



International AYUSH
Conference & Exhibition 2017, Dubai



Organisers



WORLD
AYURVEDA
FOUNDATION

AN INITIATIVE OF VIJNANA BHARATI



Public Awareness Seminar Lifestyle Diseases – Prevention & Management through AYUSH

Date	10th November 2017
Time	3:30 PM to 5:00 PM
Venue	Hall 1 - Sheikh Maktoum Hall, Dubai World Trade Centre (DWTC)
Coordinator	Smt. Sindhu Geethan (+971 55 656 5519)

Speakers

- Padma Vibhushan Dr. D. Veerendra Heggade, Dharmastala, India
- Dr. Mosaraf Ali, Integrated Medical Centre, London
- Mr. Arvind Varchaswi, Sri Sri Tattva, India

Listen to the respected AYUSH experts about the potential of AYUSH systems – Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy – in combating Lifestyle diseases, - “Lifestyle Diseases – Prevention & Management through AYUSH”

With advancements in technology resulting in an easier lifestyle, there is a new epidemic, what doctors today are calling lifestyle diseases. "Lifestyle diseases" known, internationally, as 'non-communicable diseases' (NCD's) or 'chronic diseases of lifestyle' (CDL) emerge from an inappropriate relationship of people with their environment. Lifestyle diseases account for a majority of the diseases that are common around the world today. Obesity, diabetes, arteriosclerosis, heart disease, stroke, hypertension, liver cirrhosis, cancer, chronic obstructive pulmonary disease, allergies, hearing problems, depression, anxiety disorders, Alzheimer's disease, chronic backache are only a few of them. Since lifestyle diseases are a result of the lifestyle choices that we make, contributing factors are closely related. Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. The main factors contributing to lifestyle diseases include bad food habits, physical inactivity, wrong body posture, and disturbed biological clock, poor lifestyle choices, environmental conditions etc.

AYUSH systems understand the functioning of the human body as a whole. AYUSH offers various methods to cure and prevent lifestyle disorders by following medications, therapies, lifestyle modification, dietetics, detox therapies or with help of tonics. All the regimens are followed to achieve the homeostasis of the individual and not just counter the specific symptom.

Contact Us:

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