



**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)

*Univerza na Primorskem, Visoka šola za zdravstvo Izola (Slovenija)*

*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

**Dr Vesna Mikolič**, Dean of Faculty of Humanities, University of Primorska, Slovenia

**Dr Darja Piciga**, Ministry of Higher Education, Science and Technology, Slovenia

### *International Program Committee*

**Dr Nadja Furlan**, Research Assistant at the Science and Research Centre of Koper, University of Primorska, Slovenia, *Chair*

**Dr Tamara Ditrich**, University of Sydney, Australia

**Dr Darja Barlič Magajna**, Vice Dean for Academic Affairs, College of Health Care Izola, University of Primorska, Slovenia

**Dr Metka Ravnik-Glavač**, Faculty of Medicine, University of Ljubljana, Slovenia

**Dr Borut Štrukelj**, Faculty for Pharmacy, University of Ljubljana, Slovenia

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

**Dr Thakur Ramesh Singh Chouhan**, Director, Ethicatrix Clinical Research, Hyderabad and Former Dean, DIAS, Dr. MGR University, India

**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