



Report on CME and Day of Immunology 2025 at ACTREC-TMC

Continued Medical Education and Day of Immunology 2025 on “**Immunology in Health & Disease- Coupling Ayurveda with Life Sciences**” was conducted by ACTREC, Tata Memorial Centre jointly with Indian Immunology Society (IIS) and Mumbai Immunology Group (MIG) to celebrate the International Immunology Day 2025 on 29th and 30th April, 2025 at ACTREC-TMC. Aim of this CME was to spread awareness and knowledge on various aspects of immunology and allied applications amongst students and faculty of life sciences and medical professionals of ayurveda, for improving research and treatment with a focus on exploring and developing ayurveda formulations and principles. This event was conducted successfully with unwavering support from Patrons Dr Sudeep Gupta, director, Tata memorial Centre, Dr Pankaj Chaturvedi, Director, ACTREC and Dr S. Banavali, Director, Academics, TMC and Chairpersons Dr Navin Khattry, Deputy Director, CRC-ACTREC and Dr. V. Prasanna, Deputy Director, CRI-ACTREC. The event commenced by chanting of Saraswati Vandana by Ms Manasi Nagare, SRF-HBNI, ACTREC, followed by invoking blessings of God Dhanwantari and lamp lighting and a warm welcome by Dr. Jyoti Kode, Organizing Secretary of the conference and Principal Investigator at ACTREC. Event was inaugurated by Vd. Prof Rabinarayan Acharya, Director General, CCRAS, Ministry of AYUSH, New Delhi; Dr Govind Reddy, Director, CCRAS-CARI, Mumbai; Dr Amit Awasthi, President, Indian Immunology Society (IIS), New Delhi; Dr Sharad Porte, Head, Cancer Research Division, National Institute of Ayurveda, Jaipur and Dr Jyoti Kode.

Chief Guest Vd. Acharya Ji, addressed the gathering and underscored the importance of integrating ayurveda with modern medicine and focusing on validation of ayurveda treatment running potential formulations/ extracts or processes through strategic designing of pre-clinical studies and clinical trials followed by validation for development of herbal drug as modern medicine. He further spoke on policies of AYUSH Ministry in conducting clinical trials which were conducted for treatment of COVID-19 using ayurvedic formulations and AYUSH-64 protocol. He also mentioned ongoing research and clinical trial proposals supported by AYUSH ministry at ACTREC and interesting leads being observed during these research works.

Dr Amit Awasthi addressed all stating the need for integrating immunology and body defence or immune system with ayurveda principles and treatment. Further, Dr Awasthi, described activities of IIS being conducted for college students, academicians and clinicians for awareness of immunology topic.

We had 182 registered participants for this event. Total of 203 participants including delegates, invited speakers/ panelists and invited guests attended the event. Out of these 126 were medical professionals like PG scholars, assistant/ associate professors belonging to Ayurveda, Unani, Homeopathy and allopathy field. Others 77 belonged to Life sciences and Pharmaceutical sciences. First talk of event by Dr Jyoti Kode on “Basics of Immunology and Effector functions” covered basics of immunity and explained various immune subsets with respective effector functions. She ended her talk with immunoassays being conducted at the Facility for Immunomodulatory Activity Testing (FIAT) facility at ACTREC and others can avail services of this facility for their research work.

This was followed by talk by Dr Savita Kulkarni on “Immunology of Tuberculosis” in which she covered the innate and acquired immune responses in TB. Further, she also described how the MTb bacilli subverts the immune response to establish the disease leading to immunopathologies. She ended by

summarizing her work on ayurvedic product for treating tuberculosis using preclinical model. Later Dr Prashant Tembhare delivered talk on basics of immunophenotyping, flow cytometry and narrated few examples of with dot plots and gating strategies for leukemia and lymphomas mapping. Dr. Sharad Porte explained about Ayurvedic Rasayan Drugs mentioned in Ayurveda & its immunomodulatory effect which can be used in the management of Cancer Patients along with conventional therapy. Though these drugs are also found to be efficient in the clinical practices in the field of Ayurveda-Oncology, there is need to prove it scientifically by multicenter collaborative research in the field of Ayurveda Immuno-Oncology. Dr Shikha emphasized need for collaborative work between modern science and the Indian Knowledge system and how we could work together. Secondly, Dr Shikha shed light on the power of evidence and long term follow ups.

Post-lunch participants and invited speakers visited various labs where research-related techniques were demonstrated in Laboratory Animal House Facility (In-Charge Dr Arvind Ingle), FIAT facility (In Charge Dr Jyoti Kode and Mrs Trupti Pradhan), Small Animal Imaging Facility (In Charge Dr Pradip Chaudhari) and Anti-cancer Drug Screening Facility (In Charge Dr Nirmal Kumar).

Second day started with Dr Amit Awasthi delivering talk on immune enhancement by use of high salt and zinc as nutraceuticals. He also mentioned multiple pre-clinical studies on COVID-19 using ayurveda formulations. Dr Padmaja Vadalkar elaborated the role of Ayurveda in post-chemotherapy management. She also mentioned formulations like VG Ghrita, VG Yoga in treatment of post-chemo complications.

Dr Anurag Varshney explained importance of their developed product for alleviation of neurotoxicity using nematode model *C. elegans*.

Further, Dr. Nilambari Sardeshmukh presented a case-control study evaluating the usefulness of Ayurvedic medicines—Chemo Recovery Kit—in managing the adverse effects of chemotherapy. The study focused on female breast cancer patients and demonstrated alleviation in side effects, improvements in quality of life and systemic immune response. Dr. Shweta Gujar discussed the role of Ayurvedic medicines—Radiation Recovery Kit—and Panchakarma therapy in managing the side effects of radiation therapy. Her presentation highlighted a case-control study involving oral cavity cancer patients, showing improved immune response and enhanced quality of life. She also presented two specific cases of oral cavity cancer patients who benefited from Ayurvedic treatment at ICTRC. Dr Girish Tillu talked on Ayurveda concepts of immune response and immunomodulatory interventions. Further Dr Preeti Gautam described the approach to study immunomodulatory effects of Ayurveda-based rasayana botanicals using examples of ongoing pre-clinical and clinical research projects.

Dr Vikram Gota, Clinical Pharmacologist, ACTREC and Dr Prafulla Parikh, Head, General Medicine, ACTREC moderated the Panel Discussion session. Eminent panelists were Dr. Anurag Varshney, Dr. Padmaja Vadalkar, Dr. Vineeta Deshmukh, Dr Amit Awasthi, Dr Shikha Parkash, and Dr Amudhan. The panel discussion made a SWOT analysis of integrating traditional knowledge into mainstream medicine, specifically in the field of oncology. Key points that emerged from the discussion were, i] It is important to understand the strengths of each system of medicine and use them to complement each other for a well-rounded care; ii] Holistic treatment approaches such as AYUSH systems can help in boosting immunity and general well-being which could make chemotherapy of allopathic practice more tolerable, ensuring adequate dose density and good clinical outcomes ; iii] AYUSH system of medicine, Ayurveda in particular, inherently follow personalized medicine (based on vata, pitta and kapha prakritis) long before the term came into existence in modern medicine; iv] A major threat to AYUSH systems is the standardization of interventions which need more attention in terms of QA and QC; v] Regulatory complexities of combining AYUSH and allopathy needs to be considered, as one person cannot practice both streams, thus underscoring the need for a multidisciplinary team of doctors; vi] Education in integrative medicine is the need of the hour, and it is necessary to integrate education in the early years, say from the first year of MBBS, BAMS or BHMS courses; vii] AYUSH system is going to be particularly relevant in the present era of immunotherapies as they are likely to complement checkpoint inhibitors and CAR-T cell therapy. More research is needed for integrating them with each other; and viii] The future holds great promise for integrative medicine and

integrative oncology so long as such practices are backed by robust research and evidence generation. Dr Gota provided final comments on each segment.

Event organizing was facilitated by Dr Prafulla Parikh, Dr Vikram Gota, Mr Satish Bhangale, ACTREC and Dr Manohar Gundeti, CCRAS-CARI, Mumbai. Event supporters included Indian Immunology Society, Mumbai Immunology Group, TETC, Spinco Ltd, Dhanvantari Ltd, Dhootapapeshwar Ltd, BSDT's ICTRC, Wagholi and Atharva Nature Healthcare Pvt, Ltd, Wagholi and Venu Gopal Ayurved Chikitsa Kendra, Pune.

Vote of thanks was delivered by Dr Ojaswini Upasani, Event Coordinator at 6pm. The program was well appreciated by everyone.

Event glimpses



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Registration



Inauguration





Talks





Panel Discussion





Lab/ facility visits





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