

26th International Conference
“Ayurveda & Women’s Health”
April 6 – 8, 2018

Venue:

Best Western Hotel & Conference Center
300 Gateway Drive, Bethlehem, PA 18017, USA

Contact:

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GLOBAL
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26th International Conference

“Ayurveda & Women’s Health”

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300 Gateway Drive, Bethlehem, PA 18017, USA

37 Keynote & Featured Speakers



Meenakshi Gupta



Pratibha Shah



Sandra Nicht



Vandana Baranwal



Anjum Nadaf



Sweta Vikram



Priyaa Balamurugen



Kim Jaeger



Pari Mudiginty



Pilar Chandler



Pushpa Soundararajan



Divya Selvakumar



Anupa Mohan



Alexandra Steele



Shobha Swamy



Vasudha Rao



Vidya Chakravarthy



Nancy Smith



Michelle Costantini



Gauri Junnarkar



Snow Shimazu



Jaya Daptardar



Priyanka Ingle-Jadhav



Samina Ahmad



Suruchi Saini



Hetal Naik



Harpinder Bhoi



Lisa D Bryan



Vie Binga



Jyoti Meghdambar



April Shandar



Susan Weis-Bohlen



Prashanth A.S.



John Cosby



Deepak Bakshi



Shekhar Annambhoda



Nagabhushan Moolky

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Tentative Conference Program Guide*

Friday, April 6, 2018

Time	Topic	Presenter
07:00 am – 08:00 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
Session 1 – Healthy Puberty		
08:15 am – 08:30 am	Inauguration	Inauguration
08:30 am – 09:00 am	Empowering women's health in 21 st century	Keynote Speaker: Pratibha Shah, BAMS, MD-Ayurved, MPH, Massachusetts, USA
09:00 am – 09:30 am	Possessed by PMS? Nutrition, Yoga and Ayurveda could be the solution	Pushpa Soundararajan, RD, ALC, AFNC, MBA, Illinois, USA
09:30 am – 10:00 am	Teenage Headaches – An Ayurvedic Approach	Kim Giitika Jaeger, ALC, CAP, AFNC, C-IAYT, MATP, Pennsylvania, USA
10:00 am – 10:30 am	Thyroid disorders management for the 21 st century women	Vidya Chakravarthy, BAMS, MS (Health Care), Georgia, USA
10:30 am - 11:00 am	Ojas: The vital nectar of life	Harpinder Bhohi, MBA, Pennsylvania, USA
11:00 am – 11:30 am	Q & A	Q & A
11:30 am – 12:00 pm	Sponsors Presentation	Komal Herbals, Platinum Sponsor, Pennsylvania, USA
12:00 pm – 01:30 pm	<i>Lunch & Sponsors Visit</i>	Lunch
Session 2 – Yoga & Lifestyle for Women's Health		
01:30 am – 02:00 pm	Type 2 Diabetes in women and Ayurveda: Emerging trends and interventions	Keynote Speaker: Gauri Junnarkar, BAMS, RD, LMT, Texas, USA
02:00 pm – 02:30 pm	Yoga Therapy for women's health	Sandra Nicht, MS Yoga Therapy, C-IAYT, Maryland, USA
02:30 pm – 03:00 pm	Yoga Therapy for Eating Disorders in Women	April Shandor, BA (Psychology), MA (English), California, USA
03:00 pm – 03:30 pm	Ayurveda Yoga Therapy for Hot Flashes	Nancy Smith, LMT, RAAP, New Jersey, USA
03:30 pm – 04:00 pm	Q & A	Q & A
04:00 pm – 04:15 pm	Sponsors presentation	Maharishi Ayurveda – vpk Ayurveda, Iowa, USA
04:15 pm – 04:45 pm	Break	Break
Session – 3 – Yoga & Lifestyle for Women's Health		
04:45 pm – 05:15 pm	Importance of Abhyanga in women's health	Vasudha Rao, BAMS, Arizona, USA
05:15 pm – 05:45 pm	Understanding and caring for Transgender individuals	Anupa Mohan, AHP, New Jersey, USA
05:45 pm – 06:15 pm	Understanding preconception care through Ayurveda	Pari Mudiginty, RPh, MS (Pharm), DAMS, MBA, RAP, MTP, New Jersey, USA
06:15 pm – 06:45 pm	Secret of women's confidence: Skin & Acne Care	Jaya Daptardar, BAMS, MHA, Connecticut, USA
06:45 pm – 07:00 pm	Q & A	Q & A
07:00 pm – 09:00 pm	Sponsors / Exhibitors Visit	

Saturday, April 7, 2018

Time	Topic	Presenter
06:30 am – 07:30 am	Yoga, Pranayama, Meditation	Lisa D'Antonio Bryan, MA, E-RYT, Pennsylvania, USA
07:45 am – 08:15 am	Day Pass Registration	Front Desk & Sponsors Visit
Session – 4 – Pregnancy Care		
08:30 am – 09:00 am	Role of Ayurvedic Herbal Formulations for Post Natal Care	Keynote Speaker: Vandana Baranwal, BAMS, MD-Ayurveda, New Jersey, USA
09:00 am – 09:30 am	Women's Fertility, Ayurveda and A.R.T. (Advanced Reproductive Technology)	Pilar Chandler, LMT, CAP, HHP, California, USA
09:30 am – 10:00 am	Holistic Approach to healing chronic disorders with Nutrition	Shobha Swamy, Georgia, USA
10:00 am – 10:30 am	Ayurveda – Self Care for Pregnancy and Postpartum	Alexandra Steele, M.Ac., L.Ac., C.A.W.C., Maryland, USA
10:30 am – 11:00 am	Ananda Factor for Health	Vie Binga, RAAP, MA-Ayu, Florida, USA
11:00 am – 11:30 am	Q & A	Q & A
11:30 am – 12:00 pm	Sponsors presentation	Kottakkal Ayurveda, New York, USA
12:00 pm – 01:30 pm	Lunch & Sponsors / Exhibitors Visit	
Session – 5 - Premenopausal Care		
01:30 pm – 02:00 pm	Effectiveness of Kaaya Kalpa yoga in disorders of female reproductive system	Keynote Speaker: Priyaa Balamurugen, BAMS, MSc (Psychology), New Jersey, USA
02:00 pm – 02:30 pm	Premenopausal depression	Samina Ahmad, MD, ALC, CAP, AFNC, New York, USA
02:30 pm – 03:00 pm	Wellness for Busy Women	Sweta Vikram, New York, USA
03:00 pm – 03:30 pm	Women & Relationships	Susan Weis-Bohlen, AP, Maryland, USA
03:30 pm – 04:00 pm	Q & A	Q & A
04:00 pm – 04:15pm	Award Ceremony & Group Photo Award Winners –	Award Ceremony & Group Photo
04:15 pm – 04:45 pm	Break	Break
Session – 6 – Menopausal Care		
04:45 pm – 05:15 pm	Menopause and Ayurveda	Keynote Speaker: Meenakshi Gupta, BAMS, MD-Ayurveda, Texas, USA
05:15 pm – 05:45 pm	Osteoporosis – An Ayurvedic Management	Anjum Nadaf, BAMS, New Jersey, USA
05:45 pm – 06:15 pm	Diet for Menopausal Women	Divya Selvakumar, PhD, RD, Maryland, USA
06:15 pm – 06:45 pm	Common Podiatric Problems in Women	Hetal Naik, DPM, New York, USA
06:45 pm – 07:00 pm	Q & A	Q & A
07:00 pm – 09:00 pm	Sponsors Exhibitors Visit	Sponsors Exhibitors Visit

Sunday, April 8, 2018

Time	Topic	Presenter
06:30 am – 07:30 am	Yoga, Pranayama, Meditation	Snow Shimazu, New York, USA
07:30 am – 08:15 am	Day Pass Registration	Front Desk & Sponsors Visit
Session 7 - Breast Care and Cancer		
08:30 am – 09:00 am	Living with Breast cancer- Maintain health and quality of life	Keynote Speaker: Priyanka Ingle-Jadhav, PhD, MS, BAMS, New Jersey, USA
09:00 am – 09:30 am	Understanding Breast Cancer and its management according to Ayurveda	A.S. Prashanth, BAMS, MD-Ayurved, PhD, Hubli, Karnataka, India
09:30 am – 10:00 am	Scientific basis of use of Turmeric for women's health	Nagabhushan Moolky, PhD, Scientist, Illinois, USA
10:00 am – 10:30 am	Ayurvedic approach in Breast Cancer: Scope and Limitations	Jyoti Meghdambar, BAMS, MD-Ayu, PhD (C), Nanded, Maharashtra, India
10:30 am – 10:50 am	Remedies for Breast Care	Michelle Costantini, ALC, AFNC, CAP, Pennsylvania, USA
10:50 am – 11:20 am	AIR BEAUTIFUL - Self Care For Lymphedema Risk Reduction After Breast Cancer Treatment	Snow Shimazu, New York, USA
11:20 am – 11:45 am	Q & A	Q & A
11:45 am – 12:00 pm	Break	Sponsors Visit
12:00 pm – 01:00 pm	Lunch & Sponsors / Exhibitors Visit	
Session 8 – Women's Health		
01:00 pm – 01:30 pm	Women & Self Care	Suruchi Saini, LPC, CCTP, New Jersey, USA
01:30 pm – 02:00 pm	Top 5 Herbs for Women's Health	John Cosby, DO, BA, Florida, USA
02:00 pm – 02:30 pm	Ayurvedic Galactagogues (Breast milk enhancers)	Shekhar Annambhotla, BAMS, MD-Ayurved, LMT, Pennsylvania, USA
02:30 pm – 03:00 pm	Women's Health – Vastu (Indian Architecture Construction)	Deepak Bakshi, MArch, Green Vastu Buildings, Iowa, USA
03:00 pm – 03:30 pm	Q & A	Q & A
03:30 pm – 03:40 pm	Vote of Thanks	Shekhar Annambhotla, Director GAC & AAPNA, USA
03:40 pm – 04:00 pm	Closing Circle	All Participants

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

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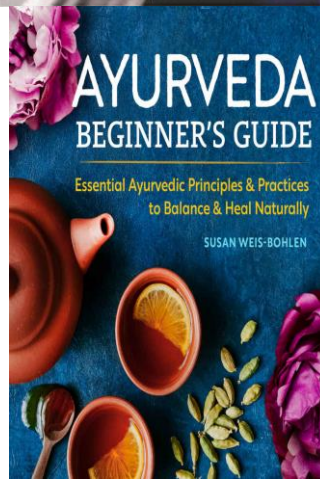
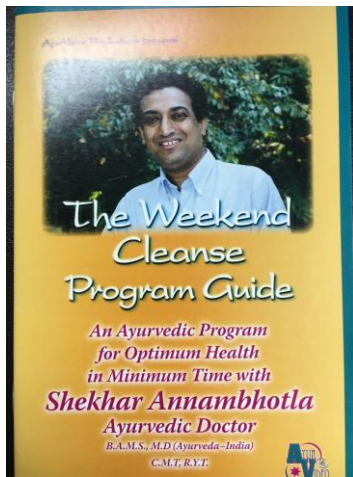
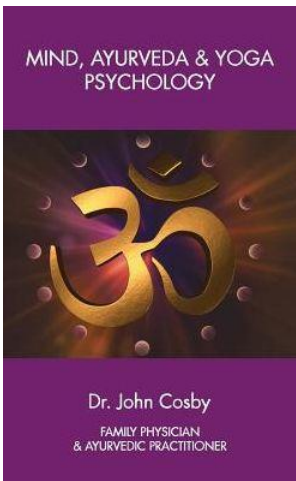
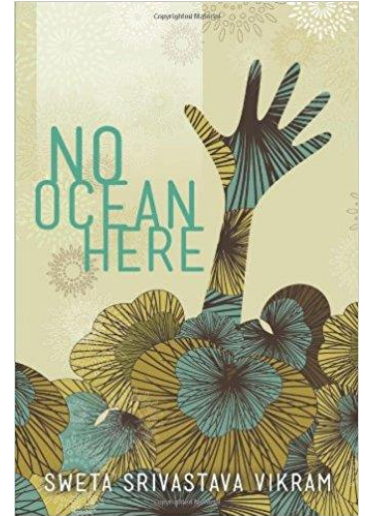
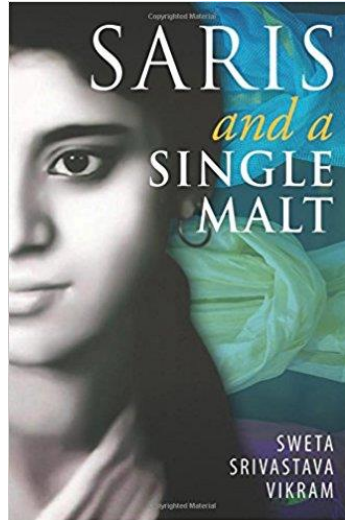
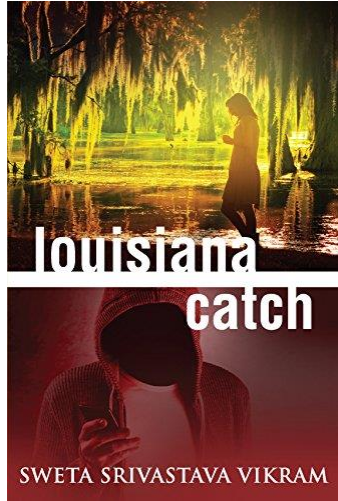
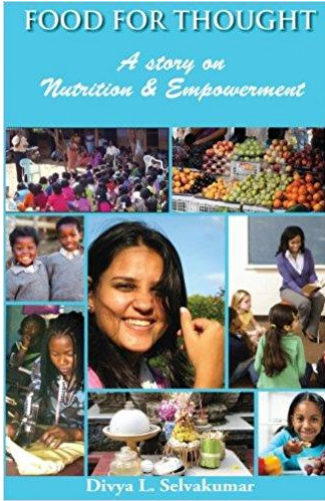


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Book Signing by Authors



Speakers Profile



**Pratibha Shah, BAMS, MD (Ayu), MPH
Massachusetts, USA
Keynote Speaker**

Pratibha Shah, is one of the leading Ayurveda experts in the USA. 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. She is a prolific speaker, writer and educator in the community. With more than 25 years of clinical practice, she is one of the few holistic practitioners leading the effort of true integration, focused on client-centric wholesome care. She is a senior faculty and Domain Expert for Kerala Ayurveda Academy. Her life's Mission Statement is – True wholesome health for all through Ayurvedic principles. For her work, she was nominated in the Top 20 Women of the Year, for the year 2014. She is the Founder, President the Wholistic Health Alliance (a 501c3 non-profit), Council for Ayurveda Research and Owner at My Ayurved LLC. She offers her consultation services at several clinics in Massachusetts.

Topic: Empowering Women's health in the 21st century

Since 1900, advances in public health have resulted in a 30-year increase in women's life expectancy. For the first time in written history, women make up half the work force. This means that their voices and skills are impacting society more than ever before. But while women are living longer, are increasingly in leading jobs and are also the primary healthcare decision makers for the family, they continue to experience poorer health outcomes themselves and suffer more chronic disability compared to men. Where is the gap? What are the barriers? How can we overcome them? How can we empower women's health in the 21st century? These are some of the questions Vaidya Shah will address in her presentation. She will talk about the old and new health challenges women face in the present times and the factors that specifically impact a woman's health. She will share her insights into a systemic and innovative approach to true and wholesome health which every woman deserves.



Pushpa Soundarajan, RD, LDA, MBA, AFNC, HHP
Illinois, USA
Featured Speaker

Pushpa is a Registered Dietitian who graduated from University of Illinois, Chicago. Over the last 25 years she has provided nutrition counseling to patients in many settings including dialysis units, hospitals and outpatient centers. She is currently in Private practice in Chicago suburbs. Incorporating some of the principles of Ayurveda into her nutrition practice gives a more holistic approach to her counseling. She advocates holistic health, individualized meal planning, moderation in intake of food and mindful eating. Pushpa is also a Certified Yoga teacher, Ayurvedic Health educator and certified Ayurvedic Food and Nutrition Consultant from International University of Yoga and Ayurveda. She has given talks about integrating Ayurveda and Modern Nutrition in practice at AAPNA conferences and Academy of Nutrition and Dietetics webinar. She has also contributed a chapter on Ayurveda and its role in chronic diseases in a Functional Medicine textbook to be published in 2018. Her vision is to She has an MBA in finance and is a freelance graphic designer mainly helping non-profit organizations. Her hobbies include painting, reading, tennis, writing and volunteering.

Topic: Possessed by PMS? Nutrition, Yoga and Ayurveda could be the solution.

According to Wikipedia, Premenstrual syndrome (PMS) refers to physical and emotional symptoms that occur in the one to two weeks before a woman's period. Symptoms often vary between women and resolve around the start of bleeding. Common symptoms include acne, tender breasts, bloating, feeling tired, irritability, and mood changes. It has been shown that 80% of women experience some sort of symptoms physical or emotional or both. PMDD or premenstrual dysphoric disorder is a more severe manifestation with violent moods swings that some women even feel they are possessed. Often they are prescribed anti-depressants to alleviate the symptoms and that only offers a temporary relief. PMS can continue for most of the month in some women so a shift in diet and lifestyle is necessary to have a more permanent solution which is where Ayurveda comes in for a holistic therapy. From personal experience I have gone through the gamut of symptoms and have found significant relief from practicing Yoga, Pranayama and taking vitamins for better hormonal balance. That's what took me on this journey towards Yoga and healing techniques like Reiki and Pranic healing. I would like to share my own journey of how I found relief with diet and lifestyle management.



**Kim Giitika Jaeger, ALC, CAP, AFNC, C-IAYT, MATP
Pennsylvania, USA
Featured Speaker**

Kim Giitika’ Jaeger is a classical tantra yoga and meditation teacher, yoga therapist, and Ayurvedic practitioner. As a Certified International Yoga Therapist (C-IYT) with a Master of Trans-personal Psychology (MATP) degree, Kim works with individuals and groups for their all-around trans-formative evolution, using a naturally organic style. She shares customized Ayurveda, making its ancient wisdom accessible, relevant, and practical. She is a Certified Ayurvedic Practitioner (CAP), Ayurvedic Lifestyle Consultant (ALC), and Ayurvedic Food & Nutrition Consultant (AFNC), plus has an Associate degree in Ayurvedic Science. She is passionate about increasing awareness and integration through a holistic approach, so that one’s true Self continues unfolding and manifesting. For this, she incorporates further training in: life energy & human consciousness; counseling & coaching; and self-esteem & spiritual growth.

“Teenage Headaches – An Ayurvedic Approach”

Headaches are a common ailment from which people suffer occasionally or chronically, and have some peculiarities at adolescence. We’ll look at the physiology and types of headaches from a western medicine perspective and then delve deeper from an Ayurvedic standpoint. Once the teenager’s constitution, current state of health, and pathogenesis are taken into account, the appropriate Ayurvedic treatments are evident and shared with both the child and his/her parents. Holistically, yoga therapy and other modalities may also be incorporated.

Treatments for immediate relief and for long-term improvements to underlying causes will be covered.



Vidya Chakravarthy, BAMS, MS (Health Care)
Georgia, USA
Featured Speaker

Vidya Chakravarthy, BAMS is an Entrepreneur, Ayurvedic Doctor, and Healthcare IT specialist for more than a decade. She is currently focused on improving ways to take Ayurveda to the world, with a vision to enhance and enrich health and wellness. She qualified as an Ayurvedic Practitioner (Bachelor in Ayurvedic Medicine and Surgery) and has a Yoga Certification from SVYASA. She also has a master's in Hospital and Healthcare Management with specialization in Healthcare Information Technology, from Symbiosis Institute of Health Sciences, Pune India. Dr. Vidya has had a meritorious record of accomplishment for academic excellence from undergraduate through post-graduation. She is a Gold Medalist and has been a topper throughout her academic career. Her approach to promoting Ayurvedic principles to the modern world is an amalgamation of a futuristic model of evidence – based medicine and the ancient wisdom. Dr. Vidya is the co-founder of Ayurjivana an Ayurveda specialty center at Bangalore, India that she remotely manages with her team. She is presently practicing Ayurveda at her Atlanta center in Georgia. She is also committed to Ayurveda Education, Research, and Practice. Her unique clinical skills combined with Information Technology brings a whole new dimension to her new clinical practice. She is presently pursuing a master's degree in Functional Medicine, from the Functional Medical University, South Carolina. She believes that a blend of cutting edge technology, into Ayurveda will translate this ancient wisdom into a contemporary reality.

Thyroid Disorders management for the 21st century women

Thyroid gland disorders are outgrowing all over the world, affecting mostly women. Thyroid hormone regulates metabolic rate of the body. Failure of thyroid hormone to maintain metabolic rate mainly produces hyperthyroidism or hypothyroidism. Thyroid disorders are characterized by physical and mental abnormality. There is no exact correlation of thyroid gland in Ayurveda. But the Ayurvedic system of medicine is very futuristic and it doesn't emphasize on naming the disease. It rather insists on understanding the constitutional status of a disease and adopting an appropriate treatment principle. The main action of thyroid hormone is to act as a spark to start-up body metabolism at dhatwagni level. The Agni located in the jathara (digestive fire) is responsible for digestion and absorption of the food. The bhutagni is responsible for the transformation of heterogeneous substance to homogenous substances. The dhatwagni (the Agni located in the body tissues) along with bhutagni are responsible for the metabolism. Also, the symptoms of hypothyroidism and hyperthyroidism can be correlated with imbalanced doshas. As modern treatment has many adverse effects, it is important to understand thyroid disorders from Ayurvedic perspective to give safe and effective ayurvedic management.



Harpinder Bhohi, MBA
Pennsylvania, USA
Featured Speaker

Harpinder Kaur Bhohi is part of the founding team of Komal Herbals, Inc. based in Pittsburgh. With a science and technical background, she assists the company's growth by identifying and developing new products and defining the information necessary to bring AyurBest products to market. A strong believer in ayurveda, she considers herself a lifelong student of ayurveda. She has also studied biochemistry and homeopathy to understand the principles of natural healing. Being a people's person, she likes meeting new people and spreading information about ayurveda, Komal Herbals, and its products.

Ojas: The Vital Nectar of Life

There is a connection between food, lifestyle choices, and vitality. This vitality is called ojas (o-jus) in ayurveda. What is ojas? Why is it important in ayurveda? How does it affect our health? How is it connected with food and nutrition? How can ojas be increased?



Gauri Junnarkar, BAMS, RD, LMT
Texas, USA
Keynote Speaker

Gauri Junnarkar is the founder of 'Ayurnutrition' an integrative wellness practice in Dallas-FortWorth, Texas. She is a highly accomplished Vaidya (Ayurveda Practitioner), Registered Licensed Dietitian, Panchakarma Specialist, Certified Diabetes Educator and Licensed Massage Therapist. She has a Master of Science in Nutrition and Bachelor's in Ayurveda. Gauri's background in Ayurveda inspired her to do her master's thesis research on "Dietary Curcumin (phytochemical in Turmeric) and its effect in Melanoma (skin cancer)", which was selected at the National Conference on Experimental Biology under "Diet and Cancer" and also at the Texas Dietetic Association conference. Her expertise includes Ayurveda, Panchakarma, Nutrition and Diabetes education. She integrates Ayurvedic principles with Nutrition in her daily practice. She also provides Ayurveda wellness and Nutrition consults and Panchakarma therapies at her wellness office. Gauri teaches nutrition courses to undergraduate students and provides Diabetes education to patients at diabetes centers in Dallas Fort Worth area. She has given a number of presentations on Ayurveda and Nutrition at International and local conferences, faculty and students at Texas Woman's University and various dietitian associations in Dallas. Gauri loves conducting workshops, cooking classes, presentations, webinars, lunch and learns and grocery store healthy food tours. She is currently a faculty member at International University of Yoga and Ayurveda and Tarrant County College. She is also a committee member for AAPNA (Ayurvedic Professionals of North America).

Type 2 Diabetes in women and Ayurveda: Emerging trends and Interventions.

Type 2 Diabetes is a chronic disease state on the rise in US adults. According to the latest statistics by Center of Disease control more that 29 million US adults have diabetes. The prevalence is on the rise in women. Women function as care givers of the family. Ayurvedic approach through Diet and lifestyle management could be used as a tool to reduce risk factors for Diabetes and better management of diabetes. Through this presentation we will learn about Type 2 diabetes and its prevalence in women. This presentation will also focus on the emerging trends and interventions through the Ayurvedic approach. Case studies, latest research and practical approach using Ayurveda will be discussed in the presentation.



**Sandra Nicht, MS Yoga Therapy, C-IAYT
Maryland, USA
Featured Speaker**

Sandra Nicht is one of the first to receive a Master of Science in Yoga Therapy from Maryland University of Integrative Health, is certified by the International Association of Yoga Therapists, and is a Kripalu Certified Ayurvedic Health Educator. In addition to teaching group yoga classes for University of Maryland Baltimore County and corporate fitness centers Sandra sees private yoga therapy clients in Catonsville, MD, USA.

Yoga Therapy for Women's Health

The dance of *Prana* and *Apana* is key to health, and the weakening of *Apana* as women age leads to many serious health issues. Yoga Therapy can help rebuild *Apana* in its home in the legs, helping menopausal women reduce hot flashes and keep their weight under control. Simple routines taking a few minutes every day have lasting results.



**April Shandor, BA (Psychology), MA (English)
California, USA
Featured Speaker**

April Shandor has a Bachelor of Science degree in Psychology from the University of Pittsburgh and a Master of Arts in English with a concentration in Linguistics from San Francisco State University. She received her training as a certified (C-IAYT) Yoga Therapist from the Niroga Institute in Oakland, California. She currently works as a yoga therapist in two inpatient eating disorder treatment facilities, one for adult women and one for adolescents. She has recently begun formal studies in Ayurveda at the California College of Ayurveda and intends to use her education in psychology, yoga therapy, and Ayurveda to work in integrative psychiatric health care.

Yoga Therapy for the Treatment of Eating Disorders in Women

This presentation will begin with an overview of eating disorders in women, including a historical context, lifetime prevalence rates, myths about the disorders, and the connection between the disorders and anxiety. Then the presenter will move on to the DSM-5 criteria of the three most treated eating disorders: anorexia nervosa, bulimia nervosa, and binge eating disorders. Commonalities among these three disorders will be discussed. Finally, the presenter will explain some of the research which shows the effectiveness of yoga therapy for addressing the commonalities among all three disorders. The presentation will conclude with a discussion of important considerations when using yoga as treatment.



Nancy Smith, LMT, RAAP
New Jersey, USA
Featured Speaker

Nancy A. Smith RAAP, C-IAYT, L.M.T. is the founder & director of Essence of Self Ayurveda Wellness Spa for Massage, Yoga and a Healthy Lifestyle. Nancy is a New Jersey licensed massage therapist, A Certified Yoga Therapist through International Association of Yoga Therapists (IAYT), a Registered Advanced Ayurvedic Practitioner (RAAP) through the Association of Ayurvedic Professionals of North America (AAPNA), and professional member of National Ayurvedic Medical Association (NAMA), Kripalu Center Yoga and Ayurveda Graduate (KYTA/KAPA) and a Level III Reiki Master Teacher through the International Association of Reiki Practitioners (IARP).

Ayurveda Yoga Therapy for Hot Flashes

Hot flashes are the most frequent symptom of menopause and perimenopause. A hot flash is a quick feeling of heat and sometimes a red, flushed face and sweating. The exact cause of hot flashes is not known, but they may be related to changes in circulation. Nancy A. Smith will explain about hot flashes from an Ayurvedic perspective, followed by an Ayurvedic Yoga therapy experience specifically designed to balance the vata pushing pitta nature that occurs during a hot flash. The sequence will consist of pranayama, meditation and yoga postures offering cooling, calming and grounding influences to shift the experience of the flash.



Vasudha Rao, BAMS
Arizona, USA
Featured Speaker

Vasudha Rao is an Ayurvedic practitioner graduated from SDM college of Ayurveda, Hassan India. One of the top 10 Ayurvedic institutions of India. She has experience working as an Asst .doctor for a renowned senior practitioner in India. She has experience of successfully treating her patients, especially women and children at her clinic in India for 5 years. She is a member of Agnivesha Ayurveda Anushtana, a pioneer charitable organization sincerely extending its services to public by mass awakening, mass education and facilitative to budding practitioners by frequent CMEs, half yearly seminars and state level seminar. It was her privilege to serve this association as joint secretary. She has given health awareness programs in schools, colleges and for public. She has also conducted medical camps on different diseases and counselling workshops for prenatal and postnatal care. She practiced the unique method of immunization mentioned for children in Ayurveda –Swarna Prashana, in her clinic which successfully upheld the health quotient of the children. She is currently working with an Ayurvedic doctor in an Ayurvedic Centre in Arizona.

Importance of Abhyanga in women's health

Globally women's health and access to health care remains a challenge both in developing and developed countries. In the absence of adequate insurance, women living under poverty line are at greater risk of deterioration. But, in absence of adequate health education and absence of life style that is inspired by healthy routine, complete women population is at greater risk. They suffer not only with cancers, biological or reproductive health but with most of the diseases that come under psychosomatic genre. Emphasizing and considering the complexities of the women body, the terms of improvising her health demands an efficient health care system rather than medical care. One of the best health care systems that can bring in robustness is the life science Ayurveda. By the health regimen mentioned in Ayurvedic classics, one can attain efficacious, fruitful healthiness. Abhyanga (Massage with warm oil) is one such regime which can remarkably accelerate the health quotient. It is stated in classics that – *abhyangam aachareth nityam jara shrama vathaha ha pushti drishtiprasadanam swapna dhadyatha* and many more. American Massage Therapy Association has researched on many such benefits individually like uses of massage on pain, anxiety, stress, mental health and wellness, cardio vascular diseases, oncology, immunity functioning and many more which women are constantly prey of. Understanding the importance of massage by researches, by classical references, the health enhancements that is possible for women health is to be emphasized. Including Abhyanga in daily routine amplifies the women health remarkably. It can become an important women health initiative and major tool in preventing possible major health issues suffered by the women population.



Anupa Mohan, AHP
New Jersey, USA
Featured Speaker

Anupa Mohan, AHP is the heart and soul of Anupanas. She has a passion for health and believes that everyone deserves to live happily. In order to achieve her goal; helping other's improve their health, interpersonal relationships, and quality of life, Anupa has dedicated herself to studying the ancient science of Ayurveda and integrating it into modern times. She has been praised by the National Ayurveda Association for her innovative work and approach to modernizing Ayurveda. Anupa offers the best of both worlds; being a native of India but living most of her life in the United States of America, Anupa uses influences from both worlds to help strengthen her practice. Anupa has her bachelors in Psychology, with a focus in developmental psychology, and has studied Ayurveda extensively in both the USA and Kerala, India. She has worked with children, neuro diverse individuals, individuals with genetic disorders, those with chronic illnesses and persistent illnesses, members of the LGBT+ community and everyone in between.

Understanding and Caring for Transgender Individuals

This presentation will discuss, in depth, transgender individuals from an Ayurvedic perspective. The object of this presentation is to help guide Ayurveda professionals in improving the lives of individuals transitioning. This will include discussion of co-morbidities and other medical issues transgender individuals face when medically transitioning. Furthermore, this topic will also detail the ins and outs on how to treat individuals who have already transitioned both male-to-female and female-to-male, in terms of Ayurveda Indryastanham, including Nadi Pariksha. The purpose for this presentation is to open a discussion on Transgender health issues and how they can be improved through Ayurveda, as well as how Ayurveda can be used to help improve their quality of life before, during, and after transitioning.



**Pari Mudiginty, RPh, MS (Pharm), DAMS, MBA, RAP, MTP
New Jersey, USA
Featured Speaker**

Pari Mudiginty, R.Ph, MS (Pharm), DAMS, MBA, RAP is a MTM (Medication therapy management) certified pharmacist and Ayurvedic Practitioner. Integrating her expertise in medication and disease state management with Ayurvedic principles she has helped clients with clear, results driven, customized action plans that will fit into the busiest of schedules. She is the Co-Founder/Director at Ayurvedashram, a holistic wellness and fully equipped Panchakarma center in New Jersey, USA. She is an Associate Editor at Ayurveda Journal of Health, USA and Chair- Volunteer Committee at the Council for Ayurveda research, USA. Pari's principal research is focused on ayurvedic interventions in Autism Spectrum Disorder. Her areas of interest include documentation of case studies at Ayurvedashram and dissemination of ayurvedic knowledge in the community through wellness workshops and corporate seminars. Including her work, Pari enjoys being with family, creative DIY projects and meditation.

Understanding pre-conception care through Ayurveda

The Center for Disease Control (CDC) defines preconception care as a set of interventions that aim to identify and modify biomedical, behavioral, and social risks to a woman's health or pregnancy outcome through prevention and management. Thus, care is aimed at decreasing maternal and fetal/neonatal morbidity and mortality through the key components of physical assessment, risk screening, vaccinations, and counseling. In Ayurveda the fundamentals of Rtu (timing), Kshetra (field, place), Ambu (nourishment) and Bija (seed) are applied to pre-conception care. This presentation will discuss the Shad garbhkara bhavas (procreative factors) namely: Matrija (mother), Pitrija (father), Aatmaja (soul), Rasaja (nutrition) with emphasis on Satmyaja (wholesomeness/suitability), and Sattvaja (spiritual balance).



**Jaya Daptardar, BAMS, MHA
Connecticut, USA
Featured Speaker**

Dr. Jaya Daptardar BAMS, Ayurvedic Doctor MHA is practicing and teaching Ayurveda in United States for 20 years. She co-chairs an Integrated Medicine committee with CT State Department of Mental Health and advocates to introduce the alternative health care modalities in to the mental health and addiction clinics. She introduced Ayurveda in CT State Department of Mental Health's collaborative conference on pain management and addiction. She runs a health and wellness chapter of non-profit Global Organization of People of Indian Origin to promote wholesome health in communities. She has recently founded and introduced "Wellness and Beyond" nonprofit chapter to help communities become healthy and well balanced in mind, body and soul. She provides Ayurvedic counseling and therapies at multiple locations in CT. She is a founder and CEO of Active Ayurveda and Yoga LLC and The Institute of Ayurveda and Life Style Management. She is a writer and conducts seminars and workshops on various topics in Ayurveda. She concentrates in women's wellness and beauty care along with various other issues. She works as a COO of a mental health company in CT.

Secret of Women's Confidence: Skin Care and Acne Care

"Nourish the woman in you to flourish the confidence in you". When it comes to personal beauty - taking care of your skin as your largest organ and first point of contact with the world. It is a holistic process involving proper life style management to balance mind, body and soul to balanced health. Your health status illuminates your face. Treating your skin with love and respect, increases your self-confidence and allow your inner beauty to shine through. Holistic healing wisdom of Ayurveda lays the emphasis on natural wellness of a woman, taking in to the consideration both her outer as well as inner beauty. Beauty is not just to look beautiful but to look confident. Your happiness is your beauty and it reflects on your skin.



Lisa D'Antonio Bryan, MA, E-RYT
Pennsylvania, USA
Featured Speaker

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 Women's Optimum Health

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



Vandana Baranwal, BAMS, MD-Ayurveda
New Jersey, USA
Keynote Speaker

Vandana Baranwal, BAMS, MD in Ayurveda, is a teacher and practitioner of Ayurveda. She completed her MD in Ayurvedic Gynecology and Obstetrics in 1998 from the prestigious Banaras Hindu University, Varanasi. Before moving to the United States, she was a professor in SDM at the College of Ayurveda, Hassan, Karnataka. She was extensively involved in teaching, as well as clinical and research work there. She has more than 20 years of experience in health care employing Ayurvedic medicines and Panchakarma procedures. She is also a registered Master Ayurvedic Specialist with AAPNA. She received the “*Charak Award*” (Excellence in Teaching Ayurveda) from AAPNA. Currently, she is working as a clinical research consultant with Kottakkal Ayurveda (Arya Vaidya Sala) in the United States. She coauthored a book on women’s health titled *Stree Roga Vimarsha* and is working on her second book. She has also published many papers in Ayurvedic and scientific journals. She is passionate about Ayurveda and believes that health problems in today’s bodies and minds have definite healing answers in this ancient system of medicine.

Role of Ayurvedic Herbal Formulations in Postnatal Women

Ayurveda, the science of life is known for its curative and preventive potential. Postnatal care is broadly described in Ayurvedic classics and is called *Sutika Paricharya*. The postnatal period is the period beginning immediately after the separation of the placenta and extends up to six weeks, also known as the puerperium or puerperal period. Ayurvedic texts have described dietary regimen, lifestyle and herbal formulations for up to 6-months after childbirth or until a mother’s body returns to its pre-pregnancy physiology. Childbirth is a demanding event in the journey of motherhood; aggravation of doshas, disorders in dhatus, and loss of blood call for special care. Objectives of postnatal care are to ensure a normal puerperium, restoration of health of mother, maintenance of maternal and infant health, prevent illness, and establish infant feeding, emotional support and education for mother about herself and her children’s future. My presentation will focus on the importance of *Sutika Paricharya* and some of the important herbal formulations described in Ayurvedic texts for care of women during the postnatal period.



Pilar Chandler, LMT, CAP, HHP
California, USA
Featured Speaker

Pilar Chandler, CAP, HHP, LMT is a Holistic Women's Health Specialist, who graduated as a Certified Holistic Health Practitioner in 2001. She trained as a Clinical Ayurvedic Practitioner from Mount Madonna Institute, College of Ayurveda where she graduated with Honors in 2008. A licensed massage therapist with over 16 years of clinical experience, as well as a certified Arvigo, Abdominal Therapist with advanced training in prenatal applications. She is a trained birth Doula & Yoga Instructor. Pilar opened Shri Veda Wellness, a Holistic Women's Health clinic in 2009 in Southern California. Her practice focuses on reproductive & sexual health. She has helped many women find relief from pelvic pain & menstrual disorders, as well as helped many couples conceive healthy pregnancies & supported many throughout the childbearing year & beyond. She uses Ayurveda, massage, nutrition & dietary support, yoga, meditation, herbal healing & counseling to support each woman in their healing journey.

Women's Fertility, Ayurveda and A.R.T.

Fertility can be an unexpected challenge for modern women today. Looking through the lens of Ayurveda can bring a grounded approach to the often confusing and sensitive subject.

What we will cover:

- Basic fertility and reproductive mechanics, as well as some common challenges.
- Ayurvedic view of fertility challenges, techniques used in practice (herbs, treatments, etc.)
- The difficulties facing modern women today and the effects of stress, social media and toxicity.
- A.R.T. Advanced Reproductive Technology, the 5 treatments commonly used and how to support for optimal results.
- Client objectives and case studies from my clinical practice.



Shobha Swamy
Georgia, USA
Featured Speaker

Shobha Swamy is very passionate about health and wellness. After 25 years in the Automotive Engineering field, she discovered her passion to regain vibrant health through food choices and has since changed her career. She is now certified in Plant Based Nutrition from the T. Colin Campbell Center for Nutrition Studies, Cornell University. She is also a certified Food for Life instructor through the Physicians Committee for Responsible Medicine. She actively promotes switching to minimally processed, nutritionally dense, plant based diets. Shobha takes a holistic approach to nutrition, wellbeing and promoting permanent lifestyle changes in individuals and organizations, to build stronger healthier communities. She advocates for taking our health into our own hands through this simple and easily accessible way of eating to prevent and reverse chronic diseases, instead of resigning ourselves to hereditary factors. She is also a Field Educator with the Ethical Choices Program, a non-profit organization offering educational presentations, which primarily address issues related to food choices and the impact of these choices on the planet and its inhabitants. She is also a Yoga and Meditation Instructor and conducts Yoga and Meditation classes from her home in Alpharetta. She is a supporter of Hindu causes and is actively involved in AIM for Seva – providing education for rural and tribal children in India; Atlanta Hindu Vivah and organizes Bhagavad Gita classes at her home and Samskritam classes at her home. She lives with her husband, their two daughters and dog Ruffels.

Holistic Approach to healing chronic disorders with Nutrition

Active promotion of switching to minimally processed, nutritionally dense, plant based diets, with a holistic approach to nutrition, wellbeing and promoting permanent lifestyle changes in individuals and organizations, to build stronger healthier communities. Advocate for taking our health into our own hands through this simple and easily accessible way of eating to prevent and reverse chronic diseases, instead of resigning ourselves to hereditary factors. Promoting Yoga and Plant Based Nutrition.



**Alexandra Steele, M.Ac., L.Ac., C.A.W.C.,
Maryland, USA
Featured Speaker**

Alexandra Steele, M.Ac., L.Ac., CAWC, is a licensed Acupuncturist, and Ayurvedic Wellness Coach. She specializes in helping people with digestion, stress management, woman's reproductive health, anxiety and depression, and pain. For the past 15 years she has studied Ayurveda, diet and nutrition, and completed an Ayurvedic Wellness Program at Yama Studio in Baltimore, MD in 2011. In 2013 she graduated from MUIH with a Masters Degree in Acupuncture. Alex is passionate about helping people live life with their fullest. She looks at the whole person, beyond the physical symptoms to the root cause of disease. Her goal is to empower people by supporting them to embody their true selves as the path toward balance. She incorporates Ayurvedic diet, yoga, meditation, and breathing exercises, into lifestyle coaching. By using Ayurveda in harmony with Acupuncture, she treats people on a deep constitutional level, where a person's body, mind, and spirit can heal itself.

Ayurveda – Self Care for Pregnancy & Postpartum

The system of Ayurveda places special importance on how to nourish and care for women for optimal health, happiness and balance from the time of conception through the postpartum period. Certain foods, herbs and spices can be medicine for your body's changing needs. There are also very simple and effective natural food-based remedies that treat and heal common pregnancy related symptoms and postpartum conditions including: morning sickness, edema, heartburn, digestive issues, back pain, sciatica, fatigue, anxiety, insomnia, hormonal imbalance, and PPD. We will talk about ojas, life-building foods, what they are, and why they are important in the last months of pregnancy and postpartum period. In addition, we'll talk about rejuvenative therapies, foods and herbs. This can make an enormous difference in recovery time, assist in healthy breast milk production, prevent PPD, and restore your body into balance to prevent future health issues and Vata imbalances from developing.



Vie Binga, RAAP, MA-Ayu
Florida, USA
Featured Speaker

Vasiliki (Vie) Binga's interest into Natural Health was ignited at an early age by her two grandfathers, one teaching her the science of Greek Medicine at his pharmacy and the other, a world renowned philosopher, author of the first modern Greek language dictionary and ideological leader of Greece guiding her through the connection between body, mind, and soul. Vie's accomplishments include: M.Sc. in Mathematics and Computer Science; Ph.D. Qualified Examination in Math; Certified Ayurvedic Practitioner; Integrative Yoga Therapist; Myofascial Release Therapist; Master Fitness Trainer; and Author of several books. Vie studied extensively with some of the top Ayurvedic Teachers. She is also a graduate of Dr. Lad's Ayurvedic Institute and Mount Madonna Institute. Vie's repertoire includes creating Rāja Āyurveda programs for outdoor enthusiasts and conducting trainings worldwide. Vie's unique background in science along with her passion for Ayurveda and Yoga continue to bring science based healthy practices to the world.

Āyurveda & The State Of Flow – The Ānanda Factor

Ānanda in Sanskrit means bliss. That state of inner surrender, where one transcends reason and feels fully inspired. In modern day terminology it is also referred to as the zone, or the flow. It is said that when in the flow, every action, movement and thought follows inevitably from the previous one. The state of flow requires eight conditions for its occurrence and continuation. This presentation will identify these conditions and how they relate to the dhāraṇā, dhyāna and samādhi, the three final states of the eight limbs of yoga according to the Patañjali Sutras. After identifying these conditions we will also explore Āyurvedic tools that can bring you into the state of flow, the meeting grounds of brain, mind and consciousness.



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

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 IUYA (Faculty -International University of Yoga and Ayurveda), Florida.

Effectiveness of Kayakalpa yoga in disorders of female reproductive system

Kayakalpa yoga is an ancient advanced yogic technique of transmuting sexual energy to spiritual energy. It is a tool best used both for enhancing wellness and managing illness by strengthening the Ojas (Vital energy) through recycling the sexual vital fluid. The effect of this yogic technique in balancing hormones and hence optimizing the overall health of women is discussed. Starting from the time of puberty, the benefits of kayakalpa yoga are numerous including regulation of endocrine gland secretions, regulation of menstrual cycle, reducing symptoms of premenstrual syndrome (PMS), improving fertility, enhancing health during pregnancy and the ability to manage stress. There has been some research on the effect of Kayakalpa yoga on PCOS and further research is needed to bring this great yogic technique to light. Priyaa being directly trained by her guru Vethathiri Maharishi brings to the participants this new perspective of Kundalini Yoga with new light on women's health.



Samina Ahmad, MD, ALC, CAP, AFNC

New York, USA

Featured Speaker

Samina Ahmad, MD, ALC, CAP, AFNC – A graduate of the University of Punjab in Pakistan with a degree in Medicine, she began her medical career as an Internal Medicine Physician in the Senior Gastroenterology Department, she then took a position with the National Institute of Child Health and later started her own practice – Family Practice Health Care Clinic for Women and Children. Dr. Ahmad hosted television programs on healthful cooking, family issues and nutrition for over seven years, She graduated as a Holistic Health counselor from Institute of Integrative Nutrition, New York, USA and qualified for national certification as a Holistic Health Practitioner by the American Association of Drugless Practitioners. She received a certificate of completion for educational outreach from the Teachers College of Columbia University. Dr. Samina is a Chopra Center Certified Perfect Health Consultant & Primordial Sound Meditation teacher. She graduated as an Ayurvedic Lifestyle consultant & an Ayurvedic Practitioner from Amrit Yoga Institute, Florida, USA and Greens Ayurveda, Kerala, India. She received her Associate in Ayurvedic Science degree and became a certified Ayurvedic Food & Nutrition consultant from IUYA. Currently, she runs her wellness centre "Dr. Samina's Wellness" in New York. She is presently the Business Manager for Junoon, a highly acclaimed internationally renowned, Pakistani rock band. Samina, along with her husband Salman have launched their New York based NGO, Salman and Samina Global Wellness Initiative, which focuses on Interfaith and cross-cultural dialogue global health and education. Dr Samina and her husband Dr. Salman Ahmad were nominated and included in the Pakistan Power 100, a unique ranking of the most influential and successful Pakistanis across the globe.

Perimenopausal Depression

Depression is one of the common perimenopause symptoms that many women experience as a result of changes in their hormone levels. Depression during perimenopause can negatively affect all areas of life, including work and relationships. I will highlight the contributing factors and the steps to reduce its impact as early as possible by developing good lifestyle habits, I will focus on the importance of good nutrition, exercise, sleep, stress management, breathing techniques, natural herbs ,loving relationships, spirituality and regular meditation practice as key factors in defeating depression during the peri-menopausal period.



Sweta Vikram
New York, USA
Featured Speaker

Sweta Srivastava Vikram featured by Asian Fusion as “one of the most influential Asians of our time”, is a bestselling author of 11 books, holistic wellness columnist, and wellness practitioner. Born and raised between the Indian Himalayas and North Africa, she currently lives in New York City with her husband. Sweta’s work has appeared in the New York Times and other publications. A graduate of Columbia University, she also teaches the power of yoga, Ayurveda, and mindful living to female trauma survivors, creative types, entrepreneurs, and business professionals. Sweta is also the CEO / Founder of NimmiLife, a Wellness company which helps you to attain your goals by elevating your creativity and productivity while paying attention to your wellness.

Wellness for Busy Women

Self-care is important and it matters. We cannot help others if we aren’t replenished ourselves. This talk will highlight simple tips for pranayama, Ayurvedic skincare, lifestyle, and yoga asanas that can be fit easily inside a woman’s busy day.



Susan Weis-Bohlen, AP
Maryland, USA
Featured Speaker

Susan Weis-Bohlen is a full-time Ayurvedic consultant, cooking teacher, meditation teacher, and leader of sacred site tours. Susan's personal journey into the Ayurvedic lifestyle began when she came across the Ayurvedic cleansing technique of panchakarma. What began as the release of damaging toxins and personal difficulties eventually grew into an impassioned vocation. She has since studied with the best teachers of Ayurveda, both in the US and in India. Susan knows exactly how challenging it can be to come to Ayurveda as a beginner and has dedicated her life to sharing the fruits of her studies with students all over the world. Susan grew up in Baltimore, Maryland. After attending the University of Missouri and the University of Maryland (1985) she moved to Israel where she lived in Tel Aviv and worked as a journalist for the Jerusalem Post and as a unit publicist on TV shows and films made in Israel. Susan also worked for Israel Cable TV during its infancy and helped to establish the film channel. In 1992 Susan moved to Washington DC to work at the Israeli Embassy in the media and press office. For the next three years she worked with the government promoting the Oslo Peace Accords, witnessing the signing of peace treaties with Palestine and Jordan, with both the Bush and Clinton administrations. After moving back to the US for good in 1997 Susan found real joy in working at two bookstores, Bibelot and Barnes & Noble, organizing events, community groups, book clubs and workshops. After that wonderful experience, Susan worked in PR and marketing while planning to open her own bookstore. After a visit to The Bodhi Tree in West Hollywood (Los Angeles) she decided to open a new age bookstore based on their model. Susan opened Breathe Books in Baltimore in 2004. Since she became a vegetarian at 16 and had been practicing yoga and meditation in her late 20s Susan wanted to promote this lifestyle to others. She ran her bookstore for 10 years, eventually adding a vegetarian cafe, teaching and consulting on Ayurveda, hosting authors from around the globe, and leading weekly meditation classes. In 2014 Susan decided to close Breathe Books and concentrate fully on her Ayurvedic practice. Continuing her love for world-travel, Susan leads meditation, yoga and Ayurveda tours to sacred sites around the world. Susan lives with her husband Larry (who she met in her bookstore in 2008) and their three dogs, Ella, Shadow and Joonie, in the woods in Reisterstown, Maryland just outside of Baltimore City.

Women & Relationships

I would like to talk about Ayurveda and relationships and how the doshas play a role in every aspect. From work relationships to personal relationships, understanding your dosha and your partner or counterpart's dosha can help you more effectively create a harmonious, fulfilling relationship. We cannot change our Prakruti but we can work with it and become more flexible the more we understand ourselves and our vikruti. Finding the language to explain this to others is key – especially those who are not familiar with Ayurveda. Learn how to constructively convey your message to achieve positive results. People are amazed at how they can transform relationships once they understand the basic dynamics of how Vata, Pitta and Kapha relate to one other, the language they use, and how expectations can be handled.



Meenakshi Gupta, BAMS, MD (Ayurveda)

Texas, USA

Keynote Speaker

Meenakshi Gupta, an Ayurveda Vaidya, founder of AyurRoots wellness center in Plano, Texas, U.S., She is a Trainer and teacher of international repute, and has pursued her MD Ayurveda from the Apex Learning institute, The National Institute of Ayurveda, Jaipur, India. Vaidya Gupta is a gold medalist and is a highly accomplished Ayurveda and Panchakarma Specialist. She has been practicing Ayurveda for the last 20 years. Her expertise includes Ayurveda, Panchakarma, Diet, life style recommendations and Ayurveda wellness education. She integrates Ayurveda principles with Ayurvedic diet and life styles in her daily practice. Ms. Gupta has done intense 3 years of clinical research on Ayurvedic herbs in Enuresis & Learning Disabilities in Children. The research experience includes literacy research as well as clinical trials with Ayurvedic herbs on Enuresis. Ms. Gupta has more than 18 years of extensive international experience in design & delivery of Ayurveda courses as Ayurveda Cosmetology, Ayurveda Herbology, Medical Yoga, Panchakarma therapy. She organizes regular workshops & courses on various topics of Ayurveda, training workshops for hands on training in Panchakarma courses. She has more than 5 years of extensive teaching experience at Ayurveda Colleges in India and has 18 years of clinical experience with Ayurvedic herbs & Panchakarma. She has authored several papers and writes regular column in several e magazines, health magazines along with various Radio talks & newspaper articles. She is member of the fellowship Board of the Association of Ayurvedic Professionals of North America (AAPNA) and NAMA. She is member of Research Method committee for council for Ayurveda Research. She is Senior Editor of Journal of Ayurveda and Holistic Medicine (JAHM). And ex-coeditor of Ayurveda Mantra Magazine.

Menopause and Ayurveda

Menopause is a natural phenomenon and generally happens gradually between the ages of 45 – 55. During this transition time, called “perimenopause,” menstrual periods become more irregular and begin to taper off. After menstrual periods have stopped for 12 months, a woman is considered to have reached menopause. The three Different stages, i.e., perimenopause, menopause, and post menopause, comprise a half or a third of a woman’s life. It is characterized by an altered hormonal status and a consequent diminution in quality of life, affecting each woman in a different way. Specially, the decline and eventual cessation of estrogen production are linked with the arrival of uncomfortable symptoms (hot flashes, night sweats, breast tenderness, vaginal dryness, irregular periods, mood changes, and vaginal atrophy) as well as pathologies, such as osteoporosis, heart disease, hypercholesterolemia, endothelial dysfunction, hyperglycemia, and depression.

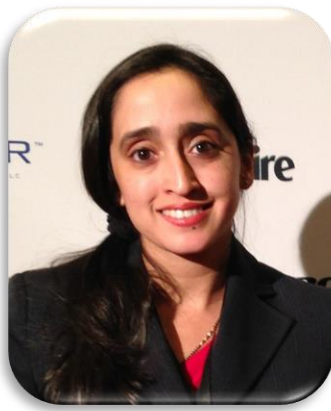


Anjum Nadaf, BAMS
New Jersey, USA
Featured Speaker

Anjum Nadaf, BAMS, graduated from Rajiv Gandhi University, Bengaluru, Karnataka State, India in 2004. She has also completed Yoga Instructor Course (YIC) from Vivekananda Institute of Yoga, Bengaluru, India in 2005. She has 10+ years of practicing and teaching Ayurveda in India and USA and providing ayurvedic wellness consultations, yoga instruction and ayurvedic nutritional consultations. She incorporates Naadi Pariksha (Pulse Analysis) and Marma Therapy and Aroma Therapy into her wellness practice. She offers various yoga, pranayama and meditation workshops.

Osteoporosis – Ayurvedic Management

Osteoporosis is a condition characterized by a decrease in the density of bone, decreasing its strength leads to fragile bones. Osteoporosis literally leads to abnormally porous bone that is compressible, like a sponge. The disorder for the skeleton weakens the bone and results in frequent fractures (breaks) in the bones. Osteopenia, by definition is a condition of bone that is slightly less dense than normal bone but not to the degree of bone is osteoporosis. Normal bone is composed of protein, collagen, calcium, minerals, all of which provide strength to the bones. Both men and women can suffer from osteoporosis but the rate is relatively higher among women who have crossed their menstrual age. Major causes of osteoporosis is aging, low body weight, lack of sex hormones after menopause, excessive smoking or alcohol drinking, certain medications like steroids etc. The fracture can be either in the form of cracking or collapsing (as in a compression fracture of the vertebrae of the spine). The spine, hips, ribs and wrists are common areas of bone fractures from osteoporosis although osteoporosis related fractures can occur in almost any skeletal bones. According to Ayurveda, this condition is an excessive or increased vata dosha, which manages the movement in the entire body, that Vata dosha stimulates other doshas. Agni in the body is also majorly responsible for the digestion and nutritional supply to all the dhatus, including Asthi Dhatu. When the Agni is disturbed Dhatu Kshaya (decrease of dhatus) takes place. The management of Osteoporosis is key to balance Vata doshas and improve the metabolism of various tissues, including Asthi Dhatu. Osteoporosis can be reversed, if taken rich in vitamin containing foods such as Vitamin, D, K, C, Magnesium, dark green leafy vegetables, good night sleep, weight bearing exercises, Yoga, Pranayama, herbs like Arjuna, Ashwagandha, Shatavari, Vidarikanada, Shilajith, Lakshadi Guggulu etc. .



Divya Selvakumar, PhD, RD, AFNC
Maryland, USA
Featured Speaker

Divya L. Selvakumar, PhD is a registered dietitian, nutrition specialist, professor, and consultant with over 15 years of experience. Her experiences are noted in international development, academia and global nutrition. Divya is currently the founder of a small international charity organization, American Hindu World Service (AHWS), and a budding business, Divine Diets. Divya recently completed the Ayurvedic Food and Nutrition Consultation program with International University of Yoga and Ayurveda, and holds a very deep interest in Ayurveda altogether.

Diet for Menopausal Woman

Divya L. Selvakumar will be presenting a diet for menopausal women with Ayurvedic principles and concepts. Millions of women over the age of 50 suffer from the effects of menopause, which can include hot flashes, vaginal dryness, night sweats, chills, and mood changes. While modern medication has provided some relief, there has been a growing interest in holistic medicine, with a focus on lifestyle and diet. Ayurveda offers a practical and straightforward approach towards dietary changes and adaptations during menopause, and can promote the overall quality of life after age 50 for women.



Hetal Naik, DPM
New York, USA
Featured Speaker

Hetak Naik, DPM Licensed Podiatrist, in private practice, working in Brooklyn, NY. Dr, Naik graduated from New York College of Podiatric Medicine in NY in 1998. She has completed her residency in Primary Podiatric Medicine and Podiatric Orthopedics at Coney Island Hospital followed by a one year fellowship in Diabetic wound care under Dr. Butler at The Brooklyn Hospital Center. She enjoys traveling, museums, music, and spirituality.

Common Podiatric Problems in Women

Dr. Naik provide outline Podiatric problems women face such as bunions and hammer toes due to poor or incorrect shoe gear. She will also like to talk about Diabetes and it's effects on the feet, in terms of neuropathy, ulcers and prevention of Podiatric conditions as they relate to Diabetes.



Priyanka Ingle-Jadhav, PhD, MS, BAMS
New Jersey, USA
Keynote Speaker

Priyanka Ingle-Jadhav being a Physician-Scientist, is instrumental in integrating multidisciplinary approach to deliver best optimized patient care. Her knowledge of Indian traditional medicine- Ayurveda coupled with extensive training in modern basic and advanced sciences enable her to amalgamate them in a holistic and organic way. She completed Bachelors in Ayurveda from Mumbai, India during which she got multiple opportunities to learn and practice Ayurveda with established practitioners. Following her passion to uncover and understand the fundamentals of Ayurveda using modern tools, she did her Masters and PhD in Pharmaceutical Medicine-Clinical Pharmacology from KEM Hospital, Mumbai – Maharashtra State University and worked as Assistant Professor at KEM Hospital, Maharashtra State University, Mumbai, India. Dr. Priyanka did Ayurveda Consultancy in Mumbai for 6 years till she moved to USA. She acquired deeper understanding of Immunology in pathogenesis of both communicable and non-communicable disease and importance of immunological methods applicable to Ayurvedic research. She continued her research as Post-doctoral fellow at University of Florida, USA with top of the field mentors in Sjogrens' and Type 1 diabetes. Her focus was Ayurveda, GRAS natural products as she conducted multiple studies to comprehend utility of Ayurvedic drugs in various models. She has authored nearly 50 papers, poster, book chapters and abstracts in peer-reviewed indexed journals with high impact factor, published a book on phytopharmaceuticals and actively contribute as Associate Editor to Jr of Ayurveda and Integrative Medicine, reviewed nearly 100 papers till date for Jr of Ethno pharmacology, PLOS One, IJAR, JAIM, etc. She has received awards (11), conducted certificate courses/conferences/CMEs (26) on behalf of State University and ICMR. She has conducted an ICMR sponsored Grant writing course and delivered 8 lectures on multiple occasions. Currently she is working on collaborative projects across India and USA to bolster Ayurvedic research ahead.

Living with Breast cancer- Maintain health and quality of life

Breast cancer can be devastating for the individuals as well as for the loved ones and family. The struggles through disease and its treatment is often an uphill climb. It has been shown in various studies how the drugs along with the disease dramatically lower the QOL of the patients. The speaker, Dr. Priyanka will discuss on aspects which can lead to improvement in QOL and remedies for the same. The QOL of life is directly correlated to the “happiness” and improvement in QOL has a very high impact on patients well-being.



Nagabhushan Moolky, PhD, Scientist
Illinois, USA
Featured Speaker

Dr. Nagabhushan Moolky worked as a scientist for the last 35 years, was a Scientific Officer at Tata Cancer Institute, Bombay, India where he completed his Ph.D. and worked as a scientist in several Universities in USA. He was the first one to show that some of the spices (its principles) - Turmeric (Curcumin), Ginger (Gingerol, Shaogol and zingerone), Catechu (Catechin) and betel leaf (Hydroxychavicol) prevents genetic damage resulting in cancer formation caused by environmental and dietary chemicals. His research was recognized by more than 20 awards by national and international organization including Young Scientist Award (Gold Medal) 1988 from ICMR, New Delhi, India and New Investigator Award 1989, American College of Nutrition, USA. He has published his research findings in peer-reviewed national and international scientific journals and also presented more than 150 abstracts in national and international scientific meetings. In 2004, he was invited to present his work at International conference on childhood leukemia, London. The presentation was covered by all major newspapers and news channels around the world including BBC, CNBC etc.

Scientific basis of use of Turmeric for women's health

Ankush Moolky*, Dr. Usha Kolpe** and Dr. Nagabhushan moolky***,

*Hinsdale Central High School, Hinsdale, Illinois, USA, **Dept. of Anesthesiology, Hines VA Medical Center, Hines, Illinois, USA and ***Oak Brook, Illinois, USA

From time immemorial turmeric has been used around the world especially in Indian subcontinent and Southeast Asia. Turmeric is a yellow colored spice, widely used in India on a daily basis. Used as a main ingredient in the preparation of curry, pickle, dishes and sweets. Turmeric considered as auspicious, used on occasions such as religious, and marriage ceremony. It is very common that women apply turmeric paste to body to improve skin color, texture, appearance and beauty. Bhindi is made up of turmeric and lime is a important part of Hindi men and women's life. It is used as Ayurvedic medicine to treat common cold, cuts, wounds, scorpion bites and pain (Nonsteroidal anti-inflammatory agent). Before 1984, scientifically to the larger portion of studies on turmeric and its yellow coloring principle, curcumin has been shown to has anti-inflammatory activity. To a lesser extent, studies revealed antioxidant, antiulcer, antibacterial and antifungal activity. In 1984, Dr, Nagabhushan first published a scientific study showing that turmeric and curcumin prevents genetic damage induced by environmental and dietary mutagens and carcinogens (Cancer causing chemicals) and consumption and application of turmeric can prevent many types of cancer. Subsequently, it has been shown to prevent skin cancer initiation and promotion, cancer of lymphocytes (leukemia, lymphoma), breast, stomach and colon. Even it enhance retinoic acid human leukemia cell to differentiate – switch back to normal cell. We have shown that turmeric and curcumin prevents radiation-induced genetic damage thus prevents formation of cancer. Epstein Barr Virus (EBV) causes lymphoma, even healthy people are infected with EBV without any manifestation of symptoms. When the immune system of a person becomes weak/dysfunctional, EBV gets activated, lymphoproliferative disorder sets in. We have shown the in human B cell lymphocyte, curcumin blocks the EBV activation. Other studies have shown that curcumin is neuroprotective, helpful in the prevention of developing Alzheimers disease, cardiac diseases and useful after stent placement and improves organ preservation for liver transplantation. In conclusion, scientifically now it is established that use of turmeric in diet and application to skin and use as a bindi is useful in preventing many types of cancer, including skin cancer by chemicals and radiation, neuroprotective and prevent age related chronic diseases.



A.S. Prashanth, BAMS, MD-Ayurved, PhD
Hubli, Karnataka, India
Featured Speaker

Prashanth A.S. is well known for his valuable contributions and services in the field of clinical Ayurveda and Ayurvedic education since 20 years. He was born at Keremoole, Adoor, Urdur of Kasargod, Kerala and is from a traditional family of Ayurvedic practitioners. He completed his BAMS from Karnataka University, Dharwad, with First Rank and Gold Medal. He is the winner of Kurdikeri Memorial Gold Medal and Dr. P.V.Jayade Gold Medal for High Academic performance he was awarded from the Ministry of Youth Affairs Govt. of Karnataka. He has done his Post Graduation (MD Ayurveda) in Kayachikitsa from The prestigious Govt. Ayurveda College, Thiruvananthapuram, Kerala, through University of Kerala. He worked at the famous Alva's Health Center, Moodbidri, as the chief Physician of Panchakarma for few years. He was appointed as a Lecturer in Kayachikitsa in 1996 at Ayurveda Mahavidyalaya, Hubli, worked at different capacities and currently working as Professor and Head in the department of Kayachikitsa, Ayurveda Mahavidyalaya, Hubli. He worked as a professor in the department of Panchakarma A.M.V. Hubli and Guided about 10 dissertation works. In the department of Kayachikitsa he has guided about 12 dissertation works. He is a recognized Ph.D. Guide from the RGUHS Bangalore. His special interest in the field of Treating viral hepatitis, Menier's disease, frozen shoulder, male infertility, neurological disorders, urinary tract disorders, Gouty Arthrities etc. attracted patients from India and Abroad. He has visited places like Kualalampur, Mulu, Miri of Malaysia, and Singapore delivered lecture on various topics of Herbal Medicines. He is the Chairman for Board of Studies – UG Ayurveda at RGUHS, Bangalore.

Understanding Breast Cancer and its management through Ayurveda

The fundamental theory of Ayurvedic treatment is based on the balance of Vata, Pitta and Kapha. Within the body, these philosophical 'regulatory energies' are represented by three major bodily systems: the nervous system, the venous system and the arterial system. Observation shows that three regulatory systems are found connected to every internal organ; they regulate each organ, as well as the organism as a whole. This theory is called *Tridosa Siddhanta*. Ayurvedic words for abnormal growths were also based on type and location, and were assigned names in a similar fashion. *Granthi, Arbuda, Gulma, Asthila, Balmika, Shaluka* are some of the words which were used. In the West, neoplasms are divided into two pathogenic natures, benign and malignant. The Ayurvedic words 'Tridosaja' and 'Sannipataja' (both meaning abnormal growth) are used to indicate the malignant stage of the neoplasm; the word 'Vataja' or 'Pittaja' or 'Kaphaja' or a combination of any two of them (e.g. Vata-Pittaja or Vata-Kaphaja or Pitta-Kaphaja) is used to signify a benign neoplasm. Breast cancer is a burning issue for women today. If a woman avoids breastfeeding or has impurities in her breast milk, this sort of blockage in the ducts can occur. More commonly, hormone replacement therapy, especially for estrogen and progesterone, alcohol addiction, obesity, smoking usually result into breast cancer. This topic aims at knowing the concepts of prevention, arresting the further growth of neoplastic cells, and managing post-chemotherapy complications.



Jyoti Meghdambar, BAMS, MD-Ayurved, PhD (C)
Maharashtra, India
Featured Speaker

Jyoti Vishnu Meghdambar, B.A.M.S., M.D. (Rognidan), Ph.D.(Scholar), more than 12 years of teaching and research experience, she is research guide for 4 years, more than 17 years of experience in pathology laboratory, published more than 20 research articles in various journals and publications, authored various books on ayurveda – Key Points in Pathology, Practical book of rognidan, participated and presented various national and international conferences. She is active member of medical team in Bhuj earthquake, assistant researcher in integrated cancer research center, Wagholi, Pune, organized various medical camps,

Ayurvedic Approach in Breast Cancer: Scope and Limitations

The Cancer in India shows millions of new cases detected every year 3,50,000 die each year, on the threshold of an epidemic, cancer sunami. Among all these scenario breast cancer is now most common cancer in most of the cities if India and second most cancer in Rural areas. Breast Cancer is the word which is not so clear in Ayurveda Literature. But the references of Arbuda (Tumor) were found, but still on the basis of through evaluation of clinical symptoms and signs, lab, and imaging, clinical judgements and pathogenesis can be established. There are different helpful inputs from other conditions like Rajyakshma (Tuberculosis), Prameha(Dibetes), Kushtha(Skin disease), grahani (IBS), Shwas(Asthma), Pranavaha strotas dusti hetu, Rasvaha and Raktvaha strotas dusti hetu. So from Ayurvedic prospective Cancer is a vikrutivishamsamvaya type of combination showing Santarpana at physical level and Aptarpana at psychological level. Modern medicines treats Breast cancer by surgery, chemotherapy, radiotherapy and monitor by imaging and tumor markers. The Aim of Ayurvedic medicines are prevent recurrence, improve quality of life, prevent or minimize the side effects of conventional treatments, management of sequel and regression of tumor and metastasis. But all these results need to be well documented. The strength of modern medicines regarding diagnosis and confirmatory, regression by therapies, periodic monitoring method with well documentation are other positive aspect. But Ayurveda has limitations in diagnosis as well as in Prognosis, Tumour control might be somewhat difficult with only Ayurvedic medicines and also in handling emergencies and it is further lacking of clinical data and documentation. While dealing with the weakness of modern medicine it fails to pacify the disease as a whole, limitations to prevent recurrence, severe side effect and not cost effective, failure to consider psychosomatic body as one with. The strength of Ayurveda are less hazardous medicines without less adverse effect, consider mind and body together with physical, mental and spiritual health. Both the conventional medicines and Ayurveda have potential as well as limitations. Effective fusion of this can offer better life, qualitative as well as quantitative to the patients years to life and life to years. Key words: Breast Cancer, Ayurved approach, Scope, Limitations



Michelle Costantini, ALC, AFNC, CAP
Pennsylvania, USA
Featured Speaker

Michelle Costantini, ALC, AFNC received her Ayurveda Food & Nutrition Consultant certificate from the International University of Yoga & Ayurveda, Florida, USA. She studied for the Ayurveda Lifestyle Consultant certificate at the Centro Ayurveda in Genoa, Italy and at the Ayurveda & Yoga Retreat Hospital in Connor, Tamil Nadu, India. Michelle is an Ayurveda Food & Nutrition Consultant at the Twin Ponds Integrative Health Center in Breinigsville, PA. She offers consultations on food choices and cooking alternatives, and suggests simple lifestyle changes that will improve your health by allowing your body to better digest the food you eat and thus assimilate its nutrients. Michelle also offers cooking demonstrations and workshops for individuals or small groups.

Remedies for Breast Care

Breast care, an important part of women's health, is sometimes overlooked. Skin, muscles and tissues need to be nourished and massaged in order to remain healthy. Whether you want to treat breast tissue that has undergone chemotherapy, radiation or surgery or just want to make breast care part of your Dinacharya, we will show you how to prepare your own cream and maintain healthy breast tissue.



Snow Shimazu
New York, USA
Featured Speaker

Snow Shimazu is a member of the core faculty at Swedish Institute College of Health Sciences. As an instructor in the school's Professional Continuing Education program, she connects her diverse experiences in massage, bodywork, and yoga to share her passion for innovative multi-disciplinary practices and self-care through her continuing education courses. Snow is a graduate of Ohashiatsu, and is also an advanced practitioner/educator of Thai Yoga Massage. She is a Vodder, Norton, and TAM Certified Lymphedema Therapist, and an ARCB Certified Reflexologist. She is also a Yoga Alliance RYT 200 Yoga Teacher, a certified meditation teacher, and a Reiki Third Degree Master. Honored to have studied with Sensei Ohashi, Shiatsu is always closest to her heart and vital in all of her practice. In November 2016, Snow traveled to India to participate in the launch of a comprehensive lymphedema treatment program at Amrita Institute of Medical Sciences Medical Center to help train its clinicians for combined decongestive therapy as well as to work side by side with world-renowned lymphedema surgeons in this innovative treatment system. It was a rare opportunity to witness a variety of lymphedema some of which we won't see in North America; and moreover, to be able to help lymphedema patients in need. Snow feels extremely fortunate to have had opportunities to serve so many people in both clinical and spa settings with her massage, bodywork, and yoga.

AIR BEAUTIFUL Self Care For Lymphedema Risk Reduction after Breast Cancer Treatment

Based on the recent studies, the most important guideline for the prevention of Lymphedema after breast cancer treatments is discussed. Further, several self-care options are introduced.



Suruchi Saini, LPC, CCTP
New Jersey, USA
Featured Speaker

Suruchi Saini is a Licensed Professional Counselor (LPC), Certified Clinical Trauma Professional (CCTP) with Holistic approach. For over 10 years, she has been conducting seminars on Stress Management, Holistic Living, Mindfulness and self-development in various organizations & conferences, utilizing evidence based research in Psychology and Neuroscience, along with Yoga Philosophy. She also has extensive experience in counseling and providing psychotherapy to groups, individuals, couples and families. She practices in Hoboken & Somerset in New Jersey. Also, she is on the advisory committee for SAMHAJ and SAMHIN, NJ and in the past has served on the NAMI NJ Middlesex board. She earned her Master's degree in Counseling from University of Texas at San Antonio, and Bachelor's degree in Psychology from Punjab University, Chandigarh, India. She enjoys helping people; practicing Yoga especially meditations, singing, hiking and traveling to different countries.

Women & Self Care

Women are usually the anchor of any group – family; community; work etc, Besides being the professionals, they seem to take bigger responsibilities of playing the multiple roles in their lifetime. In between being the anchor and the care taker for most of the time, they end up engaging in multitasking on daily basis which eventually results in high stress affecting their mind; body; spirit. I would like to share information which enhances the ability to recognize the stress in daily life; how it impact women physically; psychologically; socially, and the importance of self-care among women by using few quick techniques!!



John Cosby, DO, BA
Florida, USA
Featured Speaker

John Cosby, D.O., received his B.A. in Psychology from St John's University, New York. He attended medical school at Michigan State University. He completed his Family Practice Residency at St Barnabas Hospital, Bronx, New York. Prior to medical school, he began to study the science of ayurveda medicine in 1989. His studies of Ayurveda lead him to the tutelage of several renowned Ayurveda Physicians, both in America and India. He was first introduced into Ayurveda by Dr. Vasant Lad at the Ayurvedic Institute, Albuquerque, New Mexico. Dr. Cosby realized the implementation of the two medicine principles, western and eastern, offered a powerful and synergistic form of medicine to patients. He combined Ayurveda herbal formulas and detoxification programs, and the usage of limited pharmaceutical medicine, with positive results. His passion for the holistic approach of ayurveda led him to give seminars of the ancient knowledge to practitioners and individuals for the purpose of self-healing himself. Throughout his spiritual journey and ayurveda, he has realized the root of every disease can be attributed to the manifestation of some imbalance in the mind.

Top 5 Herbs for Women's Health

Ayurveda and Women Health will focus on five powerful herbs from India to promote wellness and harmony of body and mind. Dr. Cosby will discuss top 5 herbs for beneficial for various women's health problems.



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

Shekhar Annambhotla, BAMS, MDAyurved, LMT, RAD, RMAS, 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.

Ayurvedic Herbal Galactagogues

Ayurveda provided various natural herbal and mineral compound preparations for improve the lactation of women after delivery of children. Some of the commonly used Galactagogues are – fenugreek, fennel, dill, alfalfa, blessed thistle etc. We will explore various medicinal and therapeutic benefits and pharmacological action of herbs for increase of lactation.



**Prof. Deepak Bakshi, M.Arch,
Iowa, USA
Featured Speaker**

Prof. Deepak Bakshi, is an adjunct professor at Hindu University. He holds a Master's degree in Architecture and Environmental Design. He is President of Vastu Green Building Studio, USA and Director of Vastu Green Building Institute, USA. He is also chairman of "Jyotirmaya Institute of Research and Learning", Ahmedabad, India. Mr. Bakshi has designed 245 custom homes, six temples and a dozen light commercial projects throughout the world. For the last 10 years, he has been providing Green Vastu workshops and certificate and diploma courses in South America and Asia. Mr. Bakshi received the Iowa Energy Leadership Award from the the state of Iowa, USA (1994) and the "Viswakarma Award" from AAPNA, Inc., USA (2010).

"Vastu remedies for existing building, without demolition of interiors"

Vastu rectification with Pyra-Vastu or pyramid Vastu Yantra a technic invented by Dr.Jiten Bhatt from India.

It explores new, scientific methods of energy balance to achieve optimum health, prosperity and success. These concepts include time-tested techniques to help to rectify existing land, home, office and more. Precise combination of techniques invites cosmic energy, revitalize your body and gives peak performance. It's a tool combines pyramid space and Vastu Yantra. Things will start to change in home office or factory. They may happen on a subtle level. For example, your happiness may increase or your attitude to life may alter. Things may also happen in a more tangible way. Wealth & Prosperity: Pyramids can help to bring abundance into your life & provide yourself with the kind of enrichment that will bring true happiness. Marriage & Love: It can help to enrich your love, harmony and marriage life. Family & Peace: You should start your Pyra-Vastu application before you even move in a new house, it starts of at the land purification. it gives family Protection. Helps your business: Invite good fortune and to attract more money at your shop, office or factory with Pyramid power. Education & Children: It can improve the concentration and health and vitality of children. Career & Workplace: Installation of this tool, helps to get promotion and helps to change of career or a business, Pyramids can help you to improves your sales, money flow or job opportunity. Protection & Purification: It protects your main door from all negative energy, and can open virtual door in right vastu direction. Also, can be used in cars for safety. Each space in the house: Without relocation of space in the house, positive vastu energy can be achieved by proper location of pyramid tool within each space.

