



NEIAH News Letter

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From The Desk of

Editor-in-chief...

Pharmacovigilance is the science and activities relating to the detection, assessment, understanding and prevention of adverse effects of drugs or any other possible drug related problem. The major goals of Pharmacovigilance, namely to improve patient care and safety in relation to drug use, and thus promote rational drug use are recurrent themes of Ayurvedic pharmacology (dravyaguna vigyan) and therapeutics (chikitsa). The use of Ayurvedic medicines is popular in India - and in recent times has become accepted in other countries. For example, a recent survey conducted by the NCCAM in the USA showed that about 751 000 people in the United States had ever used Ayurveda and 154 000 people had used them within the past 12 months. In context of these ; with increased use of drugs of these system, the scope for adulteration, preparation of counterfeit drugs and development of formulations which do not have conceptual basis in these systems has increased and that's why it may have profound impact on the safety and efficacy of the Ayurvedic drugs in the market.

There is a popular misconception that ayurvedic medicines are devoid of adverse reactions. However, the Charaka Samhita , which is a classic text book of ayurveda, describes all the adverse reactions to medicines when they are prepared or used inappropriately. Attention is given to factors like the physical appearance of the part of the plant to be used (prakriti), its properties (guna), actions (karma; prabhava), habitat (desh), season in which it grows (ritu), harvesting conditions (grahitam), method of storage (nihitam) and pharmaceutical processing (upaskritam), which must be considered while selecting the starting material that goes to form the medicine. Similarly, Charaka also describes, elegantly, several host-related factors to be considered when selecting medicines in order to minimize adverse reactions like the constitution of the patient (prakriti), age (vayam), disease (vikruti), tolerance (previous exposure) (satmya), psychological state (satwa), digestive capacity (ahara-shakti), capacity for exercise (vyayama shakti), quality of tissues (Sara), physical proportions of the body (sahanan) and strength (bala).

To summarize, Charaka says, "that even a strong poison can become an excellent medicine if administered properly. On the other hand even the most useful drug can act like a poison if handled carelessly"

In India, National Pharmacovigilance programme under the control of Central Drug Standards Control Organization (CDSCO) has already been started since 2003. World Health Organization has emphasizes that it should include traditional medicines in Pharmacovigilance system and has published guidelines on safety monitoring of herbal medicines in Pharmacovigilance systems in 2004.

Prof. (Dr.) S. P. Bhattacharjee
Director

NEIAH

AT A GLANCE



The North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Shillong, Meghalaya is an autonomous body under the Department of AYUSH, Ministry of Health and Family Welfare, Government of India is developing beside the North Eastern Indira Gandhi Regional Institute of Health and Medical Sciences (NEIGRIHMS) at Mawdiangdiang, Shillong, Meghalaya. This institute has come to light by the approval of Union Cabinet at an initial cost of Rs. 67.51 Cores and the project came into action with the appointment of the Director, Prof(Dr.) S. P. Bhattacharjee in June' 2010.

The institute will be a unique institution which will be independent and collocated beside NEIGRIHMS with multi-specialty where education and health care facilities through Ayurveda & Homoeopathy will be provided under one platform, moreover, it will be designed to facilitate the promotion of Ayurveda and Homoeopathy, the expansion of health care facilities, improvement in the doctor-population ratio and R&D on bio-resources in the North East.

The NEIAH (Ayurvedic) OPD was first started by NEIARI in NEIGRIHMS from 12th August 2009 followed by NEIAH (Homoeopathic) OPD at NEIGRIHMS by CCRH unit of Dhankheti of Shillong. After the joining of the director, NEIAH, the City Centre OPD started in a rental building in the heart of the city at Nongrims hills from 4th Nov' 2010 and from 18th January, 2011 another OPD of Ayurveda and Homoeopathy after signing of MOU by Director, NEIAH and Director, RGIIM.

THE MAIN AIMS AND OBJECTIVES OF NEIAH, SHILLONG

- ◆ To declare an institution of international standard and a center of excellence in education and research for under graduation, post graduation, post doctorate for aspiring candidates of India and abroad to undergo education and research in Ayurveda and Homoeopathy.
- ◆ To provide specialty medical care to the people of the North Eastern States through Ayurveda and Homoeopathy.
- ◆ To declare the NEIAH, Shillong as a Referral center for the Ayurveda & Homoeopathy patients for the entire North East.
- ◆ Capacity building and skill development of Ayurveda and Homeopathy practitioners.

- ◆ To establish and manage the institute as a Centre of Excellence in pharmacognosy and pharmacological research related to the field of Ayurveda and Homeopathy.
- ◆ To do collaborative and exchange programmes with other institutes of the country and abroad for development of Ayurvedic and Homeopathic systems of medicine.
- ◆ To generate public awareness about the potential of Ayurveda and Homeopathy systems of medicine for enhancing health security of rural communities including disease prevention and health promotion.

INSTITUTION ACHIEVEMENT REPORT

- ◆ The permanent site of NEIAH, Shillong is developing at Mawdiangdiang.
- ◆ The institute is running three OPD centers, one at NEIGRIHMS, 2nd floor of OPD Block, Room No.203 & 204; OPD City Center (measuring approx. 5810 Sq.ft) at Nongrims Hills, Shillong and third one at RGIIM, Shillong to render and facilitate health care service to the general masses of Shillong and adjacent areas with Ayurvedic and Homoeopathic mode of treatment which is the integral part for opening of Ayurvedic and Homoeopathic Institution.
- ◆ NEIAH have conducted a one day CME Program on Pharmacovigilance for Ayurvedic drugs to sensitize and aware regarding the adverse effects of Ayurvedic drugs to the Ayurvedic Physicians of the North Eastern region.
- ◆ The institute developed a Pharmacovigilance center for the benefit of the Ayurvedic physician as well as for the patients. So long institute has reported three numbers of pharmacovigilance cases.
- ◆ After the appointment of the doctors at NEIAH in October'2010, we are conducting Health & Treatment Camps in the East Khasi Hill District of Meghalaya on regular basis to promote and popularize the Indian System of Medicine & Homoeopathy. So far, we have participated in 10 (ten) Outreach Health & Awareness camps in collaboration with NRHM, Meghalaya and 4 (four)

health camps are arranged & participated in different location of East Khasi Hills district of Meghalaya.

- ◆ Developed a multicolor Brochure of NEIAH, Shillong with the present status and future programme projection of NEIAH, Shillong for publicity and distribution of the brochure among the guests and delegates attending the International Ayurved Congress held at Jorhat, Assam from 20th & 21st Nov'2010 and 4th World Ayurved Congress & Arogya Expo held at Bangaluru, Karnataka from 9th to 13th December'2010
- ◆ Organized a Press meet at Shillong Press Club on 1st December'2010 as a part of mass media campaign to generate public awareness about the potential of Ayurvedic and Homeopathic systems of medicine for enhancing health security of rural communities including disease prevention and health promotion as well as about the upcoming Institution and its prospects.
- ◆ Meeting with the Head Man of Darbar Halls of Shillong was held for their coordination and cooperation for the smooth functioning of the City OPD Centre, moreover, to sensitize and create awareness regarding the potentials of Ayurveda & Homoeopathy in their respective localities.
- ◆ Distribution of Pamphlet on Ayurveda & Homoeopathy is done on regular basis among the general masses of Shillong and adjacent areas to avail free consultation and medicine from the City OPD Centre at Nongrim Hills.
- ◆ Scientific paper presentation was done by Dr. Manash Jyoti Sarma, MO(Ayu) at the International Ayurved Congress held at Jorhat, Assam from 20th & 21st Nov'2010 on the topic "Clinical Evaluation of Vrishya Satavari Ghrit in the Management of Klaibya (Male Sexual Dysfunction)" and Dr. Debabrata Das, MO(Ayu) got selected for oral presentation at the 4th World Ayurved Congress & Arogya Expo held at Bangaluru, Karnataka from 9th to 13th December'2010 on the topic "Role of Yastimadhu Ghrita in minimizing the adverse effects of radiation-chemotherapy in cases of head and neck malignancies."
- ◆ Scientific papers of two of our Ayurvedic doctors Dr. M. Sarma and Dr. D. Das, got published in the abstract book of the 4th World Ayurved Congress & Arogya Expo held at Bangaluru, Karnataka from 9th to 13th December'2010.
- ◆ The official Website of NEIAH, Shillong is going to be launched on 2nd June'2011 as www.neiah.nic.in
- ◆ A Memorandum of Understanding had been

signed with the IIM, Shillong to provide free health care facilities to the Students, Faculties, Officers and Staff at the IIM campus. The Doctors from NEIAH will visit the IIM, Shillong on all weekdays.

ACTION PLAN OF NORTH EASTERN INSTITUTE OF AYURVEDA AND HOMOEOPAHTY, SHILLONG

1. a. Proposal for starting UG courses in April 2011
b. Classes will start from 2012-2013
c. Proposal for starting PG courses for Ayurved and Homoeopathy by 2016
d. Proposal for international centre of studies in Ayurveda and Homoeopathy by 2014
2. a. Proposal for creation of post for teaching and non teaching staff for hospital and college by end of 2010
b. Advertisement and appointment of hospital staff by last quarter of 2011 and teaching and non teaching post of college by second quarter of 2012
c. Completion of staff quarters etc is expected by third quarter of 2012. submission of the proposal for construction of staff quarter boys and girls hostel by end of this year 2011.
d. Submission of the proposal for construction of quarters and hostel for international students by end of this year 2012
3. a. The construction of building of college and hospital with supply of equipment and furniture by HSCC expected by Sept' 2012.
b. Submission of the proposal for construction of staffs quarter boys and girls hostel by end of this year 2011
c. Proposal for creation of post for PG course by 2015
d. Proposal for creation of post for international centre by 2013
4. a. Proposal for submitting the Master Plan by January 2011
b. Starting of hospital for both Ayurveda and homoeopathy by January 2012

HEALTH CAMPS PARTICIPATED BY NEIAH, SHILLONG

Mawpun Outreach Camp, Thangshali Outreach Camp, Mawjatap Outreach Camp, Tyrna Outreach Camp, Laitkseh Outreach Camp, Warwar Outreach Camp, Jongksha Health Mela, Mawphlang Health Mela, Mawkhanu Outreach Camp, Ryngud Outreach Camp, Mawlai Mawadbaki Health Camp, Mawlai Mawroh Health Camp, Mawlai Nonglum Health Camp, Mawlai Nongpedeng Health Camp, Nongmynsong Health Camp.

GINKGO BILOBA FOR BRAIN FITNESS

Ginkgo Biloba is widely used in the treatment of dementia. Its use is primarily due to its ability to improve blood flow to the brain and because of its antioxidant properties. The evidence that ginkgo biloba may improve thinking, learning and memory in people with Alzheimer's Disease(AD) has been highly promising.

Benefits of Ginkgo Biloba for people with AD:-

- ◆ Improvement in thinking, learning and memory(cognitive function)
- ◆ Improvement in social behavior.
- ◆ Fewer feelings of depression.

Therapeutic Efficacy of Ginkgo Biloba Extract (GBE)

- ◆ GBE administration has been shown to bring about improvements in dizziness, headache, tinnitus, anxiety, language function, sensibility, orientation, motor behavior and depressed mood.
- ◆ PDR recommends GB for symptomatic relief of organic brain dysfunction.
- ◆ There is substantial evidence for the therapeutic efficacy of GBE in cerebrovascular insufficiency and cognitive disorder.
- ◆ GBE act as antiplatelet aggravating factor;PAF aggravates neuronal disorder.
- ◆ GBE protects neuronal degeneration followed by hypoxia/ischemia by increasing blood flow, ATP level, glucose and lactate level.

GREEN TEA FOR HEALTH

- ◆ Drinking of green tea maintains cognitive function and may enhance learning and memory abilities.
- ◆ It controls weight by increasing the metabolism of fats by the liver (thermogenic effect),inhibiting lipase(fat absorption enzyme) in the digestive tract and providing a feeling of safety and fullness.
- ◆ Green tea protect the skin against the adverse effects of ultraviolet .
- ◆ Green tea helps for lowering cholesterol level by reducing lipids absorption in the digestive tract .
- ◆ Studies has shown that daily intake of green tea extract lowers their HbA1c level in people with bordering diabetes.
- ◆ Tea increases body's production of nitric oxide, a vasodilator and thereby reduces blood pressure.
- ◆ Green tea protects brain cells from destructive process following stroke.
- ◆ Green tea catechin polyphenols produce potent antithrombotic effect by inhibition of platelet aggregation.

AYUSH department is revamping its development, potentiality in the line of national and international acceptability by establishing research portal, training its personals from top level to base in IIM Ahmedabad,an Institution of nation's Pride and excellence.

Assam is the first state in the North Eastern region to join the mainstream of India with a seperate AYUSH directory.

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