



**AYUSH**  
FOR IMMUNITY

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# Covid-19 crisis inspires a “Research Culture” in Ayush disciplines

The Covid-19 pandemic has brought the spotlight on the health-promotive and disease-preventive solutions of Ayush disciplines. The crisis is also seeing the emergence of a nation-wide trend in the Ayush disciplines, of taking up evidence-based studies, though the spotlights have not yet turned to this.

News reports in August 2020 had revealed that out of the 203 trials registered in Clinical Trial Registry of India (CTRI), 61.5% were from Ayush disciplines. A recent study published in the ‘Journal of Research in Ayurvedic Sciences’ titled “Ayurveda Research Studies on COVID-19 Registered in CTRI: A critical appraisal” throws more light on this growing “research-culture” in Ayush disciplines.

The study made a thorough search of the Clinical Trial Registry of India for the registered trials of COVID-19 involving Ayurveda Intervention from March 01, 2020 to June 25, 2020, without language restrictions. The number of new trials registered in Ayurveda during this period was seen to be 58.

Here is some additional insight into these CTRI registered trials involving Ayurveda and COVID-19. Of the total trial registered, approximately 70% of the trials were sponsored by the Government and various stakeholders of Ayurveda associated with the Ministry of AYUSH. These trials will provide useful information to the researchers which will help them to strategize the next course of action and also help the general public for understanding the contribution of Ayurveda in COVID-19. Once completed, the results of these promising studies will expectedly be published at the earliest so that it will be useful for the policymakers from the Ayush systems of medicines to strategize effective solutions to benefit public health initiatives. Further, in these challenging times, they will provide information for the global scientific community to know about the outcomes of Ayurveda clinical trials being conducted on COVID-19 in India. They will form potential source of information for further collaborative studies at the national and global levels.

Out of the said 58 registered trials, 52 (89.66%) are interventional trials and 6 (10.34%) are observational trials. The majority of the trials included adult participants of both the gender as the target population. A total of 53 (91.38%) trials intend to recruit participants aged 18 years or more, and only 05 (8.62%) trials intended to recruit participants younger than 18 years.

The instant paper which is authored by researchers of the Central Council for Research in Ayurvedic Sciences, provides detailed information about Ayurveda based COVID-19 clinical trials with respect to administrative information on trial registry number and sponsorship, descriptive information on study type and length of study and study design. Further, it tracks information related to the registration date and actual study start date and information related to recruitment, and all these have been collated, presented, and analysed based on the trails’ information registered from March 01, 2020 to June 25, 2020, in the CTRI.

With an increasing number of registered trials in this field, the body of knowledge in Ayush disciplines will increasingly reflect more contemporary information. This trend of evidence-based studies in the Ayush sector holds considerable promise for the public health activities in the country - out of the studies may emerge cost-effective solutions that could be deployed on a nation-wide scale.



# Homage to Mahatma Gandhi through a Mega series of webinars on his thoughts on Health and Nutrition

The Ministry of AYUSH hopes to re-ignite public interest in Mahatma Gandhi's thoughts on health, food and nutrition—which are as relevant today as they were in his times—through a series of 48 webinars which commenced on Gandhi Jayanti, the 2<sup>nd</sup> of October 2020.

The National Institute of Naturopathy (NIN), Pune an Autonomous Body of the Ministry established to follow and strengthen the movement of Nature Cure in India had taken up a series of activities spread over a year from Gandhi Jayanti 2019 on the theme 'Self Reliance through Self Health Reliance', as part of the sesquicentennial celebrations of the birth of Gandhi Ji. NIN considers itself as the institutional inheritor of Mahatma Gandhi's legacy in the area of Health and Nutrition, as it is in this very campus in Pune (which at that point in time housed the Nature Cure Clinic and Sanatorium) that he founded the All India Nature Cure Foundation trust on November 18, 1945. This is one of the few institutions where he held a formal position - the deed of the Nature Cure Trust was signed by Gandhi Ji.

Government of India has declared November 18 as Naturopathy Day in commemoration of the commitment made by Mahatma Gandhi to Nature Cure on that day in 1945. The Day is celebrated by all Naturopaths and Naturopathy enthusiasts all over the country and across the globe. This year, NIN in association with the Regional Outreach Bureau (Maharashtra and Goa) of the Ministry of Information and Broadcasting, is organizing a 48 day-long series of Webinars starting on Gandhi Jayanti (2<sup>nd</sup> October 2020) and ending on Naturopathy Day (18<sup>th</sup> November 2020). The webinar will be held from 11AM to 12 noon every day, and can be viewed on Facebook at <https://www.facebook.com/punenin>. No prior registration required to join it.

The webinars will be on the theme "Mahatma Gandhi- The Healer" and are intended to propagate the relevance of Gandhi Ji's thoughts on Health and Nutrition in the 21<sup>st</sup> century among people of all walks of life. In particular, they aim to promote the benefits of Naturopathy. The seminars shall culminate with a Finale – which will also be a virtual event – on 18<sup>th</sup> November 2020.

A galaxy of reputed academicians, clinicians, experts on Gandhian thought and naturopaths will handle these sessions. This will include personalities such as Dr Mark Lindley from United States, Dr. Gambhi Watts from Australia, Dr Gita Dharampal, renowned Gandhian historian, Prof. (Dr.) Shambhu Prasad, Management Guru, Prof. (Dr.) Srinath Reddy, Director, Public Health Foundation of India (PHFI), Dr Arvind Kulkarni renowned Oncologist and Smt Leena Mehendale, IAS. There will also be Gandhi Katha, display of rare film footage on Mahatma Gandhi and Gandhi bhajans, along with this webinar.

This mega-series of webinars are expected to take the message of Mahatma Gandhi on the need to master one's own health to the 21<sup>st</sup> century audience.

## From the Minister's Desk



Inaugurated and addressed a tribal project of National Institute of Naturopathy (NIN) at Gohe Budruk, Ambegao, Pune along with the Minister of Tribal Development, Govt. of Maharashtra Adv. K.C. Padaviji, NIN Director, Prof. Dr. K. Satya Lakshmiiji and other officials through VC on the 2nd of October 2020.


This project, which will serve as a treatment centre of Naturopathy and

Yoga for the tribal community, will also provide training to the tribal youth to help them attain skills in these fields for better health and employment opportunities. It also aims to understand the tribal health practices better and develop a repository of knowledge base.

I wish that in the near future, collaborative projects and activities such as this takes place in many more places.



**Shripad Naik,** 

October 2 at 1:00 PM 

## The Institute of Teaching and Research in Ayurveda Bill 2020 gets passed by Parliament.

The Institute of Teaching and Research in Ayurveda Bill 2020 has been passed by Parliament. This paves the way to establish a state-of-the-art Ayurvedic institution called the Institute of Teaching and Research in Ayurveda (ITRA) at Jamnagar, Gujarat, and to confer the status of an Institution of National Importance (INI) to it.

The ITRA is sought to be established by conglomerating the presently existing Ayurveda institutes at Gujarat Ayurved University campus Jamnagar. It will be the first institution with INI status in the AYUSH Sector, making it independent in matters of deciding course content and pedagogy. The decision comes at a time when global interest in health solutions based on traditional wisdom is at an unprecedented high level.

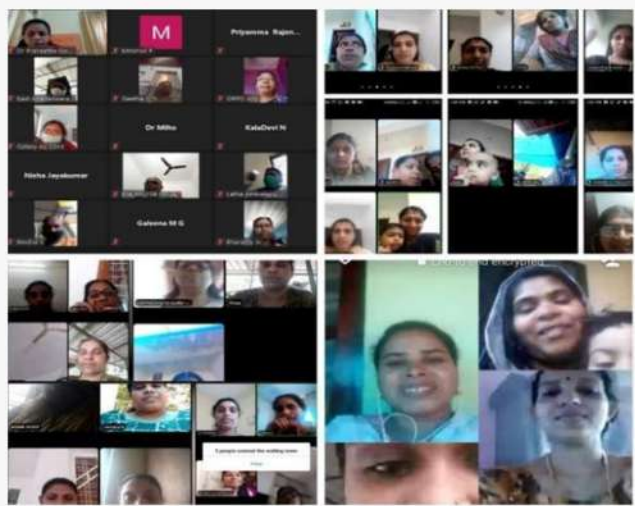


## Photo Feature:

# NAM Kerala adopts innovation to spread the *Poshan Abhiyaan* message

Innovation and imagination were at the core of the numerous activities organised by the AYUSH Gram Project of National Ayush Mission Kerala for the *Poshan Abhiyaan* 2020 observation, and it succeeded in spreading awareness on the importance of healthy and nutritious food in building up a healthy society across the state.

*Mathurajam* web sessions on Yoga for expecting mothers, Food-fests involving women, Nutri-gardens to promote nutrition through raising kitchen gardens, Food *Rangoli* competitions for mothers of pre-school children, *Goraksha* to promote indigenous breeds of cows, *Pathyahara* booklet explaining the benefits of some local recipes, Medicinal Gardens to preserve endangered herbs and Millet *gramam* to encourage entire communities to take up millet cultivation were some of the initiatives which proved immensely popular. The campaign had three target groups-expecting and lactating mothers, preschool children and adolescent girls.



Screen capture from the *Mathurajam* Yoga Webinar for Expecting mothers.

Special Yoga sessions were given to expecting mothers to relieve the mental stress and discomforts, dividing them into trimester wise groups. The special situation of the COVID 19 scenario was kept in view.



Pictures of some of the entries from Food Fests. Nearly 25 Food Fests were organised across the state during *Poshan Maah*.



Pictures from Millet *Gramam* demonstrations by AYUSH Gram Ottapalam

The AYUSH Gram unit of Ottapalam conducted online training on different tasty and nutritious preparations of locally cultivated Ragi (Finger millet) among ICDS workers and adolescent girls at Ottapalam in Palakkad district.



Scenes from the Nutri-garden activity. Organised with the support of Anganwadi workers, this activity saw raising of organic kitchen gardens on one's own backyard. Young women participated with enthusiasm.



Felicitation for *Goraksha* Shri Anil Kumar V, a farmer from Nalamvathukkal in Kasargod district of Kerala has demonstrated that cattle rearing is a sustainable activity for the small farmer. What is more, he rears some endangered indigenous species like *Kasargod Dwarf*, producing abundant quantity of milk, thus ensuring the breeds' conservation.



# AYUSH Ministry resumes Yoga-Break demonstrations



The Ministry of AYUSH resumed the demonstration and practise of Yoga-Break (Y-Break) protocol from 25 September 2020 at Ayush Bhavan and Morarji Desai National Institute of Yoga (MDNIY) campuses in New Delhi, while strictly adhering to the guidelines for COVID 19.

The 5 minutes Y-Break protocol which was developed by the Ministry in association with MDNIY in 2019 to help the employees

de-stress, refresh and re-focus in the workplace, had been temporarily stopped due to the onset of COVID 19. During the pilot phase, it was reported to be effective by all the volunteers who participated in the trial/ evaluation.

Officers and staff from various offices in the vicinity have enlisted for this daily Y-Break protocol which is being held in the lawns of Ayush Bhawan from 11.30 am to 11.40 am. The Ministry plans to extend the practice-demonstrations to other office complexes shortly.

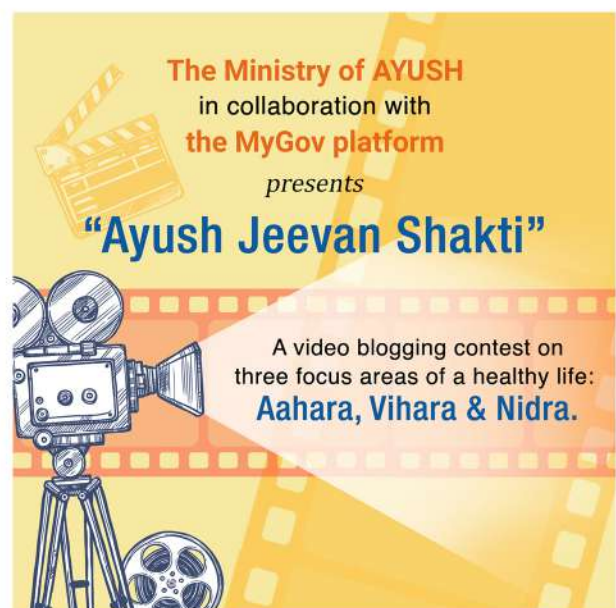
## Video Competition on “Ayush for Immunity” on Mygov platform

The Ministry of AYUSH presents “Ayush Jeevan Shakti”, a video blogging contest in collaboration with the MyGov platform to increase awareness about Ayush practices that help enhance health and immunity.

Video links to be uploaded directly on the MyGov platform by clicking here <https://www.mygov.in/task/आयुष-से-जीवनी-शक्ति-vi-deo-blogging-contest/>

The Contest which will remain live till the 14th of November 2020, focuses on three areas of a healthy life, i.e. - *Aahara* (Diet), *Vihara* (Physical Activity) and *Nidra* (Sleep).

Participants are encouraged to make and upload videos not exceeding 2 minutes 30 seconds on how by incorporating these three areas of focus (*Aahara*, *Vihara* and *Nidra*) in their lives, they have been able to stay healthy and free from diseases.





# AYUSH Minister inaugurates Naturopathy project for Tribal Healthcare in Pune District

On 2<sup>nd</sup> October 2020, the Central AYUSH Ministry marked the Gandhi Jayanti by opening a Naturopathy hospital at the tribal hamlet in Gohe Budruk, in Pune District. The Naturopathy centre was inaugurated (Virtually) by Shri Shripad Yesso Naik, Minister of AYUSH, Govt. of India. The project is implemented in partnership with the Tribal Development Department, Govt. of Maharashtra.

The AYUSH Minister underlined the importance of a drugless system like Naturopathy in the everyday life of the common man, and said projects like this would help the individuals to become self-sufficient in the matter of health. He paid rich tributes to the legacy of Mahatma Gandhi in public health, and said that the Ministry through its activities is privileged to keep his thoughts alive.

Advocate K.C. Padavi, Hon'ble Minister of Tribal Development, Maharashtra also joined the e-event, and mentioned the intention of the Government of Maharashtra to open more such institutions.

The new Naturopathy Centre will be managed by the National Institute of Naturopathy (Pune), Pune, an autonomous body under the Ministry of AYUSH. It has been set up in the campus provided by the Tribal Development Department of Maharashtra. This project will serve as a Naturopathy and Yoga treatment centre for the patients of the tribal community in the area and also as a training centre for the Tribal Youth incorporating the skills of Naturopathy and Yoga to integrate to their health practices. It will also undertake studies into tribal health practices and develop a repository of tribal health practices.

Other dignitaries who attended the e-inauguration included Shri P.N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH, Govt. of India, Dr. K. Satyalaxmi, Director, National Institute of Naturopathy, Shri Nitin Patil, MD, Tribal Development Cooperation, Nashik and Shri Heeralal Sowane, Tribal Commissioner, Nashik.

The new health facility is the result of a Memorandum of Agreement signed between Director, NIN and the Project Officer, Integrated Tribal Development Project, Godegaon, Pune under which handing over of the premise of Tribal School (Ashram) for setting up of Yoga and Naturopathy hospital was envisaged.

This project has the special mandate of using Naturopathy and Yoga treatment for the patients of the tribal community of the area for managing Immune Deficiency Disorders.

The Gohe Budruk Naturopathy Hospital has the capacity to handle Out-patients and In-patients with an accommodation capacity of 20 beds. Facilities available include:

- Separate wards for males and females,
- Separate treatment rooms for both the genders,
- Well furnished Yoga hall,
- Diet center
- An array of natural therapies

This unit will concentrate mainly on nutritional needs of the local people through the locally available resources and provide self sustainable health care model using natural therapeutics. Besides serving as a Health Care Center, it will also provide training to the young tribal men & women to deliver simple Naturopathy treatments which will benefit the entire community on a long run.

This Naturopathy and Yoga Hospital cum training center is expected to serve as model unit for rest of the country.



# CCRH and CCRUM units take up multiple activities as part of *Poshan Maah*.

A Yoga programme was one among the many activities taken up by the National Research Institute of Unani Medicine Hyderabad, a peripheral Institute of CCRUM to celebrate *Poshan Maah*.

The yoga program was led by Director Incharge, Prof Munawwar Husain Kazmi where he spoke about the importance of Yoga in day to day life for maintaining overall wellness. The activities were coordinated by Dr. Arzeena Jabeen, Research Officer (Unani). Different yoga postures and their meaning were explained to the participants. The program ended with a Yoga session in which all participants practiced Yoga.

Another Yoga-based activity of Poshan Maah taken up by CCRUM was the Yoga session for women. It started with a lecture delivered by Dr. Amir Mohd Khan on Immunity and the Importance of a nutritious diet. Immunity enhancing fruits and vegetables were displayed and their benefits were talked about, Later A yoga teacher was invited to deliver a lecture on the “benefits of yoga for better health” with a live demonstration of a few yoga postures where women participated.



The Drug Standardisation Unit (Homoeopathy), Hyderabad under CCRH held a counseling session regarding special care to be taken during pregnancy. The Unit conducted awareness classes for the benefit of the patients visiting the OPD facility as part of POSHAN Maah 2020 celebrations. Specific focus on counseling regarding a balanced diet and the various ways in which a pregnant and lactating women can take care of their own health was taken by the doctors, Dr. P Prasad and Dr. P Hima Bindu.

The Regional Research Institute for Homoeopathy (RRI-H), Gudivada created awareness among the public about the importance of a nutritious diet by arranging a colorful display of nutrient-rich food in the OPD waiting area of the Institute. The Officer Incharge Dr. Ch Raveender and his team gave interactive tips to the patients visiting the OPDs about having a nutrient intensive diet.





# NEWS FROM THE STATES

## MAHARASHTRA: Regional Facilitation Centre for Medicinal Plants Sector set up at Pune.

A Regional Cum Facilitation Centre (RCFC) of the National Medicinal Plants Board (NMPB) of the AYUSH Ministry dedicated to the Western Region was established at the Savitribai Phule Pune University, Pune, Maharashtra on 29th of September, 2020. This was inaugurated by Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, through a virtually event.

Dignitaries like Padmabhushan Dr. Vijay Bhatkar, Chancellor, Nalanda University, Bihar, Prof. Dr. A.B. Ade, Head, Department of Botany & Co-ordinator RCFC (WR) and Dr. J.L.N. Sastry, CEO, NMPB were present on the occasion.

Speaking on this occasion Vd. Rajesh Kotecha emphasized the role of RCFCs in completing the objectives of NMPB /Ministry of AYUSH in promoting medicinal plant cultivation. So far, NMPB has established six such Regional Cum Facilitation Centres since 2017-18. They are placed in selected premier organizations/universities working on medicinal plants in different parts of the country. These RCFCs act as extended arms of NMPB to implement its various schemes in collaboration with different states level departments like State Medicinal Plants Boards (SMPBs) and State Departments like those of Forests, Agriculture, Horticulture etc.

The new RCFC-Western Region will implement and coordinate the activities of NMPB in the States / UTs of Goa, Gujarat, Maharashtra, Rajasthan, Dadra & Nagar Haveli, and Daman & Diu.

## JAMMU AND KASHMIR: First Unani Medical College to be established in Jammu and Kashmir

A Letter of Intent (LOI) that initiates the setting up of the first Government Unani Medical College in J&K at Nawabagh Ganderbal, Kashmir was issued by the Central Council of Indian Medicine (CCIM), the regulatory body for Indian systems of medicine, reports DAILY EXCELSIOR. The institution will have 60 seats in the UG (BUMS) course and will be ready soon to receive aspiring medical students.

The Central Government had received the proposal to set up the Ayurvedic and Unani medical colleges in the UT in 2008 and the clearance was also accorded shortly thereafter, in the year 2009. However, due to many shortcomings in mandatory parameters like construction of the building, inspection and other formalities, the matter remained unresolved.

Since there was no Ayush educational institution in the government sector in Jammu and Kashmir, students had no other option but to take admission in colleges outside the UT. The issuing of the LOI will set in motion the establishment of the institution. As per reports, the staff is proposed to be provided on deputation basis from other states to speed up the setting up of the institution, till recruitment from the state under the requisite norms is completed.



# NEWS FROM THE STATES

## KERALA: *Vrikshayurveda* to the rescue of landmark tree in Kerala village

Let us call him *Vriksha Sreshtha* (a tree of eminence) or VS in short. He (or she, if you so choose) certainly needs a name, for, a living being that stood at the centre of a village for 67 years, witnessing human activity as it happened since the late 1950s and spreading shade for a community life of sorts to emerge around it, cannot be seen as inanimate.

The traumatic experience of his branches being cut off may not have entirely been a surprise for VS, as mankind is known to routinely mutilate trees that stand in their midst. However, VS soon experienced the caring side of humanity too, as the villagers of the Thidanad village in Kottayam district of Kerala to which he belongs, got together to provide him care based on *Vrikshayurveda* to revive him.

As reported by THE TIMES OF INDIA on 20 th September 2020, the tree was a major landmark in the village where it used to shade the entire junction where it stood, besides serving as a traffic island. However, the spread-out branches had become heavy, and hence posed danger to human life, according to authorities. Hence a decision was taken to cut off the branches.

The villagers came together to salvage what is left of their landmark tree, after seeing its branches chopped off, and sought the services of *Vrikshayurveda* (Ayurveda of the Trees) experts for this purpose. The treatment has since begun under expert supervision, which involves washing and cleaning the tree, after which an ayurvedic paste is applied over it. The concoction has 14 ingredients: termitary, earth from the ground where the tree stands, earth from a paddy field, cow's milk, ghee, cow dung, plantain (*kadali*), honey, sesame, licorice, black gram, powdered cuscus grass, boiled rice, and green gram. After applying the medicine, the entire tree will be covered with cloth. The treatment is expected to sprout new branches in six months.

As Thidanad waits for its rooted benefactor to sprout back to life, the rest of the world too waits keenly in the hope that *Vrikshayurveda* will provide this village elder a second life.



Image courtesy: TOI



# NEWS FROM THE STATES

## TAMIL NADU: Siddha Medicine kits to be sold at subsidised rates in Karur as a Covid-19 response

As a part of a measure to control the spread of Covid-19, the Karur District Administration has introduced a schemes for selling kits of Siddha medicines at subsidised rates, as reported by THE TIMES OF INDIA on 24th September 2020. The decision was taken by Karur district collector T Anbazhagan.

The kits contain four siddha medicines, namely, 50 g of Kabasura Kudineer chooranam, 100 ml of Aadathoda Manappagu, 50 Amukkira tablets and 50 Thalishathi tablets. The kit which costs Rs. 150 will be sold at the subsidised rate of Rs. 100. Transport Minister M R Vijaya Bhaskar, who introduced the kits said that a family of five members can take medicines from a single kit for five days to strengthen the disease prevention mechanism of the body.

He also said that Karur District Administration had procured five tonnes of Kabassura Kudineer chooranam from Tamil Nadu Medicinal Plant Farms and Herbal Medicine Corporation Limited (TAMPCOL). The scheme will be extended further to Amma pharmacy and Amma Canteen across the district.

## ARUNACHAL PRADESH: Seminar on “Ayush for Immunity” by North-Eastern Institute of Folk Medicine.

North-Eastern Institute of Folk Medicine (NEIFM), Pasighat, Arunachal Pradesh organized a national webinar on AYUSH for Immunity, showcasing various measures that can be taken through the Traditional Medicine systems to achieve a healthy lifestyle.

The webinar had various seminars on different branches of traditional medicine such as Unani, Siddha, etc. with participation from different parts of India. Dr. Kenjum Bagra, Zoologist, NEIFM stated in his welcome speech that the safest way for tackling the disease is taking measures for not falling sick. The session titled 'Understanding of Immunity-Siddha' by Dr. T. Thirunarayanan, Secretary,

Centre for Traditional Medicine & Research, Chennai explained how Siddha practices can help fight lifestyle disorders and infectious diseases. A session on 'Ayush for Immunity -Unani perspective' was taken by Dr. Mohd. Aleemuddin Quamri, Head Dept of Moalajat, National Institute of Unani Medicine Bangalore, where he spoke about principles of treatment in Unani Medicine, Herbs, Immune Booster Nutrients and Asbabe Sitta Zarooriya (Six Essential Factors). The last session was taken by Dr. Mahesh M. Parappagoudra, Assistant Professor, Department of Panchakarma from Parul Institute of Ayurveda, where he spoke on how Ayurveda helps to strengthen the immunity system.



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## Fountain Head

### Remembering Bapu's aspirations for Ayurveda and Unani systems of medicine



Gandhi Ji was a firm believer of the principle that a healthy mind keeps the body healthy, recalls an internal note from the Central Council of Research in Unani Medicine (CCRUM), New Delhi, issued on the occasion of Gandhi Jayanti 2020.

The note also reminisced the association of Mahatma Gandhi with traditional health practices of India. That the Ayurvedic and Unani Tibbia College, popularly known as Tibbia College, located at Karol Bagh in New Delhi, was inaugurated by the Mahatma is not known to many of the present generation.

Records from the day of inauguration of the college on 13 February 1921 show that Gandhi Ji had a few words of advice for the prospective students, which are perennially relevant for the medical profession. "I hope that this college will set its face absolutely against all quackery, Western or Eastern, and that it will inculcate among the students the belief that the profession of medicine is not intended for earning fat fees, but for alleviating pain and suffering", he had said. Always frank and forthright in expressing his opinion, Gandhi Ji also spoke about the need to bring in modern zeal and industry into India's traditional medicine practice. "Not having kept abreast of modern research, their (Ayurveda and Unani practitioners') profession has fallen largely into disrepute. I am hoping that this college will try to remedy this grave defect and restore Ayurvedic and Unani medical science to its pristine glory", he said.

Hakim Ajmal Khan, the founder of the college had a close association with Mahatma Gandhi during the freedom struggle. Many significant nationalist leaders were present at the inauguration to listen to Gandhi Ji. This included Lala Lajpat Rai, the Ali brothers (Shaukat Ali and Mohammad Ali), Motilal Nehru, Seth Jamna Lal Bajaj and Dr Kitchlew.

True to the hope expressed by the Father of the Nation, the college grew over the decades into one of the premier institutes for Ayurvedic and Unani education in the country. It now offers bachelor's (BAMS & BUMS) and masters (MD) degrees in Ayurvedic and Unani streams. Ayurveda and Unani systems themselves have moved along the path of modern science in independent India, and are now on firm scientific footing.

Today, at the main gate of the Tibbia College stands a commemorative inscription bearing Gandhi Ji's name and his memories. It signifies, more than anything else, Bapu's aspirations for all traditional medicine educational institutions to play a mainstream role in "alleviating pain and suffering" of the common people.