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Center for Indic Studies

Presents

Special Invited Lecture on Ayurveda

Friday, Sept.6, 12noon -1pm

Claire T. Carney Library, Room 314 (3rd floor)

DECODING AYURVEDA: Can Vedic Insights Lead to Breakthroughs in Biology & Medicine?

Alex Hankey, Ph.D.

Distinguished Professor of Yoga and Physical Science
Swami Vivekananda Anusandhana Samsthana
The Yoga University, Bangalore, India



FREE and OPEN TO PUBLIC

Dr. Hankey will present his work on Ayurvedic physiology and etiology showing how a systems point of view identifies *tridosha* as responsible for the overall regulation of major systems functions in an organism, and how loss of quality of regulation leads to pathology. The insight, 'poor regulation leads to poor health', brings the realization 'Optimal Regulation is Optimal Health', and that Ayurveda's state of perfect health, or *swasthya*, is one of optimal regulation.

Alex Hankey, PhD, earned the doctorate in theoretical physics from MIT. He is distinguished Professor of Yoga and Physical Science, S-VYASA; Previously Dean Foreign Students, Institute of Ayurveda and Integrative Medicine, Bangalore & Founding Executive Editor, *Journal of Alternative and Integrative Medicine*, and Associate Editor, *Journal of Alternative and Complementary Medicine*; Editorial Boards, IJOY & IJOYPPP. His major areas of research concern the biophysics of regulation of complex systems.

For further information see www.umassd.edu/indic/, or contact: jsolfvin@umassd.edu



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