

IASTAM

INDIA NEWSLETTER

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Connecting Systems; Bridging Disciplines

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

Connecting with others is rewarding; it makes us feel like we're not alone in the world.

- Jonah Berger

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PRE NOTE

Update

Dr. Narendra Bhatt

IASTAM Oration & Awards 2019

The selection process of all the twelve (12) awards was in final stages. By the time this issue will be in press the process will be completed. We will approach the awardees for confirmation of their availability. Names of the final awardees will be declared soon. We are satisfied to complete the procedure early as decided. This will help us to attend to all related logistics in a timely and economic manner, particularly for the international travel of the awardee for Zandu oration.

Award Function

The dates of the award function are finalized from 15 - 17 February 2019 at Amrita institute of Medical Sciences, Kochi. The meeting for initial planning of the award function along with the conclave was scheduled on 21st August that was postponed due to floods. Now it will be on 5th September 2018.

Conclave on Cancer

Undoubtedly, Cancer is a challenge. Most of us, mostly from AYUSH do strongly feel that the sector has much to offer. The big question, 'how?' does not have clear answers. There are several factors, inherent to AYUSH

and many external that require meaningful discussion. Challenge of meaningful discussion on a probably most complex of medical challenges will need much planning and preparations. We are committed to it. Personally, a major effort was in 2008 at Bharati Vidyapeeth University in association with Indian Institute of Indigenous Medicine, Jammu. IASTAM did organize the Consultative Meet to Prioritize on Cancer in 2016 at behest of Ministry of AYUSH. This was followed by our participation at the Indo American Meet in Delhi the same year. IASTAM has published the earlier two proceedings that have been appreciated for approach and content. Incidentally, I and Dr. Ram Manohar, both had individual opportunities to share our thoughts with National Cancer Institute, USA. I am confident that these experiences of past will help us organize a more interesting and more productive conclave. An early beginning will definitely help organize well.

Short Term Research Project and Prof. P. J. Deshpande Fellowship

We were happy to announce Prof. P. J. Deshpande Memorial Fellowship of Rupees Eighty Thousand to Dr. Forum Joshi, Assistant Professor, Department

of Shalyatantra, J S Ayurved Mahavidhyalaya and PD Patel Ayurved Hospital to work on Comparative assessment of clinical efficacy of Apamarga Kshara Taila and povidone iodine solution in the management of non-healing ulcers’.

Similarly, a short-term research project grant of Rupees Fifty Thousand is being offered to Ms. Shital Ashok Giramkar, of Interactive Research School for Health Affairs (IRSHA), Pune to undertake

‘Comparative study of different processing methods on Yava (barley), an indigenous cereal for its effective use in metabolic diseases’.

We are happy with consistent publication of two features, ‘Our Aspirations’ and ‘Dialogue’. This helps us commit further to IASTAM objectives.

I urge all our readers to share views and give suggestions to help make Cancer conclave more productive. ○○○

Perspective

Different Courses in AYUSH

Dr. Younis Munshi, Scientist-4, CCRUM, Ministry of AYUSH

Traditional Medicine in India is been deep rooted in our culture, be it *Ayurveda*, *Unani*, *Siddha*, *Yoga* so on and so forth. Although international propagation of AYUSH has been priority of the Government of India after the independence but present Government has been more concerned for the cause. After taking over in 2014, the present Government within 6 months created separate ministry for AYUSH and propagated the system with much zeal and zest.

On June 24, 2016 AYUSH ministry wrote a letter to the UGC requesting it to issue an advisory to educational institutions for starting PhD programme in the AYUSH disciplines from the concerned research council. In October 2016, UGC asked all central universities to set up a system for enrolment of candidates in the PhD programme and providing them an opportunity to avail fellowship from the concerned research council. But still almost all the Universities are yet to take any initiative for the same. I will not blame the university authorities but the fault lies in us as we have not been able to convince the Universities for the same. Other countries like, China, Iran, Malaysia etc. have moved far ahead in their respective traditional medicine while as India is still lagging behind. The authorities need to take concrete steps and see why we are not able to compete at global level.

The education system needs total revamping of the courses. Following are few points which may make the AYUSH system viable and acceptable globally:

1. The AYUSH graduates should be ready to take other courses at Post-Graduate level, like Biochemistry, Biotechnology, Chemistry, Pharmaceutical Sciences,

Botany, Pharmacognocny, Clinical Psychology, Medical Sociology so on and so forth.

2. Since CCIM and other organizations who are leaders in the field of AYUSH are yet to recognize these courses as PG for recruitment, which needs a thought, as a person with even PhD in allied subjects with basic degree in AYUSH should be taken on board so that the potential of the candidate can be utilized for research purpose and the outcome research can be acceptable at the global level.
3. The allied subjects where in PhD and other Post-Graduate courses can be started at the initial level are Pharmaceutical Sciences, Biotechnology, Clinical Psychology etc. In Pharmaceutics as AYUSH graduate possesses the basic knowledge of pharmaceutical fundamentals thus he can be taught to amalgamate the modern techniques with the techniques already existing or already mentioned in old AYUSH classics. As such sticking to the basics of the AYUSH, the methods can be evolved so that the research can be result oriented. It is not the phytoceuticle which has the potential of treating the disease but it is the combination of different herbs then their mode of preparation etc which is actually responsible for cure of the disease. The compound has been formulated in such a way that not only symptoms but also the root cause of the disease has been taken into consideration. As for example in Unani System of Medicine, Khamira Abresham can not be replaced by Capsule Abresham or Tab. Abresham as Khamira means fermented jelly which leads to probiotic action of the medicine. How can we expect that the Tablets or Capsules of Abresham will be having same action, same way different classical products have been

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DIALOGUE



Dr. Madhukar Paranjape, an ardent supporter of IASTAM is Professor emeritus at Astang Ayurved Mahavidyalaya, Pune. He is recipient of various awards like

National Award as a Best Teacher, National Award as Pranacharya, and 'Life Time Achievement' Award. He is author of 'Ayurved – Oriental Healing Science', an Introduction to the Medicinal Plants (Marathi) Drug Index (Modern Medicine, Homeopathy and Ayurved) and many more. *Dr. Paranjape is one who volunteered on his own to sponsor an IASTAM Award in 2012 in the name of his father Vd. Haribhau Paranjape.* Dr. Kirti Bhati and Ms. Anagha Vaidya decided to visit him to find out his views and seek suggestions for future.

Q: How did you come to know of IASTAM? When? How did you get involved with it?

I am associated with IASTAM since almost 30 years. I had attended the III ICTAM in Bombay 1990 where Vaidya Shriram Sharma; President – CCIM, Dr. S. K. Mishra, Director – CCRIM&H, Dr. G. V. Satyavati; Director General – ICMR and many stalwarts were present. There was a very big group from Pune.

I am looking after Ayurved Shikshan Mandal that was founded by my father Vaidya Haribhau Paranjape. This is my fourth generation in Ayurved. I did my MBBS in Gynaecology and then undergraduate, Post graduate and PhD in Ayurved. Since 1970 I am associated with Astang Ayurved Vidyalaya, Pune as a teacher, as principal and now as secretary of the parent body. I was member of the Academic Council at Pune Vidyapeeth for more than 20 years and for 5 years at Maharashtra University of Health Sciences, Nasik. Basically, my aim is to work for promotion of Ayurved.

Q: What are your views about IASTAM objectives? Its activities? How does it help Ayurveda? AYUSH? Nationally? Internationally?

As someone involved with Ayurvedic education for more than three decades my experience with CCIM is not good. I have attended seminars and workshops as a committee member, as a principal or as a subject expert. I have participated at meetings to bring in changes in syllabus every five years. The implementation of the same is of serious concerns. IASTAM can organize such meetings and processes as observed and experienced in past. It has broad and universal experience to deal with issues of traditional systems like Ayurveda, Unani, Homeopathy, Siddha. It has been exposed to many other traditional systems like Tibetan Medicine, Korean medicine, Chinese medicine from various countries. With mutual respect and understanding we

I have personally witnessed these activities for last four years. These are going on very well. As a sponsorer I am much satisfied with the IASTAM Award procedure and function.

can make much more progress in development of the system about life style, diet and various new diseases that are coming up due to pollution, industrialisation. We can get better knowledge about its use than what is taught in the books. It is desirable that the experts and practitioners come together with all system participation from all over the world to deal with issues. In ICAAM, I think nearly hundred attended from abroad. We got opportunity to meet many. There were so many things which are new to us. Though they also have traditional systems their approach is different. Chinese medicine is much practiced in the whole world. There is so much to learn from these experiences.

Q: What inspired you to give sponsorship for the award?

I am excited with the total viewpoint of IASTAM. I sponsored an award in Shalya Tantra – Ayurvedic surgery because I wanted to recognize academic and research activities in Ayurvedic subjects. We had in other subjects. I realised IASTAM is doing it in a right way. I saw Narendra working for improving academic and research in Ayurveda. He is never satisfied and was looking for sponsorship of more awards. I am much satisfied and therefore sponsored the award. In India it is not common to work within time frames and clear thoughts. It is also a good learning process for us to learn our own systems and if we learn various systems in our own country from within the world. So, these attracts me and that is why whatever time I can give, I will give for promotion.

Q: Your views about Award selection process?

This is a good process. It is a collective work. I was also a member of the selection committee. I am also member of the managing committee. We are also modifying the process whenever some changes are required. I have personally

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OUR ASPIRATIONS

First Receptient of IASTAM Prof. K. N. Udupa Award

The First Woman Scientist to Head The Premier Medical Research Organization Or Any Other Research Institute In Independent India.

Dr. Vandana Kozarekar provides a profile of

Dr. G. V. Satyavati

Dr. G. V. Satyavati is one of the most distinguished former Director General of Indian Council for Medical Research [ICMR]. A shy lonely girl from the middleclass Brahmin family having joined ICMR in 1966 struggled the gender bias on the strength of her capabilities to head ICMR.

Dr. Satyavati represents a unique combination of independent doctorates in both Pharmacology, the conventional medicine and Kayachikitsa, the Ayurveda systems of Medicine. She worked on the subject '*Effect of an indigenous drug on disorders of lipid metabolism with special reference to atherosclerosis and obesity (Medoroga)*' from Banaras Hindu University, Varanasi. Her interest in Ayurveda, desire to prove its scientific aspects and commitment made



it possible for her to achieve this unique distinction. Her pioneering work unravelled for the first time the *hypolipidemic activity of Gum guggul - Commiphora mukul*, an oleo gum resin that was used by Ayurvedic physicians mainly as an anti-inflammatory agent. That led to discovery of the therapeutic potential of the versatile drug '*Guggulipid*'. After nearly two decades of intensive research at the Central Drug Research Institute, Lucknow, the product was marketed in India and few European countries.

Dr. Satyavati was invited (1990) by the Academic Press, London, to contribute a Chapter on the development of *Guggulipid* as a hypolipidemic agent from Gum guggul, in the prestigious series on *Economic & Medical Plant Research*. Dr. Satyavati's other in-depth research on the uterine activity of drug *Ashoka - Saraca indica* has also received high commendation.

Under the ages of ICMR she coordinated multi-disciplinary research studies, with disease-oriented approach, in selected thrust areas of traditional medicine. This approach helped validate two earlier works with highly encouraging results viz. (i) *Efficacy of Ksharsutra* (an Ayurvedic medicated thread) in the non-surgical treatment of anal fistula and (ii) *Hepatoprotective activity of plants like Kutki (Picrorhiza kurroa) and its glycosides*, both becoming part of mainstream practice. Dr. Satyavati; in the article 'Ayurvedic concepts of nutrition and dietary guidelines for promoting and preserving health and longevity' states that "**Guidelines offered in Ayurveda are not only scientific, but practical and entirely workable.**" She further emphasizes '**For launching controlled clinical / epidemiological studies on the nutrition / dietary guidelines prescribed according to prakriti, one need not wait for the results of the ongoing national project on genetic correlation of prakriti. Lest India be forced to borrow the results of ongoing studies on diet and prakriti from other countries, well planned and focused studies should be launched in India by nutrition experts/institutes on the Ayurvedic concepts of dietary guidelines according to prakriti.**'

Dr. Satyavati has authored several scientific articles and reviews in national and international journals and contributed chapters in Monographs / Books. As the Editor-in-Chief of the prestigious Indian Journal of Medical Research her efforts achieved higher significance in terms of the impact factor and the citation. She also initiated

pioneering studies on scientometric analysis of biomedical research. Her most significant contribution for the AYUSH sector is to undertake developmental work and publication of the three volumes of the '*Monographs on Medicinal Plants of India*' that she edited as well.

Dr. Satyavati; with her ability to develop integrated approaches in research in the traditional medicine contributed to WHO Expert panel on Traditional Medicine for 18 years. She served as a **WHO Consultant** on Traditional Medicine/ Herbal Drugs on several occasions at Geneva, New Delhi, New York and Burma. She was invited as a consultant to **UNICEF (India)** to develop a global film on Herbal Medicine. She is the Founder- Secretary of the SOBIC i.e. Society for Biomedical Communication (India) and a member of the International Federation of Scientific Editors' Association. She is a Founder Fellow of National Academy of Indian Medicine. She is an elected member fellow of many academic bodies like the New York Academy of Sciences, and the National Academy of Sciences (India). She has served as a member of the Research councils of three major Research Institutes of the CSIR, Governing Body of National Institute of Health and Family Welfare and was on various Advisory and Expert Committees and task Force.

Dr. Satyavati's efforts in training young biomedical scientists in the art and science of (i) Writing research papers (for submission to primary journals) and (ii) Preparing good research proposals (for submission to various research agencies) have been recognized as pioneering exercises. She has also conducted series of workshops on these two topics in various parts of India as joint activity of ICMR and WHO.

She has contributed in two distinct and independent areas viz. *(i) Drug Research (with reference to medicinal plants) and (ii) Scientific Information & Communication - Pharmacology / Drug Research.*

As Director General of ICMR with her commitment to Ayurveda she helped create better awareness and interest amongst the authorities for health care through the indigenous systems of medicine. Dr. Satyavati even after her retirement from the helm of affairs for bio-medical research in India has continued her scientific interest in bio-medicine; particularly Ayurveda. Dr. Satyavati is the recipient of '*R.N. Chopra Memorial Oration Award of the Indian Pharmacological Society*' (1988).

Dr. Satyavati is a Life-member of IASTAM and was Member of its National Advisory Council. We, at IASTAM are fortunate to have Dr. Satyavati as the **first recipient** of '*Prof. K. N. Udupa Award for Biomedical Research*' (1999). She has always remained an esteemed supporter of our activities. IASTAM will remain indebted to her for her generosity for sponsoring the award namely '*Dr. C. Dwarkanath for Contributions to Contemporary Interpretation or Application of Ayurvedic Principals.*' This kind gesture later helped IASTAM to persuade for sponsorship of other awards. Recently IASTAM has received the sponsorship from Dr. Satyavati to encourage young researchers for a '*Short-Term Research Project*', for a '*Prof. P.J. Deshpande Memorial Fellowship*' and for a '*Workshop*'.

Dr. Satyavati's life sutra as expressed by herself is "Dharmo Rakshati Rakshitaha" if you protect your Dharma; duty with a moral responsibility, in turn, your Dharma will protect you.



CALENDER

National Ayurveda Conference on Amavata "ASHVIN ANVESHAN - 2018"

Theme "Vatavyadhi as mention in Ayurveda Classics"

October 19-20, 2018

In Ashvin Rural Ayurved College & Hospital, MANCHIHILL, AHMEDNAGAR

For Details: Email- ashvinanveshan2018@gmail.com

Contact: +91 9967282076

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witnessed these activities for last four years. These are going on very well. As a sponsorer I am much satisfied with the IASTAM Award procedure and function.

Q: Views about award function? Please share your experiences.

Yes, I very much like the way award function is shaped now. Previously, only IASTAM used to organise but now it is done with institutions like GAU and BHU. I attended these functions. It is good combination of academic activity and one day for IASTAM. Academic proceedings are interesting. We can learn things. I could not attend in Delhi due to administrative work in Pune but the feedback was good. This is a good initiative by IASTAM trying to collaborate with different institutions and giving opportunity to members for active participation.

Q: In your opinion why the sponsorship of IASTAM Oration or Awards should be encouraged? In what way will it help? How will it benefit the sponsor, and the sector (AYUSH)?

At present IASTAM is sponsoring variety of categories. We have 14 subjects of Ayurvedic syllabus. We must attract people in all subjects; there is no prize in Basic principles or Dravya guna. We may identify a sponsor and give a message to the people to have a sponsorship. I am aware of many things happening in surrounding. We must make noise about it; it should not be restricted. Sometimes there is competition. That is also good for attraction of sponsorship. Even I can help with 1 or 2 sponsors when I get time. I have given sponsorship to Maharashtra university of health sciences and Pune University as those people have done good job for health sciences so why not remember them.

Q: What are your observations in the previous activities? Has it or How has it changed over period of time?

Now a days you can't forget the activities of IASTAM because of the continuous follow up. I have attended the meetings from 4-5 years, as head office of IASTAM is in Bharati Vidyapeeth. I find it good; but before that it was not so active except at the time of seminar or conference. We used to hear about the meetings with restricted numbers of members. Now it is regular.

There is only one IASTAM office in India; what I suggest is for good participation there may be zonal offices one at Mumbai, at Delhi, Kochi / Chennai and Kolkata if it is possible. It is required for growth of the organisation activities.

There is only one IASTAM office in India; what I suggest is for good participation there may be zonal offices one at Mumbai, at Delhi, Kochi / Chennai and Kolkata if it is possible. It is required for growth of the organisation activities. I will be ready to help increase such activities.

Q: What are your views on present activities of IASTAM?

Present activities of IASTAM are interesting as newsletter, publication of the books on various Asian medicine systems, active updation about conference and activities, and the Thesis competitions of BVDU & Best Research work of Baidyanath awards. The competitions are universal; I am conducting essay and elocution competition at own institute for 25 years all over India. It has good response. Due to the attractive prizes these competitions have good response. Newsletter is now continuously published and send to members regularly.

Q: Views about Publications of IASTAM. Chronicle, Proceedings, Newsletter.

It is very nice informative and collection of literature. I am not sure if the book on Traditional medicines is completed. Publications are good as you can get idea about the universal health science. I think it will be an excellent idea to recollect and publish the lost literature like Asthi or Marma, Hasti Ayurveda and Ashva Ayurveda. IASTAM can take initiative, and can collaborate with other institutes or universities.

Q: What will be your suggestions and guidance for future activities? One already you have suggested.

IASTAM can participate in the changing of syllabus for UG, PG and teachers training programs as they have got good talented experts and know how to organize discussions and bring recommendations. They can associate with the universities and suggest. The programs may be initiated with MS/MD, as they may be good in practice but theoretically the students should be updated with the latest knowledge.

Q: What are your views about present leadership and or team of IASTAM.

Narendra is passionate and knows what he is doing very well. I don't disturb his work. He is working hard for

the betterment of the organisation then why shouldn't I support him? I am always there to support. Whenever the leaders are strong, nobody wants to disturb. The leaders always say that 2nd generation must be there. A leader must have full knowledge about whatever things are to be done and how to implement them. He has done it. Even if 2nd generation comes there he must be there for the guidance. This always happens

with leaders, I think he is just like a founder of IASTAM, he is a proper person.

Narendra Bhatt asked me to join the management committee and I am following his path. He works for IASTAM 24 hours, nonstop. He is very committed. Team is there and active but there is no consistence in them. But for that we cannot blame our president. Also, if everybody becomes active with their own purpose then it will get difficult. The change will happen slowly. I am sure.

For new generation research must be innovative. One must find out the novel things coming from Ancient literature like Charak and Sushrut and from other sciences. IASTAM helps this process.

Q: In your opinion why should new generation of AYUSH join IASTAM? What should be done attract them?

Whatever IASTAM is doing is for AYUSH only. I wish it can have more association with AYUSH, CCIM, various universities and important colleges.

For new generation research must be innovative. One must find out the novel things coming from Ancient literature like Charak and Sushrut and from other sciences. IASTAM helps this process. This is a long process because by establishing various interests it will be more important to achieve. There is need to increase contact. You cannot contact everybody from one centre. To start we must have some seminars with other colleges, they will sponsor. The new people can start chapters. It will because IASTAM has got wide reach and vision. It has global value and they want to promote.



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prepared keeping in view the mode of action and the course of disease. These things are to be taken care of during any course or research in the Pharma sector.

In a nutshell it is the duty of the stalwarts of the AYUSH to pursue the Universities and other elite Institutions

to formulate a programme in such a way that basic fundamentals of AYUSH are not compromised there of result oriented and acceptable research is done on lines with modern methodology and techniques.



News

Post Graduate Specialisation course at Banaras Hindu University

Details are available at http://www.bhu.ac.in/ims/pdf_files/August%202018/MD%20MS%20Ayurveda%2024.08.20181.pdf

[Contributed by Dr. Anand Chaudhary]

Central Drugs Standard Control Organization Directorate General of Health Services Ministry of Health and Family Welfare Government of India

New Drugs Division

Frequently Asked Questions (FAQs) on Approval of new Phytopharmaceutical Drugs uploaded at

<http://cdsco.nic.in/writereaddata/Phyto.pdf>

Notice: The replies to the FAQs are aimed only for creating public awareness about new phytopharmaceutical drugs regulations by CDSCO and are not meant to be used for legal or professional purposes. The readers are advised to refer to the statutory provisions of Drugs and Cosmetics Act & Rules and respective Guidelines / Clarifications issued by CDSCO from time to time for all their professional needs

Note: Any suggestions to this document may be communicated to email: dci@cdsco.nic.in

[Contributed by Dr. D.B.A Narayanan]

Honour

Shri Shekhar Dutt Conferred with Doctorate by UK University



Chairman of our National Advisory Council and Former Governer of Chattisgarh; Shri Shekhar Dutt is conferred an Honorary Doctorate Degree by Swansea University of the United Kingdom in recognition of his work in public administration on 25 July 2018.

Shri Shekhar Dutt has been an outstanding member of the university's alumni community. The award was presented to him at the university's degree ceremony for the School of Management. He graduated from what was then the University College of Swansea, Wales in 1984 with a postgraduate diploma in Development Policy and Planning

from the Centre for Development Studies. It was a qualification that served him well during the next stages of his career.

**Invite
to
Members**

IASTAM NEWSLETTER, 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.

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**AS IASTAM INDIA IS TURNING DIGITAL WITH THE CHANGING WORLD
OF MEDIA & COMMUNICATION**

We are becoming more internet based

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