



Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

Parliament passes Important bills of AYUSH Sector



Two important bills of the AYUSH Sector have been passed by Parliament on the September 14, 2020 - the National Commission for Indian System of Medicine Bill, 2020 and the National Commission for Homoeopathy

Bill, 2020. The passing of these two bills, which come as a landmark achievement in the history of AYUSH, will bring in reforms in the medical education of Indian System of Medicine and Homeopathy respectively. These twin bills would be replacing the existing Indian Medicine Central Council Act, 1970 and the Homoeopathy Central Council Act, 1973.

Role of Ayurveda and other Traditional Medicine to achieve Sustainable Development Goal (SDG-3) in SCO Countries



A Webinar on the topic "Role of Ayurveda and other Traditional Medicine to achieve Sustainable Development Goal (SDG-3) in SCO Countries" was held on September 22, 2020. Representatives from the Eight Shanghai Cooperation Organisation (SCO) countries took part in this e-event to discuss cooperation in the field of Ayurveda and other Traditional Medicine under SCO. Participating countries included India, Kazakhstan, Kyrgyzstan, China, Pakistan, Russia, Tajikistan and Uzbekistan.



Yoga, chyawanprash, turmeric milk: Health Ministry issues guidelines for post-COVID care

The Union Health Ministry on September 13, 2020 issued a post COVID-19 management protocol for holistic follow up care and well-being of recovered patients. Among the long list of suggestions, the Health Ministry advised mild exercise like yoga, consuming a healthy diet and seeking social support or counseling. The ministry also suggested a number of home remedies and immunity boosting AYUSH medicine. "It has been observed that after acute COVID-19 illness, recovered patients may continue to report wide variety of signs and symptoms including fatigue, body ache, cough, sore throat, difficulty in breathing, etc. The recovery period is likely to be longer for patients who suffered from more severe form of the disease and those with pre-existing illness," the Health Ministry said. It added, "A holistic approach is required for follow up care and well-being of all post-COVID recovering patients. Heeding to this, the Union Health Ministry has issued a post-COVID management protocol. This provides an integrated holistic approach for managing patients who have recovered enough from COVID for care at home. The Protocol is not meant to be used as a preventive / curative therapy." Here's the complete post-COVID follow up protocol:

1. At individual level:

- Continue COVID appropriate behaviour (use of mask, hand and respiratory hygiene, physical distancing)
- Drink adequate amount of warm water (if not contra-indicated)
- Take immunity promoting AYUSH medicine - To be practiced and prescribed by a qualified practitioner of AYUSH.
- If health permits, regular household work to be done. Professional work to be resumed in graded manner.
- Mild/moderate exercise
- Daily practice of Yogasana, Pranayama and meditation, as much as health permits or as prescribed.

- Breathing exercises as prescribed by treating physician.
- Daily morning or evening walk at a comfortable pace as tolerated.
- Balanced nutritious diet, preferably easy to digest freshly cooked soft diet.
- Have adequate sleep and rest.
- Avoid smoking and consumption of alcohol.
- Take regular medications as advised for COVID and also for managing comorbidities, if any. Doctor to be always informed about all medicines that the individual is taking (allopathic/AYUSH) so as to avoid prescription interaction.

Self-health monitoring at home - temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry etc (if medically advised).

If there is persistent dry cough/sore throat, do saline gargles and take steam inhalation. The addition of herbs/spices for gargling steam inhalation. Cough medications should be taken on advice of medical doctor or qualified practitioner of AYUSH.

Look for early warning signs like high grade fever, breathlessness, SpO₂

2. At community level:

- Recovered individuals to share their positive experiences with their friends and relatives using social media, community leaders, opinion leaders, religious leaders for creating awareness, dispelling myths and stigma.
- Take support of community based self-help groups, civil society organizations, and qualified professionals for recovery and rehabilitation process (medical, social, occupational, livelihood)
- Seek psycho-social support from peers, community health workers, counsellor. If required seek mental health support service.
- Participate in group sessions of Yoga, Meditation etc. while taking all due precautions like physical distancing.

3. In healthcare facility setting:

- The first follow-up visit (physical/telephonic) should be within 7 days after discharge, preferably at the hospital where he/she underwent treatment.
- Subsequent treatment/follow up visits may be with the nearest qualified allopathic/AYUSH practitioner/medical facility of other systems of medicine.

- Poly-therapy is to be avoided due to potential for unknown drug-drug interaction, which may lead to Serious Adverse Events (SAE) or Adverse Effects (AE).

- The patients who had undergone home isolation, if they complain of persisting symptoms, will visit the nearest health facility.

- Severe cases requiring critical care support will require more stringent follow up.

AYUSH medicine: Details of medicines and their dosage

- Immunity promoting AYUSH medicine (to be prescribed only by practitioners permitted under law for prescribing the medicine/therapy under specific stream)

- AYUSH Kwath (150 ml; 1 cup) daily, Samshamani vati twice a day 500 mg (1 gm per day) or Giloy powder 1 -3 grams with luke warm water for 15 days, Ashwagandha 500 mg twice a day (1 gm per day) or Ashwagandha powder 1-3 grams twice daily for 15 days and Amla fruit one daily/Amla powder 1-3 grams once daily.

- Mulethi powder (in case of dry cough) 1- 3 gram with luke warm water twice daily

- Warm milk with ½ teaspoonful Haldi in (morning/evening)

- Gargling with turmeric and salt

- Chyawanprash 1 teaspoonful (5 mg) once daily in morning (as per directions from Vaidya)

- It is also suggested by the Ministry of AYUSH that the use of Chyawanprash in the morning (1 teaspoonful) with luke warm water/milk is highly recommended (under the direction of Registered Ayurveda physician) as in the clinical practice Chyawanprash is believed to be effective in post-recovery period.

Homeopathic Drug against COVID 19

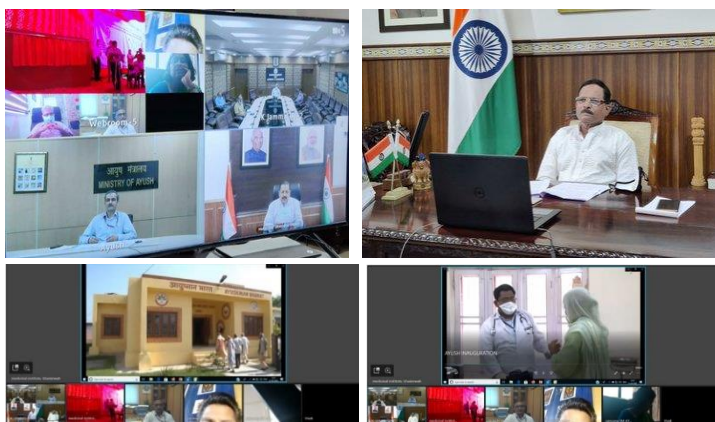


Homeopathic Drug Arsenicum Album 30C emerges as one of the most widely used prophylactic against COVID 19. Research centres under the Central Council for Research in



Homeopathy (CCRH), numerous private and public institutions and various Homeopathic medical colleges across India played a pivotal role in its distribution.

Launch of 21 AYUSH HWCs in Jammu and Kashmir



Ministry of AYUSH launched 21 AYUSH Health and Wellness Centres in Jammu and Kashmir on September 25, 2020. These 21 AYUSH HWCs were inaugurated by Hon'ble Union Minister of State (IC), Ministry of Development of North Eastern Region; Minister of State, Prime Minister's Office; Minister of State, Ministry of Personnel, Public Grievances and Pensions; Minister of State, Department of Atomic Energy; and Minister of State, Department of Space, Dr. Jitendra Singh and Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik. Under Ayushman Bharat Scheme, the Ministry of AYUSH aims to operationalise 12,500 Health and Wellness Centres across the country in a phased manner over a period of five years i.e. by 2023-24, by upgrading existing stand-alone AYUSH dispensaries and sub-health centres. The operationalization of AYUSH HWCs would help to mainstream the traditional systems of Health care leading to their enhanced role in Comprehensive Primary Healthcare delivery in the country. The HWCs would be playing an important role in establishing a holistic wellness model based on AYUSH principles and practices. It would aim to empower masses for self-care by prevention of diseases through a healthy lifestyle, food, Yoga and medicinal plants. During this event, the foundation stone was laid for a Post-Harvest Management Unit for medicinal plants at Bhaderwah. The purpose of establishing the centre is to develop facilities for drying, sorting, processing, certification, packaging and safe storage of herbal raw materials

produced and collected by local people so that its quality is enhanced to yield better price.

Webinar on 'Knowledge of Traditional Medicine'



A Webinar was organised by Department of Science and Technology, Ministry of Science and Technology in collaboration with Ministry of AYUSH, Indian Mission in Peru & National Council for Science, Technology and Technological Innovation on 'Knowledge of Traditional Medicine' on September 17, 2020. It showed a way forward for funding agencies for implementation of new Science & Technology programs & sharing of best practices.

FICCI Webinar on Manufacturing Excellence in AYUSH



Mission Vrikshayush, a 4000 cr scheme of herbal cultivation, is ready to be shared in the cabinet. The Mission will ensure efficient supply chain management in the plantation of medicinal plants across 10 lac hectares: Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha at FICCI Webinar on Manufacturing Excellence in AYUSH on September 1, 2020. He further added that Ministry of AYUSH is working to launch a portal for drugs regulation. Ministry of AYUSH is also working with Food Safety & Standards Authority of India (FSSAI) to create a separate category of 'Ayurveda Ahaar'. Ministry is facilitating industry-farmer linkages for assurance of quality manufacturing. Ministry of MSME (Micro, Small & Medium Enterprises) and Ministry of AYUSH have signed an MoU to give impetus to the AYUSH sector, where all schemes of MSME will be applicable for the AYUSH sector as well.



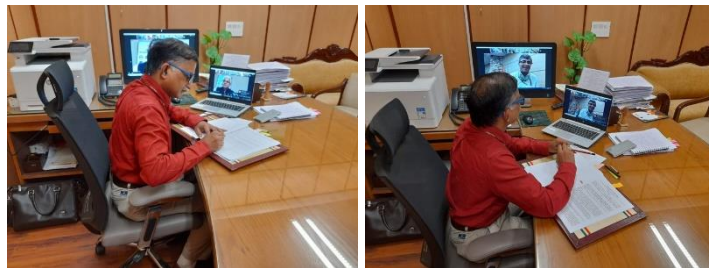
AYUSH for Nutrition AYUSH for Anganwadi



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha and Secretary, Ministry of Women and Child Development, Shri Ram Mohan Mishra signed the Memorandum of Understanding on September 20, 2020. Hon'ble Minister for Women and Child Development, Smt. Smriti Zubin Irani, graced the occasion. Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik joined the ceremony through Video Conference. As a major outcome of the MOU, the Ministry of AYUSH and Ministry of WCD would be working together towards integrating AYUSH in POSHAN Abhiyaan and management of malnutrition through the principles and practices of Ayurveda, Yoga and other AYUSH systems. Shri Naik stated that the integration of Ministry of AYUSH and Ministry of Women and Child Development in POSHAN Abhiyaan will work together to eliminate malnutrition from the country to achieve the goal of Swasth Bharat.



MoU between NMPB and Ministry of AYUSH



A Memorandum of Understanding (MoU) with considerable significance for the Medicinal Plants sector was signed on September 25, 2020 between the National Medicinal Plants Board (NMPB) and Ministry of AYUSH and Herbal Industry bodies. As a major objective of this MoU, the Herbal Industry bodies would be providing a buy back guarantee to the farmers/ tribals on medicinal plant cultivation and collection programmes supported by NMPB. This will help to conserve some rare medicinal plant species and to sustain the supply of quality raw material to AYUSH, Nutraceutical and Herbal industries. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha who graced this virtual signing ceremony, assured the Industry bodies of necessary support from the Ministry. Additional Secretary, Ministry of AYUSH, Shri Pramod Kumar Pathak, and Joint Secretary, Ministry of AYUSH, Shri Roshan Jaggi congratulated the industry for coming forward to join hands in the medicinal plant cultivation.

Three Integrated AYUSH Hospitals for Jammu & Kashmir

Director, Indian Systems of Medicine (ISM), Jammu and Kashmir, Dr. Mohan Singh, on September 8, 2020 informed that three additional Integrated AYUSH Hospitals have been approved by the Ministry of AYUSH, which would be established at Bandipora, Anantnag and Samba districts increasing AYUSH healthcare facilities in Jammu and Kashmir significantly. Dr. Mohan Singh Director said that implementation of schemes like National AYUSH Mission, NABARD, establishment of AYUSH Health and Wellness centers (HWCs), along with the physical and financial progress made under various heads besides assessment of work done for preventive measures to tackle COVID-19 pandemic through AYUSH interventions were thoroughly deliberated through a series of online meetings by him with all District Officers. He directed the concerned to expedite the works on 4 - fifty bedded Integrated AYUSH Hospitals at Kathua, Kishtwar, Kupwara and Kulgam for which funds stand released to the executing agencies. He reviewed the progress of 94 AYUSH Health and Wellness centers that have been established in Jammu & Kashmir by upgrading the existing ISM Institutions, under National AYUSH Mission to provide comprehensive Primary Health Care, through AYUSH principles and practices. He further advised all

District officers for expediting establishment of District program Management units which are envisaged to be established in all the districts to strengthen the AYUSH District Management. The Director ISM directed District officer Doda to religiously follow up the works on the prestigious Institute of High Altitude of Medicinal Plants, a National level Institute being established at Bhaderwah.

<https://www.greaterkashmir.com/news/kashmir/jk-gets-3-additional-integrated-ayush-hospitals/>

Inauguration of a Facilitation Centre of NMPB



A Facilitation Centre of National Medicinal Plants Board (NMPB) for the western region was inaugurated on September 29, 2020 by Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha. The centre is named Regional Cum Facilitation Centre (RCFC), and is established at the department of Botany, Savitribai Phule Pune University, Maharashtra. It will add momentum to the implementation and coordination of the activities of NMPB in the States and Union Territories of Goa, Gujarat, Maharashtra, Rajasthan, Dadra & Nagar Haveli, and Daman & Diu. Many dignitaries from various Universities and AYUSH systems were present during this inaugural e-event.

Development of AYUSH Systems in Madhya Pradesh

State Government in Madhya Pradesh is taking significant steps for development of AYUSH systems in the State. Development of Homeopathy and Unani systems to a scale similar to Ayurveda is one of the goals. Minister of State for AYUSH, Shri Ramkishore Kawre, on September 7, 2020 held discussions with all the AYUSH officers through video conferencing from Mantarlaya (Ministry Premises). Shri Kawre said that a guideline has been prepared to develop the AYUSH Health and Wellness Center (HWC). Following the directives given in the guideline, well-organized and equipped centres will be developed. He said that the people of Gram Panchayats should be motivated for the development of the clinics; the local people can voluntarily construct boundary walls etc. in their or their family member's name or their ancestors' names. He instructed to choose a suitable place and make arrangements for Yoga. He said that all district officers should send information about local Yoga Instructor for dispensary area to the Directorate. In herbal

garden, nameplates of plants with descriptions should be displayed in the local language, making people and guests apprised of its characteristics by planting medicinal plants at home too. He said that information of these medicinal plants should also be given in the waiting room through wall-paintings etc. to enable people of rural areas to become familiar with medicinal plants and understand its usefulness too. He said that in the corona pandemic, the Department of AYUSH has created a distinct identity by working with honesty and dedication. People have started adopting Ayurveda after becoming familiar of its benefits. He encouraged the AYUSH doctors to boost Panchakarma therapy. At the outset, the Minister released a booklet containing AYUSH guidelines for health promotion prepared by the Department of AYUSH. This booklet will be made available to ASHA workers. This guide contains effective measures of Ayurveda, Homeopathy and Unani medicines to increase immunity and control diseases through AYUSH. Shri Kawre also attended a webinar organized by Burhanpur Ayurveda College from his chamber in Mantralaya. In the webinar titled 'COVID-19's impact on mental health', he said that due to corona, an individual's daily routine was full of strain. Discussions were held as regard to measures to become tension free. The conclusions of the discussions will be studied minutely and measures will be assimilated. He said that efforts will be made in the direction to adopt and promote Homeopathy and Unani systems like Ayurveda. He said that a webinar will be organized soon on the topic 'Enhancing immunity through Homeopathy and Unani system of medicine'. On this occasion, Secretary, Ministry of AYUSH, Government of Madhya Pradesh, Shri M.K. Agrawal was present.

<https://www.dailypioneer.com/2020/state-editions/homeopathy--unani-will-be-promoted--kawre.html>

Filip to AYUSH disciplines of healthcare in Manipur

Minister of Health and Family Welfare, Manipur, Shri L Jayantakumar Singh on September 7, 2020, inaugurated a Rural Collection Centre in Keirao, Imphal East giving filip to the AYUSH disciplines of healthcare in Manipur. The event was organized by State Medicinal Plant Board (SMPB) under the aegis of National AYUSH Mission (NAM). At the event, Shri Singh spoke about the importance of the Collection Centre and lauded the role played by AYUSH healthcare services in preventing diseases and promoting good health among people. He said that the Government of Manipur has been giving due importance to health sector since every human wishes to live long with good health facilities. People are of the notion that allopathy treatment is the only option to cope with health problems but AYUSH is also playing a major role for maintaining good health of the public and also

protecting ourselves from diseases, he added. He said that opening a Rural Collection Center, the first of its kind in the State, will help farmers and entrepreneurs working with AYUSH Department, by growing medicinal and aromatic plants and making it easier for marketing their products. Speaking at the occasion MLA, Keirao Assembly Constituency, Shri L Rameshwor said that the inaugurated Rural Collection Center will definitely benefit the people of Imphal East specially the plant growers. He also appealed the locals to extend cooperation on such initiatives of the Government. Later, Shri Singh inaugurated an AYUSH store cum godown at the Directorate Office, AYUSH Complex, Lamphelpat. He also inspected the work progress of the newly constructed AYUSH Hospital at Lamphelpat. Member secretary, NAM, Manipur, Dr. A Guneshwor Sharma; Director, Department of AYUSH, Manipur, Dr. Y Lukhoi Singh and officials of AYUSH Department and others also attended the occasion.

(<http://e-pao.net/GP.asp?src=17..090920.sep20>)

Poshan Maah in Sikkim



Poshan Maah was observed on September 22, 2020 in Lower Karek village in the state of Sikkim, under AYUSH Society. Poshan Maah is celebrated in the month of September as a part of POSHAN Abhiyaan (National Nutrition Mission) of Government of India. Information on nutrition, its importance and source from home-cooked food were shared by MLHP with Antenatal care (ANC), Postnatal care (PNC) mothers and adolescents girls. Further, information on various significant topics related to health and nutrition like the importance of a balanced diet, deworming, anaemia caused from iron deficiency, the importance of exclusive breastfeeding and nutritious weaning foods were also shared with the women present there. The day ended with the screening of those present for NCDs.

Poshan Maah in Leh



The National Research Institute for Sowa Rigpa (NRIS) celebrated Poshan Maah in the month of September 2020

under the project - Tribal Health Care Research Programme. The AYUSH for Immunity campaign and Poshan Maah were merged together to provide valuable healthcare services and information on immunity and nutrition to the villagers of the Markha Valley in the district of Leh. A total of 321 patients were treated during the camp and prophylactic herbal remedies were distributed as a preventive measure by the Tribal Health Care team. All necessary COVID-19 guidelines and precautions were followed during the entire period. All necessary COVID-19 guidelines and precautions were followed during the entire period.

Extra Mural Research (EMR) scheme



The Extra Mural Research (EMR) scheme of the Ministry of AYUSH aims to encourage Research and Development in priority areas of AYUSH. Under the scheme, grants are provided to Private and Public organizations for conducting research on various aspects of AYUSH systems. Funds worth Rs 5.40 crores (CHF 54 Million) were utilised for funding research projects under the EMR Scheme in the year 2019-20.

AYUSH SURAKSHA-2020

A National Webinar "AYUSH SURAKSHA - 2020" on Pharmacovigilance of ASU&H Drugs was organized by the National Institute of Unani Medicine, Bangalore under the Central Sector Scheme, on September 15-16, 2020. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha, was the chief guest at the inaugural programme where he shared his valuable views on the topic and complimented the team of PVP across the country on the mechanism of ADR reporting system adopted by them. Other eminent speakers also shared their valuable opinions in the e-event which had about 1100 participants.



POSHAN Abhiyaan / National Nutrition Mission



The Ministry of AYUSH and Ministry of Women and Child Development to work together to control Malnutrition as a part of POSHAN Abhiyaan. POSHAN Abhiyaan or National Nutrition Mission is the Government of India's flagship programme

under the Ministry of Women and Child Development to improve nutritional outcomes for children, pregnant women and lactating mothers. The proposed collaboration would include the integration of AYUSH in POSHAN Abhiyaan to actively control malnutrition through the principles and practice of Ayurveda, Yoga and other AYUSH systems. Malnutrition is one of the main reasons for infant mortality especially under the age of 5 years. Ayurveda and other AYUSH systems offer simple and practical solutions to issues related to proper nutrition, weight of the baby, proper growth, Vyadhi kshamatva i.e. immunity etc. These solutions are rooted in the community, time tested and also proven on the basis of scientific parameters.

Yoga-Break (Y-Break) protocol



Ministry of AYUSH resumed the demonstration and practise of Yoga-Break (Y-Break) protocol from September 25, 2020 at AYUSH Bhavan and Morarji Desai National Institute of Yoga (MDNIY) campuses in New Delhi, while strictly adhering to the guidelines for COVID-19. The 5 minutes Y-Break protocol which was developed by the Ministry in association with MDNIY in 2019 to help the employees de-stress, refresh and re-focus in the work place, had been temporarily stopped due to the onset of COVID 19. Officers and staff from various offices in the vicinity have enlisted for this daily Y-Break protocol.



Ayush for Immunity Bulletin



The Ministry of AYUSH presents the Fifth Issue of the AYUSH for Immunity Bulletin. Read this bulletin to get news and information about AYUSH practices helpful in maintaining good health and preventing diseases. Stay updated and aware of more such information on health and immunity in the upcoming weeks by being with this bulletin. Click on the link to read the Fifth Issue of the Bulletin:

https://main.ayush.gov.in/sites/default/files/News%20letter%20-%2028%20September%20final_compressed.pdf

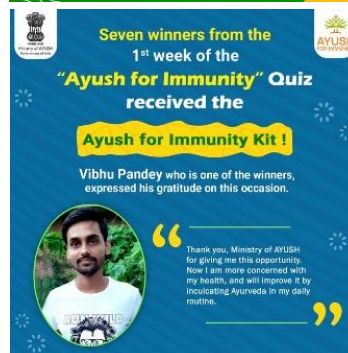
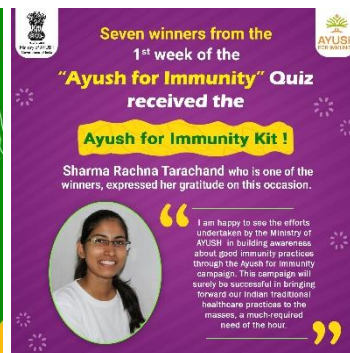
World Heart Day (September 29)



Cardiovascular disease (CVD) is the number one cause of death on the planet. September 29 is observed as the World Heart Day to increase global awareness about cardiovascular diseases, their prevention and impact. On this day, the Ministry of AYUSH would like to emphasize the

preventive aspects of heart care. This includes practising moderate exercises like Yoga, abstaining from alcohol and tobacco use, eating a healthy diet and incorporating different cardio friendly AYUSH remedies.

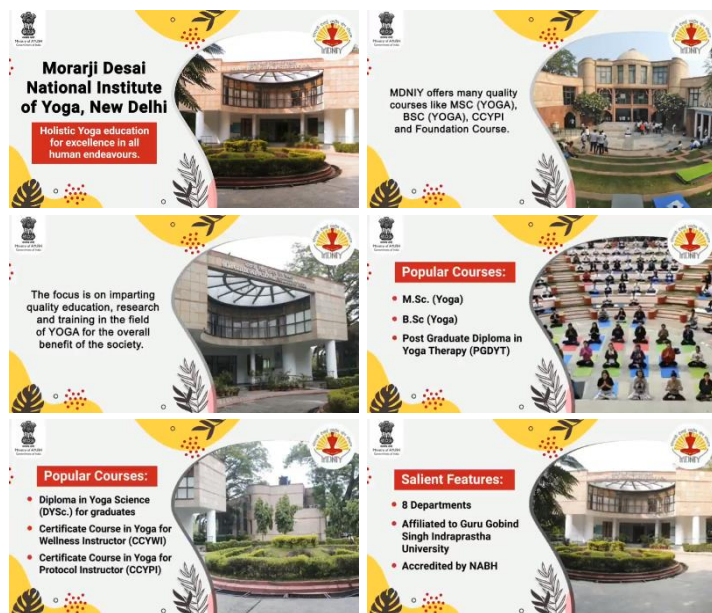
"AYUSH for Immunity" Quiz



The "AYUSH for Immunity" Quiz is part of a campaign of the same name, intended to spread awareness about the AYUSH practices that help to maintain good health and prevent diseases. The Quiz was launched on the twitter handle: @mygovindia in collaboration with the

Ministry of AYUSH on August 21, 2020 and will remain live till November 14, 2020. Response to the quiz has been overwhelming, with more than 27000 participants in the first week itself. Ministry of AYUSH is happy to announce the seven winners of the first week, selected based on points scored by them. Congratulations to the winners and thanks to all participants! To play, click on the link below <https://quiz.mygov.in/quiz/ayush-for-immunity-quiz/>. Keep visiting the twitter handle: @mygovindia and continue taking part in such activities in future as well!

Morarji Desai National Institute of Yoga (MDNIY), New Delhi



Established in the year 1998, Morarji Desai National Institute of Yoga (MDNIY), Delhi is an apex institute for Yoga education in the country. It aims to promote a deeper understanding of Yoga philosophy and the rewards it offers to the people. The Vision and Mission of the institute is "Health, Harmony and Happiness for all through Yoga".

News: A programme to support children suffering from Severe Acute Malnutrition (SAM) will be taken up under Rashtriya Poshan Maah this year. Rashtriya Poshan Maah was held in the month of September as a part of the POSHAN Abhiyaan - the National Nutrition Mission. AYUSH systems like Ayurveda, Siddha and Unani would be contributing significantly to this programme in various aspects of health and nutrition. To know more, click on the link: <https://main.ayush.gov.in/event/do-nopa-19-2018-cpmu-regarding-drive-identification-and-treatment-children-sam-during>



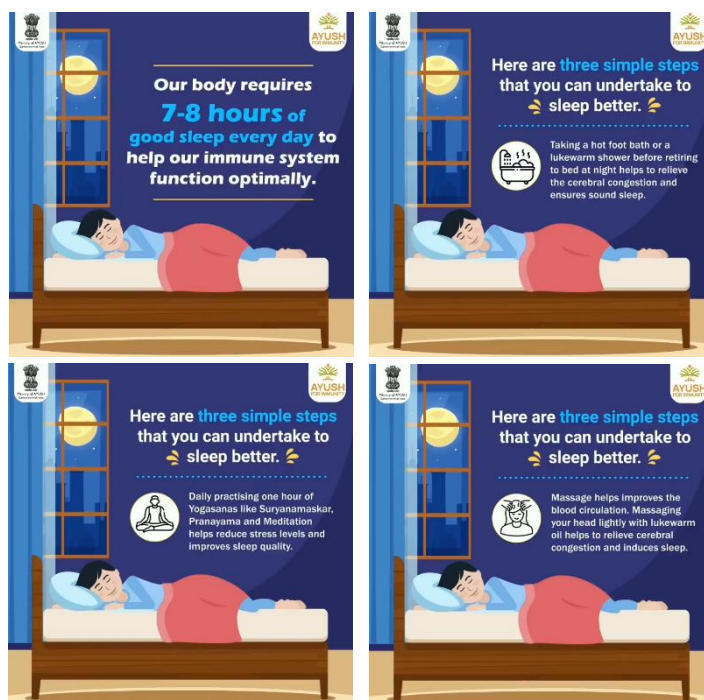
Preventive care measures from Siddha



(Note: In case of those suffering from any disease condition, or if any discomfort or allergic reaction is experienced, it is advised to consult a medical practitioner)

Stopping an illness from happening is wiser than having to deal with worse health issues later on. Believing in the same principle, here are some preventive care measures from Siddha to help maintain good health and prevent diseases.

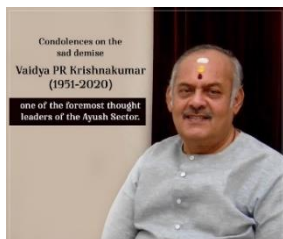
Ensuring the quality of sleep



(Note: In case of those suffering from any disease condition, or if any discomfort or allergic reaction is experienced, it is advised to consult a medical practitioner)

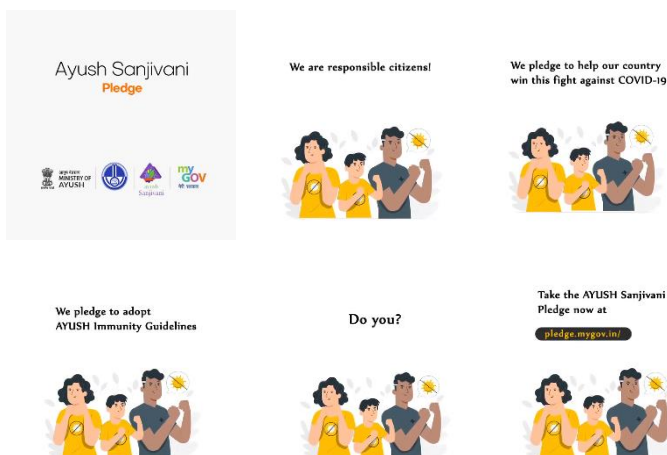
A good sleep ensures that the body's ability to protect itself remains totally intact. Lack of sleep or low quality sleep suppresses the functioning of the immune system, thereby increasing our susceptibility to infections.

Paying tributes to Vaidya PR Krishnakumar



Condolences on the sad demise of Vaidya PR Krishnakumar (1951-2020), one of the foremost thought leaders of the AYUSH Sector. Through his leadership, Krishnakumar Ji ushered in new avenues for Ayurveda, like creating an awareness about Ayurveda at the World Health Organisation and thereby making this ancient science to be known the world over. The Arya Vaidya Pharmacy (AVP) of Coimbatore acquired a culture of innovation under his stewardship, and also become known in India as well as abroad as a house of authentic Ayurveda.

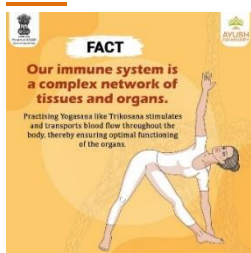
AYUSH Sanjivani Pledge



Let's pledge to embrace the AYUSH preventive health practices to boost immunity and stay healthy. Take the Ayush Sanjivni Pledge here:

<https://pledge.mygov.in/ayushsanjivani/>

Fact: The immune system is a complex network of tissues and organs that are spread throughout the entire body. It helps protect us from various diseases and ailments. Practising Yogasana like Trikonasana (triangle pose) daily ensures optimal blood flow to all our organs. It also stimulates the abdominal organs and helps relieve stress.



Fact: Not getting enough sleep can cause strain on the body



and the immune system. Improper sleep affects the body's hormone secretion, its immune function and stamina. If you don't get sufficient sleep or good quality sleep, the likelihood of falling sick when exposed to a virus increases. To stay healthy, one must ensure 6-8 hours of sound sleep in a day.

Fact: Our immune system is our body's first defence barrier against



any disease. By following some simple preventive and immunity-enhancing measures we can improve our immunity and thereby our body's ability to fight diseases.

Fact: Reducing stress can lead to fewer health issues as it enhances



immunity. Practising Yogasana daily can help reduce stress and improve immunity. Balasana (child pose) is a Yoga pose that helps to relieve stress and fatigue. It also helps increase blood circulation, lengthens the spine and gently stretches ankles, hips and shoulders.

Reducing stress and enhancing immunity



Stress reduces our immune system's ability to fight off diseases. This makes us more prone to infection and illnesses. Here are three simple measures from AYUSH systems by which we can reduce stress and enhance immunity.