



World Stroke Day 2025: Ayush Ministry Highlights Preventive & Holistic Care Pathways for Stroke Management

Ayush Systems can Complement Conventional Stroke Care through Preventive and Rehabilitative Approaches: Union Ayush Minister

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The Ministry of Ayush highlights the role of Ayush systems in providing holistic, preventive, and rehabilitative care for stroke — one of the leading causes of death and disability in India. Emphasising an integrative approach, Ayush systems focus on promoting systemic balance, enhancing resilience, and supporting long-term recovery to complement conventional medical care in stroke management.

Shri Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush and Union Minister of State, Ministry of Health & Family Welfare, informed, “The growing challenge of stroke underscores the need for comprehensive, integrative health strategies. Ayush systems, with their emphasis on preventive care and long-term rehabilitation, can significantly complement conventional stroke management. The Ministry of Ayush remains committed to promoting evidence-based traditional healthcare to enhance the quality of life and reduce the national burden of stroke. Our focus is on building stronger research collaborations and public awareness, which can play a transformative role in reducing stroke incidence and supporting sustainable recovery pathways.”

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, noted, “Ayush systems collectively offer a holistic framework for understanding and managing complex neurological disorders such as stroke. The Ministry of Ayush continues to advance collaborative and translational research through its wide network of institutions and collaborations to scientifically validate and expand the therapeutic potential of Ayush-based interventions, strengthening integrative healthcare for stroke prevention, rehabilitation, and overall neurological well-being.”

The Ayush systems emphasise harmony between the body, mind, and environment. Their preventive philosophy and holistic therapeutic regimens not only aim at disease management but also at enhancing resilience, reducing recurrence, and improving overall quality of life. These systems collectively promote integrative approaches that can reduce the burden of non-communicable diseases such as stroke.

Stroke, often referred to as a “brain attack,” is caused by a sudden interruption in the brain’s blood supply. It occurs when the flow of oxygen-rich blood to part of the brain is blocked (ischemic stroke) or when a blood vessel ruptures, causing internal bleeding (hemorrhagic stroke). A transient ischemic attack (TIA), also known as a “mini-stroke,” results from a temporary blockage lasting a few minutes.

In Ayurveda, stroke is understood as a neurological disorder resulting from an imbalance of Vata dosha, leading to weakness or paralysis, typically on one side of the body. Ayurvedic management focuses on restoring balance through preventive, detoxifying, and restorative therapies aimed at improving circulation, nerve function, and overall vitality.

Multiple studies have indicated the effectiveness of Homoeopathy as an adjuvant therapy in stroke management, particularly in improving neurological outcomes, motor recovery, and post-stroke quality of life.

The Ministry of Ayush highlights that various Ayush systems provide distinctive and complementary approaches for the prevention, management, and post-stroke rehabilitation, aiming at both physical and neurological recovery.



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