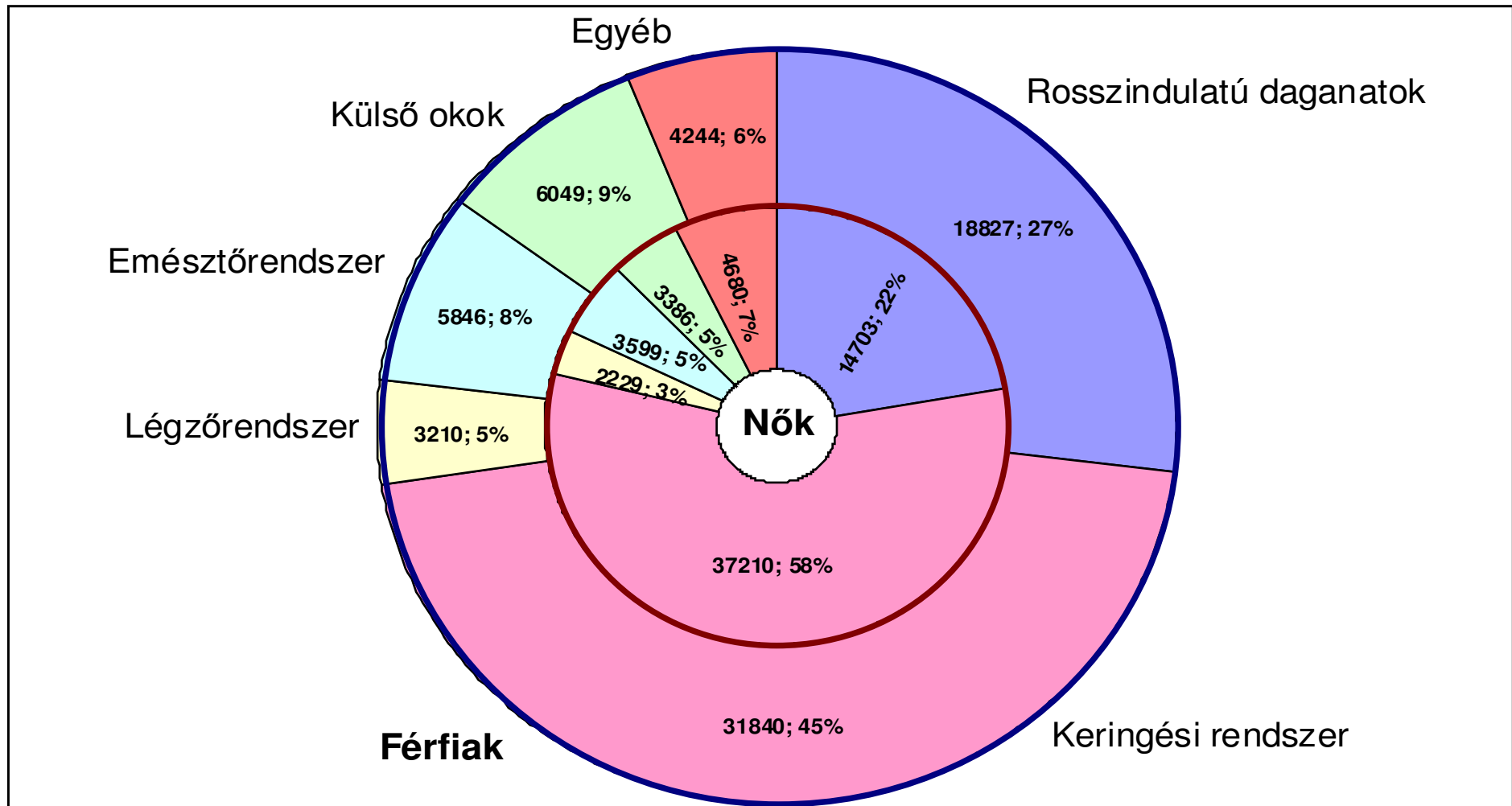


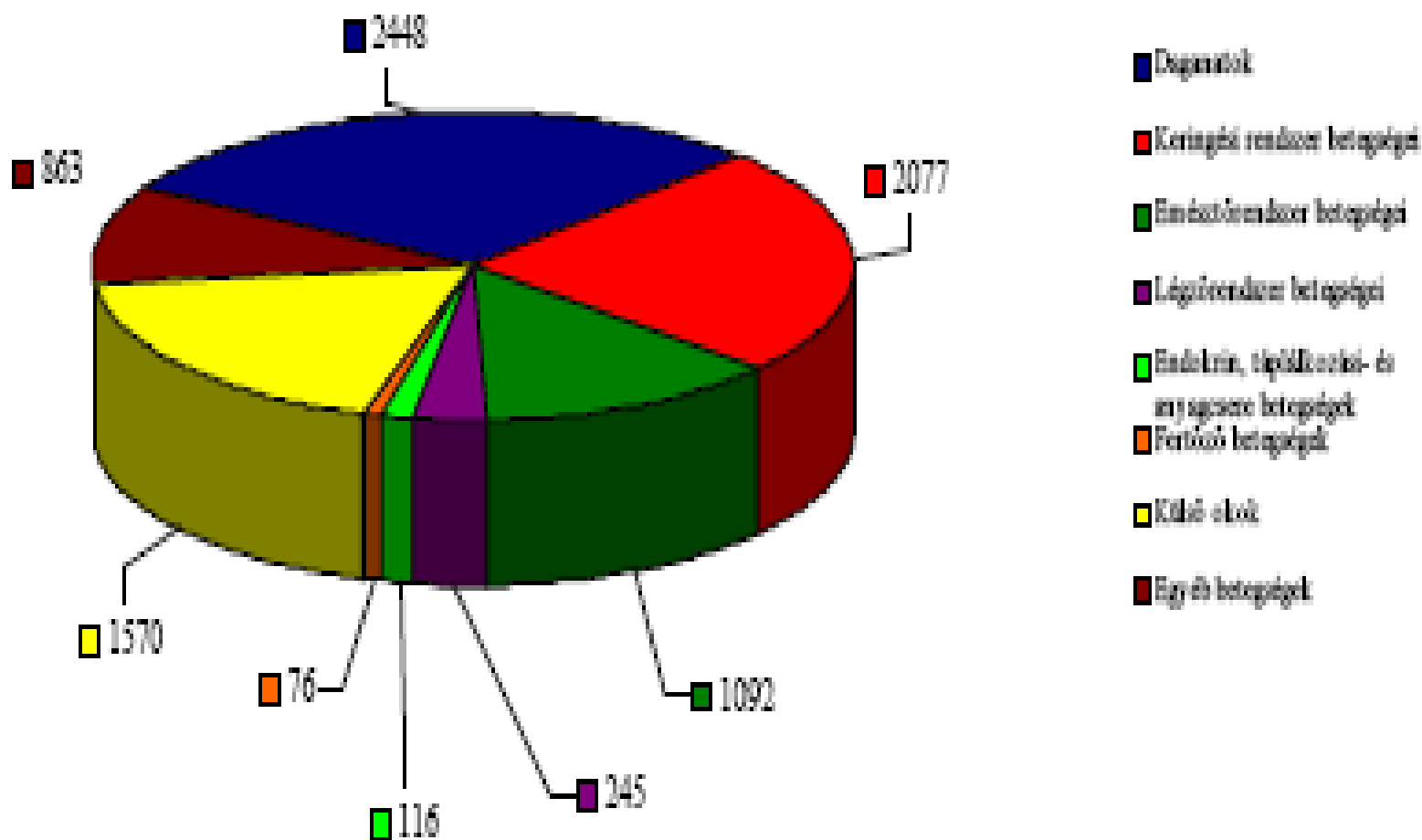
**International Conference-cum-Exhibition on
Ayurveda**

*Applications and experience of Ayurveda in
Hungary*

Mortality



Status – lost lifeyears falling on 100 000 inhabitants



Consequences

- Chronic diseases – lifestyle therapy
- Lifestyle science – ayurveda (complex mental and therapy system)
- Introdactable into the European thinking system
 - Therapy depending on personality
 - Dietotherapy
 - Motion therapy
 - Fitotherapy

Lead-off possibilities of introduction

- Prevention and treatment of endemic
- Lengthening of age
- Integrative treatment of chronic diseases

Experiences so far

- Frontier:
 - Intoxication
 - Oil massage
 - Use of golden cosmetics (rejuvenator)
 - Yoga
 - Meditation

Health products

- Ashwaganda (*withania somnifera*)-
- antioxidant, anti-inflammatory, immune-modulating, and antistress
 - reduces tumor cell proliferation, reduces the side effects of chemotherapeutic agents
 - Treatment of insomnia
 - Anti-malaria effect (plasmodium suppressive effect)
 - Chondroprotective effect

(2006-2007 reference data)

Health products

Shilajit

- rejuvenator and adaptogen
 - **spermatogenic and ovogenic effects**
 - **stress induced perturbations in behaviour (depression)**
 - **antiulcerogenic and antiinflammatory**
 - **gastric ulceration**
 - **Osteoporozis**

(2006-07 reference datas)

Goals:

1. Conscious introduction into prevention
2. Introduction into university gradual and postgradual study
3. Make it an integral part of integrative (complementary) medicine (oncology)