



Newsletter

APRIL - JUNE '85

Indian Association For The Study Of Traditional Asian Medicine

आशियाई पारंपारिक स्वास्थ्य परिषद-भारत

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EDITORIAL

Second International Congress on Traditional Asian Medicine was followed by election of the Office Bearers of the International Association. Elections were also held of the Working Committee and Office Bearers of IASTAM-India. An International Conference on Yoga and Ayurveda was organized in Italy. Andhra Pradesh Chapter of IASTAM-India has been formed.

Indian Council of Medical Research is formulating the proposals to undertake research on traditional medicine during 7th five year plan. Banaras Hindu University recently organised a seminar on Role of Ayurved in Maternal and Child Health.

All these events augur well for the cause of traditional medicine. We desire our readers and members to send us news about research, studies, publications, academic activities and news about drugs, plants, etc. Multidisciplinary approach involving clinical disciplines such as Unani, Ayurved, Siddha, Naturopathy, Yoga, etc. and supporting disciplines such as Ancient Indian Culture, Philosophy, Sanskrit, Botany, Anthropology, Sociology, Pharmacognosy, etc. is needed for the totalistic study of traditional medicine. It needs to be realised that the developed countries look to traditional medicines of Asia with

great interest. It is for us to develop our traditional health systems on systematic lines by developing our own scientific research methodology. This Newsletter would like to be the medium of the efforts in this direction.

Members are requested to send their Bio-data not exceeding 200 words and a photograph for introduction to be published in this Newsletter.

We congratulate the members who have been elected to the Governing Council of IASTAM-International. We particularly congratulate Dr. K. N. Udupa, IASTAM-India President and Prof. R. K. Mutatkar, our General Secretary for their election on the International body.

We congratulate the members, who have been duly elected as office bearers and as members of the working Committee of IASTAM-India with effect from April 1, 1985 for a period of three years.

In addition to the members elected, five members have been co-opted in order to give wider representation to the various disciplines conducive to the development of IASTAM.

It has also been decided to draw up a list of eminent scholars who should be invited for every meeting of the Working Committee.

The Vice Presidents and Regional Secretaries have accepted to form chapters for each state under their jurisdiction.

We congratulate the members who have been elected as the office bearers of Andhra Pradesh Chapter of IASTAM at a meeting held at Vijaywada on 19th January 1985.

We look forward to their multidisciplinary activities and the news about them in these columns.

Prof. R. K. Mutatkar.

NEWS

1. KSAR SUTRA

Correction :

With reference to news item 17 of our Newsletter, January-March 1985, we reproduce below excerpts of a letter dated 29th March 1985 received from Dr. G. V. Satyavati, Senior Deputy Director General, ICMR, New Delhi.

The ICMR has not 'perfected' any technique nor am I (Dr. G. V. Satyavati), in my personal capacity "planning" to promote this technique. All that the ICMR is trying to do is to evaluate scientifically the efficacy of 'Ksar Sutra' technique, as compared to surgery, in the treatment of anal fistu-

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RECENT WORLD CONGRESS ON YOGA AND AYURVEDA IN ITALY

(A brief report)

The first world Congress on Yoga and Ayurveda was held at San Marino in Italy from 8th June to 11th June 1985. It was held under the auspices of International Association of Ayurveda and Naturopathy and patronised by many national and international organizations. Its General Secretary was Mr. Georgio Filippo Barbino, who was the main person responsible for organizing this Congress. The organizing Secretary was Mrs. Rosana Gold of Minerva Medica, Torino, Italy, who was actually responsible for conducting various scientific programmes of the Congress under the overall supervision of Mr. Barbino, the General Secretary. Prof. K. N. Udupa of Banaras Hindu University, Varanasi, was the President of the 1st World Congress.

In all about 300 Delegates participated in this Congress from all over the world. It received delegates from almost every countries of the Western world. India was represented by 65 delegates coming from various parts of the country, specially from Poona and Bombay.

Inaugural ceremony was held in the beautifully decorated Congress hall of San Marino with many Indian pictures and decorating articles.

In the Inaugural session many distinguished persons from Italy and India made some brief speeches including from Republic of San Marino, Embassy of India, the President of the Congress, Dr. K. N. Udupa and Presidents of each section of the Congress. One of the highlights of Presidential Address, which was applauded by the entire audience was the announcement of the Establishment of an international University of Yoga and Ayurveda at the an-

cient city of Galeio, Italy, under the able and dynamic leadership of Mr. Georgio F. Barbino, the General Secretary of the Congress. It was also announced that this proposed University will actually start functioning sometime in the middle of next year.

This was followed by Technical sessions which were held simultaneously in three halls. One type of paper mainly dealing with science and Philosophy of Yoga, second mainly dealing with Yoga therapy and the third describing the principles and practices of Ayurvedic Medicine. There was arrangements for simultaneous translation from English to Italian and from Italian to English languages in the main Congress Hall, which greatly helped the participants to understand each other's papers.

On Each day, between 7.00 to 8.30 a.m. there were practical Yoga Sessions in batches for those, who were interested in exchanging views on the technics of various yogic practices during health and diseases. These sessions were ably carried out by Dr. Bhole, and Dr. Gharote of Lonavla, Dr. P. de Vincente Monjo (Spain), Sri Krishna (Bombay), Dr. A Nuzzo (Italy) and others.

There were a few stalls displaying certain Ayurvedic Medicines and herbs and also a bookstall dealing with Yoga, Ayurveda and other related books.

All the scientific sessions were organised extremely well by the experienced staff of the well known publishing house call Minerva Medica and under the able supervision of Mrs. Rosanna Gold. There was a regular announcement of the revised scientific programme on the evening for the whole

of the next day. Hence there was a least amount of confusion on the next day and all the sessions went on very smoothly and efficiently.

It is not possible to touch upon on each of the nearly 100 Scientific papers presented in this note. Those who are interested to go through it may please contact M/s. Minerva Medica, Publishing House, Torino, Italy, who are going to bring out the summaries of each papers presented in the very near future.

Amongst the yoga papers, yoga for Parkinsonism, Psychogenic, Impotency, Bronchial Asthma, Diabetes Mellites, etc. were all received. Similarly amongst Ayurveda papers, treatment of Ischaemic, Heart diseases, Diabetes Mellites, Bronchial Asthma, Liver disorders, Rasayana Therapy, etc. were much appreciated. Even amongst them the paper of Dr. Pierangeli, the neuro surgeon and oncologist of University of Bari, Italy on "the use of "Chyavanprash" in the cortisone therapy of Brain Tumour easy drew much attention. He focussed that the prolonged use of cortisone in high dosage in these cases produce great debility and weakness whereas if Chyavanprash was given in addition then they greatly improved their Health and faced the regular therapy with much vigour and strength. This original study was much appreciated in the congress and hence it received wide publicity and International recognition.

On the whole the Organisers took great pains to hold this congress at the Republic of San Marino, a beautiful Tourist Centre of Italy. They made all the Boarding and Lodging arrangements including cultural shows to the best of their abilities. They took great care to see that every one was placed in a comfortable environment so as to make his stay happy and memorable.

After the conference there was a five day Post Congress Session on Ayurvedic Massage Therapy at Villa Era and in all 16 candidates took the training. They were given a number of lectures on principles of Ayurveda and its therapy. This was followed by practical training in massage and other related therapy as given in Ayurveda. This was also greatly appreciated by the participants.

In short the 1st World Congress on Ayurveda was a Historic event with participation of most of the

advanced countries of the world. The summaries of the papers of this Congress will be shortly published by the Minerva Medica. It has also been decided that the second World Congress on Yoga and Ayurveda will be held at Banaras Hindu University in January 1987 under the supervision of Prof. S. N. Tripathi, Dean of the Faculty of Ayurveda.

Here we should appreciate that the main dynamic force for the success of this Congress is Mr. Giorgio F. Barabino, the General Secre-

tary of the Congress, who took great pains to see that this event really becomes Historic one. Further he had also taken all possible steps to make the announcement possible for the establishment of International University of Yoga and Ayurveda in Italy, for the first time in the world. Therefore, he deserves congratulations from all of us for taking both such bold decision in the interest of welfare of humanity as a whole.

—DR. K. N. UDUPA

News

(Continued from page 1)

1a. The question of 'promoting' the technique will arise only after its efficacy in the hands of modern surgeons is proved.

Incidentally, 'Ksar Sutra' is just one of the 8 thrust areas in Traditional Medicine selected for in-depth research by ICMR in the 7th Plan period. The other areas are traditional remedies for **bronchial asthma, viral hepatitis, urolithiasis, diabetes mellitus, filariasis, kala-azar and wound healing**. Selected Ayurvedic/Unani remedies for these conditions will be subjected to experimental as well as multicentric clinical evaluation (with follow-up) in the next 3 to 5 years.

2. General Secretary of IASTAM-India, Prof. R. K. Mutatkar is starting an International Centre of Social Science Research in Leprosy at Gandhi Memorial Leprosy Foundation, Wardha, Maharashtra. He will join Wardha on 1st September 1985, and will be available for correspondence for two years at Gandhi Memorial Leprosy Foundation, P.O. Hindinagar, Wardha-442 103. The Centre will be supported by World Health Organisation, Indian Council of Social Science Research and German

Leprosy Relief Organization, Munich.

3. Indian Association For The Study of Traditional Asian Medicine Annual General Meeting shall be held at Bombay on 3rd December 1985 at 5.30 p.m. Venue and Agenda shall be intimated to the members in due course.
4. Workshop on 151 selected medicinal plants used in Traditional Medicine shall be held on 3rd and 4th December 1985, Taj Mahal Hotel, Bombay. Registration Charges: Delegate presenting paper Rs. 300--; Delegate observer : Rs. 400/-. Contact : Secretary, Basic Chemicals Pharmaceuticals & Cosmetic Export Promotion Council, Jhansi Castle, 4th floor, 7, Coopers Road, Bombay-400 039.
5. A Workshop on "National Medicinal Plant East" will be held at International Institute of Ayurveda, Coimbatore in September 1985. For details write to Project Officer, Prof. T. A. Panicker, International Institute of Ayurveda, P.B. No. 7102, Trichy Road, Ramanathapuram, Coimbatore-641 045.
6. **Green Banana on Stomach Ulcers :**
To investigate the Indian Folklore claims that Green Banana is known for curing the sto-

mach ulcers, a professor at Banaras Hindu University in India has requested the University of Aston in Birmingham, England to investigate the claims.

Consequently the Aston researchers have isolated the active ingredient from the dry banana powder which was found to be responsible for the cure. In their interpretation it is said that "The ulcers are formed in stomach when the stress or toxic materials have destroyed the protective mucous lining which is an effective barrier against the stomach acids. The active ingredient in Green Banana promotes the growth of the mucous cells in the stomach lining thereby preventing or curing the stomach ulcers."

7. **Russian's Preserve a rare medicinal Plant :**

Amonocora is a medicinal herb that grows on the steep slopes of Gissar Range in the State of Tajikistan, Soviet Union.

It is also found growing in the neighbouring areas of Uzbekistan but nowhere else on the globe.

The Russian use this herb in the treatment of hypertension and other diseases. This herb is a subject of USSR's

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Red Book, The Tajik Academy of Sciences are taking necessary steps for the preservation of this herb.

8. **Piperine increases efficacy of Allopathic drugs :**

The Regional Research Laboratory, Jammu, have reported that the piperine, extracted from black and long pepper (*Piper nigrum* etc.) helped increase the action of modern drugs like rifampicin, tetracycline by twice as much when used together. Another study showed that piperine increased the efficacy of vasicine and serpentine.

9. **The Calotropis :**

The Regional Research Centre in Ayurveda, Jammu, found that with the use of herb 'Calotropic gigantia and C. Procera, Shwet Ark and Rakta Ark respectively. The character and consistency of undigested and unformed stools changed into digested and formed stools. The pain associated with the passage of stools in dysentery was also relieved. "The active ingredient, its isolation and chemical structure was not clearly known. Similarly all the clinical experiments conducted were not revealed.

10. **Ayurvedic Fertility/Virility drugs :**

According to Dr. A. N. Shashtri, Joint Director, Ayurveda, Punjab, two Ayurvedic drugs have been found useful for issueless couples. They have discovered 'Sumangali' and 'Atamgupt Rasayan'. Sumangali, to help barren women to conceive by curing ailments affecting fertility, and at the same time make them strong and healthy. While Atamgupt Rasayan would be effective in restoring the virility in Men.

Dr. Shashtri is also said to have discovered 'Sur Sundari

Oil' for curing baldness.

11. **The Govt. 7th Plan proposes Herbal Drug Collection steps :**

Dr. S. K. Mishra, Union Health ministry advisor, while reading out the speech that was to be delivered by The Union Health Minister Mr. Shankaranand, at the All India Conference of Ayurvedic Pharmaceuticals, Bangalore, said that the Centre proposes to step up cultivation, conservation and regeneration of herbal drugs.

This cell would co-ordinate with the forest division of the Union Agriculture Ministry, various tribal development Corporations and state forest corporations in this regard.

The Ayurvedic system had to be backed up with standardization of the drug formulations. The Committee set up for the purpose would soon bring out over 200 standard formulations.

12 **LIVER DAMAGED BY ALCOHOL ?**

TAKE "BAHUPATRA"

DRIED POWDER of an Indian herb has shown promise, as a cure for a global health problem; liver damage due to excessive drinking.

A team of biochemists at the University of Madras, after a systematic clinical study on animals, has shown that alcohol induced changes in the liver are reversed by the dried powder of the herb, "phyllanthus niruri".

The increased deposition of fat in liver, brain, kidney and heart due to alcohol administration "were brought back to the normal values" by giving the herbal powder, the scientists said.

THE HERB, locally known as "Kisha Nelli", in Tamil and "Bahupatra" in Sanskrit, grows in central and southern India extending to Sri Lanka.

Its Extracts are widely used today by practitioners of Indian System of medicine for stimulating

sluggish liver and treating jaundice.

THE STUDY by Dr. Umarani and her colleagues at the university's institute of basic medical sciences is the first systematic effort to evaluate the herb on modern scientific lines.

THE TEAM which tested the effect of the herb on rats reported its findings in India's leading journal on Ayurveda, "The Ancient Science of Life", published by the International Institute of Ayurveda in Coimbatore.

(Source Daily April 18, '85)

SEMINARS/CONFERENCES

1. International Conference on 'Plant Growth Substances' to be held at the University of Heidelberg, Federal Republic of Germany from 26-31 August, 1985. Details : Prof. Dr. Martin Bopp, Botanisches Institute for Newenheimer Feld 360, D-6909, Heidelberg, W. Germany.
2. Fourteenth International Botanical Conference to be held at Berlin, from 24th July to 1st August, 1985. Details from : Congress Secretariat, 14th Inter. Bot. Congress, Kenigin-Luise-Strasse 6-8; D-1000 Berlin (West), -33, W. Germany.
3. September 1985 Workshop on Indian Medicine, London. A Workshop on the history of Indian Medicine will be held at the Wellcome Institute for the History of Medicine, 183 Euston Road, London NW1 2BP, U.K., organized by Dr. Dominik Wujastyk (Associate Secretary of IASTAM). This is a sequel to the meeting called by Dr. G. Jan Meulenbeld at the State University of Groningen in October 1983 under the title "Priorities in the Study of Indian Medicine". Further details are available from Dr. Wujastyk.

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4. A symposium entitled "Plant flavonoids in Biology and medicine : biochemical, pharmacological and structure-activity relationships" will be held on July 22-26, 1985 at Buffalo, New York.

Address :

Dr. Elliot Middleton, Jr.
Department of Medicine,
Buffalo General Hospital,
100 High Street, Buffalo,
New York 14203. U.S.A.

5. The 33rd Annual Meeting of the 'Gesellschaft für Arzneipflanzenforschung' including the Annual Business Session, will be held September 23-28, 1985 at the University of Regensburg, D.

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