

32nd International Conference
**“Ayurveda: Autoimmune &
Metabolic Disorders”**
September 6 - 8, 2019

Venue:
Arsha Vidya Gurukulam
651 Route 115, Saylorsburg, PA 18353, USA

Contact:
Dr. Shekhar Annambhotla
Email: doctorshekhar@gmail.com

Organized By



Ayurveda Conferences, LLC

*Note: *This conference is solely for educational purposes.
This conference is not intended to diagnose, treat, cure, or prevent any disease.*

Continuing Education through NCBTMB & AAPNA

20.0 CE / PACE Hours

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Tentative Conference Program Guide*

Friday, September 6, 2019

Time	Topic	Presenter
07:30 am – 08:45 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
Session 1		
09:00 am – 09:30 am	Inauguration & Speech	Swami Paramatmananda, Pennsylvania, USA
09:30 am – 10:15 am	Autoimmune Disease and an Ayurvedic Perspective	Jaya Daptardar, BAMS,MHA, Connecticut, USA
10:15 am – 11:00 am	Arthritis: A pain relief with Ayurveda & Naturopathy	Leena Athparia, ND, BA, BSc, AWWC, Toronto, Canada
11:00 am – 11:15 am	Break	Break
11:15 am – 12:00 am	Autoimmune Skin Disorders: Deciphering and Addressing from Ayurvedic Perspective	Priyanka Ingle, PhD, MS, BAMS, New Jersey, USA
12:00 am – 12:30 am	Sponsors Presentation	Maharishi Ayurveda – vpk Ayurveda, Iowa, USA Harmony Veda, Oklahoma, USA
12:30 pm – 01:30 pm	Lunch & Sponsors Visit	Lunch
Session 2		
01:30 am – 02:15 pm	Psoriasis and its management in Ayurveda	Anjum Nadaf, BAMS, RAD, New Jersey, USA
02:15 pm – 03:00 pm	Deepening our understanding of Autoimmune Disorders with Ayurveda	Pratibha Shah, BAMS, MD-Ayu, MPH, Massachusetts, USA
03:00 pm – 03:15 pm	Sponsors Presentation	Ayurveda Posters, Virginia, USA
03:15 pm – 03:30 pm	Break & Exhibitors Visit	Break & Exhibitors Visit
03:30 pm – 04:15 pm	Revere the lifestyle disorder become orderly – Facing the autoimmunity surfacing over reactivity	Virinchi Mudumbai Acharya, BAMS, BA, MBA, Hyderabad, India
04:15 pm – 05:00 pm	The role of turmeric and spices in reducing systemic inflammation	Shivani Gupta, PhD, Florida, USA
05:00 pm – 06:00 pm	Yoga and Meditation	Lisa Bryan, MA, ERYT-500, Pennsylvania, USA
06:00 pm – 06:30 pm	Temple Visit & Arti	Temple Visit & Arti
06:30 pm – 07:30 pm	Dinner	Dinner
07:30 pm – 08:15 pm	Ayurveda Practitioners Meetup	Ayurveda Practitioners Meetup
08:15 pm – 09:00 pm	BAMS Doctors (Vaidyas) Meetup	BAMS Doctors (Vaidyas) Meetup

Saturday, September 7, 2019

Time	Topic	Presenter
08:00 am – 08:45 am	Day Pass Registration	Front Desk & Sponsors Visit
Session – 3		
09:00 am – 09:45 am	Irritable Bowel Syndrome - Herbal Remedies	Amitabh Gumman, BAMS, MPH, MD, DAc. Oklahoma, USA
09:45 am – 10:30 am	The Five Elements - explained or Maintain weight through Ayurveda	Nidhi Pandya, New Jersey, USA
10:30 am – 11:00 am	Break	Break
11:00 am – 11:45 am	Clearing the Fog: Dealing with Alzheimer's disease the Ayurveda way	Rammohan Rao, PhD, CAS, California, USA
11:45 am – 12:30 pm	The Psychology of Autoimmune Disorders - Mind Over Matter	Ekta Gupta, AWC, RAP, Washington, USA
12:30 pm – 01:30 pm	Lunch & Sponsors / Exhibitors Visit	
Session – 4		
01:30 pm – 02:15 pm	Mind and Autoimmunity - An Ayurvedic Perspective	Priyaa Baalaa, BAMS, MSc, LMT, New Jersey, USA
02:15 pm – 03:00 pm	Ayurveda for Diabetes - Catch them Young	Jyoti Shirodkar, BAMS, MD-Ayu, PhD-Ayu, BA (Sanskrit), Pune, Maharashtra, India
03:00 pm – 03:30 pm	Break	Break
03:30 pm – 04:15 pm	Agni- The governing force for auto immunity and metabolism	Nitin Shah, BAMS. MD-Ayu, DNM, Toronto, Canada
04:15 pm – 05:00 pm	Functional Ayurveda™: Where Ancient Wisdom Meets Modern Medicine	Minal Vazirani, MD, New Jersey, USA
05:00 pm – 06:00 pm	Using Light Energy As An Immune Booster	Masha Penson, MA, MSW, Minister of Divine Mother Church, New Jersey, USA
06:00 pm – 06:30 pm	Temple Visit and Arti	Temple Visit and Arti
06:30 pm – 07:30 pm	Dinner	Dinner
07:30 pm – 08:15 pm	Ayurveda Practitioners Meet	Ayurveda Practitioners Meet
08:15 pm – 09:00 pm	BAMS Vaidyas (Doctors) Meet	BAMS Vaidyas (Doctors) Meet

Sunday, September 8, 2019

Time	Topic	Presenter
08:00 am – 08:45 am	Day Pass Registration	Front Desk & Sponsors Visit
Session – 5		
09:00 am – 09:45 am	Diabetes management Through Ayurvedic Diet	Vishwanath Guddadar, BAMS, PGDP, New York, USA
09:45 am – 10:30 am	Holistic Approach to stress and pain in autoimmune and metabolic disorders	Jeffrey S. Meyers, MD, LAc. Pennsylvania, USA
10:30 am – 11:00 am	Break	Break
11:00 am – 11:45 am	The role of Panchakarma in autoimmune and metabolic disorders	Shekhar Annambhotla, BAMS, MD-Ayurved, LMT, RAD, Pennsylvania, USA
11:45 am – 12:30 pm	Reducing Chemical Exposure & Health Benefits	Bobbi Misiti, FMCHC, Hawaii, USA
12:30 pm – 01:30 pm	Lunch & Sponsors / Exhibitors Visit	
Session – 6		
01:30 pm – 02:15 pm	Podiatric manifestations of autoimmune and metabolic conditions	Hetal Naik, DPM, New York, USA
02:15 pm – 03:00 pm	Management of stress-induced immune imbalance in working professionals by holistic lifestyle	Pranjali Sharma, MBA, MS, ND-India, Pennsylvania, USA
03:00 pm – 03:45pm	Panel Discussion - Q & A	Panel Discussion - Q & A
03:45 pm – 04:00 pm	Closing Circle	Closing Circle

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

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Speakers Profile



Swami Paramatmananda ji

Pennsylvania, USA

Guest speaker

Swami Paramarthananda studied in Sandeepany Sadhanalaya of Chinmaya Mission. Took Sanyasa from Swami Dayanandaji. He is devoted to both Masters – Swami Chinmayananda and Swami Dayananda. Swami later started taking advaitha vedanta shastra classes in Chennai. Studied in Sandeepany Sadhanalaya of Chinmaya Mission. Later started taking classes in Chennai.

Today Swami Paramarthananda is the one of the rare scholar we have with us who speaks on Shastras. His talks are nector for ears. His lectures are stunning brilliant and simple to understand! Swami Paramarthananda is a senior disciple of Swami Dhayananda Saraswathi, is an ‘encyclopedia’ of Vedanta and is in the field of teaching basic and advanced scriptural works for the past 25 years.



Jaya Daptardar, BAMS, MHA, RAD
Connecticut, USA

Dr. (Vaidya) Jaya Daptardar B.A.M.S., M.H.A. R.A.D. (Ayurveda Doctor) for the past 20 years, she has led clients to health and healing by sharing the transformative power of Ayurveda in her seminars and workshops. In addition to being the founder and CEO and founder of Active Ayurveda and Yoga, LLC and she works as a Chief Operating Officer of a substance abuse and mental health company in CT. The Institute of Ayurveda and Lifestyle Management; she is a writer of Ayurveda related articles in multiple newspapers and magazines in United States. She is a writer of books: “Aging Gracefully” and “Ayurveda’s Wisdom for management of Pain and Addiction”. As a healing practitioner, Jaya Daptardar concentrates on prevention and wellness, specializes in women’s health, nutrition, weight and lifestyle management, and the healing of such maladies as arthritis, asthma, allergies, acne, digestion issues, chronic pain, mental health, stress related illness, addiction and Ayurvedic therapies. She practices in Weston and New Canaan, Connecticut. She has recently introduced Jaya’s herbal wellness products.

Topic: Autoimmune Disease in Ayurvedic perspective

Abstract: In Ayurvedic perspective, autoimmune diseases occur when the body is working hard to defend against potentially hazardous substances in our bodies, such as allergens, toxins, infections or undigested food, but does not see the difference between the invaders and our own body cells. The digestive system plays the most important metabolic function of the body. Weak digestion leads to the accumulation of incompletely processed metabolites. This in turn has an impact on all metabolic processes, allowing the production of Ama, both superficially and on a deeper level rises. Prolonged exposure to poorly digested food, pollutants, allergic and toxic substances and drugs is another cause of autoimmune diseases. Ayurveda is a holistic system. It treats body and mind as a whole.



**Leena Athparia, B.A., B.Sc., ND, AAWC
Toronto, Canada**

Dr. Leena Athparia is a Naturopathic Doctor & Ayurvedic Practitioner based in Toronto, Canada. She graduated from the Canadian College of Naturopathic Medicine and further pursued her studies in Ayurvedic medicine while running a practice focussed on chronic disease and pain management. Blending modern diagnostic methods with traditional systems, Dr. Athparia treats the whole person with therapies such as: Ayurveda, TCM & acupuncture, cupping, nutrition, lifestyle, counselling, homeopathy and botanical medicine.

Dr. Athparia is a member of the Canadian Association of Naturopathic Doctors (OAND), Ontario Association of Naturopathic Doctors (OAND), Ayurveda Association of Canada (AAC) and is on the Education Committee. She currently teaches Ayurveda at the Centre for Ayurveda & Indian Systems of Healing and contributes to the community through volunteer work and seminars. She contributes regularly to the naturopathic and Ayurvedic professions through articles, seminars and conference. She enjoys travelling and practicing yoga & meditation which has brought deeper insight into health.

Topic: Arthritis - Pain Relief with Ayurveda & Naturopathy

Abstract: Chronic arthritis is on the rise and is not limited to the ageing population. Children, teens, adults and seniors can be affected by autoimmune joint pain leaving many people discouraged and frustrated. While modern medicine has developed strong medications for RA, they have side effects and are not always effective. We will explore different joint diseases and focus on the causes of rheumatoid arthritis from a naturopathic & Ayurvedic perspective and discuss treatment options - from understanding drug-herb interactions for patients to the impact of diet on joints, factors of emotional health and therapies such as acupuncture and oil massage.



Priyanka Ingle, PhD, MS, BAMS
New Jersey, USA

Dr. Ingle is a staunch believer of translational medicine approach using integrated systems to address current health challenges. Trained as a Physician researcher specializing in Pharmaceutical Medicine, Dr.Ingle contributes as Clinical Regulatory Scientist and managing member at CRC Pharma since last 4 years. With 10 years of academic and industry experience in drug discovery and development research, Dr.Ingle is instrumental in assisting small to mid-size pharmaceutical/ biotech/ nutraceutical clients for strategy development non-clinical and clinical development planning, regulatory compliance and communication. Dr. Ingle's efforts are pivotal in advancing scientific and medical communication projects at CRC Pharma. Owing to her experience, she is working actively on new concept generation for drug repurposing and combination drugs. Learning Ayurveda from various Guru's, she practiced Ayurveda in India for over 5 years before moving to the USA. She has used the knowledge of Ayurveda in identifying the leads for research in infectious diseases (namely- HSV, Malaria, H1N1, etc) and autoimmune diseases such as Sjogren's syndrome and Type 1 diabetes. Her work explored the correlation of Ayurveda principles to modern disease pathophysiology at system pharmacology level and explored the related effect on the microbiome. After receiving Ayurveda medicine training of 5.5years in Mumbai, she continued her masters and Ph.D. in Pharmaceutical Medicine-Clinical Pharmacology as summa cum laude student. She has post-doctoral fellowship experience in Immunology specializing in autoimmune diseases like type 1 diabetes, Sjogren's' syndrome. Dr.Ingle has worked as Assistant Professor in India at KEM Hospital, Mumbai, India under State University for 3 years and mentored and guided nearly 30 master level students. Dr. Ingle is actively working with Non-profits for research and is associated with CAR since 2015. She also serves on various committees in other well-reputed organizations. She is offered Affiliate membership of the prestigious Faculty of Pharmaceutical Medicine of the Royal Colleges of Physicians of the UK. She served as Associate Editor for Journal of Ayurveda and Integrative Medicine since 2017 and work actively as a reviewer for multiple notable journals. She has to her credit over 50 papers and presentations, 7 book chapters and had edited a book on Emerging trends in Phytopharmaceuticals.

Topic: Autoimmune Skin Disorders: Deciphering and Addressing from Ayurvedic Perspective

Abstract: Exponential progress in understanding autoimmune skin diseases has resulted in some of the groundbreaking therapies in modern medicine. Yet, with all this progress, there lies a gap in addressing patients needs. This gap warrants attention from Ayurveda practitioners around the world to provide optimized holistic care to alleviate the disease symptoms and help in addressing the quality of life. The speaker has extensive experience in diseases like psoriasis, atopic dermatitis, and other pertinent to both new drug discovery and ayurvedic perspective. She will be sharing the ayurvedic perspective of the pathophysiology of these diseases. Also, the Ayurvedic approach to address the dosha dushya vitiation within the body.



Anjum Nadaf, BAMS
New Jersey, USA
Featured Speaker

Anjum Nadaf is one of the highly accomplished Vaidya (Ayurveda Practitioner) in USA. She completed her (B.A.M.S) from the prestigious Rajiv Gandhi University, Bangalore, India. She is also Certified Yoga Instructor from Swami Vivekanand Yoga Anusandhan Samsthana (SVYASA) Bangalore, India and Level II Reiki Practitioner. She has completed Marma and Nadi Vignana (Pulse Analysis) workshop organized by AAPNA. She is Registered as an Ayurvedic Doctor (R.A.D.) from AAPNA and also a professional member from NAMA. Recently She is also being part of Council for Ayurveda Research (CAR) as member of research team. Presently she is working with Sumitra Remedies located in Edison New Jersey, provides consultations over 5 years. She conducts lots of workshops related to Women's health. She Conducts cooking classes, and Yoga classes throughout the year. She is currently focused on improving ways to take Ayurveda to the world, with a vision to enhance and enrich health and wellness. She is passionate about Ayurveda and believes that health problems in today's busy life has definite healing answers in this ancient system of medicine.

Topic: Psoriasis and its management in Ayurveda

Abstract: Psoriasis or kitiba kusta in Ayurveda Psoriasis is a chronic inflammatory condition of the skin, which causes a red, scaly rash that causes skin cells to multiply up to 10 times faster than normal. They can grow anywhere, but most appear on the scalp, elbows, knees, and lower back. Psoriasis can't be passed from person to person. It does sometimes happen in members of the same family. Psoriasis usually appears in early adulthood for most people, it affects just a few areas and in severe cases psoriasis can cover large parts of the body. The patches can heal and then come back throughout a person's life. When the immune system functions properly, it protects the body against any "invaders" that might make you sick, such as bacteria, viruses or other pathogens. But in people with psoriasis the immune system goes into action even without these invaders. Instead, the immune system fights the body's own tissues. It can have a significant negative impact on the physical, emotional, and, psychosocial wellbeing of affected patients. Psoriasis is found worldwide but the prevalence varies among different ethnic groups. It has a strong genetic component but environmental factors such as infections can play an important role in the presentation of disease. There are several clinical cutaneous manifestations of psoriasis but most commonly the disease presents as chronic, symmetrical, erythematous, scaling papules and plaques. The epidemiology, clinical features, and impact on quality of life One study found that people with psoriasis higher chances for depression and anxiety.



Pratibha Shah, BAMS, MD-Ayu, MPH
Massachusetts, USA

Pratibha Shah, BAMS, MD-Ayurveda, MPH, is a leading Ayurveda Expert in the United States. Her pioneering initiatives in the field of Ayurveda have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. For her work, she was also nominated in the Top 20 Women of the Year, for the year 2014. She is a senior faculty and Ayurveda Domain Expert for Kerala Ayurveda Academy and CEO of My Ayurved LLC. She is the Founder, President of two non-profits - Council for Ayurveda Research and Wholistic Health Alliance. She currently consults out of her home office in Danvers and at Well Life Medical, a state of the art Integrative Medicine clinic in Massachusetts, USA. Before moving to the US, Shah was a Chief Medical Officer with the AYUSH ministry in India.

Topic: Deepening our understanding of Autoimmune Disorders with Ayurveda

Abstract: Autoimmune diseases are thought to affect approximately 14–22 million people in the United States. They impose a significant physical, emotional, social, and financial burden on the country's health care system. Despite more than 80 clinically identified autoimmune diseases, understanding and treatment options are still quite limited. The prevalence of autoimmune diseases in the US appears to be on the rise. Ayurveda is a 4000 yrs old ancient holistic medical science. Ayurvedic principles are specific and yet broad enough to facilitate application to and analysis of even the new and emerging diseases and syndromes. The well-developed robust concepts of pathophysiology can be applied to deepening our understanding of the architecture of autoimmune disorders, which in turn can lead to a better management of the diseases, and elevate quality of life while improving prognosis. This presentation will discuss important Ayurvedic concepts which can help demystify autoimmune diseases. Herbs that support management of autoimmune disorders will be listed and described. Relevant case studies will be included.



Virinchi M. Acharya, BAMS, MBA
Hyderabad, India
Featured Speaker

Dr. M.A.Virinchi is not only an Ayurvedic specialist but also a management expert, having B.A.M.S., -Bachelor of Ayurveda Medicine and Surgery, BA, DHMM, Diploma in Herbal Medicine Manufacturing Management - MBA -Master in Business Administration -Marketing Management qualifications to his credit. He has 34 years of handfull experience in various fields of activity as he was travelling in the journey of life.. In fact he is life trainer his experience and expertise includes journalism, formulations R & D, New Ideas Generation & Development, Business Development , Project Development, Training & Development, Individual / family counseling, Holistic Healing and so on. He has worked and offered services in the industries like Parke-Davis, Dr. Reddy's Laboratories, Concept group, Saroni group, Praguna Creations Sarvottam Care, Yeturu Bio-tech etc., and served as Sub -Editor –Eeenadu and News Time, dealing with Medicine , Science and Sports. He has also created the concept of Holiday and free time school in 1985-PASE -Praguna Academy of Excellence, wherein all the levels of students are trained for overall development. Founder Chairman - Hithaioshi-The Well-wisher, Trust, entrusted for 7 dimensional wellness. Papers presented as a part of project as an employee and as a part of delegate in several seminars. Some of the articles published in the magazines. Moisture absorption pattern of chewable tablets in several environmental conditions and remedies for compatible formulation Importance of organoleptic properties of dosage forms ISM syllabus pros and cons –suggestions for betterment for bright career Standardization of Ayurvedic drugs—scenario and steps to be taken for consistency. Need of the hour aesthetic looks and pleasure for senses for Ayurvedic formulations Online extract process of certain valuable herbs in the preparation of syrups Stability study protocol Clinical trials on the efficacy of cough lozenges Clinical trials on the efficacy of balms and liniments Insomnia – life style disorder and ayurvedic regimen to combat in comparison with allopathic anxiolytic Memory disorder regimen w.s.r. to slow learners and ayurvedic regimen Ayurvedic approach of immunization schedule using ayurvedic regimen Alternate systems of medicine and needs of the society etc., The scope of Ayurveda in contemporary careers The evolution and revolution of Medicinal Plants Yoga and psychosomatic disorders Contributions to the welfare of an individual and the society. Written and published pocket book in Telugu “Vijayaniki Nava Pragunalu” -Nine Excellent Characters for success”, Telugu worship poems on Chilukuri Venkatesha and Ahobila Narasimha”.

Topic: Revere the Life style Disorder becomes orderly " Facing the Autoimmunity Surfacing over reactivity

Abstract: "Revere the Life style Disorder becomes orderly "A metabolic disorder can happen when abnormal chemical reactions in the body alter the normal metabolic process. It can also be defined as inherited single gene anomaly, most of which are autosomal recessive. Managing psychosomatic balance and making them orderly is the only solution to get rid of genetically or acquired metabolic disorders. Reversing Lifestyle i.e style the life as prescribed would deal with the metabolic function to make it normal in order and lead the life without disorder. " Facing the Autoimmunity Surfacing over-reactivity" Immune system protects you from disease and infection. But if you have an autoimmune disease, your immune system attacks healthy cells in your body by mistake. Autoimmune diseases can affect many parts of the body. No one is sure what causes autoimmune diseases: Overreaction leads to over action and effects healthy cells too. Over reaction may be due to any cause , stress , sedentary life, life style and so on.



Shivani Gupta, PhD
Florida, USA
Featured Speaker

Sivani Gupta, PhD, Florida, USA - Determined to create better health outcomes for herself and her family after watching her grandparents and parents suffer from diabetes, Shivani devoted her life to achieving optimal health while facing the demands of modern life. Her deep dive into Ayurveda over the last 20 years led her to author books that help others incorporate simple and effective Ayurvedic principles into their everyday lives. She is also passionate about improving women's health. Tired of reaching for over-the-counter pain remedies to recover from a sports injury, Shivani applied her expansive knowledge of ancient medicine to create a dietary supplement with the highest concentration of medical-grade herbs and spices on the market. Her PhD and research on turmeric has led her to studying the effects of it in our population.

Topic: The Role of Turmeric + Spices in Reducing Systemic Inflammation

Abstract: - Under normal conditions, inflammation is normal but in chronic conditions the inflammatory response conditions and can cause damage to organs/tissues.

- Increasing evidence shows that inflammation is associated with many chronic diseases, especially autoimmune, including rheumatoid arthritis, inflammatory bowel disease, lupus, and diabetes.
- Other factors that create inflammation: diet (specific foods), alcohol, sugar, stress
- How turmeric reduces inflammation: the power of curcumin, historical uses/cases
- Clinical data - how 15 physicians in South Florida are utilizing curcumin and seeing specific results



Lisa D'Antonio Bryan, MA, E-RYT
Pennsylvania, USA
Yoga and Meditation

Lisa D. Bryan. M.A., E-RYT-500 is a Kripalu Professional Level Yoga Teacher (E-RYT 500), Spiritual Director, and Reiki Level III practitioner (master). Offering wellness practices for 18 years, her passion is to integrate holistic health & spirituality from India & the West. Her group Yoga classes and individual sessions are comprehensive, nurturing, and spiritually uplifting. They focus on combining the prana/energy of the present moment to the timeless skills of the past and are grounded in the Kripalu methodology. Lisa is currently adjunct faculty at DeSales University, teaching at area churches, and at West End Yoga and Open Heart Yoga studios. Her undergraduate degree (Bates College) is in Music and French. Currently, she is a member of the Kripalu Yoga Teachers Association, Yoga Alliance, and Spiritual Directors International. In 2013, Lisa completed her MA Holistic Spirituality and certificate in Spiritual Direction from Chestnut Hill College. As part of her studies, she experienced a 30 day silent retreat (in the Ignatian tradition of Catholic spirituality). She has also studied Ayurveda (medical science related to Yoga) at a clinic in India and avidly engages Ayurveda in daily living. In 2017, she will pilgrimage to sacred sites related to the Kripalu lineage with the dean of Kripalu Yoga.

Yoga and Pranayama for Health and Wellness

How Yoga and Pranayama can help for various common health problems and alleviate symptoms of autoimmune disorders. There is a series of yoga and pranayama techniques will be demonstrated in the class.



Amitabh Gumman, BAMS, DAc. MPH, PhD
Oklahoma, USA
Featured Speaker

Amitabh Gumman - Doctor of Medicine - University of Health Sciences Antigua, School of Medicine, Antigua, West Indies.; Master of Public Health, Health Promotion Sciences - University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma. Doctorate of Acupuncture & Doctor of Philosophy. The Open International University of Complimentary Medicines (OIUCM), Colombo, Sri Lanka. OIUCM was established in conformance with the 1962 Alma Ata Declaration of the World Health Organization. Yoga Instructor Certificate from the Government Vemana Yoga Research Institute, Hyderabad, India. Bachelor of Ayurvedic Medicine and Surgery - Government Ayurvedic Medical College, Osmania University, Hyderabad, India, a 5 1/2 years program in Indian and Western Medicine and Surgery. Diploma in Naturopathy, Gandhi Nature Cure College, Osmania University and Indian Institute of Naturopathy, India.

Topic: Irritable Bowel Syndrome – Herbal Remedies



Nidhi Pandya
New Jersey, USA
Featured Speaker

Nidhi was raised in Mumbai by her grandfather who was an Ayurvedic Healer, and the principles of Ayurveda are deeply etched in her psyche. They have become an intuitive and natural part of her lifestyle. She started studying the Eastern Shashtras or texts at a young age and has continued to study Ayurveda formally from the ancient texts of Carak Samhita, Ashtang Hrudayam and Sushrut Samhita. Having developed a deep understanding of the authentic principles, she seeks to apply them to our modern day lifestyle, food and diseases.

- She currently practices as an Ayurvedic Coach in Mumbai, New York and New Jersey.
- She also writes for the Ayurveda and Health Tourism Magazine, the number one Ayurveda magazine for India. She wrote the cover story for the March 2019 Issue.
- She also conducts Ayurveda workshops around the world. She recently held workshops in Mumbai, New York, Japan and New Jersey

Topic: The Five Elements - explained or Maintain weight through Ayurveda

Abstract: Unlock the code of the universe and be prepared to transform the way you look at the world, your own body and everything you consume.

Become the master of your own health and body by learning the language of the universe.

What exactly are these five elements?

The five elements (Earth, Water, Fire, Wind and Ether) are essentially the Code of the universe.

Everything in the universe is made up of the five elements, but in different proportions. This includes the three doshas, the food we eat, as well as the organs and tissues in our bodies.

And everything we consume in the form of food or lifestyle can affect the delicate balance of these five elements and can usually be the starting point of all disease.

How can this workshop help you?

The workshop will help you to

- Understand the nature of the five elements.
- How they manifest in the human body, in your foods and environment.
- Teach you to unlock the code of the universe.
- Understand your own unique body and the elements that dominate it.
- Elements that need to be replenished or offset in your body.
- Learn how to bring yourself back in to balance.
- Create a solid foundation for the understanding of the doshas.



Rammohan Rao, PhD, CAS
California, USA
Featured Speaker

Rammohan Rao PhD - Ram comes from a family of Ayurvedic practitioners and Vedic teachers in India tracing back to the illustrious Vedic-acharya Rishi Kaundinya. Ram completed the academic training at the California College of Ayurveda (CCA) and received his certification as Clinical Ayurvedic Specialist. He serves as a faculty at the California College of Ayurveda in their Nevada city location. Ram is also a dedicated Hatha yoga practitioner and is a RYT from Yoga Alliance USA. Ram has published several articles in major Yoga/Ayurveda journals and has been a featured speaker in several meetings and symposia. He is a member of the National Ayurvedic Medical Association (NAMA), and member of the Association of Ayurvedic Professionals of North America (AAPNA). Ram holds a doctorate degree in Neurosciences and worked as a Research Associate Professor at the Buck Institute for Research on Aging, Novato, CA, on various aspects of age-associated neurodegenerative diseases.

Topic: Clearing the Fog: Dealing with Alzheimer's disease the Ayurveda way

Alzheimer's disease is an age-associated, progressive neurodegenerative disease that is characterized by severe memory loss, personality changes and an overall decline in cognitive function. The cause of Alzheimer's disease is not yet completely defined and efforts to find a cure for it have so far been disappointing. Ayurveda is a system of traditional medicine native to India and the Indian subcontinent. While a direct reference to Alzheimer's disease in the ancient Ayurvedic literature is missing, concepts including forgetfulness, memory loss and brain cell loss have been described. Using the clinical information and the metabolic profiling of Alzheimer's disease individuals that was recently reported, we now describe three subtypes based on the Ayurvedic interpretation of Alzheimer's disease. Ayurvedic profiling of Alzheimer's disease will prove to be useful to identify the specific subtype of patients with cognitive decline and those at risk for such decline from the standpoint of specific subtype-based interventions.



Ekta Gupta, AWC, RAP
Washington, USA
Featured Speaker

Ekta Gupta, AWC, RAP - Having studied Pharmacy in India and Ayurveda in the U.S., Ekta Gupta has been involved in the health industry since 1987. As an Ayurveda Wellness Counselor and Registered Ayurveda Practitioner, she has been helping her fellow beings across the globe bring balance back into their lives using simple changes in their diet and daily routines. Her articles have been published in the National Ayurvedic Medical Association (NAMA) newsletters, for which she also served as a sub-editor. She has presented her thoughts through various local, regional, as well as international platforms. Currently she is working on a book about regaining balance in life using simple, sustainable changes.

Topic: The psychology of autoimmune disorders – Mind over Matter

Abstract: According to the Sankhya philosophy, the entire universe is a manifestation (Shakti) of the potential (Purusha). In simpler terms, we are all parts of the same whole, created to experience the wonders of the world. Via Ayurveda, the great thinkers of India have provided the guidelines for leading a long healthy life, so we can fulfill this purpose. They have also emphasized the connection between the mind, body and spirit. When any one of these is out of sync, it affects all three in varying degrees, occasionally resulting in the body attacking itself, leading to autoimmune disorders. Most modern medicine focuses on the symptoms rather than the cause, which is, more often than not, rooted in the mind, and manifested in the body. The key is to help the rogi identify the cause, through mediation and introspection, and address it mindfully, in order to regain balance and achieve synchronicity.



Priyaa Balamurugen, BAMS, MSc (Psychology)
New Jersey, USA

Priyaa Baalaa has been practicing Ayurveda in the US and India for the past fifteen years. She completed her (B.A.M.S) Bachelor of Ayurvedic Medicine & Surgery degree from the prestigious Dr M.G.R Medical University, Tamilnadu, India. She has a graduate degree in Psychology from the University of Madras, India and a Diploma in Yoga & Naturopathy. She also studied Acupuncture and Acupressure in CBIATC Beijing, China and trained in Dr Vora's Acupressure. Priyaa's unique approach to health integrates the ancient wisdom of Ayurveda, Marma (energy points), Acupressure, Siddha with naturopathic cleansing, healing and relaxation through yoga & meditation. She is Co-founder and Chief Practitioner at Ayurvedashram, a Holistic Wellness Center in North Brunswick, New Jersey. She is affiliated to SKY (Master -Simplified Kundalini Yoga), New Jersey chapter, AAPNA (Membership Director – Association of Ayurvedic Professionals of North America), NAMA (Professional member – Ayurvedic Doctor), WISE (Research Scientist -World Institute of Scientific Exploration), Maryland, USA and Global Ayurveda Academy, Pennsylvania, USA

Topic: Mind and Autoimmunity-An Ayurvedic perspective

The role of mind is often overlooked in the management of any disease in the modern times. According to Ayurveda, healing includes Mind, Body and the Spirit. If only the physical body is targeted as the object of healing, then the healing is incomplete and the disease recurs again and again as the mind and its energy patterns are not balanced. In this presentation we will discuss about the qualities of the mind namely Satwa, Rajas and Tamas and how the mind is responsible for autoimmunity and the possible solutions as per Ayurveda.



**Jyoti Shirodkar, BAMS, MD-Ayu, PhD-Ayu
Maharashtra, India
Featured Speaker**

Jyoti Shirodkarm BAMS, MD-Ayu, PhD-Ayurved; B.A.(Sanskrit), Practicing Ayurvedic physician(23 years), Researcher in Ayurved & Diabetology (Recipient of Young Women Scientist Fellowship from Department of Science and technology, Govt. of India), Member, National core committee of 7 members, Ministry of AYUSH, which formed a National Protocol on “Ayurveda for Diabetes” in 2016, Ayurveda Consultant for Diabetes, Seth Tarachand Ramnath Ayurvedic Hospital, Pune, Founder Director “Dr. Shirodkar’s Health Solutions Private Ltd.”, a manufacturer of clinically proven therapeutic & internationally patented food products. Member, Technical Advisory Board, National Agricultural and Food Analysis and Research Institute (NAFARI), Pune, Honorary Associate Professor, Tilak Ayurved Mahavidyalay, Pune, Guest speaker in national and international conferences, Faculty for advanced Ayurvedic course for the students of European Academy of Ayurved, Publications: A)Research papers, scientific articles in various Ayurvedic national and international journals B) Articles on Health and Ayurveda in local newspapers for public.

Topic: Ayurveda for Diabetes - Catch them Young

In view of exponentially growing epidemic of Diabetes, it becomes necessary to diagnose it at the earliest and evolve different treatment strategies. Ayurved has described “Prameha”, whose signs and symptoms match with Diabetes. The basic derangement is in medadhatu (body fats), which can be seen much before the actual manifestation of diabetes. The signs of deranged medadhatu are disproportionate body (Ninditani) and prodromal signs of Prameha (Prameha poorvaroopa). We did Anguli-Parimana Study (measurement of different body-parts) and Prameha Poorvaroopa Study to assess Meda Dhatu Dushti and associated them with adiposity and metabolic-endocrine parameters of diabetes in non-diabetic young population. Further research led to formulation therapeutic food products (internationally patented) for diabetes and obesity. After testing their nutritional contents and glycemic index, clinical trials were carried out in diabetic patients. These studies led us to understand Ayurvedic perspective of diabetes prevention/reversal/management, which goes beyond just blood glucose control.



**Nitin Shah, BAMS, MD-Ayu, DNM
Toronto, Canada
Featured Speaker**

Nitin Shah is an authentic and well experienced Ayurvedic Physician and wellness consultant, researcher and academician. He brings a wealth of classroom and practical experience of Ayurveda to North America. He is one of the few Ayurvedic MD practicing and living in Canada. He holds a Bachelor's of Ayurvedic Medicine and Surgery (BAMS) degree from the versatile Gujarat Ayurved University as well holds a M.D. degree from The Institute of Post graduate training and research, Jamnagar, India. He is also a Certified Wellness Consultant and Health Promoter from Canada. He has traveled extensively in Europe and North America sharing his knowledge of Ayurveda at various establishments. He is very much liked as a teacher, practitioner and speaker. Currently, he is living and practicing at Toronto, Canada and true ambassador of Ayurveda. Recently, he has been appointed by Counselor General of India as President for Canadian Ayurveda practitioner's association.

Abstract - Agni- The governing force for auto immunity and metabolism

Agni- the igniting force also known as a biological fire which governs our metabolism and also responsible for auto immune mechanism, when it is in balance and functioning well. When this same force gets imbalanced due to any factor, which disturbs the metabolic and immune functions. Details will be discussed the balancing and imbalancing factors, how to identify if there is any imbalance, and how to take care of our agni to maintain well through simple life style approaches, diet and herbs.



Minal Vazirani, MD
New Jersey, USA
Featured Speaker

Minal Vazirani, MD is triple board certified in Internal Medicine, Pediatrics, and Integrative Medicine, making her uniquely qualified to treat anyone from infants to adults from an integrative and holistic medicine perspective. Dr. Vazirani is also a Certified Yoga Teacher and Reiki Master, and has further training in Ayurvedic Medicine, Meditation, Functional Medicine, and Clinical Homeopathy.

Dr. V is a Clinical Assistant Professor at Rutgers-NJMS, has been published in peer reviewed journals, and is a highly sought after speaker both locally and nationally. Dr. V is the recipient of numerous awards, including the Humanism in Medicine Award, Most Compassionate Doctor Award, America's Top Pediatrician Award, the I Love My Doctor Award, and the NJ's Favorite Kids' Doc Award.

After completing her medical training and working in Manhattan, Hoboken, and other areas in North Jersey, Dr. V worked at Atlantic Health, and then moved to Barnabas Health to serve as their Medical Director of Integrative Medicine at the Ambulatory Care Center (ACC) for a number of years. Then, to better serve her patients in the most comprehensive and holistic way possible, Dr. V launched her own integrative medicine private practice. Dr. V sees patients in her private practice at the Barnabas Health Ambulatory Care Center once a week and the remainder of the week in Warren, NJ.

Qualifications

- Undergraduate Studies – The College of New Jersey (TCNJ) – BS, Magna Cum Laude
- Medical School – Rutgers – New Jersey Medical School (NJMS) – MD
- Residency – Banner Good Samaritan Combined Internal Medicine – Pediatrics Residency (Med-Peds)
- Integrative Medicine Training – AMSA Global Medicine, University of Arizona Center for Integrative Medicine, AHMA, AIHM, ABOIM, and too many others to list
- Ayurvedic Medicine Training – UConn, University of Pune Tilak Ayurvedic Medical College
- Functional Medicine Training – Institute for Functional Medicine

Topic: Functional Ayurveda™: Where Ancient Wisdom Meets Modern Medicine



Masha Penson, MA, MSW
New Jersey, USA
Featured Speaker

Masha Penson, Minister of Divine Mother church, M.A. & M.S.W, founder of Divine Light Meditation Center; practiced spiritual guide, spiritual healer. Specialized Training for 30 years including: studying of Indian Spiritual tradition, Maharishi Mahesh Yogi, Sri Aurobindo, Oneness movement, direct training for several years from living Masters. Study of Ayurveda, siddha medicine, yoga science. Being a powerful energy vessel, she spent years of learning and practice from Masters and Mystics of many paths have allowed Masha to develop a personal connection to Divine. Her transformative, rejuvenating retreats and workshops have taken her all over the world, including Europe, Middle East, and Southeast Asia.

Topic: Using Light energy as immune booster

Everything is energy... Using Light energy, one of the most powerful energies available to all humans, we can clear blocks in our energy flow so we can will immediately feel better. All problems in any area, including health, relationships, and finances, come from blocks in the flow of your life force. It will be practical demonstration (guided meditation) how it works.



**Vishwanath Guddadar, BAMS, PGDP
New York, USA
Featured Speaker**

Vishwanath grew up in Pune, India which is hub of traditional Ayurvedic gurukul teachings, following the principles of Ayurveda as part of his culture. He has dedicated his career over the past 1 ½ decades to the science of Ayurveda. Dr Vishwanath received his bachelor's degree in Ayurvedic medicines and surgery after completing five and a half years of training from Bangalore University. He is specialist in panchakarma (Physical and Mental Purification Therapy) and preventive cardiology. He has completed his post graduate diploma in panchakarma and preventive cardiology from Pune, India. Dr Vishwanath completed his yoga and meditation teacher training program from Swami Vivekananda Yoga and Anusandhana Samsthana. He has worked with Dr Deepak Chopra, one of the world's foremost authorities on mind-body balance, holistic harmony, and physical wellness. He is dedicated to spreading the ancient wisdom of this science of life to the world keeping it truly traditional and authentic. His main fields of interest are Mind – Body medicine.

Topic: Diabetes management Through Ayurvedic Diet

Diabetes is a metabolic disorder which can be treated with dietary changes. Ayurveda explains three major pillar for life, among these three pillars one is diet. Especially Ayurvedic diet has tremendous effect to treat diabetes conditions.



Shekhar Annambhotla, BAMS, MD-Ayurved, LMT
Pennsylvania, USA
Featured Speaker

Shekhar Annambhotla, BAMS, MD-Ayurved, LMT, RAD, E-RYT500, has been an Ayurvedic Doctor (Vaidya) and educator since 1988. He earned his Doctor of Medicine in Ayurveda from Gujarat Ayurved University, India. Shekhar is a Registered Ayurvedic Doctor, Registered Master Ayurvedic Specialist, Registered Yoga Teacher, Licensed Integrative Bodywork and Massage Therapist, and faculty member of various Ayurveda schools throughout the USA. He is founding director of non-profit organization AAPNA (Association of Ayurvedic Professionals of North America) and Ojas Ayurveda Wellness Center in Pennsylvania, Director of Global Ayurveda Conferences, LLC and Global Ayurveda Academy and Dosha Botanicals, LLC, Pennsylvania, USA.

Topic: Panchakarma in the management of Autoimmune and Metabolic Disorders

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, Pancha Karma (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 panchakarma. **We provide affordable pancha karma to everyone and provide maximum benefits using traditional ayurvedic methods.** Pancha karma is not for all, but for those who are completely committed and go through all the benefits explained in 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 go up to 30 days and completely rejuvenate and cleanse the mind-body-spirit.

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



Bobbi Misiti, FMCHC
Hawaii, USA
Featured Speaker

Bobbi Misiti, FMCHC is founder of BeFit Body & Mind ,offering Health Coaching, Aromatherapy, and Mind-Body Exercise independently since 1990. From 1996-2017 she also owned and operated BeFit Body & Mind Yoga in Central PA offering individualized yoga practices to reduce stress and improve health. In 2009 she started traveling and teaching workshops worldwide spreading the joy of real food, movement, and stress reduction practices. She currently resides in Maui, Hawaii when not teaching in PA or around the world.

Topic: Reducing Chemical Exposure & Health Benefits

Abstract: Autoimmunity is described as an immune dysfunction or as the immune system attacking the body. It's not attacking your own body. What it's attacking is misshapen, or changed, or damaged human cells that our body does not recognize as us. Why? Not solely because of genetics! The environmental signals have changed the shape of our own cells, the behavior of our own cells; which in turn confuses the immune system. What is damaging our cells so the body cannot even recognize them? Manufactured chemicals.



**Jeffrey S. Meyers, MD, LAc.
Pennsylvania, USA
Featured Speaker**

Jeffrey S. “KD” Meyers, M.D., L. Ac. is a physician, acupuncturist, teacher, and artist with an extensive background in holistic approaches to healing, the arts, and spirituality. He received his undergraduate degree from the University of Pennsylvania and his Doctorate in Medicine from the University of Colorado. For many years he served as Medical Director of Delaware Curative Physical Therapy and Rehabilitation Centers and currently has a private medical practice specializing in musculoskeletal medicine and pain management that integrates acupuncture, yoga, somatic techniques, and meditation. He was co-director of Dharma Mittra’s “Life of a Yogi” Teacher Training and is the director of the International Yoga “Master Teacher” Training. He received a Certificate in Psychedelic Therapies and Research from the California Institute of Integral Studies and completed the Ketamine-Assisted Psychotherapy Training at Orenda Institute. For the past 25 years he has led seminars and classes that explore the relationship of consciousness to the arts, sciences, and spirituality.

Topic: Holistic approach to stress and pain in autoimmune and metabolic disorders



Hetal Naik, DPM
New York, USA
Featured Speaker

Dr. Hetal Naik, DPM, podiatrist in private practice, in Brooklyn NY, for 21 years. I enjoy traveling, reading and learning new things. I have a personal interest in Ayurveda and like to incorporate what I learn into my life and share it with my patients too.

Topic: Podiatric manifestations of autoimmune and metabolic conditions



Pranjali Sharma
MBA, MS, ND-India
Pennsylvania, USA
Featured Speaker

Pranjali Sharma, MBA (US), MS, Doctor of Naturopathy (India), UGC NET qualified is a passionate Ayurvedic counselor, yogic and natural science consultant and academician for 10 years. She is MS in Yogic Science & Holistic Health from a spiritually renowned Dev Sanskriti Vishwavidyalaya, Haridwar, India. Her inclination towards Vedic texts and knowledge and its implication in modern society and lifestyle started growing since then. Later she pursued Doctor of Naturopathy program from an institution in Indian subcontinent. She is UGC NET board certified from India, which is an eligibility criterion for being a Professor in any Indian University.

She also worked in Naturopathic Hospital as a Naturopathic doctor and was also the co-founder of Logical Hut, a holistic health clinic in India.

While doing her MBA at Oklahoma State University, she conducted various programs and workshops for the business graduates and community to manage various issues and to spread health awareness among them. In the year 2017, she was awarded an “Honorary Mention” by a NextGen Under 30 Oklahoma, an organization in Oklahoma City, appreciating her contribution in the field of Holistic Health.

She is currently an adjunct Professor of Ayurveda with a University in USA, lifestyle consultant and an avid reader. She believes in constantly learning and helping people around at her best ability and volunteers with various organizations like the American Red Cross and American Corps.

Topic: Management of stress-induced immune imbalance in working professionals by holistic lifestyle

Abstract: ‘Stress isn’t always bad’. But excessive stress is a causative factor of various physical and mental imbalances. Young corporate employees and other corporate professionals are highly stressed by increased work pressure and disturbed work-life balance.

The body starts to show various signals, but increased workload and negligence makes it difficult to recognize them or even pay heed to them. One cannot control everything at work but what they can control is what they put in their mind and belly. The discussion will be focused on how stress creates a disturbance in overall being of an individual and gradually disables the antigen fighting capability in addition to weakening the digestive fire “Agni”.

It will also focus on how a person with different Ayurvedic biological composition should manage acute and chronic stress, along with various easy to practice lifestyle and dietary modifications.

