

# IASTAM

## INDIA NEWSLETTER

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### Connecting Systems; Bridging Disciplines

Ayurved Yoga Unani Siddha Asian Medicine

IASTAM Newsletter  
with a CHANGE in  
a NEW FORM on Monthly Basis!!!

More Frequently!

More News!

More Learning!

More Activities...

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### President Note

## To Change is Constant

Dr. Narendra Bhatt

*To improve is to change; to be perfect is to change often.* - Winston Churchill

There is a changing environment of new happenings all over and our activities are no exception.

IASTAM 'Newsletter' is now brought to you with a new colour and form. To reach you more frequently the Newsletter is being converted as monthly periodic from quarterly. This will help remain updated with the happenings and connected with the members. The new Newsletter will be regular and frequent with new features. We consider sharing quality information and communication. We look forward to your suggestions

and active support.

We plan to include elements from history and archives that will be of significance. There is a thought coming up to have a write-up on the stalwarts who have played an important role in nurturing the objectives and activities of IASTAM. We request our members to come forward with write up on stalwarts they are familiar.

*We invite articles from experts in different fields; contemporary subjects. The Newsletter reaches many more readers and is uploaded on website for ready accessibility.*

**IASTAM Oration & Awards Function 2017**

IASTAM has recognized and worked to create cognizant awareness of multidisciplinary activities of IASTAM in different parts of the country. IASTAM Oration & Award Function 2015 held at Gujarat Ayurved University, Jamnagar, Gujarat was a conscious effort in that direction.

We have approached 2 - 3 academic institutes to look for mutual suitability of dates and purpose.

**IASTAM Oration and Awards**

With changing requirements, procedures for 'IASTAM Oration and Awards' have been amended too. With a wide range of orations & awards representing different disciplines and activities, increasing aspirations are worthy to persuade the unrepresented areas. Experts from various fields were approached to nominate the right candidate for the IASTAM Oration & Awards which then will be selected as per the procedure laid down.

The third series of three IASTAM – BVU (National Scholar) Awards for Best thesis MD and PhD are finalized.

The three new IASTAM – Baidyanath on Development of Classical Products – Standardization, Technology Adaptation and Clinical Validation / Clinical Research are being declared. We were encouraged with the presence of Mrs. Bhavna Sharma, Director and Shri. Bharat Bhushan Shrikande, the senior most executive at Baidyanath.

**Connecting Systems, Bridging Disciplines**

Medical Pluralism in India has taken a deep rooted form. It might have helped systems to grow individually but barriers between systems of similar origin, needs and objectives are not desirable. There is need for these systems to get connected to evolve better knowledgebase and utilizes for the betterment of people. To remain connected we need to define common interests and activities. Similarly, today's sciences are breaking barriers to complement and to grow. To bridge disciplines is essential tool to grow. While science is advancing and systems are faced with challenges from different dimensions there is need to understand and fill these gaps. Disciplines include social sciences, anthropology science, humanities, bio medicine technology, pharmacy, material sciences and such many other systems. At International Conference on Advances in Asian Medicine - ICAAM 2016" a new

theme 'Connecting Systems, Bridging Disciplines' is designed to provide new directions to our activities. We are now committed to the common interest of global healthcare by connecting different systems and bridging the gaps of challenges with disciplines. We also had the privilege to organize a "Consultative Meet to Prioritize AYUSH Research Activities in the field of Cancer for International Collaboration" with behest of Ministry of AYUSH on 21st& 22nd February, 2016.

**Proceedings**

As per the IASTAM tradition Complete 'Proceedings' of both the events are duly published. We are happy that once again though the task was mammoth, we have been successful to bring out the proceedings.

Proceedings of ICAAM 2016 were very different from earlier publications. It was not a one day event, it was five days event and covering each and every aspect of the conference was not easy. Proceedings of ICAAM 2016 are in two parts with almost 250 pages each.

Proceedings of Consultative Cancer Meet are of significance. The proceedings includes the deliberations on Cancer as an issue of great concern in an outcome oriented manner, Cancer Care Needs & AYUSH Possibilities, Group Discussions of experts from different systems of AYUSH, Outcome of the meet, Recommendations and Road Ahead for evolving a roadmap for cancer research in AYUSH.

**IASTAM Membership**

There has been gradual increase in our memberships. I take this opportunity to welcome new Institutional, Patron and Life Members. I also urge all members and others to get their friends and colleagues on board.

We will be happy to welcome you at the upcoming IASTAM Oration & Awards function 2017 at Varanasi. The event will be helpful and educative in terms of Orations to be delivered, experts sharing their views, with presentations of three IASTAM – BVU Awards and three IASTAM – Baidyanath Awards.

*Without change there is no innovation, creativity, or incentive for improvement. Those who initiate change will have a better opportunity to manage the change that is inevitable.*

**- William Pollard**

## Editorial

Dear Friends,

We are happy to present this issue of Newsletter.

IASTAM India is a multi-disciplinary organization involving various systems of medicines such as Ayurved, Unani, Naturopathy, Siddha, Yoga and other branches which are interested and involved in the all aspects of the health. 'Connecting Systems, Bridging Disciplines' keeping this mission in mind, in the last two years IASTAM India had organized one mega event, 1st International conference on Advances in Asian medicine- ICAAM 2016, One national level conclave on Potential of Asian medicine and National level cancer meet along with five various publications to fulfill the objectives of association.

In the last two years, we published newsletters on a quarterly basis. Under the dynamic leadership of our President Dr. Narendra Bhatt, blessings of all the stalwarts and wishes from all our distinguish members, we are now moving one step ahead.

This is another feather in IASTAM India as we are now moving and converting our communicate as monthly Newsletter from this month.

Month of November was full of activities of IASTAM, we have completed the selection process of National Ayurved Scholar Awards and Baidyanath Awards under the guidance of President Dr. Narendra Bhatt and blessings from all stalwarts.

This was the third assessment year for the National Ayurved Scholar Awards. Total 28 M.D. / M.S. dissertations

and 8 theses at Ph. D. level were evaluated. I acknowledge the kind support received from Principal Dr. Abhijit Patil, his team and several subject experts of the selection committee.

This was first selection of IASTAM – Baidyanath Award for Best Research in Standardization, Technology Adaptation and Validation / Clinical Research of a Classical Ayurved Product. IASTAM is thankful to Mrs. Bhavna Sharma, Dr. Shrikhande for initiating the Baidyanath awards. I am very thankful to Dr. Mahadik for his support to complete the process.

We look forward to your full participation in form of review articles, book review, short communication, interviews, and Conference / symposium / workshop information. We invite observations, suggestions and views from all our distinguished members which will be very useful to the Asian medicine.

Upcoming issues will continue with some important themes like Education, Research, practices, Industry, various systems, potential of Asian medicine challenge and issues. I request for your guidance and cooperation and assure you of my efforts to bring out interesting issues of Newsletter-Communiqué.

*In the end; it's not the years in your life that count. It's the life in your years.*

- Abraham Lincoln

Wish you very happy, healthy, wealthy and peaceful new year2017!

- Prof. Dr. Manasi Deshpande

## Opinion

### Proceedings - Wonderful work Of IASTAM Team

The proceedings of the 1st ICAAM are received by us. What a tremendous exciting work and document of this important event. So much material is available now for scholars and students. Research, studies, literature, researchers, important political statements from Ministry of AYUSH and much more, one can find now in a fine printed way. The proceedings show the actual situation and will help to develop Ayurveda, Yoga, Unani, Siddha etc. further. With all the topics and documentation of discussions, it is almost near to a textbook.

The pre-conference workshops are a rich source of development from important tradition to modern

worldwide science. Clinical Research methodology was one topic, yoga was another topic, where the development and discussion were brought forward. Lectures of the IASTAM awardees like Dr. B. M. Hegde, Dr. Shirley Telles or Dr. Nandakumar Sarma are now available not only for the listeners but also for the readers.

**Congratulations to IASTAM - India for these two big volumes which were edited quick after the conference, a 'highlight of the tradition of documentation by IASTAM – India'.**

- Prof. Reinhard Bogle  
Director, Yoga Forum, Munich

## Achievers

# IASTAM India – BVDU – Best PhD / M. D. Thesis National Scholar Awards – 2017

IASTAM encourages excellence amongst the young generation and motivates for inter-disciplinary approach to develop newer interactive ideas and experiments. With this view to encourage the researchers and to promote excellence amongst young and upcoming scholars in Ayurved Bharati Vidyapeeth Deemed University, College of Ayurved and IASTAM, India has instituted NATIONAL AYURVEDA SCHOLAR AWARDS for best Ph.D. thesis & M.D. /M.S. dissertation of Ayurved in the form of A'Certificate of Merit' and 'Cash Prize.

This year total 28 M.D. / M.S. dissertations at National level were received on which scrutiny was done.

### Evaluation methods-

After initial screening at office level regarding fulfilling the all necessary documents, evaluation of all dissertations and theses were done at TWO levels

- An 'INSPECTION & SCRUTINY COMMITTEE' of Eleven experts representing different faculties
- A 'FINAL SELECTION PANEL' of Seven experts

### Parameters for assessment

#### First Scrutiny

- Introduction 10 marks
- Review of Literature 15 marks
- Methods / Approach 30 marks
- Observations/ Results / Outcomes 25 marks
- Discussion /Summary/ Conclusions 20 marks

#### Second scrutiny

Three top in each category -

- Scientific quality
- Contribution to subject
- Integrative approach
- Applicability

### Congratulation to Awardees -

#### 1. Best thesis submitted and conferred for degree of Ph.D. in Ayurveda-Rs.51000/-

##### Scholar- Dr. Girish Shyamrao Sarade

Institute- Tilak Maharashtra Vidyapeeth Pune  
Title -Study of Charak's Concept of Buddhi with Special Emphasis on BuddhiPareeksha

#### 2. Best dissertation submitted and conferred for MD/MS in Ayurveda-Rs.31000/-

##### Scholar - Dr. Priyanka Vijay Thigale

Institute - MAM'sSumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune  
Title- Comparative Study of the Efficacy of AmrutbinduNebulisation with Duolin Nebulisation in Shwasakashtata of Tamak Shwasa (Bronchial Asthama)

#### 3. Best thesis/dissertation submitted and conferred within the Faculty of Ayurved, BVU- Rs.21000/-

##### Scholar-Dr. Hemal Trivedi

Institute-Bharati Vidyapeeth Deemed University, College of Ayurved, Pune  
Title of thesis- Study of YavaguAhara Kalpana from Caraka Samhita and Evaluation of the effect of Sulagniyayagu in Sandhi Sula of Vatarakta Samavastha

We are thankful to all the selection committee members Dr. Subhash Ranade [Chairman], Dr. M. H. Paranjape, Dr. S. M. Sathe, Dr. GunwantYeola, Dr. Mohan Kale, Dr. Suhas Herlekar, Dr. Anand Kulkarni, Dr. Kalpana Sathe, Dr. Mrs. Khot, Dr. Apoorva Sangoram, Dr. Pranita Joshi- Deshmukh, Dr. Yashashree Joshi, Dr. Madhuri Bhide,

Dr. Kirti Bhati, Dr. Vidya Sawant and Ms. Anagha Vaidya coordinated the procedure. Overall procedure was completed under the guidance of Dr. Narendra Bhatt, President of IASTAM- India, and Dr. Abhijit B. Patil, Principal, BVDU, College of Ayurved.

## Winners

# Announcing 1st IASTAM - Baidyanath Awards- 2017 Contributions to Development of Classical Products

IASTAM India and Shree Baidyanath Ayurved Bhavan Pvt. Ltd. Nagpur instituted BAIDYANATH AWARDS in three categories for promoting excellence amongst young and upcoming scholars in Ayurved in a form of A 'Certificate of Merit' and 'Cash Prize' of Rs. 51,000/- in each category as follows-

- 1] IASTAM - Baidyanath Award for Best Research in Standardization of A Classical Product
- 2] IASTAM - Baidyanath Award for Best Technology Adaptation for the Basic Classical Ayurvedic Product Concept
- 3] IASTAM - Baidyanath Award for Best Validation / Clinical Research of A Classical Product

### Objectives :

- To recognize and encourage the best and noticeable development or research work for Ayurvedic classical products amongst Ayurveda and allied post graduate, doctorate scholars, faculty and professionals.
- To motivate young minds for innovation and novelty
- To encourage interdisciplinary & meaningful research amongst Ayurvedic and other scholars, academics and professionals

### Evaluation Process

Evaluation was done strictly on confidential level. Identity of scholar, institute and University were kept confidential. Special code number was given. Total 19 research reports received from various universities and institutes.

### Parameters

Projects were evaluated on five parameters such as Originality of work [20 marks], Relevance of work [20 marks], Concept [15 marks], Methodology adopted [30 marks], Validation in particular category [15 marks]

### Winners of the Awards

<b>Best Research in Standardization of A Classical Product</b>
<b>Name of Scholar- Dr. Swapnil Y. Chaudhary</b> Institute- IPGT & RA, GAU, Jamnagar Title - Physico- Chemical and Toxicological Studies on Tamra with Special reference to Amritikarana
<b>Best Validation / Clinical Research of A Classical Product</b>
<b>Name of Scholar- Dr. Rakesh Singh Thakur</b> Institute -Government Ayurved College, Raipur Title - Anti Diabetic activity of Shilajatvadi Lauha, an Ayurvedic traditional herbo-mineral formulation
<b>Best Technology Adaptation for the Basic Classical Ayurvedic Product Concept</b>
<b>Name of Scholar- Dr. Ansh M.B.</b> Institute - Parassnikadavu Ayurved Medical college, Kannur Title - Technology Adaptation for the classical Ayurvedic Product NagaradiLepa Choorna

We are grateful to the selection committee members Dr. Narendra Bhatt, Mrs. Bhavna Sharma, Dr. Shrikhande, Dr. Mahadik and Dr. Nilima Dharkar.

## Upcoming Event

### February 2017

**IASTAM Oration &  
Award function 2017  
and  
Conclave on  
Translational Research  
Opportunities in Ayurveda**

## News

### **International Academy of Ayurveda**

Opportunity for fresher Female BAMS graduates and doctors who are interested in experiencing working overseas.

Location :

South Korea in Wellpark City Hospital's Ayurveda Department, an Allopathic and integrated hospital near Seoul in South Korea. <https://translate.google.co.in/translate>

[hl=en&sl=ko&u=http://www.wellparkhp.com/&prev=search](http://www.wellparkhp.com/&prev=search)

Eligibility :

We are looking for Female Ayurveda doctors having proficiency in Panchakarma. Good communication and presentation skill and personality.

Job Profile :

You should be able to perform Panchakarma therapies on the patients. Working hours will be 9 am - 5 pm with an hour lunch break, six days a week.

Facility :

Selected candidates will be

provided with both way Air Fare, travel insurance, decent cottage accommodation and buffet vegetarian and non vegetarian food.

They will be given 1000 \$ monthly as remuneration.

Duration – 3 months

If you are interested in such profile of work you can send your resume with latest photograph at [abhijitayurveda@gmail.com](mailto:abhijitayurveda@gmail.com)

We will call for interview.

**Prof. Dr. Subhash Ranade**

Chairman

**Dr. Sunanda Ranade**

Vice Chairman

**Prof. Dr. Guntant Yeola**

Director

## Book Review

### **Ayurvedic Nutrition and cooking**

The ayurvedic nutrition and cooking Book Review: Living a Healthy Life with a healthy food is the concept elaborated easier written by: Dr Sunanda Ranade

The book is a great source of healthy recipes for both beginners and experienced persons who are much more affectionate towards Ayurved. Book is featuring delicious, easy to make recipes by simple complete explanation with beautiful photos. This is possibly the best recipe book one can read.

The traditional ayurvedic diet is purely put in a modernized version of the foods that our ancestors ate, hence the name "Ayurvedic nutrition and cooking". Ayurvedic nutritional diets are made up of nutrient-rich organic foods, includes different types of cereals, grains, natural oils, fats, nuts, fruits and additive herbal drugs. The food articles mentioned are prepared by application of basic principles of ayurvedic traditional science.

Great efforts are taken by author to describe fundamental concepts of body-mind constitutions, assessment of individual's physical and psychological characteristics. The attempt is made by author to address

importance of daily food items for specific constitution in purview of prevention and management of illness.

Especially in basic principles of nutrition chapter explanation about wholesome and unwholesome dietary products, accountability of eight factors in dietetics, quality properties and pharmacological actions of food substances are well narrated. Outstanding recipes from the book include milk processed with herbal drugs, Indian specific snacks and rice recipe, leafy-non leafy vegetables-curries processed with spices and coconuts, variety of mouth-watering pickles. All these food articles are often served as snacks, main course foods and some are the taste enhancers.

The book does offer advice about the benefits of these food stuffs in relation to ayurvedic Vata-Pitta and Kapha entities along with the desired effects on constituents of human being. This book will play an important role to globalize the concept of ayurvedic cooking.

**- Dr. Madhuri Pawar, Associate Professor**

Dept of Ayurvedic pharmaceutics and pharmacology  
BVDU, College of Ayurveda Pune

*From our Archives*

## A NEW INSTIGATION – ACTAM 1983

IASTAM – India inaugurated by Prof A. L. Basham, founder President of IASTAM – International on 31st January 1980, and registered at Bombay in May 1981 was an outcome of the first ICTAM held in Canberra, Australia in September 1979 as an Indian Chapter of IASTAM International. IASTAM – India in two years, proficiently organized the first Asian Conference on Traditional Asian Medicine (ACTAM) in 1983, sponsored by Bombay University and Gujarat Ayurved University, Jamnagar that proved to be a turning point to the association.

This conference was the first major event of IASTAM – India since its inception, aiming towards the use of Traditional Asian Medicine, methods in health care & cure and stimulating research in Traditional Asian Systems of Health. The conference conceded the message of health, promotion, diseases prevention and cure. Government of India particularly the Central Councils of Ayurveda, Siddha and Unani Medicine, the Central Council of Research and its various institutions, the botanical Survey of India and the Ministries of Health of State and Central Government actively participated in the Conference. A grant of Rs. 10,000/- was given by Government of Maharashtra for the conference.

Chief Minister of Maharashtra, late Shri Vasant Rao Patil had inaugurated the Conference and Health Minister; Dr. Lalita Rao inaugurated the Exhibition. Dr. K. N. Udapa, President of IASTAM - India presented the Memorial Oration in honour of Late Pandit Shiv Sharma. Late Dr. V. J. Thakar, Vice Chancellor, Gujarat Ayurved University had delivered by Dr. P. M. Mehta Memorial Lecture delivered.

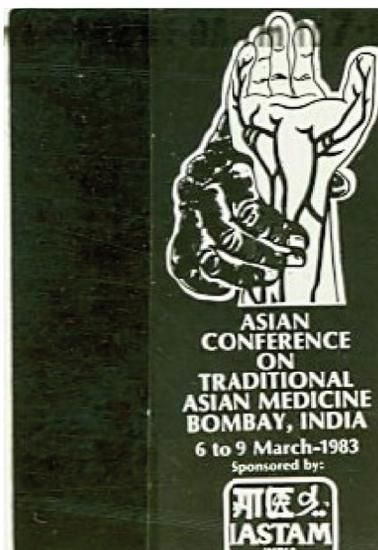
The Key Notes speakers were Dr. S. K. Jain, Director, Botanical Survey of India, Dr. C. L. Jhaveri, an eminent Gynecologist, and Dr. B. K. Goyal, a well known Cardiologist.

The Valedictory function was presided over by Late Prof. Ram Joshi, Vice Chancellor of Bombay University.



The Valedictory address was given by Dr. Somaiya, President, Indian Merchants Chamber.

Prof. Charles Leslie, Secretary General, IASTAM - International gave personal assistance to IASTAM - India in the organization of ASIAN CONFERENCE. The Conference was attended by 375 delegates, 42 foreign delegates came from 14 countries.



The themes of Scientific Sessions of the Conference were 1) Fundamentals of Traditional Systems of Medicine, 2) Ethnobiology, 3) Clinical / Therapeutic practices and experimental research in Traditional Medicine and 4) Social Cultural aspects of Traditional Medicine.

Panel Discussions on a) Basic foundations of Traditional Medicine, b) Research Methodology in Traditional Medicine and c) Role of Traditional Medicine in Primary health care were done in this Conference.

Its success added the morale and self belief of a fledging organization. To a large extent it instilled in IASTAM a confidence that it would be able to carry the mantle of providing leadership to the indigenous knowledge sector.

The Conference was influential in rekindling the scientific spirit amongst the professionals from the traditional systems of medicine and provided new perspectives of looking at issues and challenges faced by the sector.



**Indian Association for the  
Study of Traditional Asian Medicine**

*Connecting Systems, Bridging Disciplines*

**INDUSTRIES, INSTITUTES, COLLEGES  
UNIVERSITIES, ORGANISATIONS  
& INDIVIDUALS**

**APPEAL**

**For Institutional  
& Individual Membership**

*Join Hands with IASTAM - India for Development and Global Reach  
of Indian Systems of Medicine (AYUSH) and Asian Medicine*

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**Proceedings of A Consultative Meet to Prioritize  
AYUSH Research Activities in the field of Cancer for  
International Collaboration**

- Deliberations on 'cancer, an issue of great significance' in an outcome oriented manner.
- Cancer Care Needs & Ayush Possibilities'.
- Group Discussions of experts from different systems of AYUSH.
- Outcome Recommendations, Road Ahead

**Proceedings of ICAAM 2016 : Two parts**

**ICAAM Part I :**

Inauguration, Plenary Sessions, Pre-conferences, Symposia, Round Tables, Valedictory, ICAAM Photo Gallery, Recommendations

**ICAAM Part II :**

Scientific Papers - Oral and Poster presentations, Panel discussion, IASTAM - BVDU Awadees - Best MD / Ph. D presentations

- Proceedings ICAAM 2016 Part I & II ● Total 500+ pages, 1.5 kg weight
- Full Program of 5 days from 3rd Jan to 7th Jan 2016

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**WRITE TO US / SEND TO US /  
SHARE WITH US**

**Congress? Conference? Seminar?  
Symposium? Workshop?**

Are you associated with organization of any such forthcoming event?  
Do you know of such event taking place in your area?

**Books? Journals? Periodicals?**  
Send us a copy to enlist or review.

**Ideas? Thoughts? Views?**

Do you have any?

**Honours? Awards? Tours?**  
Have you been honoured recently?  
Let us share the pride.

**Clippings? News? Abstracts?**

Have you come across my important information that may interest our members?

**IASTAM COMMUNIQUE, is yours** you are invited to participate in its publication. We assure of our efforts to publish appropriate items falling within the purview of IASTAM from our members.

Visit Our Website

[www.iastamindia.org](http://www.iastamindia.org)

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

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