

MARKING 8th AYURVEDA DAY: AYURVEDA FOR ONE HEALTH

November 10, 2023

“Thanks to Ayurveda's popularity a strong opportunity awaits us. We must not lose that opportunity. There have been many gains by combining the traditional with the modern. Youngsters are using a wide range of Ayurveda products. There is a growing consciousness to integrate Ayurveda with evidence based medical sciences.”

- [Prime Minister Narendra Modi](#)

Ayurveda is the traditional system of medicine that originated in ancient India. It is the oldest system with a documented history of its practice for more than 5000 years. It focuses on achieving balance in the body, mind and spirit to promote holistic well-being. The term Ayurveda is derived from two Sanskrit words: “*ayu*”, meaning life, and “*veda*”, meaning knowledge. Thus, the term Ayurveda denotes the “knowledge of life”. Under this ancient, well-documented system of medicine *prevention of disease* and the *promotion of health* are both given the utmost importance.

8th AYURVEDA DAY

In India, the knowledge of Ayurveda is attributed to Dhanawantari, the physician to the gods, who received it from the god Brahma. Government of India has been observing Ayurveda Day every year on **Dhanawantari Jayanti** (which is celebrated as **Dhanteras**) since 2016 to raise awareness about Ayurvedic principles, medicinal herbs, and lifestyle practices.

The theme for Ayurveda Day – 2023 is “**Ayurveda for One Health**”, with the tagline “Ayurveda for everyone every day,” focusing on the human-animal-plant-environment interface.



A month-long celebration drive to mark the eighth Ayurveda Day was unveiled by the Union Minister of Ayush Sarbananda Sonowal on October 10. Speaking at the event, Mr Sonowal

emphasized on “*Jan Sandesh, Jan Bhagidhari and Jan Andolan for Jan Arogya*” aspect of Ayurveda” and said that the Ayush Ministry intends to explore the potential of Ayurveda in promoting not only the wellbeing of human beings but also the wellbeing of environment, plants animals. Therefore, the theme chosen for 2023 was “**Ayurveda for One Health**”.

Several activities were planned throughout the country to mark the day to raise awareness of Ayurveda among the people, students and farmers. About **17 lakh** people participated in about **20 thousand** public participation activities in the campaign. The campaign registered its digital reach in about **102 countries** across the world.

Marathons named “**Run for Ayurveda**” were organised at 424 locations. A nationwide **biker’s rally** took place in which teams of youth in **11 cities** of the country came out on the streets to spread the message of Ayurveda. The Ministry of AYUSH organised **meetings in embassies**, and state governments, **held healthcare camps and rallies** in schools and other areas with the help of voluntary organizations and thus made it an **international people’s movement with global public participation**.

National Dhanvantari Ayurveda Awards for distinguished service in the field of Ayurveda were given to Vaidya RM Awahad, Vaidya PV Damania, and Vaidya L Mahadevan Sarma.

Activities to Mark Ayurveda Day



Ayurveda Day Talk at the National TV MBC University of Mauritius, Ebene, Mauritius



SVCC, Embassy of India organised a session on managing hypertension



Awareness lecture at Burdhawana Primary School



Awareness class on medicinal plants & benefits of yoga taken for the students of Govt UPS Kumbanadu



Bikers rally in Jaipur



Run for Ayurveda in Tripura

HISTORY OF AYURVEDA

Ayurveda, the science of life is one of the ancient and comprehensive systems of health care. The quest for good health and long life is probably as old as human existence. Four Vedas considered as oldest Indian literatures composed between 5000 and 1000 BC have information on treatment by plants and natural procedures. Reference of medicine and surgery are also found in Indian epics like Ramayana and Mahabharata. However, Ayurveda was established as a fully grown medical system from the period of Samhita (compendium) i.e., around 1000 BC. The compendia like Caraka Samhita and Susruta Samhita were written in a systematic manner with eight specialties during this period. The essential details of Caraka Samhita and

Susruta Samhita were compiled and further updated in the treatises Astanga Sahgraha and Astanga Hrdaya authored by Vrddha Vagbhata and Vagbhata during 6 - 7 Century AD. Thus, the main three treatises called Brhatrayi i.e., Caraka Samhita, Susruta Samhita and Astanga Sangraha formed the basis for subsequent scholars to write texts.

Around 200 BC, medical students from different parts of the world used to come to the ancient University of Takshashila to learn Ayurveda. From 200 to 700 AD, University of Nalanda also attracted foreign medical students mainly from Japan, China etc. The Egyptians learnt about Ayurveda long before the invasion of Alexander in 400 BC through their sea-trade with India. Greeks and Romans came to know about it after their invasion. In the early part of the first millennium Ayurveda spread to the East through Buddhism and greatly influenced the Tibetan and Chinese system of medicine and herbology.

Around 800 A.D., Nagarjuna has conducted extensive studies on the medicinal applications of various metals. Many exotic and indigenous drugs for new uses are found place in Ayurvedic literature. After 16th Century, there have been inclusions of diagnosis and treatment of new diseases based on modern medical science.

In 1827, the first Ayurveda course was started in India at the Government Sanskrit College, Calcutta. By the beginning of 20th Century, many Ayurveda colleges were established in India under the patronage of provincial Rulers. Ayurveda gained more ground beginning in the 1970s, as a gradual recognition of the value of Ayurveda revived. Lots of academic work was done during the 20th century and many books were written and seminars and symposia were held.

Presently Ayurveda has well-regulated undergraduate, postgraduate and doctorate education in India. A commendable network of practitioners and manufacturers exists. Infrastructure development in private and public sectors has improved the outreach to the community in a commendable way.

GROWTH OF AYUSH INDUSTRY

Ayush industry has witnessed considerable growth in market size since the upgradation of the Department of Ayush to the Ministry of Ayush in the year 2014. Ayush manufacturing industry was Rs. 21,697 crores (USD 2.85 Bn) in 2014-15 and in the latest study of Research and Information System for Developing Countries (RIS) of 2020, the Ayush manufacturing industry size has been estimated at **Rs.1,37,800 crores (USD 18.1 Bn)** that is **6 times rise** in 7 years. Similarly, a preliminary study of RIS shows **Rs 1,66,797 Crore Revenue in Ayush Service sector.**

RECENT INITIATIVES TO PROMOTE AYUSH

National Ayush Mission

The Union Cabinet had approved on 14.07.2021 for the continuation of the National Ayush Mission (NAM) as a Centrally Sponsored Scheme with financial implication of Rs. 4607.30 Crore (Rs. 3000.00 Crore as Central Share and Rs. 1607.30 Crore as State Share) with effect from 01.04.2021 to 31.03.2026.

AYUSH HWCs

Government of India had mandated the Ministry of Ayush to operationalize 12,500 Health & Wellness Centers (HWCs) by 2023-24. More than **8000 AYUSH HWCs** are functional.

WHO Global Centre for Traditional Medicine

Prime Minister Shri Narendra Modi laid the foundation stone of the WHO Global Centre for Traditional Medicine (GCTM) in Jamnagar, Gujarat on 19th April 2022. The institute aims to support nations in developing policies and action plans to strengthen the role of traditional medicine as part of their journey to universal health coverage.

Global Ayush Investment and Innovation Summit, 2022

The global summit was held at Mahatma Mandir, Gandhinagar, Gujarat from 20th to 22nd April 2022. This unique global centre has been established to unlock Ayush's potential by blending ancient practices with modern science. The Ministry of Ayush was able to attract a total investment commitment of INR 9,000+ crore.

AYURVIDYA

Ayurvediya Programme for promotion of healthy lifestyle in 75000 Schools through Ayush System.

e-Charak (<https://e-charak.in>)

An online portal cum android-based application for trading of medicinal plants named “e-CHARAK” to enable trading and information exchange between various stakeholders involved in the medicinal plants sector.

References:

- <https://pib.gov.in/PressReleaseIframePage.aspx?PRID=1968495>
- <https://pib.gov.in/PressReleaseIframePage.aspx?PRID=1966258>
- <https://pib.gov.in/PressReleasePage.aspx?PRID=1895518>
- <https://pib.gov.in/PressReleasePage.aspx?PRID=1948495>
- <https://pib.gov.in/PressReleasePage.aspx?PRID=1888087>
- <https://pib.gov.in/PressReleaseIframePage.aspx?PRID=1909096>
- <https://pib.gov.in/PressReleasePage.aspx?PRID=1656379>
- <https://ayurvedaday.org.in/>
- <https://ayush.gov.in/>
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/ayurveda>
- <https://www.mountsinai.org/health-library/treatment/ayurveda>
- <https://iris.who.int/bitstream/handle/10665/365543/9789240064935-eng.pdf?sequence=1>
- Lok Sabha Unstarred Question No. 3792 dated 11th August 2023

NR/ HP/ RK/AP