



वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

सचिव
भारत सरकार
आयुष मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए, नई दिल्ली-110023
Secretary
Government of India
Ministry of Ayush
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Respected Sir,

D.O. No. X.18030/57/2021-CDN
Dated: 28th July, 2021

I am bringing out some of the important activities that Ministry of Ayush have undertaken during June, 2021 as a part of its initiatives to promote Ayush systems of healthcare towards its optimum potential.

2. 7th International Day of Yoga(IDY) was celebrated on 21st June, 2021. All institutes have conducted webinars on different aspect of Yoga and awareness was created to motivate people to adopt Yoga in their daily routine.

3. National Medicinal Plants Board(NMPB) compiled an e-Book-20 Medicinal Plants of 21 for COVID-19 care to create awareness and knowledge for the public on the importance and diversity of medicinal plants which are effective against COVID. The e-book was released by Shri Kiren Rijiju, the then Hon'ble Minister of State(IC), Ministry of Ayush on 8th June, 2021. During the key note address, he highlighted the importance of the Traditional systems of Medicine and the activities of Ministry of Ayush in this context.

4. Indian Medicine Central Council Act, 1970(IMCC Act) has been replaced by National Commission for Indian System of Medicine Act, 2020(NCISM Act). Consequently, NCISM has been constituted on 11th June, 2021. The NCISM has replaced Central Council of Indian Medicine(CCIM) as Regulator for education related matters of Ayush systems of medicine.

5. Ministry of Commerce & Industry vide OM dated 29th June, 2021 approved constitution of an Export Promotion Council for Ayush Products and Services as a Separate Export Council to function as a dedicated platform under Ministry of Ayush/Ministry of Commerce & Industry for Ayurveda and other Traditional Medicine for enhancement of Ayurveda, Siddha, Unani & Homoeopathy products and services.

6. Distribution of the select AYUSH interventions including AYUSH-64 and Kabasura Kudineer, in asymptomatic, mild and moderate COVID-19 patients is being done. Data of the drugs distribution and its impact on patients is being documented using digital mode.

A study to assess the safety and efficacy of traditional medicine in preventing the progression of the severity of the disease in mild to moderate symptomatic cases is being conducted. A study about the use of traditional medicine like Guduchi Ghanvati as a

prophylactic measure among population at high risk to SARS-CoV-2 exposure has also been undertaken.

7. "COVID-19 counselling helpline number-14443" of the Ministry of Ayush run through Rashtriya Ayurveda Vidyapeeth(RAV) is a Pan India toll free helpline for solutions to COVID challenges.

This Helpline is operational 18 hours a day, from 6 am to 12 midnight on all seven days supported by 437 volunteers/experts from Ayush systems of medicine and an NGO SteoOne. It runs through an IVR system in both English and hindi languages and provide counseling & people are also guided about the f feasible remedies, availability of nearby Ayush facilities and post COVID-19 rehabilitation and management too.

8. Pharmacopoeia Commission for Indian Medicine & Homoeopathy(PCIM&H) has published Unani Pharmacopoeia of India (UPI), Part-II, Vol. IV. Maintenance of Germ Plasm & Seed Bank of medicinal plants is also undertaken by the commission. Seeds of 04 plants viz. Jatropha curcas, Nepetacataria, Vitexagnus-castus and Vitec negundo have been collected and deposited in seed bank.

9. An MoU was signed on 24th June, 2021 through Video conferencing by Director General of Central Council for Research in Ayurvedic Sciences (CCRAS) and Vice Chancellor of Uttarakhand Ayurveda University for promotion of research and academic activities in the field of Ayurveda.

10. The details of different activities conducted in different AYUSH institutes are attached in **Annexure 'A'** to this letter. The other details are being mailed separately in the revised format circulated vide Cabinet Secretariat I.D. No. 601/2/2014(Vol-III)-TS dated 28-04-2016.

With regards,

Yours sincerely,

राजेश कोटेचा

(Rajesh Kotecha)

Encl. as above

Shri Rajiv Gauba
Cabinet Secretary,
Cabinet Secretariat,
Rashtrapati Bhavan,
New Delhi



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Copy also to:

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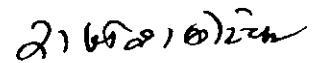
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Annexure 'A'

1. National institute of Unani Medicine (NIUM) conducted the following activities:
 - Webinar on "Yoga and Unani" on 19th June, 2021 in which lecture was delivered by Prof. M.A. Quamri, NIUM.
 - Celebrated 7th International Day of Yoga (IDY) on 21st June, 2021 in virtual as well as physical mode with social distancing and taking all precautionary measures.
 - Prof. M.A. Quamri was invited by RRIUM, Chennai to deliver a lecture on Pharmacovigilance of Tadabeer-e-Istfraghe Dum (blood-letting procedures) organized by Peripheral Pharmacovigilance Center, RRIUM, Chennai.

2. Institute of Teaching & Research in Ayurveda (IT&RA), Jamnagar, has initiated a project on "A prospective non-randomized open label controlled interventional study on the effect of Guduchi Ghanavati as a prophylactic measure among population at high risk to SARS-CoV-2 exposure".

3. The respective officers of National of Siddha (NIS) have attended the following Workshops/webinars in order to keep abreast of changes in industry:
 - A faculty member in the Department of Maruthuvamas a Siddha expert worked as a first level Teleconsultation [Volunteer] in AYUSH Helpline by Ministry of Ayush.
 - A faculty member in the Department of Maruthuvam worked as a supporting team member for implementing the initiative of Ministry of Ayush for distribution of Kabasura Kudineer among home quarantined COVID positive patients.
 - A faculty member in the Department of Maruthuvam worked for the development of integrative protocol as requested by All India Institute of Ayurveda.
 - A faculty member in the Department of Maruthuvam had submitted technical inputs on "Immunity enhancers specific to respiratory care" for drafting of National clinical management protocol based on Siddha for the management of COVID-19.
 - A faculty member in the Department of Maruthuvam had submitted technical inputs on "Siddha clinical research during COVID-19" for drafting of National Clinical Management Protocol based on Siddha for the management of COVID- 19.
 - NIS started 100 bedded Siddha COVID Care Centre on 07.05.2021. Centre is offering treatment for asymptomatic mild to moderate COVID cases. Data is assigned to Students and Faculty members.
 - Ayush COVID-19 counselling helpline is functioning involving faculty members and Students.
 - NIS started second COVID Care Centre at SDNB Vaishnava College, Chrompet on 19.05.2021 and still functioning with participation of Faculty members and students.
 - Multicentre study of Kabasura Kudinner among COVID positive cases initiated by the Institute.
 - Preclinical toxicity studies of the Siddha formulations selected as adjuvant therapy for COVID-19.

- Documentation of efficacy of select AYUSH Interventions AYUSH 64 and Kabasura Kudineer in Asymptomatic and Mild to Moderate COVID-19 patients in home isolation. All PG scholars (I & II year) in the Department of Kuzhanthai Maruthuvam participated in the MoA initiated Kabasura Kudineer distribution project and data collection works. All PG scholars (III Year) in the Department of Kuzhanthai Maruthuvam attended duty in CCCs run by NIS in NIS and SDNB Vaishnava College for Women, Chrompet, Chennai.

4. Ministry of Ayush has established Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) with the following objectives:

- Publication of pharmacopoeia: Unani Pharmacopoeia of India (UPI), Part-II, Vol. IV is published.
- Laying down standards for ASU&H drugs
 - i) The work of 01 monograph i.e. RHUS GLABRA of HPI is completed.
 - ii) The work is under progress for 05 Monograph i.e. BOSWELIA SERRATA, SOLANUM TUBEROSUM, ANANASA SATIVUS, CUCURBITA CITRULLUS and AMYGADALUS PERSICA Homoeopathic drugs and 02 monographs viz. Gemlinaarbora and Feronia limonia of Ayurvedic drugs.
 - iii) Revision of Appendices of API is under progress.
- Testing of ASU&H drugs
 - i) Total 30 samples of Homoeopathic drugs received from State Drug Authorities and Government supply were tested.
 - ii) 02 legal samples of ASU drug are under progress.
- Maintenance of Germ Plasm & Seed Bank of medicinal plants

Seeds of 04 plants viz. *Jatropha curcas*, *Nepetacataria*, *Vitexagnus-castus* and *Vitexnegundo* have been collected and deposited in seed bank.
- Maintenance of Raw Drug repository / Museum of ASU& H drugs

Fruit pulp of *Aegle marmelos*, tender buds of *Ficusbenghalensis*, whole plan of *Cuscutareflexa*, seeds of *Syzygiumcumini*, flowering top of *Canabissativa*, flowering twig of *Sambucusnigra*, *leaves of Jacobaeamaritima*, whole plant of *Cocciniaindica* and *Nepetacataria* to preserve in the Raw Drug repository / Museum.
- Cultivation & maintenance of Medicinal plants for demonstration purposes

Approximately 78 plants used in the Ayurveda, Siddha & Unani System of Medicines along with 55 plants used in the Homoeopathy System of Medicine were maintained in both the herbal gardens.

- International Day of Yoga-2021

On the Occasion of "International Day of Yoga-2021" on 21st June, one-hour online yoga session has been organized for Officials/Staff of PCIM&H.

5. Central Council for Research in Ayurvedic Sciences (CCRAS):

- An MoU was signed on 24th June, 2021 through video conferencing by Dr. N. Srikanth, Director General (Additional Charge) of Central Council for Research in Ayurvedic Sciences (CCRAS) and Mr. Sunil Joshi, Vice Chancellor of Uttarakhand Ayurveda University, in the presence of other senior officers. Through this MoU, research and academic activities in the field of Ayurveda will be promoted by both the parties collaboratively.
- CCRAS in collaboration with Quality Council of India (QCI) organized A three days training programme on implementation of NABH Accreditation Standards for Ayurveda Hospitals 2nd Edition from 16th June to 18th June, 2021 through Video conferencing. The 37 nominated Officers of the Council including head of the 14 institutes of the Council and their Nodal Officers participated in this programme.
- The respective officers of CCRAS have attended the following Workshops/webinars in order to keep abreast of changes in industry:
 - i. Approx. 60 webinars related to International Day of Yoga and COVID-19 were organized by institutes under CCRAS.
 - ii. Approx. 20 webinars have been organized on Azadika Amrut Mahotsav by institutes under CCRAS.
 - iii. Webinar on "Yoga for Healthy Life" (Virtual) organized by RARC Dimapur, Nagaland on 18th June, 2021 and was attended by one official of CCRAS
 - iv. The webinar on 'Yoga Philosophy and practices' on 02.06.2021 organized by CARI, Punjabi Bagh and was attended by two officials of CCRAS.
 - v. National Webinar on "Awareness Programme on Pharmco-vigilance for ASU&H Drugs" on 18th June, 2021 organized by Peripheral Pharmacovigilance Centre (PPvC), Central Ayurveda Research Institute, Punjabi Bagh and was attended by four officials of CCRAS.
- CCRAS has started the following projects:
 - i) Clinical Research (IMR):
 - Clinical evaluation of Pathyadi Kwatha and Anu Taila Nasya in the management of Ardhavabhedaka (Migraine).
 - Clinical evaluation of the efficacy of Pushyanuga Churna and Usheerasava in the management of Abnormal Uterine Bleeding.
 - ii) Medicinal Plant Research (IMR)
Development of pictorial database of economically important parts of selected medicinal plants of RARI Pune (Tree species).

iii) Literary Research (IMR)

Expansion of Integrated E-Books Portal (Āyurveda Grantha Samuccaya) by inclusion of classical books on Medieval period.

6. Central Council for Research in Homoeopathy(CCRH) during the month of June 2021, participated in celebration of International Day of Yoga 2021 through its Institutes /units by organizing webinars. 110 Webinars/ Virtual Meetings were conducted with 10793 participants. 03 new studies on Chronic kidney diseases; effectiveness of nanocurcumin in slum dwellers for influenza like illness and one field preventive study on role of Ars. abl.200C on COVID-19 like respiratory illness were initiated. 06 pharmacological studies to evaluate safety profile and immunomodulatory effect were undertaken. Council organized webinars for capacity building of Council scientists related to online available scientific research oriented databases. 13 research papers were published in peer reviewed journals.

7. Central Council for Research in Siddha(CCRS), Chennai has undertaken the following activities:

- Nationwide distribution of Kabasura Kudineer for Asymptomatic and symptomatic COVID positive patients was done through all the 7 peripheral institutes / units of CCRS.
- DG, CCRS and Research Officers from CCRS took part in the series of virtual meetings on the Development of W.H.O-ICD-11 Ayurveda-Siddha-Unani TM Module 2 held during 16th June, 2021.
- International Yoga Day was observed on 21st June, 2021 by the staff of CCRS and its peripheral institutes/units by following the Common Yoga Protocol (CYP).
- DG, CCRS participated in the BRICS Symposium on Traditional Medicine held on 30th June, 2021.

8. Central Council for research in Yoga & Naturopathy(CCRYN):

- The council has completed the following research study:

A research project titled "effect of an integrated yoga programme on stress, mood states, sleep quality, symptom severity, quality of life and clinical outcomes in COVID-19 positive patients undergoing conventional treatment" has been completed.

- Central Council for research in Yoga & Naturopathy(CCRYN) has initiated the following research studies:

- i) A research project titled "effect of an integrated yoga programme on stress, mood states, sleep quality, symptom severity, quality of life and clinical outcomes in COVID-19 positive patients undergoing conventional treatment: a Multi-Centric Trial" has been initiated at three centres (RGSSH, Delhi, AIIMS, Jhajjar and LHMC, Delhi).

ii) To evaluate the effects of Yoga on cognitive function, activities of daily living, self-reported depression and HRV in subjects with Vascular Dementia.

• CCRYN has organized following Webinars/ Seminars/ Conferences/ online Yoga classes:

- Yoga for COVID-19 on 14th June, 2021
- Yoga for Respiratory Health and Immunity on 15th June, 2021
- Yoga for Heart Health on 16th June, 2021
- Yoga for Cancer on 17th June, 2021
- Yoga for Mental Health on 18th June, 2021

9. Central Council for Research in Unani Medicine(CCRUM), New Delhi has undertaken the following activities:

• As per the direction of Ministry of Ayush, a 'Low Cost People's Campaign (Jan Andolan)- is being successfully adopted by CCRUM and its network of 22 Institutes across India for COVID-19 appropriate behaviour.

• Observed 7th International Day of Yoga by organizing Webinars, Lecture series and other pre-activities which included live demonstration of Yoga Aasans, pamphlet distributions, poster presentations, organizing of Quiz competition(s), holding of banners related to benefits of yoga, health tips to patients attending the OPD's etc. as a part of Day of Yoga.

• Webinar on "Stress Management during COVID-19 Pandemic: Role of Yoga and Unani Practices" on 19th June, 2021 from 11:00 a.m. to 01:00 p.m.

• DG, CCRUM attended 7th International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2021) organized by Institute of Indigenous Medicine, University of Colombo, Sri Lanka as a Keynote Speaker.

• CCRUM has initiated the following research studies:

A study to assess the safety and efficacy of add-on Unani regimen in preventing the progression of the severity of the disease in mild to moderate symptomatic COVID-19 RT-PCR Positive cases has been continued in collaboration with Safdarjung Hospital, New Delhi.

• Status of Medicinal Plant Research in CCRUM:

- i. Project on Ethno-botanical Survey in different Forest Zones- 07 Nos. in the States of Uttarakhand, Tamil Nadu, Andhra Pradesh, Telangana and J & K.
- ii. Digitization of Herbarium Sheets- 300 Nos
- iii. Cultivation of Medicinal Plants – 15 Nos
- iv. Conservation and Preservation of Medicinal Plants in the Herbal Garden- 325 Nos
- v. Maintenance of Drug Samples in the Museum
- vi. Compilation of Folklore claims