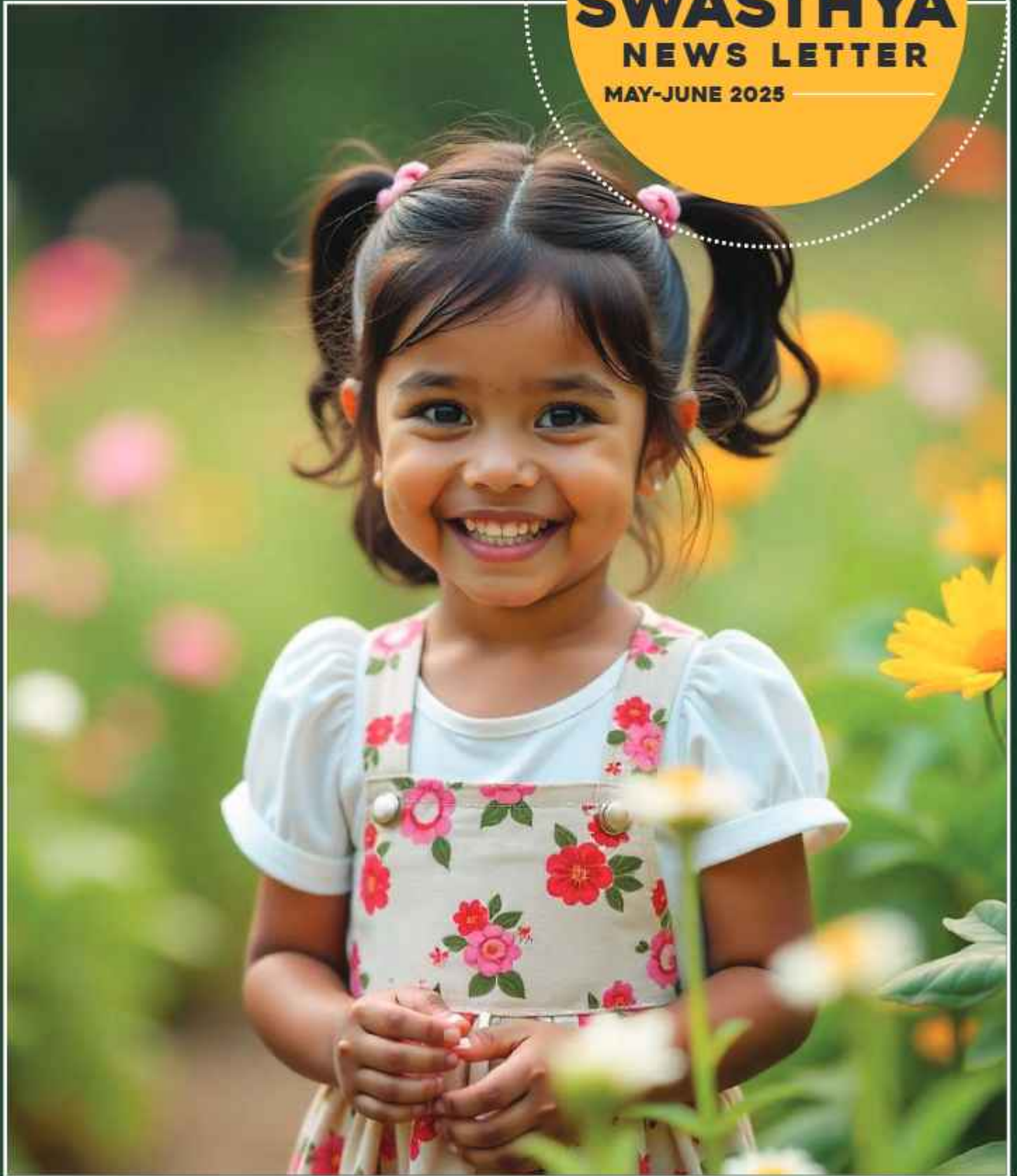




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AYUSH

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The Impact of AYUSH on Overall Health & Wellbeing

A Contemporary Appraisal

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Global Institute of Ayurveda, Rajkot, Gujarat.



The growing global challenge of chronic diseases, mental health issues, and illnesses related to lifestyle has prompted a shift towards comprehensive healthcare systems. AYUSH, which stands for Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy, provides integrative and patient-focused solutions grounded in the time-honored wisdom of Indian traditions. This article examines the diverse effects of AYUSH systems on both individual and public health outcomes, highlighting their clinical effectiveness, mental health benefits, enhancement of immunity, management of chronic diseases, sustainability, and integration on a global scale. Backed by recent empirical research and policy initiatives, this narrative review aims to position AYUSH as a credible and sus-

tainable contributor to contemporary healthcare practices.

Health, as described by the World Health Organization, is "a state of complete physical, mental, and social well-being, and not merely the absence of disease." In this regard, the AYUSH systems of medicine, which have been historically practiced in India and various parts of Asia, are receiving increased attention due to their focus on holistic wellness, individualized care, and minimal side effects. AYUSH practices provide not only therapeutic measures but also strategies for prevention, promotion, and rehabilitation that closely align with global sustainable health objectives. Recently, changes in policy, institutional backing, and emerging clinical evidence have sped up their



Clinical Relevance of AYUSH in Chronic Disease Management

The escalating prevalence of non-communicable diseases (NCDs), such as diabetes, hypertension, cardiovascular diseases, and musculoskeletal disorders, demands novel, cost-effective, and sustainable interventions. Ayurveda provides a detailed framework that considers individual constitution (Prakriti) and Doshic imbalances (Vata, Pitta, and Kapha), which can be effectively addressed through customized dietary plans, herbal remedies, and Panchakarma treatments. For example, clinical research on traditional Ayurvedic preparations such as Nisha Amalaki Churna and Madhumeहार Kashaya has shown notable improvements in glycemic control for individuals with type 2 diabetes mellitus, along with

enhancements in lipid levels and digestive health (Patwardhan et al., 2015). Likewise, interventions based on Yoga have demonstrated quantifiable advantages in cardiac recovery. A multicentric study carried out by AIIMS New Delhi & S-VYASA Bengaluru found improved left ventricular ejection fraction and better heart rate variability in post-myocardial infarction patients participating in yoga-based lifestyle changes.

The Unani and Siddha systems, though not widely studied in modern contexts, have demonstrated promising results in treating chronic ulcers, arthritis, and liver dysfunction through the use of specific pharmacopeial formulations based on temperamental evaluations and mineral-herbal com-



binations. Homoeopathy, when practiced with a focus on individual remedy selection, has proven effective for autoimmune conditions such as rheumatoid arthritis and allergic rhinitis, with numerous randomized controlled trials supporting its safety and ability to alleviate symptoms.

Mental Health and Emotional Wellbeing

AYUSH systems provide extensive resources for enhancing mental well-being and cognitive health. The growing prevalence of stress-induced disorders, insomnia, anxiety, and depression has resulted in a greater use of yoga, meditation, and adaptogenic herbs such as Ashwagandha (*Withania somnifera* (L.) Dunal) and Brahmi (*Bacopa monnieri* (L.) Wettst.). A systematic review conducted by the National Institute of Mental Health and

Neurosciences (NIMHANS) validated the anxiety-reducing and antidepressant properties of Ashwagandha in moderate anxiety conditions, highlighting notable reductions in cortisol levels and improvements in sleep. Furthermore, mindfulness protocols based on Yoga have been demonstrated to lessen amygdala overactivity and regulate the hypothalamic-pituitary-adrenal (HPA) axis, thereby enhancing psychological resilience and attention among clinical populations.

The Siddha system places significant importance on the mental dimension of disease development. Herbs like Vallarai and Mandukaparni are utilized for their neuroprotective and anxiolytic properties. Naturopathic treatments, such as hydrotherapy,

chromotherapy, and dietary management, additionally promote mental equilibrium through non-invasive and non-pharmacological methods.

Immunomodulation & Public Health Response During COVID-19

The worldwide COVID-19 pandemic acted as a practical evaluation of the AYUSH systems effectiveness in preventive health. The Ministry of AYUSH initiated nationwide campaigns advocating for the use of traditional remedies that enhance immunity, such as Ayush Kwatha, Guduchi, and Chyawanprash. An observational study by Banaras Hindu University (BHU) revealed that *Tinospora cordifolia* significantly boosted T-cell mediated immune response in patients who tested positive for COVID-19, leading to a decrease in disease progression and hospitalization rates (BHU Research Cell, 2021).

Additionally, the Ministry launched the AYUSH Sanjivani App, which recorded over seven million responses. The app's analytics indicated that more than 86% of participants experienced subjective improvements in immunity, respiratory health, and overall well-being

after receiving AYUSH interventions. This situation resulted in greater institutional validation and the incorporation of AYUSH recommendations into public health guidelines for infection prevention, highlighting the importance of traditional systems during large-scale health crisis.

Global Recognition & Policy Integration

The AYUSH systems are progressively being incorporated into conventional healthcare in various nations. Yoga, which is now practiced in over 190 countries, has received formal acknowledgment in the national health policies of nations such as the United States, the United Kingdom, Canada, and Australia. The inauguration of the World Health Organization Global Centre for Traditional Medicine in Jamnagar, Gujarat, in 2022 represented a notable global achievement. This center is designed to develop evidence-based guidelines, quality standards, and policy frameworks for traditional medicine systems on a global scale. In addition, international partnerships involving the All India Institute of Ayurveda (AIIA), the Indian Council of Medical Research (ICMR), and overseas universities are propelling

clinical research in Ayurveda, Yoga, and Homoeopathy. Currently, more than 30 countries have established dedicated AYUSH chairs or departments within their academic institutions, promoting the exchange of knowledge, research, and integrative clinical practices.

Environmental Sustainability & Planetary Health

Contemporary healthcare systems are characterized by high energy consumption and play a substantial role in environmental harm due to biomedical waste, pharmaceutical contamination, and overuse of resources. Conversely, AYUSH systems are fundamentally in harmony with the tenets of environmental sustainability. The majority of treatments are derived from plants, are biodegradable, and necessitate minimal use of non-renewable resources.

For instance, Ayurvedic dietary practices advocate for seasonal eating (Ritucharya), sourcing ingredients locally, and promoting mindful consumption, which collectively help in minimizing ecological impacts. The cultivation of medicinal herbs, including Shatavari, Haritaki, and components of Triphala, typically adheres to

organic and community-oriented practices, thus fostering biodiversity and supporting rural economies. By incorporating such environmentally conscious principles, AYUSH systems not only enhance human health but also promote the well-being of ecosystems, thereby aligning with the overarching concept of planetary health.

Translational Potential & Technological Innovation

With the emergence of digital health and artificial intelligence, AYUSH is now converging with contemporary innovation. AYURTECH start-ups are developing AI-driven Prakriti analysis tools, wearable devices for tracking pranayama, and mobile applications that provide personalized lifestyle interventions rooted in traditional principles. Platforms like the Ayurveda Diet App, YogPath, and NirogStreet are transforming health accessibility and enhancing engagement between practitioners and patients. Moreover, telemedicine platforms that incorporate AYUSH consultations have experienced significant growth, particularly in the context of post-pandemic healthcare models, delivering safe, remote, and culturally appropriate health services.



Challenges and Future Directions

In spite of these advancements, numerous obstacles remain in the broader acceptance and institutional integration of AYUSH. These challenges encompass the necessity for standardized protocols, the harmonization of regulations, the generation of substantial clinical evidence through extensive randomized controlled trials (RCTs), and the interdisciplinary training of healthcare professionals.

The establishment of robust pharmacovigilance systems, the assurance of raw drug quality, and the resolution of practitioner shortages in rural regions are vital for the effective scaling of AYUSH.

Looking ahead, it will be crucial to incorporate AYUSH into national healthcare education, to create collaborative care frameworks, and to promote research initiatives in order to fully harness the potential of these care.

Conclusion

The revival of AYUSH in both India and systems within contemporary health internationally signifies an increasing acknowledgment of the necessity for comprehensive, patient-focused, and sustainable healthcare frameworks. By tackling the physical, mental, social, and environmental aspects of health, AYUSH systems present transformative opportunities in disease prevention, management of chronic conditions, and enhancement of emotional resilience. With a rise in scientific endorsement, global policy backing, and technological integration, AYUSH is not only set to complement but also to enhance conventional medicine. Its core principles — balance, harmony, and self-regulation — promise a healthier individual and a more sustainable environment. In a world grappling with escalating health challenges, AYUSH could serve as the integrative link between ancient knowledge and future health.

Integrative Health Through AYUSH

A Path to Holistic Wellbeing



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As modern life becomes increasingly fast-paced and stressful, people are turning back to ancient systems of healing that offer more than just temporary relief. In India, the AYUSH systems Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy - are playing a vital role in redefining how we look at health.

These time-tested systems focus not just on treating illness, but on maintaining balance of the body, mind, and environment. Their growing popularity across India and the world shows a clear shift towards preventive and holistic healthcare.

Why AYUSH Matters Today?

Unlike conventional medicine, which primarily addresses symptoms, AYUSH therapies focus on root causes,

strengthening the body's natural ability to heal and remain healthy. Here's how each system contributes to total well-being:

AYURVEDA: The Science of Natural Living

Ayurveda believes that every person has a unique body-mind constitution and needs individualized care. With herbal medicines, therapeutic diets, and purification techniques like Panchakarma, Ayurveda treats chronic conditions and improves vitality.

- Helps manage lifestyle diseases like diabetes, PCOS, arthritis
- Supports digestive health, immunity, and sleep
- Promotes mental calmness and emotional clarity



YOGA & NATUROPATHY: Movement, Breath, & Nature's Power

Yoga is more than fitness - it's a mind-body practice that enhances flexibility, awareness, and inner peace. Naturopathy, on the other hand, harnesses the healing power of natural elements like water, air, sun, and diet.

- Reduces stress, anxiety, and depression
- Improves heart health and lung capacity
- Encourages lifestyle discipline and mindfulness

UNANI: Holistic Healing Through Balance

Based on balancing the four body humors, Unani focuses on diet, detox, herbal medicine, and massage therapies.

- Effective in skin diseases, joint pains, and gut issues
- Promotes mental clarity and energy
- Emphasizes prevention through seasonal and lifestyle guidance

SIDDHA: Rooted in Nature, Deep in Healing

Siddha uses herbal-mineral combinations to bring equilibrium to the body's energies. It's especially practiced in South India and known for its unique approaches to chronic conditions.

- Treats reproductive and neurological disorders
- Boosts immunity and strength
- Supports detoxification and skin health



HOMOEOPATHY: Gentle, Personalized Healing

Homeopathy works on the principle that a tiny dose of a substance that causes symptoms in a healthy person can cure similar symptoms in a sick person. It is known for being non-invasive and safe for all ages.

- Good for allergies, colds, migraines, and hormonal issues
- Safe for children, pregnant women and elderly

- Builds long-term resistance to recurring illnesses

AYUSH & India's Public Health Vision

With initiatives like the National AYUSH Mission, AYUSH Health & Wellness Centres, and integration into Ayushman Bharat, the government is actively making traditional systems part of primary care. During the COVID-19 pandemic, AYUSH remedies were widely used for immune support, stress management, and post-illness recovery.



The Bigger Picture: Wellness Beyond Disease

The strength of AYUSH lies in its approach - it doesn't just ask, "What disease do you have?", but rather, "What made you fall out of balance?" This shift from disease-care to self-care is what modern healthcare truly needs. By adopting AYUSH practices in daily life - even simple observances like Dinacharya, people experience better energy, resilience, and emotional well-being.

Conclusion

AYUSH is not about choosing one system over another. It's about integrating the best of both worlds - traditional wisdom and modern science - for a healthier, more balanced life. As awareness spreads, the AYUSH movement is empowering millions to take charge of their well-being in natural and sustainable ways.

Pharmacovigilance for AYUSH

Present Scenario and Future

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Introduction

In the current scenario our medical world is facing so much problems regarding the usage of medicines like, medication error of drugs which includes over use, abuse and misuse of drug. The main concern of the so-called pharmacovigilance is identifying the danger with the pharmaceutical products and further minimizing the risk to the patients.

The term pharmakon is a Greek word used for drug and vigilar is a Latin word which means to watch. Pharmacovigilance is one of the important processes of drug development. Pharmacovigilance is the pharmacological science related to the detection, collection, assessment, understanding and prevention of adverse effects of drugs or any other possible drug

related problems particularly long-term, short-term side effects of medicine.

History of Pharmacovigilance

The adverse effect of the drug thalidomide during pregnancy causing deformity in thousands of infants in 1961 led the world think of such an adverse effect of drug action to be noted as an outcome of this in 1963. Health Assembly adopted a resolution for the reporting of adverse drug reactions. The fruit of all this was the creation of an Organization Pharmacovigilance Program and by 2010 with 134 countries.

Pharmacovigilance for AYUSH Drugs

The AYUSH system of medicine is expanding across the world in a massive high rate and there is a huge demand in India and abroad. As the



awareness of AYUSH system is increasing the safety concern is also increasing. This highly point the importance of Pharmacovigilance in AYUSH system.

In India the Pharmacovigilance programme was established in AYUSH department in 2007. National Pharmacovigilance centre function with 5 Intermediary Pharmacovigilance centre along with 41 Peripheral Pharmacovigilance centre.

Ayurveda

It is a complete system that comprised physical, philosophical, psychological and spiritual health. Ayurveda believes that the entire universe is composed of five elements: Vayu (Air), Jala (Water), Aakash (Space or ether), Prithvi (Earth) and Teja (Fire).

Siddha

Siddha is one of the ancient medical systems in India considered as the mother medicine of ancient Tamils/Draavidians in South India. The word Siddha means established truth. Siddha medicine utilizes plant extracts and metal oxides with chanting of mantra which are done during the preparation of medicines. Basic features and theory of Siddha medicines are Vatham, Pitham and Kabam.

Unani

Unani has its origin in Greece. Arabian scholars and Islamic rulers had helped great in the development of this system. The basic elements i.e. Earth, Air, Water, Fire. which have different Temperaments i.e. Cold, Hot, Wet, Dry.

Homoeopathy

Samuel Hahnemann is the father of Homoeopathy, the basic principle is 'like cures like'. It is 200 years old system and was originated in Germany. Homoeopathy is an easy-access and affordable practice with comparatively no side effects. Homoeopathy is also the second officially recognized medicinal system in India.

Homoeopathy and ADR (Data on adverse drug reactions)

Homoeopathy generally works on the basis of single, simple medicine with minute dose, regarding the concept of dose, it was already mentioned by master Samuel Hanemann in organon of medicine in aphorism 272. The gradual increase in dose create an aggravation in the patient. Aggravation in Homoeopathy is intensification or worsening of the symptoms/ condition of the patient after medication. Medicinal Aggravation comes under the category of ADR in Homoeopathy, which means the new symptoms appear after the administration of the medicine in the patient and the patient feels worse.

Reasons for Pharmacovigilance of ASU and H Drugs

1. Misconception about AYUSH system - that they are having no side effects,

can be taken for long time, can be blindly used by any one.

2. Adulteration in drugs - some drugs especially siddha drugs which is not prepared by qualified persons contain large number of toxic metals.

3. Malpractice - there are so many QUACK doctors practicing the so-called AYUSH systems which is a curse for the system.

Framework of the Pharmacovigilance of ASU and H Drugs in India

India currently has 63 Pharmacovigilance centres which includes Ayurveda-28, Siddha-14, Homoeopathy-11 and Unani- 10. It has three tiers.

1. National Coordination Centre (NCC)
2. Intermediary Pharmacovigilance Centres (IPvCs)
3. Peripheral Pharmacovigilance Centres (PPvCs).

Commonly used terms in Pharmacovigilance

Adverse Event (AE), Serious Adverse Event (SAE), Adverse Drug Reaction, Serious Adverse Reaction, Unexpected Adverse Reaction, Suspected Unexpected Serious Adverse Reaction, Abuse, Medication error, Misuse, Off-label use, Overdose etc.



When to report

1. Spontaneous case - within 10 days.
2. All suspected ADR should be reported as soon as possible because over reporting is always better than under reporting.
3. Death event must be reported as soon as possible, while all other serious ADR/event needs to be reported within 7 days only.
4. All non-serious cases must be reported within 30 days.

Discussion and Conclusion

Future of Pharmacovigilance for ASU and H Drugs

1. Develop a strong role of Pharmacovigilance for ASU and H Drugs by creating awareness, seminars and activities.

2. Need for specialized and trained staff along with compulsory training and education of PV to medical students, pharmacists, nurses and medical professionals.
3. Data base preparation for all new drugs
4. Strict emphasis on recording all adverse drug reactions and the problems related to it.
5. Establishing international coordinating data base.



AYUSH & Wellbeing

Reconnecting Health with Harmony

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In a world increasingly driven by technological breakthroughs in medicine, there is a parallel movement taking shape—one that seeks to restore balance, reconnect with nature, and reimagine health through a more holistic lens. That movement is AYUSH.

Introduction

India's traditional systems of medicine, AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy) are more than just medical practices; they are philosophies of life. These systems, deeply rooted in ancient Indian wisdom, offer a comprehensive framework for maintaining health, preventing illness, and promoting wellbeing through natural, time-tested approaches. Over the past few decades, the resurgence of AYUSH is not merely a cultural revival,

it is a response to growing global health challenges, such as chronic diseases, lifestyle disorders, mental health crises, and an over-reliance on symptomatic treatment. AYUSH provides a sustainable, inclusive, and people-centered alternative, making healthcare more preventive, promotive, and participatory.

AYUSH & WELLBEING

Ancient Wisdom for Modern Health



PREVENTION OVER CURE

Emphasis on diet, seasonal routines, yoga, and meditation for maintaining health



MANAGING CONDITIONS

AYUSH therapies have shown promise in chronic and lifestyle diseases

PHILOSOPHY

AYUSH considers the physical, mental, emotional, and spiritual aspects of a person



MENTAL AND EMOTIONAL BALANCE

Meditation, breathwork, and other practices help reduce anxiety, improve sleep, and regulate emotions

1. AYUSH: A Holistic Framework for Health

While conventional medicine often focuses on curing illness, AYUSH systems emphasize maintaining health. This is achieved by nurturing the individual's connection with their environment, daily habits, diet, emotions, and spirituality.

Each branch of AYUSH offers a unique perspective:

- **Ayurveda** views health as a balance among the three doshas: Vata, Pitta, and Kapha, and treats illness as an imbalance in this natural harmony.
- **Yoga** integrates physical postures, breathing exercises, and meditation to align body, mind, and spirit.
- **Naturopathy** supports the body's self-healing through natural therapies like hydrotherapy, fasting, mud therapy, and nutrition.
- **Unani** medicine is based on the balance of four humors (blood, phlegm, yellow bile, black bile) and emphasizes lifestyle, diet, and herbal medicines.
- **Siddha**, one of the oldest systems originated in Tamil Nadu, integrates chemical and herbal preparations with yoga and lifestyle practices.

- **Homoeopathy** uses highly diluted substances to stimulate the body's healing processes based on the principle of "like cures like."

Together, these systems aim not only to treat disease but to promote a state of holistic wellness.

2. Promoting Preventive Healthcare

One of the most valuable contributions of AYUSH is its emphasis on prevention. Rather than waiting for illness to occur, AYUSH encourages daily and seasonal routines (Dinacharya and Ritucharya), detoxification, balanced diets, and mental discipline to keep diseases at bay.

For instance:

- Ayurveda recommends practices like oil pulling, tongue scraping, and Abhyanga (self-massage) as part of daily wellness.
- Yoga offers tools for mind-body harmony and stress management.
- Naturopathy advocates for wholesome food, fresh air, and hydration to promote internal balance.

With increasing urban stress and sedentary lifestyles, these preventive strategies are gaining popularity not only in India but globally, especially as non-communicable diseases (NCDs)

account for nearly 70% of global deaths.

3. Managing Chronic and Lifestyle Diseases

AYUSH therapies are proving especially effective in the management of chronic illnesses and lifestyle-related conditions, where conventional medicine often provides only symptom control or temporary relief.

a. Diabetes and Metabolic Disorders

Several Ayurvedic herbs such as Guduchi (*Tinospora cordifolia*), Vijaysar (*Pterocarpus marsupium*), and Madhunashini (*Gymnema sylvestre*) help regulate blood sugar levels. Yoga postures like Dhanurasana and Ardha Matsyendrasana improve insulin sensitivity and pancreatic function.

b. Hypertension and Cardiovascular Health

Yoga and naturopathy play a critical role in reducing blood pressure, cholesterol, and improving cardiac function. Simple practices like Anulom-Vilom (alternate nostril breathing) and Shavasana (corpse pose) are shown to reduce cortisol and promote relaxation.

c. Arthritis and Musculoskeletal Disorders

Ayurveda's Panchakarma therapies,

herbal oils, and dietary adjustments can help manage inflammation and joint pain. Siddha medicine also uses formulations derived from metals and minerals to reduce pain and improve mobility.

d. Respiratory Conditions

Homoeopathic and Unani remedies are commonly used for asthma and allergic conditions. Techniques like steam inhalation with Ayurvedic herbs, nasya (nasal oil application), and yogic breathing help open the airways and reduce symptoms naturally.

4. Mental Health and Emotional Resilience

The mental health burden worldwide is rising, with stress, anxiety, and depression affecting individuals across all age groups. AYUSH systems provide valuable non-pharmacological interventions for emotional wellness:

- **Yoga and Meditation:** Proven to improve mood, reduce anxiety, and enhance cognitive function.
- **Shirodhara:** An Ayurvedic therapy where warm oil is poured over the forehead, is known to induce deep relaxation.
- **Homoeopathy:** Offers remedies

tailored to emotional imbalances like grief, fear, and burnout.

- **Naturopathy:** Recommends sunlight, fresh air, sleep hygiene, and detox to promote mental clarity and balance.

Incorporating these practices into daily life can lead to greater emotional resilience, reduced dependence on medication, and a deeper sense of inner peace.

5. AYUSH & the COVID-19 Pandemic: A Case Study

During the COVID-19 pandemic, the Ministry of AYUSH played a proactive role by promoting Ayush Kwath, a herbal decoction to boost immunity, and suggesting daily routines, yoga practices, and herbal supplements to strengthen respiratory health.

Studies showed that individuals practicing regular yoga and consuming Ayurvedic formulations reported fewer respiratory symptoms, improved mental health, and greater resilience during isolation and recovery phases.

This public health success story highlighted the relevance of AYUSH in community health promotion and disease prevention during emergencies.

6. Cost-Effective and Culturally Rooted Healthcare

In many rural and underserved areas, AYUSH systems are often more accessible, acceptable, and affordable than mainstream healthcare. They provide solutions that are:

- Locally available
- Culturally aligned with community beliefs
- Less dependent on synthetic drugs and invasive procedures

Programs such as AYUSH Wellness Clinics, school health programs, and village-level Ayurveda dispensaries are helping to expand reach and improve health equity across India.

7. Challenges and Future Directions

Despite the growing recognition, several challenges remain in the mainstreaming of AYUSH:

- **Scientific Validation:** There is a need for more clinical trials and peer-reviewed studies to establish efficacy.
- **Standardization:** Ensuring quality, safety, and dosage consistency of herbal and homeopathic formulations is essential.
- **Skepticism:** Integration with modern

medicine requires collaboration, mutual respect, and cross-disciplinary education.

Research and Documentation: Much of the knowledge is still in traditional texts and oral traditions. More work is needed in digital documentation and modernization.

However, initiatives such as the WHO Global Centre for Traditional Medicine (launched in India) and increasing investment in AYUSH research councils are promising steps toward a more integrative and evidence-based future.

8. Conclusion: A Pathway to Wholesome Living

AYUSH is not just about curing disease—it's about living well. It encourages a lifestyle that is aligned with nature, rooted in self-awareness, and grounded in preventive health. As modern healthcare systems grapple with rising costs, mental health challenges, and chronic diseases, the relevance of AYUSH becomes more evident.

For individuals, adopting AYUSH practices can lead to:

- Improved physical vitality
- Enhanced mental clarity

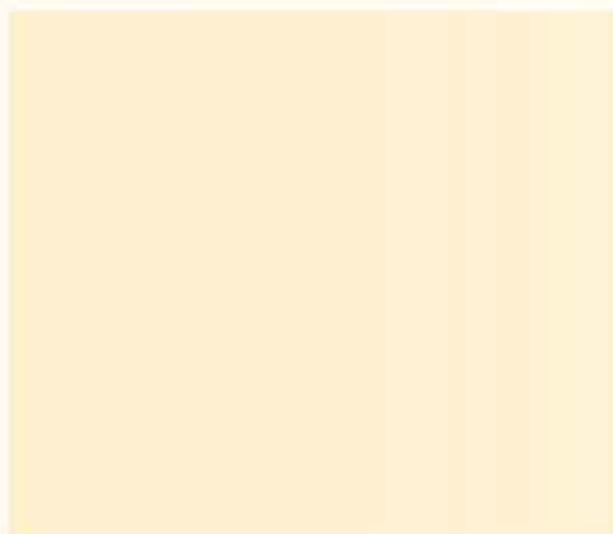
- Stronger immunity
- Better stress management
- Greater self-awareness and peace

For societies, it offers a sustainable, affordable, and inclusive approach to health that is not only therapeutic but also transformational.

In the words of an ancient Ayurvedic verse:

"Swasthasya swasthya rakshanam, aturasya vikara prashamanam cha"—
"The goal is to preserve the health of the healthy and to treat the illness of the diseased."

Let us rediscover this ancient wisdom and integrate AYUSH into our daily lives—for a healthier today and a resilient tomorrow.



IT ENABLED DIGITAL SERVICES IN AYUSH

NAM Kerala Team visit to Uttarakhand



A one-to-one meeting and inter-state workshop was held on June 12-13, 2025, in Uttarakhand, focusing on "IT-Enabled Digital Services in Different Sectors" under the National AYUSH Mission. Kerala served as the nodal state, and the event brought together representatives from Kerala, Andhra Pradesh, Maharashtra, Punjab, Uttarakhand, Daman & Diu, and Dadra & Nagar Haveli, along with officials from the Ministry of Ayush.

The meeting facilitated in-depth discussions and finalization of templates, presentations, and notes for the upcoming Departmental Summit.

KEY MILESTONES AND ACTIVITIES

- Online Stakeholder Meeting (June 12-13, 2025): Finalization of Template-II for data collection in vernacular languages, involving LSG leaders, CHOs, DPMs, DMOs, Directors, and other stakeholders.





- **State-level Workshop/Write-shop:** Finalization of Template-I based on feedback forms received from different states.
- **Expert Committee Meeting (June 23, 2025):** Finalization of PPTs.
- **Feedback Compilation and Submission:** Compilation of feedback forms from states by June 26 and submission to the Government of India by June 28.
- **Draft Submission:** Submission of Template-I and Template-II drafts (PPTs and notes) to the Government of India by August 16, 2025.
- **National Summit Presentation:** Presentation of final outputs at the National Summit on September 5, 2025.



Covid-19 PRECAUTIONS ARE BETTER THAN MEDICINE



Use the mask properly to cover the nose and mouth.

Keep social distance



Keep hands clean with soap and water or hand sanitizer.

Avoid touching eyes, nose and mouth.



Include immune-boosting fruits, vegetables, and nuts in your diet

Get tested immediately if you experience symptoms

