



# PM Inaugurates Various Projects in Bihar

## Why in News?

Recently, the **Prime Minister** laid the foundation for the [All India Institute of Medical Science \(AIIMS\) hospital](#) and **other projects worth Rs 12,100 crore** in Darbhanga, Bihar.

- **25 additional projects in rail, road, health, and energy sectors** were also inaugurated across the region.

## Key Points

- **About the Projects:**
  - **AIIMS, Darbhanga Project:**
    - The **AIIMS project in Darbhanga**, costing Rs 1264 crore and covering 187 acres in the **Sobhan area**, is expected to be completed within three years.
    - This will be the **second AIIMS in Bihar**, aimed at expanding healthcare infrastructure in the state.
    - The project will feature a **super-speciality hospital, an AYUSH block, a medical college, a nursing college**, along with a **night shelter and residential facilities for staff**.
    - It will provide **advanced tertiary healthcare services** for people in Bihar and nearby regions.
  - **Jan Aushadhi Kendras:**
    - The PM will dedicate **18 Jan Aushadhi Kendras** at railway stations nationwide to **increase the availability of affordable medicines**.
    - These centers aim to **promote the use of generic medicines**, helping to lower healthcare costs for passengers.
    - It was **launched to provide affordable and quality medicines**, particularly for the poor and disadvantaged, and was revamped as the [Pradhan Mantri Jan Aushadhi Yojana \(PMJAY\)](#) in September 2015.
  - **National Highway Development:**
    - The PM will inaugurate and lay the **foundation stones of several highway projects** worth Rs 5,070 crore.
    - This includes the new **four-lane Galgalia-Araria section on NH-327E**, providing an alternative **route from Araria to West Bengal**.
  - **Railway Infrastructure Projects:**
    - Railway projects worth over Rs 1,740 crore will be inaugurated, including **gauge conversions and a bypass line** to ease traffic congestion.
    - New **Mainline Electric Multiple Unit (MEMU) train services** in the Jhanjharpur-Laukaha Bazar section will improve access to jobs and education for nearby communities.
      - A MEMU is an [Electric Multiple Unit \(EMU\) train](#) that serves short and medium-distance routes.
  - **Petroleum and Natural Gas Sector Initiatives:**
    - The PM will initiate projects worth more than Rs 4,020 crore in the **petroleum and natural gas sector**.
    - These include a [City Gas Distribution network](#) in five districts of Bihar -

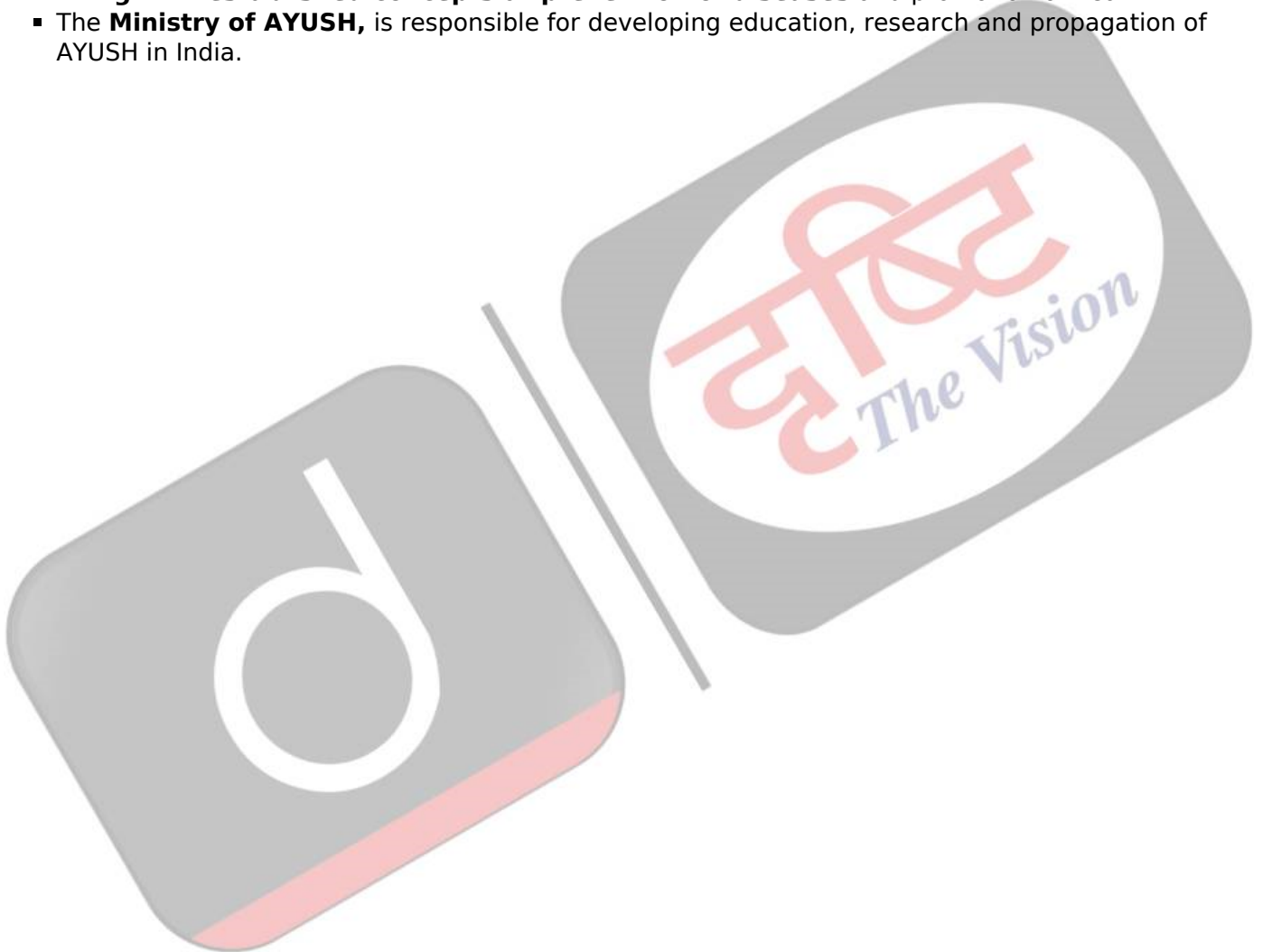
**Darbhanga, Madhubani, Supaul, Sitamarhi and Sheohar** – by the **Bharat Petroleum Corporation Limited**.

- The PM also laid the foundation stone for a **new bitumen-manufacturing unit at the Barauni refinery** to reduce dependency on imports.

## AYUSH

- AYUSH is the acronym of the medical systems that are being practised in India such as:
  - **Ayurveda**: Ancient system emphasising holistic well-being.
  - **Yoga**: Union of body, mind, and spirit through physical postures and meditation.
  - **Naturopathy**: Natural healing using elements like water, air, and diet.
  - **Unani**: Balance restoration through herbal medicines and humoral theory.
  - **Siddha**: Traditional Tamil medicine with roots in five elements and humours.
  - **Homeopathy**: Highly diluted remedies stimulating self-healing responses.
- These systems are based on **definite medical philosophies** and represent a way of **healthy living with established concepts** on **prevention of diseases** and promotion of health.
- The **Ministry of AYUSH**, is responsible for developing education, research and propagation of AYUSH in India.

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# AYUSH Systems of Medicine

AYUSH encompasses Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy, with Ayurveda having a documented history of 5000+ years.

## Ayurveda

- ↳ **Samhita Period (1000 BC):**  
Emerged as mature medical system
  - ↳ **Charaka Samhita:** Oldest and most authoritative text
  - ↳ **Sushruta Samhita:** Gives fundamental principles and therapeutic methods in eight specialties
- ↳ **Main Schools:**
  - ↳ **Punarvasu Atreya** - School of physicians
  - ↳ **Divodasa Dhanvantari** - School of surgeons

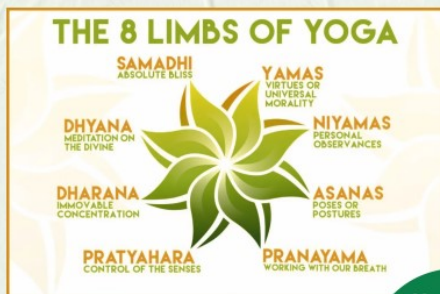
Lord Brahma is believed to be the 1<sup>st</sup> proponent of Ayurveda

## Branches of Ayurveda:

- Kayachikitsa (internal medicine)
- Shalya Tantra (surgery)
- Shalakya Tantra (disease of supra-clavicular origin)
- Kaumarabhritya (paediatrics)
- Agada Tantra (toxicology)
- Bhootavidya (psychiatry)
- Rasayana Tantra (rejuvenation and geriatrics)
- Vajikarana (eugenics & science of aphrodisiac)



## Yoga & Naturopathy



- ↳ **Naturopathy:** Healing with help of 5 natural elements - Earth, Water, Air, Fire and Ether
  - ↳ Based on theories of self-healing capacity of body and principles of healthy living
  - ↳ Encourages a **person-centred approach** rather than disease-centred

Yoga first propounded by Maharishi Patanjali in systematic form Yogsutra

## Unani

**Pioneered in Greece, developed by Arabs as 7 principles (Umoor-e-Tabbiya)**

- ↳ Based on the framework of teachings of **Buqrat** (Hippocrates) and **Jalinoos** (Galen)
  - ↳ Hippocratic theory of **four humors** viz. blood, phlegm, yellow bile, and black bile
- ↳ **Recognised by WHO** and granted official status by India as an alternative health system

## Siddha

**Dates back to 10000 – 4000 BC; Siddhar Agasthiyar - Father of Siddha Medicine**

- ↳ Preventive, promotive, curative, rejuvenative, and rehabilitative health care
- ↳ **4 Components:** Latro-chemistry, Medical practice, Yogic practice & Wisdom
- ↳ Diagnosis based on 3 humors (**Mukkuttram**) and 8 vital tests (**Ennvagai Thervu**)

## Sowa Rigpa

**Origin: Lord Buddha in India before 2500 years**

- ↳ Traditional medicine in Himalayan regions of Ladakh, Himachal Pradesh, Arunachal Pradesh, etc.
- ↳ Recognised in India by Indian Medicine Central Council Act, 1970 (As amended in 2010)

## Homeopathy

**German physician Dr. Christian F. S. Hahnemann codified its fundamental principles**

- ↳ Medicines prepared mainly from natural substances (plant products, minerals, animal sources)
- ↳ Brought in India by European missionaries - 1810; official recognition - 1948
- ↳ **3 Key Principles:**
  - ↳ **Similia Similibus Curentur** (let likes be cured by likes)
  - ↳ Single Medicine
  - ↳ Minimum Dose

