



Fourth International Ayurveda Congress,
1 - 2 September 2018, Leiden, The Netherlands

Resolution

The Fourth International Ayurveda Congress, held on 1st and 2nd September 2018 in Leiden in the Netherlands, took 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 presented the scientific approach of Ayurveda as a prevention-oriented healthcare system.

The Congress was held in the beautiful setting of the historical town Leiden having centuries old scenic Dutch water canals, one of Europe's oldest botanical garden and a major Dutch University and library. As the congress venue one of the main conference centres cum hotels in Leiden, Holiday Inn Leiden was chosen, with International conference facilities and dignified halls for the purpose, including dining and exhibition space.

The Congress was a joint effort of three organizations: the International Maharishi AyurVeda Foundation, The Netherlands; the All India Ayurvedic Congress, New Delhi; and the International Academy of Ayurveda, Pune and was hosted by Maharishi European Research University, the Netherlands.

The Congress was presided over by the Patron, Dr Tony Nader, MD, PhD, MARR. Padma Bhushan Vaidya Devendra Triguna, President of the All-India Ayurvedic Congress, Dr Subhash Ranade, Chairman of the International Academy of Ayurveda, and Dr Rainer Picha, Chairman of the International Maharishi AyurVeda Foundation, served as the three Congress Presidents.

The Congress was honoured with the presence of The Honourable Shri Shripad Naik, Minister of AYUSH, Government of India, Dutch Minister for Health Care, Mr Bruno Bruins, His Excellency Mr Venu Rajamony Ambassador of India to the Kingdom of the Netherlands. The Congress was also attended by Mr Alojz Peterle, a Member of the European Parliament and former Prime Minister of Slovenia; Ms Amanda MacKintosh, a member of the board of Task Force Health Care, the Netherlands; Dr Geetha Krishnan, of the Traditional, Complementary and Integrative Medicine Unit of the World Health Organisation; and Dr DC Katoch, Adviser (Ayurveda), Ministry of AYUSH, Government of India.

300 delegates including government officials, leading physicians, researchers, and scholars exchanged research findings, case studies, and in-depth analysis of India's ancient system of natural health care.

For the past 40 years, largely inspired by the outstanding contribution of Maharishi Mahesh Yogi, Ayurveda has gained worldwide recognition as an effective, holistic and prevention-oriented approach to today's problems in the fields of individual and public health.

The International Maharishi AyurVeda Foundation, the All India Ayurvedic Congress, and the International Academy of Ayurveda together agreed on the following Resolution:

It is resolved to establish and promote Ayurveda in the areas of education, research, training, practice and products in the West. This Congress presented a platform for all leading Ayurveda organizations worldwide and leaders in various fields of Ayurveda to jointly work on preventing disease, promoting longevity, and treating chronic disorders using an integrative approach. Actions and steps in achieving following goals will be taken in the areas of Education, Practice, Research and Products.

Ayurveda Education

- Contact all Ayurveda colleges and universities in India and throughout the world, introducing to them complete and authentic Ayurveda, which is Consciousness-based and supplemented with Maharishi's total knowledge of Ayurveda, including Transcendental Meditation, pulse diagnosis, prevention-oriented healthcare, collective health measures (including group practice of Maharishi's Technologies of Consciousness), and strategies to improve environmental influences through other Vedic disciplines, such as Sthapatya Veda, Jyotish and Yagya, and most importantly truly integrative healthcare; and offer to work together to implement this approach in their syllabus
- Establishing highest quality education in Ayurveda for medical practitioners as well as for the public in each country
- Establishing Ayurveda education institutes for the training of physicians and health professionals
- Establishing Ayurveda Chairs in all countries under the AYUSH scheme
- Standardising Ayurvedic curriculum in conformity with European Union's undergraduate and postgraduate guideline
- Short certificate courses to educate the public about the holistic and balancing aspects of Ayurveda as well as understanding Ayurveda as a prevention-oriented science that promotes healthy, happy, long life
- Education promoting the consciousness-based approach to promote disease-free individual life and collective health of the society
- Training programmes for technicians in various panchakarma treatments

Ayurveda Practice

- Integrating the practice of Ayurveda in the health service of each country
- Opening Ayurveda clinics and consultation centres
- Opening panchakarma centres to promote Ayurvedic treatments for elimination of accumulated toxins and imbalances and thereby prevent diseases and promote health and longevity

- Promoting Ayurveda health practitioners to guide people in living healthy life styles that include the practices of authentic meditation, yoga, guidance in proper daily and seasonal routines, advise on proper diet that brings nutrition and balance of doshas, and advise on health promoting behaviour
- Guiding the practice of various preventative approaches in Ayurveda and thereby correcting physiological imbalances in their early stages
- Organizing Vaidya tours to introduce the practice of Ayurveda to the public


Ayurveda Research

- Promote scientific research on Ayurveda to showcase preventive and curative benefits in healthcare and encourage its global recognition
- Establish Ayurveda research centres in various universities
- Research on the medicinal value of the indigenous flora resources of every country
- Coordinate, collect, review and evaluate all research on Ayurveda and Natural medicine and entertain scholarly exchange with other research institutions
- Encourage funding of Ayurveda research from all levels of government and private sectors

Ayurveda Products

- Ensuring global availability of authentic Ayurveda products by overcoming regulatory hurdles and implementing procedures to guarantee safety and purity
- Ensuring Good Manufacturing Practice so that products are consistently produced and controlled according to quality standards
- Promoting Ayurveda Rasayana and traditional preparations to balance the physiology, strengthen the immune system, increase vitality, prevent illness and promote longevity
- Ensure that the quality of products fulfils legal requirements concerning limits in content of impurities like microbial, heavy metals, pesticides and other agricultural chemicals, and fungal toxins such as aflatoxins and ochratoxins
- To install systems that ensure food safety as mandated by the EU for all food products including food supplements

Signed by the Congress Presidents:



Prof Dr Subhash Ranade
Chairman, International
Academy of Ayurveda,
Pune, India



Padmabhushan Vaidya
Devendra Triguna
President, All-India Ayurvedic
Congress; President, National
Academy of Ayurveda,
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