



3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> February 2024  
at 4.30-6.00 pm IST



NAMAH

The Journal of Integral Health



# Ayurveda AND HEALTHY AGEING

a 4-part online series with

DR. RAMMANOHAR

Kingdom in 2022. He has served in important task-forces and committees of Ministry of Ayush, Ministry of Health and Family Welfare, Ministry of Education, NCERT, Government of Kerala, Government of Madhya Pradesh and so on.

One of the definitions of Ayurveda is that it is the science of longevity itself. However, Ayurveda has emphasised that we should not only enhance life span but health span too. The clinical speciality of Ayurveda that aims to enhance both life span and health span is known as *Rasāyana or Jarācikitsā*. Ayurveda offers a multi-pronged strategy to promote longevity and healthy ageing that includes mind-engineering, lifestyle modifications, spiritual practices, dietary regimens, herbal supplements and full-fledged treatments. On top of it all, Ayurveda also emphasises that death is an inevitable consequence of life and that every human being can consciously prepare for the end and leave the mortal body gracefully. In this series of sessions, we will examine the Ayurvedic approach to healthy ageing and dying naturally.

## FOR BANK TRANSFER

Account : NAMAH  
Account no : 1235498160  
Type : Savings  
Bank : Central Bank of India  
IFSC : CBIN0281354

## CONTACT

E-mail : james@namahjournal.com  
Phone : +91 7094898789  
- (0413) 2226263  
Website : www.aurosociety.org  
www.namahjournal.com

3 <sup>rd</sup> February	Timely and Untimely modes of Death
10 <sup>th</sup> February	Healthy or successful ageing
17 <sup>th</sup> February	Longevity - Extending the Life Span
24 <sup>th</sup> February	Dying gracefully - The preparation



## Vaidya P. RAMMANOHAR

BAMS, MD (Ay)

studied Ayurveda from the Ayurveda College, Coimbatore, the only institution that offered Gurukula Training in Ayurveda in modern times. With over 30 years of professional experience, he currently serves as Research

Director of Amrita School of Ayurveda at Amrita Vishwa Vidyapeetham University in Kollam, Kerala. He has spearheaded many important research studies in field and published over 100 articles, including research papers in peer reviewed indexed research journals. He has travelled widely in many countries including USA, Canada, Great Britain, Europe, Russia, Thailand and Singapore for the promotion of Ayurveda. He was the PI on the Indian side of the first ever NIH, USA funded research study to scientifically evaluate the efficacy of Ayurvedic treatment in rheumatoid arthritis that won the Excellence in Integrative Medicine Research Award from the European Society of Integrative Medicine in 2012. Recently he won the Ayurveda Ratan Award from All Party Parliamentary Group for Traditional Indian Sciences, House of Commons, Parliament of United



## REGISTRATION DETAILS

INDIA : Rs. 2,200 - <https://rzp.io/l/sZkVi7j>

Overseas: US \$ 35

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=820BDLT4VA54G](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=820BDLT4VA54G)

Zoom joining details will be shared in the morning before every session