



आयुष पर सर्वेक्षण : 2022-23 तथ्य पत्रक

Survey on Ayush : 2022-23 Fact Sheet

एन एस एस 79वाँ दौर
NSS 79th Round

(जुलाई 2022 – जून 2023)
(July 2022 – June 2023)

भारत सरकार
Government of India
सांख्यिकी और कार्यक्रम कार्यान्वयन मंत्रालय
Ministry of Statistics and Programme Implementation
राष्ट्रीय सांख्यिकीय कार्यालय
National Statistical Office



www.mospi.gov.in



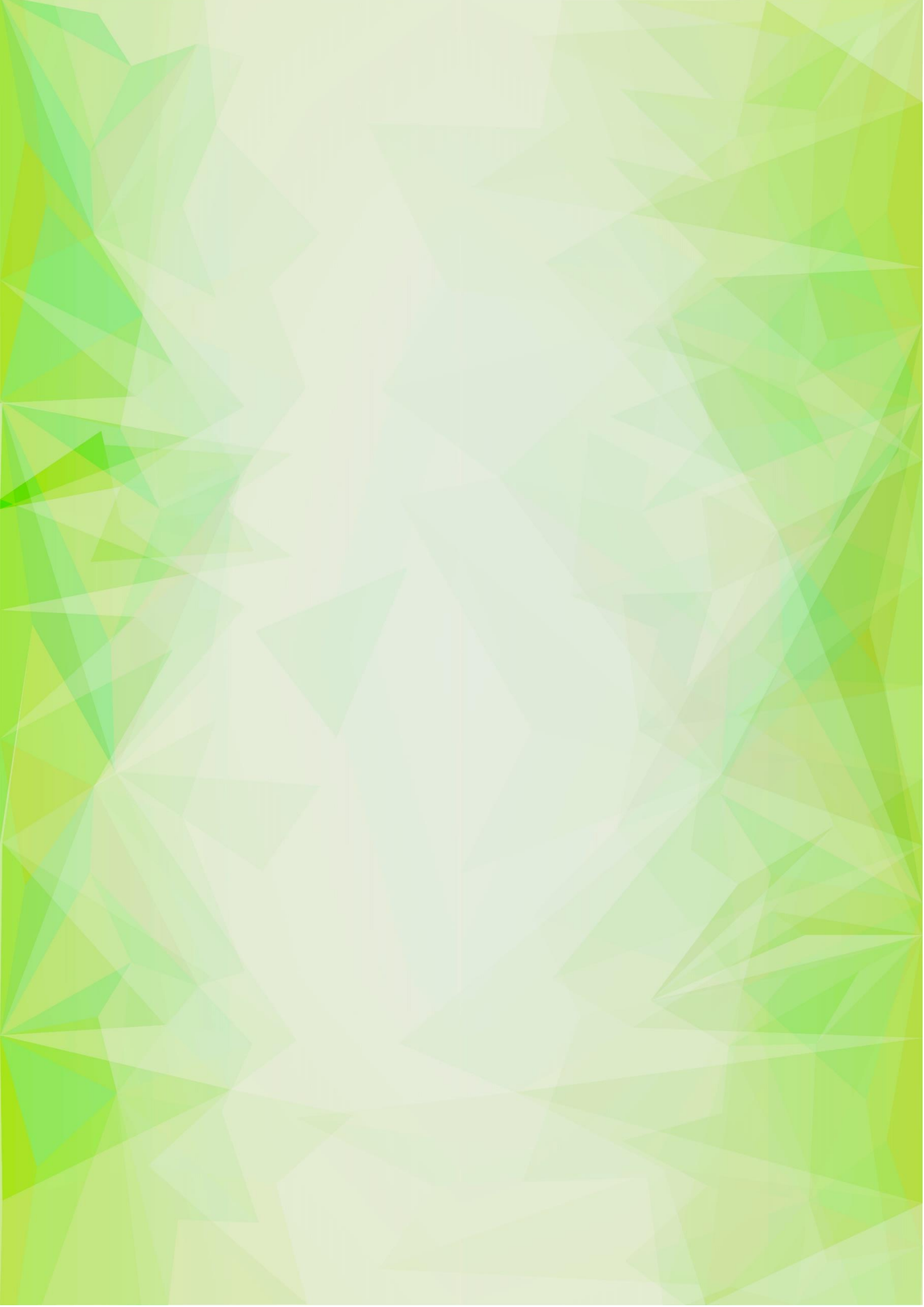
GoStats



GoStats



goistats





आयुष पर सर्वेक्षण: 2022-23

तथ्य पत्रक

Survey on Ayush: 2022-23

Fact Sheet

एन एस एस 79वाँ दौर

NSS 79th round

जुलाई, 2022 – जून, 2023

July, 2022 – June, 2023

भारत सरकार

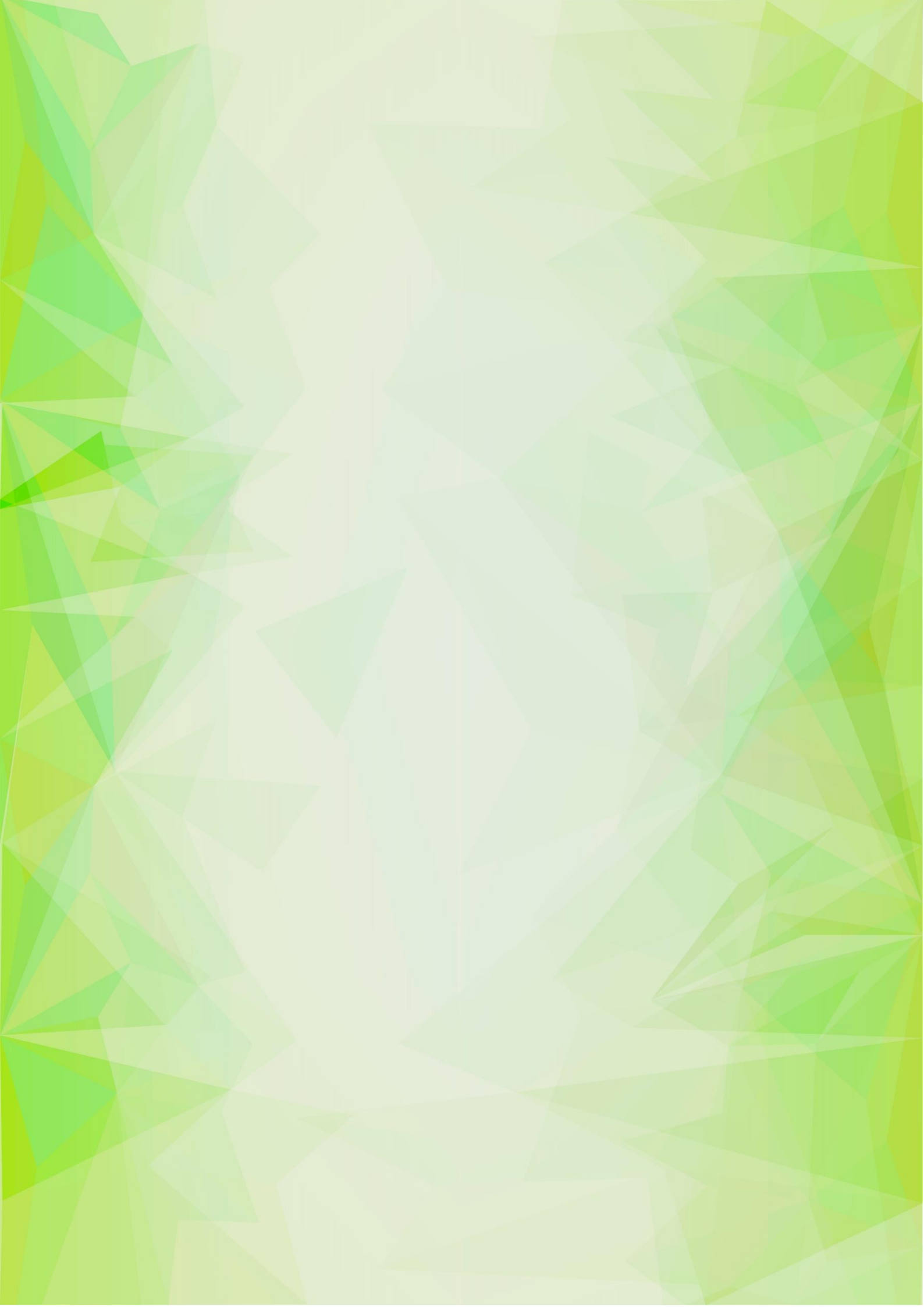
Government of India

सांख्यिकी एवं कार्यक्रम कार्यान्वयन मंत्रालय

Ministry of Statistics & Programme Implementation

राष्ट्रीय प्रतिदर्श सर्वेक्षण कार्यालय

National Sample Survey Office



INTRODUCTION



AYUSH

‘Ayush’ represents traditional system of healthcare, namely, Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa and Homoeopathy.



SURVEY COVERAGE

The first exclusive all-India survey on ‘Ayush’ was conducted by the National Sample Survey Office (NSSO) during July, 2022 to June, 2023 as a part of 79th round of National Sample Survey (NSS). The survey covered the entire Indian Union (except few inaccessible villages of Andaman & Nicobar Islands) in which information was collected from 1,81,298 households (1,04,195 in rural areas and 77,103 in urban areas).



OBJECTIVE

The broad objectives of the survey were to collect information on:

- ✓ Awareness of people about the traditional system of healthcare (Ayush system of medicine),
- ✓ Uses of the Ayush for prevention or treatment of ailments and for pre-natal and post-natal care,
- ✓ Awareness of the households about home remedies, medicinal plants, local health tradition/folk medicine.

In addition, it also collected information on expenditure incurred by the households on availing treatments using Ayush system of medicines.

This factsheet provides information on indicators on awareness, usage of Ayush and average expenditure incurred for availing Ayush treatment at all-India level along with state level estimates. The State level estimates are given in Appendix A.



AWARENESS OF AYUSH SYSTEM OF MEDICINE

Percentage of persons (aged 15 years and older) aware of Ayush system of Medicine, by gender: All-India

| % of persons* aware of Ayush | | | |
|-------------------------------------|-------------|---------------|---------------|
| Sector | Male | Female | Person |
| Rural | 94.7 | 94.8 | 94.8 |
| Urban | 95.8 | 96.1 | 96.0 |

** age 15 years and above*

In rural India, awareness level about Ayush varies from 87% to 99 % for all States and UTs except for Arunachal Pradesh (77%) while in urban India, it is more than 86% across all the States and UTs.

A member of the household (aged 15 years or more) is considered as “aware of Ayush” if she/he

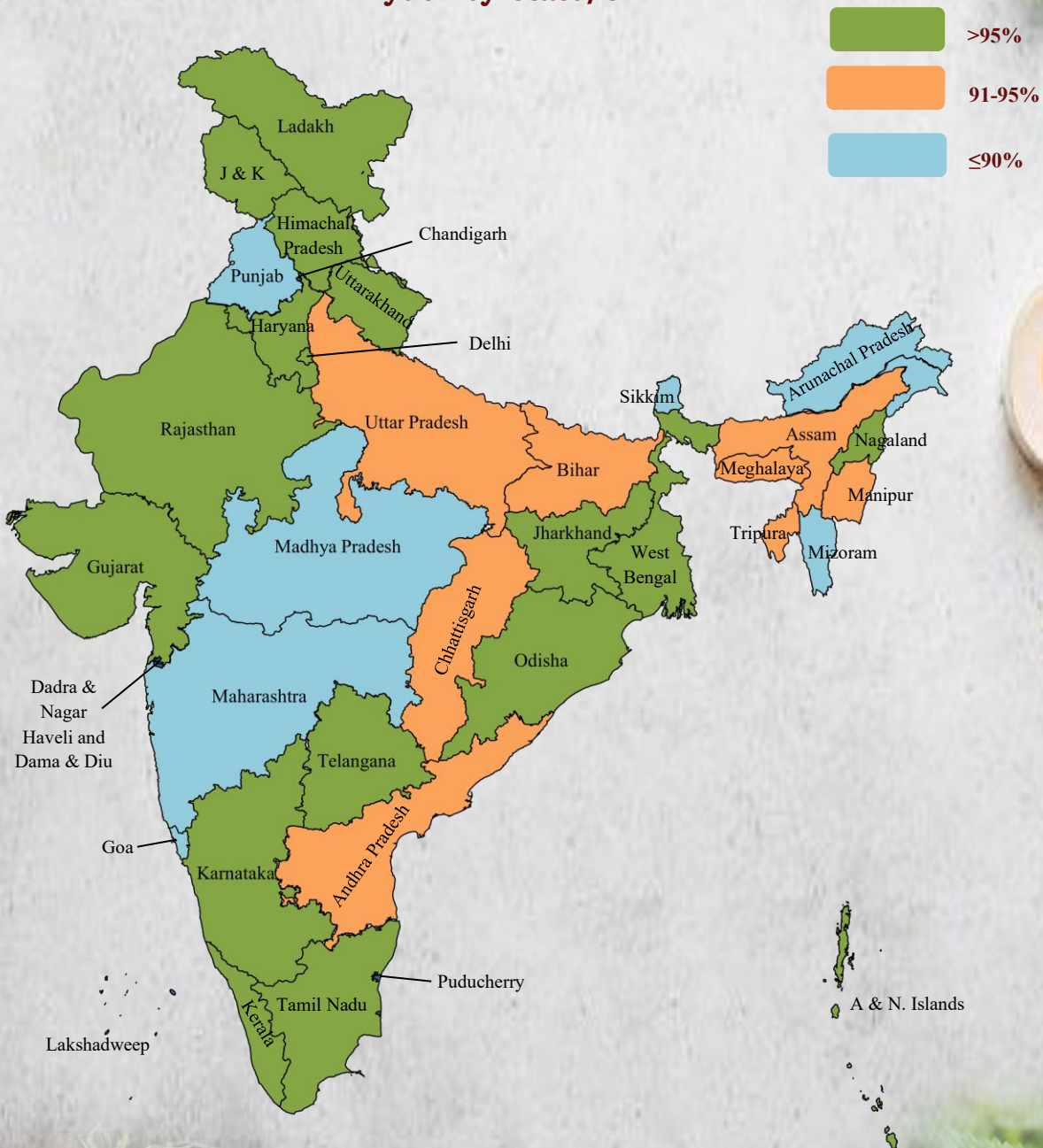
- has taken treatment using Ayush anytime
- or
- is aware about medicinal plants, home remedies/traditional practices for treatment or prevention of ailments
- or
- is/was engaged by profession to Ayush or has heard about at least one of the Ayush system.



AWARENESS OF AYUSH SYSTEM OF MEDICINE RURAL



Percentage of persons (age 15 years & above) aware of Ayush by State/UT



AWARENESS OF AYUSH SYSTEM OF MEDICINE URBAN

Percentage of persons (age 15 years & above) aware of Ayush by State/UT



AWARENESS & KNOWLEDGE ABOUT MEDICINAL PLANTS, HOME REMEDIES AND LOCAL HEALTH TRADITIONS/FOLK MEDICINES



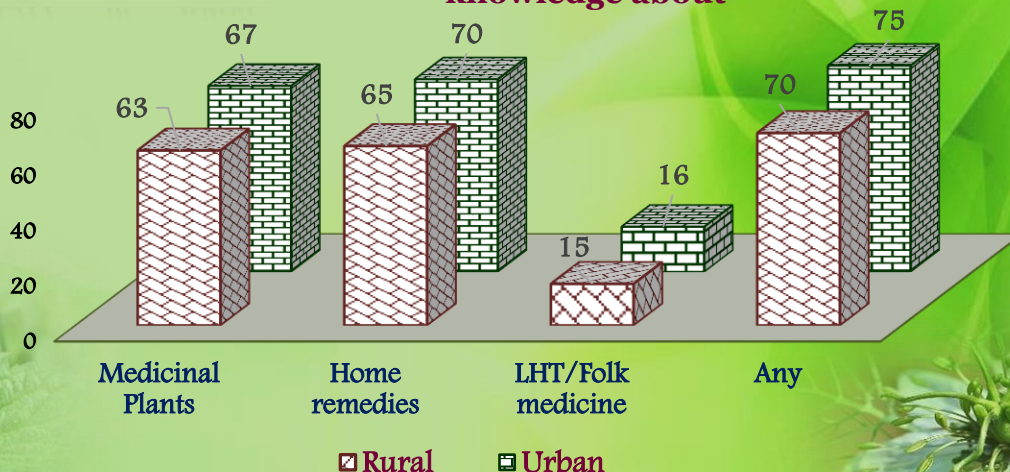
Percentage of households with at least one member having awareness and knowledge about the use of medicinal plants, home remedies and local health traditions (LHT)/folk medicine: All-India

Among all the States, Gujarat has the maximum percentage of households with awareness and knowledge about medicinal plants, home remedies or folk medicine/LHT in Rural Sector and the same is observed for Himachal Pradesh in Urban Sector.

Percentage of households with at least one member aware about Medicinal Plants/Home remedies/LHT/Folk medicine

| Awareness of | % of households | |
|--------------------------------|-----------------|-------|
| | Rural | Urban |
| Medicinal Plants | 79.0 | 80.2 |
| Home remedies | 78.6 | 80.2 |
| LHT/Folk medicine | 24.1 | 23.9 |
| At least one of the above/ Any | 85.0 | 86.4 |

% of households with at least one member having knowledge about





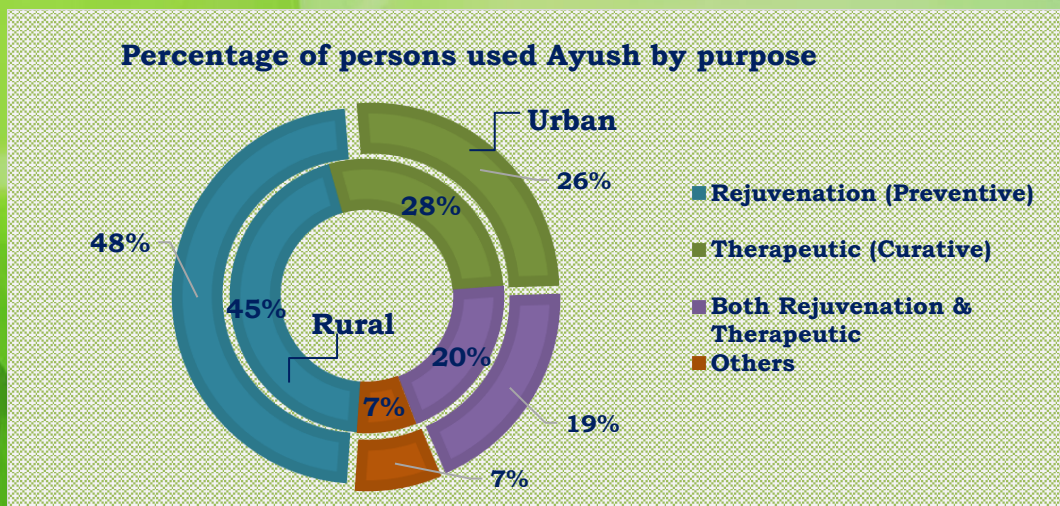
USE OF AYUSH SYSTEM OF MEDICINE

Percentage of persons who have used Ayush system of medicine for prevention or treatment of ailments, during last 365 days, by gender: All-India

Among all states, the highest percentage of population who have used Ayush for treatment of ailments during last 365 days is observed in Himachal Pradesh and it is least in Goa.

| % of persons used Ayush during last 365 days | | | |
|--|------|--------|--------|
| Sector | Male | Female | Person |
| Rural | 43.9 | 48.8 | 46.3 |
| Urban | 50.5 | 55.4 | 52.9 |

USE OF AYUSH SYSTEM OF MEDICINE BY PURPOSE

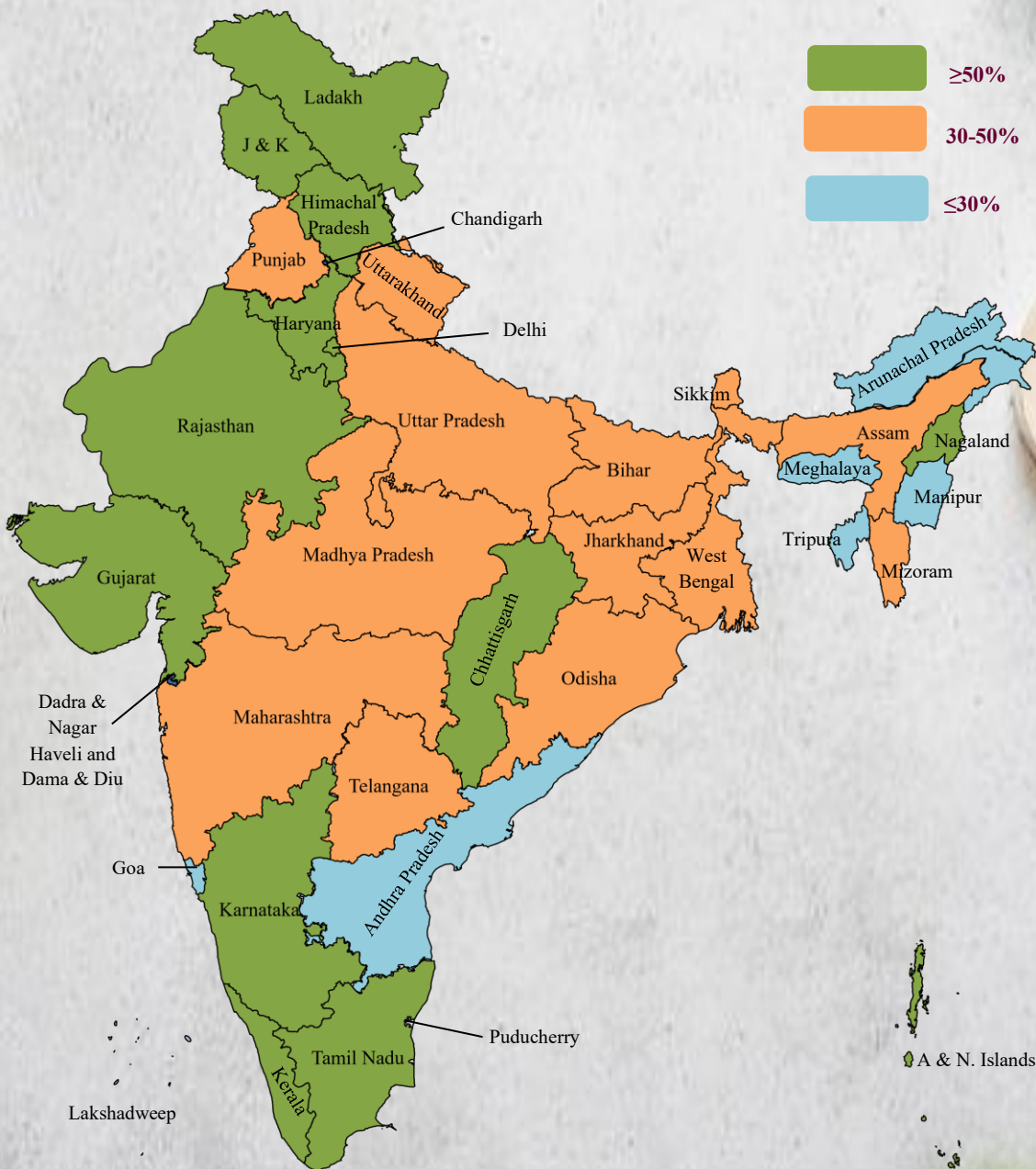


Use of Ayush refers to the use/adoption of one or more of the system(s) of Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa-Rigpa/Amchi and Homoeopathy for treatment/cure of diseases/ailments or for prevention of diseases/ailments on the advice of a medical practitioner/instructor. This also includes home based remedies/self-medication/self-treatment.



USE OF AYUSH SYSTEM OF MEDICINE - RURAL

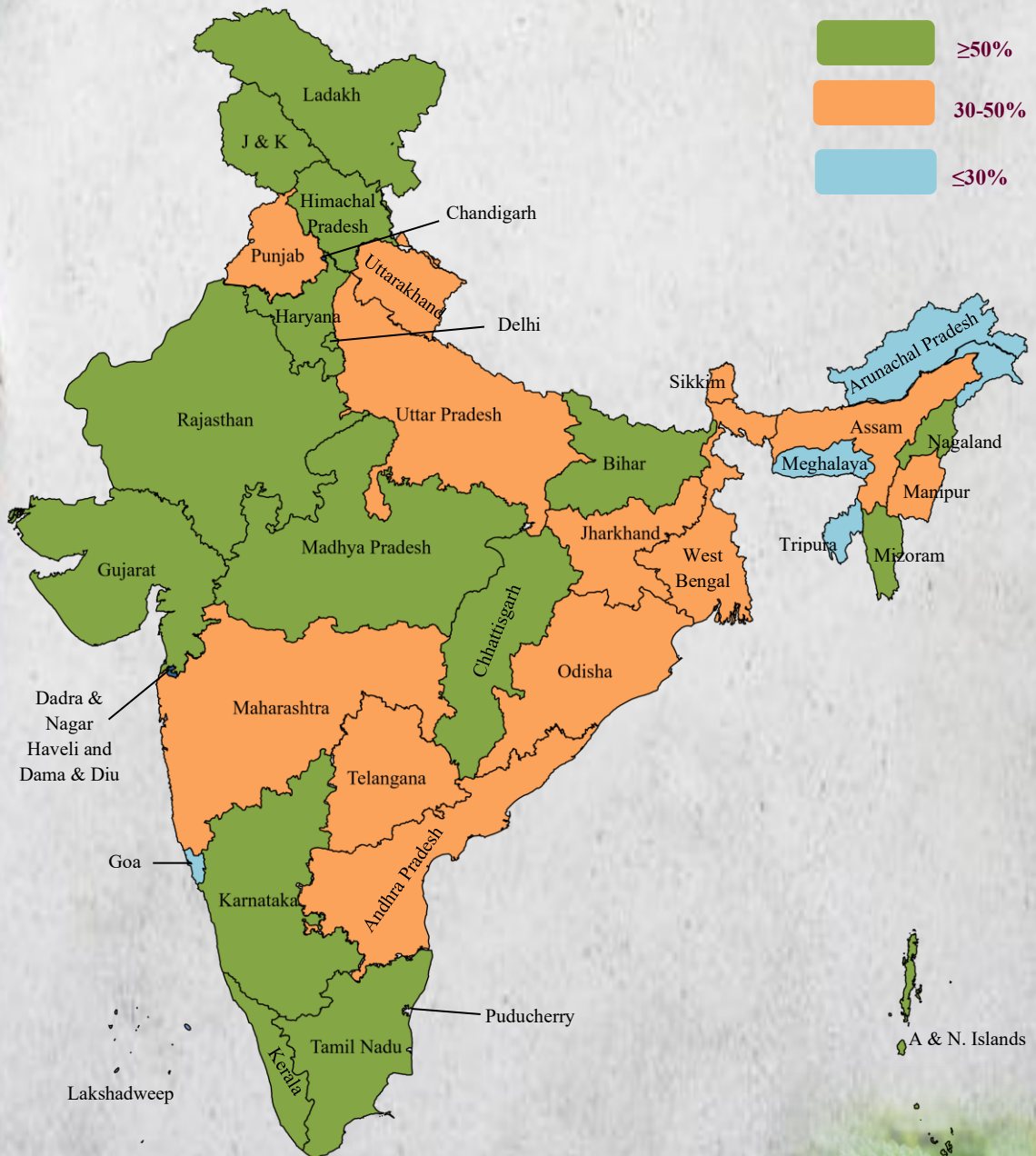
Percentage of persons used Ayush during last 365 days by State/UT



USE OF AYUSH SYSTEM OF MEDICINE - URBAN



Percentage of persons used Ayush during last 365 days by State/UT





USE OF AYUSH SYSTEM OF MEDICINE FOR PREVENTION OR TREATMENT OF AILMENTS

Percentage of persons who have taken treatment using Ayush system of medicine for prevention or treatment of ailments during last 365 days: All-India

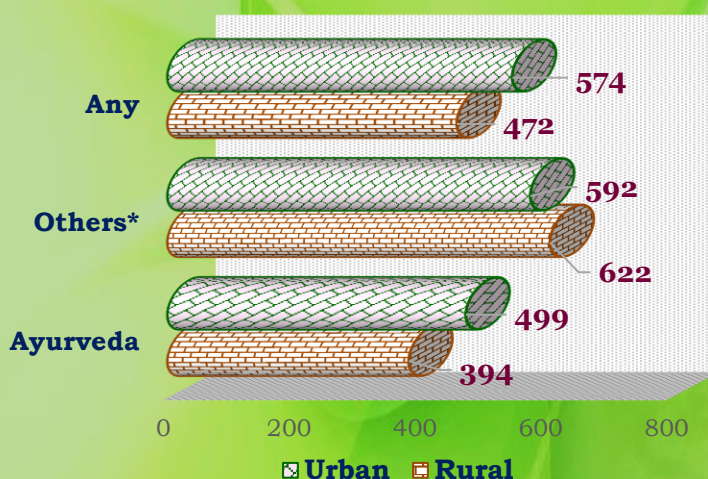
- A substantial section of population is using Ayush system of medicine for prevention or treatment of ailments.
- Among the systems of Ayush, Ayurveda is the most commonly used system by the people across rural and urban India for treatment.
- Homoeopathy has been used by the majority of the people in West Bengal who have used Ayush for treatment.

% of persons used Ayush for prevention or treatment of ailments

| System of medicine | Rural | Urban |
|--------------------|-------------|-------------|
| Ayurveda | 40.5 | 45.5 |
| Others* | 9.4 | 12.8 |
| Any | 46.3 | 52.9 |

**include Yoga & Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy*

Average expenditure per person (Rs.) for Ayush treatment



REASONS FOR USING AYUSH SYSTEM OF MEDICINE



Among the households who have used Ayush during last 365 days, the most prominent reasons reported by the households for using Ayush are found to be following:

- ✓ *7 out of 10 households believe that Ayush medicines are effective*
- ✓ *6 out of 10 households have faith or believe in Ayush*
- ✓ *5 out of 10 households believe side effects are negligible*
- ✓ *4 out of 10 households used Ayush because of*
 - *satisfying previous experiences, or*
 - *the raw materials are easily available, or*
 - *it was well known to local people*
- ✓ *3 out of 10 households used Ayush because of*
 - *tradition or culture of using Ayush, or*
 - *the fact that Ayush strengthens and revitalizes body, or*
 - *Ayush medicines are inexpensive*
- ✓ *2 out of 10 households used Ayush because of*
 - *availability of individualized personal care in Ayush, or*
 - *overall well-being/complete care*

PRACTICE OF YOGA

Yoga is a discipline that dates back to thousands of years and is regarded as one of the best practices known to calm the inner self. It refers to traditional physical and mental disciplines originating in India.

In around 1.1 crore households in rural India and around 1.4 crore households in urban India, at least one member of the household is found to practise yoga regularly.



Among the households with at least one member practicing Yoga regularly:



About 87 lakh households in rural India and around 1.1 crore households in urban India practice Pranayama.



About 70 lakh households in rural India and around 90 lakh households in urban India practice Aasana.



About 54 lakh households in rural India and around 76 lakh households in urban India practice Meditation.

Number of households surveyed in Survey on Ayush along with estimated number of households

| State/UT/all-India | Number of Households | | | |
|--------------------------------------|----------------------|---------------|------------------|----------------|
| | Sample | | Estimated (00') | |
| | Rural | Urban | Rural | Urban |
| Andhra Pradesh | 3,120 | 1,998 | 96,674 | 46,282 |
| Arunachal Pradesh | 1,535 | 957 | 2,257 | 617 |
| Assam | 4,452 | 2,878 | 60,931 | 9,318 |
| Bihar | 7,723 | 4,533 | 194,689 | 23,601 |
| Chhattisgarh | 4,158 | 3,454 | 48,170 | 12,167 |
| Goa | 384 | 190 | 1,299 | 2,631 |
| Gujarat | 4,249 | 3,070 | 73,693 | 65,634 |
| Haryana | 1,913 | 1,437 | 32,528 | 24,241 |
| Himachal Pradesh | 738 | 647 | 14,736 | 2,302 |
| Jharkhand | 4,865 | 4,935 | 53,707 | 15,917 |
| Karnataka | 4,079 | 3,296 | 92,818 | 66,080 |
| Kerala | 2,187 | 2,003 | 48,974 | 44,420 |
| Madhya Pradesh | 7,272 | 4,829 | 111,171 | 39,723 |
| Maharashtra | 6,090 | 6,991 | 139,117 | 120,065 |
| Manipur | 1,471 | 1,404 | 3,944 | 2,104 |
| Meghalaya | 1,386 | 624 | 5,455 | 1,236 |
| Mizoram | 912 | 1,248 | 1,273 | 1,067 |
| Nagaland | 1,164 | 720 | 2,621 | 1,338 |
| Odisha | 4,489 | 2,973 | 88,066 | 17,159 |
| Punjab | 2,717 | 1,862 | 41,000 | 31,093 |
| Rajasthan | 5,975 | 3,184 | 103,729 | 44,622 |
| Sikkim | 960 | 384 | 1,161 | 536 |
| Tamil Nadu | 4,976 | 4,112 | 109,876 | 101,397 |
| Telangana | 2,855 | 3,153 | 57,427 | 45,932 |
| Tripura | 1,728 | 912 | 7,678 | 2,276 |
| Uttarakhand | 1,002 | 1,000 | 18,922 | 6,935 |
| Uttar Pradesh | 13,254 | 6,664 | 301,532 | 83,473 |
| West Bengal | 5,238 | 3,686 | 166,227 | 68,736 |
| Andaman & Nicobar Island | 269 | 240 | 604 | 489 |
| Chandigarh | 240 | 48 | 119 | 1,895 |
| Delhi | 461 | 1,390 | 1,372 | 43,304 |
| Dadra & Nagar Haveli and Daman & Diu | 287 | 141 | 597 | 1,072 |
| Jammu & Kashmir | 1,327 | 1,564 | 18,050 | 4,667 |
| Ladakh | 384 | 96 | 375 | 82 |
| Lakshadweep | 96 | 96 | 26 | 109 |
| Puducherry | 192 | 384 | 1,109 | 2,237 |
| All-India | 104,195 | 77,103 | 1,904,803 | 934,756 |

SURVEY METHODOLOGY

A stratified multi-stage sampling design was used in the survey on Ayush in which villages in the rural areas and urban frame survey (UFS) blocks in the urban areas or sub-units (SU) of villages or UFS blocks were regarded as the first stage units (FSU). The ultimate stage units (USU) were households in both the sectors. Simple Random Sampling Without Replacement (SRSWOR) was used for selection of the FSUs as well as households from the chosen FSUs.

All the households belonging to every selected FSU was divided into two strata according to the following criteria:

- **Stratum 1:** Households incurring expenditure for Ayush treatment/services as in-patient or out-patient for at least one member during last 365 days OR households with at least one member having knowledge about Ayush systems,
- **Stratum 2:** Remaining households.

8 households from Stratum 1 and 4 households from Stratum 2 were selected by SRSWOR for each of the selected FSUs.

A Note for the Users of Unit Level Data

The objective of the survey on Ayush has been to collect information on:

- ✓ Awareness of people about the traditional system of healthcare (Ayush system of medicine).
- ✓ Uses of the Ayush for prevention or treatment of ailments and for pre-natal and post-natal care
- ✓ Awareness of the households about home remedies, medicinal plants, local health tradition/folk medicine.

The survey has also collected information on expenditure incurred by the households on availing treatments using Ayush system of medicines.

Like all other NSS surveys, in this survey too, there has been provision to collect information on household characteristics e.g., social group, religion, household type etc. along with demographic particulars of household members, namely, age, marital status, highest educational level attained etc. The purpose of gathering information on these auxiliary variables has been to generate estimates of the indicators related to the variables of interest as mentioned above by different type cross classifications and not any estimates like sex ratio, literacy rates, percentage of population by various social groups etc. on the basis of the auxiliary information. Consequently, data related to these auxiliary variables were recorded as reported by the respondent and not verified with any administrative record(s). Hence, the users of the unit level data are advised not to make use of the auxiliary information for estimation of indicators, as such an exercise would result in misleading and inappropriate conclusions.

The survey has been conducted in all the States/UTs in India. However, due to the fact that a number of Ayush disciplines like Unani, Siddha and Sowa-Rigpa/Amchi are used only by a small segment of the population in a localized manner, the collected information has not been sufficient for generation of reliable estimates by Ayush system of medicines, e.g., Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa-Rigpa/Amchi and Homeopathy at State/UT level. Accordingly, the users of unit level data are also advised to refrain from generation of estimates at the level of State/UT.

Appendices

Appendix A: Summary Statements

Appendix B: Concepts & Definitions

Appendix C: Schedule of Survey on Ayush



Dissemination of NSS Results :

The Report is available in the website of Ministry of Statistics & Programme Implementation (www.mospi.gov.in)