



Edition 25

September 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 ॥



In India's fight against COVID-19, thrust from Ministry of Ayush has been unrelenting



Strengthening India's fight against COVID-19

- 126 studies initiated at 152 research centres across the country to identify effective medicines for COVID-19 patients
- The inter-disciplinary Ayush R&D Task Force has formulated clinical research protocols for prophylactic studies & add-on interventions in COVID-19 cases
- Invited research proposals under Modified Extra Mural Research Scheme for SARS CoV-2 & COVID-19



Ministry of Ayush has been putting unrelenting efforts in India's fight against COVID-19 by

circulating guidelines & conducting extensive

research for medicines to reinforce our battle during these unprecedented times.

In India's fight against COVID-19, thrust from Ministry of Ayush has been unrelenting:

The Ministry of Ayush has been at the forefront to fight the COVID-19 pandemic by issuing various guidelines and conducting extensive research for medicines to deal with the virus. The Ministry of Ayush was formed on 9 November, 2014 with a vision of reviving the profound knowledge of our ancient systems of medicine and ensuring the optimal development and propagation of the Ayush systems of healthcare.

How is the Ayush medicine system faring on research for treatment of COVID-19?

Under various research organisations and National Research Institutes, 126 studies have been initiated in 152 centres in the country to identify effective medicine for managing the patients with symptoms of COVID-19 .

It includes 42 prophylactic studies, 40 interventional studies, 11 observational studies, 22 pre-clinical/experimental studies, one systematic review, eight survey studies and two monographs preparation. The system-wise research studies include 66 from Ayurveda, 26 from Homoeopathy, 13 from Siddha, eight from Unani and 13 from Yoga and Naturopathy. A total of 90 studies have been completed and 10 manuscripts have been published.

The Ministry of Ayush had invited research proposals under the Modified Extra Mural Research Scheme for SARS CoV-2 infection and COVID-19 disease between 21 April, 2020 to 10 May, 2020. A total of 21 such research projects on the Ayurveda medicine system have been funded under the scheme. Out of which eight are of private institutions and 13 are government institutions.

The Ministry of Ayush has formed an Inter-disciplinary Ayush R&D Task Force having representation from the 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 Inter-disciplinary Ayush R&D Task Force has formulated and designed clinical research protocols for prophylactic studies and add-on interventions in COVID-19 positive cases for studying four different interventions -

Ashwagandha, Yashtimadhu, Guduchi + Pippali and a polyherbal formulation (AYUSH-64).

Which COVID-19 related medicines under Ayush have got approvals?

AYUSH-64 and Kabasur Kudineer has been identified for COVID-19 treatment.

What is AYUSH 64?

AYUSH 64 is a polyherbal formulation developed by the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush. AYUSH 64 comprises *Alstonia scholaris* (aqueous bark extract), *Picrorhiza kurroa* (aqueous rhizome extract), *Swertia chirata* (aqueous extract of the whole plant) and *Caesalpinia crista* (fine-powdered seed pulp). It is an extensively studied, scientifically developed, safe and effective Ayurveda formulation.

It has been scientifically found to be useful in the treatment of asymptomatic and mild cases as standalone. AYUSH 64 can be used for the management of mild and moderate COVID-19 infection as an adjunct to standard care. This conclusion has been achieved through robust clinical trials conducted by the Ministry of Ayush in collaboration with CSIR and by CCRAS and National Institutes under the Ministry of Ayush. AYUSH 64 is also recommended in "National Clinical Management Protocol based on Ayurveda and Yoga for management of COVID-19".

The Ayush ministry has issued orders to all the State AYUSH Licensing Authorities/Drug Controllers and Expert Committees to allow licensed manufacturers for AYUSH-64 under their jurisdiction for repurposing as an intervention for the management of asymptomatic, mild to moderate COVID-19.

What is Kabasur Kudineer?

Kabasur Kudineer, a siddha preparation is also found useful in the treatment of mild to moderate COVID-19 infection. Kabasura Kudineer of Sri Sri Tattva, Sriveda Sattva Pvt Ltd, Bangalore has been recommended as an intervention for prevention and mild to moderate symptoms of COVID-19.

Kabasura Kudineer was subjected to clinical trials for studying the efficacy in COVID-19 patients by CCRS under the Ministry of Ayush and is found useful in the treatment of mild to moderate COVID-19 infection.

What is the response to AYUSH 64 and Kabasur Kudineer?

In order to provide the maximum benefit of Ayush systems of medicine, a nationwide campaign has been undertaken for the distribution of AYUSH-64 and Kabasura Kudineer through the Research Councils and the National Institutes under the Ministry of Ayush across the country.

Based on the encouraging results of AYUSH 64 and Kabasura Kudineer in the management of asymptomatic,

mild to moderate COVID-19 as an adjunct to standard care, the Ministry of Ayush is vigorously distributing these medicines across the country so that the COVID-19 patients in home isolation may be benefitted from Ayush systems of medicines.

A comprehensive strategy of distribution has been chalked out and the rollout is happening in a phased manner, utilising the wide network of various institutions working under the aegis of the ministry. This will be further supported by the countrywide network of Sewa Bharati. With the latest initiative of the ministry to launch a nationwide campaign for the distribution of AYUSH-64 and Kabasura Kudineer, India aims to strengthen its fight against the COVID-19 pandemic.

How Ayush Sanjivani is helping India's COVID-19 fight?

The Ministry of Ayush and the Ministry of Information Technology had come up with the Ayush Sanjivani App which was launched by former Union health minister Dr Harshavardhan. The Ayush Sanjivani App advises people on traditional medicinal items which are largely available at home.

The Ayush Sanjivani mobile application helps generate data on the acceptance and usage of Ayush advocacies and measures among the population and their impact on the prevention of COVID-19. A cross-sectional analysis of the responses received from approximately 1.47 crore respondents through this app, highlighted that 85.1 percent of the respondents reported use of Ayush measures for prevention of COVID-19, among which 89.8 percent respondents agreed to have been benefitted from the practice of Ayush advisory.

A total of 79.1 percent of users responded that the Ayush measures gave an overall feeling of good health while 63.4 percent reported improvement in parameters of well-being like sleep, appetite, bowel habits, stamina and mental well-being.

Link: <https://www.firstpost.com/health/in-indias-fight-against-covid-19-thrust-from-ministry-of-ayush-has-been-unrelenting-9862281.html>

Making Ayush mainstream



GOI is open to make Ayush mainstream as mentioned in the National Health Policy 2017. Government can only support through facilitation and industry needs to take charge and let the government know where to facilitate - Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha.



Ayush Ministers visit to All India Institute of Ayurveda, New Delhi



Union Ayush Minister Shri Sarbananda Sonowal and MoS for Ayush, Dr. Munjapara Mahendrabhai visited All India Institute of Ayurveda on August 8, 2021 and inaugurated Multi-Purpose Yoga Hall & Mini Auditorium. Both the Ministers highly appreciated the work done by AIIA and assured their full-fledged support for further development of the Institute to make it world's best Ayurveda Institute. Lauding the futuristic plan of the Institute, Shri Sarbananda Sonowal assured all help for establishing the first Bio-Bank of the world in Ayurveda at AIIA. Both the Ministers were shown various facilities at AIIA and they took keen interest in knowing the unique features of the Institute. Shri Sarbananda advised the Director AIIA, Prof. Dr. Tanuja Nesari to not only further intensify scientific investigation in the Institute but also ensure that successful research reaches to masses in their lingua-franca. While appreciating the wholesome approach of treatment at AIIA, the Minister of State Dr. Munjapara Mahendrabhai advised to deepen the focus on integrated and holistic treatment.

Both the Ministers visited almost all major departments and interacted in detail with faculty and students on ongoing treatment and research facilities. The unique feature of AIIA's Panchkarm for Children and Panchkarma for the eyes was also appreciated by the Ministers. After visiting the Ayurvedic Dentistry Unit the Ministers observed Ayurvedic Surgery facilities. At the Blood Bank, the Cabinet Minister advised to further deepen research on auto immune diseases and Leukaemia. At Pharmacology Lab, he also advised Institute to work rigorously on enhancing the quality standards of Ayurvedic Medicine. The Ministers also lauded Ayurvedic Herbal Fumigation practice of AIIA. Focus of both the Ministers was on competency and practical knowledge. After inaugurating the Multi-Purpose Yoga Hall, Shri Sonowal asked the students to demonstrate some complex Yogasanas and later appreciated the performance of students.

The Ministers were shown a short film on AIIA, focused on scientific clinical studies during COVID times.

They expressed satisfaction over the activities of the Institute and COVID Health Centre and COVID Testing Centre.

Meeting of Ministers of Ayush and Ministers of Health with their Secretaries and Officials



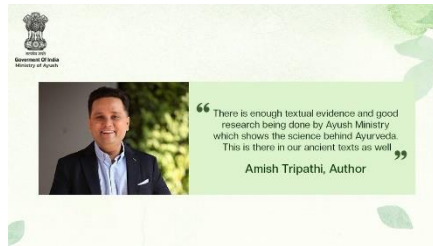
Hon'ble Minister of Ayush, Shri Sarbananda Sonowal; Hon'ble Minister of Health and Family Welfare, Dr. Mansukh Mandaviya; Hon'ble Minister of State, Ayush, Dr. Mahendra Munjapara; and Hon'ble Minister of State, Health and Family Welfare, Dr. Bharati Pravin Pawar met with secretaries and other senior officials from the Ministry of Ayush and Ministry of Health and Family Welfare on August 12, 2021 at Nirman Bhavan. The meeting solidified the intention of integrating the efforts of Ministry of Ayush and MoHFW by placing a well-defined and robust mechanism to streamline the operations of both ministries to serve the health-seeking masses of the country. The future of the Indian Health care delivery system lies in the integration of Ayush in public health. To realise this, it was decided that the Ministry of Health & Family Welfare and Ministry of Ayush will hold monthly Ministerial Level meetings. The Ministry of Ayush will also sit with State Health Ministers to create awareness & discuss ways to implement the integrated approach.

Azadi ka Amrit Mahotsav



To commemorate Azadi ka Amrit Mahotsav, Hon'ble Minister of Ayush, Shri Sarbananda Sonowal and Hon'ble Minister of State, Ayush, Dr. Mahendra Munjapara reviewed the status of preparations with ministry officials in New Delhi.

Author Amish Tripathi's insights on Ayurveda



Author Amish Tripathi shares his insights on Ayurveda's proven efficacy in combatting COVID-19 and why

traditional & modern systems of medicine should hold equal weightage as part of our educational system.

Link: <https://t.co/vJin20TqSX>

Ayush Ministry Strongly Condemns the Tirade Against AYUSH-64 by a Section of Media 'It is Misinterpreting the Facts, Lacking the Understanding of the Matter'

A malicious campaign is being carried out by a section of media against Ayurveda in general and the ministry of Ayush in particular for the last couple of days, citing a small study which is in pre-print stage (not peer reviewed yet). The one-sided tirade is focused on AYUSH-64, a herbal formulation found effective in the management and treatment of COVID-19 based on many larger studies and a robust multi centered clinical trial.

The news articles cite just one paper (while acknowledging themselves that the paper is a small, preliminary study), that too a pre-publication to discredit a sincere and concerted effort of the ministry of Ayush and the taskforce (the AYUSH inter disciplinary R&D Task Force for covid-19) made up of accomplished researchers from both Allopathy as well as Ayurveda. The pre-publication in question is borne out of a collaborative research project between the National Institute of Ayurveda, Jaipur and the All India Institute of Medical Sciences, Jodhpur. Both institutes are reputed and are apex centers of learning and research in respective fields with a long and rich legacy of patient care as well as research and condemn the mis-reporting done on the outcome of their study.

The Ministry would also like to quote Dr. Jaykaran Charan who has been wrongly quoted in media. He has categorically denied and said, "I have never said that AYUSH 64 is ineffective or useless. On the contrary the drug in question, AYUSH 64, has shown efficacy in the primary endpoint. The results clearly show that AYUSH 64 is a safe drug with an equivalence in safety with standard of care Statistically 'No difference' does not mean ineffective or useless, it means equivalent."

The motivated news articles are a classic case of misinterpreting the facts and seeing the glass half empty. The pre-publication categorically states that "On comparing both the groups for frequency of RT-PCR negative subjects on day 5th, it was found that 21 (70%) subjects from the AYUSH 64 group and 16 (54%) subjects from control group

were RT-PCR negative on 5th day. Though the actual events of negative RT-PCR were more in the AYUSH 64 group, but this difference was not statistically significant [p=0.28]. There was no statistically significant difference between two groups for fever and respiratory symptoms and lab parameters. No serious adverse events reported from any group during the assessment period.”

The results of the said study clearly show that Ayush 64 is a safe drug with an equivalence in safety with the standard of care. Also, the pre-publication cites a larger study (Chopra A, Tillu G, Chuadhary K, Reddy G, Srivastava A, Lakdawala M, et al. Coadministration of AYUSH 64 as an adjunct to Standard of Care in mild and moderate COVID-19: A randomized, controlled, multicentric clinical trial. medRxiv 2021.06.12.21258345. <https://doi.org/10.1101/2021.06.12.21258345>) which takes care of the lacunae of the pre-publication.

These news articles go against the tenet of unbiased reporting. Generalising outcome of a pilot study with limited sample size is wrong. The journalist out of nowhere claim that the drug is ineffective, based on the study which shows its better relief in percentage, though due to small sample size it cannot be ascertained and hence is statistically insignificant. More robust studies of larger sample size and multicentric exposure have established its efficacy as add-on to standard care. The study preprint itself mentioned that a larger sample size study is required.

Link: <https://pib.gov.in/PressReleasframePage.aspx?PRID=1749138>

Conference of Ayush and Health Ministers of North Eastern States



For the first time, a conference of Ayush and Health Ministers of North Eastern States was held in Guwahati on August 28, 2021. Hon'ble Minister of Ayush, Shri Sarbananda Sonowal; Hon'ble Chief Minister of Assam, Shri Himanta Biswa Sarma; Hon'ble Minister of State, Ayush, Dr. Munjapara Mahendrabhai; Health Ministers and various dignitaries took part in the groundbreaking conference. Shri Sonowal mentioned that the vision of Hon'ble Prime Minister Shri Narendra Modi has taken Ayush to unprecedented heights, making it an important aspect of wellness and healthcare. He further mentioned that the conference gave a unique opportunity to harness the potentiality of AYUSH by the NE States, a region with rich natural resources.

He further mentioned that Ministry of Ayush is taking all steps to realise the potential of AYUSH in the NorthEast and has announced some major steps, which will help make the region a hub of AYUSH. Shri Sonowal also launched the Amrit Mahotsav campaign to be carried out by Ministry of Ayush across the nation.

Visit by Hon'ble MoS, Ayush to KHADC



Hon'ble Minister of State, Ayush, Dr. Munjapara Mahendrabhai visited the Khasi Hills Autonomous District Council (KHADC) on 27 August. This was the first time in the 70-year-old history of KHADC that a Union Minister visited the council.

Commemoration of Azadi Ka Amrit Mahotsav



The Ministry of Ayush commemorates Azadi Ka Amrit Mahotsav by distributing medicinal plants to farmers for cultivation all over the country. The launch event happened at C.T. Bora College, Shirur, Pune as other experts and agencies joined the event remotely.

Interaction between Ministry of Ayush and Government of Mizoram



Hon'ble Minister for Health & Family Welfare, Higher & Technical Education, Commerce & Industries, Government of Mizoram, Dr. R Lalthangliana interacted with Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha to discuss various proposals under the National Ayush Mission.



Unani System of Medicine

Types of Quwa (Faculties or Powers)

Types of Quwa (Faculties or Powers)

- Quwa Tabaiyah (Natural Faculty) - Serve the function of nutrition, growth & reproduction in the body & rid out the waste products from the body for the preservation of individual as well as species
- Quwa Nahsiyah (Psychic Faculty) - Perform intellectual sensory & motor functions in the body. Brain is the principal organ of this faculty
- Quwa Haywaniah (Vital Faculty) - Provide vitality to the organ to enable them to receive Quwat Nahsiyah to accomplish various activity of the. Heart is the principal organ of this faculty

Every living being requires certain functions to preserve life, which depend on definite powers. As per the Unani Medicine System, there are mainly 3 types of powers inherited in every human being which assist them in maintaining life & propagate generation.

Afaal (Functions)

Afaal refers to the movement and proper functioning of all organs of the human body.

Afaal
In Unani Medicine System, Afaal refers to the movements & functions of the various organs of the body. To maintain good health, it is necessary to ensure that various organs are not only in proper shape but are also performing their respective functions properly.

Siddha System of Medicine

- Sage Agastya is known as the founder of Siddha Medicine
- This method is mainly used in Tamil speaking regions
- As per this system, the human body is a form of the universe itself

Siddha System of Medicine
Siddha Medicine system is considered as one of the ancient medicinal systems of the world. This method takes into account the behavior, environmental aspects, age, temperament & physical condition of the patient as well. It is also effective in fighting epidemics like COVID19.

Siddha

The Siddha system is comprised essentially of philosophical concepts and these following components:

- Chemistry/Parochemistry/Alchemy (Siddha / Sandakam)
- Treatment (Vaidiyam)
- Yogic Practices (Yogam)
- Wisdom (Nigam)

Siddhars
Siddha system is named after its founders 'Siddhars', the ancient seers with profound intellect. The term 'Siddha' is derived from Tamil words 'Citti'/'Cittu' meaning complete knowledge or accomplishment. It has its own basic principles, method of diagnosis & line of treatment.

Siddha: Vital Life Factors

The three vital life factors or functional constituents are essentially formed by appropriate combination of five elements even from intra-uterine life. These components are as follows - Vali (Vatam), Azal (Pittam) and Aiyam (Kapam).

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Siddha's Seven Physical Constituents and its Functions

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- Nourishing fluid (Ciram) - Responsible for growth and development
- Blood (Carnin) - Nourishes the muscle and other tissues, impart colour to the skin (complexion) and expels metabolic
- Muscle (Sri) - Responsible for the shape of the body
- Adipose tissue (Kozhappi) - Lubricates joints & maintains balance
- Bone (Eluppi) - Supports body structure, responsible for posture and movement
- Bone Marrow (Mullai) - Imparts strength and resistance to bone
- Sperm / Ovary (Cukkham / Curoritam) - Responsible for reproduction

combination.

Seven Physical Constituents of Siddha

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Seven Physical Constituents of Siddha
The human body has seven physical constituents. The tissues of the body are the structures whereas humors are physiological entities derived from different combination of the five elements.

Siddha: Examination Methods

Classification of Examination Methods in Siddha System

- Nadi (Siddha way of Pulse examination) (Nadivaram)
- Parivasa (Touch and palpation) (Parivasa)
- Na (Tongue examination) (Nadivaram)
- Masa (Complexion, discoloration) (Masa)
- Mug (Nose examination) (Mug)
- Vig (Eyes examination) (Vig)
- Masa (Spine examination) (Masa)
- Martana (Urine examination) (Martana)

Siddha: Examination Methods
The Siddha system of Medicine has eight types of examination methods, which are said to be tools or armamentariums of the Siddha practitioners. They are based on both physical and laboratory diagnosis.

Sowa-Rigpa - The Himalayan Art Of Healing

Sowa Rigpa, commonly known as Anah or Tibetan medicine, is among the oldest surviving, well-documented medical traditions.

It is based on Jung-wa-rits (Five Elements) and Neepa Sun (Three Humoral Forces).

Sowa-Rigpa
Sowa-Rigpa is one of the oldest systems of traditional medicine and is an important socio-cultural part of Himalayan Buddhist Society. The majority of theory & practice of Sowa-Rigpa is similar to 'Ayurveda'.

Taking Care of Immunity Through Ayurveda Based Self Care Measures

Taking Care of Immunity Through Ayurveda Based Self Care Measures

General Measures

- Drink warm water throughout the day
- Daily practice of Niyama, Pranayama and meditation for at least 30 minutes
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhanya (Coriander) and Lahsun (Garlic) are recommended in cooking.

The COVID-19 pandemic isn't over. We must remain vigilant & follow appropriate behaviour. While we avoid the virus, it is also smart to equip your immune system to be prepared for any eventuality. **Disclaimer:** The above advisory does not claim to be a treatment for COVID-19.

Taking Care of Immunity Through Ayurveda Based Self Care Measures

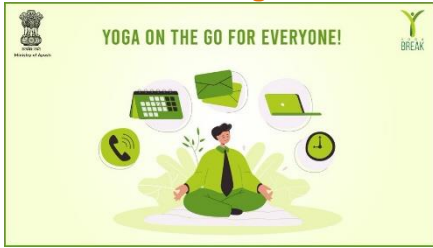
Ayurvedic Immunity Promoting Measures

- Drink herbal tea/decotion (Sattai) made from: Tula (Basil), Cardamom (Chovvaram), Kuzhambu (Black Pepper), Shuchiy (Ginger) and Maruvu (Black licorice) or make a tea, Add Jeerani (Natural Sugar) and/or honey based on your health condition.
- Take Chyavanprash (Kuzh) in the morning. Diabetes should take sugar free Chyavanprash.
- Golden Milk: Heat two spoon Haldi (Turmeric) powder in 50 ml hot milk, -coinc or honey a day.

Ayurveda has various measures to reinforce your immune system. A single spoon of Chyavanprash, a cup of herbal tea and Haldi in your glass of milk can modulate your immune response.

Yoganas

Yoga-Break Protocol



Yoga-Break Protocol has been developed by experts to help office goers get de-stressed, refreshed & re-focused at workplaces by practicing a set of yoga poses within 5 minutes.

Shalabhasana



sciatic nerves.

'Shalabhasana' or The Locust Pose focuses on bending the spine backward. It can enhance blood circulation to the spine and tone the

Shashakasana



& assists in getting rid of constipation.

In 'Shashakasana' pose, the body takes form of a hare, hence it is also known as Rabbit pose. It helps in releasing stress from spinal vertebrae

Shavasana



It brings a meditative

Shavasana, named after the recumbent posture of a dead body, is an essential pose at the end of every yoga practice. It brings a meditative

Tadasana



posture.

'Tadasana' or the Palm Tree pose is an easy stretch that can help bring stability to the body. Regular practice can also correct a faulty



Trikonasana



Regular practice of Trikonasana engages the core muscles and aids digestion as well.

'Trikonasana' is an elementary yoga pose that stretches and strengthens the thighs and knees.

Ushtrasana



for cardiovascular health.

'Ushtrasana' or Camel Pose is a back-bending asana which is excellent in correcting faulty posture. It stretches the chest muscles and is also good

Uttana Madukasana



body.

'Uttana Madukasana' is a yoga pose that stretches various parts of the body including the throat and the back. It enhances blood circulation in the chest and helps tone the

Vajrasana



strengthening the nerves in your thighs and legs.

'Vajrasana' or the Diamond Pose is an easy kneeling asana that can be practiced daily. Its benefits include improved digestion and

Vakrasana



the abdomen as well.

'Vakrasana' is a spinal twist that can be beneficial for chronic back and shoulder pain. Regular practice of Vakrasana massages the organs in

Vrikshasana



ligaments of the feet.

'Vrikshasana' or Tree pose is an effective Yoga posture that can help bring balance to your body and mind. It aids in toning leg muscles and strengthening the