

# IASTAM

INDIA

## NEWSLETTER

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### Connecting Systems; Bridging Disciplines

• Ayurved • Yoga • Unani • Siddha • Asian Medicine •

Fusing Gaps Bridging the Journey.

- Nesian Mystic

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## PRE NOTE

### 1. Conclave on Cancer, 2. Workshop on Learning of Sanskrit & Samhita

Dr. Narendra Bhatt

#### Selection of Oration Awards

I am happy to inform that the procedure for selection of IASTAM Oration Awards for 2019 has been completed much in advance.

*Padma Bhushan Vaidya Devendra Trigunaji* from *Delhi*, a renowned Ayurvedic Physician with expertise in Pulse diagnosis will deliver the next, 10<sup>th</sup> '*Pandit Shiv Sharma Oration for Propagation of Ayurveda*'. He is known to have curative protocols for several diseases such as blood cancer, kidney ailments and several others. He has been an honorary physician to the number of dignitaries and elite. He is President of All India Ayurvedic Congress.

The 5<sup>th</sup> '*IASTAM Zandu International Oration for Research Contributions to Natural Products*' for the year 2019 will be delivered by *Dr. Robin Marles* from *Canada*; a pharmacognosist - biologist who has been closely associated with the regulatory authorities in USA and Canada. Presently he is the Senior Scientific Advisor, Nutrition Premarket Assessment Division, Bureau of Nutritional Sciences, Food Directorate, Health Products and Food Branch, Health Canada.

The recipient of the 6<sup>th</sup> '*IASTAM Zandu*

*International Oration (Indian Citizen) For Research Contributions to Natural Products*' for the year 2019 is *Dr. S. C. Lakhota* from *Varanasi*, a Distinguished Professor (Lifetime) at BHU, INSA Senior Scientist, Former Professor Emeritus & DAE-Raja Ramanna Fellow, Head, Dept. of Molecular & Human Genetics and Former Dean, Faculty of Science.

As usual, we were amused by some proposals. Amongst the few self-nominations, one not only sent his biodata but suggested to organize the function on a date of his convenience. We were reached by some interested experts but most withdrew after realising our adherence to the procedure. A critical observation by a senior member about the method of selection by the committee could only be responded by increasing our commitment to further improve the procedure. No procedure is absolutely perfect. Our efforts will always be to expand our reach and improve our selection rather than being besieged by a group with limited latitude.

#### IASTAM - Role of Honour

Over the last few years, it has been noticed that we have not been able to recognize the contributions of several senior members of our association and distinguished

experts. Their close association, their very senior positions and at times though nominated their names did not receive enough votes to make it to the final choice. We have decided to prepare a list of such dignitaries. We will discuss on means to recognize such contributions. I welcome suggestions from our members that will be taken up by the managing committee.

### Award Function

As informed the next, 5<sup>th</sup> in row, *IASTAM Oration and Award Function - 2019 and Conclave on "Cancer Care & Research in AYUSH: Developing A Roadmap"* are planned from 15<sup>th</sup> - 17<sup>th</sup> February 2019 at Kochi.

After floods as Kerala resumed back to normalcy, we had a meeting in Kochi on 4<sup>th</sup> and 5<sup>th</sup> September for planning of the award function and the conclave. We had a meeting with Dr. Shantikumar V. Nair, Dean of Research, Amrita Vishwa Vidyapeetham and Director, Amrita Centre for Nano Sciences and Molecular Medicine with review on the facilities available. At Kollam we had discussions with Br. Sankarachaitanya, Medical Director, Amrita Vishwa Vidyapeetham and their faculty members. Dr. Ram Manohar, Research Director, Amrita School of Ayurveda and a member of our Managing committee help coordinate these discussions in a very able manner. Initial planning and details of organizing the event were finalized. We will follow it up further for a promising event.

### Conclave

The theme "*Cancer Care & Research in AYUSH: Developing A Roadmap*" will have following subthemes.

1. **Developing Drugs and Products for Cancer Management**
2. **Clinical Insights for Understanding Cancer in AYUSH**
3. **Cancer Biology and AYUSH Principles, Evolving Integrative Approaches**
4. **Treatment Modalities for AYUSH in Cancer**
5. **Prevention of Cancer, AYUSH Perspectives**

A **Workshop** will be held on '*AYUSH Treatment Modalities in Cancer*' on 15<sup>th</sup> February 2019 to share the experiences of professionals and views of academic experts. This workshop is aimed at providing guidance to the practitioners for treating Cancer patients and to help academics and researchers provide variant understanding of the AYUSH approach to the disease.

### Learning of Sanskrit and Samhita - Response

My earlier PreNote '*In Search of the Indian Meulenbeld*' has generated much interest. A review

from Prof. Dharmadhikari in previous issue is followed in this issue with an informative response from Vaidya Dilip Gadgil, another scholar of repute. It will be pertinent on us to take forward the issue about learning of Sanskrit and *Samhita* in an elaborate manner. I also had a brief interaction with Dr. Nevpukarkar at Aurangabad during my visit for a personal reason.

The need of learning Sanskrit and *Samhita* is never doubted, not now, never in past. Despite that the reality is contradictory to what is desired. This needs a serious discussion on why and how?

Both Prof. Dharmadhikari and Vd. Gadgil are committed to the purpose and are involved for last many years with single minded objective of promoting learning of the *Samhitas*. The question is, 'is it enough?' With nearly 275+ Ayurvedic colleges under institutionalized training there is need to reconsider our means and methods to evolve new modalities that could be adopted by or linked with university based teaching.

We need to evolve learning modalities which will excite both the faculty and students. We need to generate interest in learning of multiple contextual meanings and realize how exciting it could be to get meaningful interpretations for contemporary use. The challenge is how to generate interest in learning of Sanskrit for its contextual relevance and applicability's and not merely as a language. The beauty and depth of Sanskrit as an important tool to fathom the vastness of a subject and derive the applied objectivity are important for interpreting of knowledge.

Maybe we also need to adapt to fast track learning process as are followed in some part of India, particularly in Varanasi. This will make it easier for the teachers and students to enjoy richness of language rather than going through it in a mundane way. Maybe we need to evolve new digital learning modalities. Another important suggestion could be a national level platform where a group of experts can respond to the queries related with such questions.

My own experience for searching and evolving meanings of words has not been easy. I had to struggle hard to get required expertise and even relevant texts. Another important problem is prohibitive cost of texts for reference. The costs at present of '*Shabda Kalpa Droom*' or '*Vachaspatyam*' are definitely prohibitive for individual reader.

We are working to organize a meet on this issue of concern.

I urge all our readers to share your views related to learning of Sanskrit and *Samhitas*.



## Response

### Study of Ayurvedic Texts

Vd. Dilip Gadgil

**Reading the Pre Note - In Search of Meulenbeld; stimulated Vd. Dilip Gadgil to write the write up as a lover of Samhitas. Vd. Gadgil is engaged in Samhita vachana from 2008. Pursuance of knowledge must be for its application. And therefore there is urgent need to create acceptance of Samhitas.**

After having completed the monumental work of "Ayurvediya Triskandhakosha" as conceived by my Guru The Late Vaidya Madhav Kolhatkar, I decided to concentrate on study of Ayurvedic texts along with their commentaries. Kolhatkar during every "chartumasa (the four holy months)" used to read one Ayurvedic text on his own. Though I knew about it for a long time, I couldn't start doing it, due to time constraint, and physical inability, as I was grossly engaged in Triskandhakosha project, and my private practice. When I resigned from TMV in 2008, after completion of the project, I decided to start study of Ayurvedic texts on regular basis. Unlike Kolhatkar Sir, Students also joined this activity, and we started with Sushruta samhita. I took 8-9 months to complete this text, and I realized, that this is the only way to study Ayurveda in true sense. Moreover, we should adopt traditional "Gurukula" system for real advantage of these studies. I made an extensive search for a suitable place for such a gurukula, particularly in Konkan area, and ultimately finalized a place near "Pali Ganapati" around 140 kms away from Pune.

On my request, around 40 students (of mine and those of Kolhatkar Sir) gathered, and we conducted a workshop of 2 days about the concept of teaching Ayurvedic texts in Gurukula manner. The concept was very well accepted and "Shri Madhavacharya Gurukula" got evolved. In order to teach students, we should read the text first. With this motivation we started reading "Ashtangahrudayam" everyday morning 5.30 to 7.30 am at Kolhatkar Sir's residence in Pune. Forty students were attending this reading every day for about two months. We all got benefitted by this reading in our day to day practices, as there was direct application of this reading in our practices. Later in 2009 we started our first Gurukula batch of about 18 BAMS graduates. In spite of hectic schedule, with no attraction of TV etc, everybody enjoyed learning and was influenced a lot.

Every year at least two batches are conducted since then of 18 / 36 days duration as per the quantum of the portion, during the vacations of the students after examinations.

The basic motivation behind this is to concentrate of upcoming teachers, who should be good practitioners of Ayurveda as well. This will change the education system in Ayurveda and the practicing teachers will impart samhita based education to the students.

I continued reading of texts at my home, and gradually switched over to Webinar concept. We completed Ashtangasamgraha and now are reading Charakasamhita for last 4 years. Initially it was thrice a week, but now practically every day excepting Sundays and Amavasya (No moon night). I have started explaining in English, as some foreigners join this reading. Please visit [www.instituteofayurved.com](http://www.instituteofayurved.com) and join Gadgil Sir Grantha vachan group. It's everyday morning from 6.30 - 7.30 am. Please do listen few recorded lectures.

I think, this is the way to propagate Ayurvedic education across the country or globe. Let the colleges just become centers for practical education, and the knowledge from Ayurvedic texts come from practicing, Sanskrit oriented vaidyas through concepts like countrywide classroom. That will be revolutionary in the field of Ayurveda.

**Join Charaka Samhita study on [www.instituteofayurved.com](http://www.instituteofayurved.com) (vd.Gadgil sir grantha vachan)  
Visit: [Lifestyleintervies.com](http://Lifestyleintervies.com); Website: [www.health-ayur-world.com](http://www.health-ayur-world.com)**



## OUR ASPIRATIONS

Dr. Vandana Kozarekar provides a profile of

### Receipient of IASTAM Pandit Shiv Sharma Oration **Shri P.R. Krishnakumar**

**The one who has dedicated his life to Promote Ayurved and Allied Sciences.**

**Shri. P. R. Krishna Kumar** (born 23 September 1951), is founder and Managing Director of **Arya Vaidya Pharmacy [AVP]**, Coimbatore. AVP is the premier Ayurvedic institution in the country involved in production of quality medicines, promotion of Ayurvedic education, research and clinical services.

Shri P. R. Krishnakumarji naturally imbibed deep knowledge, innate sincerity, humility and capacity for untiring hard work from his father, a visionary, Arya Vaidyan P. V. Rama Varier. Krishnakumarji has dedicated his life to the promotion of Indian Sciences, art and culture and particularly Ayurved.

*He is admired for his traditional but revolutionary*



**approach.** It was in his early twenties he felt the need for validation of Ayurved for global acceptance. Though he approached the office of WHO representative in India to establish a global scientific footing for Ayurveda, his suggestions were rejected. However, he eventually convinced them and the first clinical research on Ayurvedic treatment of Rheumatoid arthritis was started in 1977 with WHO and ICMR partnership.

Attracting appreciation and criticism from different corners, the study presented the only model available at that time. In recognition for that and his continued efforts to bring quality research to the field of Ayurveda, National Institutes of Health (NIH), USA, funded a clinical trial project through University of Washington (2004–2006). *It was the very first time that such a study had been funded outside USA. The trial was successful, and has been accepted for publication in indexed, peer-reviewed journal.* He continues to implement scientific validation of Ayurveda in clinical practice and ayurvedic product development with incorporating modern sciences without compromising traditional principles and methods.

It was under his leadership that the '**International Institute of Ayurveda for Research**'; first ever unit of its kind was established. (1980).

He has been nominated as a Chairman & Managing Director of **CARE - Keralam** - a Consortium around 700 manufacturers of Ayurvedic medicines in Kerala, a resource centre involved in efforts to standardize the ayurvedic medicines.

Krishna Kumarji has successfully implemented several projects approved by DST and Department of Environment in various areas including the project "**All India Coordinated Project on the Ethnobiology of Tribal in the Western Ghats**" (1985–88) that was widely acclaimed. '**Ancient Science of Life**' was the first modern research journal of that time published with international scholars and their support.

Krishna Kumarji's concerns with the quality of Ayurved and lacunae in the learning process lead to establish well thought academic patterns. In 1977, he conceived and implemented, a unique 7½ years course on Ayurveda with **Gurukula** pattern affiliated to Madras University and later to Bharathiar University. The course was inclusive of spiritual practices and traditional martial arts. The curriculum known as "**Coimbatore Experiment**" eventually had to closed due to adverse pressure from formal authorities.

He firmly believes that philosophical and cultural components are integral parts of Ayurved. **Arsha Yoga Vidya Peetam Trust** is a training school founded by him imparts Authentic Education in Ayurved, Yoga and other allied Traditional Systems of India. **Divyam School of Values**, another institution founded by him is a center for holistic value-based education for children. He has incorporated allied knowledge systems like *Jyotish* - astrology in a holistic way to potentiate the effect of Ayurvedic treatment in the *Chikitsalayam* in Coimbatore.

Well versed with Ayurved, Indian culture, Astrology, Philosophy and other allied sciences he is involved with many Organizations as Managing Trustee and Member of the Governing Council of prestigious colleges in Coimbatore namely Krishna College and Nehru College. He has organized many important discussions amongst experts and scholars and meets; acclaimed was the largest Global Ayurvedic convention in the year 2008 at Coimbatore.

**He continuously nurtures his multiple roles as physician, counsellor, teacher and administrator.** His unparalleled commitment to promotion of Ayurved lead many milestones in his life journey. He expresses humbly, **“these are not individual or institutional milestones. Rather, they are those of the Science of Ayurveda in its journey of globalization”**. He mentions further his views on Globalization **“When it comes to a science, globalization without compromises helps it attain acceptability. On the other hand, efforts to market science as a commodity for the sake of globalization should always be deplored”**.

He is honoured with Confederation of Indian Industry's prestigious **Glorious Captain of Industry award, Pathanjali Ayurved Gaurav Samman** by Shri Swami Baba Ramdev, **Kulapthi Munshi Award** by Bharatiya Vidya Bhavan, **The Iconic Ambassador of Coimbatore** by the Indian Chamber of Commerce and Industry of Coimbatore and **Vaidya Sundarlal Joshi Smriti Prabandhana Puraskara** on behalf of the Mahagujarat Medical Society, J. S. Ayurveda College and P. D. Patel Ayurveda Hospital, Nadiad.

Shri Krishnakumarji; for his contributions in the field of Ayurved has been conferred with 'PADMASHRI' by the President of India (2009). In his words, it is **“a recognition for Ayurveda”**.

IASTAM is privileged to have Shri. P. R. Krishnakumarji as one of the pioneer members, former office bearer and supporter. With his dedicated efforts to promote Ayurved helps us [IASTAM] to enhance our own belief in our objectives and to continue our efforts to study and promote the Traditional Systems of Medicines. Shri Krishnakumarji delivered the **‘Pandit Shiv Sharma IASTAM Oration for Propagation of Ayurveda’** (2012); in recognition of his services to the sector.

Shri. P. R. Krishna Kumar in his own words expresses his philosophy of life **‘Life has no meaning unless and until we understand a purpose or give a meaning to life.’**



## News

### Eurasia Conference on Chemical Sciences @ Sapienza University, Rome 5<sup>th</sup> - 8<sup>th</sup> September 2018

*One of our members Professor Bishnu Prasad Sarma, Professor and Head, Department of Kayachikitsa, Government Ayurvedic college and hospital, Guwahati and Dean, Faculty of Ayurvedic medicine, Srimanta Sankaradeva University of Health Sciences was invited for oral presentation on "Osteoarthritis and its Management through Ayurvedic Drugs-A Novel Approach".*

## CALENDER

Global Ayurveda Conferences, LLC  
28th International Conference

"Ayurveda & Panchakarma" (Natural Detoxification Therapies)

Arsha Vidya Gurukulam Saylorsburg, Pennsylvania, USA

For Details visit - <http://globalayurvedaconferences.com>



## Accolades

### Prof. Dr. Bhushan Patwardhan appointed Vice Chairman of University Grant Commission, New Delhi.

We at IASTAM India are very proud of the *achievement of Prof. Dr. Bhushan Patwardhan as the Vice Chairman of University Grant Commission, New Delhi*. Prof. Bhushan Patwardhan is currently the *Director of Centre for Complementary & Integrative Health*, a new centre established by the Savitribai Phule University of Pune, at Interdisciplinary School of Health Sciences for scientific research on traditional medicine and Ayurveda. He was the *Vice Chancellor of Symbiosis International University*. His domain of work has been research in the field of evidence-based Ayurveda, Prakuti/Biotype, and clinical trials. *His contribution in the field of Phyto pharmaceutical research was recognized by IASTAM in 2015 as IASTAM Shri Gopaldas Parikh Award for Phyto pharmaceutical Research.*



*In the present scenario it is important to improve the quality of higher education in India. We hope his appointment along with his vast experience will support and encourage new initiatives in the field of education.*

## Recognition

- Prof. Manasi Deshpande, Secretary General, IASTAM - India

*IASTAM – India is delighted to inform that several of our awardees and associates are nominated as members for scientific advisory board and scientific advisory groups constituted by Central Council of Research in Ayurved sciences under Ministry of AYUSH.*

### Scientific Advisory Board

1. **Dr. S. S. Savarikar - IASTAM Awardee (Selected 2019), Rasvaidya Nagindas Shah Award For Contribution In Rasashastra**
2. **Dr. Kishor Patwardhan- IASTAM Awardee (Selected 2019), Dr. C. Dwarkanath Award For Contribution to Contemporary Interpretation or Application of Ayurvedic Principles**
3. **Dr. P. K. Prajapati - IASTAM Awardee (2017), Rasvaidya Nagindas Shah Award For Contribution In Rasashastra**
4. **Dr. V. K. Kapoor, IASTAM Awardee (2017), Shri Gopaldas Parikh Award for Phyto pharmaceutical Research.**
5. **Dr. G. S. Lavekar, Chairman, is one of the earliest Life Member of IASTAM, India.**

### Scientific Advisory Group

6. **Vaidya Anant Dharmadhikari - IASTAM Awardee (Selected 2019), Shri Jugatram Vaidya Award For Excellence in Ayurvedic Teaching**
7. **Dr. Anand Chaudhary - IASTAM Awardee (2018), Rasvaidya Nagindas Shah Award For Contribution in Rasashastra**
8. **Dr. S. N. Gupta - IASTAM Awardee (2017), Shri Jugatram Vaidya Award For Excellence in Ayurvedic Teaching**
9. **Dr. Manoranjan Sahu - IASTAM Awardee (2016), Vaidya Haribhau Paranjape Award For Excellence in Shalya Tantra**
10. **Dr. V. V. Prasad, IASTAM Member and Participant at Cancer meet 2016.**
11. **Vaidya Santosh Nevapurkar – Participant at Cancer meet 2016.**
12. **Dr. Jayant Devpujari - Participant at Cancer meet 2016.**
13. **Dr. R. N. Acharya - IASTAM member**

*Committee members will give suggestions to the council regarding research areas in literature, basic sciences, fundamentals, drug development and clinical research. Committee will also guide to prioritize new areas, links and collaborations with other institutes, patenting, funding pattern, and training programmes for better development of the AYUSH sector:*

*We congratulate all the members of the committee and extend our support and efforts for promotion of AYUSH systems.*



**Indian Association for the Study of Traditional Asian Medicine  
(IASTAM - India)**

and

**AMRITA SCHOOL OF AYURVEDA WITH AMRITA INSTITUTE OF MEDICAL SCIENCES,  
AMRITA VISHWA VIDYAPEETHAM**

**IASTAM Oration and Award Function 2019  
&**

**Conclave on**

**‘Cancer Care & Research in AYUSH:  
Developing A Roadmap’**

Fri - Sun, 15<sup>th</sup> - 17<sup>th</sup> February 2019, Kochi

**Conclave Emphasis & Sub-themes**

1. Developing Drugs and Products for Cancer Management
2. Clinical Insights for Understanding Cancer in AYUSH
3. Cancer Biology and AYUSH Principles, Evolving Integrative Approaches
4. Treatment Modalities for AYUSH in Cancer
5. Prevention of Cancer, AYUSH Perspectives

**Plenary - Keynotes - Panels / Paper Presentations & Posters**

**Pre-Conclave Workshop on  
‘AYUSH Treatment Modalities of Cancer’**

Friday, 15<sup>th</sup> Feb’ 2019

**Opportunity to Interact With the best of the EXPERTS**

**3 Orations, 9 Awardees, Research Scholar Awardees**

**Registration Fees**

Delegate	Before 10/11/2018	Before 31/12/2018	Till 15/01/2019
Conclave	Rs. 1000/-	Rs. 1500/-	Rs. 2000/-
Conclave+Workshop	Rs. 1200/-	Rs. 1750/-	Rs. 2300/-
International	USD 50/-	USD 75/-	USD 100/-

Kindly wait for further announcements

**For Details Contact : Dr. Prajeesh Nath - 09496848044**

**Amrita School of Ayurveda**  
Amritapuri Campus, Clappana  
P.O., Kollam, 690525, Kerala, India  
Ph: 0476 289 9688, 289 7043  
Email id: aame@am.amrita.edu  
Website: www.ayurveda.amrita.edu

**IASTAM - India**

C/o Bharati Vidyapeeth University  
College of Ayurved, Pune-Satara Road  
Dhankawadi, Pune 411043, India  
Ph: 9860085980  
Email id: iastam.india@gmail.com  
Website: www.iastamindia.org

## Announcement

### IASTAM - BAIDYANATH AWARDS

#### BEST RESEARCH WORK IN AYURVEDIC CLASSICAL PRODUCTS

IASTAM India in collaboration with Shree Baidyanath Ayurved Bhavan Pvt. Ltd. has instituted IASTAM – BAIDYANATH AWARDS with a view to promote excellence amongst intellectual in Ayurved.

#### OBJECTIVES -

To Recognize and Encourage the Best and Noticeable Development or Research Work for Ayurvedic Classical Products.

To Motivate Young Minds for Innovation and Novelty.

To Encourage Interdisciplinary & Meaningful Research Amongst Ayurvedic Scholars, Academics and Professionals.

#### THREE AWARDS

a) IASTAM-Baidyanath Award for “Best Research in Standardization” of Ayurvedic Classical Product.

b) IASTAM-Baidyanath Award for “Best Technology Adaptation” for the Basic Classical Ayurvedic Product Concept.

c) IASTAM-BAIDYANATH Award for “Best Validation / Clinical Research” on an Ayurvedic Classical Product.

A ‘Certificate of Merit’ and ‘Cash Prize’ of Rs. 51000/- in each category

**CRITERIA** - Report & Research work conducted in last three year [2015-16, 2016-17 and 2017-18] by Ayurveda / Pharmacy scholars, faculty and professionals will be eligible. An Individual singly or a group of individuals who have undertaken the work jointly will be eligible for submission. Employee of Baidyanath and members of screening or selection committee of IASTAM will not be eligible for these awards.

**PROCEDURE OF SUBMISSION** - Application form is available on website <http://iastamindia.org/update.html>  
Detail report of concept to development of product, technology, validation of clinical work. [Preferable as Brief knowledge, selection of topics, Aims – Objectives, Methodology, Observations, Discussion, Conclusion, Further scope, Outcome for science and society.]

**EVALUATION PROCEDURE** - 1) Pilot screening of all the documents. 2) Selection by 5 member committee

**Last date of Submission: 31<sup>st</sup> December, 2018, <http://iastamindia.org/update.html>**

**Our New Life Members : Ms. Verona Vaz, Mumbai**

#### Editorial Advisory Board

Dr. Narendra Bhatt

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Prof. Dr. Madhukar Paranjape

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Dr. Vandana Kozarekar

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**Editor**

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Reach Us

[iastam.india@gmail.com](mailto:iastam.india@gmail.com)

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From,  
INDIAN ASSOCIATION FOR THE STUDY OF  
TRADITIONAL ASIAN MEDICINE (IASTAM INDIA)  
Bharati Vidyapeeth University,  
College of Ayurved, Dhankawadi, Pune - 411 043  
Ph. : 020-24373954, 9860085980

To,