

# Arya Vaidya Sala, Kottakkal

## Heralding the Renaissance of Ayurveda



**P. S. Varier, Founder of Arya Vaidya Sala (AVS)**

### P S Varier's historic first step.....

In 1902, Vaidyaratnam P.S. Varier set out on his pioneering journey to revive the traditional Indian healthcare system of Ayurveda, with a modest beginning at Kottakkal, a small village at that time, nestling in refreshing verdant surroundings in the Malappuram district

of Kerala. That was a time when ayurveda was passing through a dark phase in its centuries old history with both the government and Indians neglecting ayurveda. Equipped with his arduous gurukula training in the science and practice of ayurveda and with further practical training in modern medicine (allopathy) and, motivated by a clearly thought out mission, he established Arya Vaidya Sala on 12<sup>th</sup> October, 1902 in his true spirit of entrepreneurship. This became the historic first step from the visionary P S Varier that led to the revival and resuscitation of ayurveda in India. From its humble origins as a village clinic, it has had a remarkable journey, having grown into a leading multi-unit, multi-disciplinary and multi-crore organisation. In 1917, P.S. Varier established the Arya Vaidya Pathasala, one of the first educational institutions that taught Ayurveda. He introduced innovative methods of production and distribution.



### The Mantle passes on to Dr P K Warriier

#### Marrying tradition with technology

Dr P.K. Warriier, the nephew of P.S. Varier, is the present Managing Trustee and Chief Physician of Arya Vaidya Sala. He introduced technology in drug manufacture, improvements in dosage presentation, new research and documentation activities, enhanced medicinal plant cultivation and brought in overall modernisation in every domain of AVS operations, which resulted in the growth and expansion of AVS. He is instrumental in scaling up the hoary tradition of Ayurveda into a modern day medical

discipline. He is the recipient of numerous accolades including the Padmabhushan award. Following the demise of the founder, P.S. Varier, in 1944, and as per the provisions of his reputed will, Arya Vaidya Sala became a charitable trust. Its management was vested in a Board of trustees comprising a managing trustee and six other trustees including P.

Raghava Varier, C.A. Varier, Dr. N.S. Unnikrishnan, Dr. P. Madhavankutty Varier, Dr. K. Muraleedharan and Adv. C.E. Unnikrishnan.

#### ....And Today

Today, Arya Vaidya Sala (AVS) has become a name synonymous with authentic ayurveda. Kottakkal has come to be recognized as a global destination which offers a



**Dr. P.K. Warriier, Managing Trustee and Chief Physician**



Centre for Medicinal Plants Research (CMPR)

new lease of quality life to the suffering humanity. AVS has now grown into a multi-unit, multi-disciplinary and multi-crore charitable organisation with considerable presence in clinical service, medicine manufacture, research, documentation and allied functions. AVS offers classical ayurvedic medicines and authentic ayurvedic treatments and therapies to patients from all over India and abroad. About 30 percent of those seeking treatment and care at Kottakkal are from foreign countries. AVS manages hospitals at Kottakkal, Delhi, Kochi and Aluva, where all the classical ayurvedic medicines, therapies and expert medical advice are available. All these hospitals are provided with spacious and comfortable living area and treatment rooms. The hospitals are managed by experienced senior physicians with the support of other able physicians, skilled para-medical and support staff. Care is always taken to ensure that proper palliative measures and standard comforts are provided to the patients and their families. AVS has two modern medicine manufacturing units, has well equipped quality control labs, has research activities, publishes ayurvedic periodicals and books, cultivates medicinal plants and conducts educational programmes. Parallel allopathic treatment is also available. AVS operates three GMP accredited drug manufacturing units at Kottakkal, Palghat and Nanjangud. The unit at Nanjangud, Karnataka is the latest one which is dedicated to the production of a series of new-generation formulations.

More than 500 classical formulations are manufactured at the two factories at Kottakkal and Kanjikode and they are made available to patients across the country through 27 branch clinics and more than 1600 authorised dealers. Another 25 new-generation formulations are produced at the new unit at Nanangud. All the three factories are GMP accredited. The medicines are prepared based essentially on classical specifications. Simultaneously, appropriate technology has been incorporated. More than

700 different types of raw herbs are sourced from across the country for producing these medicines. The raw materials and the medicines pass through rigorous quality check by employing modern scientific methods.

### A centre of excellence in medicinal plants research

As part of its activities to strengthen the knowledge base of ayurveda as well as to spread the message of ayurvedic healing system, AVS is proactively engaged in research and educational efforts.

The Centre for Medicinal Plants Research (CMPR) was set up in 2003 to address the very crucial issues of quality and quantity of medicinal plants which are facing a grave threat of extinction. Inaugurated by the then President of India, Dr. APJ Abdul Kalam, is now recognized by the Central Government as a centre of excellence. Several collaborative research programmes are undertaken here jointly with ICMR, DBT, AYUSH, etc as it is affiliated to Kannur University as a learning centre. Other research activities in progress at AVS pertain to areas of clinical research, process improvement and new drug development. Some of these programmes are taken up in collaboration with national apex bodies like DST, DAE, IIT, MAHE, etc. The publications department of AVS publishes a quarterly journal on ayurveda, apart from bringing out reference manuals and other texts in Malayalam, Hindi, Sanskrit and English. Holding of annual ayurveda seminars and other academic events also forms part of the activities directed to propagating the practice of ayurveda.

Truly, P.S. Varier's pioneering efforts have led to the resurrection and renaissance of ayurveda, not only in India, but also globally. No wonder, a small town, Kottakkal, has now become a generic word for Ayurveda.

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