Manesar Declaration for Integrative Medicine

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The Symposium on the *Neuroscience of Re-emerging Breathing Exercises* was convened by the Editor, Annals of Neurosciences, as part of the 34th Annual Conference of Indian Academy of Neurosciences at the National Brain Research Centre, Manesar, Gurgaon. This was followed by a panel discussion on “Avenues for Integration of Traditional Medicine with Modern Medicine.” The panel discussion was chaired by Honorable Dr. H.R. Nagendra who welcomed the panelists including special Guest Sh Vineet Joshi, Dr. B.N. Gangadhar, Dr. Amarjeet Singh, Dr. Shirley Telles, Dr. Mitali Mukherjee, Dr. Anita Talwar, Dr. B.R. Lakshmi, Mr. Sangam Patnaik, Dr. Sunil Koul, Dr. Renu Wadhwa, Mr. N.B. Nair, Dr. Indrani Gupta, Dr. Ranil De Silva and Dr. Abel.

The following issues were discussed, and the ensuing recommendations were made in an effort to further the national agenda of integrated healthcare, initiated by Hon’ble PM, Sh Narendra Modi.

Dr. Nagendra thanked the Prime Minister for spearheading the International Yoga Day 2016, and discussed its impact on over 105 countries which included 45 Islamic countries. It was emphasized to integrate best of all systems with least side effects by offering monumental health benefits of integrated healthcare system:

1. Advocacy for integrated healthcare requires community outreach, active communication efforts by the faculty and scientists who do not communicate with me-

dia frequently and effectively. As a result, patients/health seekers are oblivious of its implications.

2. The need to characterize the genetics of various *Prakritis*, as means to advancement of personalized medicine was felt. This was not possible without the establishment of integrative healthcare system, where such studies can be launched and evidence-based comparative data between traditional and modern medicine, and its costs, generated.
3. Such comparative studies must screen the toxicological effects of herbs. Without mainstream medical Institutes introducing this concept, its nationwide implementation shall remain limited, as also modeled and espoused by S-VYASA.
4. A special focus on women-related problems, including PCOD and uterine prolapse was highlighted in addition to hypertension and NCDs in relation to yoga and other lifestyle interventions.
5. The quality of research and education in Ayurveda and other *pathies* need to be enhanced and overseen by the newly revamped National Medical Commission/QCI.
6. A need for fellowships in Ayurveda, including new academic programs such as MD PhD, BAMS-PhD and PhD-MD could be initiated to increase dialogue between Ayurveda, modern medicine, engineering and modern biology, before undertaking specialization.

7. The quality of basic research must be enhanced in the Ayurveda colleges/institutes. The initial training and education in schools can shape this effectively by early yoga education in schools.
8. The final choice of treatment options in Govt hospitals/Medical Institutes/organizations must rest with the patients who visit the hospitals for treatment. For this, these hospitals could make provision for experts from all traditional systems while considering the liability of practitioners for treatments given, who are well equipped and qualified to deal with terminally ill patients, failing which the professional experts must take the responsibility.
9. An incubator, duly supported by industry, can facilitate investments in integrated healthcare so that national scaling of such models is not difficult.

The meeting ended with observations by Special Guest, Sh Vineet Joshi who offered any help needed to materialize national scaling of integrated healthcare centers, with a focus on Medical Institutes.