

— The Second Issue —



AYU SANCHAR

Voice of Nepal's Young Ayurveda Practitioners

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Monthly Bulletin



From the Editor's
Desk:

The first issue was a statement. This one goes deeper. Your poll results are in. The field stories are real. The voices are louder. And the message is the same - change comes with advocacy, unity, and YADON. Read it. Share it.



INSIDE, WE ALSO TALK ABOUT:

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

About This Issue

Welcome to the second issue of Ayu Sanchar - the official monthly newsletter of the Youth Ayurveda Doctors Organization, Nepal. This issue is built on your voice - the results of our first community poll, a field story from the ground, and a spotlight on the quiet excellence happening across Nepal's districts.

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 remains 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.

शरीरेन्द्रियसत्त्वात्मसंयोगो धारि जीवितम्। नित्यगज्ञानुबन्धश्च पर्यायैरयुरुच्यते॥

"Life is the combined union of the body, the senses, the mind, and the soul."

Charaka Samhita Sutrasthana 1/42

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 – MUGU DISTRICT

Serving Mugu: One Year in the Mountains

Dr. Rupesh Sonam

District: Mugu, Karnali Province

Duration: 2025 April to Present

Mugu, a remote district located in the Upper Karnali region, is known for its breathtaking beauty as well as its challenging living conditions. As an Ayurveda doctor serving here, my journey has been both demanding and deeply fulfilling.

Working in Mugu is not easy. There is a constant shortage of medicines, limited medical equipment, and very basic healthcare facilities. On top of that, the distance from my hometown adds an emotional challenge. Yet, despite these hardships, I find meaning in serving here not just as a doctor, but as a son and a brother to the community.

Most of the patients who come to us belong to economically disadvantaged backgrounds. They struggle not only with illness but also with the burden of poverty. It is heartbreaking to see patients who urgently need medicines but cannot afford them. In such moments, I feel a deep sense of responsibility.

At the same time, I also feel incredibly blessed. Ayurveda has taught me that healing does not always depend on expensive medicines. When modern treatment becomes unaffordable, I guide my patients toward locally available medicinal plants. Nature, in its simplicity, often provides effective remedies, and sharing this knowledge brings both relief and hope to those in need.

Serving in Mugu has changed my perspective on life and medicine. It has taught me resilience, compassion, and the true meaning of healthcare—reaching those who need it the most, regardless of limitations.

Though the challenges remain, my commitment continues to grow stronger every day. Being able to make even a small difference in someone’s life is a reward greater than anything else.

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



Highlights

800+
Patients treated

Provided Ksharasutra, Agnikarma, Viddhakarma, Shiravedha with Limited Resources

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]".

Result: Option A – Lack of Government Job Opportunities emerged as the most cited challenge among respondents.

APRIL POLL RESULTS & ANALYSIS

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

Analysis: The verdict is clear and unsurprising, yet it must be said with full weight. Nepal has over 1100 registered Ayurveda practitioners, yet permanent government positions remain critically scarce. Most young BAMS graduates enter a cycle of contract service, underpaid consultancy, or migration out of the profession entirely.

This is not a personal failure of young doctors. It is a structural failure of policy.

YADON's response is documented in the Vision Paper under Strategic Pillar 4.1 (Policy & Structural Reform) and 4.2 (Employment & Entrepreneurship) - demanding youth inclusive O&M surveys, civil service sub-group expansion, and an entrepreneurship fund for doctors starting rural clinics.

The poll results will be formally presented to YADON's executive for integration into its advocacy agenda.

Thank you to every member who voted. Your voice is now data. Data becomes demand.

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

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

- A. Yes- it is long overdue and would transform overall healthcare
- B. Yes - but only after quality standardization
- C. No - the infrastructure is not yet ready
- D. No – integration should remain voluntary



i Your response directly shapes YADON's 2026 advocacy agenda



Person Spotlight

Celebrating the Faces Behind Nepal's Ayurveda Movement

03

THIS MONTHS SPOTLIGHT



Dr. Sarita Shrestha

MD (Ayu.), BAMS
Senior Ayurveda Consultant & OB/Gyn
Founder, Devi Ma Kunja
First Woman MD Ayurveda, Nepal

Nepal's first woman to earn an MD in Ayurveda, Dr. Sarita Shrestha has spent over four decades serving as a physician, educator, and advocate - uplifting women's health across Nepal and beyond.

Affectionately called the "Diamond of Ayurveda College" in her student years, her dedication carried her to the highest national honour - the Prabala Gorkha Dakshin Bahu Tiritiya in 2002. As Founder of Devi Ma Kunja and Devi Ma Rural Ayurveda Hospital, she has provided free and affordable care to thousands, conducted over 500 health camps, and trained practitioners across the globe.

As Founder Principal of the National Ayurveda College, Founder Treasurer of ADAN, and a former WHO Programme Coordinator, she has shaped Ayurveda's institutional roots in Nepal while championing "Local herbs for local people by local people."

Featured in Fifty Women of Nepal Who Will Change the World and 100 Women Stories by Rotary International, she remains a living inspiration for every young Ayurveda professional.

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 Jestha 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.



Dr. Ambesh Jha

BAMS | Medical Officer, Provincial Ayurveda and Alternative Medicine Hospital, Janakpur

During his time at the internship at Ayurveda Campus and Teaching Hospital, Kirtipur, Dr. Ambesh Jha demonstrated remarkable initiative by developing an **Automated Shirodhara Yantra** with motion and temperature control - bringing precision to one of Ayurveda's most revered therapies. He believes that addressing traditional sanitation challenges within Panchakarma practice is equally essential to elevating the standard of Ayurvedic clinical care.

Now serving as Medical Officer at the District Ayurveda Health Centre, Janakpur, Dr. Jha is a fine example of the innovative spirit that Nepal's young Ayurveda professionals carry forward.

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?

Ayurveda honors Haritaki as the "**King of Medicines**" for its ability to purify the physical body elevating mental clarity.

05

Youth voice - Opinions and Perspectives

Youth Voice is an opinion column. Views expressed represent the author's perspective and are intended to stimulate debate within the Ayurveda community.



Q. Social media is changing how patients access health information. Is that good or dangerous for Ayurveda?

Social media benefits Ayurveda by spreading awareness, promoting preventive care, and encouraging healthy routines. However, it becomes dangerous when complex concepts like prakriti and dosha are oversimplified, leading to self-medication, misinformation, and loss of personalized treatment, core principles essential for Ayurveda's safe and effective practice.



Dr. Ranjita Yadav
Medical Officer,
Ayurveda Health Home

Q. If you had one policy on the desk of the Health Minister tomorrow, what would it be – and why?

If I were to place one policy on the Health Minister's desk tomorrow, it would be the "One Ayurveda National Integration Policy" which incorporates ayurveda with every possible sector like Agriculture, Tourism, Finance, Industry, Tech field for health and economic well-being of country, under Health Ministry collaborating with the Ministry of Finance, Agriculture, Tourism and IT.



Dr. Sandip Karki
Medical Officer,
Lumbini Ayurveda Hospital

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