

# **ALL INDIA INSTITUTE OF AYURVEDA, NEW DELHI**



## **5.1.4**

**The Institution has an active international student cell to  
facilitate study in India program etc**

**Copy of attached documents**



**अखिल भारतीय आयुर्वेद संस्थान**  
**ALL INDIA INSTITUTE OF AYURVEDA (AIIA)**  
(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)  
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

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## **BRIEF REPORT**



**All India Institute of Ayurveda (AIIA)**  
Autonomous Organization under Ministry of AYUSH, Govt. of India)

### **International workshop on Medicinal herbs and Therapeutic dietetics**

17<sup>th</sup> – 20<sup>th</sup> February, 2018

**Organized by Department of Dravyaguna**

**Day 1:**



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As guided by honourable Director and Taking ahead the MoU signed between AIIA and European Academy of Ayurveda, All India Institute of Ayurveda organized an INTERNATIONAL WORKSHOP ON “MEDICINAL HERBS & THERAPEUTIC DIETETICS FOR THE THERAPISTS AS WELL AS MEDICAL PRACTITIONERS OF EUROPEAN ACADEMY OF AYURVEDA” from 17 TH TO 20 TH FEBRUARY 2018.

Inaugural function of the workshop took place on 17<sup>th</sup> February 2018 and was presided by Honble Director Madam, faculty members and participants of European Academy of Ayurveda. Delegation of European Academy of Ayurveda comprised of 14 members from various nations of European Union (viz. Germany, Belgium, Switzerland etc.) along with group leader and course Director, Mrs. Kristen Rosenberg. Inaugural was followed by a short visit of the participants to Institutional Hospital to acquaint them regarding various health care services provided by the AIIA.

This was followed by a very thought provoking deliberation by Director AIIA, Prof Tanuja Nesari on **Principles of Therapeutic Dietetics**.

This was followed by practical demonstration and preparation of Ardraka Paka, Mudga Yusha, Sadhita Takra, Bhumyamalaki – Amalaki Chutney, Vartak Sabji and fried Karavellaka.

Evening session was reserved for visit to the largest spice market of Asia located in heart and by lanes of Old Delhi i.e. Khari Baoli. Here, they were accompanied by Prof. Tanuja Nesari, Dr. Mangalagowri Rao, Ddr. VG Huddar and Dr. Shivani Ghildiyal. The participants of the workshop were made familiar with the common herbs and their identifying features and indications.

**Day 2** of the International Workshop had a lecture by Prof. Sujata Kadam and Dr. Meenakshi Pandey from Department of Stri Prasuti presented on **Ayurvedic Principles and management of Dysmenorrhoea**. They also demonstrated the preparation of recipes viz. Shatavari Kalpa and Chaturbeeja Laddu.

This was followed by a deliberation by Dr. VG Huddar, Department of Kayachikitsa on **Liver Disorders, Understanding and Management through Ayurveda**.

Post lunch comprised of site visit to Herbal gardens located Inside Mughal Gardens in President's House. The delegates were accompanied by Prof. Tanuja



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Nesari, Dr. VG Huddar, Dr. Prasanth, Dr. Shivani Ghildiyal and few administrative and helping staff.

**Day 3**, had lectures by Dr. Mangalagowri Rao, Associate Professor, Department of Swasthavritta on **Ayurvedic Diet Planning and Ahara Kalpana in Lifestyle Diseases with Special Reference to Diabetes Mellitus** and Demonstration of Vrishya Yavagu, Manda – Peya – Vilepi, Dadima and Khada Yusha. This was followed by a deliberation by Miss Jyoti, Chief Dietitian on **Ayurveda – A Complement to Modern Dietetics**.

Post lunch session of Day 3 had deliberation by Dr. Mahapatra Arun kumar, Department of Kaumarabhritya on **Diet Intervention in Pediatric Disorders** with practical demo of associated recipes viz. Preena Modaka and Nourishing Sattu and followed by an Invited talk by Dr. Shivkumar Harti on **Culinary Science in Ayurveda, AHARA KALPANA**.

After that the delegates were taken for Institutional Herbal garden visit by Dr. Shivani Ghildiyal.

**Day 4** of workshop had deliberation by – Dr. RK Yadava, Head, Dept. of Kayachikitsa on **Respiratory Track disorders and role of modification of diet in their management** and practical demonstration of Mudga Yusha and Lavangadi Lehyam.

It was followed by an invited talk on **Specific Therapeutic Diet during certain Panchakarma Procedures** by Dr. Santoshkumar Bhatted, Head, Department of Panchakarma and practical demonstration of Panchakola Sadhit Yavagu, Dadhi Phanit and Tila Masha Guda by Dr. Prasanth Dharmarajan.

Prof. Sujata Kadam also delivered a lecture on popular demand on topic **Menopause and Role of Ayurvedic Diet**.

Post lunch Dr. Shivani Ghildiyal delivered a talk on Green Leafy Vegetables in management and Prevention of Diseases and practical demonstration of Dhanyakadi Hima, Chitraka Siddha takra, Surana Achara, Kamala Kakadi ki Sabji and Singhade ke Aate ka Halwa.

It was followed by last lecture delivered by Dr. Pramod Yadav on **Ayurvedic Dosage forms and Recipes for Management and Prevention of Non Communicable Diseases**. His team also demonstrated preparation of few recipes



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viz. Kharjuradi Mantha, CHincha Panaka, Kullatha Yusha, Amlika Shadava and Arjuna Ksheerapaka.

This was the brief report of the 4 days International Seminar.

The Institute has also planned for release of collection of recipes, book titled, **Ayurveda in Your Kitchen, Health in your hands.**

The valedictory function will be presided by Honble JS, Ministry of AYUSH, Shri Pramod Kumar Pathak.

*Some Snaps of "INTERNATIONAL WORKSHOP ON "MEDICINAL HERBS & THERAPEUTIC DIETETICS FOR THE THERAPISTS AS WELL AS MEDICAL PRACTITIONERS OF EUROPEAN ACADEMY OF AYURVEDA" from 17 TH TO 20 TH FEBRUARY 2018."*



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*Inauguration- Lamp Lighting*

*Welcome of Guests*





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*Address of Gathering by honourable director prof. Tanuja Nesari Madam*





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*Hospital Visit*



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### *Demonstrations of Various recipes*







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*Valedictory Function*



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## REPORT 2020-21

In the line of previous year Workshop organised by All India Institute of Ayurveda in collaboration with European Academy of Ayurveda, the present training program was held for 3 days comprising of various lectures, case presentations and keynote addresses.

### Day – 1 (17<sup>th</sup>.Feb.2020)

First day which was dedicated to the theme “Medhya” began with Inaugural function of the Training Program on 17<sup>th</sup> February 2020 and was presided by Honourable Director Madam, faculty members and participants of European Academy of Ayurveda. Delegation of European Academy of Ayurveda comprised of 26 members along with group leader and course Director, Mrs. Kristen Rosenberg and Mr. Mark Rosenberg. Inaugural was followed by Welcome address by respected Director, Prof. Tanuja Nesari Madam.

Following the address, a short visit was arranged for the participants in Institutional Hospital to acquaint them regarding various health care services provided by the AIIA. Hospital visit comprised of Panchkarma demonstration on Moordhini Tailas and bedside classes which were lead by Dr. S.K Bhatted, Dr. V.G Huddar and Dr. Prasanth D.

This was followed by practical case demonstration of **Panchkarma Specific Cases** by Dr. Santosh Bhatted. Another case demonstration of **memory impairment** was done by Dr. R.K. Yadav, thus concluding the 1<sup>st</sup> session of day 1.

The post lunch session included enriching Lecture by Prof Tanuja Nesari on "Mental disorders, especially anxiety disorders, sleep disorders and their diagnosis". It also included demonstration on medhya Dravya by Dr. Shivani Ghildiyal and Vd. Bhargav Bhide and preparations by Dr. Pramod Yadav. This was followed by a short yoga session in which participants did some yogic practices namely Bhraamari Pranayaam, Anulom vilom and Aum Chanting. The participants were then served with refreshing Ayurvedic beverage made with Almonds and Walnuts by the courtesy of Swasthviritta department headed by Dr. Medha Kulkarni and Dr. Shivkumar Harti.

This concluded the first day of Training Program.





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## Day-2 (18<sup>th</sup>.Feb.2020)

The theme of Day-2 was Balroga. First session of day 2 began with the Case demonstration on patients of ADHD, CP by Department of Kaumarabritya – Panchakarma, under the guidance of Dr. Rajagopala and Dr. Arun.

Second session of the day 2 was reserved for visit to the largest spice market of Asia located in heart and by lanes of Old Delhi i.e. Khari Baoli.

Here, the European delegation was accompanied by Dr.Shivani Ghildiyal, Dr Prasanth D and Dr Pramod Kumar Yadav.

The participants of the Training Program were made familiar with the common herbs and their identifying features and indications.

This concluded the second day of Training Program.

## Day-3 (19<sup>th</sup>.Feb.2020)

The theme of day 3 was “Satmya”. Beginning of 1<sup>st</sup> session on day 3 of the Training Program was marked by enriching Presentations and Patient demonstrations by Dr. V.G. Huddar on Neurological disorders, Dr. S.K. Bhatted on Musculoskeletal Disorders and Dr. Ramakant Yadav on Inter vertebral disc disorders.

The presentations were followed by a fine Practical demonstration for Rasa evaluation by Prof. (Dr.) Tanuja Nesari and Dr. Shivani Ghildiyal which helped the participants with clearer understanding of the Concept of Rasa.

Later in the session, the presentations on lactose, gluten and demonstration of Ayurveda diet were done by Dr. Medha Kulkarni Dr. Shivakumar Harti.

This concluded the 3<sup>rd</sup> and last day of training program.



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**Lecture by Prof. (Dr.) Tanuja Nesari on  
"Mental, Anxiety and sleep disorders &  
Their Diagnosis"**



**Demonstration on medhya Dravya by Dr.  
Shivani Ghildiyal and Vd. Bhargav Bhide**



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## REPORT 2019

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Inaugural function of the workshop took place on 18<sup>th</sup> February 2018 and was presided by Honourable Director Madam, faculty members and participants of European Academy of Ayurveda. Delegation of European Academy of Ayurveda comprised of 9 members along with group leader and course Director, Mrs. Kristen Rosenberg. Inaugural was followed by a short visit of the participants to Institutional Hospital to acquaint them regarding various health care services provided by the AIIA.

This was followed by a very welcome address by respected Director, Prof TanujaNesari Madam.

This was followed by practical case demonstration of Panchkarma Specific Cases and diet planning in IPD of AIIA by Dr SantoshBhatted, HOD department of Panchkarma.

It was followed by deliberation of Dr SantoshBhatted on Approaches for planning diet in Panchkarma specific cases.

The post lunch session was conducted on Practical Demonstration of Recipes by Dr Prashanth D .

**Day 2:**On the second day the training program was started with the talk of Dr ShivaniGhildiyal on Classical Ayurvedic Spices and recipes for Gastrointestinal disorders.

It was followed by Practical demonstration of recipes for Anorexia and GI disorders by Dr Pramod Kumar Yadav& Dr Shiv Kumar Harti.

Evening session was reserved for visit to the largest spice market of Asia located in heart and by lanes of Old Delhi i.e. KhariBaoli.

Here, the European delegation was accompanied by Dr.ShivaniGhildiyal, Dr Prashanth D and Dr Promod Kumar Yadav.



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The participants of the workshop were made familiar with the common herbs and their identifying features and indications.

**Day 3:** On day 3 the Workshop had a lecture by Prof. Sujata Kadam from Department of StriPrasution Ayurvedic concept of Menopause.

This was followed by a case demonstration and deliberation by Dr. VG Huddar, Department of Kayachikitsa on **Liver Disorders, Understanding and Management through Ayurveda.**

This is the brief report of the 3 days International Seminar.

*Some Snaps of "INTERNATIONAL WORKSHOP ON "MEDICINAL HERBS & THERAPEUTIC DIETETICS FOR THE THERAPISTS AS WELL AS MEDICAL PRACTITIONERS OF EUROPEAN ACADEMY OF AYURVEDA" from 17 TH TO 20 TH FEBRUARY, 2019."*





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# Teilnehmerliste

Stand: 20.06.2022

Studienreise: Ayurveda-Ernährungstherapie in Indien - Food as Medicine  
vom 04.02.2017 bis zum 13.02.2017

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# Teilnehmerliste

Stand: 20.06.2022

Studienreise: Ayurveda-Ernährungstherapie in Indien - Food as Medicine  
vom 04.02.2017 bis zum 13.02.2017

Name	Straße / Land / Ort	Telefon / E-Mail	Kürzel
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Stand: 20.06.2022

**Studienreise Ayurveda-Ernährungstherapie und Diätküche in Indien: Food as Medicine**  
vom 10.02.2018 bis zum 20.02.2018

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