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## Introduction - Yoga and Alternative Systems of Medicine

- Humans have actively engaged in medicine as well as in alternative systems of drugless healing over centuries, and across societies and civilisations. There has been a growing consciousness around the world for improving healthcare using alternative systems of medicine, lifestyle changes and mindfulness.
- Yoga is an ancient practice and a spiritual discipline focussing on assimilating the mind, body and nature to establish an organic harmony between all forces.
- Each year, 21st June is celebrated as the International Day of Yoga.
- Naturopathy, Siddha system of medicine, Ayurveda, Unani, Homeopathy, Naturopathy and others, are also various practices in addition to the more popular system of medicine, i.e. Allopathy, which is the commonly followed system in India and most other parts of the world.
- Given the multitude of health issues that humanity is facing today, it is important to integrate the preventive, curative and uplifting aspects of the traditional as well as modern systems of medicine.

## 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 aim of Yoga practice (*sadhana*) is to overcome and endure all kinds of suffering that leads to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Founders of philosophical thoughts - Vedic seers, ancient Indian Yoga Gurus, Maharishis, Mahavir, Buddha, Christ, Mohammed and Sufis have dedicated their lives to the quest of understanding the source of suffering of mankind. All these masters have developed a common path which can be realised by the practice of Yoga.

### Traditional Schools/Kinds of Yoga -

These include *Jnana* Yoga, Bhakti Yoga, Karma Yoga, Patanjali Yoga, Kundalini Yoga, Hatha Yoga, Dhyana Yoga, Mantra Yoga, Laya Yoga, Raja Yoga, Jain Yoga, Bouddha Yoga etc.

### Fundamentals 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 utilise the body; Jnana Yoga where we utilise the mind and intellect; Bhakti Yoga where we utilise the emotion and Kriya Yoga where we utilise the energy.

### **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.
- 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 disassociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects. Bandhas and Mudras are practices associated with Pranayama.
- Satkarmas are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body.
- Yuktahara (Right Food and other inputs) advocates appropriate food and food habits for healthy living. However, the practice of Dhyana (Meditation) helping in self-realisation leading to transcendence is considered as the essence of Yoga Sadhana.

### **How Yoga works?**

1. Cleanses the accumulated toxins through various *shuddikriyas* and generates a sense of relaxed lightness through Yogic *sukshmaryayama* (simple micro movements for all joints and ligaments of the body).
2. Adoption of a Yogic lifestyle with proper nourishing diet, creates positive antioxidant enhancement.
3. Steadies the entire body through different physical postures held in a steady and comfortable manner without strain.
4. Improves control over autonomic respiratory mechanisms through breathing patterns that generate energy and enhance emotional stability.
5. Integrates body movements with the breath creates psychosomatic harmony.
6. Focuses the mind positively on activities being done, enhances energy flow and results in healthy circulation to the different body parts and internal organs.
7. Creates a calm internal environment, through contemplative practices that in turn enable normalisation of homeostatic mechanisms.
8. Relaxes the body-emotion-mind complex through physical and mental techniques.
9. Enhances self-confidence and internal healing capacities.
10. Yoga works towards restoration of normalcy in all systems of the human body with special emphasis on the psycho-neuro-immuno endocrine axis.

### **Scientific studies on Yoga -**

- The studies revealed that yoga through its effect on autonomic nervous system and endocrine system influence cellular and molecular aspects of health in Yoga practitioners.
- It was observed that Yogic practice brings stability of autonomic equilibrium along with strengthening of parasympathetic system, thereby minimising the wear and tear in different physiological systems and thereby slowing down the ageing process.
- Yoga practice results in relative hypometabolic state, thereby providing greater buffer for stress response.
- The studies indicate improvement in physical and cognitive performance, improvement in thermoregulatory efficiency, body flexibility and stress tolerance.

## Yoga and Mental Health

The word “Yoga” comes from the 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.

Patanjali in his Yoga sutras says “Yogah chitta vritti nirodhah” which means the primary aim of the Yoga is removal of fluctuations of the mind. “Samatvam Yoga Uchyate” which translates to ‘yoga is equanimity of mind in any situation’ is cited in the Bhagwad Gita (5000 BC).

‘Ashtanga Yoga’ is outlined by Patanjali as outlined by Patanjali, consists of eight limbs. These are as follows -

1. Yama (universal ethics)
2. Niyama (individual ethics)
3. Asana (physical poses)
4. Pranayama (breath control)
5. Pratyahara (control of the senses)
6. Dharana (steadiness of the mind)
7. Dhyana (meditation)
8. Samadhi (bliss)

### Concept of Disease as per Yoga -

Taittiriya Upanishad describes the five sheaths (pancha-kosas) or layers of existence in the body from gross to fine level. This is also called as Anatomy of Yoga. They are, namely -

1. Annamaya kosha, “food” sheath (Anna)
2. Pranamaya kosha, “energy” sheath (Prana)
3. Manomaya kosha, “mind” sheath (Manas)
4. Vijnanamaya kosha, “discernment” sheath (Vijnana)
5. Anandamaya kosha, “bliss” sheath (Ananda)

### Yoga and Mental Health -

- Yoga brings about positive health by causing the relaxation of the whole body, slowing down the respiration (making it quiet and deep) and calming the mind, thereby helping in improving attention and concentration.
- It increases self-reliance and self-confidence, thereby improving the ability to handle stress.
- It leads to better interpersonal relationships, increased attentiveness, lowered irritability levels, and an optimistic outlook in life in healthy individuals.
- Yoga has been shown to help improve symptoms in several physical disorders, like diabetes, hypertension, asthma and also in mental disorders, like anxiety, depression and psychosis.
- Yoga holds promise as a complementary therapy in cases of tobacco, alcohol and opioid dependence along with routine medical intervention and psychosocial interventions.
- In healthy elderly individuals, yoga has been found to be effective in improving the domains of quality of life and sleep quality along with memory.

#### **The components of Yogic Way of Life -**

- **Ahara (Food)** -The quantity should be enough to fill two quarters of the stomach, another one quarter should be filled with liquid and the remaining quarter (one-fourth) should be left empty for free flow of air.
- **Vihara (Relaxation)** - Yogic practices of asana, pranayama and meditation relaxes body and mind. Sound sleep, recreational activities are also important for relaxation.
- **Achara (Conduct)** - Positive emotions, positive attitudes, good habits and control on desires help in making us strong, both individually and socially.
- **Vichara (Thinking)** - Yogic practices like pratyahara and dhyana (meditation) help us in controlling our thoughts and thereby promoting optimism in life.
- **Vyavahara (Behaviour or actions)** - Karma Yoga proposes that we should perform right actions with full dedication without worrying about the results.

## **Yoga for Lifestyle Changes**

According to the 2019 edition of the Bloomberg Healthiest Country Index, India is placed at 120th rank among 169 countries related to measures such as mortality by communicable and non-communicable diseases and life expectancy.

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.

#### **Lifestyle changes include -**

- Absence of diseases
- Optimal physical fitness

- Proper nutrition
- Spirituality
- Smoking cessation
- Stress management
- Substance abuse control
- Health education
- Environmental support

Yoga is the science of a being's evolution. It is the science of activating inner energies; blossoming of human potential to its fullness is yoga; the balance of intellectualism is yoga; Yoga is health insurance at Zero budget; Yoga is passport to health assurance; Yoga is secular nature and science; Yoga is technology or science of inner evolution for total well-being. Yoga is a well-balanced and perfect process for success and peace in life. Yoga is an integral part of the total healthcare approach. Yoga is a powerful antidote to the stresses of modern daily life. Yoga has three principles : purification, concentration and liberation. According to Yoga Sutras: "Yoga sutures the wounds of life."

#### **Special features of Yogic Practices -**

- Prayer cleanses the blockages in the small intestine through brain signals and activates the vibrations in the brain particularly the hypothalamus; increases blood flow to the brain and promotes gamma waves;
- Kriyas perfect autonomous nervous system; balance three doshas (vata-nervous system; pita-digestive system; Kapha-respiratory system); eliminate toxins.
- Pawanmuktasana Series - increases synovial fluid, stretch ligaments and tendons, promote immunity power and brain function, flush out excess free radicals, thickness and quality of cartilage improved, flush out excess calcium-oxalate solidness.
- Surya Namaskar and asanas balance the secretion of hormones (regulates specific human systems);
- Mudras perfect cerebro spinal fluid to flush out waste products;
- Pranayama maximises endurance and removes toxins;
- Bandhas activate central nervous system;
- Meditation is for the purification of mind; it activates space elements; leads to thoughtless stage; blood flow increases; set right biological clock; genes perfected by activating hypothalamus;
- Yoga helps to get the qualities of total well-being;
- Blessings activate the dopamine system in the brain.

# **Alternative Systems of Medicine in India - An Overview**

Traditional Medicine (TM) along with Complementary Medicine (CM) and Alternative Medicine (AM) are terminologies that are often used interchangeably for systems in both Eastern and Western parts of the world (including for Ayurvedic medicine, naturopathy, traditional Chinese medicine and homeopathy etc.) that have developed separately from the conventional system of medicine. These systems all put together are referred to as the Traditional and Complementary Medicine (T&CM).

## **History -**

- 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.
- 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 neutralises the disease condition or disease-causing agents' started getting popular and is now known as Allopathy and Allopathic Medicine.

## **India and Alternative Systems 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 in March 1995 to promote and regulate the practice of alternative systems of medicine in the country.
- 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 Systems of Medicine and Homeopathy.

## **National Health Policy of India -**

- The current National Health Policy of India has proposed functional linkage of AYUSH at all levels of health systems, including service delivery as well as work force. The policy proposal focuses on inclusion of Yoga at the workplace, in schools and in the community as an important form of promoting health and wellness.
- The utilisation of AYUSH services, ranges from 5-10 percent of total health service utilisation with variations across Indian states.

## **Discussions and the Way Forward -**

- The current and predicted increasing burden of chronic and non-communicable diseases (NCD) is often considered the most urgent reason for developing and strengthening collaboration between conventional and T&CM health sectors.
- The research on different aspects of T&CM and the use of proven methods and approaches need to be promoted in addition to ensuring the availability of these services for the people.
- More strategic approaches are needed in this area including building the knowledge base for T&CM through facilitating national policies; capacity building; further strengthening of quality assurance, safety, proper use and effectiveness of T&CM by products, practices and practitioners; and by integrating T&CM services into healthcare service delivery and self-healthcare.

## 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’. As ‘Siddhi’ means perfection, the practitioners of Siddha medicine aimed at perfection of health. 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” - who were, and are still, believed to have superhuman powers as the word Siddhi itself also refers to supernatural powers.

One of the definitions of Siddha medicine is conquest of death: “that which ensures preventive against mortality”. They were well aware that the physical body is transient, that is, the only instrument by which a person can reach the ultimate goal, is to become one with the Lord. So they found Siddha system of medicine. It will not be wrong to say that Siddha medicine is the result of their search for reaching God.

### Basic Human Principles -

1. **Five Elements** - The primordial elements are called panchamaha bootham, namely mann (earth), neer (water), thee (fire), kattru (air) and aagayam (space). The five elements form the basis of the cosmos and are in a subtle state. The role of the five elements does not end in giving just the skeletal framework to the human body but at the same time, it is indispensable in the prescription of therapeutic regimen.
2. **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).
  - a. The first one third of one’s life is considered as vazhi period where a person grows physically, psychologically, emotionally, spiritually etc.
  - b. The second third of ones life is considered as azhal period where life is considered to be in the maintenance phase in physiological condition. An individual is exposed to enormous stress.

- c. Finally, the last one third of one's life is physiologically attributed to Iyyam period or the destructive/senile phase of one life, vazhi is imbalanced and hence an individual suffers from pain and degenerative disorders like spondylitis, osteoarthritis etc.

### **Siddha Diagnosis -**

In Siddha system of medicine, eight tools are mentioned in the armamentarium of the Siddha physicians. They are as follows -

1. Naadi (Siddha way of Pulse Examination)
2. Sparisam (Touch and palpation)
3. Naa (Tongue examination)
4. Niram (Colour, complexion, discoloration etc.)
5. Mazhi (Voice examination)
6. Vizhi (Eyes examination)
7. Malam (Stools examination)
8. Moothiram (Urine examination)

### **Oil on Urine Sign (Neikkuri Examination) -**

Neikurri or Oil on Urine sign is a unique method in Siddha system of medicine to arrive at the diagnosis and prognosis of the disease conditions. In this test an oil drop preferably of sesame oil is instilled over the surface of the urine sample surface and the spreading pattern of the oil drop is observed over a minute and viewed. Examination of pulse and urine are very important because they are helpful in arriving at the diagnosis and also in assessing the prognosis of the disease.

### **Line of treatment -**

To tackle the disease effectively and easily, Siddhars primarily dealt with the causative factors i.e. vitiated humour.

### **Varmalogy -**

The science of Varmalogy was introduced by Siddha stages - realised souls. Varmam can be understood as follows "Whenever vasi touches, there is varmam. Wherever the breath reaches, there is varmam". In general, varmam is used as a general word to cover "vasi", vital air and breath.

## **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.

### **Homeopathy addresses multi-morbidity successfully -**

It is common to find arthritis pains, hypertension, thyroid disease as well as diabetes. Such conditions are called multi-morbid conditions. 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.

### **What Illnesses are Best Treated with Homeopathy?**

- Homeopathy can be your first line of treatment in many day to day illnesses like seasonal viral fevers, allergic cold, gastric troubles, minor cuts and injuries, headache, skin diseases like acne, warts, rashes and muscular pains caused by muscle spasms.
- For diseases of chronic or prolonged nature, like various types of arthritis, diabetes mellitus, migraine, sinusitis, respiratory and cardiovascular problems, Homeopathic treatment is very popular due to its known effectiveness.

## **Unani System of Medicine : The Science of Health and Healing**

Unani System of Medicine is a comprehensive medical system which provides promotive, preventive, curative and rehabilitative healthcare. Temperament (Mizaj) of a patient is given great importance in diagnosis and treatment of diseases 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 a 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.

### **Concept of Health Promotion and Disease Prevention -**

- In Unani system, health is divided into three states - stable optimum health, vulnerable optimum health, and debility without disease. The first state should be maintained by a

minutely described healthy lifestyle - both physical and psychic and by a healthy environment and diet.

- The second and third states additionally require special diets, regimens (massage, exercise etc.) and even drugs.
- Unani system of Medicine has also emphasised on the importance of psychiatric treatment (IlajNafsani) in the management of various diseases. Surgical interventions and procedures are elaborately described and practiced in conditions, which are not amenable to drug treatment.

### **Management of Diseases -**

In Unani system of Medicine, the management of diseases focuses on the pathology involved in the disease process and works towards removal of the causative factor (Izala-iSabab), normalisation of the morbid temperament (Ta'dil-iMizaj) and evacuation of morbid material (Tanqiya).

### **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 organisation in Unani Medicine.

### **Conclusion -**

Unani system of medicine has been developed scientifically, nurtured and systematically integrated in the healthcare delivery system over the years by Government of India. The fundamentals, diagnosis and treatment modalities of the system are based on scientific principles.

## **Naturopathy: The Science of Health and Wellness**

Yoga and Naturopathy are traditional Indian sciences practiced for health and wellness. These are the drugless systems of healthcare.

### **Concept of Health and Wellness in Naturopathy -**

- Naturopathy is a traditional system of healing based upon natural principles that govern life, living and health.
- 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.
- Naturopathy believes that all living beings in nature stay healthy as long as they are tuned with the natural laws.
- Naturopathy believes the nature as the supreme healer. Disobeying natural laws therefore results in delayed healings.

Naturopathy recommends following a proper diet and other laws of health as under -

1. Fresh air and sunshine;
2. Deep breathing exercise;
3. Correct posture;
4. Rest;
5. Recreation;
6. Relaxation;
7. Sleep;
8. Right mental attitude;
9. Internal cleanliness;
10. Proper elimination.

Naturopathy believes that the entire Universe is composed of five basic elements (Panchamahabhutas) viz. Ether (akasha), Air (vayu), Fire (agni), Water (agni) and Earth (prithvi) and so is the human body. Imbalance of these elements create disease. The disease 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 -

1. **Upvas Chikitsa (Fasting Therapy)** - Therapeutic fast recommends a complete rest of physical, physiological, sensory and mental acts including voluntary abstinence of food demanding digestion.
2. **Aahar Chikitsa (Diet Therapy)** - Right food is so important to health that it alone is regarded as medicine.
3. **Mitti Chikitsa (Mud Therapy)** - Mud packs and bath are amongst most popular and effective treatments of Naturopathy.
4. **Jala Chikitsa (Hydrotherapy)** - Jala Chikitsa (Hydrotherapy) treats the body with application of Jala (water) in all its forms - solid (ice), liquid and vapour, internally and externally.
5. **Malish Chikitsa (Massage Therapy)** - The aim of massage therapy is to influence the sympathetic and parasympathetic nervous systems, to improve the blood circulation, to reduce body pains and aches, and to strengthen body organs and finally restoring sense of well being.

6. **Surya Kiran Chikitsa (Helio Therapy)** - Seven colours of Sun rays i.e. Violet, Indigo, Blue, Green, Yellow, Orange and Red have different therapeutic effects. These colours work very effectively in the treatment of different disease conditions.
7. **Vayu Chikitsa (Air Therapy)** - Vayu Chikitsa (Air Therapy) represents the Vayutatva i.e. fresh air, which is most essential for a perfect health. In Naturopathy, the advantage of air therapy is achieved by taking the air bath.
8. **Yoga Chikitsa (Yoga Therapy)** - Various Yogic practices such as Yogic Shatkarmas (Cleansing techniques), Yogasanas (Psycho-physical postures), Pranayama (Control of vital energy-breath) and Dhyana (Meditative practices) are prescribed in combination with other Naturopathy treatments.

### **Role of Yoga and Naturopathy in Promotion of Health and Wellness -**

It can be said that Yoga and Naturopathy are the science of health and wellness. These are cost effective, easy to follow, simple and affordable at the same time. They promote health and wellness; prevent diseases; and help in the management of various lifestyle related diseases.

## **Ayurveda - Fifty years of Transforming Research and Development in India**

Ayurveda was discovered through suitable sources of acquiring knowledge and producing evidence (Pramana), viz (1) Pratyaksha (Direct perception), (2) Anumana (logical inference), (3) Aptopadesha (verbal and authentic documentary testimony), (4) Yukti (experimental evidence) etc.

### **Background -**

- It is the oldest system of medicine, being practiced in India since ages, through its patronage decreased during the medieval period.
- The Chopra Committee in 1948 identified the objectives and areas for research in the Indian systems of Medicine, and based on its recommendations the Central Research Institute for Ayurveda was established at Jamnagar in 1953.
- The Udupa Committee in 1958 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 (CCRIM&H) was established for systematic research in Indian systems of medicine after Vyas Committee recommendations in 1966.
- In 2014, for further strengthening of AYUSH systems, Department of AYUSH (under MoHWF) was upgraded to a full-fledged Ministry of AYUSH.

### **R&D in Ayurveda -**

- Ayurveda gives utmost importance to patient's safety during treatment through rational use of medications. These are recurrent themes of Ayurvedic pharmacology (dravyaguna), pharmaceutics (rasa shastra and bhaishya kalpana), and therapeutics (chikitsa).
- The pharmaceutical procedures starting from the collection of ingredients (like place, season and time of collection of plant materials, the hygienic considerations, contamination), cleaning, processing, packing and storage, dose of the medicine, anupana (vehicle), diet, exact indication of treatment which respects the condition of the patient and stage of the disease etc. are recommended in detail in Ayurvedic ancient texts.

### **Integration of Ayurveda with Modern systems of Medicine -**

Ayurveda defines health as a state of equilibrium of dosha (regulatory and functional entities of the body), dhatu (structural entities), mala (excretory entities), and agni (digestive and metabolic factors) along with healthy state of sensory and motor organs and mind with their harmonious relationship with the soul.

### **Research in Ayurvedic Fundamentals -**

- CCRAS has developed a comprehensive Prakriti (a major parameter to assess health and disease in individualised form) Assessment Scale based on Ayurvedic texts along with **Ayur Prakriti Web Portal**.
- Further works are under progress for **Validation and Reliability Testing of Ayurveda Diagnostic Tools** (Roga Pareeksha and Rogi Pareeksha) which is a unique aspect of Ayurveda.
- Further the new initiative of **Ayurveda biology programme** will also pave the way towards better understanding and interdisciplinary approach for validation of Ayurvedic fundamentals.

### **NAMASTE portal -**

- In order to enhance the global footing of Ayurveda, Siddha, and Unani systems of medicine, the Ministry of AYUSH has been actively pursuing efforts to include AYUSH systems of medicine in the Traditional Medicine chapter of the International Classification of Diseases (ICD).
- In this regard, CCRAS has been involved in the development of Standardised 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 revolutionise morbidity statistics data collection.