



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.

AYUSH Systems	
Ayurveda	<ul style="list-style-type: none"> ▪ The word 'Ayurveda' has derived from the fusion of two separate words- 'Ayu' i.e. life and 'Veda' i.e. knowledge. literal meaning Ayurveda is the science of life. ▪ It aims to keep structural and functional entities in a state of equilibrium, well-being (Swasthya) through various procedures, regimen, diet, medicines and behavior changes.
Yoga	<ul style="list-style-type: none"> ▪ 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 mind, body and consciousness. ▪ Today it is practiced in various forms around the world and continues to grow in popularity. (21st June).
Naturopathy	<ul style="list-style-type: none"> ▪ Naturopathic medicine is a system that uses natural remedies to help the body heal itself through natural therapies, including herbs, massage, acupuncture, exercise, and nutritional counseling. ▪ Some of its treatments are centuries old but today, it combines traditional treatments with modern science.
Unani	<ul style="list-style-type: none"> ▪ 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 the Greek medicine 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.
Siddha	<ul style="list-style-type: none"> ▪ Siddha system of medicine is practiced in some parts of South India especially Tamil Nadu. ▪ The term 'Siddha' has come from 'Siddhi'- which means achievement. Siddha is the attainment of supreme knowledge in the field of medicine, yoga or tapa (meditation).
Sowa-Rigpa	<ul style="list-style-type: none"> ▪ "Sowa-Rigpa" commonly known as Tibetan system of medicine is one of the oldest, living traditions of the world. ▪ It originated from Tibet and popularly practiced in India, Nepal, Bhutan, Mongolia. ▪ 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 minerals are composed of five Cosmo physical elements of Jung-wa-nga (Prithvi, Jal, Agni, Vayu, Akash). ▪ When the proportion of these elements is imbalanced in our body, disorder results.
Homoeopathy	<ul style="list-style-type: none"> ▪ The word 'Homoeopathy' is derived from two Greek words, Homois meaning similar and Pathos meaning disease. It was introduced in India in the 18th Century. ▪ Homoeopathy simply means treating diseases with remedies, prescribed in minute doses which produce symptoms similar to the disease when taken by healthy people, i.e. principle of similia similibus curentur which means "likes are cured by likes". ▪ It takes a holistic approach towards the sick individual through promotion of inner balance at mental, spiritual and physical levels.

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