

**YOGA: THE ART OF BEING AND SCIENCE OF WELL-BEING**

- Yoga is an inner science comprising of a variety of practices and methods through which human beings can achieve a union between the body and the mind to attain self-realisation.
- The roots of Yoga are in ancient India; its universal origin is the burning desire in the heart of the philosophers – the yearning to be happy and free of suffering.

**Traditional Schools/Kinds of Yoga**

These include Jnana Yoga, Bhakti Yoga, Karma Yoga, Patanjala Yoga, Dhyana Yoga, Mantra Yoga, Laya Yoga, Raja Yoga, Jain Yoga, Buddha Yoga etc.

**Fundamental of Yoga**

- Yoga works on the level of one's body, mind, emotion and energy.
- This has given rise to **four broad classifications** of Yoga; **Karma Yoga** where we utilize the body; **Jnana Yoga**, where we utilize the mind and intellect; **Bhakti Yoga** where we utilize the emotion and **Kriya Yoga** where we utilize the energy.
- All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a guru.

**Yogic Practices for Well-Being**

- The widely **practiced Yoga sadhanas** are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Bandhas and Mudras, Shatkarmas, Yuktahara, Mantra-japa, Yukta-karma etc.
- **Yama's** are restraints and **Niyama's** are observances. **Asanas**, capable of bringing about stability of body and mind.
- **Pranayama** consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence.
- **Pratyahara** indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects.
- **Dharana** indicates broad based field of attention (inside the body and mind) which is usually understood as concentration.
- **Dhyana** (mediation) is contemplation (focused attention inside the body and mind) and Samadhi (integration).
- **Bandhas and Mudras** are practices associated with Pranayama. They are viewed as the higher Yogic practices that mainly adopt certain physical gestures along with control over respiration.
- **Satkarmas** are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body.
- **Yuktahara** advocates appropriate food and food habits for healthy living.

About the International Day of Yoga Logo:



Yoga for Harmony & Peace

- Folding of both hands in the logo symbolize Yoga, the union, which reflects the union of individual consciousness, a perfect harmony between mind and body, man and nature; the holistic approach of well-being.
- The brown leaves symbolize the Earth element, the green leaves symbolize nature, blue symbolizes the Water, brightness symbolizes the fire element and the Sun symbolizes the source of Energy and inspiration.

**How Yoga Works**

1. Cleanses the accumulated toxins and generates a sense of relaxed lightness.
2. Creates positive antioxidant enhancement thus neutralizing free radicals while enabling a rejuvenative storehouse of nutrients packed with life energy to work on anabolic, reparative and healing processes.
3. Physical balance and a sense of ease with oneself enhance mental/emotional balance and enable all physiological processes to occur in a healthy manner.
4. Improves control over autonomic respiratory mechanisms through breathing patterns that generate energy and enhance emotional stability.
5. Focuses the mind positively on activities being done, enhances energy flow and results in healthy circulation to the different body parts and internal organs.
6. Enhance our pain threshold and coping ability in responding to external and internal stressors.
7. Enhances self-confidence and internal capacities through the cultivation of right attitudes towards life and moral-ethical living.
8. In addition to its preventive and restorative capabilities, Yoga also aims at promoting positive health that will help us to tide over health challenges that occur during our lifetime.

**PROMOTION OF YOGA**

- **UNESCO inscribed Yoga** in the representative list of **Intangible Cultural Heritage** of Humanity during the 11 th session of the held in Addis Ababa, Ethiopia in December 2016.
- Inclusion of Yoga in National Health Policy 2017:
- **Yoga in School Curriculum:** Yoga Education was made compulsory by National Council for Teachers Education (NCTE).
- **Yoga Certification Board:** Established by Ministry of AYUSH.
- UGC has established **Yoga Departments in Six Central Universities** and framed Standard Yoga Syllabi for various courses.
- Ministry of External Affairs (MEA) under auspices of Indian Council for Cultural Relations (ICCR) also deputed Yoga teachers to Indian Missions for imparting training to local students and teachers.
- The ICCR signed and MoU with Yunnan Minzu University, China for establishment of Yoga College named "**India-China College of Yoga**".
- Yoga Olympiad: NCERT has taken the initiative of "YOGA OLYMPIAD" for School Children.
- Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Govt. of India has introduced Yoga training to Central Armed Police Force (CAPF).
- PM Awards on IDY: Four awards, Two National and Two International, have been announced in the field of Yoga.
- National AYUSH Mission: It inter-alia makes provision for the following
  - ✓ Upgradation of exclusive State Government AYUSH Hospitals and Dispensaries including Yoga.
  - ✓ Setting up to upto 50 bedded integrated AYUSH Hospital including Yoga.
  - ✓ Under the flexible components of the scheme of NAM, Provision has been made for Grant-in-aid to the Yoga Wellness centers.

## Conclusion

As medicine experiences an explosion in its knowledge-base and genomic medicine opens a whole new approach to medical care, there seems to be an insatiable desires for ancient philosophies and approaches to medical care by the general public. Yoga is proving to be the most desirable traditional system of health and well-being in the present scenario.

## YOGA AND MENTAL HEALTH

- The Word “yoga” comes from a **Sanskrit root “yuj”** which means ‘union’ or ‘to yoke’ or ‘to join’.
- This union is the merger of the individual consciousness with the universal one, through the proper performance of duties in everyday life
- Yoga is described as a holistic health system in the **Yoga Sutras, credited to Patanjali**.
- Yoga is a **life style rather than just asana/pranayama**.

### Difference between Yoga and Exercise

- One of the important differences is that in yoga there is always a synchronization between body movements and breathing along with awareness of self.
- Also, in exercise, movements are dynamic, speedy and isotonic whereas in asanas it is steady, slow and isometric.
- During exercise, there is increase in heart rate, blood pressure, respiratory rate and basal metabolic rate whereas in yoga all these parameters decrease.

### Yoga and Mental Health

- Yoga practice has been reported to help depressive symptoms since a long time. It lifts the mood and improves interest in activities, attention/concentration/memory, sleep and appetite.
- It has been found to have effect on the **cognitive/behavioural** aspects due to its mindfulness component.
- Yoga has been used as sole treatment for patients with mild to moderate depression in several recent studies in India and abroad.
- In patients with psychotic disorders such as schizophrenia, yoga practices has been shown to improve socialization, motivation to do activities, occupational functioning, ability to recognize others emotions/feelings and cognitive abilities. This is probably brought about by the **increase in the ‘cuddle hormone’**, namely oxytocin, by yoga.
- Yoga holds promise as a complementary therapy in cases of tobacco, alcohol and opioid dependence.
- The systematic methods of concentration taught in yoga practice have been thought to potentially help reduce attention deficits.

## Conclusion

- Current research evidence suggests that yoga can be used as an add-on therapy or in some instances as a sole therapy or in some instances as a sole therapy for psychiatric disorders as well.
- It not only improves the symptoms, but brings about holistic change in an individual.

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## VAJIRAM & RAVI

### YOGA FOR LIFESTYLE CHANGES

- Bad lifestyle can raise levels of cortisol secreted in adrenal gland which in turn affect the secretion of dopamine, the mood elevating hormone in the brain.
- **Over secretion of cortisol** trigger physiological changes such as spikes in blood pressure, heart rate and blood sugar. Yoga is a way of life and the main remedy for all sufferings.
- According to the **2019 edition of the Bloomberg Healthiest Country Index**, India is placed at **120<sup>th</sup> rank** among 169 countries related to measures such as mortality by communicable and non-communicable diseases and life expectancy.
- India **spends less per person** in comparison to US. Sri Lanka, Bangladesh and Nepal ranked better than India.
- Physical inactivity is now identified as the fourth leading risk factor for global mortality.
- Unhealthy diet was the second biggest factor in India driving most deaths and disability combined, after malnutrition. Food borne diseases cost India \$15 billion.

### ALTERNATIVE SYSTEMS OF MEDICINE IN INDIA: AN OVERVIEW

- Traditional Medicines (TM) along with Complementary Medicine (CM) and Alternative Medicine (AM) are terminologies that are often used interchangeably for a broad range of healthcare practices, theory, service delivery and systems in both Eastern and Western parts of the world.
- These systems, all put together are referred to as **Traditional and Complementary Medicine (T & CM)**.

#### Evolution of Medicine since Ancient Times

- Medicine in ancient form was practiced in all societies and civilizations and is referred to and recognized by the names of the civilization.
- The early medicine practices, around 3000 BC to 3500 BC, started independently in every culture, which then started influencing each other starting 200 BC, with a major convergence around 800 AD onwards with the evolution of Arab medicine. The dawn of scientific or modern medicine started in the mid of the 15<sup>th</sup> century.
- In the mid of the twentieth century, the stream of medicine based upon the concept of 'treatment of diseases by use of a drug which produces a reaction that itself neutralizes the disease condition of disease-causing agents' started getting popular and is now known as Allopathy or Allopathic Medicine.

#### India and Alternative System of Medicine

- The **first full-fledged department** for Indian Systems of Medicine and Homeopathy (ISM&H) was created under the Ministry of Health and Family Welfare, Government of India. In March 1995.
- This department was, in November 2003, renamed as **Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy (AYUSH)**.
- A fully independent **Ministry of AYUSH** was formed in November 2014. In 2002, the Government of India also formulated the **National Policy on Indian System of Medicine and Homeopathy**.
- The current **National Health Policy of India** has proposed functional linkages of AYUSH at all levels of health systems, including service delivery as well as work force.

**Traditional and Complementary Medicine-Definitions**

- **Traditional Medicine (TM):** The sum-total of the knowledge, skill and practices based on the theories, beliefs and experiences indigenous to different cultures, whether explicable or not, used in maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.
- **Complementary Medicine (CM) or Alternative Medicine (AM):** A broad set of healthcare practices that are not part of that country's own tradition or conventional medicine and area not fully integrated into the dominant healthcare system.
- **Traditional and Complementary Medicine (T&CM):** T&CM merges the terms TM and CM, encompassing products, practices and practitioners.

**Evolution of Medicine Since Antiquity**

- **Indian Medicine:** Medicine in India originated around 3000BC, when the practice of Ayurveda is considered to have started. In addition, the **Siddha system of medicine** is also Indian in origin.
- **Atreya, Charaka and Sushruta** are the famous name in the field of early medicine in India.
- **Atreya** (about 800 BC) is considered as the **first great Indian physician** and teacher.
- **Charaka (200 AD) wrote Charaka Samhita** and was the most popular physician of the time.
- **Sushruta** is referred to as the father of India surgery. He wrote **Sushruta Samhita**, a treatise on surgery.
- Around 800 AD, the Charaka and Sushruta Sahmitas were **translated into Persian and Arabic** and Indian medicine had spread to Indo-China, Indonesia, Tibet, central Asia and Japan.
- **Mesopotamian Medicine:** The codes of Hammurabi, in name of King of Baby Lone, were formulated around 200BC.
- **Greek Medicine:** Greek medicine was most evolved between 460 BC – 136 BC and **Aesculapius** (around 1200 BC) and **Hippocrates** (460-370BC) were amongst the leaders in Greek Medicine. **Hippocrates is often termed as 'Father of Medicine'**.
- **Roman Medicine:** Roman Medicine emerged from Greek Medicine. Galen (130-205AD) was a famous Roam medical Teacher.
- **Arab Medicine (Unani Medicine):** From 500 AD to 1500 AD, Greeko-Roman medical literature was translated into Arabic. The local adaptation gave birth to the Unani system of medicines in schools of medicines and hospitals in Baghdad, Damascus and Cairo.
- **Abu Becr** (865AD-925AD; also known as Rhazes) and **Ibn Sina** (980AD – 1037AD; also known as Avicenna) are known as two leaders of Arab medicine.

**Discussion and Way Forward**

- The global evidence has pointed towards the need for task shifting (assigning some of the tasks done by allopathic doctors to other cadres of healthcare providers) in health systems.
- The discourse is aligned with dialogues for moving from **'doctor-centric' to a 'team-based' approach to health service delivery**, where each type of providers (doctors, nurse, alternative

system of medicine, pharmacist counselor) play different and complementary roles. India is making some progress in this area through MLHP under HWCs, yet more is needed.

- The ongoing initiatives at all levels need support through government leadership and financing.

#### **Traditional/Indigenous/Alternative Systems of Medicine in India**

- **Ayurveda:** The Ayurvedic System of Medicine evolved nearly 5000 years ago (3000 BC). The word Ayurveda means 'Science of Life' and employs treatment modalities, such as purification, palliation, prescription of various diets, exercises and the avoidance of disease causing factors.
- **Unani Medicine:** Unani Medicine originated in the Arab world. Unani medicine treats a patient with diet, pharmacotherapy, exercise, massages and surgery. It was introduced in India around the 10<sup>th</sup> century AD.
- **Homeopathy:** The word 'Homeopathy' is derived from the Greek words, 'Homois' meaning 'similar' and 'pathos' means 'suffering'. It originated in Germany and was introduced in India around 1810-1839.
- Homeopathy is based on the **law of healing- "similia SimilibusCurantur"** which means 'likes are cured by likes'. It uses highly individualized remedies selected to address specific symptoms or symptom profiles.
- **Siddha:** This system has originated in India and is amongst the oldest systems of medicine in the country. It takes into account the patient, his/her surroundings, age, sex, race, habitat, diet, appetite, physical condition etc. to arrive at the diagnosis.
- Siddha System **uses minerals, metals and alloys and drugs and inorganic** compounds to treat the patients. Unlike most T&CM, this system is largely therapeutic in nature. Siddha literature is in Tamilnadu.
- **Sowa-Ripa:** The word combination means the 'science of healing' and is considered one of the oldest living and well-documented medical traditions of the world. It **originated from Tibet** and is widely practiced in India, Nepal, Bhutan, Mongolia and Russia.
- **Yoga & Naturopathy:** The concepts and practices of Yoga are reported to have originated in India. Naturopathy or the naturopathic medicine is a drugless, non-invasive system of medicine imparting treatments with natural elements based on the theories of vitality, toxemia and the self-healing capacity of the body as well as the principles of healthy living.
- The common naturopathy modalities include counseling, diet and fasting therapy, mud therapy, hydrotherapy, massage therapy, acupressure, acupuncture, magnet therapy and yoga therapy.

#### **Conclusion:**

- There is a focus, both globally and in India, on strengthening primary healthcare (PHC) and advancing UHC, which would require interventions at all level of health system.
- This is possible if the potential contribution of T&CM to improve health services and health outcomes is fully used any by ensuring that users are able to make informed choices about self-healthcare.
- This would also need the right mix of preventive, promotive and curative health services and increasing integration of traditional, complementary and alternative systems of medicine (T&CM) in conventional health system.

**WORLD ENVIRONMENT DAY JUNE 5, 2019**

- World Environment Day (WED) is celebrated on the 5<sup>th</sup> of June every year.
- WED was established in 1972 during the United Nations Conference on the Human Environment, which led to the creation of the **United Nations Environment Programme (UNEP)**.
- In 2018, **India was the host** for World Environment Day and the theme was focused on **Plastic Pollutions**, which is one of the most challenging environment concerns today.
- In 2019, **China is the host** for World Environment Day celebrations on the theme, '**Air Pollution**'.
- The report, **Air Pollution in Asia and the Pacific: Science-based solutions**, is the first comprehensive scientific assessment of the air pollution outlook in Asia and the Pacific. It details 25 policy and technological measures that will deliver benefits across sectors. These are as follows:
  1. Strengthen emission standards for road vehicles
  2. Regularly maintain and inspect vehicles
  3. Mainstream electric vehicles
  4. Provide better mobility options
  5. Control dust from construction and roads
  6. Reduce emissions from international shipping
  7. Improve post-combustion control
  8. Strengthen industrial process emissions standards
  9. Introduce efficient brick kilns technology
  10. Control methane from oil and gas production
  11. Improve solvent use and refinery controls
  12. Use environmentally-friendly refrigerants
  13. Provide clean cooking and heating options
  14. Strictly enforce bans on household waste burning
  15. Provide incentives for improved energy efficiency in households
  16. Increase renewable electricity generation
  17. Improve energy efficiency for industry
  18. Recover coal mining gas
  19. Improve livestock manure management
  20. Strengthen management of nitrogen fertilizer application
  21. Better management of agricultural crop residues
  22. Prevent forest and peatland fires
  23. Promote more efficient rice production practices
  24. Stop biogas leakage from wastewater treatment
  25. Improve solid waste management

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## VAJIRAM & RAVI

### SIDDHA SYSTEM OF MEDICINE IN A NUTSHELL

- The term '*Siddha*' is derived from the root word '*Siddhi*' which means 'an object to be attained' or 'perfection'.
- The *Siddha* system of medicine owes its origin to medicinal ideas and practices of a class of **Tamil sages called the *Siddhars*** – 'perfected' or 'holy immortals'
- They had firm faith in the '**deathless' physical body** being in tune with the spiritual immortal 'soul',

#### **Basic Human Principles – 96 *Thathuvas***

##### **A. Five Elements**

- The primordial elements are called *panchamaha bootham*, namely *mann* (earth), *neer* (water), *thee* (fire), *kattru* (air) and *aagayam* (space)

##### **B. Three Humours**

- To regulate the living body easily the five primordial elements were concised into three humours namely *vazhi* (vadham or air), *azhal* (pittam or heat) and *lyyam* (kapha or cold), When humours are in natural equilibrium and harmony, a person enjoys the best of health.
- The first one third of one's life is considered as *vazhi* period where a person grows physically, psychologically, emotionally, spiritually, etc.
- The second third of ones life is considered as *azhal* period where life is considered to be in the maintenance phase in physiological condition.
- Finally, the last one third of one's life is physiologically attributed to *lyyam* period or the destructive/senile phase of one life.

##### **C. Five Sheaths (Kosham)**

- The nature of being human encompasses physical and psychological aspects that functions as one holistic system. The *kosham* system refers to different aspects as layers of subjective experience.
- They are *paruva udambu* – *annamaya kaosham* (food- apparent-physical sheath), *vali udmambu* pranaamaya kosham (air-apparent-sheath), *mana* udambu- manomaya kosham (mind-apparent sheath), *arivudambu* – *vijnanamaya kosham* (wisdom-apparent-Intellectual sheath) and *inba udambu* – *anandamaya kosham* (bliss-aparent sheath).

##### **D. Ten Pranic Air (Vayus)**

- These ancillary vayus are not just responsible for physiological function but also contribute to the psychological and spiritual component.

#### **Siddha Therapy**

- The foremost substance given for an imbalance of three humours or illness is of herbal origin.

#### **Conclusion:**

- Siddha Medicine is a unique blend of therapies which provide holistic care and offer advice for a more natural healthy lifestyle.

### **HOMEOPATHY TREATS YOU IN PERSON**

- Homeopathy is an age-old system of healing, with its discovery dating back to 1796. It was discovered by a **German doctor, Dr. Samuel Hahnemann**, in his discontentment with the then medical practices and lack of cures.



- Homeopathy is a **nature-based system** that treats holistically as well as individually, by way of stimulating one's own immunity capable to fight an illness.

### **Why Choose Homeopathy**

- The principles that Homeopathy works on include such **nature-based, pragmatic facts**, like treating a person *holistically*, through a *single, simple medicine*, prepared in a *dynamic manner*, and prescribed in a *dosage that is just enough* to stir up the self-healing mechanism of your own body.
- One of the potential aspects of Homeopathy is that it addresses these conditions in a patient successfully, that too with single, or at the most with two medicines.
- Homeopathy treats the multi-morbid person as a whole, which works on bringing back the biological functions in order, thereby addressing them all, and thus helping the patient holistically and simultaneously improving his/her general well-being.

### **Homeopathy is A Science as well as Art**

- Finding the right homeopathic medicine for a person who is sick requires taking into account his individualistic response to the disease agent, as well as understanding the person as a whole, which is certainly a work of art.

### **Finding a Homeopathy Doctor**

- Homeopathic doctors are given **BHMS (Bachelors of Homeopathic Medicine & Surgery)** after their graduation. This is a five and half years' course, including one-year mandatory internship.
- These days, many BHMS doctors are advancing their knowledge by doing M.D. in Homeopathy after which they mention M.D. (Hom.) against their names.
- Following their degrees, the Homeopathy doctors are registered under the **statutory registration boards** of their respective states, and/or under a central registration body, Central Council of Homeopathy, which is an autonomous body of Government of India.

## **UNANI SYSTEM OF MEDICINE: THE SCIENCE OF HEALTH AND HEALING**

Unani System of Medicine is a comprehensive medical system, which meticulously deals with the various states of health and disease.

### **Principles of Unani Medicine**

- **Temperament** (Mizaj) of a patient is given great importance in diagnosis and treatment of disease with natural remedies derived mostly from plants.
- Temperament is also taken into consideration for identifying the most suitable diet and lifestyle for promoting the health of particular individual.
- Unani system of Medicine considers the entire universe including human beings, disease, drugs, environmental factors etc. to be intrinsically defined by **four primary qualities** – Hot, Cold, Dry and Wet.
- These qualities are reflected in all the basic concepts of Unani System of Medicine such as elements, temperament and four humours, which are used for describing and correlating human health and disease with promotive and curative factors e.g. diet and drugs.
- While diagnosing and treating a disease, Unani System of Medicine looks holistically into the overall physical, mental and spiritual aspects of a person.

- Unani System of Medicine has also emphasized on the importance of psychiatric treatment in the management of various disease.

### **Research and Development**

- **Central Council for Research in Unani Medicine** (CCRUM) under the Ministry of AYUSH, Government of India has, over the past three and a half decades, emerged as the leading research organization in Unani Medicine.

### **Conclusion:**

- India has emerged as the world leader in Unani System of Medicine with its note-worthy network of well-developed quality educational institutions, comprehensive healthcare facilities, state of the art research and quality drug manufacturing industries.

### **WORLD BOOK DAY 20219**

- Publications Division celebrated the World Book Day on April 23, 2019. UNESCO, in its General Conference held in 1995, choose this day as the World Book Day to be celebrated every year.

## **HOMEOPATHY IN INDIA – AN OVERVIEW**

- The World Health Organization (WHO) data suggested that Homeopathy is currently the second largest system of medicine in the world.

### **Homeopathy in India**

- Homeopathy **came to India in 1810** when Dr. John Martin Honigberger, a French traveler who learnt homeopathy from Dr. Hahnemann, visited India and treated patients.
- He **treated Maharaja Ranjit Sigh**, the-then-ruler-of Punjab, with a homeopathic remedy Dulcamara while he suffered from paralysis of the vocal cords.
- **Babu Rajendra Lal Dutt** (1818-1889) may be called the **Father of Indian Homeopathy**.

### **Recognition of Homeopathy in by Government of India:**

#### **A. Central Council of Homeopathy:**

- The Central Council of Homeopathy Act was made in 1973 and the Central Council of Homeopathy (C.C.H.) in December, 1974.

#### **B. The Homeopathic Pharmacopoeia Laboratory (HPL):**

- (HPL) has been established in the year 1975 as the standard setting-cum-drug testing laboratory at a national level.
- It has been declared as Apex Drug Testing Laboratory for the purpose of quality control.
- This laboratory is functioning in the Central Government Office complex at Kamala Nehru Nagar, Ghaziabad.

#### **C. The National Institute of Homeopathy:**

- The National Institute of Homeopathy was established in December, 1975 as an autonomous organization under the Ministry of Health and Family Welfare, Govt. of India.

#### **D. Central Council for Research in Homeopathy:** Established in Delhi in 1978.

#### **E. Formation of Separate Department for all existing alternative system of medicine:**

- **AYUSH** (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy), in November, 2003.

- On 29<sup>th</sup> September 2014. The Government launched the National AYUSH Mission with the objectives of providing cost effective AYUSH Services, with a universal access.

**Conclusion:**

Homeopathy has proven strength in the treatment of allergic disorders, skin diseases, children's problems, several so-called surgical problems like piles, tonsillitis, sinusitis, menstrual disorders, life style diseases and common mental and emotional disorders.

**NATUROPATHY: THE SCIENCE OF HEALTH AND WELLNESS****Concept of Health and Wellness in Naturopathy:**

- Naturopathy is a traditional system of healing based upon natural principles that govern life, living and health.
- The references of such principles **can be found in the scriptures like Vedas, Upanishads and Epics like Ramayana and Mahabharata.**
- Naturopathy is called a **drugless system of healthcare** based on well-founded philosophy and practices.
- Its main emphasis is on holistic approach to health, covering not only physical but also the mental, moral and spiritual aspects.
- The salient feature of Naturopathy practice is that it **educates the patient** in health matters. Naturopathic practices are easy to follow and can be integrated systematically in the daily routine of people.
- Naturopathy believes that all living beings in nature stay healthy as long as they are tuned with the natural laws.
- Naturopathy is recognized and promoted as an independent system of healthcare under the ambit of AYUSH.
- Naturopathy believes that entire universe is composed of **five basic elements Panchamahabhutas** viz. Ether (akasha), Air (vayu), Fire (Agni), water (jala) and Earth (prithvi) and so is the human body.
- Imbalance of these elements creates disease. The diseases can, therefore be treated by the appropriate use of these elements and such treatments are called **Prakritik Chikitsa** or Naturopathy.

**Therapeutic Modalities Used in Naturopathy:**

- The main therapeutic modalities of Naturopathy employed for preventive promotive and curative purpose are following
  - Upvas Chikitsa (Fasting Therapy)
  - Aahar Chikitsa (Diet Therapy)
  - Mitti Chikitsa (Mud Therapy)
  - Jala Chikitsa (Hydro Therapy)
  - Malish Chikitsa (Massage Therapy)
  - Surya Kiran Chikitsa (Helio Therapy)
  - Vayus Chikitsa (Air Therapy)
  - Yoga Chikitsa (Yoga Therapy)

**Conclusion:**

It has been declared that 18<sup>th</sup> November will be observed as 'Naturopathy Da' every year. It is believed that this will motivate the people to adopt Naturopathy for their good health and wellness.

**AYURVEDA – FIFTY YEARS OFF TRANSFORMING RESEARCH & DEVELOPMENT IN INDIA**

- Ayurveda, the science of life, is one of the oldest and comprehensive systems of healthcare.
- After Independent in 1947, the movement for revival of Indigenous Systems of Medicine gained momentum.

**Different Committees:**

- The **Chopra Committee** in 1948 identified the objectives and areas for research in the Indian Systems of Medicines.
- Based on its recommendations the **Central Research Institute for Ayurveda** was established at Jamnagar in 1953. A Post Graduate Training Course was also started there in 1956.
- The **Udapa Committee** in 1958. The Udapa further streamlined the research priorities with establishment of the Post Graduate Institute of Indian Medicine at Banaras Hindu University Varanasi in 1963.
- In 1969 **Central Council for Research in Indian Medicine and Homeopathy (CCRIM&H)** was established after **Vyas Committee recommendation** in 1966.
- In 1978 **CCRAS (Central Council for Research in Ayurveda and Siddha)** was formed, which later bifurcated further into Central Council for Research in Ayurvedic Sciences (CCRAS) and Central Council for Research in Siddha in 2011.
- In 2014, for further strengthening of AYUSH systems, Department of AYUSH (under MoHWF) was upgraded to a full-fledged Ministry of AYUSH.

**AYUSH Research Portal ([www.ayushportal.nic.in](http://www.ayushportal.nic.in)):**

- A web-based AYUSH Research Portal has been initiated by Ministry of AYUSH, to showcase published research works in AYUSH systems of medicines.
- The new initiative of **Ayurveda biology programme** will also pave the way toward better understanding and interdisciplinary approach for validation of Ayurvedic fundamentals.

**National AYUSH Morbidity and Standardized Terminology E-Portal (NAMASTE Portal)**

- CCRAS has been involved in the development of Standardization Ayurveda Terminologies. The National Ayurveda Morbidity Codes (NAMC) is an important part of this document which is also being used for morbidity data collection **under NAMASTE Portal**.
- This portal has the potential to revolutionize morbidity statistics data collection.