



# 1st International Conference on Advances in Asian Medicine

3rd – 7th January, 2016, Pune, India

Theme  
Asian Medicine: Global Health

## PROCEEDINGS

### PART - I

Organized by:

Indian Association for the Study of Traditional Asian Medicine



Co - Organised by

**Bharati Vidyapeeth Deemed University, Pune  
(College of Ayurved)**



## Proceedings

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Published by:



## Indian Association for the Study of Traditional Asian Medicine

विद्या वितर्को विज्ञानं स्मृतिः तत्परता क्रिया |  
यस्यैते षड्गुणाः तस्य न साध्यं अतिर्वर्तते ||

*For a physician or researcher, no disease is incurable who possesses qualities such as education, critical approach, analytical mind, insightful understanding, special knowledge, good memory, perseverance, and practical knowledge.*

**The 'IASTAM TEAM' IS HAPPY TO  
PRESENT**

**"ICAAM 2016: PROCEEDINGS"**



Dr. Narendra Bhatt



Dr. Manasi  
Deshpande

Dr. Vandana  
Kozarekar

Ms. Anagha  
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Dr. Kirti Bhati



Prof. Reinhard Bogle

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**WELCOME TO ICAAM 2016****- Dr. Narendra Bhatt, President IASTAM India**

Honorable Minister of AYUSH, Shri Shripadji Naik, Honorable Vice Chancellor of Bharati Vidyapeeth University Prof. Dr. Shivajirao Kadam, Dear Colleagues and Friends;

There are times when we dream of events in our lives, there are times when we visualize events to happen. About 7 years back IASTAM – India had participated at the International Conference as a group in South Korea. Our group discussed and decided to propose to hold the next, the IX<sup>th</sup> ICTAM in India, dates were finalized, approvals were taken and preparations began. The plans were made and even a new IX<sup>th</sup> ICTAM logo was designed and declarations made. Due to some reasons, mainly differences in principle about fees and its Asian and Indian identity with the International office bearers, it could not happen. Having already worked on preparations and bookings we decided to organize the international event as International Conference on Advances in Asian Medicine, ICAAM 2016.

Today's date 4<sup>th</sup> January, has a value. I wish to remind several of you to recollect 26 years back in 1990, on 4<sup>th</sup> January, 1990 at the Hotel Oberoi, Mumbai we had conducted IIIrd ICTAM. That was the first ever biggest international gathering in the history of India. The event was unique in many ways. I was the conference secretary. Since then, I have participated in all ICTAMs held in different parts of the world. I am proud to say that the IIIrd ICTAM held at Mumbai had the maximum participation. ICAAM 2016, now in Pune, India has already crossed that number.

Today, I am proud to say that IASTAM – India has not only survived but has developed its unique identity. We at IASTAM are committed to promote Asian medicine, including Indian systems of medicine – AYUSH, for their rightful place and for national and global health. IASTAM - India will strive to provide interdisciplinary platform to bring together 'Traditional Asian Medicine Systems' for integrative dialogue with allied scientific disciplines and policy makers so as to strengthen its value for its effective use.

Many people predicted that we as an association will not survive. I am happy and proud that we have not only survived but grown. IASTAM is the first ever one and the only organization in the country which is multidisciplinary in nature and adheres to the policy of interdisciplinary dialogue. It has contributed a much. I won't go in details but Sir, there has been an indirect impact of the published proceedings of our several meets and we have addressed several critical issues related to Indigenous Systems of Medicine from time to time with the best of our abilities. We have positioned ourselves not as an 'advocacy group' but as a 'facilitator platform'. The purpose of IASTAM is to provide a platform to help neutral dialogue for interdisciplinary exchange and development.

We need the development of Asian Medicine systems. What is the reach and what path do we need for its development? We have claimed of reaching to the people but dynamics are changing very fast; so how do we remain valuable to the people at large. Asian countries represent 4/6<sup>th</sup> of the world population and the people there have aspirations. Increasing cost of healthcare is the worldwide problem not only for Asian or developing countries but also for developed countries. The impact on economics affects the people and their growth. Asian Medicine can contribute to the health care with better care at low cost. Development of Asian medicine can provide big contribution to the developmental growth of countries, the world over.

AYUSH in India has developed into a huge structure over four decades. 40 years back the structure was very weak. Today we are completely institutionalized. We have hundreds of colleges, we have hundreds of students and we are getting thousands of qualified practitioners every year. The growing institutional

structure increases the economic burden and to cope up with that we should have functional capabilities. We have huge manpower; the young generation is in the need of right direction. They don't know what to do next? We are seized with the problem, what to do with the young AYUSH graduates. We have discussed this yesterday at the clinical research methodology workshop about loss of knowledge. Prof. R. H. Singh has written about how India and Ayurved is losing the knowledge-base in the name of science. I full agree to that assessment. We need to protect that knowledge and the voice of AYUSH fraternity needs to be heard. We need to carve out our own path. So far we were confused about what path to take. I have been part of AYUSH fraternity for more than 46 years and that the time has now come when the AYUSH fraternity knows the path and how to move further.

Our Prime Minister has given a vision. The International Yoga day was a unique international event. For me the International Yoga day symbolizes what we wanted to do. He has provided a vision at Gandhinagar when he said that the new generation is looking for direction. We need to evolve the integration. The word 'integration' may not be restricted to only practice of 'Biomedicine'. We need to integrate with scientific and technological components, societal changes. We need to integrate with challenges of time, economics of living and need to address challenges of integration with present day life style. We are required to be capable and respected. Personally, I strongly feel that the AYUSH fraternity has the experience of last four decades and is now ready to move forward; what we need is the right direction. Only vision is not enough; we need the leadership.

Hon. Minister Sir, as discussed with you in my personal meetings earlier, under your leadership we not only need plan but we look forward to have fast forward actions. I was part of the recent few meetings to discuss the plans for AYUSH made at highest levels. I am sure we are ready to go ahead in a fast forward manner with plan of action. We need to take crucial decisions and if we don't do it now; trust me we will be losing many things, our heritage and knowledge, that will never be regained or repairable. There is a serious concern; I am representing voice of many senior experts. We will try our best to connect systems within India and within Asia. We would like to bridge disciplines for the development of AYUSH.

With these words as the President of IASTAM India, as a part of you, I welcome you all to this event '1<sup>st</sup> International Conference for Advances in Asian Medicine.

Welcome to 1<sup>st</sup> ICAAM 2016!

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