

Press Release from Department of AYUSH

World Homoeopathy Day 2026 in Sikkim
Celebrating the 271st Birth Anniversary of Dr. Samuel Hahnemann

World Homoeopathy Day is celebrated every year on April 10 to mark the birth anniversary of Samuel Hahnemann, the founder of Homoeopathy. This system of medicine originated in Germany and is based on the simple principle 'Similia Similibus Curentur, "(like cures like)." Today, Homoeopathy is practiced across the world and has become an important part of healthcare in India under the AYUSH system. The Ministry of AYUSH, Govt. of India, has announced the theme for World Homoeopathy Day 2026 as "Homoeopathy for Sustainable Health." This theme highlights the role of Homoeopathy in providing safe, gentle, affordable, and long-term healthcare for people of all age groups.

This year's celebration is especially important for Sikkim because it is the first World Homoeopathy Day after the formation of the Department of AYUSH, under the leadership of Hon'ble Chief Minister Shri Prem Singh Tamang (Golay). This step reflects the strong commitment of the Government of Sikkim to strengthen Homoeopathy and other AYUSH systems in public healthcare.

As a Doctor working in Sikkim, I have seen a wide variety of patients in a short span of time. Many patients come to OPD with skin diseases such as Eczema, fungal infections, Urticaria, Warts, and Molluscum contagiosum, respiratory allergies due to seasonal changes; menstrual problems among adolescent girls; and health concerns of children and elderly people. Many patients with chronic complaints have also shown improvement with Homoeopathic treatment. At the same time, many patients suffering from Non-Communicable Diseases like hypertension (HTN), diabetes mellitus (DM), and osteoarthritis (OA) are also getting relief with Homoeopathic treatment when managed in an integrative manner along with conventional care. This combined approach helps improve overall well-being, reduce symptoms, and support long-term health.

One of the most encouraging experiences has been the strong faith of the people of Sikkim in Homoeopathy. Patients from different communities, populations, are accepting Homoeopathic treatment with trust and confidence. Many patients return with improvement and also refer their family members and neighbours, which shows their growing belief in this system of medicine.

Homoeopathy treats each patient individually. Even when two patients have the same disease, they may receive different medicines depending on their body nature, emotional condition, lifestyle, and environment. This individualized approach helps improve recovery and reduce recurrence.

The formation of the Department of AYUSH in Sikkim is an important step toward expanding Homoeopathic services in PHC, CHC and District hospitals, along with the development of fully functional standalone Integrative AYUSH Hospitals at STNM, Sochakgang and Gyalshing. These initiatives will help improve access to safe and holistic treatment for people living in both urban and remote areas of the state, while also strengthening preventive healthcare, awareness programmes, and integrative patient care.

On this World Homoeopathy Day 2026, we not only remember the great contribution of Dr. Samuel Hahnemann but also celebrate the growing acceptance of Homoeopathy among the people of Sikkim. With continued support from the Government and the community, Homoeopathy can play an important role in strengthening preventive and holistic healthcare across the state.

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