



# 10th World Ayurveda Congress and Arogya Expo | Uttarakhand | 13 Dec 2024

## Why in News?

Recently, the **10<sup>th</sup> World Ayurveda Congress (WAC 2024)** and **Arogya Expo** were inaugurated in **Dehradun**. It's a pivotal juncture where various streams of **ideologies, cultures, and innovations converge**.

## Key Points

- **Launch of "Desh Ka Prakriti Parikshan Abhiyan":**
  - On the occasion of the **9<sup>th</sup> Ayurveda Day (29 October 2024)**, the Union Ayush Minister launched the nationwide campaign "**Desh Ka Prakriti Parikshan Abhiyan**".
  - The objective is to assess the Prakriti of over 1 crore individuals using Ayurveda principles.
    - Citizens are encouraged to actively participate and contribute to this monumental initiative.
- **Ayush Grid and Global Investment:**
  - The **Ayush Grid** is a **project by the Ministry of Ayush** to digitize the **Ayush sector** and promote traditional healthcare systems.
  - Its benefits include revolutionizing healthcare with **innovations, enhancing effectiveness, safety, and affordability**.
  - Over 1.3 billion dollars of investment is in the pipeline from global partners to support Ayurveda-related initiatives.
- **WAC 2024:**
  - Organised by the **World Ayurveda Foundation (WAF)**, an initiative of **Vijnana Bharati**.
  - More than 5500 Indian delegates and over 350 delegates from 54 countries registered for the event.
  - The event features over **150 scientific sessions and 13 associate events**, including plenary discussions.
  - The **theme is "Digital Health: An Ayurveda Perspective"** which focuses on leveraging **modern technologies to advance Ayurveda**.
  - Deliberations on:
    - Enhancing **healthcare delivery through digital tools**.
    - Redefining **research methodologies**.
    - Integrating **Ayurveda into the global health** landscape.
- **Role of the Ministry of Ayush:**
  - **The Ministry of Ayush** is instrumental in organising the World Ayurveda Congress, showcasing India's commitment to **promoting Ayurveda globally**.
  - **Contributions:**
    - Advancing Ayurveda knowledge, research, and practices through international collaborations.
    - Engaging experts, practitioners, and policymakers to discuss Ayurveda's global relevance and future growth.
- **Significance of WAC 2024:**
  - Celebrates **Ayurveda's rich heritage** and envisions its future in the global healthcare system.
  - **Bridges traditional wisdom with modern technology**, ensuring Ayurveda thrives as a sustainable and holistic healthcare system.

- The WAC 2024 is a **milestone event in positioning Ayurveda as a transformative force** in global healthcare.

## The World Ayurveda Foundation (WAF)

- It is an organization that **promotes Ayurveda globally and supports research, health programs**, and other activities related to Ayurveda.
- It is an initiative of [Vijnana Bharati](#) that was **founded in 2011**. The WAF's objectives include:
  - Supporting research
  - Supporting health programs through camps, clinics, and sanatoriums
  - Organizing seminars, exhibitions, and study groups
  - Providing leadership in policy and planning for Ayurveda
- The WAF organizes **the World Ayurveda Congress (WAC)**, which is an event that **features scientific sessions, health ministers' conclaves, and other activities**.
  - The WAC aims to discuss how Ayurveda can address various health challenges.

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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

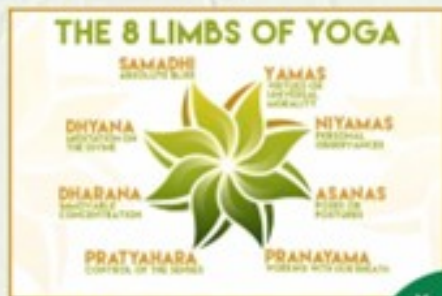
Lord Brahma is believed to be the 1<sup>st</sup> proponent of Ayurveda

## Branches of Ayurveda:

- Kayachikitsa (Internal medicine)
- Shalya Tantra (surgery)
- Shalakyata Tantra (disease of supra-clavicular origin)
- Kaumarabhritya (paediatrics)
- Agada Tantra (toxicology)
- Bhaotavidya (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**



## Why in News?

- Recently, a study by scientists from **Mahavir Cancer Sansthan, Patna** revealed that **Manganese (Mn)** contamination of water is causing cancer in the **Gangetic plains of Bihar**.

## Key Points

- **Rise in Cancer Cases in Bihar**
  - Significant **increase in cancer cases in Bihar** over the last few decades.
  - Multiple contributors to cancer, with **manganese toxicity** highlighted as a trace element influencing **carcinogenesis**.
- **Study Findings:**
  - **Sample Size:** Blood samples from 1,146 cancer patients across **Patna, Vaishali, East Champaran, Muzaffarpur, Siwan, and Saran**.
  - **Gender Distribution:** 67% females, 33% males, aged 2-92 years.
  - **Cancer Types:**
    - **Breast Cancer:** 33.25%
    - Hepatobiliary and Gastrointestinal Cancer: 26.96%
    - **Cervical Cancer:** 5.58%
    - Other Cancers (Oral, Nasal, etc.): 34.78%
  - **Cancer Classification:**
    - Carcinoma: 84.8%
    - **Leukemia:** 9.86%
    - **Lymphoma:** 3%
    - **Sarcoma:** 2.27%
  - **Observation:**
    - **Blood samples from cancer patients** revealed **Mn contamination**, with levels reaching up to **6,022 µg/L** in severe cases.
    - **Elevated Mn levels in household hand pump** water showed a strong correlation with Mn in patients' blood.
- **Manganese in Hand Pump Water:**
  - 84.8% of samples were within **Bureau of Indian standards (BIS)** mandated limits (100 µg/L).
  - 15.2% of samples exceeded permissible levels, with some above 400 µg/L.
- **Geospatial Analysis:**
  - **High Mn levels found in the Middle Gangetic Plain and southwestern-northeastern Bihar.**
  - **Geo-mapping** highlights correlation between Mn concentrations in water and cancer incidence.
- **Toxicity of Manganese:**
  - Manganese is critical for body **homeostasis** but toxic in excess.
  - **Sources of Exposure** can be from sedimentary or igneous rock deposits, Industrial pollution, etc.
  - **First Case in India was documented in 1957** among **miners in Maharashtra**, movement.
  - Other Affected Areas reported in **West Bengal, Karnataka**, and globally in countries like **Nigeria, Bangladesh, and China**.

## Heavy Metal Pollution

- **Heavy Metals:**
  - **Heavy metals** may be defined as elements with an **atomic number larger than 20** and an **atomic density greater than 5 g cm<sup>-3</sup>** that must possess metal-like characteristics. **Example: arsenic, cadmium, chromium, copper, lead, manganese, mercury, nickel, uranium etc.**
- **Heavy Metal Pollution:**
  - Heavy metal pollution has been caused in our **rivers, soils, and environment** as a result of rapidly growing **agriculture and metal industries, improper waste management,**

- heavy use of [fertilizers](#), and [pesticides](#).
- **Agricultural and industrial operations, [landfilling](#), mining, and transportation** are the primary sources of heavy metals in **groundwater**.
- Through the **agricultural water runoff heavy metals** reach upto river.
- **Discharge of wastewater** from industries (like the tannery industry which is a big source of chromium heavy metals) directly into [river bodies](#) intensified the severity of the **heavy metal pollution**.
- Heavy metals have the property of long persistent in plants, animals and the environment. with symptoms including weakness, emotional instability, and difficulty with

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## Increase of Female Labour Force Participation Rate | Haryana | 13 Dec 2024

### Why in News?

- Recently, the [Economic Advisory Council to the Prime Minister \(EAC-PM\)](#) reported that the [female labour force participation rate \(LFPR\)](#) increased in almost all states in India between 2017-18 and 2022-23, with rural areas experiencing larger gains than urban areas.

### Key Points

- **Key Findings on Female LFPR:**
  - **Regional Variations:**
    - **Bihar, Punjab, and Haryana** consistently reported **very low female LFPR**.
    - Despite being among the richest states, Punjab and Haryana have low female LFPR, while Bihar, the poorest state, also lags.
  - **Growth:**
    - In **Rural areas Female LFPR rose to 41.5%** from 24.6% during 2017-18 to 2022-23.
    - In **Urban areas Female LFPR increased to 25.4%** from 20.4% during the same period.
    - Overall Trend is that growth remained consistent even after excluding unpaid family workers or household helpers.
- **Other Trends:**
  - **Marital Status:**
    - Married men exhibit higher LFPR across states and age groups.
    - Marriage significantly reduces female LFPR, especially in urban areas.
  - **Age Dynamics:**
    - Female LFPR forms a bell curve, peaking at ages 30-40 and declining sharply after.
    - Male LFPR remains nearly 100% between ages 30-50 and declines gradually thereafter.
  - **State-wise Observations:**
    - **Northern States:** Punjab and Haryana recorded low female LFPR.
    - **Eastern States:** Rural Bihar had the lowest LFPR but showed improvement, particularly among married women.
    - **Northeastern States:** Rural areas showed progress, with Nagaland and Arunachal Pradesh leading.
- **Impact of Government Schemes:**
  - [Mudra Loans](#)
  - [Drone Didi Scheme](#)

- **Deendayal Antyodaya Yojana**
  - These schemes **emphasize women-led development**, reflecting the government's intention to **promote female participation in the workforce**.
- The rise in female LFPR, especially in rural areas, underscores a notable shift in employment trends. Further analysis and government support will be essential to sustain and amplify this growth.

## Economic Advisory Council to the Prime Minister (EAC-PM)

- It is an **non-constitutional, non-statutory, independent body** constituted to give advice on economic and related issues to the Government of India, specifically to the Prime Minister.
- The council serves to **highlight key economic issues** to the government of India from a neutral viewpoint.
  - It advises the Prime Minister on economic issues like **inflation, microfinance, and industrial output**.
- For administrative, logistic, planning and budgeting purposes, the **NITI Aayog** serves as the **Nodal Agency for the EAC-PM**.
- **Periodic Reports:**
  - Annual Economic Outlook.
  - Review of the Economy.

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## Maoists Encounter in Chhattisgarh | Chhattisgarh | 13 Dec 2024

### Why in News?

Recently, Seven **Maoists** were **killed in a gun battle** with security forces in **Abujmad forests** along the **Dantewada-Narayanpur border** in Chhattisgarh.

### Key Points

- **Major Anti-Maoist Operation:**
  - **Forces Involved:** The operation was executed by the **District Reserve Guard (DRG)** from Kondagaon, Bastar, Narayanpur, and Dantewada, along with the **State's Special Task Force (STF)** and the **Central Reserve Police Force (CRPF)**.
  - **Focus Area:** The operation targeted **Abujmad, a dense forested region covering Bijapur, Dantewada, and Narayanpur districts**, known for Maoist activity.
    - In October 2024, Abujmad witnessed the largest-ever encounter in Chhattisgarh's history, resulting in the deaths of 38 Maoists.
  - **Recovered Items:** A **large cache of weapons and daily-use items was seized**, while no casualties were reported among the security forces.
  - **Yearly Progress:** Police records show that since 13th December 2023, **217 Maoists have been killed in Bastar**, nearly half in Abujmad under the **Maad Bachao Aandolan (Save Maad Campaign)**.

### District Reserve Guard (DRG)

- The District Reserve Guard (DRG) is a **specialized police unit in Chhattisgarh, established in 2008** to combat **Maoist violence**.
- It consists of **specially trained personnel operating** in affected districts, conducting anti-Maoist operations, **search and seizure, and gathering intelligence**.

- The DRG collaborates with other security forces, like the Central Reserve Police Force (CRPF), to counter the Maoist insurgency.

# LEFT WING EXTREMISM

**ABOUT**

- Originated: 1967 uprising in Naxalbari, West Bengal
- Aim: Societal and political change through revolutionary methods

**IDEOLOGY**

- Overthrow central government through armed revolution (Violence and guerilla warfare)
- Establishment of a communist state based on Maoist principles

**FACTORS RESPONSIBLE**

- Massive displacement of tribal population; Due to development projects, mining operations
- Tribal dissatisfaction; Forest (Conservation) Act 1980 prohibits tribes from harvesting forest resources
- Poverty and lack of sustainable means; Driving factors for joining Naxalite movement
- Lack of effective governance; Insufficient technical intelligence against Naxalism

**STATES AFFECTED BY LWE**

- Red Corridor: Experiences severe Naxalism–Maoist insurgency
- Chhattisgarh, Jharkhand, Odisha, Bihar, West Bengal, Andhra Pradesh, Telangana, Maharashtra, Madhya Pradesh and Kerala

**GOVERNMENT INITIATIVES TO CURB LWE**

- National Policy and Action Plan to address Left Wing Extremism 2015
- SAMADHAN Doctrine**
  - S- Smart Leadership
  - A- Aggressive Strategy
  - M- Motivation and Training
  - A- Actionable Intelligence
  - D- Dashboard Based KPIs (Key Performance Indicators) and KRAs (Key Result Areas)
  - H- Harnessing Technology
  - A- Action plan for each Theatre
  - N- No access to Financing
- Special Central Assistance (SCA) in Public Infrastructure and Services
- Operation Green Hunt
- Greyhounds (Elite commando force in Andhra Pradesh)
- Bastarliya Battalion (local recruits in Chhattisgarh who know the language and terrain that could generate intelligence and conduct operations)

**Countering Naxalism - Bandyopadhyay Committee (2006)**

- Highlighted the lack of governance, economic, socio-political and cultural discrimination against the tribals
- Recommended tribal-friendly land acquisition and rehabilitation

**A map of India's Maoist conflict**

A crackdown on Maoist rebels has led to a dip in the number of casualties in the country's tribal areas. Here are the regions that are most affected.

**DRISHTI** **d**  
Drishti IAS