

IASTAM

INDIA

NEWSLETTER

Communiqué

» Pre Note	1
» Special Offer	8
» Memory	9
» Honour	10
» Accolades	11
» Remembrance	11
» Announcement	12
» Institutional News	12

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Connecting Systems; Bridging Disciplines

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**"Connection is like a wind
you can't see it but you can feel it."**

- Acro Yoga



PRE NOTE

Memoir of A Mentor - Dr. K. M. Parikh

Dr. Narendra Bhatt

THE FIRST MEETING

My first meeting with Dr. Krishnakant M. Parikh occurred in 1976 when as a young researcher, I approached Zandu to get an ointment prepared, of Manjishtha for clinical study in Eczema. Intrigued about my dual objective for clinical research in Ayurveda and pharmacognostic and analytical studies on *Rubia cordifolia* he sought detailed information and encouraged my research pursuit. Some formulation issues saw me meet with him on two more occasions. Later I learnt of his own Ph.D. in the subject related to Pharmacognosy from the University of Munich under famous Prof. Norman Farnsworth with Prof. Wagner as his senior. *(In 2002 I delivered the 3rd MONROE WALL SYMPOSIUM ORATION in USA at the 43rd Annual Meeting of American Society of Pharmacognosy chaired by Prof. Farnsworth, who was very happy to know that I was associate of Dr. Parikh and that he missed him.)*

Looking for new avenues, I responded to an advertisement seeking the post of Medical Adviser at Zandu and was interviewed by him and others in August 1979. In April 1980 I joined KGMP Ayurvedic College in the Department of Kayachikitsa. Just a month later I received the appointment letter when I met him to appraise him of my inability to join because of my interest

in the clinical subject. But I did express my surprise at the nine long months equal to gestation period taken after the interview was held. He very kindly engaged in the discussion wherein I became an Honorary Adviser to Zandu. That was the beginning of my association.

My appointment mainly was to support the prescription products, ethical division. Few happenings in the very first two weeks brought to the surface the difference in approach between orthodoxy and new thoughts, both between the prescription product marketing and OTC Ayurvedic – classical views and also that of administrative structure dominated by few old hands. I shared my dilemma directly with him. I was given independent space and responsibility to deal with the matters and was encouraged to see him, whenever needed.

His interest in research and encouragement to youngsters was obvious. He appreciated inquisitiveness and made efforts to understand or grasp the subject. His conclusions were quick and once made, were difficult to change. What was obvious was his natural, unpretentious humility and humane behaviour to any individual. I can't recall ever seeing an iota of ego or ownership in his interaction.

THE BEGINNING

Providing scientific back up and justifying the product claims and developing new formulations was my task that I took up easily with a background both in Ayurveda and science and an earlier exposure to various research activities. I was exposed to both marketing and production related work including dosage forms, their formulations, internal procedures, QC approvals, FDA and such others.

Meanwhile, I also registered for a freshly started post-graduation M.D. in Ayurveda with the University of Bombay as a teacher candidate, as prior to that, there was no PG course in Mumbai.

As two courses were not permitted under the same university I decided to compromise on my M.Sc. (Research) in Botany, work on which was completed, the first draft of thesis having been nearly readied and the examiner from Calcutta also designated. Dr. Parikh was quite unhappy as I could have begun my MD later, he felt, in the following batch. ***He was right.*** I could never forgive myself for that incorrect decision as it affected my career in a certain way.

After two years when Dr. Pandya, the fulltime medical adviser of Zandu expired after 30 years' long service. Dr. Parikh asked me to attend daily. I took up this demanding but learning assignment.

My added responsibilities included responses to many queries from patients as a part of medical services. After a careful overview I prepared a standard format with multiple options and predesigned space for specific replies. This eased my burden, saved a lot of time with the bonus of quick responses. Dr. Parikh observed this and such other small innovations that helped me attend to my work. Though limited, our interactions became more compact and solution oriented. He did keep a close track of my academic, research and professional activities that I always shared with him. He took upon himself the task of guiding me, by giving suggestions here or there and helped me overcome my personal limitations. ***It was almost like being taught the facts of life and he was very instrumental in making me aware of what was happening around me. A few internal events helped nurture a sense of trust that was very vital.***

Initiating clinical studies on proprietary products were my priorities. Clinical trials on Ayurvedic products except by 2 or 3 companies were not common and were driven by their marketing division. Most were by allopathic doctors either in their private nursing homes or clinics. The Ayurvedic academic scene was undergoing a major change. I had tried without much success both in Mumbai and around, thus being forced to look at

alternatives with allopathic hospitals, particularly in the south where they were open and better inclined. Except for BHU, others were not yet open to such studies.

I started attending clinical research seminars and training programs organized for the pharma industry, got acquainted with the methods and even visited medical departments like that of Glaxo and carefully studied their product literature and clinical reports. I ventured into developing an 8 - page long 'Zandu Protocol for Experimental and Clinical Studies' covering various aspects of studies essential for its planning and execution. The protocol addressed not only detailed scientific matters but also administration and execution. This laborious effort helped make my clinical research activities smooth, systematic and sound. The protocol itself got the attention of many researchers who readily agreed to undertake clinical studies. Dr. Parikh was quite impressed with it.

Incidentally Prof. Dr. Udupa was visiting Zandu in connection with IASTAM. Dr. Parikh broached the subject and promptly my tickets were booked on the same train to Varanasi and the rest is history. Zandu clinical studies began at BHU and within a year I had several projects not only in Varanasi but also in other parts of the country. With a sound protocol the preparations of Case Record Forms for different diseases was not difficult. Each CRF was made into quadruplets with regular periodic follow up and reporting. ***He watched these happenings and encouraged me to up my game!***

In August 1982 I was surprised to be offered an Advisory Position with Richardson Hindustan Ltd. [RHL, now P&G]. Dr. T. G. Rajagopalan whom I had met at CIBA Geigy Research Centre only once for guidance for a presentation and who had taken over as Head of R & D where development of herbal products was to be started. I went directly to take Dr. Parikh's counsel. He inquired about my role that was mainly to compile data on Ayurvedic formulations and ingredients. His simple question to me was what would I do if he did not approve of it? He was amused when I replied that I would not join RHL as with Ayurveda roots, Zandu would always be my priority. He immediately granted permission. ***I don't recollect him ever inquiring about my work with RHL.***

IASTAM

My being associated with the formation of IASTAM was incidental when Dr. Parikh asked me to join a dinner meeting at Zandu to announce the formation of IASTAM, and the Indian chapter on 31st January, 1981. He also asked me to enrol members. Enthused

PRENOTE

by the objectives of IASTAM as explained, I surprised him with an enrolment of about 50 members. ***In a way IASTAM played an important role in connecting us quicker.*** A small but significant instance was my confident expression of disagreement to a claim by a very senior medical expert to be the true inheritor of Sushrut while making derogatory observations about the Ayurvedic people. ***He took it rightly.***

ACTAM

India's proposal for the second Asian Conference got rejected by the international body due to geopolitical reasons favouring Indonesia. Both, Prof. A. L. Basham and Pandit Shiv Sharma were no more. Led by Prof. Udupa it was decided to organize an **Asian Conference** in 1983 where I was given some responsibilities. Dr. Parikh gave full support. For me it was the beginning of organizing large international events. The event with about 260 people was held at Bombay Hospital with noteworthy participation from Asian countries. I was so deeply involved that I took ill on the opening day itself but fulfilled my duties. My work did get noticed among the senior fraternity.

The First Visit Abroad

The best thing that happened about his style of mentoring was my first travel abroad. The Indian chapter had decided to participate at ICTAM II to be held at Surabaya, Indonesia in 1984. My own resources in addition to partial financial support from Zandu and RHL helped me participate. IASTAM had appointed a travel agency to plan the whole trip. On the day of our departure, we faced a serious problem due to a fraudulent application made by the traveling agency with one of the embassies. Suddenly the whole responsibility fell on me to coordinate and manage the group of 26 who had got together for a pre-departure dinner. *That one instance helped me exhibit crisis management which, with support from cooperative members I could handle at the end.*

On arrival in Jakarta the question asked was 'who is the group leader?'. With fresh anxieties before departure there was reluctance. Dr. Parikh having learnt of my coordination assigned the task to me and I ended up enjoying it for the next 13 days. ***That encouraging trustful gesture enthused me to be responsible for challenges.*** The conference went well. He remained present at both of my presentations and complimented me.

When the group was in Bangkok, people including me, though encouraged by the guide were not sure about

going to the evening shows. He called me and asked me to come to the lobby at the scheduled time. The guide was there at the assigned spot but several delegates were around in the shopping arcade, sheepishly waiting for someone to begin. He smiled and took the lead explaining to me the psyche of a group. About a dozen of us led by him went to the show where he excused himself in a corner. ***He demonstrated how to experience the world with a sense of restraint.*** In Bali, being designated head of the group, I was invited to a special personal reception by the General Manager of the Hotel, probably this being the first Indian group visiting in those days. Not being so comfortable I requested him but he ensured me get one more experience of life. In Singapore, he personally helped me with shopping.

HOECHST Assignment

While fully occupied with teaching and the hospital position in Kayachiktsa and RHL work and with my MD Research in Rheumatoid Arthritis nearing completion I was approached by HOECHST, the German pharma company that was developing a mega-database on medicinal plants. I took up that assignment, again with his consent, to further enrich me with basic methods of research.

Later in early 1987 I was invited by a business house in the Netherlands and also by HOECHST to be an official guest at their HO in Frankfurt. Due to miscommunication by a colleague, he became apprehensive about my association. Fortunately, the happenings soon thereafter in HOECHST showing interest for research with Zandu on Centella got settled. However, it did impact my association.

FULL TIME RESEARCHER

In September 1987 after attending a meeting in south Bombay while returning to office I informed him of my getting through M.D.(Ayu.). The next moment he asked the driver to take us to a nearby restaurant. Over a cup of coffee and sandwiches he ordered me to join full-time without any excuses; the terms of appointment were put on a tissue napkin and on our return to the office, handed over to the personnel manager to issue the letter of appointment as Ayurvedic Research Executive from the 1st of the following month. ***I trusted him and simply followed his wish. Perhaps that mutual trust is the only reason why I consider him as a mentor.***

As a full timer I sent him a very profound note that had my vision for Zandu but also gave an exact picture of the internal situation in clear terms. ***I had the confidence to do something that he valued a lot.***

Probably he could see my enthusiasm and my interest in research. I still recall his views on my first day in the new position about having a bright future in research and a promise of his support. Though happy, I thought of that more in terms of being a boss trying to motivate a young man. ***I realised it was genuine*** but unfortunately a few things didn't go well thereafter with destiny driving me in a different direction.

Research and Development, Concepts and Ideas - Zandu already had a strong history of dealing well with both classical Ayurvedic dosage forms and modern extracts and tinctures. Of course, Dr. Parikh and Girish Parikh's efforts to bring newer technologies brought modern forms with manufacturing practices, packaging and quality control. Several products were modified without compromises on basic concepts. Quality of polyherbal products was ensured with batch-to-batch standardization approaches. This contribution to the industry was phenomenal.

While the amount of money he invested for research was impressive, equally impressive was our Advisory Group comprising of Dr. B. N. Dhawan, Prof. S. S. Handa, Prof. M. A. Iyengar and Dr. Rajendra Gupta. Zandu Foundation was established to look mainly into tissue culture activities and cultivation in collaboration with farmers. With the latest laboratory facilities including advanced equipment to isolate markers, an animal house and a librarian with prolonged experience, ***Zandu was much ahead of its time as Dr. Parikh had a vision.***

I took up clinical studies on a variety of anti-arthritic, liver, galactagogue, urinogenital, vitalizer and other products. Gradually I expanded the clinical studies in different parts with both Ayurvedic and modern hospitals. I evolved my own strategy to handle these Ayurvedic products, e.g., Rhumayog started with an open study at BHU and after a series of clinical studies finally had a double-blind comparative study with Auranofin, an allopathic gold compound used in RA with 6 months follow up in each case with the whole project lasting 3 years at the only Department of Rheumatology at Madras Medical College in the country at that time.

New products for paediatric, urinogenital and reproductive care, brain health, and Ayush-64 were introduced. I had many firsts in the planning and execution of these studies. Even OTC products like Trishun and Abhayasan were studied for clinical outcome with 5 and 3 dose studies in an innovative way with involvement of professional bodies like GPA and NIMA.

We were the first to initiate systematic studies on *Tinospora cordifolia* based on our experiences with

famous Balguti. Unique process and standardization were also achieved supported by pharmacological work. A well-established group of researchers was to undertake further preclinical and clinical work. However, we observed some lacunae with design of the clinical studies that were all agreed by the group. Dr. Parikh supported our stand even at the cost of losing money paid to the research society.

He was a true entrepreneur Zandu was among the first five to receive the ICICI Venture Fund for studies on *Mucuna pruriens* for Parkinson's Disease. This was a mega, multicentric, international study involving the best neurologists. We received the first ever patent on HP-200 (Zandopa) and a new variety of the plant without trichomes was developed and cultivated.

Similarly, a major study on *Centella* was planned with HOECHST but unfortunately it did not move further.

Without much ado a whole new dimension and interest came into being because of the research that was offered in the ayurvedic industry. ***This was his contribution.*** These efforts did contribute to some extent but lack of alignment of different activities affected the expected outcomes.

Personal Support

Dr. Parikh happily inaugurated my clinical practice at Parel in 1988 and granted special permission of leave half an hour earlier. After some months he suggested I buy a car saying a doctor with a car would have more respect.



Inauguration of Clinic

PRENOTE

Though I was reluctant, he organized a bank loan and stood guarantor. He personally came to see a flat or two and persuaded my father when we had decided to shift residence. It turned out to be the right decision at the right time. *I felt at ease to seek his counsel in personal matters and always received the right guidance.*

ICTAM III: LEARNINGS

He offered me the opportunity as Conference Secretary to conduct the ICTAM III. We discussed the structure and the need to make the event successful. It required the bringing together of various factions and disciplines from within India and abroad. The whole multidisciplinary integrative approach was a challenge.

Over the next few meetings, we succeeded in putting in place different committees with chairpersons and members cherry-picked by two of us for the particular role. That really worked.

Scientific Planning

The preparation of the scientific program with nearly 500 papers was not easy, particularly because of some not-so-clear subject titles or abstracts from all over India and the process got delayed. The complaint of some of my scientist colleagues that I was stuck due to the methodology followed was heard by Dr. Parikh and I was asked for an explanation in quite an aggressive manner. I told him he could gladly take charge of the whole thing. However, the very next day he called up and stated he had realised that the problem was not with the method.

About Value of Money and Negotiating

Two other lessons that I learnt were the value of money and the art of negotiation. While finalizing menu and prices with the vendor at BCA the way he negotiated for each of the items was interesting. A similar experience was that of dealing with the Oberoi banquet manager. We got premium rooms and nights at the best prices! Also, the measurements for the stage backdrop and the need of getting into specific details for other requirements helped save a lot. *All this he did in a very soft and unassuming manner without arguments. This experience helped me through my own travels and organization of events.*

Experiences

On hearing some uncharitable comments from my colleagues, I consciously remained out of any public view throughout the 5-day event including absenting myself from stage or any photographs. Later when he learnt this from his personal assistant, he called me and admonished me not to be so sensitive.

ICTAM turned out to be one of the most memorable events for the participants. Even today people remember it. Personally, it was one of the best experiences of learning. It opened up many ideas, vistas and possibilities. *It was first time I realized my own capabilities to lead or manage an activity.*

DIFFERENCES AND LEAVING

The concept of technology adaptation between us was different. He was driven by natural product chemistry whereas I remained more driven by Ayurvedic principles. My deep faith in Ayurveda wanted to integrate science within the Ayurvedic framework. Certain decisions based on pharmacology and chemistry affected the outcome of clinical studies that he too later realised. A major decision was made to process a classical dosage that I felt would influence the product. I shared by discomfort. *Much later in my personal meeting we did deliberate where he acknowledged some of decisions being wrong. That showed his trustworthiness.*

Our transparency was such that I even shared offers from other companies on which he will opine and ask me to justify. I was even more surprised when he called me to discuss a proposal from a major pharma company that was brought in by one of his colleague directors in his presence!

Dr. Parikh with a view to bring in professionalism organized an important management meet with two professional consultants. Each executive was given 10 minutes to review and share their vision. I brought to the table not only my research subjects but core issues related to the management, intelligently presented in the context of laboriously searched pharmacology text; showing how *friction, greed and biotechnology would impact the future*. He did take reference to my and one more speech despite was not to do so. However, I did feel disillusioned and with due discussion with him left Zandu after two months

COMMITMENT TO THE SECTOR

He was highly respected among his peers in the industry, including heads of large houses. Administrators liked him. They would talk of him with reverence and respect. *He was very tolerant and could endure the nonsense of people to an extent.*

Quite early in my association I observed that he was against denigrating a competitor's product or comparing it directly. He firmly believed that nothing should be done that will create confusion in the minds of the consumer or which would harm the sector. Even in industry related social activities he avoided conflicts and encouraged

teamwork. He strongly believed that if the sector grows the company will grow. This learning helped me while working with ADMA. But unfortunately, this spirit is lost during the last decade or two.

Zandu was always open for support to ICMR, CSIR or CCRAS requirements. I was personally witness to his involvement for IDMA Monographs or CHEMEXCIL Publication on Medicinal Plants.

Though a bit sceptical he always supported activities of bodies of Ayurvedic professionals. I was witness to a donation of Rs. 45 lakhs to the University of Bombay for the Zandu Centre for Ayurvedic Research, and efforts to establish a clinical research set-up at an Ayurvedic hospital in the city, support to the Ayurved Research Centre at KEM and support offered to several projects about literature and allied subjects. This was in addition to the many institutes and doctors getting regular support for events, activities or publications regularly. He encouraged us to bring the late Dr. P. M Mehta's library.

He liked academics and encouraged me to do so. He remained an active examiner and referee for pharmacy colleges. Similarly, I too continued my association with academic bodies and examinations for many years. *He never let me sit easy and would always encourage me for scientific events and presentations.*

CONTINUED BONDING: EMOTIONAL BOND!

Openness

At an industry meeting organized by the Dept. of ISM in Delhi both of us happened to attend it together. I was then with Ajanta Pharma. After a prolonged discussion on the subject when the secretary suggested that he chair a group, he not only proposed my name but comforted me and opted to guide me as a member. *That was magnanimous.* He encouraged and supported me on several other occasions too.

A Russian delegation was to visit Zandu. Though I was with Bioved then, to my utter surprise Dr. Parikh contacted my principals in the USA and ensured my participation for 4 days. He knew of my earlier visits to Tajikistan and Uzbekistan. *His focus was on potential research proposals irrespective of how it happened.*

Demise of My Father

I lost my father in 1997. When his body was brought down from the residence, suddenly, I felt a hand on my shoulder, and without looking back I knew that was Dr. Parikh, bringing in me an undefined relief. He walked and remained with me throughout his journey on earth. This was four years after I had left Zandu.

ADMA Conference 1998

In 1998 I met and explained to him about the first ever National Symposium of Ayurvedic Manufacturers in independent India in Delhi that was coordinated by me for ADMA. Knowing his style, I proposed an amount; he sanctioned half of it in a minute asking me to be vigilant and promised the remaining half if I succeeded.

The remainder of that hour we spent trying to catch up on various happenings and developments in my career and he shared transparently some of his own experiences and dilemma about commonly known people and the organization. I left his office, reminding myself of Bhishma filled with the dilemma for action.

While sharing my objectives for the ADMA Symposium at its inauguration I clearly recollect his full attention, feeling moved. And I still cherish the moment of his warm longer than warm pat on my back later. He kept his promise to become a patron member of ADMA.

USA Meet

Dr. Parikh asked me to join him to attend a meeting with Dr. Jayaraman from Bharatiya Vidya Bhavan, USA [BVB, USA] to discuss a program for the first meet in New York on Ayurveda in 1998. Not being comfortable with the discussions I excused myself from that meeting. However, coordinated by Dr. Parikh, Prof. Jayaraman met me, informed me of my name being recommended by several scholars from the USA and ensured my presentation on 'Agni' that became *my landmark presentation.* We travelled together to other meets in California where we both gave presentations. Later I ended up organising the next two events of BVB, USA in 1999 and 2000 and gave a two-day seminar with Dr. Vasant Lad in 2001.

After a few months we met at Jamnagar to attend a National Seminar at Gujarat Ayurveda University and shared views on the international propagation of Ayurveda. Again, in January 2000 we landed together at Rajkot having been on the same flight and opted to travel together to Jamnagar to attend International Meet at GAU. We stayed at the same hotel and shared many thoughts, both personal and about research in Ayurveda. *He opened up like never before and shared his concerns, both about the happenings around Ayurvedic industry, sector, and Zandu. It was like preparing me for changing scene and future responsibilities; that in reality, later helped me much.* That warm bond was obvious enough for a critical observer like Dr. L. M. Singh to comment it being uncommon and unique.

THE LAST MEETING

PRENOTE

On 10th April, 2000 I received a call informing me that he was diagnosed with pancreatic cancer; he was in USA and that he desired to meet me on his return. I could not sleep for the next three days and reviewed the then available literature. When I met him after 3 days for about an hour, we discussed various treatment aspects. I offered some supportive Ayurvedic remedies that he agreed to try. At the end of that hour, he plainly suggested that I re-join Zandu in next 30 days. That did not materialise due to several reasons. I think he had realised that I was committed not only to research but development of the whole Ayurvedic sector and that helped my growth trajectory as a manager.

Though he showed some positive signs his health was deteriorating. As a true scientist he had offered to undergo a treatment with the trial study of a drug for pancreatic cancer.

Just before his departure for Belgium for the third round of therapy I met him to discuss the second BVB, USA meet that I was coordinating. He agreed to participate but suggested the name of his colleague from Zandu for a talk. In the last half hour I spent, we would both get up to bid good-bye and sit again. Emotionally disturbed, just getting into the car I fumbled but did inform my accompanying colleague that I would not see him again. *We lost him on 4th of August, 2000.*

THE IMPRINT

Dr. Parikh was a very kind, gentle and understanding person. Humility was one of the known qualities in the Parikh family, particularly Dr. Parikh's. If I stood up in my office out of deference to him, he would humbly ask me to be seated. He was an ideal example of respect for the professionals. At times he could fire sharp words but I seldom saw him angry.

He could appreciate my methods and efforts. I was then a bit temperamental and emotional but he gradually transformed me without making it obvious. Many a times, he would listen to my arguments but offer advice on rivalry and the competitive environment around. He was one who would tell me how to deal with people difficult to deal with or of not getting affected by their behaviour. He guided me to be firm about my convictions but steer clear of competition, and focus on work. Occasionally, he would sound me out not to be naïve but to grasp what people do in front of you and fathom who they really are. I think his background and analytical mind drove him to appreciate that I was driven more by heart than brain and that was the reason for us getting reconnected.

I received a lot of space and immense encouragement.

We developed the best level of transparency that was possible between us. I did tell him that personal obligations ought not to come in the way of management of the organisation and he would listen to all this without getting offended. In our communication we never discussed actions but shared what was happening and looked for solutions.

I learnt a lot about the rubrics of the organization which I observed, absorbed and then left to him. I could realise his dilemma as head, where multiple needs were required to be balanced. I learnt much about balancing and managing challenging situations.

A Tribute

Those involved with my re-joining Zandu as CEO despite the other promising offers are aware that it was necessarily an emotional decision to do whatever I could for the organization. With that sole purpose I managed my role and believe I succeeded to a reasonable extent. Developing a plan in 2003 was comparatively easy with earlier insights as proposal submitted in 1987 and the vision in 1993. ***These three interwoven documents are my preserved treasure of peerless vision also for the sector. That was my tribute to the legacy of Zandu that Dr. Parikh always strived for.***

DR. PARIKH AND IASTAM

IASTAM gave opportunity to connect more with him which would have not happened otherwise

Though IASTAM was just a happening, he took the whole responsibility from Pandit Shiv Sharma and then because Dr. Udupa wanted it. Moreover, he understood the logic of Shiv Sharma about scientific entry and considered it a right opportunity. He too believed that for the academic entry of Ayurveda into the global era it would have to be through the humanities. He never aspired for power. For that he believed there were other stalwarts and he maintained that the position does not



L-R; Dr. K. M. Parikh, Dr. Narendra Bhatt, Prof. R. K. Mutatkar, Dr. G. V. Satyavati

make a difference. He remained treasurer. I believe without him IASTAM would not have been established nor would it have survived. Following in his footsteps, my commitment to IASTAM was a gradual happening that I have carried forward.

Though personal in nature I request the readers to bear with me. I may not get another occasion or platform other than IASTAM to pay tribute to this wonderful human who was more than a mentor to me.

MENTORING is essentially an art that require

emotional alignment of two individuals. A mentor free of any motive easily gets and inspires the trust of the disciple for total surrender.

As I relinquish my position as President, the one and only name that I can and must remember is that of Dr. Parikh who was instrumental in my joining IASTAM. Over forty years I have kept gleanings and snippets of learning from him at the back of my plans and actions. His blessings, I am sure, will help persuade the objectives of IASTAM. Here is a memoir to that unique memory. ○○○

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MEMORY

MEMORY

We Bow Our Heads To

‘Padmabhushan’ ‘Padmashri’

‘Aryavaidyan’ Dr. Panniyampilly Krishna Warriar

(1921-2021)

Managing Trustee and Chief Physician at Arya Vaidya Sala (AVS), Kottakal.

Founder Vice President; Patron Member of IASTAM-India.

‘IASTAM - PANDIT SHIV SHARM MEMORIAL ORATION’ - 2003

**A Self-effacing, Endearing, Subtly Enterprising, Determined, Noble Man
Who Personified the Attributes of ‘Vaidya’ and ‘Satwik’ Characteristics stated by Sage Charak.
A Father Figure to the Ayurvedic Fraternity.**



Dr. P. K. Kutty Warriar, Dr. Ranjit Roy Chaudhury, Dr. Murli Manohar Joshi, Mrs. Malti Sinha

Arya Vaidya Sala, While Adhering To Basic Tenets Of Ayurveda Achieved Vast National Reach And Global Recognition Under His Leadership In A Competitive World. He Exemplified The ‘Trusteeship Principle’ As Envisaged By The Founder And Yet Built So Big That It Got Identified With Him.

A Personal Note

My meeting with him in 1984 with Prof. Schmadel in 1984 followed several such visits to Kottakal mostly with visitors from abroad or to seek his guidance. He gave all-out support to organize a visit and lectures at Kottakal during an Ayurvedic Tour that was organized by me in 1993 for 26 German & Dutch Students. On my request when he blessed my clinic in Mumbai he was happily surmised to learn of my being son of Someshwar who was Vice president when he was President of All India Ayurvedic Congress.

I was privileged to be Honoured Senior Physician of the Country at the Centenary Celebrations of Arya Vaidya Sala, Kottakal along with the 56th Plenary Session of All India Ayurvedic Congress and he personally appreciated the Speech on ‘Ayurvedic Clinical Wisdom and Its Relevance Today’ that I delivered. (2002) and was honoured to write ‘A Case for Universal Application for Health Care’ to Commemorative his 84th Birthday. (2005).

I last met him in 2015 to prepare for International Conference on Advances in Asian Medicine [ICAAM – 2016]. He appreciated my activities at ADMA (Ayurvedic Drug Manufacturers Association) and IASTAM and gave useful suggestions and support. These associations have continued with active support from Dr. P. M. Kutty Warriar.

- Dr. Narendra Bhatt

(Details of his contributions have appeared under ‘Our Aspirations’ in the IASTAM Newsletter, Vol. II / 6, May 2018; (Website: www.iastamindia.org)



HONOUR ○ THE NATIONAL COMMISSION FOR INDIAN SYSTEM OF MEDICINE ACT, 2020

Heartiest congratulations to all newly elected Members of Board of Governors National Commission for India System of Medicine



Vd. Jayant Deopujari
Chairperson, National Commission for India System of Medicine



Dr. Buduru Sreenivasa Prasad
President of the Board of Ayurveda



Dr. K. Jagannathan
President of the Board of Unani, Siddha and Sowa- Rigpa



Dr. Raghuram Bhat
President of the Medical Assessment and Rating Board



Dr. Rakesh Sharma
*Ex. Director Department of Ayurveda, Govt. of Punjab
President, The Board of Ethics and Registration for Indian System of Medicine*

IASTAM INDIA IS PIONEER IN DELIBERATION of the policy related matters. A 'Meet on NITI AAYOG Initiative the National Commission for Indian Systems of Medicine (NCISM)' was organized by IASTAM on 17th April 2017 for the proposed bill. Executive summary of the meet was published in IASTAM Newsletter May 2017 [<http://www.iastamindia.org>].

Dr. Narendra Bhatt, President of IASTAM India has contributed an article on the subject entitled 'NITI AAYOG PROPOSAL FOR NEW ISM ACT 2017; WHERE LIES THE DANGER?' [Ref. Bhatt Narendra, NITI AAYOG PROPOSAL FOR NEW ISM ACT 2017; WHERE LIES THE DANGER?, IASTAM Newsletter, 2017 May;1 (6) : pp 3- 11].

This article is thought provoking and will be of interest for the AYUSH fraternity particularly policy makers.



ACCOLADES



Cordial Congratulations to
Prof. Pawankumar Godatwar, Dean Research, NIA Jaipur for being selected as Chair - Ayurveda wing of WHO's South East Asian regional office at New Delhi

REMEMBRANCE

Shri Prabodh Shah

IASTAM lost a strong supporter of IASTAM activities. Shri Prabodh Shah was a member of our National Advisory Council. Thanks to Vaidya Punarvasu and him that GAAMA is an institutional member of IASTAM. With his initiative IASTAM received the Unjha group sponsorship for the Rajvaidya Nagindas Shah Award for Excellence in Rasashastra from 2016. Learning of IASTAM recognition of Prof. Maltiben Chauhan and Prof. A. J. Baxi in its natural course of selection made him happy due to their former connection with the pharmacy college from where he had graduated. *His sad demise after loss of Vd. Punarvasi Agnihotri last year has created a big void for Gujarat's association with various activities of Ayurvedic sector.*

Personally, I have lost a friend who believed and supported my ideas and activities. I first met him in 1998 at first ADMA meet in Delhi that developed into a long term and cherished friendship. Recollection of stories heard from my father Vaidya Someshwar Bhatt as a secretary and Rajvaidya Nagindas Shah as the host of Sammelan of All India Ayurveda Congress at Unjha added to our obligation to Ayurveda. I fondly recollect multiple discussions over last many years whenever we met on subjects, mainly related to Ayurvedic industry. No visit to Gujarat was complete without meeting him, at times without any reason. He will only ask where I was staying to meet over a cup of tea or a meal. Few times he even accompanied and stayed at my native to also visit a famous Jain temple in nearby Idar town. He joined me in the Netherlands and Belgium and I visited both the UAP factories in Ahmedabad and Abu to enhance business activities.

GAAMA was actively involved to organize the megaevent for Ayurveda in 2015 when we worked on several proposals and presentations were made to the then different ministries. Prabodhbhai managed differences with more endurance. He represented the sector and gave silent support to capable people. He was appreciated for his warm behaviour. He sportingly played ignorance but put precise questions to understand and examine the subject matter with a practical approach. Shri Prabodh Shah carried forward the legacy of Vaidyaraj Nagindas Chhaganlal Shah who established Unjha Ayurvedic Pharmacy in 1894 and was Chairman of VIRGO UAP (Unjha Ayurvedic Pharmacy) PHARMA PVT.LTD. He was involved with the manufacturing and sale of Ayurvedic and Allopathic medicines since 1972. He was also the President, Gujarat Ayurved Aushadh Manufacturers Association (GAAMA); Vice President, Ayurvedic Drugs Manufacturing Association (ADMA) and Member of PHARMEXIL.

We pay our sincere tribute to him and pray for continuity of the legacy that he inherited and carried.

- Dr. Narendra Bhatt



Shri Prabodh Shah



L-R, Dr. P. K. Debnath, Dr. Maltiben Chauhan, Dr. Narendra Bhatt, Shri Prabodh Shah

INVITE TO MEMBERS IASTAM NEWSLETTER, is yours!

You are invited to participate in its publication.

We assure of our efforts to publish appropriate items falling within the purview of IASTAM.

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ANNOUNCEMENT

IASTAM Conclave Publication

In February 2019, IASTAM and ACARA, Amrita School of Ayurveda, Amrita Vishwa Vidyapeetham organised the **AYUSH Cancer Conclave** along with the IASTAM Awards Ceremony at Amrita Institute of Medical Sciences, Kochi, Kerala.

The abstracts of oral presentations and poster presentations presented at this Conclave have now been published as a **Supplement Issue in Ayu - the PubMed indexed research journal** published by ITRA, Jamnagar, Gujarat.

<https://www.ayujournal.org/currentissue.asp?sabs=n>



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INSTITUTIONAL NEWS

Contributed by J. S. Ayurveda Mahavidyalaya, Nadiad

J. S. Ayurveda Mahavidyalaya & P. D. Patel Ayurveda Hospital - GSIRF - 4 Star Institution

The Executive Committee of the knowledge Consortium of Gujarat, Department of Education, Government of Gujarat on the recommendation of the duly appointed agency, the Indian Centre for Academic Rankings and Excellence (ICARE) has rated J S Ayurveda Mahavidyalaya and P D Patel Ayurveda Hospital as a 4 Star Institution with a CGPA of 3.4 out of 5 in the category of 'MEDICAL' on the basis of comprehensive performance metrics as set out in the Gujarat State Institutional Ratings Framework (GSIRF) on the 22 June 2021.



This Issue is Sponsored by Dr. Narendra S. Bhatt

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

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To,