

## DEMOGRAPHIC DISTRIBUTION OF POPULATION ATTENDING AYUSH WELLNESS CLINIC (AWC) AT PRESIDENT'S ESTATE, RASHTRAPATI BHAVAN, INDIA: A DESCRIPTIVE STUDY

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Article Received on 29/06/2020

Article Revised on 19/07/2020

Article Accepted on 09/08/2020

### ABSTRACT

The development of an effective health care system of a country is a fundamental part of advancement, indispensable to the country's financial development. The Government, giving impetus to enrich the vast centuries-old heritage of medical sciences in India, have outlined a National Policy on Indian Systems of Medicine & Homeopathy and establishment of Indian systems of medicine speciality centers. Keeping in view the emphasis laid by the Government to this holistic method of healing and therapy, taking this vision forward, the Rashtrapati Bhavan with the help of Ministry of AYUSH, Government of India, established the first AYUSH Wellness Clinic (AWC) of the country at President's Estate in July 2015. AYUSH Wellness Clinic has been inaugurated by the Hon'ble President on 25 July, 2015 at Schedule B, President's Estate, to promote the Indian traditional system of medicine and also to make it available at the door step of the residents of the President's Estate. The AYUSH Wellness Clinic (AWC) is a unique project where all the Indian systems of medicine and Homoeopathy have come together under one roof. It is designed to bring out the best of all the systems of medicine in preventive and curative health care and provide a holistic health service to residents of the President Estate. This paper presents an update on the success and the work done at AWC from its inception in July 2015 to June 2020. A total of 144194 patients were consulted and nearly 79309 received various therapies during this time period. AYUSH awareness workshops are being conducted for every year. New initiatives in the year 2015 include establishment of herbal garden at the AWC premises, designated touch screen interactive kiosk and starting Skill-development and Internship Program for the residents. New initiatives in the year 2016 include Village out-reach program and participation in the Festival of Innovation at Rashtrapati Bhavan. As new initiative in the year 2017, new therapies were added to the existing services in Ayurveda, Yoga & Naturopathy and Unani wings respectively. The therapists and support staffs working at AWC were trained in First-AID and CPR. Numerous research papers were published in peer reviewed indexed journals.

**KEYWORDS:** AYUSH Wellness Clinic, Ayurveda, Yoga & Naturopathy, Unani, Siddha, Homeopathy, Rashtrapati Bhavan, India.

### INTRODUCTION

Honourable Prime Minister of India has 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, giving impetus to enrich the vast centuries old heritage of medical sciences in India, have outlined a National Policy on Indian Systems of Medicine & Homeopathy and established speciality centers of Indian systems of medicine. Keeping in view the

emphasis laid by the Government to this holistic method of healing and therapy, 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 at President's Estate in July 2015.

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door step of the residents of the President's Estate. The AYUSH Wellness Clinic (AWC) is a unique project where all the Indian systems of medicine and Homoeopathy have come together under one roof. It is designed to bring out the best of all the systems of medicine in preventive and curative health care and provide a holistic health service to residents of the President Estate. The AWC has treatment facilities in the streams of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy. The clinic caters to the medical needs of the President, officials of President's Secretariat and residents of the President's Estate.<sup>[1,2]</sup>

### Our Mission

Treatment with AYUSH systems of medicine is viewed as sheltered as there is nil or negligible reactions. These cures are in a state of harmony with nature, which is in greatest favorable position. The golden fact is that, utilization of AYUSH treatments is autonomous for all age groups and gender. So our mission is achieving and maintaining excellence in healthcare services through AYUSH systems of medicine. We provide comprehensive healthcare services to our valued beneficiaries through consultations and therapies of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy OPDs. Apart from consultation, medicine dispensing and counseling for disease prevention and positive health promotion services are also provided at AWC.

### Organization and Infrastructure/ Administration

Medicines and manpower including consultants, therapists and MTS are being provided by ministry of

AYUSH, Government of India<sup>[3]</sup> through its research councils viz. CCRAS, CCRYN, CCRUM, CCRS and CCRH. The infrastructure, equipment, housekeeping facility and security are provided by Rashtrapati Bhavan.

### Service Delivery Mechanism

Patient data is maintained by the special clinical software designed by National Informatics Centre (NIC), Ministry of Electronics and IT, Government of India. Automatic OPD cards are generated by entering patient details. The details of diagnosis and medicine/therapy prescribed are entered into the software by consulting physicians.<sup>[4]</sup>

### Human Resource

The committed human resource working at the clinic includes one male and one female consultant physicians in all five wings namely Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy. Ayurveda, Yoga & Naturopathy, Unani and Siddha wings have one male and one female therapist. Yoga & Naturopathy wing has additional Yoga therapists. Besides this, all wings have one male and one female MTS and all except yoga & naturopathy have a pharmacist.<sup>[4]</sup>

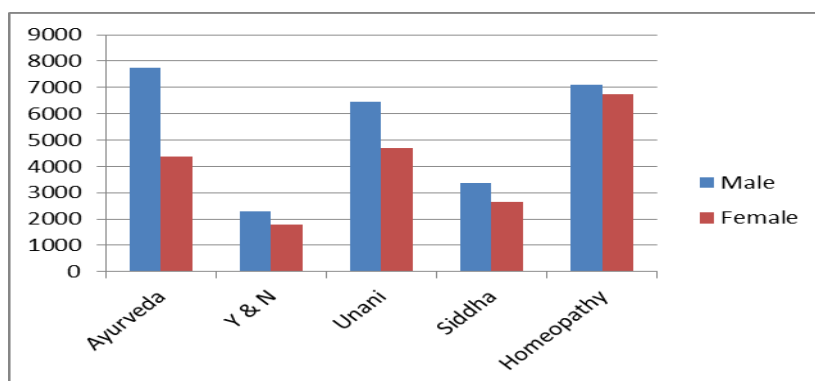
### Overview of Patients Receiving Services

An overwhelming number of patients have benefitted from the healthcare services being provided at AYUSH Wellness Clinic (AWC). The overview of the beneficiaries from July 2015-June 2020 is given below in Table 1 and Table 2.

**Table 1: Overview of Patient Consulted from July 2015-June 2020.**

Department	New patient cases		Follow up cases		Total
	Male	Female	Male	Female	
Ayurveda	7733	4368	12951	9139	34191
Yoga & Naturopathy	2282	1788	9328	7596	20994
Unani	6443	4712	9980	10276	31411
Siddha	3369	2643	8228	8404	22644
Homeopathy	7088	6739	8889	12206	34922
Grand Total	<b>26915</b>	<b>20250</b>	<b>49376</b>	<b>47621</b>	<b>144194</b>

\*Sourced from NIC special clinic software.<sup>[5]</sup>



**Figure 1: Department wise new patient cases (July 2015-June 2020). Abbreviation: Y&N, Yoga & Naturopathy.**

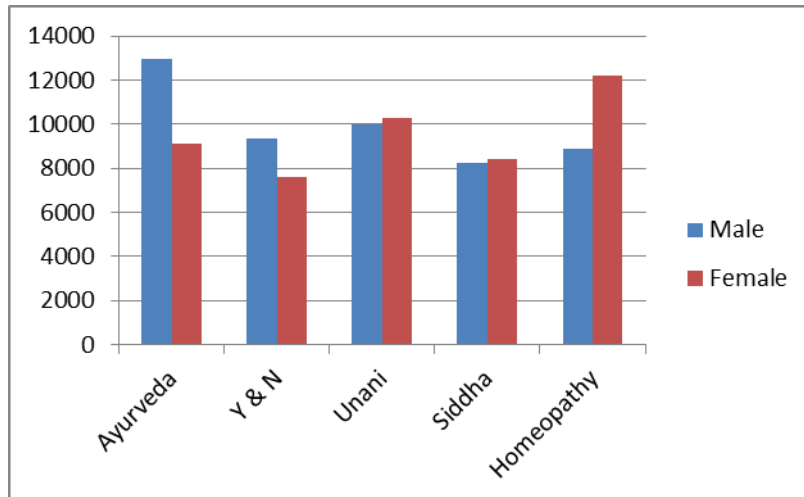


Figure 2: Department wise follow up patient cases (July 2015-June 2020). Abbreviation: Y&N, Yoga & Naturopathy.

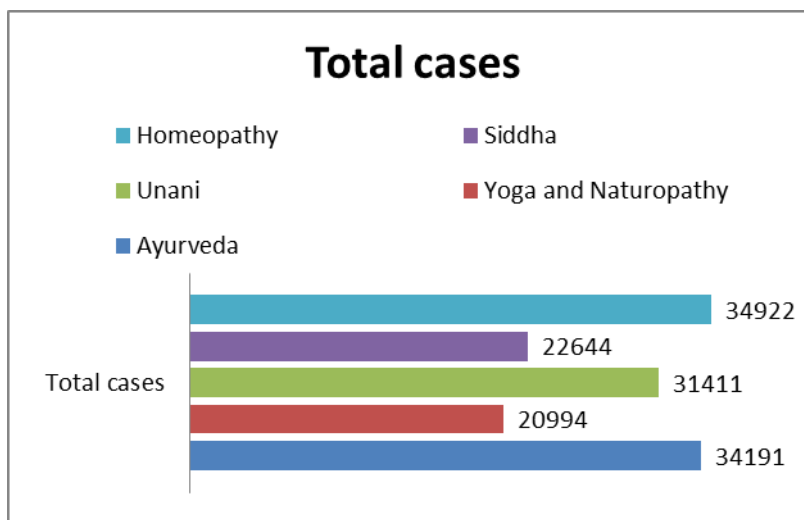


Figure 3: Total new and follow up cases (July 2015-June 2020) Abbreviation: Y&N, Yoga & Naturopathy.

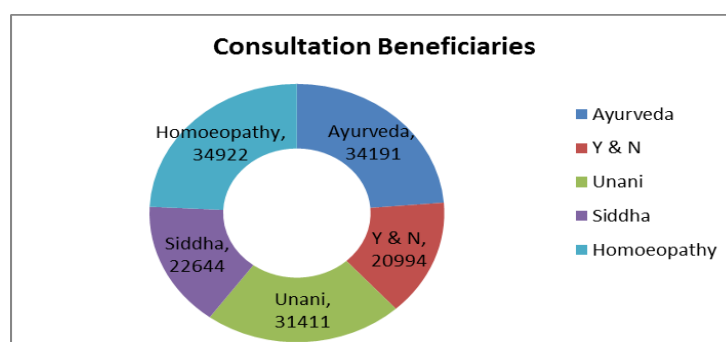


Figure 4: Pie chart of department wise consultations (July 2015-June 2020) Abbreviation: Y&N, Yoga & Naturopathy.

**Services Available  
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 like hyperacidity, chronic constipation, irritable bowel syndrome etc., musculoskeletal diseases like osteoarthritis knee, back pain, cervical spondylosis; and lifestyle disorders.

### Yoga & Naturopathy

Consultation is available along with Yog Chikitsa (Asana, Pranayama, Meditation), Naturopathic diet therapy, Massage therapy, Mud therapy, Steam therapy (Full/ local/ facial), Hydrotherapy ( Hip bath, Spinal bath, Spinal spray, Foot & Arm bath, Wet pack, Enema etc.), Potli/ Poulitice, Foot Reflexology and Mustard Pack. Therapeutic yoga (Asanas, Pranayama, Kriyas and Meditation) are taught according to the clinical condition of the patients.

The Yoga & Naturopathy department is popular among patients for musculoskeletal diseases like cervical and lumbar spondylosis, osteoarthritis knees, frozen shoulder, disc prolapse etc.; endocrine disorders like diabetes, hypothyroidism, PCOD etc., respiratory diseases like Sinusitis and bronchial asthma, allergic rhinitis, bronchitis etc. and non-communicable diseases like obesity, cardiovascular diseases, autoimmune and psychosomatic diseases.

### Unani

Consultation and medicines are available along with Unani therapies including Hijama Bil shurt (Wet cupping), Hijama bila shurt (Dry / Gliding/ Fire cupping), Dalak (friction massage), Mechanical massage chair, Mechanical riding machine, Hammam (Steam bath), Local massage with local steam, Facial steam, Muscle stimulation(TENS), Fasd (Venesection) and Takmeed (Fomentation).

### Siddha

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

Pugai, Otradam & Kizhi and Nasiyam.

The Unani department is popular among patients for Cardiovascular diseases like high BP, dyslipidemia, coronary artery disease; gastrointestinal diseases like chronic indigestion, liver disorders, constipation, piles; musculoskeletal diseases like cervical and lumbar spondylosis, osteoarthritis, rheumatoid arthritis, lumbago; and skin diseases like chronic eczema, fungal infections, cholasma, warts etc.

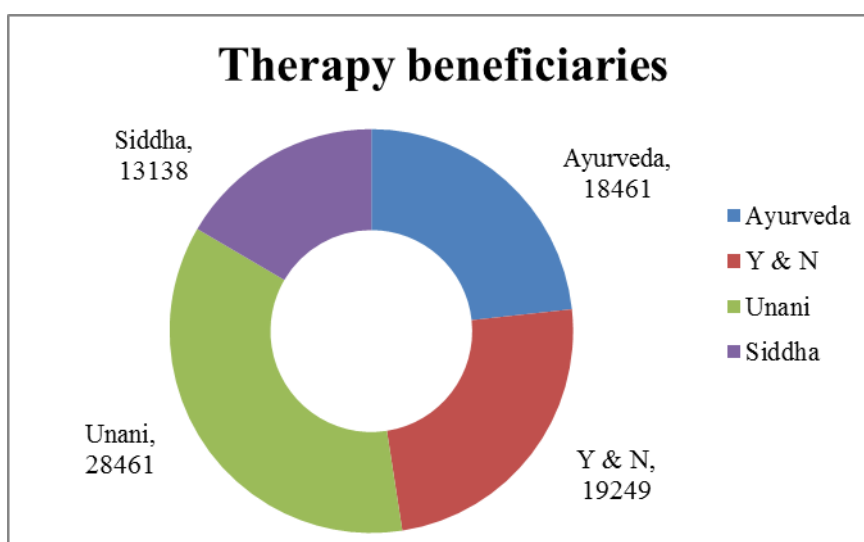
### Homoeopathy

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

**Table 2: Overview of Therapies done from July 2015-June 2020.**

Department	No. of Therapies
Ayurveda	18461
Yoga & Naturopathy	28461
Unani	19249
Siddha	13138
<b>Grand Total</b>	<b>79309</b>

\*Sourced from NIC special clinic software.<sup>[5]</sup>



**Figure 5: Department wise therapies done (July 2015 - June 2020) Abbreviation: Y&N, Yoga & Naturopathy.**

### 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,<sup>[4,8,7]</sup> homoeopathic medicines & siddha therapies for diffuse hair loss, cervical spondylosis and frozen shoulder. The physicians working at the AWC continue to collaborate for patient benefit and publish this valuable data.

#### **Information, Education & Communication (IEC)**

AYUSH Wellness Clinic (AWC) is promoting AYUSH systems of medicine through sustained efforts at patient communication. At the AWC, IEC material is available at a designated area near the OPD registration counter and respective pharmacies. There is also an interactive touch screen kiosk in the OPD wing. AYUSH awareness workshops are conducted at the AWC premises on regular basis for the residents of President's Estate.

#### **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

#### **AYUSH awareness workshops conducted in the year 2017**

1. Diabetes: cause, treatment and prevention through Homoeopathy & Yoga
2. Pain management through Varmam Therapy in Siddha
3. Health benefits of Cupping Therapy: Unani
4. Preventing and treating Joint diseases through Ayurveda
5. Managing Lifestyle disorders with Naturopathy

#### **AYUSH awareness workshops conducted in the year 2019**

1. Role of Siddha system of medicine and Varmam therapy in Women Healthcare
2. Mental Health and Homoeopathy
3. Six essentials to maintain health in Unani system of medicine
4. Diabetes and its prevention through Ayurveda
5. Vaginal discharge and its management in Unani system of medicine

6. Allergic Rhinitis and its Homoeopathic Management
7. Management of PIVD through Yoga & Naturopathy
8. Medicinal use of common plants in Ayurveda

The residents attended the workshops in large numbers and benefitted from the health information given to them. The workshops feedback was taken in specially designed feedback form.

#### **New Initiatives in 2015**

##### **1. Herbal Garden**

WHO (World Health Organization) has evaluated that 80 percent of individuals worldwide depend on home grown medicinal herbs/plants for some part of their essential health care needs. As indicated by WHO around 21,000 plant species have the potential for being utilized as therapeutic plants. Keeping this fact in mind, an herbal garden was developed for the clinic with support of the Horticulture department, Rashrapati Bhavan. A large number of medicinal plants find place in this aesthetically designed and well maintained Herbal Garden including- Sadabahar (Catharanthus), China rose (Hibiscus rosa-sinensis), ashwagandha (Withania somnifera), Aloe vera (Aloe barbadensis), Shatavari (Asparagus racemosus), Mithi tulsi (Ocimum sanctum), Shayama tulsi (Ocimum tenuiflorum), Dhatura (Datura stramonium), Ajwain (Trachyspermum ammi), Peepal tree (Ficus religiosa), Hadjod (Cissus quadrangularis), Kacjnar (Bauhinia variegata), Patharchatta (Bryophyllum pinnatum), Pilkhan (Ficus virens), Lemongrass (Cymbopogon), Barh tree (Ficus benghalensis), Curry leaves plant (Murraya koenigii), Neem (Azadiracta indica), haldi (Curcuma longa), Safed musli (Chlorophytum borivilianum) and Pomegranate tree (Punica granatum).

##### **2. Interactive touch screen Kiosk**

An interactive touch screen kiosk was put in the OPD wing of AYUSH Wellness Clinic (AWC). This unique kiosk was designed to give complete information about the different AYUSH systems, their strength and treatment options available. The subject matter was provided by respective research councils and the technical support was provided by NIC.

##### **3. 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 developed 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 AYUSH Wellness Clinic (AWC) premises by the physicians

working at AWC, physiotherapists and First-AID experts from St. John's ambulance. So far 56 students have been benefitted from this programme in five batches.

### **New Initiatives in 2016**

#### **1. Village Outreach Services**

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.

#### **2. Festival of Innovation**

AYUSH Wellness Clinic participated in the Festival of Innovation at the President's Estate, held on 12<sup>th</sup> to 19<sup>th</sup> March 2016. Innovation at AWC showcased the following:

- Portable Shirodhara Stand that may be dismantled after use and carried in bag.
- Induction plates for heating oil for therapy. They are affordable, safe and less electricity consuming than hotplates/heaters.
- Portable steam generators for steam therapy. They are affordable, light-weight and less electricity consuming than conventional steam apparatus.
- Acrylic material moulds for basti therapy and modified swimming pool goggles for netra tarpan. These are easy to use, less time consuming and cost effective. They can be sterilized for multiple uses unlike traditional Urad Dal moulds.

### **New Initiatives in 2017**

#### **1. Addition of new therapies**

To cater to the needs of patients visiting AWC, new therapies were added to the existing services in Ayurveda wing, Yoga & Naturopathy wing and Unani wing. The therapies added are- Matravasti, Churna Pinda Sweda (Sarvanga), Churna Pinda Sweda (Ekanga), Udvartan, Lepana (Ekanga) in Ayurveda wing, deluxe Hip bath in Yoga & Naturopathy wing and Fire Cupping, Facial Cupping, and Cautery in Unani wing. The removal of warts, moles and external piles through cauterization is a simple and painless OPD procedure that does not require anesthesia or blood loss and are being well appreciated by the patients.

#### **2. Training of staff in First Aid and CPR**

The therapists and support staffs working at AWC were trained in First-AID and CPR during the year 2017. The course was conducted in the AWC premises by First-AID experts from St. John's Ambulance. Being a clinic cum therapy centre; this training was conceptualized at AWC to make the employees more safety aware, spot hazards and potential incidents before they occur. First-AID and CPR training proved

to be a great team building exercise. It has given employees, the confidence and ability to treat themselves, their family and patients effectively in an incident, injury or illness.

### **New Initiatives in 2018**

Health check-up and AYUSH Awareness drive was conducted among nearly 1100 students of PR Vidyalaya, President's Estate in session 2018-19 from classes Nursery to XII. The students were also advised about nutrition, healthy lifestyle to prevent diseases, benefits of exercise and personal hygiene.

### **New Initiatives in 2019**

Up gradation of AYUSH Wellness Clinic to a state of art with latest technology in therapies has been started in the year 2019 and to be completed by 2020. The aim is to expand and update therapy services to give maximum benefit to patients at the OPD level and also to show case as a state of art to the state guests visiting Rashtrapati Bhavan.

### **Future Prospective**

1. Furthering the scope of AYUSH awareness workshops by conducting group health talks for specific groups for better understanding of AYUSH systems like health talk on menstrual hygiene for pubertal girls, antenatal care for pregnant women and their attendants, managing exam stress for students etc.
2. Addition of counseling services for patients and their attendants with special focus on mental health.
3. Starting an AYUSH library facility at the premises which will include general books as well as journals on AYUSH system of medicine.
4. Continued focus on publication both individually and as a collaborative team effort by the physicians working at AWC.<sup>[4]</sup>

### **CONCLUSION**

The psychological stress coupled with over dependence on modern technology is known to be associated with various lifestyle diseases which affect our physical, mental and emotional health. At this crucial juncture, AYUSH systems of medicine play a vital role in the positive promotion of health, prevention of diseases and restoration of health. The medicines and therapies of AYUSH are safe, natural and cost effective. They can be used either alone or as complementary therapies to improve the quality of life. There is a significant inclination towards the AYUSH systems by the residents of President's Estate. In addition, AYUSH Wellness Clinic (AWC) is a successful model in bringing Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy under one roof which is being replicated in various government departments nationwide.

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