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The International Association for the Study of Traditional Asian Medicine

May, 2005

ICTAM VI: International Congress on Traditional Asian Medicine. Austin Texas, April 27 - 30, 2006

Under the auspices of the International Association for the Study of Traditional Asian Medicine the 6th International Congress on Traditional Asian Medicine will be held on the campus of the University of Texas in Austin Texas, April 27 -- 30, 2006. A Call for papers appears on the back page of this newsletter. Several panel proposals and invitations to participate in organized panels appear on pages 11.

Following on the success of the 5th ICTAM V in Halle, members were invited to submit proposals to host the 6th Congress and it was decided that the University of Texas at Austin would be an ideal setting. UT Austin has one of the country's premier Asian Studies Centers that is designated a National Resource Center by the Department of Education. Dr. Martha Ann Selby, under whose direction the Congress is being organized, is one among a number of well known scholars.

The theme of the Congress is **Sense and Substance in Traditional Asian Medicine**, which reflects the intersection of perception and knowledge production and application on the one hand, and embodied substances and the elemental nature of medicinal substance on the other. It is hoped that presentations will focus on the senses (such as vision and hearing) and their functions in medicine and in different medical contexts (such as prognosis and diagnosis),

sensory perception, how "sense is made" out of various sets of symptoms in practice, and how contemporary adaptations "make sense" of older medical paradigms. IASTAM also invites proposals on physical substances (such as blood, milk, or tears) and their roles in different theories and models of anatomy.

ICTAM VI is to be held in the Texas Union on the beautiful campus of the University of Texas at Austin, the flagship campus for the University of Texas system. The University of Texas at Austin is the largest university in the United States in terms of enrollment, and is located in central Austin, just several blocks north of the Texas State capitol complex and downtown. The University's library system houses more than eight million volumes, and its many collections include the Todd-McLean Physical Culture Collection, the largest and most comprehensive of its kind in the world, containing more than 150,000 printed items, photographs, art pieces, and artifacts relating to health, fitness, and alternative medicine. The College of Liberal Arts is home to the Department of Asian Studies, the South Asia Institute, and the Center for East Asian Studies. Several faculty members are actively conducting research on the history of science and medicine in China, gerontology in Japan, and the construction of gender in Sanskrit medical literature. Austin, Texas is also home to the acclaimed Academy of Oriental Medicine, which offers a rigorous training program in acupuncture.

For More Information Please visit the IASTAM website: www.iastam.org

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The International Association for the Study of Traditional Asian Medicine (IASTAM) was founded in 1977, when Kenneth Zysk, at the ANU, convinced his professor, the late A. L. Basham, that a conference on Asian medicine would be a good idea. The story of the planning of the first International Conference on Traditional Asian Medicine (ICTAM) held in Canberra in 1979 was told by Prof. Basham in the sixth issue of the IASTAM Newsletter. At the 1979 conference, Prof. Charles Leslie accepted the post of Secretary to IASTAM.

For the following decade, under the sure and energetic guidance of Basham and Leslie, historian and medical anthropologist respectively, IASTAM flourished. It was, and perhaps remains, the only international organization in the field of Asian medicine making a serious attempt to embrace both academics and practitioners. IASTAM has always sought to give each of these communities a platform for the expression of their views, respecting the integrity of each group while nevertheless privileging the free exchange of knowledge over involvement in any particular commercial interest or therapeutic regime.

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Nominations for New Council Members:

Nominations are invited for the following officers of IASTAM

President
Vice-president (The V-P sit on the council)
Treasurer
Secretary General

Full details on the duties and responsibilities of the officers is available at
www.iastam.org/constitution.htm

Nominations should be sent to Ms Emma Ford — Address given below.

Join Us

The regular IASTAM membership fee is fixed at €17 per annum for all members, worldwide. This is a full membership rate, and entitles a regular member to all of the privileges and rights of membership in IASTAM. Members of IASTAM are entitled to receive the this newsletter free of charge, and to receive preferential rates when attending IASTAM conferences.

Three-year memberships are available and are discounted. Students, pensioners, and those with annual salaries less than €20,000 per annum may join IASTAM as Associate Members with reduced dues per annum.

Europe and USA

1 yr associate IASTAM membership	€9.00
3 yr associate IASTAM membership	€21.00
1 yr regular IASTAM membership	€17.00
3 yr regular IASTAM membership	€41.00

Payment online is preferred at www.iastm.org but cheques or money orders are also accepted. If registering by post, payment can be made in Euros or the equivalent amount in British pounds.

Please make cheques payable to "IASTAM" and send dues to:

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A.L. Basham Award

The International Association for the Study of Traditional Asian Medicine in 1989 decided to establish an Arthur L. Basham Medal in honor of the great Indologist and co-founder of IASTAM. Up to 1994, on the occasion of the International Congresses, two medals were conjointly awarded every five years to outstanding scholars in the study of traditional Asian medicine, one to an Asian and one to a Westerner. Since 2002 one medal is awarded every five years with the award alternating between a scholar from Asia and a scholar from the West.

It is the goal of IASTAM to encourage scholarly work in any of the subdisciplines of the field, on the social and intellectual history of Asian medicine, the social and cultural anthropology of medicine in Asia, personality and culture of practices and practitioners, and other related topics.

Awards Given

1990 — Professor Yamada Keiji and Professor G. Jan Meulenbeld

1994 — Professors Patricia and Roger Jeffery and Professor Shigehisa Kuriyama

2002 — Dr. Dominik Wujastyk

A. L. BASHAM AWARD NOMINATIONS

Please submit nominations for the 2006 A. L. Basham award to:

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NETWORKING

IASTAM is setting up an online archive of members' biographies and publications. This will be made available to members as a networking and information resource. We would therefore like to ask members to send short biographies (300 - 500 words) and their publication lists on the enclosed form to Emma Ford. The form is also available at www.iastam.org

National Center for Complementary and Alternative Medicine — An Overview

Recent years have seen a tremendous increase in the level of interest in Complementary and Alternative Medicine (CAM). The National Center for Complementary and Alternative Medicine represents the response of the Federal Government of the United States to this increase in interest. Since a number of the forms of medicine that fall within CAM are Asian in origin, members of IASTAM may be interested to know about the activities of NCCAM. To this end, selected materials from NCCAM publications are reprinted here. More information is available at: <http://nccam.nih.gov>

The National Center for Complementary and Alternative Medicine (NCCAM) is one of the twenty-seven institutes and centers that make up the National Institutes of Health (NIH). The NIH is one of eight agencies under the Public Health Service (PHS) in the Department of Health and Human Services (DHHS). NCCAM is dedicated to exploring complementary and alternative healing practices in the context of rigorous science, training complementary and alternative medicine (CAM) researchers, and disseminating authoritative information to the public and professionals. Our four primary areas of focus are

* **Research:** We support clinical and basic science research projects in CAM by awarding grants across the country and around the world; we also design, study, and analyze clinical and laboratory-based studies on the NIH campus in Bethesda, Maryland.

* **Research training and career development:** We award grants that provide training and career development opportunities for predoctoral, postdoctoral, and career researchers.

* **Outreach:** We sponsor conferences, educational programs, and exhibits; operate an information clearinghouse to answer inquiries and requests for information; provide a Web site and printed publications; and hold town meetings at selected locations in the United States.

* **Integration:** To integrate scientifically proven CAM practices into conventional medicine, we announce published research results; study ways to integrate evidence-based CAM practices into conventional medical practice; and support programs to develop models for incorporating CAM into the curriculum of medical, dental, and nursing schools.

Acupuncture Relieves Pain and Improves Function in Knee Osteoarthritis—Report from NCCAM

Acupuncture provides pain relief and improves function for people with osteoarthritis of the knee and serves as an effective complement to standard care. This landmark study was funded by the National Center for Complementary and Alternative Medicine (NCCAM) and the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), both components of the National Institutes of Health. The findings of the study—the longest and largest randomized, controlled phase III clinical trial of acupuncture ever conducted—were published in the December 21, 2004, issue of the *Annals of Internal Medicine*.¹

The multi-site study team, including rheumatologists and licensed acupuncturists, enrolled 570 patients, aged 50 or older with osteoarthritis of the knee. Participants had significant pain in their knee the month before joining the study, but had never experienced acupuncture, had not had knee surgery in the previous 6 months, and had not used steroid or similar injections. Participants were randomly assigned to receive one of three treatments: acupuncture, sham acupuncture, or participation in a control group that followed the Arthritis Foundation's self-help course for managing their condition. Patients continued to receive standard medical care from their primary physicians, including anti-inflammatory medications, such as COX-2 selective inhibitors, non-steroidal anti-inflammatory drugs, and opioid pain relievers. "For the first time, a clinical trial with sufficient rigor, size, and duration has shown that acupuncture reduces the pain and functional impairment of osteoarthritis of the knee," said Stephen E. Straus, M.D., NCCAM Director. "These results also indicate that acupuncture can serve as an effective addition to a standard regimen of care and improve quality of life for knee osteoarthritis sufferers. NCCAM has been building a portfolio of basic and clinical research that is now revealing the power and promise of applying stringent research methods to ancient practices like acupuncture." "More than 20 million Americans have osteoarthritis. This disease is one of the most frequent causes of physical disability among adults," said Stephen I. Katz, M.D., Ph.D., NIAMS Director. "Thus, seeking an effective means of decreasing osteoarthritis pain and increasing function is of critical importance."

During the course of the study, led by Brian M. Berman, M.D., Director of the Center for Integrative Medicine and Professor of Family Medicine at the University of Maryland School of Medicine, Baltimore, Maryland, 190 patients received true acupuncture and 191 patients received sham acupuncture for 24 treatment sessions over 26 weeks. Sham acupuncture is a procedure designed to prevent patients from being able to detect if needles are actually inserted at treatment points. In both the sham and true acupuncture procedures, a screen prevented patients from seeing the knee treatment area and learning which treatment they received. In the education control group, 189 participants attended six, 2-hour group sessions over 12 weeks based on the Arthritis Foundation's Arthritis Self-Help Course, a proven, effective model.

On joining the study, patients' pain and knee function were assessed using standard arthritis research survey instruments and measurement tools, such as the Western Ontario McMasters Osteoarthritis Index (WOMAC). Patients' progress was assessed at 4, 8, 14, and 26 weeks. By week 8, participants receiving acupuncture were showing a significant increase in function and by week 14 a significant decrease in pain, compared with the sham and control groups. These results, shown by declining scores on the WOMAC index, held through week 26. Overall, those who received acupuncture had a 40 percent decrease in pain and a nearly 40 percent improvement in function compared to baseline assessments.

"This trial, which builds upon our previous NCCAM-funded research, establishes that acupuncture is an effective complement to conventional arthritis treatment and can be success fully employed as part of a multidisciplinary approach to treating the symptoms of osteoarthritis," said Dr. Berman.

¹Berman BM, Lao L, Langenberg P, Lee WL, Gilpin AMK, Hochberg MC. Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee: A Randomized, Controlled Trial. *Annals of Internal Medicine*. 2004; 141(12):901-910.

²Barnes P, Powell-Griner E, McFann K, Nahin R. CDC Advance Data Report #343. Complementary and Alternative Medicine Use Among Adults: United States, 2002. May 27, 2004.

Conference Reports

IASTAM – India: Silver Jubilee, Oration and Award Function

The Indian chapter is probably the only regional chapter that took off well and continued its activities

after the founding of IASTAM. It was established on 31st January 1980 and celebrated its Silver Jubilee at Pune, India on 30-31st January 2005. More than 275 delegates representing diverse interests in public health, research, education and practice participated. With three vice chancellors, a large number of research leaders and thinkers from across the country in attendance the deliberations were unique and thought provoking.

An 'Intellectual Conclave' under the heading "Transforming Traditions for Tomorrow's Health" was held on the campus of Bharati Vidyapeeth, a deemed University. The silver jubilee and the biennial functions of IASTAM Oration and Award ceremony were held at Hotel Le Meridian.

Inaugural Function of the Conclave

Dr. Prashant Suru, General Secretary welcomed the guests.

Dr. Narendra Bhatt, Vice-president and Past-President, IASTAM-India reviewed the activities of the past twenty-five years and highlighted the changing trends in the global perception of health care and the need for a strategic and systematic approach.

Shri Tara Dutt, Joint Secretary, Department of AYUSH, Ministry of Health, and Government of India delivered the inaugural address. He emphasized the need to preserve our traditional knowledge with progressive modern technology and drew attention to the timely efforts of the Government in digitizing data and applying information technology to Ayurveda.

Background of the Conclave

Over the past twenty-five years IASTAM-India has tried to provide an interactive platform for interdisciplinary discussion and debate on indigenous systems of medicine. Ayurvedic education, practice and research developments have undergone a major change during the past few decades. In light of this it was deemed necessary to review the impact of these changes and deliberate further to strengthen institutional capabilities.

The objective of the conclave was to identify current strengths and weaknesses, examine potential, debate on the possible means for future development, and initiate a new and different thought process to provide the basis for a future action plan.