

Creating footsteps for Global Ayurveda

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Hungary



It is a unitary parliamentary republic in Central Europe. It is situated in the Carpathian Basin, and is bordered by Slovakia to the north, Romania to the east, Serbia to the south, Croatia to the southwest, Slovenia to the west, Austria to the northwest, and Ukraine to the northeast. With about 10 million inhabitants, Hungary is a medium-sized member state of the European Union. The official language is Hungarian, which is the most widely spoken Uralic language in the world. Hungary's capital is Budapest and it is biggest city. Other major cities are Debrecen, Szeged, Miskolc, Pecs and Győr. Currency used is Hungarian Forint.

Budapest –

We arrived in Budapest at Ferenc Liszt International Airport from Frankfurt and stayed at Hotel Hilton. It is on Buda (On the Hill overlooking Danube River) and situated on Hess Andrass ter street.

It is the capital and most populous city of Hungary and one of the largest cities in the European Union. Budapest is a leading global city with strengths in commerce, finance, media, art, fashion, research, technology, education, and entertainment. Among Budapest's important museums and cultural institutions, the most visited art museum is the Museum of Fine Arts, which is noted for one of the largest collections of all periods of European art and comprises more than 100,000 pieces.

Famous museums and galleries are the Hungarian National Museum, House of Terror, Franz Liszt Academy of Music, Hungarian State Opera House and National Széchényi Library. The central area of the city along the Danube River is classified as a UNESCO World Heritage Site and has many notable monuments, including

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the Hungarian Parliament, Buda Castle, Fisherman's Bastion, Gresham Palace, Széchenyi Chain Bridge, Matthias Church and the Liberty Statue. Budapest Airport is known as Ferenc Liszt International.

Budapest Metro - The Budapest Metro is the rapid transit system in the Hungarian capital Budapest. It is the oldest electrified underground railway system on the European continent, and the second-oldest electrically operated underground railway in the world, predated only by the 1890 City & South London Railway. Its iconic Line 1, completed in 1896, was declared a World Heritage Site in 2002

Buda castle-



Buda Castle is the historical castle and palace complex of the Hungarian kings in Budapest. It was first completed in 1265, but the massive Baroque palace today occupying most of the site was built rebuilt between 1749 and 1769

Hungarian Parliament Building -

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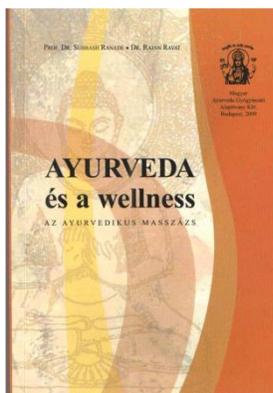


This is situated on the banks of river Danube. It is the seat of National Assembly of Hungary. It is the largest and tallest building in Budapest. The façade displays statues of Hungarian rulers, Transylvanian leaders and famous military figures. The coats of arms of kings and dukes are depicted over the windows. The east stairs is flanked by two lions. One of the famous parts of the building is the hexadecagonal (sixteen-sided) central hall, with huge chambers adjoining it: the Lower House and the Upper House.

Hungarian Ayurveda Medical Foundation – We both were invited by this Institute in October 2005. Founder of this Institute is Mr. Istvan Riesz. (www.ayurveda.hu). HAMF also have another activity of importing Ayurvedic Medicines through their company called as Garuda Trade. ([http:// datanet.hu / garudatrade /e_garuda.htm](http://datanet.hu/garudatrade/e_garuda.htm)). They have a library of over 800 books on Ayurveda and a systematic record of invited lecture series that the foundation conducted for promotion of Ayurveda in Budapest.

In 2009 we were again invited in Budapest for launching of our book in Hungarian language –‘Ayurveda es a Wellness.’ The book has been published by this association.

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Our Book release with Istvan Riesz –



Calendula Center -It is Hungary's largest and only private Ayurveda clinic with facilities for in-patient services in adjoining hotel complex. It is situated on the shores of Lake Balaton in Siófok nearly 80 KM away from Budapest. Its in-patient intake capacity is 40 with full-fledged, Panchakarma facility managed by eight Kerala masseurs and a Yoga trainer. In a nearby village the center has its medicinal plant growing farm and manufacturing unit. The pharmacy has about 2000 plants and 400 formulations. These are prescribed to the patients of the clinic. Dr. Dmitri Szkopincev owner of Calendula is a medical doctor who has visited India, China

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and Philippines. He purchases herbs from all the 3 places and also from Europe. The pharmacy has registered 14 Ayurveda based products for sale in Hungary very recently. (calendula.hu/en/Ayurveda)

Visit to Sopron –

This is a city in Hungary on the Austrian border, near the Lake Neusiedl/Lake Fertő.



We both conducted one day Ayurveda workshop in Sopron. The topic was concept of Rejuvenation in Ayurveda and Ganoderma or Red mushroom available through DXN Company. More than 30 students attended this workshop. Mr. Jijith of DXN also gave lecture on various products of DXN.

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Prof. Ranade delivering lecture -



With Mr. Sabo and his family -



Ayurveda Chair in Hungary –

The Ayurveda Chair at University of Debrecen was established in 2014 as a collaboration project between University of Debrecen and CCRAS, Government of India. The main objectives of the Chair are to facilitate and enhance the dialogue

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between modern life sciences and Ayurveda through interdisciplinary research and to establish formal education of Ayurveda in Hungary.

Prof. Dr. Asmita Wele –

Here we would like to introduce one of our students from Ashtang Ayurveda College, Pune, who has been selected as the Chairperson of Ayurveda Chair, in Hungary by Department of Ayush, Govt. of India. She has joined her post on Nov. 2016 and now working in Dept. of Pharmacology and Pharmaco-therapeutics, University of Debrecen, Hungary, 4032

Dr. Wele is Professor and former Head of Department of Rasashastra and Bhaishajyakalpanavigyan [Ayurveda pharmacology] at Bharati Vidyapeeth Deemed University, College of Ayurveda, Pune.

Dr. Asmita Wele with Prof. Dr. Zoltan Szilvassy, Rektor University of Debrecen



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Demonstration of Panchvidha Kashaya to students -



Dr. Asmita Wele has over 25 years' experience as teacher and practitioner. Her fields of research are cancer, asthma, diabetes, PCOD and diseases of neuropsychological origin.

University of Debrecen (UD) joined hands with CCRAS in 2014 with a view to acknowledge the scientific aspects of Ayurveda and for propagation of authentic Ayurveda in Hungary. Ayurveda Chair at University of Debrecen was commenced to serve the purpose. In order to further facilitate and enhance the dialogue between modern life sciences and Ayurveda an interdisciplinary education, research and treatment center of Ayurveda, the European Institute of Ayurvedic Sciences (EIAS) is proposed to be established in UD. It is a collaborative project between Indian and Hungarian governments.

On October 2 nd / 2017, a seminar was organized on the topic of 'Evidence based Ayurveda – Integration in Research and Practice' by University of Debrecen, Dept. of Ayush, Delhi, India, CCRAS, Delhi and Embassy of Budapest, India. Vaidya Rajesh Kotech, Prof. Bhushan Patwardhan, Prof. Vaidya K.S.Dhiman, Dr. Geetha Krishan, Prof. Dr. Szilvássy Zoltán and Dr. Iván Szalkai delivered lectures.

May this seminar be the beginning of a series of future international avenues aimed at unleashing the potential of Ayurveda and exploring its scientific legitimacy.

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Success of this project depends on mutual cooperation and meaningful outcomes for the health of the society.

From left to right -Professor Dr. Laszlo Csernoch, Vice Rector, Uni. Deb, Professor Vd. K. S. Dhiman, D. G. CCRAS, Professor Vd. Rajesh Kotecha, Secretary AYUSH, Ambassador of India, Mr. Rahul Chhabra, Embassy of India in Budapest and standing behind - Professor Dr. Asmita Wele



During this seminar an MOU was signed between CCRAS and University of Debrecen, Hungary.

Dr. Asmita Wele has started credit course for UD students and very soon she will also introduce one more credit course for the students of BSC food and Nutrition science. Course syllabus for 2 years Diploma course is under way. She was instrumental in signing the MoU of establishment of European Institute of Ayurvedic Sciences between CCRAS and University of Debrecen. She also successfully organized a symposium targeted towards Medical doctors of the university and practicing physicians in and around Debrecen to sensitive them towards scientific nature of Ayurveda.