

## INTRODUCTION

Government of India created a separate Department of Indian Systems of Medicine and Homoeopathy (ISM&H) to ensure the optimal development and propagation of AYUSH systems of health care within the Ministry of Health and Family Welfare in 1995. The Department of ISM&H was rechristened as the Department of AYUSH, AYUSH being an acronym for Ayurveda, Yoga and Naturopathy, Unani, Siddha, Homoeopathy, in November 2003. Sowa Rigpa was added to the AYUSH systems through a notification published in Gazette of India under Indian Medicine Central Council (IMCC) Act, 1970 on 16th December, 2011. **The Department of AYUSH was upgraded to a full-fledged Ministry of AYUSH on 9<sup>th</sup> November, 2014.**

Ministry of AYUSH has a mandate to promote and propagate Indian systems of Medicine and Homoeopathy (see Box1 for Allocation of business to the Ministry). The Ministry is committed to infuse the wisdom of traditional medicine with the methodologies of modern science; scientifically validating the systems and presenting them in the scientific idiom, relating their efficacy to modern life styles (see the Vision, Mission and Objectives on the inside the back cover).

### Box 1: Business Allocation of the Ministry of AYUSH\*

1. Formulation of policy and policy issues for development and propagation of Ayurveda, Siddha, Unani, Homoeopathy, Yoga and Naturopathy systems.
2. Development and implementation of programmes including Central schemes and Centrally sponsored schemes for development and propagation of Ayurveda, Siddha, Unani, Homoeopathy, Yoga and Naturopathy systems.
3. Co-ordination and promotion of research and development including assistance therefor in Ayurveda, Siddha, Unani, Homoeopathy, Yoga and Naturopathy systems.
4. Setting up and maintenance of Central institutions for research and development, education and standards relating to Ayurveda, Siddha, Unani, Homoeopathy, Yoga and Naturopathy systems.
5. All issues and matters requiring action at the level of Government in regard to:  
(a) Pharmacopoeial Laboratory for Indian Medicine, Ghaziabad;(b) Homoeopathic Pharmacopoeia Laboratory, Ghaziabad;(c) Central Council of Indian Medicines;(d) Central Council of Homoeopathy;(e) Ayurvedic Pharmacopoeia Committee;(f) Homoeopathic Pharmacopoeia Committee;(g) Unani Pharmacopoeia Committee;(h) Siddha Pharmacopoeia Committee;(i) Ayurvedic, Siddha and Unani Drugs Technical Advisory Board;(j) Central Council for Research in Ayurveda and Siddha;(k) Central Council for Research in Homoeopathy;(l) Central Council for Research in Unani Medicine;(m) Central Council for Research in Yoga and Naturopathy;(n) National Institute of Ayurveda;(o) National Institute of Homoeopathy;(p) National Institute of Naturopathy;(q) National Institute of Yoga;(r) National Institute of Unani Medicine;(s) National Institute of Siddha;(t) Institute of Post-Graduate Teaching and Research, Gujarat Ayurveda University;(u) Indian Medicines and Pharmaceuticals Corporation Limited;(v) Rashtriya Ayurveda Vidyapeeth.
6. Education, Training and Research in all aspects of Indian Systems of Medicine including higher training abroad.
7. Matters of cadre formation and control including formation and amendment of recruitment rules, recruitment, promotion and all other service matters relating to Indian Systems of Medicine and Homoeopathy doctors of Central Government Health Scheme including doctors in Indian Systems of Medicine and Homoeopathy central hospitals

requiring action at Government level.

*Note.-Day-to-day administration and management will continue to be with the Director, Central Government Health Scheme.*

8. Liaison with foreign countries and international bodies as regards matters relating to Indian Systems of Medicine and Homoeopathy.

9. Matters relating to scientific societies/associations and charitable and religious endowments relating to Indian Systems of Medicine and Homoeopathy.

10. Matters relating to quality and standards for drugs in Indian Systems of Medicine and Homoeopathy to the extent such matters require action at the level of Government.

11. Consultation and coordination with State Governments, Non-Government Organisations and institutions for review of work and programmes in Indian Systems of Medicine and Homoeopathy.

12. Statistics relating to various aspects of Indian Systems of Medicine and Homoeopathy.

13. Proposals and matters concerning Union Territories requiring sanction and concurrence of Government of India in regard to Indian Systems of Medicine and Homoeopathy.

14. Legislative proposals pertaining to Indian Systems of Medicine and Homoeopathy of individual states requiring sanction and concurrence of Government of India.

15. Medicinal Plant Board.

\*Page 19-20 of Government of India (Allocation of Business) Rules, 1961 (As Amended upto 31st January, 2017)

## **A. AYUSH SYSTEMS**

AYUSH is an acronym for Ayurveda, Yoga & Naturopathy, Unani, Siddha, Homoeopathy and Sowa Rigpa. Ayurveda is the oldest system with a documented history of its practice for more than 5000 years whereas Homoeopathy is in practice in India for around 100 years. These systems are being practised in the country with diverse preferences of people and infrastructural facilities. AYUSH systems of medicine include Indian systems of medicine and Homoeopathy.

The Indian System of Medicine is of great lineage. It is the culmination of Indian thought of medicine which represents a way of healthy living valued with a long and unique cultural history and epitomizes the Vedic guidance of 'Let noble thoughts come to us from every side'. Thus one can see an amalgamation of the best of influences that came in from the contact of different sources of knowledge. While Ayurveda, Siddha and Yoga has been a part of ancient vedic tradition our scriptures and associated with sages like Charaka, Shushruta, Agastya and Patanjali, assimilating practices of other civilizations enriched this tradition. Unani Medicine has roots in Greece, homoeopathy in Germany, and Naturopathy in the 19<sup>th</sup> Century Natural cure Movement of Europe. In parallel to the multifaceted cultural evolution of our country, AYUSH medicinal systems have evolved over centuries blessed with a plethora of traditional medicinal practices.

### **i. Ayurveda:**

Ayurveda is the time tested traditional system of medicine of India that explains the cause of different miseries, imparts the knowledge of life and advocates promotion of physical, mental and spiritual wellbeing. It is believed that Ayurveda is originated out of Vedas (particularly *Rigveda* and *Atharvaveda*). Numerous references of health, diseases, their treatment as well as use of non-materialistic things such as sun rays, fasting, mantra etc; are available in these Vedas. The knowledge of Ayurveda was first comprehensively documented

in the compendia like ‘*Brahma Samhita*’, ‘*Āgniveshatantra*’, ‘*SusrutSamhita*’, ‘*Bhela Samhita*’ etc.

According to Ayurveda, health is considered as a basic pre-requisite for achieving the goals of life - *Dharma* (duties), *Arth*(finance), *Kama* (materialistic desires) and *Moksha* (salvation). Ayurveda describes that *Satva*(mind), *Atma* (real self), *Shareer* (the body) collectively known as *Tri-danda*, is essential for the existence of the man. This conscious combination supports the man like a tri-pod supports the table, and is the one for which Ayurveda is flourished across the ages. Ayurveda states that human is formed up of five basic elements i.e. *PanchaMahabhootas*, namely: *Prithvi* (earth), *Jal* (water), *Agni* (fire), *Vayu* (air) and *Akash* (ether) and real self. These five elements are the basic building blocks of *Tridosha*-three groups of factors which participate in the health and disease known as the *Vata* (ether + air), *Pitta* (fire) and *Kapha* (earth + water), *Saptadhatu*- seven tissue systems explained in Ayurveda, and *Mala*- metabolic end products. Furthermore, it also explains the individuals’ integral relationship with the nature and opines that human body is affected by the daily cosmic changes, seasons and environment and therefore describes daily regimen, seasonal regimen and dietary concepts for a healthy life. This indicates the system approach of Ayurveda i.e. the interaction of different systems within the body and interaction in between body and environment. Ayurveda, being an applied Science and considering the limitations for printing in ancient time, all the ancient texts have concentrated mainly on applied aspects. Understanding of ‘Functional Anatomy’ i.e. *Shareer* is the unique contribution of Ayurveda to the modern science which has great potential for new discoveries in System Biology.

Ayurveda describes the philosophy of life, dietetics, constitution, psychosomatic association, concepts of blood circulation, concepts of digestion, etiology and classification of diseases, concepts of pathogenesis, medicinal plants, treatment and body purification techniques. The classification of *Prakriti* (constitution) gives a good indication of physiologic strengths and weaknesses, mental tendencies, and susceptibility to illnesses of different kinds. The concept of *Mana* (mind) indicates that it is the factor required for motivational control of different senses and for feeling of pleasure and punishment processes. It is required for the genesis of knowledge and definitive thought. Furthermore, it stimulates senses to sense their respective objects and is the root cause of emotional changes.

The diagnostic principles of Ayurveda include *Pancha-nidana* (five component of diagnosis), *Trividhapariksha* (*Darshan*- inspection, *Sparshan*- palpation, *Prashna*-interrogation), *Dash-vidhapariksha* (ten points of patients’ examination), *Nadipariksha* (pulse examination) etc.

The preventive aspect of Ayurveda is called *Swasth-Vritta* and includes personal hygiene, daily and seasonal regimens, appropriate social behavior and use of materials & practices for healthy ageing and prevention of premature loss of health attribute. The curative aspect consists of *Aushadhi*(drug), *Ahara*(diet) and *Vihara* (life style). Ayurveda largely uses plants as raw materials for the manufacture of drugs, though materials of animal and marine origin, metals and minerals are also used. Ayurvedic medicines are generally safe and have little or no known adverse side-effects, if manufactured properly and consumed judiciously following the necessary do’s and don’ts. The mitigative and recuperative treatment is again a specialty of Ayurveda which is known as *Rasayana*, in which various drugs and therapies having rejuvenative and immunomodulatory effects are used. Ayurveda has also described about genetic predisposition for health as well as development of a disease and various

interventions so as to restrict the transfer of genetic linked diseases to next generation. This speciality of Ayurveda is known as ‘Vrishya’ or ‘Vajikarana’.

Ayurveda holds the strength to treat diseases from holistic angle in accordance with the body-mind constitution and other physico-psychological attributes of the patients and as such is proven to be effective in the treatment of chronic, metabolic and life style diseases for which satisfactory solutions are not available in conventional allopathy medicine. Over the years, *Kshar Sutra* and *Panchakarma* therapies of Ayurveda have become very popular among the public. *Panchakarma* is a unique therapeutic procedure for the radical elimination of disease-causing factors and to maintain the equilibrium of tridosha. The *Panchakarma* therapy minimizes the chances of recurrence of the diseases and promotes positive health by rejuvenating body tissues and bio-purification. *Kshar Sutra* is a para-surgical intervention using an alkaline thread for cauterization, which is scientifically validated to be effective in the treatment of fistula-in-ano and such surgical conditions requiring excision of overgrown soft tissue like haemorrhoids, polyps, warts, non-healing chronic ulcers, sinuses and papillae.

## (ii) Unani:

Unani system of medicine is a comprehensive medical system, which provides preventive, promotive, curative and rehabilitative health care. The system is holistic in nature and takes into account the whole personality of an individual rather than taking a reductionist approach towards disease. The fundamentals, diagnosis and treatment modalities of the system are based on scientific principles. The basic framework of this system is based on the Hippocratic theory of four Humours, according to which any disturbance in the equilibrium of humours causes disease and therefore the treatment aims at restoring the humoral equilibrium. The system also believes that *Medicatrix Naturae* (*Tabiat Mudabbira-iBadan*) is the supreme power, which controls all the physiological functions of the body, provides resistance against diseases and helps in healing naturally.

The remarkable holism of Unani system of medicine arises from giving primacy to the Temperament of man and drug, which unlike the molecular level, is simple and can be known as a whole. Its ease of practice arises from the fact that it uses only a few parameters i.e. the primary qualities (*Kayfiyat*) of Hot: Cold & Dry: Wet to describe the temperament of both man and drug. Its precision and reproducibility arises from the principle of clinical testing of the drugs hypothesized by Temperament, before accepting them. This clinical testing also reveals effects which cannot be deduced from the temperament or basic qualities of the drug.

Unani system of medicine described four mode of treatment viz., *Ilaj-bil-Tadbir* (Regimenal Therapy), *Ilaj-bil-Ghidha* (Dietotherapy), *Ilaj-bil-Dawa* (Pharmacotherapy) and *Ilaj-bil-Yad* (Surgery). The thrust areas of Unani medicine include; skin diseases, liver disorders, non-communicable diseases including life style diseases, metabolic & geriatric diseases and menstrual / gynaecological disorders etc.

The Unani system of medicine includes the Science of Maintaining Health (*Hifzän-iSihat*). It has the methods of understanding and maintaining health in a positive and individualized manner with different guidelines for different temperaments, genders, age groups, geographical regions, seasons, occupations etc. Some of the more commonly used guidelines are summarized as: Regimens for Seasons (*Tadäbir-i Mavasim*), Regimens for Age-groups (*Tadäbir-i Asnän*), Regimens for Pregnancy (*Tadäbir-i Hamal*), Regimens for Travellers (*Tadäbir-i Musäfir*) etc. The section on maintenance of

healthis

followed by methods for preventing disease. It should be noted that it describes not only Prevention of Disease (*Taqaddumbi 'l-Hifz*) but Promotion or what it calls Maintenance of Health (*Hifzän-i-Sihhat*) as a separate discipline, which should be used even before Prevention of Disease. This is because, being holistic, it possesses a positive concept and description of health. Though, understandably quite elaborate.

In Unani System of Medicine, drug so obtained only from herbal, animal and mineral sources are used for medication. Sometimes, these drugs are used singly, and sometimes in the form of a compound of various drugs. They may be subjected to physico – chemical processing but without breaking up the unnatural character. Thus, Unani system of medicine uses only natural substances in treatment.

Originating in Greece (Yunan), this system travelled to many countries before coming to India to find here its permanent home. During its journey wherever it passed, the system enriched its repository by imbibing which was best of the healthcare systems in vogue in those countries. The system after getting further developed in the Arab and Persian lands came to India around the 8<sup>th</sup> century and took deep roots in the Indian civilization. The Indian scholars and physicians have made significant contributions to the further advancement of this system. It forms integral part of the national health care delivery system and India is considered world leader with the largest infrastructure and network of educational research and healthcare institutions.

With a view to globalization the Unani system in other countries efforts are on. These steps have led to setting up of an Unani Medicine Chair at the University of Western Cape, South Africa.

### **(iii) Siddha:**

The Siddha system is ancient system of medicine in India. The Siddha system medicine is found by eighteen Siddhers namely Agasthiyar, Thirumoolar, Bogar, Pathanjali, Pulipani etc., the eighteen Siddhers had contributed towards the systematic development and recorded in Tamil language.

The Siddha system of Medicine emphasizes on the patient, environment, age, sex, race, habits, mental frame work, habitat, diet, appetite, physical condition, physiological constitution of the diseases for its treatment which is individualistic in nature diagnosis of diseases are done through examination of tongue, colour of body, speech (voice), eye, touch, stool, urine, naadi (pulse) and status of the digestion of individual patients. System has unique treasure for the conversion of metals and minerals as drugs and many infective diseases are treated with the medicines containing specially processed mercury, silver, arsenic, lead and sulphur without any side effects. The strength of the Siddha system lies in providing very effective therapy in the case of Psoriasis, Rheumatic disorders, Chronic liver disorders, Benign prostate hypertrophy, bleeding piles, peptic ulcer including various kinds of Dermatological disorders of non-psoriatic nature. Vermum is the special treatment in Siddha system to treat Vatha diseases applying oil and doing massage therapy to cure the diseases. Yoga is the special treatment found by Pathanjali Muni, who is one of the eighteen Siddhers found Siddha system medicine explained in details of all posture and it is very effective in keeping the body young and energetic.

During the last six decades, there has been continuous development in Siddhant medical education and this has led to the establishment of the National Institute of Siddha at

Chennai as apex Institute having eight specialities in post-graduate teaching leading to the award of M.D(S) Degree. These are Maruthuvam (General Medicine), PuraMaruthuvam, VasmaMaruthuvam, Siddha, Yoga Maruthuvam, KuzhanthaiMaruthuvam (Paediatrics), Gunapadam (Pharmacology), NoiNadal (Pathology) and NanjuNool&MaruthuvaNeethinool (Toxicology).

#### **(iv) Yoga:**

The word "Yoga" comes from the Sanskrit word "yuj" which means "to unite or integrate." Yoga is about the union of a person's own consciousness and the universal consciousness. It is primarily a way of life, first propounded by MaharshiPatanjali in systematic form Yogsutra. The discipline of Yoga consists of eight components namely, restraint (Yama), observance of austerity (Niyama), physical postures (Asana), breathing control (Pranayam), restraining of sense organs (Pratyahar), contemplation (Dharna), meditation (Dhyan) and Deep meditation (Samadhi). These steps in the practice of Yoga have the potential to elevate social and personal behavior and to promote physical health by better circulation of oxygenated blood in the body, restraining the sense organs and thereby inducing tranquility and serenity of mind and spirit. The practice of Yoga has also been found to be useful in the prevention of certain psychosomatic diseases and improves individual resistance and ability to endure stressful situations. Yoga is a promotive, preventive rehabilitative and curative intervention for overall enhancement of health status. A number of postures are described in Yoga literature to improve health, to prevent diseases and to cure illness. The physical postures are required to be chosen judiciously and have to be practiced in the correct way so that the benefits of prevention of disease, promotion of health and therapeutic use can be derived from them.

The United Nations General Assembly had declared June 21st as the International Yoga Day on December 11, 2014. Accordingly, the first International Yoga Day Celebration was organized at Rajpath in New Delhi on June 21st, 2015. Two Guinness World Records were achieved, viz: the Largest Yoga Lesson involving 35,985 participants and Maximum number of Nationalities (84) participated in a single yoga lesson.

#### **(v) Naturopathy:**

Naturopathy is rooted in the healing wisdom of many cultures and times based on principal of natural healing. The principles and practices of Naturopathy are integrated in the life style, if the people observe living close to nature.

Naturopathy is a cost effective drugless, non-invasive therapy involving the use of natural materials for health care and healthy living. It is based on the theories of vitality, boosting the self-healing capacity of the body and the principles of healthy living. Naturopathy is a system of natural treatment and also a way of life widely practiced, globally accepted and recognized for health preservation and management of illnesses without medicines. Naturopathy advocates living in harmony with constructive principles of Nature on the physical, mental, social and spiritual planes. It has great promotive, preventive, curative as well as restorative potentials.

Naturopathy promotes healing by stimulating the body's inherent power to regain health with the help of five elements of nature – Earth, Water, Air, Fire and Ether. It is a call to "Return to Nature" and to resort to a simple way of living in harmony with the self, society and environment. Naturopathy advocates 'Better Health without Medicines'. It is reported to be

effective in chronic, allergic autoimmune and stress related disorders. The theory and practice of Naturopathy are based on a holistic view point with particular attention to simple eating and living habits, adoption of purificatory measures, use of hydrotherapy, cold packs, mud packs, baths, massages, fasting etc.

#### (vi) Homoeopathy:

"Homoeopathy" was introduced as a scientific system of drug therapeutics by a German Physician, Dr. Christian Frederick Samuel Hahnemann in 1805. While translating a medical treatise by Scottish physician and chemist, **William Cullen**, from English to German, in 1790, he came across a foot note under Cinchona that attributed its fever curing property to the astringent (decongestant) qualities of the drug. Being sceptical of Cullen's remarks concerning the effect of *Cinchona* for curing malaria, Hahnemann experimented its effect on himself by taking repeated doses of cinchona tincture and experienced fever, shivering and joint pains: symptoms similar to those of malarial fever. After series of experiments, Hahnemann concluded that a drug that could produce certain symptoms in healthy individuals could also cure similar disease symptoms, in accordance with some hidden, natural laws of similars as had been vaguely perceived by ancient physicians. This led to the coining of the word "*homoeo-pathy*" (which comes from the Greek: ὁμοιος *hómoios*, "-like" and πάθος *páthos*, "suffering"). Based on this, Hahnemann postulated the key principle of Homoeopathy, the **Law of Similars**, logically evolving it as an experimental science, according to the method of inductive reasoning after exact observation, correct interpretation, rational explanation and scientific construction.

#### The Law of Similars

It is also called the Law of Cure. This law demonstrates that the selected remedy is able to produce a range of symptoms in healthy persons similar to that observed in the patients. Based on his experiments, Hahnemann published this law in an article "Essay on New Principle for Ascertaining the Curative Powers of Drugs" in Hufeland's Journal in 1796. This law is the principle of *Similia Similibus Curentur* i.e. *let likes be treated by likes*. Law of Similars teaches that every homoeopathic remedy experimentally observed to have certain properties of producing a set of symptoms on healthy human beings and when these symptoms matches with a natural disease, it acts as therapeutic agent and help the body to correct the disorder. As per this concept, the symptoms produced by the substance during the drug proving are the signature of that drug. Therefore, in strict sense, this signature of the drug is the one and only one that qualify into the principle of *Similia Similibus Curentur*. This is the most important concept in Homoeopathy. In fact, there cannot be any concept in homoeopathy without this key concept.

This principle was known in western medicine even before Hahnemann. Hippocrates, the Father of western medicine, (460-377 BC) wrote about two possible principles of treating disease. One is *Contraria Contrariis Curantur* (Latin) which means opposites are cured by opposites. Accordingly, this principle teaches to treat diseases by using remedies that produce opposite effects. The other principle is the ***Similia Similibus Curentur*** (Latin), which means let similar things take care of similar things. Paracelsus (1493-1541) and later others were also aware of these two principles, but seems to have preferred only the opposing method. Dr. Hahnemann, possibly picked up the *similia maxim* based on his experiments and developed a viable, independent and scientific system of Medicine. He lived his life for this mission.

Disease can be cured by medicinal substances given in extremely small doses that produce similar symptoms in healthy people. In simple words, the medicine can cure when given in micro doses what it can cause in large doses.

**Drug Proving** - *Drug Proving is the systematic process of acquiring knowledge of the substances intended for the cure of the natural diseases. In other words it is the process of investigating the pathogenetic power of drug by administering the same in to the healthy individuals of different age and both the sex. Therefore, it is also known as Human Pathogenetic Trial (HPT).* Drugs cure natural diseases by virtue of their capacity to induce changes, which are similar to those, brought about by disease. Hahnemann set about collecting data pertaining to disease and the drugs. He then had to determine the criteria for establishing similarity between the two. After this was done, he had to administer the drug and to observe accurately the result so produced. Organon of Medicine gives us the details of the great therapeutic experiment in a highly systematized manner stretching over fifty years.

As per homeopathy, to apply drugs for therapeutic use, their curative powers should be known. The proving of the drug is the experiment conducted to know these powers and is unique to homeopathy as they are proved on healthy human beings first, before being applied to the patients. The symptoms thus known are the true record of the curative properties of a drug or the pathogenesis of a drug. Such symptoms are recorded and called as Homoeopathic MateriaMedica.

**Single Remedy** - This tenet of classical homeopathy states that only one homeopathic medicine should be prescribed at a time and directs to choose and administer such a single remedy, which is most similar to the symptoms of the sick person. In homeopathy, the drug proving to ascertain the curative property of a drug is done with a single remedy derived from a single source – primarily plant, mineral or chemical. They are the essence of homeopathy and therefore engage all the principles and concepts that make homeopathy a comprehensive system of medicine. This was a trend setter at that time when the usual prescriptions contained as many as 26 drugs at a time. Observing this rule helps to avoid confusing and potentially complex remedy interactions.

**Minimum Dose** - The similar remedy selected for a sick person should be prescribed in minimum dose, so that when administered, there is no toxic effect on the body. It just acts as a triggering or catalytic agent to stimulate and strengthen the existing defence mechanism of the body. It does not need to be repeated frequently. The method of drug dynamisation or potentisation achieved, not only the reduction of drug quantity in each dose of homeopathic medicine, but also the dynamic power gets increased progressively. This aspect of homeopathy and the method discovered by Hahnemann 200 years before is to be only evaluated by new researches and studies which are now underway in nanoscience.

**Drug dynamisation or Potentisation** - Drugs are prepared in such a way that they retain maximum medicinal powers without producing any toxic action on the body. It was found experimentally by Dr. Hahnemann that when diluted drugs are powerfully succussed (a specified process in homeopathy), they develop lasting medicinal powers. This process is continued under predetermined scales and the drugs are marked as 6C, 30C, 200C, 1000C etc., and LM potencies or strength. The method of preparing the drugs by the Master achieved two ideals; (1) - The toxicity of drug used in crude dosage have progressively reduced and (2) - increase the hidden (dynamic) medicinal properties of the drug. In other words, the drugs get dynamised or potentised progressively and evoke its curative properties.

**Concept of Vital Force** - Dr. Hahnemann discovered that the human body is endowed with a force that reacts against the inimical forces, which produce disease. It becomes deranged during illness. Such reactions of the deranged vital force are the cause for the externally expressed signs and symptoms. Dr. Hahnemann has described the concept of vital force in aphorisms 9 to 17 in the Organon of Medicine. Literally speaking “vital” means essential and “force” means energy/ power, thus vital force means “essential energy” or “energy that is essential for life”.

The theory of Vital force in homeopathy is a unique philosophy which accepts the existence of a spirit like energy that drives the living organism both in health and disease. This concept has nothing to do with any religious beliefs, but postulates that life is not the mere collection of blood, bone and muscles or a living cell is not just some cytoplasm, mitochondria, nucleus, DNA and RNA. Homeopathy believes that there is an existence of an essential force in every living organism which maintains harmony of the functions and also differentiates the living from the dead. The vital force determines the state of health in that living organism, at mental, physical and spiritual levels.

#### **(vii) Sowa-Rig-pa (Amchi Medicine)**

“*Sowa-Rig-pa*”, commonly known as Amchi medicine, is the traditional medicine of many parts of the Himalayan region used mainly by the Tribal and bhot people. *Sowa-Rig-pa* (Bodh-Kyi) means ‘science of healing’ and the practitioners of this medicine are known as *Amchi*. *Sowa-Rig-pa* is originated out of Ayurveda and is based mainly on the *AshtangaHridaya*’ treaty which one of the three main Compendia of Ayurveda, was translated in to Tibetan language in 4<sup>th</sup> century.

*Sowa-Rig-pa* is a science, art and philosophy that provide a holistic approach to health care on the basis of harmony and understanding of human being and universe i.e. the environment. It uses diagnostic techniques for examples pulse and urine examination (eight-fold examination) and it embraces the key Buddhist principles of altruism, karma and ethics. According to the Amchi system, proper alignment of the three Dosha, seven body Tissue (seven Dhatus) and three excretory products (Malas) in the state of equilibrium constitutes a healthy body. Any disequilibrium in any of the synergies leads to disease or ill-health. Amachi medical theory states that everything in the universe is made up of the five basic elements, namely, sa (Earth), chu (Water), me (Fire), rLung (Wind), Nam-mkha (Space). Amchi system is based on the following three Principle Energies –

(1) *rLung* (wind) manifests the nature of Air element. It is characterized as rough, light, cold, subtle, hard and mobile. It is responsible for the physical and mental activities, respiration, expulsion of urine, faces, foetus, menstruation, spitting, burping, speech, gives clarity to sense organs, sustains life by means of acting as a medium between mind and body. This is similar to Vata-dosha of Ayurveda.

(2) *mKhris-pa* (Bile) basically has the nature of fire. It is characterized as oily, sharp, hot, light, fetid, purgative and fluidity. *mKhris-pa* is responsible for hunger, thirst, digestion and assimilation, maintains body heat, gives lustre to body complexion and provides courage and determination. This is similar to Pitt-dosha of Ayurveda.

(3) *Bad-kan* (Phlegm) is cold in nature and is characterized as oily, cool, heavy, blunt, smooth, firm and sticky. *Bad-kan* is responsible for firmness of the body, stability of mind, induces sleep, connects joints, generates tolerance and lubricates the body. This is similar to Kapha-dosha of Ayurveda.

The diagnostic techniques in Sowa-Rigpa include visual observation, touch and interrogation. For treatment of health problems, the system makes use of herbs, minerals, animal products, spring and mineral water, moxibustion mysticism and spiritual power. The medicines are used usually in the form of decoctions, powders, pills and syrups etc. Mantra and tantra components are also very important of Sowa-rig-pa.

With an increase in lifestyle-related disorders there is a worldwide resurgence of interest in holistic systems of health care, particularly with respect to the prevention and management of chronic, non-communicable and systemic diseases. It is increasingly understood that no single health care system can provide satisfactory answers to all the health needs of modern society. Evidently, there is a need for a new inclusive and integrated health care regime that should guide health policies and programmes in future. India has an advantage in this global resurgence of interest in holistic therapies as it has a rich heritage of indigenous medical knowledge coupled with strong infrastructure and skilled manpower in modern medicine. Medical pluralism is here to stay and the AYUSH sector has a critical role to play in the new and emerging situation.

**B.** The Ministry has in place a broad institutional framework to carry out its activities. The Ministry administers one Centrally Sponsored Scheme namely National AYUSH Mission (NAM) and eleven Central Sector (CS) schemes viz.

1. Information, Education and Communication.
2. AYUSH and Public Health.
3. Assistance to accredited AYUSH Centres of Excellence in non-governmental/ private sector engaged in AYUSH education/drug development & research/clinical research/folk medicine etc.
4. Extra Mural Research Projects through Research Institutes etc.
5. Re-orientation Training Programme of AYUSH Personnel/ Continuing Medical Education (ROTP/CME).
6. Promotion of International Cooperation.
7. Development of common facilities for AYUSH industry clusters.
8. Pharmacovigilance initiative for ASU drugs.
9. Central Drug Controller for AYUSH.
10. Champion Sector Scheme.
11. Programme on Ayurveda-Biology Integrated Health Research.

### **C. RESEARCH COUNCILS**

The Central Council for Research in Indian Medicine and Homoeopathy (CCRIMH) was established in 1969 to carry out research in Ayurveda, Siddha, Unani, Yoga and Homoeopathy under the Ministry of Health and Family Welfare. Later, in 1978, this composite Council was dissolved to pave the way for the formation of four independent Research Councils, one each for Ayurveda and Siddha, Unani, Homoeopathy and Yoga and Naturopathy. The four successor Research Councils were established as autonomous organizations registered under Societies Act, to initiate, guide, develop and coordinate scientific research, both fundamental and applied, in different aspects of their respective systems. The Research Councils, which are fully financed by the Government of India, are the apex bodies for scientific research in the concerned systems of medicine. The research activities of the Research Councils are monitored and reviewed periodically in order to ensure that the research is focused and that it is undertaken in a time bound manner. The

outputs of the research studies are disseminated among educationists, researchers, physicians, manufacturers and the general public.

At present the Ministry has five exclusive Research Councils catering to the research in different disciplines of Indian Medicine. The councils that are responsible for the officially sponsored research activities are CCRAS for Ayurveda, CCRYN for Yoga and Naturopathy, CCRUM for Unani, CCRS for Siddha and CCRH for Homeopathy.

**i. Central Council for Research in Ayurveda Sciences (CCRAS):**

The Central Council for Research in Ayurvedic Sciences (CCRAS), an autonomous body under Ministry of AYUSH, Govt. of India is an apex body for undertaking, coordinating, formulating, developing and promoting research on scientific lines in Ayurvedic sciences.

**Functions:-**

The research activities of the Council include Clinical Research, Medicinal Plant Research, Drug Standardization, Pharmacological Research, Literary Research & Documentation and other outreach activities viz. Tribal Health Care Research Programme under TSP, National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS), Ayurveda Mobile Health Care Programme & Reproductive and Child Health (RCH) under SCSP being carried out through its 30 Institutes and also through various Institutions.

The Council is also engaged in Information, Education and Communication (IEC) activities through Health Mela/Exhibitions in India and abroad.

**Achievements during the year 2018-2019: -**

**Under Clinical Research,** 13 Intra Mural Research projects on 12 diseases/conditions viz. Psoriasis, Urolithiasis, Uterine Fibroid, Rheumatoid Arthritis, Haemorrhoids, Osteoarthritis knee, Gout, Osteopenia/Osteoporosis, Obesity, Iron Deficiency Anaemia, Menopausal syndrome & Cognitive Deficit have been completed. Under collaborative Research, 3 projects viz. Clinical study of 'AYUSH Rasayana A & B' in Elderly subjects, Bio-medical instrumentation for preparation of Ksharasutra and Validation of Prakriti Assessment Questionnaire/Scale with reputed organizations have been completed.

Under Tribal Health Care Research Programme (TSP), 127683 tribal populations were covered in 183 villages and incidental medical aid was provided to 52513 tribal patients and documented 208 folk claims/LHTs through 15 CCRAS institutes in 14 states. Under Ayurveda Mobile Health Care Programme (SCSP), 216275 SC population was surveyed, 162 villages/ colonies covered through 4744 tours and medical aid provided to 120907 SC patients through 20 CCRAS institutes in 18 states. Under Reproductive and Child Health Care Programme (SCSP), 29372 Population of 95 villages surveyed and medical aid provided to 10,106 SC patients through 19 CCRAS institutes in 17 states. Under SwasthyaRakshan Programme, 162 villages/colonies covered through 4985 tours and medical aid provided to 149940 patients through 21 CCRAS Institutes in 19 states. Under Integration of AYUSH (Ayurveda) with National Programme for Prevention and control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS), 24728 patients were enrolled for selected non communicable diseases, 259692 patients were enrolled/ registered for Yoga Classes and 2608 camps were conducted in 3 districts i.e. Surendra Nagar (Gujarat), Bhilwada (Rajasthan) and Gaya (Bihar). In 30 Ayurvedic Health Centres under North East Plan, 124191 patients were attended through RARIGID, Guwahati, RARI, Gangtok and RARI, Itanagar.

**Drug Research: Under Medicinal Plant Research**, 23 tours in selected areas of 6 states were conducted, collected 75 museum samples, and documented 450 folk claims. 115 new medicinal plants introduced in demonstrative gardens of Institutes. 9 Intra Mural Medicinal Plant Research projects were completed. **Drug Standardization/Quality Control** of 136 single drugs and 29 compound formulations have been carried out and one IMR project was completed. One Intra Mural **Pharmacological Research** Project was completed.

ii. **Central Council for Research in Siddha (CCRS):**

The Central Council for Research in Siddha (CCRS) is an autonomous body registered under societies act in July 2010 under Dept. of AYUSH, presently Ministry of AYUSH, Government of India, New Delhi. The CCRS is an apex body for the formulation, co-ordination and scientific validation of Siddha System of Medicine and was established as a separate Research Council w.e.f. September 2010. The vision of the Council is to endeavour for quality and global governance in the discipline of Siddha by broad research for assuring the safety and cost-effective products to restrict /control / heal various disease conditions.

**Functions :-**

Health care services, research activities are carried out in CCRS. The research activities of the Council include clinical research, fundamental research, drug research, medicinal plants research and literary research. The extended health care services through SwasthyaRakshan Programme is linked with Swachh Bharat and it is being implemented by the Institutes / Units of CCRS.

The research activities of CCRS are carried out through 8 peripheral Institutes / Units in the State of Tamil Nadu, Kerala, Karnataka and Andhra Pradesh and the Union Territories of Puducherry and New Delhi. In addition to these institutes / units, 3 co-located out-patient units of CCRS are functioning at AYUSH Wellness Clinic at Rashtrapati Bhavan, New Delhi, All India Institute of Ayurveda at Saritha Vihar, New Delhi and Siddha Medical Services Unit, Health Centre at Pondicherry University, Puducherry.

**Achievements during the year 2018-2019:-**

A new Siddha Clinical Research Unit was inaugurated by Shri Shripad Yesso Naik, Hon'ble MoS (IC) for AYUSH in SVIMS campus, Tirupati on 16<sup>th</sup> January, 2019. Ceremony of laying of foundation stone for the construction of CCRS Headquarters. office at NIS campus, Chennai was inaugurated by Shri Shripad Yesso Naik, Hon'ble MoS (IC) for AYUSH on

2<sup>nd</sup> May, 2018. The total number of health care beneficiaries for the year 2018-19 is 2,04,890. Bed occupancy ratio was 17.56%. Thirteen villages are covered through SwasthyaRakshan Programme (SRP) and the total beneficiaries of SRP programmes for the reporting year are 13942. 110 research papers and 5 books were published. The official Journal of Research in Siddha medicine (JRSM) was released by Shri P. N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH on 29<sup>th</sup> September, 2018. AYUSH Research Portal - A web based portal for research articles in AYUSH is successfully going on and the information are being updated periodically. As on date 1108 scientific articles have been uploaded in the AYUSH Research Portal. Four patents were filed. Patents on Management of H1N1 – JACOM and Thiriphala Chooranam as Pharmaceutical Excipient was published and a provisional patent on 'Process for the preparation of "Pooneeru" used in the Siddha Medicine and thereof' and Green synthesis of iron oxide using *Acalypha indica* L. 8 IMR projects have been completed

and 25 IMR projects are ongoing. CCRS has entered 3 MoUs with other institutions / universities.

### **Technologies developed in Health Care Management System**

THERAN software developed by CCRS was upscaled to AYUSH- Hospital Management Information System (A-HMIS) and was launched by Dr. Harsh Vardhan, Honb'le Minister, Ministry of Science & Technology, Govt. of India during the 3<sup>rd</sup> Ayurveda Day celebration on 5<sup>th</sup> November, 2018. A-HMIS training programmes for other streams of AYUSH have been imparted through CCRS for the successful implementation in their institutes.

### **Seminars / Conferences / workshops organized:**

- The Second Siddha Day was observed on 26<sup>th</sup> December, 2018 and a National Conference on “Siddha for public Health” was organised on at KalaivarnarArangam, Triplicane, Chennai, presided by Sh. BanwarilalPurohit, Governor of Tamil Nadu and Honb'le Minister of State (I/C) ShriShripadYessoNaik, Ministry of AYUSH, Govt. of India.
- National Conference on “Global Acceptance for Siddha System of Medicine: Scope and Challenges” was held on 28<sup>th</sup> & 29<sup>th</sup> September, 2018 at AmmaArangam, Chennai.
- Two National Workshops on Capacity Building of AYUSH professionals involved in A-HMIS (NWCBA-AHMIS)” was conducted by SCRI, Chennai on 21<sup>st</sup> January, 2019 and 24<sup>th</sup> - 25<sup>th</sup> January, 2019.

### **(iii) Central Council for Research in Unani Medicine (CCRUM):**

The Central Council for Research in Unani Medicine (CCRUM) is an autonomous organization under the Ministry of AYUSH, Government of India. The Council was established on 30<sup>th</sup> March 1978 under Societies Registration Act, XXI of 1860. However, it started functioning independently from 10<sup>th</sup> January 1979. The main objectives of the Council are as follows;

- To undertake research or any other programmes in Unani Medicine
- Prosecution of and assistance in research and propagation of knowledge and experimental measures generally in connection with the causation, mode of spread and prevention of diseases
- To initiate, aid, develop and coordinate scientific research on different aspects, fundamental and applied, of Unani Medicine, and to promote and assist institutions of research for the study of diseases, their prevention, causation and remedy

The Council's research programmes comprise clinical research, drug standardization research, literary research & survey and cultivation of medicinal plants. Besides, research oriented extension health services and Information, Education & Communication (IEC) activities are also part of the Council's programme. SwasthyaRakshan and integration of Unani Medicine in National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS) are also continued at different centres of the Council. The Council has continued M.D. and Ph.D. programmes in Unani Medicine which was started in the previous year. Research activities are being carried out through a network of 23 Institutes / Units functioning in different parts of the country.

Apart from the above centres, two extension centres one each at Dr. Ram ManoharLohia (RML) Hospital and DeenDayalUpadhyay (DDU) Hospital in New Delhi are also working. Besides, three Unani OPDs are also functioning – one each at All India Institute of Ayurveda (AIIA), New Delhi, a Unani Speciality &Regimenal Therapy Centre at Hakim Ajmal Khan Institute for Literary & Historical Research in Unani Medicine at JamiaMilliaIslamia, New

Delhi and an AYUSH Wellness Centre (Unani Wing) at the President Estate, RashtrapatiBhavan, New Delhi.

#### **Achievements :-**

As a result of dedicated research efforts, safe and effective Unani treatment has been developed for a number of common and chronic ailments. 12 preclinical safety and pharmacological studies on Unani drugs were undertaken. 10 new pharmacopoeial validation studies has been initiated. More than 80 research papers were published at the national and international scientific journals and nine publications were also brought out. Six projects were undertaken in IMR policy. In fundamental research clinical assessment of temperament of 845 patients were done. The council has undertaken nine research studies in collaboration with other prestigious institutes. In Drug Standardization Research Programme, SOPs for manufacture of 40 Unani formulations and their Pharmacopoeial standards were developed and published 50 monographs of compound formulation in UPI Part-II, Vol IV. Survey and Cultivation of Medicinal Plants Programme, 17738 botanical specimens were collected, 476 plant species identified, 376 herbarium sheets were digitized. The CCRUM has been awarded 5 patents cumulative of 17 patents with the Indian Patent Office (IPO).

The CCRUM is actively engaged in Swachhta Action Plan, Integration of Unani Medicine in National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) programme through its centres functioning in different parts of the country. Under SwasthyaRakshan Programme (SRP) a total of 72,774 individuals were screened, of which 63,328 were treated with Unani medicines and in NPCDCS a total of 1,18,176 patients were registered and treated. The Council organized 696 health camps /Arogya Fairs / Expos and similar events to propagate Unani system of medicine in which 15,119 individuals were benefited. The Council continued the promotion of the Official Language and organized Hindi Pakhwada at the Headquarters and different centres. Under AYUSH research-oriented healthcare services, a total of 4,02,070 patients comprising in GOPDs, Geriatric, RCH / MCH, Post-trial Access OPDs were treated. Mobile Clinical Research and School Health Programme 14,813 patients and 7,362 children were covered respectively. Special Component Plan – Scheduled Caste Sub-Plan (SCSP) and Tribal Sub-Plan (TSP), total population including 2, 27,013 SC and 54,442 ST were covered. In various regimen therapy a total of 12,472 patients were treated in different diseases. The two Unani Medical Centres functioning under the scheme of co-location of AYUSH centres in Dr.RML Hospital and DDU Hospital treated 24,328 and 17,866 patients were treated respectively. Under the Activities in North Eastern Region, 8,089 patients were treated.

#### **(iv) Central Council for Research in Yoga & Naturopathy (CCRYN):**

Central Council for Research in Yoga & Naturopathy (CCRYN) is an autonomous institution for Research and Development in Yoga and Naturopathy established in 1978 under the Societies Registration Act, 1860. The Council is fully funded by Ministry of AYUSH, Govt. of India. As per the Memorandum of Association, the objectives of the Council are as under:

- 
- Formulation of aims and patterns of research on scientific lines in Yoga & Naturopathy.
- Undertake any education, training, research and other programmes in Yoga & Naturopathy.

- Prosecution of and assistance in research, propagation of knowledge and experimental measures generally in connection with the causation, mode of spread and prevention of diseases.
- Initiate, aid, develop and coordinate scientific research in different aspects, fundamental and applied of Yoga and Naturopathy and to promote and assist institutions of research for the study of diseases, their prevention, causation and remedy.
- Prepare, print, publish and exhibit any papers, posters, pamphlets, periodicals and books for furtherance of the objects of the Central Council and to contribute to such literature.
- Offer prizes and grant of scholarships, including travelling scholarships in furtherance of the objectives of the Central Council.
- Grant accreditation to organisations for conducting courses in Yoga and Naturopathy.

#### **Propagational Activities: -**

The Council undertakes various activities relating to promotion, propagation and dissemination of scientific knowledge of Yoga & Naturopathy for the benefit of researchers and common public either directly or in collaboration with other organizations. Brief description of these activities is given below:

#### **International Day of Yoga (IDY) - 2018**

The Council had actively participated in the celebration of International Day of Yoga (IDY) - 2018 all across the country. The details of the activities conducted by the Council with respect to IDY-2018 are as under:

#### **One Month Yoga Training Camp in all districts of India**

The Council celebrated 4<sup>th</sup> *International Day of Yoga* by organising *One Month Yoga Training Camp* from 21<sup>st</sup> May to 21<sup>st</sup> June 2018 in all districts of India with the help of Govt./Non-Govt. institutions working in the field of Yoga/health. A token reimbursement grant up to maximum of Rs.1.00 lakh per district was given to selected institutions for this purpose. In comparison to last year's International Day of Yoga, larger number of people participation was observed this year. Nearly 14.00 lakh people got benefitted from these programmes.

#### **(V) Central Council for Research in Homoeopathy (CCRH):**

Central Council for Research in Homoeopathy, an apex autonomous research organization under Ministry of AYUSH, Govt. of India conducts scientific research in the field of Homoeopathy through its centres spread all over India. Besides providing health care in the rural and urban areas, it is also actively engaged in collaborating with institutes of excellence both in India and abroad to formulate aims and patterns of research on scientific lines.

The mandate of the Council is to 'Conduct scientific and ethical research thereby enhancing success rate of clinical practice, promotion of safe, efficient and effective treatment in health care delivery and ensuring global acceptance of Homoeopathy.'

#### **Functions: -**

- To undertake research programs in Homoeopathy on scientific lines
- To propagate knowledge and disseminate information pertaining to research in Homoeopathy
- To undertake experimental studies in connection with causation, mode of spread, prevention and treatment of diseases

- To initiate, aid, develop and co-ordinate scientific research in different aspects of Homoeopathy: fundamental and applied
- To exchange information with other institutions, associations and societies interested in the objectives similar to those of CCRH

#### **Achievements during the year 2018-2019: -**

- **Health care facilities:** Under regular health care facilities through OPD and IPD, the institutes registered 632203 visits of patients with 366173 (57.92%) women.
- **Clinical Trials:** During the year 2018-19, Council has undertaken 34 trials collectively on Clinical, Epidemic and Collaborative Research.
- **Drug Development:** The Council has laid down standards for 19 drugs on Pharmacognostic and Physico-chemical parameters. The revision of 27 drugs of plant origin, 11 drugs of chemical origin and 2 drugs of animal origin in Homoeopathic Pharmacopoeia of India was undertaken to bring it at par with International pharmacopoeias'. Chromatographic parameters of 17 drugs have been added in HPTLC Atlas. Under Drug Proving Programme, five coded drugs were given at 8 centres involving 256 provers. The Clinical verification of 16 drugs continued at 13 centres.
- **Patents:** During the reporting period, the Council has filed application for **two patents** [ 02 product patent].
- **International and National Cooperation:** Collaboration with other countries in the areas of research and education is of critical importance. We have tried to forge alliance with institutes of international and national repute. Consequent upon signing of MoU with ShaareZedek Medical Centre, Israel, the protocol of the first identified project 'Comparison of conventional & homoeopathic paradigms in treating children aged 0-18 months; A pragmatic randomised clinical trial' was finalised. The national collaboration with colleges throughout India reached 28 with signing of MoUs with different UG & PG colleges.

#### **Research Oriented Extension Health Services**

- **Homoeopathy for Healthy Child:** Homoeopathy for Healthy Child, an aspiring public health initiative implemented through 7 institutes/units of CCRH in 10 blocks of 05 states. During the reporting period 6043 children have been enrolled and are being provided health care through homeopathic medicines
- **Integration of Homoeopathy in the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS):** Integrated NPCDCS program is functional at 22 identified Life Style Disorder Clinics. A total of 152764 patients have been benefitted from this integrative arrangement.
- **SwasthyaRakshan Program [SRP]:** The Council has taken up SwasthyaRakshan Programme and linked it with Swachh Bharat Abhiyan and PoshanAbhiyaan (National Nutrition Mission) which is India's flagship programme to improve nutritional outcomes for children, pregnant women and lactating mothers. While SwasthyaRakshan Programme has benefitted 101006 patients through 2128 SwasthyaRakshan Camps organised in 55 identified villages/colonies, PoshanAbhiyan has benefitted 11055 patients in the OPD and specialty clinics, schools, villages during health camps.
- **Professional outreach:** On the international front, CCRH successfully organized a scientific convention on World Homoeopathy Day to commemorate 263rd Birth Anniversary of Dr. Samuel Hahnemann, the founder of Homoeopathy. A three- day World Integrated Medicine Forum was also organized by CCRH on 'Advancing Global

Collaborations' to bring homoeopathic industry and regulatory sector on a common platform.

- **Initiation of Award Scheme:** In order to encourage the Homoeopathic professionals including scientists, an award scheme was initiated from the year 2017 onwards. Under this, award for best researcher, best teacher, young scientist, best research paper and life time achievement were conferred during the event conducted on the occasion of the World Homoeopathy Day, 2018.
- **A-HMIS** National Homoeopathy Research Institute in Mental Health (NHRIMH), Kottayam, Dr. D.P. Rastogi Central Research Institute of Homoeopathy (DDPRCRIH), Noida and Regional Research Institute for Homoeopathy, RRI(H), Gudivada have been taken on board for roll out of OPD module in November 2018. The Council has fully equipped these institutes with respect to installation of specific hardware for functionality. The customisation of OPD module according to Homoeopathy is ongoing. Till date a cumulative total of 59,039 patients have been registered in A-HMIS by the Council. The phase II implementation of A HMIS is being taken up at 18 centres of the Council. The Ministry has organised 04 training programmes, imparting training to 07 research officers during the reporting year
- **Infrastructure Strengthening** Land has been acquired for construction of own buildings at Siliguri, Lucknow, Imphal, Guwahati and Shimla. NHRIMH has started PG programmes in Practice of Medicine and Psychiatry. The Council is undertaking research activities through a network of 24 institutes/units; three extension centres and six OPDs.

#### D. NATIONAL INSTITUTES

The ministry is also at the aegis of eleven professional research institutes and academic faculties devoted to various forms of alternative medicine. So far, eleven National Institutes for Ayurveda (NIA, Jaipur), (RAV, New Delhi), (AIIA, New Delhi) & (IPGTRA, Jamnagar), Siddha (NIS, Chennai), Unani (NIUM, Bangalore), Yoga (MDNIY, New Delhi), Naturopathy (NIN, Pune) and Homoeopathy (NIH, Kolkata), (NEIAH, Meghalaya), (NEIFM, Pasighat) are existing at national level for teaching, research and clinical practices. The resources of Central Sector Schemes is channelled through these autonomous bodies.

##### (I) **National Institute of Ayurveda (NIA), Jaipur:**

The National Institute of Ayurveda, established on 7th February 1976, is an apex Institute of the Ministry of AYUSH, Government of India for promoting the growth and development of Ayurveda as a model Institute for evolving high standards of teaching, training, research and patient care and also to invoke scientific outlook to the knowledge of Ayurvedic System of Medicine, with the aims and objectives of promoting the growth and development of Ayurveda, Yoga, Naturopathy, etc. producing Graduates, Post-Graduates, Ph.D. fellows, etc. in all branches of Ayurveda, Yoga and Naturopathy etc.; conducting research on various aspects of Ayurveda, Yoga and Naturopathy etc.; providing medical care through AYUSH Systems of Medicine to the suffering humanity; providing and assist in providing services and facilities of the highest order for research, evaluation, training, consultation and guidance to AYUSH Systems of medicine; conducting experiments and develop patterns of teaching in Under-Graduate, Post-Graduate and Ph.D. education in all branches of Ayurveda, Yoga and Naturopathy etc. and opening and to run such other institutes for promoting AYUSH education, research and other related functions in any part of the country.

**Mandate:** Ayurvedic Education, Trainings, Research, Patient Care, Drug & Development.

## **Functions:-**

The main functions of the institute is imparting Graduate, Post-Graduate, Post-Doctoral and Diploma level courses of BAMS, MD/MS(Ayu.), Ph.D.(Ayu) and diploma in Ayu. Nursing & Pharmacy and also a Panchakarmatechniciancourse and more than a dozen short term courses on various topics of Ayurveda. Research and MOUs for various research and collaborative activities are also undertaken by the institute with national level organizations, universities, manufacturing companies etc. The institute provides patient care services through OPD and IPD services. The institute has 280 bedded NABH Accredited hospital in the campus. Another 20 bedded hospital and a satellite OPD hospital are also functioning. Under the SCP scheme, medical care facilities are provided to SC population in Rajasthan for which a separate hospital has been set up in a village around 35 kms. away from the institute. Regular medical camps are organised in various districts of Rajasthan and free consultations, medicines are provided. More than 300 types of medicines worth Rs. 300 lakhs are prepared annually in the GMT certified pharmacy for free dispensing to patients in hospitals and research activities. The following All India Programs were assigned by Ministry of AYUSH and the Institute is actively doing and participating in these Programs:

Intermediary Pharma-covigilance Centre, Nodal Agency for AYURTECH, Regional Raw Drug Repository Western Region, Task Force for Benchmark Documents on Ayurveda (Compendium of Food and Related Traditional Diversity of India) - To be circulated on International Level, Technical Working Group on AYUSH & RNTCP Collaboration to eliminate TB by 2025. This is constituted by Ministry of Health and Family Welfare and Director, NIA is a Member of the Committee, Review and Harmonization of Recruitment Rules for all National Institutes and other Organizations of the Ministry of AYUSH.

An extension centre of NIA named National Institute of Ayurveda is to come up at Panchkula for which the Hon'ble Prime Minister has laid the foundation stone. A land measuring 1.37 acres is being purchased through Department of Heavy Industries, Govt. of India for various expansion purposes of teaching, pharmacy, specialty clinics etc. A new multi-storey hospital complex is coming up in the campus for expansion of hospital services. An animal house is coming up for clinical trials & research. The City Hospital will be reconstructed for launching a world class Ayurvedic Hospital in the heart of Jaipur city. The UGC is very actively considering the proposal. Proposals submitted for development of NIA under the Jaipur Smart City Programs (construction for Multi-Storey Buildings, covering the Sewerage Nallah etc.).

## **Achievements During 2018-19 :-**

The Ministry of AYUSH, Government of India decided and approved to establish a National Institute of Ayurveda at Panchkula, Haryana as an extension centre of NIA. The foundation stone for the proposed institute was laid by Shri Narendra Modi, Hon'ble Prime Minister on 12-2-2019. This is of Rs. 270 Crore Project for which PMC has been appointed and the construction work will start soon. The institute has applied for Deemed to be University Status for which the UGC has constituted an Expert Committee which examined the application and status of the Institute. The institute has also applied for NABL Accreditation. The annual intake capacity to the UG Course of BAMS was enhanced to 125 with the implementation of EWS Reservation Policy in central institutions. Approval of University was obtained for doing Ph.D. by institute teachers.

One year Panchakarma Technician Course has been launched. More than a dozen Short-Term courses ranging from 3 days to 45 days have also been launched which are gaining wide attraction among general public, professionals, researchers and physicians. There is great demand of foreigners in getting Ayurvedic Training in UG, PG and Ph.D. courses from NIA as a result of which students from Nicaragua, Trinidad & Tobago, Iran, Surinam, Thailand, Russia, Tanzania, Sri Lanka, Nepal, Bhutan, Bangladesh etc. are studying in these courses. Skill Development Workshops on Spine Diagnosis, CharakaSamhita and Teaching Methodology were organized. A Symposium on KrimiRogawas also organized. 8 National workshops, CMEs were also organized on various topics. The Institute has entered into MOU with Ministry of AYUSH, UniversityTunku Abdul Rahman of Malaysia and organisations like National Innovation Foundation, CCRAS, DattaMeghe Institute of Medical Sciences, Wardha, DY Patil Deemed University, Mumbai, Maharashtra University of Health Sciences BVG Life Sciences Limited, Pune, Himalaya Drug Co., BOHECO Mumbai, Shree Dhootapeshwar Ltd. etc. The institute receivedRs. 450 lakhs for these research projects. The patient care activities continued excellently and the total number of patients treated in OPD was 2,94,453 out of which 1,94,458 were new patients. 69,782 Patients were treated at IPD level out of which 4,912 were new. Under the SC-SP program, 79 Camps were organized in which 42,194 Patients were treated, consultations and medical check-up were given and free medicines dispensed. The GMP certified Pharmacy of the institute produced 328 types of medicines (55,813 Kg.) worth Rs. 2,50,21,958. The library has been equipped with automation facilities with Library Management Software System equipped with RFID staff station, thermal printers, library security gate single aisle, self-adhesive RFID tags for books with logo stickers, RFID handheld reader for shelf management etc. The ongoing construction works for new OPD building and animal house are in progress in the campus. On completion, the institute will start drug trials, research etc. With the utilization of the animal house and the new OPD building coming up will facilitate to expand OPD and IPD related services for the benefit of patients. An Audio-Visual Museum of scientific history for Ayurveda and a Manuscript Unit have been set up.

## **(II) Rashtriya Ayurveda Vidyapeeth (RAV), New Delhi:**

RashtriyaAyurvedaVidyapeeth (RAV) is an autonomous organization under the Ministry of AYUSH, Govt. of India. The Vidyapeeth was established with the main aim to preserve and arrange transfer of Ayurvedic knowledge possessed by eminent Ayurvedic scholars and practitioners, to the younger generation through the Indian Traditional Guru–Shishya method of education and knowledge transfer.

### **Functions:-**

The Vidyapeeth organizes National Seminars to discuss the latest development and research in Ayurveda for the benefits of practitioners and researchers and also conducts Interactive Workshops for the discussion on debatable topics of Ayurveda between students and teachers. Besides that, RAValso conducts training programmes for Ayurvedic teachers on Samhita based clinical diagnosis and for PG students on Research Methodology, Manuscript writing and Career opportunities.

RAValso works as a nodal agency to the Ministry of AYUSH in implementing Central Sector Scheme of Continuing Medical Education (CME) in AYUSH systems.

## **Achievements :-**

RAV has participated in Arogya exhibitions in Ahmedabad which were organized by Ministry of AYUSH, Govt. of India. RAV has started the traditional Shishyopanayaniya for the fresh students from this year onwards. RAV conducted a 24<sup>th</sup> National Seminar and published a book on the topic 'Role of Ayurveda in Sports Medicine'.

RAV incurred expenditure under GIA General Rs. 9.93 crore and Rs. 0.5474 crore under GIA Salary w.e.f. 1<sup>st</sup> January, 2018 to 31<sup>st</sup> March, 2019.

### **(III) Institute of Post Graduate Teaching and Research in Ayurveda (IPGT&RA), Jamnagar (GUJARAT):**

Institute for Post Graduate Teaching & Research in Ayurveda was established in 1956 Government of India. This institute is fully financed by Government of India and is governed by the acts and statute of Gujarat Ayurveda University and Board of I.P.G.T. & R.A with a mandate to develop competent human resources for teaching, training, treatment and research along with promotion & propagation of Ayurveda.

Institute is aimed to meet current requirements by incorporating advances of basic sciences, serve the requirement of global health care, for collaborative research to revalidate traditional claims and principles, enrich pharmacopoeia through evidence based research, mainstream Ayurveda in the public health and support and enrich National Health Mission.

## **Achievements :-**

Seven Memorandum of Understanding were signed with National and International agencies. Completed 64 PG and 29 PhD research projects, Five EMR research projects, sponsored by national agencies, were under progress. Industry / outside agencies sponsored one major project, 2 minor projects were completed and 3 major and 2 minor projects were ongoing. A National workshop on research methodology and scientific writing and a CME on Pharmacovigilance were organized. Total 218 articles in peer reviewed research journals, one monograph, 2 chapters in books were published and 94 scientific research papers were presented. Provided health care services for 3,42,788 out door and 7153 indoor patients. Five health checkup camps at school, 13 free medical camps, one blood donation camp organized and started an exclusive wound care unit. In two days' mega health expo 6000 medicinal plants distributed among more than 30000 visitors. Prof. Rabinarayan Acharya received best teacher and best research paper award by CCRAS. Three PG Thesis received National level best thesis awards and 20 students received best research paper presentation award at national level.

### **(IV) National Institute of Unani Medicine (NIUM), Bengaluru:**

National Institute of Unani Medicine was established in 1984 as an autonomous organization; However, the academic and research activities started only in the year 2004. Since then the NIUM has notched up remarkable successes and achievements in various spheres of research and academic activities. The mandate of the institute is to strengthen and promote excellence in education, research and patient care in Unani System of Medicine.

## **Functions:-**

The research & development in the field of Unani System of Medicine is one of the important functions of the institute. The institute produces Post Graduates in 10 departments viz Moalajat (Medicine), Ilmu Advia (Pharmacology), Tahaffuziwa Samaji Tib (PSM), Qabalatwa Amraze Niswan (OBG), Ilmu Saidla (Unani Pharmacy), Kulliyat Umoor Tabiyya (Basic principles of Unani Medicine), Ilaj Bit Tadbeer (Regimenal Therapy), Ilmu Jarahat (Surgery), Mahiyatul Amraz (Pathology), and Amraze Jildwa Tazeeniyat (Skin). Institute also offers Ph. D in two departments. The institute runs specialized (Muculoskeletal, skin and cosmetology, GIT & Hepato-biliary, Neurorehabilitation, Psychiatric, Geriatric and lifestyle disorders) and general OPDs backed by 180 bedded IPD. The hospital has well established regimenal therapy centre comprising mainly *Hijama, Dalk, Hammam, Nutool, Irsale Alaq* Therapy etc, employed in the management of various disorders.

The hospital is also equipped with modern diagnostic lab facilities like pathology, bio-chemistry, radiology and ultra-sonography. The hospital also offers the facility of family planning, nutritional advice, vaccination and DOTS. The NIUM hospital is the first NABH accredited Unani hospital in India.

## **Achievement of the institute during the year 2018-19:**

- Honourable Minister of AYUSH, Shri Shripad Yesso Naik laid the foundation stone of NIUM, 2<sup>nd</sup> Unit at Ghaziabad.
- Two new departments viz Mahiyatul Amraz and Amraze Jildwa Tazeeniyat have been started from this academic session.
- A Unit of Intermediary Pharmacovigilance Centre (IPvCC) for Unani Drugs was established at NIUM and a two-days CME on Pharmacovigilance was also organized from 15-16<sup>th</sup> Jan 2019.
- National Seminar was organized on the occasion of Unani Day under the theme “Unani Medicine for Public Health”.
- The NIUM has been awarded with ‘The BEST UNANI INSTITUTE’ in India by UMDA, Andhra Pradesh Unit.
- Dr. Nasreen Jahan and Dr. Arshiya Sultana were conferred with Young Scientist Award and Best research paper award respectively by CCRUM, Ministry of AYUSH, Govt. of India.
- Four research papers were published in Pub. Med. Journals.

## **(V) National Institute of Siddha (NIS), Chennai:**

National Institute of Siddha is an autonomous premiere Institution under the Ministry of AYUSH, Government of India. This Institute was inaugurated on 3<sup>rd</sup> September 2005. The Mandate of the Institute are as under: -

- To impart Post-Graduate education in Siddha System.
- To conduct experiments and to develop pattern of teaching in PG education in Siddha System.
- To conduct research on various aspects of Siddha.
- To act as a centre of excellence in Siddha.
- To provide medical care through Siddha system of medicine to general public.
- To develop, promote and propagate the science and art of Siddha.

## **Functions: -**

- This Institute is conducting post graduate course in Siddha {M.D(Siddha)} in eight specialties of Siddha with the annual intake capacity of 46 candidates.
- This Institute is also a recognized centre for conducting Ph. D in Siddha in 6 Departments with 2 candidates in each department per year.
- This Institute is affiliated with the Tamil Nadu Dr. M.G.R. Medical University for these courses. It follows the syllabus and curriculum prescribed by Central Council of Indian Medicine.
- The Institute is providing health care services through Siddha Medicine in the OPD/IPD of attached NABH accredited AyothidossPandithar hospital.
- National Institute of Siddha has been recognized as the Intermediary Pharmacovigilance Centre (IPvC) for Siddha system of Medicine.

#### **Achievements during the year 2018-19:**

- Two Continuing Medical Education Programmes (CMEs), sponsored by Ministry of AYUSH were conducted from 27-8-2018 to 1-9-2018 and from 4-12-2018 to 9-12-2018.
- NIS provided training on exposure in AYUSH concepts to 15 Central Health Service (CHS) officers deputed by the National Institute of Health & Family Welfare (NIHFW), New Delhi during 24-25 September 2018.
- A Workshop for implementation of AYUSH Hospital Management Information System workshop [A-HMIS] was conducted in this Institute from 21-10-2018 to 22-10-2018 for professionals of all the AYUSH streams.
- The AyothidossPandithar Hospital attached with the Institute has been granted NABH Accreditation w.e.f. 16-9-2018.
- During the year 2018-19 the out-patient department of AyothidossPandithar Hospital has recorded a total of 788510 patients' visits. The IPD recorded 55723 patients' bed days.
- Keeping in view the substantial patient strength, Ministry of AYUSH has approved the construction of a new OPD Block at a cost of Rs.31.65 crore. Foundation stone laid on 2-5-2018 by Hon'ble Minister for AYUSH.
- During 2018-19, 13 faculty members of this Institute have been awarded Ph.D degree. 5 faculty members have submitted their theses.

#### **(VI) Morarji Desai National Institute of Yoga (MDNIY), New Delhi:**

Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organisation registered under the Societies Registration Act, 1860 and functioning under Ministry of AYUSH, Govt. of India. MDNIY came into existence on 01.04.1998 by upgrading erstwhile Central Research Institute for Yoga (CRIY) which was established in the year 1976. The Aim of the Institute is to promote deeper understanding of Yoga philosophy and practices based on ancient Yoga Traditions for holistic health and well-being of all. The Objectives of the Institute are-

- To act as a centre of excellence in Yoga;
- To develop, promote and propagate the philosophy, science and art of Yoga; and
- To provide and promote facilities for Yoga education, training, therapy and research to fulfil the above two objectives.

#### **Yoga Therapy Centres in AYUSH/Allopathic Hospitals**

- The Institute has established 04 Yoga Therapy Centres in Delhi where about **17,000** patients per annum are provided Yoga therapy patient days.

#### **Preventive Health Care Units of Yoga in CGHS Dispensaries**

- MDNIY established 19 Preventive Healthcare Units in CGHS Wellness Centres in Delhi and NCR where about **1.00 lakh** patients are getting benefits every year

#### **WHO Collaborating Centre in Traditional Medicine (Yoga)**

- MDNIY has been designated as a collaborating centre for traditional medicine (YOGA) for 4 years. It has completed the 4 activities and now, it has been re-designated as a Collaborating Centre with the Terms of Reference (TOR) “to contribute to WHO’s effort in promoting evidence based Yoga practice for managing Non-Communicable Diseases (NCDs)” for the next four years (2017-2021).
- WHO’s “Be Healthy, Be Mobile” (BHBM) initiative supports the scale up of mobile health (mHealth) technology within national health systems to help combat non-communicable diseases (NCDs). The institute as WHO CC, has the privilege to be associated with WHO mobile health (mHealth) initiative and have attained the privilege to be the only WHO CC in the world to engage in achieving Yoga specific outcomes. A MoU between WHO and Ministry of AYUSH, MDNIY has signed for the implementation of the project entitled “mYoga–An mHealth Programme for Yoga”.

#### **Collaboration with Educational Bodies/Ministries/Departments**

- Coordinating with all leading Yoga Institutions to bring the synergy in the Yoga Protocols.
- Providing technical support to UGC, NCERT, NCTE, CBSE, IGNOU, ICCR, MH&FW, MYA&S, MEA, MHA, MI&B, MW&CW, MR and other such bodies and ministries.

#### **(VII) National Institute of Naturopathy (NIN), Pune:**

National Institute of Naturopathy (NIN) is an autonomous body under the Ministry of AYUSH, Govt. of India, located at a historical place called “BapuBhavan”, named after Mahatma Gandhi, who made this institution his home. NIN was established in 22-12-1986 with the objectives of propagating and promoting Naturopathy and Yoga, to provide treatment facilities through Naturopathy and Yoga, to conduct research and training and to establish a living Memorial of Mahatma Gandhi. Another main objective of NIN is to create a Nature Cure University – which was one of the aims of forming the “All India Nature Cure Foundation Trust” by Mahatma Gandhi.

#### **Achievements:-**

During the year 2018-19, the Institute has extended its multifaceted in-house activities like Naturopathy OPD Clinic /Day Care and IPD facility, eight regular yoga classes; therapeutic yoga (one to one for patients) sections, health shop services where organic health products free from chemicals are made available, treatment equipment and books on Naturopathy and Yoga in Marathi, Hindi and English are sold; Library with home lending as well as reading room facility for the public, Naturopathy Diet Centre where healthy food is served to the general public where about 850 foot fall happen daily.

NIN also organizes outreach activities such as Food Exhibitions, Naturopathy and Yoga Workshops, Seminars, lectures, Yoga demonstration, etc. for women's groups and other general public in private and Govt. organizations, schools, colleges, etc.

NIN actively takes up in-house research activities and also in collaboration with other institutes and produces research publications in various National and International Indexed Journals. The academic department of NIN offers various fellowship programs, skill development and certificate courses.

NIN with the active support from the Ministry of AYUSH, Government of India, has been allocated 25 acres of land by the Government of Maharashtra to establish 'Nisarg Gram' Naturopathy Hospital (250 Bedded), Medical College(UG/PG/Ph.D/fellowship/Para Med.), Research Unit and Living Gandhi Memorial at new site in Yewalewadi, Pune.

### **(VIII) National Institute of Homoeopathy (NIH), Kolkata:**

National Institute of Homoeopathy was established on 10th December 1975 in Kolkata as an Autonomous Institute under the Ministry of Health & Family Welfare, presently under the Ministry of AYUSH, Govt. of India. The Institute was affiliated to the University of Calcutta up to session 2003-04 and from 2004-05 has been affiliated to the West Bengal University of Health Sciences, Kolkata.

The aim of this institute is to foster excellence in Homoeopathic Medical Education and Research, to educate and train undergraduate, post graduate students and research scholars of homoeopathy in accordance with highest professional standards.

#### **Management:**

The 'APEX' body of the Institute is the Governing Body (GB) headed by the Hon'ble Union Minister of State for AYUSH. The Governing Body appoints a Standing Finance Committee (SFC) to oversee the entire financial aspects and involvements. There is a Secretariat set up in the Ministry of AYUSH who monitor and support the entire Administrative and Financial affairs of the Institute. The Chief Executive Officer of the Institute is the Director.

#### **Functions:**

- **Health care services:**

The Institute has a 100-bedded Hospital within its main campus with a provision for expansion to total 250 beds in near future. The Hospital services consists of Out Patient Department (OPD) in SaltLake and eight peripheral OPD at Kalyani, Barrackpore, Kharagpur, Tollygunj, Barasat, Gopiballavpur, Kashiary, Sutia of West Bengal and in-patient departments (IPD) at Saltlake, providing the services with a nominal charge for investigations and other services. 4, 44,512 patients attended in OPD during the period 1<sup>st</sup> Jan 2018 – 31<sup>st</sup> March 2019. A total number of 1497 patients were admitted in IPD of the hospital during the period 1<sup>st</sup> Jan 2018 – 31<sup>st</sup> March 2019. The Institute provides clinical training to the Under-graduate students through its Hospital. Every year the Institute organises/participate in medical camp at GangasagarMela during Makar Sankranti in the district of 24-Parganas (South), West Bengal to provide Homoeopathic treatment on the spot to ailing pilgrims coming from all over the country. Also every year the institute participates in School Health check-up programmes and medical camps. NIH hospital has been awarded the NABH accreditation for the period 24.2.2019 to 23.02.2022.

- **Academic activities:**

The Institute is conducting two full time regular courses in Homoeopathy recognized by the Central Council of Homoeopathy and Govt. of India. One is 5½ years Under Graduate course in Homoeopathy viz., Bachelor of Homoeopathic Medicine and Surgery (B.H.M.S.) since 1987 and the other is 3-years Postgraduate course viz., Doctor of Medicine in Homoeopathy [M.D. (Hom.)] since 1998 under the affiliation of the West Bengal University of Health Sciences, Kolkata. At present 93 UG seats and 36 PG seats are available in NIH, Kolkata. Admissions are filled up through National Entrance cum Eligibility Test (NEET) for 63 seats, 14 seats for Central Govt. nominee, 10 seats for Govt. of Sri Lanka nominee, 05 seats for BIMSTEC nominees and 01 seat for Foreign National.

At present PG course is offered in six subjects' viz. Organon of Medicine, Materia Medica, Case Taking and Repertorisation with 9 seats in each subject, Homoeopathic Pharmacy, Practice of Medicine and Paediatrics with 3 seats each. Two seats are earmarked for candidates of BIMSTEC countries, six seats are earmarked for Central Govt. Nominee. In 2018-21 session 34 students (09 males and 25 females) in MD(Hom.) course and 88 students (33 males and 55 females) in BHMS course got admission in NIH.

### **Library & information services:**

This division has more than 21000 documents (macro & micro) including rare homoeopathy treatises. It provides various services i.e. Documentation, Reference, Referral, CAS, SDI, Document delivery, Internet etc. to the in-house readers. Book Bank service is also functioning. The Institute publishes a quarterly Bulletin [ISSN 0972-6276] incorporating scientific articles and other topics on Homoeopathy on regular basis.

### **Achievements 2018-19:**

- The Institute conducted 3rd Foundation Training Program for GDMOs under CHS on 24<sup>th</sup> & 25<sup>th</sup> September 2018.
- Foundation Stone of the 2<sup>nd</sup> Campus of National Institute of Homoeopathy at Narela, Delhi was laid down on 16<sup>th</sup> October, 2018 by the Hon'ble Union Minister of State for AYUSH (I/C).
- Foundation Stone laying ceremony of the ten storied New Girls Hostel was done by the Hon'ble Union Minister of State for AYUSH (I/C) on 30<sup>th</sup> October, 2018 within the Institute's main campus.
- Celebrated and observed all programmes under 'Swachh Bharat Mission, International Yoga Day, World No Tobacco day.
- Pension Adalat (18.9.18) and self-defence training for women (31.01.19) was organized in the campus.
- NIH hospital has been awarded the NABH accreditation for the period 24.2.2019 to 23.02.2022.
- Five Peripheral OPD opened during the month of March 2019 at Tollygunj, Barasat, Gopiballavpur, Kashiary, Sutia of West Bengal.
- Roof Top Solar panel has been installed in NIH JC & GE Block campuses.

### **(IX) All India Institute of Ayurveda (AIIA), New Delhi:**

Within a short duration of its establishment, All India Institute of Ayurveda (AIIA) has gained wide national and International recognition. With an aim to facilitate quality research

aimed at bridging gaps in the scientific information about quality, safety and efficacy of Ayurveda products and developing benchmarks of Ayurveda education, research and healthcare for other institutions to follow, AIIA has been actively working in this direction.

### **Objectives of AIIA:-**

- To provide postgraduate/doctoral and post-doctoral teaching, research facilities and quality patient care services under the Ayurveda system of medicine.
- To act as referral hospital and a “Centre of Excellence” to set highest standards of education, research, patient care and also function as a model centre for international collaboration.
- To give highest priority to explore and explain the scientific basis of various aspects of Ayurveda through collaborative and inter-disciplinary research.
- To develop model teaching tools, demonstration modules of teaching in Ayurveda medical education in all branches so as to demonstrate high standards of education for use in Ayurveda Institutions.

### **Innovations:**

**Smart India Hackathon** - Smart India Hackathon (SIH) is a nationwide initiative by Ministry of HRD and AICTE. Ministry of AYUSH is one of the premiere partner of this initiative. Director, AIIA is the nodal officer for SIH from Ministry of AYUSH. SIH provide students a platform to solve some of the pressing problems we face in our daily lives, and thus inculcate a culture of product innovation and a mind-set of problem solving. There were: -

- There were 4 innovations for the year 2019 in Software category (Ayurveda Pharmacovigilance android app, Epidemiological survey app etc.) and 3 innovations in Hardware Category (Non-invasive Glucometer, Ayurveda Decoction vending machines & Audio guide for patient regarding doctor prescription)
- Two digital Innovations (AYUSH Games & Ayurveda Research Portal) conceived in SIH 2017 were deployed on public platform on the eve of Ayurveda Day 2019.

### **Skill Development, Capacity building and Women Empowerment, Training sessions, Seminars, Workshops and other events**

- Orientation Program on AYUSH Researches and Bio statistics to the Beginners, 21<sup>st</sup> - 24<sup>th</sup> January, 2019
- International Workshop - Development of SoP for quality assessment of Raw Medicinal Plant Material on the basis of Rasa and an exhibition on Medicinal Plant Research, 25<sup>th</sup> - 26<sup>th</sup> February 2019.
- CME on Management of Chronic Kidney Disease through Ayurveda, 23<sup>rd</sup> March 2019
- National Training Program for the coordinators of Pharmacovigilance at IPC, Ghaziabad, 19<sup>th</sup>-20<sup>th</sup> March 2019.
- Workshop on SampraptiVighatana, 26<sup>th</sup> March 2019.

### **Achievements and MoUs**

- **Centre of Excellence in AYUSH Skill Development Courses-** AIIA is a declared by Hon’ble Minister of AYUSH along with CEO of Health Sector Skill Council as Centre of Excellence in AYUSH Skill Development Courses.
- **Nodal Centre for Smart India Hackathon (SIH) for Ministry of AYUSH-** Faculty of AIIA participated as Judges in assessing the hardware and software issues related solutions as a part of Hackathon.

- **Host Institution (HI) for “Support for Entrepreneurial and Managerial Development of MSMEs through Incubators” by Ministry of Micro, Small & Medium Enterprises** – where Grant in Aid support for Plant and Machinery to HI up to Rs.1.00 cr., Rs. 15.00 lakh per idea for developing and nurturing the ideas and providing SEED Capital support fund for setting up of Startups will be funded for encouraging young entrepreneurship.
- **Nodal Centre for Pharmacovigilance for Ayurveda, Siddha and Unani (ASU) Drugs** - 20 new Peripheral Centres have been identified in the current year by AIIA for reporting Adverse Drug Events of ASU Drugs.
- Institute is regularly publishing **Ayurveda Case Reports (AyuCaRe)**, an exclusive journal for Case Reports, first of its kind in field of Ayurveda for promoting documentation of case studies.
- The faculty have published around 70 scientific papers in different peer reviewed journals.
- MoU signed between AIIA & Spaulding Rehabilitation Hospital, USA, Boston on the establishment of an Academic Collaboration in Ayurveda on 28<sup>th</sup> March, 2019.

#### **Expansion activities:**

- Construction work for AIIA, SaritaVihar New Delhi is in full swing which includes facilities viz. an auditorium with state of the art facilities having 500 seating capacity, AYUSH Sports Complex, Pharmacy Unit, Central Library, Panchakarma Wing, International Guest House, Residential Complex, Boy’s and girl’s hostel etc.
- Work for construction of All India Institute of Ayurveda at Dhargal, PernamTaluka, Goa is also initiated.

#### **(X) North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Shillong, Meghalaya:**

North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Shillong is an autonomous institute under the Ministry of AYUSH, Govt. of India. The Institute was formally inaugurated by ShriSripadYessoNaik, Honourable Minister of State (IC), Ministry of AYUSH on 22<sup>nd</sup> December, 2016.

The Institute has been established to provide under-graduate, post-graduate, doctoral and post-doctoral teaching, research facilities and quality patient care services under the Ayurvedic and Homoeopathic systems of medicine. It was established with capacity of 100-bedded Ayurveda Hospital and 50-bedded Homoeopathy Hospital.

The construction of Hospital and College buildings under Phase –I Project has been completed. The foundation stone laying ceremony for Phase II Project was done on 29<sup>th</sup> July, 2018 by ShriShripadYessoNaik, Hon’ble Union Minister of State (IC), Ministry of AYUSH, Govt. of India in presence of ShriRoshanJaggi, Joint Secretary, Ministry of AYUSH; Director, NEIAH and other dignitaries. The construction of the buildings which includes construction of boys’ & girls’ hostels, Senior Residents’ Hostel, faculty & staff quarters, Guest House is in progress.

The Institute is running 1 (one) College of Ayurveda & 1 (one) College of Homoeopathy offering UG courses in BAMS and BHMS with admission capacity of 63 students each. Both the courses are affiliated to North Eastern Hill University (Central University), Shillong.

### Activities/ Achievements:

- The 3<sup>rd</sup> batch of BAMS and BHMS students for academic session 2018-19 have been admitted and classes commenced w.e.f 30<sup>th</sup> August, 2018.
- The Institute has started a One-year Panchakarma Technician Certificate course w.e.f. 2<sup>9th</sup> October, 2018.
- A total of 54,725 patients (Ayurveda-29,425 and Homoe-25,300) have visited and benefitted from the OPDs.
- A total of 305 patients (Ayurveda- 291 and Homoe-14) have benefitted from the IPDs.
- A total of 13 (Thirteen) Medical Camp were organized.
- A Central Library is functioning full-fledged w.e.f 2016 and a total of 1,832 nos. of title and 14,040 copies of Ayurveda, Homoeopathy, Modern Medicine.
- The Institute celebrated the “World Homoeopathy Day” on 10<sup>th</sup> April, 2018.
- The Institute celebrated the 4<sup>th</sup> International Yoga day on 21<sup>st</sup> June, 2018.
- Training Programme for ASU&H Drug Regulators, Industry Personnel and Other Stake Holder held on 1<sup>st</sup> -2<sup>nd</sup> February, 2018 organized by Ministry of AYUSH.
- National Seminar on “Role of Ayurveda & Yoga in Health Care Management” under the sponsorship of North Eastern Council, Shillong on 22<sup>nd</sup> -23<sup>rd</sup> February, 2018.
- Regional Seminar on Yoga and Naturopathy from 29<sup>th</sup> to 31<sup>st</sup> May, 2018 sponsored by Central Council of Yoga & Naturopathy (CCRYN), New Delhi.
- A 6- day CME for Medical Officers (Homoeopathy) from 23<sup>rd</sup> July, 2018 to 28<sup>th</sup> July, 2018.
- A 6- day CME for Medical Officer (Ayurveda) on 27<sup>th</sup> August, 2018 to 1<sup>st</sup>September, 2018.
- 3<sup>rd</sup> National Ayurveda Day: - As part of celebration One-Day Workshop on “Ayurveda for Public Health” at Lalthanhawla, Aizawl, Mizoram on 23<sup>rd</sup>October, 2018. Similarly, on 2<sup>nd</sup> November, 2018 a workshop was held at Vivekananda Kendra, Latasil, Guwahati and on 5<sup>th</sup> November, 2018 at the Institute campus in a befitting manner.
- A 6-day Panchakarma Training Programme (in three batches – 15 participants in each batch) for Medical Officers (Ayurveda) during February- March 2019 at the Institute sponsored by Directorate of AYUSH, Govt. of Assam.
- The Institute is annually bringing out ISSN (2349-2422) index Bi-annual Peer Reviewed Research Journal of Ayurveda & Homoeopathy namely “AYUHOM”.
- Budget (Rs. in crore)

Year	Plan	Non-Plan	Total
BE 2018-19	18.00	0.00	18.00

### (XI) North Eastern Institute of Folk Medicine (NEIFM), Pasighat:

North Eastern Institute of Folk Medicine (NEIFM) was established in the year 2008. The institute is spread over an area of 40 acres and is located at Pasighat, East Siang District, Arunachal Pradesh. NEIFM is the lone institute in the country dedicated for R&D activities on Folk medicine. The mandatory objectives of establishing the institute are as follows:

- To functions as apex research centre for all aspects of folk medicine knowledge with linkages/networking with other research centres.
- 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 healthcare and further research.
- Generation of public awareness about the potentials of folk medicine for enhancing public health and rural communities in particular.
- To enhance capacities upgrade skills of traditional healers to enable delivery of standardized healthcare services, increasing robustness and sustainability of the profession.

#### **Functions: -**

NEIFM is equipped with laboratories and other infrastructures, including a 50 bedded indoor hospital for research on Folk Medicine. The Institute intends to create an interface between folk medicine practitioners and research institutes. It strives to upgrade the skill and enhance the capacities of folk medicine practitioners, while protecting their intellectual property rights. Due to non-completion of recruitment of Scientists, and in absence of supporting laboratorial staff, it is yet to operationalize fully. Despite this constraint, the institute has already started working on documentation of folk health traditions in the NE states.

#### **Achievements during the year 2018-2019**

- Number of visitors in OPD increased from 6668 during 2017-18 to 9679 during 2018-19.
- One Thematic Medicinal Plant garden with Orchid House, Vermi-compost Plant, reservoir pond etc. over an area of 3 ha. developed.
- The Establishment of Medicinal Plant garden over an area of 5 ha. has been sanctioned under assistance from NMPB, New Delhi.
- A short term in-house research project entitled ‘Socio-cultural aspects of the indigenous Tribal food amongst the IduMishing and Galo tribes of Arunachal Pradesh’ was undertaken.
- A study on the traditional bone setting practices in NEIFM, Pasighat” was undertaken.
- The works of compilation of ethnobotanical studies in Arunachal Pradesh completed.
- Compilation of books on “Traditional Remedies of Assam” completed.

**E.**The Ministry has administrative control over two statutory regulatory bodies, namely Central Council of Indian Medicine (CCIM) and Central Council of Homoeopathy (CCH) for laying down minimum standards of education, recommending recognition of medical qualifications, registering the practitioners and laying down of ethical codes.

AYUSH teaching institutions are being provided financial assistance for creating infrastructural facilities as specified in the Minimum Standards Regulations and the regulations of Under-graduate, Post-graduate education and Post-graduate Diploma course issued by Central Council of Indian Medicine (CCIM) and Central Council of Homoeopathy (CCH). So far, total (519) i.e. 331 and 188 colleges/institutions have been permitted by CCIM and CCH respectively to undertake UG /PG courses and these colleges are affiliated with 76 recognized universities throughout the country including three exclusive Ayurveda universities and six Health Universities (Annexure - VI).

Regulation of Medical education and maintenance of Central Register of ISM &H are two main functions of these regulatory bodies. There are 48 State Boards of Indian System of

Medicine and Homoeopathy (Annexure -VII) for registering AYUSH practitioners possessing recognized medical qualifications.

### **I. Central Council of Indian Medicine (CCIM):**

The Central Council of Indian Medicine is a Statutory Body constituted under Indian Medicine Central Council Act, 1970 vide Gazette Notification Extraordinary Part-II Section 3 (ii) dated 10.8.71. The Government of India vide issuing amendments in the said Gazette Notification has changed the members from time to time.

#### **The main objects of the Central Council are as under: -**

- To prescribe the minimum standards of education in Indian Systems of Medicine viz. Ayurved, Siddha, UnaniTib and Sowa Rigpa.
- To advise Central Government in matters relating to recognition (inclusion/withdrawal) of medical qualifications in/from Second Schedule to Indian Medicine Central Council Act, 1970.
- To maintain a Central Register of Indian Medicine and revise the Register from time to time.
- To prescribe Standards of Professional Conduct, Etiquette and Code of Ethics to be observed by the practitioners.
- To consider and furnish the recommendations to Government of India on the proposals received from various institutions through Government of India for establishment of new colleges of Indian Systems of Medicine, to increase intake capacity in Under-graduate, Post-graduate degree and diploma courses and to start new Post-graduate course or additional subjects.

Since its establishment in 1971, the Central Council has been framing and implementing various regulations including the Curricula and Syllabi in Indian Systems of Medicine viz. Ayurved, Siddha, UnaniTib at Under- graduate and Post-graduate level.

Central Council has already prescribed following courses at Under-graduate and Post-graduate level. Minimum Standards of Education and Syllabus for different courses for Ayurved, Siddha and UnaniTib have also been laid down by the Council: -

#### **Ayurved**

Ayurvedacharya (Bachelor of Ayurved Medical & Surgery)  
AyurvedVachaspati (MD-Ayurved)  
AyurvedDhanwantri (MS-Ayurved)  
PG Diploma in Ayurveda (Speciality)

#### **UnaniTibb**

Kamil-e-Tai-o-Jarahat (Bachelor of Unani Medical & Surgery)  
Mahir-e-Tib (MD-Unani)  
Mahir-e-Jarahat (MS-Unani)  
PG Diploma in Unani (Speciality)

#### **Siddha**

Siddha MaruthuvaArignar (Bachelore of Siddha Medicine & Surgery)  
Siddha MaruthuvaPerarignar (MD-Siddha)  
PG diploma in Siddha (speciality)

## **Sowa Rigpa**

MenpaKachupa (Bachelor of Sowa–Rigpa Medicine and Surgery-BSRMS)

All the Colleges of Ayurved, Unani and Siddha are affiliated to various Universities in the country. These Colleges are following the Minimum Standards of Education, Curricula and Syllabi laid down by the Central Council of Indian Medicine.

In pursuance of amendment of Section 13C in Indian Medicine Central Council Act, 1970 by Government of India, the Central Council had to furnish the recommendations to Government of India. Accordingly, all Ayurved, Unani, Siddha and Sowa Rigpa Colleges have been visited to assess the available facilities of teaching and practical training for the year 2018-19 and to verify the compliance submitted by the colleges as well as progress made by colleges after last visitation as the case may be. The visitation reports were scrutinized and considered, thereafter, CCIM had furnished the recommendations to Government of India. The Government of India after considering the recommendations of Central Council of Indian Medicine, after giving the opportunity of hearing if required has granted/not granted the permission to the colleges for admission.

### **Functions:-**

To prescribe the minimum standards of education in Indian Systems of Medicine viz. Ayurved, Siddha, UnaniTib and Sowa Rigpa.

- To advise Central Government in matters relating to recognition (inclusion/withdrawal) of medical qualifications in/from Second Schedule to Indian Medicine Central Council Act, 1970.
- To maintain a Central Register of Indian Medicine and revise the Register from time to time.
- To prescribe Standards of Professional Conduct, Etiquette and Code of Ethics to be observed by the practitioners.
- To consider and furnish the recommendations to Government of India on the proposals received from various institutions through Government of India for establishment of new colleges of Indian Systems of Medicine, to increase intake capacity in Under-graduate, Post-graduate degree and diploma courses and to start new Post-graduate course or additional subjects.

### **Achievements:-**

1. Following Regulations has been framed by CCIM with the previous sanction of Govt. of India: -

- Indian Medicine Central Council (Post Graduate Ayurved Education) Amendment Regulation, 2018.
- Indian Medicine Central Council (Post Graduate Unani Medical Education) Amendment Regulation, 2018.
- Indian Medicine Central Council (Post Graduate Siddha Education) Amendment Regulation, 2018.
- Indian Medicine Central Council (Minimum Standards of Education in Indian Medicine) Amendment Regulation, 2018. (UG Regulation, BAMS, BSMS, BUMS).

- Establishment of New Medical College, Opening of New or Higher Course of Study or Training and Increase of Admission Capacity by a Medical College Regulations, 2019.
- Indian Medicine Central Council (Minimum Standards of Education in Indian Medicine) Amendment Regulation, 2019.

2. Conducted meeting of proposed National Conference of Education Administration and Excellence at New Delhi on 30.10.2018.

3. Conducted National Conference of Education Administration and Excellence at Bangalore on 21- 22.01.2019.

4. Conducted Conclave on Prospects & Constraint for Internationally Practicing ISM Professionals at New Delhi on 10-11.03.2019.

## **(II) Central Council of Homoeopathy (CCH):**

Central Council of Homoeopathy a statutory body under the Ministry of AYUSH, Govt. of India. Central Council has been constituted by the Central Government under the provisions of the Homoeopathy Central Council Act, 1973 for the maintenance of Central Register of Homoeopathy and for the other matters connected therewith. The Homoeopathy Central Council Act, 1973 was amended on December 9, 2002, provisions of which were enforced w.e.f. 28th January, 2003. Govt. of India constituted Board of Governors w.e.f. 18.5.2018 to replace Central Council vide Homoeopathy Central Council (Amendment) Ordinance 2018 (further amended 07.03.2019), for a period of two years.

After constitution of the Board of Governors in 2018, the earlier 11 committees were dissolved and the responsibilities of Council have been entrusted to the Executive Committee for the powers and functions of the Committee as provided in the Homoeopathy Central Council Act, 1973 and Central Council of Homoeopathy (General) Regulations and Education Committee to deal with all matters relating to Homoeopathic Education.

### **Functions:**

Besides the maintenance of the Central Register, Homoeopathy Central Council Act, 1973 (as amended) empowers the Central Council to prescribe minimum standards of education in Homoeopathy to be followed by Universities and Medical Institutions. The Council recommends the recognition or withdrawal of recognized medical qualification granted by Universities, Boards or Institutions in India, to Central Government. Council negotiates with the authorities in any State or Country outside India which by the law of that State or Country having authority to maintain a Register of Practitioners of Homoeopathy for settling of a Scheme of recognition of medical qualification in Homoeopathy, on reciprocal basis. Council recommends to Central Government for permission of opening of new colleges, increase of seats and starting of new or higher courses. Council prescribes the form of the scheme, the particulars to be given in such scheme, the manner in which the scheme is to be preferred and the fee payable with the scheme under clause (b) of sub-section (2) of Section 12A. Council also lays down the standards of professional conduct, etiquette and code of ethics to be observed the practitioners of Homoeopathy.

### **Achievements:**

The Council successfully published the various regulation in Gazette of India, prescribing various regulations related to Reservation to the candidates with bench mark disabilities as per Rights of Persons with Disabilities Act, 2016 (49 of 2016) in UG and PG course, further defining the criteria of admission in UG and PG course through NEET & AIAPGET respectively. Introduction of various regulations in Minimum Standards Requirement of Homoeopathic Colleges and attached Hospitals like the attendance of teachers, staff, P.G. Students through Aadhar based Geo location enabled Biometric attendance, also qualification for promotion of teaching staff and selection of teaching staff based on National Teacher Eligibility Test (NTET), and allotment of Unique Verification Code to qualified candidates.

Under the provisions of section 23 of HCC Act, 1973 and HCC (Registration) Regulations, 2015, the Council issued 862 Registration Certificates to qualified Homoeopathic Physicians, during the year 2018-19. Besides, Direct Registrations, Post Graduate qualification was also added in respect of 30 candidates in the Central Register, during the year. Central Register of Homoeopathy (CRH) has been digitized and same has been made available on website of the Council namely [www.cchindia.com](http://www.cchindia.com). During the financial year 2018-19, 07 CRH have been published containing the publication of name, related to restoration and removal of names of homoeopathic practitioners.

During the 2018-19, a total of 261 colleges inspected for grant of permission by the Central Govt. The Central Council issued Letter of Intent (LoI) to start 04 new BHMS Course, 04 colleges to start New/Higher Courses of Study in M.D.(Hom.) and 04 colleges to increase intake capacity in UG/PG courses. The Central Council recommended to the Central Govt. for Letter of Permission (LoP) to start 09 colleges for new BHMS Course, 09 colleges for New/Higher Courses of Study in M.D.(Hom.) and 01 college to increase intake capacity in UG course.

Council has successfully conducted 07 meetings of Board of Governors during the year 2018-19. Council also conducted 19 Meetings of the Executive Committee and 04 Meeting of the Education Committee of the Central Council during the year.

For Standardisation and testing of Drugs, various agencies have been put in plan by the Government of India. Four different Pharmacopoeia Committees are working for preparing official formularies / pharmacopoeias to evolve uniform standards in preparation of drugs of Ayurveda, Siddha, Unani and Homeopathy and to prescribe working standards for single drugs as well as compound formulations. A Drug Control Cell is working in the Department to deal with the matters pertaining to licensing, regulation and control of drugs and the spurious manufacture of Ayurvedic, Siddha and Unani Drugs and other matters. Two apex Laboratories, namely, Pharmacopoeial Laboratory for Indian Medicine (PLIM) and Homoeopathic Pharmacopoeial Laboratory (HPL) are functioning as Standard Setting-Cum-Drug-testing Laboratories for Indian Medicines and Homoeopathy respectively. Indian Medicines Pharmaceutical Corporation Ltd. (IMPCL), a Public Sector Undertaking, manufactures classical Ayurveda and Unani drugs. The Ministry also manages the CGHS Ayurveda Hospital at Lodhi Road, New Delhi.

## **F. NATIONAL MEDICINAL PLANTS BOARD (NMPB)**

The resource base of AYUSH medicines is largely plants. Increasing global interest in natural remedies has increased the demand for medicinal plants which are mainly sourced from the wild areas. This has led to the emergence of a number of issues like sustainability,

conservation, cultivation, quality assurance, protection of Traditional Knowledge, issues related to access and benefit sharing etc. To coordinate all these matters relating to medicinal plants, Government of India has established the National Medicinal Plants Board (NMPB) under erstwhile Department of AYUSH, Ministry of Health & Family Welfare. NMPB is the apex national body which coordinates all matters relating to medicinal plants in the country. The Board was established in November 2000 and acts as advisory body to the concerned Ministries, Departments and Agencies in strategic planning for medicinal plants related initiatives and to take measures to provide financial support to programmes relating to conservation, cultivation and the all-round development of the medicinal plants sector.

### **G. STANDARDISATION OF ASU & H DRUGS**

Establishing the Pharmacopoeial standards for Ayurveda, Siddha, Unani and Homoeopathy medicine, both for single drugs and formulations, is essential, as Pharmacopoeial standards are important and are mandatory for the implementation of the drug testing provisions under the Drugs and Cosmetics Act, 1940 and Rules thereunder. These standards are also essential to check samples of drugs available in the market for their safety and efficacy. Government of India has been working on the task of developing Pharmacopoeial standards through Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) by preparing official Formularies and Pharmacopoeias of Ayurveda, Siddha, Unani and Homoeopathy drugs so as to evolve uniform standards for preparation of drugs and to prescribe working standards for single drugs as well as formulations in the respective system.

Standards-setting exercise till date comprises of publication of Ayurvedic Formulary of India (Part I-III) consisting of 985 Formulations, Siddha Formulary of India (Part I-II) consisting of 399 Formulations and National Formulary of Unani Medicine (Vol. I-VI) consisting of 1229 Formulations. Further pharmacopoeial monographs on 645 Single drugs (Vol. I-IX) and 202 Formulations (Vol. I-IV) of Ayurveda, 139 Single drugs of Siddha (Vol. I-II), 298 Single drugs (Vol. I-VI) and 200 Formulations (Vol. I-IV) of Unani and 1117 drugs (Vol. I-X) of Homoeopathy have been published.

Drug Control Cell (AYUSH) is working in the Department to deal with the matters pertaining to Drug Quality Control and the regulation of Ayurveda, Siddha and Unani drugs under the provisions of the Drugs and Cosmetics Act, 1940 and Rules, 1945. The Cell is looking after the activities of Ayurveda, Siddha, Unani Drug Technical Advisory Board (ASUDTAB) and Ayurveda, Siddha, Unani Drugs Consultative Committee (ASUDCC). Besides, Pharmacopoeial Laboratory for Indian Medicine (PLIM) and Homoeopathic Pharmacopoeia Laboratory (HPL) are Standard-setting-cum-Drug-Testing Laboratories at National level functioning at Ghaziabad (Uttar Pradesh).

#### **(I) Pharmacopoeia Commission for Indian Medicine Homoeopathy (PCIM&H):**

Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) is an autonomous organisation under Ministry of AYUSH, Govt. of India with a primary mandate of publishing Pharmacopoeias and Formularies for drugs/formulations used in Ayurveda, Siddha, Unani (ASU) and Homoeopathy (ASU&H) systems of Medicine.

#### **Functions: -**

Key functions of Commission are such as Publication and Revision of ASU&H Pharmacopoeias & ASU Formularies; maintaining National repositories of authentic reference raw materials and chemical markers used in the manufacture/standardization of

ASU&H medicines; nurturing and promoting awareness of quality in ASU&H drugs/formulations etc.

**Achievements: -**

- **Release:** Unani Pharmacopoeia of India (UPI), Part-II, Vol.-IV (Formulations) and electronic version of Homoeopathic Pharmaceutical Codex (Second Edition) symbolically released
- **Development of Pharmacopoeial Standards:** Work going on in project mode for 60 single drugs, 50 formulations and 05 extracts
- **Repositories:** Botanical Reference Standards (BRS) and Phytochemical Reference Standards (PRS) repositories maintained with 200 and 142 samples respectively
- **MoU:** A Memorandum of Understanding (MoU) entered with Service Experts Promotion Council (SEPC) to explore the possibilities of coordination and collaboration on 18<sup>th</sup> February, 2019.
- **Launch of Website:** Official website of Commission which was symbolically launched on local server on 13<sup>th</sup> December, 2018 on the occasion of inaugural of “National Symposium on Development & Implementation of Pharmacopoeial Standards for Ayurveda Medicine” at the august hands of Hon’ble Sh. Shripad Yesso Naik, Minister of State (Independent Charge), Ministry of AYUSH, Govt. of India.
- **Miscellaneous activities:** Observed International Yoga Day 2018; Conducting Swachha Bharat Abhiyan periodically; Conducting quarterly Hindi Rajbhasha meetings.

**(II) Pharmacopoeial Laboratory for Indian Medicine (PLIM), Ghaziabad:**

Pharmacopoeial Laboratory for Indian Medicine (PLIM) is a subordinate office of the Ministry of AYUSH, Govt. of India. It is located at Central Govt. Complex, Kamla Nehru Nagar, Ghaziabad-201002 (U.P.). This laboratory was established in the year 1970 as a Pharmacopoeial Standards Setting-Cum-Drugs Testing Laboratory at Central Level for Indian Medicines which includes drugs of Ayurveda, Unani and Siddha systems.

The Pharmacopoeial Laboratory for Indian Medicine at Ghaziabad notified as appellate laboratory under the provisions of Drugs & cosmetics Rules, shall function as a Central Drugs Laboratory for the purpose of testing or analysis of Ayurveda, Siddha and Unani Drugs.

**Functions: -**

- to develop Pharmacopoeial standards and draft monographs and amendments alongwith standardized methods for the Ayurvedic, Siddha, Unani drugs;
- to act as Central Appellate Drug Laboratory for testing of Ayurveda, Siddha and Unani drugs,
- to analyse or test such samples of Ayurvedic, Siddha, Unani drugs as may be sent to it under sub-section (2) of section 11, or under sub-section (4) or section 25, of the Act;
- to maintain reference museum and herbarium for the drugs used in Ayurveda, Siddha and Unani (ASU) system.
- to run a training centre for quality control methods in the Ayurveda, Siddha or Unani systems of medicines;
- to carry out such other duties as may be entrusted to it by the Government of India.

### Achievements during the year 2018-2019:

S. No.	Activities	Achivement during April 2018 to March, 2019
1.	Pharmacopoeial standardization of Ayurveda, Siddha and Unani Drugs (Single and Compound Formulations) - Preparation of monographs, revision of Pharmacopoeial monographs & verification/validation of Pharmacopoeial Standards.	115
2.	Analysis/Testing of legal Drug samples and Other samples from different official sources.	24
4.	Survey/Collection tours for medicinal plants/crude drugs.	03
5.	Collection/Addition of crude drug samples in Museum.	38
6.	Maintenance of Museum and Herbarium.	Continuous Process
7.	Cultivation and maintenance of Medicinal Plants in Herbal Garden.	Continuous Process
8.	Regulatory Capacity Building Training Programme for Drug Inspectors/Analysts from State Drug Control Organizations.	04

### (III) Homoeopathic Pharmacopoeia Laboratory (HPL):

Homoeopathic Pharmacopoeia Laboratory (HPL), Ghaziabad was established in 1975, as a National Laboratory for the purpose of laying down standards and testing for identity, purity and quality of Homoeopathic Medicines. The laboratory also functions as Central Drug Laboratory for the testing of Homoeopathic Medicines under Rule 3A of the Drug and Cosmetics Act. The Department of Science and Technology has recognized HPL as a Scientific and Technological Institute. The main mandate of Homoeopathic Pharmacopoeia Laboratory are:

- Laying down standards for Homoeopathic Drugs in India.
- Testing of Homoeopathic Drugs.

#### Functions:

- Pharmacopoeial standardization of Homoeopathic drugs.
- Testing of samples of Homoeopathic Drugs, referred by Drug Control Authorities, Port Authorities, state Government etc. for identity and quality under different provisions of Drug and Cosmetic Act and Rules.
- Laying down of standards for identity and purity of Homoeopathic Drugs and finding out indigenous substitutes for foreign drugs.
- Impart orientation training in methods of standardization, identification and testing of Homoeopathic Drugs and application of various provisions of Drug & Cosmetics Act to all India State/Central Government Drug Authorities, Drug Inspectors and Drug Analyst Pharmacists etc.
- Facilitates exposure visits of the laboratory to the students of Homoeopathic Medical Colleges to familiarize the working of the laboratory.
- Maintaining medicinal plants garden with preference to plants used in Homoeopathy along with cultivation and identification of medicinal plants.
- Survey and collection of Medicinal Plants.

### Achievements During the Year 2018-19:

The significant achievements of the Laboratory during the January 2018 to March 2019:-

SN.	Quantifiable Deliverables and targets	Achievements
1.	a) Monographs for upcoming HPI volume XI	<b>22</b> (Completed) <b>10</b> (Botanical parameters completed)
	b) Finish Products Standardization (FPS) on Homoeopathic Drugs	<b>03</b>
2.	Testing of Homoeopathic Drugs received from various Authorities viz. Government Supply, Legal Authorities, Port Authorities	<b>895 drugs</b> (Legal Authorities: 307, Port Authorities: 110, Government Supply: 478)
3.	Survey tour for collection of Medicinal Plants and Raw Herbal Drugs	<b>04</b>
4.	Orientation Training Programme	<b>03</b>
5.	Students / Faculty visits from various Homoeopathic Medicinal Colleges in India	<b>Colleges: 66</b> <b>Students: 4605</b> <b>Faculty: 257</b>
6.	Addition of drug samples in Museum & Herbarium	<b>149</b>
7.	<b>Experimental Medicinal Plant Garden</b>	
	a) Maintenance of medicinal plants of Homoeopathic value	<b>110 plant species</b>
	b) Introduction of medicinal plants of exotic / indigenous source by different techniques.	<b>02</b>
	c) Maintenance of germ plasm & seed bank for scientific studies.	<b>83</b>

### Budget for FY 2018-19 (Rs. in crores):

Head	Plan	Total
Budget Estimate (2018-19)	<b>5.69</b>	<b>5.69</b>
Revised Estimate (2018-19)	<b>4.95</b>	<b>4.95</b>
Total Expenditure (2018-19)	<b>4.91</b>	<b>4.91</b>

### Swachha Bharat Mission:

- Organised "Swachhata Hi Seva-2018 Pakhwada" from 15<sup>th</sup> September to 2<sup>nd</sup> October 2018. During the Pakhwada various activities has been organised to aware officials of HPL and nearby population.

- Organised “Swachhata Pakhwada-2018” from 15<sup>th</sup> October to 30<sup>th</sup> October 2018. During Pakhwada the following major initiatives has been performed:
- Construction of two tanks for Management of Solid Waste by using the techniques of vermi-compost and bio-compost.
- Constitution of Swachhata Audit Team to monitor the cleanliness of the office.
- Installation of illumination hording depicting Swachhata related message to aware the nearby population and also a Digital Display Board, depicting the Swachhta Related messages to aware the stakeholders visited HPL.
- Facilitated the SwachhtaKarmchhari of HPL for their remarkable work to maintain the cleanliness in the HPL premises.
- Plantation of more than 50 trees/shrubs in the premises of HPL and adjoin areas.
- Installation of two automatic floor cleaning machine to maintain the cleanliness and hygienic environment in the laboratories.

**(IV) Indian Medicines Pharmaceutical Corporation Limited (IMPCL), Mohan (Almora):**

Indian Medicines Pharmaceutical Corporation Limited (IMPCL) a Government of India Enterprise, having 98.11 per cent shares of Government of India and 1.89 per cent shares of Uttarakhand government through KumaonMandalVikas Nigam Ltd, was incorporated in 1978. The registered office and factory of the company is at Mohan (Via-Ramnagar), District Almora, Uttarakhand-244715. Presently IMPCL has another manufacturing plant situated at Imlikhera, Haridwar taken over on lease basis. IMPCL comes under the administrative control of the Ministry of AYUSH, New Delhi. The Company is schedule D, 'Mini-Ratna' Category-II, GMP & ISO 9001:2015 certified Central Public Sector Undertaking. The Company was set up with the objectives to manufacture and supply the genuine and efficacious Ayurvedic and Unani medicines to the central government hospitals, central government research units all over India and to state government departments besides sales in the open market.

**H. REGULATION AND QUALITY CONTROL OF ASU& H DRUGS**

Drug Control Cell of the Ministry oversees the enforcement of regulatory and quality control provisions for Ayurveda, Siddha, Unani and Homoeopathy (ASU&H) drugs. The Cell coordinates with Central Drug Standards Control Organisation (CDSCO) the State Licensing Authorities and Drug Controllers to achieve uniform administration of the provisions of Drugs & Cosmetics Act, 1940 and Rules and Drugs & Magic Remedies (Objectionable Advertisements) Act, 1954 and Rules for providing regulatory guidance, direction and clarification pertaining to ASU&H drugs. Examination of drugs quality control proposals in the Annual Action Plans received from the States under the Centrally Sponsored Scheme of National AYUSH Mission is also done in the Drug Control Cell for the purpose of recommending grant-in-aid to build up the infrastructural and functional capacity of State pharmacies, laboratories, enforcement framework, testing of drugs and quality control materials. Secretarial work of the two statutory bodies- Ayurveda, Siddha, Unani Drug Technical Advisory Board (ASUDTAB) and Ayurveda, Siddha, Unani Drugs Consultative Committee (ASUDCC) is also handled in the Drug Control Cell. Following are the major activities and initiatives taken in the area of regulation, quality control and promotion of ASU&H medicines during 2018-19 and thereafter-

- a. Functional vertical of AYUSH was created in the Central Drug Standards Control Organization (CDSCO) w.e.f. 5th February, 2018 to foster enforcement of the Drugs & Cosmetics Act and Rules for ASU&H drugs from the central level.
- b. Drugs & Cosmetics Rules, 1945 amended to prohibit the use of any prefix or suffix with the names of classical Ayurvedic, Siddha and Unani medicines and for fixing the shelf life/expiry date of medicines on the basis of stability study data. Rule 170 has been inserted in the Drugs & Cosmetics Rules, 1945 with provisions for prohibition of misleading advertisements of ASU drugs.
- c. Directives issued to the States/UTs for:
  - (i) mentioning date of manufacturing & date of expiry in a standard format on the labels of ASU medicines,
  - (ii) for framing Expert Committee under the Licensing Authority to examine the license applications of the manufacturers in a time bound manner,
  - (iii) for acceptance of accelerated stability study data to grant or renew license for manufacturing of ASU medicines and
  - (iv) to notify State Director/Commissioner/Secretary of AYUSH as the Controlling Authority to whom ASU Licensing Authority and Inspectors shall be sub-ordinate for the purpose of taking direction or permission to initiate regulatory actions.
- b. Bill for regulation of education and profession of ASU&H pharmacy and setting up a Central Council has been finalised with inter-departmental appraisal and in consultation with the Law Ministry. Concurrence from competent authority is being followed up to seek approval of the Cabinet for introducing the Bill in the Parliament for enactment.
- c. Implementation of Central Sector Scheme of Pharmacovigilance of ASU&H drugs since November, 2017 has been steered by establishing a three-tier network of one National, five Intermediary and 42 Peripheral centres and twenty one more peripheral centres have been identified for inclusion in the pharmacovigilance network. The network is engaged in the monitoring and reporting of adverse drug reactions and misleading advertisements of ASU&H drugs on monthly basis to enable appropriate regulatory and administrative actions at the State and Central levels.
- d. Scheme of WHO-GMP and COPP certification for ASU products is jointly administered by Drug Control Cell of the Ministry and CDSCO. Under this voluntary scheme of quality certification by Drug Controller General, fourteen Ayurveda companies have availed WHO-GMP Certificate and Certificate of Pharmaceutical Products (CoPP) to export Ayurvedic products to various countries. Some more such proposals are in the pipeline and Ministry has planned to organise WHO-GMP Workshop at Mumbai on 25th August, 2019 for the benefit of upcoming entrepreneurs and manufacturers interested to enter in the international trade of ASU products. Ministry also deputed a delegation for meeting Nepal regulatory authorities to discuss and address the issue of fulfilling the requirement of WHO-CoPP imposed by Nepal for registration of Ayurvedic medicines imported from India.
- e. Ministry constituted an Expert Committee under the chairmanship of Additional Secretary to re-look into the guidelines and empanelment criteria for insurance coverage to AYUSH treatments under Health Insurance Regulations. Expert Committee met twice and based on its recommendations, revised criteria for empanelment of AYUSH hospitals and Day Care Centres were prepared and

forwarded to Insurance Regulatory and Development Authority of India (IRDAI) for notification and adoption by the health insurance companies. Matter is being regularly followed up with IRDAI. It is reported that 27 General Insurance Companies & Stand-alone Health Insurance Companies are offering more than 140 policies for insurance coverage of the beneficiaries availing AYUSH treatments.

- f. Two Expert Committees have been set up by the Ministry for reviewing and restructuring the respective regulatory provisions of ASU and Homoeopathy drugs prescribed in the Drugs & Cosmetics Rules, 1945. The Terms of Reference of these Expert Committees aim at streamlining the provisions to facilitate effective enforcement and quality control of ASU&H drugs.
- g. In order to sort out the common issues raised by ASU&H drug industry, Ministry set up a Task Group of industry representatives chaired by Head of the Drug Control Cell to take necessary follow up actions and pursue with other Departments. The Task Group met twice to discuss the issues and review the progress of their resolution.
- h. A web portal in the name of e-aushadhi ( electronicAyurvedic, Unani, Siddha and Homoeopathy Drug Help Initiative) has been made in collaboration with National Informatics Centre (NIC) to introduce online system and bring enforcement uniformity for processing of license applications, issuance of certificates and approvals required for manufacturing of ASU &H drugs across the states. Databases of licensed ASU&H drug manufacturers and their products will also be maintained in the portal. Hon'ble Minister of State (IC) for AYUSH launched the portal on 13th February, 2019 and thereafter registration of the State Licensing Authorities, Regulatory Officers and Manufacturers has been initiated. The portal will be operationalized as soon as the registration process is completed.
- i. During the period of reporting, the Drug Control Cell interacted with Central Drug Standard Control Organization (CDSCO), Pharmacopoeia Commission of Indian Medicine & Homoeopathy, Bureau of Indian Standards, Directorate General Foreign Trade (DGFT), Ministry of Environment, Forests & Climate Change (MoEF&CC), Insurance Regulatory Development Authority, Quality Council of India etc in connection with regulatory, standardization, trade, biodiversity related Access and Benefit Sharing (ABS) and quality certification issues of ASU&H drugs, raw materials and bio-resources.
- j. For promoting rational and safe use of ASU&H drugs, Ministry issued public notice in the newspapers to caution the consumers for not falling prey to the misleading advertisements and advisory dated 26.03.2019 to all State Authorities for ensuring procurement of quality assured drugs with the grant funds released to them under the Centrally Sponsored scheme of National AYUSH Mission.
- k. As a preventive measure to protect public image of AYUSH and for controlling controversial publication of AYUSH-related claims and conclusions, Ministry issued an advisory dated 02.04.2019 to non-AYUSH researchers/organizations and editors of scientific journals for involving appropriate Expert/Institution/Research Council of AYUSH in the conduct of any scientific study, clinical trial or research intervention to explore AYUSH drug or treatment.
- l. Two Sub-committees constituted on the recommendation of Ayurveda, Siddha and Unani Drugs Consultative Committee (ASUDCC) under Drugs & Cosmetics Act, 1940 are working to review and revise GMP guidelines and frame regulatory provisions for sale and sellers of ASU medicines respectively.
- m. Fifty Eight Laboratories in different states have been jointly inspected by the designated inspectors (Technical experts) of the Ministry and approved for grant of license under Drugs & Cosmetics Rules, 1945 for the testing of ASU drugs and raw

materials. Financial assistance has been provided under National AYUSH Mission to strengthen the infrastructural and functional capacity of the State Drug Testing Laboratories for testing of ASU drugs.

- n. To streamline the process of issuing license or renewal of license for manufacture of ASU drugs in a time bound manner, a clarification dated 4th July, 2018 has been issued to all States/UTs regarding the provisions of Drugs & Cosmetics Rule 158-B for the requirement of proof of effectiveness based on pilot studies on ASU drugs.
- o. Drug Control Cell of the Ministry planned six training programs in 2018-2019 for ASU&H drug regulators, manufacturers and other stakeholders of all States/UTs.
- p. Matter of including Ayurvedic medicines in the basket of PradhanMantriBhartiya Jan AushadhiPariyojana (PMBJAP) is being pursued with the Department of Pharmaceuticals. In this regard, a list of 75 Ayurvedic generic medicines along with references of their standards and testing laboratories has been forwarded to the Department of Pharmaceuticals.
- q. Other important accomplishments during 2018-19 and 2019-20 include development of AYUSH treatment packages for consideration of inclusion in the PradhanMantri Jan ArogyaYojana (PMJAY) under Ayushman Bharat initiative; revision of Essential Drug Lists of Ayurveda, Siddha, Unani and Homoeopathy; submission of Essential Drug List of ASU&H medicines for mental health problems to Central Mental Health Authority; guidelines for insurance coverage of AYUSH treatment and standards of AYUSH hospitals and centres for NABH-accreditation and entry level certification; signing of MoU with Central TB Division of Ministry of Health and Family Welfare to forge inter sectoral convergence at the level of policy, planning and programme implementation for accelerated response towards 'Tuberculosis free India' initiative with the involvement of AYUSH functionaries and participation of Drug Control Cell officers in various international delegations.

Bringing AYUSH into the mainstream health care delivery system of the country has long been a major policy objective of the Ministry. Under the NRHM, AYUSH facilities are being set up in PHCs and CHCs and are being manned by qualified AYUSH physicians appointed on contract basis.

Since the creation of a separate Ministry, there has been a substantial increase in the infrastructural facilities under AYUSH systems in the country.

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