



# Communique

INDIAN ASSOCIATION FOR THE STUDY OF TRADITIONAL ASIAN MEDICINE

पारंपारिक आशियाई स्वास्थ्य परिषद - भारत

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### *The Quest For Personalized Health*

A Conference on 'The Quest For Personalized Health – Exploring the Emergent Interface of Asian Medicine and Modern Sciences' was held on 10th to 11th June 2011 at East Medicine Research Center, University of Westminster, London, UK.

The meet initiated and lead by Dr. Volker Scheid, our president was jointly organized with Jan Van Der Greef (TNO), Bridie Andrews (Bentley University) and IASTAM.

FOUR keynote addresses were (1) 'The Music of Life' by Denis Noble - Prof. emeritus, Oxford University; (2) 'Efficacy & Evidence' by Nathan Sivin - Prof. emeritus, University of Pennsylvania; (3) 'System Biology & Health' by Dr. Jen Kevett of University of Edinburg and (4) 'On the Notion of Qui in Ancient Chinese Philosophy' by Dr. Hans-Georg Moeller of University of Cork. These followed by an elaborate discussion by a panel of experts and the participants.

Three separate sessions were held on 'Complexity in Systems', 'Effectiveness' and 'The Chinese View of Things' wherein 4 experts presented their illuminating views on each subject. A final concluding address was given by Prof. Jan van der Greef.

This conference was in continuance of earlier workshops organized in 2007, 2009 & 2010 to establish an interdisciplinary research network for 'Traditional East Asian Medicines'. The objective was to enable the communication between humanities, scholars, biomedical scientists, clinical researchers & physicians to facilitate better understanding for health care.

The focus of this meet was to search for links between system biology and the east asian medicine particularly, the TCM.

It covered discussions on the approach in the similarities and dissimilarities between the two systems, issues of clinical research and the role of system biology and the complexities that are involved for bringing this together.

IASTAM has decided to continue with this theme through its regional meets and give substantial weightage at the next ICTAM to be held in Korea 2013. 🌱

## We Are Back Again

**Dilip Gadgil, *Editor***

This is an important happening. Long awaited IASTAM quarterly is back once again. I welcome you all on behalf of the editorial board and assure of our best efforts. We are trying to cover various aspects of indigenous systems of medicine in various perspectives. Needless to say, we will be covering various current issues associated with human life. The Ayurvedic texts are really oceans of knowledge. I shall write one article based on textual citation in each issue. There are book reviews, recent advances in researches, topics for discussions, information about IASTAM activities, national & international conferences and much more in each issue. It's going to be a feast for everybody.

Considering the global needs, attention has to be given to various aspects of life. We need to understand the purpose of life, decide objectives and then gradually follow the steps to achieve them. Ayurveda with its very sound philosophy, provide practical guidance. In a mad race to achieve the so called comfort, we have created so many sorrows. Especially in the fields of IT, BPO, Managerial Sector people are sacrificing their health for their work schedules, high economic status etc. They don't have family life, attract various serious illnesses & become victimized either due to ignorance or short term solutions. Very few people are really interested to go to the root cause & try to change the scenario from the base. Indian systems of medicine like Ayurveda have potentials to take on these challenges. It needs to be understood for its present day needs in totality. IASTAM Communiqué will cover such aspects in various perspectives and provoke thoughts for discussions. Let us aim at global healthy society. 🌱

## Significance of IASTAM

**Asmita Wele, *Executive Secretary***

When I heard about IASTAM first time in the summer of 2002, little did I know that after about a decade Indian chapter of this organization will function from our premises.

Back then, it all was about going to an international conference to represent BVDU and present our scientific work. I realized that this platform was different from any that I had experienced before. There were people from Tibetan, Bhutanese, Chinese, Japanese traditional medicine sector. There were medical anthropologists, historians, experts studying medical polity, gathered to make the world aware of the huge contribution of Traditional Asian Medicines, towards the population at large.

The practice of traditional medicine and people working in this field are not free from the external forces. All happenings in economic-social-political arena has its impact on traditional medicine. Vaidyas or traditional healers can never function alone as they are invariably part and parcel of the societal fabric.

Within the system of medicine –modern or traditional- everything viz. commerce, production and distribution, patient checking and providing care, addressing new problems and seek solutions within legal, moral ethical paradigms can't be done alone by Vaidya community. Moreover if one wants to know that 'what the traditional medicine e. g. Ayurveda in India, has achieved in last 30 years', there has to be an historical account under main categories. Who does that? When we say that 'now-a-days demand of Ayurveda has increased globally', do we have a mechanism to arrive at facts and figures? Is this a job of a Vaidya? Truly speaking the answer is 'no'. We need a historian interested in 'Growth of Ayurveda' who can track the travel of this system systematically and scientifically. We need an expert of political science to vividly tell us impact of certain decisions on development of Ayurveda. People working in different fields having variety of expertise and who are interested in Traditional systems of medicine are needed to be working together. The whole exercise is for better future of next generations opting to join the science of traditional medicine. If they see promising growth they will definitely choose it. Who else than IASTAM can serve this purpose better?

It is even more essential today than before, to bring the experts together to exchange ideas, to find out all inclusive solutions which take the science further on a new height. At the same time youngsters joining traditional medicine and other knowledge branches associated to these fields must be sensitized to the emerging situations in the world.

The INTERNATIONAL organization has a long history and legacy has its own glamour. Initiated at Australian National Uni. under robust leadership of Prof. Basham & Prof. Leslie has spread its wings.

It is a privilege to the faculty and students of Ayurveda in BVDU as well as to all other institutes in Pune, that 'The Indian Chapter of IASTAM' will now function from Bharati Vidyapeeth Deemed University's College of Ayurveda. 🌱

## Need Integrative Approaches

**Narendra Bhatt, *President***

**I**t is nice to be back. After a long gap and once again it is indeed nice to write on these pages for more than one reason. To reach all our members and to make them aware about being very much here is indeed the first reason.

IASAM is known for its multidisciplinary character, a vision envisaged more than three decades ago. This character has much greater relevance now than ever before.

Present day challenges of health care delivery needs totalistic and comprehensive solutions irrespective of geographical, regional, cultural or developmental considerations.

IASAM is the only multidisciplinary platform known in the field of Indian systems of medicine that at least made honest efforts to encourage and provide a platform for interdisciplinary exchanges.

We did face challenges of its very existence. I am glad that IASTAM has survived those challenges and once again geared up to continue to play the catalytic role that is demanded of it. IASTAM as a platform is required to be nurtured beyond narrowed considerations and segmented thoughts.

We have a new location under the aegis of an academic institute, a long drawn desire of many of our members. We have some new faces and new approaches and newer means of communication. Our website is uploaded and our new newsletter now named, "IASAM Communiqué".

In its new phase it is necessary that IASTAM as an organization looks at the issues of indigenous systems of medicine with a sole purpose of contributing to the main stream health care. Undoubtedly, protection of our ancient and universal knowledge and promotion of its practices are part of our objectives. In order to contribute towards contributory growth of these systems as a part of mainstream medicine it is essential to integrate with present day advances in terms of science and its applications. Beyond peripheral exchanges there is an urgent need to get right into the DNA to achieve those functional changes that these systems have capacity to deliver.

Let us make sincere efforts through dialogue and debate to search for such means and methods that will help bridge gaps between knowledge and sciences for deeper understanding and better applications. 🌱

## More Activities And Events

**Devendra Shah, *Secretary General***

**A**s you are aware, IASTAM has emerged as a well trusted and dynamic association having involved in the study of traditional Asian medicines has touched global boundaries to create awareness among those people looking for health solutions. The association as I understand, play an important role to evolve reliable alternatives for health treatment, particularly when other therapies have proved insufficient or limited due to potential adverse effects.

IASAM has constantly tried to organize several high level conferences to disseminate knowledge and reliable aspects of traditional medicines. It has made efforts to bring out number of scientific and professional suggestions to all academic institutions in India and world level renowned health institutions including WHO. There have been positive and encouraging responses from all over in the interest of adopting and practicing Traditional Asian Medicines.

Consequently, it is expected that our association should play more significant role both at national level and international arena and if need be by learning the language of policy makers and health regulators. We have been receiving large number of creative and professional suggestions from practitioners, eminent scientist and scholars from Ayurveda, Unani and Siddha experts.

We have worked hard to ensure commissioning of the website of our association. As you will observe it not only provides basic information but has practically chronicled all over past history and activities. This is an important landmark. Sure, you will find it interesting and informative.

There are still greater expectations to increase our activities and events. With your warm support and help we shall endeavor to satisfy these needs and extend our reach to greater heights. 🌱

# Change for Transformation

## As It Happened.....

Since its inception in 1980 Zandu Foundation for Health Care supported IASTAM activities at the instance of founder members of IASTAM. ZFHC has been its registered office and the center of its activities. Commitment of Late Dr. K. M. Parikh later followed by members of his family and their active contribution and my association with both the organizations did help continuance of our activities.

In 2008 change in management at Zandu made it necessary for IASTAM to relocate its offices. After initial efforts necessity to shift our offices to a new location became very obvious.

I personally consulted several of senior members for their views.

We approached two major organizations; an industry organization having facilities in Mumbai and that had been associated with IASTAM for some of the functions. Other organization located in Bengaluru was suggested as having similar objectives. After receiving negative responses several other organizations were approached.

A meeting of senior office bearers and members of previous managing committee and existing managing committee was held in November 2009 at Mumbai. Representatives of six organizations expressed their desire to provide support to IASTAM.

A list of ideal requirements for potential support was prepared and circulated.

*These included –*

A) Facilities in terms of infrastructure, office administration, space availability, and telecommunication support and place to conduct regular meetings.

B) Functional support to satisfy mandatory requirements with authorities, record keeping and documentation, publication activities, administrative, secretarial and banking assistance.

C) Human resource for technical and administrative needs to efficiently coordinate with association office bearers.

D) Financial resources to support our activities. This was very important in view of financial limitations of our association. We have corpus for awards and for publication activities. We have limited corpus to manage day-to-day functions. As a policy our association has always strived to manage its activities and events in a manner that may not put added burden on our funds. This makes it necessary to have such support that helps manage and promote our activities without added financial burden.

E) Events Support - Joint and collaborative activities and more so, events are essential to our activities. Any organization with such support can provide a greater help.

A view shared by most was to give priority to an academic organization to enable our association to broaden its base and activities.

An initial proposal that was agreed did not fructify. Finally with consent of the committee formed for the purpose, Bharati Vidyapeeth Deemed University was approached with our requisites. Just after two meetings I was pleased to receive a positive response from Prof. Dr. Shivaji Rao Kadam. The proposal was put before the managing committee and a 'Memorandum of Understanding' has now been entered into between IASTAM and BVU.

This has been a long drawn process that needed approaches, considerations and deliberations.

I am delighted that finally IASTAM has found a right place, an academic multidisciplinary institution with all facilities where it can conduct and further its activities. There is commitment to similar cause, complimentary objectives and a sincere desire to grow together. 🌱

— **Dr. Narendra Bhatt**  
President



## Coming Together

**B**VU is committed to service of the nation. Education and health care of people are our topmost priority. We firmly believe that education is the most essential tool for social uplift and better living standards. Within the education arena multiple activities and cross faculty activities are present day norms in fast changing situation. It is necessary that efforts be made to pull in resources and expertise from all possible corners with defined objectives for welfare of people.

BVU has acknowledged and recognized medical pluralism having different institutes under one roof.

We had an opportunity to host the Silver Jubilee Function of IASTAM with a highly productive conclave that I believe was a landmark event. The outcome of that event as I have personally observed provided substantial and useful material for those involved with policies and academic in health & medical care. Similarly, research is probably the most prime and dynamic activity that we are looking into for innovations & solutions. It is with this sincere belief for promotion of Indian Systems of Medicines like Ayurved, need for interdisciplinary activities and to provide new ideas and activities that our university has decided to wholeheartedly support IASTAM on our campus. It is our sincere desire that members of IASTAM that comprise of practitioners of different systems and experts from different faculties will work together with our faculty and students for useful deliberations, activities and specific projects for useful outcome.

We look forward with IASTAM for academic, integrative, research and international activities in the field of Indian Systems of Medicines. 🌱

— **Prof. Dr. Shivaji Rao Kadam**

*Vice Chancellor, Bharati Vidyapeeth Deemed University*

## Welcome

**T**he Vice Chancellor of Bharati Vidyapeeth University Pune, Hon'ble Dr. Shivajirao Kadam and the President of IASTAM - India, Dr. Narendra Bhatt had been working together for the promotion of Ayurvedic system of medicine.

As a part of this, a conclave on 'Transforming Traditions for Tomorrow's Health' was organized in association with Bharati Vidyapeeth University on 30th & 31st January 2005 at Bharati Vidyapeeth University, Educational complex, Pune. The objective of the conclave was to have intellectual churning on issues confronting the sector of traditional medicine in order to precipitate them at a specially constituted forum.

A welcome and appreciable development took place during February 2011 as a fruitful outcome of their decade long association. A "Memorandum of Understanding" is signed between the authorities of Bharati Vidyapeeth University & Indian Association for the Study of Asian Medicine. IASTAM, an academic NGO & a well academic institute Bharati Vidyapeeth University through its College of Ayurved have decided to work together for the study and promotion of traditional system of medicine.

Aims of IASTAM & Bharati Vidyapeeth University, College of Ayurved are complimentary in nature. This association shall benefit both organizations to undertake academic, integrative, interdisciplinary and international activities in the field of Asian medicine, the Indian systems of medicine & Ayurved in particular.

We are pleased to have the registered office of IASTAM - India on our premises. Good infrastructure facilities and support of faculty and students will definitely help for more activities and collaboration with other institutes and organizations. This will help fulfill the objective of this association. 🌱

— **Dr. Abhijit Patil**

*Principal- College of Ayurved, BVDU.*



You can decide about the venue whichever is comfortable to you for operation or practical feasible. Please go ahead. ....I record my appreciation to the gesture of Shri Shivaji Rao Kadam of BVU and my congratulations to him.

- **Prof. Vimla Devi,**  
*Vice President*

I support the suggestion of shifting to Bharati Vidyapeeth University, Pune at their Ayurvedic College. Since our relation and support given by Dr. Shivaji Rao Kadam. Hon. Vice Chancellor is enthusiastic on education front as well as he has a keen interest in Ayurveda. With his dynamic personality I am sure his contribution to our association will take our objectives to a grater achievement.

- **Shri D. M. Parikh,**  
*Vice President*

Regarding relocation of IASTAM office I feel the proposal from Bharati Vidyapeeth University is good. We remember how interested they were and how well they had cooperated for our Silver Jubilee Function. And the 2nd Intellectual Conclave at Pune. I feel that we should accept the proposal of Bharati Vidyapeeth University and establish IASTAM office at Ayurveda College at BVU.

- **Dr. S. P. Kinjawadekar,**  
*Member, Managing Committee*

The support given by Bharati Vidyapeeth Deemed University and their acceptance of proposal for providing necessary facilities is worth appreciating. The activities of IASTAM will surely flourish well with the administration facilities and assistance, which will be provided to us by them.

- **Prof. Maltiben Chauhan,**  
*Member, Managing Committee*

Since I am based at Pune and know Dr. Shivaji Rao Kadam personally ever since his student days at Pune University, please tell me if I can be of any logistic help.

- **Prof. R. K. Mutatkar,**  
*Chairman, NAC*

# IASTAM – INDIA

## Opportunities & Challenges

ARTICL

**R. K. Mutatkar**

### Genesis:-

Jawaharlal Nehru at the convocation address at Pune University in 1961 said, “There was nothing like American physics & Russian physics; physics was physics.” This is not true of medicine. There are plural systems of medicine in the world and all are used by people in the respective geographical regions. All systems have a history, philosophy, explanations about relationship with the environment and are institutionalized as per social, economic and political conditions. They all profess clinical evidence; oral or documented as texts. Indian systems of medicine are being formally expressed as ‘AYUSH’ and are directed by an act of parliament.

At the International Congress on Traditional Asian Medicine (ICTAM), hosted by an eminent Ideologist and author of a classic volume, ‘The Wonder that was India’, Prof. A.L. Basham, at Australian National University, Canberra, in September 1979, International association for the Study of Traditional Asian Medicine was established. The Indian chapter, ‘IASTAM – INDIA’ was established in January 1980 at Mumbai and constitution was adopted at Pune in April 1980 under the leadership of Pandit Shiv Sharma. Western scholars not being clinicians of Asian medical systems were interested in the study as per their respective academic disciplines. In India, the clinicians got interested since the policies and programs were relevant to them directly.

The Preamble to the International and Indian

Iastam constitution clearly mentions the multi – disciplinary and interdisciplinary character of Iastam. It advocates the linkage of folk medicine as little traditions followed by lay, illiterate rural folk and the medical texts like Charak, Sushrut and Vagbhat as great traditions. It also advocates the development of scientific research methodology for traditional medical systems as a distinct identity, not necessarily following the laboratory or animal experimentation model of modern, western medicine.

### Opportunities:-

The global interest in traditional Asian medical systems, more particularly the Chinese and Indian systems, gave rise to establishment of a department of traditional medicine at the ‘WHO’, Geneva. Thousands of people in the west go for Yoga classes and access Kerala Panchakarma Therapy. In India Government officially supports ‘AYUSH’ systems and has established a separate department of AYUSH. The wellness industry is developing acknowledging the body – mind harmony. Besides, National ISMH Policy 2002, National Rural Health Mission (NRHM) has advocated mainstreaming of AYUSH in national health care delivery. Clinical evidence under AYUSH systems is being recognized and instead of challenging it as ‘claims’ is being subjected to reverse pharmacognosy.

To what extent, the medical institutions and system specific professional organizations are

*Prof. R. K. Mutatkar, Director, Centre of Excellence: AYUSH in Public Health, Government of India is former president of IASTAM and present Chairman of its National Advisory Council.*

*Chairman of Indian National Confederation and Academy of Anthropologists he is also Chairperson of ‘Ethics Committees’, of University of Pune & National AIDS Research Institute under ICMR.*

equipping themselves to accept the challenges offered by these opportunities? Are the AYUSH systems capable of acknowledging their respective strengths, to come together and face the organized capitalist multinational pharmaceutical interests? Are we surrendering our interests including the national interests and peoples' health needs by getting co-opted by the profit making multinational pharmaceutical industry?

### Challenges:-

IASTAM as a forum, as a platform was established to bring together all the scholars, clinicians, and pharmacists etc. to develop the objectivity of science to document and analyses the knowledge for its own sake and to apply it for the welfare of common man. Health is now being recognized as a human right. India is fortunate to have plural systems of medicine. It is the right of every citizen to have access to the strengths of various AYUSH systems. Development of natural sciences, have led to various diagnostic technologies which is not the preserve of a particular medical system.

Unfortunately the AYUSH medical institutions follow the trap of disease oriented treatment losing sight of the focus on health. National Health care system employs AYUSH personnel not for their medical system training or expertise but for filling the number of vacancies due to non – availability of allopathic doctors. In order to find its rightful place in National Health Care, AYUSH has to contribute to public health programmers, not becoming a junior partner in the disease control programs managed as per chemotherapy principles and practices of modern medicine. Pregnancy, lactation and child care are not disease conditions. Health of growing numbers of elderly is not a drug oriented issue. In several states in India, AYUSH and health service departments have parallel organizational structure without any meeting point as equal partners. It is surprising that while majority of deliveries are conducted at homes by 'Dais' following the traditional practices rooted in Ayurved, AYUSH institutions do not provide any ANC/PNC or delivery services.

*“ Iastam as a scientific interdisciplinary confederation without fostering the vested interests of any particular medical system has to play pro –active role in bringing together AYUSH systems in medical education and intervention research. ”*

### Role of IASTAM:-

Iastam as a scientific interdisciplinary confederation without fostering the vested interests of any particular medical system has to play pro –active role in bringing together AYUSH systems in medical education and intervention research. IASTAM can take up multi – centric interdisciplinary projects at the national level. Health and Ayurved, Unani, Siddha, Homeopathy, Yoga & Naturopathy institutions could be the collaborators in intervention research projects. An integrated AYUSH medical curriculum, need to be developed. There is a crying need for AYUSH based Para –professional courses in nursing, hospital based as well as public health pharmacist, Panchakarma, Kshar –sutra chikitsa etc. The local herbalists in tribal and rural communities who are providing herbalist services to people as they have good knowledge of medicinal herbs could be provided training in local processing of herbs and about the principles of AYUSH systems.

Iastam has already played its advocacy role. What is needed are action/ intervention research and training in order to find the place of AYUSH in national health care, not as numbers but as professionals. 🌱

## IASTAM - MANAGING COMMITTEE

>> PRESIDENT: Dr. Narendra Bhatt, Mumbai

>> VICE PRESIDENT: Mr. D.M.Parikh, Mumbai >> Prof. Vimla Devi, Puducherry

>> SECRETARY GENERAL : Dr. Devendra Shah, Ahmedabad

>> TREASURER : Dr. Vandana Kozarekar, Mumbai

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\*INVITEE Principal - Bharati Vidyapeeth Ayurvedic College

## IASTAM - NATIONAL ADVISORY COUNCIL >> Prof. R.K. Mutatkar, Chairman

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>> Vd. Suresh Chaturvedi	>> Dr. Jayaprakash Narayan	>> Prof. R.H. Singh
>> Dr. S.K. Jain	>> Vd. B. K. Padhye Gurjar	>> Dr. A. B. Vaidya
>> Dr. Krishna Kumar	>> Dr. Bhushan Patwardhan	
>> Hakeem Syed Khaleeftullah	>> Prof. Subhash Ranade	

## IASTAM Regional Workshop in Nepal

**An IASTAM Himalayan Regional Workshop on "PRODUCING EFFICACIOUS MEDICINES: QUALITY, POTENCY, LINEAGE AND CRITICALLY ENDANGERED KNOWLEDGE "to be held in Kathmandu , Nepal in December 2011**

The workshop aims to take seriously – to record, validate and pragmatically explore – the diversity and depth of knowledge of lineage-based amchi who continue to practice forms of the ' science of healing ' ( gso ba rig pa ) in situ. This includes people whose practice remains, at some level, holistic in the sense that they gather themselves or oversee the harvesting and regional trade / exchange of medicinal ingredients;

produce many of the medicines they prescribe; treat local populations and are committed to passing on their expertise not only through institutions but through more personal, apprentice-based modes of knowledge transmission.

This workshop aims to serve as a corrective – or at least a counterpoint – to the drives towards standardization and Industrial production of Tibetan / Himalayan medicinal formulas.

This workshop will take place in Kathmandu, Nepal over two weeks in the first two weeks of December 2011 and will bring together approximately 20-25 individuals from Nepal, India and China ( Tibet ).



## ***A Brief Life Sketch of Late Vaidyaraj Haribhau Balkrishna Paranjape***

Vaidyaraj Haribhau Balkrishna Paranjape was born in 1907 in a small village in Ratnagiri district. He completed his primary education there and went to Pune for higher education. After completing his graduation in arts he further studied and completed education in Ayurveda. He started his 'Ayurvedic National Clinic' in 1928 but closed it after some months to enter freedom movement and serve the nation. As active party worker of congress party he participated in satyagraha and so was imprisoned for some months in Thane jail. On the advice of Mahatma Gandhi he went on a *padyatra* to visit villages and treat patients.

On 1st April 1936 he started an institution named 'Ayurved Shikshan Mandal' with an objective to reach Ayurved to masses and to train the students for this work and serve the nation by participating in the national health program. In June 1936, Ashtang Ayurved Mahavidyalaya was started followed by Ashtang Ayurved Pharmacy in October 1936; the first Ayurvedic

Charitable dispensary in 1939 and finally the Ashtang Charitable Ayurvedic Hospital. All these institutions were affiliated to parent body. As secretary of the Mandal for 47 years between 1936 to 1972 and in its various capacities he nurtured these institutions.

For his untiring efforts and services he was honoured by citation by Pune District Congress Committee. On 28th March 1983 his platinum jubilee was celebrated at Ashtang Ayurved Mahavidyalaya and a Special Issue was published in his honour in the presence of many dignitaries.

This great man who dedicated his whole life for the cause of Ayurveda passed away on 20th November 1983. Mission started by Vaidya Paranjape is still pursued by the present secretary of Ayurved Shikshan Mandal, Dr. M.H. Paranjape, all the trustees, teaching and non teaching staff of the institution. Many students who were trained in these institutions are successfully practicing Ayurveda and serving the people.

## ***IASTAM AWARD***

### ***Vaidyaraj Haribhau Balkrishna Paranjape Award***

Since 1999, IASTAM has instituted Orations and Awards to venerate the memory of outstanding personalities in the field of Indian systems of Medicine. IASTAM is pleased to announce the institution one more award in the memory of 'Late Vaidyaraj Haribhau Balkrishna Paranjape' for excellence in the field of 'Shalya Tantra' (surgery) as a teacher or a practitioner.

The award will be conferred once every two years and will carry a trophy and citation. Recipients for this award will be chosen as per the norms laid down for nominations and selection. A brief profile of late Vaidyaraj Haribhau Balkrishna Paranjape is given here with.

***This is 8th award instituted by our association.***

## ***IASTAM - Regional Meet in India***

Our association will send a proposal to the International Association to organize the 'South East Asia Regional Meet' in India.

The International Association at its Bhutan Meet has decided to conduct 4 Regional Workshops to promote the cause of IASTAM through its regional groups.

A meeting was held in London followed by the next regional meet to be held in Nepal in December 2011. (Details of both these events appear elsewhere in this communiqué)

In view of the decisions taken in respect to IASTAM to be held in Seoul in South Korea in 2013 we intend to persuade the theme of 'Integrative Research' at the proposed regional meet. The details are being prepared. Please forward your views and suggestions as soon as possible.

IASTAM intends and encourages quality and cross faculty research amongst upcoming and young scholars. Studies in humanities, social and anthropological aspects, ancient text and linguistics on one hand and research in the context of life sciences, molecular & biological pathways and system biology on the other; need more attention and are required to be promoted.

We welcome views and suggestions to encourage and promote such research activities.

**The next "Award Function" will be held during January to March 2012. The procedure for nomination for IASTAM Awards will be initiated soon.**

IASTAM appeals for contributions and donations from individuals or groups or such bodies to institute such awards in the memory of well-known personalities in the area of their activity.

# From Our Archives

There are always moments in the history that are significant in the life of an individual or an association or a group. In the history of 'IASTAM', the starting of the Indian chapter was such a moment. On **31st January 1980**, on a cool evening, 42 experts interested in trans cultural and multidimensional studies of Indian systems of medicine came together to form the Indian chapter. Professor A.L. Basham, the father figure was present at that moment. In a way the formation of Iastam at international level was a parallel event as Prof. A.L. Basham was declared as the President of International Iastam at the meeting held in Mumbai, India.

The founder stalwarts who addressed the group included Dr. C.L. Zaveri an allopath, Dr. K.M. Parikh of pharmaceutical sciences and head of the Indian chapter, Pandit Shiv Sharma, the then chairman of Central Council of Indian Medicine, Dr. M. L. Dwivedi, the then Vice Chancellor of Gujarat Ayurved University, Jamnagar and Dr. Mrs. Pramilatai Topale, honourable minister for Health & Family Welfare of the state of Maharashtra.

Prof. A.L. Basham gave the inaugural speech providing significance to the formation of Iastam and Dr. R.D. Lele an expert in nuclear medicine gave the vote of thanks. What a gallery of personalities representing different kinds of expertise and all of them were having one goal i.e. to promote Asian Indian medical systems. Several stalwarts, who could not attend the meeting but shared the same goal, included, Dr. Ashok Vaidya, Dr. P. J. Deshpande, Dr. Mrs. L. Dolma (Dharmashala), Shri. P.R. Krishnakumar, Dr. S.K. Jain and several others. Many of these experts were present at Australia. Vd. Ramesh Nanal and Dr. Narendra Bhatt were among the new entrants to the association.

Interestingly (see the draft), Prof. A.L. Basham was elected as the president of International Iastam at this meet. And Pandit Shiv Sharma was one of the Vice Presidents. Whereas Dr. Pramilatai Topale and Dr. M.L. Dwivedi were on the governing council of the international body.

Formation of the Indian chapter was declared on that date also. Here is the actual declaration for happy reading. 🌈



L to R: Dr. K.M. Parikh, Pandit Shiv Sharma, Prof. A. L. Basham, Dr. C. L. Jhaveri, Vd. M. L. Dwivedi, Prof. R. K. Mutatkar

## *The Inagural Meeting of Indian Association for The Study of Traditional Asian Medicine (IASTAM) 1980*

**T**he role and the importance of Traditional system of medicine in the Health Care System of the nation cannot be minimised. After detailed consideration for some years at various annual meetings of South East Asian region, W.H.O. has accepted the role of Traditional Medicine in the welfare and maintenance of health of the world population. The beginning of the same was done by sponsoring the first International Conference on Traditional Asian Medicine (ICTAM) under the auspices of the W.H.O. at the Australian National University, Canberra under the able stewardship of the well renowned Prof. Dr. A.L. Basham in the month of September 1979.

This conference was a grand success. About 500 delegates from all parts of the world participated in the conference. It is a matter of pride that more than 50 delegates have participated from India in this conference. This included representatives of Central Government, State Governments, private and public institutions and organisations and also the physicians practicing traditional Asian and modern medicines and representatives from the pharmaceutical industry.

The concept and practice of Ayurvedic and Unani system of medicine including historical heritage was presented in detail in more than 100 scientific papers by these participants at the conference. The highlight of the conference was the great opportunity provided for free and frank discussion regarding individual and collective experience.

In every ethnic group of cultural pattern, there is a traditional health care system. In developing countries this is the first line of defence in health care. It is a constant source of inspiration in the development of new drugs and therapies.

The contribution of traditional medicines in the maintenance of sound health and medical services has gained the full recognition of the World Health Organisation. It is in the interest of the people of the world that traditional Asian medicine should be fully exposed in its ethno – historical, social, cultural and scientific context including future research. An international forum is needed where each traditional health care system can fully express its constituent components and communicate across cultural and linguistic barriers. The international society for the study of traditional Asian medicine has been established to further these aims.

Prof. Dr. A. L. Basham was elected unanimously as the President of the International Society. Ayurvedacharya Pandit Shiv Sharmaji was elected as one of the Vice –Presidents and Dr. Pramilatai Topale, Hon'ble Minister for Health & Family welfare, Maharashtra State, and Dr. M.L. Dwivedi, Vice–chancellor of the Gujarat Ayurvedic University, Jamnagar, were elected the members of the Governing Council from India. There is a provision in the constitution to start the regional chapter for furthering the cause.

In view of the above developments it was decided by the participants to establish the Indian chapter of the society. The Indian chapter is being inaugurated on 31st January 1980 by the international President Prof. Dr. A.L. Basham. The establishment of the Indian Chapter will help in promoting Ayurvedic and Unani system of medicine for the benefit of the masses. It is desired to promote the traditional system all over the world including the developed countries, where it is likely to be accepted for various reasons including economic considerations. 🌱



**DEBATE** **IASTAM has decided to take up discussions on issues of relevance. Educational Reforms in Ayurveda is one such issue. Here is one such view from your editor. IASTAM invites further discussion on this issue.**

## *Educational Reforms on the back-ground of the threat of terrorism*

**Vaidya Dilip Gadgil**

**A**fter the 26/11 attack of terrorists, reactions are being noted across the country. The Central & State governments have started strategic planning's, to find out the lacunae in the current system of security & rectify them. But unfortunately, no efforts are seen, to go to the root cause of the problem & correct them. That's what provoked me to write this article! Basically, I am medical professional, working in the field of Ayurveda, the ancient Indian Medical System. As a proud citizen of India, I wish to express & share my views on this burning issue.

Basically, our society is not unanimous, due to the castism, varieties of languages & regional distribution based on that. In spite of this diversity, we have been trying to aim at national unity. But unfortunately, the local issues & politics are getting utmost importance and national issues are just neglected! Immense Patriotism & Indian Nationalism (irrespective of caste, creed, language etc.) are the need of the hour today, to make the society unanimous. But who will make it?

The **teacher, especially at primary level, is the key person, for building the nation.** (In a way, terrorists are following the same path, to create the terrorists.) Today, the whole education system has been commercialized even at the root level. Truly speaking, education can neither be sold nor be bought! A studious individual has to earn it by efforts! But right from the childhood, the parents are after buying a good education for their kids! Moreover, the respect in the society, is associated with wealth, even earned in any way, than knowledge! The primary teacher, especially, is most neglected & under-privileged! Very rarely, the young generation, would opt for this as a career! It would be worthwhile to reconsider the ancient Indian educational system in the form of GURUKULAM.

The sages used to give knowledge to the "VIDYARTHI" a beggar of knowledge, in the Gurukulam. It used to be a residential learning. There was no disparity among the students, on the basis of their financial capacity etc. (Shrikrishna, Pandya & Sudama, all at same level!) It was the responsibility of the KING to look after the proper functioning of the Gurukulam (financially, protection wise etc.) The sages were satisfied with the GURUDAKSHINA given by their disciples with utmost love! The sages were respected very much as a GURU!

In the present scenario, when the education system has been totally reformed, how we get the advantages of the ancient system? is a great difficulty. We need to change our mind set for it! Every one should understand, that it's a step towards a unanimous country full with Patriotic people. This has to be a phase-wise program!

We can start from the courses like D. Ed., B. Ed., M.Ed., which create teachers. These courses should be run in "GURUKULAM" way. It should be a residential school, absolutely free! We can take help of Voluntary, just retired teachers, with immense patriotism. The Government should bear the expenses. Besides teaching the teaching skills, the students should be taught about the rich Indian heritage of knowledge, the richness of India in the past, the mistakes we made, the measures required to avoid them in future & nationalism!

The politicians & the Socialists should come together for the uplift of the teachers & restoration of their lost respect. Considering the corruption & red tape-ism, either Private sector or NGOs with transparent policies, may be involved in the plan. Today Campus interviews are held to catch the talented personnel by private sector. If the process starts at school level, a system can evolve! This should be experimented at a small level initially & then implemented at broader level.

Even in case of higher education, for those entering various teaching fields like Medicine, Engineering, Science, Arts, Law, Fine arts, and Computer sciences etc., the Gurukulam system for three to six months, be followed. Help from the voluntary, recently retired teachers from that field, can be taken for this. Our former President, Dr. A.P.J. Abdul Kalam, a true teacher, may be requested to lead such workshops & give guidance. Each branch of education really needs re-orientation program for the teachers in their respective faculty, besides education of teaching skills. A residential school program of minimum one month duration, be carried out, for all current teachers at various levels & in various educational fields.

I request the stalwarts, the leaders, the philosophers to think about these points & their practical implementation. Needless to say, without any expectation, I would offer all sort of possible help. I will try to implement this idea in our field i.e. Ayurveda. 🌿



## Why Ayurveda?

### Vaidya Dilip Gadgil

"आयुःकामयमानेन धर्मार्थसुखसाधनम्। आयुर्वेदोपदेशेषु वधियः परमादरः॥"

#### Meaning –

One who is desirous of Ayush which is a means for achieving Dharma, Artha & Sukha should have utmost respect for the Upadesha of Ayurveda.

#### Explanation –

This is the very first stanza of Ashtanga Hridaya written by Vagbhata. It is important in various ways as it clearly mentions the purpose and even a way to achieve it. According to Hindu philosophers, Dharma, Artha and Kama or Sukha are the three Purusharthas (achievements to be procured through our own efforts) in one's life. Everybody wants to be happy in his/her own life and also wishes to fulfill the desires (kama). Wealth is one of the important and powerful means to become happy and fulfill desires. Of course, it's not the only way and one can be happy without wealth. But at the preliminary level, wealth plays an important role.

Dharma, is often explained as duty or religion or in a way as rules of good conduct. It is also one of the Purusharthas and actually Artha and Kama / Sukha need to be under control of Dharma. Earning money in unethical or improper ways, ultimately leads to grief and sorrows and so also the unethical and improper ways of fulfilling desires. Performing one's duty may be found as troublesome or give a sort of unhappy feeling. Or it may not be even possible to earn good wealth and fulfill the desires in ethical ways. Still one has to follow the path of Dharma i.e. ethical way as a part of his duty or as a path that ultimately leads to satisfaction and happiness.

Ayush, often translated as life in technical terms, is the union of the body, the senses, the mind and the soul. Ayush is the means for these three purusharthas. In biological sciences, life has a particular meaning. However, according to Ayurveda, Ayush is a technical term. So let us keep it separate. The essence of this word has to get reflected while dealing with the etymology of the word Ayurveda.

Ayush being an union of four factors, all these four factors have to be considered while considering any life, especially human life. Since the mind & soul are also very much associated in the concept of Ayush, the concept of happiness, the fulfillments of desires etc. are also associated with Ayush. Not only that; Ayush is a means to achieve them.

One is able to achieve Dharma, Artha and Kama as long as the union continues. The moment, the soul departs from the union, the life comes to an end and hence, without Ayush, one even can't think of the Purusharthas. In simple terms, we can observe that the person who is not healthy is unable to fulfill his desires for e.g. a person suffering from heart disease or Diabetes has to observe restrictions as regarding

diet etc. So there are restrictions in earning money or even in performing duties. That is why Ayush is a means to achieve the Purusharthas and if he does not try to achieve them or is not able to achieve them, then, the whole purpose of Ayush is defeated.

In order to make the Ayush meaningful, one has to achieve the Purusharthas and for that, one has to be desirous of Ayush. Vagbhatacharya has clearly added the adjective 'Dharmarthasukhasadhanam' to Ayush and thus, he expresses the desire of that kind of Ayush, which is capable of fulfilling Dharma, Artha and Kama. If you don't want to achieve these, the Ayush is meaningless.

So, the most important thing is to have the desire to live. Especially, in the last stage of the diseases like Cancer etc., the people are mostly depressed. They feel that the death is the only solution for the grief and sorrows and in this condition, no medical pathy can do anything, unless and until there is a small desire to live. We have to create the desire to live in these patients and it's a very difficult job. If there is some ray of hope of coming out of the situation, then only these people may try to listen to our advice and guidance and follow it for their own benefit.

Such a person who is desirous of a meaningful life, wants to achieve something in life should have utmost respect to the advice of Ayurveda.

Ayurveda is like an ocean of knowledge. It considers all aspects and stages of life and so is advised in every walk of life, whether it is a healthy or unhealthy stage. Unless and until you have utmost respect, you won't follow it whole heartedly and off course, then you are not benefited fully. There is always a difference between a suspicious person and a faithful person. With a suspicious mind you can't follow it properly. So, one should have full faith and utmost respect to the advice of Ayurveda. So our objective should be to faithfully understand and follow the advice of Ayurveda. If we have any doubt or we are suspicious about certain facts, then we have to clear the doubt on the basis of Ayurvedic texts and contemporary allied sciences. We should not presume that the texts could be wrong and try to prove whether they are wrong or not. We should check our interpretation and try to rectify ourselves, if our interpretation is wrong.

#### Summary –

Ayush (the union of the body, the senses, the mind and the soul) is the means for achieving Dharma, Artha and Sukha. One who is desirous of this kind of Ayush, should have utmost respect for the advice of Ayurveda. In short, three Purusharthas are dependent on Ayush. So in order to make it meaningful, one should follow Ayurvedic advice. 🌿

## Ashtanga Hridaya – Sutrasthana A Novel Version

REVIEW

### Yashashree Joshi

With keen efforts of three Ayurvedic academics & practitioners, a Marathi version (Sutrasthana) of the ancient Ayurvedic treatise 'ASHTANGA HRIDAYAM' by Acharya Vagbhat, is now available for the first time in dual form – printed book and an 'Interactive Software CD'.

For most of Ayurveda students, SANSKRIT language is an obstacle in understanding. There is a tendency to read only translations and not the original text. This limits proper understanding of Ayurveda as a 'science'. This drawback in education provoked the writers to present this book in a more 'user-friendly' manner for understanding the text. We, as involved in academics, started this work of just translation and when learnt that our guru Vaidya Dilip Gadgil had also began this work in a similar format, readily accepted to work together. I really thank him for this concept which has been appreciated not only students but also by teachers.

With this view point, **Sandhivigraha, samasavighraha (logical separation of word as per the rules of Sanskrit grammar) and anvaya (presentation of a complete sentence with a particular order of words) have been provided for word to word translation of Sanskrit verses along with explanations on the basis of experience.** The explanation is enriched with assistance from two ancient Sanskrit commentaries by Hemadri and Aruna Datta. Case-reports and self-understanding of science by writers are the noteworthy features of the text.

**Accompanying DVD** for easy memorization with accurate pronunciation is also a novel concept implemented by Vaidya Gadgil. Further value addition has been done with some video clips on Panchakarma and Ayurvedic recipes. Considering its value as a book related to syllabus of Ayurved education for beginners, the writers have provide various tables and charts. Diagrams are also drawn where ever necessary. Update information about the topic is also given for current practices.

Such features give clear and step by step guidance to understand a verse in a correct manner. Furthermore it will help the student to read Charaka Samhita and Sushruta Samhita and other Sanskrit Ayurvedic Texts with proper understanding.

The Maharashtrian students are fortunate to have such a kind of study material. Hope, this concept will be made available for students of other states.

A website for the interaction with the readers of this book is also created as <http://ashtanghridaya.weebly.com> has sections like Updates, Q&A, Blogs, Discussion Forum, FAQ about CD installation and a Photo Gallery etc.

**Ashtanga Hridaya – Sutrasthanam (Marathi) : Dual Version**

with commentary and practical interpretations by – Vaidya Dilip Gadgil, Vaidya Yashashree Joshi, Vaidya Sachin Kulkarni; published by Manakarnika Publications, Vishal apartment, Padval Ali, near Chaphekar chowk, Chinchwad gaon, Pune 411033 Price Rs. 700/- along with the DVD. Email – manakarnikapc@gmail.com

## Critical Edition of Caraka Samhita

### Karin Preisendanz

#### The problem

Ayurvedic texts form the base for Ayurvedic practices, research & even for fundamentals of Ayurveda. The texts were orally transmitted from one generation to the next for many centuries. Later manuscript writing took place of oral tradition & continued till recent past till the beginning & development of printing technology. The printed texts were edited by eminent scholars using available manuscripts at that time. The average lifespan of a manuscript is 500 years. Considering the period of minimum 3000 years, today's available manuscripts are at least the sixth generation manuscripts (actually this might be 8th generation minimum). On an average 3% errors creep in each transmission from one generation to the next. It means that minimum 15 to 18% errors have already entered in the present text. All of them may not be much serious. But still the texts form the base of research, practices etc. Hence it is important to have critically edited texts.

#### The need

To study all available manuscripts of Ayurvedic texts & to collate them to bring out critical editions is the need of the hour. Unfortunately very few Ayurvedic scholars & practitioners have felt this need. I was also interested in this work. Surprisingly I learnt that the work has already begun.

#### The solution

Study of all available manuscripts comparing each syllable to create a critical edition is the solution. A team headed by Karin Preisendanz is working on critical edition of carakasamhita in Vienna since 2000. It started with the 8th chapter of vimanasthana. They have procured 55 manuscripts of carakasamhita & have compared all with the printed text edited by Yadavaji Trikamaji Acharya. It will be available along with English translation in near future. For details please visit the following website.

<http://www.istb.univie.ac.at/caraka/>



REVIEW

## Conference on Tibetan Medicine

**2nd International Conference on Tibetan Medicine will be held between 25th to 27th Oct 2012 at Dharamsala, India.**

This event is jointly organized by Central Council of Tibetan Medicine (CCTM) Dharamsala; Tibetan Medical and Astro. Institute (TMAI) Dharamsala; Central University of Tibetan Studies (CUTS) Sarnath, Varanasi and Chagpori Tibetan Medical Institution (CTMI) Darjeeling.

Contact - Organizing Committee, International Conference on Tibetan Medicine (ICTM), C/O Central Council of Tibetan Medicine, Gangc hen Kyishong, Dharamsala, Distt. Kangra 176215, Himachal Pradesh, India.

**Telephone:** 00-91-1892-223483

**Tele Fax:** 00-91-1892-226462

**Websites:** www.tibmedcouncil.org; www.men-tsee-khang.org; www.mentsee.org or

www.chagpori-tibetan-medical-institute.com

**E-Mail ID :** 2012ictm@gmail.com

ANNOUNCEMENT

HAPPENINGS

## Ayurvedic Cancer Hospital, Gujarat (India)

An Ayurvedic Hospital offers special treatments for Cancer, Chronic Renal Failure (CRF) & Psoriasis.

The facilities include services of qualified physicians, support staff and Ayurvedic equipment including for panchakarma. Panchagavya treatment based on cow's milk, ghee, curds, urine & cow dung are specialty of this hospital. With clean and pleasant atmosphere it offers reliable services at very economic prices.

**Contact - RMD Ayurveda Cancer Hospital**  
Girivihar Sankul, N.H. No.8, Vaghaldhara 396375  
Dist. Valsad, Gujrat

**Tel** (0091-2632) 268080, 2999955 **Telefax** 268081

**Web** - <http://giriviharcancerhospital.org/>

## World Conference on Ayu

**The " World Conference on AYU is going to be held during 5-8 January 2012 at Pune.**

**The pre- conference workshop to be held between 1-4 January 2012.**

The theme of the conference is ' Indian Systems of Medicine for All '

Constant upgradation of knowledge is very much essential in the field of any profession. In medical profession it plays important role whether we are Academics, Research Workers, Postgraduate Students or Practitioners. Keeping the track of recent developments in research, new techniques of diagnosis and treatment procedures are essential for becoming successful practitioner. The great sage Sushruta has said that for becoming successful practitioner one must have the knowledge of other healing sciences.

The conference being organized for major Indian Systems like Ayurveda, Yoga, Naturopathy, Unani & Siddha. All these systems are helping people all over the world for keeping perfect health and preventing as well as treating diseases.

Along with this the discussions will be held regarding the modern advances in the field of diagnosis and treatment as well as diseases of national importance.

The aim of the conference is to enable the participant to keep pace with the modern world and also help global community at large to preserve / re-establish / cure physical & psychological problems.

Eminent Scholars from India and Abroad are expected to be there.

The main conference programme comprises 6 Plenary Sessions on

- Preventive Cardiology
- Gastro Intestinal Disorders

- Psychological Disorders
- Neurological Disorders
- Joint Diseases, Backache
- Gynecological Disorders

The Parallel Sessions will be held on

- Basic Principles of Indian System of Medicine
- Healing Herbs
- Metallic Compounds
- Surgery & ENT

The Pre-Conference Workshops also to be held on

- Research Updates in Ayurved
- Drug Development
- Cancer and Ayurveda
- Common Diseases & Naturopathy
- Research Methodology in Ayurveda
- Concept of Unani Medicine

**Contact: World Conference on AYU**

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[www.ayuworl.org](http://www.ayuworl.org) / [www.ayurvedakarmayoga.com](http://www.ayurvedakarmayoga.com) / [www.ayurved-int.com](http://www.ayurved-int.com)

The conference will be jointly organized by International Academy of Ayurved, Shree Dhanvantari Parivar & BAMS Graduate Association and Co-organized by Atmasantulan Village, Karla; Madhavbaug, Khopoli & Shree Dhootpapeshwar Co.Ltd., Mumbai.

ANNOUNCEMENT

Visit Our Website-  
[www.iastamindia.org](http://www.iastamindia.org)

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### Meeting Ground

Do you need some help?  
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Vaidya. Dilip Gadgil,  
Editor

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