

INTRODUCTION:

It is a well established fact that Allopathic System of Modern medicines alone cannot meet the national health goals particularly those pertaining to public health. Traditional systems of medicine treat life as a fusion of body, mind, senses and soul and talk of positive health which can only be attained through harmony amongst physical, mental moral and spiritual states of the human being. This holistic view of health beyond the physical level closely corresponds to the composite definition of health as laid down by the World Health Organisation which talks of "Health for All" and at all levels of human consciousness, physical, mental and social. Therefore, keeping in view the strength of the Indian System of Medicine and their outreach to the remotest villages in our country, there is glorious future ahead for providing an integrated health care system to our people.

The State Govt. is giving great importance to these traditional systems of medicine for which a independent department of ISM&H came into existence w.e.f. 7th Novemebr 1984. Following Systems of medicine come under this deparatment 1) Ayurveda 2) Unani 3) Homoeopathy 4) Sidha 5) Naturopathy 6) Yoga and 7) Panchakarma. In addition to this the department has opened 4 Amchi health centres based on Tibetan System of medicine in tribal areas of the State.

At the time of bifurcation from Health and Family Welfare Department there were 424 Ayurveda, 3 Unani, 2 Homoeopathy Dispensaries and 12 Ayurvedic Hospitals functioning in the State. Apart from these institutions, there was a Govt. Ayurvedic College at Paprola, one Research Institute in ISM at Joginder Nagar and two Pharmacies for the manufacturing of Ayurvedic Medicines existing in the department.

Department of Ayurveda

Over the years the Indian Systems of Medicines and Homoeopathic Institutions have grown up from 441 to 1151, the detail of which is as under:-

1.	<i>Regional Ayurvedic Hospital (100/50-bedded each)</i>	02
2.	<i>Ayurvedic Hospitals (20-bedded-4, 10-bedded-18)</i>	22
3.	<i>Ayurvedic Health Centre</i>	1105
4.	<i>Homoeopathic Health Centre</i>	14
5.	<i>Unani Health Centre</i>	03
6.	<i>Nature Cure Hospitals</i>	01
7.	<i>Amchi Clinics</i>	04

Total: 1151

(B) Other Institutions:-

1.	Ayurvedic Post Graduate College, Paprola	01
2.	Ayurvedic Pharmacies J.Nagar, (Mandi), Majra (Sirmour) and Paprola.(Kangra).	03
3.	Drug Testing Lab. Joginder Nagar.	01
4.	Research Institute in I.S.M., J.Nagar	01
5.	Herbal Gardens J.Nagar, Neri(Hamirpur) Dumrehra (Rohru) in Shimla	03

Administrative set up of ISM Department in H.P.**Secretariat Level**

Hon'ble Chief Minister, H.P.
(Holding the Portfolio of Ayurveda Department)

Secretary(Ayurveda) to the Govt. of H.P.

Branch Officer

Ayurveda Branch

Directorate of Ayurveda.

Ever since the inception of the Department of Indian Systems of Medicine & Homoeopathy in 1984, there has been an independent Minister in charge of this Department and Senior, I.A.S./ H.A.S. Officers who have held the charge of Director. One Additional Director from the State Civil Services, and one Officer-on -Special Duty (Hq) and two Assistant Directors being professionals assist the Director of the Department. At the district level there is a District Ayurveda Officer in each of 12 districts. Apart from this 36 Sub Divisional Ayurveda Medical Officers are functioning at the Revenue Sub Divisional levels.

DISTRICT LEVEL SET UP

Before the bifurcation of the Department of ISM&H staff was working under the control of respective Chief Medical Officers and the activities concerning ISM&H were being carried out through Ayurvedic inspector. However, with the establishment of an independent Department of ISM&H, posts of District Ayurvedic Officers were created who were given powers to run the activities of ISM&H in their respective Districts.

In a District, the basic Unit for rendering ISM&Health care services is called Ayurvedic Health Centre. Each such Centre has generally strength of 5 workers including one doctor, one pharmacist, one ANM/Dai, one Class-IV and one Sweeper(regular/part time). At 10 District Headquarters there is an Ayurvedic hospital with a bed capacity of 10/20 with fourteen employees consisting of Doctors and Para Medical staff who look after both indoor and outdoor patients. However, most of the Ayurvedic Health centres are located in far flung areas of Himachal Pradesh where health institutions like PHCs, CHS, CDs, SCs do not exist and health care delivery is manned essentially & exclusively by Ayurvedic Institutions

All the Ayurvedic health centres and hospitals are being administered/supervised, supplied medicines etc. from District headquarters.

DECENTRALIZATION OF ADMINISTRATION STRUCTURE

The chief functionary of the Department of ISM&H in the District is called District Ayurvedic Officer. In order to decentralize the administrative structure the Govt. open 36 Sub Divisional Ayurvedic Offices coterminous with Revenue Sub Divisions. The administrative and DDO powers have been decentralized from District Headquarter to these Sub Divisional Ayurvedic Medical Officers. This decision has provided an administrative set up close to the doorsteps of the people to attend to their health needs and also for effective supervision of AHCs and Hospitals.

Health Care Services**Primary level institutions:**

The department has a large network of Primary and Secondary level Institutions. The basic primary unit is a Ayurvedic Health Centers. It covers a population of 3000 to 5000 and caters to outdoor patients only. Normally medicines worth Rs. 25,000 approximately are provided free of cost every year to each AHC.

Besides above the Govt. of India is providing sufficient funds under the Pilot Scheme for "**Supply of Essential drugs**" to the institutions functioning in Backward/rural area of the Pradesh @ Rs.25,000/-per institutions.

Secondary Level Institutions:

Secondary health care unit is Govt. Ay. Hospitals. These hospitals are normally located at Distt. Sub Divisional level. These hospitals are provided with 10/20 indoor beds, which cater to the secondary health care needs of about 10 to 20 thousand people. One specialist is posted in each of these hospitals in addition to two Ay. Medical Officers.

Tertiary Level Institutions:

The tertiary health care unit are 2 Regional Ay. Hospitals at Paprola, Distt. Kangra and Shimla, having bed capacity of 100 and 50 respectively. The Rajiv Gandhi Ayurvedic Hospital, Paprola is emerging as a State of the Ayurvedic speciality hospital with all the speciality departments. Although it is a 100 bedded hospital with 3 clinical specialities departments i.e Kayachikitsa, Shalaya and Bal Roga.

Rajiv Gandhi Government Post Graduate Ayurvedic College, Paprola

The intake capacity for seats in Bachelor of Ayurvedic Medicine and Surgery (BAMS) course in Ayurvedic College, Paprola was 20 during 1987-88 which was subsequently raised to 30. On persistent demand from the public, the Government increased the number of seats from 30 to 50 during 1998-1999.

The course of study for BAMS Degree is five and half years which includes one year compulsory rotary intern-ship and is governed by the rules and regulations of H.P.University, Shimla to which this Institution is affiliated.

There were no PG. Courses in any subject till 1997-98. To provide PG education in the College, the Govt. Started three PG.Courses in the faculty of Kaya Chikitsa,

Shalya and Shalakaya Tantra in the year 1999-2000. The aim of introducing PG courses is to provide educational inputs to students and make them. Professionally competent as Teacher, Researchers and Specialities in their respective field of specialists in their respective field of specialization. The Institute follows the syllabus and curriculum prescribed by the Central Council of Indian Medicine and as approved by the H.P. University. The Post Graduate course is of three years duration. The students intake breakup is as under:-

1.	<i>Kaya-Chikitsa</i>	06
2.	<i>Shalya Tantra</i>	04
3.	<i>Shalakaya Tantra</i>	04

Besides above the Govt. has also started PG course in three new subjects, the students intake breakup of which is as under:-

1.	Prasuti Tantra	03
2.	Samhita Sidhant	04
3.	Ras Shastra	03

The State Government has been providing adequate funds for creating infrastructure in the College. Hostels for Boys & Girls as well as residential accommodation for teaching non teaching staff have been constructed.

The Govt. of India Ministry of Health & Family Welfare (AYUSH) is also providing sufficient funds under various Centrally sponsored schemes for the Strengthening/ upgradation of UG/PG Colleges of ISM&H.

Govt. Ayurvedic Pharmacies:

There are three Departmental Pharmacies at Majra, Jogindernagar and Paprola. The Pharmacies at Majra and Jogindernagar were established during 1952-53. These Pharmacies are being run departmentally and manufacturing Ayurvedic Drugs for free distribution through ISM Institutions.

Drug Testing Laboratory, Jogindernagar:

To keep quality control of drugs is very essential for establishing their efficacy. This in turn depends upon the genuineness and freshness of herbs which necessitates proper scrutiny and certification of crude drugs to ensure that the active principle in desired proportion is present in the herb. For this purpose a DTL has been established at Jogindernagar.

Establishment of Herbal Gardens in the State.

The department has established following herbal gardens under different Agro-climatic Zones of the Pradesh for cultivation, conservation, propagation and development of varied medicinal plants to meet out the requirement of herbs for its use in manufacturing Ayurvedic medicines in departmental/ private pharmacies.

i) Herbal Garden, Joginder Nagar (Distt. Mandi)

This garden has been developed in 25 acre land where more than 200 species of medicinal plants of different varieties have been propagated for demonstration purposes.

This institute is conducting various research activities for developing the Agro-techniques of medicinal plants. 10 species of medicinal plants have been developed in the State sector and their seeds/ planting material are being provided to the farmers

The farmers are being supplied the seedling materials for cultivation in their fields to generate income at their own.

OTHER ACTIVITIES AT HERBAL GARDEN, JOGINDER NAGAR**i) Ayurveda Herbarium:-**

An Ayurveda Herbarium has been established at Joginder nagar to keep the specimen of Medicinal Plants systematically & scientifically. As such a large number of specimens of Herbarium sheets, jars etc. have been displayed & preserved in a scientific manner.

ii) Farmers Training Camps & Departmental Exhibitions:-

Farmers training camps are being organized at the various places of the State to create awareness amongst them regarding identification, propagation, cultivation, conservation and utility of medicinal plants existing in their surroundings and in the state of HP.

iii) Herbal Garden Neri (Distt. Hamirpur)

The department has acquired an area of 28 acres of land at Neri in Hamirpur District during the year 1996 to establish herbal Garden under Sub tropical zone. About 10 acre land has been developed and nurseries have been set up to grow / cultivate various types of medicinal plants. The department has raised nurseries of medicinal plants namely:- Tulsi, Bhringraj, Bhakuchi, Bala, Atibala, Akarkara, Chitrak, Kapoor Tulsi, Kali Tulsi, Lazzalao, Malkangani, Kalihari, Khair, Amla, Jaiphal, Gunja, Vilas, Suhanjan, Amaltas, Bhera, Harar, Shyonak, Karipatra (Meetha-Neem), Bhumiamla, Ulat Kmbal, Safed Musli and Satavar.

C. Herbal Garden, Dhumrera (Rohroo) in Shimla District

To develop and propagate important species of the medicinal plants of Temperate Wet Agro-Climatic zone, the department has set up a herbal garden at Dhumrera (Rohroo) in Shimla district. The main focus to develop this garden is to grow high valued threatened species of temperate medicinal plants. The number of these valuable species is about twenty four.

D) Herbal Garden, Jungle-Jhalera (Bilaspur)

The department has selected about 19 hect. of land for setting up a herbal garden under Sub-Tropical climatic zone at Jungle-Jhalera of Bilaspur district. The activities of development of Agro-techniques of some of the selected species of medicinal plants shall also be undertaken in this garden.

Participation in Trade Fairs/Exhibitions:

In order to popularise the Indian Systems of Medicine amongst the people the department is organizing training camp on Panchkarma and Kshar sutra at Govt. Rajiv Gandhi Ayurvedic Post Graduate Institute, Paprola and at each District Headquarter on public demand. Apart from this farmer training camps, exhibition-cum-sale camps are also being organized at different places within and outside the State.