



Establishment of Ayurveda Institute in Varanasi | Uttar Pradesh | 24 Sep 2025

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

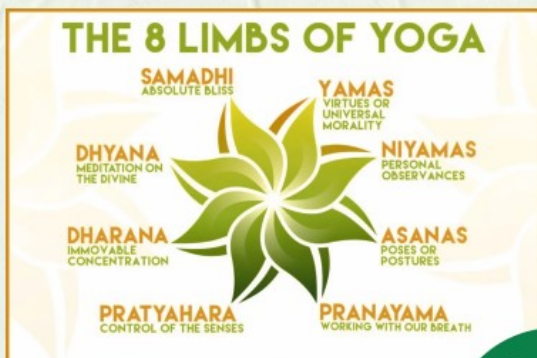
- **Samhita Period (1000 BC):**
 - Emerged as mature medical system
 - **Charaka Samhita:** Oldest and most authoritative text
 - **Sushruta Samhita:** Gives fundamental principles and therapeutic methods in eight specialties
- **Main Schools:**
 - **Punarvasu Atreya** - School of physicians
 - **Divodasa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

Branches of Ayurveda:

- Kayachikitsa (internal medicine)
- Shalya Tantra (surgery)
- Shalakya Tantra (disease of supra-clavicular origin)
- Kaumarabhritya (paediatrics)
- Agada Tantra (toxicology)
- Bhootavidya (psychiatry)
- Rasayana Tantra (rejuvenation and geriatrics)
- 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

UP Leads in Ayushman Bharat-PMJAY Implementation | Uttar Pradesh | 24 Sep 2025

Why in News?

Uttar Pradesh leads in the implementation of the [Ayushman Bharat scheme](#), covering 87% of eligible families, marking a milestone in universal health coverage.

Key Points

- **About:** In Uttar Pradesh, 87% of eligible families now possess an Ayushman card, with a total of 5.38 crore cards distributed, positioning the state at the forefront of the Ayushman Bharat scheme's implementation.
 - Over 50% of the nine crore target beneficiaries in Uttar Pradesh have already been enrolled in the scheme.
 - This milestone was highlighted during an event celebrating the seventh anniversary of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PMJAY).
- **Healthcare Access and Expenditure:** Since its inception, 74.4 lakh beneficiaries in Uttar Pradesh have received free treatment at **empanelled hospitals** under the scheme, totalling an expenditure of Rs 12,283 crore.
 - Of this, Rs 4,200 crore has been allocated for **tertiary care services** like cancer treatment, cardiology, organ transplants, and pediatric oncology.
- **Empanelled Hospitals:** Currently, Uttar Pradesh boasts 6,099 empanelled hospitals, the **highest in the country**, including 2,921 government hospitals and 3,088 private hospitals. This extensive network ensures wide access to healthcare for the state's population.

Ayushman Bharat-PMJAY Scheme

- **Overview:** Launched on 23rd September 2018, Ayushman Bharat is recognised as the world's largest universal health coverage initiative, covering **approximately 45%** of India's population.
 - It aims to provide **free and high-quality healthcare** to economically disadvantaged families.
- **Funding:** It is a **centrally sponsored scheme** with a cost ratio of **60:40** for the Centre and states and **90:10** for the north-eastern states, Himalayan states and Union Territories. **States** have the **option to opt out** of the scheme.
- **Target Beneficiaries:** The beneficiaries are selected based on the [Socio-Economic and Caste Census \(SECC\) 2011](#) and other state-specific initiatives.
 - These include construction workers, Antyodaya cardholders, accredited journalists, ASHA and Anganwadi workers, Kumbh workers, senior citizens above 70 years, and vulnerable tribal groups. Recently, the scheme has also been extended to include teachers.

Scope of CM Housing Scheme (Rural) Expanded | Uttar Pradesh | 24 Sep 2025

Why in News?

The Uttar Pradesh government has expanded the Chief Minister's Housing Scheme (Rural) to **include marginalised OBC sub-castes**, ensuring more inclusive housing benefits for rural populations.

Key Points

▪ About:

- Launched in 2018, the Chief Minister's Rural Housing Scheme has been instrumental in **providing shelter to homeless** and economically backward families, including those affected by **natural disasters, leprosy, Kala-azar, and disability**.
- The scheme operates alongside the **Pradhan Mantri Awas Yojana (PMAY-Gramin)** but specifically covers those excluded from central housing initiatives.
- **In 2024**, the government **included widowed women** between the ages of 18 to 50 years in the priority list, recognising their vulnerability and need for special support.

▪ Expansion of Beneficiary List:

- The government has added the **'Sapera' and 'Jogi' sub-castes** to the priority list of beneficiaries under the **Chief Minister's Housing Scheme (Rural)**.
- The 'Sapera' community, residing in **Mathura, Prayagraj, and Saharanpur** districts, and the 'Jogi' community, with approximately 200 families in the Maitha development block of **Kanpur Dehat district**, are now eligible for the scheme.
- Previously, the **Chero tribe** from **Sonbhadra and Varanasi** districts was also added to the priority list.

PDF Reference URL: <https://www.drishtiias.com/statepcs/25-09-2025/uttar-pradesh/print>

