



Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

ICoSDiTAUS-2020

(International Conference on Standardisation of Diagnosis and Terminologies in Ayurveda, Unani and Siddha Systems of Medicine)
(February 25-26, 2020)



Sri Lanka: Mrs. Vijitha Seneviratne, Secretary for State Ministry of Medicine, Ministry of Health of Sri Lanka, The Federal Ministry of Sri Lanka spoke about "Contribution of Traditional Medicine on Health care Service in Sri Lanka". She outlined Ayurveda Medical Service, Ayurveda Medical Education, Ayurveda

Drugs Manufacturing Process, Ayurveda Research, Ayurveda Herbal garden and Ayurveda Health Tourism as the key areas of Ayurveda sector in Sri Lanka. She explained how the vision "Health for all through Indigenous Medicine Care" is guiding the progress of Traditional Medicine in the country. She further shared views on the future direction of Traditional Medicine development, in which induction of IT was a significant component. She explained how the vision "Health for all through Indigenous Medicine Care" is guiding the progress of Traditional Medicine in the country. She further shared views on the future direction of Traditional Medicine development, in which induction of IT was a significant component. She outlined Ayurveda Medical Service, Ayurveda Medical Education, Ayurveda Drugs Manufacturing Process, Ayurveda Research, Ayurveda Herbal garden and Ayurveda Health Tourism as the key areas of Ayurveda sector in Sri Lanka.

Mauritius: Dr D. Dassaye, Acting Permanent Secretary, Ministry of Health & Wellness, Mauritius spoke about the present status of Traditional Medicine Services in Mauritius and outlined the future plans of its development.



Dr S. Ramen, Director General Health Services, Mauritius gave an engaging account of the National Health System in Mauritius at ICoSDiTAUS2020. He also discussed the various services (Free Consultation & diagnosis of diseases, Prescribed Ayurvedic Panchkarma

Therapy, Therapeutic Yoga advise in appropriate cases, Patient Counselling as per Ayurvedic principles and Free distribution of Ayurvedic Medicine) provided at the Ayurvedic clinics in the country.



Iran: Dr. Amirhossein Mirabadi, Head of Technology and Innovation Cooperation Section of Iran Embassy in New Delhi represented Iran at ICoSDiTAUS2020. Dr. Mirabadi spoke about the plan of establishing a chain of herbal pharmacies across the 31 provinces of Iran by Ministry of Health to encourage the use of Traditional Medicine. He described the untapped potential of Iranian Traditional Medicine, and concluded his presentation by outlining the future prospects of Ayurveda in Iran.



Jamaica: Brig. Pradip Mehta, Honorary Consul General of Jamaica to India spoke at ICoSDiTAUS2020 on behalf of Jamaica. Brig. Pradip Mehta attended the conference, on behalf of the Jamaican Consulate Minister. He shared his positive impressions as a user for Ayurveda and outlined the significant impact of Ayurveda in Jamaica.



Belgrade: Dr. Gordana Markovic Petrovic, Head of Department for Specialist and Consultative Activities, Primary Healthcare Center, Zemun, Belgrade spoke at ICoSDiTAUS 2020 about the goals and aspirations in the area of collection Introduction of the new and improved "Rulebook on detailed conditions and ways of implementation of complementary medicine methods and procedures" in the country in December 2019 was a positive development. Development of Traditional Medicine in the country can be facilitated with forward looking steps in Legislation, Education of health professionals and Education of general public.



Qatar: Dr. Abdulla Al Naimi, Scientific Committee Chairman, Qatar spoke about "Regulation of Complementary Medicine in Qatar: A Journey of challenges" Dr. Abdulla highlighted the importance of appropriate legal frameworks to enhance good governance, transparency and accountability, in implementing Traditional Medicine. He shared the experience of the challenges faced in this regard in Qatar and how they were overcome. He also outlined the future plans for Traditional Medicine, in which establishing a sub-committee to establish a regulatory framework was an important step.



Myanmar: Prof. Win Soe, Pro-rector (Academic), University of Traditional Medicine, Mandalay gave an informative presentation on Traditional Medicine in Myanmar at ICosDiTAUS2020. Myanmar Traditional Medicine emerged around 850 BC and was influenced by the medical culture of Ayurveda and Traditional Medicine practices of other neighboring countries. Prof. Win Soe described “Traditional Medicine” as “Medicine for the physical well-being and longevity of people”. He discussed the various benefits gained by the country from integration of Traditional Medicine. He also outlined the objectives of regulating the Traditional Medicine Law in Myanmar.



Bhutan: Dr. Karma Gaylek, Medical Superintendent, National Traditional Medicine Hospital, Timphu spoke about the relevance of Traditional Medicine in the Healthcare system in Bhutan and gave some perspectives on its regulation in the country. He highlighted the history of Traditional Medicine in Bhutan while throwing light on the challenges faced in regulating Traditional Medicine. He further discussed the features of the two systems of Bhutanese Traditional Medicine system, namely Bhutanese Traditional Medicine (BTM) and Local Healing Systems.



Ghana: Mr. Alexander Kodwo Kom Abban, Hon'ble Deputy Minister for Health, Govt of Ghana was a charming presence at ICosDiTAUS 2020. He chaired two sessions, namely the session on “Counting traditional medicine encounters: status and challenges for collection and classification of clinical data in traditional medicine” and the WHO session on ICD. He also spoke about the relevance and regulation of Traditional Medicine in health systems in Ghana.



Curacao: Mrs. Suzanne Camelia-Römer, Hon'ble Minister of Health, Environment and Nature of Curaçao added dignity and erudition to the conference with her presence and participation. She chaired the session on “Relevance and regulation of Traditional Medicine in Health Systems”. She also spoke about the approach of the Ministry of Health, Environment and Nature to public health and the place of Traditional Medicine in the same.

23rd Convocation and 25th National Seminar on "Ayurveda for Longevity"



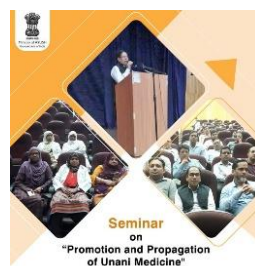
Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik inaugurated the 23rd Convocation and 25th National Seminar on "Ayurveda for Longevity", organized by Rashtriya Ayurveda Vidyapeeth at Vigyan Bhawan, New Delhi on March 6, 2020. Eminent scholars and senior practitioners of Ayurveda were awarded in the presence of senior officials of the Ministry of AYUSH and Rashtriya Ayurveda Vidyapeeth.

4th Global Ayurveda Festival organized by FICCI, India



Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik addressed the Curtain Raiser of 4th Global Ayurveda Festival organized by Federation of Indian Chambers of Commerce & Industry (FICCI), India along with Ministry of External Affairs (MEA) and Centre for Innovation in Science and Social Action (CISSA) in New Delhi on March 5, 2020. Shri Naik said that Ministry of AYUSH has signed 22 federal level MoUs for cooperation in the field of traditional medicine. Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH said that Ayurveda is undergoing a transformational evolution & in the next 5 years, we will witness a global resurgence of Ayurveda.

Promotion and Propagation of Unani Medicine



A seminar on “Promotion and Propagation of Unani Medicine” was held at National Institute of Unani Medicine, Bangalore on March 2, 2020. Director NIUM highlighted Hakeem Ajmal Khan's contribution in the development of Unani Medicine. The seminar concluded with the anecdotes by Professor Zulkifli, on successful treatments at the institute.

Interesting Fact: Ayurveda is one of the oldest systems of treating diseases. Ayurvedic science comprises of three pillars that help build good health and achieve longevity, i.e., diet, sleep and self-mastery.



International Womens Day



Women's health is nation's wealth. Ministry of AYUSH wishes you a Happy International Womens Day 2020. International Womens Day celebrations begin in advance at the Ministry of AYUSH, New Delhi on March 6, 2020. Joint Secretary, Ministry of AYUSH, Shri Roshan Jaggi, paid tributes to the women who have been playing a significant role in governance in the Ministry. Ms. Bulbul Das, former President, Delhi University Women's Association graced the occasion and spoke on "I am Generation Equality - Realising Women's Rights".

Yoga Mahotsav-2020 and the Post-Mahotsav Yoga Workshops 2020



The Yoga Mahotsav-2020 and the Post-Mahotsav Yoga Workshops 2020 have been postponed, as per the directions of the Competent Authority. The new dates will be announced after assessing the situation arising out of the COVID-19 health emergency.

Media Interaction



Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik held an interaction with the media on March 11, 2020 at AYUSH Bhawan, New Delhi.

Awards for Excellence in Information Technology (IT) in AYUSH Sector-2019



Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik announced the winners of the Awards for Excellence in Information Technology (IT) in AYUSH Sector for 2019. He

stated that the purpose of the awards is to recognize and promote excellence in implementation of IT initiatives in the AYUSH Sector. He expressed confidence that this event will not be just a one-day event, but would leave a legacy of health and wellness for Ladakh Region. The media interaction also saw the announcement of winners of the "Second Awards for Excellence in information Technology (IT) in AYUSH Sector" 2019. Congratulations to all the winners.

Inauguration of Ayurveda Palliative Care Unit and Signing of MoU between Ministry of AYUSH and Ministry of Defence



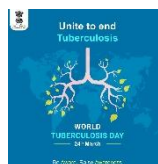
Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik inaugurated the Ayurveda Palliative Care Unit at Palliative Care Centre, Base Hospital, Delhi Cantt, New Delhi on October 21, 2019. Ministry of AYUSH and Ministry of Defence signed a MoU for integration of AYUSH under the health establishments of Directorate General of Armed Forces Medical Services (DGAFMS). The MoU provides for Ayurveda Units at Palliative Care Centre, Army Research and Referral Hospital, Air Force Hospital, Hindon in Ghaziabad and five identified Ex-Service men contributory Health Scheme (ECHS) Polyclinics in Delhi-NCR.

Inclusion of AYUSH Health & Wellness Centre component of Ayushman Bharat in National AYUSH Mission



The Union Cabinet chaired by Hon'ble Prime Minister, Shri Narendra Modi has approved the proposal for the Inclusion of AYUSH Health & Wellness Centre component of Ayushman Bharat in National AYUSH Mission. The scheme aims to establish a holistic wellness model incorporating.

World Tuberculosis Day



Let's move against Tuberculosis (TB). A large part of our population is affected by TB. It is a major public health challenge. This World Tuberculosis Day, let's pledge to work towards eradicating Tuberculosis.

Prime Minister Shri Narendra Modi interacts with AYUSH practitioners

Hon'ble Prime Minister, Shri Narendra Modi interacted with AYUSH practitioners via video conferencing; praised the ongoing efforts of Ministry of AYUSH in promoting Yoga @ Home to de-stress the mind and strengthen the body during this difficult phase. Shri Modi underlined the importance of countering & fact checking unsubstantiated claims of AYUSH having cure for the disease. Shri Modi said that AYUSH scientists, Indian Council of Medical Research (ICMR), Council of Scientific and Industrial Research (CSIR) and other research organizations must come together for evidence based research.

Why is cough-and-sneeze hygiene important?



Maintaining proper respiratory & cough hygiene helps to avoid the spread of respiratory infections. Good respiratory hygiene can save other lives. Preventing infections – A collaborative responsibility.

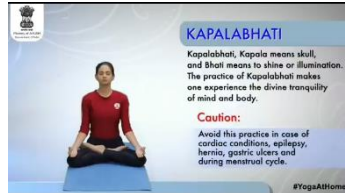
Yoga @ Home



The world is going through challenging times. At the same time there is a surge of optimism - by working in unison mankind can surmount the challenges. Practicing Yoga at home is an excellent way to de-stress the mind and strengthen the body in these difficult days. The Ministry welcomes the initiative of the Yoga Institute, Mumbai and other institutions of imparting "Yoga @ Home" training programmes through digital platforms.

Breathing Techniques

Kapalabhati



Caution:

1. Practice this with empty stomach preferably in the morning or with light stomach in the evening.
2. Start with a speed of 30 strokes per minute, gradually increase the breathing speed to 60 strokes per minute. Practice maximum 3 rounds.
3. Kapalabhati shall be followed by 10 rounds of deep breathing which helps to improve lungs capacity.
4. Patients with hyperacidity, severe hypertension, chronic cardiac problems may better to avoid this practice.

Nadishodhna Pranayama



Benefits:

1. Practicing Nadishodhana Pranayama increases vitality.
2. It calms down the mind and improves concentration.
3. It also helps lower the levels of anxiety and stress.
4. Effective in alleviating cough disorders.

Bhramari Pranayama



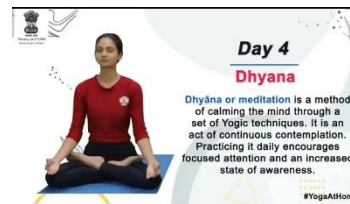
Benefits:

- The practice of this Pranayama helps de-stress, and alleviates anger, anxiety and hyperactivity.
- The humming sound generated while practicing Bhramari Pranayama creates a soothing effect on the nervous system.

Caution:

- Bhramari Pranayama may always be practiced after Nadishuddhi or before meditation for better results.
- Avoid practicing Bhramari Pranayama in case of nose and ear infections.
- It also helps improve concentration and is found to be good in managing stress related disorders.

Dhyana or Meditation



Note: Beginners can play soothing music in the background during Meditation.

You can stay in this pose as long as you feel comfortable.

Benefits:

- Helps eliminate negative emotions like fear, anger, depression, and anxiety.
- Helps develop positive emotions by keeping the mind calm and quiet.
- Increases concentration, cognitive power, clarity of thoughts and will power.
- Rejuvenates the body and mind and gives them proper rest.
- Leads to self-realization.

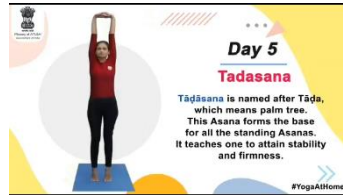
Caution:

1. Practice the breathing techniques with empty stomach preferably in the morning or with light stomach in the evening.
2. Patients with hyperacidity, severe hypertension, chronic cardiac problems may better avoid practicing Kapalabhati Pranayama.
3. Kapalabhati may be followed by 10 rounds of deep breathing which helps to improve lungs capacity.
4. Bhramari Pranayama may be practiced after Nadishuddhi or before meditation for better results.
5. Avoid practicing Bhramari Pranayama in case of nose and ear infections.



Stability and Firmness exercises

Tadasana



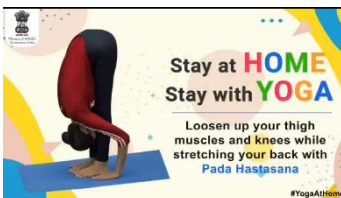
Benefits:

- Brings stability and firmness to the body.
- Helps to clear up congestion of the back muscles and nerves.
- Corrects faulty posture.
- Gives stretching effect and strengthens the toes.
- Helps in increasing the height of growing children.

Caution:

Avoid lifting the heels in case of arthritis, varicose veins and vertigo.

Pada Hastasana



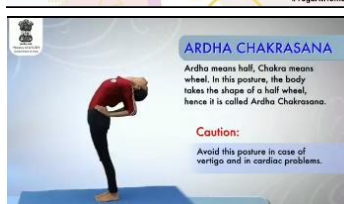
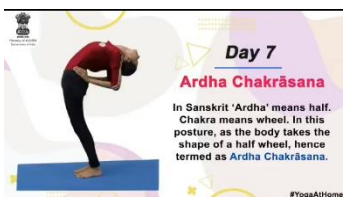
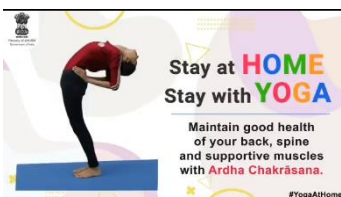
Benefits:

- Makes the spine and hamstring muscles flexible.
- Helps to improve digestion, thus is good for patients with constipation

- Helps in overcoming menstrual problems.
- Brings stability and firmness to the body.

Caution- Avoid this practice in case of cardiac disorders, abdominal inflammation, spine disorders, intestinal hernia, ulcers, glaucoma, and vertigo.

Ardha Chakrasana



Benefits:

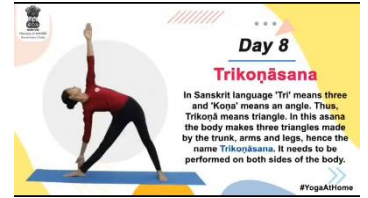
- It makes the spine flexible.
- Strengthens the spinal nerves and muscles.

- Helps in management of cervical spondylosis.

Caution:

- Avoid this posture in case of vertigo or a tendency to giddiness.
- Hypertensive patients should bend with care

Trikonasana



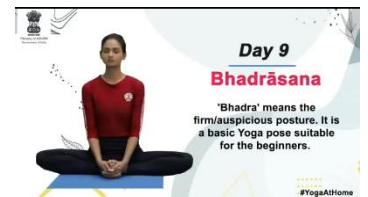
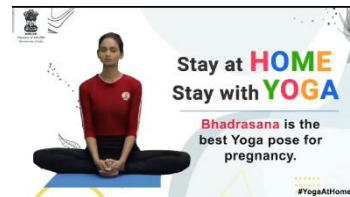
Benefits:

- Makes the spine flexible.
- Strengthens calf, thigh and waist muscles.
- Improves lungs capacity.

Caution: -Avoid this posture in case of sciatica, slipped disc, and after undergoing abdominal surgery.

- Do not try beyond limits and over do the lateral stretch.
- If one cannot touch the feet, one can reach for the knees instead.

Bhadrāsana



Benefits:

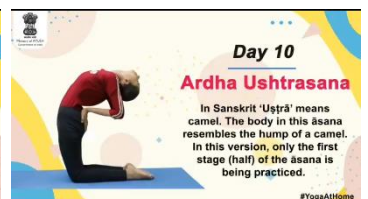
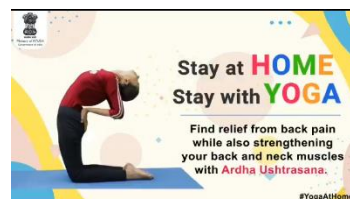
- Helps to keep the body firm and stabilizes the mind.
- Beneficial for expecting mothers.

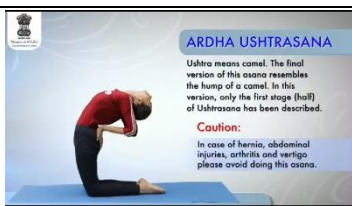
- Helps relieve abdominal pain in women often experienced during menstruation.

Caution:

- Avoid this posture in case of severe arthritis and sciatica.
- If your thighs are not touching or close to the floor, place a soft cushion underneath the knees for support.

Ardha Ushtrasana





Benefits:

- It helps to strengthen back and neck muscles.
- Relieves constipation and back pain.

- Increases blood circulation to the head and cardiac region.

Caution: Avoid doing this āsana in case of hernia and abdominal injuries, arthritis, and vertigo.

Sasakasana



Benefits:

- It helps to reduce stress and anxiety.
- Tones up reproductive organs, relieve constipation and improves digestion.
- It also helps relieve back

pain.

Caution:

- Please avoid this posture in case of acute backache.
- Patients with osteoarthritis of the knees should avoid doing this asana.

Uttana Mandukasana



Benefits:

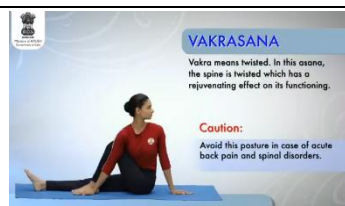
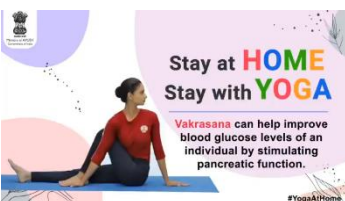
- This āsana is helpful in relieving back and neck pain especially cervical spondylosis.
- It improves the diaphragmatic movements

and lungs capacity.

Caution:

- Person with severe knee joint pain should not perform it.

Vakrasana



Benefits:

- It helps to increase the flexibility of the spine.
- Stimulates pancreatic function and helps in the management of diabetes.

Caution:

- Please avoid this posture in case of acute back pain, spinal disorders, after abdominal surgery and during menstruation.

Yoga Protocol to build stronger immunity in children and Adults

S-VYASA, the reputed Yoga University has designed a Yoga Protocol that can help build stronger immunity in children and adults. Confinement due to lock-down can be tough on children. But the adversity can be converted into an opportunity. Children, take the help of Yoga to fortify your immune system. The protocol can be seen at:

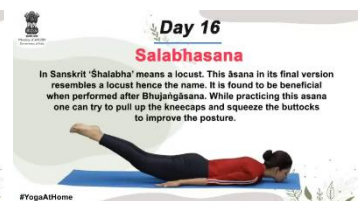
1) For Children:

<https://www.youtube.com/watch?v=6V0y6TFe59w>

2) For Adults:

<https://www.youtube.com/watch?v=r7r1ORQLOno>

Salabhasana



Benefits:

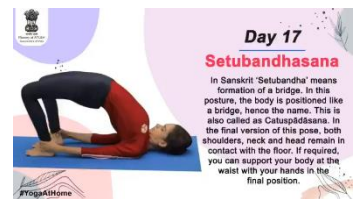
- Relieves in sciatica and lower backache.
- Helps to reduce fat in the thighs and buttocks, good in weight management.

- Helps to improve lungs capacity.

Caution:

- Please proceed cautiously in case of severe lower back pain.
- People with high blood pressure, peptic ulcer and hernia should also avoid this posture.

Setubandhasana





Benefits:

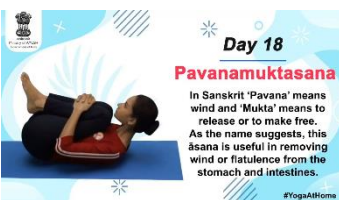
- Relieves depression, and anxiety.
- Strengthens lower back muscles.

- Stretches abdominal muscles, helps to regulate thyroid functions and relieve constipation.

Caution:

- People suffering from ulcer, hernia, acute back and neck pain should not practice this āsana.
- Women in advance stages of pregnancy should also avoid doing this asana.

Pavanamuktasana



Benefits:

- Removes constipation; gives relief from flatulence, decreases the bloating sensation in the abdomen and aids digestion.

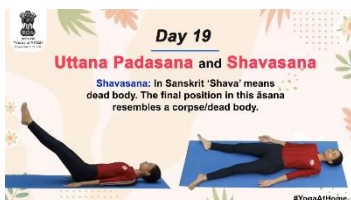
- Generates deep internal pressure, improves stretching of the highly complicated network of muscles, ligaments and tendons in the pelvis and waist region.

- It tones up the back muscles and spinal nerves.

Caution:

- Please avoid this practice in case of abdominal injuries, hernia, sciatica, severe back pain and during pregnancy.
- People with high blood pressure, peptic ulcer and hernia should also avoid this posture.

Uttana Padasana and Savasana



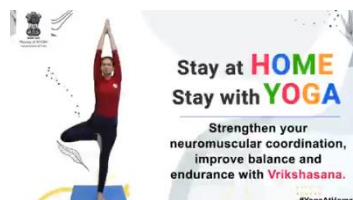
Benefits:

- Effective in overcoming depression, anxiety, and stress related disorders by relaxing your mind and body.
- It balances the navel centre (Nābhi, Manipuracakra).
- It is helpful in relieving abdominal pain, flatulence, indigestion and diarrhea.
- It strengthens the abdominal and pelvic floor muscles.
- Relaxes the whole psycho-physiological system.

Caution:

- People with hypertension and back pain shall practice Uttana Padasana with one leg alternatively without holding the breath.

Vrksasana



Benefits:

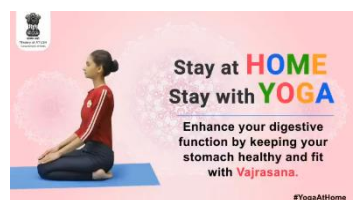
- It helps improve neuromuscular coordination, balance, and endurance.
- It also Improves alertness and concentration.



Caution:

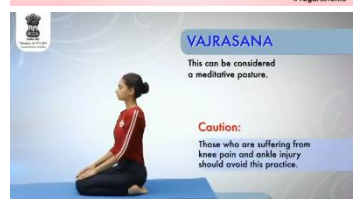
- Please avoid this practice in case of arthritis, vertigo and obesity.

Vajrasana



Benefits:

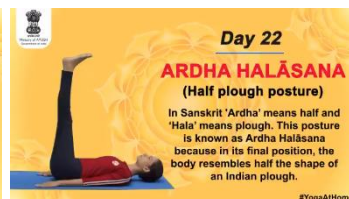
- This āsana is good for digestion.
- It strengthens thigh muscles and calf muscles.



Caution:

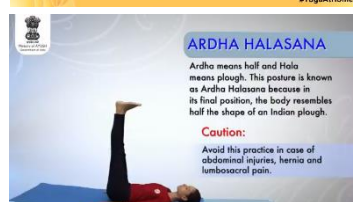
- Persons suffering from piles should not practice this āsana.
- Those who are suffering from knee pain and ankle injury should avoid practicing this asana.
- Vajrasana is recommended after eating as it helps with digestion.

Ardha Halasana



Benefits:

- This āsana relieves constipation.

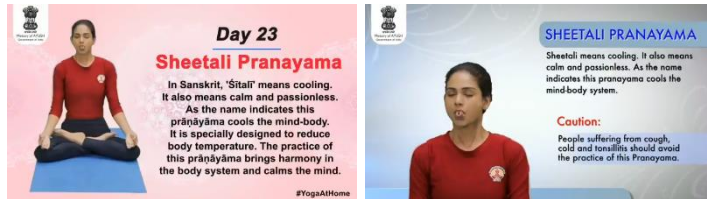


- It is beneficial for Hypertensive patients but needs to be practiced under supervision.

Caution:

- Those who have lumbosacral (lower back) pain should not perform Ardha Halasana with both legs together.
- Avoid this practice in case of abdominal injuries, and hernia.

Sheetali Pranayama



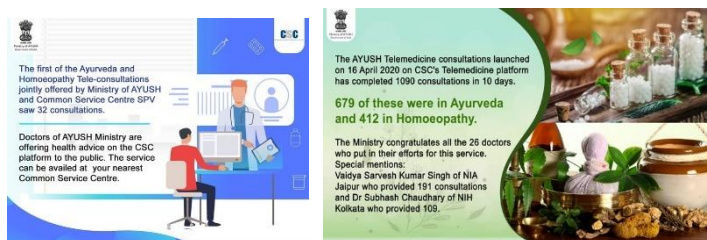
Benefits:

- It has a cooling effect on the body and mind. It satisfies thirst and appeases hunger.
- It is beneficial for persons suffering from high blood pressure.
- It relieves indigestion and disorders caused by bile (pitta).
- It destroys the disorders of gulma (chronic dyspepsia) and spleen or other related diseases (H.P 2/58).
- It is beneficial for the skin and eyes.

Caution:

Those who are suffering from severe cold, cough or tonsillitis should not do this Pranayama.

Tele-consultations in Ayurveda and Homoeopathy



Ministry of AYUSH and Common Service Centres (CSC) together launched Tele-consultations in Ayurveda and Homoeopathy on 16th April 2020. This will be beneficial to people in rural areas, especially in the time lock down. By providing free medical consultation to people in remote areas during Covid 19 situation gains momentum. The Ministry thanks the Common Service Centre (CSC) SPV for providing their Telemedicine platform for this purpose. The Ministry complements National Institute of Ayurveda, Jaipur and National Institute of Homoeopathy (NIH), Kolkata for taking up the responsibility through their doctors.

Interactions of Ministers with AYUSH Industry, Researchers and Academia



Hon'ble Union Minister for Commerce and Railways, Shri Piyush Goyal and Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence,

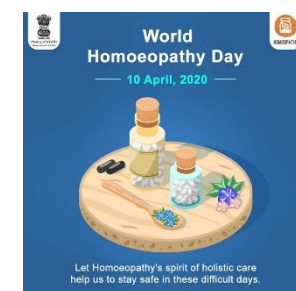
Shri Shripad Yesso Naik interacted with leaders of AYUSH Industry, Researchers and academia on April 10, 2020. Over 115 representatives of the Sector participated in the video conference which extended over two hours. Efforts to generate evidence based solutions for the management of Covid 19, steps to streamline the logistics for movement of AYUSH supplies across the country in the lock down period and steps to promote AYUSH solutions for enhancing immunity among the public were discussed.

Yoga and respiratory health.



Yoga's positive impact on respiratory health is well known. Here is a compilation of notable research findings on Yoga's impact on respiratory health.

World Homeopathy Day



Advisory of Ministry of AYUSH on immunity enhancing steps from Ayurveda



Ministry of AYUSH had issued an advisory on various immunity enhancing steps from the time tested approaches of Ayurveda. The advisory is reiterated again in these testing times to support the efforts of all as a measure towards enhancing ones immunity.

Telephone Conversation between PM and the President of United States of America

Hon'ble Prime Minister, Shri Narendra Modi had a telephonic conversation today with H.E. Donald Trump, President of the United States of America on April 4, 2020. The two leaders exchanged views on the ongoing COVID-19 pandemic and its impact on the global well-being and economy. The Prime Minister conveyed deep condolences for the loss of lives in the United States and his prayers for early recovery of those still suffering from the disease. Stressing the special relationship between the two countries, the Prime Minister reiterated India's solidarity with the USA in overcoming this global crisis together. The two leaders agreed to deploy the full strength of the India – US partnership to resolutely and effectively combat COVID-19. The Prime Minister and the US President exchanged notes on the respective steps taken in each country for mitigating the health and economic impacts of the pandemic. The two leaders also touched upon the significance of practices such as Yoga and Ayurveda (traditional Indian herbal medicine practice) for ensuring physical and mental well-being in these difficult times. They agreed that their officials would remain in close touch with respect to the global COVID-19 crisis.

Expediting grant of license for manufacturing of AYUSH immunity



The Ministry of AYUSH, on April 2, 2020, has issued a directive to the State AYUSH Licensing Authorities/Drug Controllers and Expert Committees to expedite the licensing, approval and renewal process for such products. The State AYUSH

Licensing Authorities/Drug Controllers and Expert Committees have been directed to complete the licensing, approval and renewal process for such products expeditiously and dispose of the applications of the manufacturers within a week's time, subject to the prescribed standards and relevant provisions of the Drugs & Cosmetics Rules, 1945.

Actor of the Millennium Shri Amitabh Bachchan, vide his tweet, praised efforts of Ministry of AYUSH



Amitabh Bachchan @SrBachchan · Apr 3

T 3491 - As a beneficiary of homeopathy I'm encouraged to see the efforts of the AYUSH Ministry to counter Corona. I pray that India leads the World in finding preventive & curative solutions for such epidemics. 🙏🙏



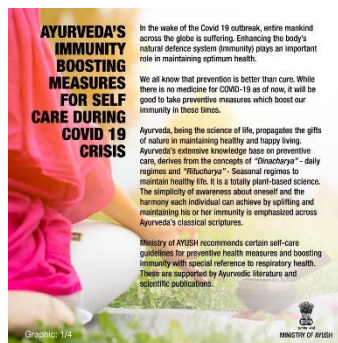
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Ministry of AYUSH protocol to promote immunity



Be with Ayurveda to shore up your immunity during the Covid- 19 crisis. Mankind across the globe is suffering in the wake of the Covid -19 pandemic. We all know that there is no medicine for COVID-19 as of now. Enhancing the body's natural defence system (immunity) is therefore the need of the hour. In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times. Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures. Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications.

General Measures

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

Ayurvedic Immunity Promoting Measures

-Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.

-Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirsch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.

-Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

Simple Ayurvedic Procedures

-Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (PratimarshNasya) in morning and evening.

-Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

During dry cough / sore throat

-Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.

-Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.

These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

The above measures can be followed to the extent possible as per an individual's convenience. These measures are recommended by following eminent Vaidyas from across the Country as they may possibly boost an individual's immunity against infections: Padma Shri, Vaidya P R Krishnakumar, Coimbatore; Padma Bhushan, Vaidya Devendra Triguna, Delhi; Vaidya P M Varier, Kottakkal; Vaidya Jayant Devpujari, Nagpur; Vaidya Vinay Velankar, Thane; Vaidya B S Prasad, Belgaum; Padma Shri Vaidya Gurdeep Singh, Jamnagar; Acharya Balkrishnaji, Haridwar; Vaidya M S Baghel, Jaipur; Vaidya R B Dwivedi, Hardoi (UP); Vaidya K N Dwivedi, Varanasi; Vaidya Rakesh Sharma, Chandigarh; Vaidya Abichal Chattopadhyay, Kolkata; Vaidya Tanuja Nesari, Delhi; Vaidya Sanjeev Sharma, Jaipur and Vaidya Anup Thakar, Jamnagar.

These measures are supported by Ayurvedic literature and scientific publications, and are recommended by sixteen eminent Vaidyas from different parts of the Country. These are designed with special reference to respiratory health.

Disclaimer: The above advisory does not claim to be treatment for COVID 19.

Discussion on promoting AYUSH therapies in fighting against Covid19



Covid19.

Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik discussed with Academia, Industry and AYUSH officials, in presence of Hon'ble Minister of Commerce & Industry, Shri Piyush Goyal, on promoting AYUSH therapies in fighting against

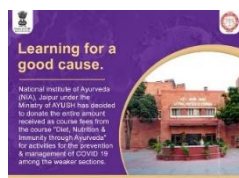
International webinar on World Homeopathy Day



The Central Council for Research in Homeopathy (CCRH) under the Ministry of AYUSH on April 10 at 4.00 pm-6.00 pm conducted an international webinar on World Homeopathy Day. The Webinar was attended by over thousands of participants. During the webinar, Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik made an

announcement regarding the approval of telemedicine guidelines for homeopathic practitioners. He also emphasized the need to mobilize the AYUSH workforce to align with the Covid task force if the requirement arises.

Learning for a good cause



National Institute of Ayurveda (NIA), Jaipur under the Ministry of AYUSH has come forward to help the weaker sections of the society through self-generated revenue. The amount received by NIA as course fees from their new and well-received course "Diet, Nutrition & Immunity through

Ayurveda" shall be exclusively utilised for the activities for prevention & management of COVID 19, particularly for the weaker sections of the society. Another course on "Diet, Nutrition & Immunity through Ayurveda" will be run soon for individuals without a medical degree.

Press Conference



Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik, on April 2, 2020 briefed the media in Panaji, Goa about Measures taken by Ministry of Defence and AYUSH to fight against COVID-19 in India and Goa.

Telephone Conversation between Prime Minister and His Royal Highness The Prince of Wales

Hon'ble Prime Minister, Shri Narendra Modi had a telephone conversation with His Royal Highness The Prince of Wales, on April 2, 2020. The two dignitaries discussed the ongoing COVID-19 pandemic. Prime Minister conveyed his condolences for the loss of life in the UK over the past few days. He expressed satisfaction that His Royal Highness had recovered from his own recent indisposition, and wished him lasting good health. HRH The Prince expressed his appreciation for the members of the Indian diaspora in the UK, including many members of the National Health Service, who were playing a seminal role in combatting the pandemic. He also referred to the selfless work being done by religious and social organisations of the Indian community in the UK. HRH The Prince thanked the Prime Minister for the facilitation and assistance provided for UK citizens stranded in India during the present crisis. Prime Minister thanked HRH The Prince for the keen interest he has always taken in Ayurveda. He explained the recent Indian initiative aimed at teaching basic yoga exercises through short animation videos, and disseminating easy home-made traditional remedies for enhancing immunity. HRH The Prince appreciated the potential of these initiatives for enhancing health and wellbeing, especially in the present situation.

Rubbing Alcohol Monosol Hand Sanitizers



Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik launched "Rubbing Alcohol Monosol Hand Sanitizers" on April 13, 2020.



Steps to improve disease-resistance

Ayurveda's immunity boosting measures for self care during COVID 19 crisis

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health.

We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by upholding and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures.

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications.

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- Drink warm water throughout the day.
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- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

Ayurvedic Immunity Promoting Measures

- Take Chyawanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyawanprash.
- Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dehlich (Ginger), Kalimich (Black pepper), Shunthi (Dry Ginger) and Munkas (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
- Golden Milk: Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

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- Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
- These measures generally treat normal dry cough and sore throat. However, it is best to consult doctor if these symptoms persist.

Benefits of Ginger

Remedies from the Kitchen

Ginger

Ginger needs no introduction. It is a versatile spice used liberally in Indian kitchens.

Its effectiveness in managing flu symptoms such as cough and cold is not so wellknown, though.

Remedies from the Kitchen

Ginger

Ginger is rich in 1,8 cineole which has anti-inflammatory, antispasmodic, antitussive and expectorant properties. Ginger oil, which comprises approximately 1-3% of its weight, contains active ingredients like the sesquiterpenes: bisabolene, zingiberene, and zingiberol, each of which brings in numerous health benefits.

Remedies from the Kitchen

Ginger

Ginger can be chewed or taken as kashayam. Ginger is a potent expectorant that increases respiratory secretions if taken with milk. This may be useful in flu accompanied by dry cough.

Remedies from the Kitchen

Ginger

Recipe : Ginger Kashayam

You will need.....

- 1-2" ginger pieces,
- 2 lbs of coriander,
- 1/2 lbs black pepper,
- 3 table spoons of crushed palm jaggery or yellow jaggery

Remedies from the Kitchen

Ginger

Crush the above ingredients in a pestle. Add contents to 300 ml boiling water. During boiling ginger gives its colour and odour to the water. Boil till the quantity is reduced to nearly half. Add a tinge of salt. Serve hot.

Remedies from the Kitchen

Ginger

Drink half a glass of kashayam in empty stomach. Repeat 3-4 times a day.

Reduce the quantity pepper if you find this very spicy.

Ginger from your kitchen can go a long way in keeping diseases at bay. The humble ginger not only adds flavor to your dishes but also serves up numerous health benefits.

Saptapadi- the 7 points of action as called for by the Prime Minister Shri Narendra Modi

1

Take special care of the elderly in your homes, especially those who have chronic disease. We have to take extra care of them, and keep them safe from Coronavirus.

2

Completely adhere to the 'Lakshman Rekha' of Lockdown and Social Distancing. Please also use homemade face-covers and masks without fail.

3

Follow the instructions issued by AYUSH ministry to enhance your immunity. Regularly consume warm water, 'kadha'.

4

Download the Arogya Setu Mobile App to help prevent the spread of corona infection. Inspire others to download the app as well.

5

Take as much care of poor families as you can. Especially try to fulfill their food requirements.

6

Be compassionate towards the people who work with you in your business or industry. Do not deprive them of their livelihood.

7

Pay utmost respect to our nation's Corona Warriors - our doctors and nurses, sanitation workers and police force.

PM Modi made seven appeals to the nation following the announcement of extension of Covid-19 lockdown on May 3, 2020.



Telemedicine Practice Guidelines for practitioners of Homoeopathy, Ayurveda, Siddha and Unani (ASU)

Telemedicine can be an extremely convenient way of delivering healthcare services during the times of lockdown. The Ministry of AYUSH has come out with the Telemedicine Practice Guidelines for practitioners of Homoeopathy as well as for Ayurveda, Siddha and Unani (ASU). The guidelines can be accessed at:

https://www.ayush.gov.in/docs/CCIM_Telemedicine_Guidelines.pdf

Beauty Care through Ayurveda



The Ministry of AYUSH announced an online training course on Beauty Care through Ayurveda by National Institute of Ayurveda, Jaipur.

Monitoring the progress of mandate of the task force to fight against COVID-19



Hon'ble Minister of State (IC) for AYUSH & Minister of State for Defence, Shri Shripad Yesso Naik held a review

meeting on April 30, 2020 with task force committee and all council heads of Ministry of AYUSH to monitor the progress of mandate of the task force, to fight against COVID-19.

COVID-19: People who are at higher risk



The list persons who are the most prone to COVID-19 contagion include:

- Elderly people, over the age of 60 years

- People with underlying medical problems like asthma, heart disease, diabetes, and lung disease
- Pregnant women
- People with a compromised immune system
- Health care workers and family members of an infected person.

Compliments to the step taken by the Government of TamilNadu in launching Aarokyam



Ministry of AYUSH complimented the step taken by the Government of Tamil Nadu in launching Aarokyam - a special program that recommends AYUSH interventions for the management of COVID-19. Aarokyam consists of AYUSH remedies that help to enhance immunity & speed up convalescence in people.

Aarokyam recommends the use of Kapasura Kudineer, Nilavembu Kudineer, Yoga therapy, use of Siddha decoctions, and other AYUSH interventions to help enhance immunity.

AYURAKSHA



All India Institute of Ayurveda (AIIA), under the Ministry of AYUSH, in collaboration with Delhi Police launched AYURAKSHA (आयुर्रक्षा), "कोरोना से जंग - दिल्ली पुलिस के संग" – a joint venture of AIIA & Delhi Police for maintaining the health of front line COVID warriors -Delhi police personnel through Ayurveda immunity boosting measures at Delhi Police Headquarters on April 30, 2020 at 4.15 pm. Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH and Shri S. N. Shrivastava (IPS), Commissioner of Police, Delhi and Dr. Tanuja Manoj Nesari, Director, AIIA graced the occasion. This joint project aims to fight COVID19 through simple and time tested preventive measures. AYURAKSHA consists of Ayurvedic immunity-boosting measures like Chyawanaprasha (Amla as main content), Anu Taila, and Sanshamani Vati (prepared from Guduchi). These formulations can help support the health of our frontline COVID warriors like Delhi Police. On this occasion, Medicinal Kits were also distributed to police personnel during the occasion.

Ayushman Bharat Program



Ministry of AYUSH under the Ayushman Bharat Program is set to operationalize 12,500 Health and Wellness Centers (HWCs) over a period of 5 years. National AYUSH Mission (which incorporates the AYUSH component of the Ayushman Bharat Program) has already extended financial support for 1037 AYUSH Dispensaries, among which 10 AYUSH HWCs were digitally launched by the Hon'ble Prime Minister, Shri Narendra Modi in August 2019. The National AYUSH Mission aims to establish a holistic wellness model incorporating AYUSH principles and practices. This will help promote 'self-health care', reduce the disease burden, decrease expenditure, and help people make informed choices.

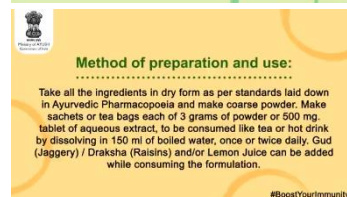
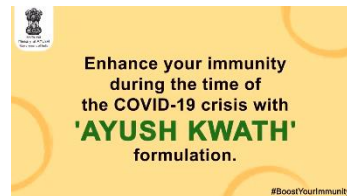
Launch of Ayush Entrepreneurship Development Program



Launching the Ayush Entrepreneurship Development Program on April 30, 2020, Hon'ble Union Minister of Road transport & Highways and MSME, Shri Nitin Gadkari said that AYUSH Sector

has immense potential and can play an important role in making India an economic super power: promoting the AYUSH sector in the country under different Schemes of the Ministry of MSME. He emphasized that Indian Ayurveda, Homeopathy, Yoga and Siddha are required to be promoted at a larger level. He said that AYUSH practices of India has a big potential to help India become an economic super power as the alternative methods of treatment and cure which has been prevalent in India for centuries is gaining increasing popularity. He called for greater research and innovation which will so help in further growth of the AYUSH sector.

AYUSH KWATH



The Ministry of AYUSH presents 'AYUSH KWATH' formulation as an immunity-enhancing measure for the public. Ayush Kwath is a combination of four medicinal herbs commonly used in the Indian kitchen. The formulation has been standardized for commercial manufacturing and is suitable for consuming like tea or hot beverage daily.

