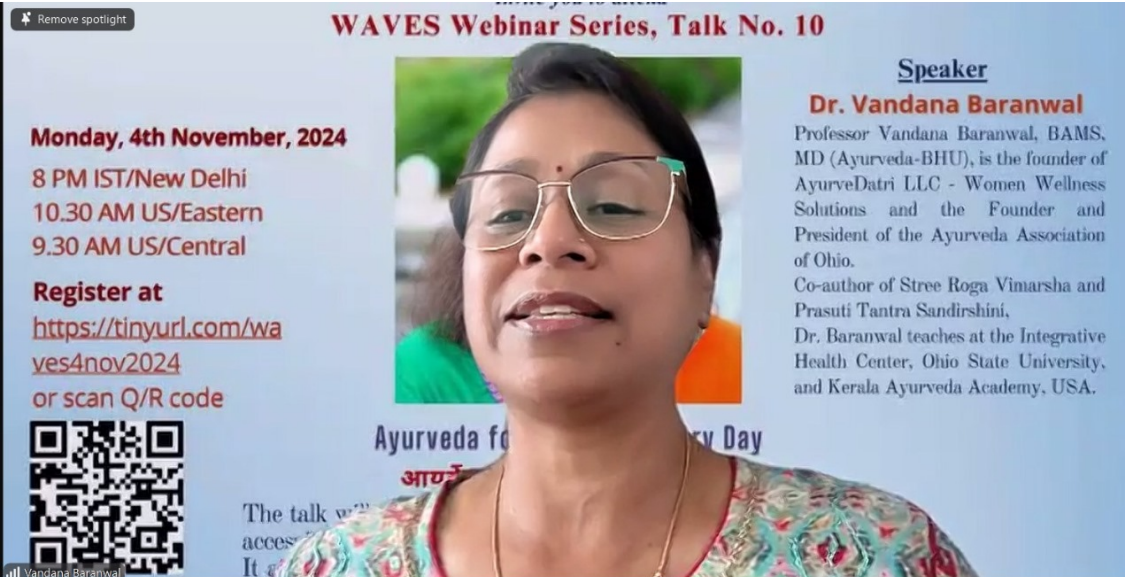


Report: WAVES Webinar Series, Talk No. 10- Dr. Vandana Baranwal, “Ayurveda for Everyone, Every Day”

WAVES International and WAVES (India) hosted a notable online event, as part of their WAVES 2024 Webinar Series, featuring Dr. Vandana Baranwal, who presented an informative talk titled, “Ayurveda for Everyone, Every day” on November 4, 2024. The special session was organized in celebration of National Ayurveda Day and Dhanvantari Jayanti.

WAVES has been increasingly incorporating Ayurvedic discussions into their projects, reflecting an increasing interest in holistic health and wellness based on ancient teachings.

The distinguished speaker, Professor Vandana Baranwal, BAMS, MD (Ayurveda-BHU) is recognized as an outstanding speaker and an advocate for Ayurveda, making her participation highly anticipated within the WAVES community. She is known for her advocacy for integrating traditional Ayurvedic principles with contemporary health practices, particularly concerning women’s health.



The graphic is a promotional poster for a webinar. At the top, it says 'WAVES Webinar Series, Talk No. 10'. In the center is a portrait of Dr. Vandana Baranwal, a woman with glasses and a bindi, wearing a colorful patterned top. To the left of the portrait, the date and time are listed: 'Monday, 4th November, 2024', '8 PM IST/New Delhi', '10.30 AM US/Eastern', and '9.30 AM US/Central'. Below this, it says 'Register at' followed by the URL 'https://tinyurl.com/waves4nov2024' and 'or scan Q/R code'. A QR code is located at the bottom left. To the right of the portrait, under the heading 'Speaker', is the name 'Dr. Vandana Baranwal' followed by her credentials and a brief biography. At the bottom, the title of the talk 'Ayurveda for Everyone, Every Day' is partially visible, along with the text 'The talk will access...' and 'It a...'. A small 'Remove spotlight' button is in the top left corner.

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Speaker
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Professor Vandana Baranwal, BAMS, MD (Ayurveda-BHU), is the founder of AyurveDatri LLC - Women Wellness Solutions and the Founder and President of the Ayurveda Association of Ohio. Co-author of Stree Roga Vimarsha and Prasuti Tantra Sandirshini, Dr. Baranwal teaches at the Integrative Health Center, Ohio State University, and Kerala Ayurveda Academy, USA.

Ayurveda for Everyone, Every Day

The talk will access...
It a...

Dr. Baranwal began by emphasizing the distinct narrative of Ayurveda, which is said to have divine origins, a belief that has been somewhat diminished by modern interpretations. Traditional texts recount that this ancient wisdom emerged from the gods, highlighting the necessity to restore this fundamental understanding. The speaker stressed that Ayurveda’s roots are indeed grounded in divine knowledge, intended to alleviate human suffering.

Fortunately, there are still many texts available, one of the pivotal texts of Ayurveda is the Charak Samhita, which is considered a comprehensive guide to Ayurvedic medicine. The first chapter, Sutrasthana, narrates a significant symposium among ancient sages who gathered to discuss the origins of this sacred knowledge. During this gathering, a sage named Maharishi Bharadwaj volunteered to seek the wisdom of the gods directly.

Sage Bharadwaj’s journey took him to Indra, the king of the gods, where he encountered Brahma, the creator of the universe. In this celestial meeting, Sage Bharadwaj received profound insights about health, healing, and the holistic understanding of life. Upon returning to Earth, he shared this

divine knowledge with fellow sages, illustrating a core principle of Ayurveda: knowledge is meant to be disseminated for the greater good. This collaborative effort among sages led to the documentation and systematization of Ayurvedic wisdom, culminating in the extensive texts that form the foundation of Ayurvedic practice today.

Dr. Baranwal emphasized that in Ayurveda, everything in the world has the potential to serve as medicine. However, it's essential to possess Ayurvedic knowledge to understand how to utilize these substances and in what combinations. Ayurvedic medicines are derived from herbs and often consist of polyherbal formulations that can include over fifty ingredients. For instance, Chyawanprash is a blend of fifty-two herbs, while other formulations can incorporate as many as seventy-two herbs, along with metals and minerals. These metals are meticulously processed to ensure they become bioavailable and therapeutic, thereby minimizing any potential side effects when prepared correctly, as outlined in Ayurvedic texts.

She also described several Ayurvedic therapies, which can be combined as treatments based on individual imbalances, reflecting the personalized nature of Ayurveda. Through attentive adherence to dietary guidelines, massages, herbal remedies, and yoga practices, Ayurveda seeks to restore balance to the body and mind. It is the imbalance, often stemming from stress and an unhealthy lifestyle, that can give rise to various illnesses.

Specialities in Ayurvedic Medicine

Eight branches -

1. *Kaya chikitsa* (Internal medicine)
2. *Shalya* (Surgery)
3. *Shalakya* (Head, neck, brain)
4. *Kaumarabhritya* (Pediatrics)
5. *Agada Tantra* (Toxicology)
6. *Rasayana* (Rejuvenation and Geriatrics)
7. *Vajikarana* (Aphrodisiacs and Fertility)
8. *Graha Chikitsa* (Psychiatry)

Example of Ayurvedic surgery-

The history of nasal reconstruction

David A. Shayan^{a,b}

Purpose of review

Total nasal reconstruction is a unique plastic surgery challenge of the highest order. The history of nasal reconstruction dates back to ancient times and it remains a fundamental challenge today. This article reviews the historical context of nasal reconstruction, and highlights how the essential tenets of this art have been conserved over millennia.

Recent findings

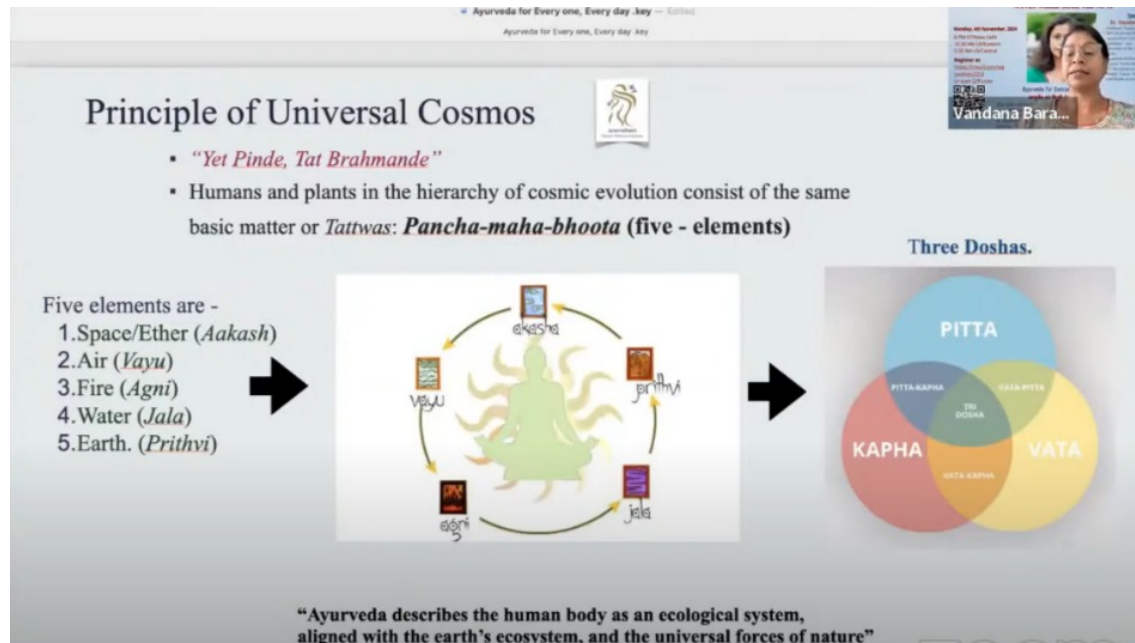
The disfiguring and brutal practice of nasal amputation created a demand for "nosemakers" in India since 1500 BC. In 600 BC, Sushruta described the use of a leaf to make a template of the wound, and a cheek flap to supply tissue. In the 1400-1500s, the Italians relied on similar flap concepts, but employed a pedicled arm flap for soft tissue coverage. Eventually, the forehead flap, or "Indian method" of nasal reconstruction, made its way to Europe in the 1800s. Its use has been a fundamental component of nasal reconstruction to this day.

Ayurveda, which translates to the "science of life," is an intellectual heritage of India rooted in the belief that the microcosm reflects the macrocosm, both governed by the same principles. By observing nature, ancient sages deduced that the same states of matter found in the natural world are also present in human beings, highlighting the interconnectedness of all life forms. At the heart of this philosophy lies the concept of the five elements, or Pancha Mahabhuta, which are fundamental to both the universe and humanity.

The elements of earth, water, fire, air, and space each possess distinct traits. Earth is recognized for its heaviness, stability, density, roughness, and hardness. In contrast, water is described as fluid,

soft, heavy, and moist. Fire exhibits characteristics such as being hot, sharp, light, oily, and occasionally even soft. Air is characterized by its mobility, coolness, roughness, dryness, and lightness. Finally, space is described as subtle, vast, and cold.

In Ayurveda, maintaining a balance of these five elements within an individual is considered crucial for optimal health and well-being. Each person possesses a unique constitution, or Prakriti, which represents a specific combination of these elements and influences their physical, mental, and emotional traits.



Dr. Baranwal elaborated on the balance of elements as they relate to the three primary doshas: Vata, Pitta, and Kapha. Vata is associated with air and space, while Pitta consists of fire and water, and Kapha is derived from earth and water. According to Ayurvedic principles, these doshas are inherently balanced within the body; however, they can be influenced by external factors, leading to imbalances that result in disturbances known as doshas. These imbalances are considered the underlying causes of ailments. The three doshas, much like the five elements, are perpetually present and embody dynamic principles within the body.

In his address on the occasion of the 2024 National Ayurveda Day, Prime Minister Modi highlighted the importance of scientific validation in Ayurveda. He particularly emphasized the necessity for research on Prakriti, or individual constitution, as a pathway to fostering a more balanced and healthier lifestyle for everyone.

Dr. Baranwal reflected that in Ayurveda, health is perceived as a state of balance. When Prakriti aligns harmoniously with one’s lifestyle and environment, one experiences overall well-being. On the other hand, an imbalance can give rise to various ailments.

Thus, understanding one’s Prakriti provides valuable insights that enable a personalized lifestyle approach, emphasizing both prevention and support, by recognizing natural tendencies, individuals can tailor their diets, exercise routines, and daily habits to maintain balance and prevent diseases. A

regular Ayurvedic practice supplies significant benefits for physical health, mental clarity, and emotional well-being.

To illustrate the connection between traditional and contemporary medicine, Dr. Baranwal highlighted the remarkable parallels between Ayurveda's rich heritage and modern medical practices. This intersection emphasizes the enduring wisdom found in Ayurveda, particularly in fields such as surgery, nutrition, and mental well-being.

During the era when Ayurveda was practiced by sages, their surgical techniques were advanced. They conducted a variety of operations, including transplants, corrective surgeries, and nasal reconstructions. Notably, Sage Sushruta performed procedures such as rhinoplasty and other reconstructive surgeries. His methodical approach included measuring wounds, creating skin flaps from various parts of the body, and skillfully stitching them to facilitate the healing process. Modern reconstructive surgery continues to employ similar techniques, illustrating a remarkable continuity of knowledge that has persisted over the centuries. For those interested in exploring this topic further, a study published by the Division of Facial Plastic and Reconstructive Surgery offers additional insights.

Parallel insights, such as this, in ancient Ayurvedic teachings and modern biomedical practices present a hopeful opportunity for a stronger collaboration between Eastern and Western medical approaches and beyond.

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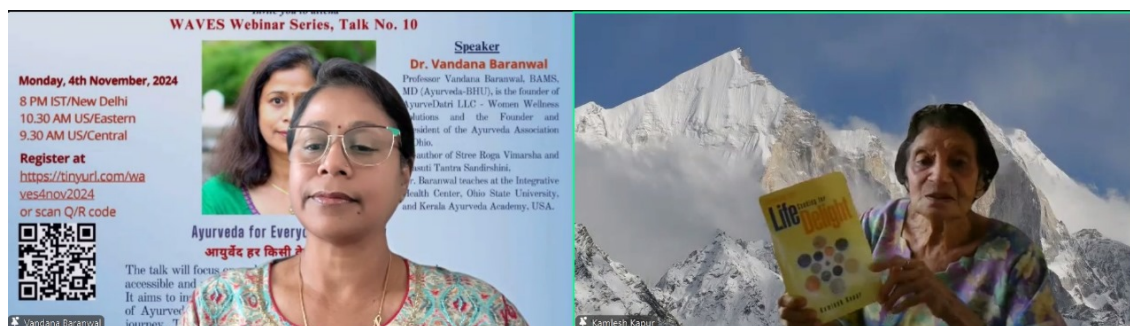
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DR. SHASHI TIWARI



Dr. Baranwal delivered a generous and insightful presentation that effectively covered the breadth and depth of Ayurvedic practice. The webinar attracted a diverse group of scholars, practitioners, enthusiasts, and students. Among the distinguished attendees were Dr. Tiwari, Professor Bal Ram Singh, Mrs. Kamlesh Kapur, Dr. Kalindi Shukla, and Dr. R. S. Kaushal, their contributions during the Q&A session were instrumental in setting the stage for ongoing dialogues and progress in this rich field.