

IASTAM

INDIA

NEWSLETTER

Communiqué

» Pre Note	1
» Calendar	3
» Flashback	4
» Review	6
» Announcement	8

Connecting Systems; Bridging Disciplines

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

Eventually everything connects - people, ideas, objects. The quality of the connections is the key to quality per say. - Charles Eames



PRE NOTE

Cancellation; A Tough Call

Dr. Narendra Bhatt

By now you must have received information about the cancellation of the IASTAM Award Function and the Conclave that was to be held. This definitely was a tough call to make. We have been flooded with inquiries from different corners.

It is for the first time and hopefully the last in IASTAM history that an event of this nature has been postponed.

We were eagerly looking forward to this event of IASTAM, more so in view of 2020 being our 40th year. Preparations were on. IASTAM through due process had entered into an official understanding with the Maharashtra University of Health Sciences (MUHS) for the event. MUHS has more than 300 institutes affiliated with it. After considering Nashik, and then the possible arrangement of facilities in south Mumbai, MUHS proposed the venue for IASTAM at D. Y. Patil School of Ayurveda [SoA], a reputed Ayurvedic college in Navi Mumbai having facilities of auditoria for the

event. We accepted this proposal with a belief that there would be active participation of both, the MUHS and the SoA. Meetings were held, official letters exchanged and committees including an organizing committee, a scientific program and other committees including those dealing with logistics were formed with representatives from SoA, MUHS and IASTAM. At the initial discussions with MUHS, I was informed about the participation of about 700 participants; which was later reduced to about 250-300 in view of the specificity of the subject and previous experiences. We went ahead with bookings of air tickets for most of our awardees, guests and members. However, during a subsequent follow up visit with SoA, I was informed that with the exception of making the venue available, the faculty members or PG scholars would not participate due to other academic priorities. This was obviously contrary to what we had envisaged. Since several years we have been organizing events jointly with academic institutes or universities with the sole purpose of providing a platform where the

best experts including one or two international experts were brought together with the AYUSH fraternity to learn, enrich their knowledge, exchange views and develop linkages for joint activities. Having realized the limitations regarding the lack of active involvement of the associate institute and considering the overall situation, it was decided to postpone the event. This tough decision was necessary in view of the IASTAM approach and commitment to purpose as also from the point of view of organizing the event. The IASTAM conclaves and seminars have always been a source of knowledge to the participants. We have been receiving proposals for collaboration from our awardees and experts who witnessed the event, experienced the outcomes and felt it was important to be conducted at their institutes.

For the last five years IASTAM has organised Award Functions with academic meets every year without any major flaws ensuring good participation. The 2015 event at the Gujarat Ayurveda University, Jamnagar was stimulating with local participants and our members. The 2016 event at Pune was with ICAAM, an international event over 5 days with more than 700 participants. At IMS, Banaras Hindu University in 2017 we had 72 oral and 11 poster presentations. At Delhi Pharmaceutical Sciences Research University, Delhi in 2018; 300 researchers presented their views on various aspects of traditional medicine and in 2019 at Kochi Amrita Vishwa Vidyapeetham institute, with 300 registered delegates there were 73 oral and 84 poster presentations. All these events also had plenary lectures and panel discussions by renowned experts. These events definitely offered an opportunity to learn more.

What next?

Under these unforeseen circumstances, with a deep sense of regret, we, in consultation with the authorities of the MUHS, considered it appropriate to postpone the event. The members of the managing committee were informed and rather than undergoing further futile expenses it was accepted to bear the cost of postponement rather than spend a more exorbitant amount without any satisfying purpose.

This decision has caused much inconvenience to several awardees and participants which is greatly regretted. I express my sincere gratitude for their kind cooperation. One of the most satisfying observations has

been the full trust expressed by members, awardees and experts and some of them have stretched themselves to provide alternative and immediate solutions. This has been overwhelming.

We shall overcome this odd episode and plan for the event as soon as possible. We will review the situation and look for the best possible option. We shall reach you soon to update you with information on future dates for our Award function and the conclave.

Publication of the Text

Most of the text “Integrative Perspectives 2020: Ayurveda, Phytopharmaceuticals and Natural Products” is in the press. We are grateful to the 41 expert awardees for their experienced contributions. The text has 9 sections with 41 chapters from the contributors and editorial contributions. Academic Publishers, Kolkata will publish the text. All formalities have been addressed.

I am happy to inform you all that the text will have the ‘Foreword’ by Dr. R. A. Mashelkar and a ‘Message’; by Shri Shekhar Dutt; both having gone through the details carefully. Overall as inferred by several experienced colleagues who had the opportunity to look at part of it, the text is expected to be an important publication for the development of Ayurveda and for product development and drug discovery in Ayurved. We will decide about the date of the publication either with the event or independent of it in the coming days.

Separate Text on Yoga

We have received 4 extensive articles on Yoga from our awardees with the possibilities of three more articles. Yoga being a separate major subject, it has now been decided to publish a separate text on Yoga while continuing with the theme on integration. This decision has been taken jointly in consultation with Yoga Forum München, the sponsor of IASTAM Award for Yoga. Yoga Forum has also agreed to share the responsibility to publish the Yoga text separately. This text will be an important and noteworthy contribution of IASTAM to the sector where renowned experts have shared their experiences, observations and suggestions in their area of activities and it will be of value for the development of these systems.

Please accept our Best Wishes for A Happier and Healthier 2020.

Aligning with IASTAM Objectives

As this process was on, we were very kind to receive financial support from our strong supporters which has

further strengthened our faith to move forward with the IASTAM activities.



Shri Girish Parikh is one of the founder members of IASTAM and an integral part of Zandu where IASTAM was founded and located for many years. He has been supporting IASTAM from time to time even after the relocation of IASTAM to Bharati Vidyapeeth Deemed to be University, College of Ayurved. Previously he helped in initiating a new award in the name of his father Shri Gopaldas Parikh. He was one of the main sponsors for the publication of IASTAM International Conference in 2016. He appreciates and supports IASTAM for its multidisciplinary approach. Once again, expressing his faith in our capabilities and objectives he has donated Rupees three lakhs. *We shall remain indebted to this staunch and continual supporter.*



Dr. D. B. A. Narayana is also one of our strong supporters, a previous awardee and Retired Director, Regulatory Affairs, Foods, Home & Personal Care, Unilever Research, Bengaluru, India. He contributes to the scientific, technical and regulatory policy developments in drugs, foods, nutraceuticals, and ayurceuticals and has led the scientific work at Indian Pharmacopoeia Committee (IPC). For the last several years he has been a support to IASTAM and has helped in directing us to obtain new awards for IASTAM. Taking a step forward personally, he has expressed faith in our activities by donating Rs. 35000/-. *We express our sincere gratitude to him for this kind gesture.*



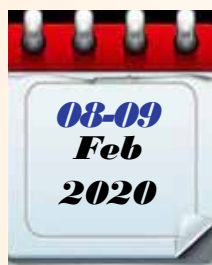
CALENDAR • 7th International Congress of Society of Ethnopharmacology, India (SFEC 2020), New Delhi

"Ethnopharmacology in Development of Scientifically Validated Quality Products from Medicinal Plants and Regulatory Aspects"



Organised by School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi and in association with Society for Ethnopharmacology, India

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FLASHBACK 40 Years of IASTAM (1981 - 2020)



40 Years of IASTAM (1981 - 2020)



REVIEW

Book (English) by Dr. Gayatri Ganu

“Herbal Formulation Development- Traditional and Modern Perspectives” Compiled by Vd. Veena Deo, Vd. Manasi Deshpande, Vd. Omkar Kulkarni; Publisher- Mankarnika Publication, Pune

Most herbal medicine books are arranged in a very difficult fashion - they focus on plants as stars, listing them in alphabetical order and describing their function. But *“Herbal Formulation Development”* is a very unique book compiled by giants from industry and academia written from a modern and traditional perspective.

The book serves a unique need of thinking systematically and out of box for herbal product development to get the activity and be flexible and scalable at an industry level.

In a way **FOOD FOR THOUGHT** is an accurate heading to cover the content. The foundation of this book is Ayurveda - its products, procedure and analysis because it is structured as an improvement on how to develop herbal products based on first understanding of Ayurveda, and how each modern system of the medicine works and how it needs support. In this book, Vd. Veena Deo and team guide us through the process of choosing a plant medicine to address each situation by helping us think first about how the imbalanced part of the body should function.

Each chapter focuses on particulars of perspective and modern pharmaceutical processes and role of excipients related to Ayu system. The book first explains the basic principles of Ayurveda and how to use herbs and products to support different procedures in each formulation. Within each of these subsections, the authors provide a list of herbs, details of formulation that will support that technique, and then highlight a quality control of Ayurveda drugs, supporting the use of each herb with a great deal of information from the scientific literature.

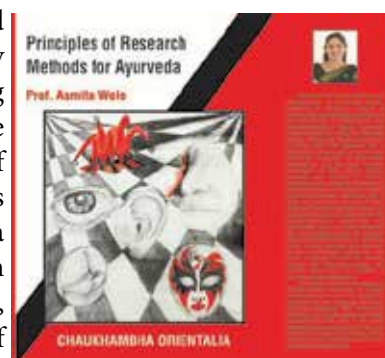
It's worth being referred to by students, academicians as well as industrial aspirants who wish to make contributions in herbal and Ayurvedic research and development.

**Book (English)** by Dr. Shweta Telang-Chaudhari

“Principles of Research Methods for Ayurveda” by Prof. Dr. Asmita Wele; Publisher - Chaukhamba Orientalia, Varanasi

Ayurveda is regarded as the most ancient traditional medicinal system with sound philosophical and experimental foundation. Though Ayurveda is predominantly perceived as a clinical system with remedial or preventive aspects, its underlying research-based foundation is often overlooked. Classical Ayurveda texts have elaborate descriptions of its research methodology, based on the different tools of Pareeksha meaning ‘examination’ and Pramaana, meaning ‘evidence’. These tools include Pratyaksha (Direct observation), Anumana (Inference), and Aaptopadesha (the fundamental dictums in classical literature). The tools of modern day research are not far too different from these research methodology principles. However, owing to the consideration of subjective variations in individuals, the intricacies of herbal formulations and subtleties of being a holistic science, Ayurveda research cannot simply be made to conform to boundaries of contemporary research designs.

Since the last few years, it has been felt that there is a great need for a separate research methodology for Ayurveda and traditional medicines. WHO made an attempt in this regard in 2000 (WHO/TRM guidelines). However, this document recommends the foremost exhaustive training of manpower of Ayurvedic institutions for research methodology.



Also, there is a dearth of good literature and resources on the subject dealing with Ayurveda Research methodology, for training the manpower. In today's era of evidence-based medicine, the pivotal training must start from the budding stage i.e. students of Ayurveda, to create a strong foundation in research aptitude and understanding.

The book 'Principles of Research Methods for Ayurveda' by Prof. Asmita Wele, is indeed a student-friendly textbook/handbook on research methods in Ayurveda that was much-needed. The author, Prof. Wele, is the Chairperson of Ayurveda Chair, University of Debrecen, Hungary and has vast experience in designing and executing research projects in Ayurveda.

The author lays out the purpose of her writing this book as “.....Evidence- based Ayurveda has become popular, but this demands rigorous conduct, meticulous documentation and rational analysis. However, concept of Research methodology to suit ayurveda percolates to the students in bits and pieces rather than entirety. Thus, this is a comprehensive book to give sufficient idea to initiate students into the fundamental principles of Research through Ayurveda perspective....”.

The book is divided into 2 sections viz; Section I gives general overview of research philosophy. Second section entails detail description of method of each research type in student-friendly manner. Every chapter is systematically structured with Introduction, detailed description, elaborate examples, summary, cross-referencing, exercises. At the end of each chapter, short exercises are provided to help students with an easy tool to reflect upon what they have learnt.

The book also has a comprehensive chapter dedicated to Statistics, dealing with Descriptive statistics, Inferential statistics, software's assisting in sample size calculation, selecting appropriate test for the given data, etc. The examples used in explaining the statistical context are relevant to Ayurveda, which make this chapter interesting for students to understand.

The author has taken meticulous efforts to describe relevant examples from day-to-day Ayurveda scenario, which makes this book a very relatable one. E.g. In the chapter about 'Where to find the research question?', the author cites a very common scenario from Ayurveda OPD where Amalaki tablets are routinely prescribed for acid peptic disease and one patient shows aggravated symptoms. Here, the author makes the student explore possibilities of various research questions related to drug standardization, clinical diagnosis, etc. The book is enriched with numerous such easy and insightful examples for students to see research as an approachable subject.

This book addresses the specific challenges faced by Ayurveda scholars as well as clinicians without a formal research training. The book aims to introduce the reader to the core literary, observational, experimental and clinical methods used to find answers to health research concerns.

The book focuses on the Fourth year syllabus for Research Methodology subject of the Central Council of Indian Medicine (CCIM). But the concise yet insightful details in the book make it worthy of reading to anyone interested in Ayurveda Research fundamentals.

Appendices and Annexures provide numerous resources including checklists, guidelines, websites for literature search, protocol formats, etc. This makes the book a very unique tool for not just understanding but also applying the information given in the book.

The book is enriched with a lot of useful insights in a student-friendly style. However, a few more illustrative or graphical representation of the information, rather than descriptions, would have been more useful for students to remember the content. But nonetheless, the simplicity of the language and concise factual information keep the reader engrossed in the book.

This book is a sincere effort to give a bird's eye view of the research process in relevance to Ayurveda context. This is an excellent handbook for students and researchers for troubleshooting common queries while understanding applications of Research methodology in Ayurveda.

This comprehensive, yet power-packed book will not only be useful as a student's guide in Ayurveda Research Fundamentals, but also help to develop a research aptitude for tomorrow's vaidya-scientists in bringing Ayurveda to global standards.



Due to Unforeseen Circumstances...

EVENT POSTPONED

11th IASTAM ORATION AND AWARD FUNCTION 2020

and

CONCLAVE on

'MEANINGFUL MODALITIES

FOR TRANSLATIONAL RESEARCH'

Await Further Details

NEXT
Dates
will be
informed
soon

IASTAM
Celebrates
40th Year

INVITE TO MEMBERS

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

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