Government of India
Ministry of Ayush
सत्यमेव जयते

MINISTRY OF AYUSH COMPILED MEDIA REPORT
17 Feb, 2025 - 18 Feb, 2025

Total Mention 116

Print	Financial	Mainline	Regional	Periodical
10	4	5	1	N/A

Online
106

Print

No	Newspaper	Headline	Edition	Pg
1.	The Economic Times	DEVOTEES AND AKHARAS PRAISE MAHAKUMBH 2025	Pune	2
2.	Mint	New exercises to switch things up on bicep day	Delhi	14
3.	Business Standard (Hindi)	Health sectore par sikudta kharch	Delhi	5
4.	Business Standard (Hindi)	Health shetar par sinkudata kharch	Chandigarh	5
5.	The New Indian Express	SUKHASANA PARSVA HASTA VARIATION	Chennai	2
6.	The New Indian Express	SUKHASANA PARSVA HASTA VARIATION (EASY POSE ARMS SIDE MIDDLE FINGER RAISED VINYASA)	Bengaluru	2
7.	The Daily Guardian	NOURISHING MUSCULOSKELETAL HEALTH: THE POWER OF FOODS AND NUTRACEUTICALS	Delhi	14
8.	The Morning Standard	Fit Bit	Delhi	2
9.	The Hans India	Foreign tourists impressed by facilities of Maha Kumbh's Central Hospital	Hyderabad	9
10.	Rashtriya Sahara	Arjun Chhal hai khubiyon ka khajana	Delhi	14

The Economic Times • 18 Feb • Ministry of Ayush

DEVOTEES AND AKHARAS PRAISE MAHAKUMBH 2025

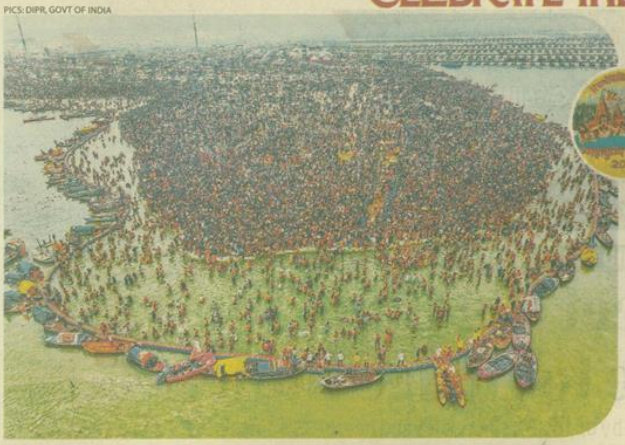
2 • PG | 2049 • Sqcm | 768415 • AVE | 102.04K • Cir | Middle Left,Top Left

Pune

EXPERIENCE DIVINITY

CELEBRATE INDIA @MAHAKUMBH 2025

PICS: DIPR, GOVT OF INDIA



DEVOTEES AND AKHARAS PRAISE MAHAKUMBH 2025

The cultural and spiritual allure of Mahakumbh 2025 has become a global phenomenon. With rising aspirations of countless devotees, the number of tourists visiting the Mahakumbh has crossed 50 crore. Also, the appreciation this iconic congregation of faith has garnered, has only added to its appeal for travellers and pilgrims

DROUPADI MURMU, President of India, took a sacred dip at the confluence of the Ganga, the Yamuna, and the Saraswati in Sangam at Prayagraj. She offered prayers to Lord Surya by performing 'Arghya.' The President also conducted a 'Dugdhabhishek' at the Sangam Triveni amid chanting of Vedic hymns and shlokas.

President Murmu also endorsed the initiative of PM Narendra Modi and CM Yogi Adityanath to integrate religious events with modern technology. She visited the Digital Mahakumbh Experience Centre, which uses advanced technology to provide detailed insights into the

"The confluence of faith, devotion and love at the grand Mahakumbh, at Prayagraj, is overwhelming everyone. After bathing at the holy Sangam, I had the ultimate good fortune of worshiping and receiving the blessings of Maa Ganga. I was immersed in immense peace and satisfaction, and I prayed for the happiness, prosperity, health and well-being of all countrymen."

NARENDRA MODI, Prime Minister

During Mahakumbh, **JIGME KHESAR NAMGYEL WANGCHUK,** King of Bhutan, took a holy dip in the confluence. CM Yogi Adityanath was present with him and also performed Ganga Puja.

"During the 'Mahayagya of India's Unity' Mahakumbh 2025 at Prayagraj, PM Narendra Modi took a holy bath at the holy Sangam and received the blessings of Maa Ganga, Maa Yamuna and Maa Saraswati. PM Narendra Modi offered prayers to Maa Ganga, the lifeline of India, prayed for the happiness, peace and prosperity of all countrymen."

YOGI ADITYANATH, Chief Minister

Foreign visitors coming from America, Russia and other parts of Asia are left spellbound by the grandeur of Mahakumbh and praised its efficient crowd management

The number of bathers in the Mahakumbh Mela has crossed the figure of 50 crores

This number may cross 55 crores

On the last Amrit Snan festival Vasant Panchami, all 13 Akharas took a grand bath as per traditions

On Amrit Snan, all the ghats and devotees bathing with Akharas were under helicopter surveillance

Around 1.44 crore devotees take holy dip in Sangam daily

On Mauni Amavasya, record 7.64 crore Sanatanis took a holy

A 73-member delegation of diplomats and foreign guests arrived in Prayagraj for Mahakumbh 2025. These dignitaries, representing various countries, were deeply impressed by the event's grandeur and spiritual essence, calling it a profound reflection of India's rich cultural and spiritual heritage. Delegates included those from Algeria, Angola, Argentina, Austria, Belgium, Belarus, Colombia, Cuba, Egypt, Georgia, Iceland, Italy, Japan, Jamaica, Mexico, Romania, Russia, South Africa, Sweden, Switzerland, Turkey, Venezuela and Zimbabwe, among others

"I am delighted that the state government and the Ministry of External Affairs organised this trip for diplomats. The Mahakumbh Mela is a unique event, particularly this year, and I'm eager to understand the Hindu culture."

KEIICHI ONO,
Ambassador of Japan to India

"I am delighted to be a part of this significant ceremony. It brings me great joy to follow the traditions here."

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MUKESH AMBANI, chairman, Reliance Industries, along with his entire family, participated in the grand Mahakumbh 2025 in Prayagraj and took a holy dip in Triveni Sangam. Their participation in this spiritual tradition, bathing in the same holy waters of Sangam as millions of other devotees, further strengthens the spirit of unity and devotion at Mahakumbh.

Former India captain and coach **ANIL KUMBLE** visited Mahakumbh with his wife Chethana Ramatheertha. Taking to social media, he posted #Blessed with a picture of himself and his wife taking a dip in the Sangam and offering prayers.

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NARENDRA MODI, Prime Minister

Hailing from Kashi, **DR ASHUTOSH MISHRA,** cultural ambassador of Cricket Australia and his wife **SHWETA MISHRA,** associated with the University of Queensland, Australia, expressed deep admiration for the meticulous organisation of the Mahakumbh, extending heartfelt congratulations to PM Narendra Modi and CM Yogi Adityanath for orchestrating this monumental event in Mahakumbh Nagar. Dr Ashutosh said that being part of this historic occasion is a matter of immense pride and good fortune. "This is the grandest event in human history, and the scale of arrangements is truly commendable. Mahakumbh has not only showcased India's cultural and spiritual heritage to the world but has also solidified its historical significance. The combined efforts of the Central and Uttar Pradesh governments have made this event truly historic."

Shweta Mishra commended the efforts of PM Narendra Modi and CM Yogi Adityanath, stating that Mahakumbh's organisation was nothing short of extraordinary. She also urged devotees to follow the prescribed guidelines, ensuring that the efforts of the government and administration bear fruit.

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YOGI ADITYANATH, Chief Minister

"Prayagraj is currently the world's largest district and spiritual city. Such a big festival is being held, where foreigners are also coming. So far, crores of devotees have come here, but the number of VIPs was less than 3300. It is necessary to maintain a positive attitude during such events. Foreign devotees have praised the police."

SWAMI CHIDANAND SARASWATI, president, Parmarth Niketan Ashram

"This is the world's largest spiritual event, and I consider myself fortunate that I got the opportunity to come here. I congratulate the UP government for this grand event. Hopefully, more and more people will come here and make it famous all over the world. I am happy that everyone came together and showed how strong we are."

SAINA NEHWAL, star shuttler and Olympic bronze medallist

bath as per traditions

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On Mauni Amavasya, record 7.64 crore Sanatanis took a holy dip in Triveni Sangam

Over 4.99 crore devotees took the holy dip on January 28

Nearly 3.50 crore devotees bathed at the Sangam on Makar Sankranti

Romania, Russia, South Africa, Sweden, Switzerland, Turkey, Venezuela and Zimbabwe, among others

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"I had always wanted to visit but never had the chance to attend a Kumbh. During this special and auspicious Mahakumbh, I was fortunate to be in India. The atmosphere was truly inspiring for both my eyes and soul. This event is a true reflection of Indian heritage and culture, something to be proud of."

DIANA MIKNEVICIENE, Ambassador of Lithuania to India

"PM Narendra Modi is dedicated to the culture of Sanatan Dharma. This is the reason why people came to bathe at Sangam in the beginning and the end of Mahakumbh. They bathed with simplicity. They did not enter the fair area so that the devotees dont face any problems. PM Narendra Modi and CM Yogi Adityanath have done an excellent job in organising the Mahakumbh."

SHRIMAHANT RAVINDRA PURI, president, All India Akhada Parishad and Maa Mansa Devi Temple Trust Haridwar

"This Mahakumbh has been very successful in many ways. Its biggest achievement is that this time the maximum number of youngsters of the country have participated in it. This time more than 50% of the youth who participated in Mahakumbh were those who were less than 30 years of age. This shows that the faith in Sanatan is increasing rapidly among today's youth."

SAMPURNANAND MAHARAJ, mahamandleshwar, Shri Shambhu Panch Agni Akhara

More than 45 lakh people have used water ATMs

The water ATMs installed by the Jal Nigam in Mahakumbh Nagar are proving to be very helpful for devotees. A total of 233 water ATMs have been installed by the corporation across all 25 sectors. Through these, pure water is being supplied to pilgrims 24 hours a day. So far, more than 45 lakh people have used them.

Swasth Mahakumbh: Treatment of more than seven lakh devotees

A new achievement has been added to Mahakumbh Nagar, the 76th district of Uttar Pradesh. OPD of 50,000 patients has been done in 47 days at the central hospital of the district. Also, more than 4,000 patients have been seen in a day. The highest OPD of patients in a day was on the Amrit Snan festival of Makar Sankranti on January 14.

Furthermore, nearly 2,500 patients have been admitted so far. More than 100 patients have been treated and saved at the 10-bed ICU of the hospital. Nearly 1,700 patients have received treatment at the minor OT of the hospital. The hospital has an emergency ward, women and men wards along with an ICU. The OPD is available 24 hours with facilities of ultrasound and X-ray tests. More than 2 lakh blood tests have been done at the central pathology of the hospital.

- **Experts from AIIMS Delhi, IMS BHU deployed along with Canada, Germany, Russia**
- **4.5 lakh patients treated, 3.71 lakh pathology tests conducted, 3800 minor operations performed, and 12 major operations completed**
- **More than 2.18 lakh people treated with AYUSH medicine till now**

Help to more than 20,000 people

Digital Lost and Found centres at the Mahakumbh have been successful in reuniting thousands of devotees. More than 20,000 people who were lost or separated at Mahakumbh so far have been reunited with their families. More than 64% of them were women. Additionally, the police has played an important role in successfully reuniting devotees from 23 different states, including Nepal, with their loved ones.

CONSUMER CONNECT INITIATIVE

Mint • 18 Feb • Ministry of Ayush

New exercises to switch things up on bicep day

14 • PG | 309 • Sqcm | 247236 • AVE | 375K • Cir | Top Right

Delhi

ISTOCKPHOTO

New exercises to switch things up on bicep day

Cut the monotony out with biceps push-ups, lat pull-down curls and more

Pulasta Dhar
feedback@livemint.com

There is a lot of innovation across the big muscle exercises, with options aplenty when it comes to back and chest and legs. Exercising the biceps, however, can become a bit of a chore and a bore. This is primarily because of the same repetitive movement of bringing weight from the side of the hips, to flexing, and bringing it all the way up, and then heading down. Add to that strictures like not swinging, keeping the back straight, and making sure the full range of motion is met, and by the time one is on the third set, your bicep workout is already monotonous.

But there are ways to make bicep work fun, while keeping the challenge the same. The lat pull-down machine is a great addition to bicep day if you have access to one. So is a pull-up bar, kettlebells and even some floor exercises. Resistance bands can add a different dimension to a bicep workout. Another great way to make them challenging is to use a time-based workout which allows for limited rest and a limit to how long the set lasts.

LAT PULL-DOWN CURLS

Instead of using an overhand grip which one would do to hit the lats, use an underhand grip. Adjust yourself close to the pads and use two angles to hit the bicep in different ways. The first is exactly overhead, where you curl the bar behind your head. The extra stretch here will make all the difference, and it's something you might not be able to do with heavier dumbbells and bars. Option number two is to lean back a bit in the starting position, let the bar travel ahead and above you before bringing it down in front of you, as if you were doing a curl on a pull-up bar with some distance between your face and the bar.

A kettlebell is effective for hammer curls as it ensures your bicep is taking the load

KETTLEBELL FOR BETTER HAMMER CURLS

One of the most common mistakes made while doing hammer curls is to let the wrist lift up the weight of a dumbbell: this is partially because of the design of the dumbbell. With a kettlebell, most of the weight gets to be in front of the grip, rather than on top and under, meaning that the wrist possibly cannot lift beyond a point. This ensures that the bicep is taking the load, an essential point if you want your hammer curls to be meaningful. Kettlebells are just as effective to do waiter or goblet curls.

BICEPS PUSH-UPS AND PULL-UP BAR HOLDS

The fitness world is not fully convinced of biceps push-ups, possibly because of the oddity of doing push-ups with the fingers facing towards the lower body rather than away from it. And the positioning of the hand which might put some strain on the wrist. Biceps push-ups can be added in between a workout, and doing them in a fatigued state could be way more useful than doing it as a primary exercise. This is simply because of all the other muscle-groups that get engaged in the position. Finally, there's the parallel bar, which you can use to build strength for biceps.

Business Standard (Hindi) • 18 Feb • Ministry of Ayush
Health sectore par sikudta kharch

5 • PG | 477 • Sqcm | 107259 • AVE | 26.42K • Cir | Top Center

Delhi

अजय मोहंती

स्वास्थ्य क्षेत्र पर सिकुड़ता खर्च

इसी महीने पेश केंद्रीय बजट में स्वास्थ्य समेत विभिन्न सामाजिक क्षेत्रों के लिए आवंटन देखकर यही लगता है कि इन क्षेत्रों को धन मिलने की संभावनाएं लगातार कम होती जा रही हैं। बता रहे हैं प्रीतम दत्ता

वित्त मंत्री निर्मला सीतारमण के 2025-26 के बजट भाषण में कृषि, सूक्ष्म, लघु एवं मझोले उपक्रम (एमएसएमई), निवेश और निर्यात को वृद्धि के चार इंजन बताया गया। उन्होंने कहा कि इन चारों को कराधान, बिजली, शहरी विकास, खनन, वित्त और नियमन में सुधार का सहारा देकर समावेशी तथा विकसित भारत बनाया जा सकता है। किंतु सामाजिक क्षेत्र की इस बार भी अनदेखी हुई और कुल केंद्रीय व्यय में इसकी हिस्सेदारी 3.9 फीसदी ही रह गई, जो 2019-20 में 5.3 फीसदी थी। इस लेख में वित्त मंत्री द्वारा पेश किए गए सात बजटों में स्वास्थ्य के लिए आवंटित धन के नजरिये से जन स्वास्थ्य की अनदेखी को समझते हैं।

2025-26 के बजट में वित्त मंत्री ने जन स्वास्थ्य का जिक्र सात बार किया, जिसमें सुलभ, ऊंची गुणवत्ता वाली और किफायती स्वास्थ्य सेवा पर जोर दिया गया था। जो मुख्य कदम बताए गए उनमें सरकारी स्कूलों तथा प्राथमिक स्वास्थ्य केंद्रों को ब्रॉडबैंड से जोड़ना, एआई से चलने वाले स्वास्थ्य उत्कृष्टता केंद्र तथा चिकित्सा शिक्षा मे 10,000 नई सीटें जोड़ना शामिल हैं। वास्तव में चिकित्सा शिक्षा में पांच साल के भीतर 75,000 सीटें जोड़ी जानी हैं।

उन्होंने 200 डे केयर कैंसर सेंटर खोलने, 1 करोड़ गिग (अस्थायी रोजगार वाले) कर्मचारियों को पीएम-जय के दायरे में लाने और चिकित्सा पर्यटन को बढ़ावा देने के लिए निजी क्षेत्र के साथ मिलकर 'हील इन इंडिया' जैसे कार्यक्रम शुरू करने का प्रस्ताव भी रखा। इसके साथ ही 36 जीवनरक्षक औषधियों पर सीमा शुल्क में भी राहत की घोषणा की गई। इनके अलावा छह अन्य जीवनरक्षक औषधियों पर 5 फीसदी की रियायती दर से शुल्क लगाने तथा रोगी सहायता कार्यक्रमों का विस्तार करने की बात भी कही गई है।

बजट में स्वास्थ्य क्षेत्र के लिए 1.19 लाख करोड़ रुपये की राशि आवंटित की गई। इसमें आयुष, स्वास्थ्य एवं परिवार कल्याण मंत्रालय तथा वित्त मंत्रालय के लिए राशि शामिल है। ध्यान रहे कि स्वास्थ्य के लिए 15वें वित्त आयोग की अनुदान राशि वित्त मंत्रालय के जरिये आती है। आम बजट में अब केंद्रीय स्वास्थ्य बजट की 2.4 फीसदी हिस्सेदारी है, जो 2021-22 के बजट में 3.59 फीसदी थी। इस बार यह राशि अनुमानत सकल घरेलू उत्पाद (जीडीपी) की 0.33 फीसदी है, जो 2021-22 में 0.56 फीसदी थी। केंद्रीय स्वास्थ्य बजट में पिछले तीन सालों में नकारात्मक वृद्धि देखने को मिली। 2022-23 में यह 14 फीसदी, 2023-24 में 1 फीसदी और 2024-25 में 6 फीसदी थी। इसके अलावा 2022-23 में संशोधित बजट मूल आवंटन से 15 फीसदी और 2023-24 में 18 फीसदी कम था। किंतु 2025-26 का बजट 2024-25 की तुलना में 18 फीसदी का इजाफा दिखाता है। 2024-25 में संशोधित बजट आरंभिक बजट से तीन फीसदी अधिक था।

2025-26 के आम बजट पर बारीक नजर डालने से पता चलता है कि वित्त मंत्रालय 15वें वित्त आयोग के अनुदान की शेष राशि आवंटित कर रहा है क्योंकि आयोग का यह अंतिम वर्ष है। इसीलिए वित्त मंत्रालय से स्वास्थ्य क्षेत्र के लिए आवंटन 154 फीसदी बढ़ गया है। आयुष मंत्रालय का बजट 8 फीसदी बढ़ा है और स्वास्थ्य एवं परिवार कल्याण मंत्रालय का बजट 10 फीसदी बढ़ गया है। इसी प्रकार 2024-25 के संशोधित बजट में वित्त मंत्रालय के जरिये आने वाला स्वास्थ्य बजट भी 70 फीसदी इसीलिए बढ़ा है क्योंकि 15वें वित्त आयोग का अनुदान बांटा जाना था।

तीन साल की गिरावट के बाद केंद्रीय स्वास्थ्य बजट में इजाफा स्वागत योग्य है लेकिन 15वें वित्त आयोग के अंतिम वर्ष में स्वास्थ्य अनुदान जारी करने की हड़बड़ी ने यह इजाफा कराया है। यह रकम स्थानीय निकायों के लिए है और इसके लिए सरकार के हरेक स्तर पर जबरदस्त तालमेल होना चाहिए। किंतु स्थानीय स्तर पर क्षमता कम होने के कारण इसका कारगर तरीके से इस्तेमाल नहीं हो पाता है। 2021-22 और 2023-24 के बीच आवंटित राशि का आधा हिस्सा ही खर्च हो सका।

भारत में जन स्वास्थ्य प्राथमिक रूप से राज्य सरकारों की जिम्मेदारी है। लेकिन आगामी वित्त वर्ष के लिए इस क्षेत्र की राह तय करने में केंद्रीय स्वास्थ्य बजट की अहम भूमिका होती है। इसीलिए देश भर के स्वास्थ्य अर्थशास्त्रियों की नजर इस पर रहती है।

भारत ने आने वाले सालों के लिए कई लक्ष्य तय किए हैं। 11वीं पंचवर्षीय योजना में कहा गया था कि 2012 तक स्वास्थ्य पर सरकारी व्यय को 2012 तक बढ़ाकर जीडीपी के कम से कम 2 फीसदी पर लाना चाहिए। राष्ट्रीय स्वास्थ्य नीति 2017 में इस व्यय को 2025 तक बढ़ाकर जीडीपी का 2.5 फीसदी करने की सिफारिश थी।

ताजा राष्ट्रीय स्वास्थ लेखा (2021-22) के अनुसार देश में स्वास्थ्य पर होने वाले कुल सरकारी व्यय में केंद्र की हिस्सेदारी केवल 41.8 फीसदी है। मोटा गणित कहता है कि 2025-26 में केंद्र और राज्य सरकारों का कुल व्यय अनुमानित जीडीपी का करीब 0.79 फीसदी रहेगा। यह आंकड़ा 11वीं पंचवर्षीय योजना और 2017 की राष्ट्रीय स्वास्थ्य नीति में निर्धारित लक्ष्यों से काफी कम है।

आयुष्मान भारत देश की प्रमुख सार्वभौम स्वास्थ्य योजना है, जिसमें दुनिया की सबसे बड़ी स्वास्थ्य योजना पीएम-जय शामिल है। 2025-26 के बजट में पीएम-जय के लिए 29 फीसदी अधिक धन दिया गया है, 2024-25 के संशोधित बजट से 4 फीसदी अधिक है। आशा और आंगनवाड़ी कार्यकर्ता, 70 वर्ष से अधिक आयु के नागरिकों और गिग कर्मियों के साथ पीएम-जय योजना को देश के स्वास्थ्य बजट का 7 फीसदी हिस्सा मिलता है। किंतु 2025-26 में प्रति व्यक्ति केंद्रीय स्वास्थ्य बजट 844 रुपये है, जो महामारी से पहले वाले वर्ष से भी 8 फीसदी कम है। इससे 2030 तक सभी को स्वास्थ्य सेवा मिलने का लक्ष्य खतरे में दिखता है।

सरकारी खजाने में स्वास्थ्य सहित सामाजिक क्षेत्रों के लिए गुंजाइश लगातार कम हो रही है। इससे महामारी के दौरान मिले बड़े सबक भूलने का खतरा भी मंडरा रहा है। इससे पता चलता है कि सामाजिक बुनियादी ढांचे में निवेश नहीं हो रहा है। लंबी अवधि में इससे सामाजिक-आर्थिक प्रगति पर और खास तौर पर गरीबी, असमानता तथा बुनियादी सेवाओं की सुलभता पर असर पड़ सकता है।

बदलाव की उम्मीद के बाद भी केंद्रीय स्वास्थ्य बजट निरंतर कम हो रहा है, जिससे कई अपेक्षाएं अधूरी रह जाती हैं। फिर भी उम्मीद बनी हुई है कि सरकार एक दिन सामाजिक क्षेत्र को प्राथमिकता देगी और उसे विकास का इंजन मानेगी।

(लेखक एनआईपीएफपी, नई दिल्ली में फेलो-2 हैं)

Business Standard (Hindi) • 18 Feb • Ministry of Ayush

Health shetar par sinkudata kharch

5 • PG | 477 • Sqcm | 50054 • AVE | 15.51K • Cir | Top Center

Chandigarh

अजय मोहंती

स्वास्थ्य क्षेत्र पर सिकुड़ता खर्च

इसी महीने पेश केंद्रीय बजट में स्वास्थ्य समेत विभिन्न सामाजिक क्षेत्रों के लिए आवंटन देखकर यही लगता है कि इन क्षेत्रों को धन मिलने की संभावनाएं लगातार कम होती जा रही हैं। बता रहे हैं प्रीतम दत्ता

वित्त मंत्री निर्मला सीतारमण के 2025-26 के बजट भाषण में कृषि, सूक्ष्म, लघु एवं मझोले उपक्रम (एमएसएमई), निवेश और निर्यात को वृद्धि के चार इंजन बताया गया। उन्होंने कहा कि इन चारों को कराधान, बिजली, शहरी विकास, खनन, वित्त और नियमन में सुधार का सहारा देकर समावेशी तथा विकसित भारत बनाया जा सकता है। किंतु सामाजिक क्षेत्र की इस बार भी अनदेखी हुई और कुल केंद्रीय व्यय में इसकी हिस्सेदारी 3.9 फीसदी ही रह गई, जो 2019-20 में 5.3 फीसदी थी। इस लेख में वित्त मंत्री द्वारा पेश किए गए सात बजटों में स्वास्थ्य के लिए आवंटित धन के नजरिये से जन स्वास्थ्य की अनदेखी को समझते हैं।

2025-26 के बजट में वित्त मंत्री ने जन स्वास्थ्य का जिक्र सात बार किया, जिसमें सुलभ, ऊंची गुणवत्ता वाली और किफायती स्वास्थ्य सेवा पर जोर दिया गया था। जो मुख्य कदम बताए गए उनमें सरकारी स्कूलों तथा प्राथमिक स्वास्थ्य केंद्रों को ब्रॉडबैंड से जोड़ना, एआई से चलने वाले स्वास्थ्य उत्कृष्टता केंद्र तथा चिकित्सा शिक्षा मे 10,000 नई सीटें जोड़ना शामिल हैं। वास्तव में चिकित्सा शिक्षा में पांच साल के भीतर 75,000 सीटें जोड़ी जानी हैं।

उन्होंने 200 डे केयर कैंसर सेंटर खोलने, 1 करोड़ गिग (अस्थायी रोजगार वाले) कर्मचारियों को पीएम-जय के दायरे में लाने और चिकित्सा पर्यटन को बढ़ावा देने के लिए निजी क्षेत्र के साथ मिलकर 'हील इन इंडिया' जैसे कार्यक्रम शुरू करने का प्रस्ताव भी रखा। इसके साथ ही 36 जीवनरक्षक औषधियों पर सीमा शुल्क में भी राहत की घोषणा की गई। इनके अलावा छह अन्य जीवनरक्षक औषधियों पर 5 फीसदी की रियायती दर से शुल्क लगाने तथा रोगी सहायता कार्यक्रमों का विस्तार करने की बात भी कही गई है।

बजट में स्वास्थ्य क्षेत्र के लिए 1.19 लाख करोड़ रुपये की राशि आवंटित की गई। इसमें आयुष, स्वास्थ्य एवं परिवार कल्याण मंत्रालय तथा वित्त मंत्रालय के लिए राशि शामिल है। ध्यान रहे कि स्वास्थ्य के लिए 15वें वित्त आयोग की अनुदान राशि वित्त मंत्रालय के जरिये आती है। आम बजट में अब केंद्रीय स्वास्थ्य बजट की 2.4 फीसदी हिस्सेदारी है, जो 2021-22 के बजट में 3.59 फीसदी थी। इस बार यह राशि अनुमानत सकल घरेलू उत्पाद (जीडीपी) की 0.33 फीसदी है, जो 2021-22 में 0.56 फीसदी थी। केंद्रीय स्वास्थ्य बजट में पिछले तीन सालों में नकारात्मक वृद्धि देखने को मिली। 2022-23 में यह 14 फीसदी, 2023-24 में 1 फीसदी और 2024-25 में 6 फीसदी थी। इसके अलावा 2022-23 में संशोधित बजट मूल आवंटन से 15 फीसदी और 2023-24 में 18 फीसदी कम था। किंतु 2025-26 का बजट 2024-25 की तुलना में 18 फीसदी का इजाफा दिखाता है। 2024-25 में संशोधित बजट आरंभिक बजट से तीन फीसदी अधिक था।

2025-26 के आम बजट पर बारीक नजर डालने से पता चलता है कि वित्त मंत्रालय 15वें वित्त आयोग के अनुदान की शेष राशि आवंटित कर रहा है क्योंकि आयोग का यह अंतिम वर्ष है। इसीलिए वित्त मंत्रालय से स्वास्थ्य क्षेत्र के लिए आवंटन 154 फीसदी बढ़ गया है। आयुष मंत्रालय का बजट 8 फीसदी बढ़ा है और स्वास्थ्य एवं परिवार कल्याण मंत्रालय का बजट 10 फीसदी बढ़ गया है। इसी प्रकार 2024-25 के संशोधित बजट में वित्त मंत्रालय के जरिये आने वाला स्वास्थ्य बजट भी 70 फीसदी इसीलिए बढ़ा है क्योंकि 15वें वित्त आयोग का अनुदान बांटा जाना था।

तीन साल की गिरावट के बाद केंद्रीय स्वास्थ्य बजट में इजाफा स्वागत योग्य है लेकिन 15वें वित्त आयोग के अंतिम वर्ष में स्वास्थ्य अनुदान जारी करने की हड़बड़ी ने यह इजाफा कराया है। यह रकम स्थानीय निकायों के लिए है और इसके लिए सरकार के हरेक स्तर पर जबरदस्त तालमेल होना चाहिए। किंतु स्थानीय स्तर पर क्षमता कम होने के कारण इसका कारगर तरीके से इस्तेमाल नहीं हो पाता है। 2021-22 और 2023-24 के बीच आवंटित राशि का आधा हिस्सा ही खर्च हो सका।

भारत में जन स्वास्थ्य प्राथमिक रूप से राज्य सरकारों की जिम्मेदारी है। लेकिन आगामी वित्त वर्ष के लिए इस क्षेत्र की राह तय करने में केंद्रीय स्वास्थ्य बजट की अहम भूमिका होती है। इसीलिए देश भर के स्वास्थ्य अर्थशास्त्रियों की नजर इस पर रहती है।

भारत ने आने वाले सालों के लिए कई लक्ष्य तय किए हैं। 11वीं पंचवर्षीय योजना में कहा गया था कि 2012 तक स्वास्थ्य पर सरकारी व्यय को 2012 तक बढ़ाकर जीडीपी के कम से कम 2 फीसदी पर लाना चाहिए। राष्ट्रीय स्वास्थ्य नीति 2017 में इस व्यय को 2025 तक बढ़ाकर जीडीपी का 2.5 फीसदी करने की सिफारिश थी।

ताजा राष्ट्रीय स्वास्थ लेखा (2021-22) के अनुसार देश में स्वास्थ्य पर होने वाले कुल सरकारी व्यय में केंद्र की हिस्सेदारी केवल 41.8 फीसदी है। मोटा गणित कहता है कि 2025-26 में केंद्र और राज्य सरकारों का कुल व्यय अनुमानित जीडीपी का करीब 0.79 फीसदी रहेगा। यह आंकड़ा 11वीं पंचवर्षीय योजना और 2017 की राष्ट्रीय स्वास्थ्य नीति में निर्धारित लक्ष्यों से काफी कम है।

आयुष्मान भारत देश की प्रमुख सार्वभौम स्वास्थ्य योजना है, जिसमें दुनिया की सबसे बड़ी स्वास्थ्य योजना पीएम-जय शामिल है। 2025-26 के बजट में पीएम-जय के लिए 29 फीसदी अधिक धन दिया गया है, 2024-25 के संशोधित बजट से 4 फीसदी अधिक है। आशा और आंगनवाड़ी कार्यकर्ता, 70 वर्ष से अधिक आयु के नागरिकों और गिग कर्मियों के साथ पीएम-जय योजना को देश के स्वास्थ्य बजट का 7 फीसदी हिस्सा मिलता है। किंतु 2025-26 में प्रति व्यक्ति केंद्रीय स्वास्थ्य बजट 844 रुपये है, जो महामारी से पहले वाले वर्ष से भी 8 फीसदी कम है। इससे 2030 तक सभी को स्वास्थ्य सेवा मिलने का लक्ष्य खतरे में दिखता है।

सरकारी खजाने में स्वास्थ्य सहित सामाजिक क्षेत्रों के लिए गुंजाइश लगातार कम हो रही है। इससे महामारी के दौरान मिले बड़े सबक भूलने का खतरा भी मंडरा रहा है। इससे पता चलता है कि सामाजिक बुनियादी ढांचे में निवेश नहीं हो रहा है। लंबी अवधि में इससे सामाजिक-आर्थिक प्रगति पर और खास तौर पर गरीबी, असमानता तथा बुनियादी सेवाओं की सुलभता पर असर पड़ सकता है।

बदलाव की उम्मीद के बाद भी केंद्रीय स्वास्थ्य बजट निरंतर कम हो रहा है, जिससे कई अपेक्षाएं अधूरी रह जाती हैं। फिर भी उम्मीद बनी हुई है कि सरकार एक दिन सामाजिक क्षेत्र को प्राथमिकता देगी और उसे विकास का इंजन मानेगी।

(लेखक एनआईपीएफपी, नई दिल्ली में फेलो-2 हैं)

The New Indian Express • 18 Feb • Ministry of Ayush

SUKHASANA PARSVA HASTA VARIATION

2 • PG | 689 • Sqcm | 908994 • AVE | 246.4K • Cir | Top Center

Chennai

FITBIT

SUKHASANA PARSVA HASTA VARIATION (EASY POSE ARMS SIDE MIDDLE FINGER RAISED VINYASA)

This pose engages the mind and body and combines physical, energetic, and meditative elements. It calms the nervous system, activating the parasympathetic system. Practitioners can feel more grounded and emotionally balanced. An excellent warm-up practice, it activates the shoulders and arms while improving blood circulation and mobility. It gently engages the deltoid, forearm, and finger muscles, preparing the upper body for intense movements.

STEPS

- Start in Sukhasana Variation Arms Knees (Easy Pose Variation Arms Knees), grounding your sit bones and lifting the crown of your head.
- Keep your shoulders and jaw relaxed, resting your hands on your respective knees, palms facing down, and take a few deep breaths to center yourself.
- Inhale, extend your arms out to the sides at shoulder height, parallel to the ground; palms facing up.
- Now start by raising the middle finger of both hands upwards and downwards, keeping the other fingers stretched out.
- Keep breathing deep, and continue the exercise. Keep your arms steady and shoulders relaxed. Don't put excessive pressure on the fingers.
- Follow 8-10 rounds or as per your capacity. Breathe nice and deep. Exhaling allows your shoulders to relax and release any tension. Close your eyes if it feels comfortable.
- To release, stop the movement and blink your eyes open. Exhaling, lower your arms gently to your sides and rest them on your knees.
- Sit quietly momentarily, noticing any sensations in your arms, fingers, and body. Observe the flow of energy and calmness of your breath.
- Release and relax in Three Part Breath Mountain Pose.
- Those who are unable to sit on the ground can do the pose seated on a couch, chair, bed, or even standing.

LIMITATIONS

- Students with arthritis in the knees, hips, and feet, and those suffering from sciatica, avoid sitting on the floor. Those with a slipped disc, spinal issues, weak digestion, minor backache, or knee pain can take support of a pillow and stay for not more than 5 minutes.
- People with injuries or surgery should take the advice of a yoga expert. Those new to yoga, and pregnant women should practise while seated on a folded blanket, block or pillow or take wall support.

BENEFITS

- Stretches and lengthens spine.
- Broadens collarbones and chest.
- Reduces anxiety, stress and mental tiredness.
- Opens the hips, reduces fatigue and strengthens the back.
- Stretches the ankles and knees.
- Gives a gentle massage to knees, calf muscles and thighs.
- Strengthens the upper back, neck, deltoids, biceps, and triceps.
- Enhances focus, making it a holistic practice for mind and body.
- The up-and-down motion stimulates the flow of Qi (life force) through this meridian, promoting emotional clarity and reducing stress.
- Activates forearm muscles, improves mobility on the finger joints. Improves posture.
- Enhances postural alignment by engaging the scapular stabilisers.
- Draws awareness inward and balances Saturn's energy, quieting mental chatter.
- Added to yoga for sportspeople, kids, teens and working professionals.
- Middle finger is associated with the Vishudha (Throat) Chakra, governing the ability to speak and listen with clarity and authenticity.
- Balances energy, enhances communication and self-expression.

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

The New Indian Express • 18 Feb • Ministry of Ayush

SUKHASANA PARSVA HASTA VARIATION (EASY POSE ARMS SIDE MIDDLE FINGER RAISED VINYASA)

2 • PG | 700 • Sqcm | 699851 • AVE | 177.8K • Cir | Top Right | City Express

Bengaluru

FITBIT

SUKHASANA PARSVA HASTA VARIATION (EASY POSE ARMS SIDE MIDDLE FINGER RAISED VINYASA)

This pose engages the mind and body and combines physical, energetic, and meditative elements. It calms the nervous system, activating the parasympathetic system. Practitioners can feel more grounded and emotionally balanced. An excellent warm-up practice, it activates the shoulders and arms while improving blood circulation and mobility. It gently engages the deltoid, forearm, and finger muscles, preparing the upper body for intense movements.

STEPS

- Start in Sukhasana Variation Arms Knees (Easy Pose Variation Arms Knees), grounding your sit bones and lifting the crown of your head.
- Keep your shoulders and jaw relaxed, resting your hands on your respective knees, palms facing down, and take a few deep breaths to center yourself.
- Inhale, extend your arms out to the sides at shoulder height, parallel to the ground; palms facing up.
- Now start by raising the middle finger of both hands upwards and downwards, keeping the other fingers stretched out.
- Keep breathing deep, and continue the exercise. Keep your arms steady and shoulders relaxed. Don't put excessive pressure on the fingers.
- Follow 8-10 rounds or as per your capacity. Breathe nice and deep. Exhaling allows your shoulders to relax and release any tension. Close your eyes if it feels comfortable.
- To release, stop the movement and blink your eyes open. Exhaling, lower your arms gently to your sides and rest them on your knees.
- Sit quietly momentarily, noticing any sensations in your arms, fingers, and body. Observe the flow of energy and calmness of your breath.
- Release and relax in Three Part Breath Mountain Pose.
- Those who are unable to sit on the ground can do the pose seated on a couch, chair, bed, or even standing.

LIMITATIONS

- Students with arthritis in the knees, hips, and feet, and those suffering from sciatica, avoid sitting on the floor. Those with a slipped disc, spinal issues, weak digestion, minor backache, or knee pain can take support of a pillow and stay for not more than 5 minutes.
- People with injuries or surgery should take the advice of a yoga expert. Those new to yoga, and pregnant women should practise while seated on a folded blanket, block or pillow or take wall support.

BENEFITS

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- Broadens collarbones and chest.
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- Opens the hips, reduces fatigue and strengthens the back.
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- Gives a gentle massage to knees, calf muscles and thighs.
- Strengthens the upper back, neck, deltoids, biceps, and triceps.
- Enhances focus, making it a holistic practice for mind and body.
- The up-and-down motion stimulates the flow of Qi (life force) through this meridian, promoting emotional clarity and reducing stress.
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The Daily Guardian • 18 Feb • Ministry of Ayush

NOURISHING MUSCULOSKELETAL HEALTH: THE POWER OF FOODS AND NUTRACEUTICALS

14 • PG | 458 • Sqcm | 45766 • AVE | N/A • Cir | Middle Left

Delhi

NOURISHING MUSCULOSKELETAL HEALTH: THE POWER OF FOODS AND NUTRACEUTICALS

TDG NETWORK

Maintaining musculoskeletal health becomes essential as we age to preserve mobility, balance, and overall quality of life. The aging process can lead to a decline in bone density and muscle strength, making it essential to focus on nutrition. Research has shown that specific foods and nutraceuticals play a significant role in supporting bone and muscle health, particularly for older adults, helping them stay active and reduce the risk of falls and fractures. Several micronutrients are essential for maintaining bone density, muscle strength, and physical function:

- **Calcium:** Adequate calcium intake helps prevent osteoporosis, a condition characterized by weak and brittle bones. Dairy products, leafy greens, and fortified foods are sources of calcium.
- **Vitamin D:** Essential for calcium absorption, vitamin D supports bone density and reduces fracture risk. It can be obtained from fatty fish, egg yolks, and fortified foods. Supplementation may be necessary for those at risk of deficiency.
- **Magnesium:** Magnesium contributes to bone structure and muscle function. It helps regulate calcium levels and aids muscle repair. Sources include nuts, seeds, whole grains, and leafy vegetables.
- **Omega-3 Fatty Acids:** These anti-inflammatory fats, found in fish, flaxseeds, and walnuts, are beneficial for joint health, especially for osteoarthritis. Omega-3s can reduce inflammation and support overall musculoskeletal function.

Nutraceuticals, concentrated bioactive compounds derived from food, provide higher doses of essential nutrients.

The aging process can lead to a decline in bone density and muscle strength, making it essential to focus on nutrition.

- **Vitamin K2:** Supplementation has been shown to enhance bone health, particularly in postmenopausal women, by improving bone mineral density.
- **Collagen Peptides:** These supplements may help improve joint health and reduce the symptoms of osteoarthritis.
- **Curcumin:** Known for its anti-inflammatory properties, curcumin from turmeric can help reduce joint pain and inflammation.
- **Glucosamine and Chondroitin:** These compounds are often used in combination to support cartilage health and alleviate osteoarthritis symptoms.

Functional foods provide additional health benefits beyond basic nutrition.

For musculoskeletal health, consider adding this to your diet:

- **Bone Broth:** Rich in collagen, gelatin, and amino acids, bone broth supports joint and bone health.
- **Leafy Greens:** High in calcium and magnesium, greens like kale and spinach help support bone health.
- **Fortified Foods:** Many foods are now fortified with calcium, vitamin D, and omega-3s, providing an easy way to meet daily requirements.

Incorporating specific foods and nutraceuticals into your diet is essential for maintaining musculoskeletal health, especially as we age. A balanced intake of nutrients like calcium, vitamin D, magnesium, omega-3s, and vitamin K2 can support bone and muscle function, improving overall well-being. Before adding new supplements to your regimen, always consult with a healthcare professional to ensure safety and efficacy.

The Morning Standard • 18 Feb • Ministry of Ayush

Fit Bit

2 • PG | 604 • Sqcm | 289771 • AVE | 300K • Cir | Middle Right

Delhi

FITBIT

SUKHASANA PARSVA HASTA VARIATION (EASY POSE ARMS SIDE MIDDLE FINGER RAISED VINYASA)

This pose engages the mind and body and combines physical, energetic, and meditative elements. It calms the nervous system and activates the parasympathetic system, allowing practitioners to feel more grounded and emotionally balanced. As good warm-up practice, it activates the shoulders and arms while improving blood circulation and mobility. It engages the deltoid, forearm, and finger muscles, preparing the upper body for intense movements.

STEPS

- Start in Sukhasana Variation Arms Knees, grounding your sit bones and lifting the crown of your head.
- Keep your shoulders and jaw relaxed, resting your hands on your respective knees, palms facing down, and breathe to centre yourself.
- Inhale, extend your arms out to the sides at shoulder height, parallel to the ground; palms facing up.
- Now start by raising the middle finger of both hands upwards and downwards, keeping the other fingers stretched out.
- Breathe deeply and continue the exercise. Keep your arms steady and shoulders relaxed.
- Have 10 rounds of deep breathing. Exhaling allows your shoulders to relax and release any tension. Close your eyes for comfort.
- To release, stop the movement and blink your eyes open. Exhale, lower your arms gently to your sides, and rest them on your knees.
- Sit quietly, noticing any sensations in your arms, fingers, and body. Observe the flow of energy and the calmness of your breath.
- Release and relax in the Three Part Breath Mountain Pose.

LIMITATIONS

- People with arthritis in the knees, hips, and feet, and those suffering from sciatica, avoid sitting on the floor. Those with a slipped disc, spinal issues, weak digestion, minor backache, or knee pain can take the support of a pillow and stay for not more than five minutes.
- People with injuries or surgery should take the advice of a yoga expert. Those new to yoga, and pregnant women should practise while seated on a folded blanket, block, or pillow or take wall support.

BENEFITS

- Stretches and lengthens spine and broadens collarbones and chest.
- Reduces anxiety, stress, and mental tiredness.
- Opens the hips, reduces fatigue, and strengthens the back.
- Stretches the ankles and knees.
- Gives a gentle massage to knees, calf muscles, and thighs.
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The Hans India • 18 Feb • Ministry of Ayush

Foreign tourists impressed by facilities of Maha Kumbh's Central Hospital

9 • PG | 338 • Sqcm | 101390 • AVE | 390.49K • Cir | Middle Left

Hyderabad

Foreign tourists impressed by facilities of Maha Kumbh's Central Hospital

VRC PHANIHARAN
MAHAKUMBH NAGAR

- Treatment of seven and a half lakh devotees in Maha Kumbh, experts from AIIMS Delhi and IMS BHU deployed
- Treatment of five and a half lakh patients in 23 allopathy hospitals, five lakh pathology tests conducted
- 4,000 operations for minor injuries and 12 major operations done
- Treatment of more than two and a quarter lakh patients through AYUSH so far
- World-class arrangements have also been made for patients in 20 hospitals of Ayurveda and Homoeopathy

THE arrangements made for the temporary hospital in Mahakumbh Nagar have surprised not only the devotees from the country but also from abroad. Citizens of countries like America, London, Australia, and Israel have termed the medical services here as the best in the world.

They have duly written in the record book of the Central Hospital that what the Yogi government has done in Prayagraj has not been seen in any country of the world till now.

Till Monday evening, more than seven and a half lakh devotees have been treated in Mahakumbh. Experts from AIIMS Delhi and IMS BHU also played a major role in extending the health services.

UK's Catenian Davidson, who has undergone treatment in the Central Hospital of Mahakumbh, said that he has seen such excellent medical facilities for the first time in a temporary hospital. Even in his country, he has never seen such better arrangements in temporary hospitals. This seems completely permanent. Similarly, Israel's Deitch said that all the medical centres of Mahakumbhnagar including the Central Hospital are equipped with state-of-the-art facilities. Every patient is being thoroughly examined here.

The visitors said that Yogi's government setting up a temporary hospital with the state of the art facilities set an example in the world.

London's Nekel praised ICU in-charge Dr Siddharth Pandey and his team and said, "We were completely satisfied by treating my brother on time. We have seen the best health facilities in India here in Mahakumbh." Australia's Daniel has described the health system of Mahakumbh Nagar as very effective. He said that the significance of the world's biggest event has been proved through this central hospital.

Supreme Court Judge, Justice Animesh Gupta said that the way the state government has arranged a team of expert doctors and world-class medical facilities is commendable.

Among the common devotees, Vasu, who came from Delhi, said, "I had come to Mahakumbh Nagar with my family for Sangam bath. The whole family got worried due to the sudden deterioration in health here. After this, people were advised to consult doctors in Central Hospital. As soon as we reached the Central Hospital, the team of expert doctors there immediately examined us and provided medicines after treatment. After getting rest, we returned," he added.

As of Monday evening, 7.5 lakh devotees have been provided with the best medical facilities in Maha Kumbh. Dr Gaurav Dubey, of the nodal medical establishment of Maha Kumbh Mela, said that an expert team from all over the country, including specialist doctors from AIIMS Delhi and IMS BHU, is deployed here to take care of the devotees. Under the leadership of Additional Director Health Dr. Rakesh Sharma, and Chief Medical Superintendent of Central Hospital Dr. Manoj Kaushik, more than five and a half lakh patients have been treated in 23 allopathy hospitals here. Apart from this, more than five lakh pathology tests have been done. There, 4,000 small and 12 major operations were successfully performed. At the same time, Dr Girish Chandra Pandey said that under the leadership of Regional Ayurvedic and Unani Officer Dr Manoj Singh, the team has treated more than 2.25 lakh patients with AYUSH treatment so far.

Rashtriya Sahara • 18 Feb • Ministry of Ayush

Arjun Chhal hai khubiyon ka khajana

14 • PG | 420 • Sqcm | 610152 • AVE | 390K • Cir | Top Left

Delhi

अर्जुन छाल
है खूबियों का खजाना

नई दिल्ली (आईएएनएस)। भारत में करीब 3000 से भी ज्यादा वर्षों से अर्जुन छाल का जड़ी बूटी के रूप में प्रयोग किया जाता है। 'हृदय की जड़ी बूटी' या 'दिल का राजा' भी इसे कहते हैं। यह हृदय का खास ख्याल रखता है। आयुर्वेद के दो महान आचार्यों चरक और सुश्रुत ने इसका वर्णन किया है, तो वहीं अष्टांग हृदयम में भी इसका उल्लेख है। विदेशों में भी इस पर स्टडी हुई है, जिसके बाद कहा गया कि अर्जुन की छाल में एंटी-इस्केमिक, एंटीऑक्सिडेंट, हाइपोलिपिडेमिक और एंटीथेरोजेनिक गुण हैं, जो हार्ट संबंधी परेशानियों को ट्रीट करने में मदद करते हैं। कुछ साल पहले यूएस के नेशनल सेंटर फॉर बायोटेक्नोलॉजी इन्फॉर्मेशन (एनसीबीआई) में एक रिपोर्ट छपी। बताया गया कि अर्जुन के जलीय अर्क ने मेंढक के हृदय की मांसपेशियों के संकुचन के बल को बढ़ा दिया। वहीं खरगोश के दिल में भी गजब का काम किया। खरगोश के दिल में कोरोनरी प्रवाह को बढ़ा दिया। अर्जुन के पेड़ को वैज्ञानिक भाषा में टर्मीनिलिया अर्जुन कहा जाता है। आमतौर पर इसे अर्जुन के नाम से जाना जाता है। एनसीबीआई के मुताबिक, इस पेड़ की छाल के काढ़े का उपयोग भारतीय उपमहाद्वीप में सदियों से सीने में दर्द, हाई ब्लड प्रेशर, कंजेस्टिव हार्ट फेलियर और डिस्लिपिडेमिया के लिए किया जाता है। कई मॉडर्न रिसर्च में यह पता चला है कि अर्जुन की छाल में एंटी-इस्केमिक, एंटीऑक्सिडेंट, हाइपोलिपिडेमिक और एंटीथेरोजेनिक गुण पाए जाते हैं। दिल ही नहीं, पेट के लिए भी अर्जुन छाल बेहतरीन रिजल्ट लेकर आता है। दस्त और पेचिश जैसी पाचन संबंधी समस्याओं में इसका प्रयोग होता है। इसमें मौजूद टैनिन कसैला तो होता है, लेकिन नतीजे का स्वाद जबरदस्त होता है! यह पाचन तंत्र में सूजन को कम करने, दस्त और पेचिश जैसी समस्याओं से बचाव में मदद करता है। जिस तरह का हमारा लाइफस्टाइल है, उसमें अर्जुन की महत्ता बढ़ जाती है। यह ब्लड प्रेशर कंट्रोल करता है, खराब कोलेस्ट्रॉल (एलडीएल) को कम करने और अच्छे कोलेस्ट्रॉल (एचडीएल) को बढ़ाने में सहायक है। यह ब्लड शुगर को नियंत्रित करता है और इसमें मौजूद एंटीऑक्सिडेंट शरीर में फ्री रेडिकल्स को कम कर एंटी-एजिंग प्रभाव डालते हैं। यह तनाव और चिंता को भी कम करता है।

Online Coverage

No	Portal Name	Headline (Incorporated with URL)	Reach
1.	MSN Hindi	Daily Current Affairs Quiz: देखें आज 17 फरवरी का करेंट अफेयर्स क्विज और उनके जवा...	733.9M
2.	MSN Hindi	Today Current Affairs Hindi One Liners 17 फरवरी 2025: चैंपियंस ट्रॉफी 2025 के वि...	733.9M
3.	India Today	How an award for Eknath Shinde drove wedge in MVA	82.4M
4.	Dainik Bhaskar	प्रधानमंत्री योग पुरस्कार के लिए नामांकन शुरू	66.5M
5.	The Times of India	Two more GBS deaths in Maharashtra, India toll at 21	64.4M
6.	The Times of India	Guillain-Barré Syndrome deaths in Pune and Nagpur; Wagholi man succumbs	64.4M
7.	The Times of India	Union Minister Prataprao Jadhav Hints at Travel Restrictions	64.4M
8.	अमर उजाला (Amar ujala)	Yamuna Nagar News: महापौर बनने के लिए छह प्रत्याशियों का नामांकन	63.8M
9.	Lokmat	जीबीएसमुळे राज्यातील यात्रांवर निर्बंध आणणार? केंद्रीय राज्यमंत्री म्हणाले, "सर्...	42.3M
10.	The Hindu	Odisha tribal healer"s remedies for chronic diseases to undergo scientific vali...	35.9M
11.	Jagran Josh	Today Current Affairs Hindi One Liners 17 फरवरी 2025: चैंपियंस ट्रॉफी 2025 के वि...	21.6M
12.	Jagran Josh	Current Affairs One Liners 17 February 2025: Prime Minister"s Yoga Awards 2025	21.6M
13.	Jagran Josh	17 February 2025: Test Your Knowledge with the Daily Current Affairs Quiz!	21.6M
14.	Jagran Josh	Daily Current Affairs Quiz: देखें आज 17 फरवरी का करेंट अफेयर्स क्विज और उनके जवा...	21.6M
15.	Medical Dialogues	Jaipur doctor raises concern over Ayurvedic Diabetes Medicine, AYUSH Ministry or...	16M
16.	Patrika	होम्योपैथी: छोटी मीठी गोलियों में छिपा है तन-मन की सेहत का राज	14M
17.	Prokerala.com	Nominations for Prime Minister"s "Yoga Awards 2025" now open	13M
18.	TV9	PM Yoga Award 2025: 25 लाख रुपये जीतने का मौका, PM योग अवॉर्ड के लिए शुरू हुए रज...	11.3M
19.	Free Press Journal	MP: NCISM Warns Ayurveda, Siddha, & Unani Colleges, Implement Biometric Atte...	6.4M
20.	Janta Se Rishta	आयुष अस्पताल में नई योग सुविधा का अनावरण	3.8M
21.	Janta Se Rishta	Ajmer: आयुष विभाग संभाग स्तरीय आरोग्य मेले में 13000 को मिला उपचार	3.8M
22.	Janta Se Rishta	"प्रधानमंत्री योग पुरस्कार 2025" के लिए नामांकन शुरू	3.8M
23.	Greater Kashmir	New Yoga facility unveiled at AYUSH Hospital	1M
24.	Dainik Prabhat	Prataprao Jadhav: जीबीएसमुळे राज्यातील यात्रांवर निर्बंध आणणार; केंद्रीय आरोग्य ...	849.3K
25.	The Pioneer	Ministry of Ayush announces opening of nominations for PM"s Yoga Awards	776.4K
26.	Punjab Kesari	"प्रधानमंत्री योग पुरस्कार 2025' के लिए नामांकन शुरू	592.9K

27.	Divya Himachal	आयुष स्वास्थ्य, कल्याण केंद्रों की सुधरेगी कार्यप्रणाली	553.6K
28.	News Track English	Nominations Open for PM"s Yoga Awards 2025, Know Eligibility, How to Apply	387.9K
29.	Pragativadi	MCX Scam Exposed: Over 500 Victims File Complaints in Sambalpur	339.1K
30.	Pragativadi	Zverev, Alcaraz and Musetti react to Jannik Sinner"s controversial doping agree...	339.1K
31.	UNI	New Yoga facility launched at the Valley"s largest AYUSH hospital	219.9K
32.	Sakshipost EN	Nominations for Prime Minister"s ‘Yoga Awards 2025" now open	160.8K
33.	Ujjwalpradesh	PM Yoga Award: प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू, 25 लाख रुपये ...	139.8K
34.	Hindi Business Standard	स्वास्थ्य क्षेत्र पर सिकुड़ता खर्च	133.9K
35.	HT Syndication	New Yoga facility launched at the Valley"s largest AYUSH hospital	119.8K
36.	Orissa Diary	Carlsberg India announces an Investment of Rs. 350 crores in Mysuru, Karnataka	100.9K
37.	United News Of India	श्रीनगर के आयुष अस्पताल में "योग सुविधा" शुरू	99K
38.	United News Of India	श्रीनगर के आयुष अस्पताल में "योग सुविधा" शुरू	99K
39.	United News Of India	श्रीनगर के आयुष अस्पताल में "योग सुविधा" शुरू	99K
40.	Swadesh News	नीट, एआईएपीजीईटी, एनईटी, एनटीईटी में अधिकतम आयु सीमा लिमिट नहीं	93.2K
41.	New Kerala	Himanta Sarma Boosts Bodo Culture and Tiwa Council Seats	72K
42.	The News Room	Nominations for Prime Minister"s ‘Yoga Awards 2025" now open	62.3K
43.	Etemaad English	Nominations Open for Prime Minister’s Yoga Awards 2025	57.4K
44.	Samay Live	PM Yoga Awards 2025: "प्रधानमंत्री योग पुरस्कार 2025" के लिए नामांकन शुरू	30.8K
45.	saachibaat.com	Today"s Top News – 17 February 2025	29.4K
46.	Vande Bharat Live Tv News	आयुर्वेद वैलनेस प्राइवेट लिमिटेड एक प्लस का छिंदवाड़ा में होने जा रहा है विशाल स...	N/A
47.	Pharmabiz.com	Parliamentary Panel asks health ministry to extend NAM scheme for five more ye ar...	N/A
48.	Health Economictimes	Guillain-Barré Syndrome deaths in Pune and Nagpur; Wagholi man succumbs	N/A
49.	Pharmacognosy Research	Chemical Characterization of Two Botanicals from Genus Alternanthera - A. brasil ...	N/A
50.	Airr News	The best recipe ever! By using these three things, get long and black hair, lear...	N/A
51.	Today News 24	Mumbai Metro Line 3: Connectivity Boost for Mumbaikars As BKC-Colaba Phase 2A Se...	N/A
52.	Mero Uttarakhand	प्रधानमंत्री योग पुरस्कार 2025: नामांकन प्रक्रिया शुरू, 25 लाख रुपये का नकद पुरस...	N/A
53.	New India	कृषि को लाभ का व्यवसाय बनाने के लिए पहली बार हुआ बॉयर सेलर मीट का आयोजन	N/A

54.	Maverick News3	Mizoram State Medicinal Plants Board Executive Body Meeting Held	N/A
55.	Kalam kala	*बिग ब्रेकिंग- लाडनूं* जैविभा विश्वविद्यालय में शीघ्र शुरू होंगे मेडिकल डिग्री क...	N/A
56.	Tender Detail	Tender For Supplying, Installation, Testing And Commissioning Of Fire Fighting W ...	N/A
57.	Tripuranet	Nominations Open for Prime Minister"s Yoga Awards 2025	N/A
58.	News Continuous	President Ram Nath Kovind: પૂર્વ રાષ્ટ્રપતિ શ્રી રામનાથ કોવિંદે સુરતના વેડરોડ સ્...	N/A
59.	Nandighosha Tv	ପ୍ରଧାନମନ୍ତ୍ରୀ ଯୋଗ ପୁରସ୍କାର ପାଇଁ କିପରି କରିବେ ଆବେଦନ ଜାଣନ୍ତୁ...	N/A
60.	Guidely	Important Weekly Current Affairs 2025 News - February 08th to 14th	N/A
61.	News Continuous	Surat Traffic restrictions: વરાછાના સેન્ટ્રલ વેરહાઉસ ત્રણ રસ્તાથી વૈશાલી સર્કલ સ...	N/A
62.	Next Khabar	next khabar	N/A
63.	News Continuous	PM Modi Business Summit: વિકસિત ભારતની દિશામાં પ્રગતિની નવી ગતિ, પ્રધાનમંત્રી નર...	N/A
64.	News Continuous	S.T. Corporation: ગુજરાત સરકારનો સંવેદનશીલ નિર્ણય, એસ.ટીના કર્મચારીના અવસાન પર ત...	N/A
65.	News Continuous	Ministry of AYUSH: આયુષ મંત્રાલયે પ્રધાનમંત્રી યોગ પુરસ્કારો 2025 માટે નામાંકનો ...	N/A
66.	Evening Times	प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू, 25 लाख रुपये के नकद पुरस्कार...	N/A
67.	Vande Matram	प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू, 25 लाख रुपये के नकद पुरस्कार...	N/A
68.	Mp Headline	PM Yoga Award 2025: PM योग अवॉर्ड के लिए शुरू हुए रजिस्ट्रेशन, 25 लाख रुपये जीतन...	N/A
69.	अंजनी खबर (Anjani Khabar)	प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू, 25 लाख रुपये के नकद पुरस्कार...	N/A
70.	Shree News	प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू, 25 लाख रुपये के नकद पुरस्कार...	N/A
71.	खबर जगत	प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू, 25 लाख रुपये के नकद पुरस्कार...	N/A
72.	Khas Khabar	PM Yoga Award 2025: PM योग अवॉर्ड के लिए शुरू हुए रजिस्ट्रेशन, 25 लाख रुपये जीतन...	N/A
73.	Web Akhbar	प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू, 25 लाख रुपये के नकद पुरस्कार...	N/A
74.	Delhi Bulletin	PM Yoga Award 2025: PM योग अवॉर्ड के लिए शुरू हुए रजिस्ट्रेशन, 25 लाख रुपये जीतन...	N/A
75.	Real India News	PM Yoga Award 2025: PM योग अवॉर्ड के लिए शुरू हुए रजिस्ट्रेशन, 25 लाख रुपये जीतन...	N/A
76.	Vishleshan	प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू, 25 लाख रुपये के नकद पुरस्कार...	N/A
77.	Health Economictimes	Ayurvedic healers, experts delve into preserving traditional medicines	N/A
78.	Prabhu Kvn	Odisha tribal healer"s remedies for chronic diseases to undergo scientific vali...	N/A
79.	Singrauli Mirror	Ministry of Ayush opens nominations for Prime Minister"s Yoga Awards 2025	N/A
80.	Yes Punjab	Nominations for Prime Minister"s 'Yoga Awards 2025" now open	N/A
81.	Lifeberrys.com हिंदी	RPSC लेक्चरर भर्ती 2025: राजस्थान में सरकारी शिक्षक बनने का मौका, 20 फरवरी से कर...	N/A

82.	Jharkhand State News	Centre Announces opening of Nominations for the Prime Minister"s Yoga Awards 20...	N/A
83.	Vindhyaaajtak	PM Yoga Awards 2025: प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू; जानिए	N/A
84.	The Right News	Nominations Open for Prime Minister"s Yoga Awards 2025	N/A
85.	Tv5news	పీఎం యోగా అవార్డులకు దరఖాస్తు ప్రక్రియ ప్రారంభం.. విజేతలకు రూ. 25 లక్షల నగదు బహు...	N/A
86.	True Hunt	Opening Of Nominations for the Prime Minister"s Yoga Awards 2025	N/A
87.	Ddindia	Ministry of Ayush opens nominations for Prime Minister"s Yoga Awards 2025	N/A
88.	DD News	Ministry of Ayush opens nominations for Prime Minister's Yoga Awards 2025	N/A
89.	Daily Uqab	New Yoga facility launched at the Valley"s largest AYUSH hospital	N/A
90.	Rclipse	Dr. Vaidya"s Success Story: Genuine Ayurvedic Products from Experts	N/A
91.	247news	Odisha tribal healer"s remedies for chronic diseases to undergo scientific vali...	N/A
92.	Ilouge Media	Ministry of Ayush Invites Nominations for Prime Minister"s Yoga Awards 2025	N/A
93.	People Bugs	Odisha tribal healer"s remedies for chronic diseases to undergo scientific vali...	N/A
94.	Observer Voice	Nominations Open for Prime Minister"s Yoga Awards 2025	N/A
95.	Vishvatimes	"प्रधानमंत्री योग पुरस्कार 2025' के लिए नामांकन शुरू	N/A
96.	The Voice Tv	प्रधानमंत्री योग पुरस्कार 2025 के लिए नामांकन शुरू	N/A
97.	Poorvanchalmedia	बालों को अच्छे स्वास्थ्य का तोहफा देता है इन तीन चीजों का इस्तेमाल करना...	N/A
98.	Deshbandhu	"प्रधानमंत्री योग पुरस्कार 2025' के लिए नामांकन शुरू	N/A
99.	PNI	Nominations Open for Prime Minister"s Yoga Awards 2025	N/A
100.	DeshWale	યોગા એવોર્ડ્સના નામાંકનની વિગતો જાહેર: કેવી રીતે કરશો અરજી	N/A
101.	DeshWale	Yoga Champions Wanted! Nominations Open for PM"s Yoga Awards 2025	N/A
102.	Affairrs Cloud	Current Affairs 16 & 17 February 2025	N/A
103.	Newspoint	Nominations for Prime Minister"s "Yoga Awards 2025" now open	N/A
104.	Calcutta News	Assam CM announces cabinet decisions: focus on Bodo culture, increasing Tiwa Aut...	N/A
105.	Maharashtra Samachar	Assam CM announces cabinet decisions: focus on Bodo culture, increasing Tiwa Aut...	N/A
106.	Tripurastar News	Ministry Of Ayush Announces Opening Of Nominations For The Prime Minister"s Yog...	N/A