

IASTAM

INDIA

NEWSLETTER

Communiqué

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Connecting Systems; Bridging Disciplines

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

"Hybrid Thinking is a set of interdisciplinary and integrative thinking processes we will need to solve many of today's complex problems."

- PEARL ZHU



PRE NOTE "Ayurveda Aahar"

Dr. C. K. Katiyar - President - IASTAM

Food Safety and Standards Authority of India (FSSAI) have released a final Gazette Notification related to introduction of new category of foods as "Ayurveda Aahar" on 6th May 2022.

As per the Gazette Notification "Ayurveda Aahar" has been defined as "a food prepared in accordance with the recipes or ingredients and/or processes as per methods described in the authoritative books of Ayurveda listed under 'Schedule A' of the regulations. It also includes products which have other botanical ingredients in accordance with the concept of Ayurvedic Aahar but does not include Ayurvedic drugs or proprietary Ayurvedic medicines and medicinal products, cosmetics, narcotics or psychotropic substances, herbs listed under Schedule E of drug and cosmetic Act, 1940 and rules 1945 thereunder, metals based Ayurvedic drugs or medicines, bhasma or pishti and any other ingredients notified by the authority from time to time."

It has two categories.

- Ayurveda Aahar prepared in accordance to Schedule A of FSSAI.
- Ayurveda Aahar as new recipe including the botanicals based on Ayurveda dietetics principle.
 - Ayurveda Aahar presented in modified format or new format.
 - Ayurveda Aahar intended for a health benefit.
 - Ayurveda Aahar with added botanicals specified in

schedule 4.

To bring more clarity the Gazette Notification has recommended the following riders-

- ❖ Recipes and ingredients specified in Schedule A authoritative books for promoting health and including those foods specified for consumption during or post specified disease, disorder referred as pathya in Ayurveda.
- ❖ Any packed food item used in day to day for dietary purpose such as pulses, rice, flour, vegetable without addition of Ayurveda Aahar ingredients shall not be covered under these regulations.
- ❖ No person shall manufacture or sell Ayurveda Aahar intended for administration to infants upto the age of 24 months.
- ❖ FBOs may add or alter the recipes of Ayurveda Aahar by addition of one or more botanicals listed in Schedule 4 of Food Safety and Standards.
- ❖ Addition of vitamins, minerals and amino acid into Ayurveda Aahar shall not be permitted.
- ❖ Food additives are permitted as mentioned in Schedule C
- ❖ The labelling, presentation and advertisement shall not claim that the Ayurveda Aahar has the property of preventing, treating or curing a human disease or refer to such properties
- ❖ Food business operators shall make claims as per description or indications specified for the recipe or ingredient in the authoritative book listed in Schedule

A. Such claim statements should be factual, not misleading or exaggerated and be of a documented history of usage. Disease risk reduction and/or health benefits claims shall be pre-approved by the Food Authority.

- ❖ The words “AYURVEDA AAHAR” printed in the immediate proximity of the name or brand name of the product; and the logo as specified below in the front of the pack of the label.



- ❖ An advisory warning “ONLY FOR DIETARY USE” prominently written
- ❖ A statement that the product is required to be stored out of reach of children
- ❖ A warning that the product is for oral consumption only and not for parenteral use

It is proposed that a Committee at Ministry of AYUSH would

take the final decision regarding proprietary foods under Ayurveda Aahar. This Committee's role shall be crucial for promotion of Ayurveda Aahar. Several newspapers are by mistake calling it Ayush Aahar which is far from the truth. IASTAM welcomes this progressive and futuristic development having huge potential, not only in India but outside India also and may break the barrier of exporting the products as “Dietary Supplements”.

However, the Ministry of AYUSH would have to face the herculean task of convincing the countries that Ayurveda Aahar is different from Ayurvedic medicines and, therefore, the products licensed under this category should be allowed to be exported as such and not as Dietary Supplements or other categories of Food. It would help in promoting first objective of Ayurveda “Swasthasya swasthya rakshanam” which has multiple times potential than drugs.

Hope this futuristic step of Government of India would match similar enthusiasm from the industry also and help it to meet the objective of the introduction of this new category of Ayurveda Aahar.

BRIEF REPORT

International Conference on AYUSH in Public Health Including Covid 19 Management

April 16 & 17, 2022

Organizers: Jeevaniya Society & Mission Samridhhi

Partners: Ministry of AYUSH, GOI, Delhi, IASTAM CSIR- CIMAP, NBRI, & PWA, Lucknow, , Arogya Bharati, Vishwa Ayurved Parishad, HMAI, AIUT Congress & CISSA, Bengaluru

Sri V Murleedharan, Honourable Union State Minister of External & Parliamentary Affairs inaugurated the virtual International Conference. Welcome address given by Dr P K Seth , the President of Jeevaniya Society. Dr N N Mehrotra, Secretary of Jeevaniya Society, Lucknow explained about the increasing awareness and popularity of traditional systems of health.

The Conference was organized on the occasion of 30th year of the establishment of Jeevaniya Society The conference brought the stalwarts from various streams of AYUSH sector to a common dais to present their views & experiences about Education, Research and Development, Regulation & Policies, Public Health Initiatives, Industrial development as well as Integration of various health systems of AYUSH sector and Western Modern Medicine. During Inaugural Session of the Conference, Shri Arun Jain of Intellect Design Arena Ltd. and promoter of Mission Samridhhi, Chennai presented the concept of Design Thinking. While representatives of partner organizations like Dr Prabodh Trivedi, Director CSIR-CIMAP, Dr Sanjeev Ojha from CSIR-NBRI, Dr Rakesh Shukla from CSIR Pensioners Welfare Association, Dr C K Katiyar from IASTAM, Vd G G Gangadharan from CISSA, Bengaluru, Dr Ashok Varshney from Arogya Bharati, Dr Y C Mishra from Vishwa Ayurved Parishad, Dr Ramji Singh from Homoeopathic

Medical Association of India and Hm S A Khan from All India Unani & Tibbi Congress, Dr T Thirunarayan from Centre for Traditional Medicine and Research, Chennai, Dr N Ganesh Rao from Kaivalyadham, Lonavala on Yoga and Dr Jeta Singh from Bhagalpur Naturopathy Centre expressed the views of their respective organizations and the sectors.

Other renowned speakers and chairperson in Various sessions of the conference were Vd Madhavan Kutty Varrier of AVS, Kottakal, Dr V Ganapathy from NARDEP, Vivekanand Kendra, Kanyakumari, Dr M A Jaffri from Jamia Hamdard, Dr S A Khan from Aligarh and Hm S P Bhatnagar from Delhi, Dr B N Singh from Lucknow, Dr Mandeep Jaiswal from Ayurvedic College, Bareilly and Hm Mani Ram Singh from Tibbia College, Lucknow, Dr P Rammanohar from Amrita Institute, Kollam; Homoeopathy - Dr Pravin Oberoi from CCRH, Delhi, Siddha-Dr T Thirunarayan from CTMR & Dr Sathya Rajeswaran from CCRS, Chennai and LHTs-Dr A K S Rawat, Lucknow. Prof. S K Kar from Bhubaneswar, Dr S R Narhari, Dr. Shailja Bhattacharya, Dr P M Unikrishnan, from Chennai Dr Ravi Upadhyay from Hoshangabad, Dr Ramji Singh from Patna and Dr Vishal Chadha from Delhi Dr Debjani Roy from IGNOU, Delhi , Dr N A Ansari of the Unani College, Lucknow., Dr. Nandini K. Kumar, Dr Pushpa Tandon of NCI, NIH-USA, Mr Rajiv Vasudevan, founder &

CEO of AyurVAID Hospitals, Dr. Ritu Priya, Professor - Centre of Social Medicine and Community Health, JNU, Dr. S R Narahari-Director of Institute of Applied Dermatology, Kasargod, Prof. Sandeep Kumar, Former Director of AIIMS, Bhopal and Dr. Ganesh Rao, renowned Yoga Teacher from Lonavala.

A Panel Discussion on Regulation and Policies for promotion of AYUSH & LHTs in Public Health held in the morning of 17th April moderated by the former DG of ICMR and Founder Secretary of Health Research in GOI, Dr V M Katoch from Jaipur. Esteemed panel consisted of Vd G G Gangadharan from Ramaiah Hospital & Medical College, Bengaluru, Padmashree Prof. R N K Bamezai, Dr Arun Chandan - Director in-charge of RCFC Northern Region, Shimla, Prof Meetu Khosla from Delhi University, Dr Katoch From AYUSH,

While another Panel Discussion on Issues in Corporatization & Industrial development in AYUSH & Public Health was initiated by Hon. MP from Lalitpur & Chairman of FICCI Panel on AYUSH, Vd Anurag Sharma of Vaidyanath, Jhansi. Other renowned Panelists were Dr C K Katiyar from Emami, Kolkata and President of IASTAM, Dr G N Singh, the former Drug Controller General of India and a veteran of AYUSH & Herbal Drug Industry regulator, Dr Prabodh Kumar Trivedi, the Director of CSIR-CIMAP, Dr Rajesh Shah - a global homeopath, researcher, author and academician from Mumbai. Chairman of the Session was Mr S B Dangayach, a distinguished alumnus of IIMA, the Founder Trustee of Innovative Thought Forum and National Vice President of Arogya Bharati. In total 4 Plenary sessions and 2 Panel discussions were held.

During the Valedictory Session in the afternoon of 17th April, Guest was Vice President of Jeevaniya Society and Padmashree Prof M M Godbole from Belgaum The convener of the conference, Dr Mehrotra suggested that the participants must undertake the responsibility of following up its recommendations through an action group created by all the concerned who actively contributed to the deliberations of this conference. Most of the dignitaries agreed with the suggestion and have formed a Core Group to ensure implementation of the Recommendations emerging out of the Conference. While Ms Shweta Gupta, the Convener of the Media, Publicity and Publication Committee extended a formal vote of thanks, the conference ended with the National Anthem.

Recommendations of the Conference on AYUSH & Public Health and Takeaways for Further Action

Major recommendations which have emerged from the conference are as follows:

- AYUSH in Public Health needs to be launched in Mission mode with well-defined yardsticks of integration, development, piloting, implementation with adequate budgetary support.
- Since all the AYUSH Systems have a Holistic Understanding of Health & Disease, common areas of their strengths should be identified and promoted in specific health & wellness as well as primary health care programs, be it for mother & child health, adolescent health, geriatric health, nutritional

management, hygiene, communicable or non-communicable and life-style diseases with their regional variations.

- There is need for developing an ecosystem in the National Digital Health Mission to ensuring respect, level playing field while understanding strengths, scope and limitations of AYUSH in Public Health with Western Biomedicine practitioners and vice versa for innovative approach in designing an integrated health system with authentic documentation for interactions between the ‘whole system’s approach’ of AYUSH and the adaptive systems of biomedicine as shown by models developed by IAD, Kasargod in Lymphadenopathy and some other institutions for Holistic Health Care.

- In order that the practitioners of AYUSH could play more effective role in Public Health, the curriculum of all AYUSH systems should not only have modules of Public Health based on their own Foundational Principles but their students should also be given adequate practical exposure in community health, on priority to reduce disease burden, achieve SDGs and improve wellness index. Bridge courses must be initiated both at the UG as well as PG level to impart cross-knowledge between AYUSH & Western Biomedicine and reduce prejudices or misconceptions.

- Since AYUSH is an environment friendly solution with low carbon footprint, it must be promoted as Nextgen business in all segments, from education to research, clinical trials, wellness & public health practice, manufacturing and services through Standardization & Quality Assurance of AYUSH Products with due provisions for IPR protection.

- Recast guidelines for research at all the AYUSH Research Councils and for clinical trials as well as observational studies, in sync with their own foundational principles and credible clinical outcomes for promoting Evidence-Based AYUSH.

Prominent Takeaways for further urgent follow up:

- The budgetary support to AYUSH must be increased to at least 10% of the National Budget, as per the National Health & AYUSH Policies to ensure provision of requisite infrastructure & personnel to effectively involve these systems in Public Health programs at all levels from primary to tertiary care, both in the Central & State health programs.

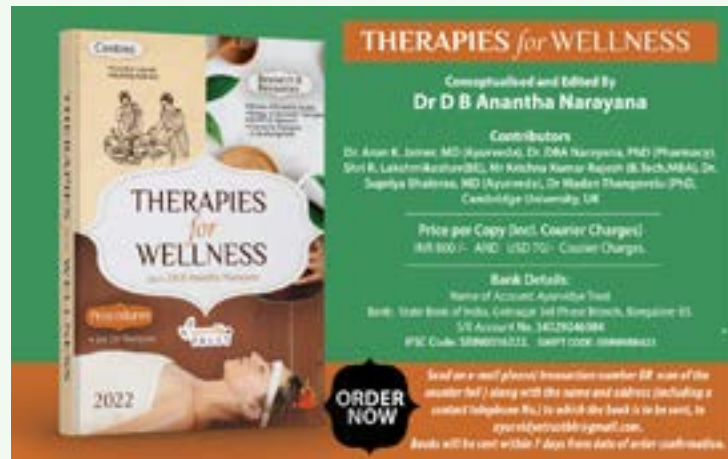
- There is a need to have a separate Directorate of AYUSH for Public Health and an All-India Cadre of AYUSH Health Professionals at par with western Biomedicine to ensure effective contribution of AYUSH in Public Health programs of all the categories namely Preventive, Curative, Promotive, Palliative and Rehabilitative health care.

- There is a need for urgently establishing a National Institute of AYUSH in Public Health as an umbrella institute with adequate representation to all its branches and autonomy to develop, nurture and sustain the initiatives in public health through their collective (Pluralistic) as well individual strengths to generate evidences, develop SOPs, pilots, need based programs and suggest requisite domain specific policy changes.

- It is high time to evolve simple, replicable and sustainable AYUSH based modules not only for AYUSH-HWCs but also ensure its implementation at all the 1.5 Lakh HWCs coming up across the country.

Dr. N. N. Mehrotra - Secretary, Jeevaniya Society

NEW BOOK RELEASE



This book is the conceptual model to promote administration of Ayurvedic Therapies for Wellness. During the book release at the Ministry’s office in New Delhi on 20th May 2022, Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, said, “The book is an outstanding contribution to promote administration of Ayurvedic Therapies in a uniform and effective way which is covered in the book and I am happy to release it in public interest”

The book can serve as great resource for both beginners and experienced Ayurveda personnel engaged in providing Ayurvedic therapies. It is featuring the basic principles of Ayurveda, complete explanation of Ayurvedic Therapies for wellness bearing in mind medical tourism with

beautiful photos. This is possibly the best book one can read briefed on almost 29 Ayurvedic Therapies and an attempt is made by authors to summarize researches done in this field. Great efforts are put in by authors to present detailed guidelines written in the structured format of Standard Operating Procedure as followed in Food or Pharmaceutical industry. The book provides detailed guidance on location, layout, business aspects, specifications and descriptions of equipment’s, utensils and apparatus needed at Ayurvedic therapy centres and clinics

The book will be very useful to all start-ups and for both Ayurveda and non-Ayurveda physicians, students and researchers.

Gratitude

IASTAM India is grateful to **Shri Girish Parikh** (Member of Parikh family - One of the promoter group of Zandu Pharmaceutical Works Ltd.) for donation of Rs. 1,20,000 for continuing Dr. K.M. Parikh IATAM Award as well as Shri Mathuradas Parikh IASTAM Award and another sum of Rs.1,20,000 for supporting Gopaldas Parikh IASTAM Award and Shri Jugatram Vaidya IASTAM Award. Your contribution is highly appreciated and acknowledged.



XIIth IASTAM ORATION AND AWARD FUNCTION - 2022

IASTAM 2022 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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Coordinator: CoE Unani Medicine and Head, Food Technology, JH

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Shri GIRISH PARIKH
Treasurer, IASTAM -India | Co Chairman

DR. NARENDRA BHATT
Chairman, Scientific Committee IASTAM Conclave 2022

REGISTRATION

CONFERENCE REGISTRATION FEE (NON-REFUNDABLE)		
Category	National (INR) upto 30th June 2022	Foreign (USD) upto 30th June 2022
IASTAM Members	1,000	100
Non-members (Academia/Industry)	2,500	250
Students/ Research Scholars (ISE/SFE Members)	1,500	150
Spot registration-for all (After 30th June, 2022)	3,000	300
Accompanying person	1,000	100

PRE-CONGRESS WORKSHOP (OPTIONAL): REGISTRATION FEE

Student Delegates: INR. 500/	Foreign Nationals: USD 50
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MAJOR HIGHLIGHTS OF THE CONCLAVE INCLUDES STUDIES ON TRADITIONAL MEDICINE AND

- Scientific validation of traditional claims and drug discovery
- Pharmacological evaluation of efficacy and safety on formulations and 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 Integrative approaches for promotion and development including detoxification and modification of dosage forms
- Multitargeted synergy based approaches in drug development and Phytopharmaceuticals
- IMPORTANT DATESce studies
- Studies on dietary supplements, nutraceuticals and functional foods

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 with in a week of submission.
- Guidelines for oral/poster presentation will be available on the website.

HAKEEM ABDUL HAMEED YOUNG RESEARCHER AWARD

Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology), Bioactive Natural Product Laboratory, SPER, Jamia Hamdard has instituted this award for Young Researchers (Age limit 40 years) in the field of Traditional Medicine in the memory of Late Hakeem Abdul Hameed Sb, Founder Chancellor, Jamia Hamdard for IASTAM Conclave 2022.

Three best presentations will be awarded based on the quality of oral presentation during the conclave, where the presentations will be judged by the experts from different areas, as decided by Scientific committee.

IMPORTANT DATES

Abstract submission site opens:	20 May, 2022
Abstract submission deadline:	30 June, 2022
Registration deadline:	30 June, 2022
Poster/Oral Presentations :	30 July, 2022



Visit www.bnpl.org.in for details <http://www.bnpl.org.in/first-announcements.php>

12th IASTAM CONCLAVE & AWARD FUNCTION 2 Days Programme 29th & 30th July, 2022 (Tentative)

DAY 1 (29th July, 2022)

Registration 8:30-10:00 AM

Lecture and Demonstration

10:00-3:30 PM

Workshops

Workshops (10:00 AM-01:30 PM), Lunch 01:30 – 02:30 PM)

Workshop 1 Clinical Study Design, Protocol Writing and Regulatory Process for AYUSH Medicine

Workshop 2 Patent and IPR issues of AYUSH Medicines

Workshop 3 Project and manuscript writing for AYUSH Professionals

Workshop 4 Therapeutic applications of Cupping / Hijama therapy

INAUGURATION and AWARD FUNCTION 3:30-5:30 PM

HIGH TEA 5:30-6:00 PM

ORATIONS (IASTAM) 6:00-7:30 PM

INAUGURAL DINNER 08:00 PM

CULTURAL PROGRAMME 08:00 PM

DAY 2 (30th July, 2022)

Keynotes 9:00-10:30 AM

High Tea 10:30-11:00 AM

Plenary Sessions 11:00-1:00 PM

Plenary Session 1

Plenary session 2

Plenary session 3

Oral presentations

Poster presentations

Lunch 1:00-2:00 PM

Plenary Sessions 2:00-4:00 PM

Plenary Session 4

Plenary Session 5

Plenary Session 6

Oral presentations

Poster presentations

Valedictory Session (Poster Awards, Oral Awards & Felicitations) 4:00-5:00 PM

High Tea 05:00 PM

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

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To,