

## **Ayurveda Helps to Diagnose, Relieve and Prevent Physician Burnout**

*Dr. Jyothi Bhatt will lecture on the practical benefits of Ayurveda as a complementary diagnostic tool at the ninth annual mind/body medicine CME conference October 24-28, 2017 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [American Meditation: The Heart and Science of Yoga](#), this 30 credit hour training is accredited through the [Albany Medical College Office of Continuing Medical Education](#).*

AVERILL PARK, NY ([PRWEB](#)) May 16, 2017 -- Dr. Jyothi Bhatt will lecture on the practical benefits of Ayurveda as a complementary diagnostic tool at the ninth annual mind/body medicine CME conference October 24-28, 2017 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled “American Meditation: The Heart and Science of Yoga,” this 30 credit hour training is accredited through the Albany Medical College Office of Continuing Medical Education. Dr. Bhatt explains that, “the human digestive fire, known in Sanskrit as “agni,” represents the energy needed to maintain a homeostatic balance of both the mind and body. Burnout or stress occurs when agni is diminished--eventually resulting in fatigue. By regulating the fire element throughout the mind-body-sense complex through Ayurvedic principles of food and lifestyle choices, many burnout symptoms can be relieved and prevented.”

Dr. Jyothi Bhatt holds a Bachelor of Ayurvedic Medicine & Surgery (BAMS) from the Shri Dharmasthala Manjunatheshwar College of Ayurveda in Kuthpady, Karnataka, India. She is currently a Physician’s Assistant at the New York-Presbyterian/Weill Cornell Medical Center and a faculty member of the Kripalu School of Ayurveda.

Through her two CME conference lectures on “The Science of Life,” Dr. Bhatt will explain how a basic understanding and practical application of Ayurveda can be used along side allopathic medicine in a complementary manner. According to Dr. Bhatt, “As a diagnostic tool, ancient Ayurvedic principles can reveal important physical, physiological, psychic and behavioral characteristics that lead to stress-induced burnout.”

“The Heart and Science of Yoga®” conference offers comprehensive training in the world’s most effective holistic mind/body medicine and its scientific foundation. Now in it’s ninth year, the program is designed to encourage active participant interaction by combining engaging lectures, practicums, panel discussions and Q&A. This year’s AMI five-day CME conference will provide easy-to-learn practices that work synergistically (within the intricate medium of the stress system) to reduce inflammation, allostatic load and burnout while working toward establishing homeostasis.

The devotion, enthusiasm, and teaching methodology of the entire AMI faculty will combine to create a dynamic and interactive course for healthcare professionals. Each AMI faculty member is committed to the advancement and training of Yoga Science as holistic mind/body medicine. In addition to Dr. Bhatt’s lectures on Ayurveda, presenters include program director [Leonard Perlmutter](#), AMI founder, meditational therapist and award-winning author; Mark Pettus MD, Director of Medical Education and Population Health at Berkshire Health Systems; Anthony Santilli MD, board-certified in Pulmonary and Critical Care Medicine; Prashant Kaushik MD, board-certified Rheumatologist; Sara Lazar PhD, instructor in the Department of Psychiatry at Harvard Medical School, and an Associate Researcher in the Psychiatry Department at Massachusetts General Hospital; Susan Lord MD, a private practice holistic physician focusing on prevention and treatment, and former course director for the The Center for Mind-Body Medicine’s “Food As Medicine” program in Washington, DC; Jesse Ritvo MD, Assistant Medical Director, Inpatient Psychiatry, University of Vermont



Health Center; Beth Netter MD MT, holistic physician and acupuncturist, Albany, NY; Gustavo Grodnitzky PhD, noted author and psychologist and Chair of The American Meditation Institute's Psychological Education Department; and Jenness Cortez Perlmutter, faculty member of The American Meditation Institute.

According to conference faculty director Leonard Perlmutter, “Most of the obstacles to health and well-being begin in the mind. Meditators learn how to develop the tools that can change the software of the mind and therefore, the reality they experience. By incorporating the practices taught at this conference, physicians can sharpen the focus of their attention, enhance their creativity, and experience a sense of purpose and comfort to better serve themselves, their families, their patients and their medical practices—without the pain of burnout.”

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About the American Meditation Institute

[The American Meditation Institute](#) (AMI) is a 501(c)3 non-profit educational organization devoted to the teaching and practice of Yoga Science, meditation and its allied disciplines as mind/body medicine. In its holistic approach to wellness, AMI combines the healing arts of the East with the practicality of modern Western science. The American Meditation Institute offers a wide variety of classes, retreats, and teacher training programs. AMI also publishes “[Transformation](#),” a quarterly journal of meditation as holistic mind/body medicine. Call 518.674.8714 for a postal or email subscription.

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