



**NATIONAL SEMINAR ON
CLINICAL PRACTICES OF AHARA as MAHABHAISHAJYA
(FOOD as MEDICINE)**



Sunday, 3rd December 2023

VENUE – N.I.M.A. AUDITORIUM

Tilak Ayurved Mahavidyalaya

583/2, Rasta Peth, Pune, Maharashtra, India - 411011

Organized by

DEPARTMENT OF SWASTHAVRITTA AND YOGA

R.S.M's C.P.G.S.&R.A of Tilak Ayurved Mahavidyalaya, Pune

Office Address: 583/2. Rasta Peth, Pune-411011. Phone No. 020-26336429, 26336755.

E-mail:swasthaseminartamv@gmail.com.

On the Occasion of Rashtriya Shikshan Mandal's Centenary Year Celebration

NATIONAL SEMINAR ON CLINICAL PRACTICES OF "AHARA as MAHABHAISHAJYA"

(FOOD as MEDICINE)

आहारसंभवं वस्तु रोगश्च आहार संभवाः ।

हिताहितविशेषाच्च विशेषः सुखदुःखयोः ॥

(Charakasamhita Sutrasthana Chapter 28/45)

Charakasamhita has quoted that our body is formed from the food we eat and similarly diseases also occur from the food we eat. Hitakara (wholesome) and Ahitakara (unwholesome) foods contribute to sukha (happiness) and dukkha (sorrow) in life.

Kashyapsamhita a text on Ayurveda says that there is no better medicine other than food. Pathyakara food, that which is good for the body is the only thing which keeps the human beings disease free. A person is unable to sustain only on medicines and without food. Hence, the Acharya's have mentioned **Ahara - food as Mahabhaishajya - medicine**

न आहारसमं किञ्चिद्भैषज्यमुपलभ्यते । शक्यते अप्यत्रमात्रेण नरःकर्तुं निरामयः ।

भैषजेनोपपन्नो अपि निराहारो न शक्यते । तस्माद्भिषग्भिराहारो महाभैषज्यमुच्यते ॥

(Kashyapsamhita Khilasthana Chapter 4/5-6)

Today in the 21st century the whole world is affected by many non-communicable diseases. Newer infectious diseases are on the rise. There is a rise in many auto immune disorders too. All these diseases have their origin in improper lifestyle, of which improper dietary patterns, unhealthy diet is an important part.

The **National Seminar on Ahara as Mahabhaishajya- Food as Medicine** is therefore organized with lectures and views of eminent doctors/vaidyas working for the betterment of health through implementation of proper dietary patterns and proper food items in various diseased conditions.

We, invite all students, interns, postgraduate and PhD scholars, teachers and practitioners to attend the seminar by participating in the discussions on application of diet in day today clinical practice.

This seminar will inspire all participants regarding the proper use of food as medicine in day-to-day life.

Prof. Dr. Mihir Hajarnavis

HOD-Dept. of Swasthavritta
Programme Director
9422331060

Prof. Dr. Saroj Patil

Principal - T.A.M.V.
Organizing Chairman
989011685

Prof. Dr Dilip. P. Puranik

Director- C.P.G.S.& R.A.
Patron

Dr. Neelima Shisode

Organizing Secretary
9422058413

Dr. Sharvari Inamdar

Organizing Secretary
9822047973

NATIONAL SEMINAR ON CLINICAL PRACTICES OF “AHARA as MAHABHAISHAJYA”

Sunday, 3rd December 2023 Venue: N.I.M.A. Auditorium, T.A.M.V., Pune

SEMINAR SCHEDULE

Registration and Breakfast:	8.00 am to 9.00 am
Session I - Charaka Session : Topic: Organic Food as Medicine Speaker: Hon Vd. Dilip Gadgil, Academician and Senior Ayurved Consultant, Pune	9.00 am to 10.00 am
Inaugural Session: Chief Guest : Hon. Prof. Dr. Kamleshkumar Sharma, Pro. V. C. Jyoti Vidyapeeth Women's University (Patron of Pranayama Mahayagya), Akhil Bharatiya Yoga Mahasangha, Jaipur , Rajasthan.	10.00 am to 11.00 am
Guest of Honor : Hon. Prof. Dr. Jagannath V. Dixit Head - Dept. of Community Medicine, B.J. Medical College, Pune	
President : Hon. Dr. Dilip. P. Puranik President - Rashtriya Shikshan Mandal, Pune	
Keynote Address : Topic: Dixit Diet for Effortless Weight loss and Reversal of Diabetes Mellitus Speaker: Hon. Prof. Dr. Jagannath V. Dixit, Academician and Researcher of the Dixit Diet Plan	11 am to 12.00 pm
Session II : Vagbhata Session: Topic: Application of Millets in Annavahasrotas Disorders Speaker: Hon. Vd. Pushkar Wagh, Ayurved Consultant and Dietician, Dombivli	12.00 pm to 1.00 pm
Lunch Break:	1.00 pm to 2.00 pm
Session III- Sushruta Session: Topic: Application of Kshemkutuhala and Bhojankutuhala in Clinical Practice Speaker: Hon. Prof. Vd. Kashinath Samagandi, Faculty - Dept. of Swasthavritta, N.I.A. Jaipur	2.00 pm to 3.00 pm
Topic: Concept to Clinical Application of Ahara as Bhesaja Speaker: Hon. Vd. Abhijeet Saraf, Academician and Ayurved Consultant, Nashik	3.00 pm to 4.00 pm
Tea :	3.45 pm to 4.00 pm
Session IV - Sharangdhara Session Topic : First Aid Diet in Ayurvedic General Practice Speaker: Hon. Vd. Vishakha Deulgaonkar , Ayurved Consultant and Dietician, Pune	4.00 pm to 5.00 pm
Valedictory Function	5.00 pm to 5.30 pm

Contact : Programme Coordinators

Dr. Soniya Kale - 9850810705

Dr. Maithili Naik - 8237797975

NATIONAL SEMINAR ON CLINICAL PRACTICES OF "AHARA as MAHABHAISHAJYA"

Sunday, 3rd December 2023 Venue: N.I.M.A. Auditorium, T.A.M.V., Pune

Registration Fee Details :

Registration Fee (For Students) :	Rs. 1000/-
Participation fees (for Poster & or Paper Presentation with Registration) :	Rs. 1200/-
Registration Fees (for Ph.D scholars, Teachers, Practitioners) :	Rs. 1200/-

Please follow the guidelines for payment details through QR code and Registration Link :

For Payments NEFT or RTGS Transfer Details :

A/c Name : Centre for Post Graduate Studies and Research in Ayurveda - Ph. D. and others.

Bank Name : Canara Bank, Rasta Peth, Pune 411 011

A/c No. 53312010099902 • IFSC : CNRB0015331 • MICR Code : 411015059



We Welcome Event sponsorships at

Tea with Breakfast - Rs.20000/-	Lunch- Rs. 100000/-
High Tea - Rs. 10000/-	Tea Break (Short) – Rs.5000/-

Tariff for Stalls and Banners at Venue:

Stall -	Rs. 10000/-
Banners and Flex -	Rs. 3000/-
Samples/Leaflet Insertion in Kit -	Rs. 3000/-
Audio Visual Presentation -	Rs. 20000/-

Note : Poster and Paper competition will be held on Saturday, 2nd December 2023 10 am to 2 pm

Prizes will be distributed in the Seminar on 3rd December 2023. Submit Papers /Posters online till 20/11/2023.

Rules for Poster : Prepare a Flex Size 3x 3 feet, Poster Images : PDF / JPEG to the email swasthaseminartamv@gmail.com after registration, Bring Flex for display on 2nd December 10 am or 3rd December 8 am, submitted Flex will be preserved at Tilak Ayurved Mahavidyalaya, Pune.

Rules for Paper Presentation : Paper Should be presented orally in PPT format, Time: 8 + 2 min

Language : English / Hindi, Decision of the Juries will be Final.

Theme for Paper and Poster Presentation: Ahara as Mahabhaishajya- w.s.r. to- Age/ Prakruti/ Occupation/ Health / Diseases / Properties of Anukta Ahara Dravyas / Millets / Organic Food



About C.P.G.S. & R.A - Center for Postgraduate Studies and Research in Ayurved of Tilak Ayurved Mahavidyalaya was established in the year 1999 for imparting exclusive training of postgraduate students. The center conducts M.D./M.S (Ayu) courses with an intake of 57 students in 14 subjects approved by NCISM and affiliated to MUHS, Nashik. It also conducts PhD course in 14 subjects approved by MUHS. Center has a well-equipped research lab, separate library with autolib library software and Late Mama Gokhale lounge, board room, discussion rooms aided with audio visual aids.



About Swasthavritta Department : Dept. of Swasthavritta and Yoga conducts teaching, training and research activities at UG, PG and PhD levels. The main goal is to create competent community physicians. Hands on practical training in Swasthavritta and Yoga is imparted to the students. The Swasthyarakshanevum Yoga OPD in the affiliated Tarachand Hospitals caters to the wellness of the healthy individuals through lifestyle consultancy by the doctors in the OPD. The department has been awarded as the BEST Department by Rashtriya Shikshan Mandal, Pune

Reference for Accommodation in the vicinity of the College

Name	Approx. Tariff	A/c,	Non-A/c Name	Approx. Tariff	A/c,	Non-A/c
Hotel Da casa , Somwar Peth, Pune	1200/-	1000/-	Hotel Choice, Rasta Peth, Pune	1100/-	900/-	
Hotel Arman , Nana Peth, Pune	1200/-	1000/-	Hotel Karishma, Rasta Peth, Pune	1500/-	1800/-	
Hotel Shantai, Rasta Peth, Pune	2300/-	2100/-				