



# INTEGRATED APPROACH FOR HOLISTIC WELL-BEING

**DR MANSUKH MANDAVIYA**

The author is the Union Minister of Health & Family Welfare and Chemicals & Fertilizers, Gov.

Email: india-hfm@gov.in

**Integrating traditional medicine and allopathy in India signifies a transformative step towards holistic well-being. This synergistic approach combines the respective strengths of both systems, providing patients with comprehensive care that addresses their physical, mental, and spiritual needs. The healthcare system in India is designed to maintain a continuum of care through the primary, secondary, and tertiary levels of care. There is a significant functional relationship between all three levels of care, and their interdependency is inevitable to ensure health for all.**

**I**ndia's healthcare landscape has witnessed a remarkable transformation since 2014, as the Government headed by Narendra Modi shifted its focus from healthcare as a luxury to assured universal healthcare for all. There has been a strong emphasis by the present Government to improve public health facilities through ongoing systemic reforms and provide free of cost quality services at people's doorsteps, following the philosophy of *Antyodaya*- leaving no one behind and providing services to the last person in the queue.

Over the last decade, the aim has been to strengthen the health sector holistically, following the 'token to total' approach. Befittingly, the Prime Minister has called for adopting a comprehensive approach in our healthcare system and focusing on both health and wellness. In his own words, "Our vision for wellness is as global as it is domestic. The world is looking at health and wellness seriously, especially after Covid-19. India has much to offer in this regard. Our yoga and Ayurveda can contribute to a healthy planet."

The health of a nation depends on the health of its people of all ages. Any effort towards nation-building sees much success when the population is healthy, which in turn contributes to healthy societies and national productivity. However, political, economic, demographic, and epidemiologic transitions in the nation have far-reaching impacts on the population's health. To continually keep pace with the changes, evidence-based health policies and strong health systems are crucial to ensuring the provision of efficient, equitable, accessible, affordable, and quality healthcare to our citizens. In this regard, the nation has been standing by its commitment to create a responsive health system that enables its citizens to live productive lives and build healthy societies.

The healthcare system in India is designed to maintain a continuum of care through the primary, secondary, and tertiary levels of care. There is a significant functional relationship between all three levels of care, and their interdependency is inevitable to ensure health for all. For instance, the National Rural Health Mission (NRHM), now known as the National Health Mission (NHM), was initially steered with a selective primary care approach focusing on Reproductive and Child Health and Communicable diseases, especially among vulnerable groups. Notwithstanding major gains, a shortcoming was that the selective package could no longer address the changing population needs and the growing burden of mortality and morbidity due to non-communicable diseases.

## Ayushman Bharat

The Ayushman Bharat initiative, launched in 2018, comprising Health and Wellness Centres (AB-HWCs) and the Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), has been instrumental in addressing healthcare challenges and reducing healthcare costs. AB-HWCs deliver comprehensive primary healthcare services and wellness activities to the community, while PMJAY offers free hospitalisation and inpatient services to the poor and vulnerable. These initiatives have successfully brought quality healthcare closer to people, with an increased focus on women, children, and the elderly.

AB-HWCs were operationalised closer to the community to deliver Comprehensive Primary Health Care (CPHC) and promote wellness activities. The rollout was intended to be achieved in a time-bound manner by operationalising 1.5 lakh AB-HWCs by December 2022. True to its commitment, the nation has successfully brought 1,59,859 AB-HWCs closer to the community and provided free healthcare services with an increased focus on women, children, and the elderly. Since its launch, the AB-HWCs have had a cumulative footfall of 172.13 crore, screened over 35.67 crore for diabetes, 41.26 crore for hypertension, 24.46 crore for oral cancer, 11.32 crore for breast cancer, 7.74 crore for cervical cancer, and conducted over 2.08 crore yoga or wellness activities. AB-HWCs are now being recognised as the first port of call for healthcare and wellness in the community.

**G20**

**Menstrual Hygiene Scheme (MHS):**  
**4.5** million adolescent girls were provided sanitary napkins every month in 2022-2023  
Source: Health Management Information System, India

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**Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP):**  
 Over **363.7** million Janaushadhi Suvidha Sanitary Pads sold at PMBJP Kendras  
\* Date Till 31.03.2023

**G20**

**ADOLESCENT-FRIENDLY HEALTH CLINICS**

Around **11.9** million adolescents accessed Adolescent-Friendly Health Clinics (AFHCs) for services during 2022-2023  
Source: Health Management Information System, India

Under the Pradhan Mantri Jan Arogya Yojana (PMJAY), financial protection is provided to 40% of the eligible population across 33 States and Union Territories. Over 23 crore Ayushman cards were created, and it has empanelled over 28,368 hospitals to provide a higher level of care. The scheme has evolved substantially to now encompass services for 1,949 procedures, including diagnostics, organ and tissue transplant procedures, and palliative care. Since its launch, PMJAY has successfully authorised over 5 crore admissions, amounting to over Rs 61,807 crore; thus saving lives and easing the financial burden of the poor.

### Digital Transformation

The Ayushman Bharat Digital Mission (ABDM) was launched to develop and support the integrated digital health infrastructure of the country. Significant investments of over Rs 200 crore were made in expanding the health infrastructure under ABDM. The Mission facilitates the nation's participation in the digital health ecosystem through the creation of Ayushman Bharat Health Accounts (ABHA). The ABHA ID intends to establish a unique identity across different healthcare providers, link all healthcare benefits ranging from public health programmes to insurance schemes to the ID, facilitate ease of registration in healthcare facilities across the country, and create longitudinal health records for

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health data sharing. Over 40.22 crore ABHA IDs have been created, and over 27.48 crore health records have been linked as of June 2023. Earlier, patients had to travel long distances to avail themselves of specialist care or go to private providers. Now, e-health initiatives like eSanjeevani services available at over 1.11 lakh AB-HWCs have reduced the gap in care access and brought specialist care closer to home. eSanjeevani has catered to 9 crore teleconsultations, where over 57% of beneficiaries were women and 12% were senior

citizens.

### Pandemic Response and Preparedness

India's response to the Covid-19 pandemic showcased its global leadership and resilience. The nation rapidly expanded its testing capacity to over 3388 labs, 821 government and 1,487 private RT-PCR labs, 1,115 cartridge labs, and 53 genome sequencing labs by 2022. The Atmanirbhar Bharat initiative facilitated competition in the diagnostic market and brought down the cost of diagnostic



- Completed 10 phases covering over **700 districts**
- 3.86 crore** children (under 2 yrs) & **96.8 lakh** pregnant women immunised
- Full immunisation coverage increased to **76.4% (NFHS\*-5)** up from 62% (NFHS\*-4)

\*National Family Health Survey Source: Ministry of Health & Family Welfare

commodities from Rs 1,727 in 2020 to Rs 72 in 2021. Health infrastructure like Covid centres, ICU beds, ventilators, oxygen concentrators, and PSA plants for oxygen generation were made available in an expedited manner.

Based on the learnings from the pandemic, the country opted for a 'whole of society' approach to develop a holistic health ecosystem across levels of care through the largest pan-India infrastructure scheme—the Pradhan Mantri Ayushman Bharat Health Infrastructure Mission (PMABHIM).

PMABHIM focuses on expediting the capacities of health institutions across all levels of care to strengthen infrastructure, surveillance, diagnosis, management, and research. So far, PMABHIM has provided support to 7808 building-less sub-health centres, established over 264 urban health and wellness centres (UHWCs), 485 block public health units (BPHUs), 216 integrated public health laboratories (IPHL), and 166 Critical Care Blocks (CCBs) hospital. Re-emphasising the role of decentralisation, an additional resource of Rs 70,051 crore was allocated to rural and urban local bodies through the XV-Finance Commission Health Sector Grant.

Tapping on the gains, redressing deficiencies, and instituting innovations and best practices for preparedness is the way forward in creating a resilient and self-sufficient India. Ayushman Bharat, as a game changer, comes across as a much-needed booster to reinforce the public health functions for optimal crisis management while safeguarding the delivery of routine and essential health

**328** districts  
in **34 States/UTs**  
under **School Health and Wellness Programme (SHWP)**

**More than 323,000**  
**Health and Wellness Ambassadors (HWAs)**  
**trained**

Source: State Reports till March 2023

services across the levels, thus making our districts and states self-reliant, and our country totally self-dependent.

### Human Resources for Health (HRH)

Recognising the importance of skilled healthcare professionals, the Government has made significant strides in increasing medical and nursing education capacities. The number of undergraduate and postgraduate medical education seats has grown substantially. Since 2014, key strategies undertaken by the Government of India have resulted in increased

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availability of skilled HRH in the public health system. The country currently has over 1.07 lakh undergraduate seats for medical education. There has been a 67% increase in medical colleges, a 93% increase in undergraduate seats, and a 105% increase in postgraduate seats. Distribution, availability, and accessibility of HRH, especially among doctors, continue to vary across the country, yet there is an increase in overall in-place

HRH. The Government has also recognised nursing institutions for various programmes, and now almost 1.25 lakh nursing graduates are entering the healthcare workforce annually. In a significant move towards strengthening nursing workforces in the country, the Cabinet Committee on Economic Affairs, chaired by the Prime Minister, has approved the establishment of 157 new nursing colleges in co-location with the existing medical colleges established since 2014. The step will add approximately 15,700 nursing graduates every year.

### Immunization and Disease Control

The Government has always taken a keen interest in improving service delivery. For instance, the Universal Immunization Programme has converted immunization into a people's social movement. Through Mission Indradhanush, many additional vaccines were delivered through routine immunization services, improving the immunization coverage from 62% (2015-16) to 76.4% (2019-21). Additionally, consistent efforts to reduce the burden of communicable diseases have yielded 85.3% reduction in malarial cases between 2014 and 2021, and a decline in Japanese Encephalitis cases from 1661 in 2014 to 787 in

2021. The extensive resources and infrastructure for routine immunization made the largest Covid-19 vaccination drive in the country a phenomenal success across the globe, with over 100 crore doses administered in 9 months, and doubling it to over 200 crore doses in another 9 months. Additionally, over 291.5 million doses were supplied to over 100 countries and two United Nations entities under the Vaccine Maitri initiative. This made India shine as an emerging leader on a global platform.

Pradhan Mantri TB-Mukt Bharat Abhiyan reflects the citizen-centric policies of the Prime Minister, aiming to raise awareness about free-TB treatment available at Government health facilities. Despite the challenges posed by the Covid-19 pandemic, India remains committed to eliminating Tuberculosis by 2025. TB case notifications have surpassed pre-pandemic levels, showcasing the nation's resilience. In line with the spirit of *Jan Bhagidari* (people's participation), the Government has introduced Ni-kshay 2.0, a unique platform that enhances patient support and community engagement. These reforms also leverage Corporate Social Responsibility (CSR) opportunities and establish a pioneering global crowd funding model. Together, we are working towards a TB-free India

## Tele-MANAS

Tele Mental Health Assistance & Networking Across States

To avail of mental health services and counselling, please dial



Seek help if you need it. Your mental health matters.

 [mohfw.gov.in](http://mohfw.gov.in)
 [@MoHFWIndia](https://www.facebook.com/MoHFWIndia)
 [@MoHFW\\_INDIA](https://twitter.com/MoHFW_INDIA)
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under the visionary leadership of the Prime Minister.

## Mental Health and Well-being

The National Mental Health Survey of India highlighted a 70-92% treatment gap for various mental health disorders. The Covid-19 pandemic further emphasised the need for a digital mental health network. In response, the Government introduced Tele-MANAS, the digital arm of the District Mental Health Programme. With 42 established Tele-MANAS cells, the initiative has already received over 1.5 lakh calls. Providing anonymous support helps individuals seek assistance for their mental health concerns while reducing the associated stigma. Together, we are bridging the gap and fostering a healthier society.

The enhanced capacity of the healthcare system for both routine and emergency services is a clear outcome of the heightened prioritisation given to the healthcare sector. In the past decade, there has been a significant increase in per capita Government health expenditure, witnessing a growth of 74%. Additionally, Government-financed health insurance has experienced a substantial rise of 167%. Moreover, there has been a notable decline of 16 per cent points in out-of-pocket spending on health since FY 2013-14. These statistics demonstrate concerted efforts to strengthen the healthcare system and alleviate the financial burden on individuals seeking medical services.

## Acknowledging the Benefits of Traditional Medicines

Traditional medicine systems offer a unique approach to healthcare, focusing on prevention, natural remedies, and mind-body-spirit balance. Recognising the effectiveness of traditional medicine in managing chronic conditions and promoting well-being, the Government has taken steps to integrate these practices into the mainstream healthcare system. This

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integration of knowledge and expertise has led to the development of standardised protocols, evidence-based guidelines, and safe and effective traditional medicine formulations.

The Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy) is vital in promoting traditional medicine in India. It collaborates with allopathic institutions, research organisations, and healthcare professionals to facilitate an integrated approach to healthcare delivery. Establishing AYUSH Wellness Centres across the country has made traditional medicine accessible to a wider

population, complementing allopathic healthcare services.

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India's G20 Presidency is centered around a deep commitment to the people. The guiding principle of *Jan Bhagidari*, emphasising people's participation, has sparked tremendous enthusiasm across the nation. Diverse G20-related events, such as seminars, conferences, and festivals, have been thoughtfully designed to engage the people as stakeholders in India's Presidency actively.

The spirit of India's G20 Presidency is exemplified in the theme of 'One Earth, One Family, One Future,' encapsulated in the ancient Sanskrit ethos of 'वसुधैव कुटुंबकम्'. In line with this, there is a strong belief in fostering inclusivity and ensuring the involvement of all individuals in the journey towards growth and prosperity. Our unwavering commitment is to provide affordable, equitable, and safe quality healthcare for every citizen, guided by the mantra: "सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः". □