

IASTAM

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Connecting Systems; Bridging Disciplines

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

Communiqué

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*"We build too many walls and
not enough bridges."*

- Isaac Newton



PRE NOTE

Minamata Convention and its impact on availability of Mercury for AYUSH Sector

Dr. C. K. Katiyar

Dear friends, best wishes for Happy and Prosperous New Year 2022.

Following law of nature one more year has passed with its happy or sordid memories and we are ushering in new year 2022 with lot of possibilities and expectations.

You are having new issue of IASTAM News Letter, first to be produced by Dr Vidhi Bapna as Editor with new Board of Advisors Chaired by Dr N S Bhatt, Former President IASTAM.

In this first issue of 2022, we wish to draw your attention to Minamata Convention mandating **Mercury Free World** by 2020 by 137 countries. India also signed the consent in 2014 and entered the Convention from 2018.

With the signing of Minamata Convention, existence of Rasa Shastra and Rasaushadhis have been grossly endangered. Understanding the gravity of the situation all the stakeholders including AYUSH industry and Academia joined hands and submitted multiple representations to the Ministry of AYUSH along with the Ministry of Environment and Forest and Climate

Change (MoEF CC) , Govt of India. AYUSH industry shared the importance of Mercury for Ayurveda highlighting the fact that 30% to 40% of approximately 1.5 lac formulations in TKDL have mercurial compounds and after 19th Century more than 60% of formulations contain Mercury or Mercurial Compounds as ingredients. Academia simulated the importance of introduction of Mercury in Ayurveda in 11th Century AD with the introduction of Antibiotics in modern medicines centuries later.

The representations drew the attention of the MoEF CC to the possibility of continuous use of Mercury under exclusion for products used for "Traditional or religious practices" in Annexure 'A' of the text of Minamata Convention dated 31.07.2013 under United Nations Environment Programme (UNEP). Ministry of AYUSH also emphatically highlighted this point. However, it is not clear, whether the Ministry of Environment and Forest and Climate Change have yet provided any assurance of continued supply of Mercury to AYUSH industry in writing.

Few of the importers of Mercury got notice from DGFT (Director General Foreign Trade) informing change of status of Mercury from “Free” to “Restricted Category” along with the detailed proforma to be filled up and submitted as part of PIC (Prior Informed Consent) document.

In the meantime, Ministry of AYUSH circulated “The guidelines for environmentally sound storage of Mercury contents, environmentally sound management of Mercury waste” from the Ministry of Environmental of Forest and Climate Change for compliance by all ASU Drugs manufacturers. The guidelines provided the infrastructure related requirement for storage, processing and disposal of Mercury. The same guidelines have been referred to in the proforma shared by DGFT also, having requirement of NOC from State Pollution Control Board.

AYUSH Industry appreciates the concerns of Minamata Convention for protection of Environment from Mercury, however, it is important for MoEF CC and Central Pollution Control Board to provide Standard

Operating Procedures (SOPs) and detailed guidelines to be followed and hand holding to ensure environmentally sound storage, processing and disposal of Mercury during manufacturing of Rasaushadhis.

Ministry of AYUSH should also consider extending financial support to industry to ensure the same and request organizations like NEERI of CSIR to come forward to help the sector to continue manufacturing Rasaushadhis in full compliances of international obligations.

Coming back to IASTAM, it gives me pleasure to inform that we have got enthusiastic response to invite nominations for IASTAM Awards which, over the time have assumed status of “coveted”. Need cooperation of all of you for successful IASTAM Conclave on the theme of “Targetted Therapeutics and Ayurveda” and Award Function probably towards end of Feb 2022 depending upon the prevailing situation arising out of Covid 19 pandemic.

○○○

GRATITUDE

An Inspiring Act by Dr. Mrs. G. V. Satyavati, A Karmayogi

- Dr. Narendra Bhatt, former president, IASTAM

Dr. Satyavati’s reverence to the guru and contributors in her life not only reflects in her communications but has materialized into several acts of charities for the activities dedicated to their memories. IASTAM has been privileged to have her trust in sponsoring Dr. C. Dwarakanath Award that she did immediately after receiving Prof. K. N. Udupa Award in the form of a gold medal at that time. Without any attachment she sponsored the award. I recollect the sense of pledge and pride that we felt with that gesture. Again, few years back she sponsored the Prof. P. J. Deshpande Fellowship, a short-term research project and a workshop.

It was with same sense of pledge when IASTAM announced the awards this year Dr. Katiyar and I decided to continue with the award and to take on the sponsorship on our own. It was not to be. Dr. G. V. Satyavati, has extended her help once again, third time, with an amount of rupees three lakhs. For us more than

the amount her support in our own belief has great value. This equally shows her commitment to integrative activities with modern sciences within the precincts of Ayurveda as obvious from lifetime works of both, Dr. Dwarakanath and Prof. P. J. Deshpande. It is promising to observe that the tradition has continued as one sees the list of awardees under that category. I am sure both the scholars would have been happy to find IASTAM activities to their likings.

Personally, interactions with her – at times even argumentative - have always been of learning and inspiring. I was strongly influenced the very first time when I saw her at a conference on stage with protective arguments for precinct of Ayurveda as against dogmatic behavior of a well-recognized modern medicine expert. Her point was clear, either you convince me or accept my view, I will not accept ambiguous statements on subject that you pretend to have mastered! Incidentally,

GRATITUDE

after some years, I also ended with similar argument with the same expert. There were several such occasions thereafter to witness her honesty, commitment, fearlessness and above all faith in Ayurveda.

With utmost faith in Ayurveda, striving for its scientific outlook and rising through the rigors of medical research to become Director General of Indian Council of Medical Research [ICMR] and that also adhering to the principles she believed in was definitely a mammoth mission. That reminds of an article she wrote of her own 'Agony & Ecstasy' about Ayurvedic research in a very similar manner that Irwing Stone the original biographer-author of 'The Agony & the Ecstasy' must

have imagined in life of the world-famous sculptor Michel-Angello. Living a life on own terms - with an honest commitment to one's belief and endlessly work for that belief - irrespective of consequences comes naturally to a karmayogi. The life of Dr. Mrs. Satyavati lived with an equanimity symbolizes karmayoga.

I have been fortunate to get her support and suggestions for shaping of IASTAM. She had shared a detailed visionary idea for an 'International academy of Ayurveda' committed to highest standards of professionalism and showed her trust in me to lead it through IASTAM; but its size and scale as I visualized were too huge. Hope, in coming times the sector will see that happening. ∞∞

Dr. G. V. Satyavati, has extended her help once again, third time, with an amount of rupees three lakhs.

EXPRESSION

ANOTHER YEAR HAS PASSED, ANOTHER YEAR HAS COME

- Dr. Kavita Indapurkar, Secretary General IASTAM India

Every end marks a new beginning. With every New Year come greater challenges and obstacles in life. New Year is the best time to inspire ourselves with resolutions.

I would like to say thank you all for being with us in the year 2021

Let us welcome 2022, share the happiness and hopes and enjoy the new blessings together.

I'd like to introduce myself to you as the new Secretary General of IASTAM India

I am very excited to be associated with such an important professional association and to make new plans and new memories with you.

I am newly appointed and I am still getting settled and learning about the current status but wanted to share my thoughts about IASTAM

IASTAM India is established to develop the study of 'Indigenous systems of Medicine' like Ayurveda,

Unani, Siddha, Yoga, Tibetan and Ethnic practices that form part of 'Traditional Asian Medicine' with an interdisciplinary approach

IASTAM aims to provide a platform and encourage activities for systematic positive debate & dialogue between the experts from various disciplines

It is very essential to share and exchange views and experiences and to provide solutions to the chronic and difficult medical problems

We all know that the main objective of IASTAM is to study and promote traditional medical system as well as to promote and co-ordinate teaching, studies, research and communication in traditional medical systems of India. Let us revise the other objectives as follows.

To explore ways and means for promotion of traditional Asian medicine with the global, governmental & non-governmental institutions & organizations.

To establish and promote contacts with other national

To organize conferences, seminars, symposia, refresher courses, training programs etc. on various aspects of traditional Asian medicine.

To represent & participate in conference, seminars etc. organized by similar national & international bodies.

To affiliate this body with any other international body with identical aims & objects.

We have so many great people and so many opportunities.

"Talent wins games, but teamwork and intelligence win championships." – Michael Jordan

We must work collaboratively to grow the association and grow the awareness of the value of our work.

Our new managing committee and the team for Newsletter is working hard for its success I would like to take an opportunity to congratulate them and wish them a grand success

It's a great privilege to thank all members and well-wishers of IASTAM for being a strong source of strength.

I feel honored to have a great, self-motivated team to work with.

"Alone we can do so little; together we can do so much."
– Helen Keller

Wish you and your family a very happy year 2022.

I wish you all the success in the upcoming challenges this year.... I wish more experience....more knowledge and more growth

Together we will definitely take our IASTAM India to new heights

Best wishes on New Year to you all.

Thanks and Regards

Dr Mrs. Kavita Indapurkar
Secretary General, IASTAM India
Professor and Head Kriya Sharir
BVDUCOA Pune.




In this New Year let's build	Bridges of inclusiveness
Bridges of communication,	Bridges of positivity
Bridges of acceptance,	Because walls may disconnect
Bridges of collaborations,	us but bridges will always
Bridges of Knowledge,	connect.....
	<i>Prof. Dr. Vidhi Bapna (Kumath)</i>

PROMOTING SCIENCE FOR SOCIETY: CHOOSING NEWER ROLES AND RESPONSIBILITIES FOR PROFESSIONAL ORGANISATIONS

- Dr. Sanjeev Rastogi, Member Managing Committee - IASTAM

A 'scientific professional society' is loosely defined as a congregation of people having common interest of progressing in a specific technological or scientific area and to facilitate the interaction of interested people on a regional, national, or international level. We see that the 'common interest' and 'catchment area' are two conspicuous boundaries of any scholarly society (1). We will expand here the conventional idea of scholarly society in context of IASTAM and will see how it can take maximum leverage while working inside its professional boundaries.

Indian Association for Study in Traditional Asian Medicine (IASTAM) is seemingly the first Indian association related to traditional medicine having its delivery across the nations. NGOs / societies, organisations and associations play a crucial role in the progress of health care science and making them useful to the people. Obviously in the current era where physical boundaries between nations have ceased to exist and when distances have become immaterial for scientific debates, any such organisation can expect much more than it had visualised. What in general it needs is to recognise its strength and subsequently to find the ways to utilise it optimally, effectively and efficiently. Besides the five important roles the associations are generally imparted for namely: communicating with peers, research promotion, dissemination of science, representation of professional interests and policy advice to authorities (2) one important addition seems to promote cross system

dialogue in order to promote cross disciplinary research exchanges.

Objectives of IASTAM are well drafted and defined. Much of the functioning of IASTAM is actually in tune to the 'ten simple rules for forming a scientific professional society' (1). These objectives however are needed to be re-read not in context of what the organisation aims to achieve but also in context of what it wants to deliver in terms of how and when?

Without looking at each objective of IASTAM in detail and then to see how its impact can be maximised, we are putting here a few key areas which are needed to be focused for overall growth of Traditional Asian Medicine (TAM) and where IASTAM may play decisively. This would not be out of context to put here that TAM actually makes the most of traditional health care practices observed globally and hence making it better served would eventually help nurturing the TM in whole.

The first priority in TAM research should now be about Comparative Effectiveness. This comparative effectiveness (CE) should necessarily be established within system for variety of interventions and also across the systems for diversity of approaches and their dependable benefits. This step is likely to be foundation of a globalised standard health care based upon differences of the systems meaningful in terms of various real life clinical situations. The enforcing idea of CER should not be to undermine or position any system under or

above the other but to see their uniqueness in context of variable needs of a patient and dependable deliverables which a system may offer. Being a conglomeration of all TAM practices across the continent, IASTAM becomes a natural choice to take this responsibility of leading in this direction. We propose that IASTAM may form some small secretariats pertaining to various TAM systems under its central management. This will help filtering the people on the basis of their system and research expertise and will help connecting the people working in similar areas.

The second important functioning IASTAM may impart is to emerge as a facilitator for numerous budding researchers still looking to be nurtured to grow to their fullest potential. Having a pan Asian network of eminent scholars from variety of fields representing TAM, IASTAM can easily build a pool of mentors willing to help new researchers for the optimisation of their researches. This will expand the reach of organisation to young generation which somehow currently feels that this is an organisation of eminent scholars where they cannot find a place.

Besides intersystem research, cross disciplinary researches are gaining momentum now. Such cross disciplinary researches are between the health care system and other branches of science helping to understand traditional science in a more logical manner. Ayurveda biology was conceived to see how Ayurveda can be looked from the biological perspective and vice versa. Similarly the idea of Ayurveda physics to explore various physical therapies used in Ayurveda and Ayurveda chemistry to explore the chemistry of Ayurveda formulation and pharmaceuticals can be picked. IASTAM can take-up the task of interdisciplinary researches by

joining hands with other professional bodies having expertise in other areas of science to see how this can help exploring Ayurveda to newer heights (3).

Focused approach and dedication often brings more gratifying results than those based upon the resources alone. There are few organisations in Ayurveda who have set examples of excellence in focus areas despite of their resource limitations (4). IASTAM is one among those few. In this decade of functioning of IASTAM eventually leading to mark its half century, more is expected from this prestigious organisation. Let us work together and united to bring out more from the TAM having real and clear value for the society.

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Prof. Subhash Ranade and Dr. Sunanda Ranade have been invited as Key Note Speakers at International Conference on "Geriatric Diseases Care and Cure" organised by Gujarat Board of Ayurvedic & Unani Systems of Medicine in Association of Parul University at Vadodara, Gujarat on 19 and 20 th Nov. 2021



IASTAM India is grateful to **Smt. Vinaben T Patel** (London - Gujarat), a generous philanthropist for sponsoring the IASTAM Award for excellence in teaching - Ayurveda. Smt Patel is actively engaged in social work. Through her Vinaben Thakorbbhai charitable trust she has funded higher education for many needy students in India and abroad. Her huge financial contribution for setting up health care units like Global Ayurveda Hospital at Nadiad, Leprosy hospital at Vadodara and a Old age home in Gujarat are noteworthy.



IASTAM ORATION AND AWARDS SELECTION PROCESS AND IASTAM CONCLAVE 2022

Since 1990 IASTAM has instituted and nurtured the unique tradition of
'IASTAM Orations and Awards'

91 Interdisciplinary Awards under this 'Aspiring tradition'
aims to encourage learning, growing and aspiring
for excellence in the areas of AYUSH,
Related Sciences and Integration.

*The selection process of IASTAM Oration and Awards has been initiated.
Nominations have been received and the selection committee is in place.
We will follow the procedure as laid down earlier to ensure the credibility
of these awards. I am confident that we will have a group of
highly experienced and qualified experts as awardees.*

*The Award function will be organized tentatively in
the last week of February on the theme "Targated Therapeutics in Ayurved".*

We invite your suggestions under this theme.

The final decision will be taken depending upon pandemic situation.

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

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To,