



# drishti

## ACCR Portal & Ayush Sanjivani App

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 [drishtias.com/printpdf/accr-portal-ayush-sanjivani-app](https://drishtias.com/printpdf/accr-portal-ayush-sanjivani-app)

### Why in News

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Recently, the **Ministry of Ayush** launched its **Ayush Clinical Case Repository (ACCR) portal** and the **third version of Ayush Sanjivani App** in a virtual event.

### Key Points

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- **Ayush Clinical Case Repository Portal:**
  - **About:**
    - It is conceptualized and **developed by the Ministry of Ayush** as a platform to **support both Ayush practitioners and the public.**
    - It **welcomes Ayush practitioners from all over the world to enrol and share information** about successfully treated cases for the benefit of all.
    - Cases whose details are posted here will be screened by experts, and will be uploaded **for all to read/view subject to their review.**
  - **Aim:**

To **portray the strengths of Ayush systems** for treatment of various disease conditions.

- **AYUSH Sanjivani App Third Version:**

- **About:**

- It is developed by the **Ministry of Ayush** and the **Ministry of Electronics and Information Technology (MeitY)**.

First version was **launched in May 2020**.

- It targets to reach out to **50 lakh people in the country**.
- The app intends to generate data on usage of **AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa-rigpa and Homoeopathy)** advocacies and measures among the population and its impact in prevention of **Covid-19**.

- **Aim:**

To understand the measures adopted by the public for enhancing immunity and keeping themselves healthy in difficult Covid-19 situations.

Data analyzed will be helpful for the further development of Ayush Systems.

- **Benefits:**

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.

- **Ayush 64** is a poly-herbal formulation developed by the **Central Council for Research in Ayurvedic Sciences (CCRAS)**. It is useful in the treatment of asymptomatic, mild and moderate Covid-19 infection as an adjunct to standard care.

**Initially the drug was developed for Malaria** in the year 1980 and now is repurposed for Covid-19.

- **Kabasura Kudineer** is a traditional formulation used by Siddha practitioners for effectively managing common respiratory health.

- **Related Initiatives:**

- **National Ayush Mission** - Government of India is implementing the **Centrally Sponsored Scheme** of National Ayush Mission (NAM) through States/UTs for development and promotion of AYUSH system of medicine.

- AYUSH **Health and Wellness Centres**.

- Recently, **government notification listed out specific surgical procedures** that a postgraduate medical student of Ayurveda must be practically trained to acquaint with, as well as to independently perform.

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## Ayurveda

- The word '**Ayurveda**' has derived from the fusion of two separate words- 'Áyu' i.e. life and 'veda' i.e. knowledge. Thus in literal meaning Ayurveda is the science of life.
- It **aims to keep structural and functional entities in a state of equilibrium, which signifies good health (Swasthya)** through various procedures, regimen, diet, medicines and behavior change.

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## Yoga

- Yoga is an ancient **physical, mental and spiritual practice** that originated in India.
- The word '**yoga**' is derived from Sanskrit and means to **join or to unite**, symbolizing the union of body and consciousness.
- Today it is practiced in various forms around the world and continues to grow in popularity (**International Day of Yoga - 21<sup>st</sup> June**).

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## Naturopathy

- Naturopathic **medicine is a system that uses natural remedies** to help the body heal itself. It embraces many therapies, including herbs, massage, acupuncture, exercise, and nutritional counseling.
- Some of its treatments are centuries old but today, it **combines traditional treatments with some aspects of modern science.**

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## Unani

- The Unani system **originated in Greece** and its foundation was laid by Hippocrates.
- However, the **system owes its present form to the Arabs** who not only saved much of the Greek literature by rendering it into Arabic but also enriched the medicine of their day with their own contributions.
- It was **introduced in India by the Arabs and Persians** sometime around the eleventh century.
- India has the largest number of Unani educational, research and health care institutions.

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## Siddha

- Siddha system of medicine is **practiced in some parts of South India especially in the state of Tamil Nadu.**
  - The term '**Siddha**' has come from '**Siddhi**'- which means **achievement**. Siddhars were the men who achieved supreme knowledge in the field of medicine, yoga or tapa (meditation).
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## Sowa-Rigpa

- “Sowa-Rigpa” commonly known as Tibetan system of medicine is one of the oldest, living and well documented medical traditions of the world.
- It **originated from Tibet and popularly practiced in India, Nepal, Bhutan, Mongolia and Russia**. The majority of theory and practice of Sowa-Rigpa is similar to “Ayurveda”.
- Sowa-Rigpa is **based on the principle that bodies of all the living beings and non living objects of the universe are composed of five Cosmo physical elements** of Jung-wa-nga (Prithvi, Jal, Agni, Vayu and Akash).
- When the proportion of these elements is imbalanced in our body, disorder results.

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## Homoeopathy

- The word ‘Homoeopathy’ is derived from two Greek words, **Homois meaning similar and pathos meaning suffering**. It was introduced in India in the 18<sup>th</sup> Century.
- Homoeopathy simply **means treating diseases with remedies, prescribed in minute doses**, which are capable of producing symptoms similar to the disease when taken by healthy people, i.e.principle of - "Similia Similibus Curantur" which means "likes are cured by likes".
- It takes a **holistic approach towards the sick individual** through promotion of inner balance at mental, emotional, spiritual and physical levels.

Source: PIB