



# Monthly Ayurveda Bulletin

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

### International Day of Yoga-2020

**Hon'ble President of India, Shri Ram Nath Kovind conveyed his greetings on International Day of Yoga, 2020**



Hon'ble President of India, Shri Ram Nath Kovind said that the ancient science of Yoga is India's great gift to the world. Glad to see more and more people adopting it. Amid stress and strife, especially with Covid19, practicing Yoga can help keep the body fit and mind serene.

**Hon'ble Vice President of India, Shri M. Venkaiah Naidu conveyed his greetings on International Day of Yoga, 2020**



Hon'ble Vice President of India, Shri M. Venkaiah Naidu said that the world is going through challenging times and we simply cannot allow the pandemic to get the better of us. We have to unite and put up a stronger fight and to ensure that we are healthy, both physically and mentally.

**Transcript of the message of Hon'ble Prime Minister of India, Shri Narendra Modi on International Day of Yoga, 2020**

Namaskar!!

My best wishes to all of you on the 6<sup>th</sup> International Day of Yoga. The International Day of Yoga is a day of solidarity. This day sends out the message of universal brotherhood. It

together, is Yoga. That, which narrows down distances, is Yoga.

People participating in the 'My Life - My Yoga' video blogging competition from around the world amid this Coronavirus crisis, shows the growing enthusiasm for Yoga! And how widespread it is!

Friends,

This year's theme of International Day of Yoga is 'Yoga at home and Yoga with family'. Today we are practising Yoga together with our family at our homes, staying away from mass gatherings. When children, grown-ups, youngsters, or the elderly, everyone is connected through Yoga, there is a flow of energy in the entire house. Therefore, this time the Yoga Day is also a day of emotional Yoga; it is also a day to enhance our family bonding.

Friends,

Today, the world is realising the importance of Yoga even more due to the Coronavirus pandemic. If our immunity is strong then we can more effectively defeat this disease. There are several types of Yoga Asanas to boost the immunity. Those postures increase the strength of our body and strengthen our metabolism.

But the Covid-19 virus specifically attacks our respiratory system. The one technique that helps in strengthening our Respiratory system the most is 'Pranayama', i.e. the breathing exercise. In general, the 'Anulom Vilom Pranayam' is more popular. It is also very effective. But there are many types of Pranayam. It includes Sheetal, Kapalbhati, Bhramari, Bhastrika and many more.

All these techniques and forms of Yoga help a lot in boosting both our respiratory and immune systems. Therefore, I urge you to include Pranayama in your daily practice, and also learn different Pranayama techniques in addition to the Anulom-Vilom. A large number of Covid-19 patients all over the world are resorting to these Yoga techniques today. The power of yoga is helping them to defeat this disease.

Friends,

Yoga also helps to boost our confidence and morale so that we can overcome crises and win. Yoga gives us peace of mind and also helps us to develop discipline and stamina. Swami Vivekananda used to say- "An ideal person is the one who is active even in absolute quietness and experiences complete peace even in extreme turbulent phases".

This is a great ability for any person i.e. not giving up and being in a balanced state of mind during an adversity; Yoga gives strength during these times. So, you too must have seen and realized that a practitioner of Yoga never loses patience during a crisis.

Yoga means - 'समत्वम् योग उच्यते', that is, Yoga is the name of staying the same and staying steadfast in every situation - favourable-unfavourable, success-failure, joy-sorrow.

Friends,

Yoga enhances our quest for a healthier planet. It has emerged as a force for unity and deepens the bonds of humanity. It does not discriminate. It goes beyond race, colour, gender, faith and nations.

Anybody can embrace Yoga. All you need is some part of your time and empty space. Yoga is giving us not only the physical strength, but also mental balance and emotional stability to confidently negotiate the challenges before us.

Friends,

If we can fine tune our chords of health and hope, the day is not far away when the world will witness the success of a healthy and a happy humanity. Yoga can definitely help us make this happen.

Friends,

As we are talking about the solution to problems through Yoga and the welfare of the world, I also want to remind you of Yogeshwar Krishna's Karmayoga. In the Gita, Lord Krishna while explaining Yoga had said- 'योगः कर्मसु कौशलम्' i.e. Efficiency in Action is Yoga. This mantra always teaches us that yoga creates the ability to become more qualified in life. If we do our work with discipline and fulfil our obligations, it will also be a form of yoga.

Friends,

Karmayoga is further explained. It is said -

युक्त आहार विहारस्य, युक्त चेष्टस्य कर्मसु।

युक्त स्वप्ना-व-बोधस्य, योगो भवति दुःखहा॥

That is, yoga means, eating the right food, playing the right sport, having the right habits of sleeping and waking up, and performing our work and duties correctly. With this Karmayoga, we get the solution to all the problems. Moreover, selfless work, the spirit of serving everyone without any selfishness is also called Karmayoga. This spirit of Karmayoga is embedded in the essence of India. The whole world has experienced this spirit of selflessness in India.

Friends,

When we move ahead with Yoga and the spirit of Karmayoga, our power as an individual, as a society and as a country also increases manifold. Today, we have to take a pledge in this spirit - we will do everything possible for our health and for the health of our loved ones. As a conscious citizen, we will move forward together as a family and as a society.

We will try to make 'Yoga at home and Yoga with family' a part of our lives. If we do this, we will certainly succeed and emerge victorious. With this belief, I wish you all a very Happy Yoga Day again!

लोकाः समस्ताः सुखिनो भवन्तु॥

Om!

### Practicing Yoga in the Ladakh and Sikkim



ITBP personnel practicing Yoga near Khardung La, Ladakh at 18,000 feet on International Day of Yoga 2020.



Himveers of TBP practicing Yoga at 18,800 feet in Sikkim Himalayas on International Day of

Yoga 2020.



## **Bordermen in North Eastern borders observing 6th International Yoga Day**



Our Borders - Our Home, Our Troops - Our Family.

## **Practicing Yoga at 16,000 ft. in Himachal Pradesh**



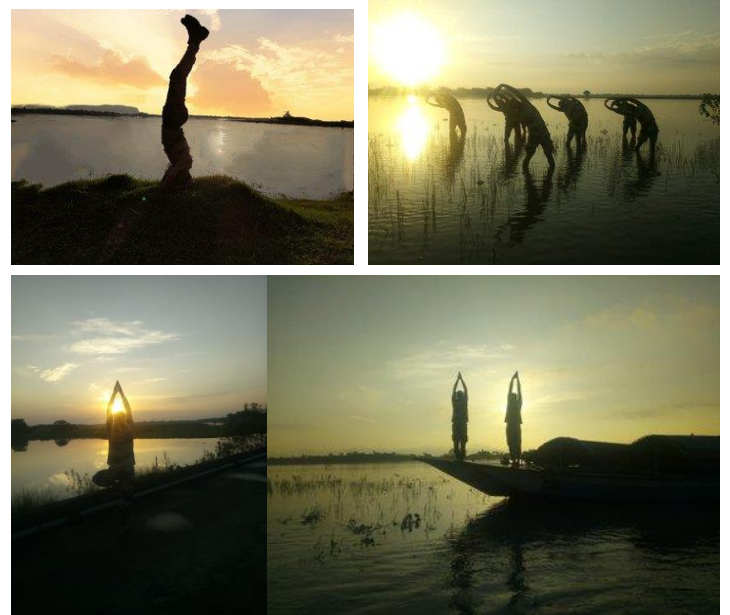
ITBP personnel practicing Yoga at 16,000 ft in Himachal Pradesh on International Yoga Day 2020.

## **Practicing Yoga at Leh, Ladakh**



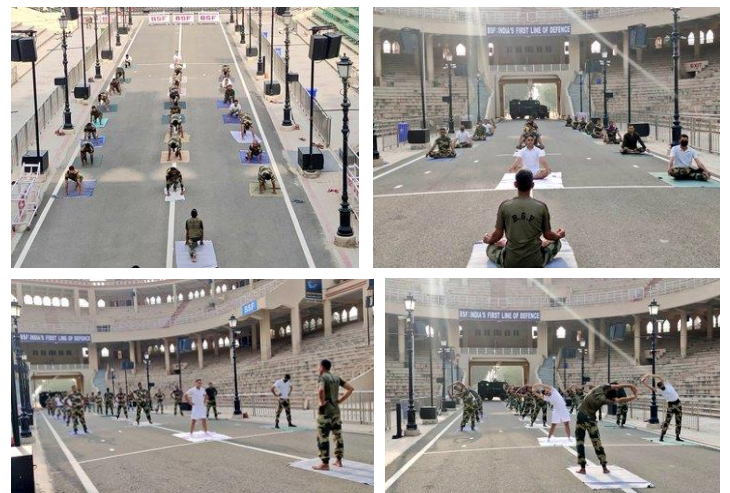
ITBP personnel practicing Yoga at Thiksay Monastery, Leh, Ladakh on International Yoga Day 2020.

## **Yoga along River Brahmaputra**



We stand resolute despite all odds in protecting our motherland! Bordermen observing 6th International Yoga Day along the mighty Brahmaputra River. Our Borders - Our Home. Our Troops - Our Family.

## **Practising Yoga at Atari Border, Amritsar**



Bordermen observing 6th International Yoga Day at Attari Border, Punjab. Our Borders - Our Home, Our Troops - Our Family.



Bordermen somewhere along the snowy peaks of LoC observing 6th International Yoga Day. Our Borders - Our Home, Our Troops - Our Family.



## Cabinet approves MoU between India and Zimbabwe on Cooperation in the field of Traditional System of Medicine and Homeopathy

The Union Cabinet chaired by the Prime Minister, Shri Narendra Modi has given ex-post facto approval to Memorandum of Understanding signed between the Republic of India and the Republic of Zimbabwe on Cooperation in the field of Traditional Systems of Medicine and Homeopathy. The MoU was signed on November 3, 2018.

**Details:** This will provide a frame work for the cooperation between the two countries for the promotion of traditional systems of medicine and homeopathy and will mutually benefit the two countries in the field of Traditional Medicine.

**Objective:** The main objective of the MoU is to strengthen, promote and develop co-operation in the field of traditional systems of medicine between the two countries on the basis of equality and mutual benefit. The MoU identifies following areas of cooperation:

Promotion in the regulation of teaching, practice, drugs, and drugless therapies within the scope of the MoU

Supply of all medicine materials and documents necessary for demonstration and reference in achieving the objectives specified within the framework of the MoU;

Exchange of experts for the training of practitioners, paramedics, scientists, teaching professionals and students;

Accommodation of interested scientists, practitioners, paramedics and students in Institutions for Research, Educational and Training Programmes;

Mutual recognition of Pharmacopoeias and Formularies;

Mutual recognition of systems of medicines which are officially recognized by the Parties;

Mutual recognition of Educational Qualifications awarded Central/State recognized Universities of the Parties;

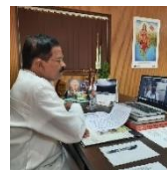
Provision of Scholarships for education in recognized Institutions;

Recognition of traditional preparations on a reciprocal basis by the qualified practitioners as per the existing laws of the respective Countries;

Permission to practice on reciprocal basis by the qualified practitioners as per the existing laws of the respective Countries;

Any other areas and/or forms of cooperation mutually agreed upon subsequently by the Parties.

## International Webinar on Video Conference



Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik

participated in an International Webinar on Video Conference on surviving the storm through shelter of Ayurveda-INTEGRATED APPROACH TO COMBAT COVID-19 along with Secretary, Ministry of AYUSH, Shri Rajesh Kotecha, other senior officials of Ministry of AYUSH & delegates from India and abroad, on May 5, 2020.

## Mann ki Baat

### Yoga for community, immunity and unity!

Shri Narendra Modi, Prime Minister in his Mann Ki Baat address underlined the rewards of Yoga and Ayurveda. He stated that these are tried and tested practices and need to be adopted to manage the current corona virus crisis, as they strengthen the respiratory system. He highlighted the initiative taken by the Ministry of AYUSH to launch the International Video Blog Contest - #MyLifeMyYoga.

## Launch of studies involving AYUSH interventions



Hon'ble Minister of Health and Family Welfare, Shri Harshvardhan launched three studies involving AYUSH interventions for the COVID-19 situation on May 7, 2020 in New Delhi. The three studies are as follows:

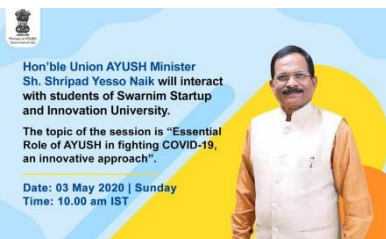
1) Clinical research studies on Ayurveda interventions as prophylaxis and as an add-on to standard care to COVID 19: Collaborative clinical studies as a joint initiative of Ministry of AYUSH, Ministry of Health and Family Welfare (MoHFW) and the Ministry of Science & Technology through Council of Scientific & Industrial Research (CSIR) with technical support of ICMR. The Interdisciplinary AYUSH R&D Task Force has formulated and designed clinical research protocols for prophylactic studies and add-on interventions in COVID-19 positive cases through thorough review and consultative process of experts of high repute from different organisations across the country for studying four different interventions viz. Ashwagandha, Yashtimadhu, Guduchi +Pippali and a poly herbal formulation (AYUSH-64). Ashwagandha for the Prophylaxes Against SARS-COV-2 in subjects with increased risk during the COVID 19 Pandemic: A comparison with Hydroxychloroquine in the health care providers and Effectiveness of Ayurveda Formulation as an adjunct to 'Standard of Care' for the Treatment of Mild to

Moderate COVID-19: A Randomized, Open Label, Parallel Efficacy, Active Control, Multi-Centre Exploratory Drug Trial.

2) Population based interventional studies on impact of AYUSH based prophylactic interventions: The ministry of AYUSH is initiating population based studies to study the impact of Ayurvedic Interventions in prevention of COVID-19 infection in high risk population. The core objectives comprise of, assessment of preventive potential of AYUSH interventions for COVID 19 and also to assess the improvement in Quality of Life in high risk population. The study will be carried out through four Research Councils under Ministry of AYUSH and National Institutes in 25 states across the country and several State Governments covering approximately 5 lakhs population. The outcome of the study would certainly pave a new horizon in understanding the preventive potential of AYUSH interventions during pandemics like COVID 19 through scientific evidence.

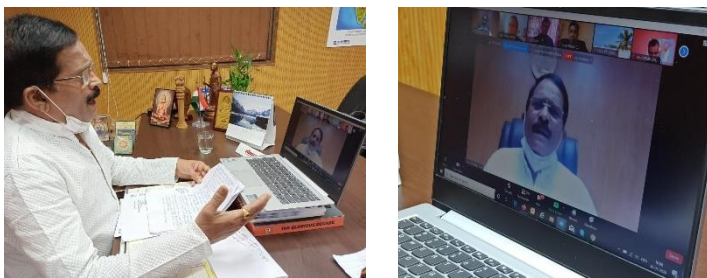
3) Ayush Sanjivani application based study for impact assessment of acceptance and usage of AYUSH advisories in its role in prevention of COVID 19: The Ministry of AYUSH has developed AYUSH Sanjivani mobile app, for generating data of large population with a target of 5 million people. The core expected outcomes includes to generate data on acceptance and usage of AYUSH advocacies and measures among the population and its impact in prevention of COVID 19.

### Interaction with students



Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik, interacted with students of Swarnim Startup and Innovation University on "Essential Role of AYUSH in fighting COVID-19, an innovative approach", on May 3, 2020. He called for start up initiatives in the AYUSH Sector.

### Role of Yoga Meditation Ayurveda and well-being



Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik had a vedio conference on "Role of Yoga Meditation Ayurveda and well-being" organised by Maha Mariners

Association, on May 30, 2020. This awareness, understanding and practice of divine sciences will be of great service to humanity.

### Interaction with Confederation of All India Traders (CAIT)



Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik held vedio conference with Confederation of All India Traders (CAIT) on enhancing the value & usage of India's medicinal pride Ayurveda, on May 26, 2020. Shri Naik appreciated the role played by the traders in the tough lockdown period. This augurs well for AYUSH industry.

### Visit of Minister of AYUSH to AIIA, New Delhi



Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik visited the All India Institute of Ayurveda (AIIA), New Delhi, New Delhi on July 28, 2020. During his visit, Shri Naik oversaw the functioning of the COVID health centre as well as the various proactive steps undertaken by the institute in current times to fight the pandemic. Shri Naik also inaugurated the Covid ICU. Preventive measures undertaken by AIIA and Delhi Police jointly to help improve immunity and combat the situation were also briefed to the media. The Minister said that All India Institute of Ayurveda is playing an exemplary role in providing Holistic care through integration of Ayurveda Medicine, diet, Yoga, Relaxation techniques for COVID19 patients across India, which will help them not only against COVID19 but also in other phases of life. Also it is heartening to know that there is no single mortality due to covid at this centre since operationalisation of covid care centre. It is encouraging to



know the positive feedback of the COVID19 patients who got treatment here at AIIA, all the patients at Covid Health Centre at AIIA developed a positive approach towards life, and were very satisfied with the transformation within them, Shri Naik further stated that he was happy to inform that Positive feedback being reported from the personnel with decreased anxiety levels, feeling of general well-being and reduction in minor symptoms like cold and cough. Shri Naik also mentioned that 1,58,454 Ayuraksha kits [AYURAKSHA kit contains Sanshamani Vati (prepared from Giloy), AYUSH kadha and Anu Taila for nasal application] has been distributed in two phases with overall compliance of more than 90%. Delhi Police being the frontline warriors of COVID19 are being given AYURAKSHA kit for boosting the immunity and increasing quality of life against COVID19, around 30 people who reported even minor symptoms like cough and cold were resolved soon with the medicine and no further fresh complaints observed during the period. Residents of nearby locality of AIIA in DDA Flats of nearly 1200 population were distributed Ayurveda Medication Samshamani vati to be taken for 60 days. As on date, no incident of COVID19 have been reported in the locality. Shri Naik congratulated the whole team of AIIA for their exemplary role for their efforts to treat the COVID19 patients through Holistic Ayurveda care. The traditional system of India - Ayurveda has a huge potential in preventive and curative health care of this pandemic.

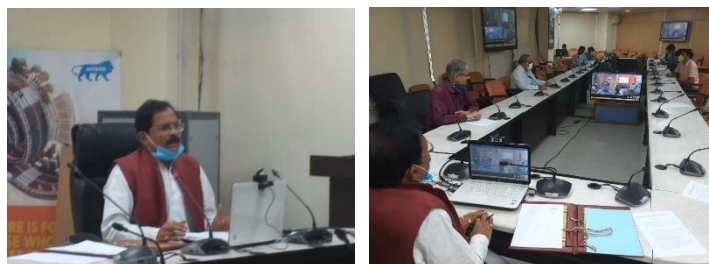
### Review of Flagship schemes



Minister of AYUSH reviewed the progress of implementation of two of the flag ship Schemes of the Ministry, namely the National AYUSH Mission and AYUSH Health and Wellness Centres on July 30, 2020, through a webinar. Health/ AYUSH Ministers of different States and UTs attended the webinar. Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha, and Joint Secretary, Ministry of AYUSH, Shri Roshan Jaggi, A dedicated Web-Portal for National AYUSH Mission was launched on this occasion. The portal will considerably simplify the administrative processes of the NAM scheme

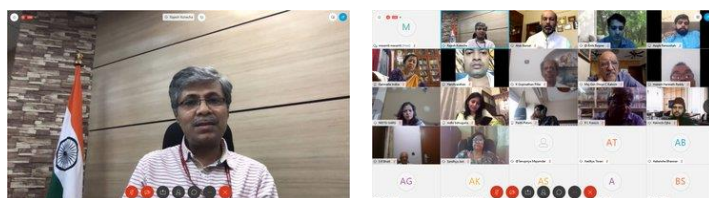
and speed up its outcomes. Shri Naik also released 4 publications including Operational Guidelines for establishment of AYUSH Health & Wellness Centres. The discussions and decisions of the webinar will lead to expediting the establishment and operationalization of AYUSH Health & Wellness Centres and increase the efficacy of NAM activities. These outcomes will strengthen the primary AYUSH healthcare delivery system in real-terms and to extend the access of AYUSH health care to the needy public.

### MoU between Ministry of AYUSH and National Statistical Commission, Ministry of Statistics & Programme Implementation for Co-Operation in Public Health, Research & Development



MoU has been signed between Ministry of AYUSH and National Statistical Commission, Ministry of Statistics & Programme Implementation for Co-Operation in Public Health, Research & Development. The Objective of MoU are Establishment of co-operation in planning, evaluation and impact assessment of various schemes and initiatives of Ministry of AYUSH Collaboration in public health as well as research initiatives of Ministry of AYUSH, research & development and development of specific statistical models & tools relevant to public health initiatives and research in AYUSH Sector.

### India Foundation Web Dialogue



Glimpses from India Foundation Web Dialogue addressed by Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha on July 23, 2020.

### Cultivation of medicinal plants





Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha visited Rajpura village, Nagaur, Rajasthan on July 10, 2020 to look into the unique model of cultivation of medicinal plants developed by Vinayak Herbals along with CEO.

### Returning to roots: Resurgence of Ayurveda and Indian ethos



“India is known for its traditional medicinal systems like Ayurveda, Siddha and Unani, source of which can be traced back to the ancient Vedas and other scriptures.

We’ve all grown up in household which have Haldi doodh, although these days I hear its called ‘Turmeric Milk’ or the surprisingly romantic ‘Golden Latte’. Well this ‘golden latte’ touted as a wonder food, good for rejuvenation, and skin health and healing, and being called as an allrounder anti-inflammatory, has been around, at least for us Indians for thousands of years as ‘Haldi doodh’. I remember wrinkling up my nose and refusing to have it, when my mother would give it to me.

Be that as it may, the west seems to have finally woken up to ayurveda, or the ancient science of plant derived medicine. Yoga and alternative medicine, including pranic healing, reiki etc have suddenly had a resurgence in the west, and we Indians have suddenly become aware of our legacy, created thousands of years ago, which today with modern science and testing is being proved to be as effective if not more in a wide variety of ailments and diseases. Little did we realise, that the often foul tasting ‘kadha’ we were made to drink by our mothers, is actually a legacy and heritage we have, which has been thousands of year’s in the making. I have read that Indian medicine was so advanced that we actually performed rhinoplasty’s, often called a ‘Nose job’ in today’s language. It is absolutely clear, that if our doctors and healers were performing complicated surgeries and procedures thousands of years ago, they would necessarily have the know how of things like antibiotics, or anti coagulants. Surprisingly, these are discoveries that can only be traced back about a 100-150 years in western medicinal sciences.

India is known for its traditional medicinal systems like Ayurveda, Siddha and Unani source of which can be traced back to the ancient Vedas and other scriptures. The ayurvedic concept emerged and developed in India between 2500 and 500 BC. Ayurveda means “science of life” or “true knowledge of life”, since the Indian system of health care was centered around views of man and his illness. Being a tropical country, we Indians are naturally blessed with diverse flora, that are used in traditional medical treatments. In India, approximately 70percent of rural population depends on the traditional Ayurvedic system of medicine. In the Western countries, todayapproximately 40per cent of people have reposed faith in herbal and ayurvedic medicines for the treatment of various diseases. India is a mega-diverse country which harbours 7-8% of all recorded species, including over 45,000 species of plants and 91,000 species of animals. Of the 34 global biodiversity hotspots, four are present in India, represented by the Himalaya, the Western Ghats, the NorthEast, and the Nicobar Islands. Further, India is the largest producer of medicinal plants and the traditional medicinal systems found under Ayurveda, Siddha and Unani.

With a view to bring about an organised development of systems and standardise the mode of treatment by the practitioners of these systems, legislations have been framed by both the State Governments as well as the Central Government. The legislative field for framing legislation on these aspects is relatable to Schedule VII List III Entry 26 of the Constitution of India.

In Kerala Ayurveda Paramparya Vaidya Forum v. State of Kerala, (2018) 6 SCC 648 the issue under consideration before the Supreme Court was whether the persons who do not fulfil the prescribed qualification and are not duly registered under the relevant statute, be permitted to practice “Paramparya Vaidyas”. The Supreme Court after considering the eligibility criteria laid down in the Central law and also under the State laws concluded that the right to practise any profession or to carry on any occupation, trade or business is no doubt a fundamental right guaranteed under the Constitution but that right is subject to any law relating to the professional or technical qualification necessary for practising any profession or carrying on any occupation or trade or business.

This judgment was landmark, because it highlighted that our traditional medicine systems, are an important part of our heritage and that they cannot be treated as ‘not serious medicine’ or ‘magical remedies’. The judgment validated the fact that traditional medicine as found in the subcontinent of India, is medicine and needs to be studied and qualified for, just as much as western medicine, thus lending complete credence to the field.



Government of India, through its Ministry of AYUSH is responsible for policy formulation, development and implementation of programs for the growth, development and propagation of Ayurveda. After the change in government in 2014, a conscious decision was taken to upgrade the department and an independent Ministry of AYUSH with independent Minister and a mandate for systematic development in all spheres of Indian medicine was issued. It is a dedicated ministry created to uphold the standards and standardise procedures under the Indian System of medicine, which for so long had been neglected and been passed on to generations without truly understanding the value, in effect creating a situation, where it was considered second rate, or not trusted as much as its potential is.

Today there has been integration of AYUSH in the healthcare delivery system and national programs to ensure optimal use of the vast infrastructure of hospitals, dispensaries and physicians were focused in the policy. Through National Health Mission and National Rural Health Mission, an initiative to improve efficacy of Ayurveda has been undertaken. Resultantly, the public perception is getting inclined towards Ayurveda and development in AYUSH is observed. All this is poised to be achieved through the increase in potential of Ayurveda and optimum revival.

The educational system and professional practice of Ayurveda are controlled by the Central Council of Indian Medicine (CCIM), a statutory body set up under Indian Medicine Central Council (IMCC) Act, 1970. Ayurveda doctors with degree or equivalent qualifications are considered as recognized medical practitioners as per the schedules of Indian Medicine Central Council Act, 1970. The recognized qualifications for the purpose of registration and to engage in clinical practice of Ayurvedic Medicine are Bachelor of Ayurvedic Medicine and Surgery (BAMS) and MD/ MS (Ayurveda) master's degrees in 22 specialties and equivalent qualifications.

One aspect of this resurgence of Ayurveda and the fact that today, we as a government, are taking it seriously was something i noticed when i represented the Ministry of AYUSH in Union of India Vs. Federation of Self-Financed Ayurvedic Colleges Punjab & Ors. Civil Appeal No. 603 of 2020, where the NEET exam was prescribed for students who wished to undertake graduate courses in Ayurvedic medicine. What surprised me was now seriously and vehemently, the department and the ministry took these admissions, vehement in their stand that they wanted and needed qualified and intelligent, hardworking students as doctors in traditional medicine field. The Supreme Court agreed.

On October 17, 2017, Prime Minister Modi in a speech laid stress on integrating Ayurveda, Yoga and other AYUSH systems into the public health care system, dedicated the All India Institute of Ayurveda situated at New Delhi to the nation. He also stressed on growing these herbs and medicines and said that the AYUSH ministry would provide the requisite knowhow.

Prime Minister Modi, during the lockdown due to COVID- 19 pandemic promoted practice of yoga amongst all including world leaders calling it a perfect antidote to self-isolation blues.

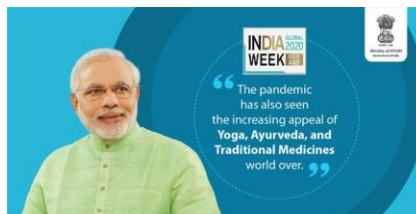
The fact that an ayurvedic formulation was given to Prince Charles when he was battling the Coronavirus is also telling of the nature and effectiveness of the Indian Medicine system as well the trust that is now being reposed in it.

According to the recent reports, Modi government is leading a study to determine whether the ayurvedic herb “Ashwagandha” could be an alternative to hydroxychloroquine (HCQ) as a potential COVID preventative. the study is being carried out by a group of scientists and researchers from Ministry of AYUSH, Ministry of Health and Family Welfare, the University Grants Commission (UGC) and the Indian Council of Medical Research (ICMR).

The Ministry of AYUSH is taking a huge step towards promotion and development of Ayurveda, however there are more to be done to mainstream Ayurveda and validate to make it acceptable world wide as a scientific system of healthcare to regain its glory”.

(Article in Daily Times on July 11, 2020 by Sr. Adv. Pinky Anand who has served as head of All India Legal Cell of Bhartiya Janta Party (BJP). She has served as the Additional Solicitor General (ASG) of India.)

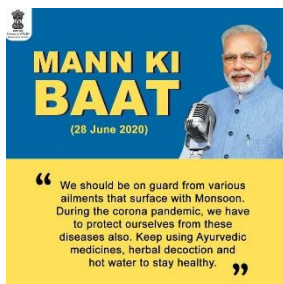
### **Increase in appeal of traditional forms of medicine**



The pandemic has brought about many important changes. One among them has been the interest in improving the body's natural defence mechanism. While addressing the India Global Week 2020 organised by India Inc Group., Hon'ble Prime Minister of India, Shri Narendra Modi has reiterated the fact that the appeal of traditional forms of medicine has increased in the times of Covid -19.



## Boosting Immunity during Monsoon



It is well known that the onset of the monsoons brings in some diseases. Our immune systems are our best protective shields in this season. As re-iterated by the Hon'ble Prime Minister of India, Shri Narendra Modi in the Mann ki Baat address, let's strengthen our immune system this monsoon season, by following AYUSH precautions. This way, let's fight Covid-19 and other diseases from a position of strength.

## Launch of a Tribal Healthcare project in Ladakh



On July 6, 2020, Hon'ble Lieutenant Governor of Ladakh, Shri RK Mathur, launched a Tribal Healthcare project in Ladakh under the National Research Institute for Sowa-Rigpa, Leh. This project includes mobile Sowa-Rigpa medical camps which will be conducted throughout the year. These camps would be held free of cost at the tribal villages in Leh District. It will also cover a full-time Sowa-Rigpa Health Care Clinic at Zanskar (Padum) Kargil. As part of the inaugural activities, a team of expert doctors along with medicines and information brochure on COVID 19 were sent to identified villages. Dr Padma Gurmet, (Director Incharge, National Research Institute for Sowa-Rigpa), and other staff members of the Institute were present on the occasion.

## Conserving MAPGRs

MoU signed between National Medicinal Plants Board (NMPB) and ICAR-National Bureau of Plant Genetic Resources (NBPGR) to conserve the Medicinal and Aromatic Plants Genetic Resources (MAPGRs) at designated space of ICAR-NBPGR.

## Delhi gets support from Siddha Medicine in its fight against COVID-19



The Siddha Clinical Research Unit (SCRU), New Delhi has intensified its activities under the prophylatic population study. On June 7, 2020, a medical camp was organised by SCRU with the support of Munirka Welfare Association at Community Centre, Munirka, New Delhi. Kaba Sura Kudineer, a prominent immunity enhancing

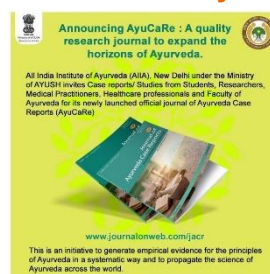
formulation was distributed to 200 members of the public as part of the study.

## Distribution Camp for Kaba Sura Kudineer



A Distribution Camp for Kaba Sura Kudineer, which is emerging as a popular Siddha preventive formulation in the times of Covid 19, was held at Old Tamilnadu Bhavan - Vaikai illam in Delhi on June 27, 2020. Siddha Clinical Research Unit, New Delhi coordinated the Camp with the support of Directorate of Indian Medicine and Homeopathy, Tamilnadu. Employees of Tamilnadu Bhavan, Tamilnadu Special Force Police unit at Tihar Jail and New Delhi Tamil Media personnel attended the Camp. The Camp was made possible thanks to the support of Delhi Tamilnadu Bhavan and Tihar Jail Tamil Police Special Force.

## Peer-Reviewed Quarterly Journal of Ayurveda Case Reports



All India Institute of Ayurveda (AIIA), New Delhi is set to launch a quality research journal in Ayurveda. This Peer-Reviewed Quarterly Journal of Ayurveda Case Reports is focused exclusively on publishing Case Reports in Ayurveda. The need for quality publications in this area has been long recognised. The manuscript management system of the journal is now available at <https://www.journalonweb.com/jacr/>. The FIRST issue with ISSN is expected by the end of May 2020.

## Medicinal Plants: The Sunrise Sector in Agriculture

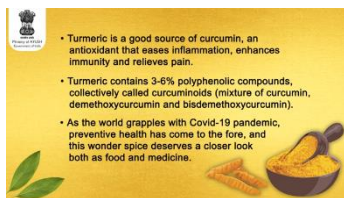
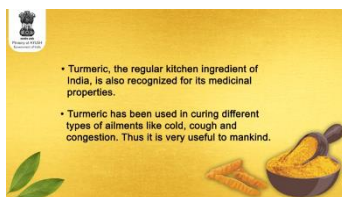


With the announcements of a Rs. 4000 crore package for herbal cultivation by the Government of India under Atma Nirbhar Bharat Abhiyan, medicinal plants have emerged as one of the most promising segments of Agriculture.

**Fact:** Giloy, also known as Amrita or Guduchi, is a herb that purifies blood, fights bacteria, combats liver diseases, and prevents urinary tract infections. As per #Naturopathy, consuming Giloy Kadha regularly helps improve immunity and fight against various infections.

## Turmeric

### the golden spice with countless health benefits

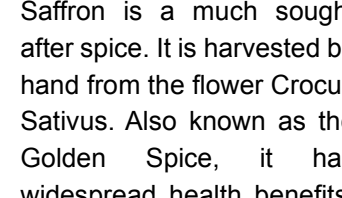
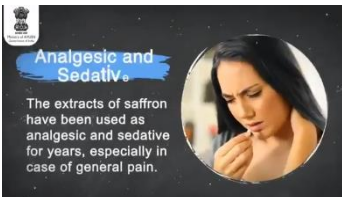
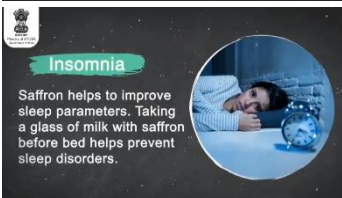
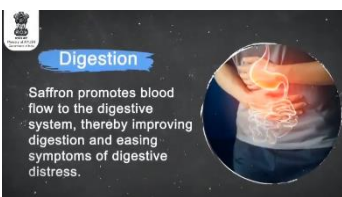


The everyday turmeric of the Indian kitchen is no ordinary spice. This bright-yellow aromatic ingredient not only adds flavor and color to your dishes but also supports you

in building health. It has been traditionally used as a home remedy for ailments like cold, cough and congestion. Adding turmeric to your dishes or preparing tea, latte, or chutney with it can be a great way to strengthen your immunity. Learn more about the amazing recipes of turmeric on <https://www.youtube.com/watch?v=ExFWo9mibSA>

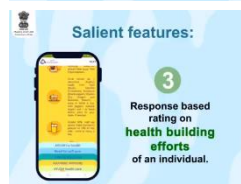
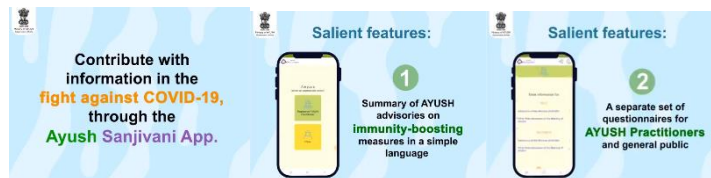
**\*Note:** This advisory is for supportive care. An authorized practitioner may be consulted in case of flu or other illness.

## Saffron and its benefits



It is anti-carcinogenic (cancer-suppressor), anti-mutagenic (Immunity booster), and antioxidant by nature.

## AYUSH Sanjivani APP



The AYUSH Sanjivani App, developed by Ministry of AYUSH, for impact assessment of AYUSH advisories on immunity enhancement was launched on May 7, 2020 by Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik who joined the event through video conferencing from Goa.



The app will generate data on acceptance and usage of AYUSH advocacies & measures among the population and its impact in prevention of COVID-19.

## World Environment Day (June 5, 2020)

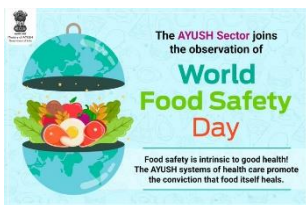


The theme for World Environment Day 2020 is "time for nature". The biodiversity is essential for our well-being. Every cure in AYUSH is supported by the intrinsic characteristics of natural herbs. This World Environment Day, let's take a pledge to spread environmental awareness and work towards sustainable development.



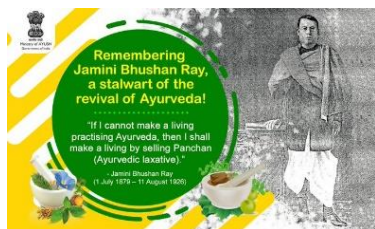


## World Food Safety Day (June 7, 2020)



World Food Safety Day aims to raise awareness about the importance of food safety in the prevention of food-borne diseases. The Ministry of AYUSH has collaborated with Food Safety & Standards Authority of India (FSSAI) to explore various possibilities of setting standards for Ayurvedic foods as a separate category.

### Jamini Bhushan Roy

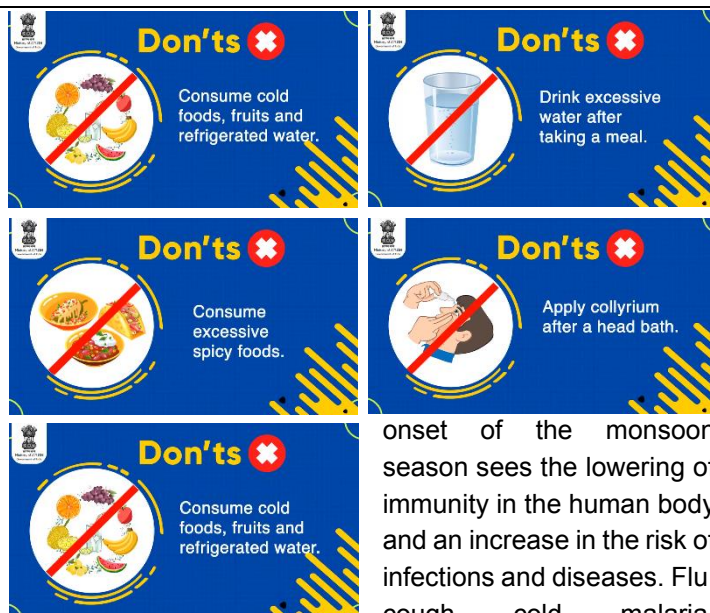


To revive the glory of Ayurveda, Jamini Bhushan Roy set up the Vaidyaraj pharmacy along with his staff and worked incessantly to standardize Ayurvedic medicines in

accordance with western benchmarks. The establishment of the Ashtanga Ayurvedic College and Hospital in Calcutta, India - which was later renamed as the J B Roy State Ayurvedic College and Hospital - was one of his most important contributions to Ayurveda.

**News:** Shree Gulabkunverba Ayurved Mahavidyalaya, a constituent of Gujarat Ayurved University, has completed 75 years of academic excellence. It relevant to recollect that the Institute is being upgraded as Institution of National Importance by the Government of India.

### AYUSH systems and Monsoon



onset of the monsoon season sees the lowering of immunity in the human body and an increase in the risk of infections and diseases. Flu, cough, cold, malaria, dengue, typhoid and cholera are some of the common maladies of the monsoon season. Taking preventive measures can help protect from the above diseases.

### Foods to improve Digestion and Boost Immunity during Monsoon



In monsoon, an individual is likely to experience digestive ailments. AYUSH systems recommend some foods which help improve digestion and boost immunity.



## When boredom strikes, pay attention!



One way to take care of boredom is to utilize this energy by channelizing the flow of Prana Vayu through Yoga practice. Yoga can help you overcome boredom and give you greater flexibility, improve blood flow, boosts confidence, build stamina, release stress, increase energy levels, and calm the mind by channelizing the flow of Prana Vayu.

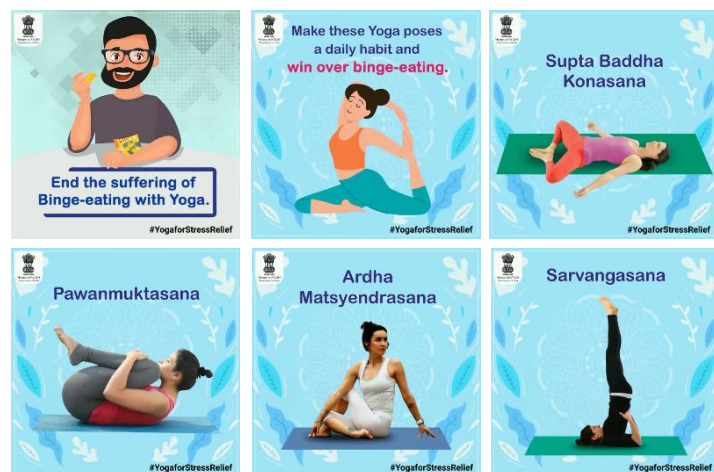


## Give your restlessness a rest!



Restlessness can manifest physically as well as mentally. Symptoms of restlessness include sweating, biting nails, fidgeting, shaking legs, restless leg syndrome in sleep, palpitations and constant worry and anxiety. Yoga helps to overcome restlessness by slowing down the breathing which decreases the speed of thoughts in the mind and makes one restful.

## Finding it hard to put a brake on overeating?



Overeating or binge eating is a sign of stress. Just like smoking; binge eating is also a behavioural strategy to overcome stress. Trying to be in shape can also cause binge eating especially when one tends to fast intermittently. Yoga plays an important role in the treatment of eating disorders. Daily practice of these Yoga Asanas can help to reduce binge eating, blockages and impediments in the flow of energy. Yoga also promotes calmness in the state of mind by



releasing the stress between muscles and relaxes the entire body painlessly.

### Low on energy? Take up Yoga!



Fatigue occurs due to sleep disturbances and prolonged stress which can decrease your productivity at work. Nutritional deficiencies that cause Anaemia further worsens this condition. Yoga helps to restore energy balance in the body and increase the flow of blood to tissues in the body.

### Enhance your immunity with Kapalabhati Kriya!



Practicing Kapalabhati Kriya purifies the frontal sinuses. Practice with forceful exhalations initially for 40-60 strokes per minute. It also helps to overcome upper respiratory tract infections. This practice should be followed by Nadishodhan Pranayama.

Note: Avoid this practice in case of hypertensive heart disease, epilepsy, respiratory distress, and slipped disc.

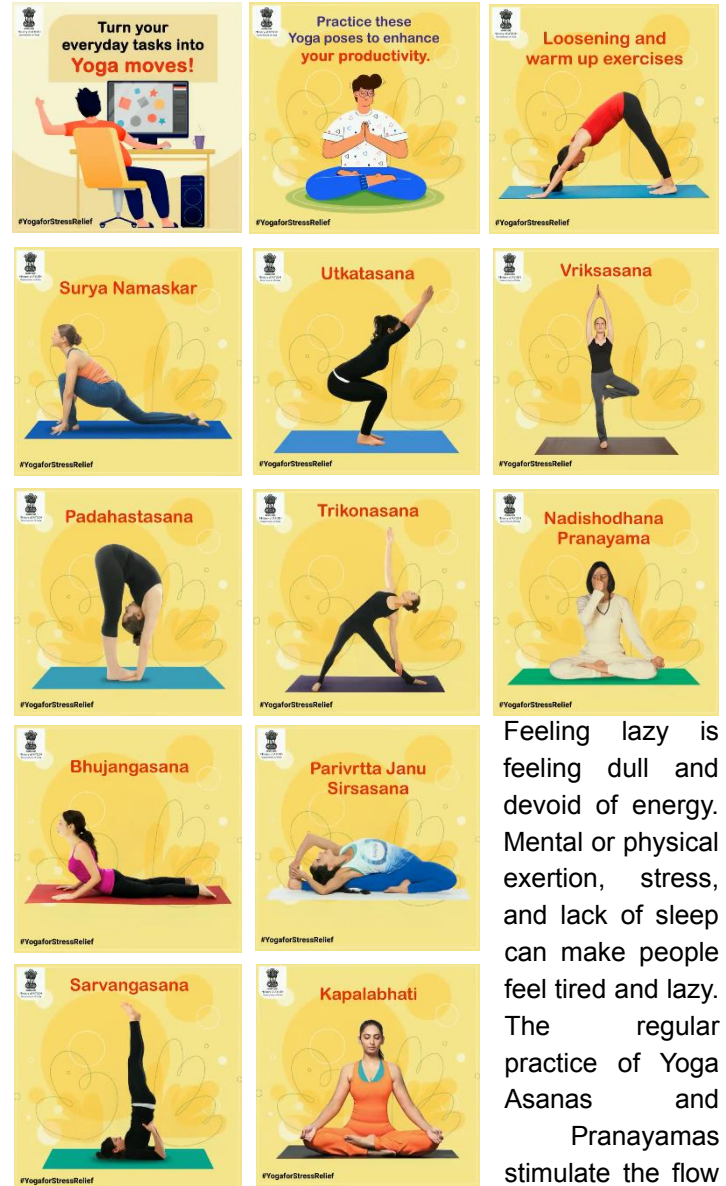
### Pranayama



Stress reduces our body's ability to fight infections. This makes us susceptible to various diseases. Pranayama is a practice of slowing down the breath. Slowing down the breath brings about a

relaxation response that is opposite to a stress response. This helps in healing and repair.

### Laziness can kill you!



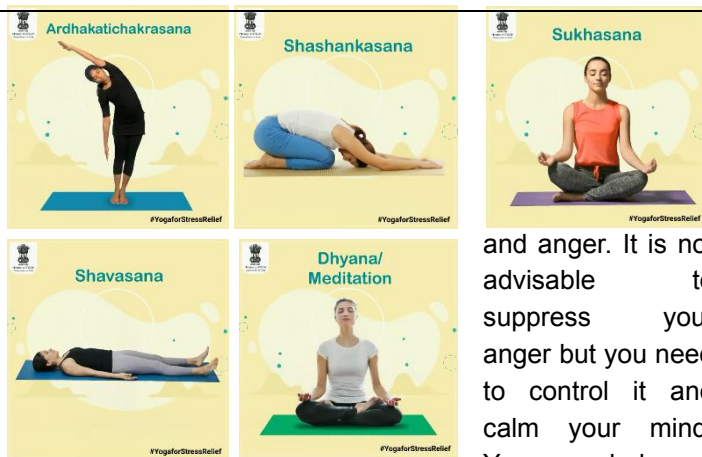
Feeling lazy is feeling dull and devoid of energy. Mental or physical exertion, stress, and lack of sleep can make people feel tired and lazy. The regular practice of Yoga Asanas and Pranayamas stimulate the flow

of energy by removing the blockages and impediments in the flow of energy. Yoga also promotes calmness in the state of mind by releasing the stress between muscles and relaxes the entire body painlessly.

### Make peace with your irritability



Irritability can damage interpersonal relationships. Be it in the workplace or in the family, it leads to more emotional stress



and anger. It is not advisable to suppress your anger but you need to control it and calm your mind. Yoga can help you to manage your anger. Performing Asanas followed by relaxation techniques is a proven way to control anger and irritability.

### Nadi Shodhana Pranayama



Nadi Shodhana Pranayama is one of the most effective Yoga poses to strengthen the immune system. Practicing this Pranayama also helps in decreasing stress and anxiety.

### Good sleep is the key to good health.



Sleep is an important buffer of stress. Good Sleep hygiene reduces the adverse effects of stress by normalizing the stress hormone rhythms. Feeling fresh and energetic after a good sleep is important to reduce the effects of stress. The regular practice of Yoga can improve sleep quality.

## Don't be a couch potato! Move around to decrease the risk of poor health



Spending a long time sitting in the office, binge-watching, sleeping and reduced physical activity can make your body stiff and creaky. Living a sedentary lifestyle can have disastrous consequences. Yoga practice can help offset the damage of a sedentary lifestyle. Taking microbreaks, doing stretching and loosening exercises is helpful to break the monotony. Here are some Yoga Asanas for a sedentary lifestyle.

### Fun Facts – Yoga



Practising Natarajasana gives strength to your chest, ankles, hips, and legs.



Eka Padasana helps to strengthen the leg muscles. It can give a good stretch to the muscles of the lower back.



Dhanurasana gives maximum stretch on the abdomen and abdominal sides.

### Benefits of Yogasanas



Yogasana helps one to be physically and mentally fit. It improves cardiorespiratory fitness, endurance and stamina. It also enhances our reserve to fight infections and stress. There are several Yoga postures that confer innumerable benefits.