5th International Symposium for Ayurveda and Health

Ayurveda: The Whole System of Medicine
October 16th-18 2009
University of Connecticut Health Center
Farmington, CT

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Sponsored by
University of Connecticut School of Medicine
Office of Continuing Education and CASC
University of Connecticut Health Center
http://casc.uchc.edu

Presented in Collaboration
The International Society for Ayurveda & Health (ISAH)
www.ayurvedahealth.org

CME Approval
860-561-4857
Contact- aguha@att.net
Program: **Morning Tai Chi**: by Louis Graff. October 17 & 18: 7:30-8 am

**Walk the Labyrinth**: October 16: 9 AM – 2 PM Keller Auditorium

Courtesy, Connecticut Mental Health Center, Yale University School of Medicine, New Haven

**Opening**: October 16th, 2:30, Keller Auditorium

3PM. Lighting and opening ceremony by honored guests

**Ayurveda and Mental Health: Assessing the Clinical Evidence.**

Neil K Aggarwal, MD.

Yale Medical School, NH, CT

**Consciousness: A Scientific Perspective**

Rajendra D. Badgaiyan, M.D.

Massachusetts General Hospital & Harvard Medical School, Boston, MA

**Survey Research Examining the Effects of Yoga on Children Diagnosed with ADHD**

Caryn Bradley, PT, MMSc.

Quinnipiac University, CT

**Herbal Supplements in Plastic Surgery: Stakeholder Opportunities for Research and Development**

Rajiv Chandavarkar, MD.

UCONN Health Center, CT

**Sneha Kalpa (Medicated Taila/ Ghrita) – A Plausible Dosage Form Of Ayurveda**

Anand K Chaudhary M D (Ayurveda), Ph D

Institute of Medical Sciences, Banaras Hindu University, Varanasi, India

**Drama Therapy in Psychiatric Care**

Laura Cone, MA, RDT, LCAT,

North Central Bronx Hospital in New York City

**Neuroimmune Interactions: How Behavior and Immunity Influence Each Other.**

Robert E Cone, PhD.

University of Connecticut Health Center, CT

**The Invisible World of Tantra: Sexual Cult Practices of US**

Mary E. Dansinghani, M. Div.

Yale University School of Medicine, CT

**What I Learned Growing up from my Mother About Professionalism**

Peter J Deckers, MD

University of Connecticut Heath Center, Farmington CT

**TULSI: Cultivation, Ethnopharmacology and Pharmacology Of Broad Spectrum Metabolic Adaptogen.**

Prashanti deJager

Pacific Center of Ayurveda; San Francisco, CA, USA

**Flow of Prana (Energy) Through Therapeutic Touch and Its Effect on Cell Growth**

Gloria Gronowicz, PhD,

University of Connecticut Health Center, Farmington, CT.

**The Healer's Art: Cultivating Compassion and Rediscovering Meaning During the Medical School Journey**

Mary P. Guerrera, MD

University of Connecticut School of Medicine, Farmington, CT.
Ayurveda: Maintaining the Health of Healthy and Curing the Disease of a Diseased
Amala Guha, PhD, MPH, MA
University of Connecticut School of Medicine, Farmington, CT

Educating Physicians for the Twenty-First Century
Bruce Koeppen, MD, PhD
University of Connecticut School of Medicine

Case Studies In Ayurvedic Medicine
Somesh N. Kaushik, BAMS, ND, MPH, MPA
University of Bridgeport, Division of Health Sciences, CT

Role of Ayurveda in Child Mental Health: Clinical Evidences
Abhimanyu Kumar, MD(Ay), MSc (Psy), Dip DM, Dip Yoga, PhD
National Institute of Ayurveda, Jaipur, India

Topic: TBA
Cato T Laurencin, MD, PhD
UCONN Health Center, Farmington, CT

Psychiatry and Ayurveda in the 21st Century: Western and Eastern Perspectives on Mind and Behavior
Frank John Ninivaggi, MD, FAPA
Yale University School of Medicine, Child Study Center in New Haven, CT

Preventative Healthcare: An Ayurvedic Perspective
Pratibha Shah, MD (Ayurveda)
University of Boston, MA

Management Of Ischemic Heart Disease (HRIDROGA) With Ayurvedic Herbal Formulas
National Institute of Ayurveda, Jaipur, India.

Topic: TBA
Pramod Srivastava, MD, PhD
University of Connecticut School of Medicine, Farmington, CT

#Experiential Ayurvedic Abhiyanga Massage: by Lorraine Gengo, LMT (Service Fee will apply)

AN Evening on Accordion: by Hasmik Zamgodrian
Hartford Conservatory, CT

Post Symposium Workshops
Registration Required.
Monday, October 19: 9AM-6:30 PM.
Drs. Amala Guha, Abhimanyu Kumar & team

Raising Healthy Kinder: Ayurvedic Management of Planned parenthood, Post natal care and developmental problems.
9 AM-12:30 PM

Ayurvedic Supportive Care for Cancer: During and post treatment. Management of side effects of chemo and radiation and improving quality of life.
3PM-6:30PM

#Ayurvedic Massage Therapy: (October 18) Lorraine Gengo, LMT
Techniques of Abhiyanga/ shirodhara and its beneficial effects on mind and body
Target Audience: All faculty interested training in CAM/Ayurvedic medicine. All others may attend.

Global Learning Objectives: Participants will be able to:
1. Recite the evidence or expert opinion associated with Ayurvedic Medicine as an approach to wellness.
2. Identify barriers in implementing the principles and practices of Ayurvedic Medicine.
3. Describe one or more strategies necessary either to implement the evidence/expert opinion or overcome any barrier to implementation of Ayurvedic Medicine.

Accreditation: The University of Connecticut School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Connecticut School of Medicine designates this educational activity for a maximum of **22 AMA PRA Category 1 Credit(s)™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Conflict of Interest Policy: All faculty participating in CME activities sponsored by the University of Connecticut School of Medicine are required to disclose to the program audience any actual or apparent conflict of interest related to the content of their presentations. Program planners have an obligation to resolve any actual conflicts of interest and share with the audience any safeguards put in place to prevent commercial bias from influencing the content.

None of the speakers has anything to disclose.
This CME activity has no commercial support associated with it.

### 2009 Participants

**Neil K Aggarwal, MD**
Resident, Department of Psychiatry, Yale medical School, NH, CT
Neil Krishan Aggarwal graduated from the Case Western Reserve School of Medicine. He studied religion and Anthropology of South Asia and the Middle East at Harvard University. He is currently a resident physician in the Department of Psychiatry at Yale University. His research interests are in international psychiatry, cross-cultural psychiatry, and psychiatric anthropology.

**Rajendra D. Badgaiyan, M.D.**
Massachusetts General Hospital & Harvard Medical School, Boston, MA
Dr. Badgaiyan is an Assistant Professor of Radiology at Harvard Medical School and Associate neuroscientist at Massachusetts General Hospital, Boston. In the past, he has served on the faculty of the University of Oregon, the University of Texas, and the University of Pittsburgh. Before immigrating to the U.S., Dr. Badgaiyan was on the faculty of Banaras Hindu University, Varanasi, India. Dr. Badgaiyan did his postdoctoral training in cognitive neuroscience and residency training in psychiatry at Harvard Medical School. His research is focused on cognitive neuroscience with an emphasis on consciousness.

**Dr. Brent A. Bauer MD**
Director, Complementary and Integrative Medicine Program, Mayo Clinic
Dr. Bauer is board-certified in Internal Medicine, an Associate Professor of Medicine and has been on staff at Mayo Clinic for 17 years. His main research interest has been the scientific evaluation of Complementary and Alternative Medicine (CAM) therapies that patients and consumers are using with increasing frequency. He has authored several book chapters and papers on this topic, and is the Medical Editor of the Mayo Clinic Book of Alternative Medicine. 
He is a member of the NIH-NCCAM special emphasis review panel and is currently collaborating on over 20 studies being conducted at Mayo Clinic evaluating CAM therapies ranging from acupuncture to valerian. Most recently, Dr. Bauer spearheaded a collaboration between Mayo Clinic and Gaiam in the creation of a series of 10 DVD’s (Mayo Clinic Wellness Solutions). These DVD’s address common health problems (e.g. diabetes, obesity, high blood pressure) with integrative medicine approaches that empower patients to take charge of their health.

**Caryn Bradley, PT, MMSc.**
Department of Physical Therapy, Quinnipiac University
Ms Bradley is a pediatric physical therapist with over 20 years of clinical experience. She is an adjunct professor in the Department of Physical Therapy at Quinnipiac University where she serves as a clinical instructor and research advisor for Doctor of Physical Therapy students. Caryn is a certified instructor of Yoga for the Special Child™. She has a private pediatric physical therapy practice specializing in consultation and direct patient care, utilizing yoga as a complementary approach to treatment for children diagnosed with special health care needs.
Anand K Chaudhary M D (Ayurveda), Ph D
Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi, India.
Dr Chaudhary is Reader (Associate Professor) of Rasa Shastra (Ayurvedic Pharmacuetics) at Banaras Hindu University.
In the past he has served on the faculty of Institute of Post Graduate Teaching & Research in Ayurveda, Gujarat Ayurveda University, Jamnagar, India. Dr Chaudhary did his post doctoral training in different herbal formulations of Ayurveda. He is also trained in manufacturing of Herbomineral formulations of Ayurveda. His present research is focus on manufacture of quality, safe and efficacious medicines of Ayurveda. He is also interested in regulatory affairs of these medicines at global level.

Laura Cone, MA, RDT, LCAT,
North Central Bronx Hospital in New York City.
Ms Cone is a Drama Therapist and Licensed Creative Arts Therapist working on an adult inpatient psychiatric unit at North Central Bronx Hospital in New York City. She is a co-founder and former president of the Tri-State Chapter (NY, NJ, CT) of the National Association for Drama Therapy (NADT) and served as the Eastern Region Representative on the NADT Board of Directors from 2006-2008.

Robert E Cone, PhD
Professor of Immunology, University of Connecticut Health Center, CT.
He received his PhD in Microbiology at the University of Michigan, Ann Arbor, Michigan. He then trained at the Walter and Eliza Hall Institute for Immunology, Melbourne Australia where he studied with Professor GJV Nossal and Dr. John Marchalonis. At the Hall Institute he participated in the development of enzyme-catalyzed radiolabelling of the cell membranes of living cells, and the characterization of lymphocyte membrane proteins. Dr. Cone was a faculty member in the Departments of Surgery and Pathology at Yale University. At Yale University he was the Director of the Histocompatibility Testing and Membrane Marker laboratory before joining the faculty in the Department of Pathology and then Immunology at the University of Connecticut Health Center. At the University of Connecticut Health Center Dr. Cone was the Director of the Immunology Graduate Program. Dr. Cone is one of the Commissioners of the State of Connecticut Commission on Medico-Legal Investigation and is a recipient of the State of Connecticut Public Service Award. His present research interests are focused on the cellular basis of ocular immune regulation and the role of the sympathetic nervous system on the development of regulatory T cells.

Mary E. Dansinghani, M. Div.
Chaplain/Coordinator of Spiritual Services Connecticut Mental Health Center
Yale University School of Medicine, Department of Psychiatry.
Mary Dansinghani is a graduate of Yale Divinity School. She received her MA from Indiana University in ----- and BA, MAT - University of New Hampshire. She finished her Clinical Pastoral Educational Residency at Yale New Haven Hospital and received her Ayurvedic mental & Spiritual health Certificate from the National Institute of Ayurveda, Jaipur, India in collaboration with the International Society for Ayurveda & health (ISAH) in 2008. She is committed to Ayurvedic practice of holistic approach to spirituality and healing as promoted through ISAH. Her interest is to develop mandalas, Ayurvedic Guided Imagery, to promote relaxation to mental illness to promote relaxation and balancing the energies. She is a board member - Interfaith Volunteers Care Givers of Greater New Haven (IVCG), Hamden, CT and Professional Consultation Committee (PCC) for Department of Religious Ministry, Yale New Haven Hospital and member of the International Society for Ayurveda and Health.

Peter J. Deckers, MD
UCONN Health Center
Murray-Heilig Chair and Professor in Surgery and past Executive Vice President for Health Affairs, U’CONN Health Center Dean, U’CONN School of Medicine Dr. Deckers earned his medical degree from the Boston University School of Medicine, completed his residency in general surgery and was a United States Public Health Service trainee in academic surgery at Boston University Medical Center. He received the Outstanding Physician Award and advanced to the position of Professor and Vice-Chairman for Surgical Education.

Gloria Gronowicz, PhD,
Professor of Surgery, at the University of Connecticut Health Center, Farmington, CT.
She received her Ph.D. in molecular and cell biology from Columbia University, NY, NY. Her research program, which has been supported by grants from the NIH, involves tissue engineering, bone histomorphometry, basic bone biology and energy medicine. She has published over 80 publications in peer-reviewed journals. Her work in energy medicine has focused on the effect of Therapeutic Touch on bone cells and was funded by NCCAM.

Somesh Kaushic, BAMS, ND
Adjunct Professor, University of Bridgeport, CT
Dr. Somesh N Kaushik is a faculty member at the University of Bridgeport, Division of Health Sciences. He received his Ayurvedic training (BAMS) from Kurukshetra University, India; MPH and MPA from University of Alabama, Birmingham and Doctor of Naturopathic Medicine from University of Bridgeport. He has worked as an Epidemiologist and Director HIV/AIDS sero-surveillance with Alabama Department of Public Health while maintaining his Ayurvedic practice before joining University of Bridgeport. Dr. Kaushik is affiliated with Institute for Ayurvedic and Naturopathic Therapies in Fairfield, CT.

Rajiv Chandavarkar, MD
Assistant Professor of Surgery and chief of the Division of Plastic Surgery,
University of Connecticut Health Center, Farmington, CT.
Dr. Chandavarkar is a board certified plastic surgeon who completed his training at the University of Bombay, India, Kurume University Japan and at the MD Anderson Cancer Center, Houston TX. He is affiliated with the Department of Immunology and is the chief of the Division of Plastic Surgery at the University of Connecticut School of medicine. His research program explores novel therapeutic agents for enhancing wound healing in problematic conditions including diabetes, infection and radiation injury. He has served on NIH Study Sections specifically related to tissue injury and repair.
Dr. Abhimanyu Kumar is a Professor & Head of the department of Ayurvedic Pediatrics at the National institute of Ayurveda, Jaipur (India) and is involved in academic, clinical and research activities for last 23 years in various capacities. After completing his MD in Ayurvedic Pediatrics he was awarded PhD. He received his master's degree (MSc) in applied Psychology and Diploma in Yoga. He has Authored three books and published 65 research papers. Member and Ayurveda expert in various national and international universities, institutes and organizations. He has supervised 35 MD and PhD scholars. Completed one international collaborative research project and other three sponsored by Government of India. Two industry- institutes based collaborative clinical research projects ongoing. He is Involved in teaching and training of international scholars. Presently he is working as coordinator International program for Ayurveda studies at National Institute of Ayurveda. He is the President of Indian Association of Ayurvedic Pediatrics and is National President of Indian Association of Ayurvedic Pediatrics.

Lorraine Gengo, LMT
is a nationally certified Clinical Massage Therapist licensed in both New York and Connecticut. Lorraine operates The Magdalene, a massage therapy practice in Norwalk, Conn., specializing in Ayurvedic massage and dosha assessments. She received her certification in Ayurvedic Massage from the University of Pune, India, in 2006 in collaboration with The International Society for Ayurveda and health (ISAH). Lorraine is also a certified Prana Yoga teacher and a Usui Reiki II practitioner. A former journalist, Lorraine holds a Bachelor’s degree in communications from Boston College. She is a member of the American Massage Therapy Association and the International Society of Ayurveda and Health.

Louie Forouhar-Graff
is a fourth-year medical student at the University of Connecticut Medical School. He is also a Tai Chi practitioner and instructor in Manchester, CT and Farmington, CT. He will lead a form of Tai Chi created specifically for health and researched by the medical community for health improvement. Louie enjoys the calming and empowering qualities of Tai Chi practice. Louie has successfully completed the 4-credit course of Ayurveda offered by the UCONN Medical School under the leadership of Dr. Amala Guha.

Mary P. Guerrera, MD
Associate Professor & Director of Integrative Medicine in the Department of Family Medicine at the University of Connecticut School of Medicine. She received her M.D. from the University of Massachusetts Medical School and completed Residency Training in Family Medicine at the Maine Medical Center/Mercy Hospital Family Medicine Training Program in Portland, Maine. Dr. Guerrera is a Fellow of the American Academy of Family Physicians and an active member of the Society of Teachers of Family Medicine. She is a Fellow of the American Academy of Medical Acupuncture and is a Founding Diplomate of the American Board of Holistic Medicine. Her academic activities include serving on the executive, steering and education committees of the Consortium of Academic Health Centers for Integrative Medicine. She is a member of the School of Medicine’s Education Council and Committee for Undergraduate Medical Education and is the course director for the medical school electives: “The Healer’s Art” and ‘Mind-Body-Spirit Medicine.’ Currently she is embarking upon a national, multi-site Integrative Medicine in Residency Project with the University of Arizona’s Center for Integrative Medicine. Dr. Guerrera maintains an active clinical practice within the Department of Family Medicine’s Residency Program.

Amala Guha, MPH, PhD, MA
University of Connecticut School of Medicine, Farmington, CT
(http://CASC.UCHC.EDU) (www.ayurvedahealth.org)
Dr. Amala Guha is an Assistant Professor of Immunology and Medicine, Founding Director of Complementary & Alternative Supportive Care “CASC” University of Connecticut School of Medicine, CT, and the founding president of the International Society for Ayurveda and Health (ISAH) and the editor-in-chief of the journal ELEMENTS.

Dr. Guha received her Doctoral Degree in Immunology from University of Allahabad, India in collaboration with the University of Connecticut School of Medicine in 1990 followed by the fellowship in Hematology/Oncology, supported by the prestigious NIH training Grant. She received her graduate degree in Public Health from Connecticut School of Medicine and her training in Ayurveda from Ayurvedic Medical College, Bombay 02-05 and from University of Pune, Pune, India in 2006. Dr. Guha’s advance training in bone marrow transplant, cancer Immunology, public health and Ayurvedic medicine brings a unique blend of expertise in the field of integrative medicine. She teaches Ayurveda at the University of Connecticut School of Medicine and leads the Ayurvedic Training Programs sponsored by the University of Connecticut School of Medicine & International Society for Ayurveda and Health (ISAH) and University of Pune Ayurvedic Medical School India. She had served on the review board of Complementary Alternative Medicine at the NCCAM/NIH. Dr. Guha is a fellow of The Leukemia Society of America.

Upendra Hegdy, MD
Assistant Professor Medicine, Hematology Oncology
Associate Director, Medical Oncology, Melanoma Program
Co-director, Head and Neck/Oral Oncology Program
UCONN Health Center, Farmington, CT.

Dr. Hegde received his medical degree from the Goa Medical College in Goa, India. He completed post graduate training in internal medicine at Goa Medical College (Bombay University) and did his clinical fellowship training in medical oncology at Tata Memorial Hospital in Bombay. He worked closely with basic researchers and studied the clinical relevance of multi-drug resistance in acute myelogenous leukemia. In 1992, he received a research scholarship from Rush Presbyterian St. Luke’s Medical Center in Chicago, Illinois, to study leukemia at the cellular and molecular biologic levels, which he completed in 1995 under the mentorship of Harvey D. Priesler, M.D. Dr. Hegde completed his residency in internal medicine at the Cook County Hospital in Chicago, Illinois, and received his fellowship training in hematology and oncology in the medicine branch of the National Cancer Institute at the National Institutes of Health in Bethesda, Maryland.
Emerging and re-emerging vector-borne diseases are global public health concerns. Our primary research focus is characterization of the cellular and molecular interactions at the host interface for ticks, mosquitoes and arthropod-borne infectious agents such as rickettsiae, ehrlichae, spirochetes, protozoa and arboviruses. Dr. Wikel participates extensively in medical education.
Accommodations:

Hotel Accommodations
Homewood Suites by Hilton
2 Farm Glen Boulevard
Farmington, CT 06032
860-321-0000

The Homewood Suites By Hilton in Farmington, will be holding guestrooms for the International Symposium of Ayurveda & Health to be held in October 2009. Reservations must be made before 9/16/09 to receive and be guaranteed the group rate for the dates of October 15th thru October 19th, 2009. **Number of rooms reserved is limited and will be subject to first come first serve and availability.**

The hotel is offering a King Bedded Deluxe Suite with Breakfast Included at a rate of $109.00 per night per suite, tax exempt. The hotel will also be offering complimentary Shuttle service to UCONN Health Center per schedule.

For reservation: please call the hotel at 860-321-0000 and ask for reservations. When speaking with the reservation agent let them know that you are with the ISAH group.

Directions to University of Connecticut Health Center from Greater Hartford:

- Route 84 to Exit 39.
- Turn right onto Route 4-East (Farmington Avenue).
- Drive about 1-1/2 miles.
- Turn right into University of Connecticut Health Center.
- At first stop sign continue ahead veering off to the left -up the hill.
- Go to first stop sign, and continue into the gate.

Open Parking

Past symposiums

**June, 2004:**
Immerse in Ayurveda
First International Symposium of Ayurveda and Health
Hosted by ISAH, Interlaken Inn, Lakeville, CT
“what a beautiful conference, excellent presentations, great venue and exceptional food” DM

**September 2005:**
Ayurveda & Chronic Diseases
2nd International Symposium of Ayurveda and Health.
Hosted by Banaras H University, BHU, Banaras, India
“great conference, excellent atmosphere & variety of paper presentation — an event to remember” ADG

**June 2006:**
Ayurveda in the Twenty -First Century
3rd International Symposium of Ayurveda and Health
University of Connecticut School of Medicine
UCHC, Farmington, CT
“a great deal of thought and work was put in planning and organizing the conference —Many Many thanks”

**October, 2007:**
Applications of Ayurvedic Principles in Modern Medicine
4th International Symposium of Ayurveda & Health
Hosted by Mayo Clinic, Asisi Heights, Rochester, MN
“I greatly enjoyed talks by the excellent, excellent speakers.” Dr. S

“I have had a number of people stop me and tell me what a great symposium It was!” Dr. B B