



Ayurveda Day 2025

Why in News?

Ayurveda Day, first observed in **2016**, will now be celebrated on **23 September every year**, replacing the earlier practice of celebrating it on **Dhanvantari Jayanti (Dhanteras)**.

Key Points

- **About:** With the fixed date of 23 September, Ayurveda Day is poised to gain a permanent position in the global calendar, contributing to worldwide health, well-being, and [ecological sustainability](#) through the rich tradition of Ayurveda.
 - Ayurveda spread globally through **trade and cultural exchanges**, influencing traditional medicine practices in **Tibet, China**, and beyond.
 - Ayurveda Day has evolved into a **global movement**, highlighting Ayurveda's recognition as a **traditional medicine system in 24 countries**, with over 100 nations importing its products.
- **Ayurveda Day 2025:**
 - The theme for 2025 is "Ayurveda for People & Planet," emphasizing global wellness and environmental sustainability through Ayurveda.
 - The 2025 celebrations will focus on addressing global challenges like **lifestyle disorders**, [climate-related diseases](#), and **stress management**, with Ayurveda promoted as a viable solution.
 - **The Ministry of Ayush will lead activities, including Awareness campaigns, Youth engagement programs, Wellness consultations, and International collaborations.**
- **Milestones of Ayurveda Day 2024:** The 9th Ayurveda Day (2024) marked significant achievements in India's healthcare sector:
 - Inauguration of Phase II of the All India Institute of Ayurveda (AIIA).
 - Launch of four Centres of Excellence in Ayurveda.
 - Introduction of "Desh Ka Prakriti Parikshan Abhiyan"
- **Significance:** The [first all-India NSSO survey](#) reaffirmed Ayurveda as the most used treatment system in both rural and urban India.

Initiatives Taken For Development of Ayurveda

- [National Ayush Mission](#)
- [New Portals on Ayush Sector](#)
- [ACCR Portal and Ayush Sanjivani App](#)

AYUSH Systems of Medicine

AYUSH encompasses Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy, with Ayurveda having a documented history of 5000+ years.

Ayurveda

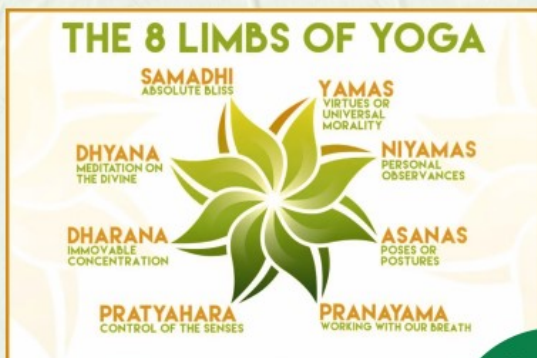
- **Samhita Period (1000 BC):**
 - Emerged as mature medical system
 - **Charaka Samhita:** Oldest and most authoritative text
 - **Sushruta Samhita:** Gives fundamental principles and therapeutic methods in eight specialties
- **Main Schools:**
 - **Punarvasu Atreya** - School of physicians
 - **Divodasa Dhanvantari** - School of surgeons

Branches of Ayurveda:

- | | |
|--|--|
| ■ Kayachikitsa (internal medicine) | ■ Agada Tantra (toxicology) |
| ■ Shalya Tantra (surgery) | ■ Bhootavidya (psychiatry) |
| ■ Shalakya Tantra (disease of supra-clavicular origin) | ■ Rasayana Tantra (rejuvenation and geriatrics) |
| ■ Kaumarabhritya (paediatrics) | ■ Vajikarana (eugenics & science of aphrodisiac) |

Lord Brahma is believed to be the 1st proponent of Ayurveda

Yoga & Naturopathy



- **Naturopathy:** Healing with help of 5 natural elements - Earth, Water, Air, Fire and Ether
 - Based on theories of self-healing capacity of body and principles of healthy living
 - Encourages a **person-centred approach** rather than disease-centred

Yoga first propounded by Maharishi Patanjali in systematic form Yogsutra

Unani

Pioneered in Greece, developed by Arabs as 7 principles (Umoor-e-Tabbiya)

- Based on the framework of teachings of **Buqrat** (Hippocrates) and **Jalinoos** (Galen)
 - Hippocratic theory of **four humors** viz. blood, phlegm, yellow bile, and black bile
- **Recognised by WHO** and granted official status by India as an alternative health system

Siddha

Dates back to 10000 – 4000 BC;
Siddhar Agasthiyar - Father of Siddha Medicine

- Preventive, promotive, curative, rejuvenative, and rehabilitative health care
- **4 Components:** Latro-chemistry, Medical practice, Yogic practice & Wisdom
- Diagnosis based on 3 humors (**Mukkuttram**) and 8 vital tests (**Ennvagai Thervu**)

Sowa Rigpa

Origin: Lord Buddha in India before 2500 years

- Traditional medicine in Himalayan regions of Ladakh, Himachal Pradesh, Arunachal Pradesh, etc.
- Recognised in India by Indian Medicine Central Council Act, 1970 (As amended in 2010)

Homeopathy

German physician **Dr. Christian F. S. Hahnemann** codified its fundamental principles

- Medicines prepared mainly from natural substances (plant products, minerals, animal sources)
- Brought in India by European missionaries - 1810; official recognition - 1948
- **3 Key Principles:**
 - **Similia Similibus Curentur** (let likes be cured by likes)
 - Single Medicine
 - Minimum Dose

