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Monthly Ayurveda Bulletin

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

ॐ शान्तिः शान्तिः शान्तिः ॥

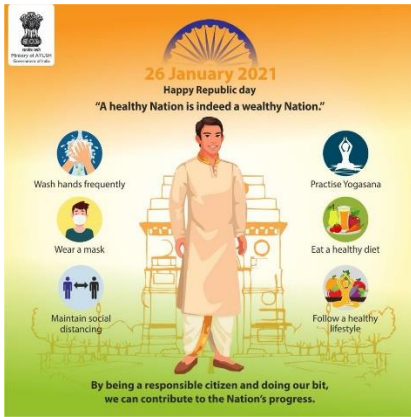
Let all be Happy! Let all be Healthy!

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

OM Peace Peace Peace ॥

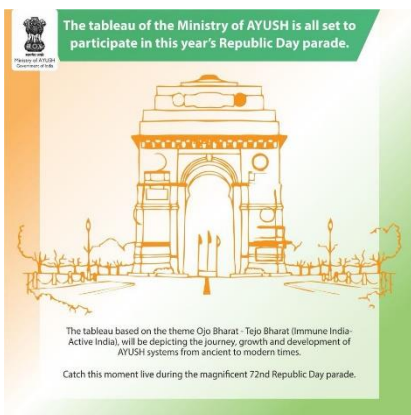


Republic Day – 2021



On this Republic Day, let us do our bit as responsible citizens of this great country. Vaccines have arrived, but the mandatory COVID-19 guidelines are still to be followed. Let's ensure compliance, and through it, let's beat the pandemic.

Tableau of the Ministry Of AYUSH



The tableau of the Ministry of AYUSH made its appearance in the 72nd Republic Day parade on Rajpath. Based on the theme Ojo Bharat-Tejo Bharat (Immune India- Active India), this tableau emphasised the importance of



enhancing our immunity which can help us build resistance against communicable diseases like the COVID-19. The progress of AYUSH systems from Acharya Charak's time to modern-day, through scientific research and development will be depicted through the tableau. AYUSH, indeed, is a pathway to good health for the present and future. Also the making of 'Ayush Kadha' was showcased through this year's tableau, the health importance of which was reiterated by Prime Minister Shri Narendra Modi during the pandemic.

Watch the parade here:

<https://twitter.com/i/status/1354291981661347840>



4th Siddha Day



Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik inaugurated 4th Siddha Day with theme, Siddha for COVID-19 on January 2, 2021. Shri Naik mentioned that he was confident that this Siddha Day will surely make the public reassured the strengths of Siddha science in mitigation of this pandemic. This was made possible in spite of COVID-19 crisis following all the necessary protocols along with Ministry of AYUSH. Shri Naik conveyed his hearty congratulations once again to the organizers for the successful conduction of the Siddha day Celebrations. Shri Naik further mentioned that he was also glad to note that all stake-holders including CCRS, NIS, Directorate of Indian Medicine and Homoeopathy, Govt. of Tamil Nadu, Private Colleges/Institutions, NGO's have joined hands with each other in observing the 4th Siddha Day virtually.

AYU SAMVAD- Ayurveda against COVID-19

AYUSH Virtual Convention Centre (Ministry of AYUSH) organised TOT Programme in preparation to "AYU SAMVAD- Ayurveda against Covid 19". Watch the event here: <https://youtu.be/HeVeArI9188>

Siddha System of Medicine



The liver is an important organ. It helps process blood by breaking down the nutrients and chemicals that the blood carries. Siddha system of medicine advises simple remedies to take care of your liver and enhance its functioning.



Siddha system follows a unique methodology for diagnosis and prognosis of disease. The interrogations along with their unique diagnostic methods helps the physician to rule out the root cause of the disease and its clinical associations.



Pulse Diagnosis is very unique to the Siddha system of medicine. It is one of the chief confirmatory approaches to identify the affected Mukutram (Thritnodam), its extend of vitiation, the nature of the disease due to the vitiations and other symptomatic findings.

Yogasanas

Learn about the importance of Yogasana in our daily life from this short video, which is part of a series on "Yoga for You". Watch Rahul Chauhan, Yoga expert from the Morarji Desai National Institute of Yoga (MDNIY) explain step by step how to practise 6 important Yogasanas, that is, Tadasana, Trikonasana, Ustrasana, Paschimottasana, Vakrasana and Shavasana while elaborating upon their health benefits. Watch it here:

<https://youtu.be/dvKQXQhTQ8U>

Naturopathy



During winters with a drop in temperature, the air around us tends to become drier and our bodies receive less moisture as compared to warmer months. We also tend to consume less water. This at times leads to health issues like dry skin and dehydration.



Winter is a season where the climatic temperature decreases. It also leads to dryness of skin, which can be avoided by following some preventive measures.

Benefits of Natural Oil



During winters, because of the low climatic temperature, there is a tendency of the body to be instinctively in a contracted mode. It also turns dry, tight and flaky. Body massages with natural oils help to relax the contracted muscle and enhance the proper functioning of the cells, leading

to improved skin tone and texture.

Unani System of Medicine



As per the Unani system of medicine, seasons have an influence on an individual's health and wellbeing. Winter season due to its unique characteristics can cause a few health ailments if not taken care of.



Ali ibn Sahl Rabban al-Tabari was a Unani physician, who produced one of the first encyclopedias of medicine entitled Firdous al-Hikmah ("Paradise of Wisdom"). Tadbire Mausame Sarma (Regimens for winter season) was documented by him, which includes Unani

medicines for the preventive purpose.

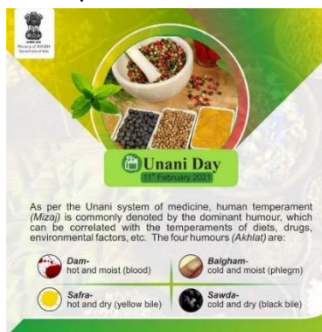


Unani physicians give much importance to diet in both health and disease. During winters, Unani medicine advises foods of hot temperament (Aghziya Harra). These have the ability to produce the humour which induces heat in the body.



Common diseases that occur in the winter season are generally phlegmatic in nature like cold and catarrh, inflammation of lungs, hoarseness of voice, pain and other throat infections. While some people are more susceptible to these diseases, it can be avoided by taking

some preventive measures.



The most important principle of Unani medicine is temperament (Mizaj) which classifies human beings, diets, drugs, etc. into four qualitative types. This facilitates the identification of proper diet and medication for maintaining a healthy temperament and treating

diseases.

Interview of Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha



this statement at the ASSOCHAM Foundation Week in a session- Future lies in the past - Leveraging India's embedded knowledge to pivot the country's growth story" organized by The Associated Chambers of Commerce and Industry of India (ASSOCHAM).

Citing an impact study done by the Ministry of Ayush on the impact of Ayush Guidelines during pandemic he said, "more than 86 percent people surveyed have said that they have used Ayush guidelines and medicines during the pandemic for self-care. Around 1.47 crore people were surveyed online by the ministry out of which 15,000 were infected by the virus. Also, the 2/3rd people amongst the infected ones who followed guidelines had an only mild infection and did not suffer severely," he said.

Dr. Kotecha explained that during the pandemic months a few medicines showed 500-600 percent growth, overall the industry size grew by 44 percent during those times. "We need to capitalize on the huge opportunity presented by the crisis and we all—the industry, the plant growers, the state governments—should work together to grow the industry. Working together is the key," he said.

He informed that the ministry is in talks with industry bodies like ASSOCHAM to come together and set up an ecosystem of supply-chain management in the country. "The National Medicinal Plants Board (NMPB) also has signed 8 Memorandum of Understanding (MoUs) with various industry members in this regard. We should follow the Kerala model wherein the medicine industry buys produce directly from the plant growers or

44% growth in the 9 months for Ayush medicines
— Secretary, Ayush Ministry

More than 86 percent people surveyed have said that they have used Ayush guidelines and medicines during the pandemic. Also, two-third people who followed guidelines had only mild infection.

The Secretary, Ministry of Ayush, Government of India, Dr. Vaidya Rajesh Kotecha, stated that there is a tremendous growth opportunities for businesses in the sector as during the ongoing Covid-19 pandemic most people in the country have turned to Ayurveda and followed Ayush guidelines in some way to keep themselves safe. He made

farmers thereby benefiting each other," he added.

"There are various issues such as logistic issues that is being faced by the sector, we are trying to resolve those using ITEs," he said.

Dr. Kotecha also suggested that there is another segment that can be propagated from the commercialization point of view and that is 'Ayurved Ahar'. "Along with the value-added plants or APIs in India we can standardize various recipes indigenous to us," he exclaimed.

The Secretary also informed that there are 104 studies are going on at 35 locations in India out of that 3 are clinical studies to gauge the effectiveness of various Ayush medicines on the people. "We are going to publish the observation soon for the people and medical fraternity to know and understand the benefits," he added. He appealed to the industry to come forward and help in developing and propagating the Ayush Drugs and medicines in the future. "Maybe we can develop some other vaccination to enhance the effect of Coronavirus Vaccine," he said.

In an answer to the suggestion about declaring forest produce as organic he assured that he will certainly into the "organic certification" matter. "It will be wonderful for the tribal community and the country in the future if the forest produce can be exported under the organic label. Also responding to the suggestions, he invited ASSOCHAM to submit representations with regard to the industry challenges especially on taxation concerns on importing

of botanicals and lactose etc, and inclusion of more Indian plants in Homoeopathic pharmacopoeia.

Also present at the event was Dr. Naval Jit Kapoor, Joint Secretary, Ministry of Tribal Affairs, Government of India. He stated that Covid-19 has taught us the importance of traditional knowledge to increase immunity. He informed



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that out of 177 tribal districts in the country the spread of the pandemic was only 3 percent and that too was carried by the migrants who came back from cities like New Delhi and Mumbai.

He emphasized embedding traditional indigenous knowledge to the benefit of modern society, and follow the traditional method of milking and farming to reap the maximum benefit," he said. However, he warned against the over-exploitation of the forest and to keep them away from pollutants. "We all should participate in propagating the knowledge further and help in mainstreaming the tribal entrepreneurs he added.

Dr Sudipta Narayan Roy, MD Pwells Group, "Indian Homoeopathic system and Indian Ayurveda are alternative medicines systems that have greater acceptability and for this ease of doing business for existing business and encouragement of startups in the sector are essential. The raw material procurement, standardization is core for the growth of the sector."

Other key guest included Mr Arun Arora of Kudos Healthcare who raised matter of Organic Certification and Manpower Shortage of the sector, joined by Mr Ashish Kumar Managing Director, Dr Willmar Schwabe, he shared his thoughts on growing opportunities of insecticides in Herbal APIs.

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Unani medicine lays emphasis on maintaining health in a positive and individualized manner in reference to different guidelines. These guidelines are in respect of temperaments, genders, age groups, geographical regions, seasons, occupations, etc.

To maintain health, Unani medicine emphasizes maintenance of the six essential factors (Asbab-e-Sita Zaruriya). Lifestyle disorders like obesity, hypertension, diabetes, coronary heart disease and depression, which are the major health burden of present time, can be prevented by following the instructions with regard to these factors.

Zof-e-Isthiha (Decreased appetite/Anorexia) is a condition in which the desire for food, that is, appetite decreases. This continuous appetite loss may lead to serious complications. These include weight loss, not getting the nutrients that the body needs, and fatigue & weakness from muscle loss.

Sual (Cough) is a reflex action of the body to remove the irritating substance from the airway passages. It can be caused due to pollution or cold weather and is sometimes associated with coryza, nasal & throat irritation and fever.

Acne can negatively affect your self confidence. It is a skin condition that occurs when the follicles become plugged with sebum, dead skin cells and bacteria. It is characterized by the formation of comedones, erythematous papules and pustules.

