



# NEWSLETTER

APRIL - 1991

## Indian Association For The Study Of Traditional Asian Medicine

Office : C/o Zandu Pharmaceutical Works Ltd., Gokhale Road South, Bombay-400 025. \* Tel. : 4307021 \* Annual Subscription Rs. 15

### FROM THE EDITOR'S DESK

*We have pleasure in presenting to you the Second post ICTAM III issue of the IASTAM Bulletin, which is coming out much behind schedule. We are hopeful of publishing the subsequent issues on time.*

*We had originally planned to bring out the complete proceedings of the III ICTAM Conference. However, in view of the sheer volume of contributions received for the Conference and escalating publications charges, we did not find it feasible. However, we requested the Chairpersons of the various sessions to summarise the session proceedings and present the same with their comments for publication in the issues of IASTAM Bulletin. This issue carries the summaries of two sessions.*

*The World Health Organisation has recently come out with two books which should interest the scholars and practitioners of traditional medicine. Dr. N.S. Bhatt has reviewed these books for our benefit. Dr. Panse has abstracted for us some current literature on traditional medicine. The first instalment appears in this bulletin and these abstracts will be a regular feature in the forthcoming issues.*

*We would request our readers to send us their contributions in the form of notes, announcements, abstracts, letters etc., for publication in IASTAM Bulletin. The complete or long articles for obvious reasons will not find place in the Bulletin.*

*We look forward to your sustained interest with IASTAM and IASTAM Bulletin.*

### SAFE MOTHERHOOD : TRADITIONAL PRACTICES

The Executive Committee of the IASTAM India at its meeting held in Bombay on 8th March 1991 recommended the sponsoring of a project of SAFE MOTHERHOOD - TRADITIONAL PRACTICES. The Project envisages collection and dissemination of information of this subject, publication of manuals and handbooks for mothers and practitioners and holding exhibitions and popular lectures for the lay people.

As a part of this project a three-day national conference will be arranged by IASTAM India at Wardha in December 1991 or January 1992. The topics for the conference are (i) Maternal diseases, (ii) Traditional Practices and (iii) Food and Nutrition for the Mother's Health. The exact dates of the conference and the other particulars would be announced in August 1991.

Kindly send in your suggestions and communications for the conference to the Organising Secretary, IASTAM India, C/o Zandu Pharmaceutical Works Ltd., Gokhale Road (South), Bombay 400 025.

### RENEWAL OF SUBSCRIPTION

Now become member of IASTAM International and India both simultaneously by Paying Rs.300/- per year. (See page 8)

**SUMMARY OF PAPERS PRESENTED  
AT III ICTAM, BOMBAY 1990.**

**Session on "Cultivation of Medical Plants"  
Chairperson : Dr. Rajendra Gupta.**

Of the seven papers listed four were presented.

DR. M. R. Uniyal enumerated over 1000 medicinal plants in the flora of Sikkim Himalayas and described their uses in the traditional and folk-lore medicine of the tribals. He cited examples of such important sources of drugs like *Aconitum heterophyllum*, *Spicatum palmatum* and *subulatum* which have become scarce in the forest as well Kutaki (*Picrorrhiza kurora*), Jatamansi (*Nardostachys jatamansi*) and Kachura (*Curcuma longa*) which are ingredients of a large number of Ayurvedic formulations which too have become rare.

He emphasised on the need for regular studies leading to introduction into farming in the region. He said that the loss of plants in wild growth has depleted tribal peoples, source of livelihood and caused increasing pressure on collection from far-off interior hills which add to the cost.

Dr. K.C. Tiwari reviewed the prospects of cultivation of medicinal plants for health care problems in the country. He focussed attention on the adverse effects of destruction of plants like *Berberis species* and *Prunus cerasoides* in the mountains which has led to the increased occurrence of floods in the Himalayan belt. He brought out that *Ficus religiosa* and *Azadirachta indica* could help purify air of the surroundings and protect soil erosion in the plants and riverine lands. He said that native medicinal plants should receive priority in forest plantations in place of exotica.

Presentation by Dr. J. R. Vakil covered "Reappraisal of Research Pattern in Indigenous Medicine and its influence on the Industrial Development in India". While the traditional systems of medicine predominantly used polyherbal preparations, he lamented, that the ingredients mentioned in the classical texts are becoming scarce and many of them are not readily available.

Dr. Rifat Afridi described the use of nitrogenous fertilisers on yield of Kalongi (*Nigella sativa*) seed through pot and field experiments and showed that the fertiliser application helps in improving seed yield under cultivation.

The Chairman, while summarising the work presented by the authors during the session emphasised that the cultivation of plants, used in

Traditional System of Medicine has not progressed much despite their growing demand and increasing popularity of these systems in the developing countries. Most of agricultural research cover such species which have come to be adopted in allopathic materia medica like fox-glove, belladonna, opium poppy, psyllium, rauwolfia, ipecac, etc; the Asgard probably being the sole exception. The reason for lack of enthusiastic support is because of the sheer large number of species involved in the traditional system of medicine, their relatively low demand in quantity and easy availability for collection from forests. The continuing exploitation on increasingly large scale and lack of development has depleted the Indian forests of their much valued drug plants.

The absence of any developmental efforts in the forestry and plantation sector and lack of research support on these plants in the farm sector, may lead to the production, supply and management of plant based raw materials for traditional medicine presenting a frightening situation for the years to come.

The following recommendations were made in the session.

1. A priority list of plants having large demand and scarce availability to be drawn up for the study in farm sector.
2. To identify and develop necessary knowhow and practices for cultivation of the same.
3. These crops should receive development and extension support as given to other cash crops.
4. Efforts should be made to develop medicinal herbal gardens through governmental, academic and other social organisations.
5. These gardens can also be source centres for cultivation in the region.
6. Easy and accurate standardisation field methods be developed for collection of good quality drugs.
7. Fiscal policies be promoted for industrial inputs in such projects.

**Session On : Modern Methods of Drug Evaluation  
Chairperson : Dr. A. B. Vaidya**

Prof. Dr. H.G. Vogel of Hoechst, Frankfurt, West Germany, delivered a talk on 'Various Strategies to develop synthetic drugs on Traditional Medicine.

He compared the situation of drug development procedures involved in modern medicine and those

required for developing a traditional herbal remedy in a modern form. He opined that since the traditional herbal remedies are being used for a long time the requirements of elaborate safety studies on them are not necessary. He suggested that an improved and standardised traditional drug should be tested in the same medical community as the traditional drug. He stressed upon special strategies that need to be applied to improve the traditional herbal drugs with a view to creating their acceptance in countries outside its origin.

Prof. R. P. Labadie, of the Department of Pharmacology, Faculty of Pharmacy, University of Utrecht, Netherlands, spoke on 'Immunomodulatory Activity : A Rational Basis for Ethno-medical use of Traditional Plant Drugs! He talked about the dysfunction or escalation of the immune response as a causative factor of several disease conditions. He suggested that the traditionally used plant drugs in such conditions may be efficacious by virtue of their immunomodulating activity. He suggested a strategy for selection of such drugs based on the ethnopharmacognostic studies and an initial laboratory screening for immunomodulatory activity. The results obtained with extracts and isolated single compounds of *Azadiracta indica*, *Picrorhiza kurroa*, *Woodfordia fruticosa* and *Jatropha multifida* were presented and discussed. The immunomodulating activity of the constituents found in these plants provide a rational basis for their ethnomedical use.

Dr. B. N. Dhawan of ICMR Centre for Advanced Pharmacological Research on Traditional Remedies, Central Drug Research Institute, Lucknow (India), delivered a talk on "Bio-Chemical Determinants of Hepatoprotection by Natural Products.

He dealt at length with the various bio-chemical parameters affected by hepato-toxins and suggested their use as models for testing hepatoprotective activity of drugs. Using these procedures the Central Drug Research Institute has isolated active constituents from several plants that are claimed to be beneficial in the treatment of liver diseases in the traditional system of medicine. These are being developed as drugs.

Dr. N.J. De Souza of Hoechst India Ltd., Bombay (India), presented a report on "Forskolin and its second generation derivatives. An example of Bio-medical research in an Ayurvedic Plant." Forskolin the active principle isolated from *Coleus forskohlii* known as "Makandi" in Ayurvedic literature. The pharmacological studies have led to a unique

mode of action for the drug in receptor independent stimulation of adenylate cyclase. The global interest in Forskolin is reflected in over 3000 publications on it in the past decade. On the basis of the experience of Makandi Dr. De Souza opined that more and more herbal medicinal preparations of potential therapeutic activity could be expected in near future.

## TRADITIONAL DRUG RESEARCH AND DEVELOPMENT

Abstracts contributed by  
Dr. G.T. Panse, Pune.

### Gold in Battles Against AIDS

The rationale behind the usage of gold fibres is based on the experience that :

- a) Rheumatoid arthritis has been shown as a viral disease (Science, 20 March 1984)
- b) An antiarthritic drug has been used with limited success to fight AIDS - d-penicillamine by Dr. David M. Parenti at George Washington University Hospital.
- c) Another antiarthritic drug improved general disease fighting ability of patients (Feldene, New Mexico School of Medicine)
- d) Gold compounds are active against Rheumatoid arthritis

In the patent application it is claimed that gold metal salt is used. The source of the gold ions, which are generated galvanically within the body are gold-coated carbon fibres. Such fibres were previously claimed by the inventor as an antiarthritic implant in US Patent 4606354. In the present application these fibres can be either implanted or as small pieces taken orally. Suggestions for administration are as slurry, as tablets or contained in soluble capsule.

The safety and efficacy of the drug has been tested for six months, 5mg of gold coated fibre particles of particle size from 5-40  $\mu$ m slurried in water by injection. Further work on AIDS is promising and FDA action is awaited.

Ref : Gold Bulletin 1989, 22(4) P107-8.

With reference to above research it will be useful to see the effect of various Ayurvedic metal preparations to fight dreadful infections. Particularly Gold, Silver, Copper, Zinc, in herbomineral preparations have been suggested in small doses should be used and their efficacy should be evaluated on the basis of above rational approach.

### Anti-inflammatory effect of *Graptophyllum Lictum* (L)

The red leaves of *Graptophyllum pictum* (L) Griff. (*G. pictum*) are used in Indonesian folk medicine as a poultice on cuts, wounds and all kinds of ulcer, abscess and haemorrhoids.

On the basis of uses in folk medicine, the present study was carried out to elucidate the anti-inflammatory effect of a 50% ethanol extract obtained from the red leaves of *G. pictum* and to identify active principle(s).

The findings of this study lend support to the traditional uses of this plant in treatment of some inflammations.

Yukiharo Ozaki, S. Sekita, S. Soedigdo and M. Harada. *Chem. Pharm. Bull.* 37(1); 2799-2802 (1989)

### *Annona squamosa* - Seeds

The seeds of *Annona squamosa* have been known to show insecticidal activity as well as germicidal and abortifacient properties. In Philippines, a coconut oil extract of this seed has been used to get rid of lice on the scalp. In course of research a German Patent DE 3438763, October 23, 1984 (CA 105, 3751 t (1986)) was also filed. The scientists investigated this seed for its active principles through activity guided fractionation using the *Drosophila* feeding method as the bioassay system.

K. Kawazu, J.P. Alcantara, and A. Obayashi.

*Agricultural and Biological Chemistry* 53(10) 2719-2722 (1989)

### Book - Excerpt

## HOLARRHENA ANTIDYSENTERICA



### Synonyms

Beng : Kudaci; Bhut : Dug mo nun; Eng : Kurchi; Hindi : Kuda, Kuraiya; Myan: Letongkyi Letoukgyi and Lettopgyee; Nep : Indrejow; Sans : Kutaja Girimkallika and Sinh : kelinda.

### Habitat

Grows wild in tropical forests having many rainfalls.

### Description

It is a tree of 3-4.5 m. height. Leaves are elongated. Flowers are white or pink. Fruits are slender, elongated and about 25 cm. long. Fruits appear in bunches. Flowers appear in rainy season. Fruits ripen in winter season.

### Therapeutic uses

It is used in the treatment of diarrhoea and dysentery.

## Mode of Administration

Bark is used in the form of powder or decoction. It is very bitter in taste. To overcome its bitter taste, some jaggery, sugar or honey should be added to the powder or decoction.

## Dose

Powder : One teaspoonful (5 g.) three times per day.

Decoction : Six teaspoonfuls (30 ml.) three times per day.

## Preparations

1. Kutajastaka kvatha; 2. Kutajarista; 3. Kutajavaleha and 4. Kutajaganavati.

## ACIDITY

### Description

The stomach normally secretes acid which helps in the digestion of food. Overproduction of this acid is called hyperacidity. This generally occurs in persons who eat a lot of chillies and spices and are exposed to mental strain.

### Associated Symptoms

Acid eructation, burning sensation in the chest, indigestion, pain in stomach, constipation or diarrhoea and vomiting.

### Management

Any one of the following remedies should be used for the management of acidity:

1. Give one teaspoonful (5 g.) of the powder of *Emblca officinalis* twice daily with milk or water.
2. Give one teaspoonful of the juice of *Tinospora cordifolia* three times per day with honey.
3. Give one teaspoonful of the powder of *Eclipta alba* three times per day with honey.
4. To 1/2 cup (12 ml.) of milk, add 3 teaspoonfuls of the powder of *Asparagus racemosus* and 1/2 cup of water, boil and reduce the volume to half. This should be given three times per day after adding sugar.

### Warning

If there is acute pain in stomach, refer the patient to the primary health centre or hospital.

### Diet and Regimens

Avoid fried food, lentils, chillies, spices, curd and groundnut oil. Fasting and irregularity in food should be avoided. Take milk more frequently. The patient should be advised physical and mental rest. He should go to bed early.

## CONSTIPATION

### Description

A person who complains of constipation passes dry and hard stools less frequently than once a day. Constipation may be acute, developing suddenly or long standing (chronic). Acute constipation may be a part of a more serious illness. Such cases should be referred to the hospital immediately. Constipation may also occur following an attack of diarrhoea or the day after taking a purgative. Constipation is common in old people and during pregnancy. Constipation in children is due to faulty dietary habits.

### Associated Symptoms

Abdominal discomfort and pain, loss of appetite and headache.

### Management :

Any one of the following remedies should be used for the management of constipation :

1. Constipation in babies : Give one g. of ispaghula husk (*Plantago ovata*) three times per day with warm milk or warm water by adding a pinch of sugar.
2. Constipation in pregnant women : Give two teaspoonful (10 g.) of the ispaghula husk (*Plantago ovata*) twice daily with warm milk or warm water.
3. Constipation in adults: Give 1 teaspoonful (5 g.) of the powder of *Terminalia chebula* or two teaspoonful (10 g.) of the ispaghula husk (*Plantago ovata*) at bedtime with hot water or hot milk. The former is more powerful than the latter.
4. Constipation associated with pain in the abdomen: Give one teaspoonful (5 g.) of the powder of *Terminalia chebula*, together with one g. of ginger. Can also be given as a decoction containing *Terminalia chebula*. Give 2 tablespoonful decoction to which 1 g. of ginger (*Zingiber officinale*) is added.

### Warning

Constipated patients having vomiting and abdominal pain should be referred to the nearby primary health centre or hospital immediately.

### Diet and Regimens

The patient should take less of meat, egg and fried food. He should take more of leafy vegetables and fruits. The common cause of constipation is carelessness about going to toilet regularly, especially when there is an urge for defecation. The patient should be regular in his habits.

Source : World Health Organisation :

The use of Traditional Medicine in Primary Health Care.

## BOOK REVIEWS

### THE USE OF TRADITIONAL MEDICINE IN PRIMARY HEALTH CARE

#### A manual for Health Workers in South East Asia

A WHO publication in Searo Regional Health Series.

As the name suggest this publication from WHO is a compactly written manual on use of local herbs is primary health care. The manual is divided into three sections. The first section provides information on traditional uses of 49 plants selected on the basis of availability, utility and safety. Nearly all the plants described are commonly known and used in India. The second section deals with preliminary treatment of commonly occuring illnesses whereas the third section provides limited information on health care during pregnancy, oral hygiene, rejuvenating agents and sleeplessness. This book reminds one of the several small publications during the thirties and forties representing "Grandma's Remedies". However, this publication fulfills the need of many associated with primary health care through traditional practices and provides right dependable information. The suggestion to translate this book into regional languages for broader use should be taken up seriously. (Price Ind. Rs.50/-) - **Dr. N. S. Bhatt**

### MEDICINAL PLANTS IN CHINA

#### WHO Regional Publication : Western Pacific Series

An excellent book on Chinese Medicinal Plants for those interested in general information about medicines of plant origin. The book provides information on about 150 selected plants with brief description with regard to binomial nomenclature, plant family, Chinese English names, parts used, habitat, distribution, common indications and dosage. The index contains Botanical and English names in addition to Chinese. There are beautiful photographs not only of the plants in natural habitat but also of crude drugs adding to the information.

Price Sw.fr. 50.00

- **Dr. N.S. Bhatt**

### BOOKS RECEIVED

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### MUMBAI VAIDYA SABHA

Mumbai Vaidya Sabha, the oldest association of Ayurvedic Physicians from the City of Bombay celebrated its centenary this year. Established in 1890 by great scholars like Vaidya Shankar Daji Shastri Pade and nurtured by stalwarts like Vaidya Hariprapannji Sharma, Acharya Jadavji Trikamji, Vaidya Venimadhav Shastri Joshi and Pandit Shiv Sharma - the Sabha is known to have played an important role in survival and revival of Ayurvedic profession not only in Bombay but in the country as well.

During this year the 'Sabha' organised several guest lectures and a camp in Bombay.

A two day seminar on Hridroga (Heart Diseases) and Madhumeha (Diabetes) was organised on 23-24 February 1991 at the campus of Smt. K.G.M.P. Ayurvedic College. His Excellency, the Governor of Maharashtra State Shri C. Subramnyam inaugurated the Seminar and expressed his favourable views for development of Ayurveda and the role of this System

in health care of people. Prof. S. B. Joshi, Director of Ayurveda, Maharashtra State inaugurated the exhibition on Medicinal Plants and Ayurvedic Approach to Primary Health.

The invited scholars from different parts of India included Prof. C.P. Shukla (Jamnagar), Vaidya V.B. Mhaiskar (Baroda), Prof. S.N. Tripathi & Prof. Jyotir Mitra (Varanasi), Prof. S.R. Joshi (Sangli), Vaidya D.S. Antarkar, Hariprasad Sharma & Vaidya Vasudevshastri Lata (Bombay Vaidya Triguna & Jagdishprasad Sharma (Delhi), Vaidya S.C. Chhangani (Nagpur) Vaidya C.G. Joshi (Pune) and others.

Vaidya Someshwar Bhatt President, highlighted contribution by Sabha and expressed the desire that the newer generation will get inspired by Sabha and come forward in development of Ayurveda. Vaidya Shriram Sharma, Chairman of the Centenary Committee gave an elaborate account of activities of Sabha during last few decades and explained purpose behind organisation of such seminars.

A souvenir depicting activities of last many years was brought out on the occasion. Vaidya B. K. Padhygurjar, Dinanath Upadhyaya, Dinesh Goradia and Narendra Bhatt with colleagues made the Seminar an event to be remembered in future.

### ANNOUNCEMENTS

Podar Ayurvedic Medical Institutions are celebrating their Golden Jubilee in 1991.

As a part of the Jubilee Celebrations the following programme is planned.

Memorial lecture in memory of Prof. Ashanandji Pancharatna in September and in memory of Prof. M.Y. Lele in December.

Five All India seminars on : Role of Panchakarma in day-to-day practice in April, Standardisation of Ayurvedic Drugs in September and on Significance of Ayurveda at National and Global level in October.

#### Foundation Day function in July.

Three Symposia on : Kshara Sutra in May. On Non-invasive Diagnostic Technique in September and on Medicolegal aspects in November.

Exhibition on Ayurveda in October and the Valedictory function in December.

Regional Conference on Medicinal Product from Tropical Rain Forests organised by the Malaysian Institute of Chemistry (IRM) and Forest Research Institute Malaysia (FRIM) will be held at The Forest Research Institute Malaysia, Kuala Lumpur (Malaysia) from 13 - 15 May, 1991.

Pharmacy World Congress '91 will be held at Washington USA from 1 - 6 Sept. 1991. There will be a special Session on medicinal plants with Anti Cancer activity and with Linear proectant activity.

#### REGISTRATION :

PHARMACY WORLD CONGRESS 91,  
ALEXANDER STREET 11, 2514 JL THE HAGUE  
THE NETHERLANDS.

### FORM V (SEE RULE 8)

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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.

**Dr. K. M. Parikh**  
(Signature of Publisher)

Dated : 1 March 1991

### OBITUARY

We regret to note the death of Mr. G.B. Gujar who expired on 28th August 1990. Mr. Gujar was associated with IASTAM publications for past two years. We pray for eternal peace to his soul.

To

All IASTAM - INDIA Members.

Sub : IASTA MInternational Membership

IASTAM International Association is well known to all of us. We are the Indian chapter of this International Association and are organising various activities for the study of Traditional Asian Medicines. The Government of India and also the World Health Organisation have recognised the use of Traditional Systems of Medicines for the Health Care. Study of Traditional Asian Medicines from multi-disciplinary angles is the main theme/objective of the Association. Regular International Congress at an interval of every four years is organised and so far we have witnessed three such international congress.

With a view to give an opportunity for IASTAM India members to become the IASTAM International Member and take advantage at international level, a member has to contribute Rupees equal to US \$. 15/- per annum \*(at present Rs.300/-).

All those who have paid the IASTAM International fees of Rs.300/- per annum will also be the member of IASTAM India (No additional fee will be paid).

We are sure all the existing IASTAM India members will take this opportunity to enroll themselves as the members of IASTAM International and shall complete the attached Membership Form and send to IASTAM India Office at Bombay alongwith a Demand Draft of Rs.300/- or a cheque of Rs.300/- plus Rs.10/- collection charges i.e. Rs.310/- (for out station only).

Looking forward to your co-operation,

Yours truly,



(DR. K. M. PARIKH)  
Treasurer

## IASTAM INTERNATIONAL MEMBERSHIP FORM (JOINTLY WITH ISTAM - INDIA MEMBERSHIP)

Surname : ..... First Name : .....

Middle Name : .....

Age : ..... Sex : .....

Qualification : ..... Designation : .....

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Work Done .....

Membership (category) : Regular Membership fees Rs.300/-  
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Nature of Research Interest : .....

Year : ..... Mode of Payment :

Cash/Cheque/M.O./D.D.

Cheques to be drawn in favour

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Date : ..... Signature : .....

Editor : Prof. R. K. Mutatkar