

## Bio Sketch of Vaidya Balendu Prakash

Born on 14<sup>th</sup> March, 1959 at Meerut where he completed graduation in Science. Completed BAMS Ayurvedacharya from MD University, Rohtak learned applied aspects of Rasa - Shastra from his father Vaidya Chandra Prakash. Shifted to Dehradun in October 1989 and set up Vaidya Chandra Prakash Cancer Research Foundation (SIROs) to carry basic research in Ayurveda under the Patronage of late Dr. K R Narayanan (former President of India).

He is the first and only Ayurvedic physician to get the Life Membership of **Indian Co-operative Oncology Network (ICON)** and is a member of the **International Headache Society (IHS)**, U.K.

### Positions and Employment

1985 – present	Ayurvedic physician (private practice)
1988 – present	Founder & Medical Director - VCP Cancer Research Foundation Accredited as Scientific Industrial Research Organization (SIROs) by the Department of Scientific Industrial Research under Ministry of Science & Technology, Government of India, Delhi
1997 – 2000	Chairman of Ayurveda, Siddha & Unani Drugs Technical Advisory Board, Department of AYUSH, Ministry of Health & Family Welfare, Government of India, Delhi
1997 – 2000	Member, Executive body, Governing body and Scientific Advisory Committee of Central Council for Research in Ayurveda and Siddha, Department of AYUSH, Ministry of Health and Family Welfare, Government of India, Delhi
<b>1997 – 2002</b>	<b>Honorary Physician to His Excellency President of India</b>
1997 – 2007	Member, Central Council of Indian Medicine, Ministry of Health & Family Welfare, Government of India, Delhi
1999 – 2001	Head, Clinical Research Unit, Regional Cancer Centre, Tiruvananthapuram, Kerala sponsored by Government of Kerala
2002 – 2005	Head, Clinical Research Unit, Shri. Dhanvantri Ayurvedic College and Hospital, Chandigarh, India
2003 – 2007	Medical Director and Ayurvedic Physician Specialized Indian Traditional Medical Centre, Abu Dhabi, UAE
2003 – 2011	Member, Governing body, Scientific Advisory Committee, Central Council for Research in Ayurveda & Siddha, Ministry of Health & Family Welfare, Government of India
2007 – 2011	Director R & D, IPCA Traditional Remedies Pvt. Ltd., Mumbai, India
2003 – Present	Member, Research Advisory Committee, Herbal Research Development Institute, Gopeshwar, Government of Uttarakhand State
2004 – Present	Member, Programme Advisory Committee (PAC) for National Cancer Control Programme, Ministry of Health & Family Welfare, Government of India, Delhi
2005 – Present	Advisor, Ayurveda, Ministry of Health and Family Welfare, Government of Uttarakhand State
2005 – Present	Head, Task Force to revamp Rishikul State Ayurvedic Pharmacy, Haridwar, Government of Uttarakhand State
2006 – Present	Medical Director and Ayurvedic Physician AL-JOOD Specialized Ayurvedic Centre, Muscat, Oman
2007 – Present	Member, Ayurveda, Siddha and Unani Drugs Technical Advisory Board, Department of AYUSH, MOH & FW, Government of India, Delhi

2010 – Present Consultant in Ayurveda at Dharmshila Cancer Hospital & Research Centre, New Delhi

### **Other Experience and Professional Memberships**

2001 – Present Life Member, Indian Co-operative Oncology Network (ICON)\* and Head – Sub-committee (Ayurveda), Mumbai, India  
(A selected group of 267 conventional oncologists of India)

2007 – Present Member, International Headache Society, UK  
Reference: PVIN01

### **Organizing Secretary**

1997 Public Seminar on State of Ayurvedic Formulations in India  
*Under the aegis of VCP Cancer Research Foundation*

2004 National Training Workshop on Rasa Shastra,  
*Sponsored by Indian Council of Medical Research, Department of AYUSH under Ministry of Health and Family Welfare, Government of India and Government of Uttarakhand*

2006 14<sup>th</sup> ICON Meet, Dehradun  
*Under the aegis of VCP Cancer Research Foundation*

### **Honors**

1996 “Uttarakhand Gaurav Samman”, awarded by Sh. Nityanand Swami, Chairman UP Legislative Assembly, Dehradun

1996 “Pranacharya” awarded by Hon’ble S.I. Shervani, Union Minister of State Health & Family Welfare, Government of India

1997 “Doon Ratna” awarded by Swami Vidyanand Giri, Dehradun

1998 “National Citizen Award - 1996”, awarded by H.E. Sh. K.R. Narayanan, President of India

1998 Memento & Civic Reception, awarded by H.E. R.L. Narayanan, Ambassador of India, Qatar, Doha

**1999 PADAMSHREE, awarded by H.E. President of India**

2000 “Best Ayurvedic Physician - 98”, awarded by Hon’ble Smt. Sheela Dixit, Chief Minister, Delhi

2001 “Pride of Doon”, awarded by Hon’ble Sh. Nityanand Swami, Chief Minister, Uttarakhand State & H.E. Sh. S. S. Barnala, Governor, Uttarakhand State

2011 “Bhishak Shree”, awarded by Sri Sri Ravishankar ji, Art of Living

### **B. Selected peer-reviewed publications (in chronological order).**

1. Prakash VB, Pandey S, Singh S. Ayurvedic preparation in the treatment of Nutritional Anemia. Indian J. Hemat & Blood Transf 2000; 18(4): 79 – 83.
2. Toteja GS, Singh P, Dhillon BS, Saxena BN, Prakash VB. Vitamin A Deficiency Disorders in 16 Districts of India. Indian Journal of Pediatrics 2002; 69
3. Toteja GS, Singh P, Ahmed FU, Prakash VB, Singh RP. Iodine Deficiency Disorders in 16 Districts of India. Indian Journal of Pediatrics 2004; 71: 25 – 28.
4. Prakash B.; Indigenous Approach to Combat Cancer. Health Administrator 2005; 17 (1): 169-171.
5. Toteja GS, Singh P, Ahmed FU, Prakash VB, Singh RP. Prevalence of Anemia among

- pregnant women and adolescent girls in 16 Districts of India 2006; 27 (4): 311-315.
6. Prakash VB, Pareek A, Narayan JP. Observational study of ayurvedic treatment on migraine without aura. *CEPHALALGIA: An International Journal of Headache* 2006; 26(11): 1317.
  7. Prakash VB, Pareek A, Bhat V, Chandurkar N, Babu R, et al. Response to ayurvedic treatment in prevention of migraine: An update of multicentric observational clinical study. *CEPHALALGIA: An International Journal of Headache* 2007; 27: 745.
  8. Special Mention on Integrated Approach for treatment of Migraine: In *Basic Principles for Clinical Research and Methodology* (Editor: SK Gupta, Published by JAYPEE Brothers Medical Publishers Pvt. Ltd., New Delhi, 2007) pp: 332.
  9. Karmuse P, Prakash VB, Indu G. Benchmarking of Mandoor Bhasma for industrial production. In *Abstract book of Symposium on safety profile of Rasaushadhies*, held at Banaras Hindu University from February 06 – 07, 2009.
  10. Pal SK, Prakash VB, Chandurkar N, Saraf MN. Safety studies on combination of four Rasa-aushadhies in rodents using OECD parameters. In *Abstract book of Symposium on safety profile of Rasaushadhies*, held at Banaras Hindu University from February 06 – 07, 2009.
  11. Prakash Balendu Vaidya, Babu S R Vaidya, Sureshkumar K Vaidya. Response to Ayurvedic therapy in the treatment of migraine without aura. *International Journal of Ayurveda Research*, 2010, Vol. 1 (1): 30-36.
  12. Prakash VB, Prakash S, Sharma R, Pal SK. Sustainable effect of Ayurvedic formulations in the treatment of nutritional anemia in adolescence students. *Journal of Alternative and Complementary Medicine* 2010; 16 (2): 205 - 211.
  13. Prakash VB, Mukherjee A. Hepato-protective effect of an Ayurvedic formulation Prak-20 in CCl<sub>4</sub> induced toxicity in rats: result of three studies. *International Journal of Pharmaceutical and Clinical Research* 2010; 2 (1): 23 – 27.
  14. Prakash VB, Babu S R, Sureshkumar K. Prophylaxis Ayurvedic treatment protocol for migraine without aura: Observational clinical study from three centers. *Headache* 2010; 50 (S1): 53.
  15. Chaudhury A, Prakash VB. Scientific validated approach for application of Mandura Bhasam: A review. *Electronic Journal of Pharmacology & Therapy* 2010; 3: 35 – 40.
  16. Prakash VB, Saraf MN, Chandurkar N. Acute and Sub acute Toxicity study of Ayurvedic Formulation (AYFs) used for migraine treatment. *International Journal of Toxicology & Pharmaceutical Research* 2010 (Volume 2, Issue 2, June – August). Accepted for publication.
  17. Prakash BV, Parikh PM, Pal SK. Herbo-mineral ayurvedic treatment in a high risk acute promyelocytic leukemia patient with second relapse: 12 years follow up. *Journal of Ayurveda & Integrative Medicine*, Vol 1, No. 3, July 2010, P age 215-218
  18. Prakash VB, Treatment of Relapsed Undifferentiated Acute Myeloid Leukemia (AML – M0) with Ayurvedic Therapy; *International Journal of Ayurveda Research*, Vol. 2, Issue 1, Jan – March 2011, pg 56 - 59

## C. Research Support

### Ongoing Research Support

VCPCRF/in-house/05/ Prakash (PI) May 2005 – completed  
*Sponsored by VCPC Research Foundation (SIROs), Dehradun, India*

#### **Observational Research using Ayurvedic treatment protocol for the management of Migraine at 17 Ayurvedic clinics in India.**

The goal is to develop evidence-based ayurvedic treatment protocol for the treatment and prevention of migraine by combining traditional medicine, modern science and modern medicine.  
Role: PI, Coordinator, Product development, concept designing and sponsorer.

December 2010 – completed

*Sponsored by IPCA Traditional Remedies Ltd., Mumbai*

#### **Pharmacological Evaluation of combination of Five Ayurvedic Formulations used in the Management of Migraine**

The goal is to understand the possible mode of action of ayurvedic formulations in the management of migraine  
Role: PI Industry, coordinator, concept designer and sponsorer.

### Completed Research Support:

F. No. 5-8/83-Vol.V/CCRAS/ Tech./Hqs Prakash (PI) October 1997 to October 2006  
*Sponsored by Central Council for Research in Ayurveda & Siddha, Department of AYUSH, Ministry of Health & Family Welfare, Government of India, Delhi*

#### **Effect of Metal Based Formulations in the patients of Acute Pro-myelocytic Leukemia\***

\* *A European & US patent has been obtained through National Research Development Corporation, a Government of India enterprises in lieu of the findings of the treatment of Acute Pro-myelocytic Leukemia.*

*This study investigated the effect of Metal Based Ayurvedic Formulations in the treatment of APLM patients.*

Role: PI

DIL/CKK/LS/V – 1/2001 Prakash (PI) June 2002 – December 2004  
*Sponsored by Dabur Research Foundation, Sahibabad, UP, India*

#### **I 3 CAP – To develop Confident Ayurvedic Practitioners at Shri Dhanwantry Ayurvedic College, Chandigarh**

This project aimed at developing Confident Ayurvedic Practitioners who can proceed further in establishing their own private clinics.

Role: PI

S. F. C (G&M) Reso. No. G&M/2001/110 Prakash (PI) October 2002 – March 2003  
*Sponsored by Khadi Village Industry Commission, Ministry of Rural Development and Small Scale Industries, Government of India, Delhi*

#### **Gramodyog and Ayurveda**

The objective of this project was to create sustainability of Ayurveda under Gramodyog by developing entrepreneurship among BAMS through promotion of Indian System of Medicines.

Role: PI

DO-X11-3256MOHUKG

Prakash (PI)

January 2005 – December 2006

*Sponsored by IPCA Laboratories Ltd., Mumbai*

**Assessment of Ayurvedic Preparations in Reducing Nutritional Anemia among School Going Adolescents (11-18 years) of Dehradun District**

The main objective of this work was to measure the effect of Ayurvedic preparations in reducing nutritional anemia among adolescents (11-18 years) of Dehradun district.

Role: PI

DO-X11-3261MOHUKG

Prakash (PI)

January 2005 – November 2007

*Sponsored by IPCA Laboratories Ltd., Mumbai*

**Sustainable Effect of Ayurvedic Preparations in the Treatment of Nutritional Anemia amongst school going Adolescent of Rural and Urban Population of Dehradun District**

The goal of the study was to seek the effect of drug on anemia after its withdrawal.

Role: PI

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Dr. M. N. Saraf (PI)

April 2007 – December 2007

*Sponsored by IPCA Traditional Remedies Ltd., Mumbai*

**Acute, Sub acute and Sub chronic oral Toxicity Study of Ayurvedic Formulations used in the treatment of Migraine in Rat and Mice**

The goal of the study is to evaluate the safety of Ayurvedic treatment protocol on Migraine among rat and mice.

Role: Product developer and study coordinator

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M. N. Saraf (PI)

January 2008– May 2011

*Sponsored by IPCA Traditional Remedies Ltd., Mumbai*

**180 days long Chronic Toxicity Study of Ayurvedic Formulations used in the treatment of Migraine in Rat and Mice**

The goal of the study is to evaluate the safety of Ayurvedic treatment protocol on Migraine among rat and mice.

Role: Product developer and study coordinator

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Dr. K.A. Seethi, MS (ENT), DLO, DPH.,

July 2009 – October 2010

*Sponsored by Ipca Laborartory Limited, Mumbai*

**A 12 week randomized, active controlled, single blind, Pragmatic clinical study using IMMBO (an Herbo-mineral Ayurvedic formulation) compared with Levocetirizine in the treatment of patients with Persistent Allergic Rhinitis(PER).**

The study is aimed to study the therapeutic effect of IMMBO (Herbo-minerals) on rhinitis patients

Role: Co-PI