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Practice of Ayurveda, Siddha and Unani Medicine

Introduction and Scope

The practice of Ayurveda, Unani and Siddha medicine differs widely. It ranges from a single practitioner offering consultation from a solitary room to large multi-specialty hospitals where several consultants are engaged in offering a range of procedures.

Whether the practitioners are institutionally qualified or not, does not seem to matter to the public who seems to be guided by improvement of a condition as reported by relatives and friends or because nothing else has helped.

Hospitals/clinics and practitioners that have created websites and are able to correspond on e-mail get numerous visitors and patients from abroad, as well as relatively affluent Indians with the means to travel. But generally speaking patients come from the middle or working class of society.

ASU practitioners are by-and-large soft spoken and quiet, generally more comfortable conversing in Hindi or in the vernacular. Their patients do not ask too many questions about prognosis and treatment regimens, accepting the advice and medication on faith.

Some practitioners who started small, have grown in a span of just a few years to buy land and build their own 4 storey buildings inclusive of a residential unit for the family, *Panchakarma* facilities, a pharmacy for stocking medicine, a medical records section and private rooms for those willing to pay.

Whereas cleanliness, neatness and hygiene seem to matter enormously in some urban clinics, in other places the approach is quite casual. For patients who come through the website and e-mail route, hygiene, fresh air and greenery are important considerations. One of the challenges of widening access to ASU practice is to agree upon a standard level of cleanliness and the management of procedures offered, their duration and quality. In several clinics visited by the PI the practice area of

private practitioners was generally cleaner than in several medical colleges which appeared to be in need of an injection of modern standards of housekeeping.

Most of the practitioners are fairly well organized about providing diagnosis and treatment and even small practitioners maintain the medical records of patients and the treatment and drugs administered. Quite a few practitioners, particularly from the south (and in the somewhat younger age group) handle their own mail promptly. But this is far from universal.

The number of OPD patients is an important indication of the popularity of the practitioner. It would be in the interest of propagating the spread of ASU, to build up a district and city-wise list of institutionally and non-institutionally qualified registered practitioners and to maintain it in a manner that can be accessed by the public. Today everything works on word-of-mouth publicity. While there ought to be a disclaimer that such a compendium in no way guarantees the medical skills of the practitioner it would provide basic information about the credentials of the practitioners and the kind of ASU treatment offered.

The descriptions that follow are intended to give an idea of the medical conditions for which people access ASU practitioners and the degree of specialization that exists in the practice of traditional medicine. Since this is only the first part of the Report only an illustrative list of practitioners in some states has been included. In no way does it constitute the universe of treatment facilities or of practitioners.

The Principal Investigator was able to access information and personally visited many of the ASU practitioners mentioned in the following pages. This was due to invaluable assistance from a number of sources which was facilitated by the Health/ISM Secretaries of the states. In particular, unstinting support was given by the following:-

Ayurveda

Directors/Commissioners of Indian Systems of Medicine in the states of Gujarat, Maharashtra, Karnataka and Kerala.

Dr. VV Prasad, Director, Rashtriya Ayurveda Vidyapeetha, New Delhi.

Dr. Ajay Sharma, Director, National Institute of Ayurveda, Jaipur.

Through them it was possible to visit a large number of hospitals, clinics and practitioners. Authentic information could also be collected by deputing research officers where required.

Siddha

The Commissioner for Indian Medicine Shri Chandrasekhar accompanied the PI to the hospitals and private practitioners of Siddha medicine.

Dr. K Manickavasagam, Director I/c, National Institute of Siddha, Chennai, facilitated a number of meetings with private practitioners by inviting them to his office. The PI visited the clinics thereafter.

Dr. MA Kumar, Deputy Advisor, Department of AYUSH, Dr. Senthil Vel, Research Officer in CCRAS facilitated the collection of information as sought by the PI.

Unani

The DG, CCRUM Prof. S Shakir Jameel facilitated 3 meetings with a range of Unani experts, including practitioners who were invited for discussions.

Professor MA Jafri showed PI the facilities and clinical practice in progress at the National Institute of Unani Medicine, Bengaluru.

The PI also visited large hospitals like Majeedia at Jamia Hamdard, Delhi, Tibbia College at Karol Bagh, Delhi and Unani dispensaries at Raipur, Chhattisgarh and Ernakulum in Kerala.

A practitioner from Majeedia Hospital was specially engaged to visit several places in UP and Haryana to give a first-hand account of practitioners in the region. Another research officer who belonged to Kashmir was asked to collect a first-hand account of Unani Practitioners in different districts of Kashmir.

I. Clinical Practice in Ayurveda

History of Clinical Practice of Ayurveda

Ancient period

In ancient times there were two schools of Ayurvedic medicine: *Atreya Sampradaya* and *Dhanvantar Sampradaya*. *Atreya Sampradaya* dealt with medicine while *Dhanvantar Sampradaya* focused on the practice of surgery.

Both these schools had specialities like *Kayachikitsa* (Internal Medicine), *Shalakyatantra* (surgery and treatment of Head and Neck, Ophthalmology and Otolaryngology), *Shalyatantra* (Surgery), *Agadatantra* (Toxicology), *Bhuta Vidya* (Psychiatry), *Kaumrabhritya* (Paediatrics), *Rasayana* (science of rejuvenation or anti-aging) and *Vajikarana* (the science of fertility).

During this period, physicians practiced personalized medicine i.e. they minutely observed the constitution of the patient and the signs and symptoms in order to understand the severity of the disease and decide on the intervention to be made.

Many surgical and para-surgical procedures were practiced akin to Plastic Surgery (rhinoplasty), Cataract Surgery, puncturing to release abdominal fluids, extraction of foreign bodies, treatment of anal fistulas utilising the *Ksharasutra* technique, bone setting, conducting amputation and stitching wounds. It is said that Emperor Ashoka banned all surgical procedures as they were perceived to be cruel acts. Following this diktat surgeons lost their skill and with it the practice of surgery was almost wiped out.

In those times every physician maintained a small pharmacy, which was an essential part of his clinic. Fresh medicines were prepared according to the specific requirements of each patient and were dispensed from there. The medicines were mostly plant based but formulations containing animal products, minerals and metals were also administered for treating certain conditions.

Pre-colonial period

Between the 10th and 12th centuries Muslim invasions took place particularly in Northern India. The Unani system of medicine came to India around

the same time. The period saw enormous development of *Rasa-shastra* (organo-metallic preparations) as well as the development of the technique of pulse diagnosis.

With the advent of British rule and the introduction of western medicine, the practice of Ayurveda declined. None-the-less Ayurveda was preserved as a traditional "Science of life" and despite the expansion of western medicine and western-style hospitals a large section of the people continued to depend on the traditional systems. It was only after independence that the Government of India gave official recognition to the Indian systems of medicine.

Modern period

Since the 1970s, Ayurveda has grown in many parts of the country and today its hospitals and practitioners are gaining wider acceptance. The production and marketing of Ayurvedic medicine has expanded accompanied by documentation of the benefits of the drugs. Ayurvedic treatment has become popular in many other countries both for wellness and rejuvenation. India is making renewed efforts to restructure Ayurveda as a functional and practical system of healthcare devoid of chemicals and their attendant side-effects.

Clinical practice in India is nonetheless dominated by the western allopathic system of medicine with heavy dependence on high-tech diagnostics and drugs. Initially allopathic practice was available exclusively for the elite class. Today most Ayurvedic doctors also prefer to practice in urban areas and cater to a captive clientele with greater dependence on packaged, bottled formulations and modern medicine drugs.

Even as interest in Ayurveda is growing, a question being asked is whether the allopathic system, with its emphasis on the curative approach, dependence on capital-intensive technology, invasive procedures, expensive drugs, can meet the basic health needs of the Indian population.

Many patients patronize modern medicine simply because it is the dominant system and because, the loss of productivity caused by illness can be reduced quickly.

A newer clientele is in search of a combination of both systems i.e. Allopathy and Ayurveda. They would like to avoid the use of chemicals and synthetic substances if possible. A combination of the two systems and drugs is a personal choice- as yet very few places offer a combination of Ayurveda and allopathy. The extent to which Ayurveda can offer a reliable and sustainable alternative to treat certain conditions has to be seen.

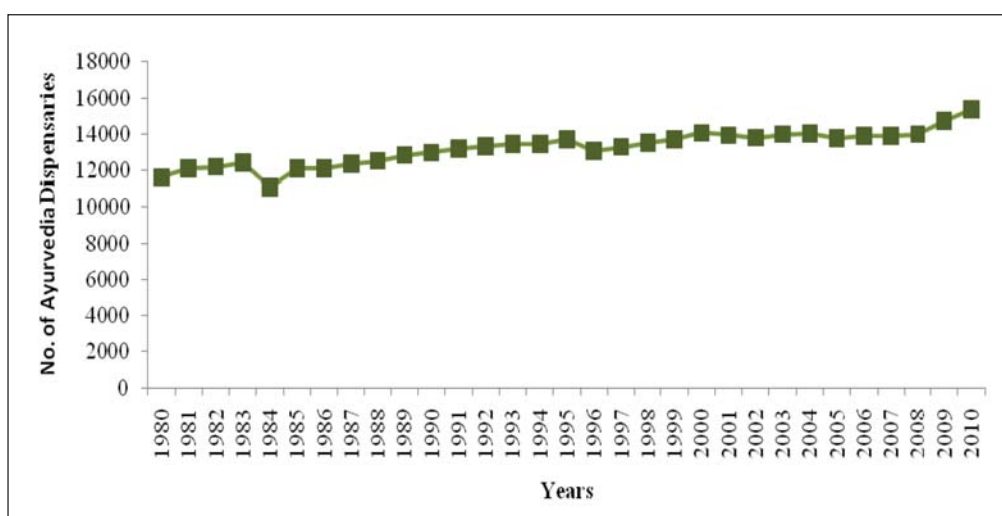
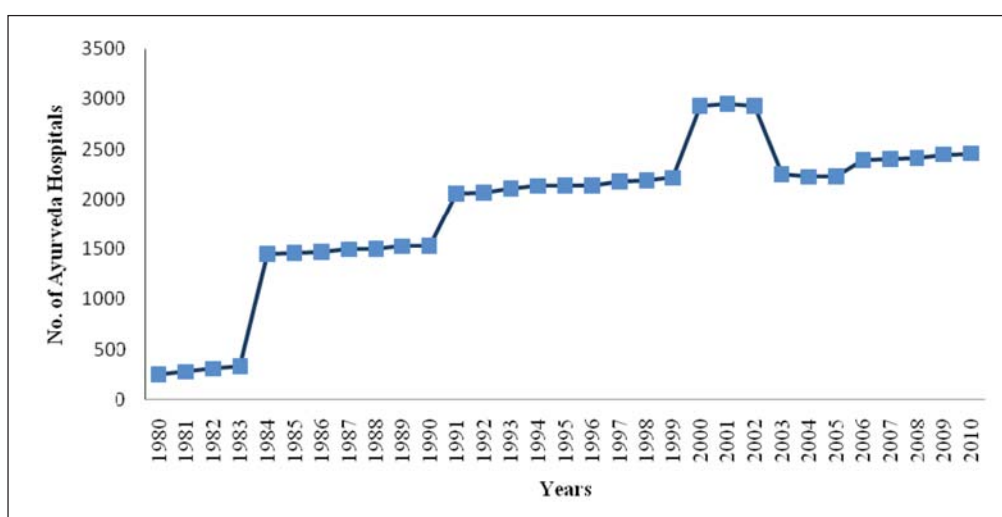
Currently, Kerala is one of the states in India that promotes practice of Ayurveda in a big way. This has been attributed to its well-established Ayurveda centers, skilled practitioners and availability of medicinal plants that abound in the Western Ghats that run through the state. There are many Ayurvedic centers (known as Vaidyashalas) all over Kerala and these are perhaps, the best examples of Ayurvedic practice in India. No other state has the live tradition of Ayurvedic practice as in Kerala.

Ayurvedic clinical practice may be categorized broadly into two i.e. 1) Practice in the Government setup and 2) Practice in the Private setup. Different sub-categories of each sector are described below:

Ayurveda Practice in Government Health Care Facilities

There has been a significant increase in AYUSH facilities offering clinical treatment over the years.

According to the latest figures (AYUSH in India, 2010) India has 2,458 Ayurvedic hospitals with 44,820 beds and 15,353 Ayurvedic dispensaries. There are 4,78,750 Ayurveda practitioners as on 1.4.2010. Source: <http://indianmedicine.nic.in/writereaddata/linkimages/8786199854-Summary%20Part-I.pdf> (accessed on 1.8.2011). While most of these hospitals are spread over 29



States and Union Territories, Uttar Pradesh itself accounts for nearly three quarters of the Ayurveda hospitals in the country. The number of government hospitals offering Ayurvedic clinical facilities, increased substantially in the years 1983-84, 1990-91 and 1999-2000, which was followed by a sharp decline between 2002-2003 which is presently plateauing out.

The numbers of Ayurvedic dispensaries have grown steadily from the year 1980 and show an upward growth trend.

In order to promote postgraduate education, specialized healthcare and research facilities in Ayurveda, the Government of India is also setting up an All India Hospital and Research Institute for Ayurveda in New Delhi, on the lines of the All India Institute of Medical Sciences (AIIMS).

In this section an attempt is made to describe different levels of service delivery in Government facilities. This is not an exhaustive account of the whole country but rather a bird's eye view of what happens at different levels of practice and the conditions under which preventive care as well as treatment are being given. The places mentioned in the Report were seen by the PI during her visits or recommended to her for inclusion by reliable persons in the National Institutes, the state governments and the Director of Rastriya Ayurveda

Vidyapeetha, Delhi. They depict a cross-sectional view of the status of ongoing practice.

1. Government dispensary

Ayurvedic dispensary in Tekari village, Raipur

The Ayurvedic dispensary in Tekari village, Raipur offers consultation and dispenses basic drugs. The sustained availability of a qualified Ayurvedic practitioner and drugs was stated to be a recurring challenge.



Names of management committee members displayed at the dispensary



Ayurvedic Dispensary Tekari village, Raipur.



Medicines at the dispensary



Health awareness banner near the dispensary



Health awareness messages near the dispensary

OPD	Average daily attendance - 35 patients
Treatment	Mainly respiratory diseases; followed by digestive problems and skin problems.
Other information	Raw drugs from the dispensary's herbal garden are often used along with bottled drugs.
Suggestions	A comprehensive set of guidelines on what a government dispensary should provide are needed. At least one model dispensary should be there in every district to act as a model for others to follow. The local purchase of drugs has to be facilitated so that there is no let-up in treatment. To avoid financial hassles, payment can be made by the District Ayurveda Officer with a tie-up with a local drug supplier.

detoxification).

OPD	Average daily attendance - 50 patients
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Patients waiting in the Ayurvedic unit, District Hospital, Durg



Patients undergoing *Panchakarma* procedure at the District Hospital, Durg

2. Hospital with Ayurveda OPD and Panchakarma facility

Ayurveda Wing, District Hospital, Durg, Chhattisgarh

The Ayurveda Wing in the hospital provides free consultation and *Panchakarma* (purification and

Treatment	Mainly arthritis and neurological disorders; followed by digestive and skin disorders. About 500-600 patients every month seek <i>Panchakarma</i> treatment. ¹
Suggestions	The <i>Panchakarma</i> units are generally very crowded with several patients undergoing therapy in one room. The in-charge of <i>Panchakarma</i> units need to follow a rule-of-thumb about the number of patients that can avail of treatment at a time and to stagger the timings to avoid congestion. This has a direct effect on the maintenance of hygiene and attention given to each patient.

OPD	Average daily attendance - 30 patients
IPD	Average number of patients treated in indoor facility each year – 250
Treatment	Anxiety disorders, depression, obsessive disorders, mood swings, insomnia, epilepsy and schizophrenia are treated.
Other information	All types of <i>Panchakarma</i> procedures are performed at the hospital. The government owned manufacturer of Ayurvedic medicine supplies drugs. Most of the patients come to this hospital after undergoing non-Ayurvedic treatment elsewhere. The hospital claims an improvement of varying degrees in 60 percent of cases.
Suggestions	There is a need to strengthen this hospital and to modernize it. It should become a centre for Ayurvedic treatment of mental disorders and should provide information on doctors/treatment and private board and lodging for families of patients.

3. Specialty hospital

Government Ayurveda Research Institute for Mental Diseases, Kottakal, Kerala

Established in 1974, the Government Ayurveda Mental Hospital located in Malappuram district in Kerala provides out patient and in patient services for mental disorders. It is the only such hospital exclusively providing services for mental health and receives patients from Kerala as well as from neighboring states.



Government Ayurveda Research Institute for Mental Diseases, Kottakal, Kerala

1. *Panchakarma* therapy practices here includes *Purvakarma* (oil massage & steam therapy) and *Pradhankarma* (purificatory measures). *Nasya* (nasal medication) & *Bastikarma* (enema therapy) are commonly performed followed by the *Shirodhara* (pouring of medicated oil on forehead) procedure. *Snehan* & *Swedan* procedure including *Sarvangsnehan* (whole body massage); *Nadi Sweda* (localised steam therapy); *Patrapinda Sweda* (body fomentation using different leaves) and *Sarvang Sweda* (whole body steam) are also performed.

4. Ayurveda hospitals in teaching institutes

National Institute of Ayurveda (NIA), Jaipur, Rajasthan

Established in 1976 by the Government of India, the National Institute of Ayurveda was set up as an apex institute to promote the growth and development of Ayurveda. It does this through teaching graduates and post-graduates in all branches of Ayurveda; conducting research and

by providing quality medical care through the Ayurvedic system of medicine. NIA is affiliated to Rajasthan Ayurveda University, Jodhpur.

NIA has a 354 bedded hospital and separate clinical departments that include *Kayachikitsa* (General medicine), *Panchakarma*, *Balroga* (Paediatric), *Shalya* (Surgery), *Shalakya* (ENT & Eye disease), *Stri Roga* (Obst. and Gynaecology). Each of these departments operates an independent OPD and IPD.



Patients in O.P.D and *Kayachikitsa* (medicine) ward at N.I.A., Jaipur



Consultation in Progress at N.I.A., Jaipur



Patient undergoing steam therapy at *Panchakarma* unit



View of Leech therapy



Cerebral palsy patient under treatment at *panchakarma* unit.

OPD	Average daily attendance 500 patients		<ul style="list-style-type: none"> • A child mental health unit • A pharmacy that produces 150 types of Ayurvedic medicines for use of the hospital. • Advanced Ayurvedic Clinical Documentation Programme launched in collaboration with the Institute of Advanced Research at Coimbatore.
IPD	Average number of new patients treated in indoor facility each year 2500		
Speciality clinics	Diabetic Clinic Geriatric Clinic Dietary Clinic Child Mental Health Clinic Allergy Clinic.		
Facilities offered	<ul style="list-style-type: none"> • 24 hours primary Emergency Unit equipped with oxygen facilities and life saving drugs. • Eye disorder clinic for eye diseases is run in collaboration with Sreedhareeyam Ayurvedic Eye Hospital & Research Centre, Kerala. While the average daily patient attendance is 40 to 50, it goes up to 100 patients a day when the Chief Physician from the Sreedhareeyam Ayurvedic Eye Hospital visits the hospital. • A large <i>Panchakarma</i> Unit with separate private rooms where 200 patients undergo different procedures on a daily basis. • Centre for Musculoskeletal Disorders working in collaboration with Vaidyaratnam Oushadhasala, Thrissur. 	Suggestions	NIA Jaipur should become a showpiece for visitors to Jaipur in case they wish to see authentic Ayurveda and Panchakarma treatment in progress. The surroundings are neat and clean and the general atmosphere is efficient. The website should be vastly upgraded and regularly updated to be managed by a Programmer with a Master in Computer Application. The website should become a focal point for accessing information on Ayurveda, medicinal plants and different kinds of treatment and should be interactive. All members of the faculty need to be trained to oversee updation of material. This website should become the most credible source of information on Ayurveda along with FAQ'S and links to all important hospitals/Centers of Ayurvedic Practice.

Government Ayurveda College, Tripunithura, Kerala



Hospital complex – Government Ayurveda College, Tripunithura, Kerala

Founded in 1926, the Government Ayurveda College, Tripunithura, Kerala presently has 14 teaching departments, a 500 bedded hospital, six departmental OPDs, eight special clinics and a medicine manufacturing unit that produces all medicine required by the hospital.

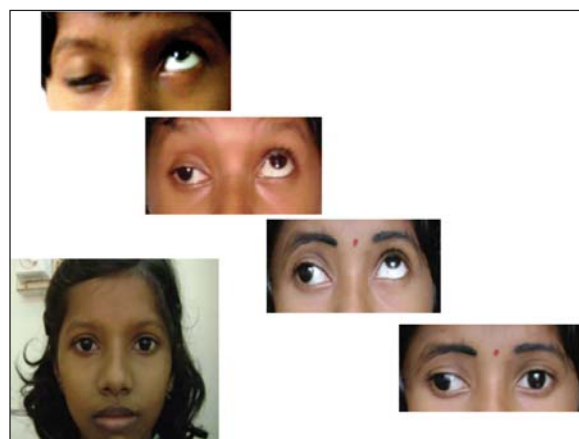
Shalakya Department (Eye & ENT) is equipped with modern diagnostic equipment and is renowned for Ayurvedic management of various eye and ENT disorders. In particular, treatment is available for the following diseases:

- Refractive errors and allergic disorders
- Corneal diseases, Retinal degeneration and dry eye syndrome.
- Facial palsy, Hearing loss, Meniere's disease, Otitis media, Vertigo.
- Headache, Sinusitis, Migraine, Alopecia, Dandruff, Allergic Rhinitis etc.

Photographs of treatment executed by the *Shalakya* department



Sirasuklam Treatment



Unilateral Ptosis (Right) Treated in the *Shalakya* Department

Number of cases treated in the Eye Unit in 2010	Diseases of Drishti (visual problems)	- 3674
	Diseases of Sarvakshi (whole eye)	- 1804
	Diseases of Vartma (Eye Lids)	- 589
	Diseases of Krishnamandala (Cornea)	- 450
	Diseases of Sandhi (junctional parts of eye)	- 280
	Diseases of Suklamandala (Sclera)	- 377
Number of cases treated in 2010 in ENT, Head & Neck	Karnarogas (Ear)	- 2881
	Nasarogas (Nose)	- 1597
	Sirorogas (Head & neck)	- 1907
	Mukharogas (oral cavity)	- 1444

Shalya Tantra (Surgery) Department is divided into two units: *Ksharsutra* (for management of fistula-in-ano) and *Arbuda* (Cancer treatment).

Cases commonly treated at the *Shalya Tantra* Department include:

- Low backache, Ulcerative Colitis, Varicose Veins.
- Paraplegia, Hemiplegia, Quadriplegia, Epidermolysis Bullosa.
- Rheumatoid arthritis, Ostioarthritis, Venous Ulcer, Varicose Ulcer.
- Vascullitis, Liver diseases, Systemic lupus Erythematosus.

Number of cases treated in the *Shalya Tantra* department

OPD	Average daily attendance - 50 patients
IPD	Average of 4849 patients treated per year
Ano Rectal Cases	An average of 335 patients treated per year

Arbuda Unit (Cancer treatment unit)

Various types of Ayurvedic cancer treatment is provided in this hospital. Predominant among these are Ca Rectum, Ca Breast, Ca Tongue, Ca Prostate, Ca Lung, Chorionic Carcinoma, Osteosarcoma and Ca Maxilla.



Non healing ulcer & Tongue cancer patient under treatment at *Shalya* Department

Panchakarma Department treats a variety of diseases. It however specializes in treating Motor Neurone Disease for which a specific line of treatment is not generally available.

Keraleeya Bala-chikitsa (Pediatric practice)

Some of the important childhood diseases treated include

- *Balapeeda* - Persistent crying, restlessness, diarrhoea, vomiting, breast feeding, Apasmar (Epilepsy), Congenital disorders, Marasmus (Emaciation) and Muscular dystrophy
- *Karappan* – All skin diseases

Sir Sunderlal Hospital, Banaras Hindu University, Varanasi, Uttar Pradesh

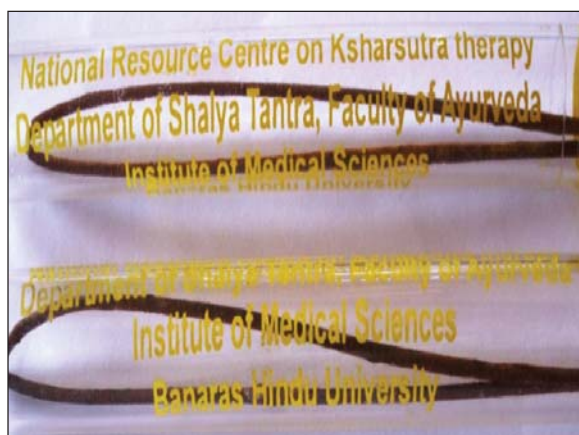
Established in 1924, the 96 bedded Sir Sunderlal Hospital in the Banaras Hindu University (BHU) is an integral part of the Institute of Medical Sciences where both the faculties i.e. Faculty of Medicine and Faculty of Ayurveda function collaboratively.

Speciality practice in Shalyatantra (Surgery) department

Shalyatantra department has speciality clinics for Ksharsutra and diabetic wound management.



View of Ayurvedic OPD and IPD (*Kayachikitsa* Department) at BHU



Ksharsutra Therapy



Application of Ksharsutra in progress

Ksharsutra therapy

Ksharsutra Therapy is one of the specialized and well known therapies used by Ayurvedic practitioners for the treatment of Fistula-in-ano. *Ksharsutra* is a medicated thread prepared by using plant based ingredients. The thread, when applied by an expert helps in cutting, draining and healing of the fistulous track. A number of scientific studies confirm that the drugs used in the preparation of *Ksharsutra* along with the mechanical pressure of tying the thread heal the fistulous tract gradually.

Advantage of Ksharsutra therapy

Ksharsutra treatment is a minimally invasive surgical procedure. It can be done without anesthesia. Patients can continue with their normal routine work

and the presence of the thread does not bother them.

Diabetic wound management

Management of Diabetic foot ulcer and other infected wounds using Ayurvedic drugs

More than 50,000 limb amputations are carried out in India annually for the treatment of diabetic foot ulcer. Despite antibiotic therapy, the wound does not heal and doctors have to amputate the affected limb.

Ayurveda, apart from controlling blood glucose levels, is reported to manage diabetic foot ulcers² with only good wound care. Ayurvedic drugs are very effective in wound debridement. By healing



Day –1



Day – 180 Wound healed completely

A patient of Diabetic foot ulcer

2. Photographs shown above were supplied by Dr. Manoranjan Sahu, Professor at BHU and former Director, All India Institute of Ayurveda, Delhi.

the wound, it helps to prevent limb amputation. These drugs are locally available and cost effective.

Other Clinics Specialty	<ul style="list-style-type: none"> • <i>Garbhini Vishistha Paricharya</i> (Pregnancy care) • <i>Baal Swasthya</i> clinic (child health), • <i>Infertility</i> clinic • <i>Twaka Roga</i> (Skin speciality) • <i>Hridaya Roga</i> (Cardiac clinic) • <i>Udara Roga</i> (Abdominal disease) • <i>Yakrit Roga</i> (Liver disorders) • Geriatric Clinic • <i>Vedanahar</i> Clinic (Pain management).
OPD	Average daily attendance 220 patients
IPD	An average of 3844 patients treated per year
Suggestions	This hospital and its service needs to be showcased for interested visitors as the clinical material is plentiful and it is

possible to view the difference that Ayurveda can make. A visit to this hospital should become a compulsory feature of exposure visits planned for undergraduates studying in Northern Indian Ayurvedic medical collages.

Tilak Ayurveda Mahavidyalaya, Pune, Maharashtra

Founded in 1933, the oldest Ayurveda Mahavidyalaya in Pune, renamed 'Tilak Ayurveda Mahavidyalaya' has produced 8000 undergraduates and 1100 post graduates since inception. A Maharashtra state government aided institute, it is affiliated to the Maharashtra University of Health Sciences, Nashik.

Attached to the institute is the 340 bedded Seth Tarachand Ramnath Charitable Ayurveda Hospital which provides health services to the lower income group. While a majority of patients are treated with Ayurveda, a small percentage is also given allopathic treatment in emergency situations.



Seth Tarachand Ramnath Charitable Ayurveda Hospital, Pune



Shalaky (ENT) OPD



Oil massage & steam therapy under process in *Panchakarma* department



Bloodletting therapy performed at the hospital

OPD	Average daily attendance - 450 patients.
IPD	Average bed occupancy in I.P.D. is about 70 %
<i>Panchakarma</i>	An average 50,000 procedures are performed every year.
<i>Shalya</i> (Surgery)	315 major and 543 minor procedures were performed last year.
<i>Shalakya</i> (Eye & ENT)	Last year 355 major and 87 minor procedures were performed in the Department.
<i>Striroga</i> (Gynaecology)	616 deliveries, 469 major procedures and 264 minor procedures were performed last year.
<i>Rognidan</i> (Pathology)	47,915 patients utilized services last year.

Suggestions	This hospital should be showcased for students to see authentic Ayurveda treatment. Students of Ayurveda particularly from western India should be given exposure to this hospital which has plenty of clinical material. However there is a need to modernise the interiors.
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Chaudhary Brahmprakash Ayurveda Charak Sansthan, Delhi

Chaudhary Brahm Prakash Ayurveda Charak Sansthan is a 210 bedded Ayurved hospital and teaching institution established by the Government of NCT Delhi. Operational from Dec., 2009, it draws patients from Delhi and neighboring states.



Ch. Bramhaprakash Ayurveda Charak Sansthan, Delhi



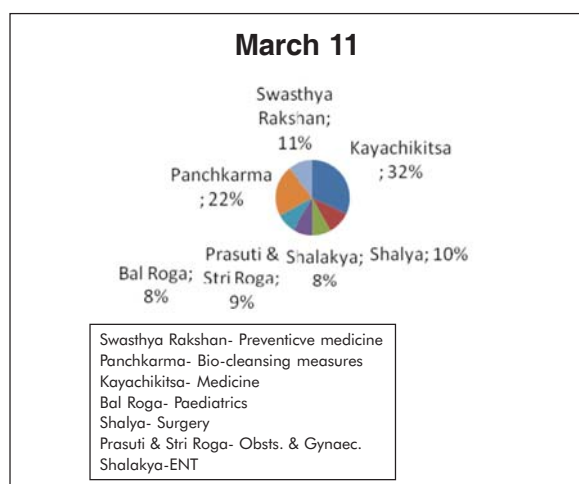
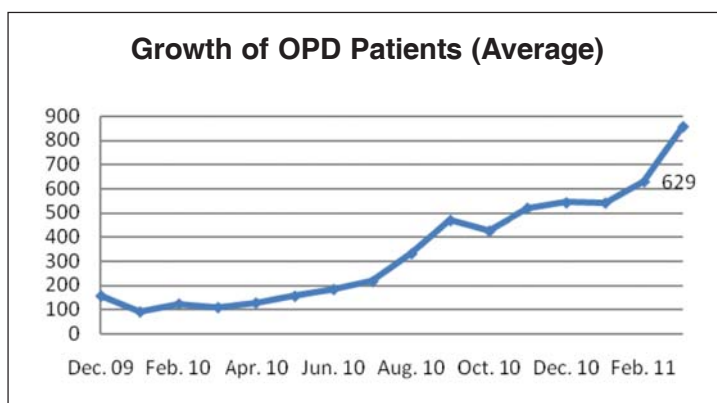
Patients at OPD wing of the hospital



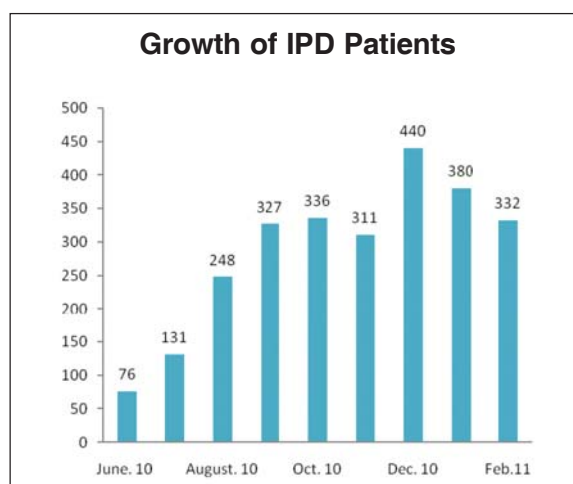
View of IPD

OPD	Average daily attendance – 800 patients
IPD	2981 patients treated since June, 2010.
Other Information	1,28,559 patients have been treated at the hospital in one year. About 3000 patients from

	other states have visited the hospital for consultation. Bed occupancy rate in March was about 72 percent. Approximately 250 patients from outside Delhi have been treated in the Indoor Patient Facility.
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Distribution of patients consulting various OPD



A number of chronic and complicated cases are treated at the hospital on a daily basis.

a. Treatment of Visarpa (Cellulitis) over a two month period



Before treatment



After treatment

b. Treatment of Mansarbuda (Benign Mesenchymal Tumour) over a 15-day period



Swelling and pus before treatment (Temporal region)



After Ksharasutra treatment

All India Institute of Ayurveda, New Delhi

The All India Institute of Ayurveda (AIIA) was conceived of as an apex institute for Ayurveda under the Ministry of Health & Family Welfare, Department of AYUSH, Government of India.

The Institute, which is presently under construction will eventually offer postgraduate and doctoral courses in various disciplines of Ayurveda. It expects to focus on fundamental research in Ayurveda, drug development, standardization, quality control, safety evaluation and scientific validation of Ayurvedic treatment. Scheduled to be functional by 2013 the Institute will have a 200 bedded referral hospital for facilitating clinical research.

Currently, a temporary OPD block consisting of 5 clinics, a laboratory, a *Ksharasutra* therapy room, a pharmacy and a committee room are operational. From October 2010 to February 2011, 9250 patients visited the hospital OPD.

AIIA is implementing the national campaigns for Anaemia, Mother and Child Health, Geriatrics and *Ksharasutra* under the Department of AYUSH.

Suggestions

The hospital needs to have a strong full time Chief Executive Officer in its initial stage to oversee infrastructural development and also to network with other institutes in the field of Ayurveda as well as other disciplines. At this stage it would be better to position a non-practitioner as there is a huge need for attending to lateral linkages with several agencies. The All India Institute of Medical Sciences and Indian Council of Medical Research have full time Deputy Directors of Administration, who are IAS officers of Joint Secretary Level. That is vitally needed here at this juncture as there is a big need to look at infrastructure development, engagement



Under construction building of AIIA, New Delhi.



Temporary OPD block

of faculty and the formulation of educational and research priorities for the next five years.

The present mandate of the Institute appears to be similar to the CCRAS. The institute in its formative years should somewhat focus on multi-disciplinary research in which collaboration with modern medicine institutes is fostered. The institute can play a far more meaningful role by facilitating collaborative studies to observe the comparative efficacy of Ayurvedic and allopathic treatment after following a carefully designed protocol. By studying the outcomes of cases treated purely under Ayurvedic treatment and comparing results with similar patients treated under conventional medicine, the relative merits and demerits of Ayurvedic treatment can be evaluated.

In the initial years the institute should exclude areas like fundamental research and drug standardization on which extensive work has been done by others. Instead it should focus on patient care and evaluation of the outcomes of holistic Ayurvedic treatment. Otherwise it might become a duplication of research work which has been extensively described in the Chapter on Research.

5. Clinical units of research organizations

Clinical Unit of Central Council for Research in Ayurveda and Siddha (CCRAS), Safadarjung Hospital, New Delhi

OPD	Average daily attendance – 100 patients
Treatment	Predominately Arthritis
Other information	OPD services are run by retired government doctors and regular doctors from the CCRAS.

Suggestions:

A collaborative project to compare outcomes should be initiated to evaluate patient responses before and after treatment. The assessment should be done by an independent multi-disciplinary group to avoid bias.

Ayurveda Practice in the Private Set-up

Private practice in Ayurveda is not uniform all over the country. While private practitioners in Ayurveda are very popular in states like Kerala and Maharashtra, they are not as much in demand in other states, for their knowledge of Ayurveda. Even so, some corporate hospitals are investing in Ayurveda treatment that is integrated into the modern set up. The examples described in this section of the report are intended to represent the cross section of practice that is going on. Inclusion or exclusion of a practitioner does not denote any effort to show anyone in a favorable or unfavorable light. It is only expected to give an idea of different levels of practice in general as well as specialized areas. In no way, is this an exhaustive account of the practices conducted throughout the country.

Different Levels of Private Practice

1. Individual Practitioners

a. OPD Consultation only

Many graduates and post graduates of Ayurveda are engaged in individual private practice offering only consultation and mainly located in urban areas. They are both institutionally qualified or not

so but they are registered on the Register of the Central Council for Indian Medicine (CCIM).

Ayurvedic clinic of Vaidya Triguna, Delhi

Ninety year old Vaidya Brihaspatidev Triguna and his son Vaidya Devendra Triguna are renowned Ayurvedic physicians in Delhi practicing *Nadi Marma Gyana* (knowledge about pulse). Most patients come to their clinic by word of mouth publicity.



Vd. Brihaspati Dev Triguna, examining a patient by *Nadi Pariksha* in his clinic



Patients waiting at Triguna's clinic

Number of patients	Average daily attendance in the OPD is around 250 patients.
Treatment	All kind of disorders ranging from common afflictions to chronic diseases are treated here.
Treatment method	Patients are diagnosed by the <i>Nadi Pariksha</i> technique.
Medicines used	Medicines dispensed from Triguna's own dispensing unit.

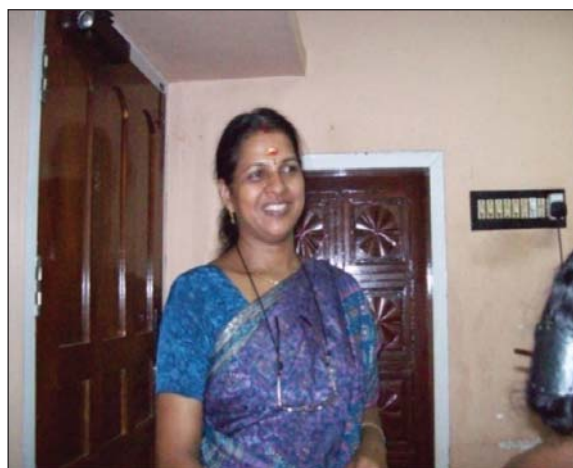
Shukla Ayurvedic Clinic, Jamnagar, Gujarat

89 year old Vaidya CP Shukla is a well known qualified Ayurveda Physician in Jamnagar, Gujarat. He is a retired professor and was Head of Department, Kayachikitsa at the Institute of Post Graduate Teaching and Research in Ayurveda, Jamnagar. After his retirement in 1982, he started his own clinic in Jamnagar. Patients from all over Gujarat and other parts of India come to his clinic for consultation.

Number of patients	The average daily attendance in the OPD is around 30-40 patients.
Treatment	Neurological disorders, metabolic disorders like diabetes, obesity, digestive disorders, skin diseases and various chronic cases are treated in his clinic.
Medicines used	No market preparations are used. Only classical drugs and medicines prepared in his clinic are prescribed to patients.

Sowparnika Ayurnikethan, Poonkunnam, Thrissur, Kerala

Dr. Sushila Saji, a professionally qualified Ayurveda practitioner has been treating complicated cases coming from Kerala and abroad in a rudimentary set up. Most of the patients come to the centre after taking conventional medicine. Medicines from a specific manufacturing of Ayurvedic medicine are used in her practice.



Dr. Sushila Saji at her clinic



Patient from the Gulf treated at Sowparnika Ayurnikethan centre intviewed by the PI

b. OPD and *Panchakarma* Unit

Most Ayurvedic private practitioners come under this category. *Panchakarma* treatment is popular at these centers. However, many of these *Panchakarma* clinics operate from one room due to non availability of space.

Maulsiri Ayurvedic Clinic and Research Centre, Jaipur, Rajasthan

Dr. Sahdev Arya (MD) runs the Maulsiri Ayurvedic Clinic and Research Centre in Jaipur. The centre is



Maulsiri Ayurvedic Research Center, Jaipur



Patient treated at Maulsiri Centre for facial hair growth

known for the management of chronic disorders. Separate *Panchakarma* treatment rooms for male and female patients are available. All *Panchakarma* procedures including *Vaman* (vomiting), *Virechan* (purgation), *Abhyanga* (oil massage), different *Basti* and Keraliyan *Panchakarma* procedures are performed here.

Number of patients	The average daily attendance in the OPD is around 30-40 patients.
Treatment	Coronary artery disease, hypertension, Stress related disorders, liver disorders, slipped disc, spinal disorders, migraine, skin diseases, allergies and asthma. Cosmetic therapy is also offered at the Centre.
Medicines used	Medicines of Vaidyaratnam Pharmacy, Kerala are used in this clinic.
Other information	The PI found that a section of the patients were from the affluent and educated class and were explicit in describing the difference that Ayurveda had made. Recording are available.

Chakarapaani Ayurveda Clinic and Research Centre, Jaipur, Rajasthan

Chakrapani Ayurveda Clinic & Research Centre, spread across 8000 square feet, is promoted as an Ayurveda Wellness Centre. Listed in the Lonely Planet, it has an ISO 22000:2005 certification and Organic Certification from agencies approved by the Rajasthan Government. The clinic caters to Indian as well as tourist groups from overseas.

It has a significant online presence for promoting the Centre, Ayurveda and Ayurveda products. It operates **55 websites promoting Ayurveda**; operates online training programmes on Ayurvedic medicines and herbs and describes treatment for intractable conditions. The clinic engages in online sale of Ayurveda products such as tablets, capsules, beauty products, oils, health tonics and *Panchakarma* equipment.

It was unusual to see a large number of web designers and Programmers having been engaged for updating all the websites.



Chakrapani Ayurveda clinic, Jaipur



Udvardhan-Herbal powder application over the body at the centre

Number of patients	The average daily attendance in the OPD is around 40-50 patients. About 20-25 patients undergo <i>Panchakarma</i> procedures every day.
Treatment	Obesity and lifestyle-related disorders, diabetes, stress-related problems, skin disorders are treated here. "Beauty treatment" is also available.

The clinic offers a number of "Packages" and some of these are given below to illustrate how Ayurveda is being packaged/remodelled to suit modern needs.

Treatment Packages

- Stress Management Package
- Rejuvenation Package (*Rasayana Chikitsa*)
- Purification Therapy (*Shodhana Chikitsa*)
- Longevity Therapy & Immunity Promotion (*Kayakalp Chikitsa*)

- Weight Loss (Slimming Programme) Therapy
- Beauty Care Package
- Frequent Traveler's Package
- Executive's and IT Professional's Package
- Spine and Neck Care Programme.

Note: Many of these packages are directed forwards modern life style related problems and are aimed at attracting a specific kind of clientele.

Ayurveda Learning Programmes

- Online Courses: According to the Center, around 500 students have taken the online course till now and customized in-house training programmes are also available. Till date, more than 2000 students have studied Ayurveda at the Centre.
- Ayurveda Centers and product distributors have been established in the US and other countries.

Note: This shows how the entrepreneur/practitioner has attempted to fill a gap that exists between what a newer clientele is seeking and what is generally offered.

Web Activities

- The clinic has about 80 domain names with 55 operational websites and 25 under construction.

Note: The clinic is making maximum use of information technology which accounts for websites of a private clinic receiving maximum hits globally.

This is a new approach and well suited for attracting a different clientele towards Ayurveda, particularly for promoting Wellness and Rejuvenation therapies and basic learning about the Ayurvedic system of medicine. The PI requested the Director, NIA, Jaipur who had accompanied her to introduce innovative web-based approaches in NIA with approval of the Governing Body, as obviously there is great interest abroad.

Yashaswi Ayurveda, Ahmedabad, Gujarat

This one room *Panchakarma* clinic in Ahmadabad carries out all the Panchakarma procedures on patients with chronic disease. Situated on the third story of a building in a busy part of the city did not deter family members from bringing patients of stroke and paralysis for treatment.



Panchakarma set up in one room

c. OPD and *Panchakarma* Unit with Indoor facility
Ayurvijnana Chikitsalaya, Pune, Maharashtra

Ayurvijnana Chikitsalaya is run by Vaidya, Santosh Suryavanshi. In addition to the OPD, there is a six bedded Indoor facility. It has separate *Panchakarma* facilities for male and female patients along with a separate kitchen to prepare meals according to directions of the treating physician. All the *Panchakarma* procedures including *Vamana* (Vomiting therapy), *Virechana*, *Nasya*, leech therapy

as well as the Keraliyan *Panchakarma* procedures are performed in the clinic.

Number of patients	The average daily attendance in the OPD is around 30 patients
Treatment	Patients suffering from Musculo-Skeletal diseases are among the user of the clinic followed by digestive disorders, infertility, skin diseases and stress disorders



The President of India, the then Governor of Rajasthan at the centre in September 2005



Swedana (steam) unit

2. Specialty Practice Under Ayurveda

a. Cancer treatment center through Ayurveda

VCP Cancer Research Foundation, Dehradun, Uttarakhand

Vaidya Balendu Prakash, is well known for treating cancer patients for the last 35 years. He operates an O.P.D and an eight bedded hospital in Dehradun. He uses *Rasa-Chikitsa* (Mercury based preparations) for the management of cancer patients.³

His work has been presented to a panel of researchers and clinicians convened by the Office of Cancer Complementary and Alternative Medicine, National Cancer Institute, USA where cases of cancer patients in India treated with metal-based Ayurvedic treatment (MBAT) formulations were discussed.

Nearly 50 percent of the inquiries are from abroad especially from Saudi Arabia and countries like Croatia.

3. *Rasa-Chikitsa* uses compounds made up of plants, animal products, and metals like mercury, gold, silver, copper, iron, tin, lead, and zinc. The Ayurvedic compounds are created through a "tedious method of preparation" of grinding, heating and combining the various compounds that can take 2-3 years to complete for each batch. The treatment may last up to 5-7 years.

Number of patients	While the Center receives nearly 20 new inquires for the treatment of different kinds of cancer every day, those cases which do not fit within the domain of past experience are refused.
Treatment	The center treats patients suffering from leukemia, lymphoma and myeloma. Metastatic cancer patients are also treated to improve their quality life. In addition, pancreatitis, colitis, arthritis, dermatitis, hepatitis metabolic disorders like obesity, diabetes, migraine, multiple sclerosis and immunological disorders are also treated.
Special observation	Dr. Balendu's practice has been acknowledged at different places in the world. He speaks with confidence and can argue with scientists and allopathic doctors armed with diagnostic pathological parameters. This is unusual among ASU practitioners, and he should be encouraged.

b. Hair Care and Cosmetic Centre

Dr. Illa's Ayurvedic Hair Care Clinic, Ahmedabad, Gujarat

Dr. Ilaben C. Shah has started an Ayurvedic Hair care Clinic in 1978. Ayurvedic treatment is offered for the hair, skin and body. Around 4000 patients



Patient treated at Center for Alopecia

are treated annually at the center for hair and beauty treatment. The Clinic has branches in Gujarat and Maharashtra.

Number of patients	The average daily attendance in the OPD is around 20 patients.
Treatment	Patients with all types of hair loss ranging from alopecia areata to alopecia totalis, and dandruff seek treatment.
Medicines used	Drugs are prepared by the clinic's own pharmacy.

c. Stress Management and Mental Disorders (*Manas Rog*) clinic

Dr. Tom Paul is a professionally qualified Ayurvedic practitioner with a post graduate diploma in Addiction, Counseling and Psychotherapy. He practices *Manas Roga* using Ayurveda and is based in Ernakulum district of Kerala. He has treated almost 5,223 patients of *Manas Vyadhi* last year. While a majority amongst them was suffering from psychosomatic disorders, he also treats patients suffering from depression, anxiety, and schizophrenia and alcohol dependency.

His treatment includes *Yukti Vyapasrayam* (medical management), *Shodhana* (Purification of the body by bio-cleansing measures), *Shamana* (Pacification), *Daivavyapasrayam* (Spiritual Healing), *Satwajayam* (Psychotherapy/ Counseling), observation, communication, intervention followed by Yoga therapy, relaxation therapy and meditation.

d. Male Infertility Clinic

Amrit Ayurvedic Centre, Bengaluru, Karnataka

Over 2 decades Dr. V R Padmanabha Rao has been offering specialty treatment for male infertility under Ayurveda. He has treated over 5000 patients and uses techniques like *Uttar Basti* (medicated oil administered through genital tract) and *Yapana Basti* (medicated enema prepared by using ghee, oil, mutton soup and medicated decoction).

Number of patients	Treated over 5000 cases of infertility
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Bhasmas and other drugs prepared under supervision of practitioner for own clinic

Treatment	Male patients suffering from oligospermia, sexual disorders and female infertility cases due to hormonal imbalance, polycystic ovarian syndrome, recurrent abortion, dysmenorrhoea, endometriosis, etc. are treated at his centre and by his wife at a different centre.
Medicines used	Medicines are prepared under the supervision of the practitioner.

and bloodletting therapy along with various oil preparations in fracture management.



e. Bone Setting Clinic

Parathuvayalil Hospital, Keezhillam, Kerala

Bone setting is a specialty predominantly practiced in Kerala. Dr Pathrose Parathuvayalil, MD in *Kayachikitsa* has been practicing it for the last several decades. Patients suffering from prolapsed disc, cervical spondylosis, frozen shoulder, simple and compound fractures are treated in the hospital. Dr Parathuvayalil, uses splints made of bamboo



Dr Pathrose displaying splint used for bone setting



Management of fracture patient's at the bone setting clinic

f. Child Specialty Clinic

Aravinda Ayurveda Hospital and Balaroga Chikitsalayam, Aangamaly, Kerala

The use of Ayurveda for paediatric practice is another specialty of Kerala. Dr. Shyamalan is the seventh generation in a family which had been

Number of patients	Average daily attendance in the OPD is around 20-30 cases.
Treatment	All type of paediatric cases especially bronchial complaints and skin ailments are being treated at the centre, including traditional treatment for infantile eczema.



A large, multi-tiered wooden shelving unit, possibly made of plywood, is filled with hundreds of small, dark glass bottles. The bottles are arranged in neat, uniform rows across multiple levels. Many of the bottles have white labels, though the text on them is not legible. The bottles vary slightly in shape and size, but most are small and cylindrical. The shelving unit is built into a corner or against a wall, with the top of the unit reaching towards the ceiling. The overall impression is one of a well-stocked, organized storage area for a large quantity of small bottles, likely for a food or beverage business.

g. Ayurvedic immunization program/ *Swarn Bindu Prashana*

Dr Sucharita, MD maintains height and weight record of children and provides compulsory immunization as a part of her practice. In the Ayurvedic child immunization programme, *Swarna Bindu Prashanas* given to children from zero to 16 years, every month on *Pushya Nakshatra* Day which is very popular among patients. An advertisement displayed opposite describes what is done.

Birth Record

Date of Birth : _____ Time of Birth : _____

Delivery: Normal / Vaccum / Forceps / Caesarean

Neonatal Status : _____

Birth Wt. : _____ Length : _____ Sex : _____

Blood Group : _____

Name of Mother : _____

Mother's Blood Group : _____

Name of Father : _____

Father's Blood Group : _____

[illegible][illegible][illegible]

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Pamphlet promoting *Swarna Bindu Prashana*



Pindsweda performed on a cerebral palsy patient

h. Paralysis Care Center and *Panchbhoutik* Treatment Centre

Ayurveda city, Satara, Maharashtra

Ayurveda City, with a 25 bedded indoor facility is spread across two acres in rural Satara district of Maharashtra. It is managed by Vaidya, Milind Kakade and offers Ayurvedic treatment on the basis of *Panchabhautik Chikitsa* and *Panchakarma* therapy for the treatment of various disorders. The treatment offered, is based on *Basti* (medicated enema), *Shirodhara* (pouring of medicated oil on forehead), *Pindasweda* (body fomentation using *Pottali* prepared with medicines, rice and milk),



Ayurveda City at Satara, Maharashtra



Shirodhara performed on a cerebral palsy patient

Abhyanga (oil massage) and *Swedana* (steam therapy).

Number of patients	Average daily attendance in the OPD is around 20 patients.
Treatment	Patients of paralysis and cerebral palsy seek treatment here.
Medicines used	Medicines based on <i>Panchbhoutika</i> therapy are prepared by the clinician at the hospital.

3. Clinic Run by Groups

Punarvasu Chikitsalaya, Pune, Maharashtra

Punarvasu Ayurvedic Clinic in Pune is a unit of the Brahma Ayurveda Services Pvt. Ltd. Functioning since 1999, it has an OPD and a six bedded indoor facility for patients. It is the only private sector co-operative unit offering Ayurveda treatment. Consultation and services are provided by 10 professionally qualified Ayurveda physicians. A house physician and resident doctors are present 24x7 to attend to indoor patients. A total of 15,143 *Panchakarma* procedures were performed in one year at the clinic.

Number of patients	Average daily attendance in the OPD is about 30-35 patients.
Treatment	Maximum cases related to arthritis and neurological disorders are treated at centre.
Medicines used	Medicines prepared by a pharmacy owned by the group are used in the clinic.



Vamana karma



Pindasweda procedure



Leech therapy on Leucoderma patient



Wound management



Bloodletting therapy



Lepa therapy

4. Clinic / Hospital run by charitable trust / private company

a. OPD Consultation

Jiva Clinic, Vivek Vihar, Delhi

Jiva Clinic at Vivek Vihar is a franchise of *Jiva Ayurveda*, Faridabad and offers only OPD services. The chief physician of *Jiva Ayurveda*, Dr. Pratap Chouhan is a professionally qualified Ayurvedic practitioner who visits the clinic on a monthly basis.

Number of patients	Average daily attendance in the OPD is around 15 patients
Treatment	All kinds of chronic diseases and conditions such as diabetes, arthritis, stress, migraine, high blood pressure, skin diseases, cancer, asthma, spondylitis, allergies, hair loss and obesity.
Medicines used	Drugs prepared at the clinic's own pharmacy are prescribed.

b. OPD and Indoor Facility with *Panchakarma* unit

Arya Vaidya Shala (AVS), Kottakal, Kerala

For the last 107 years, the *Arya Vaidya Shala* has been providing clinical care through the Ayurvedic system of medicine. Today, with five Ayurvedic Hospitals and Research Centers, located at Kottakal, Cochin and Delhi, among others, it is one of the most renowned treatment centres in India providing quality Ayurvedic care. *Arya Vaidya Shala* is among the oldest organizations practicing *Panchakarma* and Kerala therapies in an organized manner.

Patients from all over the India and abroad visit the Centre for treatment. About 30 percent of the in-patients at KAVS are foreigners coming from over 50 countries including from US, UK, the EU, Canada, and South East Asian countries. The ambience of the hospital and its surroundings are clean, neat and green and an air of quiet efficacy pervades. Keralaian *Panchakarma* procedures performed by trained staff are effective in treating neurological and skeletal-muscular diseases.

Chronic and complex disorders are treated in the

160 bedded charitable hospital which also provides accommodation, treatment, medicine and food free of cost to poor patients. A free cancer clinic providing mainly supportive and palliative therapy and a free diabetic clinic are also functioning in the charitable hospital premises. Around 5000 patients have availed the services of the cancer facility in the last five years. KAVS also operates a free clinic in Arattupuzha, Kerala, a backward coastal area which had been hit by the Tsunami.

Number of patients	Last year more than 17.5 lakh patients' availed treatment in the OPD and 11,562 new patients sought medical advice through correspondence. A total of 6,617 Patients availed IPD services.
Treatment	Chronic and complex disorders, neurological disorders cancer and diabetes treatment is provided.

KAVS is involved in various research projects in collaboration with several government agencies including the Department of AYUSH, Department of Bio-Technology, Department of Science & Technology, National Medicinal Plants Board and Indian Council of Medical Research. With financial assistance from the National Medicinal Plant Board and Tata Trust Board, Mumbai, the Centre prepares planting material of medicinal plants through tissue culture and normal cultivation. These are distributed to farmers, women, NGO's, self help groups to promote the growth of medicinal plants.

The Delhi Centre of *Arya Vaidya Shala* – Ayurvedic Hospital & Research Centre has a 35 bedded indoor facility. It receives patients from the northern states, mainly from Delhi, Uttar Pradesh, Rajasthan, Himachal Pradesh, Haryana, Bihar, Uttarakhand, Punjab and J&K. Most of them get information about the Centre from the Internet or by word of mouth publicity.

The PI asked for an analysis of the condition for which patients accessed services at the AVS, Delhi. Among the patients, 65 percent suffer from neurological disorders such as Motor Neuron Disease, Transverse Myelitis, 18 percent suffer from muscular disorders and the remaining from metabolic, skin, respiratory and psychological disorders.

These patients are treated at the indoor facility by oil massage, *Shirodhara*, two types of 'Potli' massages, oil wrap, paste bandage, medicated enemas along with internal medicine. Patients treated at the center are able to withdraw from the dependency on steroids and other allopathic drugs and observe an improvement in quality of life within three to six months. The PI interacted with Indian and foreign patients who expressed great satisfaction with the improvement they experienced.

Number of patients	Average daily attendance in the OPD is around 30-40 patients. IPD has 70 – 80 percent bed occupancy.
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Classical preparations prepared by the pharmacy at Kottakkal for sale at the Delhi branch



Chief Physician of Delhi branch of Kottakkal Dr. PR Ramesh giving information about drugs used in *Panchakarma* to PI

Treatment	Patients from all over India and abroad approach the centre mainly for neurological disorders and skeleton-muscular diseases.
Medicines used	All classical preparations mainly in the form of powder, decoctions <i>Asava</i> , <i>Arista</i> and tablets manufactured at AVS, Kottakkal are used for treatment.

5. Ayurvedic unit running a corporate hospital

Ayurvedic Unit of Moolchand Hospital, Delhi

The Moolchand Ayurvedic Unit was started in 1928. Ayurveda is one of the integrated units of 20 different specialties offered at the hospital. There is a free charitable OPD which runs in the morning hours. There is no separate provision of beds for the Ayurvedic wing. While the patient is admitted in a ward depending on his/her ability to pay, he/she is monitored through the Ayurvedic unit.

On an average of 30 to 40 Panchakarma procedures are performed daily. They include *Vaman karma* (vomiting), *Pindasweda* and different *Basti* (medicated enema)

Number of patients	Average daily attendance in the OPD is around 30-40 patients.
Treatment	Patients suffering from musculo-skeletal disorders, rheumatic disorders, myopathy are treated in the hospital.
Medicines used	Medicines from renowned companies manufacturing Ayurvedic medicines are available.

6. Integrated Ayurveda institute

Medanta Department of Integrative Medicine, Gurgaon, Haryana

Medanta Department of Integrative Medicine selectively integrates Ayurveda into the practice of modern medicine. It brings together the

technological advantage that Medanta offers, with the time tested practice of Ayurveda.

Specialized programs in the Integrated Department include:

Independent Programs

- Revitalization Clinic
- Immunity Clinic
- Predictive and Promotive Health Care
- Chronic Repetitive Injury Clinic
- Rheumatic Clinic

Integrative Programs with other Specialties

- Parkinson's Disease Support
- Diabetes Holistic Support
- Rheumatic Support
- Cardiac Supportive Clinics
- Liver Care and Support.
- Cancer Holistic Management Support.

Using Prakriti analysis and correlating the information with the genetic makeup of a person, Medanta offers an executive health check-up for preventive interventions and life-style modifications.

It adopts a holistic approach towards the treatment of Parkinson's disease, by integrating Ayurvedic medicines, *Panchakarma*, Yoga and diet. For managing cancer patients undergoing chemo and radiotherapy, Ayurvedic drugs and procedures are used. Cardiac Insufficiency and Pulmonary Hypertension are as two areas in Cardiology which Medanta is addressing with Ayurveda.

A synergistic approach in the management of rheumatism and an integrative approach in managing diabetes focuses on early prediction, prevention of the disease and management of diabetes associated complications.

7. Telemedicine practice in Ayurveda

Jiva Ayurveda, Faridabad, Haryana

The *Jiva* Telemedicine Centre was established in 1998 as an integrated center offering telephonic health consultation. 125 Ayurvedic doctors are



View of practitioners and the Telemedicine Center, Jiva Ayurveda, Faridabad

providing telephonic consultation and advice to patients. Doctors analyze the case history and guide the patient using Ayurvedic therapies which comprise of medicine, diet and lifestyle changes. *Jiva* claims to "treat" over 10,000 patients every month, spread over 1,200 cities and towns across India.

Headquartered at Faridabad, *Jiva* Ayurveda also provides outpatient services through its franchise clinics in different places in India.

8. Hospitals run by trusts / private organization with multi-specialty practice

Divyajyot Ayurvedic Research Foundation, Ahmadabad, Gujarat

In Divyajyot Ayurvedic Research Foundation under the guidance of the chief physician, Shree Shree Maa Anantanand Tirthji has been offering

treatment through a holistic approach since 1978.

Patients belonging to all strata of society and from abroad come to the center seeking treatment. The treatment is in high demand among both men and women. A “Mind Body Healing” approach called *Daivavyapashraya Chikitsa* includes worship, meditation and Havans are used as supportive therapy to focus the mind.

Number of patients	Average attendance in the daily OPD is about 50-60 patients. It increases to more than 120 patients when the main Vaidya extends consultation.
Treatment	Center treats patients of cancer, heart disease, renal failure, diabetes.
Medicines used	The centre owns a small Pharmaceutical unit and medicinal plants for routine use in the Hospital.



Female patients awaiting consultation



Male patients awaiting consultation



Vd. Shree Maa Anantanand Tirtha offering consultation

9. Private hospital with multispecialty practice and community outreach

a. Kottathil Ayurveda Hospital, Chappathu, Ayarkunnam, Kerala

The 20 bedded Kottathil Ayurveda Hospital is a Multispecialty hospital situated in rural Kerala. It organizes free medical camps in association with different charitable societies. On an average 150-200 patients are treated at each medical camp

Every day various Ayurvedic procedures are performed at the hospital which includes cases of *Agnikarma* (application of heat to the affected part using heated gold/copper/iron rod/clay),



View of OPD



Indoor patients facility



Patient undergoing *Katibasti* procedure

Bloodletting, *Ksharkarma* (local application of *Kshardravaya* (Alkalic substance), *Bandhan Karma* (fracture management & bandages) and Ophthalmic procedures.

Number of patients	Around 100-120 new cases per month are treated at OPD Around 40-50 new cases per month are treated at indoor facility.
Treatment	Patients suffering from arthritis, skin disease, fractures and ophthalmic diseases are treated at the hospital

b. *Punarnava Ayurveda Hospital Pvt. Ltd., Edappally, Cochin, Kerala*

Punarnava Ayurveda Hospital is an ISO 9001-2008 certified hospital with Green Leaf accreditation from Department of Tourism, Kerala. It is situated in Edappally (Cochin-Kerala) with branches in Kaloor, Alappuzha, Thiruvananthapuram and Ibra (Muscat-Oman). In operation for 20 years, it is run by a professionally qualified practitioner. It receives patients from more than 20 countries and promotes both wellness and curative aspects of Ayurvedic treatment in the network approach.

The hospital has incorporated modern diagnostic instruments, naturopathy consultation, and yogic practices along with traditional Ayurvedic treatment.

Treatment	Patients suffering from orthopedic complaints like osteo-arthritis of the knee, spine related disorders, rheumatoid complaints, arthritis along with rare cases such as Myasthenia gravis and Nephrotic syndrome are treated here.
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Punarnava Ayurveda Hospital, Kerala



Record maintenance



A patient with neurological disorder under treatment

10. Specialty hospital in Ayurveda

Sreedhareeyam Ayurvedic Eye Hospital and Research Centre Private Ltd

The Research Centre is a specialty clinic for the management of eye related disorders functioning for the 10 years. Today it runs a 300 bedded hospital with 25 doctors and 75 paramedical staff working under the supervision of the chief physician, Dr. NPP Namboothiri. Apart from the OPD in

Koothattukula, he conducts OPDs at Ernakulam, Thodupuzha, Calicut, Delhi, Hyderabad, Raipur, Patna and at Jaipur where patients access him in large numbers.

Number of patients	Dr.Namboothiri's bi-weekly OPD draws around 200 patients at Koothattukulam. The indoor patients average about 250 patients per day.
Treatment	Patients suffering from diabetic retinopathy, retinitis pigmentosa, macular degeneration, glaucoma, visual problems and other eye diseases are treated.

Sreedhareeyam Ayurvedic Eye Hospital and Research Center has been given the Centre of Excellence award by the Government of India. The hospital draws patients who have not found relief. They gain information by word of mouth and through articles in newspapers.



Chief Physician Dr. NPP Namboothiri examining a patient.



Patients waiting at Sreedhareeyam Eye hospital



Tarpana procedure performed at Sreedhareeyam Centre

11. Wellness Centre

Kairali Wellness Centre

Ayurveda helps not only in offering treatment but also in the prevention of disease. Adopting Ayurveda as part of daily life helps to prevent disease by ensuring general well being and strengthening the immune system. *Panchkarma* is used here for overall fitness and *Sweda Karma* for overall health and vigour.

The curative aspect of Ayurvedic treatment was initially available only in Kerala and that too only in Ayurvedic hospitals such as *Arya-Vaidya* pharmacy in Coimbatore and *Arya Vaidya Shala* in Kottakal. This usually required making advance bookings with long waiting periods, long travel and hospital stays.

The first Kairali Wellness Center was started in Delhi in 1989 and offered the curative benefits of Ayurvedic treatment at a new location, thus bringing treatment closer home. It was started as a day center, keeping in mind that most of the ailments that were being treated did not require hospitalization; the patients could come and undergo treatment for an hour or two and go back to their homes or return to normal routine.

This became an instant success. Once cured, patients wanted to keep up with the health maintenance schedule and started coming back on a weekly basis. This promoted Kairali to start the wellness centre as well. Kairali today, offers its customers both the wellness and curative aspects of Ayurveda.

All technicians at Kairali are trained in Kerala and the medication and oils used, are prepared according to the traditional texts. Kairali, along with a few other select centers offers authentic Ayurvedic



Treatment at a Kairali Center

treatment. Kairali operates on a franchise model and this approach has began to be adopted by other traditional Ayurvedic family concerns. This approach has now become would famous and synonymous with Ayurveda for many people, particularly high clients visiting 5-star hotels.

12. Traditional Ayurveda practitioners

a. *Poonkudilmana, Vallikkapatta, Malappura District, Kerala*

Poonkudilmana is a popular traditional Ayurveda treatment for mental illnesses. The chief physician is Sri. Devan Namboothiri. The treatment in the clinic involves use of traditional herbal medicines, *Arishtam*, *Ghritam*, *Thailam*, Pills, *Bhasmas* and procedures like *Abhyanga* (oil massage), *Shirodhara* (pouring of oil/water/milk etc. on head) and *Nasya* (nasal medication). The whole family practices *Mantra*, *Tantra* and *Chathirangam*. *Daivavyapsraya Chikitsa* like *Bali uzichil* (A type of Mantra), *Thakkid Kettal* (charms, engraved on lead, copper or silver metal enclosed in cage made up of copper or silver and tied over any body part like hip, hand or neck) are performed in the clinic.



Bali Uzhichil- A type of Mantra

Number of patients	Average daily attendance in the OPD is about 100 patients
Treatment	Mental affliction and anxiety.



Patients taking treatment at Poonkudilmana

b. *Dr. Unni Itoozhi - Itoozhi Namboothiris Ayurveda Nursing Home and Itoozhi Nethra Chikitsalayam, Mayyil, Kannur, Kerala*

Itoozhi Vaidyas are traditional Ayurveda physicians. Dr.Namboothiri, the chief physician has a Diploma in Ayurvedic Medicine and has been practicing for the last 46 years.

Number of patients	Average daily attendance in the OPD is about 70 patients
Treatment	Patients suffering from neurological disorders, musculoskeletal disorders, skin diseases, children's diseases, infertility, psychiatric disorders and eye diseases are treated in clinic.



Waiting room at the OPD

13. Integrated (Ayurveda and Allopathy) general practice

This type of integrated ASU and modern medicine practice is commonly seen all over India. The example is a generic example of a universal phenomenon – a combination of Ayurvedic and modern treatment.

Dr. V Varma - Private General Practice, Tekari village, District Raipur, Chhattisgarh

Dr. Varma, a Bachelor in Ayurvedic medicine in Tekari village has a general practice where he uses both Ayurveda and Allopathic drugs. For treating acute cases, he uses allopathic treatment and in chronic cases like liver diseases and Arthritis, he combines Ayurvedic medicines along with Allopathic medicines. A large number of integrated course practitioners as well as those who are graduates of Ayurvedic Medicine are offering this kind of integrated practice. Dr. Varma told the PI that he administers IV Fluids, injections, prescribes



Dr. Varma at his private clinic in Tekari village, Raipur.

anti-biotics and also offers consultation and uses Ayurvedic Medicine in combination with modern medicine. This is the broad picture of considerable ASU practice going on in many parts of the country.



Ayurvedic and Allopathic drugs are used by Dr. Varma



Ayurvedic medicines from private companies are prescribed

II. Clinical Practice in Siddha

Introduction

The Siddha system of medicine has undergone many changes in the course of its long history but it still remains the mainstay of medical relief to a large section of the people of Tamil Nadu.

It was officially patronized by an ancient Tamil king and had various branches with specialist physicians, hospitals with pharmacies and provision for proper nursing care.

Over time a once flourishing system suffered a setback and went through a period of decline. But in recent times efforts have been made to revive the system. The first school for Indian Medicine Systems covering Siddha was started in Chennai in 1924. Currently there are seven colleges (five Private and two Government) in Tamil Nadu and one private college in Kerala that offer courses in Bachelor of Siddha Medicine & Surgery (BSMS). There are three Government colleges in Tamil Nadu that offer a Post Graduate course in Siddha. The BSMS graduates find jobs in Tamil Nadu Government service, private hospitals and related fields. The post graduates usually find jobs in teaching institutes, conduct research in Government Siddha Institutes or are engaged in private practice.

In rural areas, where Allopathic practitioners are scarce, Siddha practitioners practice both Allopathy and the Siddha system. The Siddha system of medicine has recently become popular in urban areas where there is greater awareness about the side effects and complications caused by Allopathic medicines.

The Tamil Nadu Government has issued an order which recognizes a Siddha qualified doctor as a person practicing the modern scientific system of medicine under the Drugs and Cosmetics Act 1940. According to latest figures there are 9217 registered Siddha practitioners as on 1.4.2010. Source: <http://indianmedicine.nic.in/writereaddata/linkimages/8786199854-Summary%20Part-I.pdf> (accessed on 1.8.2011).

Practice of Siddha in Tamil Nadu

National Institute of Siddha (NIS), Chennai, Tamil Nadu

Established in 2004 by Government of India, the National Institute of Siddha (NIS) was set up as an

apex institute to promote the growth and development of Siddha. It does this through teaching post-graduates in six branches of Siddha, conducting research on various aspects of Siddha and by providing quality medical care through the Siddha system of medicine. The NIS is affiliated to The Tamil Nadu Dr. MGR Medical University, Chennai.

NIS has a 160-bed hospital comprising clinical departments for Maruthuvam (General Medicine), Gunapadam (Pharmacology), Sirappu Maruthuvam (Special Medicine), Kuzhanthai Maruthuvam (Paediatrics), Noi Nadal (Pathology) and Nanju Noolum Maruthuva Neethi Noolum (Toxicology). Each of these departments runs an independent OPD and IPD.



National Institute of Siddha, Chennai



Front hall of National Institute of Siddha



Patients waiting for medicines at the OPD



Inpatient Ward



External Therapy – Patru



Varmam Therapy for Cegana Vatham



Thokkanam for Sirakamba Vatham



Siddha physician examining a patient



External Therapy – Ennaikattu

OPD	Average daily attendance: 1050 patients
IPD	Average number of new patients treated in indoor facility each year: 2000
Speciality clinics	<ul style="list-style-type: none"> Geriatric Clinic Special OPDs for: <ul style="list-style-type: none"> Kalladaippu (Urolithiasis) Swasa Kasam (Bronchial Asthama) Vellai Noi (Leucorrhea) Aan Maladu (Oligospermia)

	<ul style="list-style-type: none"> • Mobile Medical Clinic in nearby village 'Perungalathur' adopted by NIS.
Facilities offered	<ul style="list-style-type: none"> • Thokkanam (Nine types of massage techniques) • Varmam Therapy • Yogam • Ennai Kattu • Computerised Management Information System for clinical data management of OPD • Collaborative Research Center for Siddha research activities • Museum displaying raw drugs and herbarium sheets
Suggestions	NIS, Chennai has neat and clean surroundings and well-organized management. The institute should become a showpiece for visitors to Chennai in case they wish to know about Siddha Medicine and its practice. All members of the faculty need to be trained to oversee material on the website and to contribute to its regular updating. This website should become the most credible source of information on Siddha along with FAQs and links to other important hospitals/ Centres of Siddha practice.

1. OPD and Medical Camps

Centre for Traditional Medicine and Research (CTMR), Chennai

The Centre for Traditional Medicine and Research provides primary healthcare through the Siddha system of medicine to the fishing community and underserved population of Kanchipuram district.

Apart from medical consultation and supply of medicines, external therapies such as *Thokkanam*, *Varmam*, Fomentation and Oleation are provided free of cost. Tamil Nadu Industrial Investment Corporation (TAMCOL) funds the cost of medicines as part of its Corporate Social Responsibility.

The centre also runs mobile clinics on specific days of the week. It provides medicines to patients with chronic diseases like diabetes and hypertension. Periodical tests for monitoring anaemia and blood sugar levels are also conducted. Those who require further treatment are referred to Siddha departments of government hospitals.

Awareness programs on the management of non communicable and life style diseases are conducted with the help of Residents' Associations as well as NSS volunteers and Rotary clubs.

2. Varmam (Varma) Therapy in Siddha Practice

Varmam Therapy

Varmam Therapy, also known as *Kalam*, *Swasam*, *Pranan*, *Kalai*, *Saram* *Yogam*, *Vaasi* is a special branch of Siddha medicine practiced only in Tamil Nadu. Nagercoil and Kanyakumari districts in the state are its main centers. Practitioners, pass on knowledge and skills to the next generation.

In *Varmam* treatment, mild to moderate pressure is provided through fingers and hands at various *Varmam* points, located on the basis of anatomical structures. The treatment may be provided alone, or it can be combined with drug therapy. It could include:

- Stimulation of the *Varmam* Point alone
- Stimulation of *Varmam* Points and administration of herbal preparations
- Stimulation of *Varmam* Points and administration of metallic preparations
- Stimulation of *Varmam* Points and administration of preparations from animal sources
- Stimulation of *Varmam* Points according to individual stars/planets
- Stimulation of *Varmam* Points by Tantric energy



Treatment with Varmam Therapy



Treatment with Varmam Therapy

The treatment is reported to have several advantages which are listed below:

- There are no side effects
- No specialized equipment is required
- It is easy to administer
- It is cost effective
- Patients can be treated in any part of the world
- Duration of treatment may be shortened, when combined with the regular treatment procedures
- Dosage of drugs may be reduced, when *Varmam* treatment is given in addition to conventional treatment

The patients were trained to conduct:

- Abdominal massage using *Ullundhu thailam*: *Ullundhu thailam* is applied in the eight month, daily once, from hips to abdomen and from abdomen to perineum until delivery. It strengthens and nourishes the muscles of the pelvis and perineum.
- *Kungizhliya thailam* is applied in the ninth month, daily once especially in night as vaginal tampons until delivery.

Pregnant women are counseled to reduce stress and enjoy motherhood. Siddha philosophy lays emphasis on happiness and balance of the mind during pregnancy. Based on this, women are given a set of *asanas*, *pranayama* and *dhyana* to tone their pranic body.

3. Antenatal care in Siddha practice

Under the Maternal and Child Health programme run by the Institute of Public Health, the effects of using Siddha medicine for ante-natal care were studied. From 2005, it is being practiced for providing healthy antenatal (ANC) care to pregnant women.

Pregnant women attending the outpatient clinic for antenatal care are briefed by trained counselors and based on their choice they are either directed for conventional ANC care or for Siddha care.

Siddha prescribes the medicines right from the first month to the tenth month.



Primary Health Centre – Siddha treatment wing at Poondamalli, Chennai.



Diagnosis with *nadi pariksha*



Pregnant women at Siddha dispensary

The observational research points to the following:

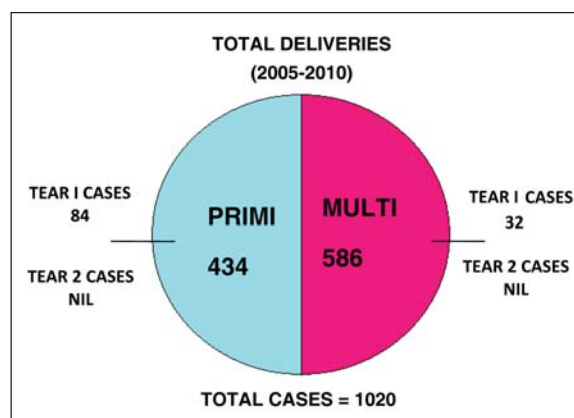
- Prevents perineal tear.
- Prevents and cures anaemia.
- Prevents low birth weight deliveries.
- Treats morning sickness, loss of appetite and leucorrhoea.
- Encourages a normal and safe delivery.

Postnatal care in Siddha practice

Postnatal care in Siddha is aimed at normalizing the post-natal changes after delivery such as strengthening the pelvic cavity and uterus, relieving pain in the back, hips and legs, improving lactation appetite and digestion and prevention of complications. Specific medicines are prescribed for internal and external application.

Siddha medicine was found to improve the quality and quantity of a mother's milk enabling women to exclusively breastfeed for the first six months.

One thousand twenty deliveries were conducted for those who had ANC done with Siddha medicine. None had second-degree perineal tear and 116 had first degree tear. The results are shown below:



Herbs used in the antenatal care.

4. Thokkana therapy

SKM Siddha Clinic, Erode

The SKM Siddha Clinic was started in 1989 as an OPD. At present, SKM runs hospitals at Erode and Chennai. In addition, there are 10 Outpatient hospital networks operating through Swami Vethathiri Maharishi's World Community Service Centers across Tamilnadu.

The Clinics at Erode and Chennai employ Siddha practitioners and have so far treated around two lakh patients.

Siddha treatment is started by adopting the basic principles of Siddha viz. Purgation, Oil Bath, Nasiyam, Kallikkam etc., to make the unbalanced humors (*Vatham, Pitham, Kapam*) return to normal.

A variety of diseases are treated at the Clinic. Some of them include: aphthous ulcer, acid peptic

disorders, liver disorders, pharyngitis, laryngitis, tonsilitis, allergic rhinitis, rheumatoid arthritis, diabetes mellitus, anaemia and nutritional disorders, skin diseases, endocrine disorders and pediatric diseases are also treated.



Ennai Kuliyal



Thokkanam Chikitchai



Ottirada chikitchai



Neeravi Kuliyal



Treatment for Arthritis – Mooligai Ottiradam



Treatment for Arthritis – Mooligai Poochu



Treatment for Arthritis – Mooligai Patti



Ennai Ozhukku



Before treatment

Eczema



After 15 days of Treatment



Before treatment

Warts in neck and chest



After 7 days of treatment



Before treatment

Psoriasis



After 10 days of treatment

5. *Pattru Chikitchai* in Siddha practice

Ashram Siddha Yoga Research & Charity Trust

The Trust, managed by a group of Trustees operates a free Siddha hospital in the premises of the Gandhi Ashram. Till date it has treated around 20,000 poor patients.

The main treatment is a specialized method called “*Pattru*” or Poulrice for reducing pain and swelling in joints. It is also effective in skin diseases.

Ingredients of *Pattru* medicine



Withania somnifera (roots)



Commiphora mukul (resin)



Acorus calamus (roots)



Aloe barbadensis (resin)



Zingiber officinale (dried roots)



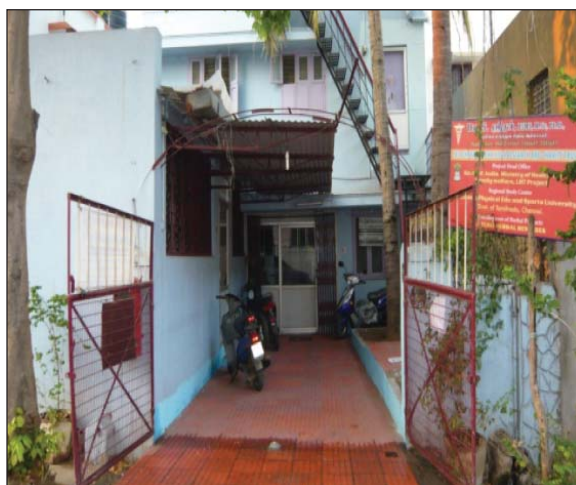
Alpinia galanga (roots)



Both knee joints of patient before treatment as on 25.5.06



After 3 months treatment with *pattru* medicine as on 24.8.06



Front view of Ashram speciality clinic



Palm leaf manuscripts describing *Pattru*

6. Speciality Practice in Siddha

Sri Raghavendra Hospital, Chennai

Sri Raghavendra Hospital is a 10 bedded hospital started in August 1996 which received ISO 9001 certification in 2008.

It is run by Dr. S Ramaswamy Pillai, a well-known doctor of Siddha medicine.

The manuscripts explain the structure, function and treatment of all ailments relating to spine and joints. They also offer a detailed study of etiology, diagnosis, prognosis, prevention and treatment of diseases that affect head, neck, lower back, shoulder, knee and the nervous system.

The hospital offers specialized treatments for the following disorders without any surgery or the use of pain killers:

- Cervical Spondylosis & Disc bulge
- Peri Arthritis & Frozen shoulder
- Cervical Root compression & Cervical Myelopathy



Palm leaves describing Siddha treatment in hospital library



Male patient undergoing treatment

- Lumbar Spondylosis & Disc bulge
- Lumbar Root Compression & Sciatica
- Rheumatoid Arthritis & Osteo Arthritis
- Paralysis & Parkinson disease
- And all Spine, Bone and joint disorders



Women undergoing treatment

7. Bone setting

Siva Sakthi Bone setting Center, Kallakuruchi, Vilupuram district, Tamilnadu

The Siddhars prepare 32 types of external medicines to handle emergency care and treatment. Out of these, Kombukattal and Murichal deal with bone fractures and dislocations.

Operational since 1998, the Siva Sakthi Bone Setting Center has treated approximately 29000 patients, most of whom belong to the low socio-economic group.

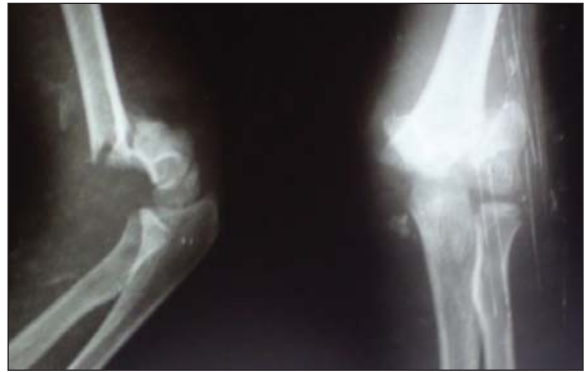
The Siddha System also treats different kinds of injuries. It includes: Bone fractures, Joint dislocation, Ligament tear, Subluxations, Ligament injuries, Fracture dislocation, Fracture with open injury (Protrusion of bone outside), Sprain, Contusion, Nerve injury.

Despite success, there is an overall decline in the Siddha bone setting practice. The lack of interest in passing on information to the next generation, falling interest in maintaining manuscripts and the availability of technological solutions have contributed to this decline.

Elbow fracture treatment



Elbow fracture



X-ray before treatment



Elbow after treatment



X-ray after treatment

Hip dislocation



Before treatment



After treatment



Bone setting treatment

III. Clinical Practice in Unani Medicine

Introduction

The Unani system of medicine also known as Greeco-Arab medicine originated in Greece, from where it came into India with Arab and Persian traders.

Indian physicians enriched it with their knowledge of indigenous plants and experiments to make it a nationally accepted system of treatment. It is quite different from the ancient Greek system and is referred to as 'Unani-Tibb' to indicate its origin in India.

The Mughal period was the golden era of Unani medicine. The Unani physicians or Hakeems had state support and patronage and occupied a vantage position in every town, where they were also associated with every regiment or brigade of the army. During this period many Unani physicians from other countries also came to India to work as practitioners.

After the decline of the Mughals, the Hakeems were welcomed by almost all princely states of undivided India like Arcot, Rangoon, Nizam of Hyderabad, Bhopal, Mysore, Travancore, Patiala, Indore, Rampur, Junagarh, Lahore, Awadh, Jodhpur, Gwalior, Loharu, Baroda, Dungarpur, Jhansi, Pataudi, Karnal and Kapoorthala etc.

Following the introduction of the allopathic system of medicine during the British period the Unani system declined in importance.

In the Unani system of medicine, the Hakeem takes a holistic view of disease and treatment. The total personality of the patient is taken into account as each individual has a basic structure, temperament, psychic make up and self defence mechanism. The temperament of the person is identified and the diet and medicine given is considered the most suitable for achieving and maintaining the health of that particular person.

Unani System stresses on *Taqwiyat* (strengthening immunity), *Muqawwiyat* (tonics) and *Mufarrehat* (exhilarants that produce a sense of well being, mental correlation and sound behaviour without any intoxication and addiction). The medicines not only enable the *Tabiyat* to overcome the disease, but even after recovery it improves the resistance of the body.

The PI asked Dr. Uzma, a clinical registrar at Majeedia Hospital to visit the most popular among the Hakeems in North India towns to observe and describe their clientele. The inclusion or exclusion of any practitioner does not denote any effort to favour or ignore any person. This is merely an account of the cross section of practice that goes on particularly in North India and is a first hand account of the treatment that the public appears to be receiving. The practice of Unani Medicine in Kashmir where it is immensely popular was undertaken by Dr. Rasikh Javaid, Research Consultant attached with the PI, himself a Kashmiri, who visited different districts and provided a description of the practitioner and his clientele.

According to latest figures there are 51067 registered Unani practitioners as on 1.4.2010. Source: <http://indianmedicine.nic.in/writereaddata/linkimages/8786199854-Summary%20Part-I.pdf> (accessed on 1.8.2011).

In the following descriptions a cross-section of government facilities and private clinics have been described.

1. Hospitals in teaching institutes

National Institute of Unani Medicine (NIUM), Bengaluru

This Institute was established in 1984 as an autonomous organization under the Department of AYUSH, Ministry of Health & Family welfare and registered under the Karnataka Societies Act, 1960.

The hospital has outdoor and indoor facilities for providing Unani treatment. All medicines are provided to patients free of cost. There are good facilities for pathological and bio-chemical investigations available in the hospital. Presently there are 100 beds in the IPD.

The following departments are run in the hospital:

- General
- Surgical
- Gynaecology
- GIT Diseases
- Cardiac Diseases
- Respiratory Diseases
- Sexual Diseases
- Obesity & Diabetes

- Liver Disorders
- Psychiatry
- Urology
- Health Promotion & Dietetics

Regimenal Therapy Unit: The following facilities are provided in the Regimenal Therapy Unit:

- Dal'K (Massage)
- Hajamat (Cupping)
- Irsal Alaq (Leaching)
- Inkebab (Vapour Bath)
- Nutool (Irrigation)
- Takmeed (Fomentation)
- Fasd (Venesection)



National Institute of Unani Medicine, Bengaluru



Health Huts, NIUM, Bengaluru



Clinical practice at NIUM, Bengaluru

OPD	Approximately 350 patients visit the hospital daily.
IPD	Bed occupancy remains more than 70%.
Treatment	Skin diseases,, arthritis, obesity, diabetes, psychiatry, sexual and neurological disorders
Dispensary	Both Murakkabat (compound drugs) and Mufradat (single drugs) are prepared in the Institute's pharmacy unit and given to the patient free of cost.
Suggestions	NIUM, Bengaluru should become a showpiece for visitors to Bengaluru. It should become a hub for visitors interested in seeing how Unani Medicine is practiced. This can build the trust in a wider society as few have any knowledge about Unani Medicine.

Ajmal Khan Tibbiya College & Hospital, Aligarh

This is one of the premier Unani education Institutions offering graduate & post graduate teaching. It was named after the legendary figure Hakeem Ajmal Khan and is the one of the oldest Institutions started in 1927.

The associated hospital has 150 beds and the occupancy remains more than 75%. On an average 400-450 patients are treated in the daily OPD with free distribution of Unani Medicines. IPD patients are also treated free of cost. Operations and maternity services are also catered for without charge. Ajmal Khan Tibbiya College also imparts training to the Interns for routine immunization, field surveys, data collection and statistical analysis. The Institution works in collaboration with the District Health Administration to improve public and community health.

OPD	Approximately 400-450 patients visit the hospital daily.
IPD	Bed occupancy remains more than 75%.
Treatment	Skin diseases, arthritis, obesity, diabetes, psychiatry, sexual and neurological disorders



Dispensary	Free distribution of both <i>Murakkabat</i> (compound drugs) and <i>Mufradat</i> (single drugs).
Suggestions	It should be recognized as a centre of excellence and a model Institute.

5. Free Meals to Patients
6. Free Medicines to OPD / IPD patients.
7. X-Ray Section
8. Ultrasonography
9. Pathology Lab.
10. Private Ward

Following OPDs are functioning in the Hospital

1. Moalijat (Unani medicine)
2. Jarahat (Surgery)
3. Amraz-e-Niswan (Gynae. and Obst.)
wa Aftal
4. Amraz-e-Ain (Ophthalmology)
5. Amraz-Unz Anaf (ENT)
wa Halaq
6. Modern Medicine

Facilities Available

1. Immunization
2. Labour Room
3. Operation Theatre
4. Unani Pharmacy

Specialized treatment/Facilities available

1. Advanced Unani treatment
2. Major / Minor Surgical Operations
3. Endoscopy / Laparoscopy facilities
4. Regimenal Therapy

IPD Sections

1. Moalijat and Ilaj bit Tadbeer (Unani Medicine and Regimenal Therapy)
2. Jarahat (Surgery)
3. Ain, Unz, Anaf wa Halaq (Ophthalmology and ENT)
4. Qabalat wa Amraz-e-Niswan (Gynaecology & Obstetrics)
5. Amraz-e-Aftal (Paediatrics)
6. Modern Medicine



Patients in the IPD in Ajmal Khan Tibbiya College Hospital, Aligarh



Hospital at a Glance (January 2010 to December 2010)

1. Total number of OPD patients attended	97383
2. Total number of IPD patients admitted	1469
3. Total number of X-rays done	4311
4. Total number of USG done	218
5. Total number of operations done	431
6. Free Medical camps	03

Majeedia Hospital, Jamia Hamdard, New Delhi

Majeedia is a multi specialty hospital in New Delhi which offers both Unani and Allopathic health services. It operates two Unani OPDs daily – for Surgery and Gynecology, along with Allopathy OPDs.

Patients visiting the hospital have access to both Unani and Allopathic systems of medicine under the same roof. When a patient in the hospital does not respond to the Unani system of medicine the treatment is changed to allopathy.

The hospital draws patients primarily because of their immense faith in the Unani system of medicine.

A number of well know Hakeem's (male & female) run the Unani OPDs.

Hakeem Shakeel Ahmad Tamanna is a leading physician in the treatment of Viral Hepatitis. Hakeem Prof. S Shakir Jameel, currently the Director General, CCRUM, is well known as a general physician and for *Ilaj-bit-Tadbeer* (Regimental Therapy). Hakeem Mohammad Akhtar is renowned for his treatment of Arthritis.

The hospital has its own Unani dispensary using only Hamdard preparations. For outdoor patients some medicines are given free of cost. However, for indoor patients' all medicines, bed, meal charges and some routine investigations are free of cost. Some investigations are charged at a discounted rate of 25 percent of the total cost.

Majeedia Hospital is well-known for the treatment of Jaundice in Delhi. Patients from Bihar and some districts of Uttar Pradesh like Moradabad and Bijnor also attend the clinic. Regimental Therapy is also available in the hospital and includes leeching and cupping, which are very effective for joint pains and Cervical Spondylosis.



Hakeem Shakeel Ahmad Tamanna at Unani OPD



Indoor patients at Majeedia Hospital

Number of patients	Approximately 100-150 patients daily visit the hospital.
Diagnosis based on:	<ul style="list-style-type: none"> • Patient history • Nabz (pulse reading) • Investigation using modern parameters
Treatment	Jaundice, Hepatitis B, Hepatitis C, joint pains, GIT problems, anxiety, depression, cardiac problems, Neuropathy, kidney stones and Tonsillitis, cough and cold, especially in children.

Ayurvedic and Unani Tibbia College, Karol Bagh, Delhi

Number of patients	Approximately 200-300 patients visit the hospital daily for treatment of various types of diseases, especially skin problems.
Diagnosis based on:	<ul style="list-style-type: none"> • Patient history • Nabz (pulse reading) • Investigation using modern parameters



Entrance of Ayurvedic and Unani Tibbia College



OPD patients at the registration counter



Patient undergoing cupping



Amale Huqna (Enema being given to a child)

Surgery, Medicine, Gynecology, Pediatric and Skin OPDs are held at the hospital. The free distribution of medicines attracts more patients from the lower income group while some are from middle-class families.

2. Clinical Unit of Research Organisation

Ram Manohar Lohia (RML) Hospital, Delhi

At the RML hospital, three Unani OPDs operate six days a week under the Central Council for Research in Unani Medicine (CCRUM)

Number of patients	250-350 patients visit the hospital daily
Treatment	Mainly for skin diseases like Eczema, Leukoderma, and Psoriasis.



Unani specialists attending OPD



3. Private setup of Unani Medicine Practice in Delhi and Neighbouring Districts

Hakeem Babu Khan, Faridabad, Haryana

Name	Hakeem Babu Khan
Location	Baroli village, Faridabad, Haryana
Qualification	Nil



Hakeem Babu Khan

No. of daily patients	75-125
Specialty	Chronic renal failure
Type of medicines	Own preparation in powder (safoof) form
Style of diagnosis	Nabz (Pulse)
Details	He is a non-institutionally qualified Unani practitioner in Baroli village in district Faridabad of Haryana, 25 kilometers from Delhi. He is famous for treatment of chronic renal failure. He gives his own medicine in powdered form, free. Most of the patients were from Delhi and Faridabad. They included Sikhs, Hindus among the Punjabis. They had very strong faith in Unani medicine. Patients come every week to continue their treatment.
Suggestions of the Hakeem	Raw drug quality control should be mandatory. Government outlet for purchasing herbal medicines should be established. Control of duplicate medicines and price control should be enforced. Advertisements of the Unani medicine should be done for awareness of the people.

Hakeem Mohammad Yameen, Moradnagar, Ghaziabad, Uttar Pradesh

Hakeem Mohd. Yameen is based in Muradnagar, Ghaziabad, U.P and has been practicing Unani medicine for the last 50 years.

He owns the Falahi Dawakhana and medicines that he prescribes include *Mufradat* (decoction of various herbal drugs, his own *safoof* (powder drugs) as well as market preparations.

Number of patients	Sees 250-300 patients every day
Treatment	Heart and Cancer patients.
Diagnosis based on:	Pulse reading



Patients at registration counter

Padma Shri Hakeem Saifuddin, Meerut, Uttar Pradesh

Padma Shri Hakeem Saifuddin Ahmed is based in Meerut and is a graduate in Unani Medicine. He was appointed as the Honorary Physician to former President of India, Fakhruddin Ali Ahmed. In 1976 the Govt. of India awarded him the Padma Shri for his contribution to society.



Hakeem Saifuddin Ahmed

Hakeem Saifuddin Ahmed has been practicing Unani medicine for the last 60 years and he is well known in social and political circles of U.P. and Delhi.

His medicinal prescriptions include *Mufradat* (decoction of different herbal drugs) and his own preparations.

Number of patients	Sees 100-150 patients every day
Treatment	Chronic Renal Failure, Gastro Interstitial tract diseases, Pelvic Inflammatory Disease, Hypertension and Insomnia
Diagnosis based on:	Pulse reading

Hakeem Imamuddin Zakai, Delhi

Hakeem Imamuddin Zakai is a graduate in Unani medicine (BIMS) and is well known in East Delhi where he treats common diseases.



Hakeem Imamuddin Zakai examining a patient

Zakai owns Neelam Dawakhana, a GMP certified Unani pharmaceutical firm and prescribes *Mufradat* (decoction of different herbal drugs) and his own preparations.

He is also the author of a few books on Unani medicine.

Number of patients	Sees 100-150 patients every day
Diagnosis based on:	Pulse reading

Hakeem Syed Mohammad Ahmad Qadri, Saharanpur, U.P.

The septuagenarian is a well known Unani Hakeem based in Saharanpur, Uttar Pradesh. He treats all types of patients and prescribes *Mufradat* (decoction



Hakeem Qadri's patients

of different herbal drugs) as well as other medicine prepared by himself.

Number of patients	150-200 patients every day
Diagnosis based on:	Pulse reading

Hakeem Syed Burhan Ahmad Niazi, Agra, Uttar Pradesh

A Doctor of Unani Medicine, Hakeem Syed Burhan Ahmad Niazi is well known in Agra and cities like Ajmer, Firozabad, Etah, Hathras and Tundla.



Exterior of clinic



Hakeem Syed Burhan Ahmad Niazi

He treats all types of patients and prescribes *Mufradat* (decoction of different herbal drugs) as well as his own preparation of medicines.

Number of patients	125 -150 patients every day
Diagnosis based on:	Pulse reading
Treatment	Chronic Renal Failure and Hepatitis

Hakeem Khursheed Murad, Bareilly, Uttar Pradesh



Hakeem Murad attending patients in his house

Hakeem Murad, a graduate in Unani Medicine is based in Bareilly in U.P. He is well known in northern India and also gets also patients from Chandigarh, Punjab, Delhi and Lucknow.

He prescribes *Mufradat* (decoction of different herbal drugs) as well as his own preparation of medicines.

Number of patients	More than 200 patients daily
Diagnosis based on:	Pulse reading
Treatment	Specializes in treating Arthritis, Renal Stones and Chronic Renal Failure

Hakeem Mohammad Yameen, Delhi

The Hakeem, with no formal institutional qualifications has a very deep knowledge of Unani medicine and runs a wholesale shop of raw Unani medicines in old Delhi.



Hakeem Mohammad Yameen

He prescribes *Mufradat* (decoction of different herbal drugs) as well as his own preparation of medicines.

Number of patients	70-100 patients daily
Diagnosis based on:	Pulse reading
Treatment	Specializes in treating Arthritis and Sciatica

Hakeem Mazhar Subhan Usmani, Delhi



Hakeem Mazhar Subhan Usmani

Hakeem Mazhar Subhan Usmani is a Fazil-ul-tib Bachelor of Medicine & Surgery (F.M.B.S) He is the former Head of Moalijat (Medicine) Department at Ayurveda and Unani Tibbia College, New Delhi; the former Chairman of Minorities Commission, Govt. of India and a physician in the Unani O.P.D. at Tibbia College Hospital, New Delhi.

After retirement he is practicing from his residence in Delhi. Hakeem Usmani prescribes *Mufradat* (decoction of different herbal drugs) as well as market preparations.

Number of patients	50-100 patients daily
Diagnosis based on:	Pulse reading patient history and investigations
Treatment	Specializes in treating skin problems, Arthritis, anxiety, depression, digestive problems and Chronic Renal Failure.

Hakeem Jameel Asghar, Chandpur, Bijnore, Uttar Pradesh



Hakeem Jameel Asghar in his clinic

The Hakeem from Chandpur, Bijnore is a Unani practioner and has been treating patients for the last 20 years.

He prescribes *Mufradat* (decoction of different herbal drugs) as well as market formulations.

Number of patients	100-150 patients daily
Diagnosis based on:	Pulse reading
Treatment	Specializes in treating Jaundice and Leucorrhea

Hakeem Marghoobul Hasan, Chandpur, Bijnore, Uttar Pradesh



Hakeem Marghoobul Hasan

Marghoobul Hasan, the son of a famous Hakeem, is not an institutionally qualified, but is an expert in treating both female and male infertility cases.

Hasan prescribes *Mufradat* (decoction of different herbal drugs) as well as his own preparation..

Number of patients	100-150 patients daily.
Diagnosis based on:	Pulse reading along with patient history

Hakeem Anwar Ahmad, Delhi



Hakeem Anwar Ahmad

Hakeem Anwar Ahmad, a qualified Unani practitioner has been an Honorary Physician to the President of India, Shri Fakhruddin Ali Ahmed. He was former Head, Department of Ilm-ul-Advia (Pharmacology), Ayurvedic and Unani Tibbia College, New Delhi; Chairman, Committee of Courses and Studies, Dean, Faculty of Ayurvedic and Unani Medicine; Member, Academic Council and Court of Delhi University. He is also a former physician of Tibbia College Hospital.

Post retirement he is practicing Unani medicine from his residence in East Delhi.

With more than 50 years of experience behind him, Hakeem Ahmad sees patients not only from India but also from South Africa, Uzbekistan, Kyrgyzstan, USA, UK, Sri Lanka and Saudi Arabia

He also gives consultations at the Ram Manohar Lohia hospital twice a week.

He prescribes Mufradat (decoction of different herbal drugs) as well as his own preparations and market formulations.

Number of patients	50-100 patients daily
Diagnosis based on:	Pulse reading
Treatment	Specializes in treating Hepatitis, Migraine, Sinusitis and skin diseases

Hakeem Jameel Ahmad, Delhi



Hakeem Prof Jameel Ahmad

Hakeem Jameel Ahmad, a qualified Unani practitioner, is the former Principal, Hamdard Tibbia College, Delhi University and Dean, Faculty of Medicine (Unani), Jamia Hamdard, New Delhi. A popular Unani physician in Majeedia Hospital, Delhi, he is practicing Unani medicine even after retirement.

He prescribes *Mufradat* (decoction of different herbal drugs) and market formulations.

Number of patients	100-150 patients daily
Diagnosis based on:	Pulse reading
Treatment	Specializes in the treatment of Hepatitis and Gastro-intestinal tract diseases

Zakeem Shoaib, Amroha, Uttar Pradesh

Hakeem Shoaib is the eighth generation Hakeem practicing Unani system of medicine in Amroha Uttar Pradesh. A qualified Unani practitioner, he



Hakeem Shoaib

sees patients from Delhi, Uttarakhand, Rajasthan, Haryana and neighboring towns and villages of Uttar Pradesh.

He prescribes *Mufradat* (decoction of different herbal drugs) and his own preparations.

Number of patients	More than 200 patients daily
Diagnosis based on:	Pulse reading, Baul (Urine) along with modern pathological markers.
Treatment	Specializes in the treatment of digestive problems, skin disease, Arthritis and Chronic Renal Failure.

Hakeem Zafar, Sambhal, Uttar Pradesh

Hakeem Zafar is a leading Unani practioner in Moradabad district, Uttar Pradesh. He follows his father's footsteps who was also a well known Hakeem in the area. He sees patients from all parts of U.P, Delhi, Rajasthan, Punjab, Haryana, Bihar



Hakeem Zafar



Patients in the waiting room

and Maharashtra. Hakeem Zafar's family runs a Janta Dardmand *Dawakhana*, a Unani pharmaceutical establishment.

He prescribes *Mufradat* (decoction of different herbal drugs) and his own preparations.

Number of patients	More than 200 patients daily
Diagnosis based on:	Pulse reading with patient history
Treatment	Specializes in the treatment of migraine, sinusitis, arthritis, skin, digestive trouble and kidney stones

Hakeem Asrar Ahmed, Haryana



Hakeem Asrar Ahmed

Hakeem Ahmed is a Bachelor of Unani Medicine & Surgery and M.D (Pharmacology). He works at the Government Unani Dispensary, Karnal, Haryana and provides free Unani medicines made by the government owned Indian Medicine Pharmaceutical Corporation Limited (IMPCL). Most of his patients are from neighboring villages.

Number of patients	40-60 patients daily
Diagnosis based on:	Pulse reading
Treatment	Specializes in the treatment of Arthritis, digestive, skin and respiratory problems, piles, Hepatitis and fever

Hakeem Farhan Akhtar, Ghaziabad, Uttar Pradesh



Hakeem Farhan Akhtar

Hakeem Akhtar is a Bachelor of Unani Medicine and Surgery, M.D. (Pharmacology) who works at the State Unani Hospital, Ghaziabad district, U.P. His patients are mostly local and from nearby villages

Number of patients	50 Indoor patients and 15-20 day care patients daily
Diagnosis based on:	Pulse reading
Treatment	Specializes in the treatment of Arthritis, digestive, skin and respiratory problems, piles, Hepatitis and fever

Hakeem Chandan Lal and Sons (Darar Wale) Thana Sadar, G.T. Road Karnal, Haryana

Hakeem Dilbagh Rai, non-institutionally qualified Unani practitioner. He is the son of Hakeem



Exterior of clinic



Hakeem Dilbagh examining a patient

Chandan Lal of Unani Dawakhana. He prescribes marketed preparations.

Number of patients	30-40 patients daily
Diagnosis based on:	Pulse reading along with modern pathological markers.
Treatment	Specializes in the treatment of digestive diseases, Arthritis, respiratory and skin problems, piles, hepatitis and fever

Vedic Upchar Sanstha, Delhi

The Vedic Upchar Sanstha is located in New Delhi and practices four different systems – Unani, Ayurveda, Naturopathy and Allopathy.

When a patient arrives four experts take his / her history and decide which system of medicine would be the most beneficial. Treatment is provided according to the patient's condition.



Experts from Unani, Ayurveda, Naturopathy and Allopathy at the Vedic Upchar Sanstha

The *Sanstha* is known for treatment of diseases like Chronic Renal Failure and Hepatitis. Qualified specialists of various medical systems run all the OPDs. Hakeem Mohammad Javed provides Unani treatment to patients. He specializes in treatment of Hepatitis and Chronic Renal Failure.

The specialists provide their own medicinal preparations to the patients as well as prescribe medication from outside.

Private Unani practice in Kashmir valley

Hakeem Javaid Shabnum



View of clinic of Hakeem Javaid Shabnum

Hakeem Javaid Shabnum is a well known Unani physician at Srinagar district of Kashmir.

He runs a clinic named Khandani Dawakhana at Rambagh area of Srinagar locality.

Qualification	B.A., RMP
No. of daily patients	40-50
Treatment	Joint pains, chronic cough, prostatitis, piles, hair related problems
Specialty	Sexual disorders

Types of medicine	Both own prepared and marketed medicine
Style of diagnosis	Nabz (pulse)
Suggestions of the Hakeem	Measures should be taken to preserve rare and endangered medicinal plants. There should be research and development on relatively unknown herbs which may fill the gap in health delivery system. Mass awareness programme should be launched to make the people acquainted with Unani Medicine.

District Anantnag of Kashmir

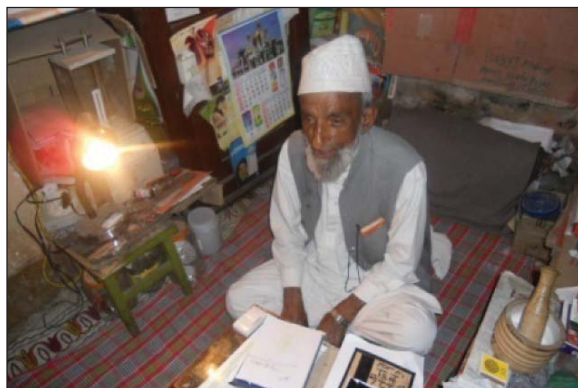
Hakeem Mohd. Yusuf Parray

Phone No. 09622609089
(RMP-467/111)

Name	Hakeem M. Yusuf Parray
Location	Parray Medical Agency, Reshi Bazar, Anantnag, Kashmir
Qualification	Non-institutionally qualified.
No. of daily Patient	70-100
Specialty	Renal stones, Gynaecological disorders, Migraine, Arthritis
Type of medicine	Own preparation in powder (Safoof) form, Compound & Single drugs. He also prescribes GMP certified medicines.
Style of diagnosis	Nabz (Pulse)
Details	Anantnag is 60 km to the south of Srinagar. The Hakeem is the son of late Amma Parray a famous Hakeem of this district. He is not institutionally qualified but is registered with the ISM board since 1972. He has long experience of conducting Unani practice.



Hakeem M. Y. Parray attending a patient inside his clinic



Board displaying names of Hakeem M.Y. Parray & Dr. S. Nisar

Suggestions	Raw drug quality control should be mandatory. Government outlet for purchasing of herbal medicines should be available. There should be vigilance on duplicate medicines and price control. Advertisement of the Unani medicine should be done for awareness of the people.
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Dr. S Nisar Ahmad

Dr. Nisar Ahmad is a young but well-known Unani doctor in Anantnag. He is Qualified and practicing Unani medicine since 2000.

Name	Dr. S Nisar Ahmad
Location	Parray Clinic Reshi Bazar Anantnag Kashmir
Qualification	BUMS
No. of daily Patient	50-70
Specialty	Gastritis & Hepatitis
Type of medicine	Compound & single drugs.
Style of diagnosis	Nabz (Pulse)



Dr. S Nisar Ahmad attending a patient at clinic



Dr. S Nisar Ahmad examining a patient at clinic

District Pulwama

Pulwama is situated 40 km from Srinagar. This place has produced many Unani practitioners. The majority of the older Hakeems are no more but their work is being carried out by younger institutionally qualified Unani practitioners.

Dr. Asrar Ahmad Wani



Dr. Asrar Ahmad Wani being interviewed by Dr. Rasikh Javaid

Name	Dr. Asrar Ahmad Wani
Location	Chinar Dawakhana, New Hospital Road, Pulwama.
Qualification	BUMS, Ex HOD Medicine (Asian Medical College) Zakura, Srinagar
No. of daily Patient	70-100
Specialty	Polyarthralgia (Joint Pains), Gynaecological disorders, Depression, Hypertension, Hypothyroidism, Renal calculi.



Type of medicine	Compound drugs of GMP certified companies only.
Style of diagnosis	Modern parameters



Chinar Dawakhana and names of Unani Doctors that practice there

Dr. Majid-ul Majid

He is a qualified Unani doctor. He has been practicing Unani medicine since 2001. He is currently working as the Medical Superintendent of private Unani & Panchakarma Hospital at Anantnag. He attends the clinic only on Friday in Pulwama.

Name	Dr. M Majid
Location	Dawakhana Hamdard Pulwama
Qualification	BUMS, Kanpur University



Dr Majid attending a patient

No. of daily Patient	70-100
Specialty	Renal stones, Gynaecological disorders
Type of medicine	Only Mufradat (Single drugs)
Style of diagnosis	Nabz (Pulse) & Mijaz (Temperament)



Patients waiting for their turn



Outside and inside view of the clinic

Dr. Shabir Ahmad

He is a qualified Unani doctor. He has been practicing Unani medicine since 2001. He attends the clinic on Monday & Tuesday in Pulwama at Chinar Dawakhana and his practice is as follows:

Name	Dr Shabir Ahamd
Location	Chinar Dawakhana, Pulwama
Qualification	BUMS, Kashmir University
No. of daily Patient	100-120
Specialty	Skin & Sex Specialist
Type of medicine	Mufradat (Single drugs) & Murakabat (Compound drugs)
Style of diagnosis	Modern parameters & Mijaz (Temperament)



Dr Shabir Ahamd at the clinic

There were several other Unani clinics where Unani Medicine was being practiced. The following pictures display their shops and boards.



Dastageeri Dawakhana Pulwama



Iqra Dawakhana at Pulwama



Unani & Panchakarma Hospital at Natipora Srinagar Kashmir



Hakeem Sonallah's Clinic at District Pulwama of Kashmir



Board of Unani Doctors Working at Unani & Panchakarma Hospital At Natipora Srinagar



Dawakhana Hamdard at Pulwama Kashmir



Inside View of a clinic Dispensing Unani & Ayurvedic compound drugs



View of some crude herbs & Compound drugs at a Unani shop in Kashmir

Recommendations Relating to Practice of Ayurveda, Siddha and Unani Medicine

Government Sector

The All India Institute of Ayurveda, New Delhi needs to have a strong full time Chief Executive Officer at this stage to oversee the infrastructural development and also to network with other institutes in the field of Ayurveda as well as other disciplines. At this point it would be better to position a non-practitioner as there is a huge need for attending to lateral linkages with several agencies in the Ministry of Health as well as the local bodies. The All India Institute of Medical Sciences and Indian Council of Medical Research have full time Deputy Directors of Administration, who are IAS officers of Joint Secretary Level. That is vitally needed here at this juncture as there is a huge need to look at infrastructure development besides which the focus of the Institute has to be steered from inception, The Institute should in fact be the focal point from where protocols for multidisciplinary therapeutic outcome studies are drawn up and some of the best clinical practice carried out.

Government Hospitals

The carrying capacity of the IPD should be regulated in a way that high demand areas like Panchakarma are catered for in an efficient way. There is overcrowding in these areas which requires staggering of patient load. The housekeeping and hygiene standards need enormous upgradation and the Government facilities should be the first to try and get NABH accreditation. Funds should be earmarked for this so that State Government hospitals can be renovated and modernized starting with 10 hospitals in the first year. Instead of giving funds to the Hospital, the Dept of AYUSH should ask the Hospital Services Consultancy Organisation HSCC to work out turn-key contracts which can be funded through HSCC once an MOU for handing over space is entered into with the selected hospital.

Dispensaries

A comprehensive set of guidelines on what a government dispensary should provide are needed.

At least one model dispensary should be there in one district in the state for others to follow. The local purchase of drugs needs to be facilitated so that there is no let-up in treatment which brings a bad name to the system.

Creation of a District and City/Town Specific Directories of Practitioners and Panchakarma Clinics

Most people who would like to try ASU treatment do not have an idea of the names of the doctors; their addresses or telephone numbers or other details – whether institutionally qualified or otherwise. It would therefore serve a public purpose if the AYUSH/ISM officials at the state level are given funding to have a district-wise Directory created and updated every year. The work can be outsourced or got done departmentally but such a Directory would give an idea of the range of practice and also give credibility to the work that is going on. There could be a disclaimer with the following wording:

Disclaimer: *"This Directory has been compiled to give information about ASU practitioners and clinics. The entry of any practitioner's or clinic's name does not reflect any government endorsement."*

Establishment of an Accreditation System for ASU Practitioners in the Private Sector at City/Town/District Level

In the next two years the Department of AYUSH should set up an accreditation system for giving accreditation to various facilities in the private sector. NABH certification will take a long time. Until now only one hospital in the whole of India (at Bengaluru) has got NABH accreditation. While that is a praiseworthy initiative, it is unlikely that more than a handful of private establishments would be able to aspire to and sustain the standards needed for NABH accreditation. But without any kind of authorization patients are swarming to ASU facilities and they have no way of knowing what they can expect in terms of treatment or care.

ASU does not have a counterpart either of the Indian Medical Association (IMA) or its district branches. As a result of this there is a lack of cohesion as also knowledge about who is doing what, in the name of medical practice.

The state AYUSH departments should be asked to give a numerical registration depending on whether it is a single practitioner clinic running only as an OPD or providing panchakarma or other procedures. This is necessary because most people who claim to offer Ayurvedic care, limit themselves to only a handful of procedures. Some have high quality technicians while others adopt unhygienic and slipshod ways of performing the procedures. Registration should be done for the procedures the clinic provides and the time given for each procedure and its cost need to be specified for the client's knowledge. The Registration should have a requirement for the physician in-charge to indicate whether the technicians are trained to conduct the procedures.

Protecting the Name of Ayurveda

In the name of Ayurveda all kinds of clinics are being run and far from being a therapeutic procedure, it has now been reduced to a simple massage for relaxation. While there is nothing wrong with that, there is a need to sensitise the hotels and other high end massage parlours that certain kinds of practices have to be discussed with the patient and for example, doing sunbathing and swimming directly after undergoing Shirodhara is contra-indicated. Guidelines on this need to issue. In Thailand this is done even for simple back massage, footmassage, head and neck massage and the cost for 30 minutes, one hour onwards are specified outside the clinic. Today we have no such requirement.

It should be made mandatory for the clinics and indoor facilities to display which therapies would be provided using what kind of oils and medication. In the absence of that a lot of gimmicks are being marketed in the name of Ayurveda. This needs collaborative action on the part of both the Ministry of Tourism and the Department of AYUSH. However the possibility of harassment has to be avoided by engaging an agency which is asked to provide minimal guidance but keep oversight.

Using Good Private Practitioners Imaginatively

The PI found that some of the practitioners were indeed doing very useful work and had developed competencies and skills which were highly sought after by the public in the areas of all three systems of medicine. The state and district ASU officers generally remain completely preoccupied with government facilities and other administrative functions. They hardly visit the private facilities or practitioners. However from the point of view of safeguarding the interests of the public and providing oversight to prevent cheating and fraud in the name of Ayurveda the government officials should be asked to set aside at least one day in the week to take stock of the private facilities and the work they do.

Many of the practitioners can be invited to demonstrate their skills like bone setting, marma therapy, cupping, in the National Institutes and also in the government colleges which would kindle an interest particularly among the undergraduates. Similarly, undergraduates should be sent in batches to watch how private clinics are being run by renowned practitioners. They can also be permitted to go and work as interns in such facilities after an MOU is entered into. There is no need to always emulate modern medicine hospitals where the conditions and requirements are of a completely different order.

Speciality Clinics: it is very clear from the visits undertaken by the PI and through discussion that the ASU systems have a strength in specific areas. But the duration of the treatment and the risks and benefits are not known widely. Efforts should be made to include good centres for providing speciality treatment under the CGHS because that would give recognition and legitimacy to the work that is going on. To give an example if speciality clinics were approved both in the government and the private sector for arthritis or asthma and the cost of the treatment is borne by CGHS, there would be several patients who would be interested. Though Panchakarma treatment at recognised places has been approved, it would be better to include it as recognised treatment for chronic back pain, computer shoulder, carpal tunnel syndrome, eye problems and mental afflictions. These are growing problems and there is a lot that ASU can do to restore normalcy in these kinds of patients.

Recommendations Regarding Employment Opportunities for ASU Practitioners

There were suggestions that ASU treatment should be introduced in Railway hospitals and in the Hospitals run for public sector enterprises, and in the dispensaries of IITs, IIMs, and other large Government institutions. Likewise in the medical facilities set up by Central and State Universities. The Department of AYUSH should ask the State AYUSH Departments to draw up a panel of practitioners prepared on a city-wide basis after having the qualifications and competencies evaluated by a Board. The names could be given to large institutions starting with the Government sector

desirous of setting up a facility for ASU consultation.

Insurance Cover for ASU Treatment

Advice needs to be taken from the Insurance Regulatory Development Authority (IRDA) and medical Insurance Agencies. ASU treatment needs to be selectively included under the medical attendance rules for specific areas and this should not be confined only to hospitalization; outpatient treatment for specific diseases needs to be recognised at a few places for specified treatment. Employees' State Insurance Corporation (ESIC) also needs to take ASU treatment on board particularly for cases of accident, injury and trauma.