



ORIGINAL RESEARCH PAPER

Unani Medicine

MODEL AYUSH WELLNESS CLINIC AT PRESIDENT'S ESTATE, INDIA

KEY WORDS: AYUSH, AYUSH Wellness Clinic, India, Rashtrapati Bhavan

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ABSTRACT

The Government of India, under Prime Minister Shri Narendra Modi has emphasised increased advocacy of AYUSH system of medicine and establishment of Indian systems of medicine speciality centres. Taking this vision forward, the Rashtrapati Bhavan with help of Ministry of AYUSH, Government of India; established the first AYUSH Wellness Clinic (AWC) of the country with all the five systems under one roof at President's Estate in July 2015. A dilapidated building in the President's Estate was renovated and converted into the AWC. The AWC has treatment facilities in the streams of Ayurveda, Yoga and Naturopathy, Unani, Siddha & Homeopathy. The clinic caters to the medical needs of the President, officials of President's Secretariat and residents of the President's Estate. This paper reports the success of AWC in the first two years of its establishment. AWC has become popular among its beneficiaries with about 63425 consultations for medicine and therapy done till two years since its inception. The holistic treatment offered by AYUSH system of medicine has made it valuable treatment of all type of acute and chronic diseases. Other initiatives at the clinic include AYUSH awareness workshops conducted regularly for residents, Village out-reach programme and Skill-development and Internship Programme. AWC is a successful model of patient-centered care and patient empowerment that is being replicated in various government departments nationwide.

VISION AND OBJECTIVE

Honourable Prime Minister of India, Shri Narendra Modi created AYUSH ministry in November 2014 by elevation of the Department of AYUSH under Ministry of Health and Family Welfare with the vision to encourage the Indian system of medicine and Homeopathy. The Government of India has emphasised increased advocacy of AYUSH system of medicine and establishment of Indian systems of medicine speciality centres. Taking this vision forward, the Rashtrapati Bhavan with help of Ministry of AYUSH established the first AYUSH Wellness Clinic (AWC) of the country with all the five systems under one roof at President's Estate in July 2015. A dilapidated building in the President's Estate was renovated and converted into the AWC. The AWC has treatment facilities in the streams of Ayurveda, Yoga and Naturopathy, Unani, Siddha & Homeopathy. The clinic caters to the medical needs of the President, officials of President's Secretariat and residents of the President's Estate^{1,2}.

ORGANISATION AND INFRASTRUCTURE/ ADMINISTRATION

Manpower including consultants, therapists and MTS staff is being provided by M/O AYUSH, Government of India. The Staff for maintenance, cleanliness and security is being provided by Rashtrapati Bhavan. The infrastructure and equipment is provided by Rashtrapati Bhavan and medicines are provided by M/O AYUSH, Government of India.

SERVICE DELIVERY MECHANISM

Patient data is maintained by the special clinic software designed by National Informatics Centre, Ministry of Electronics and IT, Government of India. Automatic OPD cards are generated by entering patient details. The detail of diagnosis and medicine/therapy prescribed is entered into the software by consulting physicians.

OVERVIEW OF PATIENTS RECEIVING SERVICES

An overwhelming number of patients have benefitted from the healthcare services being provided at AWC. The overview of the beneficiaries from July 2015 to July 2017 is given below in Table 1.

Table 1: Overview of beneficiaries from 25th July 2015 to 25th July 2017

Department	New patient cases		Follow up cases		Total
	Male	Female	Male	Female	

Ayurveda	3639	2301	5009	3781	14730
Yoga and Naturopathy	1173	1108	3895	4030	10206
Unani	3077	2642	4408	5383	15510
Siddha	1235	1012	2215	2886	7348
Homeopathy	3575	3538	3647	4839	15599
Grand Total	12699	10601	19174	20919	63425

*Sourced from NIC special clinic software³

OVERVIEW OF FIVE DEPARTMENTS

Ayurveda

Consultation and medicines are available along with Ayurveda therapies including- Shirodhara, Abhyanga (Sarvanga), Abhyanga (Ekanga), Patra pinda sweda (Sarvanga), Patra pinda sweda (Ekanga), Swedana (Sarvanga), Swedana (Ekanga/ Nadi swedana), Akshi Tarpan, Katibasti, Grivabasti, Janubasti and Nasya.

The Ayurveda department is popular among patients for gastrointestinal diseases including hyperacidity, chronic constipation, IBS and piles; Musculoskeletal diseases including osteoarthritis knee, back pain, cervical spondylosis; and Lifestyle disorders as adjuvant in diabetes & high BP.

Yoga & Naturopathy

Consultation is available along with Yog Chikitsa (Asana, Pranayam, Meditation), Naturopathic diet therapy, Masso therapy (Manual full / partial), Mud therapy (Full/ Partial), Steam therapy (Full/ Partial/ facial), Hydrotherapy(Spinal bath, Spinal spray, Foot & Hand, With pack, Enema), Potli/ Poultice, Foot Reflexology and Mustard Pack.

The Yoga and Naturopathy department is popular among patients for Musculoskeletal diseases including back pain, cervical spondylosis, osteoarthritis knee, frozen shoulder, disc prolapsed; Endocrinological disorders including diabetes, obesity, hypothyroidism, PCOD and Respiratory diseases including Sinusitis and Bronchial asthma.

Unani

Consultation and medicines are available along with Unani therapies including Hijamat (Wet cupping), Hijamat (Dry / Gliding/ Fire cupping), Dalak, Mechanical massage chair,

Mechanical riding machine, Hammam, Local massage with local steam, Facial steam, Cauterization, Muscle stimulation (TENS), Fasd and Takmed.

The Unani department is popular among patients for Cardiovascular diseases- High BP, dyslipidemia, coronary artery disease; Gastrointestinal diseases including chronic indigestion, liver disorders, constipation, piles; Musculoskeletal diseases including cervical spondylosis, lumbar spondylosis, osteoarthritis, rheumatoid arthritis, back pain; and Skin diseases including chronic eczema, fungal infections, cholasma, warts etc.

Siddha

Consultation and medicines are available along with Siddha therapies including Varmam & Thokkanam, Thuvalai, Podi Thimiral Therapy, Vedhu, Patru, Pugai, Otradam & Kizhi and Nasyam.

The Siddha department is popular among patients for Neurological diseases including headaches, migraine,

sleeplessness, hemiparesis; Musculoskeletal diseases- Cervical spondylosis, lumbar spondylosis, Rheumatoid arthritis, prolapsed intervertebral disc, sciatica; Skin diseases- Psoriasis, Hair fall, Urticaria, Eczema; and Viral fever.

Homoeopathy

Consultation and medicines are available in Homoeopathic department. The department is popular among patients for Gynaecological disorders including menstrual disorders, fibromyoma uterus, polycystic ovarian disease, leucorrhoea, dysfunctional uterine bleeding, menopausal syndrome; Genito-urinary diseases including urinary tract infection, renal calculi and benign hypertrophy prostate; Skin diseases including chronic eczema, lichen planus, hair loss including alopecia areata and diffuse hair loss, chronic urticaria, ringworm, psoriasis, vitiligo; Respiratory diseases including allergic rhinitis, chronic sinusitis, chronic tonsillitis, bronchial asthma and chronic bronchitis.

The disease wise patient distribution is given in table 2 and figure 1.

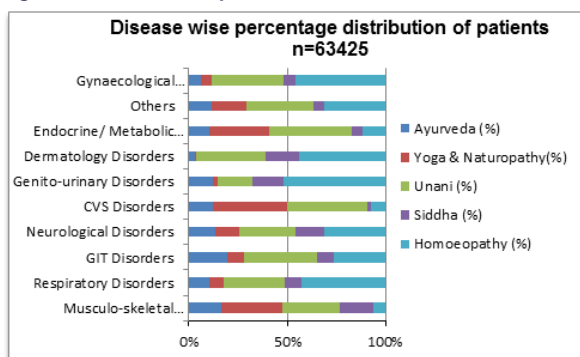
Table 2: Disease wise patient distribution

	Ayurveda n= 14730 (%)	Yoga & Naturopathy n=10206 (%)	Unani n= 15510 (%)	Siddha n= 7348 (%)	Homoeopathy n=15599 (%)
Musculo-skeletal disorders	16%	31%	29%	17%	7%
Respiratory disorders	11%	7%	31%	8%	43%
GIT Disorders	20%	9%	37%	9%	26%
Neurological Disorders	13%	12%	29%	14%	31%
CVS disorders	12%	38%	41%	2%	7%
Genito-urinary disorders	12%	3%	18%	15%	52%
Dermatology disorders	3%	1%	35%	17%	44%
Endocrine/ Metabolic disorders	10%	31%	42%	6%	12%
Others	12%	18%	34%	6%	31%
Gynaecological Disorders	6%	5%	37%	6%	46%

*Data abstracted from NIC special clinic software³

from this programme in five batches.

Figure 1: Disease wise patient distribution



COLLABORATION OF AYUSH SYSTEMS

AYUSH Wellness Clinic is a platform for cross-talk and collaboration between different AYUSH systems of treatment. Cross-referrals are made to achieve better and faster clinical results for the benefit of patients. Several patients have benefitted by integrating: Ayurvedic medicines & Siddha therapies in treatment of Arthritis and Back pain; Homeopathic medicines & Yoga in Bronchial asthma and chronic sinusitis and Unani therapy and Homoeopathic medicines in High Blood Pressure.

SKILL DEVELOPMENT AND INTERNSHIP PROGRAMME

Skill Development and Internship Programme was envisioned as a measure to generate awareness of AYUSH therapies and enhance the talent pool in the streams of Ayurveda, Yoga & Naturopathy, Unani and Siddha systems of medicine. The course curriculum was and developed by physicians working at the AYUSH Wellness Clinic in collaboration with President's Secretariat. Along with different therapies done in the AYUSH system of medicine, the curriculum also included basic training in physiotherapy and First-AID. The course was conducted in the AWC premises by the physicians working at AWC, physiotherapists and First-AID experts from St. John's ambulance. So far 56 students have benefitted

VILLAGE OUTREACH SERVICES

The national AYUSH policy emphasises the utilization of AYUSH preventive, promotive and curative approaches for populations who cannot afford or reach to the modern healthcare facilities and provide affordable AYUSH services & drugs which are safe and efficacies at these places⁵. Recognising this, village outreach services were started at 5 villages adopted by the Honourable President of India. Village AYUSH centres were developed by President's Secretariat at these five villages namely- Alipur, Rojka Meo, Dhaula, Harchandpur and Tajnagar located in Haryana State and regular village OPD was conducted by the physicians working at the AYUSH wellness Clinic.

INFORMATION, EDUCATION & COMMUNICATION (IEC)

Communication is the key to generating awareness on prevention as well as motivating access to treatment, care and support. Recognising this, regular AYUSH awareness workshops are conducted at the AWC premises.

AYUSH awareness workshops conducted in the year 2015:

1. Healthy Kitchen through Ayurveda
2. Naturopathic Diet and Way of Life
3. Simple cure at Home – The Unani way
4. Homeopathy for Child health

AYUSH awareness workshops conducted in the year 2016:

1. Ayurveda for Life Style Disorders
2. Use and benefits of Mud Therapy (Naturopathy)
3. Menstrual Hygiene (Unani)
4. Management of Vatha Diseases through Siddha External Therapies
5. Management of Dermatological Disorders in Homeopathy

FESTIVAL OF INNOVATION

AYUSH Wellness Clinic participated in the Festival of Innovation at the President's Estate, held on 12 to 19 march, 2016. Innovation at AWC showcased including:

1. Portable Shirodhara Stands that may be dismantled after use and carried in bag.
2. Induction plates for heating oil for therapy being affordable, safe and less electricity consuming than hotplates/heaters.
3. Portable steam generators for steam therapy being affordable, light-weight and less electricity consuming than conventional steam apparatus.
4. Acrylic material moulds for basti therapy and modified swimming pool goggles for netra tarpan being easy to use, less time and money consuming and can be sterilized for multiple use instead of traditional Urad Dal moulds.

CONCLUSION

AYUSH Wellness Clinic has proved to be a boon to the patients at President's Estate by providing comprehensive holistic health promotive, curative and preventive treatment. AWC is a successful model of patient-centered care and patient empowerment that is being replicated in various government departments nationwide.

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CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

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