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# *Make yoga a mass movement: Naidu*

NEW DELHI, March 8: Union minister M Venkaiah Naidu today appealed to people to make yoga a mass movement, saying it promotes harmony.

The Information and Broadcasting Minister also reached out to those who “do not believe” in the ancient system of exercise and healing, asking them to take part in the three-day International Yoga Festival which he inaugurated here today.

“All of you should practice yoga and make it a mass movement as the ancient practice promotes harmony in the society,” Naidu said.

Pointing to the presence of yoga luminaries like Ramdev, Swami Chidanand, Sister Asha of Brahma Kumaris, Acharya Lokesh Muni among others at the dias, Naidu said it was a rare experience to have such a constellation of yoga gurus and institutions under one roof.

He said yoga was India’s priceless heritage and added that Prime Minister Narendra Modi’s speech at the UNESCO headquarters paved the path for the UN to pass a resolution for making June 21 as International Yoga Day.

“We are happy to have united the world on a positive agenda,” the minister added.

Terming yoga as an “integral part of Hindutva”, Naidu said that “Hindutva is way of life and not a religion”.

The main purpose of the festival is to sensitise the masses on the celebration of International Yoga Day.

The event at Talkatora Stadium is being organised by AYUSH Ministry, the Morarji Desai National Institute of Yoga (MDNIY) in association with Indian Yoga Association (IYA).

More than 3,500 participants, including eminent yoga gurus, scholars, policy makers, yoga enthusiasts and experts of allied sciences and representatives from 15-18 countries, are going to participate in this mega event. The event will comprise yoga workshops, lecture, yoga demo by yoga masters, satsang and cultural programmes by eminent yoga gurus.

The Centre has shortlisted the names of a few cities, including Bengaluru, Ahmedabad and Ranchi, for venue of the main function of International Yoga Day this year. A final decision will be taken in a couple of weeks. – PTI

# Ayurvedic drug helps in chronic kidney disease treatment

**DHIRENDRA KUMAR**

**NEW DELHI:** As the world celebrates World Kidney Day on Thursday, there is good news for patients suffering from critical kidney disorders as an ayurvedic medicines have proved beneficial in treatment of the life taking disease.

According to a latest research, ayurvedic drug prepared of punarnava plant (*Boerhavia diffusa*) and other established kidney protective herbs in ayurvedic formulations have shown promising results in preventing and reducing the increased levels of kidney function parameters – serum creatinine.

The Global Burden of Disease (GBD) study 2015 ranked chronic kidney disease 17th among the causes of deaths globally. In India, GBD 2015 ranked chronic kidney disease



as the eighth leading cause of death. Deaths due to renal failure in the country have rose to 36,000 in 2015 from 86,000 in 2003.

According to research paper published in The Indo American Journal of Pharmaceutical Research, the Neeri KFT, which is a blend of punarnava plant, leaves of lotus, patharchur and other key herbs, has proved to be a life saving drug for all those kidney patients who are under the regular dialysis. The drug has also helped in maintaining histological parameter of kidneys apart from reducing increased levels of uric acid and

electrolytes. Commenting the development, a senior Ayush Ministry official said, "Such reports would help in building confidence among masses as ayurvedic medicines are still not the first choice among people. In terms of efficacy, the ayurvedic drugs are as effective as any modern medicine."

Hailing the efficacy of the drug, Professor KN Dwivedi of Banaras Hindu University's Department of Dravyaguna said, "Seeing the surge in kidney disease patients there is a need of a protective agent and Neeri KFT looks promising to fulfil all the needs of a kidney patient."

The drug has been introduced in the market by Aimil Pharmaceuticals, the manufacture of Council for Scientific and Industrial Research's (CSIR) maiden ayurvedic anti-diabetic drug BGR-34.