

Speech by Ambassador of India at launch of Ayurveda Days event, Budapest

14 November 2025

Distinguished guests, esteemed colleagues, members of the medical and wellness community, friends of India, and lovers of holistic living,

It is a great pleasure to join you all at the inaugural celebration of *Maharshi Ayurveda Days* in Budapest. Today, we come together to celebrate an idea that is both ancient and timeless — the Indian science of life and wellness, Ayurveda.

Ayurveda, derived from the Sanskrit words *Ayus* (life) and *Veda* (knowledge), is among humanity's oldest systems of health and healing. For over five millennia, it has guided people to view health not merely as the absence of disease, but as harmony between body, mind, spirit, and the natural world.

This philosophy remains deeply relevant today. It teaches preventive care through balanced diet, mindfulness, responsible use of natural resources, and compassionate living. It does not reject modern science; it complements it by providing a human-centered framework for well-being. Ayurveda understands the human being as a microcosm reflecting the rhythms of the greater cosmos, and in that lies its enduring universality.

In recent years, Europe and especially Hungary have witnessed increasing appreciation of Ayurveda and Yoga. Both resonate strongly with people seeking meaningful balance in life. Across Budapest and throughout Hungary, yoga studios, wellness centers, and Ayurveda-inspired retreats are flourishing. They attract practitioners who wish to experience physical and mental harmony, guided by ancient yet practical principles.

Europe's wellness economy is expanding rapidly, and Ayurveda has become a respected partner within it. Many research institutions and hospitals now explore how Ayurvedic knowledge can complement modern medicine, particularly in preventive health, nutrition, and mental well-being. Hungary's long tradition of thermal baths, natural therapies, and medicinal waters aligns closely with Ayurveda's vision of restoring balance through natural means. This shared sensibility makes Budapest the ideal home for this inaugural event.

In India, Ayurveda is one of the officially recognized systems of medicine, administered through the Ministry of AYUSH — Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy. The Government of India has placed strong emphasis on evidence-based validation of Ayurvedic practices. Research institutes such as the All India Institute of Ayurveda and the Central Council for Research in Ayurvedic Sciences are rigorously studying Ayurvedic formulations, standardizing treatments, and integrating them with modern medical knowledge.

This approach helps bridge traditional wisdom with scientific methodology. It transforms Ayurveda from being seen purely as heritage into being recognized as an evolving, research-backed health system with contemporary relevance. Technological innovation — from digital tools for health analysis to collaborations with medical researchers — is ensuring that Ayurveda remains both authentic and adaptable.

Today, under the leadership of Hon. PM Shri Narendra Modi, we are proud to see Ayurveda recognized and celebrated not just within our borders, but globally. Our Government's

efforts are focused on promoting Ayurveda as a cornerstone of India's public health and wellness sector, and ensuring its scientific development for the modern world.

India's diplomatic and scientific outreach strives to share Ayurveda with the world responsibly and sustainably. The annual International Day of Yoga, celebrated in more than 190 countries, has introduced millions to India's holistic philosophy of wellness. Ayurveda naturally complements Yoga, offering dietary, therapeutic, and lifestyle practices that complete the wellness journey.

Under the agreements between the Ministry of Ayush and WHO, various collaborations have been undertaken to enhance the credibility and worldwide acceptance of traditional medicine.

With the support of Ministry of Ayush, the WHO has developed and published standardized terminology documents for Ayurveda, Unani, and Siddha systems, helping to create a globally accepted, unified language for these traditional medical practices.

Benchmark documents have been collaboratively produced to set out international standards for the practice and training of Ayurveda. These documents provide guidance on safety, quality, and competency for practitioners worldwide.

The establishment of the WHO Global Centre for Traditional Medicine in Jamnagar, India, is a landmark step. It reflects India's leadership in integrating traditional health systems into global frameworks. Through this and the Ministry of AYUSH, India promotes research collaboration, standardization, and exchange of expertise with partners worldwide. The Embassy of India in Budapest joins these efforts by building connections between Indian scholars, Hungarian researchers, and wellness professionals.

Ayurveda teaches that health is a universal right, not a privilege. It promotes affordable and accessible pathways to wellness that anyone can adopt — simple dietary choices, seasonal awareness, daily self-care, sufficient rest, and mental calm. The idea is not to impose complex regimens, but to help individuals live more consciously and sustainably.

The Government of India's National AYUSH Mission is advancing this goal by integrating Ayurvedic care within public health systems and establishing AYUSH wellness centers across India. This inclusive model seeks to make traditional care accessible to every citizen, complementing modern medical facilities with preventive, natural approaches to health.

By organizing Ayurveda Days in Budapest, we extend this ethos beyond borders. We invite both professionals and the public to experience Ayurveda as a shared human heritage. Whether through lectures on science and philosophy, demonstrations of Ayurvedic cooking, or workshops on therapies and yoga, this celebration opens the door for knowledge exchange and dialogue between cultures.

India and Hungary share deep humanistic traditions. Both cultures have long recognized the interconnectedness of body, mind, and nature. Hungary's thinkers and poets often spoke of balance between knowledge, spirit, and beauty — a harmony central to Ayurvedic philosophy as well. Ayurveda embodies that vision: living beautifully, purposefully, and in tune with nature.

The Hungarian proverb '**Fűben fában orvosság**', means 'There is medicine in weeds and trees'. This resonates with Sanskrit quote by of Jeevaka '**nasti moolam anaushdham**', which means 'There is no plant which is not medicine'. Historical records between 9th to 13th centuries reveal that Hungarian folk medicine tradition used plants for health benefits. The first Hungarian pharmacopoeia published in 1879 and Dr. Ervin Baktay's book 'India' published in 1931 prominently refers to Ayurveda.

By deepening cooperation in Ayurvedic studies, spa therapies, and integrative medicine, India and Hungary can enrich both their wellness industries and their cultural ties. We already see Hungarian scholars publishing on Ayurveda, wellness entrepreneurs partnering with Indian institutes, and an emerging diplomacy of knowledge centered on holistic health.

In Hungary, Ayurveda enjoys official recognition as a medical discipline under the government's medical decree, which permits trained Hungarian doctors to practice Ayurveda. The pivotal establishment of an Ayurveda Chair at the University of Debrecen's School of Medicine, supported by the Government of India and Indian Embassy, marked a major milestone in professionalizing Ayurvedic education in Hungary. We are pleased to announce that we are working towards the establishment of a new Chair of Ayurveda studies with another leading University in Hungary. Sush initiatives have allowed the development of accredited coursework and research in Ayurveda, the translation of educational texts into Hungarian, and the training of local medical professionals.

The Indian Embassy in Budapest and our partners in Hungary have also facilitated the creation of professional standards for Ayurveda teaching, training, and clinical practice, helping to ensure quality control and ethical standards in the growth of Ayurveda as a professional discipline in Hungary.

We are actively looking for partners to undertake newer initiatives in areas like publication of Ayurvedic materials, and the engagement of Hungarian and Indian experts in joint scientific and educational activities.

As we launch Ayurveda Days here in Budapest, let us reaffirm our shared vision of a healthier, more balanced world. A world where traditional wisdom and modern science complement one another, where healthcare emphasizes prevention and harmony, and where well-being is accessible to all.

Ayurveda is not only about medical practice — it is about a way of living: aware, compassionate, and balanced. It reminds us that when we nurture ourselves, we nurture the planet as well.

I hope these Ayurveda Days become a recurring platform for ideas, cooperation, and inspiration — for researchers, practitioners, and all who believe in holistic well-being. May Ayurveda continue to guide us toward health, harmony, and happiness.

Thank you. *Köszönöm szépen.*