AYUSH SERVICES IN RURAL HEALTH CARE

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Modern day stressful life-style leads to rise in life style diseases all over the world.

It has been realized that no single system of medicine can address the health care needs of modern society.

Around 65-70% of the population in rural India use traditional system of medicine.
AYUSH

- A separate department of Indian system of Medicine and Homoeopathy (IS&M) was set up in 1995 to ensure the optimal development and propagation of holistic and traditional system of health care.
- The IS&M was re named as the Department of AYUSH in 2003.
- The Department of AYUSH under Ministry of Health and family welfare promotes and disseminates Indian systems of Medicines and Homoeopathy.
HEALTH

• Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity — WHO. (WORLD HEALTH ORGANIZATION)

• (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948.
• The Definition has not been amended since 1948.
AYUSH-RURAL HEALTH

• India being the nation of villages requires an intensive access to rural health care.
• The concept of mainstreaming of AYUSH was an idea in the 9th five year plan.
• It was actually implemented in the country by NRHM in 2005.
• AYUSH doctors are co-located in various health facilities such as Primary Health Center (PHC), Community Health Center (CHC), sub district hospital, and district hospital (DH).
• AYUSH facilities have been created in 468 DHs, 2483 CHCs and 8520 PHCs as on 31/03/2012.
Ayurveda, an indigenous medical system of India, practiced in other countries too.

It deals

• Preventive aspect
• Curative aspect

It has a great contribution in the development of many aspects of modern scientific medicine and has a lot more to explore.
The Indian system of Medicine is the culmination of Indian thought of medicine which represents a way of healthy living valued with a long and unique cultural history.

It also amalgamated the best of influences from the civilizations like:
- Greece – Unani Medicine
- Germany - Homoeopathy
Ayurveda is a classical system of health care originated from the Veda’s documented around 5000 years ago.

Around 1000 B.C knowledge of Ayurveda was first comprehensively documented in the compendia called Charaka Samhita and Sushruta Samhita.

As per the fundamental basis of Ayurveda all objects and living bodies are composed of five basic elements – Pancha Mahabhutas

- Pridhvi- Earth
- Jal- Water
- Agni – Fire
- Vaayu - Air
- Aakash - Sky
• Ayurveda imbibes the theory of **Tridosha**
  ❖ Vaata
  ❖ Pitta
  ❖ Kapha
• These are considered as three physiological entities in living beings responsible for all metabolic functions.
• The mental characters of human beings are attributable to
  ❖ Satva,
  ❖ Rajas and
  ❖ Tamas
• These psychological properties of life collectively termed as **Triguna**
AYURVEDA

- Ayurveda aims to keep structural and functional entities in a state of equilibrium which signifies good health (*Swasthya*).
- Any imbalance due to internal or external factors can cause disturbance in the natural equilibrium giving rise to disease and the treatment consists of restoring the equilibrium through various procedures.
- Regimen, Diet, Medicines, Behavior change.
- The preventive aspect of Ayurveda is called *Swasthavritta* and includes:
  - Personal hygiene, Daily, seasonal regimen, appropriate social behavior and use of materials & practices for healthy aging.
AYURVEDA

• The curative treatment consists of
  ➢ Aushadhi (Medicines)
  ➢ Aahara (Diet)
  ➢ Vihara (Life style)

• Ayurveda largely uses plants as raw materials for the manufacture of drugs, though materials of animal and marine origin, metals and minerals are also used.

• Ayurvedic medicines are generally safe and have little or no known adverse side effects, if manufactured properly and consumed judiciously.
• Ayurveda is proven to be effective in the treatment of chronic, metabolic and life style diseases for which satisfactory solutions are not available in conventional medicine.

• Over the years Kshara Sutra (Medicated seton) and Pancha karma therapies of Ayurveda became very popular among public.

• Pancha karma is an unique therapeutic procedure for the radical elimination of disease causing factors and to maintain the equilibrium in the body.
Pancha karma include five detoxification process used to treat diseases

1. Vamana (Medicated emesis)
2. Virechana (Medicated purgation)
3. Vasti (Medicated enema)
4. Nasya (Medication through nasal route)
5. Raktamokshana (Blood letting)

Panchakarma therapy minimizes the chances of recurrence of the diseases and promotes positive health by rejuvenating body tissues and bio-purification.
AYURVEDA

• **Kshara sutra** is a para–surgical intervention using an alkaline thread for cauterization, which is scientifically validated and effective in the treatment of Fistula-in-ano and other ano-rectal conditions as require excision of warts, sinuses etc..

•
AYURVEDA

Rasayana - Specialized health promotive and rejuvenate approach for health care.

- Single herbs
- Amalaki
- Guduchi
- Hareethaki
योगेन चित्तस्य पदेन वाचाम्
मलं शरीरस्य च बैद्यकेन ।
योसपाकरोत् तं प्रवरं मुनीनाम्
पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

(quoted in राजमार्तिष्टवृत्ति of भोजदेव)

योगाक्षित्वाचबृत्तिनिरोधः ॥
TYPES

1. Patanjali - Astanga yoga
2. Hathayoga
3. Karmayoga-Active
4. Bhaktiyoga-Devotional loving
5. Jnanayoga-Descriminating, Reasoning
6. Rajayoga-Psychic, Intelligence
7. Kundaliniyoga or Tantra
8. Kriya yoga – Energy
9. Sidha samadhi yoga
Yoga

- It consists of eight components namely,
  - Restraint (Yama),
  - observance of austerity (Niyama),
  - physical postures (Asana),
  - breathing exercise (Pranayam),
  - restraining of sense organs (Pratyahar),
  - contemplation (Dharna),
  - Meditation (Dhyan) and
  - Deep meditation (Samadhi).
Perfectionists:

- Ramakrishna Paramahamsa (Bhakti Yoga)
- Swami Vivekananda (Jnana Yoga)
- Lahiri Mahasaya (Kriya Yoga)
- Mother Teresa (Karma Yoga)
- Maha Avatar Babaji (Kriya Yoga)
- Ramana Maharshi (Jnana Yoga)
- BKS Iyengar (Hatha Yoga)
YOGA

• Precautions & Recommendations
• Asana should be practiced with empty stomach
• Should not be practiced immediately after meal except Vajrasana
• Initially practice under guidance of Guru, follow instructions.
• Proceed slowly, never force or strain to get into specific position. Relax briefly in practice
• Never practice under influence of alcohol/mind altering drugs.
• In pregnancy notify the instructor for special guidelines
• Take bath before yoga or with 30 min. gap after yoga
Naturopathy

- Naturopathy advocates living in harmony with constructive principles of Nature on the physical, mental, moral and spiritual planes.
- Naturopathy promotes healing by stimulating the body’s inherent power to regain health with the help of five elements of nature – Earth, Water, Air, Fire and Ether.
- Naturopathy advocates ‘Better Health without Medicines’.
- It is reported to be effective in chronic, allergic autoimmune and stress related disorders.
Naturopathy

- The theory and practice of Naturopathy are based on a holistic view point with particular attention to
  - simple eating and living habits,
  - fasting,
  - hydrotherapy-body packs, baths
  - mud packs, massages,
  - Under Water Exercises,
  - Air therapy
  - Magnet Therapy, Chromo-therapy
  - Acupuncture, Acupressure etc.

Naturopathy

- Naturopathy is an art and science of healthy living and a drugless system of healing based on well founded philosophy

- Father of naturopathy is Dr. Benedict Lust

- The revival of Naturopathy started in India by translation of Germany’s Louis Kuhne’s book “New Science of Healing”
Treatment

- Hydro Therapy
- Air Therapy
- Fire Therapy
- Space Therapy
- Mud Therapy
- Sun therapy
- Food Therapy

*Gandhiji* was influenced by the book *Return to Nature* written by Adolf Just and become a firm believer of Naturopathy.
Unani

• As the name indicates, Unani system originated in Greece.

• The foundation of Unani system was laid by Hippocrates.

• It was introduced in India by the Arabs and Persians sometime around the eleventh century.

• During 13th and 17th century A.D. Unani Medicine had its hey-day in India.
Unani

- For the prevention of disease and promotion of health, the Unani System emphasizes six essentials (Asbab-e-Sitta Zarooria):
  a) pure air
  b) food and water
  c) physical movement and rest
  d) psychic movement and rest
  e) sleep and wakefulness and
  f) retention of useful materials and evacuation of waste materials from the body.
Unani

- Unani system of Medicine has been found to be efficacious in conditions like:
  - Rheumatoid Arthritis,
  - Jaundice,
  - Nervous Debility,
  - Skin Diseases like Vitiligo & Eczema,
  - Sinusitis and Bronchial Asthma.
**Unani**

- **Regimenal Therapy** is a special technique/physical method of treatment to improve the constitution of body by removing waste materials and improving the defense mechanism of the body and protect health.

- Some of the special techniques are
  - **Fasd (Blood-letting)** - Withdrawal of often little quantities of blood from a patient to cure or prevent illness and disease.
  - **Dalk (Massage)**
  - **Riyazat (Exercise)**
Unani

- Hijama (Cupping)- A partial vacuum is created in cups placed on the skin either by means of heat or suction. This draws up the underlying tissues. When the cup is left in place on the skin for a few minutes, blood stasis is formed and localized healing takes place.

- Taleeq-e-Alaq (Leeching)- application of a living leech to the skin in order to initiate blood flow or deplete blood from a localized area of the body.

- Hammame- Har (Turkish Bath)
- Amal-e- Kai (Cauterization).
Siddha

- The Siddha System of medicine is one of the ancient systems of medicine in India having its close bend with Dravidian culture.

- The term Siddha means achievements and Siddhars are those who have achieved results in medicine.

- The Siddha system of Medicine emphasizes on the patient, environment, age, sex, race, habits, mental frame work, habitat, diet, appetite, physical condition, physiological constitution of the diseases for its treatment which is individualistic in nature.
Siddha

- Diagnosis of diseases are done through examination of pulse, urine, eyes, study of voice, colour of body, tongue and status of the digestion of individual patients.

- System has unique treasure for the conversion of metals and minerals as drugs and many infective diseases are treated with the medicines containing specially processed mercury, silver, arsenic, lead and sulphur without any side effects.
The Siddha System is largely therapeutic in nature.

- use of metals and minerals is very much advocated.
- 25 varieties of water-soluble inorganic compounds called ‘UPPU’
- 64 varieties of mineral drugs
- The Siddha system is capable of treating all types of disease other than emergency cases
Siddha

- The strength of the Siddha system lies in providing very effective therapy in the case of:
  - Psoriasis,
  - Rheumatic disorders,
  - Chronic liver disorders,
  - Benign prostate hypertrophy,
  - Bleeding piles,
  - Peptic ulcer
  - Various kinds of Dermatological disorders of non-psoriatic nature.
Homoeopathy

- The Physicians from the time of Hippocrates (around 400 B.C.) have observed that certain substances could produce symptoms of a disease in healthy people similar to those of people suffering from the disease.
- Dr. Christian Friedrich Samuel Hahnemann, a German physician, scientifically examined this phenomenon and codified the fundamental principles of Homoeopathy.
- Homoeopathy was brought into India around 1810 A.D. by European missionaries and received official recognition in 1948 by the Parliament.
Homoeopathy

• First principle of Homoeopathy ‘Similia Similibus Curentur’ - a medicine which could induce a set of symptoms in healthy human beings would be capable of curing a similar set of symptoms in human beings actually suffering from the disease.

• Second principle of ‘Single Medicine’ - Single medicine should be administered at a time to a particular patient during the treatment.

• Third principle of ‘Minimum Dose’ - bare minimum dose of a drug which would induce a curative action without any adverse effect should be administered.
Homoeopathy

- Homoeopathy is based on the assumption that the causation of a disease mainly depends upon the susceptibility or proneness of an individual to the incidence of the particular disease in addition to the action of external agents like bacteria, viruses, etc.

- Homoeopathic medicines are prepared mainly from natural substances such as plant products, minerals and from animal sources.

- Homoeopathy has its own areas of strength in therapeutics and it is particularly useful in treatment for allergies, autoimmune disorders and viral infections.
The aim of homoeopathy is not only to tackle individual disease but to understand the person as a whole and relieve him/her of his/her complaints by means of case taking, analysis and evaluation of symptoms.

- Many surgical, gynaecological and obstetrical and paediatric conditions and ailments affecting the eyes, nose, ear, teeth, skin, sexual organs etc. are amenable to homoeopathic treatment.
- Behavioral disorders, neurological problems and metabolic diseases can also be successfully treated by Homoeopathy.
- Apart from the curative aspects, Homoeopathic medicines are also used in preventive and promotive health care.
# Infrastructure (India) As on 2010

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<th>Siddha</th>
<th>Yoga</th>
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System-wise distribution of AYUSH doctors

Total: 712121 doctors

- Ayurveda: 60.3%
- Homoeopathy: 31.5%
- Unani: 6.9%
- Others: 1.3%
There are two statutory regulatory bodies, namely Central Council of Indian Medicine (CCIM) and Central Council of Homoeopathy (CCH) for laying down minimum standards of education, recommending recognition of medical qualifications, registering the practitioners and laying down of ethical codes.

Four research councils, for Ayurveda and Siddha (CCRAS), Unani (CCRUM), Yoga and Naturopathy (CCRYN) and Homeopathy (CCRH) are responsible for the officially sponsored research activities.
AYUSH-RURAL HEALTH

• Most of health problems that suffer in rural areas are similar to urban slums and they are easily treatable and preventable.

• One of the Ayurvedic products known as *Punarnavadi Mandura* has been included in the ASHA kit for the management of anaemia at the community level.

• The potential of AYUSH drugs to tackle community health problems resulting from nutritional deficiencies, epidemics and vector-borne diseases has been widely recognized.

• Government of India has recognized some of the principles and therapeutics of Ayurveda as a mode of intervention to community health problems, i.e. *Ksharasutra* therapy for anorectal disorders, *Rasayana Chikitsa* (rejuvinative therapy) for senile degenerative disorder, etc.
AYUSH-RURAL HEALTH

Study on Role of AYUSH and Local Health Traditions Under National Rural Health Mission (NRHM)*

18 states across India
Implications of the NRHM strategy of mainstreaming AYUSH in terms
- Coverage
- Quality of services
- Demand of services
Validation of Local Health Traditions (LHTs)

Outcome
- 80-90% households aware about utility of AYUSH/LHTs
- Co-located services are well utilized in some states
- 70% Allopathic doctors viewed AYUSH is not rudimentary

AYUSH-RURAL HEALTH

State wise AYUSH doctors appointed on contract in PHC’s under NRHM till 31-03-2012
AYUSH-RURAL HEALTH

State wise AYUSH paramedics appointed on contract in PHC’s under NRHM till 31-03-2012
AYUSH-RURAL HEALTH

Average rural population served per Rural Health Infrastructure as on 31.03.2012

| Rural population served under Rural Health Infrastructure co-located with AYUSH facilities |
|---------------------------------|-----------------|-----------------|-----------------|
| Per each DH                     | Per each CHC    | Per each PHC    |
| 17.7 lakhs                      | 3.3 lakhs       | 1.0 lakhs       |

AYUSH: Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy, DH: District hospital, CHC: Community Health Center, PHC: Primary Health Center

Total number of AYUSH drugs proposed

<table>
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<tr>
<th>Name of the institution</th>
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<td>Sub District Hospital</td>
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<tr>
<td>District Hospital</td>
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*One patient and proprietary drug named 777 oil for psoriasis has been proposed. AYUSH: Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy
AYUSH-RURAL HEALTH
OTHER STATES

- Ayurved Gram – Chattisgarh
- School yoga, AYUSH School health – Orissa, Punjab.
- Dadi Maa ki Batua – Jammu & Kashmir
- Gyan ki Potli, AYUSH Call centre – Madhya Pradesh
- Course on local health tradition – Haryana
- AYUSH Call center, Suposhanam – Tripura
- AYUSH Epidemic cell – Tamil Nadu, Kerala
- The IPHS prescribes setting up of a herbal garden in sub centre and PHC premise within the available space.
AYUSH RURAL HEALTH ANDHRA PRADESH

• AYUSH Gram:

• i. AYUSH Gram is a concept wherein one village per block will be selected for adoption of method and practice of AYUSH way of life and interventions of health care.

• AYUSH village AYUSH based lifestyles through behavioural change communication.

• Training of village health workers towards identification and use of local medicinal herbs and provision of AYUSH health services.

• The elected village representatives are sensitized so that there is also active participation from the community.
AYUSH – RURAL HEALTH

Objectives:

- To spread awareness within community for practice of those dietary habits and life styles as described in AYUSH Systems of Medicine which help in preventing disease and promoting health.
- To advice people for preservation and cultivation of those herbs which are found in their surroundings by explaining them their medicinal values.
- To advice people about common ailments and its cure thorough use of herbs found in their localities.
- To raise campaign against communicable diseases like Malaria, T.B., Diarrhoea etc. and measures for their prevention and treatment.
- Organization of Yoga Camps
- cultural activities through street plays etc. may be conducted.
SCHOOL HEALTH

• School Health Programme through AYUSH:
  • i. Providing easy access to health, nutrition and hygiene education and services through AYUSH systems of medicine is a simple and cost effective tool which can go along way in the prevention and control of communicable and non-communicable diseases.
• The main focus of School Health Programme through AYUSH is to address the health needs of School going Children both physical and mental through providing AYUSH services including Yoga and counselling.
• RBSK – Rashtriya Bala Swasthya Karyakram.
AYUSH HEALTH AND NUTRITION EDUCATION

- a. AYUSH Health and Nutrition education
- b. Education on home remedies and locally available medicinal plants and importance of growing medicinal plants in home gardens.
- c. Practice of Yoga
- d. Education on sexual and reproductive health issues
- E. Health screening:
  - Early detection and management of common problems eg; visual and hearing problems, physical disabilities, common skin problems, learning disabilities etc.
- f. Nutrition, anaemia, worm infestation management
- g. Development and dissemination
- h. Referral linkages with health services and local remedial action.

Referral

- linkages with AYUSH Medical colleges or AYUSH Hospitals for remedial and preventive measures may also be undertaken.
- Nodal teachers for AYUSH School Health programme should be identified
MEDICINAL PLANTS

Medicinal Plants form the major resource base of our indigenous health care traditions.

The outreach and acceptability of AYUSH systems, both nationally as well as globally, are dependent on uninterrupted availability of quality medicinal plants based raw material.

More than 90% of the species used in trade continue to be sourced from the wild of which about 2/3rd are harvested by destructive means.
The Cultivation of medicinal plants, is the key to meet the raw material needs of the AYUSH industry with higher levels of income, crop diversification and growth of exports.

Indian exports of medicinal plants and herbs are mostly in the form of raw herbs and extracts and account for almost 60-70% of the current exports of herbal/AYUSH products.

Specific drugs
- Amalaki
- Aswagandha
- Sankhpushpi
- Bramhi
- Mandukaparni
- Yastimadhu
- Satavari
- Hareetaki....
MEDICAL & PREVENTIVE CAMPS
MEDICINAL PLANTS
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Conclusion

• The grossly deficient health workforces in rural India are hugely replenished by AYUSH doctors and paramedics.
• Many of the therapeutics are being used in different forms for the management of community health problems which are safe and effective.
• Many of the principles described in the classical texts of Ayurveda and other systems of medicine such as Yoga and Naturopathy are being utilized and many of them are proposed in the state program implementation and planning (PIP).
• This scenario is not the same in all the states as health in India is a state issue.
• This problem has to be sorted out for the effective implementation of mainstreaming of AYUSH and revitalization of local health tradition in a more homogenous manner throughout the nation.
THANK YOU