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**ACTIVITIES**  
**IN**  
**CZECH REPUBLIC**

# CREATING AWARENESS in AYURVEDA

Treated around 3000 patients (1998-2002 alone).

Outstanding or promising results in certain areas of treatment and application of Ayurvedic medicine:

**Skin eczema and allergies**

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**Weakened immunity in children**

**Autoimmune disorders**

**Chronic fatigue**

**Liver disorders**

**Irritable bowel syndrom**

**Sports medicine**

**Leukemia**

**Diabetes**

The **Czech Association of Ayurvedic Medicine** founded (2002).

**Spreading awareness in medical community: Around 150 M.D.s got acquainted with Ayurvedic medicine through direct contact (as patients themselves, as referring physicians sending their patients, through presentations re. Ayurvedic preparations, through lectures - 1998-2002 alone).**

Have personally **tested efficacy and quality of over 400 various types of internal medicines** from various manufacturers and **over 50 types of oils and external applications** (1998 - 2007)

Design 2 pilot **projects of Ayurvedic treatment for mentally handicapped children** for a leading Czech institution for handicapped.

Put out the first webpage in the country informing about Ayurveda (1998)

Conducted over **60 lectures and seminars** entitled "**Meeting with Ayurveda**" in **over 30 cities** and towns in the Czech and Slovak Republics. (1998 -2002)

Wrote over **70 articles** on various aspects of Ayurveda in 8 various magazines with nation wide circulation. (1998-2002)

Interviewed by 10 magazines and newspapers with nation wide circulation. (1998-2001)

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Conducted **12 lectures on "Ayurveda and Yoga"**. (2000-2002), conducted regular (weekly) **courses of therapeutic yoga**.

Published a **reference manual for physicians: "Traditional Ayurvedic Medicine - Synopsis of the Pharmacopoeia"** in English. (2002)

Published a **book "Essays on Ayurveda"** (2007).

Developed a **comprehensive business plan for Ayurvedic spa** at a request of a leading spa industry in Czech Republic. (2007)

## 2. APPROVALS for IMPORT

Have **approved the most common Ayurvedic herbs** with the Czech Ministry of Health and cleared the way for their import to the **Czech Republic**:

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**53 single herbs and compound preparations ( 2000-2002)**

**another 13 - did hygienic testing**

in case of 6 preparations was unable to get approval as they were classified as medicines

### 3. OTHER FORMS OF PROMOTION

Recommended over 20 Czech patients, England, U. S. A, Germany, Estonia, Lathvia and Austria to undertake Ayurvedic treatment in Kerala and Karnataka

Oustanding results with the treatment of maigrain headache, rheumatoid arthritis etc.