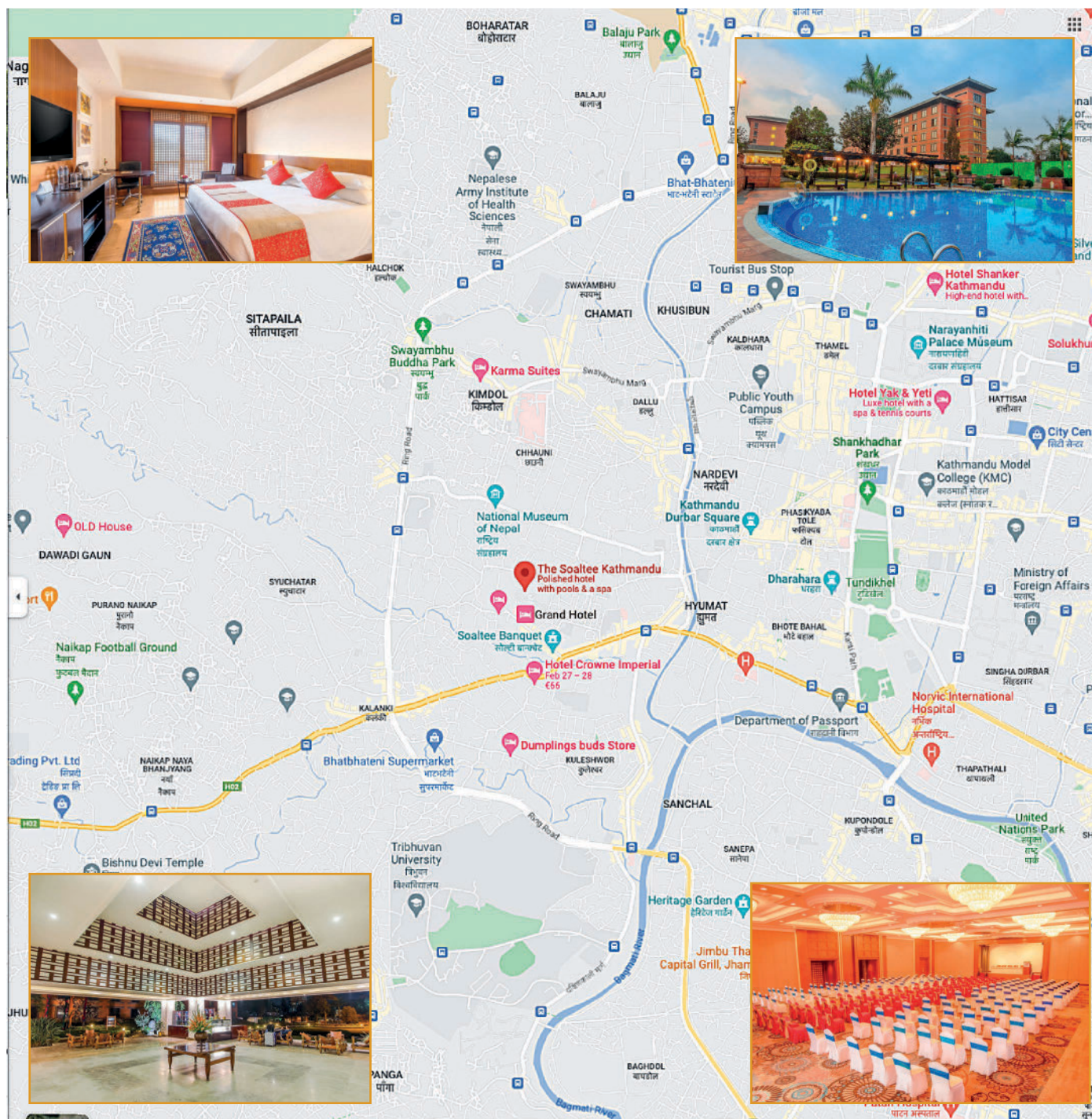
| Hall 3 | Parallel Session 6 | Scientific Research Presentations |
|------------------------------|--|--|
| 1.00 - 3.00 pm | Chair: Dr Manohar Palakurti; Co-chair: Dr Padmashree Yadav | |
| 1.00 - 1.10 pm | Dr Bishnu Choudhury | Effect of Lagerstroemia Speciosa (L.) Pers. (Jarula) Leaves Powder as A Hypoglycemic Agent in The Management Of Type 2 DM – A Interventional |
| 1.10 - 1.20 pm | Dr M S Keertan | An Integrative Approach to Prediabetes A Major Cause for Diabetes |
| 1.20 - 1.30 pm | Sujith Madathil Padi Subrahmanium | Corroborative Assessment on Anticancer Efficay of Āyurvedic Herbal Formulation Amrutha Vataka |
| 1.30 - 2.00 pm | Stretch Break | |
| 2.00 -2.10 pm | Dr Swati Chobhe | Analysis of Liver Function as a root of Raktavaha Srotas & Iron metabolism Regulator and its application in the management of Iron deficiency |
| 2.10 -2.20 pm | Dr Bijendra Shah | Efficacy of Apamarga Kshara application and Sclerotherapy in the management of Arsha (1st and 2nd degree piles) – An open-labeled, randomized, controlled clinical trial |
| 2.20 -2.30 pm | Dr Amandeep Singh | Clinical Prescription Management in Āyurveda |
| 2.30 -2.40 pm | Dr Kumar Gaurav | Clinical Prescription for Chronic Kidney Disease in Āyurveda |
| 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. | |
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| 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 | Proposal To Create Peace in The World Through The Ancient Vedic Sciences Of Āyurveda, Yoga And Yagya – From Philosophy To Science |
| 8.35 - 8.45 pm | Joaquim Jorge, President, Portuguese Association of Āyurvedic Medicine (AMAYUR) | Strategies To Spread Āyurveda Around the World |
| 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 | |

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3-5 March 2023, Kathmandu, Nepal



The Soaltee Kathmandu

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

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