



Embassy of India
The Hague
The Netherlands



FOURTH INTERNATIONAL AYURVEDA CONGRESS

Traditional Natural Remedies from India and Europe
Exploring a 340-Year Relationship between
The Netherlands and India



1 – 2 September 2018, Leiden

CONGRESS GUIDE

www.InternationalAyurvedaCongress.com



Hortus Malabaricus
by Hendrik van Rheede 1678–1693

The *Hortus Malabaricus* (Garden of Malabar) was compiled over a period of nearly 30 years and published, originally in Latin, in Amsterdam between 1678 and 1693 in 12 volumes. This treatise gives a detailed account of flora of Malabar region in South India, including copper plate engravings and detailed descriptions of 742 plants. This work was conceived by Hendrik van Rheede, Governor of Dutch Malabar, in collaboration with a team of nearly a hundred experts including Ranga Bhat, Vinayaka Pandit, Appu Bhat and Itti Achuden.

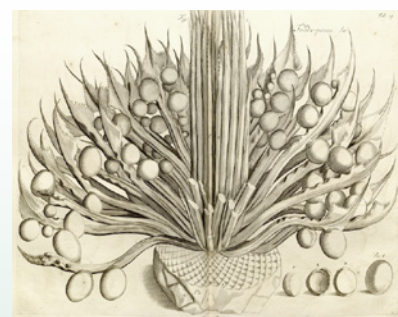
Published at around the same time, in 1697, *Horti Medici Amstelodamensis Rariorum* (Medicinal garden of Amsterdam), provides a comprehensive treatise of medicinal plants from The Netherlands and Europe, as well as those areas which had witnessed the arrival of the Dutch East and West India Companies.



Horti Medici Amstelodamensis Rariorum
by Johannes Commelin (Amsterdam, 1697)



On the foundation of scientific research, we are rebuilding the 340-year-old golden bridge of herbal medicines linking India with Europe.



Some of the copper plate engravings
from *Hortus Malabaricus*



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.



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Fourth International Ayurveda Congress

Traditional Natural Remedies from India and Europe

Exploring a 340-Year Relationship between Netherlands and India

1 – 2 September 2018, Leiden, The Netherlands

The *International Maharishi AyurVeda Foundation*, The Netherlands; the *All India Ayurvedic Congress*, New Delhi; and the *International Academy of Ayurveda*, Pune cordially invite you to the International Ayurveda Congress on Traditional Natural Remedies from India and Europe to be held on 1 and 2 September 2018 at Leiden, The Netherlands. During the congress, the scientific approach of Ayurveda as a prevention-oriented healthcare system will also be presented.

This Congress takes its inspiration from an epic 17th century Dutch treatise on medicinal plants of the Western Ghats of South India called *Hortus Malabaricus*. The inspiration is to connect India, The Netherlands, and Europe through their rich botanical heritage and, at the same time, present the therapeutic potential of plants and the natural approaches to health available in Ayurveda and in traditional remedies from Europe. During the congress Ayurvedic scholars from different countries will present the scientific approach of Ayurveda as a prevention-oriented healthcare system.



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



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



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



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

Saturday, 1 September

Location / Time	Speaker / Event	Title of Presentation
Amsterdam / Rotterdam Hall	Plenary Session 1	
9:00 - 9:15 am	Welcome and opening remarks, lighting the light by the Minister of AYUSH, H.E. Shripad Naik, Government of India, the Indian Ambassador H.E. Venu Rajamony, and guests of honour	
9:15 - 9:30 am	Tony Nader, MD, PhD, MARR – Patron of the Congress	
9:30 - 9:45 am	AYUSH Minister – H.E. Shri Shripad Yesso Naik	
9:45 - 10:00 am	Ambassador of India – H. E. Shri Venu Rajamony	
10:00 - 10:15 am	Padmabhushan Vaidya Devendra Triguna, India – Congress President	
10:15 - 10:25 am	Dr D. C. Katoch, Adviser Ayurveda, Ministry of AYUSH	
10:25 - 10:35 am	Dr. med. Rainer Picha – Congress President	
10:35 - 10:45 am	Guests of honour	
10:45 - 11:00 am	Tea Break	
CME Credit Points:	Artsen Vereniging Integrale Geneeskunde (AVIG) has granted 13 accreditation-points: 10 points for naturopathy and 3 points for practice oriented education. Algemene Nederlandse Vereniging voor Ayurvedische Geneeskunde (ANVAG) has granted 4 points for Ayurveda education.	
Amsterdam / Rotterdam Hall	Plenary Session 2	Theme: Unearthing the Botanical Treasure of the Dutch and Indian Golden Age
11:00 - 11:20 am	Prof. Dr. Pieter Baas, The Netherlands	<i>Hortus Malabaricus as a Monument of Traditional Knowledge and Innovative Botany</i>
11:20 - 11:40 am	Prof. Dr. Achuthan G. Menon, The Netherlands	<i>Herbalization of a Conflict: Dutch East India Company, Governor Van Reede tot Drakestein and Hortus Malabaricus</i>
11:40 - 12:00 pm	Dr. Annamma Spudich, USA	<i>Hortus Indicus Malabaricus: Indian Botanical Medical Knowledge in 17th Century Europe</i>
12:00 - 12:20 pm	Dr. Gerda A. van Uffelen, The Netherlands	<i>Hortus Botanicus Leiden: Over 400 Years of Plant Collections</i>
12:20 - 12:30 pm	Panel Discussion	
12:30 - 12:40 pm	GROUP PICTURE	
12:40 - 1:20 pm	Lunch Break	
Amsterdam / Rotterdam Hall	Plenary Session 3	Theme: Ayurveda – Therapeutic potential and Natural Approaches to Health
1:20 - 1:40 pm	Dr. Geetha Krishnan, Geneva, WHO	<i>Benefits of Integrating Ayurveda into Conventional Care</i>
1:40 - 2:00 pm	Dr. Maarten Bode, The Netherlands	<i>Making the In-between-science of Modern Ayurveda – suggestions from a Medical Anthropologist</i>
2:00 - 2:20 pm	Dr. med. Rainer Picha, Austria	<i>Stress Management in Cardio-vascular Disease</i>
2:20 - 2:40 pm	Dr. med. Walter Mölk, Austria	<i>Consciousness-based Herbal Medicine in Maharishi AyurVeda</i>
2:40 - 2:50 pm	Panel Discussion	
2:50 - 3:00 pm	Tea Break	
Amsterdam / Rotterdam Hall	Plenary Session 4	Theme: Ayurveda – Therapeutic potential and Natural Approaches to Health
3:00 - 3:20 pm	Dr. Madan Thangavelu, United Kingdom	<i>The Signs and Science of Wellness: Lessons from India's Traditional Systems of Health and Wellness and Indian Traditional Sciences Informing Future Global Healthcare Systems, Medical Education and Research</i>
3:20 - 3:40 pm	Dr. med. Ernst Schrott, Germany	<i>Medicinal plants of Ayurvedic and Western Medicine — A Comparison</i>
3:40 - 4:00 pm	Dr. med. Wolfgang Schachinger, Austria	<i>Ama Pachana — A Seven Day Out Patient Purification Protocol to Reduce Risk Factors of Cardiovascular Disease and Premature Aging</i>
4:00 - 4:20 pm	Prof. Guntavt Yeola, MD, PhD, India	<i>Indian Spices for Prevention and Cure of Lifestyle Disorders</i>
4:20 - 4:40 pm	Panel Discussion	
4:40 - 4:50 pm	Tea Break	
Amsterdam / Rotterdam Hall	Plenary Session 5	Theme: Ayurveda – Therapeutic potential and Natural Approaches to Health
4:50 - 5:10 pm	Dr. med. Roger Eltbogen, Switzerland	<i>Modern Phytotherapie - scientific bases and its political acknowledgment in Switzerland</i>
5:10 - 5:30 pm	Vaidyaraj Sunil B. Patil, India	<i>Medicinal Plants for Easy Cultivation in Backyard and Its Uses</i>
5:30 - 5:50 pm	Drs. Gerrit Jan Gerrisma, The Netherlands	<i>Recent research on Ayurveda and Rheumatoid Arthritis</i>
5:50 - 6:10 pm	Dr. med. Oliver Werner, Switzerland	<i>Legal Status of Ayurvedic Products in the European Union</i>
6:10 - 6:20 pm	Panel Discussion	
6:20 - 7:00 pm	Dinner	
7:00 pm	Leiden Canal Cruise	

Saturday Evening: Leiden Canal Cruise



Sunday, 2 September (morning)

Location / Time	Speaker / Event	Title of Presentation
Amsterdam / Rotterdam Hall	Plenary Session 6	Theme: Ayurveda – Therapeutic potential and Natural Approaches to Health
9:00 - 9:15 am	Dr. Hari S. Sharma, The Netherlands	
9:15 - 9:30 am	Amarjeet Singh Bhamra, United Kingdom	
9:30 - 9:45 am	Dr. Etienne Premdani, The Netherlands	<i>Study of the Relationship between Live Blood Analysis and Prakriti</i>
9:45 - 10:00 am	Pratima Singh, The Netherlands	<i>Spreading awareness of Ayurveda and Yoga in society and government in the Netherlands</i>
10:00 - 10:15 am	Dr. Richa Shrivastava, India	
10:15 - 10:30 am	Dr. med. Charlotte Bech, Denmark	<i>Hormones and the doshas</i>
Amsterdam / Rotterdam Hall	Parallel Session 1	Theme: Ayurveda – Preventive and Therapeutic Approaches to Natural Healthcare
10:30 - 11:45 am	Chair: Dr. Mandar Bedekar	
10:30 - 10:45 am	Vaidya Shubham Garg, India	<i>Healing Herbs of World Heritage Site: The Valley of Flowers</i>
10:45 - 11:00 am	Dr. Ramanandtewarie Anroedh, Suriname	<i>Ayurvedic Medicinal Plants in Suriname</i>
11:00 - 11:15 am	Dr. Piyush Chaudhary, India	<i>Preformulation R&D of Ayurveda Drugs - Scientific Approach Towards Enhancing Their Therapeutic Potential</i>
11:15 - 11:30 am	Dr. Harpreet Singh Bhatia, India	<i>Aloe Vera in Ayurveda (Formulations, Cultivation, Processing, Cosmetics) Present Scenario</i>
11:30 - 11:45 am	Prof. Dr. Mandar Bedekar, India	<i>Coconut - A Wonder Plant</i>
11:45 - 12:00 noon	Panel Discussion	
Utrecht Hall	Parallel Session 2	Theme: Ayurveda – Preventive and Therapeutic Approaches to Natural Healthcare
10:30 - 11:45 am	Chair: Prof. Swati Chobhe	
10:30 - 10:45 am	Christine Maria Gross, Canada	<i>Living with Ojas to the End: The Role of Ayurveda in Palliative Care</i>
10:45 - 11:00 am	Dr. Sushma Manish, United Kingdom	<i>Dementia care – how Ayurveda can help?</i>
11:00 - 11:15 am	Dr. Pranav Khasgiwale, India	<i>Role of Brahmi (Bacopa Monnieri) in Psycho-Oncology</i>
11:15 - 11:30 am	Prof. Amandio Figueiredo, Portugal	<i>Ayurvedic and Yogatherapy treatment of Vata vyadhi case study</i>
11:30 - 11:45 am	Elisabeth De Wachter, Belgium	<i>Kalaripayat – Das Avatars</i>
11:45 - 12:00 noon	Panel Discussion	
12:00 - 1:00 pm	Lunch Break	

Sunday, 2 September (afternoon)

Location / Time	Speaker / Event	Title of Presentation
Rotterdam Hall	Parallel Session 3	Theme: Ayurveda – Preventive and Therapeutic Approaches to Natural Healthcare
1:00 - 2:30 pm	Chair: Dr. Tim Carr	
1:00 - 1:15 pm	Assoc. Prof. Nandu Goswami, Austria	<i>Challenges of Ayurveda Integration into Medical Universities</i>
1:15 - 1:30 pm	Dr. Tim Carr, Australia	<i>Integrating Ayurveda into Mainstream Health Care in Australia</i>
1:30 - 1:45 pm	Ing. Cornelis Peters, The Netherlands	<i>The added value of Ayurveda for reducing pharmaceuticals and Multi-resistant bacteria in the environment</i>
1:45 - 2:00 pm	Dr. Vanita Sharma, Australia	<i>Ayurveda - The Plant based Apothecary, Traditional Medicine and Modern Era</i>
2:00 - 2:15 pm	Vaidya Acharya Naveen Gupta, Belgium	<i>Omnipotent & Satvika Herbs of Mother Nature (References from Ayurveda compendiums with specific inputs from The Great Epics on 'Dharma' & 'Karma' from 'Mahabharata' & 'Ramayana')</i>
2:15 - 2:30 pm	Dr. Pierre Knibbeler, The Netherlands	<i>The value of reading the Charaka Samhita in Sanskrit</i>
2:30 - 3:00 pm	Panel Discussion	
Amsterdam Hall	Parallel Session 4	Theme: Ayurveda – Preventive and Therapeutic Approaches to Natural Healthcare
1:00 - 2:45 pm	Chair: Dr. Veena Himanshu Sharma	
1:00 - 1:15 pm	Dr. Carla Peeters, The Netherlands	<i>It's time for a healthier world; personalised and nutrition based healthcare</i>
1:15 - 1:30 pm	Dr. Chitra Bedekar, India	<i>Study of Ayurvedic Functional Foods Mentioned in Ancient Ayurvedic Texts with special reference to Rice</i>
1:30 - 1:45 pm	Prof. Swati Chobhe, India	<i>Review of digestive action of Zingiber officinale from Physiological Perspective</i>
1:45 - 2:00 pm	Dr. Meghana Kulkarni, India	<i>Effects of Calotropis gigantea on common skin ailments</i>
2:00 - 2:15 pm	Dr. Rhuta Saraf, India	<i>Study of Nimbadi Dhoopa in the management of Dushta Vrana (Infected wounds)</i>
2:15 - 2:30 pm	Prof. Perugu Srikanthbabu, India	<i>A bird's eye view of Ayurveda and Trichology</i>
2:30 - 2:45 pm	Dr. Veena Himanshu Sharma, India	<i>Role of Asparagus Racemogus (shatavari) and Glycyrrhiza Glabra (yastimadhus) management of Computer vision syndrome</i>
2:45 - 3:00 pm	Panel Discussion	
Utrecht Hall	Parallel Session 5	Theme: Ayurveda – Preventive and Therapeutic Approaches to Natural Healthcare
1:00 - 2:45 pm	Chair: Dr. Supriya Gugale	
1:00 - 1:15 pm	Dr. Gordana Markovic Petrovic, MD, PhD, Serbia	<i>Improving Reproductive Health of a Woman with Maharishi AyurVeda</i>
1:15 - 1:30 pm	Dr. Supriya Gugale, India	<i>To Study Role of Garbh Sanskar In today's era</i>
1:30 - 1:45 pm	Marjan de Jong-van Roosmalen, MA, The Netherlands	<i>40 days for 40 years, ancient but modern approaches for the postpartum period</i>
1:45 - 2:00 pm	Dr. Sushama Patil, India	<i>Ayurvedic management of poly cystic ovarian syndrome</i>
2:00 - 2:15 pm	Dr. Sarvpreet Singh, India	<i>Ayurveda and Autoimmune Disorders</i>
2:15 - 2:30 pm	Dr. Vikrant Patil, India	<i>Ayurveda: A new prospective for Hyperthyroid Treatment</i>
2:30 - 2:45 pm	Prof. Ish Sharma, India	<i>Efficacy of Panchakarma in a Patient of Multiple Myeloma: A case study</i>
2:45 - 3:00 pm	Panel Discussion	

Sunday: Health Fair, Ayurveda Products Exhibition, Public Talks



Sunday, 2 September (afternoon)

Time	Event
3:10 - 5:30 pm	<p>Visits to: Hortus Botanicus Garden, Leiden: The Hortus Botanicus Leiden is the oldest botanical garden in Western Europe. Founded in 1590 and expanded in the centuries afterwards, the Hortus is the green heart of Leiden. Collecting, nursing and studying for four centuries has produced a beautiful garden with a variety of alien, unknown crops. The special gardens and greenhouses, including the collection of Hortus Malabaricus species, the Japanese garden and the Victoria greenhouse, are worth a visit. (guided tour)</p> <p>Leiden University Library: Visiting the treasure treatise of Hortus Malabaricus and the botanical heritage of the Dutch Golden Age represented by herbarium collections, books and botanical drawings in the Special Collections of the Artis library, Leiden University library and Naturalis treasure room. (guided tour)</p>
6:00 - 7:00 pm	Dinner
8:00 - 9:30 pm	<p>Documentary Films Premier:</p> <p><i>'Ayurveda Unveiled'</i> by Gita Desai</p> <p><i>'Spice Route'</i> by Dr. Sajin Philip</p>

Sunday Afternoon: Visits to Hortus Botanicus Garden, Leiden University Library



Monday, 3 September

Time / Location	Event
9:30 - 1:30 pm Utrecht / Wassenaar Hall	<p>Seminar on India - Netherlands Collaboration in Healthcare Including Ayurveda</p> <p>Organized by the Embassy of India in the Netherlands, the seminar will include presentations by the Ministry of AYUSH, Government of India, the Indian Ambassador to the Netherlands, and Dutch government healthcare officials. Medical professionals, business and other stakeholders will come together to discuss opportunities in modern and traditional systems of medicine.</p> <p>(Includes vegetarian buffet lunch)</p>

Monday Afternoon: Sighthseeing - Delft, Den Haag, Amsterdam



Parallel Public Events — Sunday, 2 September

On 2 September, the Congress is hosting for the public an Exhibition on the Hortus Malabaricus, a Health Fair, and Public Talks on natural health care. The Hortus Malabaricus Exhibition and the Health Fair are included in the price of admission.

Public Talks: 15:00 – 17:00 hrs

Experts in Ayurveda, the timeless science of life, will share simple practical health secrets that people can use. Topics include: the Ayurvedic approach to anxiety and depression, aroma therapy, digestion and metabolism, the value of a good night's sleep, and Yoga.

3:00 - 3:25 pm – Dr. Wolfgang Schachinger: *Transcendental Meditation and Ayurvedic Approach to Anxiety, depression, and allergies*

3:25 - 3:50 pm – Dr. Naveen Gupta: *Ayurvedic Approach to Digestion and Metabolism, weight control, and good sleep*

3:50 - 4:15 pm – Gudrun Buchzik: *Yoga (Philosophy of Yoga, Asanas and Pranayama)*

4:15 - 4:40 pm – Lothar Pirc: *Good Health through Daily and Seasonal routine, Panchakarma (Ayurvedic detoxification), Rasayanas (Rejuvenating agents)*

4:40 - 5:00 pm – Nadine Thomas: *Aroma Therapy*



Hortus Malabaricus Exhibition by Dr. Annamma Spudich: 10:00 – 18:00 hrs

Dr. Spudich is a researcher in molecular cell biology from Stanford University. She curated a ground-breaking exhibition at the National Centre for Biological Sciences, Bangalore, India, on the influences of early Indian scientific knowledge in pre-modern Europe.

Ayurveda Products Exhibition: 10:00 – 18:00 hrs

Leading Ayurvedic Institutions and producers of Ayurvedic products will display herbal products, therapies, skin care and beauty products.



Premiering Films: 20:00 – 21:30 hrs

Documentary Films Premier: '**Ayurveda Unveiled**' by Gita Desai, and '**Spice Route**' by Dr. Sajin Philip.

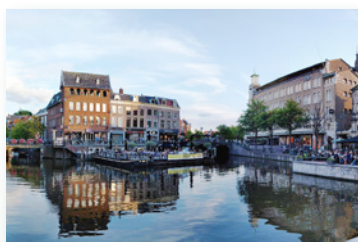
Sightseeing Tours during the Congress

Tours 1 & 2 are open for all participants of the Congress and included in the Congress fee.

Tour 1: Saturday, 1 Sept., 19:00 hrs

Leiden Canal Cruise

– Sailing through the beautiful city of Leiden on a boat trip, one experiences the very rich culture of the city: many canal-side monuments, museums and the lively center of Leiden. For instance, you will sail pass Weddesteege, the street in which Rembrandt was born, as well as Hortus Botanicus gardens and the University of Leiden, the oldest gardens and oldest university in the Netherlands.

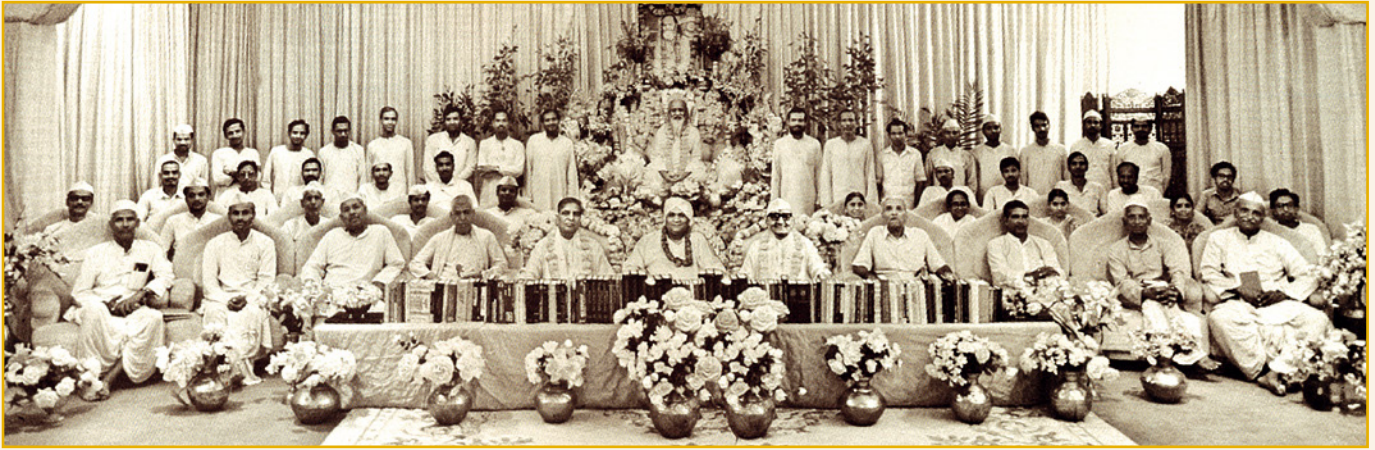


Tour 2: Sunday, 2 Sept., 15:10 – 17:30 hrs

Hortus Botanicus Garden, Leiden – The Hortus Botanicus Leiden is the oldest botanical garden in Western Europe. Founded in 1590 and expanded in the centuries afterwards, the Hortus is the green heart of Leiden. Collecting, nursing and studying for four centuries has produced a beautiful garden with a variety of alien, unknown crops. The special gardens and greenhouses, including the collection of Hortus Malabaricus species, the Japanese garden and the Victoria greenhouse, are worth a visit. (guided tour)

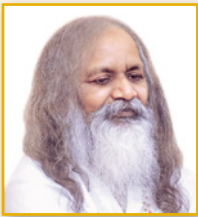
Leiden University Library – Visiting the treasure treatise of Hortus Malabaricus and the botanical heritage of the Dutch Golden Age represented by herbarium collections, books and botanical drawings in the Special Collections of the Artis library, Leiden University library and Naturalis treasure room. (guided tour)

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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 – Maharishi'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 Ayur-Veda.

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 Ayur-Veda 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 विभुश्चयः ।

– चरक, शारीरस्थानम् १, ६४

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

– Charaka Sharira Sthanam, 1, 61

आत्मा ज्योतिर्चिदानन्दरूपो नित्यत्वं निःस्पृहः निर्गुणः प्रकृतिर्यागात्मगुणः 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 centu-

ries of foreign rule. Maharishi Ayur-Veda 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 Ayur-Veda 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 Ayur-Veda also utilizes many other methods to culture life in accord with natural law, from

the angles of mind, body, behavior, and environment. These include: Maharishi Vedic Vibration Technology; Maharishi Ayur-Veda Self-Pulse Reading; balanced diet; health-promoting daily and seasonal routine; natural herbal preparations and Rasayanas; and physiological purification programmes such as Panchakarma.

Maharishi Ayur-Veda also incorporates programmes from other branches of Vedic knowledge, including Sthapathya 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.



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

Maharishi's initiatives over 50 years have been fundamental 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.

Tour 3: Monday, 3 September – Delft, Den Haag, Amsterdam

The day after the conference, participating Vaidyas can join in a sightseeing tour of the wonderful cities of Delft, Den Haag and Amsterdam. For those participating in the Congress Extension, this tour is included in the extension fee. For all others the price is 70 EUR.

Delft – Delft is a picturesque city in the western Netherlands. No visit to Delft would be complete without purchasing a piece of the iconic blue Delft pottery, hand-painted blue-and-white pottery. Delft Blue is the world-famous earthenware that has been produced in the city of Delft since the 16th century. Delft has most attractive streets with best shopping experience, all of it in a pedestrian district.

Madurodam, The Hague – Holland's highlights and heritage – What makes the small country of the Netherlands so great? Discover this and more at

Madurodam, a small city full of beautiful miniatures, playful activities and the best attractions! The models are exact replicas of special buildings and objects, on a scale of 1:25. Through intensive daily care, the greenery, especially small-leaved trees and shrubs, is kept to a maximum of 60 centimeters high.

Amsterdam, De 9 Straatjes (The 9 Streets) – The quaint and quirky streets that straddle Amsterdam's grandest canals form the city's most photogenic micro-neighbourhood. Known to locals as 'De Negen Straatjes' or 'The Nine Streets', this special neighbourhood is full of bursting with vintage and designer shopping, specialty stores and cozy cafés. The area offers a great overview of the architectural style of Amsterdam heritage. After 400 years it is still very lively with artisanal businesses, hidden cafes, hotspot restaurants and galleries.

Amsterdam Canal Cruise – In the evening a canal cruise boat ride with a guided Amsterdam city tour will be offered, showcasing wonderful monuments of the city.



Congress Extension for Indian Vaidyas 3 – 8 September

For Vaidyas who would like to go deeper into the knowledge, this extension is offered with seminars on the different modalities of Maharishi AyurVeda including pulse diagnosis, aroma therapy and instruction in the Transcendental Meditation technique. The extension will have an affordable stay including breakfast and meals at a wonderful MERU academy amid beautiful National Park Meinweg in the South of The Netherlands. There will be more sightseeing tours as well.

Introduction to Maharishi's Vedic Science and Technology as the basis of Multimodality approach of Maharishi AyurVeda:

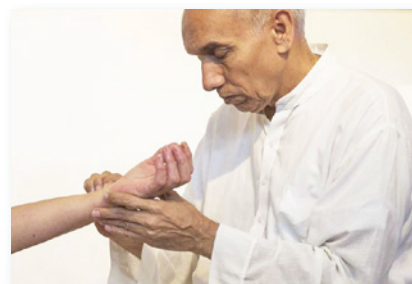
Maharishi's Transcendental Meditation and Maharishi's lectures on Vedic Science and Maharishi AyurVeda.

Transcendental meditation is a simple, natural technique. It allows the body to settle into a state of profound rest and relaxation and the mind to achieve a state of inner peace, without needing to use concentration or effort.

Introduction to Maharishi AyurVeda Pulse Diagnosis (Nadi Vigyan):

Learning to detect balance and imbalance in the body by feeling the pulse, and to correct imbalances before disease arises, through adjustments in diet and daily routine.

This course will provide with a comprehensive introduction to pulse diagnosis including theoretical and practical aspects.



Introduction to Maharishi Aroma Therapy:

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

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

Introduction to Maharishi Marma Therapy:

The origin and range of Maharishi Marma Therapy based on the knowledge as described in the ancient Ayurvedic texts, and on the profound principles which Maharishi Mahesh Yogi laid down in his Maharishi Vedic Science.



Introduction to Maharishi Light Therapy with Gems:

Use of light and gems to increase the level of order in our physiology. It is the application of a unique technology combining knowledge about light and gems available from modern science and ancient Vedic sciences such as AyurVeda and Jyotish.

In combination with other natural and holistic approaches of Maharishi AyurVeda, the Maharishi Light Therapy with Gems can create balance in the physiology and help enliven consciousness.

More sightseeing tours during Congress Extension: 3 – 8 September

Vaidyas will also be having sightseeing tours to Germany and Belgium during the extension. These tours are included in the extension fee.

Maastricht (The Netherlands) – Tuesday, 4 September

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

Bad Ems (Germany) – Thursday, 6 September

Another highlight of the sightseeing tour is the Maharishi Ayurveda Health Centre in Bad Ems, Germany. It is one of the largest and most recognized Ayurveda clinics in Europe. Over 20,000 Panchakarma patients have undergone treatments here. The ancient Romans enjoyed the magnificent area and the famous "Emser

springs" with its high content of vital minerals. In the 19th century, it was the place where Europe's tsars, emperors, kings, scholars and artists sought improvement for their health and gained new strength and vitality.

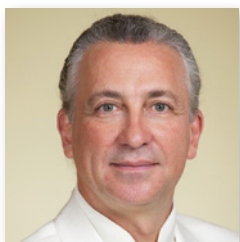
Cologne (Germany) – Thursday, 6 September

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

Brussels (Belgium) – Friday, 7 September

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





Tony Nader, MD, PhD

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



His Excellency Shripad Yesso Naik

Minister of AYUSH of the Government of India, responsible for the development and propagation of traditional medicine including Ayurveda in India and worldwide.



His Excellency Mr. Venu Rajamony

Ambassador of India to the Kingdom of the Netherlands. A career diplomat with over three decades of experience, scholar of international relations and former journalist, Mr. Venu Rajamony is the Ambassador of India to the Netherlands since June 10, 2017. He was promoted as Secretary to the Government of India in July 2018.



Padma Bhushan Vaidya Devendra Triguna, India

Vaidya Triguna is a recipient of "Padam Shri" & "Padama Bhushan" award for his contribution to Ayurveda. He is the Visitor of the prestigious and one of the oldest University Gurukul Kangri University, Haridwar. He is Honorary Physician to the President of India, was born in a family of traditional Vaidyas. His father Vd. Brihaspati Dev Triguna is a renowned Nadi Vaidya in India and abroad. Vd. Devendra has been in clinical practice for the past 34 years and gathered rich experience in successful treatment of chronic and complicated disorders. He is President of All India Ayurvedic Congress, numerous central councils, governing bodies of the government of India.



Prof. Dr. Pieter Baas, The Netherlands

Awarded with a National honour as a Knight in the Order of the Netherlands Lion in 2005. Former director, National Herbarium of the Netherlands. Research associate – Naturalis Bio diversity centre.

Hortus Malabaricus as a Monument of Traditional Knowledge and Innovative Botany

Hortus Malabaricus (1678-1692) by Hendrik Adriaan van Reede tot Drakestein (1636-1691), describes 690 species of plants from Kerala, India and their medicinal properties. This masterpiece integrates traditional and applied knowledge of Ayurvedic healers and Brahmins with Western utilitarian plant science. It was a truly collaborative project, involving interpreters, clergymen, draftsmen, soldiers, and academics.

Published initially in latin, Hortus Malabaricus, perfectly satisfied the needs for scientific communication from the late 17th throughout the 19th century. In the last century the book became more and more inaccessible as the numbers of scholars with a command of latin decreased. It was therefore gratifying that Professor K.S. Manilal, an authority on the Flora of India from Calicut, Kerala, undertook the major tasks of translating Hortus Malabaricus into English (2003) and Malayalam (2008).

Dutch botanical gardens like the ones in Amsterdam and Leiden still cultivate plants from the Malabar coast in their hothouses to educate university students and please the general public thanks to an instruction by Van Reede tot Drakestein to VOC officers. The traditional medicinal uses highlighted in Hortus Malabaricus still inspire modern biopharmaceutical research.



Prof. Dr. Achuthan G. Menon, The Netherlands

South Asian Studies, Leiden University Research work on Hortus Malabaricus.

Herbalization of a Conflict: Dutch East India Company, Governor Van Reede tot Drakestein and Hortus Malabaricus

The Dutch East India Company (VOC) which had trade links with Malabar in the seventeenth and eighteenth centuries was confronted with a serious conflict between two of its Governors: Rijklof van Goens. (1616 – 1682 A.D.) the Governor of Ceylon and Hendrik Adriaan van Reede tot Drakestein (1636 – 1691 A.D.) the commandeur in Cochin. Against the wishes of Van Reede, Van Goens “wanted to make Colombo the second capital of the Dutch power in Asia”. Van Goens claimed that Ceylon was the most fertile country and even tried to prove this with the help of the VOC medical doctor Paul Hermann (1646 – 1695 A.D.) who was ordered to prepare a Hortus for Ceylon; but Hortus Ceylonica never materialized! Whereas Van Reede succeeded in compiling information of about 742 trees, plants, herbs, flowers, seeds and creepers of Malabar. About 650 of these plants have medicinal value.

About 340 years ago the verbal monument Hortus Indicus Malabaricus was built by extensive Indo-Dutch co-operation to eternalize the Indian, in general, and Malabaric, in particular, knowledge of traditional medicine and Botany. The twelve volumes contain 791 illustrations.

Van Reede heavily depended upon the knowledge of the local traditional vaidyans of Malayali and Konkani origin. The knowledge-transfer regarding the plants and their curative values went through a long process before finding its place in the Latin publication. At the end of the description of each plant, Reede added a short note about its curative feature. Some of the diseases are also silently portrayed in the illustrations. The focus of this presentation will be on the medicinal and curative aspects of the plants incorporated in the Hortus and the role of the vaidyans in the knowledge-transfer. The medicinal plants still found in the Hortus Botanicus in Leiden and Amsterdam will be discussed in detail. Van Reede presented some of the plants to Leiden, The Dutch translation of the first two volumes of the Hortus was published as Malabaarse Kruidhof (1689). This neglected publication is an important resource for analysing the contents of the Malayalam and Konkani testimonials of the vaidyans.



Dr. Annamma Spudich, USA

Scholar in residence, National Centre for Biological Sciences, Bangalore.

Hortus Indicus Malabaricus: Indian Botanical Medical Knowledge in 17th Century Europe

For centuries India was the nexus for movement of goods, philosophical ideas and knowledge from Asia to the Middle East, and beyond to Europe. The search for a direct sea route to the Malabar Coast of India from Europe was the impetus for the Voyages of Discovery that profoundly changed the map and history of the world at the end of the 15th century.

While there is a great deal of scholarly work on the impact on India of four centuries of Europeans presence, the significance of the encounter with the sophisticated knowledge systems of India on European knowledge and culture have not received much scholarly attention. My work during the last decade has focused on the pivotal role of Indian botanical-medical knowledge systems on Europe during 16-19th centuries. Need for new medicines to combat unfamiliar tropical diseases in the tropics and the highly developed botanical-medical knowledge and Materia Medica of India stimulated study and documentation of Indian botanical medical knowledge by Europeans. The 12 volume Hortus Indicus Malabaricus, Dutch compilation of Indian medical botany published in Amsterdam at the end of the 17th century for example, had profound influence on botany, medicine and natural sciences in Europe. The work is also unique in the annals of colonial botany for identifying and acknowledging the Indian scholars who were the sources of the knowledge recorded in the volumes. And thus, Hortus Malabaricus is a rare document in the history of East-West interactions.



Dr. Gerda van Uffelen, The Netherlands

Head of collection management, Hortus Botanicus, Leiden.

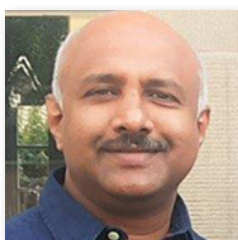
Hortus botanicus Leiden: Over 400 Years of Plant Collection

The Hortus botanicus Leiden was founded in 1590, and planted in 1594. The plan and list of 1585 plant items are kept in the University Library, and form the basis for the present reconstruction. It was not a strictly medical garden, but contained many bulbs, ornamental plants and some exotics, mainly from the Mediterranean and America.

In the course of the 17th century, more plants came in from America, but also from South Africa and the East Indies. The foundation of the Dutch East Indian Company in 1602 generated a strong focus on the East and the exploration of its flora. The Hortus was extended around 1736, whereas in 1744 the present Orangery was built, generating more capacity for tender plants.

In the 19th century the Hortus was again enlarged, and the focus of its collection became East and South-East Asia, because of the foundation of Bogor Botanic Garden in 1817, and the collections brought from Japan by Von Siebold.

The 20th and 21st centuries witnessed the building of a complex of tropical greenhouses, and enlargement of the collections by expeditions, such as those organized in connection with the Flora Malesiana Project. Nowadays the Hortus is diversifying its collections for education and research, housing a wide variation of plant families and numerous useful plants, both for education and research.



Dr. Geetha Krishnan Gopalakrishna Pillai, India/Geneva

Technical Officer, Traditional Complementary and Integrative Medicine Unit, World Health Organization.

Benefits of Integrating Ayurveda into Conventional Care

Integrating Ayurveda in a modern medical therapeutic setting is beneficial, as evident from the outcomes data of seven years of Integrative medicine practice and research, at a large tertiary medical care facility in India.

Integrative medicine followed here involved judicious inclusion of Ayurveda (medicine, procedures, life conduct, diet, Yoga, and Panchakarma) to support the unmet clinical care needs of a patient at the medical facility. Thus, integrative medicine in its greater magnitude is a decision-making process, of deciding when, where, which, how and what to be brought together from different systems of medicine for the benefit of the patient.

There are few diseases which have excellent or better clinical outcomes, when Ayurveda is used as the primary intervention, such as early osteoarthritis, low back pain, migraine, melasma, GERD, constipation, IBS, insomnia, etc to name a few. There are others when Ayurveda addition (to allopathic intervention) could bring incremental benefit to the patient, such as early atherosclerosis,

brain stroke, Parkinson's disease, Cancer care, post-surgical neuralgia, certain resistant viral infections, brain injury related minimally conscious states, vascular complications of diabetes, uncontrolled diabetes etc to name few other.

This presentation aims to highlight few clinical areas worthwhile to be considered by medical providers, which the outcomes data confirms to be beneficial for patients, when administered in an integrated fashion.



Dr. Maarten Bode, The Netherlands

Adjunct Research Faculty at the Department of Anthropology, University of Amsterdam, the Netherlands, and visiting professor at the Transdisciplinary University, Bangalore, India.

Making the In-between-science of Modern Ayurveda – suggestions from a Medical Anthropologist

Modern Ayurveda “appears simultaneously as something altogether new and unmistakably old, at once undoubtedly modern and irreducibly Indian”. Since its creation in the 19th century modern Ayurveda (adhunik Ayurveda) navigates between the Vedas and Western science and technology. Consequently contemporary Ayurvedic practices seem to be caught between the authority of s̥āstra and that of modern technoscience. However, the infrastructure for Ayurvedic research created by the Indian government after independence adheres almost exclusively to the positivist scientific model which frames Western medicine. To develop Ayurveda into a viable alterity to Western medicine the 21st Century sees new research initiatives such as the Triangle Initiative on Ayurveda, Ayurveda Biology, and the vaidya-scientist project. I will briefly discuss these initiatives. Then I argue that Science and Technology Studies (STS) and symbolic anthropology can provide Ayurveda with the reflexivity needed to emancipate from biomedicine and logical positivism.



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.

Stress Management in Cardio-vascular Disease

Cardio-vascular disease is the leading cause of death world-wide even though 90% of heart attacks could be prevented by modifying risk factors according to the Interheart Study. In order to handle the main risk factors such as hypertension, smoking, and cholesterol, the focus has shifted to psychosocial

stress as the cause of the causes so to say. Psychosocial stress has been shown to play a major role in the development of these risk factors.

I will present research papers showing how a stress management program through Transcendental Meditation has a positive effect on hypertension, lipid profile, and cigarette smoking.



Dr. med. Walter Mölk, Austria

Director, International Maharishi AyurVeda Foundation, The Netherlands, Director, Stichting MERU. Director International College of Perfect Health, The Netherlands; founder Austrian Society for Ayurvedic Medicine (1986).

Consciousness-based Herbal Medicine in Maharishi AyurVeda

Integration of conventional and complementary therapies in a single health care system can only be successful if the common basis of the different healing approaches have a common basis.

According to Ayurveda, evolution starts with an unmanifest, abstract self-interacting field of intelligence and energy (Avyakta) at the basis of creation, a view which has striking parallels to modern theories of Quantumphysics. This field of consciousness then transforms itself through a series of steps into matter, animate and inanimate. Plants are an expression of this intelligence and through the principles of resonance they can induce a healing process in corresponding areas of the body which are organized by similar laws of nature. Modern science is more and more able to understand how herbs heal on a molecular level, including effects of epigenetic modifications.

All the activities of the laws of nature can be divided into eight areas (Ashta Prakriti) and we find this eight-fold division also in the structure of the human body, in the plants, and the soil food web. This insight shows the close connectedness of man and nature (Loka Purusha samya) and can be used to enhance the preventive and therapeutic modalities of herbal medicine. For example, use of specific Vedic sounds in Maharishi Vedic Organic Agriculture during the eight stages of the life cycle of a plant increases its nutritional and medicinal value. Furthermore, development of consciousness of the physician and the patient not only improves the compliance but also helps to unfold the full therapeutic potential of any therapeutic intervention including the use of herbs. Therefore development of consciousness of the individual and methods to increase the level of coherence in collective consciousness in society are key features of Maharishi AyurVeda, whose health promoting effects have been confirmed by a large body of scientific research.



Madan Thangavelu Ph.D., United Kingdom

Molecular Genetic – University of Cambridge, United Kingdom; Transdisciplinary University, Bengaluru, India; European Ayurveda Association; Trustee, Research Council for Complementary Medicine, UK.

The Signs and Science of Wellness: Lessons from India's Traditional Systems of Health and Wellness and Indian Traditional Sciences Informing Future Global Healthcare Systems, Medical Education and Research

Man is a metaorganism. Man's health and wellbeing is shaped by complex and dynamic interactions within and without Man's body. Many of these interactions remain mysterious and many more will currently be unfathomable. Despite the complexity of basic biochemical and physiological processes, dominant and recurring themes in all cultures of the world are descriptions of the sense of feeling well and a wish for a state beyond good health. The descriptions of the state and the feelings of wellness and wellbeing has been the focus of much interest for millennia.

India's ancient texts offer graphic descriptions of this state as well as prescriptions of how to achieve and maintain this state and steps to prevent the deterioration of this state. India's ancient system offer comprehensive well-documented procedures and a holistic logic for this state of wellness. The earliest Samhitas of Ayurveda and Yoga in particular and commentaries that followed celebrate this state and offer some of the most profound descriptions and definitions of this state. Nagarjuna's 15-fold indicators of wellness are an early example. Dating back to 150 to 200 AD, the descriptions offered by Nagarjuna, the founder of the Madhyamaka school of Mahayana Buddhism and an Ayurveda practitioner and scholar, are both timeless and invaluable.

Are these and other rules which have guided many and offered health beyond good health for centuries also valid for contemporary living now and for the future? What might these indicators look like when viewed through the eyes of contemporary clinical biochemical and molecular descriptors? Can they be refined further to help shape the Science of Wellness?

Advances in biochemistry over the last century, particularly the last five decades have seen the birth and growth of techniques and technologies with resolution that far exceeds what was previously imaginable. Single cells can now be routinely analysed for multiple molecular markers. DNA changes can be 'counted' and enumerated with the help of single DNA molecule resolution. Such technologies are enabling finer, more sensitive and correlated analyses of innumerable biomolecules.

Are the ancient descriptors further refinable for understanding and appreciating better the signs of wellness? Do they hold the key to defining the deep science that governs the inextricably interlinked major themes of food, exercise-fitness and health, the environment and their links to the aetiology and pathology of chronic non-communicable diseases?

Ayurveda, Yoga and other ancient Indian systems of health and wellness offer much guidance for the ways ahead. By drawing on a small number of examples

from contemporary scientific research literature – from areas of sleep and health, food, the human microbiome and chronic diseases (obesity, diabetes, cardiovascular diseases, multiple sclerosis), seasons and changes in the human immune system, aging- related changes – I will show how observations in contemporary science are entirely consistent with assertions in the ancient Indian texts about wellness and achieving, maintaining and improving this state.

I will argue that the lessons from the highly refined, filtered and time-tested classical knowledge embodied in India's ancient system of health and wellness not only informs the future but offers the best template for developing the much needed new Science of Wellness and also for disentangling and defining the four well separated sciences, namely the sciences of Cure, Prevention, Health Maintenance and Health Promotion. These ancient systems also offer us the language, logic and grammar and a scaffold to hold the vast amounts of high quality data available today. In this way the Indian ancient systems of health and wellness offer much for human health and wellness and solutions to complex problems today that require novel thinking.



Dr. med. Ernst Schrott, Germany

Co-founder and Vice-president of the German Association of Ayurveda, Founder and Director German Ayurveda Academy.

Medicinal plants of Ayurvedic and Western Medicine — A Comparison

This scientific research compares the application and effect of over 100 medicinal plants used in the West and in Ayurvedic medicine of India. It represents the medicinal plants of Ayurveda according to their philosophy and the resulting fields of application. At the same time these plants are also presented according to Western criteria from the point of view of pharmacology as well as the characteristic ingredients and their resulting areas of application. Despite the different ways of looking at plants, therapeutic effects often are congruent between the Ayurvedic and western medical systems. It turns out that the applications of the investigated medicinal plants in both medical systems are very similar.

Literature: E. Schrott, H.T.P. Ammon: Heilpflanzen der ayurvedischen und der westlichen Medizin. Eine Gegenüberstellung. Springer-Verlag Berlin, Heidelberg, New York. 2012. ISBN 978-3-642-13124-0.



Dr. med. Wolfgang Schachinger, Austria

Director, Haus der Gesundheit and Maharishi Ayurveda Health Center, Ried im Innkreis, Austria.

Ama Pachana — A Seven Day Out Patient Purification Protocol to Reduce Risk Factors of Cardiovascular Disease and Premature Aging

Metabolic Syndrome and chronic/silent inflammation are established risk factors of cardiovascular disease and premature aging. Ayurvedic medicine attributes these risk factors to the presence of ama (undigested remains of food and sensory input).

The classical texts of Ayurvedic Medicine recommend seasonal purification therapies to remove ama from the physiology and thereby prevent and/or cure chronic disease and premature aging.

This paper presents a simple ama pachana (digestion of undigested remains of food) protocol based on the classical texts that can easily be followed by patients during normal daily routine. The paper reports about outcome in change of risk factors in laboratory testing and modification of autonomic balance shown by changes in heart rate variability. Long term results include changes in life style that are more health promoting.



Prof. Gunvant Yeola, MD, PhD, India

Head of Dept. of Kayachikitsa, D. Y. Patil College of Ayurved and Research Centre, Pune, India. Director, International Academy of Ayurved, Pune, India.

Potential of Indian Spices for Prevention and Cure of Lifestyle Disorders

Potential of Indian masalas are well known for the world for its healing properties. Indian Spices and aromatics are the heart of Indian cooking. They have been used since ancient times. They were mentioned in the ancient Hindu scriptures called the Vedas, ancient Egyptian papyruses and the Old Testament. Spices have always been believed to have healing qualities. The word spice comes from Latin species, meaning a commodity of value and distinction.

During their long and fascinating history, spices have often been more valuable than gold or precious stones, and the trade of spices has been an extraordinarily influential factor in history.

Many researchers have attempted to explain why hot spices are pleasant to taste. It seems the burning sensation is the pain of nerve endings on the tongue. This releases endorphins, the body's natural painkillers, giving rise to pleasurable and even euphoric sensations.

Flowers, leaves, roots, bark, seeds and bulbs (the simplest of natural ingredients) are used in endless combinations to produce an infinite variety of flavors: sweet, sharp, hot, sour, spicy, aromatic, tart, mild, fragrant or pungent. Their tastes and aromas combine to create a kaleidoscope of exotic flavors to delight the plate. It is best to obtain spices in whole seed form and to grind them just prior to use.

In full research paper more references from ancient wisdom will be given with supporting modern research article publications for the substantial use of Indian spices for prevention and cure of life style disorders like Obesity, Diabetes Melitus, Hyper-lipidemia etc.



Dr. med. Roger Eltbogen, Switzerland

President of the Swiss Medical Society for Phytotherapy.

Modern Phytotherapie - scientific bases and its political acknowledgment in Switzerland

In Switzerland phytotherapie is one of the complementary medical specialities, which are acknowledged by the state. The scientific base will be shown and the detailed professional policies will be explained.



Vaidyaraj Sunil B. Patil, India

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

Medicinal Plants for easy cultivation in backyard and its uses

There exist an increasing amount of research about the medicinal and healing properties of plants.

According to ayurvedic phytotherapy (Dravya Guna) every plant has some medicinal value if one knows its properties and pharmacological actions and how to process and prepare it for a specific indication. Medicinal plants grow naturally in remote forests areas, however it is also possible to cultivate and grow certain medicinal plants in our gardens. These plants not only have decorative value but can also be used as a first aid treatment for many common ailments. We will discuss about 50 such plants with important medicinal properties described in ancient Ayurvedic Texts and confirmed by modern research.



Drs. Gerrit Jan Gerrisma, The Netherlands

Gerrit Jan Gerritsma, physician, medical director Maharishi Ayurveda Health Center Lelystad (NL), working with Ayurveda and Integrative Medicine since 1989. Author of several scientific papers on Ayurveda and Integrative Medicine.

Recent research on Ayurveda and Rheumatoid Arthritis

Rheumatoid arthritis (RA) is a chronic inflammatory joint disease, often leading to progressive destruction of cartilage and subchondral bone. There is a need for new therapeutic approaches with minimal side effects. A review of recent scientific research on the efficacy of Ayurvedic treatment modalities on rheumatoid arthritis is presented: Treatment with Ayurvedic herbs shows a moderate DMARD-effect in 5 studies, with only minor side effects. Yoga-asana's also have an antirheumatic effect. Nutritional measures can help to ameliorate RA. Two case studies with complete remission of RA after 1,5 year of multi-modality ayurvedic treatment are presented. A multi-modality approach seems to be more effective. More research is justified and needed. Future research on a multi-modality treatment regime is recommended.



Dr. med. Oliver Werner, Switzerland

Director, Maharishi AyurVeda Products Europe BV, The Netherlands

Legal Status of Ayurvedic Products in the European Union

In Ayurveda about 400 herbs and minerals plus many combinations of these are used regularly for many indications. In India these form a separate legal entity.

In the European Union, medicines are defined as "anything that has a pharmaceutical effect", or anything that is present as having such an effect 65/65/EEC(21) and 92/73/EEC(22). Medicines require licensing, which is an extremely costly process: Even to prepare the documentation for a simplified license as a traditional herbal medicinal product such as Triphala costs over EUR 300 000.-. For this reason, all Ayurvedic products in the EU are currently on the market as food supplements.

Food supplements are a type of food (Definition of food in the EU: Anything intended to be ingested by humans; with certain exceptions such as medicines (EU Regulation 178/2002, Art. 2). They must fulfil certain requirements, such as being free from harmful substances and generally being safe. As such, Ayurvedic products can be legally sold, but basically no claims about any effects can be made. This status allows Ayurvedic products to be imported and used, but is not satisfying in the long run, as nothing can be said about their effects. To create a separate legal entity for these products like in India would be preferable.



Hari S. Sharma, PhD, DSc, FIEIC, The Netherlands

Dept. of Pathology, Institute of Cardiovascular Research VUmc, University Medical Centre, Amsterdam, The Netherlands.



Amarjeet Singh Bhamra, United Kingdom

Secretariat All Party Parliamentary Group Indian Traditional Sciences. Fellow Ayurvedic Medical Association UK, London, United Kingdom.



Dr. Etienne Premdani, The Netherlands

Founder, Premdani Ayurveda Clinic, Netherlands.

Study of the Relationship between Live Blood Analysis and Prakriti

First we will look at Live Blood Analysis and the Prakriti Parikshan of an individual separately. Then we will compare and associate these two parameters with respect to Ama, Ushnatva, Agni and Jivatva.



Pratima Singh, The Netherlands

Founder & Convenor, OFBJP The Netherlands Chapter, Netherlands.

Spreading awareness of Ayurveda and Yoga in society and government in the Netherlands

Mrs. Pratima Singh has been involved in promoting initiatives of the Ministry of AYUSH. She will be describing her organizational efforts to get people interested in Yoga. In addition, she will share her individual ideas on key elements to enhance quality of life and how natural remedies can contribute to the Dutch elderly and Dutch social problems. She has some innovative ideas on actions the Dutch Government can take to ensure natural remedies are available to all citizens, thus contributing to value based healthcare. These innovative ideas are based on her life experiences and observations. Her key motivation is to encourage more and more authorities within Netherlands to understand traditional medicine and use it in their daily life.



Richa Shrivastava, PhD (Medicinal Plant Sciences), India

Dr. Richa, Heads the Government of India recognized Research Centre of Maharishi Ayurveda Products Company, where she leads a group of experienced scientists & technicians engaged in standardizing & new product developments.



Dr. med. Charlotte Bech, Denmark

Medical doctor, Doctor of the Science of Creative Intelligence, received the award from India Maharashtra: PANACEA international excellence award.

Hormones and the doshas

Maharishi Ayurved outlines three fundamental principles of biological intelligence. These three principles correlate with three primary global physiological contexts, termed Vata, Pitta, and Kapha prakritis. These three distinct patterns of physiological functioning represent the collective result of interaction of hormones in the whole physiology.

This article begins by describing the theoretical framework of Maharishi Ayurved, then it outlines method and procedures for the present experiment, and finally, it discusses results and gives recommendations for future research.

Scientific Research Presenters



Vaidya Shubham Garg, India

Healing Herbs of World Heritage Site: The Valley of Flowers

Valley of Flowers national park is an Indian national park, located at a height of 3200m to 6675m in west Himalaya and it is renowned for its meadows of endemic alpine flowers and the variety of medicinal plants. Due to its unique geographical location and different climatic condition it has unique habitat specificity and availability of variety of plant species. Where small communities fight various diseases through the traditional methods. These do not either occur elsewhere or have not so far been exploited. Tribal communities living in biodiversity rich areas possess a wealth of knowledge on the local utilization and conservation of food and medicinal plants. Local people of this region are basically depends upon medicinal plants for their primary health care system. The present study deals with the ethno medicinal information of 35 plant species used by the tribal people near to valley of flower; district Chamoli for their health care. Attempts have been made to explore traditional knowledge of some medicinal plants in area adjacent to Valley of Flowers. This study can serve as baseline information on medicinal plants and could be helpful to further strengthen the conservation of these important resources.



AP, Dr. Ramanandtevarie Anroedh, Suriname

Ayurvedic Medicinal Plants in Suriname

India and Suriname recently signed a MoU on Ayurveda with the intention to work together on research and industrialization of Ayurvedic medicinal plants. Suriname is part of the Amazon and consists of 93% tropical rainforest (around 6000 plant species). A lot of the medicinal plants (about 1000-3000) which have been discovered so far are known, researched and documented in India (AYUSH). I will give a short overview of the most favorite plants that mainly occur in Suriname.



Dr. Piyush Chaudhary, India

Preformulation R&D of Ayurveda Drugs – Scientific Approach Towards Enhancing Their Therapeutic Potential

Ayurveda has a vast treasure of formulations in its therapeutic armory. The drugs being used to treat ailments are obtained from various sources including plants, metals, minerals and animal products. These may further be classified into single drug and multi drug formulation compositions. Advancements in pharmaceutical industry have led to emergence of new class of drugs known as phytopharmaceuticals, where a single molecule or the principle metabolite of a botanical is extracted and used as a single drug. However, this concept does not collate with the treatment principles mentioned in ancient Ayurveda texts.

The industry should develop new compositions keeping the basic principles of Bhaishajya Kalpana (Ayurvedic Pharmaceuticals) and chikitsa (therapeutics) in foresight. It is where the preformulation plays a major role in developing rational, safe and efficacious Ayurveda drugs. Preformulation refers to study of physico-chemical properties of drugs- whether single or combined, in order to develop a safe and efficacious medicine for use. The conventional techniques of preformulation R&D may not be effective for Ayurveda drugs and there is a need to modify its structure in order to formulate new drugs. A lot is known about the properties of single drugs as well as multi ingredient formulations from the ancient texts and this knowledge can be effectively utilized by the industry during the preformulation R&D. Interaction of various components in compound medications, their therapeutic effectiveness and safety should be stressed upon. Studies on solubility, dispersibility, hygroscopic nature, bulk forming and binding properties must be conducted. In general practice, an Ayurveda prescription consists of multiple drugs which is advised to be taken after mixing together. These combinations should be studied and modified pharmaceutically to generate an effective single pill. The paper deliberates on this issue so that a technology friendly and scientifically advanced research and development of new Ayurveda products may be undertaken and exploited commercially for the benefit of ailing mankind.



Dr. Harpreet Singh Bhatia, India

Aloe Vera in Ayurveda (Formulations, Cultivation, Processing, Cosmetics) Present Scenario

Aloe barbadensis miller, also known as aloe vera, is cultivated for its thick fleshy leaves from which many substances are obtained. Starting more than 50 years ago, the gel in the parenchyma cells of the leaf was being processed and marketed as a drinking product. Today, the industry is flourishing and the gel is used in many formulations for medicinal and cosmetic purposes. It is probably one of the most discussed but least understood medicinal plants in history.

Most researchers claim that the effects that are observed may be due to the synergistic actions of the 75 known ingredients vitamins A, C, E, B, choline, B12, folic acid.

As far as the use of this plant is concerned, it accelerates wound healing, helps reduce inflammation, pain and itching. It is a wonderful moisturising agent and penetrates all skin types, quickly and deeply. It is naturally hypoallergenic (does not cause allergic response in most people), has about the same PH balance as the skin and stimulates the body's immune system. Aloe vera is said to encourage skin rejuvenation, the healing of wounds and the treatment of sunburn.

The oldest trick for selling any valuable product in solution is to dilute it with more water. In the case of aloe vera, it seems that the consumer is very insensitive to noticing the effects of dilution. Lee Ritter, in his book "Aloe Vera — a Mission Discovered", quotes one Dr R. McDaniel as having tested over 200 aloe vera beverages in the mid-1980s (presumably in the United States) and having found that of these, only three "contained sufficient aloe to be of any medical value to the consumer". He goes on to say that at the time of writing (1993), according to his own tests, "less than one per cent of readily available brands contain acceptable levels of aloe vera". Processing and use of this plant in ayurveda is very skilful process to obtain results. Paper elaborates every aspect related to this wonderful gift of nature.



Prof. Dr. Mandar Bedekar, India

Coconut - A Wonder Plant

Coconut is an amazing creation of the Nature. In spite of having nutritional and medicinal values, for last several years, Coconut oil was demonized and lay people were misdirected to believe that coconut oil is deleterious to health as it leads to blockages in the arteries and may cause heart diseases. That mis-picturized and conveniently interpreted scenario has undergone a paradigm shift and in recent times, the positive health effects of Coconut contents have been recognized. Coconut oil has achieved superiority in health world after a couple of miraculous results were observed in some cases.

To add to this scenario, scientists are now confirming that, Coconut doesn't have harmful or discomforting side effects. A time has come when it is believed that Coconut is completely non-toxic to humans. Modern medical science is now confirming the use of Coconut in treating many ailments. Published studies in medical journals show that coconut, in one form or another may provide a wide range of health benefits. Some of those will be summarized by the Author during the presentation. Coconut, is a WONDER PLANT, which is used widely with or without knowing it's amazing medicinal values.

Selection of Topic – The Author intends to select 'Coconut' for his presentation due to the following reasons:

- 1) Coconut has been given great importance in the then Indian rituals
- 2) The ancient 'Hindu' wisdom had realized the amazing potential of Coconut
- 3) The 'Doctrine of Simile' if applied, suggests that Coconut represents 'Head'
- 4) Coconut, in the authors view, is an underutilized medicine
- 5) Ayurveda has mentioned many medicinal uses of Coconut
- 6) The Bio-Chemical analysis of Coconut reveals it's medicinal potentials
- 7) Coconut water is considered to inhibit severe degenerative changes

Ayurvedic Perspective – The Author will elaborate various health benefits of Coconut with the help of at least SIX ancient Ayurvedic Texts. (Charaka Samhita, Sushruta Samhita, Ashtanghridaya, Bhaavaprakasha, Raajanighantu, Kaiyadevanighantu & Dhanvantarinighantu). By systematically interpreting the textual quotations, the Author intends to prove, that Coconut has a capacity to act on SIX out of the SEVEN DHATU(s) of a body. Tremendous therapeutic potentials of the Coconut will be indicated by mentioning it's usefulness in a wide range of health concerns ranging from Fever to Tuberculosis and from Burning sensations to Ulcers. It's Diuretic & Aphrodisiac actions will also be discussed.

Modern Western Perspective – In recent years, many researches were undertaken about the actions of various contents of Coconut. A couple of them have revealed that, the Coconut Oil does not form harmful by-products when heated to normal cooking temperature like some other oils do. The Author would like to discuss, a number of health benefits of Coconut oil. These include benefits in maintaining homeostasis, skin care, hair care, stress relief, weight loss & cholesterol level maintenance. The immunomodulatory effects and cardiovascular effects of Coconut are also noteworthy. Coconut water contains antioxidants, growth hormones, enzymes, amino acids, vitamins and minerals. A notably high Potassium content of Coconut will also be taken into consideration. The Author will make a mention of anti-bacterial, anti-fungal properties of some of the constituents of Coconut.

Recent Researches – During the presentation, the Author is likely to mention (briefly) a couple of Researches about medicinal values of Coconut. Just to mention a few,

- 1) Iodine content in Coconut
- 2) Potassium content in Coconut
- 3) Lauric Acid content in Coconut
- 4) Effect of Monolaurine on select Viruses
- 5) Bactericidal activity of Coconut on select Bacteria

Conclusion – With sufficient Ayurvedic & Modern Western proofs, the Author will put forth that, Coconut is a WONDER PLANT. Probably due to it's amazing effects on various parts & functions of Human body, the ancient Indian Rishis (Visionaries) must have included Coconut in many Religious performances & / Rituals. From the august platform of Maharishi Vedic University, the Author would like to re-iterate the importance of Coconut.



Christine Maria Gross, Canada

Living with Ojas to the End: The Role of Ayurveda in Palliative Care

Practitioners of Ayurveda can play an important role by developing their practice in palliative care for the prevention, ease and relief of suffering. According to the WHO, there are over 40 million people in the world in need of palliative care support every year. Recognizing the importance of this ancient traditional medicine in global healthcare, this presentation will introduce the following:

1. Discover The Role of Ayurveda in End-of-Life Care
2. How to Integrate Ayurvedic Care for Quality of Life, to Support the Dying Process & Aftercare
3. Learn about an Ayurvedic Practitioner's Journey as a "Guide"

When we traditionally think about Ayurveda, the science of life and all it offers, our first thought is not about end-of-life. Since all of life, all of creation arises from one underlying field of energy and intelligence, the transition of dying is part of the whole, a part of this continuum.

In this presentation conference attendees are introduced to the vital, supportive and affirming role they can be a part of. Empowering others to positively influence the course of their journey is a team approach and supports them to live with ojas to the end of their lifespan.

Please note: This is not a research or study. Presentation is based on personal clinical experiences of Christine Gross and anecdotes of clients/colleagues.



Dr. Sushma Manish, United Kingdom

Dementia care – how Ayurveda can help?

The biggest problem being faced by human population in the west is dementia. An insight into the diet and lifestyle of the people is required to understand which phase of life contributed to the onset of dementia. Ayurveda enquires into the person right through the early stages as conception and health status of the parents during the time of conception, to the activities which person engages in during the large part of his life. The health services in west particularly UK invests a huge chunk of money in the understanding and care of such individuals but is enough done to tackle the problem in a wholesome way? As the reductionist research goes on endlessly, exploring the ways to tackle this problem from whole new perspective will give a head start to tackle the problem effectively. This paper explores the possibility of a progressive breakthrough in this direction.



Dr. Pranav Khasgiwale, India

Role of Brahmi (Bacopa Monnieri) in Psycho-Oncology

Cancer is the most feared of all diseases. It is often the first disease people think they have when they experience pain or feel lump in their bodies and the last they want to talk about. Psycho-oncology is a developing branch of psychiatry as psychological interventions are said to provide good sort of relief as well as delay in the recurrence of cancer. Psycho-oncology is an extensive approach which tends to manage the emotional, social, and spiritual distress which often accompanies cancer. Rigorous efforts from clinicians and researchers are the need of the hour to throw light on the scope of psychological approach in cancer. Ayurveda unwraps wide possibility for stress management with its several techniques, where several curative as well as preventive measures are explained for the unassailability of mind. There are a lot of drugs and treatment modalities explained which are psychotropic and simultaneously having immuno modulatory properties, of ultimate benefit in the management of psychological affections of cancer. Today the modern science in the field of psycho - neuro - immunology is proving the relation between one's mental health and immunity; while Ayurvedic science has already established this relationship a bit earlier. Ayurvedic science is also participating in improving the quality of life of cancer patients nowadays. Brahmi also known as Bacopa monnieri, has been used for centuries in Ayurveda. Brahmi has shown the ability to help regulate the body's response to both acute and chronic stress and may act as a potent adaptogen. In addition, bacopa resonates with all of the tissues in the body as well as the channels of elimination. In the following study it is explained that how Brahmi can help us in Psycho-oncology.



Prof. Amandio Figueiredo, Portugal

Ayurvedic and Yogatherapy treatment of Vata vyadhi case study

In this presentation a Vata vyadhi case study is reported. Two situations associated to the knees and kneecaps and the cervical spine were observed as follows:

The study carried out in orthostatism and perpendiculars plans reveals a more pronounced bilateral genu valgum in the left knee. The incidences to the cervical spine showed correction with a kyphotic inversion of the lordotic physiological curvature, showing the various elements slightly poor posteral alignment, appearing to be spondylolisthesis of C3 and C4. The positive results after the sequences of Ayurvedic treatments and Yogatherapy will be presented.



Elisabeth De Wachter, Belgium

Kalaripayat – Das Avatars

Kalaripayat is a martial art of India which is connected with Yoga, Ayurveda and Dhanurveda. This art is rooted in the vedic tradition of India. The holistic approach of kalaripayat is aimed at the ultimate coordination and control of body and mind. Ayurveda (Ayur: life, Veda: wisdom) is the Vedic Science of Self realisation that is connected to the proper functioning of body and mind. Because of this connection between body and mind, one needs also to develop the 3 disciplines so that we evolve from material consciousness, body awareness to Self awareness. Yoga, Ayurveda and Dhanurveda are more than just physical exercises. They address our authentic nature and creative intelligence so we can unite our individual soul with our spiritual higher self, the paramatma.

Das Avatars: Dashavatara refers to the 10 primary Avatars of Vishnu, the Hindu god of preservation. It is said in Bhagavad Gita that Vishnu will descend in form of an avatar to restore the cosmic order. The word Dashavatara derives from Dasa meaning "ten" and Avatar meaning "divine incarnation". With this cultural project I will shortly compare the Dashavatara with the Darwinian evolution theory.



Assoc. Prof. Nandu Goswami, Austria

Challenges of Ayurveda Integration into Medical Universities

Ayurveda, including meditation are practices that have been carried out for centuries in India. While Ayurveda and meditation are part of daily life in India, they are not particularly well-perceived, and therefore, not well-received in the western world. There are a lot of pre-conceptions and scepticism in the minds of western medical practitioners which does not allow them to even consider "alternative" forms of medical therapy than their standard allopathy.

This talk discusses the need to urgently remove the false impressions of the western medical practitioners by regular dialogue and showing to them in an evidenced based manner (using randomized cross over clinical trials) the beneficial effects of Ayurveda. To convince them to accept other forms of health care there is a need to carry out solid research, using western state-of-the-art research tools on ayurvedic products/supplements. Similarly, academics are also very sceptical about the beneficial effects of Ayurveda. This paper then provides concrete examples of how Ayurveda can be integrated into western medical schools curriculum but also how research should be carried out in a typical western medical school setting.



Dr. Tim Carr, Australia

Integrating Ayurveda in Mainstream Health Care for Australia

In Australia there is a growing interest amongst health professionals, scientists and the private sector in studying and developing traditional medicines, and investigating ways that these medicines can be integrated with mainstream health care to improve health outcomes particularly in the management of chronic disease which currently affects 35% of the adult population. Australia is well placed to partner with the AYUSH Ministry to achieve its objective to promote the development, validation and internationalisation of Ayurvedic medicine and aligned therapies. This will require several steps including: funding and conducting local research; educational and training programs for the public and health professionals; satisfying the Australian regulatory requirement to enable the ready availability of Ayurvedic herbal products; regulating Ayurvedic practice; and establishing a Professorial Chair in Ayurveda to facilitate the whole process. The hurdles and opportunities that present themselves at each step will be discussed.



Ing. Cornelis Peters, The Netherlands

The added value of Ayurveda for reducing pharmaceuticals and Multi-resistant bacteria in the environment

The complex and increasingly debated issue of contamination in the environment by pharmaceuticals and multi-resistant bacteria is the subject of a transboundary innovation project in the Vechte River watershed in Germany and the Netherlands.

The MEDUWAVEcht(e) project (MEDicine Unwanted in WAt(er)) is a consortium of 27 Dutch and German companies, universities, hospitals, and governmental and non-governmental organizations developing a set of complementary techniques and methods to address this issue. Europa Ayurveda Center is one among this consortium.

The contamination of soil and water by medicine and multi-resistant bacteria is a universal problem that has many different sources and society exposed to this contamination in many different ways. Therefore, solutions directed at the entire lifecycle of these substances are needed.

The three-year project, financed by EU INTERREG Deutschland-Nederland Program, is developing innovative approaches to reducing emissions of human and veterinary pharmaceuticals and multi-resistant bacteria. At the same time, these innovations, once on the market, will support the regional economy. The solutions under development focus on the full lifecycle of pharmaceuticals from source to sink.

Examples of the innovations include monitoring systems for water and animals, filtration and oxidation technologies, antibiotics replacements from plant sources, medicines derived from plant and animal enzymes, and an online tool for visualizing changes in the watershed.

The visualization tool, known as the Watershed Information System (WIS), will, for example, be openly accessible and allows users to identify hotspots in the river with the support of the Geo-referenced Regional Environmental Assessment Tool for European Rivers (GREAT-ER) model. Users can also compare the spread of substances resulting from various measures under different hydrological or climatic conditions.

Another tool within the WIS, the grey water footprint, will make it possible for users to calculate and compare the contamination of water stemming from significant sources such as hospitals, homes, farms and individual farm products like meat and dairy.

The project, which ends in 2020, operates as a type of incubator for the companies and organizations developing these products and approaches. It thus provides them with a head start in developing and launching their products on the market.

With the support of the EU and the research institutes involved, it is possible to make some ground-breaking progress in tackling this complex challenge. The project also serves to demonstrate that the reduction of contamination is only possible through close collaboration among different sectors of society. Ayurveda, regarded as the oldest medicine in the world might give answers to our modern problems.

We expect that the Ayurveda approach that uses herbal plants in specific combinations can cleanse the water and earth more cheaply and efficiently than the existing methods can do.



Dr. Vanita Sharma, Australia

Ayurveda — The Plant based Apothecary, Traditional Medicine & Modern Era

Ayurveda — The herbal plant based apothecary dates from far past almost 5000 years. Awareness for consuming medicinal plants for health has been known by ancient civilizations and used throughout the millennia, but the abundance of benefits that herbs bring to the pantry has only recently become appreciated. In India, Ayurveda medicine has used many herbs such as turmeric possibly as early as 4,000 BC. The Sushruta Samhita attributed to Sushruta in the 6th century BC describes 700 medicinal plants, 64 preparations from mineral sources, and 57 preparations based on animal sources.

In fact, therapeutic drugs developed from plant source have provided considerable value to the pharmaceutical industry over the past halfcentury.

The Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) was established in 2003, to upgrade education standards, quality control and standardization of drugs, improving the availability of medicinal plant material, research and development and awareness generation about the efficacy of the systems locally and internationally.

Scientists suggest that a reverse pharmacology approach, inspired by traditional medicine (Chinese, Ayurveda, herbal, etc.) can offer a smart strategy to facilitate and expedite new drug discovery process.



Vaidya Acharya Naveen Gupta, Belgium

Omnipotent & Satvika Herbs of Mother Nature (References from Ayurveda compendiums with specific inputs from The Great Epics on 'Dharma' & 'Karma' from 'Mahabharata' & 'Ramayana')

The core principles of Ayurveda are found in the Atharva Veda and Rig Veda. There is a mention about Ashwanau - the twin Ashwini Brothers - the celestial physicians. The core principles of Ayurveda are found in the Atharva Veda and In Rig Veda there are references on Eternity and Ashwanau- the twin Ashwini Brothers- the celestial physicians and the war between 'Maryada Purushottama Rama' ('Maryada' = highest conduct in life; 'Purushottama' = 'Uttama Purusha' = Peerless amongst 'Purusha', the conscious beings) the eldest son of King Dasharatha and King of Lanka Lanka Adipati Dashanana called as Ravana (described in the well known epic Shri Balmiki Ramayana).

Lakshmana, the beloved brother of Lord Rama get hit by a spear from Indrajeet, son of Ravana, and fell down un-conscious.

Then Vaidyaraja Susheshana, an Ayurveda physician attached to the kingdom of Ravana was called and he felt the pulse and chanted 'Sanjeevani' three times and prayed to the Army of the Lord Rama to bring the divine herbs from 'Oushidhi Giriraja', the King of Herbal Mountains that are draped and sheathed with radiating and sparkling eye catching 'Omnipotent Divine Herbs and Shrubs'.

Vaidyaraja Susheshana has set the highest standards of ethics of Medicine, as he took a conscious ethical decision of treating the wounded Lakshmana, being well aware that treating Lakshmana could end up annoying Ravana and could endanger his own life.

Then Lord Hanumana, the absolute devotee of the Lord Rama was sent to bring the Sanjeevini Herb. Lord Hanuman could not identify the herbs on that mountain (here follows a mystic story...) so he decided to bring the mountain peak itself and flew to the war scene and then Vaidyaraja Sushena used the herbs with Gandharva Mantra(s) and infused life and healed Lakshmana.

With the heavenly blessings of Guru Dev and His Holiness Maharishi Ji at the International Ayurveda Congress 2018 at Leiden, The Netherlands, Vaidya Acharya Naveen Kumar Gupta shall elaborate on 'Omnipotent & Herbs of Mother Nature from the immemorial times of great Hindu Epics and if time permits he will have a word about Satvika Herbs from Samhita(s).



Dr. Pierre Knibbeler, The Netherlands

The value of reading the Charaka Samhita in Sanskrit

By means of examples of quotes from the Charaka Samhita, show the difference between reading the original Sanskrit text and reading just a translation.



Dr. Carla Peeters, The Netherlands

It is time for a healthier world; Personalised and nutrition based healthcare

Each year the number of people suffering from chronic diseases is increasing worldwide. The increase can partly be explained by the fact that we are getting older and diseases can be diagnosed more quickly. On the other side we are living in a fast changing world with a growing exposure to toxic load, electricity, plastic, nano particles and processed foods.

Our view is that chronic diseases are a disbalance of the processes in the human body and can be prevented. The longer the disbalance is manifested the more difficult it will be to transform to health. At COBALA we search together with the patient for the root cause of the disease instead of treating persistent symptoms. We consider that each person has his own unique genetic and biological composition, history, nutrition, lifestyle and environment. Therefore, for each person the causes of certain symptoms in the body can be different. COBALA makes optimum use of the healing powers of nature but also measures and analyses data with which patients can closely follow the recovery. If needed we adjust the intervention until the healing process continues. In the past 3 years we demonstrated that transformation of chronic diseases to more resilience and health can provide a way to a lasting recovery for a large variety of chronic diseases by a person-centred multidisciplinary and integrative approach to the cause of these symptoms. One person trials will be the future for personalised medicine to prevent that every day millions of people are taking medicine or nutrition that will not help or may even make it worse. Recognition that doctors need to take individual variability into account is growing. A personalised approach for nutrition and other fruitful interventions is part of traditional Ayurveda and has much to offer in Western healthcare. Contributing to a healthier world simple, effective valuable and sustainable.



Dr. Chitra Bedekar, India

Study of Ayurvedic Functional Foods Mentioned in Ancient Ayurvedic Texts with special reference to Rice Formulations

In the twenty first century, the scope for Nutraceuticals or Functional Foods is constantly expanding. Food enriched or fortified with medicines or another food item are called Nutraceuticals or Functional Food. Nutraceuticals and Functional Food, both help for the prevention and / treatment of diseases.

It is the need of the time that Ayurvedic Nutraceuticals or Functional Foods should be explored. Classical texts of Ayurveda are the oceans for exploring such jewels from them. One can find innumerable examples of Functional Food in them. Such Ayurvedic Functional Foods are a perfect combination of Food and medicinal herbs. That means through an Ayurvedic Functional Food, one can get the benefit of Food (which mainly strengthens) and medicinal herbs (which mainly cure).

Rice formulations are such Functional Foods which appear most frequently in those texts. They serve the purpose of preventing and curing many diseases. Thorough study of Classical texts of Ayurveda reveals these amazing potentials of rice formulations. The approximate number of Rice formulations mentioned in the texts is 500. They can be classified into approximately twenty types.

Rice is easily available and used worldwide and happens to be most important grain with regard to human nutrition.

Hence, the proposed Research paper will exhibit with scope and limitations, the vast canvas of Rice formulations mentioned in the classical texts. It will also emphasize on the appropriate selection of a formulation in a specific condition through some examples.



Prof. Swati Chobhe, India

Review of digestive action of Zingiber officinale from Physiological Perspective

Food/Medicine consumed, has to undergo transformation or digestion so that it can be absorbed and assimilated in the body.

some herbs in Ayurveda are consumed routinely as food or they are used as medicine for ex; Ardrak (Zingiber officinale).

In Charak Samhita Ardraka/ Zingiber officinale is described as Deepan Dravya (appetizer). By definition, Appetizers increases appetite but do not help in digestion so physiology behind stimulant action of Zingiber officinale on digestive secretions are analysed in this article and also light is thrown on the physiological difference between appetizing action and digestive action of Ayurvedic herbs.



Dr. Meghana Kulkarni, India

Effects of Calotropis gigantea on common skin ailments

Case study of leaf extract of Calotropis gigantea on common skin ailments. Total 27 patients with Tinea infection on various parts of the body were treated with ayurved medicines internally and externally given leaf extract of Calotropis gigantea for application. The results were observed after 15 - 20 days and the observations were noted. 15 Female patients got very good results and one male patient was having his symptoms aggravating and subsiding on and off where as other male patient was better. Here the role of causative factor was important. The patients who could avoid the causative factors got relief from itching, burning sensation and irritation. Who did not follow the instructions of avoiding certain things according to Ayurvedic science were suffering from the disease on and off.



Dr. Rhuta Saraf, India

Study of Nimbadi Dhoopa in the management of Dushta Vrana (Infected wounds)

Wounds and wound infections have become a common entity which is faced by different physicians and surgeons. Chronic, non-healing wounds like Diabetic wounds, Varicose ulcers, bed sores have become a challenge to the medical fraternity. Antibiotics are efficient in killing and controlling the growth of micro-organisms by their bactericidal and bacteriostatic actions but due to the repeated use of antibiotics, organisms have become resistant to their action. Vrana Dhoopana described in Ayurveda helps in cleaning and disinfecting the wound and also promotes fast healing of wounds. In this study, 60 patients were randomly selected and divided in two groups. Vrana dhoopana followed by dressing with vrana shodhana taila was administered to the 30 patients in Group A (Trial group) and only dressing with vrana shodhana taila was done in the 30 patients in Group B (Control group). Significant results were obtained in Trial group where the wound was subjected to Nimbadi Dhoopa. It means we can conclude that Vrana Dhoopana with Nimbadi Dhoopa has significant results on Dushta Vrana. It helps in minimizing the infection present in the wound thus, having Rakshoghna effect on it.



Prof. Perugu Srikanthbabu, India

A bird's eye view of Ayurveda and Trichology

Ayurveda has given much information on hair. It has narrated various names for the hair present at various levels like roma is a body hair keshha is a scalp hair. From its embryological development to its appearance as terminal hair. Various minute details like the intrinsic rhythm and various diseases involving hair were narrated. A comprehensive approach to trichology from ayurveda is the essence of my paper. Arumshika Irivellika like scalp disorders and their role in damaging hair and principles of managements etc. are my focus.



Dr. Veena Himanshu Sharma, India

Role of Asparagus Racemogus(shatavari) and Glycyrrhica glabra (yastimadhus) management of computer vision syndrome

Computer vision syndrome is a repetitive stress disorder characterized by symptoms complex of eye strain, dry eye, eye irritation, headache, neck pain, shoulder pain, blurred & double vision. Several studies in developed countries have shown association between computer use and visual health related symptoms i.e , CVS almost 90 percent of computer users reports CVS. So there is as urgent need to understand dynamics of this problem. In ayurvedic literature search there are no direct references regarding named CVS because first IBM personal computer was manufactured in 1981. Upon critical and systematic review of CVS, its etiopathogenesis in view of given ayurvedic guidance CVS seems to a group of vata pitta dominant ocular and systematic syndrome. We get many clues to prevent and treat CVS in ayurvedic literature.

Causes of CVS:

Improper sitting position, not maintaining proper distance of computer screen from eyes is due to lack of awareness of judicious use of technology which is included in pragyaparadha and the other factors alone of screen long standing use, focusing to screen these factors include in asatmyaındriyarth samyog of chakshurendriya. So Asatmyaındriyarth samyog and pragyapardh two basic causes behind CVS4.

Pathophysiology of CVS :

Visual Work in computer demanding and includes frequent saccadic eye movements (ocular motility) accommodation (continuous focusing and vergence alignment demands) all of which involves continuous muscular activity which increases Chala and Ruksha Guna of Vata. Dosha hence cause dry eye, eye strain and Anvashthit Drusti due to Chala i.e., blurred and double vision.

Character of computer screen is made of tiny dots called pixels and pixels are result of electronic beam striking the phosphor coated rare surface of screen. Each Pixels is bright at its centre and decreasing brightness towards edges therefore electronic character have blurred edges as compared to printed page with sharp defined edges,

this makes human very difficult to maintain focus on pixels and effort in focusing increased usna guna of pitta dosha and chala guna of Vata Dosha. Due to increased usna guna of pitta create symptoms like burning of eyes, redness of eyes and increase vision, blurred vision, sore eye rather than these ocular and vision symptoms. Neck pain, back pain and shoulder pain are extra ocular symptoms; these are typically posture related symptoms because of improper sitting position these occurs due to excessive muscle strain only. These are corrected by counseling regarding proper sitting position techniques.

So basically Vata and Pitta are dominant vitiated Doshas in CVS and Ruksha Khara Usna are vitiated gunas of these Vata and Pitta Doshas. Ayurveda offers a very unique and effective way of curing and treating CVS.



Dr. Gordana Markovic Petrovic, MD, PhD, Serbia

Improving Reproductive Health of a Woman with Maharishi AyurVeda

Reproductive health of a woman is a reflection of her total health and is intimately connected to her mental and emotional wellbeing. Contemporary social dynamics are creating a fast tempo of life, filled with stress.

A burden of increased professional engagement and physical overload has been imposed onto women, with the reduced time given for rest and care of herself and her particular needs.

Besides, the present media propaganda of the active life during menstrual cycle, which is, according to Maharishi AyurVeda, in total contradiction to the natural needs of women during that period, has immense consequences in violating woman's health. Inadequate way of life has contributed, on a global scale, to the separation of a woman from her own Self, from her own nature, and is manifested in the constant increase of the diseases, such and endometriosis, premature menopause, sterility, hormonal imbalances, carcinoma of the reproductive organs, and many others.

The knowledge of Maharishi AyurVeda gives us a clear direction for identifying etiological factors compromising woman's health and for creation of the treatment protocols, that will result in regaining of the balance in the physiology, elimination of the symptoms of the disease and the regeneration of the reproductive system.

Case study: Presentation of the treatment of the premature menopause in a woman younger than 40 years, and its effects on balancing the hormonal status and complete re-establishment of the regular menstrual cycle, with Maharishi AyurVeda.



Dr. Supriya Gugale, India

To Study Role of Garbhsanskar In today's era

Pregnancy is a unique state of physiological stress which needs physical, mental and social Adaptation. Even an uncomplicated pregnancy can result in some stress during pregnancy. Stress can however be particularly harmful during pregnancy. Studies, shows that very high level of stress may contribute to an increased risk of, pregnancy induced hypertension (PIH) & Intrauterine growth restriction (IUGR). Several trial showing interventions to reduce perinatal stress, did not prove effective when rigorously evaluated. (Fenster et al, 1995) (Villar et al, 1992). (Langer et al, 1996). A recent Cochrane Database Systematic Review (Hodnett and Fredericks, 2003) undertook a meta-analysis of 16 trials (with a total of 13651 women), and concluded that programs offering additional social support for at-risk pregnant women were not associated with improvements in any perinatal outcomes, but were associated with a decrease in caesarean births and an increase in elective termination of pregnancy. These interventional programs probably failed as they were very focused and not holistic or comprehensive. Yoga, on the other hand, uses a holistic approach to stress reduction and has been used to promote positive health for centuries in India (Collins, 1998).

We started a Program named Garbhsanskar since last 15 years . In this program uptil now almost 2000+ pregnant moms have registered. They are been advised the lifestyle as per our ancient Ayurveda concepts.It was been observed that this Program is truly beneficial for the physical and mental well being of the mother and the fetus.Our aim is to promote this program all around the world. As we come across many health issues in mother and the child during pregnancy and in future too. So as to make the society aware of it, its needed to make all the health professionals to be aware of it .

The program includes **Satvik ahar**, **Exercise (Yoga and Pranayam)**, **Meditation**. with the monthly regimen to be followed by Pregnant woman. Nutritional management, Stress management through Meditation, & exercise may contribute to decreased risk of PIH, IUGR and eventually would decrease 1. Developmental and behavioral problems in the children, as a toddler and adolescent. 2. Risk of developing depression later in life. 3. As well as later mental health problems in the mother.

It is safe, relatively cheap to implement & would reduce the costs of long term health care, through Team work i.e., Ayurveda Gynaecologists, Physiotherapists & Meditation Experts coming together.



Marjan de Jong-van Roosmalen, MA, The Netherlands

40 days for 40 years, ancient but modern approaches for the postpartum period

During the first weeks after the delivery the mother's health is very delicate and care to recover and bond with the baby is needed, but mostly lacking in modern obstetrics and gyneacology. Where good care and attention is given during pregnancy and childbirth, there is a gap in care till the 6 week check-up. Ayurveda offers time-tested, researched approaches to support women during this very precious and important time in the life of mother and baby. Approaches that are ancient though modern, and easy applicable.



Dr. Sushama Patil, India

Ayurvedic management of poly cystic ovarian syndrome

Poly cystic ovarian syndrome (PCOS) is a complex syndrome affecting 5 to 15% of the females of reproductive as well as premenopausal age. It involves various symptoms related to metabolism and reproductive system. In Ayurvedic literatures there are explanation of some conditions which, as in Kashyap Samhita, Kalpasthan, RewatiKalpa, there are references of PushpaghniRewati (anovulatory menstruation plus obesity plus hirsutism), ShushkaRewati (primary amenorrhea), KatambharaRewati (secondary amenorrhea), and VikutaRewati (irregular menses) which are found in PCOS. Symptoms complex matches with Pushpaghni Revati In this study a Polyherbal formulation prepared by Unijules Life Sciences Ltd. is evaluated on 20 patients suffering from various symptoms of PCOS for three months treatment duration. A highly significant result was observed in pain during menstruation, interval between two menses, follicular size and in decreasing the BMI i.e., in obesity also.

Overall this clinical data established a good management useful for PCOS without causing any unwanted effects. (...)



Dr. Sarvpreet Singh, India

Ayurveda and Autoimmune Disorders

When the immune system of the body fails in identifying self from non self and reacts against the tissues of own body, it's called an autoimmune disorder.

These disorders may be caused due to genetic issues or some infections or due to some drugs etc. and commonly affected organs and tissues are blood cells and vessels, connective tissues, muscles and joints, skin, endocrine glands, etc.

These autoimmune disorders can cause destruction of one or more types of body tissues and abnormal changes in organ functions and symptoms may range from a mild fever to a severe disabling arthritis and some of the common examples of autoimmune disorders are Rheumatoid Arthritis, Systemic Lupus Erythematosus, Multiple Sclerosis, Myasthenia Gravis, Grave's disease, etc.

According to Ayurveda, autoimmune disorders are a result of constant unhealthy lifestyle and diet. Ayurveda works at the rootcause of the disease and addresses the malfunctioning of the immune system.

Ayurveda believes in immune system correction rather than conventional system's approach of giving immunosuppressants in autoimmune disease.

It's important to learn about Ayurvedic concepts of Agni, Ama and Ojus to understand about the management of autoimmune diseases in Ayurveda which will be discussed in detail at the time of presentation.



Dr. Vikrant Patil, India

Ayurveda: A new prospective for Hyperthyroid Treatment

Hyperthyroid, which has only 20% in total thyroid patients, but is significantly fast and troubleshooting condition. Unfortunately no satisfactory solutions available till date. As per protocol, there are 3 recognised modalities of treatment for hyperthyroidism: Antithyroid drugs, surgery and radioiodine. All are effective but no single method offers an absolute cure. Antithyroid drugs are for lifetime hence patients are advised for radioiodine, in which almost all the patients undergo Hypothyroidism as a result. Surgery again does the same results, along with loss of Parathyroid gland resulting dependency on calcium supplement for lifetime.

In the Ayurvedic Thyroid clinic, total 9000+ patients of Thyroid disorders are enrolled till now, amongst few are of Hyperthyroid due to surgery, Radioiodine and lack of awareness. We had treated these Hyperthyroid patients as Grahani and Atipravritti.

These patients were treated with

1. Internal Ayurveda medicines
2. Nasya Karma
3. Vamana Karma
4. Virechan Karma.

This resulted complete cure in marked number of patients of hyperthyroid in around two years of span.

Two types of patients were enrolled in TATC (The Ayurvedic T.H.Y.R.O.I.D. Clinic)

1. Newly diagnosed and not on any Antithyroid treatment
2. Diagnosed and on Antithyroid treatment

It is found that the patients diagnosed and come to Ayurveda treatment directly got results earlier than second group.



Prof. Ish Sharma, India

Efficacy of Panchakarma in a Patient of Multiple Myeloma: A case study

The role of Ayurveda is now globally recognized for the quality of life. It has both, the preventive and curative potentials. Panchakarma is one unique principle of Ayurveda which deals with detoxification of body and mind. In this article, a case study of patient suffering from Multiple Myeloma will be discussed and how his Quality of Life changed after getting Panchakarma therapy. A male patient aged 67 year; known case of Multiple Myeloma approach Panchakarma unit having chief complaint of severe back ache due to burst fractures at D8, D12 and weakness. The patient had already taken the Western medical treatment and surgical procedures like Bone marrow transplantation; with these treatments, he got slightly relief but getting weakness and fractures of thoracic spine due to hypercalcemia, the patient was upset and experiencing a poor Quality of Life. Hence, the patient came with a hope from Panchakarma. An effort was made by treating this patient with Panchakarma procedures under strict supervision.



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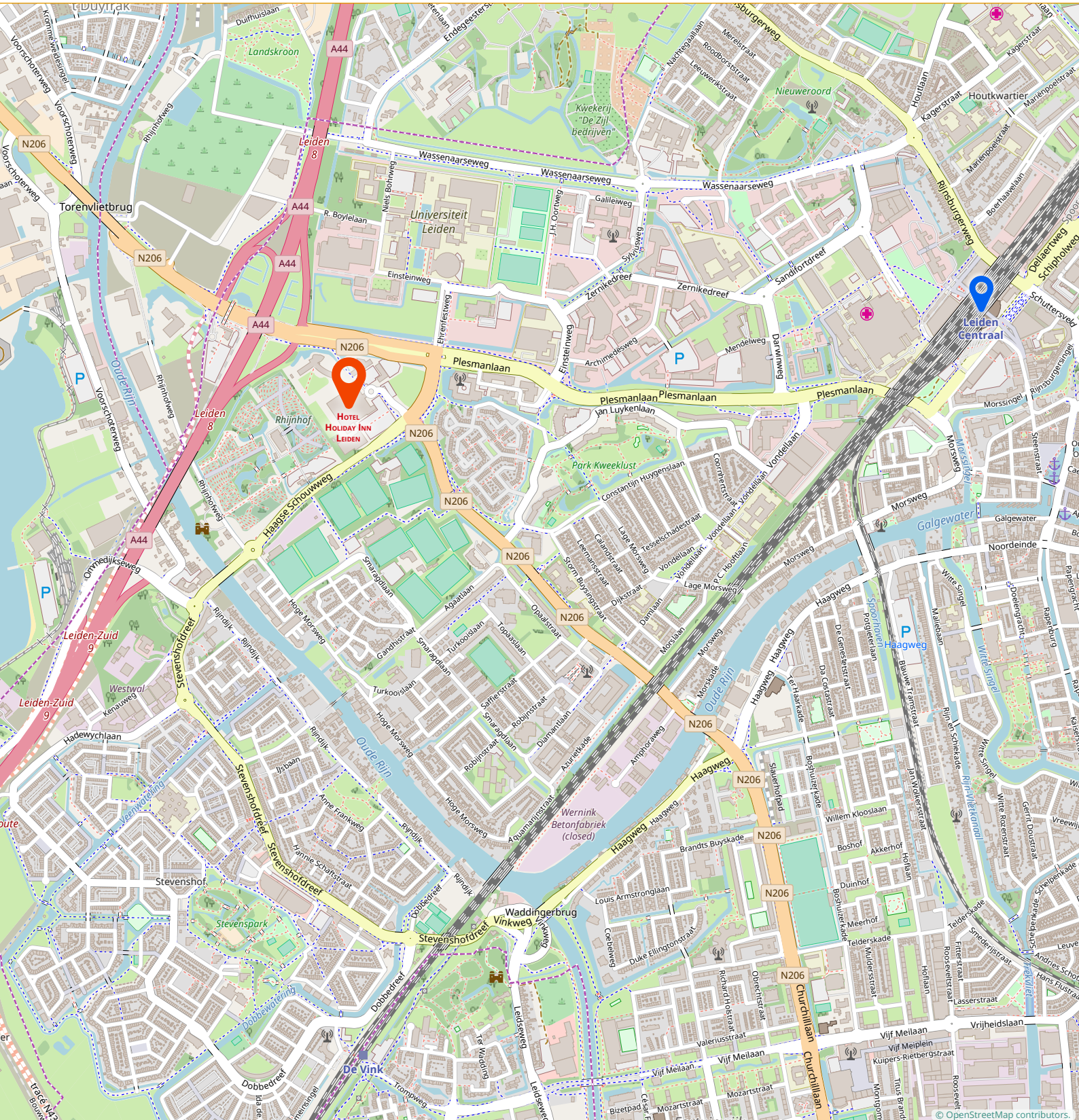


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