

Mainstreaming AYUSH under NRHM

Rationale:

The Indian systems of medicine have age old acceptance in the communities in India and in most places they form the first line of treatment in case of common ailments. Of these, Ayurveda is the most ancient medical system with an impressive record of safety and efficacy. Other components such as Yoga, Naturopathy are being practised by the young and old alike, to promote good health. Now days, practice of Yoga has become a part of every day life. It has aroused a world wide awakening among the people, which plays an important role in prevention and mitigation of diseases. Practice of Yoga prevents Psychosomatic disorders and improves an individual's resistance and ability to endure stressful situation. Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH) are rationally recognised systems of medicine and have been integrated into the national health delivery system. India enjoys the distinction of having the largest network of traditional health care, which are fully functional with a network of registered practitioners, research institutions and licensed pharmacies.

The NRHM seeks to revitalize local health traditions and mainstream AYUSH (including manpower and drugs), to strengthen the Public Health System at all levels. It is decided that AYUSH medications shall be included in the drug kit of ASHA, The additional supply of generic drugs for common ailments at SC/PHC/CHC levels under the Mission shall also include AYUSH formulations. At the CHC level two rooms shall be provided for AYUSH practitioner and pharmacist under the Indian Public Health Standards (IPHS) model. At the same time, single Doctor PHCs shall be upgraded to two Doctor PHCs by inducting AYUSH practitioner at that level.

There are 5 Ayurvedic Hospitals, 619 Ayurvedic Dispensaries, 4 Homoeopathic Hospitals, 560 Homoeopathic Dispensaries and 9 Unani Dispensaries.

	<p>A total of 266 Ayurvedic and Homeopathic doctors and 200 paramedics has been approved by GOI to be placed in the block PHC/CHC. An additional 48 Ayurvedic and homeopathic doctors is proposed in this current budget to be placed in the rest 48 PHC/CHCs in the blocks. This will make available one Ayurvedic/Homeopathic doctor in each of the 314 block health institution of the State. AYUSH drugs shall also be provided to each of the 314 block institutions.</p>
Strategies:	<ul style="list-style-type: none"> ◆ Integrate and mainstream ISM &H in health care delivery system including National Programmes. ◆ Encourage and facilitate in setting up of specialty centres and ISM clinics. ◆ Facilitate and Strengthen Quality Control Laboratory. ◆ Strengthening the Drug Standardization and Research Activities on AYUSH. ◆ Develop Advocacy for AYUSH. ◆ Establish Sectoral linkages for AYUSH activities
Broad Objectives:	<p>Mainstreaming of AYUSH in the health care service delivery system to strengthen the existing public health system.</p>
Activities:	<ul style="list-style-type: none"> ◆ Improving the availability of AYUSH treatment faculties and integrating it with the existing Health Care Service Delivery System. ◆ Integration of AYUSH services in 314 CHC / Block PHC with appointment of contractual AYUSH Doctors. ◆ Appointment of 200 paramedics where AYUSH Doctors shall be posted. ◆ Appointment of a Data assistant to support the ISM&H Directorate. ◆ Strengthening of AYUSH Dispensaries with provision of storage equipments. ◆ Making provision for AYUSH Drugs at all levels.

- ◆ Establishment of specialized therapy centers in District Head Quarter Hospitals & 3 Medical Colleges.
- ◆ AYUSH doctors to be involved in all National Health Care programmes, especially in the priority areas like IMR,MMR,JSY, Control of Malaria, Filariasis, and other communicable diseases etc.
- ◆ Training of AYUSH doctors in Primary Health Care and NDCP.
- ◆ All AYUSH institutions will be strengthened with necessary infrastructure like building, equipment, manpower etc.
- ◆ One Yoga Therapy Centre will be opened in district Headquarters Hospitals to provide Yogic therapy for specific diseases and also as a synergistic therapy to all other systems of treatment.
- ◆ Block level School Health Programmes to be conducted twice in a year in two groups consisting of 100 students in each group to improve the physical and mental health of the school children.

Integration of AYUSH with ASHA.

- ◆ Training module for ASHA and ANMs have to be updated to incorporate information of AYUSH.
- ◆ Training & capacity building to be undertaken by the Director, SIHFW, Bhubaneswar and necessary training material for the purpose to be modified and provided accordingly.
- ◆ Drug kit that will be provided to ASHA will contain one AYUSH preparation in the form of iron supplement. But other drugs which are used in the treatment of common diseases, control of communicable diseases as well as drugs promoting the maternal and child health as well as improving quality of life could be included subsequently.

Drug Management:

- ◆ Priority will be given to manufacture drugs in Govt. Sector

Pharmacies as per their capacity. In case of any surplus funds, drugs will be procured from the market observing all financial formalities of the Govt.

- ◆ Provision of Rs. 25,000/- to supply drugs per AYUSH dispensary has been projected as per NRHM norm.
- ◆ Provisions of medicines for District AYUSH wings and Specialty Therapy Centres proposed to be operated in the State.

Special Initiatives For Mainstreaming And Strengthening Of Ayush.

◆ **Strengthening the Quality Control Laboratory:**

- ◆ The quantum of Ayurvedic and Homoeopathic medicines used / procured in both public and private health sectors is huge. There has been wide ranging concern about spurious, counterfeit and sub standard drugs. In order to prevent the spread of sub standard drugs and to ensure that the drugs manufactured or sold or distributed throughout the state are of standard quality, drug regulation and enforcement unit has to be established in the state.
- ◆ The drug regulatory mechanism to be strengthened at the state level to improve the quality of drugs used in AYUSH and ensure proper standardization. The existing State Drug Testing and Research Laboratory (ISM) at Bhubaneswar shall also be modernised and strengthened for the purpose.

◆ **Strengthening the Drug Standardisation and Research Activities on AYUSH:**

Standardisation and research is an important activity in the process of development of a drug used for preventive and curative purpose. The major drawback in the development of AYUSH is lack of research and development activity on the drugs used for the System. It is estimated that there are

10,000/- plant species are found all over the world having medicinal properties. The following activities will be undertaken to strengthen the drug standardisation and research activities on AYUSH:

- ◆ It has been proposed to evaluate the chemical, pharmacological and clinical efficacy of the plant drugs.
- ◆ The phytochemical entities responsible for the therapeutic activity of the plant drugs used in AYUSH system will be evaluated through intensive R & D activity.
- ◆ The pharmacologically viable drugs will be screened clinically under WHO guideline to establish the therapeutic activity.
- ◆ Clinical trial on different diseases like Psoriasis, Liver disorders, Diabetics, Asthma will be conducted to establish the effect of various drugs used for such diseases.
- ◆ It has also been proposed to conduct literary research like translation of manuscripts and its publications.
- ◆ Re-vitalisation of the local health traditions and the knowledge of traditional drugs used by experienced local health traditioners will be gathered and documented.

Development of Herbariums and crude drug museums:

- ◆ Herbarium will be developed in collaboration with the Forest Dept. in 15 selected Districts of the State.
- ◆ The existing Herbal gardens under the D.I.M. & H (O) will be strengthened with necessary infrastructure.
- ◆ One State Herbarium at DTL, Bhubaneswar shall be developed. This shall enable greater research and study on development and innovation in AYUSH Drugs.
- ◆ Plant extraction centres 10 selected areas will be developed for extraction and preservation of the plants for medicinal use.

Strengthening of the State and District Management System of AYUSH:

	<ul style="list-style-type: none">◆ It is proposed to create necessary Managerial post in the State and District level for effective supervision and implementation of different activities.◆ Necessary vehicles with supporting manpower has also been proposed to strengthen the supervisory◆ Joint monitoring visits to health centres to be undertaken by both AYUSH and Health Care Officials at the District level's/State level.
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