

Examining the Correlation of Ayurveda and Modern Medicine

Varna, Bulgaria on 7-10 April 2011

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Thursday 7th April 2011. 19:00-21:30

A general introduction of the Science of Ayurveda. The conference intends to give an overview of the main topics to be discussed all along the two days seminar (as per below programme) with a thirty minutes session of questions and answers.

Open also to non-participants in the seminar (no fee).

Daily programme – Friday & Saturday

Light Yoga & Meditation 7.00 – 8.00

Breakfast 8.00 – 9.00

Morning session 9.00 – 12.00

Lunch 12.00 – 1.00

Afternoon session – 14.30 – 17.30

Dinner 18.00 – 19.00

Evening session 19.00 – 21.00 – a light activity – discussion, film, chanting

Friday 8th April 2011

- Introduction to the Philosophy of Ayurveda
- Ayurvedic and Modern Medicine (Anatomy and Physiology)
- Panchamahabutas (The Five Great Elements: Earth, Water, Fire, Air and Ether)
- Gunas – the fundamental natural qualities
- Description of Human Basic Constitutions or doshas (Vata, Pitta, Kapha)

Saturday 9th April 2011. 9:30-12:30 and 14:30- 18:00

- Prakruti – a person's constitution by birth
- Vikruti – a person's current state of imbalance
- The seven dhatus (Seven Tissues: chyle or plasma, blood, flesh, fat, bone, marrow and reproductive tissue)
- Malas (Secretions or waste products: primarily includes urine, faeces, and sweat)
- Ayurveda and Disease
- The concept of Ama (Substances that are partly utilized in the body and partly excreted, "toxins")
- The Ayurvedic Management of Disease

Sunday 10th April 2011

Light Yoga & Meditation 7.00 – 8.00

Breakfast 8.00 – 9.00

Morning session 9.00 – 12.00

Lunch 12.00 – 1.00

Afternoon session – 14.00 – 16.00 (then close of seminar)

- Diet and Lifestyle
- Basic Ayurvedic Nutrition
- Introduction to Diagnosis: Tongue Analysis, Facial Analysis, and Pulse Reading
- Therapeutics: Introduction to Herbs and Oils according to constitution
- Introduction to Panchakarma (Detoxification programme)
- The Ayurvedic Massage
- Dinacharyas (daily routines for good body function and cleansing)

All sessions will have an interval of 15-20 minutes.

Breathing techniques (pranayama) and light yoga postures will be introduced in short practical sessions throughout the seminar.

Questions and answers will be attended at the end of each session.