

misalignment with the rhythm can cause health issues. It is fascinating to note how Ayurvedic texts address such misalignments caused by dissonance in a systematic manner and prescribe numerous preventive regimes. *Dinacharya*, an ayurvedic concept, maps the light and dark cycle of the day to human activities. Several Ayurvedic texts detail the list of activities that one can perform during different times in the day for robust health. Ayurveda in fact goes beyond the daily cycles, and elucidates the role of the changing seasons as well.

The first few chapters of the various *samhitas* (of Ayurveda) are dedicated to *ritucharya*, which talk about the relationship between human health and seasonal changes (which are caused by the revolution of the earth and tilt of the earth's axis). *Charaka samhita*, for instance

says, “*Tasya shitadiya ahaarbalam varnascha vardhate. Tasyartusatmayam vaditam chestaharvyapasrayam,*” meaning ‘knowing the suitable diet and regimen for every season and practicing accordingly enhances the health of a person’.

Hall, Rosbash and Young's work furthers the research on the chronobiology by identifying specific genes at work. According to the *Independent*, “The work didn't reveal any tips for regulating our own circadian rhythm or improving sleep, said experts. But it was a reminder of the importance of doing so ...”. Their phenomenal research work has left us at an important juncture, where solutions need to be explored. Interdisciplinary and integrative research that blends insights from Ayurveda and modern medicine could probably offer solutions.

Announcement

International Conference and IASTAM Oration and Award Function 2018

Indian Association for the Study of Traditional Asian Medicine (IASTAM – India) in association with Delhi Pharmaceutical Sciences and Research University has organized an International Conference on “Challenges for Global Competitiveness of AYUSH and Natural Products” and IASTAM Oration and Awards Function 2018 at Delhi Pharmaceutical Sciences and Research University (DPSRU), Delhi on 2nd - 4th February 2018.

Conference emphasis is on

- 1. Drug Discovery AYUSH / Natural Products**
- 2. Bio marker Based Therapeutic Targets**
- 3. Novel Dosage form – Nanotechnology**
- 4. Biotechnology and Product Development**
- 5. Standardization of ASU / Herbal Drugs through State-of-Art Analytical Processes**

Opportunity to interact with the best of the experts in the sector.

3 Orations, 9 Awardees, 3 National Ayurved Scholar Awards and 3 Research Scholars.

Some of the International and National experts are Mr. Mark Rosenberg (Germany), Prof. Dr. Larry Walker (USA), Dr. Ram Vishwakarma (Jammu), Dr. A.J. Baxi (Gujarat) and such others.

More than 400 delegates are expected for the conference.

Last date for abstract submission: January 15, 2018. Email - dpsruiaastam.sci@gmail.com

Guidelines and Instructions for abstract and registration are available at www.iastamindia.org and www.dpsru.edu.in