

# Ayurvedakarmayoga

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## **Our experience of treating patients in foreign countries**

### **Article 6 –Italy, Germany**

**Charysat Global Health-** This Institute was in Varese and we worked there from October 1991 to Nov. 1993. In October we gave lectures for common people on fundamental principles of Ayurveda and gave consultations to patients. In November 1993 we conducted two courses - from 5 th to 8 th November -for naturopathic doctors and then from 12 th to 15 th November -for allopathic doctors. This Institute was founded by Italian psychologist Dr. G. Satgyano Lorini and his German wife Dr. Harsha Gramminger. Varese is small city in the region north-eastern Lombardi. This is at the base of mountain Campo dei Fiori. We stayed each time for three weeks, conducted seminars on Ayurveda and gave consultations to the patients. Charysat was able to import practically all products from Shri Baidyanath Ayurveda Bhavan, Calcutta.

#### **Dr. Harsha Gramminger**



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**Dr. G. Satgyano Lorini**



We consulted many patients in these two visits. They were of different diseases – gastrointestinal disorders, urinary problems, psychological distress, neurological diseases and problems of high cholesterol and hypertension. We would like to inform our readers that failure rate in treating various diseases in foreign countries are much higher than in India. There are several reasons for this. From physician's side, not all the required medicines are available, patients with very rare diseases, rare syndromes and symptoms approach to the physician. They also come at last stage of the disease or after many years from the development of disease and expect miracle from Ayurvedic treatment. From patient's side, they neglect advice of do's and don'ts; they do not keep proper follow up and do not take treatment for sufficient period.

**Horner's syndrome** -We received male patient of 15 years age from Gallarate which is nearby town of Varese. He gave history of severe headache for many weeks and when investigation was done, big tumor was found at the base of the brain. After further investigations he was diagnosed as patient with Horner's syndrome. Parents of the boy new the severity of the disease but their expectation was limited to giving relief to the severe headache and they asked us if with Ayurvedic medication the size of the tumor can be reduced. We told them that we have never treated patient with this syndrome but considering his present status we will try to help him. The patient was of Pitta-Vata constitution and had no other problems. We gave him nasya treatment with anu tail two time's day, shirodhara (once a week) and brahmi oil for head massage daily. Internally we gave him Powder of Sariva, Brahmi 150 mg. two time day and Tab. Mahayograj guggulu 250 mg. two times day. However even after 3 weeks treatment we could not reduce the intensity of his headache and finally parent decided to go for surgery.

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**Sexual debility** -We also treated few male patients complaining of sexual debility. Most of them had history of overwork, strained relationship with their partners. Before coming for Ayurvedic consultation, most of them had taken hormone treatment which was useful only for few weeks. On examination we found that they had Vata –Pitta or Pitta-Vata constitution and were in good physical condition. They had no other complaints and their other systems were working normally. We advised diet with ghee, meat, rice, wheat products and warm milk. Tab. Shilajit 250 mg. 4 times day with powder of ashwagandha, shatavari, kapikacchu in equal quantity in dose of 1 gm. was given to them.

We asked them to stay away from sexual act during the period of treatment and take regular light exercise with meditation every day. We also advised them twice week whole body massage with Ashwagandha –Bala oil, and Shirodhara once every 15 days. After two months treatment majority of them were happy.

**La Berier Homeopathic Practitioner Association-** In October 1992, we were invited by this Association in Milano.’ We conducted 2 days seminar on Ayurveda in this Institute.

**Berlin Medical Association** (*Arztammer Berlin*) - In March 1993 we received prestigious invitation from this Association for giving lectures in ‘Natural Healing, Berlin Spring Congress 93’ (*Naturheiltage Berlin Fruhjahrenskongress 93*). Every year Berlin Medical Association organizes this congress for German Medical Practitioners. Dr. Hans Joachim Rudolf had organized this seminar. We gave lectures on Basic principles of Ayurveda. Prof. Gurdip Singh of Gujrat Ayurveda University, Jamnagar; was also invited to deliver lecture on Kayachikitsa. This is special seminar in which lectures on all types of Alternative medicine are organized. Expert physicians and Professors in respective field of medicine are invited as Key Note Speakers. (<https://www.aerztammer-berlin.de>).

**Ateneo Veda Vyasa** –This is also known as **Gitanand Ashram** in Altare, Savona, Italy. (<http://www.ashramgita.com/en/index.html>). Yogasri Svami Yogananda Giri founded this Ashram. We worked with this center from 1995 to 1998. This center conducts course on Yoga and Ayurveda. In February 1997, we conducted 2 days workshop for medical practitioners. Dr. Avinash and Dr. Bharati Lele also worked

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at this center for many years. IAA deputed three physicians to this center- Dr. Atukchandra Thombare, Dr. Rajendra Deshpande and Late Dr. Prakash Paranjape.

## Temple of Shri Lalita Tripura Sundari, Gitanand Ashram



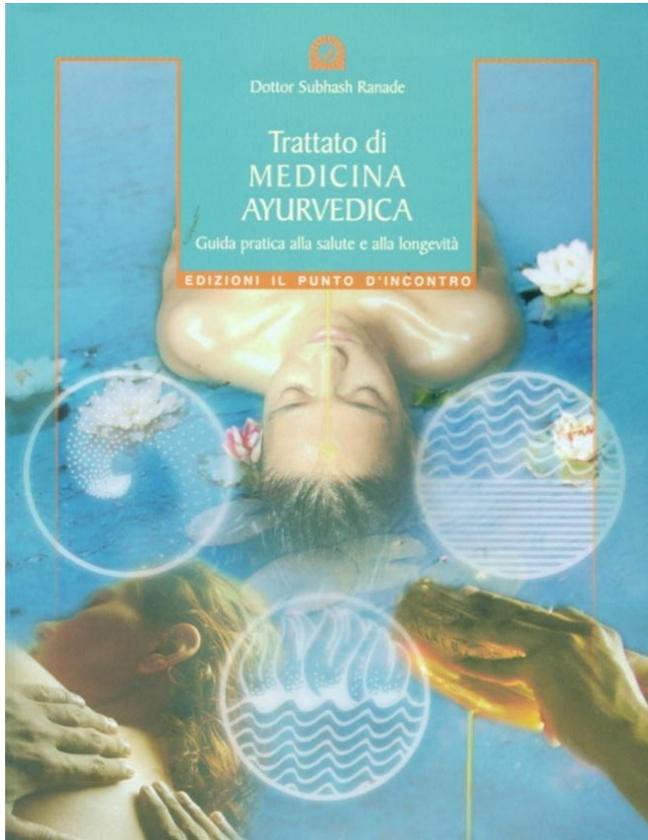
## Students in Yoga class



We were also invited by the Association **ARHKAE** in Milano on 10 th March 1995. The topic was ‘Ayurveda for self healing’.

In the same year our second book in Italian language ‘*Trattato di Medicina Ayurvedica*’ was published by Punto D’Incontro in Vicenza. It is situated in north eastern region of Veneto, at the base of Monte Berico. In April 1996 we were also invited for lecture in Milano at Oriya Association. Later on in the year 2010, the same publishers published our book on Marma therapy - *Guarire Con La Terapia Dei Marma*’.

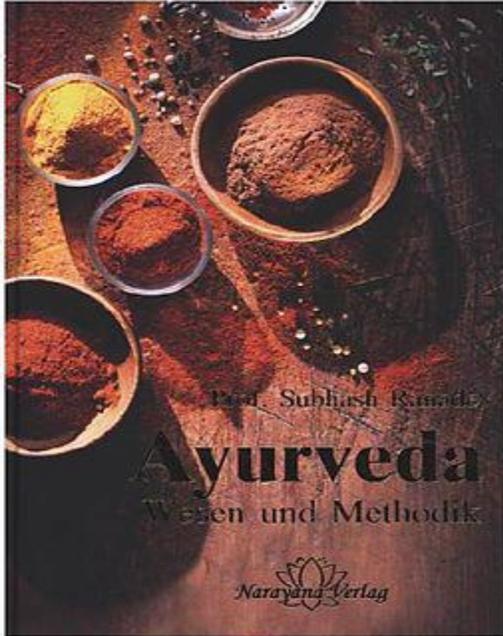
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**Catholic University of Sacred Heart** – (*University Catolica del S. Cuore*) – This is situated in Piacenza on 28 th Feb. 2003. We were invited to participated in the conference organized by this University. The topic of the conference was ‘Dialogue on Health- Two medicines together.’ The conference was well attended by Practitioners of Modern Medicine and Ayurvedic Therapists in Italy.

In 1994 our first book in German language was published by Haug Verlag in Heidelberg. The title is ‘*Ayurveda Wesen und Methodik*’ The book has been translated by Dr. Helmuth Nordwig from Munich and has been reprinted by Hutig Verlag (Heidelberg) and now by Narayan Verlag GmbH (Blumenplatz 2, D-79400 Kandern, Germany). In 2003 another book ‘*Ayurveda Basislehrbuch*’ was published by Urban und Fischer Verlag in Munich, Germany. Co-Authors – Christian Hosius and Jurgen Heckmann.

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**Seva Akademie** -We were happy to meet Prof. Hans Rhyner at Ayurveda conference in Bangalore in 1991. He was very interested in our work and the books published by us in Ayurveda. Therefore later on he invited us to 'Seva Akademie' in Munich, Germany. In 1994 he founded 'Seva Akademie' Institute in Germany and in Bangalore in India. We started working as visiting Professors in this Institute. Amongst the visiting faculty, Rhyner, Rai and Ranade's became very popular with the students. Dr. Rhyner is an Ayurvedic Physician who has practices in Switzerland, USA and India. In 1974 he moved to India where he first studied Vedic Philosophy and Yoga. He received his M.D and Ph. D in Calcutta, India; studying under Professor Vasudevan Nair expert in Panchkarma, and Professor P. S. Rai. In 1988 he founded the Ayurvedic Research Center in Bangalore, and in 1991 he started the Ayurvedic Clinic in Walzenhausen, Switzerland. This was the first indoor patient treatment hospital in Germany. (We visited this Institute in Swiss twice.) He has written several books on Yoga and Ayurveda that have been published in Germany, USA, India, Italy, Spain and Greece. Dr. Vishvanath Rai studied Ayurveda and Modern Medicine in India. Later he obtained a diploma in Tropical Medicine and Parasitology at the *Bernhard Nocht Institute fur Tropenmedizin* Hamburg. After he settled in Germany he got the credentials in Neurology and Psychiatry. He later was offered the position of Deputy Head Physician at the Swiss Epilepsy Clinic in Zurich in 1974. He obtained his MD for his thesis on Epilepsy in Developing Countries from the University of Zurich.

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**Students of Seva Akademie, Munich, Germany**



Our first visit to ‘Seva Akademie’ was in 1994 and since then practically every year once or twice we visited this institute for giving lectures for German Heilpraktikers and consultations to patients till 2011. (<https://www.seva-ayurveda.de>). During this period we have visited Seva Akademie over twenty times and have trained over 600 Heilpraktikers in Germany. Prof. Dr. R. R. Deshpande and Dr. Nilesh Taware also visited this institute for number of times.

In April 1997 we were invited by ‘**Heilpraktikers Congress**’ at Dusseldorf, Germany for giving talk on ‘Role of Ayurveda in Preventive Medicine.’ 122 Naturopathic doctors were present for this conference.

**Ayurvedic Associations in Europe** – There are many Ayurvedic Associations trying to bring Ayurvedic Practitioners together for education and making efforts for obtaining legal status as well as for making import of Ayurvedic Medicines easier in their countries.

1. European Ayurveda Association – EUAA -This is in Kreissparkasse Mayen, Germany. Founder President is Dr. med. Harsha Gramminger.

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([www.euroayurveda.eu](http://www.euroayurveda.eu)). The EUAA is committed to the recognition and dissemination of Ayurveda as a holistic medicine in Europe.

2. Ayurveda Practitioners Association – It is in Brighton, UK ([www.apa.uk.com](http://www.apa.uk.com))
3. European Professional Association of Ayurveda Practitioners and Therapist VEAT –This is in Nassenfels, Germany and the founder president is Mark Rosenberg. ([www.ayurveda-verband.eu](http://www.ayurveda-verband.eu))
4. Deutsche Gesellschaft fur Ayurveda –It is in Berlin, Germany. Dr. med. Ulrich Bauhofer is the committee member. (<http://www.ayurveda.de/>)
5. British Association of Accredited Ayurvedic Practitioners or BAAAP – It is in North Harrow, UK ([www.britayurpractitioners.com](http://www.britayurpractitioners.com)) A Professional Ayurvedic Association devoted to voluntary service in spreading awareness and the establishment of an Authentic, Effective, Safe and Undiluted system of Ayurveda. Dr. Indira Anand is the founder president.

## **Failed Ayurvedic Projects in Europe –**

**Veda Klinik** - We must mention three failed projects. Mr. Berkemeyer founder of Veda Klinik in Charlottenhohe (Black Forest), Germany, decided to built the first Indoor / Outdoor facility. We both were appointed as consultants on this project. He purchased an old castle and wanted to renovate the same into most modern Ayurvedic Hospital - Veda Klinik. However after spending lot of money, it was found out that the old castle –being ancient monument –cannot be renovated as per German Laws. Hence the project had to be abandoned. Similarly two other Ayurvedic Institutes and Hospitals were to be built on the island of Rugen (Germany) and island of Mallorca (Spain). These projects failed due to lack of funding.