

International Conference
AYURVEDA,
ANCIENT SYSTEM OF HOLISTIC MEDICINE FROM
INDIA

Stefania, Budapest, 29 September 2007

AYURVEDA IN BULGARIA,
PRESENT SITUATION AND FUTURE
PERSPECTIVES

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- “Alleviation of vata by Kankayana:
Having heard this, Kankayana, a physician from Balkh (Bahlika) said, “What you said, Sir, is correct.” These are verily the aggravating factors of vata; those of opposite qualities are its alleviating factors. Heterogeneous qualities of aggravating factors constitute alleviators of dhatus (dosas).” CS. Su (6).

- “At the advent of the diseases which were impediments to long life, religious vows, brahmacharya, the sages, the followers of yama and niyama,....all with virtuous acts sitting together comfortably on the auspicious valley of the Himalayas, full of compassion for all creatures, discussed this sacred topic. These sages among others were.....
.....Kankayana.....” CS. Su (6-14).

- “The Origine of Man and his diseases”
- “Disagreeing with Bharadvaja, Kankayana said that if Svabhava (nature) is taken to the root cause of living beings it would mean that individual efforts (e.g. performance of rituals, cultivation, study etc.) are altogether useless. Accomplishment or otherwise of an object would then depend not on individual action but on svabhava (nature) itself. So he concluded that prajapati, the son of Brahma with his infinite creative powers will represent the origin of the happiness and misery of the world-sentient as well as insentient.” CS. Su (22-23)

- “Participants of the symposium on taste and diet:

Once upon a time Atreya,.....Kankayana the best among the physicians of Bahlika (Balkh) – all enlightened and aged sages having self control – assembled in the pleasant woods of Caitraradha on a pleasant trip. They sat together and then started discussing some of the vital problems relating to correlation between rasa (taste) and diet.”

CS. Su (3-7).

In order to successfully introduce Ayurveda in any country the four limbs of the treatment as listed by Charaka should be addressed:

- Physician – by qualification of physicians in Ayurvedic science
- Practitioner – by training of practitioners in Ayurvedic physical therapies
- Patient – by spreading the knowledge among the general population
- Drug – by registration of Ayurvedic products

Also:

- Creating equipped Ayurvedic centers
- Establishing national Ayurvedic organizations
- Integration in the European and International Ayurvedic society.
- Intensive research

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The Law of Health allows the practice of different unconventional methods for beneficial influence on human health.

Ayurveda is not mentioned explicitly. Only non invasive methods are permitted.

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The practice of unconventional methods is permitted for:

- physicians, dentologists, pharmacists with MSc degree
- medical personnel with BSc degree
- people who have completed four semesters of medical anatomy and physiology at an accredited university or medical school in Bulgaria
- after obligatory registration at the Regional Center for Healthcare

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- Bulgarian law is to a great extent harmonized with the law in the European countries. It permits registration of herbal and mineral products.
- There are more than 120 different Ayurvedic products on the market. Most of them are registered as food supplements, and some of them as cosmetic products.

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- A basic course in Ayurveda is organized by the Ayurvedic Center - Sofia together with the European Institute of Vedic Studies and the kind collaboration of Vaydia Atreya Smith. It is a three-year course on modified syllabus of the European Institute of Vedic Studies.
- It is based mainly on the classical texts and is designed for the general public, for Ayurvedic practitioners and for physicians. They are supposed to study together for one, two or three years respectively.

- Places of Ayurvedic practice:
- Ayurvedic Center – Sofia that I manage, offers full range of Ayurvedic therapies including Panchakarma.
- A center near Sofia offers vacations in the nature with Ayurvedic food and yoga classes.
- An alternative medicine center in Varna managed by a physician applies mainly diet therapy.
- Ayurvedic spa centers
- An Ayurvedic clinic for inpatient treatment is under construction. It will be a branch of Ayurvedic Center – Sofia.

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- Establishing a national Ayurvedic organization
- Integration with the European and the world Ayurvedic society.

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- Scientific proof of the efficacy of Ayurveda.

In the present era of evidence-based medicine research data is what will convince the Western world that patients can benefit from this system and will allow Ayurveda to occupy the respectable position among the medical systems it deserves.

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