

## CONFERENCE REPORT

REPORT OF THE 12<sup>th</sup> IASTAM ORATION AND AWARD FUNCTION AND “INTERNATIONAL CONCLAVE ON MULTI-TARGETED THERAPEUTICS IN UNANI AND AYURVEDIC MEDICINE & FOOD SUPPLEMENT” ORGANIZED BY CENTRE OF EXCELLENCE IN UNANI MEDICINE (PHARMACOGNOSY AND PHARMACOLOGY) DURING JULY 29 & 30, 2022 AT JAMIA HAMDARD, NEW DELHI, INDIA

# SCIENTIFIC PROGRAM



# **CONFERENCE DAY 1**

# **INAUGURAL SESSION**

# INAUGRATION PROGRAM

03:30	Arrival of Chief Guest
03:30-03:36	Recitation from the Holy Quran
03:36-03:40	Hamdard Tarana
03:40-03:50	Planters Presentation & Felicitation
03:50-03:54	Welcome Note by Organizing Chairman, Prof SM Arif Zaidi
03:54-03:58	Introduction to the theme of Conclave by Organizing Secretary, Dr. Sayeed Ahmad
03:58-04:02	Introduction to IASTAM by President IASTAM, Dr CK Katiyar
04:02-04:04	Release of Abstract Book Introduction to Award Function by Chairman Scientific Services, IASTAM, Dr Narendra Bhat
04:04-04:09	Introduction to Award Function by Chairman Scientific Services, IASTAM, Dr Narendra Bhat
04:09-04:45	Award Ceremony by Dr Zeenat Iqbal
04:45-04:50	Address by Guest of Honor, Prof Asim Ali Khan
04:50-04:55	Address by Guest of Honor, Dr Mukhtar A Qasmi
04:55-05:05	Address by Chief Guest, Shri Shekhar Dutt
05:05-05:10	Presidential Address by Vice Chancellor, Prof M Afshar Alam
05:10-05:20	Vote of Thanks by Registrar Jamia Hamdard, Mr SS Akhtar
05:20-05:23	National Anthem
05:23	High Tea

## **NEWS REPORT IASTAM CONCLAVE 2022**

**12<sup>th</sup> IASTAM Oration and Award Function and “International Conclave on Multi-targeted therapeutics in Unani and Ayurvedic Medicine & Food Supplement” organised by Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology) during July 29 & 30, 2022 at Jamia Hamdard, New Delhi**

The 12<sup>th</sup> Indian Association for the Study of Traditional Asian Medicine Oration and Award Function and “International Conclave on Multi-targeted therapeutics in Unani and Ayurvedic Medicine & Food Supplement” was organised by Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology), School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi during **July 29-30, 2022**.

The Conclave was focused on “Traditional Indian Medicine especially Unani, Ayurveda, their products and raw materials including Ethnopharmacology in development of scientifically validated quality products from medicinal plants and their regulatory aspects”. It highlighted several crucial and contemporary issues of AYUSH (especially Ayurveda, Yoga, Unani and Siddha) and Indian Medicinal Plant Research. The event was an earnest attempt to bring together eminent scientists, teachers, practitioners, researchers, manufacturers, traditional healers and students related to AYUSH, traditional medicine, pharmacy and biological sciences from different corners of our country and abroad.

Jamia Hamdard, an outstanding institution of higher learning with distinct and focused academic programs, has recently been recognized as Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology) and as Institution of Eminence by the Govt of India. The School of Pharmaceutical Education and Research (SPER) at Jamia Hamdard is one of the oldest and most reputed Pharmacy Institutes of India and has been ranked #1 amongst the Pharmacy Schools of the country (NIRF, Ministry of HRD, Govt. of India).

The International Conclave witnessed the presence of more than 100 renowned speakers from India and many other countries including, USA, UK, Russia, UAE, KSA, Bangladesh, Nepal, Iran etc and above our 1000 delegates from India and abroad.

The program consisted of about three orations, three keynote speeches and above 24 plenary lectures from renowned scientists, more than 30 short lectures and 12 HAH award lectures from young scientists. Moreover, nearly 30 oral presentations and above 220 poster presentations was made by young researchers, scholars and Post-Doc fellows from all across the World.

Exhibitions of various Unani and Ayurvedic medicine manufacturers as well as a Health Mela with various AYUSH clinics showcasing the Indian

System of Medicine, was also organized, which was open for general public during all the two days. There were also two public lectures sponsored by UDMA. Many traditional healers from different parts of the country participated.

In addition to this, IASTAM India hosted 12 awards in Ayurvedic Research and 02 awards in Unani Medicine, who were felicitated with highly renowned awardees of their field during inaugural function and award ceremony.

The Program was inaugurated by Shri Shekhar Dutt, former Governor Chhattisgarh as chief guest whereas Prof Asim Ali Khan Director General CCRUM, Ministry of Ayush, Govt of India, and Dr Mukhtar A Qasmi, Advisor, Ministry of Ayush as Guests of Honour. The program was co- presided by Janaab Hammad Ahmed, Chancellor, Jamia Hamdard and Prof M Afshar Alam, Vice Chancellor, Jamia Hamdard in presence of organising chairman Prof S M Arif Zaidi, Dean SUMER and Dr CK Katiyar, President IASTAM and Organising Secretary Dr Sayeed Ahmad, Coordinator of Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology) project at Jamia Hamdard. Many Vice Chancellors and Directors were part of deliberations. One of the main highlights of the session was release of the Abstract book for the International IASTAM Conclave 2022, organised by Centre of Excellence in Unani Medicine (Pharmacognosy and pharmacology) Bioactive Natural Product Laboratory, School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi in association with IASTAM. The award function was forwarded by Dr Narendra Bhat, Chairman Scientific Services, IASTAM. The session ended with a vote of thanks by Mr SS Akhtar, Registrar, Jamia Hamdard, New Delhi, India.

The inaugural session was followed upon by three oration lectures in the presence of orators Mrs Shailaja Chandra, Former Chief Secretary, Govt. of Delhi, New Delhi, India, Dr Liyaqat Ali, Vice Chancellor, Bangladesh University of Health Sciences, Dhaka, Bangladesh, and Dr Madhu Dikshit Former Director, CSIR, CDRI, Lucknow, India. Inaugral dinner was hosted by Janaab Hammad Ahmed Honourable Chancellor, Jamia Hamdard. Cultural evening of the conclave was graced with Qawwali by Munner Niyazi & Group.

Day 2 of the conclave witnessed parallel scientific sessions in 05 halls and the event was pioneered by the welcome address and introduction to conclave. Speaking on the occasion Dr Sayeed Ahmad, Organizing Secretary, IASTAM Conclave 2022 delivered a talk on “Multi-targeted therapeutics in Unani and Ayurvedic Medicine and Food supplement”.

The Synergy Hall 1 was dedicated to “Science of synergy” wherein the plenary lectures was forwarded by speakers Dr Mohammad Kamil, Lotus Academy, UAE, Dr Sitesh Bachar, University of Dhaka, Bangladesh, Dr. Prasoon Gupta, IIIM, Jammu, and Dr. Hifzur R Siddique followed by second plenary session on “Multi-targeted therapeutics” with speakers Dr Sanjay Jachak, NIPER, Mohali, Chandigarh, India, and Dr IP Singh,

NIPER, Mohali, Chandigarh, India. The Temperament Hall 2 was dedicated to “Science of Prakruti/Mizaj/Temperament” for delivery of plenary lectures by speakers Dr N Srikant, CCRAS, Ministry of Ayush, India, Dr Abdul Rauf, AMU, India, Dr Ghulamuddin Sofi, NIUM, Bangalore, India and Dr N Zaheer Ahmed, CCRUM, Chennai, India followed by session on “Science of Shodhana/Detoxification” wherein the speakers were Dr PK Prajapati, PCIM, Ministry of Ayush, India, Dr Rajiva Kumar Rai, Dabur India, Ltd, India, Dr Anil Kumar Sharma, AIMIL Pharmaceuticals, India and Dr Bidhan Mahajon, CCRAS, New Delhi, India. Aahaar Hall 3 was on “Scientific validation of traditional claims & Ethnopharmacology” with speakers Dr Sanjay Tamoli Abhinav Health Care Products Pvt. Ltd, Mumbai, India, Dr Prakash Itankar Nagpur, India, and Dr Pramod H J KLE, Belgaum, India followed by session on “Functional foods & Nutraceuticals/AYUSH Aahaar” with speakers Dr Ranjan Mitra Dabur India, Ltd, India, Dr L Satyanarayan Bhartiya Vidyapeeth, Pune, India, Dr Mamta Prajapati FICSI, India and Dr M Tanveer Alam IIP, Mumbai, India. HAH Award Hall 4 was dedicated to “Hakeem Abdul Hameed Young Researcher Award Presentations” followed by “Short lectures” and UDMA Hall 5 had “Oral presentations” and “Special session on Unani Medicine by UDMA”. In the mean time, Poster presentation sessions were also conducted.

The valedictory session consisted of poster awards, oral awards and felicitation ceremony graced by the presence of Prof. M Afshar Alam, Honourable Vice Chancellor, Jamia Hamdard, Dr C K Katiyar, Chairman of IASTAM Conclave 2022, Prof. S M Arif Zaidi, Dean SUMER, Dr Narendra Bhat Chairman scientific services IASTAM Conclave, Dr Kirti Bhati, Secretary General IASTAM, MR S S Akhter, Registrar, Jamia Hamdard and Dr Sayeed Ahmad as Organising Secretary, Coordinator: Centre of Excellence and Unani Medicine, SPER, Jamia Hamdard, New Delhi, India.

Major companies participated as sponsors in the program including Hamdard Laboratories India (Food Division), Dabur India Ltd, TIMER, AIMIL Pharmaceuticals, Ayuswastha, Nasreena hair oil, Nature and Nurture, Rex Remedies, Dehlavi, Limra Remedies, Rahat Herbals etc





# Highlights



Recitation from the Holy Quran



Welcoming of Chief guest, Sri Shekhar Dutt



Welcoming of Guest of Honor, Prof Asim Ali Khan

# Highlights



Welcome note by Organizing Chairman, Prof SM Arif Zaidi



Planter and Memento presentation to Dr C.K Katiyar



Introduction to Conclave by Dr C.K Katiyar

# Highlights



Release of Abstract Book



Address by Guest of Honor, Prof Asim Ali Khan



Address by Chief guest, Sri Shekhar Dutt



Press coverage

# ORATION LECTURES

ORATORS	CHAIRPERSONS
<p><b>Oration 1</b>  <b>IASTAM Pt. Shiv Sharma Oration for contribution to promotion of Ayurveda</b>  <b>Mrs. Shailaja Chandra</b>  <i>Former Chief Secretary, Govt. of Delhi, New Delhi, India</i></p>	<p><b>Dr Narendra Bhat</b>  Past President, Chairman, Scientific Services IASTAM, Pune, Maharashtra, India</p>
<p><b>Oration 2</b>  <b>IASTAM Zandu International Oration for research contributions to Natural products</b>  <b>Dr. Liyaqat Ali,</b>  <i>Vice Chancellor, Bangladesh University of Health Sciences, Dhaka, Bangladesh</i></p>	<p><b>Dr Pulok K Mukherjee</b>  Director, IBSD Imphal, Manipur, India</p>
<p><b>Oration 3</b>  <b>IASTAM Zandu International Oration for research contributions to Ayurvedic products</b>  <b>Dr. Madhu Dikshit</b>  <i>Former Director, CSIR, CDRI, Lucknow, India</i></p>	<p><b>Dr M Afshar Alam</b>  Vice Chancellor, Jamia Hamdard, New Delhi, India</p>

# Oration 1: IASTAM Pt. Shiv Sharma Oration for Contribution to Promotion of Ayurveda

**Mrs. Shailaja Chandra**

Former Chief Secretary, Govt. of Delhi, New Delhi, India



**Smt. Shailaja Chandra** has been awarded for ‘Excellence in Propagation of Ayurveda’ and the services rendered to develop the AYUSH Sector.

In oration lecture, she briefed about her career and her journey in pharmacy.

During prolonged career, she explicitly contributed to the health care sector on designing, negotiating, and implementing important projects on the Cataract Blindness, Malaria, by-pass surgery to CGHS beneficiaries and taken several initiatives. Biodiversity and Wetland Projects have been her areas of interest.

She believes in women empowerment. She has been a role model overcoming obstacles and promoting the development of whichever institution or sector or an activity that she got associated with to make a discernible difference to it for the better of the society.

# Oration 2: IASTAM Zandu International Oration for Research Contributions to Natural Products

**Dr. Liyaqat Ali,**

**Vice Chancellor, Bangladesh University of Health Sciences, Dhaka, Bangladesh**



**Dr. Liyaqat Ali** is a biomedical scientist, educationist, and health system activist with more than 35 years of experience. With graduation in Medicine and M Phil in Medical Biochemistry from Dhaka University and Ph.D. in Medical Cell Biology from Uppsala University (Sweden). He briefed about his journey in collaboration with a fairly large number of institutions in home and abroad and his supervision and co-supervision of more than 300 MS, MPhil, MD and PhD students in various health and biomedical disciplines. He has published large no of papers and book chapters. His works on the glycemic index of local foods have also contributed in the appropriate use of carbohydrate-based diets in the management and prevention of cardio metabolic diseases.

# Oration 3: IASTAM Zandu International Oration for Research Contributions to Ayurvedic Products

**Dr. Madhu Dikshit**

Former Director, CSIR, CDRI, Lucknow, India



**Dr. Madhu Dikshit** is presently, JC Bose National Fellow at CDRI, National Chair, THSTI (Translational Health Science and Technology Institute) Haryana. former Director, CSIR-Central Drug Research Institute, Lucknow (UP), Professor in charge, Bioscience & Bioengineering, IIT Jodhpur (Rajasthan). He has been the President of The Cytometry Society of India. She briefed about her journey and her affinity for herbal and Natural products is reflected through research work in Cardiovascular, Neutrophil & Redox Biology. She has guided 37 Ph.D., with large list of publications. She also gave a presentation involved repurposing of drugs. Her research involved testing of various medicinal plants out of which liquorice showed the maximum immunomodulatory activity in hamsters, which was correlated to SARS-CoV-2 virus.

## Cultural evening



# **CONFERENCE DAY 2**

# **SCIENTIFIC SESSION**

# SCIENTIFIC PROGRAM



SYNERGY HALL REPORT

## PL 1: Science of Synergy

10:00-12:30 pm

## CHAIRPERSONS

**Ms Amina Al Haidan**, Founder & Chairman, Lotus academy, UAE

**Dr A Sherif**, AIIMS, New Delhi, India

**Dr Preeti Kothiyal**, DBUU, Dehradun

**Dr Milind J Umekar**, President, APTI, India

Lecture 1

**Dr Mohammad Kamil**, Lotus academy, UAE; Topic: Quality control of medicinal plants and herbal medicines-from Field to Firm

Lecture 2

**Dr Sitesh Bachar**, University of Dhaka, Bangladesh; Topic: Bangladeshi medicinal plants and their bioactive metabolites against SARS-CoV-2, HIV, and HBV

Lecture 3

**Dr. Prasoon Gupta**, IIIM, Jammu; Topic: Discovery of novel bioactive steroidal saponins from rhizomes of *Trillium govanianum*

Lecture 4

**Dr. Hifzur R Siddique, Topic:** The plant flavone, apigenin in liver cancer prevention and chemosensitization for sorafenib

Panel Discussion Topic: Need of Synergy based scientific studies for scientific validation of traditional claims of formulations

PANELIST:

**Dr Liaquat Ali**, Dhaka Bangladesh, **Dr Madhu Dikshit**, Lucknow, India, **Dr SK Maulik**, AIIMS, New Delhi, India, **Dr Arun Gupta**, Ayu Swasth, Pvt. Ltd, Faridabad, **Dr S Shakir Jamil**, JH, New Delhi

## PL 4: Multi Targeted Therapeutics

1:30-4:00 pm

## CHAIRPERSONS

**Dr Sarwar Alam**, JH, New Delhi, India

**Dr Arunabha Ray**, JH, New Delhi, India

**Dr Shahid Umar**, JH, New Delhi, India

**Dr Ruby Anjum**, JH, New Delhi, India

Lecture 1: **Dr Sanjay Jachak**, NIPER, Mohali, Chandigarh, India; Topic: Indian medicinal plants as a source of Anti-inflammatory Agents.

Lecture 2: **Dr IP Singh**, NIPER, Mohali, Chandigarh, India; Topic: Quantitative NMR: Analysis of essential oils

Panel discussion topic: Multi Targeted / Multi Mechanistic treatment approach of Ayush: need of scientific validation

PANELIST

**Dr Abhimanyu Kumar**, Jodhpur, India, **Dr Pradeep Vaishnav**, Nadiyad, Gujarat, India, **Dr Gopi Krishna**, KARNATAKA, India, **Dr Prasoon Gupta** IIM, Jammu, India, **Dr Shibli Jameel**, SPER JH

# Session 1: Science of Synergy

## About

Synergy is a process in which some substances cooperate to reach a combined effect that is greater than the sum of their separate effects. It is important to identify and exploit these interactions since any improvement brought by such kind of process can be advantageously used to treat human disorders.

**Dr Mohammad Kamil**  
Lotus Academy, UAE



**Topic of Presentation: *Quality Control of Medicinal Plants and Herbal Medicines-from Field to Firm***

He is actively engaged in research on Medicinal Plants since 1971 and worked in various capacities as Biochemist A.M.U. Aligarh, India during 1976-77, as Scientist's pool. (CSIR) Chemistry Dept. Aligarh from 1978-79, as Research Officer Incharge -Drug Research Lab. Ministry of Health, Govt. of India(1979-96), Head of Chemistry Dept., Hamdard University, India from 1994-96. He also substantially contributed to Drug Research and standardized chemically about 350 phytopharmaceutical herbal preparations besides standardized quite a large number of single herbal medicines. His presentation highlighted the current advances in knowledge about the safety, efficacy, quality control, marketing and regulatory aspects of botanical medicines. Phytotherapeutics agent are standardized herbal preparations consisting of complex mixtures of one or more plants which contain as active ingredients plant parts or plant material in the crude or processed state. A marked growth in the worldwide phytotherapeutics market has occurred over the last 15 years. Insufficient data exist for most plants to guarantee their quality, efficacy and safety. Plants contain hundreds of constituents and some of them are very toxic, such as the most cytotoxic anti-cancer plant- derived drugs, and the pyrrolizidine alkaloids, etc. He has identified the presence of various harmful adulterants in marketed formulations.

## Dr. Sitesh Bachar

University of Dhaka, Bangladesh



### Topic of Presentation: *Bangladeshi Medicinal Plants and Their Bioactive Metabolites against SARS-CoV, HIV, and HBV*

Dr. Sitesh C Bachar is working as a Professor in the Department of Pharmacy, Faculty of Pharmacy, University of Dhaka, Bangladesh. He received his B. Pharm and M.Pharm degrees from the University of Dhaka with credential. He has been awarded a PhD in Pharmacy from Jadavpur University, Kolkata 700 032, West Bengal, India in 1996. He described the pathophysiology of SARS-CoV-2 virus and the effect of various Bangladeshi medicinal plants against the virus. A summary of the medicinal plants accessible in Bangladesh that have been reported to have antiviral properties has been made, along with a discussion of the mechanistic insights into their bioactive components against the three most dangerous viruses, namely SARS-CoV-2, HIV, and HBV. About 37 of the 79 bioactive compounds with antiviral properties that have been identified from these plants have been reported to have considerable antiviral activity against various viruses. Numerous in silico studies have shown that hesperidin, apigenin, luteolin, seselin, 6-gingerol, humulene epoxide, quercetin, kaempferol, curcumin, and epigallocatechin-3-gallate (EGCG) can block a variety of molecular targets of SARS-CoV-2 viral replication.

**Dr. Prasoon Gupta**  
**IIM, Jammu**



**Topic of Presentation: *Discovery of Novel Bioactive Steroidal Saponins from Rhizomes of *Trillium govanianum****

He is a Principal Scientist at Natural Products & Medicinal Chemistry Division, IIM, Jammu, India. Dr. Gupta has over 20 years of research experience in the field of Traditional Indian Medicine which includes terrestrial, microbial and marine natural product chemistry. His lecture elaborated his study for identification of novel bioactive compounds from *Trillium govanianum*. The ethanol extract of the rhizomes showed potent anticancer activity against colon and breast cancer. Further, bio-activity guided phytochemical investigation led to the isolation of two novel steroidal saponins 1-2, along with 8 known compounds. The structures of the isolated compounds were elucidated on the basis of detailed spectroscopic methods (1D & 2D NMR) and HR-MS data. All the isolated compounds were evaluated for their cytotoxicity against human cancer cell lines (A549, HCT-116, MCF-7, MDA-MB-231, MIA-PACA-2, SW-620 and PC-7). Novel compounds 1-2 showed remarkable cytotoxic effect with IC<sub>50</sub> values ranges from 0.69-2.56  $\mu$ M against MIA-PACA-2, A5-49, MDA-MB-231 and SW-620 cell lines.



### Topic of Presentation: *The Plant Flavone, Apigenin in Liver Cancer Prevention and Chemosensitization for Sorafenib*

Liver cancer is the sixth most commonly diagnosed cancer and the third leading cause of cancer death worldwide. Sorafenib is an FDA-approved oral multikinase inhibitor- used to treat liver cancer with limitations such as associated toxicity and drug resistance. Apigenin, 4', 5', 7'-trihydroxyflavone is a naturally occurring flavonoid having several medicinal properties such as antiinflammatory, antioxidant, and anticancer properties. He presented his study in which he investigated the anticancer effects of Apigenin in in-vivo studies via a meta-analysis. He also aimed to examine the antitumor efficacy of the combined treatment of Apigenin and Sorafenib in inhibiting DEN-induced HCC in Swiss albino mice. It was concluded that, the combination treatment of Apigenin and Sorafenib could be used as a potential approach for enhancing Sorafenib's anticancer therapeutic efficacy and reducing the Sorafenib-induced toxic effects.

## **Panel Discussion**

**Topic:** *Need of Synergy based scientific studies for scientific validation of traditional claims of formulations*



**Dr. Liaquat Ali**

Honorary Advisor at Pothikrit  
Institute of Health Studies (PIHS)  
Dhaka, Bangladesh



**Dr. Arun Gupta**

Director at Ayuswasth Private  
Limited, Faridabad, Haryana  
India



**Dr Madhu Dikshit**

CDRI, Lucknow  
India



**Dr. S Shakir Jamil**

Amraz-e-Jild wa Tazeeniyat  
Jamia Hamdard



**Dr. SK Maulik**

Emeritus Scientist at ICMR



The panel discussion involved a brainstorming exchange of information regarding the need for evidence-based validation of ethno-pharmacological claims on traditional medicine (TM). Combining the distinct characteristics of identifying biomarkers that are highly conserved across species, this can provide an innovative approach to biomarker-driven drug discovery and development. TMs are an important part of alternative health care systems. India has an abundance of TMs and the potential to meet global demand for them. The major healthcare systems in Indian Traditional Medicine are Ayurveda, Yoga, Unani, Siddha, and Homeopathy (AYUSH). Plant species mentioned in ancient texts of these systems may be investigated using modern scientific approaches for better healthcare leads including synergistic approaches.

## **Session 2: Multi Targeted Therapeutics**

### **About**

Multi-target drugs have raised considerable interest in the last decade owing to their advantages in the treatment of complex diseases and health conditions linked to drug resistance issues. The multi-target characteristics of traditional medicines may be advantageous over single-target drugs in the treatment of complex diseases. Thus, complex disorders are more likely to be healed or alleviated though simultaneous modulation of multiple targets.

## Dr Sanjay Jachak

NIPER, Mohali, Chandigarh, India



### Topic of Presentation: *Indian Medicinal Plants as a Source of Anti-inflammatory Agents.*

He is presently working as Professor, National Institute of Pharmaceutical Education and Research (NIPER), Mohali, Punjab. Since ancient times traditional medicines and phytopharmaceutical are being used for the treatment of inflammatory and other disorders. The presentation described anti-inflammatory natural products derived from plants and marine sources reported during last decade. The compounds described belong to different chemical classes such as alkaloids, steroids, terpenoids, polyphenolics, phenylpropanoids, fatty acids and lipids, and various miscellaneous compounds. The possible leads, e.g. curcumin, resveratrol, baicalein, boswellic acid, betulinic acid, ursolic acid, and oleanolic acid were also enumerated for further development with the help of structure-activity relationship (SAR) studies and their current status. In addition SAR studies carried out on the anti- inflammatory activity of flavonoid compounds and clinical studies performed on anti-inflammatory natural products were also discussed. His presentation demonstrated his research on the analysis of various Indian medicinal plants having anti-inflammatory potential. He elaborated about his discovery of anti-inflammatory natural products employing COX-2, microsomal Prostaglandin E Synthase-1 (mPGES-1), cytokines (TNF- $\alpha$ , IL-1 $\alpha$ , IL-1 $\beta$  and IL-6) as targets along with the pathways and mechanisms involved in anti-inflammatory activity.

**Dr IP Singh**

NIPER, Mohali, Chandigarh, India



### Topic for Presentation: *Quantitative NMR: Analysis of Essential Oils*

He is currently working as Professor in NIPER, Mohali Chandigarh, India. He is Ph.D. in Natural Products Chemistry, Shizuoka University, Japan. Natural products are a major source of therapeutic agents since ancient times and many of them have been approved as potent drugs or drug candidates. The chief sources of natural products can be broadly divided into plants, animals, marines, and microbes. His presentation was based on analysis of various essential oils and their determination of their major components quantitatively using NMR spectroscopy. He did the quantitation of major sesquiterpenes lactone in two important medicinal plants, *Inula racemosa* and *Saussurea lappa* using qNMR employing trimethoxybenzene (TMB) as an internal standard. The results of qNMR analysis were found to be in corroboration with results of HPLC and HPTLC analyses. The method was validated in terms of selectivity, specificity, linearity, recovery, precision, repeatability and robustness.

## **Panel Discussion**

***Topic: Multi Targeted / Multi Mechanistic Treatment  
Approach of AYUSH: Need of Scientific Validation***



**Dr Abhimanyu Kumar**  
Jodhpur, India



**Dr Pradeep Vaishnav**  
Nadiyad, Gujarat, India



**Dr Gopi Krishna**  
Karnataka, India



**Dr Prasoon Gupta**  
IIIM, Jammu



**Dr Shibli Jamil**  
SPER, JH



The main obstacle of the panel discussion involved to the growth of herbal medicine is its quality control. The scientific validation by standardization, evaluation of purity, and demonstration of its efficacy in animal models and in humans will increase the trust of users and increase its acceptability. The panelist discussion involved question and answer session regarding need of scientific validation of herbals.

# SCIENTIFIC PROGRAM



# PROGRAMME SCHEDULE

10:00-12:30 PM

PL 2: Science of Prakruti/ Mizaj/ Temperament

## CHAIRPERSONS:

**Dr Abdul Wadood**, NIUM, Bengaluru, India

**Dr S Raisur Rehman**, A & UTC, Karol Bagh, New Delhi

**Dr MA Jafri**, JH, New Delhi, India

**Dr K Mruthunjaya**, JSS, Mysuru, India

Lecture 1:

**Dr N Srikant**

*CCRAS, Ministry of Ayush, India*

**Topic:** Safety of ayurveda formulations: evidence-based approach

Lecture 2:

**Dr Abdul Rauf**

*AMU, India*

**Topic:** Holistic approach of Unani medicine with special reference to drug temperament and its relevance in therapeutics

Lecture 3:

**Dr Ghulamuddin Sofi**

*NIUM, Bangalore, India*

**Topic:** Assessment of Mizaje Adiva of Unani

drugs Lecture 4:

**Dr N Zaheer Ahmed**

*CCRUM, Chennai, India*

**Topic:** Concept of Mizaj with reference to contemporary sciences and its relevance

**Panel Discussion Topic:** *Need for development of suitable pharmacological models for determination of temperament/ prakruti of drugs*

## PANELIST:

**Dr Surender Singh**, AIIMS, New Delhi, India

**Dr M Shahid**, CSU, Chicago, USA

**Dr M Idris**, A & UTC, Karol Bagh, New Delhi

**Dr Abdul Latif**, AMU, Aligarh

# **Session 1: Science of Prakruti/ Mizaj/ Temperament**

## **About**

The fundamentals of Unani medicine are mainly based upon the temperament (Mizaj) and humours (Akhlat). The temperament of an individual is broadly classified into four types as Phlegmatic (Balghami), Sanguine (Damvi), Bilius (Safravi), and Melancholic (Saudavi). These four types of temperaments of individuals are very important for treating various diseases. Unani System of Medicine believes that every individual has their own unique temperament according to their humoral constitution, lifestyle and environmental conditions. The interaction between four elements in the body produces various states which determine the temperament (Mizaj) of an individual. Any deviation from normal temperament results into disease. The management of the disease depends upon the correction of altered temperament by using various regimens and drugs.

## CHAIRPERSONS FOR PL-2: SCIENCE OF PRAKRUTI/MIZAJ/TEMPERAMENT



**Dr Abdul Wadood**  
NIUM, Bangalore, India



**Dr S Raisur Rehman**  
A&UTC, New Delhi



**Dr MA Jafri**  
JH, New Delhi, India



**Dr K Mruthanjaya**  
JSS, Mysuru, India



## Dr N. Srikanth

Deputy Director General, M.D. (Ayurveda)



### Topic of Presentation: *Safety of Ayurveda Formulations: Evidence-based Approach*

Dr. N Srikanth is the Deputy Director General of the CCRAS, Ministry of AYUSH, Govt of India. He did his BAMS from Dr. NTR University of Health Sciences and then his MD in Ayurvedic Ophthalmology from Bangalore University. He went on to complete his Post-Doctoral in Immunology and Molecular Biology from University of California. He worked on a project “Delivery of a Model HIV Prevention and Health Promotion Train-the-Trainer Program in India by Homeopathy and Ayurveda Practitioners and Educators. His areas of specialization include Ayurveda and related Sciences, formulation coordination, Research and Drug Development. He is a member of several national committees and a life member of various scientific societies. He has also worked as the editor of specific journals in his field of work. Mr. Sanjay Kumar on behalf of Dr. Srikanth explained about that the safety of medicines and treatments has always been on high precedence in the practice of Ayurveda.

## Dr Abdur Rauf

AMU India



### **Topic of Presentation: *Holistic Approach of Unani Medicine with Special Reference to Drug Temperament and its Relevance in Therapeutics***

Dr Abdur Rauf is an Associate Professor in the Department of Ilmul Advia, AMU, Aligarh and serving this department since 2009. He has over 16 years of teaching experience at Undergraduate and Post graduate levels in the field of Ilmul Advia. He is an eminent expert to vet the translation of Arabic and Persian resource Classical Books in Traditional Knowledge Digital Library, NISCAIR, CCRUM, New Delhi since July 2007. He has two books, four book chapters, 64 research papers and 06 popular articles to his credit.

Dr. Abdul Rauf in his spoke about the brief history of Unani medicine and its philosophy believing in the humoral theory that pre-supposes the presence of 4 akhlat or humors, having different mizaj or temperament. Mizaj is one of the fundamental principles of Unani, associated with all entities of the world. Treatment occurs by 3 methods, tadbeer, drugs and jarahat. There are different degrees of drugs used to treat a wide variety of ailments, but are limited to *Dawa-e-Mutlaq* only. These days most of the physicians do not follow Unani principles during treatment resulting in ineffective Unani therapy.

## Dr Ghulamuddin Sofi

NIUM, Bangalore, India



### Topic of Presentation: *Assessment of Mizaje Advia of Unani Drugs*

Dr Ghulamuddin Sofi is Professor at NIUM in the department of IImul Advia, published more than 100 papers in National and International indexed journals and two books and three chapters in books. Responsible for establishing animal house at NIUM and worked as its in-charge for 15 years. Member for animal ethics committee from last 17 years. Member of technical and research committee for NIUM. Member of biomedical ethics committee for humans. Coordinated e-course modules for Unani medicine for IGOT-Diksha platform.

Dr. Ghulamuddin Sofi talked about the concept of *Mizaje Advia*, which refers to the extent of variation and the variation of similarity/correlation of a drug on the human body. It is classified on the basis of *Tarkeeb Jouhar* into oola, sanvi and salasa. *Mizaje* assessment is a 2 step process, divided into *Bil Qiyas* and *Bil Tajruba*. In *Mizaje Advia bil Tajruba*, dawa should be free from its temporary changes. *Tajruba* should be done on normal volunteers and changes should be easily and early accessed. There is a specific protocol for validation that should be followed for *Mizaj* in human volunteers. Subjects can be allocated into groups and parameter assessment can be carried out.

## Dr N Zaheer Ahmad

CCRUM, Chennai, India



### Topic of Presentation: *Concept of Mizaj with Reference to Contemporary Sciences and its Relevance*

Dr N Zaheer, is the Head of the Institute, Sr. Research Officer (Unani). He has a professional experience of 28 years. He has been awarded with gold medals such as Shifaul Mulk Hakim Syed Maqdoom Ashraf Gold Medal and Moulvi Hakim Syed Mazherullah Madani Gold Medal. He has also been awarded gold medal for the “Best Researcher in Unani Medicine” at University of Madras, Chennai. He has also grabbed “Best Research paper Award” in Literary Research Category during Unani Day held at New Delhi on 11th Feb 2018. Sir has more than 55 researches and publications under his name

Dr N Zaheer Ahmad gave insights about Mizaj as one of the basic and fundamental concept of Unani medicine. Arkaan are not only 4 in nature but there are 4 categories of supra-physical matter based on 4 states of matter. The properties of Arkaan are described in terms of their Mizaj which is expressed in terms of 4 quantities Har, Barid, Ratab and Yabis. Mizaj is among the 7 vital components or factors responsible for the existence of human body. Mizaj plays an important role in the diagnosis, line of treatment and management in Unani system of medicine. Everything has a Mizaj of its own, be it a patient, disease, drug or diet.

# PANELIST



**Dr Surender Singh**  
AIIMS, New Delhi, India



**Dr M Shahid**  
CSU, Chicago, USA



**Dr M Idris**  
A &UTC, New Delhi, India



**Dr. Abdul Latif**  
AMU, Aligarh

**Panel Discussion Topic:** *Need for Development of Suitable Pharmacological Models for Determination of Temperament/ Prakruti of Drugs*



Panel discussion was done on the topic “the need for development of suitable pharmacological models for determination of temperament/ Prakruti of drugs”, where the panelists highlight the difference between mizaj and temperament and that both the terms has different meanings and should not be used for same reference. All the speakers, chairpersons and audience gave their thoughtful insights on the philosophical and theoretical aspect of the topic. The debate continued for more than half an hour and the dignitaries came to the conclusion that the development of pharmacological models to scientifically validate the properties and therapeutics of drugs is the need of hour, especially in the Unani system of medicine. Also, not only focusing on the development strategies will serve the purpose but combating the associated problems at ground level is equally important.



# PROGRAMME SCHEDULE

1:30-4:00 PM	<p><b>PL 5: Science of Shodhana/Detoxification</b></p> <p><b>CHAIRPERSONS:</b> <b>Dr Raghavendra Rao M, CCRYN, New Delhi, India</b> <b>Dr Rakesh Sharma, NCISM, New Delhi</b> <b>Dr TO Siddiqui, JH, New Delhi, India</b> <b>Dr Shoor Vir Singh, GLA University, Mathura</b></p>
	<p>Lecture 1: <b>Dr PK Prajapati</b> <i>PCIM, Ministry of Ayush, India</i> <b>Topic:</b> <i>Shodhana</i> in Ayurvedic pharmaceutics w.s.r to Detoxification Lecture 2: <b>Dr Rajiva Kumar Rai</b> <i>Dabur India, Ltd, India</i> <b>Topic:</b> <i>Shodhana</i> and It's Pharmaceutical Relevance</p> <p>Lecture 3: <b>Dr Anil Kumar Sharma</b> <i>AIMIL Pharmaceuticals, India</i> <b>Topic:</b> Concept of multi-targeted therapeutics approach in ayurvedic health system</p> <p>Lecture 4: <b>Dr Bidhan Mahajon</b> <i>CCRAS, New Delhi, India</i> <b>Topic:</b> Insight of <i>Shodhana</i> (detoxification or purification process) poisonous drugs in Ayurveda: A scientific appraisal</p>
	<p><b>Panel Discussion Topic:</b> <i>Do we need to develop a uniform method for detoxification of drugs mentioned in different systems of Ayush?</i></p> <p><b>PANELIST:</b> <b>Dr NN Mehrotra, CDRI, Lucknow</b> <b>Dr Kirti Bhati, BVDU, Pune</b> <b>Dr Pushpahas Ballal, FDA, India</b> <b>Mr Mohsin Dehlvim Dehlvi Remedies, India</b></p>

## **Session 2: Science of Shodhana/Detoxification**

### **About**

Shodhana is the process of purification, detoxification and transformation by which physical, chemical blemishes and toxic materials are eliminated and substances are subjected for further processing and become suitable for therapeutic use. It is the first and foremost step for design a quality metallic, mineral, herbo-metalo- mineral formulation. Shodhana process is grossly divided into two types- *Samanya Shodhan* (general purification) and *Vishesha Shodhan* (special purification). There are different procedures of shodhana and various types of media is used in the process which also act as solvent system such as amla verga, katu varga, tikta varga, kasharava varga etc.

## CHAIRPERSONS FOR PL-2: SCIENCE OF SHODHANA/ DETOXIFICATION



**Dr Arun Gupta**  
Ayuswasth Pvt. Ltd.  
Faridabad, Haryana, India



## Dr PK Prajapati

PCIM, Ministry of AYUSH, India



### Topic of Presentation: *Shodhana in Ayurvedic Pharmaceutics w.s.r to Detoxification*

He is managing Director and Incharge of IMPCL. He is also Professor & Head of Dept. of Rasashastra & Bhaishajya Kalpana, All India Institute of Ayurveda (AIIA), New Delhi. He also have more than 25 years of experience in handling commercial and laboratory level of manufacturing in different Ayurvedic dosage forms. Dr.PK Prajapati discussed about the importance of Shodhana in ayurvedic pharmaceutics w.s.r to detoxification. Shodhana is the process of purification, detoxification and transformation by which physical, chemical blemishes and toxic materials are eliminated and substances are subjected for further processing and become suitable for therapeutic use. Shodhana process is grossly divided into two types- samanya and vishesh. Various types of media is used in the process called shodhana and it act as solvent system such as amla verga, katu varga, tikta varga, kasharava varga etc.

## Dr Rajiva Kumar Rai

Head - Healthcare Research, Dabur India Limited, India

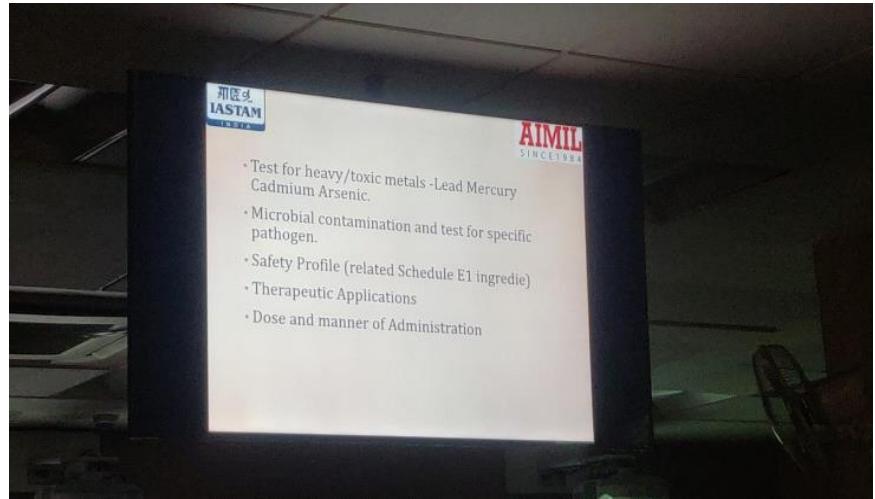


### Topic of Presentation: *Shodhana and Its Pharmaceutical Relevance*

Dr Rajiva Kumar Rai is the head and healthcare researcher of Dabur India Limited, India. He is specialized in Ayurvedic/Natural Health & Personal care, Packaged Juices, Hair Care, Oral Care, Healthcare, Home Care, Skin Care, Health Supplements, and Ayurveda. Dr. Rai discussed about the Shodhana and its Pharmaceutical Relevance. Shodhan process is grossly subdivided into two major categories - Samanya Shodhan (general purification) and Vishesha Shodhan (special purification). Some interpret that alternate sequence of acid and alkali is there in media but media is there to dissolve out/ reduce the toxic content, add therapeutic value and change the physical property. Its relevance in today's era should be discussed especially in case of metals where we are able to get 99.9% pure metals as raw material. Chemical and therapeutic changes must be studied and validated for a better understanding of effect of shodhana on raw material and eventually on body.

## Dr Anil Kumar Sharma

AIMIL Pharmaceuticals, India



### Topic of Presentation: *Concept of Multi-Targeted Therapeutics Approach in Ayurvedic Health System*

Dr Anil Kumar Sharma is the vice president of AIMIL Pharmaceuticals, India. Dr Sharma is a vast experienced pharmaceutical professional with Ph.D. in Pharmaceutical Sciences & dual management qualification, expertise in ayurvedic product development, researches, regulatory affairs, documentations, brand promotions, quality assurance, academics and in other affairs for Pharmaceutical Industry. Dr Sharma discussed about concept of multi-targeted therapeutics approach in ayurveda health system with reference to detoxification. According to ayurveda, detoxification of the body is necessary before undergoing any major treatment. Panchakarma detoxification is a set of therapeutic treatments administered to the patient for the complete detoxification of the body. The five main karmas to cleanse the complete body are vamanam, virechnam, anuvasana, nasyam, astapana vasti. Traditional system of purification that is Sodhana can influence the phytochemical, pharmacological and toxicological profile of the plant drugs and thereby useful in increasing safety profile and efficacy of the drugs.

## Dr Bidhan Mahajon

CCRAS, New Delhi, India



### **Topic of Presentation: *Insight of Shodhana (Detoxification or Purification Process) Poisonous Drugs in Ayurveda: A Scientific Appraisal***

Dr. Bidhan Mahajon, is the expert of Dravyagunavyayana (Ayurveda Pharmacology and Materiamedica), currently working as Scientist in CCRAS, under Ministry of AYUSH, Govt. of India. Dr. Bidhan does research in Ayurveda, Primary care, Ethnomedicines, Sports Medicine and Allied Health Science. He explained the intoxication in other herbs also such as Ganja, Vacha, Vatsnanabha, Bhallataka, Karavira, Guggulu, Citraka, Dravanti, Bhanga, Bakuchi etc. He concluded that the traditional system of purification (Sodhana) can influence the phytochemical, pharmacological, and toxicological profile of the plant drugs and thereby useful in increasing safety profile and efficacy of the drugs. It is worthwhile to adopt shodhana processes as per classical methods during preparation of formulations with application of modern technology to assess its safety and efficacy.

## PANELIST



**Dr NN Mehrotra**  
CDRI, Lucknow



**Dr Kirti Bhati**  
BVDU, Pune



**Dr Pushpahas Ballal**  
FDA, India



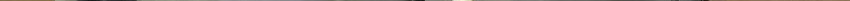
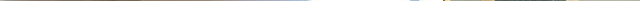
**Mr Mohsin Dehlvi**  
Dehlvi Remedies, India

**Panel Discussion Topic:** *Do We Need to Develop a Uniform Method for Detoxification of Drugs Mentioned in Different Systems of AYUSH?*



Panelists discussed the need to develop a uniform method for detoxification of drugs mentioned in different systems of AYUSH and way forward. The discussion took off from definition of shodhana and wholly was about the types, different procedures and types of solvent system used in the detoxification process, where some interesting thoughts were put forward by Dr Kirti Bhati (BVDU, Pune), Dr. Shazia Jilani (Jamia Hamdard, New Delhi) and Dr. NN Mehrotra (CDRI, Lucknow).

The discussion also included the problems associated with the globalization of Unani system of medicine and strategies to combat the same. The debate was framed not only from the academic research point of view but also from the industrial point of view led by Dr. Anil Kumar Shama (AIMIL Pharmaceuticals, India), Dr. Rajiva Kumar Rai (Head healthcare research, Dabur India Limited) and Mr, Mohsin Dehlvi (Dehlvi Remedies, India).



# SCIENTIFIC PROGRAM

**XII IASTAM ORATION AND AWARD FUNCTION**

**Azadi Ka Amrit Mahotsav**

**IASTAM INDIA**

*India*

**International  
IASTAM Conclave 2022**

on

Multi-Targeted Therapeutics in Unani and  
Ayurvedic Medicine & Food Supplement

**July 29-30, 2022 | Convention Centre,  
Jamia Hamdard, New Delhi, India**

**AAHAAR HALL REPORT**

## Topic: Multi Targeted Therapeutics in Unani and Ayurvedic Medicine & Food Supplement

### PL 3: Scientific Validation of Traditional Claims & Ethnopharmacology

10:00-12:30 pm

#### CHAIRPERSONS

**Dr S C Mandal** SFE, India

**Dr Mahmooduz Zafar** JH, New Delhi, India **Dr Vidhu Aeri** JH, New Delhi, India

**Dr TK Mukherjee** SFE, India

#### Lecture 1

**Dr Sanjay Tamoli** Abhinav Health Care Products Pvt. Ltd, Mumbai, India

Topic: A new dimension to phyto-extracts, for better therapeutic value

#### Lecture 2

**Dr Prakash Itankar** Nagpur, India Topic: Lok Swasthya Parampara conservation: A practical approach

#### Lecture 3

**Dr Pramod H J** KLE, Belgaum, India Topic: Holistic health care practices & approaches by the traditional healers from Western Ghats region of Karnataka.

Panel Discussion Topic: Status and scope of research on scientific validation of traditional claims of Unani and Ayurvedic formulations in India and way forward.

#### PANELIST

**Dr Geetha Krishnan** WHO, Geneva, **Dr Atmaram Pawar** Pune, India, **Dr Deepika Gunwant** QCI, India, **Dr Rajesh Singh Pawar** Bhopal, MP, India

### PL 6: Functional foods & Nutraceuticals/AYUSH Aahaar

1:30-4:00 pm

#### CHAIRPERSONS

**Dr Farhan J Ahmad**, JH, New Delhi, India

**Dr MZ Abdin**, JH, New Delhi, India

**Dr Suhail Fatima** JH, New Delhi, India

**Dr M Aslam** JH, New Delhi, India

Lecture 1: **Dr Ranjan Mitra** Dabur India, Ltd, India Topic: Overview on the analytical tools for quality control of natural productbased supplements

Lecture 2: **Dr L Satyanarayan** Bhartiya Vidyapeeth, Pune, India Topic: Research potential of Herb -drug Interaction

Lecture 3: **Dr Mamta Prajapati** FICSI, India Topic: Nutraceutical: Bridging the gap between Food & Medicine

Lecture 4: **Dr M Tanveer Alam** IIP, Mumbai, India Topic: Packaging Prospective of Ayurvedic and Functional Food

Panel discussion topic: Wide dimensions of Ayush Aahaar and way forward

#### PANELIST

**Dr Sunil Kumar Joshi** Dehradun, India, **Dr PK Jaiswal** FSSAI, India **Dr Vikas Babu**, IIIM, Jammu, India **Dr Amitava Das**, SFE, India **Dr Shahid Karim** KSA

# **Session 1: Scientific Validation of Traditional Claims & Ethnopharmacology**

## **About**

The session was about the ethno-pharmacological claims about traditional medicine (TM) need to be supported by evidence if they are to be widely used and supported. This can provide a novel method to biomarker-driven drug discovery and development by combining the distinctive traits of discovering biomarkers that are largely conserved across species.

## Dr Sanjay Tamoli

Abhinav Health Care Products Pvt. Ltd, Mumbai



### Topic of Presentation: *A New Dimension to Phyto-extracts, for Better Therapeutic Value*

Dr. Sanjay Tamoli is one of the most renowned Ayurvedic Doctors. The practitioner holds qualification in the capacity of MD. The specialist has in-depth knowledge of related areas of specialization like Ayurvedic Doctors etc. He's the CEO at Abhinav Healthcare Products Private Limited. The present invention discusses a technology to Fuse, Micronize and Bio-activate (FMB) standardized herbal extracts with essential trace elements. Fusion ensures replenishment of extract with their respective cofactor (ETE) lost during conventional extraction process. Micronization provides greater surface area of the extract matrix, enhancing absorption and thus greater efficacy while bio-activation facilitates absorption of the active moiety of herbal extract at the target site. It also facilitates stable complexes of the ETE with the phyto-constituents ensuring higher stability of the extract material. In-vitro and In Vivo studies on FMB extracts of *Curcuma longa*, *Withania somnifera*, *Glycyrrhiza glabra* and *Tinospora cordifolia* have been studied and shown significantly better anti-oxidant, anti-inflammatory and immunity boosting effects.



**Topic of Presentation: *Lok Swasthaya Parampara Conservation: A Practical Approach***

Parampara conservation is a useful strategy. Applied research and entrepreneurship development are the mission modes. What is the cost of organic versus conventional farming of about 250 to 300 plants are used in ayurveda. It is a fact that tribal reliance on modern healthcare and disease management institutions has grown through time, yet traditional healers still exist. Both urbanites and rural visit them for the treatment of some diseases. The healers' traditional wisdom will be lost with their passing because historically, neither of them passes it on to the next generation. The younger generation is also uninterested in learning this information.

## Dr Narayan Jadav

Ayurvedic Practitioner in Udgir, Maharashtra, India



### Topic of Presentation: *AYURVEDA PANCHKARMA - A Multidimensional Therapy*

Panchakarma is the fundamental basic of Ayurvedic therapies. Generally allopathic medicines are used for fast recovery but, has many hidden side effects. People who have poor immunity power can regain their health by the means of Ayurveda. This method reverse is the path of the man. Panchakarma can be treated in case of paralysis, rheumatism, mental disorders etc. This therapy always begins with the consultation of a certified professional alike other therapy once after undergoing herbal treatment one can feel relaxed and high state of stress free mind.

# Pramod J. Hurkadale

Professor, KLE College of Pharmacy, Belagavi, Karnataka



## **Topic of Presentation: *Holistic Healthcare Practices and Approaches by the Traditional Healers from Western Ghats Region of Karnataka.***

Traditional healers play an essential role in the delivery of primary health care to local people as they treat people in resource poor setting. Traditional medicines refers to health practices, approaches, knowledge and belief incorporating plants, animals and minerals based medicines spiritual therapies mutual techniques and exercises.

Traditional healers believe that our body consists of nature and nature is the best healer. This saying is worth as nature has proving its effect on chronic diseases which were previously considered to be deadly now having an antidote.

## **Panel Discussion**

***Topic: Status and Scope of Research on Scientific Validation of Traditional Claims of Unani and Ayurvedic Formulations in India and Way Forward.***

## PANELIST



**Dr Atmaram Pawar**  
Principal  
B V Poona College of  
Pharmacy, Pune, India



**Dr Deepika Gunwant**  
Ayurvedic Doctor in  
Max Hospital  
Delhi, India



**Dr Rajesh Singh Pawar**  
Principal  
Truba Institute of Pharmacy  
Bhopal, India



Panellists discussed that the Unani System of Medicine has a long and impressive record in India. It was introduced in India by the Arabs and Persians sometime during the eighth century. Today, India is one of the leading countries in so far as the practice of Unani medicine is concerned. It has the largest number of Unani educational, research and health care institutions.

Evidence based validation of the ethnopharmacological claims on traditional medicine is the need of the day for its globalization and reinforcement. Combining the unique features of identifying biomarkers that are highly conserved across species, this can offer an innovative approach to biomarker-driven drug discovery and development.

A healthy discussion was carried on Holistic healthcare practices and approaches by the traditional healers from Western Ghats region of Karnataka, on AYURVEDA PANCHKARMA- a multidimensional therapy, a brief discussion about Lok Swasthaya Parampara conservation.

# **Session 2: Functional foods & Nutraceuticals/AYUSH**

## **Aahaar**

### **About**

The session was about the nutraceuticals and functional foods are food products that naturally provide or have been altered to provide extra health advantages beyond those provided by basic nutrition. It is vital that researchers and manufacturers comprehend the ideas behind functional foods and the possibility they represent to improve human health, lower healthcare costs, and boost economic development globally given the current spike in popularity of such goods. A manual on functional foods from knowledgeable experts in important institutions throughout the world is presented in Functional Foods and Nutraceuticals: Bioactive Components, Formulations and Innovations. Background data on the health advantages, bioavailability, and safety evaluations of functional foods and nutraceuticals are included throughout the text.

**Dr Ranjan Mitra**

Dabur India, Ltd, India



**Topic of Presentation: *Overview on the Analytical Tools for Quality Control of Natural Product Based Supplement***

Head – Analytical Development, Dabur R&D Centre and Past President-India Section of AOAC INTERNATIONAL. Lead a team of scientists (chemists and microbiologists) to develop novel chemical and microbiological methodologies to support the deliverance of more product of values across a diverse food, cosmetic and healthcare portfolio. Enable claim substantiation through development of cutting-edge methodologies for sensitive detection of bioactive molecules in food, cosmetics and ayurvedic/herbal formulations using hyphenated techniques.

**Dr Mamta Prajapati**

FICSI, India



**Topic of Presentation: Nutraceutical: Bridging the Gap between Food and Medicine. Introduction**

***Nutraceutical comprises of nutrient and pharmaceutics.***

Challenges before Indian nutraceuticals market large number of adulterations. FSDU, FSMP- food for special medical purpose probiotic food delivery format of nutraceuticals specific labelling requirements front or back of the pack. The dietary supplement market covers vitamins & minerals, herbal supplements, protein supplements & Chyawanprash. The benefit associated with this category of food lies in the fact targeting specific needs of different consumer segments - growing children, pregnant & lactating mothers, youths with specific requirements or needs due to specific lifestyle and the elderly population vulnerable to different age-related diseases.

**Dr M TANWEER ALAM**

Director at INDIAN INSTITUTE OF PACKAGING – IIP



**TOPIC for Presentation: *Packaging Prospective of Ayurvedic and Functional Foods***

Dr. Tanweer Alam, Director I/c, Indian Institute of Packaging under the ministry of Commerce & Industry, Govt. of India, His research area is Food Packaging, Package design, sustainable Packaging, UN Certification. Food packaging is defined as enclosing food to protect it from physical, chemical and biological sources. He very well explained Modern and fashionable packaging raises the value of the item. To be successful, organic and herbal products require creative packaging.

## **Panel Discussion**

**Topic: *Wide dimensions of Ayush Aahaar and Way Forward***

# PANELIST



**Dr. Sunil Kumar Joshi**  
Vice-Chancellor  
Uttarakhand Ayurveda  
University  
Dehradun, India



**P.K Jaiswal**  
Independent Advisor  
FSSAI, India



**Dr Vikas Babu**  
CSIR – IIIM,  
Jammu, India



**Dr Amitava Das**  
SFE, India



**Dr Shahid Karim**  
Associate Professor  
KSA



Panelists discussed the Wide dimensions of Ayush Aahaar and way forward. The discussion wholesolly was about the Packaging Prospective of Ayurvedic and Functional Foods, Nutraceutical: Bridging the gap between Food & Medicine, Research potential of Herb -drug Interaction and Overview on the analytical tools for quality control of natural product based supplements.

The discussion was all about the Food Safety and Standards Authority of India (FSSAI) in convergence with Ministry of Ayush what has also released draft guidelines on Ayush Aahar, which will facilitate standardized Ayush based Aahar.

The Ministry of Ayush is promoting Ayush based diet & lifestyle and is working in convergence with the Ministry of Women & Child Development in the Poshan Abhiyan to realize the ultimate goal of '**Suposhit Bharat**'. The project aims to promote healthy living through nutritious diet. These dishes are rich in nutrition and are very popular among the public. Also, they are easily digestible.

## HAH HALL REPORT

# SCIENTIFIC PROGRAM



## PROGRAMME SCHEDULE

<b>10:00-12:30</b>	<b>Hakeem Abdul Hameed Young Researcher Award Presentations</b>  <b>CHAIRPERSONS:</b> <b>Dr Zahid Ashraf</b> , JMI, New Delhi, India <b>Dr Nasir A Siddiqui</b> , KSU, KSA <b>Dr Khalid R Hakeem</b> , KAAU, KSA <b>Dr Javed E Qadri</b> , AIIMS, New Delhi, India <b>Dr Saleemullah Khan</b> , PA College, Mangalore, India
	<b>HAH 1- HAH 12</b> <b>HAH1:</b> Amit Kar <b>HAH2:</b> Ankur Kumar Tanwar <b>HAH3:</b> Asema Mahveen <b>HAH4:</b> Bisma Jan <b>HAH5:</b> Gaurav <b>HAH6:</b> Mohammad Ibrahim <b>HAH7:</b> Mohd Nauman Saleem <b>HAH8:</b> Mohd. Usman <b>HAH9:</b> Nafaa Hasan Ali <b>HAH10:</b> Nazneen Aiman Siddiqui <b>HAH11:</b> Satish Khatal <b>HAH12:</b> Satyendra Kumar

# HAH AWARD PRESENTATIONS



**Vaidya Ankur Kumar Tanwar** Ph.D. Scholar, Dept. of Kriya Sharir, All India Institute of Ayurveda.

Presented his work titled "**Physiological Effects of Mustadi Yapani Basti on reproductive biomarkers in infertile males – an open-labeled clinical trial**". He found that *Mustadi Yapani basti* gave significant improvement on the serum biomarkers especially on serum testosterone. It also improved the purity of semen and sperm to get desired results.



**Gaurav** Ph.D. Scholar, Bioactive Natural Products Laboratory, School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi, India. He presented his work "**Network pharmacology-based exploration of multi-targeted therapeutics approach of Indian UNANI medicinal plant "Bishkhpapraa" in attenuation of renal dysfunction via regulation of redox and inflammatory signaling pathway**". He reported that *B. diffusa* aqueous extract possesses several major and minor nonpolar metabolites identified by GC-MS analysis. Furthermore, network pharmacology analysis suggests that ten metabolites belonging to fatty acids and terpenes have significant interactions with targets associated with the kidney and associated ailments by ameliorating hypertension, oxidative/inflammatory stress, insulin resistance, apoptosis and polycystic kidney autosomal dominance.



**Bisma Jan**, Ph.D. Scholar, Bioactive Natural Products Laboratory, Department of Food Technology, School of Interdisciplinary Sciences and Technology, Jamia Hamdard, New Delhi. She presented her work "***Antidiabetic and synergistic antimicrobial potential of mulberry for development of a functional drink***". She reported that for the first time the hypoglycemic potential of *M. alba* infusion has been explored at scientific level. She also reported that it had best antioxidant and anti-diabetic activity *both vitro*. She also described that optimized infusion can be potentially developed as a nutraceutical and consumed as a functional drink for the management of glucose level.



**Dr. Mohammad Nauman Saleem, MD, MPH**, Assistant Professor Post-Graduate Department of Ilmul Saidla (Unani Pharmaceutics), Ayurvedic and Unani Tibbia College, Karol Bagh, New Delhi. He presented his work **“Design and Development of a Unani Classical Zimad Formulation into a Novel Transdermal Antiemetic Emulgel”**. He reported that the study showed a novel approach to work in Unani Pharmaceutics in form of transdermal emulgel for a very common clinical condition i.e. *qai* (vomiting/emesis).



**Dr. Mohd Usman**, Assistant Professor, Department of Tahaffuzi wa Samaji Tib, School of Unani Medical Education and Research, Jamia Hamdard, New Delhi, India. He concluded that there are weightrelated concerns in medical undergraduate students and there is need for awareness among medical undergraduates about the weight related health complications.



**Nazneen Aiman Siddiqui**, P.G Scholar, Department of Moalijat (Medicine), A & U Tibbia College, Karol Bagh, New Delhi, University Of Delhi. She presented her work "**Management of Grade-2 Essential Hypertension with a Polyherbal Unani Formulation, A Randomized Controlled Clinical Trial**". She reported that the Unani formulation has significantly improved the dizziness, palpitation, fatigue and headache. She also reported the levels of the hematological and serological investigations were found always in normal range during the entire period of study.



**Mr. Satyendra Kumar**, Department of Pharmacognosy & Phytochemistry, Jamia Hamdard, New Delhi presented his work “Anti- allergic and Anti-inflammatory potential of *Terminalia chebula* Retz & *Quercus infectoria* Oliv as a Substitute of plant *Pistacia integerrima* Linn ”. He reported that aqueous extracts of all TIs are showing anti-allergic & anti-inflammatory potential and hydroalcoholic extracts of all the TIs are showing anti-allergic & anti-inflammatory potential



**Dr. Amit Kar**, Project Scientist, Institute of Bioresources and Sustainable Development (IBSD), Manipur presented his work “Metabolite profiling and antimicrobial potential of lomba and ginger oil: A synergy-based approach.” He described that synergy-based formulation of lomba and ginger oil can be potentially developed as an antimicrobial formulation for the management of various immune related disorders.



**Nafaa Hasan**, Ph.D scholar, Dept. of Pharmacology, HIMS, Jamia Hamdard presented his work “**Studies on the anti-inflammatory and anti-airway remodeling effects of Withania somnifera in an experimental Model of bronchial asthma**”. He reported that WS extract dramatically attenuated OVA-induced airway remodeling through increasing expression of the anti-inflammatory cytokine, IL-10 and downregulation of inflammatory and fibrotic cytokines. He also described regarding airway remodeling that was further validated by observing the histopathological alterations in lung sections, such as influx of inflammatory cells in the airways.

References

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**1:30-4:00**

**Short Lectures**

**CHAIRPERSONS:**

**Dr SR Wakode, DPSRU, New Delhi, India**  
**Dr Abul Kalam Najmi, JH, New Delhi, India**  
**Dr Iqbal Alam, JH, New Delhi, India**  
**Dr Mohd Akram, JH, New Delhi, India**  
**Dr Suhail Parvez, JH, New Delhi, India**

**SL1- SL 22**

**SL1:** Adil Ahmad  
**SL2:** Ahmad Ali  
**SL3:** Bushra Parveen  
**SL4:** Harjeet Singh  
**SL5:** Hifzur R Siddique  
**SL6:** Mohammad Ahmed Khan  
**SL7:** Nanaocha Sharma  
**SL8:** Narayan Jadhav  
**SL9:** Nasir A. Siddiqui  
**SL10:** Prasoon Gupta  
**SL11:** Rabea Parveen  
**SL12:** S.G. Vishnu Sathya  
**SL13:** Saba Khan  
**SL14:** Sana Rehman  
**SL15:** Sanjay Kumar Sinha  
**SL16:** Shahid Shah Chaudhary  
**SL17:** Siraj Anwar  
**SL18:** Suhail Muzaffar Bhat  
**SL19:** Suruchi Singh  
**SL20:** Umar Jahangir  
**SL21:** Vijay Kothari  
**SL22:** Vikas Dubey  
**SL23:** Yasheshwar



**Prof. Sharad  
Wakode**  
DIPSAR, New Delhi



**Prof. Abul Kalam Najmi**  
SPER  
Jamia Hamdard, New  
Delhi



**Prof. Iqbal Alam**  
HIMSR, Jamia  
Hamdard, New Delhi



**Prof. Mohd Akram**  
SUMER  
Jamia Hamdard, New Delhi



**Prof. Suhel Parvez**  
SCLS  
Jamia Hamdard, New  
Delhi

# SHORT LECTURE PARTICIPANTS

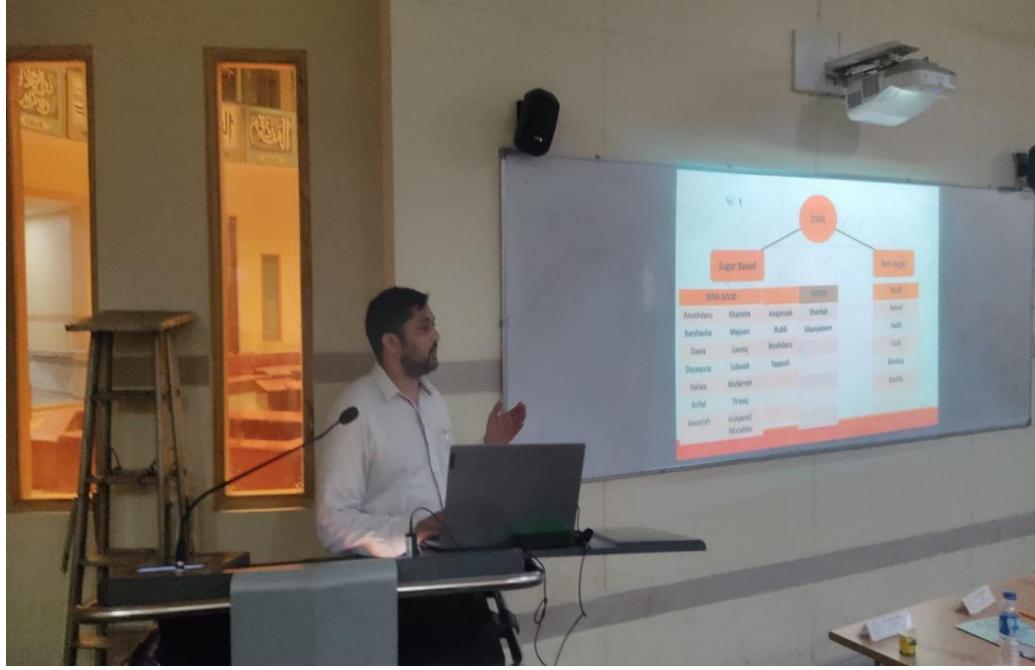




**Sana Rehman, HIMSAR Jamia Hamdard** presented her work titled **Modulatory effects of *Withania somnifera* on post-traumatic stress disorder induced anxiogenesis, neuroinflammation and brain oxidative stress in rats**. From her research work presentation she concluded that all effects seen after Ws on TDS model of PTSD were comparable with those seen with the comparator drug, fluoxetine. Thus, Ws could be considered as a potential therapeutic agent for the treatment of PTSD.



**Dr. Foziyah Zakir**, Assistant Professor, Delhi Pharmaceutical Sciences and Research University, New Delhi explained in her paper titled, **Pharmaceutics-The Way Forward for Traditional Medicine**, that reformulation of traditional ayurvedic preparations can be very beneficial for patient in many cases. She explained this by presenting her work on use of chamomile oil in nano emulsion-based form in treatment of migraine. This nano emulsion formulation has many advantages over the traditional formulation as it enhanced the aqueous solubility and skin permeation of chamomile oil.



**Dr. Shahid S. Chaudhary**, Assistant Professor from SUMER Jamia Hamdard, Sugar based Unani formulations: An Urgent Need of Re-designing? He argued that clinical medicine is always about weighing up benefits and risks of every intervention, but there is no need to change all formulations to sugar-free. No evidence/study is available to suggest that sugar-containing Unani medicines have led to an epidemic of iatrogenic illness, such as tooth decay, obesity, DM. Hence, there is an urgent need for a healthy debate and fresh look at this policy of promoting sugar-free medicines.



**DR. S.G.Vishnu Sathya**, Sathya Unani Health Care, Hyderabad, presented a case study on cholelithiasis / hissath e marara in Unani medicine.



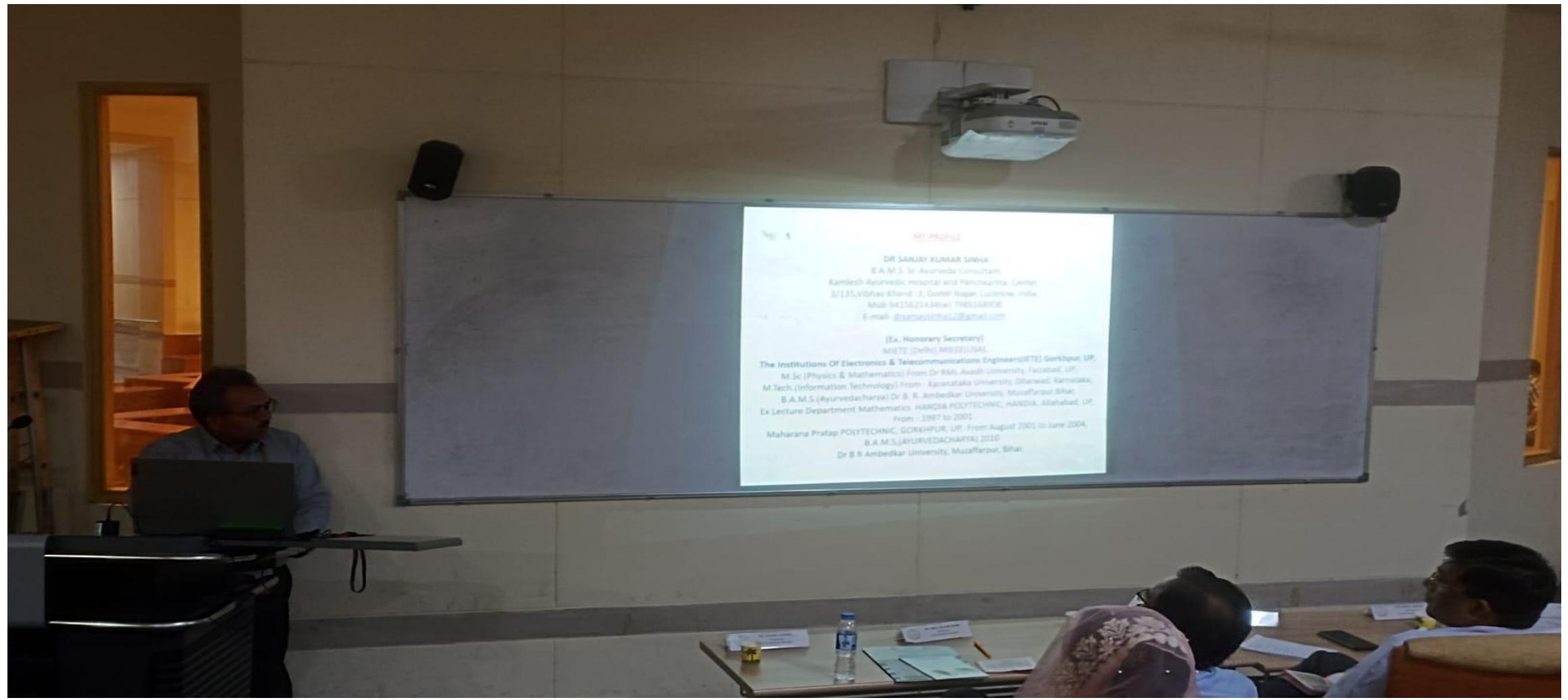
**Dr. Sathyanarayanan L**, PhD Associate Professor, Poona College of Pharmacy, Pune in his paper, **Herb-Drug Interactions-Perspectives and In-silico approaches**, highlighted that there is lot of Scope of research of Herb-Drug interaction as many herbs vs drug (modern) interaction has not been extensively studied



**Dr. Siraj Anwar**, Assistant Professor from Goenka University Gurugram, presented his work titled, “**Effect of Angiotensin Receptor Blocker And probiotics in Caffeine Induced Anxiety Model**”. He explained that, in rats with caffeine-induced anxiety, probiotic oral and probiotic gel demonstrated a slight to moderate antianxiety benefit. As a result, probiotic oral and probiotic gel can be used to treat mild to moderate anxiety and can be used to substitute anti-anxiety drug adverse effects.



**Dr Suhail Bhat** presented his work titled “Simple Interface to Combine High- Performance Thin-Layer Chromatography with Electrospray Ionization Mass Spectrometry and Flame Atmospheric pressure chemical ionization for the detection of food and drug analysis”



**Sanjay Kumar Sinha** presented a topic on “A scientific approach of management of chronic kidney disease through Indian traditional poly herbal formulation”.



**Dr Yasheshwar** “In-silico analysis of metabolic profile of essential oils from capitula of *Tagetes* spp. grown in water deficit stress as potential herbal drug in several acute and chronic diseases”

**HALL 5**  
**Oral Presentations**

# PROGRAMME SCHEDULE

<b>10:00-12:30</b>	<b>Oral Presentations</b>
	<b>CHAIRPERSONS:</b> <b>Dr Kshipra Misra, STE, Kolkata</b> <b>Dr S Raisuddin, JH, New Delhi, India</b> <b>Dr M Husain, JMI, New Delhi, India</b> <b>Dr M Mujeeb, JH, New Delhi, India</b> <b>Dr Ajay K Sharma, DPSRU, New Delhi</b> <b>Dr Divya Vohra, JH, New Delhi, India</b>
	<b>OP1:</b> Abdul Muheem
	<b>OP2:</b> Araf Fatma
	<b>OP3:</b> Areeba Insaf
	<b>OP4:</b> Faris Al Toub
	<b>OP5:</b> Kamini
	<b>OP6:</b> Md Afroz Ahmad
	<b>OP7:</b> Md. Wasi Akhtar
	<b>OP8:</b> Moayad Mustafa Hejazi
	<b>OP9:</b> Mohammed Kaleem
	<b>OP10:</b> Mohd. Vaseem Ismail
	<b>OP11:</b> Monalisha Samal
	<b>OP12:</b> Nikhila Shekhar



## **OP13: Noor Fatima**

**10:00-12:30**

**OP14:** Parakh Basist  
**OP15:** Preeti Biswas  
**OP16:** Rabia Aziz  
**OP17:** Rabia Khan  
**OP18:** Rebanta Roy  
**OP19:** Ritu Rani  
**OP20:** Rizwan Ahmad  
**OP21:** Rustam Ekbal  
**OP22:** Saiema Ahmedi  
**OP23:** Sakshee Sharma  
**OP24:** Seema Rani  
**OP25:** Sharmila Dusi  
**OP26:** Shruti Mathur  
**OP27:** Srishti Johri  
**OP28:** Supriya Sharma  
**OP29:** Sweety Parmar  
**OP30:** Vaishali Yadav  
**OP31:** Varsha Srivastava

# CHAIRPERSONS



**Dr Kshipra Misra,**  
President, Save the Environment  
Kolkata, West Bengal, India



**Dr. S. Raisuddin**  
Professor, Department of Medical  
Elementology & Toxicology, Jamia  
Hamdard, New Delhi, India



**Dr. M Mujeeb**  
Professor, Department of  
Pharmacognosy and Phytochemistry  
Jamia Hamdard, New Delhi, India



**Dr. Divya Vohora**  
Professor, Department of  
Pharmacology, SPER, Jamia  
Hamdard New Delhi, India

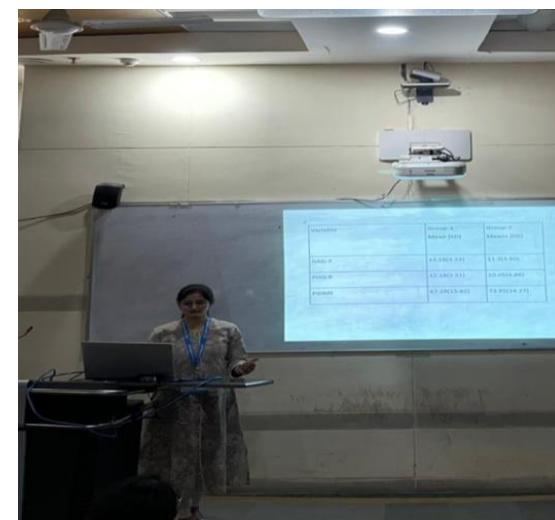
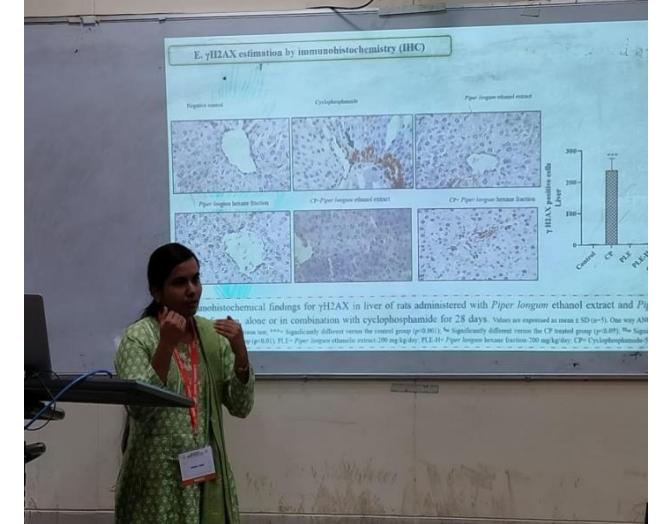


**Dr. M. Husain**  
Professor, Department of Biotechnology,  
Jamia Millia Islamia  
New Delhi, India



**Dr. Ajay K Sharma**  
Professor, Department of  
Pharmacognosy and Phytochemistry  
DPSRU, New Delhi, India

# HALL-5 (Oral Presentations)



# TOP-3 Oral Presentations

## OP21-Rustum Ekbal

Cardioprotective effect of isolated Swerchirin from Chiraita against the Isoproterenol-induced Myocardial infarction in *Wistar albino* rats.



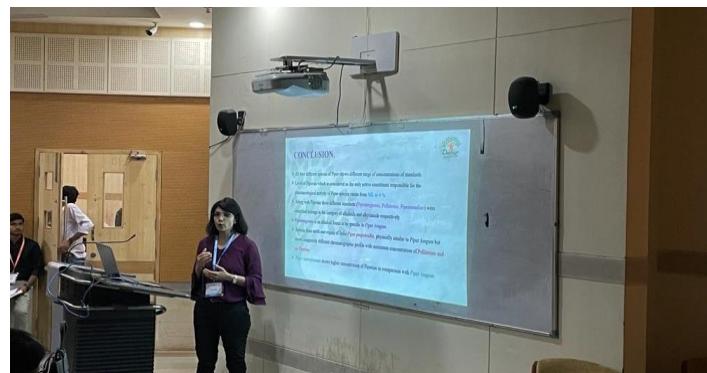
## OP22-Saiema Ahmedi

Potential Anti-*Candida* activity of Limonene.



## OP23-Sakshee Sharma

Tracing phytochemical variability amongst species of Pippali using modern chromatographic techniques.



12:30-1:30

LUNCH & AYUSH  
HEALTH MELA/  
EXHIBITION VISIT

1:30-4:00

## Special Session on Unani Medicine by UDMA

### CHAIRPERSONS:

**Mr Mohd Arif**

**Mr Maqbool Hasan**

**Mr Syed Muneer Azmat**

**Mr Pervaiz Ahmad Khan**

**Dr Matiullah Majeed**

**Mr Mohammad Jalees Mr**

**Nabeel Anwar**

**Mr Mohammad Naushad**

**Dr Mohd Zulkifle**

*NIUM, Bangalore, India*

**Topic:** Mizaj and its understanding

**Dr S Shakir Jamil**

*JH, New Delhi, India*

**Topic:** Principles of treatment in Unani Medicine for newly emerging disorders

# SPECIAL SESSION ON UNANI MEDICINE FOR PRACTITIONERS

## SPEAKERS



**Prof. (Dr.) S Shakir Jamil**

Jamia Hamdard

New Delhi., India

**Title:** Principles of treatment in  
Unani medicine for newly  
emerging disorders



**Prof. (Dr.) Mohd Zulkifle,**

NIUM, Bangalore, India

**Title:** Mizaj and its  
understanding

# VALEDICTORY SESSION

# VALEDICTORY SESSION

05:30 p.m.	Arrival of Chief Guest
05:30-05:33	Badge Ceremony
05:33-05:38	Recitation from the Holy Quran
05:38-05:41	Planters Presentation
05:41-05:46	Hamdard Tarana
05:46-05: 51	Closing note by President IASTAM
05:51-05: 59	Summary of Program by Organizing secretary
05:59-06:07	Address by Guests of Honor
06:07-06:14	Address by Chief Guest
06:14-06:29	Presidential address by Vice-Chancellor
06:29-06:39	Felicitation of guests
06:39-06:54	Award announcements and felicitation of awardees by organizing secretary
06:54-06: 59	Vote of Thanks by Registrar Jamia Hamdard
06:59-07:00	National Anthem
07:00	High Tea

# Highlights



Felicitation session



Address by Dr C.K Katiyar



Best oral presentation award



Local Organizing Committee behind the successful conclave







# In press



جامعہ ہمدرد میں قومی ورکشاپ میں پروفیسر خان کاظمی خیال  
آئیش پیشہ ورول کی قابلیت میں اضافہ وقت کی ضرورت،



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Published simultaneously from Delhi, Lucknow, Mumbai & Kolkata

## سیاستی تقدیر

جامعہ ہمدرد میں 12 ویں آئی اسیں میں ایم آر شین اور ایوارڈ فنکشن اور یونیورسٹی آئیورڈیک مسٹر یکن اور فوڈ پلینٹ میں کثیر مدفنی علاج مرین الاؤ ای کافرنس "کاغذات



जनलिंगम टुडे

जामिया हमदर्द में 12 वां IASTAM पुरस्कार समारोह और युनानी-आयूर्वेदिक चिकित्सा विज्ञान पर अंतर्राष्ट्रीय सम्मेलन



जामिया हमर्दू में यूनानी व आयुर्वेदिक विक्रिता विज्ञान पर अंतर्राष्ट्रीय सम्मेलन

卷之三



**20 سیمہ شری تعلیم پر کام کرنا شروع کیا تھا**

