

IASTAM

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Connecting Systems; Bridging Disciplines

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

"Make Connecting with others a Daily Priority"

- John Maxwell

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PRE NOTE

Cancer, Ayurved and Research, Issues

Dr. Narendra Bhatt

Ignorance is bliss. I recollect a case of *PleehaVridhhi* - Splenomegaly, with history of *Grahani*, Irritable Bowel Syndrome, that responded well to the treatment that later turned out to be a case of mesenteric carcinoma. The stout-hearted patient had opted to hide the diagnosis from me being witness to outcomes of other cancer cases in the family. After coming to me the patient who voluntarily chose Ayurvedic treatment survived nearly three years, much better than known rate of survival with better quality of life. **The unique circumstances of this case, my first case of cancer, provide much to understand about not only the treatment but the research dilemma.** I still wonder how would I have responded if the diagnosis was shared with me earlier? How other patients would have faced the situation? And what would have been the impact of intervention by conventional medicine if patient had chosen to do so? This was thirty years back. Since then I have dealt with nearly 100 cases of different types of cancer, mostly in advanced stages with same dilemma, the main difference being aware of the cancer diagnoses. Was ignorance a bliss?

Even after thirty years the issues have not yet changed. **The disease, the treatment and the research remain**

a challenge to the whole of medical fraternity. It is same for Ayurveda, the main difference being support of scientific, critically objective methods of evaluation.

Five events and several meetings on subject of Cancer research and AYUSH where I have actively participated and even coordinated have brought on surface, issues that could be categorised as follows.

1. CLAIMS

Use of *Hirak* (diamond) *bhasma* or certain *Rasaashadhis* 40 years back or use of certain plants or formulations in some types of cancer and use of a potion costing Rs. 2800000/-per 100 ml supported by a German doctor as recently as last month for cure of cancer are not uncommon. These claims unless substantiated by evidence have no value. I also recollect facing such proposals with political backing as a member of SAC or CCRAS and futile efforts undertaken. Even the research in AYUSH for cancer care undertaken over last three decades has not resulted into leads that could be accepted or adapted by the profession. Whereas Vinca, Taxus and Curcuma have been successfully explored for their anticancer properties, the road is quite farther.

There is lack of any approach to compile, analyse and screen these claims in a systematic manner rather than anecdotal and ad-hoc efforts. **There is a need of a template and procedure to examine such claims.**

2. DOCUMENTATION

The need for documentation of treatment of cancer cases by physicians and institutions is emphasized time and again at each and every meet. Though some piecemeal efforts have been made we have failed to develop such mechanism. Unfortunately, a well-defined proposal, "Development of Information Technology Based Tools and Databases for Documentation of Experiential (Practices) Information and Relevant Methodologies of Ayurveda, Unani and Siddha [ASU] Treatment Modalities in Cancer Care and to Collate it with System Knowledge" submitted by IASTAM was rejected by Ministry of AYUSH. Fortunately, some clinics with integrative modalities have started such documentation.

3. MODALITIES OF CLINICAL RESEARCH

Clinical research modalities for cancer care even within biomedical system is challenging. Cancer being defined and graded mainly based on laboratory parameters the challenge gets multi-fold for clinical research with Ayurvedic or allied interventions. The uncertainty of gradation, severity of disease and prognoses in different types make it more difficult to design studies to evaluate specific outcomes. Most of the research in cancer has been contributed due to drug development efforts. **There is need to evolve novel modalities to examine subsets of clinical outcomes where sample size could be small and then build it up for further validation.**

A serious resistance is observed even to consider these options by most of the medical and research fraternity. This is truly surprising when the limitations of biomedical offerings are acknowledged worldwide. There is an urgent need to develop a platform for dialogue for benefit to the society beyond dogmas of the systems. Integrative medicine has much to offer for this serious medical challenge.

4. INTEGRATING KNOWLEDGE

This most promising area of integrating knowledge is unfortunately not looked upon by either fraternity. This is a very serious lapse for any innovation. We are enriched with the huge information and knowledge about the disease. But efforts to integrate this knowledge with Ayurvedic knowledge are miniscule. It is also to be noted that the experts from Ayurved and other indigenous systems have failed to take up the

challenges to integrate their experience and knowledge with new developments. **It is necessary to bring in clinical insights of Ayurveda to compliment better understanding of disease processes and opportunities for intervention.** System specificity, organ specificity, specificity about stage of the disease; such and many more areas could be explored further in terms of biological and molecular pathways.

5. DRUG RESEARCH

Drug research approaches beyond conventional are needed to find therapeutic solutions. **Even regular search for biomolecules has excellent opportunities provided efforts are made to develop precise hypothesis that could be derived with the intricacies of ayurvedic knowledge interpreted in the light of present-day biological advances.** At Kochi I purposely preferred to use the word '*product research*' rather than drug research. An ayurvedic product conceptualised based on ayurvedic principles has much more opportunity rather than a drug research as defined based on the biomedicine only. If immune therapy is the outcome of several decades of research then Ayurved has much potential to provide a combine therapy targeted at multiple levels of disease process. The classical dosage forms like therapeutic *ghee* or *avaleha* have important role to play in this kind of disease where protecting the surrounding ecosystem of cells or molecules is very vital. It will be worthwhile explore those possibilities. Well thought integrative modalities for biological validation is key to develop fruitful research.

Let me conclude with an example of a non-recurrence of the cancer for nearly 7 years treated with ayurvedic medicines by me and yet living healthy life. This patient has suffered from a serious invasive ductal carcinoma, NOS (left breast) Grade III, RB score: 3+ 3 + 3., Tripple -ve, treated with left modified radical mastectomy, pre and post chemotherapy and had a recurrence in 4 and half months having again operated and given radiation. The ayurvedic treatment given to her has been highly appreciated by the experts due to the benefits given to a case with worst prognosis. If so, there is much to learn from Ayurved with integrative approaches.

Above represent the few categories of issues that I could write. ***Each issue requires extensive discussion. Solutions are not difficult. At Kochi we have formed 4 working groups. I hope this and such other efforts by the concerned either from authorities or from academia will help us evolve a roadmap for next steps.***



REPORT

IASTAM Award Function 2019 and Conclave on 'Cancer Care & Research in AYUSH: Developing a Roadmap

IASTAM – India and Amrita School of Ayurved, Amrita Vishwa Vidyapeetham organised the 10th series of IASTAM Oration and Award function 2019 along with the Conclave on 'Cancer Care & Research in AYUSH: Developing a Roadmap' at Amrita Institute of Medical Sciences [AIMS], Kochi on 15-17 February 2019. It was the 5th annual award function in a row with 5th International Oration, Conclave on important subject as Cancer and pre-conclave workshop on AYUSH Treatment Modalities of Cancer that made it remarkable in many ways.

Worldwide, cancer is the second leading cause of death after cardiovascular disease. In India, there is widespread use of traditional medical systems for management of Cancer in various stages of its clinical presentation. There is a need to develop integrative approaches and treatment guidelines for the management of cancer to maximise treatment outcomes. The Conclave was organised with the aim to develop a roadmap for Cancer Care and Research through structured deliberations for well-defined endpoints.

IASTAM ORATION & AWARD FUNCTION

INAUGURATION: The event was inaugurated by **Chairman; IASTAM National Advisory Council, Shri Shekhar Dutt; Former Governor of Chhattisgarh and Former Secretary of AYUSH and Dr. W. Selvamurthy; Chancellor; Amity University, Director General and Former Chief Controller R&D for Life Sciences, Defence Research and Development Organisation, Government of India. Shri Shekhar Dutt** as a Chief Guest highlighted the recognition of strength of AYUSH by Govt. of India. The development in traditional medicine all over the country and specifically in Kerala and encouraged for more innovation. **Dr. W. Selvamurthy;** Guest of Honour emphasized to work together with integrated systems, bringing synergy of brains with force multiplications in our pace of development to give healthcare delivery to people. **Dr. Narendra Bhatt, President; IASTAM** shared about IASTAM activities and initiation of the Awards. He stressed upon the need to develop a bridge between Science and Traditions, AYUSH systems and Modernity. IASTAM is doing continuous efforts in this regard with the theme "Connecting Systems; Bridging Disciplines". Dr. Bhatt welcomed all awardees, guests and appreciated the support of **Dr. Ram Manohar and Swami Sankara Chaitanya** to conduct the event at Amrita Institute of Medical Sciences, Kochi. **Dr. Ram Manohar; Research Director; Amrita Centre for Advanced Research in Ayurveda** in his welcome speech specified the objective of the conclave and welcomed all guests, experts and delegates. **Dr. Sankara Chaitanya; Medical Director; Amrita School of Ayurved** expressed that the event which

is planned jointly will help both the organizations to bring out desired outcome. **Prof. Dr. Angelika Messner; President; IASTAM International and Head; China Centre; Kiel University, Germany** expressed her gratitude for the warm welcome and presented the highlights on IASTAM – International and invited all the members to participate at incoming conference X ICTAM to be held at Taipei. **Dr. Vandana Kozarekar** on behalf IASTAM gave the vote of thanks.

AWARDS: IASTAM India felicitated 11 distinguished personalities with 3 orations and 8 awards in different fields of excellence in indigenous systems of medicine and 3 IASTAM - Baidyanath Awards for best research in Standardization, Technology Adaptation and Validation / Clinical Research on classical products.

ORATIONS: **Padmabhushan Vaidya Devinder Trigunaji** delivered Pandit Shiv Sharma Oration on 'Propagation of Ayurved'. He suggested the steps to be taken at policy level and different segment for development of Ayurved, strategies for research, quality of product, improvement in education sector and international promotion of AYUSH systems. **Dr. Robin J. Marles** delivered the Zandu International oration on 'A roadmap for global acceptance of Ayurved and other traditional medicinal products in the evolving context of conventional health care'. He stressed on Adopting emerging scientific methods such as systems biology and metabolomic assays, and clinical trial methods designed for studying traditional medicines as they are used in traditional practice and not just as analogues of highly standardized conventional drugs that will bring Ayurveda to a high state of global competitiveness. **He expressed that assuring quality is the most important initial step to assure safety and efficacy.**

CONCLAVE ON 'CANCER CARE & RESEARCH IN AYUSH: DEVELOPING A ROADMAP

PANEL DISCUSSIONS: The conclave had 4 Plenary Sessions.

SESSION I - CANCER PREVENTION: The session was chaired by **Dr. Neeraj Tandon; Dy. Director General; Indian Council for Medical Research, Ministry of Health and Family Welfare** and **Dr. Srikanth N; Dy. Director General; Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, Government of India. Dr. Angelika Messner, Dr. Anoop Thakkar; Director; Institute of Post Graduate Training and Research in Ayurveda; Gujarat Ayurved University; Jamnagar, Dr. S. N. Gupta; Professor; JS Ayurved Mahavidyalaya, Nadiad; Gujarat and Dr. Manohar Gundeti; Research Officer; Central Ayurveda Research Institute for Cancer, Mumbai.** It was suggested that specific cancers where

(Continued on page 6)

IASTAM Award Function 2019 Conclave on Cancer Care & Research in AYUSH: Developing a Roadmap

Session 1 - Cancer Prevention



Prof. Dr. Angelika Messner, Dr. Anup Thakkar, Dr. S. N. Gupta, Dr. Manohar Gundeti,



Dr. Srikanth



Dr. Neeraj Tandon

Session 2 - Treatment Modalities



Prof. Dr. K. Sasidharan, Dr. Arun Philip, Dr. Manoj Unni, Dr. Antonella Delle Fave, Dr. Kishor Patwardhan

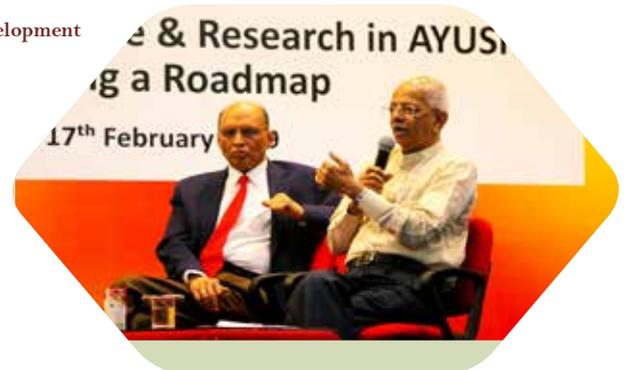


Dr. P. Rammanohar, Dr. Suresh Kumar

Session 3 - Drug Development



Dr. Atmaram Pawar, Dr. S. Natarajan, Dr. Satish Kitambi, Dr. Sreeraj Gopi, Dr. Robin Marles, Dr. S. D. Kamat, Dr. Prasoon Gupta, Dr. Sabitha M.



Dr. Vinay Bansal, Dr. Narendra Bhatt

Session 4 - Cancer Biology



Dr. Gopi Mohan, Dr. Jugnu Jain, Dr. Ullas Mony, Dr. Krishnakumar Menon



Dr. Shriram Savrikar, Dr. S. C. Lakhotia



Dr. C. P. Mathew - Live Video Call



Delegates



Delegates & Guests



ROUND TABLE SESSION



Dr. Shantikumar Nair



-SCIENTIFIC SESSIONS-

Oral and Poster Presentations



VALEDICTORY SESSION



Swami Pournamritanandapuri



Swami Sankara Chaitanya



Dr. Narendra Bhatt



Dr. P. Rammanohar



Dr. Neeraj Tandon



Dr. Shrikanth



Dr. M. R. Vasudevan Namboothiri



Dr. Shriram Savrikar



Prof. Dr. Angelika Messner



Prof. Dr. Ananthram Sharma

(Continued from page 3)

Ayurveda has potential should be identified for developing preventive programs. Screening procedures should be defined using globally accepted guidelines and at the same time, Ayurvedic assessment protocols should also be included. The need for developing Ayurveda markers/bio markers based on the concept of Kriyākāla for early detection of cancer was emphasised.

SESSION II - TREATMENT MODALITIES: The session was chaired by **Dr. P. Rammanohar and Dr. C. Suresh Kumar**; *Managing Director; Triveni, Nursing Home; Kollam.* The panellists were **Dr. Antonella Delle Fave**; *Professor; Faculty of Medicine, University of Milan; Italy,* **Dr. Manoj Unni**; *Professor of Hematology; Amrita Institute of Medical Science [AIMS]; Kochi,* **Dr. Arun Philip**; *Asst. Professor of Medical Oncology; [AIMS]; Kochi,* **Dr. Kishor Patwardhan**; *Professor; Faculty of Ayurveda, Banaras Hindu University; Varanasi* and **Dr. K. Sasidharan**; *Former Principal, Nangelil Ayurveda Medical College.* **Dr. C. P. Mathew**; *Former Vice Principal and Head of Oncology; Kottayam Medical College participated online by Skype and delivered a Keynote Address* sharing his experiences in treating cancer cases with Ayurveda and Siddha. It was agreed that the focus has to be on supportive care - during and/or after chemotherapy (mucositis, leucopenia, neutropenia, neuropathy) and radiation - with a focus on managing side effects, and enhancing efficacy of the medicines. Clinical documentation has to be done meticulously to identify efficacious interventions in AYUSH for Cancer.

SESSION III - DRUG DEVELOPMENT: The Panel was chaired by **Dr. Narendra Bhatt**; *Consultant Ayurveda – Research and Industry* and **Dr. Vinay Bansal**; *Senior Advisor; Hylasco Biotech; Hyderabad.* The panellists were **Dr. Atmaram Pawar**; *Vice Principal; Pune College of Pharmacy;* **Dr. S. D. Kamat**; *Ayurveda Physician; Mumbai,* **Dr. Sreeraj Gopi**; *Chief Scientist; Plant Lipids; Kochi,* **Dr. Robin Marles**; *Health Canada,* **Dr. Natarajan**; *Chemist, Sami Labs,* **Dr. Sabita**, *Principal; Amrita College of Pharmacy,* **Dr. Satish Kitambi**; *Karolinska Institute; Sweden* and **Dr. Prasoon Gupta**; *Scientist; IIM; Jammu.* The two possible approaches emerged for the modalities for developing drugs for Cancer Care from AYUSH. One approach would be to develop new molecules from herbs and formulations that exhibit activity against cancer. The other approach would be to validate classical AYUSH formulations. The approach to be matched with the target - single molecule or complex formulations.

SESSION IV - CANCER BIOLOGY: **Dr. S. C. Lakhotia**; *Professor, Banaras Hindu University* and **Dr. Shriram Savrikar**; *Former Vice Chancellor; Gujarat Ayurved University* chaired the Panel. The Panellists were **Dr. Jugnu Jain**; *Director; Sapien Biosciences,* **Dr. Gopimohan**; *Professor of Bioinformatics,* **Dr. Ullas Mony** and **Dr. Krishnakumar Menon**; all from *Amrita Centre for Nano Sciences and Molecular Medicine.* It was

pointed that preclinical studies fail in clinical trials due to lack of efficacy. Development of a Biobank that preserves tissues from patients would provide access to diverse cancer patients. The scope of bioinformatics in Cancer Biology and Drug Discovery was emphasised.

ROUND TABLE DISCUSSION: All the eminent experts participated and contributed to the round table discussion on various aspects of cancer held after the panel discussions. It was chaired by **Dr. Shantikumar Nair**; *Dean of Research and Director of Nanosciences; Centre for Nano sciences; Amrita Vishwa Vidyapeetham,* and **Dr. Narendra Bhatt and Dr. P. Rammanohar**, as *Convenors.* The discussion was triggered with the suggestions emerged out at the end of each session.

At the end of thorough discussion and debate it was decided to constitute 4 working groups under the 4 thematic areas of the Conclave designating a convenor for each. 1. *Cancer Prevention; Dr. Manohar S. Gundeti,* 2. *Cancer Treatment Modalities; Dr. P. Rammanohar,* 3. *Drug or Product Development and Validation; Dr. Narendra Bhatt,* 4. *Cancer Biology; Dr. MUR Naidu as the Convenor.* The members of the working group will take further steps to formulate the Roadmap for Cancer Care and Research from the AYUSH perspective.

SCIENTIFIC SESSIONS: The Oral Presentations were conducted in three parallel sessions with 72 abstracts. There were two Poster Sessions with 78 abstracts along with Keynote presentations. The First, Second and Third best Oral presentations and Posters were awarded with a Medal and Certificate.

PRE-CONCLAVE WORKSHOP: The workshop had 75 delegates and 3 resource persons. **Dr. Vijith Sasidharan**; *Managing Director; Sree Krishna Ayurveda Chikitsa Kendram,* **Dr. Susheela Saji**; *Ayurvedic Physician specialised in Cancer treatment* and **Dr. Sasikumar Nechiyil.** They shared their vast experiences

VALEDICTORY SESSION: Welcome Address was delivered by **Dr. Rabinarayan Tripathy.** Benedictory Address was given by **Chief Guest Swami Poornamritananda Puri**; *General Secretary; Mata Amritanandamayi Math,* who highlighted the importance of spiritual values in life and also in the management of challenging diseases like Cancer. The Presidential Address by **Br. Sankara Chaitanya** highlighted the initiatives being taken at Amrita School of Ayurveda for management of Cancer. **Dr. M. R. Vasudevan Nampoothiri**; *Principal; Amrita School of Ayurveda* shared his views on the scope of Ayurveda in the management of Cancer. **Dr. Narendra Bhatt** shared his reflections on the Conclave and the way ahead. **Dr. P. Rammanohar** presented the outcome of the conclave. **Dr. N. Srikanth, Dr. Sriram Savrikar, Dr. Neeraj Tandon, Dr. Angelika Messner and Dr. Robin Marles** presented their views of significance. The Vote of Thanks was delivered by **Dr. Ananthram Sharma**; *Professor; Amrita School of Ayurveda.* ○○○

DIALOGUE



Dr. Narendra Bhatt in conversation with Prof. Dr. Angelika Messner

Prof. Dr. Angelika Messner, President - International IASTAM and Head of the China Centre, Kiel University-Germany also acts as a Visiting professor at Zhejiang University, PR China and as a Guest Professor at Shanghai University for Traditional Chinese Medicine, PR China. Born and educated in Italy, she studied Medicine, Sinology, History of Medicine and Anthropology in Innsbruck, Vienna, Beijing and Freiburg i. Br.

Dr. Narendra Bhatt during her visit to Kochi for the Award Function interacted with her about IASTAM and our activities.

Q: Angelika, it is really nice to have you here, tell me firstly, what message do you have for IASTAM - India?

I think it is doing great work. It seems clear that India needs a local independent organisation since there are different locales and situations. It is necessary nevertheless that we all share an important issue together. Asian Medicine should be accessible to all. Younger scholars can become members of IASTAM International. This was a great opportunity to understand each other and move forward.

Q: After becoming President of IASTAM, which priorities have got your attention?

The most important priority still is, the need to move conceptually forward towards some conclusion with regards to Asian Medicine. Conceptually working in the 21st century, calls for a good structure for the so-called traditional medicine in Asia but it also calls for one in U.S. and Europe because it is a very global need and yes, maybe we should make this a duty.

We have all these different fields and systems. We have ethnobotanists, ethno pharmacologists, we also have clinicians and anthropologists. In terms of care, we need to bring these different fields together. This is an ongoing challenge. It ought to change because we also see more local diversities and these need to speak with one voice. This is a big challenge and I see that in India it is not going to be easy.

Q: What are your organisational strengths so far? I have observed that you have taken some steps; could you spell out one of those, for the benefit of our Indian members?

Yes, we aimed at first getting Asian medicine online. I

must acknowledge that this has been a team achievement, not just mine. But it took place upon my assuming the presidency of the organisation. And maybe one of the most important steps forward was that we finally got a legal structure which was absent until then.

While it is being initiated from Germany, it could also be in the U.S. but this is nevertheless, an important moment. It is a non-profit organisation. The association is completing 40 years and on the 40th anniversary, we launched an award. It would be great that we have this by the end of June. So, we have time to evaluate the papers.

Q: As President of IASTAM, what are the next few steps you envisage bringing to the organisation?

Very frankly, I envisage that the next International Congress will be held in Taipei in May. I still need to have the organisers at Taipei structure this conference. Because there is a need to make it big and effective. Then in a few years we can have a concept like 'world medicine' but we need to give it some structure. We need to develop this in a conceptual way together.

Q: You are now headed to Taipei for planning the event. What is the agenda you have? What are you expecting the Taipei conference to deliver.

Firstly, as we move forward the title of the conference, the motto itself is still not clear. The last time it was bridging the east and the west and having it all come together. It will again be that but we will be emphasizing the encounter issue. I am thinking about how to integrate all of this.

I wish you good luck and a safe flight. Thank you for coming to India. We will work together to help the Asian Medicine approach to evolve internationally.

Thank you very much.



MEMORY

Vaidya Shiv kumar Mishraji passed away on 11th March 2019. A former Vice President of IASTAM he was senior member of Akhil Bharatiya Ayurved Sammelan,

Nikhil Bhartiya Ayurved Vidyapeeth, Member of Governing Body of Rashtraiya Ayurveda Vidyapeeth and Former Adviser (Ay.), GOI. He was recipient of the National Dhanwantary Award 2018 and supporter of our association.



Vd. S. K. Mishra

Seminar: "AYUSH Products, Regulatory Aspects for Global Reach"



Dr. Atmaram Pawar, Dr. Narendra Bhatt, Dr. Robin Marles, Dr. S. S. Savrikar, Dr. Sunil Baskaran, Dr. Vinod Kuber, Shri Chadrakant Bhanushali



Delegates

Traditional systems of medicines play vital role in the global health care needs. The Indian system of medicine are growing not just in India, but world over. However, the regulatory aspects in different countries differs and there is a need of awareness about these regulations to promote AYUSH products globally. **The seminar focused on the 4 Perspectives Pharmaceutical, Ayurvedic, Industry and the challenges in regulatory aspects for the promotion of AYUSH products globally.**

Dr. Robin Marles, Senior Scientific Advisor, Bureau of Nutritional Sciences, Food Directorate, Health Canada was the Chief Guest and Key note speaker at the seminar. He gave a complete picture of the Regulation and Standards for Herbal Medicines and Dietary Supplements in Canada and the U.S.

The Guest of Honour, **Dr. S. S. Savrikar**, Chairman Scientific Body Pharmacopeia Commission of ISM & H, Adviser to State Minister of AYUSH, Adviser to Minister of

Medical Education, Government of Maharashtra addressed the issues and gave suggestions.

Shri Chadrakant Bhanushali, President ADMA - Ayurvedic Drug Manufacturers Association gave Industry perspective. **Dr. Sunil Baskaran**, Managing Director, Indus Biotech Private limited, Pune emphasized on the Pharmaceutical perspective to AYUSH Products Regulatory Aspects for Global Reach. **Dr. Vinod Kuber**, Vice President, Sava Healthcare, Pune gave Industrial Approach to AYUSH Products Regulatory Aspects for Global Reach. **Dr. Narendra Bhatt**, Consultant Ayurveda - Research & Industry highlighted the Ayurvedic Approach to Regulatory Aspects of AYUSH Products for Global Reach.

The seminar emphasized on urgent need to evolve AYUSH criteria based on its own needs and experiences that can satisfy global requirements of safety and evidence of use.



Dr. Subhash Ranade, a strong supporter of IASTAM and Chairman of International Academy of Ayurved was felicitated by Shri Mohan Bhagwat Chief, Rashtriya Swayamsevak Sangh (RSS) and Hon. Shripadji Naik, Minister of State (AYUSH), Govt. of India with **Sandhu Ayurved Gaurav** at Nagpur in October for his outstanding contribution towards Ayurveda.

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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,