Sanjeevita 2013
Annual Summit

Current Concepts in Integrative Medicine
Rejuvenation

THEORETICAL WORKSHOP

"Medical Pluralism in Health and Healing"
Prof. K.R. Sethuraman,
Vice-Chancellor, Sri Balaji Vidyapeeth
Puducherry

"Physico-chemical nurturing of the 'Cell' - A tool for Rejuvenation"
Prof. Samuel Abraham
Professor, Yamanashi University
Japan

"Research in Integrative medicine: Opportunities & Challenges"
Prof. S.P. Thyagarajan
Pro-Chancellor, Sri Ramachandra Medical University
Chennai

"A comparative analysis of modern and traditional medicine"
Prof. M. Prakash Rao
Scientist IV, Central Council For Research In Homeopathy
New Delhi

SANjeevita MOTIVATION LECTURE

"Rasayana (rejuvenation) in tradition and in recent studies"
Prof. M.S. Valiathan
National Research Professor, Manipal University
Manipal, Karnataka

SESSIONS

"Medical Pluralism in Health and Healing"
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PANEL DISCUSSION

Theme: "Medical pluralism to Integrative Medicine"
Moderator:
Prof. K.R. Sethuraman,
Vice-Chancellor, Sri Balaji Vidyapeeth
Puducherry

Panelists:
Prof. P.H. Anantharayanan
Sr. Professor
JIPMER, Puducherry

Prof. B.D. Patel
Fmr. Director & Dean, Vinayaka Mission's HMC
Salem

Prof. Madanmohan
Director, CYTER
Puducherry

Prof. G. Ganapathy
Fmr. Jt. Director, ISMH and NRHM
Chennai

Dr. P. Muralikrishna
Reader, S.V. Ayurvedic College
Tirupati

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SEPTEMBER 6, 2013
Venue:
MGMCRF, Campus
Puducherry
“Health for all by 2000 AD” has remained a pipedream. And can we achieve health for all even by 3000 AD? Unlikely. Unless we adopt an effective and integrative approach to the problem. The present health scenario is dismal. With increasing elderly population, the incidence of already prevalent chronic lifestyle disorders is on a steady rise. Antibiotic resistance is staring us in the face. Expensive high-tech modern medicine is beyond the reach of even the upper middle class. Public hospitals are over-crowded, understaffed and fund-starved. Millions die of chronic diseases while they are on life-long drug treatment. It is clear that allopathy does not have all the answers and there is an urgent need to adopt an integrative and holistic approach to the problem. There are gems in “alternative” treatment modalities which are simple, bio-eco-friendly and inexpensive. We need to shed our ego and get rid of “holier-than-thou” attitude.

Yoga can effectively augment modern medicine. Being holistic, it is ideal for integrated development of our body, mind as well as soul. Mind, body and soul are intricately inter-related and mind-body dichotomy is at the root of our problems and disease. Health as well as ill health have physical, mental-emotional as well as spiritual dimensions. Elderly persons are more happy and healthy if spiritually active. However, spiritual domain has been outside the scope of modern medicine. Yoga can effectively fill this lacuna. Yoga has promotive and preventive potential and can play an important role before the disease manifests itself. Yoga has many advantages. Being non-pharmacological, it is free from negative, harmful side effects of drugs. In contrast, it has positive, “side benefits” in terms of improvement of psychosomatic health of the patient. Even if drugs have to be given along with yoga therapy, decrease in drug dosage will bring down the cost of medicare & limit the side effects of drugs. Another advantage of yoga therapy is that treatment of one disease is associated with simultaneous benefit in other diseases as well as improvement in quality of life. Yogic relaxation and breathing techniques can be of immense value in pre-operative relaxation and post-operative recovery. It is clear that inexpensive and holistic yoga therapy can be great boost to our health care delivery system.

Great ventures are bound to face great challenges. The principle of duality (dvand) is inherent in our world. Change is always resisted due to uncertainty, even fear of unknown. We have to deal with status quo-ists who lack motivation and love laziness. Who has time? Well meaning professionals are busy in administrative work or private practice. The curriculum is already loaded, how to add new content? Another challenge is to identify and exclude unscientific, untested and potentially harmful methods. Powerful drug companies have vested interest in tutoring and pleasing physicians. They are quite smart in modulating even the research findings! The task is stupendous, but worthy and achievable. We need to rope in competent, authentic and well meaning persons. We need visionaries who are scientists by training and action-oriented karmayogis. Use of internet will make the effort more effective, open and respectable. And Divine Grace will make the whole effort fruitful and enjoyable.

**PROFILE**

Prof. (Dr.) G. GANA PATHY
Joint Director (Retd)
Former Professor and HOD, National Institute of Siddha, Tambaram
B.S.M.S. & M.D. (Siddha) Selection, Committee Member,
Ex-Member, Scientific Advisory Committee-Siddha.CCRAS, Ex-Member - Ayurveda, Siddha Unani
Drugs - Technical Advisory Board. Ministry of health and Family Welfare Department, Indian System
of Medicine and Homeopathy, Ex - Chairman & Member of Central Council of Indian Medicine,
Faculty PRESIDENT, Siddha, CHAIRMAN. Board of Studies. Siddha, Chennai,
Consultant, NRHM, Directorate of Indian Medicine and Homoeopathy, Chennai.
encourage airflow between sinus membranes and nasal passages. These practices help enhance proper sinus drainage. Nasal congestion can be improved with the use of a neti pot, wherein saline solutions are used for relief of symptoms. Saline solutions help break up tenacious mucus. Stress and anxiety both tend to aggravate the symptoms of allergic rhinitis and art therapy helps by relaxing the patient and reducing anxiety. Essential oils provide relief from nasal congestion in three ways: improving nasal airflow by inducing vasoconstriction, stimulating cold receptors and stimulating kappa-opioid receptors for pain relief. Cardio exercise reduces the symptoms of sneezing, congestion, nasal itching and nasal discharge, by increasing adrenaline levels and increasing blood flow to nasal mucosa. Hypnosis gives people with asthma or allergies more self-discipline to follow good health practices. Stress and anxiety cause airways to constrict more in patients with asthma or allergies. Music therapy helps to relax and reduce anxiety, thereby stabilizing the autonomic nervous system.

PS5. Health, rejuvenation and longevity: an ayurvedic perspective
Madanmohan and Ananda Balayogi Bhavanani
Department of Physiology and CYTER, Mahatma Gandhi Medical College & Research Institute, Pillayarkuppam, Pondicherry - 607402

Abstract
WHO defines health as “A state of complete physical, mental and social well being and not merely the absence of disease or infirmity”. Acharya Sushrut (600 BC) has given a poetic and holistic definition of health as: “Balanced elements, normal digestive & excretory functions, content & happy mind & atma; these are the signs of health” (Sushrut Samhita, Sutrasthanam, 15:41). Charak (~200 BC) is in agreement with this definition when he says: “Disequilibrium of elements is disorder and their equilibrium is health. Health is happiness while disorder in unhappiness” (Charak Samhita, Sutrasthanam, 9:4). Physiological wisdom implies that being healthy means our ability to maintain homeostasis and milieu interieur by co-operative functioning of our organs/ systems. Yoga is a holistic science. From the yogic point of view, total health implies health of and harmony between body, mind as well as soul. Keeping the above in mind, I would like to give a concise definition of health as: “Health is a state of holistic well-being enabling one to work enthusiastically and selflessly and enjoy the work as an offering to the Divine”. Working with enthusiasm implies physical health and enjoying one’s work promotes mental health. Working selflessly for common good and offering the fruits of one’s labor to the Divine is a concrete way to promote social and spiritual health. This is nishkam karmayoga, the central message of Bhagavadgita.

Vedic & ayuv vedic term Ayush implies long & healthy life and ayushkar are the measures that prolong life beyond 100 years. A Vedic verse prays thus: “May we live for 300 years (traayusham) like devatas and rishis” (Yajurved, 6:62). Longevity in determined by the interaction of our genes and environment and supervised by our consciousness. We can enjoy /long & healthy life by adopting healthy lifestyle & yoga is the best lifestyle ever designed. Ayurved describes two types of therapeutics: i) alleviation of disorders & ii) promotion of strength in a healthy person (Charak, Samhita, Chikitsasthanam, 1:1,4). The second category include vrishya that enhance sexual potency (Vajikaran) and rasayan that promote strength and immunity although they can alleviate disorders also. Amalaki and ashwagandha are examples of rasayan (that provide ras or “juice of life”) Which improve physical & mental health and delay aging process.

PS6. Yoga and modern medicine: need for integration
Madanmohan and Ananda Balayogi Bhavanani
Department of Physiology and CYTER, Mahatma Gandhi Medical College & Research Institute, Pillayarkuppam, Pondicherry - 607402

Abstract
Modern medicine has made tremendous progress in recent years with state of the art diagnostic methods, powerful drugs and awesome surgical techniques. However, allopathy does not have all the
answers as it is basically disease oriented. Its services are expensive and beyond the reach of common man and drugs have many harmful side effects. It is far from effective in stress-based, chronic degenerative, old age and lifestyle disorders which are the bane of modern society. On the other hand, yoga is holistic because it has promotive, preventive as well as curative potential. It is not only free from the negative side effects of drugs, but has “positive” beneficial side benefits in terms of improvement of psychosomatic health. In early uncomplicated stages of diseases it can be used as an effective alternative to drugs. In later stages, it can be used as an effective lifestyle adjunct to medical treatment to reduce drug dosage and improve quality of life. It is most effective for prevention as well as management of all-pervading stress and stress disorders. However it is no match to allopathy in the management of acute infections and medical and surgical emergencies. It also needs to be emphasized that without discipline and commitment to yoga, compliance is a big question mark. Yoga and modern medicine are natural allies and their coming together is inevitable and long overdue. Their merger will give us a more effective and holistic health science that will be a boon to humanity. To achieve this goal, we need a group of committed intellectuals who are scientists by training, yogis by heart and action-oriented karmayogis. Without such a holistic vision and action, we will not be able to achieve health for all even by 3000 AD, Health for all by 2000AD was a pipe dream.

PS7. Effect of yoga training on cardiorespiratory health in obese subjects
Madanmohan*, Ananda Balayogi Bhavanani*, AR Srinivasan' and Balanehru Subramanian•
*Department of Physiology and CYTER, MGMC & RI
'Department of Biochemistry MGMC & RI
•CIDRF, MGMC & RI.

Abstract:
Obesity is a major health challenge worldwide. It is a contributing factor to morbidity and mortality in lifestyle disorders such as diabetes, hypertension, coronary artery disease and premature aging. Yoga is the best lifestyle ever designed for preventive health as it also promotes positive wellbeing. Studies have suggested the beneficial effects of yoga in prevention and management of obesity and its complications. However, the cardiorespiratory health benefits of yoga in obesity have not been studied in detail. The present single blind RCT aims to determine cardiorespiratory health status of obese subjects (BMI 25 - 40) and evaluate the effect of Yoga training in them. 120 obese volunteers (BMI 25 - 40) will be recruited and randomized into yoga group (60) and wait list control group (60). Cardiorespiratory health status will be evaluated by anthropometric indices (Ht, Wt, BMI, WC/HC), physiological parameters (resting HR, BP and HRV, PFT and exercise tolerance), Ferrans and Powers QoL Index and biochemical parameters (HOMA, micronutrients, LFT, lipid and thyroid profiles) before and after the study period and appropriate statistical analysis will be done. 12 weeks of Yoga training consisting of an integrated schedule of asan, pranayam and relaxation techniques along with lifestyle modifications and Yogic counseling will be given to Yoga group. Participants in control group will be treated as wait list control and will be given an opportunity to attend yoga training programme after completion of study period. A significant improvement is expected in cardiorespiratory health status that will be an indicator of the preventive and health promotive effects of Yoga.

PS8. Yoga works, but how?
Ananda Balayogi Bhavanani, Meena Ramanathan, and Madanmohan.
Department of Physiology and CYTER, Mahatma Gandhi Medical College & Research Institute, Pillayarkuppam, Pondicherry - 607402

Abstract
We are today faced with numerous debilitating chronic illnesses related to aging, environmental pollution, and hedonistic lifestyle. These disorders include cancer, diabetes, osteoporosis, and cardiovascular diseases as well as many incurable diseases such as AIDS. Modern medical advancements provide the rationale for the integration of various traditional healing techniques including Yoga to promote healing,
health, and longevity. It is imperative that advances in medicine include the wholistic approach of Yoga to face the current challenges in health care. The antiquity of Yoga must be united with the innovations of modern medicine to improve quality of life throughout the world. While modern medicine has a lot to offer humankind in its treatment and management of acute diseases, accidents and communicable diseases, Yoga has a lot to offer in terms of preventive, promotive and rehabilitative methods in addition to many management methods to tackle modern illnesses. While modern science looks outward for the cause of all ills, Yoga enables us to search deep within our own self. This two way search can lead us to many answers for the troubles that plague modern man. Numerous studies have been reported in recent decades on the psycho-physiological and biochemical changes occurring following the practice of Yoga. We discuss some of the researched benefits to facilitate an understanding of how Yoga works at least at the physical level, though we are yet to research and understand subtler effects of Yoga.

PS9. Immediate cardiovascular effects of pranayamas in patients of hypertension
Ananda Balayogi Bhavanani and Madanmohan
Department of Physiology and Director CYTER, Mahatma Gandhi Medical College & Research Institute, Pillayarkuppam, Pondicherry - 607402

Abstract
Hypertension is a common disorder where Yoga has been shown to be an effective adjunct therapy. Different pranayamas have been studied in patients of hypertension and this presentation deals with postulated mechanisms behind healthy reductions in heart rate, systolic pressure (SP), diastolic pressure, mean pressure and blood pressure (BP) indices such as rate-pressure product and double product. Beneficial immediate results of sukha (inhalation = exhalation), savitri (6:3:6:3 rhythm for inhalation: held in: exhalation and held out breath in sitting and supine positions), chandra nadi (exclusive left nostril breathing) and pranava pranayamas (using audible AUM chanting during prolonged sequential exhalation in sitting and supine positions) are detailed. These changes may be attributed to a normalization of autonomic cardiovascular rhythms as a result of increased vagal modulation and / or decreased sympathetic activity and improved baroreflex sensitivity along with an augmentation of endogenous nitric oxide production. The prolonged exhalation phase of pranava pranayama may be mimicking the Valsalva maneuver resulting in decreased venous return, cardiac output and SP. These findings have potential therapeutic applications in day-to-day as well as clinical situations where BP needs to be brought down at the earliest. These simple and cost effective techniques may be added to the management protocol of hypertension in addition to regular medical management.

PS10. “OIL PULLING”-A TRADITIONAL REJUVENATION
PSaranya and Shilpa Philip
Mahatma Gandhi Medical College and Hospital, Pillaiyarkuppam, Pondicherry- 632007

Abstract
Ayurveda is the holistic system of medicine which evolved in India some 3000-5000 years ago. The system of traditional medicine native to Indian subcontinent now practiced in other parts of the world in the form of complimentary or alternative medicine. Oil pulling is the ancient ayurvedic remedy for oral health and detoxification. It involves the use of pure oils as agents for pulling harmful bacteria, fungus and other out of the mouth. Oil therapy is preventive as well as curative and is the simple rejuvenating treatment. Ayurveda advises oil gargling to purify the entire human system. This poster highlights the ‘oil pulling’ system of rejuvenation therapy, which not only improves the oral health but also improves the systemic health."Let wellbeing prevail" for all.

PS 11. Traditional Medicines in remineralization of early enamel caries
Dr. Sanguida. A, and Dr. Carounanidy Usha
Indira Gandhi Institute of Dental Sciences, Sri Balaji Vidyapeeth, Puducherry.
SANJEEVITTA 2013 Program

08.30AM  Registration
09.00AM  Inauguration

Sanjeevita Theoretical Workshop

09.30AM  Persuasive Speech: “Medical Pluralism in Health and Healing”
          Prof. K. R. Sethuraman,
          Vice Chancellor, Sri Balaji Vidyapeeth

10.00AM  Thematic Speech I: “Physico-chemical nurturing of the ‘Cell’: A tool for Rejuvenation”
          Dr. Samuel Abraham,
          Professor, Yamashita University, Japan

10.45AM  Tea

11.15PM  Thematic Speech II: “Research in Integrative medicine: Opportunities & Challenges”
          Prof. S. P. Thyagarajan,
          Pro Chancellor (Research), Sri Ramachandra Medical University, Chennai

12.01PM  Thematic Speech III: “A comparative analysis of modern and traditional medicine”
          Prof. M. Prakash Rao,
          Scientist IV, Central Council for Research in Homeopathy, New Delhi

Sanjeevita Research Cluster Inauguration

12.35PM  Inauguration of Research Clusters
          Venue: MGMCR Inner Courtyard
          By Shri. M.K. Rajagopalan
          Chairman,
          Sri Balaji Educational and Charitable Public Trust

01.00PM  Lunch and Poster Competition
          Theme: Rejuvenation: Tradition and Modern

Sanjeevita Panel Discussion

02.00PM  Panel Discussion Theme:
          “Medical pluralism to Integrative Medicine”
          Moderator: Prof. K. R. Sethuraman,
          Vice Chancellor, Sri Balaji Vidyapeeth

Panelists:
          Prof. P.H. Ananthanarayanan
          Director – Professor & Head
          Dept. of Biochemistry, JIPMER, Puducherry

          Prof. B.D. Patel
          Fmr. Director and Dean, Vinayaka Mission’s Homeopathy Medical College, Bangalore

          Prof. Madan Mohan
          Director, Center for Yoga Therapy, Education and Research, Puducherry

          Prof. G. Ganapathy
          Fmr. Jr. Director, Indian System of Medicine and Homeopathy (ISMH), Chennai

          Dr. P. Murumkiran
          Reader, S.V Ayurvedic College, Tirupati.

03.30PM  Tea

Sanjeevita Motivational Lecture

03.45PM  “Rasayana (rejuvenation) in tradition and in recent studies”
          Prof. M.S. Vaidyanath,
          National Research Professor, Manipal University, Manipal, Karnataka

Sanjeevita Valediction

04.30PM  Summit Integration: Prof. A. R. Srinivasan
          Registrar, Sri Balaji Vidyapeeth

04.45PM  Valediction