

Research Article



Analysis of Ayush System of Medicine in India

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ABSTRACT

AYUSH is the alternative medicine that includes all the healing practices that does not fall within the realm of conventional medicine. AYUSH constitutes of Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homoeopathy. AYUSH has a deep ethnic, cultural, contextual relevance to India. It is also embedded in the beliefs of a wide section of the public and continues to be integral and important part of their lives. A huge infrastructure exists comprising thousands of hospitals and dispensaries, registered practitioners and twice the number of Indian Systems of Medicine & Homoeopathy colleges as available for allopathy. To make an honest analysis to delineate the causes of this underperformances aiming to suggest pragmatically the remedies effective, an analysis is done on AYUSH. From the data gathered from the year 2001 to 2010, it was found that there has been an increase in number of AYUSH hospitals from 2007 onwards. The number of beds in the AYUSH hospitals also keeps increasing every year.

Keywords: Ayurveda, Siddha, Unani, Homeopathy

INTRODUCTION

Life expectancy in India has been doubled since Independence. It is a debatable argument whether it is a boon or bane for the people. With the increasing healthcare costs and the new diseases adding day by day, it is not a positive sign for the nation. Except death, people want everything in the click of a button. The predominant reason for consumption of allopathic drugs by patients is for the faster relief from the disease. Every therapeutic system has its own merits and demerits¹.

Our understanding about this wonderful gadget, our body is still a greater quest. There has been a paradigm shift in the minds of people about the system of medicine². The system that diagnoses the root of the disease and provides a holistic relief from the disease is mandatory to avoid the repetitive drug consumption. Food consumption has to be adjusted along with the Lifestyle modification³. The problem among the present generation is a lot of calories are accumulated but they are not burnt. The adoption of Alternative medicine not only provides the necessary drugs for the diseases, it modifies the lifestyle of the patient and brings the inner harmony. This paper throws light about the AYUSH (Ayurvedic, Unani, Siddha and Homeopathy) system of medicine in India^{4,5}.

There has been an increasing trend in the alternative medicine workforce from vocational occupation to a highly qualified workforce which is evident from a study at Australia⁶. The use of Alternative medicine for the treatment of pediatric asthma patients of US is 89%. A higher percentage of the patients take the alternative medicine concurrently along with the prescription drug⁷.

In a study conducted among the patients with menstrual problems at Turkey revealed that around one-third of the

patients got relief using the alternative medicine, predominantly Herbal therapy⁸. The time spent by the homeopathy practitioner with the patient in understanding the nature of the disease is long approximately one to two hours⁹. This clarifies the misconception and doubts in the mind of the patients and provides trust in the system of medicine. The cost of alternative medicine (homeopathy) is 15.4 % less than the Conventional medicine. Banerji Protocol, (which is a combination of homeopathy and conventional medicine) is used for specific diseases especially for the treatment of cancer in India.

There is an increasing trend in number of homeopaths in India, as high as 350000 in 2012¹⁰⁻¹². There has been always a tug of war between alternative medicine and conventional medicine. Evidence based Medicine is the argument from the conventional practitioners. But omitting a system due to the ignorance of the evidence is a point to ponder^{13,14}.

MATERIALS AND METHODS

Datasets were obtained from the open government data (OGD) Platform of India under the catalog of Ministry of Health and Family welfare, Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH).

RESULTS AND DISCUSSION

From the data gathered from the year 2001 to 2010, we could find that there has been an increase in number of AYUSH hospitals from 2007 onwards. The number of beds in the AYUSH hospitals also keeps increasing every year.

The Table 1 shows the Hospitals and Beds of Ayurveda, Unani and Siddha and Table 2 shows the number of hospitals and beds from 2001-2010 of Naturopathy and



Homeopathy hospitals and Table 3 shows the number of hospitals and beds from 2001-2010 Amchi and Yoga system of medicine.

Table 4 shows the allocation of fund for the AYUSH hospitals in the tenth five year plan of India. From the data we could find that there had been an increase in the expenditure of the Hospitals and Dispensaries than the proposed budget. This shows a clear demand for the alternative medicine among Indians.

Table 5 shows the State wise ranking in terms of No. of Beds allocated for AYUSH hospitals. We could infer West Bengal stands first with 10020 beds where there is a high

demand for the AYUSH system of alternative medicine.

Table 6 shows the State wise ranking in terms of Number of AYUSH hospitals. We could infer that Uttar Pradesh Ranks first with a large number of 1771 hospitals.

Table 7 shows the profile of the education system for AYUSH in India. We could infer that the demand among students for Ayurveda and Homeopathy System of medicine with high admission capacity.

Table 8 shows the Number of practitioners in the AYUSH system of medicine with Ayurveda the highest number of practitioners and Naturopathy with the least number of practitioners.

Table 1: Details of Hospitals and Beds at Ayurveda, Unani and Siddha Hospitals

Year/States	Ayurveda – Hosp.	Ayurveda - Beds	Unani - Hosp	Unani - Beds	Siddha – Hosp.	Siddha - Beds
2001	2955	43973	312	5128	237	1986
2002	2932	43555	300	5023	236	1991
2003	2253	43803	255	5031	276	2386
2004	2228	40644	256	4582	276	2386
2005	2234	41185	256	4502	276	2386
2006	2394	42838	261	4489	280	2401
2007	2402	43751	262	4671	277	2596
2008	2416	43710	263	4686	276	2586
2009	2448	44629	264	4821	275	2576
2010	2458	44820	269	4894	275	2576

Table 2: Details of Hospitals and Beds at Naturopathy and Homeopathy Hospitals

Year/States	Naturopathy – Hosp.	Naturopathy - Beds	Homeopathy – Hosp.	Homoeopathy - Beds
2001	22	757	307	13694
2002	16	593	300	13593
2003	16	622	290	14087
2004	20	672	216	10905
2005	21	722	223	11205
2006	21	730	228	10671
2007	22	780	234	10933
2008	22	780	235	9366
2009	24	761	235	9596
2010	24	761	245	9631

Table 3: Details of Hospitals and Beds at Yoga and Amchi Hospitals

Year/States	Amchi - Hosp.	Amchi - Beds	Yoga - Hosp.	Yoga - Beds
2001	2	25	7	200
2002	2	25	8	140
2003	2	32	8	115
2004	2	32	8	105
2005	2	32	7	105
2006	2	32	8	100
2007	2	32	8	100
2008	2	32	9	100
2009	2	32	4	35
2010	2	32	4	35



Table 4: Tenth Five Year Plan Budget and Expenditure for Ayush System of Medicine

Sr. No.	Name of Scheme	Tenth Plan Approved Outlay 2002-07 in Rs. Crore	Sum of Annual Outlay 2002-07 in Rs. Crore	Sum of Actual Expenditure 2002-07 in Rs. Crore
1	Development of Institutions	120	156	121
2	Hospitals and Dispensaries	59	244	310
3	Drugs Quality Control	45	44	57

Table 5: State wise Ranking in Terms of Number of Beds at Ayush Hospitals.

Rank	State	Ayush Beds
1	West Bengal	10020
2	Jharkhand	8957
3	Madhya Pradesh	7860
4	Karnataka	4037
5	Goa	1990
6	Sikkim	1434
7	Bihar	1356
8	Tamil Nadu	1324
9	Gujarat	735
10	Rajasthan	718

Table 6: Statewise Ranking in Terms of Number of Ayush Hospitals

Rank	State	Ayush Hospitals
1	Uttar Pradesh	1771
2	Karnataka	133
3	Kerala	126
4	Rajasthan	118
5	Maharashtra	63
6	Gujarat	41
7	Himachal Pradesh	28
8	Madhya Pradesh	21
9	Punjab	15
10	Arunachal Pradesh	11

Table 7: Education Profile of Ayush System of India

Institutions/Capacity	Ayurveda	Yoga	Unani	Siddha	Homeopathy	Naturopathy	Total
Undergraduate Colleges	240	NA	39	7	183	10	479
Admission Capacity	11225	NA	1750	350	13425	385	27135
Colleges with Postgraduate Courses	62	NA	7	3	33	NA	105
Admission Capacity	991	NA	67	110	1084	NA	2252
Exclusive Postgraduate Institutes	2	NA	1	1	2	NA	6
Admission Capacity	40	NA	28	30	99	NA	197

Table 8: Practitioners of Ayush System of Medicine

System	Number of Practitioners
Ayurveda	453661
Unani	46558
Siddha	6381
Naturopathy	888
Homeopathy	217850

CONCLUSION

From the data collected we could find that there is an increase in demand for the alternative medicine system AYUSH among Indians. Ayurveda and Homeopathy system of medicine is growing at a rapid pace which is evident among the increase in the number of practitioners and high academic capacity. In our age old traditional medicine system of India, the food itself becomes the medicine. Any AYUSH system of medicine not only modifies the diet system also modifies the lifestyle of the patient. Awareness about the lifestyle

diseases and the effectiveness of AYUSH medicine system must be made among the Indian youth.

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