
PL-05 Changing scenario for promotion and development of Ayurveda in ISM – way forward

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The Indian subcontinent, with the history of one of the oldest civilization owns various traditional alternative and complementary medicines. Ayurveda, with a history that goes back to 5000 B.C., is one of the ancient health care systems besides, there are Siddha, Unani, Homeopathy, Yoga and Naturopathy which are being practiced for years together.

Development of these traditional systems of medicines with the perspectives on safety, efficacy and quality not only safeguard this traditional heritage, but also help to rationalize the use of natural products in health care for the society at large. Integrated approaches for development of Ayurveda and other Indian system of medicine (ISM) may assist in developing therapeutic leads and can help in improved understanding on their mechanism of action, modified compositions at molecular level and better understanding of interactions among various molecules for their synergy or adverse reaction.

Scientific validation of all the parameters on ISM is a very vital step towards safer herbal medicine so much so to strengthen their uses in health care. For assuring the therapeutic efficacy, safety and to rationalize their use in the health care several initiatives has been taken. The development of ISM including Ayurveda and other traditional Indian systems of medicine will help to tap traditional ethnopharmacological knowledge for development of therapeutically potential leads.

The assessment and evaluation of herbal drugs, in what ever form it is being documented; the objectives to be met are generally stated in terms of what is to be achieved in several areas of manufacture and quality control including cultivation and collection and their evaluation in every way for their safety and efficacy. The discussion will focus on:

- Various facets of ISM and Ayurvedic drugs.
- Development of ISM and Ayurvedic drugs.
- Initiatives for their assessment and evaluation.
- Regulations in relevance to ISM and Ayurvedic drug development.
- Scientific validation for their quality, safety and efficacy.
- Limitations and challenges for their development.

PL-06 The Tree of Life: An ecological continuum of food, medicine, and poison

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We only tap into part of the diversity of life. What is the fraction of different sorts of organisms that are useful to us as foods, medicines or are poisonous to us? If mapped onto the tree of life it is clear that there is are "sweet-spots" for each of these based on factors including: genetic distance, ecological position and inherent dietary flexibility of our own species. This presentation provides an overview of the continuum of food, medicine and poisons and proposes some hypotheses from a evolutionary botanical perspective.
