

## **Brief Report**

### **International Conference on AYUSH in Public Health Including Covid 19 Management**

**April 16 & 17, 2022**

**Organizers: Jeevaniya Society & Mission Samridhi**

**Partners: Ministry of AYUSH, GOI, Delhi; CSIR- CIMAP, NBRI, & PWA,  
Lucknow, IASTAM, Arogya Bharati, Vishwa Ayurved Parishad, HMAI,  
AIUT Congress & CISSA, Bengaluru**

**Sri V Murleedharan**, Honourable Union State Minister of External & Parliamentary Affairs inaugurated the virtual International Conference on AYUSH in Public Health, Including Covid 19 Management in the morning of 16<sup>th</sup> April, 2022. Sri Muraleedharan said that the present government created an independent AYUSH Ministry and Department in 2014 to give unprecedented support to promote AYUSH for management of Health & Wellness of people. He said that AYUSH Health systems have always contributed significantly to prevention, cure as well as management of Health of people globally since millennia. It was because of their singular contributions during Covid epidemic that the WHO has offered to set up a Global Centre of Traditional Medicines in India which is going to be launched in Jamnagar by the Prime Minister Sri Narendra Modi and the Director General of WHO Dr A G Tedros on 19<sup>th</sup> April. He exhorted the participants to work towards integration of various systems of AYUSH as well as modern western biomedicine for benefit of the mankind.

Welcoming the participants, the President of Jeevaniya Society, **Dr P K Seth** said that as per a WHO estimate, the traditional health care systems such as AYUSH, TCM, acupuncture and other indigenous therapies are being used globally, by about 80% of world's population. With the initiation of National Rural Health Mission (NRHM) in 2005 things have changed in India as it brought the concept of "Mainstreaming of AYUSH and Revitalization of Local Health Traditions". While the COVID-19 pandemic challenged the healthcare systems globally and as the researchers and clinicians continue to struggle with threat of infection from the new variants, the AYUSH and other traditional Health Systems have shown a lot of promise globally.

**Dr N N Mehrotra**, Secretary of Jeevaniya Society, Lucknow explained how the awareness about traditional systems of health, particularly in chronic and difficult to treat disease conditions, has been consistently increasing globally over the last few decades. The large-scale data of recent experiences and clinical research in prevention & management of asymptomatic to mild & moderate cases of Covid 19 and convalescing persons, with AYUSH systems have brought these systems to the centre-stage of Public Health. Similar experiences have also been observed with other traditional health systems globally, in several countries from Africa to Asia which need to be shared broadly.

The Conference was organized on the occasion of 30<sup>th</sup> year of the establishment of Jeevaniya Society as it has been involved in promoting the application of Indian Health Systems for Public Health for the last 3 decades. It has published a lot of IEC Material for Health Education and organized a number of National & International meetings and Conferences, besides promoting use of AYUSH & Local Health Traditions (LHTs) at grassroot level for Health & Wellness. It actively helped the Ministry of AYUSH, Govt in organizing a Brainstorming Session on AYUSH & Public Health at Lucknow in September 2018.

The conference brought the stalwarts from various streams of AYUSH sector to a common dais to present their views & experiences about Education, Research and Development, Regulation & Policies, Public Health Initiatives, Industrial development as well as integration of various health systems of AYUSH sector and Western Modern Medicine. During Inaugural Session of the Conference, **Shri Arun Jain** of Intellect Design Arena Ltd. and promoter of Mission Samridhi, Chennai presented the concept of Design Thinking, which could help in identifying the patterns & anti-patterns amongst these systems to help develop the AYUSH Systems through their integration. He also offered his company's help in working out modules for such integration in collaboration with the stakeholders of the AYUSH, both at the Central as well as State level.

While representatives of partner organizations like **Dr Prabodh Trivedi**, Director CSIR-CIMAP, **Dr Sanjeev Ojha** of CSIR-NBRI, **Dr Rakesh Shukla** of CSIR Pensioners Welfare Association, **Dr C K Katiyar** of IASTAM, **Vd G GGangadharan** of CISSA, Bengaluru, **Dr Ashok Varshney** of Aarogya Bharati, **Dr Y C Mishra** of Vishwa Ayurved Parishad, **Dr Ramji Singh** of Homoeopathic Medical Association of India and **Hm S A Khan** of All India Unani & Tibbi Congress, expressed the views of their respective organizations and the sectors, **Dr T Thirunarayan** of Centre for Traditional Medicine and Research, Chennai presented his views on Siddha System and **Dr N Ganesh Rao** from Kaivalyadham, Lonavala on Yoga and **Dr Jeta Singh** of Bhagalpur Naturopathy Centre shared the experiences on Naturopathy.

The speakers of the session on 'Education for Public Health in AYUSH', shared views based on long experience in their respective disciplines. While **Vd Madhavan Kutty Varrier** of AVS, Kottakal, gave suggestions on renovation of Ayurvedic Education, **Dr V Ganapathy** of NARDEP, Vivekanand Kendra, Kanyakumari not only explained the various Marma Concepts & Points in the body, he also shared the experience of documentation of the practices from several thousand folk Varmam healers in their area. **Dr M A Jafri** of Jamia Hamdard gave suggestions on requisite changes in Unani education for promoting Public Health, **Dr S A Khan** of Aligarh and **Hm S P Bhatnagar** from Delhi gave their suggestions such that an aptitude for Public Health practice and undertaking R&D is inculcated in the students right from Undergraduate stage. While **Dr Juhi Gupta** from Bhopal shared her varied experience, **Dr B N Singh** from Lucknow gave suggestions on policy formulation in teaching & research in Homoeopathy. **Dr Mandeep Jaiswal** of Ayurvedic College, Bareilly and **Hm Mani Ram Singh** of Tibbia College, Lucknow shared their concerns of the contemporary reality in their respective disciplines.

During the session on 'R&D in AYUSH for Public Health', the learned speakers of various branches, namely Ayurved- **Dr P Rammanohar**, from Amrita Institute, Kollam; Homoeopathy- **Dr Pravin Oberoi** from CCRH, Delhi, Siddha- **Dr T Thirunarayan** from CTMR & **Dr Sathya Rajeswaran** from CCRS, Chennai

and LHTs-**Dr A K S Rawat**, Lucknow shared their enormous experience in the respective field and suggested that the basic foundational principles and Holistic understanding of these pathies should be kept in mind while undertaking research for validation or other observational studies. While chairing the session, **Prof. S K Kar from Bhubaneswar** highlighted the importance of using the latest Molecular Biology and Chemical Technologies for generating the evidence-based products from the AYUSH, **Dr S R Narhari**, as the Co-chair emphasized on taking an integrated yet holistic view to tackle specific health problems. **Dr. Shailja Bhattacharya** and **Dr Sanjeev Ojha** from the CSIR-CDRI & NBRI also shared their similar viewpoints on the rigour of R&D in AYUSH.

**Dr P M Unikrishnan**, from Chennai gave the world view of LHTs with their inherent strengths of local knowledge as well as material resource base in managing the routine Public Health problems. **Dr Ravi Upadhyay** from Hoshangabad presented his data on survey of practices of the folk healers from Vindhya- Satpura for promoting Public Health, including Corona Management. While **Dr Jeta Singh** of Bhagalpur described in detail conversion of chronic terminal cases of difficult to treat diseases like cancer, diabetes and arthritis etc., **Dr Ramji Singh** from Patna and **Dr Vishal Chadha** from Delhi shared the experience of Homoeopathic management of several diseases including Corona during the recent epidemic. Chairing the session, **Dr Debjani Roy** from IGNOU, Delhi narrated the experience of certifying expertise of folk and tribal healers through QCI and IGNOU to manage specific health problems. **Dr N A Ansari** of the Unani College, Lucknow explained how various Unani regimen have been found effective in Covid management during the current epidemic.

A Popular Lecture was delivered by **Dr. Nandini K. Kumari** in the evening of 16<sup>th</sup> April on the importance of AYUSH, LHTs & other Traditional Medicines Globally in the management of chronic and difficult to treat diseases as well as Covid 19. **Dr Pushpa Tandon** of NCI, NIH-USA Chaired this session and shared the growing interest in research on Traditional Medicines including AYUSH, LHTs and other Complementary & Alternative medicines globally. She even offered to initiate collaborative research projects on cancer management involving AYUSH & LHTs.

A Panel Discussion on **Regulation and Policies for promotion of AYUSH& LHTs in Public Health** held in the morning of 17<sup>th</sup> April was moderated by the former DG of ICMR and Founder Secretary of Health Research in GOI, **Dr V M Katoch** of Jaipur. Speaking about Regulation & Policies for promotion of Ayurveda, **Vd G G Gangadharan** of Ramaiah Hospital & Medical College, Bengaluru wanted adequate funding and administrative support to promote Public Health initiatives through Ayurveda in particular & AYUSH in general. The Director of Institute of Public Health at Delhi University, **PadmashreeProf. R N K Bamezai** wanted development of an Inter-disciplinary matrix for AYUSH based on Design Thinking such that integration within these systems is facilitated. This would require increased funding support to research for promoting Public Health modules of AYUSH with the personalized as well as Holistic approach.

While Director in-charge of RCFC Northern Region, **Dr Arun Chandan** of Shimla presented supply chain systems, he proposed a strategy for ensuring availability of Quality Herbal Raw Material from the forests as well as cultivation with increasing global demands. **Prof Meetu Khosla** of Delhi University presented her studies on the survey, documentation and expertise available with folk healers across the country and North-East in particular. In his remarks, Dr Katoch wanted more systematic and evidence-based support to the rich potential of AYUSH & LHTs for promoting Public Health. Dr Katoch also supported the idea of creating an independent Cadre of AYUSH at the National as well as State level through a DG of AYUSH Services to ensure its effective involvement in

various Public Health Programs as evidenced by its important role played in the management of Covid 19. The rapporteur of the session, **Dr Shivang Swaminarayan** from Ahmedabad wanted adequate and independent system for Homoeopathy as its control under Biomedicine is unable to do justice to its potential in Public Health.

Initiating the **Panel Discussion on Issues in Corporatization & Industrial development in AYUSH & Public Health** Hon. MP from Lalitpur & Chairman of FICCI Panel on AYUSH, **Vd Anurag Sharma** of Vaidyanath, Jhansi wanted adequate support to promote AYUSH Industry which has tremendous potential. He informed that the Gujarat AYUSH Industrial Summit due to be held in Gandhinagar under the guidance of our Hon. Prime Minister Shri Narendra Modi would pave the way for future growth of AYUSH Industry in the country. While **Dr C K Katiyar** from Emami, Kolkata and President of IASTAM wanted basic changes in Policies for Industrial Development of AYUSH for promoting Public Health. He insisted on ensuring adequate availability of GMP certified raw material to allow the AYUSH industry to reap its desired global potential, besides evolving a system of adequate IPR protection to development of new AYUSH products by the industry.

**Dr G N Singh**, the former Drug Controller General of India and a veteran of AYUSH & Herbal Drug Industry regulator, who has also been an Advisor to Hon. CM of UP, Lucknow shared his vast experience on Quality Control & Regulation for promoting Herbal and AYUSH Industry and suggested ways on IPR protection through data secrecy and price protection for 5-10 years as per TRIPS Provisions. **Dr Prabodh Kumar Trivedi**, the Director of CSIR-CIMAP gave an overview of the contribution of his institution and an approach to ensure availability of quality planting material of MAPs for large-scale cultivation to meet increasing demands of quality herbs. **Dr Rajesh Shah**, a global homeopath, researcher, author, and academician from Mumbai suggested that introduction of New Drug Developments is extremely important in Homeopathy for promoting Industrial Development & Public Health. Due to lack of well-defined regulations and policies for New Homeopathy Drug Discovery, the approval process is immensely delayed and the AYUSH is missing exploring an innovative method of immunization by Nosodes, with huge commercial potential.

In his remarks as Chairman of the Session, **Mr S B Dangayach**, a distinguished alumnus of IIMA, the Founder Trustee of Innovative Thought Forum and National Vice President of Arogya Bharati said that the current pandemic has unravelled strengths and limitations of all medical systems. There are many ways to come up with excellent business models based on innovations and improvements in current products and services and hence it is high time that dedicated efforts are put to evolve simple, smart, sensible, sustainable and spreadable framework for AYUSH based HWCs. Rapporteur of the session, **Dr A K Goel**, from CSIR-CIMAP, Lucknow highlighted the importance of availability of quality herbs for AYUSH Industry.

During the session on **Integration of Health Systems with special reference to Public Health Management of Covid 19**, **Mr Rajiv Vasudevan**, the founder & CEO of AyurVAID Hospitals said that the use of technology and the holistic understanding of AYUSH Health systems are key to developing an Integrative Health Care system in the country. Based on his experience from Ministry of AYUSH's Expert Working Group on COVID Standalone Trials, and member of other expert committees of the Central & some State governments, he underlined a bright potential for an Integrated Health Care System. **Dr. Ritu Priya**, a Professor at the Centre of Social Medicine and Community Health, of JNU expressed her concern at the missing understanding of Health Systems and Policy Studies in the content of education of AYUSH professionals. The relevance of these Studies and contributions for AYUSH and LHTs to Public Health highlighted the innovative initiatives in this direction and suggested that these can contribute from a Health Systems perspective which needs to be taught to AYUSH graduates and specialists.

The Director of Institute of Applied Dermatology, Kasargod, **Dr. S R Narahari**, based on his long experience of an integrated approach to management of lymphadenopathy, suggested that an independent and parallel structure of Public Health needs to be created under AYUSH, both at the Central as well as State levels where funds of NHM and Ayushman Bharat could be used through the National AYUSH Mission, besides the infrastructure support. It must ensure interventions in defined areas with evidence based best practices and protocols to be followed in these HWCs. Former Director of AIIMS, Bhopal and a famous surgeon from Lucknow, **Prof. Sandeep Kumar** highlighted the need of integration of principles & practices of AYUSH Systems with modern western biomedicine through an evidenced based system based on clinical outcomes and use of diagnostic and surgical tools & technologies. Chairperson of the session, **Dr. Ganesh Rao**, a highly acclaimed and inspiring Yoga Teachers from Lonavala, having conducted more than 22000 sessions in Yoga all over the world and a Technical Expert for Yoga Certification Board said that in a literally 'do-or-die' situation like created by COVID-19 pandemic, the services of all health systems were welcome and became necessary and useful. Each of these health systems, be it Allopathy or AYUSH systems or LHTs, has its own unique strengths and integration of these health systems becomes very critical so that the citizens are provided what is needed in the best possible manner for Public Health measures. Rapporteur of the session, **Dr Anvita Shaw**, retired from CSIR-IITR, felt that homeopathy is well represented in public health system but there is potential for more homeopathic practitioners to contribute to health care in India.

During the Valedictory Session in the afternoon of 17<sup>th</sup> April, Vice President of Jeevaniya Society and **Padmashree Prof M M Godbole** from Belgaum insisted that due prestige has to be accorded to these systems and teaching of basic principles of Public Health from AYUSH Systems must be introduced from the school stage in accordance with the new Education Policy, besides setting up Herbal Gardens in the schools as well as community level as these are found to be very useful to promote the use of locally available medicinal plants based on the long experience of Jeevaniya Society's work both at the rural as well as urban level. While the rapporteurs of various sessions shared the takeaways from their respective sessions, the same are being appended.

The convener of the conference, **Dr Mehrotra** suggested that the participants must undertake the responsibility of following up its recommendations through an Action Group created by all the concerned who actively contributed to the deliberations of this conference. Most of the dignitaries agreed with the suggestion and have formed a Core Group to ensure implementation of the Recommendations emerging out of the Conference. While **Ms Shweta Gupta**, the Convener of the Media, Publicity and Publication Committee extended a formal vote of thanks, the conference ended with the National Anthem.