



Ministry of  
**Ayush**  
Government of India

सत्यमेव जयते



# 11<sup>th</sup> Ayurveda Day

*Ayurveda for a Healthier Tomorrow*

23 September, 2026

#AyurvedaDay2026



**Ayurveda for a  
Healthier Tomorrow**



# 11<sup>th</sup> Ayurveda Day Celebrations

23<sup>rd</sup> September 2026



## 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 be observed on 23rd September every year**

In a 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 27<sup>th</sup> March 2025.

The chosen date, 23<sup>rd</sup> 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 Ayurveda 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

- **P**romote and position Ayurveda to the global forefront of healthcare.
- **E**xplore the potential of Ayurveda to contribute towards national health policy and shaping national health programs.
- **R**educe the disease burden and associated morbidity and mortality by harnessing the untapped potential of Ayurveda.
- **F**ocus 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.
- **E**nhance trust and credibility in Ayurveda and promote awareness of Ayurveda through community engagement among the general public, students, farmers, etc.
- **C**ultivate a culture of "illness to wellness" through Ayurveda for its holistic benefits.
- **T**ransform public understanding by establishing Ayurveda as an evidence-based scientific medical system



# Ayurveda



Ayurveda is India's traditional, contemporary, and comprehensive system of health care that addresses holistic health. The term 'Ayurveda' comprises 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 emphasized the importance of maintaining health and further expanded their vision to encompass pharmacotherapeutics.

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 Hridaya authored by Vrddha Vagbhata and Vagbhata during 6 - 7 Century AD.

Thus, the main three treatises called Brihatrayi i.e., Charaka Samhita, Sushruta Samhita and Ashtanga Sangraha/Ashtanga Hridaya formed basis for subsequent scholars to write texts and among them three concise classics i.e., Madhava Nidana, Sarngadhara Samhita and BhavaPrakasa 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 on 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.

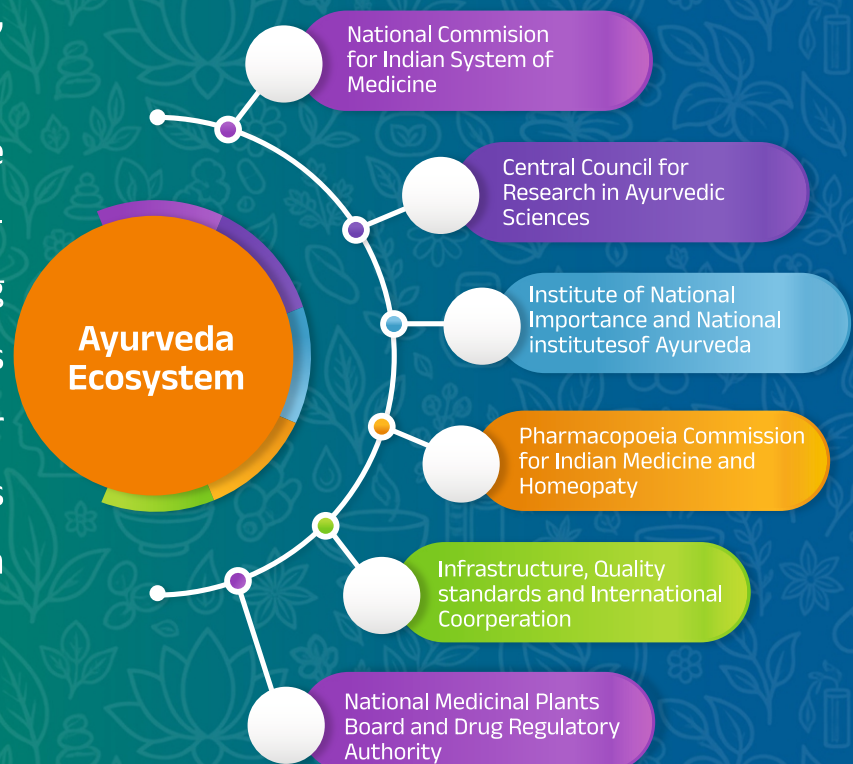


# Current Ayurveda Ecosystem

The Ayurveda education system is institutionalized and very wellregulated offering Undergraduate (UG), Postgraduate (PG) and PhD Academic Programs. Regulatory reforms brought in the Ayush Medical Education sector over the last ten years have transformed this sector, bringing in transparency, meritocracy, and sectoral expansion.

A commendable network of academicians, researchers, clinicians/practitioners and manufacturers 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. National Institute of Ayurveda (NIA), Jaipur is one of the apex institute under Ministry of Ayush to have Deemed to be university status.

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     | Dravyaguna 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 Reproductive 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

India's sustained efforts to promote Ayurveda and other Ayush systems globally have strengthened their international visibility, acceptance and institutional presence. Through bilateral and institutional partnerships, academic collaboration, research, capacity building and engagement with global health organisations, Ayurveda is increasingly contributing to global discourse on evidence-based, preventive and holistic healthcare. During 2025, these efforts gained further momentum through new international partnerships, expansion of Ayush Information Cells and Academic Chairs, enhanced engagement with WHO and participation in major global platforms.

## Global Outreach and Collaboration

Ministry has signed 27 country-level and 57 institute-level MoUs to promote collaborative research, education and capacity building. 16 Academic Chairs have been established globally, Ayush Information Cells at 46 locations across 43 countries serve as knowledge and outreach hubs. Under the International Ayush Fellowship/Scholarship Programme, 104 scholarships are offered annually to foreign nationals for pursuing Ayush courses in recognised institutions in India. During 2025–26, 3 country-level MoUs were signed with Angola, Kazakhstan and Tanzania; 6 institute-level MoUs with institutions in Ghana, South Africa, Réunion Island, Germany, Malaysia and Mongolia; and an Academic Chair MoU with Oman.



## **Second WHO Global Summit on Traditional Medicine (TM)**

The Second WHO Global Summit on Traditional Medicine was held from 17–19 December 2025 at Bharat Mandapam, New Delhi, jointly organised by WHO GTMC and the Government of India. Held under the theme “Restoring Balance: The Science and Practice of Health and Well-being,” the Summit highlighted the holistic approach to health encompassing body, mind, spirit and the environment. It brought together participants from over 100 countries, including Health Ministers/Vice Ministers from 22 countries, marking a significant milestone in global health cooperation.

## **Celebration of International Day of Yoga 2025 across the globe and Yoga exhibit during the World Expo Osaka, Japan**

The 11th International Day of Yoga (IDY 2025), celebrated on 21 June 2025, witnessed unprecedented global participation. Yoga activities were organised in 191 countries, at approximately 1,300 locations outside India, with an estimated 2,000 events worldwide. India's participation at World Expo 2025 Osaka further showcased Ayurveda, Yoga and India's traditional systems of medicine through exhibitions, wellness activities and business engagements, reaffirming their global relevance. Every day Yoga session in the Expo resulted in significant increase in the footfall, making Indian pavilion to be the one of the most visited ones.



# Strategic Agreements

**ICHI Agreement:** On 24 May 2025, the Ministry of Ayush and WHO signed a landmark agreement to initiate development of a dedicated Traditional Medicine module under the International Classification of Health Interventions (ICHI), with a holistic focus on Ayurveda, Siddha and Unani.

**Delhi Declaration:** Adopted at the Second WHO Global Summit on Traditional Medicine, the Declaration called for greater integration of Traditional Medicine into primary healthcare and national health systems through strengthened evidence, regulation, integration and international collaboration.

**Global Summit Agreement:** The Government of India–WHO Agreement on hosting the Global Summit on Traditional Medicine further strengthened institutional cooperation on Traditional Medicine.



## Recognition and Institutional Support

India strengthened international cooperation on the quality and regulation of herbal medicines. In August 2025, India, in collaboration with WHO and the Pharmacopoeia Commission for Indian Medicine & Homoeopathy, organised the WHO–International Regulatory Cooperation for Herbal Medicines (IRCH) workshop, with participation from 17 countries. India also participated in the 23rd International Conference on the Science of Botanicals in the USA, further advancing international exchange on medicinal plants and herbal medicines.

### Ayush Visa and Heal in India

Initiatives like the Ayush Visa are facilitating medical tourism, making India a preferred destination for holistic healing.

### BRICS

Within BRICS, recognition to Traditional, Complementary and Integrative Medicine (TCIM) has been accorded through various successive BRICS declarations latest being Rio de Janeiro (2025) Declaration. In the 16th BRICS Health Minister's Meeting in Chandigarh, from 21st to 24th July 2026, the BRICS member states agreed upon and finalised a Term of Reference (TOR) to establish BRICS Expert Working Group on Traditional, Complementary and Integrative Medicine (TCIM) under BRICS Health Track further strengthening cooperation in research and evidence generation and academic exchange and knowledge sharing.



## • 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, it has been embraced as a program of Government of India being implemented with Whole of Government approach in the form of “Jan Bhagidari, Jan Sandesh and Jan Andolan”.





# 11th Ayurveda Day – 23rd September 2026

## "Focal Theme – Ayurveda for a Healthier Tomorrow"

The 11th Ayurveda Day 2026 will be observed under the theme “Ayurveda for a Healthier Tomorrow”, reflecting the growing role of Ayurveda in addressing contemporary health challenges through scientific advancement, integrative healthcare and community-centered approaches. With increasing emphasis on prevention, innovation and sustainable healthcare, Ayurveda offers a holistic framework focusing on health promotion, disease prevention, personalized care and harmony with nature.

The theme is aligned with the spirit of **World Health Day 2026 – “Together for Health. Stand with Science”** and complements the **WHO Global Traditional Medicine Strategy 2025–2034**, particularly its emphasis on evidence, safe integration, innovation and community empowerment. The theme is particularly relevant to emerging health priorities such as non-communicable diseases, mental health, population ageing, antimicrobial resistance and environmental health challenges. Ayurveda offers approaches across the continuum of healthcare, from health promotion and prevention to treatment, rehabilitation and healthy ageing, thereby contributing to resilient, people-centered healthcare and improved quality of life.



# **Ayurveda for a Healthier Tomorrow: Key Intersections**

## **Integrative Healthcare for Better Health Outcomes**

This sub-theme aims to promote the appropriate integration of Ayurveda with contemporary healthcare systems for preventive, promotive and supportive care. It will highlight patient-centered approaches, multidisciplinary healthcare, clinical excellence, appropriate referral mechanisms and successful models demonstrating the contribution of Ayurveda towards better health outcomes.

## **Evidence, Research and Innovation in Ayurveda**

This sub-theme focuses on scientific validation, evidence generation, translational research and innovation in Ayurveda. It seeks to strengthen the evidence base and encourage the application of emerging technologies, including digital health and artificial intelligence, for advancing Ayurveda. Research achievements, validated practices, technological innovations and research-to-practice initiatives will be showcased to enhance the quality, credibility and global relevance of Ayurveda.

## **Ayurveda for Community Wellbeing and Sustainable Living**

This sub-theme highlights Ayurveda's contribution to preventive healthcare, healthy lifestyles, community wellbeing and environmentally sustainable practices. Its emphasis on appropriate diet and lifestyle, preventive practices, harmony with nature, medicinal plants and responsible use of natural resources provides a framework for healthier communities and sustainable living. Together, the three sub-themes translate “Ayurveda for a Healthier Tomorrow” into action by connecting integrative healthcare, evidence and innovation with community wellbeing and sustainability, while supporting the Ministry of Ayush Vision 2047 and the broader national vision of Viksit Bharat@2047.



## Ayurveda Day Pledge –2026

On this **11<sup>th</sup> Ayurveda Day**, I pledge to uphold the timeless wisdom of Ayurveda and contribute towards **a healthier tomorrow.**

### I shall:

- Embrace Ayurveda for prevention, health promotion and holistic well-being in my daily life.
- Follow Dinacharya (daily regimen), Ritucharya (seasonal regimen), and Sadvritta (codes of conduct) to preserve health and prevent disease.
- Adopt healthy Ayurvedic diet and lifestyle practices for better health and well-being.
- Promote evidence-based Ayurveda, research, innovation and integrative healthcare for better health outcomes.
- Support community wellbeing, sustainable living, medicinal plant conservation and harmony with nature for a healthier tomorrow.



Micro Website:

<https://ayurvedaday.org.in/>

- “I Support Ayurveda” initiative during the last year recorded around 4 crore (40 million) hits/votes.





# National Dhanwantari Ayurveda Award

National Dhanwantari Ayurveda Award 2026 to be conferred on Ayurveda day 2026 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.





# 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

## 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.

## 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..

## 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.



## 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 (MRAY) 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 and 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.

## 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 started an 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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