



Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

International Webinar on "Ayurveda & Yoga: The Role in addressing the emerging health care challenges"



Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik inaugurated and addressed International Webinar on "Ayurveda & Yoga: The Role in

addressing the emerging health care challenges" through VC organised by Indian Council of Philosophical Research (ICPR) & santhigiri Research Foundation & Ayurveda Medical College, Thiruvananthapuram on August 8, 2020.

Webinar on "Role of Yoga- COVID19"



Hon'ble Minister of State, Ministry of AYUSH (I/C) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik attended & addressed a webinar on "Role of Yoga- COVID19" through Video Conference organised by Legal Rights Council-India on August 8, 2020. Yoga has been a promising intervention during these Covid times. It has helped people keep fit and maintain health during the lockdown period. Practicing Yoga in the Ladakh and Sikkim.

Contribution of AYUSH doctors in fighting Covid has been exemplary

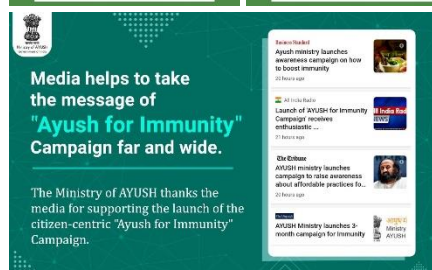
AYUSH doctors have been in the forefront of the efforts against Covid-19 ever since the outbreak of the pandemic. They work in isolation facilities, Covid Care Centres, fever clinics etc. Their contribution in running Apathamitra, the dedicated Covid helpline of the Government of Karnataka, has been noteworthy. The work being done by them has been exemplary. A word about what can be learnt from Ayurveda on ways to tackle the pandemic may not be out of place. The treatises of Charaka Samhita and Sushruta Samhita contain explanations about pandemics under the heading Janapadodhwamsa. The mode of transmission in such pandemics has been explained under the heading Aupasargika Roga by Sushruta. Even in those days, there have been references to covering the face during sneezing, yawning and laughing. There are also references about moving out of the contaminated area and avoiding contact with fellow human beings (social distancing). The ultimate breakthrough for the virus may not be an either/or situation between modern and traditional medicine but a happy integration of the two. Modern medicine may prolong life but the quality of that long life is altogether another paradigm and consists mainly of a balance of the physical, mental and spiritual elements, which is what AYUSH is all about. The article (August 5) — 'AYUSH doctors not trained to take care of critical patients' — by Dr K R Antony, is yet another example of how public discourse can be adversely affected by information which is not rooted in facts. The article criticizes the recruitment of AYUSH doctors by BBMP for manning the Covid Care Centres (CCC). The criticism rests on the plank that AYUSH doctors are not trained in critical care and do not have the knowledge to administer IV drips, oxygen support etc. The purpose of setting up CCCs is to take care of asymptomatic positive patients or those having mild symptoms without serious comorbid conditions. They are designed to cater to the bulk of patients who do not require higher care and are a part of a well thought-out strategy of the government to free up hospital beds for those who are in need of critical care. To this end, the government

has brought out detailed guidelines on the functioning of the CCCs. Further, the doctors manning the CCCs are a mix of MBBS, Dental and AYUSH systems who work under the overall supervision of a senior MBBS doctor. Apart from this, there are nurses and other support staff. The need for an AYUSH doctor to administer IV drips or oxygen does not arise as there are qualified nurses to do so.

Meenakshi Negi,
Commissioner, Health Department, AYUSH Health and Family Welfare

(<https://www.newindianexpress.com/opinions/2020/aug/17/contribution-of-ayush-doctors-in-fighting-covid-has-been-exemplary-2184397.html>)

"AYUSH for Immunity" campaign

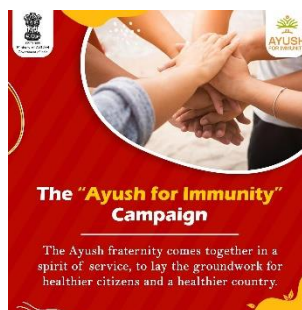


The "AYUSH for Immunity" campaign was launched on August 14, 2020 in an e-event by the Ministry of AYUSH. The campaign aims to

increase awareness about AYUSH practices that help enhance immunity. The launch event was organized in the form of a Webinar on the AYUSH Virtual Convention Centre (AVCC), a virtual platform for digital events relating to the AYUSH Sector. The dignitaries who spoke on the occasion included spiritual leader Gurudev Sri Sri Ravi Shankar, Secretary (AYUSH), Vaidya Rajesh Kotecha, fitness icon Shri Mlind Usha Soman, Director of All India Institute of Ayurveda (AIIA), New Delhi, Prof. Tanuja Nesari and Technical Officer from World Health Organization (WHO), Dr. Geetha Krishnan. The webinar received an enthusiastic response with nearly 60,000 attendees watching it live on AVCC and Ministry of AYUSH' Facebook Page.



"AYUSH for Immunity" Campaign



You are the master of your own health. This is the central theme of the campaign "AYUSH for Immunity", launched by the Ministry of AYUSH. The campaign aims to increase awareness about AYUSH practices that help The participation of the 8 lakh strong AYUSH fraternity in the campaign with a spirit of service would lay the groundwork for a healthier country.

AYUSH Scholarship Scheme



The Ministry of AYUSH offers 104 scholarships under the AYUSH Scholarship Scheme to eligible foreign nationals from 99 countries for pursuing Undergraduate (UG), Postgraduate (PG) and Ph.D courses in premier Institutes in India. These scholarships to the meritorious students are offered every year by the Ministry under the central scheme of promotion of International Co-operation in AYUSH (IC Scheme). Candidates can apply for the fellowship scheme by filling in the online application available on A2A portal of the Indian Council for Cultural Relations (ICCR), through which the scheme is being implemented. The admission details for the session 2020-21 under the AYUSH Scholarship Scheme are available on the Ministry of AYUSH website. For details click on the link below <https://main.ayush.gov.in/event/ayush-fellowship-scheme>.

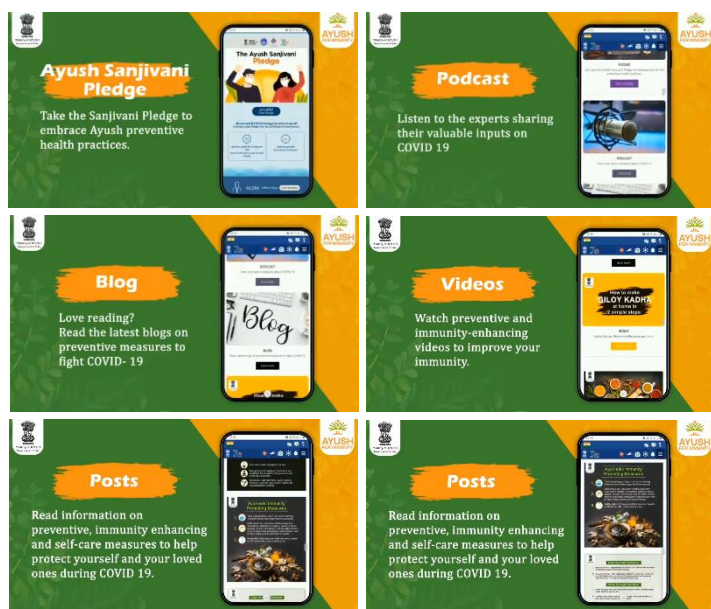
Free Medical Camp



A free medical camp was organised today by the National Research Institute for Sowa-Rigpa (NRIS), #Leh in Nurla village as the concluding event of a week long awareness camp cum free medical camp. The camp was held in different remote areas of Ladakh from the 17-22 August 2020 to deliver health services at doorstep. Sowa-Rigpa system of healthcare comes as a lifeline for the people living in many

of the remote areas of Ladakh. Information on AYUSH interventions and home remedies were also disseminated by the camp during the week.

“AYUSH for Immunity” Campaign page



The “AYUSH for Immunity” Campaign page is now live! Under the “AYUSH for Immunity” campaign launched by the Ministry of AYUSH, many activities like Quiz, Discussion etc are being held by the Ministry in collaboration with <https://www.mygov.in/> for increasing awareness about AYUSH practices that help enhance immunity. Apart from activities, the campaign page also offers various information on preventive and immunity enhancing measures from AYUSH. Be a part of this national campaign by visiting the page and taking part in the various activities by clicking on the link: <https://www.mygov.in/campaigns/ayush/>.

Fact: Certain Foods can boost your immunity. Including certain foods like #Ginger tea in our diet helps to improve the functioning of our immune system. Ginger is known for its excellent medicinal properties. It contains the anti-inflammatory compound called gingerol which relaxes blood vessels and improves blood flow.



Incorrect to call Ayurveda, homoeopathy alternative medicine for Covid

Dr. Bhushan Patwardhan, chairman of AYUSH R&D Task Force on Covid-19, advocates integrating measures from Ayurveda & Yoga in the standard of care to prevent & treat Covid. “Current management of Covid-19 is largely based on experience and empirical evidence. Therefore, what is

conventional and what is alternative is difficult to decide,” says Dr. Patwardhan. He adds: “when several allopathic drugs are being repurposed based on empirical evidence, there is no reason as to why safe AYUSH interventions are ignored. In an exclusive interview to The Print, Dr. Patwardhan said: “Currently, we are in the evidence-based precision medicine era. As of now, there is no proven treatment for SARS-CoV-2 infection or Covid-19 in any medical system.” The task force that Dr. Patwardhan heads was constituted by the Ministry of AYUSH. Dr. Bhushan Patwardhan, who is also the vice-chairman of the University Grants Commission, further explained that “immune-inflammation is known to be a key driver in Covid-19 progression”. Dr. Bhushan Patwardhan is a biomedical scientist who is also the chairman (additional charge) of the Indian Council of Social Science Research and has worked on several policy-making committees, task forces of the National Knowledge Commission, Planning Commission, NITI Ayog and the Ministry of AYUSH. Recent studies, he emphasised, “have identified genetic factors that may influence susceptibility to Covid-19”.

AYUSH disciplines dominate Covid 19 clinical trials in India



The race for Covid-19 vaccine is being keenly watched by health professionals and the public alike, thanks to high profile coverage in the media. Meanwhile, hundreds of #Ayush (traditional and non-conventional systems of healthcare recognized by the Government of India, including Ayurveda and Homeopathy) professionals are quietly working on a large number of clinical trials in facilities in different parts of the country for finding solutions for prevention (prophylaxis) and treatment of Covid-19. According to a report published by MINT recently, close to two third of the clinical trials in India are being done on Ayush medicines, with public and private funding. The report quotes an analysis done by the All India Institute of Medical Sciences (AIIMS), Jodhpur and states that as of July 2020, a total of 203 trials were registered in the Clinical Trial Registry of India (CTRI), of which 125 trials (61.5%) were

related to the Ayush interventions, while 64 trials (30.7%) were on allopathic drugs. "It seems that the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) is making reasonable efforts to encourage researchers to explore these products for covid-19. This is a good sign of future integration between allopathic and AYUSH system, as the practitioners from both streams are working together for the first time," said Jaykaran Charan, Department of Pharmacology at AIIMS Jodhpur and the author of the study. Within the Ayush systems, 69.6% trials were on Ayurvedic interventions followed by 12% on Homeopathy and 11.2% on Siddha. The most common interventions in the trials are Arsenicum Album, Ashwagandha, AYUSH-64 and Guduchi Ghan Vati. You can read the full article here: <https://livemint.com/science/health/traditional-medicines-dominate-covid-19-vaccine-trials-over-allopathic-11598441490279.html>.

Forum to discuss use of AYUSH based solutions for strengthening immunity

Join the Forum here: <https://www.mygov.in/group-issue/use-ayush-based-solutions-strengthening-immunity/>. Be part of this national awareness campaign, and contribute to making the country healthier.

Fact: Our Immune System is our first line of protection against diseases. Our immune system protects our body from outside invaders such as bacteria, virus and toxins. To help our immune system function better we should include immunity-boosting spices like haldi and pepper to our diet. Turmeric and Black pepper is a powerful combination. The piperine present in pepper helps in better absorption of the curcumin of haldi.



National Institute of Siddha



The National Institute of Siddha (NIS), located in Chennai, is a centre of excellence in Siddha medicine. Its aims to provide the best possible post graduate education in Siddha and have put together a team of distinguished faculty to achieve this. NIS is in the process of building a quality resource base to achieve its ambitious goals.

News: As per the statement issued by the health department, popular Ayurvedic immunity-boosting formulations like Indhukantham Kashayam and Agasthiya Rasaayanam are also distributed through Government health facilities. Immunity boosting formulations like Kabasura Kudineer and Arsenicum Album-30 from Siddha and Homeopathy respectively have gained a lot of popularity in the state. These are also being distributed for free to public and field workers.

National Institute of Homeopathy (NIH), Kolkata



National Institute of Homeopathy (NIH) located in Kolkata is a premier institution under the Ministry of AYUSH. For the past 45 years, it has been offering high quality education, training and research in the field of Homeopathy. NIH, Kolkata aspires to be India's most energetic and responsive organization and offer unparalleled educational opportunities.



National Institute of Unani Medicine (NIUM)



The National Institute of Unani Medicine, located in Bengaluru, is a premier institute and hospital under the Ministry of AYUSH, India. Established in the year 1984, its objectives are to provide high quality teaching and research in Unani Medicine at postgraduate level, and to take up cutting edge research projects in the discipline.

AYUSH Kwath



The AYUSH Kwath is made of medicinal herbs and spices, and offers many health benefits. It stimulates digestion, detoxes our body and increases immunity. Regular consumption of AYUSH Kwath helps fight diseases and improves general health. (Note: In case of any discomfort or allergic reactions, it is advised to consult a medical practitioner).

Kabasura Kudineer




Kabasura Kudineer is an herbal concoction known for its anti-inflammatory, analgesic, anti-viral, anti-fungal, antioxidant, anti-bacterial and immunomodulatory properties. This formulation from Siddha works as a frontline barrier by protecting the body against various diseases and improving immunity. It also aids in reducing swelling in the air passages and eases fever.

Concoction-Naturopathy


Staying hydrated is one of the best ways to prevent diseases from overpowering the body.

Make a natural concoction by adding




Basil (Tulsi)

Make a natural concoction by adding




Ginger (Adrak)

Make a natural concoction by adding




Turmeric (Haldi)

Make a natural concoction by adding



Cinnamon (Dalchini)

Make a natural concoction by adding



Black pepper (Kali Mirch)

to boiling hot water.
Turn off the heat when the mixture reduces to half. Consuming this will not only help keep the body hydrated, but also fight various diseases.

Naturopathy works on the principle of prevention is better than cure. It believes that by following the right preventive measures we can make our body strong enough to fight any disease. Immunity plays a vital role in our fight against Coronavirus. Follow this immunity-boosting tip to win the battle against this pandemic. Don't forget, together we can do this!



Unani Joshanda


Unani Joshanda
-The Natural Immunity Booster

Ingredients:




Behi dana (Cydonia oblonga) - 3 gm

Ingredients:



Unnab (Ziziphus jujuba) - 5 pcs.

Ingredients:



Sapistan (Cordia myxa) - 9 pcs.

Recipe:
Boil all the ingredients in 250ml of water. Turn off the heat when the quantity reduces to half. Store in a bottle and take sips in the morning or as and when required.

Unani Joshanda is a time tested multi-ingredient traditional remedy used for upper respiratory symptoms such as common cold, sore throat, cough & sneezing.

Consuming it on a regular basis helps improve natural immunity and strengthens the body's defence mechanism.

My Life My Yoga Contest

GLOBAL WINNERS
Youth (Male)


SUNNY
Pune, India


PRANAY SHARMA
India


MANSIF
Bangladesh

Congratulations

GLOBAL WINNERS
Adult (Male)


HASSAN
Tunisia


RAJPAL SINGH
India


HARSHIT
India

Congratulations

GLOBAL WINNERS
Adult (Female)


PHUNTSHO
Bhutan


SHAILEE PRASAD
India


SALLY INOUE
Singapore

Congratulations

GLOBAL WINNERS
Professionals (Male)


CHANGSA
Bhutan


ASHWATH HEDGE
India


HARSHIN K
China

Congratulations

Congratulations and best wishes to the My Life My Yoga Global Youth category Male winners.

Congratulations and best wishes to the My Life My Yoga Global Adult category Male winners.

Congratulations and best wishes to the My Life My Yoga Global Adult category Female winners.

Congratulations and best wishes to the My Life My Yoga Global Professionals category Male winners.