

Conclave

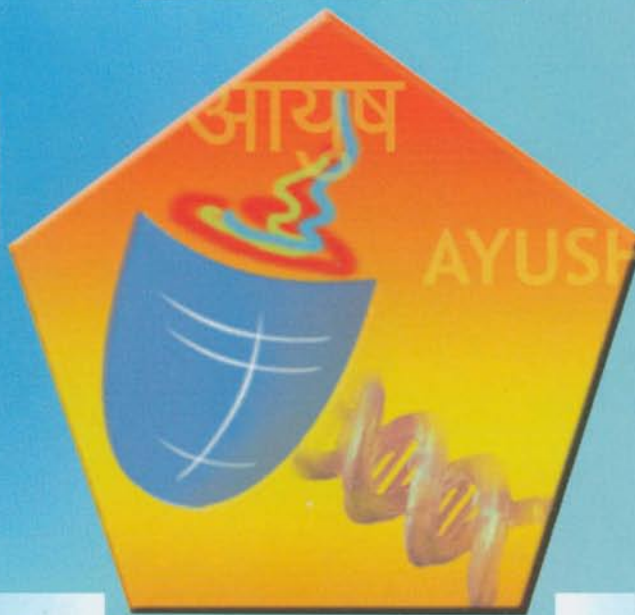
Proceedings

Transforming Traditions for Tomorrow's Health

Educational Reforms

Competitive
Benchmarks
for Profession

Applied
Research
Approaches



Information Technology
as Growth Technology

Longevity and
Aging Challenges



Edited By: Dr. Narendra Bhatt

Conclave Proceedings

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Foreword

I am delighted to revive my connection with the world of Ayurveda by having an opportunity to write this Forward for a compilation which details the proceedings of the IASTAM Conclave (2005). This comprehensive publication represents a meeting of many minds, profiling participants who embody an extraordinary blend of professional talent, drawn from among educationists, biomedical experts, the drug research sector, the pharmaceutical industry, and last but not least practitioners of Ayurveda.

My tenure as Secretary in the erstwhile Department of Indian Systems of Medicine and Homoeopathy, now AYUSH made me alive to the high level of resourcefulness and persuasion needed to bring the right blend of people on a common platform, to contribute their vast experience and expertise. To be further able to synthesise their observations and recommendations into a readable compilation is no mean feat.

The overall commitment to making Ayurvedic research, education and practice gain relevance and credibility is universal, but it takes great perseverance to convert the commitment into a tangible outcome. To have organised several parallel sessions must have presented a huge organisational challenge; to have integrated the effort into an inter-disciplinary approach signifies a bigger achievement. Dr Narendra Bhatt signifies the modern and professional face of Ayurveda without compromising upon the intrinsic value of traditional knowledge in its pristine form. His objectivity and balance must have greatly contributed in compiling and editing this compendium.

I feel confident that the collection would be valuable to those who would like to have the occasion of discussing the past and future of Ayurveda with some of the best minds in the field, but who may not have the opportunity of securing a face-to-face contact.

The outcomes of research, education and practice in the field

of Ayurveda need to be universally available, particularly when the world is searching for reliable, efficacious natural products and therapies which have their roots in ancient wisdom. Equally however the world needs to be satisfied that claims relating to efficacy have been proved not by manuscripts and empirical evidence alone, but by adherence to stringent parameters and studies. Even today much of the lay public is unable to distinguish between what must essentially form a part of a dependable household formulary and what are can be termed as optional for given conditions. The biggest challenge is to find unshakeable and standardised ways of enhancing credibility and acceptability for the life-style related approaches, treatment and the products that are promoted.

Controlled studies are not always possible in the context of Ayurveda; but when the world is looking for gentler, safer remedies, bodies like IASTAM must fill the gap by documenting not only the proceedings of such conclaves but also to garner unanimous acceptance for the use of certain classical products along with documentation on their utility, safety and efficacy. Only then can one conclude that the best minds have also endorsed the best therapeutic solutions, not through individual knowledge and experience only but by using the combined erudition of the group of respected people to advocate treatments of proven value.

I wish a bright future for the propagation of Ayurveda and congratulate IASTAM for taking this laudable initiative.

Smt. Shailaja Chandra

Executive Director, National Population Stabilisation Fund [NPSF]

A Registered Society of the Ministry of Health and Family Welfare,

Former Secretary, Department of Indian System of Medicine [Now AYUSH]

Government of India

“Change is the law of life and those who look only to the past or present are certain to miss the future.”

— John F. Kennedy

Preface

'Uniform be our deliberations, and uniform be the result we achieve; uniform be our thought. A common prayer do I utter forth for us and common oblation do we offer.'

— *Rigveda*

India is amongst very few countries having tradition of indigenous 'systems' of medicine meaning the health care knowledge systems based on its logic and rationale. It is also probably the only country in the world where exist the institutionalized medical pluralism. The education and profession of these systems – Ayurved, Unani, Siddha and Yoga - have been fully institutionalized with qualified practitioners and primary infrastructure. It has played and has potential to play, much greater role to satisfy health care needs of people all over, particularly when the world is looking for preventive and cost effective solutions. It is necessary to strengthen the training and practice of these systems to face demanding challenges of our times.

As per its tradition, IASTAM has successfully provided a platform for inter-disciplinary action with single objective to contribute towards growth of indigenous systems of medicine for health care of the people. The 'Conclave' was an outcome of a well-defined conceptualization of this objective and structured deliberation to get the best out of all the participants.

Covering a conclave with 9 plenary lectures, around 30 lead papers and discussion across 5 parallel sessions was not easy. Beyond the language, the style and varied views to streamline the contents in the form of a single textual outcome was a daunting task. Maximum care has been taken to stick to the original texts with necessary inadvertent editorial modifications to satisfy the theme, 'Transforming Traditions for Tomorrow's Health'. The five areas dealt with at the Conclave are of future significance for the role the indigenous systems in this case mainly Ayurved has to play.

Approaches to the need for reforms in ayurvedic education have been discussed in an elaborate and comprehensive manner. Issues related to structural changes, changes in the contents of the curriculum, modes of training and assessment and most important, the applicability of education to the profession have been properly identified and critically debated.

Profession, after three decades of institutionalized training, has recognized the necessity to keep its identity in a competitive environment by becoming part of mainstream medicine. The utilization of the huge human resources and enabling the infrastructure to be part of the health delivery structure are the subjects that need immediate attention.

Need of research that could benefit the education, development and practice of the system is felt by the participants. Scientific research obviously requires multidisciplinary and interdisciplinary approaches. However, lack of appropriate models conducive to indigenous systems of medicine, are the biggest restraint. The overall discussion has provided reasonably acceptable approaches that could be further worked upon. Applicability of safe standards and effective drugs and misuse of the categorization of products are issues of concern. Several useful fast tract suggestions have evolved. Significantly, the potential for the system for future medicine is identified with fundamental and integrative research where traditional knowledge will be required to match the latest advances.

Information technology has been accepted as an important tool for growth. The areas of application of IT broadly are categorized for the administration, knowledge management and for different end users for efficiency, advancement and expansion.

The preventive and curative capabilities of the system to address the specific health care issues of the elderly have been identified to exploit the potentials having global impact.

The proceedings are aimed at all those interested or involved in administration and delivery of indigenous medical knowledge, mainly education, profession and research for a totalistic overview. The 'proceedings' is expected to be a referral document for future deliberations and planning. For those seriously interested, the 'background papers' published at the conclave will definitely provide added benefits.

I sincerely appreciate the commitment of members of the core team for pre conclave discussions. I sincerely thank Prof. Mutatkar and Dr. Kinjawadekar for their kind support. I express my gratitude to Smt. Shailaja Chandra, to respond to my request for the foreword. I thank all the members of the managing committee of IASTAM for the trust reposed for the objectives of the association. I am indebted to my team members Dr. Vandana for her untiring support, Smita for assistance and Shalaka for designing and Vinit Printers for timely printing.

I hope the proceedings will contribute to better understand the needs of the AYUSH sector and enhance the process of transformation for greater utilization.

Dr. Narendra Bhatt

January, 2007

'The pace of events is moving so fast that unless we can find some way to keep our sites on tomorrow, we can not expect to be in touch with today.'

— Dean Rusk

View ~ Review

On the "Proceedings"

The volume contains the essence of the thoughts and ideas of many experts of cross country who are deeply involved in the area of traditional medicine. It is one of the timely releases.

The present scenario is subjected to path change and therefore we need to see how the traditional systems are updated in the context of contemporary times and requirements as well as new research methodology, technology and approach. It is to that extent, I find this document very useful to us at the improvement of quality level, at the government level and also at the information and adaptation level. My congratulations to IASTAM to bringing out this volume, which could be used for the larger public interest.

Mrs. Anita Das

Secretary, Govt. of India, Dept. of AYUSH, Delhi

The "Proceedings" publication by IASTAM is a definite welcome for any new comer interested in this sector. The "Proceedings" provide an in-depth analysis of the outcome of experiences of last few decades. It also provides a road map for further activities. The content in the form of plenary lectures, lead speeches and detailed discussions are constructive in nature to identify the areas where the indigenous system like ayurved can play a significant role in the health care delivery of our people. IASTAM must be complimented for this mammoth task.

Shri Shiv Basant

Joint Secretary, Dept. of AYUSH, Delhi

The "Proceedings" of the conclave with the theme 'Transforming Traditions for Tomorrows Health' published by IASTAM is most timely. The importance of different systems of medicine other than the allopathy is increasing very much.

It is a good publication where some of the articles and presentation are highly thought provoking and cover the subject in a very elaborate manner. I recommend every one who is involved with learning of ayurved to read it. The international body of IASTAM should also take notice of this work and try to take up similar activities. IASTAM has initiated a very good exercise, which should continue in future for open debate and fruitful results.

Vaidya Shriram Sharma

President, CCIM

Reviews Continued on page 283

View ~ Review

On the "Proceedings"

Reviews continued from page V

The challenging pentagon of educational reform, professional excellence, research approaches, information technology and aging problems was taken up for the conclave by the experts and the young faculty. Their collective wisdom and diverse worldviews have been so ably edited in the volume, with fidelity and finesse. The present volume, like previous proceedings from IASTAM, can serve as a blueprint for the national policy planning, implementation and evaluation of the transformation process urgently needed in Indian medicine for its impact on global health. The unifying theme of welcoming a change, while retaining the fundamental uniqueness of Ayurveda, is evident throughout the proceedings.

Dr. Ashok B. Vaidya

Honorary Research Director, Kasturba Health Society.

The proceedings are superbly edited and published with intensive efforts. It is an outcome of yearlong experience. Our great appreciation for your sustained services to IASTAM. Your contribution is now next to the founders of IASTAM.

Dr S K Jain,
President, IASTAM

I find the conclave proceedings on "Transforming Traditions for Tomorrows Health" very interesting and thought provoking. The 282 page volume contains views of over 75 learned teachers, practitioners, scientist and researchers on the key subjects of Educational Reforms, competitive Benchmarks for Profession, Applied Research Approaches, Information Technology as Growth Technology and Longevity & Ageing Challenges painstakingly edited by Dr. Narendra Bhatt. It is to be appreciated that an NGO like IASTAM has taken lead and discussed thread bear the vital problems of Ayurvedic education, practice and research being faced by students, teachers and professional and presented solutions which if adopted by the government and regulatory authorities will bring about welcome change in the field. Everyone interested in progress & development of ISM should read this book. Congratulations to IASTAM for publishing this useful volume.

Dr. S.P. Kinjawadekar

X Member, CCIM

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The Book "Transforming Traditions for Tomorrow's Health" reflects the proceedings of the conclave held by IASTAM. The presentation of keynote addresses and discussions bring out the comprehensive review of all aspects such as medical education, clinical practice, pharmaceutical industry and health care delivery under one cover. From the Social Science and Community Perspective, I find the poor quality of medical education in AYUSH and functional absence of Indian Systems of Medicine in Public Health as of grave concern. The official policy of promoting plural systems of medicines which are a part of pluralistic Indian culture and Tradition is not operationalized to the detriment of people's health at affordable cost. The Book provides food for thought and reference material to the lay reader as well as to a professional.

Prof.R.K. Mutatkar

Medical Anthropologist, University of Pune.

The proceedings have captured the true spirit of intellect at the IASTAM conclave. The content, meticulously verbatim, summarizes the essence of value deliberated. The size of this publication ensures its instant reference utility and for stakeholders within the sector it provides a deep refresher on viewpoints that cover the scope of current issues. Subtly the recommendations set the Agenda for mainstreaming traditional sciences. Our compliments to the team that put this together.

Shri Rajit Puranik

CEO, Shree Dhootpapeshwar Ltd., Hon. General Secretary, ADMA