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National Ayurveda Convention 2009
Pennsylvania, USA

October 30 – November 1, 2009

*Ayurveda for Optimum Health and
Wellness - An Integrative Approach*

Venue

Twin Ponds Integrative Health Center, LLC
628 Twin Ponds Road
Breinigsville, PA 18031

Organized By

ASSOCIATION OF AYURVEDIC PROFESSIONALS OF
NORTH AMERICA, INC. (AAPNA)

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Program Guide

Friday, October 30, 2009

4:00 PM - 6:00 PM

Registration

6:00 PM - 6:30 PM

Inauguration, Vedic Jyothi & Vedic Recitation

Inauguration by Dr. Shekhar Annambhotla, Founding Director of Association of Ayurvedic Professionals of North America (AAPNA), Inc. PA, USA

Jyothi Lighting by - Dr. Pratibha Shah, Secretary for AAPNA

Vedic Recitation by - Arjun Agarwal, Sandeep Agarwal, Anjali Agarwal, Jaya Daptardar, Archana Kulkarni, Pratibha Shah, Komal Agarwal, Richaritha Gundlapalli, Ashlesha Raut, Manisha Madhavi, Aparna Bapat, Bhaswati Bhattacharya

6:30 PM – 7:20 PM

The Role of Ayurveda in Contemporary Medicine - Pawan Rattan, MD, Tampa, FL

7:20 PM - 8:20 PM

Dinner

8:20 PM - 8:30 PM

Book Signing & Presentation - Nancy Liebler, Ph.D & Sandra Moss, M.S.P.H. "*Healing Depression the Mind-Body Way: Creating Happiness with Meditation, Yoga and Ayurveda*"

8:30 PM - 9:30 PM – Cultural program with Sandeep Agarwal, New Jersey

Saturday, October 31, 2009

6:30 AM - 7:30 AM

Yoga and Meditation with Lisa D. Bryan, RYT-500, Founding Director - Prana Joy

7:30 AM - 8:30 AM

Breakfast

8:30 AM - 9:20 AM

Integrating Ayurveda into Health Care for Women - Tirun Gopal, MD, L.Ac, Dipl.Ayurveda, Allentown, PA

9:20 AM - 10:10 AM

Health through Diet: An Ayurvedic Perspective - Pratibha Shah, BAMS, MD (Ayurveda), Winchester, MA

10:10 AM - 11:00 AM

West Meets East: Simplifying Constitutional Diagnosis - Jeffrey Meyers, MD, LAc,
Wilmington, DE

11:00 AM - 11:50 AM

Importance of Panchakarma (Detoxification) Therapies for Optimum Health - Shekhar
Annambhotla, BAMS, MD (Ayurveda), CMT, RYT, Coopersburg, PA

11:50 AM - 12:20 PM

Sponsor Presentation: Komal Herbals, Inc., PA

12:20 PM - 2:00 PM

Lunch

2:00 PM - 2:50 PM

The Cosmic Conspiracy: An Ayurvedic Perspective on Life as Medicine - Jonathan Evatt,
Auckland, New Zealand

2:50 PM - 3:40 PM

Obesity: Ayurveda Insight - Archana Kulkarni, BAMS, MD (Ayurveda), CMT, Easton,
PA

3:40 PM - 4:30 PM

***Management of Vata Disorders in Majja Dhatu (Specifically Cases of Autoimmune
Conditions)*** - Aparna Bapat, BAMS, Jacksonville, FL

4:30 PM - 5:00 PM

Tea

5:00 PM - 5:50 PM

An Integrative Approach to Allergies in Children – Richaritha Gundlapalli, MD, Chicago,
IL

5:50 PM – 6:05 PM

Sponsor presentation: Sandhu Products, Inc., CA

6:20 PM - 7:30 PM

Dinner

7:30 PM - 8:20 PM

Developing a Clinical Research Study Using Ayurveda and Good Science - Bhaswati
Bhattacharya, MD, MPH, New York, NY

8:20 PM - 8:35 PM

Sponsor Presentation: Mahima Ayurveda, FL

8:35 PM - 8:45 PM

Sponsor Presentation: Banyan Botanicals, NM

8:45 PM - 9:30 PM

Indian Music Program - Anitha Ananthaswamy, Allentown, PA

Sunday, November 1, 2009

6:30 AM - 7:30 AM

Yoga and Meditation with Sheetal Contractor, CYT, Anyone Can Do Yoga

7:30 AM - 8:30 AM

Breakfast

8:30 AM - 9:20 AM

Ayurveda and Mental Health: An Integrative Approach - Jaya Daptardar, BAMS, MHA, Norwalk, CT

9:20 AM - 10:10 AM

Ayurvedic Management of Autoimmune Disorders - Amitabh Gumman, BAMS, MD, MPH, ND, PhD, Oklahoma, OK

10:10 AM - 10:20 AM

Sponsor Presentation: Pure Indian Foods Corporation, NJ

10:20 AM - 11:10 AM

Integrative Approach with Ayurveda/Yoga in Respiratory Diseases - Kiran Viramgama, MD, Gettysburg, PA

11:10 AM - 12:00 PM

Madhumeha (Diabetes Mellitus) – Ayurvedic Management, Ashlesha Raut, BAMS, MD (Ayurveda), NC, Bloomington, IL

12:00 PM – 12:50 PM

Seasonal Allergies: The Ayurvedic Approach - Madhavi Manisha., BAMS, Clifton, NJ

12:50 PM – 1:00 PM

Book Signing & Presentation: Joan Stroud, M.D. & Anita Thompkins, M.S. “*Ayurveda in Urban Living: The Ultimate Weight Loss Guide*”

1:00 PM - 1:30 PM

Closing Ceremony

1:30 PM

Lunch

Please note: The program guide and menu are subject to change without prior notice.

PRESENTERS

PAWAN K. RATTAN, M.D

Pawan K. Rattan, M.D. is a Board Certified OB/Gyn with both clinical and academic experience. In addition to clinical practice, he has been on clinical or full time faculty at George Washington University in D.C, University of South Florida in Tampa and Jefferson Medical College in Philadelphia. He has made presentations in his field locally, nationally and internationally. In addition to book chapters, he has published numerous articles in peer review journals in his field. After graduation from medical college at Amritsar, Punjab, India, he trained at PGIMER, Chandigarh, India. He then went to England and later to the US to further his education. He finished his residency at Cook County hospital in Chicago and did his fellowship in maternal-fetal medicine at University of South Florida. During his many years of private practice, his interest in medicine grew into outcome and quality of care, and he now devotes his time to the study of Ayurveda. He is married to Dr. Veena Rattan, a practicing anesthesiologist.

Topic: The Role of Ayurveda in Contemporary Medicine

It is now well accepted that there is a role for the art of Ayurveda in the health care system (Yoga and Meditation). Numerous peer review articles from reputed national institutions have attested to this in some form or another. What is not clearly defined is how to integrate this system into the “mainstream medical practice” as well as into the established health care delivery system, controlled by vested interests of numerous insurance and health care industries and the influence of the American Medical Association (AMA).

The following areas will be discussed in detail. (Slides)

1. Disease and Diagnosis: CPT and ICD, codes and concern for ayurveda
2. Primary and Preventive Care: Is it the same as “wellness”?
3. Treatment, Nourishment and Nutritional Therapy
4. Emotional Support and Emotional Healing
5. Yoga, Ayurveda, and Substance Abuse
6. Role and Responsibility of AAPNA

The above topics will be discussed with emphasis on the role of ayurveda and its integration into contemporary medical practice with validation and value enhancement.

Book Presentation & Signing: *Healing Depression the Mind-Body Way: Creating Happiness with Meditation, Yoga, and Ayurveda* by Nancy Cullen Liebler, Ph.D. & Sandra Moss, M.S.P.H.

Book Overview: *Healing Depression the Mind-Body Way* shines a new light on the darkness of depression. It moves past the current Western myth of the “broken brain” and unfolds a novel paradigm of depression. It presents recommendations for relieving depression based on ayurveda, the ultimate form of mind-body medicine. Ayurveda holds that the body is an extension of the mind. Conversely, what affects the body impacts the mind. Human beings “digest” everything taken in through the senses. A major trigger for depression is, consequently, an impaired “metabolism” resulting from a stressed nervous

system or a burnt-out physiology. Our suggested process also focuses on optimizing the ingestion, digestion, assimilation and elimination of physical and mental experiences. The ayurvedic approach relies on meditation as the primary means to offload stress and boost physical, mental, emotional, and spiritual energy. Lifestyle modifications that support a healthy individual's on-going expansion of awareness are prescribed.

TIRUN GOPAL, M.D., L.Ac., Dipl. Ayurveda

Tirun Gopal, MD is an obstetrician and gynecologist in the Lehigh Valley, having practiced this specialty for the past 31 years. He became certified in Ayurveda approximately 15 years ago and has incorporated this modality into his Allopathic practice for as long. He is also certified in Acupuncture for the last 5 years, and is now in the process of learning Homeopathy. It is his intention to incorporate as many of the different holistic modalities into his allopathic practice as possible.

Topic: Integrating Ayurveda into Healthcare for Women

Stri is the embodiment of *Agni*. Although she has the *Kapha Dosha* predominantly, menstruation and lactation are both *Pittaja*. The uterus and the reproductive tract in the female are called *Yoni*. This is a combination of the words *Yu* and *Ni*, meaning that which combines and separates. The uterus is the organ where the baby grows and from which the baby is separated at the time of delivery. Menstruation has three phases. The pre-ovulatory phase is *Vata*; the post – ovulatory phase is *Kapha* when a considerable amount of growth occurs in the lining of the uterus, and the endometrium becomes receptive for the implantation of the fertilized egg. The menstrual phase is *Pitta* since *Rakta* is *Pitta*. There are three phases in the life of a woman. Before marriage is the phase of childhood, followed by puberty, when menstruation starts. Following marriage, she goes into the reproductive phase when *Pitta* is most predominant. She then goes into the menopausal phase when *Vata* becomes predominant. The symptoms of menopause include hot flushes in the initial stages, which is *Pitta*, followed by dryness of the skin and bones, as well as constipation, which are *Vata* dominant. The different treatments for menopause will be discussed extensively. It is truly remarkable that the ancient sages enumerated many gynecologic disorders, and defined each of them. Conditions such as vaginal discharge, vulvar itching, vaginal dryness in menopause, loss of libido, osteoporosis, cervical problems such as erosion, polyps etc., and menstrual disorders of the three different *Doshas*, as well as the entire gamut of problems related to menopause were clearly described, understood, and treated by them.

PRATIBHA SHAH, BAMS, MD (AYURVEDA), MPH student

Pratibha Shah holds a postgraduate degree in Ayurveda from the National Institute of Ayurveda, Jaipur, India. She moved to the US in 2004 from New Delhi, India, where she was working as Chief Medical Officer at CGHS (Central Government Health Scheme). Presently she is engaged in a variety of voluntary work and academic activities, and is also pursuing her Masters degree in Public Health at Boston University School of Public Health. She is Chairperson of International Affairs, American Ayurvedic Practitioners Researchers Association (AAPRA), Secretary to Association of Ayurvedic Professionals of North America (AAPNA), a member of International Society of Ayurveda and Health (ISAH), serves on the board of directors of National Ayurvedic Medical Association

(NAMA), and is also a member of the Ayurvedic Maha Sammelan, which is a National Body of practicing Ayurvedic Physicians in India.

Topic: Health Through Diet, an Ayurvedic Perspective

Ayurveda states that the foundation of an individual's health is laid on three main pillars, namely *Aahaar* (diet), *Nidra* (sleep) and *Brahmacharya* (or controlled celibacy). Being the first of the three, *Aahaar*, or diet, is the most important and accordingly, elaborate descriptions of various types of diets, diet categories, seasonal diets, unhealthy/contradictory food combinations, rules to be followed while eating, and a host of other related information can be found in ancient ayurvedic scriptures. My presentation will cover all these aspects of Aahaar as found in Ayurveda, and also a brief correlation with the modern perspective on diet.

JEFFREY S. MEYERS, MD, LAc.

Jeffrey S. Meyers is a Board Certified physician, acupuncturist, and educator with an extensive background in holistic/evolutionary biological approaches to medicine, the arts, and spirituality. He currently has a private medical practice specializing in musculoskeletal medicine and pain management. For the past 25 years he has led seminars and classes that explore the interrelationship of biology and consciousness to the arts, sciences, and spirituality.

Topic: West Meets East: Simplifying Constitutional Diagnosis

Purpose and Objectives: Utilizing an innovative approach to constitutional diagnosis/Prakriti, this seminar will help to simplify determining constitution through exploring the correlation of Western constitutional models with Oriental constitutional models, with a focus on Ayurveda. Participants will develop enhanced diagnostic and treatment skills through the use of simple but powerful techniques that accurately and easily assess constitution through integrating Eastern and Western models.

Program Overview: Constitutional Diagnosis or “Prakriti” in Ayurveda is a useful tool for understanding the human organism and the integration of mind and body, psyche, spirit, and soma. Many models for somato-typology—body reading—as a key to constitutional diagnosis have been used throughout history, each with strengths and weaknesses. In this lecture the historical and experiential foundations of somato-typology will be reviewed—including the roles of awareness, embodiment, comparison, contrast, and figure-ground relationship. The class will then look at a number of models of “body reading” including Western constitutional models, characterological models, autonomic models, reflex models, and organ system models, in relation to Ayurvedic and other Oriental constitutional models. A 3-step method—the “O-N-E” method—for developing advanced skills in body reading will be presented. Through practicing the 3-step method and using photographic examples, these models will then be compared, contrasted, and integrated to reveal new ways of seeing/assessment which will allow the participants to have greater understanding of constitutional diagnosis and the organism's function as a whole, and to work less and achieve more in their practice. As a result of taking this seminar the participants will: 1) Understand the history and basic principles of body reading in various cultures and eras. 2) Develop skills for seeing the relationship of body structure and tissue layers to states of awareness and emotional/psychological states. 4)

Understand the foundations of body typing from within a number of somato-typological models.

SHEKHAR ANNAMBHOTLA, BAMS, MD (AYURVEDA), CMT, RYT

Shekhar Annambhotla has been a dedicated International Ayurvedic Specialist (Vaidya), consultant and educator since 1988. He began his eight-year course of study in Ayurvedic medicine at the age of 17, first at Nagarjuna University and then at Gujarat Ayurveda University in India, where he earned his Doctor of Medicine in Ayurveda. He traveled extensively throughout Europe, West Indies and North America for seven years, practicing and teaching Ayurveda. He is a Registered Yoga Teacher with Yoga Alliance, a Certified Integrative Bodywork and Massage Therapist, and is also a faculty member of various Ayurveda schools throughout the USA. He serves on the Board of Directors for National Ayurvedic Medical Association (NAMA), USA, is Founding Director of Association of Ayurvedic Professionals of North America (AAPNA), USA and is Founding Director of Ojas, LLC (Ayurveda Wellness Center), Pennsylvania, www.ojas.us. Dr. Shekhar lives in Lehigh Valley, Pennsylvania with his family.

Topic: Importance of Panchakarma (Detoxification) Therapies for Optimum Health

In Ayurveda, *Panchakarma* therapy is considered a complete, holistic approach to the elimination of the root cause of each and every chronic disease. Today, in the USA, 70% of deaths are due to chronic diseases rather than infectious diseases. Acharya Charaka has described that imbalances in *Doshas* can be pacified by *Shamana* therapies (palliation methods), such as administration of herbo-mineral supplements, lifestyle changes, adopting fasting, etc., but deep rooted imbalances in *Doshas* can be completely eliminated by the administration of *Shodhana* therapies (purification methods), such as *Panchakarma*, including – *Vamana*, *Virechana*, *Niruha Basti*, *Anuvasana Basti* and *Nasya*.

Acharya Charaka emphasized the importance of *Panchakarma* as

*“Doshah Kadachith Kupyati Jitaa Langhana Pachanaih /
Jitaah Samsodhanardhe Tu Na Tesham Punarudbhavaha”*

(Charak Sutra Sthana 16-20)

Translated, the above verse means the vitiated doshas are pacified by fasting and by taking digestive herbo-mineral compound preparations, but when the imbalances of doshas are stronger and deep seated, only through *shodhana* -- purification therapies -- can doshic imbalances be removed from their deep roots. The analogy has been narrated here as unwanted weeds and trees can be completely destroyed by removing them from their roots, but by cutting the branches, the weeds and trees will re-grow and become stronger than the initial disease.

JONATHAN EVATT

Born in Aotearoa (New Zealand), Jonathan has since childhood seen through the veils of illusion that have kept Man under the spell of materialism and mistaken spirituality. Jonathan commenced his practice in yoga, meditation, and Taoist Inner Alchemy in his early to mid-teens, from which time he rapidly became immersed in studying the

interiority of Man—the Heart of Man—and contemporary mysticism. Jonathan has studied and practiced as a traditional Naturopath—someone who employs the use of herbs and whole foods to invoke healing and sustain health—since his late teens. He created and ran an international health company for seven years, specializing in thyroid and hormonal health solutions utilizing herbs, life-style education, and whole-food nutrition. He has had a lifelong passion to deeply understand more about the healing power of the mind, the heart, language, breath, the body, and nature. Jonathan has lived and studied with Hawaiian Kahuna (shaman-priests of ancient Hawaii), advanced Yogis, Amazonian curanderos (traditional healers in Northern Peru), and a number of other people skilled in the ways of natural health and spirituality. Additional studies and travels have taken him to more than 23 countries including the Swiss Alps, the Caribbean, Canada, Finland, India, Kashmir, Australia, Peru, the Canary Islands, Spain, and beyond. Presently Jonathan is traveling the world offering workshops and retreats on topics such as Intelligent Nutrition, Yoga & Meditation, Hrudaya Yoga (Yoga of the Heart), the nature of Christ Consciousness, and Empowering Relationships. He also offers individual counseling in conflict resolution, conscious relationships, personal yoga training, and health and wellness. His website, www.jonathanevatt.com, has volumes of articles, short inspirational stories, and hours of audio and video from his lectures around the world.

Topic: The Cosmic Conspiracy: An Ayurvedic Perspective on Life as Medicine

Medicine is an agent of healing, that which orientates the body-mind toward health. The simplest English dictionary definition for health is “wholeness or soundness of body, mind, and spirit.” I see little evidence of allopathic / Western medicine being true to this definition of health. Body, Mind, and Spirit have each been relegated to specialists who have for the most part lost all sense of connection to one another's specialty. The Ayurvedic definition of health does not, in essence, differ from that found in the English language. It is easy, however, for both Western medicine and Ayurvedic medicine to lose sight of the greatest agent of healing available to Man. Life itself.

It is my own observation that the only source of disease and the only healer of disease is the same body-mind-spirit complex in which disease and health are arising and passing away. Therapists, herbs, nutrition, and all other agents of healing are only able to remind Man of his/her innate state of health. Such agents of healing serve to re-orientate Man's attention away from a disease state toward a state of health, but it is the intelligence within Man that either brings about a state of health or, as the case may be, fails to bring about health. The intelligence within Man has certain vital mechanisms, elements, and subtle energies at its disposal, and depending on how these factors are utilised and activated within the body-mind-spirit complex, health will either result or not.

ARCHANA KULKARNI, BAMS, MD (AYURVEDA)

Archana Kulkarni is doctor of Ayurvedic medicine (BAMS, MD-Ayurveda from BHU India), Certified Massage Therapist (CMT), was a former lecturer at an Ayurvedic Medical College India. She is founder and director of Ayur Wellness Center in Easton, PA and has been practicing Ayurvedic medicine for 10 years through health consultations, Panchakarma, Mind-Body cleansing procedures and educational workshops.

Topic: Obesity - Ayurveda Insight

Obesity in the United States has increased dramatically during the past 20 years. According to the Centers for Disease Control and Prevention, more than 72 million people—that is more than one third of US adults and 16% of US children-- are obese. Obese individuals are at increased risk of serious medical consequences. In spite of spending billion dollars on research and diet programs, the epidemic is worsening rather than improving. Ayurveda, ‘a science of life’, is one of the oldest medical systems and has a different approach to obesity. Obesity is regarded as *Medoroga* –A disorder of *Meda Dhatu*- adipose tissue and fat metabolism. A sedentary life style and bad nutritional habits are major contributing factors that lead to imbalance of *Doshas* and *Agni*, and formation of *Ama* (toxins). *Ama* blocks the body channels, affects fat metabolism, and consequently other tissue metabolism also. In Ayurvedic perspective, each individual is unique. There is no one diet program fits everyone. The aim of Ayurvedic management is to balance the person and not just his/her condition of obesity. That includes customized diet, lifestyle modifications, herbs that improve digestion and metabolism, and *Panchakarma* - detoxification therapies, yoga and breathing exercises.

APARNA BAPAT, BAMS

Aparna Bapat, BAMS has been a dedicated International Ayurvedic Specialist (*Vaidya*), consultant, and educator since 1990. She studied Ayurvedic medicine at the University of Pune, India. She was a Senior Lecturer at the College of Ayurveda in London, U.K. Dr. Bapat is the author of numerous articles on Ayurvedic medicine and related themes, has made multiple television appearances, and is one of the premier lecturers, scholars and practitioners of Ayurveda in the West today. She is also on the faculty of New Jersey Institute of Ayurveda, Montclair, NJ and Sai Ayurvedic College, Miami, FL.

Topic: Management of Vata Disorders in Majja Dhatu (Specifically Cases of Autoimmune Conditions)

Today, neurologists often have no cure for diseases like MS, fibromyalgia, CFS and many other autoimmune conditions affecting the neuromusculoskeletal system. Ayurveda can accurately find the causes in the dosha imbalances, which Western medicine considers 'unknown etiology'. Once the *Samprapti* is known, the disease pathways can be traced and corrected, giving the patient symptomatic relief as well as correcting the pathological conditions to stop the progress. Within the restrictions and availability of limited resources to help these *Vata* conditions, I have been blessed with many successful cases. We will look at a few case reports and discuss the management of these conditions with Ayurvedic herbs, *Panchakarma* and lifestyle guidance.

RICHARITHA GUNDLAPALLI, MD, FAAP

Richaritha is a Board Certified Pediatrician and Fellow of American Academy of Pediatrics, who specializes in holistic pediatric primary care. Her interests are in Acupuncture, Ayurveda, Nutrition, Medical Aromatherapy, Reiki, Meditation and Infant Massage. She graduated from Sri Venkateswara Medical College, India in 2000 and did her Pediatric Residency and Chief Residency at University of Illinois at Chicago and graduated in 2008. As a chief resident, she brought the awareness of integrative medicine to residents and medical students by presenting monthly lectures. She received Natural

database recognition award for her interest in integrative medicine during her residency. She believes in the innate healing capacity of each child's body, mind, and spirit, and that her role is to facilitate this process through a holistic, integrative approach. She is currently working as a hospitalist and will soon be working at Harmony Healing Center, Oklahoma City, OK. She also conducts meditation workshops and is co-founder AshaJyothiUSA (www.ashajyothiusa.org), a non-profit organization in India for differently abled, abandoned and orphaned children.

Topic: An Integrative Approach to Allergies in Children

The goal: To review different types of allergies and focus on allergic rhinitis in children. Allergies may not be the most serious problem confronting us, but they are very common and affect one-fifth of the US population, including children. While not life threatening, allergies causes a great deal of discomfort and more importantly, can be an indicator of dysfunction of the adrenals, liver, immune system, or of dysbiosis or chronic stress, all of which warrant careful assessment and treatment. Conventional medical treatment, though very helpful for acute symptom relief, focuses on reduction of symptoms but does not address the underlying cause of allergies and often has a variety of adverse effects. An integrative approach focuses on the root cause, as well as symptoms. I will discuss various preventive and treatment modalities including the Ayurvedic perspective, acupuncture, nutrition, naturopathy, homeopathy, and environment.

BHASWATI BHATTACHARYA, MPH, MD, MA, HHC, DABIHM, FABHM, CAP
Bhaswati Bhattacharya is trained as a biomedical pharmacologist, public health researcher, family practice physician and ayurvedic practitioner. The former Director of the Division of CAM and Director of Research at Wyckoff Heights Medical Center, she is assistant clinical professor at Weill-Cornell Medical College. She currently serves on the steering committee of the AYUSH International Working Groups and is the chair of the Ayurved-US Advisory Council of the Embassy of India. A documentary about her work, “*Healers: Journey into Ayurveda*” can be seen on The Discovery Channel. She currently directs The Dinacharya Institute in New York, dedicated to teaching health professionals about authentic ayurveda.

Topic: Developing a Clinical Research Study Using Ayurveda and Good Science

Clinical research (CR) is defined differently by different sciences. For medicinal plants research, CR uses live rats instead of basic science chemical assays. For mainstream allopathy, the gold standard for CR is the double-blind, placebo-controlled randomized clinical trial, which severely controls the environment to isolate the effect of one intervention's physical-chemical effects. In public health, researchers see CR as individual case studies or case series of exposures or drug trials. For ayurveda, CR constitutes the study of a patient in the real world, using a mélange of interventions, all of which work synergistically to help the patient heal. These include the doctor, environment, family, and nutrition, yoga, herbal medicines, oils, and meditation. In this workshop, we will discuss the elements of a clinical research study using fundamental principles of epidemiology combined with methodology appropriate to the principles of human healing and using commonly accepted intelligent tools of ayurvedic science, pathophysiology, and clinical investigation.

JAYA DAPTARDAR, BAMS, MHA

Jaya Daptardar has been practicing and teaching Ayurveda in the United States since 1998. She earned her Bachelors degree from Amarawati University in Maharashtra, India and her Masters in Healthcare Administration and Management from California College of Health Sciences. She is a certified Panchakarma Therapist and Certified Beauty Therapist. Before coming to the U.S., she worked as a Medical Officer at Krishna General Hospital in Pune, India. She has written “Ayurveda and Beauty Therapy” and related columns in Indian newspapers. She is the founder and director of Active Ayurveda and Yoga LLC and The Institute of Ayurveda and Life Style Management. She is also a volunteer for various activities at Norwalk Hospital. She conducts seminars and workshops on various topics in Ayurveda. Concentrating on women’s health and nutrition in Ayurveda, she has started an Ayurvedic weight management program. She currently works as a Director of Outpatient Clinics in Danbury, Connecticut.

Topic: Ayurveda and Mental Health

Mental health is one of the eight divisions of Ayurveda. Ayurveda has conceived mind as one of four basic components of life; Mind along with Soul and Body is considered the tripod on which the individual rests and functions. We must realize that the body and the mind are different but inseparably linked to one another. Susruta, the ancient Ayurveda guru, defines health as *Svastha*-a state of total biological equilibrium, where the sensory, mental, emotional and spiritual elements are harmoniously balanced. Ayurvedic theory of health is based on *Tridosha* (three biological humors or primary life forces). The balance of the three *doshas* creates health. An ancient Ayurvedic expert, Charaka, places the mind in the heart while other texts locate it at the head and the navel. These various views are considered complementary rather than contradictory. The mind is functionally divided into *Ahankara* (ego), *Ichha* (will), and *Buddhi* (intellect). Desire is directed by ego and controls the mind. The intellect makes the decisions.

AMIT GUMMAN, BAMS, MD, MPH, ND, Ph.D.

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 and Surgery from Government 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 Ph.D. from the International University of Complementary Medicine, Colombo, Sri Lanka and then completed his Masters of Public Health degree in Health Promotion Sciences from the University of Oklahoma, Health Sciences Center, and M.D. degree from the University of Health Sciences, Antigua School of Medicine. He is also a Diplomate in Acupuncture from National Certification Commission for Acupuncture and Oriental Medicine. He is the Past-President of Oklahoma Acupuncture Association and also the Past-Vice President of Oklahoma Naturopathic Physicians Association. He is the President of Harmony Healing Center, Inc., Oklahoma City, OK, where he maintains his private practice.

Topic: An Integrative Approach to Autoimmune Disease

The goal is to discuss the abnormal immune response seen in autoimmune conditions and management with a holistic approach. The immune system is a complex system that relies

on an intricate network of many different cells patrolling the body. In autoimmune diseases, the immune cells attack the body's own cells, causing morbidity and mortality. Conventional treatments suppress the immune system in an attempt to prevent destruction. While limiting some symptoms and managing pain, this approach does not result in a cure. Further, other adverse symptoms may develop after long term suppression of the immune system. Most autoimmune disorders have no cure as yet. A holistic approach emphasizes pain management, treating the underlying cause of symptoms, and providing a means for both physical and mental healing which is often of great importance to patients who live with autoimmune disorders.

KIRANKUMAR J. VIRAMGAMA, MD

Dr. Viramgama is a Board Certified Pulmonologist practicing in Gettysburg, PA since 2001. He practices pulmonary, critical care, and sleep medicine. He trained under a pulmonary and critical care fellowship at the State University of New York (SUNY) at Stony Brook, Long Island, New York. He underwent a residency program program at Coney Island Hospital in Brooklyn, NY. He earned his medical degree from B.J. Medical College, Ahemedabad, Gujarat, India.

Topic: Integrative Approach with Ayurveda/Yoga in Respiratory Diseases

Integrative approach using Ayurveda and Yoga (*Pranayama*) incorporated into mainstream pulmonary medicine is a unique approach bringing the best of traditional Indian medicine and current modern medical science. This brings the best of two different treatment approaches for the benefit of the patient, decreasing the need for medication and improvement of the disease -- a unique algorithm integrating modern medical science with Ayurveda and how it is helpful in daily practice. Ayurvedic medicine and *Yoga/Pranayama*, the most ancient and time-tested techniques for improving overall health in the least sick to the sickest person, will be discussed with case examples. When modern medication is maximized, controlling the acute condition, adding Ayurveda will help control not only the breathing, but will also contribute to the overall improvement of health, eliminating or decreasing the medication need.

ASHLESHA RAUT, BAMS, M.D (AYURVEDA), NC (Nutritional Consultant)

Ashlesha is a consulting Ayurvedic practitioner and Nutrition & Health Educator. Her expertise also includes research in Ayurvedic product formulation and branding for global markets. Ashlesha was a Medical Director with Ayurvedic division of CIPLA, India in Mumbai before moving to USA. She is serves as a faculty member and an active volunteer at the American Red Cross Heartland Chapter in IL, and has won recognition for her contributions to American Red Cross. Ashlesha is an M.D.-Ayurveda from Mumbai University, India and a Nutritional Consultant (High Honors) from GCNM-Global College of Natural Medicine, CA, USA. Currently, she is pursuing studies for HHP (Holistic Health Practitioner) from GCNM. She won a gold medal for her M.D. thesis and a 'Shiromani Award' for her contributions toward the alternative medicine industry. Ashlesha is a professional member of AAPNA, general member of NAMA, and lifetime member of NIMA (National Integrated Medical Association).

Topic: Madhumeha (Diabetes Mellitus) – Ayurvedic Management

Madhumeha is categorized under the disease ‘*Prameha*’ which is extensively described in major Ayurvedic texts. According to conventional medicine, *Madhumeha* (Diabetes) can be correlated to Diabetes Mellitus which is the fifth deadliest disease in the US. Ayurvedic treatment modalities of *Madhumeha* are divided into two types:

1. ‘*Shodhan Chikitsa*’: *Shodhan Chikitsa* is carried out by *Panchakarma* therapy followed by herbal preparation for a long period of time and is offered to only obese *pramehi*.
2. ‘*Shaman Chikitsa*’: *Shaman Chikitsa* is carried out by offering various herbal formulas. These Ayurvedic herbs not only act as hypoglycemic agents but have multi-pharmacological actions. Some of the popular and effective herbs are *Amalaki*, *Haridra* (turmeric), *Gurmar* (Shardhoonika), *Methika* (fenugreek), etc.

MADHAVI MANISHA, BAMS

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, as a faculty of Ayurveda, and offering lectures & workshops on various health topics in India and the U.S. She was a presenter, conference coordinator, and speaker at the experience of NAMA 2006 conference in NY, and a presenter and speaker at the NAMA 2007 conference in Albuquerque, NM. An expert in *Panchakarma* (Body Detoxification Therapy), she has developed various Ayurvedic formulations for individuals, conducted panchakarma therapy camps, written various columns for Ayurveda and Beauty Therapy, conducted education community health seminars for WHO, and performed extensive work in Family Counseling and Youth Rehabilitation Programs.

Topic: Seasonal Allergies- The Ayurveda Approach

In Ayurveda, much importance has been given to the changes taking place in the body, as changes take place in nature during every season. As the human body tries to adjust to the rising or falling temperature, rainfall, snowfall, winds, storms, it is bound to cause imbalance in *Vata-Pitta-Kapha*. In this lecture, we will study how this Dosha imbalance causes different disease processes (*Samprapti* - pathogenesis) in Spring, Summer, Fall, & Winter. We will go through the various symptoms and study differential signs. Using Ayurveda assessment skills, we will analyze each condition. We will study the types of diseases (chronic and acute) seen during seasonal changes. We will learn how *Vata*, *Pitta*, *Kapha* involvement is identified. We will learn in detail the Ayurvedic management of seasonal allergies (*Chikitsa Krama* - line of treatment). *Shaman* and *Shodhan Chikitsa* (purification therapy) will be discussed in detail. In *Shaman Chikitsa*, we will discuss how herbs and formulas are used to pacify the symptoms, and balance the doshas. Different herbs are used for *Vata*, *Pitta*, *Kapha* conditions. In *Shodhan Chikitsa*, we will discuss how toxins are thrown out of the body. *Panchakarma* will be studied in brief. We will study how to prevent the diseases during seasonal changes by following *Ritucharya* for each season. We will learn how diet and lifestyle changes can help maintain a healthy and long life; Ayurveda emphasizes prevention. Finally, two case studies will be presented for practical use. We will go through each case and see how different herbs and other therapies helped the individual attain balance.

YOGA & MEDITATION AND INDIAN MUSIC PRESENTERS

LISA BRYAN, RYT-500

Founding Director - PRANA JOY

YOGA and MEDITATION

Lisa D. Bryan is a Kripalu Professional Level Yoga Teacher (RYT 500), Reiki Level III practitioner, and integrative bodywork therapist. Teaching wellness for 15 years, her passion is to integrate holistic health & spirituality from India & the West. Her group Yoga classes and private sessions are nurturing and joyful! They focus on combining the energy of the present moment with the timeless skills of the past. Her bodywork training includes study of Ayurveda in Kerala, India and at Lehigh Valley Healing Arts Academy. Lisa has previously taught at Westend Racquet, and Yoga & Health in Bethlehem. She is currently adjunct faculty at DeSales University, teaching at area churches, and at Open Heart Yoga. Lisa is also a graduate of Bates College with degrees in Music & French and is a member of the Kripalu Yoga Teachers Association, Yoga Alliance, and Spiritual Directors International. She is a student at Moravian Theological Seminary studying Spiritual Formation.

SHEETAL CONTRACTOR, CYT, CMT

Founding Director - Anyone Can Do YOGA

YOGA and MEDITATION

I am Sheetal Contractor, a Certified Yoga Teacher and Certified Massage Therapist in the Lehigh Valley, PA. After being a business professional for 15 years, in the summer of 2006, I took a leap of faith, resigned from the corporate world and decided to pursue my passions – providing therapeutic massage and teaching the fundamentals of yoga. In my experience, I have heard many people say that the idea of doing yoga seems daunting or foreign to them. But I assure you that anyone can do it and anyone can benefit from it! I feel so passionately about this that I have made this my life's work. It is my mission to bring wellness to everyone through the teachings of yoga. To that end, I have launched my own brand of yoga services called "Anyone Can Do YOGA!"™ and authored the book *Anyone Can Do YOGA! (... So What's Stopping You?)*. I began my journey into teaching yoga in 2000 when I first became a Certified Yoga Teacher through AAAI/ISMA (American Aerobic Association International/International Sports Medicine Association.) Since then, my yoga background has included training from a variety of yoga "schools" including Iyengar, Sivananda, Art of Living and Yoga Fit Training Systems.

ANITHA ANANTHASWAMY - INDIAN MUSIC PROGRAM

Anitha Ananthaswamy is the youngest daughter of Sri. Mysore Ananthaswamy. A professional singer, she has performed on *AIR* (All India Radio) and *Doordarshan* (Television). She has given several concerts with her father and brother, Raju Ananthaswamy. She is trained in Karnatic as well as Hindustani classical music. She has also learnt *Bharatnatyam* (Indian Classical Dance). She has acted in a few TV serials. She has a master's degree in Mass Communication, majoring in Journalism in electronic media. She worked as a producer for Udaya TV. She is married to Purander Baru, a software engineer, and lives in Allentown, Pennsylvania.

SPONSORS

AYURVEDA MADE EASY BY KOMAL HERBALS, INC. - PLATINUM SPONSOR

Hasmukh Parekh, founder, Komal Herbals, Inc. always had a deep appreciation for Indian culture and its ancient heritage. A chance meeting with a renowned Ayurvedic Practitioner, Dr. Bagewadikar, in India gave him a better understanding of Ayurveda, the jewel of Indian heritage. A born inquisitive, a technocrat and entrepreneur by nature, Hasmukh Parekh met Dr. Bagewadikar many times more to have better understanding about Ayurveda and its basic principles. Soon both found that they had a common vision to promote Ayurveda and Ayurvedic products for well being. He formed 'Komal Herbals, Inc.' based on the philosophies and principles of Ayurveda to formulate, manufacture, market and sell Ayurvedic Supplements under the AyurBest brand in 2005. The company has a mission "Ayurveda Made Easy". It has identified some key areas of health, which could be targeted immediately. The strategy was to make Ayurvedic products simple, affordable and easily accessible. The very first product on the list was Chyawanprash with a simple name "Praas". Based on the lifestyle trend and the convenience, Mr. Parekh decided to create a line of Energy/Health bars with Chyawanprash. Hasmukh Parekh launched "Herb-all" the first all natural health bar with Chyawanprash. It may not be wrong to say that Herb-all was the first ever health Bar made with Chyawanprash. He provided laymen with a lot of information about the benefits of Chyawanprash. Herb-all was later replaced with "KAZANA" Wellness Bars, a raw fruit and nut bar with added benefits of Chyawanprash along with Ginger and Turmeric. Other products included multi-herbal formulations from Ayurveda for joint health, blood sugar health, regularity, heart health, liver health and so forth. These whole herb formulas are well proven and effective to promote healthy life style. All the products are condition specific, which makes it convenient and affordable for people. As the company grows, new products have been introduced. The company now offers the supplements in tablets as well as vegetarian capsules form. Not only that, all the products offered by Komal Herbals are also Kosher Certified.

Recently, the company launched the Ayurvedic Supplement line with a major supplement player, Swanson Health Products, under its Swanson Ayurvedics brand. This further fortifies the mission of the company to reach the masses and make Ayurveda affordable and accessible. Hasmukh Parekh has expanded the company into the Natural Food and Snacks category under the brand name Kazana Whole Foods based on the principles of Ayurveda. The company products are now sold in many Whole Foods Market stores as well as other independent health food stores. The company also offers its supplements to alternative health practitioners as well. His unrelenting passion and strong work ethics keep him looking for new products and avenues to make Ayurveda popular and affordable to everyone. You can surely look forward to some new products from Hasmukh and Komal Herbals Inc. His passion for Ayurveda is contagious, and he is well known and liked by his peers in the supplement and Ayurvedic industry.

SANDHU'S PRODUCTS, INC. - GOLDEN SPONSOR

Sandhu's Products Inc. headquartered in Hercules, CA, has been providing the highest quality herbal products from a unique blend of the ancient system of Indian medicine, Ayurveda, and modern science with due respect to man's symbiotic relationship with

nature and its resources. Our mission is to provide our customers with a wide range of natural healthcare products that are safe and have the highest level of efficacy and purity. We support our customers in creating the right balance between physical, emotional and spiritual wellness in a natural way to promote health, vitality, beauty and longevity. Consequently, we believe that Ayurveda, yoga and meditation are essential tools that will help our customers achieve health and prosperity by creating harmony between body and mind.

Herbs used in our products are scientifically proven and have been used in Ayurveda for over 5000 years. Our well-trained and equipped farmers follow sustainable agricultural practices to grow these herbs wildy in order to preserve their maximum level of potency and safety.

Extracts from these Ayurvedic herbs are used in our vegetarian capsules, herbal teas, single herbs, Ayurvedic formulations, natural supplements for health and diet, beauty products for skin and hair care, massage oils, joint health, dental care, and meditation accessories, etc. At Sandhu's Products Inc., we are committed to delivering quality products and services that foster greater health, happiness, and wellness in our customers' lives. It is this commitment that is deep and ever growing. At Sandhu's Products Inc., we follow Green Business Practices because we believe that it is our responsibility to protect Mother Earth by promoting stable and healthy communities and by restoring the natural environment. Our focus is more on doing the right things rather than craving for credit and appreciation. We actively participate in eco-friendly activities to ensure that all the products, processes and manufacturing facilities create value for our customers without harming the natural environment and community. As a step to support the rural community, Sandhu's has outsourced a wide range of medicinal herbs to rural farming areas of northern India.

Sandhu's Products is working towards the cultivation of wild herbs by supporting and training farmers to follow sustainable agricultural practices without disturbing the ecosystem. We do not use any chemical fertilizers, herbicides and pesticides, but instead follow crop rotation and use green manure to maintain soil productivity. This unique method of organic farming helps create a balance between people and the planet. Our plant, located in H.P. (India), also promotes a sustainable environment by using clean energy from renewable sources such as water, wind, and solar power sources. The facility has been constructed with several eco-friendly features such as large skylight windows to make the most use of natural light and solar panels and solar heaters. This again helps us to have a cleaner future. We view waste as a measure of inefficiency, and therefore we follow the REDUCE, REUSE, RECYCLE approach. We use 100% recycled corrugated boxes and print advertising materials. Our packaging bottles are also recyclable.

MAHIMA AYURVEDA - GOLDEN SPONSOR
ZIDE MOONI, BAMS, A.P., OMD, DNBHE

Dr. Zide Mooni has been practicing the healing sciences of India and China for over 18 years, and for the past 10 years, Ayurveda has been his priority. Born in Trinidad of Rajastani, Indian heritage, Dr. Zide was raised by a family that was deeply rooted in farming, rice, sugar, vegetable and spices. His grandmother was a gifted healer in

Ayurvedic herbal medicine and bodywork therapy. Dr. Zide studied martial arts with family members from the age of 12 and migrated to the US at 19 where he studied Shaolin Eagle Claw martial arts with Grandmaster Fu Leong and Sifu Nee, and continued his in-depth study of Daoism and meditation practices. He then furthered his studies of Taoist Tai Chi as well as Chi Gung with Taoist masters and mentors from the US and Mainland China for seven years, which included an apprenticeship in Acupuncture, Nutrition and Chinese herbal medicine. Dr. Zide founded the Acupuncture and Ayurveda Wellness Center in Miami, Florida, and in 1997 began his studies of Hast Jyotish and Jyotish under Professor Ganshyam Singh Birla and Vedic Astrologer Guylaine Vallee at the Birla Center in Montreal, Canada.

In 1998, Dr. Zide began a deeper journey into meditation and Yogic (Ayurvedic) treatments under the guidance of Yogi Devakrsnanda, Yogi Satchananda, and Swami Tapeshwarananda. He graduated as an Ayurveda Physician as well as Naturopathic Physician in Calcutta, India. He founded Seva Dharma Institute of Ayurvedic Medicine in Miami, Florida, and has launched several herbal remedies, supplements, and nutritional product lines - Long life Remedies™, Greens Best™ Nutrition, Veda Care Remedies™, and a professional line for health care practitioners, Mahima™ Ayurveda. He recently founded the Veda Care Day Spa in Miami, Florida, focused on catering to inner and outer beauty utilizing Ayurveda Cosmetic and Panchakarma therapies. Dr. Zide is a member and Director of Membership of AAPNA, and member of FSOMA. His mission is to promote Ayurveda worldwide as a recognized profession for the betterment of humanity.

IMAC, PROYURVEDA, ADFAC LABORATORIES, PVT. LIMITED, INDIA-GOLDEN SPONSOR

www.askimac.com, www.adfaclabs.org

Dr. M.S. Reddy, President, IMAC

Dr. M.S. Reddy received his B.V.Sc. (D.V.M.) degree from A.P. Agricultural University and M.S. and Ph.D. degrees from Iowa State University, U.S.A. with honors and distinctions. He serves as President of U.S.A. based American Dairy and Food Consulting Laboratories and International Media and Cultures (IMAC, Inc.). He has received over 80 national and international awards and honors. Among the notable are:

- Richard M. Hoyt memorial award for bringing the results of research to practical use to the American and International Dairy industry. This award was presented by the American Dairy Science Association. To date, Dr. Reddy is the only professional of Indian origin, or for that matter, foreign born professional to receive this prestigious scientific award in the United States.
- Outstanding Young Alumnus Recognition award from Iowa State University, U.S.A. for bringing the national recognition to the institution, before the age of 30.
- Sigma-Xi Research award.
- Outstanding Scientist award from IAFC, Washington, D.C. This award was presented by Mr. P.V. Narasimha Rao, Prime minister of India, at Washington, D.C., U.S.A.
- 2003, 2004 and 2005 Outstanding Businessman of the year award, along with Ronald Reagan Gold Medal award from the Business Advisory Council of the National

Republican Congressional Committee of U.S.A. The presentation was made by the U.S. Vice President Honorable Dick Cheney.

- Entrepreneur of the year award (1996) and Scientist of the Year Award (2002) from The American Telugu Association.
- Recipient of 2006 Bharath Gaurav Award from the India International Friendship Society presented at Hyderabad, India, by Governor of Andhra Pradesh.
- Recipient of 2006 Hind Rattan Award from NRI Welfare Society of India, presented at Delhi India by former Prime minister of India Mr. I.K. Gujral.
- Invited guest of honor to attend the 2005 inauguration of U.S. President, George W. Bush.

Dr. Reddy holds over 150 U.S. and international patents and has published over 50 scientific articles on starter cultures, Probiotics and Ayurveda and has written several books, including *A to Z of Success*. Over seventy-five of his patented products are sold in the United States and abroad. He has served as a technical consultant to over 70 national and international companies all over the world. He was an invited speaker to several universities including Oxford University, England, professional associations, such as AAPI, (American Association of Physicians of Indian Origin), and regional and communal associations both in U.S.A. and all over the world.

D.R.K. Reddy, Managing Director, ADFAC

Mr. D.R.K. Reddy received his Bachelor of Engineering degree from Bangalore University. He has worked as Assistant Engineer, Executive Engineer, and retired as Deputy Superintendent Engineer from the Government of Andhra Pradesh, India. After retiring from government service in 1989, he got interested in biotechnology and learned on his own. He made several trips to U.S.A. and other European countries to get practical training. He has applied biotechnology in Ayurveda and developed ADFAC, India Limited, which manufactures and distributes patented Ayurvedic drugs. He has received National Citizens Award of India, a prestigious award given to people like Dr. Abdul Kalam, President of India, Dr. Manmohan Singh, Prime Minister of India, and Nobel Laureate Mother Theresa. He also received the 2004 Bio-technologist award (International award) from American Telugu Association, at Chicago, Illinois, U.S.A., with a standing ovation by 8000 U.S. professionals. He has received numerous honors including Udyog Ratna award from Delhi Telugu Academy, Bharath Gaurav Award from the Governor of Andhra Pradesh, India Honorable Sushil Kumar Shinde; Hind Rattan Award from NRI Welfare Society of India by Prime minister of India, Honorable I.K. Gujral. His success story (second wave) has been televised all over the world by MAA-TV of India. His patents have been approved in U.S.A., India, China and Europe covering two-thirds of the world. He has over twenty scientific publications including the presentations made at various scientific, medical, professional, and trade associations both in India and U.S.A. To his credit, one of the bacterial strains is named after him i.e. Lactobacillus acidophilus strain DRK. He achieved all of this after retiring from the service. He has an exceptional aptitude for learning new things and a proven genius to implement new ideas into the world. He is regarded by both young and retired as a role model for success.

PURE INDIAN FOODS CORPORATION – SILVER SPONSOR
Founding Director - Sandeep Agarwal

We are a small family-owned business based out of New Jersey that takes pride in making an exceptional quality Ghee from free-range cows fed on grass. In 1889, Lala Khoobram Agarwal, our great-great-grandfather, launched a pure ghee business in northern India. After 5 generations and over 120 years, we are still learning!

- **Our Ghee - Organic and Grass-Fed:** We use Grass-fed, USDA Certified Organic butter. We are a proud member of American Grassfed Association. We use the butter that is high in fat-soluble vitamins and contains naturally occurring Conjugated Linoleic Acid (CLA) and Vitamin K2. We use butter produced from spring through fall only. We do not use butter produced in winter. This ensures that the butter is produced from the milk when cows are actually out on the pasture eating fresh green grass.
- **Made From Non-homogenized Milk -** Homogenization is a process that breaks up fat globules in milk or cream to such a small size that they remain suspended evenly rather than separating out and floating to the surface. Homogenization has been linked to heart disease and atherosclerosis. We use non-homogenized milk to make our ghee.
- **Suitable For Vegetarians -** The only ingredient in our ghee is butter made from cow's milk. As such, it is suitable for vegetarians.
- **Our Proud Heritage-** We are passionate about ghee! We are keeping our family tradition alive and preserving our heritage. We make the finest grass-fed, organic ghee in the world.
- **Made Fresh In Small Batches -** Our ghee is made fresh in small batches, using heavy bottom stainless steel pots. We include best use by date for your convenience of safe use. Our ghee is made with pride in the USA with organic methods.
- **Glass vs. Plastic Bottles -** We use glass bottles instead of cheap plastic bottles to avoid dangerous toxic material leeching from plastic containers.
- **Made on full or waxing moon only -** Ghee is considered a very sacred food in India. We make our ghee only on the waxing ("*Shukla Pakchha*") or full moon ("*Purnima*") days which are auspicious in the Vedic system.

BANYAN BOTANICALS - SILVER SPONSORSHIP

Banyan Botanicals was founded in 1996, based on the dream of creating a company that would provide: The best in Ayurvedic herbs and products, excellent service and guaranteed satisfaction, education, inspiration and motivation to those seeking greater health and well-being. Our mission is to provide you with the highest quality Ayurvedic herbs and products possible. We believe a high quality product is one that is pure, effective and produced in an environmentally-friendly, ethical manner. To fulfill this mission we are committed to the following practices in the production of our herbs: USDA Certified Organic, Sustainable Sourcing, and Fairly Traded.

- **USDA Certified Organic -** When you purchase certified organic herbs from Banyan Botanicals, you can be confident that you are making a healthful choice, while also contributing to a healthier planet. Organic herbs are grown by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Certification is your guarantee that the herbs and products are produced without pesticides, chemical fertilizers, sewage sludge, bioengineering or ionizing radiation.
- **Sustainable Sourcing -** Most Ayurvedic herbs are wild-harvested without regard for long-term effect on the species or the environment. Many widely used plants are threatened and in danger of being unavailable either through extinction or protective

legislation. Banyan Botanicals is working to reverse this trend by supporting sustainable projects that use ecologically-friendly methods of farming and harvesting.

- Fairly Traded Herbs - Banyan Botanicals is committed to trading fairly with everyone involved in the farming and production of our herbs. In doing so, our farmers are paid a fair and stable price for their products. We provide extra income for farmers to improve their quality of living. We assist small farmers in achieving a stronger position in world markets. We supply a closer link between consumers and products.

AYURFOODS – Sample Ayurvedic Foods for Taste during Convention

Dr. Vaijayanti (Jay) Apte BAMS, MS (Pharmacology), MS (Nutrition), an Ayurvedic doctor with more than 35 years of experience, developed Ayurfood's delicious and tasty *Yogic (Sattvik)* foods to meet the needs of health conscious people who don't have time or the knowledge to cook *Sattvik* foods. An excellent cook herself, she has poured all her knowledge and touch and that of her mother and grandmother into these delicious products which will surely satisfy you. Ayurfoods products are –

Food full of *Prana* or Chi (life energy), Quick, healthy & Convenient, Tri-balanced for nutrients, tastes & body types, 100% Vegan & Vegetarian, natural & wholesome.

Our *Yogic (Sattvik)* foods include:

- Khichadi (Basmati Rice, Mung Beans & medicinal spices) - *gluten free*
- Quinoa Khichadi (Quinoa and Spices& medicinal spices) - *gluten free*
- Lentil Khichadi (Basmati Rice and Lentils& medicinal spices) - *gluten free*
- Upama (Savory Cream of Wheat, with garlic, cashews and onions & spices) and
- Couscous Khichadi (Couscous, green peas & medicinal spices)

We will be serving all of these products as part of our breakfast, lunch and dinner menus, so you can enjoy truly Sattvik foods.

Fresh Balanced Meals in Minutes - Nothing beats the satisfaction of a truly great meal, unless it's a delicious meal that's ready in about the time it takes to boil water. Indulge your creative side by adding your own fresh ingredients!

The Essence of Ayurvedic Food: The Six Tastes - The secret of Ayurvedic food is to add all the six tastes in the right proportions. The six tastes are: Sweet, Salty, Sour, Pungent, Astringent and Bitter. A sweet taste nourishes your body's tissues and enhances your mood. A sour taste maintains your acid base balance, while a salty taste balances vital minerals. Pungents, such as ginger and chili, improve your metabolism and reduces congestion. Astringent and bitter spices, such as cumin, coriander and turmeric, cleanse toxins from the blood and strengthen immunity. The correct combination of the six tastes makes the food delicious and healing.

