

Ayurveda Day

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Ayurveda Day Latest News

The Government of India has declared that Ayurveda Day will now be observed annually on 23rd September, starting from 2025.

Why 23rd September?

- The date **23rd September** coincides with the **autumnal equinox**, when **day and night are nearly equal**.
- This event represents **balance in nature**, aligning with the **Ayurvedic principle of equilibrium** among **body, mind, and spirit**.
- The **symbolism of cosmic balance** supports the holistic philosophy of Ayurveda, making the equinox a **powerful metaphor** for natural harmony and health.

What is Ayurveda?

- The term **'Ayurveda'** is derived from **'Ayu'** (life) and **'Veda'** (knowledge), meaning the **"science of life."**
- Ayurveda deals with **all forms of life** and is divided into:
 - **Nara Ayurveda** – focused on **human life and health**,
 - **Satva Ayurveda** – deals with **animal health and diseases**,
 - **Vriksha Ayurveda** – focused on **plant growth, health, and diseases**.
- Ayurveda is not just a **system of medicine** but also a **philosophy of living** aimed at **positive health and spiritual growth**.

Structure and Practice of Ayurveda

- **Ayurveda has both preventive and curative elements**, with therapies adapted to **individual, climatic, and environmental needs**.
- **Preventive aspects** include: **Strict hygiene protocols, lifestyle discipline, and seasonal regimens**.
- **Curative aspects** involve: **Herbal remedies, dietary therapy, external applications, and physiotherapy**.
- Ayurveda advocates for **personalised treatment**, customised to the **prakriti (constitution)** and **imbalances (doshas)** of each individual.
- The **Indian Medical Council Act of 1971** provides formal recognition to **Ayurveda, Unani, and Siddha systems**, ensuring **standardisation and regulation**.

Core Principles and Holistic Approach

- Ayurveda is based on the concept of the **tridosha theory: Vata** (air & space), **Pitta** (fire & water), and **Kapha** (water & earth).
- The **seven body tissues (dhatus)** are: **Rasa, Rakta, Mamsa, Meda, Asthi, Majja, and Shukra**.
- **Waste products (malas)** include: **Mala (feces), Mutra (urine), and Sweda (sweat)**.
- Health is defined as the **balanced state of these doshas, dhatus, and malas**.
- Disease arises from **imbalance**, and Ayurveda treats the root causes, not just the symptoms.

Ayurveda Day FAQs

Q1: What is Ayurveda Day?

Ans: Ayurveda Day is celebrated to promote the ancient Indian system of medicine, Ayurveda, and is observed on Dhanvantari Jayanti, during Dhanteras.

Q2: Which ministry organises Ayurveda Day celebrations?

Ans: The Ministry of AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homeopathy) organizes Ayurveda Day in India.

Source: [PIB](#)

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