

American Conference on Yoga, Ayurveda & Integrative Therapies

Bridging ancient wisdom with modern medicine for chronic disease
management and public health May **01-02-03 , 2026**
Memphis, Tennessee, USA



American Academy for
Yoga in Medicine





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Yoga in Medicine

The Global Health Crisis

941K

CVD Deaths in U.S.

Cardiovascular disease remains the leading cause of death, claiming nearly one in three lives annually

10.3M

Cancer Deaths Worldwide

Projected cancer deaths globally in 2025, with 20 million new cases expected

\$1.5T

CVD Cost by 2050

Direct healthcare costs projected to reach \$1.5 trillion as prevalence continues rising

Modern medicine emphasizes treatment over prevention, leading to staggering economic costs. Alternative therapies like Yoga offer equivalent benefits at a fraction of the cost.



The Rise of Integrative Medicine

Global Yoga Movement

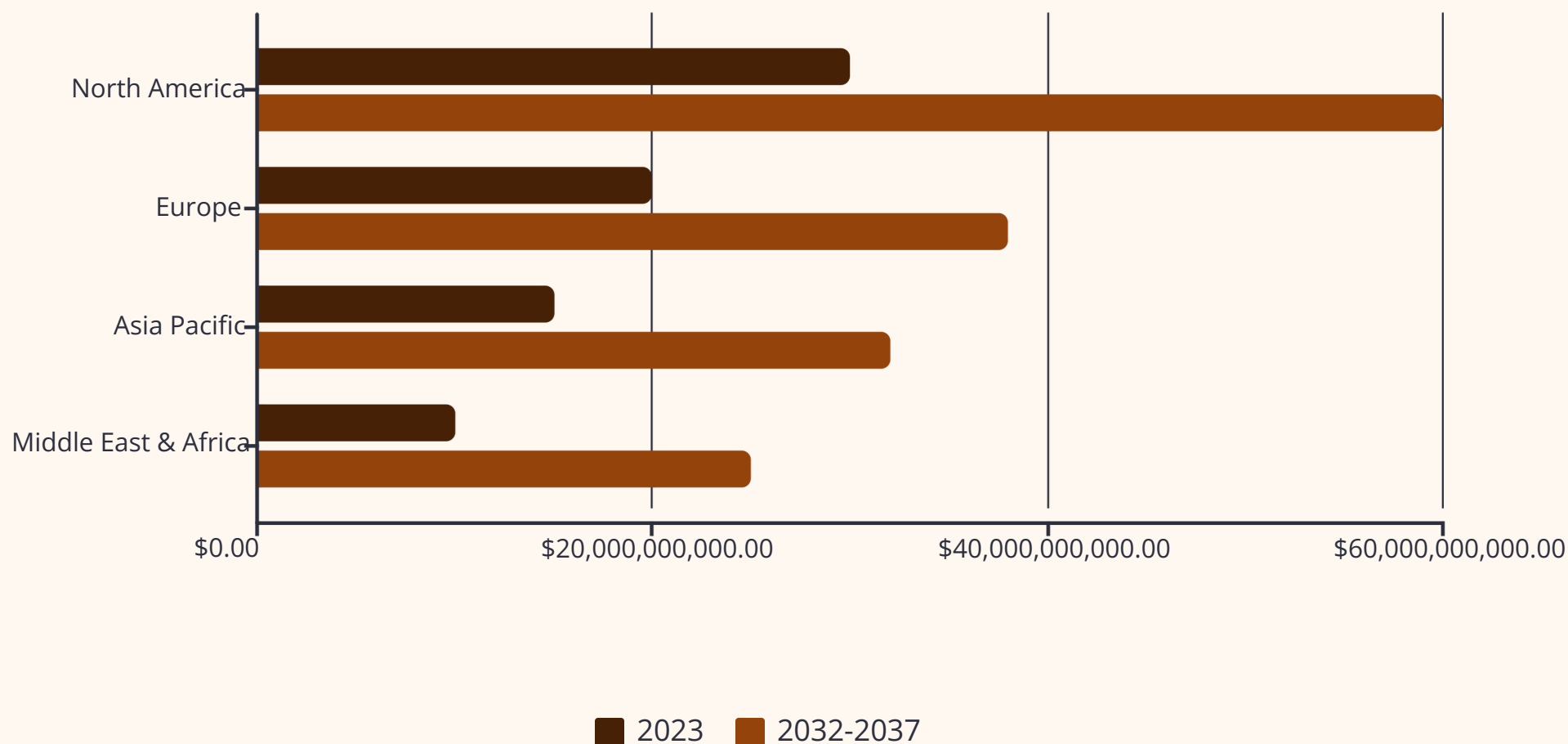
Yoga has become one of the world's most widely practiced disciplines, with **300 million practitioners globally** as of 2025. The global yoga industry is valued at over **\$107 billion**, with the United States alone accounting for 50 million practitioners.

Research over the past three years shows Yoga not only prevents but also treats chronic lifestyle disorders including hypertension, diabetes, hypercholesterolemia, and cardiovascular diseases.





Global Market Growth Projections



The integrative health sector is set to double between 2025 and 2037, with emerging regions outpacing mature Western markets. This reflects a systemic shift toward holistic, preventive, and patient-centered care.



Regional Market Drivers

North America: 7.5% CAGR

High healthcare spending, chronic disease prevalence, and strong institutional adoption. U.S. represents over 65% of regional revenues.

Asia Pacific: 8.3% CAGR

Traditional medicine integration (Ayurveda, TCM), expanding wellness centers, and rising middle class driving rapid growth.

Middle East & Africa: ~9% CAGR

Highest growth rate globally. UAE and Saudi Arabia emerging as integrative medicine hubs under wellness policies.



A Complete Lifestyle Package



Ashtang Yoga

Regular exercise through Asanas and Pranayama for physical and respiratory health



Meditation (Dhyana)

Mental clarity and stress reduction through focused practice



Plant-Based Diet

Nutritional foundation for optimal health and disease prevention



Healthy Living

Avoiding smoking, drugs, and alcohol while embracing cleansing modalities

Yoga, Naturopathy, and Ayurveda serve as personalized medicine4a holistic approach that enhances excretion of toxic metabolic products based on individual needs.

Conference Details



American Academy for
Yoga in Medicine

When & Where

April 18-19, 2026

Memphis, Tennessee, USA

Memphis offers ideal spring weather with temperatures between 68°F and 75°F. Home of Elvis Presley and FedEx headquarters, this historic city provides the perfect backdrop for this global event.

Hosted By

American Academy of Yoga and Medicine (AAYM)

In association with the Ministry of AYUSH





Conference Objectives

01

Unite Global Experts

Bring experts from India and the USA onto one platform for collaborative innovation

02

Release Integration Guidelines

Official guidelines for integrating Yoga, Ayurveda, and modern medicine worldwide

03

Present Latest Research

Showcase evidence-based protocols for diabetes, cardiovascular disorders, and stress management

04

Establish Standards

Create accreditation standards for Yoga and Ayurveda similar to modern allopathic medicine

05

Provide Practical Training

Interactive sessions demonstrating integration methods and therapeutic applications



Program Highlights



Scientific Deliberations

Discussions on Yoga and Ayurveda as therapeutic modalities with global experts



Workshops & Training

Teaching sessions and practical training for medical professionals



Panel Discussions

Interactive sessions with renowned authors and practitioners



Book Launch

Release of "Textbook of Yoga for Cardiovascular Disease"



Research Presentations

Poster and abstract presentations on latest research findings

Leadership Team



American Academy for
Yoga in Medicine



Chairman: Sutirtha Bhattacharya

IAS

Distinguished 1985 batch IAS officer,
former CMD of Coal India Limited, Forbes
India's Best PSU CEO



Program Director: Dr. Indranill Basu-Ray

World-renowned cardiologist who
pioneered Yoga in cardiovascular
medicine. Editor of first reference text on
Yoga in cardiovascular medicine



Program Director: Dr. B. N. Gangadhar

Chairperson of National Medical
Commission, former Director of
NIMHANS, pioneer in integrating Yoga and
mental health



Program Director: Dr. Bhushan Patwardhan

National Research Professor, leading
biomedical scientist with four decades in
Ayurveda and integrative medicine

About AAYM: The world's largest organization of physicians and scientists in clinical Yoga research. Previous conference saw 1.2 million participants worldwide.