



11th International Ayurveda Symposium

5th - 6th September 2009

Main topics

- Ayurveda Dietetics in Prevention and Therapy
- Special Fields of Ayurvedic Medicine: Dermatology and Gynaecology
- Research in Ayurvedic Medicine – Modern Research in Dialogue with Traditional Medicine

Saturday, 5th September 2009

- 10:30 **Reception & Registration**
- 11:00 Welcome Speeches / Inauguration
- 11:40 Opening Remarks by *Prof. S.K. Mishra & Prof. S.N. Gupta*
- 12:00 **Panel Discussion**
AYURVEDA HEADING FOR SUCCESS – „YES, WE CAN!“
among others with *Prof. H.M. Chandola, Prof. Dr. Regis de Silva, Vaidya G.G. Gangadharan*
Presentation: Mark Rosenberg
- 13:00 Ayurvedic Lunch
- 14:30 Lectures and Workshops (75 min.) (optional)
Management of Stress Incontinence – An Ayurvedic Approach
with *Prof. Manjari Dwivedi, M.D. (Ayu.)*
- Ayurveda in Surgical Gynaecology**
with *Dr. med. Ludwig Kronpaß*
- Ayurvedic Home Remedies against Skin Diseases**
with *Prof. S. N. Gupta, M.D. (Ayu.)*
- The Basic Tenets of Ayurvedic Dietetics with Special Reference to the Srotovijnan of Ayurveda**
with *Prof. em. R.H. Singh, M.D. (Ayu.)*
- Siddha: Concept, Herbal and Varma (Marma) Therapy**
with *Eugene Wilson, M.D. (Siddha)*
- 15:45 Tea and Encounter
- 16:15 **Main Topic and Expert Discussion**
RESEARCH IN AYURVEDIC MEDICINE – MODERN RESEARCH IN DIALOGUE WITH TRADITIONAL MEDICINE
INTRODUCTORY PRESENTATIONS:
Prof. Dr. Andreas Michalsen / Syal Kumar, M.D. (Ayu.)
Prof. Ram Harsh Singh, M.D. (Ayu.)
Ram Manohar, M.D. (Ayu.)
- 17:45 **ENSUING PANEL DISCUSSIONS**
additionally with *Dr. med. Antonio Morandi, Dr. Mauroof Athique and Dr. med. Christian KeBler*
Presentation: *Dr. med. Bettina Reiter*, project manager of European networking and research programmes with GAMED, joint editor of the journal "Research in Complementary Medicine".
- 16:15 Workshop (75 min.) (optional)
Touch as a Means of Healing
with *Vaidya P.M.S. Raveendranath, B.A.M.S.*
- 19:00 Ayurvedic Dinner
- 19:30 Informative Session for those interested in our **Master of Science (MSc) in Ayurvedic Medicine** University Course in Cooperation with Middlesex University, London
- 20:30 **Concert: Classical Indian Music**
Partho Sarothy: Sarod
Arup Sen Gupta: Tabla

Speaker vitae
on the back!

2009

Sunday, 6th September 2009

- 07:00 Puja – Traditional Indian Five Elements Ceremony
- 08:00 Ayurvedic Breakfast / Registration
- 09:00 Lectures and Workshops (75 min.) (optional)
Rituals and Spirituality in Ayurvedic Dietetic Treatment
with *Prof. em. S.K. Mishra, M.D. (Ayu.)*
- The Female Body and the Ayurvedic Concept of Shaareera**
with *Ram Manohar, M.D. (Ayu.)*
- Neurodermatitis – Easy to Treat with Ayurveda?**
with *Dr. med. Ashish Bhalla*
- Psychosomatics from the Ayurveda Medical Perspective**
with *Syal Kumar, B.A.M.S., M.D., CAM practitioner*
- Menstruation – Blessing or Curse?**
with *Heike Seegebarth, CAM practitioner*
- 10:30 Lectures and Workshops (75 min.) (optional)
Rasayana Geriatrics – Prevention and Healing Approaches
with *Prof. H.M. Chandola, M.D. (Ayu.)*
- Sexology in Ayurveda** with *Hans H. Rhyner, M.D., Ph.D., Natural doctor*
- Individual Ayurvedic Dietetic Treatment of Adiposity Patients** with *Prof. Dr. Martin Mittwede*
- The Best of the Best – The Healthiest Food Articles according to Caraka** with *Elmar Stapelfeldt, M.A. Indology, CAM pract.*
- Comparing Ayurveda and Conventional Medicine as regards Typical Metabolic Disorders**
with *Dr. L. Eduardo Cardona-Sanclemente*
- 12:00 **Panel Discussion**
HOW HEALTHY DO WE EAT? AYURVEDIC NUTRITION IN DAILY LIFE AND AS THERAPY
among others with *Dr. med. Antonio Morandi, Prof. S.N. Gupta, Prof. Dr. Martin Mittwede*
Presentation: Kerstin Rosenberg
- 13:00 Ayurvedic Lunch
- 14:15 Lectures and Workshops (75 min.) (optional)
Therapeutic Approaches of Ayurvedic Gynaecology in case of Infertility
with *Prof. Manjari Dwivedi, M.D. (Ayu.)*
- Diagnostic Concepts in Ayurvedic Medicine**
with *Vaidya G.G. Gangadharan, M.D. (Ayu.)*
- Skin Protection and Nutrition** with *Vaidya S. Nadkarni, B.A.M.S.*
- Ayurvedic Prevention and Treatment Concepts in Menopause**
with *Dr. med. Simone Hunziker*
- Healthy Nutrition for Body, Mind and Emotions in the Here and Now** with *Sascha Kriese, BA Hons. (Ayu.)*
- 15:30 Tea and Encounter
- 16:00 **Panel discussion: International Ayurveda Alliance**
AYURVEDA IN CHANGING GLOBAL HEALTH CARE
with *Prof. Dr. Regis de Silva*, Harvard Medical International
ENSUING DISCUSSION: INTERNATIONAL COOPERATION
with representatives of the leading Ayurvedic associations from England, the Netherlands, Germany, Austria, Italy, Switzerland and the USA.
- 17:00 Closing remarks









11th International Ayurveda Symposium

The international Ayurveda Symposium in Birstein has been ranging among the most interesting professional Ayurveda conferences in Europe for many years.



More than 30 excellent lectures and speeches on this year's main topics *Ayurveda Dietetics in Prevention and Therapy* and *Special Fields of Ayurvedic Medicine: Dermatology and Gynaecology* held by renowned professors, doctors and specialists of Ayurveda invite you to a weekend in the spirit of and with great personalities of Ayurveda. Holistic medical introductory presentations given by leading CAM doctors open up new dimensions on *Research in Ayurvedic Medicine – Modern Research in Dialogue with Traditional Medicine*.

Among others, also professors and representatives of our international cooperation partners will take part as speakers and lecturers.

-  Partner of the School of Health and Social Sciences at Middlesex University, London (UK) – the university is also MoU partner of the Central Council for Research in Ayurveda (CCRAS) of the Dept. of AYUSH, Government of India
-  Cooperation partner of the College of Ayurveda, Milton Keynes (UK)
-  MoU partner of Gujarat Ayurved University, Jamnagar (India)
-  Cooperation partner of Banaras Hindu University, Institute of Medical Science, Faculty of Ayurveda, Varanasi (India)
-  Cooperation partner of Mahagujarat Medical Society with its J.S. Ayurveda College and P.D. Patel Ayurveda Hospital, Nadiad (India)
-  Cooperation partner of the Vienna International Academy for Holistic Medicine, Austria's leading medical association in the field of CAM
-  Member of VEAT/VSAMT – Professional Association of European / Swiss Ayurveda Practitioners and Therapists e.V.
-  Memorandum of Understanding with Ayurvedic Point, School of Ayurvedic Medicine & Therapy in Milan (Italy)
-  Memorandum of Understanding with FRLHT – Foundation for Revitalisation of Local Health Traditions with its IIAIM – Indian Institute for Ayurveda & Integrative Medicine, Bangalore (India)



Speakers and Guest Lecturers



- Dr. Mauroof Athique**, DAMS (Hons), M.D. (MA), DAc, MFHom, RGN, MBA, PhD, one of Great Britain's leading Ayurveda doctors. Director of BSc and MSc Ayurveda Training at Middlesex University, London. He has been practising Ayurveda for 34 years now.
- Dr. med. Ashish Bhalla**, GP, specialist of Ayurvedic medicine, ÖAK diploma in spa medicine. He successfully runs his own Ayurveda practice in Wels (Upper Austria). He is spa doctor at Schärding Kneipp Health Centre and works as teacher of Ayurveda in Salzburg, Meran, Vienna, Munich and Birstein.
- Dr. L. Eduardo Cardona-Sanclemente**, PhD, DSc. medical sciences, MSc Ayurveda Medicine, professor and scientist of western medicine and Scientific Director with the Ayurveda Practitioners Association, UK.
- Prof. H.M. Chandola**, M.D. (Ayu.), Dip.Yoga, P.G.D.I.P.R., PhD, Professor of kayachikitsa and Dean of the Institute of Postgraduate Teaching and Research at renowned Gujarat Ayurved University, Jamnagar. The author of several medical books on Ayurveda has been practising and teaching for more than 25 years now.
- Prof. Dr. Regis de Silva**, Director of Global Programs with Partners Harvard Medical International and Associate Professor of Medicine at Harvard Medical School. Involved in many projects for innovation and quality in integrative healthcare worldwide.
- Prof. Manjari Dwivedi**, MD (Ayu.), PhD, Dean of the Faculty of Ayurveda and Professor of Gynaecology at the Institute of Medical Sciences at Banaras Hindu University, Varanasi, India, more than 30 years of experience in teaching and research.
- G.G. Gangadharan**, M.D. (Ayu.), Director IIAIM the Indian Institute of Ayurveda and Integrative Medicine cum Hospital of FRLHT – one of India's largest and most innovative foundations working in the areas of Ayurveda, research and health care as well as in various local aid projects and for hospitals and colleges. Author and Ayurveda doctor.
- Prof. S. N. Gupta**, M.D. (Ayu.), physician-in-chief and professor at the Ayurveda Hospital and College in Nadiad, Gujarat (India). He has been senior lecturer at the European Academy of Ayurveda REAA for 15 years. Head of the REAA Academic Advisory Board and Director of Studies of the university studies programme MSc (Ayurvedic Medicine).
- Dr. med. Simone Hunziker**, Head of the Ayurveda centre for therapy and education Kalaguna-Sadhana sàrl in Vevey, Switzerland, as well as of an interdisciplinary clinic for holistic medicine in Lausanne, President of VSAMT (Professional Association of Swiss Ayurvedic Practitioners).
- Dr. med. Christian Kebler**, M.A., several stays in India, Nepal and Sri Lanka, studied Ayurvedic medicine, among others at the REAA. Doctorate on the Effectiveness of Ayurveda in Chronic Diseases. Practitioner at Charité Berlin. Further studies in indology and tibetology.
- Sascha Kriese**, BA Hons. (Ayu.), 3-years studies course in Ayurvedic medicine at Thames Valley University, London, learned the art of pulse reading in India (mentor: Dr. Pankaj Naram), runs his own Ayurveda practice in Brighton, UK, Secretary General of the Ayurvedic Practitioners Association UK.
- Dr. med. Ludwig Kronpaß**, physician-in-chief at the Hospital for Gynaecology and Obstetrics in Roththalmuenster (Passau). He focusses on alternative models of obstetrics and holistic cancer therapy, completed the studies course in Ayurvedic medicine at the REAA as well as in India, Vice President of VEAT.
- Syal Kumar**, M.D. (Ayu.), CAM practitioner, doctor of traditional Indian medicine and Ayurvedic researcher at the Chair of Complementary and Integrative Medicine, University hospital Duisburg-Essen. Teacher in charge of Ayurveda medicine conducted by the aforementioned chair and at the Govt. Hospital in Karlsruhe.
- Ram Manohar**, M.D. (Ayu.), Ayurveda doctor and pharmacologist, Director of research with Arya Vaidya Pharmacy, Coimbatore, India. He is associated with several Ayurveda research projects in Europe and the USA. Member of the Central Council of Indian Medicine and other committees of the Indian Government. Counsellor as regards Ayurvedic research to the Dept. of AYUSH, Indian Health Ministry.



- Prof. Dr. med. Andreas Michalsen**, doctor of internal medicine, natural medicine, homeopathy, nutritional & physical medicine and acupuncture. Chair of Clinical Natural Medicine at Charité Berlin and physician-in-chief of the Dept. of Natural Medicine at the Immanuel Hospital. Board member of the Hufeland Society, the German Society of Natural Medicine and the European Society of Natural and Complementary Medicine.
- Prof. em. S.K. Mishra**, PhD, M.D. (Ayu.) Professor of Ayurveda internal medicine (kayachikitsa), former Head of Faculty of Internal Medicine at renowned Gujarat Ayurved University, Jamnagar (India), lecturer of the university studies course in Ayurvedic medicine at the REAA, Germany. Comprehensive research work.
- Prof. Dr. Martin Mittwede**, scholar of religion and indology, teaches at Frankfurt/Main and Cologne University. Expert of Indian philosophy. Medical historical research in Ayurveda, academic and Editor-in-chief of the Ayurveda Journal.
- Dr. med. Antonio Morandi**, M.D., PhD, neurologist and Ayurveda Vaidya (Ayurveda Academy, Pune, India / Joytint Int. College of Ayurveda). Director of the school for Ayurvedic medicine 'Ayurvedic Point' in Milan, Italy. President of the Italian Scientific Association of Ayurvedic Medicine (S.S.I.M.A.).
- Vaidya Shailesh Nadkarni**, B.A.M.S., Ayurveda doctor running an own practice in Mumbai, studied microbiology and chemistry first, then Ayurvedic medicine. He works as project manager in health care and as teacher at Mumbai University.
- Vaidya P.M.S. Raveendranath**, B.A.M.S., Ayurvedic practitioner and head of Poonthottam Ayurvedasram, a health centre in Kerala, India. Comprehensive education in Ayurveda according to Ashta Vaidya tradition as well as in Kalari therapy, yoga and Indian philosophy.
- Dr. Bettina Reiter**, medical specialist of psychiatry and neurology, psychoanalyst, long-standing work in teaching and supervision. Former Managing Director of Gamed, Vienna – since 2008 in charge of its international affairs. Numerous publications on psychoanalytic and complementary medical topics.
- Hans H. Rhyner**, PhD, M.D. (AM), Doctor of Natural Medicine, book author, runs his own doctor's office for natural medicine in Switzerland (Appenzell). Founder and Managing Director of the Ayurveda Rhyner Health Centre and Products in Austria.
- Kerstin Rosenberg**, Managing Director of REAA and teacher of Ayurvedic nutrition, psychology and therapy for more than 15 years. President of VEAT – Professional Association of European Ayurveda Practitioners and Therapists, author of successful Ayurveda books.
- Mark Rosenberg**, Founder and Managing Director of the Rosenberg Society für Holistic Health and Education in Germany, Austria, Switzerland, Head of Dept. CAM at ESQH Vienna – European Society for Quality in Healthcare.
- Heike Seegebarth**, CAM practitioner, studies course in Ayurveda at Coimbatore University, was taught by renowned Vaidyas in Kerala. She practises Ayurveda in her own practice, very active as teacher.
- Prof. em. R.H. Singh**, PhD, M.D. (Ayu.), Professor Emeritus of the Faculty of Ayurveda Medicine, Banaras Hindu University, Varanasi. Former Vice Chancellor of Rajasthan Ayurved University. Extensive experience as international lecturer and guest professor. Book author and Counsellor to the Indian Government (has published 200 scientific papers). Counsellor as regards Ayurveda to the Dept. of AYUSH, Indian Health Ministry.
- Elmar Stapelfeldt**, M.A. Indology, practitioner of natural medicine, has been teaching and practicing Ayurveda medicine for many years. As Head of the REAA Dept. of Ayurvedic Medicine and Programm Leader, he coordinates the studies course in Ayurvedic medicine. Author of Ayurveda books (Haug-Verlag).
- Eugene Wilson**, M.D. (Siddha), is a post graduate in Siddha Medicine. His main clinical expertise and research interests are herbal medicine and Varma (Marma) therapy for pain and chronic diseases. Recipient of a EU research fellowship on „Traditional Indian Medicine“.



European Academy of Ayurveda

Germany · Austria · Switzerland



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Educational and expert partner as regards Ayurveda of IHK Hanau – the German Chamber of Commerce



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Studying and Experiencing Ayurveda

European Academy of Ayurveda – Birstein, Zurich, Vienna

The Ayurvedic competence centre offers professional studies courses in Ayurvedic Medicine, Therapy and Health Care on highest levels, this in cooperation with Indian and European partner universities and institutions. Innovative trainings and further educational seminars allow for accredited degrees and give new impulses for professional and personal development.

Master of Science in Ayurvedic Medicine



Postgraduate further education for medical doctors having many years of clinical / medical work experience. The four years alongside work studies course held in German language is offered together with Middlesex University, London as cooperation partner. The master dissertations will be supervised by research staff of the Chair of Natural Medicine of the Charité Medical University Berlin. Training places include Birstein, Berlin, Munich, Vienna and Zurich. Some trainings are also offered as further educational training, including CME credits, for medical doctors only. The next training will start in Oktober 2009.

Informative session on Saturday 5 Sept. 09 / 7:45p.m.

Further information available online under www.ayurveda-akademie.org

Information material

Please send me free information material about:

- European Academy of Ayurveda (in English)
- Ayurveda Health and Treatment Centre in Birstein (only available in German)
- Extra information – *Master of Science in Ayurvedic Medicine* (in English)

Registration

I herewith register for the 11th International Ayurveda Symposium going to take place on 5th and 6th September 2009.
I will pay the **registration fee of € 210,-** _____ per person incl. all ayurvedic meals and snacks on receipt of invoice.

Attendee 1

First and last name _____

Country, zip code, city _____

Street _____

Phone, mobile or fax _____

E-Mail _____

I am a Physician Therapist _____

Attendee 2

First and last name _____

Country, zip code, city _____

Street _____

Phone, mobile or fax _____

E-Mail _____

I am a Physician Therapist _____

List of nearby hotels and bed & breakfast places

Please send me a list of accommodations available in Birstein and nearby.

By signing this, you agree to accept our conditions of participation, which you can find online under www.ayurveda-akademie.org

Place / date _____

Signature of attendee _____

Please cut off here (if you would like to mail it in an envelope with address window) or send via fax directly to 06054 - 9131-36.

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