



Edition 24

August 2021

# 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 ॥



### First interaction of Minister of Ayush with the Ministry



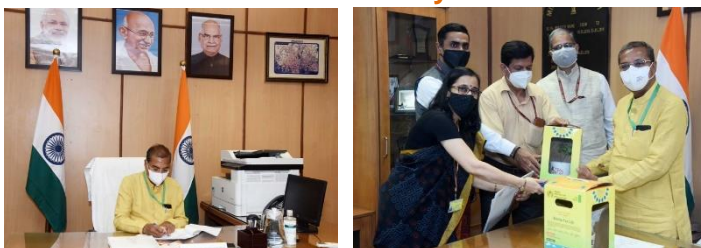
In the first review meeting, Hon'ble Minister of Ayush Shri Sarbananda Sonowal interacted with senior officials of Ayush Ministry on Sunday, July 11, 2021.

### Interaction with Ministry's senior officials



Hon'ble Minister of Ayush, Shri Sarbananda Sonowal and Hon'ble Minister of State, Ayush, Dr. Mahendra Munjapara held a detailed interaction with Ministry's senior officials and advisors on July 12, 2021.

### Assumption of charge by Dr. Mahendra Munjapara as Minister of Ayush



Ministry of Ayush welcomed Hon'ble Minister of State, Ayush, Dr. Mahendra Munjapara on assuming charge. On his first visit to the Ministry on July 8, 2021, Hon'ble Minister interacted with senior officials.

### Visit of Secretary, Ministry of Ayush to Madhya Pradesh



Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha met the Hon'ble Chief Minister of Madhya Pradesh, Shri Shivraj Singh Chouhan along with the Director General, Research and Information System, Dr. Sachin Chaturvedi in Bhopal on July 8. On this visit, Shri Kotecha inspected Herbal

Garden, a 50 bedded super specialty hospital which is under construction at Pt Khushilal Sharma Ayurveda Institute. During this, he saw a presentation from the Institute and Ayush Department, Government of Madhya Pradesh. He

also addressed a discussion on 'Opportunities created in the field of AYUSH in view of Covid-19' at Atal Bihari Vajpayee Auditorium.

### Cabinet approves change of nomenclature & mandate of North Eastern Institute of Folk Medicine (NEIFM) as North Eastern Institute of Ayurveda & Folk Medicine Research (NEIAFMR)

The Union Cabinet chaired by the Prime Minister Shri Narendra Modi on July 14, 2021 gave its approval for changing the nomenclature & mandate of North Eastern Institute of Folk Medicine (NEIFM) as North Eastern Institute of Ayurveda & Folk Medicine Research (NEIAFMR).

**Details:** Keeping in view the need, the proposal to change the nomenclature and mandate of North Eastern Institute of Folk Medicine (NEIFM) to North Eastern Institute of Ayurveda & Folk Medicine Research (NEIARMR) for imparting quality Education and Research in Ayurveda & Folk Medicine at Pasighat, Arunachal Pradesh. The consequential changes will also be carried out in the Memorandum of Association & Rules and Regulations.

**Impact:** The inclusion of Ayurveda within the mandate of the Institute will be highly beneficial for the people of North East region for imparting quality education and research in Ayurveda and Folk medicine. The institute will also provide opportunities for students of Ayurveda and Folk medicine not only in India but also the neighboring countries such as Tibet, Bhutan, Mongolia, Nepal, China and other Central Asian countries.

**Background:** The NEIFM, Pasighat was established for systemic research, documentation and validation of traditional folk medicine and health practices of the region. The objectives for which the Institute was established include to function as an apex research centre for all aspect of Folk Medicine, to create an interface between traditional healers and scientific research, survey, documentation and validation of folk medicine practices, remedies and therapies for possible usage in public health care and future research etc.

### Cabinet approves continuation of centrally sponsored scheme National AYUSH Mission

The Union Cabinet chaired by the Hon'ble Prime Minister Shri Narendra Modi ji approves continuation of National AYUSH Mission as a Centrally Sponsored Scheme from April 1, 2021 to March 31, 2026 with financial implication of ₹4607.30 crore (Rs 3,000 crore as Central Share and Rs. 1607.30 crore as State Share). The Mission was launched on 15-09-2014. The scheme involves the expansion of AYUSH healthcare services and better availability of medicines and trained manpower.

India possess an unmatched heritage represented by its traditional systems of medicine like Ayurveda, Sidhha, Sowa Rigpa, Unani and also Homeopathy (ASU&H) which are a treasure house of knowledge for preventive, promotive and curative healthcare. The positive features of the Indian systems of medicine namely their diversity and flexibility; accessibility; affordability, a broad acceptance by a large section of the general public; comparatively lesser cost and growing economic value, have great potential to make them providers of healthcare that the large sections of our people need.

Centrally Sponsored Scheme of National AYUSH Mission is being implemented by Ministry of AYUSH, Government of India with the objectives of providing cost effective AYUSH Services, with a universal access through upgrading AYUSH Hospitals and Dispensaries, co-location of AYUSH facilities at Primary Health Centers (PHCs), Community Health Centers (CHCs) and District Hospitals (DHs), strengthening institutional capacity at the State level through upgrading AYUSH educational institutions, setting up of new upto 50 bedded integrated AYUSH Hospital, AYUSH Public Health programmes and operationalization of 12,500 AYUSH Health and Wellness Centres to provide services of a holistic wellness model based on AYUSH principles and practices so as to empower masses for "self-care" to reduce the disease burden, and out of pocket expenditure.

The Mission is addressing the gaps in health services through supporting the efforts of State/UT Governments for providing AYUSH health services/education in the country, particularly in vulnerable and far-flung areas. Under NAM special focus is given for specific needs of such areas and for allocation of higher resources in their Annual Plans.

The expected outcomes of the mission are as follows:

- i. Better access to AYUSH healthcare services through increased healthcare facilities offering AYUSH services and better availability of medicines and trained manpower,
- ii. Improvement in AYUSH education through a well-equipped enhanced number of AYUSH Educational institutions,
- iii. To focus on reducing communicable/non-communicable diseases through targeted public health programmes using AYUSH systems of Healthcare.

### **MoU between Institute of Training & Research in Ayurveda & the Government of Gujarat**



Institute of Training & Research in Ayurveda & the Government of Gujarat signed an MoU on July 15 to strengthen the education & training system in all branches of Ayurveda. Various educational institutes at Ayurveda campus in Jamnagar will now function under one umbrella of ITRA. The MoU was signed in the presence of Hon'ble Deputy Chief Minister, Gujarat, Shri Nitinbhai Patel; Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha; Additional Chief Secretary, Health & Family Welfare, Government of Gujarat, Shri Manoj Agrawal; Director ITRA, Dr. Anup Thakur; I/c, Vice - Chancellor Gujarat Ayurved University, Vd. Anup Thakar.

### **Research on Ayush Medicines to Curb Covid-19 Outbreak**

During the second wave of this pandemic, AYUSH-64 and Kabasura Kudineer were repurposed for COVID 19 after the robust scientific studies found them useful in asymptomatic, mild and moderate COVID-19 infection as standalone and/or as an adjunct to Standard care as per the studies conducted by Ministry of Ayush in collaboration with Ministry of Health and family Welfare, Ministry of Science and Technology (CSIR & DBT), Department of Science and Technology and reputed scientific organisations and hospitals. However, Govt. of India has released "National Clinical Management Protocol based on Ayurveda and Yoga for management of COVID-19".

States/ UTs licensing authorities / Drug Controllers has been informed to allow the licensed manufactures for AYUSH-64 under their jurisdiction to include new indication of AYUSH-64 for repurposing as an intervention for the management of asymptomatic, mild to moderate COVID-19 in addition to existing indication(s). Further, States/ UTs Licensing Authorities have been requested to expedite the process of the licensing/ approval of application for the manufacturing of AYUSH-64.

The Ministry has undertaken following steps to reduce/ exterminate the effects of COVID-19:-

- i. Ministry of Ayush has formed an Inter-disciplinary AYUSH Research & Development Task Force chaired by Prof. Bhushan Patwardhan having representation from scientists of Indian Council of Medical Research (ICMR), Department of Biotechnology (DBT), Council of Scientific & 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).



ii. Ministry of Ayush has also launched interdisciplinary studies involving AYUSH interventions for COVID-19 based on recommendations of the Task force. Under various Research Organizations and National Institutes under Ministry of Ayush, 126 research studies at 152 centres in the country have been initiated on AYUSH interventions.

iii. Ministry of Ayush has constituted an Interdisciplinary Technical Review Committee (ITRC) for COVID-19 for the examination of applications/ claims on patent & proprietary ASU&H medicines/ Classical ASU&H medicines forwarded by State Licensing Authorities/ Individuals.

This information was given by Minister of State for Ayush Shri Mahendrabhai Munjapara in a written reply in Rajya Sabha on July 21.

### XI BRICS Health Ministers' meeting



Hon'ble Minister of Ayush, Shri Sarbananda Sonowal attended the XI BRICS Health Ministers' meeting hosted by Ministry of Health and Family Welfare in presence of Hon'ble Minister of Health and Family Welfare, Dr. Mansukh Mandaviya; and Hon'ble Minister of State for Health and Family Welfare, Dr. Bharati Pravin Pawar. BRICS hold 40% of the world's population, and a collective effort can lay the model for a comprehensive fight against COVID19.

### Ayush Ministry strongly denies baseless claim by NICE on COVID-19 treatment protocol

Some misleading claims have been made by a naturopathy related network NICE (Network of Influenza Care Experts) and have been published by some media platforms without journalistic verification. The main claim is regarding developing a protocol of treatment of COVID-19 that has been approved by the Ministry of Ayush. The claimant has unethically and misleadingly attributed Ministry of Ayush's approval to it. The Ministry of Ayush strongly denies all such claims of NICE and considers the publication of related news as completely misleading and baseless.

The Ministry of Ayush further clarifies that the said agency, NICE, has not submitted any application for theso-called protocol to the Ministry of Ayush. If any proposal related with COVID-19 treatment/management is submitted to the Ministry by NICE, it will get it thoroughly examined by

the Interdisciplinary Technical Review Committee (ITRC). The committee has a well-established and rigorous scientific screening process for such validation. Without the approval of this committee, no Ayush streams related agency can claim to have developed a protocol. NICE has done a very unethical, illegal and baseless act in claiming to have developed a Ayush Ministry approved naturopathy-based protocol for COVID-19 treatment. Equally serious is its act of using the name of the Ministry without Ministry's explicit permission.

NICE like false claims fall under punishable offence according to order no. 40-3/2020-DM-II (A), dated 24th March 2020 of the Ministry of Home Affairs and order no. 1-29/2020-pp (Pt II), dated 24th March, 2020 of the National Disaster Management Authority (NDMA). These orders make false claims as punishable offence so as to prevent the spread pf COVID-19 in the country. Some media organisations have published the false claim made by NICE without verifying the facts from the Ministry of Ayush.

National Institute of Naturopathy (NIN) Pune has clearly said that Network of Influenza Care Expert (NICE) has made some tall and misleading claims. The claim is regarding management/treatment of COVID-19 and NICE has wrongly attributed approval of its said protocol by the Ministry of Ayush.

It is further emphasized that NIN, Pune, working under the auspices of the Ministry of Ayush, has already clarified in the local media that it not only strictly adheres by the guidelines prescribed by the Ministry of Home Affairs for the management, treatment and prevention of COVID-19 but also promotes these guidelines through IEC material and various activities.

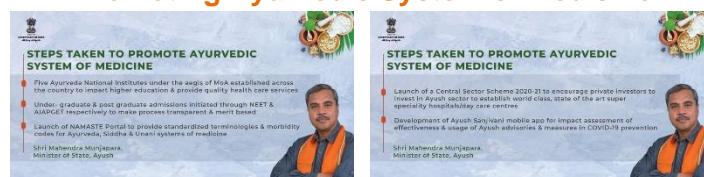
### Standardizing Ayurveda Medicines



Hon'ble Minister of Ayush, Shri Sarbananda Sonowal highlighted Government of India's efforts in 'Standardizing Ayurveda Medicines' while answering

a question in Lok Sabha.

### Promoting Ayurvedic System of Medicine

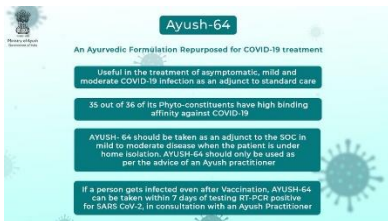


Hon'ble Minister of State, Ministry of AYush, Dr. Mahendra Munjapara shared information on various initiatives taken up by the Government of India in promoting Ayurvedic System of Medicine while replying to an unstarred question in Lok Sabha.

## AYUSH-64



for COVID patients who have co-morbidities like hypertension, diabetes etc. but are asymptomatic or with mild symptoms.



antipyretic properties. It is found to be useful in the treatment of asymptomatic, mild and moderate COVID-19 cases.

### Efficiency of Giloy

A media report is doing the rounds suggesting Tinospora Cordifolia, commonly known as 'Giloy' causes liver damage.

**Fact:** This claim is inaccurate. There are enough scientific evidences available to prove Giloy's efficacy in managing various health issues:

### Relating Giloy to Liver Damage is completely Misleading, Says Ministry of Ayush

The Ministry of Ayush has noticed a media report based on a study published in Journal of Clinical and Experimental Hepatology, a peer reviewed journal of the Indian National Association for the study of the liver. This study mentions that use of herb Tinospora Cordifolia (TC), commonly known as Giloy or Guduchi, resulted in liver failure in six patients in Mumbai.

The Ministry feels that the authors of the study failed in placing all needful details of the cases in a systematic format. Apart from this, relating Giloy or TC to liver damage would be misleading and disastrous to the Traditional Medicine system of India as herb Guduchi or Giloy has been used in Ayurveda since long. The efficacy of TC in managing various disorders is well established

After analysing the study, it was also noticed that the authors of the study have not analysed the contents of the herb that was consumed by the patients. It becomes the responsibility of the authors to ascertain that the herb consumed by the patients is TC and not any other herb. To build upon the soundness, the authors would have taken the opinion of a botanist or would have consulted an Ayurveda expert.

AYUSH-64, an Ayurvedic formulation initially used for management of Malaria was later repurposed for COVID-19. It's also proven to be beneficial

During an insightful webinar on 'Role of traditional medicines' by CSIR, the trials led by scientists showed AYUSH64 has antiviral, immune-modulator and

In fact, there are many studies that point out that identifying the herb not correctly could lead to wrong results. A similar looking herb TinosporaCrispa might have a negative effect on the liver. So, before labelling a herb, such as Giloy, with such toxic nature the authors should have tried to correctly identify the plants following the standard guidelines, which they did not. Other than this, the study has many flaws in it. It is unclear that what dose the patients had taken or whether they took this herb with other medicines. The study has not taken into account the past or present medical records of the patients.

Publications based on incomplete information will open the door for misinformation and defame the age-old practices of Ayurveda.

It would not be out of context to state here that Scientific Evidence on medical applications of TC or Giloy as protective to liver, nerves etc. are available. It was found out that 'Guduchi and safety, as keywords, alone has some 169 studies available in the public domain. Similarly, a quick search on T. Cordifolia and efficacy, as keywords, will show 871 results. There are other hundreds of studies on Giloy and its safe use. Giloy is one of the most commonly prescribed medicines in Ayurveda. It has proper pharmacopoeia standards in place of established safety of hepato-protective properties. No adverse event is noted in any clinical practice by pharmacovigilance or in any clinical study.

The newspaper article based its entire story on the much limited and misleading study without taking into account the voluminous peer reviewed, robust studies that speak for the efficacy of T. Cordifolia and without consulting any reputed Ayurveda expert or the Ministry of Ayush. This also is not up to the mark from a journalistic point of view.

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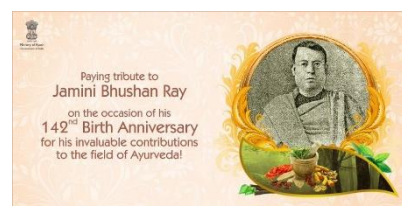
<https://pib.gov.in/PressReleasePage.aspx?PRID=1733260>)



When taken regularly, Giloy can do wonders for overall health concerns. It has also been approved by the Food and Drug Administration to be

used as a remedial medication. It is advisable to consult a medical practitioner before incorporating Guduchi in one's diet.

### Paying respects to Jamini Bhushan Ray



Jamini Bhushan Ray, an Ayurvedic physician, a staunch believer of Ayurveda is fondly remembered on his 142nd Birth Anniversary



for his numerous contributions to the field of Ayurveda. His mission was to bring universal acceptance to Ayurvedic medicine.

### WHO mYoga app



On Digital India's 6<sup>th</sup> anniversary, we would like to take a moment to highlight the successful launch of the WHO mYoga app. Developed by World Health Organisation in

collaboration with Morarji Desai National Institute of Yoga (MDNIY) and Ministry of Ayush, the app has already secured successful global ranks.

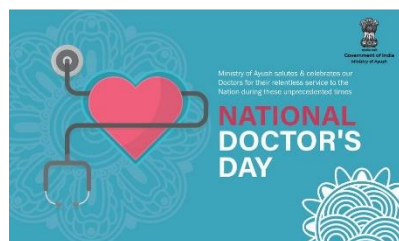
### Ayush Grid



Ayush Grid has emerged as the IT-backbone for the AYUSH Sector. As Digital India turns 6 today, we take the opportunity to highlight another remarkable

digital initiative, Ayush Next. Click here for latest developments in the Ayush systems of healthcare: <https://ayushnext.ayush.gov.in/>

### National Doctors Day



On the occasion of National Doctors Day, Ministry of Ayush would like to extend greetings to our Doctors and the entire medical fraternity for their selfless efforts

and putting up a strong fight against the novel coronavirus!

### RMIS Portal



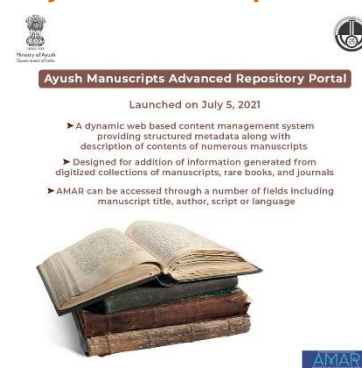
The RMIS portal is developed by a panel of CCRAS Scientist and other experts in the field of Ayurveda and related sciences to assist researchers working on Ayurveda all over India. From dissertation help to data analysis, it will aid the research conducted around Ayurveda.

### e-MEDHA Catalogue



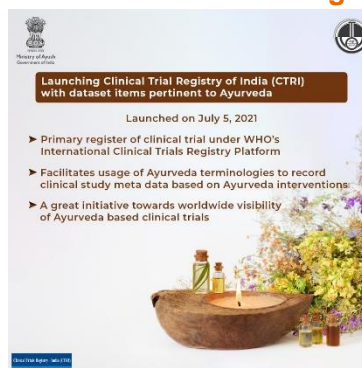
The e-MEDHA catalogue contains the complete NCIMH Medical Heritage Library catalogue and is part of the Online Public Access Catalogue. Search the portal using a number of filters ranging from language to medium.

### Ayush Manuscripts Advanced Repository Portal



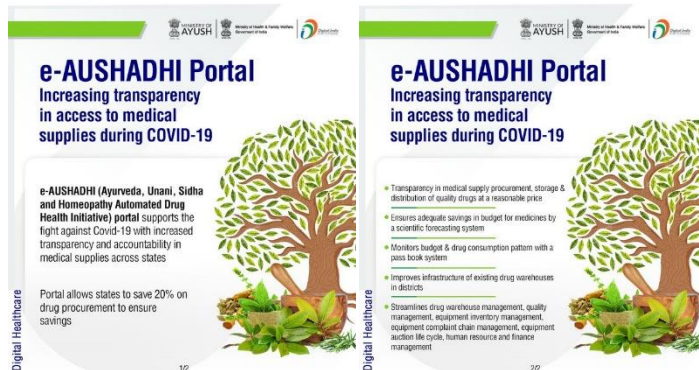
Developed by the National Centre of Indian Medical Heritage, CCRAS and the Ministry of Ayush, AMAR is a unique and dedicated platform for the preservation and showcasing of Indian Medical Heritage in all its possible forms.

### Clinical Trial Registry of India (CTRI)



The creation of an Ayurveda dataset in CTRI will facilitate the usage of Ayurveda terminologies to record clinical study meta data. This will serve as a huge step towards world wide visibility for Ayurveda clinical trials.

### e-AUSHADHI Portal



e-AUSHADHI portal has increased transparency and accountability of medical supplies across India. The portal has benefited states to ensure savings by 20% through a scientific forecasting system.

## Yogasanas

### Ardha Chakrasana



'Ardha Chakrasana' is extremely helpful in controlling high blood sugar levels & stimulating the pancreas. Performing Ardha Chakrasana also helps in curing respiratory disorders and works miraculously in reducing thigh and stomach fat.

### Bhadrāsana



'Bhadrāsana' is known for strengthening the knee & hip joints as well as the spine region. This Yoga pose is also very effective in preventing menstrual cramps and maintaining the overall health of kidney, bladder and prostate.

### Bhramari Pranayama



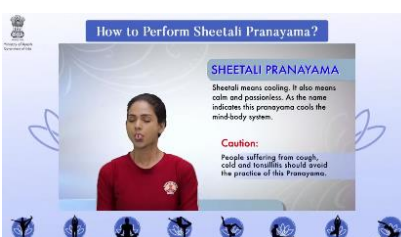
'Bhramari Pranayama' provides instant relief from stress, anxiety and headache. It is also very helpful in mitigating migraines, improving concentration and memory as well as reducing blood pressure.

### Bhujangāsana



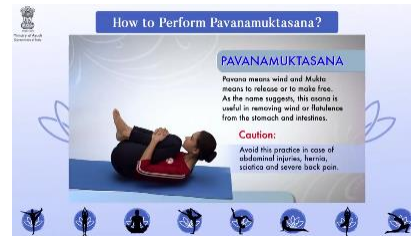
'Bhujangāsana' aids in reducing the stiffness of shoulders, recovering menstrual irregularities and revitalizing the heart.

### Sheetali Pranayama



temperature.

## Pavanamuktāsana



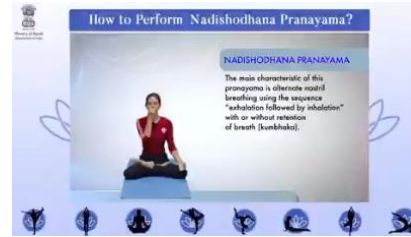
'Pavanamuktāsana' strengthens the abdominal muscles and reduces belly fat. It also promotes digestion and aids weight loss.

### Dhyāna



'Dhyāna' or meditation is an act of continuous contemplation. It helps in calming the mind and controlling threads of emotions & thoughts. Regular practice of Dhyāna can boost energy levels in the body.

### Nadishodhana Pranayama



'Nadishodhana Pranayama' or Anulom Vilom is a breathing technique that helps clear blocked energy channels. Regular practice helps in releasing accumulated stress and fatigue.

### Pada-Hastāsana



'Pada-Hastāsana' or the Hand to Foot Pose is an integral part of Surya Namaskar. It increases vitality, metabolism & tones the spinal nerves.

### Setu Bandhasana

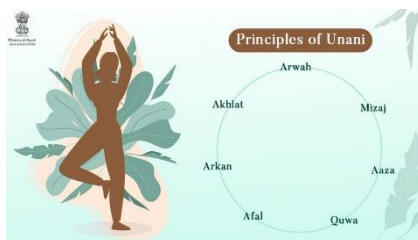


'Setu Bandhasana' is a rejuvenating back bend that stretches out the chest, neck and spine. With regular practice it can even improve digestion.





## Unani System of Medicine



Unani or the science of health & healing is a system of medicine that has seamlessly blended with India's tradition. It has proven to be highly effective for treating chronic ailments & diseases of liver, skin, reproductive systems, musculoskeletal and immunological disorders.

### Arkan



The Arkan (Elements) are the primary components of the human being throughout all its parts in their varied and diverse forms. All beings depend on the intermixture

of Arkan for their existence.

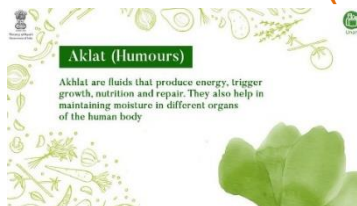
### Mizaj



In Unani system of medicine, Mizaj plays an important role. Classification & evaluation of various temperaments are based on the amalgamation of 4 humours in blood. Mizaj helps characterize a person's physical, mental & social state as well as in identifying nature of diseases.



## Aklat (Humours)



In Unani Medicine System, whether the diet will produce Akhla Sahila (good humour) or Akhla Radiyya (bad humour) depends on the state of digestion of an individual. Any imbalance in the equilibrium of humour causes disease, which can be treated with medication and balanced diet.

### Aaza



In Unani Medicine System, Aaza are the various organs present in the human body responsible for its health & disease. Each of these organs affect the state of health of the whole body.

### Arwah (Spirit)



In Unani Medicine System, 'Ruh' represents constituents received from atmospheric air without which sustenance of life cannot be imagined. These are considered to be the life force & given much importance in the diagnosis & treatment of disease.

### Amla



Amla is accessible in every household and works with one's present course of treatment.

