

WORKSHOP 25

DATE: 20/09/2023

TIME: 8.30 AM

COVID-19 & Infections : An Ayurveda Research Perspective

105 minutes



Ayurveda herbal formulations, and often combined with modern medicine, were popularly used in India to curb the COVID-19 pandemic. Suitable drug trials (2020-2023) based on scientific rationale were sponsored by the Government of India (Ministry of AYUSH) to validate Ayurveda drugs (COVID-19). Efficacy and safety studies of AYUSH 64 (multi-plant formulation) and Ashwagandha (Withania somnifera), including a novel initiative to augment COVID vaccine, will be discussed. The latter included novel assessment methods in Ayurveda, quality of life, monitoring study subjects and overcoming barriers of drug standardization and medical ethics, and community participation. An integrative approach was integral and seemed futuristic.

1. Introduction - Arvind Chopra, MD, FRCP, Consultant Rheumatologist & Physician Scientist, PUNE, INDIA - 5 min
2. Managing COVID-19 and akin respiratory infections - Dr Amarjit Singh - 15 min
3. Rationale and Measures (Drug trial) - Dr Sanjay Tamoli, MD, Consultant Ayurveda & Director CRO, Mumbai, India - 15 min
4. Protocols & Novel Measures (Drug Trial) - Ms Manjit Saluja, MSc (CI Res), Clinical Trial Specialist & Co-ordinator, PUNE INDIA - 15 min
5. Clinical Outcome (Drug Trial) and Lessons Learnt - Arvind Chopra, MD, FRCP, Consultant Rheumatologist & Physician Scientist, PUNE, INDIA - 20 min
6. Future Research (Infections and Public Health) - Prof Madan Thangavelu, PhD, Genome Biologist & Ayurveda Research Scientist, Cambridge, UK - 15 min
7. Panel discussion and audience interaction - Panellists (All speakers)
Moderator: Dr Arvind Chopra - 15 min

8. Lessons Learnt & Concluding Remarks - Arvind Chopra, MD, FRCP, CRD
PUNE, INDIA - 5 min

Speakers

Arvind Chopra, MD, FRCP, Consultant Rheumatologist & Physician Scientist,
PUNE, INDIA

Dr Amarjit Singh.

Dr Sanjay Tamoli, MD, Consultant Ayurveda & Director CRO, Mumbai, India

Ms Manjit Saluja, MSc (Cl Res), Clinical Trial Specialist & Co-ordinator, PUNE
INDIA

Prof Madan Thangavelu, PhD, Genome Biologist & Ayurveda Research
Scientist, Cambridge, UK