



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

Why in News?

Recently, the **10th 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 **9th 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:

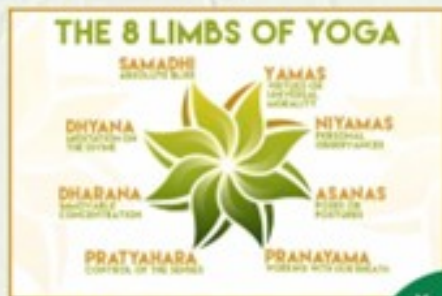
- Punarvasu Atreya - School of physicians
- Divodasa Dhanvantari - School of surgeons

Branches of Ayurveda:

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| <ul style="list-style-type: none"> Kayachikitsa (Internal medicine) Shalya Tantra (surgery) Shalakya Tantra (disease of supra-clavicular origin) Kaumarabhritya (paediatrics) |  <ul style="list-style-type: none"> Agada Tantra (toxicology) Bhaotavidya (psychiatry) Rasayana Tantra (rejuvenation and geriatrics) Vajikarana (eugenics & science of aphrodisiac) |
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Lord Brahma is believed to be the 1st proponent of Ayurveda

Yoga & Naturopathy



Yoga first propounded by Maharishi Patanjali in systematic form Yogsutra

- 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

Unani

Pioneered in Greece, developed by Arabs as 7 principles (Umooor-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

