

— The Inaugural Issue —

AYU SANCHAR

Voice of Nepal's Young Ayurveda Practitioners

Vol. 1 • Issue 1**April 2026 • Falgun 2082****Monthly Bulletin**

From the
Editor's Desk:

Welcome to the very first issue of Ayu Sanchar. This newsletter belongs to every young Ayurveda doctor in Nepal — your stories, your struggles, your breakthroughs. We are proud to begin this journey with you.



INSIDE, WE ALSO TALK ABOUT:

- Yadon's Vision Paper
- What to expect in future.
- Youth Voice & Policy Debate
- Voice of YADON's Founding Leadership

About This Issue

Welcome to the inaugural issue of Ayu Sanchar — the official monthly newsletter of the Youth Ayurveda Doctors Organization, Nepal. This publication is dedicated to celebrating the excellence, courage, and innovation of Nepal's young Ayurveda practitioners.

Each month, Ayu Sanchar brings inspiring stories from different districts, profiles of outstanding doctors, fresh perspectives from youth voices, and the latest news from the Ayurveda community.

Our goal is simple: connect, inspire, and strengthen Nepal's young doctors.



Why YADON?

Nepal's Ayurveda system carries centuries of wisdom, yet its full potential remains unrealised. Young Ayurveda doctors who make up over 50% of registered practitioners are excluded from policy, governance, and opportunity.

YADON was founded to give Nepal's young doctors' a voice, a platform, and a movement to lead the transformation of Ayurveda into a modern, research-driven, and employment-generating system.

This is not just a newsletter. This is a declaration.

हिताहितं सुखं दुःखमायुष्यस्य हिताहितम् — सा आयुर्वेदः

“That which deals with what is beneficial and harmful to life — that is Ayurveda.”

Charaka Samhita 1.41

From the Desk of the Bulletin Coordinator

Words, when shared, become movement.



Ayusanchar is one such beginning. A modest first step by a young organization that believes Ayurveda's future in Nepal deserves both thoughtful voices and dedicated spaces. This bulletin is our attempt to create that space for ideas, for dialogue, for the community we are building together. We are grateful for everyone who made this first edition possible.

Here's to many more.

Dr. Pratima Poudel
Bulletin Co-ordinator

02

YADON Vision Paper –दृष्टिपत्र

Youth Ayurveda Doctors' Organization of Nepal – Founding Document

STRATEGIC PILLARS – पाँच रणनीतिक स्तम्भहरू

Structural & Policy
Reform
Policy Reform

Opportunity &
Employment
Employment

Innovation &
Research
Research

Equity &
Acknowledgement
Equity

International
Collaboration
Global Reach

1. INTRODUCTION – भूमिका

Nepal's Ayurveda system — our historical pride and a modern necessity — remains under-realised due to policy gaps and workforce mismanagement. Young doctors making up over 50% of all registered practitioners are excluded from decision-making at every level, especially in provincial health structures.

Institutions like NARTC, Singha Durbar Vaidyakhana, and Naradevi Ayurveda Hospital have operated for decades without proper O&M surveys. Educational campuses run below minimum standards. Qualified youth are limited to contract service with no career pathway.

Brain drain is accelerating. Young doctors are turning away from Ayurveda or leaving Nepal entirely.



"It is to address this reality, and to ensure that the new generation leads the reform — that YADON was established." — YADON Founding Statement

2. Vision

"To strengthen Nepal's health services under the leadership of young Ayurveda doctors, making the system people-centred, research-driven, inclusive, and employment-generating."

3. Mission

- Rights, opportunities & participation of young doctors.
- Integrate Ayurveda into the national health mainstream.
- Develop research, innovation & entrepreneurship.

03

Community Poll

Hot Topics in Ayurveda – Your Voice Matters. Scan & Vote!



How to participate: Scan any QR code below with your phone camera. It opens a short Google Form (under 60 seconds). Results will be published with analysis in the May 2026 issue of Ayusanchar.

POLL What is the biggest challenge for young Ayurveda doctors in Nepal today?

Choose your answer and scan the QR code to submit your vote:

- Lack of government job opportunities
- Low public trust and awareness of Ayurveda
- Inadequate practical training during BAMS
- Difficulty working in remote and rural areas.

i Your response directly shapes YADON's executive and advocacy agenda

QR CODE



Scan To Vote

Did you Know?



In Sushruta Samhita, detailed descriptions of surgical instruments and procedures were documented centuries before modern surgery evolved.



Strategic Objectives & Conclusion

Sections 4.3 – 4.5, Additional Recommendations & YADON's Concluding Commitment

04

4.1 Policy & Structural Reform

- Youth-friendly positions in O&M surveys of all Ayurveda institutions.
- Transparent competency-based evaluation at all executive levels.
- Mandatory youth representation in NAMC, DDA & development boards.
- Min. 50% youth, 33% women, proportional marginalised representation.
- Transparent financial reporting in all government Ayurveda bodies.
- Salary reform: inflation-adjusted remuneration for Ayurveda doctors.

4.2 Employment & Entrepreneurship

- Institutional support for Ayurveda startups & entrepreneurship.
- Seed funds, grants & subsidised loans for private practice.
- Youth unemployment included as national employment priority.
- Fair salary for private-sector Ayurveda doctors = government scale.
- Entrepreneurship fund for young doctors starting rural clinics.

READ THE FULL YADON VISION PAPER - SCAN THE QR CODE

4.3 Education, Training & Research

- Regular CME, capacity-building & training for young doctors.
- Design Ayurveda research projects with youth as lead investigators.
- Develop Integrated Medicine through collaboration with modern science.
- Dedicated Evidence-Based Ayurveda research fund.
- Annual Youth Ayurveda Doctors' Conference every year.
- NSU as UG excellence centre; TU Ayurveda Campus as PG/PhD hub.
- International faculty exchanges, joint research & foreign scholarships.

The complete Vision Paper contains the full introduction, Current Status analysis, Institutional History, all five Strategic Objectives with detailed action points, Additional Policy Recommendation, and the conclusion. It is the founding document of YADON and the roadmap for Nepal's Young Ayurveda Doctors.

4.4 Health Service Expansion & Access

- Mandatory Ayurveda doctor positions at all levels — primary to specialist.
- Expand Ayurveda services effectively in rural & remote districts.
- Public Health Approach in Ayurveda — integrate into national programmes.
- Strengthen provincial and local YADON chapter network.
- MoUs with national & international institutions for knowledge exchange.
- Ensure international recognition and branding of Nepal's Ayurveda.
- Develop and expand Tele-Ayurveda using digital technology.

QR CODE



Scan To Read the Full Vision Paper

4.5 Institutional Growth & Int'l Collaboration

- Expand YADON presence to all provinces and local levels.
- MoUs with Ayurveda institutions & universities worldwide.
- International recognition and branding of Ayurveda from Nepal.
- Visiting faculty, joint conferences and international fellowships.



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Yadon Nepal



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Connect with YADON

5. Additional Policy Recommendations

- State investment in local herb conservation, cultivation & manufacturing.
- Upgrade campuses <100 beds by merging with hospitals as institutes.
- Ward-level Ayurveda services — quality doctors at municipality level.
- Civil service sub-group expansion for all Ayurveda specialties.
- School & college awareness programmes to increase Ayurveda trust.



6. CONCLUSION – निष्कर्ष



YADON commits to playing a leading role in empowering young Ayurveda practitioners and transforming Ayurveda into a modern, research-driven, and employment-generating system. The policy reforms and strategies outlined in this Vision Paper, when implemented in a time-bound manner, will establish Ayurveda as the strongest pillar of Nepal's national health system.

नयाँ पुस्ताको दृष्टिकोण, आयुर्वेदको पुनर्जागरण।” – YADON

05

Executive Members - Q & A

Voice of YADON's Founding Leadership - Vision, Purpose & Commitment



IN THEIR OWN WORDS - YADON EXECUTIVER MEMBERS

Q. What one piece of advice would you give every new Ayurveda graduates entering the field?

As the President of YADON, my advice to every new Ayurveda graduate is to stay rooted in the core principles of Ayurveda while continuously adapting to modern clinical needs. Focus on building strong practical skills through patient interaction, observation, and lifelong learning. Be ethical, compassionate, and confident in your practice. Seek guidance from experienced mentors, but also stay curious and open to innovation. Most importantly, believe in the power of Ayurveda and your role in shaping its future with dedication and integrity.

Dr. Vyoma Koirala , President,
YADON

Q. What is the role towards Ayurveda being a youth?

बुद्धिर्बलं यशोधैर्यं, निर्भयत्वम् अरोगता, अजाड्यं वाकपटुत्वं च हनुमत् स्मरणाद् भवेत्।

Youths in the Ayurveda fraternity are, or should be, symbols of intellect and physical as well as mental strength; fame earned through patients' recovery; courage, patience, and fearlessness in dealing with diseases and the skeptical mentality of other medical systems; freedom of Ayurvedic graduates themselves first from diseases and laziness; and eloquence in speech. Let us make it happen.

Dr. Sagar Nath Adhikari , Vice-President,
YADON

Q. What one change would you want leaders in Ayurveda Institutions to make for youth right now

The one change I urge Ayurveda institution leaders to make immediately is this: genuinely involve young doctors and students in every level of the system. Include youth in curriculum committees, research boards, and clinical governance. Shift from outdated, theory-heavy education to competency-based, practically integrated training. Give young BAMS graduates meaningful roles not token representation. Without this, brain drain continues, rural healthcare suffers, and Ayurveda loses its future. YADON is ready to partner. Our youth don't want to be spectators they want to serve Nepal.

Dr. Sushant Bhandari, General Secretary,
YADON

Q. What one thing you wish every youth doctors truly understood about this organization

YADON isn't just an organization it's us, young Ayurveda doctors, showing up for our profession right now. You don't need to wait for permission or a senior title. Your voice, your clinic work, your questions they matter today. When you join YADON, you're not just a name on a list. You're part of a real, shared responsibility: to bring Ayurveda into policy rooms, health systems, and communities that need it. Don't just watch from the side. Show up, speak up, and build with us. The time is literally now.

Dr. Prashanna Nepal,
Spokesperson/Member, YADON

Q. Have you ever felt let down by a leader in the Ayurveda field — what happened?

Yes. Many doctors in Ayurveda have experienced moments of disappointment with senior leader doctors. It usually comes in patterns like: gap between principles and practice, where a leader speaks about Ayurvedic ethics, holistic care, or patient-centered treatment, but prioritizes profit, politics, or recognition over genuine care. Lack of support for juniors: young doctors often expect mentorship and guidance, but we face neglect, favoritism, or even suppression of new ideas. Resistance to evidence or evolution: Ayurveda is a science of life and is living, but some leaders resist integration with modern diagnostics or research. Institutional politics and nepotism: promotions, transfers, or opportunities not based on merit but connections. This is a common source of frustration.

Dr. Rupesh Kumar Thakur, Secretary,
YADON

Q. One major change you want to see in Ayurvedic community.

One major change I want to see in Ayurveda community: Unity for the development of Ayurveda as a whole making Nepal's Ayurveda fraternity just as Team Ayurveda unlike the divided political gangups as now. Or, A cooperative Team Ayurveda where we help each other learn and teach the real Ayurveda that was, is and will be acceptable to every generation through Research done with our parameters.

Dr. Pratima Poudel , Member,
YADON

Q. What legacy do you want Ayurveda leaders of today to leave for the next generation?

We did not choose Ayurveda despite its challenges we chose it because we believe in it. But belief alone does not build systems. What I ask of today's leaders is courage: the courage to fight for policies that protect our practice, to demand research funding we deserve, and to open doors you had to break down so we can walk through them with dignity. Do not leave us your struggles as inheritance. Leave us your victories. Leave us a foundation strong enough that the next generation spends their energy healing people not fighting for the right to do so."

Dr. Kiran Lamsal, Member,
YADON



What to Expect in Future Issues

- *Field Stories from different district of Nepal.*
- *Person Spotlight- one Outstanding doctor per months.*
- *Youth Voices - Opinion and Policy Debate*
- *Community Poll - Important and Hot Topics*
- *Ayurveda Excellence of Youth*
- *Events, members and News updates*

Q. What policy change would most immediately benefit Ayurved youth in Nepal?

This kind of policy can help: Ayurveda care in specific centers (cancer, kidney, chronic care), along with integration into NHIP via the Health Insurance Board Nepal and promotion of Ayurveda tourism. It also includes ensuring one Ayurvedic doctor per municipality and upgrading government Ayurveda hospitals like Naradevi, Dang, and others. Additionally, it focuses on strengthening local herbal farming and supply chains, along with increasing research funding and evidence-based validation. Furthermore, the policy supports startup development for Ayurvedic entrepreneurs and ensures proper O&M of newly established provincial hospitals and centers

Dr. Suman Satyal , Member,
YADON

Q. What kind of mentorship do you wish leaders offered but currently don't?

Ayurveda is ancient science but growing in sence of theraputic purpose in human belief. The curiosity of shortlisted Ayurveda professionals is facing an obstacle to opportunity due to limited service in available resources. For eg:- District hospital is limited under OPD and Snehan & Swedan (i.e. Panchkarma), private sector is limited with pharmacy and AHA consultation and many more bad practice. Regarding this, the governing person thought and responsible individual role leads to obstacle for young professionalist.

Dr. Mithilesh Yadav, Member,
YADON

Q. What kind of mentorship do you wish leaders offered but currently don't?

Young Ayurvedic doctors seek more practical, supportive, and inclusive mentorship from their leaders. They value hands-on clinical teaching, active involvement in patient care, and mentors who openly share knowledge, experiences, and guidance. However, current gaps include limited practical exposure, lack of encouragement, poor communication, and minimal inclusion in decision-making. There is a strong need for a mentorship culture that is approachable, teaching-oriented, and focused on empowering juniors with clinical skills, confidence, and clear career direction.

Dr. Alina Sharma Poudel , Treasurer,
YADON

Q. What you expect from leader currently?

We don't need our leaders to be perfect just present. Stand up when Ayurveda gets pushed aside. Speak out when our skills are questioned. Use your influence not to build a legacy, but to make a real difference right now, while it still shapes our careers. We're watching, learning, and getting ready to lead. But we can't wait forever. The chance to transform Ayurveda in Nepal is here today. Lead with urgency, with heart, and with the understanding that this moment truly matters.

Dr. Keshav Neupane , Member,
YADON



We extend our special thanks to Ayurveda Health Home for your support in publishing the inaugural edition of our newsletter.