

AN OVERVIEW OF NATIONAL SEMINAR ALIFE 2023

ABICHAL CHATTOPADHYAY*

With globalization, Ayurveda is gaining popularity among the international medical community. Numerous types of research work are being conducted by both Ayurveda and the modern scientific fraternity to assess the importance and applicability of Ayurvedic basic principles, and the results of most completed research projects show that these basic principles still have the same therapeutic importance and applicability as mentioned in ancient texts in the modern era.

The prevalence of lifestyle disorders is an emergence in present society throughout the world, specifically in the third world. The medical fraternity of every health system is worried about the radical acceleration of the diseases caused by altered lifestyles and is therefore trying to find effective measures to arrest, prevent, and mitigate those disorders and complications in different dimensions.

The *medoroga* (obesity), *hridroga* (cardiac diseases), *prameha* (type 2 diabetes mellitus), *dhamani pratichaya* (atherosclerosis) etc. are accounted for as the prime lifestyle diseases. Practically in the ancient compendium, the theory of an altered lifestyle in terms of diet, sleep, and sexual indulgence was supposed to be the causative factors for the production of any type of disease, and accordingly, the treatment protocol was scheduled. In *Charak Samhita*, the analytical comprehensive study reveals that, right from *Jwara Chikitsa* upto *Yonivyapad Chikitsa*, numerous incompatible diets with respect to quantity, quality, and untimely food intake trigger the disease process in a complex way. Suppression of natural urges, late sleep, late awakening, improper sleep, excessive

sleep, inadequate exercise or excessive exercise beyond limit and subsequently not following the daily and seasonal regime, unethical deeds, etc. are regarded as the prime etiological factors in the causation of the template disorders.

Lifestyle disorders, if not treated properly in time, may lead to fatal conditions with multi-system affliction. Primarily, avoidance of causative factors is the principle of treatment, followed by restraint of the mind. The said matters are well encapsulated in Ayurved compendium. With the passage of time, different new diseases are evolving. The retrospective perception is always required to be validated with prospective interactions to justify the exploration from time to time. Clinical research is highly recommended to explore this scientific entity. To validate the retrospective concept of lifestyle disorders from a modern perspective, the national seminar on *Lifestyle Disorders and Ayurveda (ALIFE 2023)* was organized by Paschimbanga Ayurveda Chikitsak Samiti and Government Ayurvedic Doctors Association on 26th – 27th November, 2023 at Bhasa Bhawan, National Library, Alipore, Kolkata. In this seminar, to fulfill the aims and objectives, luminaries from different parts of India gathered to share their views and deliver their classical speeches related to the topic.

In the inaugural session, the dias was full of luminaries, chaired by Dr. Manoj Nesari, Adviser (Ayurved), Govt. of India. In his keynote address, he highlighted the concept of improper sleep and incompatible diet as the basic causative factors for all lifestyle disorders, with classical scientific justification in parlance with the ancient compendium. Prof. Sanjiv Sharma, the Vice Chancellor of the National Institute Ayurved, Jaipur, delivered a speech on non-alcoholic liver diseases, the most common lifestyle disorder, and its treatments in a lucid way, which enlightened the audience. Padmashree Prof. (Dr.)

* Chairman, Organizing Committee and Ex-Professor, Department of Samhita and Siddhanta Institute of PG Ayurvedic Education and Research, Kolkata
e-mail: abichalchattopadhyaya@gmail.com



University, Washington, glorified the seminar with his esteemed contextual wisdom. Prof. (Dr.) K. Lakshmeesha Upadhyaya detailed the role of Ayurved in childhood lifestyle disorders in particular, along with the effects of Panchakarma and Rasayana, in an enthusiastic way. Prof. Bijayananda Mukhopadhyay extended his views on the approach of Ayurveda to Cystoid Macular Oedema with special reference to diabetic retinopathy, and since the complication is very common in diabetes, this type of exceptional research work in Ayurved positively enlightened the academicians. Dr. Sisir Prasad, Associate Professor, specified the 'Marma Therapy' in context to lifestyle disorders in a magnificent dimension.

The plenary session was chaired by the stalwarts. The interaction in this session impressed the academicians, physicians, and all other participants. Apart from this session, the participants presented their papers either orally or through posters, and all the topics were very relevant

Manoranjan Sahu profoundly demonstrated wound management in Ayurveda. Prof. (Vd.) Pradip Kumar Prajapati, Vice Chancellor, DSRRESE, Jodhpur, pointed out that diet and sleep are crucial for the maintenance of physical and mental strength. His academic thoughts have enriched the audience. Vd. B.S Prasad, President, Board of Ayurved, National Commission for Indian System of Medicine, deliberated on the reforms in Ayurved Education so that the quality of seminars or interactions with each other will be fruitful in captivating knowledge. The deliberation of Prof. P. K. Goswami, Dean Faculty of Ayurved, IMS, BHU, was classical, and it was narrated in the purview of Charaka Samhita. His qualitative speech was excellent. Prof. Srikanthbabu Perugu, Telangana, emphasized the need for '*bahirparimarjana chikitsa*' in the case of obesity, and his presentation was categorically sound and opened a new dimension. The deliberation on obesity by Somiranjan Ghosh, Associate Professor, Howard



Release of Souvenir by Dignitaries in Inaugural Session ALIFE 2023



The Pavilion of Bengal School of Ayurveda at Bhasa Bhavan, National Library, Kolkata

to the seminar. The best speakers selected from different sessions were awarded with gold medals.

The seminar was attended by dignitaries from across the nation, and their interactions in specific sessions were logically relevant. The participation and presentation related to the respective seminars of the young research scholars and students were very significant, as narrated by the rapporteur in the very valedictory session. All the participants enjoyed the seminar and were keenly influenced by the academic discussions. Besides the main conference, there were arrangement of Pre-Conference Workshop during 24-25 November 2023 which was held at the Anthropological Survey of India, Kolkata in association with Central Ayurveda Research Institute, Kolkata. Eminent speaker Professor Asit Kumar Panja, National Institute of Ayurveda, Jaipur conducted workshop on diagnosis of disease and selection of Ayurvedic

management on lifestyle disorders and Dr. Chandra Kumar Deshmukh, Pune conducted hands on training on Agnikarma and Viddhakarma. Another glimpses of the conference venue was representation of Bengal School of Ayurveda through models for highlighting the scholars of Ayurveda from ancient Bengal to modern age which was conducted by Dr. Pulak Kanti Kar. The entire programme was covered by Kolkata Doordarshan and Akashbani Kolkata. The pharmaceutical houses contributed a lot to the success of the seminar. Professor Subhra Chandan Mukhopadhyaya, the Organizing Secretary; Dr. Nilratan Mahapatra, Convenor of the organizing committee; Professor Achyut Bhattacharyya, Chairman, Publication Committee; and all the members of the organization, and last but not least, Professor TuhinKanti Biswas, Chairman, of the scientific committee, and other associated professors, physicians, and dignitaries contributed their best efforts to make the seminar successful. □