



Page 6

**Ashwagandha -
the wonder herb
of India.**



Page 7

**Homoeopathic
intervention for
diabetic foot ulcers**



Page 4

**From the
Minister's Desk**



Page 9

**News from
the States**

AYUSH FOR IMMUNITY Campaign Bulletin

National Ayush Mission (NAM) – the mainstay of Ayush healthcare services at the grass-roots



Since its initiation in 2014, the Centrally Sponsored Scheme National Ayush Mission (NAM) has steadily grown in size and scope, and is today the most important vehicle for promotion and development of Ayush systems in the country.

The recent review of status of progress of implementation carried out by Vaidya Rajesh Kotecha, the Central AYUSH Secretary through video conferencing with Principal Secretaries and Secretaries of AYUSH and Health Departments of different States and UTs, brought out how diverse and multi-dimensional the impact of the Scheme has been, at the ground level.

The video-conference and review was of particular significance because of the various impactful interventions which the Central AYUSH Ministry made in the recent months which has significantly contributed to the preventive steps and management of Covid-19. Secretary (AYUSH) appraised the States/UTs about the recently released National Ayurveda and Yoga Protocol for Management of Covid-19, the need to expedite the operationalization of AYUSH Health Wellness Centres approved under National AYUSH Mission (NAM) and the urgent need to improve the expenditure and fund flow at State/UT level under NAM.

The Ayush Grid project of the Ministry, which aims to establish a unified IT backbone for the Sector was discussed in detail. Information about the completion of a cloud based AYUSH Health Management Information System (A-HMIS) which can be put to use by all AYUSH establishments was welcomed by all. The A-HMIS is one among the 14 different pilot projects that have been implemented under the Ayush Grid project. The AYUSH Ministry invited all States/ UTs to make use of this HMIS to streamline the hospital processes in their respective domains.

Conversion of Ayush Dispensaries into future-oriented Ayush Health & Wellness Centres (Ayush- HWCs) is one of the ambitious activities under NAM. The number such Ayush-HWCs being set up through conversion are 1632 during 2019-20, and 2429 during 2020-21. The need for the States/UTs to focus on early operationalization of AYUSH HWCs as per the target set under Ayushman Bharat was underlined in the virtual meeting. Possible steps to enhance the pace of expenditure under NAM was also discussed. States/UTs were requested to expedite the action for thorough co-ordination with AYUSH and Health Departments in the States/UTs for early and smooth operationalization of HWCs. It was emphasized that there is renewed interest among the public in Ayush processes and solutions in the post-Covid times, and that it was essential to expand the scope and reach of NAM operations to fulfil this increase demand for Ayush products and services.

Vaidya Rajesh Kotecha highlighted the important steps taken by the Ministry of AYUSH in the context of Covid-19. He briefed the participating health administrators about the Ayurveda and Yoga Protocol for Management of Covid-19 jointly released by Hon'ble Union Health and Family Welfare Minister and the Hon'ble Minister of State (AYUSH) earlier this month. The Protocol is an important tool to take the people-friendly solutions offered by Ayush Systems to a larger number of beneficiaries. He, however, cautioned that the Protocol should not lead to a false sense of security. He requested the active co-operation and participation of the states/UTs in implementation of the protocol to manage covid-19 pandemic effectively. He also explained that release of such a National Protocol was a landmark in the mainstreaming of Ayush Systems.

During the meeting various States/UTs shared their experiences and activities they have conducted in the context of covid-19. The joint efforts and sharing of experiences, it was agreed by all, will lead to the potential of Ayush Systems being tapped on a nation-wide scale for fighting the pandemic.

Regional Raw Drug Repository for the Trans-Ganga Plain Region set up at the All India Institute of Ayurveda, New Delhi



The Regional Raw Drug Repository (RRDR) for the Trans-Ganga Plain Region, part of a national chain of such Repositories, was inaugurated at the All India Institute of Ayurveda, Sarita Vihar, New Delhi through a virtual function on 22.10.2020 by Shri Shripad Yesso Naik, Union AYUSH Minister.

The network of RRDRs is part of the Government's efforts to conserve medicinal plants and simultaneously, to develop and modernise the sector. These Repositories will

collect, document, and authenticate raw drugs collected from different sources and agro-climatic regions. They are set up by the Ministry through its National Medicinal Plants Board (NMPB). The virtual event was also graced by Vaidya Rajesh Kotecha, Secretary (AYUSH) and others dignitaries.

The last few years have seen an increased demand for the natural healing and herbal products across the globe. COVID 19 and the consequent search for disease-preventive solutions have further pushed up the demand. Many of the key medicinal plants like *Ashwagandha*, *Giloi*, *Tulsi*, *Kalmegh*, *Mulethi* are witnessing unprecedented demand. Against this backdrop, the National Medicinal Plants Board (NMPB), the nodal agency for the sector placed the process of establishing the Raw Drug Repositories on fast track.

NMPB has put in place a set of policies for speeding up the processes of making sustainable availability of authentic raw material of medicinal plants for the Ayush industries. In order to document the diversity in the genetics and chemistry of medicinal plants, eight Regional Raw Drug Repositories (RRDR) and one National Raw Drug Repository (NRDR) have been planned to be set up. Out of them, three Regional Raw Drug Repositories (RRDR) are ready for inauguration. The first one (Regional Raw Drug Repository (Southern Plateau Region) at National Institute of Siddha, Chennai) was inaugurated on 13th October by AYUSH Minister Shri Shripad Yesso Naik.

Cultivation of medicinal plants has the potential to transform farm incomes, and consequently entire rural economies. RRDRs will permit linkages between farmers and industry, leading to uninterrupted availability of quality medicinal plants to the Ayush industry. The Repositories will also encourage research in traditional medicine formulations, which could draw support from a robust infrastructure of hospitals, dispensaries, pharmacies and manufacturing units. The fact that the country has nearly 10,000 manufacturing units of Ayurveda, Siddha, Unani and Homoeopathy medicines for which uninterrupted availability of the raw material is critical also point to the relevance of these Repositories.

The RRDR for Trans-Ganga Plain Region covers four states, namely, Haryana, Chandigarh, Delhi and Punjab. This Region has a huge potential for medicinal raw materials. This RRDR would play a stellar role in collection, documentation, and authentication of raw drugs collected largely from this agro-climatic region.

On the occasion, NMPB also released a protocol titled "Standard protocol for Quality assessment of Raw Medicinal Plants Material on the basis of *Rasa*", in collaboration with All India Institute of Ayurveda, New Delhi and National Institute of Ayurveda, Jaipur.

From the Minister's Desk



The Ayurveda Day World Website was launched on the 21st of October 2020 on the occasion of Ayurveda Day. The launch was organised by India Foundation's Center for Public Diplomacy and Soft Power via Video Conference. I am happy to know that, India Foundation's Center for Public Diplomacy and Soft Power has taken the initiative to Celebrate Ayurveda Day globally which aims promote and preserve the health Science of Ayurveda.



Shripad Naik ✓

October 21 at 22:53 • 🌐

National Ayush Protocol for management of Covid 19 – Quick facts.

- The formal name of the protocol is “National Clinical Management Protocol based on Ayurveda and Yoga for management of Covid 19”. It was released by the Government on 06.10.2020.
- The measures advised in the protocol are in addition to the standard measures of “wearing masks, washing hands and maintaining physical distance”.
- The significance of the protocol is that it is based on empirical evidences from large number of studies that have taken place since the onset of the pandemic as well as on classical knowledge of Ayurveda and Yoga. The protocol also incorporates experience from clinical practices and emerging trends of ongoing clinical studies. It has also considered inputs received through Ayush Sanjivani mobile app, which covers experience of about 1.4 crore people.
- The protocol has been vetted by leading experts of an apex inter-disciplinary task force set up by the Ministry of AYUSH.
- A welcome feature of the protocol is that it contains a set of simple measures as well as a few medicines rooted in Ayurveda and Yoga which are easily accessible to the public. The protocol gives guidance to Ayurveda practitioners on measures to be taken for cases which are asymptomatic and which are mildly to moderately symptomatic.
- While calling upon the practitioners and public to consider these measures, the Government has also added a line of caution – these Ayurveda and Yoga based measures should not lead to a sense of false security. The standard steps as advised by the Ministry of Health and Family Welfare are critically important, and cannot be substituted with the former.

Medicinal plants of Ayurveda with Geographical Indications (GI)

A Geographical Indication (GI) is a sign or tag used on agricultural, natural or manufactured products which correspond to a specific geographical location. They are part of the intellectual property rights that comes under the Paris Convention for the Protection of Industrial Property.

Medicinal plants and among the most precious bio-resources of the planet, and are also among the most threatened. GI tagging of medicinal plants is important for quality-assurance and trade, as well as for conservation of these species. It also helps to supplement the incomes of the farmers. GIs are part of our culture and natural heritage.

Typically, the GI tag conveys an assurance of quality and distinctiveness attributed to the place of its origin. Hence it is often associated with local pride as well.

Some of the examples of registered Indian GIs are Darjeeling Tea, Tirupathi Laddu, Kangra Paintings, Nagpur Orange, Kashmir Pashmina etc. GI tagging serves to preserve traditional knowledge (TK) and traditional cultural expressions (TCEs). India Patent Office has assigned GI tags to some Ayurvedic ingredients also, over time. Let's take a look at a few medicinal plants of Ayurveda that are GI tagged.

(The following link will give more details: <https://wahgi.ncog.gov.in/homeUrl>)



Navara Rice - *Oriza sativa* L.

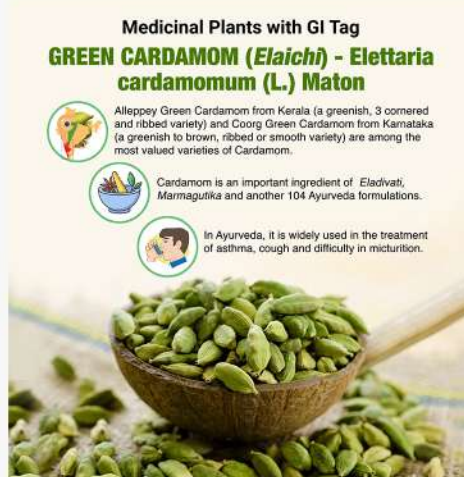
"Navara Rice", known as *Shashtikashali* in Ayurveda, is cultivated largely in Palakkad and neighboring districts of Kerala. It has wide range of health benefits. It is particularly famous as the critical ingredient of a Kerala panchakarma specialty treatment procedure called *Navarakizhi*.

The Navara rice has curative potential for various diseases like rheumatic pains, polio related disabilities, blood circulatory disorders, and respiratory diseases.

Green Cardamom - *Elettaria cardamomum* (L.) Maton

Two categories of Green Cardamom-Alleppey and Coorg- have been GI tagged.

Alleppey Green cardamom is the variety which traditionally came from the southern region of Kerala state, Alleppey (presently Alappuzha) having been the port city from which it was exported in olden days. It is kiln dried, has a reasonably uniform shade of green colour and is 3 cornered with ribbed appearance. Coorg green cardamom is grown in southwest Karnataka. It is unique in its colour, size, chemical compounds and oil content. The colour range varies from greenish to brown. Its global dry skin can be ribbed or smooth, and pedicels are separated. In Ayurveda "Green Cardamom" is known as *Sukshma-ela* and *Elaichii*. It is used in treatment of Asthma, Cough and in difficulty in Micturition.



Ganjam Kewda flower - *Pandanus odorifer* (Forssk.) Kuntze

"Kewda flower" also known as *Ketakipushpa* in Ayurveda obtained GI tag for the state of Orissa where it is extensively cultivated. It is associated mostly with the Ganjam district. It is a well-known scent producing and flavoring agent. As medicine it is useful in treatment of eye ailments and respiratory disorders.

Saffron-*Crocus sativus* L.

"Saffron" also known as *Kumkuma* in Ayurveda obtained GI tag for Jammu and Kashmir where it is extensively cultivated. It is a well-known spice. As medicine it is used in the treatment of migraine, wounds, vomiting, discoloration and patches on skin.



Government Hospital in Madurai tests new Siddha concoction to combat Covid 19

Aruppukottai Government Hospital in Virudhanagar has been permitted by the State Health Department to take up trials of a new Siddha concoction on Covid19 positive patients, as reported by THE HINDU on 19th October 2020.

The concoction, M.V. Kashayam, was found effective in treating various symptoms of Covid19 in some studies, said Virudhunagar Collector R. Kannan. He further added that the concoction, which is made using several herbs is promising for its anti-viral properties as well. As per the news report, the new formulation has rejuvenative properties, and is also useful in the treatment of fever, body pain, allergy and breathing problems.



The new treatment is being conducted on trial basis in the government hospital at no cost to patients. Systematic tests will follow, to study and analyse the results. A team of Siddha doctors are available at the hospital to clear any doubts related to the new formulation. Patients can avail the treatment by producing a Covid19 positive certificate, under medical supervision.

Ashwagandha - the wonder herb of India.



Ashwagandha is a medicinal herb used in India from ancient times. It is widely used in Ayurvedic clinical practice with a variety of clinical indications. It is included in the Ministry of AYUSH's "National Clinical Management Protocol based on Ayurveda and Yoga for management of COVID-19" due to its anti-inflammatory and other beneficial properties proven in research studies.

Ashwagandha is used in traditional Indian medicinal systems for various kinds of diseases. It is especially effective as a nervine tonic.

It was also found useful in neurodegenerative diseases such as Parkinson's, Huntington's, and Alzheimer's disease. It has a GABA mimetic effect and has been seen to promote the formation of dendrites. *Ashwagandha* improves the body's defense against disease by improving the cell-mediated immunity.

Homoeopathic intervention for diabetic foot ulcers



Figure:1 Two cases with complete epithelialisation

That Homoeopathy offers an economical, safe and effective management for patients of diabetic foot ulcers (DFU) is not known to many patients who suffer from the said condition, says Dr Hima Bindu Ponnamp, a Research Officer with the Drug Standardisation Unit, Hyderabad, which is a unit of the Central Council for Research in Homoeopathy (CCRH).

DFU is one of the most serious and costliest complication of diabetes, she explains. According to WHO, every 30 seconds a lower limb is lost because of this condition.

DFUs are sores on feet occurring in 15% of diabetic patients sometime during their lifetime. The risk of lower-extremity amputation (LEA) is increased 8-fold in patients once an ulcer develops. They occur in both type1 and type2 diabetes mellitus. According to the pathophysiology, their origin may be neuropathic, ischemic, or mixed. The risk factors like poor glycemic control, smoking, history of ulcers/amputations, inappropriate footwear, hallux valgus, peripheral vascular disease, neuropathy etc. contribute to DFU.

The management of DFU is challenging and needs a multidisciplinary approach – along with the treating physician, extended support of a surgeon/podiatrist is essential for regular monitoring and assessments. The gold standard

treating DFU patients include pressure offloading, proper oxygenation, good glycemic control, refraining from smoking, rest, timely debridement, regular dressing to maintain foot hygiene, ensuring proper vascularization to the limb and enhancing healing ability. In spite of many conventional medical advancements for the treatment of DFU (hyperbaric oxygen therapy, total contact cast, hydrocolloidal gel applications, negative pressure wound therapy, acellular matrix therapy etc.), their healing remains a challenge to the medical fraternity.

Dr. Ponnamp narrates two important research studies on DFU conducted by the Drug Standardization Extension Unit at Hyderabad:

Study 1: A prospective observational study to ascertain the role of Homoeopathic Therapy in the management of Diabetic foot Ulcer (AJHM 2011, Vol104 (4);166-76).

Study 2: Individualized Homoeopathic Intervention (IHI) in Diabetic Foot Ulcer (DFU): A Randomized Controlled Pilot Study using calendula Q vs normal saline for ulcer dressing (under peer review).

In the first study, 90.5% patients achieved an early complete epithelialization of the ulcers (12 weeks). This, according to Dr. Ponnamp, paved the way for the second study where along with the early complete epithelialization of Wagner stage I & 2 DFUs, the quality of life of the patients has been assessed through a specially designed questionnaire. The primary objective of early complete epithelialization (11-12 weeks) along with an improvement of quality of life has been achieved in 95% of the patients.

According to Dr. Ponnamp, these findings are quite significant, and to further validate the results and take its benefits to a large number of patients, she recommends taking up RCTs in comparison with conventional treatment options.

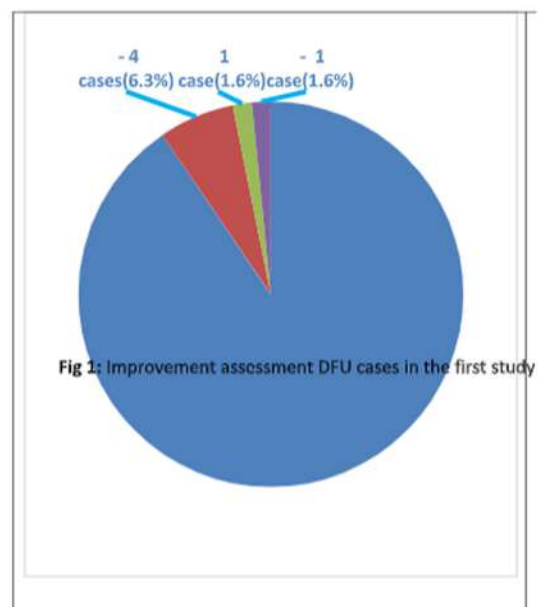


Fig 1: Improvement assessment DFU cases in the first study

The Ayush for Immunity Campaign page on MyGov platform



Have you visited the Ayush for Immunity Campaign page yet?

This page on My Gov is a source valuable information on health and wellbeing. The pandemic has focussed attention on measures for self-health promotion and improving the body's natural immunity. This campaign page is where you can get clarifications to some of the current concerns. You may go to www.mygov.in and click on the concerned link to visit it.

The page not only provides information but also enables visitors to dabble in activities related to the “Ayush for Immunity” campaign. Quiz, discussions, blogs, podcast and videos are some of the activities live on the page.

Discussion Forum on the Campaign page is where you can speak and be heard. The “Ayush for Immunity” quiz helps you to learn and also test your knowledge. You can mark your support for Ayush preventive health practices by taking the Ayush Sanjivani Pledge.

The Campaign page also offers Podcasts, where you can listen to the experts sharing their valuable inputs on some topic that are highly relevant in the COVID 19 scenario. You can also read the latest blogs on preventive health measures and watch videos with information on disease-preventive and immunity-enhancing measures.

Ayush fraternity gears up for Naturopathy Day 2020 (18th of November)

The 3rd Naturopathy Day falls on 18th November 2020, and various events and activities have been scheduled by different institutions in the run up to the Day. The theme for Naturopathy Day 2020 is “Nurturing Vitality Through Naturopathy”.

Naturopathy is a drug-less system of healthcare which strives to prevent and treat diseases by altering the diet and lifestyle. It is cost effective, and has the added advantage that it can be easily integrated with any other system of healthcare as a lifestyle intervention.

Mahatma Gandhi was largely responsible for the early spread of Naturopathy in India. He was a practitioner of Nature Cure, and had also worked extensively to take this affordable practice to the common people. 18th November, the Naturopathy Day, actually commemorates the day on which Mahatma Gandhi became life time Chairman of the All India Nature Cure Foundation Trust and signed the deed with the object of taking the benefits of Nature Cure available to all classes of people.

In the post-Covid scenario, with increasing focus on self-care for disease prevention, the relevance of Naturopathy has increased.

Watch this space for information about the various upcoming activities and events related to Naturopathy Day 2020.



NEWS FROM THE STATES

PUNJAB

Flavour of this festival season: Immunity enhancing sweets

Staying safe and healthy seems to be every person's main concern in the tough times of the pandemic. Keeping within the trend of seeking immunity enhancing products, even sweets are now being turned into healthy gifting ideas. As reported in the TIMES OF INDIA from Amritsar, shopkeepers, farm organisations and a few ayurvedic pharma companies have introduced sweets and other festive gifting options that not only spread sweetness and joy but also claim to promote the body's strength to fight the virus.

Traditional Punjabi sweets are being modified into 'shields' against Covid19 as ingredients like oats, jaggery, dry fruits, and honey along with gluten free ingredients are being used to make these sweets. Framers are also using organic products like sugarcane to make jaggery sweets. The high demand for such health-conscious sweets has led to shopkeepers receiving advance booking for them.

A few local Ayurveda pharmaceutical companies have also come up with gift hampers comprising *Chyawanprash*, *haldi* drops, *giloy vati* and *Kwath* tablets. Dr Ranbir Singh Kang, District Ayurveda and Unani officer, said that there can't be a better gift than products that promote Ayurveda, Unani, Yoga, Siddha and Homeopathy for gifting the loved ones. He also appealed to the public to avoid eating unhealthy sweets, candies and snacks and instead, exchange immunity enhancing gifts such as *Chyawanprash*, honey etc.

TAMIL NADU

Homeopathy institute organises Yoga classes to promote health and immunity

The Homoeopathy Research Institute for Disabilities (HRID) - Chennai, a unit of the Central Council for Research in Homoeopathy, organised Yoga classes for the staff and officers of the institute, as reported by NEWS TODAY on 20th October 2020.

The classes were designed to increase disease preventive capacity of the body while promoting good health. Yoga has been known for providing many benefits when practiced daily. Keeping in mind the current situation of the pandemic, the need of the hour is to have a fit body that can stay protected from the virus. Through the specially selected Yoga procedures, a healthy body and a stable mind can be developed.

Dr Kolli Raju, Officer Incharge, HRID and Shri Nachiketa Rout, Officiating Director, NIEPMD Chennai participated in the event.

NEWS FROM THE STATES

ANDAMAN & NICOBAR ISLANDS Local *noni* fruit juice for augmentation of immunity levels.



Homoeopathy Clinical Research Unit, Port Blair under CCRH utilised the 'Ayush for Immunity Campaign' to create awareness among the islanders about the utility of the locally available food items for enhancing their immunity levels.

An array of healthy foods in the Isles are accessible and within reach of the local population, ranging from sea food to bananas, each of them providing good nutritive value. One such locally available food unique to this region is the fruit of *Noni* (*Morinda citrifolia*) which has a fruit commonly known as *Noni*. Ayurvedic medicines have used *Noni* fruit since ages. *Noni* is

consumed in the form of juice and has become a popular health supplement with the richness of Vitamin C, Vitamin B1, Vitamin A, Iron and antioxidants.

A review of published human intervention studies reveals that *Noni* juice provide protection against tobacco smoke-induced DNA damage, blood lipid as well as systemic inflammation. The juice may improve joint health, increase physical endurance, increase immune activity, inhibit glycation of proteins, aid weight management, help maintain bone health in women, help maintain normal blood pressure, and improve gum health. It is also reported to serve as a suitable additive to the diet of diabetic patients .

There are many ongoing research projects in this field, which are expected to lead to a better understanding of the role of diet and nutrients in immune function. With its potential benefits, easy accessibility and safety of usage, inclusion *Noni* juice in diet may yield promising results in aspects of physical health through stimulation of the immune functions.

The promising and health-promoting features of *Noni* could be tapped profitably in view of current Corona pandemic when enhancing the immunity levels is becoming a prime concern for most people.

JAMMU & KASHMIR

Lectures on Respiratory diseases and Fitness

Taking the AYUSH for Immunity campaign forward, the Regional Ayurveda Research Institute for Urinary Disorders Jammu, organised two lectures for the benefit of public on 17th of October, 2020.

Dr. Poonam Mohod spoke about “Respiratory Diseases and Immunity” and she explained how Asthma and other respiratory diseases are often linked to the immune system and inflammation. Immunity enhancing formulations like *Chyawanprash*, *Shankhpushpi*, *Tulsi*, *Giloy*, and *Haldi* should be taken as advised by a physician, so as to remain protected from respiratory diseases.



Dr. Shivani Bhat gave a lecture on the “Importance of Physical Fitness” in which she explained that physical activity or exercise improves health and reduces the risk of developing several diseases like type 2 diabetes, cancer, and cardiovascular disease. Physical activity and exercise have immediate and long-term health benefits. Most importantly, regular activity improves the quality of life.

NEWS FROM THE STATES

ORISSA

“Mo Beach Yoga” at Puri to support recovered Covid-19 patients

A beach-based public health programme called Mo Beach Yoga was launched last week at Puri's Golden Beach to facilitate the complete recovery of recovered Covid-19 patients. The programme, reports THE HINDUSTAN TIMES, additionally also aims to promote public health and environment education.

A broad coalition of organisers which included the Beach Management Committee, Puri District Administration and the Departments of AYUSH and Health of the Odisha government come together to organise this unique programme.

More than 200 people, who had recovered from Covid-19, took part in its first edition, which was inaugurated on 17th October 2020.



The Yoga programme for post COVID patients is in accordance with the guidelines of the Ministry of AYUSH, Government of India, and is held in small batches of 20 per batch. There will be one instructor per batch. Officials have indicated that Government's Covid-19 guidelines are being strictly followed. The Yoga programme will continue up to February 2021, with 7 days per batch in two sites.

A statement from the organisers clarified that the goal of the administration in this endeavour is to reinvent and prepare resilient tourism that would facilitate public access to Golden Beach, at the same time encouraging public health and environmental sustainability.

The campaign aims to promote healthy lifestyle habits and leverage public participation for fostering wellbeing tourism.

KARNATAKA

Talk on ginger and its role in enhancing immunity



On the 15th of October, 2020, Regional Ayurveda Research Institute for Metabolic Disorders Bengaluru hosted a lecture on “Different medicinal benefits of ginger and its role in enhancing immunity”. The talk was presented by Dr. Santhosh. Ginger Contains gingerol, which has powerful medicinal properties that help to reduce oxidative stress. Ginger has the potential to help increase the number of calories burnt and to reduce inflammation. It may also lower blood sugar and reduce heart disease risk factors.

Fountainhead

Bapu continues to inspire us to action, say speakers at NIN's mega series of webinars.

The Mann Ki Baat address of Prime Minister Narendra Modi on 25th October 2020 included an anecdote on how Mahatma Gandhi's power to inspire continues unabated, even as mankind moves deeper into the 21st century.

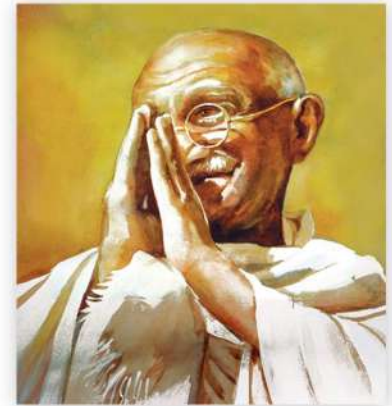
"There is a place in Mexico called Oaxaca," the PM said in the address. "There are many villages in this area where the local villagers weave khadi."

"How khadi reached Oaxaca is no less interesting", he continued. "... a young person of Oaxaca, Mark Brown once watched a movie on Mahatma Gandhi. Brown got so inspired by watching this movie on Bapu that he visited Bapu's ashram in India, understood him and learnt about him in depth. It was then, that Brown realised that khadi was not just a cloth; it was a complete way of life."

Brown was deeply moved by the way khadi was intertwined with the rural economy and self sufficiency. This learning became a passion for him, and he introduced the villagers of Oaxaca in Mexico to khadi and trained them. Oaxaca khadi has now become a brand known internationally.

Gandhi's power to inspire figured centrally in last week's talks that formed part of the ongoing mega series of webinars on Mahatma Gandhi's thoughts on healthcare organised by the National Institute of Naturopathy (NIN), Pune. Leena Mehendale IAS (Retd.) who was also a former Director of NIN said in her talk on 22nd October 2020 that her stint at Urulikanchan Nisargopchar Kendra, the centre that became iconic for its association with Gandhi Ji and his efforts related to public health, was life changing. She was speaking about "National Institute of Naturopathy, Pune - Mahatma Gandhi's Legacy and Promise to Future", and she introduced some of the thoughts of Gandhiji and Dr. Dinshaw Mehta regarding nature cure and 'Self-experimentation'. She urged the audience to derive inspiration from Gandhiji and not to be fearful while self-experimenting.

Earlier in the week in the series of webinars, on October 16th, Dr. Preeti Kohli, an expert of Mind-Body Medicine from The Aha Movement spoke about Emotional Mastery. The speaker emphasized upon the unitary-ness of body, mind and soul. Gandhi Ji's inspirational work aimed at controlling Leprosy figured in the talk on the next day, and this was by Peddi Sambashiva Rao, a recipient of Prabhakerji Award as Best Leprosy Worker in Andhra Pradesh.



On October 18th, 2020 Santosh Ajmera of the Regional Outreach Bureau (Maharashtra & Goa), of the Ministry of Information and Broadcasting gave some insights into "Gandhi as a Communicator". The speaker pointed out the striking contrast between communication practices of present-day media and those of Gandhi Ji during his times. Gandhi Ji, no doubt, was one of the greatest communicators of his generation.

The webinar series saw on October 19th, Prof. Mark Lindley, of the MGM University, Aurangabad who is also an expert on Gandhian thought speak about "Mahatma Gandhi's Yearning to Heal Others". He quoted Gandhiji's understanding of 'Nature Cure' being that the cure should be the cheapest and simplest possible. Dr. Farah Shroff of the School of Population and Public Health at the University of British Columbia and Dr. Arun K. Garg, of the Canada India Network Society spoke the next day. Dr. Farah illustrated Mahatma Gandhi's perspectives on Fasting and their relevance in present-times. Dr. Arun emphasized the necessity of balance in one's life and talked about how Gandhiji had always aspired to attain this balance.

Dr. S.N. Murthy of Pema Wellness Resorts Pvt. Ltd. talked about Mahatma Gandhi's influence on growth and development of Naturopathy in Andhra Pradesh, on 21st October. The speaker introduced the audience to a few Naturopathy stalwarts and committed Gandhians of Andhra. He mentioned that door-to-door campaigns and rural camps were the real strengths of Gandhian Naturopathy in 1950s and 60s. If these are incorporated into present-day curriculum of Naturopathy colleges, it will be a boon to budding naturopaths for their professional growth.

The talks of the mega series continued to remind the audience of the inspirational power of Bapu that touches our lives in myriad ways even to this day, and prompts us into action in various matters, big and small.