





Government of India
Ministry of Ayush

सत्यमेव जयते

MINISTRY OF AYUSH COMPILED MEDIA REPORT 05 Mar, 2025 – 06 Mar, 2025

 **Total Mention 86**

 Print	Financial	Mainline	Regional	Periodical
15	1	11	2	1

 Online

71

 Print

No	Newspaper	Headline	Edition	Pg
1.	Mint	Health tech cos sign up on digital mission	Hyderabad	2
2.	Hindustan Times	10k medical seats to be added this year: Nadda	Mumbai	9
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4.	The New Indian Express	TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)	Bengaluru	2
5.	The New Indian Express	Compendium of Ashwagandha book released	Bengaluru	2
6.	The New Indian Express	TADASANA PASCHIMA NAMASKARASANA	Chennai	2
7.	The Morning Standard	Fit Bit	Delhi	2
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15.	Punyanagari	A mountain of problems in 'Ayushman Bharat	Mumbai	3

Mint • 06 Mar • Ministry of Ayush
Health tech cos sign up on digital mission

2 • PG

128 • Sqcm

31898 • AVE

45K • Cir

Middle Left

Hyderabad

Health tech cos sign up on digital mission

Priyanka Sharma

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NEW DELHI

As many as 15 health tech companies have integrated with the government's digital health mission, with their apps helping patients access health records and other digital healthcare services to cut down long queues at clinics and hospitals.

Firms partnering the Ayushman Bharat Digital Mission (ABDM) include Driefcase, Aarogya One, Bajaj Health, Practo and Ambula Technologies.

As one of the key services of ABDM is the faster OPD registration service for the patients via ABHA's QR codeshare-based 'scan and share', patients can now use any of these ABDM-enabled apps to share their profile with the hospital and doctors. The 'scan and share' facility is running in more than 18,000 health facilities across all states and Union

territories (UTs). The idea is to minimize the problems of standing in long queues for registration at the hospital and eliminate the chances of medical errors, ensuring continuity of treatment and do away with hard prescription copies.

It also facilitates creating and maintaining health records of a patient and empowering individuals to manage and share their health information with

doctors after the consent of the patient.

Taking it forward, the National Health Authority (NHA), which implements ABDM, has now directed all the states and UTs

to actively encourage citizens to use these apps.

"We believe that a strong partnership between private platforms and public initiatives is essential for building a robust and inclusive digital healthcare future for India," said Abhinav Lal, co-founder, Practo.

For an extended version of this story, go to livemint.com.

The 'scan and share' facility is running in more than 18,000 health facilities across all states and UTs

Hindustan Times • 06 Mar • Ministry of Ayush
10k medical seats to be added this year: Nadda

9 • PG

87 • Sqcm

260297 • AVE

1.1M • Cir

Middle Left

Mumbai

10k medical seats to be added this year: Nadda

HT Correspondent

letters@hindustantimes.com

NEW DELHI: Union ministry of health and family welfare will add 10,000 more medical seats this year, announced health minister JP Nadda on Wednesday.

Nadda held a special address as part of post Budget webinar series by the ministry.

"The Prime Minister last year announced that we will add 75,000 more medical seats in next five years to the pool; of these 13,000 seats were already added last year, and this year, even by most conservative estimates, we will add 10,000 more seats," said Nadda during the address. In this year's budget, the finance minister also mentioned establishing at least 200 day cancer care centres across the country this year.

"Instead of keeping tertiary care hospitals engaged for long as chemo cycles take a long time, it is better to have standalone day care cancer centres where



JP Nadda

patients can be administered chemo drugs," said Nadda.

He added that the government has decided to open one day cancer care centre in each district across the country.

"In day cancer care centres, we have decided to open one such centre in every district. This year, government's target is to establish 200 centres. It is also important to strengthen medical health systems. The centre has already put in place 1,75,000 Ayushman Arogya Kendras which works as the first point-of-contact for patients. It's a part of primary health care delivery system."

The New Indian Express • 06 Mar • Ministry of Ayush
Yoga session by MAHER students

3 • PG

119 • Sqcm

157602 • AVE

246.4K • Cir

Bottom Right

Chennai



Yoga session by MAHER students

The closing ceremony of a five-day event on Yoga Science and Yoga Therapy was held. It was organised by the first year students of Yoga & Yoga Therapy, Faculty of Yoga Science and Therapy (FYST), Meenakshi Academy of Higher Education & Research (MAHER). The purpose of the event is promoting yoga practices at the village level by bringing awareness.

The New Indian Express • 06 Mar • Ministry of Ayush

TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

2 • PG

603 • Sqcm

602958 • AVE

177.8K • Cir

Top Right

City Express

Bengaluru

FITBIT

TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

The namaskar with palms joined near the chest is the start of the namaskar asana in a standing pose. But the same pose, when the palms are joined at the backside of the body, becomes Paschim Namaskarasana. It is an upper-body strengthening pose that works specifically on the arms and the abdomen. It is good for opening up shoulder joints and strengthening arms. It helps in burning arm fat by toning the muscles. It is effective for all cardiovascular diseases.

STEPS

- Start in Tadasana, take a couple of breaths and roll your shoulders back, creating flexibility.
- Align the body and stand with the spine erect, shoulders relaxed, and chin parallel to the ground.
- Ground the legs firmly and stack feet near each other.
- Keep legs straight and arms placed on the side. Feel the strength in the calf, ankle, and hamstrings of legs.
- Bring the arms in front of the body parallel to the ground. Inhale and open your arms and chest.
- Exhale, bring your arms behind your back, and join the palms with fingertips facing upward like a Namaste.
- Initially, only the fingertips may touch, and the wrist may not touch each other. It's fine. You will achieve the pose over time.
- To release, inhale, release the palms first, then the arms. Bring the arms to the sides and return to Tadasana. Take a couple of breaths and feel the effect of the stretch at the arms, shoulders, mid-back, and wrists. Feel the blood gushing back to flow in the muscles.
- Now relax in Tadasana, palms facing forward.

BENEFITS

- Strengthens the pectoral muscles.
- Opens the shoulder blades and joints.
- Muscles of the forearms and wrists are stretched.
- Since it opens the chest, the back is stretched, and upper body flexibility is attained.
- Effective in activating bandhas.
- Capacity of the lungs increases, benefiting the pulmonary functioning.
- Awareness connects the mind to the body and is beneficial for increasing focus on a mental level.
- Increases decision-making capacity.
- Hunching and slouching can be rectified.
- Stress is relieved.
- Being therapeutic, regular practice can cure asthma, wheezing, and lung-related diseases.
- Balances the Manipura and Anahata chakras.
- Regular practice reduces negative thoughts.
- There is a balance of thought processes in attachment and detachment of desires.
- It can be done by senior citizens and pregnant women.

LIMITATIONS

- It should be avoided by students with shoulder, wrist, ankle, elbow, cervical injuries or surgeries, and lack of body-breath connections.
- People with tight shoulders and upper body should first warm up their upper body with stretches and then attempt this asana.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The New Indian Express • 06 Mar • Ministry of Ayush
Compendium of Ashwagandha book released

2 • PG

108 • Sqcm

91617 • AVE

177.8K • Cir

Middle Center

Bengaluru

Compendium of Ashwagandha book released

Bengaluru: The book 'Compendium of Ashwagandha: A Complete Reference Guide' was launched by Dr Jeetendra Kumar Vaishya, Research Officer at the National Medicinal Plants Board (NMPB), Ministry of AYUSH (MOA), Government of India and Dr Joseph VG, Chancellor of Garden City University (GCU), at the Ashwagandha Forum 2025. The MoA, in partnership with GCU, organised the Ashwagandha Forum recently to promote research on the traditional herb. Dr Jeetendra Kumar Vyshya commended the university's efforts in blending traditional knowledge with modern science. During the event, GCU professors who were awarded a Rs 20 lakh project to study Ashwagandha's therapeutic properties, reinforcing its leadership in traditional medicine research were appreciated.

The New Indian Express • 06 Mar • Ministry of Ayush TADASANA PASCHIMA NAMASKARASANA

2 • PG

682 • Sqcm

900525 • AVE

246.4K • Cir

Bottom Center

Chennai

FITBIT

TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

The namaskar with palms joined near the chest is the start of the namaskar asana in a standing pose. But the same pose when the palms are joined in the backside of the body becomes Paschim Namaskarasana. It is an upper-body strengthening pose that works specifically on the arms and the abdomen. It is good for opening up shoulder joints and strengthening arms. It helps in burning arms fat by toning the muscles. It is effective for all cardiovascular diseases.

STEPS

- Start in Tadasana, take a couple of breaths and roll your shoulders back, creating flexibility.
- Align the body and stand with the spine erect, shoulders relaxed, and chin parallel to the ground.
- Ground the legs firmly and stack feet near each other.
- Keep legs straight and arms placed on the side. Feel the strength in the calf, ankle, and hamstrings of legs.
- Bring the arms in front of the body parallel to the ground. Inhale and open your arms and chest.
- Exhale, bring your arms behind your back and join the palms with fingertips facing upward like a Namaste.
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- It should be avoided by students with shoulder, wrist, ankle, elbow, and cervical injuries or surgeries and lack of body-breath connections.
- People with tight shoulders and upper body should first warm up their upper body with stretches and then attempt this asana.



By N Elumalai, PhD Scholar (Yoga Science) at
Meenakshi Academy of Higher Education & Research, Chennai

The Morning Standard • 06 Mar • Ministry of Ayush

Fit Bit

2 • PG

608 • Sqcm

291674 • AVE

300K • Cir

Middle Right

Delhi

FITBIT

TADASANA PASCHIMA NAMASKARASANA (STANDING REVERSE PRAYER POSE)

The Namaskar Asana begins with the palms joined in front of the chest. Shifting the joined hands to the back of the body creates Paschim Namaskarasana. It is an upper-body strengthening pose that works specifically on the arms and the abdomen. It is good for opening up shoulder joints and strengthening arms. It helps burn fat in the arms by toning the muscles. It is effective for all cardiovascular diseases.

STEPS

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The Morning Standard • 06 Mar • Ministry of Ayush

I walk 10k steps a day and want to push further: Can I add ankle weights

2 • PG


265 • Sqcm

127257 • AVE

300K • Cir

Middle Center

Delhi




MISS-FIT
Wanitha Ashok
The expert is a Fit India Movement ambassador and celebrity fitness coach

I walk 10k steps a day and want to push further. Can I add ankle weights?

A big no! Adding ankle weight can place additional stress on your joints, particularly your ankles, knees, and hips, leading to injuries. It alters gait and changes your walking stride, which can lead to discomfort or injury.

- Instead, incorporate uphill or downhill walks, change walking paths, do an interval of slow jog followed by a brisk walk, or climb stairs for a minute or two.
- The 10k steps do not complete your fitness routine. Please incorporate two sessions of total body strength training exercises a week.
- You can use ankle weights and target your leg muscles or build more power, endurance, and strength. Use body weight and other resistance to challenge your body.
- Apart from this, take constant breaks and move for five minutes.
- Include short casual walks for 15 minutes post lunch and dinner.
- Keep moving and don't be obsessed with getting 10k steps as the number of steps you should take depends on your age, fitness level, and other factors.



The Pioneer • 06 Mar • Ministry of Ayush

Healthcare divide: How tier-II and III cities are transforming medical access

7 • PG

371 • Sqcm

1057256 • AVE

634.42K • Cir

Bottom Left

Delhi

Healthcare divide: How tier-II and III cities are transforming medical access

Investments in advanced medical technology and government initiatives like Ayushman Bharat are making healthcare more accessible in tier II and III cities

Healthcare facilities in tier-II and III cities have long struggled with the disparity between affordability and accessibility of quality healthcare services. These cities often lack well-equipped medical centres, forcing patients to travel to nearby metropolitan areas for advanced treatment. The shortage of trained medical professionals further exacerbates the problem.

The doctor-to-patient ratio in these cities remains significantly below the WHO-recommended standard of 1:1000, often reaching alarming ratios such as 1:25,000. One of the major factors behind this situation is the concentration of healthcare resources in metropolitan areas. Government hospitals in smaller cities often grapple with overcrowding, long waiting lines, and outdated infrastructure. Meanwhile, private hospitals that offer advanced treatments are often unaffordable for the majority of the population. This leaves patients with limited options, pushing them to seek care in distant metro cities.

However, in recent years, several hospitals in tier-II cities have made significant strides in bridging this gap. The emergence of well-equipped hospitals outside major metropolitan areas is proving to be a game-changer for patients who previously had to travel long distances for treatment. Health institutions like Subharti Hospital in Meerut exemplify how tier-II cities are evolving to provide comprehensive and affordable healthcare not only under



KRISHNAMURTHY

the Ayushman Bharat Mission but also for uninsured patients, reducing dependence on metropolitan hospitals.

Ayushman Bharat and Affordability

One of the biggest challenges in tier-II and III cities is making advanced healthcare both available and affordable.

Many private hospitals offer high-end treatment facilities, but their pricing structures make them inaccessible to a significant portion of the population.

To address this issue, some hospitals are designing cost-effective treatment models that prioritize patient affordability without compromising on quality. Additionally, government schemes and insurance programs such as Ayushman Bharat-PMJAY need to be further expanded and better implemented in these regions. Many eligible patients are unaware of their entitlements under schemes like PMJAY, leading to underutilization of available resources. Increased awareness and streamlined implementation of such initiatives can make a significant difference in ensuring financial accessibility to quality healthcare.

Advancements in Medical Technology

Traditionally, hospitals in non-metro areas have



been perceived as lacking advanced infrastructure and specialized treatment options. However, this perception is gradually changing.

Many healthcare institutions such as Subharti Hospital in Meerut are now investing in cutting-edge medical technology, including advanced imaging facilities such as digital PET scans, high-resolution MRI and CT scans, and modern oncology treatment options like chemotherapy and radiation therapy.

The availability of these services locally is significantly reducing the burden on patients who would otherwise have to commute to larger cities.

A breakthrough in Meerut is the introduction of comprehensive treatment centres, particularly in fields like oncology. Cancer patients, for example, often face logistical and financial challenges when forced to visit different hospitals for diagnosis, surgery, chemotherapy, and radiation therapy.

The integration of these services under one roof in tier-II cities is improving patient outcomes and reducing treatment delays. Subharti Hospital, for instance, has emerged as a reliable healthcare provider in Western Uttar Pradesh, offering a full spectrum of oncology services in a single location, saving patients valuable time and resources.

The Road Ahead

Ensuring quality healthcare in tier-II and III cities requires a multi-pronged approach that includes expanding medical infrastructure, ensuring equitable resource distribution, increasing investment in medical education to address the shortage of trained professionals, and encouraging partnerships to enhance healthcare accessibility. As healthcare in India evolves, tier-II and III cities are poised to play a crucial role in expanding medical access beyond metropolitan areas.

Continuous efforts are needed to overcome existing challenges and create a healthcare system that is truly inclusive and accessible to all. With a focused approach towards affordability, accessibility, and technological advancements, the future of healthcare in non-metro regions holds immense potential. By addressing these challenges head-on, tier-II and III cities can become the next frontier in India's healthcare transformation.

(The writer is the Deputy Medical Superintendent of Subharti Hospital, Meerut. Views expressed are personal)

The Pioneer • 06 Mar • Ministry of Ayush

Healthcare divide: How tier-II and III cities are transforming medical

7 • PG

394 • Sqcm

134109 • AVE

275K • Cir

Bottom Left

Hyderabad

Healthcare divide: How tier-II and III cities are transforming medical

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The doctor-to-patient ratio in these cities remains significantly below the WHO-recommended standard of 1:25,000. One of the major factors behind this situation is the concentration of healthcare resources in metropolitan areas. Government hospitals in smaller cities often grapple with overcrowding, long waiting lines, and outdated infrastructure. Meanwhile, private hospitals that offer advanced treatments are often unaffordable for the majority of the population. This leaves patients with limited options, pushing them to seek care in distant metro cities.

However, in recent years, several hospitals in tier-II cities have made significant strides in bridging this gap. The emergence of well-equipped hospitals outside major metropolitan areas is proving to be a game-changer for patients who previously had to travel long distances for treatment. Health Institutions like Subharti Hospital in Meerut exemplify how tier-II cities are evolving to provide comprehensive and affordable healthcare not only under



KRISHNAMURTHY

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Ayushman Bharat and Affordability

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Ensuring quality healthcare in tier-II and III cities requires a multi-pronged approach that includes expanding medical infrastructure, ensuring equitable resource distribution, increasing investment in medical education to address the shortage of trained professionals, and encouraging partnerships to enhance healthcare accessibility. As healthcare in India evolves, tier-II and III cities are poised to play a crucial role in expanding medical access beyond metropolitan areas.

Continuous efforts are needed to overcome existing challenges and create a healthcare system that is truly inclusive and accessible to all. With a focused approach towards affordability, accessibility, and technological advancements, the future of healthcare in non-metro regions holds immense potential. By addressing these challenges head-on, tier-II and III cities can become the next frontier in India's healthcare transformation.

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The Pioneer • 06 Mar • Ministry of Ayush

Healthcare divide: How tier- II and III cities are transforming medical access

7 • PG

371 • Sqcm

222580 • AVE

268.96K • Cir

Bottom Left

Chandigarh

Healthcare divide: How tier-II and III cities are transforming medical access

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(The writer is the Deputy Medical Superintendent of Subharti Hospital, Meerut. Views expressed are personal)

The Daily Guardian • 06 Mar • Ministry of Ayush

CM holds key meeting with VCs of state universities to discuss improvements

4 • PG

446 • Sqcm

44606 • AVE

N/A • Cir

Bottom Left

Chandigarh

CM holds key meeting with VCs of state universities to discuss improvements

TGG NETWORK
CHANDIGARH

Haryana Chief Minister, Nayab Singh Saini held an important meeting with the Vice Chancellors of State Government Universities here today to discuss the reforms to be made in the education sector. The Chief Minister said that the state budget for 2025-26 will prioritize education, ensuring that quality education is provided to children in line with the National Education Policy. He also invited suggestions from all Vice Chancellors to enhance the education system.

The Chief Minister further said that the state government has committed in its Sankalp Patra to offer full scholarships to Haryana students belonging to Backward Classes and Scheduled Castes pursuing medical and engineering studies at any government college in India. He urged that a framework be developed for this initiative as soon as possible. He said that all provisions of the National Education Policy should be fully implemented across universities and colleges, to transform Haryana into



Saini said that all provisions of the National Education Policy should be fully implemented across universities and colleges, to transform Haryana into a global education hub, offering specialized training in AI and modern skills.

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While interacting with the Vice Chancellor of Maharana Pratap Hor-

ticulture University, the Chief Minister said that the future lies in horticultural crops and stressed the need to raise awareness among farm-

ers about adopting crop diversification instead of traditional farming. He mentioned that the Horticulture University could play a pivotal role in this initiative. The first phase of the India International Horticulture Market, currently being built in Ganaur, will soon be inaugurated, bringing significant benefits to horticulture farmers. The increased export of fruits and vegetables will enhance their income. In this direction, the

Horticulture University should focus on research related to the fruits and vegetables grown in various regions of Haryana.

The Chief Minister has directed the formulation of a plan to establish sports schools in every district to enhance the sports proficiency of the state's youth. He said that universities should also be equipped with appropriate sports facilities. He further stated that the youth of Haryana should be trained from now onwards for the 2036 Olympics, to bring glory to both the state and the country on the global stage.

In the meeting, Education Minister Mahipal Dhanda said that there is no shortage of talent among the youth of Haryana, with children bringing accolades to both the state and the country in various fields. However, he pointed out that many children often fall behind due to a lack of proper opportunities. He suggested that during exhibitions organized in schools and colleges, students who create exceptional models related to science, the

environment, and other fields should be provided with proper guidance and funding to pursue research in those areas. To achieve this, he said that the department officials and the university work together to develop a comprehensive framework.

Principal Secretary to Chief Minister Arun Kumar Gupta, Deputy Principal Secretary to Chief Minister Yash Pal, OSD to Chief Minister Raj Nehru, Chairman Haryana Higher Education Council, Vice Chancellors of Kurukshetra University, Maharana Pratap Horticulture University, Sri Krishna Ayush University, Indira Gandhi University, Maharishi Dayanand University, Maharishi Valmiki Sanskrit University, Sports University, Deenbandhu Chhotu Ram Science and Technology University, National Law University, Guru Jambheshwar University of Science and Technology, Chaudhary Bansi Lal University and Chaudhary Charan Singh Haryana Agricultural University were present in the meeting.

Did You Know Who First Introduced Ayurveda Globally, Defying The Odds During British Rule

52 • PG

493 • Sqcm

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850K • Cir

Inside Page (Magazine only)

National

INSPIRING
**WOMEN
LEADERS**

Did You Know Who First Introduced Ayurveda Globally, Defying The Odds During British Rule?

It was "NAVJIVAN" in 1923, that gave new life and meaning to Bharat's ancient medicine.



Dr. Monica B. Sood
CEO Navjivan Group
Chairperson NUSC

In a world brimming with the ever-accelerating progress of modern medicine, one name that stands tall for rekindling the flame of ancient knowledge is Dr. Monica B. Sood. She is the visionary torchbearer of a legacy that began in 1923, when Dr. Amarnath Sood first ventured into uncharted waters, exporting Ayurveda to foreign shores—a time when the West was oblivious to the profound depth of India's indigenous science of healing. What began as an ambitious dream has now blossomed into a worldwide phenomenon, with countless patients from over 40 countries turning to Ayurveda for relief, treatment, and hope.

Ayurveda, a term that today resonates with holistic health, stretches back not just 5,000 years as commonly believed but holds its roots in a time 80,000 years ago. The Bharata tribe, referenced in the ancient Rig Vedas, practiced the healing arts with the potent use of herbs and nature's bounty, long before the Rig Veda was ever penned. This deep-seated tradition of healing is the foundation of what we now embrace as Ayurveda, a science born from the earth, woven into the very fabric of life.

It was under the meticulous guidance of Dr. Amarnath Sood that Ayurveda made its maiden voyage beyond Indian borders. But it is Dr. Monica B. Sood who has given it wings to soar. With unshakable belief in the healing power of Ayurveda, she has modernized its outreach, making it not just an alternative but a primary recourse for chronic diseases that have baffled modern medicine. Her work has empowered thousands to look beyond allopathy when hope seemed dim and led them to the transformative embrace of Ayurveda.

One cannot speak of Ayurveda's resurgence on the global stage without acknowledging the pivotal role of our revered Prime Minister, Shri Narendra Modi. It was under his leadership that Ayurveda found renewed respect and recognition, both in India and abroad.

Modiji, with his unparalleled foresight, understood the immense potential hidden in the ancient texts and practices of Ayurveda. His vision was clear—Ayurveda is not just a relic of the past; it is a vibrant, living science with the power to heal, cure, and revitalize the health of the world.

Before 2014, Ayurveda was largely an overlooked field in the global healthcare landscape. It wasn't until Modiji came into power that substantial steps were taken to position Ayurveda as a primary science. He gave it the prominence it deserves through initiatives like the Ministry of AYUSH and the development of dedicated educational frameworks. Modiji's initiatives, such as the AYUSH Mission, have empowered practitioners and opened doors for research and global collaboration in Ayurvedic sciences. Through his efforts, India is fast becoming a global hub for Ayurvedic medical tourism, drawing in scholars, students, and patients alike from all over the world. The unwavering support of Prime Minister Modiji that Ayurveda is no longer a forgotten reliquiae of the past but a living, breathing science poised to shape the future of global healthcare.

But as much as we celebrate the strides made thus far, there is still an urgent call to arms. The modern medical sciences, a mere 200 years old, have usurped Ayurveda's throne as the predominant system of healing. While allopathy has its strengths, particularly in emergency and trauma care, it falls short in treating chronic ailments, where Ayurveda shines. Diseases like Diabetes, Arthritis, Cancer, Asthma, Sickle Cell Anaemia and even certain neurological conditions that remain incurable in allopathy find holistic and long-term management and cure through Ayurvedic treatments. The fusion of modern medical science with Ayurveda is not just a possibility but a necessity. This amalgamation holds the potential to create unprecedented wonders in the history of medicine.

The integration of Ayurveda into our educational system is vital. We must teach the wisdom of Ayurveda at the primary school level, allowing children to grow with a balanced understanding of both traditional and modern medicine. By embedding Ayurveda into medical courses alongside allopathic education, we can foster a generation of doctors who harness the best of both worlds. This dual-pronged approach can revolutionize healthcare, offering patients a holistic, effective, and sustainable path to wellness.

To truly take Ayurveda to its rightful place on the world stage, we must open more Ayurvedic medical colleges, creating centres of excellence that attract students from across the globe. Inviting international students to study Ayurveda in India will not only spread our knowledge but also strengthen our global influence. Medical tourism must be nurtured with the same care, offering comprehensive treatment programs that blend the best of Ayurveda and modern science. As the world grapples with the rise of chronic diseases, India has the opportunity to become a superpower in health, offering solutions rooted in ancient wisdom but presented with modern precision.

As we stand on the cusp of a new era in healthcare, let us not forget the mighty shoulders we stand upon—those of Dr. Amarnath Sood, who dared to introduce Ayurveda to the world, and Dr. Monica B. Sood, who carries forward this proud legacy with the brilliance of a true visionary.

The time has come to act, to honour our ancient traditions by ensuring they thrive in a modern world. By integrating Ayurveda into every aspect of our healthcare system, we are not just preserving a legacy—we are crafting a future where the fusion of ancient wisdom and modern science can bring unparalleled healing to the world.

Sandhya Times • 06 Mar • Ministry of Ayush
Amrit se kam nahi Giloye

8 • PG

1305 • Sqcm

345923 • AVE

106.19K • Cir

Top Left

Delhi

Health

साम्ब्य टाइम्स, बुधवार, 5 मार्च 2025



भारत में गिलोय लगभग सभी जगह पाई जाती है। कुमाऊं से लेकर असम तक, बिहार से लेकर कर्नाटक तक यह प्रचुर मात्रा में उपलब्ध है। यह समुद्र तल से 1,000 मीटर की ऊँचाई तक उगती है।

आयुर्वेद में इस तरह होता है इस्तेमाल

- आधुनिक आयुर्वेद में इसे एंटी-बैक्टीरियल, एंटी-वायरल और रोगाणु नाशक औषधि के रूप में देखा जाता है। गिलोय के उपयोग से आंखों की रोशनी में सुधार होता है।
- इसके रस को त्रिफला के साथ मिलाकर सेवन करने से आंखों की कमजोरी दूर होती है।
- कान की सफाई के लिए गिलोय के तने को पानी में घिसकर गुनगुना कर कान में डालने से मूल साफ हो जाता है।
- हिचकी की समस्या में इसका उपयोग सीधे के साथ करने से लाभ मिलता है।
- आयुर्वेदिक ग्रंथों के मुताबिक अश्वगंधा, शतवृ, दशमूल, अहूरा, अवीस आदि जड़ी-बूटियों के साथ इसका काढ़ा बनाकर सेवन करने से टीबी के रोगी को लाभ मिलता है।
- एसिडिटी से राहत पाने के लिए गिलोय के रस में मिश्री मिलाकर पीने से उल्टी और पेट की जलन से छुटकारा मिलता है।
- कब्ज की समस्या को दूर करने के लिए गिलोय रस के साथ गुड़ का सेवन करना बेहद फायदेमंद होता है।
- बवासीर की समस्या में भी गिलोय का विशेष महत्व है। हरद, धनिया और गिलोय को पानी में उबालकर बने काढ़े को सेवन करने से बवासीर से राहत मिलती है।
- लिवर से जुड़ी समस्याओं को ठीक करने के लिए गिलोय बेहद लाभकारी मानी जाती है। ताजा गिलोय, अजमोद, छोटी पीपल और नीम को मिलाकर काढ़ा बनाकर पीने से लिवर की समस्याएं दूर होती हैं।
- यह डायबिटीज को नियंत्रित करने में भी सहायक होती है। मधुमेह रोगियों के लिए गिलोय का रस बहुत फायदेमंद साबित होता है। इसे शहद के साथ मिलाकर लेने से शुगर का स्तर नियंत्रित रहता है।
- हृदयपाव या फाइलेरिया जैसी समस्या में भी गिलोय रामबाण उपाय है। इसके रस को सरसों के तेल के साथ मिलाकर खाली पेट पीने से इस रोग में आराम मिलता है।
- हृदय को स्वस्थ रखने के लिए भी गिलोय बेहद लाभदायक मानी जाती है। काली मिर्च के साथ इसे गुनगुना पानी में लेने से हृदय रोगों से बचाव होता है।
- कैंसर जैसी गंभीर बीमारी में भी गिलोय एक प्रभावी औषधि मानी जाती है। पतंजलि के शोध के अनुसार, ब्लड कैंसर के मरीजों पर गिलोय और गेंहू के ज्वार का रस मिलाकर देने से अत्यधिक लाभ मिला है।

रोजाना सेवन आपको रखेगा सभी बीमारियों से मुक्त

अमृत से कम नहीं गिलोय

साम्ब्य टाइम्स डेस्क

कोविड काल में जब दुनिया संक्रमण से जूझ रही थी तो हमारी प्राचीन चिकित्सा पद्धति आयुर्वेद की त्रिदोष शमक औषधि की खूब चर्चा हुई। इसे 'अमृत के समान' माना जाता है। नाम गिलोय है। एक बहुउपयोगी औषधि जो कई रोगों के उपचार में सहायक होती है। यह शरीर के तीनों दोषों जैसे वात, पित्त और कफ को संतुलित करने में सहायक होती है इसलिए त्रिदोष शमक औषधि के नाम से भी जाना जाता है।

अमूल्य औषधि का दर्जा मिला है

आयुर्वेद, चरक संहिता और घरेलू चिकित्सा में गिलोय को अमूल्य औषधि माना गया है। इसकी पहचान केवल इसके गुणों तक ही सीमित नहीं है, बल्कि इसका सेवन संपूर्ण स्वास्थ्य को बनाए रखने में भी मदद करता है। सुश्रुत संहिता में भी इस बेल के औषधीय गुणों का उल्लेख मिलता है। गिलोय के पत्ते खट्टा में कसेले और कड़वे होते हैं, लेकिन इसके गुण अत्यंत लाभकारी होते हैं।



ये फायदे मिलते हैं शरीर को

आयुर्वेद के अनुसार, गिलोय पाचन में सहायक होने के साथ मूल बढ़ाने में मदद करती है। इसके सेवन से रोग प्रतिरोधक क्षमता मजबूत होती है और यह आंखों के लिए भी लाभकारी होती है। गिलोय का नियमित सेवन करने से प्यास, जलन, डायबिटीज, कुष्ठ, पीलिया, बवासीर, टीबी और मूत्र रोग जैसी समस्याओं से राहत मिलती है। महिलाओं में होने वाली कमजोरी को दूर करने के लिए भी यह एक महत्वपूर्ण औषधि है।

कौन सी गिलोय है सबसे उत्तम

सुश्रुत संहिता में इसके औषधीय गुणों का विस्तार से वर्णन किया गया है। यह एक बेल होती है, जो जिस भी वृक्ष पर चढ़ती है, उसके कुछ गुण भी अपने अंदर समाहित कर लेती है, इसलिए नीम के पेड़ पर चढ़ी हुई गिलोय को सबसे उत्तम माना जाता है। गिलोय का तना रस्सी के समान दिखाई देता है और इसके पत्ते पान के आकार के होते हैं। इसके फूल पीले और हरे रंग के गुच्छों में लगते हैं, जबकि इसके फल मटर के दाने जैसे होते हैं। (एनसी)

मात्रा का रखना होता है ध्यान

- गिलोय के सेवन की मात्रा का विशेष ध्यान रखना चाहिए। सामान्य रूप से काढ़े की मात्रा 20-30 मिली ग्राम और रस की मात्रा 20 मिली का ही सेवन करना होता है। हालांकि, अधिक लाभ के लिए इसे आयुर्वेदिक चिकित्सक की सलाह से लेना चाहिए।
- इसके कुछ नुकसान भी हो सकते हैं। यह ब्लड शुगर को कम करता है, इसलिए जिनका शुगर लेवल कम रहता है, उन्हें इसका सेवन नहीं करना चाहिए।
- गर्भावस्था के दौरान भी इसका सेवन करने से बचना चाहिए। चिकित्सकीय परामर्श लेकर इसका इस्तेमाल किया जाना चाहिए।

Punyanagari • 06 Mar • Ministry of Ayush
A mountain of problems in 'Ayushman Bharat

3 • PG

53 • Sqcm

28971 • AVE

72.24K • Cir

Middle Left

Mumbai

**‘आयुष्मान भारत’मध्ये
समस्यांचा डोंगर**

■ मुंबई : आयुष्मान भारत सरकारची आरोग्य विमा योजना देशभरात राबवली जात आहे; परंतु या योजनेच्या लाभार्थ्यांची केवायसी व नोंदणी करताना सुसूत्रता नाही. अजूनही शासनाने सर्व शिधापत्रिकाधारकांना या योजनेचा लाभ घेता येईल, असे जाहिरात परिपत्रक काढूनही सर्व नागरिकांची या योजनेत नोंदणी करता येत नाही. शासनाकडून पूर्वीचा लाभार्थ्यांचा आलेला डेटा व नागरिकांच्या आधार कार्डमधील नाव भिन्नतेमुळे लाभार्थ्यांना मिळणाऱ्या ओळखपत्रांमध्ये नावामध्ये तफावत दिसून येते. यासंदर्भात महाराष्ट्र व्हीएलई संवाद या संस्थेने केंद्र व राज्य शासनाकडे तक्रार करूनही या योजनेत येणाऱ्या समस्या सोडवण्याकरता कोणतीही दखल घेतलेली दिसत नाही. त्यातच लाभार्थ्यांची नोंदणी करताना समोर लाभार्थी नसताना त्याच्या फोटोचा फोटो घेऊन नोंदणी होत असल्याचे दिसून येत आहेत.

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	MSN Hindi	कार्ड में गणेशजी के बगल छपवाई ये बात, फिर वरमाला के बाद..गेस्ट भूल नहीं पाएंगे	733.9M
2.	Dainik Bhaskar	वयोमित्र एप का संचालन के लिए प्रशिक्षण का आयोजन	66.5M
3.	हिन्दुस्तान(Live Hindustan)	शिक्षा के साथ-साथ अच्छे स्वास्थ्य के लिए योग जरूरी	64.8M
4.	हिन्दुस्तान(Live Hindustan)	जिला आयुष पदाधिकारी ने सामुदायिक स्वास्थ्य अधिकारियों के साथ की बैठक	64.8M
5.	हिन्दुस्तान(Live Hindustan)	बोले बरेली: योग प्रशिक्षक मजबूर, ड्यूटी के लिए जाना पड़ रहा दूर	64.8M
6.	अमर उजाला (Amar ujala)	Sirmour News: गिरिपार के बोंच गांव में 60 लोगों का स्वास्थ्य जांचा	63.8M
7.	News18	यादगार बनानी थी शादी, कार्ड में गणेशजी के बगल छपवाई गजब बात, फिर वरमाला के बाद.....	43.6M
8.	The Hindu	Ayurveda doctors in State object to Budget proposal to promote indigenous medici ...	35.9M
9.	The Hindu	Religious bodies seek 25-bed AYUSH research hospital in Nandigama	35.9M
10.	Dailyhunt	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	18.6M
11.	Patrika	एमपी के इस जिले में बनेगा पहला मेडिकल पीजी संस्थान, इन्हें होगा फायदा	14M
12.	Prokerala.com	Time to boost capacity-building of medical officers at grassroot level: JP Nadda	13M
13.	ThePrint	Ayush-approved medicines won't require extra safety trials for integrative rese...	11.3M
14.	Etvbharat	New ICMR Framework Aims to Integrate Ayurveda, Homeopathy and Modern Me dicine	11.2M
15.	Business Standard	Ayush-approved medicines exempt from extra safety trials in research: ICMR	8.1M
16.	PIB	ICMR Publishes Addendum: Ethical Requirements for Research in Integrative Me dici...	5.4M
17.	PIB	National Workshop on "Capacity Building in Indian Knowledge Systems": Docume nt...	5.4M
18.	The Wire - India	ASHA Workers: Two Decades of Service, Still Fighting for Dignity	3.7M
19.	Devdiscourse	Ayush-approved medicines won't require extra safety trials for integrative rese...	1.2M
20.	Etnownews	Indian Railways: India's 1st Vande Bharat Sleeper train to get CCRS nod in Marc. ..	865.4K
21.	Divya Himachal	मैड़ी मेले में 850 पुलिस जवान, 125 महिला पुलिस कर्मी रहेंगे तैनात	553.6K
22.	Social News XYZ	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	415.2K
23.	UNI	J&K Assembly Speaker assures special discussion for 30 minutes on drug addic...	219.9K

24.	UNI	J&K Assembly Speaker assures special discussion for 30 minutes on drug addic...	219.9K
25.	Indiablooms	JP Nadda chairs Mission Steering Group meeting, emphasises grassroots healthc are...	176.9K
26.	Sakshipost EN	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	160.8K
27.	News Drum	Ayush-approved medicines won't require extra safety trials for integrative rese...	158.4K
28.	Ommcom News	Nominations Begin For PM Yoga Awards 2025, Winners To Get Trophy And Rs 2 5 Lakh ...	133.2K
29.	HT Syndication	JP Nadda chairs Mission Steering Group meeting, emphasises grassroots healthc are...	119.8K
30.	Lokmattimes.com	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	94.3K
31.	New Kerala	PM Yoga Awards 2025 Open for Yoga Experts and Organizations	72K
32.	Awaz The Voice	Nominations open for PM Yoga Awards 2025; winners to get trophy, ₹ lakh	68.3K
33.	Punjab News Live	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	63.5K
34.	The News Room	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	62.3K
35.	Bhaskar Live	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	46.5K
36.	Weekly Voice	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	43.8K
37.	Ians Live	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	32.1K
38.	Tennews.in	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	9.1K
39.	ET Government	National workshop held on Capacity Building in Indian Knowledge Systems: Docu men...	5K
40.	Hi INDiA	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	2.4K
41.	BharatKi Baat	ICMR states Ayush-approved medicines exempt from additional safety trials for in. ..	N/A
42.	New Delhi Times	Union Health Minister JP Nadda chairs 9th meeting of Mission Steering Group for ...	N/A
43.	Parpanch	Kanpur : डॉ.मधुलिका शुक्ला के इलाज से मरीजों के चेहरों पर आ रही है मुस्कान	N/A
44.	Tender Detail	Bids Are Invited For Annual Maintenance Service-Air Conditioner Total Quantity :..	N/A

45.	State News Service	बयोमित्र एप, डीपीडीएमआईएस टीयर-4 तथा पैलिएटिव केयर का प्रशिक्षण संपन्न	N/A
46.	State News Service	निःशुल्क आयुष चिकित्सा शिविर का आयोजन 6 मार्च को	N/A
47.	Shree1 News	Nominations Begin For PM Yoga Awards 2025, Winners To Get Trophy And Rs 2 5 Lakh ...	N/A
48.	The Printlines	प्रधानमंत्री योग पुरस्कार 2025 के लिए शुरू हुआ नामांकन, जानिए क्या है इसका मकसद ...	N/A
49.	Drug Today Medical Times	Rajiv Gandhi Ayurveda Medical College and Hospital	N/A
50.	लीजेंड न्यूज़	प्रधानमंत्री योग पुरस्कार 2025 के लिए 31 मार्च तक या उससे पहले करें आवेदन	N/A
51.	Madrastribune.com	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
52.	Tripurastar News	National Workshop On 'Capacity Building In Indian Knowledge Systems': Docume nta...	N/A
53.	Sarkaritel	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
54.	Northeast Herald	JP Nadda chairs Mission Steering Group meeting, emphasises grassroots healthc are...	N/A
55.	Kamal Sandesh	Union Health Minister chairs 9th meeting of Mission Steering Group for National ...	N/A
56.	DD News	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
57.	Ddindia	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
58.	Health Economictimes	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
59.	Vishva Times	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
60.	Himachal Now News	एसडीएम ने मैड़ी मेले की सुरक्षा और व्यवस्थाओं को लेकर समीक्षा बैठक की	N/A
61.	India Online Mart	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
62.	Sakshi Post	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
63.	Thefreedompress	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
64.	Suryaa	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A
65.	Pune News	Nominations begin for PM Yoga Awards 2025, winners to get trophy and Rs 25 la kh ...	N/A

66.	Nation Press	PM Yoga Awards 2025 Nominations Open : Nominations Open for PM Yoga Awards 2025:...	N/A
67.	Indian Pharma Post	Need for enhancing capacity building of medical officers to achieve desired resu...	N/A
68.	Prabhu Kvn	Religious bodies seek 25-bed AYUSH research hospital in Nandigama	N/A
69.	Asalbaar	आईएनवो का वृद्धावस्था में देखभाल पर प्राकृतिक चिकित्सा एवं योग शिविर 5 मार्च को ...	N/A
70.	Calcutta News	Union Health Minister JP Nadda chairs meeting of Mission Steering Group for Nati ...	N/A
71.	Pradesh Khabar	वयोमित्र और टायर 4 संधारण पर एक दिवसीय प्रशिक्षण आयोजित	N/A