

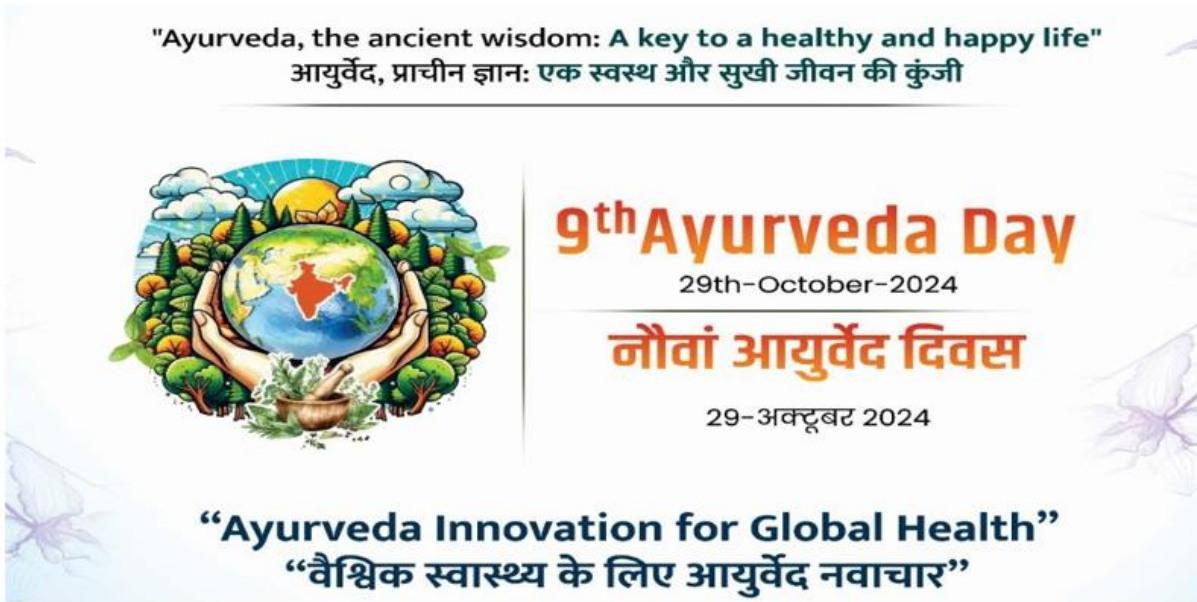


9TH AYURVEDA DAY – EVENT / FESTIVAL

NEWS: On the occasion of Dhanvantari Jayanti and the 9th Ayurveda Day on 29th October, Prime Minister Narendra Modi inaugurated and laid the foundation of multiple projects of the Ministry of Ayush at the All-India Institute of Ayurveda (AIIA) in New Delhi.

Dhanvantri

- He is known as the **father of Ayurveda** and is considered the **divine physician of the gods**.
- He is regarded as an avatar of lord Vishnu. He is also mentioned in the Puranas as the god of Ayurveda.



WHAT'S IN THE NEWS?

Prime Minister Modi inaugurated the second phase of the All-India Institute of Ayurveda.

- **Key Features:**
 - A 150-bed Panchakarma hospital.
 - An Ayurvedic pharmacy for drug manufacturing.
 - A sports medicine unit.
 - A central library to support academic and research activities.



Expansion in Yoga and Naturopathy Research

- To meet the rising global interest in Indian wellness practices, particularly yoga, Prime Minister Modi laid the foundation stones for two Central Research Institutes in Yoga and Naturopathy (CRIYNs).
- **Locations:** Khorda (Odisha) and Raipur (Chhattisgarh).
- **Objective:** Boost research and development in the domains of yoga and naturopathy.

Launch of Ayush Centres of Excellence

- The Prime Minister launched four Ayush Centres of Excellence (CoEs) focused on health research and innovation.
- **Target Areas:** These CoEs aim to advance research and foster innovation in specific areas of health using traditional Indian systems of medicine.
- **Centre of Excellence for Diabetes and Metabolic Disorders at the Indian Institute of Science, Bengaluru** – focused on prediabetes and diabetes research and Ayurvedic formulation validation
- **Centre of Excellence in Sustainable Ayush at IIT Delhi** – dedicated to developing advanced technological solutions, supporting start-ups, and creating net-zero sustainable solutions for Rasaushadhis
- **Centre of Excellence for Fundamental and Translational Research in Ayurveda at CDRI Lucknow** – focused on advanced research in Ayurvedic botanicals like Ashwagandha
- **Centre of Excellence on Ayurveda and Systems Medicine at JNU, New Delhi** – aimed at researching the molecular mechanisms of Ayurvedic treatments for rheumatoid arthritis using systems medicine

The Prime Minister also launched “Desh Ka Prakriti Parikshan Abhiyan,” a nationwide campaign promoting health awareness and highlighting the importance of holistic well-being as part of daily life.

AYURVEDA

- It is an ancient system of medicine with historical roots in the Indian subcontinent. It is widely practiced in India, Nepal, Bangladesh, Pakistan, Sri Lanka where nearly 80% of the population using Ayurvedic treatment.
- It has its root in four Vedas (1500-500 BCE), also mentioned in Ramayana and Mahabharata. It was fully developed by 1000 BCE with foundational texts like Charaka Samhita and Susruta Samhita.
- Ayurveda includes a variety of therapies such as herbal medicines, special diets, meditation, yoga, massage.



- Ancient Ayurvedic texts also suggest the evidence of surgical techniques, including cataract surgery.

The Government of India has launched the **National Ayush Mission in 2014 to strengthen Ayush systems (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy)** to focus on educational institutions and enhance the quality of services.

About Ayurveda Day

- The Government of India has been observing Ayurveda Day annually on **Dhanawantari Jayanti (Dhanteras) since 2016** to promote awareness of Ayurvedic principles, medicinal herbs, and lifestyle practices.
- **This day honours Lord Dhanvantari's contributions**, regarded as the divine physician who received Ayurvedic knowledge from Lord Brahma, aiming to raise awareness about Ayurveda's foundational principles, healing practices, and lifestyle approaches.
- The theme for this year's Ayurveda Day is **"Ayurveda Innovation for Global Health"**, which focuses on fostering Ayurvedic innovation to address global health issues.

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