

# **Ayurveda has the right solution for non-communicable diseases: Experts**

Trivandrum: The various myths that the common people nurse about non-communicable diseases were given a new meaning today on the second day of the Global Ayurveda Festival currently on in Trivandrum. Padmabhushan Dr. B.M Hegde who made a presentation on Non-Communicable Diseases and the Importance of Ayurveda. Hegde described diseases to be an alteration in the human energy pattern. “Health is Enthusiasm to work and enthusiasm to compassionate”, he said. Hi-tech modern medicines have only a history of 50 years, thus we can very well say that we don’t have to be totally dependent on modern medicines, he added. Hegde also commented that Ayurveda should stick to its basics and never try to copy modern medicine. Hegde also strongly pointed out the presence of mind for a healthy body. “Ayurveda considers mind to be the important part of the human body” Hegde said.

Non-communicable diseases are not epidemic and Ayurveda has the right solution for it. The lecture session of Dr. B.M Hegde was live and was well appreciated by the audience and medical students in the auditorium. His lecture focused on how the modern medical research work is leading to Ayurveda and its principles. Hegde was also presented with memento by Dr. G Vinod Kumar, Head -Panchakarma Hospital Poojapura.

The second day of Global Ayurveda Festival started with the Plenary Session chaired by Dr. P.K Mohanlal, Former DAME. The first session was followed by a lecture by Dr R.H Singh, who spoke on the unique features of ayurvedic management of Diabetes Mellitus(Madhumeha). He described the disease as an “error in lifestyle”. He then went on to compare modern medicine with Ayurvedic

medicine.

“Ayurveda, having a great tradition, is deep-rooted in our culture and it has got all the healing powers of mother nature without effecting our mind and body, while modern medicine is fast curing and may affect our immune system.”

He concluded by describing the Ayurveda treatments available in Kerala and the system's fame for panchakarma chikitsa, which has found its place world-wide.

The second day continued to be inspiring and interesting for delegates and viewers alike as Dr Horzt Przuntek, from Germany, made a sparkling presentation on Parkinsons disease and its cure through Ayurveda. Recent research has shown that Ayurveda can cure this dreaded disease through systematic treatments, lifestyle, prescribed diet, yoga and herbs, he said.

Dr Przuntek described how Ayurveda gives not only a physical cure, but also raises the positive energy of a person. He cited the ancient healing method of “Nasya” as a primary cure for Parkinson Disease, and how Ayurveda can cure the disease completely through proper medical attention during the initial stages.

Dr Bhushan Patwardhan's session followed, during which he introduced his subject “Ayurveda for science” with a question: “How can Ayurveda make contributions to modern bio medicine?” Dr. Bhushan Patwardhan has made innovative, outstanding and original contributions both in education and research. Explaining the concept of Shastra and science, he said rather than scientific methods being used as a tool to approve or disapprove, traditional concepts must come forward to believe in those and support them.

Ending his talk quoting Charaka, “may your sight grow and your quest never end”, he spoke of high impact projects like quantum science and Pancha Mahabhuta concepts, the mind-body-soul concepts, the Kayakalpa and regenerative cell studies that have been major areas of research in the contemporary scenario.

The second day's session also saw Prof. A.K Verma, Endocrine Surgeon and Professor of Sanjay Gandhi PG Institute of Medical Science, speaking on Cure for NCDs (Non-Communicable Diseases) through Atomic powered Poly-Neutraceuticals. Dr Verma spoke on Ayurveda's Rasa Shastra and its ability to cure many NCDs. "There is no complete cure in modern medicine and the complete cure of any diseases can be obtained only through Ayurveda", he said.

Dr Verma was presented with a memento by Dr. C.S Krishna Kumar, Chief Physician- Nagarjuna.

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