

# SWISS REGULATORY MODEL FOR THE INSTITUTIONALISATION OF AYURVEDA IN WESTERN PUBLIC HEALTH SYSTEMS



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## SWITZERLAND TO RECOGNISE CAM



In 2009

**Switzerland**

Through a popular vote and a change in its Constitution

became the first and so far only country in the West  
to recognise CAM in its public health system

## ***CLAIMS - New professions & recognised professional training***

### ➤ 3 CAM professions



#### Allopathic trained physicians:

- **Diploma in Complementary Medicine (CME)**
  - reimbursed by the compulsory health insurances

#### Practitioners without prior allopathic training:

2 new professions for CAM

- **Federal Diploma in Alternative Medicine**
- **Federal Diploma in Complementary Therapy**
  - reimbursed by complementary health insurances

## CLAIMS - *Clinical practice & therapeutic products*

- CAM units in medical faculties and university hospital centres
- CAM practice in public health settings
- Availability of therapeutic products for CAM



## **DECISIONS & DECREES OF SWISS AUTHORITIES**

### **Decision of the Swiss High Court in 1996**

Traditional medical systems do not have to prove their efficacy mainly according to criteria of modern streamline medicine but with respect to the particularities of their own system



### **Decree of Swiss Health Ministry in 2014**

Recognised CAM disciplines do no longer have to give proof of their efficacy, but any opponent should give proof of their inefficacy



### **Revision of the law on therapeutic products in 2015**

In July 2015 the Swiss parliament has voted the revision of the law on therapeutic products with the scope to ease the access to medicines of traditional medical systems



## AYURVEDA PROFESSIONS IN SWITZERLAND

### COMPLIANT WITH WHO GUIDELINES

WHO (& AYUSH) Professional training in Ayurveda	SWISS HEALTH SYSTEM CAM
<p>CAT I, type 1 AYURVEDA MEDICINE Training for individuals with <u>no</u> prior medical training</p> <p>CAT I, type 2 AYURVEDA MEDICINE Training for individuals with prior medical training</p>	<p>AWARDED NATURAL PRACTITIONER IN AYURVEDA MEDICINE <b>Alternative Medicine</b></p> <p>ALLOPATHIC PHYSICIAN WITH TRAINING IN AYURVEDA MEDICINE <b>(Complementary Medicine)</b></p>
<p>CAT II AYURVEDA THERAPY <b>Type 1</b> Panca karma manual ttt <b>Type 2</b> Nutrition</p>	<p>AWARDED COMPLEMENTARY THERAPIST IN AYURVEDA THERAPY <b>Complementary Therapy</b> (Panca karma &amp; nutrition)</p>



## **AYURVEDA PROFESSIONS IN SWITZERLAND**

### **DELIMITATION OF COMPETENCES**

AYURVEDA MEDICINE	AYURVEDA THERAPY
MEDICAL DIAGNOSIS IN AYURVEDA	THERAPEUTIC ASSESSMENT
PRESCRIPTION AND PREPARATION OF MEDICINES	INDICATION OF SPICES IN IN NUTRITION ADVISE
ALL MEDICAL MANUAL TREATMENT TECHNIQUES	THERAPEUTIC MASSAGE
INVASIVE TREATMENT like Pancha Karma	The therapist can assist the Ayurveda medical pratitioner or physician in manual and invasive treatment techniques under their supervision and associated in the same clinic

# AYURVEDA PROFESSIONS IN SWITZERLAND



## AYURVEDA IN THE 3 CAM PROFESSIONS

Registered systems amongst 250 disciplines practised in Switzerland

### ➤ Alternative Medicine

➔ **Ayurveda Medicine** / TCM / Homeopathy / Naturopathy

### ➤ Complementary Medicine

➔ Homeopathy / Phytotherapy / Antrophosophic Medicine / TCM

**Ayurveda** is proposed to become the 5<sup>th</sup> system within a 2 – 3 years

### ➤ Complementary Therapy

➔ **Ayurveda Therapy** / Yoga / Shiatsu / Cranio-Sacral ttt / Eutony

**Ayurveda is the only discipline  
recognised in both new professions**



## CAM SCENARIO IN SWITZERLAND

Ayurveda has to compete for recognition beside major CAM systems who are stronger established

- TCM – Chinese phytotherapy
- TCM – Tuina massage
- Acupuncture
- TEN (Trad. European Naturopathy)
- Phytotherapy
- Homoeopathy
- Anthroposophic medicine

and 20-30 other CAM methods.



## REGULATORY REQUIREMENTS

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Ayurveda clinical practice has comparatively to comply with the stringent legal EAE quality criteria of the Swiss health system

### EFFICACY – ADEQUACY – ECONOMIC VIABILITY

since all recognised disciplines will be reimbursed  
by the health insurances



## FOR AYURVEDA TO MEET THESE REQUIREMENTS

### Ayurveda needs

- PERFORMING PROFESSIONALS
- ACCESS TO MEDICINES & TO CLIENTS  
= PROMOTION
- STRONG PARTNERS  
in India and in the West
- A DIALOGUE WITH WESTERN SCIENCE
- AYURVEDA REFERENCE STRUCTURES  
in the field of clinical practice  
with a good therapeutic  
success rate in Switzerland



# CONTRIBUTIONS & PROJECTS OF THE INDO-SWISS AYURVEDA FOUNDATION (ISA)



## PERFORMING PROFESSIONALS



**HIGH LEVEL PROFESSIONAL TRAINING IN AYURVEDA MEDICINE** for international students with regards to WHO, AYUSH and to Swiss regulatory guidelines, inspired by BAMS syllabus, focusing on traditional knowledge preservation and transfer (study of Sanskrit, focus on classical texts).

- **INTENSIVE TRAINING OF TEACHERS AND RESEARCHERS IN INDIA** (project)

## PROMOTION

- **TRILINGUAL ACADEMIC WEBSITE** (Fr, De, En)  
showcasing the model of institutionalization of Ayurveda in Switzerland
- **POLITICAL LOBBYING**  
for the recognition of Ayurveda in the 3 professions and for its therapeutic products as medicines

## CONTRIBUTIONS & PROJECTS OF THE INDO-SWISS AYURVEDA FOUNDATION (ISA)



### STRONG PARTNERS

- **ISA = REFERENCE BODY FOR THE SWISS HEALTH MINISTRY IN THE FIELD OF AYURVEDA**
- **INTERGOVERNMENTAL DIALOGUE WITH INDIA / AYUSH**  
Official study by the Swiss Embassy in Delhi on Ayurveda as a medical system in India and its possible transfer to Switzerland  
(2011)
- **INDO-SWISS NETWORKING (INTER-CULTURAL BRIDGE)**  
for successful collaborations of prime Ayurveda institutions in Switzerland and India in training, research and clinical practice

## CONTRIBUTIONS OF THE INDO-SWISS AYURVEDA FOUNDATION (ISA)



### DIALOGUE WITH WESTERN SCIENCE

- **DHARA** – first global online database on Ayurveda research (2011)
- **REGULAR INTRODUCTORY LECTURES ON AYURVEDA AT MEDICAL FACULTY** to undergraduate medical students (since 2012)
- **INDO-SWISS CLINICAL RESEARCH PROJECT** in ayurvedic medicine in collaboration with a leading CAM center of a Swiss university hospital
- **ACADEMIC LIBRARY FOR AYURVEDA** (project)

### REFERENCE STRUCTURES FOR AYURVEDA

- **REFERENCE CENTER FOR AYURVEDA MEDICINE IN SWITZERLAND** (project)
- **INTERNATIONAL REFERENCE CENTRE FOR AYURVEDA IN INDIA**  
GLOBAL AYURVEDA HUB (project)

**AYURVEDA GETTING RECOGNISED IN THE SWISS PUBLIC HEALTH SYSTEM  
WILL GREATLY EASE ITS RECOGNITION  
IN OTHER EUROPEAN COUNTRIES AND BEYOND**



## Switzerland

- has amongst the highest medical standards and regulatory requirements in the world
- Is home of leading pharmaceutical companies
- Is known for being an international trend setter



# IN THE SERVICE OF AYURVEDA AND MANKIND



Indo-Swiss Ayurveda Foundation (ISA)

[www.isa-ayurveda-foundation.org](http://www.isa-ayurveda-foundation.org)