

# IASTAM

INDIA

## NEWSLETTER

### Communiqué

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### Connecting Systems; Bridging Disciplines

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

**"The Connection Between Education  
And A Healthy Economy Is Critical."**

**- Ted Strickland**



## PRE NOTE

### GREATER CHALLENGES AND OPPORTUNITIES FOR AYUSH AHEAD, AN OFFSHOOT OF CV – 19

**Dr. Narendra Bhatt**

CV – 19 as stated earlier has been both, an opportunity and a challenge for AYUSH. The country, particularly the new generation was exposed to the use of traditional wealth. However, the happenings of the last several months have been far from sustaining. The medical fraternity undoubtedly has faced the challenge at ground level with commitment and sincerity. But it has also brought to the surface the limitations of biomedicine, threatening to an extent the unchallenged make-believe virtue of scientific advances. Essentially a scientific challenge to humankind, has unfortunately taken the form of divisive attitudes within India, although it has both a traditional culture and official recognition for medical pluralism. Instead of availing of knowledge, scientific capabilities and resources, dogmatic behavior driven by professional gains has forced the conflict out into the open. The attacks on AYUSH - on the vulnerability of Baba Ramdev, the controversies about Ayurvedic surgeries and now on Guduchi – are systematic, hostile and aimed at creating confusion in the minds of the consumers. The age-old saying 'to confuse when you cannot commit (compete!)' is relevant! These are expected to further intensify, as the potentials of AYUSH are perceived as a threat to professional avarice.

Regrettably, the threat to biomedicine is not from AYUSH but from within as universally deliberated and accepted. The excesses of present-day biomedicine dominated

by institutionalized protectionism and practices and mostly driven by corporate dominance has come under scrutiny the world over. Concerns now being raised about the medicine and its scientific base, as practiced today are mostly, if not always, driven by considerations other than the patient.

The AYUSH fraternity has no other choice than to take on these challenges upfront without fear. The only option thus available is to develop and provide people-oriented, logically explained and objectively justifiable solutions to medical sufferings. 'Acceptance by the people and trust of the consumer' is the only way to become more relevant. Most importantly these scientific challenges must be taken head on. Enigmatic issues like CV – 19 must be treated as opportunities. AYUSH has done well so far with regards to both awareness and reach. Now is the time to pool our collective resources to redefine the targets and provide validated solutions. The scattered, divided and diffusing approach and multiplicity of poorly defined solutions may lead to short term gains but will not help sustainability. Precision and compactness are absolute necessities to gain recognition and acceptance. The thrust now is to converge the strengths of our knowledge expertise and institutional network to drive in one direction with a few but justly defined targets. The need of the hour is to integrate biomedical information, means and methods not to copy but to align with the

AYUSH principles and paradigm while satisfying scientific objectivity.

CV - 19 as yet with higher variability remains a poorly defined target. The claims about benefits of various vaccines as preventive solutions and long-term benefits or safety are yet being researched and debated. Historically, most of the viral infections have lost the significance of severity with not so specifically defined

criteria that could be linked with the clinical manifests. This situation offers opportunities for innovation, both in diagnosis and to search for therapeutic solutions. An AYUSH endeavor based on truly integrated insights, biologically narrowed down understanding of the illness manifests and developing validation modalities for specific clinical objectives would be rewarding.

(You may refer to earlier Prenotes on the related subjects)



HONOUR

**Prof. Dr. Shivajirao Kadam,**  
Chancellor, Bharati Vidyapeeth, Pune

Conferred with

**16th CMAI ICT & Electronics World Communications Award 2021**  
for  
**Excellent Contribution to Education Sector**

Organised by

CMAI Association of India along with International Conference & Awards on Digital Transformation of Education: Road towards SDG 4 i.e 16th National Education Awards 2021



**Prof. Dr. Shivajirao Kadam**



Once again Prof. Dr. Shivajirao Kadam is awarded for his Excellent Contribution to the Education Sector.

An Eminent Educationist, Philanthropist, Researchist, and Administrator,

he has been working for more than three decades in Teaching, Education, Research and Administration with an experience for over ten years as a Vice-Chancellor and more than 25 years

as a co-worker and activist of Bharati Vidyapeeth University.

He has been the member of the management board of the University of Pune and also a representative of the University Grants Commission in many universities.

Our Pride **Prof. Dr. Shivajirao Kadam** is an esteemed supporter and a well-wisher of our association; it was through his kind support that IASTAM has received the right base in the College of Ayurved.



**Prof. Ramesh K. Goyal Re-Appointed as Vice Chancellor of Delhi Pharmaceutical Research and Science University**



An Unassuming Man was occupying the 2<sup>nd</sup> row at the Prof. KN Udupa Auditorium at BHU, Varanasi in 2017 IASTAM Award Function; when an enquiry from volunteer came up, I had to intervene to recognise that he was an Awardee. Influenced by the way the Award Function was conducted and the objectives of the association, an invitation was already made to have the next Award function at Delhi.

That is Prof. R. K. Goyal (RKG); an unassuming, simple, eager to do the best for his institution and decisive. Since then a friendship has developed into a bond benefitting both organizations; IASTAM & DPSRU. I decided to interview to bring out the character of an Academic Leader  
- Dr. Narendra Bhatt (NSB)

Thank you for the interview, rather than having your cv I thought it right to have an interview with you on being reappointed as the VC and capture your views, targets and suggestions.

**NSB:** Heartiest congratulations on behalf of IASTAM India. How do you feel? What in your opinion must have been the considerations behind it?

**RKG:** I feel very delighted, happy and satisfied. God has been very kind to me. I never expected that a professor who never took part in any senate, syndicate or such became a vice-chancellor and now has been given another tenure. But certainly, I would like to say that I have been working without expectations. Normally as the term is nearing end people start playing games, take steps. I used to tell them that I will keep working till 31st of August without worrying about continuation. That is what I did before also. In my life I never approached anybody for the second term or any such favour. The god has been kind that I could get the appreciation of the Deputy Chief Minister and the Chief Minister were very happy that in the corona time we could successfully start the centre for meditation and yoga. In-fact Kejriwal ji, our Hon.'ble CM told that he never expected Centre for Meditation and Yoga Sciences being established during corona lockdown times was a big surprise and it was ready. The working started and the classes also started. Similarly, Lt. Governor, the Chancellor appreciated my commitment towards biodiversity. These were the happenings that might have influenced the decision.

**NSB:** What were your objectives when you took charge as VC of the University? Why? How and what

has been achieved? What were new initiatives taken by you both, as an administrator and as an academic - researcher?

**RKG:** In 2016 when I was to appear for interaction with the selection committee, I prepared the objectives for the University as per my dream. Though the interview was not held, I had set up some targets. Research was the one arm, 'Economics' the other and the 'social outreach' as the third arm. Even today I have the same message.

**...working without expectations.**

Research culture – Just to share, 30 projects are submitted in last 2-3 months. Culture is such that the WhatsApp group of our university faculty reports on 1 or 2 appear every week.

The culture is coming up.

Then we have the innovation center. In 2016, I never knew Delhi government is having a scheme of supporting financially innovation program. But in the first few months only I informed about having an innovation center and it was a big surprise when we got 1.5 crores from them. Of course, that we have come out with successful start-ups. This is the economic culture.

3rd is the social outreach, in the public service that also we are trying to develop the competence.

These are positive aspects but there is negative side also. I wanted to have the accreditation and better showcasing of the university. I wanted the ISO 9001. Though it is simple, it is a regret that I could not do that. Somehow, I got busy in the administrative work. For NAAC and NAB we were not eligible. That is going to be my major target now in the second term. I begin with the Pharmaceutical Biotechnology; I could not bring the extent I wanted. But the beginning has happened. The Board have sanctioned Rs. 5 Crore for

**'Leadership Without Power and Power Without Hierarchy'**

**....'Don't expect that you will be seeing the fruits of the seeds you are sowing.'**

the Precision Medicine Centre. One main component is bio informatics.

**NSB:** *As an Academic leader, VC of a University what would be your suggestions to fellow Heads of Institutes - Vice chancellors or the principals? I have also been associated with academics and therefore this question. You are senior enough to advice.*

**RKG:** As an administrator I have to say; one has to show the respect to the norms and take responsibilities, then your colleague will follow it. At that time the University did not have statues and ordinances gazetted. I brought those and also the 'Policies and Regulations'. One of our board members Dr. V. M. Katoch mentioned that I was trying to put the base to make strong footing of the University for research. For any Vice chancellor one should not consider that he will be there for ever. One has a tenure of 3 or 5 years; so, don't expect that you will be seeing the fruits of the seeds you are sowing. I always state a policy that says, 'Leadership Without Power and Power Without Hierarchy'. I believe that. This is what learnt from USA and Canada. Also, continuously I have retained the professor within me. I am a professor first and the rest it is – 'Ye sab char din ki Chandni hei'. I never used power to exhibit the leadership. I directly talk even with assistant professors and peons. Many times, this is considered as negative, about not following protocols. I feel that the 'Respect is to be commanded; not demanded. I do feel respected as I am.

**NSB:** *I have observed your warmth with your faculty, you have earned your own respect. What would you like to achieve during this new tenure? Any unfinished or new agenda?*

**RKG:** In 2019 we have already published a document that has plans for the University till 2030 (Vision 2030). We have set various targets and to me it appears that the targets will be achieved till 2025 itself; and now I have to set new targets.

**NSB:** *It means that whether you are there are not the targets were set. This is interesting. I also believe that the targets should be planned in such a way that they are achieved before time. One should think higher than the targeted achievable. What activities you do plan to take up now?*

**In 2019 we have already published a document that has plans for the University till 2030 .... the targets will be achieved till 2025 itself; and now to set new targets.**

**RKG:** One major aim is the hospital tie-up, it is very important. I am pursuing it from beginning. The bureaucrats, the politicians are to be convinced that pharmacy has to have hospitals link, so it is still a target to be achieved. To have courses like BMLT, DMLT and BBA (Public health) is another perspective. Infrastructure enhancement is another target - we have only 10 acres of land as of now that used to cater to the needs of 500 students. Now we have around 2000 students, it is not enough. So, land acquisition and vertical expansion are also to be achieved. There is no alternative for that. I have a good Registrar also; I am 100% sure things will be achieved. I was appointing professors as Registrars, but that did not work. It was a failure for me. I should have hired administrators only. Though I was advised I did not do it. This is my target now to get retired IAS or such professional for administration.

**NSB:** *We being associated with IASTAM I must ask of your views and what is needed to be done for*

### **ABOUT IASTAM**

***I would like to say genuinely that the IASTAM Event that was organised by you at DPSRU in 2018 has brought a 360-degree change for our university!***

*development of Ayurveda, Siddha and Unani Systems and what in your opinion you see developing? IASTAM Text has been one. What is DPSRU planning to do in the area of AYUSH?*

**RKG:** First, not to just flatter, but I would like to say genuinely that the IASTAM Event that was organised by you at DPSRU in 2018 has brought a 360-degree change for our university! That was the time when we went to our Hon. Chancellor. At that time, he narrated stories of how the traditional medicine works. And later he suggested that the University should connect with bio-diversity. He also gave the call to bring out various products. Today it is very satisfying is that the covid formulation which we have brought, I can claim, is probably the best-first in the world to interact with ACE-2 (Angiotensin converting enzyme -2). I feel no other chemical of other plant or so have been shown to act like that. The plants in the formulations are rasayanas. We tested them for

DIALOGUE

antiviral activity with ACE-2 as the target.

**IASTAM as I have understood is a networking of experts from various parts of the country and the globe. I was surprised and happy that there are people who are non-Indians also. This is a big thing, and the power of IASTAM.** Second thing, you don't stick to the simple old traditions of Ayurveda or homeopathy only, you are trying to look from the modern angle also. This is something what I always like. Covid was not there, 1000s of years ago. Now if we say that we have a treatment for covid that is not correct. Repurposing is important, that is what allopathy is also doing. Anti-viral drugs that were proposed to be useful for some other viruses have been introduced for covid virus to patients. The antibodies that worked have been used in the patients of covid. Now to tell that we have immune boosters is also not a correct thing. These are some wrong things also. We should also understand the disease and work for that. That is what I exactly did. If you say immune booster, does it work directly? That has to be taken from modern science point of view.

One should not run away from modern science. Then the target ACE2 (Angiotensin converting enzyme 2) which is being attacked by the covid virus. Several plants are shown to be ACE or receptors. However, the specificity for ACE-2 was not worked out. Fortunately, we found the plants useful in covid. We took these plants. or industry. I feel that there is hard-core science in Ayurveda also. But to understand the language of Ayurveda in terms of science is not easy. Just translation of Sanskrit is not enough. Modern science, pathology, understanding Bhasmas as nano particles is better. Zinc bhasma is also one of the components in our formula; we are referring to zinc nano particles. This is what IASTAM can do. I am saying that the book already published by IASTAM has covered this well. It is the right aspect. I feel that government should also understand these things very nicely. Rather than just blindly giving Ayurveda importance, it is good to encourage such activities. I am happy when our AYUSH friends from AIIA, new Delhi will work jointly. If we can do it, we could balance the modern and AYUSH in a pharmaceutical way. We have formulated a B. Pharma – Ayurveda course; it will start from this term.

**DPSRU to start B. Pharma-Ayurveda from 2021-22**

**NSB:** From IASTAM point of view this is a big

announcement. I remember the pre-workshop about such course conducted in 2018 along with our event IASTAM that triggered off several activities. The interdisciplinary course is a welcome happening.

While organizing the IASTAM Event at DPSRU in 2018 I found in you a childlike enthusiasm, planning and getting – at times amusing - details. It was the best jointly held Award Function and scientific event except the ICAAM 2016 in terms of scale and size. What is the source of your energy?

**RGK:** My sincerity towards work. Once work is there, I feel responsible. People say who will ask? I believe God is there. Second thing is the family support I have. I never have pressure of my family; whether my wife or children they did not complain 'why you are not giving us the time?'. That is something which has helped me to do whatever I like. Without that it is not possible. If you have to work, balance is required. How much to compromise at work and home is always there. I was asked to apply for the S.S. Bhatnagar Award of CSIR and even the Padma-Shree award but I did not pay much attention to it as I think getting award is a secondary thing. When I get busy my work at office, books writing is also being penalized. I could have got money from the books students refer. But due to time pressure this activity gets side-lined.

**NSB:** What is your philosophy and approach to life that has brought you success and applaud? It is the man who makes it. That is important to know what drives you? When there is success, how you achieved it becomes important.

**RGK:** My first philosophy as an administrator is to have the leadership without any power. If you are a leader, don't try to show you are the leader. Never underestimate yourself and take the responsibility. This is the philosophy of life and I am practising it. Second when it comes to research the dignity has to be maintained and one need not to be too ambitious always to do what Americans and other people believe in. Set your own goals. Trust in your own data. I always believe and there are several stories of that. I could achieve many things when the students were saying 'Nahi sir Aisa Nahi hai, I never scold them. I have been trying to support them. When the student becomes the researcher that makes the difference.

... 'the leadership without any power'

### *'When the student becomes the researcher that makes the difference.'*

From social point of view, you have to maintain the balance of family also. Certain things you have to let go and certain things to have. Balance both, the finance and the work.

**NSB:** Any more points you would like to highlight?

**RKG:** Slowly the culture of research is declining, it is not right. The over ambitions of the students who want to complete fast, teacher who want to extract more. We need to have consistency. If you find a student talking in public in political way, give that type of project. Perceptions are important. Understanding liking of the student is important.

**NSB:** You mean the faculty should be qualified enough to take work from the students.

**RKG:** Yes.

**NSB:** We have discussed the Academic structure. We are lacking in innovation What changes will you suggest if you would be put in-charge?

**RKG:** Innovation, what has happened is in the name of innovation lot of the money is distributed. That cannot be the only thing. Have you seen if they are given more



mentoring? That is what is important. My son did best in Canada. He advised that when I told we can give 7 lacs rupees to those who wish to have start-ups, he said don't do this, they will never innovate. Let them do something, and then only give them the money.

**NSB:** I have also mentioned in my editorials. Our administrators feel that distribution of money is the only work for innovation. To research, we have to innovate, create an environment that is true. I agree with you.

Thank you. A request, do share books authored by you with IASTAM library. And yes, please continue to bless IASTAM with your guidance and support and continue.

**RKG:** What you say? You don't have to say that. It will always be there.



## INSTITUTIONAL NEWS

Contributed by Delhi Pharmaceutical Sciences and Research University, Delhi (DPSRU)

### **Inauguration of Community Health Facility of School of Allied Health Sciences**

The Community Health Facility of School of Allied Health Sciences (SAHS), DPSRU was inaugurated by former Union Minister of State for Culture and Tourism and Member of Parliament Shri K.J. Alphonso. The Distress Management Collective India (DMCI) in association with India Canada Association of Kingston, the voluntary service organisations donated five Oxygen Concentrators of 10 litres capacity and pulse oxymeters and masks.



### **Inauguration of DPSRU Yoga And Meditation Center by Hon. Chief Minister, Delhi**



On the eve of a day before International Day of Yoga, the Centre was inaugurated by the Honorable Chief Minister of Delhi, Shri Arvind Kejriwal. Initiated in collaboration with the government of NCT of Delhi, this center will conduct the course on Diploma in Meditation and Yoga Sciences. The Delhi Pharmaceutical Sciences and Research University (DPSRU) will be the nodal center for several satellite centers across the city for conducting Yoga classes. 464 students have been enrolled for the course, while 20 Yoga teachers have been appointed who will train these students. On International Yoga Day 21-06-2021, IYD was celebrated.

ANNOUNCEMENT

## ANNOUNCEMENT

### Election of the Office Bearers and Members of the IASTAM Managing Committee

IASTAM Members are invited for the nomination of eligible candidates.

Details are available on website - [www.iastamindia.org](http://www.iastamindia.org)

For any queries - Kindly contact IASTAM Office

Email - [iastam.india@gmail.com](mailto:iastam.india@gmail.com)

Mobile - 9860085980

### To All the Members of IASTAM-India

General Body Meeting of all the members of IASTAM - INDIA is scheduled to be held on 19<sup>th</sup> August, 2021 at College of Ayurveda, Bharati Vidyapeeth University, Pune - Satara Road, Katraj - Dhankawadi, Pune 411043

Letter and Agenda for the Members of IASTAM are being sent to the members.

Details will be available on website - [www.iastamindia.org](http://www.iastamindia.org)

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## REMEMBRANCE

### Dr. V. N. Pandey

Dr. V. N. Pandey, was one of the few who had seen our founder President Pandit Shiv Sharmaji and his insights and profound approach towards Ayurved. He had been a vocal supporter of IASTAM and always provided guidance and participated in IASTAM activities.

A Former Vice President of IASTAM-India and an eminent Ayurveda scholar, he was the former Research Director, CCRAS, Delhi and also a National Consultant, Department of ISM, Government of India.

A simple and selfless man he never aspired for recognition but silently worked for promotion of Ayurved. He was the first to report the Pharmacological Study of some of the Cardio Vascular effects of Kutaki, Rohitaka, Kakamachi and Kasani used in the management of Liver disorder.

Dr V. N. Pandey, in the symposium on HIV/AIDS and Traditional Medicine of the Global Holistic Health Summit, Bangalore, in 2003 reported a study on 22 patients from Gujarat of those CD 4 and CD 8 count increase. He reported the 'Approach of Ayurveda in the management of patients of HIV/AIDS' and stressed that India's Ayurvedic system has a classification for the type of debility associated with HIV and offers a range of individualized therapeutic interventions. The study was vital as according to the WHO report worldwide estimated child and adult death due to HIV / AIDs during 2003 was 2.5 – 3.5 million!

Standardization of Ayurvedic medicines had been his concern and his views were that 'there is a need to develop modern means and methods to develop linkages and interface between the basic Ayurvedic concepts e.g. Rasa, Guna etc with modern parameters e.g. Chromatographic profile etc.'

He was Consultant Editor to The Journal of Research and Education in Indian Medicine and Contributed as an Ayurvedic Expert to books 'All you wanted to know about knee Joint Pain'; and 'Health Solutions: Menopause' by Savitri Ramaiah. Contributions of Siddhabhesajamanimāla, a treatise of 19th century, Bulletin of the Indian Institute of History of Medicine, Year: 1987, Vol: 17/ 1; A comparative study on concepts of circulation of blood, Ancient Science of Life, Year: 1990, Vol: 9/4 and many more.

Dr. Pandey will always be remembered for his continuous support and active participation in activities of IASTAM. His demise is a great loss to Ayurved fraternity and IASTAM activities.



*Dr. V. N. Pandey*



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

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