

IASTAM

INDIA NEWSLETTER

*Vol : II *Issue : 5 *April 2018 (Monthly) *Price : Rs. 6/- *Page 8 *Pune

Connecting Systems; Bridging Disciplines

◦ Ayurved ◦ Yoga ◦ Unani ◦ Siddha ◦ Asian Medicine ◦

CONNECTION is the ENERGY
that is CREATED between PEOPLE when they FEEL
SEEN, HEARD, and VALUE

Brene Brown

- Pre Note 01
- Dialogue 03
Prof. Dr. Sanjeev Rastogi
- Our Aspirations 04
Prof. K. N. Udupa
- Perspective 06
- Review 07

PRE NOTE

An Update

Dr. Narendra Bhatt

To take the best advantage of the presence of the awardees and experts during the Delhi event, a thought was floated to take **responses of the experts on their views, observations and recommendations about IASTAM and its activities**. This will definitely help us to revitalise the IASTAM prospects and improve further in the learning process. Dr. Kirti Bhati one of the members of the Managing committee shouldered the responsibility. I am happy to inform that more than a dozen of experts and awardees have been interviewed and responded in a very positive manner. It turned out to be an interesting activity expressing the interest of the esteemed members about the mission of IASTAM and their valuable thoughts. The detailed article will be published in the next issue of Newsletter.

After the success of the Delhi event, we have been fortunate to receive proposals from several individuals and organisations **to host the event for the year, 2019**. We have initiated talks with two organisations. Meetings have been held and thoughts are shared about the subject of the conference that

will be held along with the award function as per IASTAM tradition. We are having important discussions on the significant subjects and nature of the deliberations for the conference.

'OUR LOSS'



Dr. Patangrao Kadam was a visionary mass leader recognized by people, a true social reformer, a prominent educationist and robust contributor to the development of the cooperative sector.

His people oriented balanced support to all medical systems was significant. He strongly believed in modernity and research as necessary tools of development. We at IASTAM were fortunate to receive his blessings and kind support.

In his loss, the AYUSH fraternity has lost a capable and active advocate.

It was very heartening to know that *Asian Medicine* is not only an IASTAM objective but development of Asian Medicine is very much a growing interest among experts. There are many experts interested in Asian ethos and the whole process. This has increased our aspiration to organise *the next major event on Asian Medicine with an Asian Approach*.

Selection of "International Awardee" is an important but prolonged process. Availability of the awardee expert at the time of the event requires proper advance planning. You may kindly give your suggestions for nominations of the IASTAM Zandu International Oration if any to IASTAM office at the earliest for further processing of selection process. I am personally approaching several of the previous awardees for their recommendations and valuable suggestions.

Dr. G. V. Satyavati's Proposal of a *Short-Term Project and Fellowship* in memory of Prof. P. J. Deshpande for research activity are re-invited as the few applications received so far were not found to be satisfactory. I invite the ayurvedic academic fraternity; faculty and scholars to apply for the

project at the earliest.

As the financial year comes to an end; we have undertaken an internal exercise with the help of the financial experts to overhaul and strengthen our requirements with proper planning for coming years. We are also *seeking guidance for investments* within the legal frame that can contribute as permissible by the charity commissioner. We are happy to have a regular inflow of memberships under different categories which is encouraging for our organisation and at the same time increases our responsibility.

Apart from Ayurved, IASTAM is striving hard for *increasing its activities and representation of other systems of medicine*. When the association was established; Unani representation was better initially. With the initiative taken by Dr. Younis Munshi, we are following up on the proposal for further activities in the field of the Unani system of medicine. IASTAM is eager to initiate specific awards in Homeopathy, Tibetan and other systems of medicine. *Going beyond boundaries and expanding the horizons is important and IASTAM will continue to play a catalytic role and will provide a platform for the AYUSH systems.* ○○○

Dr. Manjeet Singh Oration Award



Prof. Ramesh K. Goyal

International Society of Heart Research (ISHR) Indian Section, Chandigarh, conferred

"Dr. Manjeet Singh Oration Award" to

Prof. Ramesh K. Goyal,

Vice-Chancellor, Delhi Pharmaceutical Sciences and Research University, New Delhi and an ardent supporter of IASTAM on 16th Feb 2018 for his sharing his work and innovative ideas.



Prof. R. K. Mutatkar

Prof. Ramchandra Keshav Mutatkar,

One of the Founder Members and First Secretary General of IASTAM, Renowned Scientist of Anthropology and Chairman, Scientific Advisory Group, Special Behavioral Research Division, ICMR

Delivered the Convocation Address and was the Chief Guest at the Convocation Ceremony of Swami Ramanand Teerth Marathwada University Nanded on 11th February, 2018 with Ch. Vidyasagar Rao, Hon'ble Chancellor and Governor of Maharashtra presiding over the function.

DIALOGUE

Dr. Manasi Deshpande - Dialogue by email with

Dr. Sanjeev Rastogi, Recipient of Shri Jugatram Vaidya



IASTAM Award 2018 for Contributions to Ayurveda Teaching; former Director of Rashtriya Ayurveda Vidyapeeth and currently at Department of Kaya Chikitsa, State Ayurvedic College, Lucknow. He is also senior editor of the Journal "Annals of Ayurvedic Medicine" published by Association of Ayurvedic Physicians of India (AAPI).

IASTAM INDIA - VARIED DISCIPLINES with a COMMON GOAL

Q: What do you feel about your achievement as IASTAM awardee?

IASTAM award declaration for excellence in teaching came as a surprise to me. I had been of the opinion that to become an awardee, this requires more of the management rather than the real work. IASTAM award broke this opinion for its fairness and clarity. Being recognized for what you had been doing for past many years in zeal and passion is satisfying for the reason that it gives you a feel of not crying in the wilderness and that there are some people at least who there are to listen. Being awarded and hence recognized also comes with more accountability and responsiveness. I need to be more responsible as an Ayurveda worker because I see that more is expected from the people once they are recognized.

Q: You've been a long duration in your profession, and you've seen heaps of changes taking place in all aspects of life. How do you feel? What are your thoughts?

I have been in profession of Ayurveda for over 25 years and am seeing that a lot has happened during this period. The biggest change which we all can easily perceive is the changing mindset of people about Ayurveda. For many people, Ayurveda has become the primary treatment now and for many it has become an ultimate choice. It is no more a hidden, secluded and empirical system of medicine practiced by a handful people speaking in an alien language. Ayurveda is a house hold name now which was not the situation 25 years back. This is however also noteworthy that ayurvedic people could not change themselves much in this period to match exactly in tune to what is desired from them by the people. So, the gap is still there. Previously the gap was in demand and now it is in supply.

Q: Are you content with all that you've achieved till now, or is there something still missing?

This is an ongoing journey. More you discover, more you find is still remained to be discovered. I am happy that so far, I could contribute a little to the cause of Ayurveda but at the same time, I know that still there is much more to do. Ayurveda is still craving to become a real dependable system of health care in contemporary means. We need to take the pulse of the people to see what they actually need and then should be ready to deliver what is actually desired.

Q: What role IASTAM has played for promotion of Ayurveda and other systems?

I became aware of IASTAM through its international body and its journal 'Asian Medicine: Tradition and Modernity' with whom I am associated for past few years. I had opportunities to attend international conferences organized by its international body and realized that this organization has a distinct mix of people from various disciplines having a common goal., something which is highly required for the growth of Ayurveda. As part of international body, IASTAM –INDIA is doing commendably through its various activities.

Q: Further road map for strengthen the association; please provide your views and suggestions.

To make the association more visible with a greater impact, it needs to get down at ground level to approach young graduates of Ayurveda who are going to be the future stakeholders of Ayurveda. Although the activities of association provide a unique opportunity to youngsters to interact with the doyens of Ayurveda, such opportunities are required to be multiplied in various regions of the country. The association may also initiate its state branches to recharge the local bodies at state level. Activities involving all walks in Ayurveda like education, research, practice may be taken up as the area of concern for association's future activities.



OUR ASPIRATIONS

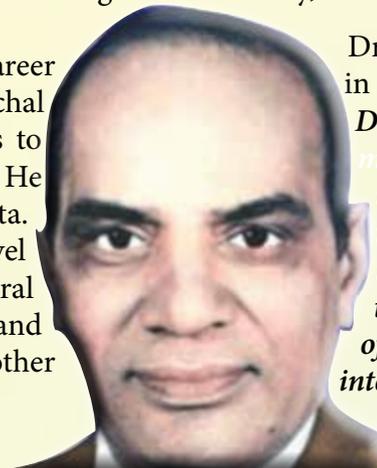
Dr. Vandana Kozarekar provides a profile of

First President of IASTAM-India, **Prof. Dr. Katil Narsimha Udupa** (1920 - 1992)

The Pioneer of Integrative Medicines

Dr. Udupa was born at Kodettur near Katil, Karnataka, India. He graduated in Ayurveda, Medicine and Surgery from Banaras Hindu University. With the desire to become a surgeon he studied modern subjects, worked as a house surgeon at Sir Sunderlal Hospital and at Podar Hospital, Bombay with Dr. Mirajkar; and later acquired the degree - M.S. of Michigan University, U.S.A., and F.R.C.S.; Canada.

Dr. Udupa started his professional career as a surgical specialist at Mandi in Himachal Pradesh. Dr. Udupa's dedicated services to poor patients made him very popular. He was fondly called as - A Modern Sushruta. While working at the grass root level he became interested in integrated rural development, primary health care and services to the masses by Ayurveda and other traditional systems of medicines.



Dr. Shirpa Banerjee writes about him in the biography 'Against All Odds'.

Dr. Udupa always had an inquisitive mind. Even as a student he felt the need to do extensive research in the Indian Systems of Medicine to revive the systems and adopt it for the benefit of the vast population of India; and, for it to be accepted internationally, as a scientific and progressive discipline...

His desire to do the pioneering research was fulfilled when he was invited as a visiting scientist to Harvard University Medical School, Boston; USA. He undertook the research in 'bio - mechanism of wound healing and tissue regeneration.' His studies were published in prestigious journals like Annals of Surgery, New England Research of Surgery, British Journal of Bone and Joint Surgery. He invented devices to perform surgery. He also conducted several major research projects financed by National and International agencies like I.C.M.R., C.C.R.A.S., D.S.T., and W.H.O. He encouraged and was on the editorial board of national journals like J.R.I.M, J.R.A.S, J.R.E.I.M. and quarterly journal of Surgical Sciences.

Dr. Udupa made great contributions as medical educationalist and policy maker in the field of medicine in India. His contribution as a chairman of **Udupa Committee** (1958) was known for several critical observations made by him after visiting ISM institutes all over the country and for empirical recommendations for the development of Indigenous Systems of Medicines.

Prof. Udupa joined Banaras Hindu University in 1959 on popular demand as a Professor of Surgery and Principal of the then college of Ayurveda. He continued as Principal when the Ayurvedic College was converted into the College of Medical Sciences for imparting education to M.B.B.S. graduates. His

Members

IASTAM NEWSLETTER, is yours!

You are invited to participate in its publication.

We assure of our efforts to publish appropriate items falling within the purview of IASTAM from our members.

WRITE TO US / SEND TO US / SHARE WITH US

continued efforts lead to the establishment of an institute of Postgraduate Studies and Research in Indian Medicine in 1963; through which *Prof. Udupa gave a new direction to Ayurveda at National and International level and emphasized the need of scientific studies in this field.* This postgraduate institute of Indian Medicine subsequently expanded to become a full-fledged Faculty of Ayurveda and started giving M.D. in as many as 15 specialties.

Prof. Udupa authored more than half a dozen books, several monographs, and more than 200 scientific research papers. His first monograph was on *'Quantitative Study on The Rate of Fracture Healing by Biochemical, Isotopic and Biomechanical Methods.'* He started and was editor of two medical journals, *the Quarterly Journal of Medical Sciences* (1965) and *the Journal of Research in Indian Medicine* (1967) The monograph on *'Kidney and its Regeneration'* published with Dr. R. H. Singh for his Ph. D. thesis was another mammoth work. He was the editor of books *'Advances in Research in Indian Medicine'* and *'Science and Philosophy of Indian Medicine'* (1978) *'The Principals in General Surgery,'* the book written by him was aimed for the students of both, allopathy and ayurveda. He authored a book *'Heart diseases and Arjuna'* (1989) He always stressed upon *'Rasayana as the unique feature of Ayurveda'* which has the potential to be extensively utilised for the promotion of health in the primary health care system. Later, he developed the interest in yoga and penned down his experiences and research in a book *'Science and Philosophy of Yoga'* and a monograph *'Health for all by Ayurveda and Yoga.'*

He widely travelled throughout the world to promote the holistic approach to healthcare. He was associated with a large number of important committees and organizations including World Health Organization. He was the pioneer in integrative medicine. Though he retired from services (1980); he was actively involved in research and community work. He was one of the most known international personalities who was invited to many countries for his research in Ayurveda and Yoga.

Prof. Udupa received innumerable awards, prizes, medals, honours and distinctions for his commendable work in the field of medicine. Considering the significant contributions to medical education in the country Professor K. N. Udupa was honored with *'Padmashree'* (1972) by President of India. Prof. K. N. Udupa is rightly rated next to Mahamana Pandit Madan Mohan Malaviya, the founder of Banaras Hindu University.

Prof. Udupa delivered the first 'Pandit Shiv Sharma Oration' (1990) for 'excellence in the propagation of Ayurveda or outstanding services rendered to further the cause of Ayurveda'. As first president, he got intimately associated with IASTAM and remained most supportive and active leader of IASTAM until his death. IASTAM – India in his memory has instituted the *'Award for Excellence in Research in Ayurveda or Indigenous Systems of Medicine'*; preferably given to scientist or scholar from modern biomedical sciences for contribution to ayurvedic research.

.....
'It is an old saying, abundantly justified, that where sciences meet there growth occurs'.....
Frederick Gowland Hopkins



MEETING GROUND

Do you need some help? At times we do.

We will be happy to identify a collaborator or an institute by publishing your specific need in brief.

P PERSPECTIVE

We had received a letter from Dr. A. J. Baxi after the IASTAM - DPSRU Event; his words!!!

Strengthening Pharmaceutical Base of ISM**Dr. A. J. Baxi**

Global competitiveness of AYUSH faces many challenges particularly of classical drugs and formulations. Their quality, purity and efficacy must be unquestionable. To face these challenges it is necessary to strengthen pharmaceutical base of ISM. The draft NITI Aayog proposals to revamp ISM are good in many respects. But I feel it fails to recognize the utmost necessity of drug development in ISM field. NITI Aayog should consider to have two separate authorities, one to regulate health care system and the other to regulate Indigenous Pharmaceutical Science education, research and industry. Ayurved/ISM pharmacy courses similar to modern pharmacy courses under the second authority, separate from routine Ayurved/ISM courses run by CCIM, to really connect and bridge the systems. Government must come out with a separate bill as envisaged earlier for the development of ISM pharmacy education, research and industry.

ISM pharmacy students will concentrate more on drugs and formulations i.e. ISM Dravyaguna vigyan and ISM Rasashashtra and Bhaishajya kalpna subjects. It may not be necessary for them to concentrate more on subjects like Kayachikitsa, shalya shalakya, prasutitantra, basic principles etc. Principles of mode of action of drugs will have to be interpreted in terms of modern science with the help of integrated research. Similarly principles of classical methods of manufacture will also have to be explained in modern terms. They will also receive knowledge and expertise in sciences like pharmacognosy, pharmacology, biochemistry, chemical technology and engineering, pharmaceutical validation, pharmacopoeial standards, ethics of pharmaceutical quality and efficacy etc. as these subjects will be taught to them in new course. Due attention and weightage should be given to the development of ISM pharmaceutical sciences by creating a separate authority. Drug becomes acceptable to the world only if it meets the stringent standards of quality, purity and efficacy. This knowledge and technology could only be imparted through a separate and specific curriculum different from routine Ayurved curriculum. There is extensive scope of drug research and drug development in ISM field. I wish the younger generation should take up this challenge to contribute substantially towards the all round development of Ayurved/ISM.

I wish every success to IASTAM in its efforts.

**11th Svanirbhara Divasa****Vaidya Sundarlal Joshi Smriti Puraskara Samaroha - 2018****and****4th International Conference on Panchakarma****30th August to 2nd September, 2018****Mahagujarat Medical Society - J. S. Ayurveda Mahavidyalaya and P. D. Patel Ayurveda Hospital****College Road, Nadiad**

For More Details contact : 0268-2520646; Email : js.int.con2018@gmail.com

REVIEW

Book (English)

'Traditional Herbal Drugs' by Dr. Ashok Wali & Dr. Madhukar Bachulkar Published by Ankur Publications, Kolhapur, 2017

Now a day's documenting traditional uses of medicinal plants and practices have great significance in health care. Authors have made intensive efforts to survey, collect and document traditional practices and uses of medicinal plants of the region. They have travelled extensively and organized several meets with traditional healers for collecting information on identification, medicinal uses, and methods of administration.

Book includes 250 traditional medicinal plants with recent revised Botanical names, along with their taxonomical families and vernacular names. Distribution, flowering and fruiting period of each plant with detailed botanical description has been given for correct scientific identification. Book will be useful for Ayurvedic practitioners, Botanists, Pharmaceutical experts, biologists, Students, Researchers and Environmentalists.

App Andriod

'Free Android App for Kriyasharir students' by Dr. Hemangini Waghulade, Professor & HOD, Department of Kriya Sharir, D. Y. Patil School of Ayurved

An android mobile application '*Kriya Sara*' is designed especially for students of BAMS & PG course. Sanskrit verses are included for easy recite & correct understanding. This application is available on Google Play Store for Free Installation. Some of the important highlights of the application are it is available in offline mode and consumes less memory on mobile.

Link for app as <https://play.google.com/store/apps/details?id=com.ayurveda.kriyasara.kriyasara>

Dr. Manasi Deshpande



IASTAM India is reinviting applications to be sent immediately A Fellowship in the Memory of Prof. P. J. Deshpande

Objective: To motivate young minds for innovation and novelty amongst Ayurveda graduate scholars.

Duration: 6 - 8 Months;

Financial Assistance: Rs. 80,000/-

Procedure: Submission of Application to IASTAM Office on prescribed format and Outline of the projects [Preferable as Brief knowledge, selection of topics, Aims – Objectives, Methodology, and probable outcome].

At the end of the fellowship applicants should provide final report of research activity.

Details available on website - www.iastamindia.org

IASTAM India is reinviting applications to be sent immediately A Short Term Research Project

Objective: To encourage interdisciplinary or cross faculty collaboration between professionals, faculty and groups and to encourage learning and working together for common objectives.

Duration: 6 - 8 Months;

Financial Assistance: Rs. 50,000/-

Procedure: Submission of Application to IASTAM Office on prescribed format and Outline of the projects [Preferable as Brief knowledge, selection of topics, Aims – Objectives, Methodology, and probable outcome].

At the end of the project applicants should provide final report of research activity.

Details available on website - www.iastamindia.org

We welcome our New Members

INSTITUTIONAL

International Ayurved Foundation

PATRON

*Prof. Ramesh Bijlani;
Prof. Dr. P. Ramarao*

LIFE

*Dr. Sanjeev Rastogi;
Dr. Harvinder Popli
Dr. V. K. Kapoor
Dr. Mahaveer Dhobi*



**Join Hands
For Interdisciplinary Activities
For
Development and Global Reach
of
Indian Systems of Medicine
(AYUSH)
and
Asian Medicine**



Reach us at

IASTAM - India Office

Phone: +91-9860085980

Email : iastam.india@gmail.com, Website: www.iastamindia.org

Views and opinions expressed in different articles are entirely of the writers and Authors.

Editorial Advisory Board

Dr. Narendra Bhatt
Prof. Dr. Subhash Ranade
Prof. Dr. Madhukar Paranjape
Prof. Dr. Abhijit Patil
Dr. Vandana Kozarekar
Dr. Subhash Wadodkar
Dr. Kirti Bhati

Editor

Dr. Manasi Deshpande

Admin. Executive - Ms. Anagha Vaidya

Visit www.iastamindia.org

Reach Us

iastam.india@gmail.com

Like Us On



IASTAM NEWSLETTER, Monthly is owned by Indian Association for the Study of Traditional Asian Medicine, Printed & Published by Dr. Vandana Kozarekar, Printed at Ekvira Publicity, Sinhgad Road, Pune, Published at Bharati Vidyapeeth University, College of Ayurved, Dhankawadi, Pune - 411 043. **Editor** - Dr. Manasi Deshpande

From,
INDIAN ASSOCIATION FOR THE STUDY OF
TRADITIONAL ASIAN MEDICINE (IASTAM INDIA)
Bharati Vidyapeeth University,
College of Ayurved, Dhankawadi, Pune - 411 043
Ph. : 020-24373954, 9860085980

To,