



ONE NATION ONE HEALTH SYSTEM POLICY: A CONCEPT OF CAFETERIA APPROACH FOR BETTER HEALTH SYSTEM IN INDIA

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ABSTRACT:

One Nation One Health (ONOH) System Policy, an integrated health care system that would combine modern and traditional practices. This approach always remain in controversy. First of all it should remain understand that the treatment should be patient centric in place of pathy centric. The concept of cafeteria approach is to provide all necessary treatment system (pathy) to the patient under a single umbrella according to the need of diseased and their own choice. Currently government is putting a lot of efforts to implement it. Creating a unified health system for the country is one of the major goal of Niti Aayog. Niti Aayog is putting a lot of effort into it. Necessity of this integrated approach in our nation is explained in this article. In India this hybrid system become more prime from many ways like population, education, culture, ecology and finance issues. As we know that every treatment pathy has their own specially with their some limitations. So this approach will also be helpful to cure communicable and non-communicable diseases both at a single platform in more cost effective and patient centric way and it will be helpful in building strong health structure of the nation.

Key words: Ayurveda, ONOH, Cafeteria approach, Niti Aayog.

INTRODUCTION:

The concept of 'One Health' is thoroughly acknowledged and appreciated by World Health Organization (WHO) as health of humans, animals and ecosystems are interdependent.^[1] It encourages synergistic collaboration to achieve common health goals. Global health indicators have evolved over time to show a significant shift from medical care to health care. The concept of One Nation One Health (ONOH) System policy incorporating in different context by western system of medicine advances stemming from our own knowledge systems, culture, traditions, and experiences. This could be an advisable approach for Atmanirbhar Bharat.

Population and climate majorly affects the disease prevalence of any demography as per diversity. On viewing the diversity of India it has rich climatic conditions from arid deserts in the west, alpine tundra and glaciers in the north, and humid tropical regions supporting rain forests in the southwest and the island territories and different microclimates, making India one of the most climatically diverse country in the world.^[2] Current population of India is about 1.40 billion with growth rate 0.68 in which birth rate is 16.42 and death rate is 9.45 leads to population density 473.42 people per km.^[3] Life expectancy has decreased upto 67.2 years that was 69.7 in

previous which is below the estimated global average life expectancy 72.6 years.^[4] As part of the Global Burden of Disease Study 2016, 333 disease conditions and injuries and 84 risk factors were computed for each state of India. Non communicable diseases (NCDs) contribute to around 5.87 million (60%) of all deaths in India which is alarming. Child and maternal under nutrition is still the single largest risk factor in India, responsible for 15% and air pollution levels in India are among the highest in the world, which is responsible for 10% of the total disease burden in the country.^[5] Risk factors related to diet, nutrition and air pollution contribute significantly to communicable as well as NCDs. It is important in Indian context to implement a health policy which is effective in treatment (i.e. preventive and curative) easy to approach and cost effective too. The objective of this study is to provide a strategy for improving health structure and providing better health facilities to Indians by preventing the occurrences of diseases and decreasing mortality rate to improve life span. In those diseases where complete cure is not possible, it is expected that patient better survive in morbidity by improving their life style.

MATERIAL AND METHODS:

Review a list of published original articles and Review secondary data from a variety of

databases, including PubMed, PubMed Central, Shodh ganga, DHARA, Ayush Research Portal, Google Scholar, Medline, Embase, etc., as well as different Govt. Policies and announcements.

DISCUSSION:

Govt. policies related to health system:

The ONOH System policy is aimed at bringing synergy in the context of public health, medical and health education, research, clinical practice, and health administration in India. Niti Aayog is putting a lot of effort into it. Government has established Health and Wellness Centre (HWCs) under Ayushman Bharat scheme. It represents a significant advancement for HWCs to have bilateral referral systems from AYUSH to conventional medicine and vice versa.^[6] National Education Policy (NEP), 2020 advocates that “Healthcare education needs to be re-envisioned so that the duration, structure, and design of the educational programmes match the role requirements that graduates will play.” Here it is felt the need of greater emphasis on preventive healthcare and community health care. Accordingly each recognized system of healthcare should have basic understanding of the strength and weakness among them.^[7] In Indian context the Western system of medicine must have insight of AYUSH systems and vice versa. It is crucial to understand that

National Health Policy 2017 stating that, “The policy further supports the integration of AYUSH systems at the level of knowledge systems, by validating processes of health care promotion and cure. The policy recognizes the need for integrated courses for Indian System of Medicine, Modern Science and Ayurgenomics. It puts focus on sensitizing practitioners of each system to the strengths of the others.”^[8] It intended integration to improve national health by enhancing all forms of medical practise without erasing any of their unique characteristics. The Government policies support the integration of AYUSH systems so there is felt need of integrated courses for Indian System of Medicine & Western System of medicine. Its core was vivacious and liberal, devoted to the development of each system separately as well as of all systems collectively. The term “integrative” denotes an evolving approach which refers to combining Western and Indian system of Medicine of treatments.^[9] It also entails increasing the validation, evidence and research of various healthcare systems as a part of a shared pool of knowledge. It intended integration to improve national health by enhancing all forms of medical practise without erasing any of their unique characteristics. Its core was vivacious and liberal, devoted to the development of each

system separately as well as of all systems collectively. In parallel the National Mental Health Care Act 2017, in which the potential of AYUSH practitioners and methods for the treatment of mental illness was duly acknowledged.^[10]

Different treatment pathies/ systems practicing in India:

It is observed that almost all nations have their own treatment system. Similarly, Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy (AYUSH) and Western system of medicines (commonly called as Allopathic system) are main medical systems practised in India. Among them All over world maximal use pathy for treatment is western system of medicine. Ayurveda being the oldest, richest, living system of medicine being practised in Indian sub-continent since 5,000 years ago using mostly the plant based medicines. Ayurveda has two-folds objectives, one is to maintain the health of the healthy being and second is treatment of the sick person.^[11] Yoga another system is a group of physical, mental and spiritual practices or disciplines which originated in ancient India and aims to control and still the body and mind.^[12] Naturopathy suggests about the inherent healing power of nature and uses non-invasive methods of intervention to facilitate the healing of body. This is the non drug therapy system getting

popular globally.^[13] Unani system of medicine based on Hippocrates theory of four humors viz. blood, phlegm, yellow bile and black bile and treats a person as a whole not as a group of individuals.^[14] Siddha is system of medicine mostly popular in southern part (dravinas) of the country.^[15] Whereas Homeopathy being another system of Indian medicine with its origin from Europe and is based on principle "like cures like".^[16] Allopathy, is an archaic term used to define science-based western system of medicine being primarily based on synthetic or chemical drugs.^[17] All these system of medicine shave established science with their own principles and scientific evidences.

Considering the potentials of each system in therapeutics, Government of India is putting a lot of efforts to implement ONOH System policy. Creation of a unified health system for the country is one of major goal of NITI Aayog. The amalgamation of the systems of medicine based on their inherent speciality and strength in India, could become more justifiable and pragmatic in many aspects such as addressing the need of growing population, health education, culture, ecology and off course cost effectiveness with reference to expenditure on health. Accordingly it would be prudent if the students of western system of medicine get

the exposure/ understanding of AYUSH system and vice- versa.

World Health Organization (WHO) believes that fragmented nature of India's health system is a reason that causes the quality of care and access to services vary significantly across the country. In addition, WHO states that India's rising population and increasing life expectancy pose significant challenges to its fragmented healthcare system. May be to address all such deterrents of health, some initiatives have taken by the Government of India and adopted pleuristic health care management system, where in both codified in Indian System of Medicine and Western System of Medicine. Both play a significant role in offering the best of their health care facilities to the citizen. National Rural Health Mission (NRHM) was established in 2005, with the objective to increased access of health care in rural areas by training thousands of new community health workers and training for primary healthcare workers. The Indian government also introduced new initiatives to prevent and manage non-communicable diseases.^[18] National Urban Health Mission (NUHM) launched (2013) is an another ambitious step taken by Government of India to offer universal availability of affordable and quality health care in urban areas. Government has also established Health and

Wellness Centre (HWCs) under Ayushman Bharat Scheme. It represents a significant advancement for HWCs to have bilateral referral systems from AYUSH to conventional system of medicine and vice versa. Under the scheme 10% of total HWCs are to be managed by AYUSH Systems.^[19]

Thus if we concise the concept of One Nation One Health System policy in context of our own country it involves the blending of the best of AYUSH and Western systems of medicine together, so as to bridge the gap and make integrated healthcare approach which could be accessible to all. Co-location facilities also give an opportunity of cafeteria approach based on treatment choice, disease condition, and speciality treatment for patients. ONOH system policy envisions transforming from a pathy-centric fragmented healthcare system to a people centric integrative healthcare system in a stepwise manner near future. ONOH System policy approach would be helpful for Universal health coverage to reduce disease load and improve the economy of nation. It is high time to embrace the integration of Health System for 'Fit India movement' as our Prime Minister has initiated for keeping nation healthy and fit.

Covid-19 pandemic and Ayurveda:

At the same time if we see on International platform, attempts are also been made in this

direction. For example, United States National Institutes of Health, National Centre for Complementary and Integrative Health got engaged in a stress-related initiative. Another initiative was the launch of the traditional, complementary, and integrative health and medicine COVID-19 support registry to document practices and products used during COVID-19. This also paves the path towards the successful and fruitful intervention of One Nation, One Health System policy. Compulsions of social distancing, physical barrier methods, rising numbers of COVID-19 cases and deaths raised stress and anxiety in the last few years. The Ministry of AYUSH, Government of India issued a very useful advisory in context to “prevention is better than cure” during covid19 pandemic based on simple and feasible measures of *Ayurveda* and *Yoga*. Consideration of mental health is another distinction of *Ayurveda* and *Yoga* which includes *Pranayama* and meditation. *Pranayama* is known to improve lung function and Meditation found to reduce inflammation markers and influence markers of virus-specific immune response. Inclusion of *Yoga* and *Ayurveda* in the standard treatment offered to COVID-19 patients proven helpful in manifold ways also substantially reduced the economic burden as well as risk-exposure of healthcare professionals. Integrative therapy

incorporating the elements of *Yoga* and *Ayurveda* improved the clinical outcomes of high-risk COVID-19 patients. United States National Institutes of Health, National Centre for Complementary and Integrative Health got engaged a stress-related initiative and is reportedly considering others. Another initiative was the launch of the traditional, complementary, and integrative health and medicine COVID-19 support registry to document practices and products. It is worth to mention here that NITI Aayog, in collaboration with the Ministry of AYUSH, in 2022, published “Mitigation and Management of Covid-19: Compendium of Ayush-Based Practices from Indian States and Union Territories”.^[20] Summarizing the initiatives taken by the Ministry of AYUSH for combating the pandemic at the grass roots level in each state which is a strong evidence of bringing Western system of medicine and Indian/AYUSH system on same platform for management of century’s greatest health disaster. The initiatives by AYUSH encompassed several advisories, guidelines, and protocols, for example, self-care guides for improved immunity, mental and respiratory health, a protocol “National Clinical Management Protocol” advocating *Ayurveda* and *Yoga* for managing COVID-19. Integrative therapy incorporating the

elements of *Yoga* and *Ayurveda* improved the clinical outcomes of high-risk COVID-19 patients. *Ayurveda* provided *Ayush Kwath*, *Nagaradi Kshaya*, *Samshamni Vati*, *Sanjeevani Vati*, *Kutajghan Vati*, *Vyoshadi Vati*, *Ayush 64*, *Sitopaladi Churna*, *Chyawanprash*, *Vasa Avaleha* and *Kanakasavaas* their best in COVID-19 management. *Yoga* including meditation was simple and useful home-based practice for the prevention and post-recovery management of COVID-19. This resulted in better management of COVID-19 in India comparatively with rest of the world. This could be observed as one of the way of integration under the umbrella of ONOH System policy.

CONCLUSION:

One Nation One Health System policy is a hybrid model in which different pathies get together and work on human welfare. The evidence presented here has drawn the attention to the unexplored potential of traditional medicine systems and adopting integrative approaches in the search of solutions for the COVID-19 crisis. According to ONOH system strategy, a fragmented healthcare system focused on pathy will gradually give way to an integrative healthcare system focused on individuals in the near future. A policy approach based on the ONOH System would be beneficial for universal

health coverage to lower illness burden and boost the country's economy. As our Prime Minister has started the "Fit India movement" to maintain the country healthy and fit, it is high time to embrace the integration of the health system. All these pathies have established science with their own principles and scientific evidences. It will be helpful to reduce the disease load and improve the economy of nation. It is high time to embrace integration with an open mind.

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