

INTERNATIONAL JOURNAL OF INSTITUTIONAL PHARMACY AND LIFE SCIENCES

Medical Sciences

Review Article.....!!!

Received: 17-01-2016; Revised: 09-02-2016; Accepted: 10-02-2016

MAINSTREAMING OF AYUSH IN HEALTHY LIFE

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Keywords:

AYUSH,
Mainstreaming, CHC

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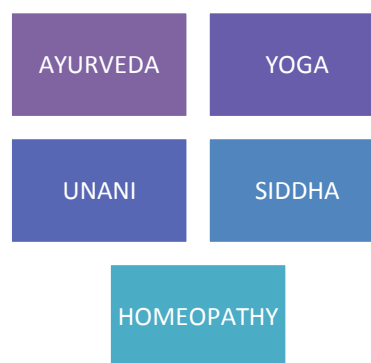
ABSTRACT

Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH) are indigenous, socially acceptable, time tested, rationally recognised systems of medicine and have been integrated into the national health delivery system. Mainstreaming of AYUSH in the health care system is useful for strengthening the existing public health system. Mainstreaming of AYUSH includes maximum involvement of AYUSH in health programmes and appointment of the AYUSH staff at Primary Health Centre (PHC), Community Health Centre (CHC), District Hospital (DH) level. This step will be helpful in maintaining healthy life.

INTRODUCTION

The Indian systems of medicine have age old acceptance in the communities of India and in most places they form the first line of treatment in case of common ailments.¹ Of these, Ayurveda is the most ancient medical system with an impressive record of safety and efficacy. Other components such as Yoga, Unani, Siddha, Homeopathy, are being practised by the young and old alike, to promote good health. Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH) are rationally recognised systems of medicine and have been integrated into the National Health delivery system. Main objective of Mainstreaming of AYUSH in the health care service delivery system to strengthen the existing public health system.²

AYUSH



- March 1995-Department of Indian Medicine and Homeopathy (ISM&H)
- March 2003- ISMH Renamed as AYUSH under Ministry of Health and Family welfare
- 9 November 2014- Ayush Department under Ministry of AYUSH. Got Rs. 1214 Crore budget for the financial year 2015-16 in India. Rs. 1008 Crore for plans and Rs. 206 Crore Non Planed from Rs. 691 crore budget for the financial year 2014-15.

FUTURE PLANNING AND GOALS-

12 TH FIVE YEAR PLAN BY STEERING COMMITTEE (2012-2017)

Central Sector Schemes

- System strengthening to Pharmacopeial labs, hospitals institutes etc.
- Digitization of manuscripts

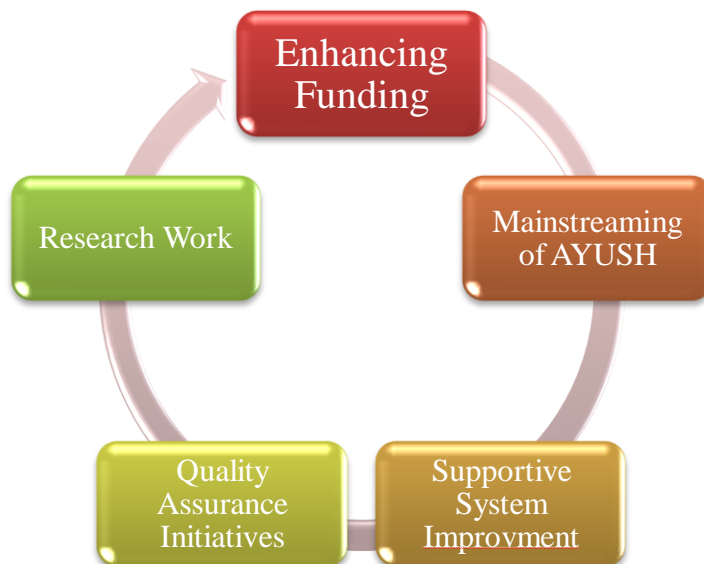
Centrally Sponsored Schemes

- Development of Institution, Hospital and Dispensaries
- Drug Quality Control

New initiatives

- National Mission on Medicinal Plants
- New research work ,Quality assurance of drugs, Alignment with National health outcomes.

RECOMMENDATION OF 5 YEAR PLAN BY STEERING COMMITTEE ³



MAINSTREAMING OF AYUSH

- Major role Promotive, Preventive, Rehabilitative and Social health care.
- Purpose of Maistreaming-To achieve National health goals India does not meet the recommended standard/norms for the health care professionals per head specially in case of doctors.^{4,5}
- Strategies-Full utilization of existing available resources. e.g. Doctors, hospitals, research Institutes etc.

TARGETS-

- ☐ Provide cost effective AYUSH treatment to society, Emphasis on IMR(Infant Mortality rate), MMR(Mother Mortality Rate), TFR(Total Fertility Rate), provision of clean drinking water, reduction in Non Communicable Diseases, child nutrition where the AYUSH sector has its infrastructure and presence.⁴
- ☐ Devote a part of their research funds towards research on efficacy of AYUSH interventions on National Health problems.
- ☐ Dept. of AYUSH should be involved in National Health Programmes.

- ☐ Establish Minimum Standard of each raw material, educational Institutes, Health Service, AYUSH products.
- ☐ Strengthening at Subcentre ,PHC, CHC level setup for AYUSH.

Steps of Development Of AYUSH

- ☐ All India Institute of Ayurveda has been started by Govt. of India in Delhi, likewise planning of starting AIIH(All India Institute of Homeopathy), AIY(All India Institute of Yoga) is under process.
- ☐ Drug Research labs has been set up at State level as well several Pharmacopeial lab as PLIM,
- ☐ AYUSH Gram: 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. In AYUSH village AYUSH based lifestyles are promoted through behavioural change communication, training of village health workers towards identification and use of local medicinal herbs and provision of AYUSH health services. AYUSH Medical Officers under the programme implement the health plans and train the health workers in identification of medicinal plants and utilization of home remedies.
- ☐ Organization of yoga camps.
- ☐ School health programmes through AYUSH.(Daily diet, Yoga, Home remedies , awareness toward personal health)
- ☐ World Herbal Forest' has been planned for the State for conservation of over 25000 species of medicinal plants in the Morni and Aravalli Hills.
- ☐ Celebration of International Yoga Day all over the world 1st time on 21st June by Prime Minister of India.

DISCUSSION-

Ayush system could be strengthened by following activities

- Improvement in AYUSH treatment facilities and integration with existing health care⁶
- Appointment of Paramedics along with doctors e.g. therapist
- Strengthening of Dispensaries with equipments
- Involvement in National Health Programmes e.g. IMR,MMR
- Training of AYUSH doctors for working at PHC, CHC level.

Initiatives for Mainstreaming and strengthening of Ayush.

- Integration of AYUSH with ASHA. Training module for ASHA and ANMs have to be updated to incorporate information of AYUSH.⁸
- Drug Management: Provision of Rs. 25,000/- to supply drugs per AYUSH dispensary
- Strengthening the Quality Control Laboratory The drug regulatory mechanism to be strengthened at the state level to improve the quality of drugs used in AYUSH and ensure proper standardization
- Improving availability of quality Ayurvedic, Siddha, Unani and Homeopathy (ASU&H) drugs through increase in number of pharmacies, drug laboratories and improved enforcement mechanism of ASU&H drugs.⁷
- Co-location of AYUSH Dispensaries at PHC, CHC level.
- Appointment of Ayush doctors having PG qualification at District level.
- Grants for Up gradation of Government/Panchayat/Government aided AYUSH Dispensaries
- Drug testing laboratory has been set up at District level although they need much improvements.
- Ayush is beneficial not only for the person suffering from disease but also for a healthy being. *Dincharya, Ritucharya* are very beneficial for daily life.
- AYUSH can fulfill the shortage of Medical Staff and Paramedical which our health System is facing.
- In Dispensaries equipment, building should be upto date .
- CME, Workshops, training should be regular for updation of knowledge.
- At PHC, CHC Level staff nurses do all the Delivery cases without LMO (lady medical officer). Ayurvedic Medical Officer(lady) should be appointed there.
- Specialized AYUSH doctors should be appointed at CHC level to give their best to the community.
- Promotion System should be as par allopath ,pay anomalies of AYUSH and allopathy should be erased.

CONCLUSION

AYUSH doctors can fulfill all the responsibilities from Maternal as well as child Health care to all Health Programmes very well. Only need is proper Support and involvement of them in Health System so that they can fulfill their goals.

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