

**Ambassador's Remarks at the celebrations of
the Ayurveda Day-2026**

(Ashgabat, 23 September 2026)

*Members of Indian Community and Friends of India,
Ladies and Gentlemen,*

Namaste, Gununiz hayyrly bolsun!

It is my pleasure to welcome you all to the celebrations of the 11th Ayurveda Day, under the theme “*Ayurveda for a Healthier Tomorrow*” in Ashgabat today. Your enthusiastic participation in today's event is a vivid reflection of the longstanding friendly relations between India and Turkmenistan as well as the growing interest among the people of Turkmenistan on the benefits of Ayurveda.

2. You might be aware that Ayurveda, which in Sanskrit language means “Knowledge of Longevity”, is practiced in India for thousands of years as a system of holistic healing. Ayurveda is divided into 8 branches such as General Medicine, Surgery, Pediatrics, Geriatrics, Toxicology etc while the 3 major texts of Ayurveda include the Charaka Samhita, Sushruta Samhita and Ashtanga Hridayam. According to Ayurveda, each individual has a unique *Prakriti (body constitution)*, which is determined by the combination of 3 *Doshas (imbalances)*: *Vata (Air and Space)*, *Pitta (Fire and Water)* and *Kapha (Earth and Water)*. It is believed that balance among the doshas preserves health while any imbalance in them will lead to disease. Thus, Ayurveda stresses on the need for a balanced life through proper *Dinacharya (daily routine)*, which includes a healthy diet, regular exercise, stress management and proper sleep. Together with the practice of Yoga, Ayurveda could improve the physical and emotional wellbeing of all individuals.

3. In this context, I would like to recall the setting up of a new Ministry of Ayush by the Government of India in 2014 to promote traditional systems of medicine such as Ayurveda, Yoga, Naturopathy, Unani, Siddha, Homeopathy etc and the establishment of a “Global Traditional Medicine Centre” of the World Health Organization (WHO) in Jamnagar (India) in 2022, to strengthen the research, training and awareness on Ayurveda and other systems of traditional medicine. It is heartening that an “Ayurveda Chamber” was inaugurated at the Turkmen State Medical University in Ashgabat in January this year and we are exploring the deputation of an Ayurveda Expert from India to Ashgabat in the near future. Embassy will work closely with the Government of Turkmenistan to further strengthen bilateral cooperation in the fields of Healthcare, Pharmaceuticals, Yoga, Ayurveda, Traditional Medicine and Medicinal Plants etc. I also take this opportunity to encourage the people of Ashgabat to benefit from the free classes of Yoga conducted daily at the Embassy and the “Yoga and Traditional Medicine Centre” of the Bagtyyarlyk Sports Complex in Ashgabat.

4. I would like to conclude by reaffirming that India considers Turkmenistan as a close friend and partner in its “Extended Neighborhood”. In line with the ancient Indian philosophy of “Vasudhaiva Kutumbakam (*World is one Family*)”, India will continue to share its developmental experience and expertise, as per the needs and requirements of Turkmenistan. I am confident that the India-Turkmenistan partnership will be further strengthened in the coming days, under the visionary leadership of Prime Minister Narendra Modi, the President of Turkmenistan and the National Leader of the Turkmen People. Once again, I thank you all for taking part in today’s celebrations of the 11th Ayurveda Day. *Sag bolun!*
