

## **STATUS REPORT**

### **Integration of AYUSH (Homeopathy along with Yoga) in the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS): A pilot project**

**Duration: Since inception till June 2018**

Keeping in view, the increasing burden of NCDs in India, Ministry of Health and Family Welfare, Govt. of India launched National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) in July 2010 and by 2012, 21 states across the country were covered under the programme. Promotion of healthy life styles, early diagnosis and management of diabetes, hypertension, cardiovascular diseases & common cancers e.g. cervix cancer, breast cancer & oral cancer are the aims of this programme.

Integration with AYUSH is one of the mandates of the NPCDCS programme. After several meetings between stakeholders of Ministry of Health and Family Welfare, Ministry of AYUSH and Research Councils under AYUSH, it was decided to integrate Homoeopathy in NPCDCS program and utilize the services of the Homoeopathic doctors and yoga experts in Krishna (Andhra Pradesh) and Darjeeling (West Bengal) districts at first instance.

#### **Objectives of Integration of Homoeopathy/Yoga in NPCDCS Program**

- Health promotion of masses through behaviour change
- Disease prevention through early diagnosis of NCDs
- Reduction in NCD burden and their risk factors
- Early management of NCDs through homoeopathic treatment alone or as add on to standard care

The programme shall cover prevention and control of Diabetes, Cardiovascular Diseases, Cancer, chronic obstructive pulmonary diseases and Stroke during the first phase.

#### **Strategies of Integrated NPCDCS Programme**

- Outreach activities: Screening for timely detection of various NCDs at the level of PHC and CHCs/CHNCs/BPHC on regular basis.
- Yoga classes for the general masses at the level of PHC and CHCs on regular basis.
- Advise on diet and lifestyle management
- Treatment cum follow up of population under homoeopathic treatment alone or as adds on to standard care along with therapeutic lifestyle changes.
- A team of homoeopathic doctors, yoga instructors, yoga volunteers along with multitask workers shall provide health care services to the masses at the ground level and thus help in optimizing the use of scarce resources.

#### **Expected outcomes**

Integration of homoeopathy along with Yoga would enable in Prevention and control of NCDs through health education, promotion, behavioural change, early detection and to avoid complications.

**Operationalization:**

1. Field surveys are conducted for identification of CHCs at identified districts.
2. A two-day **training programme cum workshop** was organized by RRI (H), Gudivada at Krishna district, (A.P) on **14<sup>th</sup> to 15<sup>th</sup> September 2015**.
3. **Workshop** to review of NPCDCS was held on 22<sup>nd</sup> Dec 2015 at Krishna district.
4. The **launching of program** was formally inaugurated by Hon'ble Minister of AYUSH, Shri Shripad Yesso Naik at Gudivada, Krishna District, Andhra Pradesh on **16<sup>th</sup> February 2016**.
5. A two-day **training programme cum workshop** was organized by CRU (H), Siliguri on **8<sup>th</sup> to 9<sup>th</sup> March 2016**.
6. Awareness rallies/activities and screening camps have been organized on the occasion of World Diabetes Day, Cardiac diseases prevention and Breast Cancer Awareness program and International Yoga Day.
7. Camps are being conducted at 14 Life style disease (LSD) clinics for mass screening of NCDs

**Activities undertaken so far:****District covered:**

Sl. No.	States	Name of the Institute	District	No. of CHCs(CHNCs)/ RH/SDH/ AH/DH/CRU	Remarks
1.	Andhra Pradesh	Regional Research Institute (H), Gudivada	Krishna	1 DH, 5 AH and 3 CHC Hospital	<b>Initiated on:</b> September 2015 <b>Present status:</b> On-going
2.	West Bengal	Clinical Research Unit (H), Siliguri	Darjeeling	3 BPHC. 1 RH, 1 DH and 1 CRU	<b>Initiated on:</b> March 2016 <b>Present status:</b> On-going
3.	Odisha	Regional Research Institute (H), Puri	Sambalpur	2 CHCs and 01 in Govt. Homoeopathic college at first phase	<b>Initiated on:</b> May 2017 <b>Present status:</b> On-going
4.	Maharashtra	Regional Research Institute (H), Nashik	Nashik	1RH, 01 SDH & 1 in Private Homoeopathic college at first phase	<b>Initiated on:</b> May 2017 <b>Present status:</b> On-going
5.	Madhya Pradesh	Government Homeopathic Medical College And Hospital, Bhopal	Bhopal	03 CHCs	Proposal received from Bhopal State Govt. Approval pending with SFC

\*AH-Area Hospital; BPHC-Blocked Primary Health Center; CHC-Community Health Center; CRU-Clinical Research Unit; DH-District Hospital; RH-Rural Hospital; SDH-Sub-District Hospital

**Technical resource material developed:**

- Operational Guidelines for the integrated NPCDCS -pilot project
- Training manual for yoga instructors/volunteers and multi-task workers in English and Telugu
- Screening card for patients attending CHNCs/BPHCs
- Lifestyle clinic questionnaire for patients attending CHNCs/BPHCs
- Spread-sheet for data capturing of patients attending CHNCs/BPHCs
- Concept proposal for undertaking the integration in research mode
- Training manual for Medical Officers is under process.
- Expansion of the programme in other districts is in pipeline.

**Consolidated achievements (Beneficiaries since launch of the programme till date i.e. June 2018)**

Name of the Districts at which integration is undertaken	Headqu arters	Krishna	Darjeeling	Sambalpur	Nashik	Total
<b>Recruitment of Staff</b>						
<ul style="list-style-type: none"> <li>• RA/SRF/JRF</li> <li>• *Posted at NPCDCS Cell, DGHS.</li> </ul>	02 +01*	17	11	05	04	<b>40</b>
• Data Entry Operator	00	10	06	03	03	<b>22</b>
• Multi-task workers	00	18	12	05	02	<b>37</b>
• Yoga Instructors	00	07	05	03	03	<b>18</b>
• Yoga Volunteers	00	00	00	00	00	<b>00</b>
<b>No. of cases attended the OPD</b>	-	233885	63889	13319	9990	<b>321083</b>
<b>No. of patients screened (LSD clinics + out-reach camps)</b>	-	74828	27100	8930	8488	<b>119346</b>
<b>No. of people at risk of NCDs</b>	-	37859	8109	6035	2853	<b>54856</b>
<b>Provisional/known diagnosis of NCDs</b>	-	33946	16238	4307	5398	<b>59889</b>
Pre-Hypertension	-	2757	3529	657	1669	<b>8612</b>
Hypertension	-	10898	9732	1173	1995	<b>23798</b>
Pre-Diabetes	-	1140	202	807	168	<b>2317</b>
Diabetes Mellitus	-	7226	619	621	182	<b>8648</b>
Dyslipidemia	-	547	0	0	4	<b>551</b>
Chronic Obstructive Pulmonary disease	-	988	82	23	47	<b>1140</b>
Coronary artery disease	-	169	16	12	24	<b>221</b>
Cancer	-	35	8	2	0	<b>45</b>
Multi Morbidity (patients suffering from more than one NCD mentioned above)	-	10186	1979	1012	1309	<b>14486</b>
<b>No. of patients enrolled for management (New cases)</b>	-	29903	9770	900	1008	<b>41581</b>

Name of the Districts at which integration is undertaken	Headquarters	Krishna	Darjeeling	Sambalpur	Nashik	Total
Number of Yoga Classes conducted	-	6888	5257	1033	2054	<b>15232</b>
Number of participants in yoga classes	-	134153	66520	7709	15251	<b>223633</b>
No. of outreach camps conducted including NITI - Aayog camps	-	675	162	27	40	<b>904</b>
No. of patients attending outreach camps		39441	6259	1965	1639	<b>49304</b>
Benefits from the integration	Integration of Homoeopathy along with Yoga would enable in prevention and control of NCDs through health education, promotion, behavioral change, early detection and to avoid complications.					

### Research Achievements:

A Life style disease format has been developed for capturing data of the cases that are enrolled and documented in this integrated pilot project on the following disease conditions: pre-hypertension, pre- hypertension, Stage I - hypertension, Stage - II hypertension, Pre-diabetes, Diabetes, Dyslipidemia, COPD, CAD, Cancer and multi-morbidity. The documented cases in Krishna district is 5,587, in Darjeeling district is 2,773, in Sambalpur district is 887 and in Nashik district 1,008 cases on research mode till June 2018. The break-up of cases of all the Districts are as follows:

### Details of Krishna District:

Name of the CHC/LSD clinic	Pre HTN	Stage 1 HTN	Stage 2 HTN	Pre-Diabetes	DM	Dys-lipidemia	COP D	CAD/CVD /Stroke	Cancer	Multi Morbidity	Total cases documented as per the LSD format
Avanigadda	4	13	205	23	234	1	40	0	0	258	<b>778</b>
Challapalli	3	156	0	7	166	3	7	2	1	142	<b>487</b>
Gudivada	21	8	195	8	229	10	9	1	3	368	<b>852</b>
Machilipatnam	4	5	224	16	271	0	1	0	0	149	<b>670</b>
Nandigama	15	28	208	10	93	119	0	0	1	335	<b>809</b>
Nuziveedu	10	2	136	4	253	2	1	2	0	160	<b>570</b>
Tiruvuru	14	108	2	6	40	39	16	02	0	359	<b>584</b>
Vissannapeta	1	64	0	2	148	0	1	1	0	56	<b>273</b>
Vuyyuru	16	39	123	2	64	90	9	0	0	221	<b>564</b>
<b>Total</b>	<b>88</b>	<b>423</b>	<b>1093</b>	<b>78</b>	<b>1498</b>	<b>264</b>	<b>84</b>	<b>6</b>	<b>5</b>	<b>2048</b>	<b>5587</b>

**Details of Darjeeling District:**

Disease	Pre - Hypertension	Hypertension I	Hypertension II	Pre-Diabetes	Diabetes Mellitus	Dyslipidemia	COPD	CAD	Cancer	Multi morbidity	Total cases documented as per LSD format
Phansidewa	67	152	150		24	0	2	0	0	71	466
Mirik	33	81	191	5	31	0		0	0	47	388
Kalimpong	79	62	501	12	52	0	6	0	0	239	953
Pedong	96	81	149	8	12	0		0	0	168	514
Bijanbari	34	47	129	8	15	0		0	0	55	288
CRU(H) Siliguri	26	50	20	1	16	0	1	0	0	50	164
<b>Total</b>	<b>335</b>	<b>473</b>	<b>1140</b>	<b>34</b>	<b>150</b>	<b>0</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>630</b>	<b>2773</b>

**Details of Sambalpur District:**

Name of the CHC/LSD clinic	Pre HTN	Stage 1 HTN	Stage 2 HTN	Pre-Diabetes	DM	Dyslipidemia	COPD	CAD/CV D/Stroke	Cancer	Multi Morbidity	Total cases documented as per the LSD format
OMCH&RCHC	3	23	0	0	33	0	0	0	0	47	106
Themera	12	118	57	2	41	00	00	01	00	60	291
CHC, Jujumura	16	258	33	11	117	00	02	03	02	48	490
<b>Total</b>	<b>31</b>	<b>399</b>	<b>90</b>	<b>13</b>	<b>191</b>	<b>0</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>155</b>	<b>887</b>

**Details of Nashik District:**

Name of the CHC/LSD clinic	Pre HTN	Stage 1 HTN	Stage 2 HTN	Pre-Diabetes	DM	Dyslipidemia	COPD	CAD/CVD/Stroke	Cancer	Multi Morbidity	Total cases documented as per the LSD format
Kalwan	35	59	49	2	30	0	2	3	0	130	310
Igatpuri	64	94	42	39	69	8	2	10	0	198	526
Nashik	17	11	54	5	16	0	12	10	0	47	172
<b>Total</b>	<b>116</b>	<b>164</b>	<b>145</b>	<b>46</b>	<b>115</b>	<b>8</b>	<b>16</b>	<b>23</b>	<b>0</b>	<b>375</b>	<b>1008</b>

**DISTRICT WISE DETAILS:**

**Activities undertaken so far:-**

S.no	Name of the activity	District	Date
1.	Launch of the programme	Krishna (A.P)	16 <sup>th</sup> February 2016
		Darjeeling (W.B.)	March 2016
		Sambalpur (Odisha)	May 2017
		Nashik ( Maharashtra)	May 2017
2.	Workshop for health personal	Krishna (A.P)	14 <sup>th</sup> to 15 <sup>th</sup> September 2015
		Darjeeling (W.B.)	8 <sup>th</sup> to 9 <sup>th</sup> March 2016
		Sambalpur (Odisha)	12 <sup>th</sup> to 16 <sup>th</sup> June 2017
		Nashik ( Maharashtra)	25 <sup>th</sup> July 2017
3.	Review/ Monitoring of NPCDCS Program	Krishna (A.P)	<ul style="list-style-type: none"> <li>• 22<sup>nd</sup> Dec. 2015</li> <li>• 9-10 Feb 2017</li> <li>• 25-26 Oct 2017</li> </ul>
		Darjeeling (W.B.)	2 <sup>nd</sup> Feb 2016

			2 <sup>nd</sup> Mar 2016 11 mar 2016 3 <sup>rd</sup> Nov. 2016 3 <sup>rd</sup> Jan 2017 19 <sup>th</sup> April 2017 3 <sup>rd</sup> may 2017 9 <sup>th</sup> May 2017 26 <sup>th</sup> May 2017 6 <sup>th</sup> July 2017 11 <sup>th</sup> Oct 2017 8 <sup>th</sup> Dec 2017 20 <sup>th</sup> Dec 2017 3 <sup>rd</sup> Jan 2018 19 <sup>th</sup> to 23 <sup>rd</sup> Feb. 2018 28 Mar 2018 6 <sup>th</sup> April 2018
		<b>Sambalpur (Odisha)</b>	<ul style="list-style-type: none"> <li>• 1-3 Aug 2017</li> <li>• 25-27 Sept 2017</li> <li>• 23-25 Oct 2017</li> <li>• 14-17 Jan 2018</li> <li>• 5-9 March 2018</li> <li>• 29-31 May 2018</li> </ul>
		<b>Nashik ( Maharashtra)</b>	
<b>4.</b>	<b>Awareness activities</b>		
	Awareness program on "Integration of Homoeopathy / Yoga into NPCDCS programme in Krishna District" on World Diabetes Day	<b>Krishna (A.P)</b>	10.11.2015
	Screening camp on the occasion of World Diabetes Day.	<b>Krishna (A.P)</b>	14.11.2015
	Awareness program on Cardiac diseases prevention on World Heart Day.	<b>Krishna (A.P)</b>	29.09.2015
	Yoga Day Celebration every year.	<b>All four districts</b>	21 <sup>st</sup> June every year
	Health Camps	<b>All four districts- Total 883 camps conducted till may 2018</b>	
	Health Lectures	<b>All four districts- doctors delivered health lectures at camps.</b>	

## KRISHNA DISTRICT (A.P)

### Launch of the programme

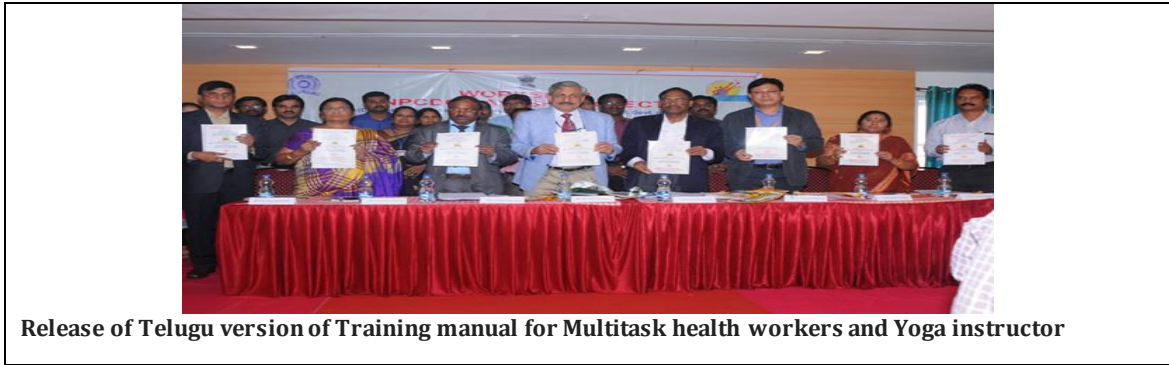


### Workshop for health personal



### Review of NPCDCS Program





Release of Telugu version of Training manual for Multitask health workers and Yoga instructor

**Awareness activities**



Dr. Ch. Raveendar, Assistant Director (H), delivering lectures on lifestyle disorders



Screening of patients for diabetes



Dr. G. Mahesh, International Cardiologist resource person for the awareness programme on cardiac diseases.



Rally on World Heart day





**Breast Cancer Awareness program on Dt. 18.10.2015**



**Activates undertaken on International Yoga Day, Krishna District, AP**

**Camps conducted at Krishna District:**



**253 మందికి వైద్య పరీక్షలు**

కౌతవరం(గుడ్ల పల్లెరు): గుడి వాడ హోమియో ప్రాంతీయ సంస్థ ఎన్.పీ.సి.డి. సీఎస్. సైరెట్ ప్రాజెక్ట్ కింద పంచాయతీ



కార్యాలయంలో 253 మందికి వైద్య పరీక్షలు చేశారు. షుగర్, బీపీ, కేన్సర్, గుండె తదితర వ్యాధుల రోగులకు పరీక్షలను డాక్టర్ కె.రాజేష్ చేపట్టారు. కార్యక్రమంలో సర్పంచి పడమటి సుజాత, కార్యదర్శి కుమార స్వామి, పంచాయతీ సిబ్బంది తోట ప్రసాద్, మద్దాల వెంకటేశ్వరరావు, వైద్య సిబ్బంది పాల్గొన్నారు.

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**Camps conducted under NITI Aayog at Krishna District (AP)**

**Health Lectures delivered at Krishna district:**



**DARJEELING DISTRICT, (W.B.)**

**Workshop for health personal**



**Lighting of Lamp by the dignitaries**



**Dr. Asit Biswas interacting with the NPCDCS staff of BPHC & staff of CCRH under NPCDCS Program of Pedong and Mirik BPHC.**



**Dr Nirmal Kr Bera (MSVP) North Bengal Medical College and Hospital giving keynote address**





Activates undertaken on International Yoga Day, Darjeeling District, WB

**Camps at Darjeeling District:**



Camps conducted at Darjeeling District (WB)

**Health Lectures delivered at Darjeeling district:**



**SAMBALPUR (ODISHA)**



**Dr. P. Naik, ADMO, Sambalpur, Odisha**



**An interactive session with all the officers**



**Dr. K. Rao, CDMO, Sambalpur, Odisha Inaugurating the LSD Clinic on 1st August 2017 at Themra.**

**Camps at Sambalpur district:**



**Health Lectures delivered at Sambalpur district:**



**NASHIK (MAHARASHTRA)**



**Camps at Nashik district:****Health Lectures delivered at Nashik district:**

- **Bhopal (Madhya Pradesh)** –The process for approval from Standing Finance Committee of the Council has been initiated and field survey completed on 19<sup>th</sup> – 21<sup>st</sup> April 2017. The CHCs identified after the inspection for implementation of the program are CHC Berasia, CHC Gandhinagar and J.P. District Hospital.

**Problems faced by CCRH:**

- As per the NITI-Aayog Scheme, a total of 6.4 lakhs people have been targeted for screening during 2017-18 under NPCDCS program. This has been initiated in the month of March 2017 with the existing man-power and budget. However, the target is difficult to achieve with the existing resources till the additional budget is sanctioned.
- The committee after discussion with CMOH and DNO decided that as the political unrest has stopped there is no urgent need to shift the LSD clinics of hills to plane land. The right to avail health facilities by the remote area people has given priority

and the committee didn't find enough justification to shift those remote location LSD clinics to plane land.

- No Internet and Telecommunication facilities available.
- Limited laboratory facilities are provided at a few centres.
- Few of the investigations mentioned in guidelines / protocol are not being provided like OGTT, HbA1c, Vitamin D3; other investigations available under NTR Vydyapariksha Scheme of Govt. of AP are being provided.

**In Darjeeling district:-**

- Among all required lab tests for this programme (RBS, FBS, PPBS, HbA1c, LFT, Lipid profile) only RBS is performed in the LSD clinic by using Glucometer, lancet and strip supplied by nodal institute (Clinical Research Unit for homoeopathy, Siliguri).
- CMOH and DNO were informed that as per operational coordination, provision of lab facility is under the purview of state. Committee has requested CMOH and DNO to provide lab support and if they require some extra fund for it, they can put up PIP in the ministry for necessary approval and sanction.
- Committee observed that some tests are available in PPP model but HbA1c, Lipid profile were not available even in PPP model.
- Transport facility from CHC to PHCs / Sub-centres is not being provided for conducting outreach screening activity under the program.