Press Release

1st International Research Seminar on Ayurveda (IRSA)
14th to 15th September, 2014

The First International Research Seminar on Ayurveda (IRSA 2014) will be held at the European Academy of Ayurveda, Birstein, Germany from the 14th to the 15th of September, 2014. It will follow the 16th International Ayurveda Symposium, which will be held from the 12th to the 14th of September.

The theme of IRSA 2014 will be “Mental Health: Global Scenarios and Ayurvedic Perspectives”. The event will bring together a team of experts to deliberate on the issue of Mental Health today from a global perspective and critically review the contemporary understanding of mental health (manovijjana evam manasroga) from the perspective of the ancient texts of Ayurveda, the current Ayurvedic practices in mental health, guidelines for future research and clinical practice, and the Ayurvedic approach towards understanding the psychopathology and the management of stress-related mental disorders.

IRSA 2014 will also focus on nurturing research on Ayurveda by developing research methodologies and research projects with an understanding of the epistemology of Ayurveda and a deeper appreciation of the complexity of Ayurvedic interventions. IRSA 2014 will provide an opportunity for young researchers from around the world to showcase their research in Ayurveda.

A major goal of IRSA is the development of a white paper on “Directions for Future Research in Ayurveda” that will outline the methodological approach, strategies, priorities and action plan for collaborative research in Ayurveda. The proceedings of the Symposium will be published in a peer reviewed PubMed indexed research journal.

IRSA is managed and coordinated by a committee of scientists, medical professionals, and Ayurvedic physicians, and guided by an Advisory Committee of eminent scientists, researchers, and academicians from around the world.

The European Academy of Ayurveda, Birstein, Germany and its annual International Ayurveda Symposium is the most comprehensive Ayurveda event in Europe. Over a period of two decades the Symposium and its Research Satellites have featured scientists from around the globe. These events have served as a platform for networking, exchange of ideas, dissemination of new research findings, and a venue to set up joint research projects. They have also helped to bring together eminent scientists and research scholars across the continents of Asia, Europe, North America, South America, and Australia to form a think tank for setting future directions in Ayurvedic research globally.

The International Research Seminar on Ayurveda is a collaborative event hosted by the European Academy of Ayurveda (www.ayurveda-akademie.org) in partnership with AVP Research Foundation, India (www.avpresearch.com), Ayurvedic Point, Italy (www.ayurvedicpoint.it), VEAT (Verband Europäischer Ayurveda-Mediziner & Therapeuten / European Professional Association of Ayurveda-Practitioners and -Therapists; www.ayurveda-verbund.eu), University of California San Francisco Osher Center for Integrative Medicine (www.osher.ucsf.edu), Unnimoos Foundation, India (www.thaikatmooss.com), AMCP (Associazione per la Medicina Centrata sulla Persona) (www.medicinacentratasullapersona.org), Fundacion de Salud Ayurveda Prema, Argentina (www.medicinaayurveda.org) and Università degli Studi di Milano-Bicocca (www.unimib.it), Gujarat Ayurved University, Jamnagar, India (www.ayurveduniversity.com)