

J-AIM – A Renaissance for Ayurveda

'Ayurveda owes its call not to selfish goals or worldly pleasure, but to compassion for fellow beings. In seeking to know my legacy, you have but seen the leaves of a universal tree, too vast for your eyes. May your sight grow and your quest never end' - this excerpt from 'Legacy of Caraka' by eminent scientist M S Valiathan aptly depicts the mission of Ayurveda.^[1] Historically Ayurveda has been progressive, dynamic and inclusive, building on great scientific, logical and philosophical foundations, but today it is in need of a Renaissance to resuscitate its historic expansion and research orientation. The Journal of Ayurveda and Integrative Medicine (J-AIM) recognizes the importance of conserving and revitalizing the Ayurvedic and traditional knowledge systems by using an integrative approach to explore its organic relationship with basic sciences, biomedicine and other contemporary health sciences.

Scientists in many disciplines from different parts of the world are now trying to investigate the huge potential of Ayurveda including issues related to epistemology, pedagogy, the importance of balance between *Shastra* and Science, and the need for novel research approaches for inter system validation.^[2] Emerging commonalities between biomedicine and Ayurvedic science are most exciting. Recognizing these developments, the Foundation for Revitalization of Local Health Traditions (FRLHT) Bangalore has established a new trans-disciplinary organization the Institute of Ayurveda and Integrative Medicine (I-AIM) to facilitate capacity building, human resource development and thought leadership for the Ayurveda sector. I-AIM has identified the need for a high quality peer reviewed journal as a platform for Indian and international researchers to publish research articles interfacing Ayurveda and Integrative Medicine. J-AIM believes that rigor of scientific inquiry and respect for traditional knowledge must be guaranteed and envisages improved insights into relationships between foundations of Ayurveda and basic sciences. J-AIM wishes to respect and recognize pioneering contributions from G N Sen, Sir Ram Nath Chopra, K N Udupa, S V Bhide, C Dwarkanath, D S Antarkar, Sharadini Dahanukar, G V Satyavati, Sukh Dev, C K Atal, B N Dhavan, Nitya Anand, S S Handa, Ranjit Roy Chaudhury, R D Lele, Vaidya Triguna, Vaidya Warriar and many others. The Editorial Board of J-AIM is chaired by the eminent scholar R H Singh, supported by Senior Editors, and Editorial Advisory and Review Boards consisting of highly accomplished scientists and professionals from different parts of India and all around the world.

J-AIM offers various categories of article, and the first issue carries special thought leadership articles by Senior Editors, which explain the Journal's position to help prospective authors to align with the same. Under general articles renowned scientist, Rustom Roy, updates his recent article from the Wall Street Journal with Deepak Chopra and colleagues, while Gemma Burford extends her experience of living amongst East African tribes to argue that choice of healthcare system is a fundamental human right. The review article by Kalpana Joshi critically discusses interesting studies on relations between traditional medicine and genomics.

Experimental and clinical articles are no less thought-provoking: Satyamoorthy describes toxicity studies on *Brahma Rasayana*, while Padma Venkat gives a first glimpse into her work establishing close similarities in metabolomes between a pair of unrelated plant species named as good substitutions for each other in Ayurvedic texts. Under clinical research, PS Patki presents an RCT of a new anti-diabetes formulation.

In addition to research, J-AIM publishes articles of general interest to practitioners and professionals. This issue contains a discussion note from Mathur and Sankar on adaptation of CONSORT like guidelines for Ayurveda. The section on Initiatives contains an account of a promising inter university program known as CAPTURED, which is forging intercontinental collaboration on traditional and ethnic systems of healing and medicine (see also the Events section). Under Pedagogy, Vaidya Dilip Gadgil elaborates his plan to restore integrity and purity to modern Ayurveda teaching programs. Life Profiles contain accounts of three eminent contributors to modern Ayurveda: Vaidya-Scientist Antakar, whose role in developing Reverse Pharmacology proved vital; P K Warriar, who single-handedly built up the Arya Vaidya Sala Kottakal; and an interview with Vaidya Thirumulpad by Mrs S Jalaja. Two book reviews, summarize M S Valiathan's recently released 'Legacy of *Vagbhata*', and Maarten Bode's "Taking traditional knowledge to the market." The News and Comment section contains interesting up to date information about what is happening in the sector, and accounts of significant recent conferences – such as one held by the Indian National Science Academy in Pune.

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thanks are due to Medknow Publications for their highly professional publishing work. J-AIM also wishes to recognize commendable work done by the Department of AYUSH, Ministry of Health and Family Welfare, Government of India, and acknowledges its gracious support for this publication.

I must accept that we are still far away from the desired quality standards which we have set before us. As a policy, J-AIM discourages direct translations, and will soon develop a policy on use of italics and diacritical marks. As a policy, J-AIM will not compromise shastra for convenience of science and vice versa. Similarly, J-AIM will respect traditions, encourage innovation, appreciate out of the box thinking, and promote approaches where shastra and science truly complement each other to their mutual advancement and scholarship. Uniformity in style is little more challenging especially when, due to epistemological differences, it is difficult to convey the correct meaning for many Sanskrit terms. In this first issue, readers may notice a few rough edges, which we hope, as we progress will be smoothed, polished and shaped. We are aware that quality is not an accident but the result of honest intention, intelligent direction, sincere effort and professional execution. We are aware that this beginning is modest, and

that we must continue the quality improvement process to make J-AIM better valued international Journal benefiting students, researchers, professionals and society alike.

We remember the message of the Upanishads: “From ignorance, lead us to truth; From darkness, lead us to light”, and also the Chinese Proverb “It is better to light one candle than to curse the darkness”. A journey of a thousand miles begins with a single step; this first issue of J-AIM is just a baby step towards a renaissance!

In this spirit, on the behalf of the Editorial Board, it is my pleasure to present the inaugural issue of J-AIM.

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J-AIM Vision and Mission

Journal of Ayurveda and Integrative Medicine (J-AIM)

An official publication of the Institute of Ayurveda and Integrative Medicine (I-AIM)

A peer reviewed research journal on Ayurveda and Integrative Medicine encouraging intellectual and scientific communications between professional, academic and scientific communities.

Vision:

Become the trans-disciplinary platform for integrative health sciences to promote effective, safe and affordable global health.

Mission:

As a peer reviewed research journal, J-AIM will encourage and publish critical aspects of intellectual and scientific communication between contemporary health knowledge systems, such as Ayurveda, biomedicine and basic sciences, to facilitate integrative approaches to global health care.

Core values:

Historically Ayurveda has been inclusive, integrative and progressive - a continuously evolving knowledge system with universal attributes. Its basic principles, sophisticated logic and holistic approach can provide innovative ideas for better understanding of exigent scientific inquiries. J-AIM considers integrative medicine to be an evolving concept and an extremely serious endeavor exploring foundational, theoretical and functional relationships between Ayurveda, biomedicine and other basic sciences.

The J-AIM content will focus on three broad themes:

1. **Theoretical Research:** Epistemology, Fundamental Concepts, History, Sociology and Literary studies related to Ayurveda, Yoga, modern medicine and science.
2. **Experimental Research:** Pharmacology, Genetics, Biochemistry and Molecular Biology, Drug Discovery & Development.
3. **Clinical Research:** Case studies and Clinical studies, Epidemiology, Public Health and Translational research.

A detailed advice to contributors is separately provided under ‘instructions to authors’. J-AIM adopts open access policy for wider and faster dissemination.