

ॐ SHRI PARMATMANE NAMAH

Dated.

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Respected Pradhan Mantri Ji

Namaskar

I am Dr. Sanjay Jain, Senior Orthopaedic Surgeon at Meerut, Uttar Pradesh. The country is passing through an unprecedented health crisis in the form of covid19. There is no drug treatment in modern medicine as of now to deal with this deadliest virus, neither for prevention nor for treatment. What ever medicines are being used by modern medical science for this disease have no scientific back up at all. Everything is based on assumptions only. This approach is full of risks as all these drugs are full of harmful side effects which may harm the patient further instead of helping them. The modern medicine has failed utterly as far as the present crisis is concerned. It has failed in Italy, in US and many more most powerful, resourceful and the richest countries of the world where modern medicine based health infrastructure and services were also considered to be the best.

The irony is that despite these facts, the task of dealing with this deadliest disaster in our country has been delegated solely to modern medicine alone. India is a country of richest heritage. India is a country of world's oldest medical science called Ayurveda. Not only medical rather a complete science of human life. The world also recognises Ayurveda as three thousand years old Indian medical science. The Charak and Sushruta Samhitas are irrefutable proof of that. Both the Samhitas have detailed description of everything about human body, mind and even soul. The health, the ways to protect health by correct life styles, diseases, their causes and treatments by way of medicines and surgeries have been described in great details in these Samhitas, that too, three thousand years back. Unbelievable! Its a matter of great surprise that there is detailed description of epidemics too.

For such a great science called Ayurveda, its not a great deal to tackle such a grave situation. It is a matter of great pain and shock that despite such a great medical science available in our great country, it has been ignored altogether in the current medical disaster management plan.

May I ask a question sir? Is it not a science? If not then why there is a ministry called Ayush? Why there is CCIM? Why there is CCRAS? Why there are hundreds of Ayurveda medical colleges in the country? Why lacs of students are studying in these colleges? Why they are being graduated into this useless discipline? Why we are spoiling their careers? Why to waste so much money, resources and manpower for this useless and unscientific modality of treatment? What the lacs of Ayurvedic doctors are doing in the country? What is the use of a so called medical science if it is not of any use at the time of real need?

What a farce! What ever is desirable to deal with this medical crisis, is expected from a medical science which has no drug in its armamentarium to offer? Modern medicine only has an advanced life support system which, of course, is of great help and which is used in ICU set ups to support

the cases which have already reached a life threatening critical stage. Remember! It is only a life support system which gives support to the vital organs in case of distress and failure. It is not a treatment in itself which can deal with the cause of the disease. The body gets some extra time to fight with its disease. The patients either win out of their own immune strength or perish otherwise as there is no drug in modern medicine to help the body in fighting the actual disease. Ayurveda can prove to be of great help to fill this vital gap in modern medicine apart from providing effective prophylactic measures. Ayurveda can also help in checking the disease progress from mild to severe.

Respected sir, please believe the ancient Indian science, the great Indian Rishis and the current Indian Vaidyas. There are great Ayurveda scholars in the country doing wonderful jobs. Ayurveda is spreading in the whole world very fast.

The need of the hour is integration of Ayurveda and Modern Medicine. WHO has also accepted the need for integration of conventional medicine and the traditional medicine. Ayurveda has many things for prophylaxis against corona for the use of healthy population, contacts and many effective medicines for the treatment of early positive cases as well as for patients with moderate to severe illnesses. It is not at all appropriate to leave the masses without any medicine support just because modern medicine has none. Ayurveda has everything to offer. The role of Modern medicine should be to offer ventilatory support in case of severe respiratory distress. Ayurvedic medicines can still be given through Ryle's tube even if patient is unconscious on ventilatory support.

Sir, we have nothing to lose and everything to gain. Remember! There is no drug for this deadly corona virus in modern medicine as of now. WHO supports the use of even experimental drugs in case of epidemics despite the great risk of harmful side effects of modern chemical drugs. Ayurveda, on the other hand, is not a blind experiment. There is great number of published work available apart from the great number of thousands of years old Indian experiences. The added advantage with Ayurveda is that there are no chances of any side effects with the ayurvedic drugs.

Sir, It is not appropriate to assume that the clinical trials is the only way to prove the efficacy and safety of all the drugs. Modern medicine, in fact, was not fortunate enough to have a treasure of ancient medical scriptures with it like Ayurveda had. Modern medicine actually developed by 'hit and trial' method and the only way to prove the efficacy and safety of any new modern drug was by way of clinical trials but that doesn't necessarily apply to Ayurveda too. Ayurveda has its own ages old scriptures about medicines in detail. Just as it will be inappropriate to expect modern medicine to prove the safety and efficacy of its drugs which are already established as safe and effective, the same should apply to Ayurveda also. Its all medicines are already established in the ancient scriptures as safe and effective. Why should Ayurveda do it again? Ayurveda, in fact, doesn't even consider anything as medicine if it has harmful side effects whereas there is no medicine in modern medicine which doesn't has any side effects. So, not accepting ayurvedic medicines is just like a child who is not ready to accept the worth of the Kohinoor unless he is

able to buy chocolate with it. Is not this child's own parameter full of ignorance? More over, it has been realised in modern medicine too that the clinical trial is not a fool proof scientific method for the development of new drugs. Modern medicine has already accepted that the Clinical trial based modern medicines are of limited use only as they work on the principle of "one size fits all" which is not scientific. Modern medicine today has accepted the Ayurveda principle that every individual is different and there should be different medicine for different individuals, i.e. one size doesn't fit all. They are now calling it "The Precision Medicine" which is nothing but the basic principle of Ayurveda only.

Sir, my purpose of all this elaboration is to convince you that we are at a win-win situation without any risk. There is nothing unscientific, inappropriate, illegal or immoral to give Ayurvedic medicines a fair trial at this critical time. This, rather, is the need of the hour.

This is my sincere request to you with folded hands. Please let this integration happen now. Please give Ayurveda a chance to deal with this greatest medical crisis. Call a meeting of great Ayurveda scholars of our country. Ask them to plan a protocol for prevention, treatment of early, moderate and severe cases and circulate an advisory based on their recommendations to be followed by all citizens and hospitals. Let the mankind be benefitted with the miracles of Ayurveda. Let the world realise the power of Ayurveda. Let Ayurveda regain its lost glory. You have done this with YOGA already. The whole world accepted yoga with great zeal. The mankind is looking at you with great expectations.

Of course there may be some resistance initially but you know how to deal with them. Only medicines will be from Ayurveda as there is none in modern medicine as of now. Rest everything will be of modern medicine. Let modern medicine be the boss of the team.

I am writing this with the pure intention of the welfare of the mankind. I myself have been trained in modern medicine as an orthopaedic surgeon. This is just for your information that I am able to do all my state of the art surgeries without or with bare minimum use of antibiotics with the help of ayurvedic medicines alone. I myself got operated for removal of gall bladder without the use of any antibiotics. I have published a paper also in JAIM, a journal of international repute.

I sincerely believe that the time has come for Ayurveda to reach the masses for their real welfare, just like Yoga.

May God help us all.

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