

# IASTAM

INDIA

## NEWSLETTER

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### Connecting Systems; Bridging Disciplines

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

**"All things are connected  
like the blood  
that unites us."**

**- Chief Seattle**

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## PRE NOTE

### COVID 19 AND AYUSH, IN SEARCH OF A SHAKTI OR A SANJIVANI

**Dr. Narendra Bhatt**

#### THE MONSTER

The peril of CV-19 has practically been felt by every individual on planet earth and more poignantly in the country and the society in which one lives. It has turned out to be a mammoth monster for humankind rather than a medical predicament/problem. It is truly akin to war on an unprecedented scale against a poorly defined enemy where the right weapons to either restrain or destroy have yet to emerge.

The Indian battle after initial gains has become even more threatening. Deployment of all resources in full strength must be envisioned. Much more than what one can absorb is now becoming known about CV-19 with one singular outcome. CV-19 is thus hugely complex and the outcomes are unclear with this monster evolving everchanging contours. **If so, it is necessary to look at this scourge of humankind with different insight.**

In India AYUSH has rightly taken on the challenge of playing its role. Challenges and opportunities are still in waiting. While the battle is on, there are always reasons for course correction and evolution of newer strategies and more importantly, the wisdom to learn from experiences

thus far. In my earlier *PreNotes*, particularly in the April-June 2020 issue I had covered several aspects; including needs, the approach and caution to be adopted.

#### WHAT HAS HAPPENED OVER THE LAST YEAR?

There has been a lot of noise with regards to an increased awareness of Ayurveda, Unani, Homoeopathy, Siddha and Yoga. Efforts have been made and activities initiated. The Government offered full support to AYUSH and has been extending it further, in search of a solution. With 100s of webinars, 100s of experts, 100s of solutions, and 100s of products, the situation is as yet confusing and the role of AYUSH is unclear or perhaps charitably speaking, it is stated to be complementary and has been proposed as being palliative, *as usual*. This, despite the fact, that modern medicine's claims to have defined it for possible preventive or therapeutic solution has neither a clear understanding of the disease or the disease behaviour nor has it succeeded in scientifically validating one or more specific aspect of the disease beyond doubt. Industries of practically every possible hue and colour including pharma, medicinal equipment and Ayush have seen abnormal growth under the opportunistic shield of

immunity. The science of immunity is being deduced in every possible way whether relevant or not. Science will need to chase 'immunity' further for its cause – effect relevance.

As one learns of nearly 100 + different types of proposals under AYUSH, the chances of concrete outcomes seem limited because of restrained and poorly targeted efforts. Scattered, diffused and diverse efforts to deal with a monstrous disease are bound to result in unclear outcomes and create more confusion in the minds of the profession and the people. The frustration of the AYUSH profession at the ground level is obvious with individuals, groups and some industries making valiant efforts and struggling to find a way. Unfortunately, these efforts will be wasted if not streamlined.

As we eagerly await the outcomes of the multiple activities that were undertaken, some of the results that have been shared, require a studied review of our approaches.

#### AYUSH 64

In the 1980s AYUSH 64, an Ayurvedic product developed by CCRAS was offered through NRDC to five companies as Anti-Malarial with 65+ % success rate in comparison to Chloroquine. ZANDU was one of the first five companies with its own process of aqueous extraction – similar to *Sudarshan Ghan Vati* – and adhering to the suggested standards, introduced it as Chirakin. The idea had originated from the most commonly used *Sudarshan Ghan Vati* used as *jwaraghna* (used in fevers) where *Swertia chirata* is the main half of the polyherbal formulation.

*Ghan* - aqueous extracts of *Saptaparna* – *Alstonia scholaris*, *Kutaki* - *Picrorrhiza kuroa* and *Latakaranj* - *Caesalpinia crista* are indicated for a variety of fevers in Ayurveda. Large scale production of multi-ingredient aqueous extracts – *ghanvati* – is not easy as commonly believed but requires a skilled process control, managing water and the temperature. I was witness to the different aspects of the development when Chirakin was introduced as a prescription product. However, the prescription market did not find much favour with Ayush-64 in comparison to chloroquine which was found to be more potent while *Sudarshan Ghan Vati* which was sold as a PTC [over-the-counter] product, being more effective, grew substantially as it was liked both by the profession and the people. Interestingly, though the standardization of *Sudarshan Ghan Vati* with many ingredients was considered challenging, many people rely on it and it continues to grow even now after five decades!

The choice of Ayush-64 therefore for CV-19 appears to be based on its effectiveness - though lesser - in

comparison to chloroquine! The clinical research for CV-19 it seems was designed to be complementary from the beginning. With the choice of the quinine derivative which is not a known solution for CV-19 as a control choice in mild to moderate cases and investigating it for limited benefit over a longer - 2-to-12-week period, seems to have marginalised the role of Ayush-64 in CV-19. Here, though helpful like several other remedies the question of innovation or looking for a new integrated solution to CV-19 does not arise.

Developing and designing a product or a drug based on Ayurveda without a thorough understanding of the Ayurvedic nuances of the disease and the principles of understanding the ingredients, their compositions or synergies is bound to fail by simply imitating and borrowing incorrectly applied scientific tools.

This is when sincere research efforts in the right direction will not only help provide simpler and yet clinically relevant understanding of the CV-19 but also provide therapeutic rationale with optional clinical choices as well. The language, the paradigm of Ayurveda, might be different but is comprehensively logical and explainable to the aim and can provide much needed relief to suffering humanity, if not a full cure. There exists even potent possibilities with sincere efforts for fundamentally integrative and novel modalities to scientifically probe even the curative aspects and thus develop product/s.

The experts concerned must accept that the monster as is known currently, is a consequence of the complexity of science and obviously there is a need to search for alternate scientific means and methods to curb it. It is therefore necessary to come out of a tangential or exploitative approach to AYUSH systems. There is enough science available now to realign and reconfirm with AYUSH principles and practices having clinically simplistic acumen that have potentials to take on the therapeutic challenges.

Huge data, planned or otherwise, on CV-19 must have been generated and is accessible. There is a need to examine this data beyond the standard epidemiological approach with an AYUSH viewpoint to examine the disease in its totality - cause, symptomatology, disease progression and responses to the variety of preventive measures or curative treatments. Additionally, employing a mechanism to derive critically screened observations and learning of ground experiences by executors of the proposals and practitioners, can provide useful insights to better address the disease. There is an equally imperative need to look into the standardization of offerings, products or therapies, for preventive, supportive or curative purposes. This will help remove

## PRENOTE

prevailing confusion.

Ayurveda has much to offer but the nuances of their composition, therapeutic rationale and processing are important. Developing a few, selected Anti CV-19 product/s based on AYUSH principles to address different stages or aspects of the disease and considering the potentials of Ayurvedic ingredients or combinations including at least one *Rasa Aushadhi* for severe cases could be the approach. Efforts have already been made and as suggested in several groups need to be further strengthened with well-defined therapeutic targets in coordination with the academia and the industry for larger acceptance.

AYUSH awareness has happened but lack of means of reliability for the consumer and the patient will harm the gains. Let not the opportunity to bring all together - academia, profession, researchers and industry - be lost.

This must be done on the AYUSH paradigm by the AYUSH fraternity to ensure that the same advisor experts must not be allowed to point fingers at AYUSH being non-scientific. ***The fact is that Ayurveda is right. Science is right. The question is only how can one use the science for Ayurveda?***

The administration must own its mandate towards the AYUSH sector and its inherent strengths. It must be sensitive to the long-term damage in the form of loss of

credibility of the systems. It cannot fail the trust placed in it by the people and the government, particularly the Prime Minister who has great expectations. It should not allow itself to be a second fiddle in the hands of those who neither wish to understand the depths of AYUSH systems nor do they know how to use the science beyond their narrowed or blurred vision. Most of these big named experiments with similar approaches have failed to contribute even an iota to the AYUSH systems or to the sector or the profession or the academics or even to the science.

In the epic Mahabharat, *Mritunjaya* Karna had no choice but to use the one and only singly used *Vasavi Shakti* obtained from Lord Indra to kill Ghatotkach, the elusive warrior who had killed seven *akshauhini*, more than 15 lakh enemies. While the world and we may continue to look for an elusive shakti with all the discipline, dedication and benevolence of Karna we can also rely on *Amrita* (*Tinospora cordifolia*), giver of life as the name denotes that Indra only showered over Laksmana and hundreds of soldiers to regain consciousness to fight the battle.

***There is Acceptance and Unprecedented HOPE for The Common Person. AYUSH has the opportunity to take on the challenge with change in its course of action.***



## OBITUARY

### Prof. Dr. A. J. Baxi

Dr. Prof. Dr. A. J. Baxi, member of our National Advisory Council (NAC) was the former Head of Pharmaceutical Division, IPGT&RA, Gujarat Ayurved University, Jamnagar. He was Chairman of International Ayurved Foundation (India Chapter) and Consultant to Government of Sri Lanka on Ayurvedic Drug Standardization. He has established preliminary Analytical standards for more than 800 classical drugs and formulations. During his 25 years at Gujarat Ayurved University (GAU) he developed analytical methodology for establishing standards and purity of classical Ayurvedic drugs and formulations.



Prof. Dr. A. J. Baxi

Dr. Baxi was a recognized resource person of IGNOU. Prof Baxi re-joined GAU under the stewardship of Dr. P.N.V. Kurup, endeavoured as a Dean, to establish the first ever Institute of Ayurvedic Pharmaceutical Sciences, offering D. Pharm (Ayu), B. Pharm (Ayu) and M. Pharm (Ayu) courses. He was always identified with integration of sciences and our heritage of Ayurvedic Knowledge. He was on forefront of such integration.

Dr. Baxi was an unsung hero, committed worker who influenced lives of many students and scholars without making it obvious. He was a quiet man who believed in and was committed to efficiency of his work. IASTAM Shri Gopaldas Parikh Awardee 2018, he always helped and supported IASTAM and its activities.

His visit to Mumbai and meeting with Mr. Praful Patel helped with interesting interaction. He tried his best and took the initiative to institute an Award in the name of Rajvaidya Bawabhai Achalji. When that did not materialise, taking a step forward personally, he expressed faith in our activities and capabilities by donating Rs. 50000/-. He had personally sent IASTAM Text Flyers with personal recommendation. His review about the book was amongst the initially received.

His demise is a great loss to Ayurved fraternity and IASTAM activities.





## REMEMBRANCE

## Dr. S. K. Jain

Internationally renowned Ethnobotanist, Dr. S. K. Jain, Scientist – Emeritus, National Botanical Research Institute and Hon. Director, Institute of Ethnobiology, played diverse roles in developing IASTAM. Dr. Jain was a great pillar to IASTAM and 4 President of IASTAM – India.

Dr. Jain was a former Director, Botanical Survey of India, and National Environment Fellow. He had worked as Project Investigator of numerous Indian and foreign projects. He was conferred the prestigious Distinguished Economic Botanist Award. Dr. Jain with his pioneering work was known as the 'Father of Indian Ethnobotany'. His book 'Dictionary of Indian Folk Medicine and Ethnobotany' was presented as evidence in US court to win India the patent of 'haldi' (turmeric).



Dr. S. K. Jain

Dr. Jain founded the Institute of Ethnobiology, Gwalior later renamed as SK Jain Institute of Ethnobiology in his honour. Twenty-five new plants have been named after him (Jain) [e.g. Jainia, Saussurea sudhanshui]. He also founded the Society of Ethnobotanists and Association for Plant Taxonomy and initiated journals of these societies. He was the Vice President of IASTAM since 1982 to 2005 and then the President for one term. He had participated at the International Congress of Traditional Asian Medicine at Canberra where the idea of establishing IASTAM was initiated. The key-note address presented by Dr. Jain, at the ACTAM, in 1983 in Mumbai and other conference organised by IASTAM were a virtual intellectual feast for the audience. Enthusiastically he had published a review of the IASTAM Proceedings 2005 'Transforming Traditions for Tomorrow's Health' in Indian Journal of Traditional Knowledge. IASTAM had received his valuable inputs in revising the IASTAM Constitution and Rules and Regulations. He was a right and soft leader who provided valuable and clear guidance without much ado.

A man of extra ordinary discipline Dr. Jain will always be remembered for his continuous support for the objectives and activities of IASTAM through regular and responsive communication.



## MEMORY

## Shri Janak Raj Rawal

Shri Janak Raj Rawal was President of The Federation of Medicinal and Aromatic Plants Stakeholders (FEDMAPS). He was Director of Rawal Medherbs Consultants LLP, New Delhi. His vision was to cater to the information needs of the herbal sector and provide authentic and up-to-date information on various aspects of medicinal and aromatic plants to the industry.

He was involved with the annual publication of 'MEDHERB GREEN PAGES' on medicinal plants trade and 'AROMA GREEN PAGES' ON aromatic plants trade. His 18 books have been published covering herbal trade of India, China, Nepal, Bangladesh, Dubai, Pakistan, Sri Lanka, France, The Netherlands, Germany and Indonesia.

The FEDMAPS was established in 2014 under his able leadership. It is an autonomous body to promote the Medicinal and Aromatic Plants (MAPs) stakeholders and trade through networking, advocacy, and awareness for a transparent, regulated and dynamic MAPS trade in the country and abroad. FEDMAPS is an institutional member of IASTAM and he actively participated in IASTAM Activities.

A friend of many his demise is a great loss to FEDMAPS and IASTAM.



Shri Janak Raj Rawal



**Tribute** - I recollect **Prof. Dr. S. K. Jain** as someone who responded to your call, mail or communication without any delay with the requisite, guidance or appreciation. As a President of IASTAM his subtle and clear guidance was invaluable. In **Prof. A. J. Baxi** I not only found an ideal model of integration but sincerity to purpose that he exhibited at different stages and his commitment to the cause by making sincere efforts to obtain funding for an award and when it did not fructify to stretch self out with a personal donation. Though a commerce graduate the wanderer in **Shri Janak Raj Rawal** reached out to the depth of forests where the practical experiences of medicinal plants became an added wealth; a man who lived like a fakir identifying with his own space, both among nature and the world. **Obviously I will miss all the three for their kind affection, my activities and IASTAM.**

- Dr. Narendra Bhatt

## ANNOUNCEMENT

# ANNOUNCEMENT



### Invitation:

The 8<sup>th</sup> International Congress of the Society for Ethnopharmacology, India (SFEC 2021) (Globalizing local Knowledge and localizing global technologies) is being organized by SFE-India Pune Chapter and Bharati Vidyapeeth (Deemed to be University) Poona College of Pharmacy, Pune, MH, India in association with Society for Ethnopharmacology, India during August 27-29, 2021 at Pune, India. This congress will focus on "Ethnopharmacology & Medicinal Plants – Approach towards product development". The congress will also be highlighting on several crucial and contemporary issues on the Ethnomedicine, Ethnopharmacology and Medicinal Plant Research by the renowned scientists across the globe.

### Major Highlights of the Congress

- Ethnomedicine and Ethnopharmacology in drug discovery and development
- Evidence based validation of traditional medicine
- Evaluation of safety, efficacy and quality of botanicals
- Translational Research Approach – Drug development from Botanicals
- Pharmacological evaluation of medicinal plants
- Identification and documentation of medicinal plants and traditional resources
- Herb-drug interaction studies
- Systems biology and synergy research aspects of natural product for drug development
- Quality control and standardization of Botanicals
- Spectroscopic Technologies for the Quality Control of Herbal Medicines
- Bioprospecting of medicinal plants products – an approach towards drug discovery
- Integrative approach for promotion and development of traditional medicine
- Development and evaluation of herbal formulation from botanicals
- IP rights, patents and regulatory affairs of medicinal plants
- Conservation & propagation of rare, endangered & threatened medicinal plants



**Annual Awards, Best Poster/oral awards for young researchers, More than 60 Scientific talks, Oral/Poster presentations/Traditional Healers meet ; participation of 35-40 countries**

**Call for Abstracts :** The scientific committee has the great pleasure to invite scientific abstracts of research/review papers related to natural product research for consideration of oral and poster presentations.

For further details please visit [www.sfec2021.com](http://www.sfec2021.com).

### Contact:

Dr. L. Sathyanarayanan, Organising secretary , Poona College of Pharmacy, Bharati Vidyapeeth Deemed to be University, Paud Road, Pune, Maharashtra, India. E mail: [sfepune2021@gmail.com](mailto:sfepune2021@gmail.com) Ph: 95799024023

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## VIEWPOINT

### ABOUT PHARMACO-VIGILANCE

Recently IASTAM was actively involved in a joint webinar on Pharmacovigilance for AYUSH Products with fruitful deliberations. Following that, in an interesting internet search I was surprised to learn of penalties worth US \$ 38.6 billion (Rupees 2847,87,51,90,000/-) levied over 27 years in the USA, one of the most well-regulated countries. In India on the other hand, a country that boasts of being one of the largest pharma industries in the world over many years under CCI, it was found to be Rs. 74 crores only; as most of the other adverse drug reaction (ADR) data had not been well documented or made available! Even if one can access more of the data on penalties it would not be significant. This is in reference to the reporting in one paper of Yograj Guggulu for its moderate reversible side effects despite it not being administered as per Ayurveda and aggressively being referred to, again and again. Whereas I am fully in favour of the use of certain Ayurvedic preparations under professional supervision only and regulating the sale of one and all products under the name of AYUSH I do wish that the AYUSH fraternity would address the issue of convenient and dogmatic misuse of science for its right perspective. AYUSH pharmacovigilance must be developed on its own premise.

Furthermore, for those interested I would strongly recommend the book 'Bad Pharma: How Medicine is Broken, And How We Can Fix It' by Ben Goldacre (2012) that addresses the evil and potential hazardous aspects to humankind of instances of clinical research and methods followed for their publications in high indexed journals!

**- Dr. Narendra Bhatt**



## ACCOLADES

### Prof. Vaidya Banvarilal Gaur

#### Felicitated by His Disciples and Celebrated Kaustubh Jayanti Mohotsav

*His Excellency President Honorable PROFESSOR VAIDYA BANWARI LAL GAUD was felicitated by his disciples, celebrated Kaustubh Jayanti Mahotsav on completing 75 years of age with 500 pages Abhinandan Granth, this is the first occasion When any Ayurveda scholar has been felicitated publicly by his disciples in the form of Abhinandan book dedication and Kaustubha Jayanti Mahotsav.*

*In this function, Member of Parliament Shri Ram Charan Bohra, President of Human Rights Commission Judge Mr. Gopal Krishna Ji Vyas, Chief Vigilant Mr. Mahesh Kumar Ji Joshi and Former Minister of State Dr. Rajkumar Sharma and Director of National Ayurveda Prof. Sanjeev Sharma and Prof. Kamlesh Sharma Prof. Vice Chancellor Jyoti Mahila Vidyapeeth were present.*



Prof. Vd. Banvarilal Gaur



Vd. B. V. Sathaye

*Ayusoft, PUNE. 30 years teaching experience handling different responsibilities as HOD UG, professor Basic principles and doctoral guide for research projects*

### Vaidya B. V. Sathaye Conferred Life Time Achievement Award

by Rashtriya Ayurveda Vidyapeeth

*Vaidya B. V. Sathaye, a strong supporter and member of IASTAM National Advisory Council is Conferred LIFE TIME ACHIEVEMENT AWARD by Rastriya Ayurveda Vidyapeeth on 22nd March 2021. He is Ex. Dean, Govt. Ayurved Colleges, Mah. Kamaxi Ayurved Shiroda, Goa. Visiting Professor, G.A.U, Jamnagar, Sr. Sc. Officer CDAC,*



### Dr. Varsha Deshpande Conferred Fellow of National Academy of Ayurveda

by Rashtriya Ayurveda Vidyapeeth

*In recognition of her distinguished services for promotion, propagation and raising the status of the Science of Ayurveda, The President and the Members of the Governing Body of the National Academy of Ayurveda on 22nd March 2021 declared to confer upon*

**DR. VARSHA DESHPANDE**

**THE FELLOWSHIP OF THE NATIONAL ACADEMY OF AYURVEDA**

*Rashtriya Ayurveda Vidyapeeth*

HONOUR

HONOUR

Vaidya Ramesh Nanal

Awarded with

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*1 More Gem to the Crown of Nanal Tradition. Brihatrayee Ratna*

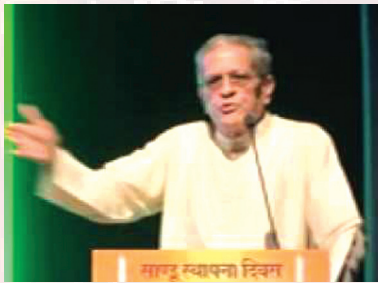
*Vaidya Ramesh Nanal Ji*

*(3rd Generation of Nanal Tradition),  
IASTAM Shri Mathuradas B. Parikh*

*Awardee and supporter*

*Is been awarded with D.Lit by*

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Health Sciences & Technology)*



Vaidya Ramesh Nanal

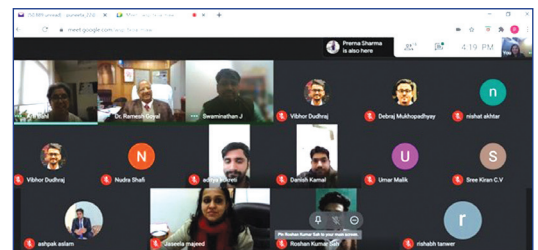
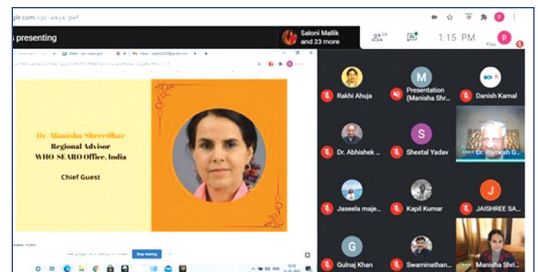


## INSTITUTIONAL NEWS

Contributed by Delhi Pharmaceutical Sciences and Research University, Delhi

### Orientation and Induction Programme of School of Allied Health Sciences 2021-DPSRU

Amidst the challenging times, School of Allied Health Sciences (SAHS), Delhi Pharmaceutical Sciences and Research University organized an Orientation programme on 11 January 2021 followed by two days induction programme from 12-13 January 2021 for the newly admitted Post Graduate students of MBA in Pharmaceutical Management, Masters in Hospital Management and Masters in Public Health, under the guidance of Head of Department, Dr. Jaseela Majeed through a virtual platform. Prof. Ramesh Goyal Hon'ble Vice Chancellor shared vision and legacy of DPSRU, milestones achieved and welcomed the speakers for the day. The esteemed Guest of Honour for the program Dr S.D Gupta, Chairman, International Institute of Health Management Research (IIHMR), Jaipur stressed on standards of health through better management of health care and related programs. Dr. Manisha Shridhar, Regional Advisor, World Health Organization-South East Asia Regional office (WHOSEARO), India graced the occasion as Chief guest and enlightened the students with status of COVID-19 vaccines, Deployment Preparation and licensing.



We Welcome our Institutional Member

Shri Dhanwantry Ayurvedic College and Hospital



### Drug Development -

Molecular mechanisms and Ayurvedic biology are new approaches for translational research – bedside to product – to deliver new drugs.

### Phytopharmaceuticals,

**Standardization** - Available technologies and scientific principles have capabilities to help deal with Ayurvedic principles and needs. QA & QC at Raw material level, process level and finished product level could be newly defined for modern Ayurveda.

**Safety Regulation** - There is urgent need to address the safety and regulatory issues in a collective & positive manner. Recognizing these both as a societal need and scientific challenge will help resolve issues and expand avenues.



### Most of the Pages Covers

*Ayurvedic Understanding, Standardization, Drug Development, New Product Opportunities, New Approaches and Technology Development*

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