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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 ॥



Unani Day 2021



Hon'ble Minister of State (I/C) for Youth Affairs & Sports and AYUSH and Minister of State, Minority Affairs, Shri Kiren Rijju paid tribute to the great Unani Scholar Hakim Ajmal Khan on his birth

anniversary on February 11, 2021 and inaugurated Conference on Unani Medicine "Opportunities & Challenges in times of COVID-19" organized by the Ministry of AYUSH and the Central Council for Research in Unani Medicine (CCRUM), an autonomous body under the Ministry of AYUSH. The event took place in Vigyan Bhawan in hybrid virtual mode. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha; Additional Secretary, Ministry of AYUSH, Shri Pramod Kumar Pathak and other important dignitaries from the Ministry and CCRUM shared their valuable inputs at this event. Video message of Hon'ble Minister of State, Ministry of AYUSH (IC) and Minister of State, Ministry of Defence, Shri Shripad Yesso Naik was also played during the event.

Use of Homoeopathy medicines in Covid-19 treatment discussed in Parliament

The Hon'ble Supreme Court has upheld the advisory of Ministry of AYUSH in its judgement dated February 12, 2020 and permitted use of homoeopathy medicine as add on to standard care in COVID-19 treatment. This was clarified by Hon'ble Union Minister of State (I/C) for Youth Affairs & Sports and AYUSH and Minister of State, Minority Affairs Shri Kiren Rijju to the Lok Sabha on February 12, 2021. The clarification was in reply to a question asked by Hon'ble M.P., Shri E.T. Mohammed Basheer. The Minister added that while Homoeopathy treatment is not to be given in standalone mode for COVID-19 treatment, the Ministry of AYUSH through an advisory issued in March 2020 and the 'Guidelines for AYUSH practitioners for COVID-19' allowed AYUSH interventions including homoeopathy as add on to standard care. He also informed the House that the Ministry of AYUSH has taken many steps with the help of AYUSH systems of Medicine including Homeopathy for COVID-19

related treatment, and cited the Ministry's advisory issued on January 29, 2020 on "how to protect oneself from COVID and how to stay healthy" (which received wide attention and was adopted by large sections of the population). The Minister also cited the important letter dated March 6, 2020 issued by the Ministry to all Chief Secretaries of States/ Union territories conveying specific suggestions on augmentation of general immunity of people and about possible AYUSH interventions. The self-care guidelines issued by the Ministry on March 31, 2020 for preventive health measures and enhancing immunity with special reference to respiratory health (which also received wide acceptance) was also mentioned by him. The reply furnished by the Minister of AYUSH also brought out some other information of public interest in the matter of management of Guidelines for Registered Practitioners of respective system of AYUSH (including Homoeopathy), made available in public domain for the benefit of registered AYUSH practitioners including Homoeopathy to help in the management of COVID 19 pandemic uniformly, also found a mention. Further, Ministry of AYUSH through various research organizations and National Institutes under Ministry of AYUSH has conducted about 105 interdisciplinary clinical studies (including 20 studies of Homoeopathy) at 136 centres in the country. Clinical research studies are conducted on AYUSH interventions as prophylactic interventions in high risk population targeting approximately 5 lakhs population and as an add-on to standard care to COVID-19 management.

"AyuSamvad", the Public Awareness Lecture series of AYUSH Ministry, focusses on Management of COVID-19: Minister of AYUSH

The AyuSamvad Lecture Series campaign will specifically focus on the role of Ayurveda in the Preventive, Promotive, Curative and Rehabilitative Management of COVID 19, as informed to the Lok Sabha on February 12, 2021 by Hon'ble Minister of State (I/C) for Youth Affairs & Sports and AYUSH and Minister of State, Minority Affairs, Shri Kiren Rijju. The All India Institute of Ayurveda (AIIA), an autonomous organization under the aegis of Ministry of AYUSH is organizing this public awareness campaign program on "Ayurveda and Covid 19 Pandemic" with the objective to create awareness among common people. The Hon'ble Minister clarified this in response to a question from five Members of Parliament, namely, Shri Nayab Singh, Shri Subrat Pathak, Dr. Ram Shankar Katheria, Shri Ravindra Kushwaha, and Shri Ravi Kishan. As further clarified by the Hon'ble Minister in his reply, the AyuSamvad Campaign started with the All India Institute of Ayurveda, New Delhi, organizing an online "Training of Trainers" programme from January 18-21, 2021 for all state Directors, Principals of Ayurveda Colleges, Medical Officers, PG & Ph.D scholars and other stake holders. The trained personnel from this programme go on to organise lectures for Government

Offices, Non-Government sector employees, schools, colleges, Panchayati Raj Institutions, gram sabhas, industries, various housing societies, NGOs, Mahila udyogs, Asha workers and health staff etc. across the nation. As already clarified by the Ministry of AYUSH in an earlier communication, the AyuSamvad campaign ensures the uniformity of information through structured training inputs delivered to approximately one crore target audience across India through five Lakh lectures. This campaign is expected to be beneficial in conveying the potential role of Ayurveda in the management against COVID 19 and also for Post Covid Management. The AYUSH Wings of various States and UTs will also contribute to the Campaign through State AYUSH Directors and NAM team.

Letter of Exchange (LoE) signed between Ministry of AYUSH and World Health Organization Regional Office for South-East Asia (SEARO)



A Letter of Exchange (LoE) was signed on February 15, 2021 between the Ministry of AYUSH and the World Health Organization Regional Office for South-East Asia (SEARO) for deputation of an AYUSH expert to WHO's regional traditional medicine programme in New Delhi. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha and Regional Director, SEARO, Dr. Poonam Khetrpal Singh, signed the agreement in New Delhi. The initiative will help support WHO SEARO implement the regional traditional medicine action plan, with particular emphasis on the safe and effective use of traditional medicine service including Ayurveda and other Indian traditional systems of medicine and its integration into

national health care systems. Also, as a major outcome of this partnership, Ministry of AYUSH and WHO would be working to identify various challenges faced by the member states of SEAR (region) in regulating, integrating and further promoting traditional systems of medicine in the respective countries. The ministry of AYUSH and WHO SEAR office also agreed to launch a joint public health research project on Covid. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha and Regional Director, SEARO, Dr. Poonam Khetrpal Singh signed the agreement in New Delhi. The initiative will help support WHO SEARO implement the regional traditional medicine action plan, with particular emphasis on the safe and effective use of traditional medicine service including Ayurveda and other Indian traditional systems of medicine and its integration into national health care systems. Also, as a major outcome of this partnership, Ministry of AYUSH and WHO would be working to identify various challenges faced by the member states of SEAR (region) in regulating, integrating and further promoting traditional systems of medicine in the respective countries. The ministry of AYUSH and WHO SEAR office also agreed to launch a joint public health research project on Covid.

MoU between SPPU and a consortium of AYUSH Institutions



An MoU was signed on February 10, 2021 between the Savitribai Phule Pune University (SPPU) and a consortium of AYUSH institutions. This tie-up will help in research activities, realising the need to study, understand, validate and integrate the AYUSH Systems. Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha; SPPU Vice-Chancellor Prof. Nitin Karmalkar; Vice-Chairman, University Grants Commission (UGC), Shri Bhushan Patwardhan and other senior officials from related organisations were present during this ceremony. With four National institutions coming together for capacity building and skill development related to AYUSH practices, this collaboration will help meet the demand for research building.



AYUSH Entry Level Certification programme



National Accreditation Board for Hospitals (NABH) presents AYUSH Entry Level Certification programme for AYUSH hospitals and centres. This single standard compiled for all specializations in AYUSH will facilitate easy implementation of quality standard for AYUSH

hospitals (5 beds or more) and OPD clinics/ centres. For more details and online registration, click on the link <http://aelc.nabh.co>. The certification process includes online registration, documentation and fee submission followed by desktop, on-site assessment and committee review.

Pulse (Nabz) examination



Pulse (Nabz) examination in Unani medicine is used by the physicians to help diagnose different states of the body- health, disease and the intermediate state. An experienced Unani physician can easily differentiate between a normal and a deranged

temperament pulse.

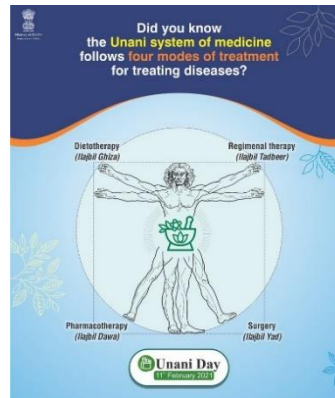
Musaffi-e-KhooAdvia



Unani scholars believe that the presence of toxic materials in our body makes skin dull and diseased. In such condition, blood purifiers (Musaffi-e-KhooAdvia) are the best therapeutic interventions.

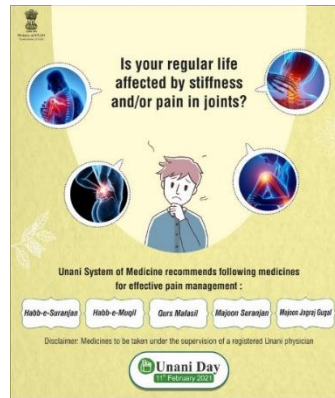


Mizaj



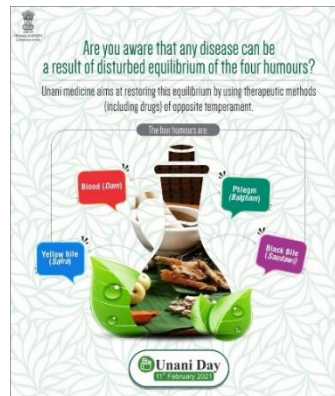
There are four modes of treatment in the Unani system of medicine. These are advised as per Mizaj (temperament) of the patient, temperament of drug and type of disease.

Waja-UI-Mafasil



Acute pain in multiple joints (Waja-UI-Mafasil) is most often due to inflammation, gout, or flare-up of a chronic joint disorder. Also, at times inflammation of the joints can be severe enough to cause fever.

Maintaining Good Health – Unani System of Medicine



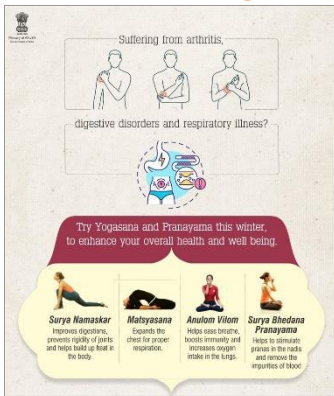
In the Unani system of medicine, balancing of the four humours is essential for maintaining good health. Unani physician helps Tabiyat to overcome the disease through restoring the humoral balance.

Naturopathy home remedies

Painful, cracked heels is a common skin condition, especially during winters. In some cases, dry cracked feet can lead to infection or make walking painful. Naturopathy advises simple home remedies to treat cracked feet during winters.



Yogasanas for winters



Practising Yogasana daily during winters provides many health benefits. It not only acts as a good source of heat and energy but also helps prevent ailments and diseases.

Anemia



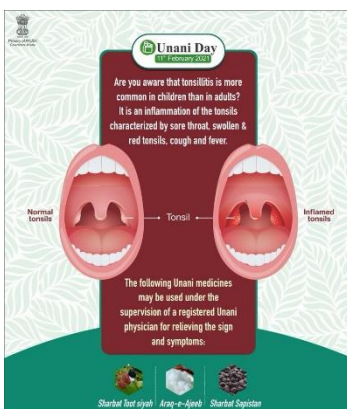
Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues. A low red blood cell (RBC) count can cause a variety of symptoms and health complications.

Dry Scalp in winters and Ayurvedic treatments



Winters can be a reason of concern for your scalp and hair health. The dry air from outside makes your scalp dry, leading to dry scalp, dry hair and subsequently hair breakage.

Tonsillitis



Tonsillitis is the inflammation of the glands that are located on either side of throat i.e. tonsils. Although it is usually caused by a viral infection, a bacterial infection can be the cause as well.

What is the difference between nausea and Vomiting?



Nausea is the sensation of an urge to vomit. Vomiting is an uncontrollable reflex that expels the contents of the stomach through the mouth.

Bohut-us-saut (hoarseness of voice)



Bohut-us-saut (hoarseness of voice) is a condition in which the voice becomes husky accompanied by a feeling of roughness, irritation and heaviness in the throat. Accompanied by cough, the voice may sound breathy, raspy or strained.

Projects of AYUSH Ministry's Centres Of Excellence Are Innovative, Creative, says Research Study

After conducting an evaluation of the 18 Centres of Excellence of the Ministry of AYUSH, the Centre for Market Research and Social Development said in its report on February 2, 2021 that its projects were innovative and creative and helped upgrade facilities of AYUSH institutions to high levels. A Ministry of AYUSH release said, "The evaluation study further noted that all the CoEs have credible governance structures and have also raised competent groups of core staffs in the fields in which the projects function." Under the CoE Scheme of the Ministry of AYUSH, support is provided to reputed AYUSH institutions for upgrading their functions and facilities to levels of excellence. The Centres of Excellence selected under this Scheme are the institutions that engaged in activities like Clinical Research, AYUSH Healthcare (hospitals), Research-based on the fundamentals of AYUSH, Inter-disciplinary research in areas like pharmacognosy and pharmacology, Product development and bridging AYUSH and modern science. The evaluation covered 18 Centres of Excellence from 10 different States, including Himachal Pradesh, Maharashtra, West Bengal and Kerala. The purpose of the evaluation exercise was to assess the impact of the CoEs in achieving the objectives of the Scheme, and in assessing challenges, if any, faced by the organization for achieving the standards

fixed by Ministry. The healthcare services provided by these Centres include integrated cancer treatment incorporating Ayurveda solutions, Ayurvedic treatment for conditions like bronchial asthma and rheumatoid arthritis, geriatric care through Regimental Therapy (Ilaj bil tadbeer) of Unani medicine, quality ophthalmologic care through Ayurveda and Homoeopathic care for disability. Some of the centres have produced results in areas critical for modernization and development of AYUSH practices, practices like tissue culture and genetic mapping critical for studies of medicinal plants, creation of pharmacopial drugs atlas and pharmacopial monographs, standardizing of operating procedures specific drugs of Ayurveda and Siddha and establishing practices of documentation and treatment protocols for specific disease conditions. A major finding was that through the innovative and creative projects taken up by these Centres, they not only promoted AYUSH systems but also provided health care at quality hospitals having NABH accreditation. These CoEs have also succeeded in conducting Clinical Research for various diseases, Drug standardization, upgrading Quality Testing Laboratory and conducting research on medicinal plants. They also reached out to the public by developing IEC materials for the dissemination of services. Further, they promoted the Scientific Manufacturing of Ayurveda, Siddha, Unani (ASU) drugs. The study further observed that all the institutions given financial assistance under the scheme are of repute, financially sound, implementing the scheme as per the norms and objectives of the scheme and are serving the public well. The geographic coverage analysis of the CoEs indicated that the CoEs are spread out across the country and that the impact of the projects is being felt in their regions as well as across the country. Further, the majority of the CoEs informed that they didn't face any issue in achieving the standard fixed by the Ministry. The study found that beds are reserved for EWS patients in all the hospitals where IPD facility is available. Thus the CoEs are making a notable contribution in supporting the healthcare needs of the weaker sections. The study observed that the efforts made by the CoEs in terms of research projects and research paper publication (44 in numbers) in national and international journals are notable too. The study has noted that I.T. needs to be inducted more rigorously at these Centres. Presently, most of the CoEs (16 in number) didn't use software for the management of the database.

http://www.businessworld.in/article/Projects-of-AYUSH-Ministry-s-Centres-of-Excellence-are-innovative-creative-says-research-study/02-02-2021-372964/?fbclid=IwAR27DKsy3b9Mi0Znspd2YYvSVz3VjFu4e1JD_eGhw_eeCVJo3uG0grwi_QQ



Ayurveda Economy Has Seen Up To 90% Growth Post-COVID: Hon'ble Minister of Health, Dr. Harsh Vardhan

The Ayurveda economy has witnessed up to 90 per cent growth after the COVID-19 pandemic, as Ayurveda has gained global acceptance, Hon'ble Minister of Health, Dr. Harsh Vardhan said on February 19, 2021. The sector has also witnessed a significant surge in export as well as investment, he said. As per official data, Ayurveda is a Rs. 30,000 crore industry, having an annual double-digit growth of 15 to 20 per cent. 'This (data) is of the pre-COVID era. Post-COVID, the economy of Ayurveda, which is Rs. 30,000 crore with a growth of 15 to 20 per cent, has gone up to 50 to 90 per cent,' he said. This itself reflects that people from India and the world have accepted Ayurveda. 'There has been a marked improvement in terms of exports and Foreign Direct Investment (FDI) also,' he said while speaking at a function here to release a research paper by Haridwar-based Patanjali on the 'first evidence-based ayurvedic medicine' against COVID. During COVID times, the AYUSH Ministry had done 109 types of studies at 140 places. 'When I saw the results, it was encouraging and positive,' he said. Ayurveda is to keep people healthy and it does not require any certification from anybody. 'If we technically study it, then India has a great potential,' he added. Harsh Vardhan, who himself is an MBBS and MS with specialisation in ENT and had practised as an ENT surgeon (as mentioned in his biography) said: 'Though I have practised modern medicine but after studying Ayurveda, I have come to conclusion that it is beneficial for all.' Lauding the efforts of Swami Ramdev and his Patanjali Ayurveda, Dr. Harsh Vardhan said, Ayurveda should be re-established in a scientific and modern way in the world and this will be a matter for pride and help the cause of humanity. Speaking at the occasion, Ramdev said that there is a need for harmony among all treatment patterns -- the modern allopathy and traditional naturopathy. Hon'ble Minister for Road Transport and Highways, Shri Nitin Gadkari who was also present said Patanjali has provided a good alternative for the daily usage products for which the country has to pay a royalty to the foreign makers. Now, Yoga and Ayurveda have become popular across the globe and people are following it, he said. http://www.businessworld.in/amp/article/Ayurveda-Economy-Has-Seen-Up-To-90-Growth-Post-COVID-Harsh-Vardhan/19-02-2021-379444/?_twitter_impression=true

