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# Monthly Ayurveda Bulletin

## (Embassy of India AYUSH Information Cell, Berne)

**Prime Minister conferred Yoga Awards, released commemorative postal stamps on great Master Healers of AYUSH and launched 10 AYUSH Health & Wellness Centres**



Hon'ble Prime Minister Shri Narendra Modi conferred Yoga awards to the winners of PM's Award for Outstanding Contribution for Promotion and Development of Yoga on August 30, 2019 at New Delhi. These awards were announced during the International Day of Yoga, 2019 at Ranchi along with the two

winners of the previous year in an event being organized by the Ministry of AYUSH. Prime Minister also released a set of 12 commemorative postal stamps complementing the commitment of the Ministry of AYUSH to the great work and achievements of the great Master Healers of AYUSH Systems. Prime Minister also launched 10 AYUSH Health & Wellness Centres (AYUSH HWCs) located in Haryana, in line with Ministry of AYUSH's commitment to make 12,500 AHWCS functional in next three years. Winners of the year 2019 Yoga Awards are - Swami Rajarshi Muni of Life Mission, Gujarat in Individual-National category; Ms. Antonietta Rozzi, Italy in Individual-International category; Bihar School of Yoga, Munger, Bihar in Organisation-National category and Japan Yoga Niketan, Japan in Organisation-International Organisation category. Winners of 2018 Yoga Awards are Shri Vishwas Mandlik Yoga Institute, Mumbai. Further, AYUSH components have been integrated in Health and Wellness Centres under Ayushman Bharat. These Centres will be complementing the National Health Policy, 2017

that insisted upon integration and mainstreaming of AYUSH services in conventional health care delivery system.

### MoU between Ministry of AYUSH and Ministry of Health & Family Welfare



Ministry of AYUSH and Ministry of Health & Family Welfare signed a MoU on July 19, 2019 to forge a collaboration for the "Tuberculosis Free India" initiative. This collaboration aims to develop linkages and to integrate TB care services within the infrastructure and institutional network of AYUSH. The MoU was signed by Secretary, Ministry of Health and Family Welfare, Smt. Preeti Sudan and Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha in the presence of Hon'ble Minister of Health and Family Welfare, Shri Harshvardhan, Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik and Hon'ble Minister of State, Ministry of Health and Family Welfare, Shri Ashwini Choubey. Senior officers of the Ministries were also present.

### Interaction with a team of Himalayan Mountaineering Institute, Darjeeling



Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik interacted with a team of Himalayan Mountaineering Institute, Darjeeling, in New Delhi. The team will undertake expedition to Mt. Elbrus (5,642 m) in Russia.

### General Body meeting of CCRUM



General Body meeting of Central Council for Research on Unani Medicine (CCRUM) was held under the chairmanship of Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik in New Delhi on July 25, 2019. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha and officials of the Ministry were present in the meeting.

### National Conference on Varmam



National Institute of Siddha organised a National Conference on Varmam Science in Siddha System of Medicine and Exploring its Therapeutic Values, at Kalakshetra, Thiruvanmiyur, Chennai from August 22 – 23, 2019 and a Post Conference Workshop on August 24, 2019 at NIS. This conference offered a wide range of views about the unexplored Varmam Science of Siddha System of Medicine and its therapeutic values to the world. The post Conference workshop will provide hands on training in Varmam skills by Siddha stalwarts, leading Siddha practitioners, Varmam experts and academicians.

## Visit of Secretary, Ministry of AYUSH to "Ibne-al-Baitar"



July 23, 2019. Shri Kotecha complimented the Herbal Garden team and wrote words of appreciation in the Visitor's Book.

Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha visited the "Ibne-al-Baitar" Herbal Garden of Central Research Institute of Unani Medicine (CRIUM), Hyderabad on

for Skin Disorders (RARISD), Ahmedabad during July 25-26, 2019.

## National Seminar on Intellectual Property Rights



A one-day National Seminar on Intellectual Property Rights was organised on July 10, 2019 by CCRUM, Ministry of AYUSH at CRIUM, Lucknow. Additional Secretary, Ministry of AYUSH, Shri Pramod Kumar Pathak was the Chief Guest of the event. The dignitaries present included Advisor (Unani), Ministry of AYUSH, Dr. Mohd Tahir; DG, CCRUM, Prof. Asim Ali Khan and CMD, NRDc, Dr. Purshotam.

## 6<sup>th</sup> India Wellness Conclave



Speaking at the "6<sup>th</sup> India Wellness Conclave 2019 - Nurturing the Wellness Industry for a Healthier and Happier India", organised by FICCI on July 24, 2019, Joint Secretary, Ministry of AYUSH, Shri P N Ranjit Kumar, said that with India targeting to become a USD 5 trillion economy by 2024, the contribution of the wellness industry is poised to be USD 50 billion at current growth rate. "However, we should aim for a faster growth to make it USD 100 billion industry and centre of new India growth story," he said. Stressing that yoga was gaining popularity world over, Shri Kumar said that while there were 85 lakh people who participated on the International Day of Yoga in 2016, it rose to 2.8 crore in 2017, 9.5 crore in 2018 and 13 crore this year according to provisional figures. "These are people who follow the yoga protocol on their own without compulsion. It's not about yoga. It's about wellness, about maintaining one's own health, taking care of self and about a happier India," he said. The government is setting up Naturopathy Certification Board on the lines of Yoga Certification Board, Shri Kumar added.

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## MoU signed between MOA and MeitY



Ministry of AYUSH and Ministry of Electronics and Information Technology (MeitY) signed MoU on July 1, 2019 at New Delhi for collaborating with each other for digitization of AYUSH Sector. MeitY has agreed to advise and give technical support to MOA for planning and development of AYUSH GRID Project.

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## MoU signed between MDNIY and BPR&D



Memorandum of Understanding was signed on July 3, 2019 between Morarji Desai National Institute of Yoga (MDNIY) and Bureau of Police Research & Development (BPR&D) for conducting Yoga Teachers Training Programme and also to impart Yoga training for the health and wellness of the police personnel and their family members.

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## Regulatory Training Program



Continuing the AYUSH Ministry's efforts to streamline drug regulation in the AYUSH Sector, a Regulatory Training Program was organized at National Institute of Indian Medical Heritage, Hyderabad from July 11-12, 2019.

## Fourth Regulatory Training Programme at Regional Ayurveda Research Institute



Continuing the Ministry's efforts to streamline drug regulation in the AYUSH Sector, the 4<sup>th</sup> Regulatory Training Programme was organised at Regional Ayurveda Research Institute

July 23, 2019. Shri Kotecha complimented the Herbal Garden team and wrote words of appreciation in the Visitor's Book.

## Nod of endorsement for Ayurveda and other AYUSH therapies from the new British PM Boris Johnson



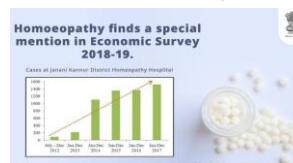
The British Prime Minister Boris Johnson's first day in the House of Commons on July 25, 2019 also saw him giving a nod of endorsement for Ayurveda and similar therapies, as per media reports. "I think it is very important that we have an open mind about Ayurvedic medicine and other such therapies, but we should approach it on the basis of science first", he said. The British Prime Minister's statement was in total alignment with Government of India's stated policy of promoting and developing the AYUSH systems of medicines on scientific lines and supported by evidence-based research. The Prime Minister was replying to a query from Mr. David Tredinnick, Conservative MP from Bosworth in Leicestershire, who is known for his affinity for alternative medicine.

## AYUSH Ministry considering proposal to give Yoga Asanas status of Sports



The Ministry of AYUSH is working on a proposal to give "yoga asana" the status of sports to promote it and pave the way for its possible inclusion in Olympic games. The National Board for Promotion and Development of Yoga and Naturopathy has recommended recognising yoga asana as a sport so that more youths adopt it, a government official said. "Promoting it as a sport will be an added attraction for the youth. So maybe by the time we have the Olympics in 2036 or 2040, yoga asanas may find a place in the mega event," an official said, adding there were very few sports of eastern, Asian or Indian origin in the international sports arena. Joint Secretary, Ministry of AYUSH, Shri P N Ranjit Kumar said the proposal is currently under consideration and the Ministry is in talks with the Sports Ministry over the issue.

## Economic Survey 2018-19 includes a special comment on Homoeopathy



## Organisation of 5<sup>th</sup> Regulatory Training Programme at CARIDD



Continuing the Ministry's efforts to streamline drug regulation in the AYUSH Sector, the 5<sup>th</sup> Regulatory Training Programme was organised at Central Ayurveda Research Institute for Drug Development (CARIDD), Kolkata from August 8-9, 2019.

## Janani Scheme of Government of Kerala

'JANANI' scheme of Government of Kerala has popularised the system of Homeopathy treatment for infertility in public health facilities. In July to December 2012, the launch year of the pilot project JANANI, the number of infertility cases treated at Kannur district was less than 100. However, over time there has been exponential growth in the number

of infertility cases being registered and treated at Kannur District Homeopathy Hospital. There is immense scope and potential in expanding the AYUSH systems of treatment for attaining the universal healthcare goals set by India. Recognising the significance of alternative systems, government has approved the continuation of National Ayush Mission (NAM) from April 1, 2017 to March 31, 2020 with an outlay of Rs. 2,400 crore over the 3-year period.

## Master Healers of AYUSH

### Maharishi Mahesh Yogi

Maharishi Mahesh Yogi is one among the personalities figuring in the commemorative set.

Known for original contributions to Yoga and Meditation, he is remembered most for developing the Transcendental Meditation technique. The Shankaracharya of Jyotirmath, Maharishi Mahesh Yogi was his guru. From 1955 he travelled around India and the world to spread his message of peace and spirituality, and inspired thousands of followers. His contributions are reflected through the numerous books that he authored, and the many institutions that he set up, including the Maharishi International University (later renamed Maharishi University of Management).

### Swami Kuvulayanaanda

Swami Kuvulayanaanda is one among the personalities figuring in the commemorative set.

A pioneer in scientific approach to Yoga, Swami Ji was instrumental in making it more acceptable to the modern world through research work. He was instrumental in the positive impact of Asanas, Pranayama, Bandhas, and Pranayama on humans. Kaivalyadhama Yoga Institute founded by him in 1924 continues to work for the application of Yoga in various spheres of life.

### Hakim Mohammad Abdul Aziz Lakhnawi

Hakim Mohammad Abdul Aziz Lakhnawi is one among the personalities figuring in the commemorative set.

Born on 24 September 1854 in Lucknow, Mohammad Abdul Aziz Lakhnawi was an illustrious Unani Physician and a well-known Islamic Teacher. He established a Medical School in Lucknow in 1902 named Takmil al-Tibb, which is now a reputed College maintained by the Government of Uttar Pradesh.

### K Raghavan Thirumulpad

K Raghavan Thirumulpad is one among the personalities figuring in the commemorative set.

He was an eminent Ayurvedic and Sanskrit Scholar, who inspired generations of Ayurveda students. He was a proponent of classical Ayurveda and its integration with a harmonious mix of ethics and rationality in the practice of medicine. A grateful nation conferred the honour of Padma Bhushan on him posthumously.

### Hakim Mohammad Kabiruddin

Hakim Mohammad Kabiruddin is one among the personalities figuring in the commemorative set.

Hakim Mohammad Kabiruddin was one of the most prolific writers and a great academician of Urdu Medicine of 20th century. He founded 'Al-Mash', a monthly magazine and established 'Daftar al-Mash', a publishing house, which published original works as well as translations. Hakim Kabiruddin was a great teacher.

### Dr. Dinshaw Mehta

Dr. Dinshaw Mehta is one among the personalities figuring in the commemorative set.

A close confidante of and personal physician to Mahatma Gandhi, Dr. Dinshaw Mehta was deeply committed to natural and holistic methods of cure. He carried out scientific studies into Naturopathy, especially on fasting. He was a true path-finder for Naturopathy in India.

### Vaidya Yadavji Trikamji Acharya

Vaidya Yadavji Trikamji Acharya is one among the personalities figuring in the commemorative set.

He was a bright luminary and successful practitioner of Ayurveda. He founded the Ayurveda Granthmala Trust and published authentic editions of Ayurveda treatises. In appreciation to his meritorious work, Govt of India appointed him as the first Principal of Post Graduate Teaching Centre in Ayurveda, Jamnagar in 1956.

### Vaidya Shastri Shankar Daji Pade

Vaidya Shastri Shankar Daji Pade is one among the personalities figuring in the commemorative set.

Vaidya Shastri Shankar Daji Pade is revered for his prolific writing skills, scholarship, deep thinking and technical proficiency in Ayurveda. Through his life he motivated fellow-professionals to establish associations and discussion groups in Ayurveda that later lead to the world of Ayurveda Conferences.

### Vaidya Brihaspati Dev Triguna

Vaidya Brihaspati Dev Triguna is one among the personalities figuring in the commemorative set.

He was an accomplished Ayurvedic physician and scholar, famous for his skills of pulse diagnosis. In association with Maharishi Mahesh Yogi, he was instrumental in establishing large number of Ayurveda Clinics and Panchakarma Centres globally. The nation honoured him by conferring on him the Padma Vibhushan.

### T.V. Sambasivam Pillai

T.V. Sambasivam is one among the personalities figuring in the commemorative set.

He authored the 'Siddha Cyclopaedic Medical Dictionary', a monumental work of unprecedented scale and extent. It extends over 5 volumes with around 87,000 words, and is one of the most treasured and impactful works in Siddha medicine. It is also believed to be one of the greatest achievements in the encyclopaedia history of India.

### Dr. K G Saxena

Dr. K.G.Saxena is one among the personalities figuring in the commemorative set.

He succeeded through tireless efforts to bring recognition to Homoeopathy and was the first Honorary Adviser (Homoeopathy) to the Government of India. In recognition of his services he was conferred the Padma Shree award.

### Vaidya Bhaskara Vishwanath Gokhale

Vaidya Bhaskara Vishwanath Gokhale is one among the personalities figuring in the commemorative set.

He was a skilled teacher, far sight visionary and eminent Ayurveda physician. He was one of the early votaries of integrative medical systems. His teachings continue to serve as guiding lights for generations of Ayurveda professionals even after so many decades.

### Amrita: An Interesting Fact



Amrita (Tinospora cordifolia) is one of the most highly valued herbs in Ayurveda. It is commonly found in different parts of the country. Popularly known as "Guduchi" or "Giloe", it is widely used in the treatment of various diseases in traditional ayurvedic practice.

