

# *AYURVEDA DAY 2020*

## *13<sup>TH</sup> NOVEMBER 2020*

Ministry of AYUSH, Government of India has been celebrating “**Ayurveda Day**” every year since 2016 on the occasion of **Dhanwantari Jayanti (Dhanteras)**, **one day prior to Diwali Festival** and undertakes various activities throughout the country and abroad on Ayurveda. **This year, the 5th Ayurveda Day will be celebrated on 13 November 2020.** Considering the prevailing COVID-19 pandemic situation, the Ministry of AYUSH has decided to organize various Ayurveda Day related activities on a virtual platform and many Ayurveda doctors, students, enthusiasts and supporters from over 60 countries have already confirmed their support for the Ayurveda Day celebration on 13th November 2020.

Members of Indian Diaspora Community, Friends of India, Ayurveda practitioners and Ayurveda enthusiasts may follow the social media pages of this Consulate and also the website of Ministry of Ayush for materials on Ayurveda and details of the activities will be conducted on Ayurveda. **Infographics and explanatory text about Ayurveda are attached.**

**#AyurvedaDay**

**#Ayurveda4Health**

# AYURVEDA DAY 2020

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ayurveda day 2020

13<sup>th</sup> November 2020

## WHAT IS ayurveda ?



One of the oldest systems of healthcare in the world. The Sanskrit word Ayurveda means 'knowledge of life'.



Diseases are considered the results of imbalances among the body, mind, consciousness, and environment. The treatment would therefore aim at eliminating or minimizing the causes of imbalance.



Treatment is personalised - combination of internal purification, special diets, herbal remedies, massage therapy, yoga, and meditation.

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## WHAT IS अयुर्वेद ?



Ayurvedic treatments aim to eliminate impurities, reduce symptoms, increase resistance to disease, reduce worry, and increase harmony in life.



Ingredients used in treatment are of natural origin. They mostly include herbs and other plants, as well as oils and common spices.



Ayurveda is adopted for stand-alone therapy as well as complementary therapy in combination with standard medical care. It is advised to consult your doctor before starting Ayurveda therapy.





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## When do people adopt Ayurveda treatment?

As per clinical information available in India, the following are the top six complaints for which people adopt Ayurveda treatment:

- 1 Osteoarthritis
- 2 Cough and Cold
- 3 Skin Disorders
- 4 Constipation, Haemorrhoids, Anal fissure
- 5 Diabetes mellitus
- 6 Hyperacidity

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### Explanatory Text for Infographics on Ayurveda

#### **What is Ayurveda?**

Ayurveda, a natural system of medicine, is widely considered to be the oldest healthcare system. It originated in India more than 3,000 years ago, possibly even 5,000 years ago. The Sanskrit word Ayurveda translates to “knowledge of life”.

According to Ayurveda, disease is due to imbalances among the body, mind, consciousness, and the environment. The treatment would therefore aim at nullifying or minimizing the causes of imbalance. Lifestyle interventions and natural therapies can help to regain the said balance.

Ayurveda treatment typically involves an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation. The exact procedure is finalising after evaluating the patient’s constitution and other relevant factors.

The basic principles of Ayurveda include the concepts of universal interconnectedness, the body's constitution (prakriti), and life forces (doshas).

Ayurveda is used also as a complementary therapy in combination with standard, conventional medical care in many countries. It is known to have positive effects in many such instances and to even have increased the efficacy of standard care.

It is advisable to discuss any Ayurvedic treatment that you intend to adopt with your doctor, especially if you are treating serious conditions.

#### **When do people adopt Ayurveda Treatment?**

In India, Ayurveda is a medical discipline on par with conventional Western medicine and other recognised systems. It would be interesting to check out which are the common ailments for which people resort to Ayurveda treatment.

The National AYUSH Morbidity and Standardized Terminologies Electronic (NAMASTE) Portal is a comprehensive dashboard which gives such information. The Portal captures Reasons for Encounter (RFE) based on Ayurveda Morbidity Codes and the statistics are available in public domain at <http://namstp.ayush.gov.in>.

Total Number RFEs recorded from 74 Ayurveda Hospitals under the Ministry of AYUSH, Government of India, since October 2017 till August 2020 is 2930261. Out of these, the top 6 health issues for which Ayurveda treatment is adopted are as follows:

1. Osteoarthritis (348132)
2. Cough, Cold and Dyspnoea (162151)
3. Skin Disorders (74850)
4. Constipation, Haemorrhoids, Anal fissure (142542)
5. Diabetes mellitus (63648)
6. Hyperacidity (53421)