



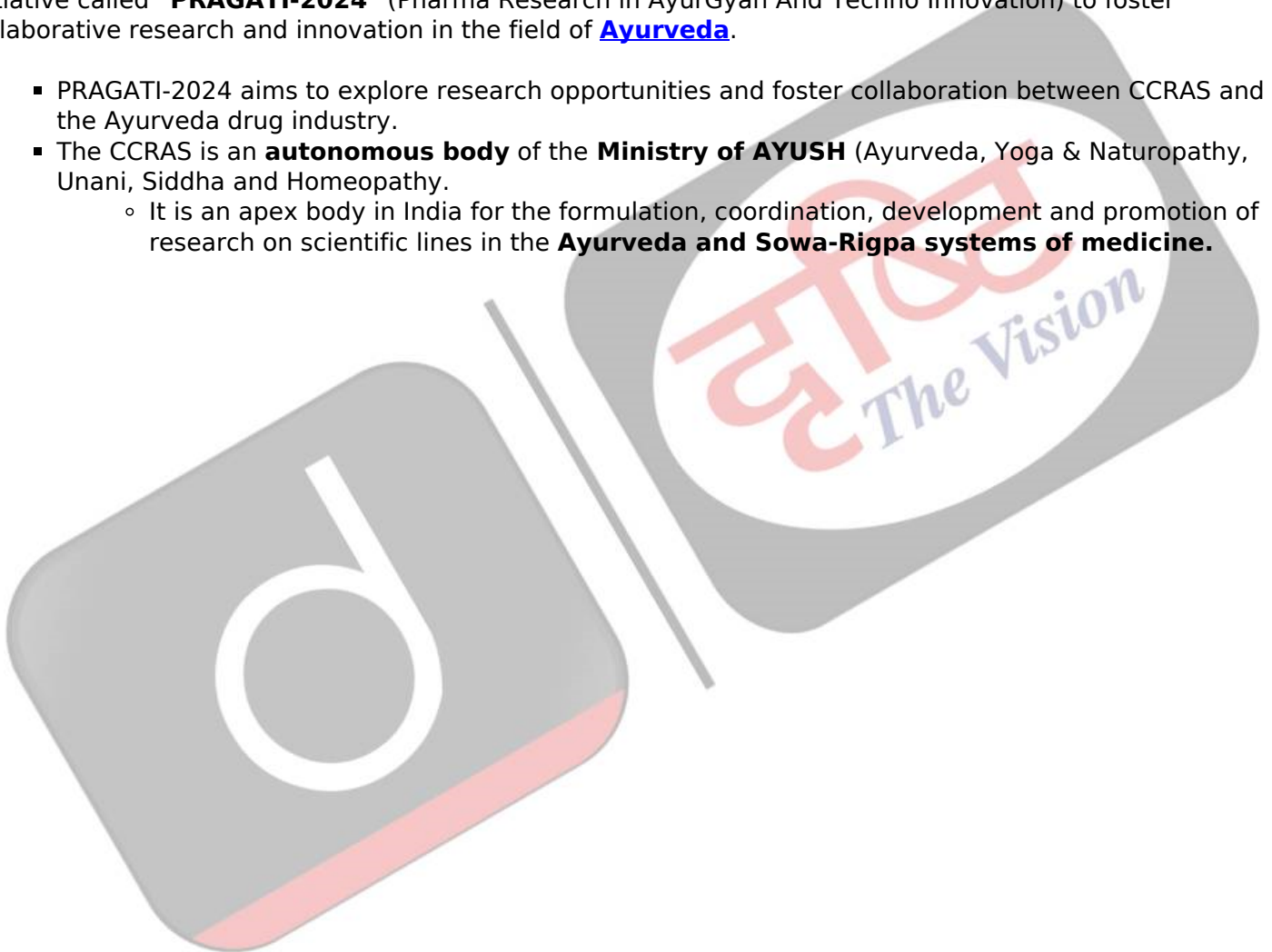
PRAGATI-2024

[Source: PIB](#)

The **Central Council for Research in Ayurvedic Sciences (CCRAS)** has launched a groundbreaking initiative called "**PRAGATI-2024**" (Pharma Research in AyurGyan And Techno Innovation) to foster collaborative research and innovation in the field of [Ayurveda](#).

- PRAGATI-2024 aims to explore research opportunities and foster collaboration between CCRAS and the Ayurveda drug industry.
- The CCRAS is an **autonomous body** of the **Ministry of AYUSH** (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy).
 - It is an apex body in India for the formulation, coordination, development and promotion of research on scientific lines in the **Ayurveda and Sowa-Rigpa systems of medicine**.

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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

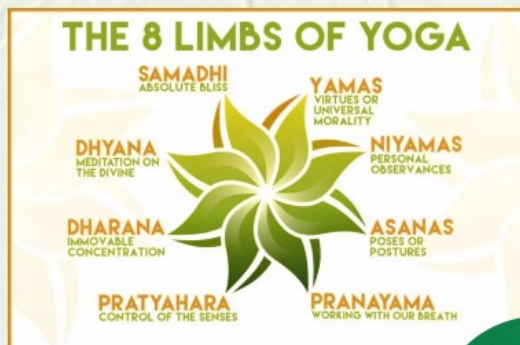
Lord Brahma is believed to be the 1st proponent of Ayurveda

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



Drishti IAS

Read more: [SMART Program for Ayurveda](#)

