

Need to regulate and promote AYUSH as mainstream healthcare system- Laid

SHRI KRISHNA PRASAD TENNETI (BAPATLA): I wish to highlight the need for expanding the role of AYUSH in mainstream healthcare. With rising health and lifestyle challenges affecting our nation, from mental health issues to chronic conditions like diabetes and hypertension, the potential of AYUSH cannot be ignored. The National Mental Health Survey of 2015-16 revealed that 10.6% of adults suffer from mental health disorders, while the ICMR-INDA study of 2023 shows that over 10 crores of our population are affected by diabetes. Furthermore, studies like those published in The Lancet Global Health indicate alarming levels of physical inactivity. In this context, AYUSH holds a key position in addressing these challenges through preventive healthcare. AYUSH, with its holistic approach, offers diverse tools for prevention and well-being. Ayurveda, for instance, tailors treatments based on individual conditions. Yoga and meditation improve physical flexibility, cognitive health, and emotional resilience. Unani and Siddha therapies, grounded in herbal treatments, and Naturopathy, focusing on lifestyle changes, contribute significantly to internal healing. Thus, I urge the Government to intensify efforts to research and regulate AYUSH systems, ensuring they are standardized and integrated alongside allopathy. Mainstreaming AYUSH will not only strengthen preventive care but also promote a balanced, holistic healthcare system for India.