सत्यमेव जयते
Ministry of Ayush
Government of India

Ayurveda Day
आयुर्वेद दिवस

#AyurvedaDay2025

Ayurveda for People & Planet

10th Ayurveda Day

23rd September, 2025

Ayurveda Day

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Ayurveda for People & Planet

10th Ayurveda Day

Celebration

23rd September 2025

About Ayurveda Day

From the year 2016, Ayurveda Day has been commemorated annually to promote Ayurveda as a scientific, evidence-based, and holistic system of medicine that plays a pivotal role in preventive healthcare and wellness.

The Government of India vide Notification published in Gazette of India, Extra ordinary Part I dated 01st June, 2017 has resolved to celebrate "Ayurveda Day" every year on the auspicious day of 'Dhanwantari Jayanti - Dhanteras', a festival observed in the Hindu month of Kartik (usually October or November).

As the date of Dhanteras fluctuates each year, the observance of Ayurveda Day lacked a fixed annual date posing logistical challenges for organizing national and international observances.

Ayurveda Day will now be observed on 23rd September every year

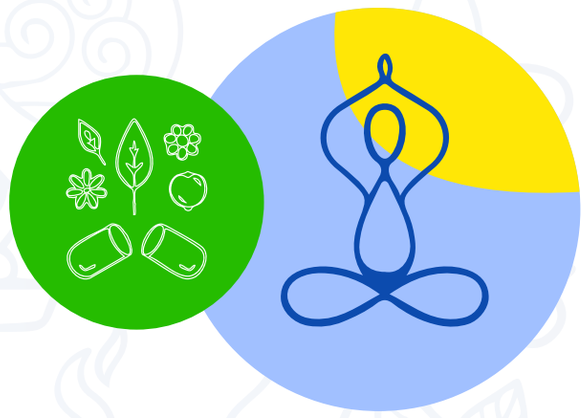
In a landmark decision aimed at enhancing global visibility and consistency in observance, the Government of India has designated 23rd September as the date for celebrating Ayurveda Day each year, notified through a Gazette Notification dated 27th March 2025.

The chosen date, 23rd September, coincides with the autumnal equinox, a day when day and night are nearly equal. This astronomical event symbolizes balance in nature, perfectly aligning with the Ayurvedic philosophy that emphasizes equilibrium between the mind, body, and spirit. The equinox, representing cosmic harmony, underscores the essence of Ayurveda—living in balance with nature.

Objectives of Ayurveda Day

- Promote and position Ayurveda to the global forefront of healthcare.
- Explore the potential of Ayurveda to contribute towards national health policy and shaping national health programs.
- Reduce the disease burden and associated morbidity and mortality by harnessing the untapped potential of Ayurveda.
- Focus on the unique strengths of Ayurveda and its holistic principles in preserving the health and well-being of humans as well as plants, animals, and the environment.

- Enhance trust and credibility in Ayurveda and promote awareness of Ayurveda through community engagement among the general public, students, farmers, etc.
- Cultivate a culture of “illness to wellness” through Ayurveda for its holistic benefits.
- To create awareness that Ayurveda is an evidence-based scientific medical system.



Ayurveda

Ayurveda is the most ancient, contemporary and comprehensive systems of health care that address holistic helath. The term 'Ayurveda' comprises of two Sanskrit words viz 'Ayu' meaning 'Life' and 'Veda' meaning 'Knowledge' or 'Science'.

Ayurveda was established as a fully grown medical system from the period of Samhita (compendium) i.e., around 1000 BC. The compendia like Charaka Samhita and Sushruta Samhita were written in a systematic manner with eight specialties during this period. In these treatises, the basic tenets and therapeutic techniques of Ayurveda got very much organized and enunciated. These treatises importance of maintenance of health and also expanded their vision to pharmaco-therapeutics.

The therapeutic properties of plants, animal products and minerals were extensively described in these compendia, which has made Ayurveda a comprehensive system of health care.

The essential details of Charaka Samhita and Sushruta Samhita were compiled and further updated in the treatises Ashtanga Sangraha and Ashtanga Hrdaya authored by Vrddha Vagbhata and Vagbhata during 6 - 7 Century AD. Thus, the main three treatises called Brhattrayi i.e., Charaka Samhita, Sushruta Samhita and Ashtanga Sangraha formed basis for subsequent scholars to write texts and among them three concise classics i.e., Madhava Nidana, Sarngadhara Samhita and Bhava Prakasa having distinct features are called as Laghutrayi. Some other eminent practitioners and visionaries like Kasyapa, Bhela, and Harita also wrote their respective compendia.

Ashtanga Ayurveda
(Eight Branches of Ayurveda)

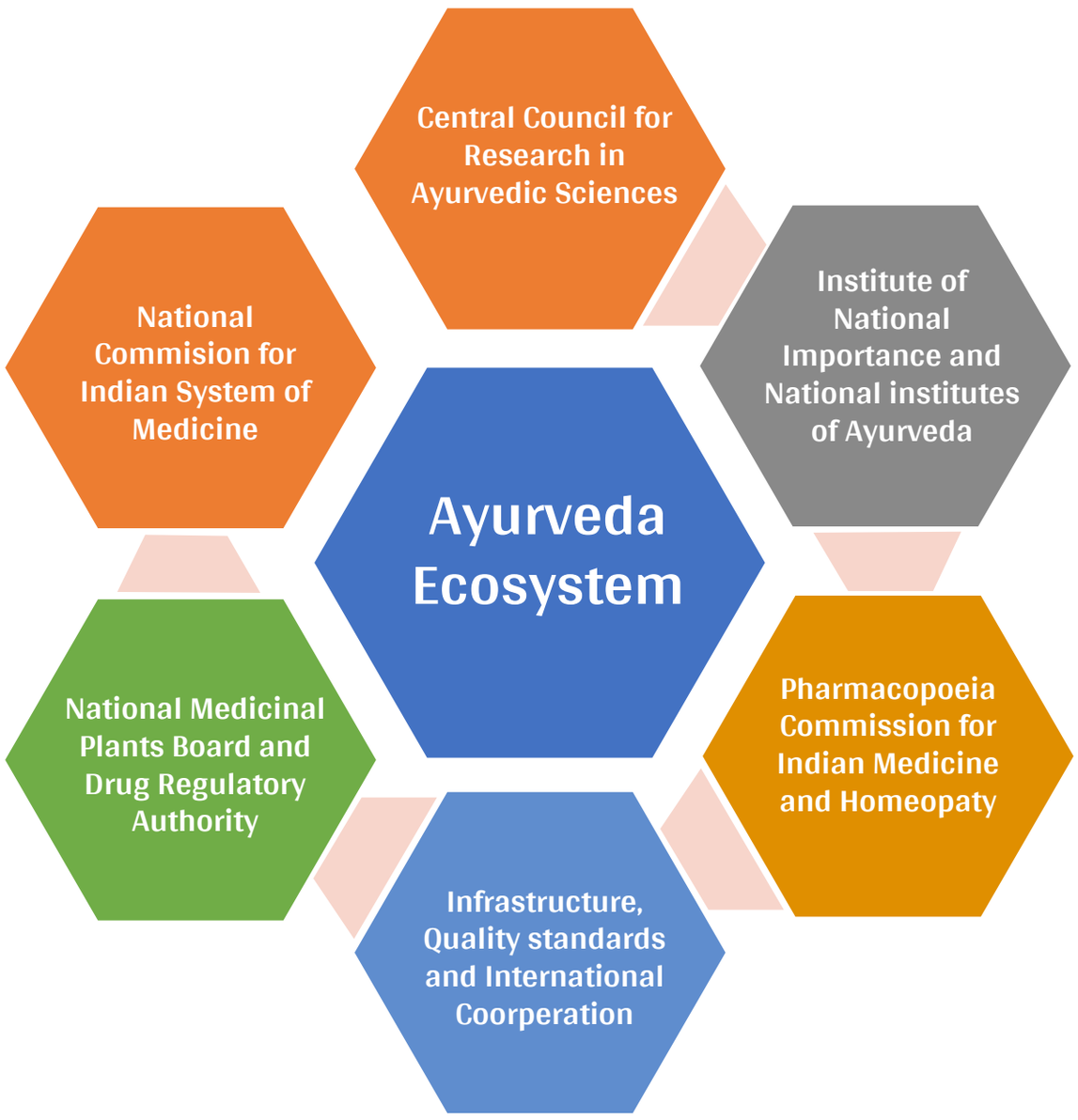
- Kayachikitsa (General medicine) - This specialty focuses on the prevention, diagnosis and treatment of different diseases among adults not requiring surgery.
- Shalya Tantra (Surgery) - This speciality deals with various surgical operations required in the management of different disease conditions.

- Shalakya (Disease of supra-clavicular region) - This speciality deals with dentistry, diseases of ear, nose, throat, oral cavity, head and their treatment by using special procedures.
- Kaumarabhrtya (pediatrics, obstetrics and gynecology) - This branch deals with childcare as well as the care of the woman before, during and after pregnancy. It also elaborates various diseases of women and children and their management.
- Bhootavidya (Psychiatry) - This speciality deals with the diagnosis and management of different psychiatric diseases. Treatment methods include medicines, diet regulation, psycho-behavioral therapy, and spiritual therapy.
- Agada Tantra (Toxicology) - This speciality deals with the treatment of different clinical conditions that occur due to toxins of various origins.
- Rasayana Tantra (Rejuvenation and geriatrics) - This specialty is unique to Ayurveda and deals with prevention of diseases and promotion of a long and healthy life along with medical management of geriatric conditions.
- Vajikarana (Aphrodisiology and eugenics) - This speciality deals with the means of enhancing sexual vitality and efficiency for producing healthy and ideal progeny.

Current Ayurveda Ecosystem

The Ayurveda education system is institutionalized and very well-regulated offering Undergraduate (UG), Postgraduate (PG) and PhD courses. Regulatory reforms brought in the Ayush Medical Education sector over the last ten years have transformed this sector, bringing in transparency, meritocracy and expansion. Commendable network of academicians, researchers, clinicians/practitioners and manufactures exists. Institute of Teaching and Research in Ayurveda (ITRA) at Jamnagar is the first and only institution with INI (Institute of National Importance) status in the Ayush Sector.

Infrastructure development – Ayurveda colleges, hospitals, dispensaries, research institutions - in public and private sectors and Quality standards – Education, Good manufacturing practices, Good clinical practices for clinical trials, Service sector and Product standards - has improved the quality outreach to the community in a commendable way.



From 8 Specialties to 18 Specialties

At present Ayurveda Postgraduation is available in 18 specialties:

S.No.	Post Graduate Speciality
1.	Ayurveda Samhita and Siddhanta (Compendium and Basic Principles)
2.	Ayurveda-Biology
3.	Rachana Sharira (Human Anatomy)
4.	Kriya Sharira (Human Physiology)
5.	Drayvaguna Vijnana (Ayurveda Pharmacology)
6.	Rasashastra and Bhaishajya Kalpana (Pharmaceutics and Clinical Pharmacy)
7.	Roganidana - Vikritivijnana (Pathology and Laboratory Diagnosis)
8.	Agad Tantra and Vidhi Vaidyaka (Clinical Toxicology and Medical Jurisprudence)
9.	Swasthavritta and Yoga (Public Health, Lifestyle Management and yoga)
10.	Kaumarabhritya (Pediatrics)
11.	Kayachikitsa (Internal Medicine)
12.	Panchakarma (Procedural Management)
13.	Manasaroga and Manovijnana (Ayurveda Psychology and Psychiatry)
14.	Rasayana and Vajikarana (Rejuvenative and Reprodutive Medicine in Ayurveda)
15.	Stree Roga - Prasuti Tantra (Ayurveda Gynaecology and Obstetrics)
16.	Shalya Tantra (Ayurveda Surgery)
17.	Shalakya - Netra Roga Chikitsa (Ayurveda Ophthalmology)
18	Shalakya - Karna, Naasa and Mukha Roga-Laryngology

International presence of Ayurveda

The Ayush industry has witnessed considerable growth in market size since the upgradation of the Department of Ayush to the Ministry of Ayush in the year 2014. Ayush manufacturing industry was Rs. 21,697 crores (USD 2.85 Bn) in 2014-15 and in the latest study of RIS of 2020, the Ayush manufacturing industry size has been estimated at Rs. 1,37,800 crores (USD 18.1 Bn) that is 6 times rise in 7 years. Similarly, preliminary study of RIS shows Rs 1,66,797 Crore Revenue in Ayush Service sector.

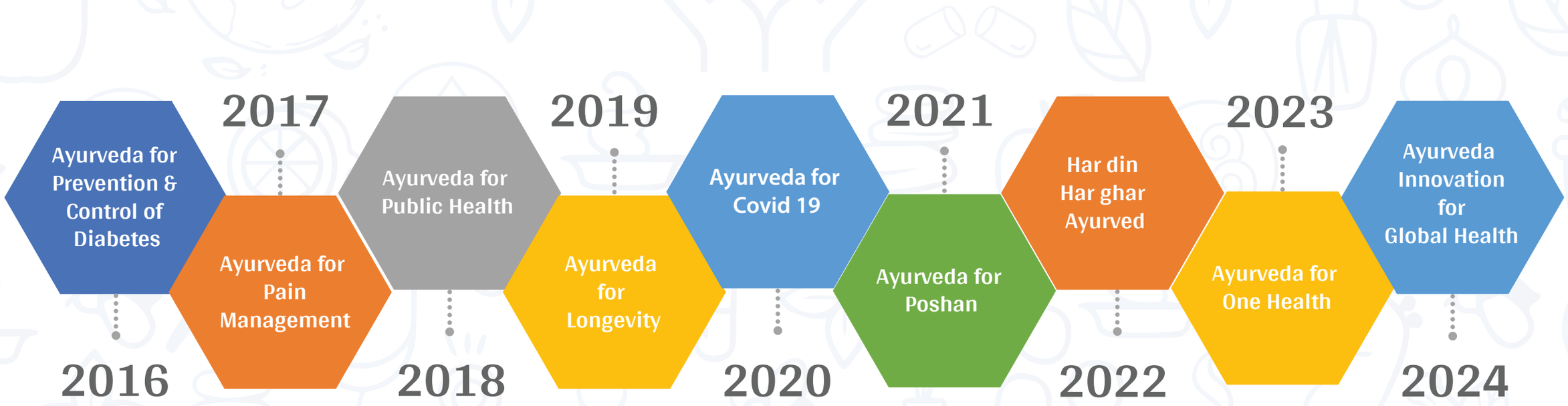
- **Global Outreach and Collaborations:** The Ministry has signed 25 country-level and 52 institute-level Memorandums of Understanding (MoUs), fostering collaborative research and education. Additionally, 15 academic chairs have been established globally to promote Ayurveda education and research. Ayush Information Cells operate in 43 locations across 39 countries, serving as knowledge hubs.

- **Strategic Agreements:** Milestones include the Donor Agreement with WHO, the MoU on Medicinal Plants Cooperation with Vietnam, and the landmark Agreement on Ayurveda with Malaysia and Mauritius. These partnerships advance India's vision of holistic health for all.

- **Recognition and Institutional Support:** The establishment of the WHO Global Traditional Medicine Centre in Jamnagar and the inclusion of traditional medicine in ICD-11 by WHO last year mark a significant stride in global recognition of Ayurveda.
- **Ayush Visa and Heal in India:** Initiatives like the Ayush Visa are facilitating medical tourism, making India a preferred destination for holistic healing.

Annals of Ayurveda Day

Ministry of Ayush celebrates Ayurveda day with specific themes each year since 2016. Various activities are undertaken by the stakeholders throughout the Country and across the globe for promotion, propagation and popularization of Ayurveda with the theme chosen in focus. Since the last 5 years, with the dynamic initiatives taken by PMO, it has been embraced as the program of Government of India being implement with Whole of Government approach in the form of Jan Bhagidari, Jan Sandesh and Jan Andolan.



10th Ayurveda Day – 23rd September 2025

Focal Theme – Ayurveda for People & Planet

The 10th Ayurveda Day marks a decade of celebrating India's rich traditional medical heritage. Since its inception, Ayurveda Day has evolved into a global platform for awareness, outreach, and policy dialogue. The year 2025 coincides with increasing global recognition of the Planetary Health framework, which highlights the inseparable link between human well-being and the health of natural ecosystems.

Planetary health was first defined in 2015 as "the health of human civilisation and the state of the natural systems on which it depends." Rapid industrialization, urbanization, and population growth have significantly contributed to environmental degradation and climate change in this anthropocene era. These changes pose serious threats to human health, with the World Health Organization estimating that nearly 23% of global deaths are attributable to environmental factors. Climate change and extreme weather events further aggravate existing health challenges, while air and water pollution, along with exposure to toxic chemicals, add to the burden by increasing the risk of non-communicable diseases and premature mortality.

Ayurveda, with its holistic worldview of loka–puruṣa samya (balance between the universe and the individual), offers timeless wisdom and practical approaches to harmonize individual health with ecological sustainability. The proposed theme, “Ayurveda for People and Planet”, resonates both with India’s cultural ethos and with global sustainable development goals and reflects our collective resolve to harness the full potential of Ayurveda for global wellbeing and a healthier planet.

Ayurveda and Planetary Health: Key Intersections

- **Preventive Health and Reduced Resource Burden:** Ayurveda prioritizes swasthasya swasthya rakshanam (preservation of health) through lifestyle regulation, thereby reducing disease incidence and the ecological footprint of healthcare systems. Dinacharya (daily regimen) and ritucharya (seasonal regimen) align human rhythms with natural cycles, fostering resilience.
- **Sustainable Diet and Nutrition:** Ayurvedic dietary recommendations emphasize local, seasonal, plant-based foods (pathya ahara). Such practices minimize environmental impact, support biodiversity, and correspond to global calls for sustainable diets.
- **Biodiversity Conservation:** The preservation and cultivation of medicinal plants promoted in classical Ayurveda,

align with the Convention on Biological Diversity (CBD) strategies. Community herbal gardens further reinforce sustainable, locally adapted healthcare.

- **Harmony with Natural Elements:** The theory of pancha mahabhuta (earth, water, fire, air, and space) underlines the dependence of human health on ecological equilibrium. Concepts of moderation (mitahara), non-violence (ahimsa), and resource mindfulness resonate with sustainability principles.
- **Mental and Social Well-being:** Ayurveda's emphasis on sattva-vajaya chikitsa (psychological healing), yoga, meditation, and satvik ahara contributes to resilience against stress and anxiety—conditions exacerbated by climate change and urbanization.

Sub-themes under Ayurveda for People & Planet

1. Ayurveda Aahara for Obesity
2. The Digital Transformation of Ayurveda – Bridging Tradition and Technology
3. Lead the Mislead – Combating Misleading Advertisements in Ayurveda
4. Integrating Cancer Care – Ayurveda's role
5. Little Steps to Wellness : Ayurveda awareness for Students
6. Ayurveda for Veterinary Health
7. Ayurveda for Plant Health
8. Samhita Se Samvad: Media Partnerships for Planetary Wellness

Micro Website:

https://ayurvedaday.org.in/

- “I Support Ayurveda” initiative during the last year recorded around 16 Cr. Hits/votes.
- This year, aim for more than 25 Cr. Hits/votes.

National Dhanwantari Ayurveda Award

National Dhanwantari Ayurveda Award 2025 to be conferred on Ayurveda day 2025 to three eminent Vaidyas and Ayurveda experts to motivate them to adopt best practices of Ayurveda in pursuit of excellence. The award comprises Citation, Trophy (Dhanwantari Statue), and Cash reward of Rupees five lakh. The number of awards in each year is three.

Ayurveda Day Pledge: On this 10th Ayurveda Day, I pledge to uphold the timeless wisdom of Ayurveda for the health of myself, my community, and our planet.

I shall:

- Live in harmony with nature, honoring and respecting all forms of life.
- Follow Ayurveda's principles of dinacharya (daily routine) ritucharya (seasonal regimen) and Sadvritta (codes of conduct) to preserve health and prevent disease.
- Choose food that is fresh, local, seasonal, and sustainable, while minimizing waste and protecting biodiversity.
- Embrace the holistic vision of loka-purusha samya—recognizing that individual health and planetary health are deeply interconnected.
- I commit to walk the Ayurvedic path towards a healthier, greener, and harmonious world.

Introduction of Ministry of Ayush

Over the past eleven years, the Ministry of Ayush has redefined the contours of Traditional Indian medicine and complementary medicine turning a rich heritage into a vibrant force for modern healthcare. Since its establishment in 2014, under the visionary leadership of Hon'ble Prime Minister Shri Narendra Modi, the Ministry has not only preserved the essence of Ayush systems but has powerfully propelled them onto the global stage.

This decade-long journey is marked by innovation, integration, and impact. From embedding Ayush into the mainstream healthcare framework to advancing cutting-edge research, ensuring quality assurance, and unlocking global markets, the Ministry's holistic approach has covered every dimension – public health, technology, education, policy, and international cooperation.

By aligning with national priorities and global goals like Universal Health Coverage and the Sustainable Development Goals, the Ministry has ensured that Ayush is not just a system of wellbeing but a catalyst for health, economic growth, and global collaboration.

Today, Ayush is not only more accessible and trusted but also increasingly sought-after, sparking renewed public interest and driving robust sectoral growth rooted in India's timeless traditional knowledge.

Key Institutions of Ayurveda

All India Institute of Ayurveda (AIIA)

All India Institute of Ayurveda (AIIA) is an apex institute of Ayurveda situated in New Delhi and Goa. It was set up by the Central Government to bring synergy between Ayurveda and modern diagnostic tools and technology. It provides undergraduate, postgraduate/doctoral and post-doctoral teaching, research facilities in all Ayurvedic specialties and tertiary level health care services.

National Institute of Ayurveda (NIA)

National Institute of Ayurveda, deemed to be University (De novo) is an apex autonomous Institute under the aegis of Ministry of Ayush, Government of India. NIA currently offers Academic Programmes in all levels Undergraduate (BAMS), Postgraduate (MD/MS in Ayurveda), Post-Doctoral (PhD in Ayurveda), Diploma (DAN&P). Besides, NIA is the only institute in Ayurveda segment to offer 6 Interdisciplinary M.Sc. courses..

Institute of Teaching and Research in Ayurveda (I.T.R.A.)

The Institute of Teaching and Research in Ayurveda (ITRA) is the first 'Institute of National Importance in the sector of AYUSH. The parliament of India passed the 'Institute of Teaching and Research in Ayurveda Act, 2020' and the provisions of this act came into force on 15 October 2020. The ITRA is formed by the amalgamation of three different institutes namely (i) The Institute of Post Graduate Teaching and Research in Ayurveda (IPGT & RA), (ii) Shree Gulabkunverba Ayurved Mahavidyalaya, and (iii) The Indian Institute of Ayurvedic Pharmaceutical Sciences, Jamnagar. In addition, the Maharshi Patanjali Institute for Yoga Naturopathy Education and Research (MPIYNER), a constituent SFI college of the Gujarat Ayurved University, Jamnagar is also integrated with the ITRA under the department of Swasthavritta.

Rashtriya Ayurved Vidyapeeth (RAV)

Rashtriya Ayurveda Vidyapeeth (RAV) located at New Delhi is an autonomous organization under Ministry of Ayush, Govt of India. RAV was established on 11th Feb. 1988 with the objective of promoting knowledge and practice of Ayurveda. In order to preserve and to arrange the transfer of the knowledge of Ayurveda from eminent scholars to young aspirants, Vidyapeeth initiated the Member of RAV (MRAV) and 'Certificate of RAV courses.

North Eastern Institute of Ayurveda and Folk Medicine Research (NEIAFMR)

The North Eastern Institute of Ayurveda & Folk Medicine Research (NEIAFMR), Pasighat (Erstwhile North Eastern Institute of Folk Medicine) is an autonomous National Institute under the Ministry of Ayush, Government of India. The Institute is located in the Pasighat, in the East Siang district of Arunachal Pradesh. The Institute intends to document and assess Local Health Traditions, Healing Knowledge, Drugs Therapeutic product development based on Traditional knowledge, protection of Traditional Knowledge through IPR regime, support conservation and sustainable use of Traditional Practices, Biodiversity, etc. The Institute also provides Undergraduate courses and quality patient care service under the Ayurvedic system of medicines.v

North Eastern Institute of Ayurveda and Homoeopathy (NEIAH)

The North Eastern Institute of Ayurveda & Homoeopathy (NEIAH). Shillong, Meghalaya is an autonomous institute newly established under the Ministry of Ayush, Government of India. The institute has s tarted a Ayurvedic and a Homoeopathic college with the admission capacity of 50 students each (BAMS and BHMS Courses) from the session 2016 17 along with a full-fledged 100 bed Ayurvedic hospital and a 50 bed Homoeopathic hospital. Further, since the academic year 2019-20, the total intake of Ayurveda College and Homoeopathy College has been increased to 63 students for both BAMS & BHMS courses.

Central Council for Research in Ayurvedic Sciences (CCRAS)

The Central Council for Research in Ayurvedic Sciences (CCRAS) is an autonomous body of the Ministry of Ayush, Government of India. It is an apex body in India for the formulation, coordination, development and promotion of research on scientific lines in Ayurveda and allied disciplines. CCRAS has a network of 30 research institutes across the country. The core objectives of CCRAS are development of safe and effective formulations/therapies for management of diseases of national and global importance; validation of classical Ayurvedic formulations; translational research including technology transfer and patents; research oriented public health activities.

Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H)

Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) is a subordinate office under Ministry of Ayush, Government of India. Key fields of activity related to Indian systems of Medicine & Homoeopathy viz. (i) Development of Pharmacopoeias and Formularies; (ii) Acting as Central Drug Testing cum Appellate Laboratory; (iii) Imparting training towards Capacity building of stakeholders; (iv) Establishing repositories for Reference Raw Materials and Reference Chemical Makers (v) Development of Medicinal Plants Garden etc. PCIM&H has NABL Accreditation (accredited with the standard ISO/IEC 17025:2017 for General Requirement for the competence of testing and calibration laboratory by National Accreditation Board for Testing and Calibration Laboratories.

National Medicinal Plants Board

In order to promote medicinal plants sector, Government of India set up National Medicinal Plants Board (NMPB) on 24th November 2000. Currently the board is working under the Ministry of Ayush, Government of India. The primary mandate of NMPB is to develop an appropriate mechanism for coordination between various ministries/ departments/ organization and implementation of support policies/programs for overall (conservation, cultivation, trade and export) growth of medicinal plants sector both at the Central /State and International level.

National Commission for Indian System of Medicine

The National Commission for Indian System of Medicine is a Statutory and regulatory body formed by Government of India for framing policies for institutions engaged in Indian System of Medicine and medical professionals. It regulates the standards of education, teaching & training, recognition of degrees, and practice of Indian System of Medicine. NCISM has four boards viz., Board of Ayurveda, Board of Unani, Siddha and Sowa Rigpa, Boards of assessment and rating and Board of ethics and registration of practitioners of Indian systems of medicine.

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