

A REPORT ON
5 DAYS TRAINING PROGRAMME
ON
HERBAL MEDICINE, FUNCTIONAL FOOD BASED ON AYURVEDA
AHARA AND REGULATORY ASPECTS
8-12 July, 2024
JAMIA HAMDARD, NEW DELHI

  

RASHTRIYA AYURVEDA VIDYAPEETH
(NATIONAL ACADEMY OF AYURVEDA)
AN AUTONOMOUS ORGANIZATION UNDER MINISTRY OF AYUSH, GOVT. OF INDIA
IS ORGANIZING

**5 DAY TRAINING PROGRAMME ON HERBAL MEDICINE,
FUNCTIONAL FOOD BASED ON AYURVEDA AHARA &
REGULATORY ASPECTS**

IN COLLABORATION WITH
**CENTRE OF EXCELLENCE IN UNANI MEDICINE PHARMACOGNOSY & DEPT. OF FOOD TECHNOLOGY,
PHARMACOLOGY, JAMIA HAMDARD, NEW DELHI**

 **08th - 12th July
2024**

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INTRODUCTION

The 5-day training program on "Herbal Medicine, Functional Food Based on Ayurveda Ahara, and Regulatory Aspects" was held at the Centre of Excellence in Unani Medicine, Jamia Hamdard, New Delhi, from 8th to 11th July 2024. Organized by Rashtriya Ayurveda Vidyapeeth, the program was designed to provide comprehensive knowledge and hands-on experience in the fields of functional food, Ayurveda Ahara, and herbal medicine. It aimed to cater to practitioners, researchers, academicians, and students interested in exploring the therapeutic potential of herbal medicine and functional foods, while also covering the regulatory frameworks governing their use and distribution.

DAY 1



The first day commenced with an inaugural ceremony that set the stage for the forthcoming sessions. Dignitaries and participants were warmly welcomed, and the session began with a lamp lighting ceremony, symbolizing the dispelling of ignorance and the embrace of knowledge. Following the ceremony, participants had the opportunity to network and discuss their expectations for the program over a delightful high-tea session, fostering informal interactions and the exchange of ideas.

Dr N Zaheer Ahmad, Director General of the Central Council for Research in Unani Medicine (CCRUM), delivered an insightful address highlighting the integration of Unani and Ayurvedic principles in modern healthcare. He discussed the potential of herbal medicine in treating contemporary health issues and the importance of research and standardization in this field.

Dr CK Katiyar, CEO and Advisor at Emami, shared his extensive experience in the herbal medicine industry. He spoke about the role of corporate partnerships in advancing research and development in Ayurveda, focusing on the commercialization of herbal products and the need for stringent quality control and regulatory compliance to ensure the safety and efficacy of herbal medicines. Participants enjoyed a well-deserved lunch break, which also served as an opportunity to relax and reflect on the morning sessions. The break allowed for more networking and the exchange of ideas among participants and speakers.

Prof (Dr) Sayeed Ahmad, Director of the Centre of Excellence at Jamia Hamdard, provided a comprehensive overview of the principles of pharmacognosy and phytochemistry in herbal medicine. He discussed the importance of identifying and analysing the bioactive compounds in medicinal plants and their therapeutic applications, underscoring the significance of rigorous scientific research in validating traditional medicine practices. A brief tea break allowed participants to refresh and prepare for the remaining sessions of the day.

Prof Farhan J Ahmad, Dean of the School of Pharmaceutical Education and Research (SPER), delivered a compelling address on the advancements in pharmaceutical education and research. He highlighted the integration of traditional medicine with modern pharmaceutical practices and the potential of herbal drugs in providing cost-effective and accessible healthcare solutions.

The final session of the day featured **Dr Bushra Shahida** from Jamia Hamdard, who provided practical insights into the development of functional foods based on Ayurvedic principles and their potential health benefits.

Day 1 concluded on a high note, with participants expressing their enthusiasm for the knowledge gained and the discussions held. The day's sessions set a strong foundation for the subsequent days of the program, promising a rich and engaging learning experience for all attendees.

DAY 2



Day 2 of the training program continued with a series of insightful and thought-provoking sessions, featuring esteemed speakers from various fields.

The day commenced with an address by **Prof Mita Kotecha**, Pro-Chancellor of the National Institute of Ayurveda (NIA). She delivered an engaging session on the integration of Ayurvedic principles into modern healthcare practices, emphasizing the importance of traditional knowledge in developing functional foods and herbal medicines. Her talk highlighted the role of Ayurveda in promoting holistic health and wellness, sharing several case studies demonstrating the efficacy of Ayurvedic treatments in contemporary medical scenarios.

Dr. Eram Rao, Professor of Food Technology at Delhi University, gave a comprehensive presentation on the advancements in food technology and its implications for herbal medicine. She discussed the latest research in food science and how it can be applied to enhance the efficacy of herbal products. Dr. Rao also covered the importance of quality control and safety standards in the production of functional foods. Her session was highly interactive, with participants engaging in discussions about innovative food processing techniques and their potential applications in Ayurveda.

Participants then enjoyed a tea break, allowing them to refresh and discuss the sessions informally.

After the break, **Dr. Sanjay Tamoli**, CEO of Tulip, delivered a compelling session on the commercialization of herbal products. Dr. Tamoli shared his experiences and challenges faced in the herbal medicine industry, offering practical insights into product development, market strategies, and regulatory compliance. His address underscored the importance of innovation and adherence to quality standards in bringing effective herbal products to market.

Participants enjoyed a lunch break, which allowed them to relax and reflect on the morning's sessions.

Dr. P.K. Jaiswal, an advisor at the Food Safety and Standards Authority of India (FSSAI) session provided a detailed overview on the regulatory aspects of herbal medicine and functional foods. As an advisor to the Food Safety and Standards Authority of India (FSSAI), he provided an overview of the regulatory framework governing the production and sale of herbal products. Dr. Jaiswal discussed the importance of adhering to these regulations to ensure product safety and efficacy. His talk also covered the latest updates in food safety standards and their implications for the herbal medicine industry.

Dr. Azhar Jabeen, a Unani Expert, concluded the day's sessions with an in-depth discussion on the role of Unani medicine in modern healthcare. She highlighted the similarities and differences between Unani and Ayurvedic practices and discussed how these traditional systems can complement each other. Dr. Jabeen shared her research on the therapeutic potential of various Unani herbs and their applications in treating contemporary health issues.

The day concluded with a visit to several key facilities at Jamia Hamdard, including the School of Unani Medical Education and Research (SUMER), Centre of Excellence in Unani Medicine (CoEUM), Food Technology Department Lab, Herbal Garden, and Animal House. This visit provided participants with a practical understanding of the research and development activities in the field of herbal medicine and functional foods. The tour offered a firsthand look at the state-of-the-art infrastructure and ongoing projects at these facilities, enriching the participants' learning experience.

Day 2 of the training program was highly informative and engaging, with participants gaining valuable insights from the diverse range of topics covered. The sessions provided a deeper understanding of the integration of traditional knowledge with modern science, the regulatory landscape, and the practical aspects of herbal medicine and functional food development.

DAY 3





Day 3 of the training program continued with insightful sessions and an engaging site visit, providing participants with a deeper understanding of practical applications and industry practices in herbal medicine and functional foods.

The day began with a presentation by **Dr. Vasudha Sharma**, Assistant Professor at Jamia Hamdard, on functional food based on Ayurveda Ahara. Dr. Sharma highlighted the principles of Ayurveda Ahara and how they can be applied to modern dietary practices to promote health and wellness.

Following Dr. Sharma, **Dr. Sweta Joshi**, Assistant Professor at Jamia Hamdard, continued the discussion on functional food based on Ayurveda Ahara. Dr. Joshi provided insights into the formulation and preparation of functional foods that can address specific health issues. She explained how incorporating Ayurvedic herbs and ingredients.

Participants then took a short break to refresh and network informally.

After the break, **Dr. Mamta Prajapati** from the Food Industry Capacity & Skill Initiative (FICSI) delivered a session on the industrial perspective of functional foods. Dr. Prajapati discussed the challenges and opportunities in the production and commercialization of functional foods based on Ayurveda. She emphasized the need for rigorous quality control, standardization, and adherence to regulatory guidelines to ensure the safety and efficacy of these products. Her session also covered the importance of consumer education and awareness in promoting the acceptance and use of functional foods.

In the afternoon, participants embarked on an educational visit to the **Hamdard RoohAfza Plant at Manesar**. The visit provided a practical perspective on the manufacturing process of one of the most iconic herbal products in India. Participants observed the various stages of production, from raw material sourcing to the final packaging of RoohAfza. The tour also included a demonstration of the quality control measures and safety protocols in place to ensure the consistency and purity of the product.

Day 3 of the training program was highly enriching, offering participants a blend of theoretical knowledge and practical insights into functional food based on Ayurveda Ahara. Overall, it was a significant step in deepening the participants' knowledge and appreciation of Ayurveda-based functional foods.

DAY 4



Day 4 of the training program featured a blend of theoretical sessions and practical demonstrations, offering participants a comprehensive understanding of the development and application of functional foods within the context of Ayurveda.

The day commenced with an address by **Dr. Sanjay Sharma** from Hindustan Unilever. Dr. Sharma delivered an engaging session on the integration of herbal ingredients into mainstream food products. He highlighted the growing consumer demand for functional foods and the role of large corporations in driving innovation and ensuring product quality. His insights into the challenges and opportunities within the industry provided a comprehensive overview of the current market landscape.

Following Dr. Sharma's address, participants attended a practical demonstration by an external baker, **Mr. Dinesh** from the National Institute of Food Technology Entrepreneurship and Management (NIFTEM). The session focused on the preparation of functional bakery products. Mr. Dinesh showcased various techniques and ingredients used to enhance the nutritional value and therapeutic benefits of bakery items. The demonstration provided participants with hands-on experience and practical knowledge applicable to both small-scale and industrial production.

Participants then enjoyed a lunch break, allowing them to relax and network informally.

Post-lunch, the practical demonstration on functional bakery products continued with Mr. Dinesh. This session delved deeper into advanced techniques and recipes, emphasizing the importance of quality control and standardization in the production process. Participants actively engaged in the demonstration, asking questions and exploring ways to implement these practices in their own work.

The afternoon sessions featured two esteemed speakers from Jamia Hamdard.

Dr. Kulsum Jan, Assistant Professor at Jamia Hamdard, delivered a talk on the integration of traditional knowledge with modern food science. She discussed the potential of using Ayurvedic principles to develop innovative functional foods that cater to contemporary health issues. Dr. Jan's presentation emphasized the importance of interdisciplinary research and collaboration in advancing the field of herbal medicine and functional foods.

Dr. Khalid Bashir, also an Assistant Professor at Jamia Hamdard, provided insights into the regulatory aspects of functional food development. He covered the various guidelines and standards that must be adhered to ensure the safety and efficacy of these products. Dr. Bashir's session was particularly valuable for participants looking to navigate the complex regulatory landscape and bring their products to market successfully.

Day 4 of the training program was highly informative and interactive, offering a perfect blend of theoretical knowledge and practical applications. Participants left with a deeper understanding of the development, production, and regulation of functional foods, particularly in the bakery sector. The day's sessions significantly contributed to their overall learning experience, equipping them with the skills and knowledge necessary to innovate and excel in the field of herbal medicine and functional foods.

DAY 5



The final day of the 5-day training program on herbal medicine, functional food based on Ayurveda Ahara, and regulatory aspects was marked by a series of enlightening sessions and valedictory ceremony.

The day began with an insightful address by **Dr. Rabinarayan Acharya**, Director General of the Central Council for Research in Ayurvedic Sciences (CCRAS). Dr. Acharya shared his extensive knowledge on the advancements in Ayurvedic research and the integration of traditional medicine with modern healthcare practices. His address set a profound tone for the day, emphasizing the importance of continuous research and innovation in Ayurveda.

Following Dr. Acharya, **Dr. M. Idrees**, Former Principal of Ayurvedic and Unani Tibbia College, Karol Bagh, delivered a thought-provoking session. Dr. Idrees discussed the historical significance and modern-day relevance of Unani medicine, highlighting its contributions to holistic health care. His presentation underscored the need for preserving traditional knowledge while embracing scientific advancements.

Participants then took a short tea break to refresh and network informally.

After the break, **Dr. Mahesh Dadheech**, CEO of the National Medicinal Plants Board (NMPB), delivered a session on the industrial and regulatory aspects of herbal medicine. Dr. Dadheech discussed the challenges and opportunities in the cultivation, production, and

commercialization of medicinal plants. His presentation underscored the need for stringent quality control measures and adherence to regulatory standards to ensure the safety and efficacy of herbal products.

Following a lunch break, which allowed participants to relax and reflect on the morning's sessions, **Dr. Kostubh Upadhyaya**, Advisor at the Ministry of AYUSH, addressed the audience. Dr. Upadhyaya provided valuable insights into the policy and regulatory framework governing Ayurvedic and Unani practices in India. His session highlighted the government's efforts to promote and integrate traditional medicine systems into the national healthcare framework.

The valedictory ceremony marked the culmination of the five-day training program. The ceremony commenced with a welcome address and planter presentation, followed by the felicitation of dignitaries, including the Chief Guest Dr. Kostubh Upadhyaya, and the Guest of Honor, Prof. Mohd Idrees. The dignitaries were honored with shawls and bags by the Director of CoE UM and the Director of RAV.

Prof. (Dr.) Sayeed Ahmad, Director of the Centre of Excellence in Unani Medicine, Jamia Hamdard, presented a comprehensive report of the training program, highlighting the key sessions and activities that took place over the five days.

Dr. Vandana Siroha, Director of RAV, shared her experiences at Jamia Hamdard, highlighting the collaborative spirit and the enriching environment of the institution.

Prof. Asim Ali Khan, Dean of the School of Unani Medical Education and Research (SUMER), delivered an address, emphasizing the importance of interdisciplinary learning and research in advancing traditional medicine practices.

The Guest of Honor, **Prof. Mohd Idrees** from Ayurvedic & Unani Tibbia College, Karol Bagh, and the Chief Guest, Dr. Kostubh Upadhyaya, Adviser (Ayu) at the Ministry of AYUSH, also addressed the gathering, sharing their insights and congratulating the participants on their successful completion of the program.

The ceremony concluded with the presidential remarks by the Honorable Vice Chancellor of Jamia Hamdard, Prof. (Dr.) M. Afshar Alam, who praised the efforts of the organizers and participants in making the training program a success. This was followed by the felicitation of delegates and a vote of thanks by the Organizing Secretary, Dr. Kulsum Jan. The program ended on a patriotic note with the National Anthem.

Overall, Day 5 of the training program was a fitting conclusion to an enriching and educational week, leaving participants inspired and equipped with valuable knowledge and skills to advance in the field of herbal medicine and functional foods.