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AYUSH

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Healing the Mind in Turbulent Times

An AYUSH-Based Integrative Approach to Stress and Anxiety

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In today's rapidly evolving world, stress and anxiety have quietly grown into silent epidemics affecting millions across all age groups. While technology has connected people more than ever before, it has simultaneously caused overstimulation, emotional fatigue, and a constant pressure to perform. The COVID-19 pandemic further intensified fear, uncertainty, isolation, and grief – leaving behind a lingering psychological impact that continues to manifest as chronic stress, anxiety, insomnia, irritability, and diminished emotional resilience. Globally, mental health disorders have reached staggering proportions: according to the World Health Organization (WHO), in 2021 approximately 1.1 billion people – or nearly one in every seven individuals—were living with a mental disorder, with anxiety and depressive disorders being the most common. In India, the burden is equally alarming: the lifetime prevalence of mental disorders is estimated at around 13.7% of the adult population, and mental health problems

account for approximately 2,443 disability-adjusted life years (DALYs) per 100,000 people. Compounding the challenge is the enormous treatment gap – many individuals globally, and particularly in low- and middle-income countries like India, do not receive the care they need. Together, these figures underscore the urgent need for comprehensive, accessible, and integrative approaches to mental-health care.

Modern medicine provides essential symptomatic interventions, yet the complexity of mental health disorders demand an approach that not only suppresses symptoms but also restores inner balance, stability, and long-term well-being. India's AYUSH systems—Ayurveda, Yoga & Naturopathy, Unani, Siddha, Homoeopathy, and Sowa - Rigpa—offer profound insights into the mind-body connection and provide holistic, natural, and sustainable solutions that nurture emotional health from within. Together, they present a

comprehensive framework that addresses stress and anxiety through physical restoration, emotional regulation, lifestyle correction, and deep-rooted rejuvenation.

Ayurveda perceives mental health as a delicate harmony between the sharira (body), manas (mind), indriya (senses), and atman (soul).

A person is truly healthy when the doshas, digestion, tissues, and waste processes are balanced, and when the soul, senses, and mind are clear and content. Within this framework, stress and anxiety are understood primarily as the result of aggravated Vata dosha, the subtle energy governing the nervous system and mental activity. Modern lifestyle factors—irregular sleep routines, excessive screen exposure, constant multitasking, information overload, and emotional instability—disturb Vata, leading to fear, worry, restlessness, and cognitive imbalance. This Vata-induced instability mirrors the scattered, anxious, and overstimulated mental states increasingly common today. Ayurveda addresses these disturbances through a nurturing and grounding therapeutic approach. The classical Medhya Rasayana group — Ashwagandha, Brahmi, Shankhapushpi, Mandukaparni, and Jatamansi — nourishes the brain, strengthens

neural pathways, regulates cortisol, and calms the mind. These herbs improve concentration, mental clarity, emotional resilience, and overall cognitive functioning by enhancing the subtle essence of vitality known as ojas, which protects against stress and fatigue. Deep restorative healing is further offered through Panchakarma therapies. Shirodhara, the gentle streaming of warm medicated liquid over the forehead, induces parasympathetic relaxation and stabilizes Vata. Abhyanga, a rhythmic oil massage, soothes the nervous system and releases muscular tension. Takradhara helps reduce emotional irritability and is particularly effective for insomnia and chronic anxiety. Together, these therapies restore sleep, calm the mind, and promote psychological harmony.

Ayurveda also places strong emphasis on daily and seasonal routines that prevent mental imbalance. Practices such as maintaining regular sleep-wake cycles, mindful eating, following a sattvic diet, reducing digital exposure, adopting gentle evening rituals, and practising meditation create stability in both body and mind. These habits pacify Vata and build a long-term foundation for emotional well-being. CCRAS has initiated clinical studies on Ashwagandha and Medhya Rasayanas for stress management, launched wellness centres that promote Ayurvedic



mental healthcare, and expanded AYUSH Health & Wellness Centres offering Panchakarma for psychosomatic disorders.

Yoga and Naturopathy offer a powerful antidote to the pressures of modern living through the regulation of breath, movement, and consciousness. Yoga works directly on the autonomic nervous system, shifting the body from survival mode to a parasympathetic state where healing, digestion, and emotional clarity are restored. Practices such as Anulom Vilom, Bhramari, Ujjayi, and deep diaphragmatic breathing slow down the stress response and induce a sense of inner calm. Yoga Nidra, one of the most potent tools against anxiety, systematically leads the body into deep relaxation while maintaining awareness, helping to release stored emotional tension. Asanas like Balasana, Viparita Karani, Shavasana, and Setu Bandhasana help reduce muscle tension, improve circulation, and create mental grounding.

Naturopathy enriches this approach with hydrotherapy, therapeutic fasting, sun exposure, nature walks, and nutritious plant-based diets that reduce inflammation and support brain health. The Ministry of AYUSH has greatly expanded mental-health outreach by promoting Yoga and Naturopathy as effective tools for stress and anxiety management. International Yoga Day has highlighted Yoga's role in emotional well-being on a global scale, while the Yoga Certification Board (YCB) has strengthened the quality of mental health focused Yoga training. Schools across India now use structured Yoga based stress management modules to support students facing academic and emotional pressures. Community-level outreach has grown through Yoga–Naturopathy mentalhealth camps offering breathing practices, relaxation techniques, and lifestyle counselling. Additionally, CCRYN has developed standardized, evidence - based Yoga protocols for

anxiety and depression, widely implemented in public wellness centres. Together, these efforts have made holistic, natural mental-health support more accessible and impactful nationwide.

Unani medicine approaches mental health through the balance of Mizaj (temperament), recognizing that emotional states influence physical humours and vice versa. Stress and anxiety represent a disturbance of the Damvi and Balghami temperaments, caused by persistent worry, irregular sleep, excessive workload, and emotional upheaval. Unani physicians emphasize the therapeutic power of regulating lifestyle habits, adopting calming diets, and practising regimental therapies to restore nervous equilibrium. Treatments like Ilaj bil-Tadbeer—including massage, cupping (Hijama), Hammam steam therapy, aromatherapy, and physical exercise—help release tension, detoxify the blood, and enhance circulation, which collectively reduce mental stiffness and anxiety. Herbal preparations containing Unnab, Asgand, Banafsha, and Gond Kateera nourish the heart and brain, cool excessive heat, and induce gentle sedation. The Ministry of AYUSH has strengthened Unani mental health clinics, supported clinical research on anxiolytic Unani herbs, and integrated Unani therapies into public wellness frameworks through the National AYUSH Mission.

Siddha medicine offers a deep and ancient understanding of mental well-being through the balance of the three humours—Vali (Vata), Azhal (Pitta), and Iyyam (Kapha). Stress is closely associated with Vali aggravation, which disrupts neurological pathways and induces fear, irritability, palpitations, and sleeplessness. Siddha interventions work by cooling the mind, nourishing the nerves, and stabilizing internal energy dynamics. Preparations such as Amukkara Chooranam, Brahmi Nei, and Naarai Kizhangu enhance memory, calm the mind, and relieve chronic fatigue while external therapies like Thokkanam massage and Varmam (vital point therapy) help release blocked energy and improve emotional flow. Siddha's Kayakalpa rejuvenation therapies further strengthen the mind, boost vitality, and enhance resistance to psychological stressors. The Ministry of AYUSH has supported Siddha mental health research, enhanced Siddha hospital services, and implemented wellness programs incorporating Siddha diet, herbs, and lifestyle recommendations.

Homoeopathy offers gentle yet remarkably effective solutions for emotional disturbances through its individualized approach. Rather than treating stress as a uniform condition, Homoeopathy examines each person's emotional responses, triggers, personality traits, and physical symptoms.



Remedies like Ignatia address acute grief and emotional shock; Aconite counters sudden panic and fear; Arsenicum album calms restlessness and health related anxiety; Gelsemium relieves anticipatory stress; and Kali phosphoricum supports those suffering from burnout and mental exhaustion. Homeopathy is safe for children, pregnant women, elders, and sensitive individuals, making it ideal for widespread community use. Over recent years, the Ministry of AYUSH has expanded homeopathic research, implemented school mental-health programs using safe remedies, and conducted community outreach to address anxiety and psychosomatic disorders.

Sowa-Rigpa, the ancient Tibetan system of medicine, contributes a unique and deeply spiritual dimension to mental health care. Stress and anxiety are understood as disturbances in rLung (wind energy) – the subtle

force governing thought, breath, circulation, and consciousness. Modern stressors such as overthinking, fear, irregular diet, cold climates, and emotional trauma intensify rLung, resulting in anxiety, palpitations, nightmares, and erratic sleep. Sowa-Rigpa healing focuses on grounding the rLung through warm, nourishing foods; emotional regulation; structured daily routines; and herbal formulations made from high altitude plants like *Rhodiola*, *Nardostachys jatamansi*, *Aconitum heterophyllum*, and *Seabuckthorn*. External therapies like Ku Nye massage, hot stone treatment, and herbal compresses soothe the nerves and stabilize emotional energy. The Ministry of AYUSH has played a transformative role by elevating the National Institute of Sowa-Rigpa (NISR) in Leh, developing pharmacopoeial standards, supporting Himalayan medicinal plant cultivation, and promoting Sowa-Rigpa-based wellness tourism and mental health programs across the Himalayan belt.



*"Calm the mind and rise with grace
— AYUSH brings peace to every place;
From stress to rest and chaos to kind,
AYUSH restores the balanced mind."*

In essence, the rising burden of stress and anxiety calls for a compassionate, preventive, and integrative approach—one that goes beyond symptom relief and nurtures the mind at its roots. AYUSH systems offer exactly this: accessible, natural, and time-tested methods that help individuals regain calmness, emotional strength, and resilience in everyday life. Their combined wisdom—spanning herbs, yoga, meditation, external therapies, personalized diets, and lifestyle discipline—makes holistic mental health achievable for all.

As India moves forward with a stronger focus on integrative healthcare, AYUSH stands as a reliable ally for the future, empowering the public with safe, affordable, and sustainable tools to protect mental well-being. The essential message is clear: by embracing AYUSH in daily life, individuals and communities can build a healthier, more balanced, and mentally resilient tomorrow.

Kerala's integrated AYUSH approach to managing NCDs

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Kerala, recognized for its progressive public health system, has proactively addressed the growing burden of non-communicable diseases (NCDs) through the Ayushman Bhava project, implemented under the Department of Homoeopathy. Anchored in AYUSH principles and supported by the National AYUSH Mission (NAM), the project was launched as a pilot on 12th May 2012 in Kozhikode and Thiruvananthapuram. It evaluated the effectiveness of integrated AYUSH care, with Homoeopathy as the primary therapeutic system, complemented by Yoga and Naturopathy, in the management of lifestyle-related disorders. Positive outcomes during the pilot phase prompted statewide expansion by 2017, establishing a structured, community-centered model for holistic NCD management across all 14 districts of Kerala. NCDs are a major public health challenge, driven by lifestyle and environmental factors, including mental stress, unhealthy dietary habits, physical inactivity, smoking, alcoholism, and poor

hygiene. These factors contribute to the rising prevalence of chronic conditions, emphasizing the need for preventive, integrative, and sustainable interventions.

Non-Communicable Diseases Addressed

- Diabetes mellitus
- Hypertension
- Hypercholesterolemia
- Obesity
- Cardiovascular disorders
- Chronic obstructive pulmonary disease (COPD)
- Renal disorders
- Liver disorders
- Cancer

Services Offered

- Homoeopathic treatment complimented by Yoga and Naturopathy
- General Yoga therapy
- Lifestyle diseases counselling
- Diet and nutrition consultation
- Stress management

- Medical camps
- In-patient (IP) facility

Project Framework and Implementation

The Ayushman Bhava project has been rolled out uniformly across all 14 districts of Kerala, with dedicated NCD clinics functioning in every District Homoeopathy Hospital.

These clinics are equipped with:

- Homoeopathy Medical Officers providing the main clinical service and overall case management.
- Qualified Yoga Instructors assisting patients with condition-specific yoga therapy and relaxation practices.
- Naturopathy Doctors offering diet counselling and exercise advice tailored to individual NCD profiles.

The project follows a three-tier care model:

- **Primary Level** – Delivered through 280 Homoeopathy Health and Wellness Centres (HWCs), 709 Homoeopathy Government dispensaries, and 409 NHM APHCs (Ayush Primary Health Care Center) that provide screening, early diagnosis, Homoeopathic prescriptions, and lifestyle education at community level.
- **Secondary Level** – NCD management units in District Homoeopathy Hospitals provide intensive, personalised NCD care, where Homoeopathy leads treatment supported by naturopathy diet/ exercise

advice and yoga lifestyle modification.

- **Tertiary Level** – Complex or uncontrolled cases are managed at the five Homoeopathy Medical Colleges and, once stabilised, referred back to primary units through a structured reverse referral system to ensure continuity of care.

This framework ensures comprehensive, accessible, and cost-effective management of lifestyle disorders using classical AYUSH principles while maintaining strong linkages across all levels of care.

Preventive and Promotive Focus

Preventive and promotive healthcare is an integral part of the Ayushman Bhava project. Lifestyle modification is incorporated into routine clinical care so that management of NCDs goes beyond symptom control and supports long-term disease management. Homoeopathy serves as the main line of treatment, focusing on the individual's constitution and lifestyle factors contributing to chronic disease, while Yoga therapy and Naturopathy support care through guided exercise, stress reduction, dietary advice, and lifestyle counselling. District-level clinics provide individualised care that considers both physical complaints and related psychosocial concerns. To strengthen public health awareness, the project introduced a "Workspace Yoga" video initiative on International Yoga Day 2025, focusing on simple yoga practices



suitable for the workplace to support NCD prevention.

Community Outreach

The Ayushman Bhava project adopts a community-oriented approach to ensure wide reach and equitable access to services.

Key outreach strategies include:

- Information, Education, and Communication (IEC) activities to raise awareness on NCD prevention, self-care practices, and healthy lifestyles.
- Special outreach camps targeting geriatric populations and Scheduled Caste/Scheduled Tribe (SC/ST) communities to improve service utilization among vulnerable groups.
- Community Yoga Clubs under Local Self Governments (LSGs): Over 10,000 Yoga Clubs have been established across wards to promote regular physical activity, stress management, and community participation in preventive health practices.

These initiatives make healthcare more accessible and ensure that integrated AYUSH services reach those most at risk of NCD complications.

Key Achievements (2024–25)

Kerala's Ayushman Bhava initiative has achieved substantial reach and continuity of care in NCD management through AYUSH services, as reflected in its 2024–25 performance. The programme recorded a total of 1,50,755 beneficiaries, including 59,560 OPD beneficiaries, 33,240 IEC beneficiaries and 56,883 yoga participants, indicating strong utilisation across clinical, educational and lifestyle-modification components. Disease-wise data further show that diabetes mellitus and hypertension together account for the largest beneficiary groups, demonstrating that the project is effectively engaging core NCD populations.

AYUSHMAN BHAVA

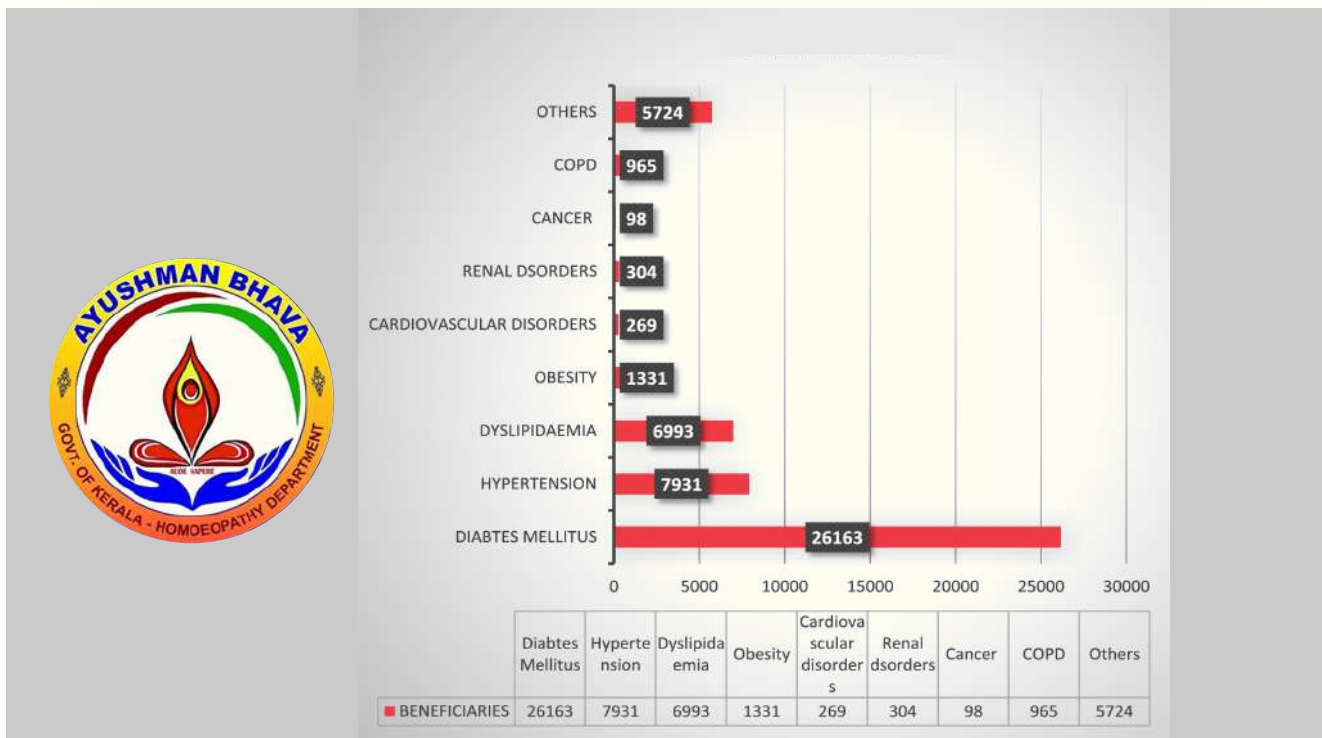
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DEPARTMENT OF HOMOEOPATHY, GOVERNMENT OF KERALA

2024-25

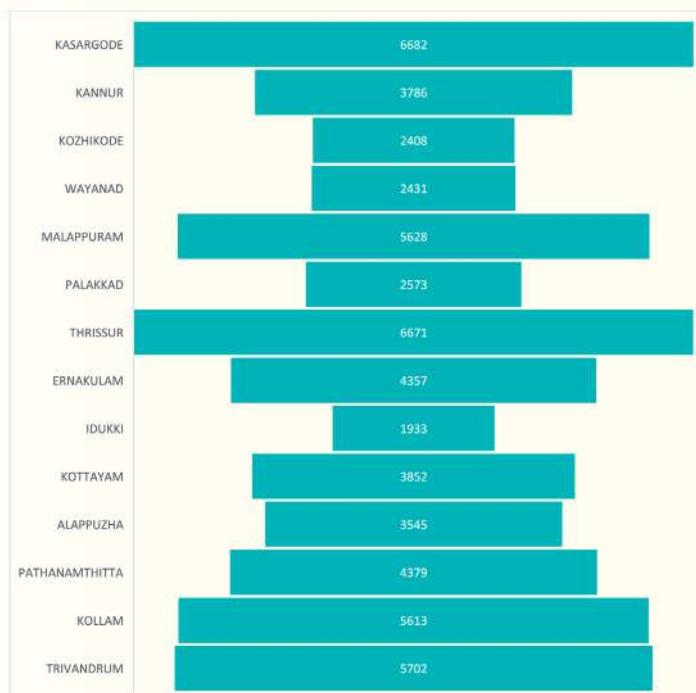


TOTAL BENEFICIARIES 1,50,755	OPD 59,560	IEC 33,240
YOGA 56,883	TRAINING IN COLLABORATION WITH NATIONAL AYUSH MISSION 1,072	

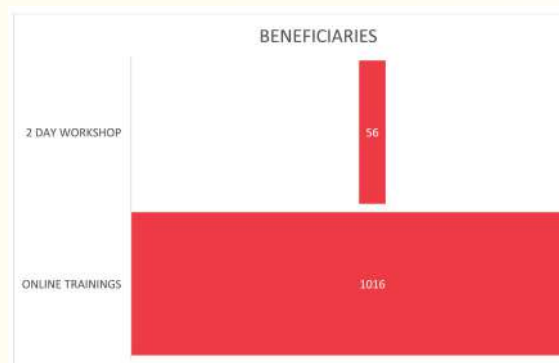
Disease- Wise Beneficiaries



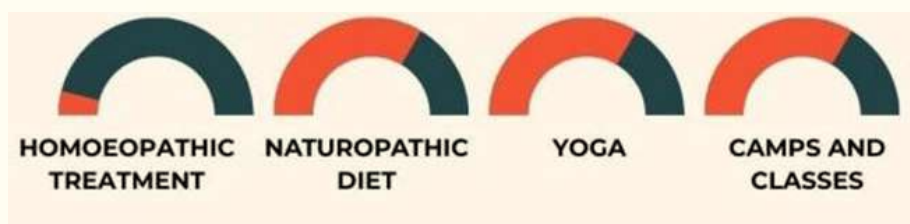
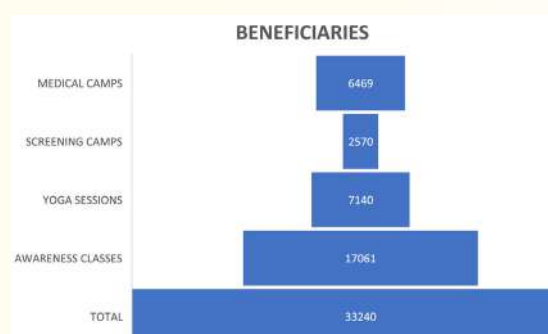
OPD Beneficiaries



Trainings



IEC



Conclusion

The Ayushman Bhava project demonstrates the central role of Homoeopathy in addressing non-communicable diseases within Kerala's public health system and serves as a model for integrated AYUSH-based NCD care. As the primary therapeutic approach, Homoeopathy provides personalised care that targets the underlying constitutional and lifestyle factors of chronic illness. Supported by Yoga therapy and Naturopathy through

physical activity, stress management, and dietary guidance, the project combines curative treatment with preventive health strategies. Initiatives such as workplace yoga and community outreach further reinforce healthy practices and lifestyle modification. Together, these efforts have strengthened access to holistic, patient-centered care, improved health outcomes, and enhanced the overall well-being of communities across the state.

STRENGTHENING IMMUNITY AGAINST EPIDEMICS AND PANDEMICS

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Epidemics and pandemics have repeatedly challenged human civilisations from ancient outbreaks of plague and cholera to modern global crises such as COVID-19. These events remind us that infectious diseases remain a persistent threat and that strengthening immunity at both individual and community levels is essential for survival. Traditional medical systems like Unani medicine offer a holistic model for preventive health that complements modern approaches. Rooted in centuries of empirical knowledge, Unani focuses on maintaining internal balance, enhancing the body's defence mechanisms, and adopting lifestyle practices that promote long-term immunity.

The Unani system, which developed through the works of Hippocrates, Galen, Avicenna (Ibn Sina), and Unani physicians, emphasises Hifz-e-Sehat, the science of preserving health. Rather than treating disease after onset, Unani physicians historically prioritized immunity,

environmental hygiene, and strengthening the natural healing forces of the body, making the especially relevant in times of epidemics and pandemics.

Concept of Immunity in Unani Medicine

In Unani health is defined as the state of equilibrium between body humors (Akhlāt) and temperament (Mizaj). The body's natural ability to resist disease is attributed to Tabiyat, the vital force responsible for self-regulation, healing, and restoration.

According to this view:

Hararat-e-Ghariziya (Innate heat) represents the fundamental life energy that governs metabolism, vitality, and strength.

Quwwat-e-Mudabbira-e-Badn (regulatory faculty) ensures the coordination of all physiological functions, including defence mechanisms against harmful agents.

When these forces are strong and balanced, the body naturally repels pathogens and

Understanding the Importance of Immunity



maintains robust immunity. But when lifestyle, diet, or environmental factors disturb this equilibrium, susceptibility to disease increases.

This perspective mirrors modern immunology in several ways. Just as contemporary science describes innate and adaptive immunity, Unani identifies natural defence forces within the body that must be preserved. The system emphasises that immunity is not a separate “organ” but a reflection of the entire body’s internal balance, emotional state, and lifestyle habits.

Preventive Principles During Epidemics

Unani medicine places exceptional importance on the prevention of ***Amraaz-e-Wabaiya*** (***epidemic diseases***). Long before the discovery of microbes, Unani scholars recognised the role of environment, hygiene, atmosphere, and community behaviour in the spread of infections. Its preventive model is centred around the *Asbab-e-Sitta Zarooriya*, or the six

essential determinants of health:

1.Hawa (Air and Environment)

Pure air was considered vital for immunity. During epidemics, Unani physicians advised:

- Fumigation with herbs such as loban (frankincense), sandalwood, vinegar, and sage, to disinfect living spaces.
- Improving indoor ventilation and avoiding crowded areas.
- Maintaining environmental cleanliness to prevent “corrupted air”, which they believed facilitated disease spread.

These recommendations align closely with modern concepts of air purification and infection control.

2.Makool wa Mashroob (Food and Drink)

A balanced diet is seen as the cornerstone of immunity. The system recommends:

- Light, easily digestible foods such as soups, porridges, barley, pomegranates, and citrus fruits.

Use of immune-enhancing substances like garlic, ginger, onions, black cumin, and honey. Avoiding overeating, heavy meals, and stale or oily food during outbreaks.

The focus is on strengthening digestion, as weak digestion is believed to produce harmful residues (sauda, balgham) that lower immunity.

3.Harakat wa Sukoon-e-Badani (Physical Activity and Rest)

Moderate exercise improves circulation, aids detoxification, and boosts energy. Unani physicians recommended:

- Mild exercise such as walking and stretching.
- Avoiding strenuous activity during active outbreaks to prevent fatigue of innate heat.

4.Harakat wa Sukoon-e-Nafsani (Mental and Emotional Health)

Mental wellbeing is considered deeply connected to immunity. Stress, fear, and grief weaken the vital force. Unani medicine advises:

- Meditation, prayer, deep breathing, and maintaining hope.
- Avoiding excess worry and panic especially relevant during pandemics.

5.Naum wa Yaqza (Sleep and Wakefulness)

Quality sleep is essential for immunity. Lack of

rest reduces the body's natural heat and resistance. Unani guidelines include:

Sleeping early, waking early, and maintaining a consistent sleep cycle.

Avoiding daytime sleep during epidemics to prevent sluggishness and poor digestion.

6.Ihtibas wa Istifragh (Retention and Excretion)

This factor emphasises detoxification. When waste products accumulate, immunity decreases. Practices include:

- Promoting natural bowel movements and hydration.
- Occasionally using mild Unani purgatives or decoctions to eliminate toxins.
- Avoiding constipation, which is considered harmful during epidemics.

Together, these six principles form a holistic preventive method that will keep body, mind, and environment remarkably similar to modern public health strategies.

Unani Herbs and Formulations for Strengthening Immunity

Unani literature contains numerous single herbs and compound formulations traditionally used to enhance immunity, vitality, and respiratory health – especially crucial during epidemics.

Commonly Used Formulations

Joshanda: A herbal decoction made from mulethi, unnab, sapistan, and other herbs;

widely used for preventing respiratory infections.

Sharbat-e-Unnab and Sharbat-e-Toot Siah: Effective for soothing the throat and strengthening lungs.

Majoone Dabeedul Ward: Known for detoxifying properties and enhancing general vitality. Khamira Marwareed and Maul Hayat: Rejuvenating preparations that support heart health and immunity.

Classical Anti-Epidemic Formulations:

Tiryaq-e-Arba: A four-ingredient antidote used historically against poisons and epidemics due to its strong restorative effects.

Tiryaq-e-Nazla: Effective for common cold, catarrh, and respiratory infections.

Single Herbs with Immune-Enhancing Properties:

Asgand (*Withania somnifera* / *Ashwagandha*): Adaptogenic herb that improves stress tolerance and immune response.

Zanjabeel (*Ginger*): Anti-inflammatory and antimicrobial; improves digestion and immunity.

Qust (*Saussurea costus*): Known for antiviral and antibacterial properties.

Tulsi (*Holy Basil*): Widely recognized immunity booster and respiratory tonic.

These herbs not only strengthen immunity but also address the systems vulnerable during epidemics, such as the respiratory and digestive tracts.

Role During COVID-19 and Modern Pandemics: During COVID-19, the Ministry of AYUSH highlighted Unani guidelines for maintaining immunity and improving recovery. Recommendations were:

- **Khamira Abresham Hakim Arshad Wala** for improving cardiac and general well-being.
- **Joshanda** as an effective household preventive remedy.
- Use of single herbs like asgand, tulsi, and ginger to enhance immunity.

Unani practitioners participated actively in:

- Community awareness campaigns
- Telemedicine consultations
- Distribution of preventive decoctions
- Post-COVID rehabilitation using tonics and nervine herbs.

Interestingly, many Unani principles such as inhalations, emotional balance, hygiene, and natural immunity – aligned with global public health guidelines. This demonstrated the system's



continued relevance in addressing modern pandemics.

Public Health Significance of Unani Medicine

The integration of Unani preventive principles into public health systems can have far reaching benefits:

Strengthening Community Immunity :

Simple lifestyle measures recommended in Unani medicine can be applied at household and community levels, reducing infection susceptibility.

Holistic Health Promotion :

Unani promotes physical, mental, environmental, and emotional well-being - a model essential for pandemic resilience.

Integrating Unani immunity-boosting methods with biomedical interventions can enhance overall public health outcomes.

Conclusion

Unani medicine offers a holistic approach to strengthening immunity and preventing disease. Its core principles of Hifz-e-Sehat, balanced lifestyle, natural detoxification, nutritious diet, and emotional stability make it highly relevant in today's era of recurring epidemics and pandemics. By focusing on strengthening the body's innate healing forces,

Unani not only prevents infections but enhances overall well-being. When integrated with modern public health strategies, Unani principles can contribute significantly to building healthier, more resilient communities. Ultimately, the wisdom of Unani reinforces the universal truth: "Prevention is better than cure".

SPORTS AYURVEDA

AT THE STATE SCHOOL MEET 2025

A MODEL OF INTEGRATED ATHLETE CARE



Sports Ayurveda, an emerging specialty within the traditional Ayurvedic system, continued its impactful journey by extending comprehensive medical support to the State School Meet 2025 held in Thiruvananthapuram from 22nd to 28th October. After its successful service debut during the Olympic-model State School Meet in Kochi last year, the discipline has now firmly established its role as an essential component in sports healthcare.

This year's Sports Ayurveda unit functioned as an integral part of the official medical team. A dedicated workforce – drawn from 23 Sports Ayurveda units across Kerala and the Sports Ayurveda Research Cell under the Department of Indian Systems of Medicine – was deployed to ensure the safety, recovery, and well-being of thousands of young athletes.

Well-Planned Preparation and Deployment

In the lead-up to the event, a series of online meetings were conducted with doctors and staff from the State Sports Ayurveda Cell and National AYUSH Mission's Sports Ayurveda units. These sessions streamlined planning, coordination, and on-field execution. A district-priority team was constituted with special focus on Thiruvananthapuram, the host district.

Following detailed briefings, team members reported to Thiruvananthapuram on 21st October, and from the very next day, Sports Ayurveda doctors and therapists were positioned across all 13 competition venues.

Extensive Medical Support Across Venues

The meet witnessed nearly 25 sporting events spread across 13 venues, drawing thousands



of student athletes. A total of 3017 medical cases were reported during the meet. Remarkably, the Sports Ayurveda medical team managed 2786 cases, accounting for 92.34 % of all cases - reflecting their efficiency and readiness in handling diverse sports-related emergencies.

The strength of the Ayurveda wing included:

- 71 doctors
- 39 therapists
- 31 multipurpose workers
- 55 house surgeons from Government Ayurveda College and Pankajakasthuri Ayurveda College
- 22 PG scholars from Government Ayurveda College, Thiruvananthapuram
- 13 final-year BAMS students

Altogether, 231 trained professionals equipped with essential medical supplies delivered round-the-clock for the on-field care.

Sports Ayurveda Team: Daily Case Summary (Oct 22–28, 2025)

The following table provides a graphical representation of the workload. The **Beneficiaries** column includes a visual bar to highlight the fluctuations in daily attendance.

[illegible]

The overall medical team recorded 79 referrals, out of which Sports Ayurveda contributed 17 referrals (21.51%), indicating efficient on-site management and minimal need for external intervention.

Holistic Care for Sports-Related Injuries

The Sports Ayurveda team provided timely and targeted interventions for a wide spectrum of injuries including fractures, dislocations,



ligament sprains, muscle and tendon strains, ligament injuries, contusions, burns, exhaustion, and dehydration.

Their therapeutic toolkit included:

- Marma therapy and manipulation
- Specialized Ayurvedic oil massages
- Stretching and mobility support
- Ice-pack application
- Pain-management procedures
- Murivenna bandaging
- Wound cleaning and dressing
- Trigger-point release
- Taping
- Cupping therapy

These interventions not only ensured rapid recovery but also helped many athletes return to the field with confidence.

Injury Trends and Key Observations

The highest number of injuries were reported in Athletics, Kho-Kho, Wrestling, Judo, and Football. The most commonly affected areas

include shoulder, knee, ankle, thigh, and foot with lower-limb injuries being the most common - reflecting the high-intensity, contact-driven nature of these sports. Issues related to muscle strain, ligament sprain, and dehydration underscored the importance of preventive conditioning and better hydration practices.

A Milestone in Integrated Sports Healthcare

The State School Meet 2025 stands out as a landmark event for showcasing a seamlessly integrated medical support system. The exceptional contribution of the Sports Ayurveda wing ensured that athletes received prompt, specialized, and holistic care - enhancing performance, safety, and recovery. With its growing presence and proven efficiency, Sports Ayurveda is rapidly evolving into a vital pillar in Kerala's sports ecosystem, setting a model for future sporting events in the State and beyond.







DID YOU KNOW?

INTERESTING FACTS

“

Out of **1.1 crore** households in rural India and around **1.4 crore** in urban India, at least one household member is found to practice Yoga regularly.

”

“

AYUSH is predominantly used for rejuvenation and preventive measures.

(Based on the first-ever all-India AYUSH survey conducted by the National Sample Survey Office (NSSO) from July 2022 to June 2023)

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