

IASTAM

INDIA

NEWSLETTER

Communiqué

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Connecting Systems; Bridging Disciplines

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

**"The idea of connecting all people to knowledge
and each other is enduring"**

- Bran Ferren

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PRE NOTE

Dialogue; A Dynamic Initiative

Dr. Narendra Bhatt

“DIALOGUE” is a dynamic initiative of last year where the awardees and the experts shared their views on IASTAM and its activities. 12 of these conversations have appeared in previous issues. Other 9 are appearing in this issue. **These opinions and suggestions are both encouraging and demanding.** As we move towards completion of 40 years of our existence, it is befitting to take stock of views from outside that will help us better our approach, activities and aspirations.

Connecting different indigenous systems of India and other medical systems of Asian origin for sharing knowledge and address issues and to undertake activities to bridge these systems with science and humanities are applauded as vital for their contribution to offer better health care. Our efforts to fill the communication gap and contributions though not obvious are recognized by most of the experts.

Once considered a chapter; IASTAM – India is now acknowledged as a well sustained independent association by the international body. Internationally it has strong potential to play an important role.

Honouring excellence of teaching, research and profession within the field of Ayurveda is inspiring. Bringing to limelight interdisciplinary research contributions of scientists from allied sciences to

Ayurveda and Yoga that otherwise would have remained unnoticed is unique to IASTAM. Adherence to norms for neutrality and scrupulous process of selection have brought high reputation of the awards. IASTAM Awards are coveted by experts from within and outside as recognition of professional excellence and interdisciplinary research. International awardees bring in novel ideas and applications. **These awards help develop intellectual resources, bonding, linkages and create newer opportunities.**

The Award Functions are unique, efficiently managed and impressively organised. Organising it in different parts of the country with a reputed academic institution though a challenge is very much applauded.

IASTAM is recognized to have right methods and experience to organise deliberations and document such events in a neutral and productive manner. IASTAM conclaves make efforts to bring in intellectual depth, research orientation and broader perspective of epistemology, philosophy, science and relevance. It has capability to bring in academics, professionals, researchers, industry experts and administrators on the same platform for an open dialogue despite differences. These meets encourage direct communication and addresses serious issues that have impact on indigenous

systems and medical care. IASTAM publications are much appreciated and considered reliable resources of information and viewpoints.

IASTAM proposal of need to reaching out particularly to Asian countries is supported by most experts.

An important suggestion is to encourage greater participation of academics, particularly young faculty. Another is to ensure presentations by all the awardees rather than 3 orations only. Deliberations on modalities of integration are found to be an unending requirement. **IASTAM has been asked to form subject specific groups and develop proposals for integrative multidisciplinary research.** We are also asked to develop

international linkages of experts and publications. Suggestions are given to discuss issues on education, research, health care delivery, regulatory norms and industry issues. Necessity to avoid friction and develop mutual respect between conventional medicine and TM are felt necessary to mainstream indigenous systems in health care delivery.

Overall IASTAM is supported for its objectives and capabilities. **We have reason to continue our efforts.** However, we must state that despite consistent and rigorous efforts Unani, Siddha and Sowa Rigpa systems remain poorly represented in our activities. Hope, it will change in coming times.



DIALOGUE

DIALOGUE' has been an initiative by dynamic leadership of IASTAM to introspect and grow. IASTAM team took advantage of the presence of awardees and experts during the Kochi event. Dr. Kirti Bhati, member of our managing committee continued with the process started last year to video record views and opinions of the experts over three days. Ms. Anagha Vaidya transcribed the scripts. Here is the outcome.

SHRI SHEKHAR DUTT - Former Secretary of Ministry of Health - AYUSH, Defense Secretary, Governor of Chhattisgarh



Could you share your views on the work and activities of IASTAM for the future?

I have been associated with Dr. Narendra Bhatt for a very long time even before I was secretary of AYUSH.

I have always been concerned about the knowledge of Ayurved, Siddha, Unani that our country has. I am interested in knowing how this knowledge can be made available to a very large number of people and in fact to the whole country. When I was secretary of health, we tried to mainstream AYUSH in the mainstream health systems currently dominated by Allopathy.

It is necessary for India to understand the strength of AYUSH and especially Ayurveda, Unani and Siddha systems where there is a tremendous use of biological resources. Because the human body is a biological object, cure of the human body is far more effective as biological substances do not have after effects / side effects.

IASTAM is doing significant work in not only getting students, academic organizations but also ordinary people to understand Indian and other traditional systems. It is bringing the world together and now a number of scientists outside of India have been attracted to the

strength of traditional medical systems thereby helping traditional medicine to become more mainstream. I wish Dr. Narendra and his team all success.

What are your views on the Awards selection process?

IASTAM also recognises the need to identify scientists, medical practitioners and other eminent experts connected with the world of traditional medicine systems and modern medical systems who have reason to feel the strength of traditional medicine. They are bringing together these systems and this recognition in the form of awards is a great help in bonding people. This bond is a lasting friendship and I am sure this bond will continue and we will find more and more people who will offer benefit to humanity through Ayurvedic and other traditional health systems.

What is your message to the younger generations?

I would say that the younger generation is similarly blessed with the abundance of natural biological resources and knowledge and must get familiar with the biological resources and knowledge systems of Ayurved, Yoga, Siddha, Unani and Homeopathy and use them for the betterment of health.



DR. W. SELVAMURTHY, *Chancellor, Amity University, Director General and Former Chief Controller R&D for Life Sciences, Defense Research and Development Organisation, Government of India.*



What are your views on IASTAM?

I am indeed very privileged to find myself at Amrita Institute in the progressive state of Kerala which is hosting the all-important conference and award function of IASTAM, an organisation that promotes research and innovation and offers recognition to people contributing to the field of Indian Systems of Medicine, AYUSH and other traditional systems of medicine across the globe. How do we integrate so-called modern medicine with traditional medicine, complementary Alternative medicine (TCAM) with modern medicine?

The President of this Indian chapter of IASTAM Dr. Narendra Bhatt along with his team are working very hard to promote traditional systems of medicine for the welfare of the people and at the awards ceremony which I have witnessed,

It is particularly touching to note that among the participants are resource persons who have come from various parts of the world ...

where the outstanding contributions in the field of traditional systems of medicine be it in the development of

Ayurvedic Drugs, Yoga, Naturopathy, Siddha, Unani and Homeopathy were felicitated. It is particularly touching to note that among the participants are resource persons who have come from various parts of the world such as Canada, USA, Netherlands and other parts of world since they too wish to be in solidarity with the roadmap for cancer therapy using traditional systems of medicine or integrated system of medicine. Being the guest of honour at this event is for me an opportunity of a lifetime given by the organisers. The objective of this international conference is the moot question on how we could use traditional systems of medicine for prevention of cancer, assist chemo prevention of cancer through diet by using curcumin (turmeric) as a preventive aspect of therapy in our food. There are many preventive agents which we can look at for the genetically predisposed

This organization will grow from strength to strength not only in the development of drugs and in reviving

(susceptible) group who could have a family history and can yet look at cancer prevention. Yet another aspect is the actual treatment of cancer, where one can have a surgical removal followed by radio therapy / chemo therapy and can also think of cancer regression through the traditional system of medicine. Traditional medicine can be used in a complementary role along with modern medical intervention or as an independent system that will assist regression as has been seen in the presentation of outstanding results at these kinds of conferences. Another important aspect is to help manage the life of cancer patients after they have undergone chemotherapy, radio therapy, surgical removal and suffer bouts of nausea, hair loss and sleep disturbance. It is essential to ameliorate the stress induced progression of the disease, and in conjunction with conventional management systems improve prognosis and better the quality of life. This has received strong acceptance across the globe. This IASTAM conference will offer a blueprint and define the roadmap for global recognition and help offer a scientific pedestal for the presentation of Ayurveda, Siddha, Unani, Homeopathy and the Chinese traditional systems of medicine.

My congratulations to Dr. Narendra Bhatt, the president of the Indian arm and to Dr. Angelika president of the international body. This organization will grow from strength to strength not only in the development of drugs and in reviving complementary systems of medicine but also in looking at regulatory processes to handle the quality of medical management by setting the norms of quality and rigorously monitoring them. This will enable us to offer the right therapy to patients who are really in need. This noble task must inspire youngsters to come forward to take this up as a discipline, to research and practice. The Ministry of AYUSH, Government of India has offered a very systematic way to improve the quality of education, training, therapy and new drug development so that it becomes successful worldwide. ○

PROF. DR. ANGELIKA MESSNER - *President, International IASTAM and Head, China Centre, Kiel University, Kiel, Germany*



What are your concerns?

As international president, I am very concerned about building bridges between

all of us, between different schools of Asian medicine, clinicians, academicians, historians, anthropologists ethno pharmacologists and psychologists-all who are

somehow concerned with medical care and with Asian roots. We also are witnessing the phenomenon of the global recession of Asian medicine. We have witnessed them already in Germany and Europe and this is a dynamic that is bound to shape our present and future.

Would you like to share some of your impressions about your first visit to India?

I have come here for the first time to IASTAM for this conclave to Kochi India and I am highly impressed. It's a great pleasure to be here. I have known several Asian countries especially China, Japan, Korea, Singapore but with India I have not been familiar.

I had friends but I could not have come here earlier because I have a busy schedule. Now I am here for the award function and I like it very much. I love vegetarian food. I have been familiarized with Indian food. I am also impressed with the beautiful women present here. I like their style of clothes and the vibrant colours.

India is very special. We have got many branches but India is independent. But I hope we will achieve this major step towards elevating and enhancing our bonds.

What is special about India?

It's really a conundrum. It seems like Italy. It has people who warm up to you but then I also had these feeling in China. Is direct communication possible here?

When are you coming to India next?

It will take some time. Because we will have ICTAM X in Taipei in May. Then there is the preconference workshop. We will stay there for a longer time.

What are your views on the Conference and Awards function?

Great, I learnt a lot. I came as a president of IASTAM and so, I have a mission. I have a message to give but it is also a duty. The most important duty is to communicate, we are here and concerned. India is very special. We have got many branches but India is independent. But I hope we will achieve this major step towards elevating and enhancing our bonds. We are publishing an Asian medical journal. It should be autonomous. I think the reality of Ayurveda in India and the practices are highly diverse. But then, I am not a specialist of Ayurveda. ○

DR. ROBIN MARLES – Senior Scientific Advisor in the Bureau of Nutritional Sciences, Food Directorate, Health Canada, and recipient of 'IASTAM Zandu International' Oration Award 2019 (International Expert)



What are your views on IASTAM and the conference here?

I am having a wonderful time at the IASTAM meeting here in Kochi. I have enjoyed participating in the discussions about how to bring Ayurveda into the global world. I have given some advice from my experience in traditional medicines in Kerala and other parts of the world. Learning so much from my colleagues here at this conference I found the hospitality very warm and welcoming.

IASTAM brings together experts from all over the world in the area of Ayurveda and other aspects of traditional Asian medicine and the thing that is most interesting to me is the open sharing, the discussion of ideas and concepts

The food was very delicious and I enjoyed some good friendship. This has been one full experience for me here.

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is most interesting to me is the open sharing, the discussion of ideas and concepts from the Ayurvedic traditional practitioners and from scientists who study Ayurveda. Although they have different perspectives and don't always agree, the openness in sharing ideas is one thing that will help the momentum.

What are your views on the award you have received?

I am very appreciative of this award. It came as a surprise when I was nominated for the award since most of my work is not in Ayurveda. It is traditional medicine. I have been working with a number of colleagues like Dr. Handa on developing quality standards for ayurvedic traditional medicine. I feel honoured to have received this award and I consider this simply as an introduction to true sharing with IASTAM.

I will say keep doing what you are doing now by bringing people with different perspectives together as that is how we grow into wonderful activity for a cause. ○

DR. NEERAJ TANDON - Scientist G and Head, Publication & Information and Medicinal Plants Division, ICMR and recipient of 'IASTAM Prof. K. N. Udupa' Award 2019



What are your views on the Conference and the awards function?

I am here today for the IASTAM award function and simultaneously there is a conclave too. I am very privileged to get the K N Udupa award.

I was associated with Dr. Udupa for a long time and knew him personally also. I had never ever dreamt that I would get an award in his name. I am extremely happy and thankful to IASTAM for considering me for this award. Some of the happiest moments in my life include my presence here at Kochi. It is the first time I am coming to Kochi. I am also thrilled to be a part of the conclave. This conclave is basically necessary to integrate Ayurveda with mainstream medicine in case of Cancer treatment. The burden of cancer is growing in our country. There are 1 million new cases diagnosed every year.

So, enabling Ayurveda to keep pace with the mainstream medicine in order to work towards alleviation of the side effects of chemotherapy /radiotherapy and metastases would be very beneficial for the people of this country.

What are your views on IASTAM and its work?

IASTAM is involved in a number of other

IASTAM involved in a number of other activities and is bridging links between the modern systems and the traditional ones.

activities also. Our seniors and many of the reputed scientists have already been awarded with awards and are doing wonderful jobs in their area. IASTAM is bridging links between the modern systems and the traditional ones. It is not only Ayurveda that is being felicitated for these awards. There is also the fraternity from other systems of medicine who are here. It has been my privilege to be here amongst the Ayurvedic fraternity and I wish IASTAM to continue this in future also which would be beneficial for the younger generations of our country.

Inputs for IASTAM

IASTAM is an old and prestigious association led by Dr. Narendra Bhatt. Under his dynamic leadership, IASTAM is doing wonders for the country and this is one occasion where everybody gets together to share views on a disease where modern systems of medicine do not seem to work. We are debating on how Ayurveda can help us for the benefit of the people of our country. IASTAM is doing a good job. I wish them success in all their endeavors in working for the national cause.

PROF. S. S. SAVRIKAR - Chairman, Scientific Body, Pharmacopoeia Commission of Indian Medicine and Homeopathy; Adviser; State Minister of AYUSH; Govt of India and recipient of 'IASTAM Rasvaitya Nagindas Shah' Award (Unjha Group)



Could you tell us something about your association with IASTAM?

I have known IASTAM since 1990. It is doing very well. I remember the first international conference which I attended and the paper I presented in Bombay, now Mumbai.

IASTAM's basic aim is to work towards establishing traditional medicine particularly in the Asian region. As far as India is concerned, it is giving a boost to Ayurved and to people in the field of Ayurved. They get a platform for the presentation of research and such activities. It is commendable that IASTAM is appreciating the work of

all these people in different fields.

What are your views about the Awards function?

Twelve awards and the orations, all instituted by IASTAM. Definitely these awards give inspiration to the new generation and also brings forth hidden talent of people who are working in different fields in the country and beyond. These functions enable people to interact with each other and know each other. This is truly a feather in IASTAM's cap.

Do you have any suggestion to offer?

Whenever you bring so many people together, the list of awardees and their achievements seems to be endless.

Information of awardees could be given in a Power point presentation as reading a citation is somewhat of an old procedure. If it is recorded and read by a voice over, and played in the background at the time of presenting

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award it would be a good thing.

Or you can break this award ceremony into 2 / 3 sessions; giving away 4 awards in each session.

If they are combined with paper presentations, it will mean that the speakers are present too and in between the awards can be distributed. Then people can enjoy both aspects-awardees will be appreciated and there will also be some inputs.

I wish IASTAM good luck for

the future. They are performing well.

I invite the younger generation to take advantage of the international platform. It is not very easily available to people. But IASTAM provides such a platform and this is a splendid opportunity to interact with the stalwarts.

I invite the younger generation to take advantage of the international platform. It is not very easily available to people. But IASTAM provides such a platform and this is a splendid opportunity to interact with the stalwarts.

One more suggestion for IASTAM is there should be more inputs from the field of Ayurved as far as the speakers are concerned as they are doing a very good job of research too.

DR. NATARAJAN; *Advisor/Sr. Vice President - Research & Development and recipient of 'IASTAM Shri Gopadas Parikh' Award*



Could you highlight some of the ways in which your organization can help IASTAM in moving forward?

Sami Labs, the Company I represent, manufactures and exports Ayurvedic based natural products, which are called nutraceuticals. These dietary supplements are used as drugs for prevention of certain unfavorable conditions in the body. What we do in our R & D is select able products, banned materials and take extracts from them at different conditions and use a marker compound to sterilize that. We go through all sorts of analytical proofs for safety of this compounds like HPLC, proprietary HPLC, LC amers, amous and even biological bottles. We have successfully exported about 150 products in the last 23-25 years. This company has received many awards from regulatory bodies including DSR and CSIR.

I look forward at this award function to work in the area of research in Asian medicine. All the proceedings here were very informative and it makes people like me think about starting a new line of activities at R&D to produce some new products. Dr. Bhatt told me about moringa that is used for Breast cancer. My wife had breast cancer and she suffered a lot but I gave her the extract of moringa leaves. I learnt here that the root extract is the most effective and felt that I should have done it for my wife. But the moot question is where can I get the roots of the plant? Moringa leaves are available in the market but not the roots. This is the type of area we have to update ourselves with, as practitioners of natural medicine.

I want to become a member of IASTAM, interact with them frequently on the basis of the science in the field of Asian medicine.

What activities can be initiated by IASTAM?

Consider the plant ashwagandha, what extract has

been made? What can still be made? Are all the parts of the plant used?

What inputs would you like to offer IASTAM?

I want to become a member of IASTAM, interact with them frequently on the basis of the science in the field of Asian medicine. I am ready to introduce our managing director to help and support this kind of research and he will be keen to work with all of you.

Why should future generation move into research and activities?

All the senior doctors give traditional medicine to their patients but the new doctors don't. Living in this modern world, they don't know much about ancient medicine or the traditional way of preparing them and using them in addition by correctly identifying the patient's requirement and giving them the right dosage.

They are more accustomed to taking dosage from literature but older people take the pulse first. They know the requirement of the body and accordingly make the dosages. This shows how knowledgeable they are as their practical knowledge is excellent. Modern doctors are strong in theoretical knowledge. But here must be meeting point of both practical and theoretical knowledge.

As an industry person yourself, what is the role of industry education? How can we link them and can IASTAM play a role?

As industry we are involved also in education activities such as offering scholarships and recruiting students. Many students come to our R&D to gain experience of the research in phytochemicals and we encourage people to find out the importance of this. They return to society with good ideas. Some of them have joined us after their studies. Having applied to our organization they have

been employed and are on our payrolls.

How do you feel about receiving the award and the award function?

I am the only person here who does not belong to any government body or government agency. I feel like an

outsider but I am very happy about my experience in herbal products as my research has been recognised. I am grateful to IASTAM. The speakers at the award function were very good and they offered ideas to carry on some more research in this area.

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DR. B. N. GANGADHAR – Director, NIMHANS-Bangalore and recipient of 'IASTAM Yoga Forum Munchen Patanjali' Award



What are your views on having received this award from IASTAM?

I feel humbled and very grateful to IASTAM for having considered me for this award which is generally given to people who have excelled in the area of traditional medicine. Traditional medicine is a rich resource of health services and hence should be exploited totally. India has had excellent traditional medical systems- Yoga, Ayurved and Siddha to name a few which have been the backbone of the entire medical system for more than a millennium. However, thanks to our colonial past, we have set all traditions aside and have become proponents

I am happy that IASTAM is initiating great propaganda and advocacy for the integration of traditional medicine into mainstream medicine

only of allopathic medicine. No doubt allopathic medicine has had a remarkable effect on healthcare and its benefits have been experienced in many areas but at the same time the importance of traditional medicine cannot be belittled and ignored. Today it is not this or that, it is this and that and that is the root answer. I am happy that IASTAM is initiating great propaganda and advocacy for the integration of traditional medicine into mainstream medicine and we, at NIMHANS have already started an integrated center for Yoga and Ayurveda which will see an integration with mainstream healthcare in the psychiatric and neurosciences departments.

○

DR. S. D. KAMAT – an Ayurvedic physician offering his medical services nearly 50 years and 'IASTAM Shri Mathuradas Parikh' Award



What would you like to say about your association with IASTAM?

I was connected with IASTAM right from the day of its inception. IASTAM was established at Zandu, Dadar. IASTAM is doing good work. When we began to study of Internal Medicine of Harrison, Ayurved was not included in it. Pandit Shiv Sharma, Mahesh yogi and other experts worked hard to promote Ayurved worldwide. IASTAM was established for spreading awareness of traditional Asian medicines.

IASTAM has played an important role in this and the new faculty and students can work through IASTAM to take it forward. This will help in globalization of ayurved.

Ayurved is accepted at WHO as an alternative system of medicine. Now new scholars and students have better opportunity to prove themselves. When we began learning Ayurved it was not well accepted even in our own country. Now it is accepted all over the world; this is a big achievement. IASTAM has played an important role in this and the new faculty and students can work through IASTAM to take it forward. This will help in globalization of ayurved. This is my message to the new students; they have to spread the proper knowledge and awareness of ayurved worldwide. People should be made aware of the right definition of Ayurved with proper practice, publication, lectures etc.

Your views on Awards & function.

It is a good effort and due to this people connect. We come to know new experts working in different fields. It helps in integrating, bridging disciplines and coming together for good work. Dr. Narendra Bhatt, is very energetic, I know him from his young days. I am sure the organization will progress under his leadership. The awareness of the Association will spread worldwide.

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Our New Life Members



Dr. Robin Marles, recipient of 'IASTAM Zandu International' Oration Award 2019 (International Expert) for Research Contributions to Natural Products and a Senior Scientific Advisor, health Canada for Research Contributions to Natural Products. Dr. Marles advises on safety, quality and claims for botanical, bioactive and nutrient ingredients of novel and supplemented foods.



Dr. Shriram Savrikar, recipient of 'IASTAM Rasvaidya Nagindas Shah' Award 2019 (Unjha Group) for Contribution in Rasashastra and Chairman, Scientific Body, Pharmacopoeia Commission of Indian Medicine and Homeopathy; Adviser; State Minister of AYUSH; Govt of India and Adviser; Minister of Medical Education, Govt. Of Maharashtra.



Rashtriya Ayurved Vidhyapeeth Awarded "Dr Harish B. Singh, member of IASTAM and Prof. Kayachitsa, K.G. Mittal Ayu. College as "The Fellow Of Rashtriya Ayurved Vidyapeeth "on 1st March 2019 at New Delhi by the hands of Sh. Shripad Naik (AYUSH Minister) in the presence of Padmashri Dr. Rajesh Kotecha (Secretary of the Ministry of AYUSH) Padmabhushan Vaidya Devendra Triguna , Dr Anupam Shrivastava Director Rashtriya Ayurveda Vidyapeeth and Dr. Manoj Nesari. Joint Adviser (Ayurveda), Department of AYUSH. Ministry of Health & Family Welfare, Government of India.

CALENDAR

12th Svanirbhara Divasa

Vaidya Sundarlal Joshi Smriti Puraskara Samaroha - 2019
and 5th International Conference on

"REDISCOVERING SCOPES OF AYURVEDIC PEDIATRICS"

30th August to 2nd September, 2019

Mahagujarat Medical Society - J. S. Ayurveda Mahavidyalaya and P. D. Patel Ayurveda Hospital Nadiad

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Views and opinions expressed in different articles are entirely of the writers and authors

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