

IASTAM

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NEWSLETTER

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Connecting Systems; Bridging Disciplines

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

"Education is all a matter
of building bridges."

- Ralph Ellison

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PRE NOTE

Concerns about safety of Rasaushadhis: Commendable initiative by Central Council for Research in Ayurveda Sciences, Ministry of AYUSH to address the issue scientifically

Dr. C. K. Katiyar - President - IASTAM

Rasaushadhis have been the indispensable part in prescriptions of most of the Ayurvedic physicians in India for centuries providing beneficial effect to millions of patients without any concern of safety.

For the past two to three decades concern of safety has been raised about these Mercury containing products. Most of the time, these concerns have been raised by the academicians who are not aware about the detailed processing of manufacture of Rasaushadhis including multiple processes of Shodhana, Marana etc which Mercury undergoes before being used as ingredient of Rasaushadhis.

The concern of safety have been raised mostly due to ill effects of Methyl Mercury which is not at all used in Ayurveda. This concern took a serious turn when Robert Saper published a study in Journal of American Medical Association (JAMA) in 2004 regarding

presence of Heavy Metals in 17 Ayurvedic Medicines in US. Later, Ministry of AYUSH introduced the limits of Heavy Metals for all Herbal products not only for exports but also for domestic use.

Stakeholders of Ayurveda were very much concerned about negative publicity of these products and the need was felt to conduct thorough safety studies on the Rasaushadhis. Central Council for Research in Ayurveda Sciences (CCRAS) took up the challenge and has conducted detailed toxicity studies on 10 products and published their results in a series of 5 Technical Reports titled "Quality and Safety of selected Rasakalpas".

The products included in the series are:

1. Rasamanikya
2. Makaradhwaaja
3. Kajjali

4. Rasa Sindura
5. Arogyavardhani Vati
6. Mahayograj Guggulu
7. Vasant Kusumakar Rasa
8. Mahalaxmivilas Rasa
9. Tamrabhasma and
10. Nagbhasma

In addition to that, CCRAS has very recently also published a technical report titled "Safety and prescription trends of Rasaushadhis –critical appraisal of reported medical practices of Ayurveda Herbomineral formulation from CCRAS experience". In this landmark, technical series CCRAS has published data on clinical use of following 15 Ayurvedic formulations.

1. Agnitundi Vati
2. Arogyavardhini Vati
3. Chandraprabha Vati
4. Dhatri Lauha Vati
5. Kamdudha Rasa
6. Krimimudgar Rasa
7. Laxmivilas Rasa
8. Maha yograj Guggulu
9. Punarnava mandura
10. Shirahshooladivajra Rasa
11. Simhanad Guggulu
12. Sutashekhar Rasa
13. swaskuthar Rasa
14. Tribhuvankirti Rasa and
15. Vatagajankush Rasa

As per the technical report Rasaushadhis have been prescribed to a total of 109307 patients, most of them have consumed mercurial products up to 8 weeks and some even beyond that.

The document also includes the details of the diseases for which the products were used and other information. For the first time this kind of data on safe use of Rasaushadhis have been published by CCRAS.

We highly appreciate the studies and efforts of the Ministry of AYUSH through CCRAS for generating this kind of data which would help in enhancing confidence of the practitioners of Ayurveda besides other stakeholders by providing scientific evidence of safety of Rasaushadhis.

IASTAM extends its gratitude to CCRAS for rising upto the occasion, taking up the challenge and conducting detailed safety studies, Pharmacovigilance studies and publishing the same as technical series in the form of 6 Technical Reports.

Hope CCRAS will continue this approach on more products as well in future.

It looks that Covid 19 pandemic is on its downward trend. IASTAM would take call of announcing the dates of Award function and Conclave in near future.

ARTICLE

Forest conservation to conserve Traditional Asian Medicine; a humble note on the occasion of International Forest Day 2022

Prof. Dr. Vidhi Bapna Kumath - Editor - IASTAM Newsletter

As we celebrate international forest day in the month of March on 21st with this year's theme being 'Forests and sustainable production and consumption', it is apt to review the situation pertaining to forests and how we as fraternity of Traditional Asian medicine can support the theme. Forests have been the major source of medicine for the indigenous systems of medicine since ages. So the increasing deforestation is a major threat to the existence and survival of these systems too. Not only this if we talk about a larger perspective forests are essential to

balance the ecosystem, climate and have been home to many indigenous communities and source of their livelihood. So deforestation has a major impact on the climatic, ecological, social and economical condition of any country.

As per UN - FAO 2020, forests presently cover 30.8% of the global land area and there was a net loss of 178 million hectares of forest area during 1990-2020. The forests of Asia and the Pacific together account for

ARTICLE

about one-fifth of the world's forests and cover around 26 percent of the land area in the region, or 734 million hectares.

1. Southeast Asia houses about 15% of the world's tropical forests but is also among the world's major deforestation hotspots, ranking one among the highest in terms of severe biodiversity loss, mainly due to the conversion of intact forests into plantations, such as for palm oil

2. It is estimated that 95% of the medicinal plants used in Indian herbal industry currently are collected from wild. The overall international trade in medicinal plants and their products is expected to amount to Five trillion US dollars by the year 2050

3. The huge data indicate future load on forests for collection of herbs.

As per international forest policy 33% of any country (1/3rd) should be covered with forests and according to the Forest Survey of India 2021, under the Union environment ministry, the total forest cover of India is 7,13,789 sq. km – around 21.71% of India's total geographical area⁴.

If we look into the major reasons for loss of forests in India, it seems forest land has been drastically converted may it be for industrialization, agriculture, construction of roads, buildings, overexploitation for herbs, wood and other products etc or they are destroyed due to natural calamities like flood, cyclones, fire in forests, snow, lightning, earthquakes etc.

How the stakeholders of Traditional Asian medicine may facilitate conservation of the forests: The stakeholders of TAM can contribute to the cause of conservation of forests in three broad categories:

1. Education

- 1.1. Awareness regarding impeding deforestation and facilitating reforestation can be done through various means like educating TAM students regarding the issue through their curricula, educating public through media like TV, News paper, social media, seminars, workshops etc
- 1.2. Training to collectors on Good collection practices of Medicinal plants with special emphasis to educate them about the useful part so the collection can become minimum destructive.
- 1.3. Field trips / camps of students in some forest areas to let them know about the value of forests
- 1.4. Creating IEC material on Forest conservation
- 1.5. Commemorating various days like Forest day, Biodiversity day, environment day, Vana mahotsav through various activities like slogan, poster, essay competitions, exhibitions, street play or other activities etc will help creating

awareness.

2. Research

- 2.1. Research on the use of substitution of endangered species
- 2.2. Research pertaining to biotechnological aids to conserve forests
- 2.3. Research on sustainable cultivation practices especially for RET species.
- 2.4. Interdisciplinary research outcome in this field may bring many sustainable solutions

3. Extension or Outreach activities

- 3.1. Extensive plantation programs
- 3.2. Rewilding of some manmade gardens can be considered
- 3.3. Seed ball workshops and dispersion of seed balls on barren lands manually or through drones at inaccessible places
- 3.4. Identify and protect heritage plants / forest areas
- 3.5. Forming cooperative societies for collectors.
- 3.6. Engaging the younger generation in the activities of reforestation
- 3.7. As all the conservation agencies worldwide set the future conservation targets, same way TAM practitioners can also set targets like whatever medicine or resources are used by them, they will try to conserve some percentage of it through plantation or providing seeds or through any other way
- 3.8. Setting up special forests like Arogya van, Triphala van, Ashok van etc.

The Government has already considered the forest conservation issue seriously and taken many initiatives like Joint Forest Management, restricted entry to selected forests for humans to restore them naturally, policies like Biodiversity act etc. The United Nations General Assembly announced 21 March the International Day of Forests (IDF) in 2012. Since then it encourages all the countries to put efforts and organize various activities to make people aware about the value of forests. Agencies like Convention on Biological Diversity (CBD), IUCN (International Union for Conservation for Nature), Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) etc are putting efforts to sustain forests. There are evidences that awareness created by local traditional medicine healers/practitioners have helped in sustaining forest. So the TAM fraternity can also play a significant role in forest conservation.

References:

1. FAO and UNEP. 2020; The State of the World's Forests 2020; Forests, biodiversity and people. Rome. <https://doi.org/10.4060/ca8642en>
2. <https://ec.europa.eu/jrc/en/science-update/southeast-asia-s-forests-their-future-affects-ours>
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4. <https://fsi.nic.in/isfr-2021>



आयुष मंत्रालय, भारत सरकार
Ministry of Ayush, Government of India

International Conference on AYUSH in Public Health Including Covid 19 Management

April 16 & 17, 2022

Organizer: Jeevaniya Society (<http://jeevaniya.net>)

Co-Organizers: CSIR-CIMAP, NBRI, & PWA, Lucknow

Collaborators:

Ministry of AYUSH, GOI, Delhi

IASTAM India

SVYASA University, Bengaluru

Arogya Bharati, Nagpur

CISSA, Bengaluru

Vishwa Ayurved Parishad, Lucknow

HMAI, Amdabad

AIUTCongress, Delhi



For further queries contact:

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shwet10@gmail.com; nnmehrotra@gmail.com

ANNOUNCEMENT

Jeevaniya society with above partners proposes to organize an International Conference on using AYUSH & LHTS for Public Health in Lucknow on 16th & 17th April, 2022 with both physical as well as virtual mode of participation (Tentative Program attached). The program envisages to discuss the issues ranging from initiatives being taken to promote Public Health, education and research to in these systems globally. This will not only strengthen the initiatives from the Department of AYUSH of the Government of India and several states, but also by other countries and WHO to help in promoting these in Public Health including the Management of Corona. The conference will be attended by Academia, Government, AYUSH related industry, researchers, students and society at large.

Jeevaniya Society has been involved in promoting the application of Indian Health Systems for Public Health for the last 3 decades. The Society has published a lot of IEC Material for Health Education and organized a number of National & International meetings and Conferences, besides promoting use of AYUSH & Local Health Traditions (LHTs) at grassroot level for Health & Wellness. It actively helped the Ministry of AYUSH, GoI in organizing a Brainstorming Session on AYUSH & Public Health at Lucknow in September 2018. Since the Conference is being organized on the occasion of 30th year of the establishment of Jeevaniya Society, its contribution in this field shall also be presented.

Sub themes:

1. Education in Public Health related to Ayurveda, Siddha, Yoga & Naturopathy, LHTs, Unani and Homeopathy
2. Research & Development in Public Health related to Ayurveda, Siddha, Yoga & Naturopathy, LHTs, Unani and Homeopathy
3. Initiatives in Public Health, including Covid Management by Ayurveda, Siddha, Yoga & Naturopathy, LHTs, Unani and Homeopathy systems
4. Regulations and Policies related to Ayurveda, Siddha, Yoga & Naturopathy, LHTs, Unani and Homeopathy
5. Issues in Industrial development related to Ayurveda, Siddha, Yoga & Naturopathy, LHTs, Unani and Homeopathy
6. Integration of Health Systems with special reference to Public Health Management of Covid 19

Proposed Organizing Committees

Chief Patron: Sri Sarbananda Sonowal, Union Minister of AYUSH, Port, Shipping & Waterways

Patrons:

Dr M M Kalubhai, Union Minister of State, Ministry of AYUSH & WCD

Sri V Muraleedharan, Union Minister of State of Parliamentary & External Affairs

Dr Anurag Sharma, Member Parliament

Dr Manoj Rajoria, Member Parliament

Dr Bharatiben Dhirubhai Shiyal, Member Parliament

Advisory Committee:

Chairman- Vd Rajesh Kotecha, Delhi

Dr H R Nagendra, Bengaluru, Prof. B M Hegde, Mangalore, Vd Madhavankutty Varier, Kotakkal, Dr Jayaprakash, Chennai, Prof M Ashraf, Aligarh, Dr V M Katoch, Jaipur, Dr V Prakash, Mysore, Prof. S K Mishra, Mugra Badshahpur, Dr Nandini S Kumar, Prof. Bhushan Patwardhan, Pune, Dr Rajiv Vasudevan, Mumbai, Dr. Anil Khurana, Delhi, Dr Asim Ali Khan, Dr P K Seth, Dr S K Barik, Dr Prabodh Trivedi, Lucknow, Sri Pradip Kapur, Washington-DC, Dr Pushpa Tandon, MD, DR Jeffery White, Dr S K Jain, Boston, all from USA, Dr Kiran Naik, Germany & Dr G Geethakrishnan, Switzerland; Dr N N Mehrotra, Convener

National Organizing Committee:

Chairman- Dr V M Katoch, Jaipur

Ayurveda - Dr N S Bhatt, Mumbai, Vd G G Gangadharan, Bengaluru, Dr Tanuja Nesari, Delhi, Vd P Rammanohar, Kollam, Dr Arun Chandan, Shimla, Dr JNM Mishra, Lucknow

Yoga & Naturopathy

Dr Raghvendra Rao, Dr I V Basavaradi, Delhi, Dr (Mrs) K Satyalakshmi, Pune, DR Shrikrishna Tengshe, Mumbai, Dr. Jeta, Bhagalpur & Dr. Avdhesh Sharma, Lucknow

Unani

Dr Asim Ali Khan & Hm G S Reena, Delhi, Prof. S M Ashraf, Aligarh, & Prof. Sikandar Hayat, Lucknow

Siddha

Dr K Kanakvalli & Prof. V Sujatha, Delhi, Prof. Dr R Meenakumari, Dr Thirunarayan, & Dr Shankarnarayan, Chennai

Homoeopathy

Dr. R K Manchanda, Dr Subhash Kaushik & Dr Vishal Chadha, Delhi, Dr Juhi Gupta, Bhopal, Dr Navin Pawaskar & Dr Rajesh Shah, Mumbai, Vishal Chadha, Delhi, Dr Juhi Gupta, Bhopal, Dr Navin Pawaskar & Dr Rajesh Shah, Mumbai,

Local Health Traditions

Dr P M Unnikrishnan, Bengaluru, Vd A R Saraf, Pune,
Dr Ravi Upadhyay, Hoshangabad

Public Health with AYUSH

Prof Ritu Priya, Prof Shyam Ashtekar, Nashik, Prof
Madhulika Banerjee, Delhi, Mr S B Dangayach,
Amdabad & Dr Rakhal Gaitonde, Chennai

Integrative -Biomedicine

Prof. M M Godbole Belgaum, Prof. S K Kar,
Bhubaneswar, Dr S R Narahari, Kasargod, Prof R N K

Bamezai, Delhi, Prof. Sandeep Kumar, Lucknow

Siddha- Dr K Kanakvalli & Prof. V Sujatha,
Delhi, Prof. Dr R Meenakumari, Dr Thirunarayan, & Dr
Shankarnarayan, Chennai

National Convener

Dr N N Mehrotra, Lucknow

**For further information and registration please
email to nnmehrotra@gmail.com
Shwet10@gmail.com or visit <https://jeevaniya.net>**

NEWS

**AYURVEDA & WELLNESS INTERNATIONAL
SUMMIT – 2022 A REPORT**

Report by : Dr. Haridas Nedungadi

Ayurveda practices, products and medicines are getting great momentum in the background of the tremendous health benefits and wellness, which offers through a holistic approach that combines diet, exercise, and lifestyle changes. To discuss the various benefits from this holistic system of medicine from the nature, the best Ayurveda practices, advancements in the present Ayurveda treatments, role of Ayurveda in modern lifestyle and the need of a healthy lifestyle, the ANZ India Business Chamber (Australia, Singapore, New Zealand, UAE & India) has brought together experts from the industry at an International Summit on January 23, 2022.

Welcome address was given by Mr. Santhosh, MD & CEO of ANZ India Chamber and the webinar was chaired by Dr. Nedungadi Haridas (Chairman, Ayurveda Wellness Chapter, ANZ India Chamber). Dr. Sai Deepa Nedungadi (Chief Physician, Dr. NAC Foundation) controlled the webinar as a moderator.

This event started off with the Blessings from His Holiness Kanchi Kamakoti Paramacharya Sri Sankara Vijayendra Saraswathy, Inauguration by Dr. AV Anoop (Chairman, AVA Group (Medimix) of companies), and a special note of appreciation from Dr. J Radhakrishnan, Principal Health Secretary, Tamil Nadu.

The Scientific sessions consisted of Dr. P Ram Manohar (Director, Amruta School of Ayurveda researches) and

Dr. PM Varier (Managing Trustee & Chief Physician, Kottakkal Arya Vaidya Sala) throwing light on the current trend and scope of Oncology Research in Ayurveda. Mr. Venkataramani Suresh (Co Founder & Chief Business Officer, Karkinos) disclosed the statistics of the current Oncology data in India paving a pathway towards early detection and treatment of Cancer. Prof Dennis Chang, Director & Professor of Pharmacology, NICM Health Research Institute, Western Sydney University spoke about integrated research and treatment opportunities between India and Australia and on Ayurveda Academic Chair – a collaboration of Western Sydney University and The ministry of AYUSH, Govt of India. Mr. Paul O'Brien, Co-Founder & MD, Air Thysio Pty Ltd, Australia explained his success story in medical field in India.

The Wellness sessions was fully engaging with Dr. Divya. CS (Prof. Gynaec, Govt Ayurveda College, Palakkad), Dr. Shyam Mohan, Chief Physician (Vinayaka Ayurveda hospital, Trichur), Ms. Radha Manohari (Founder & CEO, Thea Soaps, Hyderabad) and Dr. Susheel Kulkarni (CEO, Visual Media) who elucidated and touched upon the importance of following up the Dinacharya and Ritucharya regimens in Ayurveda along with the current trend and use of Nano technology in Ayurveda.

A good count of audience of 340 + from India & overseas participated the webinar, mostly from Australia, Singapore & UAE.



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 concluded and awardees declared in the last issue of newsletter.

*The Award function will be organized once the pandemic situation gets over
The theme of the upcoming conclave will be "Targated Therapeutics in Ayurved".*

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