



# Ayush Aahaar

## Why in News

Recently, the Ministry of Ayush made a new beginning by making '**Ayush Aahaar**' available at its canteen at Ayush Bhawan (Delhi).

- It aims to **promote a nutritional diet and a healthy living.**

## Key Points

- **Meaning of 'Ayush':**
  - Traditional & Non-Conventional Systems of Health Care and Healing which Include Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy etc.
  - The positive features of the Indian systems of medicine namely their diversity and flexibility; accessibility; affordability, a broad acceptance by a large section of the general public; comparatively lesser cost and growing economic value, have great potential to make them providers of healthcare that the large sections of our people need.
- **Some Initiatives of the Ayush Ministry:**
  - **National Ayush Mission:**
    - Government is implementing the **Centrally Sponsored Scheme** of Mission through States/UTs for development and promotion of Ayush system of medicine.
    - The government has decided to continue till 2026.
  - **Aahaar Kranti Mission:**
    - The mission is dedicated to spreading awareness about nutrition.
  - **New Portals on Ayush Sector:**
    - **Five new portals on Ayush Sector** have been launched - CTRI (Clinical Trial Registry of India), RMIS (Research Management Information System), SAHI (Showcase of Ayurveda Historical Imprints), AMAR (Ayush Manuscripts Advanced Repository), and e-Medha (electronic Medical Heritage Accession).
  - **ACCR Portal and Ayush Sanjivani App:**
    - **Ayush Clinical Case Repository Portal:** To portray the strengths of Ayush systems for treatment of various disease conditions.
    - **AYUSH Sanjivani App Third Version:** 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.

**Source: PIB**

