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May 2021

Monthly Ayurveda Bulletin

(Embassy of India Ayush Information Cell, Berne)

Index

1	News/Notifications	2-4
2	Products/Systems of Medicine	4-6
3	Lifestyle	6-7

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 ॥



World Homoeopathy Day



On the occasion of World Homoeopathy Day, a two-day convention on the topic 'Homoeopathy - Roadmap for Integrative Medicine' organised by the Central Council for Research in Homoeopathy (CCRH) was inaugurated on April 10, 2021 at Vigyan Bhawan, New Delhi. Shri Shripad Yesso Naik, Chief Guest, Hon'ble Union Minister of State for Ayush (IC) and Defence and Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha, shared their valuable inputs during the event. The inaugural ceremony was followed by a panel discussion comprising eminent dignitaries & experts.

Visit to Regional Research Institute of Unani Medicine at Srinagar



Shri Kiren Rijju, Hon'ble Union Minister of State for Ayush, Youth Affairs and Sports (Independent Charge) visited the Regional Research Institute of Unani Medicine at Srinagar. Shri Rijju conveyed his happiness on large numbers of people getting top class Unani treatment in this fantastic Institute!

World Health Day



The World Health Day was observed on April 8, 2021 in Hyderabad by the National Center for Indian Medical Heritage (NCIMH), an institute under CCRAS through various befitting events. All the necessary COVID-19 guidelines were adhered to during the activities.

MoU on cooperation in the area of medicinal plants research



The Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush and the National Medicinal Plants Board (NMPB), Ministry of Ayush have signed an MoU on cooperation in the area of medicinal plants research on April 20, 2021.

Online Yoga training programme in run-up to International Day of Yoga 2021

Joint campaign by Ministry of Ayush and Ministry of Youth Affairs and Sports for promotion of yoga in run-up to IDY 2021



The Ministry of Ayush and the Ministry of Youth Affairs and Sports (MYAS), noting that the International Day of Yoga

(IDY) which falls on June 21 is just two months away, have come together in a Joint initiative and are offering a public-focused online Yoga training programme which has started on April 21, 2021. This would be followed up with repeat batches starting on May 1, 2021, May 22, 2021 and June 1, 2021. The course covers the Common Yoga Protocol (CYP) designed for easy learning and is spread over 24 sessions of a maximum one-hour duration each. The two Ministries have timed these courses in line with IDY 2021, which presents an ideal occasion to usher Yoga in, into the thoughts and everyday lives of the public. The World continues to fight the pandemic valiantly, yet there has been resurgence in the number of cases. There is widespread concern over the pandemic's impact on people's physical and mental health. In this exacting phase, Yoga with its multi-faceted benefits is proving to be of help to the public and there is widespread appreciation of the health-promoting aspects of Yoga which go a long way in finding the balance in our day-to-day lives in the changed reality. Consistent practice of Yoga helps to improve health and strengthen natural immunity. The Common Yoga Protocol (CYP), a specified sequence of Yogasanas of 45 minutes duration lies at the heart of IDY observation. It was developed by some of the most accomplished Yoga gurus of India in 2015. Conceived with the need to organize harmonious mass Yoga demonstrations in the observation of International Day of Yoga (IDY), it comprises the ideal assemblage of Asanas for inducting beginners to Yoga practice. It was designed for easy learning by common people, irrespective of their age and gender, and can be learnt through simple training sessions and online classes. The Morarji Desai National Institute of Yoga (MDNIY) has designed the instant course on behalf of the two Ministries. MDNIY is also offering an opportunity to the participants to obtain a "Yoga Volunteer" certificate from the Yoga Certification Board (YCB), the country's apex body in certification in the field of Yoga, as an upgrade to the instant course. While the course is offered free of cost, there would be a nominal processing fee of Rs 250/- for the certificate. Yoga Volunteer Training Course will have four levels, with an overall duration of 36 hours. The course will begin with the module of the Yoga Appreciation Programme (the first level) which is of 4 days with daily practice of 45 mins and then move to the second level, the CYP- Introduction Programme which will be for 12 days with daily practice of 1.5 hours. Reaching the third level, the CYP- Yoga Sadhana will be for 6 days with daily practice of 1.5 hours. The final level includes a 2-day (6 hours daily) CYP- Self Practice, Assessment & Certification. The training programme will be streamed on the Social Media platforms of both the Ministries (including the platforms of their different units) on the Youtube and Facebook handles. The Ministry of Ayush' social media handles that stream this course include Facebook: <https://www.facebook.com/moayush/> and Youtube: <https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ>. Additionally, this course will also be

made available on the social media handles of Fit India Movement and those of the Ministry of Youth Affairs and Sports. Both Ministries will collaborate to take the joint IDY-Fit India messaging to the public in a big way, as part of the Joint Campaign and Social Media would be the main vehicle for this. The different Units/ Autonomous Bodies/ Agencies under both the Ministries would be roped into taking this campaign to the public. In this Joint Campaign, the message "Be with Yoga, Be at Home" is being promoted, considering the backdrop of the pandemic, when all are advised to stay at home to the extent possible. Sports Personalities and Sports Celebrities are expected to support this initiative with messages on how Yoga can be practiced at home during the COVID situation and also how Yoga has helped them in their fitness and sporting activities. Taking cognizance of the extremity of the current situation, it is necessary to avoid a congregation of people for the promotional activities of IDY-2021. Hence the two Ministries have adopted the digital, virtual and electronic platform to spread the message of IDY this year, and participation by citizens from the safety of their respective homes is encouraged. Ministry of Ayush and Ministry of Youth Affairs and Sports have invited all stakeholders to take up messaging to the public in the context of the upcoming IDY, by highlighting the role of Yoga and its contribution to public health in these difficult times. Encouraging the people to observe IDY 2021 by doing the Common Yoga Protocol at home with their families on 21 June 2021, would be a notable contribution by all the stakeholders towards the general health and well-being of the public. Active participation in IDY can be an inspiration point and can help in target-setting for the activity of learning Yoga.

Yoga and Naturopathy to aid the Psychosocial Rehabilitation of COVID-19 Patients

The crisis brought in by the COVID-19 pandemic looms large, and its current resurgence has increased stress and anxiety among the public. COVID-19 is not only affecting the physical health of people but is also impacting the psychological or mental health of the patients and even their family members. Realising the importance and need of psychological care along with the physical treatment, three premier institutions have come together to develop a Protocol for Psychosocial Rehabilitation of COVID-19 Patients. These 3 eminent institutions are: the Central Council for Research in Yoga & Naturopathy (CCRYN), an autonomous body of the Ministry of Ayush, the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru and the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA). The protocol has been released on April 23, 2021 through a virtual event. The event was presided over by Dr. HR Nagendra Chancellor, S-VYASA, Bengaluru. This was followed by an Online Workshop for BNYS Practitioners in which they were trained in the protocol. The workshop also addressed the enhanced burden on the healthcare workforce in our country, from the

perspective of the Naturopathy Sector. The healthcare institutions in parts of our country have been overwhelmed by the sheer burden of COVID-19 cases. It has reportedly become a challenge under these circumstances to pay attention to every individual patient. As per reports, the accompanying psychologic distress in COVID-19 patients are often ignored and not managed. There have also been reports of anxiety and acute depression leading to suicides in Covid care hospitals. Many of the patients, according to inputs coming in from different countries, have had to contend with isolation anxiety and distress due to fear of worsening of symptoms. Complications like respiratory distress, hypoxia, fatigue and insomnia and other symptoms have also been observed. Interventions Yoga and Naturopathy systems have shown effectiveness in facilitating recovery of COVID-19 patients. Simple breathing exercises and pranayama have been seen to enhance SPO2 levels in symptomatic patients and those with respiratory distress. Preliminary reports from studies conducted by CCRYN also validate these findings. The current protocol is a collaborative effort to address these symptoms and psychologic sequelae of COVID-19 patients. The online workshop will help impart knowledge about epidemiology of COVID-19, course of disease, screening for distress and psychologic sequelae, management of distress and psychologic sequelae using Yoga and Naturopathy approaches.

<https://pib.gov.in/PressReleasePage.aspx?PRID=1713448>

Mann ki Baat

Listen to Mann ki Baat's address to the Nation of April 25, 2021 to hear the conversation between the Prime Minister of India & a COVID-19 survivor, Ms. Preeti Chaturvedi from Gurgaon who shares her experience with the entire Nation. She highlights how along with medicines, Yoga and Ayush measures had helped her. Watch Now:

https://youtu.be/JWrZ_hLL9x8

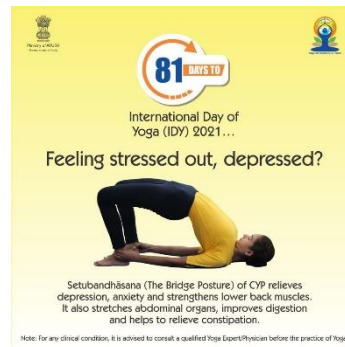
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institutions brings a ray of hope.



Yogasanas-Common Yoga Protocol CYP



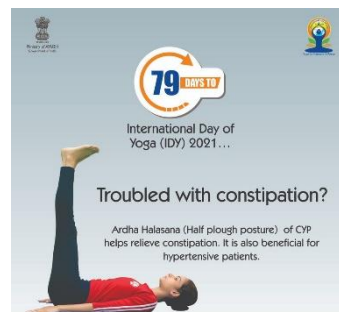
Setubandhasana:

Practising Yoga regularly can help enhance your health and reduce signs of stress and depression. Setubandhasana (The Bridge Posture) of CYP helps relieve depression, anxiety and stretches the lower back muscles.

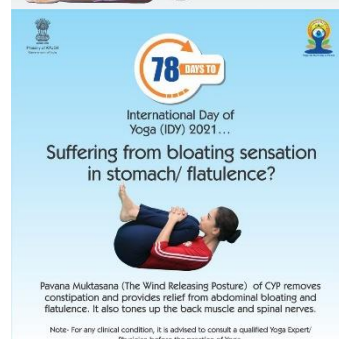


UttanaPadasana:

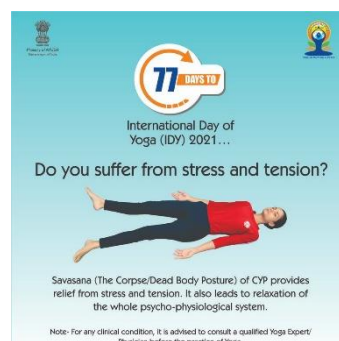
Incorporate Yoga into your daily life to enhance your quality of life! UttanaPadasana (Raised feet posture) of CYP helps relieve abdominal pain and strengthens abdominal muscles.



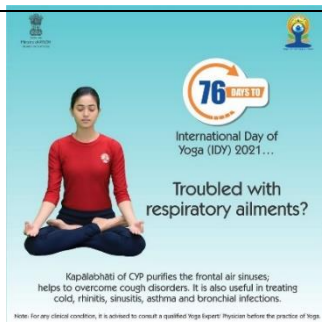
Ardha Halasana: Embrace Yoga and its benefits for enhanced health and well-being. Ardha Halasana (Half plough posture) of CYP provides significant health benefits both for the mind and the body.



Pavana Muktasana: Improve your health today with the healing touch of Yoga. Pavana Muktasana (The Wind Releasing Posture) of CYP helps provide relief from constipation, flatulence and bloating in the abdomen.



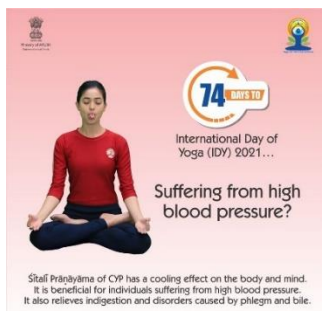
Savasana: It's time to improve your overall health and well-being by incorporating Yoga in your life. Savasana (The Corpse/Dead Body Posture) of CYP helps relieve stress & tension and promotes relaxation.



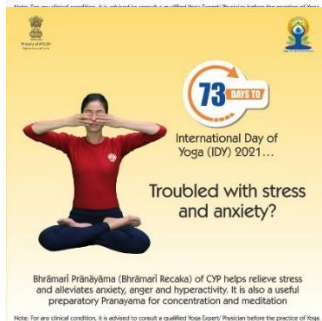
Kapalabhati: Embrace Yoga to relax your mind and improve your overall health. Kapalabhati of CYP helps overcome cough disorders and purifies frontal sinuses. It also strengthens the nervous system.



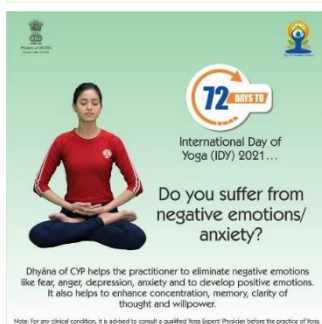
Nadisodhana or Anuloma Viloma Pranayama: Yoga can help reduce stress & anxiety and enhance the overall quality of life. Nadisodhana or Anuloma Viloma Pranayama (Alternate Nostril Breathing) of CYP induces tranquillity and helps improve concentration.



Sitali Pranayama: Sitali Pranayama of Common Yoga Protocol has a cooling effect on the mind and body. Sitali Pranayama of CYP along with other health benefits helps bring harmony in the body's system and calms the mind.



Bhramari Pranayama: Incorporate Yoga into your daily life to alleviate anger, stress and anxiety. Bhramari Pranayama (Bhramari Recaka) of CYP helps relieve stress, anxiety, anger and hyperactivity.

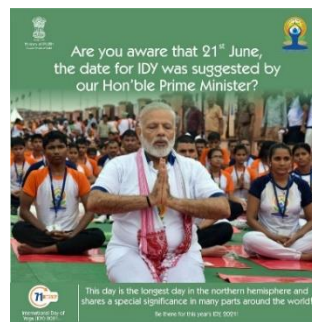


Dhyana: Embrace Yoga and its health benefits for a rejuvenated mind and body. Dhyana of Common Yoga Protocol helps eliminate negative emotions. It not only keeps the mind quiet and calm but also leads to self-realisation.

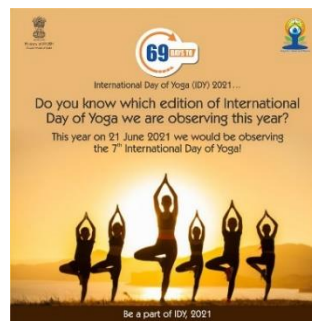
Common Yoga Protocol

Watch this video to learn about Common Yoga Protocol (CYP), its health benefits, and how it can be practised step by step, as guided by a Yoga Expert from the Morarji Desai National Institute of Yoga (MDNIY), New Delhi. Watch now: <https://youtu.be/eFDTdHYz7dE>

Some Interesting facts about International Day of Yoga-IDY



Are you aware that the date June 21 was suggested by Hon'ble Prime Minister of India in his UN address? Its importance lies in the fact that it is the longest day of the year in the northern hemisphere and shares a special significance in many parts of the world!



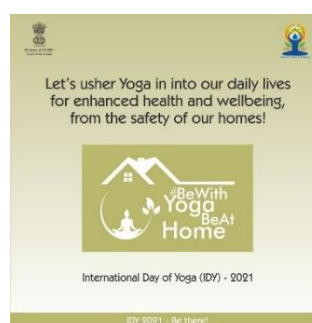
We all know what is IDY and when it started. But do we know how many IDYs have we observed to date? Starting from 2015, this will be our 7th IDY, that is, we have already observed 6 IDYs till now.



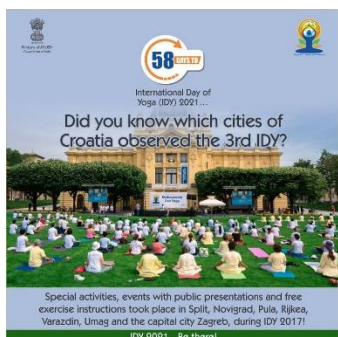
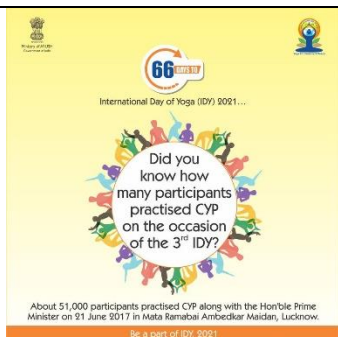
Do you know anything about the 1st IDY and why is it so special? The first IDY was held at Rajpath, New Delhi (2015), on the theme 'Yoga for Harmony and Peace'. Two Guinness World Records were made during the same along with huge participation.



Did you know that the 2nd IDY was observed in Chandigarh on the theme 'Yoga for the achievement of the Sustainable Development Goals?' A two-day International Conference on 'Yoga for Body and Beyond' was also organised on June 21-22, 2016.



The threat of COVID-19 continues. Keeping in mind the current situation, the Ministry of Ayush is observing the 7th IDY with the important message "Be with Yoga, Be at Home". Various activities and training programmes will be held through online platforms for the safety of all.



The 3rd IDY was held in Mata Ramabai Ambedkar Maidan, Lucknow on the theme "Yoga for Health". About 51,000 participants practised Common Yoga Protocol along with the Hon'ble Prime Minister.

Croatia was one of the 177 countries that collectively supported the Indian resolution for the designation of IDY at the United Nations in 2014. IDY is observed in Croatia every year with a lot of zest & gusto!

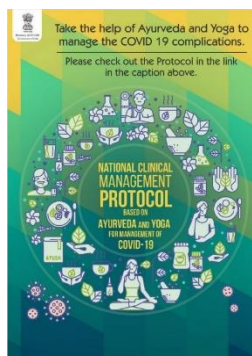
Organised by the Indian Embassy, a Yoga celebration and presentation on the occasion of the 3rd IDY took place on the meadow in front of the Johann Strauss monument in the Viennese City Park, Austria.

Owing to Covid 19, the 6th IDY was observed digitally across the globe. It was based on the theme "Yoga at Home & Yoga with Family". With a deviation from the earlier approach, the Ministry of Ayush encouraged people to practise Yoga at their home.

A session of Yoga was conducted in Thailand on the occasion of the fourth IDY to observe the International Day of Yoga 2018. A huge number of enthusiastic participants participated in the event.



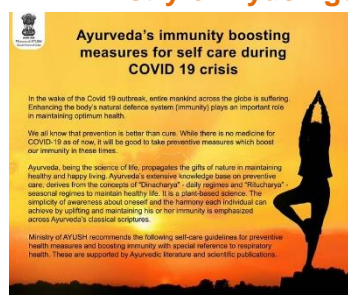
National Clinical Management Protocol based on Ayurveda & Yoga for management of COVID-19



The threat of COVID-19 continues to be grave. The National Clinical Management Protocol based on Ayurveda & Yoga for management of COVID-19 culls out the relevant principle from Ayurveda & Yoga to help in the management of COVID-19. You may read the full Protocol here:

<https://main.ayush.gov.in/event/national-clinical-management-protocol-based-ayurveda-and-yoga-management-covid-19>

Ministry of Ayush guidelines for COVID-19



The threat of COVID-19 has not yet subsided. It is time to go back to the Ministry of Ayush guidelines for COVID-19 & adopt them. To read the guidelines, click on the link: <https://ayush.gov.in/docs/123.pdf> Follow these simple self-care guidelines to enhance your body's disease-fighting ability!

Ayurveda & Unani practitioners for Covid 19 patients in home isolation and Ayurveda & Unani preventive measures for self-care



The Ministry of Ayush has released guidelines for Ayurveda & Unani practitioners for COVID-19 patients in home isolation and Ayurveda & Unani preventive measures for self-care during Covid 19 Pandemic on April 26, 2021. To read the guidelines click here:

<https://www.ayush.gov.in/docs/Note%20on%20Ayush%20Guidelines%20-26%20April%202021.pdf>

Guidelines for registered practitioners of AYUSH Systems



The COVID-19 crisis is not yet over. As an initiative to combat the pandemic, guidelines for registered practitioners of AYUSH Systems were published by the Ministry of Ayush. To read the guidelines, click on the link:

<https://ayush.gov.in/ayush-guidelines.html>

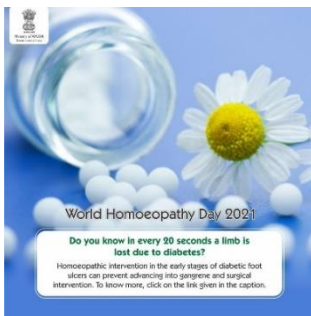
Diabetes mellitus



Diabetes mellitus is a metabolic disease that causes high blood sugar. Homoeopathy can be an effective alternative as well as an adjunct for such chronic diseases. To know more click on the link:

<https://ijrh.org/text.asp?2008/2/3/22/130563>

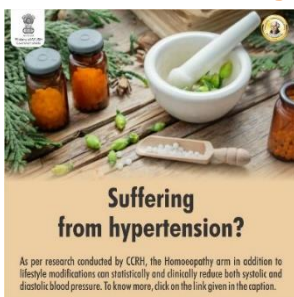
Diabetics develop Neuropathy



15% to 50% of diabetics develop neuropathy, of which another 20% develop foot ulcers. Homoeopathic intervention in the early stages of diabetic foot ulcers can prevent surgical intervention. Click on the link to know more

<https://ijrh.org/text.asp?2020/14/4/233/305257>

Suffering from Hypertension

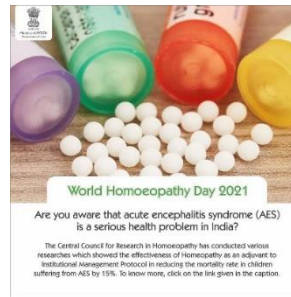


The overall prevalence of hypertension in India is 29.8%. Several preclinical, observational studies & case reports have shown positive effects of Homoeopathic treatment in the management of hypertension. Click here to know more:

<https://ijrh.org/text.asp?2020/14/1/3/282117>



Acute Encephalitis Syndrome (AES)



As an adjuvant to Institutional Management protocol, Homoeopathy has been found effective in reducing the mortality rate in children suffering from AES by 15%. To read more, click here

<https://ijrh.org/text.asp?2015/9/1/34/154347> &
<https://pubmed.ncbi.nlm.nih.gov/29871023/>

Ministry of Ayush Scholarship



Here is a golden opportunity for foreign nationals to pursue a career in Indian traditional medicine! The Ministry of Ayush offers 104 scholarships under the Ayush Scholarship Scheme to eligible candidates from 99 countries for pursuing courses in premier Institutes in India.

Ministry of Ayush



As per a recent notification published in the Gazette of India on April 13, 2021, the Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy), will now be known as the Ministry of Ayush.

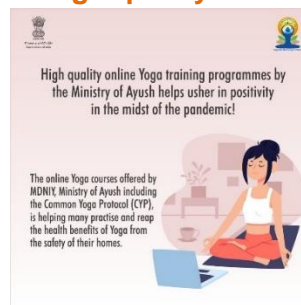
IDY Newsletter



The first issue of the IDY 2021 Newsletter is here! This newsletter would be providing important information with respect to Yoga & health and various activities & events organised on the occasion of IDY 2021! Subscribe now!

<https://getrevue.co/profile/moayush/archive/567879>

High quality online Yoga training programmes



High quality online Yoga training programmes offered by the Morarji Desai National Institute of Yoga (MDNIY) and Ministry of Ayush come as a boon. The programmes which are health-promoting and anxiety-relieving provide useful support to thousands of people to balance

their daily lives in the changed scenario.