## पारंपारिक आशियाई स्वास्थ्य परिषद् - भारत



# IAS TANK INDIA NEWSLETTER

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Connecting Systems; Bridging Disciplines

Ayurved Yoga Unani Siddha Asian Medicine

"Action is the bridge between thought and reality."
- Richie Norton

# Communiqué

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# PRE NOTE

#### **Asian Approach to Globalize AYUSH**

Dr. Narendra Bhatt

#### **Asian Health Organisation!**

While in conversation about our activities, during my recent visits to Gujarat I was reminded not once but twice by two Ayurveda experts of India's move to initiate Asian Health Organization at a meet in Sri Lanka, post-independence, that was not pursued by the then government. This point was reiterated by Prof. A. J. Baxi and Mr. Praful Patel in Mumbai that an initiative in the context of Ayurveda had been taken earlier by Prof. P. N. V. Kurup who passed away recently, and who was former Vice Chancellor of the Gujarat Ayurveda University. His plea remained unattended. This information has strengthened our approach.

#### Asia specifics

Asia, with 60% of the world's population is the most heavily populated continent. Asia occupies more space than the other continents and the challenges faced by the Asian population varies from the rest of the world. Asia, covers an area of 44,579,000 square kilometres (17,212,000 sq mi), about 30% of Earth's total land area and 8.7% of the Earth's total surface area. It is noteworthy that Asia with its 4.5+ billion population is not only large in size but also has variably dense and large

settlements along with vast but barely populated regions. SAARC member states that include Afghanistan, Bangladesh, Bhutan, India, Nepal, the Maldives, Pakistan and Sri Lanka comprise 3% of the world's area and 21% of the world's population.

#### Why is there a need for Asian medicine?

Asian countries representing 4/6<sup>th</sup> of the world's population have aspirations. Challenges emerging in a globalized context are the most important issues that need to be addressed. Health and medical care costs probably has the most significant impact on people's lives. Only two Asian countries, Japan and South Korea appear amongst the top 35 countries having the highest per capita expenditure on health care. Most of the other Asian countries fare very badly when it comes to expenditure on health care, obviously due to low levels of income.

The current quality crisis in America's health care is well recognized. The United States fared especially badly on measures of affordability, access, health outcomes, and equality between the rich and poor. Numerous studies in recent times have led to the conclusion that "the burden of harm conveyed by the collective impact of all of our health care quality problems is staggering" (Chassin et al.,

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1998:1005). Likewise, the President's Advisory Commission on Consumer Protection and Quality in the Health Care Industry (1998: 21) notes that 'today, in America, there is no guarantee that any individual will receive high-quality care for any particular health problem.' A new report shows why American health care performs so poorly compared to its rivals—and suggests that the Obamacare replacement proposals aren't the way to fix it. However, America does perform comparatively well, when it comes to doctor-patient relationships, end-of-life care, and survival rates after major issues like breast cancer or strokes.

Western industrialized societies see disease as a result of natural scientific phenomena and advocate medical interventions that combat microorganisms or use sophisticated technology to diagnose and treat diseases. On the other hand, Asian and most other ancient cultures understand human life and living in the context of nature and not independent of it. This has a greater significance and potential due to limitations of institutionalized medicine as observed from presently available data.

Most cultures have traditional systems of health beliefs to explain what causes illness, how it can be cured or treated, and who should be involved in the process. Cultural issues play a major role in patient compliance. Most importantly the health and medical problems of Asia are drastically different from those prevalent in the western world. Infectious diseases account for 40% of the 14 million deaths in Southeast Asia. In Asia, infectious diseases continue to be a major problem and even in Singapore, developments in medical technology have sometimes, paradoxically, contributed to the issue. Although the attention has shifted over the time from infectious diseases to the chronic metabolic and age-related diseases, infectious diseases still remain a major burden of mortality and morbidity. The excessive use of antibiotics over the last many decades and such other approaches have already limited the scope of modern medicine and the future is bleak. It must be recognized that there are other ways of handling infectious disease instead of only using antibiotics. Asian health and medical problems being different from the problems found within the western world have a health care reach that is different. There is a distinct mismatch between needs and solutions.

Institutional medicine has become dogmatic. It has found resistance even from within with documented

proof. Western countries are struggling hard to come out of it. Whereas conventional medicine in western culture has been able to create a national and geo political structure which is more universal and institutionalised in its healthcare and where health is the subject of the government, in most Asian countries health still remains the concern of the individual and is available only for the poorest people with its limited reach. The gap between the poor and the rich is huge.

#### **Asian Medicine**

Ethno medical traditions or the indigenous systems recognised and practised in Asian countries could be collectively termed as 'Asian Medicine' that include 'AYUSH' as in India. Asian medicine is more culture driven than the individual. These systems are used in different forms for the prevention, diagnosis, improvement or treatment of physical and mental illnesses. Asian Medicine with its long history offers the oriental and universal logic of life that provides a symbiosis between the biosphere and the physical cosmos.

#### **Potential**

For any system to be successful the acceptance by society and people at large is very vital. The principle and practices of traditional medicines in Asia offer such concepts and theories that will be accepted culturally because of the similarity of basic theories. However, though the basic principles may have some commonality, the practices of these traditional systems vary from country to country depending on culture, socio-economic priorities, accessibility, reach of conventional medicine and decisively, governmental policies. Despite similarities in certain instances the solutions offered by these traditional systems may vary country to country. Therefore, the solutions and the priorities could vary for different countries.

Oriental thought as conceptualized for health care in Asian countries has to face the challenge of institutionalized conventional medicine for its promotion and wider acceptance. The challenges that the Asian medicines have to face from the institutional medicine in Asian countries are practically similar. To address the issues of variance, there is a need to identify common areas of activities and to evolve a common method to protect Asian medicine and create its own complementary process. The issues faced could be categorised as follows.

Philosophical - There is a conflict between

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concepts of occidental and oriental thought processes. Whereas the Asian approaches are more complementary to nature the occidental individual driven thoughts are in conflict with nature. Asian medicine being complementary to nature is likely to be more safe and helpful.

Institutionalisation - Institutionalised medicine in the western world is highly funded by the better economies but it is not a model suitable to Asia due to the priority to attend to poverty. There is need to evolve preventive and promotional health care delivery with focus on self-care and on the individual rather than a technology driven curative that requires more resources. Medical challenges are required to be defined and structurally addressed in their own socio-cultural milieu.

Science & Non-science - The concept of scientific v/s non-scientific in the context of safety and benefit to people is necessary. Science without a societal objective has no meaning. Science has to be realistic and is required to be applied in a contextual manner. The objective of science is more important than blind use of technology-based methods and tools.

Safety and Effectiveness - The issues of safety and toxicity as surfaced in recent times, even though occasional, must be addressed upfront. There is a need to accept scientific interpretations that cannot be denied. It is imperative that these issues be understood and methods evolved with utmost vigilance, within the realms of its practices.

**Economy** - The high cost health and medical care are troubling the world over and issues of concerns not only in Asian countries. Economics is getting impacted that has a greater impact on development. Asian Medicine can contribute to the health care cost for better care at lower costs. This will be a foremost contribution in the development of nations.

To face the challenges as categorised above there is need to evolve common identifiable goals.

#### Need for A Common Regulatory Approach

A major step to evolve a conducive international environment could be mutually respected and agreeable regulatory processes for practices, products and learning. The issues of quality and standardisation for the purpose of safety and effectiveness form the biggest challenge. Most Asian countries have put in resources and made efforts to evolve contemporary means and methods for use or practice of traditional medicines. These modalities vary from extremes of parallel existence to complete

integration. Despite the efforts of the last several decades and deployment of resources with the exception of a few, most have failed to develop the right strategy for optimum use of traditional medical systems. Most of the times these efforts based on bio-medicine in the hope of integrative modalities have not helped the promotion of indigenous Asian Medicine; rather they have restrained its productive use and at times have even lead to permanent loss of principles, knowledge or use of beneficial practices and products.

It will not be an impossible task to bring together such information, knowledge and experiences to evolve common structures that will help acceptance and practices within the huge Asian continent.

It will be advisable to undertake discussions for a strategy where a road map could be evolved and commonly identifiable goals could be achieved in a gradual but definitive manner.

#### **Need for a Meet**

It is necessary to highlight the health, medical and economic gains for purpose of coming together of Asian medicine. Reaching out to professionals, experts, researchers and administrators through the right protocol and encouraging direct contact with the multi stream experts will benefit all.

#### **Additional Benefits**

It is also important to note that a common agenda for Asian Medicine will help address several other related issues and challenges. These include - 1. Pollution and environment, 2. Fortification and enrichment of natural resources, 3. Food and nutrition, 4. Awareness Cognizance and development of ethnic culture, 5. Development of heritage and most importantly, 6. A more harmonious, socially oriented medical care.

#### Principle of 'Samanya'

Ayurveda says samanya, commonalty always enriches. It is desirable that Asian countries come together to enrich their medical heritage, develop traditional systems and practices and thereby help to alleviate the pain of suffering within their own eco-systems.

India has experience of a complex officially recognized medical pluralism in the world. It is desirable that it moves forward for an expanded productive use with a futuristic global view.

IASTAM – India as an association firmly believes in "Asian Approach to Globalize AYUSH".

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## Our aspirations

Dr. Vandana Kozarekar provides a profile of

## Former Vice President of IASTAM-India, Dr. P. K. Warrier

The Front Runner of Ayurvedic Renaissance

Aryavaidyan Panniyampilly Krishna Warrier (Born in 1921); an eminent personality among the Fraternity of Ayurved; is the Managing Trustee and Chief Physician at Arya Vaidya Sala (AVS), Kottakal. He received "Aryavaidyan" from the Aryavaidya Pathasala, the present Vaidyaratnam P.S. Varier Ayurveda College, Kottakkal.

Arya Vaidya Sala is the century old Charitable Institution is established in 1902 by the visionary physician and philanthropist; the late Vaidyaratnam P.S.Varier. AVS

offers classical Ayurvedic medicines and Ayurvedic treatments and therapies to patients. At the young age of 32; Dr. P. K. Warrier become the Managing Trustee of AVS. Arya Vaidya Sala started growing under his stewardship and expanded its base from the State level Ayurvedic institution to its present stature of multicore, multi-faceted international organization. With his non comprisining and non-> commercialized approach Arya Vaidya Sala received the highest reputation in India and abroad.

Dr. Warrier *meticulously ensures the basic tents of AVS* that extends financial and administrative support to Vaidyaratnam P.S. Varier Ayurveda College affiliated to the Kerala University of Health Sciences. Arya Vaidya Sala has become a premier destination for scholars, students and patients alike, both from within India and overseas. *As a Research Institution, Arya Vaidya Sala is recognized by Ministry of Science and Technology, Govt of India*. The competitions held, and awards instituted by Arya Vaidya Sala is a unique way to create competitiveness among students and professionals that certainly help to enhance the knowledge.

Dr. Warrier as a senior most practicing physician in the country; his insightful wisdom in Ayurveda and vast clinical experience is widely acclaimed. He has played the significant role to safeguard and nurture ayurvedic clinical practice. Dr. Warrier always respects and follows cultural and societal values. His service to humanity is immeasurable. His profound knowledge of ayurvedic fundamentals with research acumen leads to evolving various research programs with adapting modern scientific methods in the areas of drug standardization, drug development and specially in the fields of rheumatoid arthritis and cancer.

CALENDER 4th International Ayurveda Congress

Traditional Natural Remedies from India and Europe
Exploring a 340-Year Relationship between Netherlands and India
1 - 2 September 2018, Leiden, The Netherlands
For Details visit - https://internationalayurvedacongress.com/

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Dr. Warrier's another valuable contribution is the extensive research on endangered plant species in collaboration with Department of Biotechnology, Govt of India, IDRC (Canada) and Sir Dorabji Tata Memorial Trust. The Centre of Medicinal Plants and research at Kottakal with distinguished study garden for students and researchers and recognized as a centre of excellence by Department of AYUSH would not have come up without Dr. Warrier's deep interest and genuine concerns about preservation of medicinal plants.

Vd. P.S. Varier had recognized the importance of bringing out literature for the growth of Ayurveda. Dr. Warrier continues the legacy with the publication of 'Kottayam Ayurveda Series'; a reference manual for students and dctors. 'Aryavaidyan,' the English quarterly Journal published since 1987, provides a platform for the publication of research papers in Ayurved. Dr. Warrier's writings and speeches on inter and intra-disciplinary subjects are highly acclaimed by the scholars; published in the book 'Padamudrakal' in Malayalam. The five-volume co-authored treatise 'Indian Medicinal Plants- A Compendium of 500 Species' is another documentary proof of his vast knowledge of medicinal plants.

Dr. Warrier's progressive ideas enabled him to enhance the acceptability and credibility of classical Ayurveda. His dynamic and visionary leadership rightly honored by inviting him to hold various high positions in many national and international committees sited few as President; All India Ayurvedic Congress, President; Kerala Ayurveda Mandalam, Member; Scientific Advisory Committee; CCRAS, Member; Pharmacopoeia Commission for Indian Medicine. In recognition of his unique academic achievements, he received the degree D. Litt; The University of Calicut, Doctor of Medicine; Medicina Alternativa; Copenhagen, and D.Sc. from Jamia Hamdard; New Delhi, Mahatma Gandhi University; Kottayam and Kerala Veterinary and Animal Sciences University.

Dr. Warrier has received several prestigious awards, few mentioned here such as *Chilla Pratibha Puraskar* by the Hon'ble Governor of Tamilnadu, International *Bhoopalman Singh Award from Nepal*; 'Dr. Poulos Mar Gregorios Award' for his contribution to the development of Ayurveda, the prestigious *Dhanvanthari Award*, the 'Management Leadership Award' award instituted by Kerala Management Association (KMA) and to crown it all, the President of India bestowed on him the title of 'Padmashri' and 'Padmabhushan'.

Dr. Warrier was a strong supporter of the World Health Organization's Alma Ata Declaration, advocating co-operative efforts in the field of medicine; the core objective of IASTAM. IASTAM received his active support since its inception and he blessed several of our events. 'A man with the mission' Dr. Warrier is an inspirational force to many. Dr. Warrier delivered 'Pandit Shiv Sharm Oration' for Promotion of Ayurveda at IASTAM Oration & Award Function - 2003.

'The Best Way to Find Yourself is to Lose Yourself in the Service of Others' .. Mahatma Gandhi

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Our New Life Member Dr. I Ramakrishna

CALENDER 11th European Congress for Integrative Medicine & 5th International Ayurveda Congress - Ljubljana, Slovenia
"The Future of Comprehensive Patient Care" - 21 – 23 September 2018
For Details visit - http://www.ecim2018-slovenia.org/

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### 12 EXPERTS SHARE VIEWS ON IASTAM - INDIA APPROACH. ACTIVITIES AND ASPIRATIONS

'DIALOGUE' has been a new initiative

by dynamic leadership of IASTAM to introspect and grow. The team decided to take advantage of the presence of many experts during the Delhi event. A well thought plan was put in place to take responses of the experts, their views, observations and suggestions on our activities.

Dr. Kirti Bhati, a motivated member of our managing committee enthusiastically took up the responsibility and video recorded the views and opinions of 12 experts over 3 days. Here is the outcome, satisfying and encouraging.

IASTAM is recognized to endow an interdisciplinary platform to promote multidimensional studies in the field of indigenous systems of medicine. It strives to bring together scholars, scientists and experts from different faculties and fields and helps to consign their efforts for growth of AYUSH systems so as to enhance their performance. The responses provide a variety interesting interpretations, remarks and propositions.

#### UNIQUENESS OF IASTAM

IASTAM brings certain intellectual depth, research orientation and perspective of setting the traditional medicine, epistemology and philosophy at the global platform says Dr. Ram Manohar. Dr. C. K. Katiyar appreciated IASTAM as an association established with a purpose to promote Asian traditional medicines. He valued its interest Director, Amrita Centre for Advanced Research for the promotion of especially ayurved and other Indian traditional

**IASTAM** brings certain intellectual depth, research orientation and perspective - Dr. Ram Manohar, Research in Ayurveda (ĀCĀRA), Kerala

medicines as a part of Asian medicines since its establishment in India. Dr. V. K. Joshi having same view has noticed its increasing visibility all around India and also the world over.

To encourage Initiative - Dr. Ramesh Bijlani recognizes the need for these traditional systems to get their



He recognises the need for these traditional systems to get their rightful place.- Dr. Ramesh Bijlani, Sri Aurobindo Ashram

rightful place, considering the misunderstanding and prejudice amongst the allopath about the systems. A modern medical man himself, he critically observes of this prejudice being coupled with a lot of ignorance. He quotes Sir Aurobindo, "if we accept

some thing it should be because we understand it and if we reject something it should be because we understand it", His concerns are of many practitioners of modern medicine and lay persons reject it without knowing. He encourages this initiative of bridging footage to grow vast with disciplines. right path thinks Dr. Ikhlas

Connecting globally - The goal of IASTAM is to include the whole Asia, though more emphasis is on Ayurved and Yoga; they are

hopeful for Unani medicine, Siddha

Pan Asian activities to expand the horizons so that more people and countries can get involved.-Dr. C. K. Kativar, CEO Health care (Technical), EMami Ltd, Kolkatta



medicine, Homeopathy and other traditional Asian systems. IASTAM, thinks Dr. Ikhlas Khan is on the right footage to grow vast with the right path. Dr. Katiyar also has same about pan Asian activities to expand the horizons so that more people and countries can get involved.

Visibility through AYUSH & Asian System - Asian medicine is growing, India is making a mark internationally; Dr. Raman Dang considers IASTAM initiative for a text on Asian Medicine as a praiseworthy effort, he took note of variety of IASTAM



Asian medicine is growing, India is making a mark internationally - Dr. Raman Dang, Registrar, Delhi Pharmaceutical Sciences and Research University, Delhi

It is on the right

Khan, Director, National Center for

Natural Products Research, Univ. of

Missisippi, USA

**IASTAM NEWSLETTER** May 2018 publications, their quality and emphasized for more of such moves. Dr. Ramesh Goyal recognized IASTAM's commendable job in the promotion of AYUSH in a true sense in propagating the traditional medicine to the right direction. He feels need to be amalgamated



with the modern concepts such that the products coming out or the traditions which are there are globally acceptable. Dr. Larry Walker envisages that the meets and conferences by IASTAM will help to establish collaboration between USA and establish collaboration between USA and India or China or other Asian countries where traditions are rich.

The meets and conferences by IASTAM will help to India or China or other Asian countries where traditions are rich- Dr. Larry Walker, Senior Associate Director for Strategic Partnerships, Research Institute of Pharmaceutical Sciences,

University of Mississippi, USA

*Initiate a better approach* - Dr. Ikhlas considers this organization with a vision trying to bring not only Indian or Asian systems

and people having a lot of potential for the same cause and health of people not only in Asia but also globally. Dr. Tabassum commented on website of IASTAM and saw a wonderful array of activities planned over the year. The three days interaction with the team gave her a new insight into traditional knowledge its activities which she was not aware previously. Mr. Mark Rosenberg recognizes IASTAM as a well-



Asian systems of medicine will be getting more and more visible and integrated into the global healthcare. - Mr. Mark Rosenberg, Director of the European Academy of Ayurveda, Germany.

established association in India with international links of people and institutes also. The vibrant activities of this association in India; gave him a big hope that the Asian systems of medicine will be getting more and more visible and integrated into the global healthcare.

#### INFLUENCE OF IASTAM

Contribution of 38 years - Dr. Goyal appreciated IASTAM working over 38 years to bring the laurels

to the distinguished scientist of Ayurved or traditional practice. He believes it is committed to the cause for the promotion of these systems of indigenous medicine. IASTAM plays a key role in development of the field, the visibility and accessibility to the whole community as applauded by Dr. Ram Manohar.



IASTAM working over 38 years to bring the laurels to the distinguished scientist of Ayurved or traditional practice - Dr. R. K. Goyal, Vice Chancellor, Delhi Pharmaceutical Sciences and Research University, Delhi

Broadening the horizons - Dr. Walker would love to join and be a part of IASTAM but is not sure about the specific avenues that are available in terms of the efforts. He is very grateful for the opportunity to be a part of it, and is looking forward for more opportunities for research between his institute in USA; natural products and the Ayurvedic community in India. Mr. Mark Rosenberg was happy to learn about IASTAM and prospects to collaborate and hopes



Highly impressed by the work IASTAM is doing for the promotion of Indian traditional

to find new ways in working together with his institution in Germany. Dr. V. K. Kapoor, was highly impressed by the medicine, particularly in Ayurveda taking it work IASTAM is doing for the promotion of Indian traditional to global standards. - Dr. V. K. Kapoor, Director medicine, particularly in Ayurveda taking it to global standards. (Research), G.H.G. Khalsa College of Pharmacy, Ludhiana It is becoming more popular in western countries visible by the fact that the number of foreigners from Germany, Switzerland,

and America are associated with IASTAM. They have their own centers of promoting traditional medicines and Ayurveda. He is sure, IASTAM contribution will go a long way in taking traditional medicines to a greater height indirectly improving the exports of traditional medicine or formulations abroad.

**Previous meets** - Dr. Ram, recalled his first encounter with IASTAM in 1990 when he was still a student attending an international conference in Mumbai. It was an important event in his life at that time which actually exposed him to a global platform. He further stated that he got exposed to international scholars working in the field of traditional medicine; it greatly influenced the way he developed his path in Ayurved. It also led to his participation in future, another conference in the Germany where he was invited as a speaker.

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Padma Shri Paneenazhikath Narayana Vasudeva Kurup, a well-wisher of IASTAM - India was an Ayurvedic physician, medical researcher, medical writer and the founder director of the Central Council for Research in Homoeopathy (CCRIMH). He was also a former vice chancellor of the Gujarat Ayurved University, Jamnagar and a former advisor of the Indian Systems of Medicine and Homoeopathy (ISM&H) of the Ministry of Health and Family Welfare. He published several articles and a book, A Handbook on Indian Dr. PNV Kurup Medicinal Plants, on the traditional Indian medicine system. With his sad demise, the AYUSH fraternity has lost a dynamic leader.

**Contributions** - Dr. Tabassum admires the session organized as a part of the award ceremony function

Admires the session organized as a part of the award ceremony -Dr. Tabassum Khan, Professor, SVKM's Dr. Bhanuben Nanavati College of Pharmacy, Mumbai



with lots of participation from young students who are prospective practitioners and pharmacists of future. She wishes IASTAM all the best for a fantastic endeavor and work ahead so that it grows as an organization spreading the concept and usefulness of AYUSH system at a global

platform. Dr. Anand Chaudhary recollected, his association with IASTAM just when he entered in PG course in 1994 at Banaras Hindu University. He used to hear about IASTAM from his teachers; then he came to know a lot when he became an IASTAM member in 2008. Since then he is observing this association growing excellently day by day.

**Publications** - Dr. Ram, believes that IASTAM has already built up a lot of resources of publications and all the events that IASTAM has conducted are resulted into publications. These can be very important and interesting material for younger Ayurvedic generation. Dr. Chaudhary observed that the activities, conferences and views in its newsletter are helping the young generation. The speeches of stalwarts of

The activities, conferences and views in its newsletter are helping the young generation. - Dr. Anand Chaudhary, Professor, Former HOD, Faculty of Ayurveda, IMS, Banaras Hindu University, Varanasi



ayurved published, provoke the readers with the thought process for the development of ayurved, introducing both, the ancient and the contemporary knowledge.

To be continued in next issue.....

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

#### **Editorial Advisory Board**

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To,

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