

INTEGRATED HEALTH CONFERENCE 2022

Ayushman Bharat Nyas

Presents

ICH - 2022

Diabetes & Heart Disease - Root Cause to Reversal

30th - 31st March 2022

IIC Auditorium, New Delhi



Integrated Conference on Health-2022

Organised by



Navjeevan
(A unit of Ayushman Bharat Nyas)

Ayushman Bharat Nyas

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ICH - 2022

Training Program on

"Diabetes & Heart Disease - Root Cause to Reversal"

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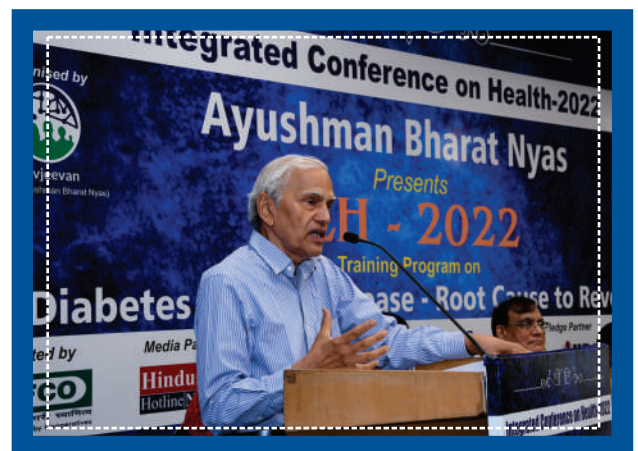
Keynote Speech by Hon'ble Minister of State for Rural Development and Steel Shri Faggan Singh Kulaste jee, Smt. Rashmi Singh, IAS, Dr D C Jain, Former DGHS, Govt of India, Dr. V.s. Chauhan, MD-Prakash Hospital, Smt Arunima Sinha, Sr Faculty, Art of living and Dr. Bipin Kumar, Convenor- ICH 2022 on Dias.



Special Address by Former Union Minister & Hon'ble MP-Patliputra Shree Ramkripal Yadav jee



Shri Shantmanu IAS ,Development Commissioner (Handicrafts), GOI



Dr. D C Jain, Former DGHS, Govt of India



Dr. Neeta Kumar , Sr. Scientist - ICMR



Smt.Arunima Sinha, Sr. Faculty, Art of living

BACK GROUND AND INTRODUCTION:



Special Address by Hon'ble MP-Aurangabad Shree Sushil Kumar Singh jee

The spread of non-communicable diseases (NCDs) including cardiovascular diseases (CVD), diabetes, cancer, chronic respiratory diseases and mental health represents one of the greatest development challenges of the 21st century. The global burden of NCDs is disproportionately higher in low and-middle income countries (LMICs), with 90% of largely preventable, NCD related premature deaths occurring in LMICs.

In response to this burden of NCDs, the Global Action Plan for the Prevention and Control of NCDs 2013-2020 (WHA64.11) set a global target of a 25% relative reduction in premature mortality from NCDs by 2025 with additional targets to address shared NCD behavioral risk factors, including tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol. The Action Plan provides a menu of policy options and cost-effective interventions under six objectives: international cooperation and advocacy; country led multisectoral response; risk factors and determinants; health systems and universal health coverage; research, development and innovation, and surveillance and monitoring.

This Workshop held by Ayushman Bharat Nyas and Navjeevan with faculties from AIIMS, Safdarjung, ICMR, Art of Living became tool for not only discussion on latest research on the root cause of chronic illnesses and therapies available for their reversal, but also came out with recommendation which is important consultation to contribute to the development of the evidence on prioritized NCD prevention and control services and their implementation for healthy economically viable population.

Expert consultation identified an approach to effectively strengthen national health systems, support country to reach universal health coverage (UHC) and advance the 2030 Agenda to achieve the Sustainable Development Goals (SDGs).



**Smt. Rashmi Singh , IAS, Special Secretary, WCD,
Govt of Delhi, focusing on Integrated approach of health**

- Currently No countries are on track to achieve all nine voluntary global targets for 2025 set by the World Health Assembly in 2013 against a baseline in 2010. But in India Many efforts are undertaken, to accelerate progress on NCD prevention and control. Further ground level experience of experts, and evidence from research provides specific guidance on how country could reorient and accelerate the domestic action plans with a view to placing themselves on a sustainable path to meeting the nine-voluntary global NCD targets and SDG target 3.4.

The consultation outlined a list of policy options and cost-effective interventions, States should prioritize in order to prevent and control NCDs.

The discussions were immensely productive for contributing to the overall coordination, planning and execution, in order to generate an updated evidence-based and cost-effective list of interventions, Provide technical guidance on the coordination and planning of the activities to be conducted as part of the economic analyses (both risk factors and NCD management), Coordinate the inputs from the different technical areas and health economists/analysts conducting the analyses (both risk factors and NCD management), Work with the modelers for the development of the impact models for CVD management interventions and undertake the analysis for the costing and cost-effectiveness of those. Provided technical expertise on the modelling of NCD and risk factors by working with a modeler on the development of a Web-based simulation tools

WHY INTEGRATED HEALTH APPROACH?

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Dr. S.C.Manchanda Former Faculty- AIIMS inaugurating ICH-2022 by lighting the lamp with Supreme Court Advocate Shri Naveen Kumar

Health system was not categorized in ancient India, the way it is categorized currently. Since 1900 Scholars scientist has been advocating integrated approach for health care and not dividing on the basis of Patheis. Dr M S valiathan Like scholars define why health cannot be categorized in compartments and comprehensive health approach leads to more satisfactory outcomes in terms of better body mind spirit and quality of life. Health is affected by environment inside the body as well as outside the body. Therefore Social, economical, environment, physical and mental factors and chemistry of medicines treating disease of body, environment around body are considered connected.

Once root cause of illness is explored elicited in comprehensive integrated manner its reversal is possible in more wholesome manner with long term benefits.

Yielding better human recourses reflects in growth of the country. Hence to deal with debilitating chronic disease like diabetes and cardiovascular illnesses this two days training workshop cum expert consultation was organized, where latest evidences and Doctors, scientists from eminent institutions of Government of India, who have done pioneering research deliberated on integrated approach to know root and for reversal of illnesses. Better health reflects in more yield of organization hence government sector staff was trained by faculties from all streams of Allopathic, Ayurvedic, Naturopathy, Dhyam Yog, Social and Preventive medicine by delivering lectures on latest research outcomes on Diabetes and cardiovascular disease management with special situation/ changes in Covid19 perspectives.

Dr. Sanjay Kumar Rai (AIIMS)



in his lecture elaborated on the studies done on Public health aspects of chronic illnesses. He elaborated how AIIMS is documenting various aspects of disease and illnesses. Various emerging challenges of disease during Covid and post Covid syndrome were elaborated. Use of vaccine, especially rational use of vaccine to optimize effect and minimize side effect was elaborated by citing evidences from published reports. He answered participant's queries on antibodies and vaccine role in generating antibodies versus antibody titer by natural immunity.

elaborated on causation of various chronic ailments role of lifestyle and dietary changes along with medicines. He emphasized that type 1 diabetes should be treated with insulin and other than type 1 diabetes should be tried for various medications and methods of reversal. He shared his experience with reversal of pathologies and recommended C peptides to be tested for estimating active pancreatic tissue levels. It will help assess how much preventive strategies may work and how much insulin is required to control raised sugars.

Dr. Shyam Kishore (Hindu Rao)



Ms. Arunima Sinha, Art of living Courses expert

And Delhi head explained the aspects of being as body is the one part of being. There are mind, intellect, memory, emotions, ego and subtle parts of being a person and all are part of total personality. So addressing all aspects of personality need to be addressed for complete cure. Therapeutic strategies are largely based on chemistry of body only but this is only one part of treatment. She narrated sources of energy for the body. And to keep energy level of the body high enough for good performance in limited time schedule, all sources should be in harmony to keep body energy, spirit high. She gave practical demonstrations of techniques of Breathing to enhance oxygenation inside body, and guided for meditation to feel the aspects of personality by practically experiencing all nuances. Role of Sudarshan Kriya among Diabetes and improving quality of life quality of sleep, reducing risk of sudden cardiac arrest was explained with research evidence from AIIMS.



Dr.S.C.Manchanda Former HOD-AIIMS

Explained the risk and reversal methods for chronic ailments and shared cases, his experience of 60 years of clinical practice treating diabetes and heart patients. He narrated methods which work well for such cases. He also emphasized for integrated approach of management of such illness as no pathy is singularly capable of handling all aspect of illness. He shared his papers and research on Yoga and meditation and the impact in management of diabetes and cardiac illness. His path breaking research papers on meditation, Yoga, Sudarshan Kriya paved way for more comprehensive handling of such illness. He answered questions of participants on how to get comprehensive integrated care.



Dr. Umesh Sharma, President –Samvedna

explained the difference of energies when one is under stress and without stress. He explained various methods and techniques to assess stress level which is root cause of precipitation of chronic illnesses. He answered various questions on how to deal with time management and stress in very user friendly easy understandable methods.



Dr. Saurabh Chaudhary MD Vinayak Hospital

Described methods of finding root cause and treating by allopathic system of medicine answered the questions from participants and advocated to adopt more comprehensive integrated approach for Diabetes.



Dr Biswaroop Roy Chowdhury

Renowned Nutrition Expert shared his experience of treating Covid cases without any mortality and residual morbidity among covid cases. He shared giving patient right type of emotional and dietary support which resulted in x zero mortality at his covid center treated more than 600 patients in last 1 year. He also shared his cases of liver and kidney failure. And provided important tips for patients suffering from complications of diabetes and cardiac illness and complications due to medicines, and undergoing treatment like dialysis.



Dr. Nityanand Tripathi, Fortis Hospital



explained cases and role of various pathies and his own experience with comprehensive integrated approach for chronic illness. He emphasized to get more robust evidence generation and documentation for integrated therapies in chronic illness.

Dr. Anshul kr Jain,

Aggrasain International Hospital elaborated more experience expectation of patients and outcome of allopathic system of therapies for Diabetes and cardiac illness. He explained how allopathic and other system may be integrated to get optimum scoring, as is done in America where department of Yoga dhyana, spiritual treats are set up along with allopathic system of medicines.



Dr. Subhash Giri Medical Director-GTB

answered the questions from participants and advocated to adopt more comprehensive integrated approach for Diabetes and cardiac illness especially in view of Covid many mental illness and inflammatory syndromes are arising, which need ayurvedic treatment and responding well to ayurvedic system of medicines.



Dr Neeta Kumar, ICMR elaborated on inflammatory syndrome, inflammation as root cause of Diabetes even cancer to manifest. She presented research and papers reporting multi organ inflammatory syndrome arising fast among those who suffered Covid infections and also among those who took Vaccines. Post Covid/ and Vaccine related multi system inflammatory failure is responding to various Ayurvedic preparations. She described how evidence based Ayurvedic preparations were able to fast recovery from Covid, after Covid complications and surge of inflammations post Covid. Nuances of Ayurvedic medicines were explained on the basis of published literature. In the valedictory session



AWARDS & HONOURS



Dr. Sanjay Kumar Rai, AIIMS



**Dr. Subhash Giri,
Medical Director, GTB Hospital**



Dr. Jugal Kishore, Safdarjung Hospital



**Dr. S.N. Pandey,
Ex-Director, CCRYN, Govt of India.**



Dr. Kavita Tyagi, Sir Ganga Hospital



**Smt. Ambika Malhotra,
VP- Cure Surgical**



**Sh. Raj Chawla, MD,
All India Medicos**



**Sh. Ranjan Verma, MD
MDD Medical System**



**Hon'ble Minister of State for Rural Development and Steel
Shri Faggan Singh Kulaste jee inaugurating ICH-2022 by lighting the lamp**



Dr. S.C.Manchanda, Dr. Prasanna Raj, former Addl. Secy-M.C.I, Shri Navin Kumar, Advocate- Supreme Court, Dr Umesh Sharma, President - Samvedna with Dr. Bipin Kumar-Convenor-ICH releasing the book - "The Heat Protocol" by Dr. Biswaroop Roy Chowdhury

RECOMMENDATIONS OF PANEL

Chronic Illness like Diabetes, Cardiac illness, Post Covid inflammatory syndromes has Multi pronged risk factors affecting many facets of personality and root cause may be alteration in any of the personality imbalance. Hence comprehensive approach for treatment and reversal will yield more comprehensive outcome in terms of better health of citizens of India and better outcome in terms of GDP. Combining care from allopath, ayurvedic naturopathy, diet and nutrition, dhyana and Yoga will be ideal method for comprehensive complete care.

Conference Secretariat

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