

# **AYUSH QUALITY MARK PROGRAMME**

## **Additional Requirements for Ayush Wellness Centres**

**as per ISO 21426:2018**

***(Effective immediately)***

### **Introduction**

#### ***WELLNESS AS A CONCEPT:***

There are a number of reasons that have led to the paradigm shift in the delivery of healthcare in the last fifty years and more. The concept of Wellness is not really new but its current application is. The idea of physician's role as a guardian of one's health was there many centuries ago in Ayurveda and other traditional systems of India. The physician was responsible for interpreting and detecting at early stages any imbalance and deviation from normal state, any nutritional deficiencies, mental and emotional states - in order to diagnose and to predict possible outcomes. An early warning symptom helps to alter the unhealthy condition before it turns into a disease state and a complication. The holistic philosophy of Ayush medicine demands that a person must take as much responsibility of self in order to get healed in a holistic way and to fight off a possible disease threat. Ayush remedies , special foods, and lifestyle changes create an optimal regulation of the internal state and when this balance is achieved diseases can be tackled in a much better way and at times deterring the onset of diseases Even aging and longevity is viewed in a different way in the traditional systems of medicine .The wise use of nutrients, exercise, and right mental attitude and thinking will ameliorate diseases and prevent imbalances to ward off diseases responsible to speed up the aging process . Therefore, the wellness concept and dimensions are inextricably interwoven in Ayush that focuses on - Physical health, mental health, diet, nutrition, immunity and yoga.

#### **AYUSH WELLNESS CENTRES:**

Wellness centres are facilities that incorporate clinical and fitness components for a holistic approach. Expressed in a physical form by incorporating conventional and traditional medicine and fitness aspects. These wellness centres will become the trend in the 21st century. Wellness centres and their designs vary widely around the world. But they have one thing in common : a dedication to the pursuit of health, wellness and well being. They are from the smallest hospital based centre on the hospital campus itself to free standing centres designed with dedicated clinical program and the commitment of specialist Doctors and therapists as required, to wellness villages to large hospital projects that include integrative wellness programs along with the fitness and beauty components. The programing and design of wellness centres vary regionally and other parts of the world. Cultural differences are clearly illustrated yet there are common themes. All designers and owners prefer to have programs

that reflect the market demand for clinical, fitness and educational components as well as ancillary spa and salon.

In order to complete the picture, this document will focus on the quality services at Ayush Wellness centres, taking into account their natural healing waters and their proven therapeutic and preventive benefits for health.

The standard ISO 21426 provides requirements for Medical Spas. In order to enhance usability of ISO 21426 in the global context specifically for the purpose of including AYUSH Wellness Centres, there was a need felt to write some additional/ specific requirements to supplement the ISO 21426. Requirements of ISO 21426 apply except where certain modifications are made and the terminology **‘Medical Spa’ is replaced with the ‘Ayush Wellness Centre’.**

**Ayush is the traditional medical systems of India comprising of Ayurveda, Yoga & Naturopathy, Unani, Siddha , Homeopathy and Sowa Rigpa**

**Requirements given in this document must be read in conjunction with the ISO 21426.**

## **1 Scope**

This document specifies requirements for the provision of quality services at Ayush Wellness Centres which use therapies and medicines as part of traditional Ayush systems with reference to ISO 21426. Wherever the expression “medical spa” has been used, it shall be read as “Ayush Wellness Centres”.

## **2 Normative references: Requirements of ISO 21426 applies.**

## **3 Terms and definitions:**

### **3.5 Replace by**

**Ayush Wellness Centre** : A legally recognized health establishment/ facility under medical supervision provided by a registered Ayush practitioner that incorporates the clinical component of Ayush therapies as practiced in the traditional systems along with the fitness component which may include activities such as yoga, exercises, meditation, walking paths, salt cabins, water pools etc. for a holistic approach to health and wellbeing

3.6 Delete

3.7 Delete

3.8 Delete

3.9 Delete

3.10 Delete

3.11 Delete

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## 3.12 Delete

## 3.14 Replace by

**Wet area** : area using water located within the care area

Note 1 to entry: Treatment showers, baths, wraps and pools are considered wet areas.

## **4. Facilities and equipment**

Requirements of ISO 21426 apply. In addition, equipment as per Annex E shall be available.

## **5. Staff.**

### **5.1 General requirements**

Requirements of ISO 21426 apply except the following changes:

#### **Para 3 Replace by**

Considering the type of customers and the specialization of the Ayush Wellness centre, senior management shall define the profile of the staff who are usually in contact with service users. Certain tasks shall be developed by qualified and licensed [if applicable] staff. A staff member may handle multiple responsibilities.

#### **Para 4 Replace by**

The Ayush Wellness Centre shall identify responsible people for at least the following functions:

- general management
- medical management
- operation & maintenance;
- clinical support services
- appointment;
- sales;
- other services (e.g. laundry, cleaning, procurement).

### **5.2 Replace by**

#### **Care area staff**

The Ayush Wellness Centre shall have a medical professional, specialized in one of the Ayush systems, to monitor all treatment activities.

There shall be qualified staff including a physiotherapist, a hygiene specialist, a nurse, a nutrition/dietician and a (psychologist), as well as specialized doctors in Ayush related treatments.

All the staff involved in the care area shall be aware of the action plan in case of clinical emergencies.

#### **5.3 Technical staff**

Requirements of ISO 21426 apply.

## 6 Natural Resources

Delete.

## 7 Maintenance, hygiene and cleaning

Requirements of ISO 21426 apply.

## 8 Service provision

Requirements of ISO 21426 apply with the addition of following:

8.3.4 Ayush Wellness Centre shall have the medicines as given in IPHS 2024 Annexure IX [NLEAM].

## 9. Support processes

Requirements of ISO 21426 apply.

**Annex A:** Deleted

**Annex B:** Deleted

**Annex C:** Deleted

**Annex D:** Deleted

**Add Annex E (Normative):**

### Equipment

Sr. No.	Item	Quantity
1.	Stethoscope	1
2.	Sphygmomanometer (B.P. apparatus)	1
3.	Thermometer	1
4.	Torch (flash lights)	1
5.	Weighing machine (Adult)	1
6.	Weighing machine (Pediatric)	1
7.	Tongue Depressor	1
8.	Hammer	1
9.	Height measuring Scale	1
10.	Measuring Tape	1
11.	Kidney trays	2
12.	Swab holder	2
13.	Dressing tray with gloves bandage, cloths etc.	1
14.	Equipment for carrying out basic Panchkarma/ Ilaj-bit-Tadbeer/ Thokkanam procedures at OPD level (Nadi sweda yantra/ equipments for Inkibab, Basti	As per the requirement.

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	yantra/ Huqna (enema) kit, Nasya karma set/Nutool set, Yoga neti pot, Yoga mat) etc.	
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**Add Annex F (Normative)**

**LIST OF ESSENTIAL AYURVEDIC MEDICINES FOR AYUSH WELLNESS CENTRES**

Sl. NO.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preffered use in OPD/IPD
1.	<b>Abhayarishta</b>	AFI	200 ml	Arsha, Agnimandya, Udararoga, Vibandha	12-20 ml	NS	Both
2.	<b>Ajamoda di Churna</b>	AFI	25 gm	Shula, Gridhrasi, Amvata	3-6 gm	NS	Both
3.	<b>Amalaki Rasayan</b>	C.S.	50 gm.	Rasayan	3-6 gm.	NS	Both
4.	<b>Amritarishta</b>	AFI	200 ml	Sarvajvara, Jirna Jvara	12-24 ml	NS	Both
5.	<b>Anutaila</b>	AFI	10 ml	Urdhvajatrugataroga, Palitya	2-10 drops for nasal administration	NS	Both
6.	<b>Aravindasava</b>	AFI	200 ml	Balaroga, Balakshaya, Agnimandya, Aruchi	12-24 ml	NS	Both
7.	<b>Ashokarishta</b>	AFI	200 ml	Asrigdara, Shveta Pradara, Yoniroga	12-24 ml	NS	Both
8.	<b>Avipattikara Churna</b>	AFI	50 gm	Amlapitta, Vidagdhajirna	3-6 gm	NS	Both
9.	<b>Bala Taila</b>	AFI	50 ml	Kshata, Kshaya, Vatavyadhi, Shosha, Gulma	For Abhyanga	NS	Both
10.	<b>Bilvadi Leha</b>	AFI	100 gm	Jirna Pravahika, Aruchi, Agnimandya, Praseka, Chhardi	10-50 gm	NS	Both

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11.	<b>Dashamularisht a</b>	AFI	200 ml	Vata Vyadhi, Daurbalya, Prasavottara roga	12-24 ml	NS	Both
12.	<b>Dashanasanskar a Churna</b>	AFI	50 gm	Mukha Roga, Danta Roga	Use as tooth powde r	NS	Both
13.	<b>Drakshavaleha</b>	AFI	100 gm	Pandu, Kamala, Halimaka, Daurbalya, Kshaya	6-12 gm	NS	Both
14.	<b>Gokshura di Guggulu</b>	AFI	10 gm	Prameha, Mutrakricchra, Mutraghata, Ashmari, Pradara	500 mg - 1 gm	Long term use in pregnancy	Both
15.	<b>Jatyadi Taila</b>	AFI	25 ml	Vrana, Vranashotha	Applicatio n on wound or injury	NS	Both
16.	<b>Kaishora Guggulu</b>	AFI	10 gm	Vatasonita, Pramehapidika , Vrana, Kustha	Up - 3 gm	Long term use in pregnancy	Both
17.	<b>Kanakasava</b>	AFI	200 ml	Kasa, Shvasa, Rajayakshma, Kshatakshi na	12-24 ml	NS	Both
18.	<b>Kantakar ya- valeha</b>	AFI	100 gm	Hikka, Kasa, Shvasa, Jirna Pratishaya, Parshvashula	6-12 gm	NS	Both
19.	<b>Khadirarishta</b>	AFI	200 ml	Tvak Roga, Kushtha,	12-24 ml	NS	Both

				Krimi, Arbuda			
20.	<b>Kumaryasava</b>	AFI	200 ml	Rajodushti, Krichhrartav, Paktishula, Parinamashula,	12-24 ml	NS	Both
21.	<b>Kutajavaleha</b>	AFI	100 gm	Atisara, Grahaniroga, Pravahika	6-12 gm	NS	Both
22.	<b>Lodhrasa va/ Rodhrasa va</b>	AFI	200 ml	Prameha, Pradara, Arsha Garbhasayaroga ,	12-24 ml	NS	Both
23.	<b>Nalpamar adi Taila</b>	AFI	25 ml	Tvakroga, Kushta, Pama, Kandu	For Pratisarana, Abhyanga	NS	Both
24.	<b>Narayana Taila</b>	AFI	50 ml	Vataroga, Pangu, Shirogatavata, Manyastambh a, Hanustambha	Internal use: 6 gm External use: f Nasya, Abhyanga and Anuvasana Vasti	NS	Both
25.	<b>Punarnav adi Mandura</b>	AFI	5 gm	Pandu, Shotha, Pliharoga	250-500 mg	NS	Both
26.	<b>Rajahpravartin i Vati</b>	AFI	5 gm	Rajorodha, Kastartava	250 mg	Pregnancy, lactation, excessive Uterine Bleeding, kidney disease,	Both

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						discontinue in case of severe abdominal pain	
27.	<b>Sanjivani Vati</b>	AFI	5 gm	Mandagni, Ajirna, Gulma, Visuchika, Sarpadamsha	125 mg	Pitta Prakriti individuals, hyper sensitivity to Bhallataka, patients having history of Raktapittaja Vikara, pregnancy, cardiac arrhythmia, long term use	Both
28.	<b>Saubhagya-shunthi Paka</b>	AFI	100 gm	Prasavottara Lakshana, Sutikaroga, Agnimandya	10-50 gm	NS	Both
29.	<b>Sitopaladi Churna</b>	AFI	25 gm	Shvasa, Kasa, Kshaya, Urdhvaga Raktapitta	2-3 gm	NS	Both

30.	<b>Trikatu Churna</b>	AFI	25 gm	Arochaka, Ama, Agnimandya	1-2 gm	Paittika Vikara or Prakriti, Raktaj Roga, pregnancy, long term use	Both
31.	<b>Trinapancham ula Kvatha Churna</b>	AFI	100 gm	Mutrakricchra	25-50 ml	NS	Both
32.	<b>Triphala Churna</b>	AFI	50 gm	Anaha, Prameha, Netraroga	3-6 gm	Dehydration	Both
33.	<b>Triphala Guggulu</b>	AFI	10 gm	Bhagandara, Arsha, Nadi Vrana, Gulma, Shotha	Up to 3 gm in divided doses	Pregnancy Chronic or recurrent diarrhoea	Both

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34.	<b>Varunadi Kvatha Churna</b>	AFI	100 gm	Ashmari Mutrasthila	25-50 ml	NS	Both
35.	<b>Vasavaleha</b>	AFI	100 gm	Kasa, Shvasa, Javara, Parshvashula	6-12 gm	Pregnancy	Both
36.	<b>Yogaraja Guggulu</b>	AFI	10 gm	Amavata, Agnimandya, Sandhigatavata	Up to 3 gm in divided doses	Pregnancy	Both
37.	<b>Amalaki Churna</b>	API	50 gm	Prameha, Raktapitta, Amlapitta,Daha	3 - 6 gm	NS	Both

38.	<b>Ashvagandha Churna</b>	API	50 gm	Kshaya, Daurbalya, Vatroga,Klaiv ya	3 - 6 gm	Long term use may increase blood pressure	Both
39.	<b>Bala Churna</b>	Dhanwanta ri Nighantu	50 gm.	Vatavyadhi, Raktapitta, Kshaya, Rasayana	2-3 gms	Long term use	Both
40.	<b>Bhumyamlaki</b>	API	50 gm.	Amlapitta, Kasa, Kshaya, Kushta, Pandu, Prameha, Trusha, kshata, Mutra Roga	3-6 gm.	NS	Both
41.	<b>Bilva</b>	API	50 gm	Vatavyadhi, Sotha, Sula, Agnimandhya, Chhardhi, Mutkrichra, Amavata	2-6 gms	NS	Both

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42.	<b>Sarasvata Churna</b>	BR	25 gm	Medhya, Smriti and Buddhi Vardhaka	1 - 2 gm	NS	Both
43.	<b>Gokshura Churna</b>	API	50 gm	Mutraghata, Mutrashmari, Vrishya, Rasayana	2 - 5 gm	NS	Both
44.	<b>Guduchi Churna</b>	API	50 gm	Kushtha,	3 - 6 gm	NS	Both
45.	<b>Kalamegha</b>	API	50 gm	Arsa, Jwara, Atisara, kamla, Kandu	1-3 gm	NS	Both

46.	<b>Katuki</b>	API	50 gm	Jwara, Kamala, Arochaka, Swasa, Daha, Kushta	1-3 gm.	NS	Both
47.	<b>Nimba</b>	API	50 gm	Daha, Jwara, Krimiroga, Kandu, Kushta, Prameha, Rakta Pitta, Vrana	2-4 gm	NS	Both
48.	<b>Shatavari</b>	API	50 gm	Amlapitta, Arsa, Atisara, Gulma, Vatarakta, Visarpa, Mutra rakta, Stanya Kshaya, Stanya dosha	3-6 gm.	NS	Both
49.	<b>Shunthi Churna</b>	API	25 gm	Amavata, Agnimandya Udararoga, Shv asa	2-3 gm	NS	Both

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<b>50.</b>	<b>Yashtimadhu/ Madhuyashti/ Yashti Churna</b>	API	50 gm	Rasayana,Kasa , Shvasa, Vranaropana, Kshaya, Svarbheda	Up to 12 gm	Obesity, hypertension, oedema, long term use	Both
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## List of Unani Medicines for Ayush Wellness Centre

Arqqiyat							
Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
1.	Arq-e-Ajeeb	NFUM-I	05ml	Nafkh-e-Shikam, Ghas-ayan, Qai, Waj-ul-Meda, Ishal, Haiza, Qulanj, Nazla, Zukam, Laza-e-Hashrat, Shaqiqa, Suda	2-5 drops	NS	Both
2.	Arq-e-Badiyan	NFUM-I	200ml	Su-e-Hazm, Nafkh-e-Shikam	60-120 ml	NS	Both
3.	Arq-e-Mako	NFUM-I	200ml	Zof-e-Kabid, Warm-e-Ahsha	60-120 ml	NS	Both
4.	Arq-e-Zeera	NFUM-V	200ml	Muqawwi-e-Meda & Kasir- e-Riyah	50–75ml	NS	Both
Huboob							
Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
5.	Habb-e-Asgand	NFUM-V	30pills	Waja-ul-Mafasil & Waja-ul-Warik	500mg - 1gm	Hyper-tension	Both
6.	Habb-e-Bukhar	NFUM-I	30pills	Humma-e-Hadda	250–500mg	NS	Both
7.	Habb-e-	NFUM-I	30pills	Bawaseer Amya, Qabz,	500mg	NS	Both

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	Muqil			Waj- ul-Mafasil	- 1gm		
8.	Habb-e-Mussafie- Khoon	NFUM- III	30pills	Fasad-ud-Dam	250–500mg	NS	Both
9.	Habb-e-Shifa	NFUM-I	30pills	Humma,Tashan- nuj-e- Rewi,Zeeq-un-Nafas, Niqras,	250–500mg	Pregnancy, infants and small chil- dren	Both
10.	Habb-e-Suranjan	NFUM-I	30pills	Irq-un-nisa, Waj-ul-Ma- fasil,Warm-e-Mafasil	1-3 gm	NS	Both
11.	Iksir Shifa	NFUM-V	30pills	Dard-e-Sar,Sahar, Mirgi &Junoon	500mg - 1gm	NS	Both
<b>Aqras</b>							
Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/ Contraindication	Preferred use in OPD/IPD
12.	Qurs-e-Deedan	NFUM-I	30pills	Deedan-e-Ama	250-500mg	NS	Both

13.	Qurs-e Mulaiyin	NFUM-I	30 pills	Qabz, Qulanj Suddi, Suda-e-Muzmin	1–2gm	NS	Both
14.	Qurs-e Ziabetus Khas	NFUM-I	30 tabs	Ziabetus Sadiq	1–2gm	NS	Both

### Itrifalat

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
15.	Itrifal-e-Mulaiyin	NFUM-V	100gm	Qabz, Nazla & Suda	5–10gm	NS	Both
16.	Itri-fal-e-Ustukhud-dos	NFUM-I	100gm	Nazla Muzmin, Suda, Sara,	5–10gm	NS	Both

### Jawarishat

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
17.	Jawarish-e-Amla Sada	NFUM-I	100gm	Zof-e-Meda, Zof-e-Kabid, Nafkh-e-Shikam, Ishal-e-Safrawi, Khafkhan	5–10gm	NS	Both
18.	Jawarish-e-Jalinoos	NFUM-I	100gm	Zof-e-Aza-e-Raeesa, Zof-e-Meda, Nafkh-e-Shikam	5–10gm	NS	Both

### Khamirajat

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in
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	Medicine		Size			n	OPD/IPD
19.	Khamira Abresha m Sada	NFUM-I	60gm	Khafqan, Zof-e-Qalb	5–10gm	NS	Both
20.	Khamira Marwareed	NFUM-I	60gm	Zof-e-Qalb, Zof-e- Asab, Khafqan, Atash- e- Mufrit	3–5gm	NS	Both

### Laooq and Luboob

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
21.	Laooq- e- Sapistan	NFUM-I	100g m	Anaf-ul-Anza, Su- al-e- Muzmin, Na-zla, Zukam	10– 20gm	NS	Both

### Majoonat

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
22.	Majoon-e- Chobchini	NFUM-I	100g m	Waj-ul-Mafasil, Falij, Hikka, Jarb	5–10gm	NS	Both

23.	Majoon-e- Dabeed- ul-ward	NFUM-I	100g m	Zof-e- Kabid, Warm-e- Kabid, Faqr-ud-	5–10gm	NS	Both
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				Dam,			
24.	Majoon-e-Flasifa	NFUM-I	100gm	Waj-ul-Mafasil,Zof-e-Bah, Salas-ul-Baul	5-10gm	NS	Both
25.	Majoon-e-Suranjan	NFUM-I	100gm	Waj-ul-Mafasil, Niqras, Warm-e-Mafasil	5-10gm	NS	Both
26.	Majoon-e-Ushba	NFUM- I	100gm	Waj-ul-Mafasil, Jarb, Hikka	5-10gm	NS	Both

### Murabbajat

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
27.	Murabba Amla	NFUM-I	100gm	Zofe Dimagh, Zofe Kabid, Zofe Meda	20-30gm	NS	Both

### Raughaniyat

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
28.	Roghan-e-Badam Shirin	NFUM- I	50ml	Sahar, Yubs e Jild, Yubse Dimagh, Qabz	5-10ml	NS	Both
29.	Raughan-e-Suranjan	NFUM-I	50ml	Waj-ul-Mafasil, Irq-un-Nisa, Niqras, Warm- e-Mafasil	q.s/for externaluse	NS	Both
30.	Raughan-e-Surkh	NFUM-I	50ml	Waj-ul-Mafasil, Irq- un-Nisa, Niqras	q.s/for externaluse	NS	Both

### Safoof

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
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31.	Safoof Hazim	-e- NFUM- I	50gm	Nafakh Shikam, Zofe Hazm	2-5gm	NS		Both	

### Sharbat

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
32.	Sharbat-e-Buzoori Motadil	NFUM-I	200ml	Ehtebas-e-Baul, Humma-e- Murakkab	25–50ml	NS	Both
33.	Sharbat-e-Unnab	NFUM-I	200ml	Sual	20–60ml	NS	Both

### Miscellaneous

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
34.	Banadiq-ul-Bazoor	NFUM-I	30pills	Harqat-ul- Baul, Qurooh-e- Kulya, Qurooh-e- Masana	5–10 gm	NS	Both
35.	Dawa-ul-Misk Motadil Sada	NFUM-I	100gm	Zof-e-Aza-e-Raeesa, Khafqan,	5–10 gm	NS	Both
36.	Zuroor-e-Kath	NFUM- I	100gm	Qula	Q.S.Ext	NS	Both

### Single drugs

Sl. No.	Name of Medicine	Reference Text	Pack Size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
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37.	Aamla	UPI-Part-I, Vol.I	50gm	Zof-e-Dimagh, Nisyan, Suda, Qarha- e- Meda, Humuzat-e-Meda, Ishal	5-10 gm	NS	Both
38.	Afsanteen	UPI, Part-I, Vol.II	25 gm	Deedan-e-Ama, Warm- e- Kabid, Warm-e-Tehal, Sara, Humma	3-5gm	NS	Both
39.	Anjeer	UPI, Part-I, Vol.II	50 gm	Warm-e- Tehal, Sara, Zeeq un Nafas	10-12 gm	NS	Both
40.	Arjun	UPI, PartI, Vol.IV	25gm	Zof-e- Qalb, Khafaqan, Warm-e-Qalb, Fasad- e- Dam, Ishal, Sangrahni, Hummiyat-e- Muzmina	3-5gm	NS	Both
41.	Aspaghol	UPI-Part-I, Vol.II	50gm	Zaheer, Qabz, Sual-e-Yabis	5-10 gm	NS	Both
42.	Badiyan	UPI-Part-I, Vol.I	25gm	Waj-ul-Meda, Nafkh-e- Shikam, Zof-e-Meda, Ethebas-e-Baul, Ethebas- e- Tams, Zof-e-Basarat	5 to 7gm	NS	Both
43.	Banafsha	UPI, PartI, Vol.III	50gm	Humma, Nazla, Zatul Janb, Zatur-Riya, Sual.	5-10 gm	NS	Both
44.	Chiraita	UPI-Part-I, Vol.I	50gm	Su-e-Hazm, Nafkh- e-Shikam, Fasad-ud- Dam, Istisqa-e- Ziqqi, Busoor, Taqteer ul Baul, Zof-e-Ishteha	5to7gm.	NS	Both
45.	Khaksi	UPI-Part-I, Vol.V	50gm	Humma, Hasba, Judri, Suale Muzmin	5-10gm	NS	Both

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46.	Mako	UPI, Part-I, Vol.IV	50gm	Warm-e-Jigar wa Meda, Dard-e-Gosh.	5-10gm	NS	Both
47.	Neelofar	UPI-Part-I, Vol.IV	50gm	Zof-e Qalb, Khafqan,Warm-e-Halaq, Khunaq	5-7 gm	NS	Both
48.	Revand chini	UPI-Part-I, Vol.II	25gm	Yarqan,Istesqa, Warm-e- Kabid	1-3 gm	NS	Both
49.	Shahatra	UPI-Part-I, Vol.VI	50gm	Aatishak, Busoor, Suzak, Humma	5-10 gm	NS	Both
50.	Sumbul-ut- Teeb	UPI-Part-I, Vol.I	25gm	Suda, Nafkh-e-Shikam, Istisqa,Yarqan,Waram- e- Kabid,Waram-e- Rahem,Waram-e-Masana	3-5 gm	NS	Both

## List of Siddha Medicines for Ayush Wellness Centre

### LIST OF ESSENTIAL SIDDHA MEDICINES

#### Parpam

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
1	<b>Muthuchippi Parpam</b>	SFI-I	10gm	Malaikan, Biramai, Perunkazhical, Eruvai Mulainoi	65-120 mg	NS	Both
2	<b>Nathai Parpam</b>	SFI-I	10gm	Aasanakaduppu, Kaduppu Kazhichal, Kuruthi Eruvaaimulai	200-400 mg	NS	Both
3	<b>Palagarai Parpam</b>	SFI-I	10gm	Vettai, Megachoodu, Naccuvidam	50-100 mg	NS	Both
4	<b>Silasathu Parpam</b>	SFI-I	10gm	Udalerivu, Neerkattu Neererivu	500 mg	NS	Both

#### Chenduram

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
5	<b>Arumuga Chenduram</b>	SFI-I	10gm	Arai Vatham, Virai Vatham, Eruvai MulaiNoi	65-130 mg	NS	Both

## AYUSH QUALITY MARK PROGRAMME

6	<b>Aya Kandha Chenduram</b>	SFI-I	10gm	Oodhal noi	65-130 mg	NS	Both
7	<b>Chanda Marutha Chenduram</b>	SFI-I	10gm	Ottu Rogam, Minorand-Major Ailments Duetto-Mummalakuttaram	30-60 mg	NS	Both
8	<b>Gowri Chinthamani Chenduram</b>	SFI-I	10gm	Soolai, Gunmam, Kaasa-Suvasam, Viraivatham, Vippuruthi	65-130 mg	NS	Both
9	<b>Padigalinga Chenduram</b>	SFI-I	10gm	Perumbadu, Oozhi, Kazhichal	300-600 mg	NS	Both

### Karuppu

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
10	<b>Kasthuri Karuppu</b>	SFI-I	10gm	Sali, Suram, Irumal, Iraippu	60-130 mg	NS	Both
11	<b>Sivanar Amirtham</b>	SFI-I	10gm	80Vagai Vatha Noikal, 40Vagai PithaNoikal, 20Vagai Ayya Noikal	100-200 mg	NS	Both

**Kuzhambu**

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
12	Jaathi Jambheera Kuzhambu	SFI-I	10gm	Vaandhi, Pitham, Vikkal, Maanthabedhi	50-100 mg	NS	Both

**Mezhugu**

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
13	Gunma Kudori Mezhugu	SFI-I	10gm	Poopukaalam, Soodhagam, Sanni, Gunmam, Mantham, Seriyamai	500 mg- 1gm	NS	Both
14	Rasaganthi Mezhugu	SFI-I	10 gm	Soolai Noikal, Kandamalai, Puttru Noikal, Pilavai, Tholnoikal, Megam, Silanthi, Pavut-tiram,	300 mg	NS	Both

## AYUSH QUALITY MARK PROGRAMME

Theeneer							
Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
15	Oma Theeneer	SFI-I	100 ml	Perun Kazhichal, Seri- yaamai, Nina Kazhichal	15-30 ml	NS	Both

Mathirai							
Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
16	Bala Sanjeevi Mathirai	SFI-I	10 gm	Suram, Maantham, Kanamand Vayitrottam-Rathakanam	1 mathirai	NS	Both
17	Bramananda Bairavam Mathirai	SFI-I	10 gm	Suram, Sanni	1 mathirai	NS	Both
18	Kustakajakesari	SFI-I	10gm	Thozhu Noi, Megam	1 - 2 mathirai	NS	Both
19	Santha Shandrothayam	SFI-I	10gm	Azhal Suram	1 - 2 mathirai	NS	Both
20	Swasakudori Mathirai	SFI-I	10gm	Irumal, Suvasakaasam	1 - 2 mathirai	NS	Both
21	Vatha Rakshasan	SFI-I	10gm	Sanni, Vathanoikal	1 mathirai	NS	Both

22	<b>Vasantha kusumakaram</b>	SFI-I	10gm	Aiya Irumal, Siruneer Thummal	Noi, mathirai	1 - 2	NS	Both
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### Thailam

Sl. No.	Name of Medicine	Referenc e Text	Pack size	Main Indications	Dose	Pre cauti on/ Cont rai nd icatio n	Preferred use in OPD/IPD
23	<b>Arakku Thailam</b>	SFI-I	50 ml	Udalkaduppu, Padu Gnayiru, Ezhu Gnayiru	For external application on scalp and body	NS	Both
24	<b>Arugan Thailam</b>	HP	100 ml	Sori, Padai, Natpatta tholnoi	For external application on scalp and body	NS	Both
25	<b>Chivapu kukil Thailam</b>	HP	100 ml	Veekkam, Vathavali, Thapitham	For external application	NS	Both

26	<b>Kaiyan Thailam</b>	SFI-I	50 ml	Saliyudan Koodiya Erumal	½ -1 tea-spoonful for internal use, also used for external application	NS	Both
27	<b>Karappan Thailam</b>	SFI-I	100 ml	Karappan	For external application	NS	Both
28	<b>Malai Vembathi Thailam</b>	SFI-I	100 ml	Soothaka Vaayu, 3 vagai	15-30 ml	NS	Both

## AYUSH QUALITY MARK PROGRAMME

				Maladugal			
29	Mayana Thailam	SFI-I	50ml	Andavaatham, Paarisavaatham, Vali, Keel Vaayu, Sanni, Veekkangal, Virai Veekkam	For external application	NS	Both
30	Vatha Kesari Thailam	SFI-I	100 ml	Vatha Noikal, Thimir- Vatham, Pakka Vaayu, Mutakku Vaayu, Muttu- Vatham	For external application	NS	Both

### Ilakam

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Pre caution/Contraindication	Preferred use in OPD/IPD
31	Karunai Ilakam	SFI-I	50 gm	All types of Eruvaimulainoikal	2-4gm	NS	Both
32	Kumari Ilakam	SFI-II	200 gm	Meganoi, Veppam, Madhavidai Pinigal	Oodal, 5-10gm	NS	Both
33	Maha Vallathi Ilakam	SFI-I	50 gm	21 types of Megam, All types of Vidam, 18 types of Tholnoi	3gm	NS	Both
34	Nellikai Ilakam	SFI-I	200 gm	Megam, Elumbaipattiriyasu	5-10gm	NS	Both

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### Rasayanam

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
35	Parangi Rasayanam	SFI-I	50gm	Megam, Parangi Pun, 96 vagai Ayya Noikal, Aan Pen Kuri Puttru	5 gm	NS	Both
36	Tippili Rasayanam	SFI-I	50gm	Natpatta Irumal, Man-thara Kasam, 96 vagai Aiyyam	½ to 1 gm	NS	Both

### Manappagu

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
37	Adathodai Manappagu	SFI-I	100 gm	Irumal, Suram, Ayya Noikal, Vali Noikal	10-20gm	NS	Both
38	Mathulai Manappagu	SFI-I	100 gm	VeluppuNoikal, KaiKal Erivu, Vaandhii	10-15gm	NS	Both

### Vadagam

## AYUSH QUALITY MARK PROGRAMME

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
30	Thali saathi Vadamgam	SFI-I	50 gm	Aiyam, Kazhichal, Vaandhi, Perunkazhichal	Ninai mathirai	NS	Both

### Chooranam (Multi-Ingredient)

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
40	Amukkara Chooranam	SFI-I	50 gm	Ellaipattalnoi, Kal Velluppu Noi	Kai Erivu, 500–1000 mg	NS	Both
41	Elathy Chooranam	SFI-I	50 gm	Pitha Vaayu,	Vaayu 1-2 gm	NS	Both
42	Nila Vaagai Chooranam	SFI-I	50 gm	Malakattu, Porumal, Vikkal, Vaandhi, Erumal	1-2gm	NS	Both
43	Parangi Pattai Chooranam	SFI-I	50 gm	Megam, Karumpulli, Venpulli	1-2gm	NS	Both
44	Thayirchundi Chooranam	SFI-I	50gm	Kazhichal, Seriyamai	1-2gm	NS	Both

**Kudineer Chooranam**

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
45	Kaba Sura Kudineer Chooranam	SFI-I	100 gm	Aiyya Suram	30-60 ml of decoction	NS	Both
46	Nilavembukudineer Chooranam	SFI-I	100 gm	Kulir Suram, Azhal Suram	30-60 ml of decoction	NS	Both

**Vennai**

Sl. No.	Name of Medicine	Reference Text	Pack size	Main Indications	Dose	Precaution/Contraindication	Preferred use in OPD/IPD
47	Amirtha Vennai	SFI-I	50 gm	Pilavai, Kanda malai, Nerikattu, Puriodya-Pungal, Veekkanngal, Araiya ppu	For external use	NS	Both

## AYUSH QUALITY MARK PROGRAMME

48	<b>Kungiliya Vennai</b>	SFI-I	51 gm	Mega Vellai, Muga Erivu, Neerkkaduppu, Vayir Erichal, Kai Kal Kanthal	For external use As per direction by physician Internal also may be used	NS	Both
49	<b>Neerkkovai Mathirai</b>	SVT	10 gm	Common cold and headache due to cold	For external use	NS	Both
50	<b>Dhanthathavana chooranam</b>	SFI-I	100 gm	Palvali	For external use as tooth powder	NS	Both

### List of Homoeopathy Medicines for Ayush Wellness Centres

Name of the Medicine		Potency						
Sl. No.		Oint-ment	ø	3X/6X	6	30	200	1 M
1	Aconitum napellus					✓	✓	✓
2	Allium cepa				✓	✓	✓	
3	Aloe socotrina					✓	✓	✓
4	Antimonium tartaricum					✓	✓	✓
5	Apis mellifica				✓	✓	✓	✓
6	Arnica Montana	✓	✓			✓	✓	✓

7	Arsenicum album					✓	✓	✓
8	Belladonna		✓			✓	✓	✓
9	Bryonia alba					✓	✓	✓
10	Carbo vegetabilis					✓	✓	✓
11	Calcareo carbonica					✓	✓	✓
12	Calendula officinalis	✓	✓			✓	✓	
13	Cantharis	✓	✓			✓	✓	
14	Causticum				✓	✓	✓	✓
15	Chamomilla					✓	✓	✓
16	China officinalis		✓			✓	✓	✓
17	Cina					✓	✓	
18	Colocynthis					✓	✓	✓
19	Dulcamara				✓	✓	✓	
20	Eupatorium perfoliatum		✓			✓	✓	✓
21	Gelsemium sempervirens					✓	✓	✓
22	Graphites	✓				✓	✓	✓
23	Hepar sulphuris calcareum				✓	✓	✓	✓
24	Ignatia amara					✓	✓	✓
25	Ipecacuanha				✓	✓	✓	
26	Kreosotum					✓	✓	
27	Ledum palustre	✓				✓	✓	✓
28	Lycopodium clavatum					✓	✓	✓
29	Medorrhinum						✓	✓
30	Mercurius solubilis					✓	✓	✓
31	Natrum muriaticum					✓	✓	✓
32	Natrum sulphuricum					✓	✓	✓
33	Nitricum acidum					✓	✓	✓
34	Nux vomica					✓	✓	✓
35	Podophyllum peltatum					✓	✓	

## AYUSH QUALITY MARK PROGRAMME

Name of the Medicine		Potency						
Sl. No.		Oint-ment	ø	3X/6X	6	30	200	1 M
36	Pulsatilla nigricans					✓	✓	✓
37	Rhus toxicodendron	✓			✓	✓	✓	✓
38	Ruta graveolens	✓			✓	✓	✓	✓
39	Sepia					✓	✓	✓
40	Silicea					✓	✓	✓
41	Spongia tosta				✓	✓	✓	
42	Sulphur					✓	✓	✓
43	Thuja occidentalis	✓	✓			✓	✓	✓

Sl. No.	Biochemics 12 Tissue Salts (6X-12X)	Drops
1	Calcarea phosphoric	Cineraria eye drops
2	Calcarea sulphuric	
3	Ferrum phosphoricum	
4	Kali phosphoricum	
5	Magnesium phosphoricum	
6	Natrum phosphoricum	

Note 'ø' means mother tincture

### List of Sowa-Rigpa Medicines for Ayush Wellness Centres

Sl. No.	Name of Medicine	Reference text	Pack size	Dose	Precautions/ Contra- indications	Preferred use in OPD/ IPD
1.	sLe tres lnga thang	G4	Decoction	2gm	NS	Both
2.	nor bu dun thang	PDS	Decoction	2gm	NS	Both
3.	a gar 15	PDS	1 pill	1gm	NS	Both
4.	agar so lnga	MNLT	1pill	1gm	NS	Both
5.	aru bcu pa	DBZ	3pills	1gm	NS	Both
6.	a ru bco brgyad	MNLT	3pills	1gm	NS	Both

7.	grub thob ril dkar	PDS	3pills	1gm	NS	Both
8.	tsan dan bco brgyad	PDS	1pill	1gm	NS	Both
9.	gcin snyi ya ru bco brgyad	PDS	3pills	1gm	NS	Both
10.	gcin snyi skyu ru drug pa	MNLT	3pills	1gm	NS	Both
11.	cong zhi nyer gcig	PDS	1pill	1gm	NS	Both
12.	cong zhi drug pa	G4	1pill	1gm	NS	Both
13.	cu gang nyer lnga	MNLT	1pill	1gm	NS	Both
14.	da lis bcu drug	PDS	1pill	1gm	NS	Both
15.	da lis bco brgyad	MJST	1pill	1gm	NS	Both
16.	gur gum bcu gsum	G4	3pills	1gm	NS	Both
17.	khrag gcod gur brgyad	G4	3pills	1gm	NS	Both
18.	Khyung lnga	G4	5pills	1gm	NS	Both
19.	ko byi bcu gsum	PDS	1pill	1gm	NS	Both
20.	'khrugs glo kun sel	MNLT	1pill	1gm	NS	Both
21.	klu bdud bco brgyad	MNLT	3pills	1gm	NS	Both
22.	ol se nyer lnga	CNP	1pill	1gm	avoid during pregnancy	Both
23.	spang rgyan bco lnga	MNRGN	3pills	1gm	NS	Both
24.	spang rtsi bcu gnyis	PDS	3pills	1gm	NS	Both
25.	ru rta drug pa	G4	3pills	1gm	NS	Both
26.	gsal byed a wa bco lnga	PDS	1pill	1gm	NS	Both
27.	bsam 'phel nor bu	G4	1pill	1gm	NS	Both
28.	se 'bru lnga pa	G4	3pills	1gm	NS	Both
29.	se 'bru dngas gnas	DBZ	3pills	1gm	NS	Both
30.	se 'bru kun bde	DBZ	3pills	1gm	NS	Both
31.	se 'bru nyi dkyil	MNLT	3pills	1gm	NS	Both

Sl. No.	Name of Medicine	Reference text	Pack size	Dose	Precautions/ Contra- indications	Preferred use in OPD/ IPD
32	seng ldeng nyer lnga	PDS	3pills	1gm	NS	Both
33	gser mdog bcu gcig	CNP	3pills	1gm	NS	Both

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34	skyu ru nyer lnga	DBZ	1pill	1gm	NS	Both
35	spos dkar bcu pa	G4	3pills	1gm	NS	Both
36	sug smel bcu pa	G4	3pills	1gm	NS	Both
37	rta bzi dmar po	MNLT	3pills	1gm	NS	Both
38	tig ta nyer lnga	PDS	1pill	1gm	NS	Both
39	tig ta brgyad pa	G4	1pill	1gm	NS	Both
40	gtso bo nyer lnga	MNLT	1pill	1gm	NS	Both
41	gtso bo brgyad pa	G4	1pill	1gm	NS	Both
42	ya sman rdo rje rab 'joms	MNRGN	3pills	1gm	NS	Both
43	zhi byed drug pa	PDS	3pills	1gm	avoid during pregnancy	Both
44	zla shel so bdun	MNBRS	1pill	1gm	NS	Both
45	bsam khyung	G4	1pill	1.5gm	avoid during pregnancy	Both
46	spos khyung bco lnga	G4	3 + 3 pills	1.5gm	avoid during pregnancy	Both
47	zab lag brgyad pa		Ointment	2gm	for external use only	Both
48	rtsa byug	DBZ	Ointment	2gm	for external use only	Both
49	'byar chen	MNRGN	Powder	2gm	for external use only	Both
50	bya kyung sgon po	DBZ	Ointment	10ml	for external use only	Both