

IASTAM

INDIA

NEWSLETTER

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Connecting Systems; Bridging Disciplines

Ayurved

Yoga

Unani

Siddha

Asian Medicine

Highlights

**IASTAM Oration and Award function 2017
And Conclave on Translational Research Opportunity in Ayurveda**

3 Oration Speeches

3 Key Note Lectures

1 Panel Discussion

18 Scientific Sessions

3 presentations of National Ayurved Scholar Awards

3 presentations of IASTAM Baidynath Awards

Exhibition of Pharmaceutical Stalls

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President Note

Welcome to IASTAM Oration and Awards 2017!!!

Dr. Narendra Bhatt

IASTAM is organising the '**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.

Annual IASTAM Oration and Awards Function

With the new theme '**Connecting Systems, Bridging Disciplines**' IASTAM is now committed to development of Asian medicine, particularly AYUSH by connecting systems and bridging the gaps between different disciplines. The unique tradition of '**IASTAM Oration and Awards**' have now been nurtured as '**an aspiring tradition**'. 'Aspiring Traditions' aims to encourage learning, growing and aspiring with a view that new comers in the organization, adhere to the path and those capable aspire to achieve the objective of excellence.

Planning and Preparations IASTAM Oration and Awards Function

Prof. Manoranjan Sahu one of our awardees for year 2016 and Dean, IMS BHU – Varanasi has shown interest in organizing the event at BHU, Varanasi. Under his guidance, our team is working on organization of the IASTAM Oration & Awards function 2017 at IMS, BHU, Varanasi.

We have duly completed the selection procedure for Awardees as per procedures laid down. Invitations are sent to all the twelve Awardees. We have received confirmation of acceptance and for presence from all the awardees.

We are trying our best to invite Ministry of AYUSH and its officials. We have approached Shri Shripadji Naik, Hon. Minister of AYUSH for Award Function and Inauguration of the Conclave. He has responded very

positively. We expect his presence for this important event.

Three visits have been made by us to Varanasi for planning, arrangements and smooth organization of the event. In the last visit with Dr. Manasi Deshpande on 6 February 2017, we have finalized most of the program. The event will be held at Prof. K. N. Udupa Auditorium on BHU Campus.

The travel plans and local hospitality for the awardees and experts are completed in time. We have arrived at last minute preparations and expect a successful event. Several members of the Managing committee will also be joining at Varanasi to support us.

Conclave - Translational Research Opportunities in Ayurveda'

IASTAM – India has a tradition to have a conclave on subject of relevance along with the Awards Function. Thus, this year a ***Conclave on 'Translational Research Opportunities in Ayurveda'*** has been organized. The best of experts will participate at the conclave and give their views on the subject. We look forward to a rewarding event with invited speeches and panel discussions with best of experts from different disciplines.

To integrate with prevailing medical care, there is need for common language to link the systems that

have emerged from different paradigms. 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 its modalities.

A Mini Symposium at Pune - 'New Opportunities in Academic Research in Ayurved'

A Mini Symposium on ***"New Opportunities in Academic Research in Ayurved"*** is planned on 21st February 2017 in association with Bharati Vidyapeeth Deemed University at College of Ayurved, Pune. We have invited Dr. Antonio Morandi, Dr. S. N. Gupta and Dr. R. K. Goyal to Pune for this symposium. The faculty and students will get an opportunity to interact and gain knowledge from these experts.

IASTAM International Membership

IASTAM is continuously making efforts to expand its horizons. The members of the managing committee at their last meeting have taken a decision to start international membership of our association. This will help further our reach and activities. The modalities are being worked out.

We welcome you all to join us at Varanasi to strengthen our objectives and activities.



We are pleased to share that our president, Dr. Narendra Bhatt, President IASTAM India was invited as resource person at "An International Symposium on Drafting a National Policy of Medicinal and Aromatic Plants" was organized by Federation of Medicinal and Aromatic Plants Stakeholders (**FEDMAPS**) with the support from the National Medicinal Plants Board (**NMPB**), Ministry of AYUSH, Govt. of India and participated by the traders, collectors, cultivators, and researchers from different parts of India on 19th - 20th January 2017. During deliberations various drafts were suggested related to National Policy covering the various fields of Medicinal Plant sector such as Forest & Conservation, Regulations, Information, Education & Communication, Training & Capacity Building, Research & Development, Cultivation, Sustainable Harvesting & Post-Harvest Management, Export Promotion, Commerce, Industry & Marketing, Networking, Knowledge Management & IT Intervention, Programs & Schemes.

From the Office of IASTAM

Editorial

Dear Members,

Hello, Greetings from IASTAM India!!!

As you know **IASTAM Oration and Award function and Conclave on 'Translational Research Opportunity in Ayurveda'** is held at BHU Varanasi on 18th and 19th February 2017. IASTAM team is working hard for the preparation of function. Our president Dr. Narendra Bhatt had visited Varanasi three times for all the arrangement for smooth conduction of function and conclave. With kind support and under the guidance of Dr. Manoranjan Sahu, Dean Faculty of Ayurved, his team is doing their level best.

I am happy to inform that abstracts of 130+ scientific papers are being screened for the scientific program comprising of 18 parallel sessions. While continuing to provide opportunities for regular presentations we have come up with 3 key note lectures and with a two hour panel discussion on **Opportunities, Challenges and Methodologies for Translational Research.**

We welcome your articles, photographs, on-going projects progress, achievements, events, your suggestions and inputs to help keep the newsletter informative and innovative.

Prof. Dr. Manasi Deshpande



Happenings

Participation of Our Member

Dr. Swati Mohite, IASTAM member and Professor in Prasutitantra, BVDU College of Ayurved, Pune was invited for **"International conference on Reproductive Health with Emphasis on the strategies for infertility, assisted reproductive and family planning"** on 23rd January 2017. Dr. Swati Mohite delivered lecture on ***Potential Ayurvedic innervations in Polly Cystic Ovarian Syndrome - Clinical Based Experience.***

At Government Sectors

"A Brainstorming Workshop on Development of Experimental methodology for generation of scientific evidence on fundamental principles of Ayurveda" was organized by C.C.R.A.S., New Delhi on 18th January 2017 at Pune. It was decided in the workshop that a separate cell must be created and Collaborative study with reputed institutes should be taken up. There is need of an hour to develop more scientific tools to validate the concepts of Ayurveda.

There are many initiatives taken at AYUSH to strengthen our sector. The **Union budget 2017, Rs. 1,428.65 crores** are allocated for AYUSH ministry for promoting alternative medicines. The new innovative projects will be in the most priority of AYUSH sector.

We, the IASTAM team is undertaking various activities to strengthen our sector.

Article

MIND-SET and TRIGUNA

Prof Dr. Yashashree V. Joshi,
Dept of Samhita and Siddhant, College of
Ayurved, BVDU, Pune

‘Mind set’ is a comparatively new concept in modern Psychology.

Mind set is a set of ideas, attitudes and beliefs that shape the way one thinks about himself and the world. This notion is comparable with the notion of Maanas Prakriti mentioned in Ayurved.

Ayurved Texts depict that each one’s ideas, attitudes and beliefs are expressions of his Maanas Prakriti specific configuration of ‘Triguna’ namely, Satva, Rajas and Tamas.

Ayurvedic Manas prakriti

Saatvik Personality	Raajasik Personality	Taamasik Personality
Helping nature, stable, intelligent, interest in gaining knowledge, shares things with others, gives knowledge to others, noble minded, self-controlled, optimistic, wealthy but not too much interested in materialistic things, good social circle, ready for self-improvement.	Brave, responding sharply, wealthy, interested more in money - food and entertainment, enthusiastic, loves to travel, takes initiative in doing various jobs, active, artistic attitude, achiever’s attitude, possessive, may get irritated within short span of time, angry, helps them who always accept his supremacy, optimistic, may keep revengeful attitude against those who hurt him.	Timid and passive, prefers to remain inactive, avoids to think about the present situation and find out the solution, lower intellectual capacity so may understand the situation in wrong way or with very limited aspects, fails to make proper decision, blames others for own failures, most of the time criticizes others, sleepy, lazy, remains in grief for too long period, coward.

Mind sets are of two types as follows :

Growth Mind Set	Fixed Mind Set
Keen to learn from people around them	Avoid new learning considering they are stuff up
Understand what other want	Do not try to understand others
Recognize failure as opportunity	Do not deal very well with setbacks
Aware of own weaknesses	Try to hide their mistakes
Focused on improving weaknesses	Convinced that their abilities are limited
Open to new things and challenges.	Talk negatively about others and even about self
Trait : positive & encouraging to others, trusting, resilient, forgiving	Trait : negative & critical to others, Self pity, depressed, unforgiving
resembles with Saatvik Maanas Prakriti and Satva-dominant Raajasik Maanas Prakriti	Resembles with Taamasik Maanas Prakriti and Tamas-dominant Raajasik Maanas Prakriti

Mind sets and Maanas Prakriti both can be revolutionized to superior level by hard efforts and there are certain tools to make over these desirable changes in modern psychology as well as in Ayurved.



Recommendations

Promotion of AYUSH in Public health

From- Book published on AYUSH in Public health: Traditional Health care System pathways to study from Epidemiological Perspectives, policy brief by Prof. R.K.Mutatkar

1. National Institute of AYUSH in Public Health under AYUSH Ministry
2. Public health departments in existing national institutes of AYUSH
3. Centre of Excellence : AYUSH in Public health (one each in 4-5 geographical regions and a special one for North- East)
4. Master's degree in AYUSH in Public health at
 - a. M.D. level for AYUSH Graduates
 - b. At master level at Health sciences or equivalent such as M.PH.
 - c. Certificate and Diploma courses about AYUSH in Public health
5. Separate or integrated courses for Paramedics such as ANM, Anganwadi workers, ASHA who actually operationalize public health work, entering the houses and huts of people to provide services
6. We also need to upscale the skills of Dai and Herbalists by educating them about linkage of their traditional knowledge (little tradition) with the classics (great tradition), may be in a workshop mode .
7. To establish formal network between ICMR - AYUSH- ICSSR to promote interdisciplinary research
8. To celebrate National AYUSH day for sensitising people, may be October 2 in view of Mahatma Gandhi's interest in Naturopathy
9. All food and supplements provided in Anganwadi, Ashram School, Mid - Day Meal be based on AYUSH principles and fortified with AYUSH drugs such as Shatawari, Pipli, Jyeshthmadh, Ashwagandha, Amla, Drumstick, local greens etc to be supervised by local herbalist, Dai, Women members of PRI.
10. AYUSH courses be routed through National and state level open Universities.



Book Review

'Understanding Dehaprakriti: Made Easy'

Concept of prakriti has remained pivotal in ayurvedic physiological considerations. Enlisted amongst 'dashavidhapareeksha' in Charaka Samhita, 'Prakriti' is an important tool of 'rogeepareeksha' and thus is a pathway towards 'personalized medicine'.

'Prakritipareekshana' is a part of formal Ayurvedic education. It is included in both theory & practical in curriculum. The book can serve as a 'handbook' for the students of undergraduate & post graduate courses. Authors have used colored images of animals & their way of explanation of anukatwa defines them as a classical teachers.

Authors have thoroughly explained conceptualization of prakriti. They have compiled lakshana of dehaprakriti, along with meanings of the terms from dictionaries, commentaries & encyclopedias. They have classified the 'prakriti assessment features' in three subgroups, as 'morphological' (rachanatmaka), 'physiological' (kriyatmaka) & 'psychological' (manas) features. This mode of classification inculcates reader's mind towards necessity

of different 'prakriti pareekshana proformas' for different research works or necessity of gradation system in prakriti assessment features.

Efforts are made by authors to provide different tables & sketches for prakriti features. To underline role of guna in doshaja prakriti, authors have compiled guna, mahabhoota dominance, rasa & aprasayana herb for that prakriti in one distinct table. The book doesn't remain as a 'manual', but befits as a 'core manuscript' for wholesome understanding of prakriti for academicians, researchers & clinicians.

Authors have suggested & listed food items recommended for specific prakriti in purview of prevention and management of illness. Authors have made recommendations for vihara too. The book uniquely mentions preferred yogasana for different prakriti persons. Crossing the mind-body horizon, it offers an insight towards their concurrent effects at levels of marriage compatibility, family and society. This book is possibly the best comprehension compilation for applications of concept of prakriti.

Authors

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Reviewer

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Events : IASTAM Tradition

IASTAM Oration & Award Functions

VIII IASTAM Oration & Award Function 2017

Conclave on Translational Research opportunities in Ayurved
in association with Institute of Medical Sciences,
BHU, Varanasi
on 18th & 19th February 2017.

VII IASTAM Oration & Award Function 2016

International Conference on Advances in Asian Medicine,
Co-Organised by Bharati Vidyapeeth Deemed University, College of Ayurved, Pune,
on 3rd - 7th January 2016.

VI IASTAM Oration & Award Function 2015

Conclave on Asian Medicine: Integrative Potentials
in association with Gujarat Ayurved University, Jamnagar,
on 13th & 14th February 2015.

V IASTAM Oration & Award Function 2012

National Symposium on Integrative Research – What & How?
in association with BVDU, College of Ayurved, Pune ,
on 3rd March 2012.

IV IASTAM Oration & Award Function 2005

Conclave on Transforming Traditions for Tomorrow's Health,
in association with BVDU, College of Ayurved, Pune ,
on 30th & 31st January 2005.

III IASTAM Oration & Award Function 2003

Intellectual Conclave on Ayurved – I,
in association with Ayurvedic Drug Manufacturers Association (ADMA), at New Delhi
on 13th February 2003.

II IASTAM Oration & Award Function 1999

Symposium on Global Needs of Ayurveda - How to Meet Them?
in association with Zandu Pharmaceuticals Pvt. Ltd. at Mumbai,
on 31st January 1999.

I IASTAM Oration & Award Function 1990

III International Congress on Traditional Asian Medicine,
at Mumbai,
on 4th - 7th January 1990.

IASTAM Publications : Scholarly, Informative, Thought Provoking

Will Be Delivered To You...



Conclave Proceedings 2005

“Transforming Traditions for Tomorrow’s Health”

Covering a conclave with 9 plenary lectures, around 30 lead papers and discussion across 5 parallel sessions.

The five areas dealt with at the Conclave are of future significance for the role the indigenous systems in this case mainly Ayurved has to play.

- Educational Reforms
- Competitive Benchmarks for Profession
- Applied Research Approaches
- Information Technology as Growth Technology
- Longevity and Aging Challenges.

Delivery Charges : Rs. 350/- (Including Postage)



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

Delivery Charges : Rs. 200/- (Only Postage)



Proceedings of ICAAM 2016: 'International Conference on Advances in Asian Medicine [Part I & II]

(Total 500+ pages, 1.5 kg weight Full Program of 5 days from 3rd Jan to 7th Jan 2016)

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 Awardees - Best M.D. / Ph. D. Presentations

Delivery Charges : Rs. 200/- (Only Postage)

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Indian Association for the
Study of Traditional Asian Medicine

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& Individual Membership**

**IASTAM INDIA
Broadening Its Horizons**

**INITIATES
INTERNATIONAL MEMBERSHIP**

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

Appeal to Members to spread awareness
(Membership form available on website)

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Are you associated with
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Books? Journals? Periodicals?
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To,