



11<sup>TH</sup>

*Ashtangahridayasathram*

# NATIONAL LEVEL SEMINAR ON AYURVEDA

CONCEPTUALIZED, SYSTEMATIZED AND ORGANISED BY  
VAGBHATASARANI

## CO-ORGANIZED BY



GLOCAL COLLEGE OF AYURVEDIC  
MEDICAL SCIENCES  
GLOCAL UNIVERSITY, U P

SANSKRITI AYURVEDIC  
MEDICAL COLLEGE & HOSPITAL  
SANSKRITI UNIVERSITY, MATHURA, U P



KARNATAKA SANSKRIT UNIVERSITY

## ASSOCIATION BY

VKRT FOUNDATION  
(VAIDYABHOOSHANAM  
K RAGHAVAN THIRUMULPAD  
FOUNDATION)



CASIRA TRUST  
(CENTRE FOR ADVANCED STUDIES AND  
INTEGRATED RESEARCH IN AYURVEDA)

## COLLABORATION BY



DEPARTMENT OF SANSKRIT STUDIES  
SCHOOL OF HUMANITIES  
UNIVERSITY OF HYDERABAD



BHISHAKTHAMA AYURVEDA ACADEMY

SREE NEELAKANTHA AYURVEDA  
SASTHRA TRUST & RESEARCH INSTITUTE  
(SASTRI)

## REINFORCED BY

SUSRUTHA AYURVEDA CHIKITSALAYAM,  
MULLURKKARA, THRISSUR, KERALA

SREEKRISHNA AYURVEDA  
CHIKITSA KENDRAM,  
IMKOMBU, PALA, KOTTAYAM, KERALA

SUPPORTED BY

 Perugu Academy  
www.peruguacademy.com

 ayurveda  
www.ayurvedaswadhyayam.com

FOCAL THEME

SASTHRAVABODHA

“COMPOUNDING PHILOSOPHY TO AYURVEDA PRACTICES”

VENUE:



ASOKALAYAM AYURVEDA CHIKITSA KENDRAM  
THIRUVEGEPURA, PATTAMBI, KERALA

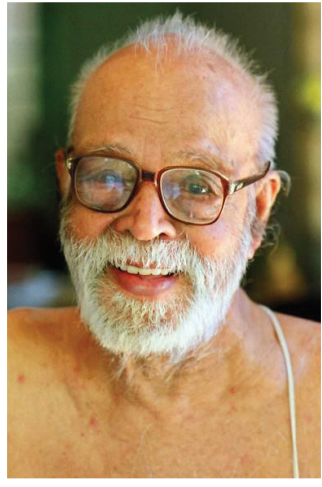
13<sup>TH</sup> TO 20<sup>TH</sup> OCTOBER 2024

REGISTRATION FEE Rs. 800.00 FOR COMPETITIONS  
NO REGISTRATION FEE FOR PARTICIPATING IN 11TH ASHTANGAHRIDAYASATHRAM

Link to register - <https://forms.gle/5fWpipo4A23uzx3eA>



## NAMASTHE DHANYATMAN



VAGBHATASARANI – A National movement for popularization and revitalization of Ayurveda, has been functioning for the last thirty-three years focusing on the holistic development of Ayurvedic studies and practices. The main theme of Vagbhatasarani was propagated and popularized by the great Ayurvedic master - PADMABHUSHAN VAIDYABHUSHANAM K. RAGHAVAN THIRUMULPAD. He named the organization as VAGBHATASARANI. He was the Paramachryar (Chief Patron) for us through out from the beginning. Vagbhatasarani has been conducting a series of Seminars, Workshops and Programs at academic and community level. We have collaborated with Vinjanabharathi and World Ayurveda Foundation to organize a series of World Ayurveda Congress's. We have organized 10 Ashtanga Hridaya Sathram (Residential training program), a weeklong Workshop for Ayurveda Students, Doctors and Practitioners, where the delegates will gather together and recite and practice the "Ashtanga Hridayam". We have organized 17 Sasthramadhanam, a 3-day workshop on different subjects at different places.

### Sasthramadhanam

Sl.No	Year	Venue
1	1993	Adwithasramam, Aluva (22 & 23 August)
2	1994	Yathri Nivas, Thrissur (19,20 & 21 August)
3	1996	Jacob's Residency, Thiruvananthapuram (28,29 & 30 April)
4	1997	Jassela Tourist Home, Manjeri (24 & 25 May)
5	1998	Renewal Centre, Eranakulam (22 & 23 August)
6	1999	Gandhi Smaraka Nidhi, Thiruvananthapuram (22,23 & 24 October)
7	2000	Govt. Ayurveda College, Thrippunithura (29,30 Sept. & 1 Oct)
8	2001	Vyapara bhavan, Kanjangad, (22 & 23 December)
9	2004	Sreedhareeyam, Koothattukulam (22,23 & 24 October)
10	2006	Charaka's Hospital, Thodupuzha, Idukki (8,9 & 10 December)
11	2008	Hosanna Mount, Bharananganam, Pala. (25,26 & 27 October)
12	2010	Vagbhatacharya Nagar, Thrissur (22,23 & 24 October)
13	2012	Top in Town Conference Hall Palghat, (14,15 & 16 November)
14	2017	Chavara Cultural Centre, Eranankulam, (10, 11 & 12 February)
15	2019	Ashtangam Ayurveda Chikitsalayam and Vidhyapeetam 19, 20 & 21 March
16	2021	Online platform 1, 2 & 3 November
17	2024	Sreekrishna Ayurveda Chikitsa Kendram, Imkombu, Pala, Kerala (9, 10 & 11 February)

### Ashtangahridayasathram

Sl. No	Year	Venue
1	2003	Poorna Auditorium, Kalady, EKM (Dt), Kerala. 18th to 25th May.
2	2005	Palace Auditorium, Chalakkudi, Thrissur (Dt) Kerala. 17th to 24th December
3	2007	Santhi Nilayam, Thiruvalla, Pathanmthitta (Dt), Kerala. 21st to 28th October
4	2009	Vivekananda Kendram, Kanyakumari, Tamil Nadu, 13th to 20th December
5	2011	Hosanna Mount, Bharananganam, Pala. Kottayam (Dt.) Kerala. 23rd to 30th October
6	2014	Guruvayoor resorts, Guruvayoor. Kerala 9th to 16th February.
7	2016	Parabrahmam Auditorium, Oachira, Kayamkulam, Kerala 24th to 31st January
8	2017	Mullurkkara, Wadakkanchery, Kerala 25th Dec 2017 to 1st January 2018
9	2020	Online platform 16th to 23 October
10	2023	Online & Offline (Hybrid) (Nelluvai, Thrissur, Kerala – 1st to 9th April)

## Other important activities

1	1994	Paper Presentation Competition - 1 for the award of VAGBHATAPURASKRAM
2	1996	Paper Presentation Competition - 2 for the award of VAGBHATAPURASKRAM
3	1997	Paper Presentation Competition - 3 for the award of VAGBHATAPURASKRAM
4	1998	Paper Presentation Competition - 4 for the award of VAGBHATAPURASKRAM
5	1999	Paper Presentation Competition - 5 for the award of VAGBHATAPURASKRAM
6	2000	Paper Presentation Competition - 6 for the award of VAGBHATAPURASKRAM
7	2001	Paper Presentation Competition - 7 for the award of VAGBHATAPURASKRAM
8	2004	Paper Presentation Competition - 8 for the award of VAGBHATAPURASKRAM
9	2006	Paper Presentation Competition - 9 for the award of VAGBHATAPURASKRAM
10	2008	Paper Presentation Competition - 10 for the award of VAGBHATAPURASKRAM
11	2010	Paper Presentation Competition - 11 for the award of VAGBHATAPURASKRAM
12	2012	Paper Presentation Competition - 12 for the award of VAGBHATAPURASKRAM
13	2012	Recitation Competition -1
14	2014	Paper Presentation Competition - 13 for the award of VAGBHATAPURASKRAM
15	2014	Recitation Competition -2
16	2016	Paper Presentation Competition - 14 for the award of VAGBHATAPURASKRAM
17	2016	Recitation Competition -2
18	2017	Paper Presentation Competition - 15 for the award of VAGBHATAPURASKRAM
19	2017	Recitation Competition -3
20	2019	Paper Presentation Competition - 16 for the award of VAGBHATAPURASKRAM
21	2019	Ayurveda Olympiad - 1
22	2019	Recitation Competition - 4
23	2019	Answer from the text Competition - 1
24	2020	Ayurveda Olympiad - 2
25	2020	Paper Presentation Competition - 17 for the award of VAGBHATAPURASKRAM
26	2020	Poster Presentation Competition - 1
27	2020	Answer from the text Competition - 2
28	2021	Ayurveda Olympiad - 3
29	2021	Paper Presentation Competition - 18 for the award of VAGBHATAPURASKRAM
30	2021	Poster Presentation Competition - 2
31	2021	Answer from the Text Competition - 3
32	2023	DOSH PE CHARCHA – National seminar on DOSHA 6th to 12th August.
33	2023	Paper Presentation Competition - 19 for the award of VAGBHATAPURASKRAM
34	2023	Poster Presentation Competition - 3
35	2023	Paper Presentation Competition - 20 for the award of VAGBHATAPURASKRAM
36	2024	Ayurveda Olympiad - 4
37	2024	Paper Presentation Competition - 21 for the award of VAGBHATAPURASKRAM
38	2024	Answer from the Text Competition - 4
39	2024	Poster Presentation Competition - 4

This National seminar intends to highlight the global relevance of intellectual heritage, Beginners to Aquent with the subject, Ayurveda professionals to relink after a career pause, practitioner to sharpen the knowledge and researchers to develop research questions on the focal theme: "SASTHRVABODHA – COMPOUNDING PHYLOSEPHY TO AYURVEDA PRACTICES"

This event is a sequel to the earlier national seminars organized from first to 17th Sasthramadhanam and first to 10th Ashtangahridayasathram at different places in India, and is expected to encourage proposals in relation to the research areas. The tremendously increasing relevance of Ayurveda makes it the need of the hour to ponder on the vast clinical arena. 11th Ashtangahridayasathram 2024 focuses on these concepts of Ayurveda for health care sector.

We cordially invite you to participate in the 11th Ashtanagahridayasathram to be held from 13th to 20th October 2024 and online competitions from 12.09.24 to 10.10.2024. All the delegates will be issued with an e-certificate.

**THE OFFICIAL LANGUAGE OF THE 11TH ASHTANGAHRIDAYASATHRAM IS SANSKRIT/HINDI/ RECOGNIZED REGIONAL LANGUAGE/ENGLISH.**

### **ASOKALAYAM AYURVEDA CHIKITSA KENDRAM**

Asokalayam Ayurveda Chikitsa Kendram was found in November 15 in 2002 under the guidance of Dr-NN Devan Namboodri, desciple of Brahmarshi Ashtavaidyam Vaidyamadhom Valinya Narayanan Namboodiri and Brahmasri poomully Neelakandan Namboodiripad.

Asokalayam comprises a treatment section named Narayanalayam Ayurveda Chikitsakendram & Research Centre in which panchakarmas, poorvakarmas, pashchatkarmas, rasayana chikitsas are practiced.

Research section under Asokalayam named Sri Neelakanda Ayurveda Sastra trust & Research institution, which has been functioning in the honourable memory of Guru sri poomully Neelakandan Namboodiripad since 2006. This trust mainly aims to preserve the traditional methodology of educations for Ayurveda, Darsanas and others Shastras

### **Special discourses:**

- 1) Influence of Darsana in Ayurveda
- 2) Learning technology of ancient sciences
- 3) Management and Challenges in Ayurveda Practices
- 4) Practical aspects of Kerala Ashtavaidya tradition
- 5) Aspects to be careful in clinical practice
- 6) Concept of Ayurveda in emerging diseases.
- 7) Common Treatment Principles in general practice
- 8) Startups in Ayurveda

### **Events at a glance – online competitions**

Sl. No	Program	Remarks
1	Ayurveda Olympiad – 5. 2024 18th to 27th September 2024 (1. Time slot 09.00 to 12.00 Noon 2. 02.00 to 05.00 pm 3. 07.00 to 10.00 pm) <b>For enquires contact 9847965713</b> 3 Simple steps 1. Register in <a href="http://www.ayurvedaswadhyayam.com">www.ayurvedaswadhyayam.com</a> 2. Enter and select Ayurveda Olympiad 3. Start Examination	First Prize: Rs.25, 000.00 with Certificate. Second Prize: Rs.10, 000.00 with Certificate Third prize: Rs.05, 000.00 with Certificate.  <b>(50% BOOKS AND 50% CASH)</b>
2	Paper presentation Competition – 22 for the Award of “VAGBHATAPURASKARAM” 28.09.2024 Subject: Philosophical/Theoretical/Practical/ and allied aspects of Ayurveda	First Prize: “VAGBHATAPURASKARAM”, Cash Prize Rs.10, 000.00 and Certificate. Second Prize: Rs.5, 000.00 with Certificate. Third prize: Rs.3, 000.00 with Certificate <b>(50% BOOKS AND 50% CASH)</b>
3	Answer from the text competition - 5 Ashtangahrudayam Soothrasthanam 1st to 15th chapter 07.00 to 09.00 PM (29.09.2024)	First Prize: Rs.05, 000.00 with Certificate. Second Prize: Rs.03, 000.00 with Certificate Third prize: Rs.2, 000.00 with Certificate. <b>(50% BOOKS AND 50% CASH)</b>

4	Poster Presentation Competition - 5 Subject: Any Philosophical/Theoretical/Practical aspects of Ayurveda 07.00 to 09.00 pm (30.09.2024)	First Prize: Rs.05, 000.00 with Certificate. Second Prize: Rs.03, 000.00 with Certificate Third prize: Rs.2, 000.00 with Certificate. (50% BOOKS AND 50% CASH)
5	Recitation Competition – 5 Ashtangahridayam Soothrasthanam 15th Chapter (Only for Ashtangahridayasathram Participants)	First Prize: Rs.05, 000.00 with Certificate. Second Prize: Rs.03, 000.00 with Certificate Third prize: Rs.2, 000.00 with Certificate. (50% BOOKS AND 50% CASH)

**DATE AND TIME OF COMPETITIONS ARE SUBJECT TO CHANGE**

### Participation in competitions

- 1) One delegate can participate in any/all of the 4 competitions
- 2) Register through the link by filling up the details including your participation item/items on or before 31.08.2024.  
Link to register - <https://forms.gle/5fWpipo4A23uzx3eA>

### Registration Fee

Sl. No	Item	Fee
1	Participation to 8 days Ashtangahridayasathram is absolutely free. T & C apply for selection of delegates for Ashtangahridayasathram	
2	Competitions alone (Online) (All 4)	Rs.800.00

### T & C to participate in Ashtangahridayasathram

- 1) Minimum qualification is BAMS
- 2) Competent enough to collect and implement new horizons of Ayurveda.
- 3) Hard working (05.00 AM to 10.00 PM)
- 4) Self-disciplined.
- 5) Sathwik food habits.

### The below said facts has to be implemented

1. Preparation: They should come prepared by familiarizing themselves with the topic, reading any provided materials, and having questions or insights ready.
2. Active Listening: They should listen attentively to the speaker and other participants, showing respect and engagement.
3. Engagement: They should actively participate by asking relevant questions, contributing insightful comments, and sharing relevant experiences or knowledge.
4. Respectfulness: They should respect other participants' viewpoints, even if they disagree, and maintain a courteous demeanour throughout the seminar.

5. Open-mindedness: They should approach the seminar with an open mind, willing to consider new ideas and perspectives presented by the speaker and other participants.
6. Critical Thinking: They should analyse information critically, evaluating the validity and relevance of arguments presented, and offering constructive criticism when necessary.
7. Communication Skills: They should communicate their thoughts clearly and effectively, articulating their points in a manner that is easy to understand and conducive to discussion.
8. Empathy: They should demonstrate empathy towards others' perspectives, acknowledging diverse backgrounds and experiences within the seminar.
9. Contribution: They should contribute positively to the overall discussion, enriching the seminar with their insights and helping to foster a stimulating learning environment.
10. Adaptability: They should adapt to changes in the seminar format or discussion topics, remaining flexible and responsive to the flow of conversation.

**All payments should be through bank by the details provided below.**

**Bank Name: FEDERAL BANK**

**Branch: Palakkal, Thrissur, Kerala.**

**Name of Account Holder: VAGBHATASARANI TRUST**

**Account Number: 21180200001431**

**IFSC: FDRL0002118**

### **CALL FOR PAPERS**

Research papers (In Sanskrit/Hindi/ any Recognized regional language/English) are invited on any subject related to AYURVEDA for the Award of "VAGBHATAPURASKARAM". Participants intending to submit a paper should send the video of presentation for 5 minutes to vagbhatasarani@gmail.com on or before 05.09.2024. For any assistance in recording please contact Chairman, steering committee (Dr. Anoop Kumar Mob: 8868982438/8281358227)

### **Terms and conditions for competitions.**

- 1) **No spot registration**
- 2) Only registered delegates are permitted to participate.
- 3) Online registration with details should be done on or before 31.08.2024.
- 4) Full paper should be mailed to vagbhatasarani@gmail.com on or before 25.09.2024.
- 5) Judge's/Adjudicator's decision will be final in all disputes.
- 6) Different types of questions (1.MCQ, 2. One word answer, 3. Fill the blanks, 4. Quote the quotation and explain, 5 Concept explanation) will be asked for ANSWER FROM THE TEXT COMPETITION from Ashtangahrudayam soothrasthanam 1st to 15th chapter.
- 7) Poster may be prepared in power point in PDF format and send to vagbhatasarani@gmail.com on or before 20.09.2024. Your name and official address should be added in the poster. Any subject related to Ayurveda can be taken for poster presentation competition. You may have to explain the content if asked by the judges.
- 8) The video (5 minutes) for paper presentation competition for the award of "VAGBHATAPURASKARAM" may be sent to vagbhatasarani@gmail.com on or before 20.09.2024. (For assistance contact Dr. Betsy Varghees - 9400842761)
- 9) After registration WhatsApp group will be formed and all details will be provided.
- 10) Prizes will be announced and awarded in the valedictory of 11th ASHTANGAHRIDAYASATHRAM.

### **Eligibility to participate in Paper Presentation Competition**

- 1) UG/HS/PG/PhD/Post Doc scholars in the field of AYURVEDA
- 2) PG/PhD/Post Doc scholars of Sanskrit Department (Literary works).
- 3) PG/PhD/Post Doc scholars of Any other discipline where the research work is related to Ayurveda.

## Ashtangahridayasathram at a glance

Sl. No	Date	Program	Time
1	13.10.2024	Inauguration	04.00 PM
2		Keynote Address	05.30 PM
3		Ice Breaking	07.00 PM
4		Dinner	08.30 PM
5	14.10.2024	Wake up and Yoga practice	05.00 - 06.00 AM
6		Ashtangahridayaparayanam	07.00 – 08.30 AM
7		Ashtangahridayaparayanam	09.00 – 11.30 AM
		Explanation/Clarification about the parayana completed	11.30 – 12.30 PM
8		Lunch 01.00 – 02.00 PM	
9		Acharyasangamam - Discussion with Acharyas on Focal theme	02.00 – 05.30 PM
10		Prayer	06.30 – 07.00 PM
11		Manana – Recollecting/storing of the happenings of the day	07.00 – 08.00 PM
14		Dinner 08.00 – 08.30 PM	
15		Cultural activities/programs	08.30 – 09.30 PM
16		Sleep	09.30 PM
17		This pattern is repeated every day. One day evening – Local sight seeing	
18	20.10.2024	Valedictory	11.00 – 01.00PM

All communications should be addressed to [vagbhatasarani@gmail.com](mailto:vagbhatasarani@gmail.com)

Visit us: [www.vagbhatasarani.com](http://www.vagbhatasarani.com)

### ORGANIZING COMMITTEE

#### Patrons

Prof. (Dr.) P.K. BHARTI, Honorable Vice Chancellor, Glocal University, Saharanpur, Uttar Pradesh  
Dr. S. Ahalya, Honorable Vice Chancellor, Karnataka Samskrita Vishwavidyalaya, Chamarajpet, Bengaluru.  
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Prof.K.I.Vasu, Ex-PVC, KUSAT.  
Dr.G.G.Gangadharan, Bangaluru  
Dr. Suresh Kumar. C, Chief Physician and MD, Thriveni Nursing Home, Thiruvanandapuram

#### Advisors

Dr. Sreekumar T D, Director of Ayurveda Medical Education, AYUSH, Govt. of Kerala.  
Dr.M.R.Vasudevan Namboodiri, DAME (Rtd)  
Dr.G. Sreedhara Kurup, CVN Kalari Chikitsa Kendram, Champakkara, Kottayam  
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Dr. Mahesh Kumar Vyas, National General Secretary, Viswa Ayurveda Parishath  
Dr. Ashwini Kumar Bhargav, National Vice President, Viswa Ayurveda Parishath.  
DR. JSR Prasad, Professor and HOD, Department of Sanskrit studies, University of Hyderabad

## Academic Advisors

	Dr. Sreedhara BS, Joint Director, Medical Education, AYUSH, Govt. of Karnataka
	Dr. R. Muralikrishna, Deputy Director/Program Officer, NHM Ayush, Govt. of Karnataka
	Dr. Sreekanth Babu Perugu, Professor and HOD, Dept. Of Kayachikitsa, BRKR Govt. Ay. College, Hyderabad
	Dr. L N Shenoy, Assistant Director, Govt. Ay. Research Centre, Mysuru
	Dr. Prasanna Rao, Professor Emeritus, SDM Ayurveda Medical College, Hassan, Karnataka.
	Dr. Mamtha, Principal, SDM Ayurveda Medical College, Udupi.
	Dr. MD Sheba, Principal, Ahalya Ayurveda Medical College, Palghat.
	Dr. Kirathamoorthy P P, Principal, Vishnu Ayurveda Medical College, Shornur.
	Dr. G. Nagabhushanan, Principal, Santhigiri Ayurveda Medical College, Palghat.
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Cochairman:	Dr. Mohanan M, Principal, Sanskriti Ayurvedic Medical College & Hospital, Mathura, UP.
Working Chairman:	Dr. N N Devan, Chief Physician and Managing Director, Asokalayam Ayurveda Chikitsa Kendram, Thiruvegapura, Pattambi, Kerala 9745879486
General Convener:	Dr. P. Gourisankar 9447308867
Treasurer:	Dr. Shyam Mohan 9605509999

## Steering Committee:

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Members:	Dr. N K Mahadevan, Dr. V A Prabhakaran, Dr. George PA, Dr. Rajendran P R, Dr. Radhakrishnan J, Dr. Preethpal Singh.

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## RECEPTION, FOOD & ACCOMMODATION COMMITTEE

Chairman:	Dr. NM Narayanan - 6282190491
Convener:	Dr. KS Narayanan - 8075748098
Member:	Dr. KN Sreerudran, Dr. Sreejith - 9995686560

