

IASTAM - INDIA

Communiqué

NEWSLETTER

INDIAN ASSOCIATION FOR THE STUDY OF TRADITIONAL ASIAN MEDICINE
पारंपारिक आशियाई स्वास्थ्य परिषद – भारत

ICAAM 2016, A Success
Dr. Narendra Bhatt, President

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'ICAAM 2016' was a satisfying event. I am happy to inform of 700+ participation including 72 from abroad. ICAAM 2016 with its rich content turned out to be landmark event in the history of our association.

While providing opportunities for regular presentations with 150 oral and 20 posters it covered diverse and important subjects and issues. There were **3 Pre conference workshops** on (1) Yoga held at Kaivalyadhan, Lonavla & Pune, (2) Transcendental Meditation & (3) Clinical Research Methodology along with **3 symposia** on (1) Biodiversity (2) Ethnopharmacology and (3) Sowa Rigpa at the conference. 15 Plenary lectures including 'IASTAM Orations' by experts covering wide range of subjects were delivered. The plan to organize pre conference workshops and subject symposia worked well. That provided participants options to choose to participate in areas of their interest. For a broad multidisciplinary platform there was a need to provide focus. The strategy of organizing pre conference workshops and symposia helped to develop focus in certain areas.

We succeeded in presenting 15 plenary lectures. Dr. B. M. Hegde's lecture kept the audience enthralled. Dr. R. A. Mashelkar agreed to chair the IASTAM Orations session. We were happy to have presence of seniors, Prof. R. K. Mutatkar, Dr. A. B. Vaidya, Vd. Suresh Chaturvedi and previous awardees Prof. S.S. Handa, Dr. C. K. Katiyar and Prof. Subhash Ranade. The ICAAM provided the participants an opportunity to meet and

January - June 2016

interact with best of experts in the field. **Three 'Round table Discussions'** had focus on important issues related to Asian Medicine and gave recommendations for its global development as per the theme.

ICAAM A Challenge

I remember the III ICTAM held earlier in India due to its sheer size, variety and different issues were commented upon by an academic expert with his scholastic but narrowed down well view of Asian medicine as a carnival without any objective. My effort was to bring out the best within multidisciplinary, pluralistic system in India and to deliberate on simplistic but relevant issues of Asian medicine.

The challenge was to while continuing with the Indian approach of medical pluralism and multidisciplinary activities provide commonality for activities. ICAAM 2016 turned out to be a good experience to evolve focus on certain specific issues relevant to the Asian Medicine.

Many skeptics about the conference, I was happy to observe, expressed their content with the experience. People who were questioning the whole objective of the conference grasped the IASTAM approach and its objectives. It was heartening to see the skeptics complementing our office bearers and coming forward with suggestions. ICAAM 2016 succeeded to take on the challenge of evolving several common objectives while convincing with pluralistic and multidisciplinary approach of IASTAM. It was an experience that will be of further use.

ICAAM Supporters

Respected Dr. H R Nagendra, of Swami Vivekanand Yoga Anusandhan Samthanam, Bengaluru and Prof. Subhash Ranade, of International Academy of Ayurveda, Pune went out of their ways to support and help the event with important recommendations. IASTAM –India received support from Vd. Rajesh Kotecha, Hon. Vice chancellor, Gujarat Ayurveda University, Jamnagar; Dr. Abhay Chowdhary, Haffkine Institute for Training, Research & Testing, Mumbai; and Dr. Dharam Vir of All India Ayurveda Specialists (Post-Graduate) Association, Delhi. A friend and well-wisher of IASTAM – India, Reinhard Bogle of Yoga Forum, Munich (Germany) and

Stephan Kloos led active group participation. Both are with me on the IASTAM - International Council. ADMA, the Ayurvedic Drug Manufacturers' Association and AMAM, the Association of Manufacturers of Ayurvedic Medicines responded positively to support this event.

We planned well, slowly but with right approaches. The support from Bharati Vidyapeeth University, College of Ayurved, our host-organization, helped build confidence with their active involvement. Prof. Shivajirao Kadam extended the initial financial support to begin with. I express my sincere gratitude to the Dr. Abhijit Patil and his team. As we moved forward we received support from individuals and organizations. This was important. The positive responses to our approach from Baidyanath (Nagpur), Dabur, Bioved and Shree DhootaPapeshwar, Multani and Phytopharma helped us put in more efforts. The encouragement from Dr. Paranjape and other members strengthened our resolve. We received useful suggestions from Prof. R. K. Mutatkar and Prof. R. H. Singh.

Ministry of AYUSH

Response from Ministry of AYUSH was positive from the day one. Early promise of fund kept our hopes alive. Our proposal was valued with positive responses. Delhi visits and continuous inducement with Ministry of AYUSH helped to identify with the right cause of Asian medicine and to receive important guidance. We hope that, if I would have received the confirmation of funding earlier then it was possible that we hope there was more Asian representation.

I am most indebted to Shri Shripadji Naik to inaugurate the conference. He was in Bangalore for the Yoga conference in the afternoon of 3rd January 2016 and went to Goa to attend to an important social function. He took special pains to travel by road at night from Goa to reach Pune in the morning to come and inaugurate our conference. He not only came to Pune but stayed for more than 24 hours. Though busy with his own schedules, several of our participants had opportunity to interact with him during his stay.

Dr. D. C. Katoch, Advisor (AYU) & Dr. Rais – Ur – Rahman Advisor (Unani), Ministry of AYUSH were the chief guests at the Valedictory function. Their active participation made the Round Table

discussions lively. I am thankful to Shri Jitendra Sharma, Joint Secretary and Dr. D. C. Katoch for their continuous encouragement and support for a good cause.

ICAAM Execution

The serene environment and facilities of Hotel Orchid / Vits, near Balewadi Sports complex provided right ambience for the international conference. The decision to hire a professional agency helped in many ways. The agency, the Alpcord team provided technical support and professional methods for better organization.

This was an effort of many who worked tirelessly for weeks and assisted in the accomplishment of the event. I must appreciate the commitment and hard work to shoulder the responsibility of ICAAM 2016 by Dr. Vandana Kozarekar, the treasurer and Dr. Manasi Deshpande, the organizing secretary to make it a successful event.

The conference had participation from Unani, Sowa Rigpa, Ayurved, and Yoga. IASTAM as a multidisciplinary organization has always thrived for interdisciplinary exchanges. This is the beginning of coming together for better mutual understanding of sister systems and to search for solutions for ailing conditions. IASTAM will not stop here this is the beginning.

IASTAM Oration Award Function

The goal of creating corpus for a full day event is now achieved. With the 2 international and 10 national awards, IASTAM will have at least one full day event to invite best of experts to share their experiences. These 12 awards added with three IASTAM –BVU Awardees for best Ph.D/MD theses will provide enough content for a full day event. We are yet open to add few more to these awards and efforts are being made.

It is desirable to take IASTAM Oration & Award Function to other parts of the country for its better awareness and acceptance. Hope, we will get support of sponsors from other parts of India.

ICAAM Publications, Report and Proceedings

ICAAM Program and Abstract Book

This was published during ICAAM 2016 that covered all technical details and abstracts of papers that were presented.

Some glimpses of ICAAM 2016 are on other pages of this *Communique*. A Brief Report on ICAAM 2016 has already been prepared and submitted to the Ministry of AYUSH.

Chronicle – Connecting Systems - Bridging Disciplines

IASTAM India is the only multidisciplinary platform and pioneer of *intellectual conclaves*. IASTAM is recognized for its trend of publishing its proceedings. However, in dynamic world it is necessary to review the vision of the founders and develop its contemporary relevance.

With this idea it was decided to chronicle the 35 years journey of IASTAM – India to portray 35 years of achievements of IASTAM. We considered it right to put on record the activities, interdisciplinary exchanges and collaborative work of IASTAM India. It is a record of happenings for posterity. It will have equal significance on future course of action.

One of pioneering aim of IASTAM was to provide ethnic, cultural and social dimension and to encourage studies not only of science but from the point of view of humanities as well. As I observed the situation, particularly in India, medical pluralism has taken a deep rooted form. Medical pluralism might have helped systems to grow individually but barriers between systems of similar origin, similar needs and similar objectives are not desirable. It is necessary to connect and compliment. At international level it is necessary for Asian countries and Asian Medicine to connect. There is need for these systems to get connected to nurture knowledge and to use it for the welfare of people all over. In today's world, connectivity is vital. To remain connected we need to define common interests and activities.

Similarly, today's sciences are breaking barriers to compliment and to grow. In a closely knit world of science the horizons of science are widening like never before. To bridge discipline is essential tool to grow. While science is advancing and systems are faced with challenges from different dimensions there is need to understand and fill those gaps. Associations like IASTAM can bridge those gaps, so we said bridging disciplines. Disciplines include social sciences, anthropology science, bio medicine technology, pharmacy system.

And therefore as we chronicle the overlapping rings of time as depicted on the cover page of 'IASTAM Chronicle' I have thought it proper to suggest '*Connecting Systems, Bridging Disciplines*' as our new mission.

IASTAM shall grow in this new world with *new mission* to provide directions to its activities.

'Aspiring Traditions', A Journey of IASTAM - Oration & Awards

IASTAM instituted the Pandit Shiv Sharma Oration and the Prof. K. N. Udupa Award to commemorate memories of its founders. Since then there has been a conscious effort to recognize the best experts working for the interdisciplinary objectives in the field of Indian medicine. Our awards truly represents an interdisciplinary thought and justifies its claim to be the only multidisciplinary platform of its kind in the country that is committed to cause of traditional medicine knowledge of Indian origin.

IASTAM initiated this tradition and has continued till now. The word 'tradition' has relevance in many ways. Bestowing awards for 25 years is worthy tradition in terms of time. It is a tradition to recognize our traditional heritage and to respect tradition of excellence and tradition of science. It is a unique tradition in a different way. Mostly the recognition is limited to those working in a particular area or faculty. Cross system recognition is not prevalent. Thus, IASTAM has nurtured this unique tradition since 1990 that has taken the form of '*an aspiring tradition*'. It covers the consistent efforts put in by the concerned to and their trust-worthy commitment to achieve high standards, to aspire for better.

It is **aspiring** as it encourages excellence, it encourages outreach to other system or the faculty and it encourages expansion of knowledge and its application.

Therefore, it was though proper to document and publish the text on history and happenings of the IASTAM Oration and Awards as '**ASPIRING TRADITIONS**'.

'Aspiring' is an important word; it has a meaning to evolve and to grow. One can be aspiring at any level and should be awarded for the aspirations. '**Aspiring Traditions**' aims to encourage learning, growing and aspiring with a view that new comers

in the organization adhere to the path and those capable aspire to achieve. Please do read and refer for true aspiration and to follow a unique tradition.

Proceedings

As per our tradition the detailed 'ICAAM 2016 Proceedings' are being prepared to be published soon. We are delayed but for a reason of being involved and occupied with an event of significance immediately after ICAAM.

ICAAM Next Agenda

This conference will have value if we take forward our agenda in a right manner. The next steps have been considered and recommended. My sincere request to Ministry of AYUSH is to take the 'Agenda for Asian Medicine' forward. Can we work together! Ministry of AYUSH can have an interactive meet with similar but broader agenda, better interaction with international participation of officials and with specific objectives. We will be happy to initiate this process. IASTAM would like to provide every help to organize next major event on Asian Medicine.

CONSULTATIVE MEET ON CANCER - AN ADDED RECOGNITION

During ICAAM process itself Ministry of AYUSH considered it appropriate to ask us about research issues related to cancer. A suggestion of Consultative mechanism as a tool found favor with the officials. I was asked to conduct the 'Consultative Meet on Cancer' that took place on 21 and 22 February 2016 at Pune with experts from all Indian Systems of Medicine and different scientific disciplines. This was done under direct supervision of the Ministry of AYUSH. Organizing this immediately after ICAAM at a short notice was a challenge in itself. IASTAM did it well to organize it systematically in an outcome oriented manner. The 'Executive Summary of this meet was prepared and submitted in a short span. The detailed proceedings is considered while we await for several experts to submit their presentations.

IASTAM once again succeeded with its multidisciplinary platform approach for fruitful deliberations.

I sincerely thank one and all for the success of these meets, your faith in IASTAM objectives and look forward to your continued support

1st International Conference On Advances In Asian Medicine



Theme- Asian Medicine: Global Health

3 - 7 January 2016, Pune



ICAAM 2016 - AT A GLANCE

<i>700+ registered delegates including 70+ International delegates.</i>		
3 Pre Conference Workshops : · Yoga · Clinical Research Methodology · Transcendental Meditation	3 Symposia: · Ethonopharmacology · Sowa Rigpa · Biodiversity	3 Round Table Discussions: · Asian Medicine: Asian Strategy for Global Reach · Research & Technology Accelerated Growth for AYUSH · Leveraging Ayurved: Industry Issue Participation from Industry
15 Plenary Lectures Including 3 IASTAM Orations	3 ICAAM Publications · Oration & Award Book : <i>Aspiring Traditions</i> · IASTAM Chronicle: <i>Connecting Systems , Bridging Disciplines</i> · ICAAM Abstract & Programme Book	Presentations 135 Oral Paper & 18 Poster Paper 3 National Scholar Awards Presentations
Demonstration – Mallakhamb	Recommendations & Outcome	Cultural Programme Kathak

ICAAM 2016 - A REPORT



FIRST INTERNATIONAL CONFERENCE FOR ADVANCES ON ASIAN MEDICINE - ICAAM 2016 held on 3-7 January 2016, at Hotel Orchid, Balewadi, Pune.

It was indeed a most memorable and historical event in the life span of thirty five years of Indian Association for the study of Traditional Asian Medicine [IASTAM- India], to organize 1st International conference on Advances in Asian Medicine with theme 'Asian Medicine : Global reach' in association with Bharati Vidyapeeth University, College of Ayurved, Pune.

The objectives of the conference were to develop Asian Systems of Medicine for health care delivery for benefit of the people and provide a platform to serve its cause, to provide a platform to academicians, practitioners, policy makers and researchers to discuss and debate the recent developments in the Asian Medicine and their implications for coming decades. 3 Pre Conference Workshops, 3 Symposia, Plenary, Round Table Discussions, Oral and Poster Sessions were organized by giving enough scope for exchange of different views and perspectives on various themes.



PARTICIPATION:

700+ registered delegates including 70+ International delegates. Selected 135 scientific papers and 18 posters were presented by registered delegates.

Countries Participation: Austria , Australia, Bhutan, Brazil, Germany, South Korea, Mongolia, Netherland, Singapore, Switzerland, United Kingdom, United States

Disciplines Represented : Ayurved, Unani, Sowa Rigpa, Siddha, Yoga, Bio Medicine, Korean Oriental Medicine, Mongolian Medicine, Phyto Chemistry, Clinical Research, Pharmacology and others.



INAUGURATION:

The conference was inaugurated by **Shri Shripadji Naik**, Honourable Minister of State, [Independent Charge], Ministry of AYUSH. Dr. Shivajirao Kadam, Vice Chancellor, Bharati Vidyapeeth Deemed University, Dr. Narendra Bhatt, President IASTAM - India, Dr. Abhijit Patil, Principal BVDU College of Ayurved, Pune, Dr. Ashwinikumar Raut, Secretary General and other dignitaries graced the function. This event was unique in many ways for IASTAM - India and Dr. Bhatt.

Dr. Narendra Bhatt, President IASTAM - India.

The welcome speech was given by He shared that on the same day - 4th January 1990, IASTAM India had organized ICTAM III, one of the first biggest international gathering in the history of India. Dr. Bhatt was the Conference Secretary then. IASTAM India strives to provide interdisciplinary platform to bring together Traditional Asian Medicine for integrative dialogue with different scientific disciplines and policy makers to strengthen its value for effective use. Asian countries represent 4/6th of the world. These people have aspirations. Asian Medicine can contribute to the health care with better care at low cost that will be a big contribution to the development of the countries. There is a need to evolve the integration with social components, social events, challenges of time, economics of time and life style we lead today. We will try our best to connect systems within India and Asia. We would like to bridge disciplines for the contribution to systems which can bring development of AYUSH.

Dr. Abhijit Patil, Principal, College of Ayurved

He gave brief about ICAAM 2016. The conference has provided a strong platform to encourage disciplinary and multidimensional studies in the field of indigenous and traditional systems of Asian Medicine ranging from Ayurved, Siddha, Yoga, Sowa Rigpa and Korean Medicine. Traditional Medicine has many advantages as documented knowledge base, potential for scrutiny, contemporary needs and applicability, capability for benefit of community. The aim is to develop Asian approach for global acceptance of Asian Medicine. The glance at the themes and topics dealt with proves the diversity of the subject.

Shri Shripadji Naik, Hon. Minister of State (Independent Charge), Ministry of AYUSH,

He expressed his privilege to be present and was happy to see the large participation from different parts of the world with the diverse range of Delegate and participants. He expressed that the traditional medical practitioners have to play an active role in the health care of the country. He appreciated that in spite of tremendous advancement in the conventional medicine in many parts of the country; mainly in rural areas the traditional or indigenous medicine is the only medicine available within the financial reach to the people.

**ICAAM 2016 is the
most appropriate platform at right time
to discuss and plan co-operative
activities for the development of
traditional Asian Medicine.**

The real potential of this system for the promotion and holistic management of disease needs to be harnessed properly for which, all the stake holders in private and public sector must take concrete step for the development of traditional medicine in dealing with health care. India is a probably only country that has accorded exclusive policy for traditional medical system and set up the separate Ministry. Since inception the efforts of the Ministry for promotion and development of AYUSH have been appreciated across the globe, particularly since 24th June was declared as International day of Yoga by Union Government and was celebrated with much enthusiasm and spirit across 192 countries and MOU's were signed with foreign countries for co-operation to promote traditional medicine. Traditional medicine sector is the result of commitment to promote our own health care system, knowledge and heritage. Shri Shripadji Naik assured that our Prime Minister is very much interested in developing these systems for exchanging with mainstream and development of health care delivery network of the country. Under his leadership the efforts has been done to strengthen the AYUSH infra structure and quality of services and their outreach.

ICAAM 2016 is the most appropriate platform at right time to discuss and plan co-operative activities within the Asian region for the development of traditional Asian Medicine. There is a need for Asian Countries to look at common issues that may have common solutions. We can

come together to provide the health benefit to our people through the traditional medicine and play significant role in economic development of this region.

There is need for the scholars and other experts not only from the traditional medicine but also biomedicine and other traditional medicine system including the ethno medicine and tribal medicine to come together, to mandate relevant activities that will help promoting the use of the system and evolve as a part of health care delivery. To promote safe and effective use of traditional medicine by encouraging the scientific learning, training and research for developing products, regulation of practices with quality control measures, to create laws and regulations for quality, safety and effectiveness of the medicine, universal health coverage and integration of effective health delivery system. He appreciated that IASTAM has vision to recognize the cause for the systems and has made efforts to encourage and motivate the scholastic and research activities. He also expressed that IASTAM – AWARDS are the honour to the awardees for their sincere commitment and their consistent efforts to rise above and try for the best in the field of traditional medicine.

***Prof. Dr. Shivajirao Kadam Hon. Vice Chancellor,
Bharati Vidyapeeth Deemed University***

He warmly welcomed all and offered best wishes for a happy and prosperous new year. He believed it was indeed a great honour for the university and IASTAM to have the presence of Hon. Minister of State, Shri Shripadji Naik at Inaugural function. He expressed that the conference is very significant in particular to the University for various Reasons. IASTAM has given an opportunity to be a partner in organizing this conference. IASTAM has been doing significant work to strengthen the traditional Asian System of medicine. We at this university are greatly impressed by IASTAM aims and objectives and achievements. It is since long that our University is having Academic collaboration with IASTAM. We are happy to promote the cause of Ayurveda and Indigenous system and I am happy that the IASTAM conference has being organized immediately after the silver jubilee of the college. It is a matter of great satisfaction that people in the medical field as well as common people have

realized the significance of the special centric treatment practiced in Ayurveda. Ayurvedic medicines have mostly natural and herbal contents. They have minimal negative impacts, we are happy that now efforts are being made to adapt and nurture the patient centric system of diagnosis. We need to undertake research with respect to herbal drugs at cellular and molecular level. More the research more will be the possibility of developing medicines for various elements. He said that research is primarily an area of therapeutics and he strongly feels that the manufacturers of medicine and academic institutions should come together. They can develop research tradition in collaboration with each other. It will effectively result into support for these traditional systems of medicine. The issue related with traditional systems of medicine need research with patient centric personal approach. He heartily welcomed all Hon. guests and dignitaries present and wished the conference a success.

***Shri Sureshji Prabhu, Hon. Minister of Railway,
Government of India***

He was unable to attend the inauguration function at the last moment, but it was very nice of him that, with the help of our event management team, a video message with wishes and blessings from Shri Sureshji Prabhu was arranged at the conference on 6th January 2016.

***Ayurved has a traditional heritage and
it has been preserved by our expert
ancestors. We have to preserve it further
and take it forward.***

He said we need to be healthy and wealthy as well. Importance of health is for getting wealth and importance for wealth is to maintain health. Soul plays an important role in spiritual element of body. Ayurved has a traditional heritage and it has been preserved by our expert ancestors. We have to preserve it further and take it forward. He conveyed his wishes to the conference and congratulations to the organisers.



ORATION AND AWARD FUNCTION

IASTAM India felicitated 11 distinguished scholars and personalities for their outstanding contribution. It included 3 orations, 8 awards.

IASTAM – BVU, National Ayurved Scholar Awards in three category for Best Ph.D. thesis, Best M.D. / M.S. dissertation at national level were awarded.



PRE CONFERENCE WORKSHOPS **3RD JANUARY 2016, PUNE**

Yoga – Applied Perspectives! ***(2 Day Event from 2nd January 2016)***

The workshop was carried out under the guidance of *Dr. Subhodh Tiwari, Dr. Narendra Bhatt, Prof. Reinhard Bogle* and Coordinated by *Dr. Kirti Bhati*. It included 85 delegates out of which 29 were from Yoga Forum, Germany. The workshop was aimed at experienced discourses on specific subjects of Yoga, training and learning of certain yogic exercises and update on newer advances and opportunities.

Topics like Pranayam, Renaissance of Yoga, Recent Researches, Policies on Yoga, Concept of Yoga, futuristic perspectives of yoga were discussed. Demonstration on “Pranayam and Shuddhi Kriyas” by *Dr. Sandya Dixit* at Kaivalyadham. This workshop was union of the traditional aspects and the modern perspective of yoga as a science.

Outcome - The workshop helped to bring together traditional aspects of yoga and modern perspective as a science thereby elucidates its universal relevance.

Clinical Research Methodology - Different Paradigm: Different Approach!

The conference was lead by *Prof. Mark Langweiler, Dr. Narendra Bhatt* and coordinated by *Dr. Priya darshini Kadus* and *Mrs Smita Nimkar*. 60 scholars and faculty attended the workshop which aimed for Clinical Research in Academic, Product Validation, Product Development, Therapeutic Rationale, Treatment Validation and Deriving Integrative Specificity.

The workshop focused on basics of Research Inquiry, Formulating Research Questions, Aims, Objectives, Creating Hypothesis, Study Designs, CRFS, Drug and Therapy Standardization. It was a combination of modern biomedical clinical

research methods and issues in Ayurvedic clinical and CAM research while applying these methods. The experts present deliberated and gave valuable suggestions and agreed for the need of different approach for clinical research in CAM and AYUSH. The unique method of the workshop lead to productive and definite outcome and was highly appreciated by seniors like *Prof. R. H. Singh*. Participants recommended that such, more workshops be organized.

Outcome- Need for different approaches for clinical research, Modern perspective of research, find solutions for various issues in clinical research.

Transcendental Meditation

Transcendental Meditation Workshop was held on 3rd January 2016 conducted by *Maharishi Ayurved* under guidance of *Shri Girish Momaya*.

Transcendental Meditation or TM as formulated by his Holiness Maharishi Mahesh Yogi is a scientifically proven, natural and effortless technique to give deep rest to the body, relieve it from stress and tensions and to develop its full creative potential.

The workshop was about simple, natural, easy, effortless, effective technique, which gives deep rest to the body, relieve stress & tensions and develop full creative potential, efficiency, alertness and enlightenment. The experts present at the workshop deliberated and presented scientific research studies on various disorders. They discussed about benefits of TM in all area of life including mental and physical health, for maintaining good health, self development and better health habits.

Outcome- 15 - 20 minutes practice of TM twice daily gives energy, enjoyment, peace, happiness, rest and self actualization.



SYMPOSIA

Ethnopharmacology - Validation Of Traditional Medicine (4th January 2016.)

It was jointly organized by *Bharati Vidyapeeth University Poona College of Pharmacy* and *Society for Ethnopharmacology* under auspices of IASTAM.

The symposium emphasized promotion of traditional medicinal knowledge of plants and natural products through validation by scientific methods.

Eminent speakers from renowned research organizations delivered lectures. The programme started with the welcome address by *Dr. Sathiyarayanan L*, coordinator of SFE Pune Chapter. *Dr. Pulok Mukherjee*, the Secretary of SFE India explained the roles and responsibilities of the society. *Prof. S.S. Handa*, Former Director RRL, Jammu elaborated the importance of herbal medicinal plant research in his key note address. *Dr. K.R. Mahadik*, Principal, BVDU Poona College of Pharmacy, *Mr. Indraneel Das*, Vice President SFE-India and *Dr. Narendra Bhatt*, President, IASTAM were present in the opening session.

There were *two parallel sessions* where 24 oral presentations and 65 posters were presented. 150+ delegates participated at the symposium. The symposium ended with Valedictory function. *Dr. Sathiyarayanan* summarized the whole event and highlighted the areas where the herbal research needs improvement. A prominent senior pharmacologist *Dr. Bodhankar* was felicitated for his contribution in pharmacological research. *Dr. Pulok Mukherjee* expressed the vote of thanks.

Outcome- Validation of Traditional Medicine needs improvement and continuous efforts are needed through scientific approach.

Sowa Rigpa [Tibetan Medicine] Medicine Industry As Pharmaceutical Assemblage (5th January 2016)

It was organized and sponsored by ERC Grant Project RATIMED ERC (Reassembling Tibetan Medicine), which is based at the Institute for Social Anthropology (ISA) of the Austrian Academy of Sciences (AAS) in Vienna, Austria in association with IASTAM India. The symposium panel organisers were *Dr. Stephan Kloos* & *Dr. Calum Blaikie* from Austrian Academy of Sciences ERC Project RATIMED.

The symposium aimed to share preliminary project results and foster collaboration and coordination on the professional and policy levels. The panel of 9 experts discussed various new insights for the

diverse clinical, socio cultural, political, economic and environmental aspects and contexts of the Sowa rigpa pharmaceutical industry. They discussed various issues related to challenges and solutions for raw materials, pharmaceutical production and innovation including issues of efficacy, drug safety, and quality, traditional pharma market and intellectual / cultural property.

Outcome- To assemble the data on these four domains to map out a bigger picture of the Sowa Rigpa industry and generate a better understanding of its development, challenges, and consequences from different scholarly and applied perspective.

Process and Implementation of Access and Benefit Sharing Mechanism for Biological Resources (6th January 2016)

This symposium was jointly organized by IASTAM India and Bharati Vidyapeeth University, College of Ayurved, Department of Dravyaguna Vigyan in association with Maharashtra State Biodiversity Board, Nagpur. 42 delegates from different fields of drug industry, academicians, professionals, ayurvedic drug traders from all over India were participated. Publication by MSBB on guidelines on access to biological resources and association knowledge and benefits sharing regulations, 2014 was released.

The inauguration of symposium was followed by facilitation of guest. *Dr. Abhijeet Patil*, Principal, BVDU, College of Ayurved (COA), Pune gave the welcome speech with introduction of BVDU-COA. The theme of symposium was introduced by *Dr. Shobha Khilari* (Asso. Prof. Dept. of Dravyagun). The actual role on MSBB and guidance regarding biodiversity act from MSBB was addressed by Chief guest *Dr. Vilas Bardekar*, *Chairman MSBB*. *Dr. Shailesh Gujar* (*Secretary MAMA*); representative from industry explained the view of manufacturing industry on bio-diversity act. The Chairperson, *Dr. Narendra Bhatt* (President IASTAM) briefed about ICAAM and IASTAM and guided about the symposium.

MSBB Experts, *Dr. Dileep Gujjar*, *Dr. Rahul Mungikar*, *Dr. N. D. Chowdhary*, *Mr. Vivek Yennarwar* were present to guide and discuss

From Industry Dr. Ramdas Kute, Dr. Jayant Abhyankar, Mr. Baba Vrundavan, and Mr. Amit Agarwal guided on important topics of biodiversity related to Ayurvedic industry.

Suggestions for improvement of infrastructure and guidelines on Access to Biological Resources and Benefit sharing regulation, 2014 were discussed and actively voted. There was a request and demand for next symposium with same theme.

Outcome- Producers, collectors and end users if involved in society welfare will be considered for concessions. To Assure period of 5years for drug industry people for the workout of the ABS mechanism. To encourage the industry for plantation. Exemptions for medicine to be considered till the road map for utilisation of biological resources is developed. Commodity list to be prepared for endangered species and its applications to be looked after.



PLENARY SESSIONS

There were plenary sessions with eminent scholars presenting their views which generated a healthy debate on many issues on all days of Conference. These sessions were chaired by distinguished experts known for their outstanding contributions to the research and policy making in respective areas.

Speaker Name	Topic	Chair person
<i>Dr. B.L. Gaur</i>	Contemporary Research Leads From Charaka-Samhita	Prof. Dr. R. H. Singh
<i>Dr. Siddhinandan Mishra</i>	Ayurved- Rasashastra	
<i>Dr. Nandkumar Sharma</i>	Zandu International Oration Quality Standards For Natural Products	Padamavibhusan Dr. Raghunath Mashelkar
<i>Dr. V.K. Joshi</i>	Changing Scenario Of Ayurveda: In Global Perspective	
<i>Dr. Shirley Telles</i>	Yoga for physical and mental wellbeing'	
<i>Dr. Girish Momaya</i>	Maharshi Mahesh Yogi's contribution to revive Ayurved to its completeness and bringing to the World	Dr. Subhash Ranade
<i>Dr. Lothar Pirc</i>	Treating 20,000 Patients with Panchakarma in Germany	
<i>Dr. Karin Pirc</i>	Overview of Scientific Research on Maharishi Ayurveda.	
<i>Dr. John Fagan</i>	Regulating Genes for stress response, Inflammation and Tumour suppressions through Transcendental Meditation. Importance of safety and Purity of Ayurvedic products.	
<i>Dr. Jose Ruge</i>	Integrating Ayurveda, Yoga and Jyotish as a powerful world system of healing and prevention	Dr. D.C. Katoch
<i>Dr. S.N. Gupta</i>	Ayurvedic Management of chronic renal failure	
<i>Dr. Rais – Ur – Rahman</i>	Unani Medicine	
<i>Prof. Yeonseok Kang</i>	Education and evaluation of Korean medicine Kang Medicine	
<i>Dr. B.M. Hegade</i>	Oration speech	Dr. Ashok Vaidya

Panel discussion on Integrative Trans-disciplinary approach for evidence based traditional medicine

It was conducted by MRC and Ayurvardhini.

Following topics were discussed

- 'Pharmaco-epidemiology in Traditional Medicine: Potential for Integration' by Dr Rama Vaidya
- 'Plant as a platform: Exemplified with *Tinospora- cordifolia*' by Dr. Urmila Thatte
- 'Reverse Pharmacology as a Trans-disciplinary Bridge' by Dr. Chhaya Godse

- 'Digital Age in Ayurveda: Ease of Integration' by Dr. Girish Tillu
 - 'Pedagogic Paradigm Shift for Traditional Medicine' by Dr. Kishor Patwardhan
- Panel discussion was coordinated by Dr. Ashwini kumar Raut

Out come- The aspects of TM need to be juxtaposed with the current life sciences for a necessary understanding, prior to integrative program of services, education and research in TM leading to safer, economical and sustainable healthcare delivery to the global community.



SCIENTIFIC SESSION- ORAL AND POSTER

We have received an overwhelming response to our call for papers –200 abstracts were received from National and International delegates. Considering this enthusiastic response and the wide ranging topics of interest, *22 parallel oral sessions* including poster sessions were organized to accommodate quality papers. There were *136 oral papers and 18 poster presentations* included in the conference.



PUBLICATIONS

Three publications were brought out during ICAAM 2016.

- A. *IASTAM - India Chronicle; Connecting Systems, Bridging Disciplines*
- B. *IASTAM Oration & Awards; Aspiring Traditions*
- C. *ICAAM Abstract & Program Book*



ICAAM ATTRACTIONS

I. DEMONSTRATION - MALLAKHAMB

Malkhambha live demonstration was held by German and Indian students of Samarth Vyayam Mandir, Mumbai under the guidance of Shri Uday Deshpande. The demonstration had attracted the attention of all the delegates at ICAAM 2016. The flexibility and determination of performers was astounding. It was highly appreciated by the participants at the conference.

II. CULTURAL PROGRAMME

Mrs Amruta Gogate performed Kathak dance. She and her associate presented the mudras and forms in simple language for the delegates to understand. The guests and delegates were enthralled by her gracious performance. Her performance was cherished and received a standing ovation.

III. EXHIBITION STALLS

Various pharmaceutical companies had exhibited their products. The opening of the exhibition at ICAAM 2016 was done at the hands of Shri Shripadji Naik, Honourable Minister of State (Independent Charge), Ministry of AYUSH, ceremony held at the venue after ICAAM Inauguration. Hon. Minister, Shri Shripadji Naik along with Hon. Vice Chancellor BVDU Dr. Shivajirao Kadam, Dr. Narendra Bhatt, President, IASTAM – India visited the stalls and encouraged the exhibitors. IASTAM acknowledges the support of the various pharmaceutical companies.



ROUND TABLE DISCUSSIONS

Advancement of Asian Medicine was the theme of ICAAM 2016. With a view to discuss important issues and evolve specific points of action program, the idea of round tables was evolved.

Aim of these discussions was to develop the Asian Medicine through integrative approaches. Three round table discussions on *R & T: Accelerated Growth for AYUSH, Leveraging Ayurved: Industry issue and Asian Medicine: Asian Strategy for Global reach* were organized. Industry representatives, national and international researchers from various institutes participated. These sessions were chaired by Adviser Ayurved, Ministry of AYUSH and five action plans in each discussion were recommended.

The Round Table was meant for coming out with concrete stepwise recommendations. It was arranged in such a way that the experts present could express their views in a very precise and solutions oriented manner. For each of the round table there were about 5 to 7 experts representing different areas. They were having experience in

the area of Asian Medicine and worked with IASTAM in past. They deliberated on issues to provide focus to the discussions. The delegates actively participated at the round table discussion.

The following three subjects were identified in view of significance.

Asian Medicine: Asian Strategy for Global Reach

Experts Participated:

Dr. Stephan Kloss, *Austria*
 Prof. Reinhard Bogle, *Germany*,
 Prof. Khamba Lama Natsagdorj, *Mongolia*,
 Miss Ji Youen Kim, *South Korea*,
 Dr. Yashashree Joshi, *India*,
 Chair person- Dr. Narendra Bhatt, *India*

The following five Topics were identified for discussion

- Acceptance of ASM graduates, practitioners & professionals within the Asian countries
- Academic high level action programme
- Identification of experts, institutes and organisations for network creation of ASM among Asian countries on mutual & complementary collaboration
- Regulatory norms on Asian products
- Support from AYUSH to conduct bi-lateral and multi-lateral meetings: between 2 countries & more

Aim of the round table was to develop the Asian Medicine through an integrative approach and explore the potentials of its basic principles, fundamentals, drug products and health delivery system for growth of Asian medicines. It was expressed that the Asian medicine has its potential and the efforts should be made to promote it. The discussion was focused on to push forward the agenda of Asian medicine for its global acceptance and how to face the challenges. Common regulations & norms and methods were discussed. Also the rules and regulations those are missing and needed to be changed were discussed.

69 countries have similar kind of culture & beliefs, similar approach to medicinal plants, similar

approach to their systems and knowledge base. We need to come together and evolve modality which is more complementary to all the Asian systems. It was suggested to evolve Asian pharmacopeia for Asian medicine and AYUSH pharmacopeia of India.

For promoting a good cause the need was felt that associations like IASTAM and other associations can come together. It was emphasized that Asia has been an international society and many things can be learnt from each other. There is a need to create academic research platform and to create definite approach to regulatory processes. The similar interactive meeting could be organised in the future with the initiative from Ministry of AYUSH with similar but specific agenda, with more participation in next 6 -7 months. IASTAM will be very happy to initiate this process.

Research & Technology: Accelerated Growth For AYUSH

Experts Participated -

Dr. Ashok Vaidya, *India*,
 Dr. Swati Mohite, *India*,
 Dr. Pratibha Shah, *United States*,
 Dr. Asmita Wele, *India*,
 Dr. Johan Fagan, *United States*,
 Chair persons- Dr. Narendra Bhatt
 and Dr. D.C. Katoch, *India*

The following five Topics were identified for discussion

1. Products: What Products? How to go about?
2. Validation of a Basic Principle/s
3. Programs with national significance
4. Technology Adaptation For Growth
5. International Collaboration

Research is a systematic activity containing both basic and applied research and aimed at discovering solution to problems or creating new knowledge and growth.

Technology is application of scientific knowledge for practical purpose essential for industry, machinery or device development. The need of Research and Technology was discussed. The importance of ownership of intellectual property such as patents, discovering new knowledge about products, processes and services and then applying that knowledge to create new and improved products

was discussed. There is a need to develop newer product development processes to increase its validity, safety and efficacy for better consumer compliance.

Leveraging Ayurved: Industry Issue Participation From Industry

Experts Participation:

Shri ChadrakantBhanushali,
 Shri Nimish Shroff,
 Shri Shashank Sandu,
 Shri NageshSandu,
 Dr. Amit Agarwal,
 Chair persons- Dr. Narendra Bhatt
 and Dr. D. C. Katoch

The following five Topics were identified for discussion

- COPP -Certificate of Pharmaceutical Product –
- A meeting to be organized between Ministry of AYUSH, Drug Controller department and ADMA representatives to find a way out.
- Certification with a different name to be worked out.
- Getting Observer status for Indian Government & Industry
- urgent intervention from Government side is needed
- Phytopharmaceuticals & Nutraceuticals
- Special meeting with Ministry of AYUSH
- Subsidy for infrastructural and functional improvement of in-house Quality Control Laboratory for ASU&H Drug Manufacturing Units.
- Need of Industry is that costs incurred towards consultants, and related costs should also be considered
- Biodiversity-Industry viewpoint
- well defined ABS mechanism concession mechanism in ABS system different point of view on cultivated and non-cultivated resources.

Policy, safety, quality, rational use and accessibility are the building blocks for the development of Asian Medicine. IASTAM India had suggested industry to go ahead with 1 or 2 major issues but industry went ahead as per their approach and will take up their issues with Ministry of AYUSH in special meetings.

VALEDICTORY

At the end of the conference Valedictory function was held on 7th January 2016. Shri Ajit Sharan and Shri Jitendra Sharma both though had promised could not participated due to unavoidable circumstances. Dr. D. C. Katoch, Adviser (AYU) Ministry of AYUSH, was Guest of Honour, Presided over by Dr. Rais – Ur – Rahman. Dr. Narendra Bhatt and Dr. Abhijit Patil were on the Dias.

Dr. Narendra Bhatt, President, IASTAM – India

He shared achievements of ICAAM 2016. He said “when we planned this event we had many dreams and ambitions. If I look back at last 1 year efforts, I feel that I have achieved reasonable well than than what I had planned and as a group with Bharati Vidyapeeth University, college of Ayurved and my friends & colleagues there we did much better than what was expected by us at a particular stage. I am satisfied.

***What could be the next agenda?
 We will have to explore the possibilities
 of how to create our leadership
 platform of Asian Medicine
 for international activities.***

A person who wants to move forward should not be satisfied; we have a long way forward to go. What could be the next agenda? We will have to explore the possibilities of how to create our leadership platform of Asian Medicine for international activities. We need guidance from the policy makers in the Ministry of AYUSH and help us to form the modalities.” “ICAAM had more than 550 registrations and 275 participants from work shops and symposia. The total number has crossed 750 – 800 participants. There were 15 plenary including Orations, 3 Round Tables, 22 parallel scientific sessions, a poster session, 3 workshops and 3 symposia. For an organization like IASTAM with very very limited resources this is not less than achievement. Coming to the outcome; the best and thrilling part for us was the presence of Hon. Minister of AYUSH from Government of India, Shri Shripadji Naik and he not only remained here but he repeatedly interacted with some of us and with me 3 -4 times.”

Dr. D. C. Katoch, Adviser (AYU), Ministry of AYUSH

He was happy with the ambience, all the sessions, parallel sessions, symposia, round table those were conducted in a very time bound manner. The discussions were focused, outcome oriented; in the form of recommendations with the proposal for mutual action.

The discussions were focused, outcome oriented; in the form of recommendations with the proposal for mutual action.

This platform must have representatives of all the systems which are practiced in the country. The officials from the government need to be in the loop. For future whenever this kind of conference is organized, the government department representatives should also be invited to develop the ROADMAP and to take the necessary actions. Another strong recommendation which has emerged is that this platform must have the representatives of all the systems which are practiced in the country. He assured that Unani and Siddha system will come under this platform because siddha is also our system. Homeopathy is the 2nd largest system after Ayurved. India has become the world leader in Homeopathy; it has become a part of Indian Systems of Medicine. He also recommended having a small e group for exchange of thoughts, ideas & information and to facilitate guidance for someone who may be interested to come to India and study Ayurveda, to help them with the kind of scholarship or centres. With these words of encouragement he thanked the organisers for inviting and participating in discussion.

Dr. Rais – Ur – Rahman, Adviser (Unani), Ministry of AYUSH

He said our aim is to provide service to the area, either from modern medicine or from AYUSH and traditional Indian system. We must realize our limitations and the strength of allopathy.

I assure you all the help. I am always ready to co-operate to any extent, all sort of co-operation for conducting and organizing such a wonderful workshop in future”.

I am always ready to co-operate to any extent, all sort of co operation for conducting organizing such a wonderful workshop in future. He said, there was a message you all the time should take about the love, passion and sympathy for the patient. “*Tu asamaki bulandi se laut ke aao hume jameen ke masle pe baat karni hai*” means you come back from the height of the sky, We have the problem of the earth, small problem on which we need to talk about ground realities. He said “I have never attended such a wonderful workshop and conference. I am highly impressed with this. Dr. Bhatt; I had met him 1st time, but he is a visionary and on behalf of the Unani medicine, as advisor of Unani, Government of India and Director General CCRUM, I assure you all the help. I am always ready to co-operate to any extent, all sort of co-operation for conducting and organizing such a wonderful workshop in future”. He congratulated Dr. Bhatt and his entire team for organizing such a wonderful conference and thanked for a memorable experience.

Dr. Manasi Despande, Organising Secretary of the conference expressed vote of thanks.



**RECOMMENDATIONS
– ICAAM 2016**

**Asian Medicine:
Asian Strategy For Global Reach**

- 1. It was recommended that an Academic and Research Platform be created.**
- 2. To develop a Target Based Approach to evolve Common Regulatory Processes and Mechanisms to come together, and develop modalities to complement each other.**
- 3. Provide a Common Agenda on Asian medicine to 'WHO'**
- 4. An Objective could be to develop 'Asian Pharma -copeia'. In India similarly a common 'AYUSH Pharmacopeia' could be considered.**
- 5. An International Meet with active and official participation of Asian countries be organized by the ministry of AYUSH initiative. IASTAM - India can provide the required academic and organizational inputs for a productive meet**
- 6. Sowa Rigpa shall form part of AYUSH activities in the field of Asian Medicine**

Research & Technology: Accelerated Growth For AYUSH

I. Product development

- An 18 – 24 months project on product development which are economic and effective considering consumer compliance, validity & safety.

II. Basic Principles

- At least 2 – 3 projects on basic principles for each of the AYUSH systems should be taken up to validate fundamentals

III. National Significance

- AYUSH fraternity has the capacity and readiness to take on challenges of present day health & medical care. It is recommended that five (5) programs of National Significance be taken up for developing solutions on priority in a time bound manner.

IV. Involvement of Best

- Such scheme shall involve best of available national skills and capabilities and conducted in a networked manner covering different dimensions of research and validation requirement to have desired impact on national scene.

V. Technology adaptation

- It was recommended that as AYUSH is already working on cancer. 2 – 3 more areas to be identified more that will have global impact. Such International Collaboration Projects be identified and executed.

A full day brainstorming session with Ministry of AYUSH on issues of R & T, covering different aspects to develop an impactful result oriented program be held.

Leveraging Ayurved: Industry Issue Participation from Industry

- Industry gave many recommendations that will be taken up with the Ministry of AYUSH in follow-up meetings.

ACKNOWLEDGEMENTS

**We sincerely acknowledge the support from
MINISTRY OF AYUSH.**

We acknowledge the support from the Collaborators, Sponsors, Exhibitors, and Advertisers for ICAAM 2016.

IASTAM acknowledges the contributions and our sincere thanks to

Collaborators

- Gujarat Ayurved University, Jamnagar
- All India Ayurvedic Congress, Delhi
- Swami Vivekanand Yoga Anusandhan Samthanam, Bengaluru
- International Academy of Ayurveda, Pune
- Yoga Forum, Munich, Germany
- Haffkine Institute for Training Research & Testing, Mumbai
- All India Ayurveda Specialists (Post Graduate) Association, Delhi

Associates

- Yoga Institute, Kaivalyadham, Lonavla
- Maharishi Ayurveda
- Maharashtra Biodiversity Board, Nagpur
- Society for Ethnopharmacology , India [SFE- India]
- Ratimed
- AshtangAyurvedMahavidyalaya, Pune

Supporters

- Ayurvedic Drug Manufacturers Association (ADMA)
- Association of Manufacturers of Ayurvedic Medicines (AMAM)

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- Charak
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- Sunil Medical Distributors
- Manakarnika
- Stuvet Pharmaceuticals
- Asoj Soft Caps Pvt Ltd
- Anchrom
- Suture Planet
- Inter System Biomedica Ethics Committee (ISBEC)
- Anatek
- Ashirvad Pharmaceuticals
- Dr. Palep's Medical Research Foundation Pvt. Ltd.
- Arya Vaidya Sala Kotakal
- Natural Remedies



Experiences

A group of 29 people arrived for the ICAAM 2016 in January in Pune. We experienced a well planned and informative two days pre conference on Yoga. There were important lectures on the history and future of yoga, as well as an the development from Yoga to Yoga science. It was also a good start of the dialog between the Indian and the German Yoga institutions. Our people were impressed by the well organised main conference with the huge number of very interesting lectures on different topics. Many of our German participants found the lectures of the IASTAM – awardies and the award presentation by the AYUSH Minister very valuable. Another highlight were the discussions on several important topics in the plenary on the last day. For everybody of us the ICAAM 2016 is still a very rembering event.

Prof. Reinhard Bogle
 Yoga ForumMunchen, Germany

1st icaam 2016 is an unique and memorable experience for me, my departmental colleagues and also for all PG scholars from my department !!

To interact with the august gathering on this occasion was a great opportunity. It was a herculean task by Dr. Narendra Bhatt and the whole IASTAM -India team along with College of Ayurved, Bharati Vidyapeeth University, Pune.

Presence and active participation of higher authorities from Ministry of AYUSH, Govt. of India, eminent international personalities from Asian as well as European countries, industry persons, clinicians, academicians, researchers, students, para-medico persons one & all and continuous informative talks & brain -storming discussions in very methodical and disciplined manner for 3 consecutive days; all under one roof is a peculiarity of this mega event.

Dr. Yashashree Joshi
 College of Ayurved, BVDU

We enjoyed the conference in Pune very much. Learned a lot and I hope our contributions were useful.

Dr. John Fagan
 Maharishi University, U. S.

It was a wonderful summit with great exchange of knowledge. Meticulously planned and executed. Looking forward for much more seminars.

Dr.Nitin V.
 Student
 SDM Ayurved College, Udupi

Thanks for the conference and encouragement of our participation. I was pleased with how our Sowa Rigpa symposium went, and also grateful for the opportunity to speak at the round table discussion.

Dr. Stephan Kloos,
 Ratimed, Austria



Experiences

A lot of experts with different backgrounds and knowledge coming together has been a wonderful aspect. There is a lot of potential in exchanging experiences and future ideas and wishes. A great platform for intercultural exchange in many different ways. It is great to see it taking place in the name of health and abilities and it seems to be a very good and often missing aspect for all people in a country or even in the whole world. Every country should have a platform like that. Learning about the importance of empathy at the end gave me the chills. How important it is for the whole world. Very unique and interesting themes presented in a different cultural frame. I love the Design of the logo and the nice bag.

Johanna Schwair, Yoga Forum, Germany

**Congratulations!!
Dr. Bhatt
on excellent organisation of
ICAAM
under your singular leadership.**

**Prof. R. K. Mutatkar
Former President,
IASTAM India**

**The entire event was
very well planned and
organized**

**Dr. Amit Agarwal,
Natural Remedy
Bangalore**

I'm from germany and had no idea about how Yoga and Ayurveda is situated in India. The combination of discussions on the conference and the interesting visits of Ayurvedic institutions and the Yoga-School in Lonavla helped me to receive an impression. I realized the ayurvedic competence and acknowledgement there exists. That's deeply impressing me and now i'm motivated to learn more about ayurveda and integrate it in my all-day life and also in my teaching as a yoga-teacher.

The Abstract-Book gives me a plenty of interesting contents and connections to follow at home in the internet.

Uschi Koppauer, Yoga Forum, Germany

At the pre-Workshop I liked very much the combination of lectures and the visit of Kaivalyadam. Especially the presentation of the cleansing processes was new for me. It was also interesting to get an impression of a traditional Yoga and Ayurveda Ashram. It was enriching to get an idea of different views on Ayurveda and Yoga and on "traditional" and "modern" medicine. And it was very interesting to hear of research projects on Yoga and Ayurveda.

Dr. Sabine Hanke, Yoga Forum, Germany



A True Learning Experience

Co organization of International Conference on Advances in Asian Medicine during 2nd JAN to 7th JAN 2016 with IASTAM – India made a very positive impression on the academic environment of BVDU, College of Ayurved, Pune.

1. It provided platform to the faculty and students to express their scientific views through their research papers.
2. It provided platform to interact with the experts across the country and some parts of the world.
3. It gave exposure of world class researchers / subject experts / genuine people to the faculty and students.
4. It gave the experience of organization of International conference, improving the confidence and organization skills.
5. ICAAM 2016 gave the opportunity to few of the senior faculty members to conduct scientific sessions in this international conference.
6. It was a fulfilling experience to see a gathering of intellectuals sometimes busy with listening a key note address from a senior scientist, busy to hear panel discussion on various subjects, sometimes busy with making arguments, answering queries of delegates, at a time involved in round table discussions or watching a programme on classical dance and ailments treated.
7. As an academic institute it served the objective of training the research scholars and faculty too.
8. College definitely received an organizational credit to its account for co –organising ICAAM 2016.

Dr. Abhijit Patil, Principal, College of Ayurved, BVDU

I am thankful to the President & the Managing committee of IASTAM India and Authority of Bharati Vidyapeeth University, College of Ayurved, Pune for giving me the opportunity to work as an organizing secretary for ICAAM 2016. It was an excellent experience for me from planning to execution of the conference. Every step was a great learning phase. ICAAM has covered various topics from historical to clinical aspects of Asian medicine, which is today's need. ASIAN MEDICINE; GLOBAL REACH the theme of conference was covered through 3 workshops, 3 symposia, 3 round tables, 15 plenary sessions, 22 scientific session, 2 panel discussions which proved the diversity of topics. It was really a knowledgeable feast for all who participated in the conference. Post graduate students expressed their views and treasured the deliberations and discussions which were placed during round table and pre workshop conferences. It was a great experience to Postgraduate students and faculty to interact with renowned experienced, knowledgeable personalities from various fields. I express my gratitude to Dr. Narendra Bhatt for taking pains and efforts for grand success of the conference. IASTAM India provides platform for everyone who wishes to work in Traditional medicine through various activities and events.

'Coming together is a beginning, staying together is a progress and working together is success.'

Let's come together, be a part of IASTM India for good causes.

**Prof. Dr. Manasi Deshpande, Organizing secretary, ICAAM 2016
Joint Secretary, IASTAM India**



The Learning Experience

Though I was part of many conferences organized by IASTAM previously; 'International Conference on Advances in Asian Medicine (1st ICAAM)' was unique in many ways.

Working in organizational capacity at ICAAM gave me ample experience from simple administrative procedures to the complex procedure to deciding the themes – sub-themes, inviting the expertise and systematic planning of schedules of the mega event.

The whole conference was a learning experience. The presentations on different subjects delivered by the experts from other systems like Unani, Yoga, Soya rigpa and such helped me to understand the similarities in the concepts of these systems and how could these be helpful to medical care the world over, if united put together.

Especially the presentations delivered by foreign experts helped me to understand my own science from different perspectives. Their faith in traditional systems and efforts to practice and propagate Ayurveda or Yoga in their countries helped me further my confidence in Ayurveda.

The presentations on Yoga helped me to understand the complimentary role Ayurveda and Yoga could play while treating the patients. At the same time the amazing *mallakhamba* demonstrations, specially done by blind children helped me to understand the power of mind and the relationship of body and mind – the core concept of ayurved that needs to be addressed while understanding the disease development and treatment of ailing.

The discussions and debates at clinical research workshop helped me understand the difficult subject with objectivity.

Being associated with ICAAM organization under demanding but able leadership of Dr. Bhatt was learning of our own abilities that I never knew existed. Working for ICAAM has definitely widened my horizons. I now understand IASTAM and its role much better and issues of medical world and role Ayurveda and Asian medicine can play.

'The only source of knowledge is experience'; Albert Einstein

Dr. Vandana Kozarekar; Treasurer, IASTAM-India



Shri Shripadji Naik



Dr. Shivajirao Kadam



Dr. Narendra Bhatt



Dr. Abhijit Patil



Dr. Rais - Ur- Rahman



Dr. D. C. Katoch



ICAAM Exhibition



Dr. Manasi Deshpande



Dr. R. A. Mashelkar



Dr. Ashwinikumar Raut

1st ticaam SYMPOSIA
International Conference on Advances in Asian Medicine



*Dr. Mahadik,
Dr. S. S. Handa*

**Ethnopharmacology
Symposium**



*Dr. Satyanarayan,
Dr. Indranil Das
Dr. Pulok Mukherjee*



Biodiversity Symposium



Dr. Vivek Yennarwar



Dr. Shailesh Gujar

Sowa Rigpa Symposium

Dr. Vilas Berdekar, Dr. Ramdas Kute



Dr. Stephan Kloos



Dr. Umesh Vaidya



Dr. Swati Mohite



1st ticaam
International Conference on Advances in Asian Medicine
Audience





Plenary Speakers



Dr. Nandakumara Sarma



Dr. B. M. Hegde



Dr. V. K. Joshi



Dr. B. L. Gaur



Prof. Siddhinandan Mishra



Dr. Shirley Telles



Dr. John Fagan



Prof. Pulok Mukherjee



Dr. Jose Rugue



Shri Girish Momaya



Prof. YeonSeok Kang



Prof. Mark Langweiler



Dr. Lothar Pirc



Dr. Rais -Ur- Rahman



Dr. S.N. Gupta



Dr. Karin Pirc



Dr. Kavita Indapurkar, Dr. Kishor Patwardhan, Dr. Urmila Thatte, Dr. Sunanda Ghare, Dr. Girish Tillu, Dr. Chaya Godse



Round Table Discussions

Asian Medicine: Asian Strategy for Global reach



Prof. Khamba Lama Natsagdorj, Prof. Reinhar Bogle, Dr. Narendra Bhatt, Dr. Yashashree Joshi, Dr. Stephan Kloos, Ms. JiYouen Kim

Research & Technology Accelerated Growth for AYUSH



Dr. Pratibha Shah, Dr. Asmita Wele, Dr. D. C. Katoch, Dr. Rais -Ur- Rahman, Dr. Narendra Bhatt

Leveraging Ayurved: Industry issue Participation from industry



Shri Nagesh Sandu, Shri Shashank Sandu, Shri Chandrakant Bhanushali, Shri Nimish Shroff



Valedictory



Dr. A. B. Patil, Dr. D. C. Katoch, Dr. Rais -Ur- Rahman, Dr. Narendra Bhatt, Dr. Manasi Deshpande



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Shreeji Ayurved



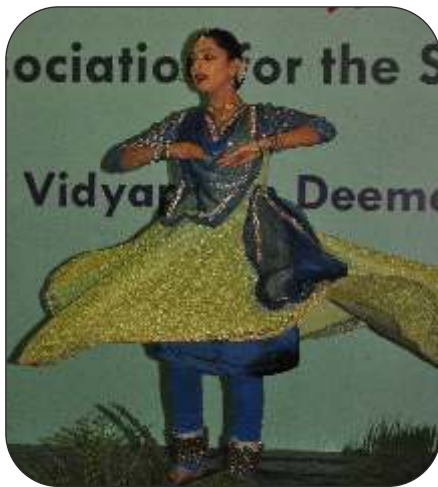
Multani Pharmaceuticals

Malkhamb



Shree Samartha Vyayam Mandir, Dadar

Kathak Dance



Mrs. Amruta Gogate - Abhiviyakti Dance Academy

IASTAM ORATION & AWARDS 2016

Respect for true knowledge and recognition of achievements in the field of traditional medicine has always been a commitment at IASTAM-India. It has also been IASTAM – India's endeavors to provide a bridge between different streams of knowledge & faculties involved in the development of the Traditional Systems of Medicine. IASTAM strives to encourage and recognize commitment and achievements in the field of indigenous systems of medicine.

IASTAM India is fully committed to its cause and with continued efforts over last few years IASTAM has succeeded to the next level to institute 3 'IASTAM ORATIONS' and 9 'IASTAM Awards' to recognize excellence and encourage cross faculty activities. IASTAM desires to constitute more awards which would recognize and encourage efforts for excellence. All our awardees are inspirational icons of today & their feats have taken the science to newer heights. IASTAM India honors the extraordinary intellectual talent and inspires the many new...

In IASTAM Oration and Award Function 2016, IASTAM - India felicitated 11 distinguished scholars and personalities for their outstanding contribution during ICAAM 2016. It included 3 orations, 8 awards. The Awardees were felicitated with Shawl, Shriphal, Citation and Award Trophy at the hands of Shri Shripadji Naik, Minister of State (Independent Charge), Ministry of AYUSH, Prof. Dr. Shivaji Rao Kadam, Vice Chancellor, Bharati Vidyapeeth Deemed Universtiy, Dr. Narendra Bhatt, President, IASTAM – India

<i><u>IASTAM Oration & Awards</u></i>	<i><u>IASTAM Awardees 2016</u></i>
<i>Pandit Shiv Sharma Oration For Contribution to Promotion of Ayurveda</i>	<i>Prof. Dr. B. M. Hegde</i>
<i>Zandu International Award for 'Excellence in Research Contribution to Ayurvedic and / or Natural Products'.</i>	<i>Dr. Nandakumara Sarma</i>
<i>Zandu International Oration (Indian Citizen) for 'Excellence in Research Contribution to Ayurvedic and / or Natural Products'.</i>	<i>Prof. Dr. V. K. Joshi</i>
<i>Prof. K. N. Udupa Award For Contributions in Research in Indigenous Systems of Medicine</i>	<i>Prof. Dr. Urmila Thatte</i>
<i>Dr. K. M. Parikh Memorial Award For Contribution to Development of Ayurvedic / Herbal Pharmaceuticals</i>	<i>Prof. Dr. Pulok Mukherjee</i>
<i>Shri Jugatram Vaidya Award For Excellence in the Profession</i>	<i>Prof. B. L. Gaur</i>
<i>Shri Mathurdas Parikh Award For Excellence in Teaching</i>	<i>Vaidya S. P. Sardeshmukh</i>
<i>Vaidya Haribhau Paranjape Award For Excellence in Shalya Tantra</i>	<i>Prof. Dr. Manoranjan Sahu</i>
<i>Yoga Forum Manchen Patanjali IASTAM award For Contributions to Yoga</i>	<i>Dr. Shirley Telles</i>
<i>Shri Gopaldas Parikh Award For Drug Development</i>	<i>Dr. Amit Agarwal</i>
<i>Raj Vaidya Nagindas Shah Award for Excellence in Rasashastra</i>	<i>Prof. Vd. Siddhinandan Mishra</i>

Publication of Award book, “**IASAM Oration & Awards; Aspiring Traditions**” also took place during the Award function. The book was published for the first time in the history of IASTAM which is an effort to put on record the evaluation of an important process over a period of time, the consistent efforts put in by the concerned and their trustworthy commitment to achieve high standing. The book shows the phases of instituting Awards, initiating the tradition of IASTAM by two fold approach for integration and excellence and converting the Oration and Award Function into an annual function with 12 Awards. IASTAM Oration and Awards truly represents an interdisciplinary thought and justifies its claim to be the only multidisciplinary platform of its kind in the country that is committed to cause of traditional knowledge of medical care of Indian and Asian origin. The list of Awardees explicates the IASTAM approach with a wide range representing different disciplines and activities. This book aims to encourage learning, growing and aspiring with a view that others capable in the organisation follow the path.

IASAM – BVU, NATIONAL AYURVEDA SCHOLAR AWARDS

To promote excellence amongst young and upcoming scholars in Ayurved, IASTAM has joined hands with its host organization BHARATI VIDYAPEETHA UNIVERSITY to institute NATIONAL AYURVEDA SCHOLAR AWARD from the year 2015.

National Ayurved Scholar Awards in three categories at national level were awarded during ICAAM 2016.

Best Ph. D. Thesis in Ayurveda - Dr. Kalpana Budhaji Kachare

Best MD/MS Thesis in Ayurveda – Dr. Veena Babu Kupati

Best Ph. D. d / MD/MS from Bharati Vidyapeeth University – Dr. Priyadarshini Kadus

Apply!!!

IASAM – BVU Awards 2017

NATIONAL AYURVEDA SCHOLAR AWARDS

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www.iastamindia.org

Best Ph. D. Thesis in Ayurveda - Cash prize Rs. 51,000/-

Best MD/MS Thesis in Ayurveda - Cash prize Rs. 31,000/-

Best Ph. D. / MD/MS from Bharati Vidyapeeth University - Cash prize Rs. 21,000/-

IASTAM request all colleges and faculty to encourage their students for sending nominations

IASSTAM ORATION & AWARDS 2016

Zandu International Award



Dr. Nandakumar Sarma

Pandit Shiv Sharma Oration



Dr. B. M. Hegde

Shri Jugatram Vaidya Award



Dr. B.L. Gaur

Zandu international Oration



Dr. V. K. Joshi

Shri Mathuradas Parikh Award



Dr. S.P. Sardeshmukh

Yoga Foun Munchen Patanjali IASTAM Award



Dr. Shirley Telles

IASAM ORATION & AWARDS 2016

Vaidya Haribhau Paranjape Award

Dr. K. M. Parikh Award

Prof. Dr. K. N. Udupa Award



Prof. Dr. Pulok Mukherjee

Dr. Urmila Thatte

Dr. Manoranjan Sahu

Shri Gopaldas Parikh Award

Raj Vaidya Nagindas Shah Award



Dr. Amit Agarwal

Prof. Vd. Siddhinandan Mishra

IASAM - BVU (National Scholar) AWARDS 2016



Dr. Priyadarshini Kadus



Dr. Kalpana Kachare



Dr. Veena Kupati

“CONSULTATIVE MEET TO PRIORITIZE AYUSH RESEARCH ACTIVITIES IN THE FIELD OF CANCER FOR INTERNATIONAL COLLABORATION”

Pune, 21st and 22nd February 2016

***At Behest of Ministry of AYUSH, Government of India
 Organized by Indian Association for the Study of Traditional Asian Medicine
 [IASTAM – India]***

While persuading for ICAAM 2016 with Ministry of AYUSH Dr. Bhatt was asked what can be done in the area of Cancer Research. Dr. Bhatt suggested to do it in a systematic way in a consultative manner for an important subject like Cancer. He shared with them the earlier experience at Bharati Vidyapeeth Deemed University where a similar meet was organized in 2008. Following this IASTAM India was asked to organize Consultative Meet on Cancer. Dr. D. C. Katoch Adviser (Ayu) and Dr. Rais Ur- Rahman Adviser (Unani) participated at ICAAM 2016 in concluding sessions, they were more convinced. We were asked to conduct the Cancer meeting in a very short period. Though we sounded out some organization and it was felt proper that we do it in Delhi and not in Mumbai or Pune because of timelines and difficulties in processing the application. However at this stage the Ministry of AYUSH officials lead by Shri Jitendra Sharma provided required guidance to ensure that it was conducted in Pune only. The Consultative meet to prioritize AYUSH Research Activities in the Field of Cancer for international collaboration” was organized on 21st and 22nd February 2016 in Pune.

AIMS & OBJECTIVES: -

The meet was organized with a view to identify, define and develop role of AYUSH in the field of Cancer care, mainly for international collaborative research.

The need was to conduct meeting for discussions between representatives of different systems and those of conventional medicine and other bio sciences for Cancer Research. This consultative meet aimed to identify potential therapeutic solutions and AYUSH interventions (therapies) that could help to address one or more aspects in cancer care and cure. The long term objective of this meet was to consider and evolve a structure for potential role of AYUSH and utilization of intellectual resources and nationally available institutional and scientific capabilities in an organized manner in Cancer care.

This suited our role of IASTAM – India of “Connecting Systems, Bridging Disciplines”. It also complimented our motto of playing a catalyst role and providing a multi disciplinary platform for intellectual debates with participation from the academics and professions.

APPROACH & PARTICIPATION: -

More than 100 experts from various fields were approached based on available information and recommendations. After confirming their involvement in the area of cancer research or treatment, an invite with a questionnaire was sent to confirm their participation. About 60 non-official experts were finalized of which 52 could manage to participate at a comparatively short notice. The group comprised of researchers, academics, practitioners and administrators, all involved with cancer treatment or research. Many have more than one kind of expertise. Participants came from all over India representing institutes or practices from 19 cities.

SESSION DETAILS: -

In the *opening session* Dr. D. C. Katoch, Advisor (Ayurveda), Ministry of AYUSH, and convener of the meet welcomed the participants and explained the background of the meet. **Dr. Narendra Bhatt**, convener of the meet gave a presentation to explain the need, objective, methodology and expected outcome of the meet. This was followed by an introductory session.

INTERACTIVE SESSIONS: -

In this next session, each of the participants was asked to give most important and specific suggestions with respect to cancer research. All these suggestions were displayed on flip charts and enlisted for next steps. These suggestions were put into 5 major categories to drive the activities towards specific outcomes.

In the next session a series of presentations were made followed by lively discussions. As the free

presentation session got extended till late evening the next day plan was changed to straight aim for suggestions for research priorities. The participants were divided into 3 groups having equal representations from AYUSH systems and bio medical expertise of different types. The participants worked in groups to provide the suggestions for activities and modalities.

A specially designed template was followed to enlist suggestions and proposals. The template had points like -

- Treatment
 - Drug / Product
 - Disease specific Drugs
 - Complementary to Chemotherapy
 - Complementary to Radiotherapy
 - Complementary to Surgery
- Prevention and Non recurrence
- Understanding the disease – The Biological Process
- Diagnosis and Prognostics
- Causative Factors

From each system the ideas and proposals under different sections were compiled. Suggestions put forward by different experts were tabulated for their contributions in respective areas. Those interested can visit IASTAM India website for details.

The proceedings of the consultative meet have been recorded for possible publication. In the last session, aptly titled as 'Road Ahead' by *Shri Jitendra Sharma, Joint Secretary, Dr. Madhu of Arya Vaidya Sala, Kottakal* and *Dr. Ravi Mehrotra, Institute of Cytology & Preventive Oncology, Delhi* shared their institutional experiences. Need to be specific for claims of validation were stressed upon. Dr. Narendra Bhatt, convener of the meet gave an overview of the meet and listed activities that could be taken up by the participants. The meet confirmed high potential the AYUSH has to take on the research challenges in cancer care including drug development.

OUTCOME

'AYUSH' RESEARCH POTENTIALS IN FOLLOWING AREAS WERE CONSIDERED.

- Drug / Product Development (based on AYUSH principles and practices) for Treatment of Cancers

- Understanding Cancer as in AYUSH Systems
- Prevention as per AYUSH Systems
- AYUSH Treatment Modalities for Cancers
- Developing Database And Documentation Of Practices

RECOMMENDATIONS

1. **Specific leads as emerged out of this meet be considered at forthcoming meet with USA Authorities.**
2. **This meet be followed up with meetings of small groups to consider high potential areas and subjects in a collective outcome oriented manner.**
3. **Different criteria as per different activities be developed to identify and prioritize AYUSH research proposals with specific end points.**
4. **The activity groups shall develop research proposals that could be submitted to Ministry of AYUSH. Efforts be made to give priority or to provide special encouragement.**
5. **It is strongly recommended that this initiative be continued further with same intensity and vigor. A National Task Force be formed on priority to develop a "AYUSH NATIONAL RESEARCH PROGRAM FOR CANCER CARE" in a time bound manner.**

ROAD AHEAD

It was decided that Sub-groups of AYUSH Systems and of Specific Research Activities, 'Network Programs, E- group, E – Magazine to be developed and Ministry of AYUSH has assured support to consider these activities.

Present people applauded the efforts made by us. It was conducted under able leadership of Dr. Narendra Bhatt. Executive summary is already published. We are happy that we could contribute to the process.

INDIA US Workshop

INDIA US Workshop was organized by Ministry of AYUSH in Delhi on 3 & 4 March, 2016. Along with IASTAM Executives - Dr. Narendra Bhatt, Dr. Manasi Deshpande and nearly half of the people from the consultative meet attended the Workshop.

***“CONSULTATIVE MEET
TO PRIORITIZE AYUSH RESEARCH ACTIVITIES
IN THE FIELD OF CANCER FOR INTERNATIONAL COLLABORATION”
Pune, 21st and 22nd February 2016***



The group comprised of researchers, academics, practitioners and administrators, all involved with cancer treatment or research. Participants came from all over India representing institutes or practices from 19 cities.



**“CONSULTATIVE MEET
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Pune, 21st and 22nd February 2016**



*Dr. Narendra Bhatt, Shri Jitendra Sharma,
Dr. D. C. Katoch*



Dr. N. Radha, Dr. Rais - Ur- Rahman

On 2nd Day the participants were divided into 3 groups having equal representations from AYUSH systems and bio medical expertise of different types. The participants worked in groups to provide the suggestions for activities and modalities.



*Dr. K. M. Madhu, Dr. Arvind Kulkarni,
Dr. Jyotsna Rao*



*Dr. Shariq Al Khan, Vd. Balendu Prakash,
Dr. Vandana Kozarekar, Dr. Rajani Gokhale*



*Dr. Vinu Krishnan, Dr. Bhavana Prasher,
Dr. Santosh Neypurkar, Dr. Vinay Welenkar,
Dr. Govind Reddy, Dr. Nishigandha Naik*



*Dr. Manasi Deshpande, Ms. Neelam,
Dr. M. A. Waheed, Dr. Raghavendra Rao,
Dr. Rashmi Tupe, Dr. Chitra Mandal*

International Gandhi Award for Leprosy: 2015 at Rashtrapati Bhavan, New Delhi

The former President and pride of IASTAM India and the founder of the Maharashtra Association of Anthropological Sciences, Prof. R. K. Mutatkar, was chosen by President of India to receive International Gandhi Award in Leprosy. This award is in recognition for his outstanding contributions to the cause of Leprosy.



Prof. Mutatkar received the award on 30th January 2016 from the hands of Hon. Vice-President of India at New Delhi.



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 SNA Oushadhasala
 Trichur, Kerala, India

This is the sixth issue of communiqué after I joined IASTAM. More than One and half year time span working with IASTAM India!!

The objective of IASTAM for having an administrative executive when I joined was exclusively for ICAAM 2016. There was variety of work, many of which I had not experienced before. It has been a remarkable learning process under the guidance of Dr. Narendra Bhatt and unconditional support from Dr. Vandana Kozarekar and Dr. Manasi Deshpande.

Many new opportunities came up and I was always given a chance to work on it though not an expert. Right from the second issue of communiqué I got an opportunity to work on the content part which was not possible without the help of editorial guidance. Then next was the designing part and I am grateful that the break was given to me and today we are here with the next issue of *Communique*.

ICAAM 2016 was a huge success and as a team member I am proud to be associated with IASTAM India which keeps creating opportunities. I hope I will be able to contribute to these opportunities in much better way with the experience and guidance.

Ms. Anagha Vaidya, Administrative Executive

ANNOUNCEMENT

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www.iastamindia.org

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IASTAM INDIA

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