

# AVTAR NEWSLETTER

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AVT Institute for Advanced Research  
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## DHARA Project Phase I completed

DHARA Project Phase I was completed and a review meeting of the same was held on 4th July 2011 at the CCRAS head quarters, New Delhi. The review meeting chaired by Dr. Ramesh Babu Devalla, Director General of CCRAS and was also attended by eminent representatives of CCRAS and AYUSH like Dr. M.M. Padhi, Dr. Ala Narayana, Dr. N. Srikanth and Dr. S. Syed Hissar. Dr. P. Ram Manohar, Director, AVTAR made a detailed presentation on the work done and on the progress of the project. A detailed demonstration of DHARA portal was made to show the general search options, author citation, linking of freely available articles etc.

The CCRAS representatives appreciated the efforts of the investigator as all the objectives/tasks of Phase I were completed and additional efforts have been put-in to make the DHARA web-portal more user-friendly and the members were of the opinion that the data base developed is very useful to the research scholars and the Ayurveda fraternity. It was also suggested that the AYUSH Research Portal could be linked mutually with each other through NIMH, Hyderabad.

DHARA at the moment contains data from about 700 journals with 6000 articles and is growing every day. DHARA can be accessed online at [www.dharaonline.org](http://www.dharaonline.org)

## Ancient Science of Life to be published by Medknow



The Ayurvedic Trust has entered into an MoU with Medknow Publications to position Ancient Science of Life (ASL) into a premier open access, indexed, quarterly journal which would be available both in print and online from 2012. Dr. D. Sahu, CEO of Medknow publications and Shri. P.R. Krishnakumar, Managing Trustee of The Ayurvedic Trust signed the Memorandum of Understanding. Medknow has a learning curve of over 12 years in scientific journal publications and management of more than 135 print +online journals. They have pioneered the area of scientific publication in a way that is unmatched and no other publisher in the world has a similar experience in open access journal publishing on behalf of learned and reputable societies/ associations.

Ancient Science of Life, will publish full-length original papers and reviews on Ayurveda and allied disciplines and all forms of traditional medicine. The journal already provides an interdisciplinary platform for linking traditional knowledge with the latest advancements in science. Preference will be given for contributions that interface Ayurveda with disciplines like botany, ethnobotany, ethno-medicine, ethno-pharmacology, biology, biotechnology, medicinal chemistry, pharmacology, clinical pharmacology, phytochemistry, pharmacognosy, clinical research, animal experiments and the like. Papers on ayurveda from the perspective of history of medicine, medical anthropology, medical sociology, epidemiology and community medicine will also be accepted. Original literary studies covering aspects of linguistics, philology, literary criticism and critical editing of the primary literary sources of Ayurveda and other traditional systems of medicine will also be accepted for publication. All submissions will be subjected to stringent peer review process before publication. ASL has completed 30 years of publication and is accessible online at [www.asl.ayurvedajournals.org](http://www.asl.ayurvedajournals.org). The new website is being set up at [www.ancientscienceoflife.org](http://www.ancientscienceoflife.org).

## New consultant at NETRA Specialty Clinic

**Dr. Sreejith Mukkadakkat**, B.A.M.S., Chief Physician, Mukkadakkat Nethra Chikitsalayam, Palakkad, an Ayurvedic center in Ophthalmology is visiting the NETRA Specialty Research Clinic managed by AVTAR every month.



Articles at a Glance	
All Articles :	5799
Full Text :	2195
Free Full Text :	1445
Paid Full Text :	750
Abstract Only :	2839
Title only :	765

## 8th AVTAR Annual Day & CME Program

The 8th Annual Day of AVTAR was celebrated on 10th July 2011. The program started at 9 am in the morning. The dignitaries who were present lighted the lamp as a mark of auspiciousness. Mr. Sujith Subash delivered the welcome address. A small video highlighting the various activities of AVTAR was screened after the welcome address.

Sri. P.R. Krishna Kumar, Managing Director of the AVP group gave the Presidential address. Dr. Nandini K. Kumar, Former Deputy Director General of Indian Council for Medical Research and presently Co-Investigator of NIH Project at National Institute of Epidemiology, Chennai was the Chief Guest of the program. She pointed out that most of the practices of traditional medicine were established centuries ago, but we have to rediscover and present them in the language of contemporary science for wider acceptance. This was followed by addresses by the guests of honor.

Dr. Abhimanyu Kumar, Professor and Pediatrician at National Institute of Ayurveda, Jaipur said that the growth achieved by AVTAR in various areas of research was commendable. Dr. Vasumathi Sriganesh, CEO of QMed Foundation talked about the importance of scientific evidence to back up the tradition of Ayurveda. Tokens of appreciation were given away to Mr. Sujith Subash (Senior Research Officer), Dr. Anita Mahapatra (Senior Research Officer), Mr. Naveen Kumar (Assistant Manager, Software Operations) for their contributions in respected areas of activities at AVTAR. Dr. P. Ram Manohar, Director of AVTAR then responded to the remarks of the Chief Guest and Guests of Honor. He said that in the future, AVTAR would be constituting awards and recognitions for excellence in research. He pointed out that there is a need

to cultivate the research aptitude in the field of Ayurveda. Dr. Aranya delivered the Vote of Thanks and the meeting concluded with the National Anthem.

A CME Program for practicing physicians was organized at the Seminar Hall of the Ayurvedic Trust on 10th July 2011 in connection with the 8th AVTAR Annual Day. About 75 participants attended the program.

The following lectures were delivered during the CME Program

“Innovative Techniques in Ayurvedic Orthopaedics” by Dr. Suresh Kumar, Chief Physican, Triveni Nursing Home, Thiruvananthapuram.

“Identification of Marma, Marma Adangals and their Treatment” by Dr. K.T. Vinod Krishnan, Amiya Ayurvedic Nursing Home, Pattambi.

“Understanding of Anorectal Diseases and Management in Clinical Practices” by Dr P. Ramesh Bhat, Medical Superintendent, Prof. & Head, Sri Sri College of Ayurvedic Sciences and Research Hospital, Bengaluru.



### CME at Tripunithara

AVP organized a CME Lecture on Research in Ayurveda at Tripunithara Ayurveda College on 18th August 2011. Dr. P. Ram Manohar gave an overview of the research initiatives in Ayurveda at AVP and also highlighted the priority areas for research in Ayurveda.

### Ashtanga Hridaya Nidana Workshop

A workshop on Ashtanga Hridaya Nidana Sthana was conducted at Amrita Ayurveda College, Kollam, Kerala on 27th and 28th of July 2011. Dr. P. Ram Manohar delivered lectures on Kushtha Chikitsa and Pandu Chikitsa on 28th July 2011.

### Dahanukar Memorial Lecture

A lecture on "The relevance of an evidence based approach to clinical practice in Ayurveda" was organized to commemorate the 11th Death Anniversary of Late Dr. Sharadini Dahanukar, Former Dean of B.Y.L. Nair Hospital, Mumbai. The lecture was organized at the B.Y.L. Nair Hospital Mumbai on 4th August, 2011.

Dr. Sharadini Dahanukar was born in Bombay in 1945. She had her formal education in Bombay and was a merit rank holder at the S.S.C. examination. She joined the Seth G.S. Medical College and passed her MBBS with flying colours in 1969. After acquiring M.D. in Pharmacology Dr. Dahanukar showed keen interest in the pharmacological actions of Indian medicinal plants and took formal training in Ayurved from Vaidya Veni Madhav Shastri Joshi. Her initial work culminated in a Ph.D. in

which she developed a novel approach for interpreting tenets of Ayurveda in contemporary scientific language. The Commemorative Lecture was delivered by Dr. P. Ram Manohar, Director of Research, The Ayurvedic Trust, Coimbatore, from 2 pm to 4 pm. This was followed by interactions and discussions. Dr. Nirmala Rege gave an introduction of Late Dr. Sharadini Dahanukar and her contributions to medicine and Ayurveda. The lecture was attended by doctors and scientists from both Ayurveda and Allopathy.



## Nyaya Vaiseshika Seminar at Thiruvananthapuram

The Department of Nyaya, Government Sanskrit College, Thiruvananthapuram conducted a two day National Seminar on "Contribution of Nyaya Vaiseshika Philosophy to Ayurveda" on 25th and 26th of August 2011 under the auspices of the University Grants Commission in collaboration with Govt. Ayurveda College, Thiruvananthapuram. The program was conducted at the Auditorium of the Government Sanskrit College in Thiruvananthapuram. Dr. P. Ram Manohar, Director of Research, The Arya Vaidya Pharmacy chaired a session on the topic "Means of Knowledge" and also gave a lecture on "Nyaya, Vaiseshika and Ayurveda".

## Seminar on Psychology and Psychiatry in Ayurveda, Germany



Dr. P. Ram Manohar conducted a two day seminar on "Psychology and Psychiatry in the Tradition of Ayurveda" at the European Ayurveda Academy, Birstein, Germany on 8th and 9th of September, 2011. There were 20 sign ups for the seminar which covered various theoretic and practical aspects of Psychology and Psychiatry in Ayurveda.

## 13th International Ayurveda Symposium, Germany

The 13th International Ayurveda Symposium was organized at the European Ayurveda Academy on 10th and 11th of September, 2011. Dr. P. Ram Manohar gave a keynote address on "Diagnostics in Ayurveda - Solution Oriented Trouble Shooting", a lecture on "Panchakarma and Panchasodhana - Therapeutic Procedure vs Classification" and also participated in the Satellite Symposium on Research in Ayurveda. The focus of the symposium this year was diagnostics in Ayurveda and Panchakarma. Participants came from about 15 countries. Eminent scholars of Ayurveda from India representing the Benares Hindu University, National Institute of Ayurveda, Tilak Ayurveda College and other key institutions participated in the program. The research satellite symposium was conducted in collaboration with Charite Medical University, Berlin.



## 60th Birthday Celebrations of P.R. Krishna Kumar

The 60th birthday of Sri. P.R. Krishna Kumar was celebrated on 21, 22 and 23 of September, 2011 at The Ayurvedic Trust Campus. On 21st September, a Seminar on Spirituality and Management was conducted. On 22nd September, the Alumni meet was organized. In the afternoon, there was a Seminar on Chronic Diseases and their Ayurvedic Management. On 23rd September, a Seminar on Innovations in Education was organized and in the evening there was a series of talks on India - from a Scientific and Cultural perspective by eminent personalities. For more detailed report please visit [www.prkrishnakumar.com](http://www.prkrishnakumar.com) and [www.avpayurveda.com](http://www.avpayurveda.com).

## Nomination to Sub Committee of Planning Commission for Research and Industry

Dr. P. Ram Manohar, Director of Research, AVTAR has been nominated to the sub-committee for Research and Industry, National Planning Commission of India to formulate strategies and projects for the 12th Five Year Plan.

## 2nd DHARA Consultative Meeting

The 2nd Consultative Meeting of DHARA (Digital Helpline for Ayurveda Research Articles) was conducted at the Board Room of the Ayurvedic Trust on 10th July 2011. DHARA was initiated in August 2010 with funding from the Central Council for Research in Ayurvedic Science (CCRAS), Dept. of AYUSH, Ministry of Health and Family Welfare, New Delhi. The DHARA database is accessible online as a beta version and is under testing. A team of experts gathered at the Ayurvedic Trust on 10th July, 2011 to review the work completed and to outline the roadmap for the future. For more detailed report please visit [www.avpayurveda.com](http://www.avpayurveda.com).

## Newly Released DVD



A DVD titled "Ayurvedic Parasurgical Procedures" covering all aspects of diagnosis and treatments of Ano-Rectal and some Specific Diseases is prepared by the SASTRA Team, AVTAR. This DVD gives 1 hour live coverage of the Ayurvedic Procedures by renowned Ayurvedic Practitioners, along with an interactive session.

## AVTAR Lecture Series

### Ms. Vasumathi Sriganesh & Dr. Supriya Bhalero

On 11th July, 2011 a lecture was organized for the doctors and researchers of the Ayurvedic Trust, Coimbatore. The Resource Persons were Ms. Vasumathi Sriganesh, CEO, QMed Foundation Mumbai who spoke on "Lecture on Literature Search" and Dr. Supriya Bhalero, Senior Research Officer, Clinical Pharmacology Department, Nair Hospital, Mumbai, who presented "Statistics in Ayurveda Research" was very enlightening. The Interactive Session post the Presentation by the resource persons was beneficial to one and all.

### Lecture on Pulsometer by Abhinav

A Lecture was organised on "Pulsometer- a recent development on Nadi based diagnosis", by The AVT Institute for Advanced Research, AVTAR as a part of its Integrative Initiative in Science and Ayurveda (IISA) Program on 07th August 2011, 02:00PM - 04:00PM at the Seminar Hall, The Ayurvedic Trust, Coimbatore. The Lecture was given by Mr. Abhinav, Managing Director - Cardea Labs and Cardea Biomedical Technologies Pvt. Ltd, Former Research Associate - C.B.M.E. (Indian Institute of Technology - Delhi & All India Institute of Medical Sciences, New Delhi), Stanford India Biodesign Affiliate.



Abhinav is an Electronics and Instrumentation engineer from Vellore Institute of Technology, Vellore and has worked at the Centre for Biomedical Engineering - (IIT Delhi and AIIMS) for 4 years, before venturing into Cardea Biomedical Technologies. He has 6 patents (approval awaited). He has designed a patented (awaiting approval) ECG patch which can be used to instantly capture the ECG signals on the mobile phone. To his credits he has developed a novel pulse recording instrument that captures signals from the radial artery non-invasively. His products include Physio-mouse (a computer mouse that measures physiological parameters), a low cost mechanical nebulizer, and noninvasive blood glucose monitoring unit, wireless ECG using Zig-Bee amongst others. He is supported by the Technology Entrepreneurship Promotion Program of DSIR (Govt. of India) to develop "Biomedical Engineering Application Toolkit".

### Visitors at AVTAR

1. **Dr. Nandini K Kumar**, Former Deputy Director General, ICMR and presently Co-Investigator, NIH Project, National Institute of Epidemiology, Chennai.
2. **Dr. Abhimanyu Kumar**, Professor, National Institute of Ayurveda, Jaipur.
3. **Dr. Vasumathi Sriganesh**, CEO, QMed Foundation, Mumbai.
4. **Dr. Supriya Bhalero**, Senior Research Officer, Nair Hospital, Mumbai.
5. **Dr. Vivek Shankar**, Institute of Ayurveda and Integrative Medicine, Bangalore.
6. **Dr. Guruprasad**, Institute of Applied Dermatology, Kasaragod.
7. **Dr. Kishor Patwardhan**, Benares Hindu University, Varanasi.
8. **Deepak Dharmadam**, Senior reporter, Amrita Television, Ernakulam.
9. **Dr. Sree Kumar**, Kannur Ayurveda College.
10. **Mr. Abhinav**, Managing Director - Cardea Labs and Cardea Biomedical Technologies Pvt. Ltd, New Delhi.
11. **Mr. Balakrishnan**, Mumbai.
12. **Ms. Maiza**, Oxford University, UK.
13. **Dr. Sudeesh Kumar**, Vaidyaratnam Nursing Home, Thrissur.
14. **Dr. Suresh**, Vaidyaratnam Nursing Home, Thrissur.
15. **Dr. P.B. Smina**, Vaidyaratnam Nursing Home, Thrissur.
16. **Prof. C. Namasivayam**, Dean, Faculty of Science Bharathiar University.
17. **Dr. Lazar Mathew**, Former Head- Life Sciences, DRDO.
18. **Dr. Thankamani**, Prof. and Head, Dept. of Kerala University, Trivandrum.
19. **M.M. Padhi**, CCRAS, New Delhi.
20. **Dr. Raghu**, Asst. Advisor, Dept. of AYUSH.
21. **Dr. Srinivas Acharya**, SDM Ayurveda College, Udupi.
22. **Dr. Dilip P. Gadgil**, Managing Director, Niramaya Ayurvedic Research & Consultancy Pvt. Ltd., Maharashtra.

### Meetings and Workshops

#### Dr. P. Ram Manohar, Director of Research, AVTAR

1. DHARA Meeting at CCRAS, New Delhi, July 4, 2011.
2. Ashtanga Hridaya Nidana Workshop, Amrita Ayurveda College, 28 Jul, 2011.
3. Mumbai Nair Hospital S. Dahanukar Memorial Lecture Aug 4, 2011.
4. CME on Ayurveda Research at Tripunithara on 18th Aug, 2011.
5. Nyaya Vaiseshika Seminar at Thiruvananthapuram on 26th Aug, 2011.
6. Seminar on Psychology and Psychiatry in ayurveda, EAA, Birstein, Germany 8-9, Sep, 2011.
7. 13th International Ayurveda Symposium, EAA, Birstein, Germany 10-11, Sep, 2011.

#### Mr. Sujith Subash, Senior Research Officer, AVTAR

1. S. Dahanukar Memorial Lecture, Mumbai Nair Hospital, Aug 4, 2011.
2. Lecture on Nadiyantra, Manipal University, Manipal on 25 - 26, July, 2011.

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