



RASHTRIYA AYURVEDA VIDYAPEETH

E - News Letter

Bi- Monthly E-Newsletter of RAV, March-April, 2021,
Volume 1 Issue no.1



Message From

Sh. Shripad Yesso Naik,
Minister of State for Defence
GOI

It is matter of immense pleasure that RAV has taken the unique initiative of bringing bimonthly e news bulletin for the purpose of sharing and disseminating the authentic updates, news in the Ayurveda sector. This news platform would nurture and establish key communication among potential users of Ayurveda, academicians, researchers, students and end users and bring them more proximal so that the goodness of the systems could be utilized. I am also told that RAV in current pandemic period when the world is in reckless state due to COVID 19, with more responsibilities but limited resources, has taken another new initiative of weekly tutorial classes on Ayurveda. The justifiable and timely use of electronic platform in the dissemination of knowledge is need of our hour. The broader population could be covered through electronic platform. I am sure that this step of information sharing would bring more focus on Ayurveda and also would be helpful in establishing it in main healthcare delivery. My best wishes to RAV for this initiative.



Message From

Sh. Kiren Rijiju
Minister of State (IC),
Youth Affairs & Sports and
Additional Charge MoS (IC) AYUSH, GOI

It is matter of pleasure and satisfaction that Rashtriya Ayurveda is bringing bimonthly e- news bulletin. The time chosen by RAV is quite appropriate, since in current pandemic time when the entire world is suffering and the conventional knowledge sharing methods are finding it difficult to operationalize adequately. Since ages, Ayurveda has been a possible solution for many disease conditions such as Geriatric care, NCDs, children problem, compromised immunity state etc. wherein the conventional medicine does not have complete solution. There are many successful stories and case record available which itself speaks about the strength and acceptance of the system, which needs to be brought in the knowledge of common people. In this the present e bulletin could play a role of information sharing. I have been informed and sure that this electronic version of news bulletin would be compiling and presenting various information with regard to research, success stories of patient health care, covering Ayurveda events, health blogs and recent updates of the sector etc., which could be quite beneficial not only to the stakeholders of Ayurveda but also for the common people. I wish all success to the initiative.

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ABOUT RAV,

Rashtriya Ayurveda Vidyapeeth is an autonomous organization under Ministry of AYUSH, Govt of India. It was established on 11th February, 1988 with the objective of promoting knowledge and practice of Ayurveda. It started functioning in 1991. It is one of the premier National Institutes of Ayurveda, imparting advanced practical training to Ayurvedic graduates and post graduates through the traditional method of teaching i.e. Guru Shishya Parampara. In order to preserve and propagate the special clinical skills possessed by practicing Vaidyas, RAV started a one-year course 'Certificate of RAV' in 1999. The practicing Vaidyas impart their knowledge and special skills for treatment to young aspirants of Ayurveda so that they can develop skills and techniques and can impart the knowledge to the younger generation. RAV organizes various Seminars/Conferences every year to disseminate traditional as well as upgraded knowledge and research outcome to practitioners and researchers of Ayurveda. RAV also conducts interactive workshops for students and teachers. RAV has been publishing books on Ayurveda for general public as well as for graduate of Ayurveda. RAV has been assigned as the Accreditation Body by Ministry of AYUSH, so that it can develop standards for accreditation and can bring uniformity in curriculum, training provided in the certificate/Diploma/Post graduate diploma courses related to Ayurveda in the nation as well in abroad. RAV sets standards, specific protocols & guidelines to accredit the organization/institutions conducting these specialized courses worldwide.



Message From

**Padmashri
Vd. Rajesh Kotecha
Ministry of AYUSH
Govt. of India**

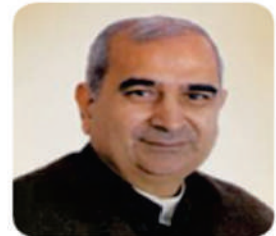
The world is witnessing a paradigm shift from medical services to healthcare service wherein a holistic approach toward health and wellness is being approached by increasing number of public. There has been an exponential surge in its popularity and utilization of the system in recent time which has brought it in the mainstream of healthcare.

In the challenging times of COVID 19 also, Ayurveda and other traditional systems of medicine have contributed substantially. AYUSH healthcare systems have evolved as an evidence based system with a robust regulatory framework. However, it needs to be disseminated adequately among the masses. It is really a praiseworthy initiative by Rashtriya Ayurveda Vidyapeeth in bringing out news bulletin in electronic format 'as e bulletin' on bimonthly basis. This would be helpful to connect Ayurveda professionals, stakeholders and also with common people and unfurl updates about recent advances, collaborations, research works, health blogs interdisciplinary medicine research etc. I wish a great success to this noble initiative and looking forward to it for good updates.

I congratulate team RAV for this endeavour

Message From

**Padmabhusan
Vd. Devindra Triguna
President,
Governing body RAV**



आज संपूर्ण देश एवम् विदेशों में भी आयुर्वेद की पहचान एक संपूर्ण चिकित्सा व्यवस्था के रूप में हो रही है। आयुर्वेद के साथ ही विभिन्न विषयों के विशेषज्ञ इस दिशा में अपना योगदान सतत रूप से दे रहे हैं। फलस्वरूप यह विधा नित नये सोपान तय कर रही है। इन सभी उल्लेखनीय एवम् महत्वपूर्ण कार्यों, शोध कर्म एवम् अनुसंधान कार्यों को सर्व साधारण तक पहुँचाने की नितांत आवश्यकता है, जिसकी ज़िम्मेदारी विद्यापीठ ने इस 'ई - न्यूज़ बुलेटिन' के माध्यम से ली है। यह प्रयास अत्यंत सराहनीय है। उक्त बुलेटिन ना केवल आयुर्वेद चिकित्सा जगत से जुड़े शिक्षकों, शोध कर्ताओं, चिकित्सकों, नवीन छात्रों को अपितु पूर्व छात्रों की भी समसामयिक चिकित्सा गतिविधियों के प्रचार का माध्यम बनेगा।

मुझे आशा ही नहीं पूर्ण विश्वास है कि इस प्रयास से आयुष्मान भारत की संकल्पना को बल मिलेगा। आयुष कार्य-प्रणाली एवं आयुर्वेद वैद्य-वर्ग को मजबूती से जोड़ कर रखने वाली इस महत्वपूर्ण कड़ी, राष्ट्रीय युर्वेद विद्यापीठ को अनंत शुभ कामनाएँ।

From the Desk



Message From

Dr. Manoj Nesari
Advisor Ayurveda
Ministry of AYUSH
GOI

The initiative taken by Rashtriya Ayurveda Vidyapeeth to bring out RAV e-newsletter is appreciable. I am happy about the consistent efforts and endeavours of RAV to escalate the knowledge of Ayurveda among the Ayurveda fraternity as well as among the common people. RAV has been continuously engaged in developing various platforms to propagate the wisdom of Ayurveda and strengthening the Ayurveda system. This e-newsletter will meet the objective of providing timely updates and advancements related to Ayurveda. A glimpse of the Samhitas, medicinal drugs/herbs and case study will definitely be helpful to the young scholars of Ayurveda.

Director's Desk

Dr. Anupam Srivastava
Director, RAV



The recent revolution in information communication and data management has provided novel platform for knowledge sharing at all level and it is pertinent to mention that Ayurveda being ocean of knowledge and information must join this journey suitably. Understanding the importance of Information sharing RAV has taken lead in initiating this objective and starting e news letter i.e. e-bulletin. I am confident that the effort would definitely bring a big imprint on this time tested knowledge and contemporary world.

PUBLICATIONS OF RAV

Rashtriya Ayurveda Vidyapeeth has been publishing a wide variety of books on Ayurveda for common people for raising awareness and sensitization with the basic knowledge of Ayurveda as well as for Ayurveda professionals to increase their visibility. RAV also releases the Souvenir of selected full papers presented at the time of Conference/Seminar conducted. Till date, RAV has published 11 Souvenirs and 9 books including four based on thesis submitted by its students.

Few of the publications of RAV are listed below:

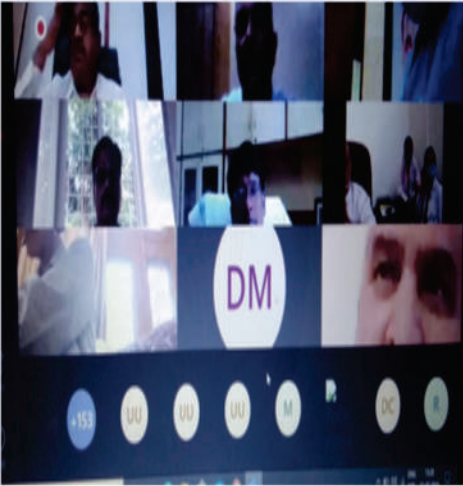
1. Kshara Sutra therapy in fistula-in-ano and other ano-rectal disorders by Dr. S.K. Sharma, Prof. K.R. Sharma and Prof. Kulwant Singh.
2. Plants of Bhavaprakash (English & Hindi) by Prof. K.C. Chuneekar, Dr. N.P. Hota and Dr. S.K. Sharma
3. Ayurvedic concepts of Healthy Mother and Happy Child (English) and Ayurved Anusar Sukhi Awam Swasth Matritwa (Hindi) by Prof. Premvati Tewari and Dr. S. K. Sharma.
4. Navjat Shishucharya (Hindi) Prof. Premvati Tewari and Dr. S.K. Sharma.
5. Sushruta Samhita Sutrasthana Text and Dalhana's commentary along with Hindi translation.
6. Plants and other Drugs of Sushruta Samhita Saptadhyayi.
7. Eye Care in Ayurveda (English) and Ayurveda Anusar Netro Ki Raksha (Hindi) by Vd. Kartar Singh.
8. Charak Samhita - Voll (Sutrasthana)
9. Charak Samhita - Vol II - IV
10. Ayurvedic Standard Treatment Guideline (ASTG)

**समदोषः समाग्निश्च समधातुमलक्रियः।
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते॥**

The doshas must be in equilibrium (Samdosa), balance digestive enzymes and metabolites (samagni) and the dhatus (tissues) and malas (wasted) must work in a normal and balanced way. The sensory and motor organs, mind, atma (Prasannatmendriya manah) must be also in a pleasant state. Such a person is called a healthy person or Swastha.

This definition by Acharya Susruta defines the physical, mental and social health; the physical health is the harmonized state of Dosha, Dhātu, Mala and Agni and opposite of this harmonization will lead diseased or unhealthy state of the human being; the social and mental health is related with the stage of ecstacy of soul, pleasant state of sense orgasm (indriya) and the mind. The WHO definition of health (1948) "Health is a state of complete physical, mental and social well-being and not merely an absence of disease or immunity" resonates with the definition coined by our sages.

Activity at a glance



"Gyan Ganga - a knowledge Voyage" - A series of Webinar

Rashtriya Ayurveda Vidyapeeth (RAV) has been organising a webinar series "Gyan Ganga - A knowledge Voyage" since 3rd of July 2020, which is conducted on every Thursday at 3.00 pm. The purpose of the webinar series is to disseminate authentic knowledge, information and doubt clearance on various topics among students and Ayurveda fraternity.

The inaugural ceremony was conducted on the virtual platform. On the occasion, Padma Bhushan, Padma Shri Vaidya Devendra Triguna Ji (G.B. RAV), Vaidya Manoj Nesari (Advisor, Ayurveda, Ministry of AYUSH), Vaidya Anupam Srivastava (Director RAV) addressed the webinar and shared their views.

Till date, 38 webinars on different topics, delivered by different eminent speakers has been organized and there are many more to come.

MoU signed between RAV and IIT Varanasi

RAV & Indian Institute of Technology, Varanasi, signed a Memorandum of Understanding (MoU) for joint Ph.D programme on Ayurveda. This MoU will be beneficial for the post graduate fraternity to carry out integrated research projects. The MoU was signed by Dr. Anupam Srivastava, Director RAV and Prof. Pramod Kumar Jain, Director, IIT Varanasi through a virtual meeting.

Celebration of "Hindi Paakhwada 2020"

On the occasion of Hindi Diwas, RAV has organized a "Hindi Pakhwada" week from 14 to 28 September, to promote use of Hindi language in official work. As a part of the celebration, various competitions were organized among the staff and the prizes were distributed to the winners by the respected Director of RAV.

Rashtriya Ayurveda Vidyapeeth, observed the 5th Ayurveda Day through various activities carried out by the members, eminent Gurus of the organization and participation of students at their respective premises. To honour this special day, RAV has organized a Webinar on “Evidence Based Approach of Ayurveda in Immunity” and the Speaker for the day was Prof. (Dr) Asmita Wele, HOD, Dept. of RS&BK, College of Ayurveda, Bharati Vidyapeeth, Pune. The day started with the prayer of Lord Dhanwantri followed by enthusiastic participation of all the RAV staff in virtual inauguration and address to the Nation by Hon'ble Prime Minister through Video Conference.



Deerghayu Ayurveda Swasthalya, Aurangabad, Vaidya Santosh Nevpurkar, Guru, RAV along with Vaidya Sau. Anagha Nevpurkar, performed Dhanwantari Pujan followed by attending Dhanwantari Jayanti Ceremony, organized by **Ayurveda Vyaspeeth** and a lecture was delivered through webinar on “Post Covid management through Ayurveda” organised by **Ayurved Mahavidyalaya & Rugnalaya, Aurangabad**.



At Itoozhi Namboothiri Ayurveda Nursing Home, an inaugural ceremony by **Vaidya Itoozhi Bhavadasan Namboothiri** (Chairman) was conducted. He delivered the speech on importance of Ayurvedic mode of living in current scenario. Plantation of medicinal plants by the staff was done under the guidance of chairman. Later, a Health awareness lecture was delivered to the general public by following strict COVID protocols.



At **Sreedhareeyam Ayurvedic Eye Hospital and Research Centre**, Chief Physician, **Dr N. Narayanan. Namboothiri** delivered a video message highlighting the importance of Ayurveda in boosting immunity and preventing COVID-19. All the doctors and paramedical staff paid homage to Lord Dhanwantari by chanting the Ashtanga Hridhaya Sutra Sthana.

Guduchi

Botanical Name- *Tinospora cordifolia* (Wild.) Miers

Family- Menispermaceae

Vernacular names – Hindi- Adharvela, Giloy; **Sanskrit-** Amrita, Amritalata, Amritavalli, Chakralaksanika, Jivanti, Rasayani; **Kannada-** Amratavalli; **Telugu-** Amrta, Duyutige, Galoochi, Iruloochi; **Marathi-** Ambarvel, Amruvel, Garudbael, Giroli.

Botanical description –

It is a large deciduous climbing shrub, commonly known as Heart leaf moonseed as the leaves are heart shaped. Leaves are simple, alternate, approx. 15 cm; round, twisted partially and halfway around. Stem is spongy, fleshy and bark is white to grey in colour. Flowers are unisexual, axillary position, 2–9 cm long leaflet branches and greenish-yellow in colour, male flowers are clustered, female usually solitary. Fruits are orange in colour, single seeded. Roots are both underground and aerial.

Properties:

Rasa - Tikta, Katu, Kashay; **Virya** - Ushna; **Vipaka** - Katu; **Guna** - Laghu, Sukshma, Tridoshaghna

Chemical constituents - The chemical constituents of *T. cordifolia* belong to different classes such as Alkaloids (Tinosporine, Magnoflorine, Berberine, Choline etc.), Terpenoids (Tinosporide, Furanolactonediterpene, diterpene etc), Several Glucosides (poly acetate, phenylpropene disaccharides cordifolioside A, B and C etc), Steroids (Giloinsterol, β -Sitosterol, 20aHydroxy ecdysone) and Others (Giloin, Tinosporan acetate, Tinosporal acetate, Tinosporidine, two phytoecdysones, an immunologically active arabinogalactan).

Nutritional value - It is also rich in nutrients like fat, protein, dietary fibres, calcium etc.

Uses -

It has several therapeutic properties and is widely used for the treatment of jaundice, rheumatism, urinary disorder, skin diseases, diabetes, anaemia, inflammation, allergic condition. The starch of this plant is household remedy for chronic fever, relieves burning sensation, increases energy and appetite.

Therapeutic activity -

Various extracts and parts of Guduchi have been studied for wide range of therapeutic activity such as Cardioprotective effect, Antiulcer activity, Antidiarrheal activity, Aphrodisiac property, Immunomodulatory activity, Antidyslipidemic activity, Anti-inflammatory activity, Gastroprotective activity, Radio protective and Cytoprotective activity, Hepatoprotective activity, Hypoglycemic activity, Antineoplastic activity, Antiasthmatic activity, Diabetic neuropathy, Antitumor activity, Hepatocellular carcinoma

Latest researches:

This plant has shown promising results in current pandemic crisis of COVID 19 because of its immune-boosting and anti-inflammatory properties. It has been adopted as one of the preventive measures in India and has got global acceptance so far. Currently, many researchers have been reported and many are still going on to explore the benefits of *Guduchi* worldwide.



Case study

Case study

Management of Diabetic Foot Ulcer

A diabetic foot ulcer is a frequent complication of diabetes mellitus. Diabetic patients are at risk of developing foot ulcerations due to both peripheral and autonomic neuropathy as well as macro and micro-angiopathy. Peripheral neuropathy (sensory and motor) is the most frequent cause of foot ulceration. Motor neuropathy may prompt muscle weakness (muscle atrophy), causing foot deformities which subsequently can lead to an inappropriate weight redistribution. Tissue ischemia and necrosis may occur, causing ulcerations. Additionally, autonomic neuropathy can lead to decreased sweating due to denervation of dermal structures. This induces dry skin, causing fissures, which increase the risk of infection.

In Ayurveda it can be correlated with *Pramehajanya Dushta Vrana*. Acharya Sushruta has described *Dushta Vrana* as those which are excessively narrow or wide mouthed, too hard or too soft, with elevation of floor or depressed floor, too cold or too hot, having one of the colors – black, red, yellow, white – frightful, full of fetid pus, muscles, vessels, ligaments, etc., discharging fetid pus, moving in oblique track, having deep base, with ugly sight and foul smell, severely painful; associated with heat, suppuration, redness, itching, swelling and boils, excessively discharging vitiated blood and long lasting. According to Charak, one which produces foul smell, has lost its normal color, produces excessive discharge with excessive pain is *Dushta Vrana*.

Causes of Dushta Vrana

- Improper dressing
- Infected ward or dressing material
- Intake of contraindicated diet such as new paddy, pea, green leafy vegetables, yoghurt, milk, butter milk
- Intake of alcohol
- Flies
- Contact of *Vrana* with draughts, hot sun, dust, smoke, dew etc.
- Improper nutrition
- Contact with 'harmful organisms' due to unhygienic conditions.

Case Presentation

A 58 years old male presenting with complaint of non-healing ulcer over plantar aspect of right foot since 1 year was admitted in IPD ward (OPD/IPD -9903) from 28/10/2019 to 8/11/2019. He is known case of Diabetes mellitus since 8 years and is on Insulin-Human mixtard since last 6 years. He has past surgical history of amputation of 4th toe of right leg in 2011 and amputation of little toe of left leg in 2015. Later, he got a similar wound over the plantar aspect of right foot and the abscess was drained. But, it turned into non healing ulcer for which he was advised to undergo above ankle amputation & hence he sought for an alternative approach. On examination, mild non-pitting swelling below right ankle joint was seen.

Local examination:

§ Location	Ulcer over plantar aspect of Rt foot
§ Floor	Sloughed
§ Edges	Punched out edge
§ Discharge	Purulent, foul smelling
§ Margins	Necrosed with slough, distal fibrosis
§ Wagner's classification	4 th stage

Treatment Plan

External application

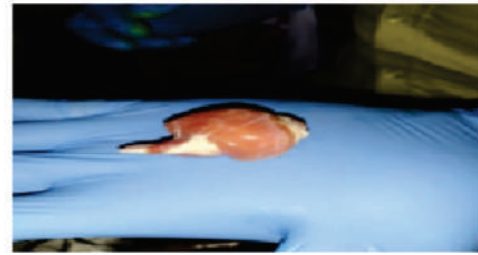
1. Jalukavacharanam	5 days(28/10/19- 2/11/19)
2. Covering wound with Fresh Flesh of Goat	2 days(31/10/19-1/11/19)
3. Cleaning & dressing with Jatyadi Grutham	7 days(2/11/19- 8/11/19)

Internal administration

1. Mahatikthakam kashayam	15ml kashayam with 45 ml of luke water BD (B/F)
2. Cheenapavu Kanji ½ glass	Kanji vellam+ 1tsp Cheenapavu powder + ½ tsp Perumjeerakam
3. Abraka bhasma cap	1 Cap BD (A/F)
4. Rasa sindhuram cap	1 Cap BD (A/F)



Jalaukavacharanama



Fresh flesh of goat



Fresh flesh of goat

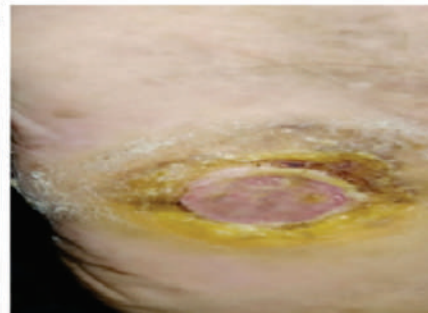


Covering the wound
with piece of flesh of goat

Result



First Day



Last Day

Conclusion

Jalukavacharanahas proved to be an ideal treatment option for wound healing of Dushtavrana as well as for the management of Non-healing Diabetic foot.

Discussion

Jalaukavacharan (Leech Therapy) is the mildest form of all the methods used for blood-letting. The saliva of leech contains biologically active substances, which have anti-inflammatory, analgesic, anaesthetic properties effect. Some major bioactive constituent of Leech Saliva such as Hirudin inhibits blood coagulation by binding to thrombin, Destabilase have monomerizing activity and it dissolves Fibrin, thus showing thrombolytic activity. An agent Bdelins shows anti-Inflammatory effect; whereas Hyaluronidase increases interstitial viscosity and it have antibiotic effect. Eglins shows anti-Inflammatory activity and has potential role in the inhibition of activity of Alpha Chymotrypsin, Chymase, Subtilisin, Elastase, Cathepsin G. *Jathyadi Gritha* plays an imp role in healing of *Vrana*. It has got excellent result in chronic Ulcers, Rheumatism, wounds, inflammation, fistula and cancer. *Rasasindura* have property to absorb accumulated waste fluids and it boosts the immune system. *Cheenapavu Kanji* augments the digestive fire and is useful in abdominal colic, constipation as well as in various skin diseases.

Dr. Anjitha S Kabeer (Shishya)
Dr. V Sreekumar (Guru)
Thrissur, Kerala

Latest Update

The Institute of Medical Sciences in BHU to Study Use of Ashwagandha, Yastimadhu for COVID-19 Treatment

The Institute of Medical Sciences, Banaras Hindu University, will start study of using *Ashwagandha* (*Withaniasomnifera*) as a test drug for prophylactic use among frontline health workers and *Yashtimadhu* (*Glycyrrhizaglabra*) for adjunct therapy with the standard treatment of conventional medicine like allopathy on Covid-19 patients with mild and moderate symptoms. According to Prof. Anand Chaudhary, "The ministry, ICMR and CSIR have selected Cadila Pharmaceutical Limited, Ahmedabad and Ardent Clinical Research Services, Pune, as contract research organization (CRO) and nodal agencies for the projects of prophylaxis and adjunct therapy, respectively, to take care of the projects sanctioned to the BHU and other medical institutions in Lucknow, Bengaluru, Mumbai, Thiruvananthapuram, Gurugram, Jodhpur and Jaipur."

'Dhanwantari Rath' launched by AIIA- to extend Ayurveda preventive health services in the residential colonies of Delhi Police

A MoU was signed between the All India Institute of Ayurveda (AIIA) and the Delhi Police on Tuesday for extending Ayurvedic mode of preventive and promotive was exchanged between Delhi Police Commissioner S N Shrivastava and AYUSH ministry Additional Secretary Pramod Kumar Pathak. These services will be provided by AIIA through a mobile unit named 'DhanwantariRath' and Police Wellness Centres, according to a statement by the Ministry. The 'Dhanwantari Rath' was flagged off in the presence of AIIA Director Professor Tanuja Nesari.

Covid-19: Health and Ayush Ministry launched National Ayush treatment protocol

The Ministry of AYUSH released Ayurveda and Yoga-based protocols for management of Coronavirus disease (Covid-19) for treating patients with mild symptoms in AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Sidda and Homoeopathy) hospitals and by Ayush practitioners in the country. During the launch, health Minister of India, Dr. Harsh Vardhan said that "All the medicines included have shown good results and are scientifically validated by the task force and committees created to review them. It will be added as an exclusive chapter in our national Covid-19 management protocol." The aim is to bring the uniformity and consistency in the Ayush-based Covid-19 treatment throughout the nation.

PM Modi dedicated two future-ready Ayurveda institutions to the nation on the occasion of the 5th Ayurveda Day

The Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar has been conferred the status of an Institution of National Importance (INI) by an Act of Parliament and the National Institute of Ayurveda, an Institution Deemed to be University (De novo Category) by the University Grants Commission (UGC). The day was observed largely on virtual platforms at national and international levels, considering the prevailing situation of Covid-19.

WHO agreed to open a WHO Global Centre for Traditional Medicine in India

On the occasion of 5th Ayurveda Day, WHO Director General Tedros Adhanom Ghebreyesus released the statement, "I am pleased to announce that we have agreed to open a WHO Global Centre for Traditional Medicine in India to strengthen the evidence, research, training and awareness of traditional and complementary medicine. This new centre will support WHO's efforts to implement the WHO traditional medicine strategy 2014-2023 which aims to support countries in developing policies and action plans to strengthen the role of traditional medicine as part of their journey to universal health coverage and a healthier, fairer and safer world." After this, PM Modi said, "It is a matter of pride for all Indians and thanked WHO and particularly Director General Tedros for giving this responsibility to India".

Prime Minister Narendra Modi inaugurated the 4th Global Ayurveda Festival via video-conference

During the virtual inaugural of 4th Global Ayurveda Festival, PM Narendra Modi addressed the Nation and spoke about Ayurveda and Traditional medicines. Since, Ayurveda and traditional medicine gained importance globally during the pandemic of Covid-19, the Prime Minister appreciated the efforts of all those working on Ayurveda across the world and said "Ayurveda could rightly be described as a holistic human science. From the plants to your plate, from matters of physical strength to mental well-being, the impact and influence of Ayurveda and traditional medicine is immense."