



IASTAM

NEWSLETTER

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Connecting Systems; Bridging Disciplines

Ayurved

Yoga

Unani

Siddha

Asian Medicine



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Presidential Note

DEVELOPING A NEW STRUCTURE

Dr. Narendra Bhatt

It was about a decade back that IASTAM had to struggle for its survival. I still remember the sudden demand to shift our assets, two cupboards, tables, books, files and documents overnight for its safe keeping. We had to lodge the material temporarily in a godown of a company.

Dr. S. K. Jain, the then President being in Lucknow, I as vice president had to take the necessary call.

We were fortunate to get good support from several seniors and well-wishers of our association. It took couple of years after hunting for right shelter to get associated with College of Ayurved, Bharati Vidyapeeth Deemed University (BVDU), Pune. It was through kind support from Prof. Dr. Shivajirao Kadam, a close friend and a well-wisher of our association, having already recognised IASTAM Silver Jubilee in 2005. The MoU between the two organisation was signed on 18th

February 2011 as a final bonding.

Since then there is no looking back. As you will observe on the following pages our activities have grown. Our members have increased, our awards have received higher recognition and there is active support for other activities. Following several publications at the time of ICAAM, our "Newsletter" is now a monthly regular publication. Efforts are on to publish a journal to give voice to practitioners who represent the Indian Systems of Medicine at ground level.

IASTAM represents collective efforts. Our objective is to create a robust representative mechanism. We will continue to make efforts in untiring manner to connect different systems and disciplines for common objective.

Interdisciplinary dialogue, particularly in the field of research to bridge different disciplines are in the offing. There is need to evolve scientific programs to play

a catalytic role in crossing the barriers by methods of bridging the differences that might be restricting the development.

After 36 years our association can claim to have laid a good foundation. Now, efforts must be to create a structure on it, slowly but strong. This will require a design to relate with contemporary needs. Our continuous efforts are to define these needs of different types and forms. This is an ongoing process.

The association needs involvement of next and new

generation to get attracted. The increasing number and global aspirations will help us in that direction. As I conclude writing this note the signals from organisers of IX ICTAM in Germany have been positive. The international council has recognised the strength that IASTAM - India has and as a country to represent the most pluralistic medicine in the world.

Coming times will be interesting!

As we undergo the electoral process there is definite positive energy and aspirations for coming times.

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Editorial

Dear Members,

We are happy to present this special issue on "A Decade of IASTAM - 2008 to 2017". As you know the election of the new managing committee and General Body meeting of all the members will be held on 22nd June 2017. We have decided to write on various aspects of IASTAM, the approach of managing committee for decision making, various activities, financial aspect and what we have achieved during our one decade journey.

From last 36 years working continuously for a determined common cause is not an easy task. It is more challenging. It demands a sharp focus and commitment. Under the guidance of President Dr. Narendra Bhatt, blessings of stalwarts, support from managing committee members and all the members, we have achieved a lot during our journey. Yet to do many more in coming years, remain committed to connecting systems and bridging discipline. We cannot accomplish all that we need to do

without working together. We welcome you all to join us to strengthen our objectives and activities.

This issue contains "IASTAM, An Association to Evolve" an article by our President which gives an idea of how IASTAM grew as an association along with his journey in the association with committed work for a good cause.

We look forward to your full participation in form of review articles, book reviews, short communication and information about Conference / Symposium / Workshop information.

We cordially invite all our members for General body meeting; make it convenient to attend the meeting and support the association.

Prof. Dr. Manasi Deshpande

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Activities / Events

ACTIVITIES / EVENTS	1981 - 1987	1988 – 1997	1998 – 2007	2008 - 2017
AWARD FUNCTIONS		1	3	4
INTERNATIONAL CONFERENCE	1	1		1
CONCLAVE & MEETS	1	3	3	6
IASTAM NEWSLETTER / COMMUNIQUE ISSUES	9	11	1	15
PROCEEDINGS/ AWARD BOOK / CHRONICLE			6	7
MANAGING COMMITTEE MEETINGS	1	19	16	31

Article**IASTAM, AN ASSOCIATION TO EVOLVE****Dr. Narendra Bhatt**

This article is being reproduced from CHRONICLE for more about IASTAM and its activities for new generation of faculty and students.

A CHRONICLE is a record of happenings for posterity. It has equal significance on future course of action. It is necessary to understand the basis of an activity and learn from experiences. It has significance when an atypical activity like IASTAM has noteworthy outcome. I remember IASTAM faced questions about its need. It faced controversy when it was being formed from a scholastic professor who threatened to hold demonstrations for the word 'traditional'. Several times in past and even recently I have faced remarks about its eventual demise. IASTAM has survived all these misgivings for more than 35 years. This is reason enough to document not only for its history but to recognise validity of the cause it is committed to.

A brief narrative of personal experience I believe, will help understand and believe in IASTAM for its need and its objectives. Passion of few may help an activity but passion cannot sustain without reason of filling a need. An association cannot survive **35 years** unless there is some substance for its existence. As an Ayurveda man I have experienced and realised that necessity.

Though a novice, my first lesson in 1981 was to learn to convince my colleagues to believe in IASTAM to become its life members. Then came meets in Pune and Mumbai to change my perspective of integration; not only as an idea of mix practice but a bridge of mutual learning to be built. **ACTAM** was the first experience of organising an event.

I remember my first ever presentation abroad at 2nd ICTAM in Surabaya, Indonesia was titled 'Integrated Approach to Health' with a kaleidoscopic graphic that depicted human body in its varied dimension when the angle was changed. An appreciation by many seniors was my conversion to integration as an essential tool for development. The role as a conference secretary at III ICTAM in Mumbai exposed me to vastness of faculties and sciences that were interested in Asian medicine and personally it was learning of ability to manage complexity of the conference. Probably that was seed to my later getting into

management. Participation at Japan ICTAM helped me value of technology and coming together for a common objective to develop a pulse meter based on Ayurvedic principles, of a traditional medicine institute, a physiology institute and Sony Life science division. I understood value of joining hands. As an invitee to plan ICTAM at Halle, Germany with Paul and Rahul helped me study European academic approach and methods to deliberate by different fraternities on common interest. Later as I grew with organization I could delve into the literary and interpretational depth. **Basham Award lecture on 'Agni'** strengthened my own base about a concept and keynote at Bhutan made me get deep into the realistic issues of Asian Medicine and need for policy changes.

How can I forget knowing scholars from different faculties, systems and countries? It was an experience to ripen in academic depth from being a volunteer to receive the Basham award the hands of Prof. Leslie, a scholar truly dedicated to studies on Asian medicine who consistently tried to keep IASTAM survive for its designated path. How much I could augment with profound studies on Ayurvedic texts of scholars like Prof. Muelenbeld (the Netherlands) and Francis Zimmermann (France), or Mitchell Weiss (Switzerland) for genetic correlations or anthropology approaches of Prof. Bonsel (Holland), social aspects of medicine from Lorna Rhodes, linguistic and literary debates with Rahul Peter Das or Dominik Wuzastyk and in recent times about different aspects of Chinese medicine from Prof. Paul Unschuld and Vivienne Lo. These are but few examples to cite. And of course furthering research activities with Dr. Gerhard Vogel (author of a major treatise on Pharmacology, Germany) or Dr. Bala Manyam (Movement Disorders, USA) who participated at **III ICTAM** in Mumbai and other ICTAMs as well.

Similarly, how can I forget motivated by Prof. Udupa in his own style and getting support from Prof. Mutatakar, Dr. G. V. Satyavati, V. N. Pandey, K. G. Desai, S. P. Kinjwadekar & S. I. Nagral, Syed Khalilatullah, Dr. S. K. Jain and strengthening

friendly bonds with Vd. Sardeshmukh and Vd. Ramesh Nanal. These are but few of the names. ***IASTAM became a reason to meet, debate and act.***

Planning and organization of IASTAM events provides an interesting opportunity about learning of the subject with a closer lens whereas about people and their views with a broad viewpoint. Editing of IASTAM conclave proceedings has been an experience that has helped develop skills that otherwise would have been difficult to absorb.

When I look back I realise how this association has impacted my development by learning to respect other dimensions and re-examine one's own standing. Today I see an integrated mosaic of images of colours that though different provide a singular objective of human wellbeing. *One has to learn to have an insight for the flow to reach that objective.*

IASTAM as an international body after initial excitement and interest with formation of several regional chapters – Malaysia, Japan, Indonesia, North America, European and few others – sadly faded out due to lack of right leadership to bridge the gap between scholastic on one hand and the practitioners on the other. I recollect being flown to Trivandrum for a meeting with Ken Zysk, Dominique Wuzastyk and Rahul Peter Das to ensure the healthy subsistence of Indian chapter with IASTAM. The issue of numeric strength was resolved with representative modality and while upholding the organizational independence as a registered body in India an understanding was reached to evolve a mutually complimentary working relationship. Again when Vivienne began efforts to reenergise IASTAM there were few visits to London with guidance from Prof. Leslie that made us connect for cause of Asian Medicine. However, the debate is still on. The very objective of IASTAM to my surprise is now an issue of debate! Interests of academics and aspirations of practitioners are required to be linked. The traditional medicine systems, particularly in India, has shaped into a highly institutionalized mammoth structure that is required to be attended for its own identity and needs.



Institution of Awards

Awards	1990	1999	2003	2005	2012	2015	2016	2017
IASTAM ORATIONS & AWARDS	1	2	4	7	10	10 (National) + 1 (International)	10 (National) + 2 (International)	10 (National) + 2 (International)
IASTAM BVU AWARDS - Best MD / PhD Thesis						3	3	3
						IASTAM - Baidyanath Awards - Best Research in Classical Products		3

Indian chapter, established simultaneous to IASTAM has recognised these needs from its beginning and has aimed to provide that bridge. It has stretched out itself to fill in the gap to address issues that otherwise would have remained parallel. IASTAM – India has remained active with some strategic inputs and approach to remain noteworthy. Pluralistic medicine as practiced in India and conjoint curiosity between science and tradition for mutual gains might have helped it keep its flame alive. All its activities as described in following pages are aimed to add value to efforts by any system or science for gains that will help the indigenous medical knowledge for its utility.

Medical pluralism as defined by western academics and as practiced in India provide an interesting quandary. One tries to understand, other practices. In coming times solutions to dilemma faced in areas of various activities will help overall health care globally.

Challenges faced by indigenous systems of medicine are similar for different Asian countries. Protection of traditional heritage or loss of its components in the name of science, integration while keeping its identity, mainstreaming while developing and remaining relevant while being challenged continuously by system based and supported by parallel paradigm.

There is an urgent need for *Asian policies to develop a common approach*, first to compliment mutually and then to take it globally. Such an approach will help not only countries of their origin but people all over.

This brief personal narrative is an example of what IASTAM is and how it can influence. I am sure there are many more associated with IASTAM who have been touched by its activities.

IASTAM shall remain committed to connecting systems and bridging disciplines as a want of present times.

An Approach

APPROACH OF THE MANAGING COMMITTEE - A DECADE (2008-2017)

Dr. Manasi Deshpande

I joined IASTAM India association in the year 2009 as a Life member and in 2011 as a coordinator for BVDU IASTAM – National Ayurved Scholar awards. During 2011 - 2014, I was invited as special invitee and became a part of several meetings of Managing committee. When I participated in the ICTAM VIII at South Korea September 2013, I personally felt the importance of Indian chapter of IASTAM at International level.

I was nominated and elected as Joint secretary during 2014 - 2017. In April 2016 managing committee decided and gave me responsibility of in charge Secretary General. During this period, 16 managing committee meetings were held regularly in a structured and disciplined way. Every meeting in itself was a new learning experience as office bearer. Norms followed by Managing committee in every aspect for day-to-day functioning and some of the major decisions taken during meetings were the new avenues as an office bearer for me.

During the selection of IASTAM Oration and Awards, a lot of times the managing committee faced a dilemma and conflict when the nominations were nominated by relative or friends, cross nominations, certain nominations representing a group or faculty that one may belong to. In such type of situations the decision taken by the managing committee had the most important impact on selection of the awardees and reputation of awards. I experienced how a well-defined procedure established by the organization under the guidance of President ensures the high standards of neutrality and proficiency.

The desire to widen the scope of IASTAM in multidisciplinary activities enabled managing committee to take a decision to collaborate with different academic universities for Award and Oration Function. In last decade we have collaborated with several reputed universities such as JNU, New Delhi, Gujarat Ayurved University, Banaras Hindu University and Bharati Vidyapeeth University.

The managing committee gave me opportunity and responsibility as coordinator for Conclave Integrative Research at Pune, on Asian Medicine at Jamnagar, Organizing Secretary for 1st ICAAAM at Pune and Conclave of Translation Research at BHU Varanasi.

In spite of academic universities having their own structure and rules and regulations, with the cooperation from the authority of all the academic university and support from managing committee all the events were carried out smoothly. It was indeed a pleasure to collaborate and to work jointly with all the reputed universities.

It was a tough and challenging period for me. As an academic role along with college responsibilities, it was difficult to spend time and work committedly. But under the guidance and dynamic leadership of Dr. Narendra Bhatt, blessings of senior members and support from colleagues, it became easier and challengeable. The role of organizing secretary at all these events exposed me to new avenues and nurtured leadership quality in me.

As a member of association, I observed how our President Dr. Narendra Bhatt works passionately for a cause; I had taken this up as a meaningful way to keep my mind occupied. If I had to sum up my experience in one word, I'd say that it was 'life-changing' for me. I believe I'm not contributing anything as such, but instead giving back to the society to help me live a peaceful life.

With the new theme coined by the President '**Connecting Systems, Bridging Disciplines**' we are now committed to common interest of global healthcare by connecting systems and bridging the gaps of challenges with different disciplines. IASTAM India has an important role in the promotion of traditional Asian medicine and wish all the activities with a mission would continue to inspire the generations.



Finance and Accounts

FOLLOWING DISCIPLINE AND SYSTEMS

Dr. Vandana Kozarekar

Dear Members,

We are indebted to all of you and our supporters as without you IASTAM could not have sustained more than 35 years! Financial requirements and its right management is vital for survival of any organization. This small note is an effort to share the approach followed by our association. Since inception in 1981 till 2006 our association received continuous support from Zandu; Dr. K. M. Parikh our founder treasurer took the responsibility till his demise in 2000. Thereafter also the support continued with Shri D. M. Parikh who continued as a treasurer and then vice president.

One principle followed as I learned from seniors was not to allow basic fund of IASTAM to be spent for any event. The principle of every event to be self-funded was initiated by Dr. Parikh and has been carried forward till now by his disciple and our present president. This simple but strong principle has helped IASTAM survive.

During few years we struggled even to get a shelter. At Bharati Vidyapeeth University College of Ayurveda we not only got shelter but active support in the form of academic faculty for our activities. Our efforts to evolve mutually beneficial agenda has helped us develop a very reliable relationship.

I have been associated with IASTAM since 1990 when joined Dr. Bhatt. I became more involved and active to support him during troubled times to take care of funds and accounts while still coordinating with Shri Indubhai, former employee of Zandu. It took time for me to understand details of functioning but learnt it slowly following the founding principles under watchful eyes of seniors.

However, growing while managing the funds was not easy. When we realised the cost of holding even one oration or function every 2 or 3 years was not easy. That made our president to consider a full day event with increasing awards from 6 to 12 so as to have a full day event at right cost and added with a conclave. We tried to associate with at least four other groups that I remember but it did not materialise as any compromise on basic tenets of IASTAM was not acceptable. Once decided we have worked for it untiringly and now results are visible. I have been witness to these approaches with several individual donors and organizations and persistent efforts to gain it. Most noteworthy are gains from

EMAMI that has helped us grow further. To reach out and get concerned convinced has not been easy. Friends who believed in IASTAM objective and capabilities helped us on the way. To acquire funds from sponsors, to convince them believe in the objectives of the association; that strength of convincing comes from the commitment to our own belief in the objective and selflessness.

The principle of activity without using own funds gets reflected in our other awards where we developed win-win situation for donors and for us. What helped was faith in IASTAM capabilities and its commitment to purpose. Our president strongly believes that when one ensures outcome, funds do materialise.

Publication is another area where awareness was necessary. Direct involvement in reducing costs and objective proposals have attracted right sources.

Another and most interesting observation is negotiations while dealing with any vendor or supplier or service provider. We, at committee have observed and enjoyed the skilful negotiations, particularly at ICAAM 2016 and enjoyed it. Driven by selfless objectives to convince the provider to be part of a process and still giving one business gains is not easy. These have helped reduce our costs in a big way. A watchful situation helps us remain conscious of costs, all the times. At the same time appreciating a good service or giving rightful benefits helps us develop long lasting relations with our vendors.

During last ten years we have increased our activities. Please see the tables in this issue.

I have observed a principle to minimize financial burden on the association; carried right from top that has resulted in the office bearers spending from their own pockets. This principle is followed elsewhere as well. I remember, once the group from India participated in ICTAM and received the funds towards reimbursements of the travels of participants. The care was taken to disburse the funds equally for more and as per need of the participants and not to sponsor one or two of the office-bearers. And small residual amount was added to the corpus of IASTAM.

We are fortunate to have your support and wish to ensure that we will keep on working for AYUSH and Asian Medicine

untiringly. I sincerely request you all to help by upgrading to become life or patron members; by bringing in more and more members and institutional members. 30 % of membership fees goes into permanent corpus. Every single effort in any small

way will help IASTAM move forward.

I have learnt as quoted by Benjamin Franklin ‘A Penny Saved, is a Penny Earned’

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Functioning and Activities

A Poster designed & displayed in IASTAM office to keep track of activities





Indian Association for the
Study of Traditional Asian Medicine

Connecting Systems, Bridging Disciplines

INDUSTRIES, INSTITUTES, COLLEGES
UNIVERSITIES, ORGANISATIONS
& INDIVIDUALS

IASTAM INDIA
Broadening Its Horizons

APPEAL

**For Institutional, Individual
& 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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organization of any such
forthcoming event?

Do you know of such event taking
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Books? Journals? Periodicals?

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