



Newsletter of ASA India



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Acupuncture Science Association (ASA)

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"Acupuncture – an Independent System of Medicine"- 2020 Issue

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Editorial



Chaos created the cosmos and ultimately the civilized human being whose deeper levels of psyche are unfathomable. The human psyche is a product of evolution however exhibiting countless archaic traits.

The current state of Acupuncture across the country is as chaotic as it could get. We should anticipate Order after such ruckus and chaos. The order being an uniform council to regulate practice of Acupuncture across the country.

Human instincts are more powerful than any other trait. An Acupuncturist should be Instinct-driven while treating patients rather than be copy-book style. This spontaneous and intuitive attribute should go hand-in-hand while caring for a sufferer.

Modern day Science aims at grasping the whole, but this goal is very far off because science, needs experiments and statistics - demanding questions and justified answers. A laboratory cannot provide answers to questions about nature, as the workings of Nature in her unrestricted wholeness are completely experiential and immeasurable.

Time, certainly cannot be chosen consciously but is the expression of the unconsciously changing man within us. These changes are needed to script the transformation of future generations to protect themselves from diseases attributing to Life Style Changes and their own technology and science.

Maharashtra has always paved way for Revolution and Charismatic approach towards achieving goals right from *Chatrapathi Shivaji Maharaj, Peshwa Bhaji Rao, Lokmanya Balgangadar Tilak* and the current day doyens and team of Acupuncturists in Maharashtra - led by our Dr Rumi Behramji.

Dr Rumi Behramji has set a huge precedence in front of fellow acupuncturists by successfully lobbying for Recognition of Acupuncture and formation of the Maharashtra Acupuncture Council. This pinnacle achievement cannot be attributed in words and has added to the morale of all the Acupuncturists and lobbyists across the country.

This is the right forum and right moment for all Acupuncturists across India to unite under one banner and demand their fundamental right to practice. We should ensure that all skilled Acupuncturists are enabled to practice without any stigma or scrutinized by louts in the name of unfair outdated regulations.

Acupuncture is a drugless system capable of synchronizing the Physiology through Bio physical phenomena – this system should be accessible to the needy masses across the span of this great nation.

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Synergetics of Science and Spirituality for ASA

Prof. (Dr) Ram Gopal

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Synergy is one of the fundamental **General Principles** of the Universe and one of the least understood. **If you break the holographic plate, every piece of the plate contains the entire image.** Every fragment of the hologram contains all the information of the entire hologram. **The parts are the whole.** “The Tao gives birth to one. One gives birth to yin and yang. **Yin and yang** give birth to all things. . . . **The complete whole is the complete whole. So also is any part, the complete whole**” **Lao Tzu** (c.604-531 B.C.).

By applying this **General Principle of Synergy to Science and Spirituality** we can anticipate discovering new, emergent and previously unpredictable behaviours. With this **force of future** we can anticipate discovering previously unknown parts. **This is discovery** and one discovery often leads to further discoveries. In this context I appeal to our senior academicians, innovators, researchers and practicing colleagues to strengthen our texts, course materials, protocols and procedures of ongoing and future courses to meet the goal of ASA.

The Science & Technology personnel have an important role in promoting global oriented morality and ethical codes. The goal of **Sarvjan Hitay, Sarvjan Sukhay** can be achieved by **implementing Synergetics of Science and Spirituality**. Experiments with applications of spirituality lessons and ethical practices have enhanced creativity, innovations, value addition and quality output. **A group of scholars, scientists, and academicians are working together to investigate both the content of the dialog between science and spirituality in modern India.**

ASA and its Centers also had been struggling to address the modalities, methodologies, and technologies involved in the interaction with concern authorities to get recognition of Acupuncture as an **Independent System of Medicine**. The efforts have culminated in strengthening the movement by organizing conferences and trainings in different parts of our country.

Finally GOI, MOH&FW (Department of Health Research), New Delhi issued office order No.U-11018/03/2018-HR/e-Office:3164145 dated the 21st February, 2019 on ‘**Recognition of Acupuncture as a system of Healthcare/ Therapy**’. We all welcome this long pending decision. Now based on **Inter-Departmental Committee’s report** constituted by Government on 20.10.2016 it has been decided to constitute a 4 member **Apex Committee on Acupuncture** having 1 Acupuncture Expert only for the purpose of promotion and regulation of Acupuncture.

As **Chief Adviser - ASA, Chairman Research Advisory Board - IRIIM** over 20 years I strongly feel and recommend that more representation of Acupuncture Experts should have been given as usually given in other Apex Committees related to specific discipline / therapy. Our 2 institutes older than 35 years practicing and imparting training in acupuncture with outdoor facility and indoor hospitals and excellent track record also could not find their representation.

Religion and culture have been the repository and source of ethical values, while science and technology have the capacity to improve human life and living conditions. For a world of the future, both must go hand in hand. Establishing research merit and integrity is necessary for the ethical involvement of human participants. The trial design should use recognized principles of research with tangible, clinically relevant measurable outcomes.

Swami Vivekananda, for instance, went on record to argue that modern science would only prove the ancient wisdom of Vedanta which held that matter and spirit were one and the same. In his first publications, he actually called **Raja Yoga** a science. In more recent times, the **Dalai Lama** has often said that Buddhism had much in common with modern science in that both are based on rationality and experimentation. In Tibetan text Buddhism is described as **Buddha Dhamma**.

Acupuncture earlier practiced in Vedic period has been popular and described as **Suchibhedan in Ayurveda**. Our ethical practice of ancient time needs to be integrated with modern therapy to **improve efficacy and efficiency of acupuncture**. Both science and spirituality are two instances of an enduring human quest for truth. That their methods, objects, and instruments of seeking knowledge are different does not make them inherently incompatible.

Ultimately R&D efforts of all material science and spirituality are aimed to **improve quality and longevity of life**. Usually, the spiritualists will say that there is no conflict between the two, while practicing scientists will remain silent or disagree. What most people who consider them to be separate domains will however agree to that both are necessary for human well-being and progress. As **Albert Einstein** famously remarked, '**Science without religion is lame, religion without science is blind**'. The task and purpose of promotion and regulation of Acupuncture given to **Apex Committee on Acupuncture** will be effectively and successfully accomplished by **implementing Synergetics of Science and Spirituality** as expressed in traditional Indian and Chinese medicine texts above.

Vinoba's response to the catastrophe of the atom bomb, after his silence and meditation, he emerged to make his famous declaration, 'The days of party politics and denominational religion are coming to an end. Now dawns the new age of **science and spirituality**'. In 21st century yoga and acupuncture (T&CM) have been adopted all over world and gaining popularity day by day. Over the past three decades there have been many developments concerning **acupuncture and Chinese medicine research** methodology. In addition, there has been increasing interest, especially in Western countries, on the consideration of ethics on research design.

The WHO document, **Guidelines for Clinical Research on Acupuncture**, states that 'consideration should be given to the different value systems that are involved in human rights such as social, cultural and historical issues' and that 'further studies should be conducted in relation to **ethical issues involved in clinical research on acupuncture**'. Most Western and an increasing number of Asian countries now require that research projects involving humans have independent **ethical review prior to initiating research**. A committee, often comprising medical and non-medical persons, usually conducts these reviews. The reviews are undertaken to ensure the protection of the welfare and rights of research participants as well as the facilitation of research that will benefit society and humankind.

The Declaration of Helsinki, an **international set of guidelines for ethical research** adopted by the **World Medical Association**, is clear in enunciating ‘**the need for a committee to review research proposals involving humans**’. In India also many health care facilities/councils /departments have established **Ethics Committees**. Clearance is required from these committees before granting approval and financial support by different councils to undertake projects.

As Chief Advisor, I draw attention of ASA members to be aware of the **ethical, legal and regulatory requirements for research** on human subjects in our country as well as applicable international requirements. These principles form the basis for any discussion concerning **human research ethics** and are applicable to all approaches (quantitative or qualitative) and types (clinical or non-clinical) of **research including TCM**. In order to be ethical, research must be conducted or supervised by persons or teams with the experience, qualifications and competence appropriate to the research.

An important consideration for ‘hands on’ type research such as acupuncture is the skill and competence of the acupuncturist administering the interventions. Unfortunately, some studies fail to use qualified, competent practitioners. Furthermore, the acupuncturist should have experience in the treatment of the condition being studied. **When reporting the study, the qualification, the length of training and clinical experience of the acupuncturist should be stated. Value based management of science and spirituality needs to be brought with Indian concept of unity in diversity for better world.**

National institutes have realized necessity of synergy and started study of medical ethics/ business ethics / engineering ethics / positive psychology / applied (practical) philosophical ethics to increase ability of concern S&T personnel, managers and others to responsibly confront moral issues raised by technological activity. I have witnessed and closely watched ASA centers and institutes with trained manpower and acupuncturists strictly following above ethical codes.

Miraculous results have been demonstrated by these practitioners in treating and controlling acute diseases. Regular practice of yoga, naturopathy, *Pranayam*, meditation, *chant* therapy advocated by **Gandhi, father of naturopathy in India** and organic nutritional diet with positive approach have added to healing bliss and blessed needle prick.

My experience with integrated therapy as R&D scientist to manage present life style diseases and lead healthy and happy life has strengthened the belief on continuing R&D demand for **integrating medicine in Vedic tradition with T&CM** products, practices and practitioners, which has been updated by WHO (2013) in the document “**WHO Traditional Medicine Strategy 2014-2023**” incorporating and promoting acupuncture therapy. **Government of India’s above order of 21st February, 2019 on ‘Recognition of Acupuncture as a system of Healthcare/ Therapy’** will be of immense help to serve suffering humanity from increasing number of present day life style diseases.

As **Chairman, Research Advisory Board, IRIIM, Howrah, WB** and **Chief Advisor ASA INDIA** I express satisfaction over multiple growths of **IRIIM and Ludhiana Acupuncture Medical College & Dr Kotnis Hospital, Ludhiana, Punjab** in establishing clinical and research study in pro-nature therapies integrated with modern medicine.

I also appreciate the efforts of my some academicians engaged in building updated text material with their global interaction and innovative research. The R&D work, protocol and processes developed **with ethical principles** to create relatively safe holistic health care system have been appreciated and recognized by national and international institutes, universities, media coverage and organizations. The multinational approach associating traditional and alternating medicine with organic diet based pro-nature therapy in holistic health management is attracting practitioner in Government, NGO and private sectors. Both the institutes with its headquarter at Howrah and Ludhiana, sub-centers in India and students network in India and abroad through their small clinics are rendering omen services ethically by the cost effective, eco-friendly and safe health care system within the reach of common people.

GOI and State Government ministers, officials and experts have visited our centers on several occasions. Institutes and all centers including **ASA units** should now work more intensely to strengthen their research activities in coordination with national and international institutes of repute. **ASA through their Newsletters and thousands of practitioners and health workers network have a major role in popularizing this science** through health camps and other ongoing awareness programs to meet GOI healthcare goal.

I strongly appeal to ASA INDIA members spread over in 23 present state branches and other beneficiaries associated with ASA to be aware with above facts & myths and not be carried away by many such unrecognized agencies selling degrees unethically and so called untrained pseudo-acupuncturists, acupressure–*sujok* therapists / pro-nature therapy experts having fake designations and qualifications. I also recommend to my fellow members to first heal themselves and develop their holistic personality and skillfulness before projecting as qualified and blissful therapists.

Let's be committed to contribute in fulfillment of national health care goal strictly following the W H O document, ***Guidelines for Clinical Research on Acupuncture. ASA***, all over country with integrated medicine knowledge is actively working in promoting and producing trained and skilled acupuncturists in our institutes and centers to meet this goal. **Such enlightened skilled ASA workers ethically committed to fulfill national and international goals will be virtuous, imaginative and productive to any family, society and organization.**

- Prof. (Dr) Ram Gopal

Sown as a tiny seed on earth,
 We had grown to ignite the hearth;
 We had known to prop the 'spark of life'
 That drop along the layers during strife !
 We shall stay as a gentle breeze,
 To the needy sufferers until we cease;
 Natural Intelligence as we access,
 We'll strive to achieve success.

- Raju C. Krishna

Acupuncture to be an independent system of healthcare
Office order No.U-11018/03/2018-HR/e-Office:3164145 dated the 21st February, 2019

As per an office order dated 21st Feb, 2019 by Department of Health Research (No.U11018/03/2018-HR/e-office: 3164145) on the subject "Recognition of Acupuncture as a system of Healthcare/Therapy", an Inter-Departmental Committee (IDC) was constituted on 20.10.2016, to examine the proposals received for recognition of acupuncture as a system of medicine. Acupuncture was accepted as a mode of therapy vide Ministry of Health and Family Welfare Order No. R.14015/25/96-U&H(R)(Pt), dated 25.11.2003.

The Committee, which held its meetings on 04.10.2017 and 09.01.2018, submitted its report on 11.06.2018, which included the following two recommendations, among others.

1. *Acupuncture system, which is already recognized to be practiced as a mode of therapy, can be accepted as an independent system of healthcare for the indications for which there is evidence and expertise exists for teaching, training and certification.*
2. *Expert committees may be constituted for this purpose which needs to include experts who are academically active in acupuncture – this can be determined from publications on the subject in reputed data bases like PubMed and not restricting to names suggested by the applicant associations. Experts from Allopathy and other systems also need to be members of such committees for drawing the boundaries for evidence-based practices, for ensuring complementarily and best interests of patients.*

Based on the IDC's report, the Government constituted an Apex Committee on Acupuncture for the purpose of promotion and regulation of Acupuncture as a system of Healthcare / Therapy: *Dr VM Katoch*, former Secretary, DHR and DG, ICMR (*Chairman*); *Dr Raman Kapur*, Chairman, National Coordination Committee (Acupuncture Expert), New Delhi (*Vice-Chairman*); *Secretary (Health)*, Ministry of Health and Family Welfare (or nominee), New Delhi (*Member*); *Dr Vinay Goyal*, Deptt. of Neurology, AIIMS, New Delhi (*Member*); *Dr A Mooventhan*, Sr Medical Officer (Yoga), Centre for Integrative Medicine and Research, AIIMS, New Delhi (*Member*); *Dr S Banerjee*, Deptt. of Pharmaceutical Sciences, Birla Institute of Technology, Mesra, Ranchi (*Member*); *Dr JD Pandian*, Professor of Neurology, CMC, Ludhiana (*Member*); *Representative from ICMR*, New Delhi (*Member*) and Joint Secretary, DHR (*Convenor*).

The Committee may, depending on requirements, co-opt member / expert from the relevant field.

The terms of reference for the Apex committee on Acupuncture will be as under:

1. To frame detailed guidelines for promotion and regulation of Acupuncture as a system of Healthcare / Therapy.
2. To suggest steps for implementation of the guidelines so framed as well as for reimbursement for Acupuncture.
3. To suggest appropriate authority/Department for implementation of the guidelines.
4. To submit its final report to the Government within a period of three months from the date of the first meeting of the committee.



INDIAN COUNCIL OF MEDICAL RESEARCH
Department of Health Research – Ministry Health & Family Welfare
Government of India

Press Release

Acupuncture Guidelines as a System of Health Care

11th March 2019, New Delhi

The Department of Health Research (DHR), Ministry of Health and Family Welfare constituted an Inter-Departmental Committee (IDC) for identifying viable new systems of medicine/therapy. The proposals received for recognition of Acupuncture as a system of medicine were considered by the IDC.

On consideration of the IDC's report in the matter by the Government, an Apex Committee on Acupuncture has been constituted for developing guidelines for Acupuncture as a system of Healthcare/Therapy; chaired by Dr. V.M. Katoch, former Secretary, DHR and DG ICMR.

The Committee will frame detailed guidelines for promotion and regulation of Acupuncture as a system of Healthcare/Therapy and will suggest steps for implementation of the guidelines as well as for reimbursement for acupuncture.

Also, the Committee will suggest appropriate authority/Department for implementation of the guidelines. The Committee is to submit its final report within a period of three months.

Further action in the matter will be taken on the basis of the report to be submitted by the Apex Committee on Acupuncture.

With regards,
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RECOGNITION OF ACUPUNCTURE AS AN INDEPENDENT SYSTEM OF MEDICINE (NOT HEALTHCARE / THERAPY)

WHY AND HOW

(DRAFT FOR DISCUSSION ON 7 & 8 MARCH, 2020 AT ASA 6TH. NATIONAL CONFERENCE, HOWRAH)

PART- I

Introduction

Acupuncture is one of the most ancient traditional methods of healing. It has been practiced in many countries especially in Asia including China for thousands of years. Nowadays it is being practiced throughout the world. After the Modern Medicine it is the most popular and most accepted therapy in the world. Acupuncture has its complete theoretical basis in regards to health, pathogenesis and pathogenic factors, body's internal conditions and connectivity, therapeutic intervention etc. Thus Acupuncture can be regarded as an independent system of medicine.

What is Acupuncture?

"Acupuncture", an ancient and traditional system of medicine for the treatment of medical problems, which means puncturing standard needles (Acupuncture needles) at appropriate sites of body, called Acupuncture points (Acu point) (Latin *acus* = needle, *punctura* = piercing), as mentioned by the World Health Organization (WHO).

Associated stimulation methods of acupuncture points by:-

- Moxibustion (*Applying heat on Acupuncture point by igniting dry leaves of Artemesia Vulguris or Moxa, a specific herb available mostly at high altitudes*),
- Cupping (*an auxiliary method of creating vacuum on some particular Acu point or area with a cup like substance made of Bamboo or Glass or Plastic or Rubber*),
- Pressure (*Applying pressure by any finger or blunt round object on Acu point where Needle puncture is not possible*),
- Seven star needle (*Seven or Five no. of Acu needle embedded at on end of a stick to tap on Acu point or specific area or line*),
- Acupuncture Electro Stimulation (*applying low intensity electrical stimulation at Acu point*),
- Acu Laser (*applying low intensity Laser at Acu point*),
- Catgut Embedding (*Implanting surgical Catgut at Acu point*),
- And other methods as will be described by WHO time to time will be part of the Acupuncture System of Medicine.

This therapy is popular with different terminologies in oriental countries, in China as 'Chen chiu' (Mandarian Chinese), in Japan as 'Shin Kiyu', in India as 'Suchi Bhed Chikitsa'.

Philosophically acupuncture holds a holistic notion regarding health and disease. It sees the body as a self-rectifying whole, a network of interrelating and interacting bio-energy (Chinese called 'Qi', Korean and Japanese called 'Ki' and Indian called 'Prana' or vital energy). This bio-energy is again divided into 'Yin' & 'Yang' aspects and accordingly major organs have corresponding 'Yin' or 'Yang' energy channels or meridians which are positioned in limbs and trunk possessing anatomically located acupuncture points, the needling, warming and stimulation (by massage or pressure or electrical impulses or laser) of which in isolation or in combination cause balancing effort on the body energy system and thus in restoring health.

It is governed by a comprehensive theoretical frame work which enables the practitioners to identify and determine the etiology, pathogenesis, differential diagnosis, prognosis and therapeutic modules for different acute and chronic ailments. It has both curative and preventive potential. Vital documents are available regarding India – China common ancestry of acupuncture, further elucidation of which needs extensive research. Till date more than 400 acupuncture points are used in major 12 Regular, 8 Extra and 12 Divergent meridians & collaterals besides Ear & Scalp acupuncture points.

Scientific aspects

Through the experience accumulated in ancient times and through modern studies on the theory of acupuncture and moxibustion, we have come to realize that these treatments serve many functions. However, more studies are needed before we can fully understand how these functions are created. Traditional Chinese Medicine and Modern Medical Science nonetheless basically agree in their recognition of the functions of treatment. That is, although acupuncture and moxibustion cure diseases by pricking and fuming acupoints, their major function is to mobilize the body's resistance to disease through the nerves, major and collateral channels.

Modern medical experiments show that acupuncture and moxibustion can strengthen the controlling and adjusting functions of the body through the central nervous system (especially the cerebral cortex and the autonomic nervous system), regularize heart beats, adjust body temperature, regulate blood pressure and breathing, stop convulsions, cure paralysis, etc. At the same time, through the nerves and body fluids acupuncture and moxibustion improve imbalances in the internal and external secretion systems, thus affecting the secreting functions of the pituitary gland, thyroid gland parathyroid gland, adrenal gland, pancreas, various glands of the digestive system and the sweat glands.

Acupuncture and Moxibustion can also enhance the functions of the reticulo-endothelial system, stimulate the benign proliferation of bone marrow, affect the elimination of tangible substances in blood, strengthen the white blood cells' engulfing ability, raise the titre of immune serum, and improve the circulation of the body fluids.

Acupuncture and moxibustion furthermore affect the three major pathological processes of inflammation: reducing effusion, slowing down and diminishing the time and scale of degeneration and raising proliferation. Therefore, they serve to curb the growth of germs, control plasmodium and diminish inflammation. Meanwhile, they can change the chemical processes within the body, speed up the excretion of poisonous elements, revitalize the ferment system, improve metabolism, and raise the body's function of absorbing, compounding, storing and using nutritious substances.

Acupuncture and Moxibustion treatment covers a wide range of diseases. In cases where treatment calls for special medicines or surgical operations, acupuncture and moxibustion can be used at the same time to raise the level of resistance and speed the healing process.

There is a Neuro-Anatomical basis of Acupuncture which explains scientifically the effects of Acupuncture in pain relief, immune enhancement, muscle enhancing effect etc. it acts through body's neuro-endocrine-immune network to produce various biochemical changes in body (documented by researches all over the world).

In acupuncture therapy, the diseases are treated by stimulating different acupuncture points. These points are the specific sites through which the qi of the zang-fu organs (vital organs of body) and meridians (energy pathways) is transported to the body surface. From the past years it was thought that some points have correlation with the nerve-endings in neurological pathways. There is also a recent thought that some acu-points have correlation with Calcium channel as studied in literature.

Worldwide Research & Publication Trends in Acupuncture over past 2 decades :

- Around 13,320 acupuncture-related publications identified in Pub Med database (Upto 2015)
- Mean annual growth rate of 10.7%, compares to a mean annual growth rate of 4.5% in biomedicine
- Increase in the proportion of randomized clinical trials (RCTs), from 7.4% in 1995 to 20.3% in 2014, exceeding the 4.5% proportional growth of RCTs in biomedicine
- The top 3 contributors being China (47.4%), United States (17.5%), and United Kingdom (8.2%)
- Impact factors ranging between 0.7 and 2.8 in the top 20 journals, followed by journals specializing in neuroscience, pain, anesthesia/analgesia, internal medicine and comprehensive fields
- Acupuncture research has grown markedly in the past two decades, with a 2-fold higher growth rate than for biomedical research overall.

Important guideline by WHO

Three Very Important Documents Published by WHO Regarding Acupuncture

Acupuncture – WHO reviews

WHO opined "Acupuncture, if practiced by well-trained individuals, be they physicians or other health professionals, should be safe and efficacious for the management of well defined conditions, and it is cost effective if controlled by the Government".

WHO in 1979 approved this science after extensive research.

Moreover, it emphasizes on 'Guidelines on Basic Training and Safety in Acupuncture' and development and standardization of basic equipment and research on this therapy.

The recent guideline of "WHO Strategy on Traditional Medicine 2014-2023" shown great importance on Acupuncture and it's inclusion in Traditional & Complimentary System (T&CM) and finally in National Health Care Delivery by Integrating with Conventional Medicine.

The World Health Organization Reviews Clinical Trials of Acupuncture

Summary of the findings of the review, published in 2002, follows:

A. Diseases, symptoms or conditions for which Acupuncture has been proved through controlled trials to be an effective treatment:

B. Diseases, symptoms or conditions for which the therapeutic effect of Acupuncture has been shown but for which further proof is needed

C. Diseases, Symptoms or Conditions for Which There are Only Individual Controlled Trials Reporting Some Therapeutic Effects, but for Which Acupuncture is Worth Trying Because Treatment by Conventional and Other Therapies Are Difficult

D. Diseases, Symptoms or Conditions for which Acupuncture may be Tried Provided the Practitioner has Special Modern Medical Knowledge and Adequate Monitoring Equipment :

Global progress - Practices

"T&CM practices vary widely from country to country with certain practices (sometimes called modalities) regarded differently depending on the culture, understanding and accessibility of conventional medicine. A practice where significant progress has been made is acupuncture. Although acupuncture was originally a feature of traditional Chinese medicine, it is now used world wide. According to reports supplied by 129 countries, 80% of them now recognize the use of acupuncture".

Diseases which can be treated by Acupuncture

Acupuncture treats not only some symptoms, but the disease condition in holistic way. It has been published that acupuncture can heal gangrene in ischemic limbs. This healing is not just symptomatic relief.

Alleviation of symptoms is part of any system of medicine, when radical cure is not possible. In modern medicine also symptomatic relief is sought in many conditions where radical cure is not possible yet.

For example, in asthma, permanent stoppage of hyper-responsiveness cannot be achieved yet, so symptomatic relief is sought. It applies to cancer also.

There is substantial number of textbooks available today on Acupuncture wherein Acupuncture is being used to treat diseases of Cardio Vascular, Neurological, Respiratory, ENT, Eye, Obs. & Gynae, General medicine, Musculo-skeletal, Gastro-intestinal, Genito urinary, pediatric, Orthopaedic ailments.

In addition, there are texts on Acupuncture which are available separately also for treatment of diseases in each speciality (eg. Obstetrics & Gynecology, Eye diseases, Musculo-skeletal diseases, Neurological disorders, pediatric diseases etc. to name a few.

Various diseases that can be treated by Acupuncture:

- a. Asthma, common cold, cough, pharyngitis, sinusitis, rhinitis, tonsillitis;
- b. Arthritis, neck pain, spondylosis, back pain, shoulder pain or frozen shoulder, pain in elbow, sprain, sports injury;
- c. Dysentery, Diarrhoea, abdominal colic or pain, peptic ulcer syndrome, vomiting, hiccup, constipation, acidity, indigestion;
- d. Polio-paralysis, facial paralysis, hemiplegia/hemiparesis;
- e. Headache, trigeminal neuralgia, intercostal neuralgia, pain in herpes zoster, sciatica, peripheral neuritis, migraine, nervous debility, insomnia, infantile convulsions, epilepsy;
- f. Leucorrhoea, menstrual pain, irregular menstruation, morning sickness in pregnancy;
- g. Addiction, hypertension, obesity, toothache, deafness & tinnitus, hysteria, fatigue or prostration, nocturnal enuresis, spermatorrhoea, impotency, buerger's disease, eczema, piles, urticaria, psoriasis.

Acupuncture Anesthesia: It is generally recognized that acupuncture anesthesia can achieve good results in operations on the head, neck and chest. And such anesthesia has been extensively used in thyroid gland maxillary sinus operations, glaucoma operations and abdominal tubal ligations. In a few hospitals of China, acupuncture anesthesia has become the standard form of anesthesia for cesarean sections, excisions of most parts of the stomach, excisions or the spleen, laryngectomies, etc.

Conclusion

As per the world perspective, Acupuncture is the second most popular and practiced system of medicine after the conventional western medicine. Acupuncture fulfills all the '*Essential*' and '*Desirable*' criteria (as per the scientific guidelines of ICMR) to be considered as one of the independent system of medicine as it has a unique concept of health and disease as well as specific own & holistic understanding with safe, standardize and effective treatment devices along with a standard workforce (trained since 1959 both in India and abroad). This therapy not only touches the recently emerged concept of mind-body medicine (psycho-neuro- immuno- endocrinological basis of disease) of modern medical science, but also endures the participation of patients in the therapeutic process and thereby promotes a community involvement in the healing process.

PART - II

Friends,

We want to draw your kind attention to our central theme before the Central and State Governments:

"RECOGNITION OF ACUPUNCTURE AS AN INDEPENDENT SYSTEM OF MEDICINE IN INDIA"

For your kind information, on 25.09.1996, in reply to the application submitted by IRIIM, Howrah to the Ministry of Health and Family Welfare, Govt. of India on Recognition of Acupuncture, ICMR has informed IRIIM in 2000 that a 'Standing Committee of Experts on Alternative System of Medicine (ASM) is constituted by it for examining the merits of claims/request from various agencies /organisations for recognition as ASM.

ICMR has taken an important stand point, "To examine as to whether the System of Medicine / Therapy can be recognised by the Government as Alternative System of Medicine". It also said that "A System of Health Care must fulfill the following essential and desirable criteria on aetiology, diagnosis and management of diseases for it to be recognised as an ASM". After the united effort of the different acupuncture organisations, we were able to convince ICMR with all our documents that acupuncture has the ability to get the recognition as an Independent System of Medicine. After prolonged years of negotiation and representation, ICMR finally recommended to the Health Ministry for taking necessary steps for recognition of a New System of Medicine.

On Nov.25, 2003, Govt. of India in an Administrative Order informed that Acupuncture will be regarded only as 'Mode of Therapy' (for Medical Graduates & appropriately trained persons) and only Certificate course can be conducted, not Degree or Diploma. Throughout India it was opposed and subsequently 'All India Coordination Committee for Alternative & Traditional Systems of Medicine' (AICC ATSM) formed in AIIMS, New Delhi. It should be remembered that until it is amended, 2003 order is still valid all over India except West Bengal and Maharashtra (where separate law is in force).

Though very late, in February 2017 Department of Health Research (DHR) under Ministry of Health & Family Welfare, Govt. of India published a general notice asking application in a definite format from different organisations or individuals working in the field of traditional and alternative medicine for recognition of their respective system or therapy. Accordingly 3 all India organisations working in the field of acupuncture (National Coordination Committee, Indian Academy of Acupuncture Science and Acupuncture Science Association) applied separately with all the documents and enclosures. Later on one organisation from Tamilnadu joined.

After getting all the applications, DHR has sent the first notice (dated 16.08.2017) to the concerned organisations with the following subjects "Examination of viability of 'Acupuncture' as a System of Medicine by Inter-Departmental Committee matters related to"

Accordingly the applicant organisations submitted detail documents. On 4th Oct, 2017, the 1st meeting of Inter-Departmental Committee (IDC) held at DHR GOI, New Delhi office to consider our prayer for recognition etc.

Again on Nov.22, 2017 representatives of four Acupuncture organizations were invited in a meeting at DHR office on the subject "*Examination of Viability of 'Acupuncture' as a System of Medicine by Inter-Departmental Committee*". In the meeting, we all the participants unanimously opposed the GoI proposal to club Acupuncture under Naturopathy and requested DHR to recognise as an Independent System of Medicine which may be included in Indian Systems of Medicine like other AYUSH systems but with Independent status only.

After considering the detail documents submitted by the applicant organisations on 3 important parameters (**Practice, Practitioners and Products**) as suggested by DHR, the final IDC meeting took place on Jan. 9, 2018. In that meeting it was principally accepted that acupuncture fulfills all the conditions obtaining recognition as an Independent System. Later on all the organisations submitted further data and documents as suggested by Chairman of IDC.

After a long gap of more than 13 months, on Feb. 21, 2019 DHR has finally recommended to the Health Ministry for Recognition of Acupuncture as an Independent System of Health Care / Therapy. Please note in place of original demand of *System Of Medicine, System Of Healthcare/Therapy* is used first time possibly in India in any recognition process of any medical system. And this change was done all on a sudden without any discussion with the stake holders of the recognition process. We have also noticed DHR is also planning to restrict the application of acupuncture in few clinical conditions only.

At the same time DHR formed **Apex Committee on Acupuncture (ACA)** to consider the promotional and regulation aspects of Recognition which is supposed to be placed to the Health Ministry. Few meetings of ACA (both full committee and 2 sub committees) took place in 2019. Outcome of the whole meeting or process is still awaiting.

OUR MOVE :

Immediately after receiving Feb. 21, 2019 DHR notice, Acupuncture Science Association (ASA), one of the participants of the whole recognition process, sent a request letter on February 26, 2019 to the then Hon'ble Union Health Minister Mr. J.P. Nadda regarding the shifting of status of Acupuncture from 'System of Medicine' to 'System of Health Care or Therapy'. As no reply reached, reminder prayer was submitted on July 20, 2019 directly by hand to the present Hon'ble Union Health Minister, Dr. Harsh Vardhan who immediately marked the letter to the Union Health Secretary. Till date we are awaiting the reply from Govt. of India. Exactly one year has passed after the DHR Recommendation, but till now GOI yet to release any official Gazette Notification on Recognition of Acupuncture in India.

Now we want to raise some serious points:

1. From the very beginning of 2017, in Govt. of India's notice, subject of the meeting and discussion held several times, no where it is mentioned or discussed the status of acupuncture - whether System of Medicine or System of Health Care / Therapy. All of a sudden in the notice of DHR, dated Feb. 21, 2019, we have seen System of Health Care / Therapy is used. Why?

2. After our repeated enquiry in Apex Committee on Acupuncture meetings and 2 letters submitted to the Union Health Minister why we are deprived from any reply or explanation of this one sided decision taken by DHR, GoI ?

3. We are very eager / want to know from Govt. of India what is the difference between these two words (System of Medicine and System of Health Care / Therapy)?

4. Till now all the recognised medical systems in India are termed as System of Medicine. Why Acupuncture is deprived of this common status as applied to all other systems ?

5. We are very much disturbed with this development of DHR. If it is regarded as *System Of Healthcare/Therapy*, we apprehend acupuncture can never be accepted fully in India. Then it will only be practiced by a very microscopic section of medical persons belonging to other stream only. Though already two States in India, Acupuncture has been accepted and recognised as a separate independent system, in one state separate acupuncture departments are working in state hospitals, acupuncture medical officers are appointed.

POSSIBLE DRAWBACKS OF THIS ALTERED STATUS OF ACUPUNCTURE IN ACTUAL PRACTICE

1. The full-fledged acupuncturists and present full time acupuncture practitioners will be deprived to get the equal status with other system of medicine practitioners.

2. Acupuncturists with other medical background (but with limited knowledge in Acupuncture Science) will be treated as acupuncture doctor whereas Acupuncturists without any medical background (may be better knowledge in Acupuncture Science) will be treated as mere therapists. Each and everyone knows that maximum acupuncture practitioners in India now are in the second category. So automatically the country will face a serious shortage of acupuncture doctor.

3. We have a great doubt how the freshers will accept 'system of health care / therapy' as their profession instead of 'system of medicine' and which is restricted only to very few clinical conditions. Obviously everyone knows system of medicine is definitely the highest category of medical profession. It is also evident that chances of opening full fledged degree and diploma course in acupuncture may be questionable due to possibility of less demand. So ultimately after this present generation of acupuncturists a serious gap of future work force is evident.

4. WHO has categorically mentioned in their publication (1999) named '*Guidelines on Basic Training and Safety in Acupuncture*' (pg.5) that "out of four levels of training in Acupuncture, Full training for those with little or no prior medical education or experience, who wish to qualify as recognised acupuncture practitioners licensed to practice independently, subject to the limitations imposed by the Ministry of Health". Unfortunately if Govt. of India declares the status of Acupuncture as "Healthcare/Therapy", this level of Independent Acupuncture Practitioners cannot be produced.

5. Though acupuncture fulfilled all the criteria to get the system of medicine status since 2000, this abrupt change will definitely have a negative impact **Internationally** also because as per WHO present report named " WHO Traditional Medicine Strategy 2014-2023". In WHO report it is clearly mentioned about the huge growth of acupuncture science throughout the globe which is perhaps the highest in all the traditional and alternative system of medicine. So if the highest practiced science (in T&CM category) is not getting equal status like other System of Medicine, then serious question may arise about future of this therapy in India.

PROPOSED PLAN OF ACTION TO CHANGE THE GOVT. OF INDIA'S STAND POINT

1. First of all, all the acupuncture organisations and individual practitioners must understand the gravity of the situation arises after the DHR stand point on the status of acupuncture in India, specially serious difference between 'System of Medicine' and 'System of Healthcare'.
2. All the acupuncture organisations and individual practitioners must be united under one umbrella organisation e.g. **FEDERATION OF ACUPUNCTURE ORGANISATIONS IN INDIA** or any other suitable platform.
3. With a definite plan we have to create our strong lobby in centre and states so that the real status of acupuncture will get its acceptance in Govt. policy.
4. To aware common people, media and policy makers in favour of Recognition of Acupuncture as a System of Medicine.
5. Along with our move with the Govt. we must be prepared for other means of move also.

Draft Prepared by Dr. Debasis Bakshi 2.3.2020

Regenerative Acupuncture – A Step Beyond

Sukhwinder Singh and Gagandeep Kaur drsukhwinder@doctor.com
 Guru Kirpa Acupuncture & Holistic Care Center http://www.acupunctureinamritsar.in

Today, in this contemporary world, human race is suffering from health issues, which are increasing day by day. So are our means of treating them. It's a need of today's world to fight with these issues in an integrated way, combining modern medical science with traditional therapies. 'experience' of thousands of years of traditional therapies can do wonder if we combine and integrate with modern medicine. Regenerative medicine is one of the new advance therapies, having a deep scope in coming time. It's an answer to many health disorders including skin, skeletal, muscular and other degenerative issues. Having almost no bad after effects, its popularity is increasing day by day. Be it hair growth, sport injuries, ageing issues like wrinkles or other cosmetic approach, where it is giving its handsome outcome.

Platelet Rich Plasma or P.R.P. is one of the parts of regenerative medicine, which is autologous, safe and effective. We are combining P.R.P. with centuries old acupuncture, which is a traditional Chinese system of medicine.

We have treated a number of patients with this great combination, like knee joint osteoarthritis, peri-arthritis of shoulder joint, muscle wasting etc. In this technique, we get whole blood of the patient and mix it with a particular anticoagulant, centrifuge with two or three different steps (as required) , separate platelet rich plasma, and mix with chemicals and treat with photo-bio-modulation which enhance the effect of growth factors present in the plasma . Then we inject this cocktail to specific acupuncture points. Usually this step is repeated after a gap of 4 to 6 weeks. Results can be observed after 1 or 2 procedures.

**1ST. MARCH - 108 TH BIRTH ANNIVERSARY OF
DR. BEJOY KUMAR BASU - DOYEN OF ACUPUNCTURE IN INDIA**

(Born: March 1, 1912 Dhaka, Bangladesh; Died: October 12, 1986 Kolkata, India)



Chandana Mitra, Debasis Bakshi
Ex. Students of Dr. B. K. Basu (in early '70s)
cmitra9@gmail.com, drdebasis56@gmail.com



During the first half of the seventies few of our medical students were very much eager to bring changes in the old stagnant system in the medical treatments. In those days we used to see some Chinese books smuggled in from China, describing the successful ending of the monopoly of colonial invasion and influence in the healthcare-delivery system of China and revival of traditional, effective and easily available indigenous, low-cost treatment system. Those books contained articles on the country's traditional treatment-system of Acupuncture-Moxibustion, the same Suchika varanam and Dagdho chikitsa as described in old medical books of India. We heard that the Chinese Acupuncture had already been introduced in our country by Dr Bijoy Kumar Basu and one of our senior student was receiving treatment from him. We decided to meet him.

We took our old aunt to Dr Bijoy Basu's clinic at Hazra Road , Calcutta for acute knee pain. He welcomed us gladly. We watched Dr. Basu's method of treatment and saw the method of Hammering, needle-pricking, point-locating etc. all he was doing. My aunt felt comfort after seven days and stopped going. But we did not discontinue. One day we took a mason to him, who was suffering from Buerger's disease. Dr. Basu understood that we were very serious to learn the Chinese method of treatment. He handed over few needles and told us : Let me see how courageous you are, prick this needle.

After that we had no more hesitation. The classes for the first MBBS were closed, we had enough time to see Dr Basu's treatment. We used to follow him from one cubicle to the other. After finishing treating the patients he used to read and explain his old notes on the subject. We gradually became close to him. Both Dr. Basu and Mrs. Basu were very affectionate to us. And we came to know that Dr. Bijoy Kumar Basu is not only the pioneer in introducing modern acupuncture to India, but he is one of the bright figures in the anti imperialist struggle against British and Japanese imperialism fought by Indian and Chinese patriots.

Bijay Basu was attached to Anusilan Samiti and Communist party in his student life. Just after his graduation and marriage, the call to join the Indian Medical Mission to China, reached him. And along with Dr. Atal, Dr. Cholkar, Dr. Debesh Mukherji and Dr. Dwarkanath Kotnis he left for China on 1st September 1938 by sea.

In China, overcoming a lots of hurdles and extreme hardships created by the Kuomintang Government, the Indian doctors could reach Yen-an, then centre of anti-imperialist guerilla warfare, under the leadership of Chinese Communist party. There they were tirelessly treating the bomb- wounded soldiers and villagers, when three of them fell ill and had to return to India. Dr. Basu and Dr. Kotnis stayed and continued their day and night medical services close to the war field.

At the same time they took part in the political, military and agricultural activities along with other comrades. The Chinese liberation movement had changed both of the Indian doctors to a new human being. They used to share the idea of organizing peoples war in Indian freedom movement, so they used to take thorough lesson from the veterans of Chinese guerilla force. Dr. Kotnis fell severely ill at the face of extreme load of work and lack of rest. He died in a hill cave on the 9th December 1942 leaving behind his Chinese wife and comrade in arms Kuo Ching Lan and little son In-Hua. .

Dr. Basu continued work till July 1943. After returning from China, he took part in many medical, political activities as a member of Communist party of India. He wished to take part in Telengana peasant movement, but it couldn't happen to avoid the British police, he went to Tripura and was engaged in organization and training work among revolutionary people.

In 1949, Chinese people, defeating the Japanese imperialism and their Chinese followers, declared People's Republic of China. The new China honored all those who helped them in the way of liberation. In 1956 Chinese Premier Chou en lai, during his friendly visit to India invited the members of the Indian Medical Mission to New China. In 1957, Dr. Basu with his wife Indira Basu, went to China with others.

The people's health care delivery system of New China influenced him deeply. There he came in touch of the age-old treating science of Acupuncture. He himself was treated for sinusitis very effectively. The great leader Mao Tse Tung told him- Acupuncture can prove to be very effective in the healthcare system of India, country of a vast poor population. Dr. Basu was highly inspired and in the next year he had a 6 months training of Acupuncture in China in Chinese language. Returning to India he started practice of Acupuncture and trained those people who engaged in social work, like People's Relief Committee.

At the beginning of 1973, the Chinese Govt. invited Dr. Basu to China to see himself how Acupuncture was developing at new China. At that time, not only at West Bengal but in the whole of India the people were very much enthusiastic to know the sociological and political statehood of new China and the people's health condition therein. The people of revolutionary zeal revived the old Dwarkanath Kotnis Memorial Committee with Dr. Basu as its president. Dr Basu willingly accepted the proposal. In 1962, some restrictions were imposed in the relation of India and China. But things became normal afterwards when Indian prime minister allowed Dr. Basu to respond to the Chinese invitation. At that time Dr. Basu's patients had to be treated by us. Respected Dr. Anil Mukherjee took entire responsibility at his chamber though we were then only mere medical students.

Dr. Basu came back to India after a few months. Entire load of work with Acupuncture was gradually increasing, new branches of Kotnis Memorial Committee started to function to satisfy people's demand. Dr. Basu was no more our mere teacher, he became a leader of us. Other members of the committee were Hemango Biswas, Samar Sen, Mrinal Sen etc, all of whom were politically conscious social beings. Along with Acupuncture treatment at villages, specially to ailing patients; poor and toiling masses came to know about Dr. Kotnis and Medical Mission to China, its anti-imperialist spirit, the spirit of taking part in the freedom movement of own country and helping the neighboring countries and ideology of service to the people.

We saw Dr. Basu's great role at that time what inspired us tremendously.

At home, at working place and meetings everywhere he was seen as clean, pleasing and soft natured straightforward man. He was very much passionate to the committee-workers and students. Dr. Basu and his better half, Srimati Indira Basu used to love us, specially we four students. Both of them used to acknowledge and inspire the untiring Acupuncture-workers of the committee who in their turn did not bother to get degrees to earn more like other doctors of that.

In the coming days, Dr. Basu was very much impressed by the pro people strategy of new China in the field of health and medical treatment. Mao Tse Tung told him that Acupuncture was just an appropriate treatment method for the people's health care in India. Dr. Basu believed it sincerely and tried to develop the members of the Kotnis Committee like the barefoot doctors of China. With his full support, committee took initiative to set up branches of Kotnis Committee mostly at the rural areas or at the industrial areas, where did laboring people use to stay. Dr. Basu used to accompany visitors from China as well as important persons of our country to visit our centers and meet people's health workers. Dr. Basu was in all sorts of effort to make Chinese method real fruitful in India. With this far-extending thought and goal in mind, he never kept Acupuncture as his own property, never taught anybody to do business with it, but with a 'service to the people' attitude, from the very beginning he had taught those people who are engaged in such service like Peoples Relief Committee.

To encourage the Indian learners in the light of Chinese health care system, the Chinese Govt. again invited Dr. Basu, Mrs. Basu along with a team of his students to visit China for advanced training in Acupuncture. We both were chosen in the 4 member team along with Dr. Mrigen Gantait & Dr. Angshuman Ganguly. In China the local govt. took us to the precious places where Dr. Kotnis, Dr. Norman Bethune worked. We were overwhelmed by the charming personality of the host, the importance of the spots where they took us as guest and the respect of the people towards the foreign doctors who stood by their liberation struggle. In 1978, the Left front Govt. was in power. The leaders of the Communist party of India (Marxist) contacted Dr. Basu and revived the relation with Chinese authority.

Dr. Basu had relied on the leftist government for the developing the friendship between the people of India & China and spread of Acupuncture for people's health care in India. He had donated his living house for this purpose.

West Bengal Government recognized Acupuncture treatment, and formed Acupuncture Council. The council undertook training of doctors in Acupuncture and acupuncture treatment was introduced in different government hospitals. But the experienced non-doctor acupuncturists who had been untiringly serving the people at different health centers, whom Dr. Basu always encouraged and loved unfortunately remained outcast in the government health policy.

Actually after the positive step of recognizing Acupuncture as the first state in the country the development of Acupuncture was yet to get its place and position. With Dr. Basu's ideological inspiration once the few medical students and the people's service organizations like *Kotnis Memorial Committee, Susrut Seba Sanstha, People's Health Service Association, Prakria* in Murshidabad, *Belur Sramajibi Sanstha*, who had made Acupuncture popular to the common people throughout India, now have been thrown out from the history. In the last 24 years no full-fledged Acupuncture Degree course has been introduced. Only Acupuncture college closed for many years.

Permission for opening new college (without Govt. Aid) is pending with the Govt. for long with reasons unknown to us. It is not clear whether the policy makers are at all concerned about the unique importance of this 2nd largest therapy in the world. Except one or two non-governmental bodies the organized mass enthusiasm for Acupuncture is at low web now. Still we hope that in the light of the development and practice of Acupuncture throughout the world, Dr. Basu's dream will come true.

Carrying the great legacy of Indian Medical Mission, Dr Basu was a central figure in the India-China friendship movement, and will remain forever.

Today is the 108th Birth Anniversary of late Dr. Basu, let us celebrate with respectful memorization of Dr. Basu's entire sincerity to combine the medical profession with social consciousness and the ideology of developing oneself as a people's servant and convey the ideology of Indian Medical Association to the young generation, to all the strata of the society.

March 1, 2020

If you do not change direction,
You may end up where you are heading.

Lao Tzu

Estd. 2014

Email:asa.india13@gmail.com



Acupuncture Science Association (ASA)

Registered under Punjab Societies Registration Act (XXI of 1860) No. 239 of 2014-15

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To

July 20, 2019

Dr. Harsh Vardhan
Hon'ble Union Minister for Health & Family Welfare
Govt. of India
Room No. 348; 'A' Wing, Nirman Bhavan, New Delhi 110 011

**Sub: Request to give Recognition to ACUPUNCTURE as an Independent System of
Medicine not as a System of Healthcare / Therapy**

Respected Dr. Harsh Vardhan jee,

As representative of the largest Association of Acupuncturists in India, I, Dr. Debasis Bakshi General Secretary of ASA India want to draw your kind attention to the following development regarding the above mentioned subject:-

1. We all became very much glad to note after the Official communication of DHR under your ministry (dated February 21, 2019) recommending Acupuncture as an Independent System. As we all the Acupuncturists & Acupuncture Organizations are continuously moving to get this official status since early '90s.

2. We all are aware that Acupuncture fulfills all the essential and desirable criteria as laid down by ICMR in early nineties to get the status of an Independent System of Medicine.

3. Later on after several round of discussions with ICMR and Ministry of Health and ultimately after 1^{1/2} year continuous process of several meetings with high level committee formed by DHR under your ministry to consider the demand of recognizing Acupuncture as a System of Medicine in India, on 21 February 2019, DHR finally recommended Acupuncture as an Independent system of Healthcare/Therapy. Please note in place of original demand of **System Of Medicine, System Of Healthcare/Therapy** is used first time possibly in India in any recognition process. And this change was done all on a sudden without any discussion with the stake holders of the recognition process.

4. It is our humble request before you what is the exact reason to degrade acupuncture, the age old art of healing and second largest therapy in the world, to a **system of healthcare /therapy** which never come at par with the other systems of medicine recognized by Government of India like Modern Medicine and AYUSH Systems of Medicine. We have also noticed DHR is also planning to restrict the application of acupuncture in few conditions only.

Sir, we are very much disturbed with this development by DHR. If it is regarded as **System of Healthcare/Therapy**, acupuncture never be accepted in India fully. Then it will only be practiced by a very microscopic section of medical persons belonging to other stream only. Freshers will be least interested to learn a system of healthcare instead of system of medicine and which is restricted only to very few clinical conditions.

Already in two States in India, Acupuncture has been accepted and recognized as a separate independent system of therapy where separate acupuncture departments are working in state hospitals, acupuncture medical officers are appointed. (Copies of 2 State Acts enclosed)

Sir, your great wisdom can save this and one of the most effective and state of the art system of medicine which is accepted 80% out of 123 countries of the world as per the W H O report - "WHO Strategy for Traditional Medicine (2014-2023)". We also request you to give the proper status which should be equal with all the systems of medicine recognized so far. Earlier on 26.02.2019 we have applied on the same issue to the then Hon'ble Union Minister of Health, answer is still awaited. (Copy enclosed for ready reference).

I think with your personal initiative can restore the due status of acupuncture at the national level and can save this important health matter which may give our country an additional boon for tackling so many clinical problems effectively and can be a good support to the National Health Care Delivery System in India.

Expecting your kind consideration and guidance,

Thanking you,

Yours faithfully,



(Dr. Debasis Bakshi)

International Seminar on Chinese Acupuncture - Moxibustion in Delhi



On 9th December 2018, International acupuncture seminar was organized in New Delhi. The theme of the seminar was “Introduction of Chinese acupuncture and moxibustion”. The seminar was organized by *Network of International Cultural Link Entities* along with *Acupuncture Science Association (ASA) India* and *Dr D.N. Kotnis Acupuncture Hospital, Ludhiana, Punjab* supported by *Embassy of P.R. China in India, New Delhi*.

The main speaker and guest of the seminar was Professor Rong Peijing, Researcher and Deputy Director of Institute of Acupuncture & Moxibustion, Beijing, China and Mr Zhang, Director of Department of Ministry of Culture and Tourism, P.R. China. The inauguration of the seminar was done by Minister and D.C.M of Chinese Embassy Mr Li Bi jian and Mr Zhang Jianxin Cultural and educational counselor along with their team. Dr Dinesh Upadhaya, Member of AAYUSH also attended the seminar as a guest of honor.

Dr Rong Peijing is a senior acupuncture expert in Beijing and has done numerous researches in the field of acupuncture. Related to the theme of seminar she presented a seminar which included the introduction of Chinese acupuncture & moxibustion and the latest research in the field of acupuncture. There was also a live demonstration on voluntary patient by Prof. Rong which has helped the participants to learn her technique for diagnosis and treatment.

Nearly 100 acupuncturist participated in the seminar and appreciated the techniques taught by Prof. Rong Peijing. Among senior acupuncturist in India, Dr Inderjit Singh (Director, Dr Kotnis hospital, Ludhiana & Joint Secretary ASA, India), Dr Debasis Bakshi (Director IRIIM & Gen. Secretary ASA India), Dr Raman Kapur (President ISMA), Dr Sunita Kapur, Dr Yogesh Kodkani (Joint Secretary ASA India) shared their views regarding the future promotion on acupuncture in India.

A S A STATE ACTIVITIES

ASA Delhi State organised a weekly series of Acupuncture Refresher Course and workshop at Delhi in Sumermal Jain School auditorium, Janakpuri, New Delhi. In this 10 week course (every Sunday), theory and practical part of Acupuncture and Moxibustion was covered. It was inaugurated on 1st January 2020 and the last class will commence on 15th March 2020. More than 20 students showed their interest to learn basic course of Acupuncture in coming days. These classes benefitted nearly 150 students.



Eminent faculty of ASA Delhi delivered lectures on various subjects. Free Acupuncture and Naturopathy Treatment Camp was organized on 2nd February 2020 at Arogya Kiran Centre, Najafgarh, Delhi with the collaboration of Bliss India and Arogya Kiran Centre. Collective efforts of team ASA made these classes a grand success. During this period, free training and treatment camp was also organized for general public which was a stupendous success.



ASA Maharashtra State meet took place in Mumbai, Santacruz area at t20 Acupuncture clinic organised by Bharat Bhai, Dr. Siddique (ASA Mumbai Coordinator) & others. ASA Gen. Secy. Dr. D. Bakshi was present in the meet. ASA current & future members were present. Interactive discussion took place on different aspects of Maharashtra acupuncture registration, importance of acupuncture diagnosis and confidence building of common acupuncturists etc. Also free medical camp took place with diagnosis. ASA M'rastra was strengthened day by day.

ASA Telengana State had organized 9th Refresher Training Course at Hyderabad, Annapoorna Residency, Secunderabad for 4 days starting from 23rd March 2019. The trainers of the event were Dr. Debasis Bakshi, Senior most acupuncturist with 50 years of Acupuncture experience and G.S - ASA along with Dr. Debabrata Bag, faculty of IRIIM, Howrah. The Event was inaugurated by eminent Cardiologist Dr. V.S. Ramachandra and Ophthalmologist Dr. Tushara of SRI SRI Holistic Hospitals, a multi speciality hospital of Hyderabad. The chief guests were Dr. Sudhir, a Sr. Acupuncturist, MBBS along with Sr. Acupuncturist & trainer Hr. Indumathi. The event was organized by M. Manoharan, ASA life member and Sr. Acupuncturist in Hyderabad. 43 acupuncturists have attended the training program and the event was covered by Hyderabad news papers. On 5th January 2010 a Free Acupuncture camp was organized in a Multi Speciality Hospital, Hyderabad. The camp was conducted at PREMA BLOCK, SRI SRI HOLISTIC HOSPITALS, Nizampet road, Hyderabad by ASA and the camp was organised by Hrs. Manoharan, Srinu Bhukia and Kamala.





ASA-Kerala team lead by State Secretary, Dr. Pradeep Antony, met the Hon'ble Chief Minister of Kerala, Mr. Pinarayi Vijayan on 28th August 2019 to submit the representation to Recognize Acupuncture as an Independent System of Medicine in the



ASA - UP State ORGANISED FREE CAMP IN LUCKNOW ON DEC. 1, 2019

Dr. Anurag Dikshit (BAMS, MD Ayu. & PG Cert. in Acu. IRIIM), Founder Executive Member of ASA India and Convener ASA U.P. Chapter organized Free Pain & Diabetes Camp in Lucknow city of Uttar Pradesh state on Dec. 1, 2019.

In the camp more than 100 patients got free diagnosis, consultation as well as treatment mainly by Acupuncture. Both Dr Bakshi and Dr. Anurag completed the camp most successfully which raised good awareness about ASA & its work along with necessity of Acupuncture treatment. In near future more such program will be undertaken in the city and the different parts of the state to popularize and establish Acupuncture as an effective treatment.

ASA – Tamilnadu Core members on 11th Jan 2020 had convened a meeting at Chennai to unite older Associations that had already rendered lots of recognition work in the state – following which another future Unification meeting took place on 23rd February as a Milestone event for the development and recognition of Acupuncture in the TN State, by initiating the formation of ‘Federation of Acupuncture Chapters of Tamilnadu’ (FACT) to focus on the recognition and standardization of the drugless system in the State where there is a maximum of Acupuncture Learning and Treatment happening.



Dr Bakshi ASA G.S, explaining the need for Acupuncture as an Independent System of Medicine”

Inauguration of Dr BK Basu Memorial Acupuncture Centre & Research Institute at East Tambaram was done by Dr Bakshi on 12th January.



Dr BK Basu Memorial Acupuncture Centre & Resource Persons



ACUPUNCTURE SCIENCE ASSOCIATION (ASA) INDIA

6th NATIONAL CONFERENCE & SCIENTIFIC MEET on Recognition of Acupuncture as an Independent System of Medicine

March 7-8, 2020 IRIIM Bhawan, Howrah, West Bengal

..... In continuation of the spirit of
**All India Coordination Committee for Alternative and Traditional Systems of Medicine
(AICC ATSM) (Estd. 2004)**

ACUPUNCTURE SCIENCE ASSOCIATION (ASA) INDIA
formed in 2013 by the joint initiative of 2 oldest Acupuncture Institutions of India :



**Ludhiana Acupuncture Medical College
& Dr. Kotnis Hospital, Ludhiana**
and
**Indian Research Institute
for Integrated Medicine (IRIIM), Howrah**



**ASA FOR RIGHT TO PRACTICE FOR
ALL CATEGORIES OF ACUPUNCTURIST**

Our Website: www.acupunctureindia.co.in

PRODUCTS

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- Cupping
- Laser Acupuncture
- TDP Lamps
- Massager

KANSON

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