



Monthly Ayurveda Bulletin

(Embassy of India Ayush Information Cell, Berne)

2nd SIDDHA DAY CELEBRATIONS



Sage Agathiyar is considered as the first Siddhar in the line of "18 Siddhars" & is called as "Father of Siddha Medicine". Sage Agathiyar was born in month of Markazhi (மார்ச்சு) in Aayilyam (ஆயில்யம்) birth star. Every year Sage Agathiar birthday is being observed as **SIDDHA DAY**. This year Siddha Day fell on 26 December 2018 and was celebrated in a grand manner at Kalaivanar Arangam in Chennai.

Celebrations in Chennai



The 2nd Siddha Day was celebrated on 26 December 2018 in Chennai. Hon'ble Minister of State of AYUSH Shri Shripad Yesso Naik inaugurated the celebration and the function was presided over by Hon. Governor Shri Banwarilal Purohit in presence of Hon. Min of Health and Family Welfare of Tamil Nadu Shri Vijay Bhaskar.



National Institute of Siddha, (NIS) Chennai conducted a National level Seminar on "**Strength of Siddha Medicine for the Management of Various Diseases**" combinedly with Velumayilu Siddha Medical College, Sriperumbudur on 21 December 2018. Another seminar on "Scientific Explanations of Basic Principles of Siddha Medicine" was also conducted on 22 December 2018. The inaugural function was held at NIS auditorium. Invited speakers from various discipline gave lectures on the Strength of Siddha Medicine. More than 200 Undergraduate and Postgraduate students from various Siddha medical colleges actively participated in this Seminar and presented their scientific presentations.



In preparation of the Siddha day event, the inauguration of **Siddha Expo** organized by National Institute of Siddha was held on 15 December 2018 in Chennai.

AYURVEDA IN SWITZERLAND

Celebrating Ayurveda in Switzerland: India- Switzerland Ayurveda Summit



The first edition of 'India - Switzerland Ayurveda Summit' was held on 1 December 2018 at the Maharishi Ayurveda European University in Seelisberg. The event included the showcasing of Gandhi@150 LED projection, Ayurveda tourism promotion videos, and a video of Maharishi Mahesh Yogi speaking on Ayurveda. Presentations were made by Ayurveda experts. These included the following:

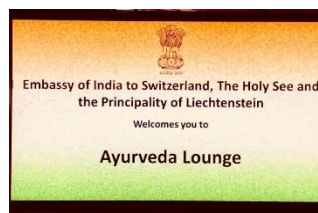
- i. Prof. Dr. Geeta Krishnan 'Relevance of Traditional Medicine in Present Day Society'
- ii. Mr. Oliver Werner 'Ayurveda in Seelisberg in the Early 80s: At the beginning of a World-Wide Movement for Perfect Health'
- iii. Dr. Sophie Beall 'Ayurveda in the Medical Practice'
- iv. Dr. Eric Beall 'The Maharishi AyurVeda Health Centre, Seelisberg, in figures: 2003 -2008'
- v. Dr. Barbara Grandpierre 'Training Swiss Physicians in India's Age-Old Traditional Knowledge'.
- vi. Mr. Franz Rutz 'Ayurveda – 2 new Government – Recognised Professions in Switzerland'.

The event ended with cultural performances.



Glimpses of opening of Ayurveda Exhibition on 1 December, 2018 at Seelisberg.

Ayurveda Lounges set up by Embassy of India, Berne



Ayurveda Lounge set up in Basel, St. Gallen and Gümligen, Bern on 5, 6 and 7 December 2018, respectively by Embassy of India to Switzerland, The Holy See & Liechtenstein evoked overwhelming response.

YOGA Week



A weeklong Indian Yoga Festival was organized by the Embassy at Mattenhofsaal, Gümligen, Berne at 9 AM from 17-22 December 2018.

AYUSH ACTIVITIES IN INDIA

Meetings



An Iranian delegation led by Hon'ble Minister of Health and Medical Education of Iran held a meeting with Hon'ble Minister of State of AYUSH Shri Shripad Yesso Naik on 13 December 2018.



Shri Vaidya Rajesh Katoch, Secretary, AYUSH chaired a meeting on 17 December 2018 to review the various ongoing activities of Ministry of AYUSH.



Hon'ble Minister of State of AYUSH Shri Shripad Yesso Naik held interactive meeting with Ambassadors and High Commissioners of 15 countries on globalisation of traditional and alternative medicine systems for the benefit of humanity in New Delhi on 21 December 2018.

Conferences/Events



Workshop on Advanced Social Media Insights for AYUSH professionals was held on 22 December 2018 at AYUSH Auditorium, CCRAS, Janakpuri, New Delhi.



Hon'ble Minister of State of AYUSH Shri Shripad Yesso Naik, Inaugurated the 10 bedded **Integrated AYUSH Hospital** at Konjeng Leikai in presence of Hon'ble Minister of Health & AYUSH of Manipur on 7 December 2018.



Hon'ble Chief Minister of Manipur N Biren Singh inaugurated the **Arogya Fair** in Imphal, Manipur on 6 December 2018 and distributed AYUSH sports medicine at the Arogya Mela.



Hon'ble Minister of State of AYUSH Shri Shripad Yesso Naik, inaugurated the **Naturopathy Garden** at Advance Yoga and Naturopathy center in Greater Brijeswari, Indore on 16 December 2018.

WORLD AYURVEDA CONGRESS: REALIGNING FOCUS ON HEALTH



The World Ayurveda Congress (WAC) with theme “Re-aligning the Focus on Health”, is a platform established by World Ayurveda Foundation to propagate Ayurveda globally in its true sense. The first World

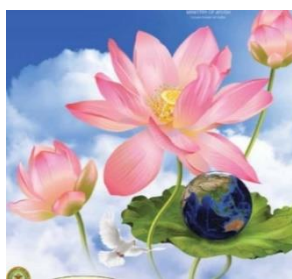
Ayurveda Congress (WAC) was held in 2002 at Kochi as an outreach programme, to create greater awareness and opportunities in the practice, science, and trade of Ayurveda. The subsequent Congresses organized at Pune, Jaipur, Bangalore, Bhopal, Delhi & Kolkata not only helped in promoting Ayurveda within the country but also had a huge impact in propagating Ayurveda globally.



The 8th World Ayurveda Congress, with its focal theme “Re-aligning the Focus on Health” was held at Gujarat University Convention and Exhibition Center, Ahmedabad,

India from 14-17 December 2018. 8th WAC aimed to redefine “healthcare” as the basis for health of individuals and populations. This is tangentially different from the current status it enjoys “as the tool for disease management”. The 8th WAC aimed to put Ayurveda at the forefront of healthcare from this perspective, making use of its core values and principles of health preservation and promotion.

At present, majority of the factors that keep individuals and populations healthy lies outside of what is now considered the core of healthcare. Even those that lies within its ambit mostly deals with sanitation, education, nutrition, and vaccination. These factors are majorly dependent upon others, such as infrastructure, skilled human resources, environment, water, economy, and social/political situations etc., none of which have any direct link to healthcare or knowledge of medicine, to be available in a community.



Ayurveda is making a big comeback, at the global level. European countries like Switzerland and Germany have always held Ayurveda in high regard, and offer courses in the subject.

In fact in German-speaking countries, Ayurveda has grown from being seen as a relaxing wellness therapy to a complimentary system of medicine.

Ayurveda-based Traditional Medicine Systems (TMS) are very much in practice in most of the SAARC countries including neighboring Sri Lanka, Bangladesh, Nepal, and even in Japan. Australia and Switzerland have given Ayurveda recognition as a bonafide medical system, thereby allowing the setting up of Ayurveda clinics.

World Ayurveda Foundation



Founded in 2011, the World Ayurveda Foundation (WAF) is an initiative by Vijnana Bharati aimed at global propagation of Ayurveda. As part of a larger intellectual movement under the

aegis of the Swadeshi Science Movement undertaken by Vijnana Bharati, WAF is a platform that would take Ayurveda to the world for all the benefits mankind can draw from traditional health sciences.

The objectives of WAF reflect global scope. Propagation and encouragement of all activities – scientific and Ayurveda related – are the core principles. Support to research, healthcare programmes through camps, clinics and sanatoriums, documentation, organization of study groups, seminars, exhibitions and knowledge initiatives to popularize Ayurveda in the far corners of the world are the broad latitudes of focus at WAF.

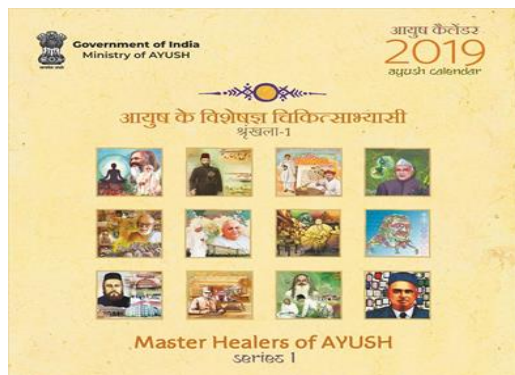
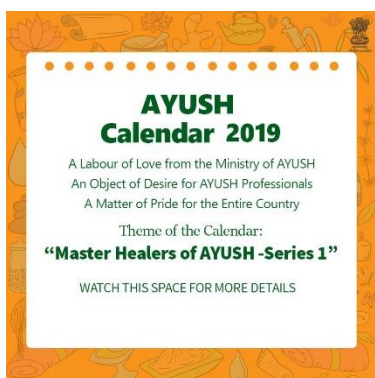
7th International Delegates Assembly



The 7th IDA that took place from 14-16 December 2018 in Ahmedabad envisaged the essential step towards taking a quantum jump in engagement. The stakeholders had already been familiarized with the World Ayurveda Foundation (WAF), the World Ayurveda Congress (WAC) and the Ministry of AYUSH during the previous editions of the WAC and the respective IDA sessions. It paved the way for active engagement at the level of WAF for continued catalysis of Ayurveda footprint, globally. Created opportunity for signing up of MoUs and Academic Chairs being on the anvil at the behest of Ministry of AYUSH, and it also highlighted the first step for globally accredited Ayurveda education from the hands of Central Council of Indian Medicine (CCIM) and Ministry of AYUSH.

AYUSH Calendar- Theme 2019

“Master Healers of AYUSH”



Ayurveda News

Five Reasons for India to lead in Universal Health Care



1. Western medicine is becoming more expensive and ineffective in terms of assuring overall the health of the common citizen. Treatment costs are escalating day by day, making healthcare accessible only to a very small percentage of the country's ever increasing population.s
2. A holistic and preventive medical science, Ayurveda is the oldest system dating back to more than 3,500 years. No medicine system understands body and mind so deeply and wholly as Ayurveda does. Its treatment and therapies based on natural herbs can cure any disease
3. The Ayurveda medicine system is so deep that just by following the right advice on lifestyle and diet, one can stay healthy by minimising the vulnerability to diseases.
4. The Ayurvedic medicine system is the only cost-effective solution that can enhance the healthcare accessibility to a vast population. Traditional medicine practitioners are still primary healthcare providers in the country's rural and remote areas.
5. The side effects of western medicine and the inclinational of health-conscious people towards natures blessings has also increased the popularity of Ayurveda in urban India and it is now gathering pace across the world.

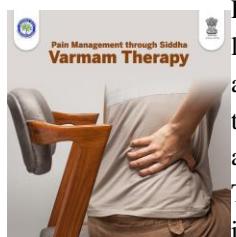
Siddha Therapies



Siddha system of medicine is one of the oldest codified traditional healthcare systems in the Indian sub-continent. Siddha medicine provides preventive, promotive, curative, rejuvenate and rehabilitative health care by holistic approach.



'Food itself is medicine and medicine itself is food' is the basic principle in Siddha system of medicine. Healthy food is the basis for healthy life. Treat your ailments with the spice box of your kitchen and herbs around your home.



Pain due to musculoskeletal disorders makes life morbid among the prime youth during the active earning phase of life. Pain management through Siddha Varmam Therapy is most advantageous over the conventional method. This therapy is cost effective, non-invasive & is a less time consuming procedure, It can be performed at any time and at any place without need of any specific device.



Nasal Instillation (Nasiyam) is one of the external therapies in which medicated oils, fresh juices of leaves or flowers are instilled in nostrils. Therapeutic instillation of nasal drops normalizes the altered life factor-Iyyam.



Ottradam (Fomentation) is the application of hot packs done with Siddha herbs heated at

appropriate temperature. Hot fomentation done with Cereals husk, Brick powder, Lime peel and some medicated leaves is effective and provide good relief in arthritis, sinusitis, low backache and headache. The various benefits include tones skin, muscles and nerves, neutralizes three altered life factors, improves sleep, provides relaxation to body and mind, reduces body pain and fatigue, mitigates stress, anxiety and depression and relieves pain, including muscle tension, back, shoulder and neck pain.



Powder smearing (Podi timirthal) is a frictional dry powder massage therapy in which specific raw drug powders like manjal (Curcuma longa), kollu (Dolichos uniflorus), Thriphala chooranam or other

leaf powders with or without heating is applied and rubbed in a synchronous anti gravity fashion throughout the body or locally. Rubbing medicinal powder is beneficial for weight loss management, spastic paralysis of the limbs and in other muscular disorders.



Poultice (Patru) is an external medicine prepared from raw materials which are grounded with herbal juices, decoction and hot water. Poultice is used to treat diseases like headache, arthritis etc.



Suttigai therapy (Cauterization) is a technique known as heat therapy. Certain disease conditions are treated by heated gas (Kaal Suttigai), heated earthen pot or sand (Man Suttigai), heated stick or rhizome of Curcuma longa (Mara Suttigai) and Metal cauterization (Uloga Suttigai). Sinusitis, Arthritis and Muscular sprain are mostly treated with Suttigai therapy.



Tips for prevention of eye diseases in Siddha are: taking oil-bath at least twice a week, apply ghee on the soles, cover with rice bran and dress with cotton cloth at bed time, then wash with cold water in the morning and

apply red sandal powder to maintain cool eyes, eat plenty of greens.



Seeraga Chooranam: Fried powder of Jeeragam (Jeera) Cuminum cyminum is taken with jaggery for gastritis. The water boiled with cumin seeds is an excellent digestive.

Kariveppilai Chooranam: Powder or chutney of curry leaves (Murraya koenigi) helps in treating diarrhea and dysentery.

Panchadeepagni Chooranam & Ashthy Chooranam: Siddha herbal formulations are effective for digestive disorders.

Thayirchundi Chooranam: a Siddha probiotic is capable of improving gut immunity and treating diarrhea.

Upcoming Events

1. Unani Day 11 February 2019.
2. Ayurveda Lounge in Davos from 22–25 January 2019; Oberstrasse 39, 7270 Davos.
3. India Yoga Festival in Davos from 22–25 January 2019; Oberstrasse 39, 7270 Davos.

For any queries, please do not hesitate to contact us at info.berne@mea.gov.in