

20th International Conference

“Panchanga Veda”

*Ayurveda, Yoga, Jyotisha, Vastu,
Gandharva Veda (Music)*

March 10 -12, 2017

Venue:

Mount Madonna Center

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Tentative Conference Program Guide*

Friday, March 10, 2017

Time	Topic	Presenter
04:00 pm – 5:00 pm	Registration	Front Desk
05:00 pm – 5:30 pm	Inaugural Ceremony	Vedic Recitation & Dhanwantari Prayer
Session 1 - Ayurveda		
05:30 pm – 06:30 pm	Dinner	Dining Hall
07:00 pm – 07:30 pm	Orientation	MMC Staff
07:30 pm – 08:30 pm	Alchemy in Ayurveda	Ashlesha Raut, BAMS, MD-Ayu, Illinois, USA
08:30 pm – 09:30 pm	Ayurveda for Women's Health	Devika Deshmukh, BAMS, MD-Ayu, CMP, California, USA
09:30 pm – 10:00 pm	Q & A	Q & A

Saturday, March 11, 2017

Time	Topic	Presenter
07:30 am – 09:30 am	Yoga and Meditation	MMC staff
10:00 am – 11:00 am	Registration / Brunch	Front Desk / Dining Hall
Session – 2 - Jyotisha		
11:00 am – 12:00 pm	Vedic Medical Astrology Remedies to Heal Your Life	Michael Mastro, California, USA
12:00 pm – 01:00 pm	Vedic Medical Astrology	Suhas Kshirsagar, BAMS, MD-Ayu, California, USA
01:00 pm – 01:30 pm	Q & A	Q & A
01:30 pm – 02:00 pm	Snack Break	
Session – 3 – Yoga & Palmistry		
02:00 pm – 03:00 pm	Yoga as Work-In (Develop <i>Viveka-Khyaati</i>)	Indu Arora, ERYT, Illinois, USA
03:00 pm – 04:00 pm	Hands On: How the Elements Manifest in the Human Hand	Claudia Anfuso, BA, California, USA
04:00 pm – 04:30 pm	Q & A	
05:00 pm – 06:00 pm	Dinner	
Session 4 – Classical Indian Dance		
06:30 pm – 07:30 pm	Classical Indian Dance	Sneha Kalaskar, BAMS, MD-Ayu, California, USA Samika Savanur, ND, California, USA

Sunday, March 12, 2017

Time	Topic	Presenter
06:30 am – 08:30 am	Yoga and Meditation	MMC staff
08:30 am – 09:30 am	Breakfast	Dining Hall
Session 5 – Integrative Ayurveda & Pancha Karma		
10:00 am – 11:00 am	Ayurveda in Your Clinical Practice	Vivek Shanbhag, ND, BAMS, MD-Ayu, CYED, California, USA
11:00 am – 12:00 pm	Importance of Pancha Karma for Wellness and Longevity	Shekhar Annambhotla, BAMS, MD-Ayu, LMT Pennsylvania, USA
12:00 pm – 12:30 pm	Q & A	
12:30 pm – 01:30 pm	Lunch	
Session 6 – Gandharva Veda HINDUSTANI CLASSICAL GANDHARVA MUSIC FEST		
01:30 pm – 02:00 pm	Hindustani Classical Music	Nachiketa Yakkundi, California, USA Satish Tare, California, USA Vivek Datar, California, USA
02:00 pm – 02:20 pm	Tabla Solo	Satish Tare, California, USA
02:30 pm – 02:50 pm	Sitar Recital	Prasad Jogalekar, California, USA
02:50 pm – 03:20 pm	Hindustani Classical Music	Madhuvanti Bhide, California, USA Satish Tare, California, USA Vivek Datar, California, USA
03:20 pm – 03:45 pm	Award Ceremony & Group Photo	Award Ceremony & Group Photo
03:45 pm – 04:00 pm	Break	
Session 7 – Stress Management		
04:00 pm – 05:00 pm	Stress Management with Ayurveda	Rucha Kelkar, BAMS, MPT, California, USA
05:00 pm – 06:00 pm	Dinner	
Session 8 – Mental Health		
06:00 pm – 07:00 pm	Clinical Management of Mental Disorders through Vedic Systems of Healing	Jayarajan Kodikannath, BSc., BAMS, California, USA
07:00 pm – 07:30 pm	Q & A	Q & A
07:30 pm – 07:45 pm	Closing	MMC Staff
07:40 pm – 08:00 pm	Closing Circle	All Participants

**Please note: The program guide is subject to change without prior notice.*

Program Details
Friday, March 10, 2017

Featured Speaker - Ayurveda

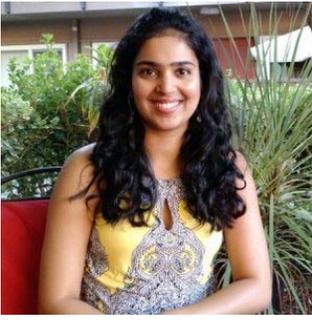


Ashlesha Raut, BAMS, MDAYURVEDA is an integrative ayurvedic practitioner, nutritional consultant and pranic healer. She is a third generation vaidya who is a classically trained Ayurveda M.D. from Mumbai University, India. She has been practicing ayurveda for more than a decade and is a faculty at many colleges in the USA. She has been an integral part of the ayurveda healing community with a mission towards providing a holistic path for wellness and optimal health through ayurveda and integrative medicine. She has conducted a large number of workshops, authored publications, participated in talk shows, and presented research papers in the field of ayurveda. She is a founding member and President at CAC (Council for Ayurveda Credentialing), co-founder of American Institute of Ayurveda, and holds many advisory positions in various ayurveda holistic health organizations. She is a Director at Main Street Yoga and Ayurveda For Healing. She currently practices in the Bloomington IL, Chicago and Michigan areas.

Alchemy in Ayurveda

Ayurveda strongly believes that there is not a single substance in the universe which does not have the potential to be used as a medicinal drug. So this concept resulted in ayurvedic pharmacopeia being comprised of not only herbs, but also metals and minerals. In order to use these metals and minerals in their consumable medicinal forms, ayurveda adopted alchemy. Here, alchemy was not limited to transformation to gold, but was for transforming metals and minerals into natural medicinal drugs. This evolved to a very specialized discipline known as *rasashastra*. The science and art of *rasashastra* became an alchemic fusion between mineral and organic compounds, which included diverse and deadly metals such as mercury. The gift and magic of *rasashastra* is the possibility of providing very high efficacy, instant effectiveness, and extensive therapeutic utility in very small doses. These metals and minerals are usually used in the form of *bhasmas* or ashes, which are very potent in therapeutic uses. The process of creating *bhasmas* from raw metals is a very comprehensive, complex and multi-step process. This presentation will cover the comprehensive review of the specialized alchemic discipline of ayurveda, *rasashastra*, to provide a brief but all-encompassing coverage of different aspects related to it, as well as an overview of various complex processes for creating metallic *bhasmas*.

Featured Speaker – Ayurveda



Devika Deshmukh, BAMS, MD (Ayu), CMP is a second generation vaidya whose parents, Drs. Ramesh and Shubhada Deshmukh, run the renowned Kerala Ayurvedic Clinic in 3 locations in Mumbai. Her MD-Ayurveda research thesis was “Comparative study on the effect of nasya karma and greeva basti with ksheera bala taila in greeva hundanam with special reference to cervical spondylosis”. While working as a consultant for Kerala Ayurvedic Clinic in Mumbai, she taught *panchakarma* at the University of Mumbai. She has taught panchakarma classes to the students of Middlesex University, United Kingdom and done research presentations at ayurvedic seminars in Karnataka and in national conferences. Based on her extensive training and research, she will do a practical clinical presentation at this conference.

Ayurveda’ for Women’s Health

In today’s busy lives men & women share equal responsibilities. They strive equally to feed their families. We have seen an enormous rise in the number of career oriented women balancing both their career lives as well as personal. A being who is excellently evolved at multitasking, a woman cares much about everything else but hardly finds time for self care. Preventative wellness becomes lesser of a priority. In this paper will be discussing about how simple Ayurvedic procedures, Ayurvedic health tips and exercise routines can help women maintain their health in their busy lives. These routines can be applied right from childhood through adulthood & even in old age.

Saturday, March 11, 2017

Featured Speaker – Jyotisha



Michael Mastro - With over 40 years of experience as a Vastu/Jyotish consultant, and a yoga/ meditation teacher, Michael Mastro is considered a Vedic science authority. Bringing balance to mind, body, spirit and environment is his life’s passion. His work with individuals and corporate clients such as Microsoft, Boeing, Amazon, NASA, The World Bank and Oracle has helped thousands of people live more harmonious, stress-free lives.

Vedic Medical Astrology Remedies to Heal Your Life

You will learn the basics of chart reading and practical remedies including planetary herbs, oils, mantras, yantras, colors and gems to help you and your clients to improve, health, relationships, finances and career. Please join us for this transformational presentation. Michael has done over 11000 readings and helped people worldwide to improve the quality of their lives over the past 30 years.

- This course will teach you a systematic approach to this ancient knowledge and the application of astral remedies.
- In this course you will:
- Review the five elements of Vedic Astrology: Signs, Planets, Houses, Planetary Periods and Transits
- learn the working concepts and terminology of astrology
- apply basic and advanced principles of chart interpretation

- examine sample charts and learn how to study the horoscope
 - have the resources and techniques to read both the Natal and Transit Charts.
- “Astrology is a science in itself and contains an illuminating body of knowledge. It taught me many things and I am greatly indebted to it.”
Albert Einstein – Physicist

Featured Speaker – Jyotisha



Suhas Kshirsagar BAMS, M.D. (Ayurveda), Jyotish Brihaspati is an internationally recognized leader in the ancient sciences of ayurvedic medicine & Jyotisha, which emphasize a comprehensive body-mind-spirit approach to health & well-being. He is an internationally acclaimed motivational speaker, experienced clinician, researcher & an insightful medical astrologer, who adds tremendous value to his clients and students alike. He is currently the Director of Ayurvedic Healing, an Integrative Wellness Clinic in Santa Cruz, California.

Vedic Medical Astrology

Vedic Medical Astrology is a perfect blend of ayurveda & jyotisha. An ayurvedic physician can effectively combine standard medical history with one's horoscope and advise clients on the best procedures to regain health. Medical astrology demands knowledge of both astrology and medicine.

You may be able to determine a tendency toward various types of illnesses and weak spots, and one can usually see periods of stress or lowered vitality and the timing when one can develop health problems. Analyzing the planetary combinations and placements in a natal or progressed chart, a medical astrologer can ascertain likely psychological or physical weaknesses that may be causing a disease. The medical astrologer then can advise the client on the appropriate tests necessary to verify the astrological speculations. After a physician's tests have confirmed the diagnosis, the medical astrologer can outline the best diet, nutritional supplements & therapeutic lifestyle changes for the individual to optimize their health and well-being. The birth chart is a genetic "karmic code" that unfolds the strength, weakness, good/bad times and different areas of life that can affect one's health and well-being. Planetary combinations and placements can reveal the onset and timing of a disease and help for crafting a treatment plan for the energetic healing of the whole person.

Featured Speaker – Yoga



Indu Arora is an Ayurveda-Yoga Therapist and Master Teacher. She is the author of *Yoga-Ancient Heritage Tomorrows Vision* and *Mudra-The Sacred Secret*. She is the recipient of Ayurveda Yoga Gem, Ray of Hope, Jewel of India, Jewel of Yoga and Sage awards for her contributions to yoga and ayurveda. Her philosophy is "Nothing has the greatest power to heal, but Self".

Yoga as Work-In (Develop Viveka-Khyaati)

Yogis and yoginis of today... are you scientists? Do you notice how the breath, the heart beat, the body temperature and the taste in the mouth changes with each asana, each pranayama and each kriya we perform and what each of these signs mean? Are you in touch with the real practice? Every yoga asana is therapy, as all asanas are to make the body-mind apparatus healthy for the subtle energy to move into *madhya patha* (*sushumna*). Yoga is not merely learning the Sanskrit names, standing on one's head, chanting mantras or reciting sutras. It is inner transformation... that happens only with awareness!

Let us explore the real meaning of yoga, what yoga therapy is and how it relates to its sister science, ayurveda, and witness transformation. Let us practice Yoga as Work-IN and not Work-OUT.

Featured Speaker – Palmistry



Claudia Anfuso, founder of Consider Astrology, holds a B.A. from Georgetown University in psychology. She is a lifelong student, teacher and practitioner of Jyotiṣa (Vedic astrology) and Hasta Sāmudrika (Indian Palmistry). In 2006, she took her first of many courses in Hasta Sāmudrika (Indian hand analysis) with world renowned Jyotiṣa master Hart deFouw. That course ignited a life-long passion for the patterns of the sky and of the human hand and their encoding of both character and destiny patterns. Claudia delights in teaching jyotiṣa and palmistry workshops around the world to those who are curious about these compelling and infinitely rewarding sacred arts.

Hands On: How the Elements Manifest in the Human Hand

Hasta Sāmudrika, or the analysis of hand portents, is part of the ancient sacred Indian art of analyzing the body to discern patterns in nature. The human hand is a beautiful mirror that can function as our personal navigation system towards greater self-awareness and integration.

Considered a sister to Jyotiṣa (or Vedic Astrology), the beautiful Vidyā of Hasta Sāmudrika is both accessible and fascinating. Hands encode and reveal our character, talents, needs, expectations, and potentials. The human hand is a living symbol that displays important details about the trajectory of our lives. It serves as a valuable tool for self-discovery, and a powerful device for snap-shot assessments of others we come in contact with.

Hasta Sāmudrika avails itself of a very practical and useful hand classification system based around the expression of the 5 elements (pañca mahābhūta). This system can help us determine which element is predominant in the hand, and what physical, emotional and mental features we can expect to be associated with such hand types. This basic skill will function as a life-long practical foundation for the exploration of the world of hands around you.

Sunday, March 12, 2017

Featured Speaker – Integrative Ayurvedic Medicine



Vivek Shanbhag, BAMS, MD-Ayu, ND, CYED is a licensed naturopathic doctor, ayurvedic medicine expert, professor & best-selling author with over 30 years experience. He is the Founder-Director of Natural Medicine Clinic & Academy in San Jose & Los Gatos, California. He is an adjunct faculty at Bastyr University, Mount Madonna Ayurveda College, Vedika Global and Kerala Ayurveda. His 16 years of clinical training includes: ND, Bastyr University; MD-Ayu, Poona University; BAMS, Karnataka University; and Yoga Educator, Karnataka University. He specializes in integrating ayurveda, naturopathic medicine and yoga to treat acute and chronic diseases. From 1989 – 2006, he was the Founder-Director of AYU Ayurvedic Academy & Clinic, Seattle. In 2006, he sold this successful institution to Kerala Ayurveda. During 1991-96, he was Chairman of the Ayurveda Department at Bastyr University. During 1985-88, he was Head of Ayurvedic Research Institute, Pune. He is the best-selling author of *Beginner's Introduction to Ayurveda* by Keats Publishing. Recently, he won international Awards for Excellence in Ayurvedic Teaching and Practice. He has been a sought-after keynote speaker at national and international conferences in the fields of ayurveda, naturopathic medicine, yoga, wellness, and nutrition.

Ayurveda in a Clinical Setting

My comments will refer to practice in the Western world countries, specifically the USA. The application of the International Classification of Diseases (ICD) system for disease classification according to modern medicine is useful for clinical practice in Ayurveda. Nevertheless, it must be noted that the concept of holistic approach must remain the most important part of clinical Ayurveda. How to integrate the modern ICD concept with classical Ayurveda is a very important part of practicing Ayurveda in USA.

Ayurvedic classification of diseases (ACD) has not yet developed adequately, and that presents a problem for a practitioner in communicating with the Ayurvedic community, modern medicine physicians, insurance companies and regulatory authorities. If we only use ICD classification, we will lose the individualized, multimodal approach in Ayurveda for the maintenance of health and treatment of diseases. Ayurvedic texts strongly emphasize that it is not necessary to name every disease. The understanding of the disease in terms of *nidāna* (etiology), *dosha* (dysfunction), and *dūśya* (target tissues), as well as the stages of progress of the disease, is considered to be crucial in succeeding in the treatment. For diseases that have not been named or listed in the texts, it would make sense to attempt to derive Ayurvedic descriptions based on the above principles.

In this presentation, we will discuss the problems and opportunities facing the practice of Ayurveda in the USA.

Featured Speaker – Panchakarma



Shekhar Annambhotla, BAMS, MDAyurved, LMT, Pennsylvania, USA has been practicing and teaching ayurveda worldwide since 1988. He began his eight-year course of study in ayurveda at the age of 17, first at Nagarjuna University in Andhra Pradesh, India (1982-88) and then at Gujarat Ayurved University in Gujarat, India (1988-91), where he earned his Doctorate Degree in Ayurveda. He is also a Licensed Integrative Bodywork and Massage Therapist (LMT) and an Experienced Registered Yoga Teacher (E.R.Y.T.-500) with the Yoga Alliance and an instructor of therapeutic Hatha Yoga, having completed training at the Swami Vivekananda Yoga Research Center in India. Shekhar is also a Certified Pranic Healer, a Certified Reiki Healer and holds a Certification in Energy Healing. From 1992 – 1994, Shekhar worked as an Associate Professor at N.K.J. Ayurvedic College (Gulburga University), Bidar, Karnataka State, India.

From 1994 – 2001, Shekhar had the opportunity to serve at Maharishi Vedic Schools and Universities in The Netherlands, Austria, Hungary, Italy, Germany, France, Switzerland, Great Britain, Ireland, Portugal, Spain, Belgium, Trinidad, Guadeloupe, Jamaica (Caribbean Island), Colombia (South America), Canada, and the U.S.A. During his extensive travels, he delivered lectures and offered consultations on Ayurveda for health professionals and for the general public. He gave several newspaper interviews and radio talks on Ayurveda and was also interviewed on BBC's Breakfast Television. Since 2002, Shekhar has been the Founding Director of Ojas LLC, Ayurveda Wellness Center, in Pennsylvania, USA.

He is the Founder, President and Chairman of the Board of Association of Ayurvedic Professionals of North America (AAPNA). He is Founding Director of Global Ayurveda Conferences, LLC, USA. Shekhar is a co-founding director of International University of Yoga and Ayurveda, Inc. (IUYA). Shekhar served on the Board of Directors for National Ayurvedic Medical Association (NAMA) from 2005-2010. He has taught ayurveda courses in many prestigious universities in the United States including University of Pennsylvania (UPENN), University of Medicine & Dentistry in NJ (UMDNJ), Hershey Medical School, Jefferson Medical School, University of Penn Nursing School, and others.

He was awarded the **“Tathagat International Excellence Award 2011”** in Dubai, received the award **“Ayurveda Khandantara Sthapanacharya”** Award for promoting ayurveda around the globe, **“Pragathi”** Award for Promoting Ayurveda Globally, **“Vishwa Ayurveda Ratna”** (Gem of Ayurveda) Award, **“Global Ambassador of Ayurveda”** Award **“Dhanwantari”** Award and MTC Global Award 2015 **“Outstanding Corporate Award: Healthcare and Community Service”**. He is on the editorial board for Ayurveda Journal of Health, MA, USA and was recently appointed as a Board of Advisor for AYU international journal from Gujarat Ayurved University, Jamnagar, India.

Importance of Pancha Karma for Wellness and Longevity

Pancha karma is the ancient healing system of Ayurvedic rejuvenation therapies performed to facilitate the removal of deep rooted impurities, toxins and stresses in the mind-body. In ayurveda, Pancha karma (PK) therapy means **“five actions”**. A deep cleansing and rejuvenation program for enhancing longevity and vitality, PK is

considered a complete, holistic approach to the elimination of the root cause of each and every chronic health problem.

According to Ayurveda, each individual is born with a unique genetic constitution known as “**Prakriti**”. The irregular lifestyle, unhealthy food and stressful conditions may change the balanced state of Prakriti, leading to various disease or imbalance manifestation.

Today, in the USA, 70% of deaths are due to chronic diseases, not infectious diseases. Acharya Charaka has described that imbalances in doshas can be pacified by *shamana* therapies (palliation methods) such as administration of herbo-mineral supplements, lifestyle changes, adopting fasting, etc., but deep-rooted imbalances in doshas can be completely eliminated by the administration of *shodhana* therapies (purification methods), such as pancha karma. Pancha karma is not for all, but for those who are completely committed to go through all the benefits explained in the Pancha karma program. One must undergo a pre-cleansing program (*poorva karma*), main cleansing program (*pradhana karma*) and post-cleansing program (*paschat karma*). The entire program may be up to 30 days and completely rejuvenates and cleanses the mind-body-spirit.

Pancha karma is a unique, personalized experience that helps the mind and body feel relaxed and rejuvenated. Our individual bodies are governed by their unique biorhythms and circadian cycles as influenced by seasons and weather. The accumulation of toxins can come from our food, our relationships and our environment, and even from our own thought processes. Over years of time, these toxins may build at the physical, mental, emotional and spiritual levels. Many chronic diseases and illnesses are the result of the accumulation of toxins in the body that impair the functioning of its natural defenses, such as the lymph, circulatory and immune systems.

Featured Presenter – Gandharva Music – Vocals



Nachiketa Yakkundi hails from Dharwad (Karnataka), renowned for producing several legendary Hindustani classical vocalists. Nachiketa Yakkundi has been a well known vocalist over the last 30 years. He was initiated into Hindustani vocal music by his parents, and his formal study began in Madras (Chennai) under Shri B. N. Simha and later under Shri B. Hanumantachar. His rigorous and extended pedagogy came under the virtuoso late Padmabhushan Pandit Basavraj Rajguru. Nachiketa has performed in several cities across India and North America. He has been a resident of the San Francisco Bay Area over the last 25 years, and he performs at various concerts held in California and the USA. He runs the Rajguru Sangeet Vidyaniketan school of music in Saratoga, CA, USA.

Featured Presenter – Gandharva Music – Tabla



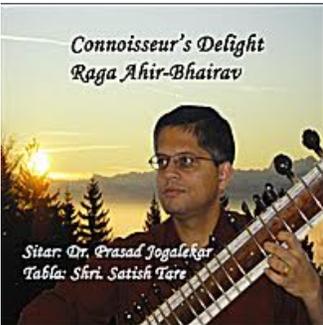
Satish Tare started learning tabla at the very tender age of 5 from his father, the late Shri Madhav Tare who himself was a disciple of the great legendary Ustad Amir Hussein Khan sahib. Later on, Satish received rigorous training from **Pt. Arvind Mulgaonkar ji** for almost 15 years in Mumbai. He also got guidance from **Pt. Vibhav Nageshkar ji** while studying his Diploma in Music from Mumbai University. In Pune, he learned from **Shri Vivek Joshi**. For the last 10 years, Satish has been taking advanced training from the world renowned tabla maestro, **Pt. Swapan Chaudhuri**, in California. He conducts training classes for youth and adults and has trained hundreds of artists.

Featured Presenter – Gandharva Music – Vocals



Madhuvanti Bhide has been a popular Hindustani classical vocalist in the San Francisco Bay Area over the last 15 years. From a young age, she learnt Indian classical music and received intensive training for 9 years from her guru, Dr. Alka deo Marulkar, a legend in the musical world. Madhuvanti has a BA in Music and was awarded a prestigious scholarship from the government of India in order to inspire her toward masterly perfection in classical and semi-classical music. She received the “Sangeet Visharad” degree for her musical achievements. She has won various competitions, has performed classical and semi-classical, Marathi, and Hindi concerts, and received encomiums for her performances in India and the USA. Madhuvanti is a well known music teacher and has trained many youth and adults in Hindustani classical music. She loves to teach Gharana Gayaki.

Featured Presenter – Gandharva Music – Sitar



Prasad Jogalekar – Having learnt sitar under the tutelage of sitar maestro Ustad Abdul Halim Jaffer Khan and Maihar Gharana Maestro Pandit Partha Chatterjee, Dr. Prasad applies his technical virtuosity toward the larger goal of creating consciousness-elevating music. Dr. Prasad Jogalekar also learnt sitar nuances from Ustad Shahid Parvez, and employs the gayaki elements in his rendition. Dr. Prasad Jogalekar unwaveringly focuses on aesthetics. He is a leading sitar maestro of the Bay Area and has performed at innumerable concerts in India and US. Considering his merits in the knowledge of classical ragas and his performances at various concerts, he received the Gandharva Award from AAPNA in 2015.

Featured Presenter – Gandharva Music – Harmonium



Shri. Vivek Datar is M.Tech from Indian Institute of Technology, Mumbai and is currently working as a Senior Manager in CISCO System, San Francisco Bay Area. He had intensive training in Hindustani Classical Music from his youth age and he took special interest in developing skills of Harmonium with guidance from his Guru Shri. Kale of Pune. He has been living in USA over the last 30 years and he is the first and foremost Musician in the Harmonium skills in the San Francisco Bay Area and has accompanied top notch Vocalists in India and USA. Besides, he is a Music Teacher, and conducts workshops and solo performances, continuing research on Harmonium playing.

Featured Speaker – Stress Management



Rucha Kelkar, BAMS, MPT is the director of Ayurbliss, LLC - Ayurveda Wellness for Mind, Body and Spiritual Health. Her clinic is located in San Mateo, California. Dr. Kelkar is an accomplished Ayurvedic clinician, educator, speaker and writer with an experience of over 15 years. She is a Panchakarma expert. She has an extensive clinical knowledge base in Ayurveda and physical therapy. She is a faculty for leading Ayurveda schools and has been a presenter at multiple National Ayurveda Conferences. She specializes in orthopedic physical therapy. She received her graduate degree in Ayurveda from University of Pune, India and her master's degree in physical therapy from California State University, Long Beach. She is currently pursuing her doctoral degree in physical therapy.

Stress Management with Ayurveda

Do you suffer from stress and want to learn how to cope with it? Do you find yourself being pushed around by stressful situations but think it is time to take charge in your life? If you answer yes to any of the above questions then a stress reduction workshop might be just the thing you need. At this workshop, you will learn various stress management techniques to combat stress effectively. This workshop will teach you nutrition, herbs, breathing, relaxation and visualization techniques based on Ayurvedic and Yogic principles to re-balance body and mind. Come join Dr. Rucha to learn fun, simple and useful techniques to handle life's stressors.

Featured Speaker - Ayurveda



Jayarajan Kodikannath, BSc., BAMS is a classically trained Ayurveda doctor and an accomplished teacher representing a family lineage of traditional Ayurveda Practitioners (Vaidyas) from Kerala, India. He is currently working as the Academy Director of Kerala Ayurveda (USA) and has had over two decades of successful clinical practice for a myriad of health conditions. He has been the lead Ayurvedic clinical expert in the research programs conducted by Kerala Ayurveda on Mental Health, Immunity and Metabolic Disorders. He served as the Chief Medical Officer of an exclusive Ayurvedic heritage wellness center, Ayurvedagram, for more than 10 years before he moved to USA in 2010. His approach on consultations and health guidance are empathetic, detail oriented and holistic. He is on the advisory board of Association of Ayurveda Professionals of North America (AAPNA) and he is currently the Board of Director of National Ayurveda Medical Association (NAMA) and California Association of Ayurvedic Medicine (CAAM). Dr Jay, as he is fondly referred, has presented several papers on Ayurveda in national and international seminars.

Clinical Management of Mental Disorders through Vedic Systems of Healing

Vedic sciences consider body, mind and soul as the tripod of life and their balance is responsible for health and longevity. This concept clearly explains the mutual influence of mind over body and vice versa in health and disease. As Charaka Samhita explains there are only three types of human actions- kaya (physical), vak (verbal) and mano (mental) - and almost all the conscious actions at all three levels are triggered by the mind. This makes understanding and healing the mind very complex. Traditional Indian

medicine (Ayurveda) provides a well-structured methodology for the assessment and management of various mental disorders incorporating counseling, natural ingredients and formulations, Panchakarma, Yoga, spiritual practices, Jyotisha and other healing arts including music and dance. Mental health is one of my passionate areas and I was the core team member of a research program of Kerala Ayurveda conducted on stress, anxiety and cognition. In this presentation I would like to cover the clinical understanding of mind and management of mental disorders through examples of some of my clinical cases.