

**GOVERNMENT OF INDIA
MINISTRY OF AYUSH**

LOK SABHA

**UNSTARRED QUESTION NO. 3160
TO BE ANSWERED ON 09.08.2024**

Anaemia Mukh Bharat

3160 Shri Arvind Ganpat Sawant:
Shri Shrirang Appa Chandu Barne:

Will the Minister of AYUSH be pleased to state:

- (a) whether Anaemia in the adolescence causes reduced physical and mental capacity and diminished concentration in work and educational performance and if so, the details thereof;
- (b) whether traditional systems of medicine in India are the integral part of the healthcare in the primary health settings in the country and if so, the details thereof;
- (c) whether the Government proposes to introduce AYUSH systems for a cost-effective solution to tackle Anaemia;
- (d) if so, whether his Ministry has signed any Memorandum of Understanding (MoU) to make India free of Anaemia; and
- (e) if so, the details thereof alongwith the other steps taken by the Government to achieve the goal of 'Anaemia Mukh Bharat'?

ANSWER

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

- (a) Anaemia in adolescents can reduce physical and mental capacity, leading to:
 - i. Physical Impact: Increased fatigue, weakness and decreased exercise tolerance.
 - ii. Mental Impact: Poor concentration, memory issues and mood swings.
 - iii. Educational and Work Performance: Lower academic achievement and productivity by reducing concentration, memory and overall productivity due to fatigue and cognitive difficulties.
- (b) Government of India has adopted a strategy of Co-location of Ayush facilities at Primary Health Centres (PHCs), Community Health Centres (CHCs) and District Hospitals (DHs), thus enabling the choice to the patients for different systems of medicines under a single window. The

engagement of Ayush doctors/ paramedics and their training is being supported by the Ministry of Health & Family Welfare under National Health Mission (NHM), while the support for Ayush infrastructure, equipment/ furniture and medicines is being provided by the Ministry of Ayush under National Ayush Mission (NAM), as shared responsibilities.

(c) Ayush system, backed by evidence from institutions like ICMR, offers cost-effective solution to tackle anaemia. Further, the Central Council for Research in Ayurvedic Sciences (CCRAS) has good level of experience in this field. Besides conducting clinical trials, the public health initiatives like, National campaign on Anaemia control through Ayurveda conducted at health centres in the country and; a multi-level operational study at PHCs in the Gadchiroli District regarding effectiveness of Ayurvedic Interventions for Ante-Natal care (Garbhini Paricharya) with change in haemoglobin level as an outcome are already implemented successfully by CCRAS.

(d) A Memorandum of Understanding (MoU) was signed between the Ministry of Ayush and Ministry of Women and Child Development on 26-02-2024 with the objective to provide evidence based Ayurveda interventions to improve the nutritional status and prevention of Anaemia in adolescent girls (14yrs-18yrs) in the five identified districts viz. Dhubri, Bastar, Paschimi Singhbhum, Gadchiroli and Doulpur from the states of Assam, Chattisgarh, Jharkhand, Maharashtra and Rajasthan respectively under Mission Utkarsh. Central Council for Research in Ayurvedic Sciences (CCRAS) under Ministry of Ayush is the coordinating agency for implementation of this project.

(e) The Central Council for Research in Unani Medicine (CCRUM) has undertaken research on the validation of efficacy and safety of certain pharmacopoeial formulations in anaemia.

The Central Council for Research in Homoeopathy has undertaken studies in the treatment of Iron deficiency Anaemia in children (Randomised parallel arm study), Comparative efficiency of individualised Homoeopathic medicine for anaemia in adolescents.

Further, Mission Saksham Anganwadi and Mission Poshan 2.0 focusses on maternal Nutrition, infant and young child feeding norms, treatment of Severe Acute Malnutrition (SAM), Moderate Acute Malnutrition (MAM) and wellness through Ayush practices to reduce wasting and underweight prevalence beside stunting and anaemia. Nutritional support through Supplementary Nutrition Programme (SNP) is one of the integral components of Mission Poshan 2.0 under which supplementary nutrition is provided to children (06 months to 06 years), pregnant women and lactating mothers (PWLM) and Adolescent Girls (14-18 years) in aspirational districts and North-East States primarily to bridg the gap in the intake of nutrients.

Also, fortified rice is being supplied to Anganwadi Centres to meet the requirement of micro-nutrients and control anaemia among women and children. Greater emphasis is being given on the use of millets for preparation of Hot Cooked Meal to Jan Andolan to educate the people on nutritional aspects. States and Union Territories are conducting and reporting regular sensitisation activities under community engagement programmes during Poshan Maahs and Poshan Pakhwadas celebrated in the months of Sepember and March-April respectively. Ministry of Women and Child Development have also undertaken dedicated anaemia related themes to give high importance to issues around Anaemia under Poshan Abhiyan.
