



# ACCR Portal & Ayush Sanjivani App

## Why in News

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

### ▪ 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.

<b>AYUSH Systems</b>	
<b>Ayurveda</b>	<ul style="list-style-type: none"> <li>▪ The word '<b>Ayurveda</b>' has derived from the fusion of two separate words- 'Ayu' i.e. life, literal meaning Ayurveda is the science of life.</li> <li>▪ It <b>aims to keep structural and functional entities in a state of equilibrium, well-being (Swasthya)</b> through various procedures, regimen, diet, medicines and behavior changes.</li> </ul>
<b>Yoga</b>	<ul style="list-style-type: none"> <li>▪ Yoga is an ancient <b>physical, mental and spiritual practice</b> that originated in India.</li> <li>▪ The word '<b>yoga</b>' is derived from Sanskrit and means to join or to unite, symbolizing the union of mind, body and consciousness.</li> <li>▪ Today it is practiced in various forms around the world and continues to grow in popularity. (<b>21<sup>st</sup> June</b>).</li> </ul>
<b>Naturopathy</b>	<ul style="list-style-type: none"> <li>▪ Naturopathic <b>medicine is a system that uses natural remedies</b> to help the body heal itself through natural therapies, including herbs, massage, acupuncture, exercise, and nutritional counseling.</li> <li>▪ Some of its treatments are centuries old but today, it <b>combines traditional treatments with modern science</b>.</li> </ul>
<b>Unani</b>	<ul style="list-style-type: none"> <li>▪ The Unani system <b>originated in Greece</b> and its foundation was laid by Hippocrates.</li> <li>▪ However, the <b>system owes its present form to the Arabs</b> who not only saved the Greek medicine but also enriched the medicine of their day with their own contributions.</li> <li>▪ It was <b>introduced in India by the Arabs and Persians</b> sometime around the eleventh century.</li> <li>▪ India has the largest number of Unani educational, research and health care institutions.</li> </ul>
<b>Siddha</b>	<ul style="list-style-type: none"> <li>▪ Siddha system of medicine is <b>practiced in some parts of South India especially Tamil Nadu</b>.</li> <li>▪ The term '<b>Siddha</b>' has come from '<b>Siddhi</b>'- which means achievement. Siddha is the attainment of supreme knowledge in the field of medicine, yoga or tapa (meditation).</li> </ul>
<b>Sowa-Rigpa</b>	<ul style="list-style-type: none"> <li>▪ "Sowa-Rigpa" commonly known as Tibetan system of medicine is one of the oldest, living traditions of the world.</li> <li>▪ It <b>originated from Tibet and popularly practiced in India, Nepal, Bhutan, Mongolia</b>.</li> <li>▪ theory and practice of Sowa-Rigpa is similar to "Ayurveda".</li> <li>▪ Sowa-Rigpa is <b>based on the principle that bodies of all the living beings and minerals are composed of five Cosmo physical elements</b> of Jung-wa-nga (Prithvi, Jal, Agni, Vayu, Akash).</li> <li>▪ When the proportion of these elements is imbalanced in our body, disorder results.</li> </ul>
<b>Homoeopathy</b>	<ul style="list-style-type: none"> <li>▪ The word 'Homoeopathy' is derived from two Greek words, <b>Homois meaning similar</b> and <b>Pathos meaning disease</b>. It was introduced in India in the 18<sup>th</sup> Century.</li> <li>▪ Homoeopathy simply <b>means treating diseases with remedies, prescribed in minute doses</b> which produce symptoms similar to the disease when taken by healthy people, i.e. principle of <b>similia similibus curantur</b> which means "likes are cured by likes".</li> <li>▪ It takes a <b>holistic approach towards the sick individual</b> through promotion of inner balance at mental, spiritual and physical levels.</li> </ul>

**Source: PIB**

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