



Edition 18

January 2021

# Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

## Index

1	News/Notifications	2-7
2	Products	7-9
3	Lifestyle	9-10
4	Important Days	10-11
5	Articles	11-14

ॐ सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु। मा कश्चित् दुःख भाग्भवेत्॥

ॐ शान्तिः शान्तिः शान्तिः ॥

Let all be Happy! Let all be Healthy!

Let all experience auspiciousness! Let no one be overwhelmed by grief!

OM Peace Peace Peace ॥



## **AYUSH Day Care Therapy Centres for Central Government Employees approved**

A proposal of Day Care Therapy Center facility under Ayurveda, Yoga, and Naturopathy systems for central government employees and pensioners has been approved by the Ministry of Health and Family welfare. Private Day Care Therapy centers of Ayurveda, Yoga and Naturopathy will be empanelled under Central Government Health Scheme (CGHS) shortly, in a manner similar to empanelment of Day Care Therapy Centers of conventional (Allopathy) medicine already provided by CGHS. All CGHS beneficiaries, serving as well as pensioners will be able to avail the benefit of these centres. This step has been taken by the Ministry, keeping in view of the growing popularity of AYUSH system of medicines amongst the public at large and all CGHS beneficiaries. Initial empanelment of Day Care Therapy Centres will be undertaken on pilot basis for Delhi and National Capital Region (NCR) for a period of one year and subsequently would be considered for other places. The treatment procedure requiring a short duration of stay in the Day Care Therapy Centre, ranging from a few hours to less than a Day will be made available to CGHS beneficiaries under this scheme. The aim of the scheme is to improve the health and wellbeing, reduce health care expenditure and provide excellence in service delivery, efficiency, and comfort to the patients. As the treatment procedure does not require overnight stay in the unfamiliar environment, it is extremely convenient for children and elderly patients. This is yet another important step of Government of India to extend the benefit of AYUSH system of medicine. At present treatment of approved procedures like Panchkarma and Abhyanga etc. is given only after hospitalization in CGHS empanelment Hospital. This involves additional cost to CGHS as indoor room charges, which are separately paid by CGHS apart from the procedure cost. The day care centers will not only reduce the cost of hospitalisation but will also add to patient's convenience. AYUSH Day care Centre means and includes Community Health Centre (CHC), Primary Health centre (PHC), Dispensary, Clinic, Polyclinic or any such centre which is registered with the local authorities, wherever applicable and having facilities for carrying out treatment procedures and medical or surgical/ Para surgical interventions or both under the supervision of registered AYUSH Medical Practitioners on day care basis without in-patients services and complying with all the following requirements-

- Having qualified registered AYUSH Medical Practitioner;
- Having dedicated AYUSH therapy sections as required;
- Maintaining daily records of the patients and making them accessible to the insurance company's authorized representative and;
- NABH accreditation or entry level certification in case of private centers.

<https://pib.gov.in/PressReleasePage.aspx?PRID=1677659>

## **Ministry of AYUSH to develop Nisarg Gram campus at Pune as the 21<sup>st</sup> Century abode of Naturopathy**

Invoking recollections of Mahatma Gandhi's famous Nature Cure campaign of 1946 at the "Nisarg Upchar" Ashram in Uruli Kanchan village near Pune, the upcoming new campus of National Institute of Naturopathy (NIN), Pune will be called "Nisarg Gram". Located at a distance of 15 Km from NIN's present premises at Bapu Bhavan, the new Institution will be future-ready, with many novelties and innovations incorporated in the project per se and the curriculum of the Naturopathy courses. NIN, Pune, an Autonomous Body under the Ministry of AYUSH is the inheritor of a unique Gandhian heritage, having been developed out of a Nature Cure institution of which the Mahatma was one of the founders. The institution was called All India Nature Cure Foundation and was set up under Gandhi Ji's leadership in 1945 at the same premises where the NIN presently functions. It was subsequently taken over by the Central Government and structured into the present National Institute of Naturopathy. As NIN is in the process of setting up an additional and larger campus at Nisarg Gram, the Ministry of AYUSH is taking all possible efforts to ensure that this campus is empowered to carry forward NIN's unique legacy into the future. To start with, the new institute's curricula will be prepared in the light of National Education Policy, 2020. The curricula will be rationalised to bring about qualitative, pedagogical understanding of Naturopathy and allied disciplines at the UG and PG level. Bachelors and Masters courses in Naturopathy and allied disciplines will be the focal programmes at Nisarg Gram. NIN is analysing the courses currently offered in Naturopathy in India and abroad with the objective of overhauling the curriculum with inputs from modern scientific advances on the one side, and Gandhian thought relating to health on the other. Consequently, the proposed Bachelors and Masters courses will not be just regular academic activities but will involve multi-faceted exposure to different streams of knowledge with an array of Generic Electives, Skill Enhancement Courses and Ability Enhancement Courses to choose from. These courses will be in consonance with the current healthcare demands and will conform to modern scientific standards. The proposed Doctoral programs in Naturopathy at Nisarg Gram will be the first of its kind and will further strengthen the Naturopathy and Yoga education in the country. With students, teachers and patients all staying in the same campus, the pedagogy will see elements of the Gurukul model being introduced into medical teaching. Imbibing nature will be integral to learning at Nisarg Gram, and the ambience of the campus will be designed in that perspective. Special initiatives are being put together to make the institute relevant to students from other countries. For example, thanks to Naturopathy's wide base of therapies

and procedures, the in-patient and outpatient facilities of Nisarg Gram will provide ample opportunity for foreign students to take up short-term courses to enhance their medical skills, in various streams. There will be opportunity to join social-work based activities also. Further, since Naturopathy is recognized in many countries, the Indian orientation of the training at Nisarg Gram may attract foreign nationals to take up short term courses which can support their core competencies acquired in the respective home-countries. Thus, the Indian idiom in Naturopathy can emerge as the USP of such short term courses. The institution will place emphasis on the symbiotic relationship between research and teaching and the need to foster this relationship with respect to Naturopathy. The research activities at Nisarg Gram will provide scope for clinical, basic and literary researches. Collaborations would be a key strategy for growth and development of the Nisarg Gram institute. Research institutions and other Gandhian institutes will be roped in as partners for training, internship and mentoring. This will save on infrastructure and staffing for Nisarg Gram. The collaborating institutes in turn will gain from a regular inflow of students and research projects. It is expected that collaborations with disciplines like public health, rural development and other social sciences will take Gandhian studies, especially Gandhian concepts of public health, to a different terrain and foster its growth to global significance. Courses offered at Nisarg Gram will have a unique feel, thanks to the institute's future-orientation, science-based approach, Gandhian spirit and social relevance.

<https://pib.gov.in/PressReleasePage.aspx?PRID=1678010>

### **Ministry of AYUSH to develop Nisarg Gram campus at Pune as the 21<sup>st</sup> Century abode of Naturopathy**

Invoking recollections of Mahatma Gandhi's famous Nature Cure campaign of 1946 at the "Nisarg Upchar" Ashram in Uruli Kanchan village near Pune, the upcoming new campus of National Institute of Naturopathy (NIN), Pune will be called "Nisarg Gram". Located at a distance of 15 Km from NIN's present premises at Bapu Bhavan, the new Institution will be future-ready, with many novelties and innovations incorporated in the project per se and the curriculum of the Naturopathy courses. NIN, Pune, an Autonomous Body under the Ministry of AYUSH is the inheritor of a unique Gandhian heritage, having been developed out of a Nature Cure institution of which the Mahatma was one of the founders. The institution was called All India Nature Cure Foundation and was set up under Gandhi Ji's leadership in 1945 at the same premises where the NIN presently functions. It was subsequently taken over by the Central Government and structured into the present National Institute of Naturopathy. As NIN is in the process of setting up an additional and larger campus at Nisarg Gram, the

Ministry of AYUSH is taking all possible efforts to ensure that this campus is empowered to carry forward NIN's unique legacy into the future. To start with, the new institute's curricula will be prepared in the light of National Education Policy, 2020. The curricula will be rationalised to bring about qualitative, pedagogical understanding of Naturopathy and allied disciplines at the UG and PG level. Bachelors and Masters courses in Naturopathy and allied disciplines will be the focal programmes at Nisarg Gram. NIN is analysing the courses currently offered in Naturopathy in India and abroad with the objective of overhauling the curriculum with inputs from modern scientific advances on the one side, and Gandhian thought relating to health on the other. Consequently, the proposed Bachelors and Masters courses will not be just regular academic activities but will involve multi-faceted exposure to different streams of knowledge with an array of Generic Electives, Skill Enhancement Courses and Ability Enhancement Courses to choose from. These courses will be in consonance with the current healthcare demands and will conform to modern scientific standards. The proposed Doctoral programs in Naturopathy at Nisarg Gram will be the first of its kind and will further strengthen the Naturopathy and Yoga education in the country. With students, teachers and patients all staying in the same campus, the pedagogy will see elements of the Gurukul model being introduced into medical teaching. Imbibing nature will be integral to learning at Nisarg Gram, and the ambience of the campus will be designed in that perspective. Special initiatives are being put together to make the institute relevant to students from other countries. For example, thanks to Naturopathy's wide base of therapies and procedures, the in-patient and outpatient facilities of Nisarg Gram will provide ample opportunity for foreign students to take up short-term courses to enhance their medical skills, in various streams. There will be opportunity to join social-work based activities also. Further, since Naturopathy is recognized in many countries, the Indian orientation of the training at Nisarg Gram may attract foreign nationals to take up short term courses which can support their core competencies acquired in the respective home-countries. Thus, the Indian idiom in Naturopathy can emerge as the USP of such short term courses. The institution will place emphasis on the symbiotic relationship between research and teaching and the need to foster this relationship with respect to Naturopathy. The research activities at Nisarg Gram will provide scope for clinical, basic and literary researches. Collaborations would be a key strategy for growth and development of the Nisarg Gram institute. Research institutions and other Gandhian institutes will be roped in as partners for training, internship and mentoring. This will save on infrastructure and staffing for Nisarg Gram. The collaborating institutes in turn will gain from a regular inflow of students and research projects. It is expected that collaborations with disciplines like public health, rural development and other social sciences will take Gandhian



studies, especially Gandhian concepts of public health, to a different terrain and foster its growth to global significance. Courses offered at Nisarg Gram will have a unique feel, thanks to the institute's future-orientation, science-based approach, Gandhian spirit and social relevance.

(<https://pib.gov.in/PressReleasePage.aspx?PRID=1678010>)

### **Visit and review of the Centre for Integrative Medicine and Research (CIMR) at AIIMS, New Delhi**



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha and Director, AIIMS, Dr. Randeep Guleria conducted a joint visit and review of the Centre for Integrative Medicine and Research (CIMR) at AIIMS, New Delhi. The CIMR receives notable support through the Centre of Excellence Scheme of the Ministry of AYUSH. Head, CIMR, Dr. Gautam Sharma and senior officers of Ministry of AYUSH were also present. The cutting edge research activities being held by CIMR in the Yoga and Ayurveda disciplines were reviewed and the research outcomes were seen to be impressive.

### **Ministry of AYUSH and AIIMS decides to work together to set up a Department of Integrative Medicine**

Ministry of AYUSH and AIIMS have decided to initiate work on setting up a Department of Integrative Medicine at AIIMS. This was decided in a joint visit and review by Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha and Dr. Randeep Guleria, Director, AIIMS of the Centre for Integrative Medicine and Research (CIMR) at AIIMS, New Delhi. The CIMR receives notable support through the Centre of Excellence Scheme of the Ministry of AYUSH. Dr. Gautam Sharma, Head, CIMR and senior officers of AYUSH Ministry were also present during the visit. The cutting edge research activities being held by CIMR in the Yoga and Ayurveda disciplines were reviewed and the research outcomes were seen to be impressive. Ministry of AYUSH

and AIIMS decided to extend the duration of the research collaboration at CIMR and also to extend the scope of collaborative activities. Considering the research work, other activities and accomplishments of CIMR, it was felt that setting up a dedicated OPD and IPD beds for CIMR could be the next steps in the growth and development of CIMR. Both Secretary, Ministry of AYUSH and Director, AIIMS agreed that considering the increased interest of patients at AIIMS in the CIMR and the growing body of research work of the Centre it could be feasible to further develop it into a standalone Department for Integrative Medicine at AIIMS in the short-term future. This may be developed with dedicated faculty and staff to make it into a permanent Department at AIIMS. Secretary, Ministry of AYUSH assured that the Ministry of AYUSH will strive to continue its support to CIMR till the dedicated Department is developed. The notable research outcomes of CIMR and the encouraging results of the new initiatives in COVID-19 research through integrative research point towards an integrative approach being the need of the hour and towards the significant public health benefits it can lead to. It was decided that CIMR, AIIMS may develop an integrated protocol with Ayurveda and Yoga for study on Post COVID treatment. The Ministry of AYUSH could collaborate in the same through the Extra Mural Research Scheme. The progress in establishing the Integrated AYUSH cancer care facilities at the National Cancer Institute at Jhajjar, Haryana was also reviewed. It was decided to follow it up and expedite the process for early establishment and functioning of the center. The team of senior functionaries visited CIMR and also attended a presentation on COVID 19 research works at the CIMR. Secretary AYUSH and Director AIIMS complemented the CIMR staff for developing it as a state of the art research unit and producing high quality treatment and research outcomes.

(<https://pib.gov.in/PressReleaseDetailm.aspx?PRID=1679321>)

### **Morarji Desai National Institute of Yoga strengthening infrastructure to start virtual courses of Yoga**

Morarji Desai National Institute of Yoga (MDNIY), New Delhi, is preparing to embrace the new norm of e-education and virtual learning in the post-COVID-19 scenario. A set of capacity building steps to enable the Institute to design and run virtual courses and to substantially increase its internet presence were adopted in the recent meeting of the Standing Finance Committee (SFC) of MDNIY. Setting up digital studios from where live streaming as well as recording of yoga training sessions can be done is a priority of MDNIY. The proposal submitted by MDNIY for setting up four studios for conducting various online education and training activities was approved by the SFC. This will help the Institute to take up various online training programmes simultaneously,

catering to the needs of different categories of target audience. Programmes in virtual mode will also take MDNIY's programmes to an audience that is truly global. A fundamental requirement MDNIY to power all its digital initiatives is the upgradation of the leased line. This has been approved, and as against the current capacity of leased line of 10 MBPS, upgraded line will have the capacity of 100 MBPS. Further, laying of additional LAN so that the entire campus is covered by the network has also been approved. MDNIY has also taken up the production of a comprehensive set of instructive videos to facilitate the teaching of Yoga. 10 videos on Common Yoga Protocol of 30 minutes duration each have already been prepared, and used on Doordarshan to reach a wider audience. Consolidating its nation-wide outreach, MDNIY had conducted a one month Certificate Course in Yoga for Protocol Instructors for the 100 students from Leh. The SFC granted approval for the entire expenditure the course to be met by MDNIY. This programme has led to raising a group of trained and qualified yoga professionals in Ladakh which augers well for the tourism and healthcare sectors of the newly formed Union Territory. 13 students out of the group have also successfully completed the Yoga Certification Board (YCB) examination of the Certificate Course in Yoga for Wellness Instructor (Level-2), and were awarded the Certificate. MDNIY also contributed to the fight against COVID-19 by supporting the Yoga Training Centres for COVID patients in New Delhi. Yoga Instructors from MDNIY have been engaged in those centres on part time basis. MDNIY is also preparing for a leadership role in conducting an International Capacity Building Workshop on Yoga for Non-communicable diseases in the South-East Asian countries. Advance preparations including content designing has been taken up by the Institute. This experience and exposure will add to the Institute's expertise and also help to improve the quality of its domestic offerings. The Common Yoga Protocol (CYP) was designed by the Ministry of AYUSH in 2015 to facilitate harmonious demonstration of Yoga as part of the observation of International Day of Yoga (IDY). It incorporates a set of Yoga drills that can be learned by a wider cross section of people over a period of two weeks on an average. The CYP has since been widely adopted by the public due to its standardization and ease of adoption. MDNIY has drawn up plans to popularize it further, by utilizing the potential of digital media. The proposal of the Institute to recast and produce the CYP films, E-booklets, dubbing it into all WHO languages and 19 Regionals languages has been approved by the SFC, after considering a detailed plan of action for this purpose. The proposal was approved with the advice to MDNIY to ensure high quality work of International standards. Manpower will be a critical component for the success of these newly approved digital activities of MDNIY. Keeping this in view, the SFC approved engaging of one Consultant (Social Media) and two Media

Assistants for a period of one year and also engaging one Consultant (IT) for a period of one year.

(<https://pib.nic.in/PressReleaseDetail.aspx?PRID=1678840>)

### **Ministry of AYUSH and ICCR to streamline and intensify joint efforts to promote Yoga worldwide**



In a high-level review meeting of collaboration activities between Ministry of AYUSH and Indian Council for Cultural Relations (ICCR) for promotion of Yoga globally on December 8, 2020 at New Delhi, it was resolved to streamline and intensify the joint efforts to promote Yoga in various countries across the world. The review was jointly held by President, ICCR, Dr. Vinay Sahasrabuddhe and Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha. It was also decided to utilise the certification framework of the Yoga Certification Board (YCB) as a means of promoting authentic Yoga across the world. The Yoga Certification Board (YCB) and Morarji Desai National Institute of Yoga (MDNIY), two institutions under the oversight of the Ministry of AYUSH in the discipline of Yoga, have forged separate partnerships with ICCR to spread Yoga around the globe. The YCB partnered with ICCR by accrediting it as a Personnel Certification Body (PrCB) of YCB. The ICCR, which is actively involved in the formulation and implementation of policies and programmes pertaining to India's cultural relations has found a natural partner in YCB. The MoU signed by ICCR with MDNIY aims to scale up Yoga training across the globe. As part of the collaboration of ICCR with YCB, the services of Indian Missions abroad will be utilised to facilitate certification of Yoga professionals as per the approved categories of PrCBs, Yoga Institutions and Centers mentioned in YCB guidelines. The Missions abroad will help to promote the information about and activities of YCB for standardization of Yoga in the respective country. Further, through the partnership with MDNIY, the ICCR will sensitize Yoga Professionals, Yoga Institutes and Centers in foreign countries about the need to follow authentic practices in Yoga. ICCR will also accredit Yoga Institution and Centers abroad. It was observed in the review meeting that demand of authentic training inputs in Yoga is on the increase around the world. This has led to commercial exploitation of Yoga and rise of many training institutions whose quality is suspect. Many of them employ trainers without qualifications and offer Yoga courses which are substandard and not authentic. Yoga Certification Board addresses this issue through standardization of teaching and training of the authentic Indian tradition of Yoga through collaboration with



institutions, accreditation of institutions and certification of Yoga professionals. This leads to notable contribution to healthy societies and healthy nations. The wide international network as ICCR will be utilised in promoting certification in Yoga in a large number of countries which will provide assurance to prospective learners that the training offered by institutions are authentic and of acceptable quality. The other points discussed in the review meeting included the possibility of certification of Yoga by YCB developing remote assessment kiosks which could be deployed in different countries for enabling YCB certification remotely, the need for YCB to certify authentic Yoga textbooks and the possibility of collaboration for promotion of Ayurveda globally. It was decided to work for these objectives in a time bound manner.

(<https://pib.gov.in/PressReleaseDetailm.aspx?PRID=1679142>)

### Formal recognition of Yogasana as a competitive sport



**Yogasana as a sport would ensure competitiveness and enrichment of the discipline and its spread across the globe: Shri Shripad Naik**

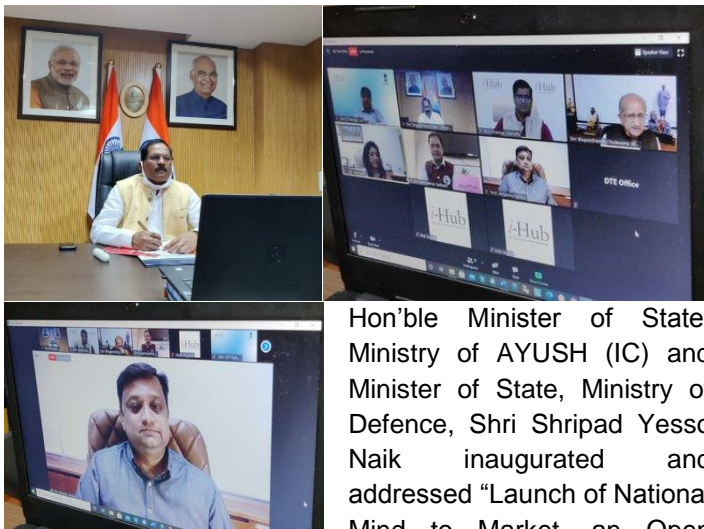
**Yogasana will be introduced as a competitive sport in Khelo India , National and University Games: Shri Kiren Rijju**

The Ministry of AYUSH and Ministry of Youth Affairs and Sports announced the formal recognition of Yogasana as a competitive sport at a joint press conference held by the Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik, and Union Minister of State (IC) for Youth Affairs & Sports, Shri Kiren Rijju in New Delhi on December 17, 2020. While addressing, Shri Naik traced the origins of Yogasana competitions to the Indian Yoga tradition, where such competitions have been held for centuries. He said that they

are still being conducted today at multiple levels, but a strong and sustainable structure to impart national visibility to the competitions is yet to emerge. He further said that the Government decision to recognise Yogasana as a competitive sport comes after 3-4 years of wide consultations with the stakeholders of the Yoga sector. The Minister also said that Yogasana is an integral and important component of Yoga, which is psycho-physical in nature and popular across the globe for its efficacy in fitness and general wellness. He further said "Yogasana becoming a sport will also ensure new technologies and new strategies being inducted into the disciplines, to benefit our athletes and officials towards building fruitful and fulfilling careers in this field". On this occasion, while addressing the media persons Shri Kiren Rijju, said that the competitions that will arise out of the recognition of Yogasana as a sport will enhance interest in Yoga among people around the globe. He also said that both Ministries have been closely working together to establish Yogasana as a competitive sport. He further said that we are planning to include Yogasana as a Sport discipline in Khelo India and in the University Games and we will also pitch it at the National Games but the aim and objective of any sport is to be included in Olympics and this is a beginning of a long journey. Shri Rijju also said that Yogasana is going to become a very beautiful, attractive and popular sport. The Secretary AYUSH gave a presentation (<https://static.pib.gov.in/WriteReadData/userfiles/presentation-%20Yogasana%20as%20a%20Competitive%20Sport.pdf>) and explained that the sports discipline of Yogasana is likely to have 51 medals in 4 events & 7 categories. The proposed events for both men and women include Traditional Yogasana, Artistic Yogasana (Single), Artistic Yogasana (Pair), Rhythmic Yogasana (Pair), Free Flow/Group Yogasana, Individual All Round – Championship and Team Championship. Secretary also informed the following steps or activities will form part of the road map and the future development of Yogasana Sport:

- A pilot Yogasana Competition named as "National Individual Yogasana Sports Championship (Virtual Mode) to be held in early 2021.
- Launching of an Annual Calendar of competitions, events and programs of Yogasana sport.
- Development of Automated Scoring System for the Yogasana Championship.
- Courses for Coaches, Referees, Judges and Directors of competitions.
- Coaching camps for players.
- Launch of a League of Yogasana, to ensure a career and social status for performers, experts and practitioners, to create Sports Stars among Yogasana athletes.
- To introduce Yogasana as a Sport discipline in National Games, Khelo India and international sports events.
- Steps to create job opportunities for Yogasana athletes.

## Launch of National Mind to Market, an Open Innovation Challenge on Ayurveda and Herbal Innovation



Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik inaugurated and addressed "Launch of National Mind to Market, an Open Innovation Challenge on Ayurveda and Herbal Innovation" on December 21, 2020 organized by I hub. During last 10 months World has witnessed an increase in demand of herbs/medicinal plants. With India also registering multifold increase in exports of such plants. Announcement on establishing WHO Global Centre for Traditional Medicine in India by WHO under the leadership of Hon'ble Prime Minister Narendra Modi is an Indication for the impact India has created globally through AYUSH.

## Raising awareness around COVID 19 in Leh



A one-day medical camp to raise awareness around COVID 19 was organised under the Tribal Health Care project of the National Research Institute for Sowa Rigpa (NRISR), Leh in the village of Hemya on December 11, 2020. Anticipating greater social interaction during the upcoming Losar festival (Ladakhi New Year), villagers were advised to avoid forming gatherings or visiting each other's houses. They were also urged to follow the COVID-19 guidelines. During the camp, all necessary COVID-19 guidelines were followed.

## Chyawanprash



Chyawanprash from Ayurveda is an age-old powerful formulation that aids the body in the production of haemoglobin and white blood cells. Its main component Amla, is a fruit known for its antioxidant properties. Taking Chyawanprash regularly helps improve metabolism significantly.

## 20 Medicinal Plants for 2020

**Aloe Vera:** Learn about the importance of Aloe Vera in our day to day life from this short video, which is part of a series on "20 Medicinal Plants for 2020". Listen to Dr. J.L.N. Sastry, Chief Executive Officer of National Medicinal Plants Board, Ministry of AYUSH speaking about Aloe Vera and its use in cosmetics, nutraceuticals and medicines at the following link: <https://www.youtube.com/watch?v=qccNHe4s3ks>.

**Lemongrass:** This is one of a series on "20 Medicinal Plants for 2020". Please watch this short video to know about the benefits of lemongrass. Research Officer, Ministry of AYUSH, Dr. Kumaran D explains the benefits of Lemongrass in addition to its pharmacological activities, active ingredients and uses. (<https://www.youtube.com/watch?v=wDlmmicNfdU>)

**Tulsi:** Tulsi is known for its many medicinal properties. Learn about the benefits and uses of Tulsi a short video at this link: <https://www.youtube.com/watch?v=JJEi7u9rdYI>, which is part of a series on "20 Medicinal Plants for 2020". Listen to Dr. Sachin Kumar, Research Officer, Ministry of AYUSH speak on Tulsi and it's health benefits.

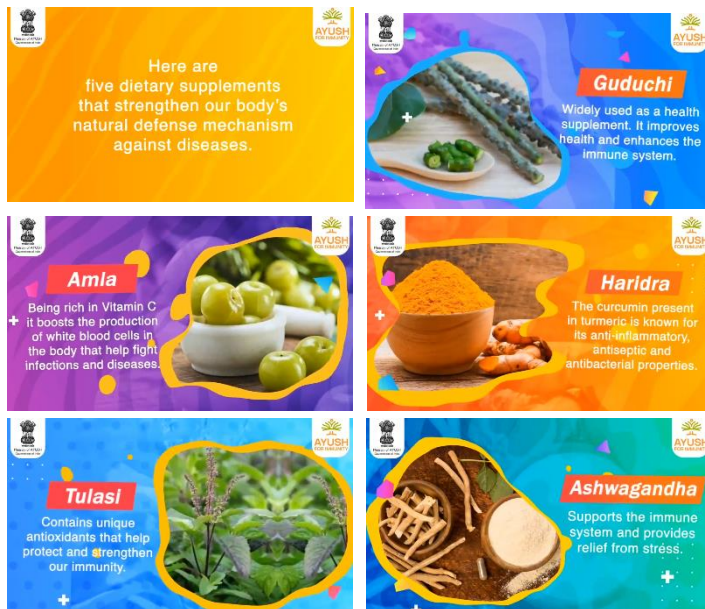
**Brahmi:** is a medicinal plant used in the Ayurvedic system of medicine. It helps improve memory, attention and reduces anxiety & stress levels. Listen to Dr. Indranil Ghosh Mandal, Deputy Advisor, Homeopathy, Ministry of AYUSH speak about the health benefits of Brahmi in this short video (<https://www.youtube.com/watch?v=lkuEdWEIEaU>), which is part of a series on "20 Medicinal Plants for 2020".

**Amla:** is a rich natural source of vitamin C. When consumed on a regular basis it helps enhance our body's disease-fighting ability. Listen to Dr. Shobhit Kumar, Research Officer, Ministry of AYUSH speak about the health benefits of Amla here: <https://www.youtube.com/watch?v=bdUVc6Ny9LE>.



**Giloy:** is a plant known for its antioxidant, anti-inflammatory and antiseptic properties. Listen to Dr. Indranil Ghosh Mandal, Deputy Advisor, Homeopathy, Ministry of AYUSH speak about the health benefits of Giloy here: <https://www.youtube.com/watch?v=qgoZZj7K50M>, which is part of a series on “20 Medicinal Plants for 2020”.

## Immunity optimizing foods and dietary supplements



Our immune system defends the body from diseases and germs. People with weak immune system are vulnerable to diseases. Certain immunity optimizing foods and dietary supplements can help protect our body better from diseases.

## Kharjuradi Mantha



It is important to satiate taste buds and also to maintain health. Kharjuradi Mantha is the perfect drink to boost the energy levels after a tiring day at work. It works as an energy booster for compromised digestive health, dehydration or fatigue. It is rich in iron and electrolytes such as potassium, magnesium and calcium. Being rich in fibre content, it also helps treat colitis and hemorrhoids.

## Kandankathiri Kudineer



pain.

Kandankathiri Kudineer is a popular health-enhancing formulation from Siddha system of medicine. It provides protection from viral infections and improves the respiratory health. It is also useful in conditions like cough, fever due to phlegm, wheezing and throat

## Thokkanam



Thokkanam (Physical manipulation therapy) is one of the thirty-two external remedies in Siddha system of medicine. It involves physical manipulation of the body with or without oil to treat neurological and musculoskeletal disorders.

## Amla Squash



Amla is an excellent source of Vitamin C. It helps to enhance immunity, metabolism and prevents infections, including cold & cough. It is also useful in peptic disorders and anemia.

## Amalaki Panaka





A welcome drink can also be healthy. Amalaki Panaka is a traditional drink which is easy to make, tasty and confers upon numerous health benefits! It is a rich source of calcium, potassium, vitamin C, B complex and antioxidants. It is good for osteoarthritis, atherosclerosis, anemia, peptic ulcer, urinary tract infection, dysentery and high blood pressure.

### Health Drink



Include a health drink in your Christmas spread, this year! Start your day with this delicious and healthy, Ragi and Banana Smoothie to satiate your hunger and keep your body warm. It is high in iron, calcium, and provides significant amount of protein required in a day.

### Tiryak-e-Arba



Tiryak-e-Arba is a popular Unani formulation known for its Dafaee Sumoom (antidote) and Dafaee Tashannuj (anti-spasmodic) properties. It detoxifies the body and strengthens the functioning of the heart and the brain. It promotes good health when taken regularly.

### Pranayama



Pranayama is a science which helps to regulate the vital energies through the regulation of breathing. Pranayama gives the mind control over the nervous system and helps to influence the mental functions through it.



### Rheumatoid arthritis (RA)



Rheumatoid arthritis (RA) is a chronic inflammatory disorder that can affect more than just the joints. Persistent pain is one of the common symptoms and one-third of patients also suffer from working disability. As per Ayurveda, it is different from Osteoarthritis based on symptoms. You can get relief from Rheumatoid arthritis by following some simple measures from Ayurveda.

### Relieve stress and anxiety



Are you finding it difficult to deal with the COVID-19 pandemic? Fear, worry or stress may creep in your behavior like a pandemic. Here are some simple ways by which you can relieve stress and anxiety during these times.

### AYUSH Day Care Therapy Centres for Central Government Employees approved

A proposal of Day Care Therapy Center facility under Ayurveda, Yoga, and Naturopathy systems for central government employees and pensioners has been approved by the Ministry of Health and Family welfare. Private Day Care Therapy centers of Ayurveda, Yoga and Naturopathy will be empanelled under Central Government Health Scheme (CGHS) shortly, in a manner similar to empanelment of Day Care Therapy Centers of conventional (Allopathy) medicine already provided by CGHS. All CGHS beneficiaries, serving as well as pensioners will be able to avail the benefit of these centres. This step has been taken by the Ministry, keeping in view of the growing popularity of AYUSH system of medicines amongst the public at large and all CGHS beneficiaries. Initial empanelment of Day Care Therapy Centres will be undertaken on pilot basis for Delhi and National Capital Region (NCR) for a period of one year and subsequently would be considered for other places. The treatment procedure requiring a short duration of stay in the

Day Care Therapy Centre, ranging from a few hours to less than a Day will be made available to CGHS beneficiaries under this scheme. The aim of the scheme is to improve the health and wellbeing, reduce health care expenditure and provide excellence in service delivery, efficiency, and comfort to the patients. As the treatment procedure does not require overnight stay in the unfamiliar environment, it is extremely convenient for children and elderly patients. This is yet another important step of Government of India to extend the benefit of AYUSH system of medicine. At present treatment of approved procedures like Panchkarma and Abhyanga etc. is given only after hospitalization in CGHS empanelment Hospital. This involves additional cost to CGHS as indoor room charges, which are separately paid by CGHS apart from the procedure cost. The day care centers will not only reduce the cost of hospitalisation but will also add to patient's convenience. AYUSH Day care Centre means and includes Community Health Centre (CHC), Primary Health centre (PHC), Dispensary, Clinic, Polyclinic or any such centre which is registered with the local authorities, wherever applicable and having facilities for carrying out treatment procedures and medical or surgical/ Para surgical interventions or both under the supervision of registered AYUSH Medical Practitioners on day care basis without in-patients services and complying with all the following requirements-

- Having qualified registered AYUSH Medical Practitioner;
- Having dedicated AYUSH therapy sections as required;
- Maintaining daily records of the patients and making them accessible to the insurance company's authorized representative and;
- NABH accreditation or entry level certification in case of private centers.

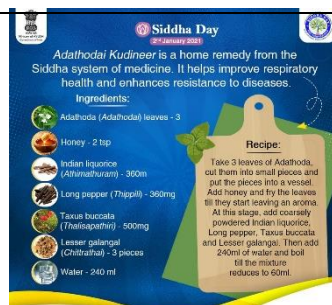
(<https://pib.gov.in/PressReleasePage.aspx?PRID=1677659>)

## Siddha Day



**Suttigai or Cauterization** in Siddha medicine is a procedure which involves the burning of tissues to remove or close a part of it. It is usually used to stop heavy bleeding. It is beneficial in treating conditions like Scrotal swelling, Abdominal swelling and Kapha disorders.

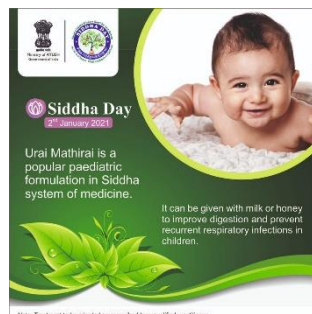
electrolytes such as potassium, magnesium and calcium. Being rich in fibre content, it also helps treat colitis and hemorrhoids.



Dose: For adult 60ml and for children 30ml two times a day  
Note: To be prescribed by a registered Siddha medical practitioner only.

(thondai vali) and fever (suram) due to phlegm.

## Urai Mathirai



Children are more susceptible to diseases. Siddha system of medicine has a special advisory for enhancing health and immunity in children. Urai Mathirai is a paediatric formulation under the Siddha system of medicine that helps treat gastrointestinal disorders and respiratory infections in children.

## Siddha medicine



Siddha medicine, which is one of the oldest traditional systems of healthcare in India, provides preventive, promotive, curative and rehabilitative health care by a holistic approach. 'Food itself is medicine and medicine itself is food' is the basic principle in Siddha system of medicine.

## Varmam Therapy



disorders.

Varmam therapy is a popular therapy in Siddha medicine, which involves pressure manipulation over energy points with a particular force for a specified time. It is effective in the management and treatment of neuromuscular, musculoskeletal and joint disorders.





## Siddha System of Medicine



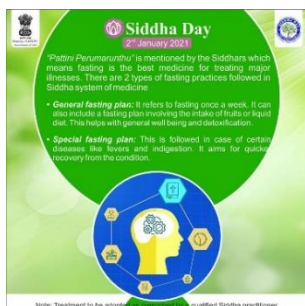
Siddha system of medicine has simple remedies that promote healthy functioning of the digestive system. They help prevent and treat digestive ailments like indigestion, gastritis, stomach ache, diarrhoea and dysentery.

## Siddha System of Medicine



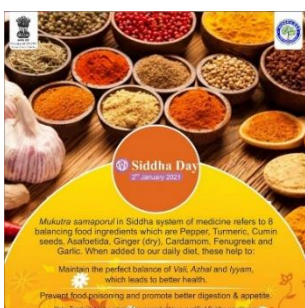
Siddha system of medicine has a special advisory for looking after the health care needs of the elderly. It aims to promote health by preventing and treating diseases in older adults.

## Systematic Fasting



Systematic fasting is a therapy followed in Siddha system of medicine. It helps cleanse the entire body. It has also been mentioned by the Siddhars that fasting is the best medicine for treating major illnesses.

## Mukutra Samaporul



Siddha system of medicine has 8 important food ingredients which have the virtue of balancing the deranged humors. Termed as Mukutra samaporul, these ingredients help improve digestion, appetite and overall health.

## Siddha Medicine



A healthy heart is central to overall good health. As per Siddha medicine, simple Moochu Pairchi (Pranayama), regular Ogam (Yoga) practices are the essentials to good heart health.

## Alternate is Reality: Ayurveda, siddha gain prominence amid COVID-19 pandemic



As befits a Sunday morning, an otherwise busy lane in a tiny south Delhi locality is visibly empty. Except for a single nondescript

building, outside which a few citizens are basking in the winter sunshine, peeping inside through its glass-panelled door at periodic intervals. As minutes make way to hours, cars arrive and park and drive away adding to previous automobiles. New sets of restless faces replace the old ones as visitors enter and leave. The waiting lounge is scattered with 20-odd wrought-iron chairs, mostly occupied, with patients who have travelled from all corners of the city. The building is where a branch of the legendary Arya Vaidya Sala (AVS) Kottakkal operates where with clockwork precision two Ayurvedic physicians are listening to long tales of woes and prescribing medicines, to be purchased from the adjoining counter. "This is my first visit here and I am looking for a cure for my skin allergy," says Amardeep Singh, a 42 year old man from Gurugram. Ayurveda isn't the only alternative medicine worth swearing by. A 44-year-old HIV positive Andhra woman was saved by Amrita Hospital doctors in November 2019 using their integrated medical approach that combines Western medicines with Ayurveda. A 42 year old electrical engineer from Chennai was able to walk after Siddha Vaman therapy healed his fracture without surgical intervention. A yoga guru was relieved of chronic pain that put her in a wheelchair in her teens by the great yoga exponent BKS Iyengar. An Air India captain, who would've lost his job because of fading vision, was cured by acupuncture. Twenty years after treatment, he is still flying. A 65 year old stroke patient on ventilator was revived by homoeopathic medication. After lengthy rehabilitation, he leads an independent life now. Unani cured a 32 year old salesman from Hazratganj, Munger, Bihar, of a chronic liver condition after daily Pan IV injections failed. Not a single death occurred and not one health professional was infected at the All India Institute of Ayurveda (AIIA) in Delhi, which was turned into a COVID-19 treatment facility.

**Covid Does a Favour:** The nearly year-long coronavirus contagion, its vast death toll and confusing data flows have exposed the limitations of modern medicine. No one diagnosis is effective. Symptoms are too inconsistent to get a fix on the disease. The vaccine shopping list has too many choices but most of the information about their development is cloaked in secrecy; the side effects are not fully known. There is no drug yet to counter the virus, only experimental cocktails. Never before has the spotlight fallen more on the efficacy of non-Western medicines, or Alternative Medicines as native healing systems are called, than during the

pandemic. "Exports of Ayurvedic medicines have gone up by three to four times post the outbreak of COVID-19," Vaidya Devendra Triguna, president, All India Ayurvedic Congress, and president, National Academy of Ayurveda claims. Because of its historical associations, India is a melting pot of medical knowledge. The Greeks brought Unani medicine. The Tibetans came with their Himalayan cures. The Germans brought Homoeopathy. India itself had Yoga, Ayurveda and Siddha that include natural medicines and astrology. Health institutions across the world are now placing Complementary and Alternative Medicine (CAM) in the ambit of science. According to Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha, , the fight against COVID-19 is at full throttle to generate "tangible evidence to develop confidence among global and national scientific community". The ministry has so far documented the impact through the Sanjivani mobile app among 1.47 crore people. "Almost 85.1 % respondents have reported use of an AYUSH remedy as prophylaxis/treatment of COVID-19. Of that, 89.8 % reported benefits from the practice of AYUSH advisory and 79.1 % reported overall good health," Kotecha clarifies. The COVID-19 facility at the AIIA in Delhi had close to 170 patients who were treated according to strict AYUSH COVID-19 protocols. Triguna explains that Ayurvedic medicines are best for lifestyle disorders, liver and kidney issues, spondylosis, digestion issues, rheumatism, and arthritis, to name a few. Homeopathy physicians warn that research around COVID is still new. "These drugs are prescribed based on the experience of the practitioners and their understanding of the disease at that time. Follow-up research is required and robust data regarding these medicines is not yet available," cautions Dr. Kushal Banerjee of Dr. Kalyan Banerjee's Clinic, Delhi.

**Bittersweet PILLS:** India is making strong strides in the traditional medicine sector both at organisational levels and popular acceptance. Last week, Stanford University released its global list of top 2 percent scientists, which included three Indian alternative medical practitioners—two yoga therapists and one homoeopathic physician. "It's our continuous research and publication in peer-reviewed journals that aided us to achieve this feat," says HR Nagendra, yoga therapist, author and founder of Swami Vivekananda Yoga Anusandhana Samsthana in Bengaluru and one of the scientists named in the list. He is also Hon'ble Prime Minister, Narendra Modi's Yoga consultant. Ayurveda and Yoga share a deep synthesis since ancient times. Modi's messianic passion and India's greatest health export, Yoga is practiced by 200 million Indians. Nivedita Joshi, who heads the Iyengar Yogakshema in Delhi, recalls, "I was bedridden when I was 15 and the doctors had suggested surgery. No amount of physiotherapy could relieve me of the pain. Guruji diagnosed my problem without even looking at my reports. He improvised postures for me using props and I slowly rebuilt my strength." She conducts both regular and medical yoga

sessions. "Surgical practice exists in Ayurveda. We only streamlined it," explains Vaidya Jayant Deopujari, chairperson, Central Council of Indian Medicine (CCIM), the regulatory body which looks after educational reforms in Ayurveda, Unani, Siddha and Sowa Rigpa. Yoga and Homoeopathy have different councils. In November, the World Health Organization (WHO) promised to establish a Global Centre for Traditional Medicine in India. The announcement came close on the heels of news reports around NITI Aayog forming four committees to examine integration of the various systems of medicine. There are reports about the NDA government's plans to roll out a 'One Nation, One Health System' policy by 2030, which would integrate modern and traditional systems of medical education. "Many ailments that have no cure in Western medicine meet their match in alternative medicine," says Chairperson of Department of Acupuncture, Dr. Raman Kapur at Sir Ganga Ram Hospital, Delhi, "Chronic pancreatitis has no cure in Western medicine but acupuncture helps."

**Siddha's Shot in the Arm:** Last month, Sri Sri Ravi Shankar held a virtual press conference to announce the benefits of Kabasura Kudineer, a classical Siddha formulation, in the fight against COVID-19. His company, Tattva, created it in tablet form, which was tested by the reputed Germany-based Frankfurt Innovation Centre for Biotechnology. Tattva claims the drug has strong immunity boosting and anti-inflammatory benefits against the coronavirus. "To get global recognition, we should standardise our classical formulations and provide scientific evidence about them," was the spiritual leader's message. Kabasura Kudineer is a well-known Siddha churnam that contains 15 herbal ingredients - ginger, piper longum (pippali), clove, dusparsha, akarakarabha, kokilaksha root, haritaki, Malabar nuta, ajwain, kusta, guduchi, bharangi, kalamegha, Raja pata, musta, which are powdered and mixed in water. The Tamil Nadu government distributed it to about four crore people as part of its anti-COVID drive. Nearly 30,000 asymptomatic and mild symptomatic patients were treated exclusively with Siddha treatment in 33 standalone special COVID-care centres. Siddha is good for musculo-skeletal conditions where a physical manipulation therapy is used for pain relief. "We have special medicines for chronic skin diseases and management of non-communicable diseases," Dr K Kanakavalli, director general, Central Council for Research in Siddha (CCRS) discloses. "We're serious about malpractices and false advertisements in AYUSH systems on any platform. There is a robust mechanism in place to address the same. A notification in order to control misleading advertisements or claims around COVID-19 treatment was released in April. We have started a dedicated COVID-19 dashboard to provide real-time information about our activities," Kotecha says.



**Pluralism is the Prescription:** Amrita Hospital, a famed integrated medicine hospital in Kochi, Kerala, the post-COVID care clinic is in high demand. "Earlier this centre opened twice a week. Owing to the rush we are going to extend its working to five days a week," says Dr Baburao Narayanam, senior medical administrator and deputy medical superintendent. The hospital plans to open an integrated 2,000-bed unit in Faridabad near Delhi by the end of 2021. "We offer both traditional and modern treatments. People are increasingly considering the combination to get the best results," he adds. In 2018, the government announced Ayurveda units in 19 new upcoming AIIMS. NIMHANS in Bengaluru has started an integrative medicine unit that offers simultaneous yoga, ayurvedic and psychiatric treatments. Dr VM Katoch, former director general of ICMR and former secretary, Department of Health Research, argues, "I'm a strong supporter of integrative medicine. If something is evidence-based and has been around for centuries, then why won't it be valuable?" He chaired the inter-disciplinary committee for integration of Ayurveda and Yoga interventions in 'National Clinical Management protocol: COVID-19'. He cites examples of how Ayurveda and homoeopathy help to contain the side-effects of Chemotherapy and Radiotherapy in cancer patients. "Homoeopathy works well in treating auto-immune disorders. Ayurveda benefits patients with lifestyle problems. Why can't two well-known standard interventions be carried out together in all our hospitals?" he queries. The Uttar Pradesh government has announced new hospitals of integrated medicine. Through the National AYUSH Mission (NAM), the Centre supports States which wish to establish up to 50-bed Integrated AYUSH Hospitals. Jiva Ayurveda founder Dr. Partap Chauhan predicts the future belongs to integrative medicine. A woman diagnosed with HIV a few months ago found that modern medicines offered little to bring her CD4 count (as one of the prognostic indicators) to normal. She visited Amrita Hospital in November 2019 and opted for an integrated medical approach. Along with Western medicines, she was given Ayurveda treatment. In four months, her CD4 count came down close to normal. "She is currently following maintenance treatment with us, while both modern and Ayurveda treatments are on," says Narayanam. Lots of patients from the West are coming for integrated medicine therapy for chronic joint disorders. "People abroad are more accepting of different skill sets. A European cardiologist, a Japanese oncologist and an eye doctor from Luxemborg are working together with me. They turn to explore ayurvedic options when they hit an obstacle in their research or treatment. An ENT specialist from London is working with me on nasal allergies. Both conventional and ancient systems have to accept each other's strengths," Dr Chauhan proposes. Such synergy is hailed by practitioners across the AYUSH spectrum. "Today, for example, Orthopedicians know that Arnica and Symphytum are homeopathic medicines which help in the healing of fractures.

Nephrologists in India are aware that Berberis V is beneficial in treating kidney stones. Many such synergies exist, which simply needs to be formalised and taken head," feels Dr Banerjee.

**Inventive Progress:** Siddha and Unani are making their presence felt in Delhi. Last year, the Ministry of AYUSH started Unani and Siddha centres in Safdarjung Hospital. The Central Council for Research in Unani Medicine, under AYUSH, runs Unani centres in Dr. Ram Manohar Lohia Hospital and Deen Dayal Upadhyay Hospital. The Ministry's research portal has catalogued 30,016 studies so far. "In PubMed (leading repository of peer-reviewed biomedical literature maintained by the US National Center for Biotechnology Information) library can be found over 200 good quality RCTs (randomised controlled trials) in Ayurveda, 309 in Yoga, 139 in Homoeopathy and 29 in Unani," says Kotecha. The Central Council for Research in Ayurvedic Sciences (CCRAS), an autonomous body under the ministry, has 17 patents and many technologies currently in commercial use. "More drug development studies on dengue, diabetes, wound healing, improving quality of life for cancer patients etc are in their final stages of completion," reveals Kotecha. A few months back, the government allotted Rs. 400 Crore to the National Medicinal Plants Board. In a first, CCIM has got together educational technologists to give inputs to train subject experts to prepare a syllabus at par with international standards. And teachers next. According to reports, as of January 2018, there are only eight lakh traditional-medicine doctors registered with the Ministry of Health and Family Welfare compared to 1.1 million allopathic doctors.

**Under the Weather:** Traditional medicine's struggle for official recognition continues valiantly in spite of its widespread popularity. Kotecha points out the dire need for surgeons in our villages relating to the relevance of ayurvedic surgeons. "We aren't talking about super-specialty surgeries here so why should IMA protest? The big drug lobby is the main obstacle to this move," Triguna complains. Despite WHO's Traditional Medicine Strategy 2014-2023, recognising the contribution of Traditional and Complementary Medicines to health, practitioners aren't valued as they should be, and termed 'quacks'. "It's a battle between the classical and modern. Modern medicine offers quick relief, or at least people believe so. In Unani or Ayurveda it may take many months, but we nip it in the root itself," Hakim Faiyaz Hassan Faizi of Urban Primary Health Centre, Argara Road, Munger, Bihar, says. His treatment has been effective for leucoderma and gastro-intestinal disorders. The demand for recognition for alternate medical practitioners isn't unreasonable. Ayurveda, Unani, Siddha and Homoeopathy doctors follow the same course duration as Western medicine - 4.5 years followed by a year of internship and post-doctoral studies are of two years.

"Research methodology and mindset must be inculcated into minds of students of all medical systems, including conventional medicine," says Dr. Kalyan Banerjee. India's red tape-bound government is traditionally resistant to change. There are entrenched lobbies fighting to guard their lucrative and influential fiefdoms and posts. Only the most determined succeed, like Dr. Raman Kapur. He strived for six years to get Acupuncture official recognition as a certified medical field until 2019, when the Centre recognised Acupuncture and Hypnotherapy as independent systems of therapy. "At a committee meeting, I had to hire a truck to carry 400 books and research journals on the subject. Only research and data could convince the committee of the significance of Acupuncture," says Dr. Kapur. He warned against creating a divide between alternative and modern systems of treatment. "We want people to understand that this therapy works so well in cases of infertility, asthma, chronic gastritis, hypertension, sciatica, to name a few. And now we have better technologies, which don't require needles," Dr Kapur assures. Popular playback singer Akhil Sachdeva terms the acupuncturist's presence as nothing short of a "blessing". The award-winning artiste developed nodes on his vocal chords. Steroids didn't help. Doctors suggested surgical removal which meant curtain down on his singing career. But after a few sittings with Dr. Kapur, the interfering growth vanished. He went on to sing the hit Bollywood number 'Mere Humsafar', which won him several awards. Hon'ble Governor of Puducherry, Ms. Kiran Bedi, too, after campaigning for elections a few years back, had lost her voice and recovered with his treatment. Traditional is finally becoming main stream and Dhanvantari is going viral. India is at last getting a taste of its own medicine.

**Acupuncture:** This traditional Chinese medicine technique involves insertion of very thin metal needles into the skin at specific points on the body to clear energy channels, with the aim of restoring and maintaining health. It is used for a wide range of ailments, including low back pain and pain related to arthritis, headaches, post-operative pain, adverse reactions to chemotherapy and radiation therapy, addiction, hot flashes and other menopausal symptoms.

### **Ancient Healing Systems**

**Yoga & Naturopathy:** Naturopathy works on the inherent healing power of nature and uses non-invasive methods of intervention to create a suitable environment to facilitate the healing of the body by itself. Yoga is a means of balancing and harmonising the body, mind and emotions. Sciatica, eczema, facial paralysis, psycho-somatic disorders, hypertension, gout etc are a few disorders that can be treated with this mode of therapy.

**Ayurveda:** The 5000 year old practice draws its origins from Vedic days in India. It is categorised into three different types

of life forces (doshas) - vata, pitta, and kapha - and treatment is based on a patient's dosha. Ayurveda is beneficial in curing insomnia, helps in management of lifestyle diseases and auto-immune disorders such as rheumatoid arthritis, among a host of other diseases.

**Unani:** Its origins are found in the doctrines of the ancient Greek physicians Hippocrates and Galen. The system works on the principle that seven natural factors make up the human being and a disease is basically an imbalance in the normal temperament, disorganisation and discontinuity of the structure. It offers successful treatment particularly for non-communicable diseases, such as metabolic, autoimmune and lifestyle disorders as well as gynaecological issues.

**Siddha:** This ancient system, mainly hailing from Tamil Nadu, revitalises and rejuvenates dysfunctional organs that cause the disease. Kayakarpam, a special combination of medicine and lifestyle, Varmam therapy, Vaasi (Pranayamam) and Muppu, the universal salt, are the specialities of the Siddha system of medicine. It works best in ulcers, psoriasis, eczema, alopecia, diabetic ulcer, warts, vitiligo etc.

**Sowa Rigpa:** One of oldest medical treatments, this is currently popular in Ladakh, Lahaul and Spiti, Darjeeling, Sikkim and Arunachal Pradesh. It is also being practiced in countries such as Bhutan, Mongolia and Russia. It employs a complex approach to diagnosis, incorporating techniques such as pulse analysis and urinalysis. Sowa Rigpa is used to treat insomnia, emotional disorders, and digestive issues.

**Homoeopathy:** Founded by German Physician, Samuel Hahnemann in 1796, this works on the law of similars, which predicts that a substance that causes symptoms of a disease in healthy people would cure similar symptoms in sick people. It works best for migraines, premenstrual syndrome, irritable bowel syndrome, chronic fatigue etc.

(<https://www.newindianexpress.com/lifestyle/health/2020/dec/13/alternateisreality-ayurved-siddha-gain-prominence-amid-covid-19-pandemic-2234474.html>)

