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WORLD  
AYURVEDA  
FOUNDATION

AN INITIATIVE OF VIJNANA BHARATI

# 10<sup>th</sup> WORLD AYURVEDA CONGRESS & AROGYA EXPO

DIGITAL HEALTH

AN AYURVEDA PERSPECTIVE

12 - 15TH DECEMBER, 2024  
DEHRADUN, UTTARAKHAND



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# BALANCING TRADITION AND TECHNOLOGY FOR HOLISTIC WELLNESS

Let the digital pulse of Ayurveda guide you to harmony, balancing ancient wisdom with modern technology for holistic wellness.







Shri. Pushkar Singh Dhama  
Chief Minister, Uttarakhand

#### MESSAGE

Dehradun will witness an unprecedented event on Ayurveda during 12-15 December 2024—the 10th edition of the World Ayurveda Congress (WAC) and Arogya Expo.

It gives me immense pleasure to know that many doyens of this age-old traditional health wisdom of India will be coming down to Dehradun and impart their knowledge to seekers from all over the world. Over 5000 Ayurveda stakeholders are expected to take part in this 4-day event.

Top Ayurveda medicine manufacturers, healthcare providers, educational institutions, WHO, R&D bodies, etc. will showcase their expertise by putting up attractive exhibition stalls at the Arogya Expo. Going by the editions of Arogya Expo, the Arogya Expo in Dehradun is expected to see a footfall of over a lakh of people from all over the state and elsewhere.

On behalf of the people of Uttarakhand, I sincerely thank the World Ayurveda Foundation and the Ministry of Ayush, Government of India, for choosing Dehradun for the event. We are also anticipating the presence of our beloved Prime Minister, Shri Narendra Modi, during the 4-day celebration of Ayurveda.

As Chief Minister of Uttarakhand, I assure all support to the organisers of the event. At the same time, I also seek the cooperation and support of all Ayurveda stakeholders to make this event a memorable one.

On behalf of the people of Uttarakhand, I wholeheartedly welcome all participants to this event.

Best wishes.

Shri. Pushkar Singh Dhama

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Shri Pushkar Singh Dhama  
Chief Minister of Uttarakhand



Shri Prataprao  
Ganpatrao Jadhav  
Minister of State,  
(Independent Charge)  
Ministry of AYUSH & Ministry  
of Health and Family Welfare



#### MESSAGE

The 10th World Ayurveda Congress (WAC) and Arogya Expo will be held during 12-15 December 2024 in Dehradun, the capital city of Uttarakhand. Located on the foothills of the great Himalayas, Dehradun's picturesque surroundings invite a lot of tourists from different parts of the nation and overseas. The 10th WAC and Arogya Expo will be held at (venue), which will host the "Who's Who" in the Ayurveda sector and thousands of Ayurveda stakeholders from different parts of the world.

Touted as the world's largest platform for Ayurveda, the previous WAC (9th WAC) held in Goa in 2022 elicited a huge response from its stakeholders. The numbers speak for themselves: over 5000 delegates, about 300 delegates from 53 countries, about 3200 abstract submission, footfalls in excess of 1.2 lakh at the Arogya Expo, 8 plenary sessions, 86 parallel sessions, and 13 associate events.

On behalf of the Ministry of AYUSH, Government of India, I would like to thank the Government of Uttarakhand, the World Ayurveda Foundation, and my colleagues in the AYUSH ministry for choosing Dehradun as a venue for celebrating Ayurveda.

As you would have noticed, the Government of India have been giving great priority to the AYUSH sector since 2014. The Hon'ble Prime Minister, Shri Narendra Modi, leads from the front in this regard. His gracious presence at the concluding session of 9th WAC bears testimony to that commitment.

I am sure the 10th WAC and Arogya Expo will be as attractive and rich as the previous ones for students, academicians, researchers, businesses, and all concerned with Ayurveda.

Let's all work together to improve the access to Ayurveda to seekers across the world.

Wish you the very best!

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### Message

The World Ayurveda Congress (WAC) has emerged as the world's largest platform on Ayurveda in the past two decades. The quality of speakers at its various academic and scientific sessions and the ever-increasing number of delegates from different parts of the world have greatly contributed to its pre-eminence as the best global forum on Ayurveda. The Arogya Expos, which have been a part of all WACs since 2002, have done a stupendous job of popularizing Ayurveda among masses.

What we witnessed in Goa during 8-11 December 2022 was the 9th edition of WAC and Arogya Expo. The magnitude of the event did create a positive environment for not only the growth of Ayurveda but also in increasing its acceptability among the people of Goa and nearby.

The growth of the Ayush sector as a whole is a story in itself. For instance, the Ayush sector was clocking a mere 3 billion dollars in 2014, but in 2002, it stood at 22 billion dollars; that's a whopping growth of over seven times. The budgetary allocations from the Government of India have also increased commensurately. The Ayush sector has been the fastest growing sector in the country! However, there is immense potential that is yet to be tapped!

It is with this intention that the Ministry of AYUSH and the World Ayurveda Foundation have decided to hold the 10th edition of WAC and Arogya Expo in Dehradun. The venue will be ....., during date. It is also an opportunity to showcase the beautiful land of Uttarakhand to thousands of guests from both within the country and overseas.

I look forward to seeing you all at Dehradun during the event. May the whole world benefit from Ayurveda.

May Lord Dhanwantri bless all.

Best wishes.

सचिव  
भारत सरकार  
आयुष भवन  
आयुष भवन, 'डी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए. नई दिल्ली-110023

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**Vd. Rajesh Kotecha**

Secretary,  
Ministry of Ayush  
Govt. of India

(Rajesh Kotecha)



**Dr. Shekhar Mande**

President  
Vijnana Bharati



## MESSAGE

Vijnana Bharati (Vibha) takes immense pride in propagating and popularizing ancient scientific wisdom and knowledge that has emanated from Bharat. Ayurveda is an ancient health science of Bharat that has stood the test of time for over 5000 years.

It was in 2002 that Vibha organized the first World Ayurveda Congress (WAC) and Arogya Expo in Kochi, Kerala. With very limited resources at its disposal, the promotion of the event was rather skewed and far and few between. Yet, the response from the Ayurveda stakeholders from across the country was mindboggling. Now we are stepping into the 10th edition of WAC and Arogya Expo, which will be held in the beautiful hill city of Dehadun, the capital of Uttarakhand, during 12-15 December 2024.

The previous editions saw ever-increasing participation of foreign delegates, which suggests greater acceptance of Ayurveda overseas. Vibha would like to thank the Ministry of AYUSH, Government of India, and all other stakeholders popularizing our traditional healthcare system for the benefit of humankind across the world.

The 10th edition of WAC is also expected to generate as much enthusiasm and deliberations among the Ayurveda scientific community as we have seen in the previous editions.

We once again seek the blessings and participation of all Ayurveda stakeholders to make the 10th edition a memorable one.

Best wishes.

**Dr. Shekhar Mande**



## MESSAGE

The World Ayurveda Congress (WAC) and Arogya Expo has been a torchbearer for the Ayurveda community since the first event in 2002 in Kochi. Going into the 10th edition in 2024, what WAC has done remarkably well was to awaken the Ayurveda sector as a whole within the country and overseas.

In the past two decades, we have seen to a lot of transformation in the sector. For instance, (a) the ever-increasing acceptance of Ayurveda among masses, (b) the businesses, R&D, etc. associated with Ayurveda have turned green and noteworthy, (c) governmental support has increased manifold, (d) generated interests among foreign students to study Ayurveda, etc. are just a few of the positive developments.

Owing to all these, WAC has indeed become the largest platform on Ayurveda in the world with the strongest and loudest voices representing the forum. Anything shared on the platform is heard far and wide and received well too.

As the Chairman of National Organising Committee, I take immense pride for the way things have turned out for the sector. On the back of the grand success of the 9th edition of WAC held in Goa in 2022, the contours of the 10th WAC and Arogya Expo has been drawn and preparations have begun in full earnest. The 10th edition will be held in Dehradun during 12-15 December 2024. This picturesque city is located in the foothills of the Himalayas.

I specially thank Ministry of AYUSH, Government of India and the Government of Uttarakhand for lending wholehearted support to the 10th WAC and Arogya Expo.

Let us continue to work hard to take Ayurveda to every nook and corner of the world.

Looking forward to meeting you all in Dehradun.

Best wishes.

Dr PM Varier



**Dr. PM Varier**

Managing Trustee, AVS,  
Kottakkal &  
Chairman, National  
Organising Committee,  
10th WAC



**DIGITAL HEALTH AN AYURVEDA PERSPECTIVE**

12-15th December, 2024  
Dehradun, Uttarakhand





# Health-conscious world seeks out Ayurveda

**A world that is increasingly health conscious, and returning to its natural and ancient roots, completing the proverbial circle, spells good news for the world of Ayurveda.**

A complete paradigm shift in our approach to the concept of wellness – moving away from what has till now been an area dominated by allopathy – that people are now placing their trust and lives into the hands of Ayurveda. With a growing awareness about Ayurveda, thanks to forums like the World Ayurveda Foundation, the suspicion and apprehension with which Ayurveda was treated in developing countries has made a turnaround, with people now seeking out knowledge and information on this well-rounded health system. A fear of things “synthetic” and “chemical” and with side effects is driving people to Ayurveda, seen as natural, without side effects, boosting immunity, and is improving the quality of life.

## A global comeback

Ayurveda is making a big comeback, at the global level. European countries like Germany have always held Ayurveda in high regard, and offer courses in the subject. In fact in German-speaking countries, Ayurveda has grown from being seen as a relaxing wellness therapy to a complimentary system of medicine.

Ayurveda-based Traditional Medicine Systems (TMS) are very much in practise in most of the SAARC countries including Sri Lanka, Bangladesh, Nepal, and Japan. Australia and Switzerland have given Ayurveda recognition as a bonafide medical system, thereby allowing the setting up of Ayurveda clinics.

Needless to say, Ayurveda did save millions of human lives by keeping a check on the spread of COVID-19 and increasing the immunity.

The WHO International Clinical Trials Registry Platform shows that 1054 traditional medicine-related clinical trials have been conducted on COVID-19 to date, while the WHO COVID-19 database of global literature on coronavirus disease lists 3803 research articles on traditional medicine.

No less than 192 Trials on Ayurveda and Ayush systems were carried out to mitigate Covid-19. According to the WHO global report on traditional and complementary medicine 2019, the number of countries with a legal and regulatory framework for traditional and complementary medicine increased from 79 in the year 2012 to 109 in the year 2018 and is continuing to increase.

**Prime Minister Shri. Narendra Modi,** along with World Health Organization head Dr. Tedros Ghebreyesus, officially launched the first-of-its-kind WHO Global Centre for Traditional Medicine (GCTM) in Jamnagar on April 21, 2022. Through the GCTM, the alternative medicines and therapies are getting ready for a makeover under which WHO will promote the safe and effective use of traditional medicines by regulating, researching, and integrating the products, practitioners, and practices into health systems, where appropriate. Data also shows that WHO traditional and complementary medicinal products were among the top five most downloaded products from the WHO website in the year 2020.



**The World Ayurveda Congress (WAC) is a platform established by World Ayurveda Foundation to propagate Ayurveda globally in its true sense.**

The first World Ayurveda Congress (WAC) was held in 2002

at Kochi as an outreach programme, to create greater awareness and opportunities in the practice, science, and trade of Ayurveda. The subsequent Congresses organised at Pune, Jaipur, Bangalore, Bhopal, Delhi, Kolkata & Ahmedabad were not only helped in promoting Ayurveda within the country but also had a huge impact in propagating Ayurveda globally.

Previous themes of the Congress were “**Ayurveda and World Health**”, “**Globalisation of Ayurveda**”, “**Mainstreaming Ayurveda**”, “**Ayurveda for All**”, “**Enriching Public Health Through Ayurveda**”, “**Health Challenges and Ayurveda**”, “**Strengthening the Ayurveda Ecosystem**”, “**Re-aligning the Focus on Health**” and “**Ayurveda for One Health**”.



World Ayurveda Congresses... at a Glance

| WAC edition   | Title   | Location              | Organisers  | Focal theme                                | Inaugurated by  | Total Attendance (Foreign Delegates) | Countries Represented | Visitors to AROGYA Expo (Approx.) |
|---|---|-----------------------|---|--|---|--------------------------------------|-----------------------|-----------------------------------|
| 1 <sup>st</sup> edition<br>30 October–4 November 2002 | World Ayurveda Congress and Herbal Trade Fair | Kochi Kerala          | Ministry of Health and Family Welfare, Government of India, Vijnana Bharati   | 'Ayurveda and World Health'                | Shri. Shatrughna Sinha, Hon'ble Minister of Health and Family Welfare, Government of India  | 1800 (168)                           | 22                    | 208,000                           |
| 2nd edition<br>6–12 November 2006                     | World Ayurveda Congress and AROGYA Expo       | Pune Maharashtra      | University of Pune; Ayush (Government of India); Vijnana Bharati              | 'Globalization of Ayurveda'                | Dr. Ambumani Ramadoss, Hon'ble Minister of Health and Family Welfare, Government of India; Dr. R. A. Mashelkar, Director-General, Council of Scientific and Industrial Research | 3500 (220)                           | 30                    | 324,000                           |
| 3rd edition<br>16–21 December 2008                    | World Ayurveda Congress and AROGYA Expo       | Jaipur Rajasthan      | Ayush (Government of India), Vijnana Bharati, National Institute of Ayurveda  | 'Mainstreaming Ayurveda'                   | Smt. Jalaja S, IAS, Secretary, Department of Ayush, Ministry of Health and Family Welfare, Government of India  | 2800 (222)                           | 36                    | 218,000                           |
| 4th edition<br>9–13 December 2010                     | World Ayurveda Congress and AROGYA Expo       | Bengaluru Karnataka   | Ayush (Government of India), Vijnana Bharati, Ayush (Government of Karnataka) | 'Ayurveda for All'                         | Shri. Yeddyurappa, Hon'ble Chief Minister of Karnataka, Sri Sri Ravishankar Gurujii, Art of Living Foundation   | 4270 (264)                           | 23                    | 300,000                           |
| 5th edition<br>7–10 December 2012                     | World Ayurveda Congress and AROGYA Expo       | Bhopal Madhya Pradesh | World Ayurveda Foundation & Govt. of Madhya Pradesh                           | 'Enriching Public Health through Ayurveda' | Shri. Shivraj Singh Chauhan, Hon'ble Chief Minister of Madhya Pradesh, Shri. Murli Manohar Joshi, Chairman, PAC, Govt. of India   | 2512 (85)                            | 21                    | 300,000                           |
| 6th edition<br>6–9 November 2014                      | 6th World Ayurveda Congress & AROGYA Expo     | Pragati Maidan Delhi  | Ministry of Ayush, Govt. of India & World Ayurveda Foundation                 | 'Health Challenges & Ayurveda'             | Smt. Sumitra Mahajan, Hon'ble Speaker, Lok Sabha Govt. of India   | 3453(114)                            | 33                    | 300,000                           |
| 7th edition<br>1–4 December 2016                      | 7th World Ayurveda Congress & AROGYA Expo     | Science City Kolkata  | Ministry of Ayush, Govt. of India & World Ayurveda Foundation                 | 'Strengthening the Ayurveda Eco System'    | Shri Shripad Naik, Hon'ble Minister for Ayush (IC) Govt. of India   | 2404(199)                            | 18                    | 200,000                           |
| 8th edition<br>14–17 December 2018                    | 8th World Ayurveda Congress & AROGYA Expo     | Ahmedabad Gujarat     | Ministry of Ayush, Govt. of India & World Ayurveda Foundation                 | Re-aligning the Focus on Health            | Shri Vijay Rupani, Hon'ble Chief Minister of Gujarat, Shri Shripad Naik, Hon'ble Minister of Ayush (I/C), Govt. of India  | 4201 (226)                           | 32                    | 200,000                           |
| 9th edition<br>8–11 December 2022                     | 9th World Ayurveda Congress & AROGYA Expo     | Goa                   | Ministry of Ayush, Govt. of India & World Ayurveda Foundation                 | Ayurveda for one Health                    | Dr. Promod Sawant, Hon'ble Chief Minister of Goa, Shri Shripad Naik, Hon'ble Minister of State for Ports, Shipping and Waterways & Tourism Govt. of India                       | 5102 (295)                           | 53                    | 150,000                           |



DIGITAL HEALTH AN AYURVEDA PERSPECTIVE

DIGITAL HEALTH  
AN AYURVEDA PERSPECTIVE



## DIGITAL HEALTH - AN AYURVEDA PERSPECTIVE

Over the past few years, the world has increasingly turned binary. In other words, almost everything is now turning “digital”, especially “health”.

Applying urgency to the speed of change, the COVID-19 pandemic has helped further accelerate the ongoing digital transformation in healthcare. Patient-facing technologies, such as online symptom checks, patient portals, remote patient monitoring tools, and telemedicine, are among the most significant COVID-19 technologies.

The term “digital health” refers to the vast, multidisciplinary field that encompasses concepts from the intersection between technology and healthcare.

By combining software, hardware, and services, digital health brings digital transformation to the healthcare industry. Digital health encompasses wearable technology, telehealth and telemedicine, mobile health (mHealth) apps, electronic health records (EHRs), electronic medical records (EMRs), and most importantly, personalized medicine (PM). PM is a core domain of Ayurveda and thus warrants a diligent exchange of knowledge between Ayurveda health care and digital technology. Patients, healthcare professionals, researchers, regulators, policy enablers, application developers, and producers and distributors of medical equipment are among the stakeholders in the subject of digital health.

It is not a novel idea to use information and communications technology to deliver digital health interventions that enhance quality of life and prevent illness. However, digital health platforms, health systems, and related technology continue to gain

importance and evolve in response to global concerns about aging, child illness and mortality, epidemics and pandemics, high costs, and the impact of poverty and racial discrimination on access to healthcare.

DH is more than just technologies and tools; it also perceives interoperable data, artificial intelligence (AI), machine learning and open, secure platforms as pivotal to the way forward for a more consumer-focused, prevention-oriented care.

Significant improvements in digital healthcare are still being brought about by advances in AI, big data, robotics, and machine learning. Additionally, changes in the field of digital healthcare are bringing forth advancements in remotely monitored devices and apps, robotic caregivers, and consumable sensors.

It is being anticipated that AI will facilitate significant scientific advancements, hastening the development of novel anti-disease treatments. AI-powered digital therapies and tailored advice will help users to avert health problems before they arise; in a sense, the *raison d'être* of Ayurveda. AI-generated insights will impact treatment and diagnosis decisions, resulting in safer and more efficient therapies. Furthermore, supply chain and intelligent manufacturing technologies will guarantee that patients receive the appropriate interventions and therapies at the precise time they need them. Digital health innovations can combine medicine and the internet of things, mHealth and IoT, medicine and augmented reality (AR), and blockchain and EMRs.

Since its inception, WAC has kept its fingers on the pulse of the times as evidenced by the focal themes of the previous nine WACs. Digital Health is an all-encompassing concept in the present era and thus merits being the focal theme for the tenth WAC, prophetically denoted by the binary digits-10.

**This is a high time to pray for universal solidarity, Harmony and peace in words of the ancient rishi:**

पृथिवी शान्तिरन्तरिक्षशान्तिर्द्यौःशान्तिर्दिशश्शान्तिरवान्तरदिशाश्शान्तिरग्नि  
श्शान्तिर्वायुश्शान्तिरादित्यश्शान्तिश्चन्द्रमाश्शान्ति  
र्नक्षत्राणिशान्तिरापश्शान्तिरोषधयश्शान्ति  
र्वनस्पतयश्शान्तिर्गौश्शान्तिरजाशान्तिरश्वश्शान्तिः  
पुरुषश्शान्तिर्ब्रह्मश्शान्तिर्ब्राह्मणश्शान्तिश्शान्तिरेव  
शान्तिश्शान्तिर्मे अस्तु शान्तिः ।  
तयाहम् शान्त्या सर्वशान्त्या मह्यं द्विपदेचतुष्पदे च शान्तिं करोमि  
शान्तिर्मे अस्तु शान्तिः ।।  
सर्वैश्शान्तिः, शान्तिरेव शान्तिः, सा मा शान्तिरेधि ।।  
ॐ शान्तिः शान्तिः शान्तिः ।।

Om. May peace radiate there in the whole sky as well as in the vast  
ethereal space everywhere.  
May peace reign all over this earth, in water and in all herbs, trees and  
creepers.  
May harmony permeate all animals...  
May harmony flow over the whole universe.  
May harmony be in the whole universe.  
And may there always exist in all peace and harmony alone.  
Om peace, harmony and peace to  
us and all beings!

## STRUCTURE

In order to have focussed outcomes, activities of this edition of Congress have been structured to accommodate the following categories:

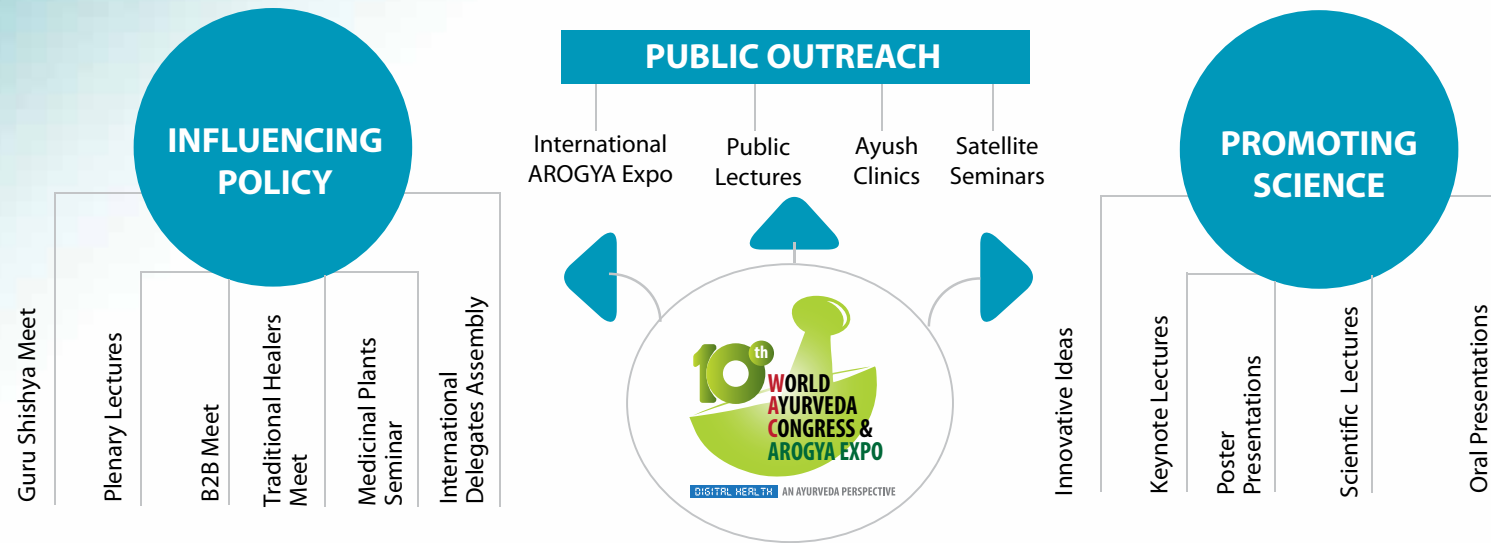
**International  
Diplomats  
Teachers  
UG Students  
Research Officers  
PG/Ph.D Scholars  
Manufacturers and Traders  
Public Outreach  
Inter-Disciplinary**





## 10TH WORLD AYURVEDA CONGRESS... AT A GLANCE

12th to 15th December 2024  
Uttarakhand



## MAJOR COMPONENTS

Parallel Sessions  
Plenary Sessions  
International Seminar on Medicinal Plants  
International Conclave on Pashu Ayurveda  
NCISM - Principals' Conclave  
International Delegates Assembly  
Conclave on Opportunities in Ayush Sector  
Invited Lectures

Health Ministers' Conclave  
Investors Meet  
International AROGYA Fair  
Traditional Healers' Meet  
RAV - Guru Shishya Meet  
Programme on Ayurveda Aahar  
Programme on Innovation in the Ayush Sector  
Satellite Seminars (Within India & Overseas)

Ayurveda Film Festival  
Buyer Seller Meet  
Public Outreach Programmes  
Free Ayush Clinics  
Industry Conclave

## CALL FOR PAPERS

The 10th World Ayurveda Congress invites research papers from the best of brains across the world.

**Advances in research and digital innovations covering the following 25 themes:**

### Themes and Coordinators

| Themes   | Coordinator                               | Convener                           |
|--|---|------------------------------------|
| 1 Agada Tantra And Vidhi Vaidyaka  | Dr. Krup Vasavada, Nadiad                 | Dr. Bhawana Mittal, Haridwar       |
| 2 Asthi Sandhi And Marmagat Roga   | Prof. Yogesh Badve, AIIA, New Delhi       | Dr. Ajay Kumar Gupta, Haridwar     |
| 3 Ayurcosmetology  | Dr. Kruttika Joshi, Jaipur                | Dr. Nandkishore Dadhich, Dehradun  |
| 4 Ayuroncology   | Dr. Jyoti Meghdambar, Mumbai              | Dr. Shashikant Tiwari, Haridwar    |
| 5 Ayurveda for Public Health   | Dr. Shivkumar Harti, New Delhi            | Dr. Sumit Goel, Ayush, New Delhi   |
| 6 Ayurveda Samhita & Siddhanta   | Vd. Vaishali Mali, New Delhi              | Dr. Anup Gakkhar, Dehradun         |
| 7 Ayurveda Sharira   | Dr. Puja Sabharwal, New Delhi             | Prof. Balkrishna Pawar, Haridwar   |
| 8 Ayush Ahara: Dietetics and Food Technology for Ayurveda                          | Dr. Ashwatty P, Panchkula                 | Dr. Aishwarya K, CRI, Ranikhet     |
| 9 Chhaya Evum Vikiran Vijnana  | Dr. Hemlata Shete, KLE, Belgavi           | Dr. Ila Tanna, UAU, Dehradun       |
| 10 Dravyaguna Vijnana  | Dr. Shivani Ghildiyal, AIIA, New Delhi    | Dr. Tarun Kumar, CRI, Ranikhet     |
| 11 Health and Environment  | Dr. Sarita Kapgate, Pune                  | Dr. Urvi Dave, Dehradun            |
| 12 Kaumarbhritya-Bala Roga   | Dr. BD Sharma, NIA Jaipur                 | Prof. GP Garg, Haridwar            |
| 13 Kayachikitsa  | Vd. Mrityunjay Sharma, Nagpur             | Dr. Dinesh Kumar Goyal, Haridwar   |
| 14 Mano Vijnana And Manasaroga   | Vd. Prashant Deshmukh, NIA, Jaipur        | Dr. Mayank Bhatkoti, Haridwar      |
| 15 Manuscriptology, Terminology, Diacritics and Other Aspects of Literary Research | Vd. Santhosh Nair, New Delhi              | Dr. Vipin Kumar, Haridwar          |
| 16 Panchkarma  | Dr. Prashant Dharmarajan, AIIA, New Delhi | Vd. UttamKumar Sharma, Haridwar    |
| 17 Prasuti Tantra- Stri Roga   | Dr. Poonam Sevatkar, NIA, Jaipur          | Dr. GM Kavya, Haridwar             |
| 18 Rasa Shastra & Bhaishajya Kalpana   | Dr. Prashant Bedarkar, Jamnagar           | Dr. Meena Ahuja, Haridwar          |
| 19 Rasayana & Vajikarana   | Dr. Satyanarayan Dornala, Delhi           | Dr. Girish KJ, Patanjali, Haridwar |
| 20 Roganidana And Vikriti Vijnana  | Dr. Jai Kini, Mumbai                      | Prof. Rubi Rani Agrawal, Haridwar  |
| 21 Shalakya - Netra Roga   | Dr. Gulab Pamnani, NIA                    | Dr. Priyanka rani, Haridwar        |
| 22 Shalakya- Shiro-Nasa-Karna Evum Kantha Roga                                     | Dr. Deepak Pawar, ITRA                    | Dr. Gunjan Sharma, Haridwar        |
| 23 Shalya - Kshar Evum Anushastra Karma  | Prof. Rahul Sherkhane, BHU                | Dr. Sunil Gupta, Haridwar          |
| 24 Shalya Tantra   | Dr. Tukaram Dudhamal, ITRA                | Prof. Pankaj Sharma, Haridwar      |
| 25 Swasthavritta   | Dr. Prasad Deshpande, Nanded              | Dr. Shobhit Kumar, Haridwar        |



## PLENARY SESSIONS

### Keynote Addresses (9:00am to 9:45am)

by **Noble Laureates, Eminent Persons from DH/AI sector- Vd. Rajesh Kotecha, Dr. Kartik Adapa, Samir Pujari, etc.**

Convenor: Prof. Sanjiv Sharma, VC, NIADU

### Panel Discussions: (10:00am – 11:30am)

#### i. Future ready Ayurveda: DH & AI

Chair : Vaidya Rajesh Kotecha  
Moderator : Dr. Saketh Ram  
Panelists : Dr. Samir Pujari,  
Convenor : Dr. Rakesh Narayan

#### ii. New-age Samhita

Chair : Vd. Jayant Deopujari  
Moderator : Prof. Rammanohar  
Panelists : Prof. BS Prasad, Vd. Upendra Dixit,  
Vd. Abhijit Saraf, Vd. Hrishikesh Mhetre,  
Vd. Sriprasad Bavadekar  
Convenor : Vd. Mohan Joshi

#### iii. Ahara Kranti

Chair : Vd. Mita Kotecha  
Moderator : Vd. Kashinath Samagandi  
Panelists : Sh. Yelloji Mirajkar, Prof. Tanuja Nesari,  
Convenor : Dr. Ashwathy P

#### iv. Hierarchy of Evidence/Validation

Chair : Dr. Bhushan Patwardhan  
Moderator : Dr. Supriya Bhalerao  
Panelists : Dr. Geetha Krishnan, Dr. Girish Tillu,  
Prof. Rammanohar, Sh. Ranjit Puranik  
Convenor : Dr. Vedavati Bhapkar

### Invited Lectures (11:45am to 1:00am)

**3 lectures per day, 15 Minutes each (4 days)**

## HANDS ON TRAINING/WORKSHOPS

(11:45 AM TO 6:45 PM)

### ICD11MII

Chair : Dr. Dammika Abeygunawardene, Sri Lanka  
Co-Chair : Dr. N Srikanth, DDG, CCRAS  
Convenor : Dr. Rakesh Narayan, CCRAS

### AI for Ayurveda

Chair : Dr. Manoj Nesari, Advisor, Ayush  
Co-Chair : Dr. Bala Pesala, IIT, Jodhpur  
Convenor : Dr. Saketh Ram, CCRAS

### Research Methodology- Protocol Development

Chair : Prof. Kartar singh Dhiman, VC, SKAU, Kurukshetra  
Co-Chair : Dr. G. Govind Reddy, CRI, Mumbai  
Convenor : Dr. Reetu Sharma, NIA, Jaipur

### Pharmacovigilance and GMP in Ayurveda

Chair : Dr. A. Raghu, DGHS (AY)  
Co-Chair : Dr. Raman Singh, PCISMH, Gaziabad  
Convenor : Dr. Sudipt Rath, NIA, Jaipur

### Ayurveda Biology Conclave

Chair : Dr. Sharmila Mande, Pune  
Co-Chair : Dr. Kalpana Joshi, Pune  
Convenors : Dr. Ashwini Godbole, TDU, Bengaluru  
Dr. Harini A, Hassan

### Ayush Centres of Excellence Conclave

Chair : Dr. Mitali Mukerji, IIT Jodhpur  
Co-Chair : Dr. Bhavna Prasher, IGIB, New Delhi  
Convenor : Dr. Girish Tillu, COE, SPU, Pune

### Workshop on Non-animal Toxicity studies

Chair : Dr. Kousthubha Upadhyaya, Advisor, Ayush  
Co-Chair : Prof. Anupam Shrivastava, NIA, Jaipur  
Convenor : Dr. Galib, AIIA, New Delhi

### WHO GTMC Conclave

Chair : Prof. Bhushan Patwardhan, Chair, GTMC task force  
Co-Chair : Dr. G. Geetha Krishnan, GTMC, Jamnagar  
Convenor : Dr. Mandip Kaur, Jamnagar

### International Students' Conclave

Chair : Ms. Bhavana Saxena, JS, IC, Ayush  
Co-Chair : Dr. Anupama K, USC, USA  
Convenor : Dr. Swapna B, NIA, Jaipur

## GUIDELINES FOR SCIENTIFIC SESSIONS

The **10th World Ayurveda Congress** will be conducting exclusive Scientific Sessions to showcase the recent advances in research made in the field of Ayurveda researches.

### ORAL AND POSTER ABSTRACTS

The Scientific Committee of globally renowned experts will review the abstracts submitted as per guidelines given on [www.ayurworld.org](http://www.ayurworld.org). The decisions of the Scientific Committee are final on all matters pertaining to the presentation and publication with regard to the Congress. The abstracts must be submitted online at [www.ayurworld.org](http://www.ayurworld.org)

### GENERAL RECOMMENDATIONS

The title of the abstract should clearly indicate the subject of the research, the method and purpose of the study. If selected, it will also be the title of the presentation. The target group of practitioners, planners, manufacturers, consumer groups and traders. Scientific abstracts should not be considered as a means to advertise products. The World Ayurveda Congress provides alternate opportunities for the promotion of products.

To submit abstracts and papers, use the online module by visiting [www.ayurworld.org](http://www.ayurworld.org). Abstracts submitted in any other mode will not be accepted. It is the responsibility of the authors that the papers are written strictly in British English. The editors will not do any text editing or reformatting. All diagrams, pictures, tables and equations used in posters should be visible and readable.

As conference proceedings will be available in digital form too, colours may be used in figures. Colour scheme should be gray scale convertible for black and white printouts. All submitted abstracts will be peer-reviewed by the Scientific Committee. Authors will

be notified of abstract acceptance by e-mail, no later than 15 September 2024. The last date for submission of abstracts is 15 July 2024.

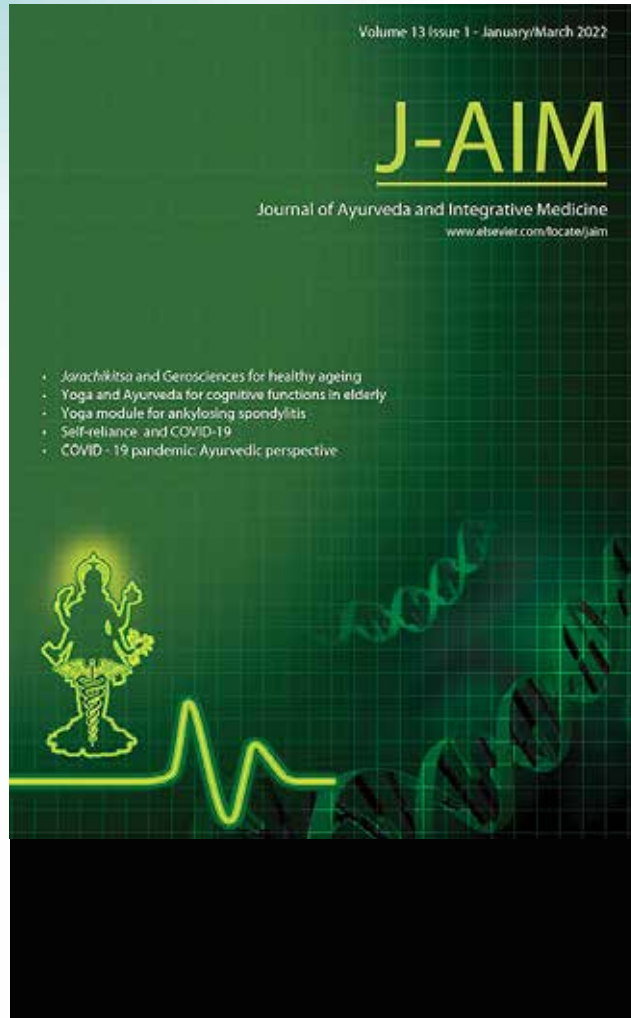
### FORMAT FOR ORAL PRESENTATIONS AND POSTERS

All oral presentations will get 6 minutes followed by 2 minutes of discussion via a moderator. Outstanding submissions may be chosen for longer presentations.

Submissions should be structured under the headings – Purpose, Methods, Results & Conclusion. This is applicable to all abstracts whether it is basic or clinical research including literary research works. Research is a process of asking a question and finding an answer by using a methodology to obtain findings.

This process should be highlighted in the abstract. During the Congress, space will be available for poster exhibition. Posters are graphic presentations of a scientific paper. The guidelines for oral abstracts are also applicable to the poster abstracts. During September 2024, a template for the poster will be made available at [www.ayurworld.org](http://www.ayurworld.org). The poster should then be submitted as a PDF file to [papers@ayurworld.org](mailto:papers@ayurworld.org) no later than 10 October 2024.





# J-AIM

**Journal of Ayurveda and Integrative Medicine (J-AIM)** is an official journal of World Ayurveda Foundation and Transdisciplinary University, bangalore. J-AIM is published by Elsevier, the world renowned publisher. As a trans-disciplinary platform for integrative health sciences, J-AIM aims to explore the relationships between Ayurveda, biomedicine and other contemporary health sciences, encouraging meaningful collaboration to promote effective, safe and affordable global health.

The journal has become popular in Ayurveda fraternity and researchers from traditional medicine, integrative medicine, biomedical and pharmaceutical sciences. Globally, J-AIM is ranked among the top three journals in Integrative Medicine category. J-AIM is indexed in the prestigious PubMed, Scopus and E-WoS. The journal follows high editorial

standards and is a member of World Association of Medical Editors and Committee of Publication Ethics. J-AIM follows double blind peer review system. The expert reviewers from reputed universities, research institutions, regulatory organisations, government, voluntary organisations and practitioners provide diversity in vast pool of knowledge.



## PUBLICATION OF ABSTRACTS

All selected abstracts of both oral presentations and posters of authors who have registered will be published in the Abstract book of the 10<sup>th</sup> World Ayurveda Congress. They will also be considered for publishing in the official journal of World Ayurveda Foundation, Journal of Ayurveda and Integrative Medicine (J-AIM).

## GUIDELINES FOR SUBMISSION OF ABSTRACTS AND SCIENTIFIC SESSIONS

### ABSTRACTS CAN BE SUBMITTED ONLINE

General guidelines for submission of abstracts and formats for oral and poster presentation are given on

[www.ayurworld.org](http://www.ayurworld.org)



Life (ayu) is the combination (samyoga) of body, senses, mind and reincarnating soul. Ayurveda is the most sacred science of life, beneficial to humans in this world both physically and mentally.





## FEE STRUCTURE / DELEGATE REGISTRATION

### Fee Structure for the Congress

| Indian Delegates   |                  |
|--|------------------|
| Category   | Delegate Fee (₹) |
| General Delegates  | 4000*            |
| BAMS Students  | 3500*            |
| Spot registration  | 5000             |
| All late Registrations (From 15 <sup>th</sup> Oct. to 31 <sup>st</sup> Oct 2024) | 4500             |

#### Call for papers - Dates to remember

- Last date for submission of abstracts **15 July 2024**
- Confirmation of abstract acceptance **10 Sept 2024**
- Full paper and ppt file submission **10 Oct 2024**
- Poster submission **10 Oct 2024**
- The Congress **12th-15th December 2024**

For details on research themes, please see page 17  
Visit [www.ayurworld.org](http://www.ayurworld.org) for updates.

#### NOTE

The registration fee includes Congress kit, breakfast, lunch and dinner and entry to the cultural programme for all the days of the Congress for which the applicant has registered and entry to the AROGYA Expo.

#### WAC Secretariat

**World Ayurveda Foundation**  
#6, (New 22) Sankey Road, Lower Palace Orchards  
Sadashivnagar, Bengaluru, Karnataka, India. Pin 560003  
+91 80 42140442 | [info@ayurworld.org](mailto:info@ayurworld.org)

For **Delegate Registration**  
please logon to  
**[www.ayurworld.org](http://www.ayurworld.org)**

| International Delegates (IDA)  |                   |
|--|-------------------|
| Category   | Delegate Fee (\$) |
| IDA Delegates**  | 200*              |
| All late registrations (from 15 <sup>th</sup> Oct. to 31 <sup>st</sup> Oct 2024) | 250               |
| Spot Registration  | 300               |

\*Delegate fees on or before 15<sup>th</sup> October 2024

\*\*Without Accommodation

Note:

Non-stipend PG Students can avail BAMS students' fee structure

1. All delegate registrations are without accommodation. Accommodation can be booked online separately at [www.ayurworld.org](http://www.ayurworld.org) through service providers at negotiated rates.

2. Authors of abstracts selected for oral, poster and E-book will be eligible for a concession of 50%, 30% and 20% concession respectively in the delegate fee.

#### Important email-IDs to remember

General Information/Enquiry: [info@ayurworld.org](mailto:info@ayurworld.org)

IDA: [ida@ayurworld.org](mailto:ida@ayurworld.org)

Abstracts/Papers: [papers@ayurworld.org](mailto:papers@ayurworld.org)

AROGYA Expo: [aogya@ayurworld.org](mailto:aogya@ayurworld.org)

Accommodation Support: [accommodation@ayurworld.org](mailto:accommodation@ayurworld.org)

## HIGHLIGHTS...

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Over 25 Internationally Acclaimed Speakers

20 Satellite Seminars

Over 600 Poster Presentations

Participation from over 50 countries

150+ Invited and Keynote Speakers

5000 Plus Delegates

B2B Meets

400+ Expo Stalls

21 Plenary Sessions

Over 150,000 Visitors

21 Associated events



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Rajasthan Ayurved University, Jodhpur



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MUHS, Nashik



Uttarakhand Ayurveda University



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National Institute of Homoeopathy



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Emirates Ayurveda Graduates Association



Karnataka Ayush Drug Manufacturers Association



Ayurvedic Drug Manufacturers Association



Arogya Bharati



Ayurved Vyaspeeth



AAO International



AMO, Guwahati



AMMOI, Kerala



Delhi



Indische Fachgesellschaft für Ayurveda Deutschland



Nirog Street (Digital Knowledge Partner)

### Collaborators

- Quality Council of India
- Association of Ayurvedic Professionals of North America
- International Council of Ayurvedic Medicine (ICAM) Inc.

- European Ayurveda Medical Association
- National Ayurvedic Medical Association
- Vagbhata Sarani





## MINISTRY OF AYUSH, GOVT. OF INDIA

Created in 1995 as the Department of Indian Systems of Medicine and Homoeopathy, it was renamed as the Department of Ayush (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) in November 2003.

The department has become a full-fledged Ministry in November 2014. The Ministry focuses on upgrading Ayush educational standards, implementing quality control and drug standardisation, improving the availability of medicinal plant material, aiding research and development and generating awareness about the efficacy of the systems, within the country and overseas. Its declared objectives are as follows:

- Upgrade the educational standards in the Indian systems of medicine and in homoeopathy colleges in the country.
- Strengthen existing research institutions and ensure a time-bound research programme on identified diseases for which these systems have an effective treatment.
- Draw up schemes for promotion, cultivation and regeneration of medicinal plants used in these systems. Evolve pharmacopoeial standards for Indian systems of medicine and homoeopathic drugs.



## VIJNANA BHARATI

Vijnana Bharati or VIBHA is a national movement dedicated to the integrated development of Bharat through the intervention of science, engineering and technology.

Launched in 1991 by a group of thinkers and scientists, VIBHA has, today, 29 active units and 6 overseas units. Eminent scientists, academicians, policy makers and social workers are the torch bearers of this movement.

VIBHA takes the spirit of 'Swadeshi' along with the ethos of our culture. It emphasises that science and spirituality should go hand in hand. VIBHA works towards rural development, technology transfer, and social empowerment so as to bring the fruits of advancement of science and technology for the benefit of the society.

It has received two national awards for popularising science and technology: one in 2006 from Dr. Manmohan Singh, Hon'ble Prime Minister of India, and the other in 2007 from Shri. Kapil Sibal, Hon'ble Minister for Science and Technology, Government of India.

VIBHA works towards national self-reliance and a developed India. Towards this mission, VIBHA adopts, adapts and assimilates the best from everywhere and associates with the best of universities, R&D organisations and other movements.

## WORLD AYURVEDA FOUNDATION

Founded in 2011, the World Ayurveda Foundation (WAF) is an initiative by Vijnana Bharati aimed at global propagation of Ayurveda. As part of a larger intellectual movement under the aegis of the Swadeshi Science Movement undertaken by Vijnana Bharati, WAF is a platform that would take Ayurveda to the world for all the benefits mankind can draw from traditional health sciences.

The objectives of WAF reflect global scope. Propagation and encouragement of all activities – scientific and Ayurveda-related – are the core principles. Support to research and health-care programmes through camps, clinics and sanatoriums, documentation, organisation of study groups, seminars, exhibitions and knowledge initiatives to popularise Ayurveda in the far corners of the world are the broad latitudes of focus at WAF. Ayurveda as a sector requires the kind of stewardship and voice that genuinely bring out the ethos of Ayurveda in matters that govern policy and planning with State and Central government administration in India and the world over. WAF is positioned to provide this much-needed leadership with its wide participation of various stakeholder groups.








**Shri. Narendra Modi**  
Hon'ble Prime Minister  
of India delivering the valedictory address  
of the 6th World Ayurveda Congress  
& Arogya Expo 2014, Delhi

## INAUGURAL FUNCTIONS



1<sup>st</sup> World  
Ayurveda  
Congress &  
Arogya Expo,  
Kochi  
30 October–4  
November 2002  
Theme: 'Ayurveda  
& World Health'



2nd World  
Ayurveda  
Congress &  
Arogya Expo, 6–12  
November, 2006  
- Pune  
Theme:  
'Globalisation of  
Ayurveda'



3rd World  
Ayurveda  
Congress  
& Arogya  
Expo, 16–21  
December, 2008  
- Jaipur  
Theme:  
'Mainstreaming  
Ayurveda'



4th World Ayurveda Congress & Arogya Expo, 9–13 December, 2010 - Bengaluru  
Theme: 'Ayurveda for all'



5th World Ayurveda Congress & Arogya Expo, 7–10 December, 2012 - Bhopal  
Theme: 'Enriching Public Health Through Ayurveda'



6th World Ayurveda Congress & Arogya Expo 6–9 November, 2014, Delhi  
Theme: 'Health Challenges and Ayurveda'



7th World Ayurveda Congress & Arogya Expo, 1–4 December, 2016- Kolkata  
Theme: Strengthening the Ayurveda Eco Systems



8th World Ayurveda Congress & Arogya Expo, 14–17 December 2018, Ahmedabad  
Theme: Re-aligning the Focus on Health



9th World Ayurveda Congress & Arogya Expo, 8–11 December 2022, Goa  
Theme: Ayurveda for One Health



## State Coordinators

### Andhra Pradesh

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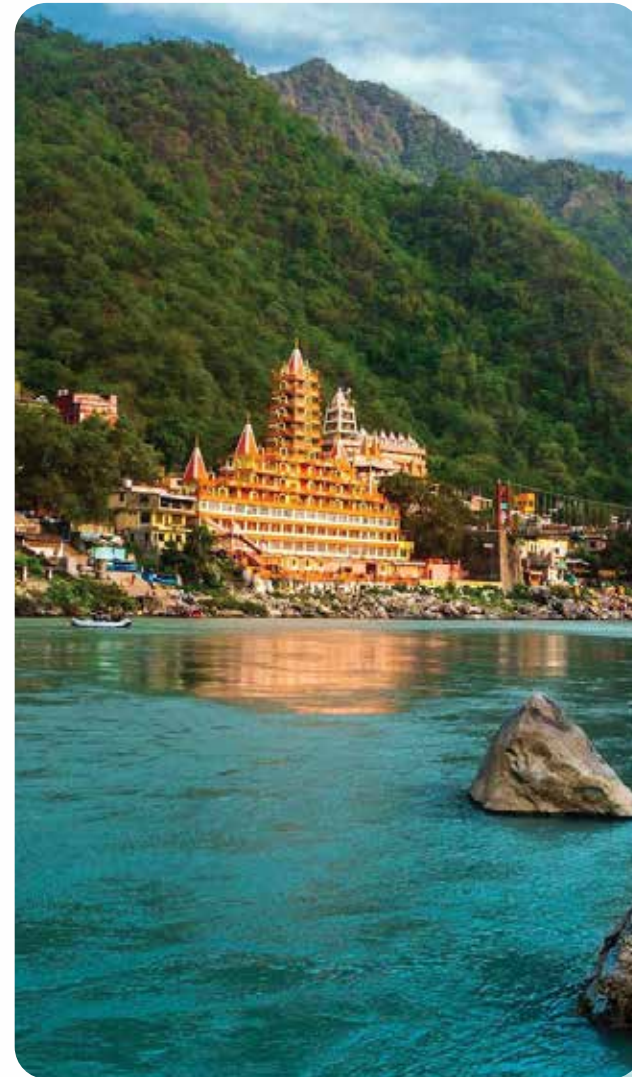
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# UTTARAKHAND (HOST STATE)



## It's truly God's Land (Dev Bhoomi). Dehradun is the Capital of Uttarakhand.

Uttarakhand was formed on the 9th November 2000 as the 27th State of India, when it was carved out of northern Uttar Pradesh. Located at the foothills of the Himalayan mountain ranges, it is largely a hilly State, having international boundaries with China (Tibet) in the north and Nepal in the east. On its north-west lies Himachal Pradesh, while on the south is Uttar Pradesh. It is rich in natural resources especially water and forests with many glaciers, rivers, dense forests and snow-clad mountain peaks. Char-dhams, the four most sacred and revered Hindu temples of Badrinath, Kedarnath, Gangotri and Yamunotri are nestled in the mighty mountains. It's truly God's Land (Dev Bhoomi). Dehradun is the Capital of Uttarakhand. It is one of the most beautiful resort in the submountain tracts of India, known for its scenic surroundings. The town lies in the Dun Valley, on the watershed of the Ganga and Yamuna rivers.







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