

Sham Lal calls for promoting Herbal tourism in JK



Hon'ble Minister for Health, Horticulture and Floriculture, Shri Sham Lal Sharma has called for promoting the AYUSH in big way to give impetus to the herbal tourism in the State.

The Minister said that Jammu and Kashmir has great potential for herbal cultivation and all out efforts will be made to explore it. The Minister was chairing a high-level meeting of officers convened to sort out various issues confronting Indian System of Medicines (ISM) and

to take stock of on-going projects of health department in the State.

He said AYUSH is important component of health department and it has to establish a different identity. He said like other States, a large number of patients are showing interest in AYUSH treatment because it is quite safe and cheaper as compared to allopathic medicines.

He said during the past few years the figures of patients opting for AYUSH treatment has substantially moved upward. "Government will give more thrust to upgrade this sector, in view of the changed trend and meeting the requirements of patients. The State has huge potential of herbal cultivation in view of the climatic conditions. Efforts will be made to encourage more and more people, especially the youth to cultivate medicinal plants to reap high yields which will improve their economic conditions. This will also help the State to overcome the unemployment problem up to some extent," the Minister added.

The Minister said that Central Government is keen to strengthen the AYUSH in the State for which it has sanctioned one Unani College for Valley and one Ayurvedic College for Jammu. He directed the Director, ISM to take immediate measures for making functional the Sheltang hospital on internal arrangement basis.

Health Minister meets Union Health Minister



Shri Sham Lal Sharma, Minister for Health and Family Welfare J&K discussed various important issues with the Union Minister of Health & Family Welfare, Shri Ghulam

Nabi Azad in his office chambers. During the discussions, the Union Minister was apprised about integration of AYUSH system of Health in PHCs for mainstreaming of AYUSH. The proposal for MO (ISM) and ISM Pharmacist in 375 PHCs and 75 Doctors in high focus districts was agreed by the Ministry for the current year and against 375 ISMs Doctors theSanction for remaining 25 ISM Doctors was also agreed by the Union Minister. In addition to this the budget for 23 additional PHCs was also agreed and approval to this effect has been granted by the Union Minister.

The State Minister apprised the Union Minister that the State has projected a proposal for engagement of one ISM Doctor and Dawasaz in each of Allopathic Dispensaries for mainstreaming AYUSH for which the financial implications have been worked out to the tune of Rs.8.25 crores. The issue of Male Multipurpose Health Workers in Medical Aid Centers (MACs) was also placed before the Union Minister and he was apprised by the State Health Minister that the State is planning to strengthen the Sub-centers.

AYUSH systems of medicine are of great antiquity ... Ghulam Nabi Azad



The Union Minister for Health and Family Welfare Shri Ghulam Nabi Azad recently chaired a meeting of Consultative Committee of Parliament attached to the Ministry of Health and Family Welfare in New Delhi to specifically discuss the activities of Department of AYUSH. Cutting across party lines the Consultative Committee members lauded the progress made by the Department of AYUSH in the short span of sixteen years since the inception of separate Department for Indian Systems of Medicines and Homeopathy in 1995.

Sh Ghulam Nabi Azad noted that the AYUSH systems of medicine are of great antiquity and the

Department has been making significant strides in, providing an enabling environment to develop these systems with its infrastructure of National Institutes, Research Councils, Pharmaceutical Laboratories, Public Sector Undertakings, Pharmaceutical Corporation Limited and National Medicinal Plants Board. The Minister highlighted that mainstreaming of AYUSH systems has become a successful strategy in the National Rural Health Mission. He also elaborated on the efforts made by the Department towards ensuring quality control of drugs. The Minister however pointed out the acute shortage of doctors in rural areas and elicited views of the Members in mitigating the situation by utilizing the AYUSH doctors to fill the felt need at grass root levels.

Establishment of Unani Medical College and Ayurveda Medical College.



Ministry of AYUSH, Government of India, has sanctioned two AYUSH medical colleges for the state. The construction work on Unani Medical College at Ganderbal undertaken by J&K Housing Board has started and that of Ayurveda Medical College at Jammu will soon be taken up by the executing agency. Till now, the youth of the state had to

Move out of the state for getting education in the traditional system of medicine resulting in huge financial burden on the families of these students and it was not possible for the people who had little resources to afford the education of their children in these fields. Now people from all strata's can get educated with in the state only.



Health Minister reviews Health Sector

A review meeting of Department of Indian Systems of Medicine was held under the Chairmanship of Hon'ble Minister for Health, Horticulture and Floriculture. Hon'ble Minister discussed various issues related to the Directorate and laid stress on coordination between the directorates for provision of better patient care and implementation of various schemes. Hon'ble Minister underlined the importance of ISM, its growing popularity and need to strengthen the infrastructure and manpower under the system. It was decided that there should be only one complex of Health, ISM and Allied Departments functioning under the Ministry of Health, J&K by the name of "Swasth Bhawan" which shall be established at proposed site for construction of Health Services Kashmir so as to ensure functional and structural integration of Health care delivery system in the state.

Commissioner Secretary H&ME while expressing concern over prescription of allopathic medicine by AYUSH doctors assured of his full support for developing AYUSH System in the state.



Regimental Therapies Introduced In All Ayush Units.

Regimental therapies in both Unani and Ayurveda are being made available in phased manner in all the AYUSH facilities in the state. To begin with these facilities have been made available in all the AYUSH Units functioning at District

Hospitals. Cupping therapy, dating back to 2500 years, is one of the oldest natural healing therapies in the world. The therapy has been used by Egyptians, Greeks, Arabs and Chinese. While for Chinese it is one of the corner stones of traditional medicine, Hijama as it is known in Arabic has great importance in Sunnah. Recent studies have proved the therapy to be very effective in relief of pain. A German study, published in the Journal of Pain in 2009 resulted in relief of pain and decrease in other symptoms of the treatment group under study. The researchers concluded that cupping therapy may be effective in relieving pain and other symptoms related to CTS (carpal tunnel syndrome). A South Korean study, published in the Journal of Complementary and Alternative Medicine in 2009 has found the therapy to be very effective for low back pain, while an Iranian study, published in the Complementary Medicine in Therapies Journal investigated the effectiveness of wet cupping therapy for the treatment of nonspecific low back pain. The researchers concluded that Wet-cupping is associated with greater short- term clinical benefit than usual care. No adverse effects were reported.

The therapy has gained popularity since it has been introduced in AYUSH Units at District Hospitals for treatment of patients complaining of joint and back pain. The therapy is a natural treatment with promising effects for many diseases. It has been successfully used to treat all types of pain. The directorate is contemplating to conduct randomized controlled trials to assess its effectiveness in other diseases in near future.

AYUSH Units now in CHCs too.

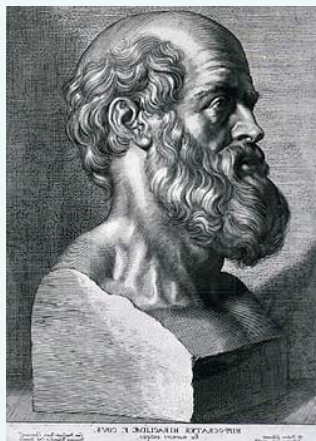


Directorate of Indian Systems of Medicine is striving to propagate AYUSH systems amongst the people and efforts are on to ensure that people have a choice of treatment available to them in all the health facilities, said Dr. Abdul Kabir, Director ISM, J&K while inaugurating the AYUSH Unit at CHC Kupwara. He said AYUSH units will be made functional in all the health facilities of the state in a phased manner. To begin with OPD facilities are being started with immediate



Effect followed by a minimum of ten beds for IPD where patients can get treated through traditional systems of medicine. Speaking on the occasion, Shri. Showkat Ahmed, Deputy Development Commissioner, Kupwara said that the world is moving towards the traditional systems of medicine for its time tested efficacy with no side effects. He ensured the Directorate of all the necessary support to make these units functional in all the health facilities of the District.

Dr. Ghulam Nabi Khan, Chief Medical Officer, Kupwara who inaugurated the PHC at Chogal, Kupwara said that Health department is committed to ensure mainstreaming of AYUSH under NRH M. He said that AYUSH doctors working at PHCs in the district were doing a commendable job in making 24x7 PHCs functional in the district and complementing the allopathic doctors in their duties.



Hippocrates

**“FOOLISH THE DOCTOR WHO
DESPISES THE KNOWLEDGE
ACQUIRED BY THE
ANCIENTS”**

Brainstorming session of CMOs and BMOs on Role of AYUSH doctors under NRHM

A brain storming session on “ROLE OF AYUSH DOCTORS UNDER NRHM: Duties & Responsibilities” was held in the conference room of Directorate of ISM, J&K at Zam Zam Complex on 1st July 2011. The session was attended by CMOs and BMOs of Health Services, Kashmir and chaired by Director ISM, J&K.



Initiating the session Dr. Abdul Kabir Dar, Director Indian Systems of Medicine, J&K gave a power point presentation on the Role of AYUSH doctors working at PHCs under NRHM. Dr. Mohammad Shafi, Chief Medical Officer, Baramulla while appreciating the role of AYUSH doctors informed the meeting that it was an issue that needs to be deliberated further given the fact that most of the PHCs are being manned single handedly by AYUSH doctors and as such it becomes imperative for these doctors to attend the emergencies.

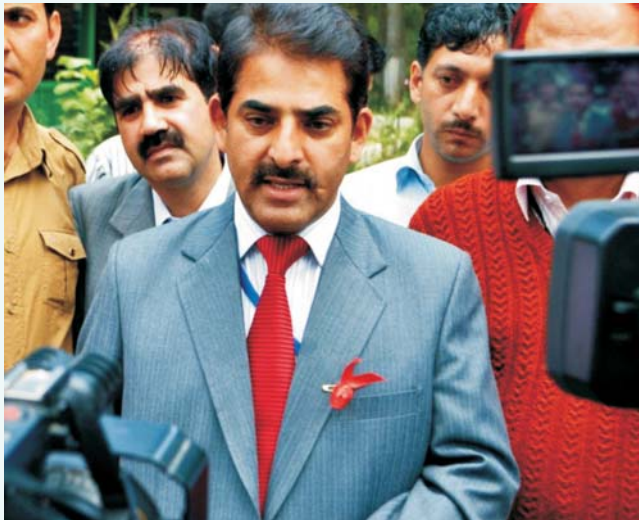


During the session it was observed that most of the AYUSH doctors were performing night duties with the result that their regular OPD suffered thereby killing the very purpose of providing a option to the people to have a treatment of their choice. Among other things it was decided that AYUSH doctors manning PHCs single handedly shall handle emergencies, appropriately manage injuries/first aid and stabilize the condition of the patient and ensure that the patient is referred for further treatment to Allopathic doctor. AYUSH units at all PHCs should be properly identifiable and

easily accessible and possibility of putting proper signage should be looked into by utilizing funds from concerned RKS funds. Hence forth services of AYUSH doctors shall also be utilized in implementation of NHPs.

Director ISM elected Member CCIM

Director ISM, J&K Dr. Abdul Kabir Dar won the



election conducted by CCIM, Gol by a massive margin. He was elected as a member of CCIM, Gol from Jammu & Kashmir. It is for the first time that these elections have been organised in a democratic manner giving wide publicity to it and ensuring that polling takes place as per the prescribed guidelines and directions of the Supreme Court.

MAINSTREAMING OF AYUSH



AYUSH Units established across the state in PHC, 17 in District Hospitals

NRHM is being implemented in the state since 2005 and aims to provide accessible, affordable and accountable quality health services to the rural poor. The objective of the Mission among other things includes mainstreaming of

AYUSH and promotion of healthy life style. The mission envisages integration of services and providing a choice of treatment to patients under one roof thereby reinforcing the existing public health care delivery system, with the use of natural, safe and friendly remedies, which are time tested and affordable. It is under this scheme that all Primary Health Centres in the state will now provide patients with a choice either to go for allopathic system of medicine or have a choice of opting for traditional systems of medicine. In addition to this AYUSH units have also been established at 17 District hospitals which will have a minimum of ten beds for IPD. Along with Unani and Ayurveda, 30 Homeopathy doctors have also been engaged who are rendering services in the district hospitals of the state.

Under the mission, AYUSH doctors have been engaged in all the Primary Health Centre. Till date 427 ISM doctors are working under NRHM in the state. In addition to these AYUSH doctors, equal numbers of Pharmacists have also been engaged to provide paramedic support to these doctors in the PHCs.

First 50 bedded Unani Hospital at Shalteng.

The first 50 bedded Unani Hospital in the state is near completion and will be thrown open to public very soon. Hon'ble Minister for Health, Horticulture and Floriculture



during his inspection of the hospital said that the Hospital was a cherished dream of the public which has been fulfilled. The hospital will provide 24*7 health care services to the people and will be equipped with all the requisite diagnostic facilities to ensure quality Unani treatment. Regimental therapies like Hijama(cupping), leaching, Dalak, Reyazat, Kai are an ingredient feature of the services available. Services of Specialists doctors will be available for treatment of Gastroenterology, Urogenital disorders, Respiratory disease, Nervous disorders and skin diseases through traditional system of Unani medicine.

Health Minister ropes in IIM-A to Promote AYUSH

AYUSH has not been able to reach people in rural and urban areas. It is an affordable medical system for the rural and urban poor... **Prof Anil Gupta**

Gol has roped in Indian Institute of Management, Ahmedabad (IIM-A) to draw up recommendations for the Union Health Ministry to promote AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy) in the country. IIM-A has been entrusted with the task by the Department of AYUSH. Professor Anil K Gupta, IIM-A heads the teams of management experts.

"AYUSH has not been able to reach people in rural and urban areas. It is an affordable medical system for the rural and urban poor. Even for the affluent it is a preventive system that is greatly useful because it targets lifestyle, food, mental health and overall well-being," says Prof. Anil. The recommendations are in the final stage of completion after thorough deliberations in the three-tier set of programmes undertaken at IIM-A. The programs were attended by Health Secretaries, Directors, Eminent doctors and management experts. The first and second set made up of officials, policy-makers and institution heads. Dr. Kashmir Singh, District Officer ISM, Dr. G.H. Malik District Officer, ISM, Dr. Taran Singh and Mir Irshad, State Program Manager attended the programs at IIM-A.

Dr. C.H Raveendar, Assistant Director-in-charge of the Regional Research Institute (Homeopathy) at Gudivada, Andhra Pradesh, said the participants and IIM-A faculty shared experiences to find a way to boost the AYUSH systems. Several research findings have been presented in the course of the programmes and IIM-A faculty have also looked at the management aspects of AYUSH.

One day sensitization workshop on Role of AYUSH doctors working under NRHM.

The Directorate of Indian Systems of Medicine organised a One day sensitization workshop on "ROLE OF AYUSH DOCTORS UNDER NRHM: Duties & Responsibilities" at Ibn Khaldoon Hall, University of Kashmir. The workshop comprising of technical sessions was followed by panel

Discussions and was attended by Director Health Services, Kashmir, Mission Director NRHM J&K, Director Information J&K in addition to around 600 ISM doctors working in PHCs under NRHM & medical officers of Directorate of Indian Systems of Medicine among others.



Director Information J&K, Khawaja Renzu was the Chief Guest on the occasion. The technical session comprised of power point presentations on various topics highlighting the role of AYUSH doctors under NRHM. Speaking on the occasion Director Information, J&K Khawaja Farooq Ahmad Renzu appreciated the role of ISM doctors in providing health care services especially in far flung areas of the state where allopathic services are not available. He recalled how efficiently, effectively and dedicatedly ISM doctors had excelled in offering health services during the earthquake in 2005 which caused extensive damage to life and property. Director Health, Dr Saleem Rehman while lauding the role of ISM doctors, ensured that all grievances of ISM doctors engaged under NRHM will be redressed and also assured that all efforts will be dedicated to implement the mission in letter and spirit.



Speaking on the occasion, Director ISM expressed concern over prescription of allopathic medicine by ISM doctors. He said that despite various government orders impressing upon AYUSH doctors to stick to prescribing their

own system of medicine and making it amply clear that doctors registered for one system of medicine cannot prescribe medicine of other system, the problem existed and it is hoped that the sensitization workshop will go a long way in ensuring that no incidence occurs in future. He also hoped that all ISM doctors engaged under NRHM will also realise their individual and collective responsibilities towards their pathy.



Mission Director NRHM while speaking on the occasion said that services of the AYUSH doctors will be utilized in implementation of NHPs and customized training programs will be organized under RCH in addition to training in basic emergency care.



During the panel discussions, the participants raised issues regarding unemployment and Director ISM assured the unemployed youth that the department had submitted a number of proposals to Gol which have been agreed in principle by Hon'ble Union Minister for Health Shri Ghulam Nabi Azad.

Benchmarks for AYUSH in the offing

For the first time, the Union government will carry out a survey on use and acceptability of alternative systems of medicine and employ the results for effective planning of a road map for Ayurveda, Yoga, Unani, Siddha and

Homoeopathy (AYUSH). The National Sample Survey Organisation (NSSO) has agreed to include some questions, in its Consumer Expenditure Schedule for the 68th annual round of socio-economic surveys, for collecting information on AYUSH. Anil Kumar, Secretary of the Department of AYUSH, under the Health Ministry, said statistics were an essential base for good and effective planning. "However, the Department has no benchmark statistics available, from either a census or an adequate sample size-based enquiry, and hence the NSSO was persuaded vigorously to undertake the survey."

Ayurvedic manufacturers look North.

With the surge in the demand for medicinal plants, manufactures of plant based drugs are facing shortage of medicinal plants. This has resulted in companies from Karnataka shifting their units to Chhattisgarh, Uttarakhand and Bihar. Ayurvedic medicine manufacturers from across the country, who used to source a wide range of medicinal plants from Karnataka only, have begun moving their manufacturing units to northern India. This forced shifting of units has been necessitated due to the increasing scarcity of such plants. The states that have benefitted are Bihar and Uttarakhand, which produce a large number of medicinal plants and herbs. Chhattisgarh too is having a share in the pie due to this trend. Leading drug companies like Himalaya Drug Company, Charak Pharmaceuticals, and Dhoot Papeswar are said to be shifting their bases. Experts are of the opinion that there are not enough raw materials for all of them now. This has opened a window of opportunity for the state which is located at the foothills of the great Himalayas bestowed with supportive agro climatic conditions for cultivation and growth of medicinal plants on large scale. The state has been known for ages for medicinal plants species which grow in the upper reaches of the Himalayas and have a history of being used in pharmaceutical industry across the globe.

| Total OPD of AYUSH Dispensaries J&K | |
|--|------------------------|
| | No. of Patients |
| Jan - Dec 2010 : | 19,27,342 |
| Jan - Sep 2011 : | 13,66,164 |

AYUSH Department to set up chairs in foreign universities.

Ayush Department is striving to position India as a leader in Ayush education across the globe, especially in the SAARC countries, by forging links with the academic bodies and setting up chairs in the foreign universities. The Department has also chalked out a number of steps to strengthen the national institutes under it. The national institutes under the Department have been asked to workout possible collaborations with the institutes abroad, under the guidance of the Ministry of External Affairs. The Missions would also be consulted to set up chairs in foreign universities and finalise the same on case to case basis depending on the merit and benefits. The MoUs under the ICCR Guidelines would be signed for setting up chairs and reciprocal recognition of foreign degrees in Ayush streams between India and SAARC countries.

The Department of Ayush has decided to take the help of the Indian Missions abroad to further promote the Ayush education of the country.

Maharashtra to include Ayurveda as part of MBBS syllabus.

The Maharashtra University of Health Science (MUHS) has decided to include basic Ayurveda as part of MBBS syllabus in the medical colleges in the state. Dr Arun Jamkar, Vice Chancellor, MUHS informed the media that the University is setting up an expert committee to discuss the new syllabus for MBBS students for the coming academic year.

AROGYA to be organised in the state

The state will have the honour of organising AROGYA, a national level conference for the second time. The event is aimed to provide a platform for stakeholders to exchange ideas, technology, and products and generate mass awareness about AYUSH industry & its importance in health care.

It is pertinent to mention here that AROGYA 2009 was held at Kashmir Haat, Srinagar which was inaugurated by Hon'ble Union Minister for Health & family Welfare, GoI and Hon'ble Chief Minister of J&K state along with other cabinet Ministers. Around 160000 people attended the three day event. Stalls were put up by IIM, Horticulture, Floriculture, SKAUST K, Forest Department, CCRUM, CCRA, SMPB, various NGOs and other stakeholders etc. The event provided a platform for budding entrepreneurs, manufacturing units, cultivators etc. for setting up units and marketing their produce. The event resulted in setting up of a number of medicinal plants processing units by locals in addition to investment by reputed companies in the State.



National Campaign on AMLA

State Medicinal Plants Board is implementing the National Campaign on AMLA in the State. The Board aims to promote and propagate usage of Amla for diabetes, cardiac disorders, gastritis, skin diseases, Scurvy, cough, hair fall and as an immuno-modulator.

Dr. Nuzhat who looks after the promotion of the Campaign in the state believes that Amla can provide livelihood to a number of people in the state, especially areas of Jammu Division which is suitable for cultivation of the plant. Till date the Board has raised one lakh saplings of AMLA in two nurseries at Jammu. These nurseries are being raised in collaboration with Department of Horticulture and SFRI, Jammu. In order to promote cultivation of AMLA, the Board has distributed 65000 saplings of AMLA free of cost amongst the farmers. A multi-pronged strategy has been formulated where in awareness campaigns are being organised in schools and colleges. Children are educated about the usage, cultivation practices and economic benefits of the plant in these campaigns. So far 155 institutions have been covered under the program. In addition to this community awareness programs are also being organised across the length and breadth of the state for farmers in



which around 1500 farmers have been educated about the potential of AMLA in increasing the livelihood of farmers.



BOOM IN HERBAL INDUSTRY

Indian herbal industry is likely to double from present Rs. 7,500 crore to Rs. 15,000 crore by 2015, according to a study by Associated Chambers of Commerce and Industry (ASSOCHAM). The study expects the domestic herbal industry to grow rapidly in the coming years and by 2015, it is expected to rise to Rs. 15,000 crore, reflecting a compound growth rate of over 20 per cent.

Releasing the finding of the study, ASSOCHAM Secretary General, D.S. Rawat said that ideally, the niche market that India can focus on include Ayurvedic Medicines and Dietary Supplements (including health drinks), extracts, Oils and other derivatives, skin care and beauty aids.

According to the study, the Indian domestic market can be broadly segmented into two categories. The first one will cover raw materials required by the industrial units and direct consumption for household remedies, whereas the second category will cover ready to use finished medicines, health supplements etc.



SMPB prepares comprehensive DPR for conservation and development of medicinal plants

State Medicinal Plants Board a nodal agency to coordinate, monitor and provide directions in accordance with the programs and policies of National Medicinal Plants Board has prepared a comprehensive five year Detailed Project Report for conservation, development and sustainable growth of medicinal plants in the state. So far GoI has sanctioned funds to the tune of Rs. 611.32 lakhs out of which Rs. 350 lakhs have been released. These funds have been put up at the disposal of Forest department for protecting existing medicinal plant resources and supplementation of the depleted medicinal plants in Gurez, Reasi forest division and Billawar forest division.

Rs. 11.50 lakhs have been released to DFO, Leh for conservation and development of Seabuckthorn in Ladakh. In addition to this GoI has released funds to the tune of Rs. 328.65 lakhs to Horticulture Mission which is involved in promotion of cultivation of medicinal plants on large scale through farmers in the state.



"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

THOMAS EDISON,

C I R C U L A R

No. DISM/CIR/69

Date: 29/07/2011

Realizing the need for integration of services and providing a choice of treatment to patients under one roof, Govt under NRHM took an important strategic intervention of mainstreaming of AYUSH. The objective of this intervention is to reinforce the existing public health care delivery system, with the use of natural, safe and friendly remedies, which are time tested, accessible and affordable. Accordingly total integration between the AYUSH dispensaries/hospitals and health care facilities under the allopathic system has been taken up so that the entire spectrum of treatment is available to the patients at affordable costs. However it has been observed that some AYUSH doctors posted in Allopathic institutions prescribe allopathic medicine which is in contravention to the very objective behind integration & mainstreaming of AYUSH under NRHM AND in violation of law.

Time and again it has been impressed upon AYUSH doctors to stick to prescribing their own system of medicine. Govt, order No. 308-HME of 2006 dated: 17.05.2006 and No. 257-HME of 2009 dated: 18.06. 2009 make it amply clear that doctors registered for one system of medicine cannot prescribe the medicine, of other system of medicine and defaulters would be liable for action. Circular Instruction have been issued by Directorate of ISM J&K impressing upon AYUSH doctors/ practitioners to stick to prescribing medicines of AYUSH & not to indulge in prescribing medicines of other systems of medicine i.e. modern scientific medicine (Allopathic).

It has as such been agreed upon that strict action will be taken against any medical officer prescribing medicine from systems other than he/she is registered to. Action will also be taken against any Officer who is seen to be encouraging this practice.

Henceforth:

1. No person other than a medical practitioner enrolled on a state medical register shall practice modern scientific medicine in any State as per section 15 (2) (b) of the Indian Medical Council Act 1956.
2. No person other than a practitioner of Indian Medicine who possesses a recognized medical qualification and is enrolled on a state register or the central register of Indian medicine shall practice Indian medicine in any state as per section 17 (2) (b) of Indian Medicine Central Council Act 1970.
3. Only those Ayurvedic/Unani doctors who are registered under J&K Ayurvedic /Unani practitioners act 1959 are entitled to practice Ayd./Unani medicine in J&K.
4. Only those Homoeopathic doctors who are registered under J&K Homoeopathic practitioners Act 2003 read with amendment act 2009 are entitled to practice Homoeopathic Systems of medicine in the State.

Now, therefore, it is again impressed upon all doctors of modern scientific systems of medicine i.e. Allopathic systems and AYUSH doctors /practitioners to stick to prescribing the system of medicine for which they are registered with boards/ councils constituted under law and refrain from prescribing the other systems of medicine.

Deviation if any will be viewed seriously.

Sd/-
(Dr Saleem-u-Rehman)
Director HS (K)

Sd/-
(Dr. Ab. Kabir Dar)
Director ISM&H, J&K

Sd/-
(Dr. Yashpal Sharma)
Mission Director (NRHM), J&K



*Herbs
for All,
Health for All*

AYUSH UNIT

SMHS HOSPITAL SRINAGAR

DAYCARE ADMISSIONS

General OPD 10:00 AM to 04:00 PM

FACILITIES AVAILABLE

- ☛ Steam Therapy
- ☛ Local Bath (BAFARA)
- ☛ Leeching
- ☛ Regimantal Therapies
- ☛ Ksharsutra



Shri Omar Abdullah
Hon'ble Chief Minister
J&K State



Shri Sham Lal Sharma
Hon'ble Health Minister
J&K State



Shri Javed Ahmed Dar
Hon'ble M.O.S Health
J&K State



Dr. Abdul Kabir Dar
Director Indian Systems of Medicine
J&K

Directorate of Indian Systems of Medicine (ISM), J&K

Herbs for all, Health for all

COMBAT DRUG RESISTANCE



No Action Today, No Cure Tomorrow

Switch over to ISM AYUSH system of Medicine

AYUSH UNITS (Ayurvedic/Unani/Homeopathy) ARE WORKING AT EVERY DISTRICT HOSPITALS, GMC'S, ALL PHC'S & ISM DISPENSARIES ACROSS THE STATE

For more Information log on www.jkhealth.org

Dr. Munshi nominated as Advisory Committee member.

Dr. Younis Munshi, working as Assistant Director, Regional Research Institute of Unani Medicine, Srinagar has been nominated as Advisory Committee member for the forthcoming 10th International Conference on "Functional Foods and Bioactive Compounds in Health and Disease: Science and Practice" The conference is to be held at The University of California Santa Barbara, CA, USA during March 13-15, 2012.

Dr. Munshi recently presented a paper on "Management of Post-Menopausal Syndrome with Herbal Kehwa A Pilot Study" in San Diego University, San Diego, California, USA

Safety Evaluation Centre to be established in J&K

Central Council for Research in Unani Medicine, Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India is going to establish a Safety Evaluation Centre at Regional Research Institute of Unani Medicine, Srinagar, J&K for checking the safety of the Unani Medicine. The funding for the project to the tune of Rs. 450 Lakh will be provided by Department of Science and Technology, Govt. of India.

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*"The art of medicine
consists of amusing
the patient while Nature
cures the disease."*

VOLTAIRE