

## DUBAI AYU-CON 2014: AN INTERNATIONAL CONFERENCE ON AYURVEDA AND YOGA

The “Dubai AyuCon 2014” was held on 4<sup>th</sup>-5<sup>th</sup> January 2014 at prestigious Dubai International Financial Center in United Arab Emirates. It was organized by International Academy of Ayurveda (IAA) and Tathagat Ayurveda Research Foundation Pune.

DXN - Malaysia, Maharshi *Ayurveda* - Germany, Holland, and Sane Care Madhavbaug, Khopoli, India were the main sponsors.

The conference started with musical audio on Dhanvantari Archana prepared by Dr. Shrikant Wagh and enchanting *Ayats* from Holy Quran were read. Dr. Mandar Bedekar was the master of ceremony of the inaugural function. Dato Dr. Lim, President and CEO DXN Company (Malaysia) inaugurated the conference. Other dignitaries present were President of the conference Dr. Jose Rague of Sao Paulo, Brazil, Gurudev Amritji Desai (USA), Mr. Lothar Pirc Maharishi *Ayurveda* (Germany), Yogi Arvind New Delhi (India), Mr. Girish Momaya Director at Maharishi European Research University (Netherland), Dr. Subhash Ranade, Patron and Dr. Vijay Jadhav - Organizing Secretary of conference were on the dias.

There important books were released on this occasion. A special commemorative issue on Dr. Sunanda and Subhash Ranade published by *Ayurveda Patrika*, second edition of Research Methodology and Medical Statistics by Manakarnika Publication and the first book on *Ayurveda* in Braille Script for Blind people by Dr. Anil Kumar Puli from Hassan, India.

Amadio Bianchi (Italy), Gurudev Amrit Desai (USA), and Dr. V. V. Bhagvat (Pune) were felicitated with Life Time Achievement Award. Dr. Guntant Yeola, secretary IAA was felicitated with the Award of Excellence, Dr. Amar Dwivedi and Dr. Vishnu Bawane were also given special awards for their work in respective field.

There were 75 delegates from India and 40 from other countries such as UK, USA, UAE, Lebanon, Italy,

Germany, and Netherland. Dr. V. L. Shyam of Mantra, was the chief *Ayurvedic* physician who coordinated with 22 UAE physicians for the conference. Ten keynote lectures (from Italian, German, Brazil, and Indian) and 25 research papers were presented in the conference.

On the first day of conference the first key note address was by Dr. Rohit Sane, Mumbai on “Prevention and treatment of Cardiac diseases by *Hriday Shuddhikaran* Procedure”. It was very well-appreciated by the audience. With the data of more than 250 patients he discussed how *Panchakarma* is useful in management and prevention of heart diseases along with improving cardiac functioning. Key note address of Prof. Dr. Guntant Yeola, Pune was an excellent piece of research work in tribal hilly area of North Maharashtra. He gave a detailed *Ayurvedic* perspective of pathogenesis and treatment of sickle cell anemia.<sup>[1]</sup> Many research papers like ‘Frontiers of Medicine in *Ayurveda* Oncology’ and ‘Biochemical and Heavy Metal Analysis of some Indian Medicinal plants’ were well-appreciated.

In the postlunch session first key note address by Prof. Dr. Mandar Bedekar, Pune was on “The Ageing World and *Ayurveda*”. He talked about the contemporary burning issue of senile illnesses and their *Ayurvedic* solutions. Key note address by Dr. Anand Shrivastav on the Role of *Ayurveda* in prevention and cure through standardized and quality products and holistic treatments emphasized on the quality *Ayurvedic* drugs, which could be easily acceptable worldwide.

The second day of conference began with very interesting key note addresses. Yogi Amrit Ji Desai, USA delivered key note address on “Combined Power of *Yoga* and *Ayurveda*”. He discussed the intricacies of and complementary nature of the two indigenous sciences. Key note address by Lothar Pirc, CEO, Maharishi *Ayurveda* Gesundheits, Germany was on “The role of Maharshi Mahesh Yogi to restore *Ayurveda* and bringing it to the west; experiences of treating 20,000 patients with Panchakarma in Bad Ems, Germany”. It was an excellent discussion of establishment of *Ayurveda* as an effective and valid science of healing especially to the skeptical west. Key note address by Dr. Amadio Bianchi, President World Movement for *Yoga* and *Ayurveda*, Italy on “Meditation, from the way of suggestion to the way of knowledge” beautifully exonerated the intricacies of both *Ayurveda* and *Yoga* and their dire need in today’s world full of physical as well as mental illnesses. Key note address by Dr. Girish Momaya, Director, Maharishi Foundation, Holland on “Maharshi Mahesh Yogi’s insight into *Yoga* - the unification of individual and cosmic life” dealt with the practices of our ancient sciences in the Maharshi Yogic centers.

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In postlunch session key note address by Dr. Mas Vidal, USA “*Yoga Rasayana*” highlighted the use of *Ashtanga Yoga* as *Acharya Rasayana*. He stressed upon the *Bhakti Yoga* and started his address in a unique manner by reciting the Hare Rama and Hare Krishna bhajan and the audience readily participated along with him and started singing. The positive change in the mood and environment was witnessed and enjoyed by the audience. Key note address by Dr. Joseph and Lilian Page, Directors, Integrative Yoga therapy, USA “*Mudra for healing in Ayurveda*”. It was a very beautiful presentation explained on the scientific basis regarding the use of various *yogic mudras* to treat or rectify the *doshic* imbalance due to the imbalance of *panchamahabbutas*.

Dr. Shital Antapurkar was Master of the Valedictory Function. Vaidya Harinath Jha was the Chairman and Lothar Pirc, Germany was the Chief Guest.

Acknowledging the success of scientific sessions and excellent arrangement of the conference the organizers were flooded with offers for collaborative organization of similar conferences in Europe for the next couple of years.

The conference was an excellent example of amalgamation of the integrative and complementary ancient indigenous sciences viz. *Ayurveda* and *Yoga*. The conference truly

provided the required platform for global practitioners of *Ayurveda* and *Yoga* to meet, interact and present their work to the world.

*Acharya Charaka* in *vimansthana* has described very beautifully regarding the usefulness of symposiums and conference. He says that “The physician should interact and talk with the other physicians is the basis of *Tadvidya Sambhasha*”.<sup>[2]</sup>

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