

**15<sup>th</sup> International Conference**  
**“Ayurveda & Autoimmune Disorders”**  
**October 9-11, 2015**

**Venue:**  
**Biltmore Hotel & Suites**  
**2151 Laurelwood Road, Santa Clara, CA 95054, USA**

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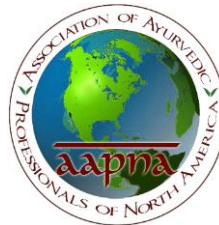
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*Note: \*This conference is solely for educational purposes.  
This conference is not intended to diagnose, treat, cure, or prevent any disease.*

***NCBTMB Approved Provider # 600***



# Tentative Conference Program Guide\*

## Friday, October 9, 2015

Time	Topic	Presenter
07:00 am – 08:30 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
08:45 am – 09:00 am	Inaugural Ceremony	Vedic Recitation & Dhanwantari Prayer
09:00 am – 9:45 am	Keynote Presentation Overview of Autoimmune Disorders	Vijay Jain, MD, Florida, USA
9:45 am – 10:15 am	Healing the Autoimmunity: A Specialty of Ayurveda	Pratibha Gramann, PhD, California, USA
10:15 am – 10:45 am	Concept of Autoimmune Diseases in Ayurveda with special reference to management of Amavata	Anand Joshi, BAMS, MDAYURVED, PhDAyurved, Pune, India
10:45 am – 11:15 am	<b>Sponsor &amp; Exhibitor Presentation</b>	Banyan Botanicals, New Mexico, USA Sewanti Ayurveda Series, Vancouver, Canada Dr. Jay's Ayur Foods, CA, USA
11:15 am – 11:45 am	<b>Break / Sponsors Visit</b>	<b>Break / Sponsors Visit</b>
11:45 am – 12:30 pm	Keynote presentation - Identifying Prakriti and its role in Auto Immune Disorders	Suhas Kshirsagar, BAMS, MDAYURVED, California, USA
12:30 pm – 01:00 pm	The Psychology of Auto Immune Disorders: Ayurveda and the Mind as Healer	Cynthia Copple, California, USA
01:00 pm – 02:00 pm	<b>Lunch &amp; Sponsors / Exhibitors Visit</b>	
02:00 pm – 02:45 pm	Keynote presentation - Ayurvedic Approach to Treating Memory Impairment	Rammonhan Rao, PhD, California, USA
02:45 pm – 03:15 pm	Rheumatoid Arthritis and Ayurveda- A Case Study	Rucha Kelkar, BAMS, MPT, California, USA
03:15 pm – 03:45 pm	Build Immune Strength with the Methods of Kriyoga and Himalayan Meditation	Kamal (Suresh Kamal Srinivas), Thailand
03:45 pm – 04:15 pm	<b>Break / Sponsors Visit</b>	<b>Break / Sponsors Visit</b>
04:15 pm – 05:00 pm	Keynote presentation - Classical Ayurvedic Protocol for Sustainable Results in Chronic Autoimmune Disorders	Jayarajan Kodikannath, BSc., BAMS, California, USA
05:00 pm – 05:30pm	Translational scope of Integrative Ayurveda in Autoimmune disorders: Review and Directions	Namyata Pathak Gandhi, BAMS, MDAYURVED, VSF, California, USA
05:30 pm – 06:00 pm	Bridging Ayurveda with Allopathy in Autoimmunity	Tom Yarema, MD, California, USA
06:00 pm – 06:30 pm	<i>Social Gathering – Knowing Each Other</i>	
06:30 pm – 08:00 pm	<b>Dinner &amp; Sponsors / Exhibitors Visit</b>	
08:00 pm – 09:00 pm	<b>AAPNA Board of Directors, Advisors, Members Meeting</b>	

# Saturday, October 10, 2015

<b>Time</b>	<b>Topic</b>	<b>Presenter</b>
06:00 am – 07:00 am	Kriyoga & Golden Meditation	Master Kamal, Thailand
07:00 am – 08:45 am	Registration	Front Desk
09:00 am – 09:45 am	Keynote presentation – Clinical Application Of Rasayana Therapy For Prevalent Auto-Immune Disorders	Jayagopal Parla, BAMS, MDAYURVED, MAOM, CMT, California, USA
09:45 am – 10:15 am	The role of mind in autoimmune disorders - An ayurvedic perspective	Priyatarssini Balamurugen, BAMS, MSc. (Psychology), DNYS, RAAP, New Jersey, USA
10:15 am – 10:45 am	Evidence for the effectiveness of ayurvedic medicine in the management of rheumatoid arthritis	Anupama Kizzhikkaveettil, BAMS, MAOM, Lac., PhD (C), California, USA
10:45 am – 11:00 am	<b>Sponsors &amp; Exhibitors Presentation</b>	Maharishi Ayur Veda – VPK – IA, USA do Terra – Evelynn McNeff, UT, USA Ayurveda Posters, VA, USA
11:00 am – 11:30 am	<b>Break &amp; Sponsors Visit</b>	<b>Break &amp; Sponsors Visit</b>
11:30 am – 01:00 pm	Utilizing Medico Legal Tools	Dan McNeff, Legally Mine, Utah, USA
01:00 pm – 02:00 pm	<b>Lunch &amp; Sponsors / Exhibitors Visit</b>	
02:00 pm – 02:45 pm	Keynote presentation - Deepening our understanding of Auto Immune Disorders with Ayurveda	Pratibha Shah, BAMS, MDAYURVED, MPH, Massachusetts, USA
02:45 pm – 03:15 pm	The daily routine in the management of autoimmunity	Mary Sullivan, MS, AYS, Massachusetts, USA
03:15 pm – 04:00 pm	Keynote presentation - Crohn's Disease – Clinical Presentation	Suresh Swarnapuri, BAMS, MDAYURVED, Ireland
04:00 pm – 04:30 pm	Award Ceremony & Group Photo	
04:30 pm – 05:00 pm	<b>Break &amp; Sponsors Visit</b>	<b>Break &amp; Sponsors Visit</b>
05:00 pm – 05:30 pm	Determining a Regional Ritucharya (Seasonal Routine) for Health	Kathy Gehlken, MA, RDN, CMP, California, USA
05:30 pm – 06:00 pm	Integrative Model for the Biochemistry of Cellular Healing	Holly Fourchalk, PhD (Psychology), PhD (Nutrition), MA, RAAP, Vancouver, Canada
06:00 pm – 06:30 pm	<b>Sponsor &amp; Exhibitor presentations</b>	Veda Pulse – BG metrix, NJ USA Kerala Ayurveda Academy, CA, USA Kottakkal Ayurveda, New York, USA
06:30 pm – 07:30 pm	Dinner	Dinner
07:30 pm – 09:00 pm	Indian Folk Dance	Devika Deshmukh and Party from California

# Sunday, October 11, 2015

<b>Time</b>	<b>Topic</b>	<b>Presenter</b>
6:00 am – 7:00 am	Yoga & Meditation	TBA
7:00 am – 8:45 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
9:00 am – 09:45 am	Keynote presentation - Evidence Based Top 5 Herbs & Formulas for Autoimmune Disorders	Vivek Shanbhag, BAMS, MDAYURVED, ND, CYED, California, USA
09:45 am – 10:15 am	Ayurvedic Samvahanam in Autoimmune disorders	Devika Deshmukh, BAMS, MDAYURVED, California, USA
10:15 am – 10:45 am	Management of Psoriasis with Siddha System of Medicine	Shanmugamurthy Lakshmanan, PhD, Massachusetts, USA
10:45 am – 11:15am	<b>Break &amp; Sponsors Visit</b>	<b>Sponsors Visit</b>
11:15 am – 12:00 am	Keynote presentation - Psoriasis through eyes of conventional medicine and ayurveda	Jay Apte, BAMS, MS (Pharmacology), California, USA
12:00 pm – 12:30 pm	Sarcoidosis – Ayurvedic Management	Prashanth Acharya, BAMS, MSAYURVED, Bangaluru, India
12:30 pm – 01:00 pm	Review of the recent scientific advancements in the area of herbal modalities and ayurvedic basic principles in treatment of RA	Darshan Desai, BAMS, MDAYURVED, Mumbai, India
01:00 pm – 02:00 pm	<b>Lunch</b>	
02:00 pm – 02:45 pm	Keynote presentation - Pancha Karma for Autoimmune Disorders	Shekhar Annambhotla, BAMS, MDAYURVED, LMT Pennsylvania, USA
02:45 pm – 03:15 pm	Autoimmune Disease & Ayurveda	Rekha Nair, BAMS, Kerala, India
03:15 pm – 03:45 pm		
03:45 pm – 04:15 pm	<b>Break &amp; Sponsors Visit</b>	<b>Break &amp; Sponsors Visit</b>
04:15 pm – 04:45 pm	Autoimmune disorders in pregnancy & its solution in Ayurveda	Swati Mohite, BAMS, MS Ayurved, Pune, India
04:45 pm – 05:15 pm		
05:15 pm – 05:45 pm	<b>Sponsors Presentation</b>	Sponsors Presentation
05:45 pm – 06:00 pm	<b>Closing Ceremony</b>	Shekhar Annambhotla, Director GAC & AAPNA

*Note: \*The program guide subject to change without prior notice.*

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