

A^{1°} International Congress of Ayurvedic Medicine

AYURVEDA: THE MEANING OF LIFE

Awareness, Environment and Health

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The Provincial Association of Surgeons and Dentists of Milan and Bologna, Italy

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**Evidence-based Complementary and Alternative Medicine
(eCAM) Journal**



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(Italian translate not available/ traduzione in italiano non disponibile)

Dr. N. Kostopoulos, Director, Holistic Health Center, Athens, Greece/ Direttore dell'Holistic Health Center, Atene, Grecia

Ayurveda the traditional Indian Medical System has an important role to play in the understanding and management of disease in the modern world. Modern medicine is extremely efficient in treating serious pathological conditions when there is an organ failure, acute infections, accidents and generally acute conditions that need potent medications, hospital care or high technological support. However the leading causes of mortality in our times are conditions related to wrong lifestyle, lack of exercise, wrong nutrition, and stress. Diabetes, lung disease, liver cirrhosis, cardiovascular conditions are caused apart from hereditary factors from wrong choices in our daily lives. Modern medicine treats mostly external factors or intervenes in the biochemical chain of events e.g. eliminates bacteria, gives substitutes for hormones, and supplements when there is any nutritional deficiency. We very rarely know all the causative factors of a disease. Ayurveda analyzes apart from the disease, who has it; to do this classifies people in different constitutions.

These different constitutions have distinct characteristics and susceptibilities which are vital for the type of treatment a patient will receive. Ayurveda can help re balancing energies, using changes in nutrition and behavior, and prescribing medicaments in a holistic way appropriate for different constitutions. Whatever we try to analyze in our modern scientific world through genetics has always been the cornerstone of Ayurveda. There is great emphasis in the mind and the psychological state of the individual in the prevention and treatment of a disease. In Ayurveda health of the individual, the society and the environment are connected in an intricate way. In our times where responsibility of the individual has been replaced by a superficial omnipotence of pills and technology, Ayurveda offers a new direction combining both a scientific and a philosophical approach that encompasses the individual the society and the environment.



N. Kostopoulos

He is qualified at Athens Medical University, Greece. He worked in the Renal Unit of the Naval Hospital in Athens, in the Intensive Care Unit of the Hospital of Chest Diseases in Athens and in the Respiratory Unit of the Manchester Royal Infirmary in England. He is a member of the Faculty of Homeopathy in England and in England. Vaidya Asvin Barot introduced him to Ayurveda. Dr. Kostopoulos practiced in private practice in England for ten years, combining Ayurveda and modern medicine. Since 1999 he has been running the Holistic Health Centre in Athens, Greece. He is also involved in ongoing research in the field of psychosomatic disease and stress management through Ayurveda. He participates in international conferences and

has given lectures in the U.K., Ireland, Germany, France, Switzerland, Japan and India, promoting a modern, scientific approach to Ayurveda.

Medico, rinomato esperto di Ayurveda. Il principale tema del suo lavoro come medico e ricercatore riguarda i disordini psicosomatici e la gestione dello stress. Conferenziere internazionale e autore di numerosi articoli sull'Ayurveda il Dr. Kostopulos è Direttore dell' Holistic Health Center di Atene, Grecia.