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AYUSH

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AYUSH Geriatric Health Camps
through Ayushman Arogya Mandir

AYUSH in Lakshadweep

**A Successful Milestone in
Holistic Healthcare**



**Lakshadweep
Geriatric Camp Medical Team**
National AYUSH Mission Kerala

In pursuance with the directives of the Ministry of AYUSH, a series of Geriatric Health Camps are being conducted through Ayushman Arogya Mandir – AYUSH (AAM-AYUSH) in the Union Territory of Lakshadweep. This initiative, launched on 15th September 2024, is being implemented in collaboration with the Department of AYUSH and the National AYUSH Mission (NAM), Government of Kerala, in a phased manner across the islands.



The program aims to address the unique healthcare needs of older adults by offering comprehensive,

multidisciplinary healthcare services. These camps provide a platform for health assessments, consultations with specialists, and awareness programs tailored to improve the overall well-being of senior citizens.

Progress of the Initiative

Out of the proposed seven camps, three have already been successfully conducted at AAM-AYUSH centers on the islands of Minicoy, Androth, and Amini. The remaining camps on Kalpeni, Agatti, Chetlath, and Kiltan are scheduled for February 2024. To ensure the highest standard of care, specialist doctors in Ayurveda, Unani, Siddha, and Homoeopathy have been deputed from the Department of AYUSH and NAM, Kerala.

The inaugural camp took place on Minicoy Island from 15th to 16th September 2024. A dedicated team of medical professionals, including

Dr. Deepak Nair (Ayurveda - Marma Specialist), Dr. Harilal (Homoeopathy), Dr. Chandraprabhu (Siddha), and Dr. Suhaib (Unani), traveled from Kerala to deliver their expertise. The event was coordinated by Dr. Rubiya Koya, Medical Officer (Ayurveda) at AAM-AYUSH Minicoy, and inaugurated by Dr. Mubarak Baque, Medical Officer-in-Charge of the Government Hospital, Minicoy.

Key Highlights of the Minicoy Camp

The two-day camp at Minicoy was a resounding success, benefiting 293 individuals. Services provided included outpatient (OP) consultations, therapeutic procedures, yoga sessions, and non-communicable disease (NCD) screenings, alongside blood tests and other diagnostic services. Additionally, awareness sessions on healthy lifestyle practices, diet, and nutrition were conducted to educate beneficiaries on preventive healthcare.



The breakdown of services and beneficiaries is as follows:

1. OP Consultations

- Ayurveda - 73 patients
- Unani - 103 patients
- Homoeopathy - 62 patients
- Siddha - 52 patients

2. Therapeutic Services

- Panchakarma - 33 patients
- Hijama (wet cupping) - 12 patients
- Cupping Therapy - 23 patients

3. NCD Screenings and Blood Investigations

- 219 individuals screened
- Random Blood Sugar (RBS) & Hemoglobin (HB) tests conducted



Ayushman Arogya Mandir - AYUSH, Androth Island

The camp was conducted at Androth for the period from 5th to 7th October 2024. A team of dedicated medical professionals from Kerala, comprising Dr. Vishnu Mohan (Medical Officer - Ayurveda), Dr. K Harishbabu (Chief Medical Officer - Homoeopathy),



Dr. Abdul Nazir (Medical Officer – Unani), and Dr. Amrutha Krishnan (Medical Officer – Siddha), provided their expertise during the three-day camp. The event was efficiently coordinated by Dr. Thakiyudheen (Medical Officer – Ayurveda) and Dr. Fathahudheen (Medical Officer – Homoeopathy) of AAM-AYUSH Androth and was inaugurated by Dr. Salih Komalam, Medical Officer-in-Charge of AAM-AYUSH Androth.



Comprehensive Services Provided

The camp served as a platform to deliver multidisciplinary healthcare services, benefiting a total of 1,174 individuals.

The services offered included outpatient (OP) consultations, therapeutic procedures, yoga sessions, and non-communicable disease (NCD) screenings. Diagnostic services such as blood tests were also made available to ensure a thorough assessment of health conditions.



Breakdown of Services & Beneficiaries

1. OP Consultations

- Ayurveda – 463 patients
- Unani – 238 patients
- Homoeopathy – 317 patients
- Siddha – 156 patients

2. Therapeutic Services

- Panchakarma – 182 patients
- Hijama – 42 patients

Impact and Significance

The Geriatric Health Camps under the Ayushman Arogya Mandir – AYUSH initiative have proven to be a transformative effort in providing holistic



healthcare to the elderly population of Lakshadweep. These camps not only address immediate health concerns but emphasize preventive care and lifestyle modifications.

The collaborative efforts of the Department of AYUSH, Lakshadweep, and NAM, Kerala, have set a commendable precedent for integrating traditional and modern approaches to healthcare in remote regions.



The continuation of this program in February 2024 is eagerly anticipated, promising to extend these invaluable

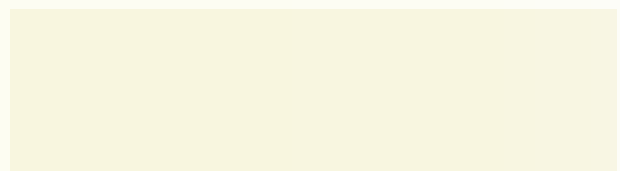
services to the remaining islands and further strengthen the healthcare infrastructure in Lakshadweep.



With four more camps scheduled for February 2024 in Kalpeni, Agatti, Chetlath, and Kiltan.



This initiative continues to pave the way for comprehensive and accessible healthcare solutions across the Lakshadweep Island With the help of mainland states like Kerala.





Arogyanouka

Bringing Ayurveda to Alappuzha's inaccessible Wetlands



Research Wing

National AYUSH Mission Kerala

In the heart of Alappuzha, where water bodies weave through the district's unique landscape, Arogyanouka—the Ayurveda floating dispensary—has become a beacon of healthcare. A flexipool initiative under the National AYUSH Mission, this project caters to residents of Kuttanad and surrounding areas, where limited road access makes healthcare a challenge.



The Vision Behind Arogyanouka

Launched in January 2019, Arogyanouka was born out of the need to serve communities living in Alappuzha's wetland villages, often isolated



by canals and backwaters. The floating dispensary operates on a rented motorboat, traveling to 30 remote locations across four Gramapanchayats and Alappuzha municipality. With primary screening and Ayurveda-based treatments, it addresses a





range of health concerns, from infectious diseases and lifestyle disorders to geriatric and occupational ailments.

A Mobile Solution

Arogyanouka's medical team includes a medical officer and a multipurpose worker. The dispensary operates Monday through Saturday, ensuring fortnightly follow-ups at all designated locations.



Its onboard pharmacy provides free medicines, ensuring uninterrupted care for ailments like osteoarthritis, respiratory infections, acid peptic

diseases, parasitic infestations, and more.

Community Impact

The initiative has transformed healthcare access for Alappuzha's underserved populations. By delivering consultations directly to remote boat jetties like Kuppappuram, Venattukadu, and Pullengidi, it has enhanced health outcomes for thousands. Notably, locations such as Aaru Pangu Kayal and Kuppappuram Post Office were added in July 2023 to expand its reach.

A Model for Innovation

Arogyanouka exemplifies how traditional medicine can adapt to geographical challenges. By integrating Ayurveda into a floating dispensary, it not only addresses immediate health needs but also fosters long-term well-being in a region where health equity was once a distant dream.

Case Study

Symptomatic Relief of Aortic Stenosis with Homoeopathic Medicines

Dr. Vijitha A S
BHMS



Introduction

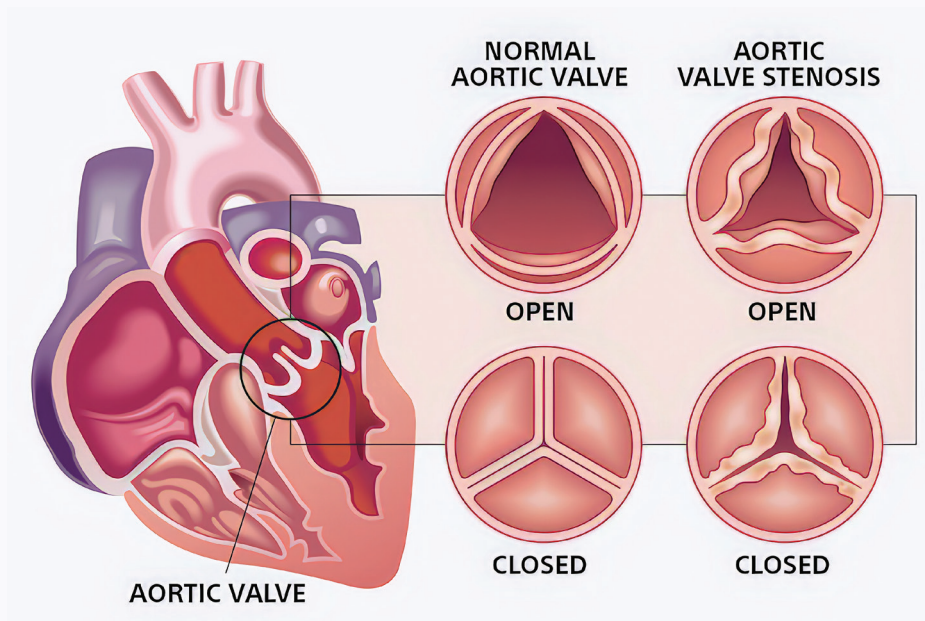
Aortic stenosis is a slowly progressive disease of the aortic valve in which narrowing of the valve orifice occurs over time, causing a variety of symptoms and adverse hemodynamic outcomes, which principally affects those aged more than 60 years. Most of them are asymptomatic, but the symptomatic aortic stenosis presents with sudden severe chest pain, fainting, and breathlessness which are precipitated by exertion. The objective of this study is to know the efficacy of Homoeopathic medicines in improving the symptoms of aortic stenosis.

Key words : Aortic stenosis, Homoeopathy

Abstract

Aortic stenosis simply means the narrowing of aortic valve opening, which

causes marked reduction in cardiac output. It's caused by congenital, rheumatic or senile disease. Age related degenerative calcific disease is now the commonest cause of aortic stenosis in western Europe and the United States of America and it occurs in about one - fourth of all patients with chronic valvular heart disease. With the increase in outflow tract resistance in aortic stenosis, the workload of the left ventricle increases and Hypertrophy develops. People with aortic stenosis don't experience noticeable symptoms until the amount of restricted blood flow becomes greatly reduced. The common presenting features of symptomatic aortic stenosis are angina, breathlessness and syncope. Aortic valve replacement is the only choice of treatment in modern medicine.



Case report

On 6th March 2024, a 62 year old female, Mrs. Jaseentha, came for admission in IP, with complaints of difficulty in breathing, palpitation and tightness of chest; all complaints aggravate during movement, associated with oedema of the whole body especially on both leg and weakness. A day before she had an attack of sudden, severe chest pain which spread to left shoulder associated with profuse sweating and weakness. She had a history of similar attacks of pain before one and half years back, took allopathic treatment and diagnosed as Aortic stenosis. They suggested surgery but she refused to do it.

Generalities

Appetite – Diminished

Sweat – Profuse over face

Thermal – Hot patient

Mind – Very happy and cheerful who had many friends; without any fear of death and had no anxiety or worries about her complaints.

General examination

- No pallor
- Not cyanotic
- Clubbing absent
- Bilateral pedal oedema present
- Pulse : 44 bpm , Irregularly irregular (slow rise in its intensity followed by a pause)
- BP : 120/80 mmHg
- Respiratory rate 14 / min
- No other abnormality detected.

Investigation

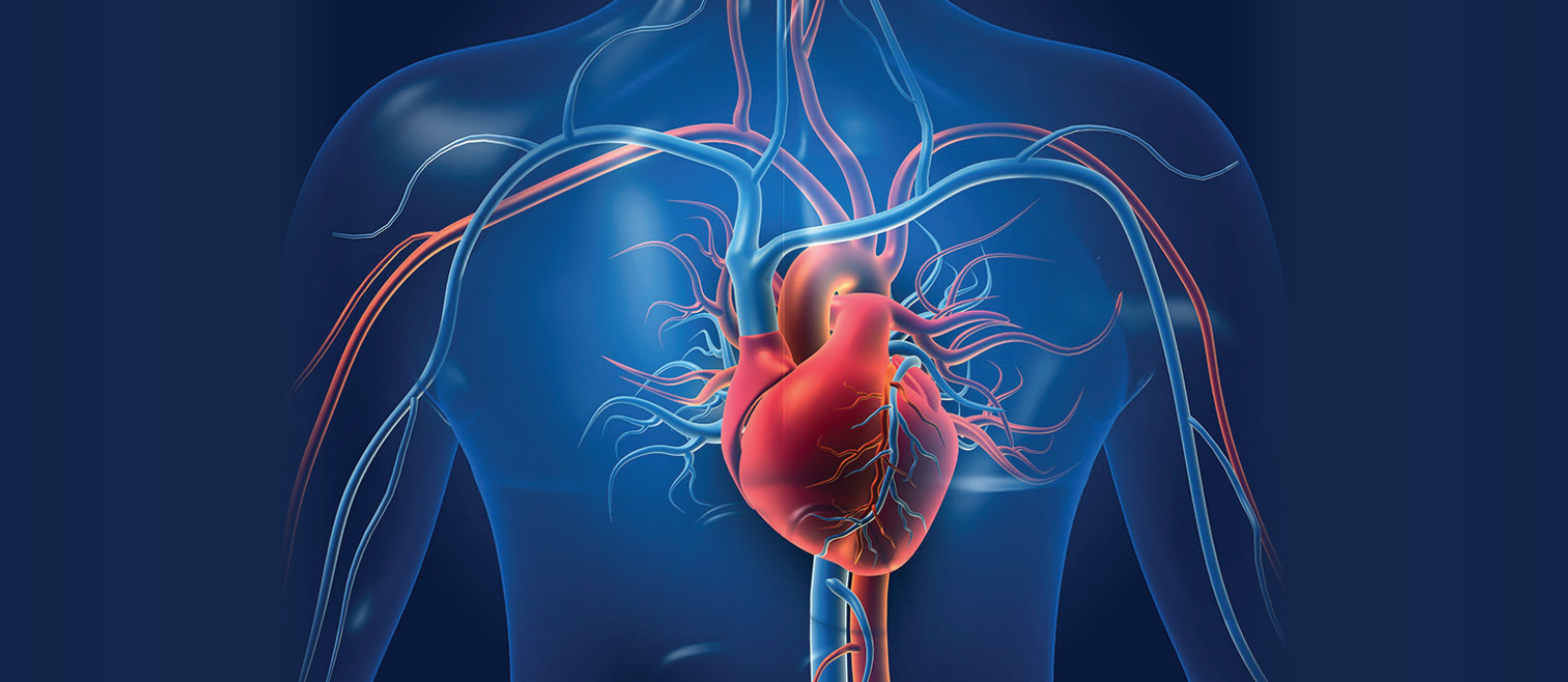
Laboratory reports dated on 8th March 2024

Haemoglobin – 12.5 g/dl

RBC – 4.28 million/ mm³

WBC – 6900 cells/ mm³ (N 55% , L 43% , M 1% , E 2% , B 0%)

Platelets – 1.92 lakhs/mm³



PCV – 36.4 %
MCV – 85.2 pl
MCH – 29.2 pg
MCHC – 34.2 g/dl
Troponin I – 7021.7 ng/L

Lab reports dated on 14th March 2024

Haemoglobin- 12.9 g/dl
ESR – 71mm/hr
FBS – 140 mg%
T Cholesterol – 242.5 mg/dl
HDL – 32mg / dl
LDL – 182 mg / dl
VLDL – 28.02 mg / dl
T protein – 7.5 gm %

The Xray reports dated on 16th August 2023 suggested apparent cardiomegaly with bilateral hilar lymphnode infiltration with no evidence of pulmonary oedema.

ECG reports showed Left ventricular Hypertrophy and wide ST-T wave abnormality.

The Echocardiogram reports dated on 20 August 2023 suggested degenerative aortic valve disease, calcified aortic valve with severe Aortic stenosis.

The following rubrics are taken based on her chief symptoms & generalities,

MIND – COURAGEOUS

GENERALITIES – HEAT, sensation of

GENERALITIES – DROPSY

STOMACH – DESIRE, cold drinks

RESPIRATION – DIFFICULT, walking

CHEST- PALPITATION, heart

CHEST – ANGINA pectoris

CHEST – OPPRESSION, walking while

Remedy	Ars	Phos	Lyc	Puls	Sulph	Apis	Dig	Kali-c	Lach	Sep	Aur	Calc	Cact	Rhus-t	Caust
Totality [KENT]	19	15	14	14	14	13	12	12	12	12	11	12	11	10	9
Symptoms covered	7	7	7	7	7	6	6	6	6	6	6	5	5	6	6
MIND-COURAGEOUS	0	1	0	2	1	0	0	0	0	0	0	0	0	0	1
GENERALITIES- HEAT, sensation of	1	2	3	3	3	3	0	1	2	0	2	2	0	1	1
GENERALITIES-DROPSY	3	1	2	2	2	3	3	2	2	2	1	2	2	1	0
STOMACH – DESIRE ,cold drinks	3	3	2	1	1	0	1	0	0	2	1	2	0	2	2
RESPIRATION-DIFFICULT ,walking	3	2	1	2	3	2	2	2	2	2	1	3	2	1	2
CHEST-ANGINA pectoris	3	3	2	0	0	3	2	2	2	1	3	0	3	3	1
CHEST-OPPRESSION, walking, while	3	0	1	1	1	0	1	2	1	2	0	0	1	0	0
CHEST-PALPITATION, walking	3	3	3	3	3	2	3	3	3	3	3	3	3	2	2

Her chief complaints were evaluated and after repertorization APIS was administered followed by a dose of CALCAREA CARB, CACTUS was given as SOS for her chest pain .A few doses of CRATAEGUS OXYACANTHA was administered for her acute complaints of cardiac dropsy, palpitation, Aortic disease, dyspnea and irregular pulse.

After about 1 weeks the pulse rate started raising, pulse rate become 68 bpm and also changes occurred in its rhythm.

The oedema and dyspnea had markedly reduced in the next follow up. But the irregular pulse rhythm continued and again we prescribed CRATAEGUS OXYACANTHA as a cardiac tonic . The patient was discharged on 19th March 2024 and she got complete relief from

palpitation, dyspnea and the pulse rate and rhythm became regular.

Conclusion

CRATAEGUS OXYACANTHA is one of the important cardiac tonics for irregularity of the heart. Acts on muscles of the heart and is said to have a solvent power upon crustaceous and calcareous deposits in arteries. Best indicated in people with chronic heart disease, with extreme weakness , very feeble and irregular heart action. Similia similibus curanter is the law given by our master Hahnemann and here also we have used his guidelines to provide symptomatic relief to such a patient. We may not always be able to remove the complete pathological condition of such an organ but we can improve their quality of life.

Quality Accreditation

A Benchmark for Healthcare Excellence

Manju K

State Quality Consultant,
National AYUSH Mission Kerala



Quality accreditations in healthcare are formal certifications awarded to organizations that meet specific standards of quality, safety, and performance. These accreditations ensure that healthcare institutions provide safe, effective, and patient-centered care, granted by national or international accreditation bodies through rigorous assessments. Accreditation serves as a benchmark for patient safety and quality assurance, establishing credibility and

reliability while ensuring standardized and effective treatments. The Insurance Regulatory Development Agency of India (IRDAI) recognizes accreditation as a key criterion for maintaining high standards in healthcare services and encouraging hospitals to uphold quality care.



Quality Accreditations in AYUSH Public Healthcare Facilities

Kerala, known for its rich tradition in Ayurveda and holistic medicine, has become a prominent destination for AYUSH treatments, attracting patients globally.





The increasing demand for AYUSH services in medical tourism highlights the importance of accreditation in maintaining high-quality and cost-effective healthcare. Accreditation standardizes healthcare services, improves patient safety, and enhances the global acceptance of AYUSH systems (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy). Recognized AYUSH institutions gain global acceptance, fostering

knowledge exchange and expanding services internationally. It also promotes continuous improvement in education, practice, and research.



Benefits of Quality Accreditation

For Patients:

- Ensures continuity of care and safe treatment.
- Enhances pain management and patient safety.
- Protects patient rights and provides



access to credentialed medical staff.

- Improves communication and education for better health outcomes.
- Ensures high-quality care and patient satisfaction.

- Enhances job satisfaction through a well-regulated working environment.
- Improves efficiency and competencies.



For Healthcare Staff:

- Facilitates professional development and training.
- Promotes standardized healthcare practices.
- Encourages leadership and quality improvement initiatives.

For Hospitals:

- Improves overall healthcare services and stimulates continuous improvement.
- Demonstrates commitment to quality, boosting community confidence.
- Provides benchmarking opportunities with top-tier institutions.
- Ensures best clinical outcomes and international recognition, promoting medical tourism.
- Facilitates empanelment by insurance and third parties.



For the Community:

- Strengthens disaster preparedness and epidemic management.
- Supports a healthcare quality revolution.



- Provides access to comparative healthcare databases.
- **The Relevance of Accreditation in AYUSH Public Healthcare Sector**

Accreditation plays a crucial role in enhancing the quality and credibility of AYUSH public healthcare institutions.

It establishes standardized protocols, ensuring patient safety, effective treatment methodologies, and overall service excellence. Accreditation helps in building public trust and institutional accountability. Recognized accreditation, such as NABH, ensures that AYUSH Health and Wellness Centres (AHWCs) adhere to national and global quality benchmarks, improving their efficiency and operational effectiveness. Moreover, accreditation promotes continuous quality improvement, systematic





documentation, and professional development among healthcare providers.

It also facilitates better funding opportunities and government recognition. As India moves towards holistic healthcare through programs like Ayushman Bharat, accreditation becomes essential in ensuring AYUSH institutions deliver standardized, reliable, and patient-centric care.



Impact of Accreditation Standards in healthcare facilities:

1. Enhanced Patient Safety:

Ensures adherence to treatment protocols, hygiene, and infection control.

2. Streamlined Processes & Efficiency:

Establishes clear guidelines for reducing errors and enhancing healthcare delivery.

3. Continuous Improvement:

Regular audits promote advancements in medical practices and patient care.

4. Transparent and Ethical Practices:

Upholds integrity and fosters trust among patients.

5. Improved Documentation:

Strengthens patient history tracking, treatment effectiveness, and research.

National AYUSH Mission: Ensuring Quality in AYUSH

The State Quality Assurance wing under the National AYUSH Mission in Kerala has been actively involved in supporting AYUSH healthcare institutions in the pursuit of establishing a robust and sustainable Quality Assurance Programme. The financial support from the National AYUSH Mission for Quality Assurance (QA) activities, including incentives, has played a vital role in this leap forward. In order to establish such a quality assurance programme in the sector of AYUSH healthcare services, financial support is crucial. This support can be utilized for gap closure in terms of infrastructure, documentation, or process improvement. The State Quality Assurance wing under the National AYUSH Mission in Kerala is committed to supporting AYUSH healthcare institutions in their journey towards accreditation and establishing a sustainable Quality Assurance Programme that prioritizes patient satisfaction and positive healthcare experiences.

Key Activities of NAM in Quality Accreditation

1. Infrastructure Development:

Financial and technical support for

upgrading AYUSH hospitals and wellness centers.

2. Enhanced Patient Safety:

Prioritizes adherence to treatment protocols, hygiene, and infection control.

3. Continuous Improvement:

Regular internal and external audits, as encouraged by NAM, ensure that healthcare facilities adhere to evolving medical and quality standards. These audits help identify gaps, introduce corrective actions, and facilitate the adoption of new advancements in AYUSH healthcare, ultimately ensuring better patient outcomes.

4. Capacity Building:

Training programs for AYUSH practitioners to enhance quality standards.

5. Public Awareness Campaigns:

Educating people on AYUSH benefits and accreditation importance.

6. Improved Documentation and Digitalization of AYUSH Services:

Implementing electronic health records and telemedicine.

7. Regulatory Strengthening:

Ensuring compliance with state and national regulatory frameworks.

Challenges in Accreditation

1. Infrastructure and Resource Constraints:

Many rural healthcare facilities lack the required infrastructure.

2. Compliance with Standards:

Strict guidelines necessitate continuous adherence and documentation.

3. Manpower and Training Gaps:

Continuous staff training is essential but challenging.

4. Financial Constraints:

Investment in infrastructure, training, and technology is necessary but often limited.

5. Resistance to Change:

Many professionals hesitate to adopt new procedures and quality measures.

6. Data Management Issues:

Digital documentation and IT standards compliance are mandatory but difficult for some institutions.

7. Sustainability of Accreditation:

Continuous quality improvement, audits, and monitoring are essential for maintaining accreditation.

The Future of AYUSH Quality Accreditation

The future of AYUSH quality accreditation is a pivotal step toward integrating traditional medicine with modern healthcare standards. By embracing structured quality frameworks, digital advancements, and continuous monitoring, AYUSH institutions can enhance credibility, patient safety, and global recognition.



As regulatory mechanisms strengthen and international collaborations expand, AYUSH accreditation will not only improve service delivery but also position India as a leader in holistic healthcare. Sustained commitment to quality will ensure that AYUSH systems continue to thrive, offering safe, effective, and globally accepted healthcare solutions.



Yoga Naturopathy Hospital

Dept. of AYUSH, Govt. of Kerala

*Govt. Yoga Naturopathy Hospital
is the only exclusive Nature Cure
and yoga hospital in Kerala
under the Dept. of Indian
Systems of Medicine
started in the year 1984*

*The centre is situated on the famous
Papanasam Varkala beach cliff
in a serene atmosphere.*

Facilities

- Diet therapy
- Yoga
- Hydrotherapy
- Hip bath
- Steam bath
- Sauna bath
- Spinal bath
- Circular jet
- Acupuncture
- Colour therapy
- Mud therapy
- Sun bath
- Full wet sheet pack
- Underwater massage



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