

# IASTAM

## INDIA NEWSLETTER

\* Vol : I \* Issue : 5 \* April 2017 (Monthly) \* Price : Rs. 6/- \* Pune

### *Connecting Systems; Bridging Disciplines*

*Ayurved Yoga Unani Siddha Asian Medicine*

**IASTAM INDIA  
BROADENING ITS HORIZONS  
GOES INTERNATIONAL**

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### *Presidential Note*

#### **NEW Opportunities**

This is the 5th issue of the '*IASTAM Newsletter*' in its monthly form. It is appreciated by many including officials from the Ministry of AYUSH and the increased frequency helps better recollect of activities, undertaken and planned. IASTAM team will put in efforts to make it more interesting and readable.

#### ***Mini Symposium at Pune "New opportunities in Academic Research in Ayurved"***

The mini symposium, "*New opportunities in Academic Research in Ayurved*", organised at Pune for those who could not travel to Varanasi and missed the opportunity to listen to the scholars at Oration & Award function. I enjoyed raising questions, pricking brains of our two guests and coordinating the interactive session. Response from the faculty was overwhelming with demand for more of such sessions. A report is in this issue.

#### ***Publication of Books & Journal***

We have recognized need for quality texts, particularly with interdisciplinary or cross-faculty collective inputs. Our early efforts are rewarded; we plan to persuade it further. Ayurveda, Unani and Siddha are essentially practitioner based systems. There is need to link practice experiences with academic and research activities. A proposal is being examined to link the two. Quality publication is our aim.

As informed in previous issue we have taken initiative to publish the theses awarded by IASTAM. Similarly, the award winning works on classical products is required to reach academics and industry. I am in talk with potential sponsors. I hope to give you some good news. I request members to come forward to help for this important activity.

### Going International

With a purpose to broaden our horizons we have opened up international membership with good response. I appeal to all members to help enroll more members, both national and international.

#### Meeting on New Bill by Proposed by NITI AAYOG

'NITI AAYOG' has recommended a new institutional framework for Ayurved and Homeopathy to create a world-class education system for Indian systems of medicine where views from stake holders have been asked for. IASTAM - India has organized a **'Brain-storming on NITI AAYOG Initiative the National Commission for Indian Systems of Medicine (NCISM)'** on 17th April 2017.

India is amongst very few countries having multiple tradition of indigenous 'systems' of medicine meaning having medical knowledge based on its own logic and rationale. It is also the only country in the world where exists the institutionalized and recognized medical pluralism. The education and profession of these systems – Ayurved, Unani, Siddha and Yoga – have been fully institutionalized with qualified practitioners and infrastructure. These systems have played and have potential to play much greater role to address health care needs of people. It is necessary to strengthen the training and practice of these systems to face demanding

challenges of our times.

IASTAM has been sensitive to these needs. As early as in 2003, IASTAM was first to address this issue when first Conclave was held. At that conclave chaired by Smt. Malati Sinha, the then Secretary of ISM the seriousness of the situation in terms of declining standards of education and prevailing corruption were openly debated, recorded and published. As a part of silver jubilee function in **2005**, once again IASTAM organized the **'Conclave on Transforming Traditions for Tomorrow's Health' where 'Education Reforms', 'Applied Research Approaches', 'Competitive Benchmarks for Profession' and 'Information Technology as Growth Technology' were discussed with meticulous planning and thread bear discussions.** A copy each of the proceedings were freely sent to all colleges. The proceedings of the conclave turned to be referral document for future deliberations and planning. Some copies are yet available with our office. Unfortunately, a comprehensive proposal for review of the system involving survey and interaction with stake holders at different levels was **not approved** by the then officials in ISM.

Now, when the sector is accused of inefficiencies and faced with critical choices it is noteworthy that IASTAM could envision the changing requirements much early and put in its efforts to help the systems. Hope, the new proposal will undergo rigorous review for the benefit of the systems so as to help the Indian Systems of Medicine grow to play an important role in health care delivery.



### Dr. Narendra Bhatt - Academic Visit to USA

Dr. Narendra Bhatt was a presidential invitee at Centre for Science & Community at Columbia University, New York, USA between 4 – 14th March 2017.

On 6th March he presented his views on **'Beyond Neuron: Perspective from Ayurveda with special reference to Manas'**, interacted with other members on the panel followed by interactive and dinner sessions on the subject of **'Beyond Neuron'**.

On 9th March he was an invited expert to discuss on Research Modalities and Integrative Oncology, Cancer across Cultures: Defining Disease in Integrative Oncology at Fayerweather, Columbia University.

Later he participated at 'Q & A Session on 'Treatment of Cancer with Ayurveda in India in terms community perspectives'.

Dr. Bhatt visited the National Cancer Institute, Washington DC to interact with officials on possible research activities in the field of Ayurveda.

On his return trip he met with Dr. Anand Dhruv, Associate Professor of Medicine, Division of Hematology and Oncology, Director of the Clinical Fellowship in Integrative Medicine, UCSF Osher Center for Integrative Medicine, UCSF at San Francisco.



## Editorial

Dear Members,

Hello, Greetings from IASTAM India!!!

World Health Organization is celebrating world health day on 7th April, and this year the theme of World Health Day campaign is depression. Depression affects people of all ages, from all walks of life, it causes mental anguish and impacts on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends and the ability to earn a living. Ayurveda advises therapies, lifestyle adjustments and herbal preparations that clear and strengthen the mind allowing coping with life's challenges more effectively and also bring positivity to our lives at

all levels. **'Love what you are doing, open up, talk freely, enthusiasm and compassion to work, forget I and accept we,' are the simple ways of living to free from stress.**

NITI Aayog invites suggestions for the Proposed Bill for Indian Systems of Medicine and Homeopathy, Brainstorming meet is planned on this proposed bill of Niti Aayog on 17th April 2017 at Bharati Vidyapeeth College of Ayurved, Pune. We have invited all our members, academicians, clinicians and industry people for their suggestions.

We welcome your review articles, book review, short communication, interviews, and Conference / symposium / workshop information for our newsletter.

**Prof. Dr. Manasi Deshpande**



## We Welcome Our New Institutional Members

\* Poona College of Pharmacy, Pune

\* Delhi Pharmaceutical Sciences and Research University, Delhi

## Obituary

**Vd. Bhikaji Krishnaji Padhye Gurjar** was a committed soldier to the cause of Ayurved. He was sincere to the purpose what he believed in. A good practicing physician he was a good writer and organizer. One of his more famous books, *Kaya – Kalpa* found favors with Smt. Shanta Shastri, former secretary of ISM, Ministry of Health, to translate it into Hindi. His '*Dehi Arogya Nandate*', a text in Marathi on preventive care based on Ayurveda was praised by many.

Vd. Padhye Gurjar never felt shy of expressing his views and will advocate what he believed in. He believed in relationships and made efforts to not to allow differences on any issue that may affect the relationship that one enjoyed. He was active member leader of both, *Maharashtra Ayurveda Sammelan* and *Mumbai Vaidya Sabha*, and All India Ayurveda Congress where he worked for cause of Ayurveda. Though a practitioner, he was closely associated with academic

activities. He was on the management board of Sion Ayurvedic College, Mumbai; State Board of Ayurveda, Maharashtra; and was member of the Board of Studies at University of Mumbai.

He believed in Pandit Shiv Sharma's vision for IASTAM and remained our active member since its inception. He played an important role along with Dr. S. P. Kinjawadekar at the time of III ICTAM held in Mumbai in 1990. He ably handled technical and publication responsibilities of the conference. He was the member of managing committee since 1993 – 1999 and then a member of our National Advisory Council. Personally, he provided a guiding support and put in his trust in what we were doing.

His sad demise is a big loss to IASTAM. We put on record his many contributions to IASTAM.

- **Narendra Bhatt**



## Article

## Building Sattva and De-stressing

**Prof. Dr. GunvantYeola, Professor and HOD, Kayachikitsa, Dr. D. Y. Patil College of Ayurved and Research Center, Pimpri, Pune, Director, International Academy of Ayurved**

Ayurveda explains three Gunas of Mind namely Sattva, Raja and Tama. Together all three are known as 'Trigunas'. Sattva is the best quality of mind and Raja or Rajas and Tama or Tamas are also called as Manasika Doshas, which means the Doshas (the negative qualities) of the mind that make it disease prone.

Ayurveda being a holistic, natural and all-encompassing system of healing, recognizes the mind as the root of all imbalances; therefore working to heal the mind is of primary consideration. A healthy mind is defined as having clarity regarding our life purpose, a strong connection to the Divine, and a reservoir of inner peace and joy within us.

Ayurvedic psychology recognizes three basic states of mind that we all experience throughout our lifetime. These qualities are Rajas, Tamas and Sattva. Rajas manifests in the mind as turbulence, activity, restlessness, agitation and lack of clear purpose. Like a constantly moving, unpredictable lake on a windy day, when rajas prevails it drives us to do more and more. But without a sense of purpose behind our actions, we eventually become exhausted, burned-out and overwhelmed.

The second quality, called Tamas, manifests in the mind as dullness, lethargy, heaviness, and lack of

motivation, like a dirty, stagnant pond. We can't see the beauty in and around us, and we are disconnected from our inner truth. We don't have faith or trust in a higher purpose to our lives. With Tamas in the mind, we withdraw from life-giving activities and people. When either Rajas or Tamas dominates in the mind, there is little clarity or peace, our connection to the Divine is impalpable, and imbalances begin to take root.

Finally then is the quality called Sattva. Sattva is like a clean, still pond into which you can see your reflection. When this quality permeates the mind, we have clarity, inner peace and stillness. This is the starting point for correcting imbalances, re-establishing our connection to the Divine, and receiving clarity for our life purpose and mission. In this place, we tap into our inner reservoir of healing, joy, peace and inner-knowing. To cultivate Sattva in the mind is the highest goal of Ayurvedic Healing, as well as an important facet of Yoga and Vedanta systems.

The existence of Rajas, Tamas or Sattva in the mind directly affects our health and well-being. It is only Sattva that can break through the stagnancy of Tamas and calm the waters of Rajas, providing the environment for lasting healing, happiness, and fulfillment.

### Cultivating Sattva through Dharaniya Vegas

Each of us can benefit from cultivating more Sattva in the mind. One has to build more Sattva in order to keep the body and mind in healthy state. To build Sattva it is very important to control the Rajas and Tamas. The negative mental factors such as anger, grief, worry, anxiety, lust, jealousy, ego etc. should be controlled as rightly said in the principle of Dharaneeyavega by Acharya Charaka.

Those are called as Dharaneeya Vegas (Suppressible urges) and are the negative urges related to the actions of the Mind, Speech, and Body.

**1. The suppressible urges related to mind are;**

- Lobha (Greed)
- Shoka (Grief)
- Bhaya (Fear)
- Krodha (Anger)
- Maana (Ego)
- Nirlajja (Shamelessness)

- Irshaa (Jealousy)
- Atiraga (Too much Compassion)
- Abhidhya (Desire towards other's belongings)

**2. The suppressible urges related to speech are;**

- Parushavachana (Using Harsh words)
- Soochaka (speaking ill about someone in front of others / revealing one's secrets to others)
- Anruta (Lying / untruthful speech)
- Akalayuktavachana (Untimely speech / speaking irrelevant things).

**3. The suppressible urges related to body are;**

- Para pida (giving physical torture to others)
- Para streebhoga (having sex with other's wife or partner)
- Steya (Stealing other's belongings)
- Himsa (Violence) etc.

Other physical deeds like excessive exercise, excessive sex, walking long distances, travelling too much etc.

should also be avoided.

Person who forcefully suppresses these negative urges related to Mind, Speech and Body becomes free from

SINS related to Mind, Speech and Body. He gains Punya karma (good deeds) and gains the beneficial effects of Dharma, Artha and Kama. (Ca. Su. 7/26-30).

## Following Achara Rasayana to Build Sattwa

In addition to these Acharya Charaka has mentioned about Achara Rasayana (Good conduct) which if followed in a proper way will give all the beneficial effects of Rasayana therapy (Rejuvenation). These codes of conducts which acts like Rasayana and also helps to build the Sattva are as follows;

- Always speak truth and Speak pleasant.
- Develop good temperament. Never be short tempered and never get angry on small things.
- Avoid Alcohol and excessive sex.
- Follow the path of non-violence.
- Never be over stressed.
- Keep your mind cool.
- Maintain purity of the body and mind.
- Meditate.
- Do some Dana (charity).
- Respect and worship God, Cow, Brahmin (Priest), Guru, Parents and Elders.
- Have love and affection towards all beings.
- Maintain the regular sleeping habits. Sleep early and wake up in Brahma muhurta.
- Daily diet should contain Cow's Milk and Ghee.
- Follow seasonal regimen (Ritucharya).
- Never be egoistic.
- Eat light and easily digestible food. Never take complex heavy food.
- Engage in spiritual practises.

## Stress and De-stressing

Stress which occurs occasionally or in low-level is normal. As a result of the normal ups & downs of everyday life, we experience certain stressors. The nature of normal day-to-day stress in the present day lifestyle has changed. We are consistently bombarded by more and more of stress, which is way above what is termed as comfortable. With stressors "piling-on" in this way, our body's response system, designed to protect us, can actually become detrimental to our health and well-being. Stress gradually lowers the immunity as it reduces the Oja (Essence of seven tissues). This leads to the manifestation of physical as well as psychological problems.

Some people can handle these stressful situations with ease while others find it difficult to cope up with it. People with Pravara Sattva (Strong positive will power / mental strength) can overcome these stressors easily where as people with Avara Sattva (Low will power / mental strength) are incapable of handling even minor stressful events. Each one of us has our own unique way of handling stress. To some, it's the physical responses they suffer from prolonged, low-level stress: the headaches, the tiredness, and worse. To others, stress can be appositive force that pushes them to achieve.

### **Some tips to De-stress:**

**Diet:** Balanced Sattvic Ayurveda diet will surely help us to de-stress.

**Lifestyle:** It is important to go back to living life as per recommendations made by Ayurveda pertaining to Dinacharya and Ritucharya.

**Yoga and Pranayama:** Practice of Yoga, Pranayama,

Mudra, Mantra, Dhyana (Meditation) will help to de-stress and brings the mind and body into equilibrium.

**Spiritual Practices:** Practices such as: Sun worship, Japa, Mala, Sandhya Vandanam, Lighting a Ghee lamp at dusk and dawn, Puja and worship rituals from various religions, visiting pilgrimage and religious places.

**Laughter and Humor:** Genuine heartfelt laughter really is the best medicine. It is proven to lower stress and tension, and at the same time, improves the health of heart.

**Write and Contemplate:** Dedicating a period of time every day to write about a situation that is bothering or about life in general; may reduce tension and give stress relief for the rest of the day by putting things in perspective.

**Socialize:** Spending time with friends and family who give a sense of belonging, purpose, and fun may provide all the stress relief we need. Socialize with those who do not gossip but truly uplift your spirits and ease your mind with large ideas and grand gestures. Look for friends who can be also good influences on your. Do not drop standards.

**Be kind to yourself & Be thankful:** Think about positive affirmations daily. Thinking negative thoughts only makes you feel bad and will increase stress. Tell yourself you are doing a good job, and believe it! Showing gratitude and being thankful to all who helped for the positive aspects of your life has a calming effect – always!. Not only does it give you perspective, it makes other people feel good, too.

**Make a change:** Sometimes the best way to obtain stress relief is to remove source of tension.

## Report

# One day Symposium on New Opportunities in Academic Research In Ayurved

A mini symposium on New Opportunities in Academic Research In Ayurved was organized on 21/02/2017 at Bharati Vidyapeeth University College of Ayurved, Pune India.

Research in Ayurved educational institutions is of significance to develop skilled professionals and to contribute to health care delivery. Right from beginning research is considered an important component of postgraduate studies in the field of Ayurveda. Conducting of research by the teaching faculty and creating a research environment in the academic Institution is a big challenge, other hand there are several opportunities at global level for collaborative integrative research. Over last few decades the approach and methods have undergone qualitative changes.

In the present context, there is a great scope in Academic Ayurveda research and other traditional systems of medicine on scientific parameters to evaluate the authentic role of Ayurveda in effective global health care delivery.

To keep pace with national and global challenges the newer scope are to be identified to develop modalities of research as a part of academic activities and invent quality & objectivity of Academic Ayurved research.

This symposium on Newer Dimensions for Academic Ayurved research was aimed to introduce, initiate and opportunities to the academic research at national and global level.

Planned as a mini symposium the scientific discussions with following experts actually went informal with the old chalk and board method on focusing Research in Ayurveda, Epistemology, and Modality of Guna.

**Dr. Antonio Morandi** from Ayurved Point, Milan emphasized 'Sharir Guna' as the most important modality for any Ayurvedic discussion. Dravyaguna vigyana is not Ayurvedic pharmacology but it is actually 'study of flow of guna'. Perhaps he was implying a reunion of physio-patho-pharmacology. There are no twenty sharirguna but there are ten pairs of guna one must not forget, he warned.

Commenting on research methodologies he also opined that Cell line studies can be better option to animal studies, as the cells are derived from human body only. Today's research style is polluted



**Experts for Symposium Dr. Antonio Morandi, Dr. S.N.Gupta, Dr. Narendra Bhatt**

research and this is not expected.

**Dr. S N Gupta**, HOD, Kayachikitsa department, J.S. Ayurved Mahavidyalaya, Nadiad, explored Ayurvedic interpretation on pathology & management principles of chronic renal failure in Ayurvedic perspective. He emphasized on need of newer nomenclature for newer diseases like renal failure. He also explained modality based clinical research, how you evolve the modality of Ayurved approaches and more realistic, use of **Anuman to Pratyakshapraman**, As said by Agnivesh '**Pariprashnen sevayet**' ask as much questions and applied Ayurved principle in any of the diseases.

**Dr. Narendra Bhatt**, President IASTAM India and Chairman of symposium

This interactive session was moderated and coordinated by **Dr. Narendra Bhatt**. He pointed out need of Discussion and interactive deliberations focusing on followings-

- Challenges, Issues and solutions,
- How to work on resistance?
- How to use of newer technology?
- To what extent, and in what ways, is academic

Ayurved research likely to change?

Healthy and dynamic arguments were held between Dr. Morandi and Dr. Bhatt regarding the Ayurvedic product development. Dr. Bhatt pointed out what is basic difference in thinking about how to develop products on the basis of Ayurved fundamentals for end user. Along with heritage of enriched philosophy of Ayurvedic science there is need of development of modalities those will be helpful to community

in their day to day life. There should be different ways of thinking about research in Ayurved. Before using modern parameters there is need of better understanding of ayurvedic epistemology he concluded.

Prof. Dr. Abhijit Patil, Principal, Bharati Vidyapeeth University, College of Ayurved welcomed the guests, Prof. Dr. Manasi Deshpande Summarized about the symposium and Dr. Trupti Patil offered vote of thanks.



## Event

### 10<sup>th</sup> Svanirbhara Divasa , Sundarlal Joshi Smriti Purashkara Samaroha 2017 3<sup>rd</sup> International Conference And Pre Conference Work Shop on Dravyaguṇa and Rasaśāstra Bheṣajya Kalpanā

Organized by

**J.S. Ayurveda College & P.D. Patel Ayurveda Hospital Managed by Mahagujarat  
Medical Society, Nadiad**

**31<sup>st</sup> August – 3<sup>rd</sup> September 2017**

This year on the occasion of 10<sup>th</sup> Svanirbhara Divasa J.S. Ayurveda College & P.D. Patel Ayurveda Hospital, the oldest Ayurveda Institute in Gujarat is going to organize 3<sup>rd</sup> International Conference on the subjects of Dravyaguṇa and Rasaśāstra Bheṣajya Kalpanā. Both

this subjects are the backbone of Ayurveda.

Original full paper related to the subthemes of the conference are invited from PG, PhD scholars, practitioners, researchers and teachers of all branches of Ayurveda and allied sciences. Subthemes of Conference-

Sub theme Code no.	Sub theme topic
C-01	Standardization of Ayurvedic raw drugs and formulations
C-02	Adulteration and substitution of raw drugs
RB-03	Novel unification of Drugs and formulations
D- 04	Ethno medicine- ethno botany and ethno pharmacology
RB-05	Advancement in pharmaceutical techniques
D-06	Cultivation, conservation and biodiversity of medicinal plants
C-07	Safety and efficacy of Ayurvedic drugs
C-08	Nutraceuticals
C-09	Pharmacovigilance and ADR issues related to Ayurvedic drugs
C-10	IPR issues in context of Ayurvedic drugs

Pre Conference Workshop of Dravyaguṇa and Rasaśāstra BheṣajyaKalpanā: Pre- Conference workshop will be organized on 31<sup>st</sup> August and 1<sup>st</sup> September 2017 . The purpose for workshops is to give practical training and experience to participants GMP pharmacy visit

Last date for registration: 31<sup>st</sup> July 2017

Further details available at  
[www.nadiadayurved.org](http://www.nadiadayurved.org)

Prof. Dr. Vidhi Bapna (Kumath)  
Organizing Secretary ,

#### **Dates to Remember:**

Last date for full paper submission- 15<sup>th</sup> July 2107,

**Email** - [js.int.con2017@gmail.com](mailto:js.int.con2017@gmail.com),

[drkumathvidhi29@yahoo.com](mailto:drkumathvidhi29@yahoo.com)



## Brain-storming Session

on

### **NITI AAYOG Initiative the National Commission for Indian Systems of Medicine (NCISM)'**

At

College of Ayurved, BVDU, Pune

On

17th April 2017.

## 'NITI AAYOG'

has recommended a new institutional framework for Ayurved and Homeopathy, to create a world-class education system for Indian systems of medicine where views from stake holders have been asked for.

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

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Are you associated with organization of any such forthcoming event?

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To,