



AVTAR NEWSLETTER

Center of Excellence

The Ayurvedic Trust receives Center of Excellence Grant.



Construction work in progress in connection with the Center of Excellence Grant

The Ayurvedic Trust, Coimbatore, the charitable wing of the Arya Vaidya Pharmacy Group of Institutions received the Center of Excellence Grant of Rs. 3.65 crores from the Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India. With this grant, the Ayurvedic Trust is

being upgraded to a world class clinical research hospital specializing in the field of rheumatology. With funds from the CoE grant, new infrastructure facilities for out patient consultation, clinical trials, panchakarma, instant medicine unit, clinical lab and dietetics unit are being constructed.

PARAMANAND AWARD

Param Anand Award was instituted in 1989 on behalf of the Pancholia family by Shri. Maghanmal I Pancholia in loving memory of Shri. Paramanand Jethanand Pancholia. The Award is themed on the high values propagated by Mahatma Gandhi, who taught us to render selfless service to humanity and said "The greatest prayer of all is to serve humanity". The Award with Citation is presented to individuals or organizations who believe that the only worthwhile achievement are those which are socially useful and in charity there is no excess. This year, the award was conferred jointly upon Padmasri. P.R. Krishna Kumar and Dr. K.G. Raveendran for promoting traditional Ayurveda and improving the lives of innumerable individuals through their medical research programs and holistic treatment centers provided by them round the clock.

CME PROGRAMS, WORKSHOPS, TRAINING CAMPS

As part of the activities related to the Center of Excellence Grant, AVTAR will be organizing a series of CME Programs on Rheumatoid Arthritis, Osteoarthritis, Cervical Spondylosis and Lumbar Spondylosis in the year 2010.

There will be Workshops on Clinical Trial Protocols for the above



four diseases. In addition, two training camps will be organized to train 200 general practitioners in the field of Ayurveda in clinical documentation. Software for clinical documentation will be freely distributed to the participants in the training program. Information about the CME Programs, Workshops and Training Camps will be updated on the

website www.ayurvedaconferences.org

MEMORANDUM OF UNDERSTANDING FOR INTERNATIONAL COLLABORATION



Above: After signing MoU between AVTAR and REAA, Germany

Below: Dr. Kazuo Uebaba delivering his technical lecture at AVTAR

In the past few months, AVTAR has signed MoUs with several countries for international collaboration in research and other activities to position Ayurveda as a full fledged system of health care at the international level.

AVTAR signed an MoU with Central Council for Research in Ayurveda and Siddha (CCRAS) and the Swiss Ayurveda Medical Academy (SAMA) for a tripartite collaboration in research and related activities for the promotion of Ayurveda in Switzerland.

AVTAR also signed an MoU with Rosenberg's European Academy of Ayurveda for international collaboration in promoting Ayurvedic research, education and practice.

An MoU has also been signed between AVTAR and Dr. Kazuo

Uebaba of the Toyama University, Japan for research collaboration. This research collaboration will focus on development of automated contrivances to standardize and monitor Ayurvedic therapies in a scientific manner.

AVTAR is also in the process of negotiating an MoU with the Vellore Institute of Technology for interdisciplinary research in the field of biosciences. The preliminary talks have helped in identifying thrust areas for mutual collaboration.

Yet another MoU is in the making with the Avinashilingam University for collaborative research in the field of Clinical Nutrition. AVTAR is planning to launch a PG Diploma Course in Ayurvedic Dietetics.



Dr. G. Bhaktavatsalam, Chairman of KG Group of Hospitals inaugurating the CME Program

CME ON RHEUMATOID ARTHRITIS

The Ayurvedic Trust, Coimbatore with support of Department of AYUSH, Ministry of Health & Family Welfare under the Centre of Excellence Program is organized a Continuing Medical Education (CME) Program in Ayurveda on Rheumatoid Arthritis on March 28th at Ratna Residency, Coimbatore. The CME Program was inaugurated by Dr. G. Bhaktavatsalam, Chairman, KG Group of Hospitals, Coimbatore. The CME Program highlighted the diagnosis and treatment of Rheumatoid arthritis from an Ayurvedic perspective through the thought provoking lecture of Dr. Gopakumar. The resource persons gave insights on assessment of Rheumatoid Arthritis on the basis of Ayurvedic classification of diseases. There were discussions regarding controversies surrounding Ayurvedic understanding of Rheumatoid Arthritis. Dr. Vasudevan Namboothiri, Director, DAME, Govt. of Kerala, elaborated the Ayurvedic principles of management of Rheumatoid Arthritis. In the backdrop of the challenges faced by Modern Medicine in management of Rheumatoid Arthritis, the CME Program identified the areas and scope for effective management of the condition by Ayurvedic interventions. Clinicians shared their experiences in managing Rheumatoid Arthritis through Ayurveda. Dr. KT Jayakrishnan, CMO, Arya Vaidya Pharmacy, Chennai gave a succinct discourse on Ayurvedic principles of diagnosis and treatment of Rheumatoid Arthritis. Guidelines were provided on clinical documentation and reporting of Rheumatoid Arthritis cases treated with Ayurveda by Dr. M.S. Kamat, Head of Dept. of Ayurveda, Kasturba Medical College, Manipal. Current updates on research in Rheumatoid Arthritis in the field of Ayurveda was elaborated by Dr. P. Ram Manohar, Director of Research, AVTAR. Recent advances in Modern Medicine with regard to diagnosis and management of Rheumatoid Arthritis was also dealt with by Dr. Gnanaraj, Consultant Orthopedician. About 120 practitioners attended the CME Program.

PRESENCE IN CONFERENCES AND MEETINGS

The Director of AVTAR, Dr. P. Ram Manohar attended the following conferences and meetings.

1. Invited Speaker, 3rd Svastha International Ayurveda Conference, organized by College of Ayurveda, UK at Colombo on 2nd and 3rd January, 2010.
2. Invited Speaker, "Scientific Aspects of Principles and Practice of Panchakarma", INDO-US Delegation to India, Dept. of AYUSH, Ministry of Health and Family Welfare, Govt. of India, Hotel Ashoka, New Delhi, January 29 to February 3, 2010.
3. Invited Speaker, "Research Proposal on Ayurvedic Management of Uterine Fibroids", INDO-US Delegation to India, Dept. of AYUSH, Ministry of Health and Family Welfare, Govt. of India, Hotel Ashoka, New Delhi, January 29 to February 3, 2010.
4. Invited Speaker, "Clinical Documentation in Ayurveda - Practitioner's Viewpoint", Panacea - CME Program at Vaidyaratnam Ayurveda College, Ollur, Thrissur on 23 February, 2010.

5. Invited Speaker, "Nutraceuticals in Ayurveda" and "Tableting methods for Ayurvedic Medicines", ROTP on Rasashastra and Bhaishajyakalpana, Benares Hindu University, Varanasi, 13 March, 2010.

6. Chief Guest and Invited Speaker, "Importance of Research in Career Building", Bio Entrepreneurship Summit 2010, NGP College of Arts and Science, Coimbatore, 18 March, 2010.

COMMITTEE MEETINGS

1. Meeting of the Committee to examine the revision of syllabus for graduate courses in Ayurveda and Diploma/Certificate courses in Pharmacy and Nursing held at the Dept. of AYUSH, Govt. of India, New Delhi on 8th March, 2010.
2. Meeting of the Committee to reintroduce 7 1/2 BAMS course with Pre Ayurveda and to start PG Courses in Centers of Excellence with no UG teaching program, CCIM, New Delhi, 25th March, 2010.

MEETINGS AND CONFERENCES ATTENDED BY OTHER STAFF OF AVTAR

Mr. Sujith Eranezhath, Senior Research Fellow, AVTAR attended an Indo-German DAAD workshop on 'New Innovations on Biotechnological Applications' between February 16th to 26th organised by VIT University and Leibniz Universität Hannover, Germany.

Dr. Sundara BR Kasinath, Asst. Chief Research Officer, AVTAR was special invitee to the 3rd Executive committee meeting of the National Pharmacovigilance program for ASU drugs at AYUSH on 15th FEB 2010.

During the National Symposium on Alternative Medicine on 1st and 2nd March 2010, organized by Department of Industrial Biotechnology, Karpagam University, Coimbatore, the Lead lecture on "Ayurveda Formulations and Standardization of Drugs" was delivered by Dr. Anita, Senior Research Officer, AVTAR and a paper was presented on "SOP for the preparation on Thailam (Medicated oils) as outlined in Ayurvedic classics" by Dr. Srividya, Senior Research Officer, AVTAR

VISITORS AT AVTAR

The following eminent personalities visited AVTAR between January and March, 2010.

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| <ol style="list-style-type: none"> 1. Amb. Swashpawan Singh, Former Ambassador to Switzerland and Hon. Advisor for International Cooperation, Dept. of AYUSH. 2. Dr. Simone Hunziker, Founder of Swiss Ayurveda Medical Academy (SAMA), Switzerland. | <ol style="list-style-type: none"> 3. Dr. Kazuo Uebaba, Toyama University, Japan 4. Dr. Hiroko Ogawa, Toyama University, Japan 5. Dr. Lazar Mathew, Director of Life Sciences, VIT, Vellore. 6. Mr. A.V. Balasubramaniam, Center for Indian Knowledge Systems, Chennai. 7. Dr. Ram Mahalingam, Associate Professor, Dept. of | <p>Psychology, University of Michigan.</p> <ol style="list-style-type: none"> 8. Mrs. Premakumari, Head of Dept. of Food and Nutrition, Avinashilingam University for Women 9. Dr. Gnanaraj, Consultant Orthopedician, Coimbatore 10. Dr. S. Kamath, Head, Dept. of Ayurveda, Kasturba Medical College, Manipal |
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RUDRA PROGRAM



The implementation of the RUDRA Program is progressing at slow pace in IPGTRA, Jamnagar, NIA, Jaipur and CRIA, New Delhi.

At present, modules for In Patient Documentation has been installed at IPGTRA, Jamnagar. At NIA, Jaipur Out Patient Documentation modules have been installed. The Rapid Assessment Forms for documentation of OPD cases has also been installed at NIA, Jaipur.

CCRAS, New Delhi, is in the process of setting up central server for implementing RUDRA Program in several nodal centers and units. It is expected that the installation of the Rapid Assessment forms for documentation will improve the compliance.

The HTML version of the RUDRA Program is now almost completed for Version I. Facility for barcode scanning has also been included now. The HTML version of RUDRA has now been successfully installed at Department of Ayurveda, KMC, Manipal. Training will take place in the month of April and it is expected that the documentation will become full fledged by the month of May. Sreedhareeyam Ayurveda Hospital for Eye Care has signed an MoU with AVTAR for implementation of RUDRA Program.

COCONUT PROJECT



AVTAR is executing a research project for value addition of Virgin Coconut Oil with a grant from the Coconut Board, Ministry of Agriculture, Govt. of India.

The focus of the project is to develop a blending technology that will ensure optimal extraction of herbs into VCO without affecting the qualities of VCO.

In the first phase of the study, standardization of classical Ayurvedic method of blending VCO with herbs is being done. Kitchen Method of VCO extraction has been standardized and compared with the industry method. A herbal formulation has been selected for blending with VCO. This formulation containing 24 herbs will be targeting hyperlipidemia. Few markers have been identified from these herbs to standardize the blending process.

A preliminary study comparing the extraction of herbs in coconut milk, industry VCO and Copra Coconut Oil revealed that the maximum extraction of herbs was achieved in Copra Coconut Oil. This study is being repeated to reconfirm the result as well as to optimize the blending process. An animal study to evaluate the anti-hyperlipidemic effect of the oil will be conducted this year.

Research Journals

AVTAR has taken up the publication of the Ancient Science of Life, the research journal from the AVP Group since 1981. The Oct Nov Dec 2009 issue was released in March. ASL is online at www.ayurvedajournals.org

AVTAR will launch two more research journals this year. AVTAR has entered into an agreement with Medknow Publishers to launch a new research journal called JOURNAL OF CLINICAL RHEUMATOLOGY IN AYURVEDA (JCRA) which will be published twice a year.

AVTAR is also launching a journal exclusively dedicated to core concepts and practice in Ayurveda. This journal will be known as THEORETICAL AND EXPERIMENTAL JOURNAL OF AYURVEDA AND SIDDHA (TEJAS). TEJAS will be published once in a year.

More information is available at www.ayurvedajournals.org

New Recruitments

DR. SREEDHA

Dr. Sreedha has been appointed as JRF for the Coconut Project and replaces Dr. Sreepriya.

MR. SATISH

Mr. Satish has been deputed to AVTAR as Accountant to manage CoE Project Finances.

MRS. BINU JOJU

Mrs. Binu JoJu has been appointed as Receptionist.

Resignations

DR. SREEPRIYA

Dr. Sreepriya resigned from AVTAR in March.

Leave

DR. THIRUNAVUKKARASU

Dr. Thirunavukkarasu, SRO, AVTAR has gone on leave to complete his PhD.

AVTAR is the research division of the AYURVEDIC TRUST, Coimbatore, which is the charitable wing of the Arya Vaidya Pharmacy Group of Institutions.