



**SECRETARIAT OF THE CONFERENCE ON INTERACTION  
AND CONFIDENCE BUILDING MEASURES IN ASIA**

**СЕКРЕТАРИАТ СОВЕЩАНИЯ ПО ВЗАИМОДЕЙСТВИЮ  
И МЕРАМ ДОВЕРИЯ В АЗИИ**

№14-12/845

The Secretariat of the Conference on Interaction and Confidence Building Measures in Asia (CICA) presents its compliments to the CICA Member States and has the honour to forward herewith the programme and concept paper of the webinar on the *Role of Traditional and Complementary Medicine Systems such as Ayurveda, Yoga in overall healthcare and its relevance in mitigation and treatment of COVID-19* to be held by the Republic of India on 8 February 2022 under the CICA Plan of Implementation of Confidence Building Measures for 2022.

*Enclosure:  
as stated,  
on 8 p.*

The Secretariat avails itself of this opportunity to renew to the CICA Member States the assurances of its highest consideration.

Nur-Sultan, 21 December 2021



**MEMBER STATES  
OF THE CONFERENCE ON INTERACTION  
AND CONFIDENCE BUILDING MEASURES  
IN ASIA**



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*Приложение:  
упомянутое,  
на 8 л.*

Секретариат Совещания по взаимодействию и мерам доверия в Азии (СВМДА) свидетельствует свое уважение государствам-членам СВМДА и имеет честь препроводить прилагаемую концепцию и программу по проведению вебинара «Роль систем традиционной и вспомогательной медицины, таких как аюрведа, йога в здравоохранении и ее значение в смягчении последствий и лечении COVID-19», который будет проводиться Республикой Индия 8 февраля 2022 года в рамках Плана СВМДА по реализации мер доверия на 2022 год.

Секретариат пользуется случаем, чтобы возобновить государствам-членам СВМДА уверения в своем весьма высоком уважении.

город Нур-Султан, 21 декабря 2021 года



**ГОСУДАРСТВА-ЧЛЕНЫ  
СОВЕЩАНИЯ ПО ВЗАИМОДЕЙСТВИЮ И  
МЕРАМ ДОВЕРИЯ В АЗИИ**

Қосымша:  
аталған 8 п.

Азиядағы өзара іс-қимыл және сенім шаралары кеңесінің (АӨСШК) Хатшылығы АӨСШК мүше мемлекеттеріне өзінің зор ілтипатын білдіре отырып, 2022 жылға арналған АӨСШК Сенім шараларын іске асыру жоспары шеңберінде Үндістан Республикасы 2022 жылғы 8 ақпанда өткізетін «Аюрведа, йога тәрізді дәстүрлі және көмекші медицина жүйелерінің жалпы денсаулық сақтаудағы рөлі және оның COVID-19 әсерін азайту мен емдеудегі маңызы» вебинарына қатысты бағдарлама мен тұжырымдаманы жолдауды өзіне мәртебе санайды.

Хатшылық осы мүмкіндікті пайдалана отырып, АӨСШК мүше мемлекеттеріне өзінің зор ілтипатын тағы да растайды.

Нұр-Сұлтан қаласы, 2021 жылғы 21 желтоқсан

**АЗИЯДАҒЫ ӨЗАРА ІС-ҚИМЫЛ ЖӘНЕ  
СЕНИМ ШАРАЛАРЫ КЕҢЕСІНІҢ МҮШЕ  
МЕМЛЕКЕТТЕРІ**

**Webinar on**  
**“Role of Traditional and Complementary Medicine Systems such as Ayurveda, Yoga in overall healthcare and its relevance in mitigation and treatment of COVID-19”**

**08<sup>th</sup> February, 2022**  
**01:00 PM – 03:45 PM (IST)**  
GMT + 5.30 hrs

<b>Time</b>	<b>Programme/ Presentation</b>	<b>Speaker</b>
<b>Session -1 Inaugural Session</b> <b>01:00 PM – 01:10 PM (IST)</b>		
01:00 PM- 01:10 PM	<b>Welcome Address &amp; Opening Remarks</b>	<b>Shri P. K. Pathak,</b> Special Secretary, Ministry of Ayush
<b>Session -2 Contribution of Ayurveda, Yoga and other Traditional systems of Medicine in attaining SDG 2</b> <b>01:10 – 02: 15 PM (IST)</b>		
01:10 – 01: 20 PM	<b>Role of Ayurveda in the management of Under-nutrition and Malnutrition</b>	<b>Prof. Mita Kotecha,</b> Pro Vice Chancellor(I/c) & Dean – UG Studies National Institute of Ayurveda (NIA)
01:20 – 01: 30 PM	<b>Management of Over-nutrition and Non Communicable Diseases (NCDs) through Ayurveda and other Traditional Medicine integrative approach</b>	<b>Prof. Anup B. Thakar,</b> Director, Institute of Teaching & Research in Ayurveda (ITRA)
01:30 – 02: 15 PM	<b>Speakers from CICA Member countries</b>	
<b>Session-3 Contribution of Ayurveda, Yoga and other Traditional systems of Medicine for attaining Sustainable Development Goal-3 i.e. Health and Wellness</b> <b>02:15 – 03: 40 PM (IST)</b>		
02:15 – 02:25 PM	<b>Role of Ayurveda and TM in improving immunity of people and the Initiative</b>	<b>Prof. Asim Ali Khan</b> Director General,

	<b>taken by Ministry of Ayush for mitigation of Covid-19</b>	Central Council for Research in Unani Medicine (CCRUM)
02:25 – 02:35 PM	<b>Management of Covid-19 through Ayurveda and Prevention of Secondary infection</b>	<b>Prof. Tanuja Nesari,</b> Director, All India Institute of Ayurveda
02:35 – 02:45 PM	<b>Repurposing of Ayush-64 as Covid-19 treatment drug</b>	<b>Dr. N. Srikanth,</b> Director General(In-Charge), Central Council for Research in Ayurvedic Sciences (CCRAS)
02:45 – 03:40 PM	<b>Speakers from CICA Member countries</b>	
03:40 – 03:45 PM	<b>Concluding Remarks</b>	

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# **Role of Traditional and Complementary Medicine Systems such as Ayurveda, Yoga in overall healthcare and its relevance in mitigation and treatment of COVID-19**

## **1. Introduction-**

COVID- 19 pandemic has affected health situation in almost all CICA member states and wider world. Each country is dealing with the challenge of COVID-19 with cooperation of each other for more than a year. In response to the pandemic, CICA has also added a Confidence Building Measure (CBM) on 'Epidemiology, Public Health and Pharmaceuticals' which is very timely.

In several CICA Member States, the traditional medicine or their indigenous medicine or the complementary medicine are well established and integrated with health care infrastructure. In some other countries who do not have their traditional system of medicine, the Complimentary & Alternative Medicine (CAM) systems does exist in the form of Yoga, physical exercise, food supplements etc. Nevertheless, their contribution in promoting health of people cannot be ignored. Ayurveda is also recognized in CICA Member states like Bangladesh, Sri Lanka, U.A.E. and Bahrain.

The Traditional Systems of Medicine include Ayurveda, Yoga, etc. have scientific base and evidence of long safe and effective use of therapies, principles and medicines. In some of CICA Nations they are beautifully gelled with the local culture and are followed subconsciously for maintaining health and well-being where as in some others many people are adopting the advocacy of Traditional systems of Medicine in their lifestyle. They occupy key space in contemporary community health education.

As per the WHO report published in the year 2018, worldwide the acceptance to traditional systems has increased from 25 countries in the year 1999 to 124 countries in the year 2018. Many of them including India have integrated Traditional systems of medicine in their public health system to achieve the Sustainable Development Goals 2 i.e. nutrition and Sustainable Development Goa1 3 i.e. Health and Wellbeing.

Historically, students from various countries used to visit famous ancient Universities like Nalanda, Taksheela etc. to study Ayurveda. Trade in traditional medicine sector had been very active till the 18th Century. There is surge in this sector since past decade. The global herbal medicine market size was estimated to be US\$ 83 billion in 2019 and is expected to reach US\$ 550 billion by 2030 at a CAGR 18.9% through 2030. Often, Herbal medicines are used as dietary supplements. People use herbal medicines to cure ailments, or as an attempt to maintain or improve their health. Herbal medicines aim to return the body to its state of natural balance so that it can heal itself when ill. Different types of herbs act on different parts of the body.

India has taken numerous steps to standardize the Indian Systems of Medicine like Ayurveda, Yoga, etc. which includes development of Pharmacopoeia standards of herbal medicines, Service standards, Accreditation mechanism, development of various guidelines for integration in Public Health Services of India etc.

## **2. Role of AYUSH System of Medicine in Public Healthcare**

There is growing interest worldwide in alternative system of medicine. In India, Ayurveda, Sidha, Unani, Naturopathy and Homeopathy (AYUSH) Medicine is a time tested safe and effective system of medicine being practiced since ages and is gaining increasing attention.

The strengths of Traditional systems of medicine and their immense potential in achieving the sustainable development goals - especially SDG2 i.e. nutrition and SDG 3 i.e Health and Wellness is being acknowledged widely. Ayurveda has specially emphasized on health promotional activities to keep ourselves healthy in all seasons and at all the age wise stages of life. India has effectively integrated AYUSH in Public Health delivery System. The Government of India launched National AYUSH Mission (NAM) to envisage better access to AYUSH services through increase in the number of AYUSH Hospitals and Dispensaries, mainstreaming of AYUSH through co-location of AYUSH facilities at Primary Health Centres (PHCs), Community Health Centres

(CHCs) and District Hospitals (DHs), ensure availability of AYUSH drugs and trained manpower.

The Government of India launched “National Programme for Prevention and Control of Cancer, Diabetes, Cardio-vascular diseases and Stroke (NPCDCS)” in 2010 in 100 districts across 21 States, in order to prevent and control the major Non-Communicable Diseases (NCDs). Considering the strength of Ayurveda or AYUSH systems for prevention and control of NCDs/ Lifestyle disorders by promoting healthy lifestyle, the Govt. of India has integrated Ayurveda, Yoga and other systems in prevention and control of Non Communicable Diseases.

### **3. Role of AYUSH System of Medicine in COVID-19 pandemic**

In the ongoing COVID- 19 Pandemic, AYUSH systems have played a vital role in mitigation and treatment of COVID-19. Numerous research studies on COVID-19 taking up on Ayurveda and Siddha products have demonstrated their efficacy in the management of disease. Ayurveda medicines are integrated in the National Protocol of India for COVID management.

In addition to the preventive measures defined by the Government of India such as social distancing, wearing mask, etc., enhancing the body's natural defence system (immunity) has an important role in maintaining optimum health and thereby offering prevention from the virus. Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of “Dinacharya” - daily regimes and “Ritucharya” - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures.

### **4. Initiatives of the Government of India:**

Setting up of the Task force for taking up research studies w.r.t. COVID-19; taking up research on Ayurveda products in collaboration with CSIR; population study



being conducted by the ministry, etc. are some of the initiatives taken by the Ministry of AYUSH to fight the novel corona virus. It has recommended self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications. Ayurveda's immunity boosting measures for self-care during COVID-19 crisis have been translated in various languages and shared with Indian Missions abroad. Collaborative clinical studies have been initiated. Collaborative research studies including clinical trials on some of Ayurvedic Medicine are underway with International Partners.

## **5. Thematic areas for discussion:-**

In this regard, to share the experiences, disseminate the activities for curbing the spread of COVID-19 and to deliberate on possible cooperation in the field of Ayurveda and other Traditional Systems of Medicine, India proposes to hold the webinar on 8 February 2022. The Thematic areas for discussion are as follows:-

- A. Traditional Medicine Systems in CICA Member States
- B. Role of Ayurveda, Yoga and other Traditional systems of Medicine in mitigation and treatment of COVID-19
- C. Role of Ayurveda, Yoga and other Traditional systems of Medicine in prevention and control of Non Communicable Diseases, Nutrition (SDG 2) and Health and Wellness (SDG 3)
- D. Modalities for advancing Traditional Medicine Systems in CICA Member States

This webinar may pave the way for future activities in Ayurveda and other Traditional System of Medicine amongst various CICA member states and dialogue partner countries in various sectors including education, research, public health, increase in trade & export etc.

## **6. Objectives :-**

- a. To share information among CICA member States about each other's traditional system of medicine include including Indian Traditional

medical systems like Ayurveda in dealing with contemporary health challenges like COVID-19 ,

- b. To disseminate role of Ayurveda, Yoga and other traditional system of medicine in country in prevention of Non- Communicable Diseases, Nutrition (SDG 2) and Health and Wellness (SDG 3)
- c. To explore possible bilateral / multilateral cooperation with CICA member states in the field of education, research, public health, medical travel and wellnesstourism in Ayurveda and Yoga,
- d. Promote international cooperation activities among CICA Member states such as exchange of scholars and setting up of centers of Chairs in Member States.

**Duration:** 03.00 Hrs. 8 February, 2022.

**Number of participants:** 3-4 participants/experts from each CICA member country.

**Nature of participants:**

- Member of the Secretariat
- Technical experts including Scientists, Regulators
- Traditional medicine experts

**Methodology:** Online Discussion

## **7. Expected Outcome:**

- a. Information and experience sharing among CICA member states regarding various measures taken in context of mitigation and treatment of COVID- 19.
- b. To evolve an mechanism to enable regular interaction of experts, policy makers etc. with the aim to share the experiences and collaborate in policies, approaches, academic developments and training mechanism for

Traditional Medicine in Member States.

- c. Information and experience sharing among CICA member States regarding prevention and control of Non Communicable Diseases.
- d. To achieve the sustainable development goals - especially SDG2 i.e. nutrition and SDG3 i.e Health and Wellness.
  
- e. Initiation of dialogue, interaction and bilateral / multilateral cooperation with CICA member states in the field of education, research, public health, medical travel and wellness tourism in Ayurveda and other Traditional System of Medicine,
  
- f. Initiation of efforts to establish Ayurveda and /or other Traditional System of Medicine Centres, exchange of scholars and experts for healthcare and Science communication in interested CICA member states.