

IASTAM

INDIA

NEWSLETTER

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Connecting Systems; Bridging Disciplines

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

"The future of research is interdisciplinary, and will quickly take us into areas that today we cannot even foresee" - Michael Tanner

Communiqué

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PRE NOTE Exploiting full potential of YOGA to make INDIA Swasthya Guru

Dr. C. K. Katiyar - President - IASTAM

We have just celebrated International Yoga day on 21st June with big fan fare almost throughout the globe.

Ayurveda has two objectives, first objective is maintenance of the health of the healthy person and second objective is alleviation of disease in the patients. Yoga gets very well with the first objective of Ayurveda, "Swasthasya Swasthya Rakshanam". We need to ponder whether we are really practicing Yoga propagated by Patanjali.

All of us know that Ashtanga Yoga includes 8 attributes which are *Yama* (moral values and codes/ Social ethics), *Niyam* (self-imposed discipline/ Personal ethics), *Asana* (Postures), *Pranayam* (control of breathing/ breathing exercises), *Pratyahara* (withdrawal from senses/ control over senses) *Dharana* (concentration), *Dhyana* (meditation) and ultimate *Samadhi* (synchronization with the self). Also Yoga is of four types. *Raja Yoga*, *Jnana Yoga*, *Bhakti Yoga* and *Hath Yoga*. Therefore, Yoga is much more comprehensive and goes beyond what we actually practice on International Yoga Day.

One review by Ross & Thomas published on line in January 2010 issue of "Alternative and complementary medicines" reveals that all the research literature

from core scientific and nursing journals revealed 81 studies meeting inclusion criteria. Out of them 30 control, 31 wait list control and 21 were comparative. Most common comparison intervention involved was exercise. The review concludes that the "Effects of Yoga and exercise seemed to indicate that in both healthy and diseased population, Yoga may be as effective as or better than exercise at improving variety of health related outcome measures". Ministry of AYUSH has Central Council for Research in Yoga and Naturopathy (CCRYN) to exclusively be involved in researches on Yoga. We hope that the scientific studies would help positioning of Yoga as non-therapeutic health benefit providing tool on sound scientific footing.

The initiative of The Ministry of AYUSH on global promotion of Yoga deserves high appreciation. However, The Ministry should now consider extending it to other aspects of Yoga as well. It should also come out with strategies of piggy backing Ayurveda and its products after internationalization of Yoga successfully. It would help making India "Swasthya Guru" in future.

Setting up of Global Centre of Traditional Medicines in India would also provide more opportunities to promote all such measures backed up with evidence.



XIIth IASTAM ORATION AND AWARD FUNCTION - 2022

IASTAM CONCLAVE 2022

International Conclave on Multi-Targeted Therapeutics in Unani and Ayurvedic Medicine & Food Supplement

New Delhi, India on July 29-30, 2022

ORGANIZED BY

Centre of Excellence in Unani Medicine
(Pharmacognosy and Pharmacology) and
Bioactive Natural Product Laboratory, School of
Pharmaceutical Education and Research,
Jamia Hamdard, New Delhi, India
(NIRF RANK 1, PHARMACY INSTITUTE OF INDIA)
www.jamiahamdard.edu

IN ASSOCIATION WITH

Indian Association for the Study of
Traditional Asian Medicine
IASTAM, India, Pune
<http://www.iastamindia.org>

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Food Technology, JH

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DR. NARENDRA BHATT
Chairman, Scientific Committee
IASTAM Conclave 2022

MAJOR HIGHLIGHTS

Studies on Traditional Medicine and Dietary Supplements

- Scientific validation of traditional claims and drug discovery.
- Pharmacological evaluation of efficacy and safety on formulations and their constituents.
- Identification and quality control of medicinal plants and other traditional resources.
- Chromatographic analysis, HPTLC, metabolomics, network pharmacology, pharmacokinetics and stability studies of raw materials and formulations.
- Interdisciplinary and integrative approaches for promotion and development of traditional medicines including detoxification and modification of dosage forms.
- Multi targeted synergy based approaches in drug development and phytopharmaceuticals.
- National and international regulator challenges of current global market, IP rights and patents.
- Clinical evaluation and pharmacovigilance studies of traditional medicines.
- Studies on dietary supplements, nutraceuticals and functional foods.

IMPORTANT DATES

Abstract submission site opens:	25 May, 2022
Abstract submission deadline:	15 July, 2022
Registration deadline:	15 July, 2022
Poster/Oral Presentations :	30 July, 2022



QR CODE FOR REGISTRATON

REGISTRATION

CONFERENCE REGISTRATION FEE (NON-REFUNDABLE)

Category	National (INR) up to 15th July 2022	Foreign (USD) 15th July 2022 up to
IASTRAM Members	1000	250
Non-members (Academia/Industry)	2500	150
Students/Research Scholars/ ISE/SFE Members	1500	150
Spot registration-For all (after 15th July,2022)	3000	300
Accompanying person	1000	100

SCIENTIFIC SESSIONS - SUBMISSION OF ABSTRACTS

Abstracts are invited from the scientific community for oral and poster presentations. All the accepted abstracts will be published in the Abstract Book and remain available online and in hardcopy.

There will be Three BEST PAPER AWARDS each in POSTER, ORAL & HAH presentations, which include a Memento, a Certificate, and a cash prize/reimbursement of registration fee of IASTAM Conclave 2022. The abstracts related to various aspects of traditional medicine, herbals drugs and medicinal plants can be submitted online as per the themes of IASTAM Conclave 2022.

Some of the selected as well as awarded manuscripts will also be considered for publication as special issue in good, peer reviewed, Scopus-indexed journal with a good impact factor value. The name of journals will be notified during the conference.

Instructions to authors

- The presenting author must be a registered delegate.

- Abstracts should only be submitted online at: www.bnpl.org.in
- Abstracts should be original work.
- All abstracts must be in English language and typed in Times New Roman, 12 font.
- Submit the abstracts as per the format, which includes Title of the abstract, Authors and co-authors and their affiliations (Underline the presenting author's name and indicate the author affiliation with superscript numbers)
- Abstracts should be structured including background, objective, methodology, results, and conclusion along with 3-5 keywords. (See the sample abstract)
- Word limit for the abstract is 250 words.
- The acceptance for oral/poster presentations must be sent through mail within a week of submission.
- Guidelines for oral/poster presentation will be available on the websites.

www.jamiahamdard.edu,
www.bnpl.org.in
www.iastamindia.org

ANNOUNCEMENT

IASTAM INDIA - ORATIONS AND AWARDS 2021-22

IASTAM Pt. Shiv Sharma
Oration for
contribution to Promotion
of Ayurveda



Mrs. Shailaja Chandra
Former Chief Secretary,
Government of Delhi,
New Delhi

IASTAM Zandu
International Oration for
Research contributions to
Natural products



Dr. Liaquat Ali
Vice Chancellor,
Bangladesh University of
Health Sciences, Dhaka,
Bangladesh

IASTAM Zandu
International Oration for
Research Contributions to
Ayurvedic Products



Dr. Madhu Dikshit
Former Director, CSIR
CDRI, Lucknow

Dr. K. N. Udupa IASTAM
Award for Contributions
to Research in Ayurveda /
Indigenous Systems of
Medicine



Prof. Subir Kumar Maulik
Emeritus Scientist, ICMR,
New Delhi

Dr. C. Dwarakanath
IASTAM Award for
Contemporary
Interpretation or
Application of Ayurvedic
Principles



Dr. Geetha Krishnan
TCI AYUSH, WHO,
Geneva

Dr. K. M. Parikh IASTAM
Award for Contribution to
Drug Development of
Ayurvedic/ Herbal
Pharmaceutics



Prof. Atmaram Pawar,
Principal, B V, Poona
College of Pharmacy,
Pune

Shri Jugatram Vaidya
IASTAM Award for
Excellence in Shalya
Tantra



Dr. Sunil Kumar Joshi
Vice Chancellor,
Uttarakhand Ayurveda
University, Dehradun

Shri Mathuradas Parikh
IASTAM Award For
Excellence in Profession-
Ayurveda



Prof. Rakesh Sharma
President, Board of the
Ethics and Registration,
NCISM, New Delhi

Vinaben Patel IASTAM
Award for Excellence in
Teaching Ayurveda



Prof. Abhimanyu Kumar
Vice Chancellor, Sarvepalli
Dr Radhakrishnan
Rajasthan Ayurveda
University, Jodhpur

Yoga Forum Munchen
Patanjali IASTAM Award
for Excellence in
Interdisciplinary
Development of Yoga



Dr. Raghavendra Rao M
Director, CCRYN,
New Delhi

Shri Gopaldas Parikh
IASTAM Award for
Contribution to Drug
Development in the field of
Phytochemistry, Medicinal
Chemistry, Pharmaceutical
Chemistry or Biochemistry



Dr. Rabinarayan Acharya
DG, CCRAS,
New Delhi

Vaidya Chandraprakash
IASTAM Award for
Contribution in Rasa
Shastra



Dr. M. Gopi Krishna
Prof, SJGAMC, Bellary,
Karnataka

IASTAM managing committee meeting and introduction of Special IASTAM Award in the field of Unani for 2022

IASTAM managing committee meeting was held virtually on 18.06.2022 for discussion regarding the upcoming IASTAM Conclave and Award function. Proposal for introducing two awards for Unani system of medicine for this year was rolled out by the secretary and it was unanimously accepted by all MC members. Two awards were proposed - 'Hakeem Ajmal Khan IASTAM award for contribution to Promotion of Unani Medicine' and 'Hakeem Abdul Hameed IASTAM award for contribution to Research in Unani Medicine, Mr. Hamid Ahmed- President UDMA and Prof. Asim Ali Khan, DG, CCRUM were unanimously nominated for the awards respectively.

IASTAM INDIA - ORATIONS AND AWARDS 2021-22

Newly Introduced Awards in Unani Medicine

'Hakeem Ajmal Khan'
IASTAM Award for
contribution to Promotion
of Unani Medicine



Mr Hamid Ahmed
President, UDMA
CEO & Trustee
Hamdard Laboratories
India (Food Division)
Former Chancellor, JH

'Hakeem Abdul Hameed'
IASTAM Award for
contribution to Research
in Unani Medicine



Prof Asim Ali Khan
Director General,
CCRUM, New Delhi

Congratulations !!

IASTAM congratulates **Padamshree Vd. Rajesh Kotecha** on the extension of his term as Secretary, Ministry of AYUSH. Your dynamic leadership will take AYUSH to new heights.



Congratulations !!

IASTAM congratulates **Prof. Dr. Tanuja Nesari**, Director, All India Institute of Ayurveda, Delhi for being honoured with '**Ayurveda Ratna**' award by the UK All party Parliamentary Group on Indian Traditional Sciences for her exceptional contribution to furtherance of Ayurveda and other Traditional sciences.





Association of Ayurvedic Physicians of India

4th Scientific Writing Workshop for Ayurveda Scholars

Date: 23rd July 2022,

Venue: Kalam Center, KGMU, Lucknow

Objective of workshop: To give the participants a practical exposure in the area of scientific writing in order to increase their curiosity and enhance their ability in solving the problems being faced during the initiation of scientific writing.

Eligible Participants: The workshop is expected to be useful for everyone in Ayurveda willing to understand how to write a scientific paper and is open to everyone ranging from research scholars to faculty members including medical officers and private practitioners.

Limited seats: The workshop is open to a limited number of participants so an early enrolment may secure your position if you wish to participate.

For further details : Kindly contact following workshop organizing team member

Dr. Preeti Pandey : 9648777473

Dr. Ankita Verma : 8052772926

Dr Sumit Kumar : 8445493049

Dr Chinmayi R : 9447931824

Dr Kiran Maurya : 9455226962

Registration Fee

For AAPI members: Rs. 800/- | For others : Rs. 1000/-

Registration fee may be deposited in cash to the organizing team members or in account of 'Annals of Ayurvedic Medicine', Ac. No.32344301067, SBI, Ashok Marg, Lucknow under intimation to any of the organizing team members. Registration will be closed as soon as the desired numbers of participants are registered.



XII IASTAM ORATION AND AWARD FUNCTION - 2022

INTERNATIONAL CONCLAVE
on
Multi-Targeted Therapeutics in Unani and Ayurvedic Medicine & Food Supplement
Indian Association for the Study of Traditional Asian Medicine, India

IASTAM Conclave 2022
July 29-30, 2022 | Convention Centre, Jamia Hamdard, New Delhi, India

THEMES
Studies on Traditional Medicine, Medicinal Plants & Dietary Supplements related to

- Scientific validation
- Pharmacological evaluation
- Quality control
- Chromatographic analysis
- Pharmacokinetics and stability studies
- Integrative approaches for promotion and development of traditional medicines
- Multitargeted synergy based approaches
- Regulatory challenges of current global market
- Pharmacovigilance studies
- Nutraceuticals & functional foods

NETWORKING OPPORTUNITIES

- More than 150 Speakers and Resource persons from India and Abroad
- More than 25 Leading Industries
- Stake Holders of AYUSH
- More than 50 Directors, Editors and CEOs

EXHIBITION CORNER
AYUSH HEALTH MELA

Best Poster & Oral Presentation Awards

29-30 JULY 2022 CONVENTION CENTRE JAMIA HAMDARD NEW DELHI

LAST DATE OF REGISTRATION
15th July, 2022
ORAL/POSTER PRESENTATION: 30TH JULY, 2022

SUBMIT ABSTRACT & REGISTER ONLINE AT:
iastam.nopaperforms.com
For more details visit: www.bnpl.org.in

Organized by
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Bioactive Natural Product Laboratory
Jamia Hamdard, New Delhi, India

In association with
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IASTAM, Pune, India

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SCAN QR CODE FOR ABSTRACT SUBMISSION AND REGISTRATION

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IASTAM India Membership

IASTAM India is an association 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.

Join now, this only
association of its kind

Take membership of
IASTAM and get benefit of
Rs. 1500 for the conclave.

For membership details visit
www.iastamindia.org

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

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To,