



# Evidence Based Ayurveda

## Integration in Research and Clinical Practice

Indo-Hungarian Symposium organized jointly by  
University of Debrecen, Hungary and Ministry of AYUSH, Government of India

October 2, 2017

Venue: University of Debrecen, Main Building, Aula · H-4032 Debrecen, Egyetem tér 1.



Embassy of India,  
Budapest



University of Debrecen

UNIVERSITY of  
DEBRECEN



Central Council for Research in  
Ayurvedic Sciences (CCRAS)



Ministry of AYUSH,  
Government of India



## Symposium Program Schedule

10:15 – 10:45	Registration
<b>INAUGURATION AND WELCOME</b>	
10:45 – 11:30	<p><b>Welcome notes</b> by Dr. Zoltán Szilvássy, Rector, University of Debrecen (UD)</p> <p><b>Preamble</b> by Shree Rahul Chhabra, Hon'ble Ambassador of India to Hungary</p> <p><b>Speech</b> by Dr. Rajesh Kotecha, Special Secretary, Ministry of AYUSH, Government of India</p> <p><b>Vote of thanks</b> by Dr. László Csernoch, Vice Rector for Scientific Affairs, UD</p>
11:30 – 11:45	Coffee break
<b>SESSION I.</b>	
11:45 – 11:50	<p><b>Opening Address</b> by Dr. Asmita Wele, Chairperson, Ayurveda Chair, UD</p> <p><b>Presidential remarks</b> by Dr. Zoltán Szilvássy, Rector, UD</p>
11:50 – 12:20	<p><b>AYUSH Vision for Generation of Evidence, Integration and Collaboration with Universities Abroad</b></p> <p>Dr. Rajesh Kotecha, Special Secretary, Ministry of AYUSH, Government of India</p>
12:20 – 12:50	<p><b>A Bird's Eye View of Modern Research on Ayurvedic Concepts and Drugs</b></p> <p>Dr. Bhushan Patwardhan, Director, Center for Integrative and Complementary Health (CCIH), Department of Health Sciences, Savitribai Phule Pune University</p>
12:55 – 13:25	<p><b>Fenugreek – A novel drug of Ayurveda: Hungarian research experience</b></p> <p>Dr. Zoltán Szilvássy, Rector, UD</p>
13:30 – 14:30	Lunch and informal interactions
<b>SESSION II.</b>	
14:30 – 15:00	<p><b>CCRAS Research Policies and Priorities for Collaborative Programmes in India and Abroad</b></p> <p>Dr. K. S. Dhiman, Director General, Central Council for Research in Ayurvedic Sciences (CCRAS), Government of India</p>
15:05 – 15:35	<p><b>Integration of Ayurveda in Modern Medicine Clinical Practice: Examples from India</b></p> <p>Dr. Geetha Krishnan, Head of Department of Integrated Medicine, Medanta-Medicity Hospital, New Delhi</p>
15:40 – 16:10	<p><b>Effect of Panchkarma in various diseases</b></p> <p>Dr. Iván Szalkai, MD, Ayurveda practitioner, Head of Ayurveda program at University of Miskolc</p>
16:10 – 16:15	<b>Closing Remarks</b> by Prof. Asmita Wele, Chairperson, Ayurveda Chair, UD
16:15 – 17:00	Coffee break
17:00 – 18:00	<p><b>Traditional Indian cultural performance</b></p> <p>Arranged by Amrita Sher-Gil Cultural Centre, Embassy of India, Budapest</p>

## About the speakers



### Vaidya Rajesh Kotecha, MD (Ayu)

Special Secretary of Ministry of AYUSH  
One of the foremost experts on Ayurveda. He is leading academician and physician in the field of Ayurveda. Former Vice-Chancellor of Gujarat Ayurveda University, Jamnagar. He is the founder and chief consultant at Chakrapani Ayurveda Clinic and Research Center, Jaipur. He was honoured with prestigious Padma Shri Award in Medicine, the fourth highest civilian award from the Government of India for his exceptional services for upholding the essence and values of Ayurveda.



### Prof. Dr. Bhushan Patwardhan, PhD

Director of Center for Integrative and Complementary Health (CICH), Savitribai Phule, Pune University. Has over 30 year experience in research and development in the area of evidence based Ayurveda, ethno pharmacology, drug discovery & development and integrative medicine. Editor-in-Chief at Journal of Ayurveda & Integrative Medicine; Honorary Director at International Longevity Center, India. He has been consultant to WHO Geneva, member of task force for National Knowledge and Planning Commissions among many other important assignments.



### Prof. Dr. Szilvássy Zoltán, MD, PhD, DSc

Rector of University of Debrecen; Director of Department of Pharmacology and Pharmacotherapy Medical and Health Science Centre, University of Debrecen  
Graduated as an internist, then as a clinical pharmacologist, and obtained a DSc degree in 2001. His fields of research are neuropharmacology, insulin resistance, metabolic syndrome and cardiovascular pharmacology.



### Prof. Vaidya K. S. Dhiman, MD (Ayu), PhD

Director General of Central Council for Research in Ayurvedic Sciences (CCRAS) [TBC]. Former Head of Department of Shalakra Tantra [Ophthalmology, ENT and Oral Cavity & Dentistry in Ayurveda], Institute for Post Graduate Teaching and Research in Ayurveda, Gujarat Ayurveda University, Jamnagar.



### Dr. Geetha Krishnan, MD (Ayu)

Head of Department of Integrated Medicine, Medanta-Medicity Hospital, New Delhi  
Senior Consultant of Ayurvedic Medicine. Has extensive research background in drug research for diabetes, cancer and haematology. Skillful and extensive experience in pre-clinical pharmacology and developing CMC data for complex botanical formulations.



### Dr. Iván Szalkai, MD

Honorary professor at University of Debrecen. Dermatologist, Ayurveda specialist, Ayurveda educationist from Hungary.



## About the symposium

### OBJECTIVES

World is progressing at a fast pace revealing the secrets of nature including the CRISPR–Cas9 gene editing technology and personalized medicine. However, these developments are cost intensive restricting its use to specific health situations. In normal health paradigm simple, highly effective and low cost options are available in the form of traditional medical systems. Non Communicable Diseases (NCD), chronic diseases and psychological problems have been found to respond better to traditional medicine treatments. Combination of natural drugs, healthy lifestyle, well researched food products to combat health problems faced by new generation due to technology driven lifestyle has proved to be a better option. Healthcare challenges of the 21<sup>st</sup> century call for harmonizing the modern and traditional approaches where the modernization of the latter is an essential task. The symposium is aimed at presenting some of such successful approaches and also delve upon new possibilities of collaborative thinking.

### BACKGROUND

In spite of incredible advances in modern allopathic medicine there is an increasing burden of non-communicable diseases and mental disorders beginning at ever younger ages in most developed and developing countries. The root is associated with unhealthy lifestyles, negative stress, abolishing traditional practises from daily lives and reduced use of natural products in healthcare system. It is essential to re incorporate the traditional medicines into the healthcare domain for increasing health index of different populations.

Several steps have been taken in India to promote Ayurveda since independence. Department of ISM and H, renamed department of AYUSH under the umbrella of Ministry of Health and Family Welfare and Central Council for Research in Ayurvedic Sciences (CCRAS) were established to support research and development of Ayurveda. With a vision to spread the knowledge of Ayurveda a decision to establish chairs in universities of different countries was taken in 11th 5 year plan. The separate Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) was formed in November 2014 to ensure the optimal development and propagation of AYUSH systems of healthcare. University of Debrecen (UD) joined hands with CCRAS in 2014 with a view to acknowledge the scientific aspects of Ayurveda and for propagation of authentic Ayurveda in Hungary. Ayurveda Chair at University of Debrecen was commenced to serve the purpose. In order to further facilitate and enhance the dialogue between modern life sciences and Ayurveda an interdisciplinary education, research and treatment centre of Ayurveda, the European Institute of Ayurvedic Sciences (EIAS) is proposed to be established in UD. It is a collaborative

project between Indian and Hungarian governments. May this seminar be the beginning of a series of future international avenues aimed at unleashing the potential of Ayurveda and exploring its scientific legitimacy. Success of this project depends on mutual cooperation and meaningful outcomes for the health of the society.

## European Institute of Ayurvedic Sciences (EIAS)

### BACKGROUND

Hungary is at forefront to acknowledge Ayurveda as an official health care system by Government Decree 40/1997 on Naturopathy almost 20 years ago. Hungarian medical doctors trained in Ayurveda can practice Ayurveda along with modern medicine. To maintain the leadership of Hungary in the domain of Ayurveda, University of Debrecen (UD), under the dynamic leadership of Prof. Zoltán Szilvássy, had taken an important decision to start formal courses of Ayurvedic Medicine in 2014. Ministry of AYUSH, Government of India and Government of Hungary have supported UD substantially to bring the idea into reality. Establishment of European Institute of Ayurvedic Sciences (EIAS) for education, treatment, research and development under the umbrella of University of Debrecen in collaboration with its medical school is a remarkable step. It is the beginning of new thinking towards integration of traditional and modern medicine for healthy society.

### VISION FOR EIAS

Ayurveda and modern medicine both have their strong and weak points. A balanced confluence of ancient wisdom and new knowledge having vibrant technology would be charting a new path. It starts with integrative approach in education.

At UD we have proposed three tiers of courses:

- Introductory courses having 2 or 4 credits for medical, dental, nursing, public health, pharmacy and health faculty students.
- Post graduate diploma for medical doctors, nurses (Panchkarma / Yoga Therapy Specialists) and for pharmacy faculty
- Certificate courses in nursing care (therapists and masseurs), public health, gerontology, psychology and nutritional science

To maintain the quality of education, textbooks and manuals will be prepared to suit the need of students. They will also be translated in Hungarian. Integrative clinical training under supervision of specialists from India will be imparted as part of curriculum. Clinical research on impact of therapy based Ayurveda treatments and pharmacological research is envisaged with development of a modern pharmacy unit to maintain quality production of Ayurvedic products. A comprehensive collaborative PhD program in areas of drug development and clinical research is part of EIAS vision.



## About the Ayurveda Chair



The Ayurveda Chair at University of Debrecen was established in 2014 as a collaboration project between University of Debrecen and CCRAS, Government of India. The main objectives of the Chair are to facilitate and enhance the dialogue between modern life sciences and Ayurveda through interdisciplinary research and to establish

formal education of Ayurveda in Hungary. The Chair is currently headed by Dr. Asmita Wele.

**Prof. Dr. Asmita Wele** (MD Ayu pharmacology) Joined the Ayurveda Chair as Chairperson (on deputation of Government of India) in November 2016. Professor and former Head of Department of Rasashastra and Bhaishajyakalpanavigyan [Ayurveda pharmacology] at Bharati Vidyapeeth Deemed University, College of Ayurveda, Pune. She has over

25 years experience as teacher and practitioner. Her fields of research are cancer, asthma, diabetes, PCOD and diseases of neuropsychological origin.

### Courses offered by Ayurveda Chair:

- Credit course in Ayurveda for medical, dentistry and pharmacy students, as elective course for 2 semesters (Introduction to Ayurveda and Integrative Practice of Clinical Medicine I.–II.)
- Credit course in Ayurveda for students of faculties of health and public health and students in food engineering programs as elective course for 2 semesters (Introduction to Ayurveda and Integrative Practice of Clinical Medicine I.–II.)
- Credit course in Integrative dietetics for students in Food Engineering programs, as elective course. (in pipeline)
- MsC program in Ayurveda for medical, health, public health professionals and pharmacists (in pipeline)
- Post Graduate Diploma program for medical doctors (in pipeline)
- PhD program in Ayurveda for medical doctors (in pipeline)

## Fees and Registration

For all members of the University of Debrecen

- free of charge

For all students of the University of Debrecen and other medical universities

- free of charge

For private medical doctors and academic health professionals

- registration fee: 20.000 HUF

For doctors, faculties from other medical universities:

- registration fee: 10.000 HUF

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### For registration and further information please contact:

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