



Society of Pharmacognosy
(Formerly Indian Society of Pharmacognosy)



22nd NATIONAL CONVENTION OF SOCIETY OF PHARMACOGNOSY

&

INTERNATIONAL CONFERENCE ON

"Integrating Ayurveda & Herbal Drugs For Next Generation
Therapeutics & Supplements : Opportunities & Challenges"

January 20-21, 2018



SOUVENIR & SCIENTIFIC PROCEEDINGS

Organized by

Ganpat University

Shree S. K. Patel College of Pharmaceutical Education & Research

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Govt. of India as a speaker for key note address at a National conference at Port of Spain, Trinidad and Tobago in Sept. 2002., Has delivered Key note address as a chief guest in International Seminar on Ayurved in Mahindra Institute, Birstein, Germani. 6-7th August 2005, Participated WHO Consultation on Phytotherapy as WHO invitee Ayurveda expert for preparing guidelines for Safety and Training of Ayurveda held at Milan, Italy 20-23rd Nov. 2006 He has published more than 1000 research papers in scientific journals of credit and has authored Five major books in the field of Ayurveda.

Summary of Presentation:

There appears to be a paradigm shift in the occurrence of disease as compared to the recent past. Earlier infectious and communicable diseases were the major problem areas. We can find stories of many epidemics of diseases like Cholera, Plague, Tuberculosis etc. in the history of medicine, irrespective of the socio economical status of the country. Entry of antibiotics in the field changed the scenario, replacing infectious diseases with Metabolic disorders and Life style related diseases. Medical scientists and pharmacologists are trying hard to find out trustworthy remedy in the form of drug to fight this nasty menace. Not much progress is appearing in sight in this regard as far as modern medicine is concerned.

Ayurveda, the age old system of medicine of India can play a significant role in this situation. It is a well known fact that Ayurveda is not only a system of medicine but also a science of life. Ayurveda looks beyond the disease cure. The science concentrates on complete elimination of the cause of disease. Practice of Ayurveda on one side promotes and protects the health and prevents the disease; on the other side it also provides measures to cure the disease. Ayurvedic pharmaceuticals is more effective in management of metabolic and life style disorders. The science believes that the factors responsible for keeping an individual healthy; if not utilized appropriately, become responsible for the creation of the disease as well. Therefore the cure of the disease lies in correction of these practices. Apart from correction of behavioral and dietary practices, the measures include therapeutic intervention based on natural products like plant and animal products. Being produced from natural products the Ayurvedic drugs are comparatively safe and easy to produce. On this background the presentation will try to take a review of these drugs and explore their scope in the area of next generation therapeutics and supplements.

Plenary Lecture : 07

MANAGEMENT OF PAIN THROUGH THERMAL CAUTERY (AGNIKARMA)



Dr. Nikolaos Kostopoulos
Director,
Holistic Health Centre,
145 62 Kifissia, Athens, Greece

About Speaker:

Dr. Nikolaos Kostopoulos graduated from Athens Medical University, Greece. He has worked in the Renal Unit of the Naval Hospital and the Intensive Care Unit of the Hospital of Chest Diseases, both in Greece and also in the Respiratory Unit of the Manchester Royal Infirmary, U.K. He is a member of the Faculty of Homeopathy in U.K. and of the Hellenic Homeopathic Association in Greece. Dr. Kostopoulos was introduced to Ayurveda by Vaidya Asvin Barot and, in collaboration with him, he practiced in Harley street in London (UK) Ayurveda and integrated medicine. He established the Holistic Health Centre in Greece in 1999. In addition to running his medical

practice, Dr. Kostopoulos is involved in ongoing research within the field of psychosomatic disease and stress management through Ayurveda. Together with VaidyaBarot has conducted research in Miami University, U.S.A., developing a herbal cream for burns management. He regularly participates in International conferences and has given lectures in the UK, Ireland, Germany, France, Switzerland, Japan, Canada and India promoting a modern, scientific approach to Ayurveda. Dr. Kostopoulos applies the (thermal cautery) agnikarma treatment as a part of a holistic approach for osteoarthritis and migraine pain.



Vaidya Asvin Barot

Ayurveda Physician & Clinical Specialist,
London, UK

About Speaker:

VaidyaAsvinBarot was born in East Africa. He studied Ayurveda in Nadiad, Gujarat, India and graduated from 'The Gujarat Ayurved University' Gujarat. He has been a leading Ayurvedic Practitioner in UK and established a prestigious practice where many conventional medical doctors would go to learn the art of practicing Ayurveda in a Holistic way. VaidyaBarot is known internationally for teaching the fundamental principles of Ayurveda and their application in daily life and he participates in international conferences promoting Ayurveda as a science and an Art of Being. In the last few years, he has been involved in Ayurvedic research related to psychosomatic disease and stress management through Ayurveda, Yoga and meditation. Together with Dr N Kostopoulos has conducted research in Miami University, U.S.A., developing a herbal cream for burns management. Recently he revived the Agnikarma treatment (thermal cautery), and helped in the establishment of the Global Agnikarma Centre, which is the first of its kind in the world for offering agnikarma as a pain management method.

Summary of Presentation:

Chronic pain is becoming an epidemic in the Western world. Sedentary lifestyle, wrong nutrition, ageing population and stress are some of the causative factors for this epidemic. Available drugs include N.S.A.I.D.S., antidepressants, antiepileptics and opioids. Efficiency decreases with the chronic use of these drugs and side effects become more prominent and debilitating. In the U.S.A. the opioid epidemic is now a declared health emergency and the yearly cost of chronic pain is more than \$500 billion. So pain management is a field where the integration of Ayurveda, modern science and herbal drugs development can be extremely helpful and fruitful. Following an integrated approach, we started using a treatment applied in Ayurveda called Agnikarma, or in modern terms, thermal cautery of a peripheral nerve field, with amazing results for osteoarthritic pain. We also used this treatment for the holistic management of migraines. The theory of a silver bullet chemical eliminating a disease looks old fashioned. New findings like microbiome, gut brain connection, stress affected pain thresholds, vagus nerve stimulation and autoimmune disorders, make the integrated approach in pharmaceutical research a necessity for a cost efficient management of chronic pain. The revival of agnikarma would have been impossible without the use of a herbal preparation that vastly accelerates the re-epithelialization and the scar free treatment of the thermal burns caused by agnikarma. In the talk, the method of thermal cautery, together with a holistic approach to pain management, and the development of the herbal preparation for burns management will be presented as a model of integrated approach to Ayurveda and herbal drugs development for next generation therapeutics.