



GOVERNMENT OF KERALA-DEPARTMENT OF AYUSH
NATIONAL AYUSH MISSION KERALA



AYUSH FOR THE PEOPLE

KEY PROJECTS

DRISHTI – Eye care through Ayurveda

- A holistic initiative aimed at preventing avoidable blindness through comprehensive eye care services.
- The primary focus of Drishti is on early detection, diagnosis, and management of ophthalmic conditions such as refractive errors, cataract, diabetic retinopathy, and glaucoma, thereby improving vision and preventing blindness across all age groups.
- Special emphasis is placed on school health programs targeting children aged 6 to 16 years, ensuring timely identification and correction of refractive errors and other eye-related issues.



- The project includes outreach initiatives such as school screenings and awareness campaigns, along with advanced diagnostic and referral services for complex cases.
- Services of Drishti available in all 14 districts of the state.



SPORTS AYURVEDA- INITIAL AID FOR SPORTS RELATED INJURIES THROUGH AYURVEDA

- Sports Ayurveda deals with preventive, curative and rehabilitative aspects of sports injury.



- Gained widespread recognition in the Kerala Sports Meet 2024 with a dedicated Sports Ayurveda team of doctors, physiotherapists and nurses committed to help them overcome their sports related injuries.
- Sports ayurveda is safe and devoid of post traumatic complications which is the challenge faced by the current sports medicine fraternity.
- Sports Ayurveda Clinics equipped with modern amenities and staffed by skilled practitioners, including a medical officer, two panchakarma therapists specialising in event based management and one physiotherapist
- There are Sports Ayurveda Units and Mobility Units functioning throughout the state.
- Many athletes had won silver and gold medals in many national and international levels with the help of Sports Ayurveda.

AROGYANOUKA – Floating AYUSH Dispensaries



- This project caters to residents of Kuttanad and surrounding areas, where limited road access makes healthcare a challenge.
- Arogyanouka's medical team includes a medical officer and a multipurpose worker
- The dispensary operates Monday through Saturday, ensuring fortnightly follow-ups at all designated locations.

- Its onboard pharmacy provides free medicines, ensuring uninterrupted care for ailments like osteoarthritis, respiratory infections, acid peptic diseases, parasitic infestations, and more.

JANANI- Infertility treatment through Homoeopathy

- Launched in 2012 in Kannur district as "Ammayum Kunjum" and rebranded as Janani, this pioneering initiative by the Homoeopathy Department has revolutionized infertility treatment.



- Within a year, its success led to the establishment of centres in Thiruvananthapuram and Kozhikode, followed by district-level centres across Kerala.
- Homoeopathy, with its safe, economical, and side-effect-free approach, has emerged as a viable alternative
- Janani addresses conditions such as PCOD, endometriosis, fibroids, oligospermia, and sperm motility issues through medication alone.
- 2600+ successful cases in a course of 10 years

YOGA CLUBS – An Initiative to Promote Community Wellness

- AYUSH Yoga Clubs are community-based wellness centers established under the AYUSH Department's initiatives.
- As of now, 10,132 yoga clubs have been established across 14 districts in Kerala, reaching both general and women-specific populations.
- Address NCDs by promoting healthier lifestyle choices
- Conduct workshops and seminars on yoga's benefits in schools, workplaces, and public spaces.

