



Prime Minister extends greetings on Ayurveda Day

PM shares a Sanskrit Subhashitam highlighting Ayurveda as a holistic science for a healthy and balanced life

Posted On: 23 SEP 2026 10:25AM by PIB Delhi

The Prime Minister, Shri Narendra Modi has extended warm greetings to all citizens on the occasion of Ayurveda Day.

Highlighting the timeless wisdom of traditional medicine, the Prime Minister noted that Ayurveda is not merely a system of treatment, but an effective medium for a healthy and balanced lifestyle, while calling upon everyone to strengthen their resolve to embrace this rich heritage. On this occasion, Shri Modi also shared a Sanskrit Subhashitam emphasizing the holistic nature of Ayurveda.

आयुर्वेद दिवस की सभी देशवासियों को हार्दिक शुभकामनाएं! आयुर्वेद केवल उपचार की पद्धति नहीं, बल्कि स्वस्थ और संतुलित जीवनशैली का एक सशक्त माध्यम है। आइए, अपनी इस समृद्ध विरासत को अपनाने का संकल्प और मजबूत करें।

हिताहितं सुखं दुःखमायुस्तस्य हिताहितम्।

मानं च तच्च... pic.twitter.com/HyPXYhhvdD

— Narendra Modi (@narendramodi) September 23, 2026

The Prime Minister posted on X;

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मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते।।"

The science in which it is explained what kind of lifestyle is beneficial or harmful for human beings, what constitutes a happy or unhappy life, what distinguishes a healthy life from a diseased life and what should be adopted or avoided for a long and healthy life and in which the nature and measure of lifespan are also elaborately discussed, is called Ayurveda.

MJPS/SS/PRK

(Release ID: 2313726) Visitor Counter : 833

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