

GOVERNMENT OF INDIA
AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMEOPATHY (AYUSH)
LOK SABHA

UNSTARRED QUESTION NO:1939

ANSWERED ON:31.07.2015

Yoga in Government Institutions

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Will the Minister of AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMEOPATHY (AYUSH) be pleased to state:

Will the Minister of AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH) be pleased to state:

(a) whether the Government has conducted/proposes to conduct any study regarding the role of yoga in reducing life style diseases and if so, the details and the findings thereof;

(b) whether the Government proposes to establish yoga centres with qualified yoga trainers/ instructors to reduce the life style diseases in the country and if so, the details thereof, State/UT-wise;

(c) whether the Government proposes to introduce yoga in Government offices and Public Sector Undertakings (PSUs) to reduce the stress of the employees and if so, the details thereof;

(d) whether there is any protest/ objection on mandatory practicing of yoga in the country, if so, the details thereof and the steps taken/proposed to be taken by the Government to address the issue;
and

(e) the regulatory mechanism put in place by the Government to regulate the institutes imparting yoga education in the country?

Answer

(a): Yes. Central Council for Research in Yoga and Naturopathy (CCRYN), Morarji Desai National Institute of Yoga (MDNIY) and National Institute of Naturopathy (NIN) have conducted certain studies on efficacy of yoga in reducing life style diseases. Major finding of the studies are given below:-

- i. Yoga reduces airway sensitivity and improves pulmonary functions and decrease medication score in asthmatics.
- ii. Yoga and Naturopathy have been shown to be useful in rehabilitating patients with inflammatory arthritis as well as degenerative arthritis in elderly population.
- iii. Yoga has been found to retard progression of coronary artery disease and control blood pressure and blood glucose in coronary artery disease patients.
- iv. Yoga has also been found useful in reducing body weight in obesity, in preventing epileptic seizures, insomnia, reducing anxiety, depression in healthy, as well as, diagnosed cases. Shown to reduce negative affect, improve positive affect and quality of life among cancer patients.
- v. Yoga and Biofeedback have also shown to exhibit better control over gastric motility in irritable bowel syndrome and ulcerative colitis.
- vi. Yogic practices have shown to be beneficial in psychiatric disorders, such as schizophrenia, bipolar disorder and major depressive disorder and also Yoga & Naturopathy for rehabilitation and detoxification in drug dependence cases.
- vii. Yoga practices have also shown to improve normal physiological parameters in school children and police personnel, immunity and reduce stress hormone levels apart from other beneficial effects.

(b): The Government of India has approved the National AYUSH Mission which, inter-alia, envisages better access to AYUSH services including Yoga and strengthening of AYUSH educational institutions. The Mission provides for (a) co-location of AYUSH facilities at Health Centers/Hospitals including Yoga facilities (b) upgradation of exclusive State AYUSH Hospitals & Dispensaries including Hospitals with Yoga Centers (c) upgradation of State Government teaching institutions including those of Yoga (d) Yoga and Naturopathy Wellness Centres as per guidelines as deemed appropriate by the States under the flexible component.

(c): Department of Personnel and Training (DOP&T) has informed that Yoga Training Sessions are being organised in association with MDNIY for the benefit of Central Government employees and their dependents at Grih Kalyan Kendra (GKK), Samaj Sadans.

CCRYN is also conducting Yoga Training programme at Udyog Bhawan, National Co-operative Development Corporation (NCDC) and Tihar Jail.

(d): Practice of Yoga is not mandatory.

(e): At present, there is no Central legislation for regulation of education and practice in Yoga & Naturopathy systems. However, this Ministry had asked State Governments in 2006 to enact comprehensive legislation for the regulation of Naturopathy covering registration of Practitioners, medical education etc. Further, it was recommended that in the meantime a system be set up for the registration of Practitioners and the accreditation of Institutes on the basis of guidelines formulated and issued by the Government of India. Separately, a Task Force has been constituted by the Ministry to deliberate and make recommendations on various important issues concerning the Ministry of AYUSH, including the preferred option for promotion, development and regulation of Yoga & Naturopathy for education and practice.

