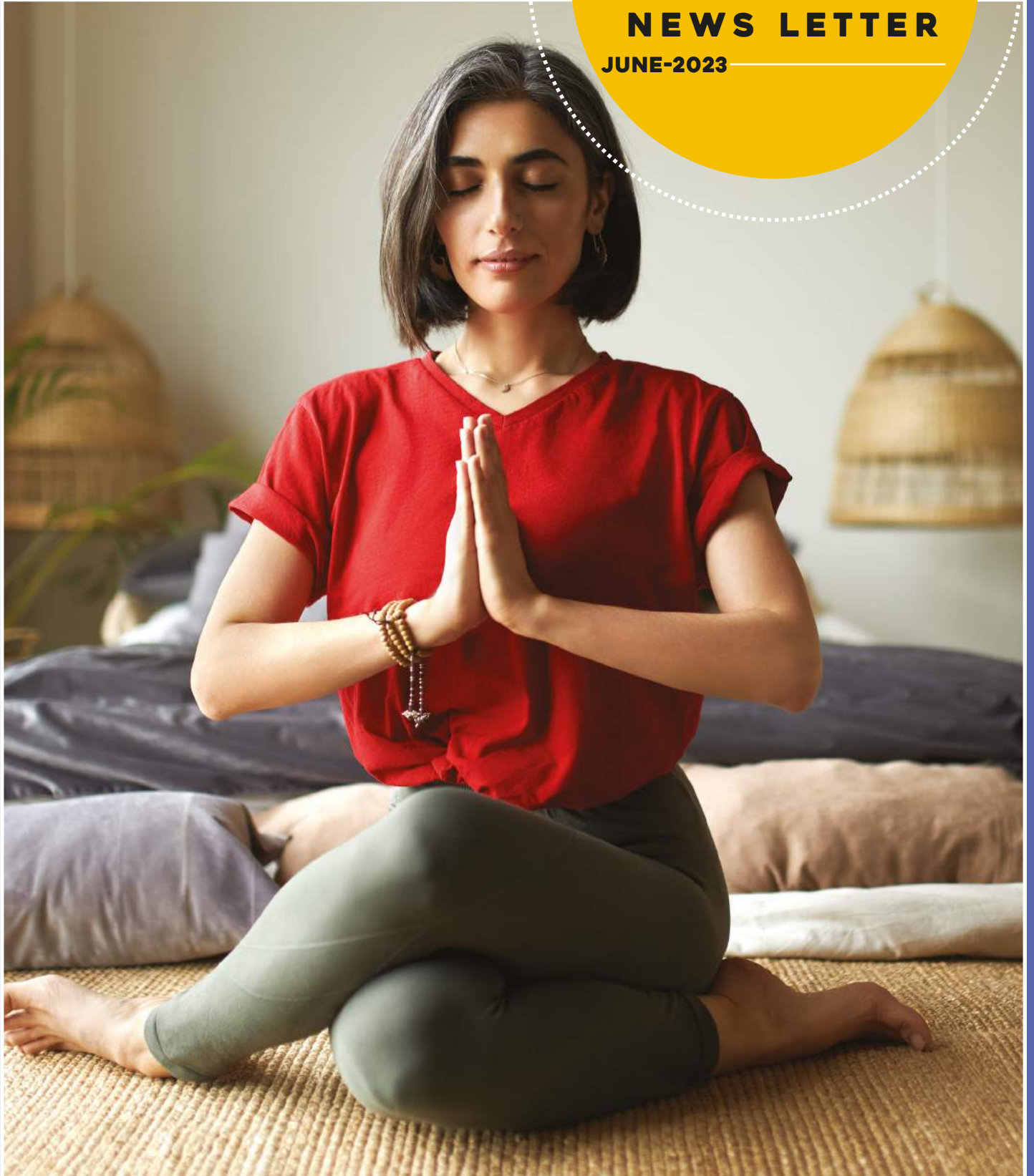




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SWASTHYA
NEWS LETTER
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Click on the title to open the article

■ MANJA AN AYUSHGRAM SUCCESS STORY	1
■ SNEHADHARA PALLIATIVE CARE PROJECT	3
■ DRISHTI PROJECT	5
■ HARSHAM- INTEGRATING AYURVEDA IN MENTAL HEALTH CARE	8
■ VASUDHAIVA KUTUMBAKAM RECLAIMING OUR HUMANKIND WITH YOGA	10
■ ALLERGY & ASTHMA-HOMOEOPATHIC APPROACH	12
■ HARNESSING THE POWER OF HOMOEOPATHY	14
■ HOMOEOPATHIC TREATMENT	16
■ AYUSHMANBHAVA	18
■ TRANSFORMING HEALTHCARE	20
■ SWASTHYA	23
■ EMPOWERING TRIBAL COMMUNITIES	27

MANJA

AN AYUSHGRAM SUCCESS STORY



AYUSH Gram Team

Wayanad, a picturesque hill region in northern Kerala, is home to various tribal communities. Among them are the Paniyas, Adiyas, Kattunayakans, Kurichiyans, Kurumas, Ooralis, and Uraali Kurumas. This article explores a program initiated in Mundakkal Colony, located in Vellamunda Gramapanchayath, Mananthavady taluk, Wayanad district, with the aim of promoting organic turmeric cultivation for sustainable income generation and the conservation of medicinal plants.

Background

Mundakkal Colony, comprising 25 Paniya tribal families and a population of 125 members, possesses 1-2 acres of uncultivated land. Recognizing the potential to engage the tribal community in organic cultivation and provide them with a stable income source, the program was initiated. Additionally, the program aligns with the objective of propagating medicinal plant conservation and cultivation within the larger community. The colony also features a community center for social activities and the education of tribal children.

Aim and Objectives:

The primary objectives of the program are as follows:

- Production of high-quality organic turmeric for food and medicine.
- Ensuring a sustainable income for the tribal community.
- Promotion of medicinal plant cultivation.

Methodology

A meeting was conducted at the Mananthavady block panchayat, under the leadership of the Block Panchayat President, to discuss the promotion and cultivation of medicinal plants. Vellamunda Gramapanchayath was chosen as the pilot study location for the project.

A meeting was organized with the board members of Vellamunda Gramapanchayath, led by the President, where it was decided that the Mundakkal Tribal Colony in Ward 6 would be selected for the pilot project. The cultivation of organic turmeric would take place on 1 acre of land. A Panchayat-level coordination committee was formed to oversee the smooth implementation of the project.

A beneficiary group consisting of 10 tribal members (Paniyas) from Mundakkal Colony, 8/4, Vellamunda, was selected according to the guidelines set by the Panchayat. A meeting was conducted in the colony to inform and gather support from the group.

A tribal society was established, comprising members of the beneficiary group, to ensure regular functioning and facilitate subsidies for cultivation from government sectors.

Monitoring of the entire project was conducted by **AYUSH Gram Mananthavady**.

The complete fieldwork for turmeric cultivation, from inception to harvest, was carried out through the MGNREG scheme and the Agriculture department of Vellamunda Gramapanchayath. Beneficiaries of the turmeric cultivation were responsible for additional fieldwork beyond the scope of the MGNREG scheme. Regular meetings were held with Biowin Agro Research - Mananthavady for the buyback of the turmeric produced.

Observations & Conclusion:

The organic turmeric cultivation program in Mundakkal Colony serves as a model for sustainable income generation and the conservation of medicinal plants within tribal communities in Wayanad. Through effective coordination, beneficiary group empowerment, and partnerships with research organizations, the program aims to uplift the tribal community while promoting the use of natural resources and traditional knowledge in a scientific manner.

The organisation under AYUSH department called ATMA (Agricultural Technology Management Agency) inspected the field and recommended for the reward under ATMA for the innovative steps in tribal community for the propagation of Agriculture through medicinal plant cultivation.

A Preliminary Health Survey was conducted in the whole colony where Manja- turmeric cultivation was done to assess the health status of the colony members. Distributed Ayurveda preventive medicines for immunity development for the members of the colony.

During the Survey there were cases with NCD, Sick cell anaemia and cancer were seen and directed them to the nearby AYUSH dispensaries for the treatments who needed Management through AYUSH Systems.



Snehadhara Palliative Care Project

Enhancing Quality of Life

Dr Pavana M



Palliative care is a crucial aspect of health-care that aims to improve the quality of life for patients and their families facing life-threatening illnesses. It addresses not only physical symptoms but psychological, social, and spiritual challenges. By providing support and care, palliative care enhances the well-being of patients and their caregivers. This article explores the objectives of palliative care, the individuals who benefit from it, the roles of different healthcare professionals, and the integration of Ayurveda in palliative care. The Snehadhara Palliative Care Project in Kerala is highlighted as a successful initiative that has positively impacted the lives of many.

Objectives of Palliative Care

The primary focus of palliative care is to enhance the everyday lives of patients by relieving pain, reducing breathlessness, and providing support through the emotional and practical challenges of serious illnesses. Palliative care ensures that life remains meaningful and fulfilling, even in the face of a serious health condition. It encompasses practical help, physical care, the use of medicines, spiritual support, and emotional assistance.

Who Benefits from Palliative Care?

Palliative care is not limited by age and can be provided to people of all ages, including children. It not only supports the patients themselves but also acknowledges the impact of a serious illness on their families. Palliative care is essential for individuals with various health conditions, such as cancer, dementia, heart disease, lung diseases, HIV/AIDS, neurological conditions, liver diseases,

and kidney disease. It should be noted that palliative care does not replace regular medical care but can be provided alongside it.

Multidisciplinary Approach in Palliative Care
Palliative care involves a multidisciplinary team of professionals, including physicians, nurses, support workers, paramedics, pharmacists, physiotherapists, and volunteers. Each team member plays a crucial role in supporting the patient and their family. Palliative care can be provided in different settings, such as community clinics, homes, hospices, or hospitals, depending on the individual's needs. Specialized palliative care services may be required for certain cases.

Dispelling Misconceptions

Palliative care is often associated with end-of-life care, but it should not be limited to that context. Palliative care can be provided alongside treatments and aims to address the difficulties and challenges faced by patients, ultimately enhancing their quality of life. It is not exclusively for adults, as children with serious health conditions can also benefit from palliative care.

Palliative care can be provided alongside treatments and aims to address the difficulties and challenges faced by patients



Integration of Ayurveda in Palliative Care

The Department of AYUSH has recognized the importance of palliative care and formulated a plan to incorporate it into their institutions. Traditional Medicine (TM), including Ayurveda, can contribute significantly to improving the quality of life for patients with serious health-related suffering. Guidelines categorize patients into different groups based on their needs for home visits by doctors, nurses, and social support. Kerala's "Kerala Model of Health" has emphasized the integration of Ayurveda and Homeopathy alongside allopathic medicine to ensure good health at low cost, social justice, and equity.

Implementation and Success of the Snehadhara Project

The Snehadhara Ayurveda Palliative Care Project in Idukki, initiated in 2012-13, was the first of its kind in India. It was established under the association of the Idukki Block Panchayat, the Department of Indian System of Medicine, and the District Ayurveda Hospital Annex Paremavu. The project has been a success, with a homecare team comprising medical officers, nurses, and a pharmacist visiting patients at their homes, providing consultations, medications, and necessary procedures. The project has gained increasing demand and expanded its reach through the involvement of ashaworkers, social workers, and primary and secondary level workers.

Geriatric Care Project:

In addition to the Snehadhara Palliative Project, the Idukki Block Panchayat, in collaboration with DAH Annex Paremavu, is successfully

running a geriatric care project. This project aims to promote healthy aging by preventing and treating illnesses and disabilities in the elderly population. Souhrda Sayandana clubs organize camps for the elderly, providing comprehensive care and support.

Expansion to other districts:

The success of the Snehadhara Project has led to the implementation of similar initiatives in other districts of Kerala. The integration of Ayurveda and palliative care has proven beneficial for numerous patients, improving their quality of life and ensuring a peaceful environment.

Palliative care plays a crucial role in enhancing the quality of life for patients facing life-threatening illnesses and their families. The Snehadhara Palliative Care Project in Kerala, along with the integration of Ayurveda, has been a successful endeavor that has positively impacted the lives of many individuals. By providing comprehensive care, support, and a multidisciplinary approach, palliative care aims to address the physical, emotional, social, and spiritual challenges faced by patients, promoting a meaningful and fulfilling life.

The Department of AYUSH has recognized the importance of palliative care and formulated a plan to incorporate it into their institutions



DRISHTI PROJECT



A project with comprehensive approach on eliminating preventable blindness in the community

Dr Sumitha



Introduction

The National Ayush Mission has launched a project called 'Drishti' which aims to consolidate all NAM's ophthalmic activities under one roof. It acts as a community unit with a comprehensive approach to preventing blindness. This project is complementary and aims to expand Ayurvedic ophthalmic services. It is intended for the early detection and treatment of retinal disease, cataracts, diabetic retinopathy, glaucoma, correction of refractive errors in school children and treatment of other eye problems in children and the elderly.



Project Design

In 2019, the National Ayush Mission launched a project called "Prism" to disseminate the topic "Prevention of Blindness with Ayurveda" to the public and evaluate the results scientifically. Parallely a School health program for refractive errors named Mizhi with treatment centred at respective hospitals was commenced from 2016 . As part of scaling up, the two projects were merged. In 2021, the National Ayush Mission changed the project to 'Drishti' with the aim of consolidating all NAM's activities in ophthalmology under one roof. currently have centres statewide.

Location and staff

- ◆ Ramavarma District Ayurveda Hospital, Thrissur
- ◆ District Ayurveda Hospital ANNEX, Paremavu, Idukki
- ◆ Govt. Ayurveda Hospital, Neyyattinkara, Trivandrum
- ◆ District Ayurveda Hospital, Kannur

Specialist medical officer

Optometrist

Multipurpose worker

Highlights of the program

- First major government health program to control intraocular pressure and diagnose glaucoma through Ayurveda
- Research-based project on early detection and treatment
- Early intervention to prevent blindness by national Ayush mission
- Proper Ayurvedic intervention plays a great role in this area ensuring scientific and cost effective eye care in the government sector.

Goals of the Drishti project

The National Ayush Mission has launched a project called 'Drishti' which aims to consolidate all NAM's ophthalmic activities under one roof. It acts as a community unit with a comprehensive approach to preventing blindness. This project is complementary and aims to expand Ayurvedic ophthalmic services. It is intended for the early detection and treatment of retinal disease, cataracts, diabetic retinopathy, glaucoma, correction of refractive errors in school children and treatment of other eye problems in children and the elderly.

The Drishti project is aimed at addressing the issue of avoidable blindness in the common population. The goal of this project is to provide comprehensive eye care services to all citizens, especially those residing in rural and remote areas.

Through this project, the government aims to reduce the burden of blindness by increasing access to quality eye care services. This includes providing screening and diagnostic facilities for common eye diseases such as cataract, refractive error, glaucoma and diabetic retinopathy.

Another important goal of the Drishti project is to strengthen human resources for eye health. This involves training doctors and other allied staff in advanced technologies so that they can effectively utilize the advancements in the betterment of eye health.

In addition, there is a focus on promoting community participation through awareness campaigns about the importance of regular eye check-ups and early detection of vision problems. Through these efforts, it is hoped that people will be empowered to take charge of their own visual health.

The goals of the Drishti project are ambitious but necessary if we are going to tackle preventable blindness in our country. It's heartening to see concerted efforts being made towards achieving these objectives and improving access to quality eye care for all population in the community.



How the Drishti project is being implemented

The project has established eye screening camps across Kerala in the project running districts to provide free eye check-ups and treatment for individuals who cannot afford it. These camps are set up in remote locations where access to healthcare is limited.

In addition, the Drishti project has collaborated with local anganwadis, health workers and government dispensaries to raise awareness about eye health and promote preventive measures against common eye conditions. This partnership also helps identify individuals who require medical attention and refer them to appropriate medical facilities.

The use of technology has also been incorporated into the implementation of the Drishti project. The involvement of social media platforms that enables patients' data collection, tracking their progress on medication adherence, and providing appointments have made it easier for doctors to monitor patient care and follow up.

Through these approaches, among others not mentioned here; the Drishti Project is making significant strides towards achieving its goal of improving eye health outcomes in the four locations across Kerala by increasing accessibility and availability of affordable services for everyone irrespective of socio-economic status or location within Kerala's vast population landscape.

Benefits of the Drishti project

The Drishti project has several benefits that have the potential to revolutionize Ayurvedic ophthalmology . Firstly, it provides access to affordable and quality eye care services for all individuals irrespective of their socio-economic status or geographical location. With the help of telemedicine technology, patients living in rural areas can now receive medical attention without having to travel long distances.

Secondly, by providing regular eye check-ups and treatment, this project helps prevent blindness caused due to various eye diseases such as cataracts or glaucoma. Early detection through these checkups ensures timely treatment which results in better vision outcomes.

An efficient system like in Drishti Project makes data management easier and more effective. The information gathered allows researchers to study patterns among populations with regards to eye health issues which can lead them towards understanding new treatments that work best for different groups of people.

The Drishti Project is a significant advancement towards improving eye care accessibility across rural and urban populations while significantly reducing cases of preventable blindness amongst citizens regardless of geographic location or social standing.



Dr Thushara



The post-pandemic era has witnessed a rise in mental health issues, mainly due to the changes in socio-economic and physical status brought about by the COVID-19 pandemic. In response, there has been an increased demand for help from AYUSH systems for health issues. As a result, primary care centers of Ayurveda dispensaries and hospitals have become the main point of contact for individuals seeking mental health support. Integrating mental health care into primary care centers has made Ayurveda mental health services more accessible to the public, reducing the treatment gap for mental health problems.

In line with this, the Harsham mental health project has been initiated under the National AYUSH Mission. This project is currently operational in six districts of Kerala, namely Kollam, Alappuzha, Palakkad, Thrissur, Malappuram, and Kannur. It provides mental health care services through sixty-three centers, reaching out to the population through nine to twelve Ayurvedic hospitals or dispensaries in each district.

The project aims to address mental health issues by offering Ayurveda support for psychiatric and psychological concerns. Alongside mental health care, the Harsham project conducts various outreach activities tailored to the specific needs of the population, taking into account factors such as age, concerns, and occasions.

The consultation methodology of the project involves identifying populations in need of intervention and conducting regular consultations and camps. These interventions take place in institutions such as old age homes, orphanages, and hospitals, providing psychiatric consultation, psychoeducation, and counseling support to those seeking help. Psychoeducation plays a vital role in informing patients, their families, and the general public about psychiatric illnesses and treatment options, thereby reducing caregiver stress and raising awareness of mental health issues related to untreated general health problems.

In addition to consultations, the Harsham project carries out various outreach activities to prevent and reduce the burden of mental illness in society. One such initiative is the 'NO TO DRUGS' campaign, which aims to create awareness and curb the impact of drug abuse among children and young adults.

This campaign works in collaboration with the statewide program launched by the Kerala Government. The Harsham project conducts anti-drug activities such as training programs for doctors, teachers, and students, as well as awareness classes at schools, anganwadis, and public gatherings. It also involves training for student police cadets and NSS volunteers to address this growing concern.

Occupational stress management is another area of focus for the Harsham project. It recognizes the stress faced by specific occupational groups and provides tailored mental health support. For instance, the program titled Sneha Sparsham targets medical representatives, who experience continuous pressure and high work performance demands. By addressing the factors contributing to their high-stress environment, this program aims to improve their overall well-being. Similar mental health care sessions are also conducted for office and hospital staff, fostering a more supportive working atmosphere.

The Harsham project recognizes the unique challenges faced by adolescents and implements stress management programs specifically designed for this age group. One such program is the Beautiful Mind competition, which aims to redefine the concept of beauty by emphasizing character rather than appearance. Through interactive rounds, students are assessed based on their mental health, mutual respect, self-confidence, judgment, and analytical skills. This program has garnered positive responses from both students and teachers, highlighting the importance of soft skill development and preventive mental healthcare through Ayurvedic lifestyle modifications, diet changes, and exercise. Follow-up sessions under the name Talk and Dream further reinforce the program's impact.

Suicide prevention measures are a critical component of the Harsham project.

The project acknowledges the gravity of suicide and its lasting impact on the individuals' immediate and extended circle. It provides care for anxiety and depression, conducts SMRUTI meditation for those affected by suicide events, and offers psychological support to society during the COVID-19 outbreak. These initiatives aim to reduce the stigma surrounding mental health issues, provide appropriate care and support to those in need, and foster a sense of community.

The Harsham project has achieved significant success in integrating Ayurveda with mental health care. Positive outcomes have been observed, including improvements in social and occupational life, reduced dependency on medication, and an enhanced overall quality of life for the individuals involved. The project has also witnessed an increased number of patients seeking consultations, indicating a shift in attitude towards seeking mental health care. Regular follow-up sessions have shown promising results, particularly among the elderly population, as stressors are reduced and overall well-being is improved. Integrative management of Ayurveda alongside conventional medication has proven beneficial in improving psychomotor activities, metabolism, and sleep quality.

In conclusion, the Harsham project, implemented under the National AYUSH Mission, plays a crucial role in addressing mental health issues through the integration of Ayurveda into primary care centers. With its consultation methodology, outreach activities, and success stories, the project serves as a model for integrating traditional systems of medicine with modern mental health care approaches. By providing accessible mental health support and raising awareness, the project aims to improve the well-being of individuals and communities in Kerala, contributing to a healthier and happier society.

VASUDHAIVA KUTUMBAKAM RECLAIMING OUR HUMANKIND WITH YOGA

Dr.Vasundhara.V.R



Yoga is a timeless pragmatic science evolved over thousands of years managing with the physical, ethical mental and spiritual well-being of man as whole. It also depicts as the intelligence in skillful living with concordance and balance. Yoga's history has numerous places of lack of clarity and instability due to its verbal transmission of sacred writings and the shrouded nature of its lessons.

Yoga's long rich history can be divided into four fundamental periods of development, practice and advancement. Pre-Classical Yoga, Classical Yoga, Post Classical Yoga, Modern Age Yoga. Yoga does not adhere to any specific religion, conviction framework or community; it has continuously been approached as an innovation for internal prosperity. Anybody who practices yoga with the involvement can procure its benefits, irrespective of one's faith, ethnicity or culture. Traditional Schools of Yoga e.g. Jnana-yoga, Bhakti-yoga, Karma-yoga, Dhyana-yoga, etc, has its own claim principles and practices leading to ultimate aim and goals of Yoga. Yoga is give-up that elevates us, motivates us, actively engages us and does so in a way that's agreeable to all other living beings.

Why do we mark international Day of Yoga?

International days and weeks are occasions to educate the public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity.

Recognizing YOGA's universal appeal, on 11th December 2014, the United Nations proclaimed 21st June as the International Day of Yoga by resolution 69/131. As the date was the longest day of the year in the northern hemisphere (shortest in the southern hemisphere), having special significance in many parts of the world..

Reclaiming our humankind with Yoga

Each year, International Yoga Day focus on a new topic that highlights various facets of yoga and how it relates to current issues. This year, Yoga will be performed on select port locations across the world forming a 'Global Ocean Ring'. Connecting people the world over in a common pursuit of wellness, IDY 2023 resonates with the theme of India's ongoing Presidency of the G20, Vasudhaiva Kutumbakam i.e. 'One Earth, One Family, One Future'. The phrase consists of several words: Vasudha: The Earth; Eva: Is Thus; and Kutumbakam: Family.

As we move from the limited boundaries of a family towards the boundaries of the nation our vision and purpose in life enhance. As we enhance our vision beyond the boundaries of our nation and move towards the global vision, our perspective on life changes and we become gentler in life. This concept in scripture is called Vasudaiva Kutumbakam- treat the whole world as one family.

We are all citizens of this world, and our priority is to become humans first. This is our planet and is everyone's duty to protect it. Currently, the planet earth is in crisis, and we must rise above our country, religion, and personal needs to protect the planet earth. When our vision enhances thus humanity thrives.

The country sustains and flourishes on human values. A religion is meant for the welfare of humanity. A home thrives where there is a service mentality. One of the golden rules in management is – "think global and act local". We cannot think global if we cannot implement it locally. The global vision must dawn from within, and we must implement it in our day-to-day lives. Implementing these concepts at a personal level happens only when we adhere to the fundamentals of yoga. By dawning of concepts of niyama in life, one's selfish nature gets transformed into the concept of Vasudaiva Kutumbakam. To get the best out of life we must always aim high in life. When we practice the niyama in life we realise that the enemy is within us which destroys our inner peace. The practice of niyama is a must for destroying the biggest of our enemies which is hiding within us trying to uproot us from within.

There are five organs of action (karmendriya) – hands, legs, mouth, anus, and genitals and five organs of knowledge (jnanendriya) – eyes, nose, ears, tongue, and touch. The organs of action are associated with Yama and

organs of knowledge are associated with niyama.

Implementing the principles of Yama through the practice of ahimsa, satya, asteya, brahmacharya and aparigraha protect us from external aggression and they act like the defence ministry. The principles of niyama through the practice of saucha, santosha, tapas, svadyaya, and iswara pranidhana help in strengthening our inner being and they act like home ministry.

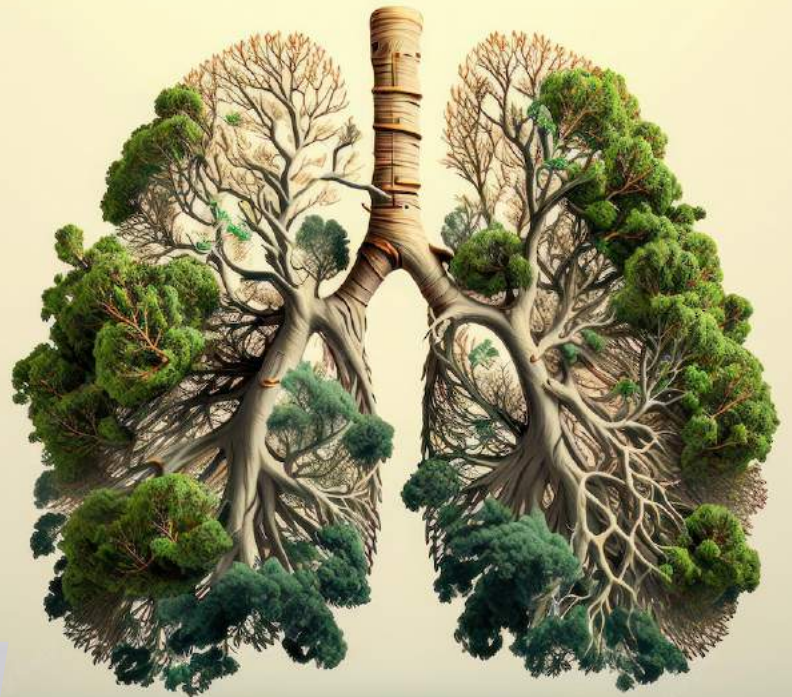
For an airplane to take off and fly thrust is needed. Similarly, for us to take off in life we need to build up thrust. This is developed through the antaranga sadhana which is called niyama. Like trees burst out with new twigs and branches in spring, with the practice of niyama we will be able to spring forward in life. Without the practice of niyama, we will not be able to adhere to the principles of yama.

One of the dimensions of niyama is svadyaya. Svadyaya is nothing but a thorough analysis of oneself. We are quick to comment about others without analysing ourselves. When we understand ourselves, we can co-exist in harmony with others. If we are getting upset easily in life, we must introspect and ask ourselves a question about the reason for this. A self-inquiry through svadyaya is a must for inner harmony and this helps in untangling deep buried unresolved issues.

Yoga is a powerful tool to make strides in physical and mental health and well-being. At a crucial level, yoga progresses our lives through holistic, integrative and sustainable practices. These include proper diet as it is conducive to our prosperity, appropriate practice of asana, pranayama, and meditation to enhance the quality of our lives and proper relaxation and meditation to balance our body and mind. The importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health.

ALLERGY & ASTHMA

HOMOEOPATHIC APPROACH



Dr. Kiran Antony



Asthma affects more than 300 million people worldwide. According to experts, 38 million of these live in India. Over the years, it has been witnessed that mortality and morbidity from asthma are higher in low and middle-income countries due to air pollution and poor reach for medicine.

Asthma is a major noncommunicable disease that affects both children and adults. It is one of the most common diseases among children. It is caused by the inflammation and narrowing of the airways in the lungs which causes difficulty in breathing, chest tightness and a combination of coughing and wheezing.

Researches indicate that the greatest predictor of asthma risk is pollution exposure. While the findings supported pollution as a cause of asthma, the studies suggested that indoor pollution may be doing more harm.

Researches indicate that the greatest predictor of asthma risk is pollution exposure

The studies mention that allergy exposure from old housing materials, cockroaches and mice, mould pollution, cleaning supplies, and tobacco smoke may be heavy contributors as well.

Homoeopathy offers a holistic approach to the treatment of asthma, considering the individual as a whole and taking into account their mental, physical, and emotional aspects. The selection of a homoeopathic medicine is personalized for each individual based on its unique symptoms and characteristics.

The aim of homoeopathic treatment for asthma is not only to alleviate the symptoms but also to address the underlying causes and strengthen the overall health and immunity of the individual. By targeting the dynamic realm of the disease, homoeopathy aims to restore balance and harmony in the body.



The effectiveness of homoeopathic medicine in the treatment of bronchial asthma is one of the primary objective of the Allergy Asthma Speciality Clinic. Through comprehensive homoeopathic treatment, the clinic aims to reduce the burden of asthma in the community and provide relief from asthma-related comorbidities.

Homoeopathy recognizes various etiological factors that can contribute to asthma, including allergens, pharmacologic stimuli, environmental and air pollution, occupational factors, and infections. By identifying and addressing these factors, homoeopathy aims to minimize their impact on asthma symptoms.

Different types of asthma, such as extrinsic or allergic asthma, intrinsic or adult-onset asthma, seasonal asthma, COPD-related asthma, and exercise-induced asthma, can be effectively treated through homoeopathy. The individualized approach of homoeopathy ensures that the treatment is tailored to the specific needs and characteristics of each patient. The diagnosis of asthma involves assessing clinical symptoms, demonstrating variable airflow obstruction through spirometry, and measuring factors such as FEV₁, VC, and PEF.

Radiological examinations, elevated AEC (eosinophil count), peripheral blood eosinophil count, serum total IgE levels, and skin prick tests for atopy are also conducted to aid in diagnosis.

Homoeopathic management of asthma focuses on providing internal medications that address the dynamic derangement of the vital force. By selecting appropriate medicines based on the individual's constitution and miasmatic background, homoeopathy aims to restore balance and eliminate the underlying causes of asthma. Early initiation of homoeopathic treatment is emphasized, as it can effectively control asthma symptoms and enhance the patient's immunity. Over time, patients who receive homoeopathic treatment may experience reduced hypersensitivity to allergens and improved overall health.

It is important to note that homoeopathic treatment should be pursued under the guidance of a qualified and experienced homoeopathic physician. They will carefully evaluate the individual's symptoms and prescribe the most suitable medicine and treatment plan for their specific case.



Harnessing the Power of Homoeopathy

Effective Thyroid Disease Management

*Dr. Mohammed Labeeb K
NAM MO, GTHH, Koyilandi*

In schools, we would have learned about the butterfly-shaped gland located in our neck called the thyroid gland. The gland requires iodine for its proper function and iodine deficiency is mostly occurs in hilly areas.

However, the current scenario regarding thyroid disease has shattered our sense of relief. Today, it is one of the most prevalent endocrine diseases worldwide, with a staggering number of cases. In India alone, there are 42 million people suffering from thyroid diseases, and the majority of them are affected by hypothyroidism, particularly among the elderly population.

Understanding Thyroid Disease:

The thyroid gland plays a critical role in regulating our body's metabolism, growth, and development. When the thyroid gland malfunctions, it can give rise to a variety of health issues. There are several types of thyroid diseases:

1) Hypothyroidism: This condition occurs when the thyroid gland does not produce enough thyroid hormones. Symptoms may include fatigue, weight gain, cold intolerance, constipation, and depression.

2) Hyperthyroidism: This condition is characterized by an overactive thyroid gland, leading to excessive production of thyroid hormones. Symptoms may include weight loss, rapid heartbeat, irritability, anxiety, heat intolerance, and tremors.

3) Hashimoto's thyroiditis: This is an autoimmune disease in which the immune system attacks the thyroid gland, causing inflammation and eventual destruction of thyroid tissue. It is the most common cause of hypothyroidism.

4) Graves' disease: Another autoimmune disorder, Graves' disease leads to the overproduction of thyroid hormones. It is characterized by hyperthyroidism, and symptoms may include goiter (enlarged thyroid gland), bulging eyes (exophthalmos), weight loss, and anxiety.

5) Thyroid nodules: Thyroid nodules are abnormal growths or lumps within the thyroid gland. While most nodules are benign, some can be cancerous. Thyroid nodules may cause hyperthyroidism or hypothyroidism, depending on their functionality.

6) Thyroid cancer: Thyroid cancer can develop in the cells of the thyroid gland. It is usually treatable and has a high survival rate. Common types of thyroid cancer include papillary carcinoma, follicular carcinoma, medullary carcinoma, and anaplastic carcinoma.

7) Thyroiditis: Thyroiditis refers to the inflammation of the thyroid gland. It can be caused by infection, autoimmune conditions, or postpartum hormonal changes. Thyroiditis can result in temporary hyperthyroidism, followed by a period of hypothyroidism or a return to normal thyroid function.

Diagnosis

If one experiences symptoms suggestive of thyroid disease, it is essential to consult a healthcare professional for a proper diagnosis. The diagnostic process may involve the following:

Physical examination: A doctor will examine the neck for any abnormalities, such as swelling or nodules.

Blood tests: Measuring thyroid hormone levels (T3, T4, and TSH) can help identify hypo- or hyperthyroidism.

Imaging tests: Ultrasound, CT scans, or MRI may be conducted to assess the size, shape, and structure of the thyroid gland and detect any nodules.

Fine-needle aspiration (FNA) biopsy: If nodules are found, a small sample may be taken for examination to determine if cancerous cells are present.

Treatment

The management of thyroid disease in the allopathic system is often limited to controlling the symptoms rather than curing the condition itself. In cases of hormone deficiency, allopathic medicine typically focuses on providing Thyroxin supplementation to address the deficiency. For hyperthyroidism, medications are prescribed to suppress the excess production of thyroid hormones.

However, Homeopathy has been found to be effective in managing thyroid conditions. Homeopathic treatment goes beyond merely addressing the disease symptoms and takes into account the patient's mental and emotional symptoms, which can be crucial triggers for the development of the disease. This holistic approach makes homeopathy a promising option for treating thyroid diseases that have both physical and mental manifestations. It recognizes that the triggering factors for these diseases can stem from psychological, emotional, environmental, physical, or genetic factors. Homeopathic treatment aims to identify and address the root causes of these triggering factors, thereby restoring the body's immune system to its natural state and potentially aiding in the cure of thyroid diseases. To achieve this, Homeopathic medicine is selected based on the principle of individualization, especially in the case of

chronic diseases like thyroid disorders.

National Ayush Mission's Involvement:

The National Ayush Mission (NAM) of Kerala wasted no time in recognizing the potential of Homeopathy in the management of thyroid diseases. With the approval of the AYUSH Ministry, NAM Kerala took proactive steps to implement specialized thyroid clinics in every district, following the 2020-21 action plans.

These dedicated Thyroid Special Clinics operate three days a week, primarily located in District Homeopathy Hospitals or Taluk hospitals. To ensure smooth operations, a specially assigned NAM doctor oversees the clinic's activities. On the remaining days, the doctor is engaged in various activities related to the Thyroid OP, such as health awareness programs and medical camps. NAM Kerala also provides pharmacists and attenders to support the proper functioning of the clinic.

By establishing these specialized clinics, NAM Kerala aims to enhance access to Homeopathic treatment for individuals with thyroid conditions. Patients can now benefit from dedicated care, guidance, and support from qualified professionals in their own districts. The integration of Homeopathy into the healthcare system through NAM's initiatives reflects a commitment to holistic approaches and patient-centered care.

Thyroid disease can have a significant impact on a person's quality of life. It is crucial to be aware of the symptoms and seek medical attention if any abnormalities are noticed. Early diagnosis and appropriate treatment can help manage thyroid disease effectively. With proper care and Homeopathic treatment, individuals with thyroid disease can lead healthy and fulfilling lives.

If you are seeking assistance for thyroid-related concerns, consider visiting one of these Thyroid Special Clinics in your district. Consult with the dedicated NAM doctor, who will provide personalized treatment and contribute to raising awareness about thyroid health through various programs. NAM Kerala's efforts are an important step towards improving thyroid disease management and promoting the benefits of Homeopathy in healthcare.

Homoeopathic Treatment

for Allergic Rhinitis to Enhance Quality of Life

— A Holistic Approach —

Dr. Satheesh M Nair



Introduction

Allergic rhinitis, commonly known as hay fever, is a condition that adversely affects the quality of life of millions of individuals worldwide. Unfortunately, in India, allergic rhinitis is often regarded as a trivial disease, leading patients to overlook its impact on their overall health. Allergic rhinitis not only causes physical discomfort but also has significant implications for psychological well-being, social interactions, and work productivity. This article explores the causes and risk factors associated with allergic rhinitis, highlighting the potential benefits of homoeopathic treatment in managing this condition.

Understanding Allergic Rhinitis: Allergic rhinitis is triggered by allergens such as pollens, dust mites, molds, and insects. Certain risk factors increase the likelihood of developing allergic rhinitis, including a family history of atopic diseases, elevated serum IgE levels before the age of six, higher socio-economic class, and positive immediate-type hypersensitivity skin tests. It is important to understand that allergic rhinitis is not a trivial ailment but a result of an inflammatory hypersensitivity reaction to aeroallergens.

The Holistic Approach of Homoeopathy

Homoeopathy, a system of medicine based on the principle of "like cures like," offers a holistic approach to managing allergic rhinitis. Several studies have evaluated the effectiveness of homoeopathy in treating allergic rhinitis. Studies focusing on individual homoeopathic remedies or constitutional medicines have demonstrated positive outcomes. Additionally, randomized controlled trials have shown symptom reduction and improved quality of life with homoeopathic treatment.

Personalized Treatment Approach

Homoeopathy aims to provide relief from allergic rhinitis symptoms without the side effects associated with conventional antihistamine treatments. It takes into account the individual's overall health and constitutional factors, providing a personalized treatment approach. Moreover, the genetic predisposition to allergic rhinitis plays a crucial role. Studies have shown that individuals with a family history of allergic rhinitis are more likely to develop the condition.

Common Homoeopathic Medicines for Allergic Rhinitis

In homoeopathy, the selection of medicine is based on the individual's specific symptoms and overall constitutional characteristics. Here are some common homoeopathic medicines that are often used for the treatment of allergic rhinitis:

1. Allium cepa

Derived from the red onion, it is commonly used for hay fever with profuse, watery discharge from the nose and eyes. There may be frequent sneezing, nasal congestion, and a burning sensation in the eyes and nose.

2. Arsenicum album

This medicine is suitable for individuals with a runny nose, frequent sneezing, and watery discharge that burns and irritates the nasal passages. The person may experience relief from warm applications.

3. Sabadilla

It is helpful for hay fever with frequent sneezing, itching and tingling sensations in the nose, and copious watery discharge. There may be a feeling of a lump in the throat, and symptoms may worsen in cold air.

4. Nux vomica

This medicine is indicated when there is nasal congestion, stuffiness, and a constant desire to blow the nose. The discharge may be dry or scanty during the day but worsens at night. The person may also experience associated symptoms like headache and irritability.

5. Wyethia

It is used for individuals with intense itching and a burning sensation in the throat and palate. There may be a constant need to clear the throat or swallow to relieve the discomfort.

6. Euphrasia

This medicine is suited for hay fever with profuse, acrid discharge from the eyes that burns and causes

AYUSHMANBHAVA

AN INTEGRATED APPROACH

DR. RESNI SALAM A , BHMS



“Ayushmanbhava” is derived from Sanskrit which means “May You Live A Long Life”. This also happens to be the commonest blessing given by our elders in our country. A long healthy, disease free life is something of a dream nowadays. Our hectic & erratic lifestyle produces exactly the opposite of our elder’s blessing. Studies show that off the total deaths caused, a major chunk of it is due to our faulty style of living habits. When we compromise on sleep, rest, food habits, exercise etc... we cut down our life span drastically. The influence of Junk food, sedentary long working hours, stress, lack of exercise, increased screen time – mobile, TV etc invariably pave the way for a whole new type of diseases which is commonly classified as LIFESTYLE DISEASES. To combat this health care system has brought out a totally new approach “The Ayushmanbhava” project.



Here the main aim and goal is to help our society to rethink or re prioritize their daily schedule as to avoid the fatal outcome. Many problems like hypertension, increased cholesterol, obesity, diabetes mellitus, asthma, allergy, stroke, heart attack etc... are avoidable with slight modification in our life pattern. Ayushmanbhava project is a holistic approach to manage these types of diseases. This is an integrated treatment plan that uses the unique potentials of various treatment systems like homoeopathy, naturopathy, and yoga .

Ayushmanbhava project is a three prong approach to the so called life style diseases.



1.Homoeopathy It is the main therapeutic approach adopted in this project. Here we consider the diseased individual as a whole and not the disease per se. Here the medicine selection is based by considering the mental, physical, emotional and spiritual attributes of an individual. Thus the medicine varies from person to person.



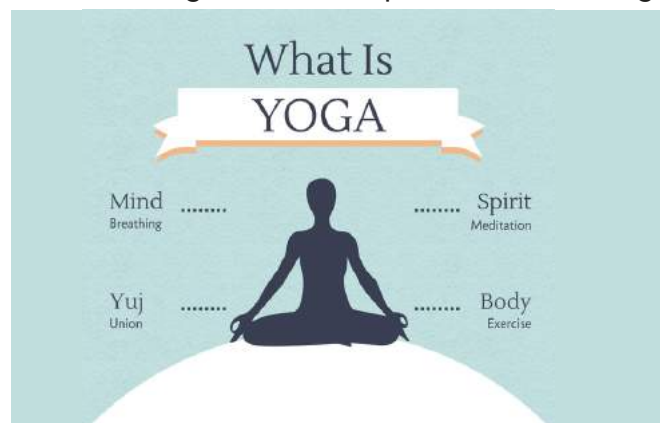
This unique approach to the disease makes homoeopathy an effective and desirable system of medicine for combating lifestyle diseases. This system is comparatively very cost effective , hence accessible to all .

2.Naturopathy Naturopathy is a form of healthcare that combines modern treatment with traditional methods. It includes



alternative, natural therapy , which focuses on the body's capacity to heal itself preventing health problems. This deals with dietary and lifestyle changes, stress reduction, herbs and other dietary supplements, manipulative therapies, exercise therapy, practitioner-guided detoxification, psychotherapy and counseling.

3.Yoga Yoga is a physical, mental and spiritual practice that originated in ancient India. The word yoga is derived from the Sanskrit root yuj, meaning “to yoke,” or “to unite”. The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Such a union tends to neutralize ego-driven thoughts and behaviors, creating a sense of spiritual awakening.



The Ayushmanbhava project thus brings these three unique systems under one roof to effectively get rid of the so-called lifestyle diseases without undesired side effects and causing any financial burden to the common man.

TRANSFORMING HEALTHCARE

The Integrated Approach of AYUSH in India

Dr Alex Kurian (HOM) MD

*Managing Partner Of Aayushcare Hospital
Founder Of FALCONS Academy*



In the realm of healthcare, India has embarked on a transformative journey by recognizing the value of integrating AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homeopathy) with mainstream medicine. The government's unwavering commitment to promoting the AYUSH sector has opened new avenues for providing affordable and comprehensive healthcare to the vast population of our nation.

In this article, we will explore the significance of this government initiative, in integrating homeopathy with counseling, yoga, meditation, and Ayurveda, and the importance of a change in attitude for the development of the AYUSH sector.

This new initiative of integrating AYUSH with mainstream medicine brings great news for the entire healthcare system in India. It marks a significant shift towards a more holistic approach to healthcare, where patients are provided with a comprehensive range of treatment options. By bridging the gap between traditional and modern medicine systems, this integration acknowledges the importance of combining the best of both worlds.

At Aayushcare Hospital, we have wholeheartedly embraced this integrated model, recognizing the immense potential it holds for patient well-being. By incorporating homeopathic remedies along with counseling, yoga, meditation, and Ayurvedic treatments, we have witnessed remarkable outcomes in terms of healing and overall patient health. This integrated approach recognizes that health is not solely confined to the physical body but encompasses mental, emotional, and spiritual aspects as well.

By addressing the root causes of illness and considering the interconnectedness of mind, body, and spirit, we have been able to provide our patients with a more comprehensive and effective treatment experience. This integrated approach allows us to tailor treatment plans according to individual needs, promoting holistic healing and a greater sense of well-being.

Furthermore, this initiative opens up new possibilities for collaboration and knowledge-sharing between different streams of medicine. By working hand in hand with practitioners from mainstream medicine, we can learn from each other's expertise, exchange best practices, and collectively enhance the quality of healthcare services.

The integration of AYUSH with mainstream medicine also presents a significant opportunity to expand access to affordable healthcare. Traditional systems of medicine, such as Ayurveda and homeopathy, have a long-standing history of providing cost-effective treatments. By integrating these systems with mainstream medicine, we can offer patients a wider range of affordable treatment options, ensuring that healthcare is accessible to a larger section of the population.

Moreover, this integration fosters a more patient-centric approach to healthcare. By considering the unique needs and preferences of individual patients, we can develop personalized treatment plans that encompass a variety of healing modalities. This approach empowers patients to actively participate in their own healing journey, promoting a sense of empowerment and self-care.

The current moment presents a ripe opportunity for alternative medicine practitioners to seize the initiative and create widespread

awareness about the immense benefits and minimal risk of side effects offered by AYUSH systems. By actively working towards establishing AYUSH clinics and centers, we can provide patients with the opportunity to experience the power of a holistic approach firsthand.

One of the key aspects of promoting AYUSH is through community outreach programs. By engaging with local communities, we can educate individuals about the principles and practices of AYUSH, debunking any misconceptions or doubts they may have. This can be achieved through health camps, workshops, seminars, and interactive sessions that provide valuable information about the efficacy and safety of AYUSH treatments.

Additionally, educational initiatives play a crucial role in creating awareness and building trust in the effectiveness of AYUSH systems. By collaborating with educational institutions, conducting training programs, and integrating AYUSH modules into medical and healthcare curricula, we can ensure that future healthcare professionals are well-informed about the potential benefits of an integrated approach. This will not only equip them with a broader knowledge base but also encourage them to explore and embrace complementary practices.

Collaborations with mainstream healthcare providers are vital in bridging the gap between different medical systems and promoting the integration of AYUSH. By fostering dialogue and cooperation with allopathic doctors, specialists, and hospitals, we can establish a foundation of mutual respect and understanding. This collaboration can lead to joint research studies, shared patient care, and the development of interdisciplinary treatment protocols that combine the

strengths of different medical systems. Such partnerships have the potential to revolutionize healthcare delivery by offering patients the best of both worlds.

Furthermore, it is essential to highlight the success stories and positive outcomes achieved through the integration of AYUSH. Sharing case studies and testimonials of patients who have benefited from AYUSH treatments can help build confidence and trust in these systems. Social media platforms, websites, and local media can be utilized to disseminate such stories, reaching a broader audience and instilling faith in the effectiveness of AYUSH practices.

To ensure the sustainability and growth of the AYUSH sector, it is imperative to advocate for supportive policies and adequate funding from the government. By actively engaging with policymakers, organizing advocacy campaigns, and participating in consultations and discussions, we can influence policy decisions that promote the development and accessibility of AYUSH healthcare.

Developing a change in attitude among AYUSH practitioners is a crucial aspect of fostering the growth and acceptance of the sector. At FALCONS Academy, where I have had the privilege of working with young doctors starting their clinical practice, I have observed a prevalent tendency for low self-confidence and a lack of professional visibility among AYUSH practitioners. It is imperative that we transform this outlook and instill a sense of pride and professionalism among AYUSH doctors to promote the acceptance and integration of alternative medicine into the mainstream healthcare system.

One of the key elements in changing the attitude of AYUSH practitioners is emphasizing



the importance of well-established clinics. Moving away from working in small, isolated settings and transitioning to well-equipped clinics creates an environment that reflects professionalism and credibility. This shift not only enhances the patient's confidence but also instills a sense of pride and professionalism among AYUSH practitioners themselves. Investing in quality infrastructure, maintaining a clean and welcoming environment, and utilizing modern technologies can significantly contribute to the perception and acceptance of alternative medicine.

Furthermore, nurturing a patient-centric approach is essential for changing the attitude of AYUSH practitioners. By placing the patient's well-being at the forefront of their practice, AYUSH doctors can demonstrate their commitment to delivering high-quality care. This involves active listening, empathy, and a comprehensive understanding of the patient's needs and preferences. By incorporating patient feedback and preferences into treatment plans, AYUSH practitioners can create a collaborative and empowering healthcare experience. This patient-centric approach not only improves patient outcomes but also reinforces the credibility of alternative medicine. Additionally, AYUSH practitioners must adopt a proactive role in healthcare. This entails staying up to date with the latest research, advancements, and best practices in their respective fields.

By continuously enhancing their knowledge and skills, AYUSH doctors can demonstrate their commitment to professional growth and evidence-based practice.

Actively participating in conferences, seminars, and workshops, as well as engaging in research collaborations can further establish the credibility and efficacy of alternative medicine.

The integration of AYUSH with mainstream medicine, supported by the government's initiatives, marks a significant milestone in the healthcare landscape of India. As practitioners, we have a tremendous opportunity to contribute to this transformation by harnessing the power of alternative medicine and embracing an integrated approach. Through our experiences at Aayushcare Hospital, we have witnessed the profound impact of combining homeopathy, counseling, yoga, meditation, and Ayurveda in providing holistic care to patients. By raising awareness, establishing AYUSH clinics, and fostering a change in attitude among practitioners, we can create a healthcare system that offers effective, affordable, and patient-centered care.

As we move forward, let us continue to work passionately towards the development of the AYUSH sector and collaborate with mainstream medicine, forging a path where ancient wisdom and modern advancements coexist harmoniously. Together, we can empower individuals with a holistic approach to health, fostering well-being and transforming lives across the nation.

Remember, the journey towards integrated healthcare begins with each one of us, and our collective efforts will shape the future of healthcare in India for generations to come.



SWASTHYA

AYUSH Health & Wellness Centres

Dr.R.Jayanarayanan



Kerala is renowned for its exemplary health-care system and robust public health initiatives. With a strong emphasis on preventive care, it has achieved remarkable health indicators, including high life expectancy and low infant mortality rates. The state's commitment to universal healthcare, combined with its focus on education and community participation, has made Kerala a shining example of a well-functioning and progressive healthcare model.

Kerala has achieved various SDG 2030 targets for maternal and child health, including neonatal mortality rate, infant mortality rate, maternal mortality ratio and under five mortality rates. The state has a high human development index comparable to developed countries. UNICEF and the World health organization have recognized Kerala for its accomplishment, designating it's a model for other states to follow. While Kerala has seen significant improvement in healthcare sector, the private health care industry is often exploring these advancements for profit. This has resulted in out-of-pocket expense for the public. Primary healthcare institution plays a crucial role in meeting the public's health needs at a grass root level. The modernization and standardization of such facilities have sparked a positive revolution, with the public increasingly attracted to government health institutions instead of private providers.

AYUSH Health and wellness centres (AHC) are part of the AYUSHMANBHARATH scheme aimed at providing positive healthcare to everyone. These centres signify a shift from being a mere "medicine dispensing space" to becoming a comprehensive health centre. AHC is a step forwards universal delivery of healthcare, which will be achieved

through the integration of Ayurveda, Yoga, Unani, Siddha, Homoeopathy in primary healthcare. With the focus on holistic healing, AHC aims to bring positive health to all sections of society. AYUSH treatments are highly favoured by the public in the state due to their preventive and wellness benefits. The government providers standardized and authorized healthcare services using AYUSH modalities.

AHC will offer standardized AYUSH services with a focus on non-monetary and traditional interventions to benefit vulnerable population such as **Mother and child** (pre and post-natal care) **Adolescents and Geriatric** under a brand name "SWASTHYA". Swasthya professionals will provide specific service to improve the health outcome of these groups helping them to achieve better health overall. Through these comprehensive efforts AHC will contribute to the overall wellbeing of the communities they serve. The relevance of Swasthya in public health will be documented scientifically by collecting the pre and post implementation data.

Safe motherhood and infant care

Promoting safe pregnancy and motherhood is crucial in public health. However, there is a concern over the increasing rate of caesarean section births and infertility cases in the state. Studies suggest that these two issues are correlated, indicating the need for a closer examination of the potential causes. It is essential to prioritize maternal and neonatal health to ensure healthy outcomes for both mother and child.

The rate of caesarean sections is much higher in private sector institutions compared to public sector ones, indicating a potential misuse of the surgical procedure for profit purposes. This trend is observed in several states, raising concerns about the ethical implications of such practices. Further investigation is needed to determine

the reasons behind the disparity in caesarean section rates between public and private institutions and take necessary measures to ensure responsible use of the procedure.

- Surgical Infection.
- Postpartum hemorrhage.
- Adverse reactions to anesthesia,
- Surgical injuries to the bladder or bowel
- Higher risk of potentially serious complications in a subsequent pregnancy than you would after a vaginal delivery.

The cost of private sector delivery packages in the state can range from Rs.50,000/- to Rs.3,00,000/-, which can be a heavy financial burden for families. The traditional Ayurvedic post-natal therapies can provide a cost-effective alternative. These therapies can help new mothers with physical and mental recovery, and may even help improve the health of the new born. With their focus on natural remedies and holistic healing, Ayurveda treatments can be a great choice for families looking for affordable, non-invasive options after childbirth.

The traditional Ayurveda procedure for pre-delivery & post-delivery care of women are unique for our state and is time tested. These modalities are now focused by private healthcare vendors and they charge exorbitantly for them. This not only causes burden to the needy one, but the quality standards of such services are also non-reliant. On an average one should expect about a cost of Rs.30,000/- to Rs.50,000/- for a private package of traditional post-delivery Ayurveda care in the State, which makes it unaffordable for a larger stratum of society.

Yoga-during Preconception Stage

Yoga therapy has been found to enhance reproductive functions in men and women by integrating physiological systems at a fine-tuned level. Research indicates that it regulates the neuroendocrine axis and brings about favourable changes. Its impact

is primarily focused on improving reproductive health by bettering hormonal balance, reducing stress and anxiety, and enhancing reproductive organ function. These studies serve as evidence that yoga can help to improve fertility in people trying to conceive. Thus, yoga therapy is an effective adjunct therapy for people wishing to enhance their reproductive health.

Offering accessible yoga programs to young women before conception can help provide self-soothing techniques, psycho-education and relaxation during this important transition. Research suggests that early gestational stress can lead to negative outcomes, making it crucial to support women during this time. By incorporating yoga into preconception care, women can learn tools to reduce stress and enhance fertility. This approach can help improve the overall health and wellbeing of young women as well as promote positive outcomes in pregnancy and beyond.

Prenatal Yoga

Prenatal yoga is a valuable practice for expectant mothers, as it offers gentle exercises and mindful breathing techniques that promote health and well-being. This form of yoga can help alleviate common pregnancy-related discomforts, such as back pain, swelling, and stress. Additionally, it enhances flexibility, strength, and circulation, preparing the body for childbirth and postnatal recovery.



Through regular practice, prenatal yoga can improve overall physical and mental health, providing expectant mothers with the tools they need to navigate the challenges of pregnancy and childbirth with greater ease and confidence.

Comprehensive adolescent care

Adolescence is a unique period of development that involves major changes in physical, psychological, and social areas as individual's transition from childhood to adulthood. As such, it represents a critical period that requires distinct attention and protection. One particular risk during this phase is substance abuse, which can have significant consequences for an individual's development and long-term wellbeing. Therefore, it is crucial to address this risk factor and implement preventive strategies to support healthy adolescent development.

AYUSH Health and Wellness Centres will offer specific Yoga programs for children and adolescents suffering from conditions such as ADHD, difficulty with self-regulation, managing addiction, stress management and boosting immunity to control repeated infections.

The major areas of concern are:

- Reproductive and Sexual Health
- Nutritional Health
- Mental Health
- Substance Abuse

Adolescent care through Yoga

Modern society offers plenty of distractions and the dominant presence of multimedia devices and the time spent on them by children are clear indicators of the shift in lifestyles and priorities of our new generation. The younger generation face numerous expectations and constant stimulation is the main reasons why children experience stress and mental health challenges. Yoga as practice is a potential tool for children to deal with stress and regulate themselves. It provides training of mind and body to bring emotional balance and cope with stress and thus, contribute positively to balance in life, well-being, and mental health. Yoga can be an appropriate scientific intervention in childhood and youth as a stress alleviator,

especially in the school setting and also expected to help younger children and youth increase self-regulation and thus, facilitate their well-being, positive social interactions, and school performance.

Quality old age

Keralites have a longer life expectancy compared to other states in India, with males living to an average of 74.49 years and females to 80.15 years. This means that the quality of life in old age for Keralites is important, encompassing factors such as physical health, psychological wellbeing, level of independence, and personal relationships. It is crucial to ensure that older Keralites have access to adequate healthcare, social support, and community resources to enhance their quality of life.

For attaining this purpose, their general health and the health of joints in particular are inevitable. The primary health care institutions should focus on this aspect as they are the most accessible points for elderly people. Palliative care services can be extended to the needed health beneficiaries in all HWCs. This scheme highlights the key role of Caregivers in health management and health education.

All these detrimental conditions shall be reduced at large by the interventions through AYUSH modalities including specific AYUSH based nutritional management, psychological management, Yoga protocols, Ayurveda therapies, Homoeopathic therapeutic management for physical as well as psychological conditions etc.

Yoga and geriatric care

Geriatric yoga plays a vital role in promoting the health and well-being of older adults. As individuals age, their bodies undergo various changes, including decreased flexibility, muscle strength, balance, and mobility. Geriatric yoga addresses these specific needs by providing gentle, modified

yoga poses and practices that are safe and accessible for older population. One of the key benefits of geriatric yoga is its ability to improve physical fitness. Regular practice enhances flexibility, strengthens muscles, and improves balance, reducing the risk of falls and injuries. It also helps alleviate joint pain, arthritis, and other age-related conditions, promoting overall mobility and independence.

Furthermore, geriatric yoga has a positive impact on mental and emotional well-being. It reduces stress, anxiety, and depression, improving mood and promoting a sense of calm and relaxation. It also enhances cognitive function and memory, contributing to a sharper mind and better mental clarity. Moreover, it provides a sense of community and social connection, as older adults can participate in group classes or engage in yoga activities with peers. This social interaction helps combat loneliness and isolation, fostering a sense of belonging and support.

Health for all – a collective responsibility.

Being the custodian of all the government AYUSH institutions in the state, Local self-governments play an important role in establishing and maintaining these AYUSH Health & Wellness Centres. The involvement and autonomy of operation of the local-self-governments in the functioning of the AYUSH Health & Wellness Centres are essential because the LSGs are perfectly positioned to act as co-ordinator for the involvement of other departments, organisations. Involvement of such organisations is quintessential as it helps in addressing the social determinants of health in a more wholesome manner.

Ensuring safe and effective healthcare for mother and child, adolescents, and the elderly is crucial for the well-being and development of individuals across the lifespan. Through comprehensive and compassionate care, we can promote positive health

outcomes and create a healthier future for all. Safe motherhood initiatives play a vital role in reducing maternal mortality rates and improving the overall health of both mothers and infants. By providing accessible prenatal care, and postnatal support, we can enhance maternal and child health and reduce the risks associated with pregnancy and childbirth.

Investing in the health and well-being of children and adolescents is essential for their growth, development, and future success. Equally important is providing specialized care for the elderly population. Geriatric care focuses on addressing the unique healthcare needs of older adults, including managing chronic conditions and ensuring a safe and comfortable environment. By prioritizing geriatric care, we can enhance the quality of life for the elderly and promote healthy aging. Recognizing the importance of safe mother and childhood, adolescent, and geriatric care, we can create a society that values the well-being of individuals across all stages of life. Investing in these areas not only improves individual health but also strengthens communities and fosters a brighter and more equitable future for everyone.





Empowering Tribal Communities

Dr. Arun Baby

Introduction

Tribes in Kerala are the indigenous population found in the southern Indian state of Kerala. Most of the tribal people of Kerala live in the forests and mountains of Western Ghats, bordering Karnataka and Tamilnadu. It is estimated that there are about 4 lakh tribal people living in Kerala and about half of this population has made the interiors of Wayanad their home. Tribes were the original inhabitants of Wayanad region. The native tribes of the district belong to various sects like Paniyas, Kuruma, Adiyars, Kurichyar, Oorali, Kattunayikkar and Urali kurumas. Most of the settlements are placed in remote and hard to reach geographical share of the district. This scenario makes difficulty in accessibility to primary health care management. The AYUSH Mobile tribal health care unit under National Ayush mission functions here in delivering primary health care to the grass root level. The mobile tribal medical unit of Wayanad started functioning in December 2018.

Ayurveda, Siddha, Homoeopathy Medical systems functions with 3 doctors and 3 attenders of the concerned systems along with a vehicle and a driver. Primarily the Panchayath, Taluk, Municipality and tribal offices were consulted and lists of tribal colonies were identified. Then their quality life assessment survey was conducted and 60 colonies were adopted for further program

implementation. 20 tribal colonies were allocated to Ayurveda, Siddha, Homoeopathy systems.

Daily 3 tribal colonies were visited by the entire team of the mobile tribal medical unit. The colonies were visited once in a month and medical camps were conducted. The visit will be informed prior to the tribal promoters of the settlement to ensure maximum participation. On health days, awareness classes and counseling programs were conducted.

Aims & objectives

- Deliver the benefits of Ayush therapies to the tribal colonies.
- Conduct AYUSH medical camps at the selected colonies
- Conduct awareness camps regarding various health issues
- Ensure participation of tribal population in various Health programs.

Working methods

1. Structure of Mobile tribal medical Unit.

Ayurveda, Siddha, Homoeopathy Medical systems functions with 3 doctors and 3 attenders of the concerned systems along with a vehicle and a driver.

2. Selection of tribal Colony.

Primarily the Panchayath, Taluk, Municipality and tribal offices were visited and lists of tribal colonies were identified. Then their

quality life assessment survey was conducted and 60 colonies were adopted for further program implementation. 19 tribal colonies were allocated to Ayurveda, Siddha, Homoeopathy systems.

3. Functioning of Tribal medical unit.

Daily 3 tribal colonies were visited by the entire team of tribal medical units. The colonies were visited once a month and medical camps were conducted. The visit will be informed prior to the tribal promoters to ensure maximum participation. On health days, awareness classes and counseling programs were conducted.

Benefits

This project helps to improve the health and social status of the tribes through AYUSH systems. Health care could be delivered to the tribal colonies. Personal hygiene and general health of the tribal population improved a lot, especially in health status of women and children from anemia malnutrition, skin diseases.

The Mental health and Sexual Health Awareness classes also conducted which helped to improve awareness regarding hereditary diseases due to consanguineous marriage. This project also helped to empower the young generation of tribal population from getting rid of addictions like tobacco and alcohol.

Outcome and impact

1. Health care could be delivered to the doorstep of tribal Colonies.
2. Improvement in Personal hygiene and general health.
3. Improvement in the health status of women especially from anemia and malnutrition.
4. Improvement in food habits through adaptation of dietary modification of AYUSH.
5. Improvement in Mental health and Sexual Health Awareness.

6. Improvement in physical and mental health through yoga.
7. Improved awareness regarding hereditary diseases due to consanguineous marriage.
8. Empowering the young generation of tribal population from getting rid of addictions like tobacco and alcohol.

Conclusion

The AYUSH tribal medical unit could serve as a unique point in improving basic health, curing illness, health education and prevention of communicable diseases through adoption of AYUSH therapies. AYUSH tribal medical unit conducted awareness classes on various health related topics at tribal residential schools, Wayanad. Tribal medical unit conducted awareness classes about Kyasanur Forest Disease and distributed preventive medicines in tribal colonies. The tribal medical unit visited the colonies and gave medicines to improve immunity of the tribal population. Thus the mobile unit functions as the essential service during these periods.

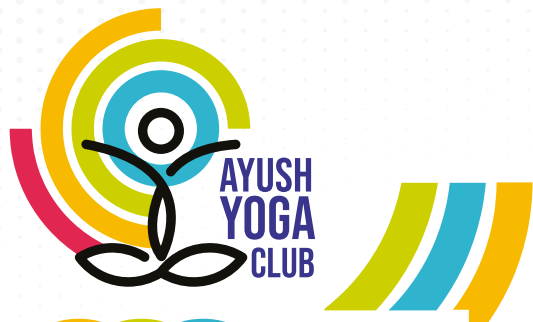


NATIONAL AYUSH MISSION KERALA



AYUSH
VANITHA
YOGA
CLUB

590 AYUSH
VANITHA
YOGA
CLUB



AYUSH
YOGA
CLUB

100 AYUSH
YOGA
CLUBS
IN LSGs FOCUSING ON NCD

