



॥ आयुषे सर्वलोकानाम् ॥

भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग  
आयुष मंत्रालय, भारत सरकार  
कार्यालय: टी-19, पहली और दूसरी मंजिल, ब्लॉक-IV, धन्वन्तरि भवन,  
मार्ग नंबर- 66, पंजाबी बाग (पश्चिम), नई दिल्ली-110028  
**National Commission for Indian System of Medicine**  
Ministry of AYUSH, Govt. of India  
Office: T-19, 1st & 2nd Floor, Block-IV, Dhanwantari Bhawan,  
Road No.- 66, Punjabi Bagh (West), New Delhi-110026

दूरभाष / Phone  
सभापति / Chairman: 25221001  
सचिव / Secretary: 25221006  
कार्यालय / Office: 25221002/3  
पंजीयन / Registration: 25221004  
www.ncismindia.org  
secretary@ncismindia.org

Ref. No. Sec/Commission/2025/Misc.

Dated: 12-12-2025

To

The Head of Institutions,  
All Ayurveda colleges

**Subject: "Desh ka Swasthya Parikshan" – regarding.**

Madam/Sir,

The Central Council for Research in Ayurvedic Sciences (CCRAS), under the Ministry of Ayush, has been involved in the development of validated assessment tools for evaluating various physiological and pathological parameters as per Ayurveda, such as Prakriti and overall health status. As a part of these efforts, the CCRAS has developed and published a validated software tool for the assessment of the health status of individuals based on Ayurveda principles, titled CCRAS Swasthya Assessment Scale. The research paper on this topic has been published in the journal AYU, and the scale has been made available as a web-based application. The Council has also registered copyright for the scale. This questionnaire is designed to screen apparently healthy individuals using different parameters mentioned in the classical textbooks of Ayurveda. The health status assessment with this tool would sensitize the individual towards monitoring various key health indicators, for adopting appropriate diet and lifestyle pattern. The questions are categorized into distinct domains to ensure comprehensive assessment of health status. The portal is available at the link [sas.ayush.gov.in](https://sas.ayush.gov.in). The average time taken for the assessment is around 10-15 minutes per participant.

2. **With the approval of the Ministry of Ayush, a nationwide campaign for the Assessment of the health status of citizens using the CCRAS Swasthya Assessment Scale was launched by the Hon'ble dignitaries titled "Desh ka Swasthya Parikshan" on the occasion of the recent Ayurveda Day, 2025.** This initiative has the potential to serve as a major milestone under the National Ayush Mission and complement existing efforts under Ayushman Bharat, by embedding a preventive, individualized, and holistic model of healthcare into the national fabric. This campaign aims to assess the health status of citizens nationwide through the network of Ayurveda institutions under the Ministry of Ayush and other voluntary organizations. It will help create a comprehensive national database of Ayurvedic health profiles and promote awareness of the concept of preventive health as per Ayurveda among citizens, as well as the potential of preventive and lifestyle-based healthcare practices rooted in traditional knowledge.

3. The objectives of the campaign are fourfold:

- To evaluate the health status of individuals utilizing the CCRAS Swasthya Assessment Scale.
- To create a sample of national data on the health status of citizens as per principles of Ayurveda.
- To encourage early detection of potential health issues and promote timely interventions id based on Ayurveda principles, as per feasibility.
- To promote awareness of the concept of preventive health as per Ayurveda among citizens and also about the potential of preventive and lifes0e-based healthcare practices rooted in traditional knowledge.

4. The campaign was proposed vide CCRAS UO no. HQ-PROJ011/141/2023-PROJ/3164 dated 08-08-2025, the approval for which was conveyed vide letter no. L-19013/68/2025-AS dated 17-09-2025 of the Ministry of Ayush. It was proposed to be executed through all Ayurveda institutions under the Ministry of Ayush, all teaching institutes relating to Ayurveda through the National Commission for Indian System of Medicine (NCISM), and various states through the National Ayush Mission. The campaign aims to engage diverse population groups, including children and youth (through schools and colleges), working professionals (through workplace wellness programs), senior citizens, and high-risk individuals (especially those vulnerable to lifestyle disorders and non-communicable diseases). The campaign aims to reach at least one lakh citizens by the next Ayurveda Day.

5. For effective execution, the campaign will require:

- **Human Resources:** Deployment of Ayurvedic doctors, data entry staff, and operational support teams across the country. This would require the Ministry of Ayush to provide active directions in this direction.
- **Technology support:** Access to already created digital platforms (web and Android-based) for data collection, analysis, and visualization, which will be provided by CCRAS.
- **Governance and Oversight:** A committee, chaired by the, DDG CCRAS, will oversee planning, execution, monitoring, and inter-agency coordination.

6. In view of the above, all the faculties and students must be directed to be a part of the said campaign by doing the assessment of the maximum number of citizens visiting their facilities using the Swasthya Assessment Scale, as well as through dedicated medical camps in nearby areas. The institute must nominate one or two faculty members who would act as the nodal official for monitoring the said activity. This would serve as a historic contribution to the cause of Ayurveda and to realize the aim of "Swastha Bharat" through Ayurveda.

**Copy for kind info. to:-**

1. The Chairperson, NCISM.
2. Guard file.



**Sachidanand Prasad  
Secretary, NCISM**

**सच्चिदानन्द प्रसाद  
SACHIDANAND PRASAD  
सचिव/Secretary**

भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग  
National Commission for Indian System of Medicine  
पंजाबी बाग (पश्चिम), नई दिल्ली-110026  
PSachidanand Prasad Delhi-110026

**Secretary, NCISM**