

#PoshanMaah2020 #Ahara



AYUSH
FOR IMMUNITY

Vol 1, Issue 4

21 september 2020

Page 7

News from the States

Page 2

The Fauci interview and
some thoughts about
Ahara, Vihara and Nidra

Page 3

AYUSH-WCD collaboration
for deploying Ayush-based
solutions for controlling
malnutrition

AYUSH FOR IMMUNITY

Campaign Bulletin



The Fauci interview and some thoughts about *Ahara, Vihara and Nidra*

The disclaimer first—Dr. Anthony Fauci’s name figuring in this column has nothing to do with any of the high voltage political statements around him that is heard in his country at regular intervals, particularly since the Covid-19 outbreak.

For the record, Fauci is an American physician and one of the world's leading experts on infectious diseases. He has served as the director of the National Institute of Allergy and Infectious Diseases (NIAID) of the US since 1984, and is presently at the forefront of that country’s fight against the pandemic.

The Business Insider published an interview of Fauci by Hilary Bruecksep on 17 th September 2020, which stood out for his views on how to 'keep your immune system working optimally,' and has since then been widely discussed on the internet and the media. As for fighting the pandemic, Fauci re-iterated in the interview that the best ways to control it are the measures he's been recommending endlessly for months: good hand hygiene, mask-wearing, and social distancing.

Fauci’s contributions to the understanding of regulation of the human immune response has made him a legend of sorts, and he is recognized for delineating the mechanisms whereby immunosuppressive agents adapt to that response. What is his advice on immunity during this health crisis? He surprises us with the simplicity of his recommendation: For the general public, he says, “getting enough sleep, maintaining a healthy diet, and avoiding or alleviating stress as the three most potent ways to keep your immune system strong.”

It is striking that the recommendations of one of the most trusted medical figures of the modern world echoes the traditional healthcare wisdom of the concepts of Ahara (maintaining a healthy diet), Vihara (daily routines that help in “avoiding or alleviating stress”) and Nidra (“getting enough sleep”)

Let’s look closely at Fauci’s top 3 immunity tips listed in the interview:

1. "Get a reasonable amount of sleep."

Sleep is one of the most under-estimated parameters of good health. For most of us, a reasonable amount of sleep would mean seven to eight hours a night.

2. "Get a good diet."

In an Indian context, this would mean diet that is light on the stomach, rich in vegetables, whole grains, and plenty of vitamin-rich fruits and veggies.

3. "Try to avoid or alleviate severe stress, which we know can sometimes impact the immune system."

Simple practices like regular exercise, Yoga, meditation, pranayama, preferred pursuits like reading a book or listening to music, and hanging out with friends or family are some of the best ways to counter stress.

Let us keep the words of this experienced campaigner who over the decades, has counseled six US presidents on pressing issues of public health, in our thoughts as we go about our lives in this health emergency. Let’s continue our joint efforts to pursue good health and resist diseases. Let the focus not shift away from *Ahara, Vihara and Nidra*.

AYUSH - WCD collaboration for deploying Ayush-based solutions for controlling malnutrition

A MOU was signed on 20th September 2020 between the Ministry of AYUSH and Ministry of Women and Child Development (WCD) for controlling Malnutrition as a part of POSHAN Abhiyaan. The MoU will see some time-tested and scientifically proven Ayush-based solutions being adopted for controlling malnutrition in the country.

POSHAN Abhiyaan or National Nutrition Mission is the Government of India's flagship programme under the Ministry of WCD to improve nutritional outcomes for children, pregnant women and lactating mothers.

Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH and Shri Ram Mohan Mishra, Secretary, Ministry of WCD signed the Memorandum of Understanding today. Smt. Smriti Zubin Irani, Hon'ble Minister for WCD graced the occasion. Shri Shripad Yesso Naik, Hon'ble AYUSH Minister joined the ceremony through VC.

As a major outcome of the MOU, the Ministry of AYUSH and Ministry of WCD would be working together towards integrating Ayush in POSHAN Abhiyaan and management of malnutrition through the principles and practices of Ayurveda, Yoga and other Ayush systems. POSHAN Abhiyaan or National Nutrition Mission is Government of India's flagship programme under Ministry of Women & Child Development to improve nutritional outcomes for children, pregnant women and lactating mothers.

The specific areas identified for co-operation include: (i) Integration of AYUSH into POSHAN Abhiyaan, and (ii) Control of malnutrition through the principles and practices of Ayurveda, Yoga and other Ayush systems. The following activities will be implemented through the collaboration:

(a) At Anganwadi Centres

- i. Yoga programmes
- ii. Visit of AYUSH workforce to Anganwadi Centre once in a month followed by sensitization meeting of AYUSH medical officers with Anganwadi workers in coordination with State health Authorities (Department of WCD)
- iii. Development of Poshan Vatika.

(b) For AYUSH Nutritional Care

- i. Generation of baseline data in nutritional status of targeted population
- ii. Provision of Telemedicine/ AYUSH helpline / call centres through Common Service Centres
- iii. Customization of region specific nutrition
- iv. Proper documentation of all efforts for scientific evaluation

(c) IEC activities to develop awareness among the community about the traditional indigenous food items and promote the concept of nutrition based on Ayurveda and other AYUSH systems.

(d) The Anganwadi worker who is providing the Ayurveda nutrition message to the community at ground level may be designated as 'DHATRI' - Dedicated Health Activist to Replenish the Innutrition.

(e) Other such activities for promotion of Ayurveda and other AYUSH systems and providing holistic nutritional care through integrated approach.

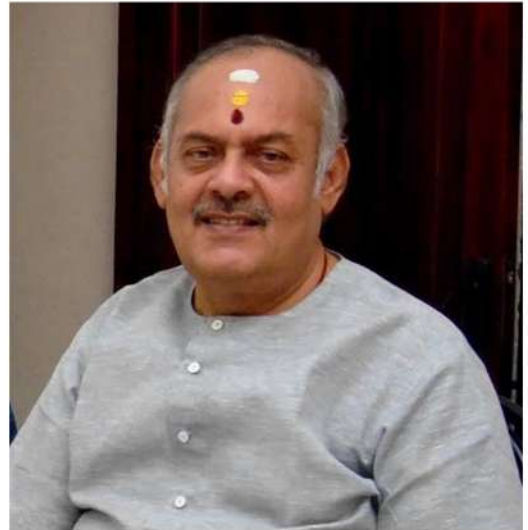
The two Ministries have also decided to launch the hashtag #Ayush4Anganwadi for generating awareness about these activities on the digital media.

Obituary

Vaidya PR Krishnakumar

PR Krishnakumar (1951-2020) was one of the most reputed figures of modern Ayurveda, and among the foremost thought leaders of the Ayush Sector.

He made multi-dimensional contributions to Ayurveda and played a notable part in its globalisation in the last four decades. Through his leadership, Krishnakumar ushered in new avenues for Ayurveda, like creating an awareness about Ayurveda at the World Health Organization (WHO). The Arya Vaidya Pharmacy (AVP) of Coimbatore which he headed acquired a culture of innovation under his stewardship, and also become known in India as well as abroad as a house of authentic Ayurveda.



Son of P V Rama Varier, the founder of AVP, a young Krishnakumar completed his studies from Shronur Ayurveda College, and immediately thereafter, took up far-sighted projects for the promotion and propagation of Ayurveda.

He was instrumental in setting up the first *Gurukula* Ayurvedic College in the country which offered 100% free boarding, lodging, books, clothes and tuition to deserving students. The first collaborative research project in any Indian Traditional medicine discipline with the World Health Organisation happened in the field of Ayurveda, thanks to his initiative.

Vaidya PR Krishnakumar launched a popular journal of Ayurveda in English in the 70's, and through it took the ancient science of living to the masses. He established the Ayurvedic Trust Hospital and Research Institute at Coimbatore. He also had the vision to set up a number of centres and collaborative institutions in many parts of the country, and roped in partners like Hindustan Lever Ltd., Taj Group etc. into Ayurvedic projects. A forward-looking entrepreneur, he established business, academic and research tie-ups across different continents, notably in countries like USA, UK, Latvia, Malaysia and Canada. AVP operates five treatment centres in Malaysia alone.

That modernization of production units were permitted within the traditional pharmacology norms was also thanks to his foresight. He had the confidence and ambition to take Ayurveda to new lands by setting up centres in different parts of India and abroad.

A Padma Shri awardee, he also served as the Chancellor of Avinashilingam Institute of Home Science and Higher Education for Women and was involved in resolving women's issues with a spirit of positivism.

Heartiest Congratulations to the winners of the “Ayush for Immunity” Quiz Contest - 4th week!

The “Ayush for Immunity” Quiz launched by the Ministry of AYUSH in collaboration with the MyGov platform continues to receive a massive public response.

The names of seven winners from the fourth week, selected on the basis of points scored by them, are:

- Waseem Ahmad (Mumbai, Maharashtra)
- Shruti Mannapur (Goa)
- Gayathri Govindaraju (Coimbatore, Tamil Nadu)
- Manjeet Hudda (Hanumangarh, Rajasthan)
- Balkrishna Sitaram Parab (Thane East, Maharashtra)
- Sonia (Rohtak, Haryana)
- Arbind Kumar (Jharkhand)



Preventive care measures from Siddha to help prevent diseases.



Prevention and self-care are important to empower the body to fight against any infection or disease. Change of seasons bring in additional risk factors. The Siddha tradition advocates adopting some daily good practices to cut down the risk of falling sick due to the weather transitions.

Here are some preventive care measures from Siddha to help maintain good health and prevent diseases.

- **Herbal water:** An infusion made up of half a teaspoon of Chukku (Dried Ginger) boiled in two liters of water. This can be taken through the day, in place of plain water. Inji thenooral / Inji (Ginger) Tea or Adhimaduram (Licorice) tea may be taken as a hot beverage.
- **Steam inhalation:** Take steam inhalation with Tulasi / Nochi (Vitex negundo) leaves or Manjal (Turmeric), once a day for three minutes.
- **Gargle 3 times a day** with lukewarm water which has been boiled with a pinch of Salt and Turmeric.
- All Karappan Pandam (allergic foodstuff) should be avoided in the diet.

NIS, Chennai holds Virtual workshop for school on "Nutrition–the Siddha way"



As a part of Poshan Abhiyaan activities as well as the "Ayush for Immunity" campaign, the National Institute of Siddha conducted a webinar on "Nutrition–the Siddha way" for the students and teachers of the Vels Vidyashram, Pallavaram on 16.09.2020. About 100 students from 6 to and 9th students along with their teachers participated and got their doubts clarified on traditional food. They enriched their knowledge about the Siddha way of living. The program was initiated and

guided by Professor. Dr.R.Meenakumari, Director, National Institute of Siddha. The webinar was presented by Dr.K.Vennila, Lecturer, Dept.of Kuzhandhai Maruthuvam. The students participated enthusiastically and the interactions were lively.

Lecture on strengthening resistance to diseases through the Unani System of Medicine.

Activities under the "AYUSH for Immunity" campaign launched by the Ministry of AYUSH were initiated at the Regional Research Institute of Unani Medicine (RRIUM), New Delhi. Dr. Rashidullah Khan, Nodal Officer, AYUSH immunity Campaign, RRIUM, Delhi gave tips on immunity enhancement. A Public lecture was also delivered by Dr. Saleem Siddiqui on Asbab Sitta Zarooriya (Six essential factors) for boosting immunity through the Unani System of Medicine. The events were organised with appropriate safety precautions.



Free Diet counseling daily at the National Institute of Naturopathy, Pune.

Naturopaths at the National Institute of Naturopathy, Pune are giving free Diet counseling daily from 10 am to 5 pm. Patients and other clients are being taught about eating locally available, fresh food for healthy living. Dietary Guidelines are provided to them after assessing their nutritional requirements. Patients are also being made aware of various precautionary measures that can be taken against COVID-19.

NEWS FROM THE STATES

LADAKH: Yoga instructors discuss disease prevention

A discussion on “Yoga for immunity and wellness” for Yoga Instructors was organised by the National Research Institute for Sowa Rigpa (NISR), Leh on the 11th of September 2020.

Shri Phonsok Ladakhi, an eminent expert and film personality and Shri Manish Kumar, Yoga expert shared their views on the role of Yoga in improving immunity and wellness during the pandemic times. The



deliberations which started with a welcome address by Dr. Padma Gurmet, Director NISR, had a total of 40 participants. Thanks to the efforts of NISR and the Morarji Desai National Institute of Yoga, the number of qualified Yoga trainers in Leh has seen a significant increase. This is expected to add depth to the Tourist experience in the UT once the post-Covid unlocking gains momentum.

All necessary COVID-19 precautions were followed during the event.

GUJARAT: Research studies of Institute for Postgraduate Teaching and Research in Ayurveda (IPGTRA) relating to Covid-19



IPGTRA, Jamnagar has taken up three research projects on Ayurvedic medicines that have the potential to address the challenges and treatment of COVID-19 infection.

The first is a population based multicentric (Ahmedabad, Vadodra, Bhavanagar, Kolavda and Jamnagar) prophylaxis study on Guduchi Ghana Vati among population at high risk to SARS-CoV-2 exposure. The study is in progress and 20,000 participants have been enrolled and are being assessed for incidence of COVID 19 infection, changes in immunity status and quality of life.

The second is an open label randomized controlled clinical trial on the efficacy of AYUSH 64 as add-on therapy on COVID 19 patients. This study is being carried out in collaboration with Guru Govind Singh Civil Hospital, Jamnagar in which total 80 patients of COVID 19 infection were registered.

The third, a retrospective study was carried out in collaboration with State AYUSH Department, Gandhinagar, Gujarat in mild cases of COVID 19 patients admitted in Samaras Covid Care Centre, Ahmedabad. The patients were treated with specific Ayurveda treatment as add on to conventional care as per state AYUSH directorate. This cohort included 762 patients of COVID 19 and the clinical outcome of Ayurveda treatment through retrospective observational study is being analysed.

The Ayush sector is optimistic that the studies will bring up evidence in support of the effectiveness of Ayurvedic interventions in the management of Covid-19.

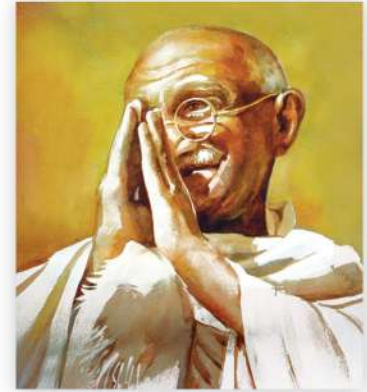
This publication is supported by the Ministry of AYUSH, for the purpose of dissemination of information. However, this is a broad-based forum, and the views and articles appearing here are not to be taken as official communications from the Ministry.

Fountain Head

Gandhiji on 'Sun Exposure'

"The sun is the source of light and heat. If there was no sun, there would be neither light nor warmth. Unfortunately, we do not make full use of sunlight and consequently we are unable to enjoy perfect health."

- Mahatma Gandhi, *Key to Health (Chapter 14: Sun)*



It is well-known that people who don't get out in the sun enough are prone to become deficient in vitamin D. There is good evidence that people with a low vitamin-D level are likely to get infected when there are infections around. Hence the current health emergency is making us revisit the benefits of Vitamin-D which is abundantly available in sun-rays.

India, a subtropical country, has abundance of sunny hours per day in most parts, for more than 300 days in a year. However, modern lifestyle prevents us from getting adequate exposure to direct sun. More than 80% of Indian population suffer from Vitamin -D deficiency, according to some studies. It is prevalent in all the age groups and high-risk groups alike. Regular exposure to Sun for 15 to 20 min will help in increasing Vitamin -D synthesis. Deficiency in Vitamin-D is associated with increased susceptibility to infections, metabolic disorders, sleep disturbances, depression and severe mood alterations.

"To believe in something, and not to live it, is dishonest", Mahatma Gandhi had said. Every bit of Gandhiji's life is a testimony to the above quote. He practiced living close to nature and experienced the benefits of the five great elements (pancha maha bhootas).

Let us take a peep into Gandhiji's insights on Sun-Bath, excerpted from his book Key to Health:

"In cases of debility and slow circulation, exposure of the uncovered body to the morning sun acts as an all-round general tonic and accelerates the metabolism", he had written. "It is a well-known treatment for tuberculosis. Sunbaths or heliotherapy is no longer confined to the sphere of naturopathy. Orthodox medicine has taken it up from naturopathy and developed in further. In cold countries, special glass buildings have been constructed under medical supervision, so that the glass lets in the sun's rays and at the same time protects patients against the cold."

"Sun treatment often results in the cure of intractable ulcers. To produce sweating I have made patients lie in the sun at about 11 a.m., i.e a little before midday. The experiment has been successful and the patients are soon bathed in sweat. In these cases the head should be protected from the sun by means of a cold mud poultice. Banana or any other leaves can be used to cover up the head and face, and thus further help in keeping the head cool and well protected. The head should never be exposed to strong sunlight".

(Credit - Dr. Satyalakshmi, Please repeat from previous issue.)