Ayush Ministry Celebrates Azadi Ka Amrit Mahotsav with Zeal

The Ayush Ministry initiated a series of programmes on Azadi Ka Amrit Mahotsav to mark the 75 years of Independence. The programmes continued from 30th August to 5th September.

It was a bouquet of interesting events such as the launch of the Y-break app and distribution of medicinal plants, which further accelerated the ministry’s efforts in reaching out to the masses. The activities can be clubbed as follows:

**Wellbeing:** Launch of the Y-Break app

**Information:** Launch of a series of lectures on Ayush system for school and university students and distribution of IEC material; and webinar on the utility of the Y-Break app

**Plantation:** Cultivation of medicinal plants covering 75,000 hectares of land

**Health:** Distribution of Ayush prophylactic medicines with special focus on 60+ age group and guidelines on diet and lifestyle

**Ayush Aapke dwar:** Distribution of the saplings of medicinal plants

Sonowal Launches ‘Y-Break’ App for Working Professionals to Refresh, Re-focus and Destress in 5-minutes

Union Minister of Ayush, Shri Sarbananda Sonowal, launched the ‘Y-Break’ mobile application at Vigyan Bhawan on 1st September 2021. He was joined by four cabinet colleagues - Shri Kiren Rijiju, Union Minister of Law and Justice; Dr. Jitendra Singh, Minister of State Independent Charge, Science & Technology and Earth Science; Smt. Meenakshi Lekhi, Minister of State for External Affairs and Culture; and Dr. Munipara Mahendrabhai Kalubhai, Minister of State for Ayush and Women & Child Development.

The ‘Y-Break’ app has been especially designed for working professionals to help them de-stress, refresh and re-focus in just 5 minutes at their workplace to increase their productivity. For this, a protocol including Asanas, Pranayama and Dhyana has been developed.

The Y-break launch event was also attended by Vaidya Rajesh Kotecha, Secretary Ayush, Sh. Pramod Kumar Pathak, Special Secretary, MoA, Sh. D. Senthil Pandiyar, Joint Secretary, and several other senior officials and experts.
We know that the corporate professionals often experience stress and also physical problems due to their occupation. Of course, the other professions are also not exempted from such problems. Keeping in view the working population this Y-break has been developed, which will give the employees some solace at the workplace.

You all have seen for yourselves how efficacious Yoga Break App is and how much research and experienced thought have been put in its preparation. It has already stood robust trials, testing its deliverables. Its impact on our various Koshas has also been talked about.
Yoga, an ancient science, “strengthens” the individual at all levels of his existence: Physical (i.e. Annamayakośa), Energy (Prāṇamayakośa), Psychological (Manomayakośa), Intellectual and Social (Vijñānamayakośa), and Spiritual (Ānandamayakośa), which helps individual in attaining personal wellbeing levels and bring awareness of overall quality of survival and existence.

“... I am sure that the Y-break App will spread like a wildfire.”
Shri Kiren Rijiju,
Union Minister of Law and Justice

“It has already stood robust trials, testing its deliverables. Its impact on our various Koshas has also been talked about.”
– Ishwar V Basavaraddi, Director, MDNIY

The Yoga protocol in the Y-Break application comprises of a few simple Yogic practices as follows:
- Tadasana - Urdhva-hastottanasana- Tadasana - 1 min
- Skandha Chakra- Uttan Mandukasana– Kati Chakrasana - 1.2 min
- Ardha Chakrasana, Prasarita Padottanasana- Deep Breathing - 1 min
- Nadishodhana Pranayama - 0.45 min
- Bhramari Pranayama- Dhyana - 0.50 min
In a bid to promote the cultivation of medicinal plants, the second event of the week-long series of programmes was organized under the ‘Azadi Ka Amrit Mahotsav’ on 31 August 2021. The Ministry of Ayush launched a national campaign to promote medicinal plants in the country. The programme was organized in collaboration with the National Medicinal Plants Board (NMPB) and started simultaneously from Saharanpur in UP and Pune in Maharashtra.

The campaign aims at deepening the acceptance of medicinal plants’ cultivation by the farming community to enhance their income and also help the Ayush sector.

During the programme organized in Pune, 7,500 medicinal plants were distributed to 75 farmers. Present on the occasion, the Deputy Chief Executive Officer of the National Medicinal Plants Board, Dr. Chandra Shekhar Sanwal, said that the campaign will strengthen the supply of medicinal plants in the country. MLA from Parner in Ahmednagar district, Nilesh Lanke, attended the programme as the chief guest. The launch event happened at CT Bora College, Shirur, Pune, as other experts and agencies joined remotely.

At the same time, 750 medicinal plants of five species were distributed free of cost to 150 farmers who came from nearby districts. This campaign will run throughout the year across the country.

“Five species of plants - Night-flowering Jasmine (Parijat), Golden Apple (Bel), Margosa Tree (Neem), Indian Ginseng (Ashwagandha) and Indian Blackberry (Jamun) were distributed.”
Shri Sarbananda Sonowal launched a nationwide campaign, ‘AYUSH AAPKE DWAR’, from Mumbai by distributing the saplings of medicinal plants under the Azadi ka Amrit Mahotsav celebrations.

The medicinal plants included Tejpatta, Stevia, Ashoka, Jatamansi, Giloy/Guduchi, Ashwagandha, Kumari, Shatavari, Lemongrass, Guggulu, Tulsi, Sarpagandha, Kalmegh, Brahmi and Amla.

Dr. Munjpara Mahendrabhai, MoS, Ayush, started the campaign from Ayush Bhawan by distributing medicinal plants to staff. The campaign aims to distribute medicinal plant saplings to 75 lakh households across the country in one year.

The All India Institute of Ayurveda (AIIA) organised a webinar on the topic, ‘Surviving the Storm through Ayush Shelter’ on 30th August 2021. The event was organized as the first in a series of week-long Ayush programmes under ‘Azadi Ka Amrit Mahotsav’, a celebration to commemorate 75 years of India’s freedom, next year.

Focusing on the role of the Ayush system in the management of COVID-19, Dr. Munjpara Mahendrabhai said that Ayush medicines have proved effective in dealing with post-Covid issues. The Ministry regularly issues protocols from time to time to combat Covid-19 and people have benefited in a big way from medicinal plants such as Giloy.

Shri D Senthil Pandian, Joint Secretary, MoA, said that the Ayush sector will be ramped up in the coming days to make the benefits of Ayush systems available to the people of the country at a wider level.
Under the ‘Azadi Ka Amrit Mahotsav’, the Ministry of Ayush launched a campaign of distributing Ayush prophylactic medicines and written guidelines on diet and lifestyle on 2 September 2021. The drive was jointly initiated by Minister of Ayush and Port, Shipping & Waterways, Shri Sarbananda Sonowal, and Minister of State for Ayush and Women and Child Development, Dr Munjpara Mahendrabhai. The cabinet minister also launched the campaign at the National Institute of Ayurveda (NIA), Jaipur.

In the next one year, the immunity booster medicines and the guidelines to combat Covid-19 will be distributed to 75 lakh people across the country, with a special focus on the geriatric (people of 60 years and above age) population and the front line workers.

The kit of Ayurveda prophylactic medicines for Covid-19 contains Sanshamani Vati, which is also known as Guduchi or Giloy Ghan Vati, and Ashwagandha Ghan Vati. The kit and the guidelines have been prepared by the Central Council for Research in Ayurvedic Medicines (CCRAS).

The CCRAS is planning and implementing the campaign and has been focusing on the health of the geriatric population.

"The recovery rate at the Covid Centre set up at the institute has been more than 99%. Not only were the corona infected patients cured at the Covid Centre, there was also no loss of life even among the doctors, nursing staff and other hospital staff engaged in their treatment."

-Dr. Tanuja Nesari, Director, All India Institute of Ayurveda

Nationwide Distribution of Prophylactic Medicines to Fight COVID-19

Shri D Senthil Pandian, Joint Secretary, MoA speaking at the event

Shri Sarbananda Sonowal launching the event at the National Institute of Ayurveda (NIA), Jaipur.
Union Ayush Minister Shri Sarbananda Sonowal called upon the youth to adopt a healthy lifestyle and eat a balanced and healthy diet. Launching the webinar series, ‘Hamara Ayush Hamara Swasthya’ for school and college students, he said that it is important that the young minds are oriented towards Ayush System to help them grow healthier and stronger.

Dr. Munipara Mahendrabhai, MoS, Ayush, said, “When we are healthy and balanced, we are able to fulfill our dreams and share our responsibility as a part of society. The Ayush system speaks enormously on the rule of diet in maintaining health.”

It was a part of the ‘Azadi Ka Amrit Mahotsav’ celebrations under which students of over 7,500 schools and universities participated in a webinar. In the next one year, the Ministry of Ayush aims at connecting with students of 75,000 educational institutions through a series of lectures and distributing the IEC material.
Dr. Munjpara Urges People to Adopt ‘Yoga’ at Workplace

As a part of ‘Azadi ka Amrit Mahotsav’, the Ministry of Ayush organised a webinar on the utility of the Yoga Break App which saw the participation of experts and enthusiasts from across the country. Inaugurating the webinar, Minister of State for Ayush and Woman & Child Development, Dr Munjpara Mahendrabhai, said, “Yogasanas in the Y-Break protocol open up the chest cavity and help the cardiovascular system. I hope people across India in their workplace will adopt this simple and effective protocol to reduce stress and improve productivity.”

The webinar on the utility of the Y-Break App saw a huge participation of Yoga practitioners. There were technical sessions on how the Yoga protocol – Asanas, Pranayama and Dhyana – help people refresh, de-stress and re-focus on work at their workplaces in just five minutes.

The Morarji Desai National Institute of Yoga (MDNIY) and reputed Yoga institutes namely, Krishnamacharya Yoga Mandiram, Chennai, Ramakrishna Mission Vivekananda Educational and Research Institute, Belurmath, Kolkata, NIMHANS, Bengaluru, the Kaivalyadham Health and Yoga Research Center, Lonavla and Heartfulness Institute have played a prominent role in developing this app.

In the Parliament

The recently concluded parliament in monsoon session witnessed a lot of information shared by Ayush Minister on various important concerns of the Hon’ble MPs. He provided information on Ayush schemes, Research and Development and initiatives.
Ayush Measures Improve Immunity During Pandemic

Ayush measures and products have benefited people in fighting COVID-19 is a documented fact and an app provides handsome data about it too. Ayush Sanjivani is a mobile application that has been developed by the Ministry. It helps in generating data on the acceptance and usage of Ayush advocacies and measures among the population and its impact in the prevention of COVID-19, receiving responses from approximately 1.47 crore respondents. For cross-sectional analysis responses of 723,459 lakh respondent were considered out of which:

- 85.2% of the respondents reported the use of Ayush measures for the prevention of COVID-19, among which 89.8% of respondents agreed to have benefited from the practice of Ayush advisory.
- 40.3% of the users responded that the Ayush measures gave an overall feeling of good health.

Task Force on Efficacy of Covid Medicines Formed

The Ayush Ministry formed an inter-disciplinary AYUSH R&D task force to formulate and design clinical research protocols for prophylactic studies and add-on interventions in COVID-19 positive cases.

The task force includes representation from the Indian Council of Medical Research (ICMR), the Department of Biotechnology (DBT), the Council of Scientific and Industrial Research (CSIR), the All India Institute of Medical Sciences (AIIMS) and Ayush Institutions.

These experts will be reviewing and studying four different interventions viz. Ashwagandha, Yashtimadhu, Guduchi + Pippali and a polyherbal formulation (AYUSH-64).

Under various research organizations and National Research Institutes, 126 studies are going on in 152 centres in the country to identify effective medicine to cure patients with symptoms of COVID-19.
Ministry Denies Misleading Claim by NICE on COVID-19 Treatment

The Minister of State for Ayush Shri Munjpara Mahendrabhai said that the National Medicinal Plants Board (NMPB), Ministry of Ayush, is implementing a ‘Central Sector Scheme on Conservation, Development and Sustainable Management of Medicinal Plants’ since 2014-15. Through this scheme, the NMPB has provided project-based support to establish 24 Medicinal Plants Conservation and Development Areas (MPCDAs) in seven states. An amount of Rs. 940 lakhs was sanctioned and Rs. 635.99 lakhs was released for establishing MPCDAs.

The role of MPCDAs is conservation and protection of medicinal plants in their natural habitats. The long term benefit of MPCDAs is also to generate livelihood for local/tribal communities through sustainable utilization.

NICE-like false claims fall under punishable offences

NICE-like false claims fall under punishable offences according to orders issued by the Ministry of Home Affairs and the National Disaster Management Authority (NDMA). These orders make false claims a punishable offence to prevent the spread of COVID-19 in the country.

Institute of Teaching and Research in Ayurveda Celebrates Charaka Jayanti

The Department of Basic Principles under the Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar, organised an event to celebrate Charaka Jayanti on 13th August 2021. The National webinar on ‘Charaka Samhita – Principles to Practice’ was also organized on this day. On this occasion, different activities like Shastra Puja and Samhita Pathan were carried out in the department. Director, Prof. Anup Thakar, and other faculty members participated in the event.
The National Institute of Homoeopathy, Kolkata, an autonomous body working under the Ayush Ministry, celebrated 75th Independence Day with great enthusiasm and spirit in a COVID compliant way.

On August 13, the institute also organised the Fit India Freedom Run to promote healthy living. It was flagged off by the renowned Shri Asim Ganguly, recipient of Krida Guru Award from Govt. of West Bengal, Ex-National and State level Hockey coach. Students and faculty enthusiastically took part in the run and spread the message of fitness in the locality through the slogan of “Fitness ki Dose Adha ghanta Roz.”
The Gandhi Fellowship Department of the National Institute of Naturopathy (NIN) conducted a session to raise awareness among the doctors and research fellows about the Lesbian Gay Bisexual Transgender Queer and Asexual (LGBTQA) community.

The Speaker for the occasion was Mr Bindu Madhav Khire who gave an overview of the medical and biological reasons for the birth of transgender children and the challenges faced by the transgender person and families while navigating sexual identity within a patriarchal system. Prof. (Dr.) K Satya Lakshmi, Director, NIN, expressed the need for doctors to become aware of the issues that confront transgender and other groups and how healing can be brought into the lives of this community.

The Department of Gandhian Studies of the institute also organised a session on IMPROV theatre for doctors of NIN on 6th August 2021. The session was facilitated by Mr Abhishek Somani and his team.

IMPROV stands for improvisation. It is a spontaneous theatre in which the responses are made at the spur of the moment and participants keep improving on the performance. It is a form of theatre in which the partner is made to look good and everything is unplanned and unscripted. The benefits of IMPROV are that it builds empathy, mental and physical agility and gives unusual solutions to problems.

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A training programme was organized for M.Sc Psychiatric Nursing students of Maharashtra Institute of Mental Health, Pune, from 9th to 14th August 2021 at NIN. Sessions were taken by the doctors on fundamentals of naturopathy, various aspects of naturopathy treatment modalities, integration of naturopathy in nursing, lifestyle modification, mental and physical wellbeing, management of communicable diseases through naturopathy etc.
SRRI Sets Up the Breastfeeding Cabin

The Siddha Regional Research Institute (SRRI), Puducherry, and Pondicherry Rotary Midtown jointly inaugurated the Breastfeeding Cabin on 6th August 2021 in the Outpatient Department (OPD) premises of SRRI, Puducherry. It was organised as a part of the World Breastfeeding Week celebration. This facility would help to encourage lactating mothers to breastfeed their babies in a safe and secure environment. An awareness lecture on the topic, “Breastfeeding - Nature’s Elixir” was also delivered by Dr K. Sivaranjani Research Officer (Siddha), Siddha Clinical Research Unit, Palayamkottai.

A Siddha Medical Camp was jointly organised by Siddha Clinical Research Unit, Bengaluru and Rotary Club of Ulsoor at Cudaapa Swamy Mutt, Bengaluru on 8th August 2021. A team from Siddha Clinical Research Unit attended the camp.

NIA Jaipur Conducts Online Lectures

On the occasion of Charaka Jayanti, the National Institute of Ayurveda, Jaipur, organised a 3-day webinar followed by a five-day workshop on Ayurveda manuscript. As part of National Ayurveda Day, these activities took place between 30th July and 13th August 2021. Prof. A. Rama Murthy, Registrar, National Institute of Ayurveda, inaugurated the programme.

A four-day online lecture series included the topics ‘Author mapping of Achary Charaka and Charaka Samhita’, ‘Uses of Anumana Pramana in clinical research’, ‘Charaka Samhita: Principles and Practices’ etc.

A five-day offline workshop on ‘Ayurveda manuscriptology’ was organised from 9th to 13th August 2021. The faculties of Samhita and Maulik Siddhant, NIA, presented Ayurveda manuscripts on topics like Introduction and Need of Ayurveda Manuscriptology in Current Scenario, Introduction to Conservation & Cataloguing of Ayurveda Manuscripts, Importance of Sanskrit Language in Ayurveda Manuscripts, Pattern of Major Indian Scripts, and Scribe & Pattern of Scribal Errors.

The Department of DravyaGuna, NIA conducted a certificate course on training in Ayurveda Beauty care.

A de-addiction camp was organised at Shastri Nagar, Jaipur, by the Department of Agad Tantra to commemorate the Ayurveda Day 2021. Agad Tantra deals with study of the poisons, its action, clinical manifestation, diagnosis of acute, chronic and cumulative toxicity and treatment. Patients were provided free consultation and Ayurvedic medicines along with counseling and awareness about the side effects of drug abuse.
AIIA & UK to Conduct Clinical Trials of ‘Ashwagandha’ for COVID-19

‘Ashwagandha’ commonly known as ‘Indian winter cherry’, is a traditional Indian herb that boosts energy, reduces stress, and makes the immune system stronger. In a major collaboration, the All India Institute of Ayurveda (AIIA), UK’s London School of Hygiene & Tropical Medicine (LSHTM) came together to conduct a study on ‘Ashwagandha’ for promoting recovery from COVID-19. AIIA and the LSHTM signed a Memorandum of Understanding to conduct clinical trials on ‘Ashwagandha’ on 2,000 people in three U.K. cities — Leicester, Birmingham, and London (Southall and Wembley).

It is noteworthy that the trial’s success can pave way for Ashwagandha to be a proven medicinal treatment to prevent infection and be recognized by the scientific community worldwide. Recently, a number of randomised placebo-controlled trials of AG in humans in India have demonstrated its efficacy in reducing anxiety and stress, improving muscle strength, and reducing symptoms of fatigue in patients treated for chronic conditions.

It has also been indicated for treating non-restorative sleep, a hallmark of chronic fatigue, for which the trials are currently ongoing. Combined with substantial literature on its pharmacological and immunomodulatory effects in vitro and in animals, the study suggests ‘Ashwagandha’ as a potential therapeutic candidate for alleviating the long-term symptoms of COVID-19.

Dr. Tanuja Nesari, Director, AIIA said that the study is approved by the Medicines and Healthcare Products Regulatory Agency (MHRA) and certified by WHO-GMP.
Sonowal Announces Major Initiatives for Northwestern States

The Union Ayush Minister Shri Sarbananda Sonowal announced various initiatives to promote traditional medicinal practices in the Northeast. He announced this while addressing a conference of Ayush and Health Ministers of all the North Eastern States held on 28th August 2021.

The Ayush Ministry organised this conference to discuss how the Ayush System of Medicines can be efficiently mainstreamed and can become more popular in the Northeastern states.

Shri Sonowal announced the following initiatives:

- To boost the education and training of Ayush medicinal experts, financial provision of Rs 70 crore, under the National Ayush Mission (NAM) support, to be provided for the establishment of a new Ayurvedic College at Dudhnoi in Goalpara, Assam.

- Granting Rs 10 crore to Government Ayurvedic Colleges in Guwahati

- Around 1,000 new Health & Wellness Centres (HWC), as part of the National Ayush Mission (NAM) Scheme, to be opened in the NE states

- Setting up of 100 Ayush dispensaries under NAM in the northeast region

- A facilitation centre for semi-processing of raw material is going to be opened up in NE states

- Setting up Regional Raw Drug Repository (RRDR) in NE states

- The Ayush medical facilities under Northeastern State governments, central government and teaching hospitals in Ayush Colleges will be brought under Ayush-Health Management Information System (AHMIS)

Dr Munjpara Mahendrabhai Kalubhai, Union Minister of State for Ayush, said that the government is taking various initiatives to promote traditional medicinal practices with an increase in investments in the Northeast region.

Assam Chief Minister, Shri Himanta Biswa Sarma, Assam Health Minister, Shri Keshab Mahanta along with other dignitaries attended the conference.
Amendment Bills Get Parliament Nod

After clearance from the Loksabha, the Rajyasabha also passed the National Commission for Homoeopathy (Amendment) Bill, 2021 and the National Commission for Indian System of Medicine (Amendment) Bill, 2021. The two bills are yet to receive the President’s assent.

The bills presented by Union Ayush Minister, Shri Sarbananda Sonowal and the National Commission for Homoeopathy (Amendment) Bill, 2021, proposes to amend the National Commission for Homoeopathy Act, 2020 in order to provide a medical education system that further improves access to quality and affordable medical education. The National Commission for Indian System of Medicine (Amendment) Bill, 2021, seeks to repeal the Indian Medicine Central Council Act, 1970 and help make available the Indian system of medicine professionals across the country.

Global Co-operation: MoUs Signed for Traditional System of Medicine and Homeopathy

Union Ayush Minister Shri Sarbananda Sonowal said that the Ayush Ministry facilitated the Central Council for Research in Homoeopathy (CCRH, an autonomous body working under the Ministry of Ayush) in signing 11 Memorandums of Understanding (MoUs) with foreign partner institutes.

The MoUs are signed for cooperation in the field of Traditional System of Medicine and Homeopathy. Other than the Ayush Ministry, the Government of India, has signed 25 Memorandum of Understandings (MoUs) for country-to-country cooperation in the field of traditional medicine with Mauritius, Germany, Iran, Colombia, Japan, China and Brazil among others.

Further, 31 MoUs for undertaking collaborative research and development of traditional medicine have been signed with foreign institutes/universities/organizations of USA, Germany, UK, Canada, etc and 13 MoUs have been signed for the setting up of Ayush Academic Chairs in foreign Institutes/Universities of Hungary, Latvia, Mauritius, Bangladesh, Russia, West-Indies etc.
This e-Newsletter has been envisioned to share news related to the Ayush sector. For any suggestions and information please email at: ayushnewsletter3@gmail.com

Ayush-Watch, e-Newsletter of the Ministry of Ayush, will now be available on the website every month.