



KAMARAJ IAS ACADEMY
Only IAS Academy by Grandson of "Perunthalsivam Kamarajar"

9th National Ayurveda Day

Published On: 30-10-2024

Why in the News?

On the occasion of the **9th Ayurveda Day**, Prime Minister will launch several healthcare projects valued at Rs 12,850 crore.

The focal theme for Ayurveda day-2024 has been decided as '**Ayurveda Innovations for Global Health**'

About Ayurveda:

Details

Origins

- Rooted in **four Vedas** (5000–1000 BCE).
- References in **Ramayana** and **Mahabharata** epics.
- Fully developed by **1000 BCE** with **Charaka Samhita** and **Susruta Samhita**.

Foundational Texts

- **Brhatrayi** (Three Major Treatises):
 - **Charaka Samhita** (internal medicine)
 - **Susruta Samhita** (surgery)
 - **Astanga Sangraha** and **Astanga Hridaya** (Vrddha Vagbhata and Vagbhata, 6th-7th century CE).
- **Takshashila** and **Nalanda** universities attracted foreign students.

Global Influence

- Spread through **Buddhism** to **Tibetan and Chinese medicine**.
- **Egyptians, Greeks, and Romans** adopted concepts via trade and interactions.
- 8th century CE saw **Nagarjuna** study medicinal use of metals.

Integration of Modern Techniques

- 16th century saw inclusion of **modern diagnostics** and treatment for new diseases.

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Revival in India (19th-20th Cent.)

- **1827**: First Ayurveda course at **Government Sanskrit College, Calcutta**.
- **20th Century**: Ayurveda colleges spread under regional patronage.
- **1970s**: Ayurveda revived, with academic research, publications, and global symposia.

Current Status

- Structured **undergraduate, postgraduate, and doctoral education**.
- Strong network of **practitioners and manufacturers**.
- Developed infrastructure for community outreach.

Global Influence

24 countries recognize Ayurveda legally.

Collaborative platforms include:

- **SCO Expert Working Group on Traditional Medicine**
- **BIMSTEC Taskforce on Traditional Medicine**
- **BRICS High-Level Forum on Traditional Medicine**.
- Ayurveda products exported to **100+ countries**.

WHO Standards and Milestones

- **ICD-11 Integration**: WHO included Ayurveda, Siddha, and Unani in ICD-11 TM Module 2.
- WHO set global standards for **practice and training**.
- **GTMC, Jamnagar (Gujarat)**: Focuses on Ayurveda research, education, and practice.

Philosophical Foundations

- **Historical evidence** dates to the first millennium BCE.
- Knowledge passed from **gods to sages** and then to human physicians.
- Central concepts align with **Samkhya, Vaisheshika, Buddhism, and Jainism**.
- Emphasis on **balance** and maintaining **natural urges**.

Initiatives and Programs by the Govt:

National Ayush Mission (2014): Aimed at promoting the development and growth of Ayush systems (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy) in the country, focusing on strengthening educational institutions and enhancing the quality of services

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Ayurveda Research Portal (2021): Promotes research in Ayurveda by providing a digital platform for researchers, practitioners, and institutions to access data, funding opportunities, and collaborative initiatives.

Ayush Grid (2020): A digital initiative aimed at enhancing the accessibility of Ayush services and information through online platforms, connecting practitioners, patients, and educational institutions.