

AYUSH PROFILE FOR STATE PORTAL OF GOA GOVERNMENT

National AYUSH Mission - Goa

Introduction:

The State AYUSH Society Goa (SASG) was constituted on 16 June, 2015 to implement the National AYUSH Mission in the state. State AYUSH Society Goa under National AYUSH Mission is constituted with objective to promote AYUSH Health Care System and to provide cost effective AYUSH Services to community in the state Goa. There is no separate Directorate of AYUSH in the state of Goa.

The AYUSH Cell under the Directorate of Health Services was formed to ensure seamless implementation of the Centrally Sponsored Schemes under NAM in the state. The Deputy Director (AYUSH)/Nodal Officer (NAM) is the administrative head of the AYUSH Cell at the Directorate of Health Services.

Officers:

Dy. Director (AYUSH)/Nodal Officer (NAM):

Name: Dr. Minal Joshi

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State Programme Manager (NAM):

Dr. Dipali Naik



State Programme Management Unit (SPMU) STAFF

State Programme Management Unit (SPMU) Under National AYUSH Mission			
Sr. No	Name	Designation	Department
1	Dr. Aditi Budkuley	Consultant	AYUSH-Cell, DHS
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Act/ Rules/ Amendments/ Circulars/ Orders/ Official Gazettes

Sr. No.	Act/Rules/ Amendments/ Circulars/Orders/ Official Gazettes	Programme name	Hyperlink
1	THE GOA AYURVEDIC AND OTHER ALLIED INDIAN SYSTEMS OF MEDICINE COUNCIL ACT, 2019	-	https://www.goa.gov.in/wp-content/uploads/2020/03/The-Goa-State-Higher-Education-Council-Amendment-Act-2019.pdf
2	THE GOA INDIAN SYSTEM OF MEDICINE AND HOMOEOPATHY COUNCIL (AMENDMENT) BILL, 2019	-	https://www.goavidhansabha.gov.in/uploads/bills/1226_field_BN210F2019-AI.pdf

Advisory/Advertisements/Announcements/Bulletins

Sr. No	Advisory/Advertisements/Announcements/Bulletins	Released by	Hyperlink
1	National Clinical Management Protocol based on Ayurveda and Yoga for management of Covid-19	Ministry of AYUSH	file:///C:/Users/USER/Desktop/Official%20Gazette/Ayurveda%20&%20Yoga%20Protocol.PDF
2	Post COVID management protocol	Ministry of Health & Family Welfare	file:///C:/Users/USER/Desktop/Official%20Gazette/Post%20COVID%20Management%20protocol%20MOHFW.pdf
3	Ayurveda's immunity boosting measures for self-care during COVID 19 crisis	Ministry of AYUSH	file:///C:/Users/USER/Desktop/Official%20Gazette/Ayurveda's%20Immunity%20boosting%20measure%20during%20COVID%2019%20crisis%20MoA.pdf
4	Homoeopathy for Prevention of Corona virus Infections	Ministry of AYUSH	https://pib.gov.in/PressReleasePage.aspx?PRID=1600895
5	Advisory from Ministry of AYUSH for meeting the challenge arising out of spread of Corona Virus (COVID-19) in India	Ministry of AYUSH	https://www.ayush.gov.in/docs/125.pdf

 Departmental Schemes
Implementation of Centrally Sponsored Scheme of National AYUSH Mission

Components of the Mission:

- A. AYUSH SERVICES
- B. AYUSH Educational Institutions
- C. Quality Control of ASU &H Drugs
- D. Medicinal Plants
- E. AYUSH Health & Wellness Centres under AYUSHMAAN BHARAT

 Citizen charter

- A. AYUSH SERVICES:
 - a. Core/Essential Services
 - b. Flexi-pool Component

Core/Essential Services:

I. Co-location of AYUSH facilities at PHCs, CHCs and District Hospitals:

Under the co-location of AYUSH Dispensaries, AYUSH OPDs have been developed at all Health Centres (PHCs/CHCs/SDHs & DHs). Ayurvedic & Homoeopathic physicians are providing consultation, advice on diet & lifestyle, and medicines to availing patients. At present, there are 34 Ayurvedic OPDs & 14 Homoeopathic OPDs i.e. a total of 48 AYUSH OPDs in the state.

Also, the up-gradation of the AYUSH Dispensaries includes construction of new premises/renovation of existing setup, equipping with furniture, fixtures, ICT equipment, Panchakarma setup & development of herbal gardens.

Sr.No	Up-gradation Work Undertaken	Health Centre
1	AYUSH Dispensary/OPD	PHC Corlim
2	AYUSH Dispensary/OPD	PHC Cortalim
3	AYUSH Dispensary/OPD	PHC Colvale
4	AYUSH Dispensary/OPD	PHC Chinchinim
5	AYUSH Dispensary/OPD & Medicine store	PHC Dharbandora

Herbal Gardens development has been undertaken at:

- ASILO North Goa District Hospital, Mapusa
- PHC Sankhali
- PHC Loutolim
- CHC Canacona
- PHC Ponda

Panchakarma Procedures are being conducted at:

- PHC Aldona
- PHC Candolim
- PHC Corlim
- Hospicio, Margao
- PHC Cortalim
- PHC Navelim

Statistics:

Dispensary Distribution

Dispensary/OPD	PHCs	CHCs	UHCs	SDHs	DHs	Total	Total Patients (Apr'21-Mar'22)
Ayurvedic	24	6	1	2	2	35	72373
Homoeopathic	6	3	1	2	2	14	29218
Total	30	9	2	4	4	49	101591

II. Setting up of up to 50 bedded Integrated AYUSH Hospitals

1. 50 bedded AYUSH Integrated Hospital at Velguem, Bicholim, North Goa
2. 50 bedded AYUSH Integrated Hospital at Mont Hill, Margao, South Goa

Infrastructure for each AYUSH Integrated Hospital:

- 2 Male wards, 2 Female wards (with 10 rooms each)
- 10 private rooms
- Operation Theatre, Laboratories, Pharmacies
- Yoga, Naturopathy & Physiotherapy Halls
- Canteen & Kitchen
- Administrative Block & Duty Rooms

Facilities available at each AYUSH Integrated Hospital:

- AYUSH OPD: Ayurveda, Homoeopathy, Yoga, Naturopathy
- Panchakarma procedures: Vamana, Virechana, Raktamokshana, Nasya, Shirodhara, Abhyanga,
- Yoga & meditation, Naturopathy Treatments
- NCD screening camps – with medicine, diet & regimen advice
- Ksharasutra therapy, Regimental therapy: Dinacharya etc.

Human Resource for each AYUSH Integrated Hospital:

Medical Specialists on-call:

Anesthetist, Radiologist, Pathologist, Ophthalmologist, General Surgeon, Gynecologist

III. Supply of essential drugs to AYUSH Hospitals and Dispensaries

Procurement of AYUSH Medicines from standard pharmaceuticals having GMP certification is ensured. Ayurvedic & Homoeopathic Medicines are supplied to all AYUSH Dispensaries/OPDs by Medicines Store Depot (MSD), DHS through State Budget. Also Ayurvedic medicines have been procured from IMPCL from NAM Funds and supplied to all Health Centres. The medicines are provided to patients **free of cost** at the Government Dispensaries.

IV. Public Health Outreach activity

This component is aimed at providing grant-in-aid to State Government initiatives for the roll out of proven AYUSH interventions for improving health status of the population and also the identified National Campaigns by the Department of AYUSH, like Geriatric Campaign, Anti-anemia Campaign etc. through distribution of medicines, organizing Health awareness camps etc. Activities undertaken under this component are as under:

- a. Medical Camp
- b. Awareness Talks
- c. NCD Screening
- d. Peripheral OPD

V. Behaviour Change Communication (BCC)/Information Education and Communication (IEC)

The advocacy for incorporation of well-founded principles of disease prevention, promotion of health and specific intervention considering patient vis-a-vis environmental and dietary factors is promoted by way of IEC activities during various outreach programmes, camps etc.

Several programmes are regularly conducted all over the state in the form of Medical Health Camps, Awareness talks, Yoga Demonstrations etc. AYUSH way of life is popularized vide these activities so as to help in reducing the burden of Communicable & Non-communicable diseases, help in their management, to promote National Campaigns like Geriatric Campaign, Anti-Anaemia Campaign, Vector-Borne Disease Campaign to improve health of Children & Adolescent in School Health Programme and to provide the benefit of well-being & health to the public.

VI. School Health Programme

- a. Nutritional & Dietary Advice for proper growth & development
- b. Yoga Demonstration & practice for proper growth & development
- c. Management of Mal-nutrition, worm-infestation, anaemia in children
- d. Health Screening for early detection & management of disabilities or ailments
- e. Adolescent counseling, Sexual Health Education & management of problems
- f. Home Remedies & School nursery

Flexi-pool Component

1.2 Activities under Flexible Pool:-

I. AYUSH Wellness Centres including Yoga & Naturopathy:

Establishment of AYUSH Wellness Centres in cascading manner to popularize AYUSH way of life to reduce burden of non-communicable disease and to promote health & well-being in society. This includes yoga demonstrations & courses, Panchakarma Therapy facility which public can avail of.

II. Yoga Wellness Centre (Two):

These Centres will be established one in each district. They will have Yoga instructors to conduct yoga sessions for the public for general wellness as well as disease specific sessions for patients.

III. AYUSH Tribal Mobile Medical unit (One):

This unit will have a mobile van equipped with one AYUSH Medical Officer and one Pharmacist for providing consultation, advice and medicines in remote areas of tribal population with ease of accessibility.

IV. Innovations on Mainstreaming of AYUSH – Mental Health Care:

A unit to provide Mental Health Care to the availing public is set up under Innovations. This unit has an AYUSH Medical Officer, AYUSH Pharmacist, 2 Panchakarma Therapists (one male & one female). This unit may provide management or adjuvant therapy to patients requiring Mental Health Care on a case to case basis.

AYUSH Health & Wellness Centres:

The Ministry of AYUSH has taken up the task of upgrading 12,500 AYUSH Health & Wellness Centres (HWCs) under the AYUSHMAN Bharat Scheme, based on the objective to establish a holistic wellness model based on AYUSH principles & practices to empower the masses for 'self-care' to reduce the disease burden, treatment & disease management expenditure and to provide informed choice to the needy public.

The Ministry has approved 9 units of AYUSH HWCs for the state of Goa for the year 2020-21. They are as follows:

- RMD Thane
- RMD Keri
- RMD Mandrem
- RMD Diwar Islands
- RMD Chorao
- RMD Sancoale
- RMD Collem
- RMD Neturlim
- RMD Agonda

The aim of the AYUSH HWCs is to provide a wider range of services to the public and to improve the preventive & promotive aspect of Health Care.

- Preventive and promotive measures for Self-care through healthy lifestyle, food, Yoga and medicinal plants
- Management of common ailments under 12 service delivery framework
 - Care in Pregnancy and Child-birth
 - Neonatal and Infant Health Care Services

- Childhood and Adolescent Health Care Services
- Reproductive Health Care Services
- Management of Communicable Diseases: National Health Programmes
- General Out-patient Care for Acute, Simple and Minor Ailments
- Screening, Prevention, Control & Management of Non-communicable Diseases
- Care for Common Ophthalmic and ENT Problems
- Basic Oral Health Care
- Elderly and Palliative Health Care Services
- Emergency Medical Services including Burns and Trauma
- Screening and Basic Management of Mental Health Ailments

Statistics:

AYUSH HWC Report (May '20-Dec '21):

Performance Assessment Indicators	Number of OPD cases in the month	No. of people underwent PrakritiPrarikshan	No. of individual empanelled in AYUSH facility	Proportion of above 30yrs individuals screened for Hypertension (HT)	Proportion of above 30 years individuals screened for Diabetes	Proportion of patients of DM on AYUSH treatment	Proportion of patients of HTN on AYUSH treatment	People counselled for life style modification-	Distribution of Medicinal Plants to the household	Organizing/participating inter-sectoral meetings, involving public
May'21 to Mar'22	23066	3743	6109	7560	5318	4100	5650	1212	1100	113

Events & Activities:

IEC Activities:

- Important Days & Dates:

Important Days & Dates are commemorated and celebrated every year in the State by the AYUSH Cell. The activities are conducted at both State level as well as Periphery levels. They include camps, awareness talks, yoga demonstrations, and public interactions. Free advice, treatment and medicines are provided to the public. These activities help in creating an awareness regarding the AYUSH system among the masses. Some of the important occasions are as below:

- 1) World Homoeopathy Day (10th April)
- 2) International Day of Yoga (IDY) (21st June)
- 3) Poshan Maah (September – Nutrition Month)
- 4) Ayurveda Day (Dhanvantari Jayanti/Dhanteras)
- 5) Naturopathy Day (18th November)

Sr.No.	AYUSH Activities	Number
1	International Day of Yoga (IDY) Celebration	
	i. State Level Function	1
	ii. Taluka Level Functions	12
	iii. Periphery Level Functions	30
	iv. In Association with other organizations	30
2	World Homoeopathy Day: State Level + Periphery Level	38
3	Ayurveda Day: State Level + Periphery Level	35
4	Naturopathy Day	1
5	Swachchata Pakhwada	1
6	Health tonic & Consumables Distributions	
7	i. Poshan Pakhwada	35
8	ii. Development of Herbal Garden	4

- Medical Camps:

Every year several camps are conducted across the state. These have been conducted in different parts of the state including all 09 AYUSH HWCs, various sub centres in peripheral Health Centres, Secretariat Porvorim. These include about Mega Camps, Health Check-up Camps, Awareness Camps & NCD Camps and camps under AYUSAMVAD activities, Azadi Ka AmrutMahotsav.

- Awareness Talks:

- 1) Importance of Nutrition in Women & Child Health
- 2) Management of Lifestyle Diseases with AYUSH Medical Systems
- 3) Nutrition for Women & Child Health
- 4) Ante-Natal Care in Pregnancy: An Ayurvedic Perspective
- 5) Proper Diet & Hygiene for Health
- 6) Importance & Guidelines for Breast-feeding
- 7) Home Remedies in Common Ailments
- 8) Identification, Cultivation & Preservation of Local Plants
- 9) Importance of Basti Chikitsa for treatment
- 10) Role of Agni-Karma in Instant Pain Relief
- 11) Agni Karma Chikitsa in Joint Disorders
- 12) Geriatric Health Management
- 13) Prakriti Parikshan & Its importance in Ayurvedic Treatment

- Workshops:

- 1) Yoga For Women's Health: Panaji
- 2) Ante-Natal Care: Diet in Pregnancy
- 3) Women's Health through Diet & Yoga: Margao
- 4) Pharmaco-vigilance Workshop: G.A.M.&R.C., Shiroda

- Seminars & CMEs:

- 1) Healthy Living Through Yoga June '18
- 2) Homoeopathy Seminar Apr '19
- 3) Ayurveda Seminar Apr '19
- 4) National Seminar on Panchbhautik Chikitsa Oct '19
- 5) CME on 'Neuromuscular Disorders: Modern Methods of Diagnosis & Treatment' (Jan '20)
- 6) CME on 'An Ayurvedic Perspective on Diabetic Foot & Non- Healing Ulcers' (Feb '20)
- 7) CME on Management of Mild to Moderate Symptoms of COVID 19 an Ayurvedic Perspective (June '21)

- Trainings:

- 1) Training of Trainers: Cascading Training Programme for Orientation of AYUSH Physicians to the potential of AYUSH with respect to General Wellness & Preventive Health Care Including Prevention of Diabetes Mellitus: **1 training** for 30 physicians
- 2) Cascading Training Programme for Orientation of ANMs/MPHWs to the potential of AYUSH with respect to General Wellness & Preventive Health Care Including Prevention of Diabetes Mellitus: **14 trainings** for 420+ ANMs/MPHWs
- 3) Training Programmes for Health Educators, Extension Educators & IEC Supervisors regarding basic concepts of AYUSH way of life in Dec, '21 & Mar, '22.
- 4) Three-Days Training Programme in Yoga & Pranayama Module was conducted one in each district of the state for Health Services Staff in periphery in collaboration with Art of Living Goa Branch during Dec, '21.

- Extra Curricular Activities:

- 1) Surya Namaskar Mass Demonstration

- 2) DHS Premier League (Cricket Trophy)
- 3) Group Dance on AIDS Awareness
- 4) AROGYA Fair at Youth Hostel, Panaji (Nov 30th – Dec 2nd)
- 5) SCIFFI (Science Film Festival) at ESG Complex, Panaji (15th – 18th Jan, 2020)
- 6) YOGATHON Rallies at Panaji & Margao with 350+ participants each
- 7) Yoga-Asana Competition & Lecture at Ponda in association with Akhil Bharteeya Vidyarthi Parishad, Goa Branch
- 8) Poster Competition for Ayurveda Day Nov, '19
- 9) Traditional Nutritious Recipes Competition held for peripheral staff in each health centre
- 10) Yogasana Posture Photography competition held for Yoga From Home during COVID
- 11) Slogan Competition for Yoga Day Celebration during COVID pandemic