Council for Ayurveda Research (CAR)

Global Consortium for Collaborative Research in Ayurveda

Azadi Ka Amrit Mahotsav

Sep 17, 2021 - Day 1 (9 AM to 1.30 PM EST)

- 9 AM EST Welcome note and objectives of the Consortium – Dr. Pratibha Shah
- **9:20 AM EST Keynote by Dr. Rajesh Kotecha, Secretary - Ministry of AYUSH, GOI**
- 9:40 AM EST Session Inaugural Speaker- Embassy representative
- 10:00 AM EST Featured Guest Speaker - Dr. Abhimanyu Kumar
- **Event Speakers**
  - 10: 20 AM EST Dr. Jeffrey White
  - 10: 40 AM EST Dr. Rabinarayan Acharya
  - 11:00 AM EST Dr. Bal Ram Singh
  - 11: 20 AM EST Dr. Robert Schneider
  - 11:40 AM EST Dr. Asmita Wele
  - 12: NOON EST Dr. Darshan Mehta
  - 12: 20 PM EST Dr. Madan Thangavelu
  - 12: 45 PM EST Dr. Sriranjini Jaideep
  - 1:00 PM EST Dr. Bhavana Parashar
  - 1.15 PM EST Concluding remarks

Sep 18, 2021 - Day 2 (9 AM to 1.30 PM EST)

- 9 AM EST Welcome note
- **9.20 AM EST Keynote by Dr. Bhushan Patwardhan, National Research Professor - AYUSH**
- 9:40 AM EST Featured Guest Speaker - Dr. Geetha Krishnan
- **Event Speakers**
  - 10 AM EST Dr. Rammanohar
  - 10:15 AM EST Dr. Julia Arnold
  - 10:30 AM EST Dr. Rama Jayasundar
  - 10:45 AM EST Dr Ashwini Kumar Raut
  - 11:00 AM EST Dr. Rammohan Rao
  - 11:15 AM EST Dr. Ghanshyam Marda
  - 11:30 AM EST Dr. Archana Purushotham
  - 12 Noon EST Dr. Aakash Kembhavi
  - 12:15 PM EST Dr. Anupama Kizhakkeveettil
  - 12:30 PM EST Dr. Ashwini Godbole
  - 12: 40 PM EST Dr. Supriya Bhalerao
  - 1 PM EST Dr. Namyata Pathak
  - 1.15 PM EST Concluding remarks

Sep 19, 2021 - Day 3 (9 AM to 1.30 PM EST)

- 9 AM EST Welcome note
- 9:15 AM EST Session Introduction
- 9:30 AM EST Round Table to brainstorm formation of Consortium
- 11:00 AM EST Formation and structuring of the Consortium
- 12 Noon EST Charter for the Consortium
- 1 PM EST Concluding Remarks

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DAY 1

September 17, 18 and 19, 2021

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  - Dr. Asmita Wele
  - Dr. Darshan Mehta
  - Dr. Madan Thangavelu
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  - Dr. Bhavna Parashar

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Dr. Rajesh Kotecha
Secretary - Ministry of AYUSH, Government of India

Vaidya Rajesh Kotecha is an Indian Ayurveda physician who received a Padmashri Award for Medicine in 2015. He was appointed as Special Secretary in the Ministry of AYUSH, Government of India. He is the former Vice Chancellor of Gujarat Ayurveda University, Jamnagar and previously founded Chakrapani Ayurveda Clinic & Research Center in Jaipur, India in 1998. Dr. Rajesh Kotecha completed his Bachelor of Ayurveda Medicine & Surgery (BAMS) from Gujarat Ayurveda University, Jamnagar in 1985 and Doctor of Ayurveda Medicine (M.D. Ayurveda) from Gujarat Ayurveda University, Jamnagar in 1991.

He is the author of two books Concept of Atattvabhinivesha In Ayurveda which discusses minor psychiatric disorders in Ayurveda parameters and A Beginner's Guide to Ayurveda which is about Ayurveda principles and day to day life practices to keep oneself healthy. He received the Global Ayurveda Physician Award in 2007, Ayurveda Ratna Award in 2008 and Padmashri Award for Medicine in 2015.

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Prof. Abhimanyu Kumar MSc, MD (Ay), PhD

Title: A RESEARCH ROADMAP FOR AYURVEDA IN USA & EU

At present working as Vice Chancellor, Dr Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur and also served as Uttarakhand Ayurved University, Dehradun. Involved in academic, clinical and research activities for last 38 years in various capacities. After MD in Ayurvedic Paediatrics also awarded with PhD and later received his master's degree (MSc) in applied Psychology and Diploma in Yoga. Authored/ edited thirteen books, contributed as Chapter author in three books and published 151 research papers in various scientific national and international journals. Worked as founder Director of All India Institute of Ayurveda, New Delhi and also served as Director General of Central Council for Research in Ayurvedic Sciences, New Delhi, Ministry of AYUSH, Govt. of India. Member and Ayurveda expert in various national and international universities, institutes and organizations. Supervised 68 MDs and 10 PhD scholars. Completed two international collaborative research projects and two others sponsored by Government of India. Two industry-institutes based collaborative clinical research projects had also been completed. Involved in teaching and training of international scholars. Worked as Member Secretary of Ayurvedic Pharmacopoeia Committee, Pharmacopeia Commission of India. Chairman of Committees to Developed Technical Protocols for Ministry of AYUSH, Govt of India. Nominated Member, Steering Committee constituted by the Planning Commission for 11th five Year Plan & 12th FYP, Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India. Nominated by Deptt. of AYUSH, Govt. of India, as National Coordinator for Clinical Documentation in National Institutes under Deptt of AYUSH. Ayurveda expert and Former Head Department of Bal Roga, National Institute of Ayurveda, Ex Visiting Professor, Deptt of Neurology, Scott & White Hospital, School of Medicine, A & M University Texas USA. Invited Speaker, Embassy of India, Berlin (Germany), Hungary, China, Brazil, Switzerland, Latvia etc. Academic expert for Curriculum designing of PG dip course in Ayurveda, University of Debrecen, Hungary. Chaired subject Committee for revising the syllabus of BAMS & MD (Ay) for Central Council for Indian Medicine. Accompanied as Technical Expert with Honourable Minister of AYUSH and Secretary, Ministry of AYUSH Govt of India (a three-membered team) to World Health Organization (WHO) Head quarter Geneva (Switzerland) to sign Country (India) MoU with WHO.

Abstract

In the present scenario of increasing incidences of various chronic diseases, mental health disorders, lifestyle disorders and antibiotic resistance are a few examples of health issues in the USA and Europe. Globally most of the countries including USA and Europe sub-continent are witnessing major demographic changes with a growing elderly population. It is becoming a big challenge especially in the healthcare sector. With an ageing population it will be needed to deal with an increase in multi morbidity, including many chronic diseases like status, cardiac disorders, chronic obstructive pulmonary diseases, diabetes and cancers. It will also be going to challenge the scientific, personal and financial facilities of the existing healthcare system. Strategy needs to develop that allows to manage these changes by integrating Ayurveda with conventional medical system or as a standalone treatment. This is possible only by having strong evidences through a high quality of research. The presentation will aim to provide a research roadmap for clinical and epidemiological research for Ayurveda, appropriate for the health needs of Americans and Europeans citizens and also as acceptable to national research institutes and health care providers. There should be an evidence base that enable citizens to make informed decisions about the use of Ayurveda, standalone or with conventional medicine. The proposed roadmap will offer a strategic research agenda for the field of Ayurveda, designed to address future healthcare challenges. In the matter of research methodology, Ayurveda research should be carried out using all generally accepted scientific research methods and should be employed with utmost diligence, combined in a framework of mixed methods. In this model, all available research strategies, including comparative effectiveness research using quantitative and qualitative methods, should be considered in order to secure the greatest density of knowledge. It is proposed that some specific core areas of research should be investigated in order to gain a strong knowledge base to allow stakeholders who make informed decisions. In order to consider employing Ayurveda as part of a solution to the health care, health creation and self-care challenges, it is vital to obtain a strong picture of use of Ayurveda along with reliable research-based information about its safety, efficacy and affordability.

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Dr. Jeffrey D. White, M.D.

Title: The National Cancer Institute's Complementary and Alternative Medicine Research Activities Related to Traditional Medicine

Dr. White joined the Metabolism Branch of the National Cancer Institute (NCI) in 1990 as a Medical Staff Fellow where he performed laboratory research in immunology and molecular biology. While in the Metabolism Branch, he served in various positions culminating as director of the Clinical Trials and Clinical Care Program. In that capacity, he coordinated the development and administration of phase I and II clinical trials using unmodified and radiolabeled monoclonal antibody constructs. Dr. White has been principal investigator for and has reported the results from trials of various experimental treatments for patients with adult T-cell leukemia/lymphoma (ATL) and cutaneous T-cell lymphoma (CTCL).

From 1995 to 1998, Dr. White also served as an oncology consultant to the director of the NIH's Office of Alternative Medicine. In October 1998, the Deputy Director of Extramural Science of NCI, Dr. Robert Wittes, chose him to serve as director of a new office in the NCI titled the Office of Cancer Complementary and Alternative Medicine (OCCAM). The office was created to augment the activities of the different divisions at NCI that were already supporting CAM research. OCCAM continues to promote and support research and generation of good quality information on the various disciplines and modalities associated with the field of complementary and alternative medicine (CAM) as they relate to the diagnosis, prevention and treatment of cancer.

Dr. White is a board certified medical oncologist and a cancer researcher. Dr. White graduated from Cornell University with a B.S. in Applied and Engineering Physics in 1979 and received an M.D. from Howard University in 1984. He completed a residency in internal medicine in 1987 and fellowships in oncology and hematology in 1990 at The Washington Hospital Center in Washington, D.C.

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Vaidya Rabinarayan Acharya B.Sc., PGDBE, MD(Ayu), Ph.D(Ayu)

Title: Management of chronic pain with Jalaprakshalana (water-wash) Shodhita (processed) Bhanga (Cannabis sativa L.) in cancer patients with deprived quality of life: An open label single arm clinical trial

Vaidya Rabinarayan Acharya is a Professor of Dravyaguna (Ayurveda Pharmacology) at ITRA, Jamnagar where he has been a faculty since 2007 and currently working as a Dean in the same institute. Professor Acharya completed his PG in 1996, Ph.D. in 2002, from Gujarat Ayurved University, Jamnagar, and his undergraduate degrees, BSc in 1986 and BAMS in 1993, from Utkal University Bhubaneswar Odisha and PG Diploma in Bio Ethics from IGNOU in 2015. He is having more than 27 years of teaching and research experience in the various fields of drug research. Prof. Acharya has published more than 290 research articles in peer-review journals and authored five books to his credit. He has served IGNOU as a course writer and WHO as a temporary advisor. Dr. Acharya also currently providing his service to the Ministry of AYUSH, Govt of India, at different capacities. Prof Acharya has worked as principal investigator in more 10 research grant projects and under his guidance 29 Ph.D., 36 Post Graduate theses /dissertations in Dravyaguna, have been awarded. Prof Acharya is the recipient of the Best teacher award for drug Research Teaching and the Best research paper award on literary research, in the field of Ayurveda, by the Govt of India. He represented India in five different countries, in various capacity, including the WHO meeting on herb-drug interaction at Beijing and Pharmacovigilance at Geneva.

Abstract

Introduction: Pain is a common and complex symptom of cancer having physical, social, spiritual and psychological aspects. Approximately 70%–80% of cancer patients experience pain, as reported in India. Ayurveda recommends use of Shodhita (Processed) Bhanga (Cannabis) for the management of pain but no research yet carried out on its clinical effectiveness. Objective: To assess the analgesic potential of JalaPrakshalana (Water-wash) processed Cannabis sativa L. leaves powder in cancer patients with deprived quality of life (QOL) through open label single arm clinical trial. Materials and Methods: Waterwash processed Cannabis leaves powder filled in capsule, was administered in 24 cancer patients with deprived QOL presenting complaints of pain, anxiety or depression; for a period of 4 weeks; in a dose of 250 mg thrice a day; along with 50 ml of cow's milk and 4 g of crystal sugar. Primary outcome i.e. pain was measured by Wong-Bakers FACES Pain Scale (FACES), Objective Pain Assessment (OPA) scale and Neuropathic Pain Scale (NPS). Secondary outcome namely anxiety was quantified by Hospital Anxiety and Depression Scale (HADS), QOL by FACT-G scale, performance score by Eastern Cooperative Oncology Group (ECOG)
and Karnofsky score. Results: Significant reduction in pain was found on FACES Pain Scale ($P < 0.05$), OPA ($P < 0.05$), NPS ($P < 0.001$), HADS ($P < 0.001$), FACT-G scale ($P < 0.001$), performance status score like ECOG ($P < 0.05$) and Karnofsky score ($P < 0.01$). Conclusion: Jalaprakshalana Shodhita Bhanga powder in a dose of 250 mg thrice per day; relieves cancerinduced pain, anxiety and depression significantly and does not cause any major adverse effect and withdrawal symptoms during trial period.

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Dr. Bal Ram Singh PhD

Title: Science of the Bhasma Technology in Ayurveda

Bal Ram Singh, PhD, Singh has been a professor since 1990 and Henry Dreyfus Teacher-scholar since 1997 at UMass Dartmouth (until 2014) and at the Institute of Advanced Sciences (INADS), Dartmouth, Massachusetts. He is also an Adjunct Professor at the School of Sanskrit and Indic Studies, Jawaharlal Nehru University, India, and is Chairman, Boston Center of Excellence for Health and Human Development. He has been conducting research on botulinum and tetanus neurotoxins, and also on Ayurveda, yoga, mind, and consciousness. He has published 14 books and over 325 articles, including articles related to India's philosophy and traditions. He is Editor/Associate Editor of four journals, including Biochemical and Biophysical Research Reports (Elsevier), Ayurveda Journal of Health (UMass Dartmouth), and International Journal of Indian Culture and Business Management (Inderscience), Ayurveda - Health Happiness and Harmony Book Series, Motilal Banarasidas.

Abstract

The high expense of treatment linked to drug dosage has particularly propelled the search for new methodologies to reduce drug dosage. Poor bioavailable drugs remain "sub-therapeutic" because a major portion of the dose never reaches the plasma and hence does not exert its pharmacological effects until a very large dose is used. In general, of the total drugs and chemicals, 20–50% of the drug dosage accounts for the unutilized drug that remains in the body and result in unwanted side effects as well as higher costs of the treatment. The early bio-enhancers were of herbal origin and can be dated back to a period between the 7th century B.C. and the 6th century A.D. For thousands of years, the traditional medical system of Ayurveda has utilized formulations including metal powders (bhasma) to treat a large number of health issues. Without the support of modern science, these methodologies are largely ignored throughout the western world. Recent studies have begun to examine the mode of action of these materials, with initial results indicating their viability as bioenhancers. Our hypothesis was that the roupya bhasma particles act on the cellular tight junctions resulting in a reversible disruption or rearrangement of tight junction associated proteins in order to increase translocation of drug molecules; the bhasma particles facilitate the absorption of drug molecules into systemic circulation thereby reducing the dosage and subsequent side effects. Interaction of these nanoparticles with the different types of cellular systems were studied at different levels. We used several microscopic techniques in order to monitor morphological and cellular transcytosis response through marker molecules. Information from this study will help in exploiting bhasma as a potential bio enhancer for the delivery of different drug molecules.

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Robert Schneider, MD, FACC
Dean and Professor, College of Integrative Medicine, Maharishi International University, Fairfield, Iowa USA

Title: The Promise of a Holistic Paradigm for Ayurveda Research

Abstract

Ayurveda is defined as the science of life. As such, it includes all the dimensions of life as we know it, which are the domains of health. Thus, Ayurveda is bio-psycho-social-environmental medicine. In the language of ultramodern systems science, it is systems medicine. Otherwise, what is holistic? At the basis or source of the material-expressed domains of life and health- environment, physiology, and mind, Ayurveda posits Atma, a field of unmanifest intelligence, creativity, and consciousness. Quantum physics identifies this as the unified field of all the laws of nature. The most successful "theory of everything" is string theory or more properly, M theory. Unified field theories describe how the field of consciousness described by Ayurveda becomes quantum fields and particles. These in turn form atoms, molecules, cells, tissues, organs, the whole person, and the ecosystem. This systems-based, holistic model of Ayurveda provides abundant opportunities for research into biological mechanisms, clinical applications, and public health programs. For example, research into mind approaches of Ayurveda has demonstrated that Yoga meditation results in the experience of Yoga and Samadhi as described in the classical Ayurvedic literature. These mind-body states are associated with distinctive EEG and brain imaging changes. Further, these neurophysiological changes result in long-term modifications in stress-related parameters, neuroendocrine-immune factors, cardiovascular health, morbidity, and mortality rates. There are a plethora of studies and many more opportunities for research on Ayurvedic physiological approaches – diet, herbal, and purification (panchakarma) therapies. Long overlooked are Ayurveda environmental health approaches for public health. Theories of epidemics and pandemics relate to collective stress and collective consciousness. At least 20 controlled studies show public health applications. Other opportunities for empirical research are healthy building and community design, and chronobiology and chronomedicine approaches of Ayurveda for individual and societal benefit.

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Dr Asmita Wele M.D. (Rasashastra Bhaishajyakalpana)
Title: Does The Right Research Model Exist?

Asmita Wele is full professor at Bharati Vidyapeeth and also Honorary Professor, at University of Debrecen, Hungary. Her expertise lies in designing and execution of end-to-end research projects of Ayurvedic formulations. She had been the principal investigator of DST project, AYUSH projects, and member of AYUSH-International Co-operation Committee, of scientific advisory committee of Gujarat Ayurveda University, Jamnagar and of BoS and Academic Council of BHU, Varanasi. She has delivered about 125 lectures as a resource person in several interdisciplinary workshops and conferences and on public platforms. She has guided 15 M. D. students and 2 PhD students and some more are working with her at present. She has published over 45 research papers, articles, chapters and authored a book on research methodology. She is a reviewer for some indexed journals from Elsevier, Scopus, and PubMed databases.She was the Ayurveda Expert and co-rapporteur for the historic working group meeting for development of WHO Benchmark documents on Panchakarma, Ayurveda Practice and Training. She is an active member of many organizations. She has travelled to Europe, USA, Mexico, Africa, Nordic countries, Middle East, UK etc on professional assignments.

Abstract
Research is ever evolving multidimensional activity in every field of knowledge. It crosses the boundaries of a chosen discipline to become transdisciplinary and then translational. Ayurveda, owing to its foundation in darshanshastra, offers some sets of research approaches and some personalised parameters. Confluence of Ayurvedic insights and advanced research methods would yield a problem specific design for any unresolved issues of health (swastha) and disease (atura). Keywords: Ayurveda research; transdisciplinary research methodology.

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Dr Darshan Mehta MD, MPH
Title: Mind Body Medicine in the Modern Healthcare System

Darshan Mehta, MD, MPH is Assistant Professor in Medicine at Harvard Medical School. He is the Director of Education for the Osher Center at Brigham & Women's Hospital and Harvard Medical School, Medical Director of the Benson-Henry Institute for Mind Body Medicine at MGH, and Director for the Office for Well-Being with the Center for Faculty Development at MGH. In addition, he is the MGH site director for the Practice of Medicine curriculum required of all 1st-year Harvard Medical School students and leads their well-being curriculum. His educational and research interests include curricular development in complementary and integrative medical therapies, mind/body educational interventions in health professions training, and promotion of professionalism in medical trainees.

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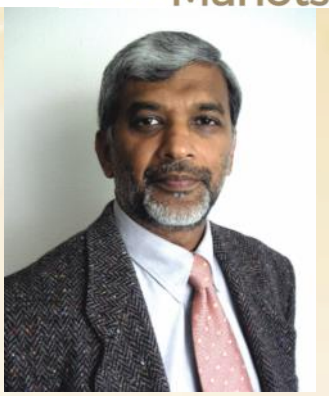

Dr Madan Thangvelu BSc. MSc. PhD

Title: Research Designs Consistent with Ayurvedic Tattvas

I am a Genome Biologist (https://uk.linkedin.com/in/genomebiologist). Following a PhD in Molecular Genetics from the University of Cambridge, my recent academic affiliations have included Research Fellowships at the Department of Oncology, University of Cambridge, Medical Research Council Cancer Cell Unit and the Medical Research Council Laboratory of Molecular Biology, Cambridge. I am a Member of the Mind-Matter Unification Project of the Theory of Condensed Matter Group at the Cavendish Laboratory, Cambridge, Directed by Professor Brian Josephson.
I am the General Secretary and Research Director, European Ayurveda Association, International Advisory Board Member of AYU: International Quarterly Journal of Research in Ayurveda, Jamnagar, India, International Editorial Advisory Board Member AyuCaRe – Journal of Ayurveda Case Reports, All India Institute of Ayurveda, New Delhi, India. I was also Trustee of the Research Council for Complementary Medicine (UK), Honorary Adjunct Professor at the TransDisciplinary University, Center for Functional Genomics & Bio-informatics, Bangalore, India.

Abstract

Ayurveda and AYUSH-systems are founded on axiomatic principles, the Tattvas. The epistemology of AYUSH systems of medicine, health and wellbeing have to be appreciated on the basis of these deep fundamentals. The predominantly qualitative combinatorial logic is offered in the different fundamental darshanas of Indian systems of philosophy and worldviews. Extreme and scale-independent individuation is one of the significant attributes of such qualia or quality-based rationale and knowledge systems. Such extreme individuation but of a different nature is readily observed in contemporary genomic analyses of individual genomes, genomics of single cells and newer areas like the high dynamic microbiome. Although such quality-based rationale is consistent with an almost quality like rationale of contemporary genomic sciences the qualitative logic-based considerations of AYUSH systems are in sharp contrast to experimental designs demanded in prevailing modern biology research founded on predominantly quantitative experimental approaches. By appreciating and following the qualitative logic and the power it holds, it is possible to arrive at research protocols that are valid, effective and incisive. Additionally, experimental designs and approaches true to Ayurvedic and AYUSH-rationale when supported with contemporary molecular biology tools and techniques can also guide and advance many areas in basic and fundamental research in contemporary biology. They are also able to delver personalized, precision approaches for health promotion, health-maintenance and disease prevention as appreciated in Ayurveda and Yoga in ways that are alien to contemporary biomedicine. In the arena of human physiology such approaches can help clarify many aspects of the physiology and behavior of complex systems that are not amenable to contemporary experimental study designs. Using a few examples from contemporary research in Ayurveda and modern biology and medicine I will illustrate how to navigate safely the contentions area of experimental designs to satisfy both the qualitative and quantitative rationale.

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Dr.Sriranjini Jaideep MD (Ayurveda), PhD (Neurophysiology)
Title: Ayurveda perspective of neurological illnesses and its clinical management

Sriranjini Jaideep is a clinician researcher with an illustrious career of 20 years in Ayurveda clinical practice, transdisciplinary research and academics. She is an MD in Kayachikitsa (Internal medicine branch of Ayurveda) and a PhD from NIMHANS, Bangalore, a Vaidya Scientist Fellow and a certified Yoga Instructor from SVYASA University. She has been a Consultant physician at world class, authentic Ayurveda hospitals in India including Institute of Ayurveda and Integrative Medicine and the Ramaiah Indic Specialty Ayurveda at Bangalore where she catered to patients of diverse ailments. She has been a Co-investigator on several research projects and is faculty for workshops on research methodology, medical ethics, biostatistics and scientific writing. Her key research areas include neurological and musculoskeletal diseases and Ayurveda management, gut microbiome and metabolic diseases. She has published her research articles in peer reviewed scientific journals and has won several young researcher awards at International conferences. Currently, she is a Freelance Research Consultant to several Institutes including Ramaiah Ayurveda, Bangalore, India and Interactive Research School for Health Affairs, Pune, India, mentors Ayurveda students and also provides Ayurveda consultation from Canada.

Abstract

Ageing is a physiological change; however, accelerated ageing is considered pathological and according to Ayurveda, it is associated with an imbalance of vatadosha. Hence, the diseases of vatadosha that represent the neurological and musculoskeletal diseases are more likely to affect the elderly. Treatment approaches need to be multimodal to combat the complex pathological processes in these diseases. Panchakarma interventions complemented by suitable internal medications that include medicated fats, decoctives, powders and pills are the mainstay of management of vata diseases. There is a growing body of research evidence that indicates an upperhand of Ayurveda over current Western medicine approach. It is also worthwhile to explore how integrating Ayurveda with other treatment modalities can help improve patient outcomes. The presentation will describe Ayurveda perspective of neurological illnesses and the practitioner's clinical and research experiences in its management.

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Dr. Bhavna Parashar B.A.M.S, M.D (Ayurveda)
Title: Ayurgenomics approach for exploring the repurposing potential of Ayurveda interventions in COVID19

Dr. Bhavana Prasher is Senior Principal Scientist, at CSIR's Ayurgenomics Unit- TRISUTRA, IGIB, Delhi. M.D. Ayurveda from IPGT&RA,Jamnagar. Dr. Bhavana has pioneered establishment of the field of Ayurgenomics at CSIR-IGIB since 2002. Her group for the first time has provided molecular and genomic basis to the principles of Prakriti, developed ML based approaches for Prakriti assessment. This has propelled biomarker discoveries, and further translational outcomes using Ayurgenomics approach. She is PI of AYUSH Centre of Excellence for Applied developments in Ayurveda, Prakriti and Genomics, at CSIR-IGIB. Dr. Bhavana Prasher has collaborations with researchers from diverse disciplines & institutions and also mentoring students in the area of Ayurgenomics. She is faculty at Biological Sciences, AcSIR, and adjunct faculty, SSIC, JNU, Delhi. Dr. Bhavana is recipient of a national award by M/o AYUSH for her contributions in Prakriti and has authored many papers in prestigious peer reviewed journals.

Abstract

Ayurveda approach to understanding health, disease and therapeutics follows the framework of 'Trisutra'. Trisutra is the network of three cause and effect axes, Hetu (Causes), Linga(Features) and Aushadha (Therapeutics) described with basic tenett of personalised approach. The three axes being connected to each other through a common organising principle of tridosha, forms the basis for its translational potential in medicine. Understanding modern biological and molecular basis of tridosha could provide for understanding of new disease biology in Ayurveda context and enable repurposing of therapeutic interventions for modern day diseases with mechanistic understanding. We at CSIR- Institute of genomics and integrative biology have developed a novel integrative framework of Ayurveda and genomics callled as Ayurgenomics, wherein have been able to identify some molecular corelates of dosha Prakriti that could lead to discovery of predictive markers for high altitude adaptation and hypoxia responsiveness. Adathoda vasica, or "Vasa", a common herb described in Ayurveda to balance Pitta-Kapha dosha finds use in a wide variety of diseases ranging from complex disorders and infectious conditions. We have recently shown Vasa whole extract to be useful in mouse models of steroid non-responsive severe asthma by modulating hypoxia and inflammation. We also found that it can even reverse the cellular hypoxia-induced mitochondrial dysfunction in human bronchial epithelial cells. These results indicate that anti-hypoxic effect of Vasa is not limited to the asthmatic inflammation but also applicable in other conditions where elevated hypoxia is the cause or modifier of the pathological state. Our further studies show that Adhatoda Vasica attenuates inflammatory and hypoxic responses in preclinical models of fibrosis, sepsis and thrombosis and provide exciting insights for its potential in conditions like COVID19.

Ayurgenomics approach thus allows systematic exploration of Ayurveda and unleashing of its potential for addressing current pandemic condition.

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Council for Ayurveda Research (CAR)

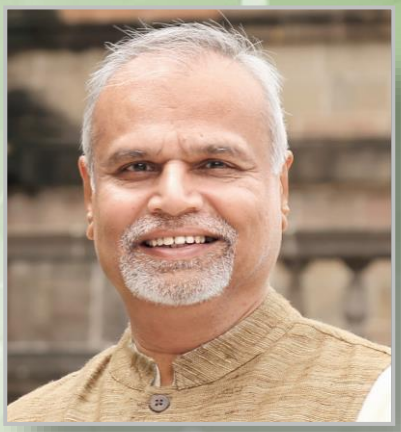
Global Consortium for Collaborative Research in Ayurveda

Azadi Ka Amrit Mahotsav

DAY 2 - September - 18, 2021

Sep 18, 2021 - Day 2 (9 AM to 1.30 PM EST)

- Welcome note
- **Keynote by Dr. Bhushan Patwardhan, National Research Professor – Ministry of AYUSH**
- Featured Guest Speaker - Dr. Geetha Krishnan
- Event Speakers:
  - Dr. Rammanohar
  - Dr. Julia Arnold
  - Dr. Rama Jayasundar
  - Dr Ashwini Kumar Raut
  - Dr. Rammohan Rao
  - Dr. Ghanshyam Marda
  - Dr. Archana Purushotham
  - Dr. Akash Kembhavi
  - Dr. Anupama Kizhakkeveettil
  - Dr. Ashwini Godbole
  - Dr. Supriya Bhalerao
  - Dr. Namyata Pathak



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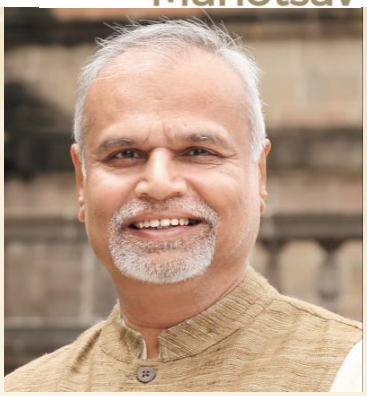

Dr. Bhushan Patwardhan

National Research Professor – Ministry of AYUSH, GoI

Professor Bhushan Patwardhan has over 40-year experience in higher education, scientific research and institutional governance. He is one of the top cited biomedical scientists who is Fellow of National Academy of Sciences and National Academy of Medical Sciences India. Until March 2021, He was Vice Chairman, University Grants Commission, and Chairman additional charge Indian Council of Social Science Research, Government of India. Currently, he is Chairman of the Interdisciplinary R&D Taskforce on Covid-19, and member, advisory committee constituted by the Ministry of AYUSH. He is on the taskforce for the proposed WHO Global Center for Traditional Medicine, member National Board of Examination and Lancet Citizen's Commission. Earlier, he was Professor and Director at the Interdisciplinary School of Health Sciences, and the Center for Complementary and Integrative Health, Savitribai Phule Pune University. He has worked as academic head of Manipal Education Group; Director, Institute of Ayurveda and Integrative Medicine, Bengaluru; Vice Chancellor, Deemed University in Pune, and visiting Professor at Indian Institute of Advanced Studies, Shimla. He has worked on Boards of several Universities and member of important national committees of Ministry of AYUSH, Ministry of Education, University Grants Commission, Council for Scientific & Industrial Research, Department of Science & Technology, Department of Biotechnology, Indian Council of Medical Research Central and Council for Research in Ayurvedic Sciences. He has worked on several policy making committees and Taskforces of National Knowledge Commission, Planning Commission, NITI Aayog, United Nations organizations, UNESCAP, World Bank and temporary consultant to the WHO Geneva. He has made original contributions in evidence-based Ayurveda especially in Ayurvedic biology, ethnopharmacology, natural product drug development and integrative approaches to improve public health system. His pioneering contributions on novel concepts such as Therapeutic Adjuvants, AyuSoft™, AyuGenomics™,. Reverse Pharmacology, Network Pharmacology are widely recognized. He is recipient of many orations and awards including Sardar Vallabh Bhai Patel Award 2021, Dr. R.P.Devadas Oration 2020, V K Joag Best Teacher Award 2017, Waldemar Haffkine Oration 2014, Harihar Mukherjee Award 2015, Gopaldas Parikh Award 2015, Sir Ram Nath Chopra Oration 2013, Dr P.K. Devi Oration 2011, Dr C. Dwarkanath Oration 2008 just to mention a few. It is noteworthy that his 25 articles have been cited more than 100 times. He has received several research grants, has guided 20 PhD students and holds 8 Indian Patents, 2 US Patents with over 10,200 citations.

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Dr. Geetha Krishnan, BAMS MD (Ayurveda)

Vaidya Geetha Krishnan Gopalakrishna Pillai is Technical officer at the Traditional, Complementary and Integrative Medicine (TCI) Unit of the World Health Organization, at Geneva. He is responsible for developing global goods supporting norms and standards of Traditional Medical (TM) systems such as Ayurveda, Unani, Siddha, and Yoga. With the view of providing self-health care tools for health promotion, he is also developing the m-Yoga mobile App for WHO, in collaboration with UN International Telecommunication Union, UN International Computing Centre, and Morarji Desai National Institute of Yoga, Government of India. As a clinician he has more than two decades of experience, of which nine years was spent heading one of the most prestigious integrative medicine facilities in India. As a researcher he has several research projects and publications to his credit. He is a key member of the AYUSH based COVID-19 response task force of the Government of India, as well as the organizer or several clinical trials on COVID internationally and within India.

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Dr.P Rammanohar MD (Ay)
Title: Appropriate methods for clinical research in Ayurveda

Dr. P. Rammanohar is the Research Director of Amrita School of Ayurveda.He was honored with the Ayurveda Marga Pravarthaka Award by the L. Mahadevan's Ayurveda Foundation in 2014 and Vaidya Sundarlal Joshi Smriti Sodha Puraskara by the Mahagujarat Medical Society in 2015. In 2016, Poonthottam Ayurvedashram bestowed the Bharadvaja Puraskaram Award to him for contributions to research in Ayurveda. In 2017, he was honoured with Dr. C. Dwarakanath Memorial Award by IASTAM for contributions to contemporary interpretations of the principles of Ayurveda. In 2021, he was awarded the Dr. Keshav Baliram Hedgewar Healing Honor 2021 by Rethink India for facilitating Integrative and Preventive Medicine and positioning Ayurveda as a Whole Medical System. He has made research visits to United States, United Kingdom, Canada, Argentina, Brazil, Germany, France, Netherlands, Italy, Austria, Latvia, Russia, Denmark, Belgium, Singapore, Switzerland, Thailand and Sri Lanka for the promotion of Ayurveda.

Abstract
Ayurveda represents a person centred approach to health care. Treatments are customised to each individual if there are components in the protocol that can be applicable to a larger group. Ayurvedic treatments are also dynamically modified based on the response to the administered treatment. Ayurvedic treatment is a complex protocol (prayoga) rather than a specific medicine (ausadha). Ayurvedic concept of efficacy rests on the assumption that what works in one person may not work on another person without tailoring it to that person's needs. For this reason, the randomised controlled trial design which is based on the premise that what works in one individual will also work on the larger population, is not suitable to study the efficacy of Ayurvedic interventions in a clinical setting. There are examples of how RCT design can be tweaked to suit complex Ayurvedic clinical interventions. However, we need to also think of alternatives outside the RCT design and also formulate a mosaic of approaches to build clinical evidence from clinical practice and prospective clinical studies.

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Dr Julia T. Arnold
PhD in Experimental Pathology, MS in Maharishi Ayurveda and Integrative Medicine
Title: Exploring integration of Prakriti in health care research.

Dr. Arnold has worked in cancer research for over 40 years including her graduate studies at University of North Carolina/ Chapel Hill and a fellowship at Johns Hopkins School of Medicine. She then worked at the NIH (National Institutes of Health) with the National Center for Complementary and Alternative Medicine (now "NCCIH") and the National Cancer Institute. Her research had focused on the role of the tissue microenvironment to regulate normal and cancer cell growth and function. She recently graduated from the MIU Masters' program in Maharishi Ayurveda and Integrative Medicine.

Abstract
This talk will consider possible contributions of the concept of Prakriti into health care research. Provocative questions will be presented including 1-what are clinical applications of analysis of body constitution? 2-Can database analysis determine genomics and epigenomics of constitutional types?. 3-Can we correlate the expression of vata, pitta and kapha at the cellular and molecular level?

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Dr Rama Jayasundar PhD (Physics) (Cambridge University, UK) BAMS
Title: Magnetic Resonance and Ayurveda: transcending traditional boundaries

Dr. Rama Jayasundar is the Professor and Head, Department of NMR & MRI, AIIMS, New Delhi, India. She has a unique and unusual career trajectory. A PhD from University of Cambridge, UK, she is trained in Physics and Nuclear Magnetic Resonance (NMR). While pioneering biomedical NMR work in India, she enrolled for the 5 1/2 years undergraduate medical degree in Ayurveda (BAMS) as a full time student at the age of 41. She now has this unique academic combination as an NMR physicist and a professionally trained ayurvedic doctor. As an -NMR physicist, Dr. Rama Jayasundar has wide experience in experimental, clinical and high resolution MR systems. Her areas of specialization are clinical spectroscopy and imaging, low cost Radiofrequency (RF) coil designing, and RF pulse sequence programming. Her current research interests harness her distinctive training in experimental MR, physics, Ayurveda and modern medicine for innovative research in Ayurveda.

Abstract
With the shift in focus from genes to cells, systems perspective is not only revolutionising cell biology but also providing the impetus for clinical medicine to shift from a reductionistic to a holistic approach for efficient disease management. The growing interest in systemic viewpoint in medicine inevitably brings into focus one of the longest unbroken healthcare system in the world, i.e. Ayurveda, indigenous to Indian subcontinent. While the reductionistic approach of modern medicine is shifting to a systems biology and 'omics' perspective, holistic Ayurveda is looking towards applying reductionistic methods to understand and validate its working in contemporary scientific terminologies. The ability of Magnetic Resonance (MR) to study whole systems and generate a wide range of information non-invasively makes it ideally suited to study holistic medical systems like Ayurveda. Applications of MR spanning different areas of Ayurveda will be discussed - from concepts of personalized and preventive healthcare, diagnostic metrics, monitoring of therapeutic response to ayurvedic treatment, ayurvedic pharmacology to analysis of polyherbal ayurvedic formulations. The presentation will highlight the unconventional applications of MR and outline its potential in contributing to research in Ayurveda.

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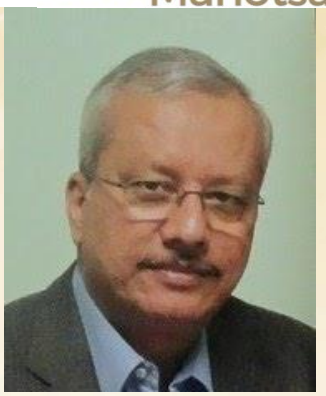

Dr.Ashwini Kumar Raut BAMS, MD (Ayurveda-Medicine)
Title: Research in Ayurveda: Ayurvidya Perspective

Dr. Ashwinikumar Raut is Ayurveda consultant and Investigator from Mumbai. He reinforces Ayurveda with latest research developments in his clinical practice of over three decades. Dr Raut is Director, Clinical Research & Integrative Medicine at Kasturba Health Society's Medical Research Centre, Mumbai. He is faculty and consultant to premier medical institutes and hospitals in Mumbai. He also gives consultation to Ayurveda industry. Dr Raut completed graduation from R.A. Podar Medical College, Mumbai and post-graduation from IMS, BHU. He is blessed with a family tradition of Ayurveda and is a third generation Vaidya.
Dr. Raut has successfully completed research projects related to Ayurveda formulations and arthritis sponsored by DBT, CSIR, ICMR and AYUSH Govt. of India. He receives the CDRI-award for excellence in research for his work in Ayurveda & rheumatology. Dr. Raut is on editorial boards and reviewer for peer reviewed bio-medical journals. Dr. Raut has over 80 scientific publications.

Abstract
Ayurveda is a treasure of healthcare knowledge whereas 'Ayurvidya' is a pursuit of knowledge to enrich this treasure through research. It is an active and open-ended interface of Ayurveda with advancing modern sciences, especially biomedical sciences to continuously facilitate the incorporation of emerging new knowledge in the mainstream of Ayurveda while maintaining the fidelity to Ayurvedic fundamental principles. Scope of such a heuristic approach would promote the global acceptance of Ayurveda as a 'science of life' which has the potential to show the novel paths for the development of futuristic biomedicine. Classical Ayurveda literature depicts and promote the methods of research and documentation for the purpose of continuous progress of Ayurveda viz. Chatush-pramana, Tadvidya-sambhasha, Atur-parikhsha, Dravya-pariksha, Mana-paribhasha, Yogya-vidhi, Pranij-pariksha, Dashavidhpariksha-vishay, Yukti-praman, Tantra-yukti and so on. For any clinical research GCP (good clinical practices) is essential to be adhered-to. In Ayurveda literature much importance is given to ethical practices in clinical services, healthcare education and research. Several novel paths have been proposed and adopted by current researchers in Ayurveda such as Ayur-informatics, Ayurvedic-pharmacoepidemiology and pharmacovigilance, Prakriti-genomics & pharmacogenetics approach, pragmatic trials or whole system management trial, science initiative in Ayurveda, golden triangle approach, evidence-based medicine approach, plant as a platform for research, reverse pharmacology path for drug discovery and development.
Current Research Priorities for Ayurveda should be for literary research, fundamental research, clinical research, pharmaceutical research and community welfare research. However, major space is occupied by interventional clinical research often by the herbal products. These can be studied through clinical trial with amendments relevant to Ayurvedic determinants without compromising the ICH-GCP guidelines. These Ayurvedic determinants would be product-specific, patient-specific, disease-specific and environment-specific. However, applicability of these determinants would primarily depend on type of clinical condition and the intervention chosen.
The perspective of Ayurvidya would be shared by selected illustrations of research.

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Dr. Rammohan Rao PhD, C-AP, RYT

Title: Elements of Ayurveda for treatment and prevention of Alzheimer's disease

Dr. Ram completed the academic training at the California College of Ayurveda and received his certification as Clinical Ayurvedic Specialist. He is a National Ayurvedic Medical Association (NAMA) board certified Ayurveda practitioner and a faculty member of the California College of Ayurveda. He is also a dedicated Hatha yoga practitioner and a Registered Yoga Teacher from Yoga Alliance USA (RYT-200). He has published several articles in major Yoga/Ayurveda magazines and has been a featured speaker in several national and international meetings and symposia. He is a member of the NAMA-Accreditation committee. Ram is the author of a recently published bestselling book Good Living practices-The Best from Ayurveda, Yoga, and Modern Science for Achieving Optimal Health, Happiness, and Longevity. With a doctorate in Neuroscience, he is the Principal Scientist at ApolloHealth where he focusses on various aspects of age-associated neurodegenerative diseases with emphasis on Alzheimer's disease.

Abstract

Dementia due to Alzheimer's disease (AD) is characterized by reduced cerebral blood flow, mini strokes and memory loss resulting in poor mental and physical functions. AD represents a major health care problem globally. Efforts to find a cure for AD have so far been disappointing. A suitable therapeutic intervention that could postpone the onset or progression of AD would dramatically reduce the number of cases in the next 50 years. Research studies from our group and others show that a subset of Ayurvedic interventions promotes blood flow to the brain, strengthens neural circuitry, improves balance and restores memory and cognition in patients with early-moderate AD. But there is still more to be learned from ongoing studies: which metabolic changes correlate best with improvement? Which areas of cognition improve the most? Which genetics correlate with what improvements? What drivers of decline are most difficult to overcome? Such comprehensive studies will help to 1) optimize the overall protocol, 2) to conduct a large, randomized controlled trial, and 3) to improve the outcomes for the many patients in need.

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Dr Marda Ghanshyam Madangopal BAMS, MD, DPC, DYA

Title: Strategy for Ayurveda research in metabolic disorders like Diabetes Obesity

Dr Marda is working in the field of Ayurveda research for the past 20 years. He has tie-ups with the Central University Hospital, Limoges, France, the Public Health Hospital, Etampes, France and the Kliniken Essen of the Essen Duisberg University, Germany, for research in pain management. He is conducting fundamental research based on 'Padarth Vidnyana' with the Porto University, Portugal. He has also signed an MOU with Yogashala China for collaboration in Ayurveda and Yoga. Dr Marda has been invited for many meets in obesity, pain management, diabetes in France, Germany, Portugal, Switzerland, the UK, the USA and China

Abstract

Metabolism is a platform for many diseases Ayurveda believes. So proper metabolism, its understanding can reflect in normal functioning of multiple systems and responses like immune response. There is a great need of redefining strategies for metabolic disorders in all aspects so as in research.

1. Inclusion of Water metabolism (Udakavaha srotas), waste metabolism (Purishvaha, Mutravaha and Swedavaha srotas) concepts of Ayurveda in contributing metabolic disorders. This will provide much logical explanation in metabolic disease like Diabetes, Obesity and its complications like renal, cardiac respiratory and even skin issues. It will get better explanation of co morbidity of these diseases especially in today's pandemic situation
2. Inclusion of new Era Diet and Lifestyle in metabolic process. Assessing their effects and how to modify or manipulate that and make it healthy and acceptable instead of just blaming them. For example can we offer sweets/cakes or chocolate to an obese person?
3. Adding /Developing new reasons/spoilers of metabolic disorders like comfort, new grains, day sleeps etc
4. Developing new diagnostic/prognostic tests/tools/techniques based on Ayurveda Panchanidana. It will help in proper assessment of clinical research by providing a criterion of assessment. For example – developing physical examination method based on prameha nidana for diagnostic/prognostic parameter. Or in obesity with BMI, WC,PF we can add flexibility test, respiration and activity ratios and other things
5. Developing specific markers/symptoms based on Ayurveda by using Charaka vimanastahan and other classical texts. For example based of Agni testing by digestive capacity or strength testing by exercise capacity we can develop new tools/markers. Also can develop new testing equipment
6. Understanding the base of pathogenesis (Samprapti), its reflection on different systems/tissues and using it in research protocols

For example – In Prameha – Excess liquefied Kapha (BAHU DRAVA SHLESHMA) is a base of pathogenesis and can reflect into loose unbounded muscle and fats (BAHU ABDDHA MAMSA MEDATWA) or reflects in Shukra. This can help to develop new symptoms/tests through research. In Obesity pathogenesis includes increased Vata (and not just Meda) which further increases Agni ultimately ending up with more hunger and asking for food. This cannot be ignored. It will help us in designing protocols

7. Understanding principles of treatment and implementing that in research protocols. For ex. Principle of treatment of Medoroga/Obesity is heavy but non nourishing (to meda) food or treatments (GURU CH ATARPANAM). So in obesity we can use different heavy food or modify heavy food complying with above conditions in protocols. In Prameha Nourishing/enlarging treatment in thin/weak (SAMBRUHANAM KRUSHASYA) which will give us scope for adding nourishing treatment in protocols

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Dr Archana Purushotham MD PhD

Title: Integrative Neurology with Ayurveda

Dr. Archana Purushotham is a Vascular Neurologist and Clinical Researcher at the Baylor College of Medicine, Houston, USA. She is also affiliated to the Michael E. DeBakey VA Medical Center, where she directs the Integrative Headache Clinic for veterans, treats patients, trains residents and conducts research.
She holds an MBBS from JIPMER, MTech and PhD in Biomedical Engineering from IIT Bombay and the University of Minnesota, respectively. She trained in Neurology at the University of Arizona and subspecialized in Vascular Neurology at Stanford University. Her early research focused on Neuroimaging including functional MRI and acute stroke imaging. Early in her faculty career, she developed an interest in Ayurveda, and worked on multiple Ayurveda-related projects. She has published the first ever study of stand-alone Ayurvedic treatment of acute stroke. She offers Ayurvedic diet and lifestyle counselling as part of medical care to her patients. She is a member of the Research Working Group of the Academic Consortium for Integrative Medicine - the principal professional organization for academic Integrative Health practitioners in the US.

Abstract

Neurological diseases including some kinds of chronic pain, are a major cause of long-term disability the world over. Most of these diseases are not amenable to cure. Prevention, retarding disease progression, minimizing exacerbations, and rehabilitation are the primary goals of treatment. In this context, Ayurveda, with its emphasis on prevention by diet and lifestyle modification, and rejuvenative therapies, could contribute greatly to the treatment paradigm for these disorders. We have previously conducted research on both fundamental Ayurvedic concepts, and clinical outcomes of Ayurvedic treatment. We investigated the outcomes of acute stroke treated by stand-alone Ayurveda,and found no difference in safety profiles with patients treated with conservative western medicine. We also found that prakriti information contributed significantly to a stroke prediction model based on currently known risk factors. We recently conducted a survey of patients attending the Neurology out-patient clinic of a large tertiary hospital in the US, on their interest in receiving integrative care with complementary and alternative modalities. These included the full spectrum of neurological disorders from stroke to neuropathy to headache. We found there was a great interest in trying Ayurvedic and Yoga therapies, even when patients had no prior experience of these. Encouraged by this, we are currently planning a study of shirodhara in patients with chronic headaches. Due to the recent opioid crisis in the US, there is currently a great interest in non-pharmacological therapies for chronic pain. I will review the existent literature on interventions involving Ayurveda and Yoga in patients with chronic pain and identify promising areas for future studies. A few important considerations while planning such research would be 1) ensuring the reproducibility of the intervention; 2) to provide clear algorithms for personalization of therapies, e.g. based on dosha derangement; 3) in addition to clinical outcomes, including a preliminary investigation of mechanism of action e.g. functional MRI or gut microbiome studies.

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Dr Aakash Kembhavi MD (Ayu-Shalya), PGDMLS, MS

Title: Future pandemic preparations in Ayurveda

Dr Aakash Kembhavi has BAMS, MD Shalya Tantra, PGDMLS, MS COUNSELING AND PSYCHOTHERAPY qualifications. He is presently the Director & Consultant Surgeon at Astanga Wellness Pvt Ltd. Hubli.
He has a Clinical experience of 20 years in the management of Piles, Fistula - in-Ano, Varicose veins, Diabetic Foot, Arterial Ulcers, Urinary Tract Diseases, Prostate disorders and Cancers. He teaches Shalya Tantra, Research Methodology and Bio Statistics. He teaches Fundamentals of Ayurveda at EAA France.
He was a Visiting Professor at Thames Valley University, London & MAYUR, the Ayurvedic University of Europe. He is a Board Member of Europe Ayurveda Academy, France. He is an Editor and Reviewer in various national and international Journals. He is university recognised PG and PhD Guide. He is a Member, Research Board of Ayurveda Council for Research, USA.
He has published 15 papers is invited as a Resource Person at Seminars, Conferences and Workshops.

Abstract

The Covid-19 pandemic has challenged the medical infrastructure of every country in the world and has exposed the deficiencies at various levels of its functioning. Innumerable deaths could have been prevented if only the response strategies were adopted and implemented. Scientists and doctors were not the driving force of decisions taken by the systems across the world.
Ayurveda as a system too did not respond to the challenges robustly. There was a lack of co-ordinated efforts in oragnising nation-wide response strategies. Though there were guidelines published by the Ministry of Ayush, there was an absence of follow-up. Ayurveda vaidyas across India have been left to fend by themselves and many state governments were reluctant to permit the use of Ayurveda in the management of Covid-19 cases.
The WHO in its Strategic Response plan directive has very categorically stated that Traditional Systems of Medicine should be involved in the management of this pandemic.
The presenter will talk about the preparations that must be initiated in Ayurveda so that in the future Ayurveda will be accepted as a part of the management protocol as well as most importantly become play an advisory role to the governments in preventing the onset of such events or mitigating the effects if they do crop up. Ayurveda can play a role at all levels of future pandemic preparations and bring in a much,required holistic perspective to the reductionist approaches of the current medical systems.
Key Words: Ayurveda, Ayush, Pandemic, Covid-19, Future Preparation, Strategic Response

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Vaidya Anupama Kizhakkeveettil PhD
Title: Characteristics, beliefs and experience of patients seeking Ayurvedic care in US

Vaidya Anupama Kizhakkeveettil (Anu) is an Ayurvedic Practitioner, licensed acupuncturist, yoga teacher, Professor and Program Director of Ayurvedic Medicine at Southern California University of Health Sciences. Vaidya Anu serves as boards of director of the California Association of Ayurvedic Medicine, and the National Ayurvedic Medical Association. She is also the President of the Athreya Herbs, a U.S-based provider of Ayurvedic herbal supplements, and the Vice President of Athreya Ayurvedic Integrative Health Center.

Abstract

A survey-based study was conducted to identify the patient's characteristics, beliefs and experience about the Ayurvedic care they received. IRB approved survey was administered to returning patients that have visited a minimum of three times to the Ayurveda clinic. Total of 151 patients completed the survey. Majority of the patients visited were include Caucasian (33%), married (46%) and completed some level of college education (91%). The most common health conditions patients visited an Ayurveda practitioner is for digestive system disorder (31%), anxiety (29%), stress (26%), health promotion and wellness care (22%), and joint problem (17%). 33% of patients were didn't integrate any other care along with Ayurveda for their treatment. 95% of patients received the herbal recommendation, 96% of patients received the dietary recommendation and 65% of patients received the bodywork therapy. 88% of patients reported that they are satisfied with care they received. Patients also reported that quality of life (86%) and health behaviors (85%) improved since starting Ayurvedic care. In addition, 89% of patients reported that Ayurvedic approach to health care was aligned with personal beliefs and values. Results from the survey indicate that the Patients who received Ayurvedic care had positive beliefs and experience about the care they received.

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Dr Ashwini Godbole PhD
Title: Ayurveda for Enhanced Cognition and effective management of Age-related Cognitive Decline

Dr. Ashiwni is Associate Professor, Centre for Ayurveda Biology and Holistic Nutrition at Transdisciplinary University. She holds a PhD from NCBS-TIFR (Aug 1998-June 2004). Her research Interests include:

- Ayurveda Neurobiology: Experimental research
- Cognitive enhancement: Community based clinical research.

Abstract

Optimum function of nervous system including cognition, movement and sensory function is of high importance for good quality of life. In rapidly aging global population, maintenance of nervous system function as well as prevention of neurodegenerative diseases is a very significant health need. Our team at TDU is working in the field of Ayurveda-Neurobiology with following aims

1. Evaluation of efficacy of selected Ayurvedic formulations in healthy and affected populations by using internationally accepted, objective tools and techniques.
2. Understanding of mode of action of the clinically used formulations by using appropriate model systems.

I would like to share our results from ongoing research. Briefly, in Indian urban community, we observed that Brahmi (Bacopa monnieri) formulations lead to enhancement of memory and executive functions in middle and senior age groups. The mode of action research indicates that in addition to nootropic effect, the Medhyarasayana herbs and formulations show antiaging and stress relieving effects, indicating common molecular pathways underlying these biological processes. We are undertaking wider clinical studies and deeper molecular/cellular studies to gain better insights in the Ayurvedic concept of Medhya and Medhyarasayana. To make this more effective, we are keen to collaborate with the experts in field for research, outreach and education initiatives.

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Dr. Supriya Bhalerao MD (Ayu), PhD, PG Diploma in Bioethics

Title: Research on Metabolic diseases: Experiences and learnings.

Dr. Supriya is Associate Professor & Head, Obesity-Diabetes Research Lab, Interactive Research School for Health Affairs, Bharati Vidyapeeth Deemed to be University. Her research experience spans 22 years in trans-disciplinary research set ups in modern tertiary care hospital and biomedical research center. Dr. Supriya's research specialization is in Obesity-Diabetes and has received several financial support from Ministry of Ayush, Department of Science & Technology and Pharma-sponsored studies.

Abstract

Ayurveda has discussed the pathophysiology, symptomatology and management of obesity and diabetes in great details. The conventional medicine diagnoses obesity primarily on the basis of Body Mass Index. Such use of statistical formula to define a biological entity has posed question about considering obesity as a disease. On this background, it is interesting to know that Ayurveda mentions signs and symptoms of obesity. In case of diabetes, an important contribution of Ayurveda is listing of proclivity symptoms. These symptoms can not only facilitate early diagnosis but can also provide new insights into diabetes pathology. The glucocentric theory of diabetes has shifted to lipocentric theory lately. It is fascinating to know that the origin of diabetes pathology according to Ayurveda is fat tissue. Our lab is actively working on some of these concepts, which has culminated into interesting leads. We have identified two herbal formulations viz. Triphala and Trimad for our work. We studied Triphala in 3T3L1 pre-adipocyte cell line model and have reported that Triphala inhibits differentiation of pre-adipocytes into adipocytes in dose dependent manner. Triphala reduced lipid accumulation in differentiated adipocytes and downregulated expression of lipogenic genes. We have completed evaluation of Trimad in High Fat Diet induced obesity in rat model. Trimad was found to reduce weight, food intake, inflammatory adipokines and oxidative stress in the obese rats. It improved lipid and glycaemic profile along with the neurotransmitters which regulate hunger-satiety mechanism. As a part of our clinical experimentation, we administered a course of Takra basti in obese individuals. This basti altered the gut microbial composition of these individuals with decrease in circumferential measures and increase in insulin secretion. Our studies highlight the potential of Ayurvedic formulations and procedures for management of metabolic diseases.

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Vaidya Namyata Pathak BAMS, MD(Ayu), VSF

Title: Revisiting the history of an Ayurveda-triggered watershed in psycho-neuro -pharmacology: A Case for Observational Therapeutics & Clinical Judgment

Vaidya-Scientist Nami is a BAMS, MD(Ayu), VSF and practices and teaches Ayurveda from her clinic Ayu.Care in Fremont, California. She has trained extensively in both Ayurveda and biomedicine in India, with a consistent focus on scientific research and clinical integration of both their fundamentals. Her focus remains on clinical integration of the two systems of medicine with dedicated experience from her work in integrative management of cardio-metabolic disorders, Parkinson's Disease and women's health. She is widely published, is the Education Chair of the California Association of Ayurvedic Medicine and is on the Research Board of Council for Ayurveda Research, US.

Abstract

An astute clinical observation by Vaidya GananAth Sen (VGS) gave us the first modern drug for hypertension and unearthed role of dopamine in Parkinson's Disease. This stranger-than-fiction saga unfolded over three decades from 1930s to 1960s, revolutionizing the fundamental constructs of psycho-neuro-pharmacology. Rauwolfia serpentina was used by VGS in Kolkatta, India to treat insanity and he observed a definitive drop in blood pressure of all of the patients who concomitantly had the condition. Soon, hypertensive patients flocked to him to get treated. The news travelled to India's leading cardiologist, Rustom Jal Vakil in Mumbai who eventually conducted clinical studies and established its efficacy. Medicinal chemists and pharmacologists soon discovered the molecule responsible behind this action – reserpine. Another serendipitous observation occurred while Arvid Carlsson studied Reserpine to understand its actions. Reserpine-induced akinesia in his laboratory animals was quickly reversed by dopamine. This observation eventually led Oleh Hornykiewicz to establish the role of dopamine in the basal ganglia of Parkinson's Disease.

This saga was not as much about drug development as it was about establishing knowledge of diseases which has now become commonplace. It was about solving parts of the puzzle. The puzzle is far from solved as we struggle in control the burgeoning epidemic proportions disease – earlier non-communicable and now even communicable. While such medical- paradigm- shifting observations may occur less frequently, there is a place for observations dramatically informing and improving the clinical practice of Ayurveda and Integrative medicine.

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DAY 3

September 17, 18 and 19, 2021

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DAY 3 - September 19, 2021, Tentative Program

- Welcome note & Session Introduction by Dr. Pratibha Shah
- Round Table to brainstorm formation of Consortium
- Formation and structuring of the Consortium
- Charter for the Consortium
- Concluding Remarks

Keynote: Dr. Ashok Vaidya – 10 mts

Plenary Delegates – 5 mts each

- Dr. Abhimanyu Kumar
- Dr. Bhavana Prasher
- Dr. Bhushan Patwardhan
- Dr. Darshan Mehta
- Dr, Geetha Krishnan
- Dr. Manoj Nesari
- Dr. Rama Jayasundar
- Dr. Ram Manohar

Organizing Committee

- Dr. Pratibha Shah
- Dr. Mahadevan Seetharaman
- Dr. Vandana Baranwal
- Dr. Meenakshi Gupta

Delegates – brainstorm session

- Dr. Anupama Kizhakkeveettil
- Dr. Archana Purushotham
- Dr. Ashwini Godbole
- Dr. Ashwini Kumar Raut
- Dr. Asmita Wele
- Dr. Balram Singh
- Dr. Ghanshyam Marda
- Dr. Julia T. Arnold
- Dr. Madan Thangavelu
- Dr. Namyata Pathak
- Dr. Rabinarayan Acharya
- Dr. Ram Mohan Rao
- Dr. Sriranjini Jaideep
- Dr. Supriya Bhalerao

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INDUSTRY ROUNDTABLE

September 16, 2021

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Pre-conference Industry Round-Table on Sep 16, 2021, 9-1 PM EST

OPENING SESSION

9.00 AM EST - Welcome & Introduction to the Session – Dr. Pratibha Shah

9.15 AM EST Chair: Dr. Manoj Nesari – Advisor, AYUSH Ministry

LEAD SPEAKERS

9.35 AM EST – Lead speaker introductions

9.40 AM EST - Honorable Shri Anurag Sharma – MP (Lok Sabha), MD-Baidyanath

9.55 AM EST Dr. Dilip Ghosh – Director, NutriConnect

10.10 AM EST Prof. Ikhlas Khan - Director, NCNPR, University of Mississippi

PLENARY SESSIONS

10.30 AM EST SESSION 1 - Moderator: Ranjit Puranik (MD, Shree Dhootpapeshwar)

- Dr. Rangesh – CSO, Himalaya Global Management
- Dr. Amit Agarwal – Director, Natural Remedies
- Kartikeya Baldwa – CEO, Ixoreal Biomed
- Arvind Varchaswi – MD, Sri Sri Tattva

11.30 AM EST SESSION 2 - Moderator: Dr. C K Katiyar (CEO, Emami Ltd.)

- Dr. Pulok Mukherjee – Director, Institute of Bioresources & Sustainable Development
- Dr. JLN Sastry – Executive Director, Dabur
- Praveen Mittal - Senior Director at FICCI
- Dr. N. Srikanth – Deputy Director, CCRAS

12.30 PM EST SESSION 3 - Dr. Pratibha Shah - Founder & President, CAR

- Dr. Mukund Chorghade – CSO, Thinq Pharma
- Nimai Pandit – MD, Kottakkal
- Harpinder Kaur – Director, Komal Herbs

1 PM EST Concluding Remarks

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Dr. Manoj Nesari
Adviser (Ayurveda), Ministry of Ayush, Govt. of India

Dr. Manoj Nesari has 20 years standing experience in the profession as Ayurveda clinician during which, he has developed expertise in Ayurvedic management of Pain dominant conditions e.g. Spinal Degenerative Diseases. His contribution towards development of AYUSH Sector has been varied in areas such as policy and planning for matters pertaining to Ayurveda Education, Practices and Research; Capacity building of stakeholders; Development of new courses, regulations, research plans, various schemes for promoting different sectors in AYUSH, etc. He has represented the Department of AYUSH in various committees, meetings, discussions and negotiations with different ministries of GOI, and national as well as international regulatory authorities and organizations. He has participated in numerous seminars and conferences as invited faculty and has delivered many lectures in Medical and Science universities - in India and abroad. He has done his M.D. (Kayachikitsa) from IPGT&R, Gujarat Ayurveda University, Jamnagar1991 and BAMS - from RA Podar Ayurveda College, Mumbai 1987. He stood first at UPSC All India competitive exam in 1991.

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Mr. Anurag Sharma
Executive Director, Shree Baidyanath Ayurved Bhawan Pvt. Ltd.

Mr. Anurag Sharma is one of India's leading Industrialists in the field of Ayurveda and an active Member of Parliament from the constituency of Jhansi. He started his career with a modest internship at Shakti Offset as a CA and he went on to take charge of the Baidyanath Jhansi Branch, eventually appointed as Jt. Managing Director of Baidyanath Group. During this period, he modernized the company by introducing various advanced manufacturing technologies, thereby taking it to new heights. He has been serving on the Board of Pt. Ramnaryan Institute of Alternative Medicine at Bundelkhand University has led the effort in organizing Ayurved Mahotasav (Ayurveda Mega-Celebration) in Jhansi for the 1st time on behalf of Uttar Pradesh Government. He also teaches pro-bono at the State University of Bundelkhand and Various Colleges and Schools.

He is Managing Director of Baidyanath Research Foundation Ltd. (BRF) which cultivates naturally grown herbs from all over the country. BRF validates its Ayurvedic treatment methodologies through world class research institutes and establishes quality-driven manufacturing techniques helping the medicinal cultivation and plantation at over 400 acres of medicinal farms. Mr. Anurag is also Founder of Ayurvedant Pvt. Ltd, A marketer of Herbal Lifestyle Solutions based on Ayurveda principles and backed by scientific technology. Research has been done at Banaras Hindu Univ., Shastra Bio-Technology School and Bundelkhand University. It is one of the very few companies exporting Ayurvedic medicines, registered with the FDA in the U.S. and to have US International Patent Rights for its products. Ayurvedant also has a brand called Mantra Herbal which is a clean ayurvedic beauty and wellness brand. It is one of the first few brands with the transparent label and has discarded many harmful chemicals from the formulations like SLES, Paraben, Sulphates, SLS etc.

He is serving in the capacity of Chairman for the FICCI Ayush Committee for the Year 2017 to 2018 and 2018 to 2019. Primarily with the focus of promoting Ayurveda internationally and helping all stake holders in the Industry in India. He has traveled widely to promote and lecture on 'Ayurveda' in various countries including France, Cambodia, Dubai, Malaysia, Singapore, Spain, Holland, U.S.A. and Great Britain. Mr Anurag was elected to the 17th Lok Sabha and has been a Member, Standing Committee on Science & Technology, Environment & Forests and Health & Family Welfare. He is also a Member, Consultative Committee, Ministry of Rural Development, and Ministry of Panchayati Raj. He has also represented India at Commonwealth Parliamentary Association. Mr. Sharma is a well-known philanthropist and social worker in Bundelkhand region and serves over half a dozen Trusts and is widely recognized as the Leader of the movement to setup a new state of Bundelkhand.

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Dr, Dilip Ghosh
Director, NutriConnect

Dr. Dilip Ghosh has received his PhD in biomedical science from India & post-doc from USDA-ARS, HNRCA at Tufts University, Boston. He is an international speaker, facilitator and author and professionally associated with Nutriconnect, & Trigonella Labs, Australia; Adjunct-Industry Fellow, NICM Health Research Institute, Western Sydney University & Adjunct Professor, KASTURBA HEALTH SOCIETY, Medical Research Center, Mumbai, India. He is a fellow of American College of Nutrition (ACN), professional member of Australian Institute of Food Science & Technology (AIFST), an advisor and executive board member of Health Foods and Dietary Supplements Association (HADSA), & The Society for Ethnopharmacology, India (SFE-India) and also in editorial board of several journals. His research interest includes oxidative stress, bioactive, clinically proven functional food and natural medicine development, regulatory and scientific aspects of functional foods, nutraceuticals and herbal medicines.

Dr. Ghosh has published more than 100 papers in peer reviewed journals, numerous articles in food and nutrition magazines and books. His most recent two books, “Pharmaceutical to Nutraceutical: A Paradigm shift in disease prevention” & “Natural Medicines-Clinical efficacy, Safety and Quality” under CRC Press, USA has been published in 2017 & 2019. His latest book, “Nutraceutical in Brain Health & beyond” is just published by Elsevier/Academic Press

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Prof. Ikhlas Khan
Director, NCNPR, University of Mississippi

Dr. Ikhlas Khan is the Director of the National Center for Natural Products Research at the University of Mississippi. He received a D. Litt (Honoris Causa) from University of Hamdard, Delhi, India 2012; a B.S. in Chemistry in 1980 and a M.S. in Organic Chemistry in 1982 from the Aligarh Muslim University in Aligarh, India, as well as a Ph.D. in Pharmacy from the Institute fuer Pharmaceutische Biology in Munich, West Germany in 1987. His primary research interests include analytical fingerprinting for standardization of herbal products, and bio-analytical approaches to improvement of product quality and safety. He authored/co-authored over 800 original research articles, publications, or reviews. He has been invited to speaker at many events and served as a reviewer for several prestigious journals. He is a member of many scientific organizations and served on numerous committees.

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Mr. Ranjit Puranik

Shri Ranjit Puranik, Managing Director and Chief Executive Officer, Shree Dhootapapeshwar Ltd, a family led enterprise of 5 generations involved in manufacturing of Ayurveda healthcare formulations for over 145 years. He also serves as President of Ayurvidya Prasarak Mandal, a 60 year Ayurveda college and teaching hospital campus. He has represented the AYUSH Industry cause for the past 16 years in many forums related with Ayurveda, medicinal plants and regulatory reform. Mr Puranik has also been a vocal spokesperson for the better recognition and acceptance of traditional medicine and in particular the classical syntax as represented in Ayurveda. As Trustee of All India Ayurveda Congress and World Ayurveda Foundation, he is involved with active advocacy for all matters within the realm of Ayurveda.

- Trustee - All India Ayurvedic Congress
- Trustee – World Ayurveda Foundation
- Board Member – National Medicinal Plants Board
- Board Member – Foundation for Indian Traditional Medicine (FITM)
- Member – Advisory Committee, Ministry of AYUSH, Government of India
- Founder Trustee – National Ayurveda Students & Youth Association (NASYA)
- President – Ayurvidya Prasarak Mandal, Sion
- Member Core Group – AYUSH Export Promotion Council, FICCI
- Vice President (West) – Ayurvedic Drug Manufacturers' Association
- Member Ayurvedic Committee – American Herbal Products Association (AHPA)
- Member AYUSH Core Group - CII

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Dr. Rangesh Paramesh
Chief Scientific Officer, Himalaya Global Management Ltd

Dr. Rangesh has obtained a BSAM and MD (Ayurveda) from Bangalore University. Began his career as a university teacher In Rasashastra, Bhaishajyakalpana and Dravyaguna at Government Ayurveda Medical Colleges in Bangalore and Mysore in Karnataka, India, as well as a research guide to post graduate students for over 15 years. He was an Ayurveda consultant in Switzerland, Germany, Italy, and UK, involved in establishing Ayurveda clinics in Europe. He has conducted periodic Ayurveda seminars in Germany, Switzerland, Mauritius, UK, UAE, Muscat, Ecuador, Singapore, Malaysia, China, Mongolia, and Turkmenistan for physicians in western medicine. Dr. Rangesh is heading a team of innovators for developing novel actives from nature with ancient wisdom of Ayurveda for pharmaceutical range of products at Himalaya. He is currently the Chief Scientific Officer at Himalaya Global Management Ltd, Dubai. He is a fellow of Royal Asiatic Society, London.

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Dr. Amit Agarwal
Director - Natural Remedies Pvt. Ltd

Dr. Amit Agarwal is a Director at Natural Remedies Pvt. Ltd., Bangalore. He obtained his master's degree in Pharmacology from University of Strathclyde, UK and holds a Ph.D in Pharmacology. He has over 30 years of experience in various aspects of research and development of natural products. He has published about 110 research papers, in various peer reviewed, national and international journals, apart from 94 abstracts in various proceedings and has contributed to 15 books so far. He has 14 patents granted to his credit till date. He is a member of the Herbal Products and Crude Drugs Committee of the Indian Pharmacopoeia Commission, DBT task force on medicinal plants, member of Project Screening Committee of National Medicinal Plants Board, member of the expert panel of United States Pharmacopoeia and serves many other Government departments as a resource person.

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Mr. Kartikeya Baldwa
CEO - Ixoreal Biomed Inc.

Kartikeya Baldwa is the C.E.O at Ixoreal Biomed Inc, a company based out of Los Angeles and Hyderabad. It is the maker of KSM-66, the best-selling ashwagandha extract on the world market today with more than 67% of the global market share in ashwagandha extracts. Mr. Baldwa spearheaded the development of KSM-66, all the way from assembling the initial team of scientists, to the acquisition of farms and capital infrastructure and to market launch and product validation by regulatory bodies. Today, KSM-66 is a multi-million,dollar product and appears in more than 1200 finished products of major dietary supplement companies across the globe like those of Walmart, Costco, Mars, Unilever, Pfizer, Bayer, Reckitt Benckiser and Nestle to name a few. It has brought Ayurveda to a wider global recognition. Mr.Baldwa has made ashwagandha widely visible and has it beyond capsules and tablets into foods and beverages and other delivery mechanisms.

Mr. Baldwa studied chemical engineering at Osmania University in India and then business management at the Graduate School of Business at Stanford University in California. He is the recipient of "Young Entrepreneur Award 2015" by New Hope Natural Media and "Herbal Industry Leader Award 2016" by International Society of Ethnopharmacology. He has delivered several guest lectures across the globe at famous universities, academic and research institutions and business associations in India like CII and FICCI. He is currently serving as a member on the Nutritional Business Leadership Advisory Council of the Southwest College of Natural Medicine in Arizona, USA. Besides, he is also an advisor to the National Medicinal Plants Board under Ministry of AYUSH and a member of the Interdisciplinary AYUSH R&D Task Force on COVID-19, constituted by the Government of India. He is on the steering committee of Vitafoods, one of the largest media outlet of Natural Products Industry. He is also serving on the international advisory board of Expert Nutraceutical Advocacy Council. He has served as an adviser to the Governor of Goa from 2016 to 2018 on matters related to Health and Wellness.

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Arvind Varchaswi
Managing Director, Sri Sri Tattva Pvt Ltd

A distinguished industrialist and a passionate entrepreneur, Mr. Arvind Varchaswi is the Managing Director of Sri Sri Tattva, a company committed to seeing a healthy, happy, modern world, through the ancient science of life and well-being. Under his able leadership Sri Sri Tattva, has grown into a prominent player in FMCG & AYUSH space with the brand presence in 53 countries across six continents. Arvind serves as Group Advisor - International Affairs of AYUSH Advisory Group, constituted by Pharmaceuticals Export Council of India (Pharmexcil), a body set up by Ministry of Commerce & Industry, Government of India with the objective of export promotion of traditional drugs & pharmaceuticals, Ayurveda & herbal products globally. He chairs the India- Latin America Council and co-chairs the AYUSH Committee of Federation of Indian Chambers of Commerce and Industry (FICCI). Arvind serves as a Member on the National Medicinal Plant Board of India, Ministry of AYUSH, Government of India. He chairs the AYUSH Committee of PHD Chamber of Commerce. He serves the on the Scientific Advisory Board of FIZ Frankfurt Biotechnology Innovation Centre.

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Dr C.K. Katiyar PhD
CEO Technical Healthcare, Emami Ltd

Born on September 27, 1954, Dr. Chandra Kant Katiyar is MD in Ayurveda and PhD Rasa Shastra/ pharmacology from Institute of Medical Sciences, Banaras Hindu University, Varanasi. This unique blend of Ayurvedic and Modern Medicine knowledge has helped him in interpreting Ayurvedic principles and practices in modern scientific language. For the last more than 30 years Dr Katiyar has been at the helm of affairs at India's best Research and Development driven companies Like Ranbaxy Laboratories Ltd, Gurgaon as Director, Herbal Drug Research and Dabur India Ltd as Head and Vice President of Dabur Research and Development Centre, NCR Delhi. Currently Dr Katiyar is CEO Health Care (Technical) of Emami Ltd. At Kolkata, India. During his tenure Dr Katiyar has developed several of top selling Ayurvedic /herbal and pharmaceutical products. Dr Katiyar has made significant contributions in the field of regulatory affairs with the Ministry of AYUSH and Ministry of Health and Family Welfare. He has also played pivotal role in introduction of Phytopharmaceuticals as new class of drug and Nutraceuticals. He is Chairman of Phytopharmaceutical Mission of DBT for Northeast. Dr Katiyar has made important contributions in quality control of Ayurvedic/Herbal drugs being member of Ayurvedic Pharmacopoeia Committee, Herbal Committee for Indian Pharmacopoeia and Southeast Asia Expert Panel on Dietary Supplements for United States Pharmacopoeia.

Dr. Katiyar has authored multiple books including "Modern Ayurveda" which has been published by CRC Press USA and "Ayurveda at the turning point" which has been published by Krugger Brents at London. Besides, he has contributed about 20 book chapters, about 75 research papers and has about 20 patents to his credit. Dr Katiyar is also member of Editorial Boards of Journals like Journal of Ethnopharmacology, Frontiers of Pharmacology and Journal of Ayurveda and Integrative Medicine. He is member of apex body of the Ministry of AYUSH ASU Drugs Technical Advisory Board besides multiple important committees including Governing Body of All India Institute of Ayurveda of Ministry of AYUSH and Institute of Bioresources and Sustainable Development of DBT. Areas of expertise of Dr Katiyar include clinical research, pharmacological studies and toxicological evaluation of herbal drugs besides regulatory and IPR policies. Dr Katiyar has received several accolades, recognition, awards and orations. He was also awarded the membership of the National Academy of Sciences, India and fellowship of Indian Pharmacological Society in recognition of his scientific contributions in the field of herbal research and pharmacology. Dr Katiyar is Vice President, Society for Ethnopharmacology India and also has been two terms President of Society for New Age Herbals.

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Prof. Pulok K. Mukherjee,
Director, Institute of Bioresources & Sustainable Development (IBSD)

Professor Pulok K. Mukherjee is working as the Director, Institute of Bioresources and Sustainable Development (IBSD), having its presence at DBT-IBSD Imphal; Gangtok; Shilomg and Aizwal. His research/academic works highlights on traditional medicine inspired drug discovery from Indian medicinal plants to make them available from 'Farm to Pharma'. He has been working as the Director School of Natural Product Stduies and Professor (On lien), Department of Pharmaceutical Technology, Jadavpur University, Kolkata, India. He has made several innovative and outstanding contributions in academic and research in the area of natural product studies, Ethnopharmacology and evidence-based validation of herbs used in AYUSH, India. Prof. Mukherjee is a Fellow of the Royal Society of Chemistry (FRSC), Fellow of National Academy of Sciences, India (FNASc), Fellow of National Academy of Agricultural Sciences, India (FNAAS); Fellow of the West Bengal Academy of Sciences (FWAST). He has been awarded with the Commonwealth Academic Staff Fellowship from Association of Commonwealth Universities [ACU], UK; TATA innovation fellowship, by Department of Biotechnology, Govt. of India; Outstanding Service Award from Drug Information association [DIA], USA; Career Award for Young Teacher from All India Council for Technical Education (AICTE), Govt. of India; Best Pharmaceutical Scientist of the Year, from the Association of Pharmaceutical TeachPers' of India (APTI); IASTAM Award for Contributions to Development of Ayurvedic and Herbal harmaceutics by Indian Association for the Study of Traditional Asian Medicine (IASTAM) and many others. He is the Secretary of the Society for Ethnopharmacology, India (SFE-India) and President, International Society for Ethnopharmacology (ISE), Switzerland. His academic and research career has been outstanding, including globally acclaimed contributions on teaching and research on validation of medicinal plants from Indian systems of medicine, their formulation and standardization, which are useful bio-prospecting tools for the traditional medicine-based drug discovery program. He has to his credit more than 200 publications in peer reviewed impact journals, several patents. Prof. Mukherjee has authored/edited 6 books and 18 book chapters. Prof. Mukherjee is serving as Associate Editor of the Journal of Ethnopharmacology, Elsevier Science. He is the member of the editorial board of several International journals including Phytomedicine, Pharmaceutical analysis, Synergy; Phytochemical Analysis, World Journal of Traditional Chinese Medicine, India J Traditional Knowledge and many others. He is associated as advisor/member to different organizations and administrative bodies of Government of India and abroad. He is presently the President of the International Society for Ethnopharmacology, Switzerland and Secretary of the Society for Ethno pharmacology, India.

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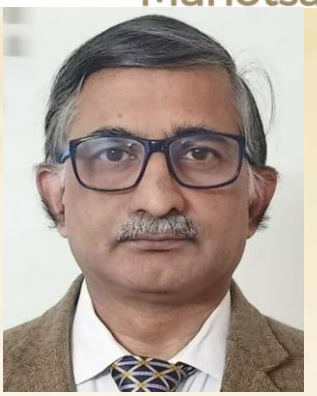

Dr, J L N SASTRY
Head – R&D, Dabur India Ltd.

Dr. J. L. N. Sastry, belongs to an Ayurveda family from Kakinada town Andhra Pradesh. His illustrious career extends to 32 years of professional experience in the field of Ayurveda. His diverse career includes clinical practice; teaching & training in Ayurveda; authorship of more than 15 reference books on Ayurveda; R&D activities (drug standardization, drug development, pre-clinical & clinical studies on herbal drugs); and conservation & cultivation of medicinal plants. He is also considered as an authority on regulations related to Drugs & Cosmetics Act; Biodiversity Act; and Food Safety Standards Act of India. Recently is joined as Head – R&D for Dabur India Ltd. He was former CEO-NMPB (National Medicinal Plants Board) and was in-charge of Drug Policy Section of Ministry of AYUSH (MoA) between 2020-21. He was Vice-President / Head – Healthcare Research for 8 years (2012-20) & Head – Clinical Research for Dabur India Ltd for 4 years (2004-07). Before coming to industry, he served under state and central govts as Medical Officer (1992-2004). He has 30 International papers; 50 National papers and 20 Regional papers to his name and has participated in several TV & Radio programs on the regional and national channels

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Praveen Mittal
Senior Director at FICCI

Praveen Kumar Mittal is a Post Graduate in Management Studies from Institute of Management Studies, Ghaziabad, was awarded Best Student Award during the program. He also holds Diploma in Human Resource Management from Institute of Management Technology (IMT), Ghaziabad. HE has worked with various companies in the MICE Business and Service Industry, he has been employed with FICCI for over 11 years now.

He is currently designated as Additional Director with FICCI Trade Fairs Division and looks after the work of FICCI Life Sciences Division as well. In past he has lead Ministry of Defence programs ie. Aero India and Defexpo Series from FICCI side when FICCI had partnered with Ministry of Defence. Currently, he looks after the Exhibitions which FICCI Trade Fairs Division organizes with Department of Pharmaceuticals, Department of AYUSH, Department of Telecommunications, Ministry of Steel, Ministry of Water Resources, Ministry of Tourism and Ministry of Commerce. He is also the Core team member for Business Development and Strategic Partnerships at FICCI Trade Fairs Division.

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Dr. Narayanam Srikanth
Director General I/c, Central Council for Research in Ayurvedic Sciences

Dr. Narayanam Srikanth. Is presently working as Deputy Director General and Director General (Additional Charge), Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of AYUSH, Government of India, New Delhi, India engaged in formulating, coordinating, implementing and monitoring various research program including, clinical research, drug development, literary research, pharmacology research, phyto-chemical research, medicinal plant research, research oriented public health care program such as THCRP, NPCDCS program etc. He has 23 years of research and teaching experience holding the positions viz. Senior Lecturer and In-charge Principal at Indian Institute of Ayurvedic Medicine and Research (IIAMR) and Sri Krishna Rajendra Ayurvedic Hospital, Bangalore and Assistant Professor at Sri Kala Bhiraveshwara Ayurvedic Medical Collage and Hospital (SKAMC&H), Bangalore, India. He published 332 research papers in reputed International and National Scientific Journals, Conference Proceedings etc., and authored and edited 119 Books, Monographs and technical reports and also contributed for development of about 14 Policy documents and Guidelines including the national ethical guidelines for biomedical research in human participants published by ICMR and posses 3 patents to his credit. He has honored with 8 awards including dedicated work in the field of Ayurveda by Kesari Maharashtra Trust and NIMI award for excellence in Ayurvedic Shalakya practices by Association Ayurvedic profession of North America etc. He is investigator and coordinator of several national and international research projects and coordinator for National programs, engaged in formulation, planning, coordination, execution monitoring of Research activities including Collaborative Research, International collaboration, Projects supported by WHO etc. (about 300 research projects). He served as a coordinator for Golden Triangle Projects (GTP) a collaborative effort of Ministry of AYUSH, CSIR, BIS and ICMR for Scientific Validation of Ayurveda interventions. He also heads Project Unit Monitoring (PMU) on COVID-19 research projects set up by Ministry of AYUSH. He is instrumental in conceiving and implementing major integrative research program in RCH in reproductive and childcare program, Osteoarthritis in collaboration with ICMR, WHO and foreign university, CHARITE University. He is Involved in major International project such as TKDL in collaboration with CSIR and WIPO, Geneva. He has actively participated in developing standard treatment guideline for select diseases conditions which are very useful for clinical practitioners. He presented 372 Research papers in National and International Seminars, conferences and delivered guest lecturers, expert in workshops. He served as resource person, expert and panelist in about 140 capacity building programs on Research Methodology, Pharmaco-vigilance etc, for researchers and teaching faculty etc.. He is also member in several prestigious national committees set up by Government and other institutions (about 121) and life member of 16 Medical & Scientific and other Societies. Serving as editor, editorial board and advisory committee member for about 10 journal data basis etc. dedicated to clinical research, drug development and history of medicine, besides one of the editorial members of AYUSH Research Portal (web based Research Portal of Ministry of AYUSH).

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Pratibha Shah, BAMS, MD (Ayu), MPH

Pratibha Shah, BAMS, MD (Ayurveda), MPH, is an internationally renowned Ayurveda expert. Intensely trained in Traditional Health Sciences (Ayurveda, Energy healing) as well as Public Health, Pratibha Shah distils Eastern wisdom with an understanding of Western principles, for the best care of her clients. A strong sense of compassion and empathy, intent listening skills, in-depth thorough assessments and well contemplated individualized Master Wellness plans are a hallmark of her 30+ years of practice. Client-centric Compassionate Care defines her best.
Her pioneering initiatives in the field of Ayurveda, have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. For her work, she was nominated in the Top 20 Women of the Year, for the year 2014. Before moving to US in 2004, she was working as Chief Medical Officer with the Central Government of India, in the ministry of AYUSH. In 2019, she was featured in an international documentary on Ayurveda.

She is the Founder, President of the Wholistic Health Alliance (a 501c3 non-profit), Founder, President of Council for Ayurveda Research (a 501c3 non-profit), Founding Director of Ayurvidya Anusandhan Abhiyan Foundation, India (a Section 8 NGO), and CEO of My Ayurved LLC. In 2019, she launched her own high end organic herbal product line by the name of Swa Stha. She currently practices in the Greater Boston area but has clientele throughout the world.

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Harpinder Kaur
VP Technical & Co-Founder Komal Herbs Inc.

Harpinder Kaur is the Co-Founder of Komal Herbals, Inc., Pittsburgh, USA, which is engaged in manufacturing Ayurvedic Products and promoting Ayurveda. Her passion for Ayurveda led her to form Komal Herbals with a mission "Ayurveda Made Easy". The same passion has led her to create and develop process to be the first to manufacture Certified Organic Chywanprash in USA using traditional method for a quality product. The company offers quality products in the form of Organic Cleansing Foods, Dietary supplements, Herbal teas, Single herbs, and personnel care products. A strong believer of Ayurveda, she considers herself a lifelong student of Ayurveda. With a science and technical background, she assists the company's growth by identifying and developing new products and defining the information necessary to bring the AyurBest products to market.

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Azadi Ka Amrit Mahotsav

Dr. Mukund Chorghade
Founder, President and Chief Scientific Officer, THINQ Pharma

Dr. Mukund Chorghade is Founder, President and Chief Scientific Officer, THINQ Pharma / MVRC Research and Ayurvidya Healthcare Innovations. He is the CSO, Chicago Discovery Solutions and APINOVO. He holds / has had Adjunct Research Professor / Visiting Fellow / Visiting Scientist appointments at Caltech, Harvard, MIT, Northeastern, Northwestern, Princeton, Rutgers, Univ. of Chicago (USA), University of British Columbia (Canada), Cambridge, Strathclyde, (UK), College de France, Universite' Louis Pasteur (France), ICT, CSIR, KHRC (India), and others. He provides synthetic chemistry and pharmaceutical development expertise to academic laboratories, pharmaceutical and biopharmaceutical companies. His research interests are in Drug Discovery and Development Process Chemistry Derived Medicinal Chemistry, Traditional Medicine derived New Chemical Entities. His discovery of sterically protected and electronically activated metalloporphyrin catalysts called "chemosynthetic livers" finds utility in drug metabolism, valorization of biomass and environmental remediation. He is also qualified as an expert in patent trials. He earned his B. Sc. and M. Sc. degrees from the University of Poona, and a Ph. D. in organic chemistry from Georgetown University. He completed postdoctoral appointments at the University of Virginia and Harvard University, and directed research groups at Dow Chemicals, Abbott Laboratories, CytoMed and Genzyme. He has been a recipient of three "Scientist of the Year Awards" and is on the Scientific Advisory Board of several corporations / foundations. He has been honored by election as a Fellow of the Maharashtra, Andhra Pradesh, and Telangana Academies of Sciences. He has been a featured speaker in several national and international symposia. He is a Certified CGLP / cGMP professional.

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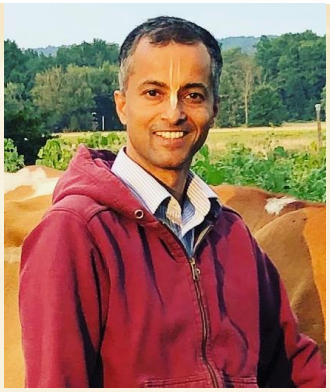

Nimai Pandit
Co-Owner, Kottakkal Ayurveda USA

Co-owner of Kottakkal Ayurveda USA, North America's largest distributor of Arya Vaidya Sala classical Ayurvedic formulations. Principal Farmer and Owner of Gopal Farm which has three locations, New Paltz New York, Cape Cod MA, and Pine Island Florida. Organic farming focused on heirloom Indian Vegetables, Ayurvedic Herb & Ethical Milk products.

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Azadi Ka Amrit Mahotsav

September 17, 18 and 19, 2021

Pre-conference Industry Round-Table on Sep 16, 2021

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