

Beat: News

## 21st INCOFYRA Will Bring Together Traditional And Modern Medical Systems

JP Nadda

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**USPA NEWS** - The Union Minister for Health & Family Welfare, Mr. J.P. Nadda addressing a Curtain Raiser press conference on 21st INCOFYRA, in New Delhi on November 05, 2015.

It Is Time For Making Efforts For Harmonious Amalgamation

The 21st International Conference on “Frontiers in Yoga Research and its Applications” (INCOFYRA) will bring together traditional and modern medical systems. This was said by Mr. JP Nadda, Union Minister of Health and Family Welfare on November 5, in a curtain-raiser press conference on 21st INCOFYRA, which will be organized by the Vivekananda Yoga Anusandhana Sansthana from 3rd to 7th January 2016, at Prashanti Kutiram, Bengaluru.

The conference will be inaugurated by the Prime Minister of India, Mr. Narendra Modi. The theme of the conference is “Yoga in Integrated Healthcare Systems”. Mr. Shripad Yesso Naik, Union Minister for State (Independent Charge) for AYUSH and Dr H. R. Nagendra, President of 21st INCOFYRA, President, VYASA and Chancellor, S-VYASA University were also present on this occasion.

The Health Minister said that while we have been largely successful in addressing communicable diseases through various targeted schemes/programs of the Ministry, non-communicable diseases (NCDs) are posing a formidable challenge. These are lifestyle related diseases such as cardiovascular disease, diabetes, cancer, hypertension etc., which can be managed, but not cured. He added that traditional systems of medicine such as Yoga, Ayurveda, Unani etc., can be integrated with the mainstream medicine system to provide treatment for these NCDs.

The 21st INCOFYRA provides a platform for national and international experts and practitioners in traditional systems of medicine to present findings of evidence based research regarding impact of Yoga etc. on NCDs. It is time for making efforts for harmonious amalgamation of mainstream/allopathy and traditional medicine system, he added. The Health Ministry is providing logistic support for research being done by the S-VYASA University in this regard, Mr. Nadda said.

Mr. Shripad Yesso Naik said that the conclave will be great opportunity to bring expertise of traditional as well as modern medical science from our country and around the world. Further he said, this will also be an opportunity to learn from recent research in medical systems.

Dr. Nagendra said on this occasion that integration of modern medicine and AYUSH systems is the need of the hour to deal with communicable and non-communicable communicable diseases. Modern medicine rooted in the bio-medical model with a matter-based paradigm will offer proven solutions to most communicable diseases, to diagnose NCDs, large number of surgeries for setting right and even replacing different parts of our body as we do it in machines.

The Yoga Therapy and other systems of AYUSH on the other hand provide not just an effective treatment for NCDs but also help in prevention and promotion of positive health for blossoming well being, he added.

He informed that the Conference is expecting 10000 delegates from all over the world which would include medical students and professionals, Ayush Practitioners, Yoga Researchers and Yoga Therapists and the Policy Makers. The main objective of this conference is to disseminate the research findings in the field of integrative medicine and give directions to future research on Dialectology, Oncology, Cardiology, Mental Health etc., he added.

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United Press Association, Inc.  
3651 Lindell Road, Suite D168  
Las Vegas, NV 89103, USA  
(702) 943.0321 Local  
(702) 943.0233 Facsimile  
[info@unitedpressassociation.org](mailto:info@unitedpressassociation.org)  
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