



NEWSLETTER

III ICTAM Congress Number APRIL - 1990

Indian Association For The Study of Traditional Asian Medicine आशियाई पारंपारिक स्वास्थ्य परिषद: भारत

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Editorial

The Third International Congress on Traditional Asian Medicine (ICTAM) held in Bombay from January 4-7, 1990, concluded on a note of optimism about further strengthening of efforts in the study and promotion of Traditional Asian Medicine. The current issue of the Newsletter presents a brief report of the Congress, particularly directed to the scholars who could not attend the Congress.

The Congress brought to the fore various issues regarding Traditional Medicine through the scholarly studies by Western Social Scientists, and pharmacological, pharmaceutical, botanical and clinical studies by the Asian scholars. In Asian countries, plural medical systems operate whereby the traditional systems of medicines have to compete with modern medicine. In western society where modern medicine is the only system of medicine in practice, traditional systems of medicine offer good subjects for scholarly pursuit.

The Third ICTAM could be successful due to wholehearted support of the delegates, Indian and foreign. IASTAM-India looks forward to the scholars in receiving News, Book-Reviews and other relevant information for dissemination through the Newsletter. We also look forward to closer collaboration with other institutions in the organisation of discipline based or subject based meetings on Traditional Medicine in the areas of therapeutics, natural sciences or social sciences. We welcome proposals about seminars and workshops.

We express our gratitude to the delegates for contributing to the cause of traditional medicine by participating in III ICTAM.



III ICTAM - CONGRESS MEET EMPHASISES RESEARCH IN TRADITIONAL MEDICINE

Inaugurating the 4-day III International Congress on Traditional Asian Medicine, in Bombay on 4th January 1990, Maharashtra's Minister for Public Health and Family Welfare, Mr. Jawaharlal Darda, hoped that the meet would try to find ways and means to expedite the research work in traditional medicine systems. Our country had already two Central Councils for Ayurved and Siddha and Unani Systems for developing and making intense research. At present we have over 3.25 lakh practitioners of traditional systems with nearly 1,000 hospitals and over 1.18 lakh dispensaries, he stated.

This Congress was co-sponsored by the WHO, the Bombay University, the Gujarat Ayurveda University, Jamnagar, the Banaras Hindu University, the Aligarh Muslim University and the Central Council for Research in Ayurved System.

The Minister stated that 80 per cent of the population in our country believed in traditional systems and if we wanted to reach the goal of Health for all by 2000 A.D. it was essential that all the countries in the world should take full benefit of those systems which were now sponsored by the WHO. These systems were not only cheap but effective, without side effects, he said and added that our Ayurveda was a source of life.

Mr. Darda observed that the Allopathy System was inadequate to cater to the health needs and called for the establishment of more Ayurvedic colleges and hospitals with the simultaneous strengthening of the infrastructure of primary health centres to effectively distribute medicines to the people.

The Minsiter also inaugurated an Exhibition, organised on the occasion at Bajaj Hall at Nariman Point which attracted a large number of delegates.

DOCUMENTATION OF TRADITIONAL SYSTEMS

Releasing the III ICTAM Souvenir, Mr. Ishaq Jamkhanwala, Maharashtra's Minister for Urban Development, who is also the Chairman of the Institute for the Study of Unani System in the State, emphasised that students of indigenous medicine must be well versed in Sanskrit and Arabic to go to the roots and principles of their subject. He promised the Vice-Chancellor of Bombay University, Dr. Smt. Mehroo Bengalee, who was present, land for a herbarium as a 'New Year's Gift'.

The Minister sought to interpret the principles of Traditional Indian Systems of Medicine in the light of his own allopathic training and stressed the need to document the practical aspect of traditional systems.

He explained that 'Ayurveda' means 'life science' and it primarily aimed at developing the combination of spirit, heart and body, to the desired equilibrium.

The President of the IASTAM, Dr. Paul Unschuld, in his address, stated that the IASTAM was unique, not simply because of its size, but also because of its homogeneity. Only the IASTAM provided a forum where individuals convinced of the continuing value of Traditional Asian Medicine in clinical application could meet others who were highly skeptical, but had a research interest.

The World Health Organisation, which co-sponsored this International Congress was represented by Dr. O. Akerele, Chief of Traditional Medicine at Geneva, who actively participated in the Congress for all four days.

KEY NOTE ADDRESS

In his key-note address Dr. O. Akerele, explained WHO's Programme in the field of Traditional Medicine and said that 'Health for All', could not be achieved unless Traditional Systems of Asian Medicine were developed and co-related with western medicine through careful analysis of basic values of indigenous systems, research into ancient and contemporary books and dialogue between clinicians and anthropologists.

Dr. Akerele pointed out that the Declaration of Alma-Ata did not amount to a blind endorsement of all forms of Traditional Medicine and stated that only such systems as proved scientifically sound and socially acceptable, should form an integral part of primary health programme. He regretted the shortage of funds

THE NEW OFFICERS OF IASTAM

On the occasion of III ICTAM the new officers of IASTAM were installed in office for the next five years.

Dr. Francis Zimmermann, a French Indologist, who has done considerable work in India, in Kerala and Pondicherry, took hold of the Presidentship from Prof. Paul Unschuld of Germany, a Historian and a China expert. Dr. K.N. Udupa, President of IASTAM-India, has been elected as the Vice-President along with Hakim Mohammed Said from Pakistan. India is represented on the Governing Council by Prof. R.K. Mutatkar of Pune University for the second term of five years.

An invitation to hold the next Congress after five years has already been put by a Japanese Delegation, and also by a French delegation.

Dr. Francis Zimmermann, in his Presidential address, narrated his personal association with Traditional Medical Practitioners in Kerala. He expressed happiness at the Scientific Programme at III ICTAM and hoped that IASTAM would further develop as a forum for the interface between the students of Traditional Medicine and Traditional Practitioners.

that hampered attempts at providing comprehensive health care programmes.

He stated that in the countries like India, China and Sri Lanka, traditional medicine was an integral part of the formal health system, on an equal footing with modern medicine and was organised by the Government. In other countries, he pointed that traditional medicine was part of the health practice of individuals and communities—a form of private practice outside the formal health system—and could not really be organised by the Government; so he suggested that what the Governments could do in all countries was to ensure that the practice of traditional medicine was not harmful, and to foster what was useful in it, in keeping with the beliefs of the people.

Dr. Akerele enumerated the actions taken by WHO in response to the requests of the member states which are :

— Formulating National Policies on Traditional Medicine.

- Studying the potential usefulness of Traditional Medicine including evaluation of practices and investigating the safety and efficacy of remedies.
- Making local studies on Traditional Plants.
- Upgrading knowledge and skills of Traditional and modern medicine practitioners.
- Educating and informing the community regarding proven traditional health practices.

Dr. Akerele also dwelt upon the necessity of co-operation between the WHO and the social scientists and experts of traditional medicine to have a significant role in future health programmes.

BASHAM AWARD INSTITUTED

Another landmark of the Congress was the institution of the prestigious Basham Award in memory of the Founder President of IASTAM and the Great Indologist, Prof. A.L. Basham. Prof. Yamada Keiji of the Research Institute of Humanistic Studies of Kyoto University in Japan, and Dr. G.S. Meulenbeld, retired Professor of Indology of the University of Groningen, The Netherlands, were presented the Awards at the hands of Prof. Paul Unschuld, President, IASTAM International. The two Basham Medals of Silver weighing 200 gms. each were donated to IASTAM by the Zandu Pharmaceutical Works Ltd., Bombay.

The medals are to be awarded to two outstanding scholars in the field of study of Traditional Asian Medicine every five years on the occasion of ICTAM in memory of Prof. Basham.

ACADEMY AWARDS TO TEN SCHOLARS

On this occasion, the National Academy of Indian Medicine, Varanasi, honoured 10 scholars of Traditional Medicine with an Award of Fellowship. The scholars who received the awards in persons were Dr. O. Akerele; WHO, Prof. Charles Leslie; U.S.A., Dr. Mitchell Weiss; U.S.A., Dr. K.M. Parikh and Dr. S.I. Nagral from Bombay; Prof. B.N. Dhavan, Lucknow; Dr. S.N. Handa, Chandigarh; Dr. Hanu-mant Rao, Vijayawada and Dr. Ranjitrai Choudhari.

STRESS ON FURTHER CO-ORDINATION TO PROMOTE TRADITIONAL MEDICINE

The III International Congress on Traditional Asian Medicine concluded on the futuristic note of further co-ordination of multi-disciplinary efforts to promote the cause of the Traditional Asian Medicine. The valedictory function held on 7th January was presided over by the newly elected President of the International Association For The Study of Traditional Asian Medicine (IASTAM), Dr. Francis Zimmermann, a French Indologist of repute.

On this occasion, the Vice-Chancellors of Co-

Sponsoring Universities of Bombay and Gujarat Ayurveda University, Jamnagar, were felicitated at the hands of Dr. K.N. Udupa, President of IASTAM-India. Dr. O. Akerele, Chief of the Traditional Medicine Division, WHO, Geneva, was also felicitated. The Vice-Chancellor of Aligarh Muslim University, who was invited, could not attend the function.

INDIGENOUS MEDICINES HAVE TREMENDOUS POTENTIAL

Addressing the delegates as the Chief Guest, the Vice-Chancellor of Gujarat Ayurveda University, Jamnagar, Shri V.R. Mehta, recalled that India was one of the biggest countries in the world, where the indigenous system had been holding the field for centuries for more than 80 per cent of its population. Besides indigenous systems, particularly the Ayurveda, unlike traditional systems based on localised Folk streams elsewhere, had been preserved as codified, organised knowledge. In addition, in India, there was a net-work of medical institutions reaching right upto the villages, having nearly five lakh traditional medicine practitioners. The establishment of the only Ayurveda University in Jamnagar is also an example of the sound structure of Traditional Medicine in India, he added.

Mr. Mehta stated that the III ICTAM held in India afforded great opportunities to the delegates to know and understand how the Traditional System in India was a part of life and culture of the people. He further said that the teachings of Caraka, Shushruta and other exponents and commentators bore the stamp of sound scientific thinking. If that was realised, the object of the III ICTAM would be largely fulfilled, he said.

The Vice-Chancellor was sure that sufficient light was thrown in the Congress to indicate that indigenous model of health care, which relied on local resources, local knowledge and skills, having wide community support, had a wide tremendous potential. He appealed to the Government agencies like the WHO and voluntary agencies to utilise such knowledge and skills for the National and International Health Programmes.

Dr. S.D. Karnik, Pro-Vice Chancellor of Bombay University, declared that the Bombay University intended to start a Department of Ayurveda in the University Campus.

During the 4-day Congress, 422 Research Papers on various aspects of Traditional Medicine such as Ethnobotany, Clinical Research, Female disorders, Medical texts, from Ayurveda, Unani, Chinese and Tibetan medicines, Philology, Diabetes and Cardio Vascular diseases, Acupuncture, Social and Cultural aspects of Traditional Medicine, Modernisation of traditional pharmacies and problems in production of Ayurvedic formulations, etc. were presented.



III ICTAM : PICTORIAL GLIMPSES

Top left : Inaugural Function at Oberoi Towers Hotel on January 4, 1990. Seen are (from L to R): Dr. O. Akerele, Chief of Traditional Medicine, WHO, Geneva; Mr. Paul Unschuld, President, IASTAM-International, Mr. Jawaharlal Darda, Maharashtra's Minister for Health, Dr. K.M. Parikh, Chairman, Organising Committee, III ICTAM-1990; Dr. Ishaq Jamakhanwala, Minister for Urban Development, and Dr. Smt. Mehroo Bengalee, Vice-Chancellor, Bombay University.

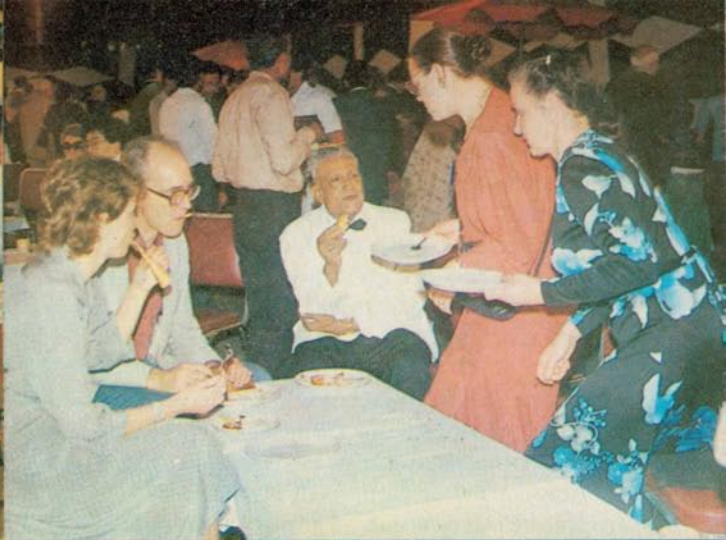
Top Right : Mr. Darda inaugurating the III ICTAM 1990 by lighting the traditional lamp. Also seen are Prof. R.K. Mutatkar, Secretary III ICTAM and Dr. Ishaq Jamkhanwala.

Middle Left : Dr. K.M. Parikh welcoming Dr. O. Akerele.

Bottom Left : A view of the audience at the inaugural function.

Bottom : Valedictory Function on January 7, 1990. Dr. Francis Zimmermann, New President of IASTAM-International, is seen addressing on the occasion. Also seen on the dias are : (from L to R): Dr. S.I. Nagral, Chairman, Programme Organising Committee, ICTAM, Prof. R.K. Mutatkar, Dr. K.N. Udupa, President, IASTAM-India, Dr. S.D. Karnik, Pro-Vice-Chancellor, Bombay University, Mr. V.R. Mehta, Vice-Chancellor, Gujarat Ayurveda University, Jamnagar, and Dr. O. Akerele.





Top Left : Foreign delegates at the Zandu Pharmaceutical Works Stall in the III ICTAM-90 Exhibition held at Bajaj Bhavan, Bombay.
Top Right : A view of the banquet hosted at the Bombay Cricket Association Grounds.

Middle and Bottom : After the inaugural function the Congress was divided into six different scientific sessions which were conducted simultaneously. A view of the sessions in progress in four different rooms. 62 such sessions were held where as many as 422 research papers were presented.

SHRI B.V. PATEL MEMORIAL AWARD

Dr. K.M. Parikh, Chairman, Organising Committee, III ICTAM and Treasurer, IASTAM India, and President, Zandu Pharmaceutical Works Ltd., Bombay, was awarded Shri B.V. Patel Memorial Award for his outstanding work in the pharmaceutical field, at the hands of Prof. M.G.K. Menon (now the Union Minister for Science and Technology) on the occasion of the 41st Indian Pharmaceutical Congress held in Bombay from December 15-18, 1989.

As many as 756 delegates of whom 170 were drawn from abroad attended the Congress. The delegates were drawn from 28 countries all over the world. They represented varied disciplines of medicine as also the Botanists, Pharmacists and Pharmacologists, Historians, Sociologists and Anthropologists, etc.

RECORD NUMBER OF RESEARCH PAPERS

One of the significant improvements at the Bombay Congress was increase in the number of delegates, research papers and Scientific Sessions. As many as 62 Scientific Sessions were organised besides an Exhibition by the Pharmaceutical Industry and the Government Research Institutes in Traditional Medicine.

TRADITIONAL MEDICINE: A SOLUTION

The very purposeful deliberations of the Congress carried conviction even to the lay audience that traditional medicines had the potential to reach the benefits of medical science to all the people, both urban and rural. The traditional medicines directly respond to society's needs for psycho-social and physical health problems and the well-being of millions. Besides, the Asian practitioners of medicine have a different view of human life and human body. They regard life as a union of body, senses, mind and soul; and consider positive health as the perfect blending of physical, mental, moral, social and spiritual welfare. They regard traditional medicine as a rich treasure handed over to them through ages, a treasure of folk wisdom and are keen to utilise this for the greatest good of the mankind.

With the growing awareness of the harmful side effects of the synthetic medicines and drugs, there is an increasing stress in the West, on the revival of the study of medicinal plants. "Back to the Nature", is a popular slogan there. This trend has taken firm roots in the middle classes of the industrial value of indigenous medicine. Unlike allopathy, which is more symptomatic and stresses the use of active drugs for

quick symptomatic relief, leading to harmful side effects, traditional medicines lead to no such complications since most of them come from the world of Nature and have been tested on generations of people.

India, China and Japan have developed good and adequate facilities for research in traditional medicine. This research, particularly that in the past 25 years, has proved that traditional medicines not only cure a person of his disease but also teach him the science of life, and take him along a better, healthier way of life.

It was in this background that the third Congress was held, and it is in this background that the WHO's efforts to popularise and develop scientifically the traditional medicine should be viewed. Dr. K.M. Parikh, Chairman of the Organising Committee and Prof. R.K. Mutatkar, Secretary, the moving spirits behind the third Congress in Bombay should justifiably be confident that the Bombay deliberations would be an important milestone on the way to the achievement of the WHO goal.

DELEGATES PRAISE THE ORGANISING COMMITTEE FOR EXCELLENT JOB

III-ICTAM 1990 which was a great success convinced each and every participant that traditional medicines had the potential to reach the benefits of medical science to all the people—both urban and rural. It concluded on a hopeful note of further co-ordination of multi-disciplinary efforts to promote the noble cause of Traditional Asian Medicine.

Almost all the delegates paid kudos to the organising committee for excellent arrangements and hoped that the future development of Traditional Asian Medicine was bright.

Here are some of the excerpts from the frank reactions of the delegates :—

The Conference was a great success. It was a great pleasure for me and WHO to be associated with the work of IASTAM and I sincerely hope that we can work together on several fronts that are related to the development of future traditional medicine activities.

—Dr. O. Akerele,
Programme Manager,

Traditional Medicine, World Health Organisation
CH-1211-Geneve 27, Suisse

I must say that the Conference was organised very well.

—S.B. Goel

Director (ISM), Ministry of Health and Family Welfare, New Delhi

Congrats for the well-organised Conference and looking forward to see this type of Conference more often.

—Dr. Shyamapada Bhattacharjee
Lecturer, Basic Principle Dept.,
Govt. Ayurvedic College, Guwahati-781 014 (India)

Congratulations for successful organisation of the Conference !

—Dr. P.J. Moghe,
Bhagyashree, Ajabnagar, Aurangabad-431 001 (India)

Sincerest thanks for guidance and encouragement to chair a Scientific Session.

—Dr. (Mrs.) Malati G. Chauhan,
Associate Professor, L.M. College of Pharmacy,
Ahmedabad-380 009 (India)

The Congress was very well organised and whatever presentations I attended were very good. I got a chance to discuss my paper with a very good, interested and learned audience at the Congress.

—Vaidya Smita Bajpai,
Project Co-ordinator (MCH), Centre for Health Education &
Nutrition Awareness, Drive-in-cinema Building, 2nd Floor,
Thaltej Road, Ahmedabad-380 854 (India)

Dr. Parikh, you and your colleagues have done a marvellous job in making excellent arrangements at the Conference. I feel that it is a great historical event for the promotion of traditional medicine not only in India but in the whole world.

—Dr. K.N. Udupa,
Emeritus Professor, Institute of Medical Sciences,
Banaras Hindu University, Varanasi-221 005 (India)

Thanks for all the arrangements and facilities at the Congress. The technical sessions particularly had very good arrangements of visuals.

—Dr. S.K. Jain,
Emeritus Scientist, National Botanical Research Institute,
Lucknow-226 001 (India)

The Congress was extremely enjoyable and we had plenty of opportunities to discuss the matters regarding Traditional Asian Medicine with our colleagues.

—Dr. Salil Kumar Chatterjee,
Director of Cinchona & Other Medical Plants, Government of West
Bengal, 10/1A, Indian Mirror Street, Calcutta-700 013 (India)

The Conference had been a great success and the Scientific community is greatly satisfied with the standards maintained.

—Prof. S.S. Handa,
Dept. of Pharmaceutical Sciences, Panjab University,
Chandigarh-160 014 (India)

The Organising Committee made the III ICTAM—a memorable experience.

—Dr. N.B. Brindavanam,
Research & Development Centre,
Maharishi Ayurved Products,
A-214 New Friends Colony, New Delhi-110 065 (India)

Thanks for organising the Congress.

—H. Hsu,
Department of Social Anthropology,
Free School Lane, Cambridge CB1 2BG

CONFERENCE NEWS

The First International Congress on Ethnopharmacology will be held at Strasbourg, France from 5th to 9th June, 1990. Contact Address: Prof. Robert Anton, Faculte de Pharmacie, Laboratoire de Pharmacognosie, B.P. 24-67 401 III kirch Cedex, France.

The International Joint Symposium sponsored by the American Society of Pharmacognosy, the Association Francasise pour and the Phytochemical Society of Europe will be held at Bonn from 17th to 22nd July 1990. Contact Address : Prof. Dr. K.W. Glombitza/ Prof. Dr. E. Leistner, Institute for Pharmazienische Biologie, Nussallee 6-D-5300-1/FRG.

NEWS ABOUT LITERATURE

Useful Plants of India (Ed. S.P. Ambaata) 1986 PID, Council of Scientific & Industrial Research, Hillside Road, New Delhi-110 012. (Indian Rs. 128/-), pp. 918.

A Manual of Ethnobotany (Ed. S.K. Jain) 1987. Scientific Publishers, P. Box 91, Jodhpur, India (Indian Rs. 120/-), pp. 216.

Companion to Chopra's Glossary of Indian Medicinal Plants, B.N. Mehrotra, B.S. Aswal & B.S. Bisht, 1987. Bishan Singh Mahendra Pal Singh, Dehradun (India), pp. 162. Indian Rs. 125/-.

Medicinal Flora of Garhwal Himalayas. M.R. Uniyal 1989 Baidyanath Ayurveda Bhawan, Nagpur (India), pp. 180. Indian Rs. 150/-.

Plants of the Quran, M.I.H. Farooqi, 1989. Sidrah Publishers, Animuddola Road, Aminabad, Lucknow (India), pp. 168 \$ 20.00.

PROJECT ON ETHNOBIOLOGY OF INDIA

The Department of Environment, Government of India has been supporting an All India Coordinated Research Project on Ethnobiology (AICRPE) for the last eight years. The project which is now in its second phase, has generated valuable data on ethnobiology of many states and tribes of India.

Several research departments and institutions, like the Botanical Survey of India, the National Botanical Research Institute at Lucknow, the Regional Research Laboratory of CSIR at Jammu and some Universities are associated with the project.

BOOK REVIEW

(**Methods and Approaches in Ethnobotany.** S.K. Jain (ed.). Society of Ethnobotanists, Lucknow, India (1989), Rs. 80, U.S. \$ 20.00. Copies available at the Society of Ethnobotanists, Central Drug Research Institute, Lucknow 226001, India.)

Dr. S.K. Jain, an outstanding ethnobotanist of India, has edited this highly practical book in which 18 leaders of the fast-developing field of research in India have contributed. There is much in this small volume that is immediately pertinent to ethnobotany anywhere in the world. It can enthusiastically be recommended to all who are directly or tangentially interested in this discipline.

The volume has nineteen contributions: Ethnobotany, a holistic approach to man/plant relationships; Basic considerations in ethnobotanical methods and techniques; Biological screening of plants; Studies in Meghalaya, herbal medicines; Global perspective on plant domestication; Ethnobotany in art and literature; Human physiology and nutrition; Therapeutic terms in ethnobotany; Dravyaguna—the science of properties and actions of drugs; Ayurveda approaches in evolution of drugs; Phytochemistry; Ethnobotanists commemorated in generic names; Economic development of backward people; The message of ethnobotany for the next century, Ethnobotany and other sciences; Ethnobotany of Kumaon Himalayas; Three primitive tribes of Central India; Archaeological monuments and sites; The role of pharmacology. There follows an appendix; Report on the training course and workshop.

It is, in short, a model for anyone working in ethnobotany and a credit to the extraordinary ethnobotanical activity of India.

FORM IV

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I, Dr. K.M. Parikh, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dated : 1 March 1990
(Signature of Publisher)

Dr. K.M. Parikh

Dr. Diwedi Passes Away

Dr. Mukund Lal Diwedi, Director, Mulchand Khairati Ram Hospital, Delhi and former Director of Ayurved, Uttar Pradesh, and former Vice-Chancellor of Gujarat Ayurved University, Jamnagar, died on March 13, 1990. He was also the Vice-President of IASTAM-India. May God bless his soul !

Editor : Prof. R.K. Mutatkar