

IASTAM AWARDS FOR EXCELLENCE

IASTAM has instituted Excellence Awards to venerate the memory of two outstanding personalities in the field of Ayurveda, late **Vaidya Pandit Shiv Sharma**, and late **Prof. K N Udupa**. Both personalities were closely involved with IASTAM India in its early years as its President. Vaidya Sharma who is the was actively IASTAM was Founder IASTAM India. by late Prof. K. N. IASTAM India's

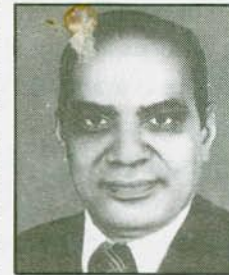


Vd. Pt. Shiv Sharma

Pandit Shiv the recipient of Padmabhushan involved in International and President of He was followed Udupa first President.

years and will carry an award equivalent to Rs. 10,000 each with a Citation.

Recipients for the Pt. Shiv Sharma Oration will be chosen by a Selection Panel of IASTAM. Nominations for the Prof. K N Udupa Award can be made to the Committee which will appoint judges for evaluation of the three most deserving candidates, one of whom will qualify for the discretion of the Selection Committee.



Prof. K N Udupa

This time the members of the First Selection Committee were chosen from IASTAM's Managing Committee.

The two awards, known as the *Pt. Shiv Sharma Memorial Oration for Promotion and Propagation of Ayurveda* and *Prof. K N Udupa Award for Excellence in Research in Ayurved*, will be conferred once every two

(Profiles of Recipients on Pg 3)

Award Ceremony & Symposium on January 31, 1999

An Award Ceremony will be held on Sunday, January 31, 1999 at Mumbai, where a *Sanman Patra* will be handed over to **Vd Bhagwan Dash**, recipient of the *Pt Shiv Sharma Memorial Oration* and **Dr. (Mrs) G. V. Satyavati**, recipient of the *Prof K. N. Udupa Award for Excellence in Research*.

Symposium : To coincide with the event, a 1-day Symposium will be held on the theme "Global Demand of Ayurved - How to Meet It". Selected speakers will address themselves to areas of Education, Practise & Services, Resarch & Development and Industrial Marketing.

FIRST DIRECTORY OF IASTAM-INDIA MEMBERS

The first ever Directory of IASTAM Members will be released soon. The Directory will contain relevant particulars of nearly 500 institutional, patron and life members of IASTAM.

Earlier this year, IASTAM had mailed a detailed questionnaire with self-addressed envelopes soliciting wide-ranging information. Based on the response received, IASTAM has compiled this first, multi disciplinary database to be published in a Directory format.

If you have not sent in the questionnaire, kindly do so.

Taking care of ISM

More than a decade ago, the World Health Organisation officially recognised the role of traditional/Indigenous Systems of Medicine (ISM) in healthcare delivery. This recognition has also emerged out of the fact that the prevailing medical system has definite limitations in providing solutions to health problems. While there have been fascinating advances in medicine through technology-based inventions and applications, problems of health have also grown. This simple fact cannot be ignored while evolving any policy on the role of ISM. Any effort to change the basic paradigm of a system, so as to fit into prevailing system, will be an intellectual error. The very purpose of looking at meaningful alternatives will not be served. India, where therapeutic pluralism has co-existed in an informal form, must learn from other examples. The situation in India is definitely different from that prevailing in other examples. The situation in India is definitely different from that prevailing in other nations and mainly amongst the developed ones. The success of the Chinese model needs to be considered, if not duplicated. Over the years, systems like ayurveda, unani and siddha have survived mainly due to their own strengths and partly with administrative considerations. As experienced from last three decades, the efforts have not borne desirable results. One main

reason being the mostly presumed and at times forced evaluation criteria leading to imitation of the dogmatic medical system. This is amply visible from the education system of ISM, their role in healthcare and in developmental activities. This has resulted in a contradictory situation where ISM has to struggle for its natural existence on one hand and accept challenges generated through a mechanism based on a different paradigm.

India, as in many fields, has a large manpower and institutionalised structure belonging to ISM. There are nearly 6,50,000 registered practitioners of ayurveda and other indigenous systems. In ayurveda itself, we have more than 140 colleges, many with post graduate facilities. There is a Central Council of Indian Medicine and even a Central Council for Research in Ayurveda and Siddha. However, this so-called support for indigenous systems have miserably failed to deliver what had been expected. Meagre resources — only around three per cent of the total health budget — can neither serve its meaningful purpose nor can it provide qualitative monitoring. With this background, demand for an independent administrative structure for ISM has a meaning. Such a structure with comprehensive and coordinated abilities and decisive powers will be a welcome step.

Dr. S.K. JAIN

Asia's 1st Distinguished Economic Botanist

Noted Indian Botanist, Dr. S.K. Jain, Scientist-Emeritus, National Botanical Research Institute and Hon. Director, Institute of Ethnobiology, has been conferred the prestigious *Distinguished Economic Botanist Award for 1998*.

A distinguished scientist and researcher, Dr. Jain is the first Asian recipient of this award, which was instituted by the Society for Economic Botany in the U.S. in 1978. Previous recipients have been American and European Scientists in the fields of botanical exploration, breeders, evolutionary botanists, ethnobotanists and researchers from allied, branches of economic plants.

Each year the Society confers the Award to Botanists

from all over the world for lifelong contributions to discovery of new economic plants, research into new plant uses, conservation of germplasm of economic plants among other contributions in the field of Botany.

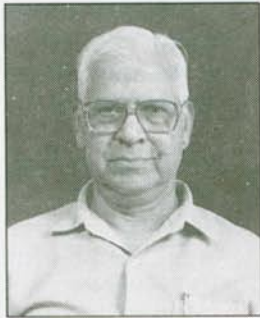
Dr Jain is a former Director, Botanical Survey of India and is a National Environment Fellow.

Dr. Jain has been a great pillar to IASTAM and presently its Vice President.



Vd BHAGWAN DASH

1st Receptient of
Pt Shiv Sharma Oration



Noted Ayurvedic practitioner, Vaidya Bhagwan Dash, 64, is the first recipient of the Pt. Shiv Sharma Memorial Oration.

Vd Dash, who is an Ayurvedic Practitioner of repute, combines an extraordinary background as an academic, researcher, administrator and writer of authoritative publications on Ayurved, Tibetan Medicines and Herbal Remedies with some of his publications having been translated in Italian and Japanese. Among his books on Tibetan medicine is the Pharmacopoeia of Tibetan medicine and a two volume Encyclopaedia on the subject.

As a WHO consultant on Traditional Medicines Vd Dash has co-ordinated several projects in India and has authored a manual for Health workers in South East Asia on the Applications of Traditional Medicines in Primary Health Care, published by the South East Asian Regional Office of WHO.

He has published a three volume treatise on Charak - Samhita with English Translations based on Chakrapani's *Ayurveda Dipika* and an authoritative five volume text on Diagnosis and Treatment of Diseases in Ayurveda, based on Toderanada's *Ayurveda Saukhya*, in the field of Herbal Medicine. Vd Dash has published several books on the Management of chronic and acute conditions such as, Diabetes, Arthritis, Asthma and Liver Disorders among several others.

As a researcher, Vd Dash excelled at postings in the Planning Commission in various positions of authority, the Ministry of Health and its constituent bodies like Central Council for Research in Ayurveda and Homeopathy.

Vd Dash is a consultant to various international bodies – such as on Ayurvedic Literature to the U.S. Library of Congress in New Delhi. The Institute Italian Di Ayurveda and the Ayurveda Rasashala at New Delhi.

Dr. (Mrs.) G.V. SATYAVATI

1st Recipient of
Prof K. N. Udupa Award

Former Director-General of Indian Council of Medical Research, New Delhi Dr. (Mrs) G. V. Satyavati has become the first recipient of the Prof. K. N. Udupa Memorial Award for Research in Ayurveda.

In the view of the first Selection Committee, "Dr. Satyavati's is a richly deserving nomination for the Award whose selection by the Committee was unanimous, in view of her outstanding contribution to Biomedical research."

Dr. Satyavati's contributions to Biomedical Research span the fields of Drug Research, Scientific Information & Communications and Biomedical Health Research Planning.

Dr. Satyavati has a unique combination of independant doctorates in Allopathic Pharmacology and Ayurved Kayachikitsa. Her pioneering research during the '60s on Gum Guggul (*Comiphora mukul*) which has been used since time immemorial by Ayurvedic physicians-created new commercial potentials both in India and abroad under the brand *Guglip*.

Dr. Satyavati has been on the WHO Expert Panel on Traditional Medicines for 18 years and has served as Advisor/Consultant on Traditional Medicines & Herbal Drugs in New Delhi, New York, Geneva, Paris and Burma among other places, and is also a UNICEF consultant.

She has also served on Research Councils of Council for Scientific & Industrial Research, on various Committees of CSIR and Department of Science & Technology and was Chairman, Task Force of the Department of Bio-Technology on Medicinal Plants.

Dr. Satyavati has served on various professional and academic bodies including the New York Academy of Sciences and National Academy of Indian Medicines. She has been published in several scientific, professional and academic journals and has served as Editor-in-Chief of the authoritative Monograph on Medicinal plants

Dr. Satyavati is curenly Chairperson of the Research Council of CSIR's Regional Research Laboratory at Jammu and has been with CSIR for 30 years.



Report on Biopiracy of Indian Plants

A recent report prepared by the **Research Foundation for Science, Technology and Ecology, Dehra Doon**, highlights that more than one hundred Indian plants, besides neem and turmeric, have already been patented by developed countries and this trend would continue if India does not chalk out a clear strategy to protect its precious bioresources.

Fourteen patents have already been granted by the US Patents

Office on mustard, seven on castor, four on amla, three each for cassia, and kumari and two for karela, black cumin, jatropha and blacknight shade for their various properties.

The report lists 22 medicinal and agricultural plants including *karela*, *ritha*, *amaltas*, *kumari pomeogranate*, *balsam* and *rangoon creeper* that have been patented by American and European countries.

The US tops the list with the maximum number of patents for

Indian plants followed by Japan, Canada, France, Germany and UK. Other plants patented by these countries include *earjun*, *harad*, *jangli guruchi*, *vilayeti shisham* and *chottagokhuru*.

The patenting of neem and haldi underscores the urgent need to evolve a legal system to protect the indigenous knowledge of the communities and our biodiversity in order to prevent such piracy through patenting.

An Anthropological Research Project on Syncretic Medicines and Social Change in India.

By *Maarten Bode, University of Amsterdam, Medical Anthropology Unit.*

In the twentieth century Indian healing traditions like Ayurveda and Unani developed in line with and in contrast to biomedicine. They can be considered as local manifestations of globalization tendencies like professionalisation and pharmaceuticalisation. Within contemporary Indian medicine medication is the paramount method of treatment. The producers of these medicines have strongly influenced developments within Indian medical systems. Most of the leading firms of today started their business in the beginning of the twentieth century. With their profits they financed colleges, conferences, translations of classic texts, compilations of pharmacopoeias, associations of indigenous healers and scientific research.

To set themselves apart from biomedicine the propagators of Indian medicine emphasize the absence of the harmful side effects and present their healing practices as processes of ripening, cleaning, tissue building and balancing. References to classical texts as well as modern science are part and parcel of indigenous scientific publications, marketing strategies and treatments.

Biomedicine influences indirectly the kind of medicines

which are developed by the Indian indigenous pharmaceutical industry. Besides medication for common disease like diarrhoea, cough and cold the focus is on the development of medicines for disease which biomedicine finds difficult to treat like asthma, arthritis, diabetes, hepatitis and skin disease. Another category of medicines are tonics to strengthen vital organs like liver, stomach, heart, brain and genitals. Another focus of the Indian indigenous pharmaceutical industry are diseases which refer to sexuality and reproductivity — impotence, semen loss, whitish discharge, dysmenorrhoea and infertility.

They contrast with biomedicine which is associated with toxic substances like alcohol and narcotics and which refers to disharmony, aggression and quick but superficial success. Indigenous pharmaceuticals are popular because they

are associated with cherished traditional values and modern technology. They represent the best of both worlds. Because of this ambiguity they are "good to think with". They are tailored for contemplation of contemporary global developments like commodification and individuation.

Indigenous pharmaceuticals embody Indian values like nonviolence, purity and balance.

AIDS IN AYURVEDIC VERSION

By Dr. Ashok Kumar Panda, M.D. (PGT) Calcutta University.

Aids, the new scourge of the 20th century is a fatal multi-system disease that causes the breakdown of the body's immune system making it vulnerable to a variety of unusual life-threatening illnesses. It is estimated that by mid-1995 16 million adults and one million children had been infected with HIV with the majority of the cases occurring in the developing countries.

Ayurveda can perhaps provide some inspiration for the search for drugs effective in countering AIDS. The National Institute of Immunology (N.I.I.) is currently testing seven plants that are widely used in Ayurveda, and which have immuno-boosting properties. Some South Indian herbalists even claim to have cured AIDS successfully.

Ayurveda (the Science of life) possess its identity from the pre-Vedic era not only for its curative and preventive measures but also as a principle for holistic health as Ayurvedic practitioners were very skilled observers of the causative process of diseases. The World's oldest and magical therapeutics comes from Ayurveda where knowledge is in a sutra (Precise) form.

Like every other science, Ayurveda has its own language for its diagnosis and treatment with discussions and debates being conducted on different branches of Ayurved. What is AIDS in ayurveda? Many Ayurvedic doctors compare AIDS as *Ojakshaya*. I compare AIDS as *Shosa* with sufficient classical and modern textual and documented proof. **Charak, Sushruta, Vagbatta and Madhava Kar** have all described shosa.

(A) Shosa is not a single disease but the aggregation of diseases i.e. syndrome (*Sushruta Nidna*, Chapter 5) It is very difficult to cure. The causative factors are too powerful to be eradicated.

(B) Shosa is grouped under infectious disease in *Ayurveda Science Reporter* (December '93 pgs 24-26) It spreads through sexual and other close-contact. HIV causing AIDS is transmitted in 98% of cases through sexual contact (bi sexual or homosexual), blood transfusion and infected pregnant mother.

(C) The synonym of shosa is *Rajajakma kshay*, (Chakata Chikitsa No 8). We compare Rajajakma as Tuberculosis infection. According to the latest information 5% AIDS patients in the US have a history of tuberculosis. In India, the Tuberculosis Research Centre (TRC) Madras and T.B. Sanatorium, Vellore, screened 307 T.B. patients, 12 of whom were detected as HIV positive. The

World Health Organisation has warned that the incidence of TB may increase due to the rapid spread of AIDS, world wide. At TRC, Madras, 220 HIV positive patients were followed for the development of T.B., among them 115 showed abnormal chest radiograph, 34 has sputum positive and another 34 had grown Non-tuberculosis myobact (*Medical Review* October '89, Vol-39). Lungs seem to be the preferred site of colonisation for bacteria though M. Tuberculosis can comfortably lodge in several other body parts too. The HIV causing AIDS worms its way into blood cells, cripples the immune system and makes the body an easy target for T.B. Bacilli. So the classical Ayurvedic synonyms have the justification for the diagnosis.

Detailed pictures of shosa shows that manifestation of this disease is due to *kshaya*, either *Anuloma* or *Pratiloma*. *Anuloma* manifest through *Rasa-dhatu* to *Sukra* and *Oja*. This occurs in poor countries like India which have a high incidence of malnutrition coupled with a high incidence of hard labour without a nutritious diet i.e. *Sahasa* which is one of the four causes of Shosa. *Pratiloma* manifests through *sukra* to *Rasadhatu*, caused by sexual contact psychological shock (*Shoka*). In this way haemostasis of *Dhatu* and *Dhosa* hampers the structural and functional unit of body. Modern medical research shows that the human body loses its immunity through immuno-suppressive drugs and malaria-like diseases.

The treatment of Shosa is based on *Rasayana* therapy. *Rasayana* is mainly classified into two major

groups (a) *AHARA Rasayana* (b) *ARHARA Rasayana*. *Ahara Rasayanas* are medicine and diets which have the immuno-boosting properties. *Achara Rasayana* is the series of advices for social well being and sex education. In *Charaka Samhita*, *Rasayanas* are described as several combinations for vigour and vitality that are free from toxicity.

From this chapter scientists abstracted two herbal combinations named as *IMMUNEX* & *LIVOZON*. These two are effective against HIV-1, HIV-2 and other variants and mutants. The main ingredients of those two compounds are *Terminalia Chebula*, *Phyllanthus Amarus*, *Embilca Officinalis* and *Terminalia Bellerica* - etc.

So the Livozon and Immunex are hopes for the hopeless.

Ayurveda may be able to overcome this disease provided sufficient research facilities and funds are made available to prove its efficacy.

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Documentation of Local Health Traditions from The Overview of Patenting Issues

By Dr. N.N. Mehrotra, Sr. Scientist, CDRI

A two day workshop on Documentation of Local Health Traditions from an overview of Patenting' held at Lucknow earlier this year discussed strategies for survey, documentation and conservation of local health traditions, medicinal plant resources and manuscripts pertaining to these traditions. During detailed discussions on these issues in three parallel groups, the participants developed proformas for documenting traditional healthcare practices and resources and making sure that they are actively involved in delivery of health care at all levels.

For the over 80 representatives of 30 voluntary organizations and senior faculty members of colleges of Ayurveda and Unani who participated in the workshop, (conducted at Central Drug Research Institute (CDRI), the event was a kind of training for trainers as part of an awareness generation campaign launched by the network of NGOs on Local Health Traditions (LHTs). Many prominent scientists from various CSIR Labs and expert physicians of Ayurveda and other systems of medicine and experts on patenting and documentation of these traditions provided technical inputs to the participants.

It was resolved that similar awareness generation workshops should be held in different states, to generate a nationwide movement against patenting of knowledge and resources of local health traditions in order to ensure a healthy society.

The workshop was organized by Jeevaniya Society, an NGO from Lucknow, with support from Indo German Social Service Society and co-sponsored by CDRI and the Directorate of Ayurveda and Unani Services of UP Government. The organizers of the Workshop also decided to take steps to conduct surveys and document these practices and resources in North India. While proposing to generate a movement by local health practitioners against patenting in the areas of health care, participants at the workshop also demanded that patent applications should be allowed to be filed in all the different languages notified in the ninth schedule of the Indian Constitution besides providing facilities for filing patents in each District.

It was proposed by this writer that documentation of LHTs should be undertaken through uniform formats and questionnaires with such methodologies for conducting

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Recommendations of the Workshop

The two day workshop of NGOs and Traditional Health Experts on Documentation of Local Health Traditions with an Overview of Patenting Issues held at CDRI unanimously resolved that :

- India should not allow any IPRs based on the knowledge and resources of local health traditions and that these must remain available for public use and health care.
- Survey and Documentation of Local Health Traditions and resources like plants and available manuscripts, etc., should be undertaken urgently with a view to strengthening and conserving them and promoting their use for health care.
- It should be ensured that all Intellectual Property Rights (IPRs) arising out of such surveys and documentation should rest with the communities which contribute to such knowledge.
- Awareness generation workshops on

Documentation and Patenting Issues should be organised across the country.

- Any changes in our present Patent Act should seek to strike a balance between the rights of patentees and the public good and; the flexibilities available within the TRIPS provisions should be utilised particularly with regard to health of our people.
- More Patent Experts should be trained and the NGOs and traditional health practitioners should be provided access to such professionals.
- The NGOs shall also try to develop Reference Resource Centre for Local Health Traditions, Medicinal Plants, and knowledge resources and IPR issues.
- The students and faculty members of departments like Anthropology and Botany universities and colleges, of ISM as well as government practitioners of ISM should also be involved in these efforts.

A New ERA Of Model Development

By R. D. Dhiman

In the present era when multi-million rupee development projects have become fashionable, Environmental Rural Awakening (ERA) a voluntary agency fired by zeal and innovation, is bringing about a quiet socio-economic change in the land and lives of the backward Changar area, in its own simple, indigenous and unobtrusive way.

ERA works for rural upliftment in the Changar area headquartered at Duhak village in Himachal Pradesh. The society is headed by **Dr. Arun Chandan** and has 20 dedicated volunteers. ERA established its headquarters at Duhak in 1987 and has been working ever since on the various facets of human life starting with the personal health and hygiene awareness of the local people to finding appropriate rural technologies.

Through concerted efforts not only have people developed faith in ERA, but they have also come to appreciate the social commitment of these sensitive, awakened, pragmatic and dedicated volunteers who are striving to achieve development while preserving the ecosystem. It has a unique model of development which entails preservation of rural craft, introduction of appropriate and environment - friendly technologies, development by exploiting natural resources with the least disturbance to the ecosystem.

It has infused life into 40 mahila mandals spread over about 17 panchayats. These mahila mandals are better organised and women are more aware as a class. They understand their plight and social problems and are mobilising themselves for social upliftment with a distinctly changed outlook. ERA is doing commendable work in improving the productivity of land resources and is aiming at an integrated plan of development which includes afforestation, horticulture, prevention of soil

erosion, improving quality of forests and choosing cropping patterns best suited to the agro-climatic conditions of the Changar area. All this will ultimately improve the productivity of the area and quality of life of the local population.

Water is in scarce supply in the Changar area, as there is a shortage of drinking water and the water available is not potable. ERA has undertaken a scheme to improve the traditional toilets and provide pipelines for distribution. It has also devised ways to conserve storm water during the rainy season and improve the existing village ponds and other water harvesting structures. Soil and water conservation are the most basic needs of these areas which can help increase production and productivity from land.

In the field of literacy (ERA) has been running centres in villages where non-formal instruction is passed on to the people. It has also made efforts to preserve local culture by promoting a group of folk theatre artistes to act as a catalyst for total literacy campaign in the entire block.

Changar has a very hot climate. In order to develop non-conventional energy sources and to reduce pressure of forests for fuel-wood, ERA has developed a cheap, efficient mud solar cooker consisting primarily of local materials which has become popular in all these villages.

ERA's strategy is to develop wastelands, improve agricultural yields, preserve traditional crafts, update rural technologies and improve health and hygiene awareness, thereby improving overall quality of life. Its activities are an environment-friendly development model to counter over-exploitation of natural resources and lust of consumerism a model which NGO's in other parts of Asia can adopt or adapt to their requirements.

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the surveys which may eventually be used for documentation of traditional health practices and medicinal plant resources of the country in the form of computerized databases. The Workshop also discussed the approaches for developing such databases which could eventually be helpful in protecting the intellectual property of our traditional knowledge systems.

Discussing the implications of Biodiversity Conservation and Plant Variety Protecting in the context of medicinal plants **Mr. Afsar Jafri** of Research Foundation in Science, Technology and Ecology explained how the government is not taking adequate steps to legislate effective laws on conservation of biological diversity.

Delivering the Valedictory Address at the Workshop, **Dr. R. C. Simal**, former Director and Emeritus Scientist at

the Industrial Toxicology Research Centre (ITRC) appreciated the strength of local health traditions. **Dr. Srimal** and others at the concluding session strongly supported the recommendations of the workshop to undertake urgent steps to survey and document these practices to ensure that they are not patented by foreign interests. **Dr. C.M. Gupta**, Director, CDRI, expressed the view that traditions offer a treasure trove of knowledge which can be used by our scientists to compete globally with others to develop new drugs and derive tremendous economic advantage. **Dr. Gupta** also highlighted the difficulties in patenting biological material like plants and known health practices. Expressing his happiness at the workshop in generating awareness on patenting issues, **Dr. P.K. Seth**, Director of ITRC suggested that the recommendations of the workshop should be followed-up at all levels.

February 5, 1999

Ayurveda Academy To Conduct Seminar on Holistic Management of Heart Disease

Ayurveda Academy, Pune, has organized a Multidisciplinary International Seminar on a holistic approach towards managing heart diseases. The disciplines to be covered at the seminar include Ayurveda, Modern Cardiology, Homeopathy, Yoga, Naturopathy, Chinese Medicine Systems, Accupuncture, Accupressure and other allied fields.

The seminar will aim at providing practitioners with tools and concepts to help them provide better management of heart disease which has emerged as among the top killer diseases. The seminar which will have 20 speakers/presentations spread over three sessions will enable cross specialization dialogue and research discussions. Participation costs are Rs. 1750 (US \$ 125) per head.

For further details, contact : **Prof Dr P.H. Kulkarni**, Director, Ayurveda Academy, Opp Mhatoba Temple, Pune 411 029 Tel Nos : (91-0212) 332130/343933 Fax : (91-0212) 363132/343933

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February 6 & 7, 1999

Seminar on Rasayan & Vajeekeeran from Rashtriya Shikshan Mandal

As part of its Platinum Jubilee year celebrations, Rashtriya Shikshan Mandal has organized a two-day international seminar on Rasayan and Vajeekeeran (rejuvenation and vitalization). The seminar will be held at Hotel Holiday Inn, Pune, on 6th & 7th February 1999.

The seminar will provide a venue for interaction between physicians and researchers from the fields of Ayurved, Allopathy and Yoga. Participation fees are : Indian Delegates _ Rs. 1500; Post Graduate Students- Rs. 1,000 and; Foreign Delegates _ US \$ 100 per head.

Rashtriya Shikshan Mandal was founded in 1924 by the late **Mr. N.C. Kelkar** and other stalwarts of Ayurveda. Rashtriya Shikshan Mandal has the following constituent institutions : (1) Ayurveda Rasashala, a research-oriented institute, which manufactures quality Ayurvedic drugs

and (2) Tilak Ayurveda Mahavidyalaya (affiliated to Pune University) for conducting studies from Graduate to PhD levels in Ayurveda (3) Ayurvedic Research Institute (4) A.P.S. Nanal Hospital and (5) Mehendale Dispensary. The Mandal also publishes the Ayurvedic journal, *Ayurvediya*.

September 14- 18, 1999

First Joint Congress on Neuroscience & Psychiatry To be Held in Switzerland

The European Association for the History of Psychiatry, International Society for the History of Neurosciences and European Club for the History of Neurology will host a joint congress on Neurosciences and Psychiatry in Switzerland from 14th to 18th September, 1999.

The first three days of the conference will be held in Zurich from 14th to 16th September and the concluding two days at Lausanne on 17th and 18th September.

ISM Sponsors 1st Ayurved Conference in U.S.A.

The First ever Conference on Ayurveda in the United States to be sponsored by the Department of Indian Systems of Medicine & Homeopathy (ISM & H) was held in New York on 31st October and 1st November 1998 under the aegis of Bhartiya Vidya Bhavan. On the Occasion, a message from the Prime Minister was delivered by Dr D.K. Paliwal, India's Consul for Culture & Education.

The Conference started with Vedic chanting and lighting the traditional lamp by Dr Ashok Vaidya, Research Director, SPARC, Mumbai, Rajavaidya Brihaspatidev Triguna and Smt. Shanta Shastri, Secretary, Dept of ISM & H, Ministry of Health, New Delhi. The conference was conducted by the Bhavan's Secretary Ram Gadhavi.

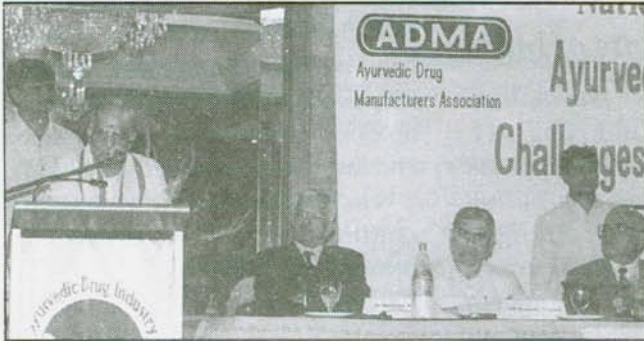
Smt. Shanta Shastri said the significance of Ayurveda is being recognized all over the world due to the fact that the world community needs today a well-developed alternative system of medicine.

Dr PK Warriar's talk on Panchakarma and Vd Triguna's talk on Rasayana and Kayakalpa evoked interest.

The best selling author and expert on body-mind medicine, Dr Deepak Chopra also addressed the gathering.

At the concluding session of the conference, by Dr SK Sharma, Advisor (Ayurveda) announced that the government will support the setting up of an Ayurveda center at Bharatiya Vidya Bhavan, USA. Dr P Jayaraman, Bhavan's Executive Director accepted the offer of the Government and said that efforts will be made to open up an Ayurveda center.

ADMA 1st National Conference Proves A Resounding Success



Shri Murli Manohar Joshi at Valedictory function. Also seen Dr. Narendra Bhatt, Vd. Devendra Triguna, Shri K. D. Shroff



Inaugral ceremony being done by Mr. Dalit Ezhimalai, Mr. Vilas Desai, Mrs. Shania Shastry, Mr. Anand Puranik, Dr. Katiyar, Mr. Avinash Marathe.

The First National event of the Ayurvedic Industry since Independence, held at the Hotel Taj Mahal, New Delhi, from 27th to 29th August proved a resounding success.

The Conference (co-sponsored by the Department of ISM) brought together industry, practitioners, academics, researchers, top policy makers, government officials. The Ministry of Environment & Forests, Department of Science & Technology, the Department of bio Technology as well as representatives from NABARD and EXIM Bank all under one roof to discuss the potential as well as future of Ayurved in an environment of increasing liberalisation.

Over 30 noted experts on various fields addressed the delegates who had come from all over India for this prestigious event.

The Conference was inaugurated by Mr Dalit Ezhimalai, Minister of State for Health, with the keynote address being delivered by Smt Shanta Shastri, Secretary Department of ISM, Ministry of Health.

The Conference concluded with valedictory address by Mr Murli Manohar Joshi, Union Minister of Human Resources Development.

National Ayurved Seminar Held At Kochi

The 5th National Seminar on Ayurveda, organized by Vagbhatsarani was held on 23rd and 24th August 1998 at Kochi, Kerala. Vagbhatsarani is the Faculty of Ayurvedic Research and Studies of the Swadeshi Science Movement (affiliated to Vignan Bharti of the National Science Movement)

The two-day event, called Sastramadham provided updates to practitioners on Udararoga (diseases of the Gastro-Intestinal Tract), with the active cooperation of government agencies and educational institutions.

Eminent vaidyas addressed the delegates comprising practitioners from the fields of modern medicine as well as ayurveda. Vagbhatsarani has also instituted Awards for the two most authoritative papers/presentations.

Swadeshi Science Movement is dedicated to highlighting India's contributions to the world of science and technology from ancient times onwards.

Comparative Ethnobotanical studies provide LEADS to new medicinal uses

Dr. S.K. Jain

We have been studying medicinal uses of plants by indigenous people in the Amazon area of Brazil for several years. Over 500 species of plants are common between India and Latin America. Whereas several medicinal uses discovered by our people are same as discovered independently by the people of Latin American region, several uses were discovered over hundreds of years of experience by the people in American region do not seem to be commonly employed in Ayurveda in India, or even known to Indian ethnomedicinal literature of India. We have published some of this data in the research papers and we have sent in researchers and clinical physicians for further study in Indian conditions.

RECENT BOOKS ON MEDICINAL PLANTS

Dictionary of India Medicinal Plants- 1992

A. Husain, O.P. Virmani, S.P. Popli, L.N. Misra, M.M. Gupta, G.N. Srivastava, Z. Abraham & A.K. Singh, CIMAP, Lucknow-226016, pp 546 Rs 675.00. This book is on same pattern as Chopra's Glossary, with updated brief data, and no Index of local names, no figures. *

Second Supplement to Glossary of India Medical Plants

(with active principles) pp. 444 vol 1 A-K (1965-81) 1992. L.V. Asolkar, K K Kakkar & O.J. Chakre. Published by PID or CSIR New Delhi 12. As the name indicates, the book claims to be the 2nd supplement to the famous glossary of 1956 (by Chopra, et al), the 1 Suppl. being the 1969 publication. It is evident that more parts are expected, to cover L-Z and the period after 1981.

(But book No. 1 claims to be the full revised edition of Glossary (1956).

The book has updated data for spp. in Chopra, et al. and also additional species. The general pattern is same. There are two indices, one to local, regional and trade names, and another to chemical constituents.

Compendium of Indian Medicinal Plants

Vol. 1-4 published 1990 onwards Ed R.P. Rastogi. Authors R.P. Rastogi and B.N. Mehrotra. Publ. CDRI & PID.

Consult alongwith 1956 Glossary of Chopra, et al. Has updated names, chemistry, biol. activity, chemical structures, references, etc. three indices

separately to local names, chemical constituents, and biol. activity.

Medicinal Plants of India

(2 vols.) 1991. S.K. Jain & R.A. DeFilippis, Ref. Publ, Box 344, Algonac Mich. 48001. USA pp. 849 \$ 94.95 Deals with 1844 spp. 248 full page figs. Families arranged alphabetically. Gives local common names, medicinal uses of different plant parts. Three indices to medicinal uses, common names and botanical names. Bibliography of 131 ref. (Available in India from Deep Publ., A-3/27A, DDA Flats, Paschim, Vihar, New Delhi-110 063).

Treatise on Indian Medicinal Plants

Vol. 1 1991, A. Chatterji & S.C. Pakrashi, PID CSIR New Delhi P. 172 Rs. 250.00 (Reported to have emphasis on phytochemistry). More volumes expected.

Dictionary of Indian Folkmedicine & Ethnobotany 1991

S.K. Jain, Deep Publ. pp. 311 Rs. 700 Has 51 colour, 30 halftone and 352 line sketches. Deals with 2532 plants, and provides ethnobotanical data extracted from about 300 references. Has glossary of terms and uses, of Ethnic groups, and Ethnobotanists, and Indices to families and local names. Bibl. of 389 references.

Notable Plants in Ehnomedicine of India 1991

S.K. Jain, B.K. Sinha & R.C. Gupta. Deep Publ. New Delhi. P.219, 51 Fig.

Rs. 275.00. Deals with 203 plants which go into some 300 less known folk claims. Selected local names, habit of plant, distribution, ft. and frt. period, folk use in medicine, brief notes on chemistry & biol. activity and uses known in literature are given. The book has indices to uses, families, local names, English names, and a Bibliography of over 100 references.

CRC Handbook of Ayurvedic Medicinal Plants : 1990

L.D. Kapoor CRC Press C/o Wolfe Medical Publication Ltd London p. 416, \$ 156.00

Medicinal Plants 1996

S.K. Jain (1st Edition was 1968) Publ: National Book Trust, A. 5 Green Park, New Delhi 110 016. Price-45.00 (translated in almost all Indian and many foreign languages, and is in 6th edition/reprint now. Has colour, halftone photos and many linedrawings.)

Major Medicinal Plants of India - 1989

R. S. Thakur, H. S. Puri and Akhtar Husain, CIMAP, Lucknow-226016. pp 585 Rs. 1500. Deals with ecag 150 common M P and gives local trade names, habit, distribution, folk uses, preparations based on it, chemical constituents, biol activity and references Illustrated with sketches and color photos. There is an index of chemical constituents.

Medical Plants and their Cultivation 1993

By Akhtar Husain CIMAP Lucknow-226016.

Medical World of the Tribals (Explorations in illness, Ideology, Body symbolism & Ritual Healing)

By *Dr. Robin Tribhuwan*

(Distributed by the author) C-2, Westview Society,
Salisbury Park, Pune 411037. Price : Rs. 600/- (Ten
percent Discount)

Studies on ethnomedical beliefs and practices of various groups have gained a great deal of significance for health administrators, planners, and policy makers, the world over. Social Science research on indigenous health systems have no doubt contributed in developing culturally acceptable health care and health educational programmes.

The present study offers an indepth understanding of the symbolism in tribal medicine, with reference to their concept of disease etiology, body symbolism, ethnopsychology, nature and role of ethnomedical specialist, mother and child health practices, ethnomedical therapies, ritual healing and health seeking behaviour contributions made by the author will help social and health scientists to take up comparative studies ethnomedicine.

Herbal Options

By *Tapan Kumar Chatterjee*

Published By : M/s. Eastern Traders, Block No. 30,
Flat 178, Govt. Qrt Parnasree Pally Calcutta 700 060
Pages : 234 pages Price : Rs. 200/- Hardbound cover

Herbal Options has been written by a highly accomplished author. He has dedicated his book to the ancient rishis who devoted their lives in search of medicinal plants for the betterment of mankind.

Many of the plants/herbs/shrubs being used today have existed since time immemorial. The information in the 5 chapters has been accumulated from published data, books, scientific journals and is sufficiently detailed systematically to provide for accurate study and applications.

The five definitive chapters include, anti-diabetics, anti-fertility, hepatoprotective, anti-inflammatory and anti-ulcer medicinal plants. The chapters are indicative of the major states of illnesses which are most prevalent in our society today.

The author should be congratulated since he has avoided being overambitious and has refrained from devoting too much time to other therapeutic categories. The results speak for themselves.

The Complete Illustrated Guide to Ayurveda (The Ancient Indian Healing Tradition)

By *Gopi Warriar and Deepika Gunwant. M.D.*

Reviewed by *R.C. Chaturvedi*

This book starts with the definition of Ayurveda as "The Knowledge of the Science of Life" and describes four types of life, with the mind, body, and spirit or soul as the three main pillars of the life, and goes on to explain the panchmahabhuts and doshas within the human body.

It further explains how stress, irregular life styles, eating habits and daily routine creates imbalance in the body, mind and spirit, which leads to physical and mental illness and highlights the objective of Ayurveda as re-establishing equilibrium when ill and to maintain it in order to stay healthy.

From this book one can learn *Ritucharya* (Seasonal Regimen), *Dincharya* (Daily routine), relations of five principal elements with sensory organs, five divisions of each three *doshas* and their activities inside the body in balanced and unbalanced conditions, three *Gunas* (psychic forces) and their concern with Mental and Spritual Health, *Prakirti* an inborn inividual constitution which cannot be changed, three main causes of illness, six stages of imbalanced *Doshas*, eight methods of examinations of patients, five methods for diagnoses, ten diagnostic techniques, four types of classification of diseases, equal importance of prevention and cure, four pillars of treatment, external and internal treatment and their various types, ten fold ethics, combined Psycho-Spiritual Therapy (Satwavajaya), PanchaKarmas, and Yoga Therapy.

The book has superb photographs and illustrations for the benefit of the readers. Another unique feature, beneficial to readers is glossary, a brief summary in all the chapters.

Due to it's original and innovative style of presentation, the book is an excellent introductory text, not only for foreign readers, but for all readers interested in knowing what Ayurveda is all about.

An additional importance of the book is that it's approach to solve the universal health problem is not only on the basis of medicine alone, but also through Indian Philosophy, Psychology, Mythology, Astrology, Surgery, Yoga, and Satwavajaya (combined Psychotherapy and Spritual therapy).

Notably all narration in this book are based on 3000-4000 year old Ayurvedic books which make this book authentic and outstanding.

In Memorium

The Spirit Endures

Late Dr Anant Shripad Bakhle

Founder, Gomantak Ayurveda Mahavidyalaya and Research Centre

Dr. Anant Shripad Bakhle, who passed away over a year ago, almost single-handedly created Goa's leading Ayurvedic college, Gomantak Ayurveda Mahavidyalaya and Research Centre (affiliated to Goa University) and Kamakshi Arogyadham (Health Centre). He has left behind an enduring educational institution, which future graduates of Ayurved from Goa can be truly grateful for.

This independent college, which enjoys no government grants whatsoever, is a tribute to the living spirit of its founder. Dr. Bakhle raised over Rs. 70 lakh almost single-handedly for the building which houses the entire college as well laboratories, wards, medical departments and OPD facilities as well as stocks of fresh medicinal plants.

Each year the college admits 40 entrants for the BAMS course prescribed by the Central Council of Indian Medicine (CCIM).

The college is located 41 km from Panjim on the Panjim-Savardem Road and its Health Centre caters to the health requirements of the outlying rural community.

MINISTRY FOR ISMs?

The Prime Minister, Mr. Atal Bihari Vajpayee has hinted that Indian Systems of Medicine (ISM), which is currently a department of the Union Ministry of Health, could be placed under the charge of an Independent Minister.

The Prime Minister made this statement at the inauguration of the 55th All India Ayurvedic Congress in New Delhi earlier this year. He also promised an increase in the budgetary allocation of Indian Systems of Medicine.

IASTAM welcomes this assurance as currently the Department of ISM receives a mere 5% of the funding from the Health Ministry even though ISMs provide healthcare delivery to almost 70% of the Indian population.

Spreading Ayurved In Foreign Land

Dr. Subhas Ranade, Principal, Ashtang Ayurved College and Chairman, Ayurved International Diffusing College and his wife **Dr. Sunanda Ranade**, were recently in Japan and United States to propagate Ayurvedic knowledge to practitioners.

Their book "Ayurveda and Yoga Therapy" is due for publication in the U.S. and Germany.

FORM IV

(Sec Rule 8)

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|------------------------------------------------------------------------------------------------------------------------------------------|---|------------------------------------------------------------------------------------------------------------------------------------------------|
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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 : 26th October 1996

Dr. K. M. Parikh

(Signature of Publisher)

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