



Establishment of Ayurveda Institute in Varanasi

Why in News?

On [National Ayurveda Day](#), the Uttar Pradesh government announced that a premier Ayurveda institute will be set up in **Varanasi**.

Key Points

- The government is establishing an Ayurveda institute in Varanasi, similar to AIIMS, to **promote the research and development** of Ayurveda and strengthen the traditional practice.
- The facility will span 10 acres, featuring **educational and treatment amenities**, including a medical college for Ayurveda and both indoor and outdoor patient care services.
- **New Ayush dispensaries** will also be established across the state with a budget of Rs 104 crore to meet growing demand.
- **New Ayush medical colleges will also be established in key cities like Gonda, Basti, Mirzapur, Agra, and Meerut, focusing on higher studies and research in Ayurveda to promote traditional medicine nationwide.**

National Ayurveda Day

- [Ayurveda Day](#), first observed in 2016, was celebrated on **23 September** this year, replacing the earlier practice of celebrating it on Dhanvantari Jayanti (Dhanteras).
- The theme for 2025 was **"Ayurveda for People & Planet,"** emphasising global wellness and environmental sustainability through Ayurveda.

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

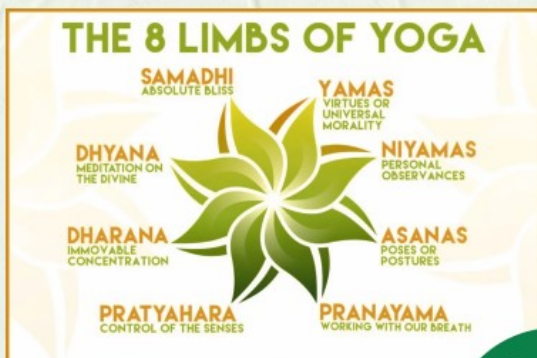
- **Samhita Period (1000 BC):**
 - Emerged as mature medical system
 - **Charaka Samhita:** Oldest and most authoritative text
 - **Sushruta Samhita:** Gives fundamental principles and therapeutic methods in eight specialties
- **Main Schools:**
 - **Punarvasu Atreya** - School of physicians
 - **Divodasa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

