

# Brain Health - Hypes & Hope from Herbs

Organized by

IAN-Japan Chapter, DAILAB@AIST (Japan) & DAILAB@USJP (Sri Lanka)

IAN2016@NBRC

Time 1 h 30 min

Number of Speakers- 10

Time for each speaker - 7 min each (2 min QA)

*\*Each presenter (if desired) may also have a poster for detailed discussion*

Submitted by (Conveners)	<p><b>Dr. Sunil KAUL</b> Chief Senior Research Scientist DBT (India) - AIST (Japan) International Laboratory for Advanced Biomedicine (DAILAB) National Institute of Advanced Industrial Science &amp; Technology (AIST) Tsukuba Science City, Japan E-mail: <a href="mailto:s-kaul@aist.go.jp">s-kaul@aist.go.jp</a></p> <p><b>&amp;</b> <b>Prof. Ranil De SILVA</b> Director, Interdisciplinary Center for Innovation in Biotechnology &amp; Neuroscience University of Sri Jayewardenepura (USJP) &amp; DAILAB@USJP Nugegoda, Sri Lanka E-mail: <a href="mailto:ranil@sjp.ac.lk">ranil@sjp.ac.lk</a></p>
Topic Category	<b>Science of Ayurveda for Mental and Complete Health</b>
Sub-topic	<b>Molecular characterization of neuroprotective activities in herbs</b>
Session Title	<b>Brain Health - Hypes &amp; Hope from Herbs</b>
Session Overview (400 words)	<p>Clustering of degenerative diseases in the terminal part of the lifespan is a well-known fact and there is a continuous hunt for natural and synthetic drugs to combat with such age-anomalies. Accumulation of molecular damage is one of the hallmarks during ageing brain. With rapidly increasing aging society world-wide and industrialization of present day life-styles (with high impact of chemicals and other stress), there is a compelling need and stringent challenges to meet for maintaining brain health through out the lifespan. It is established beyond doubt that multifactorial remedies will be required to sustain brain and body functions in old age. Ayurveda (Indian traditional home medicine system with a history of use for last thousands of years) principles emphasize multifactorial health benefits of herbs and are beginning to be appreciated with western models of integrative health sciences. In this session, we will have expert talks describing molecular mechanisms of brain health promoting activities in several herbs. The topics covered in the session will include molecular mechanisms of the anti-stress, neuroprotective, neuroregenerative and anti-aging activities as dissected by bioinformatics and experimental approaches.</p>
Keywords	<i>Ayurveda, Ashwagandha, Embelia, CAPE, Cinnamon, Shankhpushpi, Neuroregeneration, Neuroprotection, Memory, Neuroinflammation</i>

Presentation Titles & Speakers		
Presenter 1	Title	<b>Memory enhancement by Ashwagandha leaf extract</b>
	Speaker	Dr. Mahendra THAKUR <i>Banaras Hindu University (BHU), India</i>
Presenter 2	Title	<b>Herbal solution to stress and neurodegeneration - molecular mechanisms</b>
	Speaker	Dr. Renu WADHWA <i>National Institute of Advanced Industrial Science &amp; Technology (AIST), Japan</i>
Presenter 3	Title	<b>Anti-neuroinflammatory activity in Ashwagandha</b>
	Speaker	Dr. Ishan PATRO <i>Jiwaji University, Gwalior, India</i>
Presenter 4	Title	<b>Herbs for circadian rhythm</b>
	Speaker	Dr. Yoshiaki ONISHI <i>National Institute of Advanced Industrial Science &amp; Technology (AIST), Japan</i>
Presenter 5	Title	<b>Computational insights to the bioactivities of withanolides</b>
	Speaker	Dr. Durai SUNDAR <i>Indian Institute of Technology (IIT-Delhi), India</i>
Presenter 6	Title	<b>Novel screening system to identify herbs to fight neurodegenerative diseases</b>
	Speaker	Dr. Motomichi DOI <i>National Institute of Advanced Industrial Science &amp; Technology (AIST), Japan</i>
Presenter 7	Title	<b>Neuronal precursor cell proliferation: Can Ashwagandha help?</b>
	Speaker	Dr. Pankaj SETH <i>National Brain Research Centre (NBRC), Manesar, India</i>
Presenter 8	Title	<b>Somnogenic component of Ashwagandha: an alternative insomnia therapy</b>
	Speaker	Dr. Mahesh KAUSHIK <i>WPI-IIIISM, Tsukuba University, Tsukuba, Japan</i>
Presenter 9	Title	<b>Molecular insights in the multifunctional neuroprotective activities from <i>Withania somnifera</i> leaf extract</b>
	Speaker	Dr. Gurcharan KAUR <i>Guru Nanak Dev University (GNDU), Amritsar, India</i>
Presenter 10	Title	<b>The neuroprotective role of Ceylon tea, coffee and green vegetables</b>
	Speaker	Dr. Ranil De SILVA <i>University of Sri Jayewardenepura (USJP), Sri Lanka</i>