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INDIA NEWS BY FII

Monthly Newsletter for Global Audience



"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

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- Mr. Uditendu Verma
- Dr. Shailendra Vyas
- Dr. Dravya Jain
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Mr. Deepak Jain
Director General
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Editorial

The future of businesses and jobs will look different. The new industry will be idea based, skill based and knowledge based. Innovation is key. In the coming time MBA graduates will be at management positions but their skill sets will be different. Prestigious institutions are sensing this change and adapting through changes in curriculum. New education policy a milestone policy acknowledging this change. The focus should be on being skilled enough to be a job creator rather than a job seeker. Skill would be the new currency. In the coming times, there will be some sectors/industries which will collapse. New sectors will come in. service sector will grow. The young minds will have to be equipped with skills to thrive in the new sectors.

The young minds need to be trained for entrepreneurial roles. In the past 2 years, there has been a phenomenal rise in number of tech startups. India is the third largest hub for startups as of 2021. The mindset of new generation is changing.

2022 will see a big thrust in Indian economy after a major shutdown for 2 years. The post pandemic industry will not rely on money, connections but on skill.



Time Will Come !



MR. SANJEEV ARORA



DR. DRAVYA JAIN

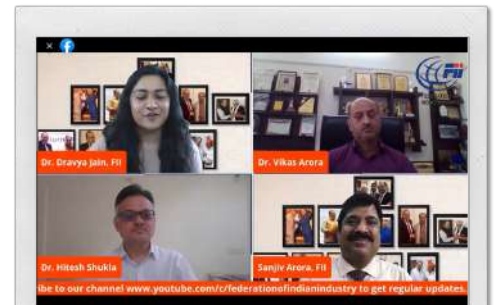


Talk with an Expert: CA Yatinder Khemka,
Chairman, Banking & Finance, FII

Talk with an Expert Show with CA Yatinder Khemka in which team discussed about post covid handling of banking and financial issues. The magnitude of human lives lost in the second wave of COVID 19 is tragic. Many families lost their single earning member, many children lost both their parents. This has effects in both emotional and legal matters. In this episode with CA Khemka, we discussed the legal management of assets and liabilities in cases of sudden loss of stakeholders, with or without a will, importance of succession planning and legalities of adoption of children orphaned in such cases.

Talk with an Expert Show with Dr. Vikas Arora & Dr. Hitesh Shukla in which team discussed about Leadership in crisis.

Dr. Arora and Dr. Shukla discussed the ever changing forms of leadership especially during crisis. They highlighted upon restructuring of organization, family businesses, lessons from Chanakya Niti, the great economist of his time.



Talk with an Expert: Dr. Hitesh Shukla & Dr. Vikas Arora



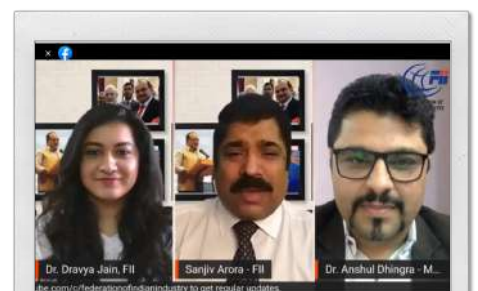
Talk With An Expert : Ambassador Vishnu
Prakash

Talk with an Expert Show with Ambassador Vishnu Prakash in which team discussed about the opportunities to get india on world stage .

Ambassador Prakash shared his pearls of wisdom, some values he lives by. He talked about India Pakistan relations and his vision as an External Affairs Minister of India.

Talk with an Expert Show with Dr. Anshul Dhingra in which team discussed about the solutions of MSME issues during covid pandemic.

Dr. Dhingra highlighted upon the struggles faced by MSMEs during pandemic and a sound management strategy for MSMEs to survive. A change in perspective, backed with strong management principles can make all the difference. He gave a crisp strategy for MSMEs struggling to survive, maintaining and those which are scaling up.



Talk With an Expert : Dr. Anshul Dhingra, Founder,
MSME Centre of Excellence

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"Individual commitment to a group effort--that is what makes a team work, a company work, a society work, a civilization work." --Vince Lombardi.

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India, UK agree on technology collaboration for combat aircraft

In a significant move, India and the UK promised to grow reciprocal protection participation, incorporating through technology cooperation in creating battle airplane and complex weapons, during a virtual culmination between Prime Minister Narendra Modi and his British partner Boris Johnson. In the discussions, the countries also consented to increment sea co-activity while India welcomed the UK's contact official to the Indian Navy's data combination focus, a key office that keeps a falcon looked at vigil on improvements and development of boats in the Indian Ocean locale.

India expands negative list for defence imports with 108 new items

In a big push towards defence indigenisation, India on Monday approved restrictions on the import of an additional 108 military weapons and systems such as next-generation corvettes, airborne early warning systems, tank engines and radars under a staggered timeline of four-and-half years. The first negative list for defence imports comprising 101 items that included towed artillery guns, short-range surface-to-air missiles, cruise missiles and offshore patrol vessels was issued last August.

China creates combined air defence system along LAC

China's People Liberation Army (PLA) has coordinated components of the air force and armed forces to make a consolidated air safeguard framework for its western theater that is answerable for tasks along the Line of Actual Control (LAC), the most recent in a progression of moves demonstrating a fortifying of its situations around there. The move follows various reports of China moving in new military hardware and developments into Tibet and Xinjiang, and reinforcing air protection and rocket positions and air terminals on its side of the LAC in the midst of a line stalemate with India that started more than a year ago.



India may overtake China as most populous country sooner than UN projections of 2027: Report

Chinese demographers say India will turn into the world's most populated country sooner than the United Nations' projection of 2027, outperforming China where a consistent drop in the rate of birth has been recorded over the most recent couple of years.

Nepal to close 22 entry points with India amid COVID-19 surge

The Nepal government has chosen to close 22 border gates with India in the midst of a sharp flood in COVID-19 cases in India. The choice came after the COVID Crisis Management Coordination Committee (CCMC) advised to the Council of Ministers to close down 22 out of an aggregate of 35 border points among Nepal and India, as indicated by authorities. Presently just 13 boundary focuses among Nepal and India will stay operational. The choice comes in the wake of rising instances of COVID-19 contaminations in the southern neighbor.

India-Pakistan rivalry heating up over Afghanistan

After much anticipation, US President Joe Biden as of late declared that all American soldiers will pull out from Afghanistan by 11 September 2021 — the twentieth commemoration of Washington's longest running conflict. However the Taliban might be utilizing the postponed withdrawal to get ready for a more drawn-out and stark 'spring hostile' — an occasional activity that happens throughout the Winter defrost around early March. Fully expecting the US withdrawal, old local rivalries —, for example, among India and Pakistan — imply that states are planning by and by to guarantee their inclinations endure a possible common conflict. While the Taliban have verifiably appreciated Pakistani support, India has enabled elective groups and now loans backing to the juvenile Afghan majority rule government project.



India, UK unveil roadmap to double trade by 2030, pave way for FTA

India and the UK opened up another section in their bilateral relations with the dispatch of another Enhanced Trade Partnership that lays out the objective of multiplying exchanges between the two countries by 2030 and preparing for a future UK-India Free Trade Agreement. This is viewed as one of the vital takeaways from the India-UK highest point which was tended to by Prime Minister Narendra Modi and his UK counter- part Boris Johnson.

Joe Biden orders more intel investigation of COVID-19 origin

President Joe Biden requested U.S. intel authorities to "redouble" their efforts to examine the starting points of the COVID-19 pandemic, including any chance the path may end up in a Chinese research center. Following quite a while of limiting that chance as a periphery hypothesis, the Biden organization is joining overall pressing factor for China to be more open about the flare-up, planning to take off GOP grumblings the president has not been extreme enough just as to utilize the chance

China says it will allow couples to have three children, up from two

China said that it would permit all wedded couples to have three children, finishing the two child policy that has neglected to raise the nation's declining birthrates and deflect a segment emergency. The declaration by the Communist Party addresses an affirmation that its cutoff points on reproduction, have risked the nation's future. The work pool is contracting and the populace is turning gray, compromising the modern system that China has utilized for quite a long time to rise out of neediness to turn into a monetary force to be reckoned with.

BANKING & FINANCE



GST Council approves late fee amnesty scheme for small taxpayers

Finance Minister Nirmala Sitharaman said that to give help to little citizens, the GST Council has suggested an amnesty scheme for reducing late fee payable in these cases. "One of the biggest decisions today is the reduction of compliance burden of small taxpayers and medium-sized taxpayers. Late fee amnesty related matters were decided upon," Sitharaman said at a press briefing after the 43rd GST Council meeting.

GST collections surge to record ₹1. 41 lakh crore in April

The gross GST revenue collected in the period of April is at a record high of Rs. 1,41,384 crore of which CGST is Rs. 27,837 crore, SGST is Rs. 35,621, IGST is ₹68,481 crore (counting Rs. 29,599 crore gathered on import of merchandise) and Cess is Rs. 9,445 crore (counting Rs. 981 crore gathered on import of products). According to a statement by the ministry of finance "In spite of the 2nd wave of COVID-19 pandemic affection certain sectors of the country, Indian organizations have shown amazing flexibility by agreeing with the return recording prerequisites as well as taking care of their GST obligations in a convenient way during the month,"

India's bank stocks pop after the central bank boosts lending to prop up the virus hit economy

Indian banking shares saw a surge after the central bank introduced schemes to boost lending as Covid-19 keeps affecting the country negatively. The Nifty Bank record was up 1.36% while the Nifty PSU list — which catches the exhibition of India's public area banks — rose 1.38%. They beat the benchmark Nifty 50, which was up just 0.61%



STATE NEWS

Uttar Pradesh achieves milestone of 5 crore Covid-19 tests

Uttar Pradesh crossed a huge benchmark of testing five crore people for covid-19. In a delivery, the state government said that Uttar Pradesh is the principal state to cross the milestone. It additionally said that on a normal, three lakh Covid-19 tests are being directed across the state every day.

Shivraj Singh Chouhan extends 'corona curfew' for 15 days in Madhya Pradesh

Madhya Pradesh Chief Minister Shivraj Singh Chouhan on 31st May extended the corona curfew in Madhya Pradesh for an additional 15 days till June 15 taking into account the continuous COVID-19 circumstance in the state. Notwithstanding, the Chief Minister forewarned individuals against the circumstance and added that 'it involved joy that the state's positivity rate has boiled down to 1.6 percent while the case recovery rate has gone up to 96 percent.'

Odisha Asks Centre To Intervene In Covid Vaccine Procurement

Odisha on Tuesday wrote to the central government for a nation level acquisition of worldwide COVID-19 vaccines by the association government expressing that it would be "quicker and conservative". The Odisha government said it will bear the expense of the vaccines for individuals of the state. In a letter to Union Health Minister Dr Harsh Vardhan, Odisha's Health Minister Naba Kishore Das said the state might be offered adaptability to plan and settle on circulation of immunizations contemplating nearby factors. He said the state government can't make online enlistment compulsory in slope regions where availability is poor.



MEDIA & ENTERTAINMENT

Salman Khan apologises to theatre owners- “The box office collection of Radhe will be zero”

In front of the arrival of Radhe-Your Most Wanted Bhai, hotshot Salman Khan sat with a gathering of writers by means of zoom call and talked about his impending delivery. He talked about the difficult stretches that we are living in and how he expects a film like Radhe-Your Most Wanted Bhai to acquire some transitory alleviation and amusement to individuals. The film comes out when most movie producers have chosen to keep down their deliveries as the venues in the nation have closed down. Notwithstanding, Radhe will see a concurrent delivery in the two theaters and computerized.

Bollywood star Kangana Ranaut's permanent Twitter suspension: What went down and why

Indian entertainer and ardent web-based media client Kangana Ranaut's Twitter account was for all time suspended after she posted a progression of provocative posts on post-survey brutality in West Bengal. She singled out West Bengal's recently chosen Chief Minister Mamata Banerjee and required President's standard in the state conjuring Indian Prime Minister to 'tame' the chosen state pioneer.

Her comments on the post-survey brutality evoked solid responses among online media clients. In any case, Ranaut isn't willing to withdraw. In a meeting with ANI, Ranaut talked about her lasting Twitter boycott and put it on an instance of provincial headache. "Twitter has just made my statement they're Americans and by birth, a white individual feels qualified for oppress an earthy colored individual, they need to mention to you what to think, talk or do. I have numerous stages I can use to speak loudly, remembering my own specialty for the type of film," she told ANI.

Following being suspended on Twitter, Ranaut took to her Instagram to uncover that few First Information Reports/bodies of evidence have been enlisted against her over her comments on the West Bengal savagery.

SPORTS



IPL 2021 Postponed After Several Players Test Positive For COVID-19

Indian Premier League (IPL) 2021 has been deferred, said the Board of Control for Cricket in India (BCCI) on Tuesday after a few players tested positive for COVID-19. "The Indian Premier League Governing Council (IPL GC) and Board of Control for Cricket in India (BCCI) in a crisis meeting has consistently chosen to defer IPL 2021 season, with quick impact," BCCI said in a delivery. "The BCCI would not like to settle on the security of the players, support staff and different members engaged with getting sorted out the IPL. This choice was taken keeping the security, wellbeing and prosperity of the multitude of partners at the top of the priority list."

Arjan Singh Bhullar becomes India's 1st MMA world champion: If you got dreams, chase them down

Blended Martial Artist (MMA) Arjan Bhullar left a mark on the world on Saturday as he turned into the principal battle of India plunge to win a world title in the game in the wake of beating Brandon Vera to end his five-and-a-half-year reign as the heavyweight champion in the One Championship.

Bhullar enrolled a second-round (TKO) prevail upon Vera to turn into the country's first-since forever MMA title holder. The outcome saw the Indo-Canadian contender take his MMA record to 11-1 (4 by knockout, 7 by choice).

"India, we got one at this point. Your first title holder. How about we go."

"We planned to take care of him, get in and out range, wrestle him, pressure him, break him. That was the approach. I realized I planned to hurt him. I came into the battle the lightest I said something. I was all set 5 rounds.



Australian State Wants 5,000 Litres of Banned Poison from India to Take Care of it's Rat Problem

Days after photographs and recordings of a plague of hungry mice hitting portions of country Australia became famous online, the territory of New South Wales appears to have gone to India and requested weighty dosages of the restricted rodent poison Bromadiolone. As per reports, Australian specialists have requested 5,000 liters of the toxin, now and then called the 'Napalm' for mice, following one of the first plague flare-ups in quite a while to hit the homesteads in the New South Wales locale.

New South Wales' farming clergyman Adam Marshall was cited by Hindustan Times as saying that Bromadiolone was "really the most grounded mouse poison we can go anyplace on the substance of the earth that really will kill these things inside 24 hours".

The dubious request is yet to get endorsement from the administrative Australian government in the midst of worries that the toxic substance may wind up executing different creatures and lifeforms.

India, Israel sign agreement on agriculture cooperation

India and Israel have marked "a three-year work program understanding" for improvement in agribusiness collaboration, the Ministry of Agriculture and Farmers Welfare said on Monday.

"Taking forward the consistently developing organization in agribusiness among Israel and India, the two governments have consented to improve their participation in farming and marked a three-year work program understanding for advancement in Agriculture collaboration, while attesting the steadily developing reciprocal association and perceiving the centrality of horticulture and water areas in the respective relationship," the Ministry said in a proclamation.



Amazon to extend ban on police use of face recognition tech

Amazon said on Tuesday, it is expanding its restriction on the utilization of its facial acknowledgment instruments for law authorization, in the midst of constant worries of inclination in the innovation.

The tech goliath in last June declared, it was carrying out a one-year ban on police utilization of its innovation, saying the delay could give Congress time to authorize shields against abuse of facial acknowledgment.

Realme X7 Max 5G With 120Hz Display Launched in India, Realme Smart TV 4K Debuts as Well: Price, Specifications

Realme X7 Max 5G was dispatched in India on Monday with a MediaTek Dimensity 1200 SoC and triple back cameras. The cell phone additionally accompanies a 120Hz Super AMOLED show and supports 50W quick charging. The Realme X7 Max 5G is basically a rebadged Realme GT Neo that was dispatched in China in late March. Notwithstanding the new cell phone, Realme dispatched the Smart TV 4K that comes in 43-and 50-inch screen sizes and supports advances like Dolby Vision and Dolby Atmos. The shrewd TV accompanies a rundown of network choices that incorporate HDMI and USB ports just as Wi-Fi and Bluetooth.





INFRASTRUCTURE

Larsen & Toubro secures order for its Heavy Civil Infrastructure business in India

The development arm of Larsen and Toubro has gotten huge orders from a lofty Client for its Heavy Civil Infrastructure business in India.

The Business has gotten a request from Chennai Metro Rail Corporation Limited (CMRL) to build almost Twelve (12) km Twin Bored passages from Kellys station to Taramani Road Junction station. It additionally includes development of stomach dividers of station box and passage/leave designs of Chetpet Metro, Royapettah Govt. Emergency clinic, Thiruvanmiyur Metro Stations and part stomach mass of Greenways Road Metro Station, including dispatching and recovery shafts in these stations.

This underground Metro Rail burrow bundle is a piece of Corridor 3 of CMRL Phase-II Metro Rail Project and is to be built in roughly 52 months by utilizing eight passage exhausting machines working all the while in different stretches of the task.

Government giving utmost priority to infrastructure development: Nitin Gadkari

Gadkari said that government is giving utmost priority to development of infrastructure and has set a target of road construction worth 15 lakh crore in the next two year .

India plans to roll out low-cost EV charging points within two months

India is intending to set up AC charging focuses for electric vehicles in the following two months which is expected to cut down the expense of setting up EV charging framework. As indicated by an assertion gave by the public authority on Wednesday, the objective cost for these AC charging focuses will begin as low as ₹3,500 per unit.

The point is to give reasonable EV charging foundation the nation over to additionally advance electric versatility. An advisory group, which additionally included EV producers and providers, was set up to foster this minimal expense EV charging foundation.



Pune ranks first, Delhi-NCR at bottom among top 8 cities on health infra parameters: Report

Pune is positioned first while Delhi-NCR is at the most reduced situation among eight significant urban areas in wellbeing framework related boundaries, including number of clinics beds, air-water quality and sterilization, as indicated by a report by Housing.com. The land entrance, which is possessed by US-based News Corp and its Australian gathering firm REA, on Wednesday delivered its report named 'Province of Healthcare in India'.

Covid-19: RBI announces Rs 50,000 crore lending programme to boost health infrastructure

Reserve Bank of India Governor Shaktikanta Das on Wednesday declared a Rs 50,000 crore loaning project to help increase the wellbeing foundation as India is battered by a second flood of the Covid pandemic.

Centre says open to facilitate Covaxin tech transfer to ramp up production

In the midst of the developing melody for innovation move to mass-produce Covaxin, the Center on Thursday explained that a modern mechanical stage needed for the interaction is a significant requirement.

This immunization, which is an inactivated rendition of the Covid infection and requires the live infection to be refined, must be prepared in labs ordered as biosafety level 3, focused on VK Paul, part, wellbeing, Niti Aayog, who likewise heads the public Covid team.

Covaxin was created by Bharat Biotech with help from ICMR what shares the IP privileges of the antibody. The public authority wellbeing research body had put about Rs 35 crore in its pre-clinical and clinical preliminaries.

IS IT RAMDEV VS IMA OR PATANJALI VS PHARMA COMPANIES?



Deepak Jain

Director General, FII

During the covid crisis period, two antagonistic forces came to light. The one led by Hon'ble Prime Minister Modi which oozed of Nationalist mindset trying to unite Indians in a single thread. The other reeked of negativity who were out to push the National mindset into deep depression. We chose the former. We believed in the strength of unity when we clapped to truly appreciate the spirit of the frontline health workers. We had full faith when all of us Indians lit Diyas to lift the morale of people. Not only this, our Prime Minister gave us another captivating Mantra of "DO GAJ DOORI, MASK HAI JARURI!!" to reinforce public protocols. This famous mantra was very soon caught on by the whole World.

We saw an exemplary display of what true leadership looks like. He led the Nation to believe in itself. The big things in 2020 such as PPE kits, 3 ply masks, N 95 masks, Ventilators were a big challenge globally. All these demands were successfully met and India not only started meeting domestic requirements but started exporting to other nations too.

Our leadership went full throttle with production of two indigenous covid vaccines. When Nations were fighting for vaccine diplomacy, our leader sent consignments of Indian Vaccines as a help to Ally Nations including most developed countries in the world.

This was in stark contrast to the stand of most vaccine makers, who were putting impossible terms for ensuring supplies. Some were asking for bank Guarantees, or others were seeking Countries' military basis in lieu of payment. Some were asking the respective Govts. to indemnify the Vaccine makers in case some litigation arises due to the vaccine effects. but our Country was upbeat due to its own vaccine.

Things started turning the wrong way when the lockdown restrictions were uplifted. The basic norms and rules proposed by the Govt. were flouted. A few states witnessed huge infection rates. Soon Nation was reeling under terrible infection rates. The wave peak was at 4 lac cases per day. The entire medical system of the Nation collapsed. On top of this, some journalists were reporting from burning pyres or from hospitals and roadside where patients were crying for oxygen.

Pharma companies were trying but had no clue about the treatment. With the changing guidelines every now and then, it is pretty apparent that WHO, Pharma cos, IMA and ICMR were and still remain clueless about the actual treatment for corona virus.

When there was a cry for ventilators, the Govt. shut down all auto companies and put them for making ventilators. When there was an oxygen shortage crisis, they shut all steel plants and diverted the produce to hospitals. The Govt. ramped up the production from 900MT per day to 10000 MT per day in one week flat. When demands for Remdesivir arose, our Prime Minister spoke to all world leaders and even US President Biden started sending plane loads of Vials. The entire world was feeding Indian needs of Oxygen Cylinders, Oxygen Concentrators and Portable Oxygen plants. Another bright ray of hope was the Patanjali-developed Coronil, which has now an impeccable track record of recoveries to its credit. As soon as Baba Ramdev launched Coronil, there was a lot of noise in the media and equally loud criticism of his medicine claiming that Patanjali had launched it without adequate trials in the Labs.

When it comes to trials the following sequence of events crosses my mind at the same time. Hydroxychloroquine was considered holy and divine. Soon there were no takers. Plasma Therapy was amazing! Now it is ruled as ineffective. Remdesivir market boomed like cryptocurrency. Now it is on its way out of the favoured list. Steroid therapy was superb. Till cases of fungus came up. Nowadays the ECMO is the current favourite. Are these successive flops by design or a coincidence? People sold their jewellery, houses and flats to raise money to get Oxy-beds, ICU beds and ventilators. It became a common occurrence for patients to be charged Rs. 50,000/- per night for a Bipap machine. Humanity cried its last breath when ambulances started charging thousands to lacs of money for short distances. This high cost of treatment is for a disease for which Doctors are yet to find a definite combat strategy. Another bright spot in the current scenario is the DRDO developed medicine which also works on a brilliant idea. In the matter of the DRDO kit, there was absolute silence. This is understandable because no one wants to fight the Govt. but the kind of applause that was expected from the medical fraternity was missing. IMA is the senior most and vocal of the organisations representing the medical fraternity representing Allopathy stream of treatment. If allopathy is unable to find a cure for this virus, do they have the right to question the other alternative therapies which are equally competent?



IMA does not have a sole franchise to treat people. And the way the noise is being created, it is legitimate for people to question if it is IMA behind the curtains or the Pharma companies whose businesses would suffer if Ayurveda succeeds.

Are the Pharma companies really interested in curing people of Corona or they are interested in keeping us on permanent medicine alternatives? The Pharma Lobby and the



Tobacco lobby are the most powerful lobbies in the USA. It is these two lobbies which take a call about the fate of people's health.

Cancer, Diabetes, High Blood Pressure are some of the illnesses that make sure that patient is never cured but is kept alive to ensure the Pharma cos. make money.

I would request the Hon'ble Prime Minister and Union Health Minister to have a holistic view of Human health and promote Ayurveda and our other traditional knowledge based healing systems. We cannot and should not allow India to become a playground for Biological warfare. Also India should not allow the Pharma cos to test various therapies unless it is proven and tested.

The leadership and the entire Nation did not fail the patients but it is the WHO coupled with greed of Pharma companies and some corrupt medical practitioners which failed the Nation.

So I really want to ask:

IS IT RAMDEV VS IMA OR PATANJALI VS PHARMA COS.?

(The Views of the article are the personal views of the author Deepak Jain)

Your Body is precious. It is our vehicle for awakening. Treat it with care .

- Buddha

वर्तमान परिप्रेक्ष्य में आयुर्वेद एवं योग की वैश्विक उपादेयता।



Dr. Ranjan Vishada

Ayush Medical Officer
National Convenor, Vishwa
Ayurved Parishad Prakashan

भारतीय चिकित्सा पद्धति आयुर्वेद, जिसे जीवन का विज्ञान भी कहा जाता है मुख्यतः दो शब्दों से मिलकर बना है 'आयु' और 'वेद'। आयु का शाब्दिक अर्थ होता है जीवन और वेद का अर्थ होता है ज्ञान अर्थात् जीवन के विज्ञान को आयुर्वेद कहा जाता है। आयुर्वेद मात्र चिकित्सा पद्धति ही नहीं प्रत्युत विज्ञान, कला और दर्शन का मिश्रण है। आयुर्वेद 5000 वर्ष से भी पुराना चिकित्सा विज्ञान है। जिसे साक्षात् ब्रह्मा जी से उद्भूत कहा जाता है। आयुर्वेद को अथर्ववेद का उपवेद भी कहा जाता है। आयुर्वेद ने भी वेदों के समान श्रुतियों के आधार पर एक लंबी यात्रा पूर्ण कर वर्तमान स्वरूप अष्टांग आयुर्वेद को अपनाया है।

कायबालग्रहोर्ध्वाङ्गशल्यदंष्ट्राजरावृषान् । अष्टावङ्गानि तस्याहुश्चिकित्सा येषु संश्रिता ॥ (अ. ह. सू १/५)

जो क्रमशः काय (शारीरिक रोग) बाल (बालक एवं प्रसूता स्त्री रोग) ग्रह (मानसिक एवं सूक्ष्म जीवाणु जनित रोग) ऊर्ध्वाङ्ग (गले के ऊपरी भाग के समस्त रोग) दंष्ट्रा (विष जनित रोग) जरा (वृद्धावस्था जन्यरोग) वृष (वाजीकरण)। इसी तरह हम अष्टांग योग, यम, नियम, आसान, प्राणायाम, धारणा, ध्यान, समाधि का अनुसरण करते हुए सम्पूर्ण स्वास्थ्य को अर्जित कर सकते हैं।

आयुर्वेद ही एकमात्र ऐसा चिकित्सा विज्ञान है जो किसी रोग की चिकित्सा से पहले ही उसकी रोकथाम की बात करता है। आयुर्वेद का प्रयोजन है-

प्रयोजनं चास्य स्वस्थस्य स्वास्थ्य रक्षणं आतुरस्य विकार प्रशमनं च।

अर्थात् स्वस्थ व्यक्ति के स्वास्थ्य की रक्षा करना एवं रुग्ण व्यक्ति के रोग का उन्मूलन।

आयुर्वेद तीन मूल प्रकार के ऊर्जा या कार्यात्मक सिद्धांतों की पहचान करता है जो हर किसी इंसान और हर चीज में मौजूद हैं। इसे त्रिदोष सिद्धांत कहते हैं। जब ये तीनों दोष - वात, पित्त और कफ (Vata, pitta, kapha) संतुलित रहते हैं तो शरीर स्वस्थ रहता है। आयुर्वेद के सिद्धांत शरीर के मूल जीव विज्ञान से संबंधित हो सकते हैं। आयुर्वेद में, शरीर, मन और चेतना संतुलन बनाए रखने में एक साथ काम करते हैं। शरीर, मन और चेतना की असंतुलित अवस्था को (vikruti) विकृति कहा जाता है। आयुर्वेद स्वास्थ्य लाता है और दोषों को संतुलन में रखता है। कुल मिलाकर, इसका उद्देश्य सामान्य स्वास्थ्य को बनाए रखना और बेहतर बनाना है, चाहे आप किसी भी उम्र के हों। आयुर्वेदिक दर्शन के अनुसार हमारा शरीर पांच तत्वों (जल, पृथ्वी, आकाश, अग्नि और वायु) से मिलकर बना है। वात, पित्त और कफ इन पांच तत्वों के संयोजन और क्रमपरिवर्तन हैं जो सभी निर्माण में मौजूद पैटर्न के रूप में प्रकट होते हैं।

भौतिक शरीर में, वात आंदोलन की सूक्ष्म ऊर्जा है, पाचन और चयापचय की ऊर्जा, और शरीर की संरचना बनाने वाली ऊर्जा को साफ करती है। वात गति से जुड़ी सूक्ष्म ऊर्जा है - जो अंतरिक्ष और वायु से बनी है। यह श्वास, निमिष, मांसपेशियों और ऊतक आंदोलन, हृदय की धड़कन और साइटोप्लाज्म और कोशिका झिल्ली में सभी आंदोलनों को नियंत्रित करता है। संतुलन में, वात रचनात्मकता और लचीलेपन को बढ़ावा देता है। संतुलन न होने से, वात भय और चिंता पैदा करता है। पित्त शरीर की चयापचय प्रणाली के रूप में व्यक्त करता है - आग और पानी से बना है। यह पाचन, अवशोषण, आत्मसात, पोषण, चयापचय और शरीर के तापमान को नियंत्रित करता है। संतुलन में, पित्त समझ और बुद्धि को बढ़ावा देता है। संतुलन न होने से, पित्त क्रोध, घृणा और ईर्ष्या पैदा करता है।

कफ वह ऊर्जा है जो शरीर की संरचना - हड्डियों, मांसपेशियों, टेंडन - का निर्माण करती है और "गोंद" प्रदान करती है जो कोशिकाओं को एक साथ रखती है, जो पृथ्वी और जल से मिलकर बनती है। यह जोड़ों को चिकनाई देता है, त्वचा को मॉइस्चराइज़ करता है, और प्रतिरक्षा को बनाए रखता है। संतुलन में, कफ को प्यार, शांति और क्षमा के रूप में व्यक्त किया जाता है। संतुलन से बाहर, यह लगाव, लालच और ईर्ष्या की ओर जाता है।

आयुर्वेद में दो तरह की चिकित्साएँ होती हैं संशमन चिकित्सा और संशोधन चिकित्सा। संशमन चिकित्सा पंचकर्म के माध्यम से की जाती है जिसमें वमन, विरेचन बस्ती नस्य और शिरोधारा आदि प्रमुख विधाएँ सम्मिलित हैं। संशोधन चिकित्सा औषधियों के माध्यम से की जाती है। इसी तरह योग में षट्कर्म के माध्यम से शरीर का शोधन होता है इसमें नेति, धौती, नौली, बस्ती कपालभाति और त्राटक विधियों का उपयोग किया जाता है।

इसके साथ ही सप्त धातुएँ, तेरह अग्नियाँ, तीन एषणायें, त्रिविध चिकित्सा, षडऋतु दर्शन, षडरस विज्ञान, रस, गुण वीर्य, विपाक, प्रभाव प्रकरण, निदान पंचक, वैरोधिक आहार, कषाय कल्पना, स्वस्थवृत्त वर्णन, धारणीय अधारणीय वेग, पंच पंचक, साध्या साध्यता संबंधी विचार, चतुर्विध प्रमाण, चिकित्सा चतुष्पाद, तीन उपस्तम्भ, त्रिविध बल, त्रिविध रोगायतन, त्रिविध रोग, त्रिविध वैद्य, त्रिविध औषध, दिनचार्य, ऋतुचर्या, रात्रिचर्या, दश प्रणायतन, अष्ट आहार विधिविशेषायतन, जनपदोद्ध्वंस, त्रिविध रोगविशेष विज्ञान, कालाकाल मृत्यु, प्रकृति परीक्षा, दश विधि आतुर परीक्षा, सार परीक्षा, वय परीक्षा, सत्व परीक्षा, प्रमाण परीक्षा महती गर्भावक्रान्ति, अरिष्टादि वर्णन के साथ साथ अन्यान्य मौलिक सिद्धांतों के साथ मनुष्य को रोग से ग्रसित होने से रोका जाता है और अगर फिर भी रुग्ण हो गया तो उसके रोग की समुचित चिकित्सा की जाती है। आयुर्वेद के सिद्धांत के इसके जन्म से ही अभी तक प्रभावी हैं और अकाट्य भी। इन्हीं सिद्धांतों का प्रयोग करके हम किसी भी रोग की चिकित्सा कर सकते हैं। वर्तमान परिपेक्ष में कोविड-19 में हम सब ने देखा कि आयुर्वेद के सिद्धांतों का, आयुर्वेद की औषधियों का देश के हजारों लाखों लोगों ने भरपूर उपयोग कर इस महामारी से स्वयं को बचाया है व अन्यो को भी प्रेरित किया है।

(The Views of the article are the personal views of the author Dr. Ranjan Vishada)



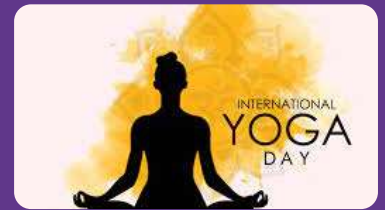
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