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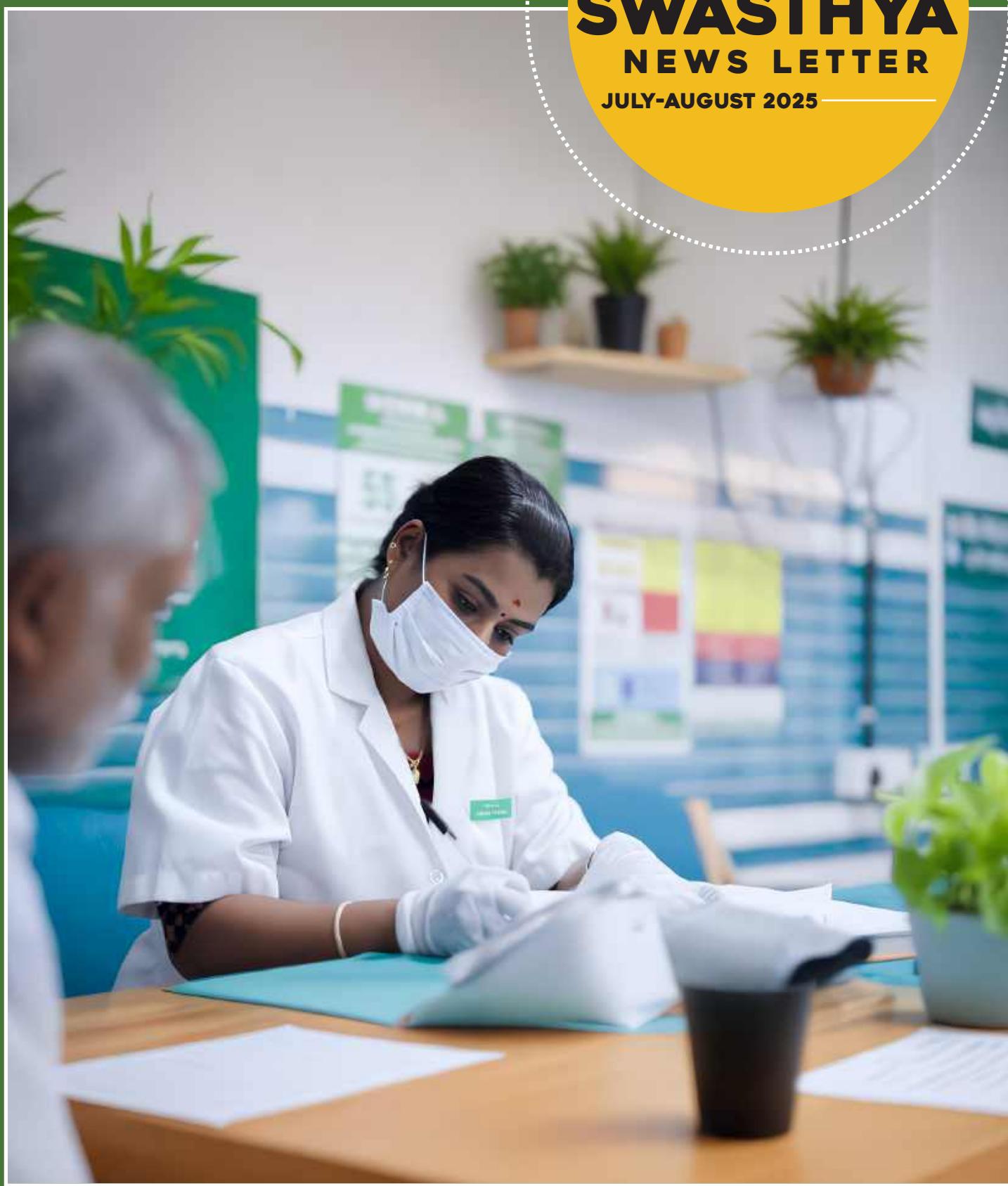
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SWASTHYA

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AYUSH

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AYUSH & the Art of Holistic Healing

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As the world grapples with rising cases of lifestyle-related diseases and the limitations of conventional medicine in preventing and managing chronic ailments, there has been a renewed interest in traditional health-care systems. In India, this resurgence is championed by AYUSH – a collective term representing Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy. Formed in 2014, the Ministry of AYUSH aims to revive and integrate these ancient systems into mainstream healthcare.

More than just alternative therapies, AYUSH systems provide comprehensive healthcare solutions that focus on prevention, health promotion, and the treatment of both acute and chronic conditions. This article delves into the significant role AYUSH plays in

improving general health and well-being.

A Snapshot of AYUSH Systems

Each branch within AYUSH offers distinct principles and practices:

Ayurveda focuses on balancing the body, mind, and spirit through natural remedies, personalized nutrition, detoxification (Panchakarma), and daily routines.

Yoga integrates physical postures, breathing practices, meditation, and ethical living to promote harmony and self-realization.

Naturopathy is grounded in the belief that the body heals itself with the help of natural interventions like fasting, hydrotherapy, and dietary discipline.

Unani emphasizes balance among the body's humors (Akhlat), offering





therapies that involve herbs, dietary regulations, and physical treatments.

Siddha, one of India's oldest systems, utilizes metals, minerals, yogic practices, and lifestyle modification for physical and spiritual well-being.

Homoeopathy works on the principle of "*Similia Similibus Curentur*" (like cures like), using diluted substances to activate the body's natural healing responses.

AYUSH for Preventive and Promotive Healthcare

One of the key strengths of AYUSH systems is their focus on keeping individuals healthy and preventing diseases before they arise.

1. Lifestyle and Dietary Practices

Traditional systems like Ayurveda and Naturopathy guide individuals to live in alignment with nature and one's

body constitution (Prakriti), incorporating seasonal routines (Ritucharya) and age-specific practices. Consuming Rasayanas (rejuvenating substances) also helps in building immunity and promoting longevity.

2. Managing Stress Naturally

Yoga and meditation have been scientifically shown to reduce stress hormones, enhance mood, and support mental clarity. Breathing exercises and mindfulness practices are proven tools for regulating emotions and promoting inner balance.

3. Boosting Immunity

Natural herbs such as Ashwagandha, Giloy, and Tulsi from Ayurveda, and homoeopathic immune boosters, have demonstrated effectiveness in enhancing the immune response. These systems gained popularity



during the COVID-19 pandemic for their role in disease prevention and immune modulation.

Managing Chronic Illnesses through AYUSH

Chronic illnesses like diabetes, hypertension, arthritis, and obesity have become part of everyday life for millions of people around the world. These conditions often develop silently and persist over time, demanding ongoing attention and care. While modern medicine has made remarkable progress in managing symptoms and preventing complications, it often relies heavily on medications and interventions that may not always address the root causes or promote long-term healing.

That's where AYUSH — an umbrella term for Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy —

offers a refreshing, person-centered alternative. Rather than isolating a disease and targeting it with a one-size-fits-all drug, AYUSH systems look at the whole person — body, mind, lifestyle, environment, and even emotional well-being — and provide individualized, sustainable approaches to healing and wellness.

1. Diabetes: Beyond Blood Sugar Control

Managing diabetes is not just about popping pills or injecting insulin. It's about reshaping habits, reducing stress, eating wisely, and understanding your body's signals. Ayurveda classifies diabetes as Madhumeha and suggests not only herbal remedies like Guduchi, Vijaysar, and Triphala, but also Panchakarma detox therapies and lifestyle modifications based on an individual's Prakriti (constitution).

Yoga, especially when practiced consistently, helps improve insulin sensitivity, reduce stress hormones like cortisol, and support weight loss – all of which are essential in diabetes management. Studies have shown that practices like Surya Namaskar, Trikonasana, and Nadi Shodhana Pranayama can significantly improve glycemic control.

Naturopathy complements this approach with tools like hydrotherapy, fasting, and a plant-based alkaline diet, allowing the body to reset its internal environment and activate natural healing mechanisms.

2. Hypertension: Managing Pressure Without the Pressure

High blood pressure is often referred to as the “silent killer,” but it is also a deeply stress-sensitive condition. Many people are prescribed lifelong medication, but that alone may not resolve the anxiety, lifestyle habits, or dietary factors that contribute to the condition.

Yoga and meditation offer powerful, non-pharmacological ways to manage hypertension. Techniques like Shavasana, Bhramari, and

Anulom Vilom are known to calm the nervous system, regulate heart rate, and induce a state of deep relaxation – counteracting the hyperactivity of the sympathetic system responsible for elevated blood pressure.

Ayurveda recommends herbal formulations like Sarpagandha, Arjuna, and Ashwagandha, alongside dietary changes and daily routines that help balance the doshas (biological energies). Meanwhile, Unani and Siddha systems advocate for regimental therapies and lifestyle alignment with natural rhythms to maintain cardiovascular health.

3. Joint Pain and Arthritis: Moving Towards Pain-Free Living

Living with arthritis can be emotionally and physically draining. Pain, stiffness, and restricted mobility impact not just your body but your quality of life. AYUSH approaches this condition not as a mechanical issue, but as a result of systemic imbalance – often linked to poor digestion, inflammation, and toxin accumulation.

Ayurvedic therapies like Abhyanga (therapeutic oil massage), Swedana (herbal steam), and internal medications

made from herbs like Guggulu, Shallaki, and Eranda (castor) provide relief and reduce inflammation.

Yoga therapy for arthritis includes gentle stretches, joint-loosening movements, and mindfulness practices that improve flexibility, circulation, and mental resilience. Even a few minutes a day of yoga can help patients regain confidence in their movement.

Homoeopathy, on the other hand, offers a highly personalized approach — remedies are selected based on the individual's physical symptoms, emotional state, and overall constitution. It is especially useful in autoimmune forms of arthritis where the immune system needs gentle, long-term regulation.

4. Obesity and Metabolic Syndrome: Addressing the Root, Not Just the Weight.

Obesity is more than a cosmetic concern — it is a gateway to a host of chronic problems like heart disease, diabetes, and fatty liver. AYUSH systems treat obesity not merely by counting calories but by identifying the underlying imbalance, whether it is related to digestion, hormones, or

emotional eating patterns.

Ayurveda treats obesity as Sthoulya, and interventions include herbal teas, Udwarthanam (herbal powder massage), Virechana (purgation therapy), and metabolic-boosting diets. Yoga offers powerful asanas like Bhujangasana, Pavanamuktasana, and Surya Namaskar, alongside breathing practices that increase metabolism and reduce cravings.

Naturopathy adds tools like intermittent fasting, hydrotherapy, and mud packs to reset the gut and hormones. Together, these techniques don't just help shed pounds — they improve digestion, balance the endocrine system, and enhance emotional stability.

Mental Well-being and AYUSH

Mental health is intricately woven into AYUSH philosophies. These systems promote mental equilibrium through natural and non-invasive means.

Yoga, in particular, has emerged as a valuable therapy for anxiety, depression, insomnia, and even psychiatric conditions. It helps regulate the autonomic nervous system and promotes emotional resilience. Ayurvedic herbs



Yoga, in particular, has emerged as a valuable therapy for anxiety, depression, insomnia, and even psychiatric conditions. It helps regulate the autonomic nervous system and promotes emotional resilience. Ayurvedic herbs like Brahmi and Shankhpushpi are known to enhance cognitive function, while homoeopathic remedies address psychological issues at a constitutional level.

Unani and Siddha also explore mind-body connections, offering solutions that correct humoral imbalance and rejuvenate the nervous system.

AYUSH in Women's & Elderly Health

1. Women's Wellness

Conditions like PCOS, menstrual irregularities, infertility, and menopausal symptoms are effectively managed with Ayurvedic detox therapies, yoga, herbal remedies, and personalized nutrition. These treatments offer long-term benefits without the side effects commonly associated with synthetic hormones.

2. Elderly Care

Aging brings challenges like memory decline, fatigue, and degenerative diseases. AYUSH offers rejuvenative treatments such as Rasayana Chikitsa,



yoga therapy, and nature cure practices that maintain vitality, boost immunity, and enhance cognitive performance in the elderly.

Building Evidence for AYUSH

The credibility of AYUSH systems is increasingly supported by scientific research. Dedicated institutions such as CCRAS and CCRYN conduct clinical trials, pharmacological evaluations, and data analysis.

Current research trends include:

- AYUSH interventions for cancer care, metabolic disorders, and autoimmune conditions.
- Development of digital platforms and artificial intelligence to personalize Ayurvedic prescriptions.
- Clinical validation and standardization of herbal medicines and yoga modules.
- Collaborations with international research centers and publication in high-impact journals.

Global Reach and Future Scope of AYUSH

Globally, there is growing recognition of AYUSH systems:

- The International Day of Yoga has helped bring yoga to the mainstream globally.
- WHO's support in establishing traditional medicine centers is a testament to global trust.
- Many countries now have dedicated AYUSH centers and are introducing formal education programs in Ayurveda and Yoga.

Conclusion

AYUSH systems offer a time-tested and scientifically evolving approach to health and well-being. Their focus on prevention, lifestyle correction, and mind-body harmony makes them relevant not only in treating disease but also in enhancing the quality of life. As AYUSH continues to integrate with conventional systems, it promises a more inclusive, accessible, and sustainable model of healthcare for the 21st century.

Ayurvedic Nutrition for Children's Daily Life

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Ollur



Ayurveda believes that the key to life-long health begins with the food we eat, which nourishes every cell and shapes our overall well-being. Nutrition is a fundamental requirement for every living being, and for humans, it plays a vital role in supporting the body's physiological functions. An uninterrupted supply of proper nutrition becomes even more crucial during periods of rapid growth and development—such as infancy and childhood.

In Ayurveda, Ahara (diet) is considered one of the essential pillars of life (Trayo-Upastambha), alongside Nidra (sleep) and Brahmacharya (regulated lifestyle). It is said that complexion, happiness, voice, lifespan, strength, satisfaction, intellect, and overall vitality all depend on the quality of food consumed. Not just

a means of sustenance, Ahara is considered the best of all medicines in Ayurveda, forming the foundation of health, immunity, and mental balance.

Ayurveda places special emphasis on the nutrition of children to ensure healthy growth, strong immunity, and balanced development. Based on dietary patterns, children are classified into three stages:

1. Ksheerapa – Infants who consume mainly breast milk.

2. Ksheerannada – Children who are nourished by both breast milk and semisolid or solid foods.

3. Annada – Children who consume a diet similar to adults.



Ayurveda strongly advocates exclusive breastfeeding up to six months of age. After that, complementary feeding should begin with appropriate care. This transition is traditionally marked through ceremonies like Annaprashana (first grain feeding) and Phalaprashana (first fruit feeding), symbolizing the child's readiness for solid foods.

Key recommendations during infancy and early childhood include:

- Early initiation of breastfeeding after birth
- Exclusive breastfeeding for the first six months
- Avoiding bottle feeding to prevent

infections and indigestion

- Ensuring proper hygiene in feeding practices
- Introducing complementary foods after six months in a gradual and age-appropriate manner

These practices are vital for maintaining the nutritional well-being and bala (strength) of the child, helping lay the foundation for a healthy and resilient life.

Nourishment upto 2 years of Age

First 6 months of age

In Ayurveda, breast milk (Stanya) is honoured as Amrta—the nectar of



life—and serving as the infant's foremost source of nourishment. It is Madhura Rasa Pradhana (sweet in taste), Pustikara (nourishing), and Arogyakara (health-promoting), supporting both the physical and mental growth of the child. Breast milk naturally contains the ideal proportions of fat, cholesterol, protein, and carbohydrates required to meet all nutritional needs during the first six months of life.

Ayurveda praises Stanyapana (breastfeeding) not only for its perfect nutritional balance but also for its protective role against diseases. Feeding should commence from the very first day after birth. Modern research findings reveal that breast milk is abundant

in immunoglobulins (IgA, IgM, IgG), with secretory IgA in colostrum, playing a crucial role in protecting the mucous membranes and digestive tract. In harmony with these timeless teachings, the World Health Organization and the American Academy of Pediatrics recommend exclusive breastfeeding for the first six months of life, as it fully meets the infant's nutritional requirements while laying the foundation for a strong immune system and healthy development.

6 months to 2 years of age

As the child grows, they require more energy and nutrient rich food. From six months of age, the nutritional demands of a rapidly growing child



increase significantly, requiring additional energy and calories beyond what breast milk alone can provide. While breast milk should remain the primary source of nutrition, it must be supplemented with age-appropriate complementary foods to ensure balanced growth and prevent nutritional deficiencies.

By around ten months, Annaprashana Samskara is performed, introducing energy-dense, easily digestible carbohydrate-rich foods. This stage coincides with the eruption of teeth, the development of chewing movements, and a more mature digestive capacity. Foods such as soft cereals, porridges,

become ideal first choices, as they are gentle on digestion and provide sustained energy nourishment.

Ayurveda emphasizes this transition through Phalaprasana and Annaprashana Samskaras, which mark the gradual introduction of supplementary feeding. Initially, Phalaprasana -performed at around six months - introduces the infant to fresh fruits and fruit juices. These provide essential nutrients, particularly vitamin C and iron, which are limited in breast milk. In addition to enhancing agni (digestive fire), fruit preparations help in relieving constipation, maintaining hydration, and offering extra nourishment.

These include certain nourishing weaning food for the children like Priyala majja which include priyala (*Buchanania lanza*), yashtimadhu (*Glycyrrhiza glabra*), honey, Laja (*Oryza sativa*), sugar to improve the nutritional status in children.

Nourishment from 2 years of Age

From the age of two years, a child enters the Annada Avastha, when solid foods become the primary source of nourishment. During this stage, the diet should gradually include a variety of cereals and all forms of food preparations such as lehya (semi-solid), peya (liquid), and bhojya (solid). Home-cooked, well-prepared meals are ideal, incorporating a balance of vegetables, milk, nuts, seeds, whole grains, lentils, beans, and seasonal fruits

As the child develops further his metabolism and activity level demand a more structured meal schedule. At least three balanced meals – breakfast, lunch, and dinner should be provided, with an interval of at least two and a half hours between them. The daily diet should include whole grains such as wheat, fresh vegetables, seasonal fruits, ghee, pulses, milk and

dry fruits. For non-vegetarian children, eggs, fish, and meat may be included to support strength, stamina, and overall nourishment.

In Ayurveda, Ajasrika Rasayana refers to substances that can be consumed daily to promote longevity, vitality, and well-being without the need for special preparation or elaborate regimens. Among these, Ksheera (milk) and Ghrita (ghee) hold an unparalleled place, especially in the diet of children. Both are considered Satmya (wholesome by nature) for growing bodies and developing minds.

Milk being rich in proteins, calcium, vitamins and easily digestible fats, directly supports bone development, muscle growth and cognitive functions. Its cooling, sweet, and unctuous qualities, calm the mind and foster sound sleep, becoming an essential element for healthy growth.

Ghrita, on the other hand, is revered for its deep-nourishing and brain-strengthening properties. It enhances Smriti, (memory) Medha, (intellect) and Agni (digestive fire) while lubricating tissues and maintaining joint flexibility. Modern research



also indicates that ghee provides essential fatty acids that support brain myelination and hormone production in children.

The Recommended Daily Dietary Allowances for Children

- For infants aged 0–6 months, with an average body weight of 5.4 kg, the energy requirement is 92 kcal per kg per day, with 1.16 g of protein per kg per day. Calcium needs are 500 mg/day, and iron requirements are 46 µg per kg per day.
- From 6–12 months (average weight 8.4 kg), the energy requirement is 80 kcal per kg per day, protein is 1.69 g per kg per day, and visible fat intake should be around 19 g/day.
- Calcium remains at 500 mg/day, and iron needs increase to 5 mg/day.
- Between 1–3 years (average weight 12.9 kg), children require 1060 kcal/-day, 16.7 g protein/day, 27 g visible fat/day, 600 mg calcium/day, and 9 mg iron/day.
- From 4–6 years (average weight 18 kg), the requirement rises to 1350 kcal/day, 20.1 g protein/day, 25 g visible fat/day, 600 mg calcium/-day, and 13 mg iron/day.
- Children aged 7–9 years (average weight 25.1 kg) need 1690 kcal/day, 29.5 g protein/day, 30 g visible fat/day, 800 mg calcium/day, and 16 mg iron/day.



- For boys aged 10–12 years (34.3 kg), the daily intake should be 2190 kcal, 39.9 g protein, 35 g visible fat, 800 mg calcium, and 21 mg iron.
- For girls aged 10–12 years (35 kg), requirements are 2010 kcal, 40.4 g protein, 35 g visible fat, 800 mg calcium, and 27 mg iron.
- Boys aged 13–15 years (47.6 kg) need 2750 kcal, 54.3 g protein, 45 g visible fat, 800 mg calcium, and 32 mg iron, while girls (46 kg) require 2330 kcal, 51.9 g protein, 40 g visible fat, 800 mg calcium, and 27 mg iron.
- By 16–17 years, boys (55.4 kg) need 3020 kcal, 61.5 g protein, 50 g visible fat, 800 mg calcium, and 28 mg iron, whereas girls (52.1 kg) require 2440 kcal, 55.5 g protein, 35 g visible fat, 800 mg calcium, and 26 mg iron.

fat, 800 mg calcium, and 26 mg iron.

In Ayurveda, nutrition in children is considered foundational for lifelong health and balanced growth. Proper nourishment (Ahara) supports the development of body tissues (Dhatu), strengthens immunity (Ojas), and promotes mental and physical well-being. Ayurveda emphasizes age-appropriate, easily digestible, and wholesome foods tailored to the child's constitution (Prakriti) and digestive capacity (Agni). Thus, a mindful diet combining quality, quantity, and timing ensures optimal growth, vitality, and immunity in children, making nutrition a cornerstone of pediatric health care.

Women Empowerment Through Homoeopathy

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The term AYUSH represents a highly valuable combination of five different aspects of healthcare : Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homoeopathy, each with its own principles and unique contribution to overall well-being. Together these systems ensure a natural mode of disease cure.

Apart from medicinal treatments, AYUSH encourages individuals to lead a calm and peaceful life through meditation, yoga, psychotherapy, and other holistic practices. It promotes a balanced lifestyle that supports physical, mental, and emotional health.

Homoeopathy

Homoeopathy, one of the five pillars of AYUSH, is a branch of medicine introduced by Dr. Samuel Hahnemann in

1796. It holds the second position in the WHO ranking. Homoeopathy is founded on the principle '*Similia Similibus Curentur*' - " Let likes be treated by likes." It offers a safe, permanent, and harmless approach to treatment. It considers humans as a whole, giving importance to both mind and body. Homoeopathy always offers cost effective treatment without side effects.

Despite its origin in Germany, homoeopathy has taken root across the world. Kerala also makes efforts to upgrade homoeopathy through both private and government sectors. The government has also introduced various projects to enable patients to share their concerns and express their needs freely, making them feel more comfortable.



Family and Mental Health

Family is the place where you are accepted for who you are and loved unconditionally. The unconditional love, care, and respect shared among family members are the cornerstones of one's personality. The family serves as the first school of emotional development where values of sharing, communication and empathy are nurtured.

Children are a reflection of the way parents behave, among themselves and towards others. Strong communication among members forms the backbone of character, while the bonds within the family ensure mutual protection and support.

Nowadays, most people are leading a mechanical life. There is little love, care, trust and mutual respect among individuals. Everyone seems to be racing towards a secure future. During this journey, there is hardly any time or space left for family life. When considering the current circumstances, women often suffer disproportionately compared to men. Whether employed or unemployed, the situation remains challenging.

For an unemployed woman, after managing household duties, sending her husband to work and children to school, she remains alone at home with no one to share her thoughts and struggles. If she is employed, she must

balance office duties with household responsibilities. This leaves her with no time for personal enjoyment. Children, meanwhile, live in a different world dominated by social media which distances them from family bonds. The disorganized life of parents often causes problems in the minds of children. They eventually start to adjust to such a life, which can lead to broken childhood experiences and even result in a traumatic life later on. Today, many live in a "pressure cooker" environment, where no one truly listens to them. Emotions are often unintentionally suppressed, which has become a leading cause of increasing suicide rates in society. The rising incidence of domestic violence, dowry deaths, sexual harassment, murders, substance abuse, alcoholism and other crimes clearly reflects the mindset of today's society. Even within families, safety is not always guaranteed. This is the current state of our society and such conditions often lead to psychological problems such as anxiety, depression, personality disorders and behavioural issues. Among the AYUSH systems, homoeopathy offers an effective solution to many of the sufferings faced by women and children.

Seethalayam

Seethalayam is the first gender-based homoeopathic project introduced by the Kerala Government in 2010. Its aim is to enhance the quality of life and provide support to women and adolescent girls, both mentally and physically. It offers a well-furnished platform for them to share their sufferings and worries. As homoeopathy considers people as a whole, the Seethalayam project promotes the overall well-being of an individual. Here the therapy is provided through both homoeopathic medication and counselling.

Problems addressed by Seethalayam

- Anxiety
- Anger issues
- Lack of sleep
- Depression
- Suicidal tendencies
- Family issues
- Domestic violence
- Job-related issues
- Behavioural issues
- Mental disorders
- Sexual issues
- Personality disorders

The main attraction of this project is that it is female-oriented, with all staff members being women. The female medical officers, attenders and other staff ensure a peaceful mindset for the patient. The trustworthy and empathetic approach of the staff will definitely bring a positive change in patients. The main highlight of the project is that patients can share their



innermost sufferings in detail with the medical officers, without doubting the confidentiality of the information. The doctors are willing to listen to each and every word carefully, so that they can prescribe medicines according to the mental and physical symptoms shared by them.

For better understanding, doctors may advise patients to involve their partners or other family members for a detailed case study. The information from the patient's friends and relatives helps complete the case, enabling the doctors to select medicines more effectively.

Along with homoeopathic medications, counselling is also provided whenever necessary. The female psychologist offers her services with

utmost care and informs the doctor about the intensity of the patient's sufferings, scientifically and in greater detail. After the first visit, a general follow-up after one or two weeks is advised for the patient, allowing time for the medicine to take effect and to aid in the stabilization of the patient's mental state. During the follow-up, doctors clearly evaluate the patient's current symptom picture in detail and compare the changes with the previous report. This helps them determine whether the patient is improving or not. If necessary, Seethalayam can also provide patients with legal advice. Generally, it receives patients through referrals from the Pink Police, Family Court, Women Protection Officers, other hospitals and dispensaries, Nirbhaya, advertisements on social



media, or even from the patient's own initiative. If needed, Seethalayam also provides inpatient services. For the sake and protection of the patient, it can refer them to appropriate care homes or government welfare institutions for future living arrangements. Along with this, Seethalayam conducts awareness classes and medical camps to ensure maximum participation of women and adolescent girls, helping them understand their rights. Seethalayam also treats substance abuse and alcoholism through the

'Punarjani' Special OP. Seethalayam OP is functioning in all district homoeopathic hospitals across Kerala.

Conclusion

AYUSH offers a natural way of health-care and promotes the overall well-being of an individual. Each system under AYUSH ensures the management and prevention of various disease conditions. The projects introduced by AYUSH meet the requirements of patients according to their needs and health conditions, making AYUSH more patient-friendly.

Honouring Excellence

KERALA'S FIRST AYUSH KAYAKALP AWARDS 2025



In recent years, Kerala has set a new benchmark in public healthcare by introducing the Kayakalp initiative to the AYUSH sector - which includes Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy. The word Kayakalp in Sanskrit means transformation or renewal, and that is exactly what this programme aims for - a total transformation in how hospitals maintain cleanliness, hygiene and patient care. The Kayakalp programme was launched by the Government of India in 2015 to encourage public hospitals to uphold high standards of cleanliness, sanitation, and infection control.

A Vision for Cleaner and Safer Hospitals
Kerala extended this programme to its AYUSH hospitals, combining traditional healing systems with modern hygiene

practices. Under the AYUSH Kayakalp scheme, hospitals that excel in maintaining a clean, safe, and patient-friendly environment are honoured with cash awards and certificates - a recognition that inspires continuous improvement.

The AYUSH Kayakalp Programme is more than a recognition award - it is a movement toward sustainable, high-quality healthcare. Its key objectives include promoting sustainable hygiene practices in AYUSH institutions, encouraging performance-based recognition to motivate healthcare providers and building a culture of continuous quality improvement across all levels of care.

Why Cleanliness Matters in Healing?

A clean and well-maintained hospital is much more than a matter of



appearance. It directly influences patient safety, infection control, and public trust. Through AYUSH Kayakalp, Kerala ensures that the healing power of traditional medicine is supported by modern standards of care. The initiative encourages every level of AYUSH healthcare facility – from district and sub-district hospitals to AYUSH Health & Wellness Centres (AHWCs) – to uphold excellence in service.

Recognising Excellence Through Awards

Hospitals under this programme go through a structured assessment process involving internal checks and state-level evaluations by trained experts. Institutions scoring 80% or

above are eligible for recognition under three main categories:

District Hospitals

- First Prize: Rs. 10 lakh
- Second Prize: Rs. 5 lakh
- Commendation Award: Rs. 1.5 lakh

Sub-District Hospitals

- First Prize: Rs. 5 lakh
- Second Prize: Rs. 3 lakh
- Commendation Award: Rs. 1 lakh

AYUSH Health & Wellness Centres

- First Prize: Rs. 1 lakh
- Commendation Award: Rs. 30,000

of the total award amount, 75% is used for hospital improvements, while 25% is given to staff as performance incentives, appreciating their collective effort and dedication.



Kerala AYUSH Kayakalp Award Ceremony 2025

The Kerala AYUSH Kayakalp Awards 2025, held at the Jimmy George Stadium, Thiruvananthapuram, on 29th August 2025, showcased a remarkable celebration of excellence in traditional healthcare. The event was inaugurated by Smt. Veena George, Honourable Minister for Health, Women and Child Development. The grand occasion witnessed the active participation of Community Health Officers (CHOs), Local Self-Government Department (LSGD) representatives, and other dignitaries, reflecting Kerala's continued commitment to transforming its AYUSH sector into a model of holistic health and wellness. Kerala's commitment to the

AYUSH Kayakalp mission has led to outstanding progress across the state. This year alone, 132 AYUSH institutions have received awards, with a total of Rs.1 crore distributed as prize money. Top performers include the Ernakulam District Ayurveda Hospital and Thrissur District Homoeopathy Hospital, which achieved the highest scores in their respective categories.

Towards a Holistic Model of Care

The AYUSH Kayakalp initiative goes far beyond cleanliness. It represents a new culture of quality, compassion, and care in traditional medicine. By merging ancient wisdom with modern management systems, it ensures that every patient experiences both effective



treatment and a healthy, hygienic environment. By recognising excellence and motivating continuous improvement, Kerala's AYUSH institutions are now emerging as models of holistic healthcare.

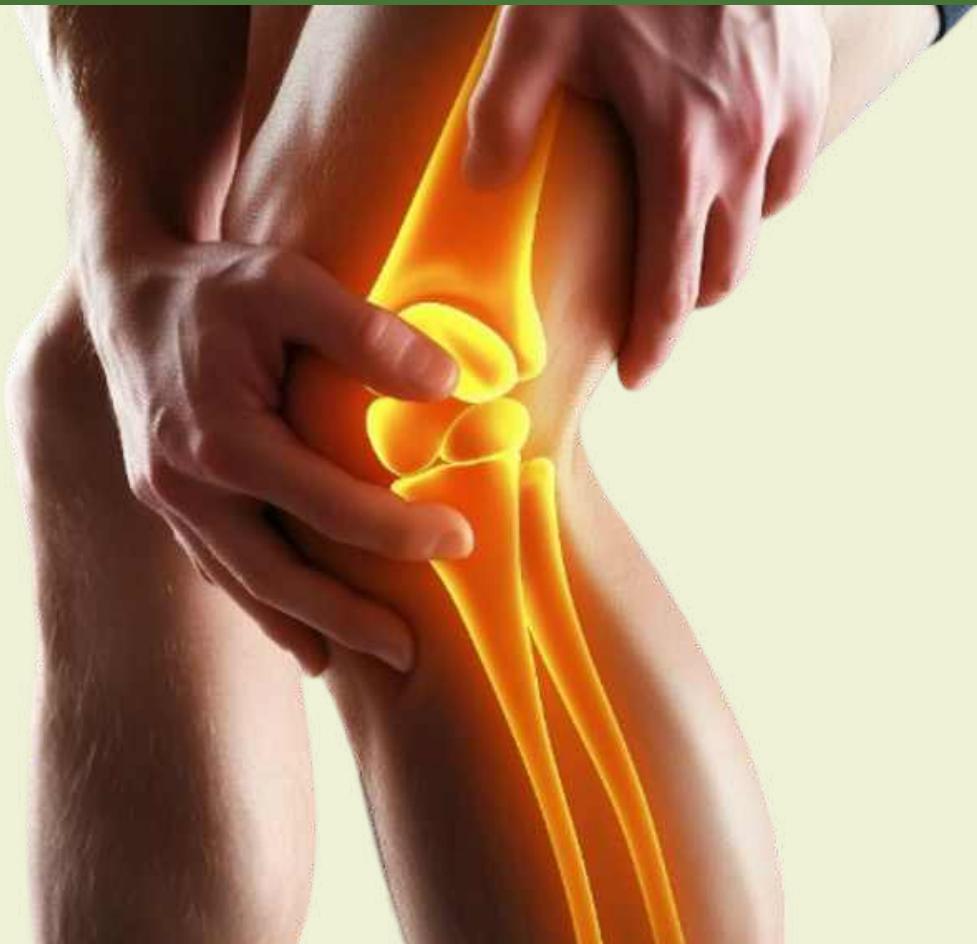
The Road Ahead

Encouraged by the success of the program, the Government of Kerala now plans to expand AYUSH Kayakalp to include AYUSH Medical Colleges and Primary Health Centres. This next step will further strengthen the state's healthcare network and bring the spirit of Kayakalp to every level of care. Through dedication, teamwork, and innovation, Kerala continues to lead the way towards a cleaner, safer, and more holistic healthcare system - a true reflection of the essence of Kayakalp. The AYUSH Kayakalp Program is more

than an award scheme - it is Kerala's vision for a healthier, cleaner, and more holistic future. With continuous monitoring, capacity-building, and strategic investment, the state is ensuring that every AYUSH institution not only meets high standards of hygiene and care but also serves as a beacon of innovation and excellence for India. The programme also serves as a national model, demonstrating how government initiatives, community participation, and structured quality measures can transform traditional medicine into a world-class system. Kerala's journey demonstrates that traditional healthcare can thrive alongside modern governance, setting a benchmark for the nation and inspiring other states to follow in its footsteps.

Joint Pain ?
Morning Stiffness ?
Fatigue ●

These may be signs of Arthritis



For Accurate Diagnosis and Expert Treatment, services available at the Joint Disease Clinics in Government Ayurveda & Homoeopathy Hospitals under the AYUSH Department, Kerala.

NPPMOMD

Specialized AYUSH Treatment Program for
Arthritis and Bone Disorders.

Towards a pain-free tomorrow