Friday October 23 9 am to Sunday October 25 4:30 pm, 2015

INTEGRATING AYURVEDA INTO CLINICAL PRACTICE

Location: Maritime Institute Conference Center, Maritime Blvd, Linthicum Heights, MD

Program Summary: This is a Course for Physicians (MD, DO), Chiropractors, Psychologists, and other healers, such as practitioners of Traditional Chinese Medicine and Nurses, especially members of SYTP (http://medicalyoga.org/), who want to include Ayurveda as a healing modality in their practice. COURSE CONTENT includes: BUILDING BLOCK CONCEPTS OF AYURVEDA (Health and well-being from the perspective of Ayurveda, Role of meditation in maintenance of health, Ayurveda's approach to physiology and anatomy, Ayurvedic concept of unique psychophysiological human constitution); RELEVANT RESEARCH (a) Ayurvedic genomics (b) Biochemical individuality (c) Meditation (d) Ayurvedic herbs and Rasayanas (e) chronic disorders (f) Ayurvedic Panchakarma.; AYURVEDIC CONCEPT OF DIGESTION, NUTRITION AND METABOLISM and identify how to make proper nutritional choices according to body type; IMPACT OF CYLCES OF NATURE, SENSES, SOUND AND SLEEP ON PHYSIOLOGY - cycles of nature (biorhythms) and influence on physical and emotional well-being; enlivening your senses by understanding your inner pharmacy and identify the sounds, tastes, aromas, and colors that can balance and heal; effect of sleeping orientation on the physiology; effect of sound on health; AYURVEDIC PANCHAKARMA - Ayurvedic detoxification and rejuvenation modalities; BASIC CONCEPTS OF AYURVEDIC PHARMACOLOGY AND AYURVEDIC MANAGEMENT OF COMMON DISORDERS

Friday, October 23, 2015
9:00-9:15am Gathering & Introductions
9:15-10:45am Totality of human being from Ayurvedic perspective & implications for health Hari Sharma MD
11:00-12:00pm Ayurvedic anatomy and physiology - Hemant Gupta MD (Ayur)
1:30-2:30pm Unique psycho-physiological constitution according to Ayurveda Hari Sharma MD
2:30-3:15pm Research on Ayurvedic genomics and biochemical individuality Hari Sharma MD
3:30-5:15pm Ayurvedic principles of digestion, nutrition and metabolism Vijay Jain MD

Saturday, October 24, 2015
8:00-8:45am Incompatible foods Hemant Gupta MD (Ayur)
8:45-9:45am Meditation: Research, and its impact on health Hari Sharma MD
10:00-11:00am Modulating sensory experiences Vijay Jain MD
11:00-12:20pm Introduction to Ayurvedic pharmacology, Part 1 Hemant Gupta MD (Ayur)
2:00-3:45pm Introduction to Ayurvedic pharmacology, Part 2 Hemant Gupta MD (Ayur)
4:00-5:45pm Biorhythms of nature Vijay Jain MD

Sunday, October 25, 2015
8:00-9:45am Research on Ayurvedic herbs, Rasayanas, and chronic disorders Hari Sharma MD
10:00-12:30pm Panchakarma - Detoxification and rejuvenation & relevant research Vijay Jain MD
2:00-3:30pm Ayurvedic management of common disorders** Hemant Gupta MD (Ayur)
3:30-4:15pm Concluding Remarks: Integrating Ayurveda in Clinical Practice & Panel discussion

** Suggested topics for discussion: Anxiety, Depression, Chronic sinusitis, GERD, Constipation, Fatigue.

Program Fee: $485 (Students and members of Society for Yoga Therapy Physicians get $90 discount);

Lodging is available at the conference center. Free shuttle pick-up (and drop-off) from BWI airport and BWI Amtrak station.

Questions: Contact narayanan@lifeinyoga.org or call 301-328-3845 / 301-526-8308. Registration details on last page.
Dr. Sharma is nationally and internationally known for his accomplishments in Ayurveda, a comprehensive, multi-strategy, prevention-oriented system of health care. He has been practicing Ayurveda since 1995, and at OSU Integrative Medicine since the inception of the Clinic in 2005, and has conducted extensive research on the various modalities of Ayurveda. Dr. Sharma has published more than 150 research papers and written five books. He has lectured and presented his research worldwide at various medical institutions and conferences, including the Food and Drug Administration (FDA), the National Institutes of Health (NIH), and the World Health Organization (WHO). Dr. Sharma is a Fellow of the National Academy of Ayurveda, Ministry of Health and Family Welfare, Government of India. He is also a Fellow of the American College of Nutrition and a Fellow of the Royal College of Physicians of Canada. Dr. Sharma is board-certified in Integrative Holistic Medicine. He is also a member of various national and international professional societies. Dr. Sharma is Professor Emeritus and former Director of the Division of Cancer Prevention and Natural Products Research at The Ohio State University College of Medicine. He practices Ayurveda and also teaches Meditation and Pranayama (breathing exercises) at OSU Integrative Medicine.

Vijay Jain, MD - Dr. Vijay Jain brings more than 40 years of experience in General Surgery and 18 years of focused study of integrative medicine to his work with Amrit Yoga Institute. His intention is to integrate traditional/Western medicine with ancient Indian medicine and well-tried systems of healing from different cultures. Dr. Jain graduated from All India Institute of Medical Sciences, a prestigious medical school in India in 1969. After finishing his Masters in General Surgery, he migrated to USA in 1974 to pursue excellence in Surgery. He started a private practice in General and Laparoscopic abdominal Surgery after finishing his residency in 1978. Following a successful practice in Surgery, he studied the Science of Ayurveda and Panchakarma from 1998-2002. He has studied Ayurvedic medicine with Dr. Sunil Joshi, MD (Ayurveda) in Nagpur, India. He has studied Ayurveda and Panchakarma with Dr. Prerak Shah, MD (Ayurveda) in Ahmedabad, India. He has taken courses in Integrative Medicine with Dr. Andrew Weil in Tucson, Arizona, and has studied Yoga Therapy from Vivekananda Research Center in Bangalore, India. Dr. Jain lectures on Ayurvedic Principles and Practices, and how to create Optimal Health. Recently, he has become interested in the science of graceful aging as it relates to Ayurveda and its signature therapies of Panchakarma. Dr. Jain is the Medical Director of Amrit Ayurveda for Total Wellbeing in Salt Springs, Florida. He also has a private practice of Integrative medicine in Palm Coast, Florida, integrating Ayurveda and Western Medicine.

Hemant Gupta, DNM, MD (Ayurveda) is a renowned scholar and practitioner in Ayurveda, an ancient Indian system. Based on a spiritual holistic approach to health and wellbeing, Ayurveda has the goal of finding cures, and can effectively supplement and complement other treatments for most illnesses. A Doctorate in Natural Medicine from Toronto, Canada, Dr. Gupta completed his masters in Kayachikitsa (Internal Medicine) from National Institute of Ayurveda, Rajasthan University (India) in 1988 and Bachelor of Ayurvedic Medicine and Surgery from Gurunanak Dev University, Amritsar (India) in 1984. Founder and Director of Shree Ma Ayurveda Institute and Wellness Centre in Ontario (Canada), Dr. Gupta is a veteran in Ayurveda bringing over 30 years of expertise in Panchakarma, Marma Therapy, Natural healing and Teaching, Yoga, and more. He is also founder and president of Canadian Ayurvedic Members Alliance (CAMA). He holds the role of Director at Ayurveda Medical Group, St. John’s, Newfoundland (Canada). Dr. Gupta has been an advocate for Ayurveda, credited for introducing and establishing Ayurvedic curriculum and medicine practices in various respected educational institutions in Canada, USA, and across the world. This included developing comprehensive academic curriculum from masters, graduate, and undergraduate levels, to setting up courses (online/offline), seminars and workshops up to PhD level. In 2011, he was honored with Charak Award by AAPNA, in recognition of excellence in teaching and his valuable contributions to Ayurveda in North America. Dr. Gupta has been invited by many universities and has spoken at conferences and workshops from faculties of Japan, Australia, South Africa, Thailand, Hong Kong, Philippines, Holland, Switzerland, India, and USA. He has published many research papers; a few are ‘Psycho-physiological correlates of the dosha theory of mind and body’, ‘Effect of reading Sanskrit on brainwave coherence’, ‘A clinical trial to discover the effects of panchakarma and diet on hypercholesterolemia’, and ‘An Empirical Study of Clinical Correlates of Traditional Ayurvedic Pulse Diagnosis (Nadi Vigyan)’. 
Web Registration, click: https://docs.google.com/forms/d/1sD-F-Sext7ml9ado00Y8sCRObMUhRDI7n9IUmsOdM/viewform
Mail-in Registration with Check – Use Registration Form below.

REGISTRATION FORM

INTEGRATION AYURVEDA INTO CLINICAL PRACTICE

Friday, October 23 9 am to Sunday October 25 4:30 pm, 2015

Use this registration form ONLY IF YOU ARE MAILING A CHECK - $10 discount on program fee
If two people plan to share a room, please pay for lodging on one form, but keep separate form for registration. But you
can pay either by one or two checks with the combined totals from both sheets included in one mail.

NAME: ________________________________________________________________

ADDRESS: _____________________________________________________________

EMAIL: _______________________________________________________________

PHONE/S: _________________________________

Totaling Payment

1. Program Payment  □ $485 Regular  □ $395 Students & SYTP members ______

2. Check Payment Discount $10.00 ___

- $ 10.00

3. TOTAL BEFORE ADDING OPTIONS. ________

OPTIONAL ADDITIONS (Lodging)

4. $65 Addition for Printed binder instead of free course material as downloadable files + ______

5. Add Lodging Cost from Worksheet Below  + ______

6. GRAND TOTAL FOR WRITING CHECK (add lines 3, 4 and 5) ________

__________________________________________________________________________

WORKSHEET FOR CALCULATING LODGING COST

(a) Check right amount  □ $157 Single occupancy  □ $213 Double occupancy ______

Arrival date & approx time: ___________________________

Departure date & approximate time: ______________________

(b) Number of nights lodging required (evening dinner and morning breakfasted included in cost) # ______

7. Total Lodging Cost (Multiply line (a) by (b)) ______

Enter line 7 amount on line 5 above

MAKE CHECK TO Life in Yoga Institute, AND
MAIL TO: Life in Yoga Institute, Attn: Dr. Narayanan, 1111 University Blvd West, #1306, Silver Spring, MD 20902
CANCELLATION POLICY: Full refund minus $50 processing fee up to 30 days before the event. Thereafter no refunds, but
substitution allowed.

For pick up from BWI Airport or Amtrak Station, call 410-859-5700. The same number can be used to request lodging and
paying by credit card, instead of using this form.

(Questions: 301-328-3845/301-526-8308 or narayanan@lifeinyoga.org)