INTRODUCTION

The Indian System of Medicine is of great antiquity. It is the culmination of Indian thought of medicine which represents a way of healthy living valued with a long and unique cultural history, as also amalgamating the best of influences that came in from contact with other civilizations be it Greece (resulting in Unani Medicine) or Germany (Homeopathy) or our scriptures/sages which gave us the science of Ayurveda, Siddha as also Yoga & Naturopathy. Like the multifaceted culture in our country, traditional medicines have evolved over centuries blessed with a plethora of traditional medicines and practices.

A separate Department of Indian Systems of Medicine and Homoeopathy (ISM&H) was set up in 1995 to ensure the optimal development and propagation of AYUSH systems of health care. The Department of ISM&H was re-named as the Department of AYUSH (an acronym for - Ayurveda, Yoga and Naturopathy, Unani, Siddha, Homoeopathy) in November 2003.

On 9th November, 2014, first time the Department of AYUSH is formed as a separate Ministry; known as Ministry of AYUSH.

With an increase in lifestyle-related disorders there is a worldwide resurgence of interest in holistic systems of health care, particularly with respect to the prevention and management of chronic, non-communicable and systemic diseases. It is increasingly understood that no single health care system can provide satisfactory answers to all the health needs of modern society. Evidently there is a need for a new inclusive and integrated health care regime that should guide health policies and programmes in future. India has an advantage in this global resurgence of interest in holistic therapies as it has a rich heritage of indigenous medical knowledge coupled with strong infrastructure and skilled manpower in modern medicine. Medical pluralism is here to stay and the AYUSH sector has a critical role to play in the new and emerging situation.

The Ministry of AYUSH promotes and propagates Indian systems of Medicine and Homoeopathy, and is committed to infuse the wisdom of traditional medicine with the methodologies of modern science, scientifically validating the systems and presenting them in the scientific idiom, relating their efficacy to modern life styles. The Department has, over the years, developed a broad institutional framework to carry out its activities. The National Medicinal Plants Board (NMPB) functions under the Department to coordinate activities relating to conservation, cultivation, marketing, export and policy making for the development of the medicinal plants sector. There are two statutory regulatory bodies, namely Central Council of Indian Medicine (CCIM) and Central Council of Homoeopathy (CCH) for laying down minimum standards of education, recommending recognition of medical qualifications, registering the practitioners and laying down of ethical codes. Five research councils, for Ayurveda (CCRAS), Siddha (CCRS), Unani (CCRUM), Yoga and Naturopathy (CCRYN) and Homeopathy (CCRH) are responsible for the officially sponsored research activities. So far, eight National Institutes for Ayurveda (NIA, Jaipur), (RAV, New Delhi) & (IPGTRA, Jamnagar), Siddha (NIS, Chennai), Unani (NIUM, Bangalore), Yoga (MDNIY, New Delhi), Naturopathy (NIN, Pune) and Homoeopathy (NIH, Kolkata) are existing at national level for teaching, research and clinical practices.

For Standardisation and testing of Drugs, various agencies have been put in plan by the Government of India. Four different Pharmacopoeia Committees are working for preparing official formularies / pharmacopoeias to evolve uniform standards in preparation of drugs of Ayurveda, Siddha, Unani and Homeopathy and to prescribe working standards for single drugs as well as compound formulations. A Drug Quality Control Cell is working in the Department to deal with the matters pertaining to licensing, regulation and control of drugs and the spurious manufacture of Ayurvedic, Unani and Siddha Drugs and other matters. Two apex Laboratories, namely, Pharmacopoeial Laboratory for Indian Medicine (PLIM) and Homoeopathic Pharmacopoeial Laboratory (HPL) are functioning as Standard Setting-Cum-Drug-testing Laboratories for Indian Medicines and Homoeopathy respectively. Indian Medicines Pharmaceutical Corporation Ltd. (IMPCL), a Public Sector Undertaking, manufactures classical Ayurveda and Unani drugs. The Ministry also manages the CGHS Ayurveda Hospital at Lodhi Road, New Delhi.

Bringing AYUSH into the mainstream health care delivery system of the country has long been a major policy objective of the Ministry. Under the NRHM, AYUSH facilities are being set up in PHCs and CHCs and are being manned by qualified AYUSH physicians appointed on contract basis.

Since the creation of a separate Ministry, there has been a substantial increase in the infrastructural facilities under AYUSH systems in
the country. Presently, there are 3632 hospitals with about 58020 beds, 26325 dispensaries, 7,44,563 doctors, 550 educational institutions with admission capacity of about 32256 UG student and 4339 PG students and 9282 drug-manufacturing units under AYUSH systems. Under NRHM, AYUSH facilities have been co-located with 512 District hospitals, 2739 CHCs and 9112 PHCs.

A. AYUSH SYSTEMS

(i) Ayurveda:

The word ‘Ayurveda’ has derived out of fusion of two separate words- Áyu’ i.e. life and ‘veda’ i.e. knowledge. Thus in literal meaning Ayurveda is the science of life. Ayurveda is a classical system of preventive, promotive and curative healthcare originating from the Vedas documented around 5000 years ago and currently recognized and practiced in India and many countries in the world. It is one of the most ancient healthcare systems having equal scientific relevance in the modern world, that take a holistic view of the physical, mental, spiritual and social aspects of human life, health and disease.

It is believed that Ayurveda is originated out of Vedas (particularly Rigveda and Atharvaveda). Numerous references of health, diseases, their treatment as well as use of non-materialistic things such as sun rays, fasting, mantra etc; are available in these Vedas. The knowledge of Ayurveda was first comprehensively documented in the compendia like ‘Brahma Samhita’, Ágnivesha tantra’, ‘Bhela Samhita’ etc. Out of these, only some part of Bhela Samhita is available today. The Ágnivesha Tantra was edited by Charak around 5000 years back called Charak Samhita and thereafter re-edited by Dridhbala, which is one of the main text of Ayurveda available in complete form today. This is the most translated treaty of Ayurveda, which got translated in to many foreign languages like Tibetan, Arabic, Unani and Greek even in ancient time. In recent past many scholars have translated Charak Samhita into English, German, and Japanese languages. Likewise another full available ancient text mainly dealing with surgical aspect of diseases is Sushruta Samhita, which has also undergone 3-4 editions in past 5000 years.

According to Ayurveda, health is considered as a basic pre-requisite for achieving the goals of life - Dharma (duties), Arth (finance), Kama (materialistic desires) and Moksha (salvation). As per the fundamental basis of Ayurveda, all objects and living bodies are composed of five basic elements, called the Pancha Mahabhootas, namely: Prithvi (earth), Jal (water), Agni (fire), Vayu (air) and Akash (ether). The philosophy of Ayurveda is based on the fundamental correlation between the universe and the man. Hence Ayurveda has also stressed on environmental aspects and has advised various measures for conservation of nature as well as to avoid the pollution of Air, water and Soil. Ayurveda imbibes the humeral theory of Tridosha- the Vata (ether + air), Pitta (fire) and Kapha (earth + water), which are considered as the three physiological entities in living beings responsible for all metabolic functions. The mental characters of human beings are attributable to Satva, Rajas and Tamas, which are the psychological properties of life collectively terms as ‘Triguna’. Ayurveda aims to keep structural and functional entities in a state of equilibrium, which signifies good health (Swasthya). Any imbalance due to internal or external factors leads to disease and the treatment consists of restoring the equilibrium through various procedures, regimen, diet, medicines and behavior change. Ayurveda, being an applied Science and considering the limitations for printing in ancient time, all the ancient texts have concentrated mainly on applied aspects. Understanding of ‘Functional Anatomy’ i.e. Sharir is the unique contribution of Ayurveda to the modern science which has great potential for new discoveries in System Biology.

The treatment approach in the Ayurveda system is holistic and individualized having preventive, curative, mitigative, recuperative and rehabilitative aspects. The preventive aspect of Ayurveda is called Svasth-Vratta and includes personal hygiene, daily and seasonal regimens, appropriate social behavior and use of materials & practices for healthy aging and prevention of premature loss of health attribute. The curative treatment consists of Aushadhi (drugs), Ahara (diet) and Vihara (life style). Ayurveda largely uses plants as raw materials for the manufacture of drugs, though materials of animal and marine origin, metals and minerals are also used. Ayurvedic medicines are generally safe and have little or no known adverse side-effects, if manufactured properly and consumed judiciously following necessary dos and don’ts. The mitigative and recuperative treatment is again a specialty of Ayurveda which is known as Rasayana, in which various drugs and therapies have immunomodulatory effects are used. Ayurveda has also described about genetic predisposition for health as well as development of a disease and has described various treatments so as to restrict the transfer of genetic linked diseases to next
generation. This specialty of Ayurveda is known as ‘Vrishya’.

Initially, clinical medicine of Ayurveda was developed into eight distinct specialties, i.e. Kayachikitsa (Internal Medicine), Shalya Tantra (Surgery), Shalakya (Eye and ENT), Kaumar Bhritya (Pediatrics), Graha Chikitsa (Psychiatry), Agad Tantra (Toxicology), Rasayana (Gerontology) and Vajikarana (Science of virility), on the basis of which it is called ‘Astang Ayurveda’. During the last 60 years of its development after India became independent, Ayurveda has come up to provide 22 specialized courses of study at post-graduation level. These specialties are -- Ayurveda Siddhanta (Fundamental Principles of Ayurveda), Ayurveda Samhita (Classical Texts of Ayurveda), Rachna Sharira (Anatomy), Kriya Sharira (Physiology), Dravya Guna Vigyan (Materia medica and Pharmacology), Rasa-Shastra (Pharmaceuticals using minerals and metals), Bhaishajya Kalpana (Pharmaceuticals), Kaumar Bhritya or - Bala Roga (Pediatrics), Prasuti Tantra avum Stri Roga (Obstetrics and Gynecology), Swasth-Vriddha (Social and Preventive Medicine), Kayachikitsa (Internal Medicine), Rog Nidan avum Vikriti Vigyan (Diagnostics & Pathology), Shalya Tantra-Samanya (Surgery), Shalya Tantra - Kshar Karma avum Anushastra Karma (Para-surgical interventions & procedures), Shalakya Tantra - Netra Roga (Ophthalmology), Shalakya Tantra - Shiro-Nasa-Karna Avum Kantha Roga (Treatment of diseases of Head and ENT), Shalakya Tantra - Danta Avum Mukha Roga (Dentistry), Manovigyanavum Manas Roga (Psychology & Psychiatry), Panchakarma (Bio-purification), Agad Tantra avum Vidhi Vaidyaka (Toxicology and Medical Jurisprudence), Sangyaharana (Anesthesiology) and Chhaya avum Vikiran Vigyan (Radiology).

Ayurveda holds the strength to treat diseases from holistic angle in accordance with the body-mind constitution and other physico-psychological attributes of the patients and as such is proven to be effective in the treatment of chronic, metabolic and life style diseases for which satisfactory solutions are not available in conventional allopathy medicine. Over the years, Kshar Sutra and Panchakarma therapies of Ayurveda have become very popular among the public. Panchakarma is a unique therapeutic procedure for the radical elimination of disease-causing factors and to maintain the equilibrium of tridosha. The Panchakarma therapy minimizes the chances of recurrence of the diseases and promotes positive health by rejuvenating body tissues and bio-purification. Kshar Sutra is a parasurgical intervention using an alkaline thread for cauterization, which is scientifically validated to be effective in the treatment of fistula-in-ano and such surgical conditions as require excision of overgrown soft tissue like polyps, warts, non-healing chronic ulcers, sinuses and papillae.

(ii) Unani:

The Unani System of Medicine originated in Greece and passed through many countries before establishing itself in India during the medieval period. This system is based on the teachings of Hippocrates and Gallen, developed into an elaborate Medical System by Arabs. It is based on well established knowledge and practices relating to the promotion of positive health and prevention of diseases. The Unani system became enriched by imbibing what was best in the contemporary systems of traditional medicines in Egypt, Syria, Iraq, Persia, India, China and other Middle East countries.

The system of medicine was documented in Al-Qanoon, a medical bible, by Sheikh Bu-Ali Sina (Avicenna, 980-1037 AD), and in Al-Hawi by Razì (Rhzes, 850-923 AD) and in many other books written by the Unani physicians. The literature of the Unani system is mostly found in Arabic, Persian and Urdu languages.

The Unani system is based on the Humoral theory i.e. the presence of blood, phlegm, yellow bile and black bile in a person. The temperament of a person can accordingly be sanguine, phlegmatic, choleric and melancholic depending on the presence and combination of humors. According to Unani theory, the humors and medicinal plants themselves are assigned temperaments. Any change in quantity and quality of the humors, brings about a change in the status of health of the human body. A proper balance of humors is required for the maintenance of health.

The system is holistic in nature and offers preventive, promotive, curative and rehabilitative healthcare. The thrust areas of Unani medicine are: Chronic Disorders, Psychotic Disorders, Non Communicable & Metabolic Diseases and Immune-Modulation etc. like Rheumatoid Arthritis, Jaundice, Nervous Debility, Skin Diseases like Vitiligo & Eczema, Sinusitis and Bronchial Asthma. For the prevention of disease and promotion of health, the Unani system emphasizes six essentials (Asbab-e-Sitta Zarooria):- (a) Pure Air, (b) Food and Drinking Water (c) Physical Movement and Rest (d) Psychic Movement and Rest (e) Sleep and Wakefulness and (f) Retention
of Useful Materials and Evacuation of Waste Materials from the body. There are four forms of treatment in Unani medicine-llaj bid Dawa (Pharmaco therapy), llaj bil’ Ghiza (Dietotherapy), llaj bid Tadbir (Regimental Therapy) and llaj bil Jarahat (Surgery). Regimental therapy (llaj bid Tadbir) is a special technique/ physical method of treatment to improve the constitution of body by removing waste materials and improving the defense mechanism of the body and protect health. Some of the special techniques are Fasd (Blood-letting), Hijama (Cupping), Dalk (Massage), Taleeq-e-Alaq (Leeching), Hammam-e-Har (Turkish Bath), Riyazat (Exercise), Amal-e-Kai (Cauterization). The Unani system of medicine offers various methods of treatment which are used for specific and complicated diseases. It emphasizes the use of naturally occurring, mostly herbal medicines and also uses some medicines of animal, marine and mineral origin.

This system over the centuries has assimilated so well in the Indian civilization that today it is recognized by Government of India as one of the Indian systems of medicine, and forms an integral part of our national healthcare delivery structure. The Government has been providing increasing funds and support for its multi-faceted development. As a result, today the country has the widest network of educational, research, healthcare and pharmaceutical institutions of Unani Medicine, and enjoys the position of world leader in this area. In the country, there are 42 teaching institutions offering degree level education and training in Unani Medicine; eight of them offering postgraduate courses in nine disciplines of Unani medicine. The National Institute of Unani Medicine, Bangalore, set up by Central Government, conducts postgraduate education in eight subjects with Ph.d. in Maolijat and research programmes. The education and practice of Unani System of Medicine is under the regulatory control of Central Council of Indian Medicine (CCIM), which is a statutory body established through an Act of Parliament-the Indian Medicine Central Council (IMCC) Act, 1970. In the area of public healthcare, a large network of Unani hospitals and dispensaries is functioning across the country; predominantly through Central and State Government initiatives.

Research and development in Unani Medicine is by and large in the hands of Central Council for Research in Unani Medicine (CCRUM). The Council has, over the past three and a half decades, emerged as the leading organization to bring out significant scientific outcomes and documents for reference and use in this field. The CCRUM has its headquarters in New Delhi with 23 centers functioning in different parts of the country. Major areas of research of CCRUM are: Clinical Research including Safety & Efficacy studies of Unani drugs, Fundamental Research-Validation of Basic Principles, Drug Standardization and Quality Control, Survey and Cultivatin of Medicinal Plants and Literary Research. Council has been granted 8 patents from the Indian Patent Office for Drug Development and 30 applications for grant of patent is pending in Indian Patent Office.

There are a good number of licensed manufacturing units for Unani drugs in private sector of the country. The pharmacopoeia laboratory for Indian medicine (PLIM) is functioning since 1970 as an appellate laboratory for testing of traditional medicines including Unani drugs and development of pharmacopoeia standards under the purview of pharmacopoeia commission for Indian medicine (PCIM). Propagation of Unani system of Medicine beyond the Indian boundaries has been boosted with the globalization process and efforts of international cooperation. These steps have led to setting up of a Unani Medicine Chair at the University of Western Cape, South Africa.

(iii) Siddha:

The Siddha System of medicine is one of the ancient systems of medicine in India having its close bđdd with Dravidian culture. The term Siddha means achievements and Siddhars are those who have achieved perfection in medicine. Eighteen Siddhars are said to have contributed towards the systematic development of this system and recorded their experiences in Tamil language.

The Siddha system of Medicine emphasizes on the patient, environment, age, sex, race, habits, mental frame work, habitat, diet, appetite, physical condition, physiological constitution of the diseases for its treatment which is individualistic in nature Diagnosis of diseases are done through examination of pulse, urine, eyes, study of voice, colour of body, tongue and status of the digestion of individual patients. System has unique treasure for the conversion of metals and minerals as drugs and many infective diseases are treated with the medicines containing specially processed mercury, silver, arsenic, lead and sulphur without any side effects. The strength of the Siddha system lies in providing very effective therapy in the case of Psoriasis, Rheumatic disorders, Chronic liver disorders, Benign prostate hypertrophy, bleeding piles,
peptic ulcer including various kinds of Dermatological disorders of non psoriatic nature.

During the last six decades, there has been continuous development in Siddha medical education and this has led to the establishment of the National Institute of Siddha at Chennai as apex Institute having six specialities in postgraduate teaching leading to the award of M.D(S) Degree. These are Maruthuvam (General Medicine), Sirappu Maruthuvam (Special Medicine), Kuzhanthai Maruthuvam (Paediatrics), Gunapadam (Pharmacology), Noi Nadal (Pathology) and Nanju Nool & Maruthuva Neethinool (Toxicology).

For development of focused research in Siddha System of medicine Govt. has constituted Central Council for Research in Siddha (CCRS), an autonomous body by bifurcating Central Council for Research in Ayurveda and Siddha (CCRAS).

(iv) Yoga:

The word "Yoga" comes from the Sanskrit word "yuj" which means "to unite or integrate." Yoga is about the union of a person's own consciousness and the universal consciousness. It is primarily a way of life, first propounded by Maharshi Patanjali in systematic form Yoga Sutra. The discipline of Yoga consists of eight components namely, restraint (Yama), observance of austerity (Niyama), physical postures (Asana), breathing control (Pranayam), restraining of sense organs (Pratyahara), contemplation (Dhamma), meditation (Dhyana) and Deep meditation (Samaadhi). These steps in the practice of Yoga have the potential to elevate social and personal behavior and to promote physical health by better circulation of oxygenated blood in the body, restraining the sense organs and thereby inducing tranquility and serenity of mind and spirit. The practice of Yoga has also been found to be useful in the prevention of certain psychosomatic diseases and improves individual resistance and ability to endure stressful situations. Yoga is a promotive, preventive rehabilitative and curative intervention for overall enhancement of health status. A number of postures are described in Yoga literature to improve health, to prevent diseases and to cure illness. The physical postures are required to be chosen judiciously and have to be practiced in the correct way so that the benefits of prevention of disease, promotion of health and therapeutic use can be derived from them.

Studies have revealed that Yogic practice improves intelligence and memory and help in developing resistance to situations of stress and also help individuals to develop an integrated personality. Meditation can stabilize emotional changes and prevent abnormal functions of the vital organs of the body. Studies have shown that meditation not only regulates the functions of the sense organs but also strengthens the nervous system. Yoga today is no longer restricted to hermits, saints, sages but has gone to every home for the global health promotion. Yoga as a part of peoples’ lifestyle has aroused a world-wide awakening and acceptance.

(v) Naturopathy:

Naturopathy is rooted in the healing wisdom of many cultures and times based on principal of natural healing. The principles and practices of Naturopathy are integrated in the life style, if the people observe living close to nature.

Naturopathy is a cost effective drugless, non-invasive therapy involving the use of natural materials for health care and healthy living. It is based on the theories of vitality, boosting the self-healing capacity of the body and the principles of healthy living. Naturopathy is a system of natural treatment and also a way of life widely practiced, globally accepted and recognized for health preservation and management of illnesses without medicines. Naturopathy advocates living in harmony with constructive principles of Nature on the physical, mental, social and spiritual planes. It has great promotive, preventive, curative as well as restorative potentials.

Naturopathy promotes healing by stimulating the body’s inherent power to regain health with the help of five elements of nature - Earth, Water, Air, Fire and Ether. It is a call to “Return to Nature” and to resort to a simple way of living in harmony with the self, society and environment. Naturopathy advocates ‘Better Health without Medicines’. It is reported to be effective in chronic, allergic autoimmune and stress related disorders. The theory and practice of Naturopathy are based on a holistic view point with particular attention to simple eating and living habits, adoption of purificatory measures, use of hydrotherapy, cold packs, mud packs, baths, massages, fasting etc.
(vi) Homoeopathy:

"Homoeopathy" was introduced as a scientific system of drug therapeutics by a German Physician, Dr. Christian Frederick Samuel Hahnemann in 1805. While translating a medical treatise by Scottish physician and chemist, William Cullen, from English to German, in 1790, he came across a foot note under Cinchona that attributed its fever curing property to the astringent (decongestant) qualities of the drug. Being sceptical of Cullen's remarks concerning the effect of Cinchona for curing malaria, Hahnemann experimented its effect on himself by taking repeated doses of cinchona tincture and experienced fever, shivering and joint pains: symptoms similar to those of malarial fever. After series of experiments, Hahnemann concluded that a drug that could produce certain symptoms in healthy individuals could also cure similar disease symptoms, in accordance with some hidden, natural laws of similars as had been vaguely perceived by ancient physicians. This led to the coining of the word "homoeo-pathy" (which comes from the Greek: ὅμοιος homoios, "like" and πάθος pathos, "suffering"). Based on this, Hahnemann postulated the key principle of Homoeopathy, the Law of Similars, logically evolving it as an experimental science, according to the method of inductive reasoning after exact observation, correct interpretation, rational explanation and scientific construction.

The Law of Similars

It is also called the Law of Cure. This law demonstrates that the selected remedy is able to produce a range of symptoms in healthy persons similar to that observed in the patients. Based on his experiments, Hahnemann published this law in an article "Essay on New Principle for Ascertaining the Curative Powers of Drugs" in Huffland's Journal in 1796. This law is the principle of Similia Similibus Curentur i.e. let likes be treated by likes. Law of Similars teaches that every homoeopathic remedy experimentally observed to have certain properties of producing a set of symptoms on healthy human beings and when these symptoms matches with a natural disease, it act as a therapeutic agent and help the body to correct the disorder. As per this concept, the symptoms produced by the substance during the drug proving are the signature of that drug. Therefore, in strict sense, this signature of the drug is the one and only one that qualify into the principle of Similia Similibus Curentur. This is the most important concept in Homoeopathy. In fact there cannot be any concept in homoeopathy without this key concept.

This principle was known in western medicine even before Hahnemann. Hippocrates, the Father of western medicine, (460-377 BC) wrote about two possible principles of treating disease. One is Contraria Contrariis Curantur (Latin) which means opposites are cured by opposites. Accordingly, this principle teaches to treat diseases by using remedies that produce opposite effects. The other principle is the Similia Similibus Curentur (Latin), which means let similar things take care of similar things. Paracelsus (1493-1541) and later others were also aware of these two principles, but seems to have preferred only the opposing method. Dr. Hahnemann, possibly picked up the similia maxim based on his experiments and developed a viable, independent and scientific system of Medicine. He lived his life for this mission.

Disease can be cured by medicinal substances given in extremely small doses that produce similar symptoms in healthy people. In simple words, the medicine can cure when given in micro doses what it can cause in large doses. Some such examples of the law of similars are:

a. While peeling onion, it makes your eyes watery and nose burning. If you are having an attack of hay fever with watering eyes and burning nose, the homoeopathic remedy prepared from onion called Allium cepa could relieve it.

b. Poison ivy causes redness, intense itching, burning, blistering and sometimes stiff muscles. Potentised Poison ivy called as Rhus tox has been used for herpes, burns, eczema, allergy, arthritis, etc.

c. When stung by a honeybee, there is burning, stinging pain and swelling. Some relief is gained from applying cold to the area. Swelling with burning and stinging pain relieved by cold, the remedy prepared on homoeopathic principle from the same source called Apis mellifica could cure such symptoms.

d. Coffee keeps people awake and alert. A remedy prepared from coffee seeds called Coffea cruda, in very small doses might be appropriate for helping someone with insomnia with an overly alert mind.

e. Quinine (derived from Cinchona bark) given in daily doses to a healthy person can cause symptoms similar to malaria fever. Indeed, the Cinchona Officinalis, a homoeopathy medicine prepared from cinchona bark, is curative in many patients with similar symptoms.

g. Belladonna, a homoeopathy medicine, used to treat scarlet fever, since the symptoms of belladonna poisoning closely resemble those of scarlet fever.
**Drug Proving** - *Drug Proving is the systematic process of acquiring knowledge of the substances intended for the cure of the natural diseases. In other words it is the process of investigating the pathogenetic power of drug by administering the same in to the healthy individuals of different age and both the sex. Therefore, it is also known as Human Pathogenetic Trial (HPT).* Drugs cure natural diseases by virtue of their capacity to induce changes, which are similar to those, brought about by disease. Hahnemann set about collecting data pertaining to disease and the drugs. He then had to determine the criteria for establishing similarity between the two. After this was done, he had to administer the drug and to observe accurately the result so produced. Organon of Medicine gives us the details of the great therapeutic experiment in a highly systematized manner stretching over fifty years. As per homeopathy, to apply drugs for therapeutic use, their curative powers should be known. The proving of the drug is the experiment conducted to know these powers and is unique to homeopathy as they are proved on healthy human beings first, before being applied to the patients. The symptoms thus known are the true record of the curative properties of a drug or the pathogenesis of a drug. Such symptoms are recorded and called as Homoeopathic Materia Medica.

**Single Remedy** - This tenet of classical homoeopathy states that only one homeopathic medicine should be prescribed at a time and directs to choose and administer such a single remedy, which is most similar to the symptoms of the sick person. In homeopathy, the drug proving to ascertaining the curative property of a drug is done with a single remedy derived from a single source - primarily plant, mineral or chemical. They are the essence of homeopathy and therefore engage all the principles and concepts that make homeopathy a comprehensive system of medicine. This was a trend setter at that time when the usual prescriptions contained as many as 26 drugs at a time. Observing this rule helps to avoid confusing and potentially complex remedy interactions.

**Minimum Dose** - The similar remedy selected for a sick person should be prescribed in minimum dose, so that when administered, there is no toxic effect on the body. It just acts as a triggering or catalytic agent to stimulate and strengthen the existing defense mechanism of the body. It does not need to be repeated frequently. The method of drug dynamisation or potentisation achieved, not only the reduction of drug quantity in each dose of homoeopathic medicine, but also the dynamic power gets increased progressively. This aspect of homoeopathy and the method discovered by Hahnemann 200 years before is to be only evaluated by new researches and studies which are now underway in nanoscience.

**Drug dynamisation or Potentisation** - Drugs are prepared in such a way that they retain maximum medicinal powers without producing any toxic action on the body. It was found experimentally by Dr. Hahnemann that when diluted drugs are powerfully succussed (a specified process in homoeopathy), they develop lasting medicinal powers. This process is continued under predetermined scales and the drugs are marked as 6C, 30C, 200C, 1000C etc., and LM potencies or strength. The method of preparing the drugs by the Master achieved two ideals; (1) - The toxicity of drug used in crude dosage have progressively reduced and (2) - increase the hidden (dynamic) medicinal properties of the drug. In other words, the drugs get dynamised or potentised progressively and evoke its curative properties.

**Concept of Vital Force** - Dr. Hahnemann discovered that the human body is endowed with a force that reacts against the inimical forces, which produce disease. It becomes deranged during illness. Such reactions of the deranged vital force are the cause for the externally expressed signs and symptoms. Dr. Hahnemann has described the concept of vital force in aphorisms 9 to 17 in the Organon of Medicine. Literally speaking “vital” means essential and “force” means energy/power, thus vital force means “essential energy” or “energy that is essential for life”. The theory of Vital force in homeopathy is a unique philosophy which accepts the existence of a spirit like energy that drives the living organism both in health and disease. This concept has nothing to do with any religious beliefs, but postulates that life is not the mere collection of blood, bone and muscles or a living cell is not just some cytoplasm, mitochondria, nucleus, DNA and RNA. Homeopathy believes that there is an existence of an essential force in every living organism which maintains harmony of the functions and also differentiates the living from the dead. The vital force determines the state of health in that living organism, at mental, physical and spiritual levels. Based on similarity between the signs and symptoms of disease and that observed of the drugs during drug proving, homeopathic medicine selected and administered, stimulates this failing vital force so that, as Hahnemann said, "it can again take the reins and conduct the system on
way to health". Signs and symptoms reveal not only the disturbance within an organism which is usually called the "dis-ease" but also curative remedy, which will set right the problem. In homoeopathy, there is a critical disapproval of all practices aimed at suppression of the manifestation of the disease such as a discharging skin eruption, long-continued diarrhea or nasobronchial excretions as they are often dangerous. Earliest beginning of diseases, much before structural changes in the cells (a diagnosis), could be understood from the symptoms.

Homoeopathic treatment carefully adopted from the time of conception, pregnancy and early formative years of the child claims to free the child of the bad effects of hereditary influences and prevents various types of constitutional disorders in later life.

Chronic diseases - Hahnemann observed that in spite of best of treatment through the Law of Similia, certain diseases either did not respond well or recurred after a short interval. After detailed examination of such cases and conducting systematic studies, Hahnemann postulated that in such cases there remained certain fundamental cause which prevent recovery or cure. By "chronic disease" Hahnemann did not mean exactly the same thing as is now generally understood by the phrase - a disease that lasts a long time and is incurable. He called chronic diseases to those diseases which are caused by infection from a chronic miasm.

Based on his experiments, Dr Hahnemann published the book titled "The Chronic Diseases: Their Peculiar Nature and Their Homoeopathic Cure". A masterly work that compiles the original literature as given by the founder of the healing art. It covers the chronic diseases with their peculiar nature and their homeopathic cure. Detailed work of the basic concepts of miasms is given together with 48 antipsoric remedies with their original provings.

Concept of Miasm - Psora, Syphilis and Sycosis are the three fundamental causes of all chronic diseases that afflict the human race as discovered by Dr. Hahnemann. He called them miasm. This word is derived from Greek word miainein meaning 'to pollute'. Syphilis and Sycosis are the venereal and contagious chronic diseases, whereas Psora is a non-venereal chronic disease. Psora is present from the beginning to the end of life and is the root cause of most of the diseases.

Holistic as well as Individualistic approach in medicine practiced in Homoeopathy - Successful application of the law of similar depends entirely on concepts of individualization and susceptible constitutions. This forms the cornerstone of homoeopathy. The concept of individualization demands the understanding of the total response of the living organism to the unfavourable environment. This total response is understood through the signs and symptoms, emotional, intellectual (spiritual) and physical planes where the vital force manifests itself. This is a unique concept of "disease" in homoeopathy. Even though it may sound strange, homoeopathy does not treat disease per se. A homoeopath does not concentrate his therapy on, say arthritis or bronchitis or cancer. In other words, he does not limit his treatment to the painful joints, inflamed bronchi or a malignant growth. Rather, he treats all aspects, mental, emotional and physical of the person who is afflicted with arthritis, bronchitis, cancer etc. Homoeopathy regards each patient as a unique individual; e.g. different person with hepatitis might get a different homoeopathic remedy, each one aimed at the individual's totality of symptoms rather than at his liver alone. The physicians' interest is not only to alleviate the patients' present symptoms but also his long-term well being. The difference between the ways two individuals react to a similar cause of disease is an indication of the unique way in which each of them reacts. This uniqueness of the symptoms and reactions brings in the difference in the remedy prescribed to each one of them.

Homoeopathic medicines are prescribed on the basis of Individualization, which is tailoring the remedy according to the individual's needs. It means every individual is different from others in some way; be it his stature, talking, choices, behavior, or his susceptibility to diseases. Homoeopathic medicines are always prescribed for the complete package i.e., the individual, so naturally the medicine will differ for different persons. The concept of susceptible constitutions is very much a part of the theory of chronic diseases. Hereditary influences and predisposition point to the primary causes of all the diseases, especially the chronic type. Homoeopathic treatment gives us scope of modifying the adverse hereditary influences and predisposition to disease, aiming at better adaptation of the patient to his environment, including his mental process. Thus, homoeopathy is a practice of "constitutional medicine" of a higher order. It has great scope in the field of psychiatry and psychosomatic diseases.
(vii) Sowa-Rig-pa (Amchi Medicine):

“Sowa-Rig-pa”, commonly known as Amchi medicine, is the traditional medicine of many parts of the Himalayan region used mainly by the Tribal and bhot people. Sowa-Rig-pa (Bozh-Kyi) means ‘science of healing’ and the practitioners of this medicine are known as Amchi. Sowa-Rigpa is originated out of Ayurveda and is based mainly on the Áshtanga Hridaya’ treaty which one of the three main Compendia of Ayurveda, was translated into Tibetan language in 4th century.

In India, this system of medicine has been popularly practiced in Ladakh and Paddar-Pangay regions of Jammu and Kashmir, Lahul-spiti, Pangi, Dharamshala and Kinnar region of Himachal Pradesh, Uttrakhand, Arunachal Pradesh, Sikkim, Darjeeeling-Kalingpong (West Bengal). Sowa-Rigpa is a science, art and philosophy that provide a holistic approach to health care on the basis of harmony and understanding of human being and universe i.e. the environment. It uses diagnostic techniques for examples pulse and urine examination (eight fold examination) and it embraces the key Buddhist principles of altruism, karma and ethics. According to the Amchi system, proper alignment of the three Dosha, seven body Tissue (seven Dhatus) and three excretory products (Malas) in the state of equilibrium constitutes a healthy body. Any disequilibrium in any of these energies leads to disease or ill-health. Amchi medical theory states that everything in the universe is made up of the five basic elements, namely, sa (Earth), chu (Water), me (Fire), rLung (Wind), Nam-mkha (Space). Amchi system is based on the following three Principle Energies -

1. rLung (wind) manifests the nature of Air element. It is characterized as rough, light, cold, subtle, hard and mobile. It is responsible for the physical and mental activities, respiration, expulsion of urine, faces, foetus, menstruation, spitting, burping, speech, gives clarity to sense organs, sustains life by means of acting as a medium between mind and body. This is similar to Vata-dosha of Ayurveda.

2. mKhris-pa (Bile) basically has the nature of fire. It is characterized as oily, sharp, hot, light, fetid, purgative and fluidity. mKhris-pa is responsible for hunger, thirst, digestion and assimilation, maintains body heat, gives lustre to body complexion and provides courage and determination. This is similar to Pitta-dosha of Ayurveda.

3. Bad-kan (Phlegm) is cold in nature and is characterized as oily, cool, heavy, blunt, smooth, firm and sticky. Bad-kan is responsible for firmness of the body, stability of mind, induces sleep, connects joints, generates tolerance and lubricates the body. This is similar to Kapha-dosha of Ayurveda.

The diagnostic techniques in Sowa-Rigpa include visual observation, touch and interrogation. For treatment of health problems, the system makes use of herbs, minerals, animal products, spring and mineral water, moxibustion mysticism and spiritual power. The medicines are used usually in the form of decoctions, powders, pills and syrups etc. Mantra and tantra components are also very important of Sowa-rigpa.

B. MISSION, VISION AND OBJECTIVES OF MINISTRY OF AYUSH:

The Mission, Vision and objectives of the Ministry of AYUSH are given below:

(i) Mission and Vision:

The vision statement of Ministry of AYUSH is “to position AYUSH systems as the preferred systems of living and practice for attaining a healthy India.”

The mission statement of Ministry of AYUSH is as follows:

To mainstream AYUSH at all levels in the Health Care System.

To improve access to and quality of Public Health delivery through AYUSH System

To focus on Promotion of health and prevention of diseases by propagating AYUSH practices.

Proper enforcement of provisions of Drugs & Cosmetic Act 1940 and Rules framed thereunder relating to the ASU drugs throughout the country.

(ii) Objectives:

The Ministry of AYUSH has the following objectives:-

Delivery of AYUSH Services
Human Resource Development in AYUSH
Promotion and Propagation of AYUSH Systems
Research in AYUSH
Conservation and cultivation of medicinal plants
Effective AYUSH Drug Administration
C. NATIONAL MEDICINAL PLANTS BOARD (NMPB):

The resource base of AYUSH medicines is largely plants. Increasing global interest in natural remedies has increased the demand for medicinal plants which are mainly sourced from the wild areas. This has led to the emergence of a number of issues like sustainability, conservation, cultivation, quality assurance, protection of Traditional Knowledge, issues related of access and benefit sharing etc. To coordinate all these matters relating to medicinal plants, Government of India has established the National Medicinal Plants Board (NMPB) under Ministry of AYUSH. NMPB is the apex national body which coordinates all matters relating to medicinal plants in the country. The Board was established in November 2000 and acts as advisory body to the concerned Ministries, Departments and Agencies in strategic planning for medicinal plants related initiatives and to take measures to provide financial support to programmes relating to conservation, cultivation and the all-round development of the medicinal plants sector. The Union Minister of Health & Family Welfare is the Chairperson and the Union Minister of State for Health & Family Welfare is the Vice-Chairperson of the Board.

Functions of the NMPB

I. Assessment of demand/supply of medicinal plants both within the country & abroad.

II. Advise concerned Ministries/ Depts./ Organisation / State/ UT Governments on policy matters relating to schemes and programmes for development of medicinal plants.

III. Provide guidance in the formulation of proposals, schemes and programmes etc., to be taken-up by agencies having access to land for cultivation and infrastructure for collection, storage and transportation of medicinal plants.

IV. Identification, inventory and quantification of medicinal plants.

V. Promotion of ex-situ/in-situ cultivation and conservation of medicinal plants.

VI. Promotion of co-operative efforts among collectors and growers and assisting them to store, transport and market their produce effectively.

VII. Setting up of data-base system for inventory, dissemination of information and facilitating prevention of patents on medicinal use of plants, information on which is already in the public domain.

VIII. Matters relating to import/export of raw material, as well as value added products either as medicine, food supplements or as herbal cosmetics including adoption of better techniques for marketing of produce to increase their reputation for quality and reliability within the country and abroad.

IX. Undertaking and awarding of studies leading to scientific, technological research and promoting cost-effective practices for the development of medicinal plants.

X. Development of protocols for cultivation and quality control.

XI. Encouraging protection of Patent Rights and IPR.

Schemes of NMPB

Currently, NMPB is implementing the Scheme viz., Central Sector Scheme for Conservation, Development and Sustainable Management of Medicinal Plants.

(a) Central Sector Scheme for Conservation, Development and Sustainable Management of Medicinal Plants:

This scheme was approved by the Cabinet Committee on Economic Affairs in its meeting on 26th June, 2008 with a total outlay of Rs. 321.30 crores during the 11th Plan. The revised scheme was approved by Expenditure Finance Committee (EFC) for the 12th Plan with an outlay of Rs. 450.00 crores.

Objectives of the Scheme

- To promote in-situ / ex-situ conservation of medicinal plants which are critical components of the AYUSH and Folk systems of medicine by supporting such programmes in forest/ public/ non-public/ institutional lands.

- To promote R&D for domestication of wild medicinal plants, development of agrotechniques and post-harvest management storage and processing.

- To promote quality assurance and standardization through development of Good Agriculture Practices (GAP), Good Collection Practices (GCP), and Good Storage Practices (GSP) and through development of monographs on medicinal plants.
To develop, implement and support certification mechanism for quality standards, Good Agriculture Practices (GAP), Good Collection Practices (GCP), and Good Storage Practices (GSP).

To promote sustainable harvesting protocols of medicinal plants from forest areas and certification thereof.

To support survey, inventory and documentation of endangered medicinal plants through periodic surveys and inventory.

Creating Gene banks/ Seed orchards to create an authentic source of seed and germ plasm for future.

Promote capacity building and human resource development at all levels.

Adopt a coordinated approach and promotion of partnership, convergence and synergy among R&D; processing and marketing in public as well as private sector at national, regional, state and sub state levels.

To provide information, Education and Communication through organization of seminars, trainings and exposure visits within the country and abroad.

Function as clearinghouse of information on medicinal plants including their occurrence, usage, ethno-botanical uses, cultivation practices and post-harvest practices, markets etc. and dissemination thereof through print and electronic media, printing of brochures, posters and other publicity material.

Important Achievements under the Central Sector Scheme for Conservation, Development and Sustainable Management of Medicinal Plants during 2014-15:

- Re-afforestation/Conservation of Medicinal Plants in 8256.56 hectares in Forest Areas:
  - 5856.56 hectares under Resource Augmentation
  - 2400 hectares under establishment of 12 Medicinal Plants Conservation Areas (MPCAs)

Set up a network of ex-situ conservation through establishing:

- No. JFMCs / BMC / VFMC / Van Panchayats supported - 395

Supported projects for setting up of Herbal Gardens, School Herbal Gardens and Home Herbal Gardens.

Supported Research Studies on:
  - Bioactivity guided fractionation studies
  - Sustainable harvesting and Inter-cropping
  - Chemical and Molecular Profiling
  - Production of Quality Planting Material, Germplasm and Genotype Identification and Conservation
  - Agronomics & Market dynamics
  - Insect / pest management through bio-control and Quality assessment and evaluation of pesticides and heavy metals
  - Authentication, multiplication and substitution of Rare, Endangered and Threatened (RET) plants
  - Quality assessment and evaluation of pesticides and heavy metals and
  - Value added products
  - Animal Health
  - Geospatial approach and mapping
  - Validation of ayurvedic drug qualities through modern methods eg. E-tongue, E-nose etc.

Published Volume-II of Agro-Techniques for 32 selected medicinal plants.

OTHER IMPORTANT ACTIVITIES

(i) Strengthening of State Medicinal Plants Boards (SMPBs):

Financial assistance is being provided to State Medicinal Plants Boards for their day-to-day activities including the monitoring of sanctioned projects. At present 36 State Medicinal Plants Boards (Annexure - V) are working in different states to implement the schemes of NMPB.

(ii) Involvement of third party Monitoring and Evaluation of project sanctioned by NMPB:

NMPB has initiated 100% monitoring of all projects under the Central Sector Scheme for Conservation, Development and Sustainable Management of Medicinal Plants (except R&D) through third party. This has enabled better utilization of resources as funds are released only to well performing projects.

(iii) Setting up Facilitation Centres (FCs) for Extension and Support Services on medicinal plants:

Since SMPBs in states / UTs are not adequately equipped with staff and infrastructure support, NMPB has set up Facilitation Centres in State Agriculture Universities and R&D Institutions. These centres act as one stop shops for growers and other stake holders and would work in close co-ordination with SMPBs. Initially, 23 Facilitation Centres were sanctioned out of which 16 remained functional. At present only 9 facilitation centres are working in different parts of the country.
(iv) Good Agriculture Practices and Good Field Collection Practices and Certification
The quality of AYUSH products is critically dependent upon the quality of raw material used for their manufacture. The quality of raw material used, is generally assessed with reference to the adoption of Good Agricultural & Collection Practices. The NMPB has already evolved guidelines on Good Agricultural and Collection Practices (GACPs) based on WHO guidelines.

The National Medicinal Plants Board has developed the Certification Standards and Procedures and Scheme of Certification through Quality Council of India (QCI). Under the Scheme, any producer / collector / group of producers or collectors can obtain a certification from a designated Certification Body (CB) and will be under regular surveillance of the certification body. The certification process in general would cover following steps viz. Registration of Application, Evaluation(s) at the site, Testing of sample(s), Grant of Certificate, Periodic Surveillance Evaluation, Market sampling and Renewal of certificate.

The Voluntary Certification in the field of Medicinal Plants Sector would go a long way in improving the quality of raw material to Ayurveda, Siddha and Unani industry and other sister industries.

(v) Research & Publications:
Work on publication of a book on Agro-Technology of around 50 species of important medicinal plants is under-way. Also, three peer reviewed research papers were published.

(vi) Fund Release:
The special campaign for Utilization certificates (UCs) liquidation has enabled the release of a cumulative amount of Rs.108.98 crore during 2014-15 under the NMPB schemes (Rs.63.31 crores under Central Sector Scheme for Conservation, Development and Sustainable Management of Medicinal Plants and Rs.45.67 crores under Centrally Sponsored Scheme of National Mission on Medicinal Plants).

(vii) Livelihood Support initiatives:
As an important strategic livelihood initiative during the year 2014-15, NMPB has been able to bring greater focus on income augmentation of grass-root communities through value addition / marketing of Medicinal Plants. 395 JFMCs / VFMCs / BMCs / EDCs were supported.

D. RESEARCH COUNCILS:
The Central Council for Research in Indian Medicine and Homoeopathy (CCRIMH) was established in 1969 to carry out research in Ayurveda, Siddha, Unani, Yoga and Homoeopathy under the Ministry of Health and Family Welfare. Later, in 1978, this composite Council was dissolved to pave the way for the formation of four independent Research Councils, one each for Ayurveda and Siddha, Unani, Homoeopathy and Yoga and Naturopathy. The four successor Research Councils were established as autonomous organizations registered under Societies Act, to initiate, guide, develop and coordinate scientific research, both fundamental and applied, in different aspects of their respective systems. The Research Councils, which are fully financed by the Government of India, are the apex bodies for scientific research in the concerned systems of medicine. The research activities of the Research Councils are monitored and reviewed periodically in order to ensure that the research is focused and that it is undertaken in a time bound manner. The outputs of the research studies are disseminated among educationists, researchers, physicians, manufacturers and the common man.

(i) Central Council for Research in Ayurveda Sciences (CCRAS):
The Central Council for Research in Ayurvedic sciences (CCRAS), an autonomous body under Ministry of AYUSH, Govt. of India is apex body in India for undertaking, coordinating, formulating, developing and promoting research on scientific lines in Ayurvedic sciences. The activities are carried out through its 30 Institutes/Centres/Units located all over India and also through collaborative studies with various Universities, Hospitals and Institutes. The research activities of the Council include Medicinal Plant Research (Medico-ethno Botanical Survey, Pharmacognosy and Tissue Culture), Drug Standardization, Pharmacological Research, Clinical Research, and Literary Research & Documentation. The extension activities include Tribal Health Care Research Programme (THCRP); National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS); Health Care Services extended through Swasthya Rakshan Programme linked with Swachha Bharat and Ayurveda Mobile Health Care Programme under Scheduled Castes Sub Plan (SCSP). The Council is also engaged in Information, Education and communication (IEC) activities through publication and distribution of Literatures & participation in Health Mela/Exhibitions in India and abroad.
The Council’s Institutional network includes 8 Institutes in Category ‘A’ at Gwalior, Cheruthuruthy, Kolkata, Chennai, Bhubaneswar, Hyderabad, Pune & Patiala; 6 in Category ‘B’ at Guwahati, Jhansi, Lucknow, Bangalore, Vijayawada & Leh; 6 in Category ‘C’ at New Delhi, Ahmedabad, Thriruvananthapuram, Bangalore, Mumbai & Nagpur; 10 in Category ‘D’ at Jaipur, Tarikhet, ALRCA Chennai, Gangtok, Mandi, Jammu, Patna, Itanagar, Port Blair and Nagaland.

The main objectives comprise:
1. The formulation of aims and patterns of research on scientific lines in Ayurvedic sciences.
2. To undertake any research or other programmes in Ayurvedic sciences.
3. The prosecution of and assistance in research, the propagation of knowledge and experimental measures generally in connection with the causation, mode of spread and prevention of diseases.
4. To initiate, aid, develop and co-ordinate scientific research in different aspects, fundamental and applied of Ayurvedic sciences and to promote and assist institutions of research for the study of diseases, their prevention, causation and remedy.
5. To finance enquiries and researches for the furtherance of objects of the Central Council.
6. To exchange information with other institutions, associations and societies interested in the objects similar to those of the Central Council and specially in observation and study of diseases in East and in India in particular.
7. To prepare, print, publish and exhibit any papers, posters, pamphlets, periodicals and books for furtherance of the objects of the Central Council and contribute to such literature.
8. To undertake R & D Consultancy projects and transfer of patents on drugs and process to industry.
10. To undertake international and interagency collaboration.

For Further details, visit CCRAS Website: www.ccras.nic.in

(ii) Central Council for Research in Siddha (CCRS):

Siddha System of Medicine is an ancient system of Medicine for prevention and cure of diseases and healthy living of human beings. Siddha system of Medicine is based on mukkutram namely Vali (Vatham), Azhal (Pitham) and Iyam (Kabam).

The doctrine of Siddha Medicine is “Food is Medicine and Medicine is Food”. According to Siddha System one should always consume food only after complete digestion of food previously taken and shall never be taken in full stomach. One fourth of the stomach is left empty to enhance proper digestion.

The term Siddha means achievement and Siddhars are those who have achieved perfection in medicine. Eighteen Siddhars are said to have contributed to the systematic development of this system and recorded their experiences in Tamil language.

The Siddha system of Medicine emphasizes on environment, age, sex, race, habits, mental frame work, habitat, diet, appetite, physical condition, physiological constitution of the individual (patient) for its treatment which is individualistic in nature. Diagnosis of diseases are done through examination of tongue, colour, study of voice, eyes, touch, motion, urine, pulse of body and status of the digestion of individual patients. This System has a unique treasure for the conversion of metals and minerals as drugs and many infective diseases are treated with the medicines containing specially processed mercury, silver, arsenic, lead and sulphur without any side effects. The strength of Siddha system lies in providing very effective therapy for Psoriasis, Neuromuscular and Neuro skeletal disorders, Joint disorders, Chronic liver disorders, Benign prostate hypertrophy, bleeding piles, peptic ulcer and various kinds of dermatological disorders.

Other areas of strength are Varma, Thokkanam and Kayakalpam procedures. Varma (Pressure manipulation therapy) is special kind of treatment in Siddha System and specific points being manipulated by pressure with the figure and the pain is relieved and the restricted movement becomes free and active. Thokkanam (Physical manipulation therapy) is another type of treatment which includes applying Oil on the area of swelling and pain and doing massage so that the neuromuscular and musculoskeletal pain and swelling is relieved. Kayakalpam is a special medicine for longevity to keep one always young and energetic by taking simple Herbs like Ginger with honey. Kayakalpam has many types like General kalpam, Special Karpam and Mooligai Thathu, Jeeva Kalpam mentioned by Siddhars to keep the human beings always healthy and active.

During the last six decades, there has been continuous development in Siddha medical
education and this has led to the establishment of the National Institute of Siddha in Chennai. It is an apex Institute having six specialities in post-graduate teaching leading to the award of M.D. (s) Degree. The courses are Maruthuvam (General Medicine), Gunapadam (Pharmacology), Sirappu Maruthuvam (Special Medicine), Kuzhanthai Maruthuvam (Paediatrics), Noi Nadal (Pathology) and Nanju Nool & Maruthuva Neethinool (Toxicology). For the development of more focused research in Siddha System of Medicine Govt. of India has established Central Council for Research in Siddha (CCRS), an autonomous body by bifurcating Central Council for Research in Ayurveda and Siddha (CCRAS).

The Central Council for Research in Siddha (CCRS) Website: http://www.siddhacouncil.com, http://siddharesearchcouncil.org is an apex body for the formulation, Co-ordination and scientific validation of Siddha System of Medicine and was established as a separate Research Council w.e.f. September 2010. The research activities of CCRS are carried out through 5 peripheral Institutes / Units in the State of Tamilnadu, Kerala and U.T. of Puducherry. These units include 1Central Research Institute in Chennai, 2 Regional Research Institutes at Puducherry and Thiruvanantapuram, 1 Clinical Research unit at Palayamkottai, 1 Medicinal Plants Garden at Mettur. This is inclusive of 2 attached hospitals at Chennai and Puducherry; 2 attached dispensaries at Palayamkottai and Thiruvanantapuram. The council concentrates on finding effective and low cost remedies for various disease conditions through systematic research. The research activities of the council include clinical research, fundamental research, drug research and literary research. The main objectives of the CCRS are as follows:

- To finance suitable researches for the furtherance of objects of the Central Council.
- To exchange information with other institutions, associations and societies interested in the objects similar to those of the Central council and specially in observation and study of diseases in India in particular.
- To prepare, print, publish and exhibit any papers, posters, pamphlets, periodicals and books for furtherance of the objects of the Central Council and contribute to such literature.
- To create Administrative, Technical and Ministerial and other posts under the Society and to make appointments thereto in accordance with the rules and regulations of the Society.
- To undertake R & D Consultancy projects and transfer of patents on drugs and process to industry.
- To undertake R&D projects sponsored by industries in Public/Private Sector.

(iii) Central Council for Research in Unani Medicine (CCRUM):

The Central Council for Research in Unani Medicine (CCRUM) is an autonomous organization under Ministry of AYUSH, Government of India. The Council was established on 30 March 1978 under Societies Registration Act, 1860. However, it started functioning independently from 10 January 1979. The main objectives of the Council are as follows;

- Formulation of aims and patterns of research on scientific lines in Unani medicine
- To undertake research or any other programmes in Unani Medicine.
- Prosecution of and assistance in research and propagation of knowledge and experimental measures generally in connection with the causation, mode of spread and prevention of diseases.
- To initiate, aid, develop and coordinate scientific research on different aspects, fundamental and applied, of Unani Medicine, and to promote and assist institutions of research for the study of diseases, their prevention, causation and remedy.
- To finance enquiries and researches for the furtherance of objectives of the Council.
• To exchange information with other institutions, associations and societies interested in the objectives similar to those of the Council especially in the observation and study of diseases in the East in general, and in India in particular.
• To prepare, print, publish and exhibit any articles, posters, pamphlets, periodicals and books for furtherance of the objectives of the Council and to contribute to such literature.

The Council’s research programmes comprise of clinical research, drug research, literary research and survey and cultivation of medicinal plants. Besides, extension health services and Information, Education & Communication (IEC) activities are also part of the Council’s programme. The Council’s research activities are being carried out through a network of 23 Institutes/Units functioning in different parts of the country. These include the following:

<table>
<thead>
<tr>
<th>Central Research Institute of Unani Medicine (CRIUM)</th>
<th>02</th>
<th>Hyderabad and Lucknow</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regional Research Institutes of Unani Medicine (RRIUM)</td>
<td>08</td>
<td>Chennai, Bhadrak, Patna, Aligarh, Mumbai, Srinagar, Kolkata and New Delhi</td>
</tr>
<tr>
<td>Regional Research Centres of Unani Medicine (RRCUM)</td>
<td>02</td>
<td>Allahabad and Silchar (Assam)</td>
</tr>
<tr>
<td>Clinical Research Units (CRUs)</td>
<td>06</td>
<td>Bangalore, Meerut, Bhopal, Burhanpur, Kurnool and Edathala</td>
</tr>
<tr>
<td>Clinical Research Pilot Project</td>
<td>01</td>
<td>Imphal (Manipur)</td>
</tr>
<tr>
<td>Drug Standardisation Research Institute (DSRI)</td>
<td>01</td>
<td>Ghaziabad</td>
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<tr>
<td>Drug Standardisation Research Unit (DSRU)</td>
<td>01</td>
<td>New Delhi</td>
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<tr>
<td>Chemical Research Unit (CRU)</td>
<td>01</td>
<td>Aligarh</td>
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<tr>
<td>Hakim Ajmal Khan Institute of Literary &amp; Historical Research in Unani Medicine</td>
<td>01</td>
<td>New Delhi</td>
</tr>
<tr>
<td>Total</td>
<td>23</td>
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</tbody>
</table>

Besides, four extension centres attached to different institutes / units are also functioning. These centres conduct the GOPD with a view to provide Unani treatment to the patients. A Unani wing of AYUSH Wellness Centre is also functioning at the President Estate, New Delhi. The Headquarters of the Council is in New Delhi.

The Council is engaged in multifaceted research activities. In the area of clinical research, pre-clinical safety evaluation studies, Open label trials, multi-centric randomised controlled trials (RCTs) and comparative controlled trials are being conducted in some common and chronic diseases with main emphasis on diseases of national health priority with a view to develop safe and effective Unani treatments. Besides, validation studies of Pharmacopoeial formulations in different common and chronic ailments are also continued with a view to establish their safety and efficacy. The Council is also busy in validating the efficacy of some fast acting Unani drugs in different disease conditions. Research studies on different Pathological, Bio-chemical, Physiological aspects are also continued in different disease conditions. Collaborative clinical studies with reputed scientific organization and medical institutions/Universities are also being undertaken.

Projects on fundamental research correlating the concept of humour and temperaments with physiological, bio-chemical, molecular and genetical aspect in the healthy subjects and in different diseases condition in the causation of the disease are also continued. Besides, experimental validation of Unani regimenal therapies including in Hijama (Cupping) and Taleeq (Leeching) is also being undertaken in different chronic conditions.

In the area of drug research, work on development of Standard Operating Procedures (SOPs) for method of manufacture of compound formulations followed by their Pharmacopoeial standard is continued. Besides standardization of single drugs; is also being done. The monographs of the drugs finalized for SOPs are being incorporated in the Unani Pharmacopoeia of India after the approval of UPC/PCIM. Shelf life studies of Unani formulations have also been initiated.

In the literary research programme, collation, editing and translation of classical Unani books is being done. Besides, reprinting of out of print classical books also continued. Disease-wise data base of information available in the Unani classics is also being developed. Work on compilation of standard treatment guidelines of Unani medicine is continued.

In the area of survey & cultivation of medicinal plants, the Council is busy undertaking ethnobotanical explorations of different forest areas collecting information on available medicinal flora besides collecting information on medicinal folk claims from different tribes in the region so as
to develop a database of information for further studies. Experimental cultivation of some important medicinal plants is also being undertaken at the Council's herb gardens. Work on digitization of herbarium sheets has also been initiated.

With a view to propagate the Unani system among the masses and to provide treatment facilities to the patients seeking Unani treatment, the Council clinical centres conduct General OPD. This also helps in getting the research feedbacks. These facilities are available at 19 clinical centres of the Council. Besides 10 mobile clinics attached to different institutes / units are also conducting mobile OPD in different adopted mobile pockets in rural areas, urban slums and SC/ST pockets. Health awareness is also created in the population through health lectures, group meeting and school health programme.

Under Information, Education and Communication (IEC) activities, the Council organizes conferences, seminars, workshops with a view to disseminate the research outcomes to the practitioners, scholars, students and faculty members of Unani colleges. Besides, the Council also participate in health exhibitions, health camps and AROGYAs with a view to propagate the system among the masses in the country and abroad.

(iv) Central Council for Research in Yoga & Naturopathy (CCRYN):

Central Council for Research in Yoga & Naturopathy (CCRYN) was established in 1978 under the Societies Registration Act, 1860. As per the Memorandum of Association of the Council, the objectives of the Council are as under:

I. Formulation of aims and patterns of research on scientific lines in Yoga & Naturopathy.

II. “To undertake any education, training research and other programmes in Yoga & Naturopathy.

III. The prosecution of and assistance in research, the propagation of knowledge and experimental measures generally in connection with the causation, mode of spread and prevention of diseases.

IV. To initiate aid, develop and coordinate scientific research in different aspects, fundamental and applied of Yoga and Naturopathy and to promote and assist institutions of research for the study of diseases, their prevention, causation and remedy.

V. To finance enquiries and researches for the furtherance of objects of the Central Council.

VI. To exchange information with other institutions, associations and societies interested in the objects similar to those of the Central Council and specially in observation and study of diseases in East and in India in particular.

VII. To prepare, print, publish and exhibit any papers, posters, pamphlets, periodicals and books for furtherance of the objects of the Council and to contribute to such literature.

VIII. To offer prizes and grant of scholarships, including travelling scholarships in furtherance of the objects of the Central Council

Research Activities:
The Council is involved in carrying out research studies on various aspects of Yoga and Naturopathy with the help of various leading Medical as well as Yoga and Naturopathy institutions. Council has completed 41 research studies, published 13 research monographs and so far 51 research papers have been published by the Council and Principal Investigators.

The Council is now initiating for Intra Mural Research projects to establish efficacy of Yoga and Naturopathy treatment modalities in prevention and management of various lifestyle related disorders/ diseases conditions.

Research Publication:

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<td>1.</td>
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<td>8.</td>
<td>Effects of Asans and Pranayams on Neurological, Neuromuscular &amp; Cardio- Respiratory Functions in</td>
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FELLOWSHIP FOR PH.D. SCHOLARS

Fellowship @ Rs.6,000/- p.m. to the scholars pursuing Ph.D. in Yoga and Naturopathy for 3 years under the Scheme of 'Fellowship for Ph.D. Scholars' is provided. The scheme is being revised.

PROPAGATIONAL ACTIVITIES

I. Participation in AROGYA/Exhibition/ Health Mela

The Council actively participates in the Arogya exhibitions organized by the Ministry of AYUSH with following activities:-
1. Live Yoga Demonstration.
2. Exhibition of Yoga & Naturopathy modalities through posters and trans-slides.
3. Free distribution of IEC material.
5. Free Consultation.

ii. Yoga Fitness Classes: The Council has extended its Health promotional activities by providing free Yoga Fitness Classes at Udyog Bhawan, New Delhi and at Integral Health Clinic, D/o Physiology, AIIMS, New Delhi.

iii. Yoga and Naturopathy OPDs: The Council is providing health care services through Yoga & Naturopathy OPDs in the premises of various Medical Colleges & Hospitals. Council Head quarters, and CRI Rohini, Delhi.

Yoga & Naturopathy OPDs run by the Council:
1) CCRYN, Headquarters, New Delhi
2) CRIYN, Rohini, Delhi
3) Safdarjung Hospital, New Delhi
4) Dr. R.M.L. Hospital, New Delhi
5) Lady Harding Medical College & Associated Hospitals, New Delhi
6) University College of Medical Sciences, Dilshad Garden, Delhi
7) Pt. B. D. Sharma Post Graduate Institute of Medical Sciences, Rohtak, Haryana
8) Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Delhi

iv. Publications of the Council:
The Council has brought out number of IEC material for benefit of the common man which is very popular among public. The disease specific booklets of the Council viz, Motapa, Uchcha Raktachap, Obesity, Sprouts, High Blood Pressure, Anmol Bol etc. both in Hindi and English are in great demand during Arogya and other Health Melas.

CENTRAL RESEARCH INSTITUTE (CRI):
The Council is in the process of establishing following Central Research Institutes of Yoga and Naturopathy with 100 bedded Hospital facilities to generate sufficient data in support of the potential of Yoga & Naturopathy treatment modalities in the management of various lifestyle related disease conditions. Various stages of construction of these CRIs are as under:

1. Central Research Institute (CRI), Nagmangala, Karnataka - 1st Phase Completed.
2. Central Research Institute (CRI), Jhajjar, Bahadurgarh, Haryana - 1st Phase Completed.
3. Central Research Institute (CRI), Bhubaneswar, Odisha - Possession of land has been taken.
4. Central Research Institute of Yoga & Naturopathy (CRIYN), Delhi - OPD facilities are functional.

Celebration of International Day of Yoga
One month free Yoga camps were organized from 21.05.2015 to 21.06.2015 in all the districts of the Country through NGOs/ Govt. Institutions with the financial assistance of the Council to celebrate International Day of Yoga. Moreover, one month free Yoga Classes were also conducted in Delhi & NCR at 100 places to celebrate International Day of Yoga.
Central Council for Research in Homoeopathy (CCRH):

The Central Council for Research in Homoeopathy is an autonomous research organization under Ministry of AYUSH, Govt. of India, which came into existence in 1978. Over the years, the Council has involved into a premier Research Organization with the objective of undertaking research in Homoeopathy in the fundamental and applied aspects on modern parameters. The council has been carrying out the scientific research through its network of 33 research institutes/units including 4 independent extension units nationwide and in collaboration with other institutes of excellence of allied sciences. Exchanging research information with institutions, organizations and societies with similar aims and propagating research findings through publication and seminars are among important activities carried out by the council.

OUR RESEARCH ACTIVITIES

CCRH lays emphasis on multipronged approach to research with diverse research activities.

1. Laying down standards for quality homoeopathy medicine
   - Survey, Collection and Cultivation of Medicinal plants
   - Drug Standardisation
   - Drug Proving
   - Clinical Verification
2. Clinical Research
3. Fundamental and Basic Research
4. Literary Research

OTHER ACTIVITIES

- Documentation and Publication
- Health melas/exhibitions/Arogya melas

SURVEY, COLLECTION AND CULTIVATION OF MEDICINAL PLANTS

Survey of Medicinal Plants and Collection Unit (SMPCU) of CCRH located at Emerald, Nilgiri District Tamil Nadu conducts survey, collection and cultivation of medicinal plants used in Homoeopathy and supplies raw drug samples to the Central Research Institute (H), Noida and Drug Standardization Unit (H), Hyderabad for standardization studies. Total seventy seven (77) medicinal plants, used in Homoeopathy (64 exotic and 13 indigenous) were cultivated in research garden during the year 2013-14, which is spread in 12.7 acres of land. SMPCU has supplied seven (07) raw drug plant materials to Central Research Institute (H), Noida and Drug Standardization Unit, Hyderabad for drug standardization studies. Seven (07) raw drug plant materials cultivated in the Research Garden, have been sold to various Homoeopathic Pharmacies for total amount of Rupees 86630/- during the period under report.

DRUG STANDARDIZATION

To lay down standards for quality homoeopathic medicines, the drug standardization programme in the Council was initiated in 1979. Drug Standardization ensures quality, safety and efficacy of a drug. It encompasses a number of parameters, which define the quality of homoeopathic drugs and pharmaceutical uniformity. At present, the studies are continued in the Central Research Institute (H), Noida and Drug Standardization Unit (H), Hyderabad for pharmacognostical and physico-chemical evaluation of homoeopathic drugs. Pharmacognostic studies of six drugs and Physico-chemical studies of eight drugs have been undertaken during the year under report.

DRUG PROVING

Drug Proving Programme or Homoeopathic Pathogenetic Trial (HPT), a process unique to Homoeopathy involves proving of Homoeopathic medicines on healthy human volunteers, to ascertain their pathogenetic effects. After proving, the drugs are put to clinical verification to determine their therapeutic usefulness. Council undertakes proving of new drugs as well as the reproving of the drugs which have been partially proved.

The Drug Proving Protocol based on double blind technique has been prepared by the Council, taking positive leads from protocol being followed by different international homoeopathic organizations. Drug Proving is conducted seven centers of the Council. The proving of the five drugs in 6C & 30C potencies has been completed during the year 2013-14.

CLINICAL VERIFICATION

The symptomatic data obtained by the process of Drug proving needs to be clinically verified before it is included in the homoeopathic Materia Medica. The Council had undertaken the Clinical Verification programme to clinically verify pathogenetic effects (symptoms) of 85 drugs, including those proved by the Council (23). Studies on these drugs have already been concluded and out of these 52 drugs have been published in the form of a Materia Medica in the name of 'Study of Homoeopathic Medicines through Clinical Verification - A new perspective'
in two volumes. The preparation of a Materia Medica on remaining drugs is under progress.

CLINICAL RESEARCH

Under Clinical Research, the Council has traversed a path from long-term observational studies to evidence based observational studies presently Randomized Controlled Trials (RCT), as per the need of the hour.

Keeping in view the present era of evidence based research, Council has taken up studies based on RCT design which is the hallmark of scientific evidence and has focused its efforts to take up time bound studies with pre-defined outcome parameters based upon rigorously designed scientific protocols. The protocols are developed in consultation with the experts in respective fields from All India Institute of Medical Sciences (AIIMS), Indian Council of Medical Research (ICMR), National Institute of Communicable Diseases (NICD), National AIDS Control Organization (NACO) and eminent homeopathic educators and researchers.

Presently, there are 13 ongoing studies, 1 concluded and 1 more study has been proposed for the year under report.

FUNDAMENTAL AND BASIC RESEARCH

Collaborative studies

The Council collaborates with various institutes of excellence in order to conduct evidence-based, inter-disciplinary research studies and to validate the efficacy/concepts of Homoeopathy on scientific parameters. Council has collaborated with reputed institutes like All India Institute of Medical Sciences (AIIMS), School of Tropical Medicine (Kolkata), Central Institute of Psychiatry (Ranchi), Indian Institute of Technology, Defence Institute of Physiology & Allied Sciences (Delhi), Jamia Hamdard (Delhi), Bose Institute (Kolkata), High Security Animal Disease Laboratory (Bhopal), University of Madras (Chennai), Bhabha Atomic Research Centre (Trombay) etc. Some of the major research studies done by Council like presence of nano particles of source substance in homoeopathic dilution, effect of homoeopathic medicine in heart rate variability, preventive effects of Belladonna of Japanese Encephalitis, mechanism of molecular pathway of action of homoeopathic on apoptosis in tumor cells, effect of homoeopathic preparations of Syzygium jambolanum and Cephalantra indica in management of mice induced with diabetes mellitus, effect of homoeopathic preparation of Berberis vulgaris in kidney stone in mice etc. have opened new avenues for future research.

Four studies have been concluded and nine are ongoing under collaborative research and seven publications pertaining to collaborative research.

Extra Mural Research

The Extra Mural Research scheme of Ministry of AYUSH, Government of India aims at providing grant-in-aid to organizations for conducting research in Homoeopathy.

DOCUMENTATION AND PUBLICATION

As a primary mandate, the Council disseminates the outcomes of the accomplished researches through effective documentation and publications. In its endeavor to reach out globally, the Council had already made its journal, Indian journal of Homoeopathic Research (IJRH) as an open access online journal. Continuing with the same venture further during the reporting period, the Council initiated the publication of e-books to make them easily accessible to the researchers and scholars. The purchasing of books from the Council publications has been made speedily available by integrating the payment gateway with Council’s website. The important publications of the Council during 2013-14 are listed below:

1. Indian Journal for Research in Homoeopathy
   - Volume 7 No. 2 (April-June 2013)
   - Volume 7 No. 3 (July-September 2013)
   - Volume 7 No. 4 (October-December 2013)
   - Volume 8 No. 1 (January-March 2014)
2. CCRH News; Issue No. 66, 67, 68, 69
4. Books: Research findings of the Council under Clinical Research, Drug Standardization, Drug Proving and Clinical Verification made available to the practitioners, researchers and students in the form of Books and Monographs- Drug & Disease Monographs. The following books were published during this period:
   - Drug Monograph- Alfalfa
   - Homoeopathic Drug Proving: Vol.- 5
   - Vernacular names of Plant Drugs in Homoeopathic Pharmacopoeia of India
5. Handouts-To create awareness among masses about the current health related issues and scope of Homoeopathy as a treatment method. Handouts on ‘Benign Prostatic Hyperplasia, Menopause’ are published in this year.
6. A non-priced publication of the Council 'CCRH - An overview: Activities and achievements of CCRH'

E. STATUTORY REGULATORY BODIES:
There is a need to initiate measures to improve the standards of Medical Education by revising curricula to contemporary relevance by creating medical institutions and Centre of Excellence and providing assistance for infrastructural growth. The Department is committed for the development and propagation of Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homoeopathy systems and strives to maintain standards of education in the existing colleges. AYUSH teaching institutions are being provided financial assistance for creating infrastructural facilities as specified in the Minimum Standards Regulations and the regulations of Undergraduate, Post-graduate education and Post-graduate Diploma course issued by Central Council of Indian Medicine (CCIM) and Central Council of Homoeopathy (CCH). So far, total (519) i.e. 331 and 188 colleges/institutions have been permitted by CCIM and CCH respectively to undertake UG/PG courses and these colleges are affiliated with 76 recognized universities throughout the country including three exclusive Ayurveda universities and six Health Universities (Annexure - VI).

Regulation of Medical education and maintenance of Central Register of ISM &H are two main functions of these regulatory bodies. There are 48 State Boards of Indian System of Medicine and Homoeopathy (Annexure - VII) for registering AYUSH practitioners possessing recognized medical qualifications.

(i) Central Council of Indian Medicine (CCIM):

- To maintain a Central Register of Indian Medicine and revise the Register from time to time.
- To Prescribe Standards of Professional Conduct, Etiquette and Code of Ethics to be observed by the practitioners.

To consider and furnish the recommendations to Government of India on the proposal received from various institutions through Government of India for establishment of new colleges of Indian Systems of Medicine, to increase intake capacity in Under-graduate course/Post-graduate course and to start new Post-graduate course or additional subjects.

Since its establishment in 1971, the Central Council has been framing on and implementing various regulation including the Curricula and Syllabii in Indian Systems of Medicine viz. Ayurved, Siddha and Unani Tib at Under-graduate level and Post-graduate level.

Now all the Colleges of Indian Systems of Medicine are affiliated to 46 Universities in the Country. These Colleges are following the minimum standards of education and Curricula and Syllabii, prescribed by Central Council.

The Central Council of Indian Medicine has prescribed Regulations for Under-graduate and Post-graduate courses of Ayurveda, Siddha and Unani Tib considering that after completion of education, they would become profound scholars having deep basis of Ayurved, Siddha and Unani with scientific knowledge in the fundamentals of respective systems. Through extensive practical training students become an efficient Teachers, Research scholars, Kayachikitsak (Physicians) and Shalya Chikitsak (Surgeons) who are fully competent to serve in the medical and health services of the Country. The Central Council has prescribed the following Regulations:-

Regulations framed by CCIM with the previous sanction of Government of India.
1.) Central Council of Indian Medicine (Election of President and Vice-President) Regulations, 1971.
2.) Central Council of Indian medicine (General) Regulations, 1976 amended in 2012.


9.) Indian Medicine Central Council (Post-graduate Ayurveda Education) Regulations, 2005 for Ayurveda Vachaspati MD (Ay.) and Ayurved Dhanwantari (MS-Ay.) amended in 2012.

10.) Indian Medicine Central Council (Post Graduate Unani Education) Regulations, 2007 for Mahir-e-Tib (Doctor of Medicine) & Mahir-e-Jarahat (Master of Surgery).

11.) Indian Medicine Central Council (Post-graduate Education) Regulations, 1986 and further added in 1994 for Siddha Maruthuva Perarignar, MD (Siddha) Course.

12.) Establishment of New Medical College opening of new or Higher Course of Study of Training and Increase of Admission Capacity by a Medical College Regulations, 2003.

13.) Indian Medicine Central Council (Permission to Existing Medical Colleges) Regulations, 2006.

14.) Indian Medicine Central Council (Post-Graduate Diploma Course) Regulations, 2010 and Amended in 2013.


17.) India Medicine Central Council (Minimum Standards Requirement of Siddha Colleges and attached Hospitals) Regulation 2013.

Amendment in the Second Schedule


Status/Number of College
At present there are 260 Ayurved, 08 Siddha and 41 Unani Colleges, affiliated with various Universities of the Country. 78 colleges in Ayurved, 4 in Siddha and 9 in Unani imparting Post-Graduate Education in different specialties.

Central Council has prescribed following courses at Under-graduate and Post-graduate level. Minimum Standards of education and syllabi for different courses for Ayurveda, Siddha and Unani Tib have also been laid down by the Council.

Ayurveda
Ayurvedacharya (Bachelor of Ayurvedic Medicine & Surgery) - 5-1/2 Years
Ayurved Vachaspati (MD-Ayurved) - 3 Years
Ayurved Dhanwantari (MS-Ayurved) - 3 Years
Diploma in Ayurved - 2 years

Unani Tib
Kamil-e-Tib-o-Jarahat (Bachelor of Unani Medicine & Surgery) - 5-1/2 years
Mahir-e-Tib (MD-Unani) - 3 years
Mahir-e-Jarahat (MS-Unani) - 3 years
Diploma in Unani - 2 Years

Siddha
Siddha Maruthuva Arignar (Bachelor of Siddha Medicine & Surgery) - 5-1/2 years
Siddha Maruthuva Perignar (MD-Unani) -3 years.

As per provision of Section 14(2) of IMCC Act, 1970 following qualifications have been included under 2nd Schedule to the IMCC Acts, 1970.

CENTRAL REGISTER OF INDIAN MEDICINE
Preparation and maintenance of Central Register of Indian Medicine is one of the main objects of the Central Council. As per provisions of the IMCC Act, 1970, Central Council is maintaining a Central Register in the prescribed manner, which is containing, the names of persons who are enrolled on any State Register of Indian Medicine and who possess any of the recognized medical qualifications included in the Schedules to the Indian Medicine Central Council Act, 1970. The maintenance of Central Register of
Indian Medicine and updating of the same is a continuous process.

(ii) Central Council of Homoeopathy (CCH):

The Central Council of Homoeopathy has been constituted by the Government of India under the provisions of Homoeopathy Central Council Act, 1973 (website: www.cchindia.com). This council is comprised of members elected from the States/UTs as well as from Faculties/Department of Homeopathy in Universities (by whatever name called) and nominated by the Central Government. Its main objectives are:

- Maintenance of Central Register of Homoeopathic Practitioners in the country.
- Laying down the minimum requirement for Medical education in Homoeopathy.
- Prescribing standards of professional conduct, etiquette and code of ethics for the practitioners of Homoeopathy.
- Recommending recognition and/or withdrawal of recognition of medical qualification in Homeopathy awarded in India.
- Recommending recognition of medical qualification in Homoeopathy awarded outside India on reciprocal basis.
- Recommending for approval of a new college, or increase of seats or for starting of new or higher courses in existing colleges.

(a) Regulation of Medical Education of Homoeopathy:

The Homoeopathy Central Council Act, 1973 was amended in 2002 (but amendments were enforced w.e.f. 28.01.2003) and the power to grant permission for starting new colleges, introducing new or higher courses of study and increasing the number of seats in a college has been vested with the Central Government on the recommendation of Central Council.

The Regulations as per provisions of HCC Act, 1973 have been prescribed for Under Graduate degree course Bachelor of Homeopathic Medicine and Surgery (BHMS) 5 ½ years, and a (bridge) graded degree course BHMS of 2 years duration and at Post Graduate level M.D. (Hom) degree courses (3 years) in seven specialty subjects are continuing. Following are the relevant Regulations:-


The Central Council of Homoeopathy enforced the Establish of New Medical College (Opening of New or Higher course of Study of Training and Increase of seats or starting of new or higher course in existing colleges.

In supersession of its earlier Regulations namely Homoeopathy (Minimum standards of Education) Regulations, 1983, the Central Council has notified Homoeopathic Central Council (Minimum standards Requirements of Homoeopathic colleges and attached Hospitals) Regulations, 2013 which are to be fulfilled by the existing colleges. The Central council monitors the standards of education by way of inspections of Homeopathic Medical Colleges and attached hospital as well as of examinations conducted by the universities for above mentioned courses.

(b) Central Register of Homoeopathy:

Under the provisions of Homoeopathic Central Council Act, 1973, the council maintains the Central Register of Homoeopathy in Part I and Part II. Part I contains the names of all the Persons who possess any of the recognized medical qualification in Homoeopathy and Part II contains the names of all persons other than those included in Part I who were enrolled on before the commencement of the provisions of the provisions of the Homoeopathy Central Council Act, 1973 in different States/UTs Direct registration is also done by Central Council as per its Registration Regulations. There are about 2.50 lakh Homoeopathic doctors in the country.


(c) Code of Ethics:
The Central Council has also laid down Homoeopathic Practitioners (Professional Conduct, Etiquette & Code of Ethics) Regulations, 1982 (amended in July 2014) which has to be followed by Homoeopathic Practitioners.

F. NATIONAL INSTITUTES:
National Institutes in various AYUSH systems have been set up by the Central Government to set benchmarks for teaching, research and clinical practices. Upgrading these National institutes into Centres of Excellence has been a constant endeavour of the Department. There are three National Institute under Ayurveda system, whereas, one National Institute exists each in Unani, Siddha, Yoga, Naturopathy and Homoeopathy systems.

(i) National Institute of Ayurveda (NIA), Jaipur:
National Institute of Ayurveda, Jaipur established in 1976 by the Government of India, is an apex Institute of Ayurveda in the country to develop high standards of teaching, training and research in all aspects of the Ayurvedic System of Medicine with scientific approach (website: www.nia.nic.in). It is affiliated to the Rajasthan Ayurved University, Jodhpur. The Institute is conducting an Under-Graduate Course (BAMS) (92 Seats). The Institute is also conducting a three year Post-Graduate Course "Ayurveda Vachaspati" (M.D./M.S.Ayurveda) in 14 Subjects, viz. Dravya Guna Vigyana, Kayachikitsa, Kaumarbhriitya, Panchakarma, Rasa Shastra and Bhaishajya Kalpana, Roga and Vikriti Vigyan, Maulik Siddhanta (Samhita), Shalya Tantra, Sharir Kiya, Sharir Rachana, Swastha Vritta, Shalakya Tantra, Prasuti, Stri Roga and Agad Tantra with admission capacity of 104 students. The Institute also grants regular Fellowships leading to the award of Ph.D.(Ayurved) in 14 Subjects, viz. Kayachikitsa, Shalya Tantra, Maulik Siddhanta, Rog & Vikrati Vigyan, Dravya Guna, Sharir Kiya, Panchakarma, Rasa Shastra, Kaumar Bhriitya, Prasuti Tantra–Stri Roga, Sharir Rachana, Agad Tantra, Shalakya and Swasthvritta.

The Institute also conducts a Diploma Course in Ayurveda Nursing and Pharmacy of two and a half years duration with an intake capacity of 30 seats annually and 3 months Panchkarma Attendant Training Course in Classical and Keraliya Panchakarma Procedure with an intake capacity of 20 Seats (10 for SC and 10 for others). Besides, the Institute is involved in Clinical Research. The Institute has 2 Hospitals with a Bed Strength of 300. It also has a separate fully equipped Panchakarma unit and also Speciality Clinics like Geriatrics & Dietetics, Nature Cure, Diabetic, Allergic, Child Mental Health and Centre of Excellence for Musculoskeletal Disorders and a Centre of Excellence for Eye Diseases in collaboration with Sreedhareeyam of Kerala. There is a Central Laboratory for various types of patient investigations including TMT, ECG etc. The Institute has a Satellite Clinic in a popular residential-cum-commercial area of Jaipur (Jawahar Nagar). NIA is also conducting Short Term Training Course for Foreign Medical and non-medical Professionals. More such collaboration projects with some foreign countries are also in the pipeline.

The Institute has entered into MOU with the University of Connecticut, School of Medicine and International Society for Ayurveda and Health Farmington USA, MOU with the Gerontology Science Coordination Center Nyiregyhaza Hungary, MOU with the West Indies University, for Collaboration in Ayurveda Teaching, Training, Research, Treatment, Publication, exchange of experts, etc.

(ii) Rashtriya Ayurveda Vidyapeeth (RAV), New Delhi:
The Rashtriya Ayurveda Vidyapeeth, New Delhi, is an autonomous organization under the Ministry of AYUSH, Government of India. It is registered under Societies' Act, and established in 1988 (Website: www.ravdelhi.nic.in). The RAV imparts practical training to Ayurvedic graduates and post graduates through the Guru-Shishya Parampara i.e. the traditional method of transfer of knowledge. There are two types of courses i.e. MRAV & CRAV.

The Member of Rashtriya Ayurveda Vidyapeeth (MRAV) is a two year course to facilitate literary research for acquisition of knowledge of Ayurvedic samhitas and commentaries thereon in order to enable the students (who have completed post graduation in Ayurveda) to become good teachers, research scholars and experts in Samhitas. The students, who have completed post graduation in Ayurveda are admitted for critical study on Samhita, related to their P.G. studies.

The Certificate course of RAV (CRAV) is a one-year course of Rashtriya Ayurveda Vidyapeeth run in clinical specialities like Kayachikitsa, Asthi chikitsa, Shalya, Shalakya, Streeroga, and in aushadh nirman (Classical methods of Ayurvedic drug manufacturing/ pharmaceutics). The candidates possessing Ayurvedacharya (BAMS) or MD/MS (Ay) from the institution/ college and university included in 2nd
schedule of IMCC Act-1970 are eligible for CRAV course. In this course the age limit for BAMS students is 30 year and for PG students it is 32 years.

The Vidyapeeth organizes National Seminars to discuss the latest development and research in Ayurveda for the benefits of practitioners and researchers. The Vidyapeeth also conducts Interactive Workshops for the discussion on debatable topics of Ayurveda between students and teachers so as to provide clarity for further utilization in the fields of education, research and patient care. Besides that, the Vidyapeeth also conducts training programmes for Ayurvedic teachers on Samhita based clinical diagnosis.

The Vidyapeeth also works as a nodal agency to the Ministry of AYUSH in implementing Central Sector Scheme of Continuing Medical Education (CME) in AYUSH systems. This scheme looks after the updation of the skills and knowledge of teachers, doctors, paramedics and other personnel in AYUSH sectors and facilitating them to render better services.

(III) Institute of Post Graduate Teaching and Research in Ayurveda (IPGT&RA), Jamnagar (GUJARAT):

After independence; IPGT & RA was the first central organization established by Govt. of India as Central Institute for Research in Indigenous System of Medicine (CIRISM) in 1953. In 1956, another Institute named as Post Graduate Training Centre in Ayurveda (PGTCA) was established at Jamnagar by the Govt. of India and both were merged in 1962, called as Institute for Ayurvedic Studies & Research (IASR). This institute was handed over to Gujarat Ayurved University on lease in 1970 for administration after the establishment of Gujarat Ayurved University, further named as Institute of Post Graduate Teaching and Research in Ayurved (IPGT&RA) (www.ayurveduniversity.edu.in).

Post Graduates of this Institute are managing various premier Institutions of Ayurveda in Indian and abroad as well. Presently this institute is fully financed by Govt. of India under central finance scheme and governed by the acts of Gujarat Ayurved University. Board of Post Graduate Teaching & Research in Ayurveda is the governing body for the Institute.

The Institute has been recently recognized as "WHO Collaborating Centre for Traditional Medicine (Ayurveda)", the first and only one WHO - CC for Ayurveda all over the world. The Institute has conducted various projects under WHO - Country Office collaboration. Under this scheme Institute has prepared Manual on simple Ayurvedic herbal formulations for common ailments, International Catalogue of Ayurvedic Publications, Standardization of Ayurvedic Clinical Terminology, Model Recruitment and promotion rules for AYUSH Personnel and Development of Pharmacovigilance Resource Centre for AYUSH.

At present, the institute is having 10 departments (offering post graduate degree in 13 specialties) and six well established laboratories with 50 admission capacity in P.G. course of Ayurveda and 20 Stipendiary Ph.D. seats two in each department. Institute also conducts M. Pharma (Ayurveda), M.Sc. (Medicinal Plants) and Ph.D in both course under self-finance course system.

AYU Journal: Institute is publishing its own quarterly peer reviewed journal 'AYU' that has been included in PubMed and is freely available on web www.ayujournal.org. Four issues of the journal have been published during the current year. The faculty and students of the Institute publishes their work in different national & International journals. In current reporting year; around 231 research papers and 2 books / monographs (with ISBN) have been published. Under the ToR-1 activity of WHO-CC designation; the institute has released a scientific document “Life style Guidelines of Ayurveda for Health Promotion”

A national seminar on “Parada Vijnanam” has been conducted on 20-21 July 2014 considering the national concerns on mercury and other heavy metals in Ayurveda preparations and safety, efficacy related issues. Institute is conducting researches at many levels. Other than MD, M. Pharma, M.Sc. and Ph.D. Projects, projects under Academia - Industry Partnership are also being conducted.

This institute is recognized as an International hub of Ayurveda. Every year more than 50 foreigners visit for various short and long term courses. University has MoUs with more than 10 International organizations for which I.P.G.T. & R.A. is the implementing agency.

The institute has well established library equipped with RFID system. It had a huge collection of 30,000 books, around 4000 manuscripts in different languages like Sanskrit, Pali, Gujarati. Out of these; around 500 manuscripts of Ayurveda have been digitized and available on net.

This Institute has a well-managed Hospital with O.P.D. and I.P.D. facilities (180). In 2014-15 OPD strength was 2.47 Lacs which is increased to 2.65 Lacs during this year. Daily average patient
attendance has increased to 885 per day. The average bed occupancy of 180 bedded hospitals was more than 68%. Departments like Panchakarma, Stree Roga & Prasooti Tantra, Kaumari bhritya, Shalya Tantra and Shalakya Tantra provides specialized treatment facilities to the needful. Cases of Paralysis, Infertility, PCOD, Thalassemia, mental retardation, attention deficit hyperactivity, Ano-rectal diseases, Computer vision syndrome etc. are being studied by respective departments. Besides this, other departments including Kayachikitsa, Rasa Shastra & Bhaishajya Kalpana, Dravyaguna and Basic Principles are providing clinical facilities considering their departmental vision like clinical efficacy and life style management of various non-communicable diseases, safety issues, developing physico-chemical and pharmacological profiles of extra-pharmacopoeial and classical drugs. A special OPD focussing on Swastha Rakshana is also being conducted that provide guidelines on diet and life style modifications to the needful.

The Institute is organizing various outreach activates for National programs and conducted medical camps in rural areas of Gujarat. This Institute has adopted nearby KONZA Village under AYUSH outreach services. This Institute attained a special mile stone by conducting weekly OPDs at all the three Defense establishments in Jamnagar. Total 7 satellite clinics in the form of weekly O.P.D.'s are being conducted at Sasoi garden, Indian Naval Services, Valsura, Air Force Base, Army Camp, district jail, KONZA Village and old age home, situated at Jamnagar.

The Institute is trying its best to set the highest standards of teaching and research in Ayurveda. Institute has continuously increased hospital OPD and IPD attendance of patients and serving the goal of popularizing the Ayurveda and better health care of citizens.

(iv) National Institute of Unani Medicine (NIUM), Bengaluru:
National Institute of Unani Medicine, Bangalore, an autonomous organization under the Ministry of AYUSH, Government of India, established as a premier institute for the development and growth of Unani System of Medicine in the field of teaching, training, research and patient care.

The campus of the institute spread over 50 acres of land houses Academic Block, Hospital, Administrative Block, Residential Block, Library, Guest House, Indoor Games Hall, separate boys’ and girls’ Hostels, Canteen, Pharmacy unit, Animal House, Drug Museum / Herbarium, Herbal Garden, Central Instrumentation Facility Laboratory, Drug Standardization Laboratory, and other laboratories attached to academics and hospital. An Auditorium, Canteen, extension of pharmacy building, Regimental therapy block and Hamam were also constructed.

The Institute is affiliated to Rajiv Gandhi University of Health Science, Karnataka, Bangalore and offers post graduate courses in eight disciplines of Unani Medicine, viz. Moalejat (Medicine), Ilmul Advia (Pharmacology), Tahafuzzi wa Samaj Tib (Preventive and Social Medicine), Amraze Niswan wa Qabalat (Obstetrics and Gynecology), Ilmus Saidla (Unani Pharmacy), Kulliyat Umoore Tabbiya (Basic principles of Unani Medicine), Ilaj Bit Tadbeer (Regimenal Therapy) and Jarahat (Surgery). Ph.D. in Moalajat has already been started from session 2014-15. Ph.D in Ilmul Advia is likely to be started from session 2015-16. The institute is trying its best to set the highest standards of teaching and research in Unani System of Medicine and is serving the goal of popularizing the Unani Medicine and better health care of citizens.

The institute already taken up the matter with Ministry of AYUSH regarding opening of remaining six departments, viz.:
1) Munefe-ul-Aza (Physiology)
2) Ilmul Atfal (Pediatrics)
3) Ilmul Amraz (Pathology)
4) Amraz-e-Jild - o-Zohrawayia (Skin & Veneral diseases)
5) Tashreeh-ul-Badan (Anatomy)
6) Amraz-e-Uzn, Anaf -wa- Halaq (Ear, Nose & Throat)

Proposal for starting the above six departments have been approved by the SFC held on 09.11.2015. In coming sessions PG in all the 14 departments is likely to be started functioning. Proposal for construction of IV phase buildings consisting of Academic Blocks, Residential quarters, Hostel Block & Health Huts has also been approved by SFC. The Hospital of the institute is having an OPD wing as well as IPD with 180 beds, with separate wards for male and female. Clinical services are provided to the patients from general OPD as well as specialized OPDs such as Skin diseases, GIT and Hepato-Biliary disorders, Neuro-rehabilitation, Psychiatric and Geriatric care. Besides, a separate unit for Regimental Therapy has also been established in the hospital. Patients from different part of Karnataka as well as from neighbouring states visit the hospital to avail the treatment.
The Academic departments of the institute are conducting research to validate Unani concepts and generate data for safety and efficacy of Unani drugs. The main areas of researches are pre clinical, clinical and basic principles of Unani System of Medicine. The quality of research is maintained by the Institutional Ethics Committee for Biomedical Research, Institutional Animal Ethics Committee, and Scientific Advisory Groups. Research papers of faculty members and P.G. Scholars are being regularly published in standard National and International journals.

The Institute publishes two Bi-annual, peer reviewed Journals namely, 'Journal of Research in Unani Medicine' in English and 'Tarjuman-e- Tib' in Urdu as well as Newsletter. The Institute regularly organizes academic events like CMEs, Workshops, Seminars and Guest Lectures. Faculty members are also deputed to various training programmes to update their professional skills. The institute actively participates in AROGYA Melas held across the country to popularize Unani Systems of Medicine. Apart from this the institute regularly conducting in and around Bangalore Free Unani medical camps to the needy people.

(v) National Institute of Siddha (NIS), Chennai:
The National Institute of Siddha (NIS), Chennai established in 2004, as an autonomous organization under the control of Ministry of AYUSH, Government of India, is being developed as a Center of Excellence for Siddha system of medicine (website: www.nischennai.org).

The Institute has been established the Government of India as a joint venture with the Government of Tamil Nadu under the Societies (Registration) Act 1975. The Institute offers Post Graduate courses in six specialized branches of Siddha Medicine viz. Maruthuvam 2) Gunapadam 3) Sirappu Maruthuvam 4) Kuzhandai Maruthuvam 5) Noi Naadal and 6) Nanjunoolum Maruthuva Neethinoolum with varying admission capacity of 7-8 seats in each branch and altogether 46 including 1 from BIMSTEC countries. Presently 46 students (Siddha graduates) get admitted every year in the first year of M.D (Siddha) course in the aforementioned 6 branches through an entrance examination followed by single window counseling by NIS.

This Institute is affiliated to The Tamil Nadu Dr.M.G.R. Medical University, Chennai for Academic and Examination purposes and follows the Syllabus and Curriculum prescribed by the Central Council of Indian Medicine as adopted by the University. Separate hostels for men and women students and also for staff-nurse are available within our campus. Solar water heater, a man-made pond, sewage water recycling plants, herbal house, animal house, auditorium, library and a guest house are other facilities available in NIS.

NIS is also recognized by The Tamil Nadu Dr.M.G.R. Medical University for six specialities of Siddha Medicine for conduct of Ph.D. programme under the guidance of recognized guides of Siddha faculty members with stipend under two SRF for each specialities sanctioned by Ministry of AYUSH. The Institute is actively engaged in clinical and preclinical studies, physio-chemical analysis of Siddha drugs and fundamental researches. The quality of P.G. students’ and Ph.D. scholars’ research is being monitored by the Institutional Ethics Committee and Institutional Animal Ethics Committee in addition to the guides.

INFRASTRUCTURE:
The National Institute of Siddha is located at Grand Southern Trunk Road, Tambaram Sanatorium, Chennai. It is functioning in its own campus, situated on a plot of land measuring 14.78 acres. There are separate buildings for Hospital (OPD/IPD), Teaching Blocks and Administration. A well-built hospital for OPD and IPD with its 200 bed strength is functioning on all 365 days of the year. The Hospital is equipped with ECG, X-ray, Bio-Chemistry, Microbiology, Pathology, Siddha Pharmacology and Siddha Pathology laboratories for delivering health care services and research activities. Auditorium with 160 seating capacity and a Resident-Medical-Officer quarter are also available in the campus. A Guest House with accommodation facility of 4 suits is available in the campus. An Animal House Laboratory with housing facility of Rats, Mice and Guinea Pigs for dissertation / research related activities of students / faculty members is also available. A herbal garden with more than 300 species of plants and well maintained garden exist in the campus.

LIBRARY:
Library has a large collection of 11597 books in the subjects of Siddha Medicine, Medicinal Plants and other areas of Modern Medicine in Tamil and English language. Besides this Library has 257 Dissertation books of M.D(S) students and 193 bound journals for reference and research purpose. The Library subscribes to 21 National Journals in the field of Pharmacy and Medicine for research scholars. The Library uses e-granthalya Library software for housekeeping operations. The main activities including Book acquisition, cataloguing and circulation have been automated.
The catalogue of books is available on the web (OPAC).

PATIENT CARE ACTIVITIES:
The Hospital attached with the Institute provides free Siddha medical care on all 365 days of year from 8.00 AM to 12.00 Noon in OPD and 24 hours service in IPD. The patient care service is catered by the PG Scholars and faculty members and the out patient census ranges from 1800 to 2500 per day. The In-patient facility provides medical care with bed earmarked to clinical PG departments. A payment ward with 12 beds is also available.

Along with the OPD & IPD services external therapies like Varmam, Thokkanam, Leech Therapy, Patru, Ottradam, Pugai, Suttagi and Yogam are also provided to the needy patients. An exclusive Karanool OP (Surgical threading) is also functioning to provide treatment for conditions like Hemorrhoids, Fistula, abscess, cancerous lesions etc., and also for cleansing & dressing certain conditions of wounds, abrasions, bruises and burns.

The weekly special OPs for Diabetes, Cancer, Cosmetics, Obesity, Geriatrics and Infertility are being run on the afternoon of specified week days to provide focused consultation, counseling and medicines to the visiting patients from 2.00 PM to 4.00 PM. The Institute is organizing five medical camps on every Saturday in Rural, Semi Urban and Urban areas as part of Swasthya Rakshan programme in five areas linking with Swachh Bharat Mission to provide free medical facilities to promote the Siddha Medicine as well as imparting community oriented approach to students.

ACHIEVEMENTS IN THE REPORTING YEAR 2015
Forty (40) students were admitted into P.G. Courses in Six branches during 2015 through entrance examination followed by single window counseling.

Twenty Four (24) students have successfully completed post graduation i.e. M.D [Siddha] during the year 2015 and were awarded degree from The Tamil Nadu Dr.M.G.R. Medical University, Chennai. During 2014-15, 7.06 lakhs of patients visits made in OPD and 61087 patient days treated in IPD with a bed-occupancy of 87%. An average reporting at OPD per day has increased from 1592 during 2013-14 to 1934 during 2014-15. During 2015-16, 4.34 lakhs of patient visits recorded in OPD upto 31st October 2015. In IPD, 36242 patient days treated with bed occupancy of 85% during 2015-16 upto 31-10-2015. Out of the total patients reported at OPD 52% and 48% were male and female respectively.

NIS is participating in Conferences and Workshops related to AYUSH and presenting the scientific papers for disseminating the research results. NIS ensured its active participation in AROGYA Melas throughout the year, organized by the Ministry of AYUSH, Govt. of India and providing interview / public query programme through Doordarshan Television channel and All India Radio with a view to popularize the Siddha Medicine and thereby to extend the benefits of Siddha in the health care management of people.

Future Plan:
OPD / IPD expansion for catering to the need of increasing patient reporting and starting special OPs with budget support from Ministry of AYUSH, Establishing Pharmacy in a land allotted by the Tamil Nadu Government for manufacturing necessary medicines for NIS and developing specialized medicines with budget support from Ministry of AYUSH.

FINANCIAL SET-UP:
The Ministry of AYUSH provides the funds required for the Institute every year under Plan Expenditure. BUDGET (’in Crores)

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<th>Head</th>
<th>Plan</th>
<th>Non-Plan</th>
<th>Total</th>
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<tr>
<td>Budget Estimate 2015-16</td>
<td>30.50</td>
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<td>30.50</td>
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<tr>
<td>Revised Estimate 2015-16</td>
<td>26.00</td>
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<td>26.00</td>
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<tr>
<td>Expenditure upto 31-10-2015</td>
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Sh. Shripad Yesso Naik, Hon'ble Minister of State (Independent charge), Ministry of AYUSH holding 8th General Body meeting of NIS, Chennai

Dr. M. Rajasekaran, Director i/c explaining the patient care service to Secretary, Ministry of AYUSH during his visit to NIS, Chennai

Rubbing of horsegram powder on CP child in NIS - IPD

(vi) Morarji Desai National Institute of Yoga (MDNIY), New Delhi

Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organization under Ministry of AYUSH, Govt. of India. MDNIY is a focal Institute for Planning, Training, Promotion and coordination of Yoga Education, Training, Therapy and Research in all its aspects.

- To act as a Centre of Excellence in Yoga;
- To develop, promote and propagate the science and art of Yoga; and
To provide and promote facilities of training, teaching and research to fulfill the above two objectives.

Vision & Mission
Health, Happiness and Harmony for all through Yoga.
The Institute is to provide the best of Yoga Education, Training, Therapy and Research facilities to the learners, researchers and practitioners of Yoga. The aim of the Institute is to promote deeper understanding of Yoga Philosophy and practices based on classical Yoga amongst the people.

Teaching Departments:
The Institute is manned with the following 8 (eight) teaching Departments:
1. Department of Yoga Education
2. Department of Yoga Therapy
3. Department of Yoga Philosophy
4. Department of Yoga and Human Consciousness
5. Department of Anatomy
6. Department of Physiology
7. Department of Allied Sciences
8. Department of Languages
These teaching departments are supported by:
1. Department of Yoga Research
2. Department of Communication and Documentation
3. Department of Administration.

Yoga Educational Programmes
- B.Sc. (Yoga Science) has been started from the year 2012-13. It's a regular course of three years duration for 10+2 students (minimum aggregate of 50% in Physics, Chemistry and Biology provided that the candidate has passed in each subject separately) with intake capacity of 60 every year, affiliated to Guru Gobind Singh Indraprastha University, New Delhi. The 4th batch of the course (2015-16) has been started through CET of GGSIP University. 14 students have taken admission 2015-16.
- Diploma in Yogic Science (DYSc.) for Graduates of One Year duration is being conducted with intake capacity of 120. During the year 2015-16, total 117 students have taken admission.
- Certificate Course in Yoga Science for the Target Group (Para-Military personnel): the first batch of this 3½ months regular course has been started with 103 candidates since January, 2015. The 7th & 8th batch of the course is under progress with 114 candidates.

Yoga Training Programmes
- Certificate Course in Yogasana and Certificate Course in Pranayama and Meditation for Health Promotion, a part time course of 3 months (120 hours) duration have been started. The 8th batch of these programmes is undergoing the Yoga training.
- Foundation Course in Yoga Science for Wellness of 1 month (48 hrs.) duration is being conducted for general public. Total 8 batches have been conducted and 1056 participants were admitted for this programme during the period under report.
- Yoga and Health Promotion Programmes of one hour each from 6.00 AM to 6.00 PM (as per time schedules) were conducted on all working days for the general public, working executives, women, children etc. 1420 people were benefited from these programmes. Weekend Yoga Programme was conducted where more than 400 participants were benefited.
- The students of DYSc course have conducted the Yoga camps in Delhi and NCR and 2864 people have been benefitted by these camps.
- The Yoga Workshop for Children was organised in the month of May & June, 2015 and 100 children participated in the workshop.
- The Institute is providing Yoga training facilities in many Govt. Organisations and RWAs on part-time basis.
- The Institute has provided technical support to DOPT to start Yoga training programme in GRIH Kalyan Kendras under DOPT in NCR Delhi during 2014-15. The programme is being conducted successfully.
Yoga Therapy Programmes
- The Institute has Yoga OPD, works from 9.00 AM to 5.30 PM on all working days.
- Equipped with Pathology Lab, Bio-Chemistry Lab, X-Ray unit, Sleep Lab, etc.
- Providing consultation by Senior Medical Officer, Yoga Therapists, Dietician and Naturopathy physicians.
- Yoga Health Care Programmes of one hour each from 9.00 AM to 5.30 PM (as per time schedules) were conducted on all working days. 1193 patients were benefited.
- Individual Yoga Therapy Sessions were organised where more than 227 individual sessions were conducted.

Yoga Therapy Centers in AYUSH/Allopathic Hospitals
The Institute has established four Yoga Therapy Centers in Delhi where Yoga consultation and Yoga therapy classes from 8.00 AM to 4.00 PM are being conducted. Total 7678 patients were treated during the period through Yoga Therapy.

Preventive Health Care Units of Yoga in CGHS Dispensaries
The Institute has established 19 Preventive Health Care Units of Yoga in CGHS Dispensaries in Delhi and NCR and conducting Yoga sessions from 8.00 AM to 3.00 PM on all working days (including Saturday). During the period under report, total 8953 patients were benefited with 67142 people were benefited by these Preventive Health Care Units of Yoga.

National Yoga Week-2015
The Institute is organizing an annual event “National Yoga Week”, a mass awareness programme for health, happiness and harmony through Yoga from 12-18 February every year, which includes Seminar, Conference and Skill Building Workshops in different streams. Eminent experts of Yoga, Modern Medicine and Allied Sciences share their experience and knowledge in this mega event. During the year 2015, the said event was organised from 12 - 18 February, 2015 on the theme of Yoga for Middle Aged. The event was inaugurated by Hon’ble Union Minister of State (I/C) for AYUSH, Govt. of India and Sri Sri Ravishankar, President Art of Living Foundation, Bengaluru was the chief guest. Sh. Nilanjan Sanyal, Secretary (AYUSH), Smt. Hamsa Jayadeva of The Yoga Institute, Mumbai were the Guest of Honours during the inaugural function. Several other dignitaries were present during the occasion. More than 908 delegates and 80 Experts from different parts of the country participated in the event.

International day of Yoga:
The Institute actively participated in the International Day of Yoga (IDY) activities. The Institute has prepared the Common Yoga Protocol booklet as well as CD, which has been finally vetted by the Committee of IDY under the Chairman of Dr. H.R. Nagendra. The Institute for also provided Yoga training to Govt. Officials in Yoga protocol on DIE and participated activity is the grand muss Yoga demonstration at Rajpath led by the Director and students of MDNIY. The students and staff of the Institute participated in the Rajpath event of the IDY on 21st June, 2015 and in the International Conference on Yoga for
Holistic Health organised at Vigyan Bhavan, New Delhi from 21st to 22nd June, 2015.

The Institute also provided technical support in terms of selection of Yoga Teachers for the training of the NCC cadets across the country.

Publication & Propagation

- The Institute is involved in propagation of Yoga through print and electronic media.
- MDNIY has as many as 40 priced publications.
- It has published several useful IEC materials including Yoga charts both in Hindi and English.
- The Institute participated in National and International events like Health exhibitions, AROGYA, Health Mela, Seminars, Conferences etc.

Swami Vivekananda District Yoga Wellness Centres (SVDYWC)
The Institute has launched a scheme to run Swami Vivekananda District Yoga Wellness Centre (SVDYWC) through Public Private Partnership (PPP) mode in 2010-11. At present, the Institute runs 37 Centres under Phase II across the country under PPP mode. Every year more than a lakh people were benefited from different Yoga programmes, conducted by these centres.

WHO Collaborating Centre:

Designation of Institute for Department of Yoga Therapy & Training, Morarji Desai National Institute of Yoga, New Delhi as WHO CC in Traditional Medicine (WHOCC No.IND-118). MDNIY has attained the privilege to be the only WHO Collaborating Centre in the world to engage in achieving Yoga specific outcomes. Considering the global demand and popularity of Yoga for health care, MDNIY has a lot to offer as WHO Collaborating Centre by generating information and documents of Yoga for the use of all Member States of WHO. This is a vintage point for the Institute to indulge in focused activities and yield globally acceptable outcomes.

The four terms of references are:

I. To serve as Yoga resource centre for information exchange on Yoga within the country and for other countries.
II. To assist and work with WHO in developing standards for promoting national use of Yoga.
III. To develop and practice materials for advocating evidence based use of Yoga.
IV. To conduct customized training programmes for national and international health professionals and WHO fellows about the utility of Yoga in health promotion.

The following four work-plans are to be taken up under WHO CC:

1. Preparation and dissemination of consumer information on proper use of Yoga (Activity ID 13680)
2. Organization of capacity building workshops and training programs on the role, scope, practice and evidence-based use of Yoga in non-communicable diseases (Activity ID 16381)
3. Development and dissemination of standardized health promotion Yoga modules for various target groups (Children, Adolescents and Women of reproductive age, Geriatric population, and Mental health promotion)(Activity ID 16382)
4. Meta-analysis of Yoga research studies for documentation and promotion of evidence-based uses of Yoga (Activity ID 16383)

The first and second work-plan under the WHOCC has been started and it is in the final stage of completion.

Facilities & other activities:

- The Institute is centrally located in the Lutyens zone of New Delhi. New State-of-Art complex with
- air conditioned and ultra-modern building which includes Auditorium, Conference Hall, Kriya Block, Class Rooms, Lecture Hall, Pathology lab, Sleep lab, etc. along with Ultra-Modern Teaching facilities.
- Conducive atmosphere for Yoga Sadhana.
- State of the art Library with more than 13,009 volumes.
- Learning Resource Centre (LRC) with Xerox, Computer Centre, Multi-media, Internet and other facilities.
- Healthy Food Cafeteria facilities.
- Highly qualified and experienced teaching staff which includes Honorary/ Visiting Professors and Guest Faculty from various eminent Institutions.
Budget
The budgetary provision in respect of MDNIY is as under:

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<th>Head</th>
<th>Plan</th>
<th>Non-Plan</th>
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<tr>
<td>Revised Estimates 2015-16</td>
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<td>4.46</td>
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</table>

(vii) National Institute of Naturopathy (NIN), Pune:
National Institute of Naturopathy, Pune, registered under the Societies Registration Act 1860 was established in 1986 at Bapu Bhawan with an objective of promotion and propagation of Naturopathy in the country and to encourage research in the field of Naturopathic medicine for prevention and cure of diseases and promotion of healthy living.

- NIN has an OPD clinic with free consultation services where various Naturopathy treatments are given to the patients at nominal rates. The institute also conducts 8 batches of Yoga classes daily. NIN is having a Pathology Lab., Medi Gym, Acupressure Treatment Section, Acupuncture Unit, Physio-Therapy Section where health seekers are given services for health maintenance.
The Institute publishes “Nisarogpachar varta” a Bilingual magazine (Hindi/English) every month.

**Publication Health Products at Health Shop Library**

- NIN has a Library with lending and reading facilities with 9000 books and national and international journals.
- A Health Shop is being run where natural food, products, drinks, chemical-free powders, oils, Naturopathy equipment like enema can, packs, etc. are sold to public. Also, books on Naturopathy, Yoga and other Health subjects and various instruments used in the treatment of Naturopathy are sold here.
- NIN is running a Naturopathic Diet Centre providing simple, bland, non-spicy, non greavy food preparation to the general public and patients who visit this institute. People are also provided and served breakfast & lunch, vegetable juices, fruit juices, etc.

**Naturopathy Diet Centre**

NIN conducts one-full-day-workshop on last Saturday of every month on any one disease, its causes and remedies. NIN conducts an exclusive full day workshop on 3rd Saturday of the month in any one of the regional languages of India.

NIN is conducting Two years full time free “Nursing Diploma in Naturopathy and Yoga Therapy” course (NDNYT) for male and Female youth having 12th passed with Biology with a monthly stipend of Rs. 5000/- p.m. / student.

NIN is giving internship training to BNYS internees coming from various Naturopathy Colleges across the country.

NIN conducts Continuous Medical Education (CME) programmes and workshops for Naturopathy graduates. NIN conducts Orientation training programmes on Naturopathy and yoga for Doctors of other systems of medicine.
NIN also conducts Women empowerment programme for Lady Doctors and other women.

NIN participates in exhibitions all over India to propagate and promote the science of Naturopathy. NIN also organizes Natural Health Food Fair and Yoga Naturopathy seminars with demonstration of yoga and exhibitions.

NIN organizes “Cookery Classes” every year at the institute. Preparation of variety of vegetables fruit Juices, salads, non spicy, oil free curries, millet, gruels, etc. are taught in these classes with demonstration and full participation of the participants.

A unique activity of NIN is the sanatorium for HIV+ve individuals at Panchagani, Dist. Satara, Maharashtra where they are treated under Naturopathy and Yoga life style modifications and treatment modalities. Their stay, food and treatment is offered free keeping in view of the social stigma attached to this disease.

NIN proposes to start a Naturopathy College, Hospital and Research Unit at Kondhwa, Pune within the campus of 10 Hectares Land, very soon.

(viii) National Institute of Homoeopathy (NIH), Kolkata:

National Institute of Homoeopathy was established on 10th December 1975 in Kolkata as an autonomous institution under the Ministry of Health and Family Welfare, Govt. of India. The Institute imparts education in Homoeopathy serving as a model institution for other schools across the country. The Institute was affiliated to the University of Calcutta up to session 2003-04 and from 2004-05 has been affiliated to the West Bengal University of Health Sciences, Kolkata.

Mission of NIH

The mission of National Institute of Homoeopathy is to foster excellence in Homoeopathic Medical Education and Research, to educate and train undergraduate, post graduate students and research scholars of homoeopathy in accordance with highest professional standards and ethical values unfettered by the barriers of nationality, language, culture, plurality, religion and to meet the healthcare needs of the community through dissemination of knowledge and service.

Vision of NIH:

National Institute of Homoeopathy, Kolkata, aspires to be India’s most energetic and responsive organisation, offering unparalleled educational opportunities in homoeopathy for learner community seeking the highest quality undergraduate, post graduate, and continuing personal or professional enrichment in higher education and selected professions that will lead to formation of scholarly community serving the nation by advancing, sharing and applying knowledge, and by facilitating the development of thoughtful, creative, adaptable, contributing and humane citizens.

Objectives of NIH:

1. To promote and develop Homoeopathy;
2. To produce graduates and post graduates in Homoeopathy;
3. To conduct research on various aspect of Homoeopathy;
4. To provide medical care through Homoeopathy to the suffering humanity;
5. To provide and assist in providing Services and facilities for research, evaluation, training, consultation and guidance related to Homoeopathy;
6. To conduct experiments and develop patterns of teaching in under graduate and post graduate education on various aspects of Homoeopathy.

Management

The Chief Executive Officer of the Institute is the Director. A Governing Body constituted by the Ministry of AYUSH, Govt. of India, controls the functioning of the Institute.

The President of the Governing Body is the Hon’ble Union Minister of Health & Family Welfare, Govt. of India. The regular activities of the Institute are monitored by the Ministry of AYUSH, Govt. of India, on behalf of the Governing Body.

Campus

National Institute of Homoeopathy is located in the most planned and developed area of Salt Lake city of Kolkata. It is functioning in its own campus, situated on a plot of land measuring about 16 acres at Block-GE, Sector-III, Salt Lake, Kolkata-700106. Construction of the first phase (G + 3) of the new Academic-cum-Library building has been completed. A well-built hospital is also within the campus. The hospital is being expanded from its present bed strength of 100 to 250.
For undergraduate students Boys’ hostel [(UG) (300 accommodation)], Girls' hostel (112 accommodation) and an auditorium with 500 seating capacity are available in the campus. Quarters for Residential Medical Officers are also available in the campus.

The residential campus of the Institute is located on a plot of land measuring about 10 acres at JC block, Salt Lake, Kolkata-700098, in close vicinity to the main campus. An International Hostel with all modern facilities for accommodating students from abroad, separate PG hostels for boys and girls along with 24 residential quarters for the employees of the Institute is also available in the same campus.

Herbal Garden stretched over land area about of 25 acres at Kalyani (about 60 km. from Kolkata) is maintained by the Institute, envisaged for acclimatising exotic species of plants, and to build a repository of authentic specimens of medicinal plants for use by students and researchers.

Special Administrative Activities: Many of the vacant teaching posts have been filled up. Following regular appointments has been made in the Institute:

1. Lecturer - 04
2. Nurse (Grade-I) - 01
3. Physiotherapist -01

Moreover, following contractual appointments (for 01 year only) has also been made in the Institute:

1. Reader - 08
2. Lecturer - 03

Academic Activities

This Institute, at present conducts the degree course in Homoeopathy i.e., Bachelor of Homoeopathic Medicine and Surgery [B.H.M.S.] since 1987 and Post - Graduate course i.e. Doctor of Medicine in Homoeopathy [M.D. (Hom.)] since 1998. At present PG course is offered in six subjects viz. Organon of Medicine, Materia Medica, Repertory, Homoeopathic Pharmacy, Practice of Medicine and Paediatrics. These courses are recognized by the Central Council of Homoeopathy. The Institute is affiliated to The West Bengal University of Health Sciences, Kolkata for both these courses.

Hospital Services

The Institute has a Hospital consisting of Out Patient and In-patient departments caters medical services through its Hospital situated in the main campus & peripheral OPD at Kalyani, with a nominal charge for investigations and other services. 288051 patients were attended in OPD at NIH Salt Lake Complex and 4720 patients were attended in Kalyani peripheral OPD. The hospital has investigation facilities viz. Clinical Pathology, Biochemistry, Radiology, Ultra-Sonography and ECG etc. The Institute has been presently providing Indoor facilities through 100 bedded hospitals of which 08 beds are earmarked for Surgery, and 4 for Maternity.

The Institute has an Operation Theatre. New apparatus / instruments, such as Pulse Oxymeter, Diatheramy, Portable X-ray and Endoscopy etc. have been introduced in the operation theatre. Orthopaedic surgery has also started. The Institute has a Labour room and undertakes antenatal / post-natal care of the mother and child and also giving clinical training to the Under-graduate students.

Peripheral Medical Services

Every year the Institute organises a medical camp at Gangasagar Mela during Makar Sankranti in South 24 Parganas, District (W.B.) to provide Homoeopathic treatment on the spot to ailing pilgrims coming from all over the country. One peripheral OPD at Kalyani in Nadia District (WB) is running in full swing.

Research Activities

The Research Wing of the Institute is conducting Clinical Research on the following:

a. Thyroid Diseases
b. Cancer
c. Spondylitis

Library & Information Services

This division has more than 21000 documents (macro & micro) including rare homoeopathy treatises. There are 1042 bound journals, 61 periodicals are subscribed regularly and 43 periodicals have been received as gift. It provides various services i.e. Documentation, Reference, Referral, CAS, SDI, Document delivery, Internet etc. to the in-house readers. Book Bank service is also functioning. The department of LIS also provides Information support on Homoeopathy to the Interns, PG students and the Homoeopathic fraternity as a whole.
Other Activities

Medical camp was organized during Ganga Sagar Mela providing 24 hours round the clock service. The Institute also participated in different fairs such as Chikitsa Fair organized Indian Chamber of Commerce at Kolkata, AROGYA Fairs at Hyderabad and Bhopal.

Seminars and Workshops

A well equipped Seminar Hall is available for holding seminars and clinical workshops. The different departments are conducting regular weekly seminars on important topics and clinical case presentations where the post graduate trainees, Interns and faculty members take active participation. Time to time special seminars/workshops is being conducted where some eminent teachers/homeopaths from different parts of country present their views and share their experiences with the postgraduate trainees and faculty members.

The Institute conducts Reorientation Training Program in different subjects of Homoeopathy as well as CME program from time to time.

Bulletin: The Institute publishes a quarterly bulletin incorporating scientific articles contributed by NIH faculties and students.

(IX) All India Institute of Ayurveda, New Delhi. (AIIA)

A. All India Institute of Ayurveda (AIIA) is a new up-coming institute in the field of Ayurveda and would facilitate quality research aimed at bridging gaps in the scientific information about quality, safety and efficacy of Ayurveda products and developing benchmarks of Ayurvedic education, research and health care for other institutions to follow:

B. The objective of (AIIA)

1. To provide postgraduate/doctoral and post doctoral teaching, research facilities and quality patient care services under the Ayurveda system of medicine.

2. To act as a referral hospital and a “Centre of Excellence” to set highest standards of education, research, patient care and also function as a model center for international collaboration.

3. To act as a model institution to show the strength, efficacy and popularity of Ayurveda. The institute will be used for promoting Ayurveda in India and abroad.

4. To provide the services in specialties like Panchkarma, Kayachikitsa, Vata-Vyadhi, Rasayna, Kayakalpa, Twacha roga (Skin disorders), Vajikarana, Shalya Tantra, Kshar evam Anushastra Karma (Jalaauka and Rakta Mokshan, Agni Karma etc.), Marma Chiktisa, Brikkaka roga (Nephrology), Mutra roga (Urology), Shalkya (Eye, ENT and Dental disorders), Sri Roga and Prasuti Tantra, Bal Roga, Rog Nidan, Lifestyle and Metabolic disorders, Yoga and Swastha Vritta, Ahara Bidhi Vigyan (Dietetics), Ayurvedic Pharmacy, Fundamental Principles of Ayurveda and their application in a set up that combines the ancient tradition of Ayurveda along with the Advantages of biomedicine, current management & information technology tools.

5. To impart interdisciplinary post-graduate-doctoral and post-doctoral teaching, training and research in all Ayurvedic specialties and also health and hospital management programmes. It will have all necessary infrastructures to cater to secondary and tertiary level health care facilities for diagnosis and treatment in collaboration with national and international institutions.

6. To give highest priority to explore and explain the scientific basis of various aspects of Ayurveda through collaborative, interdisciplinary research. In this direction the required infrastructure would be developed with the help of various R&D institutions including Central Council for Research in Ayurveda and Siddha (CCRAS), Indian Council for Research (ICMR), Council for Scientific and Industrial Research (CSIR), National Institute for Pharmaceutical Education and Research (NIPER) and other national level institutes. Human resources and infrastructure of participating institutions will be utilized in conduction project-based research programmes on need specific clinical and drug studies.
7. To develop model teaching tools, demonstration modules of teaching in undergraduate/Postgraduate/ Doctoral and Post-doctoral Ayurveda Medical education in all branches so as to demonstrate high standards of education for use in Ayurvedic institutions.

C. Clinical Services:

The Institute has started Clinical Services through its twelve Specialty/Super Specialty OPDs/Clinics. Panchakarma Procedure and IPD facilities will be started shortly.

D. Course Structure:

1. Post Graduate Programme (MD/MS) Ayurveda in various specialties.
2. Ph.D
3. Super Specialty Fellowship Programmes
4. Short term training programmes.

E. Recruitments/staff strength

After obtaining approval from Ministry, AIIA has made wide publicity in the newspapers for recruitment of staff against 117 posts wherein screening test and interviews have been taken. Resultant, Assistant Professor (11 streams of Ayurveda) and Dy. Medical Superintendent are in position. Institute shall start training programme for Panchkarma Therapist/Tech from Dec. 2015.

F. Student strength

AIIA Shall start super specialty courses from Jan. 2016 and Academic session shall be started from July, 2016. Hence, status of student strength shall be provided accordingly.

(X) North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Shillong

On 28th March, 2008 the Union Cabinet during a meeting accorded approval for establishment of North Eastern Institute of Ayurveda & Homoeopathy at Shillong, to provide health care facilities to the people of NE Region and Sikkim under Ayurveda and Homoeopathy systems of medicine. The institute when completed will be have Ayurveda and Homoeopathy colleges with the admission capacity of 50 students each along with a 100-bed Ayurveda hospital and 50-bed Homoeopathy hospital, Documentation-cum-R&D Centre and Pharmacy with Drug Testing Laboratory. The construction of Hospital and College buildings under Phase -I of the project is in progress at a total cost of Rs.71.81 crore on a plot of land measuring 20 acres adjacent to the North Eastern Indira Gandhi Regional Institute of Health and Medical Sciences (NEIGRIHMS) at Mawdiangdian, Shillong.

The main aim and objectives of NEIAH, Shillong

- To provide under graduate, post graduate, doctoral and post-doctoral teaching, research facilities and quality patient care services under the Ayurvedic and Homoeopathic systems of medicine;
- To conduct experiments and develop patterns of teaching in under graduate and post graduate education in all branches of the Ayurvedic and Homoeopathic systems of medicine;
- To conduct research on various aspects of Ayurvedic and Homoeopathic systems of medicine;
- To provide medical care through Ayurvedic and Homoeopathic systems of medicine to the suffering humanity;
- To conduct refresher courses for Ayurvedic and Homoeopathic systems of medicine;
- To develop, promote and propagate the science and art of Ayurveda and Homoeopathy as the case may be;

Present Status of Manpower of NEIAH, Shillong

- Director
- Administrative Officer

Contractual / Outsourcing Staffs -

- Five Medical Officers (Three from Homoeopathy and two from Ayurveda)
- One Consultant (Administration / Accounts)
- Three Pharmacists (One from Homoeopathy and two from Ayurveda)
- A few Ministerial, Paramedical and Security Staff.
Creation of Post: A total 112 posts have been sanctioned so far in first phase to the institute against a minimum requirement of proposed 301 posts. Advertisement for recruitment of 110 vacant posts will be published shortly in Employment News and other Newspapers.

Institution Achievement Report

- The permanent campus of the North Eastern Institute of Ayurveda and Homoeopathy (NEIAH) is developing at Mawdiangdiang, Shillong-18, Meghalaya adjacent to North Eastern Indira Gandhi Regional Institute of Health and Medical Sciences (NEIGRIHMS) and about 95% of work under Phase - I of the project (which includes Ayurveda teaching block, Homeopathy teaching block, Ayurveda Hospital, Homoeopathy Hospital & Library block) has been completed physically.
- At present, the institute is running administration & an OPD (City Center OPD) (both Ayurveda & Homeopathy) in a rented accommodation measuring approx. 5810 Sq.ft at Nongrim Hills, Shillong and is providing free health care services to the general masses.
- On 1st of June 2015, the Institute have started OPD (Ayurvedic & Homoeopathic) at permanent campus i.e. at Mawdiangdiang, Shillong (Near NEIHRIHMS) through outsourcing of manpower from a service provider. It is expected that from 2016 both the multi facilities (IPD) Hospitals (Ayurvedic & Homoeopathic) with all diagnostic & laboratory facilities will be in a position to start functioning from the permanent site.
- A total of 19369 patients (Ayurveda & Homoeopathy) with an average of 120 patients per day are visiting and getting benefit from the city OPD centre & Mawdiangdiang OPD from 1st April 2015 to 31st October, 2015. Patients were provided with free medicine as per availability.
- The process to equip the Institute with Medical Equipments and Furniture are in progress now.
- Establishment of library is in process. Books/ Periodicals are to be procured shortly.
- Steps are been taken/in hand to start the colleges from the next academic session 2016-17 and to obtain permission of the respective Councils i.e. CCIM and CCH to start the colleges. The Ministry of AYUSH is also requested to grant permission for starting of both the colleges.
- The Institute has also approached North Eastern Hills University - a Central University (NEHU), Shillong, for granting affiliation to the Institute. Final inspection by an expert committee of the University will be held shortly.
- The official Website of NEIAH, Shillong i.e. www.neiah.nic.in has been launched and is being regularly updated.
- The institute has published three issues of Annual Magazine namely “AYUHOM. 4th issue will be published shortly.
- A health camp was organized during May, 2015 by the Institute in the East Khasi Hill District of Meghalaya to promote and popularize the Indian System of Medicine & Homoeopathy.
- e-Book of the institute has been uploaded in the institute website www.neiah.nic.in

Year wise sanction of Budget at a Glances.

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G. STANDARDISATION OF ASU & H DRUGS:

Laying down the Pharmacopoeial standards for Ayurveda, Siddha and Unani medicine, both for single and compound drugs, is essential, as Pharmacopoeial standards are important and are mandatory for the implementation of the drug testing provisions under the Drugs and Cosmetics Act, 1940 and Rules there under. These standards are also essential to check samples of drugs available in the market for their safety and efficacy. Government of India had taken up the task of developing Pharmacopoeial standards through
Pharmacopoeia Committees. Four different Pharmacopoeia Committees are working for preparing official formularies/pharmacopoeias of Ayurveda, Siddha, Unani and Homoeopathy drugs. These committees are engaged in evolving uniform standards for preparation of drugs of and in prescribing working standards for single drugs as well as compound formulations. Standards for around 40% of the raw materials and around 15% of formulations have been published by these Pharmacopoeial committees. In Ayurveda, 5 volumes of Pharmacopoeia and 3 volumes of Formularies have been published.

Drug Control Cell (AYUSH) is working in the Department to deal with the matters pertaining to Drug Quality Control and the regulation of Ayurveda, Siddha and Unani drugs under the provisions of the Drugs and Cosmetics Act, 1940 and Rules, 1945. The Cell is looking after the activities of Ayurveda, Siddha, Unani Drug Technical Advisory Board (ASUDTAB) and Ayurveda, Siddha, Unani Drugs Consultative Committee (ASUDCC). Besides, Pharmacopoeial Laboratory for Indian Medicine (PLIM) and Homoeopathic Pharmacopoeia Laboratory (HPL) are Standard-setting-cum-Drug-Testing-Laboratories at National level functioning at Ghaziabad (Uttar Pradesh). A public sector undertaking ‘Indian Medicines Pharmaceutical Corporation Limited (IMPCL)’ is engaged in manufacturing and marketing of Ayurveda and Unani products.

(i) Pharmacopoeial Laboratory for Indian Medicine (PLIM), Ghaziabad:

Pharmacopoeial Laboratory for Indian Medicine (PLIM) is a subordinate office of the Ministry of AYUSH, Govt. of India. It is located at PLIM Complex (Opp. M-Block, Sec-23), Kamla Nehru Nagar, Ghaziabad-201002 (U.P.). The laboratory was established in the year 1970 as a Pharmacopoeial Standards Setting Cum Drugs Testing Laboratory at National Level for Indian Medicines which includes drugs of Ayurveda, Unani and Siddha systems (Website: www.plimism.nic.in). The laboratory is also notified as Central Drugs Laboratory for Ayurveda, Unani and Siddha drug testing and quality control.

The main objectives of establishing Pharmacopoeial Laboratory for Indian Medicine (PLIM) are as under:

- Pharmacopoeial standardization of single drugs and compound formulations to be incorporated in Ayurveda, Unani and Siddha Pharmacopoeia.
- Validation of Pharmacopoeial standards, done elsewhere, for updation of standards.
- Analysis of survey, official and legal samples received from Drug Control Authorities.
- Central Drugs laboratory for Ayurveda, Unani and Siddha drugs under the provisions of the Drugs & Cosmetics Act, 1940.
- Collection of genuine crude drug samples from different Agro-climatic zones of the country for Pharmacopoeial standardization.
- Development maintenance of medicinal plants Garden of Pharmacopoeial drugs.
- Preservation of authentic specimen of drugs and medicinal plants in museum and herbarium for reference.
- Availability and repository of Botanical and Phytochemical reference standards.
- R & D work on Pharmacopoeial and quality control thrust areas.
- Training Programmes for Drugs Inspectors/Drug Analysts and analysts working in ASU pharmaceutical industry.

The PLIM has a Museum & Herbarium housing 950 herbarium specimens and more than 2000 exhibits of raw material used in the Ayurveda, Unani and Siddha formulations. The laboratory also imparts training to Drug Control Authorities and Quality Control Personnel from Government laboratories and private manufacturers. Ministry of AYUSH publishes the worked-out standards in the form of monographs for the Ayurveda, Unani and Siddha Pharmacopoeia of India. The laboratory has worked out Pharmacopoeial standards of single plant drugs which have been incorporated in various volumes of Ayurveda, Unani and Siddha Pharmacopoeia. The laboratory has also contributed for TLC Atlas and Macroscopy and microscopy Atlas of Ayurvedic Pharmacopoeial drugs. The Pharmacopoeial contribution of the laboratory are incorporated in (part I single drugs) eight volumes of Ayurvedic Pharmacopoeia of India (Part I, Single drugs), three volumes of Ayurvedic Pharmacopoeia of India (Part II Formulations), six volumes of Unani Pharmacopoeia India (Part I, Single drugs), two volumes of Unani Pharmacopoeia India (Part II, Formulations) and two volumes of Siddha Pharmacopoeia of India (Part I, Single drugs) have been published and are official for regulatory frame work.
(ii) Homoeopathic Pharmacopoeia Laboratory (HPL), Ghaziabad:

Homoeopathic Pharmacopoeia Laboratory (HPL), Ghaziabad was established in 1975, as a National Laboratory for the purpose of laying down standards and testing for identity, purity, and quality of Homoeopathic medicines (website: www.hplism.org). The Laboratory also functions as a Central Drugs Laboratory for the testing of Homoeopathic Medicines under Rule 3A for the Drugs and Cosmetics Act. The Department of Science and Technology has recognized HPL as a Scientific and Technological Institution. The main objectives of Homoeopathic Pharmacopoeia Laboratory are as under:

- Laying down of standards for identity and purity of Homoeopathic Drugs and finding out indigenous substitutes for foreign drugs.
- Verification of Pharmacopoeial standards, done elsewhere, for adoption or improvement or updation of standards.
- Testing of samples of Homoeopathic Drugs, referred by Drugs Control Authorities, Port Authorities, State Government etc., for identity and quality under different provisions of Drugs and cosmetics act and rules.
- Maintaining medical plants garden with preference to plants used in Homoeopathy along with cultivation and introduction of medicinal plants.
- Survey and collection of samples of Homoeopathic Drugs for verification of quality and adulteration trends of drugs marketed.
- Survey and collection of Medicinal Plants.
- Imparting orientation in methods of standardization, identification and testing of Homoeopathic Drugs and application of various provisions of Drugs & Cosmetics Act to all India State/Central Government Drug Authorities, Drug Authorities, Drug Inspectors, Drugs Analysts Pharmacists etc.
- Facilitates exposure visits of the laboratory to the students of Homoeopathy Colleges to familiarize the working of the laboratory.

A small herbarium and museum of medicinal plants and an experimental garden of medicinal plants including some rare and very important exotic plants are being maintained for the purpose of standards reference material so as to utilize for verification and comparative studies of standards. The Laboratory also maintains a seed bank of important exotic homoeopathic medical plants.

Standards worked out of Homoeopathic Drugs by the laboratory are published in the

Homoeopathic Pharmacopoeia of India (HPI). So far nine volumes of HPI have been published covering 944 monographs on homoeopathic drugs and the work of 10th Volume of Homoeopathic Pharmacopoeia of India comprising 101 monographs on homoeopathic drugs has already been completed and is under print. Work on compilation of the 9 volumes of Homoeopathic Pharmacopoeia of India into 2 volumes is over and ready for publication. On Homoeopathic Pharmaceutical codex comprising 101 Homoeopathic drugs has also been published.

The incorporation of Homoeopathy in Pharmacopoeia Commission of Indian Medicine has also been approved and the Commission has been renamed as Pharmacopoeia Commission of Indian Medicine & Homoeopathy.

(iii) Indian Medicines Pharmaceutical Corporation Limited (IMPCL), Mohan (Almora):

Indian Medicines Pharmaceutical Corporation Limited (IMPCL) comes under the Administrative Control of the ministry of AYUSH, Govt. of India. IMPCL a Govt. Of India Enterprise (CPSE), having 97.61% shares of Govt. of India and 2.39% shares of Uttarakhand state Govt. through Kumaon Mandal Vikas Nigam Ltd; was incorporated on 12.071978. It is situated in the picturesque valley of Kumaon hills, at Mohan near the famous Jim Corbett National Park on the bank of Kosi river with abundance of medicinal & aromatic plants.

The company is schedule D, Mini-Rana category-II, GMP & ISO 9001:2208 certified Central Public Sector Undertaking. IMPCL had acquired 38 acres land on lease at Mohan including 15 acre land for Medicinal garden.

The Commercial Production was started by the Company on June, 1983 with very old 16 shed by few manpower in a domestic tradition way. IMPCL has gradually developed with time & have become to reputed name for manufacture authentic Ayurveda and Unani medicines. IMPCL has obtained Govt. approval for their In-house Lab “AYUSH Drug Testing Laboratory” for carrying testing of ASU drugs & Raw materials under Drug & cosmetic Act.

IMPCL Mandate
IMPCL established for Manufacturing authentic and efficacious Classical Ayurvedic and Unani medicines to cater the need of C.G.H.S, State Government hospitals/dispensaries, various
research councils & National institutions, National campaigns/Programme like NAM

**Vision**
To become the best Ayurvedic and Unani Medicines manufacturing company in India and contribute to health care through excellence in performance, total customer satisfaction and improved technologies.

**MISSION**
Make available authentic, classical Ayurvedic and Unani Medicines and enhance capacity portfolio covering Nutraceuticals, Health Supplements and Cosmetics based on Herbals

**OBJECTIVES**
- TO BECOME SELF SUFFICIENT AND GROWING PUBLIC SECTOR ENTERPRISE PRESERVING TRADITION WITH RIGHT MIX OF MODERNITY.
- TO PRODUCE AUTHENTIC ISM PRODUCTS OF WORLD CLASS QUALITY.
- OFFER WIDE RANGE OF EXCLUSIVE PRODUCTS TO INCLUDE HEALTH SUPPLEMENTS, NEUTRACEUTICALS AND COSMETICS BASED ON HERBALS.
- TO SERVE ISM PROFESSION EFFICIENTLY AND EFFECTIVELY CONTRIBUTING TO HEALTH CARE SECTOR.
- TO BECOME A POINT OF REFERENCE FOR AYUSH PRODUCTS CONTINUOUSLY STRIVING TO BE AN IDEAL MANUFACTURING UNIT.

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**IMPCL product Profile**
Currently IMPCL having manufacturing licence of 656 Classical Ayurvedic & Proprietary & 332 Unani Medicines which almost cover entire range of Essential Drug List, Published by the Govt of India.

**Performance:**
IMPCL is supplying Ayurvedic & Unani medicines to all over India. The MOU target for the 2015-16 is Rs 45 Crore. The Production and sales performance for the last five years is as under

**PERFORMANCE FOR LAST FIVE YEARS**

**IMPCL Specialty**
- ‘ISO 9001-2008’ AND ‘GMP’ CERTIFIED ‘MINI-RATNA’ CPSE
- MAINTAINING QUALITY WITH TRADITIONAL METHOD. IMPCL KNOWN FOR GENUINE, AUTHENTIC AND EFFICACIOUS PRODUCTS
- MULTI-SECTIONAL ASU DRUGS MANUFACTURING FACILITY WITH STRONG TECHNICAL BASE
- WIDE RANGE OF PRODUCTS, SUPERVISED BY HIGHLY QUALIFIED EXPERT TECHNICAL TEAM
- PRODUCTS STRICTLY ADHERE TO TRADITIONAL PHARMACOPOEIAL STANDARDS AS PER CLASSICAL TEXTS.
- WELL EQUIPPED IN-HOUSE LAB “AYUSH DTL” (GOVT. APPROVED). HERE STRINGENT QUALITY ASSURANCE MEASURES ENSURED.
- COMPLIANCE OF AYUSH SAFETY PROFILE AND SCIENTIFIC VALIDATION OF PHARMACOPOEIAL STANDARDS.
- MEDICINES UTILISED BY CENTRAL/STATE GOVERNMENT, COUNCILS & RESEARCH INSTITUTIONS. MEDICINES of IMPCL ARE AUTHENTICATED BY VARIOUS GOVERNMENT COUNCILS AND RESEARCH INSTITUTIONS.

**HR**
IMPCL having Workforce 135 + aprox. Upto 250 Out sourced daily worker through contractors including highly qualified & well experienced
Technical Staff. The Company had given employment maximum to Local peoples. Around 120 employees out of total strength are from local area and surrounding hills.

CSR

Besides, purchases through open tender, the Company is purchasing raw material, Cow dung cack, Earthen Pot, Cow’s Urine etc. locally for the development and up-liftment of living standard of villagers. Company has continuously followed the Corporate Social Responsibility (CSR) guidelines issued by the Departments of Public Enterprises (DPEs), the Company had various initiated CSR activities as per guidelines of DPE specially in the Development of Medicinal plant garden/Nursery, and also support for conservation, Cultivation & propagation of medicinal plants.

Modernization Project:

For strengthening of ISM & to cope up future demand of ASU medicines, Dept of AYUSH has approved DPR for its modernization. During the year 2011-12, the Government of India through the Dept. Of AYUSH has release total of Rs. 34 Crore by way of equity as investment in the company for IIIrd phase Modernization/renovation to achieve WHO/International GMP certification. The automation & modernization of infrastructure is going on. The plant capacity is going to be enhance at least by 8-10 times form the current capacity. Expected to be completed up to Feb 2016.

Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H)

The Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) is formed an autonomous organization under the Ministry of AYUSH, Govt. of India under Societies Registration Act, 1860. The Commission is based at Ghaziabad and is an umbrella organization for Ayurvedic Pharmacopoeia Committee (APC), Siddha Pharmacopoeia Committee (SPC), Unani Pharmacopoeia Committee (UPC) and Homoeopathy Pharmacopoeia Committee (HPC).

Aims and Objectives of the commission are as under:

- Publication and revision of the Ayurvedic, Siddha, Unani and Homoeopathy Pharmacopoeia of India at suitable intervals and of such addenda or supplementary compendia during the intervening periods as may be deemed necessary; releasing the publications for public use from a date when they are to become official.
- Publication and revision of the Ayurvedic, Siddha & Unani Formulary of India, Homoeopathic Pharmacopeia as well as Homoeopathic Pharmaceutical Codex at regular intervals with a view to make it an authentic source of information on rational combination and use of medicine including their methods of preparation, therapeutic indications, adverse reactions, contra-indications, drug interaction and similar issues concerning Indian medicine for safe use in humans and animals Identification of ASU formulations and Homoeopathic Pharmacopeia as well as Homeopathic Pharmaceutical Codex with a view to develop their quality standards and to ensure quality and safety of ASU & H medicine;
- To nurture and promote awareness of quality in ASU drugs formulations, Homoeopathic Pharmacopeia as well as Homoeopathic Pharmaceutical Codex and drug research on ASU & H products and publish regularly or at suitable intervals or other related scientific information as authorized under the rules and procedures of the Commission;
- Exchange information and interact with expert committees of the World Health Organization and other international bodies with a view to harmonize and develop the ASU & H pharmacopoeial standards to make those internationally acceptable;
- Arranging studies either under its own auspices or through collaboration with other institution to develop standards and quality specifications for identity, purity and strength of raw materials and compound formulations and to develop SOPs for the process of manufacture included or to be included in the Ayurvedic, Siddha, Unani and Homeopathy Pharmacopoeia/formulary and its addenda or supplementary compendia or other authorized publications;
- Maintain National repository of authentic reference raw materials used in the manufacture of Ayurveda, Siddha, Unani and Homeopathy medicine for the purpose of reference and supply of reference standards to the stake holders at a price;
- To assign responsibilities described for PLIM and HPL under the Drugs & Cosmetics Act.
- Generate and maintain repository of chemical reference marker compounds of the plants or
other ingredients used in standardizing Ayurveda, Siddha, Unani and Homeopathy medicine and supply them as reference standards to the stake holders on price;

- Furtherance of the provision of Chapter IVA of Drugs and Cosmetic Act, 1940 in case of ASU drugs & 4A of Schedule II of Drugs & Cosmetics Act in case of Homeopathy medicine and rules there under related to ASU drugs and Homeopathy medicine respectively;
- Acting as a coordinating center for analytical laboratories, industry and academia by encouraging exchange of scientific and technical information and staff and by undertaking sponsored funded research as well as consultancy projects;
- Organizing national/international symposia, seminars, meeting and conferences in selected areas from time to time and to provide updated regular training to the regulatory authorities and stake holders.

Ayurvedic Pharmacopoeia of India, Part-I consists of eight volumes which include monographs on single drugs, Minerals & Metals, Aqueous & Hydroalcoholic extracts. Part-II of the Ayurvedic Pharmacopoeia consists of three volumes comprising monographs on compound formulations. Three parts of Ayurvedic Formulary of India and supporting Pharmacopoeial publications viz. one TLC atlas and two atlases for macroscopy and microscopy of Ayurvedic Pharmacopoeial Drugs have also been published so far.

Unani Pharmacopoeia of India, Part-I consists of six volumes which include monographs on single drugs. Part-II of the Ayurvedic Pharmacopoeia consists of two volumes comprising monographs on compound formulations. Six parts of National Formulary of Unani Medicine have also been published so far.

Sidhha Pharmacopoeia of India, Part-I consists of two volumes which include monographs on single drugs. Two parts of Siddha Formulary of India have also been published so far.

Homoeopathic Pharmacopoeia of India consists of nine volumes comprising monographs on single drugs of plant, animal, mineral etc. origin.

H. AYUSH SERVICES IN HEALTH CARE DELIVERY:

Providing cost effective AYUSH services, with a universal access is one of the strategies to improve the quality and outreach of Health of Care Services. The National Policy on Indian Systems of Medicine and Homoeopathy, 2002 envisaged integration of AYUSH Systems into the health care delivery system and the national health programme ensuring optimal use of the infrastructure of hospitals, dispensaries and physicians.

Within the communities in India, AYUSH systems have been an age old tradition with wide acceptance which can play an important role in the prevention and mitigation of diseases. There is a need for service integration by providing the best and unique from each system to patients as a complementary therapy and an alternative choice of treatment. There is an important role for the AYUSH practitioners in the delivery of health services.

Under Centrally Sponsored Scheme for Development of AYUSH Hospitals and Dispensary Grant-in-aid is being provided to the States for co-location of AYUSH facilities at Primary Health Centre (PHC ), Community Health Centers (CHCs) and District Hospitals (DHs) as well as for up gradation of Stand-alone AYUSH Hospitals and Dispensaries.

The Ministry of AYUSH has implemented a component during 2011-12 in the existing scheme of Centrally Sponsored Scheme of Development of AYUSH hospitals & dispensaries for providing financial assistance for setting up of 50 bedded integrated AYUSH hospitals in Tripura, Mizoram, Manipur, Himachal Pradesh, Jammu Kashmir & Uttarakhand and 10 bedded integrated AYUSH hospitals in Assam, Meghalaya, Nagaland, Sikkim and Arunachal Pradesh.