



Ayush Aahaar

Why in News

Recently, the Ministry of Ayush made a new beginning by making '**Ayush Aahaar**' available at its canteen at Ayush Bhawan (Delhi).

- It aims to **promote a nutritional diet and a healthy living.**

Key Points

▪ Meaning of 'Ayush':

- Traditional & Non-Conventional Systems of Health Care and Healing which Include Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy etc.
- The positive features of the Indian systems of medicine namely their diversity and flexibility; accessibility; affordability, a broad acceptance by a large section of the general public; comparatively lesser cost and growing economic value, have great potential to make them providers of healthcare that the large sections of our people need.

▪ Some Initiatives of the Ayush Ministry:

◦ **National Ayush Mission:**

- Government is implementing the **Centrally Sponsored Scheme** of Mission through States/UTs for development and promotion of Ayush system of medicine.
- The government has decided to continue till 2026.

◦ **Aahaar Kranti Mission:**

- The mission is dedicated to spreading awareness about nutrition.

◦ **New Portals on Ayush Sector:**

- **Five new portals on Ayush Sector** have been launched - CTRI (Clinical Trial Registry of India), RMIS (Research Management Information System), SAHI (Showcase of Ayurveda Historical Imprints), AMAR (Ayush Manuscripts Advanced Repository), and e-Medha (electronic Medical Heritage Accession).

◦ **ACCR Portal and Ayush Sanjivani App:**

- **Ayush Clinical Case Repository Portal:** To portray the strengths of Ayush systems for treatment of various disease conditions.
- **AYUSH Sanjivani App Third Version:** It will **facilitate a significant study and documentation** regarding the efficacy of selected Ayush interventions, including Ayush 64 and Kabasura Kudineer medicines in the management of asymptomatic and mild to moderate **Covid-19** patients.

Source: PIB

