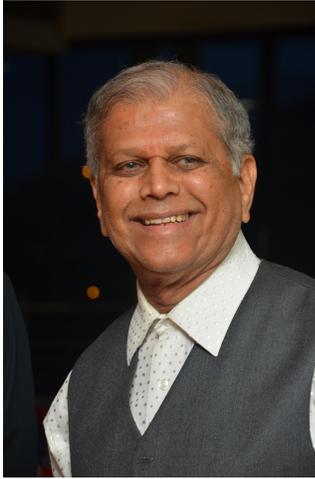


# Ayurvedakarmayoga

## Article - 7 – Austria, Swiss, Holland, Spain, Portugal

### Our experience of treating patients in foreign countries



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#### **Austria -**

**Bergler massage School, Graz** -In June 2003 International Academy of Ayurveda and Bergler School of Massage (<https://www.bergler.at>) in Graz, Austria, signed MOU for exchange of Ayurvedic Physicians and conducting one year Ayurvedic massage course. Graz is the second largest city after Vienna in Austria. It is known as ‘University town’ and has been added in UNESCO list of ‘World Heritage.’ It is considered as the cultural capital of Europe and City of culinary delights in 2008.

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## Teaching class by Dr. Sunanda Ranade



Dr. Sunanda Ranade was in charge of this program. We both visited Graz several times between 2003 to 2005 and following IAA faculty members were deputed to Austria – Dr. Salil Joglekar, Dr. Ajit Mandlecha, Dr. Abhijit Mahalank, Dr. Vinay Huilgolkar and Dr. Arun Paropkari (Aurangbad). Dieter Scholz worked as coordinator for this program. Dr. Sunanda Ranade conducted courses on Ayurvedic Nutrition in this Institute.

We gave consultations to many Austrian people. Austrian food is mainly non-vegetarian. Most popular dishes are Rindsuppe (beef soup) a clear soup with golden colour. Tafelspitz, beef boiled in broth (soup), often served with apple and horseradish and chives sauce and Gulasch (goulash), a hotpot similar to Hungarian pörkölt – Austrian goulash is often eaten with rolls, bread or dumplings (*Semmelknödel*). Most of the patients had problems of hypertension and high cholesterol. We used arrowroot (*Achillea wilhelmsii*), cats claw (*Uncaria tomentosa*) 250 mg. each with Tab. Triphala guggulu 500 mg. twice day and found very effective for all these patients.

**Patient of Epilepsy** -We would like to discuss few interesting cases of patients who came for consultation with specific symptoms. One was girl of 22 years. Her mother was Indian and father was German. She started suffering from Epilepsy (*Apasmar*) from the age of 13 and year after year the duration of the attack started increasing and the frequency also. She took regular Anti-Epileptic medicines for number of years but as the seizures increased, they consulted Neurosurgeon in Munich. She was evaluated with a battery of tests, which include various brain

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scans, memory and cognitive testing, and electroencephalogram (EEG) to record brain wave activity. It was found that her epilepsy center was in temporal lobe and hence he gave them advice of temporal lobectomy of the brain. The neurosurgeon assured the patient that once the area of brain tissue, giving rise to seizures is removed, her epilepsy will be completely cured. After the brain surgery, her seizures stopped completely for almost 6 months, but unfortunately they resumed again. After surgery she also found out that her knowledge of Spanish language was totally scraped from her memory and forgetfulness increased. Again neurosurgeon was consulted and he again advised her to go for another brain surgery which she refused and came for our consultation.

After examination we told them to follow sattvic vegetarian diet, meditation, yoga practice daily and advised Shirodhara once in 15 days and Shiro pichu with Brahmi oil every day at bed time. We also advised Ayurvedic medicines –Sarasvatarishta 2 table spoons 3 time's day, Tab. Smritisagar rasa 100 mg. two times day with Tab. Brihat Vata chintamani 25 mg. once day. She was also advised nasya of *Purana ghrta* (old ghee) once day and nasya of Panchendriya Vardhan Tail twice day-morning and evening. (They were able bring all these medicines from India). The patient was followed for 4 months. After 3 months of treatment, the duration and the frequency of the seizures became less and her day to day routine with minimal dose of anti-epileptic medicines was improving.

**Swiss –**

**Indo-Swiss Ayurveda Foundation** – Dr. Simone Hunziker is the founder director of this project. The ISA Foundation constituted according to the Swiss legislation, has its seat in Geneva. It is a non-profit and tax-exempt organization which spreads its action on the international level. It is the fruit of several years of collaboration between Swiss and Indian individuals and bodies, determined to promote Ayurveda as an official medical system in the West.

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**With Dr. Simone Hunziker**



The vision of the founders of ISA is to get Ayurveda and its traditional principles recognized as a full-fledged medical system by proposing a model widely usable outside India (achievements). Because of constant efforts of Dr. Simone, Swiss Government has declared legal status for Ayurveda Practitioners in the country. Swiss has become the first European country to accept Ayurveda legally. (<http://www.isa-ayurveda-foundation.org/>). As per the guidelines of WHO, they have set up program for MedVaidya training.

## **IAA affiliated center in Swiss-**

International Academy of Ayurveda has affiliated center in Zurich, Swiss. Frau Susanne Godli is the representative of this center. From 1 st and 2 nd April and later on 4 th to 8 th September 2004 we conducted two seminars at this center and gave consultations to the patients also. ([info@godli.ch](mailto:info@godli.ch)). Later on we both visited Swiss many times while passing through to our destination to Italy.

We both visited many touristic places like Mount Titlis, Engelberg, Lake Lucerne, Jungfrau, Monte Rosa, Matterhorn, Gotthard pass and Lake Geneva. However Prof. Lotz our German Friend invited us to Davos and we spent some memorable days. Davos is located on the river Landwasser, in the Rhaetian Alps, between the Plessur and Albula Range. At 1,560 m (5,120 ft), it is the highest "town" in Europe.

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Davos is host to the World Economic Forum (WEF), an annual meeting of global political and business elites and the home of one of Switzerland's biggest ski resorts. At the end of every year it serves as the site of the annual Spengler Cup ice hockey tournament, hosted by the HC Davos local ice hockey team.

## **Holland –**

**MERU** -We were invited by Maharishi European Research University in Vlodrop, The Nederland in 2014. This is the European HQ of Maharishi AyurVeda. MERU conducts various short courses on Aroma Therapy, Vedic Mantra, Vedic Jyotish, Gandharva Music and Vastu Shastra. All these are specialities of Maharishi Ayurveda. The centre also conducts courses on Transcendental Meditation and Siddhi Programs. Vlodrop is the place where Maharishi ji used to stay. This place is called as Capital.

## **Maharishi's Palace**



In 1990, the Maharishi relocated his headquarters from Seelisburg, Switzerland, to a former Franciscan monastery in Vlodrop, the Netherlands, which became known as MERU, Holland, on account of the Maharishi European Research University (MERU) campus there. During his time in Vlodrop, he communicated to the public mainly via video and the internet. He also created a subscription-based, satellite

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TV channel, called Veda Vision, which broadcast content in 22 languages and 144 countries.

**First International Ayurveda Conference' (IAVC)** - In 2015 April 11 to 12, three organizations –International AyurVeda Maharishi Foundation, International Academy of Ayurved, Pune and All India Ayurvedic Congress, Delhi organized this conference in Roermond. Dr. Tony Nadar (Maharaja) was Patron of the congress. Dr. Rainer Picha, Prof. Ranade Subhash and Vaidya Triguna were presidents and Dr. Sunanda Ranade was vice-president of the conference. The theme was 'Ayurveda for Global Health.' This was the biggest Ayurveda Conference held in Europe so far. More than 500 delegates from 49 countries attended the Conference.

## IAVC Roermond, Holland



On the dais are from right Prof. Subhash Ranade, Dr. Rainer Picha, Vaidya Triguna, Dr. Walter Molk, Lothar Pirc

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**Group photograph of all the delegates at the Roermond Ayurveda Congress**

**EISRA** -Dr. A.K. Mehta an Ayurvedic graduate from Haryana is pioneer in the field of Ayurveda in the Benelux countries and has 8 practices throughout Netherlands and Belgium. He has established European Institute for Scientific Research on Ayurveda in 1989 and started two years technical and four year academic level Ayurveda degree program since early 90's.

Together with Vaidya Atreya Smith, they have also formed a Professional association called "Associatie Ayurveda Nederland" or Academy of Ayurvedic Studies (AAS). This Institution has published many books in Dutch language prepared by its faculty.

## **Spain –**

**Escuela Internacional de la Cultura Ayurveda, Barcelona** – International School of Ayurvedic Culture in Barcelona is affiliated to IAA. Dr. Angela Sanz is

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the president and Nazuna Yeo is the secretary of this Institute ([www.escueladeayurveda.com](http://www.escueladeayurveda.com)).

We were invited by this Institute in April. 2002, March. 2003, Nov. 2004. and in 2005 as visiting Professors for teaching Ayurveda for their three years certificate course. IAA had deputed Dr. Mayuresh Agte, Dr. Sandeep Shirvalkar, Dr. Sachin Kuber and Late Dr. Rajan Rawat for teaching and giving consultations for the patients. Two of our books has been published in Spanish Language -1. *Masaje Ayurvedico* and 2. *Cocina Ayurveda Tradicional de la India* – Dr. Sunanda Ranade. We also visited Island of Mallorca for developing another Ayurveda project.

**Ayurveda Conference in University of Salamanca** – Salamanca is the cultural capital of Europe and the city organizes various festivals like – Reyes Magos (Three Kings), Carnival del Toro (Carnival of the Bulls), San Juan Sahagun (Saint John of Sahagun), Semana Santa (Week of the Saint) etc.

Salamanca is one of the four oldest Universities in Europe along with Oxford (UK), Paris (France) and Bologna (Italy ). We both along with Dr. Jose Rugue were invited at this University for the first conference on Ayurveda in October 2006. Salamanca is an ancient Celtic city in northwestern Spain. Salamanca University was founded in 1218 by **King Alfonso IX**, the University of Salamanca was Spain's first institution of higher learning. By 1254 it had received acknowledgment from **Pope Alexander IV**

In National conference I presented my talk on Daily routine (Dinacharya), Dr. Sunanda talked about Ayurvedic concept of Nutrition and Dr. Rugue presented his thoughts about five purificatory procedures.

We were invited by the Mayor of the city and later on felicitated by the Association of Sakura Take Kan (Spanish branch). Mr. Mimoue is the founder director of this Institute in Salamanca and he felicitated us by giving the plaque containing the citation of Best Ayurveda Physician in Europe. ([www.sakuratakekan.org](http://www.sakuratakekan.org)).

## **Portugal –**

We visited three times this European State, because of Dr. Jose Rugue who visits very often and teaches here. In November 2006, after our visit to Spain, we were invited at Lisbon by Mr. Tino. We conducted one weekend course on ‘Ayurvedic Concept of Nidan’ and later on visited small town of Porto. We participated in **7 th**

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**World Conference on Alternative Medicine**, in Sept. 2011. This conference was organized by Mr. Tino. My topic was Ayurvedic Diagnosis and Dr. Sunanda talked about Ayurvedic Gynaecology. More than 40 delegates around all corners of Europe attended this conference.

We again visited Sintra in 2015 for National Ayurveda Conference organized by Joaquim Jorge in Sintra. My presentation was on the topic of Rasayana and Dr. Sunanda talked on various gynecological diseases and their Ayurvedic treatment. IAA has now signed MOU with **Associacao Portuguesa de Medicina Ayurveda, Lisbon**. Mr. Joaquim Jorge is the founder president of this Association.

## Lake Azul



**The Azores Islands-** These are composed of nine volcanic islands in the North Atlantic Ocean about 1,360 km (850 mi) west of continental Portugal. These nine islands are Flores and Corvo, to the west; Graciosa, Terceira, São Jorge, Pico, and Faial in the centre; and São Miguel, Santa Maria, and the Formigas Reef to the east. We visited Sao Miguel and stayed there for one week. All the islands are full of lakes with blue and green water.