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# Monthly Ayurveda Bulletin

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

### The Prince of Wales planted a Champa sapling in the Herbal Garden of Rashtrapati Bhavan



The Prince of Wales, Prince Charles planted a Champa sapling – which has several uses in Ayurveda – in the Herbal Garden of Rashtrapati Bhavan on November 13, 2019. He showed a keen interest in India's alternative model of healthcare. The President thanked The Prince of Wales for his support for Ayurveda research.

### Symposium - Scope of Science of Ayurveda in Global Health

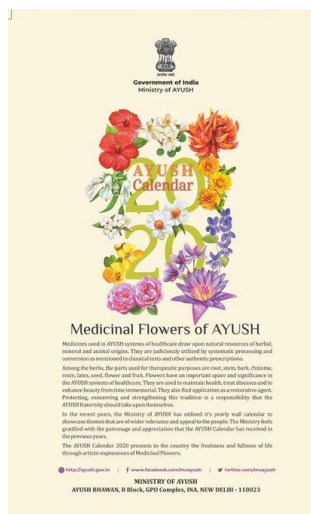


Hon'ble Minister of External Affairs, Dr. S. Jaishankar and Hon'ble Minister of State (IC), Ministry of AYUSH & Minister of State, Ministry of Defence, Shri Shripad Yesso Naik chaired a symposium which was attended by Resident Missions on "Scope of Science of Ayurveda in Global Health" to create awareness

on the potentials and efficacy of Ayurveda. The impactful session was held at the Jawahar Lal Nehru Bhawan, New Delhi in the presence of diplomats from different Missions of 61 countries on December 11, 2019. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha; Additional Secretary, Ministry of AYUSH, Shri Pramod Kumar Pathak;

Secretary (Economic Relations), Ministry of External Affairs, Shri T. S. Tirumurti and Additional Secretary (Economic Diplomacy & States), Ministry of External Affairs, Shri P. Harish were present during the event. The aim of the event was to sensitize all the Ambassadors/High Commissioners and impart them with the information about advance research & recent developments in Ayurveda. These personalities can play a key role in exploring the possibilities of establishing age old Ayurveda Traditional Medical System in different countries. It is hoped that the goal of achieving propagation and recognition of Ayurveda across the globe would be achieved through this symposium. Ministry of AYUSH is committed to promote Ayurveda and Traditional systems of Medicine globally. The Ministry has taken many initiatives for strengthening quality standards for AYUSH Services as well as ASU & H Products. Working on the path of progress to highlight the principles of Ayurveda in the universe and to create awareness regarding the potentials & efficacy of Ayurveda among the diplomats of various countries, Ministry of AYUSH has organised the Symposium. Ambassadors and High Commissioners were explained and familiarized with the robust Infrastructure and regulatory provisions of Ayurveda system in the country. Director, All India Institute of Ayurveda, Dr. Tanuja Nesari delivered a presentation on Introduction Education & Practise in Ayurveda. Head, Department of NMR, AIIMS, Prof. Rama Jayasundar gave a detailed Overview on Science and Logic behind Ayurveda. DG, CCRAS, Prof. Vaidya K. S. Dhiman highlighted the evidences generated through Research in Ayurveda. An exhibition on the recent research publications were also organised for the Diplomats where the Diplomats have also shown keen interest and inquired about various literature of Ayurveda.

### AYUSH Calendar 2020



Hon'ble Minister of State (IC), Ministry of AYUSH & Minister of State, Ministry of Defence, Shri Shripad Yesso Naik launched AYUSH Calendar 2020 on the theme "Medicinal Flowers of AYUSH" at AYUSH Bhawan, New Delhi on December 31, 2019. Secretary,



Ministry of AYUSH, Vaidya Rajesh Kotecha & senior officers of the Ministry were present on the occasion. Shri Naik felicitated the artists Shri Sankha Samanta and Shri Suresh Kumar who were part of the design team. The Calendar presents the freshness and fullness of life through artistic expressions of Medicinal Flowers to the country. You can also buy your copy online on the following links:

Hindi Calendar:

[https://www.amazon.in/dp/B07MFQJPMY/ref=cm\\_sw\\_r\\_wa\\_apr\\_i\\_a6VcEb7HEHAQS](https://www.amazon.in/dp/B07MFQJPMY/ref=cm_sw_r_wa_apr_i_a6VcEb7HEHAQS)

English Calendar:

[https://www.amazon.in/dp/B07MFQJPLM/ref=cm\\_sw\\_r\\_wa\\_apr\\_i\\_rZWcEb21XC40B](https://www.amazon.in/dp/B07MFQJPLM/ref=cm_sw_r_wa_apr_i_rZWcEb21XC40B)

### Laying a wreath at the National War Memorial



Hon'ble Minister of State (IC), Ministry of AYUSH & Minister of State, Ministry of Defence, Shri Shripad Yesso Naik laid a wreath at the National War Memorial, on the occasion of Vijay Diwas (December 16, 2019), in New Delhi.

### Visit to National Institute of Homoeopathy, Kolkata



Hon'ble Minister of State (IC), Ministry of AYUSH & Minister of State, Ministry of Defence, Shri Shripad Yesso Naik visited National Institute of Homoeopathy, Kolkata and chaired the 21<sup>st</sup> Governing body meeting of the Institute on December 16, 2019. He also reviewed the working of NIH. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha and Joint Secretary, Ministry of AYUSH, Shri Roshan Jaggi accompanied him.

### Inauguration of the 13<sup>th</sup> National Yoga Conference of the Yoga Vidya Gurukul



13<sup>th</sup> National Yoga Conference of the Yoga Vidya Gurukul was inaugurated by Hon'ble Minister of State (IC), Ministry of AYUSH & Minister of State, Ministry of Defence, Shri Shripad Yesso Naik on December 27, 2019, at the Gurukul campus in Nashik. The Hon'ble Minister lauded the service oriented efforts of the Gurukul in promoting Yoga among the common people, especially in interior localities in the country. Joint Secretary, Ministry of AYUSH, Shri P N Ranjit Kumar, and Chairman, Yoga Vidya Gurukul, Dr. Vishwas Mandlik also spoke on the occasion.

### New Office annexe of the Ministry of AYUSH



Hon'ble Minister of State (IC), Ministry of AYUSH & Minister of State, Ministry of Defence, Shri Shripad Yesso Naik inaugurated the newly acquired office annexe of the Ministry of AYUSH at East Kidwai Nagar, New Delhi on December 20, 2019. He released the Guidelines and Process Manual for promotion of Medicinal and Aromatic Plants Producer Company (MAPPC) and launched the campaign on 20 species of Medicinal Plants for Home Remedies on this occasion. The Table Calendar 2020 of AIIA was also released. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha and senior officers and staff of the Ministry and AIIA were also present.

### Inauguration of National Research Institute of Unani Medicine



Hon'ble Minister of State (IC), Ministry of AYUSH & Minister of State, Ministry of Defence, Shri Shripad Yesso Naik inaugurated National Research Institute of Unani Medicine for Skin Disorders at Erragadda, Hyderabad on November 3, 2019.

### Interesting Fact

Sip away the cold this winter with hot n spicy 'Rasam', a South Indian dish made from tamarind juice, pepper, tomato & spices. Rasam contains dietary fibre, is rich in antioxidants & vitamins as well as keeps constipation at bay.



### World Disability Day

Let's join the building of an inclusive India by providing equitable access to AYUSH healthcare to all people including the differently-abled.





### Inter-ministerial roundtable on enhancing the Ease of Doing Business in AYUSH



Invest India hosted an inter-ministerial roundtable on enhancing the Ease of Doing Business in AYUSH, a sunrise sector in India poised for exponential growth, and to increase awareness globally about the benefits of AYUSH to enable and attract investments in the sector on December 10, 2020. The AYUSH roundtable

discussions focused on the need to simplify approvals, trading & procurement processes and align centre & state welfare schemes to strengthen the AYUSH sector in New India.

### 2<sup>nd</sup> Edition of International AROGYA 2019- An international Exhibition & Conference on AYUSH & Wellness



At Arogya 2019, Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha talked about the launch of the e-AUSHADHI portal - for enhancing the Ease of Doing Business in the AYUSH sector for global investors.

He also said that Ministry of AYUSH is going to launch the AYUSH Export Research Council and AYUSH Export Promotion Council. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha spoke about the role of AYUSH Export Promotion Council in creating a robust & comprehensive AYUSH ecosystem to attract global investors. He also talked about the initiatives undertaken in collaboration with World Health Organisation for promoting tech standardisation in the AYUSH sector. He also talked about the discussion held at Invest India and its contribution in developing the AYUSH ecosystem in the country. He further, talked about the various incentives and subsidies provided to entrepreneurs in the AYUSH sector.

### CEO Forum at Arogya 2019



Vaidya Rajesh Kotecha and Shri Pramod Kumar Pathak address the CEOs of AYUSH sector companies during the CEO Forum at Arogya 2019.

### Establishment of the National Institute for Sowa-Rigpa in Leh



The Union Cabinet chaired by Hon'ble Prime Minister Shri Narendra Modi on November 21, 2019 approved the establishment of the National Institute for Sowa-Rigpa in Leh as an autonomous organization under the Ministry of AYUSH.

**Interesting Fact:** The birthday of Hakim Ajmal Khan, the renowned Unani medical practitioner and educationist who also played an important role in India's freedom struggle is observed as Unani Day every year on February 11.

### Inspection of the proposed site for National Institute for Sowa Rigpa (NISR) in Leh



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha inspected the proposed site for National Institute for Sowa Rigpa (NISR) in Leh on December 23, 2019. Follow up activities for the Cabinet decision to set up NISR were drawn up. Senior officers of the Ministry and CCRAS accompanied the Secretary.



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha held a meeting with the Hon'ble Chairman, LAHDC, Leh, Shri Gyal P Wangail and Deputy Chairman, LAHDC, Shri Tsering Sangrup on December 23, 2019 in connection with the setting up of National Institute of Sowa Rigpa (NISR), Leh.



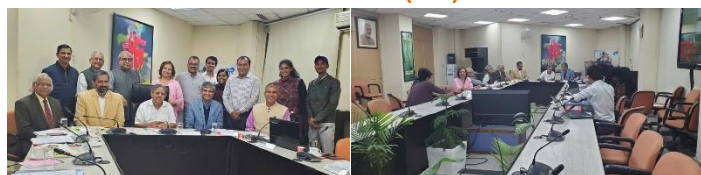
A team of senior officers from the Ministry of AYUSH led by Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha held a meeting with the Hon'ble Lt. Governor of Ladakh Shri R. K. Mathur on December 23, 2019 in connection with the setting up of National Institute of Sowa Rigpa (NISR), Leh.

### Secretary AYUSH met Hon'ble Health Minister, Government of Mizoram



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha met Hon'ble Health Minister, Government of Mizoram, Dr R. Lalthangliana on December 19, 2019 and discussed the various issues pertaining to AYUSH systems.

### The 19th Executive Committee meeting of the Indian Yoga Association (IYA)



The 19<sup>th</sup> Executive Committee meeting of the Indian Yoga Association (IYA) was held at AYUSH Bhavan, New Delhi on December 17, 2019. Guruji Dr. HR Nagendra chaired the meeting. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha addressed the Executive Committee.

### Manipur signs MoU for promotion of medicinal plants



The Manipur State Medicinal Plant Board which has been actively working for the promotion of the Medicinal Plants sector in the State took a firm step forward last week when it signed a comprehensive MoU with a private company for collaboration in the AYUSH systems of healthcare. The Ministry of AYUSH congratulates the State Government for highlighting the growing importance of aromatic and medicinal plants and taking the benefits of growing these plants to the farmers of the State. It is hoped that

this agreement would inspire many such public-private partnerships in the medicinal plants sector not just in Manipur but in other States as well.



## Buddhi is the link between Mana and Soul

'Healthy Mana and Buddhi leads us to healthy physical and physiological life,' says Secretary (AYUSH), Vaidya Rajesh Kotecha: <https://www.ayurvedsutra.com/buddhi-is-the-link-between-mana-and-soul/>

**Interesting Fact:** Nasiyam (Nasal Instillation) is a detoxification therapy from the Siddha System of Medicine. Nasiyam is the process by which a drug is administered through nostrils. It is used to treat the diseases of vitiated Kabam such as migraine, sinusitis, bronchial asthma, nasal polyp etc.

## Yoga Celebrations 2019 in Switzerland and Liechtenstein



Photos from Yoga Celebrations 2019 in the cantons/cities of Switzerland and Liechtenstein Berne, Zürich, Lugano, Laussane, Geneva, Schilthorn, Rhine falls, Davos, Basel, SaaS Fee, Seelisberg and Vaduz.

## 3<sup>rd</sup> Siddha Day



Siddha Day commemorates the birth of Siddhar Agathiyar, the father of Siddha System of Medicine. According to the Tamil tradition, he is one of the revered sages and the one who gave the much followed Siddha system of medicine to mankind. He is considered the first among the 18 Siddhars whose collective efforts led to the emergence of the body of Siddha knowledge. He is also considered the author of several hymns

of the Rigveda. *Let's join the observation of Siddha Day on January 13, 2020. Let's celebrate Siddhar Agathiar and his precious gift to humanity.*

## AYUSH News

### WHO Working Group Meeting on developing Standardized Terminologies in Ayurveda, Unani and Siddha

The three day meeting organized by the World Health Organisation (WHO) with the support of Ministry of AYUSH at Jamnagar to review the draft documents on Terminologies of Ayurveda, Unani & Siddha has laid a firm foundation for the globalisation efforts of these three AYUSH systems. The meeting was held during December 2 to 4, 2019 at the Institute of Post Graduate Teaching & Research in Ayurveda (IPGT&RA), Jamnagar, Gujarat. IPGT&RA is India's oldest PG College for Ayurveda, and is also a designated WHO Collaborating Centre for Traditional Medicine. The Standard International Terminologies Documents reviewed here were developed by WHO as part of its global strategy to strengthen the quality, safety and effectiveness of Traditional and Complementary Medicine (T&CM). Development of these documents is included in the Project Collaboration Agreement (PCA) on Cooperation in the field of Traditional and Complementary Medicine under WHO strategy on T&CM covering the period 2014-2023 signed between World Health Organization (WHO) and Ministry of AYUSH, Government of India. Traditional Medicines are an important integral part of Universal Health Coverage Program especially under Sustainable Developmental Goal-3 (SDG-3) of United Nations. In the

WHO Working Group Meetings (WGMs), each of the three zero draft documents prepared by experts were reviewed and an international consensus regarding the structure and content of each of the documents was arrived at. The documents are expected to provide the list of terms in the respective systems, definitions (short or explanatory descriptions as required) including contextual meanings of the terms, classical usages and references, suggested English terms, synonyms and exclusions, if any. The documents cover terms related to basic principles, fundamental theories, human structure and function, diagnosis, pathologies, patterns and body constitutions, pharmacognosy, pharmacology, preparation of food and medicines, therapeutics, preventive and promotive health interventions and miscellaneous terms of the respective medical systems. The standardized terminologies will facilitate better communication between practitioners of modern and traditional medicine, and support integration of traditional medicine into the national health system. These documents will be of immense utility to other health professionals, medical students and relevant researchers also. A total of 20 International experts of Ayurveda, Unani and Siddha from 13 different countries (Covering all six regions of WHO) like Japan, Canada, Denmark, Austria, Sri Lanka, New Zealand, UAE, Bangladesh, Switzerland, Malaysia, South Africa, Nepal and Iran along with 21 National experts and four WHO officials participated in the meeting.

### Modified Guidelines on standardization in Health Insurance Business



Insurance Regulatory and Development Authority of India (IRDAI) has issued modified guidelines on Standardization in Health Insurance Business. The revised criteria for empanelment of AYUSH Hospitals and AYUSH Day Care Centres for the benefit of beneficiaries of insurance coverage to AYUSH treatments have been made on the persuasion of Ministry

of AYUSH and recommendations of the Expert Committee. This outcome is the result of persistent efforts and wide consultative process with IRDAI. For more details, visit:

[https://www.irdai.gov.in/ADMINCMS/cms/frmGeneral\\_Layout.aspx?page=PageNo3962&flag=1](https://www.irdai.gov.in/ADMINCMS/cms/frmGeneral_Layout.aspx?page=PageNo3962&flag=1)

### Ministry of AYUSH finalised components of AYUSH Grid Project in consultation with stakeholders

"Let's join the building of an inclusive India by providing equitable access to AYUSH healthcare to all people including the differently-abled. The AYUSH Grid is envisaged as a comprehensive IT backbone covering the different silos of the AYUSH Sector. Ministry of AYUSH has finalised components of AYUSH Grid Project in consultation with various stakeholders. The process of Expression of Interest (EOI) and Request for Proposal (RFP) for on-boarding of Project Management Consultancy (PMC) for the AYUSH Grid Project has been completed and an eligible agency has been selected. Ministry of AYUSH has taken up various pilot projects like AYUSH Hospital Management Information System (A-HMIS), Yoga locator application, Telemedicine, Yoga Portal, A-HMIS trainings, IT course for AYUSH Professionals, etc. which shall be merged into AYUSH Grid Project after completion of pilot period. Ministry of AYUSH has also signed Memorandum of Understanding (MoU) with Ministry of Electronics and Information Technology (MeitY) for technical help in AYUSH Grid Project and accordingly, Ministry has handed over projects of Dashboard, GIS facility for various functionalities of AYUSH and AYUSH Information Hub to National e-Governance Division(NeGD)/ Bhaskaracharya Institute for Space Applications and Geo-Informatics(BISAG)".

### Medicinal plants in good demand



The efforts of the National Medicinal Plants Board in promoting the cultivation, scientific utilisation and trade of medicinal plants have yielded significant results in recent years, and this often brings out positive reviews from the media. There is a huge gap between supply and demand for medicinal plants for manufacturing of Ayurveda medicines in the country and the National Medicinal Plants Board (NMPB) is exploring many ways to augment their cultivation, CEO, NMPB, Ms. Tanuja Manoj Nesari said. Speaking on the sidelines of a

National Seminar on Medicinal Plants organised by the Ayurvedic Medicine Manufacturers Organisation of India (AMMOI) at the Kerala Forest Research Institute at Peechi on December 7, 2019, she said the market for medicinal plants had been growing in a fast pace. "Now the market size is ₹4.2 billion. It is estimated that it will be ₹14 billion by 2026. So we have to be equipped for meeting the demand. Some of the raw materials are herbs and shrubs, which can be grown and harvested in a period of one year. But we have to improve cultivation of huge medicinal trees, which will take more than 10 years to get ready for harvesting," she said. The NMPB, which comes under the Union Ministry of AYUSH, is doing the conservation, cultivation, research, and development of medicinal plants. The development of the sector was only possible with two factors, Ms. Nesari noted. "About 80% of the raw materials is collected from forests. Sustainable livelihood management of the entire supply chain — from the tribal people who collect them from the forests to the traders, processors, and the industry — is key to ensuring sufficient supply of raw materials. "About 20-25% is cultivated by farmers. Sustainable cultivation and harvesting should be promoted. Farmers should be ensured sufficient income to encourage them to cultivate medicinal plants. The NMPB is promoting integrated cultivation. The board is also promoting in situ cultivation and conservation of trees," she said. "We should also encourage social forestry methods. Medicinal plants can be grown on the sides of National Highways. The board has also been taking out awareness programmes, especially in educational institutions," Ms. Nesari added. The board had a project called '20 medicinal plants in each home garden by 2020', she noted. The objective was to reduce the per capita expense on medicines by utilising the traditional wisdom of Ayurveda, using medicinal plants from our own home garden, Ms. Nesari said. The country had been importing 10%-15% of the raw materials such as asafoetida, manjishta, and gulgul from countries such as Afghanistan. "There is a huge scope for export of raw materials. But quality, traceability, and organic certification of materials are very important," she said. "Cultivation of medicinal plants is mostly unorganised. Proper supply chain management and formation of farmers' organisations will improve the production. Revenue for farmers has to be ensured with support price for their produce. In Kerala, owing to the recent floods, the Central fund for cultivation of medicinal plants has been diverted for relief works," she said.

#### Promotion of AYUSH in Rural Areas

Under National AYUSH Mission, an amount of Rs. 1768.98 crore has been allocated / released to the various States/ UTs as per the proposal received from them since 2014-15 to 2018-19. Further, as per the expenditure report submitted by State / UT Governments, an amount of Rs. 769.61 crore has been spent. As on January 1, 2018 there are 7,99,879 registered AYUSH doctors/practitioners in India. Out of these 4,43,704 belong to Ayurveda, while 2,93,455 and 51,110 belong to Homoeopathy and Unani systems respectively. 9125 and 2425 doctors belong to Siddha and Naturopathy systems respectively. The Ministry is implementing Centrally Sponsored Scheme of National AYUSH Mission (NAM) through States/UTs for the promotion of AYUSH system including Homoeopathy. The Ministry has setup an apex autonomous National Institute of Homoeopathy at Kolkata which is conducting under-graduate & post-graduate courses in Homoeopathy and is also providing health care services through its OPD/IPD. The Ministry of AYUSH through its apex autonomous Research Council namely, Central Council for Research in Homoeopathy (CCRH) which has a network of 24 institutes/units and 6 treatment centres all over India is undertaking scientific research in Homoeopathy. The research is undertaken in the broad areas of clinical research, drug standardization, drug proving, clinical verification, fundamental research and public health & epidemics. CCRH has also been providing health care services through the OPDs/IPDs of its institutes.

Swasthya Rakshan Program:- CCRH launched Swasthya Rakshan program which is being undertaken in 55 villages/ urban colonies through 11 institutes under the Council. In this programme the local population is given health education and are sensitized about adopting hygienic measures and are motivated about benefits & adopting healthy life style; screening for early diagnosis and first line of treatment by holding camps periodically in 55 identified villages.



Integrated NPCDCS Program:- Integration of Homoeopathy and Yoga in National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) has been taken up at Community Health Centre levels in—Krishna district, Andhra Pradesh; Darjeeling district, West Bengal; Sambalpur, Odisha and Nashik, Maharashtra. The program has been undertaken in collaboration with Ministry of Health and Family Welfare under NPCDCS programme.

CCRH has proposed for increasing the number of homoeopathic doctors for its following institutes/Units:

S. No.	Name of the Institute	Number of Doctors proposed
1	Dr. D.P. Rastogi Central Research Institute of Homoeopathy, Noida, Uttar Pradesh	40
2	Dr. Anjali Chatterjee Regional Research Institute of Homoeopathy, Kolkata	01
3	National Homoeopathy Research Institute in Mental Health, Kottayam	60
4	Regional Research Institute of Homoeopathy, Agartala	32

The activities undertaken for capacity building of the doctors are through:

- Continued Medical Education.
- Participation in seminars, conferences, workshops.
- Participation in training programs.

Ministry of AYUSH is implementing Centrally Sponsored Scheme of National AYUSH Mission (NAM) through States/UTs for the promotion of AYUSH in the Country including rural areas. The Mission envisages better access to AYUSH services, strengthening of AYUSH educational institutions, and enforcement of quality control of Ayurveda, Siddha and Unani & Homoeopathy (ASU & H) drugs and promotion of medicinal plants for sustainable availability of raw-materials for ASU & H drugs in the States/UTs. The National AYUSH Mission (NAM) inter-alia makes provision for the following activities: -

- Co-location of AYUSH facilities at Primary Health Centers (PHCs), Community Health Centers (CHCs) and District Hospitals (DHs).
- Up gradation of exclusive State Government AYUSH Hospitals and Dispensaries.
- Setting up of up to 50 bedded integrated AYUSH Hospital.
- Upgradation of State Government Educational Institutions.
- Setting up of new State Government AYUSH Educational Institutions in the State where it is not available.
- Strengthening of State Government/ Public Sector Undertaking (PSU) Ayurveda, Siddha, Unani and Homoeopathy (ASU&H) Pharmacies and Drug Testing Laboratories (DTL).
- Cultivation and Promotion of Medicinal Plants.

#### Yoga for pregnant inpatients

The Coimbatore Medical College Hospital has begun Yoga classes for pregnant women who are admitted in the hospital for childbirth or due to some complication. The classes were introduced under the National Health Mission, which makes Yoga classes mandatory for pregnant women admitted in tertiary care hospitals. The classes started last week in a room next to the antenatal ward. "Around 30 pregnant women are attending it, said dean Dr. B Ashokan. The women are being taught and made to practice exercises which improves flexibility and builds strength. It would help them during the delivery and postpartum recovery," he said.

