

Voluntary Report – Voluntary - Public Distribution

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Report Name: India's FSSAI Notifies Final Standards for Ayurveda Foods

Country: India

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Report Category: FAIRS Subject Report

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Report Highlights:

On May 9, 2022, the Ministry of Health and Family Welfare/Food Safety and Standards Authority of India (FSSAI) published on its website Notification No. F. No. Stds/SP-05/A-1. Y(01) Food Safety and Standards (Ayurveda Aahara) Regulations (2022). The notification had previously been published in the Gazette of India (official gazette) on May 6, 2022. The implementation date for the regulations is May 5, 2022 (date of upload). The regulations relate to Ayurveda Aahara (meaning food), and covers food prepared in accordance with the recipes or ingredients and/or processes as per methods described in the authoritative books of Ayurveda listed under ‘Schedule A’ of the regulations.

DISCLAIMER: The information contained in this report was retrieved from the Food Safety and Standards Authority of India's (FSSAI) website <http://www.fssai.gov.in>. The Foreign Agricultural Service (FAS) Office of Agricultural Affairs at the U.S. Embassy in New Delhi, USDA and/or the U.S. government make no claim of accuracy or authenticity. The Government of India has not officially endorsed this report. Import approval for any product is subject to local rules and regulations as interpreted by Indian officials at the time of product entry. [Note: Use Google Chrome to access the links that do not open in Internet Explorer. Indian host sites will geo-block site access on a rolling basis].

GENERAL INFORMATION

On May 9, 2022, the Ministry of Health and Family Welfare/Food Safety and Standards Authority of India (FSSAI) published on its website Notification No. F. No. Stds/SP-05/A-1. Y(01) [Food Safety and Standards \(Ayurveda Aahara\) Regulations \(2022\)](#). The notification had previously been published in the Gazette of India (official gazette) on May 6, 2022. The implementation date for the regulations is May 5, 2022 (date of upload).

Background:

The regulations define Ayurveda Aahara to mean a food prepared in accordance with the recipes or ingredients and/or processes as per methods described in the authoritative books of Ayurveda listed under 'Schedule A' of the regulations including products which have other botanical ingredients in accordance with the concept of Ayurveda Aahara, but does not include:

- Ayurvedic drugs or proprietary Ayurvedic medicines and medicinal products
- Cosmetics
- Narcotic or psychotropic substances
- Herbs listed under Schedule E-1 of Drug and Cosmetics Act, 1940 and the Drug and Cosmetics Rules, 1945
- Metals based Ayurvedic drugs or medicines, *bhasma* (ash) or *pishti* (mineral formulation) and any other ingredients notified by the Authority (FSSAI) from time-to-time.¹

What Makes a Food an Ayurveda Aahara Food?

Explanation 1: Food is defined under the Food Safety and Standards Act, 2006 (34 of 2006) and regulations made thereunder. Recipes and ingredients specified in the 'Schedule A' authoritative books for promoting health or to meet specific physiological needs, including those foods specified for consumption during or post specified diseases, disorders referred as *pathya* in Ayurveda are covered under these regulations.

¹ Pishti is a mineral formulation prepared from detoxified and purified drug substance by grinding in a mortar and pestle with a liquid medicine, such as rose water, and is called Pishti in ayurveda. Pishti is a fine powder of medicine that absorbs in human body easily and has similar efficacy like bhasma medicines. See, Ayur Times at: <https://www.ayurtimes.com/pishti/#:~:text=Definition%20of%20Pishti,similar%20efficacy%20like%20Bhasma%20medicines>.

Explanation 2: Adoption of processes for cooking or preparation of Ayurveda Aahara specified or described in the ‘Schedule A’ authoritative books for industrial scale manufacture and packing are permitted. Such adoptions shall be aimed to produce Ayurveda Aahara with quality and characteristics similar as specified in the books mentioned under ‘Schedule A’ of the regulations.

Explanation 3: Any packed food item used in day-to-day life for dietary purpose such as pulses, rice, flour, vegetables including other foods specified under Food Safety and Standards Regulations shall not be covered under these regulations unless they otherwise meet the provisions of these regulations. Minimally processed food items involving cleaning, polishing, de-husking, and grading shall not fall under these regulations.

Interested stakeholders should thoroughly read Schedule-E of the regulations. The FSSAI specifies the type of logo being required for Ayurveda Aahara labeling for the front-of-pack label.



Notification:

The FSSAI originally notified its draft regulation on this subject on June 30, 2021. It invited World Trade Organization (WTO) member countries to comment on the draft regulation. For additional information on the Ayurveda Aahara categories covered in the regulations, see [GAIN-INDIA | IN2021-0087 | – India’s FSSAI Notifies Draft Ayurveda Aahara Regulations](#).

The full text (27 pages) of the FSSAI notification is accessible on the FSSAI’s website located at: https://fssai.gov.in/upload/notifications/2022/05/62789a20b54bdGazette_Notification_Ayurveda_Aahara_09_05_2022.pdf.

Attachments:

No Attachments.