

March 2012

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‘Welcome 2012!’

Narendra Bhatt, *President*

Let me wish all our members and readers a Very Happy and Prosperous 2012!! The year 2011 has been a tumultuous year literally in many ways in most parts of the world. Fortunately for IASTAM the period has been stabilizing. We have reason to be happy and optimistic.

Let me begin with a recent happening. I was in Munich once again, a city that I have enjoyed being there with Reinhard Bogle, a friend of nearly 30 years who has been involved with Yoga and Ayurved since then. The activity that initially started with involvement and blessings of stalwarts of Ayurved like late Vd. B.P.Nanal & Prof. C.G.Joshi with his continuous inquisitive mind and efforts took the form of ‘Yoga Forum – Munchen’ in 1989. I have enjoyed contributing to his sustained inquiry and being associated with ‘Yoga Forum’ and shared deep intense discussions, sometimes lasting for an hour or two to interpret meaning of a single word for its relevance or context. Reinhard represents German method of meticulous inquiry with objectivity & focus. He also enjoys coming to India to update his knowledge on Yoga with Iyengar Institute. During stay in Munich over discussion on one of the Yoga Sutras, I sceptically proposed for an award in the name of Patanjali. Being conversant with IASTAM activities and having participated at some of ICTAMs he appreciates our efforts and need for interdisciplinary work. During his visit this December we could sit together to frame up our thoughts based on our experiences of last 25 years to evolve interdisciplinary nature of the Patanjali Award. ‘I want to give back to the system of Yoga and to the country of its origin from which I have gained so much’ - summarizes the sensible thought behind this award.

IASTAM has been eager to involve younger generation, particularly within academics. The thought to institute awards to motivate good research and interdisciplinary activities amongst youth was discussed at several meetings of the managing committee. The thought was shared with Prof. Shivajirao Kadam, Hon. Vice Chancellor of BVU who not only encouraged but enthusiastically offered to sponsor the same. This is an important step to broaden our reach.

By the time this issue reaches you the process would have been initiated for nominations to the 9 ‘IASTAM Awards for Excellence’ and 3 ‘National Ayurved Scholar Awards’. The long overdue ‘Award Function’ will be held in March. In continuation to encourage the theme on ‘Integration’, a Symposium will be held with the Award function.

I am pleased that Volker Scheid, president of our international body positively responded to write for our *Communiqué*, it appears in this issue. Having received the in-principle approval to organize Asia Regional Meet of IASTAM, our international body the plans are on to hold the meet in September/October 2012.

With all these happenings it is indeed, ‘Welcome 2012!’

SIGNIFICANCE OF SANSKRIT

Dilip Gadgil, *Editor*

It's my pride and privilege to hand over second issue of the "Communiqué". I am happy to note that, the viewers have appreciated the first issue for matter and presentation both. I express my sincere thanks to our team and specially to Dr. Narendra Bhatt for this valuable guidance and help to design and structure the IASTAM Communiqué. I assure that, the same quality will be maintained in the coming issues and I am sure that they will be appreciated by our learned viewers too. Communiqué is informative, thought provoking, attractive and is in tune with the pace of time.

I come from the background of a teacher, practitioner and researcher. The areas of my interest are basic Ayurvedic texts and their practical implementations in clinical practice as well as in researches. Understanding of Sanskrit and Indian philosophies is a must for understanding Ayurveda from the texts. So my guru Vd. Madhav Kolhatkar encouraged me to take up the deeper studies in Sanskrit. I was also very happy to take up studies in Sanskrit and I completed M.A in Sanskrit grammar besides BAMS. Later on I completed M.Phil in Sanskrit and MD, Ph D in Ayurveda. This helped me a lot in Triskandhakosha project.

Here also I wish to concentrate in the same area of Ayurvedic texts and I will be elaborating on some Sanskrit citation from Ayurvedic texts with its practical application. You will also find another thought provoking article on "Mode of action of medicine – an Ayurvedic approach" in this issue. I am sure that these articles will also be well appreciated. Any suggestions, debates on current and previous articles are most welcome. 🌐

CRUCIAL CONTRIBUTION TO PROCESS OF TRANSITION

Volker Scheid, *President, IASTAM International*

Greetings from London. I am delighted that after an interval of three years the Indian chapter of IASTAM is again publishing a regular newsletter, IASTAM Communiqué. As president of IASTAM I would like to take this opportunity to thank all those involved for their efforts and hard work in making this happen and to wish the Communiqué a very successful future. Specifically, I hope it will be able to facilitate communication between IASTAM India and the wider world of Asian medicines, including the role that IASTAM itself has in relation to these medicines. I would also like to congratulate IASTAM India for all its activities since its formation in Pune over 30 years ago. These include the celebration of its silver jubilee with active participation by Prof. Waltraud Ernst, my predecessor as president of IASTAM; the publication of IASTAM Conclave Proceedings, which have significantly facilitated the work of policy makers, academics and researchers; and the launching of the new IASTAM India website, which will hopefully showcase many more of IASTAM India's achievements in the future.

One does not need to be an oracle to see that we are living in a time of profound transition with the balance of power in the world inexorably shifting from West to East. One aspect of this process is the transition of Asian medicines from local and regional to truly global medicines. Here in the UK, for instance, there are now Chinese herbal pharmacies in every high street. An Ayurvedic physician working in my own clinic in London has sadly left us last month because she could not refuse an offer by Chelsea Football Club to provide full-time services for all of their teams. And even the most prestigious universities are involved in one way or another in research that, depending on how one looks at it, seeks to exploit Asian medicines as a source of knowledge and raw materials or facilitate its integration into 21st century global health care. As the only organization in the world that brings together practitioners of all East Asian medical traditions and researchers from across the entire academic world, from epidemiology and the life sciences to history and anthropology, I believe that IASTAM can make a crucial contribution to this process of transition. Not by seeking to manage it but precisely by creating a forum for cross-cultural and cross-disciplinary conversation, discussion, and debate.

ICTAM 7 in Bhutan in September 2009 was a wonderful demonstration of this capacity. It was the largest ever conference held in the country and well attended by practitioners and scholars from across Asia and the West. Given its truly unique setting that conference was, in a sense, also a celebration of the diversity and continued vitality of the various East Asian medicines. ICTAM 8, to be held from 9-13 September 2013 in Korea, one of the original Asian ➔

Dr. Scheid, a scholar physician in Traditional Chinese Medicine is Ph.D. in medical anthropology. A former post doctoral research fellow in the History of Medicine at School of Oriental and African Studies, London; presently he is a research fellow at a School of Life Sciences University of Westminster, U.K.

→ tiger economies and now one of the most technologically advanced countries in the world, presents us with the very different opportunity to examine what role precisely traditional medicines have to play in the present. I hope that many of our Indian colleagues and friends will join us in Korea for that purpose.

Meanwhile, the IASTAM Council also seeks to develop the role of IASTAM regionally. To this end, we have set up three regional desks for South Asia (including India), East Asia and the Himalayas, which we have provided with seed funding for organizing regional conferences. The Himalayan desk has been able to use these funds to gain additional support for a conference to be held in Kathmandu, Nepal, from 5-12 December 2011, that will bring together 25-30 practitioners of Tibetan medicine from China (Tibet Autonomous Region and Qinghai Province), Bhutan, India (Ladakh and Sikkim) and Nepal as well as anthropologists and regional facilitators to discuss how traditional knowledge and practice can interface with governmental, non-governmental, and market pressures.

Another IASTAM regional conference was held at the University of Westminster, London, from 10-12 June 2011. Under the title *The Search for Personalized Health: The Emergent Interface of Systems Sciences and East Asian Medicines*, this conference created an interface between cutting-edge life sciences research in the field of East Asian medical research and humanities scholars. The conference was attended by over one-hundred guests indicating the strong interest in these issues.

Seen together, the two regional conferences provide further evidence for IASTAM's unique ability to cover the entire spectrum of Asian medical practices, from local lineage based healing to the integration of Asian medicines into advanced techno-science. I understand that IASTAM India is in the final stages of organizing a similar regional conference in September 2012 to address the unique challenges faced by traditional medicines in South Asia. Such a conference will have the full support of the IASTAM Council.

To take IASTAM forward it is essential for practitioners and academics to work ever more closely together. IASTAM India is doing this by working together with Bharati Vidyapeetha University, Pune; through awarding IASTAM Awards of Excellence; and through its new proposal to initiate doctoral research at the national level. All of these initiatives are very much applauded by the IASTAM council. It will be equally important to also attract practitioners to become IASTAM members and to participate in its activities both regionally and internationally. Indeed, as outlined above, it is this bringing together that I see as the most important task of my own role as president of IASTAM. I therefore wish good luck and blessings to all of IASTAM India's activities over the next few years and hope to welcome many of our Indian colleagues at ICTAM 8 in 2013. 🌐

IASTAM FROM MY PERSPECTIVE

Subhash Ranade, *Chairman, International Academy of Ayurved, Pune*

I am proud to say that I am associated with this organization since 1984 and have attended almost all regional conferences, workshops, conclaves as well as all major ICTAM conferences.

For many years IASTAM and Dr. K.M.Parikh of Zandu Pharmaceutical was unique equation. They supported this organization and were responsible for its growth. Now the responsibility has been taken over by Bharati Vidyapeeth Deemed University (Ayurveda College) and Prof. Dr. Shivajirao Kadam. I am sure this new equation will take IASTAM to new heights under the leadership of its new President and my friend Dr. Narendra Bhatt.

We have already started noting the first changes of this new equation in the new form of IASTAM news letter -*Communiqué*- which has been revived in the excellent format as well as with new layout and I am sure all the members will welcome this change.

This organization is gathering of scientists, teachers, physicians and academicians of varied sciences like anthropology, botany, chemistry, zoology and many allied medical sciences like Ayurveda, Yoga, Naturopathy and Unani. In fact it is a cosmopolitan society. The most important concept of this society is respecting the principles of each science. IASTAM never and forces anything on them. Hence all the sciences can interact with each other freely and benefit from each other.

The main aim of IASTAM as platform is to obtain proper documentation and analyze knowledge of all these sciences so that it can be put to practice for the benefit of common person. IASTAM also organizes various symposia for updating the knowledge of physicians. For upgrading the standards of all Ayurvedic college it has done survey in Maharashtra. It has also taken lead role in upgrading the educational system and research in all medical systems.

I am sure that under the leadership of Dr. Narendra Bhatt new interdisciplinary multi-centric trials will be setup. I feel that all Institutions of Ayurveda, Naturopathy, Unani, and Homeopathy should join hands with this organization.

The role of IASTAM as a forum is to give advice to various National organizations like AYUSH which in turn can implement these developments for the Indian public. I hope that in future this will be done with the efforts of all the members of IASTAM. 🌐

Transformation – Connective Role

MY
VIEW

Dr. Nedungadi Haridas, Joint Secretary

There are two types of organizations.

1. People joining them thinking, "what will be my benefit by joining this organization (crowding in, to TAKE).

2. People joining them with a sacred feeling, "what can we offer to the society through this organization (entering in, to GIVE).

The first category will be usually socio cultural and/or business oriented one which will usually attract ever so many memberships. But the second category will be 'lean and thin' with only few intellectuals (I would love to mention them as the cream of the society) but strong enough in their 'WILL' for the upliftment of the society with their tireless and positive attitude and hard work.

Interestingly, IASTAM (India) belongs to the second category. It does not make any hue and cry through media & channels to attract people. At the same time it nourishes the feeling of 'CARE' to the medico-scientific growth in India through untiring battle against the odds with conferences, seminars, meetings, intellectual & scientific conclaves as weapons.

Once in a while, it is quite interesting to look back and find out where we stood in 1980 and compare with what we are in the year 2011. Of course, a membership of just more than four hundred is not that big for an all India organization, that too a chapter of an International body. But the amount of growth from less than 50 to 400 in three decades that too with out any membership drive is certainly to be appreciated.

From the very inception in 1980 with Dr. K.M. Parikh as the President, IASTAM played a powerful role as a confederation of interdisciplinary scientific forum with out fostering any vested interests on any particular medical system. During the period of teething problem, Dr. K.M. Parikh kindled IASTAM with a Mother's love and affection. The whole Parikh family with a special mention of Shri Dharmendra Parikh was and still is acting as a strong back bone to this organization.

The smooth transition of the leadership which bestowed upon to our good friend, Dr. Narendra Bhatt proved that IASTAM is still in the safe hands of a professional with no compromise in ideology. With his international connections of high magnitude Dr. Bhatt could stress upon our (IASTAM – India)

stamp to the International forums by shooting scientific and professional suggestions to medical academic institutions in India and world wide including renowned health institutions like WHO. The number of professional and creative suggestions from the legendary scientists in Ayurveda, Siddha, Unani, Yoga, homeopathy, bio chemistry, pharmacology, etc were collected and worked to prepare a data of positive suggestions to bring in, IASTAM (India) created a new wave of development in the study of Traditional Asian medicines.

Another distinct change that has happened is the shifting of the head quarters of IASTAM from Mumbai to Bharati Vidyapeeth Deemed University, Pune. The change, in fact was destined by the nature which resulted in the change for the best from better. The Vice Chancellor, Prof Shivaji Rao Kadam is not new to us ; the unstinted backing and soulful support extended by Prof Kadam during our silver jubilee celebration and the second intellectual conclave was unparallel to any other well wishers of IASTAM.

The great advantage for IASTAM (India) is the Chairman of National Advisory Board, Prof R.K. Muktatkar who always used to be in the for front in guiding us in our 'march forward'. Nevertheless to say the high profile academicians like Prof R.H. Singh who were ever ready to show the guidelines at arm's length add spice.

In short, if you look at the activities of IASTAM (India), the transformation is great but absolutely silent that out side world does not see the connective role of activities, happening with in. As a person who is with IASTAM from 1983 and closely associated with in the committee, I am sure that the experience and knowledge of Dr. Bhatt and the enthusiasm of our young Secretary General, Dr. Devendra Shah, IASTAM will go further to much more greater heights.

With a couple of suggestions, I intend to close this brief.

1. We have to go for a membership campaign and see that more number of selfless academicians and scientists are pulled in.

2. Organize a cultural extravaganza and collect a decent corpus fund to meet the day to day expenses like regular meetings & seminars of the organization. 🌐

Why Ayurveda?

ARTICLE

Vaidya Dilip Gadgil

सुखार्थाः सर्वभूतानां मता सर्वाः प्रवृत्तयः |
सुखञ्च न विना धर्मात् तस्मात् धर्मपरो भवेत् ||

MEANING –

All efforts of all living beings are said to be for the happiness. There is no happiness without Dharma. Hence, one should be Dharmapara (totally engaged in achieving Dharma).

EXPLANATION –

This is one of the essence Sutras of practical application of philosophy. What every living being is striving for? The answer is quite simple – for happiness! Now of course the question arises – What is happiness? Truly speaking it's a subjective feeling and may change from time to time and from situation to situation. A kind of feeling which everybody wants to have (सर्वेषाम् अनुकूलतया वेदनीयम् सुखम् |) is the definition of – sukha _____ by Annabhatta in Tarkasangraha.

One may feel happy with good knowledge, wealth, prestige, power or even in hobbies like singing, dancing etc. Ultimately it is associated with dependency on something. Whatever is dependent on other, ultimately leads to sorrow (सर्वम् परवशम् दुःखम् |) and vice versa – whatever dependent on self leads to happiness (सर्वम् आत्मवशम् सुखम् |). If we possess the means for our own happiness, then we are self-dependent. But, if they are dependent on others, then that leads to sorrow. E.g., if we want to go for a trip by a car and we realize in the last moment, that the car is not in proper condition, then that leads to frustration. So ultimately, the real happiness lies within the soul, which is all the time with us. Whatever happiness we want to achieve through our senses, has a limitation and one should march towards ultimate happiness in his life.

Off course, that doesn't mean that, the various types of small happiness should not be enjoyed. Actually it is the mind set which allows you to enjoy or not to enjoy the happiness. In the same situation, a person can be happy, neutral or unhappy. E.g. we are driving a vehicle, we are in hurry, from a distance we see the signal is green and by the time we reach it, it turns red. Most people would be unhappy in this situation. We are

not governing the signal, so that it is not dependent on us. Hence, it leads to sorrow and at that instance, one should at least be neutral, not cursing self or the destiny. A person with a good mindset can still relax with singing and be happy even in that situation. It is always better to follow this kind of path and try to be happy even in stressful situations.

Sukha or happiness is dependent on Dharma. Since the concept of happiness is dependent on wealth and power, many people try to achieve wealth and power using unethical and improper ways with a belief that the wealth and power will bring happiness to them. The story of Valmiki is famous for this. He firmly believed that, he was doing the robbery for the survival of his family and in a way he was performing his duty (Dharmapalana) by robbing people. When Naradamuni explained him that he was creating Sin due to Adharma, he was shocked. He was further shocked when his family members denied to share his Sin and ultimately that brought a change in his mind-set and he became Valmiki muni (A great well known sage).

We see around the misuse of power, wealth etc. for the so called happiness, which ultimately leads to sorrows and not to the happiness. So Vagbhatacharya has narrated it very nicely. He says, without Dharma, there won't be any happiness and this situation we have to face every now & then and hence we should be Dharmapara. So one has to think in every moment - what is Dharma in that situation and what is justifiable and should stick to that, in that particular situation. Since the situation keeps changing from time to time, one has to be conscious regarding Dharma & Adharma all the times.

SUMMARY –

All living beings strive for happiness all the time. The concept of happiness keeps on changing from time to time and from situation to situation. However, one should try to be happy in any situation ultimately trying for real happiness that rests with the soul! Unethical and improper ways, though temporarily give the sensation of happiness, ultimately give sorrow in reality. Hence, one should be constantly engaged in achieving the Dharma to achieve happiness in the life. 🌍

FOOD – The “right diet” in Ayurveda

Dr. Nedungadi Haridas

Why food is taken? Definitely it is not just for filling the stomach or to satisfy your taste buds.

Here, we have to introduce a deeper level of doshas (Vata, Pitta, Kapha) that is important relative to healthy life. Vata, Pitta & Kapha have subtle counter parts called Prana, Tejas & Ojas that could be called “the three vital essences”. These are the roots or master forms of Vata, Pitta & Kapha (the three doshas) that control ordinary Psychophysical functioning and if reoriented properly, energize higher spiritual potentials as well. They are not simply forces of the physical body but of the subtle and causal bodies, as well.

PRANA (Primal life force) is the subtle energy of AIR as the master force and guiding intelligence behind all psychophysical functions, responsible for co-ordination of breath, senses and mind. On an inner level, it unfolds and harmonizes all higher state of consciousness.

TEJAS (Inner radiance) is the subtle energy of FIRE as the radiance of vitality through which we digest out air, impressions and thoughts. On an inner level, it unfolds the higher perceptual capacities.

OJAS (Primal Vigor) is the subtle energy of WATER as the stored up vital reserve, the basis of physical and mental endurance. Ojas is the internalized essence of digested food, water, air, impressions and thoughts. On an inner level it is responsible for nourishing and developing of all higher facilities.

These three forces are interrelated. Prana and Tejas are rooted in Ojas and can be regarded as aspects of Ojas. Tejas is the heat and light energy of Ojas. Prana is the energy and strength that come from Ojas after it has been kindled into Tejas. Ojas is the Potential, the stamina of the mind and nervous system for holding Tejas and Prana. Ojas has the capacity to turn into Tejas (heat), which has the capacity to turn into Prana (electricity).

According to Ayurveda, when the doshas (Vata,

Pitta, Kapha) are too high or too low, they cause disease. But these vital essences (Prana, Tejas, Ojas) unlike doshas promote health, creativity and well-being and provide the support for deeper yoga meditation practices.

IMMUNE SYSTEM

Prana, Tejas and Ojas give energy to the immune system.

Ojas is the basic capacity of the immune system to defend our selves against external pathogens. It provides endurance, resistance and strength to ward off diseases.

Tejas is the immune system that is able to burn and destroy toxins, when activated. It generates the fever to destroy Pathogens that attack the body. Tejas is our ability to attack and overcome to acute disease, which are generally infectious in nature.

Prana is the long term activation of the immune functions to project and develop life energy, which manifests when we are dealing with chronic diseases. It is the adaptability of the immune system and sustains all long term healing process. With sufficient Prana, Tejas and Ojas no disease can approach us.

Ayurveda emphasize “right diet” as the foundations of all healing therapies. Food is the first and most important form of medicine. Ayurveda recommends sattva or pure food because Sattva creates balance, eliminates harmful factors and helps reduce all excessive doshas.

CORRECT TYPE OF FOOD

Here, we have to differentiate a yogic diet and an Ayurvedic diet. Ayurveda works to improve bodily health, yoga helps us more beyond bodily limitations. For this reason most traditional yogic disciplines are ascetic in nature including fasting and light diet, raw food and detoxification methods, as well as sensory deprivations, pranayama and meditations. All these factors not only tend to reduce physical consciousness but can aggravate Vata. Traditional Ayurveda,

Dr. Nedungadi V. Haridas is a well known practising physician and therapist from Chennai and has been also involved with development of Ayurvedic Products.

on the other hand emphasizes cooked food and nutritive diet to build physical strength and prevent the doshas, particularly vata, from accumulation. Hence, a correct type of food is that which balances all the three doshas and hence activate the three vital essences.

WHY NO NON-VEGETARIAN?

If you personally ask me this question, my answer, in a lighter sense will be "I don't want my intestine to be the burial ground of dead animals."

Ayurveda always recommends sattvic or pure food because sattva creates, balances, eliminates harmful factors and helps reduce vitiated doshas. The basis of sattvic diet is first of all vegetarian, avoiding any products involve killing of animal, even for the sake of eating. So the meat eating violates the principles of ahimsa or non-violence.

We cannot readily breakdown animal tissues into the right components for human tissues. Instead of digesting and transforming meat into the appropriate human tissue, its animal energies are preserved and become substituted for our human tissues. Hence meat increases animal fire in the body bringing the tendencies of these animals to function within us. This promotes anger, lust and fear and other negative emotions. Further meat produces a heavy or tamasa type of tissue that clogs the channels that tends to make the mind dull. Not only violence and crime but also religious intolerance has been more common among meat eating groups. Even economically, the grain used to produce meat to serve one family could serve easily five families. The whole economic status of a nation can change if everybody in the country resolves to be vegetarians.

WHAT IS A CORRECT DIET?

Ayurvedic cooking and dietetic approaches are mainly concerned with physical health and do not always address the issues of Sattva. Hence they may discuss certain food types that are not very Sattvic in nature. Yoga, on the other hand emphasizing a Sattvic diet, may include foods that can aggravate certain doshas. For an optimal dietary regimen one should combine a Sattvic diet with a diet appropriate for one's doshic type.

The correct diet additionally emphasizes natural foods, food grown in harmony with nature, on good soils, ripened naturally, cooked in right manner and with right attitude of love. Such foods are carriers of Prana and consciousness. Correct diet, further, is a matter of timing of meals as well. One should avoid heavy food in the morning or in the late evening, as it is more likely to clog the system at these times. The morning meal should be light & stimulating. The main meal should be at noon (not afternoon) and in the early evening. Eating late at night, except some light food like fruits or milk, weighs the body and mind down. We can divide the food into five categories in terms of the Prana – 'the vital force'. In Ayurveda, Prana is divided into five namely Praana, Apaana, Udaana, Samaana and vyaana. Each of them has different duties in our system, which in combination will energize the physical body, mind and the subtle body. Our food intake hence should be to activate all Praanas in balance. The following tabulation will give a study of activities of each praana in our system and food that would activate each praana. 🌿

IASTAM ENCOURAGES

IASTAM encourages debate on issue of significance. Educational reforms is such an issue though being discussed and debated it needs further discussion. Dr. Narendra Pendse an active member will co-ordinate this debate. We expect our readers to respond with interest and enthusiasm.

Join the Debate

Educational Reforms is a very valid issue taken up for Debate by our Editor Vaidya Dilip Gadgil in the August- October issue of the IASTAM *communiqué*. Though the topic was discussed primarily in respect to the science of Ayurveda it is an issue worthy of debate across all disciplines envisioned by IASTAM.

We would like to invite opinions of other scholars, teachers, academicians, policy makers, research workers and students, from all sections of IASTAM on this topic.

We believe that the Debate will be enriching & thought provoking to our readers. Writers are requested to kindly provide references or examples to uphold their viewpoint or to refute other opinions. May we suggest writers to address one or more of the following aspects of this topic?

- i. Limitations / shortcomings of present education system vis-à-vis the training for a particular medical system and probable reasons for the same.
- ii. Suggestions for remedying the same,
- iii. Probable action plan for implementation.

We request writers to send their opinions in writing to the Editor IASTAM, Ayurveda College, Bharati Vidyapeeth Deemed University, Dhankawadi, Pune - Satara Road, Pune - 411043 or preferably as a soft copy to iastamindia@vsnl.net

— Dr. Narendra Pendse

AWARDS
for
YOUNG
SCHOLARS

**BHARATI VIDYAPEETH UNIVERSITY
&
IASTAM
ANNOUNCES**

'NATIONAL AYURVEDA SCHOLAR AWARD'
for the

BEST Ph.D. THESIS & M.D./M.S. DISSERTATION of AYURVED

Interdisciplinary activities & integrative approaches have been the hallmark of IASTAM activities. 'IASTAM Award for Excellence' had been designed to promote not only the propagation but the spirit of interactions between sciences and experts representing different skills and abilities to contribute towards development of indigenous systems of medicine.

It is equally desirable, rather need of the time in wired & networked world where the information is only a click away that IASTAM encourages excellence amongst the young generation and motivates for interdisciplinary approach to develop newer interactive ideas and experiments.

With this view to promote excellence amongst young and upcoming scholars in Ayurved, IASTAM has joined together with its host organization Bharati Vidyapeeth University and decided to institute NATIONAL AYURVED SCHOLAR AWARDS.

THE OBJECTIVES OF THE AWARDS AS DEFINED ARE -

- (a) TO RECOGNIZE THE BEST AMONGST AYURVEDIC POST-GRADUATE AND DOCTORATE SCHOLARS
- (b) TO MOTIVATE YOUNG MINDS FOR INNOVATION AND NOVELTY
- (c) TO ENCOURAGE INTERDISCIPLINARY AND MEANINGFUL RESEARCH AMONGST AYURVEDIC ACADEMICS AND SCHOLARS

THREE AWARDS will be given as follows for (1) Best thesis submitted and conferred for degree of Ph.D. in Ayurveda, (2) Best dissertation submitted and conferred for MD/MS in Ayurveda and (3) Best thesis/dissertation submitted and conferred within the Faculty of Ayurved, BVU.

These awards will be given once every year for the

research work undertaken during every academic year from 1st June to 21st May of the next year. Thesis or dissertation submitted & conferred as a part of post graduate or doctorate research work to obtain the degree of M.D./M.S./Ph.D. In Ayurveda from a recognized Indian University through an institute/ college approved by Central Council of Indian Medicine and Dept. of AYUSH, Govt. Of India will only be eligible.

The awardees will be given a 'Certificate of Merit' and cash prize of Rs.51000/- for the best Ph.D. Thesis; Rs.31000/- for the best M.D./M.S. Dissertation and Rs.21000/- for the best Thesis/Dissertation within the Faculty of Ayurved BVU.

PROCEDURE OF SUBMISSION

An application form is devised for the purpose. Applicants are required to submit all necessary documents and testimonials with the application. A hard and a soft copy of thesis/dissertation with a summary of the work carried out & its outcome and a brief note to justification the application to satisfy objectives of the award will be required to be submitted. It is decided to accept the language of the thesis will in English or Hindi. Certificate of authenticity from the Institute where the degree is obtained is necessary for consideration.

EVALUATION at TWO levels

A 'BVU - IASTAM Award Committee' has been constituted to coordinate the process.

To ensure proper screening and comprehensive approach the selection will be at two levels. There will be equal representation of nominees on these two committees from IASTAM and BVU.

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AN APPEAL

Multidisciplinary nature of IASTAM encourages not only interaction between different schools of thoughts and different faculties but also across the Indigenous systems of medicine. IASTAM invites active involvement and participation from experts of Yoga, Unani & Siddha Systems. The issues faced

AN APPEAL

AN

YOGA FORUM – MÜNCHEN

Yoga Forum München e.V. was founded in 1989 by Reinhard Bögle, Peter Luft, Usha Innes and Silvia Gassmann.

It has been offering a three year 'Yoga Teacher Course'. The students are educated and trained to teach Yoga to adult education groups. Individual pedagogical and psychological support is provided to every student for personal development. The students receive an intensive education in small groups – around 10 students – with more than 600 lessons spread over three years and supervision, when they begin to teach their own classes.

The goal of Yoga is understood to be a physical wellbeing and biosocial balance. Its philosophical background is the Sankhya Karika that forms basis for Yoga together with Ayurveda and Patanjali Yoga Sutras. Yoga, Ayurveda, Sankhya and such other findings are incorporated into its curriculum.

Its approach is based on works of Prof. S. T. Krishnamacharya and B.K.S. Iyengar for Yoga. Initial learning from Prof. S. N. Bhavsar for basics; Vaidya B. P. Nanal, Vd. C. G. Joshi and Dr. Narendra Bhatt for Ayurveda and Prof. Dr. H. Heid for education and the founder of the system-energetic psychotherapy Dr. Heinz Strauss for biopsychosocial aspects helped Yoga Forum develop a strong foundation that continues after 21 years.

The goal is defined as per Ottawa Charta by the WHO 'to make oneself sensitive to one's own health, so that self-responsible actions are possible'. In addition to basic understandings of Ayurveda, the deep understanding of 107 Marma play an important role. Marma Vignyan is considered vital and powerful orientation system for the biophysical and biosocial phenomenon of yoga. Yoga Forum continuously endeavors to update and upgrade its knowledge and applications in the light of deeper and

newer understandings, both of ancient knowledge and modern biophysical information.

Yoga is carefully differentiated from religion.

Yoga Forum Munich is allowed to give certificates by the Bavarian Ministry of Education and registered with the Government of Oberbayern as School of Yoga. The course is registered by the German Government Office of Labor and is recognized by 'The German Adult education Institutions' and the Health Insurance Organizations.

The Yoga Forum Munich offers supplementary courses to train yoga teachers in addition to the government continuing education program for school teachers.

Reinhard Bögle has researched modern western scientific knowledge about posture and movement, from sports biology and health promotion. He has written 4 books titled - 'Yoga Ein Weg für Dich. Einblick in die Yogalehre' (1991); 'Im Einklang mit dem inneren Mond. 28 – Tage Yoga für Frauen' (2000); 'Erfolgsfaktor Gesundheit. Mit PACT Health zum gesunden Unternehmen' (2000) and 'Praxisbuch Ayurveda – Yoga. Mehr Energie durch Marma – Übungen' (2007).

Dr. Roland Lüthi, MPH, Head of the Government registered school for leadership and management in Bern, Switzerland and ex-WHO expert for Communication and Health promotion has been an active faculty member and adviser from beginning.

Lead by Reinhard Bögle the regular faculty is comprised of Ingrid Bräuer-Gipp, Hannelore Hüüs and Elisabeth Wolf. Dr. Narendra Bhatt is a visiting faculty along with others on the scientific board namely Dr. S. N. Bhavsar, Dr. Heinz Strauss, Dr. Sanjay Phadke and Dr. Leena Phadke.

One More

IASTAM – AWARD

IASTAM - YOGA FORUM MÜNCHEN PATANJALI AWARD

IASTAM is pleased to announce one more award.

This Award has an added meaning.

One, it is in the field of Yoga. It is sponsored not in memory but to promote interdisciplinary activities in the name of Patanjali, the author of Yoga Sutras. It is from Munich, Germany.

In a small but very significant way it represents a long term relationship between people, culture and countries.

'YOGA FORUM MÜNCHEN PATANJALI AWARD' will be given for 'OUTSTANDING CONTRIBUTION FOR INTERDISCIPLINARY WORK IN THE FIELD OF YOGA THROUGH –

(a) Novel interpretation of basic concepts or understanding of literature

(b) Clinical or experimental work including neurosciences or life sciences and such others

(c) Long term activities or published work of significance.

The award will be conferred once every two years and will carry a trophy and a citation. Recipients for this award will be chosen as per the norms laid down for nominations and selection. A brief detail about Yoga Forum München finds a place in this *Communiqué*.

This is the 9th Award instituted by our association.

Hope, our target to have 12 such awards will be fulfilled soon.

AN APPEAL

AN APPEAL

AN APPEAL

by different Indigenous Systems of Medicines are similar in scope and potential. IASTAM wishes to encourage cross system exchanges and sharing of experiences. Articles of Interdisciplinary relevance from these systems are most welcome.



IASTAM AWARD FUNCTION & SYMPOSIUM

THE NEXT IASTAM AWARD FUNCTION WILL BE HELD ON SATURDAY, MARCH 3RD 2012 AT PUNE.

The award function will comprise of 1. Pandit Shiv Sharma Oration and 2. Rajvaidya Zandu Bhatt Oration and presentation of other Awards of Excellence

3. Prof. K.N. Udapa Award For Contribution to Research in Ayurveda / Indigenous Systems of Medicine

4. Dr. C. Dwarakanath Memorial Award For Contribution to Contemporary Interpretation or Application of Ayurvedic Principles

5. Dr. K.M. Parikh Memorial Award For Contribution to Development of Ayurvedic / Herbal Pharmaceutics

6. Shri Jugatram Vaidya Award For Excellence in Teaching

7. Shri Mathuradas Parikh Award For Excellence in Ayurvedic Profession

8. Vaidyaraj Haribhau Paranjape Award For Excellence in Shalya Tantra

9. Yoga Forum Munchen Patanjali Award For Excellence in Interdisciplinary Development of Yoga

The process for nomination for the above Oration and Awards has already been initiated.

The 3 newly instituted BVU-IASTAM NATIONAL AYURVED SCHOLAR AWARDS will also be given with the prizes and certificate on the occasion.

IASTAM SYMPOSIUM

"Integrative Research – What & How? "

A Symposium on "Integrative Research" will be held with the 'Award Function'. The symposium will comprise of keynote address, presentations by lead speakers and a lively debate of panel of experts. The objective is to provide guidelines and approaches for integrative research and to ask experts to share their experiences with actual examples and to discuss related issues. The symposium is mainly targeted towards post graduate scholars and those involved in integrated research from different faculties.

For further information write to iastamindia@vsnl.net

...continued from page no.08

'NATIONAL AYURVEDA SCHOLAR AWARD'

An 'INSPECTION & SCRUTINY COMMITTEE' of 11 experts representing different specialities will examine the submitted thesis/dissertation to recommend for selection. This committee will be chaired by president of IASTAM or his nominee and Principal - Ayurved College of BVU will be the member secretary.

A 'FINAL SELECTION PANEL' of 7 experts will finalize the awardees. The final selection panel will be chaired by Hon. Vice Chancellor of BVU or his nominee and secretary general of IASTAM or his nominee will be the member secretary of this panel.

All decisions taken by the BVU – IASTAM Award Committee will be held final.

RELEASE OF THE AWARDS

The awards will be presented at 'IASTAM Award Function' or on a suitable occasion of BVU as decided by the award committee. Proper announcements will be made with all academic institutes and efforts will be made to create maximum awareness.

All related information will be available on the website during the period of announcement and selection.

Institutional Membership

We welcome Shri Shree Baidyanath Ayurveda Bhawan (P) Ltd, Naini, Allahabad as our new **Institutional Member**. Institutional membership is not only a membership but also to contribute to a cause.

We request all other organizations, N.G.O.'s, Institutes & such other organizations to become Institutional Members.

Please write to Treasurer - IASTAM at iastamindia@vsnl.net

We are also happy to welcome many new Life Members who joined us recently.

Mode of Action of Medicine – Ayurvedic Approach

Vaidya Dilip Gadgil

ARTICLE

The whole world today, is in search of safe, sure and cost effective medicine. The conventional medicine is focusing mainly on search of new medicines or discoveries of new properties of currently used medicines. But according to Ayurveda, medical science is a philosophy of understanding health & disease, and medicine is just a tool in the philosophy of treatment. Hence it's important to know the logic behind diagnosis & treatment. The medicine becomes a part of treatment there after. It's a synergistic effect of a holistic management, according to Ayurveda.

It's interesting to see the action of medicine according to Ayurveda. One has to understand the disease through "निदानपंचक्र" properly. Principle of treatment in the form of "shodhana" or "shamana" has to be understood. One has to select a proper medicine/s most suitable for the situation / condition. Even then, the mode of action of medicine depends on various aspects. We try to elaborate them one by one.

1. THE PROPERTIES OF THE MEDICINE/S

A single medicine, or a formulation, or a group of formulations, possesses many properties. They are in accordance with their "rasa, virya, vipaka and prabhava". For example "yashtimadhu" contains so many properties like "jivaniya, sandhaniya, vamaka, shukravardhaka" etc. A patient requiring all these properties, is ideal for the use of "yashtimadhu". But that may be very rare! We generally use it for one or two properties. Once it is known that it possesses the desired property, it can be used as a medicine. To explore that particular activity, following factors are used.

2. DOSE OF THE MEDICINE

Yashtimadhu in large quantity, can be used for "Vamana" (scientific process of emesis). In small quantities, it can be used for other purposes.

3. TIME OF MEDICINE

Ayurveda specifies 11 timings for administration of medicines for particular effect. The same "yashtimadhu" can be used for "parikartika" (fissure In ano) or for "shukravardhana" (increasing shukra); before meals (apana time). This is in accordance with its "sandhaniya" and "shukravardhaka" property respectively. If it is used after food, it can work as "kanthya" producing very good effect on throat.

4. FORM OF MEDICINE

Yashtimadhu in powder form can taken with milk for "rasayana" effect. "yashtimadhughrit" is a better form for fissure both for internal & external use. "Yashtimadhu

ghanasara" is a better a form for chewing in throat problems.

5. ANUPANA

Ghee is better anupana for fissure. Milk has been recommended for "medhya rasayana" effect. Honey can be used for "kapha" imbalance.

6. PATIENT'S DESIRE

Patient is worried about certain symptom/s. So he / she is desirous to get rid of the symptom/s. So he / she consumes the medicine with that desire. That also works.

7. DO'S & DON'TS (PATHYA & APATHYA)

These also play an important role in the treatment of a patient. The logic is simple. If we are driving a vehicle, and we want to stop, what do we do? Do we just apply the breaks? No! We first bring the acceleration to zero, and then switch over to lower gear, and then finally apply the breaks. In the same way, to conquer a disease, one has to stop the generating or aggravating factors, then switch over to relieving factors in the form of "pathya", and finally take medicine. So one needs to understand the causative factors in the form of "apathya", and needs to discontinue them immediately. The same are accelerating factors of the disease. So the first step is to stop them completely. Diet (improper food habits), behavior, and psychological factors like worry, stress, anxiety, fear, anger etc are the main causes and they have to be searched for each patient. The conventional medicine lacks in this aspect and so the society suffers from various diseases.

8. PATIENT'S FAITH

The patient should have faith in Ayurveda & the treating physician. Otherwise the medicine may not work. When the patient has faith, he / she follows the instructions perfectly with respect and gets benefitted.

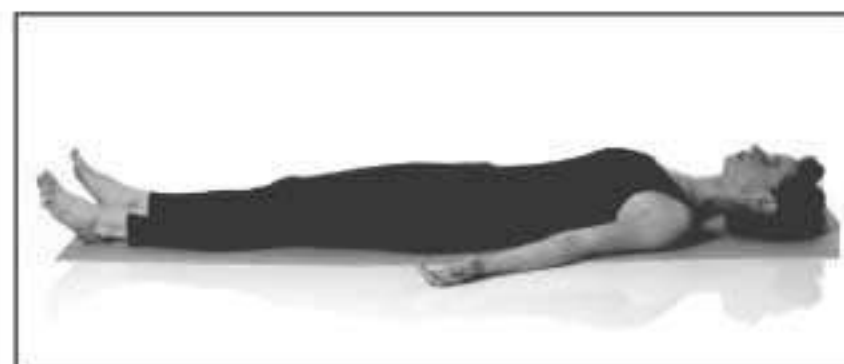
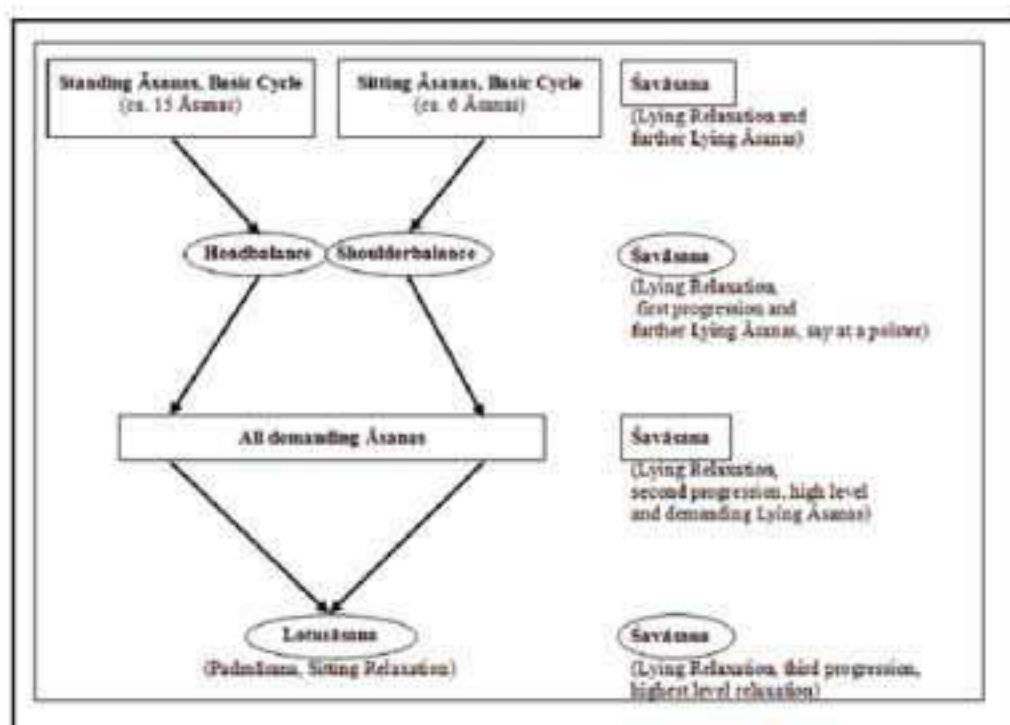
9. USE OF SYNONYMS OF HERBS

The same herb has been described with different synonyms at different places in the text. While working on "Aushadhakosha", we took a policy decision, to keep the same name of the herb in the kosha & also in the "AYUTA UPACHARA" Ayurvedic Treatment Software. The rationale behind this is simple. The same herb, when used with different synonym, produces different effect. For example, "shatavari – asparagus racemoses" can be used by the name "abhiru" for reducing fear in "ojah-kshaya". The same can be used for gain in weight by the name "pivari". In the same way "guduchi" can be used by the name "dhira" for giving mental support. My guru Vd. Kolhatkar extensively used these synonyms in his practice, and so does me as well. 🌿

The Relaxation Process in the Perspective of Yoga

ARTICLE

Reinhard Bögle, Sanjay Phadke, Leena Phadke,
S. N. Bhavsar, Monika Leye, Thomas H. Loew



to the roots: towards the roots and away from the roots again.

YOGA – A RELAXATION TECHNIQUE

The fact that relaxation is mentioned in close connection with yoga, and that yoga is recognized and studied/researched as a relaxation method in India and Europe shows that this is a central concept. Obstacles to both the everyday and the scientific understanding of relaxation, however, consist in the fact that the concepts of relaxation and yoga are either not defined clearly, systematically or according to a standard, or at least are not used in a uniform way. This is further complicated by the fact that the relaxation experience is a non-verbal phenomenon. The use of the specialized Sanskrit terms in yoga on the one hand, and the western scientific usage of German or English on the other, poses a further obstacle.

Just what is so fascinating about this lotus posture, padmāsana (from the Sanskrit, padma, »lotus« and āsana, »sitting«), the most significant yoga position, that it not only finds worldwide recognition today, but that a leading automobile company in India can even advertise one of their car models with the words: »Driving this car is as relaxing as relaxed as sitting in the lotus position«?

The question of the benefit of yoga is a topic which has also been of interest to the Department of Health of the USA. An analysis of the evidence pertaining to yoga (and other body-mind methods) was commissioned

Yoga is beginning to be rediscovered – not as an Indian idiosyncrasy, but as a philosophically, psychologically and biologically founded practical procedure in its own right. The Yogasutras are possibly the most important Indian text, and unique worldwide as a theoretical basis in conjunction with the practice of yoga. In an article, of which this is a shortcut, which was published in the Journal Psychodynamische Psychotherapie 2010, Vol. 9 No. 2, Schattauer Verlag Stuttgart, Germany, provides a systematic overview and takes into account the discoveries made in the domain of neuroscience, the authors show what is understood by relaxation in yoga, and what this can achieve. A discovery of extraordinary importance is utilizing the possibility of focusing one's attention in order to achieve certain effects.

The intentions / objectives of learning yoga result through knowledge of the treasury of yogic knowledge, from which the issues and goals recognised as being of personal significance can be deduced. Of key importance is the transition in stages from stress / suffering / unknowingness, and tension / imbalance towards relaxation and the stabilising of bodily, psychic and social processes. These phase transitions can be achieved through reverse processes

This is summary of an article published in the Journal Psychodynamische Psychotherapie 2010, Vol.9 No.2.

under the keyword »meditation«. This mega meta-analysis took into account 813 studies performed between 1956 and 2005 and was published in June 2007 (Ospina et. al.). This critical analysis concluded that there is a need for more evidence. The reasons given in the report were weaknesses in research methodology. In particular it remained unclear what exactly was practiced. There was criticism with regard to the inadequate description of the exercises and the corresponding practical instructions. Further points of criticism concerned the lacking clarification of and/or the unclear definition of the theoretical perspectives and concepts. The necessity for process and outcome research was emphasised.

Later studies no longer demonstrate some of these weaknesses, and explicitly document various specific effects of yoga. Sherman et. al. (2005) shows, for instance, the superiority of yoga in comparison to physiotherapy in the case of chronic lower back pain. Ali (2007) confirms that yoga is the most effective of the mind-body therapies in the case of hypertension. Schultz (2007) finds that yoga strengthens the immune system of breast cancer patients. As a result of meditation, to which yoga is also classed as belonging, neuronal alterations are reported in the prefrontal and cingulate cortex areas (according to Vaitl 2009).

The conclusion from the above is that a yoga āsana, as a full body exercise, is a complex »motoric orchestra«. Not only the poses themselves, with their calm duration, and the posture which is not normally taken up by a human in an everyday setting, are unusual. Almost every rule of the normal use of the muscles is »reversed«, i.e. reconstructed on the basis of its key structure.

From the perspective of Indian medicine and yoga, the so-called marma points (places of potentially lethal risk) of ayurveda and yoga (Bögle 2007) play the decisive part. These are relatively autonomic modules of action; ten marma points are located in each of the three segments of the legs and arms. These locations defined by functional and structural models – such as joint centres, muscle centres and tendon centres – give the measure for the correct execution of the āsana. The controlling subject (person) takes up position in these inner locations in the āsana by »sitting calmly« (the same happens externally as he/she sits down on the chair). In doing so, he succeeds in stimulating his/her own sustaining processes and improving the functioning of the most important ayurvedic regulating factor, the vāta. Concentration and attention are directed towards these states and processes. Yoga devotes a large part of the attention to body awareness, bodily sensation, which is located in the muscles, joints, tendons, blood vessels, the outer layer of skin and the inner layers of skin.

A further goal of learning is to modify attention in such a way that it can observe these states of process. Memories,


ideas, annoyance, mourning and other things are often to be understood in connection with past experiences/events of one's life, or should be integrated communicatively into current life situations and dealt with. Pleasant, relaxed states of mood and feeling are often accompanied by relaxed attentiveness. The modification of attention itself, and the effects which arise in the attention and in breathing through concentration on one's own breathing, are a further specific attribute of yoga, and competence – like a self-sharpening tool – for creating desired states of attentiveness. This attentiveness is seen as so important that it can be said: without attention there is no yoga = yoga only with attentiveness.

Mindful attention is also classically directed towards the body's internal organs, and particularly to breathing. Attentive observation is directed in particular to yogic breathing without voluntary influence: breathing freely. This is considered to be the most important breathing »exercise« in yoga. In the clinical sector Leye (2007) has collected case studies which demonstrate improvements of the lung function through stimulation of the marma points (at the Department for Psychosomatic Medicine of the University of Regensburg, Germany, Head Prof. Dr. Loew).

PERSPECTIVES

From the author's viewpoint, a good way to operationalise the processes is the next step. This requires clear, specified intentions to act, and expectations for the result of action, so that the success of action can be measured against corresponding criteria. To this purpose the authors (2007) have developed the »Starnberg muscle tone scale« in order to be able to measure the desired degree of sensory muscular tension in the stretching and flexing loops in oneself or another person.

Further simple scales of this nature would be helpful in order to carefully control learning processes in the case of learners both healthy and ill. In the case of healthy people, however particularly in the case of the ill, the situation and position at the outset, and the lack of (cortically) stored positions is important in taking into account the learning goal.

Yoga āsanās enable »reversing«, marma-related access routes in the treatment of psychosomatic illnesses (Bhavsar 2001). Above all, it tries to activate and reactivate healthy components (resources). In this way, there is much hope that especially in the case of somatisation disturbances (»misdirection«), »interruptions« (with interwoven emotional factors), can be corrected. For healthy people the goal is to activate the possibilities of vāta which can be utilized for self-regulation, and to align these to one's own presence in (the dimensions of) space, time and motion (direction). 

From Our Archives

ARCHIVES

Here are the minutes of the First annual Meeting of our association held.

The first Annual Meeting of the Working Committee of this Association was held on 21.9.1980 and on that occasion a Public meeting was held at the Indian Medical Association Hall, Bombay. The meeting was presided over by the President of the Association, Dr. K. N. Udupa.

Dr. K. M. Parikh, Treasurer welcomed the participants and Dr. R. K. Mutatkar, Secretary explained the working and the motto of the association.

Regional Secretary, Dr. Vaidya Suresh Chaturvedi introduced the guest speakers, Dr. B. P. Nanal, Vaidya Shri Shriram Sharma, Dr. C. L. Jhaveri, Dr. K. N. Pisal as well as the President and offered a bouquet of flowers as a token of good wishes for the good work carried out by the guest speakers.

Dr. Udupa, Ex – Director of the Institute of Medical Sciences (Banaras Hindu University) explained in great details the principles of Ayurveda visa – a – vise, allopathic system. He praised and appreciated the immense knowledge in the system of Ayurveda. He also expressed the views of well-known American Scientists and stated that the time will come when the East will export the medical science and its requirements to the West.

Vaidya Shri Ram Sharmaji, Dean, Faculty of Ayurveda, University of Bombay had been recently to Switzerland for the Seminar on Ayurvedic approach. He explained in details, the work that is carried out in

Switzerland and the role of Ayurveda.

Prof. Dr. B. P. Nanal of Poona, who had recently visited Germany and gave a series of lecture on the system of Ayurveda expressed that the Westerners are interested in learning pure Ayurveda as it is. They have great respect for the Science of Ayurveda.

The Director of Ayurveda, Government of Maharashtra, Prof. Dr. K. N. Pisal was honored for his appointment on such an important post. He expressed that he will work to bring out the best of the various Indian system of Medicines for the common good of masses.

Dr. C. L. Jhaveri, who had recently presided at Madrid over an International Conference on Family Planning and Health had stated that Ayurveda and other Indian Systems serve more than 80% of the national population even today. Little more work in this branch can definitely be helpful to the people at large all over the world.

Renowned scholar Vaidya Shri Haridatt Shastriji and first Director of Ayurveda, Govt. of Maharashtra blessed the Association for its good work.

Dr. Ghatnekar, Joint Secretary expressed a hearty vote of thanks to all the guest speakers and the President, Dr. K. N. Udupa as well the invited guests.

Signed

Dr. K. M. Parikh, Treasurer.

ICNPR International Congress on Natural Products Research 2012

ANNOUNCEMENT

The Congress will be held at New York during 28th July to 1st August 2012

This joint meeting will be hosted by American Society of Pharmacognosy (ASP) and the society for Medicinal Plant & Natural Product Research (GA), the Italian Society of Phytochemistry (SIF), the Phytochemical Society of Europe (PSE) & The French Speaking Society of Pharmacognosy (AFERP)

The programme will comprise:

- Symposia featuring
- The Promise of Biodiversity
- Ethnobotanical Drug Discovery
- Advances in Natural Product Analytical

Tehnologies

- Concept to Clinic: Caspofungin at Merck
- Natural Product Synthesis
- PK and Metabolism of Natural Products
- Chemistry of Symbiosis
- Genome Mining for Natural Product Discovery

- Biosynthetic Chemistry

A Symposium in Recognition of the Publication of the 75th Volume of the Journal of Natural Products

- Oral Sessions invited/ contributed:
- Marine Natural Products
- Natural Product Discovery
- Natural Product Synthesis
- Advances in Biosynthesis
- Herbal Products
- Innovations in Analytical Chemistry of Natural Products

Find more information at www.icnpr2012.org

Group Reading Of Ayurvedic Texts Through Internet

HAPPENINGS

We all face time constraint for various activities including, study of Ayurvedic texts. The academicians, practitioners, researchers (MD and Ph D scholars & others) and even students wish to read Ayurvedic texts but do not find time to go to certain place and read.

But in today's hi-tech word, it has become very easy to sit at home and participate in studies of texts through internet. Vd. Anant Dharmadhikari, a well known academicians, started this activity for Caraka Samhita. He conducts this activity on Monday, Wednesday and Friday from 5am to 6am in the early morning. I also have started the same kind of activity for Ashtangasamgraha on same days from 6.30am to 7.30am – 8am. Vd. Vilobh Bhartiya placed in Amravati, Maharashtra, is the coordinator for both groups. His phone no. is 09850391584 and email address is echaraksamhita@gmail.com. The monthly subscription is Rupees 200 only. One may directly contact him for joining the groups.

Seminar on Ethnomedicine

ANNOUNCEMENT

"National Seminar on "Impact of developmental activities on traditional ethnomedicines, biodiversity and it's conservation"

This event is jointly organized by Institute of Ethnobiology, Jiwaji University, Gwalior (M.P.) and National Botanical Research Institute, Lucknow (U.P.) from February 2-4, 2012. The venue of the seminar is NBRI, Lucknow (U.P.)

Contact: Prof. Ashok K. Jain,
Organizing Secretary

Hon. Director, Institute of Ethnobiology
Jiwaji University, Gwalior- 474011 (M.P.), India
Tel: 00-91-751-2442771; Mob. 09425114344
E. Mail ID: asokjain2003@yahoo.co.in

7th NUTRA INDIA SUMMIT

ANNOUNCEMENT

India's biggest Nutraceutical, Functional Foods, Dietary Supplements and Ingredients show organized by Council of Scientific and Industrial Research (CSIR), International Union of Food Science and Technology (IUFOST) along with MM Activ sci-Tech communications and supported by Pharmexil, HADSA, ABLE & ADMA will be held at Bangalore between March 15-17, 2012

The Summit will comprise:

- International Conference
- Morning Mantra- Plenary Talk
- NuFFoodDS- The Health & Food Show
- Buyer Seller Meet

Bharat Shiksha Ratan Award and Rashtra Ratan Award for Dr. Rama Shankar

HAPPENINGS

Dr. Rama Shankar, Assistant Director In-charge, Ayurveda Regional Research Institute, Itanagar has been awarded with BHARAT SHIKSHA RATAN AWARD by Global Society for Health and Educational Growth and RASHTRA RATAN AWARD by All India Business Development Association. He is involved with the exploration of medicinal plants wealth of Arunachal Pradesh and development of Medicinal Plants Garden and published several papers.

Life Time Achievement Award for Dr. Sunanda Ranade

HAPPENINGS

Dr. Sunanda Ranade, Director of IAA was given this honor at the 5 th International Tathagat Ayurveda Conference in Dubai on Sept. 22 / 2011.

More than 60 Ayurvedic Practitioners from India attended the seminar along with various personalities of DXN pharmaceutical company of Malaysia.

Dr. Sunanda Ranade was given the citation and plaque on this occasion for her work as an outstanding academicians, physician and teacher in the filed of Ayurveda for last 45 years as well as for her work in propagation of Ayurveda in 69 Countries around the World.

Since 1981, she has visited various Universities and Institutions all around the world for giving lectures on Nutrition and Ayurveda, Ayurveda and gynecology etc. She has also treated hundreds of patients in various countries. She has written hundreds of articles in various News Papers not only in India but Abroad. Her books on Ayurveda have been translated in English, Spanish and Italian languages.

For more information visit www.nutraindiasummit.in

Visit Our Website-
www.iastamindia.org

**WRITE TO US / SEND TO US
/ SHARE WITH US**

**Congress? Conference? Seminar?
Symposium? Workshop?**

Are you associated with organization
of any such forthcoming event?

Do you know of such event taking
place in your area?

.....

Books? Journals? Periodicals?

Send us a copy to enlist or review.

.....

Ideas? Thoughts? Views?

Do you have any?

.....

Honours? Awards? Tours?

Have you been honoured recently?
Let us share the pride.

.....

Clippings? News? Abstracts?

Have you come across any
important information that may
interest our members?

.....

IASTAM COMMUNIQUE is yours

You are invited to participate in its
publication. We assure of our efforts
to publish appropriate items falling
within the purview of IASTAM from
our members.

**BE A
MEMBER,
GET A MEMBER**

If you are not a
member,

be a member

If you are already a
member,

get a member

For Membership

& other details

Log on to **www.
iastamindia.org**

Meeting Ground

Do you need some help?

At times we do.

We will be happy to
identify a collaborator or
an institute by publishing
your specific need in
brief.

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