

18th International Conference
“Ayurveda: Herbs & Minerals”
(*Dravya Guna & Rasa Shastra*)
September 9 – 11, 2016

Venue:
Bastyr University
14500 Juanita Drive NE
Kenmore (Seattle), WA 98028, USA

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This conference is not intended to diagnose, treat, cure, or prevent any disease.*

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Tentative Conference Program Guide*

ROOM #133 – Hemlock

Friday, September 9, 2016

Time	Topic	Presenter
07:00 am – 08:30 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
08:45 am – 08:55 am	Inauguration	Inauguration
09:00 am – 09:25 am	Welcome Address	Dr. Tim Callahan, PhD, Senior Vice President Bastyr University, Seattle, Washington, USA
Session 1 – Moderator - Ashlesha Raut		
09:25 am – 09:30 am	Introduction of speakers of the session	Ashlesha Raut, BAMS. MD(Ayu), Illinois, USA
09:30 am – 10:00 am	Role of Anupana in Chikitsa – Panchamrutham (Five Nectars)	Dhanada Kulkarni, BAMS, Texas, USA
10:00 am – 10:30 am	Role of Mineral Rich foods in Ahar Chikitsa	Vijay Jain, MD, Florida, USA
10:30 am – 11:00 am	The concept of immunomodulation in ayurveda and ayurvedic herbs as a immunomodulators	Meenakshi Gupta, BAMS, MDAyu, Texas, USA
11:00 am – 11:30 am	Ayurvedic Herbs for Oral Health	Julia Maybogina, RYT, ALC, CPT, New Jersey, USA
11:30 am – 12:00 pm	Role of herbs & minerals in depression	Suresh Swarnapuri, BAMS, MDAyu, Ireland, EU
12:00 pm – 12:15 pm	Q & A	Q & A
12:15 pm – 12:30 pm	Sponsors presentation	Komal Herbals, Pennsylvania
12:30 pm – 01:30 pm	Lunch & Sponsors Visit	Lunch
Session – 2 – Moderator – Jayarajan Kodikannath		
01:30 pm – 01:35 pm	Introduction of speakers of the session	Jayarajan Kodikannath, BAMS, California, USA
01:35 pm – 02:05 pm	Therapeutic use of minerals and metals in Ayurveda	Ashlesha Raut, BAMS, MDAyu, Illinois, USA
02:05 pm – 02:35 pm	Dravya Guna of Phyllanthus Niruri and Boswellia Serrata	Santoshima Kartikeyan, BSMS, Washington, USA
02:35 pm – 03:05 pm	Exploring the Human Microbiome	Amrit Devgun, ND, AAP, Minneapolis, USA
03:05 pm – 03:35 pm	Q & A	Q & A
03:35 pm – 03:50 pm	Sponsors presentation	Banyan Botanicals, New Mexico, USA
03:50 pm – 04:05 pm		Kottakkal Herbs, New York, USA
04:05 pm – 04:30 pm	Break / Sponsors Visit	Break / Sponsors Visit
Session – 3 – Moderator - Dhanada Kulkarni		
04:30 pm – 04:35 pm	Introduction of speakers of the session	Dhanada Kulkarni, BAMS, Texas, USA
04:35 pm – 05:05 pm	Ayurveda is a Personalized Medical System- Understanding the principles of creating custom herb blends and formulations based on Samprapti	Jayarajan Kodikannath, BSc., BAMS, California, USA
05:05 pm – 05:35 pm	Organic Herbs: The Gold Standard Ayurvedic Therapy	Darshan Desai, BAMS, MDAyu, Mumbai, India
05:35 pm – 06:05 pm	Nasya Therapy: Modern scientific perspective	Dhaval Dhru, MD, Washington, USA
06:05 pm – 06:20 pm	Q & A	
06:20 pm – 06:30 pm	Sponsors presentation	Floracopeia Aromatic Treasures, California, USA
06:30 pm – 07:30 pm	Dinner & Sponsors / Exhibitors Visit	
08:00 pm – 08:30 pm	AAPNA Board of Directors, Advisors, Members Meeting	

Saturday, September 10, 2016

Time	Topic	Presenter
06:30 am – 07:30 am	Quantum Breath Meditation	Vijay Jain, MD, Florida, USA
07:30 am – 08:30 am	Day Pass Registration	Front Desk & Sponsors Visit
Session – 4 – Moderator - Rammohan Rao		
08:55 am – 09:00 am	Introduction of speakers of the session	Rammohan Rao, PhD, California, USA
09:00 am – 09:30 am	Addressing infertility through Ayurveda	Devika Deshmukh, BAMS, MD-Ayu, California, USA
09:30 am – 10:00 am	Scientific Basis for use of Medhya Rasayana Herbs in Ayurveda	Anupama Kizhakkeveetil, BAMS, MAOM, LAc. PhD (C), California, USA
10:00 am – 10:15 am	Q & A	Q & A
10:15 am – 10:30 am	Sponsors presentations	Forest Gold, Mumbai, India Maharishi Ayurveda, Iowa, USA
10:30 am – 10:55 am	Break & Sponsors Visit	Break & Sponsors Visit
Session – 5 – Moderator – Darshan Desai		
10:55 am – 11:00 pm	Introduction of speakers of the session	Darshan Desai, BAMS, MD Ayu, India
11:00 am – 11:30 am	Why Kitchen Spices are more important than Pharmacy Herbs	Vivek Shanbhag, BAMS, MD-Ayu, ND, California, USA
11:30 am – 12:00 pm	Herb & Drug interactions with some common medicinal plants used in Ayurveda	Namyata Pathak-Gandhi, BAMS, MD-Ayu, California, USA
12:00 pm – 12:15 pm	Q & A	
12:15 pm – 12:30 pm	Sponsors presentations	Athreya – Lets All Be Healthy, California, USA
12:30 pm – 01:30 pm	Lunch & Sponsors / Exhibitors Visit	
Session – 6 – Moderator – Vijay Jain		
01:30 pm – 01:35 pm	Introduction of speakers of the session	Vijay Jain, MD, Florida, USA
01:35 pm – 02:05 pm	Ayurvedic Herbs for Addiction and Substance Abuse	Natalia Galindo, MSc, ERYT, Florida, USA
02:05 pm – 02:35 pm	Ayurvedic Herbal Therapeutics for Alzheimer's Disease	Rammohan Rao, PhD, California, USA
02:35 pm – 03:05 pm	Integrative approach in the management of common ENT disorders	Bintee Gumman, MBBS, DLO, DAc. Oklahoma, USA
03:05 pm – 03:20 pm	Q & A	
03:20 pm – 03:35 pm	Sponsors presentation	Sewanti Ayurvedic Herbs, Canada
03:35 pm – 03:50 pm	Award Ceremony & Group Photo	
03:50 pm – 04:20 pm	Break & Sponsors Visit	Break & Sponsors Visit
Session 7 – Moderator - Vivek Shanbhag		
04:20 pm – 04:25 pm	Introduction of speakers of the session	Vivek Shanbhag, BAMS, MD Ayurved, ND, California, USA
04:25 pm – 04:55 pm	Biochemistry of Cellular Healing and the Foods to Support it	Holly Fouchalk, PhD, Vancouver, Canada
04:55 pm – 05:25 pm	Ayurvedic herbs and minerals for women's health	Sujata Gadre, BAMS, MS, CPhT, Texas, USA
05:25 pm – 05:55 pm	Ayurvedic Herbs and Integrative Nutraceuticals	Amitabh Gumman, BAMS, MPH, PhD, Oklahoma, USA
05:55 pm – 06:10 pm	Q & A	Q & A
06:10 pm – 06:25 pm	Sponsors presentation	International University of Yoga and Ayurveda, Florida, USA
06:25 pm – 07:30 pm	Dinner	Dinner
08:00 pm – 09:00 pm	Evening Entertainment	

Sunday, September 11, 2016

Time	Topic	Presenter
6:30 am – 7:30 am	Yoga and Meditation	
7:30 am – 8:15 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
Session 8 – Moderator – Namyata Pathak		
08:55 am – 09:00 am	Introduction of speakers of the session	Namyata Pathak, BAMS, MDAyurved, California, USA
09:00 am – 09:30 am	Taking Ayurvedic Herbs to the Next Level in the Clinic: Cutting Edge Ayurvedic Herbalism in Modern America	K.P. Khalsa, DN-C, RH, CAP, Oregon, USA
09:30 am – 10:00 am	Clinical efficacy of Ayurvedic herbal compound in cardiovascular endurance and physical performance in healthy athletic adults	Neelam Toprani, Vancouver, Canada
10:00 am – 10:15 am	Q & A	
10:15 am – 10:45 am	Break	Sponsors Visit
Session 9 – Moderator - Anupama Kizhakkeveettill		
10:45 am – 10:50 am	Introduction of speakers of the session	Anupama Kizhakkeveettill, BAMS, MAOM, LAc. PhD, California, USA
10:50 am – 11:20 am	Selling the unknown: How to market Ayurvedic services and products	Joseph Parrinello, M.A. New York, USA
11:20 am – 11:50 am	Minerals and Metals in Dermatology	Raja Sivamani, MD, MS, CAT, California, USA
11:50 am – 12:20 pm	TBA	TBA
12:20 pm – 12:30 pm	Q & A	
12:30 pm – 01:30 pm	Lunch	Lunch
Session 10 – Moderator – Suresh Swarnapuri		
01:30 pm – 01:35 pm	Introduction of speakers of the session	Suresh Swarnapuri, BAMS, MDAyurved, Ireland
01:35 pm – 03:05 pm	Workshop: Oncology Care through Ayurvedic Herbal Wisdom and Nano Heavy Metals	Virender Sodhi, BAMS, MDAyu, ND, Washington, USA
03:15 pm – 04:45 pm	Workshop: Anti-inflammatory Herbs in Ayurvedic Clinical Practice	Shekhar Annambhotla, BAMS, MDAyu, Pennsylvania, USA
04:45 pm – 05:00 pm	Closing Ceremony	Shekhar Annambhotla, Director GAC & AAPNA, Pennsylvania, USA

*Note: *The program guide subject to change without prior notice.*

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