

IASTAM

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Connecting Systems; Bridging Disciplines

Ayurved *Yoga* *Unani* *Siddha* *Asian Medicine*

**Infinite Patience, Infinite Purity,
and Infinite Perseverance
Are the Secret of Success in a Good Cause.**

Swami Vivekanand
Remembering on his birthday 12 January

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President Note

Upcoming and New Activities

Dr. Narendra Bhatt

Greetings of New Year!

This is the second issue in the new form of IASTAM Newsletter. We have made the efforts to create new design with unique characteristics.

IASTAM Oration & Awards Function 2017

The organization of 'IASTAM Oration and Awards function' 2017 is in the full swing. It will be held at BHU, Varanasi. Prof. Manoranjan Sahu, Dean, Ayurveda Faculty, Institute of Medical Sciences, Banaras Hindu University was awarded for 'Vaidya Haribhau Paranjape Award', For Excellence in Shalya Tantra, at the previous IASTAM Oration & Awards function. The efficient organization and productive outcome made him interested in IASTAM and he expressed his desire to associate with us at the next event. The office bearers of IASTAM visited BHU and it was decided to organize the next '**IASTAM Oration & Awards Function 2017**', along with '**Conclave on Translational Research Opportunities in Ayurveda**' on 18th & 19th

February 2017 in association with the Faculty of Ayurveda, IMS, at Banaras Hindu University, Varanasi.

Banaras Hindu University (BHU), one of the most prestigious central Universities in the country founded by Pandit Madan Mohan Malviyaji in 1916. Incidentally the university is celebrating its centenary year. (2015-2016). The function will be organised at Dr. K. N. Udupa auditorium, BHU. IASTAM also has strong bondage with Prof. K.N. Udupa; highly respected personality and the first president of IASTAM – India. The event at BHU will be unique in that sense.

IASTAM Awardee Selection - 2017

The process for nomination and selection of IASTAM Oration & Awardees 2017 has been completed. Readers will find the details of stringent selection procedure and the names of awardees in this newsletter. Our best compliments to Dr. Manasi Deshpande, the member secretary of the selection process for the timely

completion of the process; that was used to delay before.

As per the norm IASTAM awards are not given in absentia. Many times, nominations received do not get selected because of inability to come personally, unavailability during the time of the function and such other reasons. It was decided that the data bank be generated and those names to be reconsidered in the future for IASTAM awards.

IASTAM will make efforts to refine the procedure further so as to make it more stringent; though the two tier selection process will continue.

'RECIPIENTS OF IASTAM AWARDS – 2017'

IASTAM has the honour to felicitate the experts reputed in varied fields. **Dr. Simone Hunziker** is a great proponent of Ayurveda through Indo-Swiss activities. **Dr. Antonio Morandi** is Neurologist who is practicing Ayurveda and also conducting experimental and clinical researches at Universities and Hospitals in USA and Italy. **Dr. G. N. Qazi**; Director General at Hamdard Institute of Medical Sciences and Research (HIMSR), a prestigious modern medical institute conceived and executed under his leadership. **Prof. Ramesh K. Goyal**; Vice Chancellor, Delhi Pharmaceutical Sciences and Research University (DPSRU) has more than 38 years of experience in Teaching and Research particularly in Cardiovascular Pharmacology and Diabetes. **Dr. P. Ram Manohar**; his research publication on Rheumatoid arthritis won the prestigious "Excellence in Integrative Medicine Research Award" from the European Society of Integrative Medicine. **Dr. K. R. Mahadik**; Principal; Poona College of Pharmacy has been working on promotion of Ayurvedic pharmaceuticals with validation the traditional knowledge through scientific methods. **Dr. K. R. Ramchandra**; scholar of Shalyatantra is a great teacher served in various Capacities at SDM College of Ayurveda & Hospital; Udupi. **Vd. Jayant Jahagirdar** is a practicing physician serving huge number of patients in India and Abroad. He is an Institute by himself. **Dr. S. N. Gupta** attached with JS Ayurved College, Nadiyad has more than 35 years of experience in teaching. **Shri O. P. Tiwari**; Secretary General of Kaivalyadhama Yoga Institute is the direct disciple of late Swami Kunalayanandaji, founder of Kaivalyadhama, the pioneer institute in the field of scientific research in yoga. **Prof. Vijay Kumar Kapoor**; former Dean and Chairman, Faculty of Pharmacy Panjab University, Chandigarh. Having 40 years of experience in research and teaching in Pharmacy. **Prof. P. K. Prajapati**; Dean and Professor; All India Institute of Ayurveda, New Delhi has a distinct merit of working with all the prestigious National Institutes of Ayurveda; especially in Rasa shashtra. He has been a popular teacher of Rasashastra

and Bhaishajya Kalpana for over two decades.

'IASTAM – BHU CONCLAVE'

IASTAM – India has developed a unique tradition to organize a Conclave along with the IASTAM Oration and Awards Function on subject of relevance. This year IASTAM in association with IMS, BHU has organized '**Conclave on Translational Research Opportunities in Ayurveda**'. The best of experts will participate at the conclave.

As the indigenous systems of medicine, Ayurved, Unani, Siddha and other Asian Medicine like Traditional Chinese Medicine (TCM), Korean Oriental Medicine (KOM) and other are required to take challenges of present day medical needs. To integrate with prevailing medical care, there is need for common language to link the systems that have merged from different paradigm. Need of such language has given rise to what is now termed as Translational Research where the basic tenets of the knowledgebase are linked with the advances in biosciences. Fortunately bio sciences have also recognized and are trying to focus on individual variances. It is therefore timely to initiate discussions on this modality.

IASTAM – BVDU Conclave; Pune

IASTAM office is based in Pune at College of Ayurved, BVDU. The last two events were held in Pune. In view of the students of faculty of Ayurveda College, BVDU should get the opportunity to listen and interact with the experts. IASTAM has planned to organise another conclave on the subject "**New Opportunities in Academic Research in Ayurved**" on 21st February 2017 at with College of Ayurved, BVDU.

IASTAM Publications

IASTAM has published the proceedings of ICAAM 2016 and Consultative Meet on Cancer. I am also personally involved in publication of thesis. Ayurveda in India has undergone systematic institutionalization in last 4 decades. This has resulted into a new form of academic research as a part of MD and PhD curriculum. Post graduate outcomes in the form of thesis though wanting; is still informative and useful. Those potentials are required to be brought to knowledge to the huge academic fraternity and those interested in research in the field of Ayurved. There is an urgent need to encourage and document this good work. Our efforts are to continue to publish more such books and start e journal.

IASTAM is continuously making efforts to expand its horizons and we welcome you all to join and strengthen us in our endeavor for preservation and promotion of traditional systems of medicine.

Editorial

We are happy to present second issue of Newsletter.

The objective of the News Letter is to publish up-to-date activities of IASTAM India, scientific articles alongside relevant and insightful reviews.

We have completed the selection process of IASTAM oration and awards. I am very grateful to our President Dr. Narendra Bhatt, all the experts and members of selection committees Dr. D. C. Katoch, Dr. C. K. Katiyar, Shri Girish Parikh, Dr. M. H. Paranjape, Dr. Gangadharan, Dr. Subhash Ranade, Dr. Pulok Mukharji, Dr. Abhijit Patil, Dr. Subhash Wadodkar, Dr. Y. K. Gupta for their full hearted support, guidance for completion of the IASTAM Oration and Awards process.

This year IASTAM oration and Award function is organized in association with Faculty of Ayurveda, Institute of Medical Sciences on 18th and 19th February 2017, at Banaras Hindu University, Varanasi. Along with award ceremony, as tradition of IASTAM 'Conclave on Translational Research Opportunity in

Ayurveda' is organized. This Conclave is aimed to find out, identify national and global opportunities and newer scope for translation research to develop modalities of research for Ayurved.

IASTAM India and Bharati Vidyapeeth Deemed University, College of Ayurved is also planning to organize one day Conclave on Newer Dimensions for Ayurved Academic research, at College of Ayurved on 21st February 2017.

I request all members of IASTAM – India to come forward and join these significant events and kindly give it wide publicity.

IASTAM invites observations, suggestions, full participation and views from all our distinguished members for substantial contribution for development and success of the Newsletter.

- Prof. Dr. Manasi Deshpande

Book Review

Women's Health-Diseases and Baby Care in Ayurveda

This book is the conceptual model on Women's Health-Diseases and Baby Care in Ayurveda intricate basic concept written by Dr Sunanda Ranade. Book is featuring the basic principles of Ayurveda, easy to make the reader simple complete explanation of woman's lifestyle with beautiful photos. This is possibly the best book one can read briefed on women's complete health status and diseases and remedies' for baby care to be considered.

Great efforts are taken by author to describe fundamental concepts of body-mind constitutions, assessment of woman's physical and psychological characteristics, importance of daily regime for specific constitution and specific stages in a woman's' life during Menstrual cycle, conception, pregnancy and menopausal stage for prevention and management of illness.

The traditional ayurvedic approach is solely put in a modernized version of Indian ancestors followed, hence the name "Women's Health-Diseases and Baby Care in Ayurveda". Ayurvedic perspective includes the daily lifestyle at different stages of womanhood. Especially in the chapter Pregnancy, mother and baby

explanation about prenatal, natal and postnatal stages, accountability of dietetics, exercise and therapeutics' like massage are illustrated. Motherhood is a boon of nature so importance of Conception (Garbhasanskar) concept is expressed in a very basic language as how a woman changes into a mother and should feel the growth of the fetus in each month. All the sixteen sanskaras and highlighting importance of jata karma, suvarna prasana, bala guti, quality of mothers' milk breast feeding and Dhatri .

The book does offer advice to Women's Diseases with a perspective to the modalities for the common conditions like amenorrhea, PMS, Dysmenorrhea, Lecucuhorea along with problems of women of the present day like PCOS, Anemia, Cancer of Breast, cervix and uterine with the Ayurvedic therapeutics'.

This book will play an important role to globalize the concept of Women's Health-Diseases and Baby Care with Ayurvedic perspective.

- Dr. Kirti Bhati, Associate Professor
BVDU College of Ayurved,
Dept of Swasthavritta & Yoga Pune

Excellence**IASTAM Orations and Awards 2017**

Recognition of & respect for true knowledge and achievement in the field of traditional medicine has always been a commitment of IASTAM-India. It is also a stated mission statement of IASTAM India for the past 37 years. It has also been IASTAM – India's endeavour to provide an interactive and integrative platform to AYUSH systems & faculties involved in the development of the Traditional Systems of Medicine.

The tradition of having memorial orations / awards is not new. Since 1999 IASTAM has been paying its tributes, in memory of stalwarts, to the achievers who have made significant contributions in the various fields.

Having committed to the cause and with continuous efforts IASTAM has instituted three orations and nine awards to recognise excellence and encourage cross faculty activities.

Striving for excellence is an important part of professionalism in any activity. We, at IASTAM India, are always trying to put quality into everything and this attitude to give best quality in all the aspects from time to time is reflected in selection of Awardees.

A procedure has been established by the managing committee for nomination and selection of the awardees.

Process of Nomination Selection**□ Procedure of Nomination**

- Announcement, invited nominations in prescribed format with justification, complete Profile of the nominee

□ Screening of Nominations

- Scrutinized by office for completeness of information

□ Selection committee

- 11 Member IASTAM Oration Awards Selection Committee
- 4 Representatives from Managing Committee, 4 previous Awardees, 3 senior Experts (Council of Subject Experts) from outside

□ Process of Selection

- Criteria for selection - qualifications, experiences, contribution to the respective field of awards and objectives of IASTAM
- Preferences and final selection

The IASTAM Zandu International Oration and Award Selection panel comprised of three members Dr. Narendra Bhatt, President of IASTAM – India, Dr. C. K. Katiyar, Representative Expert from EMAMI and Dr. D. C. Katoch, Adviser, Ministry of AYUSH, New Delhi. Panel suggested three names to the 11 Member Selection Committee for selection.

Recipients of IASTAM Oration and Awards 2017

Pandit Shiv Sharma oration
For Contribution to
Promotion of Ayurved



Dr. Simone Hunziker

Zandu International Award For
Research Contributions to Natural
Products for International expert



Dr. Antonio Morandi

Zandu International Oration
(Indian Citizen) For Research
Contributions to Natural Products



Dr. G. N. Qazi

Prof. K.N. Udupa Award For
Contribution to Research in
Ayurveda / Indigenous Systems of
Medicine



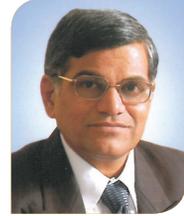
Prof. Ramesh K. Goyal

Dr. C. Dwarkanath Award For
Contribution to Contemporary
Interpretation or Application of
Ayurvedic Principles



Dr. P. Ram Manohar

Dr. K.M. Parikh Award For
Contribution to Development
of Ayurvedic / Herbal
Pharmaceutics



Dr. K. R. Mahadik

Vaidyaraj Haribhau Paranjape
Award For Excellence in
ShalyaTantra



Dr. K. R. Ramchandra

Shri Mathuradas Parikh Award
For Excellence in
Ayurvedic Profession



Vd. Jayant Bhalchandra Jahagirdar

Shri JugatramVaidya Award For
Excellence in
TeachingIn Ayurveda



Dr. S.N. Gupta

Yoga Forum Muchen Patanjali
Award For Excellence in
Interdisciplinary
Development of Yoga



Shri O. P. Tiwari

Shri Gopaldas Parikh Award
Contributions
to
Drug Development



Prof. Vijay Kumar Kapoor

Rasavidya Nagindas Shah Award
For Contribution in
the subject of
Rasashastra



Prof. P. K. Prajapati

Article

Efforts for Ayurveda Propagation- Germany

Prof. Em. Dr. Subhash Ranade, Chairman, IAA,
www.ayurved-int.com

Dr. Sunanda Ranade, Vice-Chairman, IAA, www.
ayurvedakarmayoga.com

Karma yoga- Propagation of Ayurveda

Since last 35 years from 1982, we have visited several foreign countries, given lectures at different Institutions, Universities, organized seminars on various topics of Ayurveda & Yoga and given Ayurvedic consultations to thousands of patients. Propagation of Ayurveda is our Karma yoga and motto of our Life. We have visited 75 countries in all 5 continents around the World and still continued till today.

Experience to visit Germany

In 1982 we first went to West Germany on the invitation of Mr. Willy Kremling, owner of Sterimed GMBH (Gesellschaft mit beschränkter Haftung). This was well known company manufacturing medical equipments with limited liability, interested in manufacturing or importing Narayan oil. It was situated in Saarbrücken small town in the state of Saarland on the border of France. The town is an industrial and transport center of Saar coal basin and produces steel, sugar, poultry, optical instruments, excellent wine and beer also. It also has beautiful Saar river which is right tributary of Moselle River.

Saarbrücken, Germany

Initially very few people spoke English, so we were told to learn German language at Sterimed GMBH which was indeed challenge. We took up the challenge and learned German language in Goethe Institute or Max Mueller Bhavan and Department of foreign



languages / Ranade Institute of Savitribai Phule - Pune University in Pune. Thus our entry on the Global scenario of Ayurveda was only because of knowledge of German language and therefore even today we advice our students of Ayurveda to learn any foreign language - preferably Spanish –which is number two in most spoken languages of the World next to Chinese and also spoken in most of

South American Countries and in Europe as well. Learning at least one foreign language and knowledge of computer technology is a must for those Ayurvedic practitioners who want to visit abroad and spread Ayurveda Globally now days.

Practitioners

In this small town there was Heilpraktiker (healing practitioner) Schule (school), naturopathic profession in Germany. Paracelsus (1493-1541) and Hildegard of Bingen are supposed to be founder of Naturopathy in Germany. Basic philosophy of Paracelsus is very similar to Ayurveda. He believed that sickness and health depends on harmony of Macrocosm and Microcosm, he used alpine mineral springs, various herbs and some minerals like iron also in his treatment.

Naturopathy

Naturopathy is recognized as an alternative and complementary health care profession by German law. Person practicing naturopathy needs good knowledge of anatomy, physiology, and psychiatry and can later on specialize in Homeopathy, Ayurveda, Phytotherapy, Iridology, Chinese medicine, Reflexology. About 35,000 heilpraktiker are accredited in Germany.

Well-known Naturopathic physician, H.W. Schmidt, in his Naturopathic school and clinic he was using all the alternative and complimentary health care systems. During our 15 days stay it was really interesting to observe his way of examination of patients by using various alternative healing systems. After first two days, he requested us to give consultations to some of his patients suffering from simple diseases like constipation to different complicated diseases like hemiplegia.

Life style and disorders

We received patients having problems of constipation, obesity, hypertension, heart problems, psychological problems and joint affections. Most of these diseases were related with improper life style, junk food and drink

habits, and lack of exercise. Every morning each patient was given 45 minutes time for consultation. However in the beginning this was not enough as we had to explain everything about science of Ayurveda, concept of Prakruti, relation of body and mind, concept of Agni, effect of food on doshas, dhatus and malas etc.

Problem of constipation was so common during that time that practically every patient had this problem. Therefore we use to say that keep your fingers on the pulse of the patient, close your eyes for few seconds and then diagnose the patient as he is suffering from constipation. Your diagnosis will never fail. This problem was related to diet and lack of exercise. We found out that average daily consumption of meat, meat products and sausages was extremely higher than the consumption of vegetables that has high fiber content. (Now the situation has improved and many Germans have become vegetarian and those who eat meat and meat products are eating enough vegetables). For such patients our advice was to take diet containing more roughage, daily exercise and yoga postures that will help movement of intestines. We gave them mixture of rhabarber –rheubarb root and shatavari. (European shatavari or asparagus is different than Indian shatavari).

Bowel habits of many patients were astonishing. Very few people had regular bowel habits. Some had twice a week frequency. Those who were constipated for long time, on examination of their abdomen we found hard fecolith on the area of large intestine mainly near caecum. Incidence of developing Ulcerative colitis, Irritable bowel syndrome and cancer of large intestine was high in those patients. Perhaps our readers will be surprised that there are clubs of patients suffering from these diseases, and once we were invited to give advice of food and exercise as well as life style for these patients.

Ayurved treatment and hurdles

Giving Ayurvedic treatment to these patients was not easy in the initial period as none of them knew about the science of Ayurveda. There were many hurdles on our way and each country posed new problems. These problems were of FDA rules and regulations, legal requirements, believes and non-believes, different types of food habits, climate changes and various folklore medicines in those countries. Although the situation has now improved, we would like to write series of these articles for the enthusiastic Ayurvedic lovers and young Ayurvedic practitioners who want to go abroad and practice Ayurveda. We hope that this will help them learn and get good knowledge & idea about our efforts.

Visit of local market for local herbs

Before starting consultations we visited local market where food, vegetables and folklore herbs were available which is an important for practicing Ayurveda in foreign countries. In many countries folklore healing herbs are available in the markets which are used by some patients along with regular Ayurvedic, Homeopathic, and Allopathic medicines. We have seen such herbal markets in France, Italy, Portugal, Brazil and Mexico.

For treatment, we had to depend on local German (European) herbs because at that time very few Ayurvedic herbs were available. If you want to treat your patients successfully, then study of local herbs and different types of food available in those countries is very essential. It is also required to make assessment of their taste, potency and various effects on doshas, dhatu and malas.

Currently more than 600 plant based medicines are available in Germany and most of them are effective. Some of them are Arnika (Arnika montana), Baldrian (Valeriana officinalis), Brennessel (Urtica dioica), Calendula (Calandula oficinalis), Crataegus (Crataegus laevigata), Eibisch (Althea officinalis), fenchel (Foeniculum vulgare), Ginko baum (Ginko biloba), Hamamelis (Hamamelis virginiana), Holunder (Sambucus nigra), Johanniskraut, (Hypericum perforatum), Kamille (Matricaria chamomilia), Lowenzahn (Taraxacum sect), Mariendistel (Cardus marianus) etc.

Herbal tea

In Germany, since last two hundred years, there is local tradition to use herbal teas prepared from above herbs. Such as mint and cumin tea for stomach, leaves of birke –Birchwood or Betula tree and licorice tea for kidney , Ginseng, Ginko biloba, Rosemarine, Sage, Melisa tea for brain , St. John's Wort, Lemon balm, Valerian tea for stress, Green tea, Chamomile tea for immune system etc.

Therefore for treating our patients we had to use local herbs, herbal teas and giving advice for changing food habits and life style. Initially we used these herbs as per local pharmacopeia but later on we found out their relation with taste, potency and effects on dosha, dhatu and malas. We are visiting Germany for almost 30 years and now we understand this relation better.

Message for practitioners wish to practice globally

- Learning at least one foreign language
- Knowledge of computer technology.
- Study of local herbs and different types of food available in those countries is very essential

IASTAM ORATION AND AWARD FUNCTION 2017 AND CONCLAVE ON TRANSLATIONAL RESEARCH OPPORTUNITIES IN AYURVEDA

On
18, 19 February, 2017

Venue

K.N. UDUPA AUDITORIUM
INSTITUTE OF MEDICAL SCIENCES
BANARAS HINDU UNIVERSITY, VARANASI

E-mail -iastam.india@gmail.com

Organised by

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ASIAN MEDICINE

in association with

FACULTY OF AYURVEDA, INSTITUTE OF MEDICAL SCIENCES,
BANARAS HINDU UNIVERSITY, VARANASI



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