



The International Conference on Ayurveda

»Ayurveda: A New Way for Healthy Life in Europe«

**Grand Hotel Portorož & Hotel Slovenija (Portorož, Slovenia)
March 5–6, 2009**

PROGRAM / PROGRAM / PROGRAMMA

**Thursday / četrtek / giovedì,
5 March / 5. marec / 5 marzo 2009**

14.00–19.00

Registration / Registracija / Registrazione

Grand Hotel Portorož, Foyer / Grand Hotel Portorož, predverje / Grand Hotel Portorož, aula

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Conference Center, Hotel Slovenija, James Cook Hall / Konferenčni center, Hotel Slovenija,
Dvorana James Cook / ITA

16.00–17.00

Official welcomes / Pozdravni nagovori / Saluti inaugurali

Lenart Škof, Faculty of Humanities & Science and Research Centre of Koper,
Nadja Furlan, Science and Research Centre of Koper
and

H. E. Villur Sundararajan Seshadri, The Ambassador of India to Slovenia

Ayurveda Portorož 2009 Organizers and Program Coordinators / organizatorji in koordinatorji
konference *Ayurveda Portorož 2009* / coordinatori del programma *Ayurveda Portorož 2009*

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Rado Bohinc, Rector of the University of Primorska / rektor Univerze na Primorskem /
rettore della Università del Litorale

Minister of Health of Slovenia / SLO / ITA

Minister of Health of India / SLO / ITA

Conference Center, Hotel Slovenija, James Cook Hall / Konferenčni center, Hotel Slovenija,
Dvorana James Cook / ITA

17.00–18.00

Keynote addresses / *Otvoritveni predavanji / Interventi di apertura*

Ram Harsh Singh (Professor Emeritus, Banaras Hindu University, Varanasi, India): The
Perspectives in Panch Karma Therapy

Nigel Hubbers (European Ayurveda Association, UK): Standards of Education in Europe

18.00–18.30

Coffee break / *Odmor za kavo / Pausa caffè*

Conference Center, Hotel Slovenija, James Cook Hall, Foyer / Konferenčni center, Hotel
Slovenija, dvorana James Cook, predverje / ITA

18.30–20.00

Special panels

(Grand Hotel Portorož, Halls 1 and 2)

(A – Hall 1; B – Hall 2)

Panel A: AYURVEDA IN EUROPE

Chair / *Predsednik / Presidente*: **Nigel Hubbers**

Martin Terberger (EU Commission): European Guidelines for the Medicine and Health
Care

Istvan Riesy (Hungary): Successes and Challenges of Ayurveda in Hungary since 1990

Wolfgang Schachinger (Austria): Ayurveda in a General Practitioner's Office – 20 Years of
Experience

Thomas Vallmatharayil (Germany): Translating Traditions – Implementing Quality
Standards of Ayurveda in Europe

Panel B: AYURVEDA – MEDICAL ASPECTS

Chair / *Predsednik / Presidente*: **Ram Harsh Singh**

Metka Glavač Ravnik (Slovenia): Gene Expression Changes Induced by Meditation

Biljana Dušič (Slovenia): The Role of Ayurveda in the Early Diagnostics of Diseases

Karin Gramminger (Germany): Medical Company with Pancakarma Cures and Professional
Aftercare

Manish Kumar Saraf (India): Possible Involvement of Long Term Potentiation Molecules:
Mechanism of *Bacopa Monniera's* Antiamnesic Effect

20.00–22.00

Dinner / *večerja* / ITA

Grand Hotel Portorož, Restaurant / SLO / ITA
(sponsored by Astrel Genome Ltd, Hyderabad, India)

**Friday / petek / venerdì,
6 March / 6. marec / 6 marzo 2009**

9.00–11.00

Registration / Registracija / Registrazione

Grand Hotel Portorož, Foyer / Grand Hotel Portorož, predverje / Grand Hotel Portorož, aula

Grand Hotel Portorož, Hall 1

9.00–9.30

Plenary speaker

Regis Anthony de Silva (Associate Professor of Medicine, Harvard Medical School, U.S.A.):
Role of Ayurvedic and Complementary Medicine in Western Medical Practice

9.30–10.00

Plenary speaker

Samo Kreft (Associate Professor, Faculty of Pharmacy, University of Ljubljana, Slovenia):
Cultural (Paradigmatic) and Regulatory Obstacles in Integration of Ayurveda into Western
Medicine

10.00–10.30

Plenary speaker

Vishwas Mehta (Secretary of Health, Govt. of Kerala, Thiruvananthapuram, Kerala, India):
The Experience with Ayurveda in Kerala

10.30-11.00

Discussion / Diskusija /

11.00–11.30

Coffee break / Odmor za kavo / Pausa caffè

(Grand Hotel Portorož, Foyer / Grand Hotel Portorož, predverje / Grand Hotel Portorož, aula)

11.30–13.00

Special panels

(A - Hall 1; B - Hall 1)

Panel A: AYURVEDA AND SPIRITUALITY

Chair / Predsednik / Presidente: Thomas Vallomtharayil

Elmar Stapelfeldt (Germany): Spiritual Development and Liberation According to the
Caraka-Samhita

Christian H. S. Kessler (Germany): Ayurveda between Religion, Spirituality and Modern
Science

Andrej Rus (Slovenia): 'Consciousness-based Medical Treatment' Paradigm as the Basis of
Ayurvedic Therapy

Chakra Pany Sharma (India): Scientific Aspects of Ayurveda

Panel B: **AYURVEDA AND MEDICINAL PLANTS**
Chair / *Predsednik / Presidente*: **Metka Ravnik-Glavač**

Karthi Kumar & K. Jegatheesan (India): Evaluation of Plant extracts for Hepatoprotective Activity

Nitin Rana (India): Comparative Study of Antimicrobial Activity of Different Plants Against Multi Drug Resistant Pathogen *Staphylococcus Aureus* Isolated from Burnt Patients and the Effect of Different Binary Combination of Antimicrobial Plant Extracts

Mohammed K. Rahman (India): A Holistic Approach in Phytotherapy: Past and Present Concept of Chemical Constituent of Medicinal Plants

Ajay G. Namdeo (India): Biotechnological Investigations on *Withania Somnifera*: an Important Ayurvedic Medicinal Plant

13.00-14.00

Lunch / Kosilo / Pranzo

Grand Hotel Portorož, Restaurant / Grand Hotel Portorož, restavracija / ITA
(sponsored by Science and Research Centre of Koper, University of Primorska)

14.00-16.00

Special panels

(A – Hall 1; B – Hall 2)

Panel A: **AYURVEDA: A HOLISTIC PARADIGM**

Chair / *Predsednik / Presidente*: **Elmar Stapelfeld**

G. S. Lavekar (India): Ayurvedic Way of Healthy Living and a Profile of Ayurveda Research

Tadeja Jere-Lazanski (Slovenia): Ayurveda, Yoga and Systems Thinking as Elements of Wellness Programs within the System of Tourism

M. R. Vasudevan Nampoothiri (India): Ayurveda – Indian Wisdom for Global Health

Laurent Pordié (Germany): Ayurvedic Images, Indian Flavours and the Wellness Industry: Biography of a Spa in India

K. Maheswaran Nair (India): Ayurveda and Yoga-need for Holistic Approach

Panel B/ **AYURVEDA AND HEALTH**

Chair / *Predsednik / Presidente*: **Regis Anthony DeSilva**

Gaurav Desai (India): Ancient Ayurvedic Apothecary and its Application in Europe

Nadja Plazar & Tamara Poklar Vatovec (Slovenia): Options of Ayurveda in Nursing and Dietetics

Thakur Ramesh Singh Chouhan (India): Ayurveda and Modern Medicine – an Integrated Health Care Approach

Neelesh Pramod Korde (India): Ayurveda for Global Promotion of Health

B. Syamala (India): Ayurveda for Healthy and Peaceful Life

16.00–16.30

Coffee break / Odmor za kavo / Pausa caffè

Grand Hotel Portorož, Foyer / Grand Hotel Portorož, predverje / Grand Hotel Portorož, aula

16.30–18.00

Special panels

(A – Hall 1; B – Hall 2)

Panel A: AYURVEDA AND INTERCULTURAL DIALOGUE

Chair / *Predsednik / Presidente*: **Tadeja Jere Lazanski**

George Eassey (Czech Republic): Ayurveda and Intercultural Dialogue

Maja Kolarević (Slovenia): Should Ayurvedic Treatment be an Integral Part of Western Psychiatry?

Projit Mukharji (UK): Ayurveda, Inter-cultural Dialogue and 'Modern Science': Revisiting the History of the 'Ayurvedic System of Medicine'

Burton Cleetus (India): Negotiating Western Science and the State: The Case of Ayurvedic Medical Education in Kerala, 1885–1945

Panel B: AYURVEDA AND MEDICAL SCIENCE

Chair/*Predsednik/Presidente*: **Thakur Ramesh Singh Chouhan**

Vidhya Ramaswamy (India): An Investigation on Therapeutic Applications of *Cardiospermum Halicacabum*

Deepa Nair (India): Therapeutic Applications of *Cardiospermum Halicacabum*: A Review

D. H. More (India): In Vitro Antimicrobial Activity of *Enicostemma Littorale* Extracts; Preliminary Screening Studies

Gaurang Joshi (India): A Phase I Study of Jatyadi Oil Enema along with Radiotherapy in Pelvic Cancer

18.00-19.00

Grand Hotel Portorož, Hall 1 / Grand Hotel Portorož, Dvorana 1 / ITA

CONFERENCE CONCLUSIONS / SKLEPI KONFERENCE / ITA

»Promotion of Ayurveda in Europe«
chaired by **Nadja Furlan**

19.00–22.00

Christoph Columbus Hall, Conference Center, Hotel Slovenija / Dvorana Christoph Columbus, Hotel Slovenija / ITA

Reception / Sprejem / Ricevimento
and

Dinner with a Cultural Event (Indian Dance) / Večerja in kulturni program (indijski ples) / ITA

Organized by / Organizatorji / Organizzatori:

University of Primorska, Faculty of Humanities Koper, Departments of Anthropology and
Philosophy (Slovenia)

*Univerza na Primorskem, Fakulteta za humanistične študije Koper, Oddelka za antropologijo
in filozofijo (Slovenija)*

*Università del Litorale, Facoltà di studi umanistici Capodistria, Dipartimenti di antropologia
e filosofia (Slovenia)*

University of Primorska, Science and Research Centre of Koper (Slovenia)

Univerza na Primorskem, Znanstveno-raziskovalno središče Koper (Slovenija)

Università del Litorale, Centro di ricerche scientifiche di Capodistria (Slovenia)

University of Primorska, College of Health Care Izola (Slovenia)

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Università del Litorale, Istituto universitario di sanità Isola (Slovenia)

University of Primorska, Turistica – Faculty of Tourism Studies (Slovenia)

Univerza na Primorskem, Fakulteta za turistične študije (Slovenija)

Università del Litorale, Facoltà di Studi per il turismo di Portorose (Slovenia)

in cooperation with / v sodelovanju z / in collaborazione con:

The Embassy of the Republic of India, Ljubljana,

Department of AYUSH of the Government of India

and

Ministry of Health of the Republic of Slovenia

Financially supported by / Finančna podpora / Supporto finanziario:

Slovenian Research Agency /

Javna agencija za raziskovalno dejavnost Republike Slovenije

Agenzia slovena per la ricerca

LifeClass Hotels & Spa, Portorož

Department of AYUSH of the Government of India

Organization and Program Committee

Conference Chair

Dr Lenart Škof, Assistant Professor and Research Associate, Faculty of Humanities & Science and Research Centre of Koper, University of Primorska, Slovenia

Honorary Organizing Committee

H.E. Dr Villur Sundararajan Seshadri, Ambassador of India to the Republic of Slovenia

Dr Nadja Plazar, Dean of College of Health Care Izola, University of Primorska, Slovenia

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Dr Nataša Tozon, Veterinary Faculty, University of Ljubljana, Slovenia

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Mr Nigel Hubbers, EUAA (European Ayurveda Association), UK

Dr Regis A. de Silva, Associate Professor of Medicine Harvard Medical School, Director Partners-Harvard Medical International, U.S.A.

Mr Thomas Vallomtharayil, Chief Executive Officer, Medical Park Ruhr, Germany