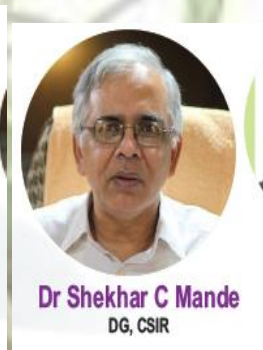




Webinar on
**Traditional Knowledge & Formal Medicine:
A Complementary Approach to Combat COVID**

May 14, 2020 at 10:30 AM



Organized by

CSIR-NISCAIR in collaboration with CSIR-NISTADS & Vijnana Bharati (VIBHA)

Coordinators: Ms Charu Verma, Sr Principal Scientist, CSIR-NISCAIR & Dr Suman Ray, Sr Scientist, CSIR-NISTADS

Programme Schedule	
10:30 AM-10:35 AM	Welcome & Introduction Prof Ranjana Aggarwal , Director, CSIR-NISTADS & CSIR-NISCAIR
10:35 AM-10:45 AM	Inaugural Address Dr Shekhar C Mande , DG, CSIR
10:45 AM-11:00 AM	Formal Medicine Dr M L B Bhatt VC KGMU
11:00 AM-11:15 AM	Role of Ayurveda in Prophylaxis and Management of COVID-19 Scope for Integration Dr Tanuja Manoj Nesari , Director, AIIA
11:15 AM-11:30 AM	Global Positioning of Indian Traditional Systems of Medicine: Hurdles and solutions Dr Ram A Vishwakarma , Director CSIR-IIIM
11:30 AM-11:45 AM	Ayurveda and Conventional Medicine: why should we know why, how and where they differ Dr Rama Jayasundar , Prof. NMR & MRI, AIIMS
11:45 AM-12:00 PM	Traditional Medicine, COVID and WHO Dr G Geetha Krishnan , AYUSH Expert, WHO
12:00 PM-12:15PM	How to live with Corona Pandemic Dr Punit Misra , Professor Community Medicine, AIIMS
12:15 PM-12:40 PM	Discussion
12:40 PM-12:55 PM	Concluding Remarks Shri Jayant Sahasrabuddhe , National General Secretary, VIBHA
12:55 PM-1:00 PM	Vote of Thanks Ms Charu Verma , Sr Principal Scientist, CSIR-NISCAIR

'Traditional Knowledge & Formal Medicine: A Complementary Approach to Combat COVID'

May 14, 2020

Concept note

WHO has defined Coronavirus disease 2019 (COVID-19) as a pneumonia of unknown cause first detected in Wuhan, China. It was declared a Public Health Emergency of International Concern on 30th January 2020 by WHO. There are no specific anti-virus drugs or vaccines available for the treatment of this sudden and lethal disease. The supportive care on the public health front, interventions like travel restrictions, quarantine, and case/contact isolation and non-specific treatment to ameliorate the symptoms of the patient are the only available options currently. If we remind ourselves from the SARS outbreak that occurred in late 2002 and 2003, there is almost nothing surprising about COVID-19 pandemic. However, lack of cure has put the healthcare system overloaded across the world. Several countries are involved in multiple diagnostic, therapeutic, and preventive interventions for COVID-19. Emergency efforts are underway to find optimum medical products to fight COVID-19 pandemic.

WHO has streamlined clinical trial design for fastest clinical outcomes to fight COVID-19. WHO also recognizes that traditional, complementary and alternative medicines have contributed to the development of modern medicine in a great way. Natural products and traditional medicines are of great importance particularly in preventive and curative healthcare. In India, herbal medicines have been actively used and are well documented in Ayurveda, Indian medicinal system, for about 5000 years and may also help to cure those who get sick with the respiratory infections in case of COVID 19.

Traditional knowledge that is developed, sustained and passed on from generation to generation face several challenges like dwindling knowledge among the new generations about the herbs and their properties. Claims of herbal “cures” began circulating on social media even before WHO declared COVID-19 a global pandemic. [Myth Busters](#) page launched by WHO is an effort to combat false or misleading claims regarding the prevention, treatment or cure of the virus, including the use of herbal remedies. [Ministry of Ayush](#) has taken several efforts for meeting the challenge arising out of spread of COVID-19. It has recommended self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. It suggests that since 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 i.e. prevention is better than cure.

Multidisciplinary approach with new ideas may address a number of problems related to COVID-19. Thus, bringing together the experts from fields of traditional knowledge and conventional medicines on one platform to develop a sustainable health care approach through various interventions/dimensions may help to combat COVID-19. The webinar aims to have a brainstorming meeting on strategies/solutions to how traditional knowledge with modern technology may provide all levels of healthcare delivery system-primary, secondary and tertiary to fight the pandemic.

A webinar 'Traditional Knowledge & Formal Medicine: A Complementary Approach to Combat COVID' was successfully organized on May 14, 2020 from 10:30 am – 1:00 pm by CSIR-NISCAIR in collaboration with CSIR-NISTADS & Vijnana Bharati (VIBHA). The webinar was coordinated by Ms Charu Verma, Senior Principal Scientist & Head, BDD, CSIR-NISCAIR & Dr Suman Ray, Senior Scientist, CSIR-NISTADS for overall webinar, anchoring & speakers' introductions.



Webinar was started with Introduction & Welcome Address by **Prof Ranjana Aggarwal, Director CSIR-NISTADS**. She expressed her gratitude to all dignitaries, eminent speakers and attendees to be part of this webinar. She reiterated the phrase of Hon'ble Prime Minister of India, Shri Narendra Modi to have 'atma nirbhar Bharat' or self-reliant India. Using traditional knowledge (TK) as medicine for prevention of COVID-19 is a step towards this. Prof Ranjana appreciated the spirit of CSIR under the leadership of DG, CSIR Dr Shekhar C Mande who geared up CSIR to combat COVID even before this was declared pandemic by WHO. He was appreciated as a true 'Senapati'.



Inaugural Address of the webinar was given by **Dr Shekhar C Mande, DG, CSIR** who started with gratitude to all eminent speakers to spare their time to make this Webinar a success. He expected excellent outcomes on this topic of great importance not only for India but the entire World. He appreciated Prof. Ranjana for conceptualizing the wonderful theme for this webinar. He said that formal medicine is around since few hundred years but TK is thousands years old. But TK still need to establish itself with more scientific validations. He sees linkage of TK with formal medicine as a great boon to society worldwide.



Dr MLB Bhatt, VC, KGMU delivered his talk on 'Formal Medicine'. He discussed about various activities currently taken up by KGMU to combat COVID. These include providing support to COVID patients in terms of screening, holding, treating & providing facilities like OT, ICU & ventilators. KGMU is also using plasma therapy for treating COVID patients. He reassured the audience in general & public at large that most of the COVID cases are with mild symptoms and only less than 1% cases require hospitalisation or critical care. KGMU had lots of patients who were senior citizens, pregnant women or small children but they fully recovered within a week. The main preventive care is to have balanced diet, have plenty of fluids, sound sleep of 6-8 hours, practice yoga and pranayamas.



Dr Tanuja Manoj Nesari, Director, AIIA discussed on the role of ayurveda in prophylaxis & management of COVID-19 and scope for its integration. She talked about the history of Ayurveda and various herbs that are being used by the mankind since ages. She highlighted upon preventive, curative and rehabilitation measures. She also suggested to take care of psychosomatic conditions as psyche has a major effect on soma (body). During her talk, the role of Ayurveda deemed of utmost importance for prophylaxis & management of COVID.



Dr Ram A Vishwakarma, Director, CSIR-IIIM delivered his talk on 'Global Positioning of Indian Traditional Systems of Medicine & its Hurdles & Solution'. He highlighted CSIR India activities across five pillars to combat COVID that includes drugs, vaccine, testing, sanitisers, hospital equipment & the likes. He described activities for repurposing of molecules, clinical trials of existing molecules from CSIR Knowledge Bank. He feels that this pandemic or crisis has given an opportunity to globally position our traditional systems of medicine. He talked about host directed therapies and phyto-pharmaceuticals. He apprised attendees that CSIR is already working in close unison with Ayush Ministry for trials of plant based products. He said that TK will have to withstand the scrutiny of science to establish itself as medicine like HCQ.



Dr Rama Jayasundar, Prof. NMR & MRI, AIIMS talked about 'Ayurveda and Conventional Medicine & why should we know why, how and where they differ'. She highlighted about the two different system of medicine-traditional/ancient system and modern medicine system. These two together, can help us to understand the human system & find the right efforts needed to benefit the society. As per worldview, modern view says that reality is made of material objects which can be made into smaller objects while Ayurvedic view says that reality exists as a continuum with interconnected and inseparable entities in a dynamic relationship. Ayurveda worldview mainly emphasizes on the fact that nature exists as a continuum and the universe is a dynamic web of interconnected and inseparable entities in a dynamic relationship. A multipronged approach that involves sleep, food, physical physiological. Understanding life style and human system is important. Ayurveda connectedness through body, mind and consciousness are ways to cope with challenging situations like COVID.



Dr G Geetha Krishnan, AYUSH Expert, WHO, delivered his talk on 'Traditional Medicine, COVID and WHO'. WHO is looking for opportunities of traditional medicine and understand the clinical interventions to fight the pandemic. Worldwide initiatives are being taken for the right approach for therapeutics so to fill up the gaps for the healthcare delivery for COVID management. The importance of traditional medicine system is well recognized by WHO. Many countries across the world is very actively involved in this area to fight the pandemic e.g. China, Nigeria, Thailand, Japan, Malaysia, Republic of Korea, South Africa, Ethiopia etc. Besides, Government of India through AYISH Ministry is very actively involved in traditional medicine research to combat COVID. Herbal drugs are effective to combat COVID, however, as per WHO, any drug trial must follow strict protocol. COVID crisis has provided us an opportunity to do research in traditional medicine systems in an extensive manner.



Dr Punit Misra, Professor Community Medicine, AIIMS delivered his talk on 'How to live with Corona Pandemic'. We have to live with COVID as it will stay for long with us, he says. The definition of normal is changed now with COVID pandemic. COVID-19 is a highly contagious disease with asymptomatic, and symptomatic symptoms. Since no medicine/medications to prevent COVID-19 infection is available, therefore, we need to be very cautious about ourselves so that we can live with it but with a healthy life. This is possible by maintaining a physical, mental and social well-being. We need to focus on three components of health-physical, mental and social well-being. Connecting with others through webinar, social media family members and relatives may help us to maintain our social wellbeing.



The concluding remarks was given by Shri Jayant Sahasrabudde, National Organizing Secretary, VIBHA. He concluded by highlighting the linkage between traditional & formal medicine to have as an effective asset against COVID. He appreciated the efforts of all eminent speakers to present excellent thoughts for all of us. He expressed his gratitude for successful culmination of ideas.



After Q & A session, Vote of thanks was given by **Ms. Charu Verma, Sr. Principal Scientist, CSIR-NISCAIR**. She expressed her deep gratitude to all eminent speakers who took time out of their so busy schedules. She said we took pride in working under the guidance of our Director, Prof Ranjana Aggarwal. She thanked her for overall guidance, conceptualization and implementation for successful webinar appreciated so much by everyone.

