

## **National Ayurveda Health Policy, 2052 (1996)**

### **1. Rationale:**

Ayurveda is a national method of therapy/treatment of Nepal. Like the heritage of Himalayas and water resources, the original practices, manuscripts, records of Ayurvedic treatment and medicinal use of abundant herbs has taken an important role in Nepal. With a view to effectively implementing the commitment of the Government towards Ayurvedic treatment, this Ayurveda Health Policy has been made.

### **2. Objective:**

For the accomplishment of the objectives identified by the National Health Policy, 2048 (1991), the specialty of Ayurvedic treatment which has been preserving health and curing diseases from ancient times is timely. Its principal objective is to improve health condition of mass people and make them self-reliant on health service by officially and utmostly utilizing local medical herbs and medical entities which are easily available and can be used persistently.

### **3. Form of Ayurvedic Treatment Service:**

The form of science of Ayurvedic treatment is based on *Doshadushya* Principle, special treatment technique and the utilization of the available local herbs, minerals and *Jantab* entities. Ayurvedic treatment shall be developed as a special treatment method in the country in a phase-wise manner.

3.1 The present organization of the Department of Ayurveda shall be reformed as required and various sections shall be operated and consolidated. Coordinative procedures shall be followed with other departments and units under the Ministry of Health. The Department shall coordinate the activities of governmental and

non-governmental, national and international organizations relating to Ayurvedic treatment service, educational research and formation of medicines. Units shall be established under the Department also to develop and expand the service of natural therapy, homoeopathy as well as other alternative systems of therapy.

- 3.2 The Ayurvedic Hospital Nardevi, existing at the central level, shall be upgraded to 100 beds at present, and operated as a hospital providing specific Ayurvedic service by establishing different departments of Ayurveda. This Hospital shall be operated under a Development Board.
- 3.3 In harmony with the policy to grant autonomy to and professionalize the existing *Singhadurbar Vaidhyakhanam* which has been approved by the Government in principle, the production and supply of Ayurvedic medicines shall be well-managed and made effective, and it shall also help strengthen national economy by producing qualitative medicines of international standards, and promoting exports.
- 3.4 The existing Ayurvedic Hospital, Dang, with 15 beds, shall be converted into a Mid-Western Regional Ayurvedic Hospital, operated as a hospital providing special service, with necessary human resource and equipment and a medicine production section and building which are under construction shall be completed.
- 3.5 In the rest four Development Regions, regional hospitals with 15 beds and laboratory for medicine production in each hospital shall be established and operated.
- 3.6 The system of supervision, monitoring, evaluation and referral process of the technical and administrative functions of Ayurvedic hospital shall be made effective, for the promotion of

production, collection and protection of the herbs locally available and for utmost utilization thereof in Ayurvedic treatment, presently existing District Ayurvedic Health centres shall be consolidated and even in the rest districts, a District Ayurvedic health centre, with required human resource and equipment, shall be established in the headquarters of each district.

3.7 The Ayurvedic Dispensaries being currently operated shall be equipped and made capable of producing, protecting, promoting of the herbs available in local level, in addition to the medicines to be sent by the Government of Nepal, and utmostly using them in technology and treatment; arrangements shall be made to keep on establishing Ayurvedic Dispensaries in the centre of at least five village development committees, on the basis of density of population, local demand and people's participation.

3.8 Buildings of Ayurvedic health centres and dispensaries shall be built, and development of model herbs farm shall be developed in the premises thereof.

#### **4. Mobilization of inter institutional and public participation:**

4.1 Health workers, wizards, women volunteers, birth-attendants, workers of social organization, who are providing medical service by way of herbs in a traditional manner in rural areas shall be provided with trainings of growth, promotion collection protection and use of herbs, and public participation shall be mobilized in the Ayurvedic treatment service.

4.2 For co-ordination with Ayurvedic Sector, inter-institutional co-ordination committees shall be set up and maintained at the governmental as well as non-governmental level, from national to rural level in the field of herbs, forest, conservation areas,

environment, remote area development committee, agriculture, education sector etc.

**5. Herbs farming, production and enterprise of medicines:**

- 5.1 Qualitative business of herbs shall be encouraged by developing model herbs farms in Himalaya, Mountainous and Terai regions and providing the people with knowledge on the use of the herbs in domestic treatment and their preparation, protection and promotion.
- 5.2 Co-ordination shall be made with governmental and non-governmental organizations related with herbals, so as to maintain standards in domestic trade and export to foreign countries by identifying genuine herbals.
- 5.3 Governmental and non-governmental Ayurvedic medicine manufacturing companies established or to be established in the country shall be encouraged to manufacture qualitative medicines on the basis of 'Better Medicine Formation Code' and imports shall be reduced and export promoted. For this purpose, co-ordination shall be made with the Department of Drug Administration as well as with related governmental bodies.
- 5.4 One Ayurvedic Medicine Examination Committee and laboratory shall be developed for maintaining the quality of Ayurvedic medicines to be imported from abroad or prepared in the country as well as for other technical works.
- 5.5 Nepal Ayurveda Pharmacopoeia shall be collected and published in a timely manner.

**6. Ayurvedic education and human resource development:**

- 6.1 Taking into consideration of paramount role of qualified, efficient and duty-bond human resources in the technical field such as treatment, a National Ayurvedic Institute, equipped with

necessary equipment as well as research centre, shall be established under the Tribhuvan University, for enhancing and carrying on further development in effective production of Ayurvedic human resources carrying out functions being dedicated to the field of Ayurveda and in standard of quality of its various dimensions (education, health and preparation of medicines).

- 6.2 Programme of producing bachelor-level human resources in Ayurved shall be conducted so that physical infrastructure shall be developed in harmony with the objective to provide master level and Phd. level Ayurvedic education in the future.
- 6.3 As high-level human resource is required for the protection and overall development of Ayurveda in the context of providing the people with the cheap, easily accessible and relatively without side-effect (*Nirapad*) treatment service by having utmost mobilization of the natural resources of the country, the process of production of such high level human resource shall be continuously operated without confining such human resource to the number required for the Government of Nepal.
- 6.4 Middle-level and basic-level Ayurvedic human resources shall be produced, and educational programmers shall be launched for this purpose.
- 6.5 Native and foreign citizens who are desirous of pursuing introductory knowledge of Ayurvedic medicines shall be provided with an opportunity to study.

## **7. Management of Ayurvedic Human Resources:**

- 7.1 Various organizational structures under the Ayurveda Group shall be made responsive and service-oriented, for the consolidation of management aspect of Ayurvedic human resources.

7.2 Ayurvedic doctors and Ayurvedic health workers shall be provided with the same allowances and special facilities as doctors or health workers of other systems are receiving or shall receive.

**8. Ayurvedic Research:**

8.1 There shall be established as Ayurvedic Research Institute furnished with the required equipment, for research of international standard in matters related with the use of Ayurvedic medicines and entities and the Ayurvedic treatment.

8.2 The Ayurvedic manuscripts available in the country shall be preserved, data bank, reference library shall be established, and contemporary reference materials shall be published.

8.3 Magazines pertaining to the protection, farming, promotion, utility method, environmental education, of the herbs available in the country shall be published, and national records thereof, prepared.

8.4 There shall be launched a campaign to perpetuate the protection and relevancy of the knowledge of traditional health workers.

8.5 For the above activities, co-ordination shall be maintained with Ayurvedic Research Institute, National Ayurvedic Institute, Ayurvedic Hospitals, governmental and non-governmental Ayurvedic Medicine Companies and other related research institutes.

**9. Provision of mobilization of resources:**

Assistance of native and foreign donor agencies shall be made available so as to provide financial support to various programmes of Ayurveda, to mobilize the acquired financial resources by promoting export of herbs and prepared medicines and to assist in the implementation of the said programme.

## **10. Nepal Ayurvedic Medicine Council:**

There shall be established a Nepal Ayurvedic Council at the national level for fixing necessary standards of Ayurvedic education and service, registration of doctors and well-arrangement, monitoring and evaluation of technical and administrative aspects of the dispensaries.

### **Terms of Reference of District Ayurvedic Health Centre**

#### **Objective:**

The main objective of the District Ayurvedic Health Centre shall be to supervise and evaluate the functions to be performed primarily by general Ayurvedic dispensaries in the districts as well as technical, administrative works of the dispensaries thereunder, to make co-ordination among the dispensaries, and to provide service as a model institution by producing medicines, to the maximum extent by mobilizing local herbals and other resources.

- To provide treatment to the patients who visit the Health Centre and who are referred by Ayurvedic Dispensaries.
- To operate some services of five functions (*Panchakarma*).
- To distribute or cause to be distributed the medicines obtained from the Government of Nepal in a well-planned manner.
- To prepare medicines from local herbals to the fullest extent possible and distribute them.
- To make model farming of herbals in the premises of the Health Centre, maintain inter-institutional co-ordination with governmental, non-governmental bodies on forest, agriculture, community forest etc. related with medical herbs and impart knowledge to traditional and other health workers, wizards, and social workers on production, collection, protection, promotion and maximum utilization, as

medicine, of the medicinal herbals by conducting trainings, symposiums etc.

- To prepare an inventory and herbarium of local herbs.
- To evaluate and supervise technical and administrative aspects of the Ayurvedic Dispensaries under the district and extend assistance in their other programmes.
- To make necessary arrangements for the prevention of epidemic in times of breaking out of such disease.
- To provide data of herbs and patients to the centre.
- To do, or cause to be done, functions as per other departmental directives.

### **Terms of Reference of Ayurvedic Dispensary**

#### **Objective:**

The main objective of the Dispensary shall be to provide service by producing the medicines in the Dispensary, in order to make the health service self-sufficient to the maximum extent by mobilizing local herbs, in particular, and other resources.

- To provide normal treatment to the patients visiting the Dispensary and refer them to the District Ayurvedic Health Centre, if necessary.
- To distribute the medicines sent by the Government of Nepal, in a well-planned manner.
- To produce, collect, protect and promote the herbs available in the local source and utilize them as Ayurvedic medicines to the maximum extent.
- To do herbs farming in the premises of the Dispensary, organize training to the local traditional health-workers, wizards and social workers, on production, collection, protection and promotion of the

herbs as well as on their maximum utilization in Ayurvedic treatment, and to constitute co-ordination committees with governmental and non-governmental bodies in local level.

- To prepare inventory and sample of local herbs and send the same to the concerned body.
- Primarily, the Dispensaries located in the areas where a health post is not established are to carry out other services to be provided by the health post.
- In the time of the breaking out of epidemic, to make arrangements for its prevention.
- To send monthly data of patients to the concerned body.
- The do, or cause to be done, functions as per other departmental directive.

NEPAL LAW COMMISSION