



# “Ayurveda Kaushalam 2023”

“आयुर्वेदोपदेशेषु विधेयः परमादरः”

Seminar-cum-8 Days Residential Workshop

31<sup>st</sup> May to 7<sup>th</sup> June 2023

Venue : Aggarwal Dharamshala,  
Near Railway Station, Dehradun.

Badrinath

Kedarnath

Gangotri

Yamunotri



Organised by :

## Vishwa Ayurveda Parishad

For more details & registration visit :

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

9997201793 | 8755975888 | 7017273057



# Ayurveda Kaushalam-2023

## VISHWA AYURVEDA PARISHAD

Vishwa Ayurveda Parishad (VAP) was established in the year 1997, to reinstate the glory of Ayurveda in the present era and to facilitate the acceptance and recognition for Ayurveda across the country and the globe. VAP is in a relentless effort to provide a credible platform to the scholars, practitioners, teachers & followers of Ayurveda, in order to enhance the potential and authenticity of the science to wider audiences globally. The Covid times have rightfully highlighted the importance of Ayurveda for health management and disease prevention. Thus it is important for the youth to be aware about the potential of the great science of Ayurveda.

We are aware that Vishwa Ayurveda Parishad has been upholding our divine knowledge, belief and rich practice of Ayurveda, a body of eternal knowledge on Life science and Health systems. It is a direct disclosure by the God to the mankind on this **Devbhoomi 'Uttarakhand'**. Vishwa Ayurveda Parishad has been promoting personality development workshops for Ayurveda students and practitioners for the past many years.

Keeping the tradition in mind, we are happy to announce our 7th Seminar-cum 8 days residential workshop this year from **May 31st to 7th June 2023**, Dehradun.

We started this workshop in 2015 with 65 participants in total. Now with the blessings of Dhanvantri Bhagwan and Ashvinau Bhagwan this number reached 200+ participants coming from every nook and corner of the country.

### देव भूमि उत्तराखण्ड

.....**पाशर्वे हिमवतः शुभे ।(च.सू.1/7)**

रोग निवारण हेतु प्राणियों पर दया भाव करते हुए पुण्य कार्य करने वाले महर्षिगण हिमालय पर्वत के एक सुन्दर भाग में एकत्रित हुए ।

आयुर्वेद में वर्णित ज्वर प्रकरण में **वीरभद्र** से ज्वर उत्पत्ति एवं **दक्ष प्रजापति** का यज्ञ विध्वंसन तथा **सति जी** का अग्नि में समर्पित होने की घटना के स्थान आज भी इसी उत्तर हिमालय में विद्यमान है । जहाँ यज्ञ विध्वंसन हुआ वह स्थान **कनखल** नाम से **हरिद्वार** जिले में स्थित है एवं कनखल से उत्तर की ओर **ऋषिकेश** स्थान पर **वीरभद्र** का मंदिर व वीरभद्र स्थान उपस्थित है ।

हरिद्वार के कनखल में ही **महर्षि जीवक** जी के गंगा नदी में स्नान कर **वृद्ध जीवक** बनने का प्रकरण मिलता है ।

इसी उत्तर हिमालय में शिव का वास **कैलाश**, **नंदादेवी** इत्यादि हिम आच्छादित चोटियाँ उपस्थित हैं ।

अभिज्ञान शाकुन्तलम कालिदास रचित नाट्य में **कण्व** प्रमुख शिष्यों में **हारीत** का भी नामोल्लेख आता है । जो **कण्व आश्रम कोटद्वार**, उत्तराखण्ड के **मालिनी नदी** के किनारे स्थित है ।







## महर्षि चरक तपोभूमि - चरक डांडा

यह स्थल महर्षि चरक की तपोभूमि है। आचार्य चरक की तपस्थली उत्तराखण्ड राज्य के पौड़ी जिले के कोटद्वार शहर से 28 कि.मी. दूर बद्रीनाथ मार्ग पर ग्राम चरेख डांडा गांव से 1.5 कि.मी. की दूरी पर चरकाण्य शिखर (जिसे स्थानीय भाषा में चरेख डांडा कहते हैं) पर स्थित है। सदियों से इस शिखर को चरकाण्य शिखर (चरक डांडा) नाम से जाना जाता है एवं अभी तक उपलब्ध अनेक भू अविश्लेषणों में यहाँ के गांव का नाम चरेख गांव है। जो कि चरक शब्द का अपभ्रंश रूप है। चरक संहिता में कई स्थानों पर हिमवत् पार्श्व व गंगा द्वार का वर्णन मिलता है, एवं ऋषियों के रहने और सम्भाषा संगोष्ठी का स्थान हिम पार्श्व व हिमालय से निकलने वाली नदी के तट पर माना जाता है। इस स्थल पर एक बांज का वृक्ष है। इस वृक्ष के नीचे स्थानीय लोग भाद्रपद में सार्वजनिक रूप से एकत्रित होकर ग्राम देवता महर्षि चरक जी की पूजा अर्चना करते हैं। इस वृक्ष की विशेषता यह है कि यह बांज का वृक्ष अन्य सभी बांज वृक्षों की आकृति से अलग है। इस स्थान से हिमालय की हिम आच्छादित धवल शिखर वह चौखम्बा पर्वत दर्शनीय है।





# Ayurveda Kaushalam-2023

## PROCEDURE TO FILL THE FORM:

### SPECIAL NOTE:

- It is mandatory for the participants to assemble at the VENUE by 31st May. Dinner will be provided on the same day
- The participants will be allowed to leave the venue only after LUNCH on 7th June, 2023

The lead language for the seminar-cum-Residential Workshop will be Hindi only.

## FEE REMITTANCE DETAILS :

Account- A/c Name	:	VISHVA AYURVEDA PARISHAD
Bank Name	:	Bank Of India
A/c No	:	714420110000059
Branch	:	Ballupur Chowk, Dehradun
IFSC Code	:	BKID0007144
Email Id	:	rudraksh.ayurcare@gmail.com
Website	:	www.vishwaayurveda.org

For Further queries please Contact at the following phone nos.

**Vd. Anumeha Joshi (9456136474)**

**Vd. Vinish Gupta (9557431208)**

**Rudraksh Ayurvedic Chikitsalaya**

**16, Sangam Vihar, G.M.S. Road, Near Balliwala Chowk,  
Dehradun - 248001, Uttarakhand.**

All Participants are requested to share their transactions screenshot or details of payment on following no. **Vd. Rishabh Nayyar - 9837234558**



# Ayurveda Kaushalam-2023

## Guidelines For Participants

The participants must carry

- (1) White Apron, Daily use items, Lock & Key, Water Bottle.
- (2) Chakrapani Teeka/Charak Samhita, Ashtanga Hridaya.
- (3) (a) All the participants have to reach the venue by evening of 31st May, 2023.  
(b) Room allotment will start from afternoon and Dinner will be provided on the same day.
- (4) White clothes compulsory for Rishi Yajya. (ऋषि यज्ञ)
- (5) All participants are requested to bring umbrella, hat/ cap, small bag pack , comfortable footwear( shoes etc) for trek to Charak Taposthali.
- (6.) Don't carry gold jewellery/ expensive gadgets.
- (7) The duration and dates of the camp can be changed by the organizers on prior intimation.
- (8) We request you to go through the topics which are going to be delivered in Ayurveda Kaushalam.
- (9) There will be an oral screening test on call according to your qualification. Only after that link for the registration will be provided for Ayurveda Kaushalam.

## Registration Fee details

Type of Participants	Registration Fees (Rs.) Upto 15.5.2023	Registration Fees (Rs.) After 15.5.23 - 25.5.23
U.G. Students	8200/-	9200/-
P.G. Students/ Practitioners & Teachers	9200/-	10,200/-

- It includes residential charges with breakfast, lunch, evening snacks & dinner "with 1 day Charak Danda Yatra".
- No Spot Registration
- Rs. 500/- Discount for VAP members.
- **Registration fees is not refundable.**
  - Fee is to be deposited as per the account details mentioned in the registration form as the seats are limited in the camp.

**Note : How to become VAP member?**

To Join **Vishwa Ayurved Parishad** you can visit this website

[https:// www.vishwaayurveda.org/membership-dashboard](https://www.vishwaayurveda.org/membership-dashboard)

- **Benefits of becoming a member :-** In all conferences (including Ayurved Kaushalam, World Ayurved Congress, etc) members are given discount for registration.





# Ayurveda Kaushalam-2023

## VISHWA AYURVEDA PARISHAD PATRONS

1. **Prof. Govind Sahay Shukla**  
National President Jodhpur, Mob.: 8769052254
2. **Prof. Yogesh C. Mishra**  
National Organising Secretary, Bareilly - 9415003111
3. **Prof. Ashwani K. Bhargava**  
National Gen. Secretary, Jalandhar, Mob.: 9814699160
4. **Prof. U.S. Nigam**  
Sanrakshak, Mumbai, Mob.: 9920486729
5. **Prof. Baldev K. Dhiman**  
Sanrakshak, Kurukshetra
6. **Prof. Mahesh Vyas**  
National Vice President, New Delhi - 9426953128
7. **Prof. Premchand Shastri**  
Sanrakshak, Haridwar, Uttarakhand - 9412072646
8. **Dr. Y.S. Malik**  
Sanrakshak Dehradun, Uttarakhand - 9410355267
9. **Dr. Surendra Chaudhary**  
National Secretary, Greater Noida, U.P. - 9810004259
10. **Prof. Uttam Kumar Sharma**  
President, Uttarakhand - 94111149479

## ORGANISING COMMITTEE

1. **Vaidya Vinish Gupta**, Chief Organising Secretary, Dehradun - 9557431208
2. **Vaidya Anumeha Joshi**, Organising Secretary, Dehradun - 9456136474

## CO-ORGANISING COMMITTEE

- Prof. O.P. Singh - Rishikul Campus, UAU, Haridwar - 9411503035
- Vaidya Vipin Kumar Arora Gurukul Campus, UAU, Haridwar- 9782377057
- Vaidya Hemant Semalty DBMCAH, Dehradun- 8123046792
- Vaidya Pushpa Chamoli DBMCAH, Dehradun- 9760324248
- Vaidya Shivam Vaidh UAMC, Dehradun - 8755975888
- Vaidya Megha Bahuguna DBMCAH, Dehradun- 9412939364
- Vaidya Arhana Singh UAU, Uttarakhand - 7409570303
- Vaidya Neelam UAU, Uttarakhand- 9837705272
- Vaidya Shyam Tiwari CSSAS, U.P.- 8884663498
- Vaidya Jyoti Sihag NCA, Barwala, Haryana- 9812241421
- Vaidya Ashish Goswami Patanjali College, Haridwar - 9997164244
- Vaidya Sumel Anand Faridkot, Punjab 9888393996
- Vaidya Amanpreet Kaur M.O., Punjab- 8142600068
- Vaidya Gurvinder Bhatinada, 9097325000
- Vaidya Jyoti Yamuna Nagar- 9252085363
- Vaidya Sagarika Jaggi Bharat Ayurvedic Medical College Roorkee Road, Muzzaffarnagar- 8192854749
- Vaidya Jai Prakash Dubey Babu Ayurvedic Med.College & Hospital Mau U.P. - 9935337385
- Vaidya Trivani Shastri Om College, Haridwar - 9410710222
- Vaidya Amit Adhana Sai Ayur.Med. College, U.P. - 7906463037
- Vaidya Shweta Verma Sanjeevani Ayur. Med. College, Gajraula - 8826884589
- Vaidya Prateek Kesari Varanasi - 9451709655
- Dr. Vijay Ayur Med. College, Varanasi- 9451709655
- Vaidya Sudeep Vishwas IIMT Ayur. Med. College, Ganganagar - 8171217706
- Vaidya Mahendra Sarvaiya Taleja, Distt, Bhaunagar, Gujarat 9824871648
- Vaidya Prateek Pandya Bhuj, Gujarat - 8155992004
- Vaidya Rohini Akhandanand Ayurvedic College, Ahmedabad Gujarat- 9824337785
- Vaidya Hardik Chandra Kalal, Medical Supdt. Indu Ayurveda Hospital, Gujarat - 9427656769
- Vaidya Vidhi Jain AIIA, New Delhi - 9868386792
- Vaidya Kalyani CBPACS, New Delhi - 9897241228



# Ayurveda Kaushalam-2023



## Mr. Dharamveer Kamboj

"From a Rickshaw Puller to a Successful Innovator"  
National awardee for Inventing food processing Machine.  
**Awarded by:** NIF Haryana state award in its 5th National Biennial Awards function 2009  
Got Honour From President Pratibha Patil in 2009.



# Aashir Vachan



## Dr. Premchand Shastri

H.O.D. Samhita, Sanskrit evam Siddhant  
Gurukul Ayurvedic Medical College, Haridwar  
Sanrakshak VAP, Uttarakhand.



## Dr. Yatendra Singh Malik

Ex- DO Dehradun (Distric Officer),  
Ex- President VAP Uttarakhand  
Sanrakshak VAP Uttarakhand.



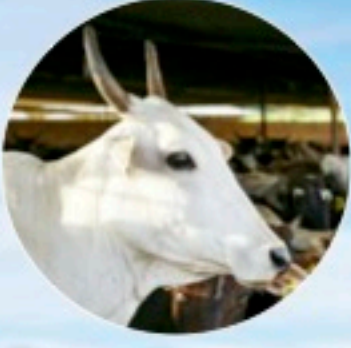
## Dr. Mukul Sati

Additional State Project Director  
Samagra Shiksha, UK  
Joint Director,  
Secondary Education, Uttarakhand



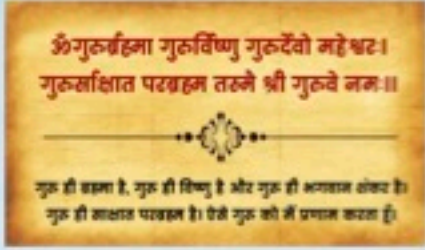


# Ayurveda Kaushalam-2023



**Topic:** Gau Pratihtha

**Dr. Ram Bhushan Bijalwan**  
Principal of Shri Guru ram Rai Sanskrit  
University, Dehradun.  
National Spokesman in Bhartiya Gau  
Kranti Mancha.



**Topic:** - Sanskrit

**Dr. Sanju Prasad Dhyani**  
Assitant Director  
Rajbhawan Uttarakhand



**Topic:** - Yog

**Mr. Deepak Yogi, Dehradun**  
M.Sc, PG, GKU Haridwar  
M.A. Yog & Samgra Swasthya,  
M.A. Prakritik Chikitsa



**Topic:** - Nature Conservation

**Mr. Lokesh Ohari**  
Conducting lectures on  
'Dharma Evem Paryavaran'  
University of Pittsburgh, U.S.



**Topic:** - Organic Farming

**Mr. Deepak Upadhyay**  
Gram-Vikas Coordinator President  
- Gau Adharit  
Prakritik Krishi Vikas Sansthaan.





# Ayurveda Kaushalam-2023



## **Vaidya Megha Bahuguna**

Vice Principal Dev Bhoomi Medical College of  
Ayurveda & Hospital, Dehradun  
Director- Vaidyakulam Ayurvedic Chikitsalaya Evam  
Panchkarma Kendra Dehradun, Uttarakhand  
& Najibabad, U.P.  
Ex-Medical Officer, U.K. Govt.



## **Vaidya Sudeep Biswas**

MD Panchkarma (UAU)  
Assistant Professor, Department of Panchkarma,  
Saharanpur  
Ayurved Medical College, Saharanpur, U.P.



'योगश्चित्तवृत्तिनिरोधः'





# Ayurveda Kaushalam-2023



## **Vaidya Anumeha Joshi**

Associate Prof. HAMC, Dehradun  
Treasurer of VAP Dehradun  
Founder of Shree Pharmacy, Dehradun  
Director of Rudraksha Ayurvedic Chikitsalaya,  
Dehradun, Uttarakhand.



## **Vaidya Vinish Gupta**

Professor HAMC, Dehradun.  
General Secretary VAP Uttarakhand  
Founder of Shree Pharmacy, Dehradun  
Chair Person of Rudraksha Ayurvedic  
Chikitsalaya, Dehradun, Uttarakhand.



## **Vaidya Vipin Kumar Arora**

Assistant Professor, Samhita, Sanskriti and Siddhant  
Department, Gurukul Campus, Uttarakhand Ayurved  
University



## **Vaidya Shivam Vaidh**

Assistant Prof.  
Uttaranchal Ayurvedic Medical College, Dehradun  
Founder of Vaidyakulam Ayurvedic Chikitsalaya  
Evam Panchkarma Kendra Dehradun, Uttarakhand  
& Najibabad, U.P.





# Ayurveda Kaushalam-2023



## **Vaidya Arun Chandan**

Regional Director of Regional-cum-Facilitation Center  
( National Medicinal Plants Board)  
Directorate in Impacts of Climate Change on  
Biodiversity in Mountains



## **Vaidya Abhijeet Saraf**

Professor, S.S.A. M&H Nasik, Maharashtra  
M.D. Samhita, Ph.D Gold Medalist  
Founder - AGASTYA FOUNDATION, Nashik  
Vice-Sec. Anant Ayurveda Pratishthan,  
Pune, Maharashtra



## **Dr. Sanjay Jain**

MBBS , MS (Ortho.) Anand Hospital, Meerut, U.P.  
Inspired by his spritual guru,  
he wrote a book " Ayurved and Allopathy- A  
comparative study"  
Dr. Sanjay Jain uses Ayurvedic medicines  
for his post operative management.



## **Vaidya Sushant Mishra**

Senior Medical Officer  
Srinagar, Uttarakhand





# Ayurveda Kaushalam-2023



## **Vaidya Mahesh Vyas**

Ph.D, Dean All India Institute of Ayurveda,  
New Delhi  
National Vice President, VAP, New Delhi



## **Dr. Ramdas Avhad**

BAMS (Gold Medal) DPC, FIIM  
Director of Dhanvantri Ayurvedic Super Speciality  
Hospital & Vandhyatva Nivaran Kendra,  
Ahemad Nagar, Maharashtra



## **Vaidya Rajesh Thakkar**

Managing Director & Chief Ayurvedic Physician at  
NISARG AYURVEDIC HOSPITAL &  
RESEARCH PVT. LTD. Ahmedabad, Gujarat



## **Proff. Uttam Sharma**

Professor in Panchkarma,  
Gurukul Kangri Ayurvedic College Haridwar  
Predisent VAP Uttarakhand





## Glimpse of Experts



### **Vaidya Anant Dharmadhikari, Maharashtra**

Ex-Dean Govt. Ayurveda College Nagpur  
Dean - RAPodar Ayurved College Mumbai  
Director Of Ayurveda Govt Of Maharashtra  
Professor - BDST Ayurved College, Wagholi  
Emeritus Professor - BDST Ayurved College, Wagholi  
Founder President - Anant Ayurved Pratishthan, Pune.



### **Vaidya Panchabhai Damaniya, Una, Gujarat**

Founder of Shiv Shakti Arogya Mandir, UNA Gujarat  
Rashtriya Guru at Rashtriya Ayurveda  
Vidyapeeth, New Delhi  
Renowned Senior Practitioner  
Runs Special OPD for Cancer Patients



### **Vaidya K.K. Dwivedi**

BAMS, S.S.U. Varanasi, M.D. (Manas Roga) B.H.U,  
PH.D. (Ayu.) B.H.U., Dip Yoga B.H.U.  
Professor, Dep. of Kayachikitsa, Jeevak Ayurveda  
Medical College, Hospital & research Centre,  
Chandoli U.P. National Co-organising Secretary, VAP



### **Dr. Surendra Chaudhary**

Retired Regional Ayurvedic&Unani Officer  
Uttar Pradesh  
Ex member of courts Shri Krishna Ayush University  
Kurukshetra Haryana, National Secretary VAP





# Ayurveda Kaushalam-2023

## Salient Features

Divine journey to **Charak Danda at Charak Parwat**, Yamkeshwar Hills of Himalayas near Kotdwar, Uttarakhand, Including trekking, "Charak Shobha yatra", Yajya, Bhandara Prasad & Experts talk on "Samhita Nirupan" **Dated-1st June 2023.**

1. **Samhita sampradhanam**
  - Hetu evum vyaadhi vinishchya
2. Sanskrit  
"माहेश्वर सूत्र से अन्वय तक की यात्रा"
3. Importance of **Prakrati in Practice, Aatyayik Chikitsa** (Emergency treatment) through Ayurveda & Chikitsa Siddhant
4. Daily Practice of **Vedic Sandhya, Yajya & its importance**
5. Clinical Experience of Bandhyatva & Supraja
6. Career opportunities after BAMS.
7. Personality development and time management for Ayurveda students.
8. Open session on Ayurveda - "**MANN KI BAAT**"
9. Ayush medicinal plants session- Conservation and cultivation of medicinal plants on small scale for a clinical setup.
10. Emergency treatment through Panchkarma
11. Method and efficacy of "**Nasya karma**"
12. Ayurved katha (आयुर्वेद कथा)
13. Importance of 'Pramana' in clinical practice
14. Role of Ras aushadhi in atyayik chikitsa with respect to Shwas Rog.
15. • Ayurveda and Allopathy :- a comparative analysis.
  - Antibiotics and Ayurveda
16. Viruddha ahaar-  
Theory of Incompatible food
17. Importance of marma according to their structural existence
18. Workshop on **Naadi Vigyan**
19. Hands on training of panchkarma therapies .
20. **Live demonstration of :-**
  - Herb fast
  - Raktmokshan
  - Karnvedhan
  - More than 100 types of aushad preparation through a single machine
  - Bhasm pareeksha
21. Workshop on medical herbs formulation
  - Chyawanprash
  - Panak
  - Masi Kalpana
  - Ghrit
  - Parpati kalpana
  - Tail
  - Vati etc.
22. **Hands on Training of Beauty Clinic Formulations**
  - Herbal hair colour, hair care, hair gel
  - Face Gel - Rose gel / Aloe vera gel
  - Herbal skin toner - Rose toner.
  - Ubtan (Face & body scrubs)
  - Herbal lip care, lip balm.
  - Natural Home made Kajal.
  - Natural face / Body soap.
  - Facial Potali.
  - Powder/ deodorant/ creams.
  - Yogasana for Beauty.