



Symposium

**AyurVision: 21st Century Ayurveda
“Traditional Indian Medicine Goes Global”**

Chances, Challenges and Visions for Germany and Europe



AyurVision
Symposium 2012

23rd November 2012 - Indian Embassy, Berlin

Content

1.	Welcome Address “Days of India” by H.E. Mrs. Sujatha Singh (Ambassador)	2
2.	Welcome Address by Prof. Dr. Michalsen and Dr. Christian Kessler	3
3.	Programme	4
4.	Abstracts	5
4.1.	Lecture 09:30h Ayurveda in Europe: Historical development, conceptual frameworks and economic dimensions.	5
4.2.	Lecture 10:00 h Translating Ayurvedic concepts into Western mindsets: pitfalls and opportunities.	6
4.3.	Lecture 10:30 h Generating clinical evidence for traditional medical systems What is needed in case of Ayurveda?	7
4.4.	Lecture 11:30 h The digital doctor. How the computer can support Ayurvedic therapy in the 21st century.	8
4.5.	Lecture 12:00 h Ayurveda as part of integrative medical practice in a German hospital setting – an example.	9
4.6.	Panel Discussion 12:30 h Ayurveda in India – Ayurveda in Germany: What can we offer to each other?	10
4.7.	Lecture 14:45 h Therapeutic safety of Ayurveda for patients and doctors in Germany.	11
4.8.	Lecture 15:15 h What can be safely imported into Europe & Germany among traditional medicine? A rule of thumb.	12
4.9.	Lecture 15:45 h Practicing Ayurveda in Germany – Problems and Perspectives.	13
4.10.	Lecture 16:00 h Professionalizing the medical Ayurveda community in Germany - what it needs and what it doesn't.	14
4.11.	Closing Remarks 17:30h Future of Ayurveda in Europe – Flash in the pan or enduring development?	15
4.12.	Panel Discussion 17:45h How to ensure best practice Ayurveda and maximum safety for European healthcare settings?	16
5.	Cordial Thanks – Dhanyavada	17
6.	Ayurveda-Links (selection)	18
6.1.	India	18
6.2.	Germany	18
7.	Immanuel Hospital Berlin	19

1. Welcome Address

"Days of India" – Connecting Cultures

Excellencies, Ladies & Gentlemen,

It is a pleasure and a privilege to welcome all of you here today to this event within the initiative „Days of India“ in Germany. 2011 marked the establishment of 60 years of Diplomatic relations between India and Germany. The year of Germany in India was flagged off by Chancellor Angela Merkel in May 2011 and is underway through an impressive series of events under the theme Infinite Opportunities.

You see, India has many stories to tell... there is the eternal India, an ancient civilization with its great epics, the Ramayana and the Mahabharata, older even than the Iliad and the Odyssey. Then there is the new India, a young India, an India on the move.

The mission of „Days of India“ is to create an understanding that goes beyond stereotypical images, to present the many modern facets of a fast changing India, an India of ideas and aspirations, an India of scientists and engineers, an India of entrepreneurs and home-grown multinationals, an India where more films are produced than in Hollywood, an India with an electorate of 600 million people, an India of fast-growing cities and urban and rural infrastructure, an India which is in the middle of a process without historical precedent, of changing the socio-economic landscape of an ancient people in a young nation through democratic means.

In presenting these messages through „Days of India“ we want to connect, to connect minds, especially young minds, to connect ideas, to connect capabilities and to connect cultures.

And in doing so to reflect and promote the contemporary engagement of two great nations, India and Germany.

There will be a series of events through 2012 till March 2013, in each of these areas, through Symposia, Trade Fairs, Exhibitions, Workshops & Events in Universities, Museums, Town Halls, Park & Concert theatres in all the major cities in Germany and in the small cities too, in all the 16 Länder. The areas of focus during the Days will be:

- A. Economy and Commerce;
- B. Science and Technology;
- C. Universities & Vocational Training; and
- D. Culture

Through these and many other such events, we seek to build bridges of friendship & understanding between India & Germany in the months & years to come.

Thank you,

H.E. Mrs. S. Singh (Ambassador)

2. Willkommen/ Welcome

Sehr geehrte Damen und Herren,

es ist uns eine Freude, Sie heute in der Indischen Botschaft zum Symposium **AyurVision: 21st Century Ayurveda - "Traditional Indian Medicine Goes Global"** im Rahmen der „Days of India“-Initiative begrüßen zu dürfen.

Organisiert von der Charité Stiftungsprofessur für klinische Naturheilkunde am Immanuel Hospital Berlin (www.naturheilkunde.immanuel.de) findet dieses Jahr erstmalig in Deutschland eine Verlinkung von medizinischer Wissenschaft, ärztlicher Praxis, gesundheitspolitischem Diskurs und ökonomischen Aspekten mit direkter Bezugnahme zur Traditionellen Indischen Medizin Ayurveda (TIM) auf höchstem Niveau statt.

Die Ayurveda-Medizin befindet sich hierzulande an einem Wendepunkt. Aufgrund vielversprechender Ergebnisse in der ärztlichen Anwendung sowie einer rasant wachsenden Zahl wissenschaftlicher Studien (z.B. www.dharaonline.org) steigt die Nachfrage an der vor allem auch präventiv- und gesundheitsorientierten TIM in Deutschland stetig. Gleichzeitig gibt es zunehmend Fragen zur therapeutischen Sicherheit für Ärzte und Patienten im Umgang mit Ayurveda.

Dieses Symposium ist ein wichtiger Beitrag, um die Etablierung einer wissenschaftlich fundierten und sicheren Traditionellen Indischen Medizin hierzulande zu fördern. Hochrangige Experten aus Deutschland und Indien diskutieren auf höchstem Niveau über Möglichkeiten, Herausforderungen und Grenzen im Kontext ärztlichen Arbeitens mit der Ayurveda-Medizin.

Wir wünschen Ihnen viel Freude während des Symposiums und zahlreiche Anregungen und Inspirationen für Ihr medizinisches Arbeiten mit Ayurveda.



Prof. Dr. med. Andreas Michalsen

Dear Ladies and Gentlemen,

Welcome to today´s symposium **AyurVision: 21st Century Ayurveda - "Traditional Indian Medicine Goes Global"**.

We are very happy that the Indian Embassy in Berlin is generously hosting this conference within the frame of "Days of India – Connecting Cultures" 2012-2013. It is being organized by the Charité chair for complementary medicine at the Immanuel Hospital Berlin (www.naturheilkunde.immanuel.de) and takes place for the first time.

Ayurveda as a medical system is growing rapidly in Germany and other European countries and has become a relevant and visible part of Western health care systems and debates.

This event for medical doctors and other important healthcare stakeholders is an important contribution to foster the further establishment and dissemination of science-based Traditional Indian Medicine in Germany and Europe.

We hope you enjoy the symposium and will take home some valuable information and inspirations for your medical work with Ayurveda



Dr. med. Christian Keßler

3. Programme

09:00 h	Inauguration and Opening Remarks H.E. Mrs. S. Singh, Ambassador of India Member of German Parliament Prof. Dr. A. Michalsen, Charité, Berlin Mr. R. J. Noack, Immanuel Hospital Berlin		
	Session 1		Session 2
09:30 h	Prof. Dr. M. Mittwede , European Academy of Ayurveda, Birstein: <i>Ayurveda in Europe: Historical development, conceptual frameworks and economic dimensions.</i>	14:45 h	Prof. Dr. A. Michalsen , Immanuel Hospital Berlin / Charité, Berlin: <i>Therapeutic safety with Ayurveda for patients and doctors in Germany.</i>
10:00 h	Dr. R. Manohar , AVP Research Foundation, Coimbatore: <i>Translating Ayurveda into Western mindsets - pitfalls and opportunities.</i>	15:15 h	Dr. H. Damle , Bangalore: <i>What can be safely imported into Europe & Germany among traditional medicine: a rule of thumb.</i>
10:30 h	Prof. Dr. C. Witt , Charité, Berlin: <i>Generating clinical evidence for traditional medical systems - What is needed in case of Ayurveda?</i>	15:45 h	Dr. A. Chopra , Univ. of Heidelberg, Habichtswaldklinik, Kassel: <i>Practicing Ayurveda in a German hospital – problems and perspectives.</i>
11:00 h	Tea-Break	16:15 h	Tea-Break
11:30 h	PD Dr. O. Hellwig , Univ. of Heidelberg: <i>The digital doctor. How the computer can support Ayurvedic therapy in the 21st century.</i>	17:00 h	Dr. W. Mohme , German Medical Doctors' Ass. for Ayurveda (DÄGAM): <i>Professionalizing the medical Ayurveda community in Germany – what it needs and what it doesn't.</i>
12:00 h	Prof. Dr. G. Dobos , Univ. of Duisburg-Essen: <i>Ayurveda as a part of integrative medical practice in hospital settings – an example.</i>	17:30 h	Dr. C. Kessler , Immanuel Hospital Berlin: <i>Closing Remarks: Future of Ayurveda in Europe – Flash in the pan or enduring development?</i>
12:30 h	Panel Discussion 1 Prof. Dr. C. Witt, Dr. R. Manohar, Dr. S. Kumar, Mark Rosenberg <i>Ayurveda in India – Ayurveda in Germany: What can we offer to each other?</i>	18:00 h	Panel Discussion 2 Prof. Dr. A. Michalsen, Dr. H. Gupta, Dr. L. Kronpaß, Dr. U. Bauhofer <i>How to ensure best practice Ayurveda and max. safety for European healthcare settings?</i>
13:15 h	Lunch Break	18:30 h	Break
		19:00 h	Concert: Classical Indian Flute
		20:00 h	End of the Conference

4. Abstracts

4.1. Lecture 09:30h

Ayurveda in Europe: Historical development, conceptual frameworks and economic dimensions.

Prof. Dr. Martin Mittwede, European Academy of Ayurveda, Birstein, Germany

www.ayurveda-akademie.org

Ayurveda enters Western culture at the time of a growing distrust in modern Western medicine. Complementary and Alternative Medicine (CAM) is spreading continuously and it is in this category that Ayurveda is classified in. Thus, naturally, the perception of Ayurveda is already confined: It is conceived of as an alternative to modern medicine, which - seen from its innate structure - it is not. Ayurveda constitutes a complete traditional medical system in itself. In its classification it even displays a kind of meta-science which can aid in regarding modern medicine from a fresh perspective.

Scientific concepts are always a part of the culture, from which they originate. That's exactly why so much can be learned from traditional medical systems: They developed in a completely different cultural milieu.

In the context of the present transfers concerning Ayurveda on cultural as well as scientific levels some interesting questions arise:

- Can such a tradition be examined devoid of its philosophical / religious background?
- What kind of transformation will take place in Ayurveda on its way towards the west?
- What kind of impact will the globalization of Ayurveda have on India?

In the initial phase, a cultural transfer always goes along with a limited perception, which only in later on could make way for a deeper reception. At the same time the confrontation with traditional medical systems holds chances and creative opportunities.

In the west, the scientific perception of Ayurveda is relatively marginal but continually growing. The Western interest fosters the acceptance of Ayurveda in India and thus becomes a driving force for the development of (medical) tourism in India and Sri Lanka. Apart from that, new therapeutic possibilities can evolve within a new cultural context, which have not existed previously in the original tradition. The sovereignty of interpretation of Ayurveda is therefore not limited to South Asia. Ayurveda is increasingly becoming a part of globalized science.

4.2. Lecture 10:00 h **Translating Ayurvedic concepts into Western mindsets: pitfalls and opportunities.**

Dr. P. Ram Manohar MD (Ayu), AVP Research Foundation, Coimbatore, India

www.avpayurveda.com

Ayurveda enjoys legal status as a system of medicine in India, its country of origin. Except for a few other countries like Sri Lanka and Thailand, it is not accepted as a medical system in the rest of the world. In order to obtain official recognition, Ayurveda is required to meet regulatory requirements, which particularly means that Ayurveda has to present itself as a scientific, evidence based approach to health care. This is the socio-political context in which Ayurveda is to be translated into the western mindset today.

This activity emerges as a response to a confrontation, so to say, the challenge to validate its medicines and practices using a method and format that would comply with the standards of “good science”. Being based on a different epistemology and ontology, Ayurveda cannot obviously offer this evidence on a platter and for several decades, research initiatives have been attempting to convert Ayurveda into good science that can give it global acclaim and credibility. This approach has led to transformation of Ayurveda into herbal pharmaceuticals and the hunting ground for discovery of new chemical entities.

On the other hand, the general public in the west has been turning towards Ayurveda for things that go beyond the ken of science - spirituality, wellness, patient oriented care and the like. This trend has created a space for Ayurveda to enter into the western world bypassing the regulatory authorities. Non-pharmacological approaches, nutrition, lifestyle modifications and such other approaches to health care inspired by Ayurveda have in a small way begun to get established in different parts of the west. This has also led to a perception amongst skeptics of Ayurveda being a placebo based approach to healing.

In the backdrop of these divergent trends, there is emerging an altogether different kind of approach to understand Ayurveda as something different from modern medicine, which can be scientific but yet holistic at the same time. The Whole Systems Medicine (WSM) approach is an example of this perspective which attempts to develop methodologies that are suitable and appropriate to evaluate the complexity of Ayurveda. Although these initiatives are not yet mainstream, they offer a great possibility of dialogue between modern science and Ayurveda and the hope of adapting Ayurveda into the western environment and mindset without losing its core character.

This lecture will highlight some of the initiatives that have taken place in this direction in India through international collaboration and otherwise that looks promising for the future. An Indo US collaboration has developed a clinical research methodology that can evaluate complex classical Ayurvedic treatments in a rigorous clinical trial design. Databases have been developed that provide access to published research on Ayurveda in a structured manner like never before. Science initiatives on Ayurveda are beginning to unravel the biology behind core concepts of Ayurveda. The possibilities of further work in this direction will be highlighted with the help of examples.

4.3. Lecture 10:30 h

Generating clinical evidence for traditional medical systems

What is needed in case of Ayurveda?

Prof. Dr. Claudia M. Witt, MD, MBA; Charité University Medical Center, Berlin, Germany

http://epidemiologie.charite.de/forschung/projektbereich_komplementaermedizin

Ayurveda is a “whole medical systems” following unique diagnostics and individualized complex therapeutic approaches. For clinical decision making, evidence on safety, efficacy and effectiveness is needed.

Efficacy refers to “the extent to which a specific intervention is beneficial under ideal conditions”. By contrast, effectiveness is a “measure of the extent to which an intervention, when deployed in the field in routine circumstances, does what it is intended to do for a specific population”. To date, most clinical studies on Ayurveda have focussed on the specific effects of single treatment components.

The current movement to move to Comparative Effectiveness Research (CER) in conventional medicine, fosters the generation and synthesis of evidence that compares the benefits and harms of different treatments in a more typical setting. CER has considerable potential to help health care providers, as well as patients and clinicians, to choose among currently available therapeutic options including Traditional medicine. Medical systems such as Ayurveda are a particularly challenging field for CER, because they are often used for chronic diseases, numerous treatment regimens are available, and furthermore in usual care settings they are often combined with other conventional interventions. Although more research on mechanisms and a better understanding of the influence of context is needed, an increased emphasis on CER promises to strengthen the evidence base for clinical and health policy decision-making. Different study designs and their advantages and limitations will be discussed.

4.4. Lecture 11:30 h **The digital doctor. How the computer can support Ayurvedic therapy in the 21st century.**

PD Dr. Oliver Hellwig, University of Heidelberg, Germany

www.sai.uni-heidelberg.de/abt/IND/index.php

At present, many fields of research are turning to a scientific paradigm that emphasizes the computer based management and the quantitative evaluation of data. The presentation will describe how Ayurvedic scholarship can profit from this “quantitative turn”, with a special focus on three topics: Preservation of knowledge, efficient evaluation of content and language independent access to this content.

First, many representatives of present day Ayurveda use the “Great Three Texts” (brhatrayi) as the main source of information. Although the importance of these texts is beyond question, the Sanskrit tradition has composed a much larger number of medical treatises. The presentation will deal with the question of how these works can be digitized and preserved efficiently for future research.

Second, Ayurvedic therapies and prescriptions are scattered over a wide range of texts, making an efficient evaluation of medical knowledge a difficult and time-consuming task. The presentation will describe, which quantitative methods from computational linguistics can help in evaluating the content of the medical tradition in a transparent way.

Third, free access to the medical data is a major issue, because Ayurvedic sources written in Sanskrit are hardly accessible to professionals not educated in this language. The presentation sketches how computational techniques make it possible to abstract from the textual level of Sanskrit and open up the content of the Ayurvedic tradition efficiently to speakers of other languages and researchers from other disciplines.

4.5. Lecture 12:00 h **Ayurveda as part of integrative medical practice in a German hospital setting – an example.**

Prof. Dr. Gustav Dobos, University of Duisburg-Essen, Germany

www.kliniken-essen-mitte.de

The Clinic for Complementary and Integrative Medicine at Kliniken Essen-Mitte is a governmental model institution in Germany. Integrative Medicine, coming from the USA, combines the best treatments which mainstream medicine as well as complementary medicine can offer. The function of the institution is to scientifically evaluate methods of Complementary and Alternative Medicine (CAM), in order to integrate them into mainstream medicine. As evidence is growing in Germany and the US, traditional Asian holistic medical systems like traditional Chinese medicine (TCM) and Ayurvedic medicine have become part of the concept in Essen. In 2006 Ayurveda, as a model of traditional Indian medicine, was established. The aim was to integrate Ayurveda as a part of integrative medical practice in our hospital setting and to show that Ayurveda is more than a wellness-based treatment, but rather a valuable whole system approach to treat patients with chronic illnesses. In a first step, a department of Ayurvedic medicine was opened, offering Ayurvedic treatments to patients.

The most frequent diagnoses treated are: rheumatoid arthritis, multiple sclerosis, irritable bowel syndrome and low back pain. Besides treatment options for patients, training courses for physicians and nurses were established, offering a 18 months training in Ayurvedic medicine. In addition, scientific studies were done, focussing on reviews in Ayurvedic treatments, integrative approaches including Ayurvedic medicine and TCM and one controlled study on irritable bowel syndrome.

In summary, we will show that the systematic integration of clinical Ayurveda, as part of integrative medical practice in a German hospital setting, requires a multidimensional approach, including patient care, clinical training of health professionals and scientific evaluation.

4.6. Panel Discussion 12:30 h **Ayurveda in India – Ayurveda in Germany: What can we offer to each other?**

Prof. Dr. C. M. Witt, MD, MBA, Charité University Medical Center, Berlin, Germany
Dr. P. Ram Manohar MD (Ayu), AVP Research Foundation, Coimbatore, India
Dr. S. Kumar, Clinic for CAM and Integrative Medicine, Essen, Germany
M. Rosenberg, European Academy of Ayurveda, Birstein, Germany
Dr. C. Kessler (Moderation), Immanuel Hospital Berlin, Germany

In its countries of origin, Ayurveda has an age old tradition as a mainstream system of medicine. In contrast to this, it is still considered to be rather exotic and unconventional by many medical professionals in countries outside of South Asia. Nevertheless, Ayurveda is one of the fastest growing CAM systems globally, particularly in Germany. Interestingly, Ayurveda seems to take its own way in the West, developing unique features and characteristics that might not be considered traditional by Ayurvedic Physicians from India. This might be due to cultural, social, economical, ecological, scientific, religious and other factors or a mix of all those.

How does that influence Ayurveda in South Asia and countries outside of it? Is there also a reverse Ayurvedic knowledge transfer from the Western countries to South Asia? Where does Ayurveda stand in the context of globalization? Can Ayurveda be part of integrated concepts and can Ayurveda integrate others? Where does Ayurveda position itself in a rapidly changing global medicine of the 21st century?

4.7. Lecture 14:45 h **Therapeutic safety of Ayurveda for patients and doctors in Germany.**

Prof. Dr. Andreas Michalsen, Immanuel Hospital Berlin/Charité University Medical Center,
Berlin, Germany

www.naturheilkunde.immanuel.de

The increasing international acceptance and the globalization of Ayurveda underlines the importance of clinical effectiveness research, but also the need for safety and systematic pharmacovigilance. Herbal medicine and nutritional supplements are an important part of the holistic Ayurvedic healing system and are currently used by increasing sections of the German population. After early publications (Saper et al. 2008 and 2004) that reported detection of toxic metals in Ayurvedic medications, the current increase in the use of Ayurvedic preparations is unfortunately accompanied by reports of intoxications by heavy metals. The inclusion of heavy metals could be either intentional for alleged medicinal purposes (rasa shastra), by contamination due to ecological production problems or accidental. Testing of Ayurvedic formulas for toxic heavy metal content should be mandatory. For the future of Ayurveda it will be important to build up effective systems for pharmacovigilance, in order to create maximum transparency in production and trade. The regulatory issues for registration of herbal products are complicated among Eu countries and worldwide. A harmonization process to key regulatory agencies are useful. Given the very promising curative potential of Ayurveda, maximum effort should be made to also ensure its safety.

4.8. Lecture 15:15 h **What can be safely imported into Europe & Germany among traditional medicine? A rule of thumb.**

Dr. H. Damle MD (Ayu), Atrimed Pharmaceuticals, Bangalore, India

www.atrimed.com

Safety is the primary concern ahead of all other matters - when a medical product is placed for human use. A dossier on safety of traditional medicine would look parochial and stringent, if drafted with intent to satisfy statistical outcome, but without bearing in mind the abject need to make it practical and imposable. The noose of quality practices gets tightened at two ends of probabilities. At one end, possible presence of a harmful particle necessitates a significant amount of effort to ensure its absence, even if on the other end possibilities of its harmfulness is distant or rare. However it is not advisable to flirt with the idea to be lenient on safety standards for the sake of economic or cultural reasons.

The source of substances of safety, we should worry about, could be inherently present in the ingredient used in traditional medicine or could as well be acquired during its long journey from raw material to the shelf as finished goods. The substance in question can sneak in inadvertently as in case of pesticide residue or any additive which helps in stability and recently discovered to be harmful. The other dimension, which further complicates the matter, is the pharmacokinetics and dynamics of the known or unknown biologically active ingredient(s) in a traditional medicament along with the threat of interaction with other medicines used concomitantly.

A traditional medicament is an extremely diverse but unique category of products, making uniform and simple "fit all" set of rules unlikely to suffice. At one end, the substances used could be as simple as the spice Cardamom. On the other end, a plant like *Strychnos nux vomica* can dread a toxicologist despite reading volumes on the purification procedures followed by traditional practitioners.

Safety is to be considered purely based on the ingredients of the product, not on classification of the products. Preventive measures have to be based on the manufacturing practices. The compulsory or random tests should be based on the perceived harm from the ingredients. A checklist of substances, which should (a) not be imported, (b) imported after due certification / tests and (c) those which are free to enter, can take the industry forward.

Though such a comprehensive list is out of the purview of this presentation, a quick rule of thumb will help all of those bothered about safety.

4.9. Lecture 15:45 h **Practicing Ayurveda in Germany – Problems and Perspectives.**

Dr. A. S. Chopra, University of Heidelberg and Ayurveda-Klinik, Kassel, Germany

www.asia-europe.uni-heidelberg.de, www.ayurveda-klinik.de

The practice of Ayurveda as a medical science in Europe and North America is a recent phenomenon. Describing one case of clinical Ayurvedic practice in Germany in detail, will allow to discuss problems and perspectives of Ayurveda practice in Germany (and by extension in Europe generally).

The Ayurveda-section of the Habichtswald-Klinik in Kassel, Germany, was inaugurated in April 1995. It consists of 30 rooms for in-patients, a large therapy-floor for the application of external oleation (snehana)- and heat related (svedana) therapies and a separate kitchen and dining-hall for the patients of the Ayurveda-section.

About 80% of the patients admitted here are female and they come with a wide variety of diseases, among which psycho-physical exertion (“burn-out-syndrome”), spondylosis, arterial hypertension and breast-cancer are some of the most common.

Patients undergo Ayurvedic therapy either as an alternative to modern biomedical treatment (as e.g. in the case of hypertension or spondylosis) or as a complementary therapy in addition to their modern medical treatment (as e.g. in the case of breast-cancer). The therapeutic modes applied in the Ayurveda-Klinik Kassel are mainly based on the concept of Pancakarma (purification).

Given the specific context of Germany in a system of comprehensive health-care dominated by modern biomedicine, it is inevitable that Ayurveda is practiced here within a constant dialogue with modern biomedicine. Still, as will be discussed, the aim is to take a genuinely Ayurvedic perspective in diagnosis and therapy.

Problems of practicing Ayurveda in Germany include the lack of recognition from statutory health-insurance as well as the image of Ayurveda being a form of “wellness-therapy” and not a serious medical science. On the other German hand, clinical experience in the Ayurveda-Klinik Kassel as well as patients’ demand for Ayurvedic therapy suggest that there are perspectives for practicing Ayurveda in Germany and Europe.

4.10. Lecture 16:00 h **Professionalizing the medical Ayurveda community in Germany - what it needs and what it doesn't.**

Dr. W. Mohme, German Medical Doctors' Association for Ayurveda (DÄGAM), Hamburg, Germany
www.daegam.de; www.ayurved-yoga.de

Professionalization is a process, by which an occupation transforms itself into a profession. This includes the improvement of quality, efficiency and standardization. According to tradition, medical doctors, jurists and priests are considered as professions. University education, professional organizations, professional ethics and social appreciation are characteristic of a profession.

How does the medical Ayurvedic community in Germany present itself in respect to these parameters?

The medical Ayurveda community in Germany consists of a relatively small group of doctors and different medical professions with inhomogeneous trainings, acquired at different institutions in Germany and to a minor extent in South Asia. Education programs of academic standard have been recently developed, being partly realized as cooperation between universities and other institutions. There is no complete university education in Germany. Research has been implemented in universities with an increasing number of studies and projects being noted.

Since more than twenty years, Ayurveda enjoys a rising popularity and media presence, unfortunately dominated by reports about spa treatments. Presenting Ayurveda as a traditional, effective medical system is still not sufficiently established in public. The recognition by medical boards, public health institutions and health insurance companies has been partly achieved.

There are several professional organisations in Germany for those who practice Ayurveda. The latest among them is the German Medical Doctors' Association for Ayurveda (DÄGAM) founded in 2010. Some important steps on the way towards professionalization have been achieved so far. The most important task for the future will be the integration of Ayurveda into the existing health care system in Germany. This is one of the core targets of the DÄGAM.

Ayurveda offers a true treasure of opportunities for the treatment of lifestyle related diseases and chronic diseases opening up new chances for the individual and society. The associations and professional organizations act as an engine for this development and their cooperation will serve this purpose. To achieve this goal we need to (a) intensify the public information work, (b) to implement quality assured academic standards in education and further education, especially for Ayurvedic doctors, (c) qualified cooperation of Ayurvedic doctors and therapists and (d) the recognition of Ayurveda as a medical system by the society, by medical boards and by health politics.

4.11. Closing Remarks 17:30h
Future of Ayurveda in Europe –
Flash in the pan or enduring development?

Dr. C. Kessler, Immanuel Hospital Berlin, Germany

<http://naturheilkunde.immanuel.de/ayurveda-berlin.html>

Ayurveda is growing at logarithmic speed in Europe right now. Almost every week articles about Ayurveda are being published in reputed journals, weeklies, tv-documentations and in the tabloid press. Ayurveda treatment centers, private practices and academies seem to open up everywhere. Organic supermarkets offer Ayurveda-sodas and Vata-Tea. Professionals associations have been founded for medical doctors, academicians and other practitioners. Medical faculties are starting to take large interest in Ayurveda research. Ayurveda-conferences are being held in hospitals, universities and embassies. The intensity of the development is simply overwhelming.

Where do we go from here with Ayurveda? What can the Ayurveda-community do to foster a sustainable integration of Ayurvedic Medicine into patient-centered European healthcare systems?

Let us all work together!

4.12. Panel Discussion 17:45h **How to ensure best practice Ayurveda and maximum safety for European healthcare settings?**

Prof. Dr. A. Michalsen, Immanuel Hospital Berlin/Charité University Medical Center, Berlin
Dr. H. Gupta, Ludwigsburg
Dr. L. Kronpaß, Ayursan-Klinik, Rotthalmünster & Assoc. of European Ayurveda Therapists (VEAT)
Dr. U. Bauhofer, München
Dr. C. Kessler (Moderation), Immanuel Hospital Berlin

The growing role of Ayurveda in European Healthcare settings, emerging globalized markets, freedom of trade within the Schengen-area and several other driving forces have created an enormous amount of opportunities with Ayurveda for all involved. It seems, as if the real time development in countries like Germany is much ahead of legislative and public administrative processes regarding Ayurveda. In this vacuum, questions of safety, transparency and quality arise. Recent critical publications on contaminated Ayurvedic products from South Asia, missing referential credibility of Ayurveda-practitioners in Europe, a lack of scientific evidence for Ayurvedic treatment modalities etc. show that the medical community is finally starting to notice the advent of Ayurveda in the West on a larger scale.

What can be done to ensure best practice with Ayurveda in Europe? Which are the next public and political steps to be taken? What about the regulation of training and education in Ayurveda-Medicine? And last, but not least, how can we make sure, that we have maximum safety for patients and therapists?

5. Cordial Thanks – Dhanyavada

Organizing this Symposium for the recognition and dissemination of Ayurveda-Medicine in Germany was a fulfilling task and with the help of many wonderful supporters it became a real pleasure.

Dr. C. Kessler and Elmar Stapelfeldt

We would like to convey our special thanks to:

Lord Dhanvatari (www.ayurveda.svarga) for everything.

AYUSH, Ministry of Health and Family Welfare, Delhi India (www.indianmedicine.nic.in) for fully financing this symposium.

The Embassy of India Berlin for including AyurVision into the “Days of India - Connecting Cultures 2012 / 2013”-project (www.indianembassy.de) and hosting this successful conference in its representative rooms. Especially, without the open mindedness of **H.E. Mrs. Sujata Singh**, Ambassador of India, the continuous support of **Mr. DCM Ajit Gupte**, *chargé d'affaires*, and the contributions of **Mr. Saravanan Ganesan**, manager of Cultural Affairs, this Symposium wouldn't have been possible.

Mr. Roy J. Noack, Manager of Immanuel Hospital Berlin (www.immanuel.de), for his support and innovative mind in the course of incorporating Ayurveda Medicine into a hospital setting in Germany.

Prof. Dr. Andreas Michalsen for his dedication to CAM namely Ayurveda and Yoga, all his mental support, creative advice, valuable contacts and wonderful personality as the head of our Department (www.naturheilkunde.immanuel.de).

All **speakers** and **delegates** for sharing their long standing experience with the audience and giving consent to publish their material in the media:

Kerstin Rosenberg (www.ayurveda-akademie.org), **Oliver Liebmann** (www.liebmann-catering.de) and **Gregor von Holdt** for creating and organizing the delicious and authentic meals.

The gifted Masters of Indian Vocal Music **Manickam Yogeswaran** (www.singeryoga.com) and his associates for the inspiring concert.

Mrs. Sonja Stüber and **Mr. Dr. Gerrit Popkes**, PR-Department of Immanuel Diakonie, for their support and for creating beautiful print material tirelessly incorporating all our detailed wishes.

Grit Bartsch, **Eva Maack**, **Ottmar Karl** and **Gunda Loibl** from the Ayurveda-Department of Immanuel Hospital Berlin (<http://naturheilkunde.immanuel.de/ayurveda-berlin.html>) for their constant help before and during the symposium, the many smiles and their loving dedication towards Ayurveda and the clients of our hospital.

Dr. S.N. Gupta for all his knowledge, warm hearted support and overwhelming selflessness in the course of the development of this event.

6. Ayurveda-Links (selection)

6.1. India

- **Department of AYUSH, Ministry of Health and Family Welfare (AYUSH, CCIM)**
www.indianmedicine.nic.in
www.ccimindia.org
www.nia.nic.in
- **Universities**
www.ayurveduniversity.com
www.bhu.ac.in/ayurveda/ayur_home.htm
- **Research**
www.ccras.nic.in
- **Research Data-Base**
www.dharaonline.org
- **Journals**
www.ancientscienceoflife.org
www.ayujournal.org
- **Phytotherapy**
www.nmpb.nic.in

6.2. Germany

- **German Medical Doctors' Association DÄGAM**
www.daegam.de
- **European Ayurveda Therapists' Association VEAT**
www.ayurveda-verband.eu
- **Academic Association for Ayurveda AFGIM**
www.indische-medizin.de
- **German Society for Ayurveda DGA**
www.ayurveda.de
- **Medical University Research Platform UKAM**
www.uni-ayurveda.de
- **Ayurveda Academies**
www.ayurveda-akademie.org
www.seva-ayurveda.de
www.euroved.com

7. Immanuel Hospital Berlin

Immanuel Hospital Berlin – Wannsee-branch

www.berlin.immanuel.de

Immanuel Diakonie is a network of clinics and other healthcare-institutions, mainly in the Berlin/Brandenburg area. Based on two sites in Berlin-Wannsee and Berlin-Buch, the Immanuel Hospital Berlin represents an acute care clinic. Patients are generally referred for in- and out-patient treatment by specialists. The Immanuel Hospital Berlin Wannsee is a clinic focussed on the treatment of rheumatic diseases, disorders of the locomotor system and chronic pain syndromes.

CAM at Immanuel Hospital

www.naturheilkunde.immanuel.de

www.naturheilkunde.immanuel.de/einrichtung/versorgungsbereiche/tageskliniken.html

In the Western outskirts of Berlin, embedded in a countryside area with lakes, forests and historical buildings, our hospital offers a long standing experience in CAM research based CAM practices. The 40 bedded department with chief physician Prof. Dr. Andreas Michalsen is one of the very few departments in Germany where patients can receive health insurance reimbursable integrative care. Different CAM measures like Traditional European Medicine, Fasting, Acupuncture, Mind-Body-Medicine, Yoga and Ayurveda are practiced by an experienced team of medical doctors and highly specialized staff.

Our canteen offers healthy, to a large extent organic food incl. two vegetarian dishes per meal. Additionally, a day clinic offers long-term treatment in form of self-effectiveness courses in Mind-Body-medicine focussing on stress reduction.

Out-Patient-Department for CAM-treatment and research

www.naturheilkunde.immanuel.de

www.naturheilkunde.immanuel.de/forschung.html

Beautifully located on the banks of the Lesser Wannsee Lake and surrounded by Berlin's most precious private garden around the historical Siemens-Villa., the Out-Patient-Department is a renowned institute for treatment and research in CAM. Prof. A. Michalsen as Chief Physician of the CAM-sector of Immanuel Hospital as well as Professor at the Charité University Medical Center combines expertise in these two fields. A variety of CAM measures are offered to out-patients by specialized medical doctors and our wide-range research in CAM-treatments including Yoga-therapy has a long tradition of international reputation, which is reflected by a large amount of scientific publications each year.

Ayurveda at Immanuel Hospital Berlinwww.naturheilkunde.immanuel.de/ayurveda-berlin.html

The Centre for the Traditional Indian Medicine (TIM) has been established in 2010, kicked off by a 150 patients' clinical trial on Osteoarthritis of the knee treated with whole medical system of Ayurveda in comparison with state of the art standard care. Dr. C. Kessler supervises the trial and commenced other trials in Ayurveda-Medicine, developing Immanuel Hospital to one of the leading research centres for TIM outside South Asia. We are also engaged in giving Ayurveda consultations to a large number of out-patients, which are reimbursable by many governmental and private health insurance companies. By means of individualized dietary and life-style advice as well as phytotherapy the results namely in chronic diseases are very promising. Two full fledged treatment facilities for Ayurvedic manual therapy were installed offering a wide range of traditional Ayurvedic treatments. In collaboration with the Body-Mind-Medicine of the day-clinic, stress related diseases are a speciality of our centre, since apart from the psychosomatic base of all mentioned treatments, we offer individual training-sessions for Yoga-Therapy, regular meditation and empathy oriented consultations concentrating on the individual situation of each patient.

Address

Immanuel Hospital Berlin
Klinik für Innere Medizin
Abteilung Naturheilkunde
Ayurveda-Ambulanz



Am Kleinen Wannsee 5 D
D-14109 Berlin

Tel. +49 30 80505 - 614
Fax +49 30 80505 - 692

e.stapelfeldt@immanuel.de
www.naturheilkunde.immanuel.de