

# Program - 23rd International Ayurveda Symposium 2021

Chief Guest Vaidya Rajesh Kotecha (Secretary to the Ministry of AYUSH, Government of India)

The conference is accompanied by the Ministry of AYUSH, Government of India.

Also this year the 23rd International Ayurveda Symposium will take place as an intensive **Online conference** is taking place.






Participants who do not find time for the program this weekend can view the presentations in the Review. Please purchase a ticket to be included in the distribution list.

## Main topics

	Highlights of the Symposium
	Autoimmune diseases
	Impairment of the srotas as a disease factor
	Post Covid Therapy - treating long-term effects holistically
	Specials

**Abstracts of the lectures:** Click on the titles with » in the program to learn more about the lecture.

## Friday, 10 Sept. 2021

Time CEST (IST)	Online conference room: Live
The entries on Friday are open to all interested participants - free of charge and without registration.	
18.00 - 18.45 (IST 21.30 - 22.15)	<p><b>Inauguration of the 23rd International Ayurveda Symposium</b></p> <p></p> <p><b>Chief Guest Vaidya Rajesh Kotecha (Secretary to the Ministry of AYUSH, Government of India)</b></p> <p>Mark and Kerstin Rosenberg (Welcome by the Directors of REAA)            Prof. Dr. S.N. Gupta (Head of the Scientific Advisory Board of REAA)            Prof. Dr. Martin Mittwede (Head of Ayurveda Medicine at REAA)            Prof. Dr. Tanuja Nesari (Director General of the All India Institute of Ayurveda, New Delhi)            Vaidya Rajesh Kotecha (Secretary to the Ministry of AYUSH, Government of India)</p>
18.50 - 20.20 (IST 22.20 - 23.50)	<p><b>Corona and its consequences - experiences from Indian and German perspectives</b></p> <p>Moderation: Mark Rosenberg            Translation: Win Silvester MA</p>
	<p><b>Ayurvedic management of Covid-19 in India</b></p> <p></p> <p>Vaidya Rajesh Kotecha (IND) (<a href="https://ayurveda-symposium.org/en/referenten/vaidya-rajesh-kotecha-ind/">https://ayurveda-symposium.org/en/referenten/vaidya-rajesh-kotecha-ind/</a>)</p>
	<p><b>Experience in the holistic treatment of Corona patients at the All India Institute of Ayurveda (AIIA)</b></p> <p></p> <p>Prof. Dr. Tanuja Nesari (IND) (<a href="https://ayurveda-symposium.org/en/referenten/prof-dr-tanuja-nesari-ind/">https://ayurveda-symposium.org/en/referenten/prof-dr-tanuja-nesari-ind/</a>)</p>
	<p><b>Learnings from Post Covid cases of a university naturopathy outpatient clinic</b></p> <p></p> <p>Priv.-Doz. Dr. med. Christian Kessler (D) (<a href="https://ayurveda-symposium.org/en/referenten/dr-med-christian-kessler-d/">https://ayurveda-symposium.org/en/referenten/dr-med-christian-kessler-d/</a>)</p>
	<p><b>The Covid 19 pandemic - what it taught us for the future</b></p> <p></p> <p>Prof. Dr. Shivenarain Gupta (IND) (<a href="https://ayurveda-symposium.org/en/referenten/prof-dr-shivenarain-gupta-ind/">https://ayurveda-symposium.org/en/referenten/prof-dr-shivenarain-gupta-ind/</a>)</p>

 English

Saturday, 11 Sept. 2021

Time CEST (IST)	Online conference room: Live After recording, the lectures are still available for up to two months afterwards.	Video Channel You can watch these lectures as often as you like during the symposium and up to two months afterwards.
09.00 - 9.45 (IST 12.30 - 13.15)	<p><b>VIP lecture</b></p> <p>Translation: HP Oliver Becker</p> <p><b>Appraisal of Agni as a principle beyond the digestive and metabolic enzymes, its role in health as well as in causation of a disease</b>  </p> <p>Prof. Dr. Shivenarain Gupta (IND) (<a href="https://ayurveda-symposium.org/en/referenten/prof-dr-shivenarain-gupta-ind/">https://ayurveda-symposium.org/en/referenten/prof-dr-shivenarain-gupta-ind/</a>)</p>	<p>» <b>Heart disease is reversible</b>  (<a href="https://ayurveda-symposium.org/en/seminare/herzerkrankungen-sind-reversibel/">https://ayurveda-symposium.org/en/seminare/herzerkrankungen-sind-reversibel/</a>)  </p> <p>Stefan Ries HP (D)  (<a href="https://ayurveda-symposium.org/en/referenten/stefan-ries-hp-d/">https://ayurveda-symposium.org/en/referenten/stefan-ries-hp-d/</a>)</p>
09.50 - 11.20 (IST 13.20 - 14.50)	<p><b>Autoimmune diseases - when the immune system goes astray</b></p> <p>Moderation: Win Silvester MA</p> <p>» <b>The Ayurvedic ama concept and its significance in the therapy of autoimmune diseases</b>  (<a href="https://ayurveda-symposium.org/en/seminare/das-ayurvedische-ama-konzept-und-seine-bedeutung-bei-der-therapie-von-autoimmunerkrankungen/">https://ayurveda-symposium.org/en/seminare/das-ayurvedische-ama-konzept-und-seine-bedeutung-bei-der-therapie-von-autoimmunerkrankungen/</a>)  </p> <p>HP Oliver Becker (D) (<a href="https://ayurveda-symposium.org/en/referenten/hp-oliver-becker-d/">https://ayurveda-symposium.org/en/referenten/hp-oliver-becker-d/</a>)</p> <p><b>When nothing else helps - the treatment of autoimmune diseases with Panchakarma</b>  </p> <p>Dr. Vanita Kansal (D) (<a href="https://ayurveda-symposium.org/en/referenten/dr-vanita-kansal-d/">https://ayurveda-symposium.org/en/referenten/dr-vanita-kansal-d/</a>)</p> <p>» <b>The longing for immortality - dietary supplements and autoimmune diseases</b>  (<a href="https://ayurveda-symposium.org/en/seminare/die-sehnsucht-nach-unsterblichkeit-nahrungsergaenzungsmittel-und-autoimmunerkrankungen/">https://ayurveda-symposium.org/en/seminare/die-sehnsucht-nach-unsterblichkeit-nahrungsergaenzungsmittel-und-autoimmunerkrankungen/</a>)  </p> <p>HP Manuela Heider de Jahnsen MSc (D)  (<a href="https://ayurveda-symposium.org/en/referenten/hp-manuela-heider-de-jahnsen-d/">https://ayurveda-symposium.org/en/referenten/hp-manuela-heider-de-jahnsen-d/</a>)</p>	<p><b>Clinical relevance and clinical evaluation of Ama, one of the Vyadhi ghatakas – a practical approach</b>  </p> <p>Dr. Sandeep Nair (D)  (<a href="https://ayurveda-symposium.org/en/referenten/sandeep-nair-d/">https://ayurveda-symposium.org/en/referenten/sandeep-nair-d/</a>)</p> <p><b>Understanding Medovaha srotas dushti with special reference to Sthoulya (obesity) and Prameha</b>  </p> <p>Dr Shubhangee Satam (IND)  (<a href="https://ayurveda-symposium.org/en/referenten/dr-shubhangee-satam-ind/">https://ayurveda-symposium.org/en/referenten/dr-shubhangee-satam-ind/</a>)</p> <p>» <b>Impairment of Srotasa as a disease factor with special reference to Aartava Vaha Srotasa</b>  (<a href="https://ayurveda-symposium.org/en/seminare/n-n-2/">https://ayurveda-symposium.org/en/seminare/n-n-2/</a>)  </p> <p>Vaidya Mrunmayee Atulchandra Thombare (IND)  (<a href="https://ayurveda-symposium.org/en/referenten/dr-mrunmayee-jategaonkar-ind/">https://ayurveda-symposium.org/en/referenten/dr-mrunmayee-jategaonkar-ind/</a>)</p>
11.25 - 12.25 (IST 14.55 - 15.55)	<p><b>Expert panel I</b></p> <p>Moderation and translation: Win Silvester MA</p> <p><b>No end in sight? - Case studies on Ayurvedic approaches to Long Covid therapy</b>  </p> <p>Prof. Dr. Shivenarain Gupta (IND)  (<a href="https://ayurveda-symposium.org/en/referenten/prof-dr-shivenarain-gupta-ind/">https://ayurveda-symposium.org/en/referenten/prof-dr-shivenarain-gupta-ind/</a>), Priv.-Doz. Dr. med. Christian Kessler (D)  (<a href="https://ayurveda-symposium.org/en/referenten/dr-med-christian-kessler-d/">https://ayurveda-symposium.org/en/referenten/dr-med-christian-kessler-d/</a>), Prof. Dr. Abhimanyu Kumar (IND)  (<a href="https://ayurveda-symposium.org/en/referenten/prof-dr-abhimanyu-kumar-ind/">https://ayurveda-symposium.org/en/referenten/prof-dr-abhimanyu-kumar-ind/</a>), Dr. Ram Manohar (IND) (<a href="https://ayurveda-symposium.org/en/referenten/dr-ram-manohar-ind/">https://ayurveda-symposium.org/en/referenten/dr-ram-manohar-ind/</a>)</p>	<p><b>Srotas as determinants of adaptation</b>  </p> <p>Dr. med. Antonio Morandi (I)  (<a href="https://ayurveda-symposium.org/en/referenten/dr-med-antonio-morandi-i/">https://ayurveda-symposium.org/en/referenten/dr-med-antonio-morandi-i/</a>)</p> <p>» <b>Treatment of Long-Covid patients with Ayurveda</b>  (<a href="https://ayurveda-symposium.org/en/seminare/behandlung-von-long-covid-patientinnen-und-patienten-mit-ayurveda/">https://ayurveda-symposium.org/en/seminare/behandlung-von-long-covid-patientinnen-und-patienten-mit-ayurveda/</a>)  </p> <p>Hans H. Rhyner MD (CH)  (<a href="https://ayurveda-symposium.org/en/referenten/hans-h-rhyner-md-ch/">https://ayurveda-symposium.org/en/referenten/hans-h-rhyner-md-ch/</a>)</p> <p><b>Dealing with Covid-19 in companies from the point of view of a medical officer</b>  </p> <p>Dr. med. Annette Müller-Leisgang (D) (<a href="https://ayurveda-symposium.org/en/referenten/dr-med-annette-mueller-leisgang-d/">https://ayurveda-symposium.org/en/referenten/dr-med-annette-mueller-leisgang-d/</a>)</p>
12.25 - 13.25	<p><b>Break / Information on further training for doctors and study</b></p>	

12.25 - 13.25  English**Break / Information on further training for doctors and study**

(IST 15.55 - 16.55)	<p><b>course on Ayurvedic medicine</b> at the European Academy for Ayurveda</p> <p>Moderation: Prof. Dr. Martin Mittwede</p>	<p><a href="https://ayurveda-symposium.org/en/referenten/dr-med-annette-mueller-leisgang-d/">symposium.org/en/referenten/dr-med-annette-mueller-leisgang-d/</a>)</p>
13.25 - 14.55 (IST 16.55 - 18.25)	<p><b>Inside India: Insights into clinical Ayurveda therapy</b></p> <p>Moderation: Prof. Dr. S.N. Gupta</p>	<p><b>Ayurvedic treatment of Covid-19 by medicinal plants</b></p> <p></p> <p>Vaidya Bhargav Vishwas Jategaonkar (IND) (<a href="https://ayurveda-symposium.org/en/referenten/jategaonkar/">https://ayurveda-symposium.org/en/referenten/jategaonkar/</a>)</p>
	<p><b>Gut health and autoimmune diseases</b></p> <p></p> <p>Dr. Vijay Murthy (UK) (<a href="https://ayurveda-symposium.org/en/referenten/dr-vijay-murthy-uk/">https://ayurveda-symposium.org/en/referenten/dr-vijay-murthy-uk/</a>)</p>	
	<p>» <b>Disease factor Kleda</b> (<a href="https://ayurveda-symposium.org/en/seminare/krankheitsfaktor-kleda/">https://ayurveda-symposium.org/en/seminare/krankheitsfaktor-kleda/</a>)</p> <p></p> <p>Dr. Manish Patel (IND) (<a href="https://ayurveda-symposium.org/en/referenten/dr-manish-patel-ind/">https://ayurveda-symposium.org/en/referenten/dr-manish-patel-ind/</a>)</p>	
	<p>» <b>Ayurvedic treatment of psoriasis - Experiences from clinical research</b> (<a href="https://ayurveda-symposium.org/en/seminare/management-of-psoriasis-through-ayurveda-experiences-from-clinical-research/">https://ayurveda-symposium.org/en/seminare/management-of-psoriasis-through-ayurveda-experiences-from-clinical-research/</a>)</p> <p></p> <p>Dr. Prasanth Dharmarajan (IND) (<a href="https://ayurveda-symposium.org/en/referenten/dr-prasanth-dharmarajan-ind/">https://ayurveda-symposium.org/en/referenten/dr-prasanth-dharmarajan-ind/</a>)</p>	<p>» <b>Immune strengthening and Covid prophylaxis with Ayurveda for children and adolescents</b> (<a href="https://ayurveda-symposium.org/en/seminare/immunstaerkung-und-covid-prophylaxe-mit-ayurveda-fuer-kinder-und-jugendliche/">https://ayurveda-symposium.org/en/seminare/immunstaerkung-und-covid-prophylaxe-mit-ayurveda-fuer-kinder-und-jugendliche/</a>)</p> <p></p> <p>Christian Rackwitz, MD (D) (<a href="https://ayurveda-symposium.org/en/referenten/dr-med-christian-rackwitz/">https://ayurveda-symposium.org/en/referenten/dr-med-christian-rackwitz/</a>)</p>
15.00 - 16.30 (IST 18.30 - 20.00)	<p><b>Sick without a reason? Disturbances of the Srotas as a cause of illness in Ayurveda</b></p> <p>Moderation: Prof. Dr. Martin Mittwede</p>	
	<p><b>Vyadhi gataka, the 5 disease factors</b></p> <p> </p> <p>Dr. med. Hedwig H. Gupta (D) (<a href="https://ayurveda-symposium.org/en/referenten/dr-med-hedwig-h-gupta-d/">https://ayurveda-symposium.org/en/referenten/dr-med-hedwig-h-gupta-d/</a>)</p>	
	<p><b>Anna Vaha Srota - How a healthy microbiome strengthens the psyche</b></p> <p>Marco Lebbing MD (D) (<a href="https://ayurveda-symposium.org/en/referenten/marco-lebbing-d/">https://ayurveda-symposium.org/en/referenten/marco-lebbing-d/</a>)</p>	
	<p>» <b>The Ayurvedic concept of srotas - anatomy or energy?</b> (<a href="https://ayurveda-symposium.org/en/seminare/das-ayurvedische-konzept-der-srotas-anatomie-oder-energie/">https://ayurveda-symposium.org/en/seminare/das-ayurvedische-konzept-der-srotas-anatomie-oder-energie/</a>)</p> <p>Prof. Dr. Martin Mittwede (D) (<a href="https://ayurveda-symposium.org/en/referenten/prof-dr-martin-mittwede-d/">https://ayurveda-symposium.org/en/referenten/prof-dr-martin-mittwede-d/</a>)</p>	
16.35 - 17.35 (IST 20.05 - 21.05)	<p><b>Expert panel II</b></p> <p>Moderation: Prof. Dr. Martin Mittwede</p>	
	<p><b>Crises as triggers for anxiety and mental disorders - challenges for Ayurveda therapists</b></p> <p>Dr. med. Annette Müller-Leisgang (D) (<a href="https://ayurveda-symposium.org/en/referenten/dr-med-annette-mueller-leisgang-d/">https://ayurveda-symposium.org/en/referenten/dr-med-annette-mueller-leisgang-d/</a>), HP Anja Berger (D) (<a href="https://ayurveda-symposium.org/en/referenten/berger-d/">https://ayurveda-symposium.org/en/referenten/berger-d/</a>), Hans H. Rhyner MD (CH) (<a href="https://ayurveda-symposium.org/en/referenten/hans-h-rhyner-md-ch/">https://ayurveda-symposium.org/en/referenten/hans-h-rhyner-md-ch/</a>), Dr. med. Hedwig H. Gupta (D) (<a href="https://ayurveda-symposium.org/en/referenten/dr-med-hedwig-h-gupta-d/">https://ayurveda-symposium.org/en/referenten/dr-med-hedwig-h-gupta-d/</a>)</p>	

Sunday, 12 Sept. 2021

Time CEST (IST)	Online conference room: Live After recording, the lectures are still available for up to two months afterwards.	Video Channel You can watch these lectures as often as you like during the symposium and up to two months afterwards.
09.00 - 09.45 (IST 12.30 - 13.15)	<b>VIP lecture</b>  Welcome: Kerstin Rosenberg  <b>Ayurvedic dietetics &amp; treatment of autoimmune disorders</b>  Prof. Dr. Tanuja Nesari (IND) ( <a href="https://ayurveda-symposium.org/en/referenten/prof-dr-tanuja-nesari-ind/">https://ayurveda-symposium.org/en/referenten/prof-dr-tanuja-nesari-ind/</a> )	<b>» Autoimmune thyroiditis - therapy strategies and experiences</b> ( <a href="https://ayurveda-symposium.org/en/seminare/autoimmune-thyroiditis-management-strategies-and-experiences/">https://ayurveda-symposium.org/en/seminare/autoimmune-thyroiditis-management-strategies-and-experiences/</a> )  Prof. Ashtavaidyan Narayanan Nambi (IND) ( <a href="https://ayurveda-symposium.org/en/referenten/prof-ashtavaidyan-narayanan-nambi-ind/">https://ayurveda-symposium.org/en/referenten/prof-ashtavaidyan-narayanan-nambi-ind/</a> )
09.50 - 11.20 (IST 13.20 - 14.50)	<b>Blockages of the srotas and their effects</b>  Moderation: Dr. Ram Manohar and Mark Rosenberg  <b>» Mahabhuta shuddhi and its effect on the srotas</b> ( <a href="https://ayurveda-symposium.org/en/seminare/mahabhuta-shuddhi-and-its-effect-on-srotas/">https://ayurveda-symposium.org/en/seminare/mahabhuta-shuddhi-and-its-effect-on-srotas/</a> )  Prof. Ashtavaidyan Narayanan Nambi (IND) ( <a href="https://ayurveda-symposium.org/en/referenten/prof-ashtavaidyan-narayanan-nambi-ind/">https://ayurveda-symposium.org/en/referenten/prof-ashtavaidyan-narayanan-nambi-ind/</a> )  <b>» Manovaha-srotas and mental illness in Ayurvedic nosology</b> ( <a href="https://ayurveda-symposium.org/en/seminare/manovaha-srotas-und-psychische-erkrankungen-in-der-ayurvedischen-nosologie/">https://ayurveda-symposium.org/en/seminare/manovaha-srotas-und-psychische-erkrankungen-in-der-ayurvedischen-nosologie/</a> )  Dr. Ananda Chopra (D) ( <a href="https://ayurveda-symposium.org/en/referenten/dr-med-ananda-chopra-d/">https://ayurveda-symposium.org/en/referenten/dr-med-ananda-chopra-d/</a> )  <b>» Khavaigunya: Impairment of srotas as a critical step in pathogenesis</b> ( <a href="https://ayurveda-symposium.org/en/seminare/khavaigunya-srotas-impairment-as-a-critical-step-in-pathogenesis/">https://ayurveda-symposium.org/en/seminare/khavaigunya-srotas-impairment-as-a-critical-step-in-pathogenesis/</a> )  Dr. Ram Manohar (IND) ( <a href="https://ayurveda-symposium.org/en/referenten/dr-ram-manohar-ind/">https://ayurveda-symposium.org/en/referenten/dr-ram-manohar-ind/</a> )	<b>» Treatment of ankylosing spondylitis with Ayurveda - results of a protocol-based clinical trial</b> ( <a href="https://ayurveda-symposium.org/en/seminare/management-of-ankylosing-spondylitis-through-ayurveda-outcomes-of-a-protocol-based-clinical-study/">https://ayurveda-symposium.org/en/seminare/management-of-ankylosing-spondylitis-through-ayurveda-outcomes-of-a-protocol-based-clinical-study/</a> )  Dr. Prasanth Dharmarajan (IND) ( <a href="https://ayurveda-symposium.org/en/referenten/dr-prasanth-dharmarajan-ind/">https://ayurveda-symposium.org/en/referenten/dr-prasanth-dharmarajan-ind/</a> )  <b>» Multiple sclerosis - an insight from a conventional medical and ayurvedic point of view</b> ( <a href="https://ayurveda-symposium.org/en/seminare/die-ayurvedische-behandlung-von-multipler-sklerose/">https://ayurveda-symposium.org/en/seminare/die-ayurvedische-behandlung-von-multipler-sklerose/</a> )  Dr. med. Nadine Webering (D) ( <a href="https://ayurveda-symposium.org/en/referenten/dr-med-nadine-webering/">https://ayurveda-symposium.org/en/referenten/dr-med-nadine-webering/</a> )
11.25 - 12.25 (IST 14.55 - 15.55)	<b>Expert panel III</b>  Moderation: Kerstin Rosenberg  <b>Everything in Flow? Order therapy in chaotic times</b>  Volker Mehl (D) ( <a href="https://ayurveda-symposium.org/en/referenten/volker-mehl-d/">https://ayurveda-symposium.org/en/referenten/volker-mehl-d/</a> ), Jasmin Jeß (D) ( <a href="https://ayurveda-symposium.org/en/referenten/jasmin-jess-d/">https://ayurveda-symposium.org/en/referenten/jasmin-jess-d/</a> ), HP Manuela Heider de Jahnsen MSc (D) ( <a href="https://ayurveda-symposium.org/en/referenten/hp-manuela-heider-de-jahnsen-d/">https://ayurveda-symposium.org/en/referenten/hp-manuela-heider-de-jahnsen-d/</a> )	<b>» Ayurvedic medicine for animals with autoimmune diseases</b> ( <a href="https://ayurveda-symposium.org/en/seminare/ayurveda-heilkunde-fuer-tiere-bei-autoimmunerkrankungen/">https://ayurveda-symposium.org/en/seminare/ayurveda-heilkunde-fuer-tiere-bei-autoimmunerkrankungen/</a> )  Theresa Rosenberg BA (D) ( <a href="https://ayurveda-symposium.org/en/referenten/theresa-rosenberg-ba-d/">https://ayurveda-symposium.org/en/referenten/theresa-rosenberg-ba-d/</a> )
12.25 - 13.25 (IST 15.55 - 16.55)	<b>Break / Information about the training courses nutrition, massage and therapy and psychology</b> at the European Academy for Ayurveda  Moderation: Kerstin and Mark Rosenberg	<b>Ayurvedic spices and herbs that strengthen the immune system</b>  Dr. med. Janna Scharfenberg (D) ( <a href="https://ayurveda-symposium.org/en/referenten/dr-med-janna-scharfenberg-d/">https://ayurveda-symposium.org/en/referenten/dr-med-janna-scharfenberg-d/</a> )
13.25 - 15.10 (IST 16.55 - 18.40)	<b>Naturopathy in Covid 19 therapy</b>  Moderation: Dr. med. Christian Rackwitz  <b>» Impact of Prakriti in Post Covid adaptation</b> ( <a href="https://ayurveda-symposium.org/en/seminare/konstitutionsbezogene-anfaelligkeiten-und-krankheitsverlaeufer-im-hinblick-auf-covid-19/">https://ayurveda-symposium.org/en/seminare/konstitutionsbezogene-anfaelligkeiten-und-krankheitsverlaeufer-im-hinblick-auf-covid-19/</a> )  Prof. Dr. Abhimanyu Kumar (IND) ( <a href="https://ayurveda-symposium.org/en/referenten/prof-dr-abhimanyu-kumar-ind/">https://ayurveda-symposium.org/en/referenten/prof-dr-abhimanyu-kumar-ind/</a> )  <b>» Clinical experience in the complementary ayurvedic treatment of Covid-19 patients</b> ( <a href="https://ayurveda-symposium.org/en/seminare/klinische-erfahrung-mit-der-komplementaeren-ayurvedischen-behandlung-von-covid-19-patienten/">https://ayurveda-symposium.org/en/seminare/klinische-erfahrung-mit-der-komplementaeren-ayurvedischen-behandlung-von-covid-19-patienten/</a> )	<b>Ayurvedic psychotherapy compared to modern neuroscience</b>  Dr. med. Kalyani Nagerseth (D) ( <a href="https://ayurveda-symposium.org/en/referenten/dr-med-kalyani-nagerseth-d/">https://ayurveda-symposium.org/en/referenten/dr-med-kalyani-nagerseth-d/</a> )  <b>» Ayurvedic diet as therapy</b> ( <a href="https://ayurveda-symposium.org/en/seminare/ayurvedische-ernaehrung-als-therapie/">https://ayurveda-symposium.org/en/seminare/ayurvedische-ernaehrung-als-therapie/</a> )

Dr Ram Shukla (IND) (<https://ayurveda-symposium.org/en/referenten/dr-ram-shukla-ind/>)

#### **Ayurvedic therapy trial of Long Covid sufferers**

Dr. med. Kalyani Nagersheth (D) (<https://ayurveda-symposium.org/en/referenten/dr-med-kalyani-nagersheth-d/>)

» **The Ayurvedic treatment of fatigue as a result of Covid-19** (<https://ayurveda-symposium.org/en/seminare/einzelvortrag-covid-19-spezifischer-aspekt/>)

Dr. Ananda Chopra (D) (<https://ayurveda-symposium.org/en/referenten/dr-med-ananda-chopra-d/>)

Katharina Döricht (D) (<https://ayurveda-symposium.org/en/referenten/katharina-doericht-d/>)

» **The importance of Ayurveda in trauma therapy** (<https://ayurveda-symposium.org/en/seminare/die-bedeutung-von-ayurveda-in-der-traumatherapie/>)

Cornelis Peters (NL) (<https://ayurveda-symposium.org/en/referenten/cornelis-peters-nl/>)

**The most effective way to strengthen the immune system - techniques from yoga and Ayurveda**

Kalpana Bandekar, MD (D) (<https://ayurveda-symposium.org/en/referenten/dr-kalpana-bandekar-d/>)

15.15 - 16.15  
(IST 18.45 - 19.45)

#### **Ayurvedic dietetics**

Moderation: Kerstin Rosenberg

#### **Ama and Abhishyandi - Srota-blocking diet as a factor of disease**

Kerstin Rosenberg (D) (<https://ayurveda-symposium.org/en/referenten/kerstin-rosenberg-d/>)

» **The use of Rasayanas for immunity and Ojas** (<https://ayurveda-symposium.org/en/seminare/n-n-3/>)

Dr. Rajat Sharma (NL) (<https://ayurveda-symposium.org/en/referenten/dr-rajat-sharma-nl/>)

» **Gut health and confidence - a balanced microbiome, including immune response to Covid-19** (<https://ayurveda-symposium.org/en/seminare/darmgesundheit-und-selbstvertrauen-ein-ausgeglichenes-mikrobiom-als-immunantwort-auf-covid-19/>)

Dr. Astrid Gerstemeier (D) (<https://ayurveda-symposium.org/en/referenten/dr-astrid-gerstemeier-d/>)

16.20 - 17.05  
(IST 19.50 - 20.35)

#### **Expert panel IV**

Moderation: Dr. med. Christian Rackwitz

#### **The potential of panchakarma methods in children with autoimmune diseases**

Dr. Shrikrishna Rajagopala (IND) (<https://ayurveda-symposium.org/en/referenten/dr-shrikrishna-rajagopala-ind/>), Dr. Ananda Chopra (D) (<https://ayurveda-symposium.org/en/referenten/dr-med-ananda-chopra-d/>)

17.10 - 17.30  
(IST 20.40 - 21.00)

#### **Farewell Forum**

Moderation: Mark Rosenberg