

GOVERNMENT OF INDIA

MINISTRY OF AYUSH

LOK SABHA

UNSTARRED QUESTION NO. 3439

TO BE ANSWERED ON 08th AUGUST, 2025

“Promotion of Ayurveda for Holistic Healthcare”

3439. Prof. Sougata Ray:

Will the Minister of Ayush be pleased to state:

- (a) whether promotion of Ayurveda is crucial for public health due to its potential in preventing and managing chronic diseases, supporting mental health and providing holistic care for maternal and child health, as well as communicable diseases;
- (b) if so, the details thereof alongwith the steps taken by the Government so far for the promotion of Ayurveda in the country, State-wise;
- (c) whether Ayurveda emphasis on lifestyle and dietary management aligns with the growing need for holistic and sustainable healthcare solutions and if so, the details thereof;
- (d) if so, whether the Government has any proposal to include basic ayurvedic principles in the curriculum of schools and if so, the details thereof;
- (e) whether the Government has any proposal to encourage Ayurveda for a holistic approach to mental well-being, incorporating practices like yoga, meditation and herbal treatments; and
- (f) if so, the details thereof alongwith the steps taken by the Government for the well being of Ayurveda in the country?

ANSWER

THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYUSH

(SHRI PRATAPRAO JADHAV)

(a) & (b) Yes, with the view to fulfil the mandate of promotion and propagation of Ayush System of Healthcare, the Ministry implements a Central Sector Scheme for Promotion of Information Education and Communication (IEC) in Ayush. Under this Scheme, Ministry organises National/State level Arogya Fairs, Yoga Fests/Utsavs, Ayurveda Parvs, Celebrate important days of Ayush system, Participate in Health fairs/melas, Exhibitions etc, provide financial assistance for organising seminars, workshops, conferences and conduct multimedia campaigns etc. to create awareness among citizens regarding Ayush system of health care and healing.

Besides, the Ministry is implementing the Centrally Sponsored Scheme of National Ayush Mission (NAM) through State/UT Governments for development & promotion of Ayush

System in the country and providing financial assistance to them as per the proposal received in their State Annual Action Plans (SAAPs). State/UT Governments may avail financial assistance by submitting proposals through SAAPs as per NAM guidelines.

Moreover, for the purpose of promotion of Ayurveda for holistic healthcare, Ministry of Ayush has established 01 (one) Research Council and 7 (seven) National Institutes for Ayurveda, as per details at **Annexure-I**. These Councils/Institutions alongwith their peripheral institutes/units/centres are providing treatment through General Outpatient Department (OPD), Reproductive and Child Health (RCH) OPD, Geriatric OPD, Non-Communicable Disease (NCD) Clinic etc. and also engaged in awareness activities to promote Ayurveda. The details of activities to promote Ayurveda by Research Council and National Institutions under the Ministry of Ayush are mentioned at **Annexure-II**.

(c) Yes, National Institutes of Ayurveda under the Ministry of Ayush emphasis on lifestyle and dietary management strongly aligns with the growing global need for holistic and sustainable healthcare solutions through:-

- Alignment with Holistic & Sustainable Healthcare.
- Personalized Lifestyle Regimens: Ayurveda promotes individualized routines (Dinacharya), seasonal adjustments (Ritucharya), and balanced living.
- A wholesome diet (Pathya Ahara) is central to both disease prevention and management.
- Emphasizes early intervention through daily habits, stress management, and detoxification (e.g., Panchakarma).
- Yoga, meditation, and Satvavajaya Chikitsa, which are increasingly recognized in managing stress-related disorders.

(d) No such proposal to include basic Ayurveda principles in the school curriculum is under consideration.

(e) & (f) Yes, with the view to fulfil the mandate of promotion and propagation of Ayush System of Healthcare, the Ministry implements a Central Sector Scheme for Promotion of Information Education and Communication (IEC) in Ayush. Under this Scheme, Ministry organises National/State level Arogya Fairs, Yoga Fests/Utsavs, Ayurveda Parvs, Celebrate important days of Ayush system, Participate in Health fairs/melas, Exhibitions etc, provide financial assistance for organising seminars, workshops, conferences and conduct multimedia campaigns etc. to create awareness among citizens regarding Ayush system of health care and healing.

Further, for the purpose of promotion of Ayurveda for holistic healthcare, Ministry of Ayush has established 01 (one) Research Council and 07 (seven) National Institutes for Ayurveda, as per details at **Annexure-I**. These Councils/Institutions alongwith their peripheral institutes/units/centres are providing treatment through General Outpatient Department (OPD), Reproductive and Child Health (RCH) OPD, Geriatric OPD, Non-Communicable Disease (NCD) Clinic etc. and also engaged in awareness activities to promote Ayurveda.

Details of Research Councils and National Institutes
Functioning under the Ministry of Ayush

Research Councils:

Sl. No.	Name of Research Council
1	Central Council for Research in Ayurvedic Sciences (CCRAS)

National Institutes:

Sl. No.	Name of Institute
1	National Institute of Ayurveda (NIA) <ul style="list-style-type: none"> • Jaipur • Panchkula (Satellite Centre)
2	All India Institute of Ayurveda (AIIA) <ul style="list-style-type: none"> • New Delhi • Goa (Satellite Centre)
3	Rashtriya Ayurveda Vidyapeeth (RAV), Delhi
4	Institute of Teaching & Research in Ayurveda (ITRA), Jamnagar
5	National Institute of Sowa Rigpa (NISR), Leh
6	North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Shillong
7	North Eastern Institute of Ayurveda and Folk Medicine Research (NEIAFMR), Pasighat.

Activities to promote Ayurveda by Research Council and National Institutes

(1) The Central Council for Research in Ayurvedic Sciences (CCRAS), has undertaken a wide range of initiatives to promote scientific research in the Ayurveda system of medicine. CCRAS functions through a nationwide network of 30 peripheral Institutes/Centres and collaborates with various universities, hospitals, and research bodies to implement and advance Ayurveda research on scientific lines.

The CCRAS as the apex organization for research in Ayurveda under the Ministry of Ayush, has initiated a wide range of research and allied initiatives aimed at promoting scientific validation, evidence-based practice, and capacity building in the field of Ayurveda. These efforts are intended to strengthen the research ecosystem, enhance integration with mainstream healthcare, and ensure wider dissemination of scientific outcomes.

The Council undertakes structured research across these thematic areas:

- Clinical Research: Evidence generation on Ayurvedic treatment protocols for various diseases.
- Drug Standardization: Development of pharmacopoeial standards and monographs for Ayurvedic medicines.
- Pharmacological Research: Preclinical and safety evaluation of Ayurvedic formulations.
- Medicinal Plant Research: Including medico-ethnobotanical surveys, pharmacognostic studies, and cultivation protocols.
- Public Health Research: Community-based interventions for disease prevention and health promotion.
- Literary Research and Documentation: Critical review, compilation, translation, and digitalization of classical texts.
- Fundamental Research: To generate evidence base on the basic concepts of Ayurveda in contemporary terms.
- Pharmaceutical Research: To undertake research studies for the development of SOP of Classical and New Dosage forms of Ayurvedic medicines.

CCRAS undertakes intramural research through its network of peripheral institutes and engages in collaborative studies with reputed medical colleges, universities, and hospitals. These initiatives aim to scientifically validate Ayurvedic interventions, generate robust clinical evidence, and establish institutional linkages to strengthen Ayurveda's integration with mainstream healthcare and research ecosystems.

CCRAS publishes three indexed journals i.e. Journal of Research in Ayurvedic Sciences (JRAS), Journal of Drug Research in Ayurvedic Sciences (JDRAS), Journal of Indian Medical Heritage (JIMH).

A quarterly CCRAS Bulletin is also published to disseminate findings in lay language. Public awareness is promoted through: National/State-level Arogya Melas, Health Camps, and Ayurveda Expos, Participation in exhibitions and media campaigns (print, digital, and electronic) and Community outreach through THCRP (Tribal Health Care Research Programme) and SCSP (Scheduled Caste Sub-Plan). CCRAS Institutes also function as clinical care centres, where Ayurvedic treatment is delivered to thousands of patients annually as part of clinical studies and routine care.

Research Capacity Building Initiatives of CCRAS: To strengthen the scientific foundation of Ayurveda, CCRAS actively promotes research capacity building through various initiatives. These include:

- Fellowship Programs (PhD fellowships in Ayurveda).
- Skill-development workshops/seminars etc for CCRAS officials through
- Short-term training programs- such as Certificate Course on Panchakarma Therapy (CCPT), Marma Training Program being coordinated by CCRAS institutes
- HRD initiatives such as SPARK (for Undergraduate Ayurveda students), PG-STAR (for Postgraduate students)
- CCRAS Programme for Training of Ayurveda Research Methodology and Statistics (ARMS)

NABH & NABL Accreditation:

- 12 CCRAS hospitals have obtained NABH accreditation, while 08 hospitals have secured entry level NABH certification.
- 16 medical laboratories have obtained NABL-M(EL)T Accreditation
- 05 Testing and calibration laboratories are accredited under Testing & calibration category (ISO-IEC 17025:2017)

(2) North Eastern Institute of Ayurveda and Homoeopathy (NEIAH) has taken various steps to promote Ayurveda for holistic healthcare. In this connection, the Institute regularly gives free consultation in the Institute Hospitals (both OPD & IPD) and conducts free Medical & Awareness Camps at villages, schools, Govt. Departments, Military personnel and at community levels. NEIAH organized National Seminars/ workshops, Panel discussions and “Doctor se Mileye” in All India Radio, Shillong in English, Hindi and Regional Language (Khasi) and also conducted TV Talk shows on Ayurveda in Doordarshan Kendra, Shillong etc,. The Institute conducted Health camps under the Pradhan Mantri Janjati Adivasi Nyaya Maha Abhiyan (PM-JANMAN) programmes. The Institute is also running Bachelor of Ayurvedic Medicine and Surgery (BAMS) and Bachelor of Homeopathic Medicine and Surgery (BHMS) courses and One-year Panchakarma Technician Certificate course. Panchakarma Therapy Training to Medical Officers (Ayurveda) of neighbouring States is also undertaken by NEIAH.

(3) Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar is conducting various awareness program regularly for the promotion of Ayurveda in the country specially during the celebration of International Yoga Day, Poshana Abhiyana, Ayurveda Day and Women’s Day and TB elimination.

(4) All India Institute of Ayurveda (AIIA), New Delhi plays a pivotal role in public health through its holistic health care approach to chronic disease management, mental wellness, maternal and child care, and support during communicable disease outbreaks. It emphasizes personalized treatment based on individual constitution (prakriti), utilizing diet, lifestyle modification, Panchakarma, and herbal medications to manage chronic conditions like diabetes, arthritis, and hypertension. In mental health, it incorporates therapies such as Satvavajaya chikitsa (psychotherapy), yoga, meditation, and rasayanas for emotional and neurological balance. Ayurvedic disciplines like Prasuti Tantra and Kaumarbhritya offer tailored maternal and child health interventions, including antenatal care and postpartum recovery. Ayurveda also contributes during infectious outbreaks through immune-boosting

therapies, detox practices, and preventive guidance, as demonstrated during the COVID-19 response.

The All India Institute of Ayurveda (AIIA) has taken multiple steps to promote and integrate Ayurveda into mainstream healthcare. It offers specialized OPD and IPD services for chronic, mental, maternal, and pediatric conditions, supported by Panchakarma, Swasthavritta (diet/lifestyle), and therapeutic yoga. AIIA also conducts public health outreach through lectures, health camps, AYU Samvad programs, and publishes AyuCaRe to document clinical evidence. Its dedicated Mental Health services manage psychiatric conditions using Ayurvedic therapies. Furthermore, AIIA actively participates in national initiatives like the “Desh Ka Prakriti Parikshan Abhiyan”, which screened over 4.7 lakh people to promote preventive care based on prakriti (body constitution).

(5) North Eastern Institute of Ayurveda & Folk Medicine Research (NEIAFMR) is conducting various activities like Health Camps, National Events regularly.