



**AYUSH DEPARTMENT
GOVERNMENT OF KERALA**

SUCCESS STORIES

Kerala AYUSH

**National AYUSH Mission
Indian Systems of Medicines
Department of Homoeopathy
Directorate of Ayurveda Medical Education
Homoeopathy Medical Education
Homco
Oushadi**



**AYUSH DEPARTMENT
GOVERNMENT OF KERALA**
Annexe II, Secretariat
Thiruvananthapuram
KERALA

June 2019

Coming together
is a beginning

Keeping together
is progress

Working together
is success

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**SUCCESS STORIES
OF
NATIONAL AYUSH MISSION**

Name of Scheme : AYUSH GRAM

Title of Project: Methods and Practice of AYUSH life style for Preventive Curative and Promotive Health care

Description : AYUSH Gram is a concept that at least 5 villages in the block are selected and methods and practice of AYUSH life style and interventions of health care. in the FY 2016-17 8 block in kerala are selected for implementing AYUSH gram project. In 2018-19 FY 8 more blocks are added to them. A full time specialist medical officer, Yoga instructor and Local mutely task worker was posted under NAM. Effective integration of varies department had done for the implementation of project. In the selected block AYUSH based activities are well planned and executed. Moreover AYUSH based community development activity done in few villages.

Highlights of the Project

- ✓ An outreach activity Ayush Based Life style promotion which cater larger population
- ✓ Community development through Ayush based Value added products
- ✓ Innovative BCC & IEC activity for Promotion of AYUSH based Public health Care
- ✓ Revitalization and Preservation of Traditional Knowledge
- ✓ Identification and preservation of medicinal plants.
- ✓ Propagation of home remedies and medicinal plant cultivation. . Cultivation of medicinal plants are done to meet the shortage raw material and a buy back scheme by aushadhi was introduced.
- ✓ Introducing organic farming among vegetables and medicinal herbs
- ✓ Introducing habit of practicing Yoga and Meditation by the people- Yoga Gramam

Activities:

Sensitisation: Sensitizing the village representatives, ward councillor, Panchayat president, standing committee chairman, block Panchayat President & member, MLA and concerned MP had done .Training done to health workers, Ankanvadi workers, ASHA workers and NGO's in this field. Coordination committee constituted under the chairman ship Block Panchayat President. As part of Routine services regular awareness class on healthy life style, preservation and cultivation of medicinal plants, Yoga classes Medical camp on communicable diseases especially in flood effected area and construction of demonstrative herbal garden had done all across the project area.

SI No	District	Block	Sanctioned FY	Started on	Grama Panchayaths
1	Thiruvananthapuram	Perumkadavila		09-02-17	Perumkadavila, Kunnathukal, Kollayil, Aryancode & Vellarada Panchayaths
2	Kollam	Ithikara	2016-17	27-01-17	Adichanellur, Chirakkara, Poothakulam, Kalluvathukkal, Meenadu(Chathannoor)
3	Pathanamthitta	Mallappally	2018-19	13-11-18	Kunnamthanam, Mallapally, Anicadu, Kaviyur, Kallupara
4	Kottayam	Pallom	2016-17	31-12-16	Ayarkunnam, Panachikkad, Puthupally, Vijayapuram, Kurichy
5	Alappuzha	Ambalappuzha	2018-19	06-01-19	Ambalappuzha South, Ambalappuzha North, Purakkad Punnapra South, Punnapra North,
6	Ernakulam	Muvattupuzha	2016-17	06-01-17	Valakom, Paipra
7	Idukki	Thodupuzha	2016-17	14-11-16	Muttom, Manakkad, Idavetti, Karimkunnam, Kumaramangalam, Purappuzha,
8	Thrissur 1	Chavakkad	2016-17	17-01-17	Punnayurkulam, Vadakkekad, Kadappuram, Orumanayur
9	Palakkad	Ottappalam	2018-19	09-12-18	Vaniyamkulam, Anagnadi, Lakkidi Perur, Ambalapara, Thrikkadeeri.
10	Malappuram	Nilambur	2018-19	05-11-18	Vazhikkadavu, Muthedam, Pothukkallu, Edakkara, Chungathara, Chaliyar
11	Kozhikode	Kunnummal	2018-19	02-12-18	Kunnummal, Kayakkodi, Narippatta, Velom, Kavilumpara, Kuttiadi, Maruthonkara
12	Wayanad	Mananthavady	2018-19	22-01-19	Edavaka, Vellamunda, Thondarnadu, Thavinjal, Thirunelli
13	Kannur	Iritty	2016-17	11-03-17	Koodali Keezhallur, Chittariparamba Kolayad Maloor And Mattannur
14	Kasaragod	Kanhangad	2016-17	22-10-17	Udma, Pallikere, Ajanur, Madikai, Pullurperiya
15	Thrissur 2	Irinjalakkuda	2018-19	05-01-19	Karalam, Kattoor, Muriyad, Parappookkara
16	Kannur 2	Koothuparamba	2018-19	19-01-19	Patyam Mangattidam, Trippangottur kariyad

JANANI-ANTE NATAL YOGA TRAINING FOR PREGNANT LADIES

Along with the district programme '*mathruvandanam*' (programme running in all dispensaries of Idukki supplying all necessary medicines to pregnant and after delivery medicines) a yoga programme is organised to the registered pregnant ladies.

A booklet on Ayurvedic post natal care '**AYURVEDA PRASAVANANTHARA PARICHARANAM**' is published for abolishing the misconceptions pertaining in the society regarding after delivery care to women. Book contains articles by expert doctors and comprises articles on diet, herbal bath etc. for *soothika* and pregnant ladies.

A booklet **AYUSH GRAM AROGYA PADANGAL** published for the use of children for motivating them to follow Ayurveda Dinacharya.

Mega medical camps_More than 81 free mega medical camp done . Patients also got opportunity for free eye testing camp.

Medicinal plant exhibition

Various useful medical plants were exhibited at the venue of Ayurveda day with a view to familiarise the importance of medical plants cultivation.

Hortus Malabaricus Documentary Show

A documentary directed by Dr.Sajin Philip was screened at the function. The documentary represented the strong tradition of Ayurveda and history of book HORTUS MALABARICUS which was compiled over a period of nearly 30 years and published in Amsterdam, Europe during 1678-1693. This movie was premiered first in Amsterdam in 3rd international Ayurveda Congress in memory of 340 years of Hortus Malabaricus and in Kolhapur International Film Festival, Maharashtra. Documentary was relished by the audience and doctors present at the function.

ANJARKANDI RIVER CONSERVATION

Anjarkandi river - a mother to various flora and fauna running through the midst of the pancayath is being exposed to various pollutants ;animal slaughter washings being the key concern. After the last monsoon soil erosion is also another problem being faced. Help has been requested by Aushgramam to help prevent soil erosion and to select herbs suitable to the soil to be planted along the receding water fronts. Hence this initiative would catch the public eye and dissuade reckless disposal of animal wastes.

Herbal Garden Tulsi Hub in AMBALAPPUZHA. : A unique Program to protect cultivation Of Tulsi and provide regular supply to Ambalappuzha Sreekrishna

Kshethram

Yoga For Better Health

Special Care to Buds school and adolescence



Value added Products



Table2

Name of Block	Awareness class	Beneficiary	Medical Camp	Total beneficiary	Yoga class	beneficiary	Herbal garden
Perumkadavila	61	1935	12	890	186	1832	1
Ithikara	78	2400	0	0	67	1090	3
Mallappally	31	1420	6	986	0	0	1
Pallom	65	3471	12	1732	35	1023	1
Ambalappuzha	45	1522	2	556	40	203	2
Muvattupuzha	46	927	0	0	240	1600	7
Thodupuzha	85	1634	2	326	190	430	1
Chavakkad	42	1107	14	980	97	280	2
Ottappalam	33	1290	2	138	81	214	2
Nilambur Block	53	2586	3	382	10	356	0
Kunnummal Block	37	1800	1	540	5	100	0
Mananthavady	36	1665	8	1020	114	194	1
Iritty Block	50	1850	4	275	190	1150	21
Kanhangad Block	71	4383	22	1924	236	600	2
Irinjalakkuda	42	1331	1	410	95	249	1
Koothuparmba	30	1342	2	284	29	131	4
Grand Total	805	27521	81	11366	1610	9352	49

1. Name of the project : AYUSH WELLNESS CENTERS

2. Title of the project : AYUSH Wellness centres through YOGA & Naturopathy

Description:- Ayush Wellness Centres through YOGA & Naturopathy plays a vital role in treating the problems in the present era, especially the life style disorders with the help of YOGA. As per the approved SAAP of NAM for the year 2014-15, 4 AYUSH Wellness Centers were started in Trivandrum (2 units), Kollam and Ernakulam Districts and as per the approved SAAP of NAM for the year 2015-16, total no of 10 Centers were started in Trivandrum (2 units), Kollam, Alappuzha, Kottayam, Ernakulam, Idukki, Thrissur, Kasargode and Malappuram Districts.

● **Highlights of the project**

- Create Awareness about lifestyle diseases
- To attain physical, mental and social well being through Yoga
- Popularize Yoga and Naturopathy practices for various Non communicable Disease prevention and management.
- A Yoga and Naturopathy doctor and demonstrator is posted under the project. The medical officer in charge of the attached hospital and the project doctor in consultation With local bodies will make the monthly and annual plans.
- The area for outreach activities will be suggested by the local bodies.
- The doctor will do the therapeutic management as well as the outreach activities.
- The monthly report will be submitted to the DMO/ DPM

Activities

Free Yoga medical camp, awareness class on naturopathy and yoga, stress management program, Yoga for various groups were conducted under this project. Sampoorana Yoga Grama of Muhamma Grama Panchayth is remarkable achievement of AYUSH Wellness Centre through Yoga and Naturopathy attached with GAD Muhamma of Alappuzha district in this regard.

Sl.No:	District	Center	Panchayath	Total no of op 2018-2019
1.	Thiruvananthapuram	AWC, Saigramam, Thonnakkal	Muthakal	10616
2.	Thiruvananthapuram	AWC , GAH Neyatinkara	Neyatinkara	5058
3.	Thiruvananthapuram	AWC, GAH Kulamuttam	Mangalapuram	6848
4.	Thiruvananthapuram	AWC, GAH Venganoor	Venganoor	20518
5.	Kollam	AWC, DHH Thevally	Thevally	12999
6.	Kollam	AWC GHDSrayikkad	Alappad	4335
7.	Alapuzha	AWC , GAD, Muhama	Muhama	23575
8.	Kottayam	AWC, GAD Kuravilangadu	Kuravilangadu	4134
9.	Idduki	AWC, DAH, Paremavu	Vazhathopu	20615
10.	Ernakulam	AWC, GHD Cheruvattor	Nelikuzhi	6119
11.	Thiruvananthapuram	AWC ,Govt. Homeo Hospital	Paravoor mucipality	2499
12.	Thrissur	AWC, GAD Kariyannur	Erumapatty	18570
13.	Malapuram	AWC,VPSV Ay College, Kottakal		10006
14.	Kasargode	AWC,GAH Cheemeni	Cheemeni	4206







Name of the project: SADGAMAYA

Title of the project: Adolescent health care and behavior management programme through homoeopathy

Description

The project started in the year 2014 with main thrust on adolescent problems especially behavioral and learning problems. Later by 2016 the emphasis changed from adolescent to child project. Autism spectrum disorders have to be identified in the early age of 3 and both learning and behavioral problems should be identified by 7 years of age. Awareness classes are conducted in schools, gramasabhas, and resident association meetings and among teachers. Ashas are also now educated of the problems dealt in Sadgamaya. The potential target children are identified by them and parents of these children are persuaded to attend clinic with children. These children are screened at Centre for specific problems and corrective measures initiated. These help them regain their potential and of use to family society and their up liftment

Highlights of the programme

- The first child project in Ayush sector targeting both behavioural and learning disorders in children
- a joint effort by a team consisting of special medical officer, special education teacher and psychologist and consultant psychiatrist giving holistic care
- child friendly medication and approach
- evaluation of child with scientific assessment scales
- scientific studies conducted based on findings from the project

Activities

- Awareness classes among students ranging from anganwadis to plus two
- Awareness classes to teachers
- awareness classes to general public through seminars , TV and radio talks
- screening camps
- training children in group activities and also yoga
- counseling
- improving learning skills of reading , writing and mathematics
- Homoeopathic management of disorders

Data 2018- 2019

Total awareness classes	Total number of cases	ADHD	ASD	LD	ID
16 ⁵	27783	1932	327	3820	1129

New offshoots

- We were able to show the average duration of treatment to reduce the severity of ADHD with Homoeopathic management through statistical tools
- We were able to show that maternal stress during pregnancy is a factor in development of ADHD through statistical tools
- Introduced concept of peer Counselling in two schools of Thiruvananthapuram.—





Name of the scheme: Medha

Title of the Project : - A comprehensive multidimensional approach to the management of specially identified scholastic backwardness in children.

Description

Medha is an outreach program intended for the management of scholastic backwardness in specially identified children of 2 UP schools in Edarikkode Panchayat. Project is under the direct supervision of the DPM (NAM). Superintendent of GARIM, Kottakkal is the nodal officer. Manpower consists of Specialist medical officer (Manasika). Total allocated fund for the project is 7.14 lakhs per annum.

● Highlights of the Program:

- The First ever outreach health program by National AYUSH Mission for Scholastic backwardness
- Help to create awareness about scholastic backwardness and efficacy of Ayurvedic treatment in its management among the parents and teachers.
- Help to provide effective Ayurvedic treatment to the Scholastic Backwardness found in the children of the selected schools

● Activities :

- Awareness classes to parents and teachers of the two beneficiary schools of Edarikode panchayath was conducted on July 2018.
- Assessment tool development was completed by August 2018.
- The list of 139 students with poor scholastic performance was obtained from both the schools and the screening completed by August –September 2018.

Sl. No	Name of School	Number of beneficiaries
1	Govt UP School Clari, Edarikkode	53
2	Govt. UP School Cholakkund	38

- Initial set of medicines arrived on October 2018.
- Medications to the selected students are started from the month of November 2018 in two steps. Deepana, pachana and krimihara medicines in the first step followed by medhya medications.
- Yoga training for the students started from the month of November 2018

once in a week.

- Individual counseling for the students and counseling sessions including parents and teachers are arranged from December 2018.
- Medicines are distributed for every one month and reviews from parents and teachers are obtained on every month.
- Yoga training and review continued in Vacation period

Result obtained after 5 months of medication

Changes noticed	Number of students (in whom changes noticed)	Percentage of students(in whom changes noticed)
Shows interest towards studies.	70	76
Aggression reduced slightly.	68	74
Obeing certain things compared to before.	72	79
Wandering in the class reduced.	79	87
Sit in the clas s without disturbing other children.	72	79
Duration of study time increased.	70	76
Being more attentive in class	62	68
Improvement in marks (grades)	63	70
Improved grasping power	60	65
Feels more fresh and energetic	70	77
Appetite improved	86	94





Name of the scheme: Prateeksha

Title of the Project : - a comprehensive multidimensional approach to the management to the psychiatric disorders of mentally challenged children

Description

Prateeksha is an outreach program intended for the management to the psychiatric disorders of mentally challenged children of 3 Special schools in Malappuram District. Project is under the direct supervision of the DPM (NAM). Superintendent of GARIM, Kottakkal is the nodal officer. Manpower consists of Medical officer. Total allocated fund for the project is Rs 10 lakhs per annum.

Highlights of the Program:

- The First ever outreach health program by National AYUSH Mission for differently abled children.
- Help to prove the effect of Ayurvedic comprehensive approach and effective treatment modalities in different types of cognitive impairment.
- The institution (GARIM,Kottakkal) has got a child psychiatry unit and enough experience in dealing with different psychiatric disorders found in mentally challenged children.
- Previous projects on the psychiatric issues of special school children found very effective and got good acceptance among parents and teachers of Special schools.

Activities :

- Awareness classes to parents and teachers of the 3 special schools was conducted on September 2018.
- Assessment tool development was completed by September 2018.
- The list of 215 students with psychological issues was obtained from the schools and the screening completed by October 2018.

Sl. No	Name of special school	No of participants
1	Maadin special school, Malappuram	65
2	AVH Special school for mentally handicapped, Kottakkal	110
3	Malabar special school, Puthoor, Kottakkal	40
	Total	215

- Assessment completed in November 2018.
- Medications to the selected students are started from the month of December 2018 in two steps. Deepana, pachana and krimihara medicines in the first step followed by medicines for specific diseases .
- Individual counseling sessions including parents and teachers are arranged from December 2018.
- Medicines are distributed for every one month and reviews from parents and teachers are obtained on every month.

Result obtained after 5 months of medication

Domains	Percentage of reduction
Relating to people (CARS)	25%
Emotional response(CARS)	42%
Listening response(CARS)	35%
Object use(CARS)	25%
Activity level(CARS)	47%
General impression(CARS)	52%
CONNERS ADHD Rating scale	56.6%
Frequency of epileptic attack	40%
Post ictal features	67%
Behavioural domain in BASIC MR Scale	57%





Name of Scheme: Palliative Care

Title of the Project; Snehadhara through Ayurveda

Description

Snehadhara is a Palliative care program indented for care of bedridden patients , of selected Panchayats of Kerala District irrespective of their age, sex, socio economic status. Kozhikode district and Idukki district of Kerala were sanctiod rupees Ten lakh for implementation of this project. A trained nurse and a multi purpose staff were posted and a rented taxi vehicles using for mobility purpose . Separate medicines and other necessary instruments etc also provided for better patient care. The other twelve districts were sanctined rupees five lakh each only. In these districts a trained nurse and taxi vehicle only could provide due to lack of fund.

High lights of the Project

1. Could give solace to bedridden patients
2. Improvement of quality in physical, mental , and social life of patients
3. Care for care giverrs
4. Terminal care

Activities

First of of all support from LSG and local people were assured by conducting various seminars and meetings about this project and it's implementation. With the help of ASHA workers, LSG members , and social workers the beneficiaries of each Panchayat was identified. The medical team will visit bedridden patients at their door step. After careful examination and discussion medicines will be issued as per their condition. And advice regarding food, special care if anything required will communicate with care givers

Beneficiaries

People of all categories with various types of illness like paraplegia, different types of cancers, Diabetic Neuropathy, non healing ulcers, neurological disorders of various origin, etc managing through this project

Idukki. 3631

Kozhikode. 3672

Other districts (started February 2019 only)

2500 patients





Name of the project: Asthma and allergic Clinic

Title of the project: Identification of Asthma and other Allergic respiratory diseases and Homoeopathic management

Description

Started as a special OP in Govt: District Homoeo Hospital Malappuram in the light of realization Of increasing number of allergic respiratory diseases in general OP in the year 1998. Identifying the scope of this system seeing the increase in number of asthmatic cases depending Homoeopathic management the idea was put forward by DMO..

Cases identified in general OP and other peripheral dispensaries were referred to this specialty OP. Modern tools and investigative methods used to evaluation of cases. Administration of medicine both in children and adults was easier. Cost effectiveness is one highlight of Homoeopathy.

Highlights of the programme

- Asthma allergic Special Clinic in 1998 was one of the first ventures of such kind in health sector in India.
- IP management for needed cases is provided.
- Patient friendly medication.
- Cost effective

Activities

- Project was strictly hospital OP oriented.
- Referred cases are registered
- Screening and confirmatory tests
- Identification
- Medication
- Scrutiny and evaluation

Growth

Started with single medical officer in the beginning the response of the public had put pressure on hospital administration to convince DMO to provide two more medical officers and hence this unit now is running one day per week with three medical officers.

Most common cases handled in this unit

1. Bronchitis	3.25%
2. Allergic asthma	50.6%

3.Allergic Rhinitis	15.24%
4.Chronic Obstructive Pulmonary Disease	30.91%

Results

We were able to bring symptomatic relief to all cases ever since the OP had started.

Future Goals

Planning to increase number of OP days to reduce the pending appointments.

**SUCCESS STORIES
OF
INDIAN SYSTEMES OF MEDICINES**

Name Of Scheme – PANCHAKARMA

Title Of The Project: PANCHA KARMA

DESCRIPTION :

Ayurvedic treatment modality include sodhana (purificatory) and shamana (para-fying) treatments. The shamana therapy includes mainly the internal administration of medicines and external treatment aspects for individual diseases. Sodhana therapy is mainly highlighted by panchakarma therapy.

Panchakarma one the five purificatory treatments which includes vamana (Emetis), Virechana (purgatives) Nasyam (Nasal dropping) Vasti Anuvasana (with oil enema) & Asthapana with (Decoction). According to another school of thoughts Vasti taken as a single component and 5th one is rekthamoksha (eg. Bloodletting). All these Panchakarmas are done after the preparation procedures such as snehana (oleation) and such as (sudation therapy). The vitiated doshas are brought to Abdominal area and according to the doshic predominance suitable panchakarma is selected. It cleanses the body and eliminate the root cause of diseases.

The Purifying therapy clean after panchakarma therapy worth a lot in curing disease and also for prevention and promotion of health.

This Panchakarma project is being implemented

Highlights Of The Programme :

The Project was started during the year 2013. Now the project is running through 66 Ayurveda hospitals with temporary appointed human resources 132 Ayurveda therapists. The details institutions and number of patients treated during the 2018-19 are included in the tablet form.

Sl. No	District	No. of units in the districts	NAME OF PROJECT IMPLEMENTING INSTITUTIONS	Ayurveda Therapists	Patients treated during 18-19
1	Ernakulam	5	TAH PRUMPAVOOR GAH PIRAVAM GAH ALUVA GAH NORTH PARAVOOR DAH ERANAKULAM	10	38212
2	KOTTAYAM	5	DAH KOTTAYAM GAH MEENADAM GAH NATTAKAM GAH VAIKOM GAH VELIYANNOOR	10	20733
3	MALAPPURAM	3	GAH PONNANI GAH VENKARA GAH PERUNTHALMANNA	6	10509
4	ALAPPUZHA	5	DAH ALAPPUZHA (2 UNITS) GAH CHEPPAD GAH AROOR GAH PUNNAPRA	10	18450
5	KOLLAM	4	DAH KOLLAM GAH PARAVOOR GAH AYOOR GAH THALAVOOR	8	60380
6	IDUKKI	4	DAH THODUPUZHA, (2 UNITS) DAH(A) PAREMAVU GAH KALLAR	8	59666
7	THRISSUR	8	RVDAH THRISSUR, (2 UNITS) GAH PUTHENCHIRA, GAH KODAKARA, GAH GURUVAYUR, GAH VALAPPAD GAH ANTHIKKAD GAH AZHIKKODE	16	34373
8	kannur	5	DAH KANNUR GAH THALASSERI GAH ALAKKODE GAH IRINAVU TAH THALIPARMBA	10	24480
9	kasaragod	3	GAH PATTANAKKAD DAH KASARAGOD GAH MADIKKAI	6	11500
10	PALAKKAD	4	DAH PALAKKAD GAH THENKARA GAH OTTAPPALAM GAH THATHAMANGALAM	8	24218
11	KOZHIKODE	7	DAH KOZHIKKODE TAH PAYYOLI GAH NOCHAD GAH THALAYAD ACACC PURAKKATTIRI, GAH VADAKARA	14	27419

Name of the Scheme; NCD MANAGEMENT- Diabetes Mellitus

Title of the project : Jeevani

Description

Jeevani project aims at prevention and control of the escalating lifestyle disorder- Diabetes. The project is also tailored with Yoga and awareness programs . The Indian Systems of Medicine initiated this project in June, 2013 . It is presently implemented in four District Hospitals, at Trivandrum, Kollam, Ernakulam and Kannur. A total of 100-150 patients . Blood investigations (FBS, PPBS, HbA1C) are done periodically and Serum Creatinine and Urea are done prior to the commencement of the project. The principle aim of the project is to elicit the specific causes that are bringing in epidemiological transition to lifestyle disorders in the population. Diabetes being a lifestyle related disorder, greater importance was given in assessing the etiological factors.

The project is supervised by the Director, Joint directors, centrally; CMO at the Hospitals, implemented by implementing Medical Officers and Project Medical Officers at the centres and the State Coordinator designs the protocol, and data assessment is done annually and report is submitted to the department.

Highlights of the program

1. The assessment criteria was done under three categories viz: Demographic assessment, aetiological assessment and the response.
 - The rural gradient of the disease seemed to be higher than the urban; and females dominate the gender distribution.
 - The aetiological assessment surfaced many lifestyle nuances that has gone unnoticed by the medical system, but contributed significantly for the escalating incidence of lifestyle related disorders like increasing incidence of late night dinner, storage of cooked food for long, incompatible foods, improper exercise and sleeping habits and such others
 - Assessment of medication showed significant response in investigative parameters
 - Generalised wellbeing index improved to optimal with Ayurveda treatment; and many Diabetic associated symptoms relieved significantly.

2. In the year 2018-19, a total of 64 patients out of 407 were continuing in this project for previous 4 years. Their Blood sugar levels were stable, and S. Creatinine was also with in normal limits, which is a noteworthy point regarding the system protective effect of Ayurveda treatment. And, 179 patients out of 407 patients were only on Ayurveda medicine for DM.

Centre (Govt.District Ayurveda Hospitals at:)	Number of patients treated in the year 2016-17	2017-18	2018-19
Thiruvananthapuram	100	120	100
Kollam	150	130	107
Ernakulam	120	160	100
Kannur	110	207	100

Important Events in 2018-2019:

1. August 2018 : specially designed Ayurveda case sheet was implemented in Jeevani project.
2. November 2018 :
 - a. Represented the programme at Achyutamenon centre for health sciences and studies on World Diabetic Day
 - b. Distribution of information brochure to all the patient's of the project, across all four centres illustrating improper foods, food habits and lifestyles.
3. December 2018: Aragwadhadi Kashaya churna was dispensed to the patients which was specially ordered and prepared for the purpose of project from Oushadhi.
4. February 2018: Jeevani was presented as ISM department project at LSG leaders meet at International Ayush Conclave, Tvm.

OUTCOME

The response in blood sugar levels were done that showed good response, with significant results. The study population included subject who were purely on Ayurveda medications and those who took Ayurveda as add on to conventional medications. In either of the groups the fasting and post prandial blood sugar levels and HbA1C significantly reduced (with p value < 0.05). Along with this there was significant reduction in symptoms like numbness, polydypia, polyphagia, polyuria, fatigue, sweating and peripheral neuropathy. Most importantly the major

improvement was evidenced in 'discomforted daily living' as the symptoms like indigestion, bloating, dysspnoea, sneezing, joint discomforts, head aches and other associated symptoms. It was also observed that Ayurveda medications are also helping to protect the systems. In the eventual course the creatinine levels either seemed to stabilize or reduce in most of the patients who had upper limits of serum creatinine



World Diabetic Day



International Ayursh Conclave

Name of Scheme : NIRVISHA

Title of the project : Nirvisha project

Comprehensive ayurvedic health care to assist endosulfan affected families in reproductive age group to obtain healthy offsprings.

Description

Ayurvedic medicines are absolutely safe and non toxic even on prolonged use. This is a well established fact since antiquity. Benevolence of Ayurveda can be effectively utilized in the service of endosulfan affected young generation. A preliminary study conducted by the medical team of ISM department in Cheemeny Panchayat revealed an alarming situation in reproductive age group. The medial team surveyed entire Cheemeny Panchayat and found that more than 200 families in reproductive age group are suffering from fertility morbidity of some kind. Due to birth defects of the first progeny these groups are reluctant in having the second one. Counseling of the affected group revealed the fact that more than 100 families are willing to undertake Ayurvedic management to obtain healthy off springs.

This project is being implemented through **Gov: Ayurveda hospital cheemeni, kasargod.**

Success story

Endosulfan victim patient named sreeja, 36 yrs was anxious for child and was treated for primary infertility on and off since 17 years which include allopathic treatment including 20 IUI and 10 IVF. However, even after that patient was unable to get pregnant. So she came to our hospital on 18.01.2018 with hope for treatment along with her husband. She was unable to conceive naturally because both fallopian tube was removed. They were not willing for IP treatment. So the patient was advised for oral medication for 3 months and also advised for IVF treatment after this medication. They got positive result after 8 failure of IVF treatment. unfortunately she was aborted at 2 months.

They came gain asking for IP treatment and got admitted on 27.04.2018. We have done various treatment including Udvarthanam, Sarvangabyangam, Pathrapindaswedam, avagaham, utharavasthi etc.... and discharged on 24.05.2018 During this course mental support was also given. Again the patient was advised for IVF treatment after 3 months. Now patient is 8 months pregnant. We advised medicines and instructions regarding diet and regimen during each month.



UPAYAM SURGE
SPECIALITY: OBSTETRICS & GYNECOLOGY

Patient name: Mrs. SUREJA MANOJ
Age: 34 Years / Female
Referred by: Dr. RAJSHAVENDRA PRASAD
LMP Date: 24/11/2018

OB - Early pregnancy Scan Report

Real time B-mode ultrasonography of gravid uterus done.

Route: Transabdominal
Single intrauterine gestation

Fetus
Survey
Presentation - Cephalic
Placenta - Anterior
Liquor - Normal
Umbilical cord - Two arteries and one vein
Fetal activity present
Cardiac activity present
Fetal heart rate - 145 bpm

Fetal Biometry

BPD 62 mm 27W	HC 191 mm 27W 6D	AC 176 mm 27W 6D	FL 98 mm 27W
85% 90% 95%	85% 90% 95%	85% 90% 95%	85% 90% 95%

Extended Biometry
Nasal Bone: 6.0 mm

Fetal Anatomy
Intrauterine single live foetus, transverse view.

Scanned with CamScanner

UPAYAM SURGE
SPECIALITY: OBSTETRICS & GYNECOLOGY

Patient name: Mrs. SUREJA MANOJ
Age: 34 Years / Female
Referred by: Dr. RAJSHAVENDRA PRASAD
LMP Date: 24/11/2018

OB - 23 Trimester Scan Report

Real time B-mode ultrasonography of gravid uterus done.

Route: Transabdominal
Single intrauterine gestation

Fetus
Survey
Presentation - Cephalic
Placenta - Anterior
Liquor - Normal
Umbilical cord - Two arteries and one vein
Fetal activity present
Cardiac activity present
Fetal heart rate - 145 bpm

Fetal Biometry

BPD 62 mm 27W	HC 191 mm 27W 6D	AC 176 mm 27W 6D	FL 98 mm 27W
85% 90% 95%	85% 90% 95%	85% 90% 95%	85% 90% 95%

Extended Biometry
Nasal Bone: 6.0 mm

Fetal Anatomy
Intrauterine single live foetus, transverse view.

Scanned with CamScanner



SABA HOSPITAL
SPECIALITY: OBSTETRICS & GYNECOLOGY

Patient name: Mrs. SUREJA MANOJ
Age: 34 Years / Female
Referred by: Dr. RAJSHAVENDRA PRASAD
LMP Date: 24/11/2018

ULTRASOUND SCAN REPORT

Real time B-mode ultrasonography of gravid uterus done.

Route: Transabdominal
Single intrauterine gestation

Fetus
Survey
Presentation - Cephalic
Placenta - Anterior
Liquor - Normal
Umbilical cord - Two arteries and one vein
Fetal activity present
Cardiac activity present
Fetal heart rate - 145 bpm

Fetal Biometry

BPD 62 mm 27W	HC 191 mm 27W 6D	AC 176 mm 27W 6D	FL 98 mm 27W
85% 90% 95%	85% 90% 95%	85% 90% 95%	85% 90% 95%

Extended Biometry
Nasal Bone: 6.0 mm

Fetal Anatomy
Intrauterine single live foetus, transverse view.

Scanned with CamScanner

Name of Scheme : SPORTS AYURVEDA

Sports is an entity since antiquity. Detailed references of sporting events are available in almost all Ayurvedic classics. References are also existing in Vedas, Ramayana, Mahabharata and other epics. Running, Wrestling, expertise in weaponry are in some of the sporting events referred to in classics. But with the advent of Olympics, the field of sports underwent a metamorphosis. From the restricted area of stadium, sports grew in wider dimensions as marker of national development, culture and way of living. India always showed its might in international arena by winning gold medals successively in many Olympics. The nation also contributed celebrated sports talents to shine in national and international events.

Development and expansion of sports field were accompanied by inevitable health related issues. Sports nutrition, management of injuries, selection and conditioning of sports talents, physical and mental well being throughout the pre event, event periods and post event support are some of the areas identified as important. Coach turned talented sprint queen of yester years Smt. Padmini Thomas, recent sensation and national pride of Asian games Smt. Preeja Sreedhar, Renjith Maheswari, Mahima, are some among the dignitaries who enjoyed the benevolence and patronage of ayurvedic treatment.

From selection of sports talents and purse them thoroughly helping throughout the career, eight speciality branches of Ayurveda can extend valuable support. So sports Ayurveda is defined as a Trans disciplinary speciality.

Encouraging results of Ayurvedic management for conditioning of sports persons and managing sports related injuries turned the attention of sports talents to Ayurveda. Director Indian Systems of Medicine took keen interest to establish sports Ayurveda centres throughout the state under 3 zones and is effectively implementing it.

Key performance indicators

1. Carry out proper research activities in Sports Ayurveda units

It is mandatory to have proper research works in sports injuries to establish the efficacy of ayurvedic medications. Research activities should be monitored by institutional ethical committee and should be published in international peer review journals within a period of two years.

2. Establishing SARC units in all district sports councils

All district sports council premises must be equipped with SARC units. It should be equipped with sports Ayurveda specialist medical officer and therapists. Within a period of two years SARC must start OPDs in at least

seven district sports council centres.

3. Standardising the efficacy of new drug formulations.

The new drug combinations must be standardised and must be put forward to use in all units with the help of Oushadhi. Standardise existing new drug formulations within the period of two years.

4. Designating SARC as the official ayurvedic health care provider for Kerala sports team

SARC team is currently accompanying Kerala schools team in national meets. Its our target to designate SARC as the official ayurvedic health care provider for Kerala sports team.

5. To accompany team India in Olympics

To establish the benevolence of SARC treatment in Olympics in our ultimate aim.

Sports Ayurveda: key areas

- 1. Enhance the endurance and strength of sports personnel:** This is the area where sports Ayurveda is intervening its expertise presently. We are planning to extend it to total fitness control programme and aid the future talents to sports field in coordination with sports schools.
- 2. Pre event – event- and post- event management:** Pre event conditioning event and post event management are main areas where the requirements of sports personnel's must be taken care of. SARC research cells are currently focussing on these thrust areas to deliver each sports personnel a complete, injury free optimum performance level.
- 3. Injury management:** acute injury management is the main thrust area of SARC units. Through our centres and medical teams we covered in major events like commonwealth games, national games and school games successfully managing acute sports injuries.
- 4. Outreach activities:** school based total fitness programmes may be incorporated with outreach activities. Importance of sports Ayurveda and relevance of sports ayurveda in enhancing the endurance and strength of sports personnel can be achieved by this activities. On field attention and emphasis in acute injury managements in major games are now going on.
- 5. Training programmes:** SARC is conducting various training programmes for conducting awareness of spors Ayurveda among coaches and school going students.

Research activities

1. SARC conducted various pilot clinical trials of our 3 special formulations for external application in event based injuries. But proper research and documentation of these medicines are still lacking.
2. As per the recommendation of C& AG, department of Indian Systems of Medicine had constituted Institutional based ethical committee for ethical clearance and proper research activities.
3. SARC had developed protocol based management for various sports injuries to maintain uniformity in treatment across various centres.
4. User friendly modification of conventional formulations are the area to be explored.
5. Protocol for event based preparedness and post event management are going on under SARC.
6. Interdisciplinary treatment modalities including various aspects of kalari, siddha and marma chikitsa is another area of excellence, incorporated treatment.
7. Another aspiring area is to develop sports ayurvedic nutraceuticals viz anti fatigue and anti stress formulations which pass dope test including sports drinks.
8. Development of sprays, gels and medicated patches for acute injury management must be developed.

Quality control of medicines

1. SARC developed 3 special formulations such as Special tailam 1, Special tailam 2 and Lepam for external application which is widely used in our OPDs. Ayurvedic spray for instant pain relief is also developed.
2. In order to improve the quality of these medicines ISM department in association with Oushadhi prepared these formulations which meets the stringent quality control parameters.
3. Medicine preparation and quality of raw drugs are supervised by team of doctors in SARC.

Physical Achievements

1. Extended authentic sports Ayurvedic health care and management through individual centres.
2. Accompanying kerala state school team in national events from 2016 onwards.

3. Effective Ayurvedic sports injury management in last Commonwealth games and National games 2015.
4. Extending service to Kerala Official sports team in various national events.
5. Performance escalation for renowned sports personnels
6. Ayurvedic health care at the doorsteps of sports personnels especially at sports schools and SAI centres.
7. Infrastructure and basic amenities are strengthened in our centres.

Service delivery at sports units

1. Regional sports units are attached either to a sports school or to district level specialized hospitals /SAI/Sports council centres.
2. In each sports unit there will be at least 2 sports expert doctors with trained masseurs on contract.
3. Senior sports specialized doctors, Pharmacists, and Attenders from ISM department are delivering service after their routine duties without receiving any additional remuneration.
4. Extending pre event, event and post event conditioning of sports personnel especially during the camps.

Some specific areas of Sports Ayurveda implemented through the units

1. Prophylactic kinesiology taping in sports injuries
2. Sports massaging techniques
3. Event based panchakarma management.
4. Pre event conditioning.
5. Event based biomechanics
6. Rehabilitation.
7. Marma management techniques in sports injuries.
8. Taping -Foot, Ankle, Lower Leg, Knee & Related Structures
9. Taping -Thigh, Hip, Groin, Pelvis, Abdomen, Thorax, Low Back, Upper Spine

KISAR: Kerala Institute for Sports Ayurveda and Research

Asia's first sports Ayurveda super speciality hospital, the very one of its kind, is now working at Thrissur. In third floor there will be 5 suite rooms for national / international sports personnel.

Sports Ayurveda Units

Thiruvananthapuram sub units

1. Govt Marma Hospital, Kanjiramkulam.
2. Sree Ayyankali Memorial residential sports school, Vellayani.
3. LNCPE Karyavattom,
4. G.V Raja , Mylom.
5. Central stadium sports unit.
6. SAI kollam.

Kollam Sub Unit

1. SAI kollam
2. DAH kollam

Eranakulam Sub Units

1. Govt Ayurveda hospital, Thodupuzha.
2. Sports school, Panampalli nagar.
3. Sports units at Mathirappalli and Kothamangalam.
4. RVDA sports unit , Thrissur.
5. Taluk Ayurveda hospital, North Paravoor.

Kannur sub Units

1. GVHSS Kannur
2. SAI Thalassery
3. University Centre

Idukki

1. DAH thodupuzha, Idukki

Malappuram

1. Devadar higher secondary scholl Thanoor
2. GAD Kuraukkankunnu.

Palakkad

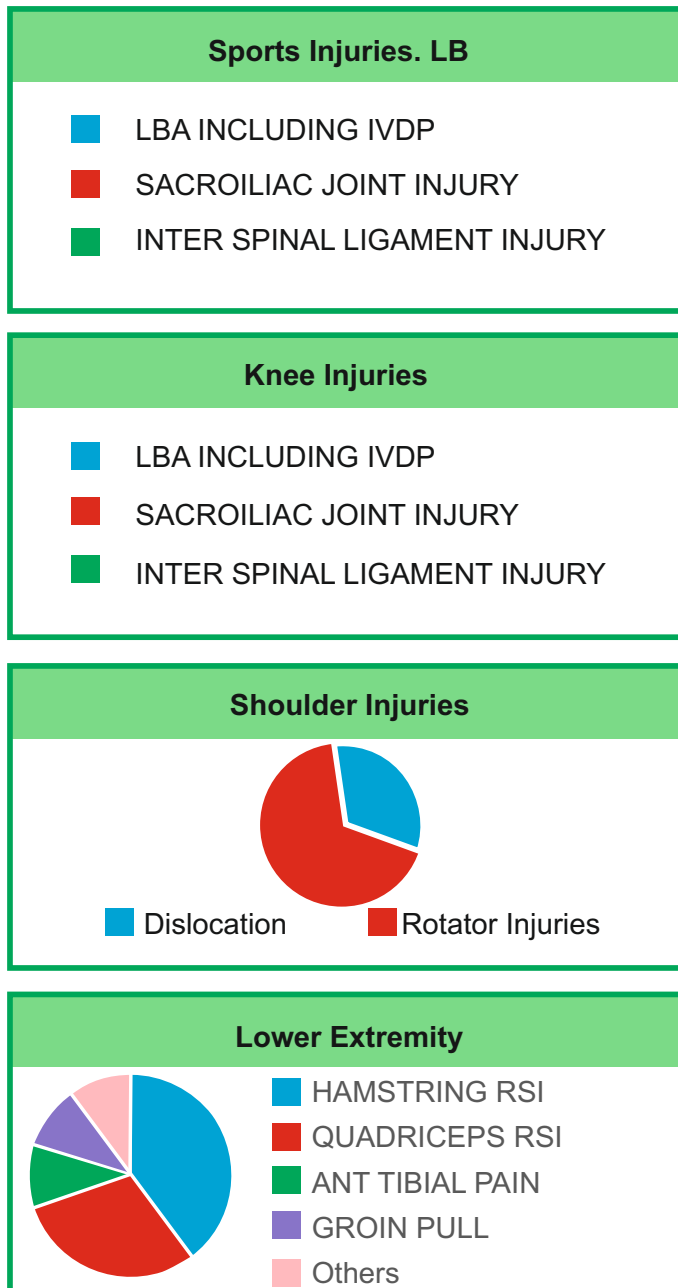
1. DAH Palakkad
Parali HSS (Satellite unit)

Key Persons

1. Director ISM
2. Joint Directors.
3. State Coordinators Sports Ayurveda

4. District coordinators Sports Ayurveda.
5. DMO's of Thiruvananthapuram, Kollam, Eranakulam, Idukki, Thrissur, Kannur, Malappuram and Kasargod.
6. ISM medical Officers, Contract Medical Officers, Pharmacists, Attenders, and Therapists.

Common sports injuries treated in units



KISAR(Kerala Institute for Sports Ayurveda and Research)



Activities



**SUCCESS STORIES
OF
DEPARTMENT OF HOMOEOPATHY**

Name of the project: PUNARJANI

Title of the project: De-addiction treatment through Homoeopathy

Description

De addiction clinics Under Seethalayam project of Dpt. Of Homoeopathy started working in all districts of Kerala since August 2012. These clinics provide cost effective treatment for Alcoholism and related illnesses and other substances use disorders. The treatment methods included Homeopathic medicinal therapy, Individual and family counseling, Yoga therapy. Since its inception these clinics had treated thousands of patients in OPD and hundreds in IPD ,with alcohol use disorders, tobacco and other substances use disorders. After that they are returned to productive and creative family life. These patients prefer this treatment as Homoeopathic medicines help them to be de addicted with minimal withdrawal symptoms and soothing relief. Other major activities of these clinics include awareness classes on De-addiction for adolescent students in schools and colleges, Residence Kippassociations and public. Cases are referred to these clinics from GhDs, Women cell of police, school jyagratha samithies, Alcoholic anonymous, and other NGO'S

Highlights of the programme

Punarjani is the project of Department of Homoeopathy which deals with management of Alcoholics and other substance use disorder patients through Homoeopathy. Alcoholism and substance use disorder is a major public health problem all over the world.

Punarjani aims to identify those who are suffering from Alcohol use disorders and other substance use disorders and help them to get recovered from the disorder through Homoeopathic treatment

Public awareness is given through wide spread programs conducted through mass medias and public awareness talks in schools colleges ,Residence associations and talk shows in TV, Radio and other print medias , awareness brochures. Meetings of LSGs , Jyagratha samithi conveners of schools, Parent Teachers Associations of schools ,and ASHA workers. from the project

Objectives:

To identify the persons with alcoholism and other substance use disorder and manage them with homoeopathic medicinal treatment to get rid of the addiction with minimum withdrawal symptoms.

To treat the alcohol dependence syndrome and associated psychosocial issues of

the person and his family members through homoeopathic medicines and psychological counselling and psychotherapy.

To rehabilitate the patients with alcohol and other substance use disorders after they are de-addicted with homoeopathic treatment

To give wide spread awareness among the general public about the problems of alcoholism and substance abuse disorders and scope homoeopathic treatment in the management of alcoholism and other substance use disorders

Activities

- Awareness classes to general public through alcoholic anonymous groups(AA) and other NGOS
- awareness classes to general public through seminars , TV and radio talks
- screening camps
- Awareness classes among students ranging from high school to college
- training children in group activities and also yoga
- family counseling
- improving living standards through holistic treatment approach
- Homoeopathic management of disorders

Data 2018- 2019

Total awareness classes	Total number of OPD	Total number of IPD
250	9460	151

AWARENES ACTIVITIES





Name of the Scheme : PAIN AND PALLIATIVE CARE PROJECT

Title of the project : Managing Pain and Palliative Care Patients by Homoeopathic Interventions

Description

The burden of people suffering from chronic and terminally ill patients are increasing globally. In India only 2 % of patients come under pain and palliative care. Kerala is the first state to implement the Pain and Palliative Policy in 2008. Following this, the pain and Palliative project was introduced in the Department of Homoeopathy in the year 2016-17, which is now running in all districts with a weekly Palliative OP and a 5 bedded palliative ward in every district hospital under Dept of Homoeopathy.

Highlights of the Project

- Addressing pain and most distressing symptom of palliative patients.
- Improving Quality of Life of terminally ill patients
- Incorporating homoeopathic intervention in terminally ill patients
- High lighting the concept of holistic care
- Sensitise public about the scope of homoeopathy in palliative care.
- **Activities**
- Awareness is given through Classes, Seminars, TV and Radio Programmes and Medical camps.
- Cases come as direct visits to dispensaries.
- Secondary referrals to District Hospital from NHM/GHD , other hospitals, LSG networks
- RMO of each district is in charge.
- Doctor- Palliative GNM Nurse in District Hospital at 5 bedded facility.
- Supportive team
- Psychologist/ physiologist/ social worker with LSG support
- Care delivery
- Medicinal Management
- Supportive Care
- Distribution of equipment/accessories.
- Psychologist/Physiotherapy Care as need based
- Home Care

Beneficiary Data State wise - 2017-18

1	Number of OP patients	7743
2	Number of IP patients	1376
3	Number of Home Visits	768
4	Number of medical camps	113
5	Number of awareness classes	89

Outcome

- Effective symptom control and pain management was observed in palliative patients when individualised homoeopathic medicine was given
- Pain management and symptom palliation was observed in palliative patients with inoperable tumours and metastatic cancer cases
- In relapsing cases of cancer, homoeopathic medicines could address distressing symptoms as an add on to other therapies.
- Long term treatment with minimum medicine was provided for bed ridden patients, even in home care settings when homoeopathic medicines were given.
- Symptomatic management was possible in pediatric oncological cases, especially in controlling intervening infections.
- Reduction in episodes of intervening infections was noticed in Leukemia patients, patients with Adenocarcinoma lung and metastatic hepatocellular carcinoma cases
- Quality of life improvement was noticed in patients admitted in IP, and in OP and home visit patients.
- Cost effective long term treatment could be offered.
- Home care palliative team is effectively offering services in tribal settlements areas and difficult terrains like Idukki .
- Neurological cases like Amyotrophic Lateral sclerosis, Myotonic seizures could be managed with homoeopathic intervention reducing frequent hospitalisations

Scope of the Project

- Homeopathic therapeutic intervention can be effectively incorporated in palliative care services with least economic burden.
- The quality of life of terminally ill patients can be improved with least therapeutic burden.

New offshoots

- In Govt Homoeo Hospital, Thiruvananthapuram, palliative ward with 5 beds was converted to 8 bedded AC ward last year
- Installation of a new ICU for palliative and terminally ill cancer patients has started at Government Homoeo Hospital, East fort , Thiruvananthapuram

Conclusion

- Personalised homoeopathic medicinal intervention can improve quality of life in palliative patients.
- Multidisciplinary approach with other Ayush systems can be developed



Name of the Scheme : SEETHALAYAM

Title of the project : Project exclusively for domestic violence victims for their better health through homoeopathic approach, medicine and counseling.

First Gender based project of Homoeopathy

1. Alleviating the suffering of domestic violence victims.
2. Main streaming of the marginalized women and teenage girls.
3. To ensure the psychological, physical and emotional wellbeing of women through suitable intervention.
4. To ensure multidimensional support from various departments (Social Justice, Police, Women Commission, Legal Department).

Description

This project started during the ar 2010-11.

Seethalayam is the first gender based project of Department of Homoeopathy aimed at the enhancement of physical health, mental stability and ensuring social security for women. It was implemented by Govt. of Kerala in the financial year 2010-11 at hospitals attached to 3 districts Thiruvananthapuram, Kottayam and Kozhikode. Its large success and public demand made government to open centers in all other 11 districts in 2011-12. Now the project is functioning in all districts of Kerala successfully since 10years.

Eventhough various government departments like Social Justice Department, Women Commission, Legal Department etc. have various programmes for women, the reach of these programmes are limited due to the lack of accessibility. There is potential practical social constraints for the target group to directly approach those centers for help. In Seethalayam the target group can directly seek help for all these problems as it is working in public health system. This project includes a proper medical care, counseling and help and support from other similar organizations. The chief purpose of the projects is to provide a platform for women to express these fears and share their troubles, distress without any hesitation. It aims at providing good physical and mental health to women and adolescent girls thereby enabling them to gain self confidence and afirm social ground. This includes arranging for them legal assistance, security and rehabilitation whenever necessary.

Activities

In addition to the office service Seethalayam extents its work to the public. The details of the OP services and IEC are mention below.

MEDICAL AID	Clients are treated with a compassionate approach. Presence of all lady staff make it easy for the target group. Detailed case study and documentation by collecting complete information is done. In selection of medicine use of special software is use. Service of Psychiatrist is also done for Psychiatric patients once in 2weeks. Those coming to O. P. include domestic violence victims, widows, teenagers, separated couples, depressed women, old women and women with psychiatric ailments.
NON MEDICAL AID	1.Counselling by ladyPsychologist. 2.Giving awareness about the schemes for social support from legal agencies, home department, Social Justice Department, Kerala Women Commissionetc. 3.Rescue homes/shelter available ifneeded. Treatment also intended for immediate family membersetc.
IEC	1. Awareness classes at school levels about reproductive health, sex education and spreading the message ofSeethalayam for teachers & students. Find out the stresses, psychological issues of children & evaluate the above through appropriate scales. 2. Awareness classes at SC Colonies to promote Seethalayam& findout the stress, health issue analysis and its managementthroughappropriate scales To identify causes, social, psychological aspects of depression in Women. To improve the quality of their life. The detected case s are referred to Seethalayam centre. Thereby enhancing the number of patients in OP & IP of Seethalayam. 3. Awareness classes atWorking women to promote Seethalayamprogramme & findout the stress, health issue analysis and its managementthroughappropriate scales. To find out the psychological issues among working women & to reduce their stress & strain. The follow up cases are referred to Seethalayam Centre. 4. Awareness classes atBlock level through conveners at Kudumbasree Units to promote Seethalayam and managing stress & health issues. To identify causes, social, psychological aspects of depression in Women. To improve the quality of their life. The detected cases are referred to Seethalayam centre. Thereby enhancing the number of patients in OP & IP of Seethalayam.
MEDICAL CAMP	1. Awareness class & Medical Camp for women PrisonersTo improve their quality of life & to make improvement in their psychological & emotional plane by reducing their stress & strain. 2. Tribal unitAwareness class & Medical Camp for Tribal Promoters & WorkersTo identify causes, social, psychological aspects of depression in Women. The detected cases are referred to Seethalayam OP, Thereby enhancing the number of patients in OP & IP of Seethalayam. 3. Women at coastal area -Awareness class & Medical Camp To identify causes & social, psychological aspects of depression in Women. To improve the quality of their life. The detected cases are referred to Seethalayam centre. Thereby enhancing the number of patients in OP & IP of Seethalayam. 4. Medical Camp - SC Colonies to promote Seethalayam & find out the stress, health issue analysis and its management through appropriate scales. To identify causes, social, psychological aspects of depression in Women. To improve the quality of their life. The detected cases are referred to Seethalayam centre. Thereby enhancing the number of patients in OP & IP of Seethalayam.

Highlights of the project

- Exclusive facility for the transgenders
- Patient Friendly
- Easy accessibility
- Strict confidentiality
- Easy accessibility
- Effective & efficient medicines

Name of Dist.	New(F)	New(M)	Old(F)	Old(M)	Referral from other agencies (Vanitha cell, Vanitha commission & others)	De-Addiction OP	Infertility	IP	Total
TVM	550	170	1500	600	260	520	2640	30	6270
KLM	140	60	507	188	180	400	6250	15	7740
PTA	220	150	850	630	130	320	2000	10	4310
ALP	290	320	1700	1075	110	350	2100	8	5953
KTM	250	310	1200	800	70	300	2000	6	4936
IDK	230	360	1100	300	20	360	2500	3	4873
EKM	200	120	500	400	120	310	2400	15	4065
TSR	280	160	850	600	90	320	2200	10	4510
PKD	180	210	900	1200	80	420	2600	22	5612
MLM	210	180	1700	800	72	300	2400	10	5672
KZD	170	30	750	75	20	562	8717	7	10324
WYD	260	380	860	980	40	530	2300	8	5358
KNR	210	310	700	900	30	500	NAM fund	10	2660
KSD	200	33	800	624	20	384	1390	8	3459
TOTAL									75742

NEW CASE ANALYSIS OF SEETHALAYAM

Name of District	Name of conditions						Name of issues			Total
	Depression	Anxiety	Panic disorder	Personality disorder/ Mood disorder	Schizo affected disorders	Adolescent issues	Marital discords	domestic violence	Alcoholism	
TVM	180	35	15	12	9	65	175	125	300	
KLM	90	30	12	10	6	55	160	120	180	
PTA	90	25	10	13	7	58	185	130	150	
ALP	150	23	16	10	8	68	155	115	180	
KTM	130	26	9	15	6	62	170	140	225	
IDK	120	22	13	11	9	58	165	135	160	
EKM	100	20	14	13	8	69	185	125	225	
TSR	140	23	12	10	6	55	190	120	150	
PKD	90	20	9	15	7	54	185	130	280	
MLM	110	25	16	12	8	65	160	140	190	
KZD	95	20	13	14	7	58	180	125	125	
WYD	130	30	18	11	6	69	185	145	150	
KNR	100	22	14	13	9	52	165	135	200	
KSD	110	21	12	12	6	63	150	120	260	
TOTAL										



Name of the Scheme : AYUSHMAN BHAVA**Title of the Project: Integrated project for the Treatment, Management & Prevention of Non communicable diseases****Description :**

The project is designed to reduce the burden of NCDs-Treatment of Diabetes Mellitus Type2, Cardiovascular diseases (Atherosclerosis) –Hypertension, CAD, Stroke, Obesity & Cancer .The Inpatient facilities of District Homoeo Hospitals are utilised for admitting the patients. The out reach activities are included to find out the vulnerable groups for educating them the risk factors NCDs, the importance of following healthy lifestyle and to explore the treasures in Homoeopathic medicine in the prevention of NCDs

Highlights of the Programme:

1. integrated project
2. Cost effective
3. No side effects
4. Conservative management

Activities:

Pilot project was initiated at District Homoeo Hospital Thiruvananthapuram & Kozhikode during 2012. OP registration of referred cases from the dispensaries are given Prime importance. The demand from public lead to the extending of Ayushman bhava unit in all districts. Patient statement upto 31.12.2018 tallies total of 9503 DM Type2 cases, 5115 CVD Cases, 2938 Obesity cases & 1487 Cancer cases registered in the Project. Awareness classes ,Distribution of Brochure ,Notice ,Posters Hoardings, Yoga Schedules& medical camps conducted in different areas of the state with the help of Local self Governments drew special attention of the public which will be a real milestone in the efforts of Government in the prevention of NCDs.



**SUCCESS STORIES
OF
DIRECTORATE OF AYURVEDA MEDICAL EDUCATION**

There are several research oriented treatments which we are achieved successful result through the ayurvedic treatments under the hospitals of Ayurveda Medical Colleges. Two of the result generated projects mentioned below.

1. DISABILITY SPECIALITY CLINIC IN THE DEPARTMENT OF KAUMARABHRITHYA ,GOVERNMENT AYURVEDA COLLEGE TRIVANDRUM

College : Government Ayurveda Medical College,Trivandrum

Department: Kaumarabirthya Department

Head of Project: Dr.Roshni Anirudhan, Professor

Hospital : Women & Children Hospital, Poojappura,Tvpm

Developmental disorders are one of the major groups of the conditions that lead to disability among children. Disabled children are of grave concern to family and as well as society. With all sophisticated technology and research, the modern medicine is still lagging behind in providing effective results. Despite specialized care before, during and after pregnancy and labor, there is a significant rise in the prevalence rate.

The developmental and behavioural disorders of children are well managed with Ayurvedic treatment modalities. Owing to the encouraging results, Department of Kaumarabhrithya, Government Ayurveda College Hospital for Women and Children has started Speciality Clinics for managing diseases which hamper the proper growth and development of children like Cerebral palsy, post infectious squeals of meningitis and encephalitis, hydrocephalus, convulsive disorders, behavioural problems like Autism Spectrum Disorders, Mental Retardation, Attention Deficit Hyperactivity Disorder, etc. Speciality clinics in the department screen those children and suggest adequate treatment and advice. Also the Department of Kaumarabhrithya runs a Well baby clinic which works as an early detection center for developmental disorders in children. The department also conducts training programs for Anganwadi teachers and Asha workers every year for early detection of developmental disorders.

The hospital wing of the Department, especially the Specialty clinic was overbooked by these patients from different parts of Kerala and other parts of India, indicating the high efficacy of Ayurvedic treatment methodologies. So department proposed for a speciality ward for managing disabled children and 1.6 Crores was the budget estimate for the construction of ward. In the financial years 2016-17, 2017-18, 2018-19, an amount of 1 Crore, 50Lakhs and 10Lakhs were credited to the PWD fund respectively for this purpose and construction works were started.

Medicine supply from the hospital was insufficient for managing the increased number of these patients and there was urgent demand for more medicines suited for these differentially abled children. Also the diagnosis and treatment of disorders in these Children were difficult compared to adults as they are not reciprocative and cooperative mostly. As such for the better understanding and easy diagnosis of Pediatric disorders, advanced Pediatric equipments and Screening tools became a necessity. Treatments of children with developmental disorders mostly include modified Panchakarma therapies. For the ease of treatment, modified modern equipments were also needed. So the department proposed to allow 25 Lakhs in budget proposals of financial year 17-18 for the Disability specialty clinic for purchasing medicines, Screening tools and equipments including physiotherapy equipments and the fund was sanctioned and utilized accordingly. In the financial year 2018-19, department utilized 27.5 lakhs from the budget allocation for the purchase of Medicines and equipments as follows:

Amount sanctioned	27.5 lakhs
Medicine purchase	20 lakhs
Screening tool and equipment purchase	7.29 lakhs

The following is the data regarding the number of new patients who attended and received medicines from the disability OP in the last year and their treatment outcome assessed using standardized tools.

SI No	Diagnosis	New cases April18-March19	Assessment tool	%Improvement
1	Autism	204	ATEC CARS VSMS	18.2 14.7 9.78
2	Cerebral Palsy	209	FIM <u>REELS</u> RLA ELA ADL	22 33 29 8.6
2	ADHD	107	ADHDT2	6.25
3	Mental Retardation	104	CBCL RLA ELA	1.6 8.26 37.9
4	Developmental Delay	255	FIM ADL	18 6
5	Seizure	30	Hague scale Very severe Severe Mild Vermild	10%reduction 35%reduction 50%reduction 100% reduction
6	Other Syndromes	50		
7	Speech Delay	111	<u>REELS</u> RLA ELA	43 34
8	Congenital Rubella Syndrome	8		
9	Neural Tube Defects	8		
10	Mucopolysaccharidosis	5		
11	Bone related disabilities – CTEV, Bow legs, Osteogenesis imperfecta etc	13		
12	Myopathies	13		
13	Hydrocephalous	10		

The children diagnosed with these disabilities were assessed before and after treatment with internationally accepted tools and were recorded accordingly. They were then provided with systematic Ayurvedic treatments along with complementary therapies like Physiotherapy, Speech therapy etc. A total of 3154 children benefitted from the services of the speciality clinic in the year 2018-19.

Thus the Disability speciality clinic of Department of Kaumarabhrithyawas able to increase the developmental quotient of these children considerably and also improves their activities of daily living in the last years. This helped to decrease the disability load of the society by bringing these differentially abled children to the mainstream of life



1. EFFECT OF AYURVEDIC TREATMENT ON DIMINISHING OVARIAN RESERVE

College : Government Ayurveda Medical College, Trivandrum

Department : Prasoothi & Sthreeroga

Head of Project: Dr.Asha Sreedhar, Professor

Hospital : Women & Children Hospital, Poojappura, Tvpm

DOR (DIMINISHING OVARIAN RESERVE)

Population of the world is increasing day by day yet 20-30% of world population are suffering from infertility, which is alarmingly increasing world-wide. WHO estimates the incidence of primary infertility in India to be 3.9-16.8%. Certain studies also states that in India 1 in 8 population are suffering from infertility. Infertility remains a woman's social burden. It gives her distress, raised depression and anxiety levels, lowered self-esteem, feeling of blame and guilt, somatic complaints etc

As far as female's are concerned ovulatory disorders plays a major part(20-30%) which includes DOR, PCOS etc. One of the leading causes of female infertility is Diminishing Ovarian Reserve. DOR (diminishing ovarian reserve) is a complex clinical phenomenon in which the ovary loses its normal reproductive potential compromising fertility. Diminishing ovarian reserve occurs in approximately 1% of women worldwide. 10-30% of female infertility is due to DOR. 10-20% women with primary amenorrhea and 4-18% with secondary amenorrhea can have DOR

In current conservative management, the treatment options are limited. IVF with donor egg is the most common mode of management. The success rate is also less.

The study aims to assess the effect of Ayurvedic treatment on Diminishing Ovarian Reserve. The study was conducted in the Department of Prasuti Tantra and Stree Roga, Govt. Ayurveda College, Thiruvananthapuram. Dr.N.Vijayakumar (Former Professor and HOD) was the principal investigator. Currently Dr Asha Sreedhar is the principal investigator Dr. Shiny S Raj & Dr. Maya Balakrishnan are the co- investigators and Dr. Divya Sreenath is the research fellow in the concerned project.

The study started in November 2017 and the duration of the study was 2 years and the study ends by November 2019. The sample size of the study was 60 patient .The subjects were included in the study after satisfying the inclusion and exclusion criteria.

MERITS OF THE PROJECT

a) Integration and acceptance among allopathic doctors.

Most of the patients which are included in the project are referred from Govt. Hospital for Women & Child, Thycaud .This is also one of an area of harmonization of both systems Āyurvedic & Allopathic which is a new stepping

stone in the field of integrated medicine.

b) Beneficence

The beneficence of the project being the patients, 50 patients who had completed the study out of which 11 patient conceived naturally .Most of the patients have history of failed IVF or were advised to do IVF with donor egg

c) Holistic approach to each case

The patients have given utmost care and individual attention. Most of the couples were given counselling regarding the family issues as well as for psychological support. It is well evident from the fact that we have only one drop out from the study.

d) Helps to Establish proof based new treatment strategies with minimal expense

This study also aims to establish the fact that with minimal treatment expense we can give a fruitful result and thereby reducing the exploitation of patients by the infertility management lobby. Most of the patients were from poor financial background it was difficult for them to afford an IVF treatment some of them had already went through an unsuccessful IVF procedures and were facing financial crisis.

Other activities in the Department

Department of Prasuti Streeroga has been providing customized care for females from adolescent to post menopausal age group. Starting from menstrual irregularities in adolescents, Holistic Ayurveda Pre-conceptional Care for couples for a healthy progeny and to minimise birth defects, Ayurvedic Ante Natal Care to ensure healthy pregnancy and a normal vaginal delivery , Post Natal Care for smooth recovery of the mother physically and psychologically , Post Menopausal Symptoms related to hormone imbalance including hot flashes, mood swings, osteoporosis, and premalignant lesions of cervix were handled at OPD and IPD level and diet ,lifestyle and medicine advises are provided to these group of females. Many cases of Infertility who had no option other than Artificial Reproductive Techniques had conceived after treatment at the Women and Child Hospital , Poojappura and various other Gynaecological disorders like Polycystic Ovarian Syndrome, Endometriosis, Heavy Cycles, Post Menopausal Symptoms, were very efficiently managed without resorting to hormonal treatments and hence the Department proposed for a Gynaecology nodal centre at the Govt.Ayurveda College Hospital for Women and Childen , Poojappua.In the financial year 2016-2017 , 2017-2018, 2018-2019 and an amount of 2 Crore, 1 Crore, 1.5 Crore were credited to PWD fund respectively .

Medicine supply from the hospital was inadequate to meet the requirements of the increasing

patient load in the concerned specialty as very specific medicines are required for management of Infertility and Gynaecological disorders like PCOS, Endometriosis, Uterine fibroids etc. Treatments for these conditions included Panchakarma treatments as well specific gynaecology procedures in Ayurveda like Uthara Vasthi, Kshara Karma , Yony Poorana, Yoni Pichu etc which needs specific instruments . To ensure the smooth functioning of all the gynaecology procedures the Department proposed to allow 25 lakh for the purchase of medicines and equipments in the year 2017 -2018 and were utilized accordingly.

SL No	Amount	Allocation
1	Ten Lakh Rupees (Rs.10,00,000)	Medicine Purchase
2	Fifteen Lakh Rupees (Rs.15,00,000)	Medical equipments

The following is the data regarding the number of new patients who attended and received medicines from the OPD in the last year .

SI No	Diagnosis	New cases April18- March19	Percentage of Improvement
1	Anapathya (Infertility)	720	26%
2	Upaplutha(Candidiasis)	120	85%
3	Asrigdaram(Menorrhagia)	300	94%
4	Udavartha(Dysmenorrhoea)	360	90%
5	Nashtartava(Amenorrhoea)	240	95%
6	Vatiki(Endometriosis)	120	80%
7	Pariplutha(Pelvic Inflammatory Diseases)	240	85%
8	Prasramsini(Pelvic Organ Prolapse)	120	60%
9	Kaka Vandhya(Secondary Infertility)	72	30%
10	Garbhasravi Vandhya(Recurrent Pregarancy Loss)	12	40%
11	Artava Kshaya(Oligomenorrhoea)	660	90%
12	Pushpaghni (PCOS)	132	85%
13	Rajonivrithi Vikara(Menopausal symptoms)	3672	95%
14	Pandu(Anaemia)	180	80%
15	Sootika(Post Natal Care)	120	95%
16	Garbhasaya Granthi(Uterine Fibroids)	156	60%
17	Viplutha(Pelvic Infections)	13	80%
18	Menorrhagia	12	90%
19	Phalini (Cystocele)	12	80%
20	Stanya Kshaya(Reduced lactation)	12	95%
21	Yoni Arsas (Polyps, CIN)	12	95%
22	Sopham (Inflammations)	72	90%
23	Kateegraha(Low back ache)	612	80%

CONCLUSION

In Kerala, Ayurveda has unique practices of healing and treatment and scientifically validate immense treasure of this traditional wisdom by sustained research to interpret the fundamental theories, treatment practices, drugs and formulations. A significant and versatile step in this direction will be to make use of the expertise of the Ayurveda Teaching Faculty in research and development. The Department of Ayurveda Medical Education is committed to achieve the supremacy of the Ayurvedic Systems through quality education and research.

In the financial year this department submitting the proposal for the Supplementary Demand for Grand at an amount of 1.90 Crore in plan estimate and 4.67 Crores in non plan estimate for reaching the objectives as mentioned above. The proposal in prescribed Performa with explanatory notes in attached for the kind consideration.

**SUCCESS STORIES
OF
HOMOEOPATHIC MEDICAL EDUCATION**

I. IMRCH PROJECT

(Govt. Homoeo Medical College, Kozhikkode)

The Project Infertility Management and Research Centre in Homoeopathy (IMRCH) started functioning **since 03.07.2017 onwards**. Prior to this an 'Infertility Management OPD' was functioning under the Obstetrics & Gynaecology department of this Institution since 10.04.2015. IMRCH project was implemented as a continuance of this OPD.

Scope of the Project

This project aims to provide cost effective and side effect free treatment to couples who prefer to undergo treatment under Homoeopathy for curing infertility issues.

Highlights of the Project

- Now the IMRCH OPD is being conducted on all 6 days of a week and the 3rd Sunday of each month.
- Average number of patient attending this OPD :-
- Total number of new cases attended the OPD from April 1st, 2018 upto this day (17.01.2019) – 210
- Number of cases continuing treatment (registered before and after the project implementation) – 326
- Number of cases that became pregnant during the last financial year (April 1st, 2017 – 31.03.2018) – 27
- Number of cases that became pregnant from
- 01/04/2018 to 17.01.2019: 27

II. PSORIASIS RESEARCH PROJECT

The project started in **01/02/2018** after getting approval from National Ayush Mission with a sanction of Rs 14.42 lakhs. (NAM/ Admin/085/2018/SPMU dt 12/02/2018).

Scope of the Project

Psoriasis management project is committed to provide reliable, safe and economically feasible Homoeopathic care to patients suffering from psoriasis by combining processes that promote efficacy with modern dermatological diagnostic procedures and is executed by persons who are trained and competent to perform the work.

Highlights of the Project

- Psoriasis Management Project is functioning efficiently in Govt. Homoeopathic Medical College Hospital Thiruvananthapuram since February 2018 under NAM.
- The OPD functions everyday from 9am to 1pm except Sunday.
- Most of the cases are having relief of symptoms and there is significant change in PASI score even when evaluated after 6 months.
- Many patients are reporting considerable changes in the quality of life compared to their previous experiences.
- A report of progress in the project activities at the end of one year has been submitted to the Secretary AYUSH Department.
- As on May 2019, a total of around 1700 patients received treatment from this OPD itself including new cases.
- Clinically diagnosed cases of psoriasis alone are 191.
- More than 100 patients are coming for regular follow ups every month.
- Most of these patients are having reduction in the severity of their symptoms as well as the area of lesions.

III. DEPARTMENT RESEARCH WING

Name of the Unit : Departmental Research Wing (DRW), Government homoeopathic Medical Education Department, Thiruvananthapuram

Title of the research unit: Advanced Research Laboratory (ARL)

Description

The Advanced Research Laboratory is a new initiate to support and facilitate the research activities in the area of Homoeopathy and allied sciences using modern and advanced analytical research tools. The aim and unique feature of ARL is the establishment of interdisciplinary platform to carryout advanced experimental research using sophisticated analytical techniques. In ARL, various research tools available in the knowledge domain of medicine, nanotechnology, quantum biology, quantum chromo dynamics, biotronics, genetics, biochemistry, microbiology and topology are merged with the same of homoeopathy to solve the fundamental and long standing research problems in homoeopathy. This will help us to elucidate the scientificity of homoeopathy medicines. By deriving the pharmacokinetic and pharmacodynamics of homoeopathic medicines we can have a better understanding of molecular mechanisms and biological actions of homoeopathic medicines. In this regard ARL will support the interested clinicians and researchers to collaborate over a cutting edge scientific research platform of modern research

for the betterment and standardization of systems of homoeopathy and allied sciences.

Highlights of the programme

- Establishment of Research infrastructure for fundamental and multi-disciplinary research in systems of Homoeopathy and allied sciences
- For the first time in the history of Homoeopathic Medical Education an exclusive research laboratory with advanced research facilities are established under Government of Kerala to support the clinical and experimental research in Homoeopathy and allied sciences
- Initiated various research and development activities for technology incubation in systems of Homoeopathy
- Innovative educational programmes research and development activities for students, research scholars and faculties are provided under skill development initiative of Advanced Research Laboratory in Collaboration with CSIR-NIIST
- Advanced Research Laboratory is providing scientific and technology level support for **HOMCO, CCH, CCRH, National AYUSH Mission, Directorate of Homoeopathy and Government Ayurveda Research Institute for Mental Disease** to develop various research projects, protocols, specialty clinics and interdisciplinary research platforms for drug proving, drug standardization and clinical trials.
- Departmental Research Wing is established with a vision to establish and support inter-multi-disciplinary research activities in the department of AYUSH

Objectives:

To provide scientific support and advanced research facilities for carrying out clinical and experimental research activities in systems of AYUSH

- To understand the structure property relationship of drug formulations used in Homoeopathic medicines
- To elucidate the Nano dimensional functionalities of compounds used in preparation of medicines used in Homoeopathy and allied systems of medicine
- To develop a common infrastructure platform for fundamental and experimental research in Homoeopathy and allied sciences
- To improve the quality of homoeopathic medical education and research
- To establish evidence based approach in Homoeopathy

- To identify and explore the pharmacokinetics and pharmacodynamics of homoeopathic medicinal potencies in ultra-dilution
- To standardize the homoeopathy pharmacopeia using various scientific standardization methods
- To explore the potential of homoeopathic Medicinal formulations in various clinical scenarios through ethical and standard clinical trial methods

Activities/Achievements

- ✓ Instrumental in consolidation and publication of documents related to Public Health Interventions of Department of AYUSH, Govt. of Kerala
- ✓ Conducted various capacity building and technical training programs at IMG and KILA for medical officers and superintendents
- ✓ Reviewing of all specialty clinic projects under the Directorate of Homoeopathy
- ✓ Coordinated LSG meet and consolidated the AYUSH clinical projects run in collaboration with LSG Institutions
- ✓ Scientific support for International AYUSH conclave was provided by ARL group members
- ✓ Conducted various educational programmes, CME and AYUSH awareness programmes at Homoeopathic medical colleges in Kerala.
- ✓ Supported STSH student centric research and training programs in collaboration with CCRH
- ✓ Developed basic research infrastructure inside the Government Homoeopathic Medical College campus, Thiruvananthapuram.
- ✓ Initiated research collaborations with premier research institutions including CSIR-NIIST, CSIR-CLRI, SCTIMST under DST, Govt. of India, JNTBGRI, NIT Calicut and CCRH. Administrative works related to developing joint research projects, training programs and MOUs are underway

IV CANCER CARE UNIT

Cancer care unit - Homoeopathy is a Government of Kerala sanctioned first cancer project in Kerala implemented in Government Homoeopathic Medical College, Thiruvananthapuram. It was started functioning on 2012 and is continuing successfully for the last 6 years. It is aimed at providing quality Homoeopathic treatment and care for all cancer patients attending this hospital, including palliative care and effective pain relief for cancer patients. Now it is functioning as a Referral

Homoeopathic Hospital for cancer patients from other hospitals throughout the state.

Milestones

- It started functioning on November 2012.
(The Cancer Care ward is reconstructed. A medical board constituted. Two Homoeopathic consultants & two Nursing staffs were appointed on contract basis).
- In 2013 -2014, Cancer special op and speciality IP ward started
- In 2014-2015, Seminars & orientation classes (faculties from RCC & MCH) were started
- In 2015-2016, Public awareness programmes about cancer started
- In 2016-2017, medical camps (in association with NGOs ,panchayathsetc were started.
- In 2017-2018, Cancer Palliative Home Care service started (Phase-1, for previous IP patients
- In 2018-2019, Cancer palliative home care service (phase-2, for all registered patient)
- In 2019-2020, we have introduced Counselling for patients/ relatives
- and Vocational Rehabilitation for cancer patients

A brief report on patients treated in Cancer Care Unit

Year	Patients treated in Out Patient (OP) unit	Patients treated in In Patient (IP) unit(on monthly basis)
2012- 13	159 (Male- 83, Female- 76, Child- 0) (5 months)	43 (Male -17, Female - 26)
2013-14	810 (Male- 397, Female-407, Child- 6)	158 (Male - 87, Female - 71)
2014-15	1150 (Male- 460, Female-677, Child- 13)	145 (Male -63, Female -82)
2015-16	1606 (Male- 739, Female-828, Child- 39)	159 (Male - 67, Female -92)
2016-17	2036 (Male- 885, Female-1104, Child- 47)	181 (Male - 96, Female - 85)
2017-18	2504 (Male- 983, Female-1430, Child- 91)	192 (Male- 67, Female -123, Child-2)
2018 -19	2428 (Male- 952, Female-1455, Child- 21)	295 (Male - 117, Female-157,Child-1)
TOTAL	10,693	1,173

Details showing the different types of cancer cases (in %) treated in cancer care unit GHMCT

Oral / tongue cancer (15 %), Ca Breast (10 %), Leukoplakia (8%), Ca Lung (6%), Ca Ovary (5%), Brain tumour (5%), Ca Thyroid (5%), Ca Cervix (4%), Ca Bone/ sarcoma (4%), Ca Urinary system/bladder (4%), Ca Colon/ Rectum (6%), Ca Liver (4%), Ca Oesophagus (3%), Ca Pancreas (3%), Ca Sinuses/ nasopharynx (2%), Ca Larynx/ Glottis (2%), Lymphoma (2%), Ca Stomach (1%), Ca Prostate (2%), Ciliary body melanoma/ Eye (1%), Ca Skin (1%), Multiple myeloma (1%), Other precancerous (6 %).

Average increase in life expectancy of cancer patients treated in cancer care unit-

Stage II cancer patients – 3 to 5 years

Stage III cancer patients – 1 to 3 years

Stage IV cancer patients (without ascitis, pleural effusion) – 6 months to 1 ½ years

Stage IV cancer patients (with ascitis, pleural effusion) – 2 months to 6 months

Palliative Home care service - Due to the increased public demand, we have started Homoeopathic palliative home care service. Mostly we visit patients with advanced diseases like terminal cancers, with little or no prospect of cure - where the patient needs symptomatic relief (End of life care). **Total Number of patients visited during the period 2018-19 = 264**

Referral Homoeopathic hospital for cancer patients -We are committed to extend our service to state wide. Many doctors from different parts of the state are now referring their cancer patients (especially the terminally ill patients) and utilizing the cancer care unit specialty ward service and facilities. **The reputation we got so far created the Cancer Care Unit of Govt: Homoeopathic Medical College as a “Referral Cancer Centre in Homoeopathy”.**

Conclusion.

As far as this department is concerned, no proposals have been placed under SDG, since recoupment of payment made towards the pending treasury bills of the previous financial year was not covered as per the guidelines issued by the Finance Department. Proposals for additional authorisation for recouping the amount spent on previous FY's bills have been submitted to Government.

Honest efforts are being taken to ensure that the aims and objectives sought to be achieved by this department are fulfilled as early as possible. Further, through awareness campaigns, this department intends to make the public conscious of the advantages of this cost effective system of treatment and thereby increase the patronage in all hospitals under this department.

Research activities under the Department Research Wing has given an impetus to the students and faculties to delve into this area quite seriously and department is planning to extend the scope of research beyond just proving the scientificity of Homoeo medicines to a larger perspective that would benefit the population at large. This department is also committed to raise the standards of training imparted to students at par with International levels and ensure that the students of our institution could engage with professionals within the country and outside, on various platforms, both online and on a physical dimension so that their amplitude of analysis regarding the methods that could be inculcated into the curriculum for advancement of their knowledge could be made possible.

**SUCCESS STORIES
OF
HOMCO**

Name of the Scheme : HOMCO-Second Phase Expansion Project-Construction of New Factory building

HOMCO is the major Govt. sponsored Homeopathic medicine manufacturing unit in India having a sales turn over of Rs. 36 crores in 2018-19. Due to increasing demand from all state Govts. and also from open market, we are struggling hard for timely execution of purchase orders. In this circumstance, HOMCO is constructing a New WHO GMP (Good Manufacturing Practices) compliant factory building of 8000 sq. meter (approx) area with an estimated project cost of Rs. 52.88 crores to meet the forthcoming demand in national and international market. The construction started in Dec-2017 and expected to complete in Jan-2020. The project execution agency is BSNL (Civil Division), Thiruvananthapuram. Almost 80% of the civil work is over. The tendering procedure for internal wall paneling and AHU / HVAC (Air Handling Unit/ Heat Ventilation and Air Conditioning) is under process. Documentation works for purchase of Machinery / equipments are also progressing. The financial plan of the project is given below:

Subject	Rupees in lakhs	Remarks
Project Cost as per AS vide GO (Rt) no. 564/2016/AYUSH dtd. 22.11.16	5288	
Assistance received from GoK	400	Rs. 347 lakhs resumed by Govt. on 29.03.2018. Requested for re-allotment.
Fund expended	1165	
Balance Fund to be raised	4123	
Fund expected from GoI	1500	
Assistance from GoK decalared in 2019-20 Budget speech	1000	
Balance amount can be met from own fund.		

With the present financial status of HOMCO we are likely to get a bank loan of Rs. 1000 lakhs. Even then we need more financial assistance from Govt. of Kerala. So the assistance of Rs. 1000 lakhs declared in Budget speech of 2019-20 may be sanctioned as it is essential for the completion and existence of HOMCO. We expect a sales turn over of 75 crores by commissioning the new factory. Photos showing the present status of the construction are also enclosed.



SUCCESS STORIES OF OUSHADI



Oushadhi

Institution at a glance

"The Pharmaceutical Corporation (I.M.) Kerala Limited", popularly known as **'OUSHADHI'** is the largest manufacturer of Ayurveda medicines in India in Government sector. It is a fully Government owned Ayurvedic Medicine Manufacturing Company functioning under the administrative control of AYUSH Department of Government of Kerala. The Corporation is governed by a Board of Directors appointed by the State Government. The Registered Office of the Company is in Shornur Road, Thrissur and the manufacturing and marketing units are at Kuttanellur, 8 kms east from Thrissur Town.

Oushadhi is the exclusive supplier of Ayurveda medicines to more than 1300 Government Hospitals and Dispensaries of ISM Department in Kerala. The company also caters to the demand of the public through a network of 660 exclusive agencies spread all over the state. Oushadhi also supplies medicines to almost all ISM Departments in India.

Oushadhi is also having a production unit for propriety medicines at Muttathara and 2 Re-distribution centres at Pathanapuram and Pariyaram.

Success Stories for 2018-19

- ❖ Oushadhi has achieved a turnover of Rs.151 crores during the year 2018-19.
- ❖ Oushadhi has also widened its area of operation by launching 5 Sicha medicines during the year 2018-19.
- ❖ Oushadhi has set up a 50 bedded hospital for Panchakarma treatment at the heart of Thrissur city.

Turnover Achieved

Turnover of the company during the last three years are:

- ❖ 2016-17 - Rs. 95.76 Crores
- ❖ 2017-18 - Rs.141.59 Crores



- 2 -

Future activities

- ❖ Modernisation of Oil & Lehyam Plant - Rs.5.84 Crores
- ❖ Construction of Choornam & Gulika Plant at Kuttanellur - Rs.12 Crores
- ❖ Pharma Park at Kannur - Rs.100 Crores
- ❖ Modernisation of Existing Factory - Rs.10 Crores

HR at a glance

Details of employees working in the organization

	<u>Permanent Staff</u>	<u>Contract Staff</u>
❖ Executives - Deputation	2	--
❖ Executives	11	3
❖ Middle Level Executives	16	12
❖ Lower Category	58	43
❖ Workers	112	654
❖ Hospital Staff	1	15
	-----	-----
Total Strength	200	727
	===	===


MANAGING DIRECTOR
THE PHARMACEUTICAL CORPORATION
(INDIAN MEDICINES) KANNUR LIMITED
KUTTANELLUR, THIRUVARUR-620 014