



Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

Launch of National Clinical Management Protocol based on Ayurveda and Yoga for the management of COVID 19



The “National Clinical Management Protocol based on Ayurveda and Yoga for the management of Covid-19”, was jointly released by the Hon’ble Minister of Health & Family Welfare, Dr. Harsh Vardhan and Hon’ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik on October 6, 2020 through an e-event in the face of the severe impact of the pandemic. The Protocol can be read here: <https://main.ayush.gov.in/event/national-clinical-management-protocol-based-ayurveda-and-yoga-management-covid-19>

COVID 19 research: WHO, BRICS, Europe join India to conduct research on AYUSH modalities



The remarkable success of indigenous alternative medicine systems AYUSH in India gets worldwide attention. The world’s second-most populous nation has the lowest number of deaths per 100,000 people at 7.73, as compared to 64.74 in US. Astounding success of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy) interventions that proved to be one of the biggest factors in bringing down the mortality rate in COVID-19 patients in India, has made many global institutions including World Health Organisation (WHO) turn to India to conduct further studies on AYUSH modalities. WHO is also sponsoring a study on AYUSH intervention in collaboration with the Public Health Foundation of India (PHFI) to look at what we are doing, said Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha. “Besides WHO sponsoring a study with PHFI in India, we are in talks with WHO to conduct a

similar study in South East Asian (SEARO) nations like Sri Lanka. Also, a UK state university of public health is initiating a study on Ashwagandha. We are also in discussions with BRICS nations like Brazil, South Africa, and also Israel for carrying out a joint study, and also with a research outfit of USA’s Harvard School on AYUSH modalities,” Kotecha, who also happens to be an Ayurveda doctor and the former Vice-Chancellor of Jamnagar-based Gujarat Ayurveda University, told Asian Community News (ACN) Network. The Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH) is aimed at developing education, research, and propagation of indigenous alternative medicine systems in India.

Huge success in series of studies at the domestic front:

While talking about the success of this complimentary medicinal form with regard to the COVID-19 disease management in India, the AYUSH Ministry secretary said the department conducted 66 studies on 110 locations, and some of these were completed while the studies on other locations were underway. “For example, we conducted a profile access study on 80,000 Delhi police personnel who were given Ayuraksha kits immune-boosting kits between May 20 to July 19 and they were followed up for one month. As a result, the COVID incidents came down by four times whereas in the general population the cases went up two times during this period. Mortality rate too came down to 0.44 percent from more than two percent of Delhi population,” said Kotecha. The Ayuraksha kits have Ayurveda formations like Chayavanprash, Ayush Kwath, Giloe Tablets, Samsamani Vati, and Anu Tail. The study also involved a follow-up study on Delhi police personnel between July 20 and August 19, 2020 which is going on even now too. Kotecha said, after one month, the data remained the same despite the intervention was halted for one month, whereas the incidents rate went up by three times in Delhi population. In another study at AIIMS, where AYUSH ministry has one COVID care center with 50 beds, 250 COVID-infected people were cured in 2 and a half months with not even a single mortality. “Not even a single healthcare professional here got infected as against the national average infection rate of six percent. These are strong pieces of evidence of interventions, and we

are documenting all these things. Madhya Pradesh government also conducted COVID intervention on a few thousand people, it said they cured faster when given kadha etc. and hospitalizing time also got reduced. This shows effective management of COVID,” said Kotecha. AYUSH ministry also conducted a study on 30,000 people in containment zones in Delhi and found that homeopathy, Unani, Ayurveda, etc intervention resulted in the COVID incidents to less than one percent as compared to the control book where it was 1.5 to 5%. These are various designs of study. “After we issued Immunity guidelines, and wanted to understand the impact assessment of this advisory, and we had launched AYUSH Sanjivani app and took data till July 31, 2020 with a target of 50 lakhs but we able to collect data of 1.47 crore. We found that 85% were using Ayush modalities. More than 13,000 of them reported that they were affected with COVID, and 69% were asymptomatic as they followed AYUSH. But 66% of those who did not follow AYUSH modulations, were symptomatic. It’s a simple intervention and this is close to nature, and we can save them from diseases,” said Vaidya Rajesh Kotecha.

Consensus document based on science: On the other front, AYUSH is also working with the labs of CSR, DBT to understand the mechanics of this as the ministry getting very good effects in clinical studies, and it wanted to know how it works. “We are working on anti-inflammatory, anti-viral, and immune-modulatory effects which we have recommended in our guidelines. Besides, mechanics, we also studied empirical evidence also just as Ashwagandha has more than 550 publications, Pipli has more than 750, and Guduchi more than 1000 publications. So, we are collating information on empirical evidence, experiential knowledge and classical references and trends of our studies, and prepared an argument and submitted it with the committee headed by Dr. Katoch, former DG of ICMR, and all top scientists of the country were the part of, and after carefully vetting it, they also recommended.” After this Dr. Katoch also made a presentation before the committee of ICMR with Dr. Paul as its chairman, the DG of ICMR is the secretary of this committee, and it has top scientists and public health experts of the country. They too appreciated it and said it should come up as a second chapter. “They recommended to the Ministry to get it further vetted through scientists. So the task force that made a research design under the chairmanship of UGC vice-chairman Prof. Patwardhan. It had representation from Health Ministry also. So, it’s a consensus document based on science, not only that of the Ministry of Ayush,” said Vaidya Kotecha adding that it’s the clinical management of COVID 19. “There is a difference between treatment and cure. So, it will be accepted worldwide as it is of a very high level of document based on science as it is that robust,” said Vaidya Kotecha while

cautioning that a false sense of security should not come because of the success as all other precautions like wearing masks, washing hands, maintaining social distancing, etc. were also of equal importance.

What new Ministry of AYUSH is doing: Ministry of AYUSH is laying emphasis on more research on non-communicable diseases, which the world is going to encounter more in times to come. “We have done a pilot study in six districts on 10 lakh people for three years and we found that the simple yoga, unani and homeopathy intervention results in reduced dependency on the allopathic medicines as medicines dosages reduce, and doctors recommended to many to shun the use of medicines at all. We have documentation of all. We have just completed our study on Cancer with AIIMS. On dengue also completed a study with ICMR as well,” Vaidya Kotecha told Asian Community News (ACN) Network. While admitting that earlier India didn’t have enough research on communicable diseases, Kotecha said that the COVID outbreak had offered an opportunity to establish that AYUSH Veda also worked for communicable diseases. The department has achieved excellent outcomes related to non-communicable or immunity-related and degenerative neurological diseases. Ministry of AYUSH is also conducting a 5-year study with one of the best public institutes of Germany on knee arthritis with the simple intervention of massage with specific oil after administering Ashwagandha. “Over the period of eight months treatment, we found that it has the same outcome as with the conventional treatment for mobility and prevention of arthritis, and it also found space in a publication which won the best publication award in the complementary medicine category in Eurozone,” Vaidya Kotecha culminated.

<https://www.asiancommunitynews.com/covid-19-research-who-brics-europe-join-india-to-conduct-research-on-ayush-modalities/>

Ayurveda has holistic approach for COVID 19 treatment: Hon’ble Minister of Health & Family Welfare, Dr. Harsh Vardhan on AYUSH-based COVID 19 treatment

Hon’ble Minister of Health & Family Welfare, Dr. Harsh Vardhan on October 11, 2020 backed the role of Ayurvedic remedies in prevention and treatment of the coronavirus disease (Covid-19) and hailed their immunity boosting properties. Addressing the fifth episode of his weekly Sunday Samvaad, Dr. Vardhan was asked by a person why Ayurvedic treatment was being advertised with various claims when the efficacy of Ayurvedic immunity boosters isn’t fully established for COVID-19 treatment yet. Dr. Vardhan addressed the query by saying, “Ayurveda has a holistic approach towards disease management wherein

salutogenesis is a major approach towards treatment of a disease condition and its prevention.” Therefore, for prophylactic care against COVID-19, Ayurveda interventions are prescribed after in-depth study of literature, scientific studies, including, in silico studies, experimental studies, and clinical studies, he said. He added that the ministry has conceptualised and promoted public advisories about the use of time-tested and evidence based natural AYUSH remedies for health promotion and immunity modulation of the people during the COVID-19 pandemic. The interventions advocated for COVID-19 like guduchi, ashwagandha, Ayush 64 and a guduchi and peepli combination have a substantial number of studies which prove their immunomodulatory antiviral, antibiotic and anti-inflammatory properties, Dr. Vardhan explained. These interventions have also shown a good binding affinity with COVID-19 virus in in silico studies, he added. Furthermore, on the recommendations of the interdisciplinary task force set up by the government, scientific studies have also been initiated with the aforesaid remedies to assess their impact in the prophylaxis, secondary prevention and management of COVID-19 afflicted cases, Dr. Vardhan said. His remarks come in the backdrop of questions being raised against the release of AYUSH-based National Clinical Management Protocol earlier this week for the prevention and treatment of mild to moderate Covid-19 cases based on alternative therapies. The Indian Medical Association (IMA) had questioned the minister on whether the proponents of this claim and his Ministry were prepared to subject themselves as volunteers to an independent prospective double-blind control study in prevention and treatment of COVID-19. The largest body of private practitioners in the field of allopathy had said that science demanded reproducibility of a claim elsewhere in non-conflict situations, and double blind control studies. Read the full story here:

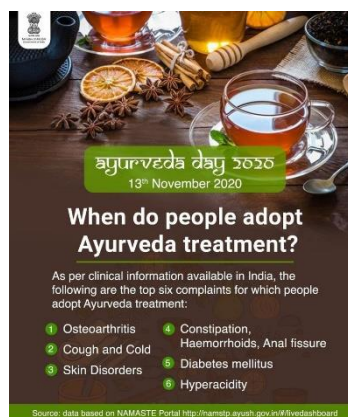
https://hindustantimes.com/india-news/ayurved-has-holistic-approach-harsh-varadhan-on-ayush-based-covid-19-treatment/story-6iQVCmLuLUPibJHPaq7RBK.html?fbclid=IwAR3T4GYqgb1yDmAbtO_d4yglLSbxel7el2ZjycSayYIW24Z5FM36jWIHJY

Inauguration of a Regional Raw Drug Repository (RRDR) for ASU&H Medicine for the Southern Plateau Region



A Regional Raw Drug Repository (RRDR) for ASU&H Medicine for the Southern Plateau Region was inaugurated on October 13, 2020 by the Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik through a virtual event. This RRDR which is established at the National Institute of Siddha (NIS), play a crucial role in the collection, documentation and authentication of raw drugs collected from the Southern Plateau, which is an agro-climatic region. The repository will further act as an accredited reference library for authentication of raw drugs and will help establish standard protocols & keys for authentication of the raw drugs used in the herbal industries. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha and other eminent dignitaries from the AYUSH systems and National Medicinal Plant Board (NMPB) were present during this inaugural event.

NAMASTE Portal



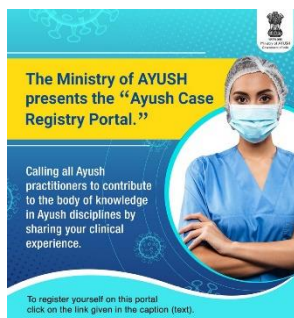
In India, Ayurveda is a medical discipline on par with conventional Western medicine and other recognised systems. It would be interesting to check out which are the common ailments for which people resort to Ayurveda treatment. The National AYUSH Morbidity and Standardized Terminologies

Electronic (NAMASTE) Portal is a comprehensive dashboard which gives such information. The Portal captures Reasons for Encounter (RFE) based on Ayurveda Morbidity Codes and the statistics are available in public domain. Total Number RFEs recorded from 74 Ayurveda Hospitals under the Ministry of AYUSH, Government of India, since October 2017 till August 2020 is 2930261. Out of these, the top 6 health issues for which Ayurveda treatment is adopted are as follows:

1. Osteoarthritis (348132)
2. Cough, Cold and Dyspnoea (162151)
3. Skin Disorders (74850)
4. Constipation, Haemorrhoids, Anal fissure (142542)
5. Diabetes mellitus (63648)
6. Hyperacidity (53421)



AYUSH Case Registry Portal

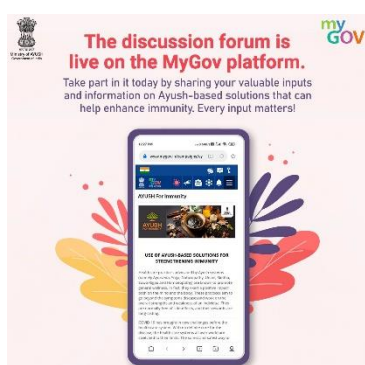


Attention AYUSH Practitioners! The Ministry of AYUSH presents "The AYUSH Case Registry Portal". A platform to share your clinical experience and contribute to the body of knowledge in your discipline. To register yourself on this portal click here:

<https://caseregistry.ayush.gov.in>

Success stories of cases handled by AYUSH practitioners are of keen interest to the healthcare fraternity the world over. The world is listening – tell your story.

Jan Andolan against Covid-19 gains traction in AYUSH Sector



With thousands of AYUSH professionals joining the Jan Andolan against COVID 19, the movement has gained considerable traction in the traditional systems of medicine. The movement is covering AYUSH dispensaries, hospitals, educational

institutions, wellness centres and other units. AYUSH professionals work closely with the public at the grass root level, and hence they have been successful in adding momentum to the campaign by influencing public behaviour during this awareness campaign. It was seen in a review done at AYUSH Ministry that during the 5 days period from 26th to 30th October 2020, AYUSH stake-holders reached out to an estimated 110 lakh people with messages propounding COVID-19 appropriate behaviours, through channels ranging from face-to-face communication to digital media. The ongoing festival season poses public health challenges as people tend to drop caution in the spirit of the festivals, increasing the risk of spread of the pandemic. It is expected that the interventions of the Ayush professionals will add to the efforts to encourage people across the country to adopt COVID appropriate behaviours. Partnerships forged by the Ministry of AYUSH through its attached and subordinate offices with the private sector industry and academia have been successful in roping in many stakeholders into this activity. AYUSH Directorates in States and UTs with AYUSH dispensaries supported by the National AYUSH Mission of Ministry of AYUSH under them have together served as a major network for spreading the instant behavioural change communication. The Health Secretaries of many States/UTs have also initiated campaigns aligned with these messages. The different AYUSH units (AYUSH

dispensaries, hospitals, educational institutions etc.) together put up nearly 5000 posters and 8000 banners with customised messages in different institutions in different States and UTs during this 5-day period. These included standard messages on "wearing mask, washing hands and keeping physical distance" as well as targeted messages on AYUSH immunity practices and relevant Yogasanas. This 5-day period also saw nearly 200 newspaper articles being published thanks to the efforts of AYUSH stake-holders, and nearly 300 print advertisements issued. Further, as part of the patient-education efforts, nearly 3 lakh pamphlets and brochures were distributed. A few institutions also brought out e-newsletters. The network of about 750 AYUSH Medical Colleges with their communities of students and teachers have been particularly active in this effort. The five-day period also saw the AYUSH institutions sending out nearly 200 Social Media messages on the subject collectively, reaching an estimated 5 lakh people. Talks and news items on health awareness and COVID appropriate behaviour figured on TV and radio on 78 occasions during this period. Thousands of people were reached through the different webinars organised on the subject by AYUSH institutions. Some institutions took up high-value promotional activities like distribution of medicinal plants, Ayur Raksha Kits, masks and prophylactic medicines. Nearly 9 lakh beneficiaries received these in different States. Demonstrations to OPD patients and inhabitants of 'AYUSH Gram's regarding the way to wear mask properly, method of hand washing and appropriate food habits to strengthen immunity were held at multiple places, and keenly attended. A few institutions also organised lectures on topics relating to appropriate ways of conducting oneself in crowded places. The other activities included awareness camps, workshops, lectures, pledge-taking, Yoga demonstrations and health camps. <https://pib.gov.in/PressReleaseFramePage.aspx?PRID=1669122>

MoU for conducting various courses in Yoga globally



Yoga Education based in Indian traditions added an international dimension on October 9, 2020 with the MoU signed between the Morarji Desai National Institute of Yoga (MDNIY) and the Indian Council for Cultural Relations (ICCR) to jointly develop academic links for conducting various courses in Yoga globally. The synergies of this partnership will also help the promotion of Indian Classical

Yoga in different parts of the world. It would promote the spread of authentic Yoga practices through certification of Yoga professionals. Senior officials from both MDNIY and ICCR were present at the signing ceremony.

MoU for promoting research in Ayurvedic sciences



A Memorandum of Understanding (MoU) with considerable significance for promoting research in Ayurvedic sciences was signed between All India Institute of Ayurveda, New Delhi and the Amity University on October 7, 2020 at a MoU Signing Ceremony. As a major objective of the MoU, the two institutions will work together for evolving knowledge and procedures which will benefit the National Healthcare System by providing health solutions for the greater benefit of the people. This collaboration which is in continuation with the Ministry of AYUSH's policy of forging partnerships for increasing the depth and scope of AYUSH healthcare solutions will also include joint projects and publications.

Meeting between India's G20 Sherpa and Secretary, Ministry of AYUSH



Shri Suresh Prabhu, India's Sherpa to G20 had a meeting with Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha discussing about how can

Ministry of Ayush be involved in the G20 to promote Indian traditional medicines.

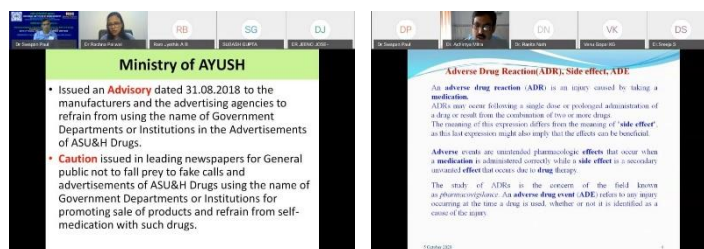
Function at NIA, Jaipur



The National Institute of Ayurveda (NIA), Jaipur organised a function on October 6, 2020 after the release of National

Ayurveda and Yoga Protocol for COVID 19 treatment. The event served to disseminate the message about the significance of the Protocol to the media, faculty, students and staff. In the program speakers expressed satisfaction on the mainstreaming of Ayurveda and Yoga, and thanked Government of India. Director, NIA, Vaidya Sanjeev Sharma committed on behalf of NIA to stand for any such cause and upliftment of Ayurveda.

Webinar "Homoeo Vigilance" on Pharmacovigilance Awareness Programme



A National Webinar "Homoeo Vigilance" on Pharmacovigilance Awareness Programme for ASU&H Drugs was organised by the Intermediary Pharmacovigilance Centre (IPvC), National Institute of Homoeopathy (NIH), Kolkata on October 5, 2020. Advisor, Ministry of AYUSH, Dr. D.C. Katoch, who was also the chief guest, spoke on the practical considerations of Pharmacovigilance and shared his valuable inputs and suggestions on the same with IPvC, NIH. Other eminent speakers also shared their valuable inputs on various issues related to the topic to create awareness among the participants for ensuring patient safety. During this webinar which had more than 500 participants, the National Institute of Homoeopathy was selected for hosting the India National Seminar on Pharmacovigilance Initiatives for ASU&H Drugs in the year 2021 among the participants for ensuring patient safety.

Poshan Maah in Leh



A Health and Nutrition camp was organised at the hospital campus of NRISR to educate and build awareness around the concept of nutrition as per Sowa-Rigpa, on September 30, 2020. The health benefits and nutritional values of

several food items were explained during the same. Further, a programme to establish a Nutri garden was initiated by Dr. Padma Gurmet Director NRISR to facilitate research on Greenhouse cultivation of cereals & vegetables during the cold and barren winter months. This initiative would help cater to the nutrition requirements of the local population during the colder season.

Pledge on COVID-appropriate behaviours at AYUSH Bhavan



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha led the Pledge on COVID-appropriate behaviours at AYUSH Bhavan on October 12, 2020. A few officers joined the oath-taking ceremony at the Conference Hall, while most of the staff took the pledge from their respective seats. Similar pledge-taking events were organised in the 15 Autonomous Bodies of the Ministry on October 12, 2020.



Jan Andolan pledge



The Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H), Ghaziabad under the Ministry of AYUSH took the Jan Andolan pledge on October 15, 2020. The Jan Andolan campaign was launched by the Prime Minister's Office, India on the October 8, 2020 for promoting appropriate public health response to combat the current Covid 19 situation in the country. The pledge was led by Director (In-charge), PCIM&H, Dr. D C Katoch and Joint Director (In-charge), PCIM&H, Dr. G.V.R. Joseph in Hindi and English languages, respectively.



Officials of National Medicinal Plants Board (NMPB) under the Ministry of AYUSH took the Jan Andolan Pledge on October 19, 2020.

Pledge on Swachhta Pakhwada



Officers and staff of Ministry of AYUSH took the pledge on Swachhta Pakhwada at AYUSH Bhavan on October 16, 2020. While a few officers joined the oath-taking ceremony at the Conference Hall, most of the staff took the pledge from their respective seats.



The Ministry observed Swachhta Pakhwada from October 16 to 31, 2020. During the same period, various activities were undertaken by the Ministry to disseminate the message of Swachh Bharat widely.

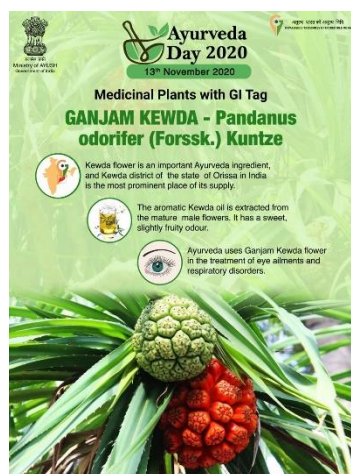
Medicinal plants of Ayurveda with Geographical Indications (GI)

A Geographical Indication (GI) is a sign or tag used on agricultural, natural or manufactured products which correspond to a specific geographical location.



Green Cardamom, Elettaria cardamomum (L.) Maton: Two categories of Green Cardamom - Alleppey and Coorg- have been GI tagged. Alleppey Green cardamom is the variety which traditionally came from the southern region of Kerala state, Alleppey (presently Alappuzha)

having been the port city from which it was exported in olden days. It is kiln dried, has a reasonably uniform shade of green colour and is 3 cornered with ribbed appearance. Coorg green cardamom is grown in southwest Karnataka. It is unique in its colour, size, chemical compounds and oil content. The colour range varies from greenish to brown. Its global dry skin can be ribbed or smooth, and pedicels are separated. In Ayurveda "Green Cardamom" is known as Sukshma-ela and Elaichii. It is used in treatment of Asthma, Cough and in difficulty in Micturition.



Ganjam Kewda flower - Pandanus odorifer (Forssk.) Kuntze: "Kewda flower" also known as Ketaki pushpa in Ayurveda obtained GI tag for the state of Orissa where it is extensively cultivated. It is associated mostly with the Ganjam district. It is a well-known scent producing and flavoring agent. As medicine it is useful in treatment of eye ailments and respiratory disorders.



Saffron - Crocus sativus L.: "Saffron" also known as Kumkuma in Ayurveda obtained GI tag for Jammu and Kashmir where it is extensively cultivated. It is a well-known spice. As medicine it is used in the

treatment of migraine, wounds, vomiting, discoloration and patches on skin.

Continued care and support of patients who are cured of COVID 19



Continued care and support of patients who are cured of COVID 19 is essential for their complete recovery. Even after recovering from the illness symptoms like body ache, cough, sore throat, difficulty in breathing etc are sometimes reported.

Cute Yoga Challenge



The Cute Yoga Challenge of the International Day of Yoga 2020 received a massive response.

Shavasana Challenge



The Shavasana Challenge of the International Day of Yoga 2020 received an overwhelming response. A big thank you each to all the participants and congratulations to the winners!

AYUSH for Immunity" Quiz



The "Ayush for Immunity" Quiz launched on August 21, 2020, continues to be extremely popular, with more than 1,12,000 participants in the first seven weeks! Seven winners from the seventh week have been selected based on the points scored by them in the quiz.

AYUSH Sanjivani Quiz



The AYUSH Sanjivani Quiz was organised by the Ministry of AYUSH in collaboration with the MyGov platform. The quiz received a massive response with more than 1,43,000 participants taking part in it from across the country. The Ministry of AYUSH has announced the names of the final winners selected on the basis of points scored by them.

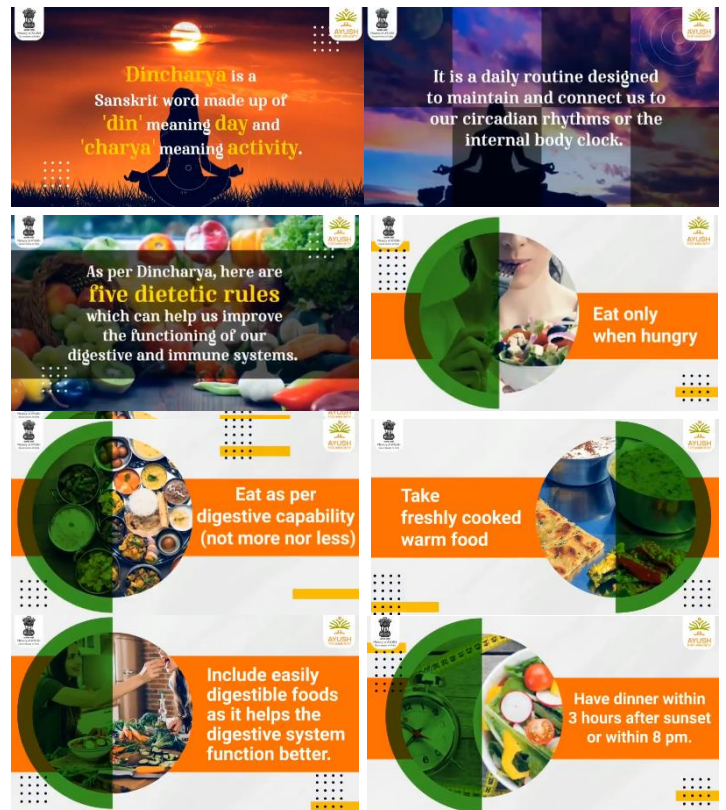
Naturopathy Day



November 18 is observed as Naturopathy Day in India. The theme for Naturopathy Day 2020 is - "Nurturing Vitality Through Naturopathy".



Dinacharya



A healthy immune system can protect us from infections and ailments. As per the Dinacharya principle of Ayurveda, here are some dietetic rules following which can help our digestive and immune systems function optimally.

What is Ayurveda?

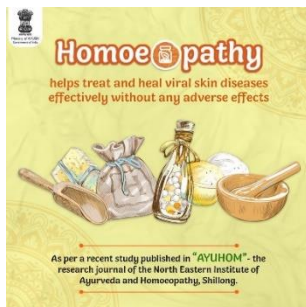


Ayurveda, a natural system of medicine, is widely considered by scholars to be the oldest healthcare system. It originated in India more than 3,000 years ago. Some scholars place its antiquity to 5,000 years. Symptoms, increase resistance to disease, reduce worry, and increase harmony in life. Herbs and other plants, including oils and common spices, are used extensively in Ayurvedic treatment. Ayurveda is used also as a complementary therapy in combination with standard, conventional medical care in many countries. It is known to

have positive effects in many such instances and even to have increased the efficacy of standard care.

It is advisable to discuss any Ayurvedic treatment that you intend to adopt with a qualified practitioner.

Healing touch of Homoeopathy for Skin Diseases



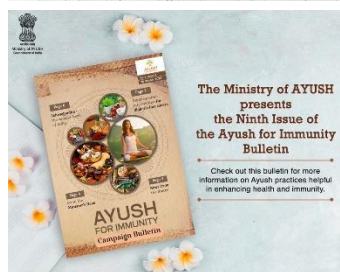
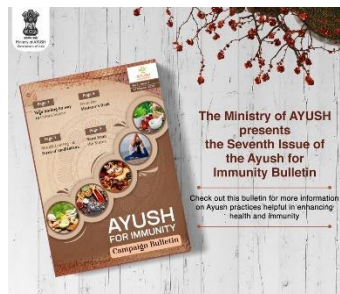
There are many who certify that Homoeopathy can do wonders in cases of skin related viral diseases. A case study published recently in AYUHOME, the Research Journal of North Eastern Institute of Ayurveda and Homoeopathy, Shillong illustrates this point. The case

study has been authored by Sangita Saha, Reader, Department of Organon of Medicine and Mahakas Mandal, Post Graduate Trainee, Department of Practice of Medicine, the Calcutta Homeopathic Medical College & Hospital along with Koushik Bhar, Post Graduate Trainee, the National Institute of Homoeopathy, Kolkata. Treatment of five patients suffering with five different skin diseases with Homoeopathy has given notable results which give a boost to the conviction of the positive effects of Homoeopathic medicine on such skin disorders. Skin diseases are numerous and frequently occurring health problem affecting all ages not only India, but globally also. The Global Burden of Disease project has shown the skin diseases continue to be the 4th leading cause of non-fatal disease burden world-wide. Experts engaged with Homoeopathy treatment opine that Homeopathic approach to common viral skin diseases can be a game changer in offering affordable and effective solutions to a large number of people. The case study was done on five patients with Wart, Herpes Zoster and Molluscan Contagiosum. Skin warts are benign tumours caused by infection of keratinocytes. Herpes Zoster results from reactivation of varicella-zoster virus (that also causes chickenpox). On the other hand, Molluscan contagiosum is a viral skin infection caused by closely related types of Pox Virus, and is common with children worldwide, especially in warm climates. It is known that Homoeopathy treats the patient, not the disease. Thus, the skin manifestations were treated by the means of internal medication following the principles of Homoeopathy, in these cases. And the results are extremely encouraging. After applying the indicated medicines as per the guidelines of Organon of Medicine and in different phases as per the susceptibility of each individual patient, it has come out that the medicines were able to not only remove or dissolve the skin lesion efficiently, but also to provide relief to the associated symptoms of the patient. Not only that, none of the patients complained about any adverse effect during the treatment. The case studies can be

considered as a pilot project. In the next stage randomised controlled trials with larger sample size can be taken up so that conclusive evidence on the healing power of Homoeopathy for viral skin diseases can be generated.

<https://pib.gov.in/PressReleaseFramePage.aspx?PRID=1663640>

AYUSH for Immunity Campaign Bulletin

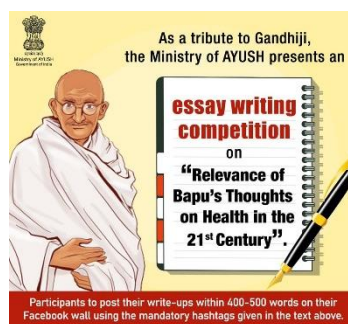


The Seventh, eighth and ninth Issue of the AYUSH for Immunity Campaign Bulletin is here! Read the bulletin at

<https://main.ayush.gov.in/ayush-for-immunity-bulletin>.

As part of the AYUSH for Immunity campaign, this bulletin provides news and information about AYUSH practices helpful for maintaining good health and preventing diseases. In the upcoming weeks be with this bulletin to get more information on health and immunity.

Essay writing competition on the topic “Relevance of Bapu’s Thoughts on Health in the 21st Century”



The Ministry of AYUSH presents an essay writing competition on the topic “Relevance of Bapu’s Thoughts on Health in the 21st Century”. The competition which is being held as a tribute to Gandhiji’s belief in nature cure, will be active from the October 23, 2020 till January 2, 2021. The best essay of the week will get published in the “AYUSH for Immunity” bulletin of the Ministry. Participants to post their write-ups within 500 words in Hindi or English on their Facebook wall using the hashtag #Gandhiji4health or #Gandhiji4naturecure. Tagging of the Ministry of AYUSH Facebook page is mandatory.

