

## Embassy of India

### Ashgabat

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### Press Release

Article on Ayurveda titled “Celebrating Holistic Health and Wellness” by Ambassador Dr. Vidhu P Nair published by leading local media in Turkmenistan on the occasion of 8th Ayurveda Day-2023. The verbatim of articles are as under:

#### **Ayurveda Day 2023: Celebrating Holistic Health and Wellness**

Ayurveda is a traditional system of medicine being practised in India for centuries. It is one of the world's oldest holistic healing methods and is rooted in the belief that achieving balance among body, mind and spirit is crucial for overall health. Ayurveda maintains this equilibrium through natural remedies, personalized diets, lifestyle adjustments and herbal treatments. Ayurveda also offers one of the most comprehensive ‘cleansing’ protocols available today - ‘*Panchakarmas*’ (i.e. 5 treatment protocols) - which help eliminate toxins accumulated in the body, thereby curing chronic diseases.

Recognizing the immense advantages of Ayurveda, the Government of India has undertaken multiple steps to promote it. A Ministry of AYUSH has been established to encourage research and development in Ayurveda including through international multi-institutional collaborations. The National Ayurveda Mission has been formulated under which more than 8000 Health & Wellness Centres have been operationalised. The first WHO Global Centre for Traditional Medicine is coming up in the Indian state of Gujarat, which will work to ensure quality, safety, efficacy, accessibility and

rational use of traditional medicines and optimize contribution of Ayurveda and other such systems to universal health. In August 2023, India and WHO hosted the first Global Summit for Traditional Medicine in Gandhinagar, Gujarat with the theme “Towards Health and Well-being for All”. The Summit led to the adoption of the ‘Gujarat Declaration’ that set out implementation of evidence-based traditional complimentary and integrative medical interventions in addressing pressing health challenges in the world and health-related Sustainable Development Goals.

In another landmark step, Indian government has started issuing a separate category of visa called ‘AYUSH Visa’ from this year onwards to facilitate patients visiting India to avail treatment from world class Ayurveda institutes across the country such as All India Institute of Ayurveda (New Delhi), National Institute of Ayurveda (Jaipur), Institute of Teaching and Research in Ayurveda (Jamnagar). I urge our Turkmen friends to take advantage of this newly introduced visa services. Further, Indian Council of Cultural Relations (ICCR) has been offering AYUSH scholarship program for some years now to foreign students. Interested candidates can apply for undergraduate, postgraduate and doctoral courses in Ayurveda and related disciplines in various Indian Universities/ Institutes. The scholarship covers all expenses and can be availed by anyone.

In order to highlight the benefits of Ayurveda and popularise its use around the world, the Indian government has been celebrating ‘Ayurveda Day’ every year. 2023 would witness the 8<sup>th</sup> Ayurveda Day, to be observed on November 10 and would be centred around the topic ‘*Ayurveda for One Health*’. This embodies the concept of ‘*Vasudhaiva Kutumbakam*’ (i.e. ‘the world is one family’), which is also the motto of India’s ongoing G20 Presidency. For this year’s Ayurveda Day, our government has resolved to

use Ayurveda in realising the wellbeing of not only human beings but also environment, plants, and animals through agro-Ayurveda, sustainable agriculture, forest and aquaculture, food safety, etc. A month-long Ayurveda campaign will be conducted in India including exhibitions; medical camps; dissemination of outcomes of research studies; public awareness lectures etc.

### **Ayurveda in Turkmenistan:**

Turkmenistan is one of the many countries that have recognised Ayurveda as an official system of medicine. It may be recalled that during the visit of Hon. Prime Minister of India, H.E. Mr. Narendra Modi to Turkmenistan in July 2015, an MoU on Cooperation in Yoga and Traditional Medicine was signed between the two countries. As part of this cooperation, a Yoga & Traditional Medicine Centre - the first of its kind in Central Asia - was established at Bagtyyarlyk Sports Complex, Ashgabat. An India based Ayurveda expert was appointed to the Centre who has been teaching at the State Medical University, Ashgabat besides offering free Ayurveda consultancy for the general population at the Centre. In future, we hope to expand Ayurveda related activities to all regions of Turkmenistan through regular consultation camps, lectures, exhibitions etc.

I would like to conclude by inviting all citizens of Turkmenistan to join the celebrations of Ayurveda Day 2023 and experience the profound healing capabilities of Ayurveda thereby embarking on a journey towards a healthier and balanced life.

**Dr. Vidhu Nair.**  
**Ambassador Extraordinary & Plenipotentiary**  
**of the Republic of India to Turkmenistan**