

# International Ayurveda Congress



## IMAVF NEWSLETTER

Special International Ayurveda Congress Edition  
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**International Maharishi AyurVeda Foundation (IMAVF)**  
*Serving all Maharishi AyurVeda Health Professionals Worldwide*

**Dear Maharishi AyurVeda Professional and Friends,**

**We are delighted to share with you a preview of the 2nd International Ayurveda Congress to be held 1-2 April in London, UK.**

This promises to be a dynamic and engaging conference – one of the largest outside of India – with over 80 leaders in Ayurveda from around the world sharing their discoveries, insights, and practical tips with all of us.

No matter which area of Maharishi AyurVeda is your specialty, you will find a wealth of information and inspiration at our Congress.

*After the very full program of the Congress itself, you are invited to a special Global Maharishi AyurVeda Summit on Monday, 3 April 2017 to plan for the world- wide expansion of the programmes of Maharishi AyurVeda.*

This gathering of all Maharishi AyurVeda professionals, supporters and practitioners of the Transcendental Meditation and TM-Sidhi programme will be chaired by the patron of the Congress and the International Maharishi AyurVeda Foundation, Dr Tony Nader, MD, PhD, MARR.

*Lastly, we have added a special Ayurveda for Everyone Programme with two full days of Public Lectures on Ayurveda on 1-2 April for anyone to gain a deeper understanding of Ayurveda's unique approach and its effectiveness in solving a wide range of health problems.*

Please do not miss out on the immersive experience of attending the 2nd International Ayurveda Congress.

You can register here – and as an IMAVF member you receive a substantial reduction in the Congress fee.

Looking forward to seeing you at the Congress in April!

Warmly,

Dr. Rainer Picha

IMAVF Chairman of the Board

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London Bridge seen from the River Thames



# The Second International Ayurveda Congress

## Ayurveda

The Pursuit of Health,  
Happiness and Long Life  
Through Prevention-  
Oriented Health Care

*Time-Tested, Scientifically  
Verified Solutions For the  
Health Problems of Our Time*

### Organizers



International Maharishi AyurVeda Foundation  
(IMAVF) Vlodrop, The Netherlands



All India Ayurvedic Congress (AIAC)  
New Delhi, India



International Academy of Ayurveda (IAA)  
Pune, India

### Patron of the Congress



**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



Photograph from the First International Ayurveda Congress, April 2015, The Netherlands

## Second International Ayurveda Congress

All India Ayurvedic Congress, New Delhi; International Academy of Ayurved, Pune and International Maharishi AyurVeda Foundation, The Netherlands will welcome all health professionals, Ayurvedic scholars, and researchers from India and around the world at this Second International Ayurveda Congress to be held in London 1-2 April 2017.

Internationally renowned scholars will be keynote speakers at the Congress and will present scientifically verified solutions to showcase the effectiveness of Ayurveda towards fulfilling the human pursuit of health, happiness and long life.



The Minister of AYUSH of the Government of India, His Excellency, Minister Shripad Yesso Naik, will attend the Congress along with a high level delegation from the Ministry.



### Presidents of the Congress

The presidents of this International Ayurveda Congress are: the President of All India Ayurvedic Congress, Padma Bhushan Vaidya Shri Devendra Triguna; the Chairman of the International Academy of Ayurved, Pune, Professor Shri Subhash Ranade, who is a leading academician and the author of 127 books on Ayurveda and Yoga; and Dr. Rainer Picha, who is a senior consultant in cardiology from Austria and Chairman of the International Maharishi AyurVeda Foundation.



**Padma Bhushan Vaidya Shri Devendra Triguna, India** – President of All India Ayurvedic Congress and a recipient of Government of India's civilian awards 'Padma Shri' and 'Padma Bhushan' for distinguished service of a high order for his contribution in the field of Ayurveda.



**Prof. Dr. Subhash Ranade, India** – One of the foremost experts on Ayurveda. He is a leading academician and physician in the field of Ayurveda. Chairman International Academy of Ayurveda, Pune, India.



**Dr. med. Rainer Picha, Austria** – is a senior consultant in cardiology from Austria. In 1996 he shifted his focus from a full-time position as Assistant Director at the Department of Cardiology of the State Hospital in Graz, Austria, to become a researcher at Maharishi Vedic University in Vlodrop.



# The Second International Ayurveda Congress



Photograph from the First International Ayurveda Congress, April 2015, The Netherlands



Veda is pure knowledge, pure knowledge pertaining to life: AyurVeda, pure knowledge pertaining to life, pure knowledge pertaining to life. Life having two aspects of it: unmanifest and manifest, AyurVeda, the pure knowledge aspect of life connects the unmanifest a manifest value of life, makes the manifest blossom in its full potential.

**Maharishi Mahesh Yogi**

Maharishi University of Management  
Fairfield, Iowa, USA, 29 December 1979

## The Congress

This Congress is one of the largest Ayurveda congresses in Europe, with participation from leading experts from India, Europe and USA.

During our first International Ayurveda Congress, held in The Netherlands on 11th and 12th April 2015, five hundred delegates, including eighty Ayurvedic experts from India, participated in the Congress. Following on the success of the 2015 event, we are again expecting an international gathering of over 500 experts in the field.

This conference is the joint effort of three organizations: the International Maharishi AyurVeda Foundation, from The Netherlands; the All India Ayurveda Congress, New Delhi; and the International Academy of Ayurved, Pune.

This Congress has its foundation in Maharishi Mahesh Yogi's World Plan for Perfect Health through the principles and practice of Ayurvedic Science. This conference also took inspiration from Prime Minister Shri Narendra Modi's encouragement of Ayurvedic experts and academicians in India and worldwide to spread the highest quality of Ayurvedic knowledge, practice and products world-wide. Prime Minister Modi's continued support for strengthening and including Ayurveda in the ties of India with other countries has been appreciated by all.

Among the goals of these Congresses is to bring to light Ayurveda as a prevention-oriented perfect health care system for the world, a system that is authentic and reliable. This will strengthen the reputation of India in Europe and the world through the authentic implementation of traditional time-tested Vedic knowledge, products and practice.

Since Ayurveda is prevention-oriented, as well as holistic and curative, it is capable of leading the world towards creating an increasingly disease-free society. It has the potential to make a huge contribution to the health care systems in Europe and the world. Since Ayurveda is cost effective and easy to implement, it is capable of bringing about self-sufficiency in health care in every nation.

## Programme

### Saturday 1 April:

#### **Morning – Plenary Session:**

Inauguration and opening ceremony with Guests of honour and prominent speakers

#### **Afternoon – Parallel Sessions:**

1. Brain Health
2. Cardiovascular disorders
3. Youthfulness and Longevity; Genetics and Epigenetics

#### **Plenary Session:**

Prominent speakers, Panel discussion and Q&A, Felicitations

#### **Evening – Cultural Event**

– after dinner – MERU Concert –  
Finest Indian Classical Musicians

### Sunday 2 April:

#### **Morning – Plenary Session:**

Opening remarks,  
prominent speakers

#### **Afternoon – Parallel Sessions:**

1. Skin Health
2. Women's Health
3. Nutrition and Digestion; Lifestyle

**Plenary Session: Panel discussion**  
and Q&A; Felicitations; Summary and  
concluding remarks

#### **Evening – after dinner:**

Thames River Evening Cruise

# The Second International Ayurveda Congress

## Main Speakers and Themes



**Tony Nader, MD, PhD, MARR**

*Consciousness – The Foundation of Health, Happiness, and Long Life* – Ph.D. in Brain and Cognitive Science, Massachusetts Institute of Technology (MIT); post-doctoral work as a Clinical and Research Fellow in Neurology at the Massachusetts General Hospital, Harvard Medical School.



**Padmabhushan Vaidya Devendra Triguna, India**

President of All India Ayurvedic Congress and recipient of "Padma Shree" & "Padma Bhushan" award for his contribution to Ayurveda.



**Prof. Padma Bhushan Shri B. M. Hegde, India**

*How might the Benefits of Ayurveda be combined with Modern Medicine?*

MD, PhD, FRCP (Lond, Edin, Glasg, & Dublin), FACC, FAMS. Padma Bhushan Awardee 2010; Cardiologist & Former Vice Chancellor, Manipal University.



**Prof. Padma Shri Ram Harsh Singh, India**

*Shifting Paradigms of Ayurvedic Education in Global Perspective*

Distinguished Professor, Banaras Hindu University (BHU), Formerly Professor-Head & Dean, Faculty of Ayurveda, BHU and Vice Chancellor, Rajasthan Ayurved University, Jodhpur.



**Ashtavaidya E. T. Divakaran Mooss, India**

Chairman and Chief Physician at Ashtavaidyana Thakkattu Mooss, Aatma Ayurvedic Hospital, Thrissur, Kerala, India, Chief Consulting Physician at Keralaleya Ayurveda Samajam Shoranur, and at PNNM Ayurveda Medical College.



**Prof. Gunvant Yeola, M.D. (Ayu), Ph.D, India**

*(Kayachikitsa) Ayurved for cognition and behavioural disorders.*

Professor and Head, Department of Kayachikitsa, Dr. D. Y. Patil College of Ayurved and Research Center, Pune, Director - International Academy of Ayurved (IAA).



**Professor Gerard Bodeker, University of Oxford, UK**

*Ayurvedic dietary approaches in combatting NCDs*

Chair Global Initiative For Traditional Systems (GIFTS) of Health, Oxford, Green Templeton College, University of Oxford, UK, Dept. of Epidemiology, Columbia University, New York.



**Dr. Keith Wallace, USA**

*Microbiome and Ayurveda*

Founding President, Trustee, Maharishi University of Management, Co-Dean College of Perfect Health, Professor and Chairman, Department of Physiology and Health, and author of three books.



**John Fagan, Ph.D. Cornell Univ., USA**

*Consciousness Based Health Care: modulating gene expression to achieve system-wide balance and integration through the Ayurvedic modality, Transcendental Meditation*  
International Director for Food Purity, Safety and Security, Professor of Molecular Biology, Maharishi University of Management, USA. Exec. Dir. Earth Open Source, USA & EU.



**Dr. med. Rainer Picha, Austria**

*A Disease-Free Society—Is it Possible?*

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, NL 1996.



**Prof. Dr. Subhash Ranade, India**

*Ayurveda Propagation Worldwide*

One of the foremost experts on Ayurveda. He is leading academician and physician in the field of Ayurveda. Chairman International Academy of Ayurved, Pune, India.



**Dr. med. Walter Mölk, Austria**

*Maharishi Ayurveda, the Basis for Integrative Medicine*

Director International College of Perfect Health, The Netherlands; founder Austrian Society of Ayurvedic Medicine (1986).



**Robert H. Schneider, M.D., F.A.C.C., USA**

*Holistic Approach to Mind-Body Anti-Aging: Based on Maharishi Ayurveda*

Director, Institute for Natural Medicine and Prevention Dean, Maharishi College of Perfect Health Maharishi University of Management, USA.



**Prof. Anant Darshan Shankar, India**

*Structure and logic underlying the Ayurvedic knowledge system*

Vice-Chancellor, Transdisciplinary University (TDU), Bangalore.



**Asmita Wele, M.D. (Ayurveda pharmacology), India**

*Ayurveda Bio-Inorganics: Promising New Genre of Medicine*

Ayurveda Chair Debrecen, Hungary; Professor at Bharati Vidyapeeth Deemed University, College of Ayurveda, Pune.



**Dr Bhushan Patwardhan, PhD, FAMS, India**

*Integrative Approaches For The Future: Ayurveda, Genomics and Epigenetics*

Professor, Interdisciplinary School of Health Sciences and Director, Center for Integrative and Complementary Health Savitribai Phule Pune University.



**Vaidyaraj Sunil B. Patil, India**

*Ideal Panchakarma Center, Charaka's view*

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.



**Hari Sharma, MD, DABIMH, FACN, DABP, FCAP, FRCPC**  
*Ayurveda – How Purusha (Consciousness) and Prakriti (Nature) Manage Cellular Physiology*

Professor Emeritus, former Director Cancer Prevention and Natural Products Research, Ohio State University, published over 150 research papers, written five books, lectured worldwide at medical institutions and conferences.



# The Second International Ayurveda Congress

## Main Speakers and Themes



### **Ranjit Anand Puranik, India**

*"QUALITY FIRST PROGRAMME: Implementing uni-versally acceptable protocols in Quality Assurance*  
Executive Director and CEO of Shree Dhootapapeshwar Ltd., Mumbai, Advisor, Herbal and AYUSH Panel at PHARMEXCI.



### **Mark Rosenberg, Germany**

*The Future of Ayurveda Education in Europe*  
Managing Director, European Academy for Ayurveda, Germany, Austria and Switzerland. Board of Directors, International Ayurveda Foundation, President VEAT, Int. Working Group "Ayurveda Education", AYUSH



### **Anil Patil, M.B.B.S., M.D. (BOM), India**

*The Futuristic Medicine, Sanyukta Upchar Padhati*  
Founder, Vedicure Wellness Pvt Ltd., wellness clinic aimed at treatment of individuals by adopting Sanyukta Upchar Paddhati – Integrated Therapy.



### **Ashtavaidyan A N Narayanan Nambi MD(Ay), India**

*Management of Hypothyroidism in Ayurveda Ayurvedic*  
teacher, clinician, and researcher.  
Director Academic Division of SNA Oushadhasala Pvt. Ltd. Faculty member of Ayurvedic Point, Italy; European Academy of Ayurveda, Germany.



### **Dr. Vijay Murthy, UK**

*Healing Intentionality & Transferring Intentionality in consciousness based practice of Ayurveda in the management of Cancer* – Dr. Vijay Murthy B.Nat (NZ), M. Surgery (Ayu), B. Ayu Med & Surgery (IN), MPH (NZ), PhD., UK. Ayurvedic physician, Director Ayuwave Ltd.



### **Dr. med. Harsha Gramminger, Germany**

*Cost and Health Benefits from Integrating New Age Ayurveda into European Health Systems*  
CEO and Clinic Director, Euroved GmbH, Germany & President of European Ayurveda Association



### **Anand Shrivastava, India**

Chairman 'Maharishi Ayurveda Products' is engaged in Maharishi's envisioned Mission of Re-enlivening Ayurveda by Synergizing with Modern Science, Quality Management Systems & Technologies.



### **Supaya Wenuganen, PhD, Indonesia**

*Can Transcendental Meditation Increase Ojas and Re-program our Genome and Gene Expression for Longevity?*  
Veda Vyasa award, outstanding research PhD graduate. Former Vice Dean for the Faculty of Techno-biology, Atma Jaya University, Jakarta, Indonesia.



### **Dr. Gaurang Joshi, B.A.M.S., India**

*Frontiers of Medicine in Ayurveda Dermatology (Psoriasis)*  
Director Atharva Multispecialty Ayurveda Hospital, Rajkot, President International Psoriasis Foundation, Chairman Atharva Life Science Academic and Research Foundation.



### **Dr. Donn Brennan MB BCh BAO, MRCGP, MScAyu, MSCI, Ireland**

*Can Ayurveda save the NHS?*  
Founding President of the Ayurveda Practitioners Association in the UK. He is the Medical Director of the Maha rishi Ayurveda Health Centre, Skelmersdale, UK.



### **Dr. Med. Oliver Werner, Switzerland**

*Regulatory challenges facing Ayurvedic products*  
Director, Maharishi AyurVeda Products, Europe BV, The Netherlands.



### **Dr. med. Christian Kessler, M.A., Germany**

*Comparative effectiveness of Ayurveda and conventional care in knee osteoarthritis – a randomized controlled trial*  
Research Coordinator, Immanuel Hospital Berlin, Charité University Medical Center, Berlin, Germany.



### **Dr. Rohit Sane, India**

*Hridroga and Ayurved Management.*  
Founder of Madhavbaug, multidisciplinary cardiac care centres and hospitals, researcher Heart Failure Reversal Therapy (Sampurna Hridaya Shuddhikaran).



### **Palitha Serasinghe, D.A.M.S., PG Cert HE, PhD – Medicine & Pharmacology, FAMA, MIBiol, MAPA**

*Recent Advances of Research on Rasayana Herbs*  
Former Lecturer & Director Institute Indigenous Medicine Colombo (SL). Visiting Academic Research Commonwealth Fellow, Kings College London, Lecturer & Assistant Director, College of Ayurveda (UK)



### **Renee Mann, UK**

*Cost and Health Benefits from Integrating New Age Ayurveda into European Health Systems*  
President, Ayurveda Practitioners Association (APA), UK, Representative of European Herbal & Traditional Medicine Practitioners Association (EHTPA)



### **Dr. Indira Anand, B.A. Hons Econ, B.T., M.A. Econ, Ph.D, B.A. Hons Ayurvedic Medicine**

*Combining therapeutic Yoga with Ayurvedic treatment*  
Chair: British Association of Accredited Ayurvedic Practitioners, Member NHS Register of Complementary Therapists, Chair: Sahara means Support (Reg Charity), Chair: SmS India Foundation.



### **Dr. Sunanda Ranade, India**

*Concept of immunisation in Ayurveda*  
Ayurvedic gynaecologist and nutritionist. Since the past 40 years she is the Vice Chairman of International Academy of Ayurved, Pune, India and is working in the field of Ayurveda and Yoga.



### **Dr. med. Wolfgang Schachinger, Austria**

*Ama Pachana, research on heart rate variability*  
President European Ayurveda Medical Association (EURAMA), Board German Ayurveda Association, Medical Director Maharishi AyurVeda Health Centre, Ried, Austria



**Robert Verkerk, BSc MSc DIC PhD FACN** Founder, executive and scientific director, Alliance for Natural Health International and scientific director, Alliance for Natural Health USA (2002). An Internationally acclaimed scientist with over 30 years experience in sustainability, specifically in agriculture, food production and healthcare. He has Masters and Doctorate degrees from Imperial College London.



### **Dr. phil. Malte Hozzel, Germany**

*Use of essential oils as anti-microbial allies*  
Founder of AYUS GmbH – Oshadhi GmbH / Germany – Ayus Tunisia, Founder of Orto de Prouvènço, Aroma-therapy training Center High Provence, France.

## Become an Affiliate of the International Maharishi AyurVeda Foundation Receive Valuable Benefits All Year Long:

**Whether you are a professional in Maharishi AyurVeda, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana or Maharishi PanchaKarma, IMAVF was created to serve all your needs.**

As an IMAVF Affiliate you are fulfilling Maharishi's desire to bring all the professions of Maharishi AyurVeda together into one family.

As an IMAVF Affiliate you are entitled to a wide range of benefits and cost reductions on courses, webinars and conferences:

### KNOWLEDGE BENEFITS

- Free subscription to our regular bi-monthly newsletter and regular news bulletins – keep up with all the inspiring news about Maharishi AyurVeda from around the world, and in all the disciplines.
- Access to Affiliate-Only downloads, recorded webinars and presentations.
- Access to our online Professional Forums in the departments of Maharishi AyurVeda. Post your questions, receive answers by the experts, share your experience and tips of your practice.

### SAVINGS ON COURSES, WEBINARS & CONFERENCES

- **Save £ 110 on International Ayurveda Congress Fee: Only £ 345 instead of the regular rate of £ 455.**
- 10% reduction on course instruction fees on all health-related MERU courses. (This 10% discount is valid for course fees, not meals or lodging costs – not valid with other offers.)
- 50% reduction on advanced webinars
- 10% course fee reduction on future International Ayurveda Congresses)
- 10% savings on MLG cosmetics

### PROFESSIONAL SUPPORT & COMMUNITY

- You will be able to announce your local or regional Maharishi AyurVeda health related events in our online events calendar.
- You will receive a Affiliate certificate plaque to display in your practice and an Affiliate ID card for your future course discounts.
- Share your news and research results with the extended community of Maharishi AyurVeda professionals worldwide.

Affiliate membership in the IMAVF gives you all these benefits for only 80 Euro per year.

[Click here to enroll.](#)

(40 Euro for professionals from underdeveloped countries, MERU staff and Mother Divine.)

If you are not a Maharishi AyurVeda professional, you may join the IMAVF as a Supporter for only 80,- € (40,- € from underdeveloped countries.)

[Click here to enroll.](#)

# The Second International Ayurveda Congress – *Events*

## Four Major Events: Who should attend?

Event	Second International Ayurveda Congress	Ayurveda for Everyone Public Lectures	Maharishi AyurVeda Global Summit	Ayurvedic Products & Services – Health Fair
Dates	Sat. & Sun. 1-2 April	Sat. & Sun. 1-2 April	Mon. 3 April: 2-5 pm	Sat. & Sun. 1-2 April
Who should attend	All medical doctors, alternative medicine health professionals, Ayurveda practitioners, including IMAVF members and all MAV, MAT, MLT, & MYA practitioners	Anyone interested in Ayurveda or alternative health. <b>Open to Public</b>	All TM & TM-Sidhi practitioners, TM teachers, governors, organization, IMAVF members, and all MAV, MAT, MLT & MYA professionals	All Congress and Ayurveda for Everyone Lectures attendees. <b>Open to Public</b>
More Details	<a href="http://international.ayurvedacongress.com/">international.ayurvedacongress.com/</a>	<a href="http://AyurvedaForEveryone.org.uk">AyurvedaForEveryone.org.uk</a>	<a href="http://international.ayurvedacongress.com">international.ayurvedacongress.com</a>	<a href="http://AyurvedaForEveryone.org.uk">AyurvedaForEveryone.org.uk</a>
Fee	<b>£455</b> (£345 for IMAVF members, medical students and affiliated Ayurveda practitioners' organizations) (Lodging not included)	<b>One day: £25 pre-registration</b> (£30 at the door) Two days: £40 pre-registration or £45 at the door	<b>Global Summit Meeting only: £30</b> Global Summit Meeting and Vegetarian Luncheon with Dr. Nader: £50	<b>Free Admission</b> for all registered Congress attendees and Ayurveda for Everyone attendees

## Plus Three Special Events

Event	Indian classical Music <i>MERU Concert</i>	Thames River Evening Cruise	Vegetarian Luncheon
Dates	Saturday, 1 April, 8 pm, Novotel London West	Saturday, 2 April, Approx. 8 pm	Monday, 3 April: 12-2 pm
Who can attend	All Congress Attendees Congress Attendees	All Congress Attendees Congress Attendees	Congress & Global Summit attendees
Fee	Included in Congress Fee £15 for General Public	Included in Congress Fee	£20

Information and Ticketing: [AyurvedaForEveryone.org.uk](http://AyurvedaForEveryone.org.uk)

# Three Special Events

## Classical Indian Music – MERU Concert

**Saturday Evening 1 April, 8 pm.** Free to all Congress Attendees · £15 for General Public

Information and Ticketing: [www.maharishifoundation.org.uk/web/av-congress/](http://www.maharishifoundation.org.uk/web/av-congress/)

We proudly present these captivating musicians who will perform for us at the International Ayurveda Congress.



### Ankita Joshi, vocalist

Disciple of Pandit Jasraj – one of the most revered maestros of India. Ankita is one of the most viewed artists on the „MERU concerts“ YouTube channel. Accompanied by: Rekesh Chauhan, harmonium Shabaz Hussain, tabla  
<https://www.youtube.com/watch?v=ymBc8iSAOGQ>



### Roopa Panesar, sitar

Considered one of the finest sitar players to emerge on the Indian music scene in the UK. She has been receiving accolades from audiences and peers alike for her entrancing quality of her music.  
<http://www.roopapanesar.com/>

## Ayurveda for Everyone – Health Fair

Ayurvedic Products & Services



Discover the products, tools and services to apply Ayurveda in your daily life.

Providers of quality Ayurvedic products and services will display and present their specialties at the Health Fair. You can sample products and get all your questions answered.

Hours:

**Sat. April 1 & Sun. April 2: 9 am to 5 pm**

*Open to the public*

## Nighttime River Cruise on the Thames

Sunday Evening 2 April, 8 pm.



**Free to all Congress Attendees**

© Rizami Annuar | Dreamstime Stock Photos

Discover London's main riverside attractions by boat with a 90-minute Thames River cruise. You'll witness the city's great contrasts lit with dramatic nighttime illumination as you cruise past historic sites such as Big Ben, St. Paul's Cathedral and the Tower of London, and contemporary landmarks like the Tate Modern, the sleek Millennium Bridge, and Greenwich -- all cloaked in drama and romance.



# Preview of Presentations at the International Ayurveda Congress

## Message from Dr. Tony Nader, MD, MARR, Patron of the Congress

### *Consciousness – The Foundation of Health, Happiness, and Long Life*



"It is very fortunate that in this scientific age Maharishi Mahesh Yogi has brought to light the complete knowledge of integration of Life on every level and particularly in the field of health. Ayurveda is one of the 40 aspects of Veda and Vedic literature and the understanding of health in Ayurveda goes beyond just the absence of disease -- it goes to

the value of creating an enlightened individual, an individual who can live life in perfection, can live life in happiness and health and well-being at all levels not only on the physical level but also on the mental and social level."

"Maharishi's genius is that he has seen that the actual dynamics of the inner values of life, which means the actual dynamics of consciousness, how consciousness works, and that is also how the body works."

"So this discovery of the Veda in human physiology shows there is a one-to-one correspondence between the physical structure of how many divisions and subdivisions are in the Veda, with how many divisions and subdivisions are in the physical body. What it really shows is that the material value of life is based on the non-material dynamics of pure being, of pure awareness."

"I like to congratulate all the organizers for putting together this Congress and I look forward to being there with all of you and be able to offer to the world a perfect science of health and wholeness."

**View Dr. Nader's Video Invitation to the Congress**



## Presentations on the Full Range of Ayurveda

Over 80 presentations will provide a comprehensive view of the „state of the art“ of Ayurveda as it is applied in many different fields, with a special emphasis on the benefits of Ayurveda for Public Health.

Each day of the Congress will feature plenary sessions in the morning: see next page for summaries of many of these presentations. Parallel sessions will be held during the afternoon in these six different areas:

1. Brain Health
2. Cardiovascular Disease
3. Youthfulness and Longevity – Genetics and Epigenetics
4. Skin Health
5. Women's Health
6. Nutrition, Digestion and Lifestyle

You can view a full schedule and list of speakers at: [www.internationalayurvedacongress.com/schedule2017/](http://www.internationalayurvedacongress.com/schedule2017/)

**Here is a sampling of a few of the many topics that will be addressed in the Plenary Sessions:**

## **Scientific Research on Traditional Ayurvedic Treatments**

### ***A Simple Ama Pachana Treatment – Practical Application, Clinical Results and Evaluation Through HRV (Heart Rate Variability) Measurement***

**Dr. med. Wolfgang Schachinger, Austria**

*President European Ayurveda Medical Association (EURAMA); Board German Ayurveda Association; Medical Director Maharishi AyurVeda Health Centre, Ried, Austria*



This presentation reports on the success of a simple, easy-to-apply seven-day Ama Pachana Treatment for the removal of toxic undigested material. Ama Panchana and Agni Deepana (strengthening of digestive power) are important pillars of traditional ayurvedic treatment.

This treatment consists of herbal compounds, spices, and easy to follow dietary and life style recommendations. Clinical cases show that this treatment can be an effective start for a successful ayurvedic therapy. In the analysis through HRV (heart rate variability) measurement, signs of higher orderliness and autonomic stability could be found at the end of this seven-day treatment. <https://youtu.be/-q2RUarxKJM>

### ***Ayurveda Bio-inorganicals – Promising New Genre of Medicine*** **Asmita Wele, MD (Ayurveda pharmacology), India**



This presentation explores the application of bio-inorganicals in the branch of Ayurveda called Rasashastra; these metal-mineral medicines include 80 inorganic elements which are treated with organic substances to convert them into potent medicines. Unlike modern metal-ions these

bio-inorganicals are not in ionic form. Bhasmas are the most well-known, and excluding the so-called heavy metal bhasmas Rasashastra gives an account of about 30-35 bhasmas having varied therapeutic actions. Bhasmas prepared from sea shells are not used as calcium supplements but each of the shells is indicated for a different disease. For instance, conch shell bhasma is administered in ophthalmic conditions whereas cowrie bhasma is used in ulcerative colitis. Such ayurvedic bio-inorganicals have applications far beyond mere mineral supplementation, and show promise for a wide variety of therapeutic benefits.

## **Ayurveda, Genomics and Epigenetics**

### ***Integrative Approaches For The Future: Ayurveda, Genomics and Epigenetics***

**Prof. Bhushan Patwardhan, PhD, FAMS, India**

*President of All India Ayurvedic Congress and a recipient of Government of India's civilian awards 'Padma Shri' and 'Padma Bhushan' for distinguished service of a high order for his contribution in the field of Ayurveda.*



Today modern science is moving in the direction of systems biology, artificial intelligence and complexity theories, where importance of holistic approaches is recognized. Advances in molecular biology and omics technologies are shaping current understanding of biomedicine, yet the promise of personalized medicine has

not materialized. With emerging science of epigenetics, scientists are now realizing avenues beyond genetics. In such a situation, basic principles like loka, purusha, mahabhuta, dosha, rasa, guna, agni and prakriti have become more relevant. Ayurveda has a person-centered approach where each individual requires personalized diet, lifestyle, and therapeutics. An emerging field of research field known as Ayugenomics is now showing new ways to expedite the progress of personalized health and integrative medicine of the future.

# Preview of Presentations at the International Ayurveda Congress

## Insights into Consciousness and Physiology

### ***Maharishi Vedic Medicine is Ultra-Modern, Cutting-Edge Medicine — Unified Field Based Medicine***

#### **John Hagelin (PhD Harvard), USA**

*President, Maharishi University of Management, renowned quantum physicist, Director of the Institute of Science, Technology and Public Policy at MUM, and President of the Global Union of Scientists for Peace*



Recent breakthroughs in our scientific understanding of the Universe from string theory and M-theory present Ayurvedic medicine in a completely new light. They reveal that Ayurvedic medicine is unified field based medicine — the direct application to human health of the deepest principles of nature's functioning, which are

the deepest laws of nature governing subatomic scales.

This presentation explores how the three doshas directly correlate to the three superfields of supersymmetric quantum field theory; the pancha mahabhutas to the five quantum-mechanical spin-types; and the Atma (Self), which is fundamental to Ayurveda, correlates to the “unified field” or superstring field. This new understanding from modern physics reveals that Ayurvedic medicine is more fundamental—and thus potentially more powerful—than contemporary pharmacological medicine. It also explains why Ayurveda, being unified field based medicine, is truly holistic—and hence naturally free of adverse side effects, in comparison to more superficial and fragmented allopathic approaches.

## ***Ayurveda – How Purusha (Consciousness) and Prakriti (Nature) Manage Cellular Physiology***

#### **Hari Sharma, MD, DABIHM, FACN, DABP, FCAP, FRCPC, USA**

*Professor Emeritus, former Director Cancer Prevention and Natural Products Research, Ohio State University, published over 150 research papers, written five books, lectured worldwide at medical institutions and conferences.*



What are the roles of Purusha (Consciousness) and Prakriti (Nature) in managing cellular physiology? This presentation explores how the activities of the human constitution affect cellular function – as you sow, so shall you reap – this is the theory of karma in action in cellular activities. It will also review how individualized life force functions in cells and how

its activation on the cellular level affects health. Lastly, it explores how Ayurveda can manage both the genetic code and phenotype in maintaining optimal health. [www.youtube.be/nu2edfmZj44](http://www.youtube.be/nu2edfmZj44)

## ***Drivers of Development to Optimize Brain Maturation***

**Frederick Travis, PhD, USA**, *Professor of Maharishi Vedic Science, Chair of the Department of Maharishi Vedic Science, Dean of the Graduate School, and Director of the Center for Brain, Consciousness, and Cognition, Maharishi University of Management, USA.*



Age-appropriate experiences are the drivers that enhance brain and cognitive development throughout the lifespan. We explore how a nurturing caregiver is the driver in the first years of life; how language learning is the driver from three to ten years; and how problem solving is the driver in the teenage years.

In the adult years we posit that the experience of transcending is a requirement for higher human development, and that Transcendental Meditation provides the optimal technique to achieve this.



## Ojas & the Gene Expressions for Longevity

### ***Can Transcendental Meditation Increase Ojas and Reprogram our Genome and Gene Expression for Longevity?***

**Supaya Wenuganen, PhD, Indonesia**

*Veda Vyasa award, outstanding research PhD graduate; former Vice Dean for the Faculty of Techno-biology, Atma Jaya University, Jakarta, Indonesia*



This study explores the Ojas level and global gene expression level in groups of practitioners the Transcendental Meditation technique (TM) compared to matched non-practitioner control groups. The Ojas level – determined through pulse diagnosis (Nadi Vigyan) – and the Global gene expression profile of about 40,000 genes

from blood cells was measured in groups of young and older TM practitioners matched with controls.

The results showed that the TM subjects in both the young and the older groups had higher levels of Ojas than their respective controls. Global gene expression results suggested that TM can affect global gene expression in a manner consistent with its many clinical and anti-aging benefits documented in previous research. TM appears to down-regulate genes involved in blood coagulation and the stress response, and to up-regulate genes involved in the immune response and genes involved in mechanisms preventing inflammation.

A quantitative analysis of expression of select genes found that AHSP and CXCL10 genes may be biomarkers for a TM effect, and two other genes (ITGB5 and SOCS3) appeared to be biomarkers for a TM-induced anti-aging effect. Finally, we found that expression of two genes correlates with Ojas level.

These findings suggest the TM program can influence Ojas level and can reprogram gene expression to create major benefits for maintaining good health into old age.

## Ayurveda for Psychological Health

### ***Ayurveda for Cognition and Behavioural Disorders***

**Dr. med. Prof. Gunvant Yeola, M.D. (Ayu), Ph.D, India**

*(Kayachikitsa) Professor and Head, Department of Kayachikitsa, Dr. D. Y. Patil College of Ayurved and Research Center, Pune, Director – International Academy of Ayurved (IAA)*



Psychological diseases are characterized by memory loss, unusual behavior, personality changes, and a decline in cognitive function. Several scientific studies have described the use of various Ayurvedic medicinal plants viz. Ashwagandha (*Withania somnifera*), Turmeric (*Curcuma longa*), Brahmi (*Bacopa monnieri*), Shankhpushpi

(*Convolvulus pluricaulis*), Jyotishmati (*Celastrus paniculatus*), Jatamansi (*Nardostachys jatamansi*) and their constituents for treatment of psychological diseases.

Ayurveda offers a variety of delivery protocols: Nasya is a practical, non-invasive, rapid, and simple method of drug delivery; a second, simple method of administration involves application of the medicated oil on the body and massaging the areas with gentle or deep hand strokes. Ayurveda also relies on several trans-cranial oleation (Shirabhyanga) therapies for nervous system disorders that are non-systemic and non-invasive.

Recent research concludes that topical oil application appears to modify both memory/concentration as well as intellectual functions.

# Ayurveda for Everyone – Public Lectures

## Ayurveda for Everyone – Health Fair Talks Open to the Public at the International Ayurveda Congress in London 1 - 2 April

### Introduction to Ayurveda's success in preventing and treating major modern health problems

In addition to the extensive knowledge program for Ayurveda professionals at the full Congress, anyone interested in Ayurveda can now attend two days of Ayurveda for Everyone special public lectures on April 1 and 2.

The public lectures will feature presentations geared to a general audience – you can attend as many as you like on each day. These are ideal for students and supporters of Ayurveda and are a perfect way to strengthen your understanding of the theories and many practical applications of Ayurveda for improving all areas of health.

**Fees are as follows for Public Lectures:** One whole day (7 lectures): £25 pre-registration or £30 at the door  
Two days (14 lectures): £40 pre-registration or £45 at the door  
**Register here:** [www.maharishifoundation.org.uk/web/av-congress/home](http://www.maharishifoundation.org.uk/web/av-congress/home)

## Public Talks Schedule

### Saturday 1 April

**10.00 a.m**

#### *Raising healthy children with the help of Ayurveda*



**Dr Fred Travis:** Professor, Chair of the Department of Maharishi Vedic Science, Dean of the Graduate School, and Director of the Centre for Brain, Consciousness, and Cognition at Maharishi University of Management, USA. Dr. Travis is an international renowned researcher in brain and cognitive health.

**11.00 a.m**

#### *Treating the cause of anxiety, panic attacks and depression from the Ayurvedic perspective*



**Dr Donn Brennan:** Founding President of the Ayurveda Practitioners Association in the UK in 2005. He is the Medical Director of the Maharishi AyurVeda Health Centre, Skelmersdale, and an experienced lecturer and public speaker in the UK and Ireland.

**12.00 p.m.**

#### *Enlivening the inner intelligence of the body – Research and EEG demonstration of Transcendental Meditation*

**Dr Fred Travis:** Professor, Chair of the Department of Maharishi Vedic Science, Dean of the Graduate School, and Director of the Centre for Brain, Consciousness, and Cognition at Maharishi University of Management, USA. Dr. Travis is an international renowned researcher in brain and cognitive health.

**Dr Roger Chalmers:** Sessional general practitioner, East Anglia.

**1.00 p.m.**

#### *Ayurvedic approach to joint and back pain*



**Dr Wolfgang Schachinger:** President European Ayurveda Medical Association (EURAMA); Board German Ayurveda Association; Medical Director Maharishi AyurVeda Health Centre, Ried, Austria. Dr. Schachinger has over 30 years experience as general practitioner in treating patients integrating modern medicine with Ayurveda.

# Ayurveda for Everyone – Public Lectures

**2.00 p.m.**

***An introduction to Ayurveda: preventing sickness and promoting health and longevity***



**Prof. Subhash Ranade:** One of the foremost experts on Ayurveda worldwide. He is a leading academician and physician in the field of Ayurveda. Chairman International Academy of Ayurved, Pune, India and author of over 100 books on Ayurveda.

**3.00 p.m.**

***How to treat menopause in Maharishi AyurVeda***

**3.30 p.m.**

***The female monthly cycle –  
the Monthly Flow Programme of Classical Ayurveda***



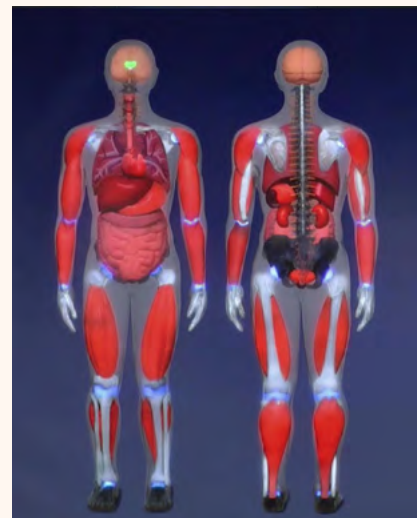
**Dr Charlotte Bech:** Danish doctor who runs a private consultation office in Copenhagen, is an author of several popular books on health and a columnist in national magazines in Denmark.

**4.00 p.m.**

***Discovery of the Vedic sounds as the blueprint of human physiology - presentation of a unique electronic display of Vedic Physiology***



**Dr Rainer Picha, Austria:** Chairman, Intern. Maharishi AyurVeda Foundation. Senior consultant in cardiology who developed at Maharishi University in The Netherlands a unique electronic display of Vedic Physiology based on the discovery of the renowned neuroscientist Prof Tony Nader MD, PhD.



**Dr Walter Moelk:** Director International College of Perfect Health, The Netherlands; founder Austrian Society for Ayurvedic Medicine (1986). Dr. Moelk is a general practitioner who has more than 25 years of experience in developing and teaching Maharishi AyurVeda postgraduate training courses for health professionals worldwide.

**Sunday 2 April**



**10.00 a.m.**

***Enliven your body's inner intelligence using the orderly light of gemstones; Ayurvedic wisdom combined with modern technology***

**Diana Harding:** Certified Practitioner of Maharishi Light Therapy with gems in the UK.



**11.00 a.m.**

***How to treat sleep disorders: reducing stress, fatigue and burnout with Ayurveda***

**Dr Charlotte Bech:** Danish doctor who runs a private consultation office in Copenhagen, is an author of several popular books on health and a columnist in national magazines in Denmark.



# Ayurveda for Everyone – Public Lectures

12.00 p.m.

***Therapeutic essential oils –  
antibiotics of Mother Nature***



**Malte Hozzel, Ph.D:** Founder of AYUS GmbH, Germany and the intl. Aromatherapy brand „Oshadhi“- Aromatherapy lecturer - Founder of Orto de Prouvènço, intl. Aromatherapy Training Center in High Provence, France.

1:00 p.m.

***Ayurvedic home treatments for youthful skin including  
acne and eczma***



**Vaidya Sunil Patil:** 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.

3:00 p.m.

***Anti-Ageing with Ayurveda and Yoga:  
Strategies for Long Life and Healthy Heart***



**Robert H. Schneider, MD FACC, USA:** Physician, scientist, educator, and one of the world's leading authorities on scientific, natural approaches for prevention of ageing conditions, notably heart disease and stress.

4:00 p.m.

***Effortless weight management with Ayurveda***



**Dr. Donn Brennan, MB BCH BAO MRCGP MScAyu MSCI, Ireland:** Founding President of the Ayurveda Practitioners Association in the UK in 2005. Medical Director of the Maharishi AyurVeda Health Centre, Skelmersdale, and an experienced lecturer and public speaker in the UK and Ireland.

[www.youtube.com/watch?v=76zRa52CmaM](http://www.youtube.com/watch?v=76zRa52CmaM)

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REGISTER NOW

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[AyurvedaForEveryone.org.uk](http://AyurvedaForEveryone.org.uk)

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