

**GOVERNMENT OF INDIA  
MINISTRY OF AYUSH**

**RAJYA SABHA  
UNSTARRED QUESTION NO. 168  
TO BE ANSWERED ON 4<sup>TH</sup> FEBRUARY, 2025**

**“EFFECTIVE USE OF AYURVEDA FOR TREATMENT”**

**168. SHRI S. SELVANGANABATHY:**

Will the Minister of Ayush be pleased to state:

(a) whether the Government proposes to introduce Ayurveda as an effective treatment for life style diseases, in view of the increasing popularity of naturopathy;

(b) if so, the details thereof;

(c) whether Government has entered into any agreement with Council of Scientific and Industrial Research (CSIR) for this purpose and if so, details thereof;

(d) whether Government has developed any State-of-the-art laboratories with the help of CSIR and if so, the details thereof; and

(e) whether Government proposes to launch successful Ayurvedic medicines developed in the said laboratories on a large scale in foreign markets and if so, the details thereof along with the efforts made in this regard?

**ANSWER**

**THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYUSH  
(SHRI PRATAPRAO JADHAV)**

- (a) & (b) Ayurveda has been recognized as an effective approach for the prevention and management of lifestyle disorders. Several research studies have demonstrated that Ayurvedic practices, including Dincharya (daily regimen) Ritucharya (seasonal regimen), Ahara (dietary guidelines), and Yoga, play a crucial role in maintaining overall health and preventing diseases like diabetes, hypertension, obesity and metabolic disorders. All India Institute of Ayurveda (AIIA), New Delhi, an autonomous institute under the Ministry of Ayush provides specialized Ayurvedic care for Diabetes, Hypertension, Obesity, stress-related disorders, and other lifestyle diseases through a combination of Panchakarma therapies, Ayurveda medications, personalized dietary guidelines, and yoga therapy. The institute also focuses on research and innovation in Ayurveda based lifestyle interventions, ensuring that traditional knowledge is validated through modern scientific approaches. Apart from this, an exclusive OPD for Cancer, Diabetes and metabolic disorders are also running.

About 5,500 patients of Cancer and 45,000 patients of Diabetes and metabolic disorder patients have been benefited till now. AIIA, is actively engaged in providing holistic and preventive healthcare services, making Ayurveda a sustainable and effective solution for managing lifestyle disorders.

Ministry of Ayush, Government of India, has set up Central Council for Research in Ayurvedic Sciences (CCRAS) as an apex body for formulation, coordination, development and promotion of research on scientific lines in Ayurveda System of Medicine. The Council is conducting various research studies to generate evidence of safety and efficacy of Ayurvedic drugs and approaches focusing on various diseases including life style disorders, which are as follows:-

- Council has generated Scientific evidence on safety and efficacy of various Ayurvedic formulations in life style disorders such as type II Diabetes Mellitus, Computer Vision Syndrome, Dyslipidemia, Obesity, Osteopenia / Osteoporosis, Poly Cystic Ovarian Syndrome etc. and the research outcomes are published in peer reviewed journals (Annexure-I).
- Council has also developed some new combinations through systematic drug development for Diabetes Mellitus, Psoriasis and Duodenal Ulcer.
- Further, the Council has conducted various feasibility studies to evaluate the effects of Ayurveda approaches in various disease conditions through integrative approach (Annexure-II).

Speciality OPDs for life style diseases (Obesity, Polycystic Ovarian Disease, Diabetes, Hypertension, Depression, Anxiety etc.) are also being run by Institutes / Hospitals under Ministry of Ayush.

The Ministry of Ayush is implementing a Central Sector Scheme namely Ayurwashthya Yojana, since FY 2021-22. The Scheme has 02 components viz. (i) Ayush and Public Health (ii) Centre of Excellence (CoE). The primary objective of the Ayush and Public Health component (PHI) is to roll out of authentic classical Ayush interventions with following objectives:-

- To promote AYUSH intervention for community health care.
- To demonstrate advantages of Ayush health care in public health.
- To support for implementing Sustainable Development Goal-2 (SDG2) and Sustainable Development Goal -3 (SDG 3) through integrating AYUSH system.
- Documentation of the efficacy of Ayush systems through Ayush interventions in various public health issues which can be taken up in larger scale for implementation in national health programmes.

The eligible organizations can submit their proposal focusing on management of lifestyle disorders or any non-communicable disease (NCD) including mental health of public health importance. Further, till date, a total of 11 Projects have been supported under Ayush and Public Health component of Ayurwashthya Yojana in different States of India on lifestyle disorders (such as Diabetes, Hypertension, Obesity, Osteoporosis,

musculoskeletal Disorders, pre- diabetes, Knee Osteoarthritis, etc.) through Ayurvedic interventions.

- (c) The Ministry of Ayush and Council of Scientific and Industrial Research (CSIR) entered into Memorandum of Understanding (MoU) on 22.04.2019 for a period of 05 years. The objectives of the MoU are to create a framework for enriching scientific endeavours in mutually agreed fields of Science & Technology through collaboration in developing and implementing new research & development programmes in traditional systems of medicine as well as interdisciplinary sciences that integrate/co-opt traditional systems of medicine and modern science, faculty interactions, students/researchers exchange, sharing of infrastructural resources, and protection of traditional knowledge. Subsequently, an addendum to the MoU was signed on 26.07.2024, extending its validity for an additional five years, from 22.04.2024 to 21.04.2029.

All India Institute of Ayurveda (AIIA) and Council of Scientific and Industrial Research (CSIR) - Institute of Genomics and Integrative Biology (IGIB) had signed an MoU on 25.04.2018 for collaborative research work in the field of genomic biology. Under this MoU, following two projects are running at AIIA:-

1. Project entitled “Elucidation of endophenotypes in Madhumeha vis-a-vis Prakriti through Ayurgenomics approach” is ongoing at AIIA. The study involves looking at Prakriti prevalence in madhumeha Diabetes Mellitus type II (DMII) patients of different stages and severity coming from diverse ethnicity and its correlation with genomics, biochemical as well as serum metabolite levels.
2. Project entitled “A prospective clinical study to assess role of Vasa Ghana, Guduchi Ghana and Vasa-Guduchi Ghana in therapeutic management of symptoms in Covid-19 positive cases- randomized, open label three armed study” had been done with the collaborations of All India Institute of Ayurveda, New Delhi, CSIR- Institute of Genomics & Integrative Biology, Delhi and Employees’ State Insurance Corporation (ESIC) Medical College and Hospital, Faridabad, Haryana. The project is completed and the report is published, which is available at:-  
<https://pubmed.ncbi.nlm.nih.gov/38049897/>

(d) & (e) No Sir.

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**Annexure-I****Disease wise formulations validated under clinical research project**

Sl. No.	Name of the disease	Name of the Ayurveda formulation
1.	Computer vision syndrome	Mahatriphaladya Ghrita, Anu Taila
2.	Type II Diabetes Mellitus	Saptavimshatika Guggulu, Haridra Churna, Nisa Amalaki Churna Tablet, Chandraprabha vati, Nishakatakadi Kashaya, Yashada Bhasma, Gokshuradi Guggulu, Guduchi Churna
3.	Dry Eye Syndrome (Shushkakshi Paka)	Mahatriphaladya Ghrita
4.	Dyslipidemia	Vyoshadi Guggulu, Haritaki Churna
5.	Essential Hypertension	Ashvagandhadyarishta, Jatamamsi Arka, Sarpagandha Vati, Rudraksha Churna, Parthadyarishta (Arjunarishta)
6.	Obesity (Sthaulya)	Vyoshadi Guggulu, Haritaki Churna, Navaka Guggulu, Tryushanadi Guggulu, Brihad Manjisthadi Kwatha Churna
7.	Osteopenia / Osteoporosis	Laksha Guggulu, Mukta Shukti Pishti, Ashwagandha Churna, Pravala Pishti, Abhadya churna, Muktasukti Bhasma
8.	Polycystic Ovarian Syndrome (PCOS)	Kanchanara Guggulu, Rajahpravartini vati, Varunadi Kashaya

## Annexure-II

CCRAS has undertaken the following research studies to examine the benefits and feasibility of integration of Ayurveda with modern system of medicine:

1. Operational study to explore the feasibility of integrating Ayurveda with modern system of medicine in a tertiary care hospital (Safdarjung Hospital New Delhi) for the management of Osteoarthritis (Knee)- Completed.
2. Integration of AYUSH systems in National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases; Stroke (NPCDCS)- Completed
3. Further, under the extramural Research Programme, Indian Council of Medical Research (ICMR) and Central Council for Research in Ayurvedic Sciences (CCRAS) under Ministry of Ayush has taken an initiative to set up Ayush-ICMR Advanced Centre for integrative Health Research (AI-ACIHR), at AIIMS to conduct research on identified areas focusing on integrative healthcare. Under this program four research areas in four AIIMS have been identified, which are as follows:
  - (i) AIIMS, Delhi
    - a) Advanced Centre for Integrative Health Research in Gastro-intestinal Disorders
    - b) Advanced Centre for Integrative Health Research in Women and Child Health
  - (ii) AIIMS-Jodhpur: Advanced Centre for Integrative Health Research in Geriatric Health
  - (iii) AIIMS Nagpur: Advanced Centre for Integrative Health Research in Cancer Care
  - (iv) AIIMS Rishikesh: Advanced Centre for Integrative Health Research in Geriatric Health