

**GOVERNMENT OF INDIA**

**MINISTRY OF AYUSH**

**RAJYA SABHA**

**UNSTARRED QUESTION NO. 806**

**TO BE ANSWERED ON 03<sup>rd</sup> December, 2024**

**“Modern relevance of AYUSH”**

**806. Shri Baburam Nishad:**

**Dr. Parmar Jashvantsinh Salamsinh:**

**Shri Aditya Prasad:**

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

- (a) whether Government has taken efforts to amalgamate knowledge of ayurveda with modern medicine, if so, the details thereof; and
- (b) the details of projects launched at Ayurveda day for strengthening of Ayush healthcare and promote health awareness among citizens?.

**ANSWER**

**THE MINISTER OF AYUSH**

**(SHRI PRATAPRAO JADHAV)**

(a) Yes. National Commission for Indian System of Medicine (NCISM) has taken the following efforts to amalgamate knowledge of Ayurveda with modern medicine: -

- NCISM has developed the Ayush Module – Internship Electives for MBBS for Ayurveda, Unani and Siddha system of medicine. Details placed as **Annexure I**.
- 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) The following projects of Ministry of Ayush were launched by Hon’ble Prime Minister during the Celebration of 9<sup>th</sup> Ayurveda Day on 29<sup>th</sup> October 2024:

- i. Nationwide campaign named ‘Desh ka Prakriti Parikshan’ promoting health awareness and highlighting the importance of holistic well-being as part of daily life.
- ii. Inauguration of Phase II of All-India Institute of Ayurveda, New Delhi.
- iii. Foundation stone laying of Central Research Institute of Yoga & Naturopathy (CRIYN), Raipur (Chhattisgarh) and Central Research Institute of Yoga & Naturopathy (CRIYN), Khorda (Odisha)
- iv. Four (4) Centre of Excellence under Ayurswasthya Yojana
  - a. Centre of Excellence for Diabetes and Metabolic Disorders at the Indian Institute of Science, Bengaluru, focused on prediabetes and diabetes research and Ayurvedic formulation validation;
  - b. Centre of Excellence in Sustainable Ayush at IIT Delhi, dedicated to developing advanced technological solutions, supporting start-ups, and creating net-zero sustainable solutions for Rasaushadhis;
  - c. Centre of Excellence for Fundamental and Translational Research in Ayurveda at CDRI Lucknow, focused on advanced research in Ayurvedic botanicals like Ashwagandha;
  - d. Centre of Excellence on Ayurveda and Systems Medicine at JNU, New Delhi, aimed at researching the molecular mechanisms of Ayurvedic treatments for rheumatoid arthritis using systems medicine.

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**AYUSH MODULE – ELECTIVES FOR MBBS INTERNS**

**1. For Ayurveda system of Medicine**

An Intern has to undergo for Training in Ayurveda Institutions as per below mentioned schedule :

Day	Activity
1 <sup>st</sup> Day	<ul style="list-style-type: none"><li>• Guided tour of the Institution</li><li>• Orientation/introduction to Ayurveda (Fundamental Principles – Dosha, Dhatu, Agni, Kosta, Prakruti, Saara etc.) followed by Interaction</li><li>• Introduction to Rasapanchaka. Principles of Bhaishajyakalpana &amp; Knowledge of dosage forms.</li><li>• Introduction to Bhasma &amp; Bhasma Praiksha</li><li>• Exposure to Rashashala</li></ul>
2 <sup>nd</sup> Day	<b>Dept. of Kayachikitsa</b> <ul style="list-style-type: none"><li>• Introduction to Samprapti (Pathophysiology) &amp; Principles of Samprapti Vighatana (Management)</li><li>• IPD rounds &amp; attending OPD</li><li>• Discussion on clinical success stories</li></ul>
3 <sup>rd</sup> Day	<b>Dept. of Panchkarma</b> <ul style="list-style-type: none"><li>• Introduction of Panchkarma (concept of sodhana, pradhana karma, upakarma, ritu soadhana etc.)</li><li>• IPD rounds &amp; attending OPD</li><li>• Exposure to Panchakarma Procedures</li></ul>
4 <sup>th</sup> Day	<b>Dept. of Prasuti, Stri rog</b> <ul style="list-style-type: none"><li>• Introduction to Prasuti, Stri rog and Kaumarbhritya</li><li>• IPD rounds &amp; attending OPD</li><li>• Knowledge of Uttar basti and other procedures</li><li>• Discussion on clinical success stories</li></ul>

	<b>Dept. of Kaumarbhritya</b> <ul style="list-style-type: none"> <li>• Introduction to Prasuti, Stri rog and Kaumarbhritya</li> <li>• IPD rounds &amp; attending OPD</li> <li>• Discussion on clinical success stories</li> </ul>
<b>5<sup>th</sup> Day</b>	<b>Dept. of Shalakya :</b> <ul style="list-style-type: none"> <li>• Introduction to Shalakya Tantra</li> <li>• IPD rounds &amp; attending OPD</li> <li>• Exposure to various Kriyakalpa procedures</li> <li>• Discussion on clinical success stories</li> </ul>
<b>6<sup>th</sup> Day</b>	<b>Dept. of Shalya Tantra :-</b> <ul style="list-style-type: none"> <li>• Introduction to Shalya Tantra</li> <li>• IPD rounds &amp; attending OPD</li> <li>• Exposure to various Shastra &amp; Anushastra procedures</li> <li>• Discussion on clinical success stories</li> </ul>

## 2. For Unani System of Medicine

An Intern has to undergo of training in Unani institutions as per the below mentioned schedule.

Day	Activity
<b>1<sup>st</sup> Day</b>	<b>Know Your Campus:- Introduction Programme and Visit</b> <ul style="list-style-type: none"> <li>• Introductory Programme</li> <li>• Historical background, Origin and basic principles of Unani Medicinal system</li> <li>• Orientation about the Humoural Theory (Dam, Balgham, Safra and Sauda), Temperamental Theory, 06 essential factors for life.</li> <li>• Activities and achievements of units and facilities.</li> <li>• Orientation on Urdu and Arabic Language.</li> <li>• <b>A guided tour of the entire campus, infrastructure and facilities</b></li> </ul>
<b>2<sup>nd</sup> Day</b>	<b>Teaching Pharmacy Tour</b> <ul style="list-style-type: none"> <li>• To orient the student about the basic knowledge, principles of formulation &amp; prescription of Unani medicines, Dosage forms.</li> <li>• Introduction to Raw Drugs/ Medicinal Plants, Metals, Minerals and Animal derivatives used in various Unani Medicines and its purification process.</li> </ul>

	<ul style="list-style-type: none"> <li>• Visit to Herbal Garden and Mufradat Museums/lab (single drugs)</li> <li>• Visit to Murakkabat wa Saidla Museums/lab</li> <li>• Exposure to various Alat (instruments and machinery) use for the preparation of drugs.</li> <li>• Visit to Hospital Dispensary</li> </ul>
<b>3<sup>rd</sup> Day</b>	<b>Department of Moalajat/ Amraze Jild wa Tazeeniyat</b> <ul style="list-style-type: none"> <li>• Introduction to Asbab (causes), Alamat (signs and symptoms), Mahiyatul Amraz (pathology), Usoole Ilaj (principle of management)</li> <li>• Introduction of Unani Diagnostic tools like Nabz, Baul o Baraz.</li> <li>• Ghizai Hidayat wa Parhez (Diet therapy and restrictions).</li> <li>• Attending OPD and IPD rounds (Moalajat)</li> <li>• Discussion on the clinical success stories / cases (Moalajat)</li> </ul>
	<ul style="list-style-type: none"> <li>• Introduction to Asbab (causes), Alamat (signs and symptoms), Mahiyatul Amraz (pathology), Usoole Ilaj (principle of management).</li> <li>• Introduction of Unani Diagnostic tools like Nabz, Baul o Baraz.</li> <li>• Ghizai Hidayat wa Parhez (Diet therapy and restrictions).</li> <li>• Attending OPD and IPD rounds (Amraze Jild wa Tazeeniyat)</li> <li>• Discussion on the clinical success stories / cases (Amraze Jild wa Tazeeniyat)</li> </ul>
<b>4<sup>th</sup> Day</b>	<b>Department of Ilaj Bit Tadabeer</b> <ul style="list-style-type: none"> <li>• Introduction on different Tadabeer used in Unani system of medicine</li> <li>• Orientation about different traditionally used procedures: Fasad, (Venesection), Hijama (Cupping), Qai (Emesis), Irsal e Alaq (leech therapy), Dalaq (massage), Riyazat (Exercise and Yoga), Hammam (Turkish bath), Huqna (Enema), Tareeq (sweating)</li> <li>• OPD procedural exposure and IPD rounds</li> <li>• Discussion on the clinical success stories/cases</li> </ul>
<b>5<sup>th</sup> Day</b>	<b>Department of Jarahat and Ain, Uzn, Anaf Halaqwa Asnan</b> <ul style="list-style-type: none"> <li>• Introduction to Jarahat.</li> <li>• Attending OPD and IPD rounds</li> <li>• Exposure to various Alat (instruments)</li> <li>• Discussion on the clinical success stories / cases</li> </ul>

	<ul style="list-style-type: none"> <li>• Introduction to Ain, Uzn, Anaf Halaq wa Asnan.</li> <li>• Attending OPD and IPD rounds</li> <li>• Exposure to various Alat (instruments)</li> <li>• Discussion on the clinical success stories / cases</li> </ul>
<b>6<sup>th</sup> Day</b>	<b>Department of Ilmul Qabalat wa Amraze Niswan</b> <ul style="list-style-type: none"> <li>• Introduction to Ilmul Qabalat wa Amraze Niswan.</li> <li>• Attending OPD and IPD rounds</li> <li>• Exposure to various Treatment Methods (like Farjzah, Nutool wa Humool)</li> <li>• Discussion on the clinical success stories / cases</li> </ul>
<p>*Pre-Test, Post-Test &amp; Feedback: ➤ Pre-Test &amp; Post-Test shall be from the KAP questionnaire For Unani system of medicine (First day and Last day of the internship)</p> <p>**E-logbook shall be verified and certified by the Head of the Department and the unit under he/she works.</p>	

### 3. For Siddha System of Medicine

An Intern has to undergo for training in Siddha institutions as per the below mentioned schedule.

Day	Activity
<b>1<sup>st</sup> Day</b>	<b>Know Your Campus:- Introduction Programme and Visit</b> <ul style="list-style-type: none"> <li>• Introductory Programme</li> <li>• Historical background, Origin, introduction of Siddhars and basic principles of Siddha System of Medicine.</li> <li>• Orientation about the Three Humoural theory (Vali, Azhal and Aiyyam), Five Elemental Theory, Seven Udalkattugal, Envagai Thervu, Ninety Six Thathwas, Temperamental Theory etc.</li> <li>• Tamil Language and Siddha ancient literature.</li> <li>• A guided tour of the entire campus, infrastructure and facilities.</li> </ul> <b>Teaching Pharmacy Tour</b> <ul style="list-style-type: none"> <li>• Introduction to Raw Drugs/ Medicinal Plants, Metals, Minerals and Animal derivatives used in various Siddha Medicines and its purification process</li> <li>• Introduction to higher order of medicines such as Parpam, Chenduram, Chunnametc and their preparations.</li> <li>• Tools and instruments used in the Pharmacy.</li> </ul>

<p><b>2<sup>nd</sup> Day</b></p>	<p><b>Department of Maruthuvam (Medicine)</b></p> <ul style="list-style-type: none"> <li>• Introduction to 32 types of Siddha Agamaruthuva Muraikal (Internal Medicines)</li> <li>• To orient the student about the basic knowledge, principles of formulation &amp; prescription of Siddha medicines, dosage forms.</li> <li>• Introduction on Siddha diagnostic methods: Naadi Parisodhanai, Neerkkuri and Neikkuri and Manikadainool.</li> <li>• Pathyam (Regulation of diet and habits) prescribed in Siddha for patients.</li> <li>• Attending OPD and IPD rounds</li> <li>• Discussion on the clinical success stories /cases</li> </ul>
<p><b>3<sup>rd</sup> Day</b></p>	<p><b>Department of Varmam, Puramaruthuvam and Sirappumaruthuvam</b></p> <ul style="list-style-type: none"> <li>• Introduction of Varma points and pathological Varma conditions and Varmam Treatment.</li> <li>• Thokkanam Techniques.</li> <li>• Introduction to 32 types of Siddha Puramaruthuva Muraikal (External Medicines)</li> <li>• Siddha Management of Neuro- Musculo- Skeletal disorders.</li> <li>• Siddha Management of Psychiatric cases.</li> <li>• Kayakarpam (Rejuvenation therapy)</li> <li>• Siddhar Yoga Maruthuvam (Yoga, Pranayamam and Dhyanam).</li> <li>• Attending OPD and IPD rounds</li> <li>• Discussion on the clinical success stories / cases</li> </ul>
<p><b>4<sup>th</sup> Day</b></p>	<p><b>Department of Aruvai including Kan, Kathu, Mookku, Thondai, Pal and Thol Maruthuvam</b></p> <ul style="list-style-type: none"> <li>• Introduction to Siddha Surgical instruments.</li> <li>• Orientation about 25 different Siddha surgical procedures; <ul style="list-style-type: none"> <li>a) Attai vidal (leech therapy),</li> <li>b) Aruvai (excision),</li> <li>c) Kuruthi vaangal (blood letting),</li> <li>d) Salagai (probing),</li> <li>e) Varthi (medicated wick),</li> <li>f) Oothal (blowing),</li> <li>g) Peechu (enema / douch),</li> <li>h) Urinjal (sucking),</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>i) Kattuthal (bandaging),</li> <li>j) Chuttigai (cauterization),</li> <li>k) Vedhu (steam therapy),</li> <li>l) Pugai (fumigation) and Kaaram (caustic application) etc;</li> <li>• Preparation of Karanool.</li> <li>• Introduction to Siddha interventions in the management of Ophthalmology, ENT, Dentistry and Dermatological disorders.</li> <li>• Discussion on the clinical success stories / cases</li> </ul>
<b>5<sup>th</sup> Day</b>	<p><b>Department of Sool and Magalir Maruthuvam</b></p> <ul style="list-style-type: none"> <li>• Siddha Ante-natal and Post natal care.</li> <li>• Siddha treatments for Gynecological diseases.</li> <li>• Attending OPD and IPD rounds</li> <li>• Discussion on the clinical success stories / cases</li> </ul> <p><b>Department of Kuzhathai Maruthuvam</b></p> <ul style="list-style-type: none"> <li>• Siddha medicines for new born (Urai Mathirai)</li> <li>• Siddha Immune Booster for Children.</li> <li>• Management of paediatric cases with Siddha medicines</li> <li>• Application of Puramaruthuvam in Paediatric cases</li> </ul>
<b>6<sup>th</sup> Day</b>	<p><b>Dispensary tour</b></p> <ul style="list-style-type: none"> <li>• Siddha medicines</li> <li>• Dosage</li> <li>• Anupanam</li> <li>• Culinary Medicine.</li> </ul> <p><b>Library tour</b></p> <ul style="list-style-type: none"> <li>• Different Books of Siddhars</li> </ul> <p><b>Herbal Garden Tour</b></p>
<p>*Pre-Test, Post-Test &amp; Feedback: ➤ Pre-Test &amp; Post-Test shall be from the KAP questionnaire For Siddha system of medicine (First day and Last day of the internship)</p> <p>**E-logbook shall be verified and certified by the Head of the Department and the unit under he/she works.</p>	