

## Advocating for the “One Nation One Health System” Initiative

Dear Editor,

I am writing to express my strong endorsement of the “One Nation One Health System” initiative proposed by the Indian government. This innovative approach seeks to merge traditional and modern healthcare systems, creating a more inclusive and holistic model of care. By integrating the principles of ayurveda, yoga, naturopathy, unani, siddha, and homeopathy (AYUSH) with contemporary allopathic medicine, this initiative aims to provide comprehensive healthcare solutions tailored to the unique needs of each individual.<sup>[1]</sup>

India has a rich tradition of using systems like ayurveda and yoga for health and wellness, which have long been recognized globally for their preventive and curative benefits. However, despite the widespread appreciation for these traditional practices, allopathic medicine remains the predominant healthcare system, particularly for acute and emergency care. The “One Nation One Health System” initiative proposes to blend the preventive strengths of traditional medicine with the curative capabilities of allopathy. This fusion would offer a more extensive approach to addressing a wide range of health issues, including chronic diseases, mental health concerns, and preventive care.<sup>[2]</sup>

This initiative could also optimize resource utilization, alleviate pressure on healthcare infrastructure, and improve accessibility, especially in rural and underserved areas. Additionally, it has the potential to enhance collaboration among healthcare professionals across various disciplines, leading to more personalized, patient-centric care.<sup>[3]</sup>

The success of this initiative depends on meticulous planning and execution. Comprehensive training is required for healthcare providers, the development of integrated treatment guidelines, and the establishment of a robust regulatory framework to ensure the safety and effectiveness of combined treatments. Furthermore, public awareness campaigns will be essential to educate people about the benefits of a holistic healthcare approach and how to access these services.<sup>[4]</sup>

In a diverse country like India, where healthcare access varies significantly between urban and rural settings, integrating different medical practices under a unified health system could substantially improve the quality of care. Combining the holistic and preventive strengths of traditional Indian medical practices with the advanced diagnostics and treatment capabilities of modern medicine would provide a balanced approach to healthcare that effectively manages both prevention and cure. The “One Nation One Health System” initiative also promotes interdisciplinary collaboration among healthcare providers, which can lead

to more accurate diagnoses, tailored treatment plans, and improved patient outcomes. Moreover, by offering alternative treatment options, it can help ease the burden on the often overstrained allopathic healthcare system.<sup>[5]</sup>

To ensure the success of this initiative, it is crucial to provide proper training and accreditation for healthcare professionals across all medical systems, thereby maintaining high standards of care and patient safety. Public education campaigns should be launched to raise awareness about the benefits of integrated healthcare and to inform citizens about how they can access these services.

In conclusion, the “One Nation One Health System” initiative has the potential to revolutionize healthcare delivery in India by effectively combining the strengths of both traditional and modern medical practices. I urge policymakers, healthcare providers, and the public to support and actively participate in the successful implementation of this forward-thinking initiative, which promises to create a healthier and more inclusive nation.

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### Authors' contributions

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### Conflicts of interest

There are no conflicts of interest.

**Ram Niwas<sup>1</sup>, Yogesh Kumar<sup>2</sup>,  
Jitendra S. Shekhawat<sup>3</sup>, Ram K. Garg<sup>1</sup>**

<sup>1</sup>Department of Community Health Nursing, Teerthanker Mahaveer University, College of Nursing Moradabad, Uttar Pradesh, India,

<sup>2</sup>Department of pediatric Nursing, Teerthanker Mahaveer University, College of Nursing Moradabad, Uttar Pradesh, India, <sup>3</sup>Department of Medical Surgical Nursing, College of Nursing, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India

### Address for correspondence:

Dr. Ram K. Garg,  
Ph.D Nursing, Department of Community Health Nursing, Teerthanker Mahaveer University, College of Nursing Moradabad Uttar Pradesh, India.

E-mail: ram.nursing@tmu.ac.in

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