

**GOVERNMENT OF INDIA  
HEALTH AND FAMILY WELFARE  
LOK SABHA**

STARRED QUESTION NO:121

ANSWERED ON:30.11.2005

YOGA SYSTEM

Chinta Mohan Dr. ;Suman Shri Ramji Lal

**Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:**

- (a) whether the Yoga system has been found to be useful for the total health of human beings;
- (b) if so, the reaction of the Government thereto;
- (c) whether the Government has formulated any policy at the national level so that common man could be benefited from this ancient and tested system; and
- (d) if so, the details thereof?

**Answer**

THE MINISTER OF HEALTH AND FAMILY WELFARE (DR. ANBUMANI RAMADOSS)

(a) to (d): A statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY TO LOK SABHA STARRED QUESTION NO. 121 FOR 30TH NOVEMBER , 2005.

Yoga has been found to be useful for complete health of human beings. A number of scientific research works carried out across the globe have supported this premise. The Department of AYUSH and its Research Councils & National Institutes support and fund Research projects with a view to scientifically validate therapeutic effects and efficacy of Yoga and other Indian Systems of Medicine.

The Government is committed to promote and propagate Yoga in the country. A separate Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) in the Ministry of Health and Family Welfare is looking after the development of Yoga at the national level. Three autonomous institutions namely Central Council for Research in Yoga & Naturopathy, New Delhi, Moraji Desai National Institute of Yoga, New Delhi and National Institute of Naturopathy, Pune, have been established and are funded by the Department of AYUSH to look after education, research, training and propagational aspects of Yoga. Central Council for Research in Yoga & Naturopathy, New Delhi, looks after research and validation besides implementing schemes for propagation of Yoga at the National level. Morarji Desai National Institute of Yoga, New Delhi, conducts education, awareness and research programmes, besides publicizing benefits of Yoga through health melas etc. National Institute of Naturopathy, Pune, is also actively involved in promoting Yoga and Naturopathy.

The Government has enacted a separate National Policy for Indian Systems of Medicine and Homoeopathy including Yoga in 2002 with the objective of promoting good health and to expand the outreach of health care to the common man and ensure affordable ISM&H services, besides integrating ISM&H including Yoga in the national health care delivery system (details of policy are annexed). Under the Hospital & Dispensary scheme of the Department, State Government, District Hospitals and other institutions are funded to set up specialized therapy centers, OPD wings and IPD wings of these systems including Yoga. Extra Mural Research programmes are also funded by the Department as well as CCRYN to establish efficacy of Yoga and other Indian Systems of Medicine and Homoeopathy in collaboration with eminent educational research and healthcare institutions/organizations.

**ANNEXURE**

**BRIEF NOTE ON NATIONAL HEALTH POLICY, 1983**

National Health Policy, 1983 outlines that although vast infrastructure of the Indian System of Medicine and Homoeopathy is available in the country and yet these systems are not fully utilized for addressing health care of our people. The Policy therefore emphasise the need for a meaningful phased integration of Indian System of Medicine with the modern medicine. The basic objectives of the Policy are:

1. To promote good health and expand the outreach of health care to people through ISM&H.
2. To ensure affordable ISM&H services & drugs which are safe and efficacious.
3. Integrate ISM&H in health care delivery system and National Programmes and ensure optimal use of the vast infrastructure of hospitals, dispensaries and physicians.

4. Re-orient and prioritize research in ISM&H to gradually validate therapy and drugs to address in particular the chronic and new life style related emerging diseases.

5. Create awareness about the strengths of these systems in India and abroad and sensitize other stakeholder and providers of health.

6. To provide full opportunity for the growth and development of these systems and utilization of the potentiality, strength and revival of their glory.

A summary of strategies to achieve the above stated objectives through policy interventions and support operational measures and monitoring are delineated as under:

1. Education:

a) Legislative measures would be taken to regulate starting of a new college, increase in intake and introduction of new course of study. The course curriculae would be reviewed and revised to weed out unnecessary teaching materials.

b) States would be encourages to introduce separate examinations for entry to Undergraduate Courses of the ISM&H and Post Graduate Institutions would be encourages to start a unified admission test.

c) Re-orientation training of physicians and teachers would be made compulsory for the renewal of their registration with the registering councils.

d) Central Government would set up an accreditation system.

2. Research:

a) The research areas would be prioritized keeping in view the strengths of the systems and contemporary relevance giving due emphasis on preventive and promotive aspects.

b) Other important areas of research would include:

i) Research on fundamental principles of ISM&H.

ii) Identification and evaluation of promising and widely accepted practices and skills of traditional healers in rural and tribal areas.

iii) Revival of ancient literature survey, collection, transcription/translation, editing and publication of classical literature and test books on ISM.

3. Other areas:

Integration of ISM&H and National Health Care Programmes and Delivery system, Revitalisation of local Health Traditions, Home Remedy Kits, development of special areas, Medical Tourism etc.