



INTERNATIONAL AYURVEDA CONGRESS 21-23 SEPT. 2018 – LJUBLJANA

Resolution

The Fifth International Ayurveda Congress from 21st to 23rd September 2018 in Ljubljana, Slovenia, illuminated the time-tested knowledge of Ayurveda with up-to-date insights from modern science. Break-through research about consciousness-based approach to cardiovascular disorders, obesity, sterility and specific Ayurveda approach to Alzheimer's disorders had been presented — locating the inner healing intelligence of the human physiology to achieving the ultimate goal of Ayurveda – disease free society.

World's leading Ayurvedic practitioners and researchers showed scientifically verified solutions to today's problems of lifestyle disorders in the fields of individual and public health. Vaidyas and health professionals engaged in Ayurvedic research presented their findings.

The Congress was honored with the presence of His Excellency Mr. Param Jit Mann, the Ambassador of India in the Republic of Slovenia, and Prof. Dr. Anand V. Kalaskar, deputed as AYURVED CHAIR, by the Ministry of AYUSH, Govt. of India, to Slovenia.

The Participant of the 5th International Ayurveda Congress together agreed on the following Resolution:

1. We shall develop a network of all Ayurveda colleges and universities throughout the world to join forces in education and especially research of Ayurveda benefits, which can be implemented either internationally or locally, to enter in the Mainstream of Health Systems of the World. We are absolutely convinced that for the 21st Century average people, Ayurveda offers a complete solution for healthy lifestyle through Consciousness-based holistic prevention-oriented healthcare, collective health measures, and most importantly, truly integrative healthcare. We are sending our offer to work together to implement this approach in syllabuses of all Ayurveda colleges and universities throughout the world.
2. We shall work with, support, and endorse, the Ministry of AYUSH initiative to establish an academic chair in a university of each country. The chair will serve as a focal point for research on Ayurveda, course development, teaching, and practice in the country.
3. We shall collaborate with the Indian Ministry AYUSH and Indian Embassies to support the expansion of Ayurveda worldwide by developing a specific programme for each country. This will include identifying the hurdles in spreading Ayurveda outside India and solutions to them, including e.g. overcoming challenges in the areas of export and availability of Ayurvedic preparations; encouraging health insurance companies to cover Ayurveda treatments; and supporting research on Ayurveda in each country.

4. We suggest that an international accreditation board for Ayurveda should be created to ensure that the standards and the all-encompassing nature of Ayurveda and its many subsidiary disciplines are established and maintained in the areas of education, research, and practice.
5. Liaise with the authorities in different countries to generate awareness about Ayurveda and encourage them to use the principles and practices of Ayurveda for better health and wellbeing of the people of those countries.
6. Work with local communities in all countries to support the application of Ayurveda principles and practices in the daily life of the people.
7. We shall establish a representative body for Ayurveda in Slovenia, who will have the complete authority to approve Ayurveda therapists for Slovenia according to the state legislation of Slovenia. Similar body is proposed to be establish in other countries.
8. We plan to have our next International Ayurveda Congress in Curaçao in 2019.

Signed by the Congress President



Dr. Rainer Picha