

IASTAM

INDIA NEWSLETTER

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Connecting Systems; Bridging Disciplines

Ayurved Yoga Unani Siddha Asian Medicine

**ASIAN
MEDICINE**

EVENTS
AYUSH Research for New India
Amrita Samyogam 2017
ICTAM IX

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Presidential Note

Why Asian Medicine?

Dr. Narendra Bhatt

Why Asian Medicine?

In global context Asia represents ancient civilisation and oriental thinking. Obviously, Asia also is a cradle of medical thoughts, philosophies and practices. Even today, unlike in other parts of the world, particularly in the western world dominated by biomedical advances of last 150 years; the traditional systems of medicine in Asia have deep roots and have survived in many countries either by practices or as institutionalised systems of medicine.

Asian Medicine has a long history. It is widely accepted and practiced in Asian Cultures. Asia is the most heavily populated continent with 60% of the world population and more than 50 countries with similarity in culture, beliefs, approaches to purpose of life and living, knowledge about medicinal herbs and ingredients of natural origin and even systematised knowledge of structure functional relationship. These systems have common approaches to link the personal health care in the context of nature (cosmos) and balance between the two forms the basis of health and illness.

It is therefore but natural that the Asian countries face similar challenges for their approach and utilisation of ancient knowledge base either in fully systematised or traditional way to integrate it with present day medical needs that are highly defined and dominated by the bio medical thought processes. It is desirable that these systems come together having common roots to share their experiences, examine challenges and evolve solutions that will benefit major proportion of their population in effective, economic and safe manner.

India is the only country with recognised medical pluralism in the world. It is in the interest of its own systems like Ayurved, Unani, Yoga and others to provide a platform and to take initiative to bring together the Asian medicine so as to develop a roadmap for mutual benefits and complementary outcomes. It will also help to create conducive environment and regulatory acceptance. To follow the simple principle of Ayurved, "*Vrudhi Samanehi Sarvesham*", similar increase, it is desirable to come together due to common roots to take on present day

medical challenges originating from different paradigm. Such an approach will help greater awareness and reach of AYUSH systems.

The need for *Asian Meet* has now been recognised. I am in touch with the Ministry of AYUSH to initiate the process. India should initiate the activities for the Asian Medicine to come together. While editing the book on Asian Medicine, this has become more and more clear to me. There are many similarities, common requirements and ethno-cultural similarities in Asian Medicines. The need is to ensure the role these systems can play in their own socio-political structures. Keeping this in mind there is need for us to meet together and an international initiative can be taken by India.

IX ICTAM

It was interesting to participate at IX ICTAM, eighth in a row for me. It was interesting for being a witness to the changes on nature and shape of interest and activities in Asian Medicine from 1984 till 2017; probably being the senior most and the only one. Thanks to persuasion by Prof. Angelika Messner and Reinhard Bogle that I could meet many old friends and office bearers of International council as Paul Unschuld, Judith Farquar, Volker Scheid, Vivienne Lo, Herbert Schwabl, Yeonseok Kang, Dominik Wujastyk, Marta Hanson, James Flowers, Stephen Kloos, Marten Bode, Nicole Barnes and several others.

It was an experience to address the group at the Key Note Panel; 'Health Promotion through Yoga, Ayurved & others' and Round Table on 'Standardisation, Evaluation and Implementation of Asian Medicine in Global Health Settings' chaired by Michael Heinrich of UCL school of Pharmacy, with key notes by Nenad Kostansjek of WHO and others.

Dr. G. J. Meulenbeld

While in Kiel I learnt of the sad demise of the legendary Sanskrit scholar Prof. Dr. G. J. Meulenbeld. At III ICTAM in Mumbai he was the recipient of the Basham Award 1990. He was a true rishi of ancient knowledge in spirit and action. The next issue will carry a separate feature on this great scholar.

IASTAM International

Prof. Angelika Messner has taken charge as the President of IASTAM International along with the new council members. A new constitution will be registered in Germany as there was no constitution in place for many years. The council and its approach are dominated by scholars from humanities like social sciences, anthropology, and linguistics. Though there is representation from Yoga and

Sowa Rigpa the dominance remains that of Traditional Chinese medicine. I wonder whether the activities will be more an international event every 3 – 4 years and a Journal continued with much effort. Primary objective of IASTAM is linking professionals and scholars to activities. We at IASTAM – India have rightly emerged with a new theme "***Connecting Systems; Bridging Disciplines***" that proves to be an important step. We will persuade it further.

Amrita Samayogam 2017

It was interesting to participate at the 'Amrita Samayogam 2017'. There were very useful discussions and several initiatives have been planned. The outcome of those discussions will be eagerly awaited.

National Symposium

The National Symposium on 'AYUSH Research for New India: Vision and Strategies' gave new dimensions in research. The challenges are many. I am sure this discussion will provide a road map for evolving new integrative modalities. We will have to ensure that it works within the framework of the Ayurvedic fundamentals to enrich and nourish our systems.

The new enthusiasm and interests are observed. Let us hope that in all these areas of research and academia, the activities will take shape for better and richer growth of our systems. There is a palpable change if one goes by these events.

High Level Committees – Cancer Project

It is very appropriate that the Ministry of AYUSH has decided to take up challenges in the field of Diabetes and Cancer. Necessary steps are being taken by formation of 'High Level Committees' in these areas. In cancer, we have to define the role that our researchers can offer in a novel way rather than following a path that may not give opportunity to document true attributes of AYUSH. It is desirable that we undertake a systematic approach to these challenging disease conditions. The approach should be how to derive maximum benefits in a specific manner and less time rather than diffusing our energies. Defining achievable goals will be a key to success.

IASTAM Awards and Function 2018

The selection procedure for the IASTAM Oration and awards has been initiated. We plan to complete the process by 30th October 2017. This will help us to organise the next event in a proper manner. The selection procedure for the IASTAM – Baidyanath Awards 2018 has also started.

We had approached several institutes and responses were received for the award function 2018. We have received confirmation from Prof. Ramesh Goyal, Vice Chancellor,

Delhi Pharmaceutical Sciences & Research University, Delhi. *Accordingly, 2018 function will be held in Delhi on 3rd – 4th February 2018 along with an International Seminar on subject of significance. A pre-conference workshop is also proposed.*

Dr. G. V. Satyavati Proposal

We have made announcement of the 'Fellowship' and 'Short Research Project' sponsored by Dr. G. V. Satyavati. We are also planning a workshop. Prof. Kalpana Sathe will

be joining us at the next managing committee meeting to work out the details of the workshop.

Journal, Website and Social Media

Preparations are already on for a practitioner oriented journal under the leadership of Prof. Kavita Indapurkar.

We are in the process of revamping our website. The use of today's technology tools will help in reaching more experts from the fraternity and remain connected. We welcome your suggestions.



Editorial

Dear Members,

Hello, Greetings from IASTAM India!!!

Three major events were organized by various institutes in the month of August at Pune, Kochi and Keil, Germany.

Ministry of AYUSH has awarded a grant for Center of Excellence to build a collaborative research network of premium institutes from India and abroad for strengthening research in AYUSH. Amrita Samyogam 2017 was focusing on the Integration modalities for Cancer, Diabetes, Neurodegenerative Diseases, Musculoskeletal Diseases and Mental Health.

Language, concepts, world practices of Traditional medicine knowledge needing precise translation with help of scientific tools and clinical models was the major outcome ICTAM IX. President Dr. Narendra Bhatt actively

participated in all the events and shared his wide experience, views and suggestions.

You can find the reports of events in the following pages.

We have initiated the Baidyanath Award procedure. I request all our distinguished members to propagate and circulate the information of Baidyanath awards to the researchers, faculties working on Ayurved Classical products in the category of Standardization, Validation and Technological adoptions. You can find guidelines on the page no.8 and also log on to website www.iastamindia.org.in.

We look forward to your full participation through review articles, book reviews, and most importantly, your support in any small way possible.

Prof. Dr. Manasi Deshpande



2nd International Conference on Vedic Living & Healing at Mauritius

16 – 20 September 2017

Organised by

International Vaidik Foundation & All India Ayurvedic Specialists (P.G.) Association

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Tadvidya-Sambhasha Ayurveda XII

Saturday 18 to Sunday 19
November 2017

India's preeminent platform for Integrative Ayurveda

Organized by Dr.Palep's Medical Education and Research Trust

Venue: (YeshwantBhavan, 2nd Floor Auditorium, Lower Parel, Mumbai)

E-mail: drpalep@gmail.com/funde.snehal@gmail.com

Phone : +91 9820700270/
+91 8850428234

International Congress

ICTAM IX, the 9th International Congress on Traditional Asian Medicines - Prof. Reinhard Bögle

August 6-12, 2017 Kiel University, Germany

“The role of traditional Medicine is often not well documented and often underestimated.” said B. Schwartländer representative of WHO in his welcome message at the Opening Ceremony of the Congress on August 7, and he continued: “only by bringing together excellence in research with clinical insights we will be able to approach and overcome the challenges in the realm of health care at a global stage.” The intention of the founder of IASTAM, Basham and Leslie was “to build bridges” and these “intention and legacy are still extremely valid” stated Prof. Paul Unschuld the most senior IASTAM scholar. Translation in the broad sense of not only languages, but also cultures and future was one of the main topics of the conference with the title: “Studying and Practicing Traditional Medicines today.”

Therefore round table has got the title “**Standardization, Evaluation and Implementation of Asian Medicines in Global Health Settings.**” The round table involved highly relevant people, like N. Kostansjek from WHO, who works on common language for diagnosing and coding Traditional Medicine Conditions, he thinks we need “a common language for health”, Prof. C. Herr, Bavarian State Health and Food Authority Munich, who spoke on **Yoga as a preventive measure** or Dr. Narendra Bhatt, who mentioned **the importance of Traditional Medicine in India** and pointed out the difficulty of English language now used, instead of the traditional Sanskrit. Caroline Herr said “more could be done in **the environment and public health**”, Kostansjek added “nobody should go away from **the biopsychosocial model of health and disease**”, Bhatt explained how the environment and the day and night rhythm can be understood in terms of biorhythm (sāmānya and how a person interacts with it specific (vishesha).

Another important keynote was given by Thomas Bosch an important systems biologist and micro biologist. He studied in depth the microbes which are hosted by humans and animals - a billion years of coexistence. Around 90% we are not we, but we have an individual inner environment of microbes and this inner environment is disturbed by the way we live and eat nowadays. He showed in details

how the products of the microbes influence the stimulation of the nerves. Because of that the kinds of diseases which happen have changed in the last 50 years tremendously. There is much less infections and much more Diabetes 1, Asthma, Irritated Bowel Syndrome, Multiple Sclerosis and Obesity. He calls them nature deficit disorders. Therefore he gives Ayurveda with its idea of looking at the diet, the digestion, the live style and more, a great importance for future. Because these are part of the risk factors and changes.



Prof. Angelika Messner, President
Dr. N. Bhatt Vice President
– IASTAM International.

ICTAM IX provided panels, workshops and clinical modules on Ayurveda, Chinese Medicine, So-wa-rig-pa, Unani, Siddha, Korean Medicine etc., which showed different development in research, integration and national regulations.

A panel chaired by Prof. Reinhard Bögle worked **on guidelines for Yoga**. Monika Leye showed **guidelines for psychosomatic and lung patients**. She showed that the marmas of the chest (sthanamula, sthanarohita, etc.) proper supported by a bolster, give the guideline to work with such patients. R. Bögle pointed out that the yoga research in future should describe in detail what really was done under the name of yoga. At the moment this is often missing. Laura Puerto showed that there are valid studies to show that **Yoga reduces stress at the workplace**.

An Unschuld-Fest-Symposium honoured the famous translator of Chinese medical texts and historian of medicine. He also was the one who first pointed out that there is no Traditional Chinese Medicine. There are only small regional traditions, which were integrated and reduced by Mao in a new way into a common system of Traditional Chinese Medicine to impress the West. Prof. Paul Unschuld is working on clear translations, instead of wrongly bringing modern concepts into old text by using their terminology. He also found out that the old Chinese model of health and disease was that of the small upper

class. It is an administrative model and not biological model, one should keep the body in order like to keep the state in order.

In the closing session Dr. Narendra Bhatt was asked to say a few words about the famous Gerit Jan Meulenbelt, who died this year (1928-2017). He pointed out that the Dutch scholar Meulenbelt is in India and around the world the most accepted translator of texts from Ayurveda. He studied medicine, practiced as psychiatrist and studied Indology with the famous Jan Gonda. His first main work was the translation of *Mādhavanidāna* 1974. May be even more well-known his work: "A History of Indian Medical Literature" (1999 onwards in 5 volumes), which is recognised as the standard. *Carakasamhita* and *Susrutasamhita* he describes in detail in the form of a synopsis. It is a unique source for an English speaking reader of the original Ayurveda easy readable for the beginner and with the specific informations for the specialist. All important technical terms are kept in Sanskrit and added with an English translation. The books have several indices so that they can be used as a lexicon of Ayurveda. In 1990

Meulenbelt received the first Basham Medal in Bombay.

The Basham Medal Award this time was given to the most important Japanese historian Shizu Sakai and the American anthropologist Judith Farquhar.

Prof. Angelika Messner has become the new president of IASTAM, as General Secretary James Flower continues; treasurer has become Prof. Reinhard Bögle.

Angelika Messner pointed out that IASTAM has a vision to commit. This is to show what the potential of Traditional Medicine is and to make it understand. The translation of Traditional Medicine in east and west needs clear cut and precise language, concepts, world practices and institutions. Practices are already part of the world but the knowledge has to be precise and scientific. All members of IASTAM should move on with every ones speciality and expertise. We need to reflect on what has been achieved so far and on the doors which need to be opened for scientific and clinical models. At the end she said: "I invite everybody with your input, engagement and commitment."



International Conference

Amrita Samyogam - Brief Report and Action Plans

Amrita Samyogam 2017 - International Conference on Integrative Ayurveda and Modern Medicine was held at Amrita Institute of Medical Sciences, Kochi on 6th and 7th of August 2017. Attended by more than 1000 delegates representing Ayurveda, Modern Medicine and Modern Science; about sixty resource persons took part in the deliberations of Amrita Samyogam 2017 Conference from United States, Germany, Italy, Latvia, Argentina and India and about 100 Institutions were represented including 22 States from India.

The **Special Secretary** of Ministry of AYUSH, *Dr. Rajesh Kotecha*, The **Advisor** of Ministry of AYUSH, *Dr. Dinesh Katoch*, **Scientist** from Office of the Principal Scientific **Advisor** to Government of India, *Dr. Ketaki Bapat*, **Director** of National Institute of Cancer Prevention and Research, *Dr. Ravi Mehrotra*, the **Director** of All India Institute of Ayurveda, *Dr. Abhimanyu Kumar* and **Director** of NIMHANS, *Dr. BN Gangadhar* were amongst the top government officials

who attended the conference.

Academic sessions of the Conference included a Pre-Conference Workshops on Scientific Writing and a Pre-Conference Meeting on Integrative Oncology. There were 11 Plenary Sessions and 2 Featured Plenary Talks, 2 Panel



Inauguration Function

Discussions, 9 Parallel Sessions, 3 Break Out Sessions and 2 Poster Sessions. The Plenary Session featured 31 talks and the Parallel Sessions featured 16 talks. There were 50 Oral Abstract Presentations and 70 Posters.

The focus of the Conference was primarily Clinical Integration of Ayurveda and Modern Medicine by identifying areas for Cross Referrals as well as Multi Modal

Combined Treatment in specific diseases like Cancer, Diabetes, Neurodegenerative Diseases, Musculoskeletal Diseases and Mental Health. In order to strengthen the Clinical Integration, the conference also proposed to discover biological mechanisms through basic science studies and Integrating new technologies for effective delivery of treatment at point of care.

The Plenary Sessions sparked off new thoughts and opened up avenues for Integration in these five Specialties. Some of the leading experts and thought leaders in the field participated in these sessions.

Dr. Jeffrey White from National Cancer Institute, USA, Dr. Ravi Mehrotra from National Institute for Cancer Prevention and Research, Noida, Dr. Pavithran from Amrita Institute of Medical Sciences, Dr. Narendra Bhatt from Bharathi Vidyapeeth, Pune and Dr. Arvind Kulkarni from ICTRC, Pune led the sessions on Cancer. Dr. Daniel Furst, University of Los Angeles, California, USA Dr. Christian Kessler, Charite Medical University, Germany and Dr. Vishal Marwah, Amrita Institute of Medical Sciences led the sessions on Musculoskeletal Diseases.

Dr. Nereo Bresolin, University of Milan, Italy, Dr. Anand Kumar, Amrita Institute of Medical Sciences and Dr. Syam Unnikrishnan, ESI, Kollam led the sessions on Neurodegenerative Diseases.

Dr. Valdis Pirags, University of Latvia, Riga, Latvia and Dr. Harish Kumar, Amrita Institute of Medical Sciences led the sessions on Diabetes. Dr. Antonella Delle Fave, University of Milan, Italy and Dr. B.N. Gangadhar, NIMHANS, Bengaluru led the sessions on Mental Health. Dr. Manoranjan Sahu, Benares Hindu University, Varanasi and Dr. Shanti Nair and Dr. Jayakumar from Amrita Centre for Nano Sciences and Molecular Medicine led the sessions on Integration of New Technologies. Dr. Ketaki Bapat, Scientist from the Office of the Principal Scientific Advisor to Government of India, Dr. Krishnakumar Menon, Amrita Centre for Nano Sciences and Molecular Medicine and Dr. Rama Jayasundar from All India Institute of Medical Sciences led the discussions on Basic Science Research to understand biological mechanisms underlying Ayurvedic interventions.

In the course of the deliberations and discussions, the following actionable points emerged

1. The details of the strategy and action plan of the National Health Care Policy 2017 mentioning Integrative Medicine and Pluralism needs to be worked out.

2. Integrative Medicine in India has centered around the debate on “cross system practice”. The focus has to shift to collaboration between practitioners in the interest of the patient. Establish Integrative Clinical Centers where work as a team to provide the best care for a patient.

3. There is a need to develop guidance and recommendations based on evidence/data generated from well conducted studies to identify diseases/conditions where cross referrals or multimodal combination therapy would be advantageous for the patient.

4. Evidence for nurturing the integrative approach can be generated broadly from two sources - 1. Well written Case Reports and 2. Well conducted Clinical Trials.

5. The need for capacity building and training for designing and conducting clinical trials that meet global standards was emphasized. Educational programs were proposed involving global experts for training in GCP.

6. There was a strong recommendation to establish Case Report Registries and Clinical Trial Registries for Integrative Medicine, which should be endorsed by Ministry of AYUSH and ICMR.

7. The need for exploring and unraveling the biological mechanisms behind the successful Integrative Clinical interventions was highlighted. The Ayurveda Biology program of DST could be one of the mechanisms for promoting such studies.

8. Integration of new technologies was identified as an area with lot of possibilities during the conference.

9. Multidisciplinary collaboration is the way forward and to facilitate networking amongst individuals and institutions, it was decided to constitute an Indian Society for Integrative Medicine and Health.

10. Several Institutions and individuals have come forward to collaborate and sign MoUs for integration of new technologies.

11. It was pointed out that Institutions that are already working in the area of Integrative Medicine should be recognized as Centers of Excellence that can serve as model clinics that can be replicated in other centers.

12. It was decided that a Scopus Indexed Peer Reviewed research journal would be launched named “Journal of Integrative Medicine and Health” to facilitate high quality research publications in the field of Integrative Medicine and Health.

It is proposed to constitute a working committee from the resource persons who attended Amrita Samyogam Conference to strategize and action the major recommendations that emerged from the conference.



Vaidya Rajesh Kotecha and
Smt. Shailaja Chandra
At the Event

National Symposium

AYUSH Research for New India – Vision and Strategies

The Savitribai Phule Pune University (SPPU) had organized a national symposium on ‘AYUSH Research for New India – Vision and Strategies’ at Pune to commemorate inauguration of ‘Center for Complementary and Integrative Health’ (CCIH) on 4th August 2017.



Inauguration of CCIH

The Symposium was inaugurated in presence of Dr Soumya Swaminathan (Director General of ICMR and Secretary of Department of Health Research), Dr Rajesh Kotecha (Special Secretary, Ministry of AYUSH), Dr Vijay Bhatkar (Senior scientist and Chancellor of Nalanda University) and many luminaries from AYUSH sector, bio-medicine, humanities and various scientific disciplines. Prof Anita Kar, Director of Interdisciplinary School of Health Sciences welcomed the guests and informed various health research and training initiatives of the department. Dr Bhushan Patwardhan, Director, CCIH, congratulated Ministry of AYUSH for various reforms and mentioned the need of developing strategy for effective implementation of National Health Policy and a clear roadmap towards addressing health needs of the New India. He further informed the activities of CCIH. The Ministry of AYUSH has awarded Center of Excellence to CCIH and Department of Health Research has funded the fellowship program to boost transdisciplinary research. Dr Bhatkar expressing his blessings to the Center said that the center should work as a platform for research that transforms healthcare system. Dr

Swaminathan spoke about the ICMR’s Vision 2030 that aims at research capacity building, evidence to policy translation and leveraging traditional knowledge for addressing healthcare challenges. Dr Rajesh Kotecha addressed the gathering and updated on AYUSH Ministry’s initiatives about quality improvement, transparency in governance and capacity building. He expressed Ministry’s commitment for progress of the sector. Both the secretaries mentioned the commitment and steps for mainstreaming potential of AYUSH for healthier India. Prof. Nitin Karmalkar (Vice Chancellor, SPPU) chaired the session and assured support of the University for AYUSH research and training activities.

A national consultation on five themes focused on AYUSH research was the main part of the symposium. The experts discussed National Health Policy highlights for AYUSH research, priorities for research, strategies for capacity building, AYUSH in Public Health, and integrative research and translation. The symposium witnessed unique confluence of experts from modern as well as traditional knowledge systems. More than 100 representatives from all the AYUSH streams participated in the consultation. As a capacity building and training exercise, the symposium involved young researchers, teachers and practitioners in consultation process. The theme coordinator shared a background note to respective expert groups. The notes included status, case studies, learning and key questions. Through email interactions, each groups finalized specific questions to be discussed in the symposium. The group interactions were documented and the recommendations were discussed in the concluding session. The theme coordinators are working with the expert groups to finalize a paper that will discuss strategies for transforming AYUSH research.

The symposium highlights role of AYUSH research in realizing the dream of ‘New India’ by providing quality healthcare and medical care to its citizens.



Call for Applications!!!

Fellowship program for Ph.D. or MD/ MS

From reputed and approved university For a duration of 6-12 months and

A Short-Term Research Project

For a duration of 6-8-12 months Details will be available on website after 22nd September 2017 Subjected to approval from Managing Committee

IASTAM - BAIDYANATH AWARDS

BEST RESEARCH WORK IN AYURVEDIC CLASSICAL PRODUCTS

IASTAM India in collaboration with *Shree Baidyanath Ayurved Bhavan Pvt. Ltd.* has instituted IASTAM – BAIDYANATH AWARDS with a view to promote excellence amongst intellectual in Ayurved.

OBJECTIVES

To Recognize and Encourage the Best and Noticeable Development or Research Work for Ayurvedic Classical Products.
To Motivate Young Minds for Innovation and Novelty.
To Encourage Interdisciplinary & Meaningful Research Amongst Ayurvedic Scholars, Academics and Professionals.

THREE AWARDS

- IASTAM-Baidyanath Award for “*Best Research in Standardization*” of Ayurvedic Classical Product.
- IASTAM-Baidyanath Award for “*Best Technology Adaptation*” for the Basic Classical Ayurvedic Product Concept.
- IASTAM-BAIDYANATH Award for “*Best Validation / Clinical Research*” on an Ayurvedic Classical Product.

A 'Certificate of Merit' and 'Cash Prize' of Rs.51000/- in each category

CRITERIA

Report & Research work conducted in last three year [2014-15, 2015-16 and 2016-17] by Ayurveda / Pharmacy scholars, faculty and professionals will be eligible. An Individual singly or a group of individuals who have undertaken the work jointly will be eligible for submission. Employee of Baidyanath and members of screening or selection committee of IASTAM will not be eligible for these awards.

PROCEDURE OF SUBMISSION

Application form is available on website <http://iastamindia.org/update.html> Detail report of concept to development of product, technology, validation of clinical work. [Preferable as Brief knowledge, selection of topics, Aims – Objectives, Methodology, Observations, Discussion, Conclusion, Further scope, Outcome for science and society.]

EVALUATION

Evaluation will be done at two levels.
* Pilot Screening of all Documents. * 5 Member Selection Committee

Last date of Submission: 30 September 2017, <http://iastamindia.org/update.html>

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