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Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

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

ॐ शान्तिः शान्तिः शान्तिः ॥

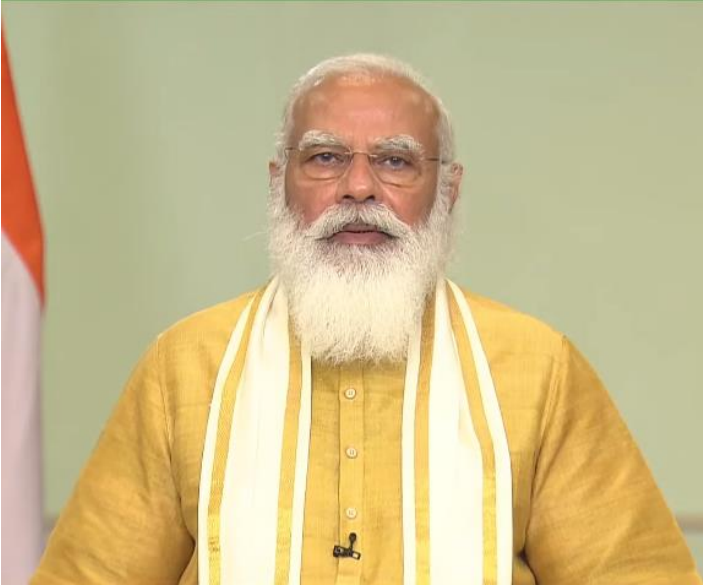
Let all be Happy! Let all be Healthy!

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

OM Peace Peace Peace ॥



PM addressed the fourth Global Ayurveda Festival



Hon'ble Prime Minister, Shri Narendra Modi, on March 12, 2021 addressed the fourth Global Ayurveda Festival through virtual mode. Speaking on the occasion, the Prime Minister noted the growing global interest in Ayurveda and appreciated the efforts of all those working on Ayurveda across the world. He said "Ayurveda could rightly be described as a holistic human science. From the plants to your plate, from matters of physical strength to mental well-being, the impact and influence of Ayurveda and traditional medicine is immense." In the context of COVID-19 pandemic, the Prime Minister said that the demand for ayurvedic products is steadily rising. "The current situation presents a right time for Ayurveda and traditional medicines to become even more popular globally. There is growing interest towards them. The world is seeing how modern and traditional medicines both are important to further wellness. People are realising the benefits of Ayurveda and its role in boosting immunity," said the Prime Minister. Talking about the potential for wellness tourism in India, he said that at the core of wellness tourism is the principle of - treat illness, further wellness. Therefore, the strongest pillar of the wellness tourism is Ayurveda and traditional medicine. He called upon the audience to tap into the timeless culture of India to de-stress and healing. "Whether you want to treat your body, or a retreat for your mind, come to India", The Prime Minister invited. The Prime Minister called for taking advantage of Ayurveda's popularity and opportunities arising out of combining traditional with the modern. Citing situations like youngsters using a wide range of Ayurveda products and a growing consciousness to integrate Ayurveda with evidence-based medical sciences, Shri Modi called upon the academicians to deepen research on Ayurveda and traditional forms of medicine. He urged vibrant start-up

community to specially look at Ayurveda products. He also appreciated the youth for presenting our traditional forms of healing in a language that is globally understood. On behalf of the Government, the Prime Minister assured full support to the world of Ayurveda. He informed that the National AYUSH Mission has been started to promote AYUSH medical systems through cost effective AYUSH services. It is also working to strengthen educational systems and facilitating the enforcement of quality control of Ayurveda, Siddha Unani & Homoeopathy drugs and ensuring sustainable availability of raw-materials. He informed that the Government is undertaking various quality control measures as well. "Our policy regarding Ayurveda and other Indian systems of medicine is already aligned with the Traditional Medicine Strategy 2014-2023 of World Health Organisation. The WHO has also announced the setting up of the Global Centre for Traditional Medicine in India", The Prime Minister said. Noting that students from various countries are coming to India to study about Ayurveda and traditional medicines, The Prime Minister commented that this is the ideal time to think about worldwide wellness. He suggested that perhaps a global Summit could be organised on this theme. The Prime Minister emphasized the need to promote food items relating to Ayurveda and food items that further good health. He mentioned the United Nations declaring 2023 to be the International Year of Millets. The Prime Minister called to spread awareness on the benefits of millets. The Prime Minister gave a call to keep building on our achievements in Ayurveda.

"Let Ayurveda be a drawing force, which brings the world to our land. May it also create prosperity for our youth" he concluded.

4th Global Ayurveda Festival
12-13 March 2021
Virtual Mode

PM Modi Addresses
Global Ayurveda Festival

Key Highlights 2/2

- Youngsters are using a wide range of ayurveda products. There's a growing consciousness to integrate ayurveda with evidence-based medical science
- The ethos of our land & the entrepreneurial spirit of our youth can do wonders. I assure full support to the world of Ayurveda
- Let Ayurveda be a driving force which brings the world to our land. May it also bring prosperity to our youth
- Students from various countries are coming to India to study Ayurveda & traditional medicines. This is the ideal time to think about worldwide wellness

PM Modi Addresses

Global Ayurveda Festival

Key Highlights 1/2



Ayurveda could rightly be described as holistic human science. From matters of physical strength to mental wellbeing, the impact of Ayurveda is immense



India offers you wellness tourism, its strongest pillar being ayurveda & traditional medicine



People are realizing the benefits of Ayurveda & its role in boosting immunity



From this forum, I'd like to appreciate the efforts of all those who're working on Ayurveda across the world



**MoS for External Affairs & Parliamentary Affairs, GoI
& Chair, at GAF2021**



A traditional system such as Ayurveda can help us achieve the SDG 3 that talks about ensuring healthy lives & promoting wellbeing for all at all ages: Shri V. Muraleedharan, Hon'ble Minister of State for External Affairs & Parliamentary Affairs & Chair, Global Ayurveda Festival 2021 at GAF 2021.



Inauguration of 24th Convocation of Rashtriya Ayurveda Vidyapeeth and 26th National Seminar on "Ayurveda for Accomplishment of Sustainable Development Goals (SDGs)-3"



Shri Shripad Yesso Naik, Hon'ble Minister of State for AYUSH (IC) & Defence and Shri Kiren Rijiju, Hon'ble Minister of State for AYUSH, Youth Affairs and Sports (IC) inaugurated the 24th Convocation of Rashtriya Ayurveda Vidyapeeth & 26th National Seminar on "Ayurveda for Accomplishment of Sustainable Development Goals (SDGs)-3" at Vigyan Bhawan on 23rd March 2021. Eminent Vaidyas were also felicitated at the ceremony for their contribution to Ayurveda. Extending his warm greetings to RAV on organising the seminar, Shri Naik said, "It is a matter of pride for us. The 'Health for All' goal as one of the Sustainable Developments Goals is not new for us. Ayurveda also believed in the concept of Sarve Bhavantu Sukhinah. The seminar is the need of the hour. This will educate the young practitioner the potential of Ayurveda" He added that AYUSH is one of the priority areas of government, and Ministry of AYUSH has made significant progress in the last 6 years. Shri Kiren Rijiju congratulated Rastriya Ayurvedic Vidyapeeth for the 24th convocation ceremony. He said, "The topic of seminar is very relevant in the current times of COVID19 pandemic. This seminar will help in promotion of AYUSH. This will also forward the dream of Hon'ble Prime Minister Shri Narendra Modi ji." Rashtriya Ayurveda Vidyapeeth (RAV), National Academy of Ayurveda started its journey of promotion of classical Ayurveda since 1991 for enhancing clinical skills through unique Guru Shashiya method of teaching. Gurukulas had been effective means of transfer of knowledge from the Gurus (teachers) to



Shishyas (students). This classical method of teaching had been preserved in current era also doing some basic modifications. Till date almost 1100+ students have gained such special knowledge through this method. RAV has also been assigned the responsibility to work as Accreditation agency for various Ayurveda courses in India and abroad, not covered under the IMCC Act, 1970 or any other Regulatory Body. It is also joining hands with IIT Varanasi for inter disciplinary studies i.e. Ph.D. RAV is also starting a Fellowship Program as a Super Specialty program in Ayurveda in collaboration with ITRA Jamnagar, NIA Jaipur and AIIA, New Delhi. Every year, RAV conducts unique program i.e., Shishyopanayan Samskara (Induction Ceremony), Convocation Ceremony and National Seminar. On this occasion, RAV honours and felicitate the pronounced Vaidyas from all corners of India, who have contributed & devoted their life for Ayurveda, by awarding Fellow of RAV (FRAV) and Lifetime Achievement Awards. This year 11 FRAV and 2 Life time Achievement awards are being confirmed. In series of National Seminar, this year's topic is Ayurveda for accomplishment of Sustainable Development Goals (SDGs) - 3". Among 17 Sustainable Development Goals, "Good health and Wellbeing" is placed at 3rd SDGs. Good health is essential to sustainable development. Universal health coverage will be integral to achieving SDG 3, ending poverty and reducing inequalities. Ayurveda a science offering detailed healthcare plan for understanding the body through Dosha, Dhātu and Mala may be helpful in achieving this goal. Ayurveda not only focuses on Physical as well as mental health and it is established truth that Ayurveda has potential to ensure the achievement of the targets of healthy lives and wellbeing through its time tested, doable unique and pragmatic approach. The two-day National seminar on "Ayurveda for accomplishment of Sustainable Development Goals (SDGs) - 3" will provide the depth understanding on the topic. Shri Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Shri R. M. Mishra, Secretary, Ministry of Women and Child Development, Shri Pramod Pathak, Additional Secretary, Ministry of Ayush, Vaidya Devinder Triguna, President, Governing body, RAV, Vaidya Manoj Nesari, Advisor, AYUSH and Vaidya Anupam, Director, Rashtriya Ayurveda Vidyapeeth were present at the ceremony.

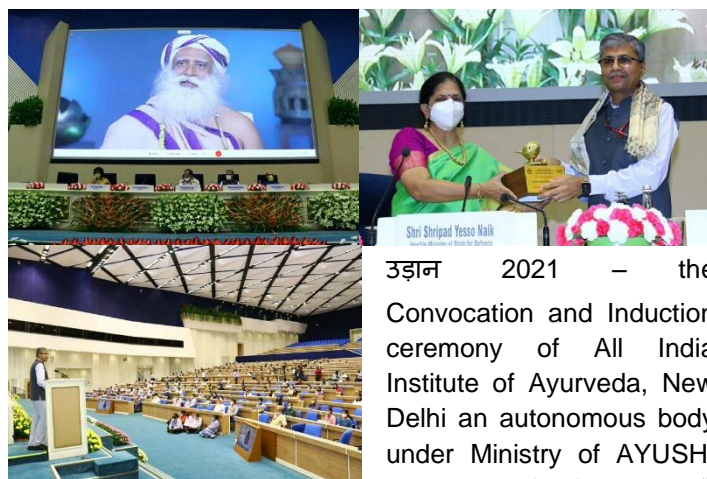
BRICS-Meeting on Traditional Medicine



The Ministry of AYUSH hosted a virtual meeting of the BRICS experts in Traditional Medicines under India's Chairship of BRICS 2021 on 25th March, 2021. The meeting

was attended by Traditional Medicines experts from Brazil, Russia, China and South Africa. The Meeting was presided over by Shri Pramod Kumar Pathak, Additional Secretary, Ministry of AYUSH.

उद्घाटन 2021



उद्घाटन 2021 – the Convocation and Induction ceremony of All India Institute of Ayurveda, New Delhi an autonomous body under Ministry of AYUSH, was organised on 26th

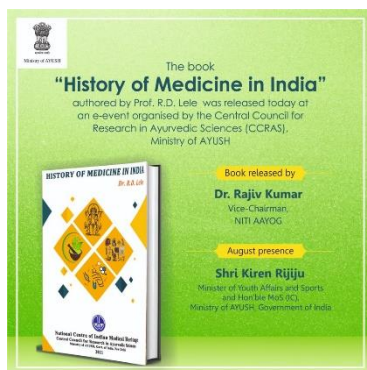
March 2021 at Vigyan Bhawan. Sadhguru, Founder of Isha Foundation congratulated and blessed the gathering through a virtual interface. The Inaugural function was presided over by Shri Shripad Yesso Naik, Hon'ble Minister of State for AYUSH (IC) & Defence. A Swasthya Raksha Kit was released which contained sachets of Ayush Kwatha and a new tablet combination consisting of immune-boosting herbs like Giloy, Gokhuru, Amla and Ashwagandha. Vyadhikshamatva – a film on Covid 19 experiences was released by the Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH.

International Women's Day



On the occasion of International Women's Day on 8th March, 2021, a small event was organised by the Ministry of AYUSH for its women officers and employees, with a focus on the spirit of empowerment and the rights of women. During the event, Sh. P.N Ranjit Kumar, Joint Secretary, Ministry of AYUSH spoke on the need and importance of creating a gender-inclusive environment. Chief Guest, Smt. Bulbul Das, Advocate, High Court and member of All India Women's Conference, shared her valuable inputs in the event on an important topic "When home is not safe: violence against women and children during Pandemic".

History of Medicine in India



History of Medicine in India was released on 12th March, 2021 by Shri Rajiv Kumar, Vice-Chairman, NITI Aayog at an e-event organised by CCRAS in the presence of Shri Kiren Rijju, Hon'ble Minister of State for AYUSH, Youth Affairs and Sports (IC), Vaidya Rajesh Kotecha,

Secretary, Ministry of AYUSH and Prof. Bhushan Patwardhan, National Research Professor, AYUSH.

100 Days Countdown for International Day of Yoga 2021



Shri Kiren Rijju, Hon'ble Minister of State for AYUSH, Youth Affairs and Sports (IC) inaugurated '100 Days Countdown for International Day of Yoga 2021' held at Morarji Desai National Institute of Yoga (MDNIY) by Ministry of AYUSH on 13th March 2021. Shri P. K Pathak, Additional Secretary, Ministry of AYUSH, Sh. Vikram Singh, Director, Ministry of AYUSH and Dr. I. V. Basavaraddi, Director, Ministry of Morarji Desai National Institute of Yoga also graced the event.

Ayurvedic Therapies for COVID-19

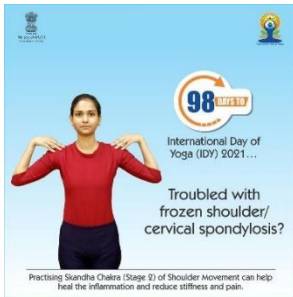
Ministry of AYUSH has formed an Inter-disciplinary AYUSH R&D Task Force chaired by Prof. Bhushan Patwardhan and having representation from scientists including Indian Council of Medical Research (ICMR), Department of Biotechnology (DBT), Council of Scientific and Industrial Research (CSIR), All India Institute of Medical Sciences (AIIMS) and AYUSH Institutions. The Interdisciplinary AYUSH Research and Development Task Force has formulated and designed clinical research protocols for prophylactic studies and add-on interventions in COVID-19

positive cases through thorough review and consultative process of experts of high repute from different organizations across the country for studying four different interventions viz. Ashwagandha, Yashtimadhu, Guduchi + Pippali and a poly herbal formulation (AYUSH-64). The task force have taken up the proposals received from screening committees of Councils and proactively explored possibilities based on available leads. Ministry of AYUSH has constituted core group of experts under the Chairmanship of Prof. Bhushan Patwardhan to identify and propose formulations on COVID-19 which are in line with Classical Ayurveda principles and have substantial leads on COVID-19 viz. one for prophylaxis as immunomodulatory, another for management of COVID-19 with antiviral properties and one product for post COVID-19 care. Ministry of AYUSH has launched interdisciplinary studies involving AYUSH interventions for COVID-19 based on recommendations of Task force. Under various research organizations and National Institutes under Ministry of AYUSH, 112 research studies at 141 centres in the country are being conducted on AYUSH interventions as prophylactic interventions. AYUSH Sanjivani mobile app developed by Ministry of AYUSH and has documented the impact assessment of effectiveness, acceptance and usage of AYUSH advisories & measures in the prevention of COVID-19 through Mobile app base population study in around 1.5 crores respondents. 85.1% of the respondents reported use of AYUSH measures for prevention of COVID-19, among which 89.8% respondents agreed to have benefitted from the practice of AYUSH advisory. The Ministry of AYUSH has released "National Clinical Management Protocol based on Ayurveda and Yoga for management of COVID-19" prepared by National Task force which in consensus from expert committees from All India Institute of Ayurveda (AIIA), Delhi, Institute of Post Graduate Training and Research in Ayurved (IPGTRA), Jamnagar, and National Institute of Ayurveda (NIA), Jaipur, Central Council for Research in Ayurveda (CCRAS), Central Council for Research in Yoga and Naturopathy (CCRYN) and other national research organizations as per the Report & Recommendations of the Interdisciplinary Committee. The Minister of State (The Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy), Sh. Kiren Rijju (Additional Charge) stated this in a written reply in the Rajya Sabha on March 9, 2021.

Yoga for You

Watch the 2nd episode of a series on "Yoga for You", to know how practising Yogasana on a daily basis can help relieve stress and pain in different parts of the body. Listen to Mr. Rahul Chauhan, Yoga Instructor from the Morarji Desai National Institute of Yoga (MDNIY) explain in details the steps & benefits of practising kriyas, asanas and pranayama like Skandha Chakra, Katichalan, Vrikshasana, Uttana Mandukasana, Shashankasana and Sheetali Pranayama. Watch here: <https://youtu.be/OEAbJSVlgzs>

The Yoga Solutions



Frozen Shoulder / Cervical Spondylosis: Skandha Chakra (Stage 2) of Shoulder Movement of CYP can be practised to reduce stiffness and pain in shoulders.



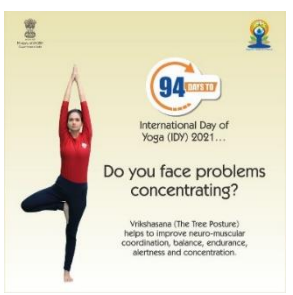
Back Pain: Trunk Movement (Katisakti Vikasaka) of Common Yoga Protocol (CYP) helps improve core strength and enhances the mobility of the spine.



Arthritis / Knee Pain: Knee Movement of CYP helps provide relief from knee and hip pain.



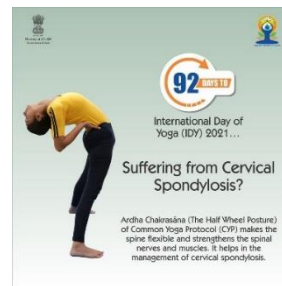
Stability of Body: Tadasana (Palm Tree Posture) of Common Yoga Protocol (CYP), along with other benefits, helps bring stability to the body.



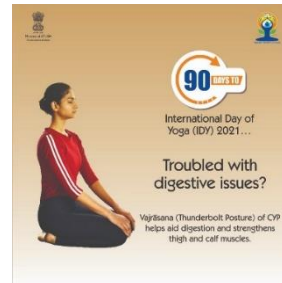
Alertness and Concentration: Vrikshasana (The Tree Posture) of Common Yoga Protocol (CYP) helps improve alertness and concentration.



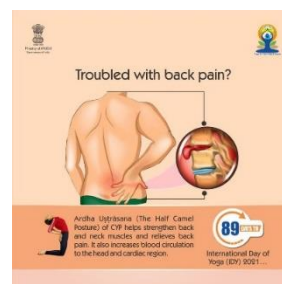
Flexibility of Spine: Pāda Hastāsana (The Hands to Feet Posture) of CYP helps improve the flexibility of the spine along with providing other health benefits.



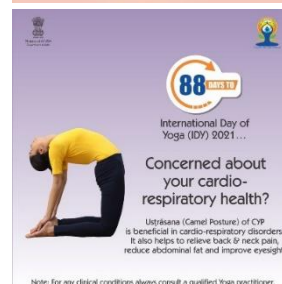
Strengthening the spinal nerves and muscles: Ardha Cakrāsana (The Half Wheel Posture) of CYP makes the spine flexible and strengthens the spinal nerves and muscles.



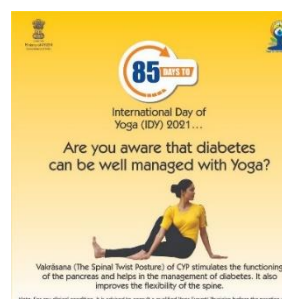
Strengthening calf and thigh muscles: Vajrāsana (Thunderbolt Posture) of CYP helps enhance digestion and strengthen calf and thigh muscles.



Strengthening neck and back muscles: Ardha Uṣṭrāsana (The Half Camel Posture) of CYP can be practised to strengthen the neck and back muscles.



Improving eyesight and manage cardiorespiratory disorders: Uṣṭrāsana (Camel Posture) of CYP helps improve eyesight and manage cardiorespiratory disorders.



Management of Diabetes: Vakrasana (The Spinal Twist Posture) of CYP is beneficial in the management of diabetes.



Reducing stress and anxiety: Makarāsana (The Crocodile Posture) of Common Yoga Protocol can be practiced to reduce stress and anxiety.



Reducing abdominal fat and stress: Bhujangasana (The Cobra Posture) of Common Yoga Protocol helps reduce abdominal fat and stress among other health benefits.



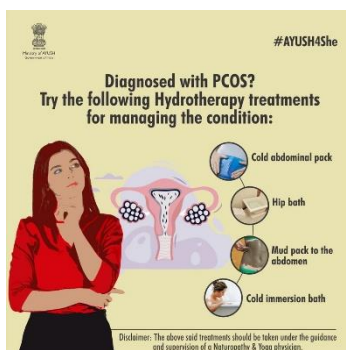
Relief from lower back pain and Sciatica: Salabhasana (The Locust Posture) of Common Yoga Protocol helps relieve lower back pain and sciatica.

Teething and Treatment with Ayurveda



Teething generally occurs between 6 to 24 months of age. Symptoms include irritability, tender and swollen gums, and the infant wanting to place objects or fingers into the mouth. One can resort to Homoeopathy for safe and effective teething solutions. Teething or Odontiasis is a natural phenomenon in children with manifestations varying from problem-free teething to teething with a cluster of distressing symptoms. Homoeopathy, treating the child as a whole has a track of tacit and efficient management of teething.

Polycystic ovary syndrome (PCOS) and its treatments with AYUSH



Polycystic ovary syndrome (PCOS) is a hormonal disorder that affects millions of women. It is a condition that affects a



complications such as insulin resistance, type 2 diabetes, high cholesterol, high blood pressure and heart disease.



pomegranate, fig, red banana, sesame, black gram and fenugreek in the diet.



modification and Ayurvedic treatments.

woman's hormone levels. Women with PCOS produce higher-than-normal amounts of male hormones. This hormone imbalance causes them to skip menstrual periods and makes it harder for them to get pregnant. Early diagnosis and treatment may reduce the risk of long-term complications such as insulin resistance, type 2 diabetes, high cholesterol, high blood pressure and heart disease.

PCOS and its symptoms find their mention in classical texts of Siddha 'Garparogam'. Siddha provides simple and effective remedies for the management of PCOS and its various symptoms such as heavy periods, pain and amenorrhea. It also advises to include foods such as

PCOS can be defined as a variable disease that is marked by amenorrhea, hirsutism, obesity, and ovarian enlargement. It is usually initiated by an elevated level of luteinizing hormones and androgen. PCOS can be prevented and treated with lifestyle

