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# Development and contributions of AYUSH sector - A Review

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## ABSTRACT

AYUSH sector is the collective name given to the compendium of seven sectors Ayurveda, Yoga, Naturopathy, *Unani*, *Siddha*, Homeopathy and *Sowa-Rigpa*. The sector is designed for propagation of research and development in the concerned field. These traditional systems play pivotal role in the public health sector of Indian subcontinent. Most of these systems would have developed from the herbal resources from the vicinity. Cultural, geographical, meteorological factors might have helped them in early developmental phase. This article is an attempt to portray the development and contributions of AYUSH sector in post independent phase of India.

**Key words:** *Ayush, Ayush Grid, Ayush Sanjivani*

## INTRODUCTION

The republic India is one among the world's most prestigious countries. This achievement is an outcome of progressive effort done by our ancestors. This potential is derived from various indicators like demographic trends, political, economic, health, military etc. As India celebrates the 75 illustrious years as an independent nation, it is evident to explore the achievements of AYUSH sector. As per the revised gazette of the government of India, Ministry of Ayush (previously AYUSH) is the collective name which includes seven traditional health care systems (Ayurveda, Yoga & Naturopathy, *Unani*, *Siddha* and Homoeopathy).<sup>[1]</sup> Traditional systems in India was

was revamped by committees put forwarded by government of India. Revised health policies were emphasized importance of Indian Systems of Medicine & homeopathy in public health sector. Especially National Health Policy 2002 highlighted the role of traditional systems in the rural masses.<sup>[2]</sup>

In 1970 Central Council of Indian Medicine was established followed by Central Council of Homeopathy (1973) had contributed to the development of new drug discoveries and promoted rural health practices. Eighth and ninth five-year plan had laid the milestone for AYUSH systems. This movement bestowed the overall development in the preservation and cultivation of medicinal plants, pharmacopoeia, and good manufacturing processes etc.

The National Rural Health Mission (NRHM) was introduced in 2005 to integrate AYUSH practitioners in national health programmes mainly in primary health care. Independent ministry established for AYUSH system from 2014 onwards. We have observed tremendous growth in the sector from this revolutionary movement. This is an attempt to review regarding the growth and achievements of AYUSH sector after independence.

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## METHODOLOGY

In this article authorised information's were collected from government websites, published articles and books. Collected information's were arranged chronologically and analysed from current viewpoint.

## DISCUSSION

Various prestigious institutes had been implemented around India to secure the proper development and dissemination of AYUSH systems of health care (Table. No.01). National AYUSH Mission was one among the prestigious flagships of Ministry launched in 2014. Prior focus is to enhance AYUSH education through augmentation in the number of upgraded educational Institutions, succour availability of quality raw materials and improved access of excellent Ayurveda, *Siddha*, *Unani*, and Homoeopathy (ASU &H) drugs.<sup>[3]</sup> Another prime organisation working under AYUSH ministry is the National Medicinal Plants Board. Recently has signed an understanding with National Remote Sensing Centre (NRSC), Indian Space Research Organization (ISRO) to execute Space based tools in the monitoring and strategic decision making in the field of Medicinal Plants.

### Institutional Achievements

A broad institutional support has been developed to promote research teaching and clinical practice facilities across the country. (Table 1)

### Quality control and monitoring

Good Clinical Practice (GCP) guidelines are strictly followed in clinical trials of Ayurveda, *Siddha* and *Unani* Medicines and Good Manufacturing Practise (GMP) compliance in ASU& H drug industry. Uniform standards required in the preparation of Ayurveda, *Siddha*, *Unani* and Homeopathy drugs in the form of official formularies and pharmacopoeias. The responsibility of harmonization and development of Ayurveda, *Siddha*, *Unani* & Homoeopathy pharmacopoeial standards is on Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H).

### International relations & Collaborative projects

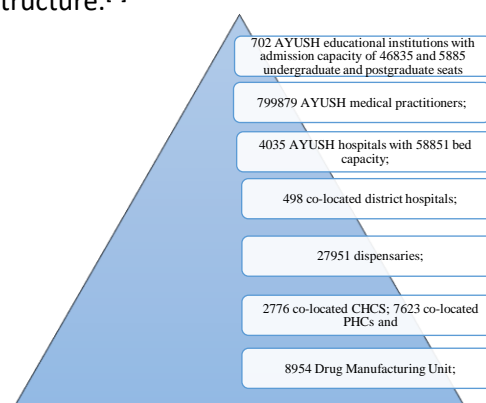
A project Collaboration Agreement (PCA) has been signed between Ministry of AYUSH and WHO, Geneva for developing WHO Terminologies in Ayurveda, *Unani*, and *Siddha*. Ministry of AYUSH has developed a portal named National AYUSH Morbidity and Standardized Terminologies Portal (NAMSTP). The portal was launched by Shri Narendra Modi, the Hon'ble Prime Minister of India on 2<sup>nd</sup> Ayurveda Day (17<sup>th</sup> October 2017) at All India Institute of Ayurveda, New Delhi. The portal provides Standardized Terminologies & Morbidity Codes for *Ayurveda*, *Siddha* and *Unani* systems of medicine along with W.H.O ICD-10/11 codes meant for dual coding and morbidity reporting for Yoga, Naturopathy and Homoeopathy Systems. A brief overview regarding the extended outreach of AYUSH sector mentioned below (Table 2)

On 12th July 2016 by Insurance Regulatory and Development Authority (IRDA) had issued notification regarding insurance coverage to AYUSH treatment

Ministry of AYUSH has been successfully organizing the International Day of Yoga from the year 2015. 21st June was declared unanimously as International Day of Yoga (IDY) by the United Nations General Assembly on 11th December 2014. This was an outcome of relentless efforts from AYUSH sector. IDY, celebrated on 21st June 2015, cracked two Guinness World Records for the largest yoga class featuring 35,985 people and for the largest number of participating nationalities (84 nations).

### Infrastructure

This is brief diagrammatic representation of AYUSH infrastructure.<sup>[4]</sup>



### International Day of Yoga

On June 21<sup>st</sup> International Day of Yoga was declared by the UN General Assembly in 2014. Two Guinness world record has been achieved by ministry so far. To bring standardised practise in the career development of Yoga Universally, a Yoga certification board was established. A yoga break was introduced to distress working professionals from day-to-day activities.

### AYUSH Grid

In 2018 AYUSH Grid project was initiated by the Ministry to establish a wide-ranging IT backbone for the sector. Projects which are co-opted under AYUSH GRID are

1. AYUSH Hospital Information Management System (A-HMIS)
2. Tele-Medicine,
3. Yoga locator Application,
4. Bhuvan Application,
5. Yoga Portal,
6. Case Registry Portal
7. *Ayush Sanjivani* Application

### AYUSH Sanjivani Application

This application is a simple effective mechanism to study population. More than six lakh people have downloaded so far. Prime objective was to reach out to a large audience in a short time satisfactorily. It disseminates authentic measures for boosting immunity and propagates updated information. During the initial weeks of Covid-19 pandemic, the Ministry launched various crowd sourcing activities for gathering Covid-19 inputs as well as mobilising AYUSH volunteers. Further, a Covid-19 dashboard was also set up for real time information. The AYUSH Grid project was able to support such critical initiatives related to managing the health crisis, despite various lock down related constraints.

### COVID -19 initiatives of AYUSH sector

#### Guidelines for COVID-19

Various guidelines have been declared by the sector to combat pandemic situation.<sup>[5]</sup>

1. Guidelines for practitioners Naturopathy
2. Guidelines for practitioners
3. Guidelines for AYUSH clinical studies in Covid-19 recommended by interdisciplinary AYUSH R & D Task Force
4. Guidelines for Research
5. Good Clinical Practice Guidelines for clinical trials of ASU Medicine
6. Advisories & Guidelines from Government of Tamilnadu
7. COVID-19 facilitator guide.
8. Guidelines for Quarantine facilities COVID-19.
9. Guidelines on Clinical Management of COVID-19.
10. Workplace guidelines for Panchakarma Technicians amid COVID-19 pandemic.
11. Measures to increase immunity in self-care (Ayurveda).
12. Traditional Food Recipes from AYUSH Systems of Medicine.
13. Performa for Scientific Validation of New Ayurvedic Drug Claims.
14. Policy

Expert committees from All India Institute of Ayurveda (AMA), Delhi, Institute of Post Graduate Training and Research in Ayurveda (IPGTRA), Jamnagar, and National Institute of Ayurveda (NIA), Jaipur Central Council for Research in Ayurveda (CCRAS), Central Council for Research in Yoga and Naturopathy (CCRYN), other national research organizations collectively developed National Clinical Management Protocol (Ayurveda and Yoga) for the management of mild moderate conditions of COVID-19.

The Ministry of AYUSH-Council of Scientific and Industrial Research (CSIR) collaboration has recently completed a robust multi-centre clinical trial to evaluate the safety and efficacy of AYUSH 64 in the management of mild to moderate COVID-19 patients. *Kabasura Kudineer*, a *Siddha* medicine was also subjected to clinical trials for studying the efficacy in Covid-19 patients by Central Council for Research in *Siddha* (CCRS) under Ministry of AYUSH and is also found useful in the treatment of mild to moderate covid-19 infection. Based on the encouraging results of AYUSH-64 and *Kabasura Kudineer* in the management of asymptomatic, mild to moderate COVID-19 as adjunct to Standard care, the Ministry of AYUSH is launching this nationwide campaign for distribution of AYUSH-64 and *Kabaasur Kudineer* today so that the COVID -19 patients in home isolation may be benefitted with AYUSH systems of medicines.

## CONCLUSION

The pandemic and post pandemic situations are in recurring episodes from past two years. The entire health system is in dilemma. A suitable solution is a conundrum in health sector. There is visible drift exists between the conventional and traditional practitioners. But from the very beginning to till date, a multifactorial furtherance happened in AYUSH sector. Theories and concepts have been transformed into evidence-based practices. The pandemic has proved that our present health care system lacks a collective approach towards health. It is the time to revamp existing indigenous healthcare ecosystem through AYUSH sector. Unlike previous days, a highly receptive environment is present where the significance of AYUSH sector is being universally recognised. Government and policy makers should implement Medical pluralism with full concept.<sup>[6]</sup> AYUSH sector is continually working to develop a common, strategic, and focused health research agenda aligned to emerging national needs. Multidisciplinary collaboration, economic support and infrastructure are essential for further expedition.

**Table 1: Institutes Under AYUSH**

SN	Institutes Under AYUSH	Location
1.	National Institute of Ayurveda (NIA)	Jaipur
2.	National Institute of Homeopathy (NIH)	Kolkata
3.	National Institute of <i>Unani</i> Medicine (NIUM)	Bengaluru
4.	National Institute of <i>Siddha</i> (NIS)	Chennai
5.	National institute of Naturopathy (NIN)	Pune
6.	Morarji Desai National Institute of Yoga (MDNIY)	New Delhi
7.	Institute of Teaching & Research in Ayurveda (ITRA)	Jamnagar, Gujarat
8.	Rastriya Ayurveda Vidyapeeth (RAV)	New Delhi
9.	North Eastern Institute of Ayurveda & Homoeopathy (NEIAH)	Shillong
10.	North Eastern Institute of Folk Medicine (NEIFM)	Pasighat
11.	All India Institute of Ayurved	New Delhi

**Table 2: International collaborations**

International collaborations	Numbers
Federal level MoU	11 countries
Institute level MoU	24 countries
AYUSH Information cell	25 countries

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