

CENTRAL AYURVEDA RESEARCH INSTITUTE, BENGALURU

I. ADMINISTRATIVE REPORT

1. Staff pattern for the year-2022-23 (01.04.2022 to 31.03.2023)

Sl. No.	Name of the sanctioned post	No. of posts Sanctioned	Name & Designation of the persons working against post.	No. of Posts Vacant	Sex M/F	Whether SC/ST O.B.C.	Remarks
1.	Asst. Director (Ay.)	01	Dr. Sulochana Bhat A.D. (Ay.) Incharge	-	F	Neither	-
2.	Research Officer (Ay.)	06	Dr. Sanjay Kumar Giri R.O. (Ay.)	-	M	OBC	-
			Dr. Shashidhar H. Doddamani R.O. (Ay.)		M	OBC	-
			Dr. Shubhashree M.N. R.O. (Ay.)		F	Neither	-
			Dr. Raghavendra Naik R.O. (Ay.)		M	ST	Temporarily posted to BIS, New Delhi from November 2021
			Dr. Rajendra Kumar R.O. (Ay.)		M	Neither	-
			Dr. Bhavya B.M. R.O. (Ay.)		F	SC	-
3.	Research Officer (Path. -Medical)	01	Dr. Anchan Vidyashree Vittal R.O. (Path.)	-	F	OBC	-
4.	Research Officer (Bio-Chem.)	01	Vacant	01	-	-	-
5.	Research Officer (Pharmacognosy)	01	Vacant	01	-	-	-
6.	Research Officer (Bot.)	01	Dr. V. Rama Rao R.O. (Bot.)	-	M	SC	-
7.	Assistant Research Officer (Chem.)	01	Vacant	01	-	-	-
8.	Assistant Research Officer (Pharmacognosy)	01	Vacant	01	-	-	-
9.	Research Assistant (Bot.)	02	Mrs. Nazneen R.A. (Bot.)	-1*	F	OBC	-
			Ms. R. Bhavana R.A. (Bot.)		F	Neither	-
			Mrs. Ritu Sinha R.A. (Bot.)		F	Neither	-

10.	Research Assistant (Chem.)	02	Mr. Suresh Kumar R.A (chem.)	01	M	OBC	-
11.	Sister-in-charge	01	Vacant	01	-	-	-
12.	Staff Nurse	03	Mr. Mallikarjun Neelavani Staff Nurse	02	M	OBC	Joined on 19.04.2022 through direct recruitment
13.	Assistant	01	Vacant	01	-	-	-
14.	UDC	03	Vacant	03	-	-	-
15.	Stenographer Grade – I	01	Vacant	01	-	-	-
16.	Social Worker	01	Vacant	01	-	-	-
17.	Field Collector	01	Vacant	01	-	-	-
18.	Pharmacist Grade. I	02	Mr. Niloy Banerjee Pharmacist	01	M	Neither	-
19.	Lab. Technician	04	Mrs.G. Neetha M.L.T.	02	F	OBC	-
			Mrs. K. H. Hemavathi M.L.T		F	Neither	-
20.	Lab. Assistant	01	Mr. A. Sathish Jr M.L.T	-	M	SC	-
21.	LDC	03	Mrs. Jyothi. G. LDC	02	F	ST	-
22.	Lab Attendant	04	Mr. Delvin George Lab. Attendant	03	M	Neither	-
23.	Driver	01	Mr. H. Yathish Kumar Driver	-	M	ST	-
Multi Task Staff (MTS) category							
24.	Attendant (Survey)	01	Vacant	01	-	-	-
25.	Cook	02	Vacant	02	-	-	-
26.	Field Attendant	02	Vacant	02	-	-	-
27.	Ward Aya	03	Vacant	03	-	-	-
28.	Chowkidar	03	Vacant	03	-	-	-
29.	Kitchen servant	01	Vacant	01	-	-	-
30.	Peon	03	Mr. J. Santhosh, MTS	02	M	OBC	-
31.	Safaiwala	03	Vacant	03	-	-	-
32.	Ward Boy	03	Vacant	03	-	-	-
	Total	64	22+1** (Filled)	43-1=42	-	-	-

*One RA (Botany) is surplus to the sanctioned posts.

**Ms. Sonam Chandhok, Assistant Research Officer (Clinical Psychology) (Category-Neither) is deployed against vacancy at RARIM & MMR, Goa (erstwhile ACAMHNS) though the post does not exist.

1.1. Services for the following categories obtained on Direct/ contract basis (Outsourcing)

Sr. No.	Designation	Name	Remarks
1.	Office Assistant (OA)	Mr. M Girijavallabhan	Directly engaged, Ex-Employee
2.	Office Assistant	Mr. Mukundan K.V	from 01.10.2022
3.	Office Assistant (Hindi)	Mrs. Rashmi Kulkarni	-
4.	Office Assistant	Mr. Girish. C	-
5.	Office Assistant	Mr. Chandranatha R.S.	-
6.	Office Assistant	Miss. Mahadevi	from 01.08.2022
7.	Office Assistant	Miss. Girija	from 09.01.2023
8.	Office Assistant	Miss. Pratima Achari	from 01.03.2023
9.	Social Worker	Mrs. Jobit Treesa	from 01.03.2023
10.	Multi Tasking Attendant (MTA)	Mr. Nagaraju D.S	-
11.	Multi Tasking Attendant	Mr. Sampath Kumar. M	-
12.	Multi Tasking Attendant	Mr. Sridhar Y	-
13.	Multi Tasking Attendant	Mr. Gangadhar	-
14.	Multi Tasking Attendant	Mr. Joydeb	from 01.06.2022
15.	Multi Tasking Attendant	Mr. Gagan Honnaih	from 29.09.2022
16.	Multi Tasking Attendant	Mr. Uday	from 09.02.2023
17.	Multi Tasking Attendant	Mr. Sagar	from 01.03.2023
18.	House Keeping Staff (MTA)	Mrs. Soumya M	-
19.	House Keeping Staff (MTA)	Mrs.Mala .V	-
20.	House Keeping Staff (MTA)	Mr. Raghavendra G	-
21.	House Keeping Staff (MTA)	Mrs. Geetha	from 01.04.2022
22.	Chowkidar (MTA)	Mr. Harish M.G	-
23.	Chowkidar (MTA)	Mr. Kumar B G	-
24.	Chowkidar (MTA)	Mr. Shankar	from 10.05.2022
25.	Chowkidar (MTA)	Mr. Santhosh	from 01.08.2022

2. No. of staff according to group as on 31.03.2022:

Sr. No.	Group	General	SC	ST	OBC	Others	Total	Whether roster maintained or not
1.	A	3	2	1	3	-	9	Appointments made by office
2.	B	5	-	-	4	-	9	
3.	C	1	1	2	1	-	5	Being maintained by institute
Total		9	3	3	8	-	23	-

3. Expenditure

Sl. No.	Component	S.T. Category	Others	TOTAL
1.	Male component	21,55,176.00	1,34,61,227.00	1,56,16,403.00
2.	Female component	4,45,270.00	1,42,00,354.00	1,46,45,624.00
Total		26,00,446.00	2,76,61,581.00	3,02,62,027.00

4. Brief reports on the Institute including infrastructure

Central Ayurveda Research Institute, under Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of AYUSH, Govt. of India, has been functioning in Bengaluru since 1971. CARI is consisting of Hospital Block with Out Patient Department (OPD), 28-bedded In-patient Department (IPD) facility, Panchakarma, Yoga, Marma, Laboratory, Pharmacy, Operation Theatre and other services. The Admin Block consists of Office, Library, Store, Seminar Hall, Meeting Hall, Food Laboratory, Microbiology, Pharmacognosy, Chemistry, Botany sections.

Since inception, the institute has been actively participating in achieving targets according to the allotted programs. The scientists are from diverse disciplines working with a focused aim of scientific validation of Ayurveda. The institute is implementing national schemes. The OPD and Panchakarma facilities at new campus are functioning successfully and rendering service to the public.

Since inception, the institute has 468 scientific publications and abstracts, 9 monographs, 8 book reviews, 1312 presentations and participations and has got 3 gold medals, 3 best research papers and incentives for two best publications. The reference library hosts 2001 books, important scientific journals and CCRAS publications for sale. During the reporting year, scientists from CARI have published 15 research articles in national and international journals and 07 are in pipeline. Officers participated in 163 seminars, webinars, conferences, meetings and hands on trainings. Presently there are 23 regular employees working at CARI, Bengaluru against the 64 sanctioned posts. The Institute received a budget allocation of 5.91 Crores.

This reporting year, the institute has got NABH Certification as AYUSH Entry Level Centre from National Accreditation Board for Hospitals & Healthcare Providers (NABH) to ensure quality health care services to the patients. The institute has also got NABL Accreditation of pathological laboratory from National Accreditation Board for Testing and Calibration Laboratories (NABL) to provide quality diagnostic services to the patients.

During the reporting year, the institute has received two Regional Official Language Awards (3rd Prize, Region C) for the year 2020-21 and 2021-22 for excellent work in the implementation of official language in daily official work from the Regional Implementation Office (South), Department of Official Language, Ministry of Home Affairs, Govt. of India at Joint Regional Official Language Conference for South & South West Regions-2023 at Thiruvananthapuram, Kerala on 27th January 2023.

The inspection of institute related to the implementation of official language in the daily official work was done by the Third Sub-Committee of Parliamentary Committee on Official Language on 4th November 2022. The committee appreciated the institute for proper implementation of official language in the institute.

The institute also organized various activities such as International Yoga Day, Ayurveda Day, Hindi Pakhwada, Hindi Diwas, National AYUSH programmes like Poshana Maah, Poshan 2.0, Poshana Vatika, Sewa Pakhwada, Vigilance Awareness Week, Har Ghar Tiranga Campaign, Constitution Day and other various events under Azadi Ka Amrit Mahotsav (AKAM), AYUSH Apke Dwar, International year of Millets.

The Institute has organized various workshops and training programmes viz- Training Programme on National Accreditation Board for Hospitals & Healthcare Providers (NABH) Accreditation; Workshop on Scientific Writing in association with Rashtriya Ayurveda Vidyapeetha (RAV); Workshop on Scientific Writing in association with GAMC Bangalore; Sensitization Programme for Sustainable Maintenance of Namaste Portal; three Pharmacovigilance awareness programme; four workshop on Rajbhasha Hindi.

The institute also took part in organizing the National Arogya Fair (Jignasa) in association with Tarunya Shikshana Samasthan at APS college ground, Basavanagudi, Bengaluru. Exhibition and free health check-up camp and free distribution of medicine at Dussehara Exhibition ground, Mysore during International Day of Yoga 2022.

Four officers from the institute were nominated by Ministry of AYUSH for coordinating the events at various iconic locations of Archaeological Survey of India including Mysuru, Halebedu, Hampi, Vijayapura & Goa as a part of International Day of Yoga 2022 to celebrate 75 years of independence of India.

As a part of 7th Ayurveda Day celebrations, the institute also collaborated with Central Food Technology Research Institute (CFTRI) Mysore and National Aerospace Laboratory (NAL), Bengaluru, peripheral institutes of Council of Scientific and Industrial Research (CSIR) to conduct series of awareness programmes, health check-up camp with free medicines & medicinal plants distribution under slogan of Har Din Har Ghar Ayurveda.

In view of celebrations of 75 years of independence of India, CARI Bengaluru solemnized Azadi Ka Amrit Mahotsav (AKAM) Campaign as directed by Ministry of AYUSH, Govt. of India. The institute distributed of Ayurvedic prophylactic medicines like Samshamana Vati, Ayush 64, Ashwagandha Ghana Vati & AyuRaksha Kit along with health advisory materials to OPD patients.

About 4621 medicinal plants samplings produced under National Medicinal Plants Board (NMPB) grant-in-aid project “Establishment of Nursery for Cultivation, Conservation and Sustainable Utilization of Medicinal Plants” were distributed for free of cost to the public, students, teachers and farmers under ‘AYUSH AAPKE DWAR’ programme.

Presently the institute is rendering clinical services through two Out Patient Departments (OPDs), one at Clinical Research Unit (CRU), Balepete and another at CARI main campus at off Kanakapura Road, Bengaluru. The institute provides primary health care to patients at outpatient level with dispensing of free medicines. The facilities include preventive and curative medical care, laboratory investigations (routine haematological, biochemical and pathological) Panchakarma treatment & Marma.

Since inception, clinical research projects on Kuposhana (Malnutrition), Arsha (Haemorrhoids), Manodwega (Anxiety neurosis), Tamakashwasa (Bronchial Asthma), VyanabalaVaishmya (Hypertension), Pandu (Iron deficiency Anemia) have been completed. Further, collection of information about claims of prevention and treatment of Vector Borne Diseases, Flu like illness and Pharmacovigilance studies on Ayurvedic medicines have been completed. Intramural Clinical Research Projects (IMCRP) on Rasayana (Aswagandhavalehya and Brahmarasayana in geriatrics), Kashtartava (Dysmenorrhoea), Sthaulya (Obesity), Osteoarthritis Knee, Rasayana effect of Chyavanaprasha, Osteoporosis, Bronchial Asthma and Diabetes Mellitus and A collaborative study of AYUSH QOL-2C in Breast cancer have been completed.

During the reporting period, the CRU has completed Research Projects viz. Validation and Reliability testing of Diagnostic Methods in Ayurveda in Kasa, Shwasa Jwara and Prameha; An open label clinical trial to evaluate clinical efficacy and safety of AYUSH AGT in Dandruff (Darunaka); A Randomised Placebo Controlled, Evaluation of efficacy and tolerability of select Ayurveda formulations in moderate Iron Deficiency Anemia – A randomized controlled trial under Tribal Health Care Research Programme (THCRP); Cross sectional survey to determine the prevalence of Non-communicable Diseases) and their risk factor among Scheduled Tribes in selected states across India under Tribal Health Care Research Programme (THCRP); Cross sectional survey to determine the prevalence of NCDs and their risk factors among scheduled castes across India under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan); A randomized placebo controlled trail of Ayush SR in perceived stress under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan); Extension of activities being carried out under Poshan Abhiyaan to Child Care Institutions (CCI's).

Double blind clinical trial to evaluate the effect of Trikatu in Subclinical Hypothyroidism; Clinical Evaluation of Vidangachurna and VyoshadiGuggulu in the Management of Medoroga (Obesity), Lekhaniya Gana Kashayaand Arogyavardhini Gutika in the Management of Medoroga (Obesity); Efficacy and safety of Ayurveda Formulation 'Trikatu' in Dyslipidemia- A Prospective Randomized Double Blind Placebo Controlled Trial, A Cross Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy; Biographies of Ayurveda Luminaries are ongoing as Intra Mural Research (IMR) projects in the institute.

CARI is monitoring Multi Centric/Collaborative Clinical Research Projects (MCCR)- viz: A Double Blind Double Dummy Prospective Randomized Controlled Research Project on classical Ayurveda Management versus Methotrexate in Rheumatoid Arthritis (AMRA Study); Evaluation of AYUSH GMH in subjects of mild to moderate non-alcoholic fatty liver disease (NAFLD)-A double blind Randomized controlled clinical study; Evaluation of Hepato protective activity of PTK as an add on therapy in the patients of Tuberculosis on ATT – A, Double Blind Randomized control clinical study; Evaluating the efficacy of Ayurvedic intervention as add on to conventional treatment and explore the interaction of Epigenetics, Neuro/gut biomarkers and Neuroimaging in Pediatric ADHD (Attention Deficit Hyperactivity Disorder); Systems biology approach to delineate molecular signatures of Prakriti in healthy humans; Evaluating the efficacy of Ayurveda therapies as add-on to optimized conventional management of Parkinson's disease: assessment of clinical, neurophysiological, neuroimmune and neuroimaging outcomes; and Double Blind Randomized Placebo Controlled Multicentric Clinical Trial of Ayush M-3 in the Management of Migraine.

Some other collaborative projects viz.- A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder under SMART Programme; Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products; Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective are yet to be initiated.

Some other IMR projects viz.- A prospective randomized double blind clinical trial to assess the efficacy and safety of *Arjunarista and Navaka guggulu* in Dyslipidemia as a preventive measure for vascular disorders; A Randomized clinical study to evaluate the safety and efficacy of AYUSH-82 Ayurvedic formulation on non-Chronic Type 2 Diabetes Mellitus

and its Bio-Molecular evaluation; Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes associated with type 2 diabetes: A Multicentric Open Label Randomized Placebo Controlled Clinical Trial; A Double-blind, placebo-controlled, Randomised prospective study to evaluate the efficacy of Ayurveda formulation and Nutritional supplement in children with Autism Spectrum Disorder; Comparative Effectiveness and Safety of *Kaidarya (Murraya koenigii (L.) Sprengel)* Versus Moderate Intensity Statin in Subjects with Atherogenic Dyslipidemia; Efficacy and Safety of Ayurveda Interventions for Refractive Errors - A Systematic Review and Meta-analysis; Detection of surgical conditions for their early management- a cross sectional community study in Bengaluru South Taluk are yet to be initiated.

The Survey of Medicinal Plant Unit (SMPU) completed two IMR projects viz Establishment of Nursery for Cultivation, conservation and sustainable utilization of Medicinal projects and Development of Micro Forest of Medicinal Plants by using Miyawaki Method of Plantation.

As per the sanctioned IMR project “Anthology of Survey Research outcomes of Medico Ethno Botanical Survey (MEBS)” about 520 plant photographs were documented through 04 MEBS tours in Kolar, Kalburgi, Bidar, Hassan and Yadgir districts during the year 2022-23. The Survey of Medicinal Plant Unit (SMPU) is in process to initiate two research projects viz- Comparative evaluation of field and hydroponic cultivation of selected Ayurvedic medicinal plants. Study of seasonal variation on bioactive compounds of Panchavalkala-05 medicinal plants used in Ayurveda.

During the reporting period, purchasing and installation of REMI Cyclomixer CM 101 Plus and Research Centrifuge R 24 were got done along with some important marker compounds and chemicals. Analysis of some herbal extracts (total nos.-09) were performed with the HPTLC CAMAG System. Physicochemical analysis of samples (total nos.-04) were performed.

Besides, the Institute has conducted outreach activities viz.- Tribal Health Care Research Project (THCRP) and Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan) with public health orientation. Other outreach activity include extension of activities carried out under Poshana 2.0 to child care institutions (CCI) under mission Vatsalya Scheme. The National Pharmacovigilance Program is continuing under Central Sector scheme.

The Institute is recognized as Centre of Excellence for Research and Clinical services in Madhumeha (Diabetes mellitus) by Ministry of AYUSH with a total fund of Rs.7,24,80,400/- of which first instalment of Rs.2,88,00,000/- was released in March 2021. Partial amount of Rs.20,00,000/- under the salary component of the second instalment was released on 20th January 2023.

Under the scheme, a specialized OPD for patients of Madhumeha is functional where patients are provided with free consultation, medicines and laboratory investigations. The specialized OPD has catered to 1282 diabetic patients (817 Male & 465 Female) and 4389 follow-up visits (2689 Male & 1700 Female) totalling to 5671 in this year.

44 Diabetes camps were conducted at different places around CARI hospital with total 1391 beneficiaries. 39 training programmes were conducted of which 8 were for the general public (265), 10 were for the patients, 12 yoga training camps and 9 student training programmes.

The anti-diabetic efficacy of four selected formulations were evaluated at Nagpur Veterinary college, Nagpur. Four Memorandums of Understanding were signed with Centre for Incubation, Innovation, Research and Consultancy (CIIRC), Bengaluru; Nagpur Veterinary College, Nagpur; Samatvam Science and Research for Human Welfare Trust, Bengaluru and Central Food Technology Research Institute, Mysore for technical collaborations.

NABH and NABL accreditations obtained for CARI Hospital and Laboratory. Under the Centre of excellence scheme a static website www.cari.gov.in is launched and 25816 population covered under e-healthcare initiatives. Digital upgradation of the Institute like installation of AYUSLAB for Clinical laboratory and Pharmacy and STATA/SE 17 software for statistical analysis of research projects was done.

In addition to the deliverables, 7 minor research projects registered under CTRI were taken up (a pilot RCT on the above selected formulations, a pilot study on pre-diabetes, a bioavailability study, 2 KAP surveys, development of a predictive system for diabetes risk assessment and a pilot RCT on Yoga capsule), 7 articles were published in peer reviewed journals and 5 were communicated for publication and initiated the work of developing anti diabetic food preparations in collaboration with reputed organizations.

Since inception the Clinical Research Unit has served 3,99,246 patients. During the reporting period 32,714 patients (24,968 at CARI Campus Kanakpura Road and 7,746 at Clinical Section Balepete) have been benefited. As a part of special medical services, 9524 geriatric patients, 341 patients with flu like illness were treated. OPD based Panchakarma treatment was provided to 6162 patients including 3362 males and 2800 females. The unit conducts outreach clinical research programmes with public health orientation.

During the reporting period, under Tribal Health Care Research Project (THCRP), 6045 tribal population have been surveyed and 4883 patients were treated. During the visits, 13 folklore claims were documented and validated; total 3968 blood investigations were performed. 2110 Haemoglobin (Hb%) tests and 1858 Random Blood Sugar (RBS) tests were done during 165 visits in 6 villages.

Under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan), total 6371 population have been surveyed and 3154 patients were treated in selected 8 villages and 12929 investigations conducted during the reporting year 2022-23.

The Clinical Research Unit has generated Rs. 8,01,602/- (Rupees Eight lakh one thousand six hundred and two only) from OPD registration, laboratory investigations and Panchakarma.

5. Resources generated during the year from OPD/DSRU/SMPU/Sale of Council's Publication/Library membership fee etc. (01.04.2022 to 31.03.2023)

Sl. No	Resources generated	Amount. (in thousands)
1.	Sale of Council's Pub./Books/CDs	33,390
2.	Service charges includes Library Membership fee, Authentication, Chemical analysis etc.	67,150
3.	OPD Registration fee	93,268
4.	Lab investigation charges	4,91,743
5.	Panchakarma charges	2,16,591
6.	Miscellaneous (Tender Processing Fee & etc.,)	9,300
7.	Sale of unserviceable items etc.	2,960
8.	Interest received in savings bank account of the institute	1,03,287
Total		10,17,689

6. Details of the budgetary provision of the Institute during reporting period (2022-23)

Sr. No.	Scheme	B.E. 2022-23 (in thousands)	Funds received (in thousands)	Actual expenditure (in thousands)
1.	Pay & Allowances	3,02,62,027	3,02,62,027	3,02,62,027
2.	TA	5,00,000	5,00,000	4,99,762
3.	Contingencies			
	Wages	3,50,000	3,50,000	3,49,599
	Office expenses	71,50,000	71,50,000	71,49,916
	Rent Rates Tax	64,210	64,210	64,210
	Other admin expenses	1,00,000	1,00,000	99,999
	Advertisement	1,00,000	1,00,000	99,969
	Professional service	67,50,000	67,50,000	67,49,962
4.	Research Activities	51,00,000	51,00,000	50,99,948
5.	Seminar & Conference Mela	5,00,000	5,00,000	4,99,941
6.	Swachhta Action Plan	2,00,000	2,00,000	1,99,951
7.	AMHCP – SCSP	34,99,000	34,99,000	34,98,950
8.	Tribal Area Sub Plan-THCRP	46,18,000	46,18,000	46,18,000
	Total	5,91,93,237	5,91,93,237	5,91,92,234

7. Scientific Advisory Committee and Institutes Ethical Committees

7.1. Expert Advisory Committee for Centre of Excellence in Madhumeha

Sr. No.	Name & designation	Specialization
1.	Dr S Srikanta, Medical Director, Samatvam Endocrinology Diabetes Centre	Endocrinology & Diabetology
2.	Dr. CR Jayanthi, Retd. Dean, Faculty of Medicine & Professor & HOD of Pharmacology, Bangalore Medical College & Research Institute, Bengaluru	Pharmacology
3.	Dr. Raveendra KR, Professor, Dept. Of Internal Medicine, Bangalore Medical College & Research Institute, Bengaluru	Endocrinology
4.	Dr. Yogesh S Shouche, Scientist G, National Centre for Cell Science (NCCS), Department of Biotechnology, Pune	Diabetology
5.	Dr Ravishankar B, Research Head, Sri Sri College of Ayurvedic Science and Research	Microbiology
6.	Dr Kishore Kumar R, Professor of Ayurveda, Centre for Integrative Medicine and Research, NIMHANS, Bengaluru	Ayurveda & Clinical Research
7.	Dr Supriya Bhalerao, Associate Professor, Interactive Research School for Health Affairs (IRSHA), Bharati Vidyapeeth, Pune	Ayurveda & Research
8.	Dr. Sridhar BN, Former Incharge, CARI, Bengaluru	Ayurveda & Dietetics
9.	Dr. Radhika MS, Scientist E & HOD, Department of Dietetics, ICMR-NIN	Food technology
10.	Dr. G. Bhanuprakash Reddy, Scientist-G & HoD, Biochemistry Division, ICMR-NIN, Hyderabad	Food Biochemistry
11.	Dr. N. Samarasimha Reddy, Scientist-E, Clinical Epidemiology Division, ICMR-NIN, Hyderabad	Clinical Epidemiology
12.	Dr. N. Girish, Additional Professor, Dept. Of Epidemiology, National Institute of Mental Health and Neuro Sciences, Bengaluru	Epidemiology
13.	Dr. K. P. Suresh, Sr. Scientist, National Institute of Veterinary Epidemiology and Disease Informatics (NIVEDI)	Biostatistics
14.	Dr. Ashok B K, Sr. Research Scientist, R&D, Himalaya Drug Company, Bengaluru	Drug development

7.2. Institute Ethical Committee (IEC)

Sr. No.	Name with Contact no.	IEC status
1.	Dr. B. A. Venkatesh Ex. Principal, GAMC, Dhanvantari Road, Bengaluru 560009. E-mail: dr.bavenkatesh@gmail.com Mob. No. 9845015567	Chairperson
2.	Dr. Prof. Geetha Dept. of Pharmacology, Bengaluru Medical College and Res. Institute, Fort K.R. Road, Bengaluru – 560002. geetha25bcmri@gmail.com Mobile No. 9886224085	Member (Basic Medical Scientist)

3.	Dr. Vikram.S. Prof & Head Dept. of Rasashastra & Bhaishajya Kalpana, Sri Sri College of Ay. Science & Res. Survey, Bengaluru – 560 082. Mobile No-9886262361 Email: vikram_ayur@yahoo.com/drvikramayur@gmail.com	Member (Basic Medical Scientist)
4.	Dr. Anant Desai Professor & HOD, Dept of Panchakarma, GAMC, Bengaluru No.1580, B Block, 13 th Main, Sahakar Nagar, Bengaluru – 560 092. Mob. No.9448185896. Anantdesai30@gmail.com	Member (Clinician Ayurveda)
5.	Dr M. Ravikeerthy F.No.C-101, 2nd FLOOR GAGAN YALE Apartment, Next to Baldwin School, BEML 5th Stage Rajarajeswarinagar Bengaluru-560098 Mobile:09845295227,6361782197 Email: ravikeerthym@gmail.com	Member (Clinician Modern Medicine)
6.	Smt. Swayamprabha.H.C. Advocate, 241, 1st floor, Nandi Mansion, Aralegudi compound, Cottonpet road, Bengaluru. Mob. No. 9844159464. swayamprabha.hc@gmail.com	Member (Legal Expert)
7.	Mrs. Sarah Abraham Ex- Principal, No 1008, Sobha Hill view Apts, Thalaghattapura, Bengaluru – 560 109. Mobile No.9916334453. Email: sarahabraham56@gmail.com	Member (Social Scientist)
8.	Shri. Krishna Kumar # 87, ‘SURABHI’ VISL Layout, 1st Main, 3 rd cross, “Silk Institute Metro Station” off Kanakapura Main Road, Thalaghattapura, (Near S.S. Vruddi Apartment) Bengaluru – 560 109. Mobile no.-8073535371/9980631599. Email: silkyman61@gmail.com	Member (Lay person)
9.	Dr. Shubhashree MN Research Officer (Ayurveda) Central Ayurveda Research Institute, Bengaluru Email: shubhathejas@gmail.com Mobile no.-9448016968	Member Secretary

7.3. Committee for prevention of Sexual Harassment of women in work place:

Sr. No.	Name & Designation	Status in Committee
1.	Dr. M.N. Shubhashree, R.O. (Ay.)	Chairman
2.	Dr. S.H. Doddanani, R.O. (Ay.)	Member
3.	Dr. Tejaswini, R.O. (Ay.)	Member
4.	Smt. Hemavathi K.H, L.T. (Path.)	Member
5.	Ms. Jyothi G, LDC	Member Secretary

7.4. Official Language Implementation Committee (OLIC)

Sr. No.	Name & Designation	Status in Committee
1.	Dr. Sulochana Bhat, AD In-charge	Chairman
2.	Dr. Rajendar Kumar, RO (Ay.)	Raja Bhasha Officer

3.	Dr. Bhavya BM, RO (Ay)	Member
4.	Ms. Sonam Chandhok, ARO (Cli. Psy.)	Member
5.	Mr. Suresh Kumar, RA (Chemistry)	Member
6.	Ms. Jyothi G, LDC	Member
7.	Smt. Rashmi Kulkarni, Hindi Assistant	Member

7.5. Purchase Committee:

Sr. No.	Name & Designation	Status in Committee
1.	Dr. S.H. Doddamani, R.O. (Ay.)	Chairman
2.	Dr. M.N. Shubhashree, R.O. (Ay.)	Member
3.	Dr. V. Rama Rao, R.O. (Bot.)	Member
4.	Dr. Anchan Vidyashree Vittal, RO (Patho)	Member
5.	Shri. M. Girijavallabhan, Office Assistant	Supporting staff

7.6. Condemnation Committee

Sr. No.	Name and affiliation	Status
1.	Dr. Sanjay Kumar Giri, R.O. (Ay.)	Chairman
2.	Dr. Raghavendra Naik, R.O. (Ay.)	Member
3.	Dr. Bhavya B.M., R.O. (Ay.)	Member
4.	Shri. M. Girijavallabhan	Supporting staff

7.7. Inspection cum Physical Verification Committee:

Sr. No.	Name & Designation	Status in Committee
1.	Dr. V. Rama Rao, R.O. (Bot.)	Chairman
2.	Dr. Raghavendra Naik, R.O. (Ay.)	Member
3.	Dr. Bhavya B.M., R.O. (Ay.)	Member

7.8. Technical Co-Ordination Committee:

Sr. No.	Name & Designation	Status in Committee
1.	Dr. S.H. Doddamani, R.O. (Ay.)	Chairman
2.	Dr. M.N. Shubhashree, R.O. (Ay.).	Member
3.	Dr. V. Rama Rao, R.O. (Bot.)	Member

7.9. Swachhata Committee:

Sr. No.	Name & Designation	Status in Committee
1.	Dr. Sulochana Bhat, A.D. In-charge	Chairman
2.	Dr. S H Doddamani, R.O. (Ay.).	Member
3.	Dr. Raghavendra Naik, R.O. (Ay.)	Member
4.	Dr. Bhavya B.M, R.O. (Ay.)	Member

7.10. Grievance Redressal Committee:

Sr. No.	Name & Designation	Status in Committee
1.	Dr. S.H.Doddamani, R.O. (Ay.)	Chairman
2.	Dr. V. Rama Rao, R.O. Bot.	Member
3.	Dr. Raghavendra Naik, R.O. (Ay.)	Member

7.11. e-Office Committee:

Sr. No	Name and affiliation	Status
1.	Dr. Rajendra Kumar, R.O. (Ay.)	Chairman
2.	Dr. Raghavendra Naik, R.O. (Ay.)	Till November 2021
3.	Smt. Jyothi G., LDC	Member
4.	Sh. Delvin George, Lab. Attendant	Member

7.12. Media Management Committee

Sr. No	Name and affiliation	Status
1.	Dr. M.N. Shubhashree, R.O. (Ay.)	Chairman
2.	Ms. Sonam Chandhok, ARO (Cli. Psy.)	Member
3.	Sh. Delvin George, Lab. Attendant	Member

7.13. Data Safety and Monitoring Board (DSMB) for ATT Project

Sr. No	Name and affiliation	Status
1.	Dr. Sridhar B S, MD (Ay.) Joint Director, AYUSH Karnataka	Chairman
2.	Dr. Anil Singarajipura MD (Medicine) Joint Director, STO, Bengaluru	Member
3.	Dr. Srikumar M.Sc, Ph.D. (Pharmacology) NIMHANS, Bengaluru	Member
4.	Dr. K.P. Suresh Ph.D (Biostatistics) ICAR, Bengaluru	Member
5.	Dr. Sulochana Bhat AD Incharge, CARI, Bengaluru	Member Secretary

7.14. Data Safety and Monitoring Board (DSMB) for AMRA

Sr. No.	Name and affiliation	Status
1.	Dr. Sridhar B S MD (Ay.) Joint Director, AYUSH Karnataka	Chairman
2.	Dr. Anil Singarajipura, MD (Medicine) Joint Director, STO, Bengaluru	Member
3.	Dr. Srikumar M.Sc, Ph.D. (Pharmacology) NIMHANS, Bengaluru	Member
4.	Dr. K.P. Suresh Ph.D (Biostatistics) ICAR, Bengaluru	Member
5.	Dr. Allen Uragol PhD (Bio-Ethics) IIM, Bengaluru	Member
6.	Dr. Sulochana Bhat AD In-charge, CARI, Bengaluru	Member Secretary

7.15. Data Safety and Monitoring Board (DSMB) for ADHD

Sr. No	Name and affiliation	Status
1.	Dr. Saraswathi S. Assistant Professor	Chairman
2.	Dr. Gopal Krishna Professor and HOD	Member
3.	Dr. Srikumar M.Sc , Ph.D. (Pharmacology)	Member
4.	Dr. K.P.Suresh Ph.D (Biostatistics)	Member
5.	Sh. Madhusudhan Adiga BA.,LLB	Member
6.	Dr. Sulochana Bhat AD Incharge, CARI, Bengaluru	Member Secretary

7.16. Data Safety and Monitoring Board (DSMB) for Parkinson's Disease Project

Sr. No	Name and affiliation	Status
1.	Dr. G.R.K. Sarma Professor, Dept of Neurology, St. John's Medical College, Bengaluru	Chairman
2.	Dr. Gopal Krishna Professor, HOD, Kayachikitsa Sri Sir College of Ayurveda, Bengaluru	Member
3.	Dr. Srikumar M.Sc, Ph.D. (Pharmacology) NIMHANS, Bengaluru	Member
4.	Dr. K.P. Suresh Ph.D (Biostatistics) ICAR, Bengaluru	Member
5.	Sh. Madhusudhan Adiga BA.,LLB, Bengaluru	Member
6.	Dr. Sulochana Bhat AD Incharge, CARI Bengaluru	Member Secretary

7.17. NABH Coordination Committee

Sr. No.	Members	Role
1.	Dr. Sulochana Bhat	Chairperson
2.	Dr. GV Ramana	NABH Coordinator
3.	Dr. Rajendra Kumar	Member Secretary
4.	Dr. Vidyashree Anchan	Member
5.	Mr. Delvin George	Member

7.18. Quality Management Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Sulochana Bhat	Chairperson
2.	Dr. Rajendra Kumar	Member Secretary
3.	Dr. Bhavya BM	Member
4.	Mr. Niloy Banerji	Member

7.19. Clinical Audit Committee (NABH)

Sr. No.	Members	Role
1.	Dr G.V. Ramana	Chairperson
2.	Dr. Tejaswini C	Member Secretary
3.	Dr. Rajendra Kumar	Member
4.	Mrs. Bhagyamma	Member

7.20. Medical Record Management Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Tejaswini C	Chairperson
2.	Dr. Rajendra Kumar	Member Secretary
3.	Mrs. Bhagyamma	Member
4.	Mr. Mallikarjuna N	Member

7.21. Purchase Committee (NABH)

Sr. No.	Members	Role
1.	Dr S.H. Doddamani	Chairperson
2.	Dr. Shubhashree MN	Member Secretary
3.	Dr. Rama Rao	Member
4.	Dr Vidyashree Anchan	Member
5.	Shri. M. Girijavallabhan	Member

7.22. Condemnation Committee (NABH)

Sr. No.	Members	Role
1.	Dr. SK Giri	Chairperson
2.	Dr. Bhavya BM	Member
3.	Dr. Rajendra Kumar	Member
4.	Shri. M. Girijavallabhan	Member

7.23. Pharmaco-Therapeutic Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Shubhashree MN	Chairperson
2.	Mr. Niloy Banerji	Member Secretary
3.	Mr. Swaroop	Member
4.	Mr. Umesh	Member

7.24. Hospital Infection Control Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Vidyashree Anchan	Chairperson
2.	Ms Sonam	Member Secretary
3.	Mr. Suresh	Member
4.	Mr. Mallikarjuna	Member

7.25. Hospital Safety & Risk Management Committee (NABH)

Sr. No.	Members	Role
1.	Dr. S.K. Giri	Chairperson
2.	Mrs. Sonam Chandhok	Member Secretary
3.	Mr. Sunil	Member
4.	Mrs. Hemavathi	Member

7.26. Medical Morbidity & Mortality Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Bhavya BM	Chairperson
2.	Dr. Vidyashree Anchan	Member Secretary
3.	Mrs. Bhagyamma	Member
4.	Mr. Sunil	Member

7.27. Human Resource Review Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Srinibash Sahoo	Chairperson
2.	Mrs. Jyothi	Member Secretary
3.	Mr. Krishnamurthy	Member

7.28. Vishakha or Anti-Sexual Harassment Committee (NABH)

Sr. No.	Members	Role
1.	Dr. M.N. Shubhashree,	Chairperson
2.	Dr. S.H. Doddanani, R.O.	Member
3.	Dr. Tejaswini, R.O (Ay.)	Member
4.	Smt. Hemavathi	Member
5.	Ms. Jyothi G	Member Secretary

7.29. Disaster Management Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Sulochana Bhat	Chairperson
2.	Dr. S.H. Doddamani	Member Secretary
3.	Dr. Shubhashree M.N.	Member
4.	Dr. Rajendra Kumar	Member

7.30. Code Blue Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Rajendra Kumar	Chairperson
2.	Dr. Vidyashree Anchan	Member Secretary
3.	Mr. Niloy Banerji	Member
4.	Mr. Sunil	Member

7.31. Code Red Committee (NABH)

Sr. No.	Members	Role
1.	Dr. V. Rama Rao	Chairperson
2.	Mr. Suresh Kumar	Member Secretary
3.	Mr. Sathish	Member
4.	Mr. Girish	Member

7.32. Code Pink Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Tejaswini C	Chairperson
2.	Ms Sonam Chandhok	Member Secretary
3.	Mrs. Neetha	Member
4.	Mrs. Abitha	Member

7.33. Code Black Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Srinibash Sahoo	Chairperson
2.	Dr. Bhavya BM	Member Secretary
3.	Mr. Girish	Member

II. TECHNICAL REPORT

1. Programs allotted and completed during the reporting period

Sr. No.	Title of the project	Target	Status	Remarks
CLINICAL SECTION				
Intramural Clinical Research Projects – Ongoing				
1.	A Randomized, Placebo-controlled, Double-blind Clinical Trial to Evaluate the Effect of Trikatu in Subclinical Hypothyroidism	90	Ongoing	Target- 90 Screened- 94 Enrolled- 27 Completed- 14 Drop out- 06 Continuing- 09
2.	Clinical Evaluation of Vidanga Churna and Vyoshadi Guggulu in the Management of Medoroga (Obesity) under Annual action plan 2018-19	50	Ongoing	Screened-51 Enrolled -50 Drop out-01 Completed-33 Continuing- 16
3.	Efficacy and safety of Ayurveda Formulation ‘Trikatu’ in Dyslipidemia – A Prospective Randomized Double Blind Placebo Controlled Trial	120	Ongoing	Screened-18 Screen Failure-6 Enrolled-12 Completed-0 Drop out-00 Continuing-12
4.	Clinical Evaluation of Lekhaniya Gana Kashaya and Arogyavardhini Gutika in the Management of Medoroga (Obesity)	50	Ongoing	Screened-29 Screen Failure-3 Enrolled-26 Completed-13 Drop out-05 Continuing-08
5.	A Cross Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy	1350	Ongoing	Screened-15 Enrolled -15 Completed-15
Other Intra-Mural Projects - Ongoing				
1.	Documentation of life profile of Luminaries in the field of Ayurveda	02	Ongoing	Interviews were conducted to collect the data. First draft submitted to hqrs
Intramural Clinical Research Projects –Completed				
1.	Cross sectional survey to determine the prevalence of Non-communicable Diseases and their risk factor among	245	Completed	Screened- 245 Enrolled-245 Completed- 245

	Scheduled Tribes in selected states across India under Tribal Health Care Research Programme (THCRP)			Dropout-00
2.	Evaluation of efficacy and tolerability of select Ayurveda formulations in moderate Iron Deficiency Anemia – A randomized controlled trial under Tribal Health Care Research Programme (THCRP)	48	Completed	Screened- 159 Enrolled- 48 Completed-46 Drop out - 02
3.	Cross sectional survey to determine the prevalence of NCDs and their risk factors among scheduled castes across India under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)	185	Completed	Villages: 5 Enrolled: 185 Completed: 185 Drop outs: 0
4.	A randomized placebo controlled trail of Ayush SR in perceived stress under Ayurveda Mobile Health Care Project-SCSP (Scheduled Caste Sub Plan)	50	Completed	Villages: 5 Enrolled: 50 Completed: 46 Drop outs:04
Collaborative Clinical Research Projects –Ongoing				
1.	Evaluation of AYUSH-GMH in the subjects of mild to moderate non-alcoholic fatty liver disease (NAFLD) - A Double-Blind Randomized control clinical study	150	Ongoing	The study initiated on 31/05/2022. Till date 56 participants are enrolled and 15 have completed the study. There are 3 drop out from the study.
2.	Evaluation of Hepatoprotective activity of PTK as an add on therapy in the patients of Tuberculosis on ATT - A Double Blind Randomized control clinical study	150	Ongoing	Screened- 17 Enrolled- 14 Completed- 05 Drop out- 06 Continuing- 03
3.	Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans	NA	Ongoing	The first lot of urine samples from participating CCRAS centres are being transported to TDU for analysis

4.	A Double-blind, Double Dummy, Randomised Controlled Study to Evaluate the Efficacy of Classical Ayurvedic Management versus Methotrexate in Rheumatoid Arthritis	80	Ongoing	Screened-10 Enrolled-09 Completed-0 Dropout-01 Contineuing-08
5.	Evaluating the efficacy of ayurvedic intervention as add on to conventional treatment and explore the interaction of epigenetics, neuro/gut biomarkers and neuroimaging in pediatric ADHD (attention deficit hyperactivity disorder).	160	Ongoing	Screened-594 Enrolled-36 Completed-20 Dropout-07 Contineuing-09
6.	Ayurveda therapeutic regimen as on Add-on to optimized conventional management of Parkinson's disease: An RCT for assessment of Clinical, Cortical excitability, Neuroimmune and Autonomic function parameters	80	Ongoing	Screened-17 Enrolled-00 Completed-00 Dropout-00 Contineuing-00

Collaborative Clinical Research Projects – Completed

1.	A randomised Placebo Controlled Prospective Phase-2 Clinical Study of an Ayurvedic coded drug 'AYUSH D' on Glycemic control in Pre-diabetic Subjects	264	Trial completed. Utilization Certificate awaited from collaborating institute	Enrolled: 174 Completed: 117 Drop outs: 55 Continuing: 03 ADRs: Nil Complications: SAE: 01
	RARIMD Bengaluru	66		Target – 66 Enrolled- 65 Completed- 57 Dropouts -08
	AIIMS New Delhi	66		Target – 66 Enrolled - 11 Completed- 7 Dropouts - 4
	RA Podar AMC Mumbai	66		Target – 66 Enrolled -33 Completed – 13 Dropouts- 20
	KAHER's BMK Ayurved Mahavidyalaya Belgavi	66		Target – 66 Enrolled- 66 Completed -41 Dropouts- 25
2.	A Randomized Placebo Controlled Phase -2 Clinical Study of an Ayurvedic Coded	264	Trial completed.	Enrolled: 229 Completed: 168

	Drug 'AYUSH D' in the Management of Type 2-Diabetes Mellitus as add on Therapy to Metformin.		Utilization Certificate awaited from collaborating institute	Drop outs: 54 Continuing: 07 ADRs: Nil Complications:00
	RARIMD Bengaluru	66		Target – 66 Enrolled - 66 Completed- 54 Dropouts -12 ADRs - nil SAE - 01
	AIIMS New Delhi	66		Target – 66 Enrolled- 66 Completed- 53 Dropouts- 06 SAE- 02
	RA Podar AMC Mumbai	66		Target – 66 Enrolled -54 Completed - 28 Dropouts -26
	Rajiv Gandhi Govt. PG Ayurveda College, Paprola, Kangra, Himachal Pradesh	66		Target – 66 Enrolled - 43 Completed - 33 Dropouts- 10
3.	Evaluation of Add on Efficacy & Safety of an Ayurvedic coded Formulation in the management of Dengue Fever & Prevention of its complications – A Double Blind Clinical Study	150	Trial completed. Utilization Certificate awaited from collaborating institute	Screened-250 Enrolled-150 Completed-141 Dropout-09 Continuing-00
4.	Validation and Reliability testing of Diagnostic Methods in Ayurveda in Kasa, Shwasa, Jwara, Pandu & Prameha	Kasa-30 Shwasa- 03 Jwara-30 Grahani-30 Pandua- 30 Prameha-30	Completed	No. enrolled: Kasa: 30; Shwasa: 30; Jwara: 30 Grahani: 30; Prameha: 30 No. completed: Kasa: 30; Shwasa: 30; Jwara: 30 Grahani: 30; Pandua: 30; Prameha: 30

Outreach Programmes				
1. Tribal Health Care Research Programme (THCRP)				
1.	Tribal Health Care Research Programme (THCRP)	Number of tours- 180 Population- 6000 LHTs- 08	Completed	Villages: 06 Total Visits: 165 Population covered: 6045 Patients treated: 4883 LHT claims: 13 Investigations conducted: 3968
2. Scheduled Caste Sub Plan (SCSP)				
1.	Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)	Number of tours- 210 Population- 6000	Completed	Villages: 08 No. of tours completed- 228 Population covered: 6371 Patients treated:3154 Follow up: 2776 Investigations conducted: 12929 Screening of NCD:3192 Anaemia:5863 Malnutrition:604 Diabetes Mellitus:5734 Hypertension: 3154
Centre of Excellence (CoE) funded by Ministry of AYUSH				
1.	Centre of Excellence (CoE) for Research & Clinical Services in Madhumeha (Diabetes Mellitus) From Ministry of AYUSH	NA	Ongoing	OPD patients treated- 1282 patients Patients (Yoga)- 337 patients Camps (Diabetes)-44 camps, 1391 beneficiaries

				<p>Public training programmes-8 programmes with 265 beneficiaries</p> <p>Patient training programmes-10 programmes with 193 beneficiaries</p> <p>Ayurveda Student training programmes- 9 programmes with 392 trainees</p> <p>Yoga training camps- 12 programmes with 399 beneficiaries</p> <p>MoUs signed- 4</p> <p>Population covered under e-Healthcare initiatives-25816</p> <p>No of minor projects under CoE - 7</p>
2.	Preclinical studies of four anti-diabetic formulations of Central Ayurveda Research Institute (CARI) in high fat diet along with low dose of Streptozotocin induced Diabetes in Wistar rats	NA	Completed & funded under CoE Scheme	Statistical analysis under progress.
3.	Knowledge, Attitude, and Practice related to Madhumeha (Diabetes)	350	Completed & funded under CoE Scheme	Statistical analysis under progress.
4.	Development of a predictive system for diagnosing the risk of Diabetes using machine learning technique	1000	Completed & funded under CoE Scheme	Predictive document has been developed. Copyright filing is under progress.

5.	Evaluation of anti-diabetic efficacy of four selected classical Ayurvedic poly-herbal formulations in Type-2 Diabetes Mellitus-A randomized pilot study	24	Ongoing project under CoE Scheme	Screened- 51 Enrolled- 24 Completed-12 Drop out – 05 Continuing-07
6.	Clinical evaluation of anti-diabetic efficacy of ‘Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulation in Prediabetes -A pilot study	06	Ongoing project under CoE Scheme	Screened- 09 Enrolled- 06 Completed-00 Drop out – 00 Continuing-06
7.	A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes)	1200	Ongoing project under CoE Scheme	Survey population covered-554
8.	A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes.	30	Ongoing project under CoE Scheme	Screened- 03 Enrolled- 03 Completed-00 Drop out – 00 Continuing-03
9.	Evaluation of bioavailability of four Ayurvedic poly-herbal formulations in healthy volunteers – A Crossover Randomized Clinical Trial	06	Yet to be initiated project under CoE Scheme	Method development under progress

Other Projects funded by Govt. of India under grant-in-aid scheme

1.	National Pharmacovigilance Program (From AIIA, New Delhi)	-	Ongoing	Total Misleading Advertisements Reported: 88 ADR Reported: 01 CME Conducted /Awareness Program Conducted: 03 Participation in CME as resource persons: 03 Participation in the training program: 06 Articles Published: 02
3.	Establishment of Nursery for Cultivation, Conservation and	4621 saplings distribution	Completed	3900 samplings belonging to Panasa, Nimba,

	Sustainable Utilization of Medicinal Plants (From National Medicinal Plants Board (NMPB), Ministry of AYUSH)			Aragvadha, Karanja, Asoka, Kovidara, Gambari produced and distributed to public
Survey of Medical Plants Unit (SMPU)				
Under Intra Mural Research Program				
1.	Anthology of Survey Research outcomes of Medico Ethno Botanical Survey (MEBS)	2 years (15 th July 2020 to 14 th July 2023)	Ongoing	Target: District wise preparation of monographs on Medico Ethno Botany for Bagalkot, Raichur, Vijayapura, Kolar, Kalaburagi, Bidar, Yadgir, Hassan, Dakshina Kannada and Udupi districts
2.	Development of micro forest of medicinal plants by using Miyawaki method of Plantation at CARI	3 years (26 th March 2019 to 26 th March 2022)	Completed	Recorded growth pattern of experimental and control group for 1560 and 90 plant species respectively
Research projects to be initiated				
	<ol style="list-style-type: none"> 1. Comparative Evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants 2. Study of seasonal variation on Bioactive Compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda 			
Research project proposals/concept note submitted				
	1. A prospective randomized double blind clinical trial to assess the efficacy and safety of <i>Arjunarista</i> and <i>Navaka guggulu</i> in Dyslipidemia as a preventive measure for vascular disorders			

<ol style="list-style-type: none"> 2. A Randomized clinical study to evaluate the safety and efficacy of AYUSH-82 Ayurvedic formulation on non-Chronic Type 2 Diabetes Mellitus and its Bio-Molecular evaluation 3. Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes associated with type 2 diabetes: A Multicentric Open Label Randomized Placebo Controlled Clinical Trial 4. A Double-blind, placebo-controlled, Randomised prospective study to evaluate the efficacy of Ayurveda formulation and Nutritional supplement in children with Autism Spectrum Disorder 5. Comparative Effectiveness and Safety of <i>Kaidarya (Murraya koenigii (L.) Sprengel)</i> Versus Moderate Intensity Statin in Subjects with Atherogenic Dyslipidemia 6. Efficacy and Safety of Ayurveda Interventions for Refractive Errors - A Systematic Review and Meta-analysis 7. Detection of surgical conditions for their early management- a cross sectional community study in Bengaluru South Taluk
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2. Research articles published in reputed journals (National/International journals only are to be furnished)

a. International Journal

Sr. No.	Name of the Author (s)	Title of the Paper	Name of the Journal, Volume, Page no. etc.	Date of publication (Month & Year)
1.	Raghavendra Naik Shubhashree MN Chandini Chandrasekharan Sulochana Bhat Rabinarayan Acharya	Ayurveda drug usage pattern among rural and urban populations: A cross-sectional survey from Bengaluru, Karnataka	International Journal of Ayurveda Research 2022;3:61-7	September 2022
2.	Bhavya BM Shubhashree MN Doddamani SH	An Ayurvedic Understanding on Applications of Yogic Prana Mudra in Relation with Prana Vayu as a Supportive Measure during Coronavirus Disease 2019 Pandemic	Asian Pac. J. Health Sci., 2022;9(3):1-3, UGC	July 2022.
3.	Kavya N Amulya Kannan Monica KP Sulochana Bhat	Yava (Barley): A potential dietary component for management of Metabolic disorders w.s.r. to Diabetes	International journal of Ayurvedic and herbal medicine. 2022; 12(4): 4248-55.	July 2022

		Mellitus-A multi-case report.		
4.	Amulya Kannan Kavya N Niveditha BM Monica KP Sulochana Bhat	Āmalakī Svarasa (Phyllanthus emblica) – A Potential Single Drug Intervention in Management Of Prameha (Diabetes Mellitus): A Case Study	International Journal of Research in Ayurveda and Pharmacy 2022; 13 (4): 1-4	August 2022
5.	Monica K P Raghavendra Naik Kavya Nagarajan Amulya Kannan Sulochana Bhat	Ayurveda single drug therapy for Prameha in Nighantu Sahitya: A review	International Journal of Science and Research Archive, 2022, 07(01), 166–174	September 2022.
6.	Raghavendra Naik Shubhashree MN, Chandini Chandrasekharan Sulochana Bhat Rabinarayan Acharya	Ayurveda drug usage pattern among rural and urban populations: A cross-sectional survey from Bengaluru, Karnataka	International Journal of Ayurveda Research 2022; 3:61-7	13 th October 2022.
7.	Monica K P Kavya N Sulochana Bhat	The practice of Yoga and Ayurveda in the management of Anxiety, Hypertension and Diabetes mellitus-a case study	International Research Journal of Ayurveda and Yoga,6 (1): 15-22	January 2023.
8.	Ramana, GV	Relationship between Personality and Parenting Styles	The International Journal of Indian Psychology 2023; 11(1).	January - March 2023.
9.	Pradeep Kumar Dua Raghavendra Naik Snehlata Jain	Standardization in AYUSH systems: Bureau of Indian Standards (BIS) and International Organization for Standardization (ISO) perspectives	International Journal of Ayurveda Res 2023;4:5-14	March 2023.
10.	Shilpashree Kavya N Sulochana Bhat	Chromatographic Techniques for traditional and Herbal anti-diabetic mellitus drug analysis: A Review on recent advances	Trends in analytical chemistry	Communicated (October 2022)

b. National Journals

Sr. No.	Name of the Author (s)	Title of the Paper	Name of the Journal, Volume, Page no. etc.	Date of publication (Month & Year)
1.	Vrinda Kavya N Sharada Anand Sulochana Bhat	A literary study of Rasa Tantrasara Va Siddha Prayoga samgraha with special reference to pramehahara yogas	Journal of Ayurveda.	Communicated (September 2022)
2.	Swati R Raghavendra Naik Rinky Thakur Sulochana Bhat	Kshemakutuhalam- A Classical Ayurveda Treatise on Dietetics and Culinary Art	Journal of Ayurveda (joa_269_22)	Communicated (19 th October 2022)
3.	Sonam C Shubhashree MN Chandini Chandrasekhar an	Relevance of Charaka's principles for psychological well-being during the COVID pandemic	Journal of Applied Consciousness Studies 2022; 10:140-147	10 th November 2022
4.	Amulya Kannan Raghavendra Naik Kavya N Monica KP Sulochana Bhat	A narrative literary review on design of anti-diabetic (Prameha) formulations from various Ayurveda treatises.	Journal of Drug Research in Ayurvedic Sciences 2022; 7:213-20	21 st November 2022
5.	Doddamani SH Raghavendra Naik Rama Rao V Shiddamallayya Nagayya Dixit AK Sulochana Bhat Ashish Kumar Tripathi Priya Vij Chinmay Rath Mangal AK Narayanam Srikanth	Documentation and validation of local health traditions of Hassan district, Karnataka.	Journal of Drug Research in Ayurvedic Sciences 2022; 8:19-25	30 th December 2022
6.	Amulya Kannan	Pramehahara yoga (Antidiabetic	Annals of Ayurvedic Medicine Vol-11, Issue 4,	December 2022

	Raghavendra Naik Vrinda Kavya N Sulochana Bhat.	formulations) - A laghutrayee review.	Oct-Dec, 339-348	
7.	Amulya Kannan Chandini Chandrashekar a Sulochana Bhat	Efficacious standalone Ayurveda treatment in management of Diabetes mellitus-II - A case report.	Journal of Ayurveda and Integrated Medical Sciences, 2023; 8(1):159-164.	January 2023
8.	Chandini Chandrashekar an Amulya Kannan Anagha Jenu Sulochana Bhat	Ayurvedic interventions in the management of Venous stasis dermatitis in a patient with diabetes- 2: A case report	Journal of Research In Ayurvedic Sciences	Communicated (January 2023)
9.	Anagha Jenu Kavya N Sulochana Bhat	Reporting Discrepancy of Diabetes and its Determinants among Adult Residents of Bangalore district of Karnataka	Indian Journal of Medical Research.	Communicated (January 2023)
10.	Amulya Kannan Chandini Chandrashekar an, Sulochana Bhat	Ayurveda Approach for Frozen shoulder in Diabetes- A case series.	Journal of Ayurveda	Communicated (February 2023)
11.	Shubhashree MN Raghavendra Naik, Chandini Chandrasekhar an Sulochana Bhat	Cross sectional survey to assess the efficacy of home remedies during Covid times from a Pharmacovigilance perspective.	Journal of Pharmacovigilance and Drug Research. January-March 2023, JPADR, 2023; 4(1) DOI:10.53411/ipadr.2023.4.1	March 2023
12.	Bhavya BM	Ayurveda in Parkinson's disease: a case report.	Journal Annals of Ayurvedic Medicine	Communicated (March 2023)

c. Articles published in Proceedings of Conference/Seminar/Webinar/Workshop etc. (International & National level)

S. No.	Name of the Author (s)	Title of the Paper	Name of the Conference/Seminar/Webinar/Workshop etc. along with organizer and venue	Date of publication (Month & Year)
-	-	-	-	-

d. Other Publications (Books/Booklets/Chapter/Technical reports/Monographs etc.)

S. No.	Name of the author (s)	Title of the Books / Booklets / Chapter / Technical reports / Monographs	Contribution	Publisher with year of publication (Month & Year)
1.	Rashmi Pareek, Rajendra Paliwal, Nisha Ojha, Sanjeev Sharma	Shodha Siddhanta: Handbook of Research Methodology & Biostatistics	Publication of book submitted in 2020	Chaukhabha Prakashan, Varanasi, February 2023

e. Research/ professional abstracts published/ presented at International/ National seminars/ workshop/ meetings etc.- Nil

f. Paper presented in Conference/Seminar/Webinar/Workshop etc.

S. No.	Name of the Author (s) / Participant (s)	Title of the Paper Presented	Name of the Conference/Seminar/Webinar/Workshop	Name of organizer and Venue	Date of the event (Month & Year)	Remark (s), if any
1.	Sonam C	Dynamics of Parenting Adolescents in India	26 th International Congress of International Association of Cross Cultural Psychology (IACCP)	International Association of Cross Cultural Psychology	12 th to 16 th July 2022	Presented and participated.
2.	Bhavya BM	A Case Report on the Management of Bell's	9 th World Ayurveda Congress and Arogya Expo 2022	World Ayurveda Foundation, Kala	8 th to 11 th December 2022 (Presented on 9 th)	Poster Presented and participated.

		palsy with special reference to Ardita in Ayurveda		Academy, Panaji, Goa	December 2022)	
3.	Doddamani SH	Ayurvedic management of subacute thyroiditis : A case report	9th World Ayurveda Congress and Arogya Expo 2022	World Ayurveda Foundation, Kala Academy, Panaji, Goa	8 th to 11 th December 2022 (Presented on 9 th December 2022)	Poster Presented and participated.

3. Training/Seminar/Conference/Workshop organized by the Institute

Sl. No.	Name of the Participant (s)	Title of the Training / Seminar / Webinar / Conference / Workshop	Date	Remark (s), if any
1.	All officers	Virtual IEC	20 th April 2022	Participated
2.	All officers and staff	Training program on Implementation of NABH Standards.	25 th to 27 th April 2022	Participated
3.	All officers and staff	Anti-terrorism pledge.	20 th May 2022	Participated
4.	Bhavya B M	IEC Meeting- 'Efficacy and safety of Ayurveda Formulation 'Trikatu' in Dyslipidemia- A Prospective Randomized Double Blind Placebo Controlled Trial.'	7 th June 2022	Presented project proposal
5.	Shubhashree M N	IEC Meeting- Update on status of AMRA	7 th June 2022	Participated
6.	Shubhashree M N	Management of Diabetes Mellitus –An Ayurvedic perspective to students from SDM, Bengaluru	15 th June 2022	Presented
7.	Shubhashree M N	Clinical aspects of Diabetes management to students from JSSAMC, Mysore	17 th June 2022	Presented
8.	All officers and staff	8 th International Day of Yoga - "Yoga for Humanity"	21 st June 2022	Participated
9.	संस्थान के सभी अधिकारी तथा कर्मचारी	हिंदी कार्यशाला	27 जून 2022	सभी द्वारा भाग लिया गया
10.	Sulochana Bhat Thejaswini C	Metabolic and lifestyle disorders Focus Group meeting for discussion of the Project Proposals submitted by research officers.	11 th July 2022	Organized

11.	All officers	VC meeting regarding CARI desk top assessment observations	22 nd August 2022	Participated
12.	All officers and staff	NABH training on: 1. Use of patient identifiers, the content of prescription and incident reporting. 2. Fire & Non Fire emergencies, handling and storage of hazardous material and Occupational Hazards	25 th to 26 th August 2022	Participated
13.	Rama Rao Thejaswini C	Plantation of 125 fruit yielding medicinal plant saplings belonging to 25 different plant species under Poshan Vatika	9 th September to 28 th October 2022	Organized
14.	Srinibash Sahoo, SK Giri	Cleaning drive of the hospital premises under Sewa Pakhwada	20 th September 2022	Conducted by Clinical Section, Tulasithota, CARI Bengaluru
15.	Thejaswini C	Sewa pakwada camp	20 th September 2022	Organized and conducted at Silk Institute, Bengaluru.
16.	सभी अफसर एवं कर्मचारी	हिन्दी कार्यशाला	22 सितंबर 2022	भाग लिया
17.	Thejaswini C	Sewa pakwada camp and medicinal plants plantation	23 rd September 2022.	Organized by CARI, Bengaluru and conducted at Govt. Higher Primary School Kaggalahalli.
18.	Thejaswini C	Poshan Maah Awareness Programs	23 rd September 2022	Organized by CARI, Bengaluru at Govt.Highier Primary School Kaggalahalli.
19.	Thejaswini C	Sewa pakwada camp	24 th September 2022	Organized by CARI, Bengaluru at National English School, Basavanagudi
20.	Thejaswini C	Poshan Maah Awareness Programs	24 th September 2022	Organized by CARI, Bengaluru at National English School, Basavanagudi.
21.	सभी अधिकारी एवं कर्मचारी	हिन्दी पखवाड़ा	14 से 28 सितंबर, 2022	भाग लिया
22.	Srinibash Sahoo	Free health camp and distribution of medicines to students and public under Sewa Pakhwada	27 th September 2022	Conducted at Govt. Primary School and Gulberga Colony, Byresandra, Jayanagar, Bengaluru.

23.	Srinibash Sahoo	Awareness program on “Nutrition and Health”; distribution of nutritional food among students and staff under Poshana Maah programme.	27 th September 2022	Conducted at Govt. Primary School, Gulberga Colony, Byresandra, Jayanagar, Bengaluru.
24.	Sulochana Bhat Thejaswini C	Distribution of health drink to 45000 school children through Adamyia Chetana	28 th September 2022	School children through Adamyia Chetana
25.	Thejaswini C	Essay writing competition was conducted for school students of 6 th to 8 th standard	29 th September 2022	Upgraded Government Higher Primary School, OB, Chudahalli
26.	Thejaswini C	Drawing competition was conducted for school students of 1 st to 5 th standard	29 th September 2022	Upgraded Government Higher Primary School, OB, Chudahalli
27.	Thejaswini C Rajendra Kumar	AYUSH food festival in the form of cooking competition for staff was organized and conducted	10 th October 2022	Organised
28.	All officers and staff	Basic Life Skill (BLS) training by Dr. Kumar Swamy, Consultant, Fortis Hospital, Bengaluru	11 th October 2022	Participated
29.	All officers and hospital staff	Infection control practice training by Dr. Vidyashree	12 th October 2022	Participated
30.	All officers and hospital staff	Induction training and code black training by Dr. Srinibash Sahoo	12 th October 2022	Participated
31.	All officers and hospital staff	Induction training and code Pink training by Dr. Thejaswini C	12 th October 2022	Participated
32.	Thejaswini C	Drawing competition was conducted for CARI and RARIMMMR staff on ‘the role of Ayurveda for millennials’ health	18 th October 2022	Organised
33.	Bhavya BM	Meeting through VC on ‘Finalization of a book on Traditional Food recipes’	20 th October 2022	Participated
34.	Srinibash Sahoo	Awareness programme and distribution of IEC material, nutritious food among school students and teachers.	21 st October 2022	Conducted at BBMP Govt. High School and Nursery School at Byresandra, Jayanagar 1 st Block, Bengaluru
35.	All officers and staff	Ayurveda Day celebrations	22 nd Oct 2022	Participated
36.	All officers and staff	Webinar on ‘Ayurveda and Food’ by Prof.(Dr.) G.G. Gangadharan, Director,	22 nd Oct 2022	Participated

		Ramaiah Indic Speciality Ayurveda-Restoration Hospital, Bengaluru		
37.	Thejaswini C	Drawing competition for staff children was conducted on the topic 'Ayurveda for Holistic Health'	22 nd October 2022	Organized
38.	All officers and hospital staff	Meeting through VC to discuss the methodology of prescribing Panchakarma procedure	28 th October 2022	Participated
39.	All officers and staff	Integrity pledge for Vigilance Awareness Week 2022	31 st October 2022	Participated
40.	All officers and staff	Guest lecture on 'Corruption-free India for a developed nation' by Shri. DN Munikrishna, Former IPS, Bengaluru during Vigilance Awareness Week	07 th Nov 2022	On the occasion of Vigilance Awareness Week.
41.	Rajendra Kumar	THCRP Health & Medical Check-up Camp at Heggadadevanakote, Mysore	18 th to 19 th November 2022	Participated as CoI of THCRP Project (Conducted by THCRP Team, CARI Bengaluru)
42.	Srinibash Sahoo	Induction Training to newly joined contractual staff	19 th Nov 2022	Imparted training
43.	Shubhashree MN	Awareness Programme on Pharmacovigilance	26 th Nov 2022	Delivered a lecture on "Pharmacovigilance in Ayurveda- A clinical perspective"
44.	Raghavendra Naik	Awareness Programme on Pharmacovigilance	26 th Nov 2022	Delivered a lecture on "Misleading advertisements and Ayurveda- Legal implications"
45.	All officers and hospital staff	Awareness Programme on Pharmacovigilance	26 th Nov 2022	Peripheral Pharmacovigilance Centre, CARI, Bengaluru
46.	All officers	Sensitization Programme for Sustainable Maintenance of NAMASTE Portal	29 th and 30 th Nov 2022	Participated
47.	Srinibash Sahoo	Induction Training to newly joined contractual staff	1 st December 2022	Participated
48.	Srinibash Sahoo	Induction Training to newly joined contractual staff	22 nd December 2022	Imparted training
49.	सभी अफसर एवं कर्मचारी	'राजभाषा नियम एवं कार्यालय के काम में उनका अनुपालन' विषयाधारित हिन्दी कार्यशाला	30 दिसंबर 2022	सभी अधिकारियों तथा कर्मचारियों द्वारा भाग लिया गया

				(डॉ राजेंद्र कुमार, अनु अधिकारी - आयु, द्वारा व्याख्यान प्रस्तुत किया गया)
50.	Bhavya BM	Hands on training on assessing Prakriti Assessment using "Standardized Prakriti assessment scale and Ayur web portal" to Dr Resmy Raj, Assistant Professor, Department of Kriya Shareera, SDMIAH, Bengaluru	4 th January 2023	Imparted training
51.	Srinibash Sahoo	Meeting with Prof. Goutam Desiraju and Prof. Koushal Verma of IISc. Bengaluru for discussion on Role of AYUSH in S20 in connection with G20 summit by India	24 th January 2023	Attended
52.	Shubhashree MN	Glimpse of Pharmacovigilance related activities at CARI	21 st February 2023	Delivered lecture
53.	Shubhashree MN Raghavendra Naik	VC meeting with Dr. Kishore Kumar for collection of data regarding life profiles of luminaries	21 st February 2023	Attended
54.	Shubhashree MN Srinibash Sahoo	VC meeting with Dr. Sham Rao for collection of data regarding Life Profiles of Luminaries	22 nd February 2023	Attended
55.	Shubhashree MN Srinibash Sahoo	VC meeting with Dr. Srinivas Wodeyar for collection of data regarding Life Profiles of Luminaries	23 rd February 2023	Attended
56.	Rajendra Kumar	THCRP Tour at HD Kote to follow up patients of IDA Project and medical camps under THCRP Project	22 nd to 24 th February 2023	Conducted
57.	Bhavya BM Thejaswini C	VC meeting for shortlisting recipes for the project "Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products"	24 th February 2023	Participated (CARI Bengaluru and CSIR-CFTRI, Mysore)
58.	Bhavya BM	Plantation of medicinal plants at Surabhi Foundation Trust, Gubbalala, Bengaluru (Child care Institute) under Project Poshan 2.0	3 rd March 2023	Participated
59.	Bhavya BM	Plantation of medicinal plants at Nele Foundation, Laggere,	4 th March 2023	Participated

		Bengaluru (Child care Institute) under Poshan 2.0		
60.	Bhavya BM	Talk on 'Diabetes and Eye diseases", under CoE project for Youtube channel of CoE	4 th March 2023	Talks delivered
61.	Bhavya BM	Visit to Samyak Eye care centre as a part of the induction training of project staff under Diabetic Retinopathy Survey project	6 th March 2023	Participated
62.	Sulochana Bhat, Shubhashree MN Vidyashree Anchan, Bhavya BM Sonam C	Workshop on Scientific Writing	10 th March 2023	(Organized and participated) Organized by CARI Bengaluru at Govt Ayurveda Medical College, Bengaluru
63.	सभी अधिकारी एवं कर्मचारी	हिन्दी कार्यशाला	15 मार्च 2023	भाग लिया (एन. आई. एम्.एच. ए. एन. एस.बेंगलुरु, के प्राध्यापक डॉ. किशोर कुमार जी द्वारा हिंदी कार्यशाला में व्याख्यान प्रस्तुत कर मार्गदर्शन किया गया)
64.	Shubhashree MN Bhavya BM	AMRA project meeting for the addition of 2 trial centres in the project with Secretary, Min. of AYUSH, Dr. Furst, other officers and project staff	24 th March 2023	Attended
65.	All officers	Lectures to MBBS interns on various topics	23 rd to 31 st March 2023	Delivered lectures (CARI Bengaluru and KIMS Bengaluru)

4. Seminar/ Webinar/ Conference/ Workshop/ Training/ Symposium attended or participated by the Staff or Officers of the Institute

Sr. No.	Name of the Participant (s)	Title of the Seminar / Webinar /Conference / Workshop / Training	Organizer (s)	Date of Participation	Remarks
1.	Raghavendra Naik	Global AYUSH Investment and innovation summit 2022, at Mahatma Mandir Convention Centre, Gandhinagar, Gujarat.	Ministry of AYUSH	20 th to 22 nd April 2022	Participated
2.	Giri SK Srinibash Sahoo.	Basic Training on 'Fire Fighting and Fire prevention.	R. A. Mundkar fire and Emergency Service Academy, Bengaluru	29 th and 30 th April 2022	Participated

3.	Bhavya BM	Workshop on “Basic Molecular Biology Techniques for Aspiring Researchers”.	Department of Neurochemistry, NIMHANS, Bengaluru	6 th to 8 th April 2022	Attended
4.	Shubhashree MN	National webinar on Pharmacovigilance.	CARI, New Delhi	9 th May 2022	Attended
5.	Shubhashree MN Thejaswini C	Training on AHMIS upscale version	CCRAS, New Delhi	16 th June 2022	Participated
6.	All regular officers and staff	Training on SPARROW application through VC	CCRAS, New Delhi	28 th June 2022	Participated
7.	Sonam C	PIMS training through VC	CCRAS, New Delhi	28 th June 2022	Participated as Nodal Officer
8.	Anchan Vidyashree Vittal	Neurology Simplified 2022	Karnataka Medical Council	2 nd and 3 rd July 2022	Participated
9.	All officers of CARI	Grammarly Training (online)	CCRAS Headquarters	8 th July 2022	Participated
10.	Raghavendra Naik Rajendra Kumar	Webinar on Marma Therapy	North Eastern Institute of Ayurveda and Homeopathy (NEIAH), Shillong	15 th July 2022	Participated
11.	Anchan Vidyashree Vittal	CME “Therapeutic Apheresis: Current Practices and Advancement”	Dept. of Transfusion Medicine & Haematology, NIMHANS Bengaluru	15 th July 2022	Participated
12.	Anchan Vidyashree Vittal	Bug Tales webinar	Society of Clinical Microbiologists, Mumbai & BD India	23 rd July 2022	Participated
13.	All officers of CARI	CPE- webinar- effect of COVID on medical publishing “Recent Changes in Medical Publishing Effects of COVID-19” by Dr. Sanjay Pai	Savitribai Phule Pune University	30 th July 2022	Participated

14.	Shubhashree MN	Workshop on Collaborative proposal development- 9th WAC Satellite event	University of Trans disciplinary Health Science and Technology, Bengaluru	6 th to 7 th August 2022	Participated
15.	Bhavya BM	3 days training programme on Implementation of NABH Standards	CCRAS Headquarters , New Delhi	16 th to 18 th August 2022	Participated
16.	Shubhashree MN	Ayurtalks webinar on “Topic Integration with Indian Knowledge systems”	9th World Ayurveda Congress and Arogya Expo	26 th August 2022	Participated
17.	Giri SK	eSanjeevani OPD, National Tele Consultation Service	Rashtriya Ayurveda Vidyapeeth (RAV), M/O Ayush Govt of India, New Delhi	27 th August 2022	Consultation of patient
18.	Shubhashree MN Thejaswini C	Programme on Leadership and Organization Development for Women Scientists/ Technologists	Centre for Organization Development (COD), Hyderabad; organized by DST	12 th to 16 th September 2022	Participated
19.	राजेन्द्र कुमार	हिन्दी दिवस एवं दूसरा अखिल भारतीय राजभाषा सम्मेलन, सूरत	राजभाषा विभाग ,गृह मंत्रालय ,भारत सरकार	14 तथा 15 सितंबर 2022	भाग लिया
20.	Shubhashree MN	Training program on “Science, Technology and Innovation Policy”	NIAS-DST at NAT Institute of Advanced Studies, IISc Campus, Bengaluru.	19 th to 30 th September 2022	Participated
21.	Shubhashree MN Thejaswini C	AHMIS Upscale version training	Ministry of AYUSH, Govt. of India	7 th October 2022	Participated
22.	Srinibash Sahoo	Awareness programme, medical camp, free medicine distribution, plantation of medicinal plants as a part of Ayurveda day programme	CSIR - CFTRI, Mysore	10 th October 2022	Participated
23.	Raghavendra Naik	Sensitization programme to ISO member Countries for	International Relationship Department,	11 th October 2022	Participated

		New ISO Technical committee on Ayush Systems	Bureau of Indian Standards		
24.	Bhavya BM, Thejaswini C Sonam	Virtual meeting on "Discussion on Strategy and issues related to programs and celebration of 7th Ayurveda Day 2022	CCRAS Headquarters	11 th October 2022	Participated
25.	Shubhashree M.N.	Misleading Advertisements: Need for strong regulations	RJS Sansthan on account of AKAM	16 th Oct 2022	Participated
26.	Srinibash Sahoo	Awareness programme, medical camp, free medicine distribution, plantation of medicinal plants as a part of Ayurveda day programme	CSIR-NAL, Bengaluru	17 th October 2022	Participated
27.	Raghavendra Naik	Sensitization programme to ISO member Countries for New ISO Technical committee on Ayush Systems	International Relationship Department, Bureau of Indian Standards	18 th October 2022	Participated
28.	Srinibash Sahoo	Awareness programme, medical camp, free medicine distribution, plantation of medicinal plants as a part of Ayurveda day programme	CSIR - 4 th PI, Bengaluru	19 th October 2022	Participated
29.	Doddamani SH Shubhashree MN	Ayurveda Day 2022	University of Latvia, International Institute of Indic Studies	27 th Oct 2022	Participated
30.	Raghavendra Naik	National e-Conference 'Significance of Samhita in Research in Ayurveda	Samhita Siddhant Parishad of Vishwa Ayurved Parishad.	27 th Oct 2022	Participated
31.	Srinibash Sahoo	Orientation programme on CRM visit through VC	Ministry of AYUSH, Govt. of India	3 rd Nov 2022	Attended
32.	Srinibash Sahoo	Orientation programme on CRM visit at Dr. Ambedkar International Center, Janapath, New Delhi	NHM, Ministry of Health and Family Welfare, Govt. of India	4 th Nov 2022	Attended
33.	Srinibash Sahoo	Training workshop for Spark Reviewers through VC	Spark Team, CCRAS, New Delhi.	23 rd Nov 2022	Attended

34.	Bhavya BM	CME of the National Academy of Medical Sciences on "Evidence-based traditional medicine for integrative health care"	DY Patil University, Pune and Savithri Bai Phule University, Pune	25 th to 26 th November 2022	Participated
35.	Vidyashree Vittal Anchan	Annual Conference of IAP – Indian Division (virtual mode)	Karnataka Chapter of Indian Association of Pathologists and Microbiologists at Ramaiah Medical College, Bengaluru	1 st December 2022	Participated
36.	Doddamani SH Thejaswini C	Training workshop for CCRAS scientists on 'Research oriented public health care programme'	CCRAS Headquarters, New Delhi	1 st to 2 nd December 2022	Participated
37.	Vidyashree Vittal Anchan	70 th Annual Conference of IAPM, APCON 2022 (hybrid mode)	Karnataka Chapter of Indian Association of Pathologists and Microbiologists at Ramaiah Medical College, Bengaluru	2 nd to 4 th December 2022	Participated
38.	Srinibash Sahoo	Sensitization Programme for Officers related to collection of Bio-epigraphic of eminent personalities in the field of Ayurveda through VC	CCRAS Headquarter, New Delhi	14 th December 2022	Attended
39.	All officers	3 day workshop on Scientific writing	RAV and CCRAS, New Delhi at CARI Bengaluru	15 th to 17 th December 2022	Participated
40.	Shubhashree MN	National level awareness program on Pharmacovigilance for	BMK Ayurveda	27 th December 2022	Participated

		Ayurveda Drugs (virtual mode)	Mahavidyalaya, Belgavi		
41.	Vidyashree Vittal Anchan	Systematic Reviews and Meta-Analysis using RevMan	Public Health Foundation of India (PHFI), Delhi	16 th to 20 th January 2023	Participated
42.	SH Doddamani Bhavana R Sindhu CV	Training workshop on 'Documentation and validation of local health traditions (LHT) and ethnomedical practices for CCRAS scientists'	CCRAS at CARI Jhansi	18 th to 20 th January 2023	Participated
43.	Srinibash Sahoo	Training programme on "Field visit regarding progress of activities under centrally sponsored scheme of NAM (National Ayush Mission) through VC	Ministry of AYUSH	20 th January 2023	Attended
44.	Shubhashree MN	Capacity building and continuing medical education program on "Current trends in Ayurveda Drug Development"	Rashtriya Ayurveda Vidyapeeth, New Delhi at RARI, Pune	30 th January to 4 th February 2023	Participated
45.	Rajendra Kumar	Workshop on Naadi Pariksha	National Institute of Ayurveda (NIA), Jaipur	3 rd to 4 th February 2023	Participated in workshop and Alumni Meet
46.	Giri SK	Introduction to Health Facility Registry (HFR) and Health care Professional Registry(HPR)	CCRAS, New Delhi, M/O AYUSH, Govt. of India	17 th February 2023	Participated
47.	All officers	Online orientation session for e-Library Consortia	CCRH, New Delhi	17 th February 2023	Attended
48.	Srinibash Sahoo	AYUSH OPD at National Aerospace Laboratories (NAL), Bengaluru	Ministry of AYUSH	27 th February 2023	Attended
49.	Vidyashree Anchan	Webinar Bugtales 8 on nontuberculous Mycobacterial Infections	BD India and Society of Clinical Microbiologist	11 th March 2023	Participated
50.	Vidyashree Anchan	Programme on 'Early Identification and Intervention in ASD and other Neuro-Developmental Disabilities-Need of the hour'.	The Com DEALL Trust	12 th March 2023	Participated

51.	Sonam C	Systematic Reviews and Meta-Analysis using RevMan	Public Health Foundation of India (PHFI)-IIPH Delhi and CCRAS	13 th to 17 th March 2023	Participated
52.	Shubhashree MN	Annual awareness programme on Pharmacovigilance of Ayurveda, Siddha, Unani and Homeo Drugs	PPvC Vaidyaratnam PS Varier Ayurvedic College, Kottakkal	23 rd March 2023	Participated
53.	Vidyashree Anchan	CME programme on 'Platter of reporting systems in cytology: bridging the gap between pathologists and clinicians'	East Point College of Medical Sciences and Research Centre	24 th March 2023	Participated
54.	Raghavendra Naik	Workshop on Operationalization of New approach to standardization	National Institute of Training for standardization, Noida	29 th March 2023	Participated

4.1. Course completed by officers

Sr. no.	Name of the Staff (s) / Officer (s)	Title of the Course / Program	Organizer (s)	Date of Participation	Remarks
1.	Bhavya BM Sonam C	Certificate course on 'Introduction to the Principles and Practices of Clinical Research' 2021-2022	Office of Cancer Complementary and Alternative Medicine (OCCAM), NIH, USA	July 2022	Completed course
2.	Bhavya BM Sonam C	Certificate course on Introduction to Systematic Reviews for Dental Health Professionals" – July 2022	ICMR-National Institute of Epidemiology	July 2022	Completed course
3.	Bhavya BM	6-month self-paced Course through distance learning on "Professional Diploma in Clinical Research" (PDCR) and Foundation to Good Clinical Practice (GCP) Guidelines	Catalyst Clinical Services Pvt. Ltd, New Delhi	10 th August 2022	Course completed
4.	Rajendra Kumar	Introduction to Principles & Practice of Clinical Research (IPPCR) 2022-2023	Office of Clinical Research, National Institute of Health (NIH), Department of Health & Human Services, US Govt.	October 2022	Completed certificate course

4.2. Presentation /guest lecture/Resource person in a program or meeting

Sr. No.	Name of the Participant (s)	Title of the presentation / Program / Lecture	Organizer (s)	Date of Participation	Remark (s), if any
1.	Thejaswini C	Inauguration and Introduction of Ayurveda Mobile	SCSP Camp Kagalhalli	28 th April 2022	Delivered lecture

		Health Care Program			
2.	Thejaswini C	Inauguration and Introduction of Ayurveda Mobile Health Care Program	SCSP Camp H Agara	29 th April 2022	Delivered lecture
3.	Thejaswini C	Inauguration and Introduction of Ayurveda Mobile Health Care Program	SCSP Camp Kannaiyakana Agrahara	30 th April 2022	Delivered lecture
4.	Thejaswini C	Lecture on, Role of diet, lifestyle and physical exercise in preventing lifestyle disorder.	SCSP Camp Udeepalya	5 th May 2022	Delivered lecture
5.	Thejaswini C	Lecture on, Role of diet, lifestyle and physical exercise in preventing lifestyle disorder.	SCSP Camp H Agrara	6 th May 2022	Delivered lecture
6.	Thejaswini C	Lecture on, Role of diet, lifestyle and physical exercise in preventing lifestyle disorder.	SCSP Camp Kannayakana Agrahara	7 th May 2022	Delivered lecture
7.	Thejaswini C	Lecture on, Role of diet, lifestyle and physical exercise in preventing lifestyle disorder.	SCSP Camp Taatguni	9 th May 2022	Delivered lecture
8.	Thejaswini C	Lecture on, Role of diet, lifestyle and physical exercise in preventing lifestyle disorder.	SCSP Camp Mantapa	10 th May 2022	Delivered lecture
9.	Doddamani SH	Guest lecture for valedictory programme of transitional curriculum – Pravesham 2022.	Hillside Ayurveda Medical College and Hospital, Bengaluru.	20 th May 2022	Delivered guest lecture
10.	Bhavya BM	Shalakya Focus Group.	CCRAS Headquarters	21 st May 2022	Presented

11.	Shubhashree MN	IEC Meeting, Presentation on AMRA project.	Rajarajeshwari Medical College & Hospital, Bengaluru	27 th May 2022	Presented
12.	Thejaswini C	Lecture on, Hygienic way of eating habits in children	SCSP Camp Kannayakana Agrahara	4 th June 2022	Delivered lecture
13.	Thejaswini C	Lecture on, Hygienic way of eating habits in children	SCSP Camp Taatguni	6 th June 2022	Delivered lecture
14.	Thejaswini C	Lecture on, Hygienic way of eating habits in children	SCSP Camp Mantapa	14 th June 2022	Delivered lecture
15.	Thejaswini C	Lecture on, Hygienic way of eating habits in children	SCSP Camp H Agara	17 th June 2022	Delivered lecture
16.	Thejaswini C	Lecture on, Hygienic way of eating habits in children	SCSP Camp Udeepalya	30 th June 2022	Delivered lecture
17.	Raghavendra Naik	Guest lecture on "Role of Ayurveda and Yoga in Healthy life" on IDY 2022	Bureau of Indian Standards New Delhi	21 st June 2022	Delivered guest lecture
18.	Sonam C	IACCP Conference (virtual) and Symposium on 'Dynamics of Parenting Adolescents in India'	International Association of Cross Cultural Psychology	12 th to 16 th July 2022	Presented and Participated
19.	Thejaswini C	Lecture on Importance of Pathya and Apathya in day to day life	SCSP Camp Udipalya	14 th July 2022	Delivered lecture
20.	Shubhashree MN	Lecture on "Research Opportunities in CCRAS" during 'Jignasa' National Arogya Fair	Tarunya Shikshana Seva Trust, Bengaluru in collaboration with Ministry of AYUSH, Govt. of India; hosted by Govt. of Karnataka	28 th July 2022	Delivered guest lecture

21.	Srinibash Sahoo	Lecture on “Activities of CCRAS” during ‘Jignasa’ National Arogya Fair	Tarunya Shikshana Seva Trust, Bengaluru in collaboration with Ministry of AYUSH, Govt. of India; hosted by Govt.of Karnataka	28 th July 2022	Delivered guest lecture
22.	Bhavya BM	Proposal on “Exploring the Association between the type of <i>Prakriti</i> (Body Constitution) and Prevalence of Diabetic Retinopathy (DR): A Cross-Sectional Study” during 8 th ISC	CCRAS Headquarters	8 th August 2022	Presented
23.	Thejaswini C	Lecture on Importance of hygiene and its role in preventing diseases	SCSP Camp Mantapa	30 th August 2022	Delivered lecture
24.	Shubhashree MN	“Study designs and researches in CCRAS – an update” for PG students	Government Ayurveda Medical College	6 th September 2022	Presented
25.	Raghavendra Naik	CME programme for Dravyaguna Teachers	Alvas Ayurveda Medical College Mudubidre	13 th September 2022	Participated as a Resource person and delivered guest lecture
26.	Bhavya BM	“Exploring the association between the type of <i>Prakriti</i> (Body Constitution) and prevalence of Diabetic Retinopathy (DR): A cross-sectional study” in the virtual PEMC meeting	CCRAS, New Delhi	14 th September 2022	Presented

27.	Shubhashree MN	“A glimpse of activities at CCRAS” during the training program on “Science, Technology and Innovation Policy	NIAS-DST at NAT Institute of Advanced Studies, IISC Campus, Bengaluru.	20 th September 2022	Presented
28.	Rajendra Kumar	Alzheimer’s disease	All India Radio, Shillong	21 st September 2022	Delivered a talk
29.	Thejaswini C	Lecture on eating healthy, nutritious and hygiene food on account of Poshan Maha	SCSP Camp Kaglahalli	24 th September 2022	Delivered lecture
30.	Thejaswini C	Lecture on Har din Har ghar Ayurveda	SCSP Camp uttarahalli	29 th October 2022	Delivered lecture
31.	Thejaswini C	Lecture on Managemant of lifestyle disorders through Ayurveda	SCSP Camp uttarahall	17 th November 2022	Delivered lecture
32.	Shubhashree MN	Orientation programme for 1 st year MBBS students	Kempegowda Institute of Medical Sciences	6 th December 2022	Presented on Glimpse of AYUSH medicine systems
33.	Doddamani SH Bhavya BM	9 th World Ayurveda Congress and Arogya Expo 2022	World Ayurveda Foundation at Panaji, Goa	8 th to 11 th December 2022	Presented and participated
34.	Rama Rao V	Training workshop on ‘Documentation and validation of local health traditions (LHT) and ethnomedical practices for CCRAS scientists’	CCRAS at CARI Jhansi	18 th to 20 th January 2023	Participated as a resource person
35.	Shubhashree M.N.	Presented on project titled "Documentation of Life Profiles of	CCRAS, New Delhi	20 th February 2023	Presented

		Luminaries in Ayurveda" in VC meeting held under the Chairmanship of DG CCRAS			
36.	Thejaswini C	Interactive Workshop on Selection of Alternative Sources for Rare, Endangered and Threatened Medicinal Plants of Ayurvedic Pharmacopoeia of India	PCIM&H, Ghaziabad	15 th and 16 th March 2023	Resource person
37.	Srinibash Sahoo	Pharmacovigilance	SDM College of Ayurveda & Hospital, Mysore Road, Bengaluru	31 st March 2023	Delivered guest lecture

5. Organized Arogya/Mela/Exhibition/Camp/Others: Nil

Sr. No.	Name of the Participant (s)	Title of the Fair/ Exhibition/ Ceremony Program /Activity	Organizer (s)	Date of Participation	Remarks
1.	Officers and staff of CARI	'Jignasa'- National Arogya Fair	Tarunya Shikshana Seva Trust, Bengaluru in collaboration with Ministry of AYUSH, Govt. of India; hosted by Govt.of Karnataka	27 th to 31 st July 2022	Participated and attended medical camp

6. Participated Arogya/Mela/Exhibition/Camp/others:

Sr. No.	Name of the Participant (s)	Title of the Fair/ Exhibition/ Ceremony Program /Activity	Organizer (s)	Date of Participation	Remarks
1.	Srinibash Sahoo	8 th International Day of Yoga at Mysore, Karnataka	Ministry of AYUSH	19 th to 26 th June 2022	Participated

2.	Doddamani SH	8 th International Day of Yoga at Hampi, Karnataka	Ministry of AYUSH	21 st June 2022	Participated as Nodal Officer
3.	Rajendra Kumar	8 th International Day of Yoga at Aguada Fort, Goa	Ministry of AYUSH	21 st June 2022	Participated
4.	Rajendra Kumar	Akhil Bhartiya Rajabhasha Sammelana, Surat	Department of Official Language, Ministry of Home Affairs, Govt. of India	14 th -15 th September 2022	Participated as Hindi Officer of the institute

PART-A
CLINICAL RESEARCH

7. Brief progress Report of allotted programmes as per format

i. Clinical Research (Brief resume of the clinical research carried out since inception)

1. Kuposhana (Malnutrition):

a) Title of the study: Clinical evaluation of herbal formulations in the management of Kuposhana (Malnutrition)

b) Year and month of starting the study: 28th February 1996

c) Year and month of ending study: November 1996

d) Principal drugs taken for clinical evaluation / trial and supporting therapy.

Group I: 1. Ashwagandha Churna (A), 2. ShatavariChurna (S), 3. Amalaki Churna (A)

Group II: 1. Ashwagandha lehya

e) Duration of the treatment: 3 weeks

f) Diagnosis and response of the therapy based on Ayurvedic & modern parameters or both.

g) Results of the cases completed (Criteria for assessment)

DrugGroup	Good Response	Fair Response	Poor Response	No Response	LAMA	Total
ASA churna	9	0	0	0	1	10
AshwagandhavaLehya	9	0	0	0	1	10
Total	18	0	0	0	2	20

2. Arsha (Hemorrhoids)

a) Title of the study: Clinical evaluation of herbo-mineral preparations in the management of Arsha (Haemorrhoids)

b) Year and month of starting the study: 13-10-2000

c) Year and month of ending the study: October 2007

d) Principal drugs taken for clinical evaluation / trial supporting therapy.

Group	Trial drugs	Dose
I.	KankayanaVati	500 mg thrice a day
	TriphalaChurna	5 gm at Bed time
	KasisadiTaila	2 ml before defecation (applied externally)
II.	Kravyadi Rasa	500 mg thrice a day
	TriphalaChurna	5 mg at Bed time
	KasisadiTaila	2 ml before defecation (applied externally)

e) Duration of the treatment-21 days

f) Number of groups and number of cases under each group (year wise details together with study design is to be furnished).

Year of study	Group I	Group II	Total patients
2000-2001	10	2	12
2001-2002	25	16	41
2002-2003	19	18	37
2003-2004	13	11	24
2004-2005	21	10	31
2005-2006	14	11	25
2006-2007	11	7	18
2007-2008	7	10	17
Total	120	85	205

g) Results of the cases completed (indicate relief assessment criteria under each group).

Drug Group	Good Response	Fair Response	Poor Response	No Response	LAMA	Total
Group I	33	42	5	5	35	120
Group II	11	23	9	4	38	85
Total	44	65	14	9	73	205

3. Manodvega (Anxiety neurosis):

a) Title of the Study: Clinical evaluation of Brahmi Vachaghanavati in the management of Manodvega (Anxiety neurosis)

b) Year and month of starting the study : January, 2001

c) Year and month of closure of the study : October, 2007

d) Principal drugs for clinical evaluation/ trial supporting therapy: Brahmi-Vachaghanavati

e) Duration of the treatment : 6 weeks

f) Diagnosis and therapy response based on Ayurveda & modern parameters or both.

g) Number of groups and number of cases under each group (year wise details together with study design is to be furnished)

Year wise group-I study

2000-01	2001-02	2002-03	2003-04	2004-05	2005-06	2006-07	2007-08	Total
02	13	25	10	10	10	12	05	87

Study was conducted in a single group. It was planned to study 10 cases every year and to conduct open trial without standard or placebo.

h) Results of the cases completed (indicate relief assessment criteria under each group)

Drug Group	Good Response	Fair Response	Poor Response	No Response	LAMA	Total
Group I Brahmi Vacha Ghana vati	35	44	8	-	-	87

4. Tamaka Swasa (Bronchial asthma)

a) Title of the problem: Evaluation of Shamana therapy and ShodanaChikitsa in the management of TamakaSwasa (Bronchial asthma)

b) Year and month of starting the study : 1993 to 1994

c) Year and month of ending the study : October 2007

d) Principal drugs taken for clinical evaluation / trial and supporting therapy.

Group –I: Vardhamana pippali ksheera paka with Sameera Pannaga Rasa

Group –II: Shirishatwakkwatha

Group –III: Shodana therapy followed by Shirishatwakquatha

e) Duration of the treatment- 6 weeks

f) Number of groups and number of cases under each group (year wise details):

Patients were studied in 3 groups.

Group I - Vardhamanapippliksheerapaka, along with sameerapannaga rasa.

Group II - Shirishatwakkwatha.

Group III - Shodana followed by Shirishatwakquatha

In each group 5 patients were studied. It was an open trial so no standard or placebo was used.

S.No.	Year	Group I	Group II	Group III	Total
1.	1993-1994	5	5	nil	10
2.	2000-2001	1	7	nil	8
3.	2001-2002	1	13	11	25
4.	2002-2003	-	10	12	22
5.	2003-2004	Nil	8	1	9
6.	2004-2005	Nil	8	nil	8
7.	2005-2006	Nil	12	nil	12
8.	2006-2007	-	8	-	8
9.	2007-2008	Nil	6	nil	6
	Total	7	77	24	108

g) Results of the cases completed (indicate relief assessment criteria under each group).

SN	Drug Group	Good Resp	Fair Resp	Poor Resp.	No Resp.	Death	LAMA	Total
1.	VardamanaPippaliKsheerapaka, Sameerapannaga rasa	2	3	-	1	-	1	7
2.	Shirishatwakkwatha	32	20	10	6	nil	9	77
3	Shodhana followed by shamana	21	3	nil	nil	nil	nil	24
	Total	55	26	10	7	-	10	108

5. Vyanabalavaishamya (Hypertension)

a) Title of the project: Clinical evaluation of herbal and herbomineral formulations in the management of Vyanabalavaishamya (Hypertension)

b) Year and month of starting the study : January, 2000

c) Year and month of ending study : October, 2007

d) Principal drugs, taken for clinical evaluation / trial and supporting therapy.

Group	Drugs	Dose
Group I	Vacha, Brahmi, Arjuna, Jatamansi	3gms x TDS
Group II	Chandraprabhavati Swetha Parpati Punarnava Mandura	500mg 500mg 500mg x TDS

e) Duration of treatment: 6 weeks

f) Diagnosis and response of therapy based on Ayurveda and modern parameter or both.

Diagnosis and response to therapy was assessed as per C.C.R.A.S proforma

g) Number of group and number of cases under each group (Year wise details together with study design is to be furnished)

The study was conducted in two groups and it was proposed to study 10 patients every year in each group. The study was open trial and no placebo or standard was used.

Year of study	Group I	Group II	Total patients studied
2000-2001	11	2	13
2001-2002	14	11	25
2002-2003	8	10	18
2003-2004	12	9	21
2004-2005	11	1	12
2005-2006	12	5	17

2006-2007	11	11	22
2007-2008	7	1	8
Total	86	50	136

h). Results of the cases completed (indicate relief assessment criteria under each group)

Drug Group	Good Resp.	Fair Resp.	Poor Resp.	No Resp.	LAMA	Total
Group I: Arjuna Vachadi Yoga	21	25	15	5	20	86
Group II: ChandraPrabhadi yoga	13	13	12	6	6	50
Total	34	38	27	11	26	136

6. Iron Deficiency Anaemia

- Title of the project: A Multicentric Open Clinical Trial on Dhatri Louha in Iron Deficiency Anaemia
- Year and month of starting the study : December, 2007
- Year and month of ending study : December, 2008
- Principal drugs, for clinical evaluation / trial and supporting therapy: Dhatri Louha.
- Duration of treatment : 45 days
- Diagnosis and response of therapy based on Ayurveda and modern parameters or both
- Number of group and number of cases under each group: One group with 40 cases for one year duration. It was an open label, multicentric trial; no placebo/standard was used.
- Name of Investigators (with details of the study period conducted by each of them)

Principal investigator	Co- investigator
Dr.K.Gopakumar	Dr. B.N. Sridhar
Dr. B.N.Sridhar	Dr. G.Venkateshwarlu
	Dr. H. Pushpalatha

- Summary of the project
 - Screened : 115
 - Completed : 28
 - Drop outs : 03 (1 case showed drug reaction)
- Over all clinical assessment (Objective)
 - Improved : 20 {improved Hb%, but morphology did not change}
 - No change : Nil
 - Deteriorated : 08
- Overall impression of the well being (Subjective)
 - Improved : 25
 - No change : 03
 - Deteriorated : Nil

7. Documentation of Reported Episode of Prevention/Treatment of Vector Borne /Infectious Disease of Ayurveda and Siddha” under Intra Mural Research

- Name of the Institute : NADRI, Bangalore
Reporting period : April, 2009 to March, 2011
- Principal Investigator : Dr. B. N. Sridhar
 - Co- investigator(S) : Dr. G. Venkateshwarlu
Dr. Kishore Kumar R
Dr. S.H. Doddamani
Dr. Shubhashree MN

c. Date of initiation of the project : 28.07.2009

d. Details of the diseases/claims:

Details of the disease	CLAIMS	PUBLICATION		
		Research papers/ published by the Institute	Research papers/article communicated for publication	No of visit conducted to gather information
Post viral arthralgia (Chikungunya)	No. of claims compiled And forwarded to nodal institute RRI, Vijayavada i.Tour visit claims :1304 ii. OPD Claims : 164 Total: 1468	-	-	31

e. Details of tour conducted in Karnataka

S.N.	Date of visit	Name of the Ayurveda/Siddha /traditional practitioners or Ayurveda/Siddha colleges /Hospitals /Institutions visited to gather information	Prevention claims	Treatment claims
1	28/7/2009	Govt. Ayush Hospital, Chitradurga	Nil	230
2	04/11/2009	Govt. Ayurvedic Hospital, Marenahaali, Bagaluru post, Bangalore North District, Bangalore	Nil	11
3	11/11/2009	Govt. Ayurvedic Dispensary, Bannerghatta, Bangalore	Nil	300
4	09/12/2009	Govt. Ayurvedic Dispensary, Byatha, HesaraghattaHobli, Bangalore North Taluk, Bangalore urban District	Nil	25
5	16/12/2009	Govt. Ayurvedic Dispensary, Mantanakurchi, Sondekoppa post, Nelamangala Taluk, Bangalore Urban	Nil	13
6	30/12/2009	Govt. Ayurvedic Dispensary, Yelahanka, Bangalore North Taluk, Bangalore	Nil	15
7	06/01/2010	Govt. Ayurvedic Dispensary, Machohalli, Bangalore North Taluk, Bangalore	Nil	10
8	27/01/2010	Govt. Ayurvedic Dispensary, Somanahalli, Kanakpura Road, Bangalore South Taluk, Bangalore Urban District	Nil	20
9	23/02/2010	Govt. Ayurvedic Dispensary, Mukkodlu, Kanakpura Road, Bangalore South Taluk, Bangalore Urban District	Nil	15
10	24/02/2010	Govt. Ayurvedic Dispensary, Hegganahalli, Devanahalli Taluk, Bangalore Rural District, Bangalore	Nil	15
11	26/02/2010	Govt. Ayurvedic Dispensary, Yentaganahalli, Nelamangala Taluk, Bangalore Rural District, Bangalore	Nil	13
12	05/03/2010	Govt. Ayurvedic Hospital, D Cross, Doddaballapura, Bangalore Rural District, Bangalore	Nil	12
13	05/03/2010	Govt. Ayurvedic Dispensary, Kodihalli, Doddaballapura Taluk, Bangalore Rural District, Bangalore	Nil	12

14	11/03/2010	Govt. Ayurvedic Dispensary, Koligere, Doddaballapura Taluk, Bangalore Rural District, Bangalore	Nil	6
15	11/03/2010	Govt. Ayurvedic Dispensary, HanabeDoddaballapura Taluk, Bangalore Rural District, Bangalore	Nil	10
16	25/03/2010	Govt. Ayurvedic Dispensary, Ragihalli, Anekal Taluk, Bangalore Urban District, Bangalore	Nil	12
17	27/4/2010	Govt. Ayurvedic dispensary, Seesandra, Kolar district	Nil	00
18	27/4/2010	Govt. Ay. dispensary, Shivarapattana, Kolar district	Nil	00
19	17/5/2010	Govt. Ayurvedic Dispensary, Shivarapatna, Malur taluk, Kolar district	Nil	7
20	19/5/2010	Govt. Ayurvedic Dispensary, Seesandra, Kolar district	Nil	5
21	31/05/2010	Govt. Ayurvedic Dispensary, Srinivasapur, Kolar district	Nil	18
22	31/5/2010	Govt. Ayurvedic Dispensary, Somayalahalli, Kolar district	Nil	45
23	21/6/2010	Govt. Ayurvedic Dispensary, AmblikalMulabagalalu taluk, Kolar district	--	30
24	21/6/2010	Govt. Ayurvedic Dispensary, ChikkaTirupathi, Malur taluk, Kolar district	--	15
25	12/7/2010	Govt. Ayurvedic Dispensary, Hosur Byramangala, Ramanagara district	Nil	0
26	12/7/2010	Govt. Ayurvedic Dispensary, Thumbenahalli, Ramanagara district	Nil	175
27	12/7/2010	Govt. Ayurvedic Dispensary, Channapattana, Ramanagara dist.	Nil	235
28	25/8/2010	Govt. Ayurvedic Dispensary, ,Yelahalli,Kanakapura taluk, Ramanagara district	Nil	15
29	30/8/2010	Govt. Ayurvedic Dispensary,Kolagondanahalli,Kanakapura taluk, Ramanagara district, Karnataka	Nil	12
30	22/9/2010	Govt. Ayurvedic Dispensary, Magadi Taluk, Ramanagara district	Nil	14
31	28/9/2010	Govt. Ayurvedic Dispensary, Kanakapura Tk, Ramanagaradist	Nil	14

Note: Observational study on VBD was stopped vide Council's letter No.F.5-15/2008- CCRAS/Tech/Hq/Part (2), dated 27.9.2010.

8. An observational study on Flu-Like Illness

Period of the study : 2009 to 2013

Disease wise statement of Patients of Flu like illnesses during the study period

SN	[Disease /Condition] Similar to Flu like illness (Examples)	Patients treated at OPD													
		New						OLD						Grand total	
		Adult		Child		Total		Adult		Child		Total			
		M	F	MC	FC	M	F	M	F	MC	FC	M	F	M	F
1	Vatikpratishyaya	24	7	0	7	24	14	56	44	3	1	59	45	80	57
2	Paitikpratishyaya	15	2	0	0	15	2	28	13	0	3	28	16	39	18
3	Kaphajpratishyaya	137	82	26	22	163	104	131	146	14	18	145	164	240	206
4	Vatashlaishmikjwara	63	37	6	17	69	54	51	63	5	8	56	71	106	109
5	Avian flu	0	0	0	0	0	0	0	0	0	0	0	0	0	0

6	Swine flu	0	0	0	0	0	0	0	0	0	0	0	0	0	0
7	Viral fever	0	0	0	0	0	0	0	0	0	0	0	0	0	0
8	Rhinitis with fever	3	3	0	0	3	3	0	0	0	0	0	0	0	0
9	Rhinitis with cough	43	16	8	6	51	22	0	0	0	0	0	0	0	0
10	Other flu like illnesses (if any)	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Total	285	147	40	52	325	199	266	266	22	30	288	296	465	390

9. INTRA MURAL AND COLLABORATIVE CLINICAL RESEARCH PROJECTS (IMCRP)

Brief resume of the IMCRPs carried out (Completed Programmes)

9.1. Title of the project: Multicentric Open clinical trial of Rajapravartinivati in Kastarthava (Dysmenorrhea)

- Name of the Institute/Department : N. A. D. R. I, Bangalore.
- Date of initiation of the study : 13/5/2011
- Date of completion of the study : 12/06/2012
- Name of the Principal Investigator : Dr. Shubhashree MN

9.1.1. Brief Statement of patients/cases studied

Target cases	Cases screened	Screen failures	Cases enrolled	Cases completed	Drop outs	Remarks
40	53	11	42	41	01	Target achieved

9.1.2. Budget expenditure details

Sanctioned budget	Expenditure details in Rupees				Expenditure (Rs.)	Balance amount
	Lab charges	Pt.	Stationary	Miscellaneous		
5,00,000/-	1,80,666/-	28,800/-	3,591/-	3,104/-	2,16,161/-	2,83,839/-

9.2. Title of the project: Clinical evaluation on the Rasayana effect of Ashwagandha avalehya in apparently healthy elderly persons

- Name of the Institute/Department : NADRI Bangalore.
- Date of initiation of the study : 04/07/2011
- Date of completion of the study : 25/01/2012
- Name of the Principal Investigator : Dr. G. Venkateshwarlu
- Name of the Co-Investigator : Dr. S.H. Doddamani

9.2.1. Budget allocated: Rs.5, 00,000/-

9.2.2. Installment wise release: Released at once

Sr. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	1 st	O. Order No 3283/2010	15.03.2011	-

9.2.3. Brief Statement of participants studied

S. N .	Programme	Total Target cases	No. of cases screened	Screen failure	No. of cases Enrolled	No. of cases Completed	No. of cases continued	Drop outs	Remarks/ Status
1	IMCRP-Rasayana	50	59	03	56	52	00	04	Target achieved

9.3. Title of the project: Clinical evaluation of Vyoshadi Guggulu and Haritaki Churna in the management of Obesity (Sthaulya)

- Name of the Institute/Department : NADRI, Bangalore.
- Date of initiation of the study : 11.08.2011
- Date of completion of the study : 27.06.2012
- Name of the Principal Investigator : Dr. Kishore Kumar R
- Name of the Co-Investigator : Dr. Sanjay Kumar Giri

9.3.1. Brief Statement of patients/cases studied

Sl. No.	Disease/ Program	Target	Screened	S. Failure	Enrolled	Completed	Drop outs	Remarks/ Status
1.	IMCRP- Obesity	50	80	25	55	50	05	Target achieved

9.3.2. Statement of participants of trial

Target cases	Screened	Screen Failure	Enrolled	Completed	Drop outs	Remarks
50	80	25	55	50	5	Target achieved

9.3.3. Budget Expenditure (in Rupees)

Sanctioned Budget	Lab charges (Outsourcing)	Pt. Conveyance	Medical Eqpts & Stationery	Photocopying	Expenditure incurred	Balance Amount
5,00,000/-	1,44,640/-	42,200/-	6,055/-	5,371/-	1,98,266/-	3,01,734/-

9.4. Title of the project: Evaluation of Clinical Efficacy and Safety of Brahma Rasayana in Apparently Healthy Elderly persons

- Name of the Institute : NADRI Bangalore.
- Date of initiation of the study : 01/03/2013 [Enrolled date : 5.3.2013]
- Date of completion of the study : 24.2.2014
- Name of the Principal Investigator : Dr. G. Venkateshwarlu
- Name of the Co-Investigator(s) : Dr. S. H. Doddamani, Dr. S. K. Giri.
- Name of the SRF : Dr. Anand Kumar

9.4.1. Budget allocated : Rs.13, 74,000/-

9.4.2. Installment wise release

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	1 st Rs.8,24,400/-	Officer Order No 1951/2012-13	06.10.2012	-

9.4.3. Brief Statement of cases studied

S. N.	Study Programme	Target cases	Cases screened	Screening failure	Cases Enrolled	Cases continued	Cases completed	Drop outs	Status
1	IMCRP-Brahma Rasayana	60	73	13	60	00	58	02	Target achieved

9.5. Title of the project: Clinical evaluation of vatariguggulu, Maharasnadi qwatha and Narayana Taila in the Management of Osteoarthritis Knee

- Name of the Institute : NADRI Bangalore.
- Date of initiation of the study : 21/10/2013
- Date of completion of the study : 08.08.2014
- Name of the Principal Investigator : Dr. Shubhashree M N
- Name of the Co-Investigator(s) : Dr. Kishore Kumar R, Dr. S K Giri
- Name of the SRF : Dr. Shwetha Singh
- Date of IEC approval : 05.07.2014

9.5.1. Budget allocated: Rs.12, 74,000/-

9.5.2. Installment wise release

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Instalment Rs.7,64,400	F.No.CB/Adv/28/Hqrs. /CCRAS /2012 -13	Dt. 1.11.2012	-

9.5.3. Brief Statement of cases studied

S. N.	Study Programme	Target cases	screened	Scr. failure	Enrolled	completed	Drop outs	Remarks/ Status
1	IMCRP-OA Knee	60	65	05	60	58	02	Target achieved

9.6. Name of Project: Prospective, randomized, double blind, placebo controlled comparative trial to evaluate quality of life with AYUSH QOL 2C in patients of non Metastatic Breast Cancer as a adjuvant to Chemotherapy

- Date of initiation of the study : 03 August 2009
- Date of completion of the study : 31st March,2014

9.6.1. Investigators details

Name of the Collaborating Institute/Department	Name of the Investigators
1. St John's Medical College & Hospital, Bangalore. Division of Clinical Pharmacology & Surgical Oncology	1. Dr. Chanda Kulkarni (PI-) (Retd. On 16.10.2013) 2. Dr. Suraj Manjunath (PI-Surg. Oncology*) *Dr. Shiva Kumar.K (acting PI on behalf of No.2)

2. National Ayurveda Dietetics Research Institute,, Bangalore	3. Dr. B.N Sridhar (PI) (Retd. On 31.10.2013) 4. Dr. G.Venkateshwarlu(Co-Investigator)
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9.6.2. Brief Statement of patients studied: (period from Aug. 2009 to 20th Mar. 2014)

Study Programme	Target cases	screened	Scrn. failure	Enrolled	Completed	Drop outs	Death	Remarks/ Status
AYUSH-QOL 2C in Breast Cancer	80	89	09	80	65	13	02	Study completed

9.6.3. Summary of the study between 1st April 2013 to 31st March 2014

Sl. No.	Details	No.of cases
1	No. of Cases Screened	00
2	No. of Screen Failure	00
3	No. of Recruited cases	00
4	No. of cases completed the study	27
5	No. of Cases Under study	00
6	No. of Drop outs	02
7	No. of Death	00
8	No. of cases showed S.A.E	01

9.6.4. Details on S.A.E. from 1st April 2013 to 31st March, 2014

SN	En. No	SAE.No.	SAE reporting date	Pt.Name	OPD No.	Screened date	Date of hospitalization	Reason
1.	075	16	25.5.2013	Sulochana Bai	3094262	01.02.2013	21.5.2013	Herpes Zoster infection

9.7. Name of Project: Clinical Trial to Study the effect of *Cyavanaprāśa* on Aging in Apparently Healthy Elderly Subjects

9.7.1. Participating centre along with PI

SN	Name of the participating centre	Name of PI
1.	National Ayurveda Dietetics Research Institute, Bangalore	PI: Dr. S. K. Giri Co-I: Dr. Kishore Kumar
2.	RRA PodarAyurved Cancer Research Institute (RRAPACRI), Mumbai	PI: Dr. Sneha Marlewar
3.	Dr. Achanta Lakshmi pathi Research Centre for Ayurveda (ALRCA), Chennai	PI: Dr. Pitta Srinivas

9.7.2. Date of IEC approval: 05.07.2014

9.7.3. CTRI Registration (for clinical trials): CTRI/2016/03/006701

9.7.4. Date of initiation: 27-11-2014

9.7.5. Budget allocated: Rs. 20, 86,000/-

9.7.6. Installment wise release: Released at once

SN	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st	Office Order No. 2394/13-14 [3-40/2013-CCRAS/Admn/AAP (Rasayan)]	18/02/2014	24.02.2014

9.7.7. Chronological timeline & deliverables

S. No.	Target For	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	70	12 months	Achieved	Not applicable

9.7.8. Current status: Completed

SN	Participating Centre	Cases enrolled	Cases completed	Drop outs	Cases continued
1	National Ayurveda Dietetic Research Institute, Bangalore.	70	68	02	00

9.7.9. Relevant information, if any: Nothing specific

9.8. Name of Project: Clinical Evaluation of Ashwagandha Churna and Pravala Pishti in the Management of Osteopenia/Osteoporosis

9.8.1. Participating centre along with PI

SN	Name of the participating centre	Name of PI
1.	National Ayurveda Dietetics Research Institute, Bangalore	PI: Dr. Kishore Kumar R. Co-I: Dr. S. K. Giri
2.	Raja RamdeoAnandilal Poddar Ay. Cancer Research Institute, Mumbai	PI: Dr. Manohar Gundeti
3.	Ayurveda Central Research Institute, (Safdarjung Hospital Unit), New Delhi	PI: Dr. Pratap Makhija

9.8.2. Date of IEC approval: 05.07.2014

9.8.3. CTRI Registration/Reference (for clinical trials): CTRI/2015/01/005406

9.8.4. Date of initiation: 10.12.2014

9.8.5. Budget allocated: Rs.15, 91,200/-

9.8.6. Installment wise release: Released at once

SN	Installment	Sanctioned order	Date	Fund receipt Date
1.	1 st	Officer Order No 2344/13-14 (3-18/2012-CCRAS/Admn/AAP/OO)	12.03.2014	26.03.2014

9.8.7. Chronological timeline & deliverables

S. No.	Target For	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	45	1-6 months	Achieved	Not applicable

9.8.8. Current status: completed

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	National Ayurveda Dietetics Research Institute, Bangalore	45	45	00	00

9.8.9. Relevant information, if any: Nothing specific

9.9. Name of Project: Clinical Evaluation of Kanakasava and Trivritachurna in the management of Bronchial Asthma (Tamakaswasa)

9.9.1. Participating centre along with PI

S.No.	Name of the participating centre	Name of PI
1.	National Ayurveda Dietetics Research Institute, Bangalore (Clinical section)	PI: Dr S. H. Doddamani Co-I: Dr. G. Venkateshwarlu SRF: Dr. Anand Kumar
2.	National Ayurveda Research Institute For Vector Borne Diseases, Vijayawada	Dr. R. K. Swamy
3.	Ayurveda Central Research Institute, Jaipur	Dr. Anu Bhatnagar

9.9.2. Date of IEC approval: 21.04.2014

9.9.3. CTRI Registration/Reference (for clinical trials) : REF/2014/05/007007

9.9.4. Date of initiation: 21.11.14

9.9.5. Budget allocated: Rs.14, 49, 130/-

9.9.6. Installment wise release: Released at once

SN.	Installment	Sanctioned order	Date	fund receipt date
1.	1 st	Office Order No. 2366/13-14 (3-42/2013-CCRAS /Admn/AAP/BA)	11.02.2014	24.02.2014

9.9.7. Chronological timeline & deliverables

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	70	1-6 months	Achieved	Not applicable

9.9.8. Current status: completed

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	RARIMD Bengaluru	70	70	00	00

9.9.9. Relevant information, if any : Nothing Specific

9.10. Name of Project: Clinical evaluation on the efficacy of Mamajjakaghanavati in Madhumeha (Type-2 Diabetes Mellitus)

9.10.1. Participating centre along with PI

S.No.	Name of the participating centre	Name of PI
1.	Regional Ayurveda Research Institute for Metabolic Disorders, Bengaluru [National Ayurveda Dietetics Research Institute]	PI: Dr M N Shubhashree Co-I: Dr. S H Doddamani
2.	National Research Institute for Drug Development, Bhubaneshwar	P.I.- Dr. Bikartan Das Co.I- Dr. M.M. Rao
3.	National Veterinary – Ayurveda Research Institute and Hospital, Lucknow	P.I.- Dr. G.C. Nanda Co.I - Dr. Vimal Tiwari

9.10.2. Date of IEC approval: 14.03.2016

9.10.3. CTRI Registration/Reference (for clinical trials): REF/2016/06/011468

9.10.4. Date of initiation: 26/05/2016

9.10.5. Budget allocated: Rs. 10, 13,400/- (9th Feb 2016)

9.10.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st	Office Order No. 3-19/2016-CCRAS /Admn /Madhumeha/936	04/02/2016	23.02.2016

9.10.7. Chronological timeline & deliverables

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	60	1-3 months	Achieved	Not applicable

9.10.8. Current status: completed

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	RARIMD Bengaluru	60	55	05	00

9.11. Name of Project: Retrospective Pharmaco-epidemiological Study on Safety & Effectiveness of Rasaushadhis

9.11.1. Objectives

1. Retrospective cross sectional analysis of available data from clinical records from CCRAS clinical research facilities during last 5 years i.e. 2012-2017.
2. Prospective documentation & information analysis in structured format to draw meaningful possible outcomes and conclusions with a pharmaco-epidemiological perspective.
3. Development of an Ayurvedic informatics database in a reverse way to substantiate and identify superiority and lacunae, in terms of gross effectiveness and safety indicators, of Ayurvedic interventions.

9.11.2. Participating centre along with PI:

S.No.	Name of the participating centre	Members
1	Regional Ayurveda Research Institute For Metabolic Disorders, Bengaluru.	P.I- Dr M.N Shubhashree R.O (Ayu). Co.I- Dr. Raghavendra Naik R.O (Ayu)

9.11.3. Date of initiation: 22nd March 2018

9.11.4. Date of completion: 31st December 2018

9.11.5. Office Order number: F.No.1-27/2017-CCRAS/Tech/Hq/3798

SN	Year of entry	No. of OPD entries	IPD Entries	Total	ADR/AE reported in OPD cases	ADR/AE reported in IPD cases	Total	Remarks
1.	2012-13	1676	NA	1676	1	NA	1	Completed
2.	2013-14	1874	NA	1874	1	NA	1	Completed
3.	2014-15	1439	NA	1439	-	NA	-	Completed
4.	2015-16	1290	NA	1290	-	NA	-	Completed
5.	2016-17	1514	NA	1514	-	NA	-	Completed
6.	2017-18	1380	NA	1380	-	NA	-	Completed

NA: Not applicable as IP facility unavailable

9.11.6. Relevant information, if any : Nothing specific

9.12. Name of Project: Clinical Evaluation of the Efficacy of Trayodashanga Guggulu, Maharasnadi Kwatha and Prasarani Taila in the Management of Gridhrasi (Sciatica)

SN	Name of the Institute	Name of the Principal	Name of the Co-
1	Regional Ayurveda Research Institute for Metabolic Disorders, Bangalore.	Dr. S. H. Doddamani, RO (Ay.) Dr. SK Giri, RO (Ay)	Dr. Kishore Kumar R RO (Ay.)
2	Advanced Center for Ayurveda in Mental Health&Neurosciences, Bangalore.	Dr. Srinibash Sahoo, R.O. (Ay.)	Dr. G. Venkateshwarlu, R.O. (Ay.)
3	Regional Ayurveda Research Institute for skin disorders,	Dr.G.Babu, A.D. (Ay.)	Dr.K.Midhuna Mohan, R.O.(Ay.)

9.12.1. Participating centre along with PI

9.12.2. Date of IEC approval: 15.09.2017

9.12.3. CTRI Registration/Reference (for clinical trials): CTRI/2017/11/010574

9.12.4. Date of initiation: 11/04/2018

9.12.5. Budget allocated: 27, 71,600/-

9.12.6. Installment wise release:

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Installment Rs.21,59,800/-	Office Order No. F.N.3-31/2016ccras/tech/sciatica/984 Dated 23/05/2017	13.01.2017	23.01.2017

9.12.7. Chronological timeline & deliverables

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	60	24 Months	Achieved	Nil

9.12.8. Current status: completed

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	RARIMD Bengaluru	53	50	03	00

9.12.9. Relevant information, if any : Nothing specific

9.13. Name of Project: Clinical Evaluation of AYUSH PE Eye Drops in the Management of Acute Allergic Conjunctivitis

9.13.1. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	PI: Dr. Bhavya BM., RO (Ay.) Co-I: 1. Dr. BK. Bharali, AD i/c 2. Dr. Raghavendra Naik, RO (Ay.)
2.	CARICD Punjabi Bagh, New Delhi	PI: Dr. Nandini Jadhav Co-I: Dr. Mridula Dua
3.	RARI for Eye Diseases, Lucknow	PI: Dr. Alok Kumar Srivastav Co-I: 1. Dr. Kamble Pallavi Namdev 2. Dr. Praveen Balakrishnan

9.13.2. Date of IEC approval: 03.07.2018

9.13.3. CTRI Registration/Reference (for clinical trials): CTRI/2018/07/014801

9.13.4. Date of initiation: Initiated form 13th August 2018

9.13.5. Budget allocated: Rs. 4,19,650/-

9.13.6. Installment wise release: Released at once

SN	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st	Office Order No. 1076/18-19 [F.No. 3-15/2018-CCRAS/Admn/IMR/CAC]	22/06/2018	29/06/2018

9.13.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	55	12 months	Not Achieved	Not applicable

9.13.8. Current status: Study initiated from 13th August 2018, completed on 10th July 2019.

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	RARIMD Bengaluru	55	55	00	00

9.14. Name of Project: Safety and Efficacy of Ayurveda interventions for Glaucoma: A systematic review

9.14.1 Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	Dr. Bhavya BM, R.O. (Ay.) Co-I: Dr. MN. Shubhashree, Dr. Raghavendra Naik, R.O. (Ay.)

9.14.2. Date of IEC approval: NA

9.14.3. CTRI Registration/Reference (for clinical trials): NA

9.14.4. Date of initiation: 23/05/2019

9.14.5. Budget allocated: Rs. 30,600/-

9.14.6. Installment wise release: Released at once Rs.30,000/-

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund	Amount in Rs.
1.	1 st	Office Order No. 141/2019-20[3-59/2019-CCRAS/Admn/IMR	22.05.2019	31 st May 2019	30,000/-

9.14.7. Chronological timeline & deliverables: 9 months

9.14.8. Current status: Completed

9.14.9. Relevant information, if any: Nothing Specific

9.15 Name of Project: A prospective non-randomised open label controlled interventional study on the effect of Guduchi Ghan Vati/Sudarshan Ghan Vati as a prophylactic measure among Containment Zone population exposed to COVID 19

9.15.1. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	Dr. S.H.Doddamani, RO (S-3), Co-I: Dr.Rinky Thakur, RO (Ay.)

9.15.2. Date of IEC approval: F.No.1-12-2020-CARICD/Tech/CEC dated 19.05.2020

9.15.3. CTRI Registration/Reference: CTRI/2020/05/025385

9.15.4. Date of initiation: 8.06.2020

9.15.5. Budget allocated: Rs. 9,50,000/-

9.15.6. Installment wise release: Amount from Institute RA budget is utilized

9.15.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	1500	4 months	Achieved	Nil

9.15.8. Current status: Completed

9.15.9. Relevant information, if any: Nothing Specific

9.16. Name of Project: Prospective open label controlled interventional study on the effect of Ayurvedic intervention (Ayurveda Raksha Kit) as a prophylactic measure in the Pandemic of COVID-19 - A community based study

9.16.1. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	Dr Rinky Thakur Research Officer (Ay). Co-Investigator: Dr Shubhashree RO (Ay.), Dr. Raghavendra Naik RO (Ay.)

9.16.2 Date of IEC approval: F.No.1-12/2020-CARICD/Tech/CEC dated 7/8/2020

9.16.3. CTRI Registration/Reference (for clinical trials): CTRI/2020/08/027316

9.16.4. Date of initiation: 15-09-2020

9.16.5. Budget allocated: Rs. 57,71,200

9.16.6. Installment wise release: Sanction amount - Rs. 57,71,200 (The unspent amount of Rs 56,16,321/- available under AMHCP-SCSP Project 2019-2020 has been transferred for this Project.)

9.16.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	8600	6 months	Achieved	Nil

9.16.8. Current status: Completed

Target	Enrolled patients	Completed	Dropouts
8600	8600	8498	102

9.16.9. Relevant information, if any: Nothing Specific

9.17 Name of Project: Knowledge, Attitude and Practice towards Ayurvedic medicine use among the Diabetics –a cross sectional study

9.17.1. Participating centre along with PI:

S.No.	Name of the participating centre	Members
1.	Regional Ayurveda Research Institute For Metabolic Disorders, Bengaluru	P.I- Dr. S H Doddamani RO (Ayu) Co-PI: Dr. Shubhashree MN, RO (Ay.)
2.	M.S. Regional Ayurveda Research Institute for Endocrine Disorders, Jaipur	PI- Dr. Indu P P, R.O (Ayu) Co-PI- Dr. Swati Sharma, R.O (Ayu) Dr. Monika Kumari, R.O (Ayu)

9.17.2. Date of IEC approval: 15-09-2017

9.17.3. CTRI Registration/Reference (for clinical trials): Not applicable

9.17.4. Date of initiation: Initiated form 28th November 2018

9.17.5. Budget allocated: -Nil

9.17.6. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	750	1 year	Achieved	Nil

9.17.7. Current status: Completed

9.17.8. Relevant information, if any: Nothing Specific

Target	Enrolled patients	Completed	Dropouts
750	750	750	00

9.18. Name of Project: AYUSH Hospital Management Information System (A-HMIS)

9.18.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI/Co-I
1	Regional Ayurveda Research Institute for Metabolic Disorders (RARIMD), CCRAS, Bangalore.	PI- Dr M.N Shubhashree R.O (Ay.) Co-I- Dr SH Doddamani R.O (Ay.)

9.18.2. Date of IEC approval: - Not applicable

9.18.3. CTRI Registration/Reference (for clinical trials): - Not applicable

9.18.4. Date of initiation: 1.05. 2019 (Initiated in old OPD, RARIMD, Bengaluru)

9.18.5. Budget allocated: Rs 10,95,400/-

9.18.6. Installment wise release: Released at once

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	10,95,400	File No.3-107/2019 CCRAS/Admin/IMR/3752.	03/09/2019	03/10/2019

9.18.7. Current status: Completed

9.18.8. Relevant information, if any: Nothing Specific

9.19. Name of Project: A prospective Open labeled Observational study to document the potential safety issues and prescription trends in selected Rasaushadhi's in CCRAS-OPD's across India.

9.19.1 Objectives:

a) Primary: Development of an Ayurvedic informatics database of selected Rasaushadhi's in terms of clinical safety.

b) Secondary: Prospective documentation and analysis of information related with prescription trends of selected *Rasaushadhi's* in a structured format to draw the meaningful possible outcomes and conclusions.

9.19.2 Study Design: Open Labeled Observational Study

9.19.3. Sample Size: 110

9.19.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. 84-1/2019-CCRAS/Admn/Hq/7470, dated 19th Feb 2020.

9.19.5. Duration of Study: 1 year

9.19.6. Interventions: Each prescription shall contain only one Rasausadhi along with other herbal formulations.

List of formulations to be evaluated for clinical safety:

1. *Laxmi Vilas rasa (Naradiya)*-A.F.I, Part-I, 20:39,
2. *SutasekharRasa*- A.F.I, Part-I, 20:52,
3. *Tribhuvankirti Rasa*- A.F.I, Part-I, 20:20
4. *Swasakuthar Rasa*- A.F.I, Part-I, 20:39,
5. *ChandraprabhaVati*- A.F.I, Part-I, 12:10,
6. *GandhakaRasayana*- - A.F.I, Part-II, 7:5
7. *Rasa manikya Rasa*- A.F.I, Part-I, 20:33,
8. *Smritisagara Rasa*- A.F.I, Part-II, 16:64,
9. *ArogyavardhiniGutika* 250mg- A.F.I, Part-I, 20:4,
10. *Mahayogarajaguggulu*- A.F.I, Part-I, 5:6,
11. *PrabhakarVati*- A.F.I, Part-I, 12:15.

9.19.7. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	CARI, Bengaluru	Dr. S.H.Doddamani, RO (Ay.), Co-I: Dr.S.K.Giri R.O (Ay.) Dr. Bhavya BM R.O (Ay.)

9.19.8. Date of IEC approval: F.6-5/RARIMD/BNG/IECMeet/2018-19/107 dated 23.06.2020

9.19.9. CTRI Registration/Reference: CTRI/2020/05/025385

9.19.10. Date of initiation: 20th Jan 2021

9.19.11. Budget allocated: Rs. 6,21,000/-

9.19.12. Installment wise release: released on 19.2.2021

S N	Installment	Amount	Sanction order	Funds received date
1.	1st (CARI Bengaluru)	6,21,000/-	F. No.84-1/2019-CCRAS/Admin/HQ/7470 dt. 19.02.2020	28.02.2020

9.19.13. Current status: Completed

SN	Cases enrolled	Cases completed	Drop outs	Cases continued
1.	110	98	12	00

9.19.14. Relevant information, if any: Nothing Specific

9.20. Name of Project: “An open label clinical trial to evaluate clinical efficacy and safety of AYUSH AGT in Dandruff (Darunaka)”

9.20.1. Objectives:

- Primary: To assess the efficacy of Ayush AGT Lotion in dandruff
- Secondary: To assess the safety* of Ayush AGT Lotion in dandruff

Safety defined in terms of allergic responses (inflammation of scalp, hairfall, redness of eyes, skin pigmentation, uneven skin tone, breaking of hair, itching, rash on neck, forehead, shoulders and retro auricular area etc) and not to be identified with laboratory investigations.

9.20.2. Study Design: Open Clinical Trial

9.20.3. Sample Size: 50

9.20.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No 3-22/2019-CCRAS/Admn/AUB/5368, dated 27th Feb 2019

9.20.5. Duration of Study: 1 year

9.20.6. Interventions: AYUSH AGT coded drug

AYUSH AGT

Dosage : 10 gm
 Route of Administration : Topical
 Dosage form : Lotion
 Time of Administration : Applied on head and washed after 1 hour.
 Packing form : 200 ml (100 ml x 2 bottle)
 Duration of therapy : 30 days
 Follow up period : 15 days

9.20.7. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	Dr. Raghavendra Naik, RO (Ay.) Co-I: Dr. Bharali BK, In-charge, RARIMD Dr. Doddamani SH, RO (Ay.)

9.20.8. Date of IEC approval: 04-04-2019

9.20.9. CTRI Registration/Reference (for clinical trials): CTRI/2020/03/024092 [Registered on: 19/03/2020]

9.20.10 Date of initiation: 28/07/2021

9.20.11. Budget allocated: 3,20,000

9.20.12. Installment wise release:

S N	Installment	Amount	Sanction order	Funds received date
1.	1st (RARIMD Bengaluru)	3,20,000/-	F. No.3-22/2019-CCRAS/Admin/AUB/5368 dated. 27.02.2019	12.03.2019

9.20.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	50	1year	Achieved	None

9.20.14. Current status: Completed

SN	Cases enrolled	Cases completed	Drop outs	Cases continued
1.	50	44	06	00

9.20.15. Relevant information, if any: Nothing Specific

9.21. Name of Project: Safety and Efficacy of Ayurveda interventions for Urolithiasis: A systematic review

9.21.1. Objectives

1. Systematic review of selected studies, systematic review of the published, clinical data in safety, efficacy & effectiveness of Ayurveda intervention in management of Urolithiasis.
2. Meta-analysis of the published clinical data in view of safety and effectiveness of Ayurvedic interventions in the management of Urolithiasis.

9.21.2. Study Design: Systematic Review, Meta Analysis

9.21.3. Sample Size: NA

9.21.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. 3-47/2019-CCRAS/Admn/IMR/Urolithiasis/6126 Dt. 30.03.2019.

9.21.5. Duration of Study: 9 months

9.21.6. Interventions: NA

9.21.7. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	PI: Dr. RaghavendraNaik, RO (Ay.) Co-I: 1. Dr. Sekhar Namburi UR, RO (Ay.) 2. Dr. Shobhit Kumar, RO (Ay.) 3. Dr. Bhavya BM, RO (Ay.)

9.21.8. Date of IEC approval: NA

9.21.9. CTRI Registration/Reference (for clinical trials): NA

9.21.10. Date of initiation: 10.4.2020

9.21.11. Budget allocated: 30,000/-

9.21.12. Installment wise release: Released at once- 30,000/-

9.21.13. Chronological timeline & deliverables: 9 months

- i) Period required for Collection of data, analysis and preparation of report: 6 months
- ii) Period required for Preparation of manuscript, selection of journal and publication: 3 months

9.21.14. Current status: Complete

9.21.15. Relevant information, if any: Nothing Specific

9.22. Name of Project: Profiling of Demographic, Health status and Non Communicable Diseases among Schedule Tribe population in selected States across India- a descriptive, cross sectional, Epidemiological study under THCRP

9.22.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1.	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal

9.22.2. Date of IEC approval: 28/06/2021

9.22.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034761
[Registered on: 12/07/2021]

9.22.4. Date of initiation: 15/07/2021

9.22.5. Budget allocated: 49,52,000

9.22.6. Installment wise release:

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st (Rs.14,02,500)	F.No. 50-15/2021-CCRAS/ Admn./THCRP/1068,	11-06-2021	16-06-2021.
2	2 nd (Rs.13,86,500)	Office Order No. 471/2021- 22, (F.No. 50-15/2021- CCRAS/ Admn./THCRP)	13-09-2021	15-09-2021
3	3 rd (Rs.7,00,000)	Office Order No. 911/2021- 22, (F.No. 50-15/2021- CCRAS/ Admn./THCRP)	16-12-2021	23-12-2022
4	4 th (Rs.14,63,000)	F F.No. 50-15/2021- CCRAS/ Admn./THCRP/6265/6423	14-03-2022	08-03-2022

9.22.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	6000	1year	Achieved	None

9.22.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI, Bengaluru	NA	NA	NA	NA

9.22.9. Relevant information, if any:

9.23. Name of Project: A Prospective Community based Study for the evaluation of Dhatri Loha in the Management of Anaemia (Pandu) under THCRP

9.23.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal

9.23.2. Date of IEC approval: 28/06/2021

9.23.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034967
[Registered on: 19/07/2021]

9.23.4. Date of initiation: 18/10/2021

9.23.5. Budget allocated: 49,52,000

9.23.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as Profiling of Demographic, Health status and Non Communicable Diseases among Schedule Tribe population in selected States across India- a descriptive, cross sectional, Epidemiological study				

9.23.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	35	1year	Achieved	None

9.23.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI, Bengaluru	35	32	3	00

9.23.9. Relevant information, if any:

9.24. Name of Project: A Prospective Community based Study for the evaluation of Yogaraja Guggulu, Ashwagandha Churna & Narayana Taila in the Management of Osteoarthritis Knee (Janugata Sandhivata) under THCRP

9.24.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal

9.24.2. Date of IEC approval: 28/06/2021

9.24.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034967
[Registered on: 19/07/2021]

9.24.4. Date of initiation: 18/10/2021

9.24.5. Budget allocated: 49,52,000

9.24.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as Profiling of Demographic, Health status and Non Communicable Diseases among Schedule Tribe population in selected States across India- a descriptive, cross sectional, Epidemiological study				

9.24.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	35	1year	Achieved	None

9.24.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	35	33	2	00

9.24.9. Relevant information, if any:

9.25. Name of Project: Effectiveness of Ayurveda based diet and Lifestyle advocacy on health related Quality of life in Schedule Tribe population in India- a Community based, cluster randomized controlled study under THCRP

9.25.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal oo

9.25.2. Date of IEC approval: 28/06/2021

9.25.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034952
[Registered on: 19/07/2021]

9.25.4. Date of initiation: 15/11/2021

9.25.5. Budget allocated: 49,52,000

9.25.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as mentioned under Profiling of Demographic, Health status and Non Communicable Diseases among Schedule Tribe population in selected States across India- a descriptive, cross sectional, Epidemiological study				

9.25.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	70	1year	Achieved	None

9.25.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	70	70	00	00

9.25.9. Relevant information, if any:

9.26. Name of Project : Impact of Ayu Raksha Kit in COVID-19 Community Based Prophylactic Study under THCRP 2021-22

9.26.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal

9.26.2. Date of IEC approval: 24/01/2022

9.26.3. CTRI Registration/Reference (for clinical trials): REF/2022/01/051119

9.26.4. Date of initiation: 14/02/202

9.26.5. Budget allocated: 16,38,000

9.26.6. Installment wise release:

S. No.	Installment	Amount	Sanctioned order	Date	Date of receipt of fund
1.	1st	7,57,100	F.No.1-33/CCRAS/Cash/5600	02/02/22	31/01/2022
2.	2nd	8,80,900	F.No.50-15/2021-CCRAS/Admin/THCRP/6266	04/03/22	24/03/2022

9.26.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	2640	2 Months	Achieved	Nil

9.26.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI Bengaluru	2640	2545	95	00

9.26.9. Relevant information, if any: ADR Reported -12

9.27. Name of Project: Profiling of Demographic, health status and Non communicable Diseases among Scheduled Caste population in selected states across India- A descriptive , Cross sectional Epidemiological study under SCSP

9.27.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo

9.27.2. Date of IEC approval: 28/06/2021

9.27.3. CTIRI Registration/Reference (for clinical trials): CTIRI/2021/07/034761
[Registered on: 12/07/2021]

9.27.4. Date of initiation: 12/07/2021

9.27.5. Budget allocated: 3064000

9.27.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st (Rs.8,20,750)	F.No. 65-1/2021-CCRAS/ Admn./SCSP- AMHCP/1074,	11-06-2021	11-06-2021.
2	2 nd (Rs.8,02,750)	Office Order No. 469/2021- 22 (F.No. 65-1/2021- CCRAS/ Admn./SCSP- AMHCP)	13-09-2021	14-09-2021
3	3 rd (Rs.6,00,000)	F.No.65-1/2021/CCRAS/ Admn/ SCSP (Office order No.951/2021-22)	29-12-2021	29-01-2022

4	4 th (Rs.8,58,500)	F.No.65-1/2021-CCRAS/ Admn/SCSP/6350/6426	14-03-2022	10-03-2022
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9.27.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	5800	1year	Achieved	None

9.27.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI, Bengaluru	NA	NA	NA	NA

9.27.9. Relevant information, if any:

9.28. Name of Project: A prospective community based study for the evaluation of Punarnavadi Mandura in Anemia (Pandu) under SCSP

9.28.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo

9.28.2. Date of IEC approval: 28/06/2021

9.28.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034967
[Registered on: 19/07/2021]

9.28.4. Date of initiation: 20/07/2021

9.28.5. Budget allocated: 3064000

9.28.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as Profiling of Demographic, health status and Non communicable Diseases among Scheduled Caste population in selected states across India- A descriptive , Cross sectional Epidemiological study				

9.28.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	50	1year	Achieved	None

9.28.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	50	41	9	00

9.28.9. Relevant information, if any:

9.29. Name of Project: Effectiveness of Ayurveda based diet and Lifestyle advocacy on health related Quality of life in Schedule Caste population in India- a Community based, cluster randomized controlled study undr SCSP

9.29.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo

9.29.2. Date of IEC approval: 28/06/2021

9.29.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034952
[Registered on: 19/07/2021]

9.29.4. Date of initiation: 29/07/2021

9.29.5. Budget allocated: 3064000

9.29.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as mentioned under Profiling of Demographic, health status and Non communicable Diseases among Scheduled Caste population in selected states across India- A descriptive, Cross sectional Epidemiological study				

9.29.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	70	1year	Achieved	None

9.29.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	70	70	00	00

9.29.8. Relevant information, if any:

9.30. Name of Project: A prophylactic community based study to assess the impact of Ayuraksha Kit in COVID-19 under SCSP

9.30.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1.	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo

9.30.2. Date of IEC approval: 24/01/2022

9.30.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/02/040156
[Registered on: 10/02/2022]

9.30.4. Date of initiation: 14/02/2022

9.30.5. Budget allocated: 8,75,720/-

9.30.6. Installment wise release:

Sr. No.	Installment	Amount	Sanctioned order	Date	Date of receipt of fund
1.	1st	90000	F.No.65-1/2021/CCRAS/Admin/SCSP/5885	10/02/22	25/02/2022
2.	2nd	785720	F.No.65-1/2021/CCRAS/Admin/SCSP/6248	03/03/22	07/03/2022

9.30.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	693	2 months	Achieved	Follow up RTPCR tests cannot be achieved as most of the participants were rejected for test.

9.30.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI, Bengaluru	693	693	00	00

9.30.9. Relevant information, if any:

9.31. Cross sectional survey to determine the prevalence of Non-Communicable Diseases) and their risk factor among Scheduled Tribes in selected states across India under Tribal Health Care Research Programme (THCRP)

9.31.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	Dr. Shashidhar Doddamani, Dr. Rajendra Kumar Dr. Vidyashree Anchan

9.31.2. Date of IEC approval: 21/04/2022

9.31.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/07/043637
[Registered on: 01/07/2022]

9.31.4. Date of initiation: 16/07/2022

9.31.5. Budget allocated: Funded under THCRP Programme or Rs. 46,18,000/-

9.31.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st (Rs. 10,56,250/-)	F.No.1-33/CCRAS/Cash/THCRP/552	10-05-2022	11-05-2022.
2	2 nd (Rs. 10,56,250/-)	F.No.50-15/2022-CCRAS/Admn/THCRP/1903	11-07-2022	29-07-2022
3	3 rd (Rs. 10,56,250/-)	Office Order No. 751/2022-23	01-11-2022	14-11-2022
4	4 th (Rs. 14,49,250/-)	F.No.HQ-PROJ012/16/2022-PROJ/6351	14-02-2023	21-02-2023

9.31.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	245	1year	Achieved	None

9.31.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	245	245	0	0

9.31.9. Relevant information, if any:

9.32. Evaluation of efficacy and tolerability of select Ayurveda formulations in moderate Iron Deficiency Anemia – A randomized controlled trial under Tribal Health Care Research Programme (THCRP)

9.32.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo & Dr. Vidyashree Anchan

9.32.2. Date of IEC approval: 20/04/2022

9.32.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/06/043097
[Registered on: 08/06/2022]

9.32.4. Date of initiation: 18/11/2022

9.32.5. Budget allocated: Funded under THCRP Programme or Rs. 46,18,000/-

9.32.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st (Rs. 10,56,250/-)	F.No.1- 33/CCRAS/Cash/THCRP/552	10-05-2022	11-05-2022.
2	2 nd (Rs. 10,56,250/-)	F.No.50-15/2022- CCRAS/Admn/ THCRP/1903	11-07-2022	29-07-2022
3	3 rd (Rs. 10,56,250/-)	Office Order No. 751/2022-23	01-11-2022	14-11-2022
4	4 th (Rs. 14,49,250/-)	F.No.HQ- PROJ012/16/2022- PROJ/6351	14-02-2023	21-02-2023

9.34.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	48	1year	Achieved	None

9.34.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	48	46	02	00

Relevant information, if any

9.33. Cross sectional survey to determine the prevalence of NCDs and their risk factors among scheduled castes across India under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)

9.33.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI-Dr Srinibash Sahoo & Dr. Vidyashree Anchan

9.33.2. Date of IEC approval: 20/04/2022

9.33.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/07/043637
[Registered on: 01/07/2022]

9.33.4. Date of initiation: 26/07/2022

9.33.5. Budget allocated: 34,99,000

9.33.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st (Rs.8,74,750)	F.No. 65-1/2022- CCRAS/Admn./SCSP- AMHCP/421	02-05-2022	11-05-2022.
2	2 nd (Rs.8,74,750)	F.No. 65-1/2022- CCRAS/Admn./SCSP- AMHCP/1974	14-07-2022	29-07-2022
3	3 rd (Rs.8,74,750)	F.No. 65-1/2022- CCRAS/Admn./SCSP- AMHCP/4745	30-11-2022	09-12-2022
4	4 th (Rs.8,74,750)	F.No.65-1/2021-CCRAS/ Admn/SCSP/7457	16-02-2023	25-03-2023

9.33.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	185	1year	Achieved	None

9.33.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	185	185	0	0

9.33.9. Relevant information, if any:

9.34. A randomized placebo controlled trail of Ayush SR in perceived stress under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)

9.34.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo & Dr. Vidyashree Anchan

9.34.2. Date of IEC approval: 20/04/2022

9.34.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/07/043667
[Registered on: 04/07/2022]

9.34.4. Date of initiation: 14/10/2022

9.34.5. Budget allocated: 34,99,000

9.34.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as Cross sectional survey to determine the prevalence of NCDs and their risk factors among scheduled castes across India under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)				

9.34.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	50	1year	Achieved	None

9.34.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	50	46	04	00

9.34.7. Relevant information, if any:

10. BRIEF RESUME OF ONGOING CLINICAL RESEARCH PROJECTS

10.1. Name of Project: National Pharmacovigilance Program

10.1.1. Objectives:

- To inculcate the reporting culture among the Ayurveda, Siddha, Unani & Homoeopathy (ASU&H) Practitioners and consumers to facilitate the documentation of ADR's.
- To involve healthcare professionals and professional associations in the drug monitoring and information dissemination processes.
- To report the instances of misleading advertisements of Ayurveda, Siddha, Unani & Homoeopathy drugs.

10.1.2. Participating centre along with PI:

Name of the participating centre	Co-ordinators
Regional Ayurveda Research Institute For Metabolic Disorders, Bengaluru. (RARIMD)	Dr M.N Shubhashree RO Ayu. Dr. Raghavendra Naik R.O (Ayu).
	Programme Assistant 1. Dr. Chandini Chandrasekharan. N.P (2/3/2020-15/10/2022) 2. Dr. Rahul (19/09/2022–12/10/2022) 3. Dr. Neha (20/10/2022 – 30/11/2022) 4. Dr. Shaily Agarwal G (05/12/2022 – 31/01/2023) 5. Dr. Arsha K S (27/02/2023 – onwards)

10.1.3. Date of initiation : 18th July 2018

10.1.4. Budget allocated : Rs.15,05,000 - *5871.50 = 14,99,128.50

*Return to AIIA New Delhi

(F.No. 6-67/2021/CARI/BNG/Pharmacovigilance/1602)

10.1.5. Installment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	1,05,000/-	(F.No.8-11003/5/9/2017-AIIA/760)	08/06/2018	12/06/2018
2.	1,25,000/-	(F.No.B-11003/5/9/2017-AIIA/4195)	31/01/2019	25/01/2019
3.	1,00,000/-	(F.No.B/11003/5/9/2017-AIIA/Fin./527)	30/05/2019	28/05/2019
4.	1,00,000/-	(F.No.B/110035/5/9/2017-AllA/Fin./1194)	24/07/2019	26/07/2019
5.	1,50,000/-	T-12012/2/2019-DCC (AYUSH), dated 13 th August 2019	05/11/2019	07/11/2019
6.	2,60,000/-	(F.No.B-11003/5/9/2017-AllA/Fin./926)	05/08/2020	07/08/2020
7.	50,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.-Payment/949	7/07/2021	07/07/2021
8.	1,25,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.-Payment/2741	22/11/2021	22/11/2021

9.	1,00,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.- Payment/3594	19/01/2022	19/01/2022
10.	2,00,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.- Payment/1401	04/07/2022	04/07/2022
11.	1,90,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.- Payment/2969	23/09/2022	26/09/2022

10.1.6. Total Misleading Advertisements Reported : 88

10.1.7. ADR Reported : 01

10.1.8. CME/ Awareness Programmes Conducted : 03

10.1.9. Articles published : 02

10.1.10. Participation in training programme : 06

10.1.11. Participation in CME as resource person : 03

10.2. Name of Project: A Randomized, Placebo-controlled, Double-blind Clinical Trial to Evaluate the Effect of Trikatu in Subclinical Hypothyroidism.

10.2.1. Objectives:

Primary: To evaluate the efficacy of Trikatu in the management of Subclinical Hypothyroidism.

Secondary: To Study the safety of Trikatu in the management of Subclinical Hypothyroidism.

10.2.2. Study Design: Randomized, Placebo control, Double blind

10.2.3. Sample Size: 90

10.2.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date:F.No 3-69/2020-CCRAS/Admn/IMR/1669, dated 23rd July 2020

10.2.5. Duration of Study: 2 year

10.2.6. Interventions: Trikatu Churna

Group I: Trikatu AFI.Vol.1, 322. (Bhaisajyaratnavali, Paribhshaprakarana16).

Dose : 1000 mg Powder

Dosage form : Capsule or Tb

Route of Administration : Oral

Anupana : Water

Time of Administration : Twice a day, 30 minutes before food

Duration of therapy : 84 days

Packing : 30 Capsules or Tb

Group II: Placebo

Dose : 1000 mg Powder

Dosage form : Capsule or Tb

Route of Administration : Oral

Anupana : Water

Time of Administration : Twice a day, 30 minutes before food

Duration of therapy : 84 days

Packing : 30 Capsules or Tb

10.2.7. Participating centre along with PI: CARI BENGALURU, Dr. S H Doddamani

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1	CARI BENGALURU	Dr. S H Doddamani Dr. Bhavya

10.2.8. Date of IEC approval: 26.09.2020

10.2.9. CTRI Registration/Reference (for clinical trials): 16.02.2022

10.2.10. Date of initiation: 10.02.2022

10.2.11. Budget allocated: 25,13,600

10.2.12. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st installment	CCRAS Sanction order number: F.No. 3-69/2020-CCRAS/ADMN/IMR/1669-Rs-13,56,800/-	23.07.20	31.07.2020
2	2 nd installment	CCRAS Sanction order number: F.No. 3-69/2020-CCRAS/Admin/IMR/1669, Dt. 23.07.2020 Rs- 6,78,400/-	25.05.21	28.05.2021

10.2.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	90	2years	Not achieved	-

10.2.14. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	CARI Bengaluru	27	14	07	06

10.2.15. Relevant information, if any:

10.3. Name of Project: Clinical Evaluation of Vidanga churna and Vyoshadi Guggulu in the Management of Medoroga (Obesity) under Annual action plan 2018-19.

10.3.1. Objectives:

a) Primary objective: To assess the clinical efficacy of Vyoshadi Guggulu and Vidangachurna in the Management of Medoroga (Obesity)

b) Secondary Objective: To assess the clinical safety of Vyoshadi Guggulu and Vidangachurna in the patients of of Medoroga (Obesity)

10.3.2. Study Design: Open Clinical Trial

10.3.3. Sample Size: 50

10.3.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No 13-67/2018-CCRAS/Tech/Hq./8304, dated 30th March 2020.

10.3.5. Duration of Study: 2 years

10.3.6. Interventions:

1. *Vyoshadi Guggulu* (AFI – Part – I, 5:9 ; API , Part –II, Vol. –II)

Dose	: 1 gm (2 Tablets of 500mg each) thrice daily
Dosage form	: Tablet
Route of Administration	: Oral
Time of Administration	: Thrice a day after food
Anupan	: Lukewarm water
Duration of therapy	: 12 weeks

2. *Vidanga Churna* (API, Part –I, Vol. –II)

Dose	: 3g.
Dosage form	: Powder
Route of Administration	: Oral
Time of Administration	: Twice a day after food
Duration of therapy	: 12weeks
Follow-up Period	: 2Weeks

10.3.7. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1.	CARI, Bengaluru	Dr. Sanjay Kumar Giri (PI) Dr. Doddamani. S.H(Co-I)

10.3.8. Date of IEC approval: 26.09.2020

10.3.9. CTRI Registration/Reference (for clinical trials): REF/2020/10/037389

10.3.10. Date of initiation: 18.09.2021

10.3.11. Budget allocated: Rs. 16,90,000/-

10.3.12. Installment wise release:

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st instalment Rs. 10,15,000/-	Office Order No. 3-53/2020- CCRAS/Admin/IMR/8304	30.03.2020	02.04.2020
2	2 nd & 3 rd instalment Rs. 1,86,000 + 2,42,837= 4,28,837/-	File No. HQ-PROJ011/61/2022- PROJ/6047	03.02.2023	14.02.2023

10.3.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/Not achieved	Causes of deviation, if any
1	50	2 years	Continued.	-

10.3.14. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	CARI, Bengaluru	50	33	01	16

10.3.15. Relevant information, if any

10.4. Efficacy and safety of Ayurveda Formulation ‘Trikatu’ in Dyslipidemia – A Prospective Randomized Double Blind Placebo Controlled Trial

12.6.1. Objectives

- a. Primary objective : To assess the efficacy and safety of Ayurvedic Formulation “Trikatu” for improving lipid parameters in dyslipidemia
- b. Secondary Objective : To assess the changes in Gut Microbiota Correlates in response to the trial interventions

12.6.2. Study Design: Randomized, Placebo controlled, Double blinded Study

12.6.3. Sample Size: 120 subjects

12.6.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Council’s Office Order No. 522/22-23, dated 30th August 2022

12.6.6. Duration of Study: 2 years

12.6.7. Interventions:

Group I:

Intervention	:	Tablet Trikatu
Dose	:	1000 mg with Luke warm water
Dosage form	:	Tablet
Route of Administration	:	Oral
Time of Administration	:	one hour after food twice daily
Anupan	:	Lukewarm water
Duration of therapy	:	84 days

Group II

Intervention	:	Matching placebo
Dose	:	1000 mg with Luke warm water
Dosage form	:	Tablet
Route of Administration	:	Oral
Time of Administration	:	one hour after food twice daily
Anupan	:	Lukewarm water
Duration of therapy	:	84 days

12.6.8. Participating centre along with PI:

S.No	Name of the participating centre	Name of Investigators
1.	Central Ayurveda Research Institute, Bengaluru	I. Principal Investigator : Dr Bhavya B.M, RO (Ay.) II. Co-Investigators 1. Dr. Shubhashree M.N RO (Ay.)

		2. Dr Rajendra Paliwal, RO (Ay.) 3. Dr. Kuppan Gokulakrishnan, Asst .Prof., Neurochemistry, NIMHANS, Bengaluru Dr. Vidyashree Anchan, RO)Pathology)
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12.6.9. Date of IEC approval: 07/06/2022, amendment on 09/02/2022

12.6.10. CTRI Registration/Reference (for clinical trials): CTRI/2022/11/047322, dated 15/11/2022

12.6.11. Date of initiation: 29/12/2022

12.6.12. Budget allocated: 96, 10,332/-

12.6.13. Installment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st instalment Rs. 18,76,000/-,	Council's Office Order No. 522/22-23	30.08.2022	15.09.2022
2	2 nd instalment Rs. 1,13,000/-	F.No.: HQ- PROJ011/2/2022- PROJ/6336	14.02.2023	17.02.2023

12.6.14. Chronological timeline & deliverables:

Sl. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	120	24 months	ongoing	Nil

12.6.15. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	CARI Bengaluru	15	0	0	15

6.6.16. Relevant information, if any: Nothing Specific

10.5. Clinical Evaluation of Lekhaniya Gana Kashaya and Arogyavardhini Gutika in the Management of Medoroga (Obesity)

12.6.1. Objectives

- Primary:** To assess the clinical efficacy of *Lekhaniya Gana Kashaya* and *Arogyavardhini Gutika* in the management of *Medoroga* (Obesity)
- Secondary:** To assess the clinical safety of *Lekhaniya Gana Kashaya* and *Arogyavardhini Gutika* in the patients of *Medoroga* (Obesity)

12.6.2. Study Design: Open label prospective clinical trial

12.6.3. Sample Size: 50 subjects

12.6.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. 3-141/2021-CCRAS/Admn/IMR (O.O No.952), dated 29.12.2021

12.6.6. Duration of Study: 30 months

12.6.7. Interventions:

1. *Lekhaniya Gana Kashaya* [Ch. Su.-4/9(3)]

Dose : 25gm
Dosage form : kwatha churna
Route of Administration : Oral
Time of Administration : Twice a day after food
Duration of therapy : 12 weeks

2. *Arogyavardhini Gutika* (AFI – Part – I, 20:4; Pg 258)

Dose : 500gm (2 Tablets each of 250mg) twice daily
Dosage form : Tablet
Route of Administration : Oral
Time of Administration : Twice a day after food
Anupan : Lukewarm water
Duration of therapy : 12 weeks

12.6.8. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1.	Central Ayurveda Research Institute, Bengaluru	PI: Dr Bhavya B.M, RO (Ay.) Co-I : 1. Dr Rajendra Paliwal, RO (Ay.) 2. Dr. Shubhashree M.N RO (Ay.)

12.6.9. Date of IEC approval: 24.1.22

12.6.10. CTRI Registration/Reference (for clinical trials): "CTRI/2022/03/040819, dated 04/03/2022

12.6.11. Date of initiation: 29/12/2022

12.6.12. Budget allocated: 9,18,000/-

12.6.13. Installment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st instalment Rs. 40,000/-	F.No. 3-141/2021- CCRAS/Admn/IMR (O.O No.952)	29.12.2021	31.12.2021
2	2 nd instalment 3,54,000/-	F.No.: 3-3/2017- CCRAS/Admn/IMR/1589	23.06.2022	05.07.2022
3	3 rd instalment 4,58,774/-	F.No. 3-141/2021- CCRAS/Admn/IMR/2324	02.08.2022	06.08.2022
4	4 th instalment Rs. 58,304/-	F.No.: HQ- PROJ011/65/2022- PROJ/6045	03.02.2023	09.02.2023

12.6.14. Chronological timeline & deliverables:

Sl. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	50	30 Months	ongoing	Nil

12.6.15. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	CARI Bengaluru	27	13	06	08

12.6.16. Relevant information, if any: Nothing Specific

10.6. Cross Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy

12.6.1. Objectives

- To explore the association between specific type of *Prakriti* (Body Constitution) with Diabetic Retinopathy (DR)

12.6.2. Study Design: Prospective Observational Survey Study

12.6.3. Sample Size: 1350 subjects

12.6.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Council's Office Order No: 1105/2022-23, dated 20.01.2023

12.6.6. Duration of Study: 1 year

12.6.7. Participating Centre along with Pi:

S.No	Name of the Institute	Name of Investigators
1.	Central Ayurveda Research Institute, Bengaluru	I. Principal Investigator: Dr. Bhavya B.M, RO (Ay.) II. Co-Investigators: 1. Dr Shubashree M. N, RO (Ay.) 2. Dr. S.H. Doddamani, RO (Ay.) III. Consultant: 1) Dr Shwetha B A, MBBS , DNB (Ophthalmology)

12.6.8. Date of IEC approval: Approved, dated 09-02-2023

12.6.9. CTRI Registration/Reference (for clinical trials): CTRI/2023/03/050574, dated 10-03-2023

12.6.10. Date of initiation: Initiated on 14-03-2023

12.6.11. Budget allocated: 15,15,900/-

12.6.12. Installment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st instalment Rs. 1,50,000/-	Council's Office Order No: 1105/2022-23	20.01.2023	30.01.2023

12.6.13. Chronological timeline & deliverables: initiated

Sl. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	1350	12 months	ongoing	Nil

12.6.14. Current status: Study initiated

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	CARI Bengaluru	30	30	0	00

12.6.15. Relevant information, if any: Nothing Specific

**12. SANCTIONED IMR CLINICAL RESEARCH PROJECTS TO BE INITIATED-
None**

13. RESEARCH PROJECTS RELATED TO COVID-19

12.1. Name of Project: Impact of Ayu Raksha Kit in COVID-19 Community Based Prophylactic Study under THCRP 2021-22

12.1.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal

12.1.2. Date of IEC approval: 24/01/2022

12.1.3. CTRI Registration/Reference (for clinical trials): REF/2022/01/051119

12.1.4. Date of initiation: 14/02/2022

12.1.5. Budget allocated: 16,38,000

12.1.6. Installment wise release:

S. No	Installment	Amount	Sanctioned order	Date	Date of receipt of fund
1.	1st	7,57,100	F.No.1-33/CCRAS/Cash/5600	02/02/22	31/01/2022
2.	2nd	8,80,900	F.No.50-15/2021-CCRAS/Admin/THCRP/6266	04/03/22	24/03/2022

12.1.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	2640	2 Months	Achieved	Nil

12.1.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI Bengaluru	2640	2545	95	00

12.1.9. Relevant information, if any: ADR Reported -12

12.2. Name of Project: A prophylactic community based study to assess the impact of Ayuraksha Kit in COVID-19 under SCSP 2021-21

12.2.1. Participating centre along with PI:

Sr.No.	Name of the participating centre	Name of PI, Coinvestigators
1.	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo

12.2.2. Date of IEC approval: 24/01/2022

12.2.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/02/040156
[Registered on: 10/02/2022]

12.2.4. Date of initiation: 14/02/2022

12.2.5. Budget allocated: 8,75,720/-

Sr. No.	Installment	Amount	Sanctioned order	Date	Date of receipt of fund
	1st	90000	F.No.65-1/2021/CCRAS/Admin/SCSP/5885	10/02/22	25/02/2022
	2nd	785720	F.No.65-1/2021/CCRAS/Admin/SCSP/6248	03/03/22	07/03/2022

12.2.6. Installment wise release:

12.2.7. Chronological timeline & deliverables:

Sr. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
	693	2 months	Achieved	Follow up RTPCR tests cannot be achieved as most of the participants were rejected for test.

12.2.8. Current status:

Sr. No	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI, Bengaluru	693	693	00	00

12.2.9. Relevant information, if any:

14. RESEARCH PROPOSALS SUBMITTED FOR APPROVAL TO CCRAS HQRS.

14.1. A prospective randomized double blind clinical trial to assess the efficacy and safety of *Arjunarista and Navaka guggulu* in Dyslipidemia as a preventive measure for vascular disorders

PI- Dr. S.H. Doddamani, Research officer (Ay.)

Co-I- Dr. Shubhashree M.N Research officer (Ay.)

Dr Tejjashwini C, Research officer (Ay.)
Dr. Vidyashree Anchan, RO (Pathology)
Dr. Kuppan Gokulakrishnan, Asst Professor

Study Centres

Central Ayurveda Research Institute. Bengaluru &
Department of Neurochemistry, NIMHANS, Bengaluru

14.2. A Randomized clinical study to evaluate the safety and efficacy of AYUSH-82 Ayurvedic formulation on non-Chronic Type 2 Diabetes Mellitus and its Bio-Molecular evaluation

PI-Dr. S.H. Doddamani, Research officer (Ay.)
Dr. Devaraju. K. S, Dean & Director
Dr. Manjunath Ajanal, Professor
Co-I-Dr Shubhashree M.N, Research officer (Ay.)
Dr.Vidyashree Anchan, Research officer (Pathology)
Dr. Raghavendra Shettar, Assistant Professor
Dr. Sandeep Kavalikai, General Physcian

Study centres

CARI, Bengaluru
Karnataka University, Dept. of Biochemistry, Dharwad
Rajiv Gandhi Education Society's Ayurvedic Medical College and Hospital Ron

14.3. Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes associated with type 2 diabetes: A Multicentric Open Label Randomized Placebo Controlled Clinical Trial

PI: Dr. Bhavya BM, RO (Ay.)
CoI: Dr. Shubhashree MN, RO (Ay.)
Dr. Doddamani SH, RO (Ay.)

14.4. A Double-blind, placebo-controlled, Randomised prospective study to evaluate the efficacy of Ayurveda formulation and Nutritional supplement in children with Autism Spectrum Disorder

PI- Dr. Vidyashree Anchan, RO (Patho.)
CoI- Dr. Thejaswini C, RO (Ay.)
Ms. Sonam Chandhok, ARO (Cl. Psy.)

14.5. Comparative Effectiveness and Safety of *Kaidarya (Murraya koenigii (L.) Sprengel)* Versus Moderate Intensity Statin in Subjects with Atherogenic Dyslipidemia

PI- Dr. Sulochana Bhat, Assistant Director
CoI- Prof Navakanta Bhat, Professor, IISc
Dr S Srikanta,
Prof AJ Vinaya Simha,
Dr. Raghavendra Naik, RO (Ay.)
Dr Kavitha Muniraj,
Dr. Vidyashree Anchan, RO (Patho.)

Study Centres-

Central Ayurveda Research Institute, Bengaluru

Indian Institute of Science (IISc), Bengaluru and
Samatvam Endocrinology Center, Bengaluru

**14.6. Efficacy and Safety of Ayurveda Interventions for Refractive Errors - A
Systematic Review and Meta-analysis**

PI- Dr. Bhavya B M, RO (Ay.)

CoI- Dr Shubhashree M.N, RO (Ay.)

Dr S H Doddamani, RO (Ay.)

**14.7. Detection of surgical conditions for their early management- a cross sectional
community study in Bengaluru South Taluk**

PI- Dr Rajendra Kumar, RO (Ay.)

CoI- Dr. Sulochana Bhat, Assistant Director

Dr. Vidyashree Anchan, RO (Patho.)

Ms. Sonam Chandhok, ARO (Cl. Psy.)

PART-B HOSPITAL STATISTICS

a. Out Patient Department

Statement of patients attended at OPD during different years (Since inception up to March 2023)

Year	New cases				Total		Old case				Total		G. Total	
	M	F	MC	FC	M	F	M	F	MC	FC	M	F	M	F
1981-82	141	171	136	84	277	255	178	220	198	81	376	301	653	556
1982-83	633	854	430	377	1063	1231	1439	1719	473	510	1912	2229	2975	3460
1983-84	528	601	125	191	653	792	1303	1446	254	237	1557	1683	2210	2475
1984-85	527	621	223	182	750	803	1193	1731	263	238	1456	1969	2206	2772
1985-86	487	538	159	135	646	673	1066	1582	203	275	1269	1857	1915	2530
1986-87	519	549	134	152	653	701	1485	1674	228	225	1713	1899	2366	2600
1987-88	562	471	124	155	686	626	1579	1541	131	281	1710	1822	2396	2448
1988-89	519	429	89	130	608	559	1598	1488	214	269	1812	1757	2420	2316
1989-90	253	345	49	50	302	395	633	916	59	88	692	1004	994	1399
1990-91	320	334	65	76	385	410	843	803	83	80	926	883	1311	1293
1991-92	301	283	68	86	369	369	683	1158	92	86	775	1244	1144	1613
1992-93	359	561	70	97	429	658	869	1211	101	86	970	1297	1399	1955
1993-94	320	334	65	76	385	410	843	803	83	80	926	883	1311	1293
1994-95	273	345	49	50	322	395	633	916	59	88	692	1004	1014	1399
1995-96	327	316	76	99	403	415	924	1199	137	129	1061	1328	1464	1743
1996-97	436	686	111	148	547	834	1463	2731	324	314	1787	3045	2334	3879
1997-98	600	938	169	218	769	1156	1716	3268	350	296	2066	3564	2835	4720
1998-99	863	1136	202	190	1065	1326	2413	4098	450	459	2863	4557	3928	5883
1999-00	1251	1854	232	293	1483	2147	3553	6045	379	645	3932	6690	5415	8837
2000-01	1187	1495	165	253	1352	1748	2870	3915	171	325	3041	4240	4393	5988
2001-02	1158	1430	167	213	1325	1643	2997	3706	224	305	3221	4011	4546	5654
2002-03	1127	1279	175	222	1302	1501	2825	3425	297	295	3122	3720	4424	5221
2003-04	1017	1287	145	121	1162	1408	2823	3695	205	200	3028	3895	4190	5303
2004-05	1184	1015	91	107	1275	1122	1604	1990	88	154	1692	2144	2967	3266
2005-06	1371	977	122	97	1493	1074	3413	2770	141	131	3554	2901	5047	3975
2006-07	1408	971	88	85	1496	1056	3473	2937	124	126	3597	3063	5093	4119
2007-08	1312	866	75	93	1387	959	3194	2942	118	147	3312	3089	4699	4048
2008-09	1389	988	75	125	1464	1113	3210	2838	95	154	3305	2992	4769	4105
2009-10	1283	988	77	69	1360	1057	3273	2797	128	132	3401	2929	4761	3986
2010-11	1366	1123	81	89	1447	1212	4033	3704	116	130	4149	3834	5596	5046
2011-12	1524	1356	84	116	1608	1472	4979	4916	171	313	5150	5229	6758	6701
2012-13	1384	1216	84	69	1468	1285	5311	4664	196	120	5507	4784	6975	6069
2013-14	1583	1350	78	78	1661	1428	5198	4361	111	66	5309	4427	6970	5855
2014-15	1567	1280	78	62	1645	1342	4974	4465	75	89	5049	4554	6694	5896
2015-16	2145	1714	88	75	2233	1789	6590	5460	146	92	6736	5552	8969	7341
2016-17	1864	1510	78	66	1942	1576	4997	3786	86	62	5083	3848	7025	5424
2017-18	1854	1328	61	62	1915	1390	4609	3229	75	82	4684	3311	6599	4701
2018-19	3163	2178	125	106	3288	2284	6690	4705	153	71	6843	4776	10131	7060
2019-20	3787	2997	176	117	3963	3114	7942	6449	160	158	8102	6607	12065	9721
2020-21	3468	2604	165	148	3633	2752	7074	5077	200	182	7274	5259	10907	8011
2021-22	4041	3101	187	127	4228	3228	8215	6087	130	115	8345	6202	12573	9430
2022-23	5505	4623	271	158	5777	4781	11903	9865	264	125	12166	9990	17943	14771

Total	54906	49042	5312	5447	60219	54489	136611	132332	7555	8041	144165	140373	204384	194862
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Total number of patient treated since inception: 3,99,246

In-Patient Department: Not Applicable

8. Statement of Patients attended OPD during the reporting period for April 2022 –March 2023

Sr. No .	NAM C ID	NAM C Code	NAMC Name	Short_definition	No. of patients treated												Grand Total (M+F)		
					New						Follow up							Total	
					Adult		Child		Total		Adult		Child		Total			M	F
					M	F	M	F	M	F	M	F	M	F	M	F			
1.	2983	AAC-12.4	विबन्ध	simple constipation	15	5	2	0	17	5	69	9	0	1	69	10	86	15	101
2.	157	AAC-20	गृध्रसी	sciatica	12	14	0	0	12	14	14	37	0	0	14	37	26	51	77
3.	163	AAC-24	पक्षाघातः/पक्षवधः	hemiplegia/hemiparesis	8	1	0	0	8	1	70	3	0	0	70	3	78	4	82
4.	241	AAE-9	मांसगतवातकोप	vitiated वात in मांस	1	0	0	0	1	0	21	0	0	0	21	0	22	0	22
5.	141	AAC-8	अवबाहुकः	frozen shoulder	39	20	0	0	39	20	95	53	0	0	95	53	134	73	207
6.	248	AAE-16	सन्धिवातः	osteo-arthritis	326	27 5	0	0	326	27 5	725	568	0	0	725	568	105 1	843	1894
7.	285	ABB-24	दाहः	burning sensation	0	1	0	0	0	1	4	0	0	0	4	0	4	1	5
8.	348	ACB-23	अग्निमान्द्यम्	impaired digestion / loss of appetite	1	1	0	1	1	2	1	0	0	1	1	1	2	3	5
9.	480	EA-3	कासः	cough / tussis	92	27	1 3	8	105	35	131	49	2	2	133	51	238	86	324
10.	489	EA-4	श्वासः	dyspnoea	41	12	0	0	41	12	51	21	0	0	51	21	92	33	125
11.	633	EB-10	शूलः	colicky pain/abdominal colic	23	11	7	4	30	15	35	16	0	1	35	17	65	32	97

12.	676	EB-12	परिकर्तिका	proctalgia	0	1	0	0	0	1	0	1	0	0	0	1	0	2	2
13.	515	EB-2	अतिसारः	diarrhoea	5	2	0	0	5	2	7	7	0	0	7	7	12	9	21
14.	536	EB-3	अजीर्णम्	indigestion	3	2	1	3	4	5	3	1	0	0	3	1	7	6	13
15.	543	EB-3.7	विसूचिका	acute gastroenteritis	2	0	0	0	2	0	0	0	0	0	0	0	2	0	2
16.	558	EB-4	अम्लपित्तम्	hyperacidity	89	41	2	1	91	42	152	109	1	0	153	109	244	151	395
17.	628	EB-9	प्रवाहिका	dysentery	4	2	0	0	4	2	2	1	0	0	2	1	6	3	9
18.	681	EC-2	हृद्रोगः	heart disease	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
19.	689	EC-3	ज्वरः	fever / pyrexia	9	4	1	0	10	4	3	3	0	0	3	3	13	7	20
20.	812	EC-5	पाण्डुरोगः	anaemia	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
21.	823	EC-6	आमवातः	rheumatism due to आम	2	12	0	0	2	12	6	49	0	0	6	49	8	61	69
22.	1029	ED-14	शीतपित्तम्	urticaria with <i>vata</i> predominance	42	17	3	2	45	19	59	33	3	1	61	34	106	53	159
23.	1031	ED-15	उदरदः	urticaria with <i>kapha</i> predominance	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
24.	838	ED-2.2	कण्डूः	pruritis	10	5	0	0	10	5	13	11	0	0	13	11	23	16	39
25.	850	ED-2.8	निद्रानाशः / अनिद्रा	loss of sleep (insomnia)	4	1	0	0	4	1	1	1	0	0	1	1	5	2	7
26.	874	ED-3	कामला	jaundice	0	1	0	0	0	1	15	0	0	0	15	0	15	1	16
27.	883	ED-4	कुष्ठम्	integumentary disease	10	1	1	0	11	1	22	2	0	0	22	2	33	3	36
28.	905	ED-4.3.10	विचर्चिका	wet eczema	54	27	0	0	54	27	79	90	0	0	79	90	133	117	250

29.	897	ED-4.3.3	किटिभः	psoriasis	62	35	3	1	65	36	147	39	1	0	148	39	213	75	288
30.	898	ED-4.3.4	विपादिका	cracks in palms and soles	0	3	0	0	0	3	0	0	0	0	0	0	0	3	3
31.	919	ED-5	धित्रः	vitiligo /leucoderma	9	8	2	1	11	9	65	39	0	0	65	39	76	48	124
32.	972	ED-9	विद्रधिः	abscess	5	3	0	0	5	3	6	3	0	0	6	3	11	6	17
33.	1064	EE-2	अर्बुदः	tumor	1	0	0	0	1	0	1	0	0	0	1	0	2	0	2
34.	1074	EE-3	अर्शः	haemorrhoids	45	34	0	0	45	34	65	40	0	0	65	40	110	74	184
35.	1095	EE-4	ग्रन्थिः	cyst	5	10	0	0	5	10	33	45	0	0	33	45	38	55	93
36.	1139	EF-2.4.4	मधुमेहः	diabetes mellitus	121	63	0	0	121	63	882	508	0	0	882	508	1003	571	1574
37.	1161	EF-3	मेदोरोगः	obesity	14	25	0	0	14	25	94	126	0	0	94	126	108	151	259
38.	1173	EI-2	क्लैब्यम्	male infertility	3	0	0	0	3	0	5	0	0	0	5	0	8	0	8
39.	1244	EI-6.8	अन्न-वृद्धिः	hernia	3	1	0	0	3	1	24	1	0	0	24	1	27	2	29
40.	1245	EI-6.9	अण्ड-वृद्धिः	scrotal swelling	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
41.	1248	EJ-2	अश्मरी	lithiasis/urolithiasis/nephrolithiasis	6	1	0	0	6	1	11	3	0	0	11	3	17	4	21
42.	1258	EJ-3	मूत्राघातः	urinary retention	4	0	0	0	4	0	8	1	0	0	8	1	12	1	13
43.	1278	EJ-4	मूत्रकृच्छ्रम्	dysuria	5	10	0	0	5	10	21	8	0	0	21	8	26	18	44
44.	1304	EK-3	श्वयथुः/शोथः/शोफः	oedema/inflammation	0	1	0	0	0	1	0	1	0	0	0	1	0	2	2
45.	1337	EK-4.6	यकृद्दाल्युदरः	hepatomegaly	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1

46.	1360	EL-2.10	उदावर्तिनी	dysmennorhea	0	21	0	0	0	21	0	34	0	0	0	34	0	55	55
47.	1392	EL-4	रक्तप्रदरः/असृग्दरः	menorrhagia / metrorrhagia / dysfunctional uterine bleeding (DUB)	0	1	0	0	0	1	0	2	0	0	0	2	0	3	3
48.	1398	EL-5	श्वेतप्रदरः	leucorrhoea	0	8	0	0	0	8	0	22	0	0	0	22	0	30	30
49.	1521	EM-11	भ्रमः	giddiness / dizziness / vertigo	6	0	0	0	6	0	1	0	0	0	1	0	7	0	7
50.	1421	EM	मनोवहस्रोतोविकारः	disorders of मनोवहस्रोतस्	16	6	2	4	18	10	57	14	0	0	57	14	75	24	99
51.	1423	EM-2	उन्मादः	psychosis/insanity	0	0	0	0	0	0	0	0	3	0	3	0	3	0	3
52.	1457	EM-3	अपस्मारः	epilepsy	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
53.	1466	EM-5	मदात्ययः	alcohol abuse	19	0	0	0	19	0	32	0	0	0	32	0	51	0	51
54.	1522	F	शिरःशूल / शिरोरुक्	headache/cephalgia/cephalalgia	14	23	1	2	15	25	60	46	0	0	60	46	75	71	146
55.	1530	F-8	अर्धावभेदकः	hemicrania	6	6	0	0	6	6	29	11	0	1	29	12	35	18	53
56.	1543	FA-3	खलित्यम्	baldness / alopecia totalis	4	10	0	0	4	10	5	11	1	0	6	11	10	21	31
57.	1548	FA-4	दारुणकः	pytirtiasis capitis	1	1	0	0	1	1	1	0	0	0	1	0	2	1	3
58.	1583	GC	दन्तरोगः	tooth disorders	4	1	0	0	4	1	6	1	0	0	6	1	10	2	12
59.	1616	GF	कण्ठरोगः	throat disorders	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
60.	1643	GF-19	गलगण्डः	goiter	17	14	0	0	17	14	29	22	0	0	29	22	46	36	82
61.	1649	GG	मुखपाकः	stomatitis	10	3	0	1	10	4	15	4	0	0	15	4	25	8	33
62.	1662	H	अक्षिरोगः/नेत्ररोगः	ophthalmic diseases/ eye diseases	1	3	0	0	1	3	2	1	0	0	2	1	3	4	7

63.	1814	I-1	प्रतिश्यायः /पीनसः	rhinitis	46	26	7	5	53	31	64	54	2	3	66	57	119	88	207
64.	1860	J	कर्णरोगः	ear diseases	2	5	0	0	2	5	4	0	0	0	4	0	6	5	11
65.	1913	K	व्रणः	wounds	13	6	0	0	13	6	10	3	0	0	10	3	23	9	32
66.	2085	LE	शल्यः	foreign body	0	1	0	0	0	1	0	4	0	0	0	4	0	5	5
67.	2170	MD-11	दौर्बल्यम्	debility	41	28	1	0	51	28	72	70	3	1	75	71	126	99	225
68.	2280	O-35	युवानपिडका (मुखदूषिका)	pimples	2	2	0	0	2	2	1	1	0	0	1	1	3	3	6
					128	84	5	3	133	87	332	217	1	1	334	218	468	306	7746
					1	4	5	3	7	7	8	8	6	1	3	9	0	6	

Total New Patients – 2214; Total Old Patients –5532 ; Grand Total – 7746

- Number of patients in Old OPD : **7746**
- Number of patients in New OPD : **24968**
- Total** : **32,714**

8a. Statement of Patients attended New OPD during the reporting period for April 2022 to March 2023

S. N o.	NA MC ID	NA MC Code	NAMC Name	Short_definition	No. of patients treated														Grand Total (M+F)
					New						Follow up						Total		
					Adult		Child		Total		Adult		Child		Total		M	F	
					M	F	M	F	M	F	M	F	M	F	M	F			
1	147	AAC-12	आध्मानम्/ आनाहः	distension/tympanites/me teorism or painful abdominal distension	14	12	0	0	14	12	9	7	0	0	9	7	23	19	42
2	2983	AAC-12.4	विबन्ध	simple constipation	57	33	12	5	69	38	84	50	6	1	90	51	159	89	248
3	132	AAC-2	अपतन्त्रकः	convulsive fit	0	1	0	0	0	1	0	18	0	0	0	18	0	19	19
4	157	AAC-20	गृध्रसी	sciatica	334	302	1	0	33	30	798	782	0	2	79	78	113	108	221
5	163	AAC-24	पक्षाघातः/पक्षवधः	hemiplegia/hemiparesis	40	18	0	0	40	18	115	12	0	0	11	12	155	30	185
6	241			Mamsagata vata kosha	0	1	0	0	0	1	1	0	1	0	2	0	2	1	3
7	134	AAC-3	अपतानकः	orthotonos	0	0	0	0	0	0	0	2	0	0	0	2	0	2	2
8	172	AAC-30	पङ्गुः (केवलवात)	lameness (bilateral)	0	0	0	0	0	0	3	2	0	0	3	2	3	2	5
9	174	AAC-32	मन्यास्तम्भः	Stiff neck/ torticollis/spasmodic torticollois	7	9	0	0	7	9	10	4	0	0	10	4	17	13	30
10	177	AAC-35	विश्वाची	brachial neuralgia /arm pain	2	3	0	0	2	3	3	9	0	0	3	9	5	12	17

11	179	AAC-37	शिरोग्रहः	head and neck rigidity	0	1	0	0	0	1	0	0	0	0	0	0	1	1	
12	135	AAC-4	अर्दितः	facial paralysis	1	0	0	0	1	0	6	11	0	0	6	11	7	11	18
13	139	AAC-6	अस्थिशोषः	osteopenia/osteoporosis	0	3	0	0	0	3	0	0	0	0	0	0	3	3	
14	141	AAC-8	अवबाहुकः	frozen shoulder	51	50	0	0	51	50	83	88	0	0	83	88	134	138	272
15	248	AAE-16	सन्धिवातः	osteo-arthritis	765	858	3	5	76	86	197	186	18	7	19	18	276	273	549
								8	3	7	5			95	72	3	5	8	
16	285	ABB-24	दाहः	burning sensation	11	13	0	0	11	13	18	8	0	0	18	8	29	21	50
17	287	ABB-26	पलित्य	premature graying of hair	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
18	348	ACB-23	अग्निमान्द्यम्	impaired digestion / loss of appetite	11	12	4	4	15	16	9	31	3	2	12	33	27	49	76
19	471	EA-2	हिक्का	hiccup/singultus	0	0	0	0	0	0	2	2	0	0	2	2	2	2	4
20	480	EA-3	कासः	cough / tussis	164	109	51	25	21	13	173	170	47	20	22	19	435	324	759
								5	4					0	0				
21	489	EA-4	श्वासः	dyspnoea	60	58	8	2	68	60	128	78	9	3	13	81	205	141	346
														7					
22	633	EB-10	शूलः	colicky pain/abdominal colic	36	33	2	2	38	35	42	36	1	4	43	40	81	75	156
23	643	EB-10.10	परिणामशूलः	duodenal ulcer	0	2	0	0	0	2	0	0	0	0	0	0	0	2	2
24	656	EB-11	उदावर्तः	obstipation	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
25	676	EB-12	परिकर्तिका	proctalgia	23	9	0	0	23	9	14	8	0	0	14	8	37	17	54

26	515	EB-2	अतिसारः	diarrhoea	4	3	0	1	4	4	2	8	0	0	2	8	6	12	18
27	536	EB-3	अजीर्णम्	indigestion	21	11	1	1	22	12	28	12	3	3	31	15	53	27	80
28	543	EB-3.7	विसूचिका	acute gastroenteritis	1	2	0	0	1	2	0	2	0	0	0	2	1	4	5
29	558	EB-4	अम्लपित्तम्	hyperacidity	238	133	2	0	24 0	13 3	291	241	0	0	29 1	24 1	531	374	905
30	586	EB-6	छर्दिः	vomiting/emesis	2	0	0	0	2	0	0	0	0	0	0	0	2	0	2
31	601	EB-7	ग्रहणीदोषः	disorders of lower gastro-intestinal tract	7	4	0	0	7	4	6	4	0	0	6	4	13	8	21
32	611	EB-8	गुल्मः	lump	2	0	0	0	2	0	1	0	0	0	1	0	3	0	3
33	628	EB-9	प्रवाहिका	dysentery	0	0	0	0	0	0	2	0	0	0	2	0	2	0	2
34	681	EC-2	हृद्रोगः	heart disease	12	1	0	0	12	1	10	1	0	0	10	1	22	2	24
35	689	EC-3	ज्वरः	fever / pyrexia	26	29	8	6	34	35	36	37	4	3	40	40	74	75	149
36	761	EC-3.10	विषमज्वरः	intermittent pyrexia	0	0	1	0	1	0	0	4	0	0	0	4	1	4	5
37	812	EC-5	पाण्डुरोगः	anaemia	5	36	0	0	5	36	17	59	0	0	17	59	22	95	117
38	823	EC-6	आमवातः	rheumatism due to आम	21	41	0	0	21	41	34	67	0	0	34	67	55	108	163
39	828	EC-7	अरुचिः	anorexia	0	0	0	1	0	1	0	0	0	0	0	0	0	1	1
40	1017	ED-12	प्लीहोदरः	splenomegaly	0	0	0	0	0	0	1	3	0	0	1	3	1	3	4
41	1029	ED-14	शीतपित्तम्	urticaria with <i>vata</i> predominance	4	8	0	0	4	8	5	1	0	0	5	1	9	9	18
42	1031	ED-15	उदरदः	urticaria with <i>kapha</i> predominance	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1

43	1033	ED-16	भगन्दरः	fistula-in-ano	2	1	0	0	2	1	2	0	1	1	3	1	5	2	7
44	838	ED-2.2	कण्डूः	pruritis	39	47	0	4	39	51	64	65	2	2	66	67	105	118	223
45	850	ED-2.8	निद्रानाशः / अनिद्रा	loss of sleep (insomnia)	17	9	0	0	17	9	32	10	0	1	32	11	49	20	69
46	874	ED-3	कामला	jaundice	11	2	0	0	11	2	11	4	0	0	11	4	22	6	28
47	883	ED-4	कुष्ठम्	integumentary disease	267	191	22	18	28 9	20 9	298	228	19	22	31 7	25 0	606	459	106 5
48	905	ED-4.3.1 0	विचर्चिका	wet eczema	23	18	0	0	23	18	53	28	0	0	53	28	76	46	122
49	897	ED-4.3.3	कितिभः	psoriasis	35	10	1	2	36	12	56	20	0	1	56	21	92	33	125
50	898	ED-4.3.4	विपादिका	cracks in palms and soles	8	4	0	0	8	4	8	19	0	0	8	19	16	23	39
51	900	ED-4.3.6	दद्रु-कुष्ठः	ringworm / tinea	7	4	1	0	8	4	4	1	0	0	4	1	12	5	17
52	902	ED-4.3.8	पामा	scabies	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
53	919	ED-5	श्वित्रः	vitiligo /leucoderma	10	4	1	1	11	5	9	23	3	1	12	24	23	29	52
54	944	ED-7	रक्तपित्तम्	bleeding disorder	2	0	0	0	2	0	0	0	0	0	0	0	2	0	2
55	956	ED-8	वातरक्तम्	rheumatism due to रक्त	6	2	1	0	7	2	31	9	0	0	31	9	38	11	49
56	972	ED-9	विद्रधिः	abscess	2	1	0	0	2	1	1	0	0	0	1	0	3	1	4
57	1064	EE-2	अर्बुदः	tumor	2	2	0	0	2	2	0	4	0	0	0	4	2	6	8

58	1074	EE-3	अर्शः	haemorrhoids	55	46	1	0	56	46	102	42	0	0	10 2	42	158	88	246
59	1095	EE-4	ग्रन्थिः	cyst	81	68	2	1	83	69	65	132	0	0	65	13 2	148	201	349
60	1139	EF- 2.4.4	मधुमेहः	diabetes mellitus	744	437	3	1	74 7	43 8	249 2	157 6	32	0	25 24	15 76	327 1	201 4	528 5
61	1161	EF-3	मेदोरोगः	obesity	84	123	2	0	86	12 3	169	352	0	0	16 9	35 2	255	475	730
62	1163	EF-4	पिडका	eruption	2	2	0	1	2	3	4	0	0	0	4	0	6	3	9
63	1173	EI-2	क्लैब्यम्	male infertility	4	0	0	0	4	0	6	0	0	0	6	0	10	0	10
64	1244	EI- 6.8	अन्न-वृद्धिः	hernia	4	2	0	0	4	2	9	2	0	0	9	2	13	4	17
65	1245	EI- 6.9	अण्ड-वृद्धिः	scrotal swelling	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
66	1248	EJ-2	अश्मरी	lithiasis/uroolithiasis/neph rolithiasis	25	17	0	0	25	17	13	32	0	0	13	32	38	49	87
67	1258	EJ-3	मूत्राघातः	urinary retention	6	3	0	0	6	3	2	2	0	0	2	2	8	5	13
68	1266	EJ- 3.6	वाताष्टीला	prostatic enlargement	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
69	1278	EJ-4	मूत्रकृच्छ्रम्	dysuria	30	25	2	0	32	25	56	47	3	0	59	47	91	72	163
70	1304	EK- 3	श्वयथुः/शोथः/ शोफः	oedema/inflammation	17	24	0	0	17	24	35	38	0	0	35	38	52	62	114
71	1337	EK- 4.6	यकृद्वात्युदरः	hepatomegaly	4	0	0	0	4	0	5	1	0	0	5	1	9	1	10
72	1360	EL- 2.10	उदावर्तिनी	dysmenorrhea	0	146	0	1	0	14 7	0	243	0	3	0	24 6	0	393	393

73	1374	EL-2.24	वन्ध्या	female infertility	0	8	0	0	0	8	0	3	0	0	0	3	0	11	11
74	1382	EL-2.28	योनि-अर्शः	cervical polyp	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
75	1392	EL-4	रक्तप्रदरः/असृग्दरः	menorrhagia / metrorrhagia / dysfunctional uterine bleeding (DUB)	0	8	0	0	0	8	0	16	0	0	0	16	0	24	24
76	1398	EL-5	श्वेतप्रदरः	leucorrhoea	0	21	0	0	0	21	0	50	0	0	0	50	0	71	71
77	1419	EL-9	सूतिकारोगः	puerperial disorder	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
78	1521	EM-11	भ्रमः	giddiness / dizziness / vertigo	10	9	0	1	10	10	2	10	2	0	4	10	14	20	34
79	1421			Manobahasrota vikar	36	22	14	2	50	24	96	31	17	0	11 3	31	163	55	218
80	1423	EM-2	उन्मादः	psychosis/insanity	3	1	0	0	3	1	0	4	0	0	0	4	3	5	8
81	1457	EM-3	अपस्मारः	epilepsy	4	2	0	0	4	2	22	1	0	0	22	1	26	3	29
82	1466	EM-5	मदात्ययः	alcohol abuse	11	0	0	0	11	0	11	0	0	0	11	0	22	0	22
83	1522	F	शिरःशूल / शिरोरुक्	headache/cephalgia/cephalalgia	44	63	2	1	46	64	38	61	3	1	41	62	87	126	213
84	1529	F-7	अनन्तवातः	trigeminal neuralgia	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
85	1530	F-8	अर्धाविभेदकः	hemicrania	12	13	0	0	12	13	4	24	0	0	4	24	16	37	53
86	1543	FA-3	खलित्यम्	baldness / alopecia totalis	32	64	1	0	33	64	28	75	1	0	29	75	62	139	201

87	1548	FA-4	दारुणकः	pytiriasis capitis	13	11	0	2	13	13	2	15	0	0	2	15	15	28	43
88	1565	GB	दन्तमूलरोगः	gum disorders	1	1	0	0	1	1	1	0	0	0	1	0	2	1	3
89	1583	GC	दन्तरोगः	tooth disorders	5	3	0	1	5	4	11	13	0	0	11	13	16	17	33
90	1604	GE-1	गलशुण्डिका	uvulitis/elongated uvula	2	8	2	2	4	10	7	9	0	1	7	10	11	20	31
91	1641	GF-17	गण्डमाला	scrofula	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
92	1643	GF-19	गलगण्डः	goiter	28	83	0	0	28	83	36	214	0	0	36	214	64	297	361
93	1649	GG	मुखपाकः	stomatitis	11	6	0	0	11	6	15	8	2	0	17	8	28	14	42
94	1662	H	अक्षिरोगः/नेत्ररोगः	ophthalmic diseases/ eye diseases	7	6	2	3	9	9	11	10	17	0	28	10	37	19	56
95	1740	HF-1	अभिष्यन्दः	conjunctivitis	6	7	0	0	6	7	10	9	0	0	10	9	16	16	32
96	1761	HG-1	तिमिरः	partial or total blindness/amaurosis/ametropia/partial obstruction of vision	141	114	5	4	146	118	204	194	6	3	210	197	356	315	671
97	1778	HG-2	काचः	moderate low vision	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
98	1785	HG-3	लिङ्गनाशः	complete blindness	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
99	1813	I	नासारोगः	nose diseases	3	4	0	0	3	4	1	6	0	0	1	6	4	10	14
100	1814	I-1	प्रतिश्यायः/पीनसः	rhinitis	104	78	30	14	134	92	164	152	14	9	178	161	312	253	565

10 1	1852	I-15	नासागत- रक्तपित्तम्	epistaxis	0	0	2	0	2	0	0	0	0	0	0	0	2	0	2
10 2	1853	I-16	नासार्शः	nasal polyp	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
10 3	1860	J	कर्णरोगः	ear diseases	11	9	1	1	12	10	17	9	0	12	17	21	29	31	60
10 4	1870	J-10	कर्णपाकः	ear furunculosis	1	1	0	0	1	1	0	0	0	0	0	0	1	1	2
10 5	1880	J-14	कर्ण-स्रावः	otorrhoea	1	1	0	0	1	1	1	0	0	0	1	0	2	1	3
10 6	1896	J-19	बाधिर्यम्	deafness	1	2	1	0	2	2	0	2	0	0	0	2	2	4	6
10 7	1897	J-20	कर्णशूलः	earache/otalgia	4	0	0	0	4	0	0	0	0	0	0	0	4	0	4
10 8	1869	J-9	कर्ण-नादः	tinnitus	1	0	0	0	1	0	0	1	0	0	0	1	1	1	2
10 9	1913	K	व्रणः	wounds	18	5	1	0	19	5	27	16	1	0	28	16	47	21	68
11 0	1971	LA	भग्नः (अस्थिभग्नः)	fracture	8	2	0	0	8	2	7	8	0	0	7	8	15	10	25
11 1	2170	MD- 11	दौर्बल्यम्	debility	263	207	24	9	28 7	21 6	399	199	32	12	43 1	21 1	718	427	114 5
11 2	2184	N	कृमिः/सञ्जात कृमि	worm infestation	1	2	2	2	3	4	1	1	0	0	1	1	4	5	9
11 3	2250	O-14	कदरः	corn /callosity	2	0	0	0	2	0	0	0	0	0	0	0	2	0	2
11 4	2280	O-35	युवानपिडका (मुखदूषिका)	pimples	23	29	0	2	23	31	19	42	1	0	20	42	43	73	116
11 5	2284	O-39	इन्द्रलुप्तः	alopecia	4	0	0	0	4	0	2	0	0	0	2	0	6	0	6

11 6	2287	O-42	व्यङ्गः	black patches on face / melasma	2	4	0	0	2	4	2	0	0	0	2	0	4	4	8
				Total-	422 4	377 9	216	125	44 40	39 04	857 5	768 7	248	114	88 23	78 01	132 63	117 05	249 68

TOTAL NEW PATIENTS: 8,344 TOTAL OLD PATIENTS: 16,624 GRAND TOTAL: 24,968

- Number of patients in Old OPD : 7,746
- Number of patients in New OPD : 24,968
- Total : **32714**

Statement of Patients attended OPD during the reporting period with National Ayurveda Morbidity Codes (NAMC) April 2022 to March 2023

Period /अवधि Reporting Period April 2022 - March 2023	New cases				Total		Old cases				Total		G. Total		Grand Total (M+F)
	M पु	F स्त्री	MC पु ब	FC कन्या	M पु	F स्त्री	M पु	F स्त्री	MC पु ब	FC कन्या	M पु	F स्त्री	M पु	F स्त्री	
Old OPD	1281	844	55	33	1337	877	3328	2178	16	11	3343	2189	4680	3066	7746
New OPD	4224	3779	216	125	4440	3904	8575	7687	248	114	8823	7801	13263	11705	24968
Total	5505	4623	271	158	5777	4781	11903	9865	264	125	12166	9990	17943	14771	32714

**8.1 Srotas wise No. of patients attended at Old OPD of this Institute for the reporting period
April 2022-March 2023**

Sl No .	Disease / रोग	IPD	-- OPD --- No. of Patients						
			New / नया		Old / पुराना		Total / कुल		G.Total कुल
			M पु	F स्त्री	M पु	F स्त्री	M पु	F स्त्री	
1	Prana vaha srotasa roga (Respiratory diseases)	N.A	146	47	184	72	330	119	430
2	Anna vaha srotasa roga (Gastro intestinal diseases)	N.A	148	70	283	139	431	209	597
3	Rasa vaha srotasa roga (Lymphatic diseases)	N.A	207	96	993	583	1200	679	1749
4	Rakta vaha srotasa roga (Cardio vascular diseases)	N.A	1	4	19	0	20	4	21
5	Mansa vaha srotasa roga (Musculoskeletal/Skin diseases)	N.A	255	162	509	379	764	541	1230
6	Medo Vaha srotasa roga (Lipid disorders)	N.A	14	25	94	126	108	151	251
7	Asthi/Majja vaha srotasa roga (Bone/Joint diseases)	N.A	326	275	725	568	1051	843	1771
8	Shukra vaha srotas roga (Male reproductive tract diseases)	N.A	3	0	5	0	8	0	8
9	Mutra vaha srotasa roga (Urinary diseases)	N.A	16	11	40	12	56	23	76
10	Purisha vaha srotasa roga (Excretary/Anorectal diseases)	N.A	54	39	74	49	128	88	197
11	Artava vaha srotasa roga (Gynecological diseases)	N.A	0	30	0	58	0	88	80
12	Vata vikara/Manasa roga (Neurological/Psychologic al diseases)	N.A	70	32	228	71	298	103	368
13	Urdhva jatrugata roga Eye/ ENT diseases	N.A	97	86	189	132	286	218	467
	Total / कुल		1337	877	3343	2189	4680	3066	7746

8.2 Srotas wise No. of patients attended at New OPD of this Institute for the reporting period April 2022-March 2023

Sl No .	Disease/ रोग	IP D	-- OPD --- No. of Patients						
			New / नया		Old/ पुराना		Total/ कुल		G.Tota l
			M पु	F स्त्री	M पु	F स्त्री	M पु	F स्त्री	कुल
1	Prana vaha srotasa roga (Respiratory diseases)	N. A	283	194	359	273	642	467	1109
2	Anna vaha srotasa roga (Gastro intestinal diseases)	N. A	416	263	490	403	906	666	1572
3	Rasa vaha srotasa roga (Lymphatic diseases)	N. A	1107	723	3045	1879	4152	2602	6754
4	Rakta vaha srotasa roga (Cardio vascular diseases)	N. A	43	52	61	73	104	125	229
5	Mamsa vaha srotasa roga (Musculoskeletal/Skin diseases)	N. A	940	852	1517	1670	2457	2522	4979
6	Medo Vaha srotasa roga (Lipid disorders)	N. A	86	123	169	352	255	475	730
7	Asthi/Majja vaha srotasa roga (Bone/Joint diseases)	N. A	783	870	2033	1891	2816	2761	5577
8	Shukra vaha srotas roga (Male reproductive tract diseases)	N. A	4	0	6	0	10	0	10
9	Mutra vaha srotasa roga (Urinary diseases)	N. A	63	45	75	81	138	126	264
10	Purisha vaha srotasa roga (Excretary/Anorectal diseases)	N. A	84	58	121	54	205	112	317
11	Artava vaha srotasa roga (Gynecological diseases)	N. A	0	185	0	317	0	502	502
12	Vata vikara/Manasa roga (Neurological/Psychological diseases)	N. A	186	127	389	200	575	327	902

13	Urdhva jatrugata roga Eye/ ENT diseases	N. A	44 5	412	558	608	1003	102 0	2023
Total / कुल			44 40	3904	8823	7801	1326 3	117 05	24968

**9.1. Statement of patients attended Geriatric O.P.D (Old OPD) during reporting period
April 2022 – March 2023**

Sr. No	NAM C ID	NAMC Code	NAMC_Name	New patients		Follow up patients		Total		Grand Total (M + F)
				M	F	M	F	M	F	
1.	2983	AAC-12.4	विबन्ध	9	1	60	6	69	7	76
2.	157	AAC-20	गृध्रसी	2	4	5	24	7	28	35
3.	163	AAC-24	पक्षाघातः/पक्षवधः	3	0	43	0	46	0	46
4.	141	AAC-8	अवबाहुकः	15	6	47	28	62	34	96
5.	248	AAE-16	सन्धिवातः	157	85	460	276	617	361	978
6.	285	ABB-24	दाहः	0	0	1	0	1	0	1
7.	480	EA-3	कासः	25	8	65	16	90	24	114
8.	489	EA-4	श्वासः	17	3	36	9	53	12	65
9.	633	EB-10	शूलः	6	1	14	2	20	3	23
10.	515	EB-2	अतिसारः	1	1	0	3	1	4	5
11.	536	EB-3	अजीर्णम्	1	0	3	0	4	0	4
12.	558	EB-4	अम्लपित्तम्	23	10	52	49	75	59	134
13.	681	EC-2	हृद्रोगः	1	0	0	0	1	0	1
14.	689	EC-3	ज्वरः	1	1	0	1	1	2	3
15.	823	EC-6	आमवातः	1	1	0	5	1	6	7
16.	1029	ED-14	शीतपित्तम्	14	4	24	18	38	22	60
17.	838	ED-2.2	कण्डूः	2	1	1	6	3	7	10

18.	850	ED-2.8	निद्रानाशः / अनिद्रा	1	1	1	0	2	1	3
19.	883	ED-4	कुष्ठम्	4	1	12	1	16	2	18
20.	905	ED-4.3.10	विचर्चिका	12	6	36	43	48	49	97
21.	897	ED-4.3.3	किटिभः	17	9	64	24	81	33	114
22.	898	ED-4.3.4	विपादिका	0	1	0	0	0	1	1
23.	919	ED-5	श्वित्रः	3	1	6	27	9	28	37
24.	972	ED-9	विद्रधिः	1	3	4	3	5	6	11
25.	1064	EE-2	अर्बुदः	0	0	1	0	1	0	1
26.	1074	EE-3	अर्शः	5	5	12	9	17	14	31
27.	1095	EE-4	ग्रन्थिः	2	2	19	3	21	5	26
28.	1139	EF-2.4.4	मधुमेहः	70	22	506	239	576	261	837
29.	1244	EI-6.8	अन्न-वृद्धिः	3	0	22	0	25	0	25
30.	1245	EI-6.9	अण्ड-वृद्धिः	1	0	0	0	1	0	1
31.	1248	EJ-2	अश्मरी	3	0	10	0	13	0	13
32.	1258	EJ-3	मूत्राघातः	0	0	5	1	5	1	6
33.	1278	EJ-4	मूत्रकृच्छ्रम्	3	3	11	3	14	6	20
34.	1304	EK-3	श्वयथुः/शोथः/शोफः	0	0	0	1	0	1	1
35.	1421	EM	मनोवहस्रोतोविकारः	3	1	31	4	34	5	39
36.	1466	EM-5	मदात्ययः	1	0	1	0	2	0	2
37.	1522	F	शिरःशूल / शिरोरुक्	3	3	15	6	18	9	27
38.	1530	F-8	अर्धावभेदकः	0	0	1	0	1	0	1
39.	1583	GC	दन्तरोगः	3	0	4	0	7	0	7
40.	1643	GF-19	गलगण्डः	4	3	12	14	16	17	33
41.	1649	GG	मुखपाकः	1	0	3	0	4	0	4
42.	1662	H	अक्षिरोगः/नित्ररोगः	0	1	2	0	2	1	3

43.	1814	I-1	प्रतिश्यायः /पीनसः	4	3	16	22	20	25	45
44.	1860	J	कर्णरोगः	1	1	3	0	4	1	5
45.	1913	K	त्रणः	0	0	1	0	1	0	1
46.	2170	MD-11	दौर्बल्यम्	20	9	50	29	70	38	108
				443	201	165	872	210	107	3175
						9		2	3	

Total New Patients: 644; Total Old Patients: 2531; Grand Total: 3175

9.1a. Statement of patients attended Geriatric O.P.D (New OPD) during reporting period April 2022 – March 2023

S. No	NAMC ID	NAMC Code	NAMC Name	New patients		Follow up patients		Total		Grand Total (M + F)
				M	F	M	F	M	F	
1	147	AAC-12	आध्मानम्/ आनाहः	3	3	1	0	4	3	7
2	2983	AAC-12.4	विबन्ध	16	3	34	23	50	26	76
3	132	AAC-2	अपतन्नकः	0	0	0	1	0	1	1
4	157	AAC-20	गृध्रसी	63	38	104	99	167	137	304
5	163	AAC-24	पक्षाघातः/पक्षवधः	19	5	37	6	56	11	67
6	174	AAC-32	मन्यास्तम्भः	0	1	0	2	0	3	3
7	177	AAC-35	विश्वाची	0	2	0	6	0	8	8
8	135	AAC-4	अर्दितः	0	1	0	4	0	5	5
9	141	AAC-8	अववाहुकः	11	15	17	18	28	33	61
10	142	AAC-9	ऊरुस्तम्भः	0	0	0	3	0	3	3
11	248	AAE-16	सन्धिवातः	284	251	1038	629	1322	880	2202
12	262	ABB-1	अक्षिपाकः	0	1	0	0	0	1	1
13	285	ABB-24	दाहः	0	2	3	3	3	5	8

14	348	ACB-23	अग्निमान्द्यम्	5	1	6	4	11	5	16
15	480	EA-3	कासः	37	14	56	10	93	24	117
16	489	EA-4	श्वासः	22	13	72	24	94	37	131
17	633	EB-10	शूलः	6	4	12	2	18	6	24
18	676	EB-12	परिकर्तिका	1	0	1	0	2	0	2
19	515	EB-2	अतिसारः	1	0	0	7	1	7	8
20	536	EB-3	अजीर्णम्	2	4	2	4	4	8	12
21	543	EB-3.7	विसूचिका	0	1	0	0	0	1	1
22	558	EB-4	अम्लपित्तम्	42	20	82	30	124	50	174
23	628	EB-9	प्रवाहिका	0	0	2	0	2	0	2
24	681	EC-2	हृद्रोगः	3	0	5	0	8	0	8
25	689	EC-3	ज्वरः	2	4	2	9	4	13	17
26	761	EC-3.10	विषमज्वरः	0	0	0	3	0	3	3
27	812	EC-5	पाण्डुरोगः	0	0	1	0	1	0	1
28	823	EC-6	आमवातः	6	3	10	8	16	11	27
29	1033	ED-16	भगन्दरः	0	0	2	0	2	0	2
30	838	ED-2.2	कण्डूः	14	3	19	6	33	9	42
31	850	ED-2.8	निद्रानाशः / अनिद्रा	6	1	11	1	17	2	19
32	883	ED-4	कुष्ठम्	40	19	73	26	113	45	158
33	905	ED-4.3.10	विचर्चिका	3	4	15	2	18	6	24
34	897	ED-4.3.3	किटिभः	9	2	7	4	16	6	22
35	898	ED-4.3.4	विपादिका	2	0	0	0	2	0	2
36	900	ED-4.3.6	दद्रु-कुष्ठः	1	0	1	0	2	0	2
37	919	ED-5	श्वित्रः	0	1	2	7	2	8	10
38	956	ED-8	वातरक्तम्	2	1	9	3	11	4	15
39	1064	EE-2	अर्बुदः	1	1	0	0	1	1	2
40	1074	EE-3	अर्शः	2	4	5	15	7	19	26
41	1095	EE-4	ग्रन्थिः	13	12	17	26	30	38	68
42	1139	EF-2.4.4	मधुमेहः	258	144	907	473	1165	617	1782
43	1161	EF-3	मेदोरोगः	11	10	20	32	31	42	73
44	1244	EI-6.8	अन्न-वृद्धिः	1	0	2	0	3	0	3
45	1245	EI-6.9	अण्ड-वृद्धिः	0	0	1	0	1	0	1
46	1248	EJ-2	अश्मरी	5	1	5	4	10	5	15
47	1258	EJ-3	मूत्राघातः	1	0	2	0	3	0	3

48	1266	EJ-3.6	वाताष्ठीला	0	0	1	0	1	0	1
49	1278	EJ-4	मूत्रकृच्छ्रम्	12	3	20	14	32	17	49
50	1304	EK-3	श्वयथुः/शोथः/शोफः	7	8	29	13	36	21	57
51	1337	EK-4.6	यकृद्दाल्युदरः	2	0	2	0	4	0	4
52	1521	EM-11	भ्रमः	4	1	0	0	4	1	5
53	1421		मनोविकार	2	3	2	2	4	5	9
54	1423	EM-2	उन्मादः	0	1	0	1	0	2	2
55	1466	EM-5	मदात्ययः	1	0	0	0	1	0	1
56	1522	F	शिरःशूल / शिरोरुक्	4	3	4	11	8	14	22
57	1530	F-8	अर्धावभेदकः	0	0	0	1	0	1	1
58	1543	FA-3	खलित्यम्	1	0	1	0	2	0	2
59	1583	GC	दन्तरोगः	2	1	6	1	8	2	10
60	1641	GF-17	गण्डमाला	0	0	0	1	0	1	1
61	1643	GF-19	गलगण्डः	4	3	10	22	14	25	39
62	1649	GG	मुखपाकः	2	3	5	3	7	6	13
63	1662	H	अक्षिरोगः/नेत्ररोगः	2	1	0	0	2	1	3
64	1740	HF-1	अभिष्यन्दः	1	0	2	0	3	0	3
65	1761	HG-1	तिमिरः	46	26	122	39	168	65	233
66	1813	I	नासारोगः	0	0	1	0	1	0	1
67	1814	I-1	प्रतिश्यायः /पीनसः	13	4	27	6	40	10	50
68	1853	I-16	नासार्शः	1	0	0	0	1	0	1
69	1860	J	कर्णरोगः	5	2	10	1	15	3	18
70	1896	J-19	बाधिर्यम्	1	1	0	0	1	1	2
71	1913	K	व्रणः	6	2	10	9	16	11	27
72	1971	LA	भग्नः (अस्थिभग्नः)	1	0	3	0	4	0	4
73	2170	MD-11	दौर्बल्यम्	62	27	127	16	189	43	232
74	2250	O-14	कदरः	1	0	0	0	1	0	1
			Total-	1072	678	2965	1634	4037	2312	6349

Total New Patients: 1750; Total Old Patients: 4599; Grand Total: 6349

Statement of Patients attended Geriatric OPD during the reporting period from April 2022 to March 2023

Sr. No	OPD	New patients		Follow up patients		Total		Grand Total (M + F)
		M	F	M	F	M	F	

1.	New OPD	1072	678	2965	1634	4037	2312	6349
2.	Old OPD	443	201	1659	872	2102	1073	3175
3.	Total	1515	879	4624	2506	6139	3385	9524

9.2. Statement of patients of flu like illnesses attended at OPD during April 2022 - March 2023

Period अवधि	New Cases				Total		Old Cases				Total		Grand Total	
	M पु	F स्त्री	MC पुब	FC कन्या	M पु	F स्त्री	M पु	F स्त्री	MC पुब	FC कन्या	M पु	F स्त्री	M पु	F स्त्री
New OPD (April 2022 - March 2023)	104	78	30	14	134	92	164	152	14	9	178	161	312	253
Old OPD (April 2022 -March 2023)	46	26	7	5	53	31	64	54	2	3	66	57	119	88
Total (April 2022 - March 2023)	150	104	37	19	187	123	228	206	16	12	244	218	431	341

Total New Patients: 310 Total Old Patients: 462 Grand Total: 772

Initiated free medical camp on “Flu like illness” at Clinical section (OPD), RARIMD on 04.03.2015.

*As per Council email received on 28th March 2020, regarding Corona Virus: Preventive and Prophylactic Advocacy in Ayurveda.

Special attention is given to the patients with high fever, cough, cold, upper respiratory tract infection and created awareness about Coronavirus and distributed medicines for boosting immunity in OPD and displayed the material on the notice board provided by the Council.

9.3. Statement of patients of Eye OPD, Kanakpura Road during 2022-23

S. No.	NA MC ID	N A M C C O D E	NA MC-NA ME	Short definition	No. of patients treated												Grand total		
					New						Follow up							Total	
					Adult		Child		Total		Adult		Child		Total			Total	
					M	F	M	F	M	F	M	F	M	F	M	F		M	F
1.	1522	F	शिरःशूल/शिरोरुक्	headache/cephalgia/cephalalgia	4	6	2	1	4	6	3	6	3	1	4	6	8	1	21
2.	1529	F-7	अनन्तवातः	trigeminal neuralgia	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
3.	1530	F-8	अर्धावभेदकः	hemicrania	1	1	0	0	1	1	4	2	0	0	4	2	1	3	53
4.	1543	FA-3	खलित्यम्	baldness / alopecia totalis	3	6	1	0	3	6	2	7	1	0	2	7	6	1	20
5.	1548	FA-4	दारुणकः	pytiriasis capitis	1	1	0	2	1	1	2	1	0	0	2	1	1	2	43
6.	1565	G B	दन्तमूलरोगः	gum disorders	1	1	0	0	1	1	1	0	0	0	1	0	2	1	3
7.	1583	G C	दन्तरोगः	tooth disorders	5	3	0	1	5	4	1	1	0	0	1	1	1	1	33
8.	1604	G E-1	गलशुण्डिका	uvulitis/elongated uvula	2	8	2	2	4	1	7	9	0	1	7	1	1	2	31
9.	1649	G G	मुखपाकः	stomatitis	1	6	0	0	1	6	1	8	2	0	1	8	2	1	42
10.	1662	H	अक्षिरोगः/नेत्ररोगः	ophthalmic diseases/ eye diseases	7	6	2	3	9	9	1	1	1	0	2	1	3	1	56
11.	1740	HF-1	अभिष्यन्दः	conjunctivitis	6	7	0	0	6	7	1	9	0	0	1	9	1	1	32
12.	1761	H G-1	तिमिरः	partial or total blindness/amaurosis/ametropia/partial obstruction of vision	1	1	5	4	1	1	2	1	6	3	2	1	3	3	67
13.	1778	H G-2	काचः	moderate low vision	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
14.	1785	H G-3	लिङ्गनाशः	complete blindness	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1

15.	181 3	I	नासार्गः	nose diseases	3	4	0	0	3	4	1	6	0	0	1	6	4	1	14
16.	181 4	I-1	प्रतिश्यायः /पीनसः	rhinitis	1 0 4	7 8	3 0	1 4	1 3 4	9 2	1 6 4	1 5 2	1 9 4	1 7 8	1 6 1	3 1 2	2 5 3	56 5	
17.	185 2	I-15	नासागत- रक्तपित्तम्	epistaxis	0	0	2	0	2	0	0	0	0	0	0	2	0	2	
18.	185 3	I-16	नासार्शः	nasal polyp	1	0	0	0	1	0	0	0	0	0	0	1	0	1	
19.	186 0	J	कर्णरोगः	ear diseases	1 1	9	1	1	1 2	1 0	1 7	9 0	0 1	1 2	2 7	2 9	3 1	60	
20.	187 0	J-10	कर्णपाकः	ear furunculosis	1	1	0	0	1	1	0	0	0	0	0	1	1	2	
21.	188 0	J-14	कर्ण- स्रावः	otorrhoea	1	1	0	0	1	1	1	0	0	0	1	0	2	1	3
22.	189 6	J-19	बाधिर्यम्	deafness	1	2	1	0	2	2	0	2	0	0	0	2	2	4	6
23.	189 7	J-20	कर्णशूलः	earache/otalgia	4	0	0	0	4	0	0	0	0	0	0	4	0	4	
24.	186 9	J-9	कर्ण- नादः	tinnitus	1	0	0	0	1	0	0	1	0	0	0	1	1	1	2
25.	228 4	O-39	इन्द्रलुप्तः	alopecia	4	0	0	0	4	0	2	0	0	0	2	0	6	0	6
				Total	4 0 6	3 9 2	4 6	2 8	4 5 2	4 2 0	5 1 6	5 8 9	4 3	2 6	5 5 9	6 1 5	1 0 1	1 0 3	20 46 5

9.4. Statement of patients of Ayurveda De-addiction OPD, TulasiThota, Balepete, Bangalore during April 2022 - March 2023

Sr. No.	ID	Code No	रोग / Disease	No. of patients attended - OPD					
				New		Old		Grand total	
				M	F	M	F	M	F
1.	11146	F10.2	Alcohol dependence, unspecified	11	0	35	0	46	0
2.	11147	F17.2	Nicotine dependence, unspecified	4	0	1	0	5	0
3.	2410	F19	Multiple specified psychoactive substances dependence	4	0	6	0	10	0
			Total	19	0	42	0	61	0

9.5. Statement of Panchakarma Procedure Performed from April 2022 to March 2023

Sr. No.	Name of Procedure	April to June 2022		July to September 2022		October to December 2022		January to March 2023		Total		Grand Total
		M	F	M	F	M	F	M	F	M	F	
1.	Abhyanga	365	270	201	204	259	189	344	247	1169	910	2079
2.	Swedana	261	173	132	124	144	144	309	231	844	672	1516
3.	Shali Shashtika Pinda Swedan (SSPS)	7	5	73	26	7	0	4	4	91	35	126
4.	Patra Pinda Swedan (PPS)	72	69	69	72	81	41	47	59	269	241	510
5.	Jambir Pinda Sweda (JPS)	0	0	0	0	4	0	0	9	4	9	13
6.	Churna Pinda Sweda (CPS)	17	16	17	21	5	28	0	0	39	65	104
7.	Kukkutanda Pinda Sweda (KPS)	6	0	0	7	7	0	0	0	13	7	20
8.	Istika Swedan	0	0	0	0	0	0	2	0	2	0	2
9.	Valuka Swedana	0	0	0	0	0	0	0	0	0	0	0
10.	Kaayaseka	6	0	0	0	0	0	0	0	6	0	6
11.	Upanaha	0	0	0	0	0	9	3	0	3	9	12
12.	Vamana	0	0	0	0	0	0	0	0	0	0	0
13.	Virechana	0	0	0	0	0	0	0	0	0	0	0
14.	Niruhavasti	5	0	0	0	0	0	0	0	5	0	5
15.	Anuvasanavasti	6	0	0	0	0	0	0	0	6	0	6
16.	Matravasti	36	14	24	15	0	6	0	8	60	43	103
17.	Kativasti	101	60	83	64	64	91	110	79	358	294	652
18.	Greevavasti	6	5	16	32	19	33	35	15	76	85	161
19.	Jaanuvasti	73	21	37	55	19	49	21	34	150	159	309
20.	Udvardana	30	39	24	68	7	60	18	24	79	191	270
21.	Nasya	9	5	16	0	0	0	0	0	25	5	30

22.	Shirodhara	33	12	15	17	4	10	28	0	80	39	119
23.	Bidalaka	0	9	4	0	0	0	0	4	4	13	17
24.	Netra Seka	0	14	10	0	9	0	0	4	19	18	37
25.	Netratarpana	5	0	6	0	9	0	4	5	24	5	29
26.	Netrabasti	0	0	0	0	0	0	0	0	0	0	0
27.	Mukhalepana	0	0	0	0	0	0	0	0	0	0	0
28.	Shirovasti	0	0	7	0	0	0	9	0	16	0	16
29.	Thalam	0	0	0	0	0	0	0	0	0	0	0
30.	Parisheka	0	0	20	0	0	0	0	0	20	0	20
	Total	1038	712	754	705	638	660	932	723	3362	2800	6162

9.6. Statement of Panchakarma procedures performed during different years since 20-21

Sr. No.	Name of Procedure	20-21	21-22	22-23	Total (up to 2022-23)
1.	Abhyanga	521	985	2079	3585
2.	Swedana	287	636	1516	2439
3.	Shali Shashtika Pinda Swedan (SSPS)	14	43	126	183
4.	Patra Pinda Swedan (PPS)	264	331	510	1105
5.	Jambir Pinda Sweda (JPS)	6	7	13	26
6.	Churna Pinda Sweda (CPS)	3	35	104	142
7.	Kukkutanda Pinda Sweda (KPS)	12	20	20	52
8.	Istika Swedan	0	7	2	9
9.	Valuka Swedana	0	0	0	0
10.	Kaayaseka	0	7	6	13
11.	Mamsa Upanaha	7	0	12	19
12.	Vamana	0	0	0	0
13.	Virechana	0	0	0	0
14.	Niruhavasti	3	3	5	11
15.	Anuvasanavasti	5	6	6	17
16.	Matravasti	13	18	103	134

17.	Kativasti	235	312	652	1199
18.	Greevavasti	63	73	161	297
19.	Jaanuvasti	91	151	309	551
20.	Udvaartana	26	96	270	392
21.	Nasya	28	38	30	96
22.	Shirodhara	73	49	119	241
23.	Bidalaka	0	17	17	34
24.	Netra Seka	0	38	37	75
25.	Netratarpana	0	5	29	34
26.	Netrabasti	0	0	0	0
27.	Mukhalepana	3	0	0	3
28.	Shirovasti	0	0	16	16
29.	Thalam	0	0	0	0
30.	Parisheka	0	0	20	20
	Total	1654	2877	6162	10693

आदिवासी स्वास्थ्य रक्षा अनुसंधान परियोजना 2022-23

TRIBAL HEALTH CARE RESEARCH PROJECT (THCRP) 2022-23

THCRP Team

Head of the Institute	Dr. Sulochana Bhat, Assistant Director Incharge
Monitoring officer	Dr. Shashidhar H. Doddamani RO (Ay.)
Team members	Dr. Rajendra Kumar, RO (Ay.) Dr. V. Rama Rao, RO (Botany) (CoI for LHT Documentation) Dr. Anchan Vidyashree Vittal, RO (Path.) (CoI for IDA Project)
Senior Research Fellows (SRFs)	Dr. Sindhu C.V., Dr. Athira A.G.
Lab Technician	Ms. Sadiqa Noorahmed Develapur (November 2022 to March 2023) Mr. Naga Venkat (June 2022 to September 2022)
Data Entry Operator	Ms. Nayana M.O
Pharmacists (MTA)	Ms. Usha N (from September 2022- March 2023)
Multi Task Staff	Mr. Abhishek
Driver	Mr. Praveen N

Background

The Central Council for Research in Ayurvedic Sciences launched the Tribal Health Care Research Program (THCRP) in 1982 to provide primary health care services to tribal communities residing in remote areas. Initially, the program was conducted at 6 peripheral institutes/units, but later it was extended to 14 states through 14 CCRAS peripheral institutes under the Tribal Sub Plan (TSP). The program aims to study the health-related demographics and living conditions of tribal people, document their folk claims and local health traditions, and identify common medicinal plants used in the area. THCRP also focuses on promoting knowledge about hygiene and disease prevention and providing medical aid to tribal communities at their doorstep. In addition, the program conducts intramural studies. The THCRP was launched at the Central Ayurveda Research Institute in Bengaluru in 2014, and the first tribal health care camp was held on 17-1-2015. To date, the THCRP team has surveyed over 57,297 tribal populations and treated 23,475 patients through household surveys and medical camps held in 163 villages.

In the reporting period of 2022-2023, the programme was conducted in identified 06 villages/ Tribal pockets namely Sagare, Itna, Hosahalli, Halasur, K. Yedathore and Budanur of Heggadadevanakote (HD Kote) Taluk, Mysore District where regular health care camps and survey was done. Household survey information of 6045 Tribal populations was recorded.

The team encountered various tribes such as Nayaka, Kadu Kurubas, Betta Kurubas, Jenu Kurubas, Beda, Yarava, Soligas in the aforementioned locations. During the health care camps, a total of 4,883 patients were treated, including follow-ups and a total of 3,968 blood tests (Hb and RBS) were conducted during the survey and medical camps. Also, folk healers were identified and 13 folklore medical claims/LHT were collected and validated.

Two Intra mural studies entitled “Evaluation of efficacy and tolerability of select Ayurveda formulations in moderate Iron Deficiency Anemia – A randomized controlled trial” and “Cross sectional survey to determine the prevalence of Non-Communicable Diseases and their risk factor among Scheduled Tribes in selected states across India” were conducted in the above mentioned villages of H.D Kote Taluq of Mysore district.

Summary

Sr.No	Particulars	Consolidated data of the study
1.	Durations of the study	12 months
2.	Villages covered	6 villages
3.	Visits made	165
4.	ST Population covered	6045
5.	No. of patients treated	4883
6.	No. of ST patients treated	4495
7.	No. of ST Male treated	1530
8.	No. of ST Female treated	2965
9.	No. of Investigations done	3968

Consolidated statement of work carried out during (April 2022 to March 2023)

Population Surveyed Status of “Tribal Health Care Research Program” under TSP

S.No	Name of Village/ Area	No. of Tours	Population Surveyed		Grand Total
			ST		
			M	F	
1.	Sagare	23	455	509	964
2.	Itna	26	530	589	1119
3.	Hosahalli	28	407	427	834
4.	Halasur	30	553	602	1155
5.	Budanur	30	518	570	1088
6.	K Yedathore	28	439	446	885
	Total	165	2902	3143	6045

Status of Patients treated under “Tribal Health Care Research Program” (TSP) during 2022-23:

Sl.No	Name of Village/ Area	Status of Patients treated – 2022-23																
		New				Follow up				Total						Total		Grand Total
		ST		Others		ST		Others		ST			Others			Total		
		M	F	M	F	M	F	M	F	M	F	Total	M	F	Total	M	F	
1.	Sagare	250	444	29	28	32	87	1	0	282	531	813	30	28	58	312	559	
2.	Itna	176	313	20	15	18	79	3	0	194	392	586	23	15	38	217	407	624
3.	Hosahalli	250	440	20	13	8	38	0	0	258	478	736	20	13	33	278	491	769
4.	Halasur	277	416	46	27	28	60	0	0	305	476	781	46	27	73	351	503	854
5.	Budanur	270	436	38	64	7	73	0	21	277	509	786	38	85	123	315	594	909
6.	K Yedathore	203	516	34	28	11	63	0	1	214	579	793	34	29	63	248	608	856
	TOTAL	1426	2565	187	175	104	400	4	22	1530	2965	4495	191	197	388	1721	3162	4883

Investigation carried out under Tribal Health Care Research Programme 2022-23:

Sl. No.	Name of Village/ Area	HB%	Blood-sugar (RBS)	Total
1.	Sagare	292	232	524
2.	Itna	355	307	662
3.	Hosahalli	325	271	596
4.	Halasur	379	366	745
5.	Budanur	452	400	852
6.	K Yedathore	307	282	589
	Total	2110	1858	3968

Folk claims collected under Tribal Health Care Research Programme during 2022-23

Sr. No	Date of collection of the drug	Place of collection (Name of village/Area)	Drug/ contents of formulation/ Procedure	Part of plant Used/ material required	Formulation preparation method /Procedure detail	Uses of Drug/ Procedure
1.	24-06-2022	Budanur	Aleambu	Leaf	Fresh leaves are collected and are washed under running water. It is then pounded and made into a kalka weighing approximately 10g inside which a small quantity of butter is placed and is again rolled. This bolus is administered to the patient to swallow.	Used in Arshas
2.	17-07-2022	Hosahalli	Saguvani (Tectona grandis)	Leaf (Teak tender leaves)	20-25tender leaves of teak are collected, cleaned and chopped into small pieces. 250ml of coconut oil is taken in a pan and is placed on low flame to which the chopped leaves are added and stirred till the leaves are charred and the colour of the oil changes.	This oil is smeared using a clean feather over burns or scalds twice a day. In case of severe burns, bath is contraindicated. Once in 3days the affected area is washed with rice washed water and the oil is smeared again.
3.	23-08-2022	Nuralakuppe A (On the way from Hosahalli to H.D.Kote)	Antusoppu (Ipomoea obscura / Kalanjani)	Leaf	Approximately 20g leaves are collected washed under running water and are pounded to make a fine paste.	This paste is then rubbed over the area of the sprain for 2-3 days

4.	23-08-2022	NuralakuppeA (On the way from Hosahalli to H.D.Kote)	Kontigesoppu (<i>Pergularia daemia/ Uttamarani</i>)	Leaf	Leaves are collected, washed in clean water, are folded and placed into another leaf of the same plant and rolled. This is then taken over a skewer/stick, placed over the fire and is mildly heated. Thus, fomented leaves are crushed slightly and are placed over the affected site, is bandaged and left overnight.	This helps in ripening of the abscess
5.	23-08-2022	Shirimahalli (On the way from Hosahalli to HD Kote)	Ondelega (<i>Hydrocotyleas iatica, Mandukaparni</i>)	Leaf	Take quantity sufficient leaves, wash it in clean water and later pound them into a fine paste.	Thus, prepared paste is then applied over Anterior fontanelle in order to reduce the body temperature in case of fever.
6.	23-08-2022	Shirimahalli (On the way from Hosahalli to HD Kote)	a)Uganiumboo (<i>Ipomoea staphylina</i>) b)Arishina (<i>Curcuma longa, Haridra</i>)	a) Stem – latex b) Rhizome - fresh	The latex is collected from the stem mixed along with fresh turmeric and is pounded to form a paste.	This paste is applied over the cracked heels thereby aids in healing.
7.	14-10-2022	Shirimahalli (On the way from Hosahalli to H.D Kote)	a)Sakkarekoli(Madhunashini) b)Bevu(Nimba) c)Arishinapudi (Haridra churna)	a)Leaf b)Leaf c)Rhizome -dried- powder	Quantity sufficient leaves of Madhunashini and Nimba are taken, washed in clean water and is pounded along with Haridra churna to make it a paste.	Thus prepared paste is applied over the affected area (Infected Diabetic ulcer/Gangrene) and left overnight. Next morning the area is washed with salt water.

8.	14-11-2022	Matkere, H.D Kote	Nargunjiaala (Bryophyllum pinnatum)	Leaf	Quantity sufficient leaves are taken, smeared with castor oil and heated.	This is applied over the site of lesion and the area is exposed to Sun. This is said to heal the Psoriatic skin lesions.
9.	14-11-2022	Matkere, H.D Kote	Paitadele (Coleus amboinicus Lour.)	Leaf	Quantity sufficient leaves are taken, washed in clean water. This is used externally and internally. For internal use, these leaves are pounded and juice is extracted.	This is tied over the site of abscess and is left overnight. This helps in ripening of the abscess.
10.	27.01.2023	Nuralkuppe 'C', H.D.Kote	Amritaballi (Tinospora cordifolia)	Stem	The stem is cleaned and is then pounded to obtain Svarasa.	Approximately 20-30ml of Svarasa is mixed with a glass of unboiled milk and is administered in empty stomach in the morning. This is said to relieve the abdominal pain due to the gastric ulcers.
11.	27.01.2023	Nuralkuppe 'C', H.D.Kote	Amritaballi (Tinospora cordifolia)	Leaf	Quantity sufficient leaves are cleaned and are then pounded along with thick curd to make it a paste.	This is then applied over the site of abscess and bandhana is done. This helps in ripening of the abscess.
12.	27.01.2023	Sagare H.D.Kote	a. Yakka (Calotropis gigantea) b. Arishina (Curcuma longa)	a) Latex b) Rhizome – powder	The latex is collected and is mixed along with Turmeric powder to make it a uniform mixture	This is applied over the hemorrhoids.

13.	28.01.2023	Sagare H.D.Kote	Kasinasara (Andrographis serpyllifolia)	Leaf	Quantity sufficient leaves are taken cleaned and are pounded to make it a fine paste.	This is applied over the site of lesion and the area is exposed to Sun. This is said to heal the Psoriatic lesions.
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Details of Intra-Mural Studies conducted under Tribal Health Care Research Programme during 2022-23

SI No	Title	Details of the Project
1.	Cross sectional survey to determine the prevalence of Non-Communicable Diseases and their risk factor among Scheduled Tribes in selected states across India	Date of Initiation: 16.07.2022 Target population: 245 Screened: 245 Enrolled: 245 Date of Completion: 23.09.2022 Status: Completed
2.	Evaluation of efficacy and tolerability of select Ayurveda formulations in moderate Iron Deficiency Anemia – A randomized controlled trial	Date of Initiation: 18.11.2022 Target population: 48 (Group I:48; Group II:48) Screened: 159 Enrolled: 48 Details of Drug/Intervention: Deworming – Bandy (Albendazole 400mg) HS STAT given initially in both groups <ul style="list-style-type: none"> ➤ Group I: Intervention Group <ul style="list-style-type: none"> Mandur Vatak 500mg BD After Food with water Drakshavaleha 6g BD After Food with water ➤ Group II: Control Group <ul style="list-style-type: none"> Ferocad XT (Ferrous ascorbate containing 100mg of elemental iron and folic acid 1.5mg in combination) Once daily (After food) Duration of Therapy: 84days Study Period: 112 days Follow up visits: 28 th Day, 56 th Day, 84 th Day, 112 th Day Date of Completion: 15-04-2023

ANNUAL REPORT 2022-23 (SCSP)

Ayurveda Mobile Health Care Programme under Scheduled Caste Sub Plan 2022-2023

1.	In charge Name	Dr Sulochana Bhat
2.	PI &Co-I Names	Dr Thejaswini C, Dr Srinibash Sahoo & Dr.Vidyashree Anchan
3.	Name of RO visiting the tours	Dr Thejaswini C, Dr Srinibash Sahoo, Dr.Vidyashree Anchan
4.	Name of SR	Dr Tejaswi Kiran & Dr Suhasini R D
5.	Name of Office Assistant	Mr Sudalai Kumar
6.	Name of Pharmacist	Mr Neelesh Kumar
7.	Name of Lab. Technician-	Mohammed Zabiulla
8.	Name of Driver cum MTA	Puneeth Raj, Pavan Kumar

Background

The present work “Ayurveda Mobile Health Care Programme under Scheduled Caste Sub Plan” consists of the data regarding study of living conditions, health status, geographical and environmental profile of Scheduled caste people in the selected areas. The program commenced from December 2015 and is running successfully providing effective health care services to the India’s most exploited communities, the scheduled caste community.

The core objective was to study the dietetic habits, socio-demographic profile, nature and frequency of prevalent diseases, propagation of knowledge about hygiene, prevention of diseases and providing medical aid by conducting door-to-door survey. Health awareness camps were conducted to sensitise the community about Ayurvedic medical services, importance of women and child health, nutrition, hygiene, diet and lifestyle modifications in different health ailments.

During this financial year 2022-23, 3 IMR projects entitled

- “Ayurveda Mobile Health Care Programme under Scheduled Castes Sub Plan”.
- “Cross sectional survey to determine the prevalence of Non-Communicable Diseases and their risk factors among scheduled castes in selected states across India”.
- “A randomized placebo controlled trial of Ayush SR in Perceived stress”.

The following 8 SC population dominated villages, within convenient distance from Central Ayurveda Research Institute, Bengaluru were selected

1. Tatguni
2. Mantapa
3. Udeepalya
4. Kaglahalli
5. H Agara
6. Kannayakana Agrahara
7. Ramohalli
8. Uttarahalli

During this one-year study, the team surveyed about 6371 SC population in 228 visits and treated about 3154 patients. Among the patients treated 2961 (93.88%) were SC and 193 (6.11%) were belonging to other communities. Environmental and personal hygienic condition was poor in some area and was good at some areas. There was maximum of semi pukka houses in all areas with some kaccha houses. Most of them lived in adequate ventilated houses. Majority of the houses were equipped with electricity, cooking gas and drinking water. Most of the roads were pukka but were not properly maintained. Awareness about the cleanliness and hygiene was found to be less as the garbage were dumped near the roads and public places. Predominant languages were Kannada, Tamil and Telugu. All the villages were having one nearby Govt. Hospital for health care services and Govt. School for education of children.

Out of 6371 surveyed population, 1765 were children. It was observed that 3204 (50.29%) were male and 3167 (49.70%) were female. As far as literacy rate is concerned, maximum people i.e. 1,480 (25.43%) have completed the high school education and only 635 (10.91%) were graduates. Among total population, about 5511 (86.50%) of the population was non-addicted to any of the substance, however maximum of 387 (6.07%) population were addicted to alcohol consumption, followed by population addicted to smoking 276(4.33%). It was observed that 221 (3.46%) population were unemployed. Among surveyed population maximum of 1709 (26.82%) females were home makers, 1545(24.25%) were students and 1042(16.35%) were self-employed.

The most prevalent diseases treated were Sandhigatavata, Katishoola, Amlapitta Madhumeha, Pandu, Kasa, Kusta etc. in adults. In children, Kasa, Agnimandhya, Prathishyaya, Krimi, jwara were commonly found in all most all the areas. The team had put their efforts by distributing IEC material among the masses in local language Kannada to make people aware about preventive measures of disease and propagation of Ayurvedic concept of Pathya-Apathya. It was found that most of the prevailing diseases responded to the Ayurvedic treatment positively.

STUDY AT A GLANCE

S. No.	Particulars	Consolidated data of the study
1.	Duration of the programme	1 year
2.	No. of Villages covered	8 villages (25 areas)
3.	No. of Visits made	228
4.	SC Population surveyed	6371
5.	Total No. of patients treated	3154
6.	No. of SC patients treated	2961
6.a	No. of SC Adults treated	2656
6.b	No. of SC Children treated	305
7.	Total No. of Investigations done	11740
8.	Total No. of awareness activities	36

Introduction about state and its SC population

Karnataka formerly known as the State of Mysore is located in the southern part of India. Kannada, one of the classical languages of India, is the most widely spoken and is the official language of the state. The capital of the state is Bengaluru which has evolved as one of the most vibrant cities in the country. Bangalore has grown into a hub for many major companies mainly IT companies. Many youngsters have flocked to Bangalore in recent times in search of employment. The state of Karnataka was formed in 1956 as the State of Mysore and was renamed as Karnataka in 1973. The administrative units of the State for 2011 Census consisted of 30 Districts, 176 Sub-districts (Taluks), 29,340 Villages (including 1943 Un-inhabited villages), 347 Towns including 127 Census Towns and 220 Statutory Towns. Karnataka with a population of 6,10,95,297, retains the ninth rank as in 2001, in population size among all the States and Union Territories and accounts for 5.05 per cent of Country's population of 1,21,05,69,573 in 2011. Of the 6,10,95,297 persons enumerated in the State, 3,09,66,657 are Males and 3,01,28,640 are Females. Among the districts within the State, Bangalore District is the most populated District with 96,21,551 population and accounts for 15.75 per cent of the State's total population while Kodagu District with a population share of 0.91 per cent is the least populated District.

The Scheduled Caste population constitutes 17.15 per cent of the total population of the State. The Scheduled Caste population in the State has increased from 85,63,930 in 2001 to 1,04,74,992, registering a decennial growth rate of 22.32 per cent. The highest proportion of Scheduled Caste population is returned from Kolar District with 30.32 percent, followed by Chamarajanagar District with 25.42 percent. The least proportion of Scheduled Caste population is recorded in the coastal district of Udupi (6.41 per cent) and preceded by Dakshina Kannada (7.09 per cent) District. The proportion of Scheduled Caste population is less than 10 per cent in 4 districts, between 10 to 20 per cent in 13 districts and above 20 per cent in the remaining 13 districts.

•Introduction of AMHCP (SCSP) at CARI, Bengaluru with aims and objectives in brief:

The Ayurveda Mobile Health Care program is one of the Scheduled Case Sub Plan which is specifically designed to channelize the flow of Health benefits and outlays from the general sector in the state plan and from the union ministry of Social Justice and Empowerment for the development of Scheduled Caste in physical as well as financial terms. The Central Council for Research in Ayurvedic Sciences (CCRAS), an Autonomous body under Ministry of AYUSH, Govt. of India is an apex body in India for undertaking, coordinating, formulating, developing and promoting research on scientific lines in Ayurvedic Sciences. Ayurveda Mobile Health Care program is one of the Scheduled Case Sub Plan Programme has been initiated in 18 states through 20 CCRAS peripheral Institutes. Through this programme, door to door health care facilities will be provided to the areas with SC pockets. The Program commenced at Advanced Centre for Ayurveda in Mental Health and Neuro Sciences one of the CCRAS peripheral Institute on 15th December 2015 which was later shifted to Regional Ayurveda Research Institute on metabolic disorders, from FY-2020-2021(which is now Central Ayurveda Research institute).

The program was initiated with an Aim to provide health care awareness and Ayurvedic medical services to the Schedule Caste (SC) dominant community. The main objective is to Study the living conditions, geographical and environmental profile of SC people, study of their dietetic habits, to know nature and frequency of prevalent diseases; Study and documentation of demographic data from door to door survey; Assessment of Health status and extension of health services by organizing health awareness camps; Propagation of knowledge about prevention of diseases. Provide medical aid/incidental support in the adopted areas at door steps; Awareness about hygiene, cleanliness of domestic surroundings & environment and also the distribution of IEC (information, education and communication) material among the people in local languages and English / Hindi.

- **Selected villages / areas:**

A total number of 8 villages in Bangalore district of Karnataka such as Tatguni, Mantapa, Udeepalya, Kaglahalli, H agara, Kannayakana agrahara, Ramohalli and Uttarahalli and around 25 areas coming under the above mentioned villages have been visited during the period under the SCSP program and extended services oriented health care to the selected SC dominated areas along with health survey and collection of vital statistical data.

- **Details about survey:**

During this one-year study, the team covered total 6371 populations of the selected SC population dominated 8villages such as Tatguni, Mantapa, Udeepalya, Kaglahalli, H agara, Kannayakana agrahara, Ramohalli and Uttarahalli through 228 visits. Regular week days were assigned for each village for survey where socio demographic profiles, dietary habits, hygiene conditions, lifestyles of people were documented. Health awareness camps were conducted at allotted place such as community centers, Anganawadi schools and temple.

Out of 6371 surveyed population, 1765 were children. It was observed that 3204 (50.29%) were male and 3167 (49.70%) were female. As far as literacy rate is concerned, maximum people i.e. 1,480 (25.43%) have completed the high school education and only 635 (10.91%) were graduates. Among total population, about 5511 (86.50%) of the population was non-addicted to any of the substance, however maximum of 387 (6.07%) population were addicted to alcohol consumption, followed by population addicted to smoking 276(4.33%). It was observed that 221 (3.46%) population were unemployed. Among surveyed population maximum of 1709 (26.82%) females were home makers, 1545(24.25%) were students and 1042(16.35%) were self-employed.

- **Details about patients treated:**

A total of 3154 patients of these areas were examined and treated in this study. An 2776 follow ups were carried out. Out of the total population covered, about 2961 (93.88%) were SC and 193 (6.11%) were belonging to other communities. During the study of the selected eight villages areas such as Tatguni, Mantapa, Udeepalya, Kaglahalli, H agara, Kannayakana agrahara, Ramohalli and Uttarahalli a total of 3154 patients were enrolled and examined. The highest distribution of patients was observed among females. The most prevalent diseases treated were Sandhigatavata, Katishoola, Amlapitta Madhumeha, Pandu, Kasa, Kusta etc. in adults. In children, Kasa, Agnimandhya, Prathishyaya, Krimi, jwara were commonly found.

- **Number of investigations done:**

A total of 11740 investigations were carried out. About 5734 Blood sugar level and 5862 Haemoglobin level examinations and around 144 other investigations such as Haemogram, LFT, RFT, lipid profile, thyroid function test etc were carried out in which the patients diagnosed with diabetes, anaemia, hyperthyroidism, hypercholesteremia etc were prescribed the Ayurvedic medications during the survey, medical camp and the follow up for the same was carried out.

- **IEC materials/ lectures brief:**

During door to door survey in all eight villages & 25 areas, IEC materials on common prevalent diseases and Ayurvedic concepts printed in local language Kannada were distributed among the people to create awareness about the prevention of diseases and propagation of Ayurvedic concept of Pathya-Apathya, Dinacharya, Ritucharya, Ahara sevanavidhi, Rasayana treatments etc. IEC material also included introduction about common disorders such as Kasa, Dourbalya, Hridroga, Agnimandhya, Madhumeha, Hypertension, Pakshaghata and its preventive measures.

- **Major observations during study:**

In most of the surveyed areas, Kannada, Tamil and Telugu were the languages spoken by the people. Environmental and personal hygienic condition was poor in some area and was good at some areas. There was maximum of semi pukka houses in all areas with some kaccha houses. Most of them lived in adequate ventilated houses. Majority of the houses were equipped with electricity, cooking gas and drinking water. Most of the roads were pukka but were not properly maintained. Awareness about the cleanliness and hygiene was found to be less as the garbage were dumped near the roads and public places. Predominant languages were Kannada, Tamil and Telugu. All the villages were having one nearby Govt. Hospital for health care services and Govt. School for education of children. Most of the children are vaccinated according to the National immunization schedule and adult population were double vaccinated for Covid-19. Majority people consume non-vegetarian diet and all the houses were having good access to drinking water which is supplied from Bangalore Corporation and gram panchayath. Most of the surveyed population were having own toilet facilities which is constructed outside the house. People have very irregular lifestyle such as irregular timings of food, sleep, and addictions. So, lifestyle disorders such as PCOD, Hyperacidity, Skin infections, Diabetes mellitus, Hypertension, obesity are mostly found in these areas. Men are habituated to drinking alcohol and smoking. Women are habituated with chewing tobacco and pan.

- **Most common diseases seeking Ayurvedic treatment:**

It was observed that most of the people seek Ayurvedic treatment for Prameha, Sandhigatavata, Amlapitta, Vatavyadhi, Dourbalya, Kushta, kasa etc. Patients used to take over the counter medicines for joint pain, gastritis, headache in all the surveyed areas.

- **Measure outcome/ benefits to society/ change observed due to Programme:**

After one year of survey, it is observed that most of the people achieved an awareness regarding Ayurvedic medicines. Instead of taking OTC medicines they have started using single drug formulations and other Ayurvedic formulation. Some people started following dinacharya and pathyas which have improved their overall health status, particularly in Hyperacidity there was reduction in symptoms those who were taking Kamadhuga rasa together with Madhiphala rasayana, most of the patients started using tailas for abhyanga as a daily basis specially patient suffering from osteoarthritis. It was observed that a patient suffering from trigeminal neuralgia since 2 years had significant reduction in pain and tingling sensation.

It is observed among the follow up visits, a moderate relief was achieved in most of the Sandhigatavata, Vatavyadhi, Gridhrasi, Kushta, Tamaka shwasa, shirashoola, ananthavata cases, a complete relief was achieved in most of the Amlapitha, Rajodsha, Pandu, Jwara, Prathishyaya, Kasa and Pradara. It was also observed that there was a marked improvement in terms of impaired glucose levels among the patients diagnosed with Diabetic mellitus, abnormal hemoglobin levels in anemic patients, thyroid dysfunction. It was also observed the patients who were subjected for the study entitled “**A randomized placebo controlled trial of Ayush SR in Perceived stress**” had also significant improvement in condition.

1. Area wise statement of number of Tours, No. of houses surveyed, Population Surveyed, Patients treated and Investigations done

Sl. No	No. of villages/areas covered	No. of tours	No. of Houses Surveyed	Population Surveyed (SC)			Patients treated												Investigations (Survey + OPD)
				M	F	Total	New				Old				Total				
							SC		Other		SC		Other		SC		Other		
							M	F	M	F	M	F	M	F	M	F	M	F	
1	Tatguni	10	60	183	152	335	57	72	4	1	26	39	0	2	83	111	4	3	608
2	Mantapa	42	189	457	495	952	190	337	6	10	11	446	3	2	306	783	9	12	1856
3	Udeepalya	26	159	453	468	921	161	185	1	3	13	138	4	0	296	323	5	3	1619
4	Kaglahalli	27	172	533	542	1075	142	244	5	3	45	184	0	7	187	428	5	10	1867
5	H.Agara	45	192	486	473	959	196	260	4	65	14	312	4	10	340	572	92	17	1736
6	Kannayakana Agrahara	12	63	229	221	450	49	70	1	3	22	62	0	3	71	132	1	6	613
7	Ramohalli	21	133	322	290	612	149	178	1	11	91	137	7	8	240	315	17	19	1205
8	Uttarahalli	45	228	541	526	1067	288	383	9	16	19	460	6	28	481	843	15	44	2236
TOTAL		228	1196	320	316	6371	123	172	8	11	77	177	6	15	200	350	14	27	11740
				4	7		2	9	1	2	2	8	7	9	4	7	8	1	

2. Area wise statement of SC child population surveyed and treated during the reporting period

Name of villages covered	No. of SC Children surveyed					No. of SC Children treated														
						New					Follow up					Total				
	0-5(yr)		6 to 18(yr)		Total	0-5(yr)		6 to 18(yr)		Total	0-5(yr)		6 to 18(yr)		Total	0-5(yr)		6 to 18 (yr)		Gross Total
	M	FC	M	FC	Total	MC	FC	M	FC	Total	MC	FC	MC	FC	Total	MC	FC	MC	FC	
Tatguni	14	3	46	40	103	3	0	9	1	13	0	0	1	0	1	3	0	10	1	14
Mantapa	30	40	106	101	277	14	7	24	24	69	0	2	11	18	31	14	9	35	42	100
Udeepalya	34	31	104	86	255	4	4	8	6	22	1	0	1	10	12	5	4	9	16	34
Kaglahalli	33	34	104	112	283	3	5	8	18	34	1	5	1	8	15	4	10	9	26	49
H.Agara	47	25	100	90	262	13	10	15	12	50	9	2	3	5	19	22	12	18	17	69
Kannayakana Agrahara	27	18	57	55	157	2	1	7	7	17	0	0	3	1	4	2	1	10	8	21
Ramohalli	22	15	63	55	155	2	6	6	5	19	1	0	0	4	5	3	6	6	9	24
Uttarahalli	52	50	98	73	273	15	15	31	20	81	3	4	16	1	24	18	19	47	21	105
Total	259	216	678	612	1765	56	48	108	93	305	15	13	36	47	111	71	61	144	140	416

3. Area wise statement of SC adult population surveyed and treated during the reporting period

Name of villages covered	No. of SC adult surveyed				No. of SC adult treated											
	19-40 yr	41-60 yr	61& above	Total	New				Follow up				Total			
					19-40 yr	41-60 yr	61& above	Total	19-40 yr	41-60 yr	61& above	Total	19-40 yr	41-60 yr	61& above	Gross Total
Tatguni	130	79	23	232	38	49	29	116	5	29	30	64	43	78	59	180
Mantapa	422	196	57	675	184	179	95	458	159	285	87	531	343	464	182	989
Udeepalya	396	191	79	666	104	147	73	324	45	141	75	261	149	288	148	585
Kaglahalli	442	237	113	792	99	139	114	352	65	79	70	214	164	218	184	566
H.Agara	391	228	78	697	141	177	88	406	95	214	128	437	236	391	216	843
Kannayakana Agrahara	181	82	30	293	39	43	20	102	33	36	11	80	72	79	31	182
Ramohalli	264	141	52	457	106	131	71	308	76	85	62	223	182	216	133	531
Uttarahalli	476	248	70	794	224	266	100	590	168	312	149	629	392	578	249	1219
Total	2702	1402	502	4606	935	1131	590	2656	646	1181	612	2439	1581	2312	1202	5095

4. Total Lab Investigations (Survey + OPD)

S l. N o	No. of villages covered	Investigations																													
		Hb%									Blood Sugar Level						Other Investigation						Total Investigations								
		SC				Other					Total		SC		Other		Total		SC		Other		Total		SC		Other		Total		
		M	M	F	F	M	M	F	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
1.	Tatguni	3 2	11 5	22 14	14 4	0	4	0	1	15 1	16 7	11 6	14 7	4	1	12 0	14 8	8	1	0	1	8	14	27 1	32 6	8	3	27 9	32 9		
2.	Mantapa	2 5	32 8	34 52	9	0	3	1	7	35 6	57 1	34 2	54 9	3	8	34 5	55 7	1	1	0	1	1	17	70 5	11 28	6	17	71 1	11 45		
3.	Udeepalya	3 6	33 8	26 42	8	0	1	0	3	37 5	45 7	34 8	42 8	1	3	34 9	43 1	1	6	0	0	1	6	72 3	88 8	2	6	72 5	89 4		
4.	Kaglahalli	2 2	35 5	35 51	6	0	5	0	3	38 2	55 4	36 2	53 3	5	3	36 7	53 6	7	1	1	1	8	20	74 6	11 03	1	7	75 7	11 10		
5.	H.Agara	2 3	29 1	30 47	2	1	1	4	3	33 3	53 9	30 1	48 7	2	3	32 1	52 5	4	8	0	6	4	14	61 9	99 7	3	81	65 8	10 78		
6.	Kannayaka na Agrahara	2 2	11 5	17 16	4	0	1	0	3	13 8	18 4	11 6	16 9	1	3	11 7	17 2	0	2	0	0	0	2	25 3	35 2	2	6	25 5	35 8		
7.	Ramohalli	5	23 9	9 32	1	0	6	0	4	25 0	33 4	26 6	33 5	7	4	27 3	33 9	1	7	1	0	2	7	51 1	67 2	1	8	52 5	68 0		
8.	Uttarahalli	7	45 6	10 58	6	0	4	0	8	46 7	60 4	49 8	62 4	4	8	50 2	63 2	5	2	0	1	5	26	96 6	12 45	8	17	97 4	12 62		
Total		1 7 2	22 37 3	18 31 60	31 60	1	4 2	5 2	6 2	24 52	34 10	23 49	32 72	4 5	6 8	23 94	33 40	3 6	9 6	2 0	1 0	3 8	10 6	47 94	67 11	9 0	14 5	48 84	68 56		

5. Mean value of Hb% and blood sugar level (Survey + OPD)

S l. N o	No. of villages covered	Investigations											
		Mean Hb%								Mean Blood Sugar Level			
		SC				Other				SC		Other	
		MC (N=)	M(N =)	FC (N=)	F (N=)	M C (N =)	M (N =)	FC (N =)	F (N =)	M (N=)	F (N=)	M (N=)	F (N=)
1.	Tatguni	8.90 3125	11.0 3739	8.518 182	10.02 917	0	11. 37	0	10. 7	133.1 293	125.2 789	109. 5	93
2.	Mantap a	9.88	11.9 753	9.238 235	10.67 543	0	9.9	9.8	9.3 8	129.8 012	128.7 158	93	113.8
3.	Udeepal ya	9.99 1667	11.6 784	9.334 615	10.65 093	0	10. 5	0	8.4	124.9 741	121.4 666	125	134.6
4.	Kaglah alli	9.59 5455	11.5 5437	9.337 143	10.66 705	0	10. 76	0	10. 7	127.4 71	122.0 094	160. 4	147.3 3
5.	H.Agar a	8.73 913	11.5 0069	8.433 333	10.13 496	10 .6	11. 4	10. 45	9.1 3	125.8 206	125.3 552	133. 85	118.9 4
6.	Kannay akana Agraha ra	10.4 2273	12.0 0226	9.676 471	10.09 207	0	10. 5	0	8.6 3	128.9 741	123.7 16	125	141.6 6
7.	Ramoh alli	12.3	12.3 9205	12.01 111	11.02 134	0	13. 01	0	9.9	135.0 376	129.9 582	216. 42	156.7 5
8.	Uttarah alli	11.1 7143	12.0 7618	11.25	11.20 904	0	11. 57	0	9.2 1	129.4 137	125.5 208	95.2 5	1350 25
Total		81.0 0353	94.2 1665	77.79 909	84.48	10 .6	89. 01	20. 25	76. 05	1034. 622	1002. 021	105 8.42	1359 31.1

6. Sexwise and Agewisedistribution of Hemoglobin Status

Age Group	Number of Screened Population		Hemoglobin Status(g/dl)							
			≥12		11–11.9		8–10.9		<8	
	M	F	M	F	M	F	M	F	M	F
Above 18-40 years	988	1532	503	417	157	268	298	710	30	137
41-60 years	902	1208	471	274	143	228	263	592	25	114
61years and Above	405	507	178	85	72	84	140	294	15	44
Total (n%)	2295 (41.41)	3247 (58.59)	1152 (20.79)	776 (14.00)	372 (6.71)	580 (10.47)	701 (12.65)	1596 (28.80)	70 (1.26)	295 (5.32)

7. Sexwise and Agewise distribution of Blood sugar level stuatus

S.No.	Test	Age Group				61years and Above		Total Number		(N %)	
		18-40 years		41 -60		M	F	M	F	M	F
		M	F	M	F	M	F	M	F	M	F
1	<140	909	1428	773	987	313	388	1995	2803	41.579	58.420
2	140-199	72	84	108	170	70	81	250	335	42.735	57.264
3	≥200	14	15	54	80	49	56	117	151	43.656	56.343
										7164	2836

8. Sexwise and Agewise distribution of Bood pressure level

Age range	Number of Screened Population	HTN											
		<120-<80 (Optimal)		130-139/85-89 (normal high)		140-159/90-99 (Grade1 light)		160-179/100-109 (Grade2 Moderate)		≥180/≥110 (Grade3 Severe)		≥140/<90 (Systolic Hypertension)	
		M	F	M	F	M	F	M	F	M	F	M	F
19-40	967	223	503	82	72	32	33	11	4	4	3	47	40
40- 60	1169	201	359	132	135	101	126	30	45	19	21	150	192
61 & above	603	89	141	52	67	75	68	34	34	17	26	126	128
Total Number	2739	513	1003	266	274	208	227	75	83	40	50	323	360
(n %)	100.00	18.73	36.62	9.71	10.00	7.59	8.29	2.74	3.03	1.46	1.83	11.79	13.14

9. Status of Clinical studies under AMHCP-SCSP

Name of the project	Date of initiation	Target	No. of Patients Screened	No. of Patients enrolled	No. of patients successfully completed	No. of drop out patients	Reasons for Dropout	Remarks
IDA	NA	40	Gr.I - 20	NA	NA	NA	NA	NA
			Gr.I I- 20	NA	NA	NA	NA	NA
Perceived Stress	14-10-22	50	65	50	46	4	Personal reasons	Out of 50 enrolled patients 4 patients were not willing to take medicines

10. Status of Observational Study conducted for prevalence of NCDs under AMHCP-SCSP

Name of Project	Date of initiation	Sample Size	No. of Participants Screened	No. of Participants Surveyed/enrolled [N]	Prevalence (%) of NCDs (out of N) (No. of participants with NCDs divided by N multiplied by 100)
NCD	26-07-22	185	720	185	49.1%

POSHAN 2.0

Name of Project: “Extension of activities being carried out under Poshan Abhiyaan to child care institutes” (CCI’s)

Objectives:

1. **Geographical coverage:** Activities will be carried out through **25** CCRAS Institutes involved in clinical research across India.
2. **Target population:-**Children residing in the CCI (**2-3** CCIs nearby each participating Institutes)
3. **Services:**
 - a) Inculcating healthy lifestyle practices in children as per principles of Ayurveda.
 - b) Nutritional supplements as per the concept of Ayurveda to the children at CCI.
 - c) Periodically Health check-up for identification of MAM/SAM children, Anemia etc. and their management.
 - d) Development of Poshan vatika at CCI as per feasibility.
 - e) Group discussion on health, hygiene and cleanliness for children and staff of CCIs.
 - f) Poem/essay competition on promotion of health and prevention of diseases through Ayurveda principles what they understood through our programme.
 - g) Any other relevant activities.

Study Design: Observational **Sample Size:** 107 children (CCI’s)

Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No.: HQ-CR01 1/2/2022-CR/5469, dated 5th Jan 2023.

Duration of Study: 2 months

Interventions: Chyavanaprasha, Drakshavaleha, Arvindasava, Krimimudgar rasa & nutritional supplements

Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI
1.	Central Ayurveda Research Institute, Bengaluru	1. Dr. Shubhashree M N Research Officer (Ay.) 2. Dr. Bhavya B M, Research Officer (Ay.)

12.5.8. Date of IEC approval: 09.02.2023

12.5.9. CTRI Registration/Reference (for clinical trials): NA

12.5.10. Date of initiation: 10.02.2023

12.5.11. Budget allocated: Rs. 3,50,900/-

12.5.12. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	Rs.3,50,900/-	F.No.: HQ-CR01 1/2/2022-CR/5469	5 th Jan 2023	31.01.2023

12.5.13. Chronological timeline & deliverables:

S.No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
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1.	Children residing in the CCI (2-3 CCIs nearby each participating institutes, around 100)	2 months	Completed	No
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12.5.14. Current status: Target achieved

12.5.15. Relevant information, if any:

Sr. No.	Name of the CCI	Total number of students
1.	Bharatha Samskruthi Sampattu	13
2.	Surabhi Thirtha Ashrama	22
3.	Nele Foundation	72
	Total	107

National Pharmacovigilance Program

1. Objectives:

- To inculcate the reporting culture among the Ayurveda, Siddha, Unani & Homoeopathy (ASU&H) Practitioners and consumers to facilitate the documentation of ADR's.
- To involve healthcare professionals and professional associations in the drug monitoring and information dissemination processes.
- To report the instances of misleading advertisements of Ayurveda, Siddha, Unani & Homoeopathy drugs.

2. Participating centre along with PI:

Sl.No.	Name of the participating centre	Members of the program
1.	Central Ayurveda Research Institute, Bengaluru.	Co-ordinators Dr. M.N Shubhashree R.O (S-2) Ayu. Dr. Raghavendra Naik R.O (Ayu).
		Programme Assistant 1. Dr. Chandini Chandrasekharan.N.P (2/3/2020 -15/10/2022) 2. Dr. Rahul (19/09/2022 – 12/10/2022) 3. Dr. Neha (20/10/2022 – 30/11/2022) 4. Dr. Shaily Agarwal G (05/12/2022 – 31/01/2023) 5. Dr. Arsha K S (27/02/2023 – onwards)

4. Date of initiation: 18th July 2018

5. Budget allocated: Rs.15,05,000 - *5871.50 = 14,99,128.50

*Return to AIIA New Delhi

(F.No. 6-67/2021/CARI/BNG/Pharmacovigilance/1602)

6. Installment wise release:

Sl.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1,05,000/-	(F.No.8-11003/5/9/2017-AIIA/760)	08/06/2018	12/06/2018
2	1,25,000/-	(F.No.B-11003/5/9/2017-AIIA/4195)	31/01/2019	25/01/2019
3	1,00,000/-	(F.No.B/11003/5/9/2017-AIIA/Fin./527)	30/05/2019	28/05/2019
4	1,00,000/-	(F.No.B/110035/5/9/2017-AIIA/Fin./1194)	24/07/2019	26/07/2019
5	1,50,000/-	T-12012/2/2019-DCC (Dated 13 th August 2019)	05/11/2019	07/11/2019
6	2,60,000/-	(F.No.B-11003/5/9/2017-AIIA/Fin./926)	05/08/2020	07/08/2020
7	50,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.-Payment/949	07/07/2021	07/07/2021

8	1,25,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.- Payment/2741	22/11/2021	22/11/2021
9	1,00,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.- Payment/3594	19/01/2022	19/01/2022
10	2,00,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.- Payment/1401	04/07/2022	04/07/2022
11	1,90,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.- Payment/2969	23/09/2022	26/09/2022

7. Deliverables-

Sr. No.	Name of events	No.
	Total Misleading Advertisements Reported	88
1.	ADR	01
2.	CME Conducted /Awareness Program Conducted	03
3.	Participation in the training program	06
4.	Participation in CME as resource persons	03
5.	Articles Published	02

Centre of Excellence (CoE) in Research and Clinical services for Madhumeha (Diabetes mellitus)

1. Background

Central Ayurveda Research Institute was awarded “Centre of Excellence in Research and Clinical services for Madhumeha (Diabetes mellitus)” by the Ministry of AYUSH, Govt of India in March 2021. The total fund sanctioned is Rs.7,24,80,400/- for a duration of four years (3+1 year) extension upto March 2023 due to Covid pandemic). Rs.2,88,00,000/- was released as first instalment in March 2021 and the scheme got initiated in April 2021. Partial amount of Rs.20,00,000/- under the salary component of the second instalment was released on 20th January 2023.

2. Summary of achievements against deliverables

The Centre of Excellence scheme was sanctioned to CARI, Bengaluru with the following deliverables and targets for the year.

1. Developing Ayurveda guideline for prevention and management of Madhumeha
 2. Validation of Ayurveda approaches for diabetes
 3. Prevention and management of Diabetes with multi-speciality approach
 4. Development of anti-diabetic formulations and food recipes through scientific validation
 5. Development of IEC materials
 6. Conduction of camps for Diabetic patients
 7. Trainings to public and students on prevention and management of diabetes
 8. E-Healthcare initiatives for the prevention and management of diabetes
 9. Technical collaborations with institutes for research studies
 10. NABL and NABH accreditation
- In addition to these deliverables, 7 articles were published in peer reviewed journals and 5 were communicated for publication during the reporting period.
 - Similarly, 7 small scale clinical studies were taken up after IEC clearance and CTRI registration.
 - Initiated the work of developing anti diabetic food preparations in collaboration with reputed organisations viz. Centre for Incubation Innovation Research and Consultancy, Bengaluru and CSIR-Central Food Technology Research Institute (CFTRI), Mysore.

3. Comprehensive report

3.1 Advisory Committee

The following expert advisory committee comprising of experts from various fields such as Ayurveda, Modern Medicine, Pharmacology, Drug development, Food technology, Research and Bio-Statistics has been formed. The committee meets as per need to steer the activities under the scheme.

Sl.No	Name & designation	Specialization
1.	Dr S Srikanta, Medical Director, Samatvam Endocrinology Diabetes Centre	Endocrinology & Diabetology
2.	Dr.CR Jayanthi, Retd.Dean, Faculty of Medicine & Professor & HOD of Pharmacology, Bangalore Medical College & Research Institute, Bengaluru	Pharmacology
3.	Dr.Raveendra KR, Professor, Dept. Of Internal Medicine, Bangalore Medical College & Research Institute, Bengaluru	Endocrinology
4.	Dr.Yogesh S Shouche, Scientist G, National Centre for Cell Science (NCCS), Department of Biotechnology, Pune	Diabetology
5.	Dr Ravishankar B, Research Head, Sri Sri College of Ayurvedic Science and Research	Microbiology
6.	Dr Kishore Kumar R, Professor of Ayurveda, Centre for Integrative Medicine and Research, NIMHANS, Bengaluru	Ayurveda & Clinical Research
7.	Dr Supriya Bhalerao, Associate Professor, Interactive Research School for Health Affairs (IRSHA), BharatiVidyapeeth, Pune	Ayurveda & Research
8.	Dr. Sridhar BN, Former Incharge, CARI, Bengaluru	Ayurveda & Dietetics
9.	Dr.Radhika MS, Scientist E & HOD, Department of Dietetics, ICMR-NIN	Food technology
10.	Dr.G.Bhanuprakash Reddy, Scientist-G & HoD, Biochemistry Division, ICMR-NIN, Hyderabad	Food Biochemistry
11.	Dr.N.Samarasimha Reddy, Scientist-E, Clinical Epidemiology Division, ICMR-NIN, Hyderabad	Clinical Epidemiology
12.	Dr. N. Girish, Additional Professor, Dept. Of Epidemiology, National Institute of Mental Health and Neuro Sciences, Bengaluru	Epidemiology
13.	Dr.K.P.Suresh, Sr. Scientist, National Institute of Veterinary Epidemiology and Disease Informatics (NIVEDI)	Biostatistics
14.	Dr.Ashok B K, Sr. Research Scientist, R&D, Himalaya Drug Company, Bengaluru	Drug development

The functioning of the Centre of excellence can be broadly put under the heads of clinical services, academic, training, outreach activities and research.

3.2 Clinical services

3.2.1 Diabetes OPD: Under the scheme, a specialized OPD for patients of Madhumeha is functional, where the patients are provided with free consultation, medicines, laboratory investigations and food & lifestyle counselling. The specialized OPD has catered to 1282 diabetic patients and 4389 follow-up visits totalling to 5671 visits during the period from 01.04.2022 to 31.03.2023. An extensive and detailed data was collected from all the patients attending the special diabetes OPD under CoE, which was digitally managed using e-formats.

Department	Male	Female	Total
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OPD New patients	817	465	1282
OPD Follow-up patients	2689	1700	4389
Total	3506	2165	5671

3.2.2 Yoga

Free yoga classes were conducted in online and offline mode at CARI Hospital and in outreach camps and 337 patients have been benefitted. Classes are conducted under the guidance of professional Yoga teacher. A specialized Yoga module for Diabetes has been developed and is being instructed to patients of Diabetes on a regular basis. Translation of Common Yoga Protocol into Kannada has been done and in circulation. Participated in International Yoga Day 2022 celebrated at Mysore and was celebrated in the institute as well on 21.06.2022.

An event to commemorate 100 days countdown to International Day of Yoga was held on 14th March in Yoga Hall, CARI, Bengaluru. Additionally, Yoga camps have been conducted at different venues near the hospital reaching out to the high risk & Diabetic population.

3.3 Academic, training and outreach activities

3.3.1 Diabetes health camps were conducted from time to time to screen patients for diabetes and diabetic-related issues, provide health-related education, doctor consultation, distribute medicines to treat diabetic and pre-diabetic problems and refer patients to the hospital for further follow-ups as needed. These camps were based on diabetes care and awareness concepts, facilitating the general population to learn how to manage diabetes. Patients were motivated and supported by peers and devoted experts. 44 Medical camps were conducted under CoE, with the number of beneficiaries totalling to 1391.

Sl no	Date	Camp location	Male	Female	Total patients attended
1.	09-04-2022	Vijaya Heights Apartments	21	8	29
2.	19-04-2022	Chowdeshwari Anganavadi	12	25	37
3.	22-04-2022	Valley School campus	29	25	54
4.	24-04-2022	Manjunath Kalyana Mantapa	12	14	26
5.	23,24,25-04-22	National Arogya Expo, Hubballi	64	29	93
6.	08-05-2022	Jnana Vikas Foundation	3	2	5
7.	23-05-2022	Subramanyapura Police Station	34	4	38
8.	25-05-2022	State Home for Women	1	60	61
9.	21-06-2022	International Day of Yoga, Mysore	20	7	27
10.	15-07-2022	Jyothi Institute of Technology	55	31	86
11.	21-07-2022	Sandhya Deepa Old age home	4	21	25
12.	22-07-2022	Yashasvi International School	9	32	41
13.	28-07-2022	APS college grounds	5	3	8
14.	29-07-2022	AYUSH expo, Bengaluru	23	16	39
15.	30-07-2022	National Arogya fair	38	11	49

16.	31-07-2022	Jignasa Expo	14	10	24
17.	06-08-2022	Sps Indraprastha Apartment	14	19	33
18.	12-08-2022	Thulasi Matha	14	20	34
19.	20.09.2022	Silk Institute Quarters, Bangalore	11	7	18
20.	24.09.2022	Sreeram Symphony Apartment, Bangalore	8	1	9
21.	27.09.2022	Govt. Primary School, Gulbarga Colony	1	15	16
22.	28.10.2022	Asha Deepa Old age Home, Bangalore	12	6	18
23.	01.11.2022	Luxuria Apartment, Thalghattpura	17	16	33
24.	17.11.2022)	Jyothi Institute of Commerce and Management	14	19	33
25.	21.11.2022	Ashraya Seva Trust, Thalghatpura	2	27	29
26.	27.11.2022	Sudhama Old Age, Rajarajeshwari Nagara	7	15	22
27.	11.12.2022	Chandapura layout	10	8	18
28.	11.12.2022	Shani Mahatma Temple, Chandapura layout	14	5	19
29.	11.12.2022	Chaya Annapoorna Kalyana Mantapa	13	7	20
30.	11.12.2022	Gandadhanadu Janapara Vedika	10	10	20
31.	16.12.2022	Lions club JP Nagar	5	15	20
32.	16.12.2022	Annapoorna temple	10	10	20
33.	25.12.2022	Saanthvana old age home, RR Nagar	11	11	22
34.	08.01.2023	Saanthvana old age home, Unit 2, RR Nagar	14	28	42
35.	17.01.2023	Aravind Motors, Channasandra	21	3	24
36.	17.01.2023	Tata Motors, Bengaluru	29	1	30
37.	19.01.2023	Biochemistry dept, CFTRI, Mysore	13	21	34
38.	19.01.2023	Food packaging unit, CFTRI	12	22	34
39.	19.01.2023	Food safety dept, CFTRI	24	9	33
40.	19.01.2023	Molecular Nutrition dept, CFTRI	22	7	29
41.	06.02.2023	Centre for fluid dynamics, NAL, Bengaluru	28	11	39

42.	06.02.2023	Centre for electromagnetics, NAL, Bengaluru	23	11	34
43.	07.02.2023	4 th PI, CSIR, Bengaluru	17	14	31
44.	07.02.2023	Roddam Narasimha Civil Aircraft Centre, Bengaluru	22	13	35
Total			742	649	1391

3.3.2 Training programmes:

Four types of training programmes were conducted under CoE scheme.

3.3.2.1 Eight training programmes for general public to raise awareness about Diabetes, its diagnosis, prevention and management through diet and lifestyle led by Dr. Sulochana Bhat, the PI of the scheme with Total beneficiaries 265.

Sl.No	Name of the workshop/seminar	Date	Resource Person	No of attendees
1.	Awareness program for general public on DM at Jyothi Institute of technology and CIIRC	15/07/22	Dr Kavya	86
2.	Awareness program for general public on Diabetes at Sandhyadeepa old age home, RR nagar	21/7/22	Dr Amulya	25
3.	Awareness program for general public on DM at Tulasi Mata	12/8/22	Dr Niveditha	29
4.	Awareness program for general public on DM at Ashadeepa old age home, Thatguni	27/10/22	Dr Chandini Chandrasekharan Dr Niveditha	18
5.	Awareness program for general public on DM at Jyothi Institute of commerce and management	17/11/22	Dr Amulya	34
6.	Awareness program for general public on DM at Ashrayaseva Trust, Thalaghatpura	21/11/22	Dr Niveditha	29
7.	Awareness program for general public on DM at Sudhama oldage home, RR nagar	27/11/22	Dr Amulya	22
8.	Awareness program for general public on DM at Santhvana old age home, RR nagar	25/12/22	Dr Amulya	22

3.3.2.2 Ten training programmes for patients at CARI Hospital under the mentorship of Dr.Sulochana Bhat (PI-CoE Scheme) about Diabetes, its diagnosis, prevention and management through diet and lifestyle followed by special training on food recipes and diet in Diabetes with total beneficiaries -193.

Sl.no	Date	Training done by	No of Patients
1	18-11-2022	Dr.Kavya N, Dr. Sharada Anand, Dr.Monica KP	31
2	03-01-2023	Dr.Kavya.N	24
3	10-01-2023	Dr.Vrinda	19
4	18-01-2023	Dr.Monica KP	14
5	21-01-2023	Dr.Sharada Anand	9
6	23-01-2023	Dr.Chandini Chandrasekharan	13
7	25-01-2023	Dr.Niveditha BM	9
8	28-01-2023	Dr.Amulya Kannan	13
9	21-02-2023	Dr.Sharada Anand	32
10	27.02.2023	Dr.Kavya N, Dr.Monica KP	29

3.3.2.3 Twelve Yoga training camps were held at various places around CARI Hospital with an intention to introduce Yoga and lifestyle changes in Diabetic and pre-diabetic populations.

Sl.No	Location	Date	No. of Attendees
1.	Chowdeshwari Anganwadi	19/04/22	37
2.	Jnanvikasa Foundation	08/05/22	05
3.	Jyothi Institute of technology and CIIRC	15/07/22	86
4.	Sandyadeepa old age home, RR nagar	21/7/22	25
5.	Tulsi mata	12/8/22	29
6.	Yoga awareness program for general public on Importance of yoga in general health. Held at CARI, Hospital	31/08/21	50
7.	Ashadeepa old age home, Thataguni	27/10/22	18
8.	Jyothi Institute of commerce and management	17/11/22	34
9.	Sudhama oldage home, RR nagar	27/11/22	22
10.	Saanthvana oldage home Unit -1, RR nagar	25/12/22	22
11.	Saanthvana oldage home Unit -2, RR nagar	8/1/2023	42
12.	Yoga training at CARI, Hospital	27/2/2023	29

3.3.2.4 Nine training programmes have been conducted to Final year UG/First year PG students from different Ayurveda colleges of Karnataka regarding research methodology, biostatistics, chromatography techniques and comprehensive management of Diabetes mellitus which was attended by a total of 392 students under the mentorship of Dr. Sulochana Bhat.

SI No.	Name of the college	Date	Training provided by	No of students attended
1.	SDM Institute of Ayurveda and Hospital, Bengaluru	15-06-2022	Dr.Kavya N Ms.AnaghaJenu Ms.Shilpashree AT Dr.Amulya Kannan	29
2.	JSS Ayurvedic Medical College and Hospital, Bengaluru	17-06-2022	Dr.Sharada Anand Ms.AnaghaJenu Ms.Shilpashree AT Dr.Vrinda	43
3.	KTG Ayurveda Medical College, Bengaluru	16-11-2022	Dr.Kavya N Dr.Monica KP	35
4.	Sri Sri College of Ayurvedic Science &Research, Bengaluru	23-11-2022	Dr.Chandini Chandrasekharan Ms.AnaghaJenu Ms.Shilpashree AT Dr.Amulya Kannan	52
5.	Hillside Ayurvedic Medical College, Bengaluru	24-11-2022	Dr.Sharada Anand Dr.Niveditha BM	39
6.	Indian Institute of Ayurveda Medicine &Research, Bengaluru	11-01-2023	Dr.Amulya Kannan Dr.Niveditha BM	30
7.	Ramakrishna Ayurvedic Medical College, Bengaluru	16-01-2023	Dr.Sharada Anand Dr.Vrinda	29
8.	Government Ayurveda Medical College, Bengaluru	13-02-2023	Dr.Kavya N Ms. AnaghaJenu Ms.Shilpashree AT Dr.Chandini Chandrasekharan	39
9.	Adichunchanagiri Ayurveda Medical College, Bengaluru	25.02.2023	Dr.Amulya Kannan Dr Vrinda	50

3.3.3 e-Healthcare initiatives:

3.3.3.1 Under the Centre of excellence scheme a static website www.cari.gov.in has been functional for the promotion and introducing e-healthcare initiatives, compliant with Digital India, to reach out to wider population. Total population coverage under e-healthcare initiatives is 25816 during the financial year 2022-23.

Sl. No	Initiative	Population coverage
1	e-Medical records (OPD and camp)	2673
2	Website impressions	1870
3	SMS alerts	6096
4	Teleconsultation	22
5	Social media reach	683
6	AYUSLAB-Clinical lab	2564
7	AYUSLAB-Pharmacy	11908
	Total beneficiaries	25816

3.3.3.2 Digital Upgradation of the Institute through CoE scheme

- Laboratory Information Management system by AYUSLAB for Clinical laboratory, CARI- installed on 30.06.2022
- Pharmacy Management system by AYUSLAB for Pharmacy, CARI installed on 08.09.2022.
- STATA/SE 17 statistical software installed on 01.10.2022 to carry out all the Statistical analysis for research activities of the Institute.

3.4 Research activities

The research activities under the CoE are being carried out under different sub-heads.

3.4.1 Literary Research:

The Centre of Excellence is mandated with selection of 2 potential formulations for clinical trials. An exhaustive literature survey was carried out in order to list out the formulations which have been mentioned in *chikitsa* of *Prameha*. After a thorough scrutiny and expert opinion, 4 formulations have been shortlisted as potential candidates. A detailed literary compilation of anti-diabetic potential of each individual ingredient of the selected 4 formulations from published articles completed. Collection of information on Shakhavarga dravyas from 16 Ayurvedic classical books to understand their anti-diabetic activity is in progress.

3.4.2 Drug development:

The four selected formulations were manufactured at Central Ayurveda Research Institute, Jhansi, and their quality control analysis has been done.

3.4.3 Pre-clinical anti-diabetic studies

Title of the study: Preclinical studies of four anti-diabetic formulations of Central Ayurveda Research Institute (CARI) in high fat diet along with low dose of Streptozotocin induced Diabetes in Wistar rats

Pre-Clinical study to assess efficacy of selected four anti-diabetic formulations was planned after the drug development. Expert committee opinions were taken into consideration to outline the pre-requisites of pre-clinical studies. On 1st April 2022 formal invite was sent to various institutes to collaborate with pre-clinical studies. Some of the institutes approached were: National Institute of Unani Medicine (Bengaluru, Karnataka), Nagpur Veterinary College (Nagpur, Maharashtra), Veterinary College (Hebbal, Bengaluru), Veterinary College (Gadag, Karnataka), Assam agriculture University, College of Veterinary Science (Assam), University of Agriculture Sciences, Gandhi Krishi Vijnana Kendra (Bengaluru, Karnataka), Government College of Pharmacy (Bengaluru, Karnataka), Natural Remedies (Bengaluru, Karnataka), Veterinary College (Shivamogga, Karnataka), Interactive Research School for Health Affairs (IIRSHA), Bharti Vidyapeeth (Maharashtra). Nagpur Veterinary College was selected as the collaborative institute based on the quotations provided.

Animal Model: High fat diet +low dose streptozotocin induced diabetes model in 42 Wistar rats

Groups: 8 groups in total: Normal rats, Diabetic control, Diabetic control + Standard anti-diabetic drug (Metformin), Diabetic rats + Formulation 1, Diabetic rats + Formulation 2, Diabetic rats + Formulation 3, Diabetic rats + Formulation 4.

Biochemical parameters: Tested on 0th, 14th and 28th day

- Serum Triglyceride
- Total Cholesterol
- HDL-Cholesterol
- LDL-Cholesterol
- Serum Creatinine
- Total protein
- Alanine transaminase (ALT)
- Aspartate amino transferase (AST)
- Alkaline phosphatase (ALP)

Histopathology: At the end of 28th day, representative animals (two from each group) has been sacrificed and histopathology of liver, pancreas and kidney collected.

Short report: Bhunimbadi Churna and Khadiradi Kvatha Churna were most effective formulations in pre-clinical study. Followed by Varadi Kvatha Churna and Mustadi Kvatha Churna.

Timeline of work:

Sl. No	Timeline	Work progress
1	28/06/22	MoU between CARI, Bengaluru and NVC signed by both the parties
	08/07/22	IAEC approval received by NVC
2	11/08/22	1 st instalment of Rs.2,49,000/- released as per MoU towards NVC to start the trial
3	14/11/22 to 18/12/22	Feeding of high fat diet to rats
4	19/12/22	Body weight of rats calculated to fix Streptozotocin (STZ)dose
5	21/12/22	1st induction of STZ done
6	28/12/22	2nd induction of STZ done
7	3/01/23	1st blood collection to check induction of diabetes
8	04/01/23	Feeding of selected four Ayurveda anti-diabetic formulation started
9	18/01/23	2nd blood collection
10	01/02/23	3rd blood collection & organ sample collection
11	29/03/23	Short report received

Final report: Awaiting

3.4.4 Research projects: 7 minor research projects are taken up under CoE (details below).

3.4.4.1 Study title: **Evaluation of anti-diabetic efficacy of four selected classical Ayurvedic poly-herbal formulations in Type-2 Diabetes Mellitus – A randomized pilot study.**

Principal Investigator – Dr. Sulochana Bhat

Co-Investigator – Dr. Kavya N, Dr. Niveditha BM

IEC Obtained – F.6-5/CARI/BNG/IEC Meet/2020-21/399 dt 07.06.22

CTRI Registration - CTRI/2022/07/044018 on 14.07.22

A pilot randomized clinical trial on 24 patients of four groups. Freshly diagnosed or known diabetic subjects with HbA1c of 7-9% was included in the study. Each group was given treatment as it is along with Varadi kwatha, Mustadi kwatha, Bhunimbadi kwatha and Khadiradi kwatha respectively for a period of 12 weeks. Follow up was done at 4, 8, 12th week.

Total no of subjects screened	Total no of subjects enrolled	Total no of subjects completed	Total no of subjects dropped out	No of continuing subjects
51	24	12	05	07

3.4.4.2 Study title: Clinical evaluation of anti-diabetic efficacy of ‘Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulations in Pre-diabetes – A pilot study.

Principal Investigator – Dr. Sulochana Bhat

Co-Investigator – Dr. Amulya Kannan

IEC Obtained – F.6-5/CARI/BNG/IEC Meet/2020-21/399 (C) dt 07.06.2022

CTRI Registration – CTRI/2022/07/044484 on 29.07.2022

A pilot clinical trial on 6 patients to evaluate the clinical efficacy of Kaphaja Pramehahara Yoga mentioned in Bhavaprakasha in pre-diabetes patients for duration of 12 weeks. Newly diagnosed drug naïve pre-diabetic subjects with HbA1c of 5.7-6.4% will be included in the study. Follow up will be done at 4, 8, 12th week.

Total no of subjects screened	Total no of subjects enrolled	Total no of subjects completed	Total no of subjects dropped out	No of continuing subjects
09	06	00	00	06

3.4.4.3 Study title: Evaluation of bio-availability of four Ayurvedic poly-herbal formulations in healthy volunteers -A cross over Randomized Clinical Trial

Principal Investigator – Dr. Sulochana Bhat

Co-Investigator – Dr. Sharada Anand, Dr.Kavya.N, Ms Shilpashree AT

IEC Obtained- F.6-5/CARI/BNG/IEC Meet/2020-21/399 (B) dt 07.06.22

CTRI Registration – CTRI/2022/07/044447 on 28-07-22

It is an open label cross-over Randomised Clinical Trial which will be conducted on six healthy volunteers through HPTLC fingerprinting with the objective to evaluate the bio-availability of four poly-herbal formulations (Varadi kvatha, Mustadi kvatha, Bhunimbadi churna, Khadiradi kvatha).

On day one, 2 ml of blood will be withdrawn from venous puncture (canula will be inserted). Then, the interventional drug will be administered accordingly in the prescribed dose through oral route. Later, blood will be collected after 0.5, 1, 1.5, 2, 3, 6, 12 and 24 hour. All the samples will be sent for HPTLC fingerprinting for the evaluation of bioavailability in the plasma. The study will be repeated on the same volunteers using different formulation after a washout period of 15 days.

Status – Project is yet to begin. Standard markers have been obtained for the study. Trial batches to confirm the solvent system and marker concentration is under progress

3.4.4.4 Study title: Knowledge, Attitude and Practices related to Madhumeha (Diabetes)

Principial Investigator – Dr. Sulochana Bhat

Co-Investigator – Dr. Vrinda, Dr. Monica KP

IEC Obtained – F.6-5/CARI/BNG/IEC Meet/2020-21/399(D)

CTRI Registration - CTRI/2022/07/043977 on 13-07- 2022

A cross-sectional study was carried out by using a Knowledge, Attitude and Practice (KAP) questionnaire. It was conducted on population visiting hospital of Central Ayurveda Research Institute to assess the influence of Ayurveda health care and Yoga practices related to diabetes with a sample size of 350 subjects.

Date of initiation: 13.10.2022		
Total completed	Total no of males	Total no of females
350	185	165

3.4.4.5 Study title: Development of predictive system for diagnosing the risk of Diabetes using machine learning techniques.

Principial Investigator – Dr. Sulochana Bhat

Co-Investigator – Dr. Kavya N, Dr.Harshvardhan Tiwari, Ms Anagha Jenu

IEC Obtained – F.6-5/CARI/BNG/IEC Meet/2020-21/399 (A) dt 07.06.22)

CTRI Registration – CTRI/2022/07/043988 on 13-07-22

A cross-sectional study to evaluate the risk of development of Diabetes mellitus in general public and also to develop a Diabetes predictive model for early detection of Diabetes mellitus, based on machine learning techniques with a sample size of 1000 participants.

Status: Data collection of 1000 subjects completed and data subjected to Machine learning using 10 cross K-NN validation, Naïve Bayes, Decision tree, Logistic regression, Support vector machine validation tools. Software developed after model validation. Copyright application for the Predictive system is under progress.

3.4.4.6 Study title: A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes)

Principial Investigator – Dr. Sulochana Bhat

Co-Investigator – Dr. Vrinda, Dr. Monica KP, Dr. Kavya N

IEC Obtained – F.No.6-5/2022-CARI/BNG/ETHI.COMML./2404 dt 09.02.23

CTRI Registration – CTRI/2023/03/050478 on 09-03-23

Accurate facts can help people to assess their risk of diabetes, inspire them to seek proper treatment and care. With this view, a KAP survey was conducted in central Ayurveda Research Institute alone with a target of 350 participants. However, a need to extend the survey beyond Ayurveda hospital was conceived. So it was extended to two government aided Allopathy and Ayurveda hospitals present in Semi-urban/Rural and Urban region of Bangalore with a target of 300 at each hospital, totalling to 1200.

Study sites	Total completed
Central Ayurveda Research Institute	300

Community Health Centre, Kaggalipura Government Hospital, Bengaluru	254
Sri Jayachamarajendra Ayurveda Hospital, GAMC, Bengaluru.	Official permission obtained, survey yet to start
Victoria Hospital, BMCRI, Bengaluru	Institutional Ethical Committee clearance obtained from BMCRI. Project yet to initiate

3.4.4.7 A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes.

Principal Investigator – Dr. Sulochana Bhat

Co-Investigator – Dr. Monica KP, Dr. Chandini Chandrasekharan

IEC Obtained – F.No.6-5/2022-CARI/BNG/ETHI.COMMI./2405 dt 09.02.23

CTRI Registration – CTRI/2023/03/050486 on 09-03-23

An open trial to validate the clinical efficacy of Yoga Capsule in reducing serum glucose levels in patients of Diabetes. The eligible participants will be randomized in two groups. In group-1, the patient is made to practice yoga for 15 minutes according to Yoga Capsule twice a day as an additional intervention to the conventional treatment for 84 days on a regular basis. This will be monitored in the institute's yoga hall or any online platform. In group-2, the conventional treatment will remain without any additional intervention. Both the groups will be assessed for Diabetes Symptoms Questionnaire (DSQ) at baseline, 28 days 56 days and 84 days. Blood investigations like HbA1c, FBS, PPBS and Hemogram will be validated before and after the intervention.

Date of initiation: 25.03.2023				
Total no of subjects screened	Total no of subjects enrolled	Total no of subjects completed	Total no of subjects dropped out	No of continuing subjects
03	03	00	00	03

3.4.5 Food development:

This was the proposed target for next year, however, developing SoPs for ready to eat/cook anti-diabetic food supplements/meal replacements was initiated. Collaboration with Centre for Incubation, Innovation, Research and consultancy (CIIRC), Bengaluru and CSIR-Central Food Technology Research Institute (CFTRI), Mysore has been done through MoU. Discussions were held with scientists of food technology of the two institutes for development of ready to eat / cook anti-diabetic food preparations, based on the literature survey and Ayurveda principles of *pathyaahara*. 2 preparations are under consideration which include a Barley based Soup powder and cookies. Other food articles are also being considered for further evaluation.

3.4.6 Technical collaborations: 4 Technical collaborations for conduct of various research activities are also done under CoE during the current year.

Sl. No	Details of MoU	Name of Institute, University/ Organization	Date of Execution of MoU	Period of MoU	Purpose of the MoU
1	MoU signed under Centre of Excellence	Centre for Incubation,	17.06.2022	3 yrs	Collaboration on Food technology,

	Scheme for collaborations on studies pertaining to food technology and Information technology including Machine learning and Artificial intelligence	Innovation, Research and Consultancy (CIIRC), Bengaluru			Information technology, Drug standardization and Quality control research
2	MoU signed under Centre of Excellence Scheme for conduct of Safety and efficacy animal studies on Ayurveda Anti-diabetic formulations	Nagpur Veterinary College, Nagpur	28.06.2022	3 yrs	Collaboration on Pre-clinical studies on Ayurveda formulations
3	MoU signed under Centre of Excellence Scheme for conduct of Clinical trials	Samatvam Science and Research for Human welfare Trust, Bengaluru	05.01.2023	3 yrs	Collaboration on Clinical studies on Ayurveda formulations
4	MoU signed under Centre of Excellence Scheme for conduct of Nutrition and food technology research	Central Food Technology Research Institute, Mysore	19.01.2023	3 yrs	Collaboration on Nutrition and food technology research

3.5 IEC materials:

The below IEC materials have been developed under CoE scheme.

- Diabetic eye care charts for patients
- Diabetic foot care charts for patients
- Diabetic skin care charts for patients
- IEC material on FAQs (Essentials of Madhumeha and its management)
- Flyer on Gestational Diabetes Mellitus in Kannada
 - Pamphlet on 'Pathya ahara (healthy food ingredient) for diabetics

7.3. Survey of Medicinal Plants Unit

I. Brief resume of work carried out since inception.

1) Name of the Forest areas/Divisions/Ranges covered:

Sl. No	Year	Name of the district	Name of the forest division	Forest areas (ranges/beats) surveyed
1.	1971-1972	Bengaluru	Bengaluru	Bannerghatta, Suvarnamukhi
		Chickmagaluru	Chikmagaluru	Charmadi ghats, Moodigere, Bhagavathi vally, Malleswara
			Koppa	Gangamool, Kigga forests
		Chamarajnaragar	Chamarajnaragar	Attikan (B R Hills), Karti kere, Honnamatti, Bedgudi, kati devar gudi forest (B R Hills)
			Kollegal	Bedaguli, Gopal swamy hills forests
Mysore	Mysore	Kakanakote forests		
2.	1972-1973	Chickmagaluru	Chickmagaluru	Charmadi ghats, Kudure Mukh, Begaru, Bhairapura, Magundi, Balehole-Kalasa, Sonanakadu, Hondagane, Bhagavathi, Yelnir ghat
		Chamrajnaragar	Kollegal	Arakanakadu, Kuppe betta, Palar river, malai Mahadeshwara hills forests, K.Gudi, B. R. Hills
3.	1973-1974	Chickmagaluru	Chickmagaluru	Keseve, Keseve-halag, Kumbar gundi-Talabidare, Kage mane giri, Keseve-Mald Kargalebyle (Muthodi & Hebbe)
		Shimoga	Bhadra Wild life	Baba budan hills, Kalhattigiri, Hebbe forest, Shankar shoal forest (Tarikere range), Bhadra Sanctuary, Lakkavalli state forest
		Chamarajanagar	B R wild life	B R hills
			Bandipura	Gopala swamy hills
			Kollegal	Malai Mahadeshwara hills
		Mysore	Hunsur	Kakanakote forest
Chickmagalur	Chickmagalur	Thungabhadra, Narasimhaparvatha, Kigga forest, Hirebyle, Samse		
4.	1974-1975	Tumkur	Tumkur	Huliyur durga, Ugne, Devarayana durga, Kollikallu, Siddarabetta, Madhugiri, Timlapuara
		Chickmagaluru	Chickmagaluru	Charmadi ghats, Kottigehar, Muthodi, Kesuve-Yelnir ghats, Samse and Malleshwar
		Koppa	Koppa	Gangamoola forest, Kerekatte
		Shimoga	Bhadra Wild life	Baba budan hills, Sankashola, Suklahatti Kalhattigiri, Lakavalli state forest
5.	1975-1976	Kameng district (Arunachal Pradesh)	Kameng	Kameng district forest
		Nilgiris (TN)	Nilgiris	Nilgiris forest
6.	1976-1977	Tumkur	Tumkur	Forest of Bukkapatna, Manchaladorai, Kollikallu, Devarayan durga and Huliyur Durga state forest
		Coorg	Virajpet	Pattikat reserve forest, Talacauvey, Urty ghat, Bhagamandala-Karrike-Kerty ghat, Kakabbe-Aramane
		Bengaluru	Bengaluru	Bannerghatta

7.	1977-1978	Coorg	Virajpet	Kadamakkal, Pattikat, Sampaje, Anekad, Athur, Kushal nagar, Mathikode reserve forests
		Mysore	Hunasur	Thithimathi
8.	1978-1979	Tumakaur	Tumakur	Huliyur durga state forest, manchaldorai state forest, Kolikallu state forest, Timlapura state forest, Devarayan durga state forest
		Hoshangabadh (MP)	Hoshangabadh	Pachmarhi areas
		Annupur (MP)	Annupur	Amarakantak areas
		Satna (MP)	Satna	Chitrakoot areas
9.	1979-1980	Tumakur	Tumkur	Bannehalla, Hosahalli, Kondli cross, Kalasapura, Chickmangalur Range, Kadur Camp, Yemmedoddi, Kadur range
		Chickmagalur	Chickmagalur	Gunavati, Koppa, Adada, Hariharapura, Kuskal, Chikkagrahara, Muttikoppa, Aramballi, NR Pura Range, Mallandura, Aaduvalli-Kalale, Chickagrahara, Mudigere-NR pura transit Honnur
10.	1980-1981	Andaman & Nicobar	Andaman and Nicobar	Andaman and Nicobar
		Ramanagar	Cauvery Wild life	Manjunatha state forest, Bididale, kanakapura range
11.	1981-1982	Ramanagar	Cauvery Wild life	Bididale, Sangam forest
		Coorg	Virajpet	Kerty reserve forest towards thovtipalam, Forest towards sollekalli, Between kerti and Irti, Towards Wottekalli
12.	1982-1983	Coorg	Mercara	Mattara, Brahmagiri, Irupu, Srimangala, Birunani, nagar Hole, Kushala Nagar, Mercara, Talcauvery, Jodapala, Kakabbe
		Bengaluru	Bengaluru	Banneraghatta
13.	1983-1984	Coorg	Mercara	Kundalli, Heggade mane, Pusphagiri, Shanthalli, Abbi, Tadiandamole, kakabbe, Bhagamandal, Talacauvery, Karike, Sidapura, Mercara, Nagarahole, Birunani, Makut, Brahmagiri, Srimangala, Sampaje, Somavarapet, Koothi, Jakkanahalli, Jodapaala
			Virajapet	Sulya, Karike, Virajapet, makut, Shanivarshante, Napoklu, Kakabbe, Sollekolli, Wotekolli, Macut state border, Arabbi tittu, Koottu hole
14.	1984-1985	Coorg	Madikeri	Somvarpet, Shanivar santhe, gangavar, Igoor, Mercara, sampaje, Jodupala, Nagarahole, Kutta
			Virajpet	Shrimangala, Virajpet, Sollekalli, Wottekalli, Makutta
15.	1985-1986	Coorg	Coorg	Coorg
		Kolar	Kolar	Nandi hills, Haristhal, Nadagudi, Kaivar, Kolar, Mulabaga, Nagali, Srinivasapura, Ramachandrapura, Sololadappandoddi, Maravapalli, Bhagepalli, CB pura, Narasimha betta, Varlakonda, KR Pura

		Chikkaballapur	Chikkaballapur	Chikkaballapur
16.	1986-1987	Kolar	Kolar	Solalappana dinne, Haristhala, Kanive, Nandi hills
		Coorg	Virajpet	Makut-Virajpet, Somavarpet, Kundalli, Shanthalli, Abbe Falls
			Madikeri	Mercara, Bhagamangala, Talacauvery, Napoklu, Karike, Nagarahole, Irpu, Kutta
17.	1987-1988	Shimoga	Shimoga	Theertha halli, Nagara-Sampekatte, Hulikal Ghats, Nagodi-Sampekatte, Agumbe, Masthikatte-Yedur, Hulikalghats, Sampekatte, Hosanagar-Humcha-Nivane, Sampekatte-Nittur, Chakranagar, Begar-Agumbe, Hosanagar, Wotekalli-Makut, Shanthalli-Puspagiri
18.	1988-1989	Shimoga	Shimoga	Indnodi, Nagara, Nagodi, Mastikatte, Tankebailu, Yedur, Hulikal, Savehaklu, Hosanagar, mavinhole, Linganhalli, Sorab, Holekoppa, Sampegudda, Kuppegadde, Talaguppa, Hiremane, Kargal, Jog, Kumsi, Anandapur, Hosagadde, Agumbe, Kundadri
			Sagar	Sagar, Tagarathi, Inchavalli, Shikaripur, Nagavalli, Govardhan giri, Kogar, Sampekatte, Kodachadri, Nagara, Hulikal ghats, Agumbe, Onakabbe falls
19.	1989-1990		No survey tours conducted	
20.	1990-1991	Shimoga	Sagar	Joga surrounding, Hosanagar
			Shimoga	Kodachadri range, Nagara fort, Agumbe
21.	1991-1992	North Canara	Sirsi	Hulikal, Kolbis cross, Khurse ghats, Bandal Ghats, Unchalli, Janmane, Mavingudi forest, Magodu falls,
			Yellapur	Ganesh Gudi, Anshi ghat, Patoli, Gund forest
		Shimoga	Shimoga	Agumbe forest
		Ramanagar	Ramanagar	Savanadurga
		Bengaluru rural	Bengaluru rural	Thippagondanahalli, Muthyal madu, Anekal
22.	1992-1993	North Canara	Dandeli	Patoli, Guad, dandeli, Kulgi forest, Anshi ghats, Kumbarwada
			Karawar	Karwar, Gokarna
		Bengaluru	Bengaluru Rural	Muthyalamadu, Tippagondanhalli,
		Ramnagar	Ramanagar	Savanadurga, Magadi, Ramanagaram, Kanva
23.	1993-1994	-	-	No Survey tours conducted
24.	1994-1995	Uttara Kannada	Sirsi	Sisri-Yellapur, Bedati, Hunesettikoppa, Sidligundi, Kyakodu, Bhatkal, Hejjulu, Karni, Ganesh gudi, Ramanagar, Patoli, Kanasi, Arebail, Bisgod, Sathodi
25.	1995-1996	Uttara Kannada	Dandeli	Dandeli, Patoli, Ansi Ghats, Siddapur
			Sirsi	Sirsi
		Belgaum	Belgaum	Castle rock, Supa, Tinnai ghats
26.	1996-1997	Uttara Kannada	Dandeli	Dandeli, Tinaighats, Sintheri rocks, Ulavi, Hadsa-Joida, Berchi-Ganesh Gudi, Anmod Ghats
			Sirsi	Sirsi, Sirsi-Yellapur
			Yellapur	Yellapur, sathodi, Magodu, Patoli, Gokarna

			Honnavara	Honnavara, Gersoppa
27.	1997-1998	-	-	Medico Botanical tour was suspended
28.	1998-1999	Belgaum	Belgaum	Kulgi, Anashi, Supa, Belgaum, Khanapur, Tinnai ghat, Londa, Vercaud, AnmolHemmadaga, Jagal, Nagaragali
		Uttara Kannada	Dandeli	Dandeli
29.	1999-2000	Belgaum	Belgaum	Naagaragali, Kanakumbi, jamboti, Mahadayi
30.	2000-2001	Belgaum	Belgaum	Pandhari river, Tinnai ghats, Hemadaga, Khanapur, Nagaragali, Londa, Astholi, Anamod, Durki river
			Gokak	Gokak, Thukkanetti,
31.	2001-2002	Belgaum	Belgaum	Naagaragali, Hemmadga, Khanapur, Jamboti, Castle rock, Anmod, Jaglebet and Ramanagra
32.	2002-2003	Belgaum	Belgaum	Anmod lower and Upper, jamboti, Kanakumbi, Castle rock, Savaragaali, Khanapur, Kumbarda, Nagaragali, Shirol, Hemmadaga
33.	2003-2004	Belgaum	Belgaum	Londha range, Khanapur, Pandhari river bank (Londha), Khanapur Belgaum road, Bidi.
34.	2004-2005	South Canara	Udupi	Halakkihole, Ballala, Kambradi, Kundapura
		South Canara	Mangalore	Anjheri camp, Moodibidre, Hatti angadi,
35.	2005-2006	South Canara	Mangalore	Sulliya, Kumar Parvata, Subramanya, Pottur, Panja
36.	2006-2007	Hassan	Hassana	Bellur and Halebeedu (Pushpagiri) forest range, Hagare reserve forest, Rama devar hally reserve forest
37.	2007-2008	Hassan	Hassana	Shakleshpura and Alur forest ranges
38.	2008-2009	Mandya	Mandya	Hulikere lower and upper block Mandya range, Srirangapattan, Maddur, Melkote, K R Pet ranges
39.	2009-2010	Mandya	Mandya	Naagamangala & Malavalli forest ranges
		Chitradurga	Chitradurga	Chitradurga, Hodalkere, Molakalmuru, Chelikere, Hosadurga & Hiriya forest ranges
40.	2010-2011	Dharawad	Dharawad	Kalaghatagi, Hubli and Darawad forest ranges
41.	2011-2012	Bellary	Bellary	Bellary, Hospet, Sandur, Kudligi, Hadagali, Hagari bommanalli ranges
42.	2012-2013	Davanagere	Davanagere	Davangere, Harappanahalli, Honnali & Jagalur ranges
		Haveri	Haveri	Hanagal, Haveri, Herikerur and Shiggaon ranges
43.	2013-2014	Gadag	Gadag	Gadag, Mundargi, Shirhatti and Ron forest ranges
		Koppal	Koppal	Koppal, Gangavati and Kushtagi forest ranges
44.	2014-2015	Bagalkot	Bagalkot	Bagalkot, Hunagund, Badami, Jamakhandi, Mudhol, Bilagi forest ranges
		Raichur	Raichur	Raichur, Lingasugur, Devadurga, Sindhanur and Manvi forest ranges
45.	2015-2016	Kolar	Kolar	Malur, Kolar, Mulbagalu, Bangarpet, Srinivasapura
		Vijayapura	Vijayapura	Sindagi, Bagevadi, Bijapur, Indi and Muddebihal
46.	2016-2017	Kalaburagi	Kalaburagi	Sedum, Kalaburagi, Aland and Chincholi ranges
		Bidar	Bidar	Aurad, Humnabad, Basavakalyan, Bhalki and Bidar
47.	2017-2018	Hassan	Hassan	Arsikere, Alur, Belur, Yeslur, Sakleshpur, Hassan, Holenarsipur, Chennarayapatna forest ranges

		Yadgir	Yadgir	Shorapur and Yadgir forest ranges
48.	2018-2019	Dakshina Kannada	Dakshina Kannada	Mangalore, Belthangady, Sullia, Uppinangady, Puttur, Bantwal, Subramanya, Panja ranges
		Udupi	Udupi	Udupi, Byndoor, Kundapura, Shankaranayana, Hebri, , Karkala, Moodibidri, Venoor ranges
49.	2019-2020	-	-	No survey tour conducted
50.	2020-2021	-	-	No survey tour conducted
51	2021-22	Bagalkot and Raichur Vijayapura Kolar	Bagalkot&Raichur Vijayapura Kolar	1 MEBS tour in Bagalkot and Raichur districts 1 MEBS tour in Vijayapura district 1 MEBS tour in Kolar district
52	2022-23	Kolar Kalaburagi Bidar Yadgir Hassan	Kolar Kalaburagi Bidar Yadgir Hassan	1 MEBS tour in Kolar district 1 MEBS tour in Kalaburagi and Bidar districts 1 MEBS tour in Yadgir district 1 MEBS tour in Hassan district
Special tours:		Nilgiris- South and North divisions Andaman & Nicobar Islands. Madhya Pradesh, Arunachal Pradesh Siddarabatta Hills (Tumkur District) Karnataka State (in 2005-06)		

- 2) Total number of specimens collected : 33798
 - a) Plant origin : 33776
 - b) Mineral origin : 20
 - c) Animal origin : 02
- 3) Total number of
 - a) Families collected : 229
 - b) Genera collected : 2042
 - c) Species collected : 2782
- 4) Total number of plant specimen in the herbarium : 44411
- 5) Total number of Index Cards prepared : nil
- 6) Total number of drug samples in the museum : 764
 - a) Plant origin : 742
 - b) Mineral origin : 20
 - c) Animal origin : 02
- 7) Total number of mounted plant specimens identified and not yet added to the herbarium (accession number not given) : nil
- 8) Total number of unmounted specimens not identified : nil
- 9) Details of medicinal plants (used in Ayurveda & Siddha system of medicine collected and their frequency status in the area)

10) Rare, Endangered or Threatened medicinal plants collected (please provide the details i.e name of the plant, family, part used, place of collection, threat status etc. in tabular form): nil

II. Details of the work carried out during the year 2022-23.

a) Areas surveyed (Long tours):

Sl. No.	Name of the areas surveyed	Survey dates	No. of days (including journey)	No. of photographs documented
I	Conducted Medico Ethno Botanical Survey in the forest areas of Kolar and surrounding areas for documentation of missing photographs	28.09.2022 to 30.09.2022	3 days	125 plant photographs documented from the forest areas of Kolar district, Karnataka
	Journey from CARI Bengaluru Documentation of plant photographs from Gokunte forest and Srinivasapura surrounding areas, Kolar district	28.09.2022	Day-1	
	Documentation of plant photographs from Rayalpadu forest, and Mulbagalu forest areas	29.09.2022	Day-2	
	Journey from Kolar to CARI, Bengaluru	30.09.2022	Day-3	
II	Conducted Medico Ethno Botanical Survey in the forest areas of Kalaburagi & Bidar Districts and surrounding forest areas for documentation of missing photographs	05.12.2022 to 09.12.2022	5 days	125 plant photographs documented from the forest areas of Kalaburagi and Bidar districts
	Journey from CARI Bengaluru to Ilkal and night stay	05.12.2022	Day-1	
	Journey from Ilkal to Kalaburagi Documentation of plant photographs from Sindagi surrounding areas, Kalaburagi district	06.12.2022	Day-2	
	Documentation of plant photographs from Rajegra forest areas, Bidar district and Chincholi forest areas in Kalaburagi district	07.12.2022	Day-3	
	Journey from Kalaburagi to Hospet and night halt	08.12.2022	Day-4	
	Journey from Hospet to CARI, Bengaluru	09.12.2022	Day-5	
III	Conducted Medico Ethno Botanical Survey in the forest areas of Yadgir district and surrounding forest areas for documentation of missing photographs	13.02.2023 to 16.02.2023	4 days	120 plant photographs documented and collected herbarium specimens from the forest areas of Yadgir district, Karnataka
	Journey from CARI Bengaluru to Ilkal	13.02.2023	Day-1	
	Journey from Ilkal to Yadgir Documentation of plant photographs from Shorapur (Talwargera), Hattikuni and surrounding areas in Yadgir district and collected herbarium specimens	14.02.2023	Day-2	
	Documentation of plant photographs from Nazrapur and surrounding forest areas in Yadgir district and collected herbarium specimens Journey from Nazrapur to Hospet	15.02.2023	Day-3	
	Journey from Hospet to CARI Bengaluru	16.02.2023	Day-4	
III	Conducted Medico Ethno Botanical Survey in the forest areas of Hassan district and surrounding forest areas for documentation of missing photographs	13.03.2023 to 16.03.2023	4 days	150 plant photographs documented

	Journey from CARI Bengaluru to Hassan	13.03.2023	Day-1	and herbarium specimens from the forest areas of Hassan district
	Documentation of plant photographs from Bisle Ghat and Sakleshpura surrounding forest areas in Hassan district and documented plant photographs and collected missing herbarium specimens	14.03.2023	Day-2	
	Documentation of plant photographs from Belur and Magge surrounding forest areas in Hassan district and documented plant photographs and collected missing herbarium specimens	15.03.2023	Day-3	
	Journey from Hassan to CARI Bengaluru	16.03.2023	Day-4	

b) Short tours (crude drug collection tours) 2022-23:

Sl. No.	Name of the areas surveyed	Date	Number of specimens / raw drugs/museum samples collected (kg)
1.	Yelahanka and surrounding areas, Bangalore district	10.05.2022	Total 8 kg fresh crude drugs belonging to 1 plant species were collected
2.	Savanadurga and surrounding forest areas	12.05.2022	Total 13 kg fresh crude drugs belonging to 4 plant species were collected
3.	Belur surrounding areas, Hassan district	20.06.2022-22.06.2022	Total 0.500 kg fresh crude drugs belonging to 1 plant species were collected. 65 saplings of 6 Species were collected
4.	Doddaballapur and surrounding areas	05.07.2022	Total 6 kg fresh crude drugs belonging to 4 plant species were collected
5.	Agara and surrounding areas	15.07.2022	Total 5.200 kg fresh crude drugs belonging to 2 plant species were collected
6.	Yelahanka and surrounding areas	16.07.2022	Total 5 kg fresh crude drugs belonging to 3 plant species were collected
7.	Savanadurga and surrounding forest areas	12.08.2022	Total 9 kg fresh crude drugs belonging to 4 plant species were collected
8.	Nelamangala forest areas	20.08.2022	Total 4 kg fresh crude drugs belonging to 3 plant species were collected
9.	Mysore surrounding areas on 24.08.2022 (as part of THCRP camp)	22-24.08.2022	Total 4 kg fresh crude drugs belonging to 4 plant species were collected
10.	Shivakote and surrounding areas	07.09.2022	Total 11 kg fresh crude drugs belonging to 6 plant species were collected
11.	Mudigere and surrounding areas, Chickmagalur district	26-28.10.2022	Total 7 kg fresh crude drugs belonging to 3 plant species were collected
12.	Davanagere, Bellary and Uttara Kannada districts.	16-18.11.2022	Total 10 kg fresh crude drugs belonging to 6 plant species were collected. 50 saplings of 1 species was collected
13.	Mysore surrounding areas (as part of THCRP camp)	27.01.2023 to 28.01.2023	-
14.	Hesarghatta and surrounding areas	09.02.2023	Total 6 kg fresh crude drugs belonging to 1 plant species were collected.

- c) Tour wise details of herbarium specimens collected : 60 specimens under THCRP program
- d) Total number of:
- i) families of the collected specimens : 09 families
 - ii) genera of the collected specimens : 11 genera
 - iii) species of the collected specimens : 12 species
- e) Total number of plant specimens mounted for herbarium : 60 specimens
- f) Total number of plant specimens added to herbarium : 60 specimens
- g) Total number of seed samples added to the museum : nil
- h) Total number of mounted plant specimens identified and not added to the herbarium : 60 plant specimens
- i) Total number of unmounted specimens not identified : nil

j) Details of crude drug samples collected/procured and supplied during 2022-23:

Sl. No.	Name of the drug		Part	Quantity collected		Quantity supplied	To whom	Purpose of supply	Balance
	Sanskrit Name	Botanical Name		Fresh weight (kg)	Dry weight (kg)	Dry weight (kg)			
1.	Aragvadha	<i>Cassia fistula</i> L.	Flower	7.000	-	0.250	RARI, Jammu	IMR project	0.500
2.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Hook.f. and Thoms	Leaf	1.000	-	-	-	-	0.100
3.	Karanja	<i>Pongamia pinnata</i> (L.) Pierre	Flower	2.000	-	0.250	RARI, Jammu	IMR project	0.000
4.	Shirisha	<i>Albizia lebbek</i> (L.) Benth	Flower	2.000	-	0.250	RARI, Jammu (Wrong sample, informed to PI)	IMR Project	0.000
5.	Agase	<i>Sesbania grandiflora</i> (L.) Pers.	Seed	1.000	-	-	Seeds used for plantation		0.000
6.	Gambhari	<i>Gmelina arborea</i> Roxb. ex Sm.	Fruit	8.000	-	-	Seeds used for plantation		0.000
7.	Madhunashini	<i>Gymnema sylvestre</i> (Retz.) Schult.	Leaf	2.000	-	-	CSMCARI, Chennai S.no.47)	IMR Project	0.000
8.	Krishna sariva	<i>Cryptolepis buchanani</i> Roemer & Schultes	Root	3.000	-	-	CSMCARI, Chennai S.no.48)	IMR Project	0.000
9.	Aamra	<i>Mangifera indica</i> L.	Seed	7.000	-	5.000	CSMCARI, Chennai	IMR project	0.000
10.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1.000	-	-	-	-	0.200
11.	Dadima pushpa	<i>Punica granatum</i> L.*	Flower	-	-	0.250	RARI, Jammu	IMR project	0.000
12.	Jhandu	<i>Tagetes erecta</i> L.*	Flower	-	-	0.250	RARI, Jammu	IMR project	0.000
13.	Madhuka	<i>Madhuca longifolia</i>	Flower	-	-	0.100	RARI, Jammu	IMR project	0.000

		(J.Koenig ex L.) J.F.Macbr.*							
14.	Aghori	<i>Flacourtia indica</i> (Burm.f.) Merr.	Stem bark	0.500	-	0.200	RARI, Jhansi	0.000	0.000
15.	Kachwi	<i>Colocasia esculenta</i> (L.) Schott.	Live plant	20 saplings	-	-	Used in Herbal garden		0.000
16.	Langali	<i>Gloriosa superba</i> L.	Live plant	20 saplings	-	-	Used in Herbal garden		0.000
17.	Kaphi	<i>Coffea arabica</i> L.	Live plant	10 saplings	-	-	Used in Herbal garden		0.000
18.	Kaphi	<i>Coffea robusta</i> L.Linden	Live plant	10 saplings	-	-	Used in Herbal garden		0.000
19.	Satavari	<i>Asparagus gonocladus</i> Baker	Live plant	04 saplings	-	-	Used in Herbal garden		0.000
20.	Satavari	<i>Asparagus racemosus</i> Willd.	Live plant	01 sapling	-	-	Used in Herbal garden		0.000
21.	Tulsi	<i>Ocimum sanctum</i> L.	Whole plant	2.000	-	-	-	-	1.000
22.	Saka	<i>Tectona grandis</i> L.f.	Flower	0.500	-	-	-	-	0.100
23.	Krishnasariva	<i>Cryptolepis buchananii</i> Roem. & Schult.	Root	1.000	-	-	CSMCARI, Chennai (S.No.48)	IMR Project	0.000
24.	Madhunasini	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex Sm.	Leaf	3.000	-	-	CSMCARI, Chennai (S.No.47)	IMR Project	0.000
25.	Kapitha	<i>Limonia acidissima</i> Groff	Root	1.000	-	-	CARI, Jhansi (S.No.66)	IMR Project	0.000
26.	Kapitha	<i>Limonia acidissima</i> Groff	Stem Bark	0.500	-	-	-	-	0.200
27.	-	<i>Phyllanthus lawii</i> J.Graham	Whole Plant	0.500	-	-	-	-	0.200
28.	Agnimantha	<i>Clerodendrum phlomidis</i> L.f.	Stem bark	3.000	-	1.000	CARI, Bengaluru	COE	0.000
29.	Paarijat	<i>Nyctanthes arbor-tristis</i> L.	Flower Leaf Root	0.200 1.000 1.000	-	1.000	CARI, Bengaluru	COE	0.000
30.	Saptaparni	<i>Alstonia scholaris</i> (L.) R.Br.	Stem Bark	1.000	-	1.000	CARI, Bengaluru	COE	0.000
31.	Jambu	<i>Syzygium cumini</i> (L.) Skeels	Seed	-	4.000	4.000	CSMCARI, Chennai	IMR Project	0.000

32.	Asoca	<i>Saraca asoca</i> (Roxb.) Willd.	Seed	2.000	-	-	Used for plantation		0.000
33.	Khadira	<i>Senegalia catechu</i> (L.f.) P.J.H.Hurter & Mabb.	Heartwood	3.000	-	1.000	CARI, Bengaluru	COE	0.000
34.	Patha	<i>Cissampelos pareira</i> L.	Root	3.000	-	1.000	CARI, Bengaluru	COE	0.000
35.	Datura	<i>Datura metel</i> L.	Flower	1.000	-	0.100	RARI, Jammu	IMR project	0.000
36.	Vibhitaki	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit	2.000	-	-	-	-	0.800
37.	Dronapushpi	<i>Leucas aspera</i> (Willd.) Spreng	Whole Plant	1.000	-	-	-	-	0.300
38.	Nimba	<i>Phyllanthus emblica</i> L.	Fruit	1.000	-	-	Material got infected		0.000
39.	Panasa	<i>Artocarpus heterophyllus</i> Lam.	Fruit	2.000	-	-	Seeds used for plantation		0.000
40.	Haritamanjari	<i>Acalypha indica</i> L.	Whole Plant	1.000	-	-	-	-	0.500
41.	Vanda	<i>Dendrophoe falcata</i> (L.f.) Etting.	Whole Plant	1.000	-	0.250	PCIMH Ghaziabad	IMR project	0.000
42.	Atibala	<i>Abutilon indicum</i> L.	Root	1.000	-	0.250	PCIMH Ghaziabad	IMR project	0.000
43.	Ajagandha	<i>Cleome gynandra</i> L.	Whole Plant	1.000	-	-	-	-	0.300
44.	Haridra	<i>Curcuma longa</i> L.	Rhizome	-	1.000	1.000	CARI, Bengaluru	COE	0.000
45.	Dharuharidra	<i>Berberis aristata</i> DC.	Stem	-	1.000	1.000	CARI, Bengaluru	COE	0.000
46.	Agaru	<i>Aquilaria agallocha</i> Roxb.	Heart Wood	-	1.000	1.000	CARI, Bengaluru	COE	0.000
47.	Meshasringi	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex Sm.	Leaf	-	-	1.200	CSMCARI, Chennai	IMR project	0.000
48.	Krishna sariva	<i>Cryptolepis dubia</i> (Burm.f.) M.R.Almeida	Root	-	-	4.200	CSMCARI, Chennai	IMR project	0.000
49.	Ela	<i>Elettaria cardamomum</i> (L.) Maton	Fruit	-	0.200	0.200	RARI, Gwalior	IMR project	0.000

50.	Somlata	<i>Ephedra gerardiana</i> Wall. Ex Stapf	Stem	-	0.200	0.200	RARI, Gwalior	IMR project	0.000
51.	Swethachitraka	<i>Plumbago zeylanica</i> L.	Root	-	-	1.000	CARI, Bengaluru	COE	0.000
52.	Nimbaka	<i>Azadirachta indica</i> A. Juss.*	Leaf	-	-	1.000	CARI, Bengaluru	COE	0.000
53.	Brahmi	<i>Bacopa monnieri</i> (L.) Wettst.	Leaf	1.000	-	0.100	CARIDD, Kolkata	IMR project	0.000
54.	Saptaparna	<i>Alstonia scholaris</i> R.Br.	Flower	1.000	-	-	Material got infected		0.000
55.	Vasa	<i>Adhatoda vasica</i> Nees.	Whole plant	3.000	-	-	-	-	1.000
56.	Artagalaha	<i>Barleria cristata</i> L.	Whole plant	2.000	-	0.100	CARIDD, Kolkata	IMR project	0.000
57.	Artagalaha	<i>Barleria strigosa</i> Willd.	Whole plant	2.000	-	0.100	CARIDD, Kolkata	IMR project	0.000
58.	Kadalika	<i>Musa paradisiaca</i> L.	Flower	1.000	-	0.100	RARI, Jammu	IMR project	0.000
59.	Shigru	<i>Moringa oleifera</i> L.	Gum	2.000	-	-	-	-	0.400
60.	Saireyaka	<i>Barleria prionitis</i> L.	Flower	0.500	-	0.120	RARI, Jammu	-	0.000
61.	Saireyaka	<i>Barleria prionitis</i> L.	Whole plant	3.000	-	2.000	NARIP Cheruturuthy	-	0.000
62.	Gunja	<i>Abrus precatorius</i> L.	Leaf	0.200	-	-	-	-	0.030
63.	Brihatphala	<i>Benincasa hispida</i> (Thunb.) Cogn.	Seed	-	0.080	0.080	CARI, Kolkata	IMR project	0.000
64.	Brihatphala	<i>Benincasa hispida</i> (Thunb.) Cogn.	Seed	-	0.080	0.080	CARI, Kolkata	IMR project	0.000
65.	Vatavrksha	<i>Ficus benghalensis</i> L.	Stem Bark	0.600	-	0.450	CARI, Jhansi	IMR project	0.000
66.	Dadhiphala	<i>Limonia acidissima</i> Houtt.	Root	1.500	-	0.200	CARI, Jhansi	IMR project	0.500
67.	Plaksha	<i>Ficus virens</i> Aiton	Stem Bark	2.000	-	0.500	CARI, Jhansi	IMR project	0.000
68.	Udumbara	<i>Drymaria cordata</i> Willd. ex Schult.	Whole Plant	1.000	-	-	-	-	0.100

69.	-	<i>Hyptis suaveolens</i> (L.) Poit.	Root	1.000	-	-	-	-	0.200
70.	-	<i>Hyptis suaveolens</i> (L.) Poit.	Leaf	1.000	-	-	-	-	0.200
71.	-	<i>Hyptis suaveolens</i> (L.) Poit.	Stem	1.000	-	-	-	-	0.200
72.	-	<i>Hyptis suaveolens</i> (L.) Poit.	Whole Plant	1.000	-	-	-	-	0.200
73.	-	<i>Ixora coccinea</i> L.	Flower	-	-	0.150	RARI, Jammu	IMR project	0.000
74.	Galanga	<i>Alpinia galanga</i> (L.) Willd.	Rhizome	-	-	2.000	Cheruturuthy, Kerala	IMR project	0.000
75.	Sirisha	<i>Albizia lebbek</i> (L.) Benth.	Fruit	2.000	-	1.850	RARI, Pune	IMR project	0.000
76.	Sirisha	<i>Albizia lebbek</i> (L.) Benth.	Leaf	2.000	-	0.500	RARI, Pune	IMR project	0.000
77.	-	<i>Croton bonplandianus</i> Baill.	Whole plant	2.000	-	-	-	-	0.500
78.	Swarnapatri	<i>Senna alexandriana</i> Mill.	Fruit	1.000	-	-	-	-	0.100
79.	-	<i>Ipomoea eriocarpa</i> R.Br.	Whole Plant	1.000	-	-	-	-	0.200
80.	-	<i>Stylosanthes fruticosa</i> (Retz.) Alston	Whole Plant	1.000	-	-	-	-	0.200
81.	-	<i>Waltheria indica</i> L.	Whole Plant	1.000	-	-	-	-	0.200
82.	Latakasturi	<i>Abelmoschus moschatus</i> Medik.	Fruit	2.000	-	-	-	-	0.100
83.	Kadalee	<i>Musa paradisiaca</i> L.	Flower	1.500	-	0.050	RARI, Jammu	IMR project	0.000
84.	Pippala	<i>Ficus religiosa</i> L.	Stem Bark	1.000	-	0.380	CARI, Jhansi	-	0.000
85.	Udumbara	<i>Ficus racemosa</i> L.	Stem Bark	1.000	-	0.500	CARI, Jhansi	-	0.000
86.	Kumari	<i>Aloe vera</i> (L.) Burm.f.	Live Plants	50 Nos.	-	-	Used in Herbal garden		-
87.	Hiranya-tuttha	<i>Colchicum luteum</i> Baker	Corn	-	0.200	0.200	RARI, Pune	IMR project	0.000

88.	Samudraguggul	<i>Commiphora myrrha</i> Engl.	Exudate	-	0.200	0.200	RARI, Pune	IMR project	0.000
89.	Kapittha	<i>Limonia acidissima</i> Houtt	Root	-	-	0.500	CARI, Jhansi		0.000
90.	Gunja	<i>Abrus precatorius</i> L.	Leaf	0.800	-	-	-	-	0.050
91.	Gunja	<i>Abrus precatorius</i> L.	Fruit	0.200	-	-	-	-	0.050
92.	-	<i>Blepharis maderaspatensis</i> (L.) Heyne ex Roth	Leaf	2.000		0.500	CSMCARI, Chennai	IMR project	0.000
93.	Sirisha	<i>Albizia lebbek</i> (L.) Benth.	Whole Plant	1.000	-	-	-	-	0.500
94.	Alarka	<i>Calotropis procera</i> (Aiton) Dyand.	Leaf	5.000	-	-	-	-	0.500
95.	Sigru	<i>Moringa oleifera</i> Lam.	Flower	1.000	-	-	Material got infected		-
96.	Apamarga	<i>Achyranthes aspera</i> L.	Flower/Seed	0.200		0.150	RARI, Jammu	IMR project	0.000
97.	Asisimbi	<i>Canavalia gladiata</i> (Jacq.) DC.	Seed	0.200	-	-	-	-	0.100
98.	Mushka	<i>Schrebera swietenoides</i> Roxb.	Leaf	1.000	-	-	-	-	0.500
99.	Mushka	<i>Schrebera swietenoides</i> Roxb.	Stem	1.000	-	-	-	-	0.500
100.	Patha	<i>Cissampelos pareira</i> L.	Root	2.000	-	0.100 1.800	CARI Jhansi	IMR project	0.000
101.	Lasuna	<i>Allium sativum</i> L.	Leaf and Bulb	0.500		0.050	RARI, Pune	IMR project	0.000
102.	Shatapushpa	<i>Anethum sowa</i> Roxb.	Fruit	-	5.000	5.000	CARI, Jhansi	IMR project	0.000
103.	Pippali	<i>Piper longum</i> L.	Fruit	-	10.000	10.000	CARI, Jhansi	IMR project	0.000
104.	Marich	<i>Piper nigrum</i> L.	Fruit	-	5.000	5.000	CARI, Jhansi	IMR project	0.000
105.	Masha	<i>Vigna mungo</i> (L.) Hepper	Seed	-	5.000	5.000	CARI, Jhansi	IMR project	0.000
106.	Kushta	<i>Saussurea lappa</i> (Decne.)Sch.Bip	Root	-	10.000	10.000	CARI, Jhansi	IMR project	0.000
107.	Saindhava lavana	-	Rock salt	-	16.000	16.000	CARI, Jhansi	IMR project	0.000

108.	Yava	<i>Hordeum vulgare</i>	Seed	-	6.000	6.000	CARI, Jhansi	IMR project	0.000
109.	Arka	<i>Calotropis procera</i> (Aiton) Dryand.	Leaf	-	5.000	5.000	CARI, Jhansi	IMR project	0.000
110.	Arka	<i>Calotropis procera</i> (Ait.) Dryand.	Flower	1.000	-	0.200	RARI, Jammu	IMR project	0.000
111.	Arka	<i>Calotropis procera</i> (Ait.) Dryand.	Leaf	1.000	-	-	-	-	0.200
112.	Arka	<i>Calotropis procera</i> (Ait.) Dryand.	Stem	1.000	-	-	-	-	0.200
113.	Aamra	<i>Mangifera indica</i> L.	Flower	0.500	-	0.200	RARI, Jammu	IMR project	0.000
114.	Athibala	<i>Abutilon indicum</i> (L.)	Flower	0.100	-	-	-	-	0.020
115.	Aragvadha	<i>Cassia fistula</i> L.	Fruit	1.000	-	-	-	-	0.500
116.		<i>Anisomeles malabarica</i> (L.) R.Br.	Whole Plant	1.000	-	-	-	-	0.200
117.	Kalamegha	<i>Andrographis paniculata</i> (Burm. f.) Wall. ex Nees	Whole plant	1.000	-	-	-	-	0.300
118.	Turavaka	<i>Hydnocarpus pentandrus</i> (Buch.-Ham.) Oken	Fruit	6.000	-	6.000	RARI, Pune	IMR project	0.000
119.	Turavaka	<i>Hydnocarpus pentandrus</i> (Buch.-Ham.) Oken	Seed	0.100	-	0.030	RARI, Pune	IMR project	0.000
120.	-	<i>Euphorbia heterophylla</i> L.	Leaf	2.000	-	1.200	CSMCARI, Chennai	IMR project	0.000
121.	Mudgaparni	<i>Phaseolus trilobus</i> Aiton	Root	0.500	-	0.180	CSMCARI, Chennai	IMR project	0.000
122.	Jayanthi	<i>Tridax procumbens</i> L.	Whole plant	2.000	-	-	-	-	0.300
123.	Ishwari	<i>Aristolochia indica</i> L.	Whole plant	0.500	-	-	-	-	0.100
124.	-	<i>Asparagus asiaticus</i> Wight	Live plants	03 Nos.	-	-	Used in Herbal garden		0.000
















125.	Ajamoda	<i>Apium leptophyllum</i> F.Muell. ex Benth.	Fruit	-	3.000	3.000	CARI, Jhansi	IMR project	0.000
126.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f. & Thomson	Stem	-	5.000	5.000	CARI, Jhansi	IMR project	0.000
127.	Kiratatikta	<i>Swertia chirata</i> Buch.-Ham. ex Wall.	Whole Plant	-	5.000	5.000	CARI, Jhansi	IMR project	0.000
128.	Mishreya	<i>Foeniculum vulgare</i> Mill.	Fruit	-	3.000	3.000	CARI, Jhansi	IMR project	0.000
129.	Kiratatikta	<i>Swertia chirata</i> Buch.-Ham. ex Wall.	Whole Plant	-	0.100	0.100	CARI, Jhansi	IMR project	0.000
130.	Shirisha	<i>Albizia lebbek</i> (L.) Benth.	Flower	1.000	-	0.550	RARI, Jammu	IMR project	0.000
131.	Madhuca	<i>Madhuca longifolia</i> J.F.Macbr.	Flower	0.500	-	0.500	RARI, Jammu	IMR project	0.000
132.	Uttangana	<i>Blepharis maderaspatensis</i> (L.) B.Heyne.	Whole plant	2.000	-	1.200	CSMCARI, Chennai	IMR project	0.000
133.	Vata	<i>Ficus benghalensis</i> L.	Fruit	1.000	-	-	-	-	0.300
134.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1.000	-	-	-	-	0.500
135.	Karanja	<i>Pongamia pinnata</i> (L.) Pierre	Flower	1.000	-	-	-	-	0.200
Total				147.6	86.06	127.87	-	-	12.35

k) Details of folklore claims documented:

Under THCRP programme, 13 LHTs were documented from HD Kote taluk, Mysore district, Karnataka during the year 2022-23.

l) Medicinal plants photographs shot during crude drug collection tours during the reporting year 2022-23:

		
<i>Albizia lebeck</i> -dry flower	<i>Cassia fistula</i> -dry flower	<i>Pongamia pinnata</i> -dry flower
		
<i>Sesbania grandiflora</i> -fruit	<i>Sesbania grandiflora</i> -seed	<i>Tinospora cordifolia</i> -stem & leaf
		
<i>Gmelina arborea</i> – fruit	<i>Cryptolepis buchanani</i> – root	<i>Cryptolepis buchanani</i> –dried root
		
<i>Gymnema sylvestre</i> -leaves	<i>Mangifera indica</i> – seed	<i>Tribulus terrestris</i> – whole plant

		
<i>Asparagus gonocladus</i> Baker-habitat	<i>Asparagus racemosus</i> Willd. - habitat	<i>Coffea canephora</i> Pierre ex A.Froehner-habit
		
<i>Colocasia esculenta</i> (L.) Schott.-habitat	<i>Flacourtia indica</i> (Burm.f.) Merr.-stem	<i>Ocimum sanctum</i> L.-habit
		
<i>Cryptolepis buchanani</i> habitat	<i>Cryptolepis buchanani</i> root	<i>Ficus benghalensis</i> L. tender leaf
		
<i>Nyctanthes arbor-tristis</i> flower	<i>Nyctanthes arbor-tristis</i> leaf	<i>Phyllanthus lawii</i> habit
		
<i>Abutilon indicum</i> - Branch	<i>Senegalia catechu</i> -Stem	<i>Senegalia catechu</i> – Heart Wood



Acalypha indica - Habit



Cissampelos pareira - habit



Cissampelos pareira - Root



Leucas aspera - Habit



Phyllanthus emblica-Fruit



Terminalia bellirica - Fruit



Abutilon indicum - root



Alstonia scholaris - flowers



Barleria cristata - flowers



Barleria prionitis - flowers



Moringa oleifera - gum



Musa paradasiaca - flower



Drymaria cordata - Habit



Ficus virens - Stem Bark



Ficus benghalensis - Stem Bark



Abrus precatorius - Leaves



Achyranthes aspera - Habit



Calotropis procera – Leaves



Canavalia gladiata - Fruits



Moringa oleifera - Flowers



Schrebera swietenoides – Leaves



Abutilon indicum – flower



Andrographis paniculata – plant



Asparagus asiaticus - twig



Calotropis procera - Flowers



Cassia fistula - fruits



Euphorbia heterophylla - twig



Hydnocarpus pentandrus - fruits



Hydnocarpus pentandrus - fruits



Phaseolus trilobus - root



Albizia lebbeck - habit



Albizia lebbeck - flowers



Ficus benghalensis- fruits



Madhuca longifolia - flowers



Pongamia pinnata - flowers



Terminalia chebula - fruits



Crude drug collection in
Yelahanka



Crude drug collection in
Savandurga forest



Crude drug collection in
Doddaballapur forest

m) Identification and Authentication of plant samples during year 2022-23:

1. Plant samples submitted by Nivedica MB, Research Scholar, Department of Microbiology and Biotechnology, Bangalore University has been identified and authenticated as *Sauropus androgynus* (L.) Merr. belonging to the family Phyllanthaceae (Ref. RRCBI-20431)
2. Plant sample submitted by Dr. Sarika Shivaji Mane, Dravyaguna Postgraduate Student, Dr. BNM Rural Ayurvedic Medical College and Hospital, Bijapur, has been identified and authenticated as *Glycyrrhiza glabra* L. of family Fabaceae (Ref. RRCBI mus-327)
3. Plant sample submitted by Chethan S, (Regt No.-20PHPG059015), M. Pharm, Faculty of Pharmacy, M.S. Ramaiah University of Applied Sciences, Bengaluru has been identified and authenticated as *Acacia nilotica* (L.) Delile belonging to the family Fabaceae (Ref. RRCBI-1171)
4. Plant sample submitted by Dr. Sophia D, Assistant Professor, Department of Biochemistry, Jyoti Niwas College Autonomous, Bengaluru has been identified and authenticated as *Citrus limon* (L.) Osbeck of family Rutaceae (Ref. RRCBI-14108)
Plant samples submitted by Mrs. Anamika Gautam, PhD student, TMU College of Pharmacy, Teerthankar Mahaveer University (Deemed to be University) Moradabad, Uttar Pradesh has been identified and authenticated as
5. *Allium sativum* L. (Bulb) belonging to the family Amaryllidaceae (RRCBI-mus360)
6. *Piper nigrum* L. (Fruit) belonging to the family Piperaceae (RRCBI-20302)
7. *Cinnamomum verum* J.Presl (Bark) belonging to the family Lauraceae (RRCBI-933)
8. Plant sample submitted by Yendapalli Pavithra VIII sem. Student, St. John's Pharmacy College, Bengaluru, has been identified and authenticated as *Moringa oleifera* Lam. belonging to the family Moringaceae (Ref. RRCBI-mus133)
9. Plant sample submitted by Chole Pranjali Bajrang, Ph.D. Scholar, Department of Life Sciences, CHRIST (Deemed to be University), Bengaluru has been identified and authenticated as *Punica granatum* L. belonging to the family Lythraceae (RRCBI-13286)
Plant samples submitted by Esther Pramila L., Research scholar, Department of Botany, Jnana Bharathi Campus Bangalore University has been identified and authenticated as
10. *Drimia indica* (Roxb.) Jessop belonging to the family Hyacinthaceae (RRCBI-20160)
11. *Urginea wightii* Lakshmin. belonging to the family Hyacinthaceae (RRCBI- mus361)
Plant samples submitted by Sharada Devi J.N., Research Scholar, Department of Zoology, Bangalore University, Bengaluru has been identified and authenticated as
12. *Azadirachta indica* A. Juss. belonging to the family Meliaceae (Ref. RRCBI-8970)
13. *Argemone mexicana* L. belonging to the family Papaveraceae (Ref. RRCBI-8075)
14. *Ruta graveolens* L. belonging to the family Rutaceae (Ref. RRCBI mus-362)
15. *Lawsonia inermis* L. belonging to the family Lythraceae (Ref. RRCBI-18913)
16. *Vitex negundo* L. belonging to the family Lamiaceae (Ref. RRCBI-19596)
17. *Ocimum tenuiflorum* L. belonging to the family Lamiaceae (Ref. RRCBI-15753)
18. *Lantana camara* L. belonging to the family Verbenaceae (Ref. RRCBI-2523)
19. *Melia azedarach* L. belonging to the family Meliaceae (Ref. RRCBI-14856)
20. *Calotropis gigantea* (L.) Dryand. belonging to Apocynaceae (Ref. RRCBI-20133)
21. *Aegle marmelos* (L.) Correa belonging to the family Rutaceae (Ref. RRCBI-19958)
22. Plant sample submitted by Miss Deeskshitha. R and Miss Yeshashwini B V, M.Sc., Molecular Biology, Bangalore University, Bengaluru has been identified and authenticated as *Origanum majorana* L. belonging to Lamiaceae (RRCBI mus-213)
23. Plant sample submitted by Miss Rajini M.V. and Mr. Manjunath A.T., M.Sc., Molecular Biology, Bangalore University, Bengaluru has been identified and authenticated as *Rosmarinus officinalis* L. belonging to Lamiaceae (RRCBI mus-18)
24. Plant sample submitted by Miss Induja G., M.Sc. (IV Semester) Student, Molecular Biology, Bangalore University, Bengaluru has been identified and authenticated as *Cymbopogon citratus* (DC.) Stapf belonging to Poaceae (Ref. RRCBI-230)
Plant samples submitted by Prof. Arote Rohidas, College of Pharmaceutical Sciences, Dayananda Sagar University, Bengaluru have been identified and authenticated as
25. *Leucas aspera* (Willd.) Link. belonging to the family Lamiaceae (Ref. RRCBI-11885)
26. *Cordia macleodii* Hook.f. & Thomson belonging to the Boraginaceae (RRCBI-15179)

- Plant samples submitted by Rahul K. Vinay S. Sushmitha VA, Department of Microbiology, Biotechnology & Food Technology, Bangalore University, Bengaluru have been authenticated as
27. *Premna serratifolia* L. belonging to the family Lamiaceae (Ref. RRCBI mus-313)
 28. *Clitoria ternatea* L. belonging to the family Fabaceae (Ref. RRCBI-7801)
Plant samples submitted by Shital Manohar Punekar, Ph.D., Dept. of Microbiology, Biotechnology and food Technology, Bangalore University, Bengaluru has been identified and authenticated as
 29. *Bruguiera sexangula* (Lour.) Poir. belonging to Rhizophoraceae (RRCBI mus-363)
 30. *Avicennia officinalis* L. Blume belonging to Acanthaceae (Ref. RRCBI mus-364)
 31. *Kandelia candel* (L.) Druce belonging to Rhizophoraceae (Ref. RRCBI mus-365)
 32. Plant sample submitted by Priyanka Dass, Ph.D. Research Scholar, Christ (Deemed to be University), Bengaluru authenticated as *Typha domingensis* Pers. belonging to Typhaceae (RRCBI-mus132)
 33. Plant sample submitted by Kavitha S K, Ph.D., Sri Adichunchanagiri College of Pharmacy, B. G. Nagar have been authenticated as *Albizia lebbek* (L.) Benth. belonging to Fabaceae (RRCBI - 1637)
 34. Plant sample submitted by Ms. Navina G, M.Pharmacy, T. John College of Pharmacy, Bengaluru has been identified and authenticated as *Bambusa tulda* Roxb. of Poaceae (Ref. RRCBI-mus366)
 35. Plant sample submitted by Ms. Zainab Mohammed Abdulkhudhur, M.Pharmacy, T. John College of Pharmacy, Bengaluru authenticated as *Brownea grandieps* Jacq. of Fabaceae (RRCBI-mus367)
Plant samples submitted by Mr. Anil Kumar HS, Research Scholar, Department of Botany, Davanagere University, Shivangotri, Davanagere have been identified and authenticated as
 36. *Aristolochia bracteolata* Lam. belonging to Aristolochiaceae (Ref. RRCBI-14278)
 37. *Dodonaea viscosa* Jacq. belonging to Sapindaceae (Ref. RRCBI-13480)
 38. *Antigonon leptopus* Hook. & Arn. belonging to Polygonaceae (Ref. RRCBI-17712)
 39. *Thespesia populnea* (L.) Sol. ex Corr. belonging to Malvaceae (Ref. RRCBI-16244)
 40. Plant sample submitted by Bharti Nayaka AM and Miss Tasneem Kausar. A. M.Sc., Molecular Biology, Bangalore University, Bengaluru has been identified and authenticated as *Delonix regia* (Hook.) Raf. belonging to the family Fabaceae (Ref. RRCBI-8836)
Plant samples submitted by Dr. Tauseef Ahmed, PG Scholar, Department of Ilmul Saidla, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as
 41. *Piper nigrum* L. belonging to the family Piperaceae (Ref. RRCBI-4644)
 42. *Cyperus rotundus* L. belonging to the family Cyperaceae (Ref. RRCBI-mus316)
 43. *Boswellia serrata* Roxb. ex Colebr. belonging to the family Burseraceae (RRCBI-mus372)
 44. *Zingiber officinale* Roscoe belonging to the family Zingiberaceae (Ref. RRCBI-mus205)
 45. *Saussurea costus* (Falc.) Lipsch. belonging to the family Asteraceae (RRCBI-mus370)
 46. *Quercus incana* Bartram belonging to the family Fagaceae (RRCBI-mus369)
Plant samples submitted by Dr. Tahseena Md Zahoor, PG Scholar, Department of Ilmul Saidla, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as
 47. *Areca catechu* L. belonging to the family Arecaceae (RRCBI-mus114)
 48. *Tamarix dioica* Roxb. ex Roth belonging to the family Tamaricaceae (RRCBI mus368)
 49. *Quercus infectoria* G.Olivier belonging to the family Fagaceae (RRCBI-mus371)
 50. *Punica granatum* L. belonging to the family Lythraceae (RRCBI-13286)
 51. *Rosa damascena* Herrm. belonging to the family Rosaceae (RRCBI-mus263)
 52. *Quercus incana* Bartram belonging to the family Fagaceae (RRCBI-mus369)
 53. *Myrtus communis* L. belonging to the family Myrtaceae (RRCBI-mus341)
 54. Plant sample submitted by, Dr. Sunaiba Manzar, PG Scholar, Department of Ilmul Saidla, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as *Achillea fragrantissima* (Forssk.) Sch.Bip. belonging Asteraceae (RRCBI-mus373)
Plant samples submitted by, Dr. Sara Shamsi, PG Scholar, Department of Ilmul Saidla, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as
 55. *Albizia lebbek* (L.) Benth. belonging to the family Fabaceae (Ref. RRCBI-1637)
 56. *Symplocos racemosa* Roxb. belonging to the family Symplocaceae (RRCBI-248)
 57. *Cyperus rotundus* L. belonging to the family Cyperaceae (Ref. RRCBI-mus316)

58. *Saussurea costus* (Falc.) Lipsch. belonging to the family Asteraceae (RRCBI-mus370)
59. *Cassia fistula* L. belonging to the family Fabaceae (RRCBI-12062)
60. *Punica granatum* L. belonging to the family Lythraceae (RRCBI-13286)
61. *Curcuma amada* Roxb. belonging to the family Zingiberaceae (RRCBI-4671)
62. *Azadirachta indica* A. Juss. belonging to the family Meliaceae (RRCBI-8970)
Plant samples submitted by, Dr. Urusa Firdous khan, PG Scholar, Department of Ilmul Saidla, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as
63. *Colchicum autumnale* L. belonging to the family Colchicaceae (Ref. RRCBI-mus374)
64. *Terminalia chebula* Retz. belonging to the family Combretaceae (RRCBI-11984)
65. *Aloe vera* (L.) Burm.f. belonging to the family Xanthorrhoeaceae (RRCBI mus-375)
66. Plant sample submitted by Dr. Tauseef Ahmad, PG Scholar, Department of Ilmul Saidla, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as *Saussurea costus* (Falc.) Lipsch. belonging to the family Asteraceae (RRCBI-mus370)
67. Plant sample submitted by Dr. Anitha. S., M. Pharm, Assistant Professor, Department of pharmacognosy, government college of pharmacy, Bengaluru has been identified and authenticated as *Sterculia foetida* L. belonging to Malvaceae (RRCBI -11450)
68. Plant sample submitted by Ankita Beniwal, PhD Scholar, MMDU-Mullana, Haryana, has been identified and authenticated as *Cymbalaria muralis* P.Gaertn., B.Mey. & Scherb. belonging to the family Plantaginaceae (Ref. RRCBI-mus376)
69. Plant sample submitted by Vyshali VM, Research Scholar, Davanagere University, Davanagere has been authenticated as *Caralluma fimbriata* Wall. belonging to Apocynaceae (Ref. RRCBI-18665)
Plant samples submitted by Dr. Nagananda G S, Director, Nuvohelix Bioinnovations, Bengaluru has been identified and authenticated as
70. *Leucas aspera* (Willd.) Link. belonging to the family Lamiaceae (Ref. RRCBI-5951)
71. *Curcuma longa* L. belonging to the family Zingiberaceae (RRCBI-mus277)
72. *Nigella sativa* L. belonging to the family Ranunculaceae (RRCBI-mus393)
73. *Musa acuminata* Colla belonging to the family Musaceae (RRCBI-mus394)
74. *Ocimum tenuiflorum* L. belonging to the family Lamiaceae (RRCBI-19505)
75. *Cynodon dactylon* (L.) Pers. belonging to the family Poaceae (RRCBI-19447)
76. *Citrus limon* (L.) Osbeck belonging to the family Rutaceae (Ref. RRCBI-14108)
77. *Cocos nucifera* L. belonging to the family Arecaceae (RRCBI-mus395)
78. Plant sample submitted by Prashanthi P, Senior Research Scientist, Research & Development, Phytochemistry, Bengaluru, has been identified and authenticated as *Pandanus amaryllifolius* Roxb. belonging to the family Pandanaceae (RRCBI-mus392)
79. Plant sample submitted by Neha V H and Jagdeesh, VII Semester, St. John's Pharmacy College, Bengaluru has been authenticated as *Glycyrrhiza glabra* L. belonging to Fabaceae (RRCBI-mus149)
80. Plant sample submitted by Amrutha C (Research Scholar), Department of Natural products, NIPER Hyderabad, Telangana, has been identified and authenticated as *Cryptolepis dubia* (Burm.f.) M.R.Almeida belonging to the family Apocynaceae (RRCBI -9965)
Plant samples submitted by Aleeya Farheen, VIII Semester, St. John's Pharmacy College, Bengaluru, has been identified and authenticated as
81. *Azadirachta indica* A. Juss. belonging to the family Meliaceae (RRCBI-8970)
82. *Ocimum tenuiflorum* L. belonging to the family Lamiaceae (RRCBI-19505)
83. Plant sample submitted by Manoj R. V, VIII Semester, St. John's Pharmacy College, Bengaluru, has been identified and authenticated as *Curcuma longa* L. of Zingiberaceae (RRCBI-mus277)
84. Plant sample submitted by Mr. Golla Siva Krishna, PhD Scholar, Sri Adichunchanagiri College of Pharmacy, Adichunchanagiri University, B.G Nagara, has been identified and authenticated as *Arnebia nobilis* Rech.f. of Boraginaceae family (RRCBI-mus396)
85. Herbarium specimen received from RARI, Pune has been identified and authenticated as *Centella asiatica* (L.) Urb. belonging to the family Apiaceae (Accession No: RRCBI-20800)
86. Herbarium specimen received from RARI, Pune has been identified and authenticated as *Andrographis paniculata* (Burm.f.) Nees belonging to the family Acanthaceae (RRCBI-20801)
87. Herbarium specimen received from Regional Ayurveda Research Institute, Pune has been identified and authenticated as *Desmodium gangeticum* (L.) DC. of Fabaceae (RRCBI-20802)

Plant samples submitted by Dr. Prasanna Kumar, Research Associate-BRC, Himalaya Wellness Company, Bengaluru has been identified and authenticated as

88. *Acorus calamus* L. belonging to the family Acoraceae (RRCBI-18890)
89. *Bacopa monnieri* (L.) Wettst. belonging to the family Plantaginaceae (RRCBI-19971)
90. *Celastrus paniculatus* Willd. belonging to the family Celastraceae (RRCBI-5345).
91. *Celastrus paniculatus* Willd. belonging to the family Celastraceae (RRCBI -20498)
92. *Centella asiatica* (L.) Urb. belonging to the family Apiaceae (RRCBI-5724)
93. *Citrus limon* (L.) Osbeck belonging to the family Rutaceae (RRCBI-14108)
94. *Convolvulus prostratus* Forssk. belonging to Convolvulaceae (RRCBI-mus242).
95. *Elettaria cardamomum* (L.) Maton of family Zingiberaceae (RRCBI-mus335).
96. *Embelia ribes* Burm.f. belonging to the family Primulaceae (RRCBI-11256)
97. *Evolvulus alsinoides* (L.) L. belonging to the family Convolvulaceae (RRCBI-8865)
98. *Foeniculum vulgare* Mill. belonging to the family Apiceae (RRCBI-mus145)
99. *Ipomoea cheirophylla* O'Donnell belonging to Convolvulaceae (RRCBI-mus389)
100. *Mucuna pruriens* (L.) DC. belonging to the family Fabaceae (RRCBI-1378)
101. *Myristica fragrans* Houtt. belonging to the family Myristicaceae (RRCBI-mus199)
102. *Nardostachys jatamansi* (D. Don) DC. belonging to Caprifoliaceae (RRCBI-mus266)
103. *Ocimum basilicum* L. belonging to the family Lamiaceae (RRCBI-5774)
104. *Oroxylum indicum* (L.) Kurz belonging to the family Bignoniaceae (RRCBI-4663)
105. *Prunus dulcis* (Mill.) D.A.Webb belonging to the family Rosaceae (RRCBI-mus391)
106. *Syzygium aromaticum* (L.) Merr. & L.M.Perry of Myrtaceae family (RRCBI-mus108)
107. *Valeriana jatamansi* Jones belonging to the family Caprifoliaceae (RRCBI-mus390)
108. Plant sample submitted by Dr. MD Aleem, PG Scholar, Department of Tahaffuzi wa Samaji Tib, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as *Matricaria chamomilla* L. belonging to the family Asteraceae (RRCBI-mus397)
Plant samples submitted by Mr. Mohd Abid Malik, Ph.D., M.M. College of Pharmacy, Maharishi Markandeshwar University, Mullana, Ambala, Hariyana has been identified and authenticated as
109. *Bacopa monnieri* (L.) Wettst. belonging to the family Plantaginaceae (RRCBI-19971)
110. *Trachyspermum ammi* (L.) Sprague belonging to the family Apiaceae (RRCBI-mus398)
Plant samples submitted by Ms. Akshitha S., Ms Chandana U, Ms. Vinutha R, Mr. Venkatesh Babu N., Mr. Vivek S Nair, and Mr. Vijay Kumar A, B.Pharm, Pharmacognosy, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been identified and authenticated as
111. *Nyctanthes arbor-tristis* L. belonging to the family) Oleaceae (RRCBI-19385)
112. *Polianthes tuberosa* L. belonging to the family Asparagaceae (RRCBI-mus399)
Plant samples submitted by Ms. Ramalakshmi V, Mr. Ranjith P, Ms. Roshni Jeseeph, Ms. Shreya, Mr. Siddesh M R, B. Pharm students Department of Pharmacognosy, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been identified and authenticated as
113. *Punica granatum* L. belonging to the family Lythraceae (RRCBI-13286)
114. *Psidium guajava* L. belonging to the family Myrtaceae (RRCBI-18272)
115. Plant sample submitted by Ajit Kumar R, Gayathri K Nayak and Muskan, VIII semester, PG students, Vivekananda College of Pharmacy, Bengaluru has been identified and authenticated as *Mangifera indica* L. belonging to the family *Anacardiaceae* (RRCBI-mus110)
116. Plant sample submitted by Chinmaya Kumar M, Chandini C.H. and Chandrika G. V., VIII semester, PG students, Vivekananda College of Pharmacy, Bengaluru has been identified and authenticated as *Basella alba* L. belonging to the family Basellaceae (RRCBI-19196)
Plant sample submitted by Arun Kumar, Purushottam C.M. and SyedIbrahim, VIII semester, PG students, Vivekananda College of Pharmacy, Bengaluru has been identified and authenticated as
117. *Mimosa pudica* L. belonging to the family Fabaceae (RRCBI-10815)
118. *Tribulus terrestris* L. belonging to the family Zygophyllaceae (RRCBI-3265)
119. Plant sample submitted by Mr. Mohammed Ishaq (Reg. No.20PC075), M. Pharmacy student, T. John College of Pharmacy, Bengaluru has been identified and authenticated as *Clerodendrum infortunatum* L. belonging to the family Lamiaceae (RRCBI-20199)
120. Plant sample submitted by Dr. Kattubadi Ayeshabi, PG Scholar, Department of Ilmu Qabalat wa Amraze Niswan, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as *Achillea millefolium* L. belonging to the family Asteraceae (RRCBI-mus312)

121. Plant sample submitted by Deepika S R, Syeda Wajeeha Raksha and Rehan Khan, VII Semester, St. John's Pharmacy College, Bengaluru, has been identified and authenticated as *Trigonella foenum-graecum* L. of the family Fabaceae (RRCBI-19461)
Plant samples submitted by Guru Rakshith R, Ankith NA and Roopa VT, B Pharm, Vivekananda College of Pharmacy, Bengaluru has been identified and authenticated as
122. *Bixa orellana* L. belonging to the family *Bixaceae* (RRCBI-1237)
123. *Garcinia indica* (Thouars) Choisy belonging to the family Clusiaceae (RRCBI-11758)
124. Plant sample submitted by Chongkei Shiu, et al. St. John's Pharmacy College, Bengaluru, has been identified and authenticated as *Piper longum* L. belonging to the family Piperaceae (RRCBI-mus049)
125. Plant sample submitted by Ms. Chandana V, Mr. Maruthi N C, Neha D, Ms. Swathi N. and Ms. Archana B. G., B. Pharm, Department of Pharmaceutics, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been identified and authenticated as *Aloe vera* (L.) Burm. f. belonging to the family Xanthorrhoeaceae (RRCBI-mus109)
Plant samples submitted by Mamatha M.G., Research Scholar, Department of Microbiology, Biotechnology and food technology, Bangalore University, Jnana Bharathi campus, Bengaluru has been identified and authenticated as
126. *Bacopa monnieri* (L.) Wettst. belonging to the family Plantaginaceae (RRCBI-19971)
127. *Centella asiatica* (L.) Urb. belonging to the family Apiaceae (RRCBI-5724)
128. *Withania somnifera* (L.) Dunal belonging to the family Solanaceae (RRCBI-9103)
Plant samples submitted by Shree Kumari G R, (Registration No.21BOT28), M.Sc., Department of Botany, St Joseph's University, Bengaluru has been identified and authenticated as
129. *Cissus quadrangularis* L. belonging to the family Vitaceae (RRCBI-623)
130. *Polyalthia longifolia* (Sonn.) Thwaites belonging to Annonaceae (RRCBI-mus403)
131. *Terminalia catappa* L. belonging to the family Combretaceae (RRCBI-mus404)
Plant samples submitted by Archana O, M.Sc., Department of Botany, St Joseph's University, Bengaluru has been identified and authenticated as
132. *Lantana camara* L. belonging to the family Verbenaceae (RRCBI-2523)
133. *Artemisia scoparia* Waldst. & Kitam. belonging to Asteraceae (RRCBI-mus405).
Plant samples submitted by Dr. Sumanth M.V. Research Associate-BRC, Himalaya Wellness Company, Bengaluru has been identified and authenticated as
134. *Achyranthes aspera* L. belonging to the family Amaranthaceae (RRCBI-11069)
135. *Cyperus scariosus* R.Br. belonging to the family Cyperaceae (RRCBI-mus400)
136. *Didymocarpus pedicellata* R.Br. belonging to Gesneriaceae (RRCBI-mus401).
137. *Onosma bracteatum* Wall. belonging to the family Boraginaceae (RRCBI-mus402)
138. *Cyanthillium cinereum* (L.) H.Rob. belonging to Asteraceae (RRCBI-19652)
139. Plant sample submitted by Abishek M., Biswambar Sarkar, et. al., B. Pharm students, Rajiv Gandhi University of Health Sciences, Bengaluru has been identified and authenticated as *Ficus religiosa* L. belonging to the family Moraceae (RRCBI-4535)
140. Plant sample submitted by Mohammed Ashiq KP, et al., B. Pharm students, Rajiv Gandhi University of Health Sciences, Bengaluru has been identified and authenticated as *Aegle marmelos* (L.) Corr. belonging to the family Rutaceae (RRCBI-9076)
Plant samples submitted by Chaithra H.K., Research Scholar, Department of Microbiology, Bangalore University, Bengaluru has been identified and authenticated as
141. *Commiphora caudata* (Wight & Arn.) Engl. of family Burseraceae (RRCBI-605)
142. *Limonia acidissima* L. belonging to the family Rutaceae (RRCBI-10938)
143. *Sphagneticola calendulacea* (Linnaeus) Pruski of family Asteraceae (RRCBI-mus406)
144. *Tithonia diversifolia* (Hemsl.) A.Gray belonging to Asteraceae (RRCBI-mus203)
145. Plant sample submitted by Bhagya Lakshmi H K, et al., 8th Semester, B. Pharm students, Rajiv Gandhi University of Health Sciences, Bengaluru has been identified and authenticated as *Piper betle* belonging to the family Piperaceae (RRCBI-mus113)
146. Plant sample submitted by Pravitra S, et al., students of The Oxford College of Pharmacy, Bengaluru has been authenticated as *Aegle marmelos* (L.) Corr. of Rutaceae (RRCBI-9076)

147. Plant sample submitted by Rajesh B, Ranjita Ramesh Shetty, Ranjith Kumar R, Roshini S and Rupesh R, Oxford College of Pharmacy, Bengaluru has been identified and authenticated as *Lantana camara* L. of family Verbenaceae (RRCBI-2523)
148. Plant sample submitted by Manasa P., Manohar S, Md Arif irfani and Meena D, Oxford College of Pharmacy, Bengaluru has been identified and authenticated as *Phyllanthus amarus* Schumach. & Thonn. belonging to the family Phyllanthaceae (RRCBI-10790)
149. Plant sample submitted by Kushan Raj p, Lakshmi sagar S, Madala Indrani and Mahesh Gowda B N, Oxford College of Pharmacy, Bengaluru has been identified and authenticated as *Euphorbia hirta* L. belonging to the family Euphorbiaceae (RRCBI-11714)
150. Plant sample submitted by Arjun, Nagaspandana, et al. Oxford College of Pharmacy, Bengaluru has been identified and authenticated as *Epipremnum aureum* (Linden & André) G.S.Bunting belonging to the family Araceae (RRCBI-mus380)
151. Plant sample submitted by Varenya Sarangamath, Vijay Kumar R, Tanushree Jain, Umerkhalid and Thomas Thomas, Oxford College of Pharmacy, Bengaluru has been identified and authenticated as *Centella asiatica* (L.) Urb. belonging to the family Apiaceae (RRCBI-5724)
152. Plant sample submitted by Sudeep D S, Sumithra G, et al., Oxford College of Pharmacy, Bengaluru has been authenticated as *Muntingia calabura* L. belonging to Muntingiaceae (RRCBI-12974)
153. Plant sample submitted by Roshan S, Rutuja, Sandeep Kumar M and Sachin balappa rathod, Oxford College of Pharmacy, Bengaluru has been identified and authenticated as *Aloe vera* (L.) Burm.f. belonging to the family Xanthorrhoeaceae (RRCBI-mus109)
154. Plant sample submitted by Rajesh B, Ranjita Ramesh Sheetty, Ranjith Kumar R, Roshni s and Roopesh R, Oxford College of Pharmacy, Bengaluru has been identified and authenticated as *Emilia sonchifolia* (L.) DC. ex DC. belonging to the family Asteraceae (RRCBI-1881)
155. Plant sample submitted by Pravitra S, Potluri bhavya, Prashanth S, Prathiksha kotari and Priti das, Oxford College of Pharmacy, Bengaluru has been identified and authenticated as *Piper nigrum* L. belonging to the family Piperaceae (RRCBI-20086)
156. Plant sample submitted by Bindu K, Darshan Gowda T S, Divyatha Naidu R and Ellaiavar, Oxford College of Pharmacy, Bengaluru has been identified and authenticated as *Nigella sativa* L. belonging to the family Ranunculaceae (RRCBI-mus393)
Plant samples submitted by Roopa C., M. Pharm, Department of Pharmacognosy, Al-Ameen College of Pharmacy, Bengaluru have been identified and authenticated as
157. *Vitis vinifera* L. (seed) belonging to the family Vitaceae (RRCBI-mus407)
158. *Vitis vinifera* L. (peel) belonging to the family Vitaceae (RRCBI-mus408)
Plant samples submitted by K. B. Neha, M. Pharm, Department of Pharmacognosy, Al-Ameen College of Pharmacy, Bengaluru has been identified and authenticated as
159. *Ficus racemosa* L belonging to the family Moraceae (RRCBI-8021)
160. *Ficus religiosa* L. belonging to the family Moraceae (RRCBI-19623)
161. *Ficus benghalensis* L. belonging to the family Moraceae (RRCBI-13096)
162. *Thespesia populnea* Sol. ex Corrêa belonging to the family Malvaceae (RRCBI-16244)
163. Plant sample submitted by Mohammed Asir E P, et al., B. Pharm., Rajiv Gandhi University of Health Sciences, Bengaluru has been identified and authenticated as *Artocarpus heterophyllus* Lam. belonging to the family Moraceae (RRCBI-8037)
164. Plant sample submitted by Pramod Dodamani (21-P-LP-10), Ph.D. Scholar, department of Livestock Production Management, SRS-NDRI, Bengaluru has been identified and authenticated as *Curcuma longa* L. of family Zingiberaceae (RRCBI-mus277)
165. Plant sample submitted by Ms. Madhura. M. Bose, M. Pharm, Department of Pharmacology, Al-Ameen College of Pharmacy, Bengaluru has been identified and authenticated as *Cucurbita pepo* L. of family Cucurbitaceae (RRCBI-mus179)
166. Plant sample submitted by Durgashree Diwakar, M. Pharm student, Department of Pharmacognosy, KLE College of Pharmacy, Bengaluru has been identified and authenticated as *Dichrostachys cinerea* (L.) Wight & Arn. belonging to the family Fabaceae (RRCBI-5617)
167. Plant sample submitted by Suhail M., M. Pharm, Rajiv Gandhi University of Health Sciences, Bengaluru has been identified and authenticated as *Cosmos sulphureus* Cav. belonging to the family Asteraceae (RRCBI-14002)

168. Plant sample submitted by Ms. Pavithra V., II M. Pharm, Department of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been identified and authenticated as *Crotalaria pallida* Aiton belonging to Fabaceae (RRCBI-13053)
169. Plant sample submitted by Mr. Hanumant ji Sharm, M Pharm (Pharmaceutics), Vivek College of Technical Education, Bijnor (U.P.) has been identified and authenticated as *Eleusine coracana* Gaertn. belonging to the family Poaceae (RRCBI-12954)
170. Plant sample submitted by Umadevi. R, M. Pharm, Department of Pharmacology, Government college of Pharmacy, Bengaluru has been identified and authenticated as *Chenopodium album* L. belonging to the family Amaranthaceae (RRCBI-18022)
171. Plant sample submitted by Prasanna Kumar B., M. Pharm, Department of Pharmacology, Government college of Pharmacy, Bengaluru has been identified and authenticated as *Alternanthera sessilis* (L.) DC. belonging to the family Amaranthaceae (RRCBI-18022)
172. Plant sample submitted by Mohamed Sadiq Ali K P, Harikrishnan R, Midhun P K, Anish Kumar K, B. Pharm, T. John College of Pharmacy, Rajiv Gandhi University of Health Sciences, Bengaluru has been identified and authenticated as *Coffea arabica* L. of family Rubiaceae (RRCBI-mus409)
173. Plant samples submitted by Kalyani Guduri, MSc. student, Bangalore University, Bengaluru has been identified and authenticated as *Cymbopogon flexuosus* (Nees ex Steud.) W. Watson belonging to the family Poaceae (RRCBI-mus231)
174. The plant sample submitted by Dr. Ghulam Nabi Wani, PG Scholar, Department of Ilmu Qabalat wa Amraze Niswan, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as *Crocus sativus* L. belonging to the family Iridaceae (RRCBI-mus410)
175. The plant sample submitted by Mrs Sahana A.N, II M. Pharm student, Department of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been identified and authenticated as *Acalypha indica* L. belonging to Euphorbiaceae (RRCBI-849)
176. The plant sample submitted by Shwetha, IInd year, IIIrd sem. M. Pharm student, Department of Pharmacology, Government College of Pharmacy, Bengaluru has been identified and authenticated as *Jasminum auriculatum* Vahl belonging to the family Oleaceae (RRCBI-9003)
177. The plant sample submitted by Ganavi B R, IInd year, IIIrd sem. M. Pharm student, Department of Pharmacology, Government College of Pharmacy, Bengaluru has been identified and authenticated as *Linum usitatissimum* L. belonging to the family Linaceae (RRCBI-mus176)
178. The plant sample submitted by Mr Sai Thrinay, M. Pharm student, Department of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been identified and authenticated as *Byttneria herbacea* Roxb. belonging to the family Malvaceae (RRCBI-8274)
179. The plant sample submitted by Ms Dharmashree S, 3rd sem. M. Pharm student, Department of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been identified and authenticated as *Areca catechu* L. belonging to Arecaceae (RRCBI-mus114)
180. The plant sample submitted by Ms. Lohitha B, 3rd sem. M. Pharm student, Department of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been identified and authenticated as *Ficus benjamina* L. belonging to Moraceae (RRCBI-mus412)
181. The plant sample submitted by Ms. Silpachandran P V, M. Pharm, Department of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been identified and authenticated as *Boerhavia erecta* L. belonging to the family Nyctaginaceae (RRCBI-18739)
182. Plant samples submitted by Mrs. Nadasha K V, Department of Chemistry and Biochemistry, School of Sciences, Jain University), Bengaluru has been identified and authenticated as *Punica granatum* L. belonging to the family Lythraceae (RRCBI-13286)
183. *Mangifera indica* L. belonging to the family Anacardiaceae (RRCBI-mus110)
184. *Pimenta dioica* (L.) Merr. belonging to the family Myrtaceae (RRCBI-mus411)
185. Plant sample submitted by Abdul Basith, M. Pharm. Department of Pharmacology, East West College of Pharmacy, Bengaluru has been identified and authenticated as *Biophytum sensitivum* (L.) DC. belonging to the family Oxalidaceae (Ref. RRCBI-7365)
186. Plant sample submitted by Amir Sohel, M. Pharm. Department of Pharmacology, East West College of Pharmacy, Bengaluru has been identified and authenticated as *Manihot esculenta* Crantz belonging to the family Euphorbiaceae (Ref. RRCBI-mus168)

187. Plant sample submitted by Arundhati, M. Pharm. Department of Pharmacology, East West College of Pharmacy, Bengaluru has been identified and authenticated as *Blepharis maderaspatensis* (L.) B. Heyne belonging to the family Acanthaceae (Ref. RRCBI-mus34)
188. Plant sample submitted by Jha Aditya Gulab Kishor, M. Pharm. Department of Pharmacology, East West College of Pharmacy, Bengaluru has been identified and authenticated as *Lantana camara* L. belonging to Verbenaceae (Ref. RRCBI-2523)
189. Plant sample submitted by Md Ashikur Rahaman, M. Pharm. Department of Pharmacology, East West College of Pharmacy, Bengaluru has been identified and authenticated as *Calotropis gigantea* (L.) Dryand. belonging to the family Apocynaceae (Ref. RRCBI-8770)
190. Plant sample submitted by Pyntngenglang Lyngkhai, M. Pharm. Dept. of Pharmacology, East West College of Pharmacy, Bengaluru has been identified and authenticated as *Syzygium cumini* (L.) Skeels belonging to the Myrtaceae (RRCBI-5418)
191. Plant sample submitted by Ramiz Rana Hossain, M. Pharm. Department of Pharmacology, East West College of Pharmacy, Bengaluru has been identified and authenticated as *Manihot esculenta* Crantz belonging to the family Euphorbiaceae (Ref. RRCBI- mus168)
192. Plant sample submitted by Shreya Prasad, M. Pharm. Department of Pharmacology, East West College of Pharmacy, Bengaluru has been identified and authenticated as *Thespesia populnea* Sol. ex Corrêa belonging to the family Malvaceae (Ref. RRCBI-16244)
193. Plant sample submitted by Subhajit Dutta, II. M. Pharm. Department of Pharmacology, East West College of Pharmacy, Bengaluru has been identified and authenticated as *Muntingia calabura* L. belonging to the family Muntingiaceae (RRCBI-12974)
Plant samples submitted by Dr. Prasanna Kumar CN, Botanical Resource Center-BRC, Himalaya Wellness Company, Bengaluru has been identified and authenticated as
194. *Andrographis paniculata* (Burm.f.) Nees belonging to Acanthaceae (RRCBI-956)
195. *Cichorium intybus* L. belonging to the family Asteraceae (RRCBI mus324)
196. *Plectranthus amboinicus* (Lour.) Spreng. belonging to Lamiaceae (RRCBI-mus214)
197. *Eclipta prostrata* (L.) L. belonging to the family Asteraceae (RRCBI-8810)
198. *Eucalyptus globulus* Labill. belonging to the family Myrtaceae (RRCBI-17965)
199. *Hibiscus rosa-sinensis* L. belonging to the family Malvaceae (RRCBI-1131)
200. *Azadirachta indica* A. Juss. belonging to the family Meliaceae (RRCBI-8970)
201. *Phyllanthus maderaspatensis* Forssk. belonging to the family Phyllanthaceae (RRCBI-3228)
202. *Pongamia pinnata* (L.) Pierre belonging to the family Fabaceae (RRCBI-19328)
203. *Cullen corylifolium* (L.) Medik. belonging to the family Fabaceae (RRCBI-mus94)
204. *Rosmarinus officinalis* L. belonging to Lamiaceae (RRCBI-mus18)
205. *Tephrosia purpurea* (L.) Pers. belonging to the family Fabaceae (RRCBI-mus413)
206. *Tephrosia purpurea* (L.) Pers. belonging to the family Fabaceae (RRCBI-mus414)
207. Plant sample submitted by Amrutha C, Research Scholar, Department of Natural products, NIPER Hyderabad, Telangana, has been identified and authenticated as *Chamaecostus cuspidatus* (Nees & Mart.) C.D. Specht & D.W. Stev. belonging to Costaceae (RRCBI-mus415)
Plant samples submitted by Dr. Omair Malik Sufwan Asef, Department of Ilmu Saidla, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as
208. *Solanum nigrum* L. belonging to the family Solanaceae (RRCBI-1896)
209. *Cichorium intybus* L. belonging to the family Asteraceae (RRCBI- mus324)
210. Plant samples submitted by Dr. Malik Itirat, Assistant Professor, Dept. of Tahaffuzi wa Samaji Tib, National Institute of Unani Medicine, Bengaluru has been identified and authenticated as *Ferula foetida* Regel belonging to the family Apiaceae (RRCBI-mus421)

Plant samples submitted by Abha Singh, Ankit Kumar Mishra, Deepak Kumar and Naresh Kumar G, St. John's Pharmacy College, Bengaluru, has been identified and authenticated as

211. *Azadirachta indica* A. Juss. belonging to the family Meliaceae (RRCBI-8970)
212. *Pongamia pinnata* (L.) Pierre belonging to the family Fabaceae (RRCBI-19328)
213. The plant sample submitted by Kiran P, M Pharm. Oxford College of Pharmacy, Bengaluru has been authenticated as *Epiphyllum oxypetalum* (DC.) Haw. of Cactaceae (RRCBI-mus416)
214. Plant sample submitted by Monisha K.C, M Pharm. Oxford College of Pharmacy, Bengaluru has been authenticated as *Artocarpus heterophyllus* Lam. of Moraceae (RRCBI-8037)
215. Plant sample submitted by Nithin C, M Pharm. Oxford College of Pharmacy, Bengaluru authenticated as *Artocarpus heterophyllus* Lam. belonging to Moraceae (RRCBI-8037)
216. Plant sample submitted by Purushotham M, M Pharm. Oxford College of Pharmacy, Bengaluru has been authenticated as *Pimenta dioica* (L.) Merr. belonging to Myrtaceae (RRCBI-mus418)
217. Plant sample submitted by Monisha S, M Pharm, Oxford College of Pharmacy, Bengaluru has been authenticated *Manilkara zapota* (L.) P. Royen of Sapotaceae (RRCBI-mus417)
218. Plant sample submitted by Yakshitha. M, M Pharm. Oxford College of Pharmacy, Bengaluru has been authenticated as *Averrhoa carambola* L. belonging to Oxalidaceae (RRCBI-mus420)
219. Plant sample submitted by Shiwani Singh, M Pharm. Oxford College of Pharmacy, Bengaluru has been authenticated as *Cichorium intybus* L. belonging to Asteraceae (RRCBI-mus419)
220. Plant sample submitted by Mr. Pawan M G and Jubilee Santosh M, M Pharm. College of Pharmaceutical Sciences, Dayananda Sagar University, Bengaluru has been identified and authenticated as *Artemisia pallens* Wall. ex DC. belonging to Asteraceae (RRCBI-mus299)
Plant samples submitted by Dr. Prasanna Kumar C N, Botanical Resource Center -BRC, Himalaya Wellness Company, Bengaluru has been identified and authenticated as
221. *Boswellia serrata* Roxb. belonging to the family Burseraceae (RRCBI-mus372)
222. *Avena sativa* L. belonging to the family Poaceae (RRCBI-mus204)
223. *Lavandula angustifolia* Mill. belonging to the family Lamiaceae (RRCBI-mus422)
224. *Pelargonium graveolens* L'Her belonging to the family Geraniaceae (RRCBI-mus423)
225. *Daucus carota* L. belonging to the family Apiaceae (RRCBI-424)
226. *Sapindus mukorossi* Gaertn. belonging to the family Sapindaceae (RRCBI-425)
227. Plant sample submitted by Deepsika Chhetri, M. Pharm. Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been identified and authenticated as *Kaempferia rotunda* L. belonging to the family Zingiberaceae (RRCBI-427)
228. Plant sample submitted by Lalhriatpuii, M. Pharm., Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been identified and authenticated as *Crotalaria juncea* L. belonging to the family Fabaceae (RRCBI-10207)
229. Plant sample submitted by Vinayak Pawar, M. Pharm., Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been identified and authenticated as *Brassica oleracea* L. var. *acephala* DC. belonging to Brassicaceae (RRCBI-mus309)
230. Plant sample submitted by Supriya B K, M. Pharm., Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been identified and authenticated as *Operculina turpethum* (L.) Silva Manso belonging to Convolvulaceae (RRCBI-426)

231. Plant sample submitted by Deekshitha A, M. Pharm., Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been identified and authenticated as *Decalepis hamiltonii* Wight & Arn. belonging to the family Apocynaceae (RRCBI-8781)
232. Plant sample submitted by Santhosh Sairam GP, Department of Pharmacology, Government College of Pharmacy, Bengaluru has been identified and authenticated as *Trichosanthes cucumerina* L. belonging to the family Cucurbitaceae (RRCBI-20225)
233. Plant sample submitted by Karthik. V, Department of Pharmacology, Government College of Pharmacy, Bengaluru has been identified and authenticated as *Limonia acidissima* L. belonging to the family Rutaceae (RRCBI-10938)
234. Plant sample submitted by Yamini BR, M. Pharm., Deptat. of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been authenticated as *Lemna minor* L. of Araceae family (RRCBI-mus428)
235. The plant sample submitted by Rachana G, M. Pharm, Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been and authenticated as *Bergenia ciliata* (Haw.) Sternb. belonging to the family Saxifragaceae (RRCBI-mus250)
236. Plant sample submitted by Sini K Eapen, Dept. of Pharmacognosy, Govt. College of Pharmacy, Bengaluru has been authenticated as *Eryngium foetidum* L. belonging to Apiaceae (RRCBI-19859)
237. Plant sample submitted by Monisha M, Department of Pharmacognosy, Government College of Pharmacy, Bengaluru has been identified and authenticated as *Vanda coerulea* Griff. ex Lindl. belonging to the family Orchidaceae (RRCBI-430)
238. The plant sample submitted by Rashmi K, Department of Pharmacognosy, Government College of Pharmacy, Bengaluru has been identified and authenticated as *Kalanchoe pinnata* (Lam.) Pers. belonging to the family Crassulaceae (RRCBI-7692)
239. Plant sample submitted by Tejaswini C, Department of Pharmacognosy, Government College of Pharmacy, Bengaluru has been identified and authenticated as *Decalepis hamiltonii* Wight & Arn. belonging to Apocynaceae (RRCBI-8781)
240. Plant sample submitted by Anusha DV, Deptat. of Pharmacognosy, Government College of Pharmacy, Bengaluru has been authenticated as *Lepidium sativum* L. belonging to Brassicaceae (RRCBI-429)
- Plant samples submitted by Meghana HN, Department of Pharmacognosy, Government College of Pharmacy, Bengaluru has been identified and authenticated as
241. *Vanda coerulea* Griff. ex Lindl. belonging to the family Orchidaceae (RRCBI-430)
242. *Decalepis hamiltonii* Wight & Arn. belonging to Apocynaceae family (RRCBI-8781)
243. Plant sample submitted by Mahendra KV, Department of Pharmacognosy, Government College of Pharmacy, Bengaluru has been identified and authenticated as *Dolichandrone falcata* (Wall. ex DC.) Seem. of family Bignoniaceae (RRCBI-19674)
244. Plant sample submitted by Pooja AR, Lavesh G. Jain, Sanjay S and Manjunath C, VII Semester, St. John's Pharmacy College, Bengaluru has been identified and authenticated as *Musa paradisiaca* L. belonging to Musaceae (RRCBI-mus144)
245. Plant sample submitted by Ramana Gowda B, M. Pharm., College of Pharmaceutical Sciences, Dayanand, Sagar University, Bengaluru has been identified and authenticated as *Abutilon hirtum* (Lam.) Sweet of Malvaceae (RRCBI-8965)
246. Plant sample submitted by Mr. Prashanth CB, M. Pharm., College of Pharmaceutical Sciences, Dayanand, Sagar University, Bengaluru has been identified and authenticated as *Vicia lens* (L.) Coss. & Germ. of Fabaceae (RRCBI-mus431)
- Plant samples submitted by Shree Kumari GR, Ajith Kumar K, Sathvik G and Yashaswini DM, Department of Botany, St Joseph's University, Bengaluru has been identified & authenticated as
247. *Platycladus orientalis* (L.) Franco belonging to Cupressaceae (RRCBI-mus435)
248. *Afrocarpus gracilior* (Pilg.) C.N. Page belonging to Podocarpaceae (RRCBI-mus436)
- Plant samples submitted by Shruthi C N, Research Scholar, Department of studies in Botany, Davangere University, Bengaluru, has been identified and authenticated as
249. *Apluda mutica* L. belonging to the family Poaceae (RRCBI-13571)
250. *Themeda triandra* Forssk. belonging to the family Poaceae (RRCBI-mus432)
251. *Eragrostis tenella* (L.) P. Beauv. ex Roem. & Schult. of family Poaceae (RRCBI-mus433)

252. *Melinis repens* (Willd.) Zizka belonging to the family Poaceae (RRCBI-mus434)
253. Plant sample submitted by Ms. Khushi Jain, Ms. Gifty JY, et al. B. Pharm., College of Pharmaceutical Sciences, Dayanand, Sagar University, Bengaluru has been authenticated as *Mangifera indica* L. belonging to Anacardiaceae (RRCBI-mus110)
254. Plant sample submitted by Ms. Khushi Jain, Ms. Gifty JY, Ms. Yashaswini M, Mr. Guru Kiran and Mr. Karthi Balaji, B. Pharm., College of Pharmaceutical Sciences, Dayanand, Sagar University, Bengaluru has been authenticated as *Punica granatum* L. belonging to Lythraceae (RRCBI-13286)
255. Plant sample submitted by Ms. Khushi Jain, Ms. Gifty JY, Ms. Yashaswini M, Mr. Guru Kiran and Mr. Karthi Balaji, B. Pharm, College of Pharmaceutical Sciences, Dayanand, Sagar University, Bengaluru has been authenticated as *Mentha spicata* L. belonging to Lamiaceae (RRCBI-mus437)
- Plant samples submitted by Deepa K.N, Research Scholar, Department of studies in Botany, Davangere University, Bengaluru, has been identified and authenticated as
256. *Digera muricata* Mart. belonging to the family Amaranthaceae (RRCBI-19516)
257. *Commelina benghalensis* L. belonging to the family Commelinaceae (RRCBI-1949)
258. *Celosia argentea* L. belonging to the family Amaranthaceae (RRCBI-8757)
259. *Launaea procumbens* (Roxb.) Amin belonging to Asteraceae (RRCBI-18671)
260. Plant sample submitted by Kanchan Singh, PES University Hanumanthanagar campus, Bengaluru, has been identified and authenticated as *Chamaecostus cuspidatus* (Nees & Mart.) C.D. Specht & D.W. Stev. belonging to the family Costaceae (RRCBI-mus415)

o) Any other information, Please specify:

Submission of SMPU progress reports to CCRAS Hqrs., New Delhi:

- Prepared and submitted annual progress report of Survey of Medicinal Plants Unit to CCRAS Hqrs. for the period 2022-23.
- Monthly and quarterly reports of SMPU has been prepared and submitted for the year 2022-23.

Submission of SMPU progress reports to CCRAS Hqrs., New Delhi:

- Prepared and submitted annual progress report of Survey of Medicinal Plants Unit to CCRAS Hqrs. for the period 2021-22.
- Monthly and quarterly reports of SMPU and projects has been prepared and submitted for the year 2022-23.

Information for CCRAS News Letter:

- Information related to activities, work progress of IMR projects has been submitted to CARI Bengaluru periodically for preparation of CCRAS News Letter.

Establishment of Poshan Vatika:

- As per the directions from CCRAS, Plantation done at 05 EMRS i.e. Sollepura village, HD Kote taluk, Mysore district and Gangannagaripalli village, Srinivasapura taluk, Kolar district, Mangala village, Hanur taluk, Chamarajanagar district and Devarakota village, Hiriya taluk, Chitradurga district and Tarve village, Mudigere taluk, Chikmagalur district on 24.09.2022, 30.09.2022, 24.10.2022 and 28.10.2022 respectively under 'Establishment of Poshan Vatika' programme. At all the places fruits yielding medicinal tree species were planted as per the Standard operating protocol (SoP). Based on the availability, fruit yielding medicinal plant trees saplings of 32 species have been procured from the plant nurseries. With help of school authorities, total 641 saplings were planted at 5 selected EMRS viz. Sollepura village, HD Kote taluk, Mysore district; Gangannagaripalli village, Srinivasapura taluk, Kolar district; Mangala village, Hanur taluk, Chamarajanagar district; Devarakotta village, Hiriya taluk, Chitradurga district; Tarve village, Mudigere taluk, Chikmagalur district between 24.09.2022 to 28.10.2022. The following staff from CARI Bengaluru actively involved in establishment of poshan vataki:
 - Dr. V. Rama Rao, Research Officer (S-3) Botany
 - Dr. Thejaswini C, Research Officer (Ayurveda)
 - Miss. Bhavana R, Research Assistant (Botany)
 - Mrs. Ritu Sinha, Research Assistant (Botany)
 - Mr. Suresh Kumar, Research Assistant (Chemistry)
 - Mr. Yatish Kumar, Driver
- Plantation programmes at Government schools at Kaggalahalli on 23.09.2022 and Kaggalipura 26.09.2022 under SEWA PAKHWADA.

Information on availability and supply of crude drugs for IMR projects:

- As per the directions from CCRAS, responded to the communications regarding availability of crude drugs and accordingly collected, processed and supplied the raw material to various Institutions under CCRAS for smooth running of IMR projects.

Submission of IMR Collaborative Research Projects:

- As per the directions from DG, CCRAS New Delhi, the following two IMR collaborative research projects were presented in Internal Scrunity Committee and final project proposals submitted and got sanctioned:

Sl. No.	Project title	Collaborative Institute	Budget sanctioned (Rs.)	Budget released (Rs.)
1.	Comparative Evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants	ICAR-Indian Institute of Horticultural Research, Hesaraghatta, Bengaluru	Rs. 61,14,252/-	Rs.10,14,684/-
2.	Study of seasonal variation on Bioactive Compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda	University of Agricultural Sciences, GKVK, Bengaluru	Rs. 28,64,480/-	Rs.09,44,240/-

Information provided to CCRAS druig 2022-23:

- As per instruction from CCRAS, New Delhi, provided Accession number of 170 plants.
- As per instruction from CCRAS, New Delhi, current status of the IMR projects and budget requirement for the year 2022-23 and 2023-24 were submitted.
- Submitted the details of major achievements and milestones in the Medicinal Plant Research of the institute during 2014-2022 to CCRAS.
- Details of IMR & IMR collaborative projects expenditure under Medicinal Plant Research was submitted to CCRAS.
- Plant photographs (Habitat, Leaf and flower) of 15 plants were submitted to MPR Section, CCRAS Headquarters.
- Plant photographs including Habitat and part used belonging to 07 species were submitted to CSMCARI, Chennai as per the demand.
- Scan copy of english version of Vrksayurveda of Prasara (A treatise on Plant Sciences) was submitted to MPR Section, CCRAS Headquarters.
- Scan copy of some controversial drugs in Indian Medicine by Dr.Bapalal Vaidhya was submitted to MPR Section, CCRAS.

Technical review meeting:

- Participated in MPR meeting conducted by MPR Section on 29.04.2022, 02.06.2022 on monthly review of IMR project and individual staff of MPR on research work and presented the work progress of IMR projects.
- Attended new project proposal presentation meeting conducted by CCRAS Hqrs on 28.06.2022.

- Participated in Review meeting on Anthology MEBS Project-Monographs conducted by CCRAS, Head Quarters on 03.09.2022, 14.11.2022, 12.12.2022, 20.02.2023 and 21.03.2023.
- Dr. V. Rama Rao Participated and presented new project proposals in ISC Meeting- New project proposal presentation conducted by CCRAS Hqrs. on 25.11.2022.

LHT documentation under THCRP

- Dr. V. Rama Rao, R. O. (S-3) Botany and Co-I of THCRP program actively involved in documentation, identification of botanical raw drugs used by local healers and contributed in documentation of 13 LHTs from HD Kote taluk, Mysore district during the reporting period. Miss. Bhavana R, Research Assistant (Botany) involved in processing of herbarium specimens and accessioning.

Submission of Plant Photographs:

- As per the requirement from CCRAS Hqrs., submitted 40 good quality plant photographs including natural habit, flower and leaf belonging to 15 species available with SMPU submitted.

Administrative work:

- Dr. V Rama Rao, R.O (Botany) is attending staff recruitment related work.
- Assisted in the compilation, editing, formatting and final submission of annual progress report of the department and institute for the year 2021-2022.
- Physical Verification Committee during April 2022 to verify stock registers.
- Dr. V Rama Rao, R.O (Botany) involved in prepared and submitted a report on “pinning a flag on website and selfie with tiranga by employees during 13-15 August 2022 and submitted to CCRAS.
- Dr. V Rama Rao, R.O (Botany), Ms R.Bhavana, R A (Botany) and Smt Ritu Sinha, R A (Botany) were the members of scrutiny committee of applications for walk in interview for contractual post of SRF (Ay.), Programme Assistant, Office Assistant and Pharmacist for AMRA Project and other IMR Projects.
- As ‘Chairperson’ of “Code Red Committee” and member of “Purchase Committee” Dr. V Rama Rao, R.O (Botany) is attending related assignments as a part of NABH accreditation of CARI.
- As per the directions from the Assistant Director I/c, all the botany staff are actively involved in assigned work related to NABH accreditation, Pohan Vatika establishment, Ayurveda Day celebrations, etc., from time to time.
- As per the directions from Assistant Director in-charge, SMPU staff actively involved in preparations for Hindi Parliamentary Committee inspection to be held on 04.11.2022.
- SMPU staff actively involved in observation of ‘Swachta Pakhwada’ and ‘Vigilance Awareness’ and ‘Ayurveda Day’ activities organized by CARI, Bengaluru.
- As per the directions from Assistant Director in-charge, SMPU staff actively involved in preparations and Dr.V.Rama Rao, R.O Botany, participated in Hindi Parliamentary Committee inspection held on 04.11.2022.
- SMPU staff actively involved in observation of ‘Vigilance Awareness’ activities organized by CARI, Bengaluru.
- SMPU staff were allotted in different committees for the organization of Awareness Program on Pharmacovigilance and Sensitization Programme on Namaste Portal held on 26/11/2022 and 29.11.2022- 30.11.2022 respectively.

- Ms. R. Bhavana, Research Assistant (Botany) assisted in the renewal process of Aadhar Enabled Biometric Attendance System (AEBAS) of the institute.
- Smt. Ritu Sinha, R.A (Botany) was in the selection committee (As a member) of the interviews conducted for 2 posts of JRF on 15.02.2023
- All the botany staff are actively involved in maintaining the greenery, cleanliness of CARI campus by instructing the MTS staff (daily basis) from time to time.

Sale of medicinal plants saplings:

- To create general awareness on cultivation of medicinal plants among public, the following saplings sold at CARI Bengaluru OPD during the year 2022-23:

Sl. No.	Name of the species	Price per sapling	No. of saplings sold	Amount (Rs.)
1.	<i>Ocimum sanctum</i> Linn.	10.00	37	370
2.	<i>Aloe barbadensis</i> Miller.	10.00	20	200
3.	<i>Coleus amboinicus</i> Lour.	10.00	41	410
4.	<i>Bacopa monnieri</i> (L.) Pennell	10.00	29	290
5	<i>Tinospora cordifolia</i> (Willd.) Miers	10.00	17	170
6	<i>Mentha arvensis</i> L.	10.00	19	190
7	<i>Azadirachta indica</i> A. Juss.	10.00	16	160
8	<i>Centella asiatica</i> (L.) Urban	10.00	36	360
9	<i>Hemigraphis colorata</i> (Blume) H.G. Hallier	10.00	15	150
10	<i>Adhatoda vasica</i> (L.) Nees	10.00	32	320
11	<i>Saraca asoca</i> (Roxb.) De. Wild	10.00	15	150
12	<i>Salvia hispanica</i> L.	10.00	15	150
13	<i>Cissus quadrangularis</i> L.	10.00	15	150
14	<i>Cymbopogon citratus</i> (DC.) Stapf	10.00	15	150
Total =			322	3220

Campaign of 'AYUSH AAPKE DWAR'

- Under "AYUSH AAPKE DWAR" campaign, CARI, Bengaluru conducted 16 camps for free distribution of medicinal plant saplings produced under National Medicinal Plants Board (NMPB) funded Nursery project and distributed around 4287 saplings among 1580 individuals including farmers/households/students and others during 2022-2023.

Details of medicinal plants distributed under 'AYUSH AAPKE DWAR'

Sl. No.	Date	Occasion of plant distribution	No. of saplings distributed	No. of individuals
	01.04.2021 to 31.03.2022	AYUSH AAPKE DWAR and on other occasions	3379	-
1.	25.04.2022 to 27.04.2022	NABH Workshop	135	-
2.	21.05.2022 to 28.05.2022	At OPD facility, CARI Bengaluru under AYUSH AAPKE DWAR.	267	65
3.	08.06.2022	World Environment Day	245	150
4.	21.06.2022 to 26.06.2022	International Day of Yoga-2022, Mysore		
5.	29.06.2022	At OPD facility, CARI Bengaluru under AYUSH AAPKE DWAR		
6.	15.07.2022	At Gram panchayath of Kaggalipura village under AYUSH AAPKE DWAR	455	235
7.	25.07.2022	Visit of students and teachers of Valiants Academy, Bengaluru		
8.	27.07.2022 to 31.07.2022	National Arogya Fair-Jiganasa 2022		
9.	30.08.2022	At Vajarahalli village under AYUSH AAPKE DWAR	415	125
10.	24.09.2022 to 30.09.2022	At OPD facility, CARI Bengaluru under AYUSH AAPKE DWAR	745	355
11.	23.09.2022	At Government School, Kaggalahalli under SEWA PAKHWADA		
12.	26.09.2022	At Government School, Kaggalipura under SEWA PAKHWADA		
13.	22.10.2022 to 31.10.2022	At OPD facility, CARI Bengaluru under AYUSH AAPKE DWAR	2025	650
Totatl			4287	1580

INTRA MURAL RESEARCH PROJECT-I

Project title : Development of Micro Forest of Medicinal Plants by using Miyawaki Method of Plantation

Principal Investigator : Dr. V. Rama Rao, Research Officer (S-2) Bot.

Co-Investigator(s) : Dr. Raghavendra Naik, Research Officer (Ay.)
Dr. Bhavya BM, Research Officer (Ay.)

Duration : 3 years

Date of Initiation : April 2019

Date of completion : June 2023 for technical work

Primary objective:

- To conduct experimental trials to create mini forest of medicinal plants by using Miyawaki method
- To raise seedling of selected plants in the nursery
- To conserve ecological status of medicinal plants of Bengaluru region
- To study the feasibility of Miyawaki method for medicinal plants

Secondary objective:

- To maintain biodiversity of the selected region
- To restore the land of RARIMD garden

Budgetary details:

(F.No. 3-17/2019-CCRAS/Admn./IMR/Miyawaki/5936, dated 25.03.2019)

Budgetary breakup (year wise):	1 st year	2 nd Year	Total sanctioned	Amount released	Expenditure	Unspent
Salary Daily wage laborers as per the rates fixed by labor ministry of state	1,38,000	1,80,000	3,18,000	3,20,821	3,17,801	3,020
Soil manure	1,00,000	32,000	1,32,000	1,17,050	1,11,773	5,277
Stationary /printing material	25,000	25,000	50,000	44,601	42,152	2,449
Contingency	1,50,000	1,50,000	3,00,000	2,90,735	2,90,714	21
Grand Total	4,13,000	3,87,000	8,00,000	7,73,207	7,62,440	10,767

1st Instalment: Rs. 4,13,000/- released on 27th March 2019

(Ref: F.No. General/Expenditure/CCRAS/Hqrs./2018-19/1834 dtd. 27 March 2019)

2nd Instalment: Rs. 3,87,000/- released on 24th August 2020

(Ref: F.No. 3-17/2019-CCRAS/Admn/IMR/Miyawaki/2271 dtd. 24 August 2020)

Total budget sanctioned: Rs. 8,00,000/-

Total budget released: Rs. 7,73,207/-

Total expenditure incurred: Rs. 7,62,440/-

Balance amount Rs. 10,767/- sent to CCRAS,Hqrs on 18.04.2022

1. The protocol viz. pre-preparation, during plants and post-plantation; followed for the experimental and controlled plantation:

Land Development:

Approximately 2800 sq. ft land available behind the RARIMD admin block was demarcated for development of mini forest through Miyawaki Method of Plantation. The land cleaned for plastic waste and was leveled with help of JCB. Simultaneously, required quantity of biomass (cow dung and vermi-compost 3 tonn each) and cocopeat was procured from local vendors. With help of JCB, up to 2 ft soil excavated at the Miyawaki forest site and biomass was mixed and soil and leveled.

Plantation:

About 1650 plant samplings belonging to 31 species have been planted with 1 to 1.5 ft. gap at the selected site of Miyawaki at RARIMD, Bengaluru in June 2019. Cocopeat is applied as 'top layer' to retain moisture for long time and the entire covered with paddy straw to avoid evaporation of water from sunlight. This will help to maintain moisture content and nutritional profile of the soil. The samplings were provided supporting sticks to withstand heavy winds. Watering done frequently alternative days depending on the weather condition. Weeding was done frequently in the Miyawaki site.

At controlled site, the soil was just loosen and plantation done in conventional method. A gap of 3-4 ft. is maintained between the samplings.

2. The observations and the pictorial comparison of both the plantation w.r.t. each planted sp. (high resolution photographs from the same distance and angle).

Ten randomly selected saplings of each species were marked for growth observation in experimental plot whereas due to limited number, all the samplings planted under control condition were measured for growth observation. Reading of height and girth measured for 3 months interval for both experimental and control plantation.

Among the 31 species planted under experimental conditon, fast growth is observed in *Bauhinia purpurea* L., *Melia dubia* Cav., *Terminalia arjuna* (Roxb.) Wight & Arn., *Gmelina arborea* Roxb., *Syzygium cumini* (L.) Skeels, *Ficus racemosa* L., *Terminalia catappa* L. Other species such as *Holoptelia integrifolia* (Roxb.) Planch., *Pterocarpus marsupium* Roxb., *Butea monosperma* (Lam.) Taub., *Tamarindus indica* L., *Limonia acidissima* L., *Tectona grandis* L.f. showed moderate growth. All the planted saplings of *Santalum album* L. and *Anacardium occidentale* could not survive after 2nd year of plantation.

Work summary:

Collected total 1745 saplings belonging to 31 species at nominal rate from forest nurseries located in and around Bengaluru city to plant under Miyawaki Project. Out of these, about 1560 saplings belonging to 31 species planted under experimental conditions whereas 90 saplings belonging to 22 species planted under control condition.

Sl. No.	Sanskrit name	Botanical name	No. of samplings	
			Experimental	Control
1.	Gambhari	<i>Gmelina arborea</i> Roxb.	64	06
2.	Bibhitaki	<i>Terminalia belirica</i> Wall.	85	05
3.	Raktacandana	<i>Pterocarpus santalinus</i> L.f.	77	10
4.	Asana	<i>Pterocarpus marsupium</i> Roxb.	85	05
5.	Jambu	<i>Syzygium cumini</i> (L.) Skeels	105	10
6.	Kakodumbar	<i>Ficus racemosa</i> L.	32	03
7.	Ashvatha	<i>Ficus religiosa</i> L.	33	02
8.	Kanchanara	<i>Bauhinia purpurea</i> L.	22	03
9.	Karanja	<i>Pongamia pinnata</i> (L.) Pierre.	94	06
10.	Simsapa	<i>Dalbergia latifolia</i> Roxb.	73	05

11.	Madhuka	<i>Madhuca longifolia</i> (J.Koenig ex L.) J.F.Macbr.	57	06
12.	Kapitha	<i>Limonia acidissima</i> L.	25	00
13.	Sigru	<i>Moringa oleifera</i> Lam.	33	02
14.	Nimba	<i>Azadirachta indica</i> A. Juss.	96	04
15.	Arjun	<i>Terminalia arjuna</i> (Roxb.) Wight & Arn.	82	08
16.	Sitaphala	<i>Annona squamosa</i> L.	25	00
17.	-	<i>Swietenia macrophylla</i> King	15	00
18.	Chincha	<i>Tamarindus indica</i> L.	10	00
19.	Mahanimba	<i>Melia dubia</i> Cav.	50	00
20.	Svetacnadana	<i>Santalum album</i> L.	74	01
21.	Saka	<i>Tectona grandis</i> L.f.	39	01
22.	Palasha	<i>Butea monosperma</i> (Lam.) Taub.	50	00
23.	Kajutaka	<i>Anacardium occidentale</i> L.	49	01
24.	Panasa	<i>Artocarpus heterophylla</i> Lam.	28	02
25.	Amra	<i>Mangifera indica</i> L.	24	01
26.	Deshibadami	<i>Terminalia catappa</i> L.	25	00
27.	Amalaki	<i>Phyllanthus emblica</i> L.	72	03
28.	Chirabilva	<i>Holoptelia integrifolia</i> (Roxb.) Planch.	69	03
29.	Amruta	<i>Psidium guajava</i> L.	10	00
30.	Shami	<i>Acacia ferruginea</i> DC.	10	00
31.	Bakula	<i>Mimusops elengi</i> L.	47	03
Total =			1560	90

Present status: Completed (as on June 2023 for technical work of the project)

INTRA MURAL RESEARCH PROJECT-II

Project title : Anthology of Survey Research Outcome from Medico Ethno Botanical Survey (MEBS)
Principal Investigator : Dr. V. Rama Rao, Research Officer (S-2) Bot.
Co-Investigator(s) : Dr. Raghavendra Naik, Research Officer (Ay.)
: Mrs. Nazneen, R.A. (Botany)
: Ms. Bhavana R, R.A. (Botany)
: Mrs. Ritu Sinha, R.A. (Botany)
Duration : 2 years
Date of Initiation : 15th July 2021
Date of Completion : Ongoing (14th July 2023)
Primary Objectives :

- To complete the survey gap of MEBS tour conducted since 2014- 2015 to 2018-2019 i.e. missing Photographs/GPS data/ Herbarium sheets/ LHT data (for Photograph/ Plant part)
- To conduct the survey tour for Identification of Un-identified Plant Species during the above survey.
- To prepare the monograph of MEBS data as per prescribed format.

Budgetary and Expenditure details

S. No	Year	Sanctioned Amount	Released Amount	Expenditure	Unspent
1	2021-2022	3,00,000	3,00,000	2,98,904	1096 (remitted to CCRAS Hqrs. On 18.04.2022)
2	2022-2023	1,50,000	1,47,941	1,44,226	3715 balace

1st installment: Rs. 3,00,000/- released on 16th July 2019

(Sanction order: F.No. 3-24/2021-CCRAS/Admn/IMR/1782 Dtd. 14.07.2021)

(फ. सां .सी. बी./99/सीसीआरएस/मुख्यालय/2021-22/275 Dtd. 16.07.2021)

IInd installment: Rs.50,000 released on 23.06.2022, Rs. 47,941 released on 02.11.2022

(F.No. 3-3/2017-CCRAS/Admn/IMR/1589 Dtd. 23.06.2022)

Work Progress:

The study is proposed to complete in 2 years duration for compilation and final preparation of district wise monographs including fieldwork for documentation of photographs and gaps in the data, if any. During the reporting period, four MEBS tours were conducted in Kolar, Bidar & Kalaburaghi, Yadgir and Hassan districts and documented about 520 plant photographs and herbarium specimens to including the final monographs.

Sl. No.	Name of the areas surveyed	Survey dates	No. of days (including journey)	No. of photographs documented
I	Conducted Medico Ethno Botanical Survey in the forest areas of Kolar and surrounding areas for documentation of missing photographs	28.09.2022 to 30.09.2022	3 days	125 plant photographs documented from the forest areas of Kolar district, Karnataka
	Journey from CARI Bengaluru Documentation of plant photographs from Gokunte forest and Srinivasapura surrounding areas, Kolar district	28.09.2022	Day-1	
	Documentation of plant photographs from Rayalpadu forest, and Mulbagalu forest areas	29.09.2022	Day-2	
	Journey from Kolar to CARI, Bengaluru	30.09.2022	Day-3	
II	Conducted Medico Ethno Botanical Survey in the forest areas of Kalaburagi & Bidar Districts and surrounding forest areas for documentation of missing photographs	05.12.2022 to 09.12.2022	5 days	125 plant photographs documented from the forest areas of Kalaburagi and Bidar districts
	Journey from CARI Bengaluru to Ilkal and night stay	05.12.2022	Day-1	
	Journey from Ilkal to Kalaburagi Documentation of plant photographs from Sindagi surrounding areas, Kalaburagi district	06.12.2022	Day-2	
	Documentation of plant photographs from Rajegra forest areas, Bidar district and Chincholi forest areas in Kalaburagi district	07.12.2022	Day-3	
	Journey from Kalaburagi to Hospet and night halt	08.12.2022	Day-4	
	Journey from Hospet to CARI, Bengaluru	09.12.2022	Day-5	
III	Conducted Medico Ethno Botanical Survey in the forest areas of Yadgir district and surrounding forest areas for documentation of missing photographs	13.02.2023 to 16.02.2023	4 days	120 plant photographs documented and collected herbarium specimens from the forest areas of Yadgir district, Karnataka
	Journey from CARI Bengaluru to Ilkal	13.02.2023	Day-1	
	Journey from Ilkal to Yadgir Documentation of plant photographs from Shorapur (Talwargera), Hattikuni and surrounding areas in Yadgir district and collected herbarium specimens	14.02.2023	Day-2	
	Documentation of plant photographs from Nazrapur and surrounding forest areas in Yadgir district and collected herbarium specimens Journey from Nazrapur to Hospet	15.02.2023	Day-3	
	Journey from Hospet to CARI Bengaluru	16.02.2023	Day-4	
III	Conducted Medico Ethno Botanical Survey in the forest areas of Hassan district and surrounding forest areas for documentation of missing photographs	13.03.2023 to 16.03.2023	4 days	150 plant photographs documented and herbarium specimens from the forest areas of
	Journey from CARI Bengaluru to Hassan	13.03.2023	Day-1	
	Documentation of plant photographs from Bisle Ghat and Sakleshpura surrounding forest areas in Hassan district and documented plant photographs and collected missing herbarium specimens	14.03.2023	Day-2	

	Documentation of plant photographs from Belur and Magge surrounding forest areas in Hassan district and documented plant photographs and collected missing herbarium specimens	15.03.2023	Day-3	Hassan district
	Journey from Hassan to CARI Bengaluru	16.03.2023	Day-4	

Compilation of data of Bagalkhot, Raichur and Vijayapura districts is completed according to the given format and yet to finalized. Scanning of Herbarium specimens of Bagalkhot, Raichur and Vijayapura districts is completed.

Present status: Ongoing

NMPB funded nursery Project

Project title	: Establishment of Nursery for Cultivation, Conservation and Sustainable Utilization of Medicinal Plants
Funding Authority	: National Medicinal Plants Board, New Delhi
Sanctioned budget	: Rs. 93,750.00
Principal Investigator	: Dr. V. Rama Rao, Research Officer (S-2) Bot.
Co-Investigator(s)	: Dr. Raghavendra Naik, Research Officer (Ay.)
Duration	: 3 years
Date of Initiation	: October 2019
Expt. date of completion	: October 2022

Objectives:-

- Survey, collection, propagation and multiplication, distribution and conservation of medicinal plants on sustainable basis.
- Awareness generation, motivation and training of students and farmers for nursery raising and cultivation of demand based medicinal plants.
- Conservation of identified medicinal plants through distribution to local farmers for cultivating in their fields.
- Create an educational center that will allow students, researchers and public to engage with native medicinal flora.
- Network building and collaboration among the various stakeholders dealing with medicinal plants.

Budgetary details:

1st& final installment: Rs. 93,750/- released on 19th October 2019
(Sanction order: F.No. Z.18017/187/Nur/KR-01/2018-19-NMPB, dated 16.10.2019)
Expenditure- Rs. 93, 643/- as on 28.03.2022
Balance – Rs.107 /- remitted to NMPB on 30.03.2022 via DD No. 78077

List of Medicinal Plants to be developed through the nursery project (as per the original proposal):

Sl. No.	Common name	Species name	Family	Target	Saplings raised up to March 2023
1.	Jackfruit tree	<i>Artocarpus heterophyllus</i> Lamk.	Moraceae	1000	1500
2.	Nimba	<i>Azadirachta indica</i> A. Juss.	Meliaceae	1000	1000
3.	Kovidara	<i>Bauhinia purpurea</i> L.	Fabaceae	1000	1000
4.	Aragvadha	<i>Cassia fistula</i> L.	Fabaceae	1000	300
5.	Rose wood	<i>Dalbergia sissoo</i> Roxb.	Fabaceae	1000	Nil
6.	Karanja	<i>Pongamia pinnata</i> (L.) Pierre	Fabaceae	1000	1000
7.	Asoka	<i>Saraca asoca</i> (Roxb.) de Wilde	Fabaceae	1000	2200
8.	Gambhari	<i>Gmelina arborea</i> Roxb.	Lamiaceae	1000	1000

Work progress (till date):

Sl. No.	Sanskrit Name	Botanical Name	No of samplings raised		No. of saplings distributed	
			2021-22	2022-23	2021-22	2022-23
1.	Panasa	<i>Artocarpus heterophyllus</i> Lamk.	500	1000	500	980
2.	Nimba	<i>Azadirachta indica</i> A. Juss.	500	500	500	496
3.	Kovidara	<i>Bauhinia purpurea</i> L.	500	500	500	489
4.	Aragvadha	<i>Cassia fistula</i> L.	100	200	100	155
5.	Karanja	<i>Pongamia pinnata</i> (L.) Pierre	500	500	500	445
6.	Asoka	<i>Saraca asoca</i> (Roxb.) de Wilde	1500	700	816	1115
7.	Gambhari	<i>Gmelina arborea</i> Roxb.	500	500	463	607
		Total (up to October 2022)	4100	3900	3379	4287
8.	Plants distributed to Hillside Ayurveda Medical College & Hospital, Adama Chetana Trust, Community Health Centre and Yuvapatha, Jayanagar during 2022-23		-	-	-	334
	Total (up to 31 st March 2023)		4100	3900	3379	4621

Present status: Completed

IMR Collaborative Research Project-I

Project title : Comparative Evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants

Principal Investigator : Dr. V. Rama Rao, Research Officer (S-3) Bot.
: Dr. Hima Bindu, Principal Scientist, IIHR, Bengaluru

Co-Investigator(s) : Dr. Shiddamallayya N, R.O. (Bot.) CCRAS New Delhi
: Dr. D Kalaivana, Senior Scientist, IIHR, Bengaluru
: Dr. Safeena SA, Senior Scientist, IIHR, Bengaluru

Duration : 3 years

Date of Initiation : 17.02.2023

Expected date of Completion : 16.02.2026

Objectives :

- Primary:
 - Standardization of cost-effective production technology for soilless cultivation/hydroponics for selected herbs.
 - Evaluation of growth, yield, physicochemical, phytochemical, bioactive compounds in three systems of cultivation for selected herbs.
 - Multiplication of herbs through the three systems.
 - Economics of cultivation in three systems of cultivation for selected herbs.
- Hypothesis:
 - Proposed herbs can be grown in soilless media and hydroponics.
 - The quality and chemical content is on par with field grown /wild collection.
 - Alternate growth media can help in rapid multiplication and conservation of demanded medicinal plants.
 - Innovative methods can help in production of quality herbs throughout year.

Budgetary and Expenditure details

S.No	Year	Sanctioned Amount	Released Amount	Expenditure	Unspent
1	2022-2023	61,14,252	10,14,684	-	Amount of Rs. 10,14,684 to IIHR Bengaluru

1stinstallment: Rs. 10,14,684/- released on 17th February 2023

(Sanction order: O.O. No: 1213/2022-23, dtd. 08.02.2023)

Project status: Initiated at IIHR, Hesaraghatta, Bengaluru

IMR Collaborative Research Project-II

Project title : Study of seasonal variation on Bioactive Compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda

Principal Investigator : Dr. V. Rama Rao, Research Officer (S-3) Bot.
: Dr. Srinivasappa, Professor, UAS, GKVK, Bengaluru

Co-Investigator(s) : Dr. Shiddamallayya N, R.O. (Bot.) CCRAS New Delhi
: Dr. T S Manjunatha, Assistant Professor, UAS, GKVK, Bengaluru

Duration : 2 years

Date of Initiation : 17.02.2023

Exptected date of Completion : 16.02.2025

Objectives :

- Primary:
 - Exploration of wild population of Panchavakala group of medicinal plants (*Ficus species* and *Thespesia populnea*) around Bengaluru, Karnataka
 - Assessment of seasonal variation in bioactive compounds in *Ficus species* and *Thespesia populnea* for Panchavalkala in six *ritus*.

Budgetary and Expenditure details

S.No	Year	Sanctioned Amount	Released Amount	Expenditure	Unspent
1	2022-2023	28,64,480	09,44,240	-	Amount of Rs. 09,44,240 to UAS, GKVK, Bengaluru

1st installment: Rs. 09,64,240/- released on 17th February 2023

(Sanction order: O.O. No: 1232/2022-23, dtd. 14.02.2023)

Project status: 1st year instalment of Rs. 09,44,240/- transferred to UAS, GKVK, Bengaluru

III. Summary of the work carried out during the reporting year:

- a) Number of Survey tour/s conducted with area and duration: 04 MEBS tours each one in the districts Kolar, Kalaburagi, Bidar, Yadgir and Hassan during the reporting period.
- b) Field numbers used in the register : 12 numbers
- c) Number of plant specimens collected : 60 specimens
- d) Number and name of plants identified : 12 plants
- e) Number of Herbarium specimens prepared : 60 specimens
- f) Number of specimens entered in the accession register : -
- g) Number of local tours conducted for collection of raw drugs : 14 tours
- h) Number of museum samples collected : nil
- i) Number of raw drugs collected : 135 crude drugs
- j) Quantity of raw drugs collected : 147.6 (fresh wt.)
86.06 kg (dry wt.)
- k) Number of raw drugs supplied : 71 crude drugs
- l) Quantity of raw drugs supplied (dry weight) : 127.87 kg
- m) Folk-lore claims collected : 13 LHTs
- n) Number of photographs shot under IMR-Anthology project; 63 photographs of crude drug collection photographs : 520 photographs
- o) Resource generation (Rs.) : 68,270/-
- p) Publication/s : 02 published

II. 7.6. & 7.7 DRUG STANDARDIZATION RESEARCH (DSRU)

The unit is engaged in Chemico-Pharmacognostical studies on single drugs (plant/animal/mineral origin), compound formulations and related literature compilations in order to lay down Pharmacopoeial / Pharmacognostical standards.

Under Ayurvedic Preparation of compound formulations and chemical analysis, 149 formulations have been prepared and chemically analyzed. The chemical analysis involved physico-chemical studies, qualitative and quantitative estimations and chromatographic studies. Chemical analysis on 167 single drugs which are the ingredients of compound formulations, Pharmacognostical studies on 175 single drugs, TLC studies and Powder studies of 39 single drugs from the allotted list have been carried out, whereas HPTLC studies of 8 drug samples have been performed. Chemical studies include physico- chemical, inorganic, Organic analysis, T.L.C and UV studies.

Pharmacognostical studies include micro & macroscopic studies and in some cases powder analysis. Method of manufacture/ preparation has also been chemically standardized for few formulations. About 23 compound formulations were prepared and analyzed for periodical study and for the expiry period/shelf life study including the effect of packing material, time and light factors on the constituents of the compound formulations.

Under the allotted preparation of single drug Pharmacopoeial monograph, pharmacognostical studies (macroscopic & microscopic characters and powder microscopy with camera Lucida drawings) of 10 drugs have been completed. Likewise, quantitative parameters and TLC finger print profiles of drug powder, water -alcohol extract and water extracts of 10 drugs have been completed, whereas phytochemical analysis of 4 drug samples have been done. Till date, monograph work for 60 compound formulations and 113 single drugs has been prepared and submitted to the Council.

During the reporting period, the following activities have been done:

I) Major Activities performed in the department and related section (s)		
Sl. No.	Title (s) of the Activities	Details of the Activities
1.	Experimental activities	1) Soxhletion of Bhuamalaki churna - Soxhlet extraction of Bhuamalaki churna was done and submitted to CoE section for further HPTLC. 2) Extraction of Bhuamalaki churna - Distillation of leaves of Gaduchi, (<i>Tinospora Cordifolia</i>) was done and submitted to CoE section for further experimental study. 3) Extraction and sample preparation of Yashtimadhu gritha and Yashtimadhu taila- For the sample preparation of HPTLC analysis of Yashtimadhu, formulation of Yashtimadhu gritha and Yashtimadhu taila were subjected to Rotary evaporation and other separation techniques also. 4) Execution of physicochemical parameters and phytochemical screening of <i>Premna integrifolia</i> for the purpose of demonstration to PG Scholars - Ayurveda.

		<p>5) Test sample of leaf powder of Chakramuni plant (<i>Sauropus androgynus</i> (L.) Merr.) was prepared and HPTLC analysis was performed.</p> <p>6) Powdered Sample of <i>Sauropus androgynus</i> (L.) leaf was received from Dr. Roopa Reddy. Ph.D, Associate Professor, Center for Incubation, Innovation, Research and Consultancy (CIIRC), Jyothy Institute of Technology Tataguni, off Kanakapura Road, Bangalore and HPLTC analysis was carried out. Report prepared and submitted.</p> <p>7) HPTLC fingerprint analysis was performed for <i>Acacia catechu</i>.</p> <p>8) HPTLC Trial analysis was performed for Bhunimbhadi churna, Triphala, Kadira, Kadara, Puga and Kadiradi Churna.</p> <p>9) Assisting the Project entitled “Evaluation of bioavailability of four Ayurvedic poly-herbal formulations in healthy volunteers - A cross-over randomized clinical trial” by the officials of Centre of Excellence is under progress with the application of HPTLC analysis.</p>
2.	Revision and Compilation of LHT data	The data of LHT for the last five years i.e.2014-15, 2015-16, 2016-17, 2017-18 and 2018-19 in the given format were revised and submitted.
3.	Compilation of data under the project “Anthology”.	Referencing and compilation of the data of medicinal plants listed under the project “Anthology of Survey Research outcomes of Medico Ethno Botanical Survey (MEBS)”, as per the prescribed format.
4.	Supply of Crude drugs	<p>1) As per the directions received, crude drugs were received from the Institute’s herbarium and SMPU and supplied to the CARI Kolkata.</p> <p>2) Letters were drafted and sent to RARI, Pune, RARI Itanagar, RARI Gwalior, RARI Ranikhet and CARI Jhansi regarding the supply of crude drugs.</p> <p>03) A letters was drafted and submitted to section incharge for the supply of seeds of Prishnaparni (<i>Uraria picta</i> Desv.ex.Dc.) to IIHR, Hesarghatta, Bengaluru regarding the project of Hydroponics.</p>
5.	Supply of Medicines to various Ayurveda College and Institutions in Karnataka.	As per the directions received from the Dr. S.H. Doddamani Sir, Ayurvedic medicines were supplied to various Ayurveda College and Institutions and the related records were maintained.
6.	Referencing of some research articles.	For pursuing of research activities in the lab, referencing work of some research articles and journals were carried out.

7.	Procurement of chemicals.	<p>1) Some markers and other chemicals required in the DSRU were enlisted, received quotations from different vendors, prepared the order and placed to the vendor with the lowest rate quotation.</p> <p>2) Received the chemicals in the laboratory and maintained the records of the same.</p>
8.	Verifications of quotations for the purchase of instruments.	Quotations received from different vendors against the tender published for the purchase of instruments in the DSRU, were verified and submitted to the store section.
9.	Safe disposal of glassware from the Institute.	<p>1) A circular was drafted and submitted to all sections to receive the broken, unused glasswares, hazardous and unused chemicals for the safe disposal.</p> <p>2) Suitable vendors were contacted in this regard and pursued the matter accordingly.</p>
10.	<p>Involvement in the Hospital Infection Control Committee and Code Red Committee for implementation of NABH & NABL standards to the Institute.</p>	<p>1) With reference to office order no.6-105/2021-22/CARI/BNG/Tech./NABH/275, dated - 20.05.2022 and office order no.73/2022-23, DSRU was involved in the Hospital Infection Control Committee and Code Red Committee for the implementation of NABH and NABL Standards to the Institute.</p> <p>2) Following important documents were read, reviewed and made necessary edition/correction for finalization-</p> <ul style="list-style-type: none"> i) Quality Manual, ii) Quality System Procedure, iii) Sample Collection Manual, iv) Standard Operating Procedure of All Instruments, and v) Laboratory Safety Manual <p>The above listed documents were mandatorily required for the compliance of NABH and NABL Standards to the Institute.</p> <p>3) Quality Control logs of all instruments under Biochemistry and Pathology sections were compiled, updated till August 2022 and submitted to section. Also, prepared the Biomedical Waste Management log and submitted to the section. Scanning of all the documents of all the instruments done and submitted to section.</p> <p>4) As per the guidelines mentioned under the NABH Standards, cleaning schedule (total numbers - 50) of all the area and / or rooms were prepared, which were under operation for delivering the health care services to the patients and also regularly updating these cleaning schedule to meet the compliance of NABH standards.</p>

		<p>5) These cleaning schedule (total numbers 50) are required to be prepared every month and to be updated on daily basis and needed to be maintained / kept in a safe custody as essential records to be submitted as and when required to be.</p> <p>6) Hospital Infection Control Committee Store section is taken care of i.e. materials required for the Hospital Infection Control is indented and delivered to the concerned staffs as and when needed.</p> <p>7) Pathology Section is assisted in the absence of any existing manpower or as and when asked to, like it was assisted during 26.12.2022 to 31.12.2022, 13.02.2023 to 25.02.2023.</p> <p>Note - The above mentioned activities are continuing since July 2022 to till date.</p>
11.	Setting up of Drug Testing Laboratory.	Setting up of Drug Testing Laboratory to provide the Quality Control Services of Ayurvedic Formulations, Ayurvedic Medicinal Plants and / or Herbal Specimens to the students / researchers of various Ayurveda Colleges, Life Sciences Institutions, relevant agencies and all other related stakeholders under the Department of AYUSH is under progress.
12.	Installation, Servicing and Repairing of Instruments in the DSRU.	<p>1) Attended the Servicing of HPTLC system, which was done by the Service engineer of Anchrom Pvt. Ltd., Mumbai.</p> <p>2) Attended the Installation of Research Centrifuge R 24 and Cyclomixer CM 101 Plus, which was done by service engineer of REMI SALES, Bengaluru.</p> <p>3) Attended the Repairing of Rota evaporator which was done by the Apison Lab, Bengaluru.</p> <p>4) Attended the upgradation of electrification for all the instruments to run without any interruption.</p>
13.	Miscellaneous technical work	Other work as and when assigned and directed by the Senior Officials.
II.	Miscellaneous activities (non-technical):-	
1.	Arrangements of plant samples and museum specimen.	Preparation for AYUSH Exhibition during observance of International Day of Yoga, 2022 during 21-22 June 2022 at Mysore, Karnataka.
2.	Arranged the HPTLC laboratory and DSRU and attended the visit.	<p>1) Assisted to cleaning and arranging the HPTLC laboratories and DSRU in connection with the visit of Dr. Markus Wyss, CEO, CAMAG, Switzerland with the team of ANCHROM, Ltd., Mumbai.</p> <p>2) A visit of Dr. Markus Wyss, CEO, CAMAG, Switzerland along with the officials of Anchrom Pvt. Ltd., Mumbai on 18th January 2022 regarding the general talks and feedbacks on the uses and updates of HPTLC system was attended and reported.</p>

3.	Assisting to the MoU process for the projects.	1) Stamp papers were bought from Maharaja Credit Cooperative Society Ltd., Konankunte, Bengaluru for the MoU for the projects (nos.-02) such as Hydroponics cultivation and Seasonal variation. Typing of the content of above MoU was got done and submitted. 2) Visited the IIHR, Hesarghatta along with section head to assist for the MoU of the project Hydroponics cultivation.
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Apart from above, training on the phytochemical Standardization of Crude drugs and Medicinal plants was imparted to UG and PG students of various Ayurveda Institutions (total nos. - 12) and students of M.B.B.S - Final year of KIMS, College, Bengaluru, for the partial fulfilment of their academic curriculum, during the reporting period.

DSRU participated and was essentially involved in the various scientific and non-scientific workshops/programs (total nos. - 22) and underwent few scientific and non-scientific trainings (total nos. - 08). Various Ayurveda institutions, research scholars, visitors and other stakeholders seeking the quality control of Ayurvedic crude drugs and herbals specimens were informed about the facilities available in the DSRU vide official notification and also through personal approach.

8. Literary Research: No Literary Research was undertaken in 2021-22

9. Family Welfare and RCH etc.: No projects under taken in 2021-22

10. List of Institute Ethical Committee

Sr. No.	Name with Contact no.	IEC status
1.	Dr. B. A. Venkatesh Ex. Principal, No.269/270, BM Kaval, Udayapura, (PO) 21 Kanakapura road, Bengaluru 560 082. E-mail: dr.bavenkatesh@gmail.com Mob. No. 9845015567	Chairperson
2.	Dr. Prof. Geetha Dept. of Pharmacology, Bengaluru Medical College and Res. Institute, Fort K.R. Road, Bengaluru – 560002. geetha25bmcri@gmail.com Mobile No.9886224085	Member (Basic Medical Scientist)
3.	Dr. Vikram.S. Prof & Head Dept. of Rasashastra & Bhaishajya Kalpana, Sri Sri College of Ay. Science & Res. Survey, Bengaluru – 560 082. Mobile No-9886262361 Email:vikram_ayur@yahoo.com/drvikramayur@gmail.com	Member (Basic Medical Scientist)
4.	Dr. Anant Desai No.1580, B Block, 13 th Main, Sahakar Nagar, Bengaluru – 560 092. Mob. No.9448185896. Anantdesai30@gmail.com	Member (Clinician Ayurveda)
5.	Dr M. Ravikeerthy	Member

	F.No.C-101, 2nd FLOOR GAGAN YALE Apartment, Next to Baldwin School, BEML 5th Stage Rajarajeswarinagar Bengaluru-560098 Mobile:09845295227,6361782197 Email: ravikeerthym@gmail.com	(Clinician Modern Medicine)
6.	Smt. Swayamprabha.H.C. Advocate, 241, Ist floor, Nandi Mansion, Araleudi compound, Cottonpet road, Bengaluru. Mob. No. 9844159464. swayamprabha.hc@gmail.com	Member (Legal Expert)
7.	Mrs. Sarah Abraham Principal, No 1008, Sobha Hill view Apts, Thalaghattapura, Bengaluru – 560 109. Mobile No.9916334453. Email: sarahabraham56@gmail.com	Member (Social Scientist)
8.	Shri. Krishna Kumar # 87, ‘SURABHI’ VISL Layout, Ist Main, 3 rd cross, “Silk Institute Metro Station” off Kanakapura Main Road, Thalaghattapura, (Near S.S. Vruddi Apartment) Bengaluru – 560 109. Mobile no.8073535371/9980631599. silkyman61@gmail.com	Member (Lay person)
9.	Dr. Shubhasharee MN Research Officer (Ayurveda) Central Ayurveda Research Institute, Bengaluru shubhathejas@gmail.com 9448016968	Member Secretary

11. Library

- i) No. of books available up to previous year:**2001**
- ii) No. of books purchased during the reporting year:**49**

Sr. No:	Name of the books	Cost (Rs.)
1.	कायाकल्प	225.00
2.	गोदान	202.00
3.	कर्मभूमि	247.00
4.	वानर बाली, सुग्रीव और तारा की अमर कथा	269.10
5.	जुगलबंदी BJP मोदी युग से पहले	315.00
6.	मेरे सपनों का भारत	247.50
7.	सत्य के प्रयोग	148.50
8.	भारत 2021 नवनिर्माण की रूपरेखा	315.00
9.	गबन	166.50
10.	निर्मला	179.10
11.	वरदान	135.00

12.	एजाम वरिऔस	75.00
13.	मनुस्मृति	162.00
14.	वेद और पुराणों में वर्णित महाशक्तियाँ और अनेक 51 शक्तिपीठ	108.00
15.	अभियान	225.00
16.	योग पुराण 64 आसन और उनकी कहानियाँ	315.00
17.	व्यास कथा महाभारत की नितिकथाएं	449.10
18.	विवेकानंद जीवनीपरक उपन्यास	328.50
19.	सत्यजीत राय की कहानियाँ	225.00
20.	मल्लुगुडी का चलता पुर्जा	225.00
21.	मधुशाला	121.50
22.	पंचतंत्र	225.00
23.	आनंद मठ	157.50
24.	रघुवंश	148.50
25.	गोरा	337.50
26.	उन्मुक्त भारत	269.10
27.	ಸಂಸ್ಕೃತ ವ್ಯಾಕರಣ	90.00
28.	Conversational Kannada Microwave Approach	472.50
29.	Hindi for Non- Hindi speaking people	450.00
30.	अष्टांगहृदय	507.50
31.	सुश्रुत संहिता Vol- I	402.50
32.	सुश्रुत संहिता Vol-II	388.50
33.	सुश्रुत संहिता Vol-III	374.50
34.	चरक संहिता Vol-I	507.50
35.	चरक संहिता Vol-II	532.00
36.	योग और आयुर्वेद	87.50
37.	योगरत्नाकर	556.50
38.	शारंगधरा संहिता	276.50
39.	चक्रदत्त	472.50
40.	अभिनव कौमारभृत्य	157.50
41.	मादक द्रव्य – नशील पदार्थ व्यसन एवं उपचार	122.50
42.	धन्वन्तरी निघंटु	192.50
43.	अभिधानरत्नमाला	35.00
44.	कुमार तंत्र समुच्चय	105.00
45.	नाडी विज्ञान	31.00
46.	Some Controversial drugs in Indian Medicine	297.50

47.	Fruits and vegetables in Ancient India	157.50
48.	मेदोरोगा विवेचना	66.50
49.	अभिनव मधुमेह विज्ञान	175.00

12. Collaborative studies taken up by the Institute:

Completed Collaborative Research Projects

12.1. A Randomized Placebo Controlled Prospective Phase II Clinical Study of Ayurvedic coded drug 'AYUSH D' on Glycemic control in Prediabetic Subjects

Coordinating Institute: RARIMD, Bengaluru

12.1.1. Objectives

- Primary Objective: To evaluate the clinical efficacy of 'AYUSH-D' as therapy for glycemic control in the management of pre-diabetes.
- Secondary Objective: To evaluate the clinical safety of 'AYUSH- D' as therapy for glycemic control in the management of pre-diabetes.

12.1.2. Study Design: Randomized Placebo Controlled Double blind Phase -2 Clinical Study.

12.1.3. Sample Size: 264 (66 in each centre)

12.1.4. Approval of IMR-F.No. 27-24/2015-CCRAS/Tech/Hq/589 dt. 26.05.2016

12.1.5. Duration of Study: 30 months

12.1.6. Interventions

- Group 1:** Diet & Lifestyle modification + AYUSH D (2 tablets of 1 gram each thrice daily) before meals.
- Group 2:** Diet & Lifestyle modification + Placebo (2 tablets of 1 gram each thrice daily) before meals.

12.1.7. Participating center along with PI:

Sl. No	Name of the Institute	Name of the Principal Investigator	Name of the Co-Investigator
1.	Regional Ayurveda Research Institute for Metabolic Disorders, Bangalore	Dr. Shubhashree M.N Research Officer (Ay.) Dr. Kishore Kumar R., RO (Ay.) Co-PI - Dr. Raveendra K R Prof. of Medicine, BMCRI, Bengaluru.	Dr. C. R. Jayanthi Principal & Professor, Dept of Pharmacology, BMCRI, Bengaluru Dr. RaghavendraNaik Research Officer (Ay.)
2.	All India Institute of Medical Sciences (AIIMS), New Delhi	Dr. Rajesh Khadgawat Professor, Department of Endocrinology & Metabolism (DoEM), All India Institute of Medical Sciences (AIIMS)	Dr. Vikram Naval, Prof., Dept of Medicine, AIIMS, New Delhi Dr. Yashdeep Gupta, Asst. Prof., Dept.of EM, AIIMS, New Delhi. Dr. Amit, CARICD, New Delhi.
3.	RA PodarAyurved Medical College, Mumbai	Prof. K R Kohli, Director, Directorate of AYUSH,	Dr. Vyankatesh K. Shivane Mumbai Dr. Manohar Gundetti,

		Maharashtra, RA Podar Ayurved Medical College, Mumbai.	RRAP Central Ayurveda Research Institute for Cancer Mumbai
4.	KAHER's Shri BMK Ayurveda Mahavidyalaya, Belgavi, Karnataka	Dr. Basavaraj R Tubaki Professor & Head, Dept of Kayachikitsa, KLEU's Shri BMK Ayurveda Mahavidyalaya Belgavi	Dr. Kiran Kumar V Mutnali. Assoc. Prof. of Kayachikitsa Dr. Amar Patil, Asst Professor, Dept of Medicine, USM-KLE IMP, Belgavi Karnataka Dr. Rinky Devi Thakur, RO (Ay.), RARIMD Bengaluru

12.1.8. Date of IEC approval: 15.09.2017

12.1.9. CTRI Registration/Reference (for clinical trials): CTRI/2017/11/010716dt. 30/11/2017

12.1.10. Date of initiation: 09/10/2018

12.1.11. Budget allocated- Total Sanctioned Budget

SN	Study Centre	1 st Installment	2 nd Installment*	3 rd Installment*	Total
1.	RARIMD Bengaluru	31,11,800/-	13,61,800/-	5,71,200/-	50,44,800/-
2.	AIIMS, New Delhi	16,11,800/-	13,61,800/-	5,71,200/-	35,44,800/-
3.	RA Podar AMC, Mumbai	16,11,800/-	13,61,800/-	5,71,200/-	35,44,800/-
4.	KAHER's BMK AMC Belgavi	15,78,200/-	13,28,200/-	5,54,400/-	34,60,800/-
	Total	79,13,600/-	54,13,600/-	22,68,000/-	1,55,95,200/-

Funds received by RARIMD from CCRAS

- Total sanctioned Budget Amount of 1, 55, 95,200/- (for all installments and all centers as described above) has been received by RARIMD Bengaluru from CCRAS vide ltr.no. 3-3/2017/CCRAS/Admin/PS/949 dt. 10.07.2017. Receipt of fund was on 26.12.2017.

12.1.12. Installment wise release of funds

- Funds disbursed by RARIMD Bengaluru to Study centers

S N	1 st Installment*	Amount	Funds released order	Date
1.	1st (AIIMS New Delhi)	16,11,800/-	F. No. 4-1/2018- RARIMD/BNG/Account Misc./333	19.06.2018
2.	1st (RA Podar Mumbai)	16,11,800/-	F. No. 4-1/2018- RARIMD/BNG/Account Misc./1035	22.02.2018

3.	1st (KAHER's BMK AM Belagavi)	15,78,200/-	F. No. 4-1/2018- RARIMD/BNG/Account Misc./1038	23.02.2018
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S N	2 nd Installment	Amount	Date
1.	AIIMS New Delhi	13,61,800/-	17.09.2019
2.	RA Podar Mumbai	13,61,800/-	
3.	KAHER's BMK AM Belagavi	13,28,200/-	

12.1.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	deviation Causes (if any)
1	Preparatory Phase	4 months - June– Sept 2018	Achieved	Nil
2	Recruitment phase	14 months – Oct- Nov 2019	Achieved	Nil
3	Follow up phase	8 months - Dec 2019 – July 2020	Achieved	Nil
4	Data analysis phase	4 months - Aug 2020 – Nov 2020	Achieved	Nil

12.1.14. Current status:

SN	Participating Centre	cases enrolled	cases completed	Drop outs
1.	RARIMD, Bengaluru	65	57	08
2.	AIIMS, New Delhi	11	07	04
3.	RA PodarAMC, Mumbai	33	13	20
4.	Shri BMK AMC, Belagavi,	66	41	25
	Total	175	118	57

12.1.15. Relevant information, if any: Nothing Specific

12.2. “A Randomized Placebo Controlled Phase -2 Clinical Study of an Ayurvedic Coded Drug ‘AYUSH D’ in the Management of Type 2-Diabetes Mellitus as add on Therapy to Metformin”

Coordinating Institute: RARIMD, Bengaluru

12.2.1. Objectives:

Primary: To evaluate the clinical efficacy of AYUSH- Das add on therapy to Metformin for Glycemic control in the management of Type 2 Diabetes Mellitus.

Secondary: To evaluate the clinical safety of AYUSH- D as add on therapy to Metformin in type 2 Diabetes Mellitus.

12.2.2. Study Design: Randomized Placebo Controlled Double blind Phase -2 Clinical Study.

12.2.3. Sample Size: 264 (66 in each centre)

12.2.4. Approval of IMR-F.No. 27-24/2015-CCRAS/Tech/Hq/589 dt. 26.05.2016

12.2.5. Duration of Study: 30 months

12.2.6. Interventions

- a. Group 1: Metformin in the dose as optimized to each individual subject at the time of screening will be continued or 500 mg dose upto 3 times a day in drug naïve patients & 2 tablets of AYUSH D 1 gm. each x 3 times /day before food with lukewarm water with Diet & Lifestyle modification for 24 weeks
- b. Group 2: Metformin in the dose as optimized to each individual subject at the time of screening will be continued or 500 mg dose upto 3 times a day in drug naïve patients and 2 tablets of Placebo 1 gm. each x 3 times /day with Diet & Lifestyle modification before food with lukewarm water.

12.2.7. Participating centre along with PI:

SN	Institute Name	Name of the Principal Investigator	Name of the Co-Investigator
1.	RARIMD Bengaluru and Bangalore Medical college & Research Centre (BMC&RI)	Dr. Shubhashree M.N, RO (Ay.) Dr. Kishore Kumar R., RO (Ay.) Co-PI - Dr. Raveendra K R Professor, Dept of Medicine, BMCRI, Bengaluru	Dr. C. R. Jayanthi Prof. of Pharmac. BMCRI Dr. Bhavya BM, RO (Ay.) RARIMD Bengaluru
2.	All India Institute of Medical Sciences (AIIMS), New Delhi	Dr. Rajesh Khadgawat Professor, Dept. of Endocrinology & Metabolism (Dept. of E & M), All India Institute of Medical Sciences (AIIMS), New Delhi	Dr. Vikram Naval , Prof. of Medicine, AIIMS, New Delhi DrYashdeep Gupta, Asst. Prof. of E&M, AIIMS, Dr. Amit, RO (Ay.), CARICD, New Delhi
3.	RA PodarAyurved Medical College, Mumbai	Prof. K R Kohli, Director, Directorate of AYUSH, Maharashtra, RA PodarAyurved Medical College, Mumbai	Dr. Vyankatesh K. Shivane, Dadar East, Mumbai Dr. ManoharGundetti, RO (S-2, Ay.) RRAPCARIC, Mumbai
4.	Rajiv Gandhi Government Post Graduate Ayurveda College, Paprola	Dr. Vijay Chaudhary, Prof. of Kayachikitsa, Rajiv Gandhi Government Post Graduate Ayurveda College Paprola, District Kangra, Himachal Pradesh	Dr. GhanshamDass Mehta, Retd. CMO Government of Himachal Pradesh Dr.Chris Antony, RO (Ay), RARIND Gandhi Bhawan, Mandi

12.2.8. Date of IEC approval: 15.09.2017

12.2.9 CTRI Registration (for clinical trials): CTRI/2017/11/010716 dated 30/11/2017

12.2.10. Date of initiation: 10/10/2018

12.2.11. Budget allocated:

SN	Study Centre	1 st Installment	2 st Installment*	3 rd Installment*	Total
1.	RARIMD Bengaluru	31,11,800/-	13,61,800/-	5,71,200/-	50,44,800/-
2.	AIIMS, New Delhi	16,11,800/-	13,61,800/-	5,71,200/-	35,44,800/-
3.	RA Podar AMC, Mumbai	16,11,800/-	13,61,800/-	5,71,200/-	35,44,800/-

4.	RGGPGAC, Paprola	15, 44,600/-	12,94,600/-	5,37,600/-	33,76,800/-
	Total	78,80,000/-	53,80,000/-	22,51,200	1,55,11,200

12.2.12. Installment wise release:

Funds received by RARIMD from CCRAS

S N	Installment	Amount	Sanction order	Funds received date
1	1st (RARIMD Bengaluru)	31,11,800/-	F. No.3-2/2017- CCRAS/Admin/Metformin/2580 dt. 18.12.2017	20.12.2017
2	1st (AIIMS New Delhi)	16,11,800/-	-do-	
3	1st (RA Podar Mumbai)	16,11,800/-	-do-	
4	1st (RGGPGAC, Paprola)	15, 44,600/-	-do-	
	Total	78,80,000/-		

**2nd Installment of Rs. 37,18,200/- received at RARIMD, Bengaluru. for 3 centers, AIIMS New Delhi, RA Podar

Mumbai& RGGPGAC, Paprola on 10-02-2020.

Funds disbursed by RARIMD Bengaluru to Study centers

S N	1 st Installment	Amount	Funds released order	Date
1.	1st (AIIMS New Delhi)	16,11,800/-	F. No. 4-1/2018- RARIMD/BNG/Account Misc./333	19.06.2018
2.	1st (RA Podar Mumbai)	16,11,800/-	F. No. 4-1/2018- RARIMD/BNG/Account Misc./1035	22.02.2018
3.	1st (RGGPGAC, Paprola)	15, 44,600/-	F. No. 4-1/2018- RARIMD/BNG/Account Misc./1047	26.02.2018

S. N.	2 nd Installment	Amount	Date
4.	AIIMS New Delhi	12,61,800/-	10.02.2020
5.	RA Podar Mumbai	12,61,800/-	10.02.2020
6.	RGGPGAC, Paprola	11, 94,600/-	10.02.2020

12.2.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	Preparatory Phase	4 months - June 2018 – Sept 2018	Achieved	Nil
2.	Recruitment phase	14 months - Oct 2018 – Nov 2019	Achieved	Nil
3.	Follow up phase	8 months - Dec 2019 – July 2020	Achieved	Nil

4.	Data analysis phase	4 months - Aug 2020 – Nov 2020	Achieved	Nil
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12.2.14. Current status

SN	Participating Centre	Cases enrolled	Cases completed	Drop outs
1.	RARIMD, Bengaluru	66	54	12
2.	AIIMS, New Delhi	66	57	09
3.	RA PodarAMC, Mumbai	54	28	26
4.	RGGPG Ayurveda College, Paprola	43	33	10
	TOTAL	229	172	57

12.3. "Evaluation of add on efficacy & safety of An Ayurvedic Formulation in the Management of Dengue Fever & Prevention of its complications - A Double Blind Clinical Study"

Coordinating Institute: RARIMD, Bengaluru

Coordinating Officer: Dr. Shubhashree M.N, R.O. (Ay.)

12.3.1. Objectives: Primary Objective: To test the efficacy and safety of the trial formulation.

12.3.2. Study Design: Double blind, Placebo controlled, Prospective Clinical Trial

12.3.3. Sample Size: 150 (75 trial & 75 placebo; both groups receives standard care)
100 (50 trial & 50 placebo; both groups receives standard care)

12.3.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Approval of 4th IMR– PEMC, F.No.27-3/2018-CCRAS/Tech./Hq, dated 19th June 2018.

12.3.5. Duration of Study: 2 year

12.3.6. Interventions: Patients will receive standard Dengue treatment plus trial drug/placebo 700mg (350mg × 2 Tablet), twice daily for 10 days. Randomization has been done by CCRAS

12.3.7. Participating centre along with PI:

SN	Name of participating centre	Name of PI and Co-I
1.	KLEU Shri BMK Ayurveda Mahavidyalaya, Belagavi	Principal Investigator. <ul style="list-style-type: none"> • Dr. B.S. Prasad, Principal, Co- Investigators <ul style="list-style-type: none"> • Dr. V. A. Kothiwale, Vice principal, Prof.of General Medicine, Dean, Faculty of science (Inter-disciplinary studies /Research) JNMC, KLE University, Belagavi • Dr. S. L. Hoti, Scientist G, ICMR -National Institute of Traditional Medicine -NITM), Nehru Nagar, Belagavi. • Dr. M.V. Jali, M.D & CEO, Dr. Prabhakar Kore Multispecialty Hospital & Medical Research Centre, Nehru Nagar, Belagavi.

		<ul style="list-style-type: none"> • Rekha Patil, Prof & HOD, Dept. of General Medicine, JNMC, Belagavi. • S. Unger, Scientist D, ICMR - NITM), Belagavi. • Dr. Sukumar Nandigoudar, Reader, Dept. of Kayachikitsa, Officer in charge, MRC, BMK Ayurveda Mahavidyalaya, Belagavi
2.	Sri Devaraj Urs Academy And Higher Education and Research Kolar	Principal Investigator <ul style="list-style-type: none"> • Dr.Nitin Kumar Patil, Assoc. Prof and Head Dept. of Integrative Medicine, Shri Sri Devaraj Urs Academy And Higher Education and Research Kolar Co- Investigators <ul style="list-style-type: none"> • Dr.Shubhashree M.N,RO (Ay.) RARIMD Bengaluru • Dr. Prabhakar K., Prof. of Gen Medicine, SDUMC Lokar • Dr. S L Hoti, Director In-charge ICMR NITM Belagavi • Dr. AVM Kutty, Registrar, SDUAHER, Kolar

12.3.8. Date of IEC approval: - 25.03.2017; EC Approved Protocol: BMK/17/ESP/05; Renewal was obtained on 19.02.2019.

Kolar centre: SDUAHER/KLR/CEC/18/2017-18, dated 22nd Jan 2018.

12.3.9. CTRI Registration/Reference (for clinical trials): CTRI/2017/11/010586 Dt. 22.01.2018

12.3.10. Date of initiation: Initiated form 1st Sep 2017 (KLE), 1 August 2018 (Sri Devaraj Urs Academy and Higher Education and Research/ Kolar)

12.3.11. Budget allocated: -

SN	Centres	1 st Installment	2 st Installment	Total
1	ICMR-NITM Belagavi	13, 07,795/-	12,98,200/-	26,05,995/-
2	KLEU Shri BMK Ayurveda Mahavidyalaya, Belagavi	5, 19,020/-	5,06,200/-	10,25,220/-
3	Jawahar Lal Nehru Medical College Belagavi	31, 99,030/-	29, 93, 062/-	61,92,092/-
Total (Belagavi)		50,25,845/-	47,97,462/-	98, 23,307/-
4	Sri Devaraj Urs Academy And Higher Education& Research Kolar	12, 60,000/-	9,99,000/-	22, 59,000/-
Grand Total		62,85,845/-	57,96,462/-	1,20,82,307/-

12.3.12. Installment wise received and released

Funds received by RARIMD from CCRAS

S N	Installment	Amount in Rs.	Sanction order	Funds received date
1	1 st (Belagavi Centre)	50,25,845	F. 3-42/2017/CCRAS/Admin /Dengue/1303 Dt. 02.08.2017	07.08.2017
2	2 nd (Belagavi Centre)	47,97,462	F. No. CB/Exp./CCRAS/Hq./2018-19/2000 Dt. 03.04.2019	30.03.2019

3	1 st (Kolar centre)*	12, 60,000/-	F. No. 3-14/2017-CCRAS/Admin/Dengue/388, Dt. 28.03.2018	03.04.2018
4	2 nd (Kolar centre)*	9,99,000/-	F. No. 3-14/2017-CCRAS/Admin/Dengue/6365, Dt. 01-01-2020.	10-02-2020

Funds disbursed by RARIMD Bengaluru to ICMR-NITM for onward transmission to Belagavi and Kolar centers

S N	Installment	Amount	Funds released order	Date
1	1 st (Belagavi Centre)	50,25,845	F. No. 6-63/2017/RARIMD/BNG/Tech /Dengue/412	10.08.2017
2	2 nd (Belagavi Centre)	47,97,462	F.No . 6-14/2017-CCRAS/Admn/Dengue/6086	29.03.1019
3	1 st (Kolar centre)	12, 60,000	F. No. 6-63/2018/RARIMD/BNG/Tech. /Dengue/26	09.04.2018
4	2 nd (Kolar centre)*	9,99,000/-	F. No. 3-14/2017-CCRAS/Admin/Dengue/6365, Dt. 01-01-2020.	10-02-2020

12.3.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved
1.	150 (Belagavi)	24 months	Achieved
2.	100 (Kolar)	24 months	Stopped at 89 due to COVID

12.3.14. Current status: Data collection (clinical intervention) is under progress (Kolar centre).

SN	Participating Centre	enrolled cases	completed cases	Drop outs
1.	KLEU Shri BMK Ayurveda Mahavidyalaya, Belagavi	150	141	09
2.	Sri Devaraj Urs Academy And Higher Education/ Kolar	89	76	02

12.3.15. Relevant information, if any: Nothing Specific

12.4. Name of Project: Validation and Reliability Testing of Ayurvedic Diagnostic Tools

12.4.1. Participating centre along with PI: Sri Dharmastala Manjunatheshwara College of Ayurveda and Hospital Hassan, PI- Dr. Girish K J

S. No.	Name of the Institute	Name of the Principal Investigator	Name of the Co-Investigator
1.	SDM Hassan	Dr. Girish K J	Dr. Shubashree M N

12.4.2. Date of IEC approval: 04/12/2019

12.4.3. CTRI Registration/Reference (for clinical trials): Not approved

12.4.4. Date of initiation: 13/02/2020

12.4.5. Budget allocated: 17,76,000.00

12.4.6. Installment wise release:

Sr. No.	Study Centre	1 st Installment	2 st Installment*	3 rd Installment *	Total
1.	SDM Hassan	5,92,000.00	1,96,000.00	-	7,84,000.00

12.4.7. Chronological timeline & deliverables:

Sr. No.	Target	Time line	Achieved/ Not achieved	deviation Causes (if any)
1	Kasa	Feb-2020 to Oct- 2020	Achieved	---
2	Shwasa	Feb-2020 to Sept-2020	Achieved	---
3	Jwara	Aug-2020 to Sept-2020	Achieved	---
4	Grahani	Sept-2020 to Jan-2021	Achieved	---
5	Prameha	Feb-2021 to May-2021	Achieved	---
6	Pandu	July 2022	Achieved	-

Ongoing Collaborative studies monitored by the Institute

12.5. Name of Project: “Evaluation of Hepatoprotective activity of PTK as an add on therapy in the patients of Tuberculosis on ATT- A Double blind Randomized control clinical study

12.5.1. Participating centre along with PI:

S. No.	Name of the participating centre	Name of PI, Co investigators
1	KAHERs Shri BMK Ayurveda Mahavidyalaya, Shahapur, Belagavi – 590003	1. PI- Dr Ashok Patil PhD (Ayu) 2. CoI-Dr Swarda Uppin MD (Ayu)
2	KAHER’s JN Medical College, Nehru nagar, Belagavi - 590010	3. CoI -Dr Bhagyashri Patil M.D. (Chest)
3	CARI Bengaluru	4. CoI-Dr. Shashidhar H. Doddamani, RO (Ay.)

12.5.2. Date of IEC approval: 30-7-2021 AND 31-07-2021

12.5.3. CTRI Registration/Reference (for clinical trials): 12-11-2021

12.5.4. Date of initiation: 15-11-2021

12.5.5. Budget allocated:

1. KAHER’s Shri BMK Ayurveda Mahavidyalaya, Belagavi- Rs.56,39,830
2. Central Ayurveda Research Institute (CARI) , Bengaluru -10,50,000

Grand Total -Rs. 66,89,830/-

12.5.6. Installment wise release:

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	Rs.5,50,000/-	Sanctioned order no: 1096/2020-21	25-03-2021	31-03-2021

2.	Rs 13,09,650	Sanctioned order no. 3-3/2017-CCRAS/Admn/PS/769	25-05-2021	28-05-2021
3.	Rs. 3,07,960	Sanctioned order no.3-30/2021/CCRAS/Admn/IMR/Cool/4515	17-11-2022	05-12-2022

12.5.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	Pre –Trial period	6 month	Achieved	--
2	Recruitment (150 patients)	27 months	ongoing	--

12.5.8. Current status:

S. No.	Participating Centre	Target	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	KAHERs Shri BMK Ayurveda Mahavidyalaya, Shahapur, Belagavi - 590003	150	14	05	06	03

12.5.9. Relevant information, if any:

12.6. Name of Project: A Double blind double dummy prospective randomized controlled study to evaluate the efficacy of classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA Study).

12.6.1. Objectives:

- **Primary Objective:** To compare the efficacy of Ayurvedic management vs Methotrexate in participants of Rheumatoid arthritis.
- **Secondary Objectives:** To evaluate the safety of Ayurvedic management in participants of Rheumatoid arthritis.

12.6.2. Study Design: A Double blind double dummy prospective randomized controlled study to evaluate the efficacy of classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA Study) in 3 centers..

- Purpose : Treatment
- Level of study :OPD
- Masking : Double blind double dummy
- Control : Controlled
- Timing : Prospective
- End Point : Safety and efficacy
- No. of Groups : Two
- Sample Size: 240 patients (120 in each group)
- Centres: Multicentric.

12.6.3. Sample Size: 240 (Trial group: 120 and Placebo group: 120).

12.6.4. Approval of IMR-PEMC, Annual Action Plan, RFD, etc. along with date: F.No 3-116/2019-CCRAS/Admin/IMR/4783 dated 18th Nov 2019

12.6.5. Duration of Study: 2 Years

12.6.6. Interventions:

Group-1 Ayurveda plus Methotrexate (MTX) placebo

Group-2 Methotrexate (MTX) plus Ayurveda placebo.

Allopathic Treatment. Since there will be an array of Ayurvedic approaches for the Ayurvedic physicians to individualize treatment, an equivalent range of MTX (7.5 to 25 mg/wk) will be allowed, according to the following algorithm:

7.5 mg/week for 2 weeks

10 mg/week for 2 weeks

12.5 mg/week for 2 weeks

15 mg/week for 2 weeks

17.5 mg/week for 2 weeks

20 mg/week for 4 weeks

20 mg/week for 4 weeks

22.5 mg/week for 4 weeks

Then: 25 mg/week for the rest of the study.

Participants will be managed with internal medicines and oils for external use, like outpatient treatment of RA.

List of the drugs to be used in RA

1. Agastyarasayanam	19. Yogarajaguggulu
2. Amritharishtam	20. Simhanadaguggulu
3. Avipathikarachurna	21. Hingvastakachurnam
4. Balaguduchyadi oil	22. Vatariguggulu
5. Chyavanprasham	23. Rasnasaptakakwatha
6. DashamoolaHaritaki	24. Shuntichurna
7. Dashamoolarishta	25. Amruthoththaramkashaya
8. Dhanvantaramthaila	26. Rasnadikashyam
9. IndukanthaGhritha	27. Brihatsaindhvadithaila
10. KaishoraGuggulu	28. Rasnadikashyam
11. Kalyanagulam	29. Indukantamkashaya
12. Kottamchukkadithailam	30. Kokilakshakashaya
13. Lohasavam	31. Manjistadikashaya
14. Narayanathailam	32. Shaddharanachurna
15. Pindathailam	33. Balaguduchyadikashayam
16. Punarnavasavam	34. Brahma rasayanam
17. Trivritthlehyam	35. Chandraprabhavati
18. Vaishwanarachurnam	

12.6.7. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI
1	Central Ayurveda Research Institute, (CARI), CCRAS, Bangalore.	Dr M.N Shubhashree R.O (Ay.) Co-PI:

		Dr. SH Doddamani, RO (Ay.) Dr. Bhavya BM, RO (Ay.) Dr. Prasanna T., MS, Ortho Dr. Dwajini, Pharmacology
2	RRAP Central Ayurveda Research Institute for Cancer (CARIC), CCRAS, Mumbai	Dr. Manohar S. Gundeti Co-PI: Dr. Kuldeep Chaudhary Dr. Lakshaman Burkhe
3	Aryavaidya Pharmacy, Coimbatore	PI: Dr K G Raveendran, Co-PI: Dr. Somit

12.6.8. Date of IEC approval: 29.10.2022

12.6.9. CTRI Registration/Reference (for clinical trials): CTRI/2022/12/047807, 01.12.2022

12.6.10. Date of initiation: 07.01.2023

12.6.11. Budget allocated: Rs 1,67,53,000/

12.6.12. Installment wise release:

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1,47,32,800	F.No.3-116/2019 CCRAS/Admin/IMR/4783	18 th Nov 2019	1 st Oct 2019
2	59,04,328/-	F.No. 3-116/2019- CCRAS/Admn/IMR/4086	28 th October 2022	15 th November 2022
3	25,00,000	F.No. 3-116/2019- CCRAS/Admn/IMR/1562	22 nd June 2022	27 th June 2022

12.6.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	Pre –Trial period	03 month	Achieved	--
2	Recruitment (240 patients)	24 months	ongoing	--

12.6.14. Current status:

S. No.	Participating Centre	Target	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	CARI Bengaluru	80	09	00	01	08
2	AVP, Coimbatore	80	05	00	00	05
3	RRAP, CARI, Mumbai	80	04	00	00	04
	Total	240	18	00	01	17

12.6.15. Relevant information, if any: Nothing Specific

12.7. Name of Project: Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans

12.7.1. Participating center along with PI:

Sr. No.	Name of the participating centre	Name of PI, Coinvestigators
1	The University of Transdisciplinary Health Sciences and Technology	Dr. Poornima HVR (PI) Dr. Ashwini Godbole (Co-I) Dr. Vishnuprasad CN (Co-I)
2.	CARI, Bengaluru	Dr. Rajendra Kumar Research Officer (Ay.)

12.7.2. Date of IEC approval: 22/March/ 2021

12.7.3. CTRI Registration/Reference (for clinical trials): NA

12.7.4. Date of initiation: 1.11.2021- TDU has initiated preparation of the study from 1.11.2021. Preparation in terms of HR recruitment, equipment purchase, standardization, exosome isolation etc. is being done at TDU.

12.7.5. Screening for a sample collection from CCRAS centers has started from 15.1.2022 as the uttarayana period was the primary requirement for the study to start. Now they are collecting Dakshinayana samples. TDU has received the samples collected at CCRAS centers and analysis if the samples is being done.

12.7.6. Budget allocated: Rs 3,68,20,066/-

12.7.7. Installment wise release:

S. No.	Instalment	Sanctioned order	Date	Date of receipt of fund
1	First instalment of Rs 2,15,60,033/-	F.no4-1/2020-21/CARI/BNG/ account misc./1430	24.3.2021	24.3.2021
2	Second instalment of Rs 1,34,19,029.70	HQ-PROJ011/6/2023- PROJ/7633	27.3.2023	Yet to be received

12.7.8. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	The signing of MoU	0-3 months of sanctioning of the project	Got delayed due to COVID	Though the project was sanctioned on 24.8.2020, MOU was signed on 16/2/2021. Because of COVID, it got delayed.
2.	IEC approval from TDU	0-3 months of the signing of MOU	Achieved	NA
3.	Recruitment of HR	0-3 months of sanctioning of budget	Delayed	Delay in HR recruitment was done as the collection of samples was projected to be delayed at CCRAS centres due to Covid. TDU work starts only after sample collection and transportation from CCRAS centers. To balance that we did not

				recruit the HR as per the timeline. We have recruited the required HR from November 2021.
4.	Purchase of required equipment	1 to 4 months after the budget is released.	Achieved	Completed
5.	Participant screening and enrolment	4 to 14 months	Delayed due to Covid but currently Initiated	Started and completed for Dakshinayana . Uttarayana samples are being collected at CCRAS centres
6.	Sample collection and transport to TDU from CCRAS centers	4 to 14 months	Delayed but achieved	Collected Samples have been received at TDU from CCRAS centres
7.	Exosome isolation, data collection, sequencing, and processing	4 to 14 months	Delayed but initiated	Processing of collected samples are being done for exosome isolation and other required procedures

12.7.9. Current status: The samples collected as per SOP from 7 CCRAS centers are being received. TDU has started the process sample analysis. Overall status though delayed due to unavoidable circumstances like Covid-19, all the processes as per the protocol is being followed.

12.7.10. Relevant information, if any: As the study could not be initiated as per the sanctioned timelines due to COVID, an extension of the project has been requested and granted till August 2023.

12.8. Name of Project: Evaluation of AYUSH GMH in the subjects of mild to moderate non-alcoholic fatty liver disease (NAFLD) - A Double Blind Randomized Control Clinical study

12.8.1. Objectives

- Primary: To assess the efficacy of AYUSH-GMH in the subjects of NAFLD
- Secondary: To assess the safety of AYUSH-GMH in the subjects of NAFLD

12.8.2. Study Design: Masking-double blinded

12.8.3. Sample Size: 100

12.8.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. 3-6/2019-CCRAS/Admn/F.L/5730, dated- 18-03-2019

12.8.5. Installment wise release: 23, 03,200/-, 1st Installment released on 29.03.2018

12.8.6. Duration of Study: 3 years

12.8.7. Interventions

Intervention modalities	GROUP-I		GROUP-II	
Intervention	Ayush-GMH (API-Part III; 1 st Ed.; Pg17-)	Vitamin-E	Vitamin-E	Matching Placebo of AYUSH-GMH

Dose	500mg	400mg	400mg	500mg
Dosage form	Ghanvati	Gel capsule	Gel capsule	Ghanvati
Route of Administration	Oral	Oral	Oral	Oral
Time of Administration	Twice daily after food	Once daily after food	Once daily after food	Twice a day after food
Anupana	Water	Water	Water	Water
Duration of therapy	6 months	6 months	6 months	6 months
Packing Form	Blister pack of 60 capsules	Blister pack of 30 capsules	Blister pack of 30 capsules	Blister pack of 60 capsules

12.8.8. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	<p>a. National Institute of Traditional Medicine- ICMR Belagavi</p> <p>b. KAHER BMK Ayurveda Mahavidyalaya & Hospital</p> <p>c. Central Ayurveda Research Institute, Bangalore,</p>	<p>Principal Investigators</p> <p>1. Dr. Manish Barvaliya, Scientist E (Medical), ICMR-NITM, Belagavi</p> <p>2. Dr. Pradeep Grampurohit, Prof., Dept. of Panchakarma, Shri BMK Ayurveda Mahavidyalaya, Belagavi</p> <p>Co-Investigators</p> <p>3. Dr. Suhas Kumar Shetty, Principal, KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi</p> <p>4. Dr. Keerthana Suresh, Associate Professor & HOD, Dept of RogaNidana, KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi</p> <p>5. Dr. Subarna Roy, Scientist G & Director ICMR- National Institute of Traditional Medicine- ICMR, Belagavi</p> <p>6. Dr. Bhavya B.M Research Officer (Ayu.), Central Ayurveda Research Institute, Bangalore,</p>

12.8.9. Date of IEC approval: Approved, dated 26-02-2019, Renewal obtained on 25/05/2022

12.8.10. CTRI Registration/Reference (for clinical trials): CTRI/2022/06/042985, dated 02/06/2022

12.8.11. Date of initiation: 31/05/2022

12.8.12. Budget allocated: 55,32,925/-

12.8.13. Installment wise release

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 st Installment	F.NO.4-14/2021-22/CARI/BNG/Account Misc/716	01/09/2021	02/09/2021

2	2 nd Installment	F.6-75/2019/CARI/BNG/AYUSH GMH NAFLD/723	26/07/2022	25/07/2022
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12.8.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	100 Subjects	36 months	56 subjects (ongoing)	Nil

12.8.15. Current status:

Sl. No	Participating center	No. of participants screened till date	No of Participants enrolled till date	No. of drop outs till date	No. of Participants successfully completed till date	No. of continuing participants till date	No. Of ADR/AE reported till date
1	ICMR- National Institute of Traditional Medicine, Belagavi KAHER BMK Ayurveda Mahavidyalaya & Hospital, Belagavi	83	56	03	15	38	03

12.8.16. Relevant information, if any: Nothing Specific

12.9. Documentation of traditional food recipes of karnataka and their validiton with ayurveda and nutritional perspective

12.9.1. Objectives

- Primary:
 - Collect traditional food recipes from representative regions of Karnataka in a standardized format.
 - Validate those recipes from Ayurveda and nutritional perspective.
 - Present the recipes in the form of printed and e- book with accompanying video of preparation.
- Secondary:
 - Provide an easy-to-use traditional foods recipe book for laymen use.
 - Increase Ayurveda and nutritional knowledge about traditional foods.
 - Pilot a scalable technology for collection of community food knowledge.

12.9.2. Study Design: NA

12.9.3. Sample Size: NA

12.9.4. Approval of IMR- O.O. 1293/2022-23, dated 21st feb 2023, total budget sanctioned 4714936

12.9.5. Installment wise release: first instalment of Rs 20,20,868 released on 21/02/2023

12.9.6. Duration of Study: 2.5 years

12.9.7. Interventions:NA

12.9.8. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	Trans Disciplinary University, Bengaluru Central Ayurveda Research Institute, Bangalore,	Principal Investigators Dr. Sulochana Bhat, Incharge CARI, Bengaluru Dr. Megha, Associate Professor, TDU, Bengaluru Co-Investigators Dr. Shubhashree M.N., RO, CARI, Bengaluru Dr. Bandi Venkateshwarlu, AD, CCRAS Headquarters Dr. Subramanya Kumar, TDU, Bengaluru

12.9.9. Date of IEC approval: approved

12.9.10. CTRI Registration/Reference (for clinical trials): NA

12.9.11. Date of initiation: 24/03/2023

12.9.12. Budget allocated: 47,14,936/-

12.9.13. Installment wise release

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 st Installment	O.O.1293/2022-23	21/02/2023	05/02/2023

12.9.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ achieved	Not	Causes of deviation, if any
1	Preparatory Phase	6 months	ongoing		Nil
2	Recipies Collection	18 months	Yet to be done		Nil
3	Finalization	6 months	Yet to be done		Nil

12.9.15. Current status: One JRF has been appointed on 24/03/2023.

12.9.16. Relevant information, if any: Nothing Specific

12.10. Evaluating the efficacy of Ayurvedic intervention as add on to conventional treatment and explore the interaction of Epigenetics, Neuro/gut biomarkers and Neuroimaging in Pediatric ADHD (Attention Deficit Hyperactivity Disorder)

12.10.1. Participating center along with PI:

S. No.	Name of the participating centre	Name of PI, Co investigators
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	PI: 1. Dr. John Vijaya Sagar Co-PI:

		1. Dr. Kishore Kumar R Co-I: 1. Dr. Umesh C 2. Dr. K.GokulKrishne 3. Dr. MonojitDevnath 4. Dr. Rajendra K M 5. Dr. B.N. Roopesh 6. Dr. Shivkumar V 7. Dr. BharathHolla
2	CARI Bengaluru	Project Coordinator- Dr. Sulochana Bhat Co-I: Dr. SrinibashSahoo.

- 12.10.2. Date of IEC approval: 16.04.2021
12.10.3. CTRI Registration- CTRI/2021/07/035308 [Registered on: 30/07/2021].
12.10.4. Date of initiation: 31.12.2021
12.10.5. Budget allocated:
NIMHANS, Bengaluru - Rs.91,18,200/-
Central Ayurveda Research Institute (CARI) , Bengaluru – R. 8,50,000/-
Grand Total -Rs. 99, 68,200/-
12.10.6. Installment wise release:

S. No.	Instalment	Sanctioned order	Date	Date of receipt of fund
1.	Rs. 39,25,800/-	Office Order No. 984/2020-21	03-03-2021	03-03-2021
2.	Rs. 2,50,000	F.No. 3-3/2017-CCRAS/Admn/PS /769	25-05-2021	25-05-2021
3.	Rs. 7,63,000/-	F.No. 3-3/2017-CCRAS/Admn/IMR/1589	23-06-2022	23-06-2022
4.	Rs. 15,65,546/-	F.No. HQ-PROJ011/93/2022-PROJ/4359	10-11-2022	10-11-2022

- 12.10.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	Pre –Trial period	6 month	Achieved	--
2	Recruitment (160 patients)	27 months	ongoing	--

- 12.10.8. Current status:

S. No.	Participating Centre	Target	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	160	36	20	07	09

12.10.9. Relevant information, if any: Nil

12.11. Ayurveda therapeutic regimen as an add-on to optimized conventional management of Parkinson's disease: An RCT for assessment of Clinical, Cortical excitability, Neuroimmune and Autonomic function parameters

12.11.1. Participating center along with PI:

S. No.	Name of the participating centre	Name of PI, Co investigators
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	PI: 1. Dr. Umesh C Co-PI: 1. Dr. Pramod Kumar Pal Co-I: 1. Dr. Sathyaprabha T N 2. Dr. Kishore Kumar R 3. Dr. K. GokulKrishne 4. Dr. NiteshKamble 5. Dr. Manjunath M V 6. Dr. Shivakumar V 7. Dr. Bharatha Holla 8. Dr. KavirajUdupa
2	CARI Bengaluru	Project Coordinator- Dr. Sulochana Bhat Co-PI: Dr. SrinibashSahoo.

12.11.2. Date of IEC approval: 07.01.2022

12.11.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/01/039803
[Registered on: 28/01/2022] -

12.11.4. Date of initiation: 07.01.2022

12.11.5. Budget allocated:

NIMHANS, Bengaluru - Rs.52,30,308/-

Central Ayurveda Research Institute (CARI) , Bengaluru – R. 11,00,000/-

Grand Total -Rs. 63, 30,308/-

12.11.6. Installment wise release:

S. No.	Instalment	Sanctioned order	Date	Date of receipt of fund
1.	Rs. 10,00,000/-	F.No. Gen./Exp/R.A/04/CCRAS/Hqrs/2021-22/23	05-05-2021	05-05-2021
2.	Rs. 7,50,000/-	F.No. 3-3/2017-CCRAS/Admn/IMR/1589	23-06-2022	23-06-2022
3.	Rs. 12,78,470/-	F.No. 3-29/2021-CCRAS/Admn/Coll./4062	22-10-2022	22-10-2022

12.11.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	Pre –Trial period	6 month	Achieved	--

2	Recruitment (160 patients)	27 months	ongoing	--
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12.11.8. Current status:

S. No.	Participating Centre	Target	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	80	22	00	00	00

12.11.9. Relevant information, if any: Nil

12.12. Comparative Evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants

12.12.2. Objectives

- Primary:
 - Standardization of cost-effective production technology for soilless cultivation/hydroponics for selected herbs.
 - Evaluation of growth, yield, physicochemical, phytochemical, bioactive compounds in three systems of cultivation for selected herbs.
 - Multiplication of herbs through the three systems.
 - Economics of cultivation in three systems of cultivation for selected herbs.
- Hypothesis:
 - Proposed herbs can be grown in soilless media and hydroponics.
 - The quality and chemical content is on par with field grown /wild collection.
 - Alternate growth media can help in rapid multiplication and conservation of demanded medicinal plants.
 - Innovative methods can help in production of quality herbs throughout year.

12.12.3. Study Design:

Evaluation of growth and yield under field conditions:

- Selected herbs viz. Manjista (*Rubia cordifolia*), Prsniparni (*Uraria picta*), Sankapushpi (*Convolvulus pluricaulis*), Rakta Punarnava (*Boerhavia diffusa*) and Pippali (*Piper longum*) will be grown in the field at IIHR, Bengaluru following recommended practices using organic fertilisers and vrikshyurvedic practices like kunapa jala. All the observations will be recorded for 5 randomly selected plants. Parameters such as biomass yield and quality estimations will be carried out at the recommended harvesting stages. The identified bioactive compounds will be estimated following recommended protocols at CARI, Bengaluru.

Standardization of hydroponic system for medicinal plants:

Different models of hydroponics structures will be utilized for evaluating the performance of medicinal plants grown in hydroponic structures.

The treatment details are as follows.

T₁ : Deep Flow technique or DFT

T₂ : Linear NFT (Nutrient Film technique)

T₃: Vertical NFT (Nutrient Film technique)

T₄ : Control (Conventional farming)

Standardization of cultivation methods using soilless system:

- Silpaulin grow bags/troughs will be used for growing the plants under cocoponics
- Arka Fermented cocopeat based growing media will be used for this study.
- Nutrient management will be done using water soluble fertilizers and organic sources viz., **Kunapajala**. SoP and other standards of Kunapajala will be obtained from CCRAS Institutions

Crop growth regulation through pinching will be followed as per the standard procedures

12.12.3. Sample Size: NA

12.12.4. Approval of IMR- O.O. 1213/2022-23, dated 08.02.2023, total budget sanctioned Rs.61,14,252/-

12.12.5. Instalment wise release: First instalment of Rs. 10,14,684/- released on 17/02/2023

12.12.6. Duration of Study: 3 years

12.12.7. Interventions: NA

12.12.8. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	ICAR-Indian Institute of Horticultural Research, Hesaraghatta, Bengaluru	Principal Investigators Dr. V Rama Rao, R.O. (S-3) Botany, CARI ,Bengaluru Dr. Hima Bindu, Principal Scientist, IIHR, Bengaluru Co-Investigators Dr. Shiddamallayya N, R.O. (Botany), CCRAS, New Delhi Dr. D Kalaivana, Senior Scientist, IIHR, Bengaluru Dr. Safeena, Senior Scientist, IIHR, Bengaluru

12.12.9. Date of IEC approval: NA

12.12.10. CTRI Registration/Reference (for clinical trials): NA

12.12.11. Date of initiation: 17/02/2023 (funds transferred to IIHR, Hesaraghatta)

12.12.12. Budget allocated: Rs. 61,14,252/-

12.12.13. Instalment wise release

Sl. No.	Instalment	Sanction order	Date	Date of receipt of fund
1	1 st Instalment	O.O.1213/2022-23	08/02/2023	17/02/2023

12.12.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	Marker compounds to be studied for field, soilless and	36 months	Cultivation of selected medicinal plants initiated at IIHR, Bengaluru	NA

hydroponics systems			
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12.12.15. Current status: 1st year instalment of Rs. 10,14,684/- transferred to IIHR, Hesaraghatta, Bengaluru, funds yet to be received for CARI, Bengaluru

12.12.16. Relevant information, if any: Nothing specific

12.13. Study of seasonal variation on Bioactive Compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda

12.13.2. Objectives

- Primary:
 - Exploration of wild population of Panchavakala group of medicinal plants (*Ficus species* and *Thespesia populnea*) around Bengaluru, Karnataka
 - Assessment of seasonal variation in bioactive compounds in *Ficus species* and *Thespesia populnea* for Panchavalkala in six *ritus*.

12.13.3. Study Design:

- Exploration and identification of available sources of Panchavalkala plants viz. Vata (*Ficus benghalensis*), Udumbara (*Ficus racemosa*), Ashwatta (*Ficus religiosa*), Plaksha (*Ficus lacor*) and Parisha (*Thespesia populnea*) from Bengaluru surrounding areas for seasonal study. One source with maximum raw drug availability will be selected for the collection of the raw material in all six *ritus*.
- Collection of useful part (BARK) of Panchavalkala plants in six consecutive seasons according to Ayurveda i.e. **Shishira** (winter) from mid-January to mid-March; **Vasanta** (spring)-mid-March to mid-May; **Grishma** (summer) from mid-May to mid-July; **Varsha** (monsoon) from mid-July to mid-September; **Sharad** (autumn) from mid-September to mid-November; **Hemanta** (late autumn) from mid-November to mid-January.
- Analysis of commonly available and useful bio-active compounds in 3 replicant samples for each species for six seasons/*ritus*. Comparative studies will be conducted on the selected bio active compounds extracted from the useful part in all the 6 *ritus* by using markers
- **Assessment Criteria:**
Availability and comparative studies to be conducted on selected and useful bio-active compounds extracted from the useful part (BARK) of Panchavalkala group of plants in 6 *ritus* i.e. **Shishira** (winter); **Vasanta** (spring); **Grishma** (summer); **Varsha** (monsoon); **Sharad** (autumn); **Hemanta** (late autumn) to find out best season for collection of the crude drug.

12.13.3. Sample Size: Bark of five medicinal plants for study of variation in bioactive compounds

12.13.4. Approval of IMR- O.O. 1232/2022-23, dated 14.02.2023, total budget sanctioned Rs.28,64,480/-

12.13.5. Instalment wise release: First instalment of Rs. 9,44,240/- released on 17/02/2023

12.13.6. Duration of Study: 2 years

12.13.7. Interventions: NA

12.13.8. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	University of Agricultural Sciences, GKVK, Bengaluru	Principal Investigators Dr. V Rama Rao, R.O. (S-3) Botany, CARI ,Bengaluru Dr. Srinivasappa, Professor, UAS, GKVK, Bengaluru Co-Investigators Dr. Shiddamallayya N, R.O. (Botany), CCRAS, New Delhi Dr. T S Manjunatha, Assistant Professor, UAS, GKVK, Bengaluru

12.13.9. Date of IEC approval: NA

12.13.10. CTRI Registration/Reference (for clinical trials): NA

12.13.11. Date of initiation: 17/02/2023 (funds transferred to UAS, GKVK, Bengaluru)

12.13.12. Budget allocated: Rs. 28,64,480/-

12.13.13. Instalment wise release

Sl. No.	Instalment	Sanction order	Date	Date of receipt of fund
1	1 st Instalment	O.O.1232/2022-23	14/02/2023	17/02/2023

12.13.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	Assessment of seasonal variation in bioactive compounds in bark of five medicinal plants	24 months	Not yet started	NA

12.13.15. Current status: 1st year instalment of Rs. 9,44,240/- transferred to UAS, GKVK, Bengaluru, funds yet to be received for CARI, Bengaluru

12.13.16. Relevant information, if any: Nothing specific

COLLABORATIVE RESEARCH PROJECTS YET TO BE INITIATED

12.14. Formulations and product development of Ayurveda recipes and nutritional evaluation of selected products

12.10.1. Objectives

- Development of SOPs for the preparation of atleast 10 traditional recipes of Ayurveda
- Proximate composition analysis of atleast 10 traditional recipes of Ayurveda

- Nutritiona, safety & efficacy studies of atleast 4 traditional recipes of Ayurveda in experimental animals

12.10.2. Study Design: Experimental

12.10.3. Sample Size: Not applicable

12.10.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date:

F.No. HQ-PROJ 011/119/2023-PROJ/OO.1457/22-23, dated- 22-03-2023

12.10.5. Installment wise release: 34,25,884/- 1st Installment released on 22.03.2023

12.10.6. Duration of Study: 3 years

12.10.7. Interventions: Not applicable

12.10.8. Participating centre along with PI:

S.No	Name of the participating centre	Name of Investigators
1.	CARI Bengaluru & CSIR-CFTRI, Mysore	<p>I. Principal Investigator (CARI, Bengaluru): Dr. Sulochana Bhat, Assistant Director Incharge, Central Ayurveda Research Institute, Bengaluru</p> <p>II. Principal Investigator (CSIR-CFTRI, Mysore): Dr. Sridevi Annapurna Singh, Director, CFTRI, Mysore</p> <p>III. Co-Investigators:</p> <ol style="list-style-type: none"> 1. Dr Ramaprasad TR, Principal Scientist, CSIR-CFTRI, Mysore 2. Dr Thejaswini C, Research Officer (Ayurveda), Central Ayurveda Research Institute, Bengaluru 3. Dr. Bhavya B.M, Research Officer (Ayurveda), Central Ayurveda Research Institute, Bengaluru 4. Dr. Bandi Venkateshwarlu, Assistant Director (Ayurveda), CCRAS, Hqrs, New Delhi 5. Dr. Prabhasankar, Chief Scientist, CSIR-CFTRI, Mysore

12.10.9. Date of IEC approval: Not applicable

12.10.10. CTRI Registration/Reference (for clinical trials): Not applicable

12.10.11. Date of initiation: Yet to be initiated

Important photographs of various activities of CARI during 2022-2023

Important photographs of various activities of CARI during 2022-2023

आरोग्य मेला "जिम्नासा" 27th - 31st जुलाई 2022



अनुसन्धान अधिकारी डॉ. श्रीनिबाश साहू, डॉ. शुभाश्री एम् एन एवं डॉ. तेजस्विनी गोवा के राज्यपाल महामहिम पी एस श्रीधरन पिल्लई का स्वागत करते हुए।



संस्थान के प्रदर्शनी स्थल पर संस्थान प्रभारी, संस्थान कार्मिक एवं आगंतुका



अनुसन्धान अधिकारी डॉ श्रीनिबाश साहू एवं डॉ तेजस्विनी गणमान्य आगंतुको का स्वागत करते हुए।



अनुसन्धान अधिकारी डॉ श्रीनिबाश साहू एवं डॉ एस के गिरी विद्यार्थियों के साथ।



अनुसन्धान सहायक सुश्री भावना आर, विद्यार्थियों को औषधीय पौधे का वितरण करते हुए।



श्री. एस. सोमनाथ अंतरिक्ष विभाग के सचिव और अंतरिक्ष आयोग के अध्यक्ष, संस्थान के प्रदर्शनी स्थल पर भेट देते हुए



तेलंगाना राज्यपाल महोदया महामहिम डॉ. तमिलिसाई सुंदरराजन का संस्थान के प्रदर्शनी स्थल पर स्वागता।



संस्थान प्रभारी महोदया डॉ. सुलोचना भट्ट आगंतुको एवं संस्थान कर्मियों के साथ।



आरोग्य फेयर के दौरान व्याख्यान प्रस्तुतीकरण के सन्दर्भ में डॉ शुभाश्री एम् एन, आयुर्वेद अनुसन्धान अधिकारी पुरस्कार प्राप्त करते हुए।

सेवा पखवाडा





Establishment of Poshan Vatika at EMRS schools



At EMRS Solleपुरa village, HD Kote taluk, Mysore district on 24.09.2022



At EMRS Gangannagaripalli village, Srinivasapura taluk, Kolar district on 30.09.2022



At EMRS Mangala village, Hanur taluk, Chamarajanagar district on 24.10.2022



At EMRS Devarakonda village, Hiriyur taluk, Chitradurga district on 28.10.2022



At EMRS Tarve village, Mudigere taluk, Chikmagalur district on 28.10.2022

Poshan Maah



Celebration of World Environmental Day



अग्नि शामक यन्त्र उपयोग एवं प्रबंधन प्रशिक्षण



Employees of CARI Bengaluru participating in fire safety training program

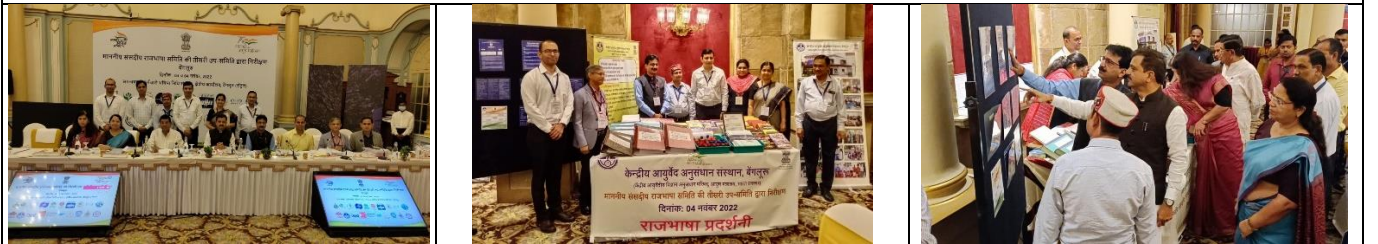


हर दिन हर घर आयुर्वेद

Participation in World Ayurveda Congress



संसदीय राजभाषा समिति द्वारा संस्थान का राजभाषा निरीक्षण



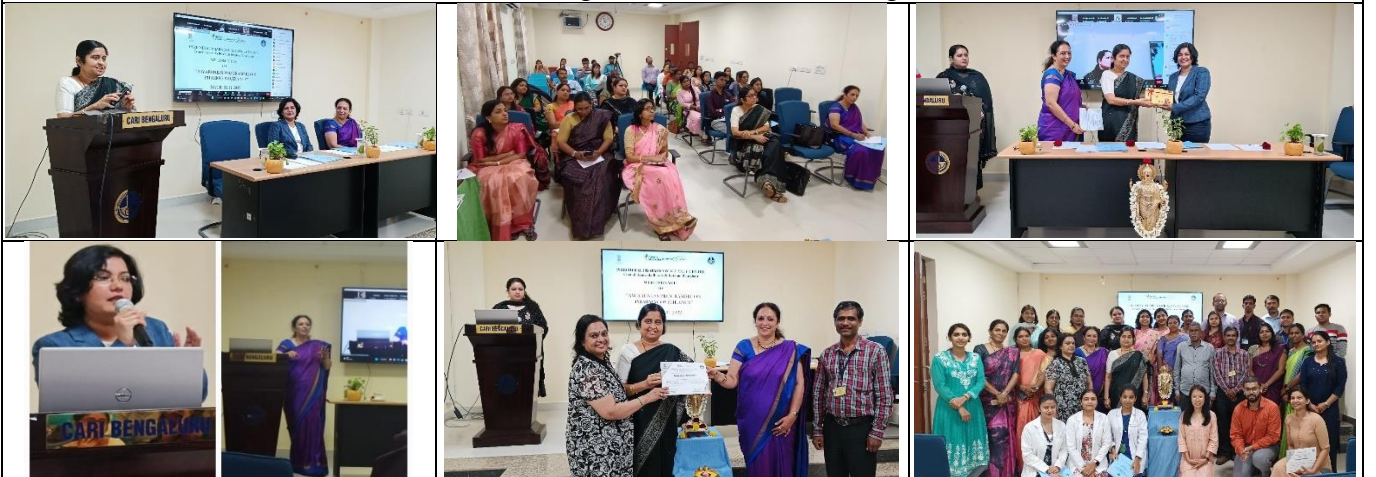
अंतराष्ट्रीय योग दिवस 2022



आयुर्वेद अस्पतालों के लिए एन.ए.बी.एच. मानकों का कार्यान्वयन कार्यशाला



Awareness Programme on Pharmacovigilance



एन.ए.बी.एच. प्रशिक्षण



एन.ए.बी.एच. मुल्यांकन



Sensitization program on sustainable maintenance of Namaste Portal Workshop



7th Ayurveda Day 2022



Awareness programmes and lectures



Free medical health camps



Distribution of fruits, chikki, chywanprash and other nutritious food



Various competitions conducted



Dhanwantari Pooja and Valedictory Function

स्वच्छ भारत अभियान



सतर्कता जागरूकता अनुपालन सप्ताह



राजभाषा हिंदी पुरस्कार



संस्थान द्वारा विभिन्न परियोजनाओ के सन्दर्भ में अन्य संस्थानों के साथ मेमोरेण्डम ऑफ अंडरस्टैंडिंग (MoU)



IIHR Bengaluru



UAS, GKVK, Bengaluru



CFTRI, Mysore



RRMCH, Bengaluru



IISc., Bengaluru



IISc., Bengaluru

राजभाषा हिंदी पखवाडा तथा राजभाषा संबंधी अन्य गतिविधियों की झलकियाँ



संस्थान के डॉसुलोचना भट्ट , प्रभारी सहायक निदेशक दीप प्रज्वलन करते हुए



संस्थान के श्रीमती रश्मि कुलकर्णी हिंदी सहायक , मंत्रालय एवं गृहमंत्री से प्राप्त सन्देश पढ़ते हुए , परिषद्



हिंदी निबंध लेखन प्रतियोगिता



हिंदी आलेखन एवं टिप्पण प्रतियोगिता



श्रुतलेख प्रतियोगिता



हिंदी वादविवाद प्रतियोगिता-

समापन समारोह



प्रभारी महोदय अध्यक्षीय भाषण करते हुए



मुख्य अतिथि डॉकिशोर कुमार अपना वक्तव्य प्रस्तुत करते हुए



श्रीमती रश्मि कुलकर्णी हिंदी सहायक सूत्र संचालन करते हुए

Plant distribution campaign under AYUSH AAPKE DWAAR programme



Distribution of plant saplings to public at OPD



Distribution of plant saplings to public at CARI OPD



Distribution of plant saplings at gram Panchayat, Kaggalipura on 15.07.2022



Drugging International Day of Yoga 2022” held at Mysuru from 21.06.2022 to 26.06.2022



To the students of Valliant's academy on 25.07.2022



National Arogya Fair-Jignasa (27.07.2022 to 31.07.2022)



Campaign at Vajarahalli village on 30.08.2022



Government School, Kaggalahalli under SEWA PAKHWADA 24.09.2022



Plant distribution programme at Government School, Kaggalahalli under SEWA PAKHWADA 26.09.2022



Scientific writing workshop organized in collaboration with RAV from 15th – 17th December 2022

Scientific writing workshop organized in collaboration with GAMC on 10th March 2023



Poshan 2.0 Programme



Awareness program conducted at OPD during International Year of Millets 2023



Internship programme for MBBS Interns

संस्थान के अन्तर्गत "मधुमेह में उत्कृष्टता केंद्र (Centre of Excellence in Diabetes)" द्वारा विभिन्न कार्यक्रमों एवं परियोजनाओं में सहभागिता की कुछ महत्वपूर्ण झलकियाँ



Diabetes OPD



Patient training programme



Yoga training programme



Student training programmes



Students at CARI museum



Students visit to DSRU



Students at clinical laboratory



CoE project at 9th World Ayurveda Congress-2022



Medical camps conducted by CoE



Patients at CoE Camps



Diabetes screening to patients



Free medicine distribution

THCRP Camps conducted during 2022-23 at HD Kote, Mysore district



SCSP camps conducted during 2022-23 in Bengaluru





हिंदी अनुभाग – वर्ष 2022-23 प्रगति प्रतिवेदन

प्रस्तावना:

- (i) “केन्द्रीय आयुर्वेद अनुसंधान संस्थान ,उत्तरहल्ली मनवर्ते कावल ,बेंगलूरु ”में राजभाषा हिंदी उपयोग से संबंधित वार्षिक कार्यक्रम का अनुपालन नियमित रूप से किया जा रहा है। संस्थान में राजभाषा कार्यान्वयन समिति का गठन किया गया है। संस्थान में राजभाषा हिंदी से संबंधित कार्यों की देखरेख के लिए राजभाषा अधिकारी डॉ .राजेन्द्र कुमार ,अनुसंधान अधिकार आयु .तथा श्रीमती रश्मि कुलकर्णी ,हिंदी सहायक संविदा सेवा हैं। वर्ष 23-2022 के लिए प्रत्येक त्रैमासिक में संस्थान के“ राजभाषा कार्यान्वयन समिति ”की नियमित बैठक आयोजित किया गया है। जैसे प्रथम त्रैमासिक में दिनांक 21.06.2022 को ,द्वितीय त्रैमासिक में दिनांक 12.09.2022 को ,तृतीय त्रैमासिक में दिनांक 02.12.2022 को और चतुर्थ त्रैमासिक में दिनांक 14.03.2023 को आयोजित किया गया है।
- (ii) संस्थान में प्रत्येक त्रैमासिक के अंत में राजभाषा हिंदी उपयोग से संबंधित ,राजभाषा विभाग द्वारा जारी त्रैमासिक प्रोफार्मा को भरकर ऑनलाइन के माध्यम से राजभाषा विभाग को तथा केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद्) सी.सी.आर.ए.एस (मुख्यालय ,नई दिल्ली एवं नगर राजभाषा कार्यान्वयन समिति)नराकास ,(कार्यालय बेंगलूरु को प्रेषित किया जाता है।
- (iii) संस्थान में राजभाषा नियम धारा (3) 3 के तहत बनाए गए नियमों का पूर्ण रूप से अनुपालन हो रहा है। राजभाषा नियम (5) 1976 का अनुपालन पूर्ण रूप से किया जा रहा है। संस्थान में प्राप्त हिंदी पत्रों का उत्तर हिंदी में ही भेजा जा रहा है।
- (iv) राजभाषा विभाग द्वारा जारी“ ग ”क्षेत्र में स्थित कार्यालयों के लिए हिंदी पत्रों की प्रगति प्रतिशत के अनुसार संस्थान से नियमानुसार हिंदी पत्रों का प्रगामी प्रतिशत प्रत्येक तिमाही में निरंतर प्रगतिशील है।
- (v) राजभाषा नियम 1976 के नियम 10 के उपनियम (4) के अंतर्गत संस्थान को आयुष मंत्रालय पत्रांक संख्या ई 11018/1/2013/-आयुष-रा.भा ,दिनांक 14.09.2015 के माध्यम से राजपत्रित में अधिसूचित किया गया है।

1. संस्थान में राजभाषा कार्यान्वयन समिति का गठन:

- 1.1 संस्थान में वर्ष 23-2022 के लिए राजभाषा कार्यान्वयन समिति का गठन सन्दर्भ पत्र संख्या-2022/23-1 /23के.आ.अ.सं/बेंगलूरु/रा.भा ,86/कार्यालय आदेश संख्या ,22-2021/20 दिनांक 21.04.2022 के अनुसार गठित की गई है। जिसके सदस्य इस संस्थान के अध्यक्ष :डॉ .सुलोचना भट्ट ,हिंदी प्रभारी :डॉ .राजेन्द्र कुमार ,राजभाषा सदस्य :डॉ .भव्या बी.एम ,मिस सोनम चंधोक ,श्री सुरेश कुमार ,श्रीमती ज्योति जी ,एवं हिंदी सहायक श्रीमती रश्मि कुलकर्णी हैं।

यह समिति प्रत्येक त्रैमासिक में“ हिंदी बैठक ”प्रभारी के उपस्थिति में करते हैं। बैठक में विभिन्न विभागों में हिंदी प्रगति के लिए बढ़ावा देने हेतु ठोस कदम लेने के लिए चर्चा की जाती है। हिंदी कार्यशाला ,हिंदी

पखवाड़ा के आयोजन के बारे में चर्चा की जाती है एवं हिंदी कार्यशाला में मुख्य वक्ता और कार्यशाला विषय पर भी चर्चा की जाती है।

2. संस्थान में राजभाषा हिंदी के तहत आयोजित कार्यक्रम:

- 2.1 संस्थान में परिषद् पत्र संख्या-1 6/2019-सीसीआरएस/रा.भा./3036 एवं- 6/2019-सीसीआरएस/रा.भा./3042 ,दिनांक 08 सितंबर 20 22 के अनुसरण में राजभाषा हिंदी के अनुपालन के तहत संस्थान में दिनांक 14 सितंबर 2022 से 28 सितंबर 2022 तक “ हिंदी पखवाड़ा ”का आयोजन किया गया था।
- 2.2 संस्थान में राजभाषा हिंदी के अनुपालनार्थ प्रत्येक त्रैमासिक में “ हिंदी कार्यशाला ”का आयोजन किया गया था। जैसे-:

प्रथम त्रैमासिक में दिनांक 27 जून 2022 को हिंदी कार्यशाला का आयोजन किया गया था। कार्यशाला के मुख्य अतिथि डॉ. राधिका देवी डी., उपनिदेशक, राजभाषा विभाग, बेंगलूरू ने संस्थान के अधिकारियों/कर्मचारियों को “राजभाषा हिंदी के महत्व और योगदान” विषय के बारे में अपना वक्तव्य प्रस्तुत किया। साथ ही उन्होंने राजभाषा हिन्दी के अधिकाधिक प्रयोग को बढ़ावा देने हेतु संस्थान के सभी अधिकारी और कर्मचारी वर्ग से हिंदी प्रशिक्षण लेने का आह्वान किया। हिंदी प्रशिक्षण के बारे में बताते हुए उन्होंने केन्द्रीय हिंदी प्रशिक्षण संस्थान, राजभाषा विभाग गृह मंत्रालय द्वारा चलाये जा रहे हिंदी के विभिन्न प्रशिक्षण कार्यक्रमों जैसे की प्रबोध, प्रवीण, प्राज्ञ के बारे में विस्तार से जानकारी दी। साथ ही उन्होंने संस्थान के अधिकारियों और कर्मचारियों की हिंदी में निपुणता के स्तर और स्कूली शिक्षा के दौरान हिंदी का शिक्षण होने या नही होने के आधार पर उपयुक्त हिंदी के विभिन्न प्रशिक्षण कार्यक्रमों को लेने की आवश्यकता के बारे में भी बताया। मुख्य अतिथि महोदय के व्याख्यान के बाद में आयोजित हिंदी प्रश्नोत्तरी में मुख्य अतिथि महोदय ने संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये हिंदी के विभिन्न प्रशिक्षण कार्यक्रमों से संबंधित प्रश्नों के जवाब दिए।

द्वितीय त्रैमासिक में दिनांक 22 सितंबर 2022 को हिंदी कार्यशाला का आयोजन किया गया था। कार्यशाला के मुख्य अतिथि डॉ. प्रिया ठाकरे ,अनुसंधान अधिकारी) आयु ,(क्षेत्रीय आयुर्वेदीय अनुसंधान संस्थान ,नागपुर ने संस्थान के अधिकारियों/कर्मचारियों को “ राजभाषा हिंदी का प्रयोग ”विषय के बारे में अपना वक्तव्य प्रस्तुत किया। साथ ही उन्होंने अपने व्याख्यान में राजभाषा हिन्दी के प्रचार प्रसार और विकास के लिए देश की संविधान सभा और सरकारों के द्वारा किये गए प्रयासों के बारे में जानकारी दी। उन्होंने भारतीय संविधान के राजभाषा से संबंधित अनुच्छेद 343 से लेकर 353 तक ,राजभाषा अधिनियम 1963 और राजभाषा नियम 1976 के बारे में विस्तार से चर्चा करते हुए सभी प्रतिभागियों को इन सब नियमों और उपनियमों के बारे में जागरूक रहने के महत्व के बारे में बताया। उन्होंने भारत की भाषीय विविधता

के प्रतीक भारतीय संविधान की आठवीं अनुसूची और उसमें सम्मिलित 22 भारतीय भाषाओं के बारे में भी चर्चा की। साथ ही में उन्होंने रोजमर्रा के कार्यालय के कार्यों में हिंदी के प्रयोग की स्थिति को सुनिश्चित किया साथ ही उन्होंने राजभाषा हिन्दी के अधिकाधिक प्रयोग को बढ़ावा देने हेतु संस्थान के सभी अधिकारी और कर्मचारी वर्ग से हिंदी प्रशिक्षण लेने का आवाहन किया। हिंदी प्रशिक्षण के बारे में बताते हुए उन्होंने केन्द्रीय हिंदी प्रशिक्षण संस्थान, राजभाषा विभाग गृह मंत्रालय द्वारा चलाये जा रहे हिंदी के विभिन्न प्रशिक्षण कार्यक्रमों जैसे की प्रबोध, प्रवीण, प्राज्ञ के बारे में विस्तार से जानकारी दी। साथ ही उन्होंने संस्थान के अधिकारियों और कर्मचारियों की हिंदी में निपुणता के स्तर और स्कूली शिक्षा के दौरान हिंदी का शिक्षण होने या नहीं होने के आधार पर उपयुक्त हिंदी के विभिन्न प्रशिक्षण कार्यक्रमों को लेने की आवश्यकता के बारे में बताया। मुख्य अतिथि महोदय के व्याख्यान के बाद में आयोजित हिंदी प्रश्नोत्तरी में मुख्य अतिथि महोदय ने संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये हिंदी के विभिन्न प्रशिक्षण कार्यक्रमों से संबंधित प्रश्नों के जवाब दिए।

तृतीय त्रैमासिक में दिनांक 30 दिसंबर 2022 को हिंदी कार्यशाला का आयोजन किया गया था। कार्यशाला में संस्थान के हिंदी अधिकारी डॉ. राजेन्द्र कुमार ने "राजभाषा नियम और उनका कार्यालयी कार्यों में अनुपालन" विषय पर व्याख्यान दिया। इस व्याख्यान में उन्होंने भारत की राजभाषा और संविधान की आठवीं अनुसूची और उसमें सम्मिलित अन्य 22 भारतीय भाषाओं के बारे में भी चर्चा की। संघ की राजभाषा नीति के अंतर्गत आने वाले विभिन्न विषयों जैसे की राजभाषा संबंधी संवैधानिक प्रावधान (अनुच्छेद 343 से लेकर 353), राष्ट्रपति के आदेश 1960, राजभाषा अधिनियम 1963, राजभाषा संकल्प 1968, राजभाषा नियम 1976 इत्यादि पर प्रकाश डाला गया। व्याख्यान में संस्थान के हिंदी अधिकारी द्वारा राजभाषा हिंदी से संबंधित विभिन्न समितियों और कार्यालयों जैसे की केन्द्रीय हिंदी समिति, संसदीय राजभाषा समिति, क्षेत्रीय राजभाषा कार्यान्वयन कार्यालय (क्ष.रा.का.का), नगर राजभाषा कार्यान्वयन समिति (नराकास), संस्थानिक राजभाषा कार्यान्वयन समिति (सराकास) इत्यादि के बारे में चर्चा करते हुए उनके कार्य, शक्तियों और उत्तरदायित्वों के बारे में जानकारी दी गयी।

इसके अलावा राजभाषा विभाग, गृह मंत्रालय और इसके द्वारा हिंदी प्रचार प्रसार के लिए की जा रही विभिन्न गतिविधियों पर चर्चा की गयी। व्याख्यान में प्रतिभागियों को राजभाषा विभाग द्वारा राजभाषा हिंदी के प्रचार प्रसार के लिए जारी किये गये तकनीकी टूल जैसे की "कंठस्थ 2.0"- स्मृति आधारित अनुवाद सॉफ्टवेयर/टूल, "हिंदी शब्द सिन्धु"- ऑनलाइन हिंदी शब्दकोश, "लीला" हिंदी एप्प के बारे में जानकारी देते हुए इन टूल्स के उपयोग करने के तरीकों का प्रदर्शन करके बताया गया। कार्यशाला में प्रतिभागियों को हिंदी प्रशिक्षण के बारे में बताते हुए हिंदी शिक्षण योजना के तहत चलाये जा रहे विभिन्न प्रशिक्षण कार्यक्रमों जैसे की प्रबोध, प्रवीण, प्राज्ञ/प्रवाह, पारंगत, हिंदी टंकण, हिंदी आशुलिपि टंकण इत्यादि के बारे में जानकारी दी गयी।

सभी प्रतिभागियों को राजभाषा विभाग द्वारा जारी किये गये हिंदी वार्षिक कार्यक्रम 2022 के तहत हिंदी के प्रयोग हेतु दिये गये लक्ष्यों के बारे में अवगत कराते हुए सभी से लक्ष्य प्राप्ति हेतु उन्होंने रोजमर्रा के कार्यालय के कार्यों में निरंतर हिंदी का प्रयोग करते रहने की आवश्यकता के बारे में बताया गया। राजभाषा विभाग द्वारा हिंदी के क्षेत्र में दिये जा रहे पुरस्कारों जैसे की राजभाषा गौरव पुरस्कार, राजभाषा

कीर्ति पुरस्कार के बारे में भी कार्यशाला के प्रतिभागियों की जानकारी दी गयी। व्याख्यान के अंत में आयोजित हिंदी प्रश्नोत्तरी में प्रभारी हिंदी अधिकारी ने संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये हिंदी के विभिन्न संवैधानिक प्रावधानों और प्रशिक्षण कार्यक्रमों से संबंधित प्रश्नों के जवाब दिए।

चतुर्थ त्रैमासिक में दिनांक 15 मार्च 2023 को हिंदी कार्यशाला का आयोजन किया गया था। कार्यशाला के मुख्य अतिथि डॉ. किशोर कुमार आर., प्रोफ़ेसर, इंटी ग्रेटिव मेडिसिन, निम्हांस, बेंगलूरू ने संस्थान के अधिकारियों/कर्मचारियों को हिंदी के राजभाषा होने की जरूरत, महत्व और योगदान के ऊपर अपना व्याख्यान प्रकट किया। उन्होंने बताया की भाषा किसी देश की संस्कृति का प्रतिनिधित्व करती है। भाषायी विविधता के देश भारत में देश के लोगों को आपस में जोड़ने के लिए हिंदी भाषा के महत्व और योगदान के ऊपर उन्होंने अपने विचार व्यक्त किये। उन्होंने अपने व्यक्तिगत अनुभव साझा करते हुए बताया की कैसे तकनीकी विषयों का कार्य भी राजभाषा हिंदी में किया जा सकता है। मुख्य अतिथि महोदय ने व्याख्यान के बाद में आयोजित प्रश्नोत्तरी में संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये राजभाषा हिंदी संबंधित प्रश्नों के जवाब दिए।

प्रत्येक कार्यशाला में राजभाषा द्वारा जारी विषयों पर प्रशिक्षण दिया गया, जो सी.सी.आर.ए.एस., मुख्यालय नई दिल्ली द्वारा संस्थान को प्राप्त हुआ था। प्रत्येक कार्यशाला में संस्थान के सभी अधिकारियों/कर्मचारियों ने उत्साहपूर्वक भाग लिया था।

2.3 वर्ष 23-2022 के लिए नराकास के तत्वाधान में संयुक्त हिंदी पखवाड़ा के शुभ अवसर पर आयोजित अंतर कार्यालयीन प्रतियोगिताओं में इस संस्थान में दिनांक 30 नवंबर 2022 को ऑनलाइन के माध्यम से "कहानी लेखन प्रतियोगिता" का आयोजन किया गया था।

3. संस्थान द्वारा राजभाषा सम्मलेन में प्रतिभागित्व:

3.1 परिषद् पत्र संख्या फा.सं-2011/1-1 .सीसीआरइएस/रा.भा ,2793/.दिनांक 30.08.2022 निर्देशों के अनुसार दिनांक 14 से 15 सितंबर 2022 को सूरत) गुजरात (में आयोजित हिंदी दिवस एवं द्वितीय अखिल भारतीय राजभाषा सम्मलेन में इस संस्थान के डॉ .राजेंद्र कुमार ,अनुसंधान अधिकारी) आयु (.एवं प्रभारी राजभाषा अधिकारी ने प्रतिनिधित्व किया था।

3.2 गृह मंत्रालय राजभाषा विभाग ,भारत सरकार द्वारा दिनांक 27 जनवरी 2023 को टैगोर थिएटर वझुथाकौड़ , तिरुवनंतपुरम ,केरला में आयोजित दक्षिण एवं दक्षिण पश्चिम क्षेत्र के वर्ष 21-2020 एवं 22-2021 के लिए क्षेत्रीय राजभाषा पुरस्कार सम्मलेन में इस संस्थान के डॉ .सुलोचना भट्ट ,प्रभारी सहायक निदेशक एवं डॉ . एस.के .गिरि ,अनुसंधान अधिकारी) आयु (.ने प्रतिनिधित्व किया था।

4. क्षेत्रीय राजभाषा पुरस्कार:

4.1 इस संस्थान को दक्षिण एवं दक्षिण पश्चिम क्षेत्र के वर्ष 21-2020 एवं 22-2021 के लिए क्षेत्रीय राजभाषा पुरस्कार सम्मलेन में क्षेत्रीय कार्यान्वयन कार्यालय) दक्षिण ,(बेंगलूरु कार्यालय द्वारा दक्षिण एवं दक्षिण पश्चिम क्षेत्र के वर्ष 21-2020 एवं 22-2021 के लिए तृतीय पुरस्कार प्राप्त हुआ है।__

5. नगर राजभाषा कार्यान्वयन समिति के बैठक/कार्यशाला में संस्थान द्वारा प्रतिभागित्व :

5.1 नराकास के तत्वाधान में दिनांक 19 जुलाई 2022 को आयोजित वर्ष 23-2022 के प्रथम बैठक में इस संस्थान के डॉ .भव्या बी.एम .,अनुसंधान अधिकारी) आयु (.एवं श्रीमती रश्मि कुलकर्णी ,हिंदी सहायक ने प्रतिनिधित्व किया था। इस बैठक में वर्ष 23-2022 के वार्षिक कार्यक्रम के बारे में चर्चा हुआ।

5.2 नराकास के तत्वाधान में दिनांक 16 दिसंबर 2022 को आयोजित वर्ष 23-2022 के द्वितीय बैठक में इस संस्थान के डॉ .राजेन्द्र कुमार ,राजभाषा अधिकारी एवं श्रीमती रश्मि कुलकर्णी ,हिंदी सहायक प्रतिनिधित्व किया था। इस बैठक में नराकास के वार्षिक अंशदान एवं कावेरी गृह पत्रिका के बारे में चर्चा हुआ।

5.3 नराकास के तत्वाधान में विश्व हिंदी दिवस के शुभ अवसर पर दिनांक 10 जनवरी 2023 को केन्द्रीय रेशम बोर्ड ,बेंगलूरु में नगर स्तर पर आयोजित हिंदी कार्यशाला में इस संस्थान के श्रीमती रश्मि कुलकर्णी ,हिंदी सहायक ने प्रतिनिधित्व किया था।

6. संस्थान के अधिकारियों/कर्मचारियों द्वारा हिंदी प्रतियोगिताओं में प्रतिभागित्व :

6.1 नराकास के तत्वाधान में संयुक्त हिंदी पखवाडा - अंतर कार्यालयीन प्रतियोगिताओं में दिनांक 22 नवंबर 2022को आयोजित नारा लेखन प्रतियोगिता में इस संस्थान के श्रीमती रितु सिन्हा ,अनुसंधान सहायक)वन (.एवं श्री सुरेश कुमार ,अनुसंधान सहायक) रसा (.ने भाग लिया।

6.2 नराकास के तत्वाधान में संयुक्त हिंदी पखवाडा - अंतर कार्यालयीन प्रतियोगिताओं में दिनांक 24 नवंबर 2022को आयोजित आशुभाषण प्रतियोगिता में इस संस्थान के श्रीमती रितु सिन्हा ,अनुसंधान सहायक)वन (.एवं श्री सुरेश कुमार ,अनुसंधान सहायक) रसा (.ने भाग लिया। श्री सुरेश कुमार को द्वितीय पुरस्कार एवं श्रीमती रितु सिन्हा को प्रोत्साहन पुरस्कार प्राप्त हुआ है।

6.3 नराकास के तत्वाधान में संयुक्त हिंदी पखवाडा - अंतर कार्यालयीन प्रतियोगिताओं में दिनांक 25 नवंबर 2022को आयोजित निबंध लेखन प्रतियोगिता में इस संस्थान के डॉ .भव्या बी.एम .,अनुसंधान अधिकारी)आयु (.एवं श्रीमती रितु सिन्हा ,अनुसंधान सहायक) वन (.ने भाग लिया।

6.4 नराकास के तत्वाधान में संयुक्त हिंदी पखवाडा - अंतर कार्यालयीन प्रतियोगिताओं में दिनांक 28 नवंबर 2022को आयोजित हिंदी भाषण प्रतियोगिता में इस संस्थान के श्रीमती रितु सिन्हा ,अनुसंधान सहायक)वन (.एवं श्री सुरेश कुमार ,अनुसंधान सहायक) रसा (.ने भाग लिया। श्री सुरेश कुमार को प्रथम पुरस्कार एवं श्रीमती रितु सिन्हा को प्रोत्साहन पुरस्कार प्राप्त हुआ है।

7. संस्थान के पुस्तकालय के लिए पुस्तकों की खरीद:

7.1 इस वित्तीय वर्ष 23-2022 के लिए हिंदी किताबों की खरीद मेसर्स चौखंभा ओरिएंटलिया ,बेंगलूरु एवं मेसर्स सपना बुक हाउस ,बेंगलूरु से किए हैं। पुस्तकों की खरीद में कुल रूपए) -/11,808 रूपए ग्यारह हजार आठ सौ आठ मात्र (व्यय हुआ है।

8. संस्थान के अधिकारियों/कर्मचारियों द्वारा केन्द्रीय हिंदी प्रशिक्षण उप संस्थान/हिंदी शिक्षण योजना द्वारा आयोजित प्रशिक्षण कार्यक्रम में प्रतिभागित्व:

8.1 वर्ष 23-2022 में इस संस्थान के श्रीमती ज्योति जी ,कनिष्ठ श्रेणी लिपिक ने केन्द्रीय हिंदी प्रशिक्षण उप संस्थान/हिंदी शिक्षण योजना ,बेंगलूरु द्वारा आयोजित प्रबोध प्रशिक्षण में उत्तीर्ण हुए हैं।

8.2 वर्ष 23-2022 में इस संस्थान के श्रीमती हेमावती के.एच ,चिकित्सीय प्रयोगशाला टेक्नोलॉजिस्ट ,श्री निलोय बनर्जी ,फार्मासिस्ट ,श्री ए .सतीश ,कनिष्ठ चिकित्सीय प्रयोगशाला टेक्नोलॉजिस्ट एवं श्रीमती ज्योति जी ,कनिष्ठ श्रेणी लिपिक ने केन्द्रीय हिंदी प्रशिक्षण उप संस्थान/हिंदी शिक्षण योजना ,बेंगलूरु द्वारा आयोजित प्रवीण प्रशिक्षण में उत्तीर्ण हुए हैं।

8.3 केन्द्रीय हिंदी प्रशिक्षण उप संस्थान/हिंदी शिक्षण योजना ,बेंगलूरु द्वारा आयोजित होने वाले दीर्घकालिक कक्षाओं में इस संस्थान के आठ (8) कर्मचारियों को प्राज्ञ कक्षा में भाग लेने के लिए नामांकन भेजा गया है।

8.4 केन्द्रीय हिंदी प्रशिक्षण उप संस्थान/हिंदी शिक्षण योजना ,बेंगलूरु द्वारा आयोजित होने वाले हिंदी टंकण के अल्पकालिक गहन (कक्षाओं में इस संस्थान के श्रीमती ज्योति जी ,कनिष्ठ श्रेणी लिपिक को भाग लेने के लिए नामांकन भेजा गया है।

टिप्पणी: संसदीय राजभाषा तीसरी उप समिति का निरीक्षण:

वर्ष 2022-23 के दौरान दिनांक 04 नवंबर 2022 को संसदीय राजभाषा तीसरी उप समिति का निरीक्षण आई.टी.सी.विंडसर मैनर, बेंगलूरु होटल में हुआ। निरीक्षण में मंत्रालय के श्री सत्यजीत पॉल, उपमहानिदेशक सलाहकार, श्री रोहतास भनखड, निदेशक; परिषद् के डॉ. रबिनारायण आचार्य, महानिदेशक, डॉ. प्रताप मखीजा, प्रभारी हिंदी अधिकारी एवं श्री गिरिधरलाल शर्मा, अनुवादक हिंदी सहायक; इस संस्थान के डॉ. सुलोचना भट्ट, प्रभारी सहायक निदेशक, डॉ. राजेन्द्र कुमार, राजभाषा अधिकारी एवं श्रीमती रश्मि कुलकर्णी, हिंदी सहायक एवं केन्द्रीय आयुर्वेद अनुसंधान संस्थान, बेंगलूरु के अधिकारियों/कर्मचारियों ने भाग लिए थे। निरीक्षण सफलतापूर्वक हुआ।

13. OTHER ACTIVITIES 2022-23

13.1. World Environmental Day

CARI, Bengaluru celebrated the World Environmental Day on 8th June 2022 to create awareness about the need to protect our environment. During the program, tree saplings such as Neem (*Azadirachta indica* A. Juss), Malabar plum {*Syzygium cumini* (L.) Skeels}, Jack fruit (*Artocarpus heterophyllus* Lam.), Ashoka {*Saraca asoca* (Roxb.) Willd.}, etc. were planted in the garden area of the CARI Campus. Medicinal saplings were also distributed to the staff and common public.

13.2. International Day of Yoga

As per the directions received from the headquarters, International Day of Yoga 2022 with the theme “Yoga for humanity” was celebrated at CARI, Bengaluru on 21st June 2022. 78 officers and staff of the institute practiced yoga while attending the live streaming of the main event at Mysore, led by the Hon’ble Prime minister of India, Shri Narendra Modi. Seven officers and staff of CARI Bengaluru participated in the live event and exhibition at Palace ground, Mysore. Officers from CARI were also deputed to four IDY-22 Yoga locations as observers at Hampi, Halebeedu Temple complex, Golgumbaz Vijayapura, Fort Agoda Goa and Churches & convents Old Goa under Azadi Ka Amrit Mahotsav (AKAM) celebrations.

13.3. Azadi Ka Amrit Mahotsav (AKAM)

In view of celebrations of 75 years of independence of India, CARI Bengaluru solemnized Azadi Ka Amrit Mahotsav (AKAM) Campaign as directed by Ministry of AYUSH, Govt. of India. The institute distributed Ayurvedic prophylactic medicines like Samshamana Vati, Ayush 64, Ashwagandha Ghana Vati and Ayu Raksha Kit along with health advisory materials to OPD patients. Under AKAM, Har Ghar Tiranga Campaign was also observed on the occasion of Independence Day on 15th August 2022.

13.4. AYUSH AAPKE DWAR (Distribution of Medicinal Plants Saplings) under Azadi Ka Amrit Mahotsav

Under “AYUSH AAPKE DWAR” campaign by CARI, Bengaluru, SMPU section conducted 16 camps for free distribution of medicinal plant saplings produced under National Medicinal Plants Board (NMPB) to farmers/households/students and others. Around 4287 saplings were distributed to 1580 individuals during 2022-2023.

13.5. Vigilance Awareness Week and Campaign 2022

In pursuance of Council’s directions to observe Vigilance Awareness Week, 2022- Preventive vigilance measures cum housekeeping activities, a 3 months campaign (16th August 2022 –15th November 2022) was carried out as a precursor to Vigilance Awareness Week 2022. All the section heads and staff actively participated in the campaign in order to achieve significant outcomes in terms of appropriate disposal, record management and maintenance and progress report.

Vigilance awareness week was observed from 31st October to 7th November 2022 with theme “Corruption Free India for a developed Nation”. The programme was inaugurated on 31st October 2022 taking the Integrity solemn pledge by all the officers and staff of the Institute. During vigilance awareness week, an essay and a debate competition were organized for

institute staff. On 7th November 2022, the programme was concluded by an awareness lecture by chief guest Shri. D.N. Munikrishna, Former IPS, Bengaluru on “Corruption Free India for a developed Nation”. Prizes and certificates were distributed to all the winners and participants of the event.

13.6. Poshan Maah Abhiyaan- 2022

As per the orders from the headquarters, Poshan Maah Abhiyaan was conducted at the Central Ayurveda Research Institute, Bengaluru. The Poshan Maah programme was inaugurated at CARI, Bengaluru by Dr. Sulochana Bhat, Assistant Director Incharge on 09.09.2022. All the officers and staff of the CARI and RARIM & MMR actively participated and conducted awareness programme, camps and outreach activities in Schools/Anganwadi, Panchayat, NGO, Hospitals and community health centres. Distribution of nutritious food like fruits, chikki and chyawanprash was conducted for the children at various schools. Saplings of medicinal plants were also distributed to children and they were encouraged to grow medicinal plants in areas in and around their community. Free medical camps were conducted for school children for the screening of malnutrition and anemia. Ayurveda medicines like Kushmanda Avaleha and Chyavanaprasha were distributed along with the agnideepana and pachana medicines. Awareness lectures on importance of healthy food and personal hygiene were also delivered during the Programme. Various competitions such as essay writing and drawing were conducted for school children at Udipalya.

13.7. Sewa Pakhwada

Sewa Pakwada was celebrated from 17th September to 2nd October 2022 by CARI, Bengaluru and RARIMM&MR, Goa (Bengaluru location) to commemorate the birthday celebration of Hon’ble Prime Minister Shri Narendra Modi. The sewa pakwada was inaugurated by Dr Sulochana Bhat, Assistant Director In-charge, CARI, Bengaluru and all the officers and staff of the institute were present during the event. An awareness lecture was conducted to staff of the institute, general public and patients attending OPD. The activities related to sewa pakwada were conducted under four themes: cleanliness drive; free medical camps & awareness programs; plantation activity and COVID vaccination drive/booster dose.

13.8. 7th Ayurveda Day 2022

7th Ayurveda Day was observed on 23rd October 2022. Different activities were conducted from 12th September 2022 to 23rd October 2022. The theme of the 7th Ayurveda Day was “Har Din Har Ghar Ayurved”. Various activities were carried out through OPD, Survey of Medicinal plant unit and other outreach programmes like Tribal Health Care Research Project (THCRP) and Schedule Cast Sub Plan (SCSP) project. Ayurveda day programme was inaugurated on 15th September 2022 at CARI Bengaluru by Dr. Sulochana Bhat, Assistant Director Incharge in the presence of all the officers and staff of CARI and RARIM&MMR. As per the guidelines received from the Headquarters, all the activities related to Ayurveda day were carried out by the Institute covering the 5 themes of: Ayurveda for Holistic Health; Ayurveda for Millenials; Ayurveda for Senior Citizens; Ayurveda for Mental Wellbeing; and Sharing of Experiences.

Public awareness programmes and lectures on wide range of topics were conducted for senior citizens, students, children, OPD patients, general public, and others. IEC Materials were

displayed and distributed to general public. Free medical and health check-up camps were conducted. Fruits, chikki, chyawanprash and other nutritious food were distributed to children and general public. Health drink Kashayam was distributed to 45000 school children through Adama Chetana Trust.

Several competitions were organized like drawing competition for staff children, essay writing, drawing competition and quiz for school children, drawing and essay writing competition for staff and AYUSH food festival in the form of cooking competition for staff was organized. Dhanvantari pooja was conducted at Hospital building on 22nd October 2022. After Dhanvantari Pooja, fruits were distributed to general public followed by valedictory function and prize distribution. Dr. B N Sridhar, former Director, CARI Bengaluru and Dr Mohan Raju, senior ayurveda physician graced the event as chief guests. A webinar was organized on 23rd October 2022 on the occasion of Ayurveda Day. Prof. (Dr.) G.G. Gangadharan, Director, Ramaiah Indic Specialty Ayurveda-Restoration Hospital, Bengaluru delivered a lecture on “Ayurveda and Food”. All the officers and staff of CARI, Bengaluru actively participated throughout the Ayurveda Day programme.

13.9. Poshan Vatika

As per the directions from CCRAS, plantation was done by SMPU section at 05 Eklavya Model Residential Schools (EMRS) i.e. Sollepura village, HD Kote taluk, Mysore district and Gangannagaripalli village, Srinivasapura taluk, Kolar district, Mangala village, Hanur taluk, Chamarajanagar district and Devarakota village, Hiriyur taluk, Chitradurga district and Tarve village, Mudigere taluk, Chikmagalur district on 24.09.2022, 30.09.2022, 24.10.2022 and 28.10.2022 respectively under ‘Establishment of Poshan Vatika’ programme. At all the places fruits yielding medicinal tree species were planted as per the directions from CCRAS. Plantation programmes at Government schools at Kaggalahalli on 23.09.2022 and Kaggalipura 26.09.2022 under Sewa Pakhwada.

13.10. Awareness Programme on Pharmacovigilance

Awareness Programme on Pharmacovigilance was organized for medical officers, teaching faculty, PG scholars and interns of Ayurveda colleges by CARI Bengaluru on 26th November 2022 in hybrid mode. Sixty offline and seventy online participants attended the programme. The event was also live streamed on YouTube that garnered more than 100 views. Lectures were delivered by expert speakers including Dr. Latha Damle, Atrimed Biotech, Bengaluru, Prof. Syed Ziaur Rahman, Secretary, Society of Pharmacovigilance, India, Dr. Shubhashree.M.N., Central Ayurveda Research Institute (CARI), Bengaluru and Dr. Raghavendra Naik, Bureau of Indian Standards, New Delhi.

13.11. Workshop on NAMASTE Portal

CARI, Bengaluru organized a “Sensitization programme on sustainable maintenance of NAMASTE portal” on 29th and 30th November 2022 in a hybrid mode. Physicians and academicians from the Southern states of India from Ayurveda, Homoeopathy, Unani and Siddha systems were sensitized regarding NAMASTE Portal in their respective systems. Dr. A Raghu, Deputy Director General (AYUSH), Directorate General of Health Services (DGHS), New Delhi, joined the event virtually and addressed the gathering, explained the intent of the workshop and declared the workshop open. The chief guest Dr. G. P. Prasad,

Assistant Director Incharge, National Institute of Indian Medical Heritage, Hyderabad. Dr. G. P. Prasad elaborated the need of documentation and the importance of the e-portal. Technical sessions were delivered by distinguished resource persons including Dr. T. Saketh Ram, Research officer, NIIMH, Hyderabad, Dr. Vinod Lavaniya, Research Officer (Ayurveda), CCRAS Headquarters, New Delhi, Dr. Rakesh Narayanan CCRAS, New Delhi, Prof. Ghulamuddin Sofi, Dr. M Kannan, Research Officer (Siddha), Siddha Clinical Research Unit, CCRS, Bengaluru, Dr. Biswo Ranjan Das, Research Officer (Homoeopathy), CCRAS, NIIMH, Dr. Rajendra Kumar, Research Officer (Ayurveda), Central Ayurveda Research Institute, Bengaluru. The programme ended with a valedictory session.

13.12. World Ayurveda Congress 2022

9th World Ayurveda Congress and Arogya Expo 2022 was organized at Kala Academy, Panaji, Goa from 08th to 11th December 2022. The theme of the 9th edition of WAC is "Ayurveda for One Health". Over 4500 participants from all over the world including 400 foreign delegates from 53 countries participated in the Congress & Arogya Expo. The Arogya Expo was also set to witness participation of Ayurvedic companies, leading Ayurveda brands, medicine manufactures and Ayurveda related educational and Research & Development institutions. The 9th WAC mainly aims to showcase the efficacy and strength of the AYUSH systems of medicine at the Global level. 9th World Ayurveda Congress (WAC) was inaugurated on 8th Dec 2022 at Panaji, Goa in the presence of Union Minister of State for Tourism and Shipping, Ports and Waterways Shripad Naik, Chief Minister Dr Pramod Sawant and Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha.

CARI, Bengaluru & RARIM&MMR, Goa jointly organized a stall for exhibition to showcase the strengths and facilities of CCRAS in the area of Ayurveda. The AYUSH premises comprising CCRAS, CCRUM, CCRH, CCRYN and NMPB were visited by Hon'ble Shri. Sarbananda Sonowal, Minister of AYUSH, Govt. of India, Hon'ble Chief Minister of Goa, Shri Pramod Sawant, Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Prof. Rabinarayan Acharya, Director General, CCRAS. During the four days event, information brochures (Hindi and English languages) on different diseases conditions and their treatments for general awareness were freely distributed. During the free clinics, around 200 were given consultation and provided medicine. About 4,000 visitors from various backgrounds such as research scholars, academic students, general public, faculty, exhibitors, etc. have visited CCRAS stall during the event. Standees and translates indicating various facilities available at CARI Institute & RARIM&MMR, Goa were displayed for public awareness. The staff from the both Institutions have interacted with the visitors and addressed queries on various health issues and displayed IEC materials.

Parallel technical sessions were conducted in WAC 2022. Ayurveda short films, Ayurveda and Jyotish vigyan, NMPB seminar on medicinal plants, international conclave on pashu ayurveda, international delegates assembly and many more were also held during the event. Valedictory ceremony of the 9th World Ayurveda Congress was addressed by Shri Narendra Modi, Hon'ble Prime Minister.

13.13. Workshop on "Scientific Writing" in collaboration with Rashtriya Ayurveda Vidyapeeth (RAV), New Delhi

A three-day workshop on Scientific Writing was organized for PhD scholars and teachers of Ayurveda Colleges by Central Council for Research in Ayurvedic Sciences (CCRAS) and Rashtriya Ayurveda Vidyapeeth (RAV), New Delhi at Central Ayurveda Research Institute, Bengaluru from 15th to 17th December 2022. Prof. Rabinarayan Acharya, Director General, CCRAS, New Delhi and Dr. Koustubha Upadhyaya, Advisor, Ministry of Ayush, Govt. of India & Director RAV delivered inaugural addresses virtually. Chief Guest of the event was Dr. Shridhar B.S, Joint Director, Department of Ayush, Karnataka and Dr. Lakshminarayana Shenoy, Assisant Director, Government Ayurveda Research Centre, Mysore was the guest of Honor. Lectures were delivered from eminent scientists and professors including Dr. Sucharitha L, RAV Guru, Benglauru, Dr. P Manickam, Scientist F (Epidemiology), ICMR-National Institute of Epidemiology (NIE), Chennai, Tamil Nadu, Dr. Chetan Gulhane, Asso. Professor, Department of Panchakarma, Netra Chikitsa Ayurveda College & Hospital, Amreli, Gujarat, Dr. Umesh Chikkanna, Scientist – C (Ayurveda), Department of Integrative Medicine, National Institute of Mental Health and Neurosciences, Bengaluru, Karnataka, Dr. Debarati Mukherjee, Additional Professor, IIPH-BLR, PHFI, India, Bengaluru, Karnataka, Prof.(Dr.) Girish K.J., Kayachikitsa Dept., SDM College of Ayurveda and Hospital, Hassan, and Prof. D.C. Mathangi, HOD Of Mind Body Medicine and Lifestyle Sciences, Faculty Of Allied Health Sciences, Sri Ramachandra Institute Of Higher Education And Research, Chennai. The workshop was concluded with a valedictory function.

13.14. International Year of Millets

United Nations declared 2023 as the International Year of Millets (IYM). As per the directions received from CCRAS, CARI Bengaluru conducted a range of activities from January to March 2023 to celebrate the International Year of Millets. Information about various Millets with their significance was displayed in the hospital block. Awareness talks on topics like the cultivation of millets, types of millets, benefits of millets, food preparation of millets, etc. were delivered by officers of the institute to the general public.

13.15. Workshop on “Scientific Writing” in collaboration with Government Ayurveda Medical College (GAMC), Bengaluru

A workshop on ‘Scientific Writing’ was organized by Central Ayurveda Research Institute, Bengaluru (Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, Govt. of India) in collaboration with Govt Ayurveda Medical College, Bengaluru (Govt of Karnataka), at Manthana Hall, Govt Ayurveda Medical College, Bengaluru on 10.03.2023. The workshop was invited with maximum number of women delegates to mark the International Women Day celebration. The eminent guest speakers such as Dr. Nagesh Lakshminarayan, Professor Emeritus, Research and Development wing, Dayananda Sagar College of Dental Sciences, Bengaluru, and Dr. Anand Katti, Professor and Head, Dept of Samhita-Siddhanta, GAMC, Bengaluru delivered lectures on scientific writing.

13.16. Training Programme on Implementation of NABH Standards for Ayurveda Hospitals

A training programme on Implementation of NABH Standards for Ayurveda Hospitals was conducted by CARI Bengaluru from 25th to 27th April 2022. The ianugral address was

delivered by Prof. (Dr.) Rabinarayan Acharya, Director General CCRAS. Resource persons from NABH, New Delhi, oriented the participants about NABH accreditation and certification and elaborately covered the NABH standards chapters during the 3-day programme. CARI, Bengaluru actively worked towards ensuring all standards and requisites and received NABH certification on 5th January 2023 as AYUSH Entry-Level Centre.

13.17. Memorandum of Understanding (MoU)

Memorandum of Understanding (MoU)

- A tripartite Memorandum of Understanding (MoU) was signed between CCRAS, National Institute of Traditional Medicine, Belagavi, (ICMR-NITM) and KAHER Shri BMK Ayurveda Mahavidyalaya and Hospital, Belagavi, Karnataka for execution of the project on “Evaluation of Ayush- GMH in the subjects of mild to moderate non-alcoholic fatty liver disease (NAFLD) - A Double-blind Randomized control clinical study” on 23rd May 2022.
- A Memorandum of Understanding (MoU) was signed between CCRAS and Centre for Incubation, Innovation, Research and Consultancy (CIIRC), Bengaluru for collaboration on studies pertaining to food technology and Information Technology including Machine learning and Artificial intelligence (under Centre of Excellence Scheme) on 17th June 2022.
- A Memorandum of Understanding (MoU) was signed between CCRAS and Nagpur Veterinary College, Nagpur for conduction of safety and efficacy animal studies on Ayurveda Anti-diabetic formulations (under Centre of Excellence Scheme) on 28th June 2022.
- A Memorandum of Understanding (MoU) was signed between CCRAS and Samatvam Science and Research for Human Welfare Trust, Bengaluru for the conduction of clinical trials (under Centre of Excellence Scheme) on 5th January 2023.
- A Memorandum of Understanding (MoU) was signed between CCRAS and CSIR-CFTRI for execution of the project on “Formulations and product development of Ayurveda recipes and nutritional evaluation of selected products” on 23rd March 2023
- A Memorandum of Understanding (MoU) was signed between CARI and TDU for execution of the project on “Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective” on 23rd May 2022
- A Memorandum of Understanding (MoU) was signed between CARI and RRMCH for execution of the project on “AMRA” on 23rd May 2022
- A Memorandum of Understanding (MoU) was signed between CARI and IIHR for execution of the project on 17th February 2023
- A Memorandum of Understanding (MoU) was signed between CARI and UAS, GKVK for execution of the project on on 6th March 2023.

13.18. IEC meeting

IEC meeting was organized on 21st April 2022 for ethical approval of following Research Projects:

1. Cross sectional survey to determine the prevalence of Non-Communicable Diseases and their risk factor among Scheduled Tribes in selected states across India under Tribal Health Care Research Programme (THCRP)
2. Evaluation of efficacy and tolerability of select Ayurveda formulations in moderate Iron Deficiency Anemia – A randomized controlled trial under Tribal Health Care Research Programme (THCRP)
3. Cross sectional survey to determine the prevalence of NCDs and their risk factors among scheduled castes across India under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)
4. A randomized placebo controlled trail of Ayush SR in perceived stress under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)

IEC meeting was organized on 7th June 2022 for ethical approval of following Research Projects:

1. Efficacy and safety of Ayurveda Formulation ‘Trikatu’ in Dyslipidemia- A Prospective Randomized Double Blind Placebo Controlled Trial
2. 4 COE Projects

IEC meeting was organized on 9th February 2023 for ethical approval of following Research Projects:

1. A Cross Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy
2. Poshan 2.0 – Extension of activities being carried out under Poshan Abhiyaan to Child Care Institutions (CCI’s)
3. Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective
4. Yoga Capsule

केन्द्रीय आयुर्वेद अनुसंधान संस्थान, बेंगलूरु
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वार्षिक रिपोर्ट का सारांश: 2022-23

CENTRAL AYURVEDA RESEARCH INSTITUTE, BENGALURU
(Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, Govt. of India)

SUMMARY OF ANNUAL REPORT 2021-22