



# Monthly Ayurveda Bulletin

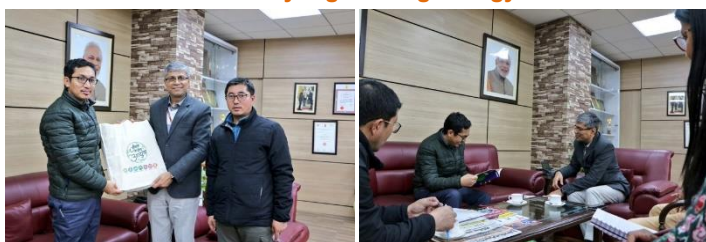
## (Embassy of India AYUSH Information Cell, Berne)

### Interactive meeting in Ministry of AYUSH on the first working day of the year



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha held an interactive meeting with Senior Officers and staff of the Ministry of AYUSH on the first working day of the year i.e. January 1, 2020. The discussions included matters relating to the development of AYUSH Systems of Healthcare. He also appealed to the staff to work with the same zeal and determination for a 'Healthy India' as in the previous year.

### Meeting with Hon'ble Member of Parliament, Shri Jamyang Tsering Namgyal



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha held a meeting with Hon'ble Member of Parliament, Shri Jamyang Tsering Namgyal on January 2, 2020 at AYUSH Bhavan, New Delhi. The meeting focused on the promotion & propagation of Sowa Rigpa, the traditional medicine system of the Himalayan region.

### Inauguration of NABH Accreditation Training workshop at National Institute of Siddha, Chennai



Additional Secretary, Ministry of AYUSH, Shri Pramod Kumar Pathak

inaugurated NABH Accreditation Training workshop for AYUSH Professionals at National Institute of Siddha, Chennai on January 3, 2019. Director, NIS, Prof. Dr. Meenakumari and staff of NIS were present in the inaugural session.

### Rashtriya Ayurveda Vidyapeeth (RAV) notified as the accredited agency for various Ayurveda professional courses being run in across the world



In a development with significant implication for the globalization of Ayurveda, the Ministry of AYUSH recently notified "Rashtriya Ayurveda Vidyapeeth (RAV)" as the accrediting agency for various Ayurveda professional courses being run in across the world. RAV shall develop standards for accreditation for various Ayurveda courses as well as for certification of different categories of Ayurveda professionals. The Ministry took this step keeping in view the rising demand of and popularity for authentic Ayurveda across the world. RAV, an autonomous institution under the Ministry of AYUSH was established with the objective of promoting knowledge and practice of Ayurveda and started functioning in 1991.

### AYUSH Grid Project



AYUSH Grid Project gathers momentum with the appointment of Project Management Consultant. The agreement for project management consultancy was finalized between the Ministry of AYUSH and M/s EY India at AYUSH Bhavan, New Delhi on January 6, 2020. Joint Secretary, Ministry of AYUSH, Shri PN Ranjit Kumar and Dr. Vijay M Pingale signed the agreement representing the two sides.

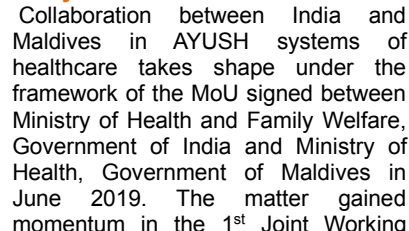


Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha held a brief interaction with the Consultants from Ernst & Young Team and called upon them to be innovative and imaginative in anticipating and avoiding bottlenecks, so

that this priority project is completed early.



physical fitness. Keep following #TheSiddhaWay on Twitter for more information about the time-tested solutions for good health from Siddha knowledge.



**Interesting Fact:** Ottradam (Fomentation) is the application of hot packs with Siddha herbs heated at appropriate temperatures. Ottradam with cereal husk, brick powder, lime peel and medicated leaves is effective in managing arthritis, sinusitis, low back ache, and headache. It also stated to dilate the body channels and cleanse them.

**Upgrading Standard of Ayurveda Education**

Institute of National Importance Status to Institute of Teaching & Research in Ayurveda, Jamnagar

**Institute to include cluster of Ayurveda Institutes**

**Institute for Post Graduate Teaching and Research in Ayurveda**

Shri Gulabkumbar Ayurveda Mahavidyalaya

**Institute of Ayurveda Pharmacological Sciences including Pharmacy Unit**

will enable the Institute to function autonomously including training of its own students, development of tertiary care, etc.

**CABINET DECISION**  
8 January, 2020

Ayurveda (b) Shri Gulabkunwerba Ayurveda Mahavidyalaya and (c) Institute of Ayurveda Pharmaceutical Sciences including Pharmacy Unit and to subsume the Maharshi Patanjali Institute for Yoga & Naturopathy Education & Research into the Department of Swasthivritta of the Institute of Teaching and Research in Ayurveda. The Bill to that effect is to be introduced in the ensuing Session of Parliament to declare Institute of Teaching and Research in Ayurveda, Jamnagar as Institution of National Importance. Considering the rapidly growing role of AYUSH Systems in addressing the Public Health challenges of India, conferring the status of National Importance will boost the role and importance of Ayurveda in Public Health. The strengthening of Ayurveda will reduce government expenditure on health as Ayurveda is cost-effective because of its preventive and curative approaches. There is rising interest and demand for knowledge and services of Ayurveda all over the world. India is the country of origin of Ayurveda and the world is looking up to India to showcase state of art institutions providing international level education and training in Ayurveda. Elevation of the proposed Institute to the status of Institution of National Importance will provide it the autonomy to upgrade standard of Ayurveda education, frame various courses in Ayurveda as per national and international demand, adopt advanced evaluation methodology, etc. It will have the mandate to frame its own certification courses for deeper penetration of AYUSH across masses and will give the capacity to bring out the unrealized potential of Ayurveda for addressing the major public health challenges faced by the country. It will help the institute to develop tertiary care in Ayurveda and to secure inter-disciplinary collaborations to give a contemporary thrust to Ayurveda.

Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha held a highly positive & constructive meeting with Secretary, Ministry of Skill development & Entrepreneurship, Shri Praveen Kumar. Discussed various issues dealt by AYUSH Sub Council.

**THOKKANAM**

The Thokkanam tradition in context and history in the past, today

**REVIEWS:**

- The Thokkanam tradition in context
- History and theory
- Historical and contemporary Thokkanam
- Thokkanam in the past, today, and the future

**S. Siddha Dey**

**Siddha Dey**

Thokkanam is one of the 32 types of external medicines mentioned in Siddha literature. It is a Physiotherapeutic technique & can be done with or without oil application. The technique is effective for neurological & musculoskeletal problems. It also promotes mental &





### Inauguration of special OPD infertility clinic at Ernakulam, Kerala



January 9, 2020.

Special OPD infertility clinic at Dr. Padkar Memorial Homeopathic Medical College, Ernakulam, Kerala was inaugurated by Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik on

### AYUSH fellowship scheme for Foreign Students



The 104 scholarships offered yearly by the Ministry of AYUSH to the eligible foreign nationals from 98 countries for UG, PG and Ph.D courses in premier AYUSH Institutes in India, in many ways amount to an invitation to an exciting journey to the foundations of time-tested healthcare practices of this ancient land. 60 candidates have so far joined in various UG and PG courses under the scheme this year. The processing for admissions for the session 2020-21 is expected to begin in March 2020.

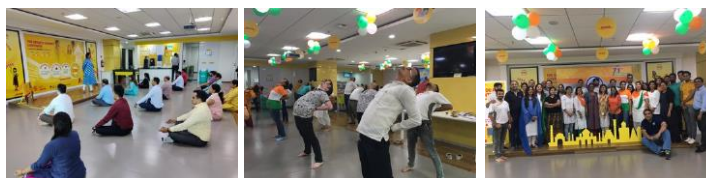
### 3<sup>rd</sup> Siddha Day



The Ministry of AYUSH observed 3rd Siddha Day at Amma Arangam, Shenoy Nagar, Chennai on January 13, 2020. To mark the occasion, the Ministry organized a National Seminar on "Siddha Science for Preventive and Promotive Health" in collaboration with Central Council for Research in Siddha (CCRS), Chennai; National Institute of Siddha, Chennai and Department of Indian Medicine & Homeopathy, Government of Tamil Nadu. Hon'ble Governor of Telangana, Dr. Tamilsai Soundararajan and Shri Naik graced the occasion.



The event also saw Shri Naik launching the Trials of Y- Break Protocol. He released the Y-Break Booklet at Chennai, thereby formally launching the Y-Break Trials. Nearly 15 institutions including some corporate houses are partners in the Trials. The Trials will gather valuable feedback to refine the Y-Break protocol.



Y- Break Trials progressed across different volunteering partner institutions in different cities of the country. The first batch of Y- Break trials concluded in Mumbai on January 24, 2020 amidst enthusiasm for Yoga and resolutions to continue with the regular pursuit of Yoga Practice. M/s Kaivalyadhama Yoga Institute partnered with the Ministry of AYUSH with knowledge support & training for the trials in Mumbai. The feedback and findings from the trials will be used to refine the Y- Break Protocol, the final version of which is expected to be unveiled in February 2020. M/s Axis Bank, Mumbai, M/s DHL India, Tata Power and Tata Chemicals were part of this effort and provided feedback from the volunteering officials at the end of the trial period.

### Y-Break / Yoga Break



Y-Break or Yoga Break is a 5-minute exercise designed for the workplace to help professionals to de-stress, refresh and re-focus. It consists of a few 'light' practices that can be done by taking a 5 minutes break from work. Y-Break is not a course in Yoga, but a very brief introductory module to it. Developed by Ministry of AYUSH through Morarji Desai National Institute of Yoga (MDNIY), with inputs from reputed Yoga experts.

### Meeting with the Ambassador of Brazil to India



Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik met Mr. Andre Aranha Correa do Lago in view of the impending visit of the President of Brazil as chief guest of Republic Day and signing of MoU between Ministry of AYUSH and Ministry of Health, Brazil.

### Inspection of site to visit All India Institute of Ayurveda project at Dhargal, Goa



Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Sripad Yesso Naik inspected the construction site of All India Institute of Ayurveda project at Dhargal, Goa today.



Deputy Director (AYUSH), Goa, Dr. Datta Bhat, PED officials and NBCC functionaries accompanied him. The proposed Institute will have Ayurveda, Yoga and Naturopathy Hospitals with 250 beds IPD and catering to over 500 students every year offering UG, PG, Ph.D degrees. It is estimated to cost around Rs 300 crores, and expected to add impetus to medical tourism in Goa. The Hon'ble Minister gave specific instructions on ways to meet the timelines of the project. He also gave instructions to the Ministry to ensure adequate budgetary provisions for the project.

### Nisargopachar Mahotsav



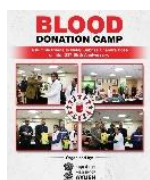
The Ministry of AYUSH (through National Institute of Naturopathy, Pune) is organizing 'Nisargopachar Mahotsav', a series of 150 Naturopathy Camps to mark the 150th Birth Anniversary of Mahatma Gandhi. A Nisargopachar Mahotsav Camp is being held at Thiruvananthapuram, Kerala on January 21, 2020. This is being organized with the support of the Government of Kerala.

### Regulatory Training Programme for Homoeopathy Drug Manufacturers and Regulators at Hyderabad



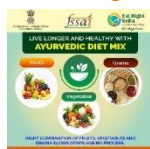
A Regulatory Training Programme was organised for Homoeopathy Drug Manufacturers and Regulators at CSIR National Geography Research Institute, Hyderabad on January 20-21, 2020. The training programme was inaugurated by Additional Secretary, Ministry of AYUSH, Shri P.K Pathak; Adviser (Ayurveda), Ministry of AYUSH & Head of Drug Policy Section, Dr. D.C. Katoch and other officers from the Ministry of AYUSH led the sessions. More than 70 people from West Bengal, Andhra Pradesh, Telangana, Bihar and Uttar Pradesh participated in a training program coordinated and facilitated by Central Council for Research in Homoeopathy, Delhi.

### Blood Donation Camp



A 'Blood Donation Camp' was organized in the premises of AYUSH Bhawan, GPO Complex, today. Senior officers & staff of the Ministry of AYUSH took part in the blood donation with zeal & enthusiasm. Over 40 students from Morarji Desai National Institute of Yoga (MDNIY) also donated blood to honour Netaji on his 123rd birth anniversary. Additional Secretary (AYUSH) inaugurated the camp. The blood donation camp was organized under the expert supervision of Blood Bank officials.

**Interesting Fact:** The Ayurvedic healing system has 6 tastes: sweet, sour, salty, pungent, bitter & astringent. To ensure you're eating a balanced diet, include all 6 in each meal. The energy & intelligence of nature is packaged for you in these 6 tastes.



### Globalisation of Yoga & Ayurveda

Listen to Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha speaking about the growing popularity of AYUSH Systems of healthcare. Watch the full session on Globalisation of Yoga & Ayurveda: <https://www.youtube.com/watch?v=1874eMVIGAU&feature=youtu.be>

### Yoga Session at All India Institute of Ayurveda



A Yoga session was organised at the All India Institute of Ayurveda, Delhi on January 21, 2020 for In-patients & Hospital Staff.

### Interacting with people of Srinagar, Jammu and Kashmir



Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik Interacting with people of Srinagar on January 23, 2020 and making them aware about developmental activities undertaken by Ministry of AYUSH and other ministries of Government of India in the Union Territory of Jammu and Kashmir.

**Interesting Fact: Unani System of Medicine-** The basic strengths of Unani System of Medicine are its holistic approach and temperament based diagnosis, prescription and disease management. Unani System of Medicine places great emphasis on the prevention of disease and promotion of existing health through principles of six essential factors of life- air, food & water, bodily movement and repose, mental movement and repose, sleep and wakefulness, excretion and retention. The 'Six Essential Factors' are used not only for maintaining health and preventing diseases, but also for treating diseases. People can achieve optimal health by gaining proper balance in these six essential factors of life. The Unani System of Medicine is based on the concept of equilibrium and balance of natural body humours. The imbalance in the quality and quantity of these humours leads to diseases whereas restoration of this balance maintains health of a person. The treatment methodology of diseases is based on four therapeutic modalities viz. Regimental therapy, Dieto-therapy, Pharmacotherapy and surgery. For the Istifraagh-e- akhlaat-e- radiya (evacuation of morbid humours) from the body. According to principles of Unani, these morbid humours are responsible for the onset of disease. By application of regimental therapies normal health can be restored. Venesection, cupping, massage and sweating are essential part of regimental therapies and are used for therapeutic and preventive purpose.

### Co-relation between Prakruti and Microbiomes

In an exciting development for the AYUSH Sector, a group of Pune-based scientists have found a correlation between Prakruti (the physiological state of the body described in ayurveda) and the composition of bacteria in the gut called microbiomes. The scientists



say the finding would help in understanding and classifying the gut composition, and to diagnose and treat diseases like diabetes, blood pressure and to bolster overall wellbeing of the body. (Pune Mirror, January 26, 2020)

### Coronavirus-Covid 19



AYUSH system is based on traditional health practices. The traditional Healthcare system of the country provides lifestyle advocacies to boost immunity which helps the prevention of various kind infectious diseases. Recently, the outbreak of corona virus has been noticed which mainly involve Respiratory system. The Ministry of AYUSH issued the advisory as preventive

measure and not claiming to be a treatment advice for the Corona virus infection. The Research Councils under Ministry of AYUSH are involved in various public health activities and provide lifestyle advocacies time to time for the general public.

### Amendment to National Homeopathy Bill 2019

The Union Cabinet, chaired by the Prime Minister Shri Narendra Modi, has given its approval to the official amendments in the National Commission for Homoeopathy Bill, 2019 for amending the Homoeopathy Central Council (HCC) Act, 1973. Presently, the Bill is pending in Rajya Sabha. The amendments will:

- ensure necessary regulatory reforms in the field of Homoeopathy education.
- enable transparency and accountability for protecting the interest of the general public. The Commission will promote availability of affordable healthcare services in all parts of the country.

Background: The Homoeopathy Central Council (HCC) Act, 1973 was enacted for constitution of a Central Council of Homoeopathy for regulation of education and practice of Homoeopathy, for maintenance of Central Register of Homoeopathy and for matters connected therewith. This Act has been modelled on the pattern of the Indian Medical Council Act, 1956. The broad functions, constitution, regulation making powers are identical to those of the Medical Council of India. While the Act provides a solid foundation for the growth of medical education and practice in Homoeopathy, but various bottlenecks in the functioning of Council have been experienced, which has resulted in serious detrimental effects on medical education as well as delivery of quality Homoeopathy healthcare services.

**Interesting Fact:** The World Homoeopathy Day is observed to commemorate the birth anniversary of the founder of Homoeopathy, Dr. Christian Fredrich Samuel Hahnemann.

### e-AUSHADHI portal (for online licensing of Ayurveda, Siddha, Unani and Homoeopathy drugs)

e-AUSHADHI is an acronym for Ayurveda, Unani, Siddha, Homeopathy and Automated Drug Help Initiative. It provides real-time information of the licensed manufactures & their products, cancelled and spurious drugs, contact details of the concerned authority for specific grievances. To Register, Visit: <http://e-aushadhi.gov.in>

### National Level Workshop and Brainstorming Session at All India Institute of Ayurveda, New Delhi



1<sup>st</sup> day of National Level Workshop and Brainstorming Session on "Development of Standard Protocol for Quality Assessment of Raw Medicinal Plants Material on the Basis of Rasa".



### MDNIY and Shri Ramachandra Mission



The partnership between Morarji Desai National Institute of Yoga (MDNIY) and Shri Ramchandra Mission, Hyderabad strengthened on the occasion of the 75<sup>th</sup> anniversary of the Mission. MDNIY and Ramachandra Mission have jointly adopted a MoU to promote Yoga education and training. As part of this collaboration, Director, MDNIY and faculty provide training to master trainers and Yoga volunteers of the Mission.

### 150 Years of the Mahatma



An exhibition on '150 Years of the Mahatma' was organized by Regional Outreach Bureau, Maharashtra & Goa, Ministry of Information & Broadcasting at a Mega Naturopathy Camp- Nisargopchar Mahamela organized by National Institute of Naturopathy, under Ministry of AYUSH at University of Mumbai campus in Kalina on February 9, 2020.

**Interesting fact:** Stomach is the prime concern in Unani medicine and Unani physicians emphasized on better functioning of stomach for maintenance of health and disease prevention. An appreciable number of Unani mufrad (single) and murakkab (compound) drugs are used to treat the gastric disorder. In Unani System of Medicine more emphasis is given to single drug therapy after due consideration of temperament of the drug and patients. Drugs are supposed to act by their temperament of being hot, cold, moist and dry. The physicians consider drugs potency, age and temperament of the patient, nature and severity of diseases. Drugs are used in the form of powders, decoctions, infusion, Jawarish, Majoon, Khamira, Syrup and tablets etc. The system has set rules for prescribing alternative drugs. Pharmacotherapy (Ilaj-bil-Dawa). This type of treatment involves the use of naturally occurring drugs, mostly of plant origin. Natural drugs only are used because they are locally available and have no or less side effects on the body.

### Ayurveda in Government Scheme: NIMHANS Chief Dr. B N Gangadhar



There is a need for large-scale nationalisation of healthcare services, said Dr. BN Gangadhar, Padma Shri recipient and Director, National Institute of Mental Health & Neuro Sciences (NIMHANS). Speaking at Ayusmat 2020, a healthcare summit held at IIM Bengaluru on Sunday, he said that non-allopathic treatments under Ayurveda, Yoga, Unani, Siddha, and Homeopathy (AYUSH) must be included in the Ayushman Bharat-



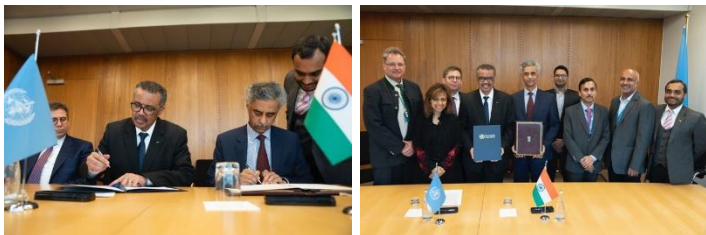
Pradhan Mantri Jan Arogya Yojana. This would also revive the alternative traditional practices, he added. He expressed support for an integrated model with polytherapy or polypharmacy to move from illness treatment to wellness promotion.

### Inter-Ministerial Coordination (IMC) Committee meeting for the observation of 6<sup>th</sup> International Day of Yoga, 2020



Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Sripad Yesso Naik chaired an Inter-Ministerial Coordination (IMC) Committee meeting for the observation of the 6<sup>th</sup> International Day of Yoga, 2020 at AYUSH Bhawan on February 11, 2020. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha, higher officials from the Ministry of AYUSH and other Ministries along with eminent Yoga personalities were also present. The Ministry has been observing IDY on June 21 every year since 2015, following its inception in the United Nations General Assembly in 2014. The IMC meeting is an important step in finalising the action plan for taking Yoga to the people on the occasion of IDY.

### MoU between Ministry of AYUSH and WHO



Ministry of AYUSH and World Health Organisation (WHO) signed an MoU to develop the second module of the Traditional Medicine chapter including the diagnostic terms of Ayurveda, Unani and Siddha systems of medicine on February 11, 2020. Director General, WHO, Dr. Tedros and Ambassador & PR, PMI, Geneva, Shri Rajiv Kumar Chander signed the MoU. This USD 3.5 million project shall develop & include the diagnostic terminologies of Ayurveda, Unani, and Siddha systems of medicine in the ICD-11 platform of WHO, in the next four years. This will serve as an invaluable tool for counting, analysing, coding & understanding the above systems in terms of their use in the society, providing internationally measurable criteria for assessing the effectiveness & efficiency of these Traditional Medicine systems, in the treatment and management of various diagnostic conditions they attend to in the community.



### International Conference on Unani Medicine



The Ministry of AYUSH observed 4<sup>th</sup> Unani Day at Vigyan Bhawan, Maulana Azad Road, New Delhi on February 11, 2020. To mark the occasion, the Ministry organized a International Conference on Unani Medicine in collaborated with Central Council for Research in Unani. Hon'ble Minister of Defence, Shri Rajnath Singh; Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Sripad Yesso Naik and Minister of State for PMO & Ministry of Development of North Eastern Region, Dr. Jitendra Singh graced the occasion.

**Interesting Fact:** Kalonji is commonly known as black seed/black cumin. It has been historically important in Ayurveda & Unani – the traditional Indian herbal medicine system. Kalonji has analgesic, anti-inflammatory, antioxidant & antipyretic (fever-reducing), diuretic & digestion aiding properties Kalonji oil has been found to decrease blood pressure while improving respiration. Learn more about the AYUSH Medicinal Plants to adopt a healthier lifestyle.

### Yoga Mahotsav-2020

Yoga Mahotsav-2020 is a curtain raiser to inform the people about the International Day of Yoga (IDY) and inspire them to start advance preparation to participate in the same. The Yoga Workshop is follow-up activity of Yoga Mahotsav.

To Register:

[https://docs.google.com/forms/d/e/1FAIpQLSc2FqW1uezGznpGHZBWxPeNkrJVTPhEZ9IacivQQLZS6g\\_qQ/closedform](https://docs.google.com/forms/d/e/1FAIpQLSc2FqW1uezGznpGHZBWxPeNkrJVTPhEZ9IacivQQLZS6g_qQ/closedform)

For more information, visit:

<http://www.yogamdny.nic.in/WriteReadData/LINKS/Yoga%20mahotsav%20Teaser-converted008b234-1f61-471a-a5b1-472df00578fa.pdf>

The Morarji Desai National Institute of Yoga (MDNIY) has announced the Post-Yoga Mahotsav Workshops by Eminent Yoga Masters on March 15, 2020 at MDNIY, New Delhi and it's collaborating centres. The workshop is organised with the patronage of the Ministry of AYUSH.

### National Institute of Sowa-Rigpa (NISR), Leh



As already reported in our last edition, the Union Cabinet chaired by Hon'ble Prime Minister, Shri Narendra Modi had on November 21, 2019 approved the establishing of the National Institute of Sowa-Rigpa (NISR) as an autonomous body under the Ministry of AYUSH. The Ministry has since initiated action for setting up NISR in Leh. A team from the Ministry of AYUSH led by Vaidya Rajesh Kotecha inspected the proposed site for NISR in Leh on December 23, 2019. Further action to make NISR a reality is being pursued on priority. The NISR will provide a momentum to the revival of the Sowa-Rigpa medicine system in the Indian sub-continent and also provide opportunities for the students in India as well as in other countries to learn and practice it.

### National AYUSH Mission (NAM)



The Ministry of AYUSH is supporting the efforts of State/UT Governments for setting up of 50 bedded integrated AYUSH hospitals in the country. Ministry has provided financial assistance for setting up 91 up-to 50 bedded integrated hospitals in the country through National AYUSH Mission (NAM). The basic objective of NAM is to promote AYUSH medical



systems through cost effective AYUSH services, strengthening of educational systems, facilitate the enforcement of quality control of Ayurveda, Siddha and Unani & Homoeopathy (ASU & H) drugs and sustainable availability of ASU & H raw materials.

### International Conference on Standardisation of AYUSH Terminologies (ICoSDiTAUS)-2020



The International ministerial Conference on Standardisation of Diagnosis and Terminologies in Ayurveda, Unani and Siddha Systems of Medicine (ICoSDiTAUS) -2020 at New Delhi was inaugurated by the Regional Director, WHO South East Asia Region, Dr. Poonam Khetrpal Singh on February 25, 2020. This two-day International Ministerial Conference was organised by the Ministry of AYUSH in collaboration with World Health Organization from February 25 to 26, 2020 in New Delhi. The conference aimed to mobilize commitment and ownership among senior policy makers for ICD-11 implementation and the further development of the supplementary chapter on traditional medicine diagnosis in ICD-11. The Conference focused on topics like relevance and regulation of Traditional Medicine in Health Systems as well as status and challenges for collection and classification of clinical data in traditional medicine.



Delegation of Diplomates and Ministers from 15 countries & WHO office.

ICoSDiTAUS-2020 concluded with adopting the "New Delhi Declaration on Collection and Classification of Traditional Medicine (TM) Diagnostic Data". The sixteen countries which came together for the cause of Traditional Medicine at this conference are Sri Lanka, Mauritius, Serbia, Curacao, Cuba, Myanmar, Equatorial Guinea, Qatar, Ghana, Bhutan, Uzbekistan, India, Switzerland, Iran, Jamaica and Japan. ICoSDiTAUS-2020 is the biggest ever international event dedicated to standardisation of Diagnosis and Terminologies of Traditional Medicine in terms of the broad level of participation covering virtually all the continents.



The inaugural address of Dr. Poonam Khetrpal Singh, Regional Director, WHO - SEARO on 25th February 2020 set the tone for the conference, and underlined the power of TM systems and their significance in addressing the public health challenges of the 21st century. Dr Samira Asma, Assistant Director General, WHO, joined in through video conference, emphasised on the potential of strategic use of data and evidence to advance TM systems into public health. Dr. Rajesh Kotecha, Secretary, AYUSH, in his talk in the inaugural session explained the extent of the contribution being made in Traditional Medicine systems in India in the effort to achieve universal health coverage. The topics discussed in the conference included:

The challenges in Counting and classification of traditional medicine encounters.

- Adapting ICD to TM Systems and their implementation.
- Relevance and regulation of Traditional Medicine in Health Systems.
- TM data and digital health, in which the global picture was presented by Prof Kenji Watanabe of Japan, a leading proponent of adoption of TM in public health, and country perspectives were given by different participants. Mr. Alexander Kodwo Kom Abban, Deputy Minister for Health, Govt. of Ghana and Mrs. Suzanne Camelia Romer, Minister of Health of Curacao took leadership roles in the deliberations, and strongly advocated adopting Information Technology and new statistical tools for advancing the practice of TM systems across the globe. The conference succeeded in taking forward the objective of expanding the International Classification of Diseases (ICD) into the realm of Traditional Medicine systems at a conceptual level with all the countries endorsing the same. There was also a consensus that work on the second module of the Traditional Medicine Chapter of ICD should be expedited, and collaborative efforts of stake-holding countries are needed for this. The suitability of Ayurveda, Unani and Siddha systems for inclusion in the TM Chapter of ICD was also pointed out.

CoSDiTAUS-2020 is the biggest ever international event dedicated to standardisation of Diagnosis and Terminologies of Traditional Medicine in terms of the broad level of participation covering virtually all the continents.

### Meeting of Yoga Certification Board



The Yoga Certification Board met at AYUSH BHAVAN in New Delhi on February 27, 2020. Secretary, Ministry of AYUSH & Chairman of the Board Vaidya Rajesh Kotecha; Chancellor of S-VYASA University, Bangalore, Dr. HR

Nagendra and Joint Secretary, Ministry of AYUSH & Vice Chairman of the Board, Shri PN Ranjit Kumar, & other Members attended. Among other points, the Board also discussed the requirement of promoting accreditation of Institutions and Certification of professionals to ensure that quality of Yoga training is never compromised. The Board also decided to strengthen its mechanism for accreditation and certification at the international/global level. The New Delhi declaration emphasised the commitment of the countries to Traditional Medicine as a significant area of health care. It further sought the opportunity for including traditional systems of medicine like Ayurveda, Unani and Siddha in the International Classification of Diseases of WHO which is the standard diagnostic tool for health management across the world.

### AYUSH Awards in Homoeopathy-2020

The Central Council for Research in Homoeopathy (CCRH, India), an autonomous body under the Ministry of AYUSH invites nomination/applications for AYUSH Awards in Homoeopathy-2020 from Scientists and Researchers who have done pioneering and exemplary work in the field of Homoeopathy. Ministry of AYUSH along with the Central Council for Research in Homoeopathy has initiated the scheme of felicitation and awards to achievers for their contribution in growth of homeopathic system of medicine. The focus of the scheme is to recognize excellence in research in Homoeopathy at individual level, within organized institutional settings. The Awards were launched in



2016. For details and application format, kindly visit: <https://www.ccrhinda.nic.in//admnis/admin/showing.aspx?ID=15667>

### Project Screening Committee meeting of the Extra Mural Research (EMR)



The Project Screening Committee meeting of the Extra Mural Research (EMR) scheme in the Ministry of AYUSH was held at AYUSH Bhawan, New Delhi on February 28, 2020. Joint Secretary, Ministry of AYUSH, Shri P.N. Ranjit Kumar, chaired meeting. Adviser (Ayurveda), Ministry of AYUSH, Dr. D. C. Katoch and other Members of the Committee attended and assessed the progress of the different projects under the scheme. The EMR Scheme has the objective of instilling research temper amongst AYUSH professional's institutions outside the fold of the Ministry. It aims to use the vast research infrastructure available within the country for projects in priority areas like standardization and validation of classical drugs. Over the years, the Scheme has supported many cutting-edge research projects in AYUSH disciplines. It aims to use the vast research infrastructure available within the country for projects in priority areas like standardization and validation of classical drugs. Over the years, the Scheme has supported many cutting edge research projects in AYUSH disciplines. and other Members of the Committee attended and assessed the progress of the different projects under the scheme. The EMR Scheme has the objective of instilling research temper amongst AYUSH professionals institutions outside the fold of the Ministry.

### Medicinal Plants and AYUSH health care traditions



Medicinal Plants form the major resource base of AYUSH health care traditions. The practice of AYUSH systems, both nationally as well as globally, is dependent on uninterrupted availability of quality raw material drawn from medicinal plants. Medicinal plants in farmer's lands to reduce the pressure on forests and to fulfill the demand of ASU & H industries. For this purpose, subsidy has been given to 56,711 farmers under 1,544 clusters. The Ministry of AYUSH has also supported 190 nurseries throughout the country for the distribution of quality planting material.

### Review of the working of Morarji Desai National Institute of Yoga (MDNIY)



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha took a review of the working of Morarji Desai National Institute of Yoga (MDNIY) on

February 28, 2020. He paid a visit to the institute and held interactions with the faculty and staff. Joint Secretary, Ministry of AYUSH, Shri P. N. Ranjit Kumar, Director, MDNIY, Dr. Ishwar V Basavaraddi were present. The Secretary appreciated the efforts of the institute on Yoga Education and Training. He asked the officers and staff of the institute to set high aspirations for MDNIY and work for its emergence as a global leader in Yoga education. He identified research and medical services as two gap areas where the Institute needed to take additional efforts. Secretary also advised the officers and staff of the institute to set an aspiration of upgrading MDNIY into an Institution Deemed to be a University.

### Training Programme for Unani Drug Manufacturers and Regulators



A Regulatory Training Programme was organised for Unani Drug Manufacturers and Regulators at Allahabad Medical Association Convention Centre, Prayagraj from February 27-28, 2020 in collaboration with Central Council for Research in Unani Medicine (CCRUM). Adviser (Unani), Ministry of AYUSH, Dr. Mohd. Tahir led the sessions. Regulatory provisions for Unani Drugs, GMP, misleading Advertisements, Pharmacovigilance, Schemes of the Ministry of AYUSH for drug industry were some of the topics discussed in the sessions.

