



NATIONAL AYUSH MISSION KERALA

സ്വസ്ഥ്യ  
**SWASTHYA**  
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1



**AYUSH**

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# LISTEN TO YOUR GUT

## DR. NASNEEM SALIM (BHMS)

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Pandikkad, Malappuram



As practitioners of Homoeopathy, we understand that the body operates as an interconnected system, where the health of one part can significantly influence another. One such fascinating relationship exists between the gut and the skin. In recent years, research has shed light on the intricate connection between these two seemingly distinct organs, revealing how imbalances in the gut can manifest as skin conditions and vice versa. In this article, we delve into this dynamic relationship, exploring the latest findings and how they inform our approach to holistic healing.

### **The Gut-Skin Axis: Understanding the Connection**

The gut-skin axis refers to the bidirectional communication system between the gastrointestinal tract and the skin. This communication occurs through various pathways, including the immune system, the nervous system,

and the endocrine system. The balance of microorganisms in the gut, known as the gut microbiota, plays a crucial role in maintaining this connection.

Research has shown that alterations in the gut microbiota composition, known as dysbiosis, can have profound effects on skin health. For example, imbalances in gut bacteria have been linked to inflammatory skin conditions such as acne, eczema, and psoriasis. Conversely, skin disorders can also disrupt the gut microbiota, leading to gastrointestinal symptoms such as bloating, constipation, and diarrhea.

### **Recent Studies: Unraveling the Complexities**

Recent studies have provided compelling insights into the mechanisms underlying the gut-skin axis and its impact on health. One study published in the Journal of Investigative



Dermatology found that individuals with acne have a distinct composition of gut bacteria compared to those with clear skin. Specifically, they observed an overgrowth of certain strains of bacteria associated with acne pathogenesis.

Furthermore, research has highlighted the role of inflammation in mediating the relationship between the gut and the skin. Chronic inflammation in the gut can trigger systemic inflammation, leading to skin inflammation and the development of skin disorders. This inflammatory cascade involves various immune cells and signaling molecules that communicate between the gut and the skin.

Moreover, the influence of diet on the gut-skin axis has been a subject of significant interest. A study published in *Nutrients* demonstrated that dietary

factors, such as high-glycemic index foods and dairy products, can exacerbate acne by promoting inflammation and altering the gut microbiota composition. Conversely, adopting a diet rich in fruits, vegetables, and probiotic-rich foods can support gut health and improve skin conditions.

### **Implications for Homoeopathic Treatment**

In homoeopathy, we recognize the importance of addressing the underlying causes of illness rather than merely treating symptoms. When it comes to gut and skin health, this principle holds true. By understanding the interplay between the gut and the skin, we can develop tailored treatment strategies that promote holistic healing.

Homoeopathic remedies aimed at restoring balance to the gut microbiota can play a vital role in addressing skin disorders. Remedies such as



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Sulphur, Graphites, and Psorinum, among others, are commonly prescribed based on individual symptoms and constitutional characteristics. These remedies work to harmonize the body's internal environment, addressing both gut and skin symptoms simultaneously.

Additionally, dietary and lifestyle modifications are integral components of Homoeopathic treatment. Recommendations may include adopting a balanced diet rich in fiber and nutrients, reducing stress through relaxation techniques, and incorporating probiotic supplements to support gut health.

Furthermore, Homoeopathy offers a holistic approach to skincare, focusing on gentle, non-toxic remedies that promote the body's innate healing abilities. Topical preparations containing natural ingredients such as Calendula, Arnica, and Rhus tox can soothe inflammation, relieve itching, and promote skin regeneration without harsh chemicals or side effects.

As a Homoeopathic physician, I advocate for a holistic approach to gut

health that emphasizes balance and harmony within the body. The gut, often referred to as the "second brain", plays a crucial role in our overall well-being, affecting everything from digestion to mood. Here are some tips to maintain optimal gut health.

**Balanced Diet:** Eat a diet rich in whole foods, including fruits, vegetables, lean proteins, and whole grains. Avoid processed foods, excess sugar, and artificial additives, as they can disrupt the natural balance of gut bacteria.

**Hydration:** Drink plenty of water throughout the day to support digestion and maintain proper bowel function. Herbal teas and coconut water are also beneficial for gut health.

**Probiotics:** Incorporate probiotic-rich foods such as yogurt, kefir, sauerkraut, and kimchi into your diet to promote the growth of beneficial bacteria in the gut.

**Prebiotics:** Consume prebiotic foods like garlic, onions, bananas, and asparagus to nourish the existing good bacteria in your gut and promote their growth.

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**Stress Management:** Chronic stress can negatively impact gut health by disrupting the balance of gut bacteria. Practice stress-reducing techniques such as meditation, deep breathing exercises, and yoga to support a healthy gut-brain connection.

**Homoeopathic Remedies:** Homoeopathy offers gentle yet effective remedies to address digestive issues and restore balance to the gut. Consult with a qualified Homoeopathic physician to find the most suitable remedy for your individual symptoms and constitution.

**Regular Exercise:** Engage in regular physical activity to promote healthy digestion and maintain overall well-being. Aim for a combination of cardiovascular exercise, strength training, and flexibility exercises for optimal results.

**Adequate Sleep:** Prioritize getting enough quality sleep each night, as sleep deprivation can negatively impact gut health and overall immunity.

By incorporating these holistic practices into your daily routine, you can

support optimal gut health and promote overall well-being from the inside out. Remember, small changes can make a big difference in the long run.

### **Nurturing Harmony Within**

In conclusion, the relationship between the gut and the skin is a complex and multifaceted one, with far-reaching implications for health and well-being. As Homoeopathic physicians, it is our duty to recognize and honor this connection, integrating it into our approach to patient care.

By addressing imbalances in the gut microbiota, reducing inflammation, and supporting overall health through Homoeopathic treatment and lifestyle interventions, we can empower our patients to achieve radiant skin and vibrant health from the inside out. Let us continue to explore the depths of this fascinating interplay and strive to nurture harmony within the body for optimal healing and vitality.



# Acne and Acne scars

In the eyes of a Homoeopathic expert

## DR. AMRUTHA MANOHARAN

B.H.M.S, M.D (Hom.), Diploma in YOGA  
Diploma in Naturopathy, PGDPHM



Acne vulgaris is a common chronic skin disease mainly caused by blockage and/or inflammation of the pilosebaceous unit. Acne can present as non-inflammatory lesions, inflammatory lesions, or a mixture of both. Homoeopathy has a wide range of medicines that have excellent action on acne.

Prevalence of acne, in different countries and among different age groups varies, with an estimated range from 35% to nearly 100% of adolescents having acne at some point.

There are multiple factors involved including the environmental and genetic factors.

### Types of Acne

**Non-inflammatory Acne:** Non-inflammatory acne is characterised by blackheads and whiteheads. Normally,

these do not cause swelling.

**Inflammatory Acne:** Inflammatory acne refers to pimples that are red and swollen.

### General Management

- Cleaning the face daily with good quality face wash and water
- Controlled usage of cosmetic products
- Drinking more water, eating more fresh vegetables
- Minimize stress
- Avoid eating more oily food
- Adequate hours of good sleep

### Medicinal Management

**1. Calcaria Sulphuricum:** Acne can be big, inflammatory, red, and painful, and it can leave scars.

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**2.Sulphur:** People who are unclean, prone to skin ailments, and dislike being cleansed. Pustules, pimply eruption Dry, scaly, and unhealthy skin, itching, and burning; worse scratching and washing; and skin affection after local medicine.

**3.Natrum Muriaticum:** Hormonal disturbances such as PCOD or menstrual irregularities associated with or leading to acne. The face may be oily, a bit hairy, hypertrophied acne, ugly scars, in young girls and boys, may benefit from this medicine.

**4.Kali Brom:** Indicated in

- Scars that remain after the acne heals up.
- Suitable to obese, younger person.

**5.Berberis Aquifolium:**

Indicated in

- In acne, blotches, pimples in girls and boys.
- Its mother tincture can be applied externally to clear the scar mark of acne.
- Pimply, dry, rough, scaly
- Eruption on scalp extending to face and neck.
- Blotches and pimples
- Clears the complexion

**6.Calcarea Phos:**

Indicated in

- younger age groups of boys and girls who are physically slender and skinny.
- In adolescent girls who are anaemic

and frequently complain of headaches and gas problems

**7.Antimonium Crudum:**

Indicated in

- Pimples, pustules, and boils on face.
- Yellow crusted eruption on cheeks and chin
- Pimples on the upper lip.

**8.Croton tiglium:**

Indicated in

- Inflammation of the face and of the nose
- Swelling of the face
- Eruption of pimples.
- Pustular eruption, especially on face and genitals, with fearful itching, followed by painful burning.

**9.Eugenia jambos:**

Indicated in

- Acne, simple and indurated.
- The pimples are painful.

**10.Indium metallicum:**

Indicated in

- Painful suppurating pimples.
- Corners of mouth cracked and sore.

**11.Juglans regia:**

Indicated in

- Comedones and acne of the face.
- Crusta lactea, with soreness around ears. Itching and eruptions of small red pustules.
- Scalp red, and itches violently at night.



# Is Psoriasis a Curable Disease?

**DR. ANKUR KUMAR TANWAR**  
M.D. Ayurveda, pursuing PhD



The largest organ in the human body is the skin. It is a seat of touch sensation and is very important to a person's physical, emotional, and social wellbeing. It serves as a strong barrier to prevent illnesses from entering the body, and damage to it causes diseases to manifest.

The most well-known papulosquamous illness, psoriasis, is a chronic inflammatory non-infectious skin disease with a tendency to affect the scalp and extensor surfaces specially. It is characterized by well-defined erythematous plaques coated in silvery scale. Autoimmune and genetic factors are thought to have a role in manifestation of disease psoriasis.

Researchers suggest that modern lifestyles with their unhealthy eating habits and behaviours may be significant factors behind psoriasis.

In India, psoriasis prevalence ranges from 0.4% to 2.8%. This indicates that psoriasis may affect one to three Indians out of every 100.

In Ayurveda, all skin conditions are categorized under the general term "Kushtha," which are separated further into Kshudra Kushtha and Maha Kushtha. Classical Ayurveda views each kind of Kushtha as a manifestation of Tridoshaja. Based on Dosha's supremacy in the Samprapti (pathogenesis), their Doshika identity may be determined.

Ayurvedic scriptures include no clear reference to a single ailment that can be compared to the disease "Psoriasis". Many entities, including "Kitibha," "Charmadala," and "Ekakushtha," are compared to it. There is no scaling associated with "Kitibha", but there are noticeable symptoms such as Khara



rough in touch and blackish complexion. In contrast, the key symptoms of "Charmadala" are scaling together with pain and cracks. The signs and symptoms of Ekakushtha are similar to those of Psoriasis and include no sweating, hardness, and scaling like fish.

### **Causative Factors Of The Disease**

Every disease occurred due to presence of some etiological factors which helps in manifestation of the disease.

These etiological factors broadly categorised into 4 types:

#### **1. Dietary factors**

- Excessive intake of sour, salty and pungent food articles.
- Excessive intake of heavy, unctuous food articles

- Excessive intake of milk and its derivative
- Irregular food patterns, and faulty dietary practices.
- Intake of Viruddhahara like fish with milk, milk with salt etc.

#### **2. Lifestyle factors:**

- Sudden intake of cold water, or diving into cold water.
- Intake of cold water after coming from sunlight and after exhaustion
- Exercise after heavy food intake
- Sunbath after heavy food intake
- Suppression of natural urges like sleep, micturition etc.
- Diwaswapana (daytime sleep) after food intake except summer seasons.
- Excessive indulgence in sexual activity specially after heavy





meals leading to indigestion.

### **3. Psychological factors:**

- Stress
- Excessive anger

### **4. Heredity factors:**

**5. Genetic factors:** ancient scholars included Kushta under Aadibal-apravritta Vyadhi which means disease occurred due to genetic defects.

### **Signs and symptoms**

Acharya described below mentioned sign and symptoms of disease Ekakushta

**1.Aswedanam:** It means no sweating in the skin. This condition occurs due to vitiation of Swedavaha Srotas (channels of sweat glands). This condition further leads to dryness of

skin and cracks in skin.

**2.Mahavastu:** Mahavastu means Mahasthanam i.e. the area of involvement of the lesion is vast & deeply rooted. It also represents the hard lesion of the disease.

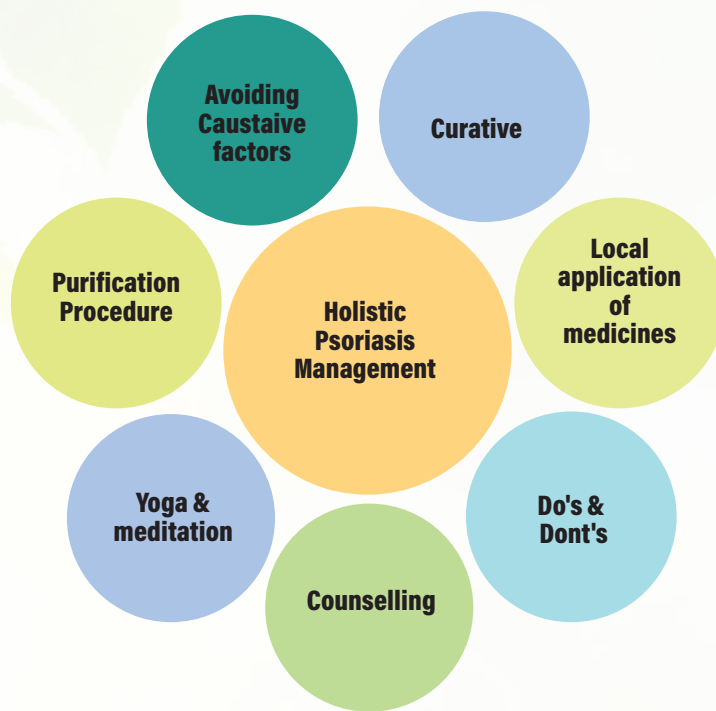
**3.Matshyashakalopomam:** Scaling like fishes. The excessive dryness of skin leads to scaling. This condition showed the excessiveness of Vata dryness and roughness Guna in dominance.

**4. Blackish and reddish discoloration of skin.**

**5.The patients also reported itchiness in this condition**

### **Holistic Management of Psoriasis (Ekakushta)**

The principle of treatment is can be divided as avoidance of etiological



factors, Panchakarma, Oral medication, Local application, Do's and Don'ts, Counselling and Yoga.

**1.Avoiding etiological factors:** Nidana are the primary causes of the disease's development. Avoiding Nidana is therefore the first step for management. By limiting the vitiation of Doshas, it prevents the disease from progressing further.

**2.Shodhana Chikitsa:** This treatment modality expels the vitiated dosha out of the human body through five procedures called as Panchakarma.

This includes-

- **Snehana (Internal oleation):** Kushtha Rogi should be given Snehapana in the stage of prodromal symptoms and after completion of

Shodhana Karma also. As the disease is Vata dominant, Ghee intake is first line of treatment to minimise the vitiated Vata Guna.

- **Swedana (Sweating procedure):** Local or generalized Swedana by Avaghahana, Nadi or Bashpa Sweda.
- **Vamana(emesis):** As this disease is Vata-Kapha dominance, Vamana is the ideal procedure in patients of psoriasis.
- **Virechana (Purgation):** In condition having pitta also involved, Virechana procedure is advised.
- **Vasti (Medicated enema):** Acharya said that in Vata Dosha Pradhan Kushtha first give Ghritapana, Virechana, Niruha Basti and then Anuvasana Basti is prescribed.



- Raktamokshana (bloodletting): In patients having Rakta Dushti involved, Raktamokshana is advisable.

**3. Shamana Chikitsa:** It is recommended to use Shamana Chikitsa to reduce the residual Doshas after finishing the Shodhana Karma. Shamana therapy is recommended in the modern world when people's hectic schedules do not allow enough time for Shodhana therapy. Shamana therapy with bitter and pungent medicines has been described by Acharya. Some single herbs useful in psoriasis are- Neem (*Azadirachta indica*), Manjishta (*Rubia cordifolia*), Patol (*Trichosanthes dioica*), Guduchi (*Tinospora cordifolia*), and Haritaki (*Terminalia chebula*) etc.

**4. Bahirparimarjana chikitsa:** When the Kushtha patient has successfully completed the purificatory therapy and the vitiated blood has been eliminated from the lesions, external application is suitable. Drugs from Kushthahara group of medicines can be applied externally to treat the illness. Shodhana Lepa has been recommended to manage Kushtha.

As an external application treatment, Acharyas mentioned Kshara Lepa, Agada Lepa, many Taila like Karanaja Taila, Nimba Taila, and Sarshapa Taila along with Siddharthaka Snana

#### **5. Pathyapathya:**

- Inclusion of light, bitter, astringent food article in diet.
- Inclusion of Old Dhanya, old Shali, Masura, Mudga.
- Inclusion of Patola and Sarshapa in diet.
- Intake of Dadima as fruit.
- Intake of Ghrita prepared from Triphala, Nimba, and from Tikta Dravya.

**6. Psychological counselling:** This treatment modality plays an important role in treating the psychological part of disease and reduce stress.

**7. Yoga and meditation:** Practices like meditation and controlled breathing techniques (Pranayama) can help reduce stress and prevent psoriasis flares. Some of the yoga asana advisable in psoriasis patients are- Balasana, Bhujangasana and Matsyasana.





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# Intensive training on Administrative Matters Related to Optimal Resource Utilization in Public Infrastructure Development for High- Level Officials of AYUSH

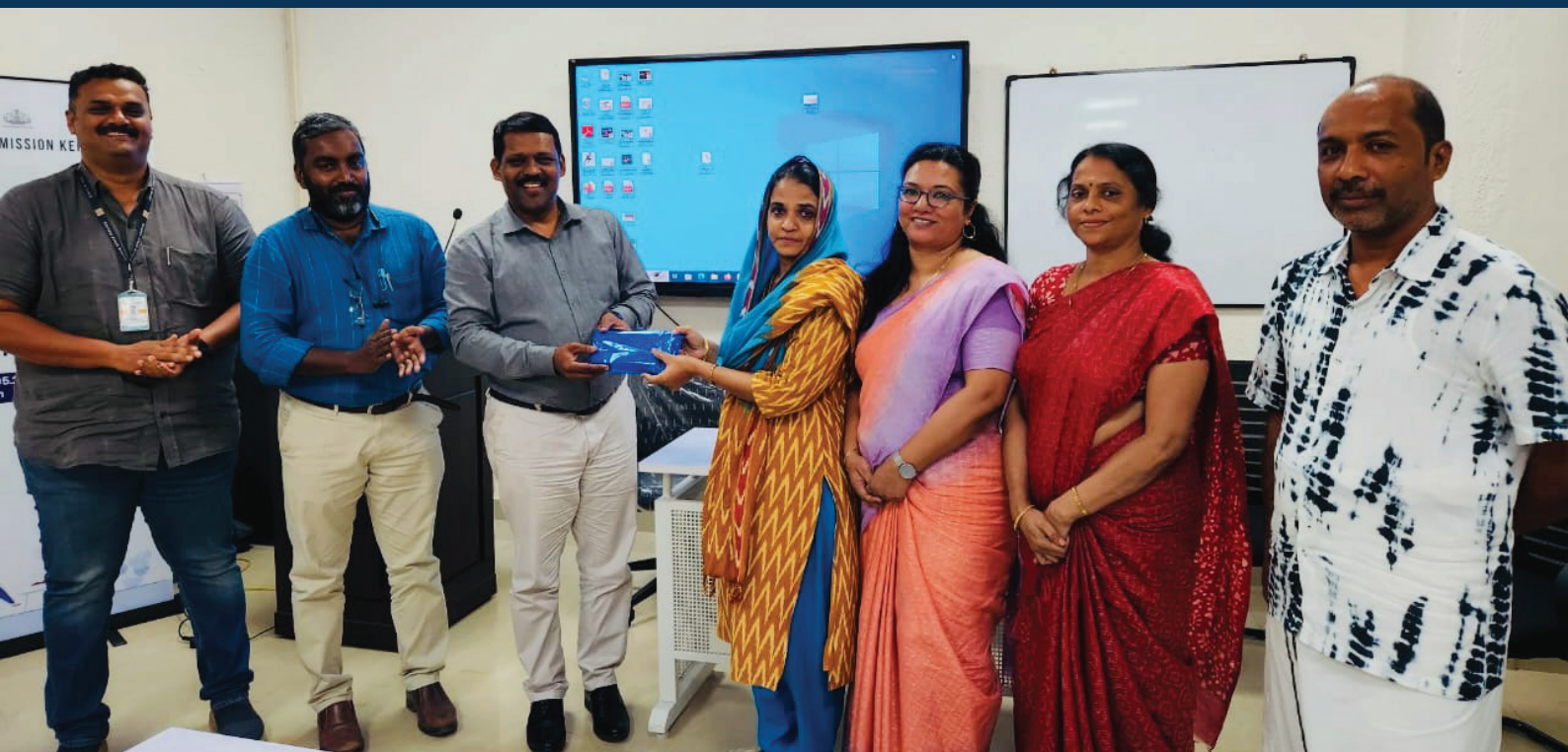






### **TEAM ISM**

*1st prize being awarded to Govt. Ayurveda college, Thripoonithura by State Mission Director, National AYUSH Mission Kerala Dr. D Sajith Babu IAS for the best proposal presented on optimal utilisation of resources in public infrastructure*



### **TEAM HOMOEOPATHY**

*1st prize being awarded to Govt. Homoeopathic college, Trivandrum by State Mission Director, National AYUSH Mission Kerala Dr. D Sajith Babu IAS for the best proposal presented on optimal utilisation of resources in public infrastructure*



# QUALITY ACCREDITATIONS IN KERALA AYUSH



## ORGANIZED APPROACH WITH EQUIPPED IN HOUSE TEAM



State Quality Consultant



State level Steering Committee



Quality Team (ISM and Homoeopathy)



Assessors / Facilitators / Nodal officers



## STRATEGIC APPROACH IN QUALITY PROCESS

- 700 AHWCs selected for NABH ELC certification
- Developed policies and protocols to establish quality management systems
- Assessment Management Committee and Documentation Committee
- Comprehensive Action plan for the effective implementation

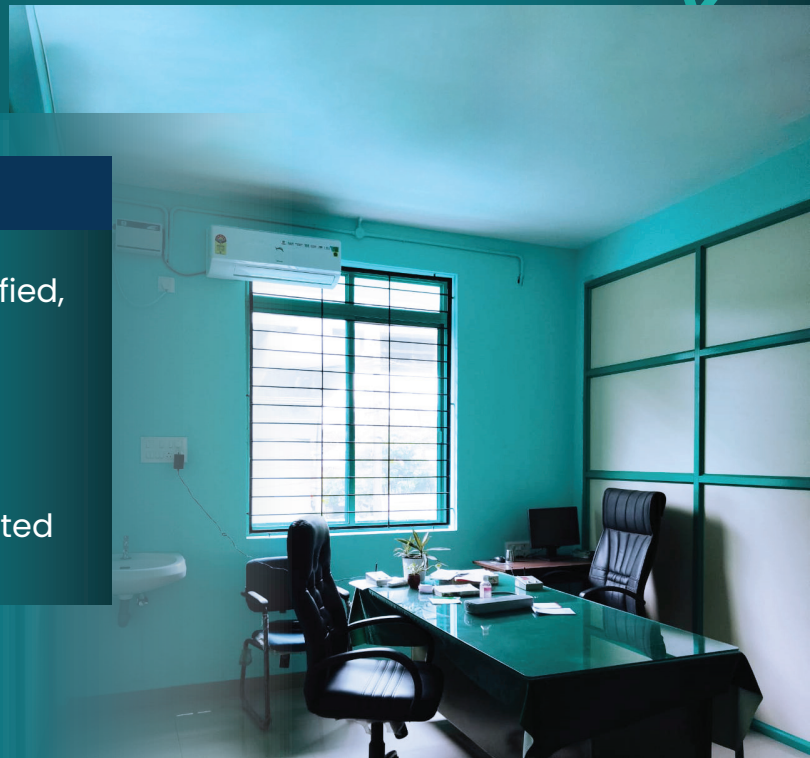
- Centralised formalities for purchases of equipment, furniture, invertors etc
- Monitoring of compliances through Institutional level assessment, District level assessment, State level assessment.
- 6 AYUSH Hospitals selected for NABH certification & initiated assessment process.
- KAYAKALP certification process initiated

## IMPACT

- 150 AHWCs NABH Entry Level certified, first time in India
- NABH Implementation Hand Book prepared and released.
- 6 Institutions KASH AYUSH accredited

## STANDARDIZATION IN QUALITY PROCESS

- NABH Implementation Hand Book prepared and released
- ToT conducted for Master trainers, Assessors & Institution team
- Trainings for entire team members
- Prepared Quality Manuals and Standard Operating Procedures
- Ensuring Stakeholders association





# AYUSH PUBLIC HEALTH PROGRAMMES



## MONTHLY DATA COLLECTION AND PERFORMANCE ASSESSMENT

- Research Team and Project Coordinators, gather monthly data from facilities.
- Assess performance indicators for ongoing evaluation.

## RECRUITMENT OF HR

- Centralised process initiated for Medical officers and MPWs (Will be completed this month)

## IMPACT STUDIES AND IDENTIFYING RESEARCH AREAS

- Conduct studies on the impact of the project.
- Analyze collected data for insights

## AYUSH NATIONAL PUBLIC HEALTH PROGRAMMES Approved Units

Prevention and Management of Osteoarthritis and Other Musculoskeletal Disorders	50
Ayur Vidya	3
Supraja	42
AYUSH Mobile Medical Unit	24
Karunya	72
Vayomitra	30
MMDP of Lymphatic Filariasis	1

## IDENTIFY POTENTIAL RESEARCH AREAS WITHIN THE PROJECT

## ENHANCE PROJECT EFFECTIVENESS THROUGH EVIDENCE-BASED INSIGHTS

## STANDARDISATION OF AYUSH PUBLIC HEALTH PROGRAMMES

### PREPARED STANDARDISED PROJECT DOCUMENTS

- Guidelines
- Standard Operating Procedures
- Case Record Formats
- Data Reporting Formats

### CAPACITY BUILDING

- Conducted Training Need Analysis
- Prepared Training Modules
- TOT for Master Trainers
- Conducted Palliative Care Foundation course for all AYUSH primary and secondary level Medical Officers



# LEARNING MANAGEMENT SYSTEM




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## National AYUSH Mission LMS


Embark on a transformative educational journey with AYUSH Mission LMS. As part of NAM Kerala's SAAP 2023-2024, Our Learning Management System (LMS) introduces a suite of Massive Open Online Courses (MOOCs) dedicated to AYUSH professionals and common public. Offering cost-effective, standardised training programs, we aim to enhance expertise in Ayurveda, Yoga, Unani, Siddha, and Homoeopathy. Join us to elevate your career with our comprehensive online certification courses, designed to produce industry-ready experts in holistic healthcare.




### Online Learning


 Enroll in the AYUSH course through the relevant online platform. Complete all the required modules, assignments, and assessments as outlined in the course curriculum.


### Online Certifications


 Verify that you have successfully completed all the requirements of the course. This may include attending lectures, participating in discussions, submitting assignments, and passing assessments.

### Precision Learning


 AYUSH LMS excels with effective MCQ exams, enhancing understanding for self-learning web developers. Crafted for precision, these assessments elevate your learning journey. Experience immersive insights on AYUSH LMS.

### Video Tutorials


 Discover AYUSH LMS for insightful lectures and classes, perfect for self-learners. The platform provides quality resources to enhance your learning journey, offering a wealth of educational content.

## KEY INITIATIVES

- Constituted Academic committee with experts for monitoring the content
- Developed quality LMS platform through State Start-Up Mission
- Equipped In-house content creation team
- In-house studio with ample technical requirements

## IMPACT

- Prepared courses for Yoga, Ayurveda & Homoeopathy
- Improved access to learning content & learner engagement
- Consistent and standardized training
- Enhanced learning analytics through Cost effective training



# TRAINING INITIATIVES



## OFFLINE



- Induction
- Hands on ToTs
- Workshops
- TNAs

## ONLINE



- Open Lectures
- Interactive through ZOOM

## AHWC



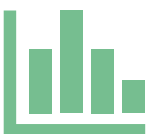
- CHO
- Induction/Orientation
- Refresher
- Yoga Instructor
- MPHW
- ASHA

## ADMINISTRATIVE



- Leadership
- Programme Management
- Departmental administration
- Financial
- Data management

## RESEARCH



- Quantitative & Qualitative Research Methodology
- Ethics related
- Documentation/Standardisation

## CLINICAL



- General
- Speciality
- Technical

## QUALITY ACCREDITATIONS



- AHWC NABH ELC
- NABH Hospitals



**Types of Trainings**  
27

**No. of AYUSH Training**  
310

**Total Participants**  
12075





### TARGET GROUPS

- Managerial Staff
- Administrative Staff
- Teaching Staff
- Medical Officers
- Paramedical Staff

### STATE LEVEL TRAINING

- ToT for ASHA Training
- ToT for Yoga Instructor's Training
- Foundation Course & ToT in Palliative Care for ISM and Homoeopathy Doctors
- ToT for Master Trainers of AHCW-MPHWs
- Research Methodology for Doctors in NAM Projects

### WORKSHOPS

- Module Preparations for ASHA, MPHw, and Yoga
- Sensitisation on SAAP
- Proposal Preparation

### FOCUS GROUP DISCUSSION

- Training Proposal in 'Agada tantara'

### HIGH-LEVEL TRAINING

- Optimal Resource Utilization - High-Level AYUSH Govt Medical Education Officials on Public Infrastructure Development

### ADMINISTRATIVE AND FINANCIAL TRAINING

- Programme Management Staff
- Consultant Engineers of NAM
- TA Rules for SPMSU Office Staff

### SPECIALIZED WORKSHOPS AND ANALYSES - Training Need Analysis

- NAM Projects with IMG
- For Various Categories of HR in ISM and Homoeopathy

### TRAINING PROGRAMS

- **ARUNIMA Program (Anaemia Eradication through Ayurveda)**  
All Districts - 1100 MOs Trained
- **ASHA Training**  
Completed in All Districts | 3500 ASHAs trained
- **Yoga Instructor Training**  
Completed in All Districts & 730 Instructors trained





# NATIONAL AYUSH MISSION KERALA

[www.nam.kerala.gov.in](http://www.nam.kerala.gov.in)

## INTERNATIONAL YOGA DAY 2024

*Yoga for Self and Society*







NATIONAL AYUSH MISSION KERALA  
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# INTERNATIONAL YOGA DAY 2024

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# ARTICLES INVITED



For the 11<sup>th</sup> edition of **SWASTHYA** focused on

## AYUSH INTERVENTION IN ALLERGIC DISEASES/ALLERGIES



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