



The Trini Issue

AYU SANCHAR

Voice of Nepal's Young Ayurveda Practitioners

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Monthly Bulletin



From the Editor's
Desk:

Three issues in. No slowing down. The stories got louder. The data got sharper. The movement got stronger. This is what sustained advocacy looks like. Read it. Share it. Stand with YADON.



INSIDE, WE ALSO TALK ABOUT:

- Field Stories
- May Poll Results and Analysis
- Community Poll
- Person Spotlight
- Ayurveda Excellence of Youth
- Youth Voice and Opinions.

About This Issue

Welcome to the third issue of Ayu Sanchar - the official monthly newsletter of the Youth Ayurveda Doctors Organization, Nepal. Two issues in, and YADON's voice grows stronger with every page. This June, we travel to Lamjung, the jewel of Gandaki - and meet a doctor who chose highlands over comfort in the cities. The May poll results are in, and what our community said about NHIP integration has sparked a debate worth reading. Our spotlight this month honours a healer whose decades of quiet service have shaped Ayurveda education across Nepal. And our youth voices speak plainly about what it means to practise without infrastructure. This is Ayu Sanchar. Still listening. Still speaking. Read it. Share it.



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.

योगश्चित्तवृत्तिनिरोधः।

“Yoga is the calming and control of the fluctuations of the mind.”

Patanjali Yoga Sutra 1/2

01

Field Stories**Experiences of Young Doctors in Different Parts of Nepal**

Each month, we feature doctors serving in Nepal's different districts. These stories celebrate courage, resilience, and the true spirit of Ayurveda in action.

FEATURE STORY – LAMJUNG DISTRICT**Serving Lamjung: One Year in the Hills****Dr. Rojina Poudel****District: Lamjung, Gandaki Province****Duration: March 2025 – May 2026**

Serving as an Ayurveda Doctor at Province Ayurveda Hospital, Lamjung was deeply gratifying. Being my first official work experience, the initial transition from an Ayurveda student based in Kathmandu, to an Ayurveda doctor practicing in Lamjung was quite challenging, however having supportive work environment made it feasible. Having selective medicines yet dealing with diverse cases made me realise and practice the actual concept of "yukti" as mentioned in our texts. There've been instances when tactful advisement did more than any medicines ever did. Seeing the health status and awareness of people in Lamjung made me realise the ground reality is far from what we've been observing in statistics and media. The privilege of knowledge still lacks in rural areas. The government has invested substantially to improve the health status of people yet it's not sufficient.

I initiated and did procedures up to my skills despite of limitations and received great feedback. During my stay in Lamjung, I was respected as a doctor but loved even more as a sister and a daughter. I got to experience communal bonds even better. I got to be involved in various activities apart from clinical interaction and educate people regarding Ayurvedic way of life.

I would also like to suggest doctors on scholarship bond to at least experience the rural health care facilities for once because it's really humbling and grounding. While chasing guidance, patient flow, feasibility and easy access is important, but one shouldn't undermine the lessons that technical limitations and scarcity teach.

**Highlights**

1500+
Patients treated

Provided Gynaecological services, lifestyle counselling, NCDs Prevention, Yoga trainings, Agnikarma, etc in highlands.

Every district has a story worth telling. Share yours - your patients, your practice, your place - at yadon2082@gmail.com with subject "Field Story – [Your District]".

YADON salutes every young doctor serving beyond the map. You are Ayurveda's strongest proof.

MAY POLL RESULTS & ANALYSIS

Q. Should Ayurveda be mandatorily integrated into Nepal's National Health Insurance Programme (NHIP)?

Analysis: An overwhelming 87% of respondents support Ayurveda's mandatory or conditional integration into Nepal's National Health Insurance Programme. This is a mandate, not a preference. Nepal currently covers only allopathic services under the NHIP – a structural exclusion that leaves millions of Ayurveda-dependent citizens without insurance coverage for the care they actually use.

The significant 29% who support integration conditionally – pending quality standardization – reflect a mature, nuanced position. YADON acknowledges this: advocacy for NHIP inclusion must be paired with advocacy for protocol standardization, drug quality benchmarks, and trained assessors who understand Ayurvedic clinical frameworks.

These results will be formally submitted to YADON's executive as a data-backed demand under Strategic Pillar 4.1 (Policy & Structural Reform). Your voice is now data. Data becomes demand.

 **Result:** Option A : Yes – long overdue, would transform healthcare has emerged as the most cited challenge among respondents.

02

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 April 2026 issue of Ayusanchar.

POLL The government's Ayurveda budget leans heavily toward medical & wellness tourism rather than strengthening Ayurveda in mainstream healthcare. What do you think?

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

- A. Tourism-first is smart - it brings investment, jobs & global visibility.
- B. Integrate Ayurveda into mainstream healthcare first.
- C. Both must grow together - healthcare & tourism equally.
- D. The budget is simply too small, regardless of focus.



i Your response directly shapes YADON's 2026 advocacy agenda

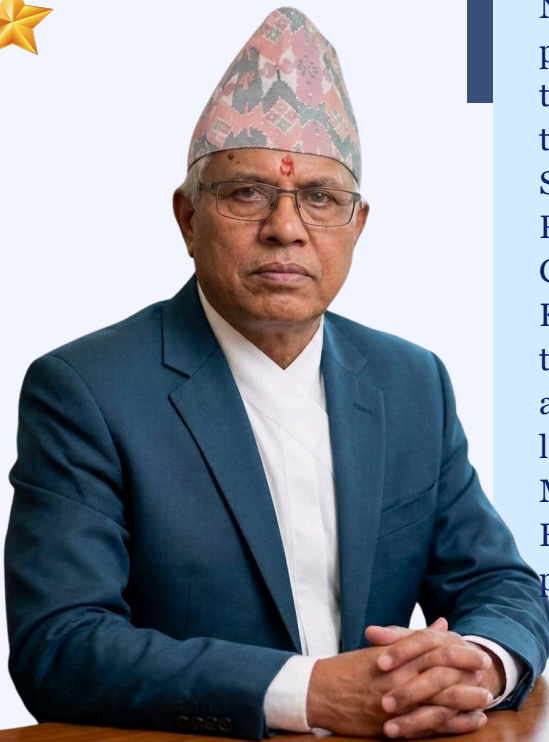


Person Spotlight

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Celebrating the Faces Behind Nepal's Ayurveda Movement

THIS MONTH'S SPOTLIGHT



Prof. Dr. Chandra Raj Sapkota

MD (RSVK), BAMS

Former Professor & Head, Dept. of
Rasashastra evum Bhaishajya Kalpana,
Ayurveda Campus, IOM, TU | Former
Chairman, NAMC

Prof. Dr. Chandra Raj Sapkota stands as one of Nepal's most distinguished Ayurvedic scholars, a pioneer whose decades of dedicated service have shaped the very foundation of modern Ayurvedic education in the country.

Serving as Professor and Head of the Department of Rasashastra evum Bhaishajya Kalpana at Ayurveda Campus, Institute of Medicine, Tribhuvan University, Kirtipur, he transformed one of Ayurveda's most technically demanding disciplines into a rigorous academic field. Beyond teaching, he led at the national level as the former Chairman of the Nepal Ayurveda Medical Council and as President of ADAN's First Executive committee, guiding the regulatory and professional identity of the entire fraternity.

His scholarly contributions are equally remarkable from Āyurvedako Bṛhat Itihāsa, an indispensable history of Ayurveda in Nepal, to authored works including Śāraṅgadhara Saṃhitā, Sañjivani, Āyurvedīya Auśadhi Nirmāṇa Vijñāna, and Rasauśadhi Cikitsā Vijñāna, collectively spanning Ayurvedic history, pharmaceuticals, and classical therapeutics.

Prof. Dr. Sapkota's legacy is one of institution-building, mentorship, and scholarship a true torchbearer for Nepali Ayurveda.

YADON honours every individual whose dedication has kept the flame of Ayurveda alive. Your contribution is our inspiration.

Know someone inspiring in Ayurveda? Nominate them at yadon2082@gmail.com with subject "**Spotlight Nomination**". Nominations close 1st shrawan 2083.

This section celebrates outstanding young Ayurveda doctors who have demonstrated excellence in clinical practice, research, community service, or innovation. Nominations are accepted every month from YADON members.



AYURVEDA EXCELLENCE OF YOUTH

04

Dr. Sushma Saud is a graduate of Patanjali Ayurveda Medical College and Research Center, Dhulikhel, currently serving at Shuddhigram Nepal. A passionate advocate for preventive health, she uses digital platforms to simplify Ayurvedic concepts and make evidence-based lifestyle practices accessible to the general public.

An entrepreneur at heart, she founded the Shree Vriddhi wellness line, including Shree Vriddhi Kapal Tel, Shree Vriddhi Aaram Tel, and Divya Lepa offering locally sourced solutions for modern health concerns. She has also contributed to community outreach through health camps in remote areas.

Dr. Saud is a defining voice of her generation.

Dr. Sushma Saud
Ayurveda Physician

Know a young Ayurveda doctor achieving something remarkable – in research, practice, community service or innovation? Nominate them at yadon2082@gmail.com with subject "**Youth Excellence – [Name, District]**".



Do you know?

Swarna Bindu Prashan is given during each **Pushya Nakshatra**—an auspicious lunar constellation—and is valued as a Medhya Rasayana for children.

05

Youth voice - Opinions and Prespectives

Youth Voice is an opinion column. Views expressed are the author's own.

Q. What one policy change would most improve the future of Ayurveda in Nepal.

The biggest gap in Ayurveda right now is the lack of a proper database. Without research data, exact data are not generated. Ayurveda cannot grow. Another serious issue - BAMS graduates are not allowed to conduct clinical trials, while MBBS and BDS are. Fixing this inequality through policy is the most important change needed today.



Dr. Samjhana G.C
Office Head,
Ayurveda Health Centre, Salyan

Have an opinion on Ayurveda policy or practice? Send your views at yadon2082@gmail.com with subject "**Youth Voice – [Your Topic]**".

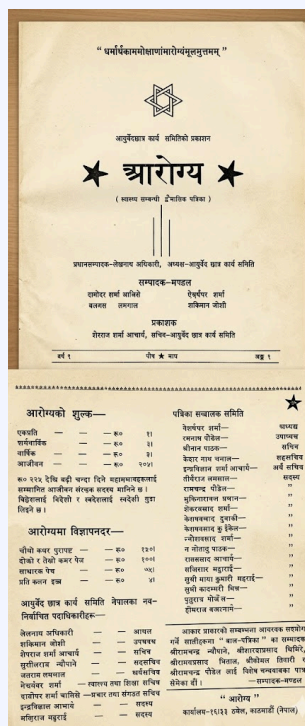
Roots & Remembrance

Roots & Remembrance is a historical column celebrating the legacy and documented history of Ayurveda in Nepal.

06

Long before Ayu Sanchar, young Ayurveda students in Nepal had already found their voice. Ārogya (आरोग्य), a bimonthly health magazine published by the Ayurveda Students' Working Committee of Nepal, stands as one of the earliest known student-led Ayurvedic publications in the country.

With its editorial office in Thamel, Kathmandu, the journal was steered by Chief Editor Lekhanath Adhikari and a board of dedicated students.



Cover and editorial page of Ārogya, Vol. 1, Issue 1 – Ayurveda Students' Working Committee of Nepal, Kathmandu.