

# Ayush Medicine In Indian Society

Dr. Mamidi Nandan Balajee

Ayush Community Health Officer, East Singhbhum,

Government of Jharkhand. Department of Ayush Under Department of Health, Medical Education & Family Welfare

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## ABSTRACT

Ayush comprises of Ayurveda, Yoga & Naturopathy Unani, Siddha, Sow Rigpa and Homoeopathy. In our society Grandma's remedies play an active role in the initial phase of any ailment. Our kitchen comprises many items which are directly or indirectly related to our health. Our customs and beliefs keep us in touch with Mother Nature and her components. Allopathic Medicine got impetus in the colonial rule and Ayush System was pushed back. After independence Indian Systems of Medicine and Homoeopathy got legality but the pace was slow. This paper intends to study the present-day scenario of the Ayush in our society.

**Keywords:** Medicine, Homoeopathy, NSSO, Awareness

## I. INTRODUCTION

The first exclusive all-India survey on 'Ayush' was conducted by the National Sample Survey Office (NSSO) from July 2022 to June 2023, as part of the 79th round of the National Sample Survey (NSS). This survey covered the entire Indian Union, excluding a few inaccessible villages in the Andaman & Nicobar Islands. Information was collected from 1,81,298 households, including 1,04,195 in rural areas and 77,103 in urban areas.

## II. DISCUSSION

The broad objectives of the survey were to collect information on the following:

1. Awareness of people about the traditional system of healthcare (Ayush system of medicine)
2. Uses of Ayush for prevention or treatment of ailments,
3. Awareness of the households about home remedies, medicinal plants, local health tradition/folk medicine.

## III. SAMPLE DESIGN

A stratified multi-stage sampling design was used in the survey on Ayush in which villages in the rural areas and urban frame survey (UFS) blocks in the urban areas or sub-units (SU) of villages or UFS blocks were regarded as the first stage units (FSU). The ultimate stage units (USU) were households in both the sectors. Simple Random Sampling Without

Replacement (SRSWOR) was used for selection of the FSUs as well as households from the chosen FSUs.

#### IV. CONCEPTUAL FRAMEWORK

For the purpose of the survey, ‘awareness’ and ‘use’ of Ayush has been defined in a manner as described below:

A member of the household aged 15 years or more has been considered as “aware of Ayush” if one or more of the following are fulfilled:

as taken treatment using Ayush system of medicines anytime with or without prescription.

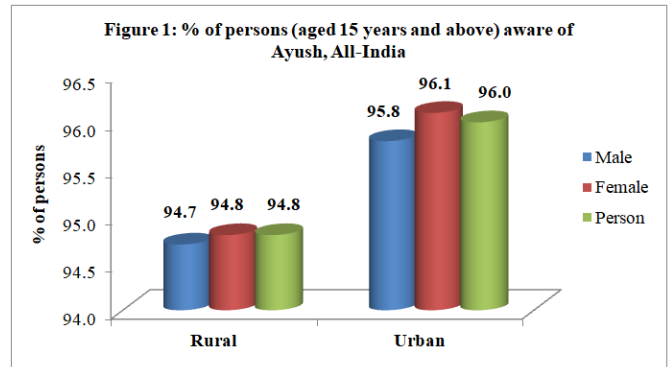
- i. If he/she has heard about any of the Ayush system, namely, Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa/Amchi, Homoeopathy - from family, friends, medical practitioner, Media (TV, radio, hoardings, newspapers & magazines, internet-Facebook/WhatsApp/ Twitter/IEC material through outreach camps, surveys of organizations, etc.), Research Articles/ Medical news-letter/ text books etc.
- ii. If he/she is/was aware about medicinal plants or plants having medicinal value, home remedies or traditional practices/folk practices for treatment or prevention.
- iii. If he/she is/was engaged by profession to Ayush healthcare centres/service providers in any one of the categories Registered Medical Practitioner, Unregistered Medical Practitioner, Midwife, Masseurs, Pharmacists, Yoga instructor, Panchakarma Therapists, Cupping Therapists etc. or involved in production/manufacturing of Ayush medicines

#### V. MAJOR FINDINGS OF THE SURVEY

##### Awareness of Ayush:

In rural India, about 95% male as well as female aged 15 years and above have been found to be aware about Ayush while in urban India it has been around

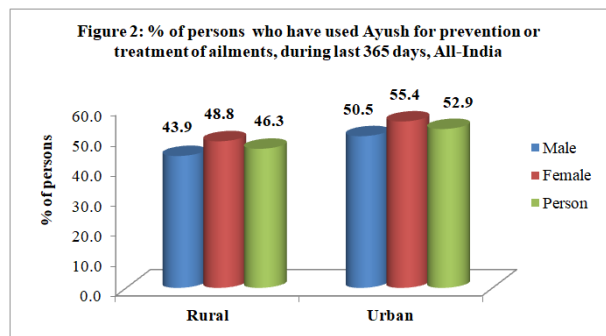
96%. Estimates of percentage of persons (aged 15 years or more) aware of Ayush system by gender at all-India level are shown in Figure 1.



Courtesy: PIB

About 79% of households in rural India and about 80% of the households in urban India have at least one member aware about medicinal plants and home medicines, while around 24% of the households have at least one member aware about folk medicine or local health tradition in both rural and urban India.

Use of Ayush for prevention or treatment of ailments, during last 365 days has been observed to be more in urban areas than the rural areas. Figure 2 below depicts estimates of percentage of persons who have used Ayush for prevention or treatment of ailments, during last 365 days.



COURTESY: PIB

COURTESY : MINISTRY OF AYUSH

## **INITIATIVES UNDER NATIONAL AYUSH MISSION (NAM)**

The National Ayush Mission under the Government of India through the State Governments undertakes the above 8 Public Health Initiatives apart from treating the patients attending the Ayushmann Aarogya Mandir (Ayush) on Ayush lines of treatment.

### **VI. CONCLUSION**

Ayush is receiving wide spread acceptance as a system of treatment in the Indian Society. Ayush is also reforming and is serving as a Holistic system which has a treating aspect and a preventive aspect. Awareness is being spread to lead a life style on Ayush principles to lead a life free from disease.

### **VII. REFERENCES**

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