

**GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY,
UNANI, SIDDHA AND HOMOEOPATHY
(AYUSH)**

**LOK SABHA
UNSTARRED QUESTION NO.491
TO BE ANSWERED ON 26TH FEBRUARY, 2016**

EFFICACY OF YOGA IN TREATMENT OF DISEASES

491. DR. KIRIT P. SOLANKI:

Will the Minister of **AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)** be pleased to state:

- (a) whether the Government has assessed the efficacy of Yoga in treating/ reducing various life style diseases and if so, the details thereof;
- (b) whether the Government has conducted any study in this regard, if so, the details and the findings thereof;
- (c) whether the Government has assessed the optimum potential of yoga in the country and if so, the details thereof; and
- (d) the further measures taken by the Government for development and promotion of yoga to its potential and encourage/aware people of its benefits?

ANSWER

**THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYURVEDA,
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI SHRIPAD YESSO NAIK)**

(a) & (b): Yes. The details of the research projects to assess the efficacy of Yoga in treating/ reducing various life style diseases, as undertaken by two autonomous organization under Ministry of AYUSH, namely, Central Council for Research in Yoga and Naturopathy (CCRYN) and Morarji Desai National Institute of Yoga (MDNIY) are placed at Annexure-I and II respectively.

(c) & (d): The Government is well aware of the potential of Yoga both within and outside the Country. The initiative of the Government in this regard led to adoption of 21st June as the International Day of Yoga by the United Nations. The first International Day of Yoga was celebrated all over the Country and abroad on 21/6/2015. The measures taken by the Ministry of AYUSH for promotion and development of Yoga are as follows:

(i) The Ministry of AYUSH promotes Yoga by carrying out campaigns through print and electronic media. AROGYA fairs at National and State level are organized to make public aware

of the benefits of AYUSH systems of medicine including Yoga. The Ministry under its Central Sector Schemes of Information Education and Communication (IEC) and International Co-operation extends financial assistance to State Governments and other reputed Government/ Non-Governmental Organizations/ Universities for conducting National/ International seminars/ workshops/ symposiums to promote AYUSH systems including Yoga.

(ii) The Ministry of AYUSH has initiated a Scheme for Voluntary Certification of Yoga Professionals. First phase of the Scheme to certify Yoga teachers was launched on June 22, 2015. The Scheme is being operated by the Quality Council of India (QCI), an apex quality facilitation and accreditation body, under the Ministry of Commerce and Industry.

(iii) The Government of India has approved the National AYUSH Mission (NAM) which, inter-alia, envisages better access to AYUSH services including Yoga and strengthening of AYUSH educational institutions. The Mission provides for:

- (a) co-location of AYUSH facilities at Health Centers/Hospitals including Yoga facilities;
- (b) upgradation of exclusive State AYUSH Hospitals & dispensaries including hospitals with Yoga centers;
- (c) upgradation of State Government teaching institutions including those of Yoga and
- (d) Yoga and Naturopathy Wellness Centres as per guidelines as deemed appropriate by the States under the flexible component. The proposals are sanctioned under the NAM on receipt of the same from the State/ UT Governments.

(iv) A scheme titled “Yoga Training for Police Personnel” has been initiated by the Ministry. A Financial assistance in the form of recurring grant of Rs. 7.00 lakh and non-recurring grant of Rs. 1.00 lakh (one time) will be provided to each district of the State/UT.

Annexure- I

List of ongoing research projects undertaken by Central Council for Research in Yoga & Naturopathy

S. No.	Name of the Institute	Title of the Project
1.	Deptt. of Physiology, King George Medical University, Lucknow. U.P	Effect of Yogic Practices on Serum Lipid Profile & Insulin Resistance in Healthy Obese subjects.
2.	Department of Physiology, VardhmanMahavir Medical College and Safdarjung Hospital, New Delhi	Comparison of cardiovascular autonomic functions in two groups of myocardial infarction patients (age 30-55 years): A randomized trial involving 2 groups of patients (1) on pharmacotherapy alone (2) on Yoga & life style intervention therapy & pharmacotherapy.
3.	Deptt. of Physiology, U.C.M.S., G.T.B. Hospital, Dilshad Garden, Delhi.	The effect of Yoga Therapy on Coagulation Profile, Lipid profiles, Lung Diffusion capacity and Quality of Life in Patients with Coronary Artery Disease.
4.	Department of Neurophysiology, National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore	Effect of Yoga &Hydriatic application on migraine - A Clinical, Electrophysiological and Immunological study.
5.	Yog Research Department, PatanjaliYogpeeth, Haridwar- 249 402.	Effect of Yoga on Physical, Cognitive and Emotional Development in Children.
6.	Yog Research Department, PatanjaliYogpeeth, Haridwar- 249 402.	Effect of a Yoga Program on Anthropometric and Biochemical Measures in Obese Persons.
7.	A.L.N.Rao Memorial Ayurvedic Medical College, Koppa, Chikmagalur Dist., Karnataka	A study of efficacy of Yogic and Naturopathic Measures in Varicose Vein
8.	Yoga and Nature Cure Home, Khundrakpam Awang Leikai, Imphal East, Manipur	Naturopathy and Yoga Intervention for post-stroke Rehabilitation & Quality of Life Improvement-a controlled study
9.	Nature Cure, Yoga, Acupuncture & Physiotherapy Hospital, Nadigalli, Sirsi-581401 (N.K) Karnataka	Randomized Control Trial to evaluate the effectiveness of cold and hot immersion baths on impaired glucose tolerance in pre-diabetes
10.	Add Life Prakriti, Indo-American Cancer Institute & Research Centre, Hyderabad	Effect of Naturopathy and Yoga Therapy as an adjuvant in the management of Non-Hodgkin's Lymphoma (NHL)
11.	INYS Medical Research Society, Jindal Nagar, Tumkur Road, Bangalore	Efficacy of Mustard Pack on knees in Osteoarthritis

List of research projects conducted by Morarji Desai National Institute of Yoga (MDNIY)

1. Study of the effect of Yoga practices on management of Techno-stress in Computer users: A quantitative approach using psycho-neuro-physio-motor functions
2. Philosophico-Literary Research project entitled **Philosophy and Practices of Hatha Yoga Traditions (An Anthological Presentation of Basic Hatha Yoga Treatises)**
3. The Advanced Centres established in the following premier Medical Institutions/Hospitals for carrying out collaborative research in Yoga:
 - (i) Advanced Centre for Yoga Therapy and Research in Mental Health & Neurosciences at NIMHANS, Bangalore.
 - (ii) Advanced Centre for Yoga Education, Therapy and Research in Cardio-vascular Diseases and Diabetes mellitus at JIPMER, Puduchery.
 - (iii) Centre for Advanced Research & Training in Yoga with specialization in Operational Stress and Performance improvement of Defence Personnel at DIPAS, New Delhi.
 - (iv) Advanced Centre for Yoga Education and Research in Respiratory Diseases and Geriatric Care at Gujarat Ayurved University, Jamnagar.
 - (v) Advanced Centre for Yoga Therapy and Research in Chest Diseases at Govt. Medical College, Jammu.

