




# Ayurveda Conversations

तद्विद्यसम्भाषा TADVIDYA SAMBHASHA

**18-20 AUGUST 2023**

The discussion on the direction of Ayurveda

**AyurvedaConference.Com**

The background of the image consists of soft, out-of-focus pink flower petals. In the bottom left corner, a sharp, detailed petal is visible, showing its texture and veins. The overall color palette is various shades of pink, from light pastels to deeper magentas.

**Ayurveda@2047 Ayurveda  
Ka Amrit Mahotsav  
will require deep  
conversations about this  
science of life and the needs  
of humanity today.**

**Organiser**  
Aashirwad Health and  
Education Trust,  
Coimbatore

**In association with**  
IKS Division,  
Ministry of Education,  
Government of India.

**Co-organiser**  
Ayurveda College and  
Hospital, Coimbatore

**Knowledge partner**  
Punarnava Ayurveda Trust,  
Coimbatore

**Organising Partner**  
i-ask Ayush, Tamil Nadu

**Venue:** 4/24, Saranya Campus, Mavuthampathy,  
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**Ayurveda has long since held the tradition of Indian Knowledge Systems, to bring together scholars, practitioners, academia, and students to discuss the current status and evolve. Acharya Charaka divides methods of gaining knowledge into three categories.**

- 1. Adhyayan - Learning,**
- 2. Adhyapana - Teaching and**
- 3. Tadvidyasambhasha - Symposium/debates.**

**This is a humble effort to ignite discussions, debates, dialogues, and conversations with in the Ayurveda community.**






**Ayurveda education and Practice both have a long history and hence many different perspectives.**

**What is the current state of Ayurveda within the country and globally? What are the strengths, limitations, and gaps? Where does tradition meet the modern?**

**Where does the classical text need to be interpreted differently now? Indian Knowledge Tradition is one that has been continuously evolving.**

**Different perspectives added, earlier ones revisited, and dialogue has played a major role in knowledge creation and knowledge expansion.**



In light of Ayurveda's potential in global health, there's a growing need for open discussions on its direction. "Ayurveda Conversations" allows for critical dialogue on renewing the practice based on ancient treatises.

Vagbhata, 1500 years ago, emphasized updating science to fit the times.

**Shouldn't we do the same, today?**

[AyurvedaConference.Com](http://AyurvedaConference.Com)



In recent times, many different types of applications of Ayurveda have created considerable confusion in the minds of young Ayurveda students.

## Program Content

The conversations address the following questions:

1. **Revisiting the fundamental principles of Ayurveda:** Exploring the importance of history, reading Ayurveda slokas, understanding Padartha Vijnana, assessing the significance of Tridosha, conducting SWOT analysis, and Ayurveda's role in emergency care.
2. **Availability of herbs:** Evaluating substitutes and adulterants, the relevance of classical yogas, and the development of new formulations based on the availability of identified herbs.
3. **Is Ayurveda limited to Yuktivipashraya Chikitsa?** Discussing trividha chikitsa, the role of Prakriti and Vikruti in diagnostics, modifications in panchakarma and treatment packages, and integrating these changes into the education system.
4. **Can processed and packaged food be Ayurveda?** Analyzing the authenticity of Ayurveda foods, formulation conversion, the use of packaged foods and supplements, and the associated legalities.
5. **Telemedicine and Wearables in Ayurveda:** Assessing the effectiveness of new technologies, the impact of AI and digital monitoring, challenges for practitioners, and legal considerations.
6. **Is Evidence-Based Ayurveda necessary globally?** Examining the need for evidence-based approaches, efficacy comparisons, the role of research-based patent products, pharmacological studies, and standardization.




<b>August 18 - Day 1</b>		
0900-1000 Inaugural session		
<b>1000-1130 Revisiting Ayurveda Education Part 1</b> <b>1145-1330 Revisiting Ayurveda Education Part 2</b>		
1. Should the History of Ayurveda be in the curriculum? 2. Are the Mouluk (unique) Siddhantas still relevant? 3. Is the Samkhya philosophy relevant today? 4. Are branches like Padarthavigyan relevant today?	<b>Panellists - Classical:</b> Vd Devan Namboodiri Vd M Prasad Vd Vinod Kumar T G	<b>Panellists - Contemporary:</b> Dr Abhijit Saraf Dr Kishore Padwardhan Dr Pooja Sabarwal Dr Ramya Alakkal
<b>Moderators:</b> Dr Preeti Bhosale		
<b>1430-1600 Ayurveda Pharmacy Part 1</b> <b>1615-1745 Ayurveda Pharmacy Part 2</b>		
1. What's in a typical tablet or capsule? 2. What makes the formula "Ayurvedic"? 3. Should the products be re-developed based on the current availability of ingredients? 4. Are classical recipes still relevant with this level of substitutions and adulterations?	<b>Panellists - Classical:</b> Dr Ajayan Sadanandan Dr BR Patel Dr Mukund Sabnis	<b>Panellists - Contemporary:</b> Dr PMS Raveendranath Dr Rangesh Parmesh Dr Ranjit Puranik Dr Somit Kumar
<b>Moderators:</b> Dr Jyothi Joshi		
1900-2000 Satsang		



August 19 - Day 2		
<b>0930-1100 Is Ayurveda only Yuktivyapashraya Chikitsa? Part 1</b> <b>1115-1300 Is Ayurveda only Yuktivyapashraya Chikitsa? Part 2</b>		
1. Is Yukti Vipashraya Chikitsa (incl. Panchakarma) sufficient for a complete practice? 2. Are Sattvavajaya and Daivavyapasraya relevant today? 3. What is the Importance of Building ManasswAsthya in Health? 4. Does Ayurveda have an equally effective immunisation as Western vaccination?	<b>Panellists - Classical:</b> Vd Ashish Phadke Dr Madhuri Patil Dr Radhapriya Dr Rishi Manivannan	<b>Panellists - Contemporary:</b> Dr Anantharam Sharma Dr Dinesh KS Dr Roshni Anirudhan Dr S Gopakumar
<b>Moderators:</b> Dr Hema Subhashini		
<b>1430-1600 Is Processed and packaged food Ayurvedic? Part 1</b> <b>1615 -1745 Is Processed and packaged food Ayurvedic? Part 2</b>		
1. Does adding an Ayurveda ingredient to food make the food Ayurvedic? 2. How do packaged foods justify "Every individual is unique and has different needs"? 3. Can we apply Tridosha & Triguna to the packaged/processed meals? 4. What are the parameters to make packaged and processed food Ayurvedic?	<b>Panellists - Classical:</b> Dr Narayanan Nambi Dr Sasikumar Nechiyl Dr Sukumar Sardeshmukh	<b>Panellists - Contemporary:</b> Dr Bhaswati Bhattacharya Vd Rama Prasad Dr Shubhangee Satam Dr Siby Chiramel
<b>Moderators:</b> Ms Claudine Karuna		
1900-2000 Satsang		

August 20 - Day 3		
<b>0900-1030 Ayurveda Telemedicine &amp; Wearables Part 1</b> <b>1045-1245 Ayurveda Telemedicine &amp; Wearables Part 2</b>		
1. Can the patient and disease assessment be effective via telephone? 2. Can digital supervision replace human care? 3. Challenges and legal issues in Telemedicine for Ayurveda in India and around the world? 4. Wearables in Ayurveda Diagnosis	<b>Panellists - Classical:</b> Dr Krishna Prasad Vd Rama Prasad Dr Ritesh Gujarathi Vd Vinay Vhelankar	<b>Panellists - Contemporary:</b> Dr Aniruddha Joshi Dr Pratap Chauhan Mr Ram N Kumar Dr Suhas Kumar Shetty
<b>Moderators:</b> Dr Smrithi Adi Narayana		
<b>1345-1515 Is Evidence-Based Research in Ayurveda a Global Necessity? Part 1</b> <b>1530-1700 Is Evidence-Based Research in Ayurveda a Global Necessity? Part 2</b>		
1. Perspective on Evidence in Western Medicine versus Ayurvedic Pramana 2. What's evidence-based Ayurveda? 3. What is Ayurveda research and its scope? 4. What aspect of RCT as a research methodology works with Ayurveda?	<b>Panellists - Classical:</b> Dr Ashutosh Nanal Dr Girish Tillu Dr M Prasad Dr TS Krishna Kumar	<b>Panellists - Contemporary:</b> Dr P Rammanohar Dr PM Unnikrishnan Dr Rohit Sane Dr Shashi Rekha
<b>Moderators:</b> Dr Rahul Goswami		
1700-1800 Valedictory, Certificate Distribution		



**The 3-day Ayurvedic  
Conversations will have deep  
conversations with Traditional,  
Neo Traditional and  
Contemporary Vaidyas, teachers,  
researchers, and practitioners of  
Ayurveda around six major  
themes. Students of Ayurveda will  
have an opportunity to witness  
their debates, interact with the  
Panellists and learn from each  
other.**



# COMMITTEES

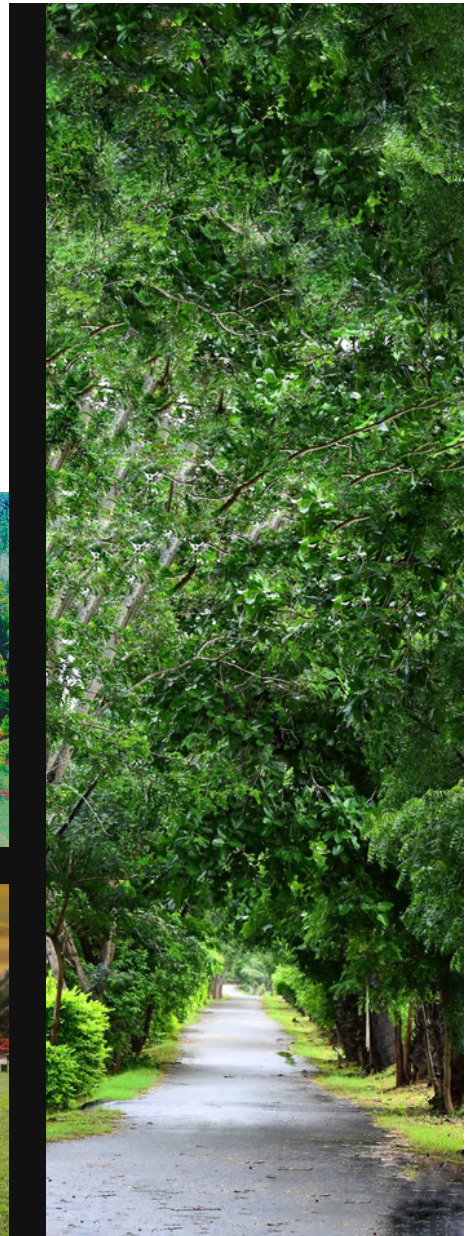
Chairperson	Dr Mala Kapadia, Ph.D.
Convener	Dr Sreeja Mohandas
Co-convenor	Smt Maheshwari Tulika Tandon
Committees Organising	Dr Clarence Davy MD (Ayu), Dr Chandramouleeshwaran MD PhD (Ayu), Dr Krithika MD (Ayu) Dr Ilanchezhian MD, PhD (Ayu) Dr Samuel K Smt Geetha Mohandas Dr Ramanandan BAMS MBA Dr Vinod C MD (Ayu)
Program	Dr Devi Anoop MD (Ayu) Dr Ranjima PR MD (Ayu) MBA-HM Dr Arunkumar BAMS Dr Ezhilarasan BAMS Dr Mahima MD (Ayu) Dr Seena MD (Ayu) Dr Theertha BAMS
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# THE CAMPUS

The Aashirwad Health & Education Trust and Saranya Campus draw on the lineage of the late **Padma Shri Dr PR Krishnakumar**.

He is one of the tallest figures of Ayurveda in India in recent history.

He visualised the campus as becoming a fulcrum for all authentic Ayurveda activities relating to clinical, educational, research and manufacturing services. The thirty acres campus is located in Navakkarai, on the Coimbatore – Palakkad Highway, in the foothills of Pooluvapatty ranges of the Western Ghats, bestowed with nature and fresh air.





### **GURUVAYOORAPPAN TEMPLE**

The Guruvayoorappan temple has the sankalpa of Lord Krishna in Guruvayoor.



### **SNAKE TEMPLE / SARPA SHRINE**

Snake Temple or Sarpa Shrine or Sarpa Kaavu is a traditional natural sacred place that is seen in ancient homes of South India. It is usually considered an abode for all creatures and usually has some representation of Naga lords to give offerings. Additionally, Sarpa kavu helps in soil and water conservation besides preserving its rich biological wealth. Sarpa kavu or Snake Temple in the Saranya campus pays homage to nature which is rich and diverse.

### **CHOTTANIKKARA BHAGAVATHI TEMPLE**

The 'Prathishta' of the Bhagavathi temple was done in an auspicious muhurta with the Sankalpa of "Mahalakshmi" to enhance the Poshana or nourishing energy of the deity to suit the hospital and its patients on campus as well as to remove karma dosha of the bhakta. Every year, for the Chottanikkara makam thozhal festival, ladies from the communities around the campus come to immerse in the healing power of Devi.

SACRED  
SPACES

**Aashirwad Health and Education Trust** is located in Mavuthampathy, Navakkarai, Coimbatore. The trust campus is home to and overlooks **Saranya Ayurveda Hospital**, Aashirwad Ayurveda Manufacturing Unit and Aashirwad Educational Academy. **Sarnaya Ayurveda Hospital** draws on the lineage of late Padma Shri Dr PR Krishnakumar who settled the hospital in its current 30-acre campus, along with a large residential facility and an Ayurveda academy. In its 66-room facility ranging from standard rooms to suits, the hospital provides consultation with expert Vaidyas, traditional Kerala Ayurveda and Panchakarma therapies, Ayurveda diet prescribed by Physicians, Yoga, and other activities to patients.

**Indian Knowledge System (IKS)** is an innovative cell under the **Ministry of Education (MoE), Government of India**. It is established to promote interdisciplinary research on all aspects of IKS and preserve and disseminate IKS for further research and societal applications. It will actively engage in spreading the rich heritage of our country and traditional knowledge in the field of Arts and literature, Agriculture, Basic Sciences, Engineering & Technology, Architecture, Management, Economics, etc.

**Ayurveda College and Hospital, Coimbatore** is one of the oldest and most well-established Ayurveda colleges in South India. It was started in the year 1978 at Patanjaliपुरi, Mankarai, Coimbatore, by **Arya Vaidyan P.V Ramavarier** with the intention of spreading Ayurveda to all. Most of the ayurvedic practitioners working in India as well as abroad are proud alumni of our esteemed institutions. Ayurveda College Coimbatore is affiliated with **The Tamil Nadu Dr M.G.R. Medical University** Chennai & Recognised by the **National Commission for Indian System of Medicine (NCISM)**, New Delhi. At present, the college is situated on the RVS campus, Sulur.

**Punarnava Ayurveda Trust** was established to give new hope to meritorious students from the underprivileged and revive and uphold the Indian culture and philosophy as well. It also aims to encourage, motivate and involve people in social service.

**Vaidyagrama Ayurveda healing village** is an eco-friendly, state-of-the-art healing space. Spread over 17 acres of land Vaidyagrama boasts a facility with 96 beds and 24 treatment rooms. It is headed by several 3rd generation Vaidyas who also provide training to the first generation Vaidyas who want to practice shuddh Ayurveda.

**i-ask ayush** is founded by a team of Ayurveda Practitioners, who have dreamt of taking Ayurveda and other Indian Medicine Knowledge systems in their purest form to the common public. They organise professional events online and offline, as well as consultation services for establishing hospitals, clinics, manufacturing units and new colleges. They manufacture Ayurveda equipment, do medicine distribution, and conduct **AIAPGET** training for BAMS aspirants.



# REGISTER

## **FEE EARLY BIRD DISCOUNT UNTIL 15/7/23**

1. Student	Rs 2000 (after 33% discount)
2. Groups 10 or more	Rs 1800 (after 40% discount)
3. Doctors	Rs 3000 (after 25% discount)
4. Doctor group 5 or more	Rs 2700 (after 33% discount)
5. Others	Rs 4000 (after 20% discount)
6. Online-International	US\$ 125 (after a 16.66% discount)

The fee includes shared accommodation (first come first serve), all meals, a complimentary kit and a participation certificate.

## **PAYMENT DETAILS**

**Account Name:** AASHIRWAD HEALTH & EDUCATION TRUST

**Type of Account:** Current Account

**Account No:** 38166531328

**Bank Name:** State Bank of India

**Branch Code:** 15763

**IFSC# :** SBIN0015763

**MICR Code:** 641002059

**SWIFT Code:** SBININBB451

## **REGISTRATION CONTACT DETAILS CONTACT**

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[conversations@ayurvedaconference.com](mailto:conversations@ayurvedaconference.com)



सत्यमेव जयते  
Ministry of Education  
Government of India



भद्रायां सुमतौ यतेम ।



आत्मवत् सततं पश्येत् ।



### Late Padma Shri Dr PR Krishnakumar

Founder and managing director of Arya Vaidya Pharmacy (AVP), Chancellor of Avinashilingam University and the Founder of Aashirwad Health and Educational Trust. He was known nationally and internationally for his efforts to promote Ayurveda research and standardize Ayurveda medicines and their formulations. He managed to create awareness of the system at the World Health Organization.

After his education in Ayurveda at Shoranur Ayurveda College, he took up various efforts to promote the system of Indian medicine and visited 50 countries for the same. He set up the first Gurukula Ayurveda College in the country. The Government of India awarded him the Padma Shri in 2009 and the Kuvempu University conferred an honorary doctorate on him in 2011.

He took over as Chancellor of Avinashilingam Institute for Home Science and Higher Education for Women in November 2015. He established an Ayurveda hospital and research institute and set up several centres and joint institutions in many parts of the country.

40 minutes  
from the  
Coimbatore and  
Palakkad  
railway stations  
or Coimbatore  
airport on a  
good day



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