



Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

Events organized by and participated by the Embassy

Indian Pavilion at Mednat Agrobio Exhibition in Lausanne



Glimpses of Indian pavilion set by Embassy of India at MEDNAT agrobio exhibition at Lausanne in Switzerland on April 4-7, 2019.

Yoga Session at Geneva



A basic session on Yoga was organized at Webster University Geneva by the Yoga expert from Embassy of India, Berne on April 10, 2019.

Session on Ayurveda



Overwhelming response to a session on AYURVEDA organized by Embassy of India at MEDNAT AGROBIO EXPO in Lausanne on April 6. Dr. Piyush Singh, First Secretary with Dr. Geetha Krishnan, Technical Officer, WHO at the session.

Yoga Session during the ICCR Day



A Yoga session was organised during ICCR Day celebrations on April 9, 2019 in Berne.



World Homeopathy Day

Linking Education and Clinical Practice with Research: Advancing Scientific Collaborations

World Homoeopathy Day: What it means for India

Homoeopathy is one of the most popular medical systems in India, in fact, a close second among the AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) services. There are growing numbers of users, practitioners, educational institutes, as well as public health clinics, compared to the AYUSH systems in India. Academic homeopathy institutes comprise 35.8% of AYUSH colleges, while homeopathy practitioners are 37% of the AYUSH in total. World Homoeopathy Day (WHD) is celebrated to commemorate the Birthday of Dr. Hahnemann, the Founder of Homoeopathy. It gives us an opportunity to review the path trodden so far, take stock of the challenges facing us, and formulate future strategies for development of Homoeopathy. There is a need to focus on the quality of education, enhancing the success rate of an average practitioner. There is also a need to ensure the production and availability of high quality homeopathic drugs in the market. This is not possible unless the homoeopathic community innovates, modernizes, reinvents, forges ahead jointly, with a variety of initiatives and research projects. Hence the theme: 'Linking research with education and clinical practice: Advancing scientific collaborations'.

Importance of linking research: The 'Why's and the 'How's

The Central Council for Research in Homoeopathy (CCRH), Ministry of AYUSH, Government of India is striving to promote research that eventually translates into improved public healthcare in the country and wider acceptability of Homoeopathy globally. The research work of Central Council for Research in Homoeopathy (CCRH) is multi-dimensional and the Council considers its duty to not only conduct quality research, but also to link it with education, clinical practice and standardization of drug manufacture for holistic development of the Homoeopathy sector. Facilitating national and international collaborations is also a part of this vision.

Central Council for Research in Homoeopathy

Vision:

To promote and conduct high quality research programs/projects in fundamental and applied aspects that contributes towards the development of Homoeopathy globally.

Conducting scientific and ethical research thereby enhancing success rate of clinical practice, promotion of safe, efficient and effective treatment in health care delivery and ensuring global acceptance of Homoeopathy.

Key Activities:

- Drug proving
- Clinical research
- Drug validation
- Clinical verification
- Drug standardisation of raw material and finished products.
- Collaborating with national and international organizations for basic/fundamental research.
- Extra-mural research scheme grant-in-aid provided to organizations and scientists to conduct specific time-bound research projects where the Council provides a supportive role for implementation of the scheme.

Undertaking public health initiatives like homoeopathy for Healthy Child, Integration in national programme for prevention and control of cancer, diabetes, cardiovascular diseases & stroke (NPCDCS), Swasthya Rakhshan programme etc.

International Convention on World Homoeopathy Day to deliberate on linking Education & Clinical Practice with Research



A two-day convention was organised on 9-10th April 2019 by the Central Council for Research in Homoeopathy (CCRH), an autonomous research organisation, Ministry of AYUSH on the



occasion of the World Homoeopathy Day at Dr. Ambedkar International Centre in New Delhi. The World Homoeopathy Day was observed to commemorate the birth anniversary of the founder of Homoeopathy, Dr. Christian Fredrich Samuel Hahnemann. The Convention was graced by Shri. Vaidya Rajesh Kotecha, Secretary of AYUSH, Sh. Roshan Jaggi, Joint Secretary, Ministry of AYUSH, Sh. Nilanjali Sanyal, Chairman, Board of Governors, Central Council of Homoeopathy and Shri Tridandi Chinna Ramanuja Jeeyar Swamiji. Tributes will be paid by Dr. Gary Smyth, President, Faculty of Homeopathy, UK and Dr. Alok Pareek, President, LMHI (International). With an aim to recognise exemplary work in Homoeopathy, AYUSH awards relating to Homoeopathy for Life Time Achievement, Best Teacher, Young Scientist and Best Research paper were conferred on this occasion. This WHD, 24 students will be awarded scholarships under the Short-Term Studentship in Homoeopathy (STSH) and four students for 'Quality MD Dissertation in Homoeopathy'. MOU's signed with two more PG Homoeopathic Colleges with an effort to link education with research. The vision behind the agreement would be to provide impetus to research infrastructure, which, in turn further orient the students towards research. A wide range of topics were covered in the convention like Linking education and clinical practice with research, Homoeopathic Education: Research component, Utilisation of existing research by clinicians, Drug Development & Validation, Research initiatives by students under Studentship & MD Scholarship schemes, Documented clinical experiences, Homoeopathy in public health, Fortifying theories and clinical practice with research, Road ahead for Homoeopathy, Skill development in scientific writing, Strengthening research infrastructure in educational organisations, Drug Proving and Guidelines for Publishing Research. Round table discussions are also planned on the topics 'Drug Regulations in Homoeopathy: Current scenario and Way ahead; Homoeopathy Industry: Challenges and Opportunities for the Manufacturers/Traders; Homoeopathic Pharmacopeias: Standards and Harmonisation' and 'Promotion of Homoeopathy at state level: Government of India schemes as a facilitating tool; Homoeopathy doctors in public service: Roles & Responsibilities'

MOU signed between Ministry of AYUSH and Council of Scientific and Industrial Research



A Memorandum of Understanding (MOU) was signed between the Ministry of AYUSH and Council of Scientific and Industrial Research (CSIR), New Delhi

today for cooperation in research and education in areas of traditional systems of medicine and its integration with modern science. The MoU was signed by Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH and Dr. Shekhar C. Mande, Director General, CSIR and Secretary, DSIR in the presence of senior officials from both the organizations. Speaking on the occasion, Secretary stated in due cognition of the growing interest of traditional medicines worldwide, there is a need of multipronged and innovative approaches for the acceptance of this science. He said that the combination of traditional healthcare and modern basic science has a huge possibility to do innovative and path-breaking researches which can be used for the explanation of various basic concepts. DG, CSIR appreciated the ongoing projects and programmes between the two organizations. He stated that enhancing the collaboration through joint R&D efforts ranging from fundamental science to validation and thereafter product development, will significantly help in the growth of the Indian contributions to this important sector, not only nationally but internationally as well. Futuristic efforts of this inter-ministerial cooperation shall include pursuit of Data mining & analytics and Artificial Intelligence to enable and facilitate concepts such as "Traditional knowledge inspired drug discovery and development" and "Food as Medicine".

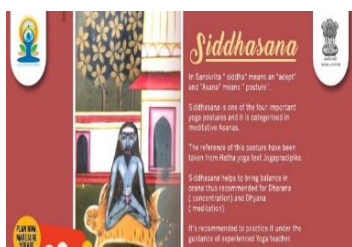
Evidence based practices in Unani Medicine



Shri Pramod Kumar Pathak, Additional Secretary, Ministry of AYUSH, Government of India delivered the inaugural address as the Chief Guest of the function in the National seminar on "Evidence based practices in Unani Medicine" organised by Jamia Hamdard on 22nd April, 2019. Prof. Seyed Hasnain, Hon'ble Vice Chancellor, Jamia Hamdard presided over the function and Prof. Asim Ali Khan, DG, CCRUM graced the occasion.

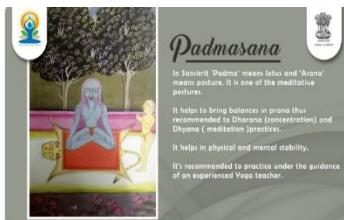


Yoga Asanas

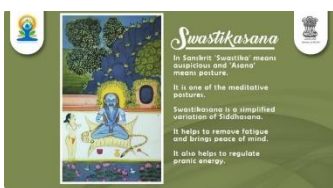


Siddhasana is one of the four important postures and is categorised in meditative posture. It helps to bring balance in Prana thus recommended for Dharana and Dhyana Sadhana. It is recommended to practice it

under the guidance of a experienced Yoga teacher.



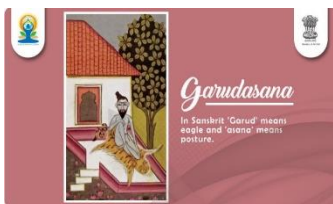
Padmasana: In Sanskrit 'Padma' means lotus and 'Asana' means posture. It is one of the meditative postures.



Swastikasana: The symbol of 'Swastika' represents auspiciousness, fertility and creativity. Thus this asana, being so named, induces the same capacity in the body.

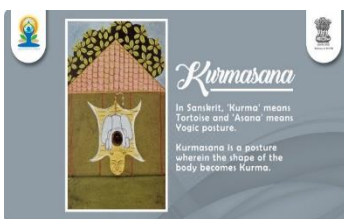


Paschimottasana helps to increase the flow of prana in the spine. It also helps to reduce extra fat from abdominal area and promotes digestion.



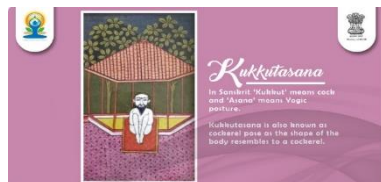
Garudasana helps to improve neuromuscular coordination. It is also helpful to correct structural & postural faults in the body. The asana picture has been taken from Hatha Yoga text Jogapradipka. It has also

been mentioned in other Yoga texts with some variations.



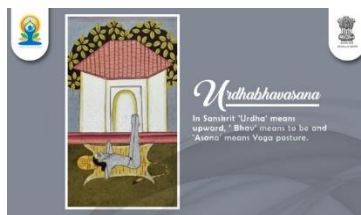
Kurmasana alleviates Vata disorders. It helps in straightening of curved spine. It also helps to those who are suffering from urinary and sexual disorders. The reference of this asana picture

has been taken from Hatha Yoga text Jogapradipka.



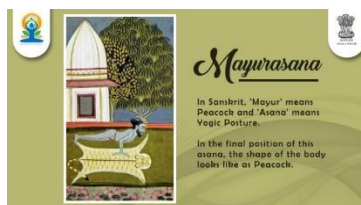
Kukkutasana helps to strengthen the arm and shoulder muscles and develops a sense of balance and stability. This is a balancing pose;

therefore it should be practiced with caution. The reference of this asana picture has been taken from Hatha Yoga text Jogapradipka.



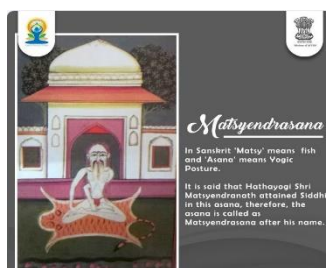
Urdhabhavasana helps to improve blood circulation and stimulates abdominal organs. It is also helpful to get relief from varicose vein problems. The reference of this asana picture has been

taken from Hatha Yoga text Jogapradipika.

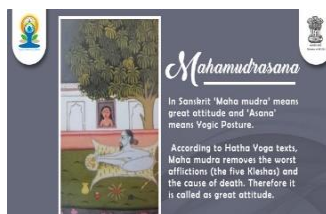


Mayurasana helps to tone up all the abdominal organs. This asana helps to enhance digestion and develops the capacity to overcome adverse effects of unwholesome foods. It

helps to eliminate toxins from the body and purifies blood.

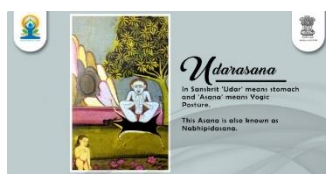


Matsyendrasana is one of the cultural poses. The pose helps to channelize the prana in a particular direction. It helps to improve gastric fire thereby promotes digestion. It also helps in the management of diabetes, constipation and realignment of the vertebral column.

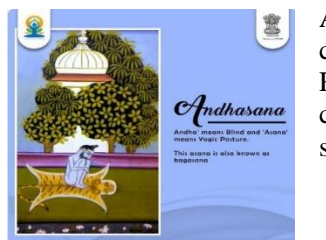


Mahamudrasana is one of the cultural poses. Its practice helps to tone up liver, spleen and kidney. It also helps to promote, gastric fire thereby relieves constipation and brings suppleness to waist, hips and

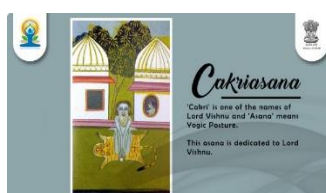
thighs.



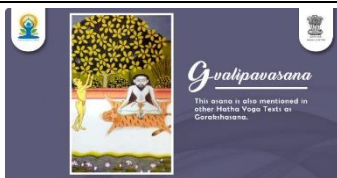
Udarasana helps to strengthen arms and legs muscles. It allows the movement of prana to flow towards the spine. It also helps to invigorates reproductive organs.



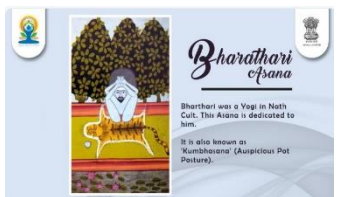
Andhasana helps to improve blood circulation towards lower limbs. Regular practice helps to overcome constipation. This asana strengthens leg muscles.



Cakrasana is also known as Padtrikonasana in other Yoga books. Practice of this asana strengthens thighs and Knees. It improves the flexibility and blood circulation to the joints of legs.



(concentration) and Dhyana (Meditation).



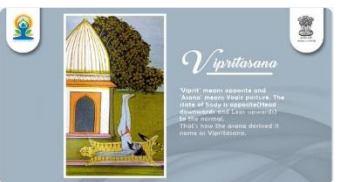
effective in reducing obesity and stiffness of hips & waist joints.



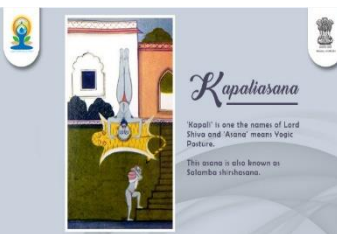
helps to revitalize systems of the body.



of organs in lower abdominal region.



insomnia and varicose veins. In some Yogic texts, it is also known as Shirogrivasana (Head-Neck stand posture).



Gavalipavasana helps to get relief from disorder of reproductive organs. It provides suppleness to the legs and feet. This asana also helps to lead towards Dharana

Bharathariasana helps to tone up liver, intestine, spleen, pancreas. It improves the functioning of kidney and tones up reproductive organs. It also helps to improve blood circulation and digestion. It is

Vrschikasana: The reference of this asana picture has been taken from Hatha Yoga Text Jogapradipika. It helps to re-channelize prana in the body. It helps to rectify nervous and glandular disorders. It also

Vedasana helps to improve overall strength and elasticity of the body. It helps to improve functioning of nervous system, reproductive system. Practice of this Asana promotes ability

Vipritasana helps to stimulate thyroid, parathyroid and thymus glands. It improves blood flow to the upper parts of the body. It also helps to prevent conditions like

Kapalisana: The regular practice of it helps to maintain celibacy and induces sound sleep. It helps to rejuvenate brain cells and improves vision. It should be practiced under the guidance of an experienced Yoga teacher.

Interesting Fact



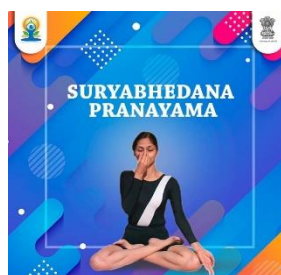
Mud is one of five elements of nature. According to principles of Naturopathy, mud has immense impact on the body both in health and sickness. It is used to manage various disorders like jaundice and gall bladder problems.

Pranayam

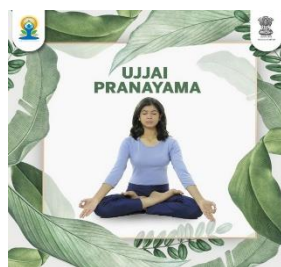
Prana acts as a bridge between body and mind. It is a breathing technique by which breath is regulated and controlled in order to regulate the 'prana'. The three phases of Pranayama are: Puraka (inhalation), Kumbhaka (retention of breath) and Rechak (exhalation).



Nadishodhana Pranayama: 'Nadi' means 'subtle energy pathway' in the body and 'shodhana' means 'to purify'. The practice of this pranayama purifies all the 'nadis', hence it is named as Nadishodhana.



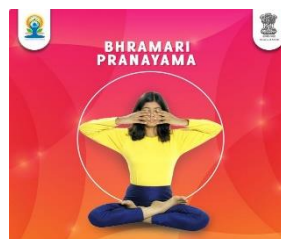
Suryabhedana Pranayama: Surya is 'the sun' and it also refers 'to pingala nadi'. Bheda here means 'to pierce'. Suryabhedana pierce the pingala and activates prana shakti in this nadi. In this pranayama inhalation is done through right nostril all the time and exhalation is done through left nostril.



Ujjai Pranayama: Ujjayi means 'victorious,' ujjai is the root which means 'to conquer' or 'acquire by conquest.' Ujjayi is also known as the 'psychic breath' because of its effect on the mind.



Sheetali Pranayama: Sheetal means cooling. In this Pranayama, one has to roll the tongue from the sides to shape it like a tube. It also helps to overcome fever, excess bile, hunger and thirst.



Bhramari Pranayama: It derives its name from the Sanskrit word 'Bhramar' which means Bumblebee. Since it sounds like a Bhramar, that's why it is called as Bhramari Pranayama. It should be practiced after asana or before meditation or sleep.





Embassy of India to Switzerland
(Concurrently accredited to The Holy See and the Principality of Liechtenstein)

**Schedule for Celebration of International Day of Yoga 2019 &
Ayurveda Festival**

All are invited to join the celebration of the 5th International Day of Yoga 2019 in Switzerland and Liechtenstein. International Day of Yoga celebrations, which will include a Yoga session, are being held at the following places:

Date	Time	City	Venue
3 June 2019 Monday	1300 hrs	Berne (Curtain Raiser)	India House, Brunnadernstrasse 7, Berne 3006
5 June 2019 Wednesday	1400 hrs	Saas Fee	Community Hall, Dorfplatz 8, 1 st Floor, Saas Fee
16 June 2019 Sunday	1000 hrs	Schilthorn	Piz Gloria, Schilthorn
19 June 2019 Wednesday	1730 hrs	Lausanne	Centre Sportif & Santé UNIL/EPFL, 1015 Lausanne
20 June 2019 Thursday	0900 hrs	Zurich	Museum Rietberg, Gablerstrasse 15, Zurich 8002
20 June 2019 Thursday	1830 hrs	Basel	Zunftsaal Restaurant Freie Strasse 25, Basel 4001
20 June 2019 Thursday	1400 hrs	Vaduz, Liechtenstein	Liechtenstein Gymnasium Marianumstrasse 45, Vaduz
21 June 2019 Friday	1530 hrs	Berne	Hotel Schweizerhof, Bahnhofplatz, 3001, Berne
22 June 2019 Saturday	1800 hrs	Zurich	Hans bader saal Johanneskirche Limmatstrasse 114, CH 8005 Zurich
23 June 2019 Sunday	1730 hrs	Neuchatel	Salle Communale d'Hauterive, Rue de la Rebatte 11 2068 Hauterive
24 June 2019 Monday	1830 hrs	Geneva	The Art of Living Switzerland, 31 rue des Bains 1205 Geneva
26 June 2019 Wednesday	1500 hrs	Seelisberg	Dorfstrasse 63, 6377 Seelisberg
27 June 2019 Thursday	1900 hrs	Zurich	MA Center Switzerland Ziegelhütte 8416 Flaach
29 June 2019 Saturday	1400 hrs	Davos	Restaurant Strandbad Seepromenade 7, 7260 Davos
30 June 2019 Sunday	1500 hrs	Rhine Falls	Laufenwiese, Rhine Falls

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Berne
May 24, 2019