

**I-SERVE HYDERABAD 8 DAY NATIONAL WORKSHOP ON 7TH
ASHTANGAHRIDAYASATHRAM AT ORCHIRA, KAYAMKURLAM,
KERALA, IN ASSOCIATION WITH VAGBHATSARANI,
ARYAVAIDYASALA, KOTTAKKAL AND ICMR**

24TH TO 31ST JANUARY 2016

A BRIEF REPORT

Ashtangahridayam is considered to be the basic text to be byhearted by the Ayurveda students. Keeping these fundamentals in mind, Vagbhatasarani is conducting **ASHTANGAHRIDAYASATHRAMs since 2003 to 2014 at different places.** 7th Ashtangahridayasathram, the National seminar on Ayurveda (Residential training program for the revitalization of Ayurvedic heritage in the divine shrine of Lord Parabrahma) was held at Parbrahmam Auditorium, Oachira, Kollam (Dt), Near Kayamkulam, Kerala, from 24/01/2016 to 31/01/2016. Sathram was co organized by INSTITUTE OF SCIENTIFIC RESEARCH ON VEDAS (I-SERVE), Hyderabad. The sponsor was Arya Vaidya Sala, Kottakkal and co sponsored by ICMR.

INAUGURAL SESSION ON 24TH JANUARY 2016



The 7th Ashtangahridayasathram inaugural session was welcomed by Dr. A.V.Anandraj, General Convener. It was inaugurated by PADMAVIBHUSHAN G. MADHAVAN NAIR, Ex-chairman, ISRO. The function was presided over by Dr.Ravikumar Kalyanisseril, Chairman of the 7th Ashtangahridayasathram and Benedictory address was from Brahmachari Sankara Chaithanya, Matha Amrithanandamayi Mutt, Amrithapuri, Kollam. The specialties and working arrangements were explained by Dr.P.Gourisankar, All India Secretary, Vagbhatasarani. The key note address was by Dr.N.K.Mahadevan, President, Vagbhatasarani. The sathram was felicitated by 1) Dr. Ram Mohan, Member CCIM, 2) Dr.Ajayghosh, (Member, Senate, KUHS) Principal SN Ayurveda Medical College, Puthoor, Kollam, 3) Dr.V.Somarajan Pillai, Editor APTHA. Vote of thanks was from Dr. J. Radhakrishnan, Vice Chairman, 7th Ashtangahridayasathram.

“THE FOCAL THEME OF THE 7TH ASHTANGAHRIDAYASATHRAM WAS PRINCIPLES TO PRACTICE”



After the inauguration ICE BREAKING was conducted and which was lead by Dr.P.M.Madhu. The delegates were introduced themselves and came closer to work for the sathram. The delegates gathered to practice Yoga in the early morning and Yoga master was Dr. J. Radhakrishnan. All the days the yoga was practiced and from 6.30 am to 8.00 am and from 8.30 am to 10.30 am the delegates were engaged with Ashtangahridayaparayanam – reciting the complete Ashtangahridayam within 7 days.

On 25/01/2016 four scientific sessions were held by (1) Dr. T.S. Krishna Kumar, (2) Dr. P.M. Madhu, (3) Dr. Leena,S.Nair (4) Dr. Ram Manohar. The cultural programmes were also conducted.

On 26/01/2016 the Dhanwanthari Homam – doing Homa with Ayurvedic herbs by chanting the Dhanwanthari Manthra. All the delegates took part in this divine Homam.

At 11 am the paper presentation competition for the award of Vgbbhatapuraskaram was started .Totally we have received 52 abstracts for the competition and we have invited 30 among them for presentation. Among the 30 contestants invited 26 papers were presented their research papers with the help of Power Point. The Vagbhatapuraskaram has been awarded to Dr. Aiswarya K. from VPSV Ayurveda College, Kottakkal for the subject “BEAUTY & ITS BEASTLY SECRETS – A RENOVATION THROUGH AYURVEDA”. Award consists of Memento, Cash prize and Merit Certificate. The first and second followers were DR. SUMITHA PRAKASH.C and DR.NIMISHA P for the subjects “COMPUTER VISION SYNDROME AN AYURVEDIC APPROACH” and “HEMOPROTECTIVE EFFECT OF MALATYADI AGADA IN CYCLOPHOSPHAMIDE INDUCED TOXICITY IN MICE” respectively. The judges have recommended giving a special prize to Dr. Farha Ansari for the subject “COMPARATIVE STUDY ON EFFECT OF AUSHADHA KAALA IN TAMAKA SHVASA”.

After the competition an invited lecture was organized. Dr.Sreekrishnan, Prof.(Rtd.) VPSV Ayurveda College, kottakkal and the subject was “Importance of Presence of Mind – Principle to Practice”. Afterwards a fruitful discussion took place lead by Dr. Jayasankar Mund,

Prof. and HOD, Dept.of Samhitha, Siddhantha and Sanskrit, Amritha School of Ayurveda on the Subject “Importance of Kriyakala in treatment Principle to Practice”.

And another invited talk was delivered on “Need of research in Ayurveda” by Dr.K.S.Nirmala, Clinical Neuro Physiologist, Central research lab, Rajarajeswari Medical College, Bangalore. After dinner we assembled for the debate on the subject “Ancient learning Methods Vs New gen” chaired by Dr. R. Praveen , Medical officer, NSS Ayurveda hospital ,Ochira, Kayamkulam.

On 27th January 2016, the Yoga and Parayanam up to 11am. Followed by Dr.K.Murali , Prof. and HOD, Dept. of Kayachikitsa, Govt. Ayurveda College, Kannoor, Kerala on the subject Synonyms of Chikitsa – Principle to Practice. Post lunch session was started with the topic “Significance of Panchamahabhootha in treatment design – Principle to Practice” by Dr. Dhanya. C, Medical Officer, ISM, Govt. of Kerala. Followed by other lectures by Dr.M.Prasad of Ashtangam Ayurveda Kendram, Vavannoor, Palghat (Dt) on the subject “Types of treatment protocol – Principle to Practice. At 5 pm. we had the GURUMUKHAM – INTERACTION WITH THE GURU TO SHARE THE EXPERIENCES. Dr. N.K.Mahadevan, Chief physician, Sreekrishna Ayurkendram, Pala and Dr. V. Prabhakaran, Asst. Research Director (Rtd.), CCRAS were the GURU’s for this program. At 7 pm important lecture on the subject “Importance of Sanskrit to Understand Ayurveda” by Sri. P.V.Ramdas, Dept. of Samhitha, Sidhantha and Sanskrit, Amrita School of Ayurveda, Kollam, followed by cultural programme.

On 28/01/2016 after finishing the parayana up to 11 am. followed by lecture by Dr.M.R.Vasudevan Namboodiri, Principal, Amrita School of Ayurveda, and Member CCIM, on the subject “ Importance of Snehapana – Principle to Practice”. All the cream of the sathram was extracted with this wonderful and ever memorable class. Afternoon a “PRAKRUTHI DARSAN YATHRA” Delegates visited the Sanker’s Cartoon museum and Art Gallery nearby OACHIRA and Archeological Museum – KRISHNAPURAM PALACE and evening to “AZHEEKAL BEACH” during the sunset.

On 29/01/2016 Morning we had the occasion to welcome Dr.AnjaneyaMoorthy, Director (Rtd.), Dept. of Ayush, Govt. of Karnataka. Sir took part in all our activities from his arrival. The scientific session started at 11 am by class of Dr.PKV.Anand, Asso.Professor, Dept. of Panchakarma, Vaidyaratnam Ayurveda College, Ollur, Thrissur, Kerala on the subject “Role of Sweda in treatments – Principle to Practice. Post lunch scientific session was conducted by Dr.P.Gourisankar, Professor, Dept. of Kayachikitsa, Vaidyaratnam Ayurveda College, Ollur, Thissur, Kerala. The topic was Basic concepts of pathogenesis – Principle to Practice. From 3.30 pm to 4.30 pm Dr. Subha, Associate Professor, NSS Ayurveda College, Pandalam has established the “Importance of Daivavyapasraya Chikitsa – Principle to Practice.” The program GURUMUKHAM was performed by Dr.M.V. Remesh, Associate Professor, Amrita School of Ayurveda. From 7.00 pm onwards Dr.Anjaneyamoorthy Sir took a class on the importance of understanding the Desa for Ayurvedic practice. This is followed by cultural programme and dinner.

On 30/01/2016 after the parayana up to 11.00 am we had the experience sharing GURUMUKHAM from the senior most Physician of Kerala, Dr. M.NATARAJAN, DMO (Rtd.), ISM, Govt. of Kerala. In the afternoon two lectures were delivered by Dr. Anandarama Sarma and Dr.Rajani 1) Importance of Sodhana in treatments – Principle to Practice and 2) Utilization of different Yogas – Principles to Practice respectively. Evening 5.30 pm a visit has been arranged to Matha Amritanandamayi Mutt and took darsan of “MATHA AMRITANANDAMAYI”. Darsan was a special feeling to delegates.

On 31/01/2016 by 8.00 am delegates completed the parayana of Ashtangahridayam in the divine shrine of Lord Parabrahma. After the breakfast the delegates were assembled for the QUIZE. The delegates were grouped into five and in each group 2 delegates. There were 8 rounds of questions. The questions were from Ashtangahridayam soothrasthanam 11th, 12th, 13th and 14th Chapters. It was a wonderful event where the audience was also educated in the basic principles of Ayurveda. The quiz master was none other than Dr. S. Gopakumar, Associate Professor, Govt. Ayurveda College, Thiruvananthapuram, Kerala.

By 11 am of 7th Ashtangahridayasathram valedictory session has been organized. Dr. J. Radhakrishnan took the privilege to welcome the valedictory and VAIDYASANGAMAM. Dr.N.K.Mahadevan presided over the function. The inaugural address was from Dr.Anjaneyamoorthy, Director (Rtd), Dept. of Ayush, Govt. of Karnataka. Vagbhatasarani has honored 2 eminent personalities on this occasion. 1) Dr Gopalakrishna Pillai, senior physician from Oahira and 2) Sri.V.Sadasivan, Secretary, Temple administrative Board, Oachira. Then we had the speech by our chief guest – Dr.M.M.Basheer, DMO (Rtd), Kerala Health Services, Govt. of Kerala. He spoke on the subject “Duties of an Ayurvedic Doctor in the present Era”. Dr.Sahithi from Warangal and Dr.Farha Ansari from Uthraghand spoke their experiences in the sathram. Sri E.V. Rao, the senior most delegates also took 3 minutes to express the gratitude for being the part of the 7th Ashtangahridayasathram. The vote of thanks was marked by Dr.P.R.Rajendran. After the Vote of thanks The 7th Ashtangahridayasathram was marked the end with National Anthem.

There were sixty six delegates and seventeen fulltime participants in the Sathram.

In total the 7th Ashtangahridayasathram was a success in respect of participation of delegates, invited dignitaries, resources persons, guests , food , accommodation, cultural programs and prakruthi darsan yathra.

I-SERVE Hyderabad is very happy to associate as co organizer of this wonderful even which focused on Ayurveda with respect to Vagbhateyam.