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AN INITIATIVE OF VIJNANA BHARATI

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

**DIGITAL HEALTH** AN AYURVEDA PERSPECTIVE

12 - 15th December, 2024 - Parade Ground, 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 Dhami  
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 Dhami



Shri Pushkar Singh Dhami  
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 FRI Dehradun, 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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वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha

### 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 popularising 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 FRI Dehradun, 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  
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Vd. Rajesh Kotecha

Secretary,  
Ministry of Ayush  
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वैद्य राजेश कोटेचा  
(Rajesh Kotecha)



Dr. Shekhar Mande

President  
Vijnana Bharati



### MESSAGE

Vijnana Bharati (Vibha) takes immense pride in propagating and popularising 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 organised 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 Dehradun, 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 popularising 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



**Dr. Jayaprakash Narayan**

Managing Trustee  
World Ayurveda Foundation



## MESSAGE

The World Ayurveda Congress (WAC) and Arogya Expo has set the benchmark for Ayurveda conferences since its inception in 2002. Over the past two decades, this trailblazing event has significantly elevated Ayurveda's global profile, fostering its acceptance and growth both in India and abroad. The remarkable progress seen in the sector, including heightened government support and flourishing businesses, highlights WAC's pivotal role in this transformation.

As the Managing Trustee of the World Ayurveda Foundation (WAF), I take immense pride in our role in orchestrating the WAC's success. WAF's dedicated efforts have been instrumental in shaping this premier platform, ensuring it remains the largest and most influential Ayurveda event worldwide. Our mission is to support AYUSH stakeholders and drive advancements in the field.

We extend our heartfelt gratitude to Shri. Narendra Modi ji, Hon'ble Prime Minister of India, and the Ministry of AYUSH for their unwavering support. With the 10th WAC focusing on integrating digital technologies and AI into Ayurveda, we urge delegates, international participants, stakeholders, academicians, researchers, and media specialists to join us in making this event a grand success. Your participation is vital as we continue to advance the future of Ayurveda.

**Dr. Jayaprakash Narayan**





# 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.



DIGITAL HEALTH | AN AYURVEDA PERSPECTIVE

**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 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 6–12 November 2006	World Ayurveda Congress and AROGYA Expo	Pune Maharashtra	University of Pune; Ayush (Government of India); Vijnana Bharati	Globalisation 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 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 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 Gururji, Art of Living Foundation	4270 (264)	23	300,000
5th edition 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 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 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 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 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

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, Personalised Medicine (PM). PM is a core domain of Ayurveda and thus warrants a diligent exchange of knowledge between Ayurveda healthcare 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 ageing, 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 शान्तिरन्तरिक्षशान्तिर्द्यौःशान्तिर्दिशशान्तिरवान्तरदिशशान्तिरग्नि  
शान्तिर्वायुशान्तिरादित्यशान्तिश्चन्द्रमाशान्ति  
र्नक्षत्राणिशान्तिरापशान्तिरोषधयशान्ति  
र्वनस्पतयशान्तिर्गौशान्तिरजाशान्तिरश्वशान्तिः  
पुरुषशान्तिर्ब्रह्मशान्तिर्ब्राह्मणशान्तिश्शान्तिरेव  
शान्तिश्शान्तिर्मे अस्तु शान्तिः ।  
तयाहम् शान्त्या सर्वशान्त्या मह्यं द्विपदेचतुष्पदे च शान्तिं करोमि  
शान्तिर्मे अस्तु शान्तिः ।।  
सर्वैशान्तिः, 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 focused outcomes, activities of this edition of Congress have been structured to accommodate the following categories:

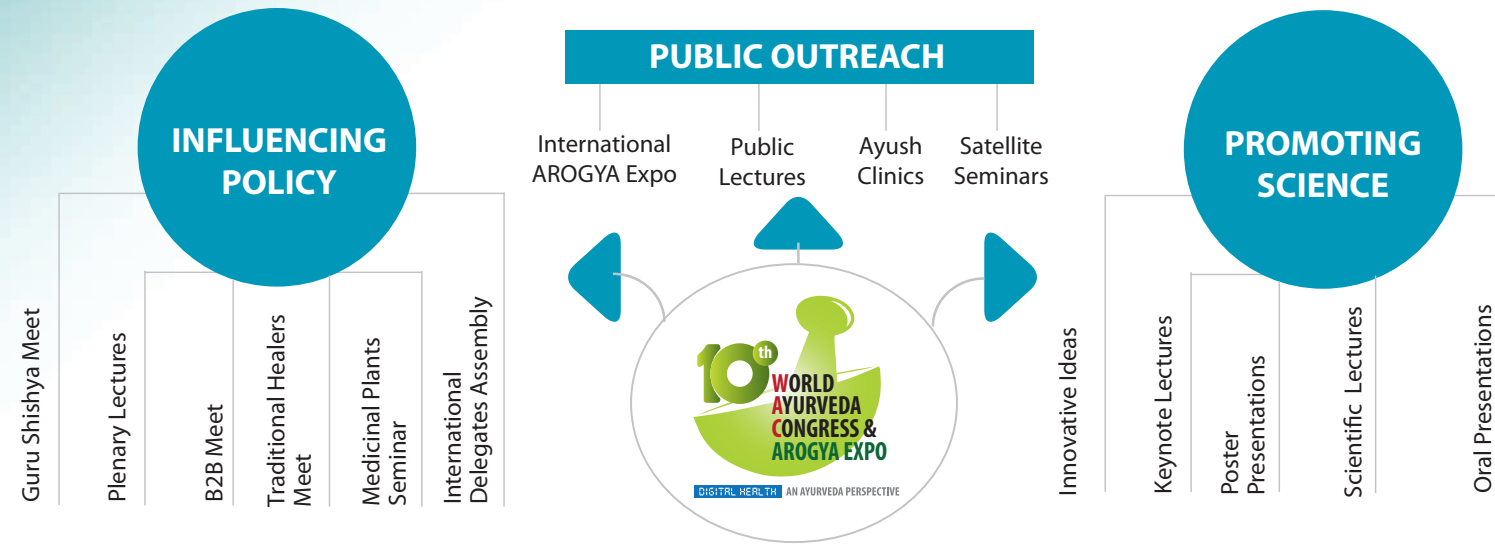
**International Diplomats  
Teachers  
UG Students  
Research Officers  
PG/Ph.D Scholars  
Manufacturers and Traders  
Public Outreach  
Inter-Disciplinary**





## 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
- Investor's 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 27 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, AllA, New Delhi	Dr. Ajay Kumar Gupta, Haridwar
3 Ayurcosmetology	Dr. Kruttika Joshi, Jaipur Vd. Jagrita Sharma, Jaipur	Dr. Nandkishore Dadhich, Dehradun
4 Ayur Oncology	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. Pooja Sabharwal, New Delhi	Prof. Balkrishna Pawar, Haridwar
8 Ayurveda Ahara: Dietetics and Food Technology for Ayurveda	Dr. Aswathy 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, AllA, New Delhi	Dr. Tarun Kumar, CRI, Ranikhet
11 Health and Environment	Dr. Sarita Kapgade, 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, AllA, 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 and Yoga	Dr. Prasad Deshpande, Nanded	Dr. Shobhit Kumar, Haridwar
26 Veterinary Ayurveda	Dr. Kumar SK Mohan, Bengaluru	Dr. Bimal Kumar Chaudhary, IVA
27 Vriksh Ayurveda	Dr. Ravi Singh Choudhary, Jharkhand	Dr. Pragyashree Mishra, OUAT





## 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. B S Prasad, Vd. Upendra Dixit,  
Vd. Abhijit Saraf, Vd. Hrishikesh Mhetre,  
Vd. Sriprasad Bavadekar  
Convenor : Vd. Mohan Joshi

#### iii. Ayush Ahara

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

#### iv. Hierarchy of Evidence/Validation

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

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

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 31 Aug 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 transdisciplinary 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 **31 Aug 2024**
- Confirmation of abstract acceptance **10 Sept 2024**
- Full paper and ppt file submission **10 Oct 2024**
- Poster submission **10 Oct 2024**
- The Congress **12-15 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)

International Delegates (IDA)	
Category	Delegate Fee (\$)
IDA Delegates**	200*
All late registrations (from 15th Oct. to 31st Oct 2024)	250
Spot Registrations	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)

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

## HIGHLIGHTS...

World's Largest Ayurveda Conference & Exhibition with active support from the Ministry of AYUSH, Govt. of India

Over 600 Technical Sessions

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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## ASSOCIATES



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- 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 healthcare 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.







## 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





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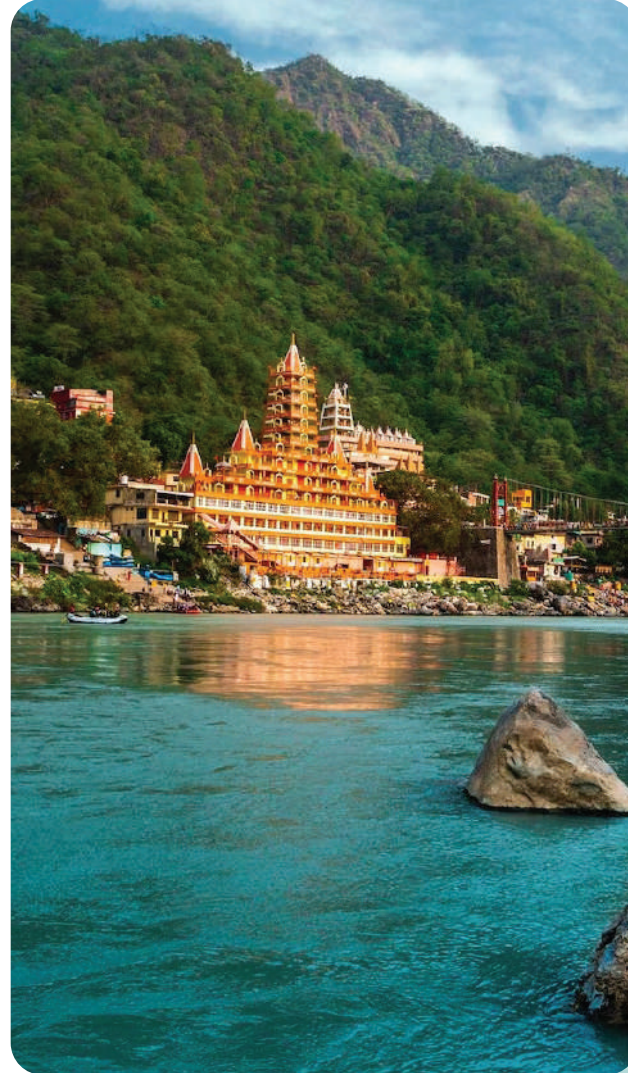
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## UTTARAKHAND (HOST STATE)



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

Uttarakhand was formed on the 9th of 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 and 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 resorts 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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