

**GOVERNMENT OF INDIA
MINISTRY OF AYUSH**

**RAJYA SABHA
UNSTARRED QUESTION NO. 2892
TO BE ANSWERED ON 19.08.2025**

Ayush Integration in mental health, geriatric and de-addiction care

2892 # Shri Baburam Nishad:

Shri Amar Pal Maurya:

Shri Mayankkumar Nayak:

Dr. Anil Sukhdeorao Bonde:

Smt. Maya Naroliya:

Will the Minister of *Ayush* be pleased to state:

(a) whether Ayush based counselling, herbal treatment, or scientifically validated yoga and mindfulness protocols has been formally integrated in public mental health initiatives; and

(b) if so, the expected outcomes thereof?

ANSWER

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

(a) & (b) Yes, the Ministry of Ayush has undertaken initiatives to integrate Ayush-based counselling, treatment, and scientifically validated Yoga protocols into mental health, geriatric care, and de-addiction programmes, in collaboration with the Ministry of Health & Family Welfare and other Ministries. Key measures are as under:

1. Ayush in Mental Health.

(i) At National Institute of Mental Health & Neurosciences (NIMHANS), an integrative medicine Department is functioning wherein knowledge from Ayurveda and Yoga with modern medical science is integrated in providing clinical services, academic training and research activities with a special focus on Mental Health and Neurosciences.

(ii) National Ayush Mission (NAM) Counselling Services: Provision for counselling on diet, lifestyle, behaviour change, psychosocial support, in Ayush Public Health Programmes like:

- In Supraja program, it is envisaged the counselling on maternal and neonatal health, and family counselling, including support for sexual and reproductive health, STI/HIV prevention, nutrition, and emotional wellbeing.

- Karunya Programme also has provision for need-based psychosocial counselling by a qualified counsellor.

(iii) Yoga is also integral to the Ayush Public Health Programs under NAM as furnished below:

- Establishment of Yoga Wellness Centres under the flexible component.

(iv) Yoga is integrated with all eight Ayush Public Health Programmes under NAM:

- National Programme for Prevention and Management of Osteoarthritis & other Musculoskeletal Disorders
- Integration with NPCDCS for Cancer, Diabetes, Cardiovascular Diseases, and Stroke
- Supraja: Ayush Maternal & Neonatal Intervention
- Vayo Mitra: Geriatric Healthcare Services
- Ayurvedya: Healthy lifestyle promotion for school children
- Ayush Mobile Medical Unit - IEC/BCC activities on malnutrition, de-addiction, and Yoga promotion.
- Karunya: Ayush Palliative Services
- National Programme on Ayush for Morbidity Management and Disability Prevention (MMDP) of Lymphatic Filariasis

2. Ayush in Geriatric Care

The Ministry of Ayush has integrated specialized geriatric healthcare services within public health programmes, focusing on preventive, promotive, therapeutic and rehabilitative care for senior citizens. Key measures are as under:

- (i) National Ayush Mission provision for geriatric health programmes, including Vayo Mitra, designed to create awareness on healthy ageing, reduce morbidity in old age, and promote quality of life.
- (ii) Ayushman Arogya Mandir (erstwhile Health & Wellness Centres) with dedicated provisions for elderly care and palliative health services.
- (iii) Dedicated Geriatric Clinics under Ayurveda, Homoeopathy, and Siddha Research Councils for specialized elderly care. Additional programmes such as Health Promotion Programmes, Yoga Therapy Training, Individual Yoga Therapy Sessions, Weekend Yoga Training and Monthly Clinical Yoga Therapy Workshops.
- (iv) Ayush-ICMR Advanced Centre for Integrative Health Research has been established at AIIMS, Jodhpur and AIIMS Rishikesh in Geriatric Health.

- (v) Promotion of preventive care, NCD management, nutrition, and lifestyle modification through Ayush interventions.
 - (vi) Public Health Initiative (PHI) sub-component under Ayurshasthya Yojana is mandated to address public health issues including communicable diseases, NCDs, maternal and child health, geriatric care, and mental health.
3. MoU was signed between Ministry of Ayush (MoA) and Department of Social Justice and Empowerment (DoSJE) on 12.02.2025. The objective of this MoU is to develop cooperation, convergence and synergy between MoA and DoSJE in the areas of Geriatric health, substance abuse including mental health.

Further, the integration of Ayush in these areas is expected to result in improvement in mental health, Improvement in Quality of Life (QoL) of Geriatric population and strengthening of Substance Abuse Management and de-addiction program.