

The Power of "Manas"

An Ayurvedic Approach to Mental Health

April 25-27, 2008

at
Arsh Vidya Gurukulam
Saylorsburg, PA

Join Drs Guha, Nesari & Ninivaggi & learn how to enfold the magic of "Manas" by understanding its surreptitious nature and its ability to command our thoughts, emotions and actions.

Course Director Dr. Amala Guha:



Is an Assistant Professor of Medicine and Immunology & Director of Complementary and Alternative Supportive Care at the University of Connecticut School of Medicine. She is the founding president of the International Society for Ayurveda and Health (ISAH) and Editor-in-Chief of "ELEMENTS", the official journal of the society. Dr. Guha is internationally recognized for her contributions & expertise in Immunology and Ayurveda in academic medicine.

Dr. Guha's NIH supported fellowship training & expertise in transplant and cancer Immunology, public health and her training in Ayurvedic Medicine (Tilak Ayurvedic Med School, University of Puna and Smt.

KGMP Ayurvedic Medical College, Bombay) brings an unique blend of understanding in the field of integrative Medicine. She holds a Doctoral degree in Immunology, MPH from the University of Connecticut and Ayurvedic Certifications from University of Ayurvedic Medical School, Puna. Dr. Guha is a Fellow of Leukemia Society of America. India. Website: www.ayurvedahealth.Org e-mail guha@worldnet.att.net

Dr. Tanuja Nesari



Is a Professor and Head of Dravyaguna (Ayurvedic Pharmacology) and Mental Health, Tilak Ayurvedic Medical School, University of Puna and a member secretary of Research & Recognition committee, University of Pune, India. Dr. Nesari is an elected member of a board of post graduate Ayurveda Para clinical studies" as well as a member of 'faculty of Ayurveda' at Maharashtra University Of Health Sciences, Nasik, India. She is also a member secretary of an Institutional Ethics Committee at Tilak Ayurveda Medical School. Dr. Nesari holds a BAMS (Bachelor of Ayurvedic medicine and surgery) degree in Ayurveda from Shivaji University Kolhapur, Post graduation (M D) with specialization in Dravyaguna from Institute of Post Graduate Training & Research, Ayurveda University Jamnagar,

Gujarat and a Doctoral degree in Dravyaguna from the University of Pune, India. Dr. Nesari is a Principal investigator of six research projects & also a University recognized post graduate and Ph.D guide in Dravyaguna (Ayurvedic clinical Pharmacology). Books on 1) Mind body health and 2) Ayurvedic cosmetics are at her credit as an editor. Dr. Nesari in on the review board of ELEMENTS.

Dr. Frank J. Ninivaggi:



Dr. Frank John Ninivaggi, MD, FAPA, is an Assistant Clinical Professor of Child Psychiatry at the Yale University School of Medicine Child Study Center in New Haven & Associate Attending physician at the Yale-New Haven Hospital, staff psychiatrist at Hall-Brooke Hospital in Westport, and the Medical Director of the Devereux Glenholme School in Washington, Connecticut. Trained at Johns Hopkins Medical Center, he is Board Certified in Psychiatry and Neurology. Author of *Ayurveda: A Comprehensive Guide to Traditional Indian Medicine for the West*, published (2008) by Praeger Press, Westport, Connecticut and is a contributor to *Kaplan & Sadock's Comprehensive Textbook of Psychiatry* edited by Sadock &

Sadock, Lippincott William & Wilkins, 2005. Dr. Ninivaggi is on the review board of ELEMENTS.

**For Program information, Ayurvedic Consultations, CME credits and/or Registration
Please contact: Dr. Amala Guha: 860-561-4857; e-mail: guha@worldnet.att.net**

For accommodation Please contact

Rev Suddhatma Chaitanya at Arsh Vidya Gurukulam directly: Phone: 570-592-2339; www.arshavidya.org

Accommodations are limited and will be on first come first serve Basis.