



# Newsletter

AUGUST 1984 No. 1.

## Indian Association For The Study Of Traditional Asian Medicine

### आशियाई पारंपारिक स्वास्थ्य परिषद-भारत

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### EDITORIAL

We had earlier presented Newsletter followed up by a supplement giving information about Second International Congress on Traditional Asian Medicine. However, this is the first number of the Newsletter after its formal registration.

It is very significant that this number is being published on the eve of Surabaya Congress. We might recall that IASTAM-India was established soon after the first International Congress On Traditional Asian Medicine which was held at Canberra. The major activity of IASTAM-India has been the organization of Asian Conference at Bombay during March 1983.

It may be necessary to re-emphasise that the strength of IASTAM-India and also of the International body lies in the multi-disciplinary character involving not only various systems of medicine such as Ayurveda, Unani, Naturopathy, Siddha, Yoga, etc. but also other disciplines which are interested in all aspects of health, medicine and people in historical, philosophical, pharmaceutical, linguistic and human perspectives. We solicit your initiative and co-operation in our effort to develop IASTAM-India as a multi-disciplinary academic forum through this Newsletter.

We look forward to get following types of news from you.

- a) Research News
- b) News about scholars
- c) Institutional News
- d) Conference News
- e) Publication
- f) Programmes of Government Voluntary Institutions.
- g) IASTAM Programmes

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### II ICTAM 1984 Surabaya-Indonesia

We are pleased to publish this Newsletter on the eve of the Second International Congress On Traditional Asian Medicine to be held at Surabaya, Indonesia in September, 1984.

We congratulate and compliment the IASTAM-International Office Bearers and the Organising Committee for holding the Second International Congress for the cause of promotion of Traditional Asian Medicine.

We welcome all delegates and wish the Congress all success.

IASTAM-INDIA.

### PRESIDENT MESSAGE

K. N. UDUPA

Dear Colleagues,

I am happy to write this note to the special issue of our Newsletter of IASTAM India. We are happy that in recent time there had been silent revolution in the status of Traditional Medicine all over the world. The main credit for initiating such a change should go to W.H.O. which accorded initial recognition to these systems as alternate methods for providing health care to the people. It seems W.H.O. realised the great value of using Traditional Medicines in Primary Health Care as a cheap and effective method after visiting China and witnessing their spectacular achievements. Since then, W.H.O. is trying to encourage as many developing countries as possible to make the full use of traditional Medicines in their health care system with fair amount of success.

However, it looks that the response of the official health agencies to the proposal of W.H.O. in this regard seems to be somehow lukewarm. This is partly due to their ignorance of traditional medicines and partly due to full official patronage to the modern system. Therefore, if we want to make pro-

gress we will have to devise methods of collaboration between the indigenous medical practitioners and the modern medical doctors and also by synthesising the knowledge of all the medical sciences of east and west. Such synthesis of knowledge should be developed not only at the level of practice, but also at the level of education and research. Unless such steps are taken we will never be able to achieve the goal of health for all by 2000 A.D. In this connection it is stated in the report — Health for all, an alternate strategy — “while each indigenous system should be allowed to retain its genius, an effort should be made ultimately to develop a national system of health care in which all different systems can make their own contribution.” Here we should realise that it is not a new idea. China has already succeeded in creating many collaborative medical centres where both modern medical doctor and traditional Chinese Medicine Practitioner collaborate with each other in both medical practice and also in Medical Research.

As a result of combined efforts of both Traditional and Modern Medical doctors they made a monumental discovery of Acupuncture Anaesthesia, “Chingwasu” from the well known plant — Artemisia as a most potent anti malarial agent and ‘Gassipol’ as a Male anti-fertility agent from the cotton seeds.

Therefore, we should realise that the future advancement of indigenous medical system of our country can take place only if we could get fullest collaboration from all the practitioners of indigenous and modern medical system at all levels of Teaching, practice and Research. Then only we can make newer discoveries from our ancient medical sciences for the benefit of the whole world. Further we can also develop really a national system of

(Contd. on page 5)

## Indian Association For The Study Of Traditional Asian Medicine

The Indian Association for the Study of Traditional Asian Medicine was formed at meeting in Bombay held on 31st January 1980. Prof. A. L. Basham, Founder President of International Association and late Pandit Shiv Sharma, Vice-President of International Association blessed the Indian Body.

The Indian Association adopted the objectives of the International Association which are given in the preamble to the Constitution as under :

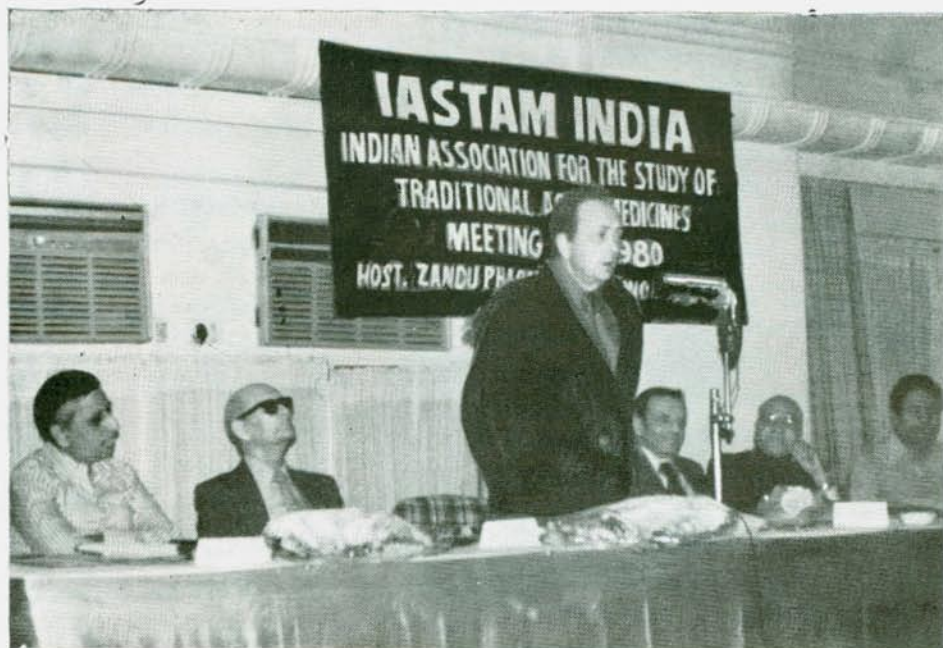
In every Ethnic group there exists a Traditional health care system which is culturally patterned. In traditional societies, this is the first line of defence in health care. The contribution of traditional health care has gained the full recognition of the World Health Organisation. It is in the interest of the people that traditional medicine should be fully exposed in its Ethno-Historical, Social, Cultural and Scientific context. In a country like India, there exists great tradition of Health System enshrined in various scriptures and texts.

There also exist folk medicine practised in tribal and rural homes. Constant interaction between the great tradition which is taught and transmitted, in traditional and institutionalised medical schools and the local traditions of the simple folk needs to be studied. It may be necessary to develop a distinct methodology for research in Traditional Asian Medicine since the methodology of cosmopolitan medicine may not be found wholly suitable for the purpose. A national forum is therefore needed where the traditional health care systems express its constituent components and communicate across linguistic and territorial barriers.

Besides traditional therapies, the allied disciplines and other techniques and languages connected with tradition such as Sanskrit, History, Indology, Yoga would have to play an important role in the study of Traditional Asian Medicine.

IASTAM-India in order to organise itself has divided the country into four zones as under :

(Contd. on page 3)



Left to Right : Dr. K. M. Parikh, Late Pandit Shiv Sharma, Prof. A. L. Basham, Dr. C. L. Jhaveri, Vd. M. L. Dwivedi, Prof. R. K. Mutatkar.

# Asian Conference on Traditional Asian Medicine

The First Asian Conference was organized by IASTM-India and Co-sponsored by Bombay University and Gujarat Ayurved University, Jamnagar.

## Aims & Objects of the Conference :

1. To highlight the use of Traditional Asian Medicine and methods in health care and cure which include the preventive, promotive and curative aspects of health.
2. To stimulate research in Traditional Asian Systems of Health by pursuing a multi-disciplinary approach involving various disciplines having a bearing on health attitudes and practices of the people through historical times.
3. To carry the message of health promotion, diseases prevention and cure from the standpoint of traditional medicine to tribal, rural and urban communities.

The highlight of the Conference has been full participation by the Government of India particularly the Central Councils of Ayurveda, Siddha and Unani Medicine, the Central Council of Research and its various institutions, the Botanical Survey of India and the Ministries of Health of the State and Central Government. A Scientific Exhibition reviewing the History, Growth and Development Of Traditional System of Medicine was also organized during the Conference. The Pharmaceutical concerns participated in the Exhibition, which was visited by thousands of Bombay citizens. The Government of Maharashtra also presented a grant of Rs. 10,000/- for the Conference. The Chief Minister of Maharashtra, Shri Vasanttrao Patil inaugurated the Conference and Health Minister Dr. Lalita Rao inaugurated the Exhibition. Dr. K. N. Udupa, President of IASTAM-India gave a memorial oration in honour of Late Pandit Shiv Sharma and Dr. V.

J. Thakar, Vice Chancellor, Gujarat Ayurved University delivered Dr. P. M. Mehta Memorial Lecture. The key-note addresses were presented by Dr. S. K. Jain; Director; Botanical Survey of India, Dr. C. L. Jhaveri; an eminent Gynaecologist and Dr. B. K. Goyal, a well known Cardiologist.

The Conference was divided into Scientific Sessions and Panel Discussions as under :

1. Fundamentals of Traditional Systems of Medicine.
  - (a) Philosophy
  - (b) Concepts
  - (c) Literature
2. Ethnobiology.
  - (a) Use of Flora, Fauna and Minerals as drugs.
  - (b) Traditional Pharmaceuticals.
3. Clinical/Therapeutic practices and experimental research in Traditional Medicine.
4. Social and cultural aspects of Traditional Medicine.
  - (a) Knowledge, attitudes and practices about Traditio-

nal Medicine.

- (b) Traditional health professional in tribal, rural and urban communities.

## Panel Discussions :

The following panel discussions were held :—

1. Basic foundations of Traditional Medicine.
2. Research Methodology in Traditional Medicine.
3. Role of Traditional Medicine in primary health care.

Prof. Ram Joshi, Vice Chancellor of Bombay University and Vd. Shriram Sharma, Dean of Faculty of Ayurveda, Bombay gave unstinting support to Asian Conference.

Prof. Ram Joshi presided over the Valedictory function. The Valedictory address was given by Dr. Somaiya, President, Indian Merchants Chamber.

Prof. Charles Leslie, Secretary General, IASTM-International camped in Bombay for a month to help IASTAM-India in the organization of ASIAN CONFERENCE.

The Conference was attended by 375 delegates. 42 foreign delegates came from 14 countries. ●



Left to Right : Dr. C. L. Jhaveri, Vd. S. C. Chaturvedi, Prof. R. K. Mutatkar, Vd. P. K. Warriar, Dr. K. N. Udupa, Dr. (Smt.) Lalita Rao (Hon. Health Minister, M. S.), Shri Vasantdada Patil (Hon. Chief Minister, M. S.), Prof. Charles Leslie, Dr. K. M. Parikh, Dr. S. K. Jain.

## (Continued from page 2)

1. **East Zone :**  
Assam, Bengal, Bihar, Orissa, Eastern Uttar Pradesh.
2. **North Zone :**  
Jammu & Kashmir, Haryana, Himachal Pradesh, Punjab, Delhi, Western Uttar Pradesh.
3. **West Zone :**  
Gujarat, Rajasthan, Maharashtra, Madhya Pradesh.

## 4. South Zone :

Tamil Nadu, Kerala, Andhra Pradesh, Karnataka.

IASTAM—India is governed by the following categories of office-bearers and 8 members of working committee : 1) President 2) Four Regional Vice-Presidents and Secretaries 3) Treasurer 4) General Secretary 5) Jt. Secretary.

## NEWS :

First World Congress on Yoga and Ayurveda is being organized by International Association of Ayurved and Naturopathy at Sanremo, Italy during June 8-11, 1985. Dr. K. N. Udupa, IASTAM-India President will preside over the Congress. Contact Person : G. F. Barabino, Villa Era-Via Rivetti 61, 13069 Vigliano Biellese, Italy.

Third International Conference on "Apiculture in Tropical Climates" will be held in the Kenyatta International Conference Centre, Nairobi from 5-9 November 1984, convened by International Bee Research Association and hosted by Government of Kenya in collaboration with Organisation of African Unity. The conference language will be English and French, and simultaneous translation will be available.

Conference Secretariate : Ministry of Livestock Development, Bee-keeping Section, P.O. Box 68228 Nairobi, Kenya. Telephone (Nairobi) : 010-254-2) (564 324) Telex: 22766 MIN AG.

Prof. R. K. Mutatkar, General Secretary, IASTAM-India participated in a 12-member meeting on "Immunological, Epidemiological and Social Aspects of Leprosy" at Pontifical Academy of Sciences, Vatican in June 1984. He also engaged a Seminar on Medical Anthropology at Institute of Tropical Hygiene, Heidelberg, West Germany.

His Holiness, the Pope during private audience called upon Universal Church, National Governments and International Voluntary Organizations to work for the cause of Leprosy on scientific lines.

Vaidya B. P. Nanal, Pune participated in teaching programme for fourth successive year on Psychosomatic Health Education based on Yoga and Ayurveda at Catholic College of Social Sciences, Munich,

West Germany during May-July 1984. The programme has been organized by Dr. Rocque Lobo in Germany. Vd. G. G. Joshi, Pune also participated in this teaching programme. The trainees came to Maharashtra for field training.

Vd. Nanal also engaged a Seminar at Institute of Tropical Hygiene, Heidelberg.

Collaboration between Poona University and Catholic College is under way under leadership of Vd. B. P. Nanal and Prof. R. K. Mutatkar, Medical Anthropologist at Poona University and Dr. R. Lobo from Munich.

Dr. Ashok B. Vaidya, M.D., Ph.D., a leading scientist from Ciba-Geigy, Bombay visited Yale University and gave a lecture on Ayurvedic Drugs for viral hepatitis. He also delivered a lecture on clinical evaluation of plants for diabetes mellitus at the White Memorial Centre, Los Angeles. Dr. Vaidya had interesting discussion with leading scientists on Ayurvedic drugs and plants.

IASTAM-India Treasurer, Dr. K. M. Parikh visited Bangladesh and addressed the Association of the Practising Physicians in Traditional Medicine as well as Manufacturers of Pharmaceuticals at Chittagong, Bangladesh. Mr. A. F. M. Fakhrul Islam, President of Ayurved Parishad, Dhaka presided over the Meeting. It was resolved to establish Bangladesh Chapter Of IASTAM to promote the cause of Traditional Asian Medicine.

All India Ayurvedic Specialists (P.G.) Association, New Delhi organised Symposium on "Mother and Child Health Care" at C.C.I.M. Conference Hall on 10th May 1984. Dr. S. K. Mishra, Adviser, Indigenous System Of Medicines, Govt. Of India presided. IASTAM-India Treasurer, Dr. K. M. Parikh was a chief guest and addressed the meeting.

Bharatiya Vidya Bhavan, Kerala Kendra organized Conference on

"Life and Health Sciences" at Cochin on 14th & 15th May 1984. IASTAM-India President, Dr. K. N. Udupa, General-Secretary, Prof. R. K. Mutatkar, Treasurer, Dr. K. M. Parikh and Dr. N. S. Bhat were invited to participate in the Conference.

Dr. V. N. Pandey, Director, Central Council for Research in Ayurveda and Siddha visited Tribal Health Care Project Centre at Port Blair, Andaman Islands. He stressed upon the need of indepth study of tribal and medical lore and a wide exploration of medicinal flora of islands.

Mr. B. Shankarananda, Health and Family Welfare Minister, Government of India while inaugurating IX Joint Conference of Central Council of Health and Family Welfare pledges adequate financial support for the development of Indian System of Medicine. He stressed on improvement of quality of education, promotion of research programmes, planned production of herbs and scientific standardisation of drugs.

A commemorative stamp to honour late Sir Ram Nath Chopra was issued by Indian Post and Telegraph. Sir R. N. Chopra has been known as "Father of Indian Pharmacology". A Committee for the development of Indian Medicine was formed by Government Of India under the chairmanship of Sir Chopra (1946-48), whose voluminous report is considered the basic foundation in which ISM is developing in India.

Dr. G. D. Singhal of Banaras Hindu University, Varanasi and his colleagues at Varanasi and Oxford have taken upon themselves the task of presenting the glory of Ayurveda to the world. They have translated all 186 chapters of Sushrut Samhita in modern medical English and have added scientific research oriented comments. The work is being brought out in monumental

Encyclopedic twelve volumes. Another great Ayurvedic book 'Madhav Nidan' is also being worked out in the same manner by Dr. Singh and his colleagues.

Dr. P. G. Rao, Scientist, Pharmacokinetics Laboratory — RRL Jammu was awarded Shri Hari Om Ashram Gold Medal for his research paper entitled, "scientific evidence on the role of Ayurvedic herbs on bioavailability of drugs". The prize, which consists of a gold medal & a certificate has been sponsored by Shri Zandu Bhattacharji Swarale Ayurved Research Trust founded by Shri Hari Om Ashram, Nadiad.

Dr. J. D. Dulhani, a member of IMA Baster district, M.P., has been awarded a gold medal by the Indian Academy of Paediatrics, M.P. Branch for his commendable community paediatric work in the tribal area of Baster district. Dr. Dulhani is the founder secretary of I.M.A., Jagadapur Branch.

Dr. K. N. Udupa, President IASTAM-India has initiated a Project On Maternal And Child Health care based on Traditional Medicine at Varanasi, India.

IASTAM-India had taken a decision to concentrate on MCH Programmes for the next five years. The decision was taken at the Working Committee Meeting during Asian Conference.

All India Ayurvedic seminar on Vata-Vyadhis was held at R. T. Ayurved College Akola, Maharashtra State between 11-13 February 1984.

### **A New Antibiotic Istmycin Isolated from Marine Organism :**

The Japanese Institute of Microbial Chemistry has reported the development of a new antibiotic "Istmycin" from marine organisms. The Japanese Government has recently decided to promote R.&D. programme for drugs from the ocean. A new research centre has been established for developing drugs of marine origin. This cen-

tre aims towards encouraging such research in the private sector, with government backing. The submarine exploratory craft, Shinkai-200, for example, will be made available for individual companies research projects.

### **Healing by water :**

"Those who do not find time every day for health must sacrifice a lot of time one day for illness", said Sebastian Kneipp in 1890. He was also came to be known as a water doctor since he used water as a medium for his nature-healing therapeutics combined with herbs, diet etc. Such health resorts came to be known as kneipp cure centres in Germany. The recovery whereby he regains his natural of the inner order in a person rhythm of life and also his immotional balance' — is what the nature healing is all about.

### **May Apple — Podophyllum peltatum L. on Cancer :**

A common wild plant used for centuries by American-Indian to treat waris and deafness is now used to treat some form of cancer, reports World Wild Life Fund publication. It says "The plant has led chemists to develop what may become the next superstar drug to treat cancer".

The plant is also known as Mandrake Root, Indian Apple belonging to the plant family Berberidaceae. It is a habitat of North America, contains 3-6% resin, 0.2-1% podophylotoxin, picropodophyllin, quercetin, peltatins etc. The lignans and the flavonol pigments were formerly used as cathartic and antineoplastic agent. In commerce podophyllum resin is a light brown to greenish yellow powder, faint odour acrid and bitter taste which irritates mucus membranes and eyes.

### **Plumbago zeylanica, much superior to Vinca rosea?**

Vinca rosea, Alstonia scholaris and Mytenus emargiant's are the in current use for extracting and iso-

lating anticancer drugs. However, Dr. Mohan Krishnaswami, a biochemist is reported to have isolated and successfully tested the drug from Chitrak plant roots which is said to reduce the cancerous tumour growth by 70%. The new compound is called plumbagin which is easy to extract from the plants as compared to very sophisticated and costly process of chromatographic separation for other drugs. The drug has 'thousand fold yield' compared to anticancer agents from the other herbs says Dr. Mohan.

'Siddha System of Life' a quarterly magazine in English was released by Siddha Medical Literature Research Centre, Madaras.

### **36th Session of Indian Pharmaceutical Congress :**

The 36th session of the Indian Pharmaceutical Congress Association will be held in Bangalore from 22-24 December 1984. Scientists wishing to present Research papers may contact Dr. S. K. Kulkarni convenor, Scientific services Committee, Department of Pharmaceutical Sciences, Punjab University, Chandigarh 160014. This year it is proposed to have poster session and 25% of the scientific papers will be considered for poster presentation. The last date for submission of abstract is September 15, 1984.

Government Of India Leprosy Research and Training Institute at Chingleput, Andhra Pradesh has started trials on Ayurvedic drugs for leprosy.

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### **(Continued from page 2)**

health care by producing synthesis of best of all the systems.

Let us, therefore, put all our heads and hearts together to resolve this problem once for all and devise prompt measures to achieve this goal of "Health for all" as quickly as possible.

(K. N. UDUPA)

K.E.M. Hospital, a leading modern hospital at Pune is using ayurvedic drugs in male sterility clinics.

Another private hospital in Pune, Hardikar Hospital is using ayurvedic treatment for orthopedic and arthritis cases.

IASTAM-India would welcome research designs on Community Health in general and maternal child health in particular from the stand point of traditional medicine. Social scientists and community health experts are expected to take lead in preparing designs.

A leading hospital of Modern Medicine (Bombay Hospital) in Bombay has started out patient department (O.P.D.) in Ayurveda, which is open all days of the week.

Rastriya Ayurveda Mandal organized All India Seminar on Manas Roga (Mental Health) between 12-14 May 1984 at Birla Matushri Sabhagraha, Bombay.

#### Resommended Readings :

1. The Promotion and Development of Traditional Medicine : W.H.O. Technical Report series 622, Geneva 1978.

2. The Traditional Birth Attendant in seven countries; Public Health Papers 75; W.H.O. Geneva 1981.
3. Traditional Medicine and Health Care coverage : (Ed) R.H. Bannerman and others, W.H.O., Geneva 1983.

#### IASTAM-INDIA ELECTION :

Election for the posts of office bearers and membership of Working Committee would be held in December 1984-January 1985 by postal ballot. The elected persons will assume office on April 1, 1985, for a period of three years.

### STATUS OF INDIAN SYSTEMS OF MEDICINE IN INDIA

	Ayurveda	Unani	Siddha	Yoga	Naturopathy
1. Number of Institutionally qualified practitioners	95,497	7,477	1,613	N.A.	N.A.
2. Total Number of Registered Practitioners	2,32,227	28,001	18,190	N.A.	N.A.
3. Number of Colleges/Institutions	95	16	1	34	3
4. Total Admission Capacity	3,306	535	75	1,800	45
5. Hospitals	276	19	76	3	7
6. Total Beds provided	9,783	627	708	40	160
7. No. of Dispensaries — IMOs/IMPs under ESIS	12,118 1,181	990 —	427 —	— —	43 —
8. Post Graduate Institutions/Centres	17	2	1	—	—
9. P.G. Admission Capacity	200	17	20	—	—
10. Research Units	80	34	12	—	—

#### Allcation for Indian Systems of Medicine and Homceopathy in Five Year Plans :

	Rs. in million		Rs. in million
First Plan	4.00	Second Plan	40.00
Third Plan	98.00	Fourth Plan	158.00
Fifth Plan	250.00	Sixth Plan	853.00

### CENTRAL COUNCIL OF INDIAN MEDICINE OFFICE BEARERS

**President** : Hakim Syed Khaleefathullah Madras.

**Vice-President** : 1. Vd. Ramkumar Sharma Muzaffarnagar.

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2. Hakim M. A. Razaak, New Delhi.

Chairman—Unani

3. Dr. Anandkumar, Madras  
Chairman—Siddha

Dr. S. I. Nagral, Bombay.

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Education Committee  
(Ayurvedic)

Dr. P. K. Jain, Bhopal.

**Chairman,**  
Registration Committee

**Chairman,**  
Regulation Committee

Vd. Mahesh Dutt Sharma,  
Jabalpur.

#### IASTAM-INDIA

#### MEMBERSHIP FEES

#### Patrons :

Individual Rs. 1,000/-

Institution/

Organisation Rs. 2000/- or more

Life Member : Rs. 250/-

Regular : Rs. 15/- p.a.

Student : Rs. 10/- p.a.

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