

Creating footsteps for Global Ayurveda

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Romania –

Actually it means citizens of Rome. It is a sovereign state located in Southeastern Europe. It borders the Black Sea, Bulgaria, Ukraine, Hungary, Serbia, and Moldova. It has an area of 238,397 square kilometers.

With over 19 million inhabitants, the country is the seventh most populous member state of the European Union. Its capital and largest city, Bucharest, is the sixth-largest city in the EU. The River Danube, Europe's second-longest river, rises in Germany and flows in a general southeast direction for 2,857 km., coursing through ten countries before emptying into Romania's Danube Delta. The Carpathian Mountains, dominates central Romania and it crosses Romania from the north to the southwest.

Other important cities are Cluj-Napoca, Timisora, Lasi, Arad, Constanta and Craiova.

Our Visit -We both visited Bucharest in May 2014. We took flight from Frankfurt and after 2 hours landed at Henri Konda International Airport.

We were invited by famous lawyer and our student, Daniela Sion and her physicist scientist husband Prof. Dr. Catalin Stan Sion in May 2014. Prof. Stan is top level physicist and is Head of AMS laboratory, Department of Applied Physics, in the National Institute for Physics and Nuclear Engineering in HH Bucharest, State of

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Romania. On first two days we visited several tourist places in the city like Parliament and various Gardens.

Palace of Parliament –

This is also called as Civic Centre. Under Ceausescan "redevelopment schemes" of the 1980s, an overall area of eight square kilometers of the historic center of Bucharest were leveled, including monasteries, churches, synagogues, a hospital, and a noted Art Deco sports stadium. This also involved evicting 40,000 people after a single day's notice and relocating them to new homes, in order to make way for the grandiose Central Civic and the House of the Republic, now officially renamed as the Palace of Parliament.



In the Garden with Prof. Stan –Sion, Ranade's and Daniela



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Romanian National Opera – It is one of the national opera and ballet companies of Romania. It is situated in a historical building in Bucharest, built in 1953, The first opera performed there was Tchaikovsky's *Queen of Spades* on 9 January 1954; the first ballet was *Coppélia*. Its auditorium has 952 seats, but occasionally concerts are held in the *Yellow Foyer* with a maximum of 200 seats. Our Hosts brought the tickets for the Concert and we both enjoyed the performance.



Ayurveda activities in Bucharest –

First we conducted one day seminar in the city center. The topic was introduction to Ayurveda and it was arranged in one of the best Hotels in Bucharest. We both explained several aspects of Ayurveda to more than 20 delegates.

With Daniela and her husband and other students –

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Visit to Horia Hulubai National Institute for Research & Development in Physics and Nuclear Engineering - (*Institutul National de Fizica si Inginerie Nucleara Horia Hulubai*)

Top level Security –

Before coming to Romania, both Daniela and Prof. Stan came to Pune, India for the treatment of Daniela. At that time Prof. Stan had explained about his Institute and we were eager to visit the same.

For this visit we had to send all our documents like passports, Information about International Academy of Ayurveda in India, to the Institute. We got security clearance after 6 weeks.


On the day of visit we all went to the Institute which is 3 -4 km. from Bucharest. Prof. Stan-Sion came to the gate of this very big Institute and after proper security screening we were taken inside to visit various departments. Prof. Stan-Sion is working in this Institute since last 20 years and is carrying our research on different topics. He attends various Conferences on Physics all over the world and presents his research papers.

We visited several departments where nuclear research is carried out including the section where Nuclear Medicines were prepared. The Institute has very large and costly equipments for Physics and Nuclear Research like the biggest laser and various Spectrometers for analyzing materials.

When we finished the visit we had to pass through tow screening machines which counted level of atomic radiation in our body. Once it was cleared that we have not been contaminated then we were allowed to come out.


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Our seminar was organized in the department of Physics for nuclear scientist. Around 40 scientists came for our lecture and we talked for one and half hour about the history and basic principles of Ayurveda. Surprisingly many scientists were aware about the science of Ayurveda and they were curious to find their constitution for keeping them healthy.

Institutul Național de Fizică și Inginerie Nucleară
Horia Hulubei 

Seminar

Scientific developments of Ayurveda Indian Medicine



Prof. Dr. Subhash Ranade
Universitatea Pune, INDIA

Ayu – Life, Veda – Science / Knowledge, Ayurveda Medicine is over 5000 years old. Many Indian scientists were first to contribute to these sciences when the West was in dark. An introduction in the methods and actual applications of Ayurveda will be presented: body constitution and its importance, how disease is created, principles of disease, Ayurveda healing modalities, purification, metallic oxides, AMA – the metabolic toxins, nano-medicine, etc.

Luni 12 ianuarie 2014, ora 11³⁰
Sala de seminar TANDEM 1MV

Biggest Laser in the World -

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ELI-NP -This is going to be the most advanced research facility in the world focusing on the study of photonuclear physics. This will enable to tackle a wide range of research topics in fundamental physics, nuclear physics and astrophysics, and also applied research in materials science, management of nuclear materials and life sciences.

Project – to study Ayurvedic Bhasma – IAA will undertake this study with the joint collaboration of Prof. Stan-Sion, IAA and Prof. Dr. Asmita Wele, Dept. of Rasashastra, BVDU College.

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Hyper sensitive analysis by accelerator mass Spectrometry -



Analyze sensitivity – 1 atom can be selected from 1 million of Billions of atom contained in the same material (3 mg.)

Ayurveda research project to study Bhasma – With the help of instruments described above IAA intend to start the project to study various Ayurvedic Bhasma (oxides) in collaboration with Dept. of Rasashastra of BVDU. Prof. Dr. Asmita Wele who is currently in Hungary as the Chair of Ayurveda will be responsible for this co-operation along with IAA Ayurvedic physicians.

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Television Interview – We gave one hour interview on channel 380 Degree. Prof. Ranade talked on Diagnosis and Dr. Sunanda explained Kitchen Pharmacy in Ayurveda.



European Centre for Global Ayurveda – This will be joint operation of Daniela Fenick and Dr. Jayant Abhyankar CEO of Sharangdhar Pharma in Pune. International Academy of Ayurveda will provide all technical support.

Traditional Food in Romania – This consists of rice, minced pork and vegetables. Cabbage rolls, sausages and stews are popular items. Zama soup is very popular it is green bean soup made with or without chicken, parsley and dill. Tuica is traditional alcoholic drink which is prepared from plums.

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Beef Salad -



It is made from diced boiled vegetables – potato, parsnips, carrots and peas with pickled cucumbers, pepper and beef.

Zacusca (vegetable dips) –



This dish consists of aubergine, tomato, chickpeas, olives and mushrooms.