

Dhanwantari Rath for Delhi Police

August 19, 2020

A MoU was signed between **All India Institute of Ayurveda (AIIA)** and Delhi Police for extending the Ayurveda preventive and promotive health services in the residential colonies of Delhi police. These **services are to be provided through a mobile unit named 'Dhanwantari Rath' and police wellness centres** and are to be catered by AIIA, supported by the Ministry of AYUSH.

Dhanwantari Rath

AYURAKSHA a joint venture of AIIA, an autonomous Institute under Ministry of AYUSH and Delhi Police aims for maintaining the health of frontline COVID warriors like Delhi police personnel through **Ayurveda immunity boosting measures**. In continuation of the project, Ayurveda preventive and promotive health care are now planned to be **extended to the families of Delhi police personnel**.

After distributing AYURAKSHA kits to nearly 80,000 police personnel for over a period of 2 months, the incidence and mortality of COVID 19 was significantly brought down in Delhi police personnel. The services are now being extended to Delhi police families also. Dhanwantari Rath and police wellness centres would be **outreach OPD services of AIIA and aimed to benefit the families of Delhi police through Ayurveda preventive health care services**. Dhanwantari Rath – mobile unit of Ayurveda health care services would **consist of a team of doctors who would be visiting Delhi police colonies regularly**. These Ayurveda health care services are expected to reduce the incidence/ prevalence of various diseases and also reduce the number of referrals to hospitals thereby reducing cost to the healthcare system as well as patients.

The time tested and scientifically proven prophylactic Ayurveda medicines helped in reducing the incidence of COVID 19 significantly in Delhi police personnel. The Ayurveda emphasizes **equal importance for prevention & promotional health care services along with curative health care.** The services at police wellness centres would be more accentuated towards improving lifestyle by Ayurveda lifestyle measures like **Dinacharya and Ritucharya practices.**