

**GOVERNMENT OF INDIA
MINISTRY OF AYUSH**

**LOK SABHA
UNSTARRED QUESTION NO. 3067
TO BE ANSWERED ON 13th December, 2024**

“Integration of Ayurveda with Modern Medicine”

3067. Shri P P Chaudhary:

Will the Minister of AYUSH be pleased to state:

- (a) whether any specific initiatives have been taken by the Government to integrate Ayurveda with modern medicine including research collaborations and clinical validation studies and if so, the details thereof;
- (b) the details of projects launched during Ayurveda Day 2023 along with their objectives and financial outlay thereof;
- (c) whether any studies have been conducted to evaluate the effectiveness of integrated treatment approaches and if so, the details thereof;
- (d) the steps taken/proposed to be taken by the Government to promote scientific validation of Ayurvedic practices and medicines through modern research methodologies in the country; and
- (e) whether any awareness campaigns have been initiated to educate citizens about validated Ayurvedic treatments and if so, the details thereof and the outreach achieved therein?

ANSWER

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

(a) The details of the initiatives taken by the Government to integrate Ayurveda with modern medicine including research collaborations and clinical validation studies are as follows:

- i. 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 supported by the Ministry of Health & Family Welfare under National Health Mission (NHM), while the support for Ayush infrastructure, equipment/ furniture and medicines are provided by the Ministry of Ayush under National Ayush Mission (NAM), as shared responsibilities.

- ii. In All India Institute of Ayurveda (AIIA) – New Delhi, the integrative medical services are available under one roof, with the following units:
- a) Centre for Integrative Ayush Therapy (Unani, Siddha & Homeopathy)
 - b) Integrative Cancer Care Unit
 - c) Centre for Integrative Dentistry
 - d) Centre for Integrative Critical Care & Emergency Medicine
 - e) Centre for Integrative Orthopaedics
 - f) Centre for Integrative Dietetics and Nutrition
 - g) Causality OPD section

Further, Satellite Clinical Services Units by All India Institute of Ayurveda (AIIA) – New Delhi are available at: -

- a) Integrative Medical Services Unit at Safdarjung Hospital – New Delhi.
- b) Centre of Integrative Oncology (CIO) Unit AIIMS - Jhajjar.
- c) Ayurveda Wellness Centre at Lal Bahadur Shastri National Academy of Administration, Mussoorie, Uttarakhand.
- d) Ayurveda Wellness Centre at Arogya Van, Ekta Nagar, Kevadia Forest Division, Statue of Unity area Development and Tourism Governance Authority (SoUADTGA), Gujarat.

- iii. Ministry of Ayush through its Central Council for Research in Ayurvedic Sciences (CCRAS) has undertaken various research studies to examine the benefits and feasibility of integration of Ayurveda. Further, under the Extramural Research Programme, Indian Council of Medical Research (ICMR) and 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:

a. AIIMS Delhi:

- Advanced Centre for Integrative Health Research in Gastro-intestinal Disorders
- Advanced Centre for Integrative Health Research in Women and Child Health

- b. AIIMS- Jodhpur: Advanced Centre for Integrative Health Research in Geriatric Health
- c. AIIMS Nagpur: Advanced Centre for Integrative Health Research in Cancer Care
- d. AIIMS Rishikesh: Advanced Centre for Integrative Health Research in Geriatric Health.

- iv. Ayush medical facilities are also available in various All India Institute of Medical Sciences (AIIMS) such as AIIMS Bhopal, AIIMS Bhubaneswar, AIIMS Raipur,

AIIMS Gorakhpur, AIIMS Patna and AIIMS Rishikesh.

- v. National Commission for Indian System of Medicine (NCISM), a regulatory body under Ministry of Ayush has taken the following efforts to integrate knowledge of Ayurveda with modern medicine: -
- NCISM has developed the Ayush Module – Internship Electives for MBBS for Ayurveda, Unani and Siddha system of medicine.
 - As per regulation 10 (7) of National Commission for Indian System of Medicine (Minimum Standards of Undergraduate Ayurveda Education) Regulations-2022, the proportion of modern advances in Syllabus for Ayurveda teaching content shall be up to 40 per cent.

(b) Ministry of Ayush had organised Ayurveda Day, 2023 incurring an expenditure of Rs. 1.70 Crore. On the occasion of Ayurveda Day 2023, a Grand Ayurveda Start-up Challenge was launched by Ministry of Ayush with fiscal incentives of 1st prize of Rs 5 lakhs cash prize, 2nd prize of Rs. 2.5 lakhs cash price and 3rd prize of Rs. 1 lakh.

The main objectives of the Challenge were:

- i. To discover and recognize societal/sectoral problems that can be solved by Ayush and innovations of startups in Ayush Sector.
- ii. Identify and promote the start-ups that have potential to solve challenges in Ayush sector.
- iii. Foster and advocate for the adoption of technology and innovation to drive sustainable growth in the Ayush sector.

(c) CCRAS has undertaken the following research projects to examine the benefits and feasibility of integration of Ayurveda with modern system of medicine:

- i. 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)
- ii. Feasibility of introducing Indian System of Medicine (Ayurveda) in the National Reproductive and Child Health services at Primary Health Care (PHC) level in Himachal Pradesh
- iii. Integration of AYUSH systems in National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS)
- iv. Feasibility of introducing Ayurveda Intervention in Reproductive and Child Health (RCH) in PHCs of Selected district (Gadchiroli) of Maharashtra (Effectiveness of Ayurvedic intervention for Ante-Natal care (Garbhini Paricharya) at Primary Health Care level: A Multi Centre Operational Study)

Also, National Institutes such as All Institute of Ayurveda (AIIA), Delhi, Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar and National Institute of Ayurveda (NIA), Jaipur has conducted following studies to evaluate the effectiveness of integrated treatment approaches: -

- i. Efficacy of *Gandhakadi Yoga* and *Sharpunkha Vati* as add on to contemporary standard care in the management of *Beejadushtijanya Pandu* (Thalassemia Major) in Children- An open labelled randomized controlled clinical trial.
- ii. Efficacy of Nagabala - Arjunadi Yoga in the management of Post-myocardial infarction (Hridroga) as an add-on to the conventional treatment - A randomized standard controlled clinical trial.
- iii. Efficacy of Vardhamana Pippali Rasayana and WHO rehabilitation guidelines in the management of Post COVID 19 Syndrome - A Double arm Randomized Clinical Trial.
- iv. Role of lifestyle modification intervention and Triphala Kajjali tablet in the management of metabolic syndrome - A single-blind, randomized comparative clinical trial.
- v. Clinical trial on Ashwagandha for promoting recovery from mild to moderate COVID-19 symptoms in United Kingdom (UK) I collaboration with The London School of Hygiene & Tropical Medicine (LSHTM, UK).
- vi. Understanding the molecular mechanism of guduchyadi tablets in combating COVID-19 infection- In Vitro-In VIVO study, FIZ, Germany.
- vii. Effect of Guduchyadi tablet (Tinospora based herbal formulation) in the management of newly diagnosed Mild to Moderate COVID-19 Patients - An double blind Randomized Control Trial, WorkSure Medpharma Pvt ltd.(CRO), India
- viii. Efficacy and Safety of Ayurveda Intervention (AYUSH 64) as add- on therapy for patients with COVID-19 infections.
- ix. An integrative approach to clinical recovery for COVID-19 patient using an Ayurvedic formulation.

Further, the detailed evidence based research data of Ayush Systems including evaluation of effectiveness of integrated treatment approaches is available in the exclusive portal namely Ayush Research portal (<https://ayushportal.nic.in/>).

(d) Ministry of Ayush is implementing Ayurveda Biology Integrated Health Research component under the Central Sector Scheme namely AYURGYAN from FY 2023-24 with the aim to support to demonstrate a dynamic and vibrant model of integrated health research emphasizing on translation of key outcomes of fundamental research into evidence based practices for mainstreaming through implementation research.

The National Institutes of Ayurveda and CCRAS undertakes clinical studies to generate evidence on clinical efficacy and safety of classical Ayurveda formulations and therapies in various disease conditions. These clinical studies are carried out adopting prevalent guidelines such as Good Clinical Practices Guidelines for ASU drugs (GCP-ASU), Ministry of Ayush and Ethical guidelines for Bio-Medical Research (ICMR), WHO guidelines for traditional medicines, etc. as per requirement.

Also, CCRAS has undertaken research for the development of Ayurvedic drugs through a systematic process of Drug Development viz. standardization, quality control, safety/ toxicity studies, and clinical studies adopting prevalent guidelines in vogue as per requirement.

(e) Ayurveda Day is being celebrated every year on the day of Dhanwantri Jayanti (Dhanteras) notified by the Ministry of Ayush vide gazette notification dated 01.06.2017. The day is celebrated through undertaking various activities throughout the country for promotion, propagation and popularization of Ayurveda. The Government launched a campaign namely, “Desh ka Prakriti Parikshan Abhiyan”, on 9th Ayurveda Day (29th October, 2024). The campaign commenced since 26th November, 2024 till 25th December 2024, which envisages assessing the Prakriti of an individual citizen as per the principle of Ayurveda through a dedicated mobile application with the assistance of dedicated volunteers including Students, Teachers, Ayurveda Practitioners, and Ayurveda Medical officers. The campaign aims to encourage people towards positive health. As on 10th December 2024, about 1.38 lakh volunteers have evaluated Prakriti for 26 Lacs Indian citizens above 18 years of age.

Further, to educate citizens about Ayush systems of medicine including Ayurveda, Ministry of Ayush is implementing various schemes such as National Ayush Mission (NAM), Promotion of International Cooperation (IC) and Promotion of Information, Education and Communication (IEC) wherein there is provision of organising awareness campaigns to educate citizens about validated Ayurvedic treatments.

The National Institutes of Ayurveda and CCRAS create awareness about Ayurveda among masses through their IEC activities using electronic and print media for common people in English, Hindi, and regional languages, which are widely distributed through National/State level Arogya melas, Health camps, exhibitions, expos. Ministry of Ayush is also digitally promoting the Ayush System of Medicine including Ayurveda through various Social Media Platforms i.e. Facebook, Twitter, YouTube etc.

Besides the school health programmes and clinical mobile research programmes, other outreach programs viz. Schedule Caste Sub Plan (SCSP) Research Program, Tribal Health Care Research Program (THCRP), etc., are also being carried out for the promotion of Indian Medicine System under Ayush including Ayurveda. Under this programme, villages having SC/ST population have been selected to create awareness for preventive aspects of different diseases and to provide treatment to the patients in various parts of the country. \

Ministry of Ayush also create awareness among citizens about Ayush systems of medicine including Ayurveda through its various institutions all across the country by participating in poshan maha abhiyan, seminars/ workshops / conferences/ school health check-ups, providing healthcare services through the OPDs/IPDs of the units and treatment centres of Ayush, publishing peer-reviewed research journals/ newsletters/ publishing bulletin in different streams which are accessible online and are available to international readers.

The website of the Ministry of Ayush and the Autonomous bodies/ Statutory bodies/ Regulatory bodies etc under Ministry of Ayush are also embodied with information on Indian System of Medicine under Ayush including Ayurveda and hyperlinked with other important websites that provide information for wider utility.
