

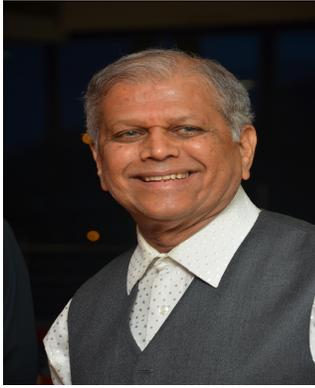
Ayurvedakarmayoga

Our experience of treating patients in foreign countries

Article 8 –Poland, France, Greece

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Chairman, IAA



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Poland –

Foundation for Health Promotion -In January 1996 International Academy of Ayurveda signed MOU with Foundation for Health Promotion (*Fundacja Promocji Zdrowia*) of Warszawa, Poland. Mrs. Zana Kiesner, CEO of the center and Prof. Subhash Ranade, signed this document. The center in Warszawa required Ayurvedic Physicians to conduct Department of Ayurveda at their Multidisciplinary Health Center. As per this MOU, each physician was required stay there for 3 months and give consultation and treatment to the patients. The center was going to provide Air Fare, lodging and boarding and suitable remuneration to the deputed physicians from IAA.

Between 1997 and 2000 IAA deputed 18 physicians for this activity. Late Dr. Dhanesh Dedge and Dr. Rajan Rawat; Dr. Suhas Herlekar, Dr. Vijay Bhandare, Dr. Juvekar, Dr. Ajit Mandalecha, Dr. Dilip Bhusari, Dr. D.U. Ghegade, Dr. Bhaskar Phaphale, Dr. Nitin Desai, Dr. Kaustubha Dhumal, Dr. Sanjeev Gosavi, Dr. Swati Chobhe, Dr. Pankaj Patil, Dr. Sujata Paranjape, Dr. M.P. Palange, Dr. Yogesh Gandhe, and Dr. Vinay Huilgolkar.

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Warszawa city



Our first visit to Poland was in November 1996. When we boarded the ‘Lot Airways’ flight from Frankfurt, Germany; the weather was sunny and clear. However as we started approaching Warsaw Chopin Airport, we saw that there was heavy snow fall all over the Poland and we could not even see the air strip on which we were going to land. Naturally we were very scared. Any how the pilot successfully landed the airplane. In those days there was routine that the pilot would stand at the door from where the passengers were going out of the plane and would say ‘thank you for flying with us’. When we reached at the door, we said to the pilot, can we ask you a question? He said sure. We said due to heavy snow fall we could not see the runway. Then the pilot blinked his one eye and said ‘me too’ With this answer all the passengers started laughing.

Multidisciplinary Clinic -The Foundation for health center is situated in this area was where German Ghetto was once situated. During war Germans killed more than 30000 Polish Jews in this area. This is multidisciplinary Alternative medical health clinic where patients had choice of getting Acupuncture treatment, Tibetan medicine, Allopathic medicine, Psychiatric consultation and Ayurvedic medicine also. Mrs. Zana Kiesner worked as psychiatric consultant.

For Tibetan medicine (this is also known as Sowa-Rigpa medicine), one doctor from Dharmashala was invited for the duration of three months. It is a centuries-old traditional medical system from Tibet that employs a complex approach to

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diagnosis, incorporating techniques such as pulse analysis and urinalysis, and utilizes behavior and dietary modification. Their medicines are composed of natural materials (e.g. herbs and minerals) and they use physical therapies (e.g. Tibetan acupuncture, moxabustion, etc.) to treat illness. The basic texts include four tantra – Root tantra, Exegetical tantra, Instructional tantra and Subsequent tantra.

Although there was no legal restriction for importing Ayurvedic medicines, depending on the attitude of the customs at the Airport, sometimes the medicines were allowed and sometimes there was a lot of problems which were solved by the PRO of the Institute. We were invited by Radio in Warszawa for giving a talk on Ayurveda. It was a 25-minute interview and was translated into Polish language. After the Radio talk, Warszawa Radio Station presented us a coffee mug for our participation.

As per the Polish law, whenever an Ayurvedic physician was giving consultation, an Allopathic doctor was required to be present there and he had to counter sign the Ayurvedic prescription. From India we were exporting various types of single herbal tablets prepared by Amrut Aushadhi Pvt. Ltd. These were mainly Amalaki, Arjuna, Bhumyamalaki, Guduchi, Kamadugha, Khadira, Manjishtha, Sariva, Shatavari, Triphala, Trikatu and Ashwagandha. All these were prepared by triturating the powder of the herb with the decoction of the same herb. Our experience was these potent tablets required less dose and were very effective than normal single herbal tablets. The results of these single herbal tablets were fast and astonishing; probably Polish population had never consumed these medicines.

We treated many patients with cardiovascular problems and we used combinations of Arjuna, Hawthorn berries, guggulu and garlic.

In Poland Hawthorn berries are known as jagody głogu. A lot of studies have been done by Dr. Christopher Hobbs on the effects of these two herbs for various ailments of heart, which have been proved very effective. (<http://www.christopherhobbs.com/library/articles-on-herbs-and-health/the-heart-herbs-hawthorn-and-garlic/>).

Another study, carried out at Victoria University in Melbourne, Australia, in 2009, involving mice on a high-cholesterol diet, found that hawthorn extract was as good as simvastatin a standard treatment for high cholesterol. Today, hawthorn is an official drug in the Pharmacopoeias of Brazil, China, Czechoslovakia, France,

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Germany, Hungary, Russia, and Switzerland. As a measure of its lasting popularity, it is an ingredient of 213 commercial European herbal formulas, which are mostly for the treatment of heart and cardiovascular ailments.

Hawthorn berries for heart



For patients of hypertension with congestive cardiac problems, we used these two herbs. Tab. Arjuna 250 mg. twice day with Hawthorn berries 600 to 900 mg. per day. Arjuna is Astringent and bitter and has cooling property. It balances Kapha and Pitta but is also good for Vata. As per western medicine it supports heart muscle tone and supports stronger contraction of the heart muscles. It is loaded with heart healthy polyphenols and flavinoids.

For those patients complaining of hypertension, cardiac arrhythmias and high cholesterol with coronary artery blockage we used Triphala guggulu 500 mg. + Tab. Arjuna 250 mg. + Tincture of Hawthorn berries in dose of 15 ml. two time day. In three months duration the results were very promising.

Our second visit to Poland was in Feb. 20 th to 3 rd March 1997, Dr. Rajan Rawat was deputed there during this time. We all visited Zakopane which is beautiful winter resort in Poland. Zakopane is located in southernmost Poland near the border with Slovakia. It lies in a valley between the Tatra Mountains and Gubałówka Hill. Mountaineering and Skiing are the two famous winter sports in this area.

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Zakopane, Winter resort, Poland.



During our stay in Warszawa, we gave **interview on Polsat II National Television Channel**. This is National TV Channel in Poland and during the interview we talked about Ayurveda, its diagnostic procedures, and effect of Potentized single herbal Tab. Bhumyamalaki especially on Viral Hepatitis B.

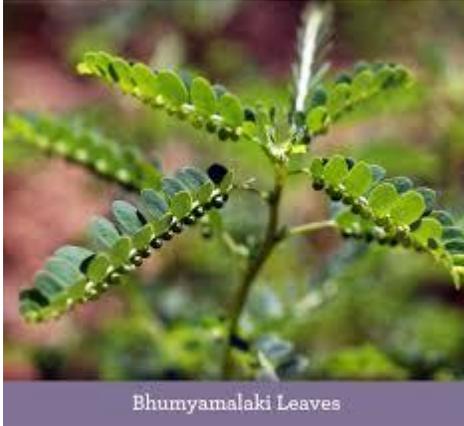
This was product prepared by our Pharmaceutical Company ‘Amrut Aushadhi’ in Pune. At that time we were manufacturing all single herbal tablets by Potentized method explained in Charak Samhita, by triturating powder of the herb with the decoction of the same herb. The single herbal tablet prepared by this unique method required small dose (only 500 mg. per day) and became very effective.

Dr. Moran, medical doctor at the center himself was suffering from Viral Hepatitis B and after taking Tab. Bhumyamalaki 500 mg. two times day for 3 months, not only supported our statement but told the viewers that his viral count came to all time low and talked about this miraculous Ayurvedic remedy. (HBV viral load: Similar to the technology used to measure the amount of HIV in the bloodstream, viral load testing can determine if HBV is reproducing in the liver. In a person with detectable HBeAg, an HBV viral load greater than 100,000 indicates that the virus is active and has the greatest potential to cause damage to the liver. Similarly, in a person with an HBV precore mutant, an HBV viral load of greater than 10,000 indicates that the virus is active and has the potential to cause damage to the liver.) He also told the viewers that this is very safe and effective medicine for treating Viral Hepatitis B. No sooner the Television program was finished; the center started receiving telephone calls if they can have our appointment and if this

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medicine is available at the center. In the following days, we consulted more than 40 patients of Viral Hepatitis B and gave them tablets of Bhumyamalaki with Tab. Arogyavardhini. All the patients were followed up for the next 4 months and the results were very encouraging.

Bhumyamalaki

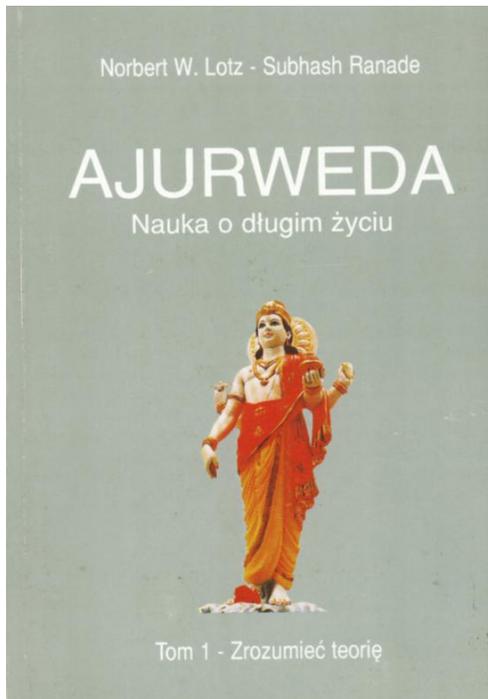


Bhumyamalaki Leaves

Because of the success of Bhumyamalaki on Hepatitis B, the center started to receive patients of many different diseases and the name of Ayurvedic medicine spread far and wide in Poland. All these activities were also reported in the news paper **‘Super Express’** Feb. 25 th 1997. (https://en.wikipedia.org/wiki/Super_Express). It is a Polish tabloid published in Warsaw with daily circulation of about 370,000. It is ranked as second in sales behind Gazeta Wyborcza.

Our third visit to Poland was in Oct 8 th to 15 th. 1997. By this time the routine of Ayurvedic Physicians who were deputed by IAA was set up nicely. The center has now started excellent Panchkarma centre and procedures like Snehan, Swedan, Shirobasti, Shirodhara, different types of Basti and Virechana were being done on patients and the results obtained were also very good.

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Our 4th visit to Poland was in April 2000. In this year our book ‘Ajurveda – Nauka o długim życiu’ (Ayurveda the science of long life, co-author Prof. Norbert Lotz) was published in Polish language.

After visiting **Scandinavian Countries** (Sweden, Denmark, Finland and Norway) and **Russia** (Moscow, St. Petersburg, Novogard), we went to visit **Belarus** (White Russia). Later on we again visited Poland in 2007 on our way to Germany from Belarus. This was our fifth visit to Poland.

France –

In 2006 we were invited by Prof. R.W.Buschhaus. He is the President and founder of GEK – Association for Applied Medicine and Biological Cancer Research. (*Gesellschaft für Angewandte Erfahrungsheilkunde und Biologische Krebsbekämpfung*). His main Institute was in Offenburg but has branches in two cities of France. –Les Rayeux, Fraize and Les Granges, Anould. Dr. Suhas Parchure and Dr. M.h.Paranjape were also invited there.

Vaidya Atreya Smith has established ‘European Institute of Ayurvedic Studies, in France and has branches in Nederland also. (www.atreya.com) The purpose of the Academy of Ayurvedic Studies (AAS) is to provide a high quality education in Ayurveda and related sciences. In association with the European Institute of Vedic

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Studies (EIVS), AAS has developed a vocational training over 4 years for the Netherland. This training has been designed for students to become practitioners of Ayurveda, ensuring a high professional level and respect the values of this ancient art and science of Ayurveda and Vedic tradition. We visited Paris and Dr. Sunanda was invited to Marcellus in 2005 and 2006 for working on French edition of the book on Ayurvedic Nutrition by Nelli.

Greece –

In April 2002 we were invited by Dr. Fontoulis, in Athens for two workshops on Ayurveda at his Ultimate Health Centre. We both also gave Television Interview on Local TV channel on How to maintain Health. Our book ‘Ayurveda Natures Medicine’ has been published in Greek Language.