

Ayurveda Day to Be Celebrated on 23rd September Every Year

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In a landmark decision aimed at enhancing global visibility and consistency in observance, the Government of India has designated 23rd September as the date for celebrating Ayurveda Day each year. This change, notified through a Gazette Notification dated 23rd March 2025, marks a significant shift from the earlier practice of observing Ayurveda Day on Dhanteras, which follows a variable lunar calendar.

Ayurveda Day has been commemorated annually to promote Ayurveda as a scientific, evidence-based, and holistic system of medicine that plays a pivotal role in preventive healthcare and wellness. Until now, Ayurveda Day coincided with Dhanteras, a festival observed in the Hindu month of Kartik (usually October or November). However, as the date of Dhanteras fluctuates each year, the observance of Ayurveda Day lacked a fixed annual date.

The Ministry also noted that in the coming decade, the date of Dhanteras would continue to vary widely between 15th October and 12th November posing logistical challenges for organizing national and international observances.

To address this inconsistency and establish a stable reference point for national and global celebrations, the Ministry of Ayush constituted a committee to examine suitable alternatives. The expert panel proposed four potential dates, with 23rd September emerging as the preferred choice. This decision was guided by both practical and symbolic considerations.

The chosen date, 23rd September, coincides with the autumnal equinox, a day when day and night are nearly equal. This astronomical event symbolizes balance in nature, perfectly aligning with the Ayurvedic philosophy that emphasizes equilibrium between the mind, body, and spirit. The equinox, representing cosmic harmony, underscores the essence of Ayurveda—living in balance with nature.

The Ministry of Ayush urges individuals, health professionals, academic bodies, and international partners to embrace the newly designated date and actively participate in Ayurveda Day celebrations on 23rd September each year. The Ministry sees this shift as an opportunity to further embed Ayurveda into global health narratives and promote its timeless value as a preventive and sustainable healthcare system.

भारत का राजपत्र
The Gazette of India

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आयुष मंत्रालय**संकल्प**

नई दिल्ली, 27 मार्च, 2025

क्र. सं. एफ-13011/1/2025-एफ.—आयुष मंत्रालय, भारत सरकार एतद्वारा, दिनांक 7 नवंबर, 2023 के संकल्प संख्या एफ.सं. ए.11019/05/2016-एचपीसी (भाग 1), जिसे भारत के राजपत्र, असाधारण, भाग 1, खंड 1 में दिनांक 8 नवंबर, 2023 को प्रकाशित किया गया था, में निम्नलिखित संशोधन करता है, अर्थात:-

उपरोक्त संकल्प में, -

- (क) शुरुआती पैराग्राफ में, "धन्वंतरी जयंती (धनतेरस) के दिन" शब्दों और ब्रैकेट्स के लिए, "23 सितंबर को" शब्दों और आंकड़ों को प्रतिस्थापित किया जाएगा;
- (ख) "पुरस्कार प्रदान करना" से संबंधित पैराग्राफ में, "धन्वंतरी जयंती (धनतेरस) पर" शब्दों और ब्रैकेट्स के लिए, "23 सितंबर को" शब्दों और आंकड़ों को प्रतिस्थापित किया जाएगा।

सत्यजीत पॉल, उप महानिदेशक

नोट: मूल संकल्प को दिनांक 1 जून, 2017 के पूर्व संकल्प (ए.11019/05/2016-एचपीसी) के अधिक्रमण में दिनांक 7 नवंबर, 2023 के संकल्प संख्या एफ.सं. ए.11019/05/2016-एचपीसी (भाग 1) द्वारा भारत के राजपत्र, असाधारण, भाग 1, खंड 1 में प्रकाशित किया गया था।

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