

## **Introduction :**

The Indian systems of medicine have age old acceptance in the communities in India and in most places they form the first line of treatment in case of common ailments of these Ayurveda is the most ancient medical system it is not only a line of treatment comprehensive treatise on how to live a healthy life, It deals not only treatment of diseases but with wellbeing and balance of body mind and soul , The Original Ayurvedic texts are all in Sanskrit these texts have been converted in to regional languages, Ayush Other components such as Unani, Yoga- Naturopathy are being practiced by the young and old alike, to promote good health. Now a days, practice of Yoga has become a part of every day life. The long history of ISM has aroused a world wide awakening among the people, these play an important role in prevention and mitigation of diseases. Practice of Yoga prevents Psychosomatic disorders and improves an individual's resistance and ability to endure stressful situation. Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH) are rationally recognised systems of medicine and have been integrated into the national health delivery system. India enjoys the distinction of having the largest network of traditional health care, which are fully functional with a network of registered practitioners, research institutions and licensed pharmacies .

### **A PROFILE OF AYURVEDA IN THE STATE OF PUNJAB**

In the Year 1912 ,Pandit Ram Prashad was nominated as "Rajya Vaidya" by the Maharaja Bhupinder Singh of Patiala Province ,after Units were already established in the rest of province . After the declaration of PEPSU in 1954 Vaidya Kanti Narayan Mishra was appointed First Technical Director of the Ayurveda Department . At that time

there were 182 Dispensaries in the State . In the Year 1966, after the division of Greater Punjab, the number of dispensaries rose to 427 and now there are 507 dispensaries .

The NRHM seeks to revitalize local health traditions and mainstream AYUSH (including manpower and drugs), to strengthen the Public Health System at all levels i.e. PHC, CHC& DHs. AYUSH medications are also included in the drug kit of ASHA. At all collocations separate rooms shall be provided for AYUSH practitioner and pharmacist under the Indian Public Health Standards (IPHS) model. AYUSH Doctors shall be recruited at all levels. Administrative Structure

The staff position at Directorate of Ayurveda , in 20 Distt. Ay. Officers cum Drug Inspectors, Swasth Kendra's, and Ayurvedic & Unani Dispensaries is as under:

**Sr. No. Name of the post No. of Post sanctioned**

| <b>Sr. No.</b> | <b>Name of the post</b> | <b>No. of Post sanctioned</b> |
|----------------|-------------------------|-------------------------------|
| 1              | Director                | 01                            |
| 2              | Joint Director          | 01                            |
| 3              | D.A.U.O.                | 20                            |
| 4              | Sr. Physician           | 17                            |
| 6              | Upvaids                 | 559                           |
| 7              | Administrative officer  | 01                            |
| 8              | Personal Assistant      | 01                            |
| 9              | Superintendent -1       | 01                            |
| 11             | Section officer         | 01                            |
| 12             | Jr Scale Stenographer   | 02                            |
| 13             | Steno typist            | 18                            |
| 15             | Clerk                   | 59                            |
| 16             | Auditor                 | 01                            |
| 17             | Driver                  | 02                            |
| 18             | Trained Dai             | 530                           |
| 19             | Staff Nurse             | 29                            |

Under the Centrally Sponsored scheme's Department of Ayurveda received funds for equipments/ Machinery, Medicine etc and purchased their Government level .To stream line the AYUSH facilities in the State of Punjab, the Department of Ayurveda has the following institutions in the state:-

1. Ayurvedic & Unani Dispensaries - 507
2. 10-Bedded Ayurvedic Hospitals - 5  
(Being up-graded to 50-Bedded)
3. ISM Wing in Allopathic Hospital s - 14
4. Herbal Garden at Dayal Pur Sodhian - 1
5. Yoga center - 1
6. Panchkarma Therapy Unit - 1
7. Drug Testing Laboratory , Patiala - 1
8. Swasth Kendra – 17
9. Ayush clinic functioning in the PHC's-205
10. Private manufacturing units in Punjab – 283

1. **Broad Objectives:** Mainstreaming of AYUSH in the health care service delivery system to strengthen the existing public health system.

**2. Strategies:** Integrate and mainstream ISM & H in health care delivery system at all levels.

- Encourage and facilitate in setting up of specialty centers and ISM clinics.
- Facilitate and Strengthen Quality Control Laboratory.
- Develop Advocacy for AYUSH.
- Establish Sectoral linkages for AYUSH.

**3. Activities:** Integration of AYUSH services at PHC, CHC & at DHs with appointment of contractual AYUSH Doctors.

- Appointment of paramedics where AYUSH Doctors shall be posted.
- Establishment of remaining ISM wings in Districts Hospitals .
- To provide support the ISM & H Directorate.
- Strengthening the AYUSH Dispensaries.
- Making provision for AYUSH Drugs at all levels.
- All AYUSH institutions will be strengthened with necessary infrastructure like building, equipment, manpower etc.

Increasing awareness and treatment of following disorders through Ayurveda :

1. Anaemia
2. Liver Disorders
3. Vataj Roga
4. Ano-rectal diseases

5. Gastro-intestinal Disorders

6. Chronic diseases

### **Drug Testing Laboratory**

- There was no DTL for testing of Ayurvedic Drugs in the State .
- Previously ,these tests were being done through PLIM Ghaziabad or approved ITC laboratory at Panchkula .
- With the Grant-in-aid of Rs. 1.00 Crore from G.O.I.,Department of AYUSH the DTL is being established at Patiala with all Machinery and Equipments From May 2010 .
- This Drug testing laboratory will be helpful for standardization efficacy and quality control of Ayurvedic Medicine .

### **Establishment of cluster for Private Pharmacies**

- In Jan.2009, Rs 10.00 Crore have been sanctioned by G.O.I, Department of Ayush for establishment of cluster for Private Ayurvedic manufacturing Units .
- 5 acre land has been acquired at Ram Tirath road, Amritsar by the private society a Cluster.

Consisting of 29 members and Rs 9 crore 20 lacs has been released by Government of India Department of Ayush .

- The work is almost completed .
- Establishment of DTL is also included in this project .
- On its completion, near about 500 persons will be given employment .

- Ayurvedic drug manufactures , Ayurvedic practitioners , Medicinal plants growing farmers , Herbal gardeners will be benefitted . This project will also benefit Ayurvedic scholars and teachers.

• **Integration of AYUSH with ASHA.**

- Drug kit that is provided to ASHA contains one AYUSH preparation in the form
- of iron supplement but other drugs which are used in the treatment of common
- diseases, control of communicable diseases as well as drug promoting the maternal and child health as well as improving quality of life should also be included subsequently.