



## **SOCIETY FOR ETHNOPHARMACOLOGY, INDIA (SFE - INDIA) NEWS LETTER**

Volume 2020/1 No. 20, January-April 2020

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## Editorial

This is my proud privilege to pen down for the first issue of this News Letter in 2020 containing report of the 7<sup>th</sup> SFEC-2020 held at Jamia Hamdard, New Delhi, India, report of International Conference at Pune besides regular features. Most interestingly we have introduced a new feature-interview of eminent scientists in this field and this issue featuring interview of Professor Michael Heinrich, of the UCL School of Pharmacy, University of London, London, UK.

Whole world is fighting against the new threat of COVID-19 as of 20 April 2020, **2 355 853 cases** of COVID-19 (in accordance with the applied case definitions and testing strategies in the affected countries) have been reported, including **164 656 deaths**. In India 17656 COVID cases detected and 559 deaths reported on 20<sup>th</sup> April 2020. Different countries have adopted different strategies to fight against this unknown / little known disease and India is also fighting with its best possible way.

Ayush Ministry has taken several initiatives like-

1. Released one advisory for meeting the Challenge arising out of Corona Virus (COVID-19) in India vide D.O. No. S.16030/18/2019-NAM dtd. 6<sup>th</sup> March 2020 (Visit [www.ayush.gov.in](http://www.ayush.gov.in) )
2. Released a document on "Ayurveda's immunity boosting measures for self care during COVID 19 crisis" (included in this issue).
3. Order to stop and prevent publicity and advertisement of AYUSH-related claims for COVID-19 treatment vide F.No.Z 25023/09/2018-2020-DCC (AYUSH) dtd. 01.04.2020(Visit [www.ayush.gov.in](http://www.ayush.gov.in) )

It has also reported that the Prime minister has set up a task force for scientific validation of Ayurveda and traditional medicine formulas through research institutions like ICMR, for use in the treatment of corona virus.

This incident also proved that the Govt. is keen to utilize our traditional resources and wish our colleagues will take up this as an opportunity to develop health care system.

**Dr. Subhash C. Mandal-Editor**

## Secretary's Desk

Dear Friends,

I hope you've been well since we last wrote and that you're safe and healthy during this difficult time along with your family. Since last few weeks all of us are going through an unprecedented turmoil that have completely changed our perspectives towards life. The COVID19 crisis is one of the biggest crises to have impacted the human history of our lifetime. I must thank you all who came forward for continuing to support our purpose during this tough time. This is the time we must come, forward more than ever, to contribute more in natural product to cope up with the growing demand of natural remedies. Our gratitude to all those who are toiling hard in this tough time to provide the necessary services to protect the health of the victims.

Our capabilities are increasing everyday which was again reflected in the grand success of the 7<sup>th</sup> International Congress of the Society for Ethnopharmacology, (SFEC 2020), New Delhi, during February 15-17, 2020. I trust the 20<sup>th</sup> Congress of the International Society for Ethnopharmacology 2020 (ISE 2020) in Greece during November 24-26, 2020 will also be a great success. I would like to request you to join this event.

On behalf of the SFE, I would like to express our sincere thanks to all the members and specifically the members of the executive board, Editorial board of the newsletter, Coordinators for the local chapters for their hard work during this pandemic for promotion of the society.

I would like to request you all to join the forum and explore the opportunities.

Stay safe, Stay healthy.

**Prof. Pulok K. Mukherjee, FWAST, FRSC, FNASc  
Secretary, SFE - India**



## Interview of Professor Michael Heinrich

In an interview with Dr. Subhash C Mandal, Editor, SFE News Letter during SFEC 2020, Professor Michael Heinrich, of the UCL School of Pharmacy, University of London, London, UK shared his views on the natural product research. He advocated for the improvements in quality and clinical understanding of herbal medicines including the safety and general utilization through high quality science. He thinks that one of the biggest issues is the impact of climate change on the supply of medicinal plants and also on the risks associated with the reduction of medicinal plants. Nevertheless, he believes that SFE, India has all the potential to tackle these issues systematically. He has presented the key note lecture on *“Best practice in research in ethnopharmacology. How can we advance our science?”* While asking on his suggestion for the natural product researchers, Professor Heinrich said that *“We are collaborating with pharmacologist, with chemists, we're also competing with plant scientists. So, we must be as good as the people in all these fields”* The whole conversations are presented below.

**Subhash C Mandal:** Do you mind to give your introduction?

**Michael Heinrich:** I'm Michael Heinrich from the school of pharmacy - a researcher at the pharmacology of medicinal plants. I worked a lot on plants in Mexico, India, the Mediterranean and in many other countries really trying to understand what they're good for and what their limitations are.

**Subhash C Mandal:** Thank you Michael for your kind introduction. So, I've got to ask you the first question, kindly elaborate on the future of herbal medicine?

**Michael Heinrich:** The future of herbal medicine is both exciting but also very complex. I think we face huge challenges. Their link for example to climate change, to their issues with the supply of herbal medicines of poor quality which is on the market at the same time the demand is high. The expectation in the treatment outcomes is very high so I think it's a very very complex area which is most important. We need a high-quality science on all topics relevant for understanding the health benefits and limitations of herbal medicines.

**Subhash C Mandal:** What may be the opportunities and threats in the herbal medicine research?

**Michael Heinrich:** The greatest opportunities to develop something which really contributes to better health care for all especially for the poorest and those who are most in need. So, what we can do is to contribute in the science, both to the pharmacology and the chemistry and very importantly the clinical understanding of herbal medicines including the safety and general utilization.

**Subhash C Mandal:** My next question to you is what are the key development areas in the natural product medicine?

**Michael Heinrich:** Key areas, there are many, I think one of the biggest issues we have not tackled and we must tackle is the impact of climate change on the supply of medicinal plants and also on the risks associated with, for example, a reduction of medicinal plants. This is something we haven't discussed and I hope that also SFE in the future will address this systematically. I also think, we have still a tremendous potential to look at the clinical effects well we are doing not a lot so the efficacy and may be effectiveness research working together with healers and all these are tremendous challenges and opportunities at the same time.

**Subhash C Mandal:** What are your suggestions for the researchers of natural product medicine?

**Michael Heinrich:** I think that there are many. The first, recommendation if you want, we must aspire to really having excellent science. We are collaborating with pharmacologist, with chemists; we're also collaborating with plant scientists. So, we must be as good as the people in all these fields. So, it's a very interdisciplinary and exciting field but it also requires full of us to open up to different areas where we may not be experts that's one of my greatest aspirations from this field and one hope that we can achieve it.

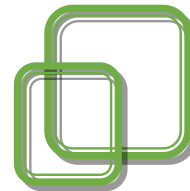
**Subhash C Mandal:** Will you please highlight the key points of the topic of your today's lecture?

**Michael Heinrich:** Well my lecture today was on best practice in phytopharmacological research. It's based on open access paper published in the journal of pharmacology. So, people can consult it and discuss it. What it's really all about is to define what is needed to make sure that our research is done according to the best standards and has consequently impact it should have based on the requirements in the field.

**Subhash C Mandal:** Kindly share your experience about the conference?

**Michael Heinrich:** I think it's an amazing place there's a lot of excitement I don't have enough time to meet everyone who wants to talk to me so I'm disappointing people the whole time with which is very sad it's an interesting program and a mixed program there are many interesting discussions going on and I think it's kind of an amazing opportunity to meet and learn from others but also to network and to understand the needs of everyone.

- **This interview is reproduced from an audio-visual version. If there is any mistake it is unintentional and may be condoned.**



## Congress reports

### **Report of the 7<sup>th</sup> International Congress of Society for Ethnopharmacology (SFEC 2020) 15<sup>th</sup> - 17<sup>th</sup> February 2020 at Jamia Hamdard, New Delhi**

The 7<sup>th</sup> International Congress of the Society for Ethnopharmacology (2020) was organized by the School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi during the three days 15<sup>th</sup> - 17<sup>th</sup> February 2020 at Hamdard Convention Centre, Jamia Hamdard, New Delhi, India.

This Congress was focused on “Ethnopharmacology in development of scientifically validated quality products from medicinal plants and regulatory aspects” and highlighted several crucial and contemporary issues of AYUSH (Ayurveda, Yoga, Unani, Siddha and Homeopathy) related to Ethnomedicine, Ethnopharmacology and Medicinal Plant Research and the Regulation-related aspects. 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.

This International Conference was one of the biggest events held in India on ethnopharmacology, herbal drugs and AYUSH medicine till date. The three-day conference period witnessed 09 keynote speeches, 88 plenary-lectures (42 foreign speakers from 33 countries and 64 eminent Indian speakers) other than 43 invited short lectures. There was also participation of above 100 stake holders from AYUSH, DBT, DST, NMPB, ICMR and regulatory agencies in addition to industries as session chairs. The conference was attended by more than 1750 delegates including 215 international delegates.

There was a good representation of young researchers in the conference with 43 participations in “young ethnopharmacologist award” competition, 87 oral presentations and 575 poster presentations have been made by young researchers, scholars and Post-Doc fellows from all across the World.

Exhibition of 68 herbal medicine manufacturing companies was well organised as a Health Mela with various AYUSH clinics showcasing the Indian System of Medicine, which were open for general public during all three days. Many traditional healers from Jharkhand, MP, Kerala and Tamilnadu have also participated in the congress for “healers meet” and showcase the hidden knowledge of Indian medicinal plants.

Two preconference workshops were organised on 14<sup>th</sup> February 2020 for Drug development from medicinal plants specially on HPTLC bioautography and GCMS Metabolomics, which was sponsored by ICMR and organised by Anchrom and Agilent technologies India, respectively with 240 attendees (120 in each workshop).

The conference was inaugurated at 9:30 am of 15<sup>th</sup> February 2020 by Mr Pramod Kumar Pathak

(Additional Secretary, AYUSH) represented Shri Sripad Yesso Naik, Minister of AYUSH, Govt. of India due to his non-availability. Janaab Hammad Ahmad Sb (Chief Mutawalli Hamdard Laboratories India Ltd), Prof Bhushan Patwardhan (Vice Chairman, UGC), Prof Asim Ali Khan (Director General, CCRUM, AYUSH) had graced the occasion as Guest of Honour. Shri Shekhar Dutta (Former Governor Chattisgarh), Dr Manju Shrama (Ex Secretary, DBT), Dr DS Gangwar (Additional Secretary, AYUSH) and Prof Michael Henrich (London) were present as special guest however it was presided by Prof. Seyed Ehtesham Hasnain (Vice Chancellor, Jamia Hamdard) in addition to Prof Ahmed Kamal (Pro Vice Chancellor), Prof Pulok K Mukherjee (Secretary, SFE-India) and Dr Sayeed Ahmad (Organising Secretary, SFEC-2020) on dais.

The Chief Guest Mr Pathak emphasised on role AYUSH in global healthcare system especially in India. He was in opinion that development of modern scientific tools in the research and development of herbal and AYUSH medicine will be helpful for taking up the challenges in making it as part of mainstream healthcare worldwide and shall play a major role in future. He enlightened about different schemes of Govt. of India to strengthen AYUSH system in India.



The Valedictory function was held at 2:30 pm of 17<sup>th</sup> February 2020 in Hamdard Convention Centre, Jamia Hamdard. Vaidya Rajesh Kotecha (Secretary, AYUSH, Govt. of India) was Chief Guest of function, whereas Janaab Hamid Ahmed Sb (Mutawalli, Hamdard Laboratories India Ltd.) and Prof Asim Ali Khan (Director General, CCRUM, AYUSH) had graced the occasion as Guest of Honour. Dr C K Katiyar (CEO, Emami Healthcare), was present as special guest. Prof. Seyed Ehtesham Hasnain (Vice Chancellor, Jamia Hamdard) presided over the function in addition to Prof Ahmed Kamal (Pro

Vice Chancellor), Prof Pulok K Mukherjee (Secretary SFE India) and Dr Sayeed Ahmad (Organising Secretary SFEC 2020) on dais.

The Chief guest of Valedictory function Vaidya Kotecha emphasised on contribution of Indian civilization to the global heritage of ethnopharmacology and acknowledged about role of Indian traditional systems of medicine, such as Ayurveda, Siddha, Unani, Yoga, naturopathy, and homeopathy in achieving healthcare goals. He congratulated organising secretary Dr Sayeed Ahmad and Prof Pulok K Mukherjee (Secretary SFE) for organizing such a great conference and lauded about the usefulness of the SFEC 2020 in inculcating modern global knowledge on herb, herbal remedies, herbal quality assurance for development of quality medicine for AYUSH. He also emphasised about the importance of documentation of the local knowledge, in facilitating and upgradation of persons with local knowledge and in developing cost effective, quality AYUSH medicine for global health care.

This is to apprise you that the SFEC 2020 was covered by above 30 news agencies in the form of print, online and TV media including very reputed one such as Aajtak, NDTV, India Today, Pioneer, Hindustan Times, Sahara etc. The SFEC 2020 was sponsored and generously supported by DBT-NER, NMPB AYUSH, CCRUM AYUSH, Ministry of AYUSH, ICMR, AIMIL Pharmaceuticals, Hamdard Laboratories, Fermish Clinical Technologies, Dabur India Ltd, Emami Ltd (Zandu), Arbro Labs, Anchrom, Liimra Remedies, Nature and Nurture, Sadar Dawakhana, Agilent technologies etc. Their financial and personal contribution was enormous to make SFEC 2020 a grand success.

## Media coverage

www.phakalsha.in  
Cuttack, Friday, February 14, 2020

**pbd Delhi**

politicalbusinessdaily 5

# India to host first int'l meet on traditional medicines tomorrow

**PBD BUREAU**  
NEW DELHI, FEB 13

FOR the first time, India will be hosting the International Congress of the Society for Ethnopharmacology (SFEC 2020). The three-day event, being organized by School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi, in association with Society for Ethnopharmacology, India from February 15 at the Convention Centre of Jamia Hamdard in New Delhi, will be inaugurated by Union AYUSH Minister Shripad Yesso Naik.

Aimed at capitalising the traditional medicinal knowledge to combat recent medical challenges, the congress will focus on

ment of scientifically validated quality products from Medicinal plants and Regulatory aspects". It will be highlighting on several crucial and contemporary issues on the Ethnomedicine, Ethnopharmacology and medicinal plant research and regulatory related aspects by renowned scientists from across the globe.

This will provide an ideal platform to the participants to present their research work, interact, debate and disseminate ideas amongst the distinguished professionals, eminent scientists, technologist, indus-

trialist and traditional health care professionals.

The event will also host plenary discussion on the role of phyto-medicine and will feature 860-plus presentations and discussions by scientists from over 40 countries including delegates from the USA, the UK, Germany, Australia, Japan and Canada.

The sessions will also discuss and endorse the scientific validation of regional and traditional medicines and their expandability in the whole world. The event which is to be attended by more

than 2,000 members is being supported by the Ministry of AYUSH, DBT (Department of Biotechnology, Govt. of India) and key players of herbal industries including Delhi-based AIMIL Pharmaceuticals and Hamdard Wellness.

Speaking about the theme, SFEC 2020 Organising Secretary Dr. Sayeed Ahmad said: "Traditional medicinal knowledge often gets lost while passing through generations; and preserving it could be the key to address the current medical challenges."

To further materialise the benefits of the event, a free health mela will also be organised during the event where free consultation by renowned Ayurveda Vaidyas, Hakeems and other doctors will be offered to people along with free samples of Indian traditional medicines of Ayurveda and unani, he added.



## International conference on herbal world from Feb 15

Monday, 10 February 2020 11:05 | New Delhi

Experts from India and abroad will deliberate on varied topics related to the herbal world such as development of scientifically validated quality products from medicinal plants and regulatory aspects at a three-day international conference here from February 15, 2020.

The experts at the 7th International Congress of the Society for Ethnopharmacology, India (SFEC 2020) which is being organised by the Jamia Hamdard's School of Pharmaceutical Education and Research in association with the Society for Ethnopharmacology here at Jamia Hamdard, will also discuss traditional medicine inspired drug discovery and development besides evaluation of safety, efficacy and quality of botanicals.

The conference will be inaugurated by Minister of Ayush Shripad Nayak.

The theme of the conference is "Ethnopharmacology in development of scientifically validated quality products from medicinal plants and regulatory aspects" with slogan "globalisation localization of local knowledge and localisation of global technologies for drug development from medicinal plants".

The experts including those from UK, Australia, Japan will discuss subjects such as evidence-based validation of traditional medicine, traditional medicine inspired drug discovery and development, regulation of botanicals.



पारंपरिक दवाओं पर वैश्विक सम्मेलन में हिस्सा लेंगे 40 देशों के विशेषज्ञ

### Hot News

## पारंपरिक दवाओं पर वैश्विक सम्मेलन में हिस्सा लेंगे 40 देशों के विशेषज्ञ

By IANS

February 09, 2020 at 08:23:58 PM



23:05 3%

Zoya Malik and Madhukar Garg shared a post.

Bioactive Natural Product Laboratory, JH  
11 hrs · 🌐

#SFEC2020  
Second Day Keynote Addresses  
16.02.2020

International Congress of Society for Ethnopharmacology, India

KEYNOTE ADDRESS  
d. Michael Heinrich  
Search Group: Pharmacology and Botany, ICB, School of Pharmacy, University of London, London, UK

16<sup>th</sup> Feb 2020  
Venue: Jamia Hamdard, New Delhi India  
Time: 09:00-10:45

Organized by:  
Bioactive Natural Product Laboratory  
School of Pharmaceutical Education and Research  
Jamia Hamdard, New Delhi-110062

Zoya Malik  
18 mins · 🌐

नई दिल्ली, 9 फरवरी (आईएनएस) नई दिल्ली में 15 फरवरी से तीन दिवसीय इंटरनेशनल कांफ्रेंस ऑफ द सोसायटी फॉर एथनोफार्माकोलॉजी का आयोजन किया जा रहा है। इस सम्मेलन में अमेरिका, ब्रिटेन, जर्मनी, ऑस्ट्रेलिया, जापान, चीन समेत करीब 40 देशों के 100 से ज्यादा विशेषज्ञ हिस्सा ले रहे हैं। केंद्रीय आयुष मंत्री श्रीपद नार्वे इस सम्मेलन का उद्घाटन करेंगे। दुनिया भर में परंपरागत रूप से इस्तेमाल किए जाने वाले औषधीय पौधों को लेकर पहली बार देश में एक विश्वस्तरीय सम्मेलन हो रहा है।

जामिया हम्दार्द हिंदी में आयोजित होने वाले इस सम्मेलन में देश भर से विशेषज्ञ हिस्सा ले रहे हैं। इस दौरान औषधियों पौधों पर चर्चा की जाएगी। साथ ही उन्हें वैज्ञानिक रूप से प्रमाणित करने के उपायों की रूपरेखा तैयार होगी। इस सम्मेलन का उद्देश्य यह है कि किसी एक समूह विशेष में इस्तेमाल हो रही किसी परंपरागत औषधि को मौजूदा मानकों पर परखा जाए और यदि आवश्यक में वह प्रभावी है तो उससे दवा विकसित की जाए जिसका फायदा पूरी दुनिया को मिले।

इस सम्मेलन में करीब 40 देशों के 100 से ज्यादा विशेषज्ञ हिस्सा ले रहे हैं जो अपना व्याख्यान देंगे, जबकि दो हजार से अधिक प्रतिनिधि हिस्सा लेंगे। इसके अलावा 860 लिखित एवं मौखिक प्रजेंटेशन होंगे जो उपरोक्त औषधीय पौधों के

## पारंपरिक दवाओं पर वैश्विक सम्मेलन में हिस्सा लेंगे 40 देशों के विशेषज्ञ

नई दिल्ली, 9 फरवरी (आईएनएस) नई दिल्ली में 15 फरवरी से तीन दिवसीय इंटरनेशनल कांफ्रेंस ऑफ द सोसायटी फॉर एथनोफार्माकोलॉजी का आयोजन किया जा रहा है। इस सम्मेलन में अमेरिका, ब्रिटेन, जर्मनी, ऑस्ट्रेलिया, जापान, चीन समेत करीब 40 देशों के 100 से ज्यादा विशेषज्ञ हिस्सा ले रहे हैं। केंद्रीय आयुष मंत्री श्रीपद नार्वे इस सम्मेलन का उद्घाटन करेंगे। दुनिया भर में परंपरागत रूप से इस्तेमाल किए जाने वाले औषधीय पौधों को लेकर पहली बार देश में एक विश्वस्तरीय सम्मेलन हो रहा है। जामिया हम्दार्द हिंदी में आयोजित होने वाले इस सम्मेलन में देश भर से विशेषज्ञ हिस्सा ले रहे हैं। इस दौरान औषधियों पौधों पर चर्चा की जाएगी। साथ ही उन्हें वैज्ञानिक रूप से प्रमाणित करने के उपायों की रूपरेखा तैयार होगी। इस सम्मेलन का उद्देश्य यह है कि किसी एक समूह विशेष में इस्तेमाल हो रही किसी परंपरागत औषधि को मौजूदा मानकों पर परखा जाए और यदि आवश्यक में वह प्रभावी है तो उससे दवा विकसित की जाए जिसका फायदा पूरी दुनिया को मिले। इस सम्मेलन में करीब 40 देशों के 100 से ज्यादा विशेषज्ञ हिस्सा ले रहे हैं जो अपना व्याख्यान देंगे, जबकि दो हजार से अधिक प्रतिनिधि हिस्सा लेंगे। इसके अलावा 860 लिखित एवं मौखिक प्रजेंटेशन होंगे जो उपरोक्त औषधीय पौधों के परंपरागत इस्तेमाल से जुड़े होंगे। सम्मेलन के आयोजकों ने कहा कि इस सम्मेलन में जिन परंपरागत औषधियों का जिक्र होगा उनका वैज्ञानिकीकरण भी किया जाएगा क्योंकि कई समूहों में वैज्ञानिक रूप से औषधों का इस्तेमाल होता है और यदि एक पौधे से दूसरे पौधे तक संतुलन...

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Hindi News / खबरें / देश

## पारंपरिक दवाओं पर वैश्विक सम्मेलन, दुनिया भर से 40 देश होंगे शामिल

केंद्रीय आयुष मंत्री श्रीपद नार्वे इस सम्मेलन का उद्घाटन करेंगे, जामिया हम्दार्द विश्व विद्यालय में होने वाले इस सम्मेलन में दुनिया भर से विशेषज्ञ हिस्सा ले रहे हैं। इस दौरान विशेषज्ञ औषधियों पौधों पर चर्चा करेंगे, साथ ही उन्हें वैज्ञानिक रूप से प्रमाणित करने के उपायों की रूपरेखा तैयार करेंगे

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## Jamia Hamdard to organise 7th International Congress

Jamia Hamdard be organising the 7th International Congress in association with Society for Ethnopharmacology from February 15-17, 2020.

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Bioactive Natural Product Laboratory, JH  
Yesterday at 01:41 · 🌐

#SFEC2020  
First Day Keynote Addresses  
15.02.2020

International Congress of Society for Ethnopharmacology, India

KEYNOTE ADDRESS  
Pulok K. Mukherjee  
Director  
National Institute of Unani Medicine & Research  
New Delhi-110062

15<sup>th</sup> Feb 2020  
Venue: Jamia Hamdard, New Delhi India  
Time: 11:30-01:00

Organized by:  
Bioactive Natural Product Laboratory  
School of Pharmaceutical Education and Research  
Jamia Hamdard, New Delhi-110062



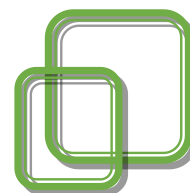
**INTERNATIONAL CONFERENCE**  
on  
**Emerging Trends in Delivery of Phytoconstituents**  
&  
**Ethnopharmacology - Validation of Traditional Medicine -II**  
**29-30th Nov 2019**

----- : ORGANIZED BY : -----  
**Poona College of Pharmacy**  
**Bharati Vidyapeeth (Deemed to be University), Pune, India.**  
In Association with  
All India Council for Technical Education (AICTE), Govt. of India  
&  
Society for Ethnopharmacology India- Pune Chapter



## COVID crisis

### Expert opinion



# Ashwagandha has potential to bolster immunity against coronavirus: Experts

SwatiShindeGole  
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Working groups' reports this week

**Pune:** The inter-disciplinary Ayush research and development task force has suggested ashwagandha could be an effective agent in the management of Covid-19.

A paper suggesting simple ayurvedic medicines such as ashwagandha, guduchi, yashtimadhu and amalaki for managing the coronavirus disease was published in Current Science journal co-authored by the task force chairman, Bhushan Patwardhan. Patwardhan, also the UGC vice-chairman, said scientific evidence based on research spanning over 25 years indicated that ashwagandha had the potential to fight Covid-19.

He said, "Ashwagandha can offer multi-target effects in inflammatory conditions by restoring immune homeostasis. We have demonstrated clinical success with ashwagandha containing ayurvedic formulations to treat both acute and chronic rheumatoid arthritis in well-designed clinical trials. In a random controlled trial, a

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The high-level "Inter-disciplinary Ayush Research and Development Task Force"



chaired by Bhushan Patwardhan has formulated working groups on public health and integrative practice, clinical research, standardised medicine and test material, pre-clinical re-

search, nutrition and nutraceuticals, surveys and documentation. These groups would submit reports to the task force by the end of this week.

formulation containing ashwagandha was shown to have efficacy equivalent to HCQ (hydroxychloroquine)."

The paper appeared in Current Science journal on April 10 was jointly authored by other experts, including Preeti Chavan-Gautam, Manish Gautam, Girish Tillu, Arvind Chopra, Sunil Gairola and Suresh Jadhav. The experts stated in the paper that other ayurveda *rasayana* such as guduchi, shatavari, yashtimadhu and amalaki also had immunomodulatory properties, and might have the potential to bolster he-

alth and immunity of the community in the fight against the coronavirus infection.

Patwardhan said, "India has an opportunity for a global leadership in developing evidence-based treatment and therapeutic strategies based on ayurveda. The war against Covid-19 requires trans-disciplinary approach with the involvement of researchers from medicine, science, technology and social sciences."

The experts stated in the paper that the national task force on Covid-19, constituted by the Indian Council of

search, nutrition and nutraceuticals, surveys and documentation. These groups would submit reports to the task force by the end of this week.

The task force has been set up under the ministry of Ayush with an aim to carry out evidence-based research on the impact of Ayush medicines.

The Ayush ministry has emphasised that AYUSH scientists and other research institutions should come together and lead to some solution for Covid-19. The task force has a total of 17 experts.

Medical Research, New Delhi, recommended a protocol for the use of HCQ for the treatment of coronavirus infection for the protection of high-risk individuals. The Drug Controller General of India has approved this protocol for restricted use under emergency situation.

Patwardhan said, "HCQ can be administered for a limited period only. It cannot be continued for long as it has its own disadvantages. This virus will stay for some time now. In such a scenario, ashwagandha can be beneficial as it promotes immune stability."

## AYUSH's self-care recommendations

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times. Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures. Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting

immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications. Following are the recommended measures.

### **I. General Measures**

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH (#YOGAatHome #StayHome #StaySafe)
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

### **II. Ayurvedic Immunity Promoting Measures**

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

### **III Simple Ayurvedic Procedures**

1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (PratimarshNasya) in morning and evening.
2. Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

### **IV During dry cough / sore throat**

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

Source: <https://www.mohfw.gov.in/pdf/ImmunityBoostingAYUSHAdvisory.pdf>

## **Contributions from SFE, India**

### **Live TV interviews**

*Dr. Debprosad Chattopadhyay (Left) and Dr.Sitesh Bachar (Right)*



## Featured article

**millenniumpost**  
NO HALF TRUTHS

Kolkata Edition

Date - 18 Mar'20

**World Health Organisation has stressed that the provision of safe water is essential to protecting human health during all infectious disease outbreaks, including the life-threatening COVID-19**

INDRANEEL DAS

**W**ith over 165,000 confirmed cases worldwide, that has resulted in over 6600 deaths as on mid-March 2020, there is no doubt that the spread of the novel coronavirus COVID-19 pandemic needs to be significantly slowed or even reversed through the implementation of robust containment and control activities with immediate effect.

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). A novel coronavirus is a new coronavirus that has not been previously identified.

Considering the newness of COVID-19, based on present-day evidence, the COVID-19 virus has not been detected in drinking water supplies as of now. But then, this statement rests on the current knowledge of the COVID-19 virus only and does not guarantee consistency in course of time. On the other hand, the structure of the COVID-19 virus is similar to those of other surrogate human coronaviruses for which there are data about both survival in the environment and effective inactivation measures.

In fact, laboratory studies indicated that the virus could remain infectious in water contaminated with faeces for days to weeks. Therefore, it is wise to implement measures to protect against viruses in drinking water supplies and improve water safety.

The World Health Organisation (WHO), in its technical brief of March 3 2020, on "Water, sanitation, hygiene and waste management for the COVID-19 virus" has stressed that the provision

of safe water is essential to protecting human health during all infectious disease outbreaks.

World Health Organisation guidelines further recommend centralised water chlorination among others to inactivate the COVID-19 virus. In fact, other human coronaviruses have been shown to be sensitive to chlorination, so that the COVID-19 virus is likely to be more sensitive to chlorine than many other viruses.

For effective centralised disinfection, there should be a residual concentration of free chlorine of  $\geq 0.5$  mg/L after at least 30 minutes of contact time at pH  $< 8.0$ . Chlorine residual should be maintained throughout the distribution system.

By centralised water chlorination, it is implied that the chlorination needs to be done at a common water distribution point so that a time gap of at least 30 minutes exist between chlorination of water and drinking it.

Moreover, such disinfection system ensures additional water safety for purposes other than drinking as

well, such as bathing, washing, cleaning, flushing, etc. However, it must be ensured that the chlorination is not done intermittently by simply sprinkling some chlorination chemicals in the water tanks, since this might result in fluctuating residual chlorine levels with undesirable outcomes. Further, all chlorine compounds are not suitable for regular drinking water disinfection.

Finally, if your water source already maintains a continual residual concentration of free chlorine of  $>0.5$  mg/L, then there is no need to implement further centralised chlorination in your premises. You may consult your water specialist for professional guidance in this matter.

The WHO guidance on the safe management of drinking water

applies to the COVID-19 outbreak. Extra measures are not needed. In particular, chlorination will facilitate more rapid die-off of the COVID-19 virus. Many co-benefits will be realised by safely managing water and sanitation services and applying good hygiene practices. Such efforts will prevent many other infectious diseases, which cause millions of deaths each year.

(Indraneel Das is a consultant based in Kolkata, specialising in household and municipal water quality. He can be reached at [waterstandards@gmail.com](mailto:waterstandards@gmail.com))

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## SFE, India annual picnic – picture perfect



## Upcoming congresses



**Annual congress of the International Society for  
Ethnopharmacology 2020 (ISE 2020)**

**20<sup>th</sup> International Congress  
International Society for Ethnopharmacology (ISE)**

**November 24-26, 2020**

*Organized by*

**School of Pharmacy**  
**Aristotle University of Thessaloniki**  
**Greece**

**Venue: Capsis Hotel Thessaloniki, Greece**

For details you may visit: [www.ethnopharmacology2020.org](http://www.ethnopharmacology2020.org) // [www.ethnopharmacology.org](http://www.ethnopharmacology.org)  
Contact: **Dr. Anastasia Karioti**, Organizing Secretary, ISE 2020, Thessaloniki, Greece  
E-mail: [akarioti@pharm.auth.gr](mailto:akarioti@pharm.auth.gr)



**20<sup>th</sup> International Congress**  
of the International Society for  
**Ethnopharmacology**

**24-26 November 2020**  
**CAPSIS HOTEL**  
**Thessaloniki, Greece**



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