



NATIONAL AYUSH MISSION KERALAM

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AYUSH

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NATIONAL INSTITUTE OF TRAINING IN AYUSH

A CENTRE OF EXCELLENCE FOR
CAPACITY BUILDING AND LEADERSHIP



The National Institute of Training in AYUSH (NITIA) marks a significant milestone in strengthening the AYUSH sector in India. Established as a flagship initiative under the National AYUSH Mission (NAM) Keralam, NITIA is envisioned as a premier institution dedicated to advancing professional competencies, institutional capacity, and leadership in AYUSH systems of medicine.

A Vision Rooted in Excellence

NITIA has been conceived as an autonomous and self-sustaining institution under the administrative control of the Department of AYUSH, Government of Keralam. Anchored in the State's robust AYUSH ecosystem and public health infrastructure, the institute aims to evolve into a national and international hub for training, knowledge exchange, and innovation. Kerala's longstanding leadership in AYUSH - supported by a decentralized public health system, strong academic institutions, and successful programme implementation

provides a solid foundation for NITIA's growth. The State's best practices have been widely acknowledged by national and international delegations, further reinforcing its role as a model for integrative healthcare.

Addressing Emerging Training Needs

There is a growing demand across States and institutions for structured capacity-building programmes in specialised areas such as palliative care, maternal and child health, oncology, and public health interventions. NITIA is designed to meet this demand by offering well-structured, evidence-informed, and practice-oriented training programmes. The institute will serve as a dedicated platform to consolidate, standardise, and disseminate Keralam's expertise, making it accessible and relevant across India and beyond.

Vision

To provide effective and quality training in AYUSH systems and capacity building, contrib-



uting to the advancement of holistic and integrative healthcare systems across India and beyond.

Mission

To enhance the professional knowledge, technical skills, leadership capabilities, and managerial competence of AYUSH personnel through structured, evidence-informed, and high-impact training programmes.

Objectives

- To facilitate advanced learning and skill enhancement aligned with contemporary healthcare needs.
- To impart AYUSH training at State, National, and International levels.

Academic Programmes and Training Domains

NITIA will design and deliver structured, demand-responsive training programmes at national and international levels in the following

domains:

- Clinical Training and Advanced Skill Development
- Public Health and Health Systems Training
- Research Methodology and Capacity Building
- Academic and Educational Training
- Leadership, Management and Administrative Training
- Technology, Digital Health and Innovation
- Wellness, Preventive Health and Lifestyle Management

Scheduled Training Programmes - 2026

Short term course on

- Pachakarma
- Palliative care
- Eye care through Ayurveda
- Sports Ayurveda
- Clinical Management of Infertility through Homoeopathy
- Palliative care through Homoeopathy



Experiential Learning at Its Core

A defining feature of NITIA is its emphasis on hands-on training. Practical components will be delivered through reputed AYUSH specialty institutions and NABH-accredited hospitals across Kerala. Participants will gain exposure to specialised services such as Panchakarma, ophthalmic care, palliative care, and geriatric care, ensuring meaningful integration of theory and practice.

Strategic Location Advantage

Located in Thiruvananthapuram, the administrative capital of Kerala, NITIA benefits from excellent connectivity by air, rail, and road. The city's unique blend of cultural heritage, natural beauty, and healthcare infrastructure provides an ideal setting for advanced learning and international engagement.

Target Beneficiaries

NITIA's programmes are intended for AYUSH personnel across all levels, including faculty members, academic professionals, clinicians, and public health practitioners from both national and international backgrounds.

Transformative Outcomes

The institute is expected to significantly enhance AYUSH capacity-building efforts by developing a skilled, competent, and leadership-oriented workforce. It will also strengthen national and international collaboration while increasing the visibility of Kerala's AYUSH best practices.

Way Forward

The establishment of the National Institute of Training in AYUSH (NITIA) represents a strategic investment in the future of AYUSH human resources and institutional capacity. By leveraging Kerala's rich heritage, strong public health systems, and recognised best practices, NITIA is poised to become a dynamic platform for advanced training at State, National, and International levels.

As it moves forward, the institute stands as a milestone initiative - one that will redefine training programmes in AYUSH and contribute meaningfully to the advancement of integrative healthcare systems.

Soothikamithram

A Course Integrating Traditional Wisdom
with Scientific Maternal and Newborn Care

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In the quiet yet profound journey of motherhood, the moments before and after childbirth are among the most delicate and transformative phases of a woman's life. It is during this sacred transition that care must go beyond the clinical embracing warmth, empathy, tradition, and holistic healing. The SUPRAJA Project aims to provide comprehensive Ayurvedic healthcare to pregnant women, lactating mothers, and infants across Kerala. Soothikamithram is an initiative under this project.

The term *"Soothikamithram"* itself carries deep cultural resonance a trusted companion for the mother. Drawing from the timeless principles of Ayurveda, the programme reintroduces age-old practices that have nurtured generations, aligning them with contemporary healthcare needs. It recognizes that childbirth is not merely a medical event, but a holistic experience encompassing physical recovery, emotional balance, and

social support. The Soothikamithram course, envisioned under the National AYUSH Mission, emerges as a bridge between ancient wisdom and modern maternal care, creating a new generation of compassionate caregivers.

Background

With the growing demand for trained caregivers in the field of Ayurvedic postnatal care, the Government of Kerala introduced the Soothika Mithram Course as a structured training program. This initiative was implemented under the National AYUSH Mission in collaboration with the Directorate of Ayurveda Medical Education, following the signing of a Memorandum of Understanding (MoU) between the two bodies.

The program marks a significant step toward strengthening traditional Ayurvedic postpartum care services. The course is conducted with the support of the Vanitha Federation Kerala, aiming to empower women through



through skill development and employment opportunities. The first batch of the course began on 1st November 2025 at the Nellumood Vanitha Cooperative Society, where around 50 students enrolled. Out of them, 36 students successfully completed the training and were awarded certificates on 10th March 2026.

This initiative reflects the government’s commitment to promoting Ayurvedic healthcare practices while addressing the increasing need for skilled postnatal caregivers in society.

Objectives of the Programme

The Soothikamithram course is designed with the following objectives:

- To impart structured knowledge on antenatal and postnatal care based on both Ayurveda and modern health principles
- To promote safe motherhood and optimal newborn care practices

- To reduce maternal and infant morbidity through early identification and referral of risk conditions
- To enhance awareness of nutrition, hygiene, and preventive healthcare
- To create a skilled workforce, particularly among women, for community-level health support

Curriculum and Training Methodology

Women aged between 20 and 45 years, with a minimum qualification of 10th standard, are eligible to enroll in the course. The duration of the program is three months, including two months of theoretical training and one month of practical sessions.

The course adopts a comprehensive training approach combining theoretical instruction with supervised clinical exposure. The curriculum typically includes:

Postnatal Care: Physiological recovery, uterine involution, and maternal wellbeing



Newborn Care: Thermal protection, breast-feeding support, and early neonatal care

Ayurvedic Practices: Diet (pathya), lifestyle (vihara), and traditional therapies supporting recovery

Public Health Principles: Hygiene, sanitation, and infection prevention

Risk Identification: Recognition of danger signs and appropriate referral mechanisms

Practical training is conducted in recognized healthcare institutions, enabling trainees to apply theoretical knowledge in real-life clinical and caregiving settings under professional supervision.

Role and Responsibilities of a Soothikamithram Caregiver

Upon completion of the course, trained caregivers function as an essential support system within the community. Their responsibilities include:

- Assisting mothers during pregnancy and postnatal recovery

- Supporting breastfeeding and essential newborn care practices
- Providing guidance on nutrition, hygiene, and traditional health practices
- Observing and identifying early signs of complications in mother and child
- Facilitating timely referral to healthcare institutions when necessary
- This role is both functional and supportive, combining technical knowledge with empathetic engagement.

Community Impact and Public Health Significance

From a public health perspective, the Soothikamithram programme contributes to:

- Improved maternal and neonatal health indicators
- Increased awareness and adoption of safe health practices
- Strengthening of community-based healthcare delivery systems
- Reduction in preventable complications through early intervention



Additionally, by extending care into households, the programme ensures continuity of care, which is a key determinant of positive health outcomes.

Empowerment Through Knowledge

One of the most powerful dimensions of the programme is its role in women's empowerment. By equipping participants with specialized skills, the course opens pathways to meaningful employment and self-reliance. It transforms caregivers into professionals, capable of contributing to both family and society with dignity and confidence.

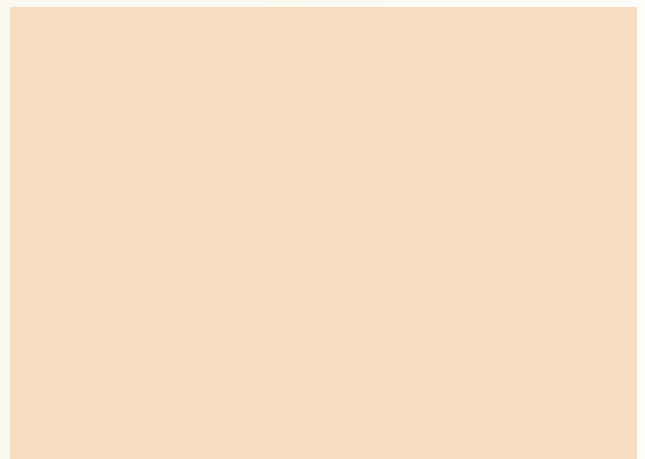
Strengthening Community Health

At a broader level, the Soothikamithram initiative strengthens the foundation of public health. By extending care into homes and communities, it ensures that maternal and newborn health is not confined to hospitals alone.

It creates a network of trained individuals who act as a vital link between families and the healthcare system.

A Harmonious Blend of Past and Present

In an era dominated by rapid medical advancements, the Soothikamithram programme stands as a reminder that progress does not mean abandoning tradition. Instead, it demonstrates how ancient knowledge can coexist with modern science to create a more compassionate and comprehensive model of care.



YOGA FOR NAFLD

A Holistic Approach to Managing Fatty Liver Disease

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Non-alcoholic fatty liver disease (NAFLD) is a rising global health concern linked with sedentary lifestyle, obesity, insulin resistance, and metabolic syndrome. It encompasses a spectrum of liver conditions, from simple hepatic steatosis to non-alcoholic steatohepatitis (NASH), fibrosis, and cirrhosis. While lifestyle modification through diet and exercise remains the cornerstone of NAFLD management, Yoga, an ancient Indian holistic practice, has gained attention for its multidimensional benefits on physical and mental health. This article explores the evidence-based role of Yoga in the prevention and management of NAFLD.

NAFLD affects approximately 25% of the global population and is closely associated with type 2 diabetes mellitus, dyslipidemia, and obesity. The pathogenesis of NAFLD involves insulin resistance, oxidative stress, mitochondrial dysfunction, and inflammatory cytokines. Currently, there is no approved pharmacological

treatment for NAFLD, making lifestyle interventions essential.

Yoga, as a mind-body practice, integrates physical postures (asanas), breathing techniques (pranayama), and meditation (dhyana). It has been shown to positively influence metabolic parameters, stress levels, liver enzymes, and fat metabolism, making it a potentially effective tool in managing NAFLD.

Mechanisms by which Yoga benefits NAFLD

- **Improves Insulin Sensitivity**

Insulin resistance is a key driver of NAFLD. Yoga improves glucose metabolism and insulin sensitivity through regular muscle activity and reduced cortisol levels. Asanas like Trikonasana and Dhanurasana stimulate the pancreas and liver, enhancing insulin regulation.

- **Reduces Abdominal Fat and BMI**

Studies have shown that abdominal obesity contributes significantly to liver fat accumulation.



Yoga practices, especially dynamic flows and core-strengthening asanas, help reduce visceral fat. Regular practice also encourages dietary discipline and better lifestyle choices.

- **Regulates Lipid Profile**

Pranayama and asanas have demonstrated improvements in serum triglycerides, LDL, and total cholesterol levels - parameters that directly impact liver health. Improved lipid metabolism contributes to reduced hepatic fat storage.

- **Alleviates Oxidative Stress**

Oxidative stress plays a role in disease progression from steatosis to NASH. Pranayama and meditation enhance antioxidant enzyme activity and reduce free radicals, thus protecting hepatocytes.

- **Balances the Autonomic Nervous System**

Yoga modulates the autonomic nervous system by increasing parasympathetic activity.

This reduces systemic inflammation, improves digestion, and enhances liver detoxification processes.

Yoga Practices Beneficial for NAFLD

1. Asanas (Postures)

These improve blood circulation to the liver and abdominal organs, promoting detoxification and metabolism:

- **Bhujangasana (Cobra Pose)**

Stimulates abdominal organs and strengthens the lower back.





- ***Dhanurasana (Bow Pose)***

Massages the liver and pancreas, improving digestion.



- ***Trikonasana (Triangle Pose)***

Stimulates abdominal organs, improves balance and posture.



- ***Paschimottanasana (Seated Forward Bend)***

Tones abdominal organs and calms the nervous system.



- ***Pavanamuktasana (Wind-Relieving Pose)***

Enhances digestion and relieves bloating.





2. Pranayama (Breath Control)

- **Kapalbhati (Skull-shining breath)**

Increases oxygen supply, burns visceral fat, and detoxifies.

- **Anulom Vilom (Alternate nostril breathing)**

Reduces anxiety, balances sympathetic and parasympathetic activity.

- **Bhastrika (Bellows breath)**

Energizes the body, boosts circulation and oxygenation.

3. Meditation (Dhyana)

Mindfulness and guided meditation reduce mental stress, a known contributor to unhealthy eating behaviors and metabolic disorders.

4. Shatkriyas (Yogic Cleansing)

Practices like Kunjal Kriya (voluntary regurgitation) and Laghu Shankha Prakshalana help detoxify the gastrointestinal tract and may support liver function.

Scientific Evidence Supporting Yoga for NAFLD

Several studies have demonstrated the benefits of yoga for liver health:

- A randomized trial on NAFLD patients practicing yoga was conducted for 12 weeks. Participants showed significant improvements in liver enzymes (ALT, AST), BMI, and quality of life scores.
- Another study showed that yoga intervention over 3 months led to significant reduction in intrahepatic triglyceride levels measured by proton magnetic resonance spectroscopy.
- It was observed that a comprehensive yoga program in overweight adults led to reduced liver fat and improved insulin sensitivity, even without significant weight loss.
- Pranayama practices improved oxidative stress markers and inflammatory cytokines in metabolic syndrome patients.



These findings reinforce the hypothesis that yoga not only aids in symptomatic relief but also targets the root metabolic disturbances in NAFLD.

Integrating Yoga with Conventional Management

Yoga should be considered an adjunct, not a replacement, to conventional lifestyle recommendations for NAFLD:

- Combine yoga with a low-glycemic, high-fiber diet rich in antioxidants.
- Ensure daily physical activity beyond yoga, including brisk walking or light cardio.
- Monitor liver enzymes, lipid profile, and blood glucose regularly.
- Address mental health aspects like stress, anxiety, and sleep quality through meditation and yoga nidra.

Precautions and Recommendations

- Yoga for NAFLD should be initiated under the guidance of a certified instructor, especially for beginners or those with advanced liver disease.
- Avoid strenuous poses in cirrhotic patients or those with portal hypertension.
- Focus on gentle, restorative yoga in cases of severe fatigue or coexisting conditions.

Conclusion

Yoga presents a promising holistic intervention for managing NAFLD, addressing not only physical aspects like insulin resistance and fat metabolism but also psychosomatic contributors such as stress and poor lifestyle habits. As evidence continues to mount, integrating yoga into preventive and therapeutic strategies for NAFLD can enhance patient outcomes and overall well-being.

The Impact of AYUSH on Contemporary Health Issues



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In the twenty-first century, human health has come under unprecedented stress. Rapid urbanization, sedentary lifestyles, processed food consumption, pollution, and mental strain have led to an alarming rise in contemporary health issues. There is a growing global recognition that healthcare must include prevention, emotional wellness, lifestyle correction, and natural healing. This shift has renewed interest in India's traditional systems of medicine under the collective framework of AYUSH - Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy.

AYUSH is a people-centred approach that aligns with modern needs. Its emphasis on preventive care, individualized treatment, and harmony with nature makes it uniquely relevant in addressing today's disease burden - ranging from non-communicable diseases (NCDs) to mental health issues and lifestyle disorders.

AYUSH: A Convergence of mental and physical Healthcare

India has a rich healing heritage that views health as a dynamic equilibrium of physical, mental, and spiritual dimensions. These foundational concepts guide AYUSH practices today. Recognizing the need to preserve and integrate this heritage, the Government of India established the Ministry of AYUSH in 2014. Its vision is to strengthen education, research, and infrastructure in all AYUSH systems and mainstream them into national health strategies. National AYUSH Mission (NAM) have significantly expanded AYUSH services across the country by establishing AYUSH wings in Primary Health Centres, upgrading hospitals, and expanding accessibility to the common man. The Department of Ayush has launched innovative projects such as " Seethalayam, Janani, Sadgamaya, Punarjani, Chethana, RAECH, Dristhi, Pratheeksha, Snehadhara, Prana-shakthi, Magalir Jyothi, and Yoga wellness



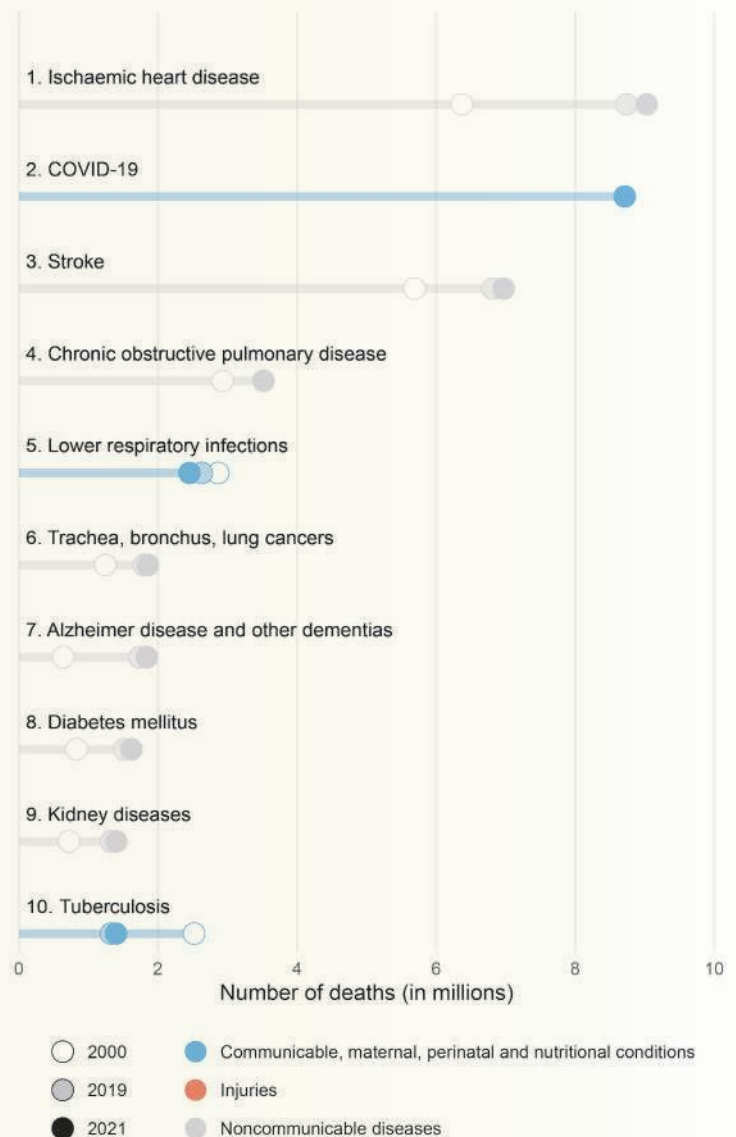
centre which demonstrate how AYUSH can effectively address gender-specific, developmental, and community health challenges.

**Modern Health Issues:
A Growing Global Concern**

The world today faces a silent epidemic of non-communicable diseases. According to the World Health Organization, conditions such as stroke, diabetes, hypertension, asthma, cancer, chronic stress, and depression contribute to more than 70% of global deaths. These diseases are deeply rooted in lifestyle patterns - poor diet, inactivity, lack of sleep, emotional distress, and environmental exposure.

Leading causes of death in 2021 globally

At a global level, 7 of the 10 leading causes of deaths in 2021 were non-communicable diseases, accounting for 38% of all deaths, or 68% of the top 10 causes.





India mirrors this global crisis. NCDs account for more than 60% of deaths. Even young adults experience lifestyle disorders like PCOS, obesity, back pain, anxiety, and insomnia. AYUSH systems which emphasize prevention, natural therapy, and individualized treatment, complement modern medicine by focusing on the root causes of disease rather than merely managing symptoms.

AYUSH: A Holistic Approach to Health and Healing

AYUSH systems view health as a harmonious balance between bodily energies, mind, lifestyle, and environment.

Ayurveda

Aims at correcting imbalances in the three doshas - Vata, Pitta, and Kapha. Tools like herbal medicines, Panchakarma detoxification, dietary regulation, and daily routines promote longevity and disease prevention.

Yoga and Naturopathy

Focus on physical strength, mental clarity, breath regulation, and natural healing. Yoga reduces stress, improves sleep, and enhances immunity, making it especially relevant today.

Unani and Siddha

Adopt temperament-based approaches to correct imbalances using herbal, mineral, and diet-based interventions. These systems offer effective management for chronic metabolic disorders.

Homoeopathy

Emphasizes individualized, gentle treatment based on the principle of “like cures like.” It is effective for chronic diseases, allergies, hormonal imbalances, and psychosomatic conditions.

AYUSH Role in the COVID-19 Pandemic

The COVID-19 crisis tested the world’s health-care resilience. AYUSH played a key role by



offering immunity-building measures, stress management tools, and preventive interventions. Herbal formulations like Ayush Kwath, Chyavanprash, and steam inhalation were widely adopted. Homoeopathic medicine Arsenicum Album 30 was distributed in several states as an immune-supportive remedy.

While scientific validation continues, millions experienced psychological comfort, reduced stress, and strengthened immunity through accessible AYUSH practices. The pandemic highlighted AYUSH's relevance in public health emergencies, especially in promoting preventive care.

AYUSH in Public Health: Projects and Programmes

AYUSH is deeply rooted in community well-being. Its low cost, safety, and accessibility make it the first choice for many families, especially in rural and semi-urban regions.

Kerala's model, in particular, showcases how AYUSH can be integrated into public health through specialized programs:

- ***RAECH (Rapid Action Epidemic Control Cell-Homoeopathy):***

A preventive and curative homoeopathic initiative targeting contagious diseases and supporting outbreak control.

- ***Seethalayam***

A gender-based program focusing on women's mental, physical, and social health needs through homoeopathy.

- ***Janani***

A specialized program offering homoeopathy-based infertility treatment and reproductive wellness. It expands the awareness of homoeopathy's potential in managing infertility.

- ***Sadgamaya***

Concentrates on adolescent health by addressing the increasing prevalence of behavioural disorder, learning disorders and



other challenges through counselling and holistic interventions with the aid of homoeopathy.

- **Pratheeksha**

A project aimed at addressing the psychological issues faced by children with intellectual disabilities. Creating awareness among parents and teachers about the effectiveness of Ayurveda treatment.

- **Punarjani**

An anti-drug initiative offering counselling and AYUSH therapies to support de-addiction and rehabilitation.

- **Chethana**

Provides compassionate pain and palliative care services, especially for chronic and terminally ill patients with the aid of homoeopathic system of medicine

- **Snehadhara**

It's an exclusive Ayurveda palliative care centre aimed at providing solace and improving the quality of life for bedridden patients.

- **Pranashakthi**

Project initiated by NAM and ISM, is an innovative endeavour aimed at managing Motor Neuron Disease (MND) and other neurodegenerative disease. The project adopts a comprehensive approach that combines Ayurveda treatment with physiotherapy, Yoga and psychiatric care.

- **Magalir Jyothi**

The objective of the project is to identify and raise awareness about female anaemia and various gynaecological problems among females aged 10-50 years.

- **AYUSH Holistic Centre**

Promotes lifestyle modification, immunity building, stress reduction, and disease prevention through integrated AYUSH therapies. These initiatives demonstrate how AYUSH strengthens community participation, reduces hospital burden, and supports preventive health literacy.



- **Drishti**

Prevent the preventable blindness through ayurvedic treatment and outreach program like school health programs (mizhi), early detection of disease like diabetic retinopathy and glaucoma.

- **Ayushman**

The project Aim to eradicate and resist these life style diseases- through Homoeopathic medicine link with naturopathy and yoga to form a new mode of treatment termed as “Ayushman Bhava”. In order to provide a healthy mind and body for a prosperous life Homoeopathy department successfully implemented the project named “Ayushman Bhava”.

Services offered:

- Homoeopathic Treatment along with Yoga and Naturopathy
- General yoga treatment
- Life style diseases counselling
- Diet-Nutrition consultation
- Stress management
- Medical camp
- I P Facility

AYUSH has emerged as an important power in addressing contemporary health issues. By integrating ancient principles with modern scientific approaches, it provides a holistic, preventive, and sustainable healthcare model. Homoeopathy, alongside Ayurveda, Yoga, Unani, Siddha, and Naturopathy, plays an essential role in managing chronic diseases, promoting emotional well-being, and reducing healthcare costs.

Programs such as Ayushman bhava, RAECH, Seethalayam, Janani, Sadgamaya, Punarjani, Chethana etc demonstrate the transformative impact of AYUSH at the community level. As the world confronts rising lifestyle diseases, stress, and environmental health risks, AYUSH offers a pathway toward balance, resilience, and harmonious living.

With ongoing research, public education, and integrative policies, AYUSH is polished to shape a healthier and more sustainable future—one where traditional wisdom and modern science work together for the well-being of all.

Empowering AYUSH Learning

Anytime, Anywhere

National AYUSH Mission Kerala - Learning Management System (LMS) introduces a suite of Massive Open Online Courses (MOOCs) designed for AYUSH professionals and the general public.



Our courses at a glance

1. Introduction to Dietetics & Yoga for improving Gut Health
2. Certificate course on Palliative care (English)
3. Certificate course on Palliative care (Hindi)
4. Certificate course on Ayurvedic Maternal Care
5. Certificate course on Infertility Management through Ayurveda
6. Certificate course on Introduction to Ayurvedic Psychiatry
7. Certificate course on Introduction to Eye care through Ayurveda

Successful Participants will receive a government- approved **Certificate of Completion** upon completion of the course.

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and enrollment



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Morning Stiffness
Fatigue



These may be signs of Arthritis



For Accurate Diagnosis and Expert Treatment, services available at the Joint Disease Clinics in Government Ayurveda & Homoeopathy Hospitals under the AYUSH Department, Keralam.

NPPMOMD

**Specialized AYUSH Treatment Program for
Arthritis and Bone Disorders.**

Towards a pain-free tomorrow