

High commission of India

Lusaka

AYUSH Information Cell

Information: - AYUSH Information cell has started functioning at the High Commission of India, Lusaka since October, 2022. Information related to AYUSH can be obtained in person during regular office hours by visiting the center. Information could also be sought by writing to us on email cul.lusaka@mea.gov.in.

AYUSH is a traditional & Non-conventional Systems of Health care and Healing Which Include (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy) Ayush systems are being practiced in the Indian subcontinent for thousands of years and are time tested for their efficacy and safety. In its endeavor to create awareness about the benefits of the systems, The Government of India has set up an AYUSH Information Cell at the premises of the High Commission of India Lusaka to provide authentic information on AYUSH systems of medicine. There is increasing trend of usage of traditional and complementary medicines to supplement existing allopathic healthcare. Today the world is facing a diverse spectrum of health problems which include intractable lifestyle diseases inflicting younger people and geriatric health conditions in old age. To deal effectively with the persistent and emerging health challenges, the potential of the traditional medicine systems like Ayurveda, Yoga and Homoeopathy for health promotion, prevention and holistic management of infectious and non-communicable diseases, can be a viable alternative.

AYURVEDA, a natural system of medicine, originated in India more than 3,000 years ago. The term Ayurveda is derived from the Sanskrit words ayur (life) and veda(science or knowledge). Thus, Ayurveda translates to Knowledge of life. It aims at the holistic management of health and diseases. Ayurvedic medicines act in accordance with the concepts of Tridosha (Vata,Pitta and kapha) to achieve the goal of perfect health, physical, mental and spiritual wellbeing.

YOGA facilitates an all-round development of human beings. Yoga brings about physical discipline, help in the regulation of breath, restraining the sense organs, and promote contemplation and meditation. These techniques play an important role in the prevention of diseases such as psychosomatic disorders and promote overall health. It has benefited people at large and continues to blossom with each passing day.

NATUROPATHY is the most ancient health care mechanism that amalgamates modern scientific with traditional and natural forms of medicine. Relying on the healing power of nature, Naturopathy stimulates the human body's ability to heal itself. It is the science of disease diagnosis, treatment, and cure using natural therapies including dietetics, fasting, exercise, lifestyle counseling, detoxification, and chelation clinical nutrition, hydrotherapy, naturopathic manipulation, spiritual healing environmental assessment, health promotion, and disease prevention.

UNANI or the science of health and health and healing is a system of medicine that has blended with India's tradition and made it one of the leading countries practicing this form of medicine. Unani medicine has a herbo-animo-mineral foundation. In addition to being an original science of medicine, the Unani is also a rich storehouse of philosophies and principles of medicine that holds value to the field of medicine and science in general.

SIDDHA is one of the oldest medicinal systems originated in India. The word 'Siddha' means 'achievement' or 'perfection'. The Siddha medicine system not just focuses on treating the disease but it also takes into account the patient behavior, environmental aspects, age, habits and physical condition.

SOWA-RIGPA is a system of medicine that is one of the oldest medical traditions across the world. The term Sowa-Rigpa means knowledge of healing. This system was reinforced in the Himalayan region and is popular in the Himalayan societies.

HOMOEOPATHY is a form of treatment that dates back to two centuries and continues to serve humanity to date. It is practiced almost everywhere across the globe and has gained a lot of popularity in India as well. It follows a holistic approach towards achieving the inner balance of an individual on mental, physical, emotional, and spiritual levels. Homoeopathy is a time-tested therapy and continues to spread its effectiveness around the world.

Contact details

1, Pandit Nehru Road, Longacres, PO Box-32111, Lusaka
00260-211-253160 Ext. (243)
Email. Cul.lusaka@mea.gov.in

Important links: -

❖ Ministry of AYUSH: <https://www.ayush.gov.in/>

- ❖ Central Council for research in Ayurvedic Sciences: <http://ccras.nic.in/>
- ❖ Central Council for research in Homoeopathy: <https://www.ccrhindia.nic.in/>
- ❖ Central Council for research in Unani Medicine: <https://ccrum.res.in/>
- ❖ Central Council for research in Yoga and Naturopathy: <http://www.ccryn.gov.in/>
- ❖ Central Council for research in Siddha: <http://siddhacouncil.com/home/>
- ❖ Morarji Desai National Institute of Yoga: <http://www.yogamdniy.nic.in/>
- ❖ National Institute of Ayurveda: <https://nia.nic.in/>
- ❖ National Institute of Homoeopathy: <http://www.nih.nic.in/>
- ❖ National Institute of Naturopathy: <https://ninpune.ayush.gov.in/>
- ❖ National Institute of Unani Medicine: <http://www.nium.in/>
- ❖ National Institute of Siddha: <https://nischennai.org/main/>