



Organizers



WORLD
AYURVEDA
FOUNDATION

Partner State



Govt of Chhattisgarh



Vijnana Bharati

5th World Ayurveda Congress & Arogya Expo

Focal theme

'Enriching Public Health Through Ayurveda'

7-10 December 2012, Bhopal, Madhya Pradesh, India

Partners



AVS, Kottakkal



AVP, Coimbatore

pharmexoil

PHARMACEUTICALS EXPORT
PROMOTION COUNCIL
Ministry of Commerce & Industry
Government of India

Prime Sponsor



Serving Ayurved since 1872

Abstracts

11229**Enhanced hepatoprotective activity of piperine loaded optimised chitosan micro-spheres****Prashant Sahu, Deepa Sahu, Deepa Sahu**

Purpose: To convert natural origin drug into targeted drug delivery system, optimising the dosage form (microspheres containing natural drug) to procure the best dosage form of preparation and to aim a targeted site (liver) so as the maximum amount of drug can reach the targeted site with the outmost motto to achieve the maximum therapeutic effect at desired site (liver) and the desired aim to avoid the adverse reaction of synthetic drugs system.

Method: Method employed is that procurement of drug, followed by extracting its particular compound, evaluation and characterisation, then proceeds to convert into targeted drug delivery system, followed by optimization of dosage form, then proceeds to pharmacological process of liver targetting.

Result: By loading natural drug into optimised targeted drug delivery system, remarkable results has been achieved by analysing SGOT (Serum glutamic oxaloacetic transaminase), SGPT (Serum glutamic pyruvic transaminase) and Histopathology profile.

Conclusion: The outmost conclusion is that the natural origin drug when convert into targeted drug delivery shows significant and remarkable hepatoprotective activity which opens the new era of treating many hepatic diseases with the foremost aim of avoiding adverse effect of drugs, thus ayurveda proving its utility again in this modern age of medicinal world.

11232**Enlightenment: the goal of yoga and ayurveda - from philosophy to science****Lothar Pirc**

Purpose: The highest goal of the practice of Yoga and Ayurveda as described in classical Vedic texts is the achievement of enlightenment. This paper discusses progress on developing scientific parameters and definitions of the state of enlightenment, and explores research on the effects of the practice of the Transcendental Meditation technique on cognitive and physiological functioning in relation to this goal.

Method: Modern science has identified three major states of consciousness (waking, sleep, dream) characterised by unique physiological correlates and cognitive experience. Identification of a fourth major state of consciousness consistent with descriptions of samadhi, resulted from studies such as Wallace, Benson and Wilson's A Wakeful Hypometabolic Physiologic State (American Journal of Physiology 1971). New research indicates sustained development of higher states of consciousness consistent with descriptions of enlightenment in Vedic literature and supported by the practices of Yoga and Ayurveda.

Result: Progressive improvement in mental and physical function emerge during waking and sleep states when alternated with 2 daily 20-min. periods of Transcendental Meditation (TM). Travis, Arenander and Mason's work is cited on EEG coherence, power and contingent negative variation (Biological Psychology 2002), psychological and physiological characteristics of a proposed object-referral/self-referral continuum of self-awareness (Consciousness and Cog-

niton 2004), electrophysiological correlates of higher states of consciousness during sleep in longer-term practitioners of the TM program (Sleep 1997).

Conclusion: These and other pioneering research efforts address a timely need to develop a scientific basis for understanding and developing higher states of consciousness as outlined in Vedic literature and the systems of Yoga and Ayurveda, and as developed in the work of Maharishi Mahesh Yogi. Enlightenment, which in recent times has been seen as impractical to achieve or as a luxury for the philosophically or spiritually inclined, is seen as a necessity, and as the basis for the creation of a healthy, peaceful and progressive society.