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AAPNA's

3rd International Ayurveda Conference
Ayurveda for Women's Health

Hilton Boston/Woburn

2 Forbes Road, Woburn, MA 01801

USA

August 12 –August 14, 2011



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Friday, August 12, 2011

12:00 PM– 3:00 PM	Registration & Sponsor / Exhibitor Setup
3:00 PM – 3:15 PM	Inauguration Ceremony
3:15 PM – 3:30 PM	Inaugural Address by Guest of Honor, Sunita Kanumury, MD, President, Association of Physicians of Indian Origin (AAPI) <i>Role of Women in Health and Wellness</i>
3:30 PM – 4:30 PM	Keynote Speaker: Venkata N. Joshi, BAMS, MD-Ayurveda, PhD-Ayurveda, London, UK - <i>Prevention of PCOS (Poly Cystic Ovarian Syndrome) According to Ayurveda (1.0 CEU)</i>
4:30 PM – 5:00 PM	<i>Krupali Desai, BAMS, MD (Ayurveda), MPH, CMT, Cancer Research Team Member, University of Pennsylvania Health System, PA, USA - Role of Ayurveda in the Management of Osteoporosis / Osteopenia (0.5 CEU)</i>
5:00 PM – 5:45 PM	Break / Visit sponsors & exhibitors' booths
5:45 PM – 7:00 PM	Panel of Experts Discussion (1.5 CEU) Topics: <ul style="list-style-type: none"> • <i>Graceful Menopause with the Help of Ayurveda</i> • <i>Breast Cancer Awareness: An Ayurvedic Approach</i> • <i>Secrets of Women's Health: Inner and Outer Beauty</i> Panel of Experts: Ashlesha Raut, BAMS, MD (Ayurveda), N.C. - IL, USA Sujata Gadre, BAMS – MA, USA Manisha Madhavi, BAMS – NJ, USA Jaya Daptardar, BAMS, MHA – CT, USA Vijay Jadhav, BAMS, MD (Ayurveda) - Pune, India Raj Mann, BAMS, MD (Ayurveda) – New Delhi, India
Scientific Session I - Cancer	
7:00 PM – 7:30 PM	Vijay Jain, MD, Amrit Ayurveda-Yoga Institute, Salts Springs, FL, USA, <i>Integrative Approach in The Treatment Of Breast Cancer (0.5 CEU)</i>
7:30 PM	Dinner Break / Visit sponsors & exhibitors' booths

Saturday, August 13, 2011

7:00 AM – 8:00 AM	Breakfast
8:00 AM – 8:15 AM	Guest of Honor: Robert Saper, MD, MPH, Director of Integrative Medicine & Associate Professor, Boston University School of Medicine, Boston Medical Center, MA, USA – <i>Promoting Ayurveda Globally through Collaboration</i>
8:15 AM – 9:15 AM	Keynote Speaker, Mother Maya, Founder, Wise Earth School of Ayurveda, NC, USA - <i>Women's Power to Heal (1.0 CEU)</i>
9:15 AM – 9:45 AM	Bertrand Martin, MD, MPH, Vevey, Switzerland <i>Scientific Approach to Meditation (0.5 CEU)</i>
9:45 AM – 10:15 AM	Break / Visit sponsors & exhibitors' booths
Scientific Session II - Infertility	
10:15 AM – 10:45 AM	Amit Gumman, BAMS, MD, MPH, PhD, Oklahoma, OK, USA, <i>Integrated Approach in the Management of Female Infertility (0.5 CEU)</i>
10:45 AM – 11:15 AM	Varsha Deshpande, BAMS, MD (Ayurveda), Karad, Maharashtra, India, <i>Role of Uttarbasti in the Management of Infertility Due to Fallopian Tubal Blocks (0.5 CEU)</i>
11:15 AM – 11:45 AM	Break / Visit sponsors & exhibitors' booths
Scientific Session III – Female Disorders (Stree Rogam)	
11:45 AM – 12:15 PM	Tirun Gopal, MD, FACOG, D Ay, Allentown, PA, USA, <i>Stree Rogam (0.5 CEU)</i>
12:15 PM – 12:45 PM	Rucha Kelkar, BAMS, MPT, San Francisco, CA, USA, <i>Clinical Case Presentations: Female Infertility and Postpartum Depression (0.5 CEU)</i>
12:45 PM – 2:15 PM	Lunch Break / Visit sponsors & exhibitors' booths
2:15 PM – 2:30 PM	Guest of Honor - Sangeeta Ahuja, RD, CDE, RYT Chair, International Health Services Council Global Organization of People of India Origin (GOPIO) CT, USA, <i>Back To Basics "Grandma's Wisdom"</i>
2:30 PM – 3:30 PM	Keynote Speaker: Nancy Lonsdorf, MD, Fairfield, IA, USA, <i>Women's Health and Harmony: Balance After Forty (1.0 CEU)</i>

3:30 PM – 3:45 PM	Break / Visit sponsors & exhibitors' booths
Scientific Session IV – Menstrual Disorders	
3:45 PM – 4:15 PM	Somesh Kaushik, BAMS, MPH, MPA, ND Fairfield, CT, USA, <i>Menorrhagia: An Ayurvedic Management and Treatment (0.5 CEU)</i>
4:15 PM – 4:45 PM	Jay Glaser, MD, Boston, MA, USA, <i>A Guided Tour of the Vedic Women's Month: Chronobiological, Behavioral and Endocrine Modulation in the Treatment and Prevention of Menstrual Disorders (0.5 CEU)</i>
4:45 PM – 5:15 PM	Jayarajan Kodikannath, BAMS, Seattle, Washington, USA - <i>The Role of Panchakarma in the Treatment of Menstrual Disorders (0.5 CEU)</i>
5:15 PM – 6:15 PM	Break / Visit sponsors & exhibitors' booths
6:15 PM – 7:30 PM	Panel of Experts Discussion (1.5 CEU) Topics: <ul style="list-style-type: none"> • <i>Diet, Weight Loss, Obesity in Women! An Ayurvedic Approach</i> • <i>Women's Mental Health</i> • <i>Teen Health Issues for Girls</i> • <i>Ayurvedic Approach to Safe Motherhood</i> Panel of Experts: Pratibha Shah, BAMS, MD (Ayurveda) – MA, USA Archana Kulkarni, BAMS, MD (Ayurveda) - CT, USA Jyothi Bhatt, BA, BAMS, PGDYT - NY, USA Manisha Kshirsagar, BAMS, LMT – CA, USA Hemant Kumar Gupta, BAMS, MD (Ayurveda) – Ottawa, Canada Suresh Swarnapuri, BAMS, MD (Ayurveda) – Cork City, Ireland Bhupinder Brar, BAMS, MS – NY, USA
7:30 PM – 8:00 PM	Vinod Marathe, MD, DMRD, FIIM, PhD, Pune, India, <i>Conservative Preventive Cardiology for Women – Sharp Sued Integrated Way (0.5 CEU)</i>
8:00 PM	Dinner

Sunday, August 14, 2011

7:00 AM – 8:00 AM	Breakfast
8:00 AM – 8:15 AM	Guest of Honor: Basmaa Ali, MD, MBA, Founder, Zanjabee Integrative and Primary Care, Woburn, MA, USA, <i>My Journey to Integrative Medicine</i>
8:15 AM – 9:15 AM	Keynote Speaker – J.L.N. Sastry, BAMS, MD (Ayurveda), PhD (Ayurveda), Director, Ayushman Panchakarma Research Center, Kakinada, Andhra Pradesh, India, <i>Two Case Reports on the Ayurvedic Management of Ovarian Dysgenesis (1.0 CEU)</i>
Scientific Session V - Pregnancy	
9:15 AM – 9:45 AM	Anjali Vijay Jadhav – BAMS, DGO, MS – Pune, India, <i>Dietary Month Wise Regimen for Pregnant Women & Its Effect (0.5 CEU)</i>
9:45 AM – 10:15 AM	Vandana Sandhir, BAMS, MD (Ayurveda), Reno, Nevada, USA - <i>Women's Prenatal Health Care through Ayurveda (0.5 CEU)</i>
10:15 AM – 10:45 AM Break / Visit sponsors & exhibitors' booths	
10:45 AM – 11:15 AM	Yogi Shri Amrit Ji , Founder, Amrit Yoga Center, Salts Springs, Florida, USA, <i>The Synergistic Healing Power of Yoga and Ayurveda (0.5 CEU)</i>
11:15 AM – 11:45 AM	Master Del Pe, Master of World Sciences, TX, USA, <i>Harmonizing the Power, Love and Light in Women (0.5 CEU)</i>
11:45 AM – 1:00 PM Awards Ceremony Closing Remarks Group Photo	
1:00 PM Lunch Break / Visit sponsors & exhibitors' booths	

**Note: The conference program is subject to change without prior notification.*

Friday, August 12, 2011

12:00 – 3:00 PM

Registration & Sponsor / Exhibitor Setup

3:00 PM – 3:15 PM

Inauguration Ceremony

3:15 PM– 3:30 PM

Guest of Honor



Sunita Kanumury, MD

President, Association of Physicians of Indian Origin (AAPI)

Denville, NJ, USA

Role of Women in Health and Wellness

Dr. Sunita Kanumury is President, American Association of Physicians of Indian Origin (AAPI) and a Diplomat of the American Board of Allergy and Immunology. She is a practicing allergist in Morris, Essex, and Union Counties. She is a Fellow of the American College of Allergy and Immunology and a Member of the American Academy of Allergy and Immunology. She has affiliations with Morristown Memorial Hospital, St. Barnabas Hospital, St. Clare's Hospital, St. James Hospital, and Hackettstown Regional Medical Center.

Dr. Kanumury has been actively involved with American Association of Physicians of Indian Origin (AAPI). She has served as a Member of the Board of Trustees of AAPI and as Regional Director of Mid Atlantic AAPI. She was Vice President and founding member of AAPI of Northwest New Jersey, and she has been a member of the Ethics and Grievance, and Benefits Committee with national AAPI.

3:30 PM - 4:30 PM

Keynote Speaker



Venkata N. Joshi, BAMS, MD (Ayurveda), PhD-Ayurveda
London, UK

Prevention of PCOS (Poly Cystic Ovarian Syndrome) According to Ayurveda

Dr. Venkata N. Joshi graduated from Osmania University, Hyderabad, India with the degree BAMS in 1984, and then earned his MD (Ayurveda) from Gujarat Ayurved University, Jamnagar, during 1985-88, and also a PhD from the same university during 1990-92. He began his academic career as a lecturer from 1992-95, went on to becoming an assistant professor from 1996-97, and then served as Principal, Post Graduate Head of the Department, Professor & Board of Studies member at Rajiv Gandhi University of Health Sciences, Bangalore from 1997-2000. From 2000-2001, he was an academic consultant at University of Kelaniya, Sri Lanka, and then served as a Tutor at Thames Valley University, London from 2001-2002. Currently, he is a senior lecturer at College of Ayurveda UK in collaboration with Middlesex University, London, and also visiting professor to Zagreb, Croatia and the Den Haag, Rotterdam the Netherlands.

Abstract: Gender variations occurring now are attributed to varied dietary and lifestyle factors predisposed according to ayurveda. Apart from nature's experimentation at prenatal to postnatal hormonalization, including any genetic factors, now are much laid attention to correct that balance through right intervention. Ayurveda does intervene at basic levels of pre-conceptual times. And thus the care and intervention to preserve the value of gender identity and role is much beyond to the scope of modern understanding. The dual energy of nature in ayurveda represents *purusha* & *prakruti* in the form of *Agni* (Fire) & *Soma* (the ember of moon) in life. PCOS is also the same as imbalance in between *Agni* & *Soma* concept according to ayurveda. *Agni* represents the given balance in digestive fire or enzyme mediated hormone functions in our body, while *Soma* is the strength of vitality of tissue function start from the humor *Kapha* and tissues like *Rasa*, *Shukra* and the essence *Ojas* etc. Present paper highlights some of the core issues pertaining to diet & life style variations as the prime cause for PCOS condition and recommend accordingly.

4:30 PM – 5:00 PM

Role of Ayurveda in the Management of Osteoporosis / Osteopenia



Krupali Desai, BAMS, MD (Ayurveda), MPH, CMT
Cancer Research Team Member,
University of Pennsylvania Health System, PA, USA

Krupali Desai is an experienced ayurvedic physician with an MD in Ayurveda from India. For the last 10 years, she has applied principles of ayurveda toward restoration of physical, mental and spiritual well-being. She completed her Master's in Public Health at Thomas Jefferson University, Philadelphia, PA, USA. Currently she practices ayurveda at Swarthmore Wellness Center, Swarthmore, PA. She is a member of the Integrative Oncology research team at the University of Pennsylvania, Philadelphia and is working on projects focusing on the role of complementary and alternative medicine in cancer care.

Abstract: Osteoporosis is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. It is a global public health problem affecting more than 200 million people worldwide. In the U.S. alone, 10 million individuals are estimated to already have the disease and almost 34 million are estimated to have low bone density, placing them at increased risk for osteoporosis and fractures. Being a woman is one of the major risk factors of osteoporosis since studies show that 80% of those affected by osteoporosis are women. Conventional therapies for osteoporosis have been effective, but are expensive, and their extensive use has been associated with various side effects. There is a growing interest in complementary and alternative approaches that are safe and cost-effective. Ayurveda may be effective in addressing the above limitations of existing treatment options for osteoporosis. In this paper an attempt has been made to describe and evaluate Ayurvedic treatments that are considered important in restoring balance of *Asthi Dhatu* as per ayurveda.

5:00 PM – 5:45 PM
Break

5:45 – 7:00 PM

Panel of Experts Discussion

◎ **Topics:**

- Graceful Menopause with the Help of Ayurveda
- Breast Cancer Awareness: An Ayurvedic approach
- Secrets of Women's Health: Inner and Outer Beauty

◎ **Panel of Experts**

- Ashlesha Raut, BAMS, MD (Ayurveda), NC - IL, USA
- Sujata Gadre, BAMS – MA, USA
- Manisha Madhavi, BAMS – NJ, USA
- Jaya Daptardar, BAMS, MHA – CT, USA
- Vijay Jadhav, BAMS, MD (Ayurveda) - Pune, India
- Raj Maan, BAMS, MD (Ayurveda), New Delhi, India



Ashlesha Raut, BAMS, MD (Ayurveda), NC, BCIM
Bloomington, Illinois, USA

Dr. Ashlesha Raut is a consulting ayurvedic practitioner and nutrition health educator with more than 14 years of experience in the field of ayurveda, healthcare and integrative medicine. She is board certified in integrative medicine. Dr. Raut is BAMS, MD-Ayurveda from Mumbai University, India. She earned the distinctive honor, a gold medal, for her MD thesis. Dr. Raut has completed her N.C. (Nutritional Consultant) with High Honors from GCNM-Global College of Natural Medicine, CA, USA. She has done 'Second Degree Reiki Program' in IL, USA. Dr. Raut is also certified as an authorized instructor in CPR/AED for Professional rescuer. She is an authorized teaching faculty and an active volunteer at the American Red Cross Heartland Chapter in IL, USA and has won recognitions for her voluntary contributions on Community Health and Safety at American Red Cross. Dr. Raut is a recipient of the prestigious 'Shiromani Award' by Indian Board of Alternative Medicines

for her contributions towards alternative medicine. Presently, she is a Director of Ayurveda at Main Street Yoga & Ayurveda, and practicing ayurveda from her offices in Bloomington, IL and Normal, IL.



Sujata Gadre, BAMS
Lexington, Massachusetts, USA

Dr. Sujata Gadre earned her BAMS from the prestigious University of Pune, India. She is a certified yoga teacher. Dr. Sujata is experienced in authentic ayurvedic consultation, body constitution analysis, diet and lifestyle management, and herbal remedies. She also gives lectures on ayurveda and conducts ayurvedic cooking classes.



Manisha Madhavi, BAMS
Franklin Park, New Jersey, USA

Dr. Manisha V. Madhavi is a Registered Ayurvedic Practitioner and Panchakarma Therapist (India). She has 12 years of experience in Ayurvedic consultations, diet and nutrition, health and lifestyle counseling, teaching ayurveda, and offering lectures & workshops on various health topics in India and USA. She was a presenter and conference coordinator for the NAMA 2006 conference in NY and a presenter at NAMA 2007 conference in Albuquerque. She is an expert in *panchakarma* therapies (detoxification) and has conducted panchakarma therapy camps. She has also developed various ayurvedic formulations for individuals, written columns on ayurveda and beauty therapy, and conducted community health educational seminars.



**Jaya Daptardar, BAMS, MHA
Norwalk, Connecticut, USA**

Dr. Jaya Daptardar has been practicing and teaching ayurveda in USA since 1998. She completed her Bachelors degree from Amrawati University in Maharashtra India and Masters in Healthcare Administration and Management from California College of Health Sciences. She is a certified Panchakarma Therapist and Certified Beauty Therapist. She is a writer of "Ayurveda and Beauty Therapy" and related columns in an Indian newspaper. She is Founder and Director of Active Ayurveda and Yoga LLC. She is also a volunteer for various activities at Norwalk Hospital. She is an active member of AAPNA, ISAH, and AAPRA and is currently working as a VP of behavioral health in Danbury, CT.



**Vijay Shankar Jadhav, BAMS, MD (Ayurveda)
Pune, Maharashtra, India**

Professor Dr. Vijay Shankar Jadhav, Professor & Head of the Department of Rasashastra, Shri K. R. Pandav Ayurved College, Nagpur, India has 22 years of experience in the academic field of ayurveda. He is Founder & President of Tathagat Ayurved Research Foundation, Pune, India and has organized four international conferences around the globe. He has appeared as a guest speaker at many conferences nationally and internationally. He was invited as a guest lecturer and to the panel of experts at Corinaldo, Italy and as chair person in the international conference 'PANACEA' at Mauritius. Dr. Jadhav is a member of the International Academy, lead by Prof. Dr. Subhash Ranade and is Managing Director of Suyash Ayurved and Panchakarma Center, Pune.



Raj Mann, BAMS, MD (Ayurveda)
New Delhi, India

Dr. Raj Mann, a post graduate in ayurveda from Gujarat Ayurved University, India works as a Chief Medical Officer for Municipal Corporation of New Delhi, India. She presented a paper on the Role of Yoga and Naturopathy in Female Health at the First International Conference on Women's Health / Traditional Medicine in Kuala Lumpur, Malaysia (August 2005). She was selected by the Ministry of Human Resource Development for a cultural exchange program for advanced studies in acupuncture in Tianzin, China from 1998-99. She also was served with the Indian Air Force from 1992-97, was selected for duty as a medical officer during the SAARC meeting at Delhi (1988). She has been awarded the following honors: Chief of Air Staff Commendation (1996); Commendation by President Affwa (1996); Appreciation by Speaker of Delhi Vidhan Sabha (2001-2002), Prize for Best Social Worker at St. Ann's Convent in Roorkee.

Scientific Session I – Cancer

7:00 PM – 7:30 PM

Integrative Approach in The Treatment Of Breast Cancer



Vijay Jain, MD
Amrit Ayurveda-Yoga Institute, Salts Springs, FL, USA

Dr. Vijay Jain brings more than 35 years of experience in general surgery and 15 years of focused study of integrative medicine to his work with Amrit Yoga Institute. His intention is to integrate traditional/Western medicine with ancient Indian medicine and well-tried systems of healing from different cultures. He has studied mind/body medicine with Dr. Deepak Chopra, MD, Yoga Therapy from Vivekananda Research Center in Bangalore, India, courses in ayurvedic medicine with Dr. Sunil Joshi, MD (Ayurveda) in Nagpur, India and courses in integrative medicine with Dr. Andrew Weil in Tucson, AZ. He has studied ayurveda and panchakarma with Dr. Prerak Shah in Ahmedabad, India. In addition to his surgery practice, Dr. Jain lectures on Ayurvedic principles and practices, and how to create

optimal health. Recently, he has become interested in the science of graceful aging as it relates to holistic practices. Dr. Jain is the Medical Director of Amrit Ayurveda for Total Wellbeing in Salt Springs, FL, USA

Abstract: Ayurvedic treatment for breast cancer can be given as additional therapy in order to bring about a faster response, reduce side effects of conventional treatment, prevent recurrence and prolong survival. Medicines that act on the '*Rasa*', '*Rakta*' and '*Mamsa*' *dhatu*s (tissues) are useful in this condition.

The word "CANCER" may be new to the field of ayurveda, but ancient ayurvedic classics did mention the clinical features resembling cancer with the titles of *apachi*, *gulma*, *granthi*, and *arbuda*. The disease was even prevalent during the Vedic period and was known as *agantuja stanaroga* (cancer of the breast).

Keeping this truth in mind it can be stated that ayurveda can be helpful in the management of cancer in many ways, as prophylactic, palliative, curative & supportive and no doubt it helps to improve *quality of life* (QOL) as follows:

1. As an adjuvant or co-therapy along with chemotherapy or radiation therapy; & post-surgery care:
 - a. To minimize the side effects of these therapies.
 - b. In reducing the therapeutic dose of the various drugs used as in some studies on cow urine.
 - c. Can be helpful in targeting the specific tissues as in some studies on nano-particles of gold.
2. To slow the progress of the cancer, when chemotherapy, radiation therapy or surgery is contra-indicated due to many reasons and patients have no other choice;
3. With anti-tumor action with the help of herbal/herbo-mineral compounds found to be effective in some studies.
4. Cell protective activity of drugs prescribed in Rasayana therapy: to improve comfort and the quality of life for individuals with cancer.

In India, where many natural products are used as medicine, traditional medicinal knowledge is very scientific and rich due to its practice of more than 5000 years. On the other side, I have found that there are many quacks in India claiming to cure various cancers and giving a bad name to the practice of ayurveda. In this presentation, I want to look at the limitations and scope of ayurveda in helping patients with breast cancer in a logical and scientific manner.

We will discuss a protocol based on the scientific principles of yoga and ayurveda for treatment of breast cancer.

7:30 PM

Dinner



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Saturday, August 13, 2011

7:00 – 8:00 AM

Breakfast

8:00 – 8:15 AM

Guest of Honor



Robert Saper, MD, MPH

Director of Integrative Medicine & Associate Professor
Boston University School of Medicine,
Boston Medical Center, MA, USA
Promoting Ayurveda Globally through Collaboration

Dr. Saper is Director of Integrative Medicine in the Boston Medical Center Department of Family Medicine in Boston, Massachusetts, USA. He is also an Associate Professor at the Boston University School of Medicine. He has 25 years of experience in integrative medicine: the responsible integration of complementary therapies such as yoga, massage and acupuncture with conventional medicine. Dr. Saper attended Brandeis University for his undergraduate education. As a Harvard medical student, he traveled to the Findhorn Center in Scotland to study holistic healing and also studied yoga at the Kripalu Center in Western Massachusetts. After graduating Harvard Medical School in 1988, he completed a family medicine residency and chief residency at UCSF from 1988-92 and was in private practice for 8 years in the San Francisco Bay area. From 2001 to 2004, he completed a three year Complementary Medicine Research Fellowship at Harvard, which included an MPH from the Harvard School of Public Health. He completed a five year Academic Career Development Grant from the U.S. National Institutes of Health National Center for Complementary and Alternative Medicine. He has published a pilot study comparing hatha yoga to standard medical care for chronic low back pain. He recently received a grant from the U.S. National Center for Complementary and Alternative Medicine to conduct a comparative effectiveness randomized controlled trial of hatha yoga, physical therapy, and education for chronic low back pain in low-income minority populations. Dr. Saper has taken a leadership role in building research, educational, and clinical programs in integrative medicine at Boston University.

8:15 – 9:15 AM

Keynote Speaker



Mother Maya
Founder, Wise Earth School of Ayurveda, NC, USA
Women's Power to Heal

Mother Maya is an extraordinary spiritual teacher and a profound orator, gifted with the wondrous power of truth—lauded by Bawa Jain, Secretary General of the UN Millennium

Peace Summit, as a “compassionate Mother whose ancient wisdom can be applied to heal present world crises.” A living testament to the healing efficacy of her teachings, Mother Maya (Maya Tiwari) freed herself from “terminal” ovarian cancer at the age of 23. More than 25 years later—having been recognized by the Parliament of the World’s Religions for her outstanding contribution to humanity—she shares the healing wisdom that literally saved her life – an inspired education currently in practice by thousands of people around the world.

Mother Maya’s unique journey as a Spiritual Mother renders her accessible to all people and especially to the underserved in the world. Her simple demeanor transcends social, cultural, and religious boundaries. She discards outdated clichés about human spirituality while being stoic to her ancestral roots. With a quarter century worth of health, humanitarian education and wellness services to her accomplishment, Mother Maya is the founder of the Mother Om Mission, the Wise Earth School—the first school for ayurveda in North America, established in 1981, and the Living Ahimsa Foundation. In *Living Ahimsa World Tour 2009-2012*, Mother Maya introduces the extraordinary practice of The Vow of Ahimsa already taken by more than 147,000 participants around the world for the imperative awakening of personal awareness and global consciousness. She was a pre-eminent presenter at numerous world conferences such as the Parliament of the World’s Religious Leaders, Melbourne, Australia, and December 2009 where she appeared alongside the Dalai Lama; the Global Peace Initiative of Women’s Spiritual Leaders, Geneva, Switzerland and the UN Millennium Peace Summit, New York, 2000. Under the nom de plume Maya Tiwari, she is the best-selling author of *Women’s Power to Heal through Inner Medicine*; *Ayurveda- a Life of Balance*; *Ayurveda- Secrets of Healing*; *The Path of Practice* and her newest releases scheduled for March 2011, *Living Ahimsa Diet: Nourishing Love & Life* and *Love! A Daily Oracle for Healing*.

Abstract: By calling on ayurveda’s ancient healing wisdom and practices, world renowned expert and spiritual teacher, Mother Maya, spreads a revolutionary idea: that once women reconnect with their female nature they can heal themselves, as well as their children and their community. Modern women are faced with unprecedented levels of stress, fatigue, and illness, as well as a profound disconnection from their inherent gift of love, creativity and femininity. In this extraordinary keynote, Mother illuminates forgotten wisdom of the ancient rishis; that women have absolute power within themselves to heal. By reconnecting to their innate *shakti* energy and aligning with lunar, solar and seasonal rhythms we recapture our feminine nature of love, creativity and nurturance. Women of all ages, backgrounds, and cultures can transform disease and despair into health and inner harmony. This power-packed keynote address enlivened by inspiring stories from Mother’s quarter-century long work demonstrates how women across cultural barriers have been utilizing ayurveda practices to renew their health, reconnect with their feminine nature, and ultimately, reclaim their innate power to heal- without medicine!

9:15 AM – 9:45 AM

*Scientific Approach to Meditation
for Mental Calmness in Women*



Bertrand Martin, MD, MPH
Vevey, Switzerland

Dr. Bertrand Martin was born in 1945 in Vevey, Switzerland. He graduated from the Faculty of Medicine of the University of Lausanne in 1973 and specialized in Public Health in Guatemala (Master Degree) in 1976. He administered a research project in nutrition in Saudi Arabia and a primary health program in Mali. From 1989 on, he studied psychiatry. In 1994, he obtained a Certificate degree in Ayurvedic Medicine at Banaras Hindu University (BHU), India. Since 1995, Dr. Martin integrates the occidental and ayurvedic approaches (*panchakarma*, *shirodhara*, hatha yoga, raja yoga) in his practice of psychiatry. An International Professional Member of AAPNA, he received a Veda Brahma Award for his Outstanding Scientist Invention (Cristalmind™ Shirodhara) in October 2010.

Abstract: Patanjali, a great Sage who lived in India during the 8th century BC, taught a scientific way to meditate which can be followed by anyone regardless of his cultural background and which is based upon direct experience. After more than 30 years of personal practice and over fifteen years of teaching Patanjali meditation to his patients around the globe, Dr Martin will transmit this basic practical knowledge on how to scientifically induce mental silence for women during their different stages of life.

9:45 AM – 10:15 AM
Break

Scientific Session II - Infertility

10:15 AM – 10:45 AM

Integrated Approach in Management of Female Infertility



Amit Gumman, BAMS, MD, MPH, PhD
Oklahoma, OK, USA

Dr. Amit Gumman's medical training integrates a wide array of therapeutic modalities drawn from acupuncture, ayurveda, herbology, naturopathy and yoga. He graduated in Ayurvedic Medicine from the Govt. Ayurvedic Medical College, Hyderabad, India. He also holds a Diploma in Naturopathy and is certified as a yoga instructor. Thereafter, he completed his Doctorate of Acupuncture and PhD. from the International University of Complementary Medicine, Colombo, Sri Lanka. He then completed his Masters of Public Health degree from Oklahoma University Health Sciences Center and MD from the University of Health Sciences, Antigua School of Medicine. He is the Past-President of Oklahoma Acupuncture Association and also the Past-Vice President of Oklahoma Naturopathic Physicians Association.

Abstract: The prevalence of female infertility is rising. An integrative approach in addressing the various etiologies of infertility will be discussed. Having treated hundreds of patients over the past 20 years, practical insights will be shared. Treating patients undergoing assisted reproductive modalities like artificial insemination and in vitro fertilization, success rate has been more than doubled. Clinical and peer reviewed published research data will be shared. Integration and incorporation of ayurveda, acupuncture, naturopathy and yoga will be discussed.

10:45 AM – 11:15 AM

Role of Uttarbasti in the Management of Infertility Due to Fallopian Tubal Blocks



Varsha Deshpande, BAMS, MD (Ayurveda)
Karad, Maharashtra, India

Dr. Varsha Deshpande has been a practicing consulting obstetrician and gynecologist for 17 years at her self-owned hospital. She has delivered about 3000 babies and performed the same number of major and minor gynecological surgeries. She offers results-oriented specialized ayurvedic treatment for gynecological problems like PCOS, infertility, Fallopian tubal blocks, etc. Dr. Deshpande underwent laparoscopy training at FPAI Hospital, Mumbai; sonography and fetal monitoring training at Wadia Hospital, Mumbai; IUI training at AAKAR IVF Center, Mumbai. She worked for three years during post graduation as a resident and registrar at Tarachand Ramanath Hospital Pune. She was also a junior lecturer at Ayurved College, Aakurdi, Pune, a lecturer at Ayurved College, Peth Vadgaon, Kolhapur, a lecturer at Sion Ayurved College, Mumbai, a visiting associate professor and professor at Ayurved Collage, Terdal, Karnataka, an examiner for BAMS in *Streerog-Prasuti Tantra*, and a yoga consultant at Shivaji University, Kolhapur.

Abstract: Fallopian tubal blocks play a major role in the causes of primary and secondary infertility. Causes of such blockages are mainly infection, tubercular salpingitis, previous surgeries like dilatation and curettage, salpingotomy for ectopic pregnancy, etc. The treatment for infertility due to tubal factors is mainly IVF, i.e. in vitro fertilization, which is very expensive with success rates of up to 40% at very sophisticated centers. IVF requires a gynecologist, a sonologist, an embryologist and also huge instrumentation. In developing countries, this treatment is beyond the reach of a common man. Ayurveda gives some hope for such patients with the treatment of *uttarbasti*. After treatment with *uttarbasti*, we get very encouraging results not only to resolve tubal blockages, but also in improving the quality of the endometrium and the tubal mucosa, all resulting in a very good pregnancy rate. The paper presents clinical data of the cases that were administered *uttarbasti* and speaks about the efficacy of the procedure, evaluating the clinical data. It shows photographs of hysterosalpingography tests done before and after *uttarbasti* procedure. It also tells the various medicines used for the procedure. *Uttarbasti* treatment gives very encouraging results in the treatment of infertility due to fallopian tubal blocks. It is highly recommended to undergo this relatively simple and cost effective treatment before resorting to in vitro fertilization.

11:15 AM – 11:45 AM

Break

Scientific Session III – Female Disorders (*Stree Rogam*)

11:45 AM – 12:15 AM

Stree Rogam



Tirun Gopal, MD, FACOG, D Ay.
Allentown, Pennsylvania, USA

Dr. Tirun Gopal is an obstetrician and gynecologist trained in the US and practicing in Allentown, PA, for the past 32 years. He is a graduate of the Open International University for Complementary Medicine and obtained his certification in ayurveda from the New England Institute of Ayurvedic Medicine 15 years ago. He received certification in medical acupuncture 5 years ago from the University of California, Berkeley, USA. He is currently pursuing the study of homeopathy. His book "Sacred Relationships" was recently published electronically and is available for download from Solstice Publishing.

Abstract: This presentation on "Stree Rogam" starts with a definition of "Stree", the woman and defines the female reproductive tract. Various female disorders of the reproductive tract, namely bleeding disorders, infections of the vagina and uterus, abnormalities in development of the reproductive tract and infertility are addressed. Conditions of the breast, namely infection and masses, as well as fibrocystic disease of the breast are explained. Treatments for a wide variety of female reproductive disorders will be discussed, including herbs, which are effective in such treatments. Common, prevalent problems of premenstrual syndrome will be discussed, including the ayurvedic and traditional definitions and treatment. Finally, menopause, the increase in risk for heart attacks and osteoporosis, and steps to be taken to reduce these risks will be delineated.

12:15 PM – 12:45 PM

Clinical Case Presentations: Female Infertility and Postpartum Depression



Rucha Kelkar, BAMS, MPT
San Francisco, California, USA

Dr. Rucha Kelkar is the director of Ayurbliss™- Ayurveda Wellness for Mind, Body and Spiritual Health. She received her graduate degree from University of Pune, India and secured a top rank in all academic years of her ayurvedic education. She is also a licensed physical therapist and has a master's degree in physical therapy from California State University, Long Beach. Dr. Kelkar is an accomplished Ayurvedic practitioner and educator and provides health consultations, classical panchakarma therapies and comprehensive workshops based on the authentic science of ayurveda. She has been a lecturer for Ayurveda Institute of America and also teaches for leading ayurveda schools including Kerala Ayurveda Academy and Mount Madonna Center. She is also a writer for various ayurvedic magazines and journals and has been a featured presenter at the NAMA (National Ayurvedic Medical Association) Conference on multiple occasions. Her articles on ayurveda have been published in LA Yoga and LOAJ. Dr. Kelkar is initiated into Kriya Yoga Meditation, is a Reiki healer and provides meditation classes for her clients

Female Infertility: A 32-year-old woman presented with history of irregularity of menses, hypothyroidism, cystic acne, PCOS, high testosterone levels, and the presence of anxiety because of the inability to conceive for over 2 years. The diagnosis was based on Ayurvedic principles, which included a pulse diagnosis, a ten-fold Ayurvedic exam (*Dasha Vidh Pariksha*) and a thorough diet and lifestyle interview (*hetusevan*). *Ama, Apana, Vyaan* and *Prana- Vata* dosha and *Ras* and *Rakta Dhatu* played a key role in the disease process (*samprapti*). The physical treatments included panchakarma- *basti (anuvasan and niruha)* and herbs (ref: *Charak Samhita*) and the psychological treatment included meditation and counseling (ref: *Charak Samhita*). The patient showed significant improvement within a month and was pregnant at the end of the third month of treatment. *Vandhatva*, when appropriately, managed can have a very successful outcome.

Postpartum Depression: A 33 year old woman, second para, close to 6 months after the delivery presented with symptoms of weight gain, irregularity of menses, spotting between menstrual cycles, bloating, lethargy, mood swings, anxiety and irritability which were gradually worsening. She had a sound socio-familial background, uneventful childbirth and a satisfying relationship. The diagnosis was based on the Ayurvedic principles, which included a pulse diagnosis, a ten-fold ayurvedic exam (*Dasha Vidha Pariksha*) and a thorough diet

and lifestyle interview (*hetusevan*). *Apana Vata* dosha and *Ras Dhatu* played a key role in the disease process (*samprapti*). The regimen for the treatment was decided as catering to the *dosha-dhatu vikruti*. The physical treatments included panchakarma-basti and herbs (ref: *Charak Samhita*) and the psychological treatment included meditation and counseling (ref: *Charak Samhita*). The patient showed significant improvement within a week, and at the end of one month had an overall reduction of all the symptoms. She was then put on treatment to prevent recurrence (*Apunarbhava Chikitsa*). *Ras-Vataj Vikriti* in postpartum women, when appropriately managed, can have an excellent prognosis.

12:45 PM – 2:15 PM
Lunch

2:15 PM – 2:30 PM

Guest of Honor



Sangeeta Ahuja, RD, CDE, RYT
Chair, International Health Services Council
Global Organization of People of India Origin (GOPIO)
Connecticut, USA
Back To Basics Grandma's Wisdom

Sangeeta Ahuja has been a nutritionist and a registered dietitian for over 25 years. Sangeeta works as Director of Nutrition Services at Mt. Vernon Community Health Center in Mt. Vernon, NY. She is also on the staff as a Certified Diabetes Educator at Stamford Hospital in Connecticut. She has a private practice and is a consulting nutritionist for Catholic Family Services in Stamford, CT. Sangeeta is also on the speakers circle with Pfizer, Bayer, Accu-Chek and Advanced Research Foundation.

Sangeeta is Chair of GOPIO International's (Global Organization of People of Indian Origin) Health Council; prior to serving as Chair, she was president of GOPIO Connecticut for four years. Sangeeta is on the board of Connecticut Association of Diabetes Educators, GOPIO-CT and The Center for Sexual Assault and Crisis Services. A resident of Stamford, CT, she is

extremely involved in her community and conducts free yoga classes and disease prevention programs.

2:30 PM – 3:30 PM

Keynote Speaker



Nancy Lonsdorf, M.D.
Fairfield, IA, USA

Named “one of the nation’s most prominent Ayurvedic doctors” by the Chicago Tribune, Nancy Lonsdorf, M.D. is an integrative physician, author, teacher and Ayurvedic specialist in women’s health issues.

Dr. Lonsdorf is formerly the medical director of The Raj Ayurveda Health Spa, an award-winning Ayurvedic treatment center (2000-2005), and The Maharishi Ayurveda Medical Center in Washington D.C. (1987-2000), the first Ayurvedic medical clinic in the nation’s capital.

Nancy Lonsdorf, M.D. received her medical degree from the Johns Hopkins School of Medicine and did her residency training in psychiatry at Stanford University. She trained in Ayurveda with leading Ayurvedic physicians and scholars in India, Europe and the United States.

Over the past twenty-four years of practice, she has treated 20,000 patients using Maharishi Ayurveda, the natural health system from ancient India, along with nutritional approaches, in-depth coaching and conventional therapies.

Dr. Lonsdorf has special expertise in women’s health and is author of *The Ageless Woman: Natural Health and Beauty After Forty with Maharishi Ayurveda* (MCD Century, May 2004), and its hardback version, *A Woman’s Best Medicine for Menopause: Your Personal Guide to Radiant Good Health Using Maharishi Ayurveda* (McGraw-Hill, June 2002.) She has co-authored a best-selling Ayurvedic health guide for women of all ages entitled *A Woman’s Best Medicine: Health, Happiness and Long Life through Maharishi Ayur-Veda*, published in 1995 by Tarcher/Putnam of New York.

Dr. Lonsdorf has served as a consultant and grant reviewer in complementary medicine for the National Institutes of Health, has lectured at leading medical institutions and is a frequently quoted expert whose work has been featured in numerous newspapers and magazines articles, as well as local and national media.

3:30 PM – 3:45 PM

Break

Scientific Session IV – Menstrual Disorders

3:45 PM – 4:15 PM

Menorrhagia: An Ayurvedic Management and Treatment



Somesh Kaushik, BAMS, MPH, MPA, ND
Fairfield, Connecticut, USA

Dr. Somesh N. Kaushik, a BAMS graduate from India, completed his MPH, EMT and MPA from University of Alabama at Birmingham (UAB, 1986-1988). He worked as an Associate Dean with Trenholm State Community College, then with the state health department as an epidemiologist and Director, HIV/AIDS Sero-surveillance while maintaining an Ayurvedic practice in Montgomery, AL. He earned a Doctor of Naturopathic Medicine degree from University of Bridgeport in 2003, where he also taught ayurvedic medicine and public health courses and worked as Director of Admissions, Naturopathic Medicine until May 2006. He then joined Dr. Neeru N. Kaushik, Institute for Ayurvedic and Naturopathic Therapies.

Abstract: Menopause is not a disease, but a normal part of life. According to ayurveda, a healthy lifestyle is the best way to prevent major health problems and ease symptoms of the menopausal transition itself. Your overall health and balance when you reach menopause largely determines how smooth your transition will be. Health problems at menopause represent imbalances in the body that were already growing and are unmasked by the stress of shifting hormones. Menopause symptoms are Nature's wake-up call to let you know you need to start paying more attention to your health. Age 45 to 55 is a critical decade according to ayurveda. Ayurveda recommends preventive and curative

management of symptoms of menopause, even though it is a *Yapya* condition. By following a proper diet, taking *rasayana* and certain *poorva karmas* and *panchakarma* considering the *dosha*, *dhatu* and *mala*, menopause can be health-promoting, spiritually transforming and free of troublesome symptoms.

4:15 PM – 4:45 PM

A Guided Tour of the Vedic Women's Month: Chronobiological, Behavioral and Endocrine Modulation in the Treatment and Prevention of Menstrual Disorders



Jay Glaser, MD
Boston, Massachusetts, USA

Jay Glaser, MD is board-certified in internal medicine and an Instructor at the University of Massachusetts Medical School, MA, USA. He practices hospital medicine at UMass HealthAlliance Hospital in Leominster, Massachusetts. He trained at Dartmouth College, the University of Colorado School of Medicine and McGill University. One of the first western physicians to study, document and practice Ayurvedic medicine, Dr. Glaser has authored numerous research studies on the biology of aging, traditional approaches to treating chronic diseases, herbal remedies, and the physiology of meditation. He has lectured widely on natural approaches to health. He is the recent author of the widely selling book "Body Renewal: The Lost Art of Self-Repair".

Abstract: A woman's cycle is a flow of constant change -- holding the potential for moments of magic or unpredictable weeks of depression, tension and pain. In this presentation, Dr. Glaser will describe the Vedic understanding together with the modern endocrinological basis of the monthly ebb and flow of a woman's physical, emotional and sexual energy. Participants should be able to describe a woman's ideal behavioral response to her changing rhythms, the chronobiological pathology underlying common menstrual problems such as heavy periods, irregularity, cramps and PMS, and how to design a therapeutic program based on Vedic medicine to correct these disorders.

4:45 PM – 5:15 PM

The Role of Panchakarma in the Treatment of Menstrual Disorders



Jayarajan Kodikannath, BAMS
Seattle, Washington, USA

Dr. Jayarajan Kodikannath is the Academy Director of Kerala Ayurveda (US). Suffused with expertise in panchakarma and *ksharasoothra*, Dr. Jayarajan took charge as the Chief Medical Officer of Ayurvedagram, India and played a significant role in making Ayurvedagram of international repute. He is an accomplished trainer for advanced ayurveda and is actively involved in various research projects of Kerala Ayurveda. He is currently the principal investigator of a research project on ayurveda and stem cells in Duchene Muscular Dystrophy. Dr. Jay, as he is fondly referred to, ran a hugely successful “Ayurveda Summer Makeover” program in Slovenia in 2008, and he has presented papers on ayurveda in national and international seminars.

Abstract: The Ayurvedic methodology of treating menstrual disorders is truly comprehensive. It is a proper blend of traditional Ayurvedic therapies including panchakarma, internal Ayurvedic formulations, diet and lifestyle management. The treatment aims at restoration of functional balance including that of metabolism and hormones. The significance of panchakarma lies in the fact that menstrual disorders not only create issues with the uterine system but also lead to many physical and emotional complications, of which obesity is the most common one. The effectiveness of panchakarma procedures in treating women's disorders like polycystic ovarian syndrome, dysmenorrhea, amenorrhea, female infertility, and menopausal issues are well established through various clinical studies.

5:15 PM – 6:15 PM

Break

6:15 PM – 7:30 PM

Panel of Experts Discussion

◎ **Topics:**

- *Diet, Weight Loss, Obesity in Women: An Ayurvedic approach*
- *Women's Mental Health*
- *Teen Health Issues for Girls*
- *Ayurvedic Approach to Safe Motherhood*

◎ **Panel of Experts:**

- Pratibha Shah, BAMS, MD (Ayurveda) – MA, USA
- Archana Kulkarni, BAMS, MD (Ayurveda) - CT, USA
- Jyothi Bhatt, BA, BAMS, PGDYT - NY, USA
- Manisha Kshirsagar, BAMS, LMT – CA, USA
- Hemant Kumar Gupta, BAMS, MD (Ayurveda) – Ottawa, Canada
- Suresh Swarnapuri, BAMS, MD (Ayurveda) – Cork City, Ireland
- Bhupinder Brar, BAMS, MS – NY, USA



Pratibha Shah, BAMS, MD (Ayurveda)
Winchester, Massachusetts, USA

Pratibha Shah is an accomplished ayurvedic expert with more than 20 years of practice experience. She holds a post graduate degree in ayurveda, from the National Institute of Ayurveda, Jaipur, India. She moved to US in 2004, from New Delhi, India, where she was worked as Chief Medical Officer, CGHS (Central Government Health Scheme). Currently, she is a board member of several leading ayurvedic organizations in USA and is working towards promotion, propagation and integration of ayurveda with mainstream medicine, globally. She has engaged in a variety of public health activities besides regular clinical duty, including two stints with WHO. She conducts and speaks at ayurvedic events year round. She also heads the ayurvedic component of a state of the art integrative medicine center in the Boston area. With the aim of providing a wider platform for benefits from

ayurvedic principles of healing, she is pursuing a Masters in Public Health, International Health, at Boston University School of Public Health, MA, USA.



Archana Kulkarni, BAMS, MD (Ayurveda), LMT
Norwalk, Connecticut, USA

Dr. Archana Kulkarni is a doctor of ayurvedic medicine and founder and director of Ayur Wellness Center, Norwalk CT. She has been practicing ayurveda over 10 years and has brought beneficial results to clients suffering from various chronic health issues through health consultations, Panchakarma (mind-body cleansing therapies), and educating people in ayurveda. She completed the five and half years' graduation course of BAMS from Shivaji University, Kolhapur, India, and three years post graduation course of Doctor of Ayurvedic Medicine (MD Ayurveda) from the renowned Banaras Hindu University (B.H.U) in Varanasi, India. She also completed a Yoga diploma course from Yoga Sadhana Kendra, BHU, and Varanasi. She was a lecturer at Ganga Ayurvedic Medical College, Kolhapur. She has presented papers on ayurveda at many ayurveda seminars and written for many magazines on ayurveda. She is nationally certified in therapeutic massage and bodywork and is a licensed massage therapist (LMT) in Connecticut. Her expertise in ayurvedic massage and other healing therapies has offered beneficial results in chronic back problems, joint problems, stress, sleep problems, women's health concerns, digestion problems, weight loss, and many other conditions. Currently, she serves as an ayurvedic consultant in the CT and NY area, USA.



Jyothi Bhat, BA, BAMS, PGDYT
New York, USA

Dr. Jyothi Bhat is an ayurvedic physician and yoga therapist residing in Westchester County, NY. After graduating *magna cum laude* from Mount Holyoke College with a double major in South Asian Studies and Religion, she traveled to India to learn the ancient sciences of ayurveda, yoga, *marma*, and *jyotish*. She completed 5 years of intensive medical training at S.D.M. College of Ayurveda, one of the most prestigious ayurvedic institutions in India, after which she received a Bachelor of Ayurvedic Medicine and Surgery degree (BAMS). She also has a Post Graduate Diploma in Yoga Therapy (D.Y.T.) from the only yoga university in the world, Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA). She is a certified yoga teacher in the Sivananda and Bihar School of Yoga traditions and is a registered RYT-500 teacher with Yoga Alliance. She incorporates her knowledge of ayurveda, yoga, *marma*, and *jyotish* in her practice at Svastha Holistic Healthcare.



Manisha Kshirsagar, BAMS, LMT
Aptos, California, USA

Dr. Manisha Kshirsagar is an ayurvedic physician from India, born of a traditional Brahmin family. Her experience of living in, working in, and raising two children in many different countries around the world has been of great value to her clients. She brings expertise in skin care and holistic beauty treatments based upon her knowledge of *panchakarma* (detoxification) and her yogic training. She trained at and received her diploma as Yoga Instructor from the International School of Yoga, Kaivalya Dhama, Pune, India in 1985 and 1986. She graduated Pune University, India with a BAMS in 1990 and earned her degree in naturopathic medicine at the Indian College of Naturopathy in 1996. She offers regular workshops on ayurvedic cooking and nutrition, skin care, and natural beauty treatments, and has designed a comprehensive Mother and Baby Program, which encompasses nutrition, massage, yoga and overall support.



Hemant Kumar Gupta, BAMS, MD (Ayurveda), D.N.M.
Ottawa, Canada

Dr. Hemant Gupta, director, consulting ayurveda physician, teacher, has over 30 years of teaching, clinical and research experience in India, Europe, and North America, and was director for ayurveda programs at 'The Raj', Fairfield, Iowa, U.S.A. and Maharishi Ayurveda Health Center in Lancaster, Massachusetts, U.S.A., premiere ayurveda and panchakarma centers. Dr. Gupta has developed curriculum and taught undergraduate and PhD degree programs of ayurveda at the College of Maharishi Vedic Medicine in Fairfield, Iowa. He has also taught courses through Memorial University of Newfoundland, and Ayurveda Academy of Canada in Toronto. Dr. Gupta lives in Ottawa and is the founder and director of Shree Ma Ayurveda Institute and Wellness Centre, providing a wide range of Ayurvedic education, from free lectures and certification courses to clinical consultations and *panchakarma* treatments.



Suresh Swarnapuri, BAMS, MD (Ayurveda)
Cork City, Ireland

Dr. Suresh Swarnapuri is a BAMS, MD (Ayurveda) graduate with special emphasis in *panchakarma*. Dr. Suresh has worked as an international ayurveda consultant in various countries including Holland, Germany, France, Turkey, Ukraine, Croatia, Estonia, Lebanon, Russia, and Ireland. He and his wife, Anuradha, who is also an Ayurvedic doctor, live in Ireland with their family.



Bhupinder Brar, BAMS, MS

Dr. Bhupinder S. Brar is an ayurvedic practitioner from India and currently works as a Jr. Research Scientist with New York University. He graduated with a Bachelor in Ayurvedic Medicine and Surgery from Guru Nanak Dev University, India in Feb. 2000 and practiced ayurveda for more than 8 years in India. In 2008, he was accepted to New York University, USA for his MS in Clinical Research. He graduated in May, 2010, and based on his academic performance during the 2 year study period, he was awarded with an 'Exceptional Achievement Award'. Dr. Brar is also a certified clinical researcher. He completed a research study on the ayurvedic clinical trials. In that study, he reviewed clinical trials designed to evaluate the effectiveness of ayurvedic treatments/interventions regarding the use of ayurvedic diagnostic criteria. That study was accepted for publication in a well reputed peer reviewed journal. The department head recognized his passion and motivation toward research and hired him as a Jr. Research Scientist at New York University. Now, Dr. Brar is a team member of the Department of Epidemiology and Health Promotion at NYU College of Dentistry and works on industry-sponsored as well as investigator-initiated clinical trials and various observational studies. He is also working as an Instructor (part-time faculty) and teaches in the graduate program in the Clinical Research department. Currently, Dr. Brar is working on another research study to evaluate the role of US based ayurvedic practitioners in oral health care. In this study, data will be collected from ayurvedic practitioners by using a tailored questionnaire regarding their role in oral health care. His hope is that such studies will be helpful in creating awareness for ayurveda among people at large and among health care professionals, and that might also be helpful in the foundation for the recognition of a licensing and regulatory process for the ayurvedic profession in the United States.

7:30 PM – 8:00 PM

Conservative Preventive Cardiology in Women – Sharp Suved Integrated Way



Vinod Marathe, MD, DMRD, FIIM (Ayurveda), DSc, PhD

Pune, India

Dr. Vinod Marathe, radiologist, post doctoral fellow, and PG teacher at Pravara Institute of Medical Sciences, Deemed University, Loni, serves as a post graduate guide at University of Pune. He is a partner at Sharp Health Care, and the initiator of Sanjeevan Heart Attack Rehabilitation program (SHARP) and Ayurvedic Medicine SUVED.

Abstract: Patients of atherosclerosis need an additional modality of treatment for lasting results. Women present with chronic disease with different symptoms and need an additional line of treatment. SHARP-SUVED is a holistic integrated protocol encompassing ayurvedic capsules - SUVED, nutrients, colostrum, lifestyle changes, meditation, yoga & natural hormone balancing. Ayurvedic SUVED is formulated and specially processed per well established ayurvedic guidelines. Patients begin responding clinically in 7-10 days. Treatment is continued for 3-4 months, tapered and discontinued. Allopathic medication is adjusted and reduced as per need. Some SHARP-SUVED patients, followed for over 4 years, are functionally stable & asymptomatic.

8:00 PM

Dinner

* * * * *

Sunday, August 14, 2011

7:00 AM – 8:00 AM
Breakfast

8:00 AM – 8:15 AM

Guest of Honor



Basmaa Ali, M.D, M.B.A.
Woburn, Massachusetts, USA

My Journey to Integrative Medicine

Basmaa Ali, MD is a clinical instructor in medicine at Harvard Medical School and practices integrative medicine at Zanjabee Integrative Medicine & Primary Care. Zanjabee is affiliated with Winchester Hospital and combines the best of western medicine with time proven techniques like acupuncture, ayurveda, massage and yoga to find customized treatment options for individual patients. Dr. Ali has an MBA from MIT Sloan School of Management and Yoga Teacher Training Certification from Kripalu School of Yoga.

8:15 – 9:15 AM

Keynote Speaker



JLN Sastry, BAMS, MD (Ayurveda), PhD (Ayurveda),
Andhra Pradesh, India

Two Case Reports on the Ayurvedic Management of Ovarian Dysgenesis

Dr. J. L. N. Sastry, BAMS, MD(Ayurveda), PhD. (Ayurveda), Chief Physician, Ayushman Ayurvedic Center & Panchakarma Center, India, Managing Partner, JATA's Ayurvedic Healthcare Systems, India, Research and Development Consultant, Paras Pharmaceuticals Ltd., India, Advisor, GSL Ayurvedic Medical College, India is a traditional practitioner of ayurveda with more than 100 years of family tradition. The recipient of several gold medals and awards, nationally and internationally, he has worked in the field of ayurveda for over two decades and published 13 reference books and more than 35 articles.

Abstract: Ayurveda has shown promising results in many clinical conditions such as hypothyroidism, cholelithiasis, bronchial asthma, Grade I to Grade III CRF, and ovarian dysgenesis. In two cases of ovarian dysgenesis treated with ayurveda by the author, it is observed that in both subjects, the ovaries appeared within one year of treatment, while the infant uterus increased in size. Radiologists and gynecologists confirmed the cases' progress. Ayurvedic approach in diagnosis, as well as management, relevant USG reports and hormone assays are presented. This study emphasizes the necessity for the restriction of magic remedies act to modern medicine (EBM) and not to ayurveda.

Scientific Session V – Pregnancy

9:15 AM – 9:45 AM

Dietary Month Wise Regimen for Pregnant Women & Its Effect



Anjali Vijay Jadhav, BAMS, D.G.O., M.S., Pune, India

Professor Dr. Mrs. Anjali Vijay Jadhav, B.A.M.S, D.G.O, M.S. Professor & H.O.D. Department of *Stree Rog Prasuti Tantra*, College of Ayurved & Research Center, Pune, India has been practicing and teaching ayurveda for 20 years in the academic field and serves as Secretary of Tathagat Ayurved Research Foundation. She is the Organizing Secretary for four international conferences. Her overseas experience includes working in Rudlingsdorf Sagasfeld Wellness Centre for Women in Germany and serving as Director – Satya Sudha Ayurved & Panchakarma Center, Pune, India.

Abstract: There are monthly regimes to be followed by pregnant women. Today, women are having children later in life, so the risks associated with pregnancy and delivery are also increasing. Women should follow a strict special dietary regimen; it is not so complicated and is very easy. There are dietary restrictions in order to avoid complications. When healthy, easy to cook foods are regularly consumed during pregnancy, the fetus attains good growth and *Vayu* moves in the right direction. A woman then becomes strong and births her child without complications. Benefits of a proper dietary regimen include promoting normal development of the fetus and health and vitality for the mother throughout her pregnancy.

9:45 AM – 10:15 AM

Women's Prenatal Health Care through Ayurveda



Vandana Sandhir, BAMS, MD (Ayurveda)
Reno, Nevada, USA

Dr. Vandana Sandhir, with postgraduate education in ayurveda, *panchakarma* and yoga is Assistant Editor for the journal "JREIM". She has published 4 papers in reputed Indian journals and been an invited speaker for 14 seminars and workshops. Dr. Sandhir's educational background is MD (Ayurvedic Medicine), 2002 from Himachal Pradesh University, India; B.A.M.S, 1995 from Punjab University. Her professional experience includes: associate professor with 9 years in teaching; 15 years consulting; administration; and superintendent of a girls' hostel. She has actively participated in national and state campaigns on geriatrics and anemia through ayurveda. Dr. Sandhir was instrumental in opening & running a geriatric clinic with Central Government support. She is a member of various committees and is an evaluator, observer, and examination supervisor with BFUHS and other universities.

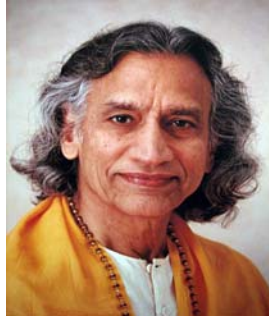
Abstract: She from whom one is born is mother, the same being about whom the prophet of Islam has said, "Heaven lies under the feet of the mother." Woman is the root cause of progeny; she bears entire responsibility from conception to maturity of a fetus, birth, care and nutrition of the infant. If a woman is carefully attended, it keeps normal and healthy generation. The concept of progeny in ancient time was to achieve qualitative growth to society, not just a quantitative spurt in population. A critical review of Ayurvedic classics reveals that an individual's physical and psychic constitution are both formed at the time of conception, i.e. constitution of an individual carried out from sperm and ovum, which is called *moola prakriti* of an individual. This is influenced by environment, diet, general activity, age, physical health, and mental condition of the mother. Thus, ayurveda places great emphasis on the care of the expectant mother in the subject *garbhini paricharyaa* (prenatal care).

10:15 – 10:45 AM

Break

10:45 AM – 11:15 AM

The Synergistic Healing Power of Yoga and Ayurveda



Yogi Shri Amrit Ji

Founder, Amrit Yoga Center, Salts Springs, Florida, USA

Yogi Shri Amrit Ji is an internationally recognized authority in the field of yoga and health and has authored many books on personal growth, health and transformation. He began teaching in 1960, making him one of the earliest pioneers of yoga in the West. He is the founder of the Kripalu Center for Yoga & Health. Today, more than 5,000 yoga teachers and thousands of healing professionals teach his methodology in more than 40 countries around the world. He continues to provide accredited professional Yoga Nidra and Yoga Teacher Trainings through the Amrit Yoga Institute in Salt Springs, FL. His innovative Amrit Method® teachings are universal, insightful, experiential and easily adaptable by everyone.

Abstract: Many who have used ayurveda for healing have also used other traditional methods. A more in depth application of ayurveda can be reached by combining the meditative practices of yoga, *yoga nidra* and the quantum breath meditation. Yoga initiates healing from the inner core of your being, connecting to the restorative, regenerative, rejuvenative powers of your energy/prana body; ayurvedic treatments release toxins stored in the physical body. Toxic, rigid emotional patterns are effectively removed with meditation based yogic techniques that heal from the inside out. As a result, the combined practice of yoga and ayurveda can become the wings for the self-healing wisdom of your complete being. A guided experience into the inner depths of meditation will be part of this program.

11:15 – 11:45 AM

Harmonizing the Power, Love and Light in Women



Master Del Pe

Master Del Pe is a world-class expert in healing science, Aquarian Martial Arts Yoga Sciences (AMAYS), and is internationally known as a modern sage. He integrates the wisdom of the East with the practical knowledge of the West. His mission includes helping people live their greatest life and master life ahead of its time. Author of 5 best selling books, he is the Founder of MDP BElife and MDP Foundation and the architect of the BEinshape Program with 12 specializations including diabetes, heart disease, women's health and HIV/AIDS.

Abstract: Master Del Pe's experience mentoring, healing and training women around the world provides him with an arsenal of knowledge and wisdom which brings depth and breadth to his approach in looking at women's total wellbeing. There are 5 key areas of life that must be managed for women to not only be healthy, happy and successful, but also to be totally self-fulfilled.

His new paradigm on women's health and life strategies includes the ancient wisdom of the Vedas and the Trinity of Life philosophy espoused by the masters of the East: Power, Love and Light. Master Del Pe has developed a deep understanding of the interplay of the effects of vitality, the emotions and mind in order to bring balance in your energy system and consciousness.

11:45 – 1:00 PM

Awards Ceremony

Closing Remarks

Group Photo

1:00 PM

Closing Ceremony & Lunch



Please join us for AAPNA's upcoming
annual international conferences:

4th International Ayurveda Conference
Skin, Spa & Beauty through Ayurveda
September, 2012
Los Angeles, CA, USA

5th International Ayurveda Conference
Ayurveda for All
September, 2013
Cruise Line (TBD)

6th International Ayurveda Conference
Healing the Mind through Ayurveda
September, 2014
Austin / Dallas, TX

7th International Ayurveda Conference
Ayurvedic Healing through Herbs & Minerals
September, 2015
Seattle, WA

8th International Ayurveda Conference

Ayurvedic Diet and Nutrition

September, 2016

Chicago, IL

9th International Ayurveda Conference

Healing Chronic Diseases through Ayurveda & Vedic Sciences

September, 2017

Denver, CO

10th International Ayurveda Conference

Ayurveda & Panchakarma

September, 2018

San Francisco, CA

11th International Ayurveda Conference

Ayurveda & Weight Loss

September, 2019

New York, NY

12th International Ayurveda Conference

Ayurveda & Yoga: Sister Sciences in Healing

September, 2020

Atlanta, GA

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Note: The conference program is subject to change without any prior notification.