



Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)



Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik formally launched the newly started Postgraduate courses in Homoeopathy focused on Psychiatry and Practice of Medicine respectively, at the National Homoeopathy Research Institute in Mental Health, Kottayam on Feb 3. *Source: Ministry of AYUSH- Twitter*



Hon'ble Governor of Manipur, Dr. Najma Heptulla; Hon'ble Minister for Minority Affairs, Shri. Mukhtar Abbas Naqvi and Hon'ble Minister of State for Development of North East Region (IC) and Minister of State PMO, Dr. Jitendra Singh and Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik issued the publication in the National Conference on Greek Medicine in New Delhi "Greek Medicine for Public health" on Feb 11.

Source: PIB HINDI Twitter



Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik addressed at the launch of the e-AUSHADHI Portal for Online Licensing System on AYUSH Drugs, Siddha, Unani & Homeopathy drugs at Ministry of AYUSH on Feb 13 in New Delhi.

Source: PIB HINDI-Twitter and Shri. Shripad Yesso Naik - Twitter



Hon'ble Minister of State for Health and Family Welfare, Shri Ashwini Kumar Choubey held a meeting with Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik to establish a better coordination between the Ministries and to explore the potential of simple treatment methods. In the meeting, ICMR Director General, Dr. Balram Bhargava; Director General of Health Services, Dr. S. Venkatesh and senior officials of both the Ministries also attended. Shri Ashwini Kumar Choubey requested Shri Shripad Yesso Naik that the Ministry of AYUSH consolidates research and scientific evidence on treatment systems discussed during the meeting. Mr. Choubey assured the Ministry of Health of all types of support to the Ministry of AYUSH.

Source: PIB Press Release



Accepted NABH accreditation certificate of National Institute of Siddha, Chennai from Quality Council of India officials on Feb 15 in presence of Secretary of Ministry of AYUSH,

Shri Vaidya Rajesh Kotecha, Joint Secretary of Ministry of AYUSH Shri P. N. Ranjit Kumar, Director of NIS, Dr. Bhanumathi & other officials.

Source: Ministry of AYUSH- Twitter

Inaugurations



AYUSH Minister Shri. Shripad Yesso Naik inaugurated the Conference on AYUSH and Health Ministers of the States in

New Delhi. Inaugurated the fourth conference of AYUSH Ministers of States and UTs at Delhi, also present were Shri Rajeev Kumar, Vice Chairman of Neeti Aayog and Dr. Vinod Paul, Member of Neeti Aayog on Feb 6. Conference will review the implementation of AYUSH Schemes in the States and also discuss the issues and action plan for the next 3 years specially the implementation of Ayushman Bharat Scheme

Source: Shri Shripad Yesso Naik Twitter and PIB Hindi Twitter



Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik, inaugurated the new premises of Central Council of Homeopathy Research Centre at Jaipur on Feb 7. Also present were Hon'ble Minister of Health and AYUSH, Government of Rajasthan, Dr. Raghu Sharma and MP Dr. Manoj Rajoria.

Source: Ministry of AYUSH- Twitter



Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik inaugurated the Ishan Ayurvedic College and Hospital at Greater Noida on Feb 10. Also, he gave away awards and addressed the staff and first batch of students.

Source: Ministry of AYUSH- Twitter



Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik inaugurated the new Mini Veerji auditorium of the Bakson Homeopathy College and Hospital

at Greater Noida on Feb 10. He also had a good interaction with the staff and students.

Source: Ministry of AYUSH- Twitter



E- AUSHADHI

Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik launched the e-AUSHADHI portal, for online licensing of Ayurveda, Siddha, Unani and Homoeopathy drugs and related matters today at New Delhi. Addressing the gathering Shri Naik said that this e-AUSHADHI portal is intended for increased transparency, improved information management facility, improved data usability and increased accountability. The Minister informed that timelines will be fixed for processing of application through this portal with SMS and e-mail status updates at each step of the process. He said that such an initiative of the Ministry of AYUSH is a reflection of our Government's commitment towards e-governance, ease of doing business and Make in India. Speaking on the occasion Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha said that Ministry endeavors to come out with new initiatives and solutions to address the problems faced by practitioners, manufactures and consumers of AYUSH medicines. In this direction, this new e-portal is an acronym for Ayurveda, Unani, Siddha and Homeopathy Automated Drug Help Initiative. He further added that this portal will not only aid the licensing authority, manufactures and consumers, as it will provide real time information of the licensed manufactures and their products, cancelled and spurious drugs, contact details of the concerned authority for specific grievances.

Source: PIB Press Release

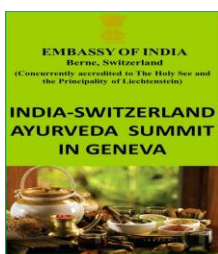
India - Switzerland Ayurveda Summit in Geneva



Glimpses of 'India - Switzerland Ayurveda Summit' held at Centre Védantique of Geneva on Feb 16.

Source: Twitter – Embassy of India to Switzerland, The Holy See & Liechtenstein.

Release of Ayurveda Bulletin in Geneva



Hon'ble Ambassador Sibi George and Director of Centre Védantique of Geneva, Swami Amarananda releasing the third edition of Ayurveda Bulletin on Feb 16 during the India-Switzerland Ayurveda Summit in Geneva organized by Embassy of India to Switzerland.

Unani Day



Unani Day was a great occasion for the Unani fraternity which was celebrated in a great way throughout the country. To celebrate Unani Day 2019, the CCRUM organized a two-day National Conference on Unani Medicine for Public Health, AYUSH

Awards for Unani Medicine were distributed, an exhibition of industry and academia was conducted, an event for release of the CCRUM's publications and many more events in the national capital were also done.

Unani Medicine has been playing an important role in public health especially in combating NCDs, lifestyle disorders and various chronic diseases by providing cost effective Unani treatment and quality products for patient healthcare.

The National Conference had dedicated sessions on lifestyle disorders and their management, Regimen therapy, mother and child care, geriatric care, integration and mainstreaming of Unani Medicine in public health and globalization of Unani Medicine. In the presence of dignitaries from different walks of life, the scientific deliberations by luminaries of Unani System of Medicine attracted participation from experts, academia, researchers, and other related stakeholders of Unani Medicine from all over the country. The objective was to provide an excellent platform for

sharing of knowledge and development of linkages between Institutes and organizations engaged in the promotion and development of Unani Medicine.

Feb 11, the birthday of Hakim Ajmal Khan, was adopted as Unani Day by the Ministry of AYUSH, Government of India in 2016 in recognition of his contribution as an eminent Indian Unani physician. The Ministry of AYUSH also adopted a scheme for AYUSH Awards for Unani Medicine which has the provision of conferring 12 Awards each year in different categories - Best Research Paper Award, Young Scientist Award, Best Teacher Award and Lifetime Achievement Award. The CCRUM celebrated first Unani Day in Hyderabad and second in New Delhi in 2017 and 2018, respectively.

Unani System of Medicine

The Unani system of medicine owes, as its name suggests, its origin to Greece. It was the Greek philosopher-physician Hippocrates (460 – 377 BC) who freed Medicine from the realm of superstition and magic, and gave it the status of Science. The theoretical framework of Unani Medicine is based on the teachings of Hippocrates. After Hippocrates, a number of other Greek scholars enriched the system considerably. Of them, Galen (131–210 AD) stands out as the one who stabilized its foundation, on which Arab and Persian physicians like Rhazes (850–925 AD) and Avicenna (980–1037 AD) constructed an imposing edifice. Unani Medicine got enriched by imbibing what was best in the contemporary systems of traditional medicine in Egypt, Syria, Iraq, Persia, India, China and other Middle East and far east countries. It also benefited from the native medical systems in vogue at the time in various parts of Central Asia. That is why this system is known, in different parts of the world, with different names such as Greco-Arab Medicine, Ionian Medicine, Arab Medicine, Islamic Medicine, Traditional Medicine, Oriental Medicine etc.

Unani system of medicine was introduced to India by the Arabs, and soon it took firm roots in the soil. The Delhi Sultans, the Khiljis, the Tughlaqs and the Mughal Emperors provided state patronage to the scholars and even enrolled some as state employees and court physicians. The system found immediate favour with the masses and soon spread all over the country. During the 13th and 17th century Unani Medicine had its heyday in India. Among those who made valuable contributions to this system in the period were, to name only a few, Abu Bakr bin Ali Usman Kashani, Sadruddin Damashqui, Bahwa bin Khwas Khan, Ali Geelani, Akbar Arzani and Mohammad Hashim Alvi Khan.

The scholars and physicians of Unani Medicine who settled in India were not content with the known drugs but they subjected Indian drugs to clinical trials and as result of their experimentation added numerous native drugs to their own system, thus further enriching its treasures. The system found immediate favour with the masses and soon spread all over the country and continued to hold an unchallenged sway for a long period even after the downfall of Mughal Empire. During the British rule, Unani Medicine suffered a setback and its development was hampered due to withdrawal of governmental patronage. But since the system enjoyed faith among the masses, it continued to be practiced. It was mainly the Sharifi Family in Delhi, the Azizi family in Lucknow and the Nizam of Hyderabad due to whose efforts Unani Medicine survived in the British period. An outstanding physician and scholar of Unani Medicine, Hakim Ajmal Khan (1868 – 1927) championed the cause of the Unani system in India. The Hindustani Dawakhana and the Ayurvedic and Unani Tibbia College in Delhi are the two living examples of his immense contribution to the multi-pronged development of the two Indian systems of medicine – Unani Medicine and Ayurveda.

The Majeedi family of Delhi, especially Hakim Abdul Hameed (1908 – 1999) made valuable contribution towards modernization of Unani drug industry. Hakim Abdul Hameed also established in New Delhi an Institute of History of Medicine and Medical Research (IHMMR) that developed into a deemed university – the Jamia Hamdard. Also, some other families such as the Niamathullah family of Madras (now Chennai) and the Usmani family of Allahabad (Uttar Pradesh) played significant role in the advancement of Unani Medicine in the 20th Century.

(Source: Central Council for Research in Unani Medicine Ministry of AYUSH, Government of India)

Unani Day Celebrations



As a part of Pre-activities of Unani Day, Dr Hashmat Imam delivered lecture on Various life style disorders and gave Unani tips for healthy living " in the presence of Acting incharge, Dr. Mumtaz Ahmad to all patients & their attendants at RRIUM, Patna on Feb 1.

(Source: Facebook AYUSH-UNANI)



As part of pre-activities of Unani day 2019, on Feb 2 one day Workshop on Ilaj bit Tadbeer with emphasis on Hijamah was organized on Feb 2 at RRIUM, Chennai. Dr. Illawarasan, Asst. Director I/c, CCRAS, Chennai was the chief guest and Dr. Seema, Head Dept. of Ilaj bit Tadbeer, Govt. Unani Medical College Chennai, was the guest of honour in the inaugural function. 3 lectures were delivered in technical session. Dr. U. Md Khaisar Rabee, AMO (U), delivered lecture on "Principles & Philosophy behind Ilaj bit Tadbeer", Dr. N. Zaheer Ahmed, Head of the Institute, RRIUM Chennai, delivered lecture on "Ilaj bit Tadbeer with emphasis on Hijamah" and Dr. Noman Anwar, R. O (Unani) delivered lecture on "Hijamah - Standard operative procedures (SOPs) and mechanism of action". Hands on training was given to delegates in the post-lunch session. The workshop was successful in term of knowledge, presentations and deliberations.

(Source: Facebook AYUSH-UNANI)



As part of pre-activities of Unani day 2019, on Feb 2 Dr. Rajesh delivered lecture on eye disorders and explained General eye care and various exercise modules for eye strengthening "in presence of acting Incharge Dr. Mumtaz Ahmad and other physicians to patients and their attendants at RRIUM, Patna. *(Source: Facebook AYUSH-UNANI)*



As part of preactivities of Unani Day 2019, RRIUM, Chennai conducted special health camp at Kannigapuram, Chennai. Dr. A. Farhath Fathima JRF Unani delivered lecture on "life style disorders and its management through Unani system of medicine on Feb 3. Brochure in Tamil language on introduction of Unani medicine and activities and achievements of RRIUM, Chennai was distributed among patients.

(Source: Facebook AYUSH-UNANI)



A health camp was organised by RRIUM, Kolkata at Kazipada, Howrah as a preactivity of Unani Day celebrations for awareness of Unani System on Feb 6.

(Source: Facebook AYUSH-UNANI)



As part of pre-activities of Unani day 2019, on Feb 6 Dr. R. Abdullah Nasir, Program Assistant, sensitized people about Unani day 2019 and gave talk on "Significance of sleep and wakefulness in healthy living" at RRIUM Chennai. Dr. Rayeesa Tazeem, RA (Unani) delivered lecture on "Zeequn Nafas and its treatment through Unani medicine" at Thiyaagi Sathya Moorthy Nagar, Chennai.

(Source: Facebook AYUSH-UNANI)



Valedictory function of pre-activities of Unani Day 2019 was organized on Feb 8, where eminent personalities were

invited. Dr. (Tmt) Beela Rajesh, IAS, Commisioner, Indian Medicine & Homeopathy, Govt. of Tamil Nadu graced the occasion as chief guest. Dr. Ameer Jahan, Chairman Medicinal plants cultivation and manufacturer association, Tamil Nadu presided over the function. Winners of essay writing competition & quiz competition were honoured with cash prizes and certificates by the chief guest.

(Source: Facebook AYUSH-UNANI)



Her Excellency Dr. Najma Heptulla, Hon'ble Governor, Manipur, Chief Guest of the event inaugurating the National Conference on Unani Medicine as part of Unani Day celebration at Vigyan Bhawan on Feb 11. Hon'ble Minister of Minority Affairs, Shri Mukhtar Abbas Naqvi; Hon'ble Minister of State for Development of North East Region (IC) and Minister of State PMO, Dr. Jitendra Singh and Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik were Special Guests of Honour. Shri Naik presided over the function. Secretary and Additional Secretary, Ministry of AYUSH also graced the occasion.

(Source: Facebook AYUSH-UNANI)



Valedictory function of pre-activities of Unani Day 2019 was organized on Feb 11 at Central Research Institute of Unani Medicine (CRIUM) Hyderabad, where eminent personality Dr. M.U.R Naidu, Former Dean, Faculty of Medicine, Former Professor and Head of the Clinical Pharmacology Department, Nizam Institutes of Medical Science, Hyderabad graced the occasion as chief guest. (Source: Facebook AYUSH-UNANI)

News on Ayurveda

- **Unani medicine can offer 'right solution' for various health challenges: Heptulla**



Unani Medicine is capable of offering "right solution" to various health challenges that the nation is facing currently, Hon'ble Governor of Manipur, Dr. Najma Heptulla said on Feb 11. Inaugurating the two-day National Conference on

Unani Medicine organized by the Central Council for Research in Unani Medicine (CCRUM) as a part of 3rd Unani Day celebration here, Heptulla urged the Unani fraternity to progress and evolve with the changing times, adapt to new techniques of health research and contribute new approaches to health management. "Unani Medicine can offer the right solution for many health challenges we are facing due to lack of treatment of many diseases and paucity of resources," Heptulla said. She informed that Manipur has the treasure of over 500 medicinal plants and invited the medical scientists to visit the state for research. Addressing the conference themed on 'Unani Medicine for Public Health', Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik enlightened the audience on concrete steps taken by his ministry to promote Unani Medicine in national public healthcare system through regulation of research and integration of quality products, practices, and practitioners into the health system.

(Source: Economic Times Health: Feb 12)

- **12,500 health and wellness centres need to be identified for rendering AYUSH services: Shripad Naik**

As many as 12,500 health and wellness centres need to be identified for making Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) services available to the people in a hassle-free manner, said Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik. "12,500 health and wellness centres need to be identified across the country for rendering AYUSH services to the people at grass-root level with special reference to preventive health care," said Shri Naik in his address to the fourth Conference of AYUSH/Health Ministers of States/UTs here. The conference was attended by AYUSH/Health Ministers, Secretaries and officials from 29 States/UTs along with senior officials of AYUSH Ministry and representatives of AYUSH organizations. Naik said that States and Union Territories are important partners in the journey of Ministry of AYUSH for the promotion of traditional systems of medicine to all mankind. "Public health delivery system has been of highest priority. We look forward to an effective integration in the national progress related to health," he said.

(Source: Economic Times Health- Feb 6)

- **Kama Ayurveda to add 16 stores in 2019**



Indian beauty brand Kama Ayurveda which runs about 40 stores in India is expanding its portfolio and will add 16 new stores to its existing kitty. The brand, which has been backed by Lighthouse Funds and sugar

baroness Rajshree Pathy, has recently launched in airport locations like Raipur, Indore, Amritsar and Coimbatore. The market for ayurvedic products, according to Hon'ble Minister of State (I/C), Ministry of AYUSH, Shri Shripad Yesso Naik, stood at about \$2.5 billion in 2015 and will reach \$8 billion by 2022. In 2012 was when the company opened up its first standalone store, the company's CEO, Vivek Sahni was unsure whether there will be many takers for luxury ayurveda cosmetics. But in 2014, after it received private equity, it grew 600% from having two stores to 40 stores. Today, 30% of its sales come in the form of online sales and it has 50 shop-in-shop stores as well. The company posted strong revenues of Rs 72.87 crore in 2018 versus the Rs 41.10 crore the year before. It also reported a net profit of Rs 2.54 crore in FY18, said its Registrar of Companies documents accessed through company research platform Tofler. (Source: Economic Times, Feb 14)

- **Health insurance may cover expenses incurred on Ayurveda, Unani treatment**

The insurance regulator has issued draft norms for standard health insurance products with basic sum assured of Rs 50,000 to Rs 10 lakh defining the benefit structure for individual insurance buyers with no upper age limit. While the minimum entry age is kept at 18 years for principal insured, the maximum age at entry is 65 along with lifelong renewability. There shall be no maximum exit age. The basic standard policy will also cover expenses incurred on treatment under Ayurveda, Unani, Sidha and Homeopathy systems of medicines subject to fixed and standard sub-limits based on the sum insured. The standard product will be offered on indemnity basis, as a standalone product and it cannot be combined with critical illness covers or benefit-based covers. In a draft circular IRDAI said that products differ significantly with each other in terms of benefits offered. "It is considered essential that the potential customers seeking health insurance shall have an access to the basic health insurance covers so as to enable them to choose the coverage based on the need," the regulator said.

(Source: Economic Times Feb 20)

