

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

**RAJYA SABHA
UNSTARRED QUESTION NO.978
TO BE ANSWERED ON 07th DECEMBER, 2021**

**UTILIZATION OF ANCIENT KNOWLEDGE OF AYURVEDA TO MEET
NUTRITIONAL REQUIREMENTS**

978. SMT. GEETA ALIAS CHANDRAPRABHA

Will the Minister of **AYUSH** be pleased to state:

- (a) whether the application of ancient knowledge of Ayurveda is effective for meeting the nutritional requirements; and
- (b) if so, the steps being taken by Government to effectively utilize the ancient knowledge pertaining to the use of Ayurveda to meet the nutritional requirements of the nation?

ANSWER

**THE MINISTER OF AYUSH IN THE MINISTRY OF AYURVEDA,
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI SARBANANDA SONOWAL)**

(a) Yes, Madam.

(b) The application of ancient knowledge of Ayurveda is effective to meet the nutritional requirements as evidenced by various research studies. Ayurveda has a vivid knowledge on various aspects of health and nutrition. Ayurveda lays great emphasis on ensuring holistic nutrition. Health-promoting regime (Pathyavyavastha) is a major salient feature of Ayurvedic therapeutics. Various dietary guidelines specific to individuals are prescribed along with the drugs and therapies for

restoration of health. The major steps being taken by the Government to effectively utilize the ancient knowledge pertaining to the use of Ayurveda to meet nutritional requirement of the nation are as under:

- (i) Brought out a publication “Nutrition Advocacy In Ayurveda and a Pictorial Guide for Awareness About Ayurveda Based Nutritional Principals and benefits.”
- (ii) Celebrated 6th Ayurveda day in 2021 on the theme “Ayurveda for Poshan” and also released a short film on “You’re What You Eat- Ayurveda for Poshan”.
- (iii) Ministry of Ayush is working closely with the Ministry of Women and Child Development (MoWCD) to promote AYUSH based diet and lifestyle and to achieve the ultimate goal of well nourished India.
- (iv) Ministry of Ayush has launched a composite nutritional guideline as “Ayush Dietary Advisory for KuposhanMukt Bharat” to improve nutritional outcomes in children, pregnant women and lactating mothers with Ayush practices and principles. This guideline has been endorsed by the Ministry of Women and Child Development (MoWCD).
- (v) Ministry of Ayush has signed an MoU with Ministry of Women and Child Development on 20.09.2020 to work together on the objective of creating a joint framework for providing holistic nutritional care for women and children.
- (vi) Ministry of Ayush has participated in the PoshanMaah and PoshanPakhwada celebration organized by the Ministry of Women and Child Development through the National Institutes/Research Councils under the Ministry and Ayush Departments of all the State/UT Ayush Departments.
- (vii) The Central Council for Research in Ayurvedic Sciences, an autonomous body under control of Ministry of Ayush has also taken a number of steps regarding use of Ayurveda to meet the nutritional requirement of the nation. The Council has organized “PoshanMaah” in the month of September, 2021 through its 25 Clinical Institutes to promote “AyushAahar” in the country. The Council has also developed certain research based formulations to be used as Nutrition

Supplement. Further, the Council has undertaken research studies for validation of Ayurveda formulations for the management of Iron Deficiency Anemia.