



Ministry of Health and Family Welfare
Government of India



सर्वोदय
Ministry of AYUSH



अखिल भारतीय आयुर्वेद संस्थान
ALL INDIA INSTITUTE OF AYURVEDA
(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)
(An Autonomous Organization under the Ministry of Ayush, Govt. of India)

"End LTB" Campaign



आयुर्वेद को अपनाये भारत को टीबी मुक्त बनाये
Pradhan Mantri TB Mukh Bharat Abhiyan



AYURVEDA – Knowledge System Of Healthy & Happy Life



Ayurveda: The Science of life.

- A monumental contribution of India to the world.
- Objectives of Ayurveda:
 - Maintenance of positive health.
 - Treatment of Diseases.



Aturavrittam: Tridosha & Panchabhautic framework.

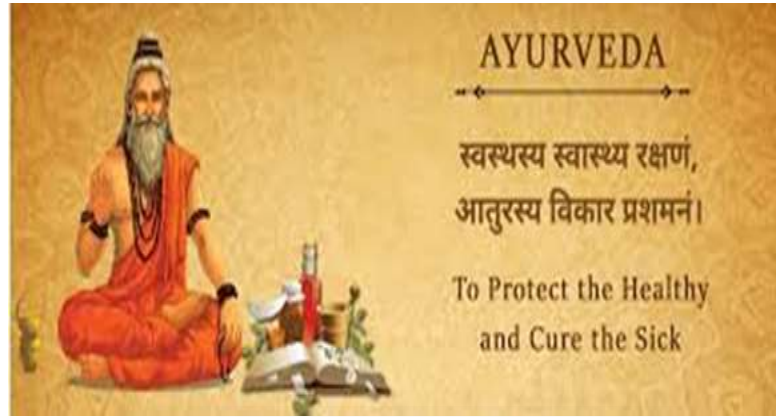
Swasthavrittam: Socio-economic adjustments, modification of personal habits, control of infection, pollution etc.



Illness Wellness Happiness



AIM OF AYURVEDA



Prevention

Promotion

Maintenance

**Maintenance
of Health**

**Management of
Diseases**

Diet

Sleep

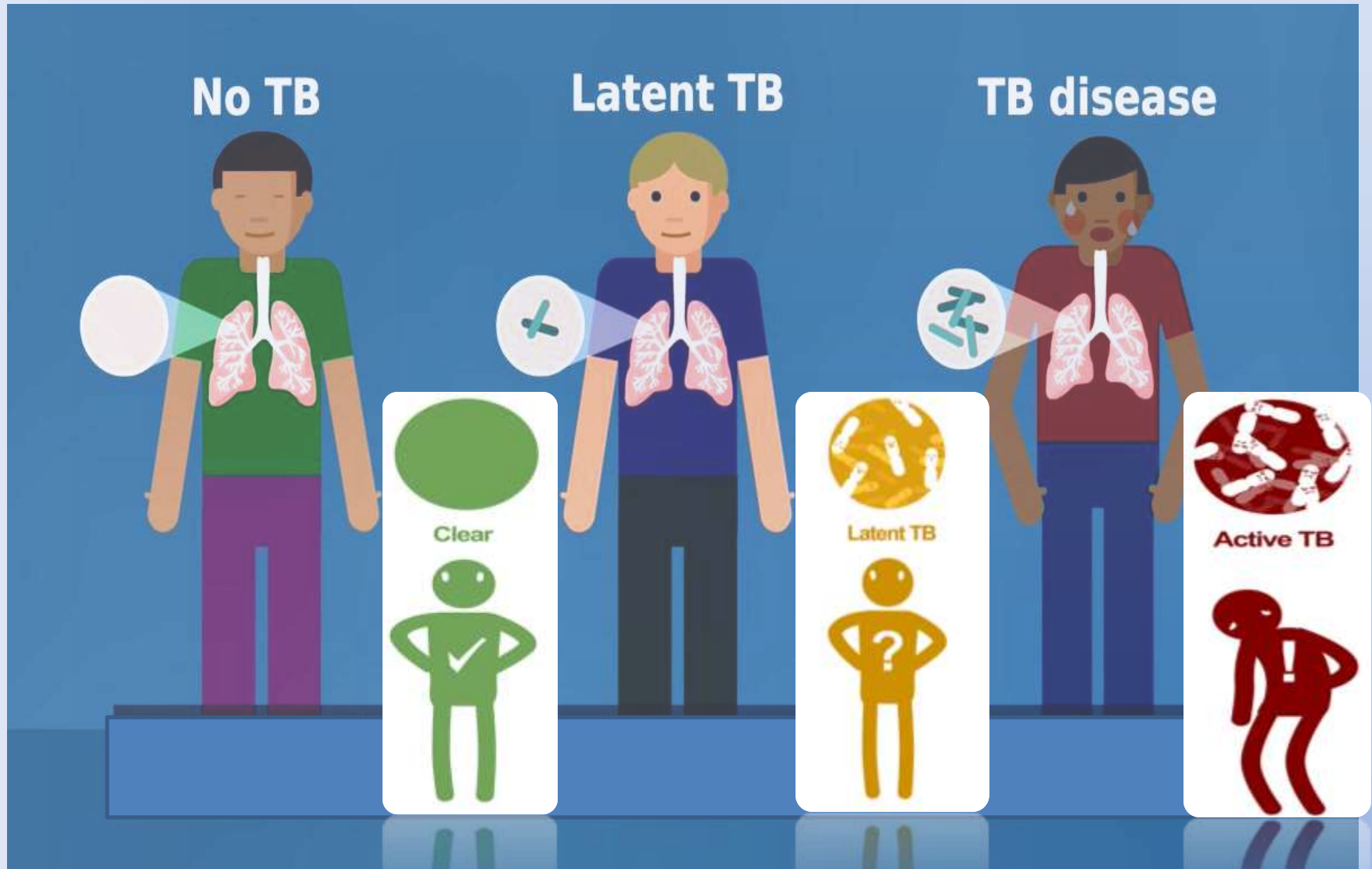
Celibacy

Customized Holistic Approach

What is Latent TB?



सत्यमेव जयते
Ministry of AYUSH



Get yourself tested for **Latent TB infection** if you?



Live or work with someone
who has TB



Hail from a country where
TB is common

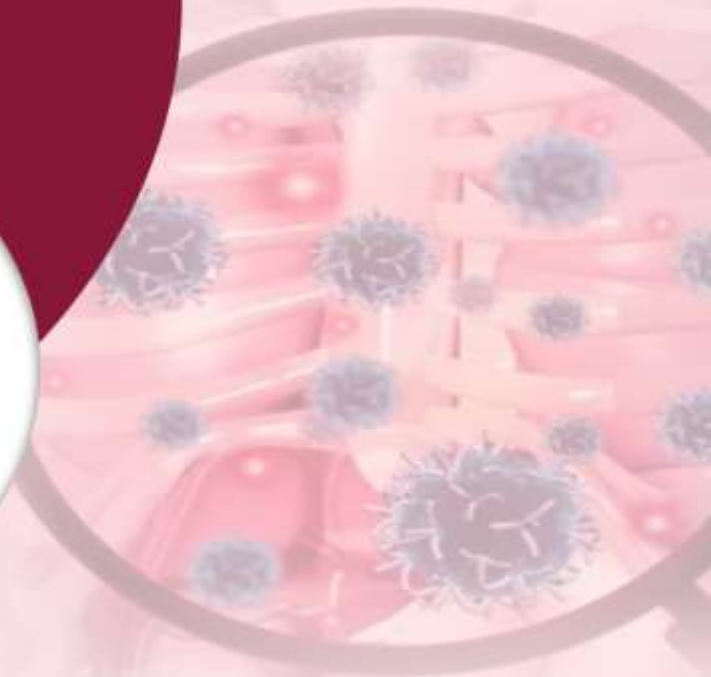
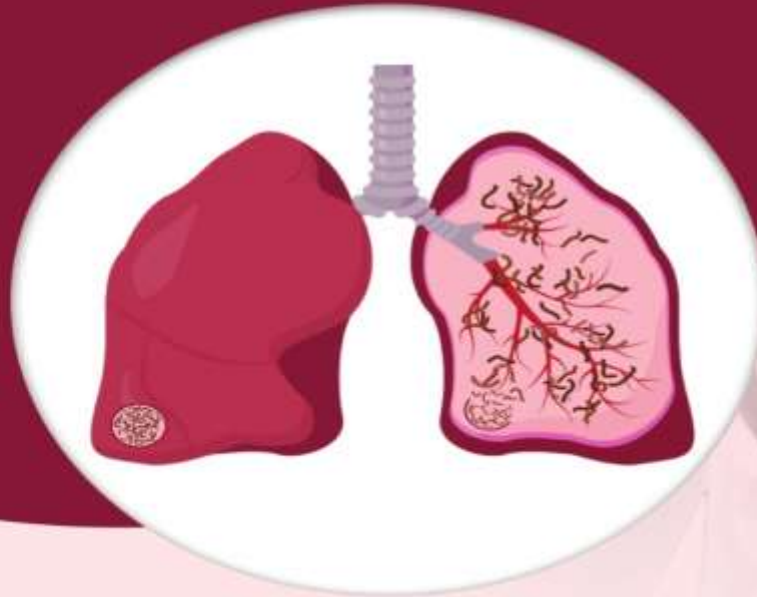


Have a weakened immune system
that makes you more vulnerable



Spend time in crowded areas
like hospitals or homeless shelters
where TB can spread easily

What is Latent TB?



Latent TB infection means TB germs are in the body, but not enough to cause sickness or spread germs to others.

Without treatment, 1 in 10 people with latent TB infection will develop TB disease.



What is Latent Tuberculosis (LTB)?



Bacteria is in dormant stage

Infection not disease

Non-Communicable

How **LTB** is Different from **TB**



TB Disease

TB is active and grows in the body

Makes a person feel sick and have symptoms

Can spread from person to person

Can cause death if not treated

Latent TB

TB lives but doesn't grow in the body

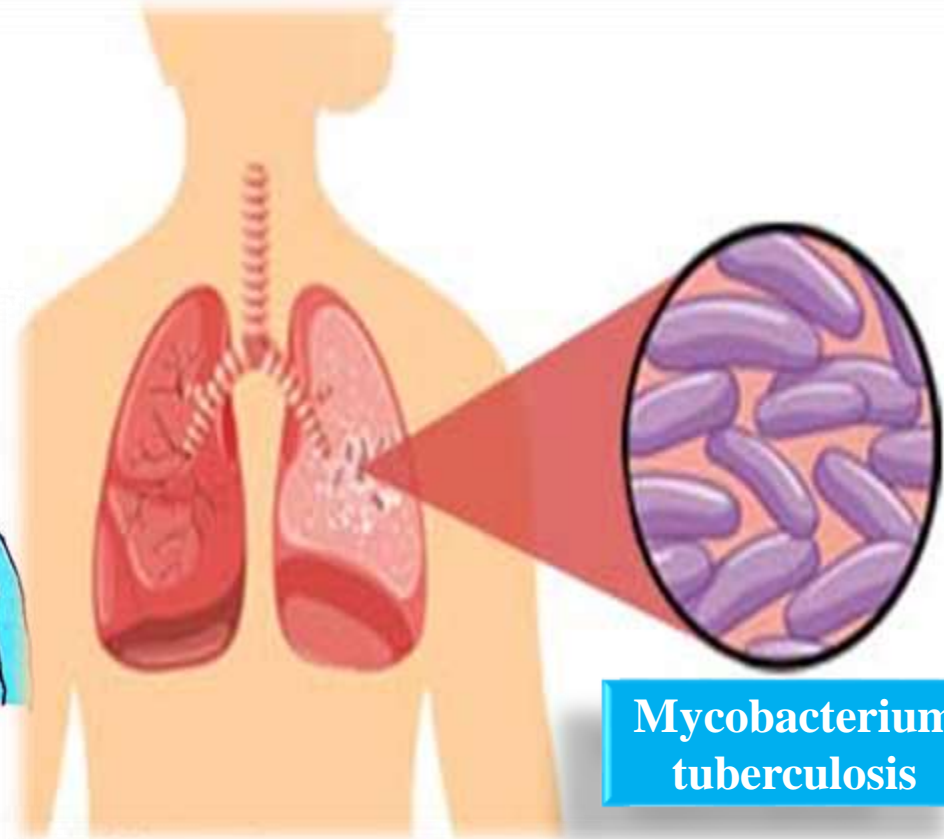
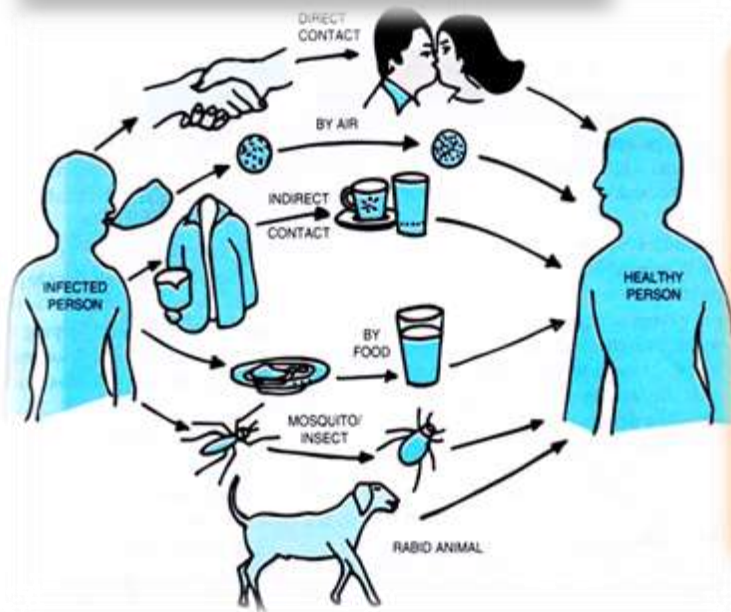
Doesn't make a person feel sick or have symptoms

Can't spread from person to person

Can advance to TB disease

What is Tuberculosis (TB)?

Communicable disease



**Mycobacterium
tuberculosis**

Can affect any part of body but
mainly affect lungs.

How Tuberculosis Affects the Body

Recognise the Symptoms of Active Tuberculosis (TB)

Persistent fever may indicate TB.

Cough for more than 2 weeks

Pain in the chest can signal lung involvement

Blood or sputum from deep inside the lungs is a serious sign

Heavy sweating during sleep is common in TB patients

Persistent fatigue can be a symptom

Unexplained weight loss may occur

Not wanting to eat can accompany other symptoms

Lymph nodes may swell if TB affects those areas



How to Diagnose ?

LTBI

Sputum AFB –
Negative

Sputum CBNAAT-
Negative

Gene Xpert for
MTB- Negative

MTB- DNA-PCR-
Negative

Stool- Xpert for
MTB- Negative

Active TB Disease

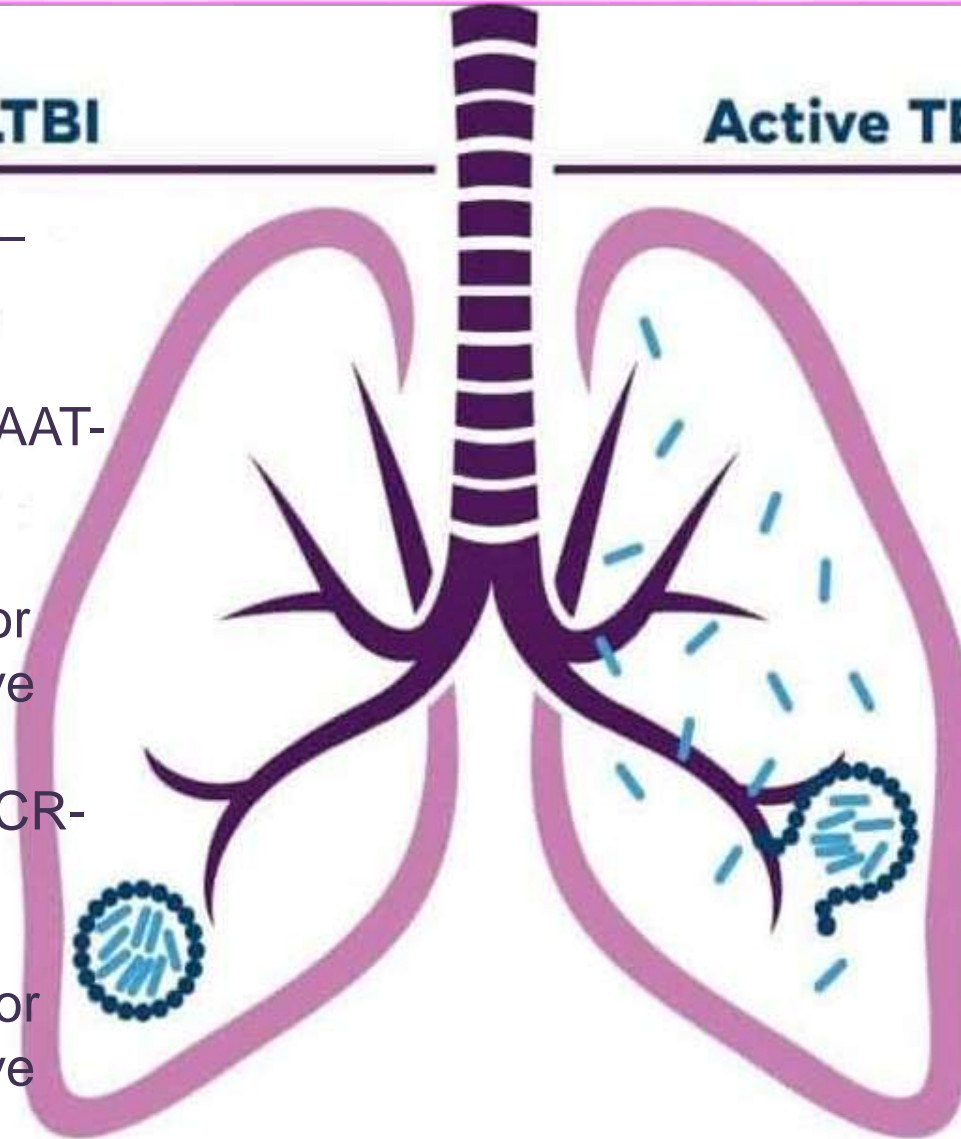
Sputum AFB –
Positive

Sputum CBNAAT-
Positive

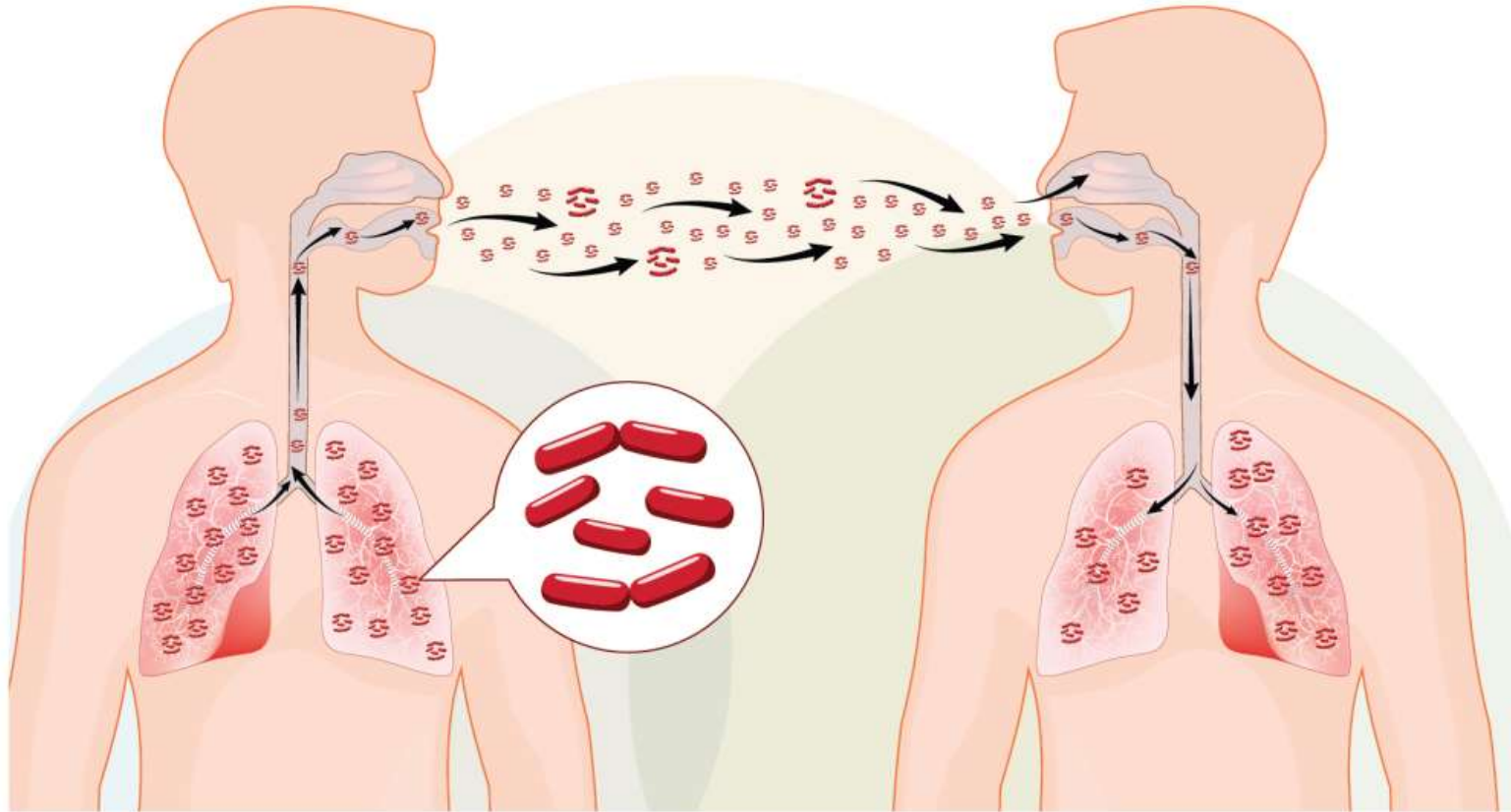
Gene Xpert for MTB-
Positive

MTB- DNA-PCR-
Positive

Stool- Xpert for MTB-
Positive



Is TB Contagious?



- Yes, tuberculosis is both contagious as well as communicable disease and it spreads through the air droplets when someone with active TB in their lungs or throat coughs, speaks, sings, or laughs. Inhaling just a few of these bacteria can cause infection. Tuberculosis can also spread through contaminated food and drinking unboiled milk.



Risk factors of

Tuberculosis (TB) Disease

Factors increasing the risk of tuberculosis are:

- Diabetes mellitus
- Smoking
- Alcoholism
- Illicit drug use



Risk Factors for Tuberculosis



Employment at a health care facility, homeless shelter or prison



Immune compromise



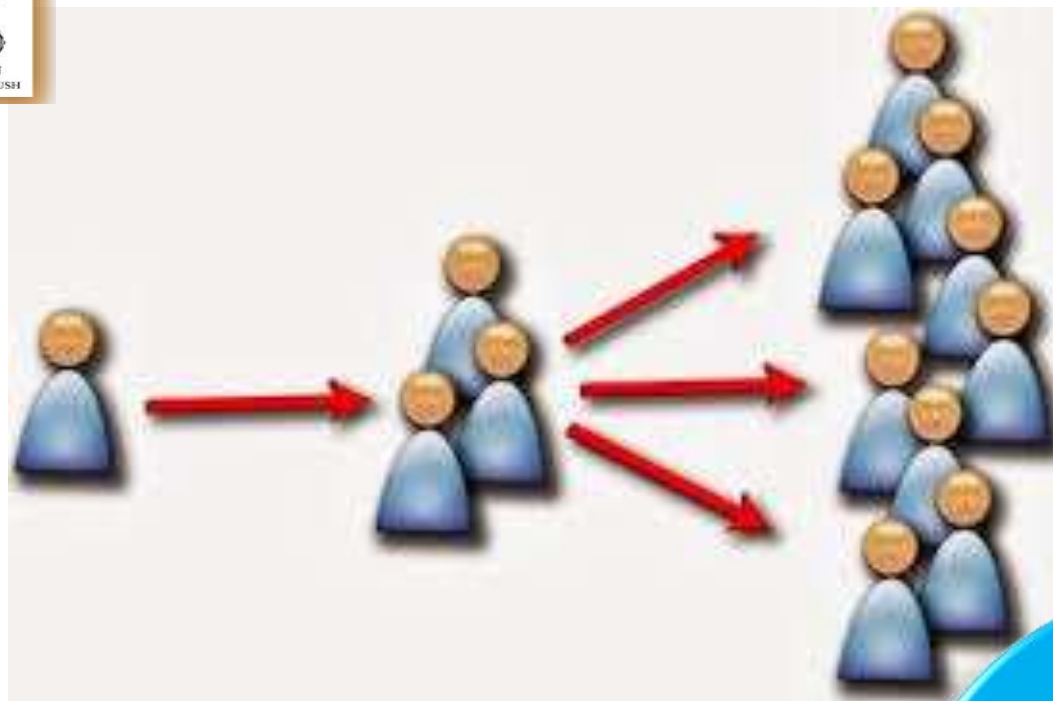
Travel to areas where TB is common



Substance abuse

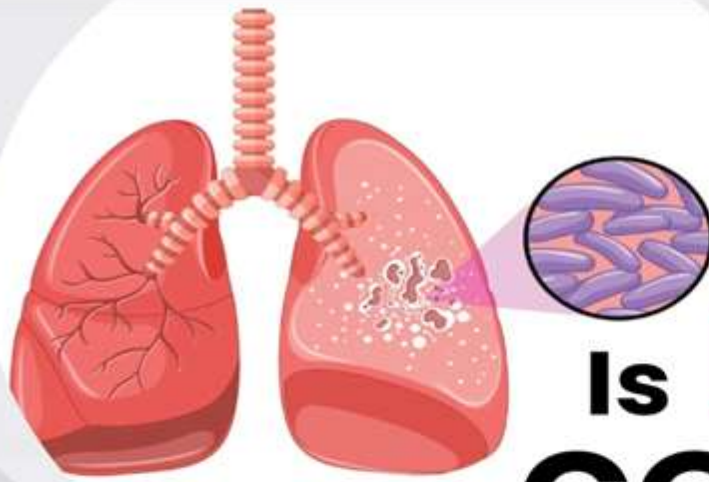


Living with someone infected with TB



Is LTB Contagious?

NO!!



Is **Latent TB** **CONTAGIOUS?**

No, LTB is neither contagious
nor communicable

The infected person remains
a carrier/ reservoir for
TB bacteria

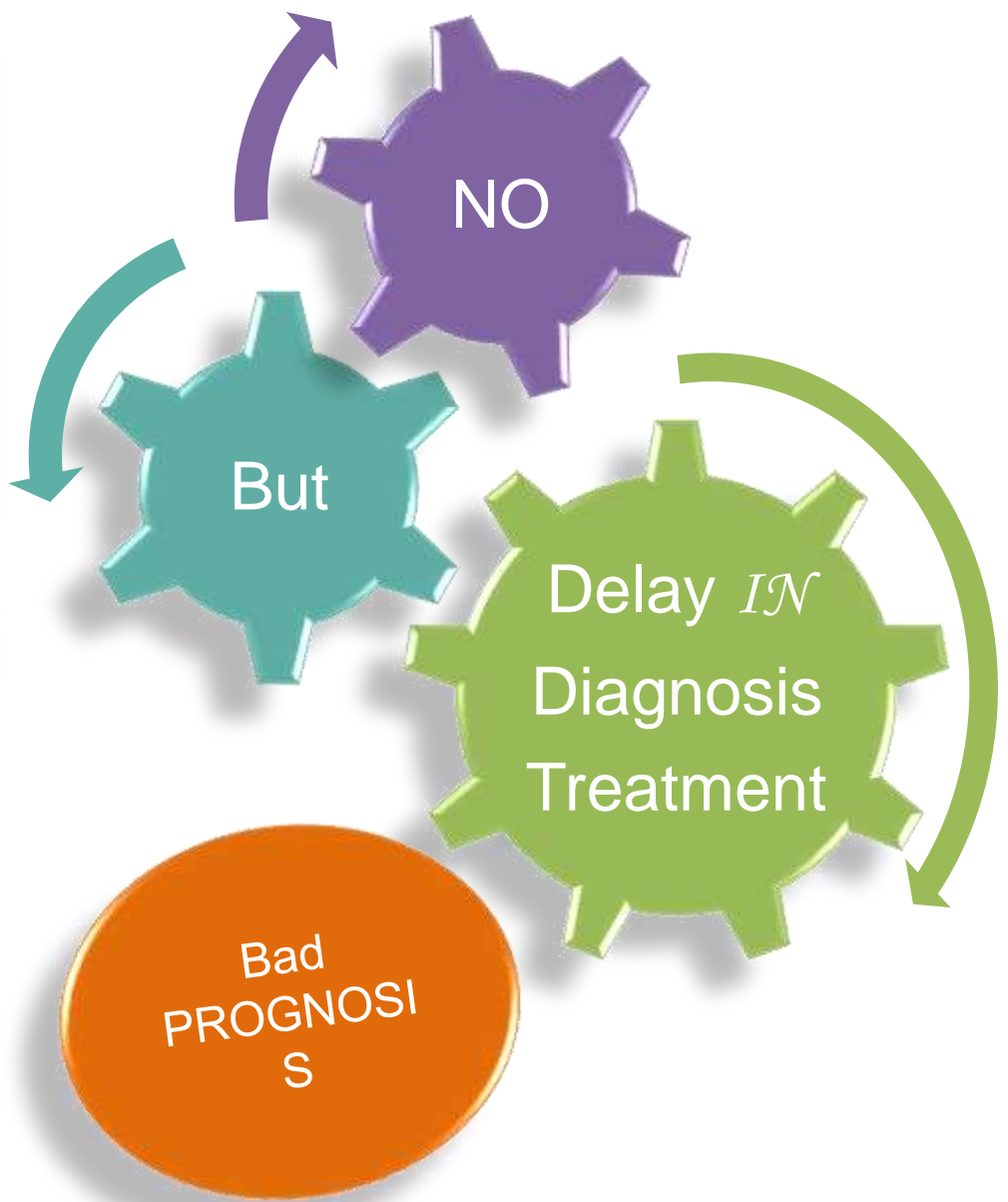
Latent tuberculosis is a state
of infection and not disease

The infected person does not
spread the disease





Is TB Dangerous?





YES !!

Is LTB Curable?



AYURVED
A

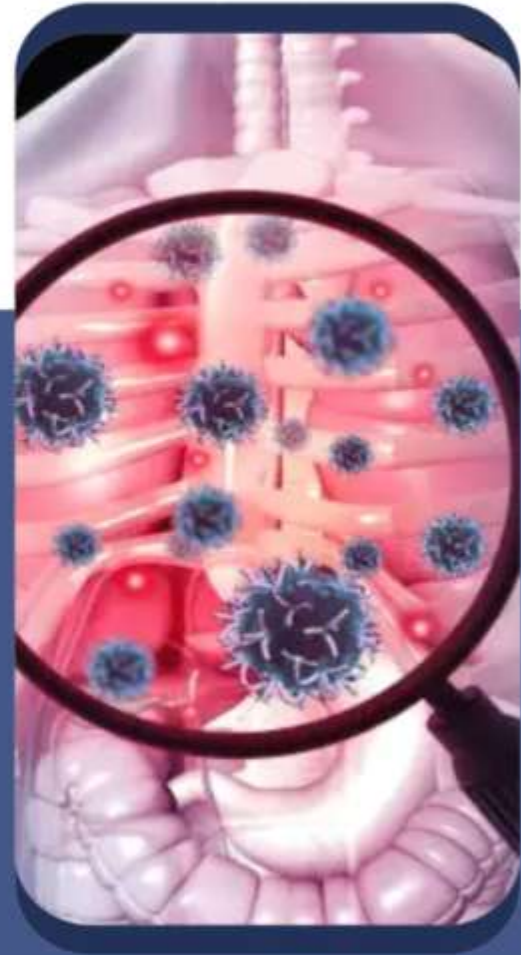


Is Latent TB curable ?

Yes, it can be cured with proper treatment.

It is the stage of persistent immune response and therefore needs treatment to avoid further complications

Ayurveda has potential role in the treatment



Does TB affect only lungs?

NO

Main sites of Extrapulmonary tuberculosis

Central nervous system
- Meningitis

Lymphatics
- Scrofula (of the neck)

Pleura
- Tuberculosis pleurisy

Disseminated
- Miliary tuberculosis

Bones and joints of spine
- Pott's disease

Genito-urinary
- Urogenital tuberculosis



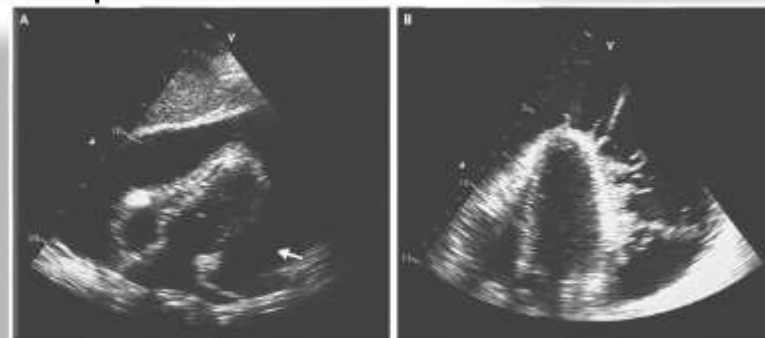
Bone TB



Spinal TB



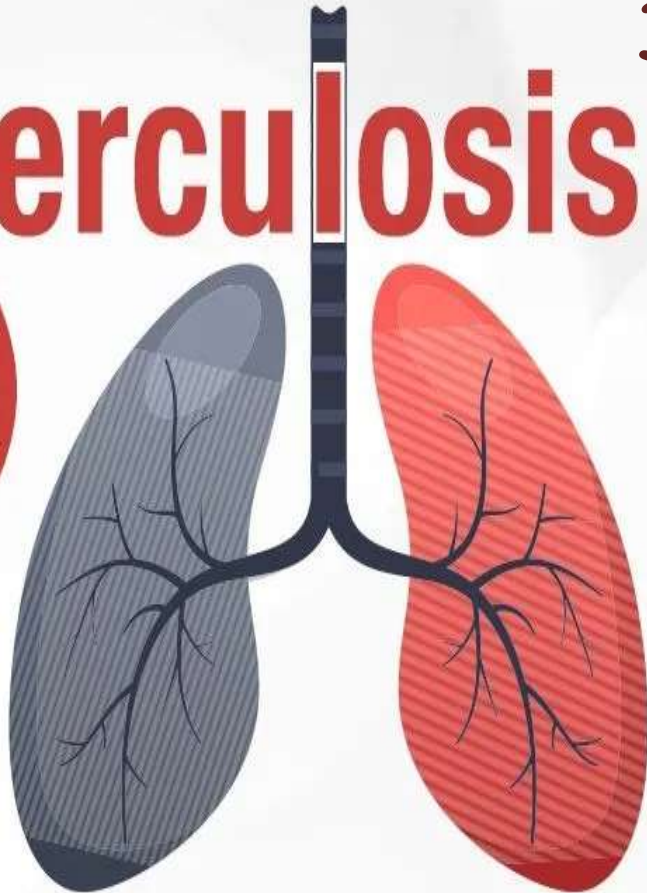
Urogenital TB



Tuberculous Pericarditis

Stages of TB

Tuberculosis (TB)



1

Primary Infection

2

Latent Infection

3

Active TB disease

Diagnosing Latent Tuberculosis (LTB)

Understanding the Challenges and Screening Method

Challenges in Diagnosis

LTB presents no symptoms, making it difficult to identify

Requires careful screening of individuals at higher risk

Screening Methods

Tuberculin skin test measures immune response to TB antigens through a skin injection

Interferon-gamma release assays are blood tests that detect immune response to TB bacteria

Importance of Screening

Essential for preventing progression to active TB

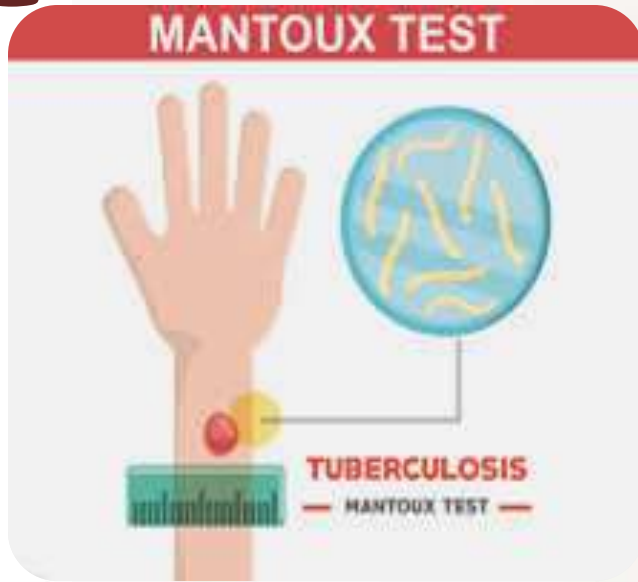
Routine testing recommended for high-risk populations





If LTB is having no symptom, how it can be diagnosed?

1



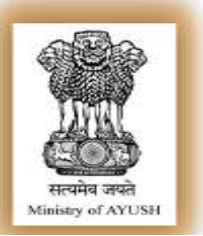
3

Based on screening proforma.



2

IGRA (interferon gamma release assay test)



Challenges in Diagnosis





ALL INDIA INSTITUTE OF AYURVEDA
Mass Screening Performa for Latent Tuberculosis

Name/ नाम:- _____ **Male/ (पुरुष)** **Female/ (महिला)** **Age (आयु)** _____
Address/ पता:- _____ **Contact No: संपर्क नं.** _____
Registration/ Screening No: पंजीकरण स्क्रीनिंग संख्या

UHID No. विशिष्ट स्वास्थ्य पहचान नंबर:- _____

Block / Taluka/ Tehsil: /ब्लॉक/तालुका /तहसील :- _____ **Date/ तिथि:-** _____

Previous H/O any Illness/ medication: किसी भी बीमारी या इलाज का पिछला विवरण

Present Symptoms/ वर्तमान लक्षण:

1. **Frequent cold/ respiratory allergy (>4 times/ year)** Yes /हाँ No /नहीं
बार-बार सर्दी/ श्वास सम्बन्धी एलर्जी (>4 बार/वर्ष)
2. **Persistent complaints related to digestion & defecation** Yes/हाँ No/नहीं
पाचन और शौच से संबंधित निरंतर शिकायतें

Loss of appetite/भूख नहीं लगना Chronic Constipation/पुराना कब्ज Excessive belching/ Flatus
/अत्यधिक डकार आना/पेट फूलना Hard stool /कठोर मल Altered bowel habit/ परिवर्तित आंत्र
आदत Bloating/ heaviness in abdomen after meal/ खाने के बाद पेट का फूलना/भारीपन

*persistent for > 3months can only be consider as positive. *3 महीने से अधिक तक बने रहने को ही सकारात्मक माना जा सकता है।

3. **Inability to gain body weight/ recent significant (> 4kg/ month) body weight reduction./**
शरीर का वजन न बढ़ाना / हाल ही में अत्यधिक (>4 किलो/माह) शरीर के वजन में निरन्तर कमी आना।
Yes/हाँ No/नहीं

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4. **Excessive anger/ stress reflected by easy irritability** Yes/हाँ No/नहीं
अत्यधिक गुस्सा /तनाव के कारण चिड़चिड़ापन
5. **Persistent bodyache / Excessive Fatigue** Yes/हाँ No/नहीं
लगातार बदन दर्द/अत्यधिक थकान महसूस होना
6. **Lack of enthusiasm/ loss of energy in daily life** Yes/हाँ No/नहीं
दैनिक जीवन में उत्साह की कमी/ऊर्जा की कमी
7. **Amenorrhea > 3months/ Inability to conceive despite regular coitus for 2 years** अनियमित मासिक धर्म/ 3 महीने से मासिक धर्म का न होना/ 2 साल तक नियमित सहवास के बावजूद गर्भ धारण नहीं होना
Yes/हाँ No/नहीं

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8. Hospital visit due to various reason > 6 times/ year

विभिन्न कारणों से 6 बार या इससे अधिक अस्पताल जाना

Yes/हाँ No/नहीं

9. Difficulty in joint movements (< 2 joints)

एक अथवा दो जोड़ों में दर्द होना

Yes/हाँ No/नहीं

10. Frequent headache/ dizziness/ lightheadedness (> 4times/ Month)

लगातार अथवा बार- बार शिरदर्द /चक्कर (>4 बार/ महीना) आना

Yes/हाँ No/नहीं

11. Stages/ चरण:-

1-3 Low Risk

4-6 Moderate Risk

7-10 High Risk

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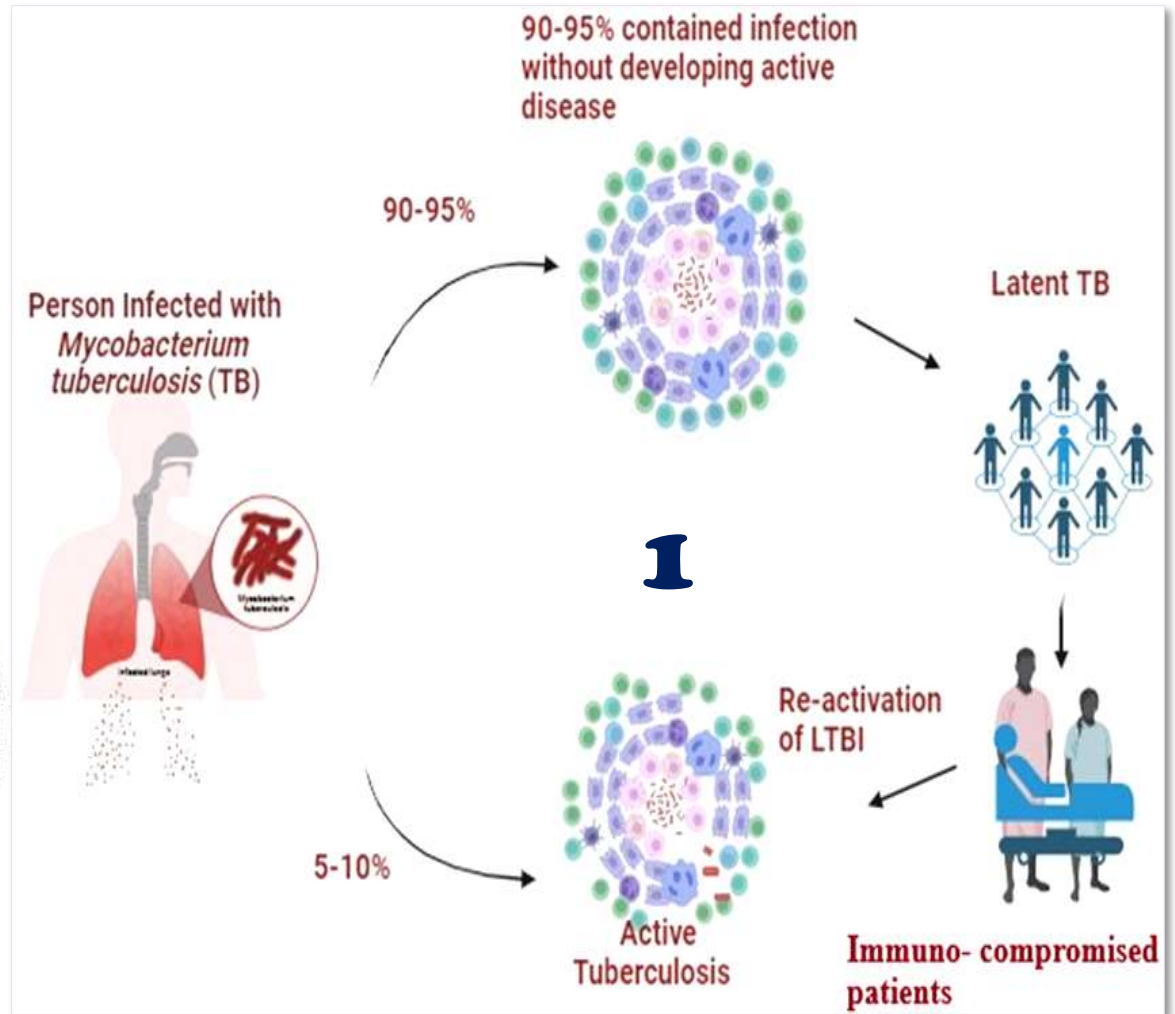


If LTBI is not a disease, why treatment is required?

2

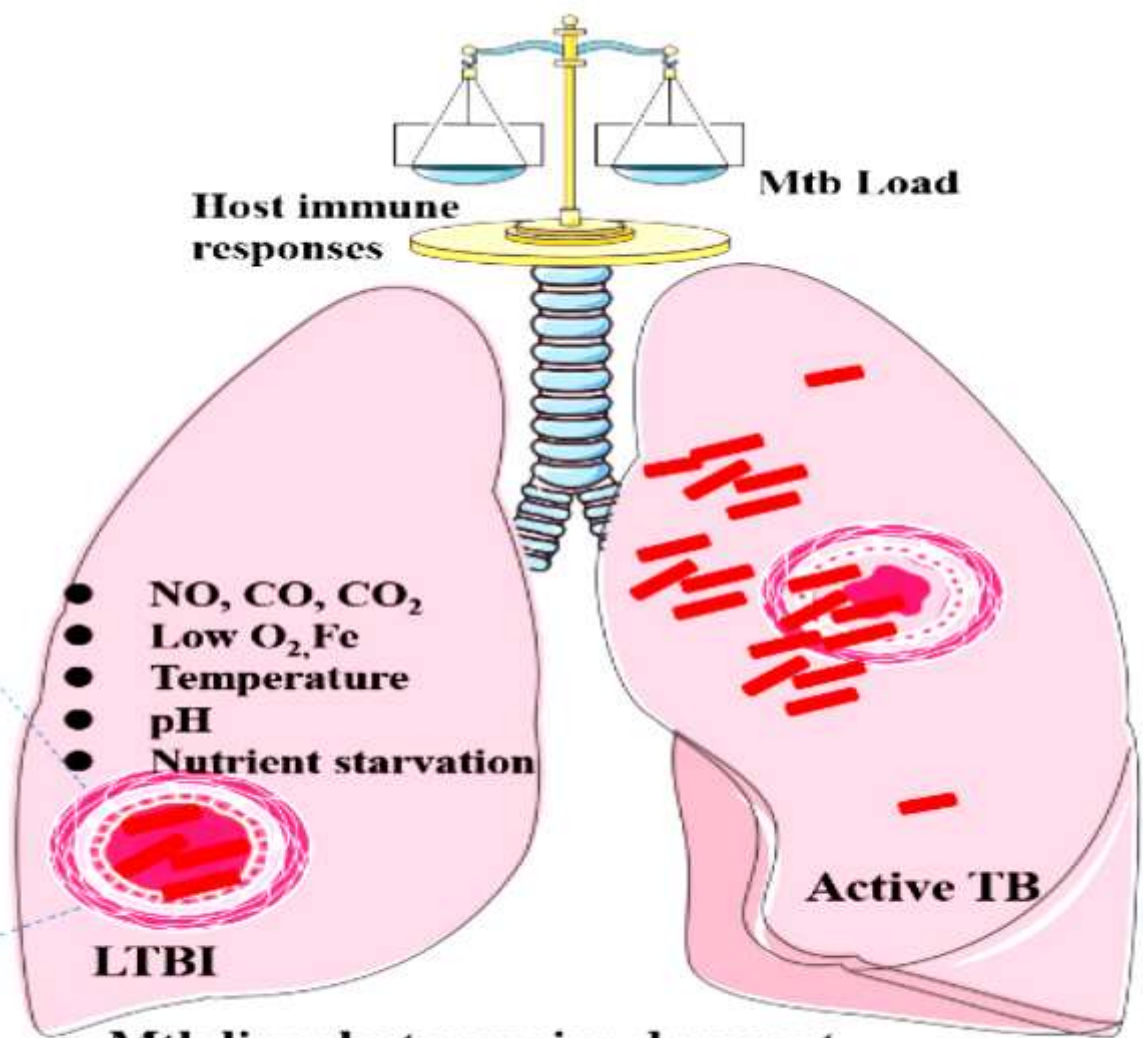


3



Potential Reactivation

- Latent TB can remain dormant for years, but there's a risk of reactivation.
- Reactivation can occur if the immune system weakens, leading to active TB disease.



- Mtb lives but remains dormant
- Cannot spread but can be activated
- Resistance to antimycobacterial drugs

Is TB describe in Ayurveda?

- Latent TB

Kshaya



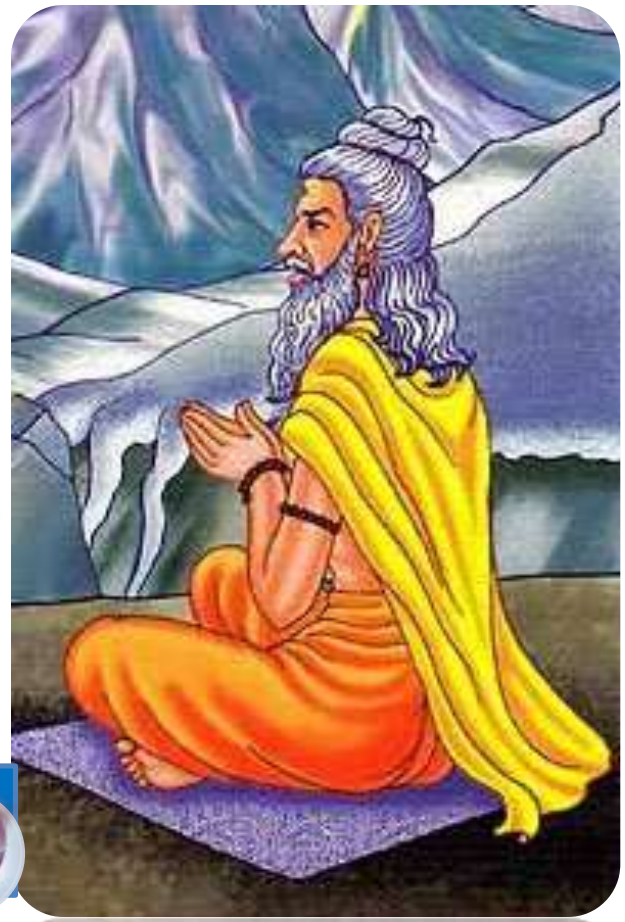
- Latent TB

Shosha



- Active TB

Rajayakshma



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How Ayurveda can help?

Satvavajaya



Pathy-Apathya



Yoga



Rasayana

Dietary Regimen

जन-जन का रखे ध्यान, TB-मुक्त भारत अभियान

जांच, दवा और पौष्टिक आहार
टीबी पर करेगा अंतिम प्रहार



पौष्टिक आहार ही टीबी के खिलाफ
सबसे मज़बूत हथियार है



•Daily intake of diet to maintain the *Tridosha*

Yoga practices for Mental wellbeing



- Sukshma vyayama (warm up) loosening exercises for all joints
- Sitting postures
- Yogasana in supine postures
- Yogasana in Prone position
- Relaxing postures : Shavasana, Makarasana
- Pranayama: Deep Breathing
- Meditation : 10 minutes



Yoga for Latent TB

Beneficial Poses and Breathing Techniques



Uttanpadasana



Surya Namaskar



Trikonasana



Bhujangasana

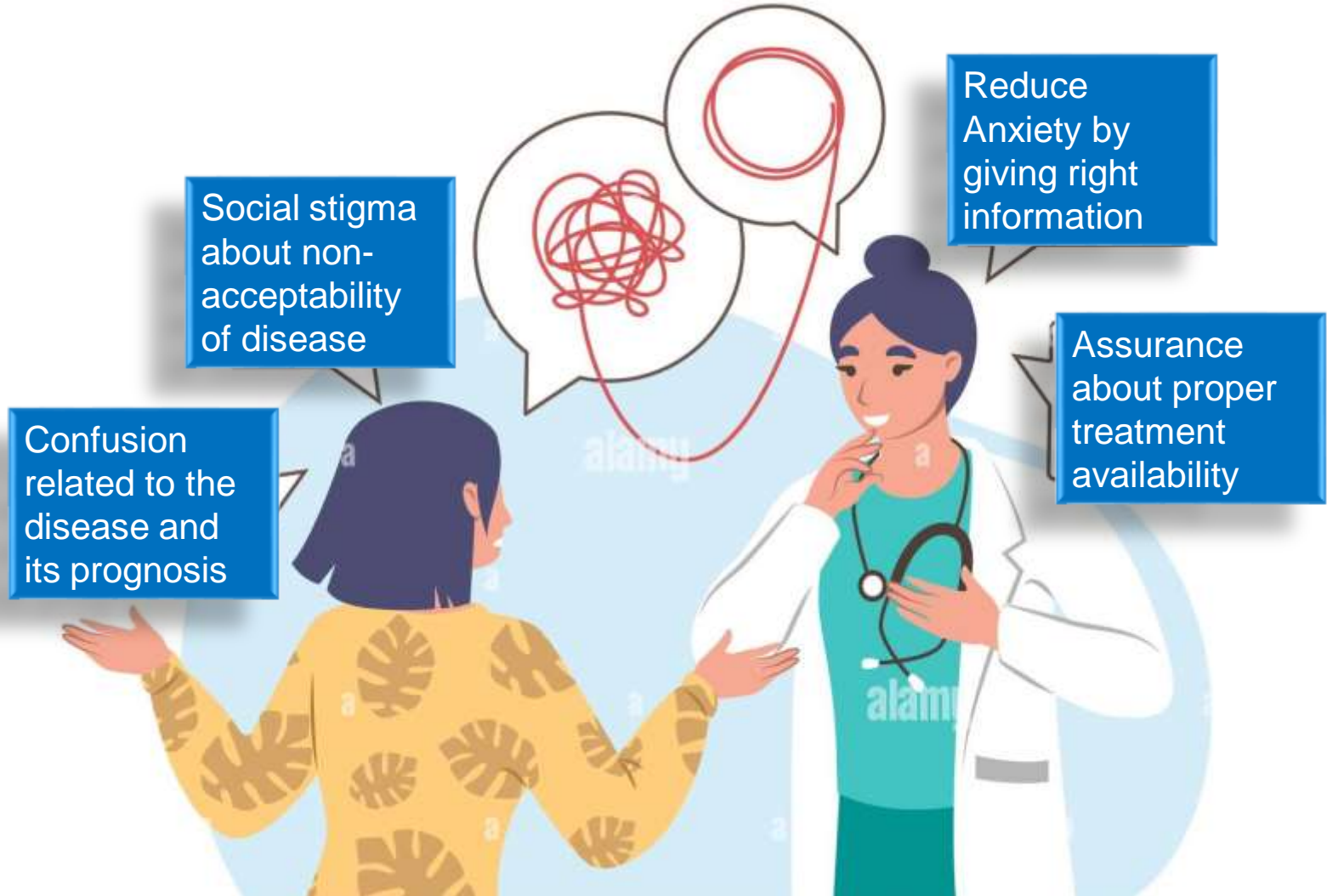


Tadasana



Pranayama

Mental Health



Sattvavajaya (proper counseling)

RASAYAN THERAPY



Ashwagandha

Triphala

SUVARNA BHASAMA



PREVENTION

- Getting a diagnosis and treatment early.
- Staying away from other people until there is no longer a risk of infection.
- Wearing a mask, covering the mouth, and ventilating rooms.
- Should wear mask in right way.



Community Responsibility

- Emphasize the collective responsibility in preventing the spread of TB.
- Support for those undergoing latent TB treatment to ensure completion of treatment.



Panchayat Bhawan



How can we participate in End LTB 2025 Campaign?

Be an integral part of “End LTB” mission of Ministry of AYUSH, Government of India you can-

1

Screen the population based on screening proforma

2

Diagnose the LTB undiagnosed cases and report to the portal

3

Educate professional and general public about LTB

4

Provide your valuable suggestions in the prescribed format for the improvement of program



Initiatives of AllA in the fight against LTb in India



Information

- Please visit <http://aiaa.gov.in> for all IEC material including:
 - ✓ Link for screening proforma
 - ✓ Dietary regimen
 - ✓ Daily regimen
 - ✓ Pamphlet for general awareness
 - ✓ Teaching module
 - ✓ Awareness videos
 - ✓ Patients success stories
 - ✓ Reporting format
 - ✓ Suggestion format

Screening Proforma Link

- **Google Form Link:-**
<https://forms.gle/33T28BnWvyKFd5it8>
- **Copy the above link and paste it in browser to open the screening proforma .**

Digital TB Pledge



भारत सरकार
Ministry of Ayush
Government of India



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I pledge that I will give my active co-operation
to make Bharat Tuberculosis free.
I will faithfully discharge my responsibility
towards the health of my family and my society.
Even if someone around me is suffering from
T.B. and is not taking treatment, then
I will encourage him/her to take proper treatment
give every possible help to fight against Tuberculosis.
I promise that will use mask and do not spit
in public places in case if I am suffering from
respiratory illness. I repeat
my pledge to make Bharat free of Tuberculosis.



TB Pledge/ Shapath



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मैं ये प्रतिज्ञा करता / करती हूँ

कि मैं भारत को टी.बी. मुक्त करने के लिये अपनी सक्रिय सहयोगिता दूंगा/ दूंगी ।
मैं अपने परिवार तथा अपने समाज के स्वास्थ्य के प्रति अपनी जिम्मेदारी
का पूरी इमानदारी से निर्वाहन करूंगा/ करूंगी ।
मैं अपने आस-पास भी यदि कोई व्यक्ति टी.बी. से ग्रस्त है
तथा उपचार नहीं ले रहा है तो मैं उसको उचित उपचार लेने हेतु
प्रोत्साहित तथा उचित सहायता प्रदान करूंगा/ करूंगी ।
मैं सार्वजनिक जगहों पर थूकना तथा श्वसन संबंधित व्याधि होने पर
इसके बचाव हेतु मास्क का उपयोग करूंगा/ करूंगी ।
मैं भारत वर्ष को टी.बी. मुक्त करने के अपने वचन को दोहराता/ दोहराती हूँ ।



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CURE CASES OF LTBI



More than 500
ADD MORE.....



Thank You



सत्यमेव जयते

Ministry of AYUSH

टीबी से जंग जीतेंगे हम आयुर्वेद के संग