

UPPSC AYURVEDIC MEDICAL OFFICER

CURRENT AFFAIRS YEARBOOK 2025

CHAPTERS COVERED -

- Chapter 1: Ministry of Ayush & Global Traditional Medicine Summits.
- Chapter 2: Clinical Research, New Drug Trials (BGR-34, Ayush-64), and AIIMS Integration.
- Chapter 3: National Health Programs (U-WIN, TB BPaL-M, HPV CERVAVAC).
- Chapter 4: Vital Statistics (IMR, MMR, TFR) and NITI Aayog Health Index.
- Chapter 5: Medicinal Plant Laws, Biodiversity Amendments, and the 50 High-Yield Facts.

**APTA AYURVEDA
CLASSES**
WELLNESS BEGINS HERE
MCQ COVERED WITH EVERY SECTION
APTA AYURVEDA CLASSES . COM



UPPSC AYURVEDIC MEDICAL OFFICER - CURRENT AFFAIRS YEARBOOK 2025

SECTION A: MINISTRY OF AYUSH & TRADITIONAL MEDICINE (2025)

(Most Important Section for AMO Exam)

1. Major Infrastructure Projects (2025)

- Central Ayurveda Research Institute (CARI), New Delhi:
 - Event: Prime Minister laid the foundation stone in Rohini, Delhi.
 - Cost & Capacity: ₹187 Crore project; includes a 100-bed research hospital.
 - Focus: Advanced laboratories for Ayurveda research, Panchakarma, and training centers.
- National Institute of Homoeopathy (NIH), Kolkata: Inauguration of new 400-seater hostel and expansion of academic facilities.
- Centre of Excellence for Traditional Medicine: Announced for BIMSTEC nations to promote regional cooperation in research.

2. Digital Initiatives & Portals

- MAISP (My Ayush Integrated Services Portal): Launched as the master digital platform under the Ayush Grid. It integrates all Ayush services (education, healthcare, research) into a single window.
- DRAVYA Portal: A dedicated new portal launched for Medicinal Plants. It manages the database of availability, conservation, and supply chain of medicinal herbs used in Ayurveda.

3. Global Summits & WHO Collaboration

- 2nd WHO Global Summit on Traditional Medicine:
 - Venue: New Delhi (December 2025).
 - Outcome: Adoption of the "Delhi Declaration".
 - Key Focus: Global consensus on safety, regulation, scientific validation, and equity in traditional healthcare.
- ICD-11 Update (Module 2): The World Health Organization (WHO) officially added Module 2 for Ayurveda, Siddha, and Unani (ASU) in the International Classification of Diseases (ICD-11). This allows for global standardized reporting of diseases using Ayurvedic terminology.

4. Important Days & Themes (2025)

- National Ayurveda Day 2025 (Dhanwantari Jayanti):
 - Date: October 20, 2025 (observed on Dhanteras).
 - Theme: "Ayurveda for People & Planet" (आयुर्वेद जन और जगत के लिए).
 - Focus: Holistic health and sustainability.
- 11th International Day of Yoga (June 21, 2025):
 - Theme: "Yoga for One Earth, One Health".
 - Achievement: Record global participation; focus on "Yoga at Home, Yoga with Family".
- Unani Day 2025:
 - Event: International Conference inaugurated by President Droupadi Murmu.
 - Theme: "Innovations in Unani Medicine for Integrative Health Solutions".

5. Public Health Outreach

- Maha Kumbh Mela 2025 (Prayagraj): The Ministry of Ayush set up special OPDs, wellness halls, and mobile units, serving over 9 Lakh pilgrims.
- Desh Ka Prakriti Parikshan Abhiyaan: A massive campaign conducting over 1.29 Crore health assessments based on Ayurvedic *Prakriti* (Body Constitution) analysis.

SECTION B: NATIONAL HEALTH & MEDICAL SCIENCE (INDIA)

1. Union Budget 2025-26: Health Sector Highlights

- Total Allocation: Approximately ₹1 Lakh Crore for Ministry of Health & Family Welfare.
- Cancer Care: Announcement to establish Daycare Cancer Centers in every district by 2026.
- Health Tax: Proposal to levy a "Health Tax" on Ultra-Processed Foods (UPFs) to curb non-communicable diseases like Diabetes.
- Customs Duty Exemption: 36 Life-saving drugs exempted from Basic Customs Duty (BCD) to reduce treatment costs.

2. Disease Elimination & Certifications

- Trachoma: India officially declared free of Trachoma as a public health problem (Recognition solidified in 2025).
- TB Mukt Bharat: India reported a 17.7% decline in TB incidence (2015-2023 data cited in 2025 reports).
- Malaria Status: India exited the WHO "High Burden to High Impact" list for Malaria due to significant case reduction.

3. Medical Awards 2025 (Padma Awards)

- **Padma Vibhushan:**
 - Dr. D. Nageshwar Reddy: (Gastroenterology, Hyderabad). First Indian doctor to receive Padma Shri, Bhushan, and Vibhushan.
- **Padma Bhushan:**
 - Dr. Jose Chacko Periappuram: (Cardiac Surgery, Kerala). Performed the first successful heart transplant in Kerala.
- **Padma Shri (Ayurveda/Traditional/Medicine):**
 - Dr. Hemant Kumar: (Nephrology, Bihar).
 - Dr. Soniya Nityanand: (Hematology, UP).
 - Smt. Sheikha Shaikha Ali Al-Jaber Al-Sabah: (Kuwait). Awarded for promoting Yoga and Wellness in the Gulf region.

SECTION C: INTERNATIONAL MEDICAL UPDATES (2025)

1. Nobel Prize in Physiology or Medicine 2025

- **Winners:** Mary E. Brunkow, Fred Ramsdell, and Shimon Sakaguchi.
- **Discovery:** For their work on "Peripheral Immune Tolerance" and the identification of Regulatory T Cells (Tregs).
- **Significance:** Understanding how the immune system prevents autoimmune diseases (preventing the body from attacking itself).

2. Global Disease Updates

- **Maldives Achievement:** Became the first country to achieve "Triple Elimination" of mother-to-child transmission of HIV, Syphilis, and Hepatitis B.
- **Malaria-Free Certification 2025:** Awarded to Georgia, Suriname, and Timor-Leste.

SECTION D: MODEL MCQs

(Practice these for the Exam)

Q1. What was the theme of National Ayurveda Day 2025? (राष्ट्रीय आयुर्वेद दिवस 2025 का विषय क्या था?) A) Ayurveda for One Health B) Ayurveda for People & Planet C) Har Din Har Ghar Ayurveda D) Ayurveda for Amrit Kaal Ans: B (Ayurveda for People & Planet)

Q2. Which new portal was launched in 2025 specifically for the management of Medicinal Plants data? (2025 में औषधीय पौधों के डेटा प्रबंधन के लिए कौन सा नया पोर्टल लॉन्च किया गया?) A) AYUSH-GRID B) NAMASTE Portal C) DRAVYA Portal D) E-Aushadhi Ans: C (DRAVYA Portal)

Q3. The 2025 Nobel Prize in Medicine was awarded for the discovery of which immune cells? (2025 का चिकित्सा नोबेल पुरस्कार किन प्रतिरक्षा कोशिकाओं की खोज के लिए दिया गया?) A) B-Cells B) Natural Killer Cells C) Regulatory T Cells (Tregs) D) Macrophages Ans: C (Regulatory T Cells - Tregs)

Q4. Where did the Prime Minister lay the foundation stone for the new 'Central Ayurveda Research Institute' (CARI) in 2025? (प्रधानमंत्री ने 2025 में नए 'केंद्रीय आयुर्वेद अनुसंधान संस्थान' (CARI) की आधारशिला कहाँ रखी?) A) Jaipur B) Rohini, New Delhi C) Haridwar D) Varanasi Ans: B (Rohini, New Delhi)

Q5. In the Union Budget 2025-26, a "Health Tax" was proposed on which category of items? (केंद्रीय बजट 2025-26 में किस श्रेणी की वस्तुओं पर "हेल्थ टैक्स" प्रस्तावित किया गया?) A) Tobacco Products B) Ultra-Processed Foods (UPFs) C) Imported Medical Devices D) Ayurvedic Medicines Ans: B (Ultra-Processed Foods)

Q6. Which Indian Gastroenterologist received the 'Padma Vibhushan' in 2025? (2025 में किस भारतीय गैस्ट्रोएंटेरोलॉजिस्ट को 'पद्म विभूषण' से सम्मानित किया गया?) A) Dr. Naresh Trehan B) Dr. Devi Shetty C) Dr. D. Nageshwar Reddy D) Dr. Randeep Guleria Ans: C (Dr. D. Nageshwar Reddy)

Q7. The 'Delhi Declaration' adopted in December 2025 is related to: (दिसंबर 2025 में अपनाया गया 'दिल्ली घोषणापत्र' किससे संबंधित है?) A) Tuberculosis Elimination B) Traditional Medicine (WHO Summit) C) Malaria Control D) Digital Health Mission Ans: B (Traditional Medicine)

Q8. Which country was recognized for "Triple Elimination" of HIV, Syphilis, and Hepatitis B in 2025? (2025 में किस देश को HIV, सिफलिस और हेपेटाइटिस बी के "ट्रिपल एलिमिनेशन" के लिए मान्यता दी गई?) A) Sri Lanka B) Maldives C) Thailand D) Indonesia Ans: B (Maldives)

Q9. WHO included a new module in ICD-11 (2025 update) for which systems? (WHO ने ICD-11 (2025 अपडेट) में किन प्रणालियों के लिए एक नया मॉड्यूल शामिल किया?) A) Yoga & Naturopathy B) Ayurveda, Siddha, and Unani (ASU) C) Homeopathy only D) Acupuncture Ans: B (Ayurveda, Siddha, and Unani)

Q10. What was the theme of the 11th International Day of Yoga (2025)? (11वें अंतर्राष्ट्रीय योग दिवस (2025) का विषय क्या था?) A) Yoga for Vasudhaiva Kutumbakam B) Yoga for One Earth, One Health C) Yoga for Harmony and Peace D) Yoga for Wellness Ans: B (Yoga for One Earth, One Health)

SECTION E: IMPORTANT SCHEMES & POLICIES (QUICK REVISION)

1. **Ayushman Bharat - PMJAY:** Expanded in 2025 to cover Gig Workers and all senior citizens above 70 years (rolled out fully).
2. **NAMASTE Scheme:** (National Action for Mechanized Sanitation Ecosystem) - Health coverage extended to sanitation workers.
3. **National Ayush Mission (NAM):** Continued focus on upgrading Ayush Dispensaries to Ayush Health & Wellness Centres (AHWCs). Target of 12,500 AHWCs fully operationalized by end of 2025.
4. **SMART 2.0 Program:** (Scope for Mainstreaming Ayurveda Research in Teaching Professionals) - Launched to boost research in Ayurveda colleges.

APTAAYURVEDA
CLASSES
WELLNESS BEGINS HERE
APTAAYURVEDACLASSES.COM

SECTION F: RESEARCH & DRUG DEVELOPMENT IN AYURVEDA (2025)

(High Priority for Technical Questions)

1. CCRAS New Initiatives & Protocols

- PRAGATI-2025: The Central Council for Research in Ayurvedic Sciences (CCRAS) launched PRAGATI (Pharma Research in AyurGyan And Techno Innovation).
 - Objective: To foster collaboration between CCRAS and the Ayurveda drug industry for developing standardized formulations.
- Ayurveda-One Health Approach: CCRAS initiated a multi-centric study on Ethno-veterinary medicine (Ayurveda for animals) to reduce antibiotic resistance in livestock, aligning with the "One Health" global goal.

2. New Drug Launches & Clinical Trials

- Ayush-64 (Updated Protocol): In 2025, the Ministry of Ayush released updated clinical guidelines for using Ayush-64 in the management of Post-Viral Fatigue Syndrome (PVFS), expanding its use beyond mild COVID-19.
- BGR-34 (Validation): CSIR and Ayush Ministry released final Phase-4 clinical trial data confirming the efficacy of BGR-34 as an add-on therapy for Type-2 Diabetes management, reducing HbA1c levels significantly.

3. Pharmacopoeia Updates (PCIM&H)

- One Herb, One Standard: The Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) signed an MoU with the Indian Pharmacopoeia Commission (IPC) to create "One Herb, One Standard".
 - Impact: This harmonizes standards for herbs used in both modern medicine (phytopharmaceuticals) and Ayurveda, ensuring global export quality.
- New Monographs: 25 new monographs for "Extra-Pharmacopoeial Drugs" (folk medicine herbs) were added to the Ayurvedic Pharmacopoeia of India (API) in 2025.

4. Integrative Medicine Departments

- AIIMS-Ayush Expansion: By mid-2025, fully functional Departments of Integrative Medicine were operationalized in AIIMS Jodhpur, AIIMS Rishikesh, and AIIMS Bhubaneswar, following the AIIMS Delhi model.
- Safdarjung Hospital: Inaugurated a specialized "Ayush Geriatric Clinic" focused on Rasayana therapy for the elderly population.

SECTION G: ADMINISTRATIVE & LEGAL UPDATES (2025)

1. Ayush Visa (Implementation Status)

- The "Ayush Visa" category (introduced previously) saw full-scale implementation in 2025.
- Purpose: Dedicated visa for foreign nationals seeking treatment under Ayush systems in India.
- Nodal Agency: Ministry of Ayush collaborates with the Ministry of Home Affairs for certification of "Ayush Grams" and wellness centers eligible to treat visa holders.

2. Advertisement Regulations (Ghar-Wapsi of DMR Act)

- Drugs and Magic Remedies (Objectionable Advertisements) Act: In 2025, the Supreme Court and Ayush Ministry tightened norms against misleading advertisements by Patanjali and other FMCG Ayurveda companies.
- Self-Declaration Certificate: It became mandatory for advertisers to submit a "Self-Declaration Certificate" on the Broadcast Seva Portal before publishing ads for Ayurvedic products claiming clinical cures.

**APTA AYURVEDA
CLASSES**

WELLNESS BEGINS HERE

APTAAYURVEDACLASSES.COM

SECTION H - MCQs

(Clinical & Policy Based Questions)

Q11. The 'One Herb, One Standard' initiative (2025) is a collaboration between PCIM&H and which organization? ('एक जड़ी-बूटी, एक मानक' पहल (2025) PCIM&H और किस संगठन के बीच एक सहयोग है?) A) WHO B) Indian Pharmacopoeia Commission (IPC) C) FDA D) FSSAI Ans: B (Indian Pharmacopoeia Commission - IPC)

Q12. CCRAS launched the 'PRAGATI' initiative in 2025 primarily to collaborate with which sector? (CCRAS ने 2025 में मुख्य रूप से किस क्षेत्र के साथ सहयोग करने के लिए 'प्रगति' (PRAGATI) पहल शुरू की?) A) Software Companies B) Ayurveda Drug Industry C) Foreign Universities D) Space Research Ans: B (Ayurveda Drug Industry)

Q13. Which Ayurvedic formulation saw updated clinical guidelines in 2025 for 'Post-Viral Fatigue Syndrome'? (2025 में 'पोस्ट-वायरल थकान सिंड्रोम' के लिए किस आयुर्वेदिक फॉर्मूलेशन के नैदानिक दिशानिर्देशों को अपडेट किया गया?) A) Ayush-82 B) Ayush-64 C) IME-9 D) Fifatrol Ans: B (Ayush-64)

Q14. The 'Ayush Visa' category is specifically designed for: ('आयुष वीज़ा' श्रेणी विशेष रूप से किसके लिए डिज़ाइन की गई है?) A) Students studying Ayurveda abroad B) Foreign nationals seeking Ayush treatment in India C) Export of Ayurvedic drugs D) Ayush doctors working abroad Ans: B (Foreign nationals seeking Ayush treatment in India)

Q15. Under the 2025 regulations, where must advertisers submit a 'Self-Declaration Certificate' before advertising Ayurvedic medicines? (2025 के नियमों के तहत, आयुर्वेदिक दवाओं के विज्ञापन से पहले विज्ञापनदाताओं को 'स्व-घोषणा प्रमाण पत्र' कहाँ जमा करना होगा?) A) Ayush Grid B) Broadcast Seva Portal C) E-Aushadhi Portal D) GeM Portal Ans: B (Broadcast Seva Portal)

Q16. Which CSIR-developed drug received Phase-4 trial validation in 2025 for Type-2 Diabetes management? (किस CSIR-विकसित दवा को 2025 में टाइप-2 मधुमेह प्रबंधन के लिए चरण-4 परीक्षण मान्यता प्राप्त हुई?) A) BGR-34 B) Neeri KFT C) Amritarishta D) Ayush-SG Ans: A (BGR-34)

Q17. The 'Smart 2.0' program aims to mainstream research in which professionals? ('स्मार्ट 2.0' कार्यक्रम का उद्देश्य किन पेशेवरों में अनुसंधान को मुख्यधारा में लाना है?) A) Ayurveda Teaching Professionals B) ASHA Workers C) Modern Medicine Doctors D) Pharmacists Ans: A (Ayurveda Teaching Professionals)

Q18. In 2025, which AIIMS inaugurated a Department of Integrative Medicine following the Delhi model? (2025 में, किस AIIMS ने दिल्ली मॉडल का पालन करते हुए एकीकृत चिकित्सा विभाग का उद्घाटन किया?) A) AIIMS Jodhpur B) AIIMS Patna C) AIIMS Kalyani D) AIIMS Madurai Ans: A (AIIMS Jodhpur) - *Note: Rishikesh and Bhubaneswar also did, but Jodhpur is a primary option here.*

Q19. The 'Delhi Declaration' at the WHO Global Summit focuses on: (WHO ग्लोबल समिट में 'दिल्ली घोषणापत्र' किस पर केंद्रित है?) A) banning chemical fertilizers B) integration of Traditional Medicine with National Health Systems C) promoting Yoga in schools only D) reducing GST on herbs Ans: B (integration of Traditional Medicine with National Health Systems)

Q20. What is the full form of 'MAISP' launched under the Ayush Grid? (आयुष ग्रिड के तहत लॉन्च किए गए 'MAISP' का पूर्ण रूप क्या है?) A) Master Ayush Information System Portal B) My Ayush Integrated Services Portal C) Ministry of Ayush Internal Security Protocol D) Mainstream Ayurveda Indian Standard Protocol Ans: B (My Ayush Integrated Services Portal)

SECTION I - IMPORTANT ABBREVIATIONS & TERMINOLOGY (2025)

1. PCIM&H: Pharmacopoeia Commission for Indian Medicine & Homoeopathy.
2. ITRA: Institute of Teaching and Research in Ayurveda (Jamnagar) - The first Institute of National Importance (INI) in Ayurveda.
3. NIA: National Institute of Ayurveda (Jaipur) - Deemed to be University.
4. NABH-Ayush: National Accreditation Board for Hospitals & Healthcare Providers (Entry Level Standards for Ayush Hospitals).
5. TKDL: Traditional Knowledge Digital Library (Database to prevent bio-piracy of Ayurvedic patents).

SECTION J: STATE-SPECIFIC AYUSH UPDATES 2025

- Uttar Pradesh: Announced the establishment of Ayush Board for regulating Yoga and Naturopathy practitioners separately.
- Kerala: Launched "Ayur-Vidyalaya" project to introduce basic Ayurveda lifestyle concepts in government schools.
- Madhya Pradesh: "Devaranya Yojana" expanded to encourage tribal farmers to cultivate medicinal plants.
- Haryana: First state to include Ayurvedic Medical Officers in the recruitment for state-run sports nurseries to manage sports injuries.

SECTION K: NATIONAL HEALTH PROGRAMS (2025 UPDATES)

(Crucial for Public Health & Community Medicine Questions)

1. National Tuberculosis Elimination Program (NTEP)

- Ni-Kshay Mitra 2.0: The scope of this initiative was expanded in 2025 to include Nutritional Support for Family Members of TB patients, not just the patients themselves, to break the chain of transmission.
- Adult BCG Vaccination: Following the successful pilot study, the "Adult BCG Vaccination Campaign" was rolled out in 2025 across 20 high-burden states for high-risk groups (diabetics, smokers, elderly).
- New Drug Regimen: Introduction of the BPaL-M regimen (Bedaquiline, Pretomanid, Linezolid, and Moxifloxacin) for Drug-Resistant TB (MDR-TB) was standardized across all districts, reducing treatment time to 6 months.

2. Universal Immunization Program (UIP) - 2025 Changes

- U-WIN Portal: Fully replaced the manual vaccination registry. It is now the single digital platform for maintaining vaccination records of all pregnant women and children.
- HPV Vaccine: The CERVAVAC (indigenous HPV vaccine for Cervical Cancer) was included in the National Immunization Schedule for girls aged 9-14 years in all states in 2025.
- Measles-Rubella (MR) Elimination: India set a revised target of 2026 for elimination, intensifying the "Special MR Campaigns" in 2025 in peri-urban areas.

3. National Vector Borne Disease Control Program (NVBDCP)

- Dengue Vaccine Trials: Phase-3 trials of the indigenous Dengue vaccine showed promising results in 2025, with limited rollout expected soon.
- Kala-Azar (Black Fever): In 2025, Jharkhand and Bihar (the last endemic states) reported fewer than 1 case per 10,000 population in all blocks, marking a milestone toward elimination certification.

SECTION L: VITAL STATISTICS & INDICES (LATEST DATA FOR 2025)**1. Sample Registration System (SRS) Bulletin 2025**

- Infant Mortality Rate (IMR): Declined to 26 per 1000 live births (National Average).
- Maternal Mortality Ratio (MMR): Declined to 93 per 1 lakh live births.
- Total Fertility Rate (TFR): Stabilized at 1.9, which is below the replacement level of 2.1.

2. NITI Aayog Health Index 2025

- Top Performing State (Large): Kerala retained the top rank, followed by Tamil Nadu and Telangana.
- Top Improver: Uttar Pradesh showed the highest incremental performance in health outcomes.
- Ayush Integration Index: A new parameter added in 2025. Uttarakhand ranked first in integrating Ayush into primary healthcare.

SECTION M: NEW GUIDELINES FOR NON-COMMUNICABLE DISEASES (NCDs)**1. NP-NCD (National Programme for Prevention & Control of NCDs)**

- "75/25" Initiative: The government aggressively implemented the goal to screen 75 million people for Hypertension and Diabetes by 2025.
- Renamed Portal: The NCD portal was rebranded and upgraded as the "NCD-PSM Portal" (Prevention, Screening, Management) to track patient follow-ups more effectively.

2. Mental Health (Tele-MANAS)

- Performance: The Tele-MANAS (Mental Health Helpline) received over 10 Lakh calls by 2025.
- District Mental Health Program: Ayush Medical Officers were officially trained and integrated into the District Mental Health Program (DMHP) to provide counseling and Ayurvedic stress management (Shirodhara/Yoga) guidelines.

SECTION N: MODEL MCQs - SET 3

(Public Health & Program Based Questions)

Q21. Which vaccine was included in the Universal Immunization Program (UIP) for girls aged 9-14 years in 2025? (2025 में 9-14 वर्ष की लड़कियों के लिए सार्वभौमिक टीकाकरण कार्यक्रम (UIP) में कौन सा टीका शामिल किया गया?) A) PCV (Pneumococcal) B) CERVAVAC (HPV) C) Rotavirus D) Typhoid Conjugate Ans: B (CERVAVAC - HPV)

Q22. The 'BPaL-M' regimen introduced in 2025 is associated with the treatment of which disease? (2025 में शुरू किया गया 'BPaL-M' नियम किस बीमारी के उपचार से संबंधित है?) A) Malaria B) HIV/AIDS C) Drug-Resistant Tuberculosis (MDR-TB) D) Leprosy Ans: C (Drug-Resistant Tuberculosis)

Q23. According to the SRS Bulletin 2025, what is the current Infant Mortality Rate (IMR) of India? (SRS बुलेटिन 2025 के अनुसार, भारत की वर्तमान शिशु मृत्यु दर (IMR) क्या है?) A) 32 B) 28 C) 26 D) 20 Ans: C (26 per 1000 live births)

Q24. What is the name of the digital platform that fully replaced the manual vaccination registry in 2025? (उस डिजिटल प्लेटफॉर्म का नाम क्या है जिसने 2025 में मैनुअल टीकाकरण रजिस्ट्री को पूरी तरह से बदल दिया?) A) Co-WIN 2.0 B) U-WIN C) Arogya Setu D) ANM-OL Ans: B (U-WIN)

Q25. Which state ranked first in the 'Ayush Integration Index' introduced by NITI Aayog in 2025? (नीति आयोग द्वारा 2025 में शुरू किए गए 'आयुष एकीकरण सूचकांक' में कौन सा राज्य प्रथम स्थान पर रहा?) A) Kerala B) Uttarakhand C) Gujarat D) Madhya Pradesh Ans: B (Uttarakhand)

Q26. The '75/25' initiative aims to screen 75 million people for which conditions by 2025? ('75/25' पहल का उद्देश्य 2025 तक किन स्थितियों के लिए 7.5 करोड़ लोगों की जांच करना है?) A) Cancer and TB B) Hypertension and Diabetes C) Anemia and Malnutrition D) Cataract and Glaucoma Ans: B (Hypertension and Diabetes)

Q27. The 'Adult BCG Vaccination Campaign' (2025) targets which high-risk groups? ('वयस्क बीसीजी टीकाकरण अभियान' (2025) किन उच्च जोखिम वाले समूहों को लक्षित करता है?) A) Pregnant Women B) Diabetics, Smokers, and Elderly C) Children under 5 D) Healthcare Workers only Ans: B (Diabetics, Smokers, and Elderly)

Q28. In 2025, Jharkhand and Bihar achieved milestones toward the elimination of which vector-borne disease? (2025 में, झारखण्ड और बिहार ने किस वेक्टर-जनित बीमारी के उन्मूलन की दिशा में मील का पत्थर हासिल किया?) A) Dengue B) Chikungunya C) Kala-Azar (Visceral Leishmaniasis) D) Filaria Ans: C (Kala-Azar)

Q29. What is the revised target year for Measles-Rubella (MR) elimination in India? (भारत में खसरा-रुबेला (एमआर) उन्मूलन के लिए संशोधित लक्ष्य वर्ष क्या है?) A) 2025 B) 2026 C) 2030 D) 2028 Ans: B (2026)

Q30. Under the Tele-MANAS initiative, Ayush Medical Officers are now integrated to provide support for: (टेली-मानस पहल के तहत, आयुष चिकित्सा अधिकारियों को अब किसके लिए सहायता प्रदान करने के लिए एकीकृत किया गया है?) A) Surgical procedures B) Mental Health and Stress Management C) Emergency Trauma Care D) Vaccination drives Ans: B (Mental Health and Stress Management)

Q31. Which portal was launched to facilitate the 'One Nation, One Registration' for doctors, including Ayush practitioners? (आयुष चिकित्सकों सहित डॉक्टरों के लिए 'एक राष्ट्र, एक पंजीकरण' की सुविधा के लिए कौन सा पोर्टल लॉन्च किया गया था?) A) NMR (National Medical Register) Portal B) Ayush-Next C) HPR (Healthcare Professional Registry) D) Doc-ID Ans: C (HPR - Healthcare Professional Registry under ABDM)

Q32. The theme for 'World Tuberculosis Day 2025' was: ('विश्व तपेदिक दिवस 2025' का विषय था:) A) Invest to End TB B) Yes! We can end TB C) Clock is Ticking D) TB Free World Ans: B (Yes! We can end TB) - *Note: Themes often repeat or evolve slightly; this remains the standing global slogan.*

Q33. Which state was declared the 'Top Improver' in the NITI Aayog Health Index 2025? (नीति आयोग स्वास्थ्य सूचकांक 2025 में किस राज्य को 'टॉप इम्प्रूवर' घोषित किया गया?) A) Rajasthan B) Uttar Pradesh C) Bihar D) Odisha Ans: B (Uttar Pradesh)

Q34. The 'Sakhsham Anganwadi and Poshan 2.0' program now includes which Ayush component? ('सक्षम आंगनवाड़ी और पोषण 2.0' कार्यक्रम में अब कौन सा आयुष घटक शामिल है?) A) Distribution of Chyavanprash B) Ayush dietary guidelines for malnourished children C) Panchakarma for toddlers D) Herbal gardens in every center Ans: B (Ayush dietary guidelines for malnourished children)

Q35. 'Mission Indradhanush 6.0' launched in 2025 focused primarily on: (2025 में शुरू किए गए 'मिशन इंद्रधनुष 6.0' का मुख्य ध्यान किस पर था?) A) Covid-19 Boosters B) Left-out and dropout children/pregnant women in remote areas C) Elderly vaccination D) International travelers Ans: B (Left-out and dropout children/pregnant women)

SECTION O: STANDARD TREATMENT GUIDELINES (STG) 2025

(Essential for Clinical & Paper-II Preparation)

1. Management of Lifestyle Disorders

- **Hypertension (Rakta-Vata/Uccha-Raktachapa):** New guidelines recommend the use of Sarpagandha Ghan Vati and Arjunadi Vati as primary Ayurvedic management protocols in AHWCS (Ayush Health & Wellness Centres).
- **Diabetes (Madhumeha):** Standardized dosage for Nisha-Amalaki (Turmeric and Amla) was reaffirmed for Pre-diabetic patients to prevent progression to Type-2 Diabetes.

2. Anemia Mukt Bharat (AMB) & Ayush

- **Intervention:** The 2025 protocol integrates Punarnava Mandur and Dhatri Lauha in the National Anemia Mukt Bharat strategy for pregnant women who are non-compliant with Iron Folic Acid (IFA) tablets due to gastric side effects.
- **Target:** To reduce anemia among women of reproductive age by 3% per annum using the "Integrated Medicine" approach.

3. Geriatric Care (Vaya-Sthapana)

- **Rasayana Therapy:** The Ministry of Ayush launched a nationwide program in 2025 to provide Ashwagandha and Amalaki Rasayana to senior citizens via Ayush dispensaries to boost immunity and cognitive health.

SECTION P: IMPORTANT APPOINTMENTS & INSTITUTIONS (2025)

(Fact-check for 2025 Exam)

Institution/Post	Name of the Head (2025)
Union Minister of Ayush	Shri Prataprao Jadhav (Check latest reshuffle)
Secretary, Ministry of Ayush	Vaidya Rajesh Kotecha (Extension/New Appointee)
Director General, CCRAS	Prof. (Vd.) Rabinarayan Acharya
Director, NIA (Jaipur)	Prof. Sanjeev Sharma
WHO Global Centre for TM (Jamnagar)	Dr. Shyama Kuruvilla (Lead/Director)

SECTION Q: AYUSH IN GLOBAL NEWS 2025

- EU-India Herbal Trade: In 2025, the European Union eased certain pesticide residue norms for Indian Ayurvedic herbs (specifically Ashwagandha and Turmeric), boosting exports by 15%.
- Ayurveda in Africa: Kenya and Tanzania signed MoUs with India in late 2025 to establish Ayurveda Academic Chairs in their national universities.
- UNESCO Heritage: Efforts were intensified in 2025 to include "Ayurvedic Dinacharya" (Daily Regimen) in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity.



**APTA AYURVEDA
CLASSES**

WELLNESS BEGINS HERE

APTAAYURVEDACLASSES.COM

SECTION R: FINAL COMPREHENSIVE MOCK TEST

Q36. Which Ayurvedic herb was recently exempted from certain trade barriers by the EU in 2025?

(2025 में यूरोपीय संघ द्वारा किस आयुर्वेदिक जड़ी-बूटी को कुछ व्यापार बाधाओं से छूट दी गई थी?)

- A) Tulsi
- B) Ashwagandha
- C) Neem
- D) Brahmi

Ans: B (Ashwagandha)

Q37. Under 'Anemia Mukt Bharat', which Ayurvedic medicine is used for IFA-intolerant patients?

('एनीमिया मुक्त भारत' के तहत, IFA-असहिष्णु रोगियों के लिए किस आयुर्वेदिक दवा का उपयोग किया जाता है?)

- A) Chandraprabha Vati
- B) Punarnava Mandur
- C) Sanjivani Vati
- D) Arogyavardhini Vati

Ans: B (Punarnava Mandur)

Q38. The 'WHO Global Centre for Traditional Medicine' (GCTM) is located in which Indian city?

('WHO ग्लोबल सेंटर फॉर ट्रेडिशनल मेडिसिन' (GCTM) भारत के किस शहर में स्थित है?)

- A) New Delhi
- B) Jamnagar **ANS**
- C) Pune
- D) Rishikesh

Q39. What is the main objective of the 'PRAGATI-2025' initiative?

('PRAGATI-2025' पहल का मुख्य उद्देश्य क्या है?)

- A) Promotion of Yoga in schools
- B) Industrial collaboration for Ayurveda drug research
- C) Free distribution of medicines
- D) Foreign scholarships for BAMS students

Ans: B (Industrial collaboration for Ayurveda drug research)

Q40. 'Rasayana Therapy' for geriatric care under the 2025 national program primarily uses:

(2025 के राष्ट्रीय कार्यक्रम के तहत वृद्धावस्था देखभाल के लिए 'रसायन चिकित्सा' में मुख्य रूप से किसका उपयोग किया जाता है?)

- A) Triphala Guggulu
- B) Ashwagandha and Amalaki
- C) Shirodhara only
- D) Suvarnaprashan

Ans: B (Ashwagandha and Amalaki)

Q41. In 2025, the 'MAISP' portal was launched under which larger digital umbrella?

(2025 में, 'MAISP' पोर्टल किस बड़े डिजिटल छतरी के तहत लॉन्च किया गया था?)

- A) Digital India
- B) Ayush Grid
- C) Bharat Net
- D) PM-GatiShakti

Ans: B (Ayush Grid)

Q42. Which Ayurvedic terminology was standardized in the WHO ICD-11 Module 2 (2025)?

(WHO ICD-11 मॉड्यूल 2 (2025) में किस आयुर्वेदिक शब्दावली को मानकीकृत किया गया था?)

- A) Only Surgical terms
- B) Disease and Diagnostic terms (Prakriti, Dosha, etc.)
- C) Only Botanical names
- D) Yoga postures

Ans: B (Disease and Diagnostic terms)

Q43. The target for India to become 'TB Mukt' (TB Free) remains:

(भारत के 'टीबी मुक्त' बनने का लक्ष्य अभी भी हैः)

- A) 2025
- B) 2030
- C) 2027
- D) 2026

Ans: A (2025)

Q44. Which section of the Union Budget 2025-26 directly impacts the cost of Life-saving drugs?

(केंद्रीय बजट 2025-26 का कौन सा हिस्सा जीवन रक्षक दवाओं की लागत को सीधे प्रभावित करता है?)

- A) Increase in GST
- B) Customs Duty Exemption on 36 drugs
- C) Reduction in Ayush budget
- D) Tax on Ayurvedic clinics

Ans: B (Customs Duty Exemption on 36 drugs)

Q45. The 11th International Day of Yoga (2025) emphasized 'Yoga for One Earth, One Health' to align with:

(11वें अंतर्राष्ट्रीय योग दिवस (2025) ने 'एक पृथ्वी, एक स्वास्थ्य के लिए योग' पर जोर दिया, ताकि किसके साथ तालमेल बिठाया जा सके?)

- A) G20 Priorities
- B) WHO One Health Framework
- C) Climate Change Goals
- D) All of the above

Ans: D (All of the above)



APTA AYURVEDA CLASSES

WELLNESS BEGINS HERE

APTAAYURVEDACLASSES.COM

SUMMARY OF 2025 TRENDS FOR INTERVIEW

1. Integrative Healthcare: Shift from "Ayurveda alone" to "Ayurveda alongside Allopathy" (AIIMS model).
2. Evidence-Based Practice: High demand for clinical trial data (CCRAS PRAGATI).
3. Standardization: "One Herb, One Standard" to compete in the global market.
4. Digital Health: U-WIN, Ayush Grid, and Tele-MANAS as the new backbone of rural health.

TOP 50 HIGH-YIELD FACTS: AYUSH YEARBOOK 2025

I. Policy & Infrastructure (नीति और बुनियादी ढांचा)

1. New CARI Site: The foundation stone for the new Central Ayurveda Research Institute (CARI) was laid in Rohini, Delhi (2025).
2. Ayush Visa: Fully implemented in 2025 to facilitate Medical Value Travel for foreign patients.
3. Delhi Declaration: Adopted at the 2nd WHO Global Summit on TM (Dec 2025) to integrate traditional medicine into national health systems.
4. ICD-11 Module 2: WHO officially launched standardized terminology for Ayurveda, Siddha, and Unani (ASU) globally.
5. One Herb, One Standard: An MoU between PCIM&H and IPC to harmonize herbal quality standards.
6. Integrative Medicine: Mandatory Departments of Integrative Medicine established in all AIIMS by 2025.
7. BIMSTEC Centre: India announced a Centre of Excellence for Traditional Medicine for BIMSTEC countries.
8. MAISP: The "My Ayush Integrated Services Portal" is the master digital interface for the Ayush Grid.
9. Ayush Health & Wellness Centres: Target of 12,500 units fully operationalized by 2025.
10. National Ayush Mission (NAM): Received a significant budget hike in the 2025-26 Union Budget to strengthen district-level hospitals.

II. Research & Drugs (अनुसंधान और औषधियाँ)

11. PRAGATI-2025: CCRAS initiative to link research with the Ayurveda pharmaceutical industry.
12. Ayush-64: Guidelines updated for treating Post-Viral Fatigue Syndrome (PVFS).
13. BGR-34: Phase-4 trials validated by CSIR for its efficacy in reducing HbA1c levels.
14. Sarpagandha Ghan Vati: Included in Standard Treatment Guidelines (STG) 2025 for Primary Hypertension.
15. Nisha-Amalaki: Recommended as the gold standard for Pre-diabetes management in AHWCs.
16. Punarnava Mandur: Integrated into the Anemia Mukt Bharat strategy for IFA-intolerant patients.
17. Adult BCG Vaccine: Rolled out in 2025 for high-risk adults (Diabetics, Smokers).
18. CERVAVAC: Indigenous HPV vaccine included in the National Immunization Schedule (Ages 9-14).
19. Regulatory T Cells (Tregs): The focus of the 2025 Nobel Prize in Medicine.
20. Ethno-veterinary Medicine: CCRAS multi-centric study launched to reduce antibiotic use in livestock.

III. National Health Programs & Stats (राष्ट्रीय स्वास्थ्य कार्यक्रम और आँकड़े)

21. U-WIN Portal: Digitized the entire vaccination life cycle, replacing manual registries.
22. BPaL-M Regimen: The new 6-month treatment for Drug-Resistant TB.
23. India TB Free Target: Remained focused on 2025 as the deadline.
24. 75/25 Initiative: Goal to screen 75 million people for Hypertension/Diabetes by 2025.
25. IMR 2025: India's Infant Mortality Rate declined to 26/1000 live births.
26. MMR 2025: Maternal Mortality Ratio declined to 93/1 Lakh live births.
27. TFR: India's Total Fertility Rate stabilized at 1.9.
28. Kala-Azar Elimination: Jharkhand and Bihar reached the elimination threshold in 2025.
29. Trachoma-Free: India achieved official certification as Trachoma-free.
30. NITI Aayog Health Index: Kerala (Best Performer) and Uttar Pradesh (Top Improver).

IV. Public Health & Community (जन स्वास्थ्य और समुदाय)

31. Tele-MANAS: Reached the milestone of 10 Lakh+ mental health consultations.
32. Ayush Geriatric Clinic: Inaugurated at Safdarjung Hospital, Delhi.
33. Maha Kumbh 2025: Integrated Ayush medical camps served 9 Lakh+ pilgrims in Prayagraj.
34. Ayurveda Day 2025 Theme: "Ayurveda for People & Planet" (आयुर्वेद जन और जगत के लिए).
35. Yoga Day 2025 Theme: "Yoga for One Earth, One Health".
36. Unani Day 2025: Focus on "Innovations in Integrative Health".
37. Sakhsham Anganwadi 2.0: Now includes Ayush Dietary Protocols for malnourished children.
38. Mission Indradhanush 6.0: Targeted left-out children in aspirational districts.
39. Self-Declaration for Ads: Mandatory for Ayurvedic firms on the Broadcast Seva Portal.
40. Health Tax: Proposed on Ultra-Processed Foods (UPFs) in the 2025 Budget.

V. Institutions & Biodiversity (संस्थान और जैव विविधता)

41. ITRA Jamnagar: First Institute of National Importance (INI) under Ayush.
42. NIA Jaipur: Maintaining its status as a Deemed-to-be University for advanced research.
43. DRAVYA Portal: Specifically for the management of Medicinal Plant databases.
44. Biodiversity Act Amendment: Simplified access for Indian practitioners to use local herbs for research.
45. Nagoya Protocol: Ongoing focus on Access and Benefit Sharing (ABS) for tribal medicinal knowledge.
46. UNESCO Recognition: Nomination of "Ayurvedic Dinacharya" for Intangible Cultural Heritage.
47. Ayurvedic Medical Officers (AMO): Included in sports medicine nurseries (Haryana model).
48. Ayur-Vidyalaya: Kerala's project to teach Ayurveda basics in schools.
49. Devaranya Yojana: Madhya Pradesh's scheme for tribal herbal cultivation.
50. WHO GCTM: The Global Centre for Traditional Medicine in Jamnagar became fully operational with a permanent campus.

MEDICINAL PLANT CULTIVATION & BIODIVERSITY LAWS (2025 UPDATES)

1. The Biological Diversity (Amendment) Rules, 2025

The most critical update for you is the enforcement of the Biological Diversity (Amendment) Act 2023, which became fully operational with new rules in April 2025.

- **Decriminalization:** Violations that were once "criminal offenses" (punishable by jail) are now civil offenses with heavy monetary penalties (up to ₹50 Lakh to ₹1 Crore).
- **The "Ayush Practitioner" Exemption:** Registered Ayush practitioners and people practicing indigenous medicine for their livelihood are now exempted from the requirement of giving prior intimation to State Biodiversity Boards (SBBs) for accessing biological resources.
- **Codified Knowledge:** If you are using knowledge found in "Codified Traditional Knowledge" (like the Charaka Samhita or Bhasajya Ratnavali), the administrative burden is significantly reduced compared to "Oral/Tribal Knowledge."

2. Digital Traceability: The "Certificate of Origin" (November 2025)

Effective November 1, 2025, a new digital process has been introduced to distinguish between "Wild" and "Cultivated" plants to stop illegal forest exploitation.

- **Form 11 & 12:** Farmers must now register their crops with local Biodiversity Management Committees (BMCs).
- **Digital Certificate:** The portal now generates a QR-coded "Certificate of Origin" (Form 12).
- **Why it matters for AMOs:** In the 2025 exam, questions may ask about how "Cultivated Medicinal Plants" are exempted from Access and Benefit Sharing (ABS). This digital certificate is the "legal proof" required for that exemption.

WELLNESS BEGINS HERE
APTAAYURVEDACLASSES.COM

3. NMPB Cultivation Subsidies (2025-26)

The National Medicinal Plants Board (NMPB) has updated its subsidy slabs for the current financial year:

Subsidy Slab	Typical Species (2025 List)	Pattern of Assistance
75% Subsidy	Kutki, Atis, Jatamansi, Guggal (High altitude/Endangered)	Focused on Himalayan & Critical species.
50% Subsidy	Ashwagandha, Shatavari, Chandan (Sandalwood)	Focused on high-demand industrial crops.
30% Subsidy	Amla, Aloe Vera, Tulsi, Neem	Focused on common, high-volume crops.

4. Key Portals for 2025 Exam

- e-CHARAK: The virtual market platform for trade between farmers and the Ayush industry.
- Ayush Suraksha Portal (Launched May 30, 2025): A new IT-enabled portal for Pharmacovigilance. It allows you, as a Medical Officer, to report suspected adverse drug reactions (ADR) and misleading advertisements directly.

**APTA AYURVEDA
CLASSES**

WELLNESS BEGINS HERE

APTAAYURVEDACLASSES.COM

Quick Revision MCQs (Biodiversity & Cultivation)

Q46. As per the 2025 Rules, what is the maximum penalty for a continuing contravention of the Biodiversity Act?

- A) 5 years imprisonment
- B) ₹50 Lakh
- C) ₹1 Crore
- D) 10 years imprisonment

Ans: C (₹1 Crore - Decriminalized but high fine)

Q47. Which document is mandatory from November 2025 to prove a medicinal plant is 'cultivated' and not 'wild'?

- A) Form 1
- B) Form 12 (Digital Certificate of Origin)
- C) Form 3 (IPR Form)
- D) BAMS Degree

Ans: B (Form 12)

Q48. Which species qualifies for a 75% cultivation subsidy in the 2025 NMPB list?

- A) Amla
- B) Jatamansi
- C) Aloe Vera
- D) Tulsi

Ans: B (Jatamansi - due to its endangered status)

Q49. The 'Ayush Suraksha' portal launched in 2025 is primarily for:

- A) Online consultations
- B) Pharmacovigilance and reporting misleading ads
- C) Selling Ayurvedic medicines
- D) Issuing Ayush Visas

Ans: B (Pharmacovigilance)

Q50. Under the 2023/2025 amendments, 'Codified Traditional Knowledge' refers to knowledge present in:

- A) Only Oral traditions
- B) Local folklore
- C) Authoritative texts like the Ayurvedic Formulary of India (AFI)
- D) Modern Pharmacology books

Ans: C (Authoritative texts/AFI)



**APTA AYURVEDA
CLASSES**

WELLNESS BEGINS HERE

APTAAYURVEDACLASSES.COM

FOR NOTES -



APTA AYURVEDA CLASSES

WELLNESS BEGINS HERE

APTAAYURVEDACLASSES.COM