



## **AYUSH and Modern Medicine Integrated Holistic Clinic and wellness centre in SMBT Hospital OPD** **आयुष्मान सेवा केंद्र**

Thursday, October 15, 2020

Integrated approach on several ailments and about wellness is a new initiative by GOI, although such effort is rooted in the past and has a rich history. Incidentally many modern medicines are active principles of old world remedies including Ayurveda. At SMBT we would like to start a joint effort for integrated management of select ailments/health problems and a wellness initiative. Primarily this would be a cooperative project between SMBT Ayurved College and SMBT medical college hospital. Here is a brief outline of the project Integrated Treatment and Wellness Center. We need to coin a Marathi name for this. Holistic Clinic can be named as Ayushman Clinic आयुष्मान सेवा केंद्र in Marathi.

### **Rationale**

Human health and wellness needs a holistic approach. India is endowed with a rich legacy of AYUSH. We have both modern medicine and Ayurved colleges in the SMBT campus. With a synergistic approach we can open a joint treatment and wellness clinic in SMBT hospital OPD with support from various depts. Many NCDs (non-Communicable diseases) chronic pain and even some communicable diseases may be well managed with integrated approach. We need a scientific and rational approach. Primarily we can focus on some ailments and develop protocols. The MUHS also has a dept. of inter-pathy research. Following 15 health problems can be shortlisted for collaborative management in this clinic: Hypertension, diabetes, CVD, COPD, GERD Gastro Esophageal Reflux Disease, Chronic gastritis, Colitis, menorrhagia, Pelvic inflammatory disease (PID), Childhood malnutrition U5 failure to thrive, Chronic arthritis, back-pain, geriatric health problems, chronic pains due to various causes including cancers.

### **Participation by depts.**

- SMBT Ayurved College, Physiotherapy dept.,
- Depts of Medicine, GOB, Pediatrics, Orthopedics, Community Medicine (for screening, wellness and research projects management), anesthesia for pain management.
- Supporting depts. diagnostics (CCL, radiology) and therapeutics



- We will need supply section will evolve records system for this clinic.
- Each dept. needs to give only one faculty member for once a day weekly, for 3 hrs.

### **Integrated Clinic Timetable**

<b>Day and services</b>	<b>AYURVEDA Physician</b>	<b>MEDICAL Specialist</b>
Monday 11 to 1 pm (Gen Medicine)	Dr. Ankush Gunjal	Medicine Faculty
Tuesday 11 to 1 pm (Child Health)	Dr. Thakur Jitesh	Pediatrics faculty
Wednesday 11 to 1 pm (Gynecology)	Dr. Patil Prashant	Gynecology faculty
Thursday (pain management)	Dr. Shilpa Badhe	Medicine/ Anesthesia
Friday (wellness clinic) screening HT, Diabetes, Obesity, Thyroid disorders, Cancer and geriatrics)		PSM faculty

### **Infrastructure**

- We begin with a clinic in OPD, near Psychiatry dept.
- A board will be put up in waiting hall for directions and list of services
- A supporting staff (nurse/ paramedic) will be necessary in the clinic in morning hours 11 am to 1 pm.

### **Service**

The respective faculty members will offer services in joint consultation, based on agreed protocols for the ailment/ health problem. The days are suggestive and can be changed after review after few days.

### **Research and Development**

All services will be documented and subject to analysis from secondary records. Specific research projects by faculty, PGs will be possible after appropriate approvals from SRC and IEC of SMBT. The dept. of community medicine will help build research protocols and help in publication.

### **Timeline**

The protocols to be developed by 22<sup>nd</sup> Feb 2021, the clinic should start from 15<sup>th</sup> March 2021. Meeting will be held on every 2<sup>nd</sup> week of February.