



DGA anniversary congress, 8–11 June 2023

‘Celebrating Ayurveda’

With these words, Dr. Ulrich Bauhofer, Ayurvedic physician and president of the German Society for Ayurveda (DGA), opened the recent anniversary congress. It was the 40th anniversary of the German Society for Ayurveda (DGA) and the 30th birthday of the congress venue, Maharishi Ayurveda Health Centre in Bad Ems, which has earned national and international acclaim with its staff of 70. The 4-day congress has been a source of inspiration for the fifty physicians who attended, thanks to many top-class lectures and workshops.





DGA anniversary congress, 8–11 June 2023

The speakers not only related compelling experiences from their daily practice, they also placed great emphasis on recent findings from cutting-edge scientific studies.

Dr. Jaqueline Repmann, specialist for orthopedics, presented her survey on ‘The situation of Ayurvedic doctors and therapists in Germany.’

This provided a good basis for a panel discussion with Dr. Wolfgang Schachinger, director of the German Ayurveda Academy and Soma Center for Maharishi Ayurveda and Holistic Medicine, and Dr. Ulrich Bauhofer: ‘What do we need to apply Ayurveda in daily practice?’ Both experts answered questions from the interested audience. Dr. Ulrich Bauhofer pointed out that the use of social media offers many opportunities for young doctors and therapists to introduce the knowledge and therapeutic possibilities of Ayurveda to a larger audience.

Dr. Anand Chopra, Medical Director of the Habichtswaldklinik Kassel, showed scientific results from the Ayurvedic treatment of patients with Post-Covid Syndrome and reported on several individual cases with very promising results.



Dr. Stephania Lorenz, ophthalmology specialist from Ingolstadt, provided important insights from her practice in her lecture: ‘Digital Detox – good for the eye!’

Aurel Christ, Ayurveda doctor at the Maharishi Ayurveda Health Centre in Bad Ems, spoke about his Master’s thesis, in which he investigated the effects of Panchakarma therapy on high blood pressure.

The exciting workshops ‘Dravyaguna, Ayurvedic Phyto-Pharmacology’ with Dr. Abilash Anand, medical director of the Maitreyi Vedic Village in India, ‘Pulse Diagnosis’ with Dr. Wolfgang Schachinger and Vaidya Kalyan C. Indukuri, Ayurveda expert at the Maharishi Ayurveda Health Centre in Bad Ems, as well as ‘Ayurvedic Baby Massage’ with Dr. Jasmin Blumenberg, specialist in pediatrics, offered the participants ample time to practically apply what they had learned, as well as to interact with the speakers and take away valuable insights for their own practice.





DGA anniversary congress, 8–11 June 2023

One of the highlights of the congress was Dr. Ulrich Bauhofer's presentation on 'Longevity' which included the latest research on how daily health care can lead to a long and healthy life. 'Lifestyle beats genes,' Dr. Bauhofer explained, and 'if you need the alarm clock to wake up, you've had a bad night's sleep.' He provided the physicians in attendance with practical advice to pass on to their patients, including tips for ensuring a healthy sleep such as avoiding the intake of carbohydrates and animal proteins in the evening.

During the congress, the International Maharishi AyurVeda Foundation (IMAVF) honored several outstanding proponents of Ayurveda. In a festive ceremony, the following pioneers of practicing and advocating Ayurveda were presented with a Lifetime Achievement Award: Dr. phil. Karin Pirc, Ulrich Bauhofer, Dr. Wolfgang Schachinger, Dr. Ernst Schrott (posthumously), Dr. Oliver Werner, Dr. Barbara Grandpierre, Dr. Mathias Kossatz, Dr. Walter Mölk, Gudrun Buchzik, Franz Rutz and Shantanu Banerji.



Masters of ceremony were Dr. Girish Momaya, Director of IMAVF, and Lothar Pirc, founder and managing director of the Maharishi Ayurveda Health Centre Bad Ems, who was also honored for his life's work and achievements in the promotion of Ayurveda.



The entertainment part of the congress, on Saturday, featured a sun-blessed boat trip on the river Rhine and in the evening a Gandharva Veda concert of classical Indian music by world renowned artist Dr. Pundit Ranajit Sengupta.

The participants enjoyed the opportunity to exchange ideas and build valuable contacts, e.g. between seasoned Ayurveda doctors and newer practitioners who have more recently discovered the benefits of Ayurveda for themselves and their patients.



DGA anniversary congress, 8–11 June 2023

On Sunday, the activities of ADAVED, the German Ayurveda umbrella organization, were presented by its founding directors, Dr. Anand Chopra and Lothar Pirc. The goal of ADAVED is to integrate Ayurveda into the health care system as a regular component.

The DGA used the occasion of the congress to hold its annual general meeting. Its president, Dr. Ulrich Bauhofer, began the meeting by proposing that Dr. Jaqueline Repmann be added to the board, which was unanimously approved by the members. Dr. Repmann said she would like to involve the members even more in the future development of the society.

The DGA has set itself as a primary goal to promote the exchange and inclusion of young Ayurvedic practitioners, in order to raise awareness of Ayurveda, especially through social media.

The city of Bad Ems, which since 2021 is part of the UNESCO World Heritage Site, 'Great Spa Towns of Europe', the magnificent Häcker's Grand Hotel and the Maharishi Ayurveda Health Centre provided a splendid setting for the specialist congress. Participants reported that they were very inspired by the congress and look forward to visit Bad Ems again.



The DGA already cordially invites all Ayurveda practitioners to also attend the next DGA congress, which will take place 9–12 May 2024.