

केन्द्रीय आयुर्वेदीय अनुसंधान संस्थान  
CENTRAL AYURVEDA RESEARCH INSTITUTE

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Kanakapura Main Road, Talaghattapura Post  
Bengaluru, Karnataka-560 109

वार्षिक प्रगति प्रतिवेदन  
ANNUAL PROGRESS REPORT  
2023-24



केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद्  
CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES  
Ministry of AYUSH, Govt. of India, New Delhi

**CENTRAL AYURVEDA RESEARCH INSTITUTE  
BENGALURU**

**ANNUAL PROGRESS REPORT 2023-24**

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## I. Administrative Report

### 1. Staff pattern for the year-2023-24 (01.04.2023 to 31.03.2024)

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		F	Neither	-

			R.A. (Bot.)				
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	01	M	OBC	-
			Mr. Srinivas Iliger, Staff Nurse		M	Neither	Joined on 04.05.2023 through direct recruitment
13.	Office 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	00	M	Neither	-
			Mr. Suraj Kumar, Pharmacist		M	OBC	Joined on 20.07.2023 through direct recruitment
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	-
<b>Multi Task Staff (MTS) category</b>							
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	-	-	-
	<b>Total</b>	<b>64</b>	<b>24+1** (Filled)</b>	<b>41- 1=40</b>	-	-	-

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

\*\*Ms. Sonam Chandhok, Assistant Research Officer (Clinical Psychology) (Category- Neither) is transferred to CARI, Punjabi bagh, New Delhi (revleaved from CARI Bengauru on 31.03.2024).

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

Sr. No.	Designation	Name	Remarks
1.	Office Assistant (OA)	Mr. Mukundan K.V	Directly engaged
2.	Office Assistant	Mr. M Girijavallabhan	Directly engaged, Ex-Employee
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	-
7.	Office Assistant	Miss. Girija	-
8.	Office Assistant	Miss. PratimaAchari	-
9.	Social Worker	Mrs. Jobit Treesa	Relieved on 31.10.2023
10.	Laboratory Technician	Mr. Bharath V	From 04.11.2023
11.	Multi Tasking Attendant (MTA)	Mr. Nagaraju D.S	-
12.	Multi Tasking Attendant	Mr. Sampath Kumar. M	-
13.	Multi Tasking Attendant	Mr. Sridhar Y	-
14.	Multi Tasking Attendant	Mr. Gangadharaiah V.C	-
15.	Multi Tasking Attendant	Mr. Joydeb Malakar	-
16.	Multi Tasking Attendant	Mr. Gagan Honnaih	Relieved on 01.06.2023
17.	Multi Tasking Attendant	Mr. Uday	-
18.	Multi Tasking Attendant	Mr. Sagar	-
19.	Multi Tasking Attendant	Miss UshaN	From 01.04.2023
20.	Multi Tasking Attendant	Mr. Shivashankar N	From 03.05.2023
21.	Multi Tasking Attendant	Mr. Vinay N.R	From 03.05.2023
22.	Multi Tasking Attendant	Mr. Nandi N	From 01.07.2023
23.	Multi Tasking Attendant	Smt. Sangeetha	From 01.07.2023
24.	Multi Tasking Attendant	Jasmina P.P	From 11.07.2023
25.	Multi Tasking Attendant	Miss Anushree K	From 26.02.2024
26.	House Keeping Staff (MTA)	Mrs. Soumya M	Relieved on 31.12.2023
27.	House Keeping Staff (MTA)	Mrs.Mala .V	Relieved on 31.12.2023
28.	House Keeping Staff (MTA)	Mr. Raghavendra G	Relieved on 31.12.2023
29.	House Keeping Staff (MTA)	Mrs. Geetha	Relieved on 30.11.2023
30.	Chowkidar (MTA)	Mr. Harish M.G	Relieved on 31.01.2024
31.	Chowkidar (MTA)	Mr. Kumar B G	Relieved on 31.01.2024

32.	Chowkidar (MTA)	Mr. Shankar	Relieved on 31.01.2024
33.	Chowkidar (MTA)	Mr. Santhosh	Relieved on 31.01.2024

## 2. No. of staff according to group as on 31.03.2024:

Sr. No.	Group	General	SC	ST	OBC	Others	Total	Whether roster maintained or not
1.	A	4	2	1	3	-	10	Appointments made by HQ office
2.	B	5	-	-	4	-	9	
3.	C	1	1	2	2	-	6	Being maintained by institute
<b>Total</b>		<b>10</b>	<b>3</b>	<b>3</b>	<b>9</b>	<b>-</b>	<b>25</b>	-

## 3. Expenditure

Sr. No.	Component	S.T. Category	Others	Total
1.	Male component	25,80,966.00	1,78,02,769.00	2,03,83,735.00
2.	Female component	4,85,216.00	1,59,40,828.00	1,64,26,044.00
<b>Total</b>		<b>26,00,446.00</b>	<b>30,66,182.00</b>	<b>3,37,43,597.00</b>

## 4. Brief reports on the Institute including infrastructure.

Central Ayurveda Research Institute (CARI), under Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Govt. of India, has been functioning in Bengaluru since 1971. CARI shifted to its own campus in 2019, consisting of Hospital Block with Out Patient Department (OPD), 28-bedded In-patient Department (IPD) facility (to be made functional soon), Panchakarma, Yoga, Shalya & Marma Chikitsa, Shalakya (Eye & ENT), Clinical Laboratory, Pharmacy, Minor Operation Theatre, Ultrasonography and other services. The Administrative Block consists of Office, Meeting Hall with Video Conferencing set up, Seminar Hall, Museum, Food Laboratory, Library, Store, Microbiology, Pharmacognosy, Chemistry, Botany section. Since beginning, 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.

Since inception, the institute has 477 scientific publications and abstracts, 9 monographs, 8 book reviews, 1,315 presentations and participations and has got 3 gold medals, 4 best research papers and incentives for two best publications. The reference library hosts 2050 books, important scientific journals and CCRAS publications for sale. During the reporting year, scientists from CARI have published 09 research articles in national and international journals and 09 are in pipeline. Officers participated in 93 seminars, webinars, conferences, meetings and hands-on training. Presently there are 25 regular employees working at CARI, Bengaluru against the 64 sanctioned posts. The Institute received a budget allocation of 7.59 Crores.

In this reporting year, the institute has got a patent for “Development of predictive system for diagnosing the risk of Diabetes based on Ayurveda principles using Machine Learning techniques” under CoE. CARI, Bengaluru was one of the study site and nodal centre for another patent obtained for “Invention of the process for the preparation of an Ayurvedic herbal formulation (AYUSH-D) for the management of Diabetes”.

Five Distinguished Ayush Chairs from Ministry of Ayush visited CARI, Bengaluru on 31<sup>st</sup> October 2023 and provided orientation to the researchers. The renowned experts were Dr. Nandini K. Kumar, former Deputy Director General, Indian Council of Medical Research (ICMR); Dr. Madhu Dikshit, former Director, Council of Scientific & Industrial Research (CSIR)- Central Drug Research Institute (CDRI), Lucknow; Dr. Sharmila Shekhar Mande, distinguished Chief Scientist at TCS Research; Dr. Arvind Chopra, Director and Chief Rheumatologist, Centre for Rheumatic Diseases, Pune; Padmashree Dr. B.N. Gangadhar, Chairman, National Medical Commission (NMC) and former Director, National Institute of Mental Health & Neuro Sciences (NIMHANS), Bengaluru.

A delegation from World Health Organization (WHO) visited CARI Bengaluru on 16<sup>th</sup> January, 2024. Elaborate discussions were held on the R&D endeavors of CCRAS with Dr. Rudi Eggers, Director, Integrated Health Services and Dr. Pradeep Dua, Technical Officer, WHO Headquarters, Geneva.

The institute has organized various workshops and training programmes viz- Brainstorming session on Development of Standard Operative Procedures (SoPs) & Standardization of Netra Kriyakalpa; Brainstorming on Geriatrics; Building Ethics Standards Transparency (BEST) training programme for Investigators of Scope of Mainstreaming of Ayurveda Research in Teaching professionals (SMART); Ayur-Raksha- National Conference on Pharmacovigilance and Medical Ethics, In addition to this 10 Pharmacovigilance awareness programmes and four workshops on Rajbhasha Hindi were also conducted by the institute.

CARI Bengaluru also organized various activities such as International Yoga Day, Ayurveda Day, Hindi Pakhwada, Hindi Diwas, National AYUSH programmes like Poshana Maah, Poshan Pakhwada, Swachata Hi Sewa Campaign, Vigilance awareness week, Constitution Day, Sports day, Organ donation day. The institute organized series of events under International year of Millets, Ayurveda Day celebrations and Azadi Ka Amrit Mahotsav-2 campaign.

The e-inspection of institute related to the implementation of official language in the daily official work was done by CCRAS Headquarters on 15<sup>th</sup> March 2024. Headquarters appreciated the institute for proper implementation of official language in the institute. The institute has provided Ayurveda orientation & training to internees under MBBS Internship Programme. BAMS internees were also posted in the institute for internship. Several training/awareness programs were conducted for students from various institutes and colleges; patients and public by the CoE team.

CARI, Bengaluru distributed Ayurvedic prophylactic medicines like SamshamanaVati, Ashwagandha Ghana Vati along with health advisory materials to OPD patients. Free distribution of these medicines to Ayurveda colleges of Karnataka were also done for the promotion of Ayurveda & popularizing CARI Bengaluru, CCRAS, Ministry of Ayush.

Presently, the institute is rendering clinical services through NABH accredited hospital and NABL accredited Laboratory. There are two Out Patient Departments (OPDs), one at Clinical section, Balepete, Bengaluru and another at CARI main campus, Kanakapura Road, Bengaluru. The institute provides primary health care to the patients at outpatient level with dispensing of free medicines. The facilities include preventive and curative medical care, laboratory investigations (routine pathological & biochemical), Panchakarma treatment, Shalya & Marma Chikitsa, Shalaky (Eye & ENT), Yoga, De-addiction & Manasa Roga.

Since inception, the Clinical Research Unit (CRU) of the institute has served 4,40,273 patients. During the reporting period 41,026 patients (34,049 at CARI Campus Kanakapura Road and 6,977 at Clinical Section Balepete) have been benefited. As a part of special medical services, 12,300 geriatric patients, 368 patients with flu like illness were treated. 10,392 OPD based Panchakarma procedure were performed including 5,387 males and 5,005 females. Total 66,409 clinical laboratory investigations were conducted.

Since inception, clinical research projects on Kuposhana (Malnutrition), Arsha (Haemorrhoids), Manodwega (Anxiety neurosis), Tamakashwasa (Bronchial Asthma), Vyanabala Vaishmya (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 Brahma Rasayana in geriatrics), Kashtartava (Dysmenorrhoea), Sthaulya (Obesity), Osteoarthritis Knee, Rasayana effect of Chyavanaprasha, Osteoporosis, Bronchial Asthma, Gridhrasi, Rasaushadhis, KAP study on Diabetes Mellitus, AYSUH-D in Pre-Diabetes and Type 2 Diabetes Mellitus, Dengue, Breast cancer, Medoroga (Obesity) have been completed.

During the reporting period, the CRU has completed Research Projects viz.- Clinical Evaluation of Vidangachurna and Vyoshadi Guggulu in the Management of Medoroga (Obesity); Biographies of Ayurveda Luminaries; Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study under THCRP 2023-24; Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study under SCSP 2023-24.

Double blind clinical trial to evaluate the effect of Trikatu in Subclinical Hypothyroidism; Lekhaniya Gana Kashaya and 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 are ongoing Intra Mural Research (IMR) projects in the institute.

CARI is executing 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; A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme; Morbidity and Healthcare-seeking behaviour of the patients visiting the Ayurveda healthcare facilities of the DGAFMS Hospitals: A multicentre cross-sectional survey study; General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs; 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; Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations.

Approved projects in Project Evaluation and Monitoring Committee (PEMC) include- Efficacy and safety of Arjuna [*Terminalia arjuna* (Roxb.Wight&Arn)] as adjunct to standard care in atherogenic dyslipidemia-A randomized double-blind placebo-controlled study; Management of Autism Spectrum Disorder in Children through a comprehensive Ayurveda approach as an add-on to conventional therapy; A comparative study to evaluate the safety and efficacy of Ayurvedic intervention as an adjunct to treatment as usual in Insomnia disorder in elderly – A prospective randomized open blind endpoint study; Documentation of prescription trends in Osteoarthritis by Ayurveda Physicians- A retrospective study.

Other proposed IMR/collaborative projects viz.- Prospective clinical trial to assess the efficacy, compatibility and tolerability of Millets in Samsarjana Project; 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; 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; Safety, Efficacy, Acceptability & Tolerability of Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial; Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes Associated with Diabetes: A Randomized Double Blinded Placebo Controlled Clinical Trial; Detection of surgical conditions for their early management- a cross sectional community study in Bengaluru South

Taluk; Comparative analysis and standardization of alternative botanical sources of selected Ayurveda medicinal plants; Evaluation of efficacy of a multimodal Ayurveda regimen in Osteoarthritis of Knee – A randomized controlled trial (3 combinations); A Randomized controlled trial for evaluation of efficacy and safety of Asthiraksha-25 in Osteoarthritis of Knee joint; Evaluating Safety and Efficacy of Integrative Ayurveda and Yoga Intervention as add-on therapy in Geriatric depression/Late Life Depression -A Prospective Randomized Open Blinded Endpoint (PROBE) Study; Safety and efficacy of integrative Ayurvedic interventions in the management of Mild cognitive impairment (MCI) (Smritibhramsa) – a randomized single blind controlled clinical trial; Safety and efficacy of (trial drug) as monotherapy/add-on (integrative) therapy to (selected standard) in Madhumeha/Type-2 Diabetes Mellitus/Prediabetes: An open labelled/ single/double blind randomized controlled Phase II/III study; Efficacy of Snehana Therapy in Improving Functional Disability and Quality of Life of Geriatric Population – A prospective randomized open blind endpoint study; Preventive approach for Cardiovascular disorders in high risk Populations with Shilajatwadi yoga; A Clinical Study to assess the safety and efficacy of ‘Vayasthapana Gana’ Ghana Vati on Ageing, Clinical evaluation of Gandha Thaila and Kukkutanda tvak Bhasma in the management of Osteopenia/Osteoporosis, Survey report on Kriyakalpa and other Shalakyia related practices including traditional healers in India.

Survey of Medicinal Plants Unit (SMPU) completed IMR project viz-Anthology of Survey Research outcomes of Medico Ethno Botanical Survey (MEBS). Under the IMR-Collaborative project- Comparative Evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants with ICAR-Indian Institute of Horticultural Research (IIHR), Hesaraghatta, Bengaluru; Study of seasonal variation on Bioactive Compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda with University of Agricultural Sciences, GKVK, Bengaluru are ongoing. Two IMR project proposals viz.- Study and documentation of plant raw drugs for Substitution and Adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh & Telangana): Documentation of Wild Edible and Medicinal Plants in different markets of southern part of Western Ghats in Karnataka State were approved by CCCRAS during 8<sup>th</sup> PEMC held on 11.03.2024.

During the reporting period, Drug Standardization and Research Unit (DSRU) purchased and installed Digital Water bath, Soxhlet apparatus, Moisture analyzer and Clevenger apparatus. The unit also procured some important marker compounds and other required chemicals. Total 35 analysis including HPTLC, physicochemical constant values determination, phytochemical screening, powder microscopy was performed by DSRU. Total 28 trainings/demonstrations of facilities under SMPU & DSRU were conducted for students from various Ayurveda Medical Colleges, UG students of Kempegowda Institute of Medical Sciences (KIMS), Bengaluru and other visitors/stakeholders.

Besides, the Institute has conducted outreach activities viz.- Tribal Health Care Research Project (THCRP) and Ayurveda Mobile Health Care Project (AMHCP)- Scheduled Caste Sub Plan (SCSP) with public health orientation. The institute also took part in organizing the free health camps and distributed medicine to the needy public.

During the reporting period, under Tribal Health Care Research Project (THCRP), 201 tours were conducted at 5 villages. Total 3,950 tribal population have been surveyed and 5,620 patients were treated. Total 3,081 lab investigations were performed out of which 2,846 were Haemoglobin/Random Blood Sugar (RBS) tests and 235 other investigations. 09 folklore claims were documented and validated. Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study under THCRP 2023-24 was completed.

Under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan), total 3,839 population were surveyed and 4,050 patients were treated in selected 8 villages. 4,740 investigations conducted during the reporting year 2023-24. Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study under SCSP 2023-24 was completed.

The National Pharmacovigilance Program is also continuing under Ayush Oushadhi Gunvatta Evam Utpadan Samvardhan Yojana (AOGUSY). Awareness regarding pharmacovigilance is being created under this program. Misleading advertisements are also being reported to higher authorities for needful action.

The Institute is recognized as Centre of Excellence (CoE) for Research and Clinical services in Madhumeha (Diabetes mellitus) by Ministry of AYUSH with a total fund of Rs.7,24,80,400. Under the scheme, a specialized OPD for patients of Madhumeha is functional where patients are provided with free consultation, laboratory investigations and medicines. The specialized OPD has catered to 1,395 diabetic patients (837 Male & 558 Female) and 6,021 follow-up visits (3,505 Male & 2,516 Female) totaling to 7,416 during the reporting year. 30 Diabetes camps were conducted at different places around CARI hospital with total 915 beneficiaries. Total 42 training programmes were conducted of which 10 were for the general public, 10 for patients, 12 yoga training camps and 10 student training programmes.

The anti-diabetic efficacy of four selected formulations were evaluated at Nagpur Veterinary college, Nagpur and a pilot study completed using four selected formulations. Based on the animal study report, two formulations were selected for the clinical trial and the study initiated. Two SOPs for ready to cook food recipes developed in collaboration with Centre for Incubation, Innovation, Research and consultancy (CIIRC), Bengaluru and clinical trial initiated to evaluate the two ready to cook dietary supplements for its antidiabetic property in patients of type -2 diabetes mellitus.

Under the Centre of excellence scheme, a static website [www.cari.gov.in](http://www.cari.gov.in) is launched and 1,89,610 population covered under e-healthcare initiatives. Ultrasound machine was purchased under CoE scheme for the upgradation of the institute. In addition to the deliverables, 2 research projects registered under CTRI were initiated (Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients – A cross-sectional study, Evaluation of bio-availability of Varadi and Mustadi ghana vati in healthy volunteers – A cross-over randomized clinical trial), 4 articles were published in peer reviewed journals and 3 were communicated for publication.

The institute generated Rs. 17,37,518 revenue in the reporting year. The Clinical Research Unit has generated Rs. 15,83,391 (Rupees Fifteen lakh Eighty Three thousand three hundred and ninety one only) from OPD registration, laboratory investigations and Panchakarma. The Survey of Medicinal Plants Unit has generated Rs. 77,100/- (Rupees seventy-seven thousand and one hundred only) through crude drug authentication and sale of medicinal plants. DSRU has generated revenue of Rs. 12,500 (Rupees Twelve thousand and five hundred only). Rs 64,527 was generated by other means like sale of books, CCRAS publications etc.

**5. Resources generated during the year from OPD/DSRU/SMPU/Sale of Council's Publication/Library membership fee etc. (01.04.2023 to 31.03.2024)**

Sl. No	Resources generated	Amount. (in thousands)
1.	Sale of Council's Pub./Books/CDs	45,727
2.	Service charges includes Library Membership fee, Authentication, Chemical analysis etc.	89,600
3.	OPD Registration fee	1,14,838
4.	Lab investigation charges	11,73,393
5.	Panchakarma charges	2,95,160
6.	Miscellaneous (Tender Processing Fee & etc.,)	6,000
7.	Sale of unserviceable items etc.	11,300
8.	Sale of Medicinal plants	1,500
9.	Interest received in savings bank account of the institute	1,57,816
	<b>Total</b>	<b>18,95,334</b>

**6. Details of the budgetary provision of the Institute during reporting period (2023-24)**

Sr. No.	Scheme	B.E. 2023-24 (in thousands)	Funds received (in thousands)	Actual expenditure (in thousands)
1.	Pay & Allowances	3,68,09,779	3,68,09,779	3,68,09,779
2.	TA	4,00,000	4,00,000	3,66,704
3.	Contingencies			
	Wages	5,00,000	5,00,000	4,99,798
	Office expenses	80,00,000	80,00,000	80,00,000
	Rent Rates Tax	65,000	65,000	64,210
	Other admin expenses	2,00,000	2,00,000	1,99,988
	Advertisement	2,00,000	2,00,000	1,99,952
	Professional service	1,25,00,000	1,25,00,000	1,24,99,700
4.	Research Activities	75,00,000	75,00,000	75,00,000
5.	Seminar & Conference Mela	2,75,000	2,75,000	2,74,953
6.	Swachhta Action Plan	2,00,000	2,00,000	1,99,812
7.	AMHCP – SCSP	40,24,000	40,24,000	40,24,000
8.	Tribal Area Sub Plan-THCRP	52,89,870	52,89,870	52,89,870
	<b>Total</b>	<b>7,59,63,649</b>	<b>7,59,63,649</b>	<b>7,59,28,766</b>



## 7. Scientific Advisory Committee and Institutes Ethical Committees

### 7.1. Expert Advisory Committee for Centre of Excellence in Madhumeha

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

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: <a href="mailto:dr[bavenkatesh@gmail.com]">dr[dot]bavenkatesh[at]gmail[dot]com</a> Mob. No. 9845015567	Chairperson
2.	Dr. Prof. Geetha Dept. of Pharmacology, Bengaluru Medical College and Res. Institute, Fort K.R. Road, Bengaluru – 560002. <a href="mailto:geetha25bmcricri@gmail.com">geetha25bmcricri[at]gmail[dot]com</a> 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 <a href="mailto:vikram[underscore]ayur[at]yahoo[dot]com/">Email:vikram[underscore]ayur[at]yahoo[dot]com/</a>	Member (Basic Medical Scientist)
4.	Dr. Anant Desai Professor & HOD, Dept of Panchakarma, GAMC, Bengaluru No.1580, B Block, 13 <sup>th</sup> Main, Sahakar Nagar, Bengaluru – 560 092. Mob. No.9448185896. <a href="mailto:Anantdesai30[at]gmil[dot]com">Anantdesai30[at]gmil[dot]com</a>	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 <a href="mailto:ravikeerthym[at]gmail[dot]com">Email:ravikeerthym[at]gmail[dot]com</a>	Member (Clinician Modern Medicine)
6.	Smt. Swayamprabha.H.C. Advocate, 241, Ist floor, Nandi Mansion, Aralegudi compound, Cottonpet road, Bengaluru. Mob. No. 9844159464. <a href="mailto:swayamprabhahc[at]gmail[dot]com">swayamprabhahc[at]gmail[dot]com</a>	Member (Legal Expert)
7.	Mrs. Sarah Abraham Ex- Principal, No 1008, Sobha Hill view Apts, Thalaghattapura, Bengaluru – 560 109. Mobile No.9916334453. <a href="mailto:sarahabraham56[at]gmail[dot]com">Email: sarahabraham56[at]gmail[dot]com</a>	Member (Social Scientist)
8.	Shri. Krishna Kumar # 87, ‘SURABHI’ VISL Layout, Ist Main, 3 <sup>rd</sup> cross, “Silk Institute Metro Station” off Kanakapura Main Road, Thalaghattapura, (Near S.S. Vruddi Apartment) Bengaluru – 560 109. Mobile no.-8073535371/9980631599. <a href="mailto:silkyman61[at]gmail[dot]com">Email:silkyman61[at]gmail[dot]com</a>	Member (Lay person)
9.	Dr. Shubhashree MN Research Officer (Ayurveda) Central Ayurveda Research Institute, Bengaluru <a href="mailto:shubhathejas[at]gmail[dot]com">Email:shubhathejas[at]gmail[dot]com</a> , Mobile no.-9448016968	Member Secretary

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

<b>Sr. No.</b>	<b>Name &amp; Designation</b>	<b>Status in Committee</b>
1.	Dr. M.N. Shubhashree, R.O. (Ay.)	Chairman
2.	Dr. S.H. Doddamani, 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)

<b>Sr. No.</b>	<b>Name &amp; Designation</b>	<b>Status in Committee</b>
1.	Dr. Sulochana Bhat, AD In-charge	Chairman
2.	Dr. Rajendra Kumar, RO (Ay.)	Raja Bhasha Officer
3.	Ms. Sonam Chandhok, ARO (Cli. Psy.)	Member
4.	Smt. Ritu Sinha, R.A. (Bot.)	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:

<b>Sr. No.</b>	<b>Name &amp; Designation</b>	<b>Status in Committee</b>
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

<b>Sr. No.</b>	<b>Name and affiliation</b>	<b>Status</b>
1.	Dr. Sanjay Kumar Giri, R.O. (Ay.)	Chairman
2.	Dr. Rajendra Kumar, 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:

<b>Sr. No.</b>	<b>Name &amp; Designation</b>	<b>Status in Committee</b>
1.	Ms. Sonam Chandhok, ARO (Psychology)	Chairman
2.	Mrs. Bharathi, Sister Incharge	Member
3.	Mr. Suresh Kumar, RA (Chemistry)	Member
4.	Mr. Sathish, Junior Lab Technician	Member
5.	Mr. Delvin George, Lab Attendant	Member

7.8. Technical Co-Ordination Committee:

<b>Sr. No.</b>	<b>Name &amp; Designation</b>	<b>Status in Committee</b>
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:

<b>Sr. No.</b>	<b>Name &amp; Designation</b>	<b>Status in Committee</b>
1.	Dr. Sulochana Bhat, A.D. In-charge	Chairman
2.	Dr. S H Doddamani, R.O. (Ay.).	Member
3.	Dr. Bhavya B.M, R.O. (Ay.)	Member

7.10. e-Office Committee

<b>Sr. No</b>	<b>Name and affiliation</b>	<b>Status</b>
1.	Dr. Rajendra Kumar, R.O. (Ay.)	Chairman
2.	Smt. Jyothi G., LDC	Member
3.	Sh. Delvin George, Lab. Attendant	Member

7.11. Media Management Committee

<b>Sr. No</b>	<b>Name and affiliation</b>	<b>Status</b>
1.	Dr. M.N. Shubhashree, R.O. (Ay.)	Chairman
2.	Ms. Sonam Chandhok, ARO (Cli. Psy.)	Member
3.	Sh. Rahul Kumar, SRF (IT)	Member

7.12. Staff Grievance Committee

<b>Sr. No.</b>	<b>Public Grievance Committee</b>	<b>Status</b>
1.	Dr. Bhavya B.M., R.O. (Ay.)	Chairman
1.	Dr. Rajendra Kumar, R.O. (Ay.)	Member
2.	Smt. R. Bhavana, R.A. (Bot.)	Member
3.	Shri A. Sathish, Jr. MLT	Member
4.	Smt. Jyothi G., LDC	Member

7.13. Public Grievance Committee

<b>Sr. No.</b>	<b>Public Grievance Committee</b>	<b>Status</b>
1.	Dr. M.N. Shubhashree, R.O. (Ay.)	Chairman
2.	Dr. Anchan Vidyashree, R.O. (Path.)	Member
3.	Shri Mallikarjun Neelavani, Staff Nurse	Member
4.	Shri Niloy Banerjee, Pharmacist	Member
5.	Shri Girish C., Panchakarma Tech.	Member

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

<b>Sr. No</b>	<b>Name and affiliation</b>	<b>Status</b>
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

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

<b>Sr. No.</b>	<b>Name and affiliation</b>	<b>Status</b>
1.	Dr. Sridhar B N MD (Ay.) Retired Incharge, NADRI, Bengaluru	Chairman
2.	Manjappa C.N Prof and HOD, Dept. of Orthopedics, Mandya Institute of Medical Sciences	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.	Shri.MadhusudanAdiga Advocate, Nrupatunga Road, Bengaluru.	Member
7.	Dr. Sulochana Bhat AD In-charge, CARI, Bengaluru	Member Secretary

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

<b>Sr. No</b>	<b>Name and affiliation</b>	<b>Status</b>
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

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

<b>Sr. No</b>	<b>Name and affiliation</b>	<b>Status</b>
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	Member

	Ph.D (Biostatistics) ICAR, Bengaluru	
5.	Sh. Madhusudhan Adiga BA.,LLB, Bengaluru	Member
6.	Dr. Sulochana Bhat AD Incharge, CARI Bengaluru	Member Secretary

7.18. NABH Coordination Committee

Sr. No.	Members	Role
1.	Dr. Sulochana Bhat	Chairperson
2.	Dr. Rajendra Kumar	NABH Coordinator
3.	Dr. Vidyashree Anchan	NABH Co-Coordinator
4.	Mr. Delvin George	Member

7.19. 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

7.20. Clinical Audit Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Tejaswini C	Chairperson
2.	Dr. Rajendra Kumar	Member Secretary
3.	Mrs. Bhagyamma	Member
4.	Srinivas Iliger	Member

7.21. Medical Record Management Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Bhavya BM	Chairperson
2.	Dr. Rajendra Kumar	Member Secretary
3.	Mr. Mallikarjuna N	Member
4.	Srinivas Iliger	Member

7.22. 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. Girjavallabhan	Member

7.23. 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. Girjavallabhan	Member

7.24. Pharmaco-Therapeutic Committee (NABH)

Sr. No.	Members	Role
1.	Dr. Rajendra Kumar	Chairperson
2.	Mr. Niloy Banerji	Member Secretary
3.	Mr. Umesh	Member

7.25. 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

7.26. 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

7.27. Medical Morbidity & Mortality Committee (NABH)

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

7.28. Human Resource Review Committee (NABH)

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

7.29. 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.	Smt. Hemavathi	Member
4.	Ms. Jyothi G	Member Secretary

7.30. 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

7.31. Code Blue Committee (NABH)

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

7.32. Code Red Committee (NABH)

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

7.33. Code Pink Committee (NABH)

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

7.34. Code Black Committee (NABH)

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

7.35. Reservation cell

<b>Sr. No</b>	<b>Name and affiliation</b>	<b>Status</b>
1.	Dr. S. H. Doddamani, R.O. (Ay.)	Lisian Officer
2.	Dr. V. Rama Rao, R. O. (Botany)	Member
3.	Dr. Raghavendra Naik, R.O. (Ay.)	Member
4.	Dr. Sandhya Rao, GAMC, Bengaluru	Member



## II. TECHNICAL REPORT

### 1. Programs allotted and completed during the reporting period

Sr. No.	Title of the project	Target	Status	Remarks
<b>CLINICAL SECTION</b>				
<b>Intramural Clinical Research Projects – Ongoing</b>				
1.	A Randomized, Placebo-controlled, Double-blind Clinical Trial to Evaluate the Effect of Trikatu in Subclinical Hypothyroidism	90/50	Ongoing	Screened- 438 Enrolled- 55 Completed- 27 Drop out- 08 Continuing- 20
2.	Efficacy and safety of Ayurveda Formulation ‘Trikatu’ in Dyslipidemia – A Prospective Randomized Double Blind Placebo Controlled Trial	120	Ongoing	Screened-80 Screen Failure-31 Enrolled-49 Completed-34 Drop out-5 Ongoing- 10
3.	Clinical Evaluation of Lekhaniya Gana Kashaya and Arogyavardhini Gutika in the Management of Medoroga (Obesity)	50	Ongoing	Screened-54 Screen Failure-4 Enrolled-50 Completed-36 Drop out-11 Continuing-03
4.	A Cross Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy.	1350	Ongoing	Screened-485 Enrolled -484 Completed-484
<b>Other Intra-Mural Projects - Ongoing</b>				
1.	-	-	-	-
<b>Intramural Clinical Research Projects –Completed</b>				
1.	Clinical Evaluation of Vidanga Churna and Vyoshadi Guggulu in the Management of Medoroga (Obesity) under Annual action plan 2018-19	50	Completed	Screened-51 Enrolled -50 Drop out-01 Completed-49
2.	Documentation of life profile of Luminaries in the field of Ayurveda	02	Completed	Submitted for publication.
3.	Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under THCRP 2023-24	40	Completed	Screened-73 Enrolled -40 Screen Failure- 33 Completed-38 Drop outs-02
4.	Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under SCSP 2023-24	44	Completed	Screened-99 Enrolled 44 Screen Failure-55 Drop outs-04 Completed-40

<b>Other Intra-Mural Projects – Completed</b>				
1.	Anthology of Survey Research outcomes of Medico Ethno Botanical Survey (MEBS)	2 years (15 <sup>th</sup> July 2020 to 14 <sup>th</sup> July 2023)	Completed	Two research articles each for Hassan and Yadgir districts have been published. One research article each for Kolar; Dakshina Kannada and Udupi districts communicated.
<b>Collaborative Clinical Research Projects –Ongoing</b>				
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	Screened-129 Screen Failure-35 Enrolled-94 Completed-62 Drop out-08 Continuing-24
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	150/100 (Revised)	Ongoing	Screened- 71 Enrolled- 61 Completed- 21 Drop out- 11 Continuing-29
3.	Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans	Analysis of 784 urine samples	Ongoing	Collected-786 Processed-786 Analyzed-388
4.	A Double-blind, Double Dummy, Randomised Controlled Study to Evaluate the Efficacy of Classical Ayurvedic Management versus Methotrexate in Rheumatoid Arthritis	240 (3 centers)	Ongoing	Screened- 109 Enrolled-71 Completed-18 Dropout-14 Continuing-39
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 (Reduced to 80)	Ongoing	Screened-903 Enrolled-61 Completed-31 Dropout-13 Continuing-17 (Extended till 31.03.2025)
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-185 Enrolled-27 Completed-12 Dropout-04 Continuing-11 (Extended till 31.01.2026)

7.	A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme	440	Ongoing	Screened-77 Enrolled-28 Completed-01 Dropout-02 Continuing-25
8.	Morbidity and Healthcare-seeking behaviour of the patients visiting the Ayurveda healthcare facilities of the DGAFMS Hospitals: A multicentre cross-sectional survey study	No specific target	Ongoing	Screened-382 Enrolled -382 Completed-382
9.	General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs	NA	Ongoing	Under preparatory stage, Clinical study yet to be started.
<b>Other Collaborative Projects – Ongoing</b>				
1.	Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products	10 recipes	Ongoing	SOPs of 10 Ayurveda food recipes at the final stage.
2.	Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective	100 traditional recipes from 20 locations	Ongoing	<ul style="list-style-type: none"> <li>• No of location completed- 12 out of 22</li> <li>• No of recipes collected- 75/100</li> <li>• No of respondent meet on field- Approximately 68</li> <li>• 4. No of respondent contacted through call/directly - App 200 persons</li> </ul>
3.	Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations	cell line study on Hep G2 liver cells, L6 myoblasts and 3T3-L1 pre	Ongoing	MOU done. Communication to CCRAS Jhansi for trial medicine has been done. Recruitment is being planned.

		adipocyte cells		
4.	Comparative evaluation of field and hydroponic cultivation of selected Ayurvedic medicinal plants	Cultivation of selected 5 medicinal plants	Ongoing	Cultivation of Piper longum, Uraria picta, Rubia cordifolia under field, hydroponics and cocoponics is under progress. Analysis of bioactive compounds is under progress for Piper longum
5.	Seasonal variation on bioactive compounds of Panchavalkal-05 medicinal plants used in Ayurveda	Study of seasonal variation of 05 medicinal plants		Collection and analysis of stem bark for bioactive compounds of Panchavalkal plants is under progress
<b>Collaborative Clinical Research Projects –Completed</b>				
1.	-	-	-	-
<b>Other Collaborative Projects - Completed</b>				
1.	-	-	-	-
<b>Outreach Programmes</b>				
<b>1. Tribal Health Care Research Programme (THCRP)</b>				
1.	Tribal Health Care Research Programme (THCRP)	Number of tours- 200 Population- 3750 LHTs- 08	Completed	Villages: 05 Total Visits: 201 Population covered: 3950 Patients treated: 5620 LHT claims: 09 Investigations conducted: 3081
<b>2. Scheduled Caste Sub Plan (SCSP)</b>				
1.	Ayurveda Mobile Health Care Project (AMHCP)- under Scheduled Caste Sub Plan (SCSP)	Number of tours- 200 Population- 3750	Completed	Pockets/ Areas: 5 pockets (11 areas) No. of tours completed- 221 Population covered: 3839 Patients treated:4050 Follow up: 1908 Investigations conducted: 4740

				Screening of: <ul style="list-style-type: none"> <li>• Anaemia:2006</li> <li>• Diabetes Mellitus:2291</li> </ul> Health care initiatives: <ul style="list-style-type: none"> <li>• Focus camps: 37</li> <li>• Health Awareness camps: 63</li> </ul> No. of clinical projects under SCSP: 1
<b>Centre of Excellence (CoE) funded by Ministry of AYUSH</b>				
1.	Centre of Excellence (CoE) for Research & Clinical Services in Madhumeha (Diabetes Mellitus) From Ministry of AYUSH	NA	Ongoing	<ul style="list-style-type: none"> <li>• OPD patients treated- 1395 patients</li> <li>• Patients (Yoga)- 87 patients</li> <li>• Camps (Diabetes)-30 camps, 915 beneficiaries</li> <li>• Public training programmes-10 programmes with 748 beneficiaries</li> <li>• Patient training programmes-10 programmes with 282 beneficiaries</li> <li>• Ayurveda Student training programmes- 10 programmes with 426 trainees</li> <li>• Yoga training camps- 12 programmes with 325 beneficiaries</li> <li>• MoUs signed- 01</li> <li>• Population covered under e-Healthcare</li> </ul>

				initiatives-189610 • No of minor projects under CoE – 9 • Articles published- 04
1.	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 completed. Publication under process.
2.	Evaluation of bioavailability of four Ayurvedic poly-herbal formulations in healthy volunteers– A Crossover Randomized Clinical Trial	24	Completed	Screened-51 Enrolled-24 Completed-17 Dropped out-07
3.	Clinical evaluation of anti-diabetic efficacy of ‘Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulations in Pre-diabetes –A pilot study.	06	Completed	Screened-09 Enrolled-06 Completed-05 Dropped out-01
4.	A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes	30	Completed	Screened-45 Enrolled-30 Completed-25 Dropped out-05
5.	A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes)	1200	Completed & funded under CoE Scheme	Under Publication.
6.	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 has been obtained (SW-17879/2023) on 19.12.23.
7.	Evaluation of bio-availability of Varadi and Mustadi ghana vati in healthy volunteers – A cross-over randomized clinical trial	12	Ongoing	Screened-01 Enrolled-00 Completed-00 Dropped out-00
8.	Safety and efficacy of Mustadi ghana vati and Varadi ghana vati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study.	120	Ongoing	Screened-01 Enrolled-00 Completed-00 Dropped out-00
9.	Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of type-2 diabetes mellitus -A Randomized control trial	78	Ongoing	Screened-01 Enrolled-00 Completed-00 Dropped out-00

10.	Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2	400	Ongoing	Enrolled-01 Completed-00 Dropped out-00
<b>Other Projects funded by Govt. of India under grant-in-aid scheme</b>				
1.	National Pharmacovigilance Program (From AIIA, New Delhi)	-	Ongoing	Total Misleading Advertisements Reported: 154 ADR Reported: 07 CME Conducted /Awareness Program Conducted: 11 Participation in CME as resource persons: 03 Participation in the training program: 08 Articles Published: 02
<b>Survey of Medical Plants Unit (SMPU)</b>				
<b>Under Intra Mural Research Program</b>				
1.	-	-	-	-
<b>Research project proposals approved by PEMC/ To Be initiated</b>				
1.	Efficacy and safety of Arjuna [ <i>Terminalia arjuna</i> (Roxb.Wight & Arn)] as Adjunct to Standard Care in Atherogenic Dyslipidemia- A Randomized double-blind Placebo Controlled Study			
2.	Management of Autism Spectrum Disorder in Children through a comprehensive Ayurveda approach as an add-on to conventional therapy			
3.	A comparative study to evaluate the safety and efficacy of Ayurvedic intervention as an adjunct to treatment as usual in Insomnia disorder in elderly – A prospective randomized open blind endpoint study			
4.	Documentation of prescription trends in Osteoarthritis by Ayurveda Physicians- A retrospective study			
<b>Research project proposals/concept note submitted</b>				
1.	Prospective clinical trial to assess the efficacy, compatibility and tolerability of Millets in Samsarjana Project			
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.	A prospective randomized double blind clinical trial to assess the efficacy and safety of <i>Arjunarista and Navaka guggulu</i> in Dyslipidemia as a preventive measure for vascular disorders			
4.	Safety, Efficacy, Acceptability & Tolerability of Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial			

5.	Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes Associated with Diabetes: A Randomized Double Blinded Placebo Controlled Clinical Trial
6.	Detection of surgical conditions for their early management- a cross sectional community study in Bengaluru South Taluk (Submitted to Ministry of Ayush)
7.	Documentation of Wild Edible and Medicinal Plants available in different markets of southern part of Western Ghats in Karnataka State
8.	Study and documentation of plant raw drugs for Substitution and Adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh & Telangana)
9.	Comparative analysis and standardization of alternative botanical sources of selected Ayurveda medicinal plants
10.	Evaluation of efficacy of a multimodal Ayurveda regimen in Osteoarthritis of Knee – A randomized controlled trial ( 3 combinations proposed )
11.	A Randomized controlled trial for evaluation of efficacy and safety of Asthiraksha-25 in Osteoarthritis of Knee joint
12.	Evaluating Safety and Efficacy of Integrative Ayurveda and Yoga Intervention as add-on therapy in Geriatric depression/ Late Life Depression -A Prospective Randomized Open Blinded Endpoint (PROBE) Study
13.	Safety and efficacy of integrative Ayurvedic interventions in the management of Mild cognitive impairment (MCI) (Smritibhramsa) – a randomized single blind controlled clinical trial
14.	Safety and efficacy of (trial drug) as monotherapy/ add-on (integrative) therapy to (selected standard) in Madhumeha/Type-2 Diabetes Mellitus/Prediabetes: An open labelled/ single/double blind randomized controlled Phase II/III study
15.	Efficacy of Snehana Therapy in Improving Functional Disability and Quality of Life of Geriatric Population – A prospective randomized open blind endpoint study.
16.	Preventive approach for Cardiovascular disorders in high risk Populations with Shilajatwadi yoga
17.	A Clinical Study to assess the safety and efficacy of ‘Vayasthapana Gana’ Ghana Vati on Ageing
18.	Survey report on Kriyakalpa and other Shalakya related practices including traditional healers in India
19.	Clinical evaluation of Gandha Thaila and Kukkutanda tvak Bhasma in the management of Osteopenia/Osteoporosis (Submitted to ICMR)



**2. Research articles published in reputed journals (National/International journals only are to be furnished)**

**a. International Journal**

Sl. No.	Name of the Author (s)	Title of the Paper	Name of the Journal, Volume, Page no. etc.	Date of publication (Month & Year)
1.	Shubhashree MN Sonam C Rinky T Bhavya BM	Traditional recipes from south India for holistic nutrition for adolescents and young adults	International J. of Complementary & Alt. Medicine 2023; 16(4):174-180.	April 2023
2.	Bhavya BM Thejaswini C	Development of Ayurvedic Diagnostic tool for Prameha Roga and its Inter-rater reliability	ABR Vol 14 [4] July 2023: 185-199.	July 2023
3.	Doddamani SH Bhavya BM, Shubhashree MN Giri SK	Documentation of case report on clinical safety concerns of Ayurvedic poly herbo-mineral drugs.	International Journal of Research in Ayurveda Pharmacy 2024;15(2):1-4	March-April 2024
4.	SH Doddamani, Rajendra Kumar, Vidyashree Anchan, Sindhu CV, Athira AG, Sulochana Bhat, Deepa Makhija, Kalpana Kachare, Srikanth N, Acharya RN	Exploring the health status, nutritional deficiencies, dietary patterns, and laboratory investigation among tribal populations of villages in HD Kote, Karnataka: A cross-sectional study	Journal of Advanced Zoology Volume 45, Issue 3 page 567-573	March 2024
5.	Vijay K Prasad PT Mahadevan A Vidyashree A	Therapeutic role of plasma exchange in the management of stiff person syndrome: experience from a tertiary care centre	Hematology, Transfusion and Cell Therapy	February 2024

**b. National Journals**

Sl. No.	Name of the Author (s)	Title of the Paper	Name of the Journal, Volume, Page no. etc.	Date of publication (Month & Year)
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1.	Raghavendra Naik Rabinarayan Acharya Ashish Kumar Tripathi Dhiraj Singh Rajput	Impact of Mann Ki Baat on Ayush Start-Ups	Journal of Research in Ayurvedic Sciences 2023; 7: S60-3	April 2023
2.	Arpitha MU Bhavya BM Arpitha AG	Infertility due to low ovarian reserve - treated by Matra basti: a case report	Indian Journal of Ayurveda and Integrative Medicine KLEU	July 2023
3.	Chandini C Sulochana B Amulya K Anagha J	Effect of Ayurveda interventions in the management of venous stasis dermatitis in a patient with type 2 diabetes: A case report	Journal of Research in Ayurvedic Sciences	September 2023
4.	Balakrishnan P Srivasthava A Bhavya BM Jadhav N Goel S Shruti K Raghavendra Naik et al.	Evaluation of AYUSH PE Eye drops in the management of acute allergic conjunctivitis: An open-labeled single- arm prospective multicenter clinical trial	AYU	November 2023
5.	Sonam C	Understanding Intersectionality in a Metropolitan Space in India: Creative Data Methods Using Social Media	The Bloomsbury Handbook of Creative Research Methods, Bristol UK	January 2024
6.	Pratapa Reddy M Rama Rao V Shatha TR Shiddamallayya N Bhavana R Ritu Sinha Nazneen Mangal AK Srikanth N	Pharmacognostical and Nutritional studies on the inflorescence of <i>Musa paradisiaca</i> L.	JDRAS	February 2024 (Communicated)
7.	Rama Rao V Nazneen Ritu Sinha Bhavana R Shubhashree MN Kishore Kumar R Shiddamallayya N Sulochana Bhat Srikanth N	Floristic diversity survey and documentation of medicinal plants of Kolar district, Karnataka, India	The Indian Forester	March 2024 (Communicated)

8.	Rama Rao V Bhavana R Ritu Sinha Nazneen Raghavendra Naik Bhavya B M Sulochana Bhat Shiddamallayya N Srikanth N	Study of growth pattern of selected medicinal plants under Miyawaki method of plantation	Indian Journal of Agroforestry	March 2024 (Communicated)
9.	Raghavendra Naik Rama Rao V Doddamani SH Sulochana Bhat Shiddamallayya N Srikanth N Rabinarayan Acharya	Systematic Documentation of Local Health Traditions of Dakshina Kannada and Udupi Districts, Karnataka	Journla of Ayurveda	March 2024 (Communicated)
10.	Thejaswini C Rama Rao V Shubhashree MN Raghavendra Naik Shiddamallayya N Sulochana Bhat Srikanth N	Evidence based review of pharmacological activities of Eranda taila ( <i>Ricinus communis</i> L.) from an Ayurvedic perspective with special reference to Vrushya and Vayasthapaka property	JDRAS	March 2024 (Communicated)
11.	Thejaswini C Rama Rao V Shubhashree MN Raghavendra Naik Shiddamallayya N Sulochana Bhat Srikanth N	Pharmaco therapeutic aspects of Karanja Beeja and Beeja taila [seed and seed oil of <i>Pongamia pinnata</i> (L.) Pierre] with special reference to Ayurveda	Annals of Ayurvedic Medicine	March 2024 (Communicated)
12.	Suresh Y Rama Rao V Sulochana Bhat Hima Bindu K Shalini RM Safeena Subaida AL, Kalaivanan D Shiddamallayya N Venkateswarlu B Srikanth N Rabinarayan Acharya	A comprehensive review of selected traditional medicinal plants: Status of traditional medicine systems, phytochemistry with their reported biological and medicinal properties, demand in herbal industry and new cultivation methods	Journal of Herbal Medicine	March 2024 (Communicated)
13.	Doddamani SH Vidyashree A	Ayurvedic Management of	Journal of Ayurveda	March 2024 (Communicated)

	Thejaswini C Shubhashree MN Raghavendra Naik	Pyoderma Gangrenosum - A case report		
14.	Vipin Sharma Doddamani SH et al.	Ayurveda formulations for prophylaxis against coronavirus disease- 2019 infection-A prospective community-based study in identified containment zones of 19 districts across India	AYU	Communicated

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

Sl. 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.)**

Sl. No.	Name of the author (s)	Title of the Books / Booklets / Chapter / Technical reports / Monographs	Contribution	Publisher with year of publication (Month & Year)
1.	Shubhashree MN Sharangouda P	Handbook of plant genomics and nanobiology by Integrity Media – The publisher ISBN 13: 978-93-93636-56-0.	Contributed a chapter “An ethnobotanical study of the medicinal plants used by communities in India”	April 2023
2.	Shubhashree MN Arsha KS	Futuristic Trends in Medical Sciences	Future prospects of Ayurveda: Unveiling the present and exploring New Horizons	IIP Book Series (Galley proof)

**e. Research/professional abstracts published/ presented at International/ National seminars/ workshop/ meetings etc.:** None

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

Sl. 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.	Shubhashree MN	Advance technologies used in research in Dravyaguna Vignana	National conference on Advance research in Dravyaguna Vigyan and Exploration of Local flora	Parul Institute of Ayurveda and Research, Parul University, Gujarat	14.09.2023 to 16.09.2023	As resource person
2.	Shubhashree MN	Ayush Aahara	5 <sup>th</sup> Global Ayurveda Festival, Trivendrum	Ministry of AYUSH and CISSA.	05.12.2023	Plenary speaker
3.	Srinibash Sahoo	"Harmonizing Minds: Ayurvedic Approaches to Mental Wellness and Pioneering Research by CCRAS in Mental Health".	International Conference on "Mind, Brain and Consciousness Conference (MBCC)".	IIT, Mandi, Himachal Pradesh	14.12.2023	Presented a paper

**3. Seminar/Conference/Workshop/Training 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 and staff	Celebration of "World Environment Day"	05.06.2023	Organized plantation program at CARI Bengaluru
2.	Thejaswini C	Awareness program on importance Mental health under Azadi ka Amruth Mahotsav	06.06.2023	Conducted
3.	Srinibash Sahoo	DSMB meeting on SMART GAD Project	08.06.2023	Conducted
4.	All officers and staff	9 <sup>th</sup> International Day of Yoga	21.06.2023	Conducted
5.	All officers and staff	Hindi Workshop on "Hindi Bhasa Ki Vaigyanikata" by Mr. Jayaprakash	22.06.2023	Conducted

		Bholanath Ram, R.O (Ay), RARI, Ahmadabad		
6.	All officers	DSMB meeting of the AMRA collaborative project	04.07.2023	Conducted
7.	All Officers and staff	Meeting with the members of Bureau of Indian Standards (BIS), New Delhi	27.07.2023	Conducted
8.	All officers and staff	Lecture on Organ Donation and process of registration for organ donation on the occasion of Indian Organ Donation Day 2023.	03.08.2023	Conducted
9.	All officers and staff	Har Ghar Tiranga Campaign.	14.08.2023 to 15.08.2023	Conducted
10.	All officers and staff	Lecture on FIT India Movement and importance of physical activity in maintaining fitness & health on the occasion of National Sports Day 2023.	29.08.2023	Organized
11.	All officers and staff	Brainstorming Session on Development of Standard Operative Procedures (Sops) and Standardization of Netra Kriyakalpa.	08.09.2023 to 09.09.2023	Organized
12.	सभी अधिकारी एवं कर्मचारी	हिन्दी दिवस एवं हिन्दी पखवाड़ा	14.09.2023 से 29.09.2023	संयोजित
13.	सभी अधिकारी एवं कर्मचारी	हिन्दी कार्यशाला	29.09.2023	संयोजित
14.	All officers and staff	Webinar on “Anemia-Test, Treat and Talk”- on the occasion of Poshan Maah	30.09.2023	Organized
15.	All officers and staff	Swachata hi Seva Campaign under Swatch Bharat mission under theme Garbage Free India and cleaning at Valley school road and Kanakapura main road.	01.10.2023	Organized
16.	All officers	Brainstorming Session on Geriatrics Integrative approach and challenges	05.10.2023 to 06.10.2023	Organized
17.	Srinibash Sahoo Thejaswini C Sonam C	CCRAS BEST Training for SMART investigators for the Collaborative Project under SMART Programme (Building Ethics, Standards and Transparency)	09.10.2023	Organized
18.	Srinibash Sahoo	Ayurveda awareness programme and distribution of nutritional food to students and staff of the Govt. Primary School, Gulberga Colony, Jayanagara, Bengaluru	27.10.2023	Conducted
19.	All officers and technical staff	Orientation session by Distinguished Ayush Chair	31.10.2023	Organized
20.	Giri SK	Free medical camp and awareness programme at Nagasandra Govt High School.	02.11.2023	Conducted
21.	Srinibash Sahoo	i) Ayurveda awareness programme and distribution of fruits to the students and staff	02.11.2023	Conducted

		at BBMP Govt. High School, Byresandra, Jayanagar, Bengaluru. ii) Ayurveda awareness programme and distribution of fruits to the patients of Dept. of Integrative Medicine and Psychiatry ward of NIMHANS, Bengaluru.		
22.	Srinibash Sahoo	Free health camp, awareness programme and distribution of free medicines at Jawaharlal Nehru Centre for Advanced Scientific Research (JNCASR), Jakkur, Bengaluru	03.11.2023	Organized
23.	All officers and staff	Run for Ayurveda.	07.11.2023	Organized
24.	Srinibash Sahoo	Free health camp, awareness programme and distribution of free medicines at National Aerospace Laboratories (CSIR-NAL), Indiranagar, Bengaluru.	08.11.2023	Conducted
25.	Srinibash Sahoo	Free health camp, awareness programme and distribution of free medicines at 4 <sup>th</sup> Paradigm (CSIR-4 <sup>th</sup> PI), Indiranagar, Bellur Campus, Bengaluru	08.11.2023	Conducted
26.	All officers and staff	Dhanwantri Homa and Ayurveda Day celebrations	10.11.2023	Organized
27.	All officers and staff	Pledge on the occasion of Constitution Day.	28.11.2023	Organized
28.	Srinibash Sahoo	Training on use of AYUSH Prakriti Portal to the PIs, Co-Is and SRFs under Smart GAD Project of 4 Ayurveda Colleges.	21.12.2023	Conducted
29.	संस्थान के सभी अधिकारी एवं कर्मचारी	सरकारी कार्यालयों हेतु राजभाषा सम्बन्धी नियम विषय पर त्रैमासिक कार्यशाला I	29.12.2023	सभी ने भाग लिया
30.	All Technical Officer and Staffs	Visit by WHO Team members (Ministry of AYUSH, CCRAS, CARI Bengaluru)	16.01.2024	Attended
31.	Shubhashree MN	Monitoring of AMRA Project by Dr. Sanjay Tamoli.	07.02.2024	Attended
32.	All officers and hospital staff	Guest lecture on Record keeping in Clinical research by Dr. Sanjay Tamoli.	08.02.2024	Attended
33.	All Technical Officer and Staffs	Ayur Raksha – A National conference on Pharmacovigilance and medical ethics.	16.02.2024	Attended
34.	All officers	IEC Meeting	22.02.2024	Conducted
35.	Dr. Shubhashree MN Dr. Rajendra Kumar	IEC Meeting	23.03.2024	Attended
36.	संस्थान के सभी अधिकारी एवं कर्मचारी	सरकारी कार्यालयों हेतु राजभाषा सम्बन्धी नियम विषय पर त्रैमासिक कार्यशाला I	26.03.2024	सभी ने भाग लिया

**4. Seminar/Webinar/Conference/Workshop/Training/Symposium attended or participated by the staff or officers of the Institute.**

Sl. No.	Name of the Participant (s)	Title of the Seminar/ Webinar/Conference/ Workshop/ Training	Organizer (s)	Date of Participation	Remark (s)
1.	Shubhashree MN	Ayurveda Biology Webinar Series.	Dr. Prasanna Kulkarni	06.04.2023	Participated
2.	All officers	Training program for “Presiding Officer” of Karnataka General Elections-2023 at RV Engineering College, Bengaluru.	General Election to Legislative Assembly of Karnataka -2023	20.04.2023	Participated as Trainee
3.	Raghavendra Naik	Release of JRAS Special Issue “Impact of Mann ki Baat on Ayush Sector” at National Media Centre Delhi.	CCRAS and Ministry of Ayush	28.04.2023	Participated
4.	Rama Rao V	Training on “Cocoponics/ Soilless culture-A new method of growing vegetables and medicinal herbs in terrace/ roof top”.	ICAR-IIHR, Hesaraghatta, Bengaluru	28.04.2023	Participated as Trainee
5.	All officers	Training program for “Presiding Officer” of Karnataka General Elections-2023.	General Election to Legislative Assembly of Karnataka -2023.	04.05.2023	Participated as Trainee
6.	All officers	General Election to Legislative Assembly Duty, Bengaluru.	General Election to Legislative Assembly of Karnataka -2023.	09.05.2023 to 10.05.2023	Attended election duty as Presiding/ Assistant Presiding officers/ Polling Officer
7.	All officers and staff	Sparrow Training for APAR submission.	CCRAS, New Delhi	17.05.2023	Participated
8.	Srinibash Sahoo Bhavya BM	Workshop on "Orientation to design public health research proposals for grant" through online mode.	CCRAS, New Delhi	18.05.2023	Attended
9.	Rajendra Kumar Sonam C	Sparrow Training for APAR submission.	CCRAS, New Delhi	19.05.2023	Participated as Nodal Officers
10.	Giri SK	Virtual Training program on e-sanjeevini OPD.	M/O Ayush, Govt of India.	26.05.2023	Participated as Trainee.
11.	Srinibash Sahoo	Azadi ka Amrit Mahotsava (AKAM)-02	CARI, Bengaluru	01.06.2023	Delivered a lecture
12.	Rama Rao V	Orientation program for “UPtoDate Advanced”	CCRAS New Delhi.	02.06.2023	Participated



13.	Rama Rao V Thejaswini C Vidyashree Anchan	Webinar on “Improvising & redesigning search strategies for an effective and efficient literature surveillance-CCRAS” for EBSCO Medline Complete and Cochrane Collection Plus.	CCRAS, in collaboration with EBSCO Information Services, New Delhi	06.06.2023	Attended
14.	Shubhashree MN	Webinar on Ayurveda Biology by Dr. Gurmeet Singh.	The University of Trans-Disciplinary Health Sciences and Technology.	14.06.2023	Attended
15.	Shubhashree MN Thejaswini C	National webinar on pharmacovigilance entitled, “Awareness of Pharmacovigilance ASU&H drugs.	Central Ayurveda Research Institute (CARI), New Delhi	15.06.2023	Attended
16.	All officers	Manak Manthan - an interactive session on Panchakarma through VC	Bureau of Indian Standards (BIS), New Delhi	22.06.2023	Participated
17.	Rajendra Kumar	नराकास का.1), बेंगलूर की वर्ष 2023 की प्रथम बैठक (Online mode)	UR Rao Satellite Centre, Bengaluru	27.06.2023	Participated as Hindi Officer of the institute
18.	Rajendra Kumar	Ayurveda Anweshana - A Webinar Series.	GJ Patel Institute of Ayurvedic Studies & Research, Anand, Gujarat & SG Patel Ayurveda Hospital & Maternity Home, Anand, Gujarat.	01.07.2023 to 08.07.2023 15.07.2023 to 22.07.2023	Participated
19.	Doddamani SH Thejaswini C	Workshop on “Investigator and Project Personnel Training for the Research Studies under Public Health Care Programme for the Year 23-24”	CARI, Bhuvaneshwar	06.07.2023 to 07.07.2023	Attended
20.	Raghavendra Naik	Workshop on Attractive packaging and branding for Global competitiveness of Ayush and traditional products	Ayush export promotion council	07.07.2023	Participated
21.	Raghavendra Naik	Global Food Regulator summit 2023	FSSAI	20.07.2023	Participated
22.	Sonam C	Training session on procurement through GeM Portal	GEM and Ministry of AYUSH	20.07.2023	Attended
23.	Raghavendra Naik	Visit to Himalaya Wellness Company Bengaluru	Himalaya Wellness Company Bengaluru	28.07.2023	Participated

24.	Vidyashree Anchan	CME on Approach to diagnosis of Acute Leukemias	Neuberg Anand Academy of Laboratory Medicine	29.07.2023	Attended
25.	Vidyashree Anchan	Webinar on "Microarrays: an essential tool for predictive genomics"	Labroots	30.07.2023	Attended
26.	Rajendra Kumar	WHO Traditional Medicine Global Summit at Gandhinagar, Gujarat.	Ministry of AYUSH & World Health Organization	17.08.2023 to 18.08.2023	Participated as delegate.
27.	Giri SK	06 Days CME for Ayush Doctors/ Scientists on "Current Strategies Involved in Drug Development of ASU Drugs".	CSMCARI, Chennai	21.08.2023 to 25.08.2023	Participated
28.	Rajendra Kumar	Lecture on FIT India Movement and importance of physical activity in maintaining fitness & health on the occasion of National Sports Day 2023.	CARI, Bengaluru	29.08.2023	Delivered lecture
29.	All officers and staff	Training for e-Office	CCRAS, New Delhi	12.09.2023	Participated
30.	राजेंद्र कुमार	हिंदी दिवस एवं अखिल भारतीय हिंदी सम्मेलन, पुणे	राजभाषा विभाग, गृह मंत्रालय, भारत सरकार	14.09.2023 से 15.09.2023	भाग लिया
31.	Bhavana R Ritu Sinha	Webinar- Role of traditional & regional nutritious food for health promotion.	RARI, Itanagar	21.09.2023	Attended
32.	Nazneen Bhavana R	Manak Manthan – Awareness programme on Ayush related standardisation activity in BIS.	BIS Vadodara Branch Office and Faculty of Ayurveda, Parul University.	26.09.2023	Attended
33.	Vidyashree Anchan	Workshop- Gynaecologic cytology: liquid based and conventional cytology	Kasturba Medical College, Mangaluru	05 <sup>th</sup> October 2024	Participated
34.	Vidyashree Anchan	49 <sup>th</sup> Annual State Conference of Karnataka Chapter - KCIAPM	Father Muller Convention Centre, Mangaluru	06.10.2023 to 08.10.2023	Attended
35.	Shubhashree M N	Workshop on Project Management of Health Programs.	Indian Institute of Public Health – Delhi (PHFI)	09.10.2023 to 13.10.2023	Participated
36.	Rajendra Kumar	Brainstorming event on Anushashtra Vidhi	RRAP, Central Ayurveda Research Institute Mumbai.	18.10.2023 to 19.10.2023	Participated
37.	Srinibash Sahoo	Training programme on GCP guidelines	NRIP, Cheruthuruthy	26.10.2023	Attended

38.	Shubhashree MN	G20 standards dialogue group 2023.	Bureau of Indian Standards, New Delhi.	02.11.2023	Participated
39.	All officers	ICMR-CCRAS training on “Ethics Guidelines for Biomedical & Health Research involving Human Participants” in hybrid mode.	CCRAS, WHO Country Office for India and ICMR	03.11.2023	Participated
40.	Thejaswini C	World Food India and exhibition stall of CCRAS, Ministry of AYUSH at Pragati Maidan, New Delhi.	Ministry of Food Processing Industries.	03.11.2023 to 05.11.2023	Participated
41.	All Officers	Online Refresher Training – “UpToDate Advanced – The next generation of interactive clinical decision support”.	CCRH Library	17.11.2023	Participated
42.	All officers	Online Refresher Training– Overview of BMJ Resources.	CCRH Library	24.11.2023	Participated
43.	Giri SK Srinibash Sahoo Shubhashree MN	International conference on Integrative medicine, YANTRA-2023	NIMHANS, Bengaluru	24.11.2023 to 25.11.2023	Participated as Chairperson and judge.
44.	Shubashree MN Rama Rao V Thejaswini C Nazneen Bhavana R Ritu Sinha Suresh Kumar	Publication Week at CARI, Bengaluru	CCRAS	28.11.2023 to 02.12.2023	Participated
45.	Srinibash Sahoo	Training program on “Sensitization training on CRF of AYUSH Rasayana A & B” under SCSP Project.	CCRAS, New Delhi.	06.12.2023	Attended
46.	All officers	Refresher Training Program on “Uptodate advanced program”	CCRH Library.	08.12.2023	Attended
47.	All officers	Refresher Training Program on “Upto date advanced program”	CCRH Library.	22.12.2023	Attended
48.	Shubhashree M.N.	Training on “CCRAS SPARK”.	CCRAS, New Delhi.	27.12.2023	Attended
49.	Shubhashree MN	National Pharmacovigilance Seminar.	Aln Rao Memorial Ayurveda Medical college, Koppa, Karnataka.	28.12.2023	Participated
50.	All officers	Refresher Training Program on “Upto date advanced program”.	CCRH Library.	29.12.2023	Participated
51.	All officers and staff	Training programme on filling of Immovable Property Return	IT Section of CCRAS Headquarters.	18.01.2024	Attended

		(IPR) online through e-Sparrow portal.			
52.	Shubhashree MN	Pharmacovigilance in Ayurveda – A clinical perspective.	National Pharmacovigilance Programme, GAMC, Bengaluru.	18.01.2024	Attended
53.	Shubhashree MN Thejaswini C	Two days National Seminar on Exploring New avenues for novel drug dosage development and Pharmaceutical R&D in Ayurveda.	CARI, Jhansi.	03.02.2024 to 04.02.2024	Participated
54.	Shubhashree MN	Capacity building programme on Pharmacovigilance of ASU & H drugs.	NIUM, Bengaluru	23.02.2024 to 24.02.2024	Participated

**Course completed by officers.**

Sl. No.	Name of the Staff(s) / Officer(s)	Title of the Course / Program	Organizer(s)	Date of Participation	Remarks
-	-	-	-	-	-

**Meetings/Camps/Lectures/other programs participated by the staff & officers of the Institute.**

Sl. No.	Name of the Participant(s)	Title of the Meeting/Campaign/Lectures/Program	Organizer(s)	Date of Participation	Remarks
1.	Shubhashree MN	IEC Meeting	CARI, Bengaluru	21.04.2023	Participated.
2.	Rama Rao V Bhavana R Ritu Sinha	MPR-MEBS focus group meeting for discussion on “IMR project proposals”	CCRAS New Delhi	21.04.2023	Organized the meeting, discussed on IMR project proposals concerned to MEBS.
3.	Srinibash Sahoo	Meeting with Dr. GRK Sarma for discussion regarding Alzheimer’s Dementia Protocol at St. Johns Medical College and hospital.	CARI Bengaluru	26.04.2023	Attended.
4.	Raghavendra Naik	Review Meeting by Secretary, Ministry of Ayush	Bureau of Indian Standards	27.04.2023	Presented on the ongoing activities of BIS.
5.	Bhavya BM	Focus Group for clinical research in eye and ENT diseases through VC.	CCRAS, New Delhi	28.04.2023	Participated as coordinator
6.	Rama Rao V Bhavana R	Meeting on project proposal for	CCRAS New Delhi	28.04.2023	Participated and provided inputs.

	Ritu Sinha	“Development of Herbal Garden” under NMPB				
7.	Bhavana R	MPR-MEBS focus group meeting for discussion on “IMR project proposals”	CCRAS, Delhi	New	04.05.2023	Attended
8.	All Officer and Staff	Sparrow meeting-Discussion on general guidelines on Uploading of APAR	CCRAS, Delhi	New	17.05.2023	Participated and learned about SPARROW application.
9.	Bhavya BM	Focus Group for clinical research in eye and ENT diseases through VC.	CCRAS, Delhi	New	18.05.2023	Participated as coordinator
10.	Rama Rao V Bhavana R Ritu Sinha	Lifestyle for Environment-21day challenge pledge	Online mode		18.05.2023	Administered pledge
11.	Rama Rao V	International year of Millets-2023.	CARI, Bengaluru		22.05.2023	Delivered a talk on Uses of Millets
12.	Ritu Sinha	International Live webinar on “The potential of Genome editing for sustainable Agriculture”	Bioingene		23.05.2023	Attended
13.	Bhavya BM	Focus Group for clinical research in eye and ENT diseases through VC.	CCRAS, Delhi	New	25.05.2023	Participated as coordinator.
14.	Srinibash S Sonam C Doddamani SH Rajendra Kumar Giri SK	Protocol on “Cross-sectional survey to evaluate the status of psychological well-being and symptoms of depression, anxiety and stress among Scheduled Tribes in selected states across India” under THCRP Programme.	Mental Health Focus Group, CCRAS.		26.05.2023	1. Conducted 3. Presented 4. Attended 5. Attended
15.	Rama Rao V Bhavana R Ritu Sinha	Soilless cultivation (Open terrace garden) using ARKA fermented Cocopeat	SMPU, Bengaluru	CARI	30.05.2023	Organized
16.	Dr. V. Rama Rao	Internal Scrutiny Committee Meeting	CCRAS, Delhi	New	30.05.2023	Attended
17.	Rama Rao V	Orientation program for “UPtoDate Advanced”	CCRAS New Delhi		02.06.2023	Participated
18.	Rama Rao V Nazneen Bhavana R Ritu Sinha	Celebration of “World Environment Day”	CARI, Bengaluru		05.06.2023	Organized plantation program at CARI Bengaluru

19.	Srinibash S Thejaswini C	Focus Group Meeting for the protocol on depression submitted by Dr. Sini Mol through VC.	Mental Health Focus Group, CCRAS	07.06.2023	Conducted
20.	Bhavya BM	Focus Group for clinical research in eye and ENT diseases through VC.	CCRAS, New Delhi.	13.06.2023	Participated as coordinator
21.	Thejaswini C	Focus Group Meeting through VC.	Mental Health Focus Group, CCRAS	16.06.2023	Conducted
22.	Sulochana Bhat Shubhashree MN	First committee meeting for the traditional foods of Karnataka project.	University of Trans-Disciplinary Health Sciences and Technology.	21.06.2023	Attended
23.	Srinibash S Thejaswini C	Focus Group Meeting for the revised protocol on depression submitted by Dr. Sini Mol through VC	Mental Health Focus Group, CCRAS.	23.06.2023	Conducted
24.	Srinibash Sahoo	Prakriti Analysis Training through Prakriti Portal	NIMHANS, Bengaluru.	28.06.2023	Participated
25.	Rama Rao V Thejaswini C Nazneen Bhavana R Ritu Sinha	Review meeting on ongoing IMR and IMR-Collaborative projects running at CARI, Bengaluru	CCRAS Headquarters	30.06.2023	Participated
26.	Srinibash S	VC meeting on Life Profile of Ayurveda Luminaries	CCRAS, New Delhi	07.07.2023	Attended
27.	Raghavendra Naik	Panel meeting of Single herbs used in Unani Medicines	CCRUM / BIS	11.07.2023	Participated
28.	Raghavendra Naik	Panel meeting of Single herbs used in Siddha system of Medicine	BIS	11.07.2023	Participated
29.	Raghavendra Naik	1 <sup>st</sup> meeting of Sowa-Rigpa Sectional Committee	BIS	12.07.2023	Participated as Member Secretary
30.	Shubhashree MN	1 <sup>st</sup> meeting of Sowa-Rigpa Sectional Committee	BIS	12.07.2023	Participated as Member
31.	Thejaswini C	Inaugural ceremony of Ayush Health Services at Goa	RARIM&MMR Goa	12.07.2023 to 14.07.2023	Attended
32.	Raghavendra Naik	Meeting with Chairperson, National Commission for Indian System of Medicine	NCISM / BIS	17.07.2023	Participated

33.	Bhavya BM	Focus Group for clinical research in eye and ENT diseases through VC.	CCRAS, New Delhi	19.07.2023	Participated as coordinator
34.	Rajendra Kumar	Meeting of Focused Group on Urinary Disorders and Gout	Coordinator, Focused Group Urinary Disorders and Gout	19.07.2023	Participated as member
35.	Rama Rao V Nazneen Bhavana R Ritu Sinha	Review meeting on “Anthology of pharmaceutical research outcomes of CCRAS on selected medicinal plants used in the ayurveda”	MPR Section, CCRAS Headquarters.	19.07.2023	Participated in the discussions.
36.	Thejaswini C	Virtual meeting for AMHCP, WCH and THCRP.	CCRAS Headquarters.	21.07.2023	Attended
37.	Rama Rao V	Consultative meet for setting up of Medicinal Plants Collection Centres in Mysore and Shimoga.	Karnataka Biodiversity Board Bengaluru.	24.07.2023	Participated and provided inputs
38.	Thejaswini C	Virtual review meeting of AMHCP-SCSP programme.	CCRAS Headquarters	28.07.2023	Attended
39.	Thejaswini C	IEC Meeting of CARI, Bengaluru.	CARI, Bengaluru	02.08.2023	Attended
40.	Srinibash Sahoo	DSMB meeting for Parkinson’s Project	CARI, Bengaluru	07.08.2023	Attended
41.	Rama Rao V Nazneen Bhavana Ritu Sinha	Review meeting on “Anthology of pharmaceutical research outcomes of CCRAS on selected medicinal plants used in the ayurveda”	MPR Section, CCRAS Headquarters	18.08.2023	Participated in the discussions
42.	Srinibash Sahoo	Internal meeting for discussion on the ongoing project on Parkinson’s Disease at NIMHANS.	CCRAS Headquarters, New Delhi.	21.08.2023	Attended
43.	Rajendra Kumar	Meeting of Focused Group on Rheumatoid Arthritis & Musculoskeletal disorders (RAMSD).	Coordinator, Focused Group Urinary Disorders and Gout	25.08.2023	Participated as member
44.	Thejaswini C	Review meeting of AMHCP – SCSP.	CCRAS Bhuwaneshwar/ Headquarters.	29.08.2023	Attended

45.	Rama Rao V Nazneen Bhavana R Ritu Sinha	Meeting- New project proposal presentation.	MPR Section, CCRAS Headquarters	01.09.2023	Attended
46.	All officers and staff	Swaachata hi Seva Campaign under Swatch Bharat mission under theme Garbage Free India pledge taken and Cleaning of Hospital premises at Clinical Section OPD Thulasi thota.	Ministry of Ayush, Govt of India.	27.09.2023	Participated
47.	Doddamani SH	IEC meeting	Kalabaireshwara Ayurveda Medical College, Bengaluru	27.09.2023	Attended Chairperson
48.	Rama Rao V Nazneen Bhavana R Ritu Sinha	Meeting-Development of museum	MPR Section, CCRAS Headquarters	05.10.2023	Attended
49.	Rama Rao V Bhavana Nazneen	Meeting- New project proposal presentation	MPR Section, CCRAS Headquarters	09.10.2023	Organised and presented
50.	Rajendra Kumar	Meeting of Project Appraisal Committee (PAC), Ministry of AYUSH.	Ministry of AYUSH	10.10.2023	Participated
51.	Bhavya BM	Focus Group for clinical research in eye and ENT diseases through VC.	CCRAS, New Delhi	20.10.2023	Participated coordinator
52.	Srinibash Sahoo Sonam C	Monitoring and site visit of the project titled "Community based prevention and holistic management of Alcohol Use Disorders in Channarayapatna Town of Hassan District, Karnataka State" at SDM College of Ayurveda and Hospital, Hassan.	CCRAS, Ministry of Ayush and SDM College of Ayurveda and Hospital, Hassan	15.11.2023 to 16.11.2023	Participated monitoring team
53.	Rajendra Kumar	ICD-11 TM2 Beta Draft Field Test.	Ministry of Ayush	22.11.2023	Participated
54.	Thejaswini C	SCSP review meeting and execution of research projects.	CCRAS	22.11.2023	Attended
55.	Sulochana Bhat Shubhashree MN	Second Advisory Committee meeting	University of Trans-Disciplinary	30.11.2023	Attended virtual



			Health Sciences and Technology		
56.	Shubhashree MN	AMRA meeting with Dr. Furst under the chairmanship of DG, CCRAS.	CCRAS	01.12.2023	Presented on the status of the ongoing AMRA Project
57.	Srinibash Sahoo	A review meeting of SCSP project.	CCRAS, New Delhi.	08.12.2023	Attended
58.	Rama Rao V Nazneen Bhavana R Ritu Sinha	Meeting- New project proposal presentation.	MPR Section, CCRAS Headquarters.	11 <sup>th</sup> December 2023.	Attended and presented new project proposal and concept notes
59.	Srinibash Sahoo Shubhashree MN	Meeting with Vice Chancellor, Sri Devaraja Urs Medical college and Hospital, Kolar for exploring feasibility of collaborative studies	CARI Bengaluru and Sri Devaraj Urs Medical College, Kolar	27.12.2023	Attended
60.	Srinibash Sahoo	Review meeting for discussing on e-CRF for SMART GAD Project.	CCRAS Headquarters	04.01.2024	Attended
61.	Srinibash Sahoo	A review meeting of SCSP Project.	CCRAS Headquarters	08.01.2024	Attended
62.	Rama Rao V Bhavana R Ritu Sinha	Meeting with Principal Scientists from ICAR, Chandigarh.	CARI, Bengaluru	12.01.2024	Discussions about Miyawaki plantation
63.	All officers	Meeting with WHO delegates Dr. Rudi Eggers, Director, Integrated Health Services and Dr. Pradeep Dua, Technical Officer, WHO Headquarters, Geneva for discussing of various activities and achievements of CCRAS and CARI, Bengaluru.	CARI Bengaluru and CCRAS Headquarters	16.01.2024	Attended
64.	Rama Rao V Nazneen Bhavana R Ritu Sinha	ISC Meeting- New project proposal presentation	MPR Section, CCRAS Headquarters	24.01.2024	Attended and presented two projects.
65.	Bhavya BM	Focus Group meeting to discuss proposal on OSMF.	CCRAS Headquarters	31.01.2024	Attended

66.	Rama Rao V Nazneen Bhavana R Ritu Sinha	Meeting- New project proposal presentation	MPR Section, CCRAS Headquarters	01.02.2024	Attended
67.	Srinibash Sahoo	Virtual Meeting under the chairmanship of DDG, CCRAS to discuss the way forward following the meeting on “Ayush interventions in various drug abuse related programmes” held between Ministry of Ayush and Dept. of Social Justice and Empowerment.	CCRAS Headquarters	05.02.2024	Attended
68.	Srinibash Sahoo	Meeting with the Director of NIMHANS, Dr. Kishore Kumar and Dr. Bharat Holla	NIMHANS, Bengaluru	13.02.2024	Discussed about “Ayush interventions in various drug abuse related programmes” held between Ministry of Ayush and Dept. of Social Justice and Empowerment.
69.	Srinibash Sahoo	Review meeting of SCSP Project	CCRAS	14.02.2024	Attended
70.	Shubhashree MN	Meeting with Dr. Chandrashekar, ChanRe Diagnostics	ChanRe Rheumatology Centre, Bengaluru	14.02.2024	Attended
71.	Rajendra Kumar	Online meeting of Focus Group on Wound Related Research.	CCRAS	15.02.2024	Presented research proposal
72.	All officers	Technical Meeting with DG, CCRAS.	CARI Bengaluru	16.02.2024	Participated
73.	Srinibash Sahoo, Thejaswini C	a virtual meeting for discussion on drafting of articles on “Health Related Demography of AMHCP-SCSP”.	CCRAS	23.02.2024	Attended
74.	Srinibash Sahoo	DSMB meeting for ADHD Project	CARI, Bengaluru	25.02.2024	Attended
75.	Doddamani SH	Meeting at Ayush secretariat, Bengaluru to discuss initiating Ayush therapist assistant course in Karnataka.	Ayush secretariat, Bengaluru	29.02.2024	Attended as a committee member

76.	All Officers	Dr. Daniel Furst lecture on “ABC’s of Rheumatology”	CARI, Bengaluru	01.03.2024	Participated
77.	Shubhashree MN	National Seminar on Pharmacovigilance	IPVc, Jamnagar	11.03.2024 to 12.03.2024	Participated
78.	Shubhashree MN	Bioethics for IEC Members of collaborative institutes of SMART program	CCRAS, New Delhi	18.03.2024	Participated
79.	Shubhashree MN	Poshana pakhwada	Bhuvaneshwarinagar, Thathaguni	20.03.2024	Participated
80.	Shubhashree MN Chaitra	Meeting with IEC, RRMCH	RRMCH, Bengaluru	20.03.2024	Participated
81.	Shubhashree MN	Central Ethical Committee meeting of AMRA project	CARI, Bengaluru and AVP, Coimbatore	23.3.2024	Participated

**a. Presentations/guest lecture/resource person in a program or meeting**

Sl. No.	Name of the Participant(s)	Title of the presentation/ Program/ Lecture	Organizer(s)	Date of Participation	Remark(s) if any
1.	Raghavendra Naik	Samskara- PG Orientation programme- lecture on the topic “Introduction to Research Councils”	Chaudhary Brahm Prakash Ayurved Charak Sansthan, Delhi	15.04.2023	Delivered lecture
2.	Shubhashree MN	Advanced technologies used in Dravyaguna Research	Dept. of Dravyaguna, Parul University	16.09.2023	Presented
3.	Shubhashree MN	A glimpse of AYUSH medical systems	Kempegowda Medical Institute, Bengaluru	19.09.2023	Participated as Resource Person
4.	Vidyashree A	Webinar on “Anemia-Test,Treat and Talk”- on the occasion of Poshan Maah	CARI, Bengaluru	30.09.2023	Presented
5.	Rajendra Kumar	Lecture on Organ Donation and process of registration for organ donation on the occasion of Indian Organ Donation Day 2023.	CARI Bengaluru	03.08.2023	Delivered lecture.
6.	Srinibash Sahoo	Lecture on “Mental Health-Prevention and Treatment in Ayurveda”	Jawaharlal Nehru Centre for Advanced Scientific Research (JNCASR), Jakkur, Bengaluru.	03.11.2023	Delivered guest lecture

7.	Srinibash Sahoo	Lecture on “Mental Health-Prevention and Treatment in Ayurveda”.	National Aerospace Laboratories (CSIR-NAL), Indiranagar, Bengaluru.	08.11.2023	Delivered guest lecture
8.	Shubhashree MN	Lecture on “Ayurveda for one health” on the occasion of Ayurveda Day	Sri Devaraj Urs Medical College for Ayurveda	11.11.2023	Delivered guest lecture
9.	Shubhashree MN	5 <sup>th</sup> Global Ayurveda Festival, Trivendrum.	Ministry of AYUSH and CISSA.	05.12.2023	As Plenary speaker presented on “Ayush Aahara”
10.	Shubhashree MN	Lecture on “Introduction to CCRAS and other research organizations” during Samskara- PG Orientation Programme.	Sri Sri College of Ayurvedic Science and Research.	02.01.2024	Delivered lecture
11.	Sulochana Bhat Doddamani SH Shubhashree MN	Ayur Raksha - A National conference on Pharmacovigilance and medical ethics.	CARI, Bengaluru.	16.02.2024	Delivered lecture and resource persons
12.	Rajendra Kumar	Pharmacovigilance & ADR Reporting.	SDM Institute of Ayurveda & Hospital, Bengaluru	17.02.2024	Delivered a guest lecture
13.	Shubhashree MN	“Importance of Pharmacovigilance and ADR Reporting”	SDM Institute of Ayurveda and Hospital, Bangalore	04.03.2024	Delivered a guest lecture

**b. Completion of Course/ Program by staff(s)/officers(s) of the Institute.**

Sl. No.	Name of the Staff(s) / Officer(s)	Title of the Course / Program	Organizer(s)	Date of Participation	Remarks
-	-	-	-	-	-

**c. MoU with other Institutions regarding execution of various research projects.**

Sl. No.	Name of the Officer(s) / Delegates	Title/ Context of the MoU	Participating Institutes	Date of Execution	Remark(s) if any
1.	All officers	CFTRI Mysore for collaborative studies	CARI, Bengaluru and CFTRI, Mysore	15.12.2023	MoU exchanged
2.	Sulochana Bhat Shubhashree MN	Interleukin study for AMRA	CARI, Bengaluru and ACTREC, Mumbai	21.12.2023	Signed
3.	Sulochana Bhat Vidyashree A	Elucidating mechanisms of Antihyperglycemic	CARI, Bengaluru and IRSHA, BVDU, Pune	19.03.2024	Signed

		activity of selected herbal formulations			
4.	Sulochana Bhat Rajendra Kumar	Establishment of PhD Centre at CARI Bengaluru	Datta Meghe Institute of Higher Education and Research (Deemed to be University), Sawangi (Meghe), Wardha	29.01.2024	Signed

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

Sl. No.	Name of the Participant(s)	Title of the Fair/Exhibition/Ceremony Program /Activity	Organizer(s)	Date of Participation	Remarks
-	-	-	-	-	-

#### 6. Participated in Arogya Mela/Exhibition/Camps/others:

Sl. No.	Name of the Participant(s)	Title of the Fair/Exhibition/Ceremony Program /Activity	Organizer(s)	Date of Participation	Remarks
1	Srinivas S Shubhashree MN Giri SK Doddamani SH	International conference on Integrative medicine, YANTRA-2023	NIMHANS, Bengaluru	24.11.2023 to 25.11.2023	Participated

#### Demonstration of CARI activities to students of various colleges/institutions.

Sl. No.	Name of the Participant (s)	Details of the School / College / Institution / Agency	Nos. of students/ visitors	Date(s)	Remark (s)
1.	Shubhashree MN	MBBS students of Kempegowda Institute of Medical Sciences, Bengaluru	50 students	05.04.2023	Pharmacovigilance Awareness Programme in Ayurveda for MBBS Students (Batch I)
2.	Rama Rao V Bhavana R Ritu Sinha Suresh Kumar	MBBS students of KIMS, Bengaluru.	Batch of 03 students	06.04.2023 12.04.2023 13.04.2023	Delivered a talk on activities of medicinal plants research at CARI. Demonstration of herbarium, museum, DSRU and herbal garden.
3.	Shubhashree MN	MBBS students of KIMS, Bengaluru	50 students	15.04.2023	Pharmacovigilance Awareness Program in Ayurveda
4.	Bhavana R Ritu Sinha Suresh Kumar	MBBS students of KIMS, Bengaluru.	Batch of 03 students	15.04.2023 26.04.2023	Demonstration of herbarium and

					museum and visit to herbal garden.
5.	Arsha KS	Govt. Ayurveda Medical College, Bangalore	50 students	03.07.2023	Pharmacovigilance Awareness Programme
6.	Bhavana R Ritu Sinha Suresh Kumar	MBBS students of KIMS, Bengaluru.	Batch of 03 students	12.05.2023 18.05.2023 25.05.2023	Demonstration of herbarium, museum sample preparation and storage. Visit to herbal garden. Introduction of DSRU facilities.
7.	Shubhashree MN	T. John College of Pharmacy	50 students	27.07.2023	Pharmacovigilance Awareness Programme
8.	Shubhashree MN	T. John College of Pharmacy	50 students	28.07.2023	Pharmacovigilance Awareness Programme
9.	Ritu Sinha Bhavana R Suresh Kumar	MBBS students of KIMS, Bengaluru.	Batch of 03 students	31.07.2023	Demonstration of herbarium, museum sample preparation and storage. Visit to Herbal Garden. Introduction of DSRU facilities.
10.	Shubhashree MN	Sri Sri College of Ayurvedic Science & Research, Bengaluru	50 students	03.10.2023	Pharmacovigilance Awareness Programme
11.	Nazneen Bhavana R Ritu Sinha Suresh Kumar	Sri Sri College of Ayurvedic Science & Research, Bengaluru	43	03.10.2023	Demonstration of herbarium and museum, visit to herbal garden. Introduction of DSRU facilities.
12.	Bhavana R Ritu Sinha Suresh Kumar	Aadichunchanagiri Ayurvedic Medical College, Bengaluru (Batch-1)	42	04.10.2023	Demonstration of herbarium and museum, visit to herbal garden. Introduction of DSRU facilities.
13.	Ritu Sinha Suresh Kumar	Visit of Valiant Academy 6 <sup>th</sup> standard students and 02 teacher.	37 students	08.11.2023	Demonstration of herbarium and museum, visit to herbal garden. Introduction of DSRU facilities.
14.	Ritu Sinha Suresh Kumar	Visit of Government Higher Primary	Total no of students	09.11.2023	Demonstration of herbarium and

		School, O.B., Chudahalli, Bangalore	53 and teachers		museum, visit to herbal garden. Introduction of DSRU facilities.
15.	Nazneen Bhavana R Ritu Sinha Suresh Kumar	MBBS students of KIMS, Bengaluru.	Batch of 04 students	12.11.2023	Demonstration of herbarium and museum, visit to herbal garden. Introduction of DSRU facilities.
16.	Shubhashree MN	Adichunchanagiri Ayurvedic Medical College, Bengaluru	50 students	18.11.2023	Pharmacovigilance Awareness Programme
17.	Ritu Sinha Suresh Kumar	Aadichunchanagiri Ayurvedic Medical College, Bengaluru (Batch-2)	50 students	18.11.2023	Demonstration of herbarium and museum, visit to herbal garden. Introduction of DSRU facilities.
18.	Bhavana R Ritu Sinha Suresh Kumar	SDM Institute of Ayurvedic & Hospital, Bengaluru	34 students	13.12.2023	Demonstration of Herbarium specimen and museum sample preparation and storage. Visit to Herbal Garden. Introduced DSRU facilities.
19.	Nazneen Bhavana R Ritu Sinha Suresh Kumar	MBBS students of KIMS, Bengaluru.	Batch of 05 students	24.01.2024	Demonstration of Herbarium specimen and museum sample preparation and storage. Visit to Herbal Garden. Introduced DSRU facilities.
20.	Nazneen Bhavana R Ritu Sinha Suresh Kumar	KTG Ayurvedic medical college and hospital, Bengaluru.	40 students	05.02.2024	Demonstration of museum sample preparation and storage. Visit to Herbal garden visit. Introduction of DSRU facilities.
21.	Arsha KS	East Point College of Pharmacy, Jnana Prabha, Bengaluru	50 students	29.02.2024	Awareness of Pharmacovigilance programme and Activities at PPVC, CARI, Bengaluru

22.	Bhavana R Nazneen Ritu Sinha Suresh Kumar	East Point College of Pharmacy, Jnana Prabha, Bengaluru	92 students & 4 staff members	29.02.2024 to 01.03.2024	Demonstration of herbarium and museum (sample preparation & storage) Introduction of DSRU facilities.
23.	Arsha KS	East Point College of Pharmacy, Jnana Prabha, Bengaluru	50 students	01.03.2024	Awareness of Pharmacovigilance program and Activities at PPVC, CARI, Bengaluru
24.	Bhavana R Nazneen Ritu Sinha	Sri Sri College of Ayurvedic Science & Research, Bengaluru	44 students	12.03.2024	Demonstration of herbarium and museum sample preparation and storage.
25.	Bhavana R Nazneen Ritu Sinha	Sri Sri College of Ayurvedic Science & Research, Bengaluru	40 students	13.03.2024	Demonstration of herbarium and museum sample preparation and storage.

**Special duties performed by the officers and staff of CARI Bengaluru.**

Sl. No.	Details of duties	Name of Participants	Date of participation	Remark (s)
01	Training program for “Presiding Officer/APRO/PO” of Karnataka General Elections-2023 at RV Engineering College, Bengaluru.	Dr. Giri SK Dr. Doddamani SH Dr. Shubhashree MN Dr. Rama Rao V Dr. Bhavya BM Dr. Rajendra Kumar Dr. Vidyashree A	20.06.2023	Participated as Trainee
02	Training program for “Presiding Officer/APRO/PO” of Karnataka General Elections-2023 at Govt. Public School, Krishnananda Nagar, Bengaluru.	Ms. Sonam C Mr. Suresh kumar Mrs. Ritu Sinha Mr. Neeloy Banerjee Mrs. Hemavati KH Mrs. Neeta G Mr. Delvin G Ms. Jyothi Mr. Yathish N	04.05.2023	Participated as Trainee
03	Delivered duties to respective booth centers for General Election to Legislative Assembly Duty, Bengaluru.	Mr. Santosh	09.05.2023 to 10.05.2023	Attended election duty as Presiding/ Assistant Presiding officers/ Polling Officer



## PART-A

### 7.1. 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: 28<sup>th</sup> 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. Shatavari Churna (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
<b>Total</b>	<b>120</b>	<b>85</b>	<b>205</b>

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
<b>Total</b>	<b>44</b>	<b>65</b>	<b>14</b>	<b>9</b>	<b>73</b>	<b>205</b>

### 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
<b>02</b>	<b>13</b>	<b>25</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>12</b>	<b>05</b>	<b>87</b>

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	<b>35</b>	<b>44</b>	<b>8</b>	-	-	<b>87</b>

### 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
	<b>Total</b>	<b>7</b>	<b>77</b>	<b>24</b>	<b>108</b>

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
	<b>Total</b>	<b>55</b>	<b>26</b>	<b>10</b>	<b>7</b>	<b>-</b>	<b>10</b>	<b>108</b>

## 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
<b>Total</b>	<b>86</b>	<b>50</b>	<b>136</b>

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

<b>Drug Group</b>	<b>Good Resp.</b>	<b>Fair Resp.</b>	<b>Poor Resp.</b>	<b>No Resp.</b>	<b>LAMA</b>	<b>Total</b>
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: <b>1468</b>	-	-	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
	<b>Total</b>	<b>285</b>	<b>147</b>	<b>40</b>	<b>52</b>	<b>325</b>	<b>199</b>	<b>266</b>	<b>266</b>	<b>22</b>	<b>30</b>	<b>288</b>	<b>296</b>	<b>465</b>	<b>390</b>

## 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 <sup>st</sup>	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 <sup>st</sup> 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 <sup>st</sup> Installment 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 : 31<sup>st</sup> 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 20<sup>th</sup> 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 1<sup>st</sup> April 2013 to 31<sup>st</sup> 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 1<sup>st</sup> April 2013 to 31<sup>st</sup> 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 Podar Ayurved 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 <sup>st</sup>	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 <sup>st</sup>	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 <sup>st</sup>	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/- (9<sup>th</sup> Feb 2016)

9.10.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 <sup>st</sup>	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: 22<sup>nd</sup> March 2018

9.11.4. Date of completion: 31<sup>st</sup> 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: Rs.27, 71,600/-

9.12.6. Installment wise release:

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 <sup>st</sup> 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 13<sup>th</sup> 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 <sup>st</sup>	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 10<sup>th</sup> 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 <sup>st</sup>	Office Order No. 141/2019-20[3-59/2019-CCRAS/Admn/IMR	22.05.2019	31 <sup>st</sup> 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 28<sup>th</sup> 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 19<sup>th</sup> 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: 20<sup>th</sup> 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 27<sup>th</sup> 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: Rs.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: Rs.30,000/-

9.21.12. Installment wise release: Released at once Rs.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 <sup>st</sup> (Rs.14,02,500)	F.No. 50-15/2021-CCRAS/ Admn./THCRP/1068,	11-06-2021	16-06-2021.
2	2 <sup>nd</sup> (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 <sup>rd</sup> (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 <sup>th</sup> (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
<b>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</b>				

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
	<b>CARI, Bengaluru</b>	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
<b>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</b>				

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
	<b>CARI, Bengaluru</b>	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo

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

9.27.3. CTRI Registration/Reference (for clinical trials): CTRI/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 <sup>st</sup> (Rs.8,20,750)	F.No. 65-1/2021-CCRAS/ Admn./SCSP- AMHCP/1074,	11-06-2021	11-06-2021.
2	2 <sup>nd</sup> (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 <sup>rd</sup> (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 <sup>th</sup> (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
	<b>CARI, Bengaluru</b>	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
	<b>CARI, Bengaluru</b>	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.	<b>CARI, Bengaluru</b>	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
	<b>CARI, Bengaluru</b>	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 <sup>st</sup> (Rs. 10,56,250/-)	F.No.1-33/CCRAS/Cash/THCRP/552	10-05-2022	11-05-2022.
2	2 <sup>nd</sup> (Rs. 10,56,250/-)	F.No.50-15/2022-CCRAS/Admn/THCRP/1903	11-07-2022	29-07-2022
3	3 <sup>rd</sup> (Rs. 10,56,250/-)	Office Order No. 751/2022-23	01-11-2022	14-11-2022
4	4 <sup>th</sup> (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. Shashidhar Doddamani, CoI- Dr. Rajendra Kumar CoI 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 <sup>st</sup> (Rs. 10,56,250/-)	F.No.1-33/CCRAS/Cash/THCRP/552	10-05-2022	11-05-2022.
2	2 <sup>nd</sup> (Rs. 10,56,250/-)	F.No.50-15/2022-CCRAS/Admn/THCRP/1903	11-07-2022	29-07-2022
3	3 <sup>rd</sup> (Rs. 10,56,250/-)	Office Order No. 751/2022-23	01-11-2022	14-11-2022
4	4 <sup>th</sup> (Rs. 14,49,250/-)	F.No.HQ-PROJ012/16/2022-PROJ/6351	14-02-2023	21-02-2023

9.32.7. Chronological timeline & deliverables:

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

9.32.8. 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
	<b>CARI, Bengaluru</b>	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 <sup>st</sup> (Rs.8,74,750)	F.No. 65-1/2022- CCRAS/Admn./SCSP- AMHCP/421	02-05-2022	11-05-2022.
2	2 <sup>nd</sup> (Rs.8,74,750)	F.No. 65-1/2022- CCRAS/Admn./SCSP- AMHCP/1974	14-07-2022	29-07-2022
3	3 <sup>rd</sup> (Rs.8,74,750)	F.No. 65-1/2022- CCRAS/Admn./SCSP- AMHCP/4745	30-11-2022	09-12-2022
4	4 <sup>th</sup> (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:

**9.35. Clinical Evaluation of Vidanga churna and Vyoshadi Guggulu in the Management of Medoroga (Obesity) under Annual action plan 2018-19.**

9.35.1. 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)

9.35.2. Study Design: Open Clinical Trial

9.35.3. Sample Size: 50

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

9.35.5. Duration of Study: 2 years, extended for another 1 year and 3 month

9.35.6. 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

9.35.7. 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)

9.35.8. Date of IEC approval: 26.09.2020

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

9.35.10. Date of initiation: 18.09.2021

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

9.35.12. Installment wise release:

S.NO	Instalment	Sanction order	Date	Date of receipt
01	Rs. 10,15,000	F. No. 3-53/2020-CCRAS/Admn/IMR/8304	30-03-2020	02-04-2020
02	Rs. 5,62,527	F. No. 3-22/2019-CCRAS/Admn/AYUSH-AGT/6293	17-02-2021	23-02-2021
03	Rs. 4,76,236	F. No. 3-3/2017-CCRAS/Admn/PS/769	25-05-2021	28-05-2021
04	Rs. 1,86,000	F. No. 3-3/2017-CCRAS/Admn/IMR/1589	23-06-2022	05-07-2022
05	Rs. 2,42,837	File No.HQ-PROJ011/61/2022-PROJ/6047	03-02-2023	07-02-2023

9.35.1 Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/Not achieved	Causes of deviation, if any
1	50	2 years + 1 year & 3 month	Achieved.	-

9.35.1 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	49	01	00

9.35.1 Relevant information, if any



**9.36. Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under THCRP 23-24**

**9.36.1. Objectives:**

- a) Primary objective:** 1) To assess effectiveness of Ayush Rasayana A & B on quality of life of elderly population
- b) Secondary Objective:** 1) To assess the effectiveness of Ayush Rasayana A & B on quality of sleep of elderly population
- 2) To assess the effectiveness of Ayush Rasayana A & B on functionality of elderly population
- 3) To assess the tolerability of Ayush Rasayana A & B among elderly population for 3 months

**9.36.2. Study Design:** Prospective Cluster Randomized multicenter study

**9.36.3. Sample Size:** 40

**9.36.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date:** Not applicable.

**9.36.5. Duration of Study:** 12 months

**9.36.6. Interventions:**

Group-I: (Details at Annexure I & II)

1) AyushRasayana A

- Dose: 10 gm daily
- Dosage form: Powder
- Anupana: lukewarm water
- Route of Administration: Orally
- Time of Administration: once daily after food at bed time
- Duration: 06 days (from the day of enrolment)

2) AyushRasayana B

- Dose: 1.5 gm per day in two divided doses (2 capsules twice a day)
- Dosage form: Capsule (each containing 375 mg extracts)
- Anupana: lukewarm water
- Route of Administration: Orally
- Time of Administration: twice daily before food
- Duration: 84 days (from 7th day on wards to 90<sup>th</sup> day)

3) Ancillary Care through Ayurveda

Group-II: Ancillary Care through Ayurveda

**9.36.7. Participating centre along with PI:**

S.No.	Name of the participating centre	Name of PI, Co-investigators, SRF's
	CARI, Bengaluru	PI- Dr SH Doddamani CoI- Dr Rajendra Kumar SRF- Dr. Anu Robert & Dr. Deepika R.

**9.36.8. Date of IEC approval:** 21/04/2023

**9.36.9. CTRI Registration/Reference (for clinical trials):** CTRI/2023/06/054204  
[Registered on: 20/06/2023]

**9.36.10. Date of initiation:** 19/12/2023

**9.36.11. Budget allocated:** Funded under THCRP Programme of Rs. 52,89,870/-

**9.36.12. Installment wise release:**

Sr. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1st instalment 1,204,000	F.No.HQ-PROJ012/12/2023-PROJ/48	25-04-2023	30/05/2023
2	2nd instalment 1,204,000	F.No.HQ-PROJ013(11)/7/2023-PROJ/3831	04-09-2023	01/08/2023
3	3rd instalment 1,204,000	F.No. HQ-PROJ013(11)/7/2023-PROJ/5591	20-11-2023	23/11/2023
	4th instalment 1,42,240	F.No. HQ-PROJ013(11)/7/2023-PROJ/8381	08-03-2024	11/03/2024
	13,20,760			
	2,14,870			

**9.36.13. Chronological timeline & deliverables:**

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	40	12 months	Achieved	None

**9.36.14. 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	40	38	02	00

**9.36.15. Relevant information, if any****9.37. Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under SCSP 23-24****9.37.1. Objectives:**

- a) Primary objective:** 1) To assess effectiveness of Ayush Rasayana A & B on quality of life of elderly population
- b) Secondary Objective:** 1) To assess the effectiveness of Ayush Rasayana A & B on quality of sleep of elderly population
- 2) To assess the effectiveness of Ayush Rasayana A & B on functionality of elderly population
- 3) To assess the tolerability of Ayush Rasayana A & B among elderly population for 3 months

**9.37.2. Study Design:** Prospective Cluster Randomized multicenter study**9.37.3. Sample Size:** 44**9.37.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date:** Not applicable.**9.37.5. Duration of Study:** 12 months**9.37.6. Interventions:**

Group-I: (Details at Annexure I & II)

1) AyushRasayana A

- Dose: 10 gm daily
- Dosage form : Powder
- Anupana: lukewarm water
- Route of Administration: Orally
- Time of Administration: once daily after food at bed time
- Duration: 06 days (from the day of enrolment)

2) AyushRasayana B

- Dose: 1.5 gm per day in two divided doses ( 2 capsules twice a day)
- Dosage form: Capsule (each containing 375 mg extracts)
- Anupana: lukewarm water
- Route of Administration: Orally
- Time of Administration: twice daily before food
- Duration: 84 days (from 7th day on wards to 90<sup>th</sup> day)

3) Ancillary Care through Ayurveda

Group-II: Ancillary Care through Ayurveda

**9.37.7. Participating centre along with PI:**

S.No.	Name of the participating centre	Name of PI, Co-investigators, SRF's
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo & Dr. Vidyashree Anchan SRF- Dr Sindhu CV & Dr Tejaswi Kiran

**9.37.8. Date of IEC approval:** 21/04/2023

**9.37.9. CTRI Registration/Reference (for clinical trials):** CTRI/2023/06/054204  
[Registered on: 03/08/2023]

**9.37.10. Date of initiation:** 12/12/2023

**9.37.11. Budget allocated:** Funded under SCSP Programme of Rs. 40,24,000/-

**9.37.12. Installment wise release:**

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 <sup>st</sup> (Rs. 9,60,750/-)	F.No.HQ-PROJ013(11)/ 7/2023-PROJ/N93	26-05-2023	31-05-2023
2	2 <sup>nd</sup> (Rs. 9,60,750/-)	F.No.HQ- PROJ013(11)/7/2023- PROJ/3831	04-09-2023	07-09-2023
3	3 <sup>rd</sup> (Rs 9,60,750 /-)	F.No. HQ-PROJ013(11)/7/2023- PROJ/5591	20-11-2023	23-11-2023
4	4 <sup>th</sup> (Rs. 11,41,750/-)	F.No. HQ-PROJ013(11)/7/2023- PROJ/8381	08-03-2024	13-03-2024

**9.37.13. Chronological timeline & deliverables:**

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
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1.	44	12 months	Achieved	None
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**9.37.14. 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	44	40	04	00

**9.37.15. Relevant information, if any**

**10. BRIEF RESUME OF ONGOING CLINICAL RESEARCH PROJECTS**

**10.1. Name of Project: National Pharmacovigilance Program**

**10.1.1. Objectives:**

i. To enhance India's manufacturing capabilities and exports of traditional medicines and health promotion products under the initiative of Atmanirbhar Bharat.

ii. To facilitate adequate infrastructural & technological up gradation and institutional activities in public and private sector for standardization, quality manufacturing and analytical testing of Ayush drugs & materials.

iii. To strengthen regulatory frameworks at Central and State level for effective quality control, safety monitoring and surveillance of misleading advertisements of Ayush drugs.

iv. To encourage building up synergies, collaborations and convergent approaches for promoting standards and quality of Ayush drugs & materials.

**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.
	<p><b>Programme Assistant</b></p> <p>1. Dr. Bhavana KR 18/07/2018-29/09/2018</p> <p>2. Dr. Sunona George 09/10/2018-31/01/2020</p> <p>3. Dr. Chandini Chandrasekharan. N.P (2/3/2020-15/10/2022)</p> <p>4. Dr. Rahul (19/09/2022-12/10/2022)</p> <p>5. Dr. Neha (20/10/2022 - 30/11/2022)</p> <p>6. Dr. Shaily Agarwal G (05/12/2022 - 31/01/2023)</p> <p>7. Dr. Arsha K S (27/02/2023 - 17/05/2023)</p>

	<b>Junior Research Fellow (JRF)</b>  1. Dr. Arsha K S (20/05/2023 – till date)
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10.1.3. Date of initiation : 18<sup>th</sup> July 2018

10.1.4. Budget allocated : Rs.14,99,128.50 – Rs.71,135/- (Balance amount returned to AIIA New Delhi in April 2023) = Rs.14,27,993.50/- (budget allocated up to March 2023)  
Rs.14,27,993.50 + Rs. 50,000 (Untied Fund 2023-24) + Rs.3,89,131 (Salary deposited directly to JRF personal account after 10% deduction from April 2023 - March 2024)  
= Rs. 18,67,124.50/-

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-AIIA/Fin./1194)	24/07/2019	26/07/2019
5.	1,50,000/-	T-12012/2/2019-DCC (AYUSH), dated 13 <sup>th</sup> 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	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
12.	25,000/-	Mail Dated 30 <sup>th</sup> November 2023	30/11//2023	30/11//2023
13.	25,000/-	Mail Dated 15 <sup>th</sup> January 2024	15/01/2024	15/01/2024
14.	3,89,131/-	Salary Deposited directly to JRF personal account (April 2023-March 2024)	-	-

10.1.6. Total Misleading Advertisements Reported : 154

10.1.7. ADR Reported : 07

10.1.8. CME/ Awareness Programmes Conducted : 11

10.1.9. Articles published : 02

10.1.10. Participation in training programme : 08

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 23<sup>rd</sup> July 2020

10.2.5. Duration of Study: 2 year, Extended for 6 months till September 2024.

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:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1	CARI Bengaluru	Dr. S H Doddamani, RO (Ay.) Dr. Bhavya BM, RO (Ay.)

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
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1	1 <sup>st</sup> installment Rs.13,56,800/-	CCRAS Sanction order number: F.No. 3-69/2020-CCRAS/ADMN/IMR/1669-	23.07.20	31.07.2020
2	2 <sup>nd</sup> installment Rs. 6,78,400/-	CCRAS Sanction order number: F.No. 3-69/2020-CCRAS/Admin/IMR/1669, Dt. 23.07.2020	25.05.21	28.05.2021
3	3 <sup>rd</sup> installment 5,06,000	F.No. 3-3/2017-CCRAS/Admn/IMR/1589	23.06.2022	04.07.2022
4	4 <sup>th</sup> installment 3,26,238	F.No. 1-33/Cash/CCRAS/22-23/262	20.01.2023	16.01.2023
5	5 <sup>th</sup> installment 2,89,200	F. No. HQ.-PROJ011/83/2023-PROJ-Part (1)/986	19.05.2023	29.05.2023
6	6 <sup>th</sup> installment 1,66,290	F No. HQ.-PROJ011/83/2023-PROJ-Part/4405	22.09.2023	25.10.2023
7	7 <sup>th</sup> installment 4,61,245	F No. HQ.-PROJ011/83/2023-PROJ/8901	23.03.2024	27.03.2024

10.2.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	90/50 (revised)	2 years	Not achieved	Extended for 6 months till September 2024

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	55	27	08	20

10.2.15. Relevant information, if any:

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

10.4.1. 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

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

10.4.3. Sample Size: 120 subjects

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

10.4.6. Duration of Study: 2 years

10.4.7. Interventions:

**Group I:**

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

**Group II**

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

10.4.8. 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 4. Dr. Vidyashree Anchan, RO (Pathology)

10.4.9. Date of IEC approval: 07/06/2022, amendment on 09/02/2022

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

10.4.11. Date of initiation: 29/12/2022

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

10.4.13. Installment wise release:

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



3.	3 <sup>rd</sup> Installment Rs.4,69,432+64497	HQ-PROJ011/2/2022- PROJ/1591	14.06.2023	22.06.2023
4.	4 <sup>th</sup> Installment Rs. 5,13,929/-	HQ-PROJ011/2/2022- PROJ/3655	25.08.2023	11.09.2023
5.	5 <sup>th</sup> Installment Rs. 7,73,404-	HQ-PROJ011/2/2022- PROJ/6595	29.12.2023	13.03.2024
6.	6 <sup>th</sup> Installment Rs. 1,32,481/-	HQ-PROJ011/2/2022- PROJ/8592	15.03.2024	21.03.2024

#### 10.4.14. Chronological timeline & deliverables:

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

#### 10.4.15. 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	49	34	05	10

#### 10.4.16. Relevant information, if any: Nothing Specific

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

#### 10.5.1. 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)

#### 10.5.2. Study Design: Open label prospective clinical trial

#### 10.5.3. Sample Size: 50 subjects

#### 10.5.4. 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

#### 10.5.6. Duration of Study: 30 months

#### 10.5.7. 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

10.5.8. 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.)

10.5.9. Date of IEC approval: 24.1.22

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

10.5.11. Date of initiation: 29/12/2022

10.5.12. Budget allocated: 9,18,000/-+4,58,774=13,76,774

10.5.13. Installment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 <sup>st</sup> Installment Rs. 40,000/-	F.No. 3-141/2021-CCRAS/ Admn/IMR (O.O No.952)	29.12.2021	31.12.2021
2	2 <sup>nd</sup> Installment 3,54,000/-	F.No.: 3-3/2017- CCRAS/Admn/IMR/1589	23.06.2022	05.07.2022
3	3 <sup>rd</sup> Installment 4,58,774/-	F.No. 3-141/2021- CCRAS/Admn/IMR/2324	02.08.2022	06.08.2022
4	4 <sup>th</sup> Installment Rs. 58,304/-	F.No.: HQ-PROJ011/65/ 2022-PROJ/6045	03.02.2023	09.02.2023
5	4 <sup>th</sup> Installment Rs. 85,984/-	.No.: HQ-PROJ011/65/ 2022-PROJ/1250	30.05.2023	03.06.2023
6	4 <sup>th</sup> Installment Rs. 85,984/-	.No.: HQ-PROJ011/65/ 2022-PROJ/3968	12.09.2023	25.10.2023
7	4 <sup>th</sup> Installment Rs. 97,285/-	.No.: HQ-PROJ011/65/ 2022-PROJ/7259	29.01.2024	19.03.2024

10.5.14. Chronological timeline & deliverables:

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

10.5.15. 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	50	36	11	03

10.5.16. Relevant information, if any: Nothing Specific

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

### 10.6.1. Objectives

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

### 10.6.2. Study Design: Prospective Observational Survey Study

### 10.6.3. Sample Size: 1350 subjects

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

### 10.8.6. Duration of Study: 1 year

### 10.6.7. 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)

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

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

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

10.6.11. Budget allocated: 15,15,900 +9,60,120

10.6.12. Installment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 <sup>st</sup> Installment Rs. 1,50,000/-	Council's Office Order No: 1105/2022-23	20.01.2023	30.01.2023
2	1 <sup>st</sup> Installment Rs. 3,39,355/-	HQ-PROJ011/123/2022- PROJ/1158	25.05.2023	30.05.2023
3	1 <sup>st</sup> Installment Rs. 2,89,355/-	HQ-PROJ011/123/2022- PROJ/3534	22.08.2023	26.08.2023
4	1 <sup>st</sup> Installment Rs. 73,275/-	HQ-PROJ011/123/2022- PROJ/7282	29.01.2024	14.03.2024
5	1 <sup>st</sup> Installment Rs. 1,00,475/-	HQ-PROJ011/123/2022- PROJ/8858	21.03.2024	23.03.2024

10.6.13. Chronological timeline & deliverables: initiated

Sl. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	1350	12 months +18 months	ongoing	Nil

10.6.14. 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	485	485	0	00

10.6.15. Relevant information, if any: Nothing Specific

## 11. Sanctioned IMR Clinical Research Projects to Be Initiated: None

## 12. 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: 14/02/202

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/-

12.2.6. 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

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:

**13. Research Proposals Submitted for Approval to CCRAS Hqrs.**

**13.1. Efficacy and safety of Arjuna [Terminalia arjuna (Roxb.Wight & Arn)] as Adjunct to Standard Care in Atherogenic Dyslipidemia- A Randomized Double-blind Placebo Controlled Study**

Central Ayurveda Research Institute, Bengaluru

PI: Dr. Vidyashree Anchan, RO (Patho.)

Co-I: Dr. Sulochana Bhat, Assistant Director  
Dr. Raghavendra Naik, RO (Ay.)

Indian Institute of Science (IISc), Bengaluru

PI: Prof Navakanta Bhat, Professor, IISc

Co-I: Prof AJ Vinaya Simha

Samatvam Endocrinology Center, Bengaluru

PI: Dr S Srikanta,  
Co-I: Dr Kavitha Muniraj

**13.2. Management of Autism Spectrum Disorder in Children through a comprehensive Ayurveda approach as an add-on to conventional therapy**

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

**13.3. A comparative study to evaluate the safety and efficacy of Ayurvedic intervention as an adjunct to treatment as usual in Insomnia disorder in elderly – A prospective randomized open blind endpoint study**

**PI:** Dr. SH Doddamani, RO  
**Co-I:** Dr. Thejaswini C, RO (Ay.)  
Dr. Vidyashree Anchan, RO (Patho.)  
Ms. Sonam Chandhok, ARO (Cl. Psy.)

**13.4. Documentation of prescription trends in Osteoarthritis by Ayurveda Physicians- A retrospective study**

**PI:** Dr. Shubhashree MN, RO (Ay.)  
**Co-I:** Dr. Thejaswini C, RO (Ay.)

**13.5. Prospective clinical trial to assess the efficacy, compatibility and tolerability of Millets in Samsarjana Project**

**PI:** Dr. SH Doddamani, RO  
**Co-I:** Dr. Rama Rao, RO (Botany)

**Collaborative institute 1-** Davangere University, Karnataka

PI- Dr. Sadashiv S. O., Assistant Professor, Department of Studies in Food Technology,

CoI- Dr. B. P. Nandeshwarappa, Associate Professor, Department of Studies in Chemistry

**Collaborative institute 2-** NMKRV College for Women, Jayangar, Bengaluru

PI- Dr. Sharangouda J. Patil, Associate Professor, Department of Zoology

**13.6. 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.)  
**Co-I:** Dr Shubhashree M.N, Research officer (Ay.)  
Dr. Vidyashree Anchan, Research officer (Pathology)

**Collaborating centres 1-** Karnataka University, Dept. of Biochemistry, Dharwad  
Dr. Devaraju. K. S, Dean & Director

**Collaborating centre 2-** Rajiv Gandhi Education Society's Ayurvedic Medical College and Hospital Ron

Dr. Manjunath Ajanal, Professor

Dr. Sandeep Kavalikai, General Physician  
Dr. Raghavendra Shettar, Assistant Professor

**13.7. 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 Thejashwini C, Research officer (Ay.)  
Dr. Vidyashree Anchan, RO (Pathology)  
Dr. Kuppan Gokulakrishnan, Asst Professor, NIMHANS, Bengaluru

**Study Centres**

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

**13.8. Safety, Efficacy, Acceptability & Tolerability of Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial**

**PI:** Dr Rajendra Kumar, RO (Ay.)  
Dr. B. R. Srinivas, Diabetologist, City Health Care, Kolar  
**Co-I:** Dr. Sulochana Bhat, Assistant Director  
Dr. Vidyashree Anchan, RO (Patho.)

**13.9. 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 (Submitted to ICMR)**

**PI:** Dr. Bhavya BM, RO (Ay.)  
**Co-I:** Dr. Shubhashree MN, RO (Ay.)

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

**PI:** Dr Rajendra Kumar, RO (Ay.)  
**Co-I:** Dr. Sulochana Bhat, Assistant Director  
Dr. Vidyashree Anchan, RO (Patho.)  
Ms. Sonam Chandhok, ARO (Cl. Psy.)

**13.11. Documentation of Wild Edible and Medicinal Plants available in different markets of southern part of Western Ghats in Karnataka State**

**PI:** Dr. Rama Rao, RO (Botany)  
**Co-I:** Dr. SH Doddamani, RO (Ayurveda)  
Dr. Thejaswini C, RO (Ayurveda)  
Mrs. Bhavana, RA (Botany)  
Mrs. Ritu Sinha, RA (Botany)

**13.12. Study and documentation of plant raw drugs for Substitution and Adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh & Telangana)**

**PI:** Mrs. Nazneen, RA (Botany)

**Co-PI:** Dr. Rama Rao, RO (Botany)

**Co-I:** Dr. Thejaswini C, RO (Ayurveda)

Mr. Suresh Kumar, RA (Chemistry)

Mrs. Tulasi R, RA (Botany), Chennai

Mrs. Akansha Pande, RA (Botany), Cheruthurthy

**13.13. Comparative analysis and standardization of alternative botanical sources of selected Ayurveda medicinal plants**

**PI:** Dr. Thejaswini C, RO (Ay.)

**Co-I:** Dr. Rama Rao, RO (Botany)

Mr. Suresh Kumar, RA (Chemistry)

**13.14. Evaluation of efficacy of a multimodal Ayurveda regimen in Osteoarthritis of Knee– A randomized controlled trial (3 combinations proposed)**

(Proposed after Brainstorming workshop on Geriatrics held on 5<sup>th</sup>-6<sup>th</sup> October 2023)

**13.15. A Randomized controlled trial for evaluation of efficacy and safety of Asthiraksha-25 in Osteoarthritis of Knee joint**

(Proposed after Brainstorming workshop on Geriatrics held on 5<sup>th</sup>-6<sup>th</sup> October 2023)

**13.16. Evaluating Safety and Efficacy of Integrative Ayurveda and Yoga Intervention as add-on therapy in Geriatric depression/ Late Life Depression -A Prospective Randomized Open Blinded Endpoint (PROBE) Study**

(Proposed after Brainstorming workshop on Geriatrics held on 5<sup>th</sup>-6<sup>th</sup> October 2023)

**13.17. Safety and efficacy of integrative Ayurvedic interventions in the management of Mild cognitive impairment (MCI) (Smritibhramsa) – a randomized single blind controlled clinical trial**

(Proposed after Brainstorming workshop on Geriatrics held on 5<sup>th</sup>-6<sup>th</sup> October 2023)

**13.18. Safety and efficacy of (trial drug) as monotherapy/ add-on (integrative) therapy to (selected standard) in Madhumeha/Type-2 Diabetes Mellitus/Prediabetes: An open labelled/ single/double blind randomized controlled Phase II/III study**

(Proposed after Brainstorming workshop on Geriatrics held on 5<sup>th</sup>-6<sup>th</sup> October 2023)

**13.19. Efficacy of Snehana Therapy in Improving Functional Disability and Quality of Life of Geriatric Population – A prospective randomized open blind endpoint study**

(Proposed after Brainstorming workshop on Geriatrics held on 5<sup>th</sup>-6<sup>th</sup> October 2023)



**13.20. Preventive approach for Cardiovascular disorders in high risk Populations with Shilajatwadi yoga**

(Proposed after Brainstorming workshop on Geriatrics held on 5<sup>th</sup>-6<sup>th</sup> October 2023)

**13.21. A Clinical Study to assess the safety and efficacy of ‘Vayasthapana Gana’ Ghana Vati on Ageing**

(Proposed after Brainstorming workshop on Geriatrics held on 5<sup>th</sup>-6<sup>th</sup> October 2023)

**13.22. Survey report on Kriyakalpa and other Shalakyia related practices including traditional healers in India**

(Proposed after Brainstorming workshop on Netra Kriyakalpa held on 8<sup>th</sup>-9<sup>th</sup> September 2023)

**13.23. Clinical evaluation of Gandha Thaila and Kukkutanda tvak Bhasma in the management of Osteopenia/Osteoporosis (Submitted to Ayush/ICMR)**

**PI:** Dr. Shubhashree MN C, RO (Ay.)

## PART-B HOSPITAL STATISTICS

### a. Out Patient Department

Statement of patients attended at OPD during different years (Since inception up to March 2024)

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	5506	4623	271	158	5777	4781	11903	9865	264	125	12167	9990	17944	14771
2023-24	6711	6391	244	190	6955	6581	14252	12851	232	155	14484	13006	21439	19587
<b>Total</b>	<b>61618</b>	<b>55433</b>	<b>5556</b>	<b>5637</b>	<b>67174</b>	<b>61070</b>	<b>150863</b>	<b>145183</b>	<b>7787</b>	<b>8196</b>	<b>158650</b>	<b>153379</b>	<b>225824</b>	<b>214449</b>

Total number of patient treated since inception: 4,40,273

In-Patient Department: Not Applicable

8. Statement of Patients attended old OPD during the reporting period for April 2023 –March 2024

S. 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	21	7	2	0	23	7	82	3	0	0	82	3	105	10	115
2.	157	AAC-20	गृध्रसी	sciatica	13	9	0	0	13	9	20	34	0	0	20	34	33	43	76
3.	163	AAC-24	पक्षाघातः/पक्षवधः	hemiplegia/hemiparesis	5	1	0	0	5	1	60	0	0	0	60	0	65	1	66
4.	241	AAE-9	मांसगतवातकोप	vitiated वात in माम्स	2	0	0	0	2	0	9	0	0	0	9	0	11	0	11
5.	174	AAC-32	मन्यास्तम्भः	Stiff neck/ torticollis/spasmodic torticollis	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
6.	141	AAC-8	अवबाहुकः	frozen shoulder	31	26	0	0	31	26	53	35	0	0	53	35	84	61	145
7.	248	AAE-16	सन्धिवातः	osteo-arthritis	313	257	0	1	313	258	632	567	0	0	632	567	945	825	1770
8.	285	ABB-24	दाहः	burning sensation	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
9.	348	ACB-23	अग्निमान्द्यम्	impaired digestion / loss of appetite	3	0	0	0	3	0	1	0	0	0	1	0	4	0	4
10.	480	EA-3	कासः	cough / tussis	85	48	7	4	92	52	161	70	2	6	163	76	255	128	383
11.	489	EA-4	श्वासः	dyspnoea	19	16	1	0	20	16	15	17	0	0	15	17	35	33	68

12.	633	EB-10	शूलः	colicky pain/abdominal colic	33	17	2	3	35	20	35	11	1	4	36	15	71	35	106
13.	515	EB-2	अतिसारः	diarrhoea	6	0	1	0	7	0	7	4	0	0	7	4	14	4	18
14.	536	EB-3	अजीर्णम्	indigestion	0	0	1	3	1	3	0	0	0	1	0	1	1	4	5
15.	558	EB-4	अम्लपित्तम्	hyperacidity	101	42	2	0	103	42	160	79	0	0	160	79	263	121	384
16.	601	EB-7	ग्रहणीदोषः	disorders of lower gastro-intestinal tract	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
17.	628	EB-9	प्रवाहिका	dysentery	5	8	0	0	5	8	4	7	0	0	4	7	9	15	24
18.	689	EC-3	ज्वरः	fever / pyrexia	11	6	1	1	12	7	8	7	0	1	8	8	20	15	35
19.	823	EC-6	आमवातः	rheumatism due to आम	1	11	0	0	1	11	6	45	0	0	6	45	7	56	63
20.	1029	ED-14	शीतपित्तम्	urticaria with <i>vata</i> predominance	37	21	4	4	41	25	89	13	1	2	90	15	131	40	171
21.	838	ED-2.2	कण्डूः	pruritis	2	3	0	0	2	3	0	0	0	0	0	0	2	3	5
22.	850	ED-2.8	निद्रानाशः / अनिद्रा	loss of sleep (insomnia)	3	0	0	0	3	0	1	0	0	0	1	0	4	0	4
23.	874	ED-3	कामला	jaundice	3	0	0	1	3	1	1	0	0	1	1	1	4	2	6
24.	883	ED-4	कुष्ठम्	integumentary disease	4	4	0	0	4	4	9	12	0	0	9	12	13	16	29
25.	905	ED-4.3.10	विचर्चिका	wet eczema	38	22	0	1	38	23	60	38	0	1	60	39	98	62	160
26.	897	ED-4.3.3	किटिभः	psoriasis	86	35	2	6	88	41	118	39	2	1	120	40	208	81	289
27.	900	ED-4.3.6	दद्रु-कुष्ठः	ringworm / tinea	0	3	0	0	0	3	0	1	0	0	0	1	0	4	4
28.	919	ED-5	ध्वित्रः	vitiligo /leucoderma	13	4	0	0	13	4	52	32	0	0	52	32	65	36	101

29.	972	ED-9	विद्रधिः	abscess	0	1	0	0	0	1	0	0	0	0	0	0	1	1	
30.	1064	EE-2	अर्बुदः	tumor	2	2	0	0	2	2	0	0	0	0	0	2	2	4	
31.	1074	EE-3	अर्शः	haemorrhoids	31	15	0	0	31	15	41	14	0	0	41	14	72	29	101
32.	1095	EE-4	ग्रन्थिः	cyst	15	16	0	0	15	16	57	73	0	0	57	73	72	89	161
33.	1139	EF-2.4.4	मधुमेहः	diabetes mellitus	107	44	0	0	107	44	932	432	0	0	932	432	103 9	476	1515
34.	1161	EF-3	मेदोरोगः	obesity	2	9	0	0	2	9	30	31	0	0	30	31	32	40	72
35.	1173	EI-2	क्लैब्यम्	male infertility	2	0	0	0	2	0	3	0	0	0	3	0	5	0	5
36.	1244	EI-6.8	अन्न-वृद्धिः	hernia	4	0	0	0	4	0	14	0	0	0	14	0	18	0	18
37.	1248	EJ-2	अश्मरी	lithiasis/urolithiasis/nephrolithiasis	7	0	0	0	7	0	5	0	0	0	5	0	12	0	12
38.	1258	EJ-3	मूत्राघातः	urinary retention	12	2	0	0	12	2	16	12	0	0	16	12	28	14	42
39.	1278	EJ-4	मूत्रकृच्छ्रम्	dysuria	1	0	0	0	1	0	4	2	0	0	4	2	5	2	7
40.	1304	EK-3	श्वयथुः/शोथः/शोफः	oedema/inflammation	5	2	0	0	5	2	4	1	0	0	4	1	9	3	12
41.	1337	EK-4.6	यकृद्वाल्ग्युदरः	hepatomegaly	3	0	0	0	3	0	5	1	0	0	5	1	8	1	9
42.	1360	EL-2.10	उदावर्तिनी	dysmennorrhoea	0	17	0	0	0	17	0	12	0	0	0	12	0	29	29
43.	1377	EL-2.27	योनिक्न्दः	vaginal cyst / bartholin's cyst	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
44.	1392	EL-4	रक्तप्रदरः/अस्मृदरः	menorrhagia / metrorrhagia / dysfunctional uterine bleeding (DUB)	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
45.	1398	EL-5	श्वेतप्रदरः	leucorrhoea	0	13	0	0	0	13	0	32	0	0	0	32	0	45	45

46.	1521	EM-11	भ्रमः	giddiness / dizziness / vertigo	3	3	0	0	3	3	2	16	0	0	2	16	5	19	24
47.	1421	EM	मनोवहस्रोतोविकारः	disorders of मनोवहस्रोतस्	9	2	0	1	9	3	46	4	0	1	46	5	55	8	63
48.	1423	EM-2	उन्मादः	psychosis/insanity	1	0	1	0	2	0	5	0	0	0	5	0	7	0	7
49.	1457	EM-3	अपस्मारः	epilepsy	0	0	0	0	0	0	0	0	1	0	1	0	1	0	1
50.	1466	EM-5	मदात्ययः	alcohol abuse	12	0	0	0	12	0	35	0	0	0	35	0	47	0	47
51.	1522	F	शिरःशूल / शिरोरुक्	headache/cephalgia/cephalalgia	19	16	0	0	19	16	41	31	0	0	41	31	60	47	107
52.	1530	F-8	अर्धावभेदकः	hemicrania	1	6	0	0	1	6	0	7	0	0	0	7	1	13	14
53.	1543	FA-3	खलित्यम्	baldness / alopecia totalis	2	8	0	1	2	9	0	34	0	2	0	36	2	45	47
54.	1548	FA-4	दारुणकः	pytirtiasis capitis	4	1	1	1	5	2	0	0	0	1	0	1	5	3	8
55.	1583	GC	दन्तरोगः	tooth disorders	0	2	0	0	0	2	2	3	0	0	2	3	2	5	7
56.	1643	GF-19	गलगण्डः	goiter	12	17	1	1	13	18	23	19	1	1	24	20	37	38	75
57.	1649	GG	मुखपाकः	stomatitis	6	5	0	0	6	5	1	4	2	0	3	4	9	9	18
58.	1662	H	अक्षिरोगः/नेत्ररोगः	ophthalmic diseases/ eye diseases	1	2	0	0	1	2	0	0	0	0	0	0	1	2	3
59.	1813	I	नासरोगः	nose diseases	1	0	0	1	1	1	1	0	0	1	1	1	2	2	4
60.	1814	I-1	प्रतिश्यायः /पीनसः	rhinitis	50	24	3	6	53	30	56	45	0	2	56	47	109	77	186
61.	1860	J	कर्णरोगः	ear diseases	5	3	0	0	5	3	8	2	0	0	8	2	13	5	18
62.	1913	K	व्रणः	wounds	6	4	0	0	6	4	7	1	0	0	7	1	13	5	18

63.	2170	MD-11	दौर्बल्यम्	debility	23	27	2	1	25	28	70	112	6	1	76	113	101	141	242
64.	2184	N	कृमिः/सञ्जातकृमि	worm infestation	0	0	0	1	0	1	0	0	0	0	0	0	0	1	1
65.	2280	O-35	युवानपिडका (मुखदूषिका)	pimples	3	0	0	0	3	0	3	1	0	0	3	1	6	1	7
					<b>118</b>	<b>78</b>	<b>3</b>	<b>3</b>	<b>121</b>	<b>82</b>	<b>299</b>	<b>190</b>	<b>1</b>	<b>2</b>	<b>301</b>	<b>192</b>	<b>422</b>	<b>275</b>	<b>6977</b>
					<b>5</b>	<b>5</b>	<b>1</b>	<b>7</b>	<b>6</b>	<b>2</b>	<b>4</b>	<b>3</b>	<b>6</b>	<b>6</b>	<b>0</b>	<b>9</b>	<b>6</b>	<b>1</b>	

**Total New Patients –2038; Total Old Patients –4939; Grand Total – 6977**

- Number of patients in Old OPD : **6,977**
- Number of patients in New OPD : **34,049**
- Total** : **41,026**

8a. Statement of Patients attended New OPD during the reporting period for April 2023 to March 2024

S. N o.	NA MC ID	NA MC Code	NAMC_N ame	Short_definition	No. of patients treated														Gra nd Tota l (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/met eorism or painful abdominal distension	13	1	0	0	13	1	8	4	0	0	8	4	21	5	26
2	2983	AAC -12.4	विबन्ध	simple constipation	80	59	4	6	84	65	83	70	8	6	91	76	175	141	316
3	157	AAC -20	गृध्रसी	sciatica	37	35	0	0	37	35	933	841	0	0	933	841	131	119	2505
4	163	AAC -24	पक्षाघातः/पक्षव धः	hemiplegia/hemiparesis	28	8	0	0	28	8	135	24	0	0	135	24	163	32	195
5	166	AAC -24.2	बाल-पक्षाघातः	hemiplegia in children	0	0	0	0	0	0	3	1	0	0	3	1	3	1	4
6	241	AAE -9	मांसगतवातकोप	Mamsagata vata kosha	4	4	2	0	6	4	2	1	0	0	2	1	8	5	13
7	174	AAC -32	मन्यास्तम्भः	Stiff neck/ torticollis/spasmodic torticollois	19	10	0	0	19	10	20	25	0	0	20	25	39	35	74
8	177	AAC -35	विश्राची	brachial neuralgia /arm pain	6	5	0	0	6	5	4	10	0	0	4	10	10	15	25
9	135	AAC -4	अर्दितः	facial paralysis	1	0	0	0	1	0	2	1	0	0	2	1	3	1	4
10	141	AAC -8	अवबाहुकः	frozen shoulder	77	66	0	0	77	66	103	84	0	0	103	84	180	150	330



11	248	AAE-16	सन्धिवातः	osteo-arthritis	96 0	13 36	7	2	96 7	13 38	280 7	301 0	9	2	281 6	301 2	378 3	435 0	8133
12	285	ABB-24	दाहः	burning sensation	35	55	0	3	35	58	35	32	0	1	35	33	70	91	161
13	287	ABB-26	पालित्य	premature graying of hair	6	2	0	0	6	2	2	1	0	0	2	1	8	3	11
14	348	ACB-23	अग्निमान्द्यम्	impaired digestion / loss of appetite	8	13	2	1	10	14	19	16	0	0	19	16	29	30	59
15	471	EA-2	हिक्का	hiccup/singultus	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
16	480	EA-3	कासः	cough / tussis	19 0	13 4	55	33	24 5	16 7	262	213	50	30	312	243	557	410	967
17	489	EA-4	श्वासः	dyspnoea	86	56	11	2	97	58	130	83	9	1	139	84	236	142	378
18	500	EA-5	स्वरभेदः	dysphonia	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
19	511	EA-6	उरःक्षतः / क्षतक्षीण	thoracic trauma	0	0	0	1	0	1	0	0	0	0	0	0	0	1	1
20	633	EB-10	शूलः	colicky pain/abdominal colic	52	30	4	4	56	34	47	52	4	5	51	57	107	91	198
21	643	EB-10.1 0	परिणामशूलः	duodenal ulcer	1	0	0	0	1	0	2	0	0	0	2	0	3	0	3
22	656	EB-11	उदावर्तः	obstipation	0	2	0	0	0	2	0	3	0	0	0	3	0	5	5
23	676	EB-12	परिकर्तिका	proctalgia	25	18	1	0	26	18	31	16	0	0	31	16	57	34	91
24	515	EB-2	अतिसारः	diarrhoea	9	4	0	1	9	5	6	3	0	0	6	3	15	8	23
25	524	EB-2.8	आमातिसारः	आमstage of अतिसार	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
26	525	EB-2.9	ज्वरातिसारः	diarrhoea associated with fever	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1

27	536	EB-3	अजीर्णम्	indigestion	22	15	5	3	27	18	28	27	3	3	31	30	58	48	106
28	543	EB-3.7	विसूचिका	acute gastroenteritis	0	1	0	0	0	1	3	6	0	0	3	6	3	7	10
29	558	EB-4	अम्लपित्तम्	hyperacidity	30 2	17 7	2	1	30 4	17 8	348	319	0	5	348	324	652	502	1154
30	601	EB-7	ग्रहणीदोषः	disorders of lower gastro-intestinal tract	10	5	0	0	10	5	12	5	1	0	13	5	23	10	33
31	628	EB-9	प्रवाहिका	dysentery	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
32	681	EC-2	हृद्रोगः	heart disease	15	3	0	0	15	3	16	8	0	0	16	8	31	11	42
33	689	EC-3	ज्वरः	fever / pyrexia	25	28	7	11	32	39	27	41	4	3	31	44	63	83	146
34	761	EC-3.10	विषमज्वरः	intermittent pyrexia	0	1	0	0	0	1	0	2	0	0	0	2	0	3	3
35	791	EC-3.21	पुनरावर्तक-ज्वरः	relapsing fever	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
36	812	EC-5	पाण्डुरोगः	anaemia	8	36	0	1	8	37	10	47	0	1	10	48	18	85	103
37	823	EC-6	आमवातः	rheumatism due to आम	33	90	0	1	33	91	56	252	0	0	56	252	89	343	432
38	828	EC-7	अरुचिः	anorexia	4	1	0	1	4	2	0	3	0	0	0	3	4	5	9
39	997	ED-10	विसर्पः	erysipelas /acute spreading eruptions	0	2	0	0	0	2	1	3	0	0	1	3	1	5	6
40	1017	ED-12	प्लीहोदरः	splenomegaly	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
41	1024	ED-13	श्लीपदः	filariasis	0	0	0	0	0	0	2	0	0	0	2	0	2	0	2
42	1029	ED-14	शीतपित्तम्	urticaria with vata predominance	16	14	0	1	16	15	8	13	2	1	10	14	26	29	55

43	1031	ED-15	उदरः	urticaria with <i>kapha</i> predominance	1	1	0	0	1	1	0	3	0	0	0	3	1	4	5
44	1033	ED-16	भगन्दरः	fistula-in-ano	10	1	0	0	10	1	8	3	0	0	8	3	18	4	22
45	838	ED-2.2	कण्डूः	pruritis	29	35	1	0	30	35	46	40	2	5	48	45	78	80	158
46	850	ED-2.8	निद्रानाशः / अनिद्रा	loss of sleep (insomnia)	18	13	0	1	18	14	34	37	0	0	34	37	52	51	103
47	874	ED-3	कामला	jaundice	3	1	0	0	3	1	8	1	0	0	8	1	11	2	13
48	883	ED-4	कुष्ठम्	integumentary disease	36 8	27 7	33	27	40 1	30 4	484	357	21	12	505	369	906	673	1579
49	905	ED-4.3.1 0	विचर्चिका	wet eczema	9	8	0	0	9	8	10	5	0	0	10	5	19	13	32
50	897	ED-4.3.3	क्रिदिभः	psoriasis	35	24	0	0	35	24	81	28	0	0	81	28	116	52	168
51	898	ED-4.3.4	विपादिका	cracks in palms and soles	3	3	1	2	4	5	6	3	2	0	8	3	12	8	20
52	900	ED-4.3.6	दद्रु-कुष्ठः	ringworm / tinea	3	4	0	0	3	4	4	4	0	0	4	4	7	8	15
53	919	ED-5	श्वित्रः	vitiligo /leucoderma	18	6	1	1	19	7	33	23	0	2	33	25	52	32	84
54	956	ED-8	वातरक्तम्	rheumatism due to रक्त	13	18	0	0	13	18	37	49	0	0	37	49	50	67	117
55	972	ED-9	विद्रधिः	abscess	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
56	1064	EE-2	अर्बुदः	tumor	5	3	3	0	8	3	0	3	0	0	0	3	8	6	14
57	1074	EE-3	अर्शः	haemorrhoids	72	48	0	0	72	48	116	79	0	0	116	79	188	127	315
58	1095	EE-4	ग्रन्थिः	cyst	33	47	0	0	33	47	61	97	0	0	61	97	94	144	238
59	1139	EF-2.4.4	मधुमेहः	diabetes mellitus	91 6	55 7	4	0	92 0	55 7	341 5	245 0	14	0	342 9	245 0	434 9	300 7	7356

60	1161	EF-3	मेदोरोगः	obesity	91	14	0	0	91	14	230	278	0	0	230	278	321	419	740
61	1163	EF-4	पिडका	eruption	1	1	0	1	1	2	0	1	0	0	0	1	1	3	4
62	1173	EI-2	क्लैब्यम्	male infertility	4	0	0	0	4	0	4	0	0	0	4	0	8	0	8
63	1244	EI-6.8	अन्न-वृद्धिः	hernia	7	2	0	0	7	2	3	0	0	0	3	0	10	2	12
64	1245	EI-6.9	अण्ड-वृद्धिः	scrotal swelling	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
65	1248	EJ-2	अश्मरी	lithiasis/urolithiasis/nephro lithiasis	22	16	0	0	22	16	24	21	1	0	25	21	47	37	84
66	1258	EJ-3	मूत्राघातः	urinary retention	3	1	0	0	3	1	10	0	0	0	10	0	13	1	14
67	1266	EJ-3.6	वाताष्टीला	prostatic enlargement	11	0	0	0	11	0	43	0	0	0	43	0	54	0	54
68	1278	EJ-4	मूत्रकृच्छ्रम्	dysuria	44	28	3	2	47	30	70	33	4	0	74	33	121	63	184
69	1304	EK-3	श्वयथुः/शोथः/शो फः	oedema/inflammation	24	26	1	0	25	26	34	58	0	0	34	58	59	84	143
70	1319	EK-3.15	कर्णमूलशोथः	mumps	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
71	1337	EK-4.6	यकृदाल्युदरः	hepatomegaly	8	2	0	0	8	2	12	1	0	0	12	1	20	3	23
72	1338	EK-4.7	बद्धगुदोदरः	intestinal obstruction	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
73	1360	EL-2.10	उदावर्तिनी	dysmenorrhoea	0	23	0	0	0	23	0	450	0	0	0	450	0	683	683
74	1374	EL-2.24	वन्ध्या	female infertility	0	2	0	0	0	2	0	2	0	0	0	2	0	4	4

75	1392	EL-4	रक्तप्रदरः/असृष्टरः	menorrhagia / metrorrhagia / dysfunctional uterine bleeding (DUB)	0	7	0	0	0	7	0	15	0	0	0	15	0	22	22
76	1398	EL-5	श्वेतप्रदरः	leucorrhoea	0	12	0	1	0	13	0	10	0	0	0	10	0	23	23
77	1419	EL-9	सूतिकाशयः	puerperial disorder	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
78	1521	EM-11	भ्रमः	giddiness / dizziness / vertigo	9	7	0	0	9	7	12	7	0	0	12	7	21	14	35
79	1421			Manobahasrota vikar	25	15	6	1	31	16	80	23	11	4	91	27	122	43	165
80	1423	EM-2	उन्मादः	psychosis/insanity	1	0	0	0	1	0	1	0	0	0	1	0	2	0	2
81	1457	EM-3	अपस्मारः	epilepsy	5	2	0	1	5	3	3	3	9	1	12	4	17	7	24
82	1466	EM-5	मदात्ययः	alcohol abuse	7	0	0	0	7	0	19	0	0	0	19	0	26	0	26
83	1479	EM-6	मदः	intoxication due to drugs (other than alcohol)	0	0	0	0	0	0	5	17	0	0	5	17	5	17	22
84	1522	F	शिरःशूल / शिरोरुक्	headache/cephalgia/cephalgia	55	12	2	5	57	12	52	142	1	1	53	143	110	268	378
85	1530	F-8	अर्धावभेदकः	hemicrania	3	16	0	0	3	16	1	4	0	1	1	5	4	21	25
86	1543	FA-3	खलित्यम्	baldness / alopecia totalis	31	58	0	5	31	63	22	82	3	1	25	83	56	146	202
87	1548	FA-4	दारुणकः	pytiasis capitis	12	14	0	0	12	14	9	5	0	0	9	5	21	19	40
88	1565	GB	दन्तमूलरोगः	gum disorders	1	0	0	0	1	0	0	1	0	0	0	1	1	1	2
89	1583	GC	दन्तरोगः	tooth disorders	10	6	4	1	14	7	14	10	1	0	15	10	29	17	46
90	1604	GE-1	गलशुण्डिका	uvulitis/elongated uvula	7	9	1	1	8	10	7	6	0	1	7	7	15	17	32

91	1616	GF	कण्ठरोगः	throat disorders	0	2	0	0	0	2	0	0	0	0	0	0	2	2	
92	1643	GF-19	गलगण्डः	goiter	10 2	34 2	0	0	10 2	34 2	57	253	0	0	57	253	159	595	754
93	1649	GG	मुखपाकः	stomatitis	7	7	0	0	7	7	5	13	0	0	5	13	12	20	32
94	1662	H	अक्षिरोगः/नेत्ररोगः	ophthalmic diseases/ eye diseases	4	0	1	0	5	0	2	0	0	0	2	0	7	0	7
95	1740	HF-1	अभिष्यन्दः	conjunctivitis	1	2	0	1	1	3	1	0	0	0	1	0	2	3	5
96	1745	HF-2	अधिमन्थः	glaucoma	0	0	1	0	1	0	0	0	0	0	0	0	1	0	1
97	1761	HG-1	तिमिरः	partial or total blindness/amaurosis/ametropia/partial obstruction of vision	35 0	27 3	5	3	35 5	27 6	241	274	18	14	259	288	614	564	1178
98	1778	HG-2	काचः	moderate low vision	5	5	0	0	5	5	2	4	0	0	2	4	7	9	16
99	1813	I	नासरोगः	nose diseases	4	4	2	0	6	4	4	7	1	0	5	7	11	11	22
100	1814	I-1	प्रतिश्यायः/पीनसः	rhinitis	13 0	11 0	15	9	14 5	11 9	128	162	19	10	147	172	292	291	583
101	1852	I-15	नासागत-रक्तपित्तम्	epistaxis	0	2	1	0	1	2	1	3	0	0	1	3	2	5	7
102	1832	I-6	अपीनसः	chronic rhinitis	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
103	1860	J	कर्णरोगः	ear diseases	1	7	0	0	1	7	7	7	0	0	7	7	8	14	22
104	1870	J-10	कर्णपाकः	ear furunculosis	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
105	1880	J-14	कर्ण-स्रावः	otorrhoea	5	1	1	1	6	2	1	2	0	0	1	2	7	4	11
106	1896	J-19	बाधिर्यम्	deafness	1	3	0	0	1	3	3	5	0	0	3	5	4	8	12
107	1897	J-20	कर्णशूलः	earache/otalgia	10	7	2	2	12	9	23	12	1	1	24	13	36	22	58

108	1869	J-9	कर्ण-नादः	tinnitus	9	7	0	1	9	8	6	2	0	0	6	2	15	10	25
109	1913	K	व्रणः	wounds	28	6	0	1	28	7	30	13	0	2	30	15	58	22	80
110	1971	LA	भ्रमः (अस्थिभ्रमः)	fracture	2	3	0	0	2	3	0	0	0	0	0	0	2	3	5
111	2085	LE	शल्यः	foreign body	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
112	2170	MD-11	दौर्बल्यम्	debility	420	375	22	13	442	388	464	437	15	8	479	445	921	833	1754
113	2184	N	कृमिः/सञ्जातकृमि	worm infestation	2	1	3	1	5	2	0	2	3	6	3	8	8	10	18
114	2250	O-14	कदरः	corn /callosity	2	0	0	0	2	0	1	0	0	0	1	0	3	0	3
115	2251	O-15	कुनखः	paronychia	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
116	2280	O-35	युवानपिडका (मुखदूषिका)	pimples	20	48	0	0	20	48	5	21	0	2	5	23	25	71	96
117	2284	O-39	इन्द्रलुप्तः	alopecia	1	2	0	0	1	2	5	3	0	0	5	3	6	5	11
118	2287	O-42	व्यङ्गः	black patches on face / melasma	1	3	0	0	1	3	0	2	0	0	0	2	1	5	6
119	401	BE-1	अतिस्टौलिया	obesity	19	41	0	0	19	41	19	68	0	0	19	68	38	109	147
120	1100	EE-45	सिराजग्रंथी	Vericose vain	51	53	0	0	51	53	72	75	0	0	72	75	123	128	251
121	40	AAB-24	कम्पावत	Parkinsons	13	5	0	0	13	5	35	15	0	0	35	15	48	20	68
			<b>Total-</b>		<b>55</b>	<b>56</b>	<b>21</b>	<b>15</b>	<b>57</b>	<b>57</b>	<b>112</b>	<b>109</b>	<b>21</b>	<b>12</b>	<b>114</b>	<b>110</b>	<b>172</b>	<b>168</b>	<b>3404</b>
					<b>26</b>	<b>06</b>	<b>3</b>	<b>3</b>	<b>39</b>	<b>59</b>	<b>58</b>	<b>48</b>	<b>6</b>	<b>9</b>	<b>74</b>	<b>77</b>	<b>13</b>	<b>36</b>	<b>9</b>

**TOTAL NEW PATIENTS: 11498      TOTAL OLD PATIENTS: 22551      GRAND TOTAL: 34049**

- Number of patients in Old OPD : **6,977**
- Number of patients in New OPD : **34,049**
- Total : 41,026**

**Statement of Patients attended OPD during the reporting period with National Ayurveda Morbidity Codes (NAMC) April 2023 to March 2024**

Period /अवधि Reporting Period April 2023 - March 2024	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	
<b>Old OPD</b>	1185	785	31	37	1216	822	2994	1903	16	26	3010	1929	4226	2751	<b>6977</b>
<b>New OPD</b>	5526	5606	213	153	5739	5759	11258	10948	216	129	11474	11077	17213	16836	<b>34049</b>
<b>Total</b>	<b>6711</b>	<b>6391</b>	<b>244</b>	<b>190</b>	<b>6955</b>	<b>6581</b>	<b>14252</b>	<b>12851</b>	<b>232</b>	<b>155</b>	<b>14484</b>	<b>13006</b>	<b>21439</b>	<b>19587</b>	<b>41026</b>



**8b. Statement of Patients attended NAL OPD during the reporting period for April 2023 to March 2024**

SI No	ID	कोडसं. Code No	रोग / Disease	No. of patients attended - OPD												कुलयोग Grand total		Grand Total-Final
				New						Old								
				वयस्क Adult		बच्चा Child		कुल Total		वयस्क Adult		बच्चा Child		कुल Total				
				M	F	M	F	M	F	M	F	M	F	M	F	M	F	
1.	348	ACB-23	Agnimandya	1	1	0	0	1	1	0	0	0	0	0	0	1	1	2
2.	536	EB-3	Ajirna	2	1	1	0	3	1	1	1	0	0	1	1	4	2	6
3.	823	EC-6	Amavata	3	3	0	0	3	3	1	3	0	0	1	3	4	6	10
4.	558	EB-4	Amlapitta	34	9	0	1	34	10	9	13	0	0	9	13	43	23	66
5.	1244	EI-6.8	Antra Vridhi (Hernia)	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
6.	1530	F-8	Ardhahbhedaka	1	2	0	0	1	2	0	1	0	0	0	1	1	3	4
7.	1074	EE-3	Arsha	8	2	0	0	8	2	3	0	0	0	3	0	11	2	13
8.	1248	EJ-2	Asmari	1	0	0	0	1	0	4	0	0	0	4	0	5	0	5
9.	515	EB-2	Atisara	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
10.	141	AAC-8	Avavahuka	0	3	0	0	0	3	0	2	0	0	0	2	0	5	5
11.	1033	ED-16	Bhagandara	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
12.	88	AAB-71	Bhrama	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
13.			Bph	2	0	0	0	2	0	0	0	0	0	0	0	2	0	2
14.			Ing.Hernia	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
15.			Ca Tounge	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
16.	2170	MD-11	Dourvalya	4	5	0	0	4	5	4	1	0	0	4	1	8	6	14
17.	1173	EI-2	Dwajabhanga / Klaivya	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
18.	1643	GF-19	Galaganda	1	2	0	0	1	2	1	0	0	0	1	0	2	2	4
19.	601	EB-7	Grahani	2	0	1	0	3	0	0	0	0	0	0	0	3	0	3
20.	1095	EE-4	Granthi (Lipoma)	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
21.	157	AAC-20	Gridhrasi	1	3	0	0	1	3	2	2	0	0	2	2	3	5	8
22.			Hypothyroidism	2	0	0	0	2	0	1	0	0	0	1	0	3	0	3
23.	689	EC-3	Jwara	3	0	4	2	7	2	0	0	0	0	0	0	7	2	9

24.	874	ED-3	Kamala	0	0	1	0	1	0	0	0	0	0	0	0	1	0	1
25.	40	AAB-24	Kampavata	2	0	0	0	2	0	0	0	0	0	0	0	2	0	2
26.	838	ED-2.2	Kandu	1	1	0	0	1	1	0	0	0	0	0	0	1	1	2
27.	1869	J-9	Karna Ksheda	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
28.	480	EA-3	Kasa	9	6	7	10	15	16	6	4	4	5	10	9	25	25	50
29.			Kastartava	0	2	1	1	1	3	0	0	0	0	0	0	1	3	4
30.	4	AA	Katishoola	12	7	0	0	12	7	3	6	1	0	4	6	16	13	29
31.	1543	FA-3	Khalitya	6	6	4	3	10	9	2	2	0	1	2	3	12	12	24
32.	897	ED-4.3.3	Kitibha	1	6	2	0	3	6	5	4	5	0	10	4	13	10	23
33.			Kunakha	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
34.	883	ED-4	Kustha	0	1	0	0	0	1	0	1	0	0	0	1	0	2	2
35.	1139	EF-2.4.4	Madhumeha	15	6	0	0	15	6	19	6	2	0	21	6	36	12	48
36.	1421	EM	Manasmandat	0	0	0	1	0	1	0	0	0	0	0	0	0	1	1
37.	1421	EM	Manodwega	5	0	0	0	5	0	8	2	0	0	8	2	13	2	15
38.	174	AAC-32	Manya Shoola	2	3	0	0	2	3	2	7	0	0	2	7	4	10	14
39.	1161	EF-3	Medovridhi	1	2	0	0	1	2	1	0	0	0	1	0	2	2	4
40.	1278	EJ-4	Mutra Vikara	7	0	0	0	7	0	4	0	0	0	4	0	11	0	11
41.	1662	H	Netra Vikara	2	3	2	0	4	3	0	0	0	0	0	0	4	3	7
42.	850	ED-2.8	Nidranasa	3	2	0	0	3	2	2	0	0	0	2	0	5	2	7
43.			Ovarian Cyst	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
44.			Pada Daha	4	2	0	0	4	2	0	0	0	0	0	0	4	2	6
45.	163	AAC-24	Pakshaghata	4	0	0	0	4	0	2	0	0	0	2	0	6	0	6
46.	287	ABB-26	Palitya	1	0	0	0	1	0	1	0	0	0	1	0	2	0	2
47.	812	EC-5	Pandu	1	1	0	0	1	1	0	2	0	0	0	2	1	3	4
48.			Pittaja Vikara	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
49.			Pittasmari	1	0	0	0	1	0	1	5	0	0	1	5	2	5	7
50.	1814	I-1	Pratisyaya	15	7	7	3	22	10	11	3	4	1	15	4	37	14	51
51.	1392	EL-4	Rajovikara	0	18	0	0	0	18	0	9	0	0	0	9	0	27	27
52.	248	AAE-16	Sandhivata	23	57	0	0	23	57	12	35	2	0	14	35	37	92	129

53.	4	AA	Sarvanga Shula	0	1	0	0	0	1	0	3	0	0	0	3	0	4	4
54.	1100	EE-4.5	Shiragranthi	2	5	0	0	2	5	2	8	0	0	2	8	4	13	17
55.	1522	F	Shirashula	3	2	0	0	3	2	3	1	0	0	3	1	6	3	9
56.	1029	ED-14	Shitapitta	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
57.	1421	EM	Smritimandya	0	0	1	0	1	0	4	0	0	5	4	5	5	5	10
58.	840	ED-4	Sthoulya	5	3	1	0	6	3	1	5	0	0	1	5	7	8	15
59.	406	BG	Sukra Kshinata	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
60.	489	EA-4	Swasa	4	3	0	0	4	3	3	2	1	0	4	2	8	5	13
61.	919	ED-5	Switra	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
62.	1606	GE-3	Tonsilitis	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
63.	883	ED-4	Twak Vikara/Kustha	18	16	2	6	21	22	10	5	1	0	11	5	32	27	59
64.	3573	I10	Ucha Raktachapa	1	1	0	0	1	1	1	0	0	0	1	0	2	1	3
65.	1896	J-19	Vadhira	3	0	0	0	3	0	0	0	0	0	0	0	3	0	3
66.	1374	EL-2.24	Vandhya	0	0	0	0	0	0	1	1	0	0	1	1	1	1	2
67.			Vatakantaka	3	4	0	0	3	4	2	2	0	0	2	2	5	6	11
68.	4	AA	Vatavyadhi	8	8	0	1	8	9	4	7	0	1	4	8	12	17	29
69.	2983	AAC-12.4	Vivandha	6	0	0	0	6	0	2	0	0	0	2	0	8	0	8
70.			Yakruta Vikara	1	1	0	0	1	1	0	0	0	0	0	0	1	1	2
71.	2280	O-35	Youvana Pidaka	0	2	0	0	0	2	0	1	0	0	0	1	0	3	3
<b>Total</b>				<b>246</b>	<b>210</b>	<b>34</b>	<b>28</b>	<b>280</b>	<b>238</b>	<b>138</b>	<b>145</b>	<b>20</b>	<b>13</b>	<b>158</b>	<b>158</b>	<b>438</b>	<b>396</b>	<b>834</b>

**TOTAL NEW PATIENTS: 518    TOTAL OLD PATIENTS: 316    GRAND TOTAL: 834**

**8.1 Srotas wise No. of patients attended at Old OPD of this Institute for the reporting period  
April 2023-March 2024**

SI 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	112	68	178	93	290	161	451
2	Anna vaha srotasa roga (Gastro intestinal diseases)	N.A	170	73	293	98	463	171	634
3	Rasa vaha srotasa roga (Lymphatic diseases)	N.A	164	84	1057	570	1221	654	1875
4	Rakta vaha srotasa roga (Cardio vascular diseases)	N.A	6	2	6	2	12	4	16
5	Mansa vaha srotasa roga (Musculoskeletal/Skin diseases)	N.A	241	164	457	313	698	477	1175
6	Medo Vaha srotasa roga (Lipid disorders)	N.A	2	9	30	31	32	40	72
7	Asthi/Majja vaha srotasa roga (Bone/Joint diseases)	N.A	313	258	632	567	945	825	1770
8	Shukra vaha srotas roga (Male reproductive tract diseases)	N.A	2	0	3	0	5	0	5
9	Mutra vaha srotasa roga (Urinary diseases)	N.A	20	2	25	14	45	16	61
10	Purisha vaha srotasa roga (Excretary/Anorectal diseases)	N.A	43	23	52	25	95	48	143
11	Artava vaha srotasa roga (Gynecological diseases)	N.A	0	32	0	44	0	76	76
12	Vata vikara/Manasa roga (Neurological/Psychological diseases)	N.A	50	31	166	40	216	71	287
13	Urdhva jatrugata roga Eye/ ENT diseases	N.A	93	76	111	132	204	208	412
	<b>Total / कुल</b>		<b>1216</b>	<b>822</b>	<b>3010</b>	<b>1929</b>	<b>4226</b>	<b>2751</b>	<b>6977</b>

**8.2 Srotas wise No. of patients attended at New OPD of this Institute for the reporting period April 2023-March 2024**

Sl No.	Disease/ रोग	IP D	-- OPD --- No. of Patients						
			New / नया		Old/ पुराना		Total/ कुल		G.Total
			M पु	F स्त्री	M पु	F स्त्री	M पु	F स्त्री	
1	Prana vaha srotasa roga (Respiratory diseases)	N.A	343	226	451	327	794	553	1347
2	Anna vaha srotasa roga (Gastro intestinal diseases)	N.A	519	327	571	533	1090	860	1950
3	Rasa vaha srotasa roga (Lymphatic diseases)	N.A	144 1	1021	4013	3022	5454	404 3	9497
4	Rakta vaha srotasa roga (Cardio vascular diseases)	N.A	69	101	82	91	151	192	343
5	Mamsa vaha srotasa roga (Musculoskeletal/Skin diseases)	N.A	119 3	1359	1934	2066	3127	342 5	6552
6	Medo Vaha srotasa roga (Lipid disorders)	N.A	108	182	249	346	357	528	885
7	Asthi/Majja vaha srotasa roga (Bone/Joint diseases)	N.A	989	1361	2853	3063	3842	442 4	8266
8	Shukra vaha srotas roga (Male reproductive tract diseases)	N.A	4	0	4	0	8	0	8
9	Mutra vaha srotasa roga (Urinary diseases)	N.A	83	47	152	54	235	101	336
10	Purisha vaha srotasa roga (Excretary/Anorectal diseases)	N.A	111	64	146	95	257	159	416
11	Artava vaha srotasa roga (Gynecological diseases)	N.A	0	257	0	477	0	734	734
12	Vata vikara/Manasa roga (Neurological/Psychological diseases)	N.A	197	129	439	228	636	357	993
13	Urdhva jatrugata roga Eye/ ENT diseases	N.A	682	685	580	775	1262	146 0	2722
	<b>Total / कुल</b>		<b>573 9</b>	<b>5759</b>	<b>1147 4</b>	<b>11077</b>	<b>1721 3</b>	<b>168 36</b>	<b>34049</b>

**9.1. Statement of patients attended Geriatric O.P.D (Old OPD) during reporting period  
April 2023 – March 2024**

S. 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	13	2	56	3	69	5	74
2.	157	AAC-20	गृध्रसी	6	4	8	25	14	29	43
3.	163	AAC-24	पक्षाघातः/पक्षवधः	2	0	35	1	37	1	38
4.	174	AAC-32	मन्यास्तम्भः	0	1	0	0	0	1	1
5.	141	AAC-8	अवबाहुकः	11	9	28	13	39	22	61
6.	248	AAE-16	सन्धिवातः	141	100	406	278	547	378	925
7.	480	EA-3	कासः	27	9	75	25	102	34	136
8.	489	EA-4	श्वासः	9	4	12	3	21	7	28
9.	633	EB-10	शूलः	14	2	16	3	30	5	35
10.	515	EB-2	अतिसारः	1	0	6	0	7	0	7
11.	558	EB-4	अम्लपित्तम्	23	13	56	37	79	50	129
12.	628	EB-9	प्रवाहिका	3	1	3	0	6	1	7
13.	689	EC-3	ज्वरः	2	2	1	4	3	6	9
14.	823	EC-6	आमवातः	0	1	0	0	0	1	1
15.	1029	ED-14	शीतपित्तम्	11	5	29	7	40	12	52
16.	838	ED-2.2	कण्डूः	1	2	0	0	1	2	3
17.	874	ED-3	कामला	1	0	0	0	1	0	1
18.	883	ED-4	कुष्ठम्	2	0	8	2	10	2	12
19.	905	ED-4.3.10	विचर्चिका	13	4	28	18	41	22	63
20.	897	ED-4.3.3	किटिभः	20	7	37	16	57	23	80
21.	919	ED-5	क्षित्रः	3	1	3	21	6	22	28

22.	1074	EE-3	अर्शः	4	1	8	0	12	1	13
23.	1095	EE-4	ग्रन्थिः	8	1	41	2	49	3	52
24.	1139	EF-2.4.4	मधुमेहः	57	21	559	230	616	251	867
25.	1244	EI-6.8	अन्न-वृद्धिः	2	0	14	0	16	0	16
26.	1248	EJ-2	अश्मरी	2	0	1	0	3	0	3
27.	1258	EJ-3	मूत्राघातः	6	0	14	4	20	4	24
28.	1278	EJ-4	मूत्रकृच्छ्रम्	0	0	5	0	5	0	5
29.	1304	EK-3	श्वयथुः/शोथः/शोफः	2	2	3	1	5	3	8
30.	1521	EM-11	भ्रमः	3	1	1	6	4	7	11
31.	1421	EM	मनोवहस्रोतोविकारः	2	0	30	0	32	0	32
32.	1466	EM-5	मदात्ययः	4	0	19	0	23	0	23
33.	1522	F	शिरःशूल / शिरोरुक्	4	1	5	1	9	2	11
34.	1583	GC	दन्तरोगः	0	1	1	1	1	2	3
35.	1643	GF-19	गलगण्डः	4	3	15	5	19	8	27
36.	1649	GG	मुखपाकः	1	0	1	0	2	0	2
37.	1662	H	अक्षिरोगः/नेत्ररोगः	1	0	0	1	1	1	2
38.	1813	I	नासारोगः	1	0	1	0	2	0	2
39.	1814	I-1	प्रतिश्यायः /पीनसः	8	3	23	6	31	9	40
40.	1860	J	कर्णरोगः	2	0	4	2	6	2	8
41.	1897	J-20	कर्णशूलः	0	1	0	0	0	1	1
42.	1913	K	व्रणः	0	1	0	1	0	2	2
43.	2170	MD-11	दौर्बल्यम्	10	11	64	61	74	72	146
				<b>424</b>	<b>214</b>	<b>161</b>	<b>777</b>	<b>204</b>	<b>991</b>	<b>3031</b>
						<b>6</b>		<b>0</b>		

**Total New Patients: 638; Total Old Patients: 2393; Grand Total: 3031**

**9.1a. Statement of patients attended Geriatric O.P.D (New OPD) during reporting period  
April 2023 – March 2024**

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	4	0	5	0	9	0	9
2	2983	AAC-12.4	विबन्ध	23	10	22	7	45	17	62
3	152	AAC-15	एकाङ्गवातः	6	7	11	5	17	12	29
4	154	AAC-17	क्रोष्टुकशीर्षः	1	0	3	0	4	0	4
5	132	AAC-2	अपतन्त्रकः	0	0	1	0	1	0	1
6	157	AAC-20	गृध्रसी	70	54	124	98	194	152	346
7	163	AAC-24	पक्षाघातः/पक्षवधः	10	5	35	1	45	6	51
8	166	AAC-24.2	बाल-पक्षाघातः	33	30	120	57	153	87	240
9	241	AAE-9	मांसगतवातकोप	2	0	2	0	4	0	4
10	134	AAC-3	अपतानकः	2	5	7	5	9	10	19
11	172	AAC-30	पङ्गुः (केवलवात)	4	0	3	0	7	0	7
12	174	AAC-32	मन्यास्तम्भः	3	0	5	5	8	5	13
13	177	AAC-35	विश्वाची	3	1	2	1	5	2	7
14	179	AAC-37	शिरोग्रहः	3	3	7	7	10	10	20
15	135	AAC-4	अर्दितः	0	0	1	0	1	0	1
16	139	AAC-6	अस्थिशोषः	0	0	2	0	2	0	2
17	141	AAC-8	अवबाहुकः	23	17	20	7	43	24	67
18	142	AAC-9	ऊरुस्तम्भः	1	0	0	0	1	0	1
19	248	AAE-16	सन्धिवातः	366	363	1242	955	1608	1318	2926



20	262	ABB-1	अक्षिपाकः	3	1	1	0	4	1	5
21	285	ABB-24	दाहः	13	9	12	8	25	17	42
22	287	ABB-26	पालित्य	4	2	7	4	11	6	17
23	348	ACB-23	अग्निमान्द्यम्	1	3	2	4	3	7	10
24	410	BA-3.1	आर्तवक्षयः	0	0	0	2	0	2	2
25	413	BA-4.1	स्तन्यक्षयः	0	1	0	0	0	1	1
26	420	BI	राजयक्ष्मा	0	0	0	1	0	1	1
27	471	EA-2	हिक्का	0	0	3	0	3	0	3
28	480	EA-3	कासः	45	27	79	38	124	65	189
29	489	EA-4	श्वासः	34	14	67	17	101	31	132
30	500	EA-5	स्वरभेदः	3	1	2	3	5	4	9
31	511	EA-6	उरःक्षतः / क्षतक्षीण	38	17	91	38	129	55	184
32	633	EB-10	शूलः	12	8	17	20	29	28	57
33	643	EB-10.10	परिणामशूलः	0	0	3	0	3	0	3
34	647	EB-10.11	अन्नद्रवशूलः	1	0	1	0	2	0	2
35	650	EB-10.14	हृदयशूलः	0	0	1	0	1	0	1
36	651	EB-10.15	पार्श्वशूलः	0	1	0	0	0	1	1
37	656	EB-11	उदावर्तः	0	1	3	0	3	1	4
38	676	EB-12	परिकर्तिका	3	1	2	2	5	3	8
39	515	EB-2	अतिसारः	4	5	3	6	7	11	18
40	526	EB-2.10	रक्तातिसारः	0	0	0	1	0	1	1
41	524	EB-2.8	आमातिसारः	24	20	9	12	33	32	65
42	525	EB-2.9	ज्वरातिसारः	2	0	1	1	3	1	4
43	536	EB-3	अजीर्णम्	1	4	3	1	4	5	9
44	543	EB-3.7	विसूचिका	0	0	2	2	2	2	4
45	558	EB-4	अम्लपित्तम्	47	25	127	70	174	95	269
46	586	EB-6	छर्दिः	7	4	8	5	15	9	24
47	601	EB-7	ग्रहणीदोषः	3	1	2	0	5	1	6
48	681	EC-2	हृद्रोगः	9	0	4	0	13	0	13

49	689	EC-3	ज्वरः	0	0	1	0	1	0	1
50	812	EC-5	पाण्डुरोगः	3	1	7	4	10	5	15
51	823	EC-6	आमवातः	9	14	13	36	22	50	72
52	828	EC-7	अरुचिः	1	0	0	0	1	0	1
53	997	ED-10	विसर्पः	0	2	1	1	1	3	4
54	1017	ED-12	प्लीहोदरः	0	0	1	0	1	0	1
55	1029	ED-14	शीतपित्तम्	2	1	2	0	4	1	5
56	1033	ED-16	भगन्दरः	2	0	6	0	8	0	8
57	838	ED-2.2	कण्डूः	8	7	15	8	23	15	38
58	850	ED-2.8	निद्रानाशः / अनिद्रा	6	1	9	11	15	12	27
59	874	ED-3	कामला	0	1	0	0	0	1	1
60	883	ED-4	कुष्ठम्	51	33	132	36	183	69	252
61	905	ED-4.3.10	विचर्चिका	3	0	0	1	3	1	4
62	897	ED-4.3.3	किटिभः	6	2	23	1	29	3	32
63	898	ED-4.3.4	विपादिका	1	0	2	0	3	0	3
64	900	ED-4.3.6	दद्रु-कुष्ठः	1	0	3	0	4	0	4
65	919	ED-5	श्वित्रः	0	1	2	10	2	11	13
66	956	ED-8	वातरक्तम्	3	3	7	11	10	14	24
67	1064	EE-2	अर्बुदः	3	0	0	0	3	0	3
68	1074	EE-3	अर्शः	8	5	23	11	31	16	47
69	1095	EE-4	ग्रन्थिः	4	7	22	14	26	21	47
70	1139	EF-2.4.4	मधुमेहः	296	179	1208	640	1504	819	2323
71	1161	EF-3	मेदोरोगः	16	6	38	27	54	33	87
72	1173	EI-2	क्लैब्यम्	1	0	0	0	1	0	1
73	1244	EI-6.8	अन्त्र-वृद्धिः	4	1	2	0	6	1	7
74	1245	EI-6.9	अण्ड-वृद्धिः	1	0	0	0	1	0	1
75	1248	EJ-2	अश्मरी	2	1	4	0	6	1	7
76	1258	EJ-3	मूत्राघातः	1	0	3	0	4	0	4
77	1266	EJ-3.6	वाताष्टीला	8	0	31	0	39	0	39
78	1304	EK-3	श्वयथुः/शोथः/शोफः	7	8	7	22	14	30	44
79	1337	EK-4.6	यकृद्दाल्युदरः	2	2	5	1	7	3	10
80	1360	EL-2.10	उदावर्तिनी	0	3	0	5	0	8	8

81	1521	EM-11	भ्रमः	1	2	1	2	2	4	6
82	1421		मनोविकार	2	1	2	1	4	2	6
83	1457	EM-3	अपस्मारः	1	0	0	0	1	0	1
84	1522	F	शिरःशूल / शिरोरुक्	8	11	7	13	15	24	39
85	1530	F-8	अर्धावभेदकः	0	1	0	0	0	1	1
86	1543	FA-3	खलित्यम्	0	2	1	1	1	3	4
87	1583	GC	दन्तरोगः	0	0	1	0	1	0	1
88	1604	GE-1	गलशुण्डिका	1	1	3	0	4	1	5
89	1643	GF-19	गलगण्डः	14	24	10	27	24	51	75
90	1649	GG	मुखपाकः	2	3	0	8	2	11	13
91	1662	H	अक्षिरोगः/नेत्ररोगः	1	0	1	0	2	0	2
92	1740	HF-1	अभिष्यन्दः	1	1	0	0	1	1	2
93	1761	HG-1	तिमिरः	140	89	106	57	246	146	392
94	1778	HG-2	काचः	3	3	2	3	5	6	11
95	1814	I-1	प्रतिश्यायः /पीनसः	11	13	19	10	30	23	53
96	1852	I-15	नासागत-रक्तपित्तम्	0	0	1	0	1	0	1
97	1860	J	कर्णरोगः	1	1	3	1	4	2	6
98	1880	J-14	कर्ण-स्रावः	0	0	0	1	0	1	1
99	1896	J-19	बाधिर्यम्	0	1	0	0	0	1	1
100	1897	J-20	कर्णशूलः	1	1	4	5	5	6	11
101	1869	J-9	कर्ण-नादः	5	0	2	0	7	0	7
102	1913	K	व्रणः	12	1	12	0	24	1	25
103	1961	K-14	नाडीव्रणः	0	0	0	1	0	1	1
104	1971	LA	भ्रमः (अस्थिभ्रमः)	0	1	0	0	0	1	1
105	2170	MD-11	दौर्बल्यम्	110	65	152	70	262	135	397
106	2251	O-15	कुनखः	1	0	0	0	1	0	1
107	2284	O-39	इन्द्रलुप्तः	0	0	1	0	1	0	1
108	401	BE-1	अतिस्टौलिया	4	6	8	11	12	17	29
109	1100	EE-45	सिराजग्रंथी	10	13	22	16	32	29	61
110	40	AAB-24	कम्पावत	8	2	28	11	36	13	49
			<b>Total-</b>	<b>1594</b>	<b>1160</b>	<b>4015</b>	<b>2460</b>	<b>5609</b>	<b>3620</b>	<b>9229</b>

**Total New Patients: 2754; Total Old Patients: 6475; Grand Total: 9229**

**Statement of Patients attended Geriatric OPD during the reporting period from April 2023 to March 2024**

Sr. No	OPD	New patients		Follow up patients		Total		Grand Total
		M	F	M	F	M	F	(M + F)
1.	<b>New OPD</b>	1594	1160	4015	2460	5609	3620	9229
2.	<b>Old OPD</b>	424	214	1616	777	2040	991	3031
3.	<b>Total</b>	<b>2018</b>	<b>1374</b>	<b>5631</b>	<b>3237</b>	<b>7649</b>	<b>4611</b>	<b>12260</b>

**9.2. Statement of patients of flu like illnesses attended at OPD during April 2023 - March 2024**

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
<b>New OPD (April 2023 - March 2024)</b>	130	110	15	9	145	119	128	162	19	10	147	172	292	291
<b>Old OPD (April 2023 -March 2024)</b>	50	24	3	6	53	30	56	45	0	2	56	47	109	77
<b>Total (April 2023 - March 2024)</b>	<b>180</b>	<b>134</b>	<b>18</b>	<b>15</b>	<b>198</b>	<b>149</b>	<b>184</b>	<b>207</b>	<b>19</b>	<b>12</b>	<b>203</b>	<b>219</b>	<b>401</b>	<b>368</b>

**Total New Patients: 347    Total Old Patients: 422    Grand Total: 769**

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

\*As per Council email received on 28<sup>th</sup> 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 2023-24

S.No.	NAMC ID	NAMC CODE	NAMC-NAME	Short definition	No. of patients treated														Grand tota
					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.	1522	F	शिरःशूल / शिरोरुक्	Headache/Cephalgia/Cephalalgia	55	12	2	5	57	12	52	14	1	1	53	14	11	26	378
2.	1530	F-8	अर्धावभेदकः	Hemicrania	3	16	0	0	3	16	1	4	0	1	1	5	4	21	25
3.	1543	FA-3	खलित्यम्	Baldness / Alopecia Totalis	31	58	0	5	31	63	22	82	3	1	25	83	56	14	202
4.	1548	FA-4	दारुणकः	Pytirisias Capitis	12	14	0	0	12	14	9	5	0	0	9	5	21	19	40
5.	1565	GB	दन्तमूलरोगः	Gum Disorders	1	0	0	0	1	0	0	1	0	0	0	1	1	1	2
6.	1583	GC	दन्तरोगः	Tooth Disorders	10	6	4	1	14	7	14	10	1	0	15	10	29	17	46
7.	1604	GE-1	गलशुण्डिका	Uvulitis/Elongated Uvula	7	9	1	1	8	10	7	6	0	1	7	7	15	17	32
8.	1616	GF	कण्ठरोगः	Throat Disorders	0	2	0	0	0	2	0	0	0	0	0	0	0	2	2
9.	1643	GF-19	गलगण्डः	Goiter	10	34	0	0	10	34	57	25	0	0	57	25	15	59	754
10.	1649	GG	मुखपाकः	Stomatitis	7	7	0	0	7	7	5	13	0	0	5	13	12	20	32
11.	1662	H	अक्षिरोगः/नेत्ररोगः	Ophthalmic Diseases/ Eye Diseases	4	0	1	0	5	0	2	0	0	0	2	0	7	0	7
12.	1740	HF-1	अभिष्यन्दः	Conjunctivitis	1	2	0	1	1	3	1	0	0	0	1	0	2	3	5
13.	1745	HF-2	अधिमन्थः	Glaucoma	0	0	1	0	1	0	0	0	0	0	0	0	1	0	1

14.	1761	HG-1	तिमिरः	Partial or total blindness/amaurosis/ametropia/partial obstruction of vision	35 0	27 3	5	3	35 5	27 6	24 1	27 4	1 8	1 4	25 9	28 8	61 4	56 4	117 8
15.	1778	HG-2	काचः	Moderate Low Vision	5	5	0	0	5	5	2	4	0	0	2	4	7	9	16
16.	1813	I	नासारोगः	Nose Diseases	4	4	2	0	6	4	4	7	1	0	5	7	11	11	22
17.	1814	I-1	प्रतिश्यायः /पीनसः	Rhinitis	13 0	11 0	1 5	9	14 5	11 9	12 8	16 2	1 9	1 0	14 7	17 2	29 2	29 1	583
18.	1852	I-15	नासागत- रक्तपित्तम्	Epistaxis	0	2	1	0	1	2	1	3	0	0	1	3	2	5	7
19.	1832	I-6	अपीनसः	Chronic Rhinitis	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
20.	1860	J	कर्णरोगः	Ear Diseases	1	7	0	0	1	7	7	7	0	0	7	7	8	14	22
21.	1870	J-10	कर्णपाकः	Ear Furunculosis	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
22.	1880	J-14	कर्ण-स्रावः	Otorrhoea	5	1	1	1	6	2	1	2	0	0	1	2	7	4	11
23.	1896	J-19	बाधिर्यम्	Deafness	1	3	0	0	1	3	3	5	0	0	3	5	4	8	12
24.	1897	J-20	कर्णशूलः	Earache/Otalgia	10	7	2	2	12	9	23	12	1	1	24	13	36	22	58
25.	1869	J-9	कर्ण-नादः	Tinnitus	9	7	0	1	9	8	6	2	0	0	6	2	15	10	25
26.	2284	O-39	इन्द्रलुप्तः	Alopecia	1	2	0	0	1	2	5	3	0	0	5	3	6	5	11
				<b>Total</b>	<b>74 9</b>	<b>99 8</b>	<b>3 5</b>	<b>2 9</b>	<b>78 4</b>	<b>10 27</b>	<b>59 2</b>	<b>99 7</b>	<b>4 4</b>	<b>2 9</b>	<b>63 6</b>	<b>10 26</b>	<b>14 20</b>	<b>20 53</b>	<b>347 3</b>

**TOTAL NEW PATIENTS: 1811    TOTAL OLD PATIENTS: 1662    GRAND TOTAL: 3473**

**9.4. Statement of patients of Ayurveda De-addiction OPD, TulasiThota, Balepete, Bangalore during April 2023 - March 2024**

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	8	0	34	0	42	0
2.	11147	F17.2	Nicotine dependence, unspecified	2	0	6	0	8	0
3.	2410	F19	Multiple specified psychoactive substances dependence	5	0	14	0	19	0
			<b>Total</b>	<b>15</b>	<b>0</b>	<b>54</b>	<b>0</b>	<b>69</b>	<b>0</b>

**9.4. Statement of Panchakarma Procedure Performed from April 2023 to March 2024**

Sr. No.	Procedure	Male	Female	Total
1.	Abhyanga	2134	1685	3819
2.	Swedana	1185	866	2051
3.	Shali Shashtika Pinda Swedan (SSPS)	87	38	125
4.	Patra Pinda Swedan (PPS)	545	646	1191
5.	Jambir Pinda Sweda (JPS)	21	0	21
6.	Churna Pinda Sweda (CPS)	12	39	51
7.	Kukkutanda Pinda Sweda (KPS)	5	7	12
8.	IstikaSwedan	20	64	84
9.	ValukaSwedana	0	0	0
10.	Kaayaseka	0	0	0
11.	Upanaha	4	21	25
12.	Vamana	0	0	0
13.	Virechana	0	0	0
14.	Niruhavasti	43	22	65
15.	Anuvasanavasti	43	5	48

16.	Matravasti	32	52	84
17.	Kativasti	545	418	963
18.	Greevavasti	135	120	255
19.	Jaanuvasti	170	386	556
20.	Udwarthana	100	233	333
21.	Nasya	54	123	177
22.	Shirodhara	138	65	203
23.	Bidalaka	23	34	57
24.	Netra Seka	27	76	103
25.	Netratarpana	0	56	56
26.	Netrabasti	0	0	0
27.	Mukhalepana	0	0	0
28.	Shirovasti	0	0	0
29.	Thalam	0	0	0
30.	Parisheka	0	0	0
31.	Shiro Pichu	4	0	4
32.	Anna lepana	0	10	10
33.	Pindi	23	15	38
34.	Karnapurna	7	17	24
35.	Kaya Seka	4	0	4
36.	Takradhara	11	0	11
37.	Lepana	0	7	7
38.	Vaitarnavasti	10	0	10
39.	Kashayadhara	5	0	5
	<b>Total</b>	<b>5387</b>	<b>5005</b>	<b>10392</b>



**9.6. Statement of Panchakarma procedures performed during different years since 2020-21**

Sr. No.	Name of Procedure	20-21	21-22	22-23	23-24	Total (up to 2023-24)
1.	Abhyanga	521	985	2079	3819	7404
2.	Swedana	287	636	1516	2051	4490
3.	Shali Shashtika Pinda Swedan (SSPS)	14	43	126	125	308
4.	Patra Pinda Swedan (PPS)	264	331	510	1191	2296
5.	Jambir Pinda Sweda (JPS)	6	7	13	21	47
6.	Churna Pinda Sweda (CPS)	3	35	104	51	193
7.	Kukkutanda Pinda Sweda (KPS)	12	20	20	12	64
8.	Istika Swedan	0	7	2	84	93
9.	Valuka Swedana	0	0	0	0	0
10.	Kaayaseka	0	7	6	0	13
11.	Mamsa Upanaha	7	0	12	25	44
12.	Vamana	0	0	0	0	0
13.	Virechana	0	0	0	0	0
14.	Niruhavasti	3	3	5	65	76
15.	Anuvasanavasti	5	6	6	48	65
16.	Matravasti	13	18	103	84	218
17.	Kativasti	235	312	652	963	2162
18.	Greevavasti	63	73	161	255	552
19.	Jaanuvasti	91	151	309	556	1107
20.	Udvardana	26	96	270	333	725
21.	Nasya	28	38	30	177	273
22.	Shirodhara	73	49	119	203	444
23.	Bidalaka	0	17	17	57	91
24.	Netra Seka	0	38	37	103	178
25.	Netratarpana	0	5	29	56	90
26.	Netrabasti	0	0	0	0	0
27.	Mukhalepana	3	0	0	0	3
28.	Shirovasti	0	0	16	0	16

29.	Thalam	0	0	0	0	0
30.	Parisheka	0	0	20	0	20
31.	Shiro Pichu	0	0	0	4	4
32.	Anna lepana	0	0	0	10	10
33.	Pindi	0	0	0	38	38
34.	Karnapura	0	0	0	24	24
35.	Kaya Seka	0	0	0	4	4
36.	Takradhara	0	0	0	11	11
37.	Lepana	0	0	0	7	7
38.	Vaitarnavasti	0	0	0	10	10
39.	Kashayadhara	0	0	0	5	5
<b>Total</b>		<b>1654</b>	<b>2877</b>	<b>6162</b>	<b>10392</b>	<b>21085</b>

**9.7. Statement of Investigations Performed at Clinical Laboratory from April 2023 to March 2024**

**Investigation Report (IPD): Nil**

**Investigation Report (OPD)**

**Table showing No. of investigations done:**

S.No.	Investigations	Male	Female	Grand Total
1	Pathological Investigations	10123	11419	21542
2	Biochemical Investigations	22326	22541	44867
3	Radiological Investigations	0	0	0
4	Other Investigations viz ECG, Ultrasound, Endoscopies etc.	0	0	0
<b>Total</b>		<b>32449</b>	<b>33960</b>	<b>66409</b>

S.No.	Type of Investigation	Male	Female	Total
1	Hb%	1302	1634	<b>2936</b>
2	T.L.C	943	1111	<b>2054</b>
3	D.L.C	943	1111	<b>2054</b>
4	E.S.R	781	931	<b>1712</b>
5	R.B.C	862	984	<b>1846</b>
6	P.C.V	861	983	<b>1844</b>
7	PLT	863	982	<b>1845</b>
8	MP	6	11	<b>17</b>
9	AEC	123	129	<b>252</b>

10	B.T./C.T	14	12	<b>26</b>
11	R.A. Factor	0	0	<b>0</b>
12	CRP	0	0	<b>0</b>
13	VDRL	7	6	<b>13</b>
14	Urine Routine/Microscopy	471	349	<b>820</b>
15	Stool Routine/Microscopy	0	0	<b>0</b>
16	Semen Analysis	0	0	<b>0</b>
17	Sputum for AFB	0	0	<b>0</b>
18	HIV I&2	13	12	<b>25</b>
19	HbsAg	15	14	<b>29</b>
20	HCV	5	5	<b>10</b>
21	(Chikanguniya) IgM	0	0	<b>0</b>
22	Blood Sugar	2545	2203	<b>4748</b>
23	Total Cholesterol	883	829	<b>1712</b>
24	Serum Triglyceride	878	820	<b>1698</b>
25	H.D.L. Cholesterol	881	827	<b>1708</b>
26	L.D.L. Cholesterol	881	827	<b>1708</b>
27	V.L.D.L. Cholesterol	876	820	<b>1696</b>
28	Serum Bilirubin	830	730	<b>1560</b>
29	Direct Bilirubin	Included	Included	Included
30	Indirect Bilirubin	Included	Included	Included
31	Blood Urea	836	758	<b>1594</b>
32	Serum Creatinine	901	803	<b>1704</b>
33	Serum Uric Acid	590	621	<b>1211</b>
34	S.G.O.T	831	730	<b>1561</b>
35	S.G.P.T	831	730	<b>1561</b>
36	Alkaline Phosphatase	830	730	<b>1560</b>
37	Calcium	228	297	<b>525</b>
38	S.Protein	894	786	<b>1680</b>
39	S.Albumin	894	786	<b>1680</b>
40	S.Globulin	830	730	<b>1560</b>
41	C/H	0	0	<b>0</b>
42	A/G Ratio	830	730	<b>1560</b>
43	HbA1C	1573	1329	<b>2902</b>
44	RA Qualitative	148	250	<b>398</b>
45	CRP Qualitative	289	389	<b>678</b>
46	Any other (specify)	6961	8961	<b>15922</b>
<b>Total</b>		<b>32449</b>	<b>33960</b>	<b>66409</b>

## 10. INVESTIGATION REPORT (Geriatric OPD)

Table showing No . of investigations done

S.No.	Investigations	Male	Female	Grand Total
1	Pathological Investigations	1717	856	2573
2	Biochemical Investigations	3671	1877	5548
3	Radiological Investigations	0	0	0
4	Other Investigations viz ECG, Ultrasound, Endoscopies etc.	0	0	0
<b>Total</b>		<b>5388</b>	<b>2733</b>	<b>8121</b>

S.No.	Type of Investigation	Male	Female	Total
1	Hb%	176	107	<b>283</b>
2	T.L.C	159	80	<b>239</b>
3	D.L.C	159	80	<b>239</b>
4	E.S.R	139	64	<b>203</b>
5	R.B.C	157	79	<b>236</b>
6	P.C.V	157	79	<b>236</b>
7	PLT	159	79	<b>238</b>
8	MP	0	0	<b>0</b>
9	AEC	13	8	<b>21</b>
10	B.T./C.T	4	0	<b>4</b>
11	R.A. Factor	0	0	<b>0</b>
12	CRP	0	0	<b>0</b>
13	VDRL	0	0	<b>0</b>
14	Urine Routine/Microscopy	91	31	<b>122</b>
15	Stool Routine/Microscopy	0	0	<b>0</b>
16	Semen Analysis	0	0	<b>0</b>
17	Sputum for AFB	0	0	<b>0</b>
18	NSI	0	0	<b>0</b>
19	IGM	0	0	<b>0</b>
20	IGG	0	0	<b>0</b>
21	(Chikanguniya) IGM	0	0	<b>0</b>
22	Blood Sugar	366	193	<b>559</b>
23	Total Cholesterol	161	81	<b>242</b>
24	Serum Triglyceride	162	81	<b>243</b>
25	H.D.L. Cholesterol	161	81	<b>242</b>
26	L.D.L. Cholesterol	161	81	<b>242</b>
27	V.L.D.L. Cholesterol	161	81	<b>242</b>
28	Serum Bilurubin	129	62	<b>191</b>

29	Direct Bilirubin	Included	Included	Included
30	Indirect Bilirubin	Included	Included	Included
31	Blood Urea	156	76	<b>232</b>
32	Serum Creatinine	167	76	<b>243</b>
33	Serum Uric Acid	87	48	<b>135</b>
34	S.G.O.T	130	61	<b>191</b>
35	S.G.P.T	130	61	<b>191</b>
36	Alkaline Phosphatase	130	61	<b>191</b>
37	Calcium	28	19	<b>47</b>
38	S.Protein	144	70	<b>214</b>
39	S.Albumin	144	70	<b>214</b>
40	S.Globulin	130	61	<b>191</b>
41	C/H	0	0	<b>0</b>
42	AG Ratio	130	61	<b>191</b>
43	HbA1C	205	107	<b>312</b>
44	RA Qualitative	26	15	<b>41</b>
45	CRP Qualitative	55	25	<b>80</b>
46	Any other (specify)	1211	655	<b>1866</b>
<b>Total</b>		<b>5388</b>	<b>2733</b>	<b>8121</b>

**11. List of OPD medicines purchased during the year 2023-24**

<b>Sl. No.</b>	<b>Invoice No/Date</b>	<b>From whom received</b>	<b>Total Amount</b>
1.	PISDB0012 dated 09-05-2023	M/s. IMPCOPS, Bangalore-560 009.	1,09,729.00
2.	903023234 dated 08-06-2023	M/s. Oushadhi, Thrissur – 680 014.	28,350.00
3.	PISDB0026 dated 23-06-2023	M/s. IMPCOPS, Bangalore – 560 009.	26,643.00
4.	DL/2023-24/0631 dated 16-06-2023	M/s. IMPCL, New Delhi.	4,26,521.00
5.	DL/2023-24/0632 dated 16-06-2023	M/s. IMPCL, New Delhi.	10,513.00
6.	DL/2023-24/0744 dated 22-06-2023	M/s. IMPCL, New Delhi.	39,551.00
7.	DL/2023-24/0743 dated 22-06-2023	M/s. IMPCL, New Delhi.	5,50,307.00
8.	DL/2023-24/0919 dated 30-06-2023	M/s. IMPCL, New Delhi.	3,63,842.00
9.	DL/2023-24/0920 dated 30-06-2023	M/s. IMPCL, New Delhi.	2,685.00
10.	DL/2023-24/01156 dated 10-07-2023	M/s. IMPCL, New Delhi.	37,744.00
11.	DL/2023-24/01217 dated 14-07-2023	M/s. IMPCL, New Delhi.	24,228.00
12.	PISDB0035 dated 25-07-2023	M/s. IMPCOPS, Bangalore-560 009.	1,50,964.00
13.	DL/2023-24/02737 dated 06-10-2023	M/s. IMPCL, New Delhi.	54,272.00
14.	DL/2023-24/02211 dated 02-09-2023	M/s. IMPCL, New Delhi.	2,177.20
15.	DL/2023-24/02881 dated 19-10-2023	M/s. IMPCL, New Delhi.	70,460.00
16.	DL/2023-24/03073 dated 06-11-2023	M/s. IMPCL, New Delhi.	3,96,623.00
17.	DL/2023-24/03074 dated 06-11-2023	M/s. IMPCL, New Delhi.	20,829.00
18.	DL/2023-24/03227 dated 25-11-2023	M/s. IMPCL, New Delhi.	4,28,010.00
19.	DL/2023-24/03228 dated 25-11-2023	M/s. IMPCL, New Delhi.	8,217.00
20.	PISDB0091 dated 05-12-2023	M/s. IMPCOPS, Bangalore -560 009.	1,25,992.00
21.	PISDB0092 dated 11-12-2023	M/s. IMPCOPS, Bangalore- 560 009.	1,24,945.00
22.	PISDB0093 dated 18-12-2023	M/s . IMPCOPS,	1,28,604.00

		Bangalore – 560 009.	
23.	PISDB0095 dated 26-12-2023	M/s. IMPCOPS, Bangalore- 560 009.	45,234.00
24.	DL/2023-24/03419 dated 10-12-2023	M/s. IMPCL, New Delhi.	39,060.00
25.	DL/2023-24/03450 dated 12-12-2023	M/s. IMPCL, New Delhi.	40,068.00
26.	DL/2023-24/03467 dated 13-12-2023	M/s. IMPCL, New Delhi.	5,662.00
27.	DL/2023-24/04204 dated 11-01-2024	M/s .IMPCL, New Delhi.	20,034.00
28.	DL/2023-24/04918 dated 29-02-2024	M/s. IMPCL, New Delhi.	30,369.00
29.	DL/2023-24/04942 dated 05-03-2024	M/s. IMPCL, New Delhi.	12,940.00
30.	DL/2023-24/04917 dated 29-02-2023	M/s. IMPCL, New Delhi.	1,62,276.00
31.	DL/2023-24/04941 dated 05-03-2024	M/s. IMPCL, New Delhi.	1,63,566.00
32.	DL/2023-24/04979 dated 09-03-2024	M/s. IMPCL, New Delhi.	31,551.00
33.	DL/2023-24/04980 dated 09-03-2024	M/s. IMPCL, New Delhi.	9,495.00
		Grand Total= Rs .	<b>36,91,461.00</b>

## 12. List of Medicines purchased under THCRP Project during the year 2023-24.

Sl. No.	Invoice No/Date	From whom received	Total Amount
01.	DL/2023-24/012 dated 03-04-2023	M/s. IMPCL, New Delhi.	75,417.00
02.	DL/2023-24/013 dated 03-04-2023	M/s. IMPCL, New Delhi.	6,893.00
03.	DL/2023-24/0411 dated 05-06-2023	M/s. IMPCL, New Delhi.	17,764.00
04.	DL/2023-24/0412 dated 05-06-2023	M/s. IMPCL, New Delhi.	585.00
05.	PISDB0027 dated 23-06-2023	M/s. IMPCOPS, Bengaluru-09.	80,276.00
06.	PISDB0033 dated 25-07-2023	M/s. IMPCOPS, Bengaluru-09.	17,966.00
07.	DL/2023-24/02628 dated 27-09-2023	M/s. IMPCL, New Delhi.	2,58,092.00
08.	DL/2023-24/02629 dated 27-09-2023	M/s. IMPCL, New Delhi.	30,666.00
09.	PISDB0079 dated 28-11-2023	M/s. IMPCOPS, Bengaluru-09.	1,18,013.00

10.	90323547 dated 13-12-2023	M/s. Oushadhi, Thirssur- 680 014.	1,63,225.00
11.	PISDB0096 dated 26-12-2023	M/s. IMPCOPS, Bengaluru – 09.	5,757.00
12.	PISDB0115 dated 25-01-2024	M/s. IMPCOPS, Bengaluru- 09.	1,914.00
13.	DL/2023-24/04375 dated 23-01-2024.	M/s. IMPCL, New Delhi.	3,321.00
14.	DL/2023-24/04374 dated 23-01-2024	M/s. IMPCL, New Delhi.	6,403.00
15.	DL/2023-24/04492 dated 02-02-2024	M/s. IMPCL, New Delhi.	1,518.00
16.	DL/2023-24/04491 dated 02-02-2024	M/s. IMPCL, New Delhi.	538.00
17.	F.No.2-9/202122/CARI/JHS/ Pharmacy/ Medicine Dispatch/2217.	CARI, Jhansi – 284 003.	19,421.00
	Total Amount Rs:		<b>8,07,769.00</b>

### 13. List of Medicines purchased under SCSP Project during the year 2023-2024.

Sl.No.	Invoice No/Date	From whom received	Total Amount
1.	DL/2023-24/03441 dated 25-03-2023	M/s. IMPCL, New Delhi.	10,883.00
2.	DL/2023-240414 dated 25-06-2023	M/s. IMPCL, New Delhi.	4,736.00
3.	DL/2023-24/0413 dated 05-06-2023	M/s. IMPCL, New Delhi.	79,360.00
4.	DL/2023-24/0649 dated 17-06-2023.	M/s. IMPCL, New Delhi.	1,20,870.00
5.	DL/2023-24/0650 dated 17-06-2023	M/s. IMPCL, New Delhi.	4,900.00
6.	DL/2023-24/0921 dated 30-06-2023	M/s. IMPCL, New Delhi.	13,641.00
7.	DL/2023-24/0922 dated 27-09-2023	M/s. IMPCL, New Delhi.	3,384.00
8.	PISDB0042 dated 04-08-2023	M/s. IMPCOPS, Bengaluru-09.	1,04,449.00
9.	90308334 dated 09-08-2023	M/s. Oushadhi, Thirssur	60,210.00
10.	DL/2023-24/02209 dated 02-08-2023	M/s. IMPCL, New Delhi.	1,68,193.00
11.	DL/2023-24/02218 dated 02-09-2023	M/s. IMPCL, New Delhi.	239.00
12.	F.No. 2-9/2021- 22/CARI/JHS/Pharmacy/Medicine Dispatch/2420	CARI, Jhansi – 284 003.	18,424.00



13.	90335669 dated 12-03-2024	M/s. Oushadhi, Thirssur- 680 014.	31,823.00
14.	90336222 dated 15-03-2024	M/s. Oushadhi, Thirssur- 680 014.	63,882.00
15.	PISDB0147 dated 20-03-2024	M/s. IMPCOPS, Bengaluru-09.	44,974.00
16.	17907WS0017169 dated 25-03-2024	M/s. Appollo Pharmacy, Bangalore.	32.00
	Total Amont Rs.		<b>7,30,00.00</b>

**14. List of Medicines purchased under AMRA Project during the year 2023-24.**

Sl.No.	Invoice No/Date	From whom received	Total Amount
01.	41/2022-23 dated 21-11-2022.	AVP Research Foundation. Coimbatore- 641 045.	5,82,353.00
02.	44/2022-23 dated 28-11-2022.	AVP Research Foundation. Coimbatore- 641 045.	1,95,680.00
03.	58/2022-23 dated 23-12-2022.	AVP Research Foundation. Coimbatore- 641 045.	43,288.00
04.	61/2022-23 dated 23-12-2022.	AVP Research Foundation. Coimbatore- 641 045.	78,649.00
05.	70/2022-23 dated 19-01-2023.	AVP Research Foundation. Coimbatore- 641 045.	2,67,525.00
06.	66/2022-23 dated 23-12-2022.	AVP Research Foundation. Coimbatore- 641 045.	26,260.00
07.	84/2022-23 dated 17-02-2023.	AVP Research Foundation. Coimbatore- 641 045.	2,42,530.00
08.	72/2022-23 dated 19-01-2023.	AVP Research Foundation. Coimbatore- 641 045.	2,53,425.00
09.	60/2022-23 dated 23-12-2022.	AVP Research Foundation. Coimbatore- 641 045.	43,114.00
10.	46/2022-23 dated 28-11-2022.	AVP Research Foundation. Coimbatore- 641 045.	1,96,240.00
11.	65/2022-23 dated 23-12-2023.	AVP Research Foundation. Coimbatore- 641 045.	27,420.00
12.	62/2022-23 dated 23-12-2022.	AVP Research Foundation. Coimbatore- 641 045.	78,649.00
13.	59/2022-23 dated 23-12-2022.	AVP Research Foundation. Coimbatore- 641 045.	43,288.00
14.	71/2022-23 dated 19-01-2023.	AVP Research Foundation. Coimbatore- 641 045.	2,67,525.00
15.	83/2022-23 dated 17-02-2023.	AVP Research Foundation. Coimbatore- 641 045.	2,30,310.00
		Total Amount:	25,76,256.00

**15. List of Medicines purchased under Poshan Maha during the year 2023-24.**

Sl.No.	Invoice No/Date	From whom received	Total Amount
01.	PISDB0061 dated 28-09-2023.	M/s. IMPCOPS, Bangalore-560 009.	5,015.00

**16. List of equipment purchased during the year 2023-2024**

Sl. No.	Name of the Items	Quantity purchased	Date & Invoice number	Total Amount
1.	Metal Shelving Racks	10 Nos	IP/F423/0065. 06-03-2023	55,000.00
2.	UPS purchased & Installation	03 Nos	05/2023-24. 22-05-2024.	24,473.00
3.	Bio Metric Machine	01 Nos	URD/345. 26-05-2023.	22,500.00
4.	Exide battery	04 Nos	129, 14-06-2023.	10,376.00
5.	24 Port GIGA Bit Switch DGS 1024C	01 Nos	08/2023-24. 27-06-2023.	11,576.00
6.	H.P. Desktop Computer	01 Nos	23/24LMC0000411. 28-06-2023.	79,995.00
7.	Voltriq AI700 All in one PC 24"	01 Nos	MBB/23-24/85. 04-08-2023.	88,073.00
8.	Canteen Items. (Dosa Tava, Dosa Support, ducting & fitting)	Each 01 Nos	291, 23-08-2023.	53,690.00
9.	Lakshmi Tilting Grinder	01Nos	199, 31-08-2023.	44,132.00
10.	Three Shelf Drayer with foot	01 Nos	S57823A000760600. 31-08-2023.	7,489.00
11.	Dell Optiplex 700 (Desktop Computer)	01 Nos	23-24/GST/737. 13-09-2023.	87,584.00
12.	Air curtain	01 Nos	MNC/23-24/987. 14-09-2023.	11,300.00
13.	Restaurant Chair	40 Nos	23-24/089. 15-09-2023.	59,200.00
14.	Waldrope stand for platform work medicine room.	377 Sq ft	26-09-2023.	97,869.00
15.	Maglumi 800 Immuo assay analyzer	01 Nos	S004487, 25-09-2023.	8,85,000.00
16.	Acer Veriton X6690G	01 Nos	SHAM-23-24/205. 16-09-2023.	62,518.00
17.	Five Shelf Drayer with foot	01 Nos	G/0128, 22-09-2023.	19,470.00
18.	Brother DCP L3551 cdw ind. (Printer)	01 Nos	NITS 23-24/1805. 03-10-2023.	30,078.00.

19.	Gas Line work. (Hospital kitchen)	LS	173/2023-24. 04-10-2023	60,971.00
20.	Kitchen Carpenter work A01-0094.	LS	G/0178. 01-11-2023.	1,05,728.00
21.	LG 65UR8050 PSB. LED TV.	01 Nos	956235323500895. 05-11-2023.	74,000.00
22.	Vessel stand in kitchen	LS	478, 07-11-2023.	80,830.00
23.	MS Stand for Kitchen	LS	479, 07-11-2023.	13,500.00
24.	MS Stand	LS	479 07-11-2023.	28,320.00
25.	Cylinder Box	LS	480, 07-11-2023.	19,470.00
26.	MS Stand	LS	481, 07-11-2023.	26,550.00
27.	A-01/0094.	01 Nos	G/0206. 12-12-2023.	19,470.00
28.	Dell Optiplex 7410 AIO	01 Nos	23-24/GST/1340. 27-12-2023.	92,200.00
29.	Aluminium Partition	LS	001/2023-24. 02-02-2024.	1,51,335.00
30.	Trolley	01 Nos	UPT-6/MFG/1501. 02-01-2024.	6,724.00
31.	Wooden Teepa	03 Nos	647, 01-02-2024.	26,550.00
32.	Havells wall fixing fan	02 Nos	7884/2023-24. 08-02-2024.	6,000.00
33.	Samsung RT Fridge	01 Nos	956236024500110. 20-01-2024.	28,989.00
34.	Runner visitor chair	04 Nos	1075503589. 17-02-2024.	27,600.00
35.	OT Items Equipment.	LS	VVs/1856/2324. 27-02-2024.	28,580.00
36.	Patient Examination Table	01 Nos	INV-507. 06-02-2024.	6,750.00
37.	Canteen Tables	06 Nos	S57823A001209411. 11-12-2023.	21,619.00
			<b>Total Amount:</b>	<b>24,29,489.00</b>

**List of Equipment purchased during the year 2023-2024 (GIA-Creation of Capital Assets)**

Sl. No.	Name of the Items	Quantity purchased	Date & Invoice number	Total Amount
01.	Wooden Cot/Diwan	01 Nos	S57823A001209428. 11-12-2023.	24,990.00
02.	Tables	12 Nos	FI/INV/944. 19-12-2023.	2,34,624.00
03.	Tables	04 Nos	FI-INV-1038. 19-01-2024.	17,464.00
04.	Chairs	60 Nos	FI-INV/921.	2,54,880.00

			13-12-2023.	
05.	LED TV Damsung 75 Ich	01 Nos	NSIS/23-24/3252. 29-12-2023.	1,47,500.00
06.	Table Seater	02 Nos	DECO/INV/710. 19-12-2023.	33,984.00
07.	Almiraha Wooden.	03 Nos	RE-INV-0089. 19-01-2024.	69,749.00
08.	Cot	04 Nos	FI/INV/1039. 19-01-2024.	1,42,308.00
09.	Executive Table	01 Nos	DECO/INV/789. 19-01-2024.	74,993.00
10.	Wooden Stage Platform	LS	001/2023-24. 02-02-2024.	84,960.00
11.	3 Seater Sofa	02 Nos	1047024894. 03-02-2024.	41,800.00
12.	2 Seater Sofa	02 Nos	1047024894. 03-02-2024.	30,000.00
13.	Unbranded wooden almiraha	02 Nos	VIKASH/22-23/314. 18-12-2024.	55,000.00
14.	Wooden Box Works	LS	32, 18-03-2024.	22,656.00
			<b>Total amont:</b>	<b>12,34,908.00</b>

**List of equipment purchased under Panchavalka project during the year 2023-24**

Sl.No.	Name of the Items	Quantity purchased	Date & Invoice number	Total Amount
01.	Aluminium Tray Drayer	01 Nos	G/0177. 21-07-2023.	12,508.00

**List of Equipment purchased under DGAFMS project during the year 2023-24**

Sl. No.	Name of the Items	Quantity purchased	Date & Invoice number	Total Amount
01.	Samsung TAB A8	01 Nos	KNKPR/23/3703832. 05-08-2023.	19,500.00

**List of Equipment purchased under CFTRI project during the year 2023-24**

Sl. No.	Name of the Items	Quantity purchased	Date & Invoice number	Total Amount
01.	Canteen & Kitchen Equipments	LS	290. 22-08-2023.	1,41,718.00
02.	Pulveriser	01 Nos	010. 12-03-2024.	2,34,920.00
03.	Pulveriser supporting instruments	07 Nos	CR2324515. 20-03-2024.	1,56,489.00
			Total amount:	5,33,127.00

**List of equipment purchased under Hydroponics project during the year 2023-24**

<b>Sl. No.</b>	<b>Name of the Items</b>	<b>Quantity Purchased</b>	<b>Date &amp; Invoice number</b>	<b>Total Amount</b>
01.	RDP Intel core I7 Desktop computer	01 Nos	IP/FY24/0010. 14-08-2023.	95,000.00
02.	Herb Grinder Machine	01 Nos	PROF/CAK/01/23-24. 06-09-2023.	37,760.00
03.	Micro weighing Balance	01 Nos	TI/737/2023-24. 27-09-2023.	1,99,443.00
04.	PH Meter	01 Nos	TI/738/2023-24. 27-09-2023.	43,511.00
			<b>Total amount:</b>	<b>3,75,714.00</b>

**List of equipment donated by KNR Foundation during the year 2023-24**

<b>Sl. No.</b>	<b>Name of the items</b>	<b>Quantity Purchased</b>	<b>Date &amp; Invoice number</b>	<b>Total Amount</b>
01.	Buggy M 11 series	01 Nos	112310809. 18-10-2023.	5,62,800.00

**List of equipment donated by JAKS IT SERVICE during the year 2023-24**

<b>Sl. No.</b>	<b>Name of the Items</b>	<b>Quantity Purchased</b>	<b>Date &amp; Invoice number</b>	<b>Total Amount</b>
01.	Samsung RT Fridge	01 Nos	956236024500110. 20-01-2024.	28,989.00
02.	Micro Centrifuge	01 Nos	TI/717/2023-24. 21-09-2023.	2,19,443.00

## आदिवासी स्वास्थ्य रक्षा अनुसंधान परियोजना 2023-24

### TRIBAL HEALTH CARE RESEARCH PROJECT (THCRP) 2023-24

#### 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)
Senior Research Fellows (SRFs)	Dr. Deepika R.& Dr. Anu Robert.
Lab Technician	Mr. Aravinadan (May 2023 to September 2023) Mr. Ananth Kumar K from October 2023 to March 2024
Data Entry Operator	Mr. Prashantha K L
Pharmacists (MTA)	Ms. Saibal Santra
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 2023-2024, the programme was conducted in identified 05 villages/ Tribal pockets namely Gundagatti, Teligi, Duggavathi, Hiremegalagere and Uchangidurga of Harapanahalli Taluk, Vijayanagara District where regular health care camps and survey was done. Household survey information of 3950 Tribal populations was recorded.

The team encountered tribes such as Nayaka, in the aforementioned locations. During the health care camps, a 5620 total of patients were treated, including follow-ups and a total of 2846 blood tests (Hb and RBS) and 235 other investigations were conducted during the survey and medical camps. 09 folk medical claims/LHT were collected and validated.

Project entitled” Effectiveness of **Ayush Rasayana A & B** on Quality of Life of elderly population- A cluster randomized study was conducted in the Gundagatti and Ucchangidurga village of Harapanahalli Taluk of Vijayanagara district.

### Summary

Sr.No	Particulars	Consolidated data of the study
1.	Durations of the study	12 months
2.	Villages covered	5 villages
3.	Visits made	201
4.	ST Population covered	3950
5.	No. of patients treated	5620
6.	No. of ST patients treated	2683
7.	No. of ST Male treated	1167
8.	No. of ST Female treated	1516
9.	No. of Investigations Hb and RBS	2846
10.	No. of other Investigations	235

### Consolidated statement of work carried out during (April 2023 to March 2024)

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

Villages/areas	No. of tours	No. of Houses Surveyed	Population Surveyed (ST)		
			M	F	Total
Gundagatti	48	201	436	409	845
<b>Teligi</b>	39	185	381	411	<b>792</b>
<b>Duggavathi</b>	34	173	374	379	<b>753</b>
<b>Hiremegalagere</b>	32	191	420	387	<b>807</b>
<b>Ucchangidurga</b>	48	203	398	355	<b>753</b>
<b>Total</b>	<b>201</b>	<b>953</b>	<b>2009</b>	<b>1941</b>	<b>3950</b>

Status of Patients treated under “Tribal Health Care Research Program” (TSP) during 2023-24:

Sl.No	Name of Village/ Area	Status of Patients treated – 2023-24																
		New				Follow up				Total						Total		Grand Total
		ST		Others		ST		Others		ST			Others			M	F	
		M	F	M	F	M	F	M	F	M	F	Total	M	F	Total			
1.	<b>Gundagatti</b>	198	289	273	348	8	36	49	81	206	325	531	322	429	751	<b>528</b>	<b>754</b>	<b>1282</b>
2.	<b>Teligi</b>	201	299	323	261	25	23	18	18	226	322	548	341	279	620	<b>567</b>	<b>601</b>	<b>1168</b>
3.	<b>Duggavathi</b>	171	213	260	329	28	16	47	59	199	229	428	307	388	695	<b>506</b>	<b>617</b>	<b>1123</b>
4.	<b>Hiremegalagere</b>	163	192	137	143	16	14	10	10	179	206	385	147	153	300	<b>326</b>	<b>359</b>	<b>685</b>
5.	<b>Uchangidurga</b>	324	403	235	268	33	31	47	21	357	434	791	282	289	571	<b>639</b>	<b>723</b>	<b>1362</b>
<b>Total</b>		<b>1057</b>	<b>1396</b>	<b>1228</b>	<b>1349</b>	<b>110</b>	<b>120</b>	<b>171</b>	<b>189</b>	<b>1167</b>	<b>1516</b>	<b>2683</b>	<b>1399</b>	<b>1538</b>	<b>2937</b>	<b>2566</b>	<b>3054</b>	<b>5620</b>



**Investigation carried out under Tribal Health Care Research Programme 2023-24:**

<b>Sl. No.</b>	<b>Name of Village/ Area</b>	<b>HB%</b>	<b>Blood-sugar (RBS)</b>	<b>Total</b>
<b>1.</b>	Gundagatti	175	377	552
<b>2.</b>	Teligi	278	396	674
<b>3.</b>	Duggavathi	160	440	600
<b>4.</b>	Hiremegalagere	110	250	360
<b>5.</b>	Ucchangidurga	236	424	660
<b>Total</b>		<b>959</b>	<b>1887</b>	<b>2846</b>

**Folk claims collected under Tribal Health Care Research Programme during 2023-24**

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.	15.9.23	Uchangidurga	Malenada howdla	leaves	Leaves made into paste pinch of lime stone is added and applied over the lesion	Dadru, kandu
2.	10.08.23	Uchangidurga	Sahadevi	Panchang	Pills made with panchanga taken orally	Gall stones
3.	15.09.23	Uchangidurga	Papaskalli	Fruit	Ripen fruit is taken thorns are removed and Fruit juice is taken internally for 7 days	Bleeding piles
4.	12.10.23	Uchangidurga	Bhringaraja	Leaves	Swarasa from the leaves is taken internally for 4 days	Excessive uterine bleeding
5.	19.12.23	Uchangidurga	Aakala kaarae	Leaf and flower bud	Juice of leaves and flower bud is used internally	Cough
6.	27.8.2023	Teligi	Lathakaranja seeds	Churna	One Pinch 1-2 Gm of powder with Aloera juice, Once daily till relieved	Jwara, Dourbalya, Sandhi Vata
7.	26.9.2023	Teligi	Dadima fruit	Fruit as a whole	One fruit in empty stomach, Once daily till relieved	Udara shoola
8.	26.9.2023	Teligi	Eranda karkati	Swarasa	Leaf extract 5ml taken mixed with 5 drops honey , Once daily in the morning till relieved	Jwara
9.	26.11.2023	Teligi	Haalotti	latex	Latex of the drug is applied in the effected area	Dadru , ,Kandu

**Details of Intra-Mural Studies conducted under Tribal Health Care Research Programme during 2023-24**

SI No	Title	Details of the Project
1.	Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study	Date of Initiation: 19.12.2023 Target population: 40 Screened: 73 Enrolled: 40 Dropout- 02 Completed:38

**Ayurveda Mobile Health Care Programme under Scheduled Caste Sub Plan (SCSP)  
Annual Report 2023-2024**

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. Sindhu C V
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

### **Background**

“Ayurveda Mobile Health Care Programme under Scheduled Caste Sub Plan”, an outreach programme was successfully implemented with an objective to provide health care services through Ayurveda interventions and comprehend the health status along with the demographic profile of the target population of the selected SC dominant areas. The programme has been effectively executed since December 2015 and is ongoing providing health care services along with the documentation of effectiveness of Ayurveda treatment in select disease conditions through the conduction of disease specific focus health camps and provision of Ayurveda diet and lifestyle advocacies. Profiling of the socio-demographic conditions and health status of the scheduled caste community along with the delivery of health awareness lectures was through door-to-door survey.

During the FY 2023-2024, 2 IMR projects were conducted, entitled:

- Ayurveda Mobile Health Care Programme under Scheduled Castes Sub Plan.
- Effectiveness of Ayush Rasayana A & B on quality of life of elderly population-A cluster randomized study.

The following 5 SC dominant pockets including 11 areas, within convenient distance from Central Ayurveda Research Institute, Bengaluru were selected

1. Anjanapura - Harinagara, Thippasandra, Gollahalli
2. Vijayanagar – Maruthinagara, Bapujinagar, K.P.Agrahara
3. Kengeri – T.M.C quarters, Kasturamma Badavane, Gandhinagar
4. Uttarahalli - Maruthinagar
5. Nayandahalli – Pantharapalya

The AMHCP-SCSP team surveyed 1160 SC dwelled houses covering 3839 SC population through 221 visits during the one-year study period between April 2023 to March 2024. A total of 4050 patients were treated during the health camps. Among them, 3305 (81.60%) belonged to the SC community and 745 (18.40%) belonged to other communities. A total of 4740 investigations were carried out during the AMHCP-SCSP health camps which included 2291

Random Blood glucose tests, 2006 Haemoglobin tests and 443 other investigations such as Hemogram, LFT, RFT, lipid profile, thyroid function test etc.

### Study at a Glance

S. No.	Particulars	Consolidated data of the study
1.	Duration of the programme	1 year
2.	No. of Villages covered	5 pockets (11 areas)
3.	No. of Visits made	221
4.	SC Population surveyed	3839
5.	Total No. of patients treated	4050
6.	No. of SC patients treated	3305
6.a	No. of SC Adults treated	2880
6.b	No. of SC Children treated	425
7.	Total No. of Investigations done	4740
8.	Total No. of awareness activities	63
9.	Total No. of focus camps	37

### Introduction about state and its SC population

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 under Scheduled Caste Sub Plan (AMHCP-SCSP) 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. The programme

AMHCP-SCSP was initiated in 18 states through 20 CCRAS peripheral Institutes with its initial commencement at Advanced Centre for Ayurveda in Mental Health and Neuro Sciences (CCRAS peripheral Institute) on 15th December 2015. It was later shifted to Regional Ayurveda Research Institute on metabolic disorders, from FY-2020-2021 (which is now Central Ayurveda Research Institute).

The prime aim of AMHCP-SCSP is to provide health-related awareness and Ayurveda health services to the Schedule Caste (SC) dominant community. The programme works with an objective to study the socio-demographic and environmental profile of SC people along with their dietetic habits through door-to-door survey, assessment of Health status and rendering of health services by conduction of health awareness camps and propagation of knowledge about prevention of diseases along with the study on the most prevalent diseases. Provision of medical aid/incidental support in the identified areas at door steps and the distribution of IEC (information, education and communication) material among the people in Kannada (local languages), Hindi & English was also an integral part of the study.

#### **Selected villages / areas:**

A total of 5 SC dwelled areas in Bangalore (Urban) district of Karnataka including Anjanapura, Vijayanagar, Kengeri, Uttarahalli and Nayandahalli comprising of 11 areas have been visited during the FY 2023-2024 under AMHCP-SCSP program through which the socio-economic and health parameters were assessed and documented.

#### **Details about survey:**

Regular week days were assigned for each village for door-to-door surveys and relevant information regarding the socio demographic profiles, dietary habits, hygiene conditions, lifestyles of people were documented. Health information was deliberated through IEC distribution during the visits.

Out of 3839 surveyed population, 2952 (76.90%) were adults and 887 (23.10%) were children. Among the 2952 adults surveyed, 1423 (48.20%) were SC males and 1529 (51.80%) were SC females. 887 SC children surveyed included 467 (52.65%) males and 420 (47.35%) females. Considering the educational status, 2788 (72.62%) were educated, 812 (21.16%) were illiterates and 239 (6.22%) were considered under the not applicable category. Among the educated, a majority of 776 (20.21%) of the total surveyed population had High school/ 10th level of education.

Assessment of addiction status revealed that, out of the 3839-population surveyed, 3237 (84.32%) were non-addicts and 602 (15.68%) were addicted to various substances. Alcohol addiction was seen in the majority of 330 (8.59%) surveyed population followed by 303 (7.89%) smoking addictions and 202(5.26%) tobacco/gutka/pan masala addiction.

A considerable number of 2976 (77.52%) population were employed whereas 172 (4.48%) were unemployed and 691 (18%) belonged to the not-applicable category. Among the 2976 employed participants, a majority of 1051 (27.38%) participants worked in unorganized sectors. It was also observed that a maximum of 962 (25.05%) female participants were homemakers. Physical activity assessment revealed that 907 (23.63%) of the surveyed SC male

population were engaged in occupations involving physical activity whereas 1031 (26.86%) of the SC female population were into household chores. A majority of 3806 (99.14%) preferred Ayurveda interventions whereas 33(0.86%) did not.

#### **Details about patients treated:**

4050 patients were treated during the AMHCP-SCSP health camps of which 3305 (81.60%) were SC (M=1303; F=2002) and 745 (18.40%) belonged to other communities (M=325; F=420). A total of 1908 (47.11%) (M=740; F= 1148) follow-ups were carried out as well. During the AMHCP-SCSP health camps, it was observed that the highest distribution of patients was observed among females i.e. 2422 (59.80%) (F=2147; FC=275) in comparison to males 1628 (40.2%) (M=1396; MC=232). The most prevalent diseases among the adults were *Madhumeha* (Diabetes Mellitus), *Sandhigatavata* (vitiating *vata* in *sandhi*), *Pandu* (Anaemia), *Vatavyadhi* (disorders due to *vata dosha*) and *Dourbalyam* (General debility) whereas among children *Agnimandya* (impaired digestion), *Kasa* (cough), *Pratishyaya* (Rhinitis), and *Jwara* (Fever) were predominantly found.

A total of 37 Disease specific focus camps on various conditions including *Madhumeha* (Diabetes mellitus), *Sandhigatavata* (vitiating *vata* in *sandhi*), *Pandu* (Anaemia) etc. were conducted involving 1592 health beneficiaries. 63 Health awareness lectures were also delivered in the selected 5 SC dwelled areas on the topics such as “Adequate practice of *Dinacharya* for robust health”, “Importance of Ayurveda in the management of non-communicable diseases” etc to 2857 beneficiaries.

#### **Number of investigations done:**

A total of 4740 investigations were carried out during the AMHCP-SCSP health camps which included 2291 Random Blood glucose tests, 2006 Haemoglobin tests and 443 other investigations such as Hemogram, LFT, RFT, lipid profile, thyroid function test etc were carried out in the patients diagnosed with Diabetes Mellitus, Anaemia, Hyperthyroidism, Hypercholesterolemia etc and condition/ individual specific Ayurveda interventions were prescribed.

#### **IEC materials/ lectures brief:**

IEC materials regarding Ayurveda concepts and most prevalent diseases printed in Kannada (local language), Hindi and English were distributed among the populus inhabiting the selected SC dominated areas in order to create awareness about Health promotion, Disease prevention and also propagation of Ayurveda concept such as *Pathya-Apathya*, *Dinacharya*, *Ritucharya*, *Ahara sevana vidhi*, *Rasayana* treatments etc. Information regarding the prevention against most prevalent diseases in the selected areas such as *Madhumeha* (Diabetes Mellitus), *Sandhigatavata* (vitiating *vata* in *sandhi*), *Pandu* (Anaemia) and *Vatavyadhi* (disorders due to *vata dosha*) were also provided through IEC distribution.

### **Major observations during study:**

During the door-to-door survey, it was observed that the living condition of the SC participants was average with most of them residing in pucca type of houses. Suboptimal ventilation was observed in a few houses. Drinking water facility was available at every house with irregular supply. Electricity supply was available at every house surveyed. Government Health and Educational facilities were available at each identified pocket/ area. Assessment of Hygiene and sanitation status revealed that the drainage facility was adequate with closed gutters. Solid waste collection was through BBMP (Bruhat Bengaluru Mahanagara Palike) on a regular basis with landfilling as the mode of disposal. Yet, Unsanitary environmental conditions and open disposal of garbage prevailed in few of the areas. Among the SC adults surveyed, *Madhumeha* (Diabetes Mellitus), *Sandhivata* (vitiated *vata* in *sandhi*) and *Pandu* (Anaemia) were prevalent where SC children had prevalence of *Agnimandya* (impaired digestion), *Kasa* (Cough) and *Pratishyaya* (Rhinitis). Kannada, Tamil and Telugu were the predominantly spoken languages. The literacy rates in men were higher than in women with the highest possible formal level of schooling achieved by majority of the surveyed participants being High school/ 10th grade education. Most of the men were employed under unorganized sectors wherein majority of the women were homemakers. Dominant addictions in men were of Alcohol followed by smoking whereas in case of women it was Gutka/pan masala/ tobacco chewing. Considering the physical activity status, men were more into occupations involving physical activity whereas women involved more in household chores. Dietetic habits of the surveyed population were erratic and inadequate with mostly women consuming increased junk foods/ fast foods/ deep fried foods when compared to men. Majority of the surveyed population preferred Ayurveda interventions to promote their health status.

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

Through AMHCP-SCSP survey and health camps, it was observed that the most prevalent diseases among the adults were *Madhumeha* (Diabetes Mellitus), *Sandhigatavata* (vitiated *vata* in *sandhi*), *Pandu* (Anaemia), *Vatavyadhi* (disorders due to *vata dosha*) and *Dourbalyam* (General debility) whereas among children, *Agnimandya* (impaired digestion), *Kasa* (cough), *Pratishyaya* (Rhinitis), and *Jwara* (Fever) were predominantly found, for which Ayurveda interventions were prescribed. A majority of 1423 patients (74.58%) relying on Ayurveda interventions were found to have moderate relief.

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

Through AMHCP-SCSP programme executed during the FY 2023-2024, awareness regarding Ayurveda as a holistic system of medicine was created among the participants of the identified pockets/ areas, who were otherwise unaware of the system or misunderstood the system as a folklore practice, as a result of which the participants effectively received Ayurveda interventions for improving the overall health status. It was observed that Ayurveda clinics and hospitals were distant from the area surveyed, which might have led to the adequate utilization of Ayurveda health services as provided by AMHCP-SCSP team post which Ayurveda system

of medicine was well adapted to and received by the participants. Recurrent visits to the target areas on a weekly basis led to an increased frequency of follow-ups of the patients who were treated during the health camps held by the AMHCP-SCSP teams showcasing the positive reception of the Ayurveda treatments. It was notable that regular disease specific screenings through focus camps led to increased utilization of laboratory investigations thus leading to the diagnosis of otherwise undiagnosed conditions especially in the elderly population. Patients attending the health camps diagnosed with non-communicable diseases such as uncontrolled Diabetes Mellitus, uncontrolled Hypertension, mild to moderate Anaemia and mild to moderate Osteoarthritis showed better improvement with moderate relief in the symptoms when Ayurveda interventions were used as an odd-on. Health awareness lectures on topics related to diet and lifestyle encouraged the participants to adopt Ayurveda practices such as *Dinacharya*, *Ritucharya*, *Ahara sevana vidhi* and *kala* to a considerable extent for the preservation and promotion of good health status. Conduction of camps and competitions as a part of occasions such as *Poshana Maha* and 8th Ayurveda day especially for the children of the selected pockets led to the interest build-up on the concepts of Ayurveda practices along with the generation of Ayurveda based health awareness. Adult patients who relied upon OTC medications for the management of *Amlapitta* (Hyperacidity), *Vataja shoola* (*shoola* due to *vata*), *Twakgata vata* (vitiated *vata* in skin), *Darunaka* (Pitiriasis capitis) etc showed a noteworthy shift towards the utilization of Ayurveda medications. Patients otherwise hesitant to visit the hospital being apprehensive about out-of-the-pocket expenses, utilised the health services as provided by the AMHCP-SCSP team for health promotion, disease prevention, early disease diagnosis and prompt treatments.



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

Pock et No.	Area/ villages covered under pocket	No. of tours	No. of House s Surve yed	Population			Patients treated															Invest igatio ns	
				Surveyed (SC)			New				Old				Total								Grand Total
				M	F	Total	SC		Other		SC		Other		SC			Other					
							M	F	M	F	M	F	M	F	M	F	Total	M	F	Total			
1	Anjanapura	64	265	417	412	829	401	503	138	120	182	235	68	60	583	738	1321	206	180	386	1707	1373	
2	Vijayanagar	40	212	366	385	751	190	283	71	122	61	125	76	86	251	408	659	147	208	355	1014	794	
3	Kengeri	52	228	379	376	755	242	441	59	62	99	213	52	36	341	654	995	111	98	209	1204	1022	
4	Uttarahalli	31	245	358	395	753	192	364	28	31	93	193	18	47	285	557	842	46	78	124	966	795	
5	Nayandahalli	34	210	370	381	751	278	411	29	85	74	146	17	27	352	557	909	46	112	158	1067	756	
<b>Total</b>		<b>221</b>	<b>1160</b>	<b>1890</b>	<b>1949</b>	<b>3839</b>	<b>1303</b>	<b>2002</b>	<b>325</b>	<b>420</b>	<b>509</b>	<b>912</b>	<b>231</b>	<b>256</b>	<b>1812</b>	<b>2914</b>	<b>4726</b>	<b>556</b>	<b>676</b>	<b>1232</b>	<b>5958</b>	<b>4740</b>	

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

Names of the village covered	No. of SC Children surveyed					No. of SC Children treated														
						New					Follow up					Total				
	0-5(yr)		5- <18 yr		Total	0-5(yr)		5- <18 yr		Total	0-5(yr)		5- <18 yr		Total	0-5(yr)		5- <18 yr		Gross Total
	MC	FC	MC	FC	Total	MC	FC	MC	FC	Total	MC	FC	MC	FC	Total	MC	FC	MC	FC	
Anjanapura	19	21	77	69	186	13	16	44	48	121	1	0	6	6	13	14	16	50	54	134
Vijayanagar	15	16	74	59	164	3	4	15	17	39	0	0	7	0	7	3	4	22	17	46
Kengeri	25	13	83	61	182	5	6	24	26	61	0	0	2	3	5	5	6	26	29	66
Uttarahalli	11	20	64	62	157	3	11	17	42	73	0	1	0	2	3	3	12	17	44	76
Nayandahalli	23	29	76	70	198	19	18	51	43	131	1	1	4	1	7	20	19	55	44	138
<b>Total</b>	<b>93</b>	<b>99</b>	<b>374</b>	<b>321</b>	<b>887</b>	<b>43</b>	<b>55</b>	<b>151</b>	<b>176</b>	<b>425</b>	<b>2</b>	<b>2</b>	<b>19</b>	<b>12</b>	<b>35</b>	<b>45</b>	<b>57</b>	<b>170</b>	<b>188</b>	<b>460</b>

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

Names of the village covered	No. of SC adult surveyed				No. of SC adult treated											
	18-40 yr	40-60 yr	60& above	Total	New				Follow up				Total			
					18-40 yr	40-60 yr	60& above	Total	18-40 yr	40-60 yr	60& above	Total	18-40 yr	40-60 yr	60& above	Gross Total
Anjanapura	378	191	74	643	325	322	136	783	100	203	101	404	425	525	237	1187
Vijayanagar	326	184	77	587	155	170	109	434	28	43	108	179	183	213	217	613
Kengeri	335	157	81	573	211	235	176	622	45	93	169	307	256	328	345	929
Uttarahalli	322	221	53	596	167	217	99	483	50	171	62	283	217	388	161	766
Nayandahalli	393	120	40	553	291	192	75	558	63	93	57	213	354	285	132	771
<b>Total</b>	<b>1754</b>	<b>873</b>	<b>325</b>	<b>2952</b>	<b>1149</b>	<b>1136</b>	<b>595</b>	<b>2880</b>	<b>286</b>	<b>603</b>	<b>497</b>	<b>1386</b>	<b>1435</b>	<b>1739</b>	<b>1092</b>	<b>4266</b>

#### 4. Total Lab Investigations

Names of the village covered	Investigations/Screening																							
	Hb (gm%)						Blood Sugar Level (mg/dl)						Other Investigation						Total Investigations					
	SC		Other		Total		SC		Other		Total		SC		Other		Total		SC		Other		Total	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Anjanapura	201	216	111	95	312	311	226	124	93	350	319	33	21	16	11	49	32	460	463	251	199	711	662	
Vijayanagar	59	111	56	89	115	200	69	120	77	100	146	220	19	45	16	33	35	78	147	276	149	222	296	498
Kengeri	109	216	28	36	137	252	130	243	50	51	180	294	44	88	16	11	60	99	283	547	94	98	377	645
Uttarahalli	72	207	19	38	91	245	108	239	25	47	133	286	11	27	1	1	12	28	191	473	45	86	236	559
Nayandahalli	62	192	19	70	81	262	70	217	16	60	86	277	11	28	4	7	15	35	143	437	39	137	182	574
<b>Total</b>	<b>503</b>	<b>942</b>	<b>233</b>	<b>328</b>	<b>736</b>	<b>1270</b>	<b>603</b>	<b>1045</b>	<b>292</b>	<b>351</b>	<b>895</b>	<b>1396</b>	<b>118</b>	<b>209</b>	<b>53</b>	<b>63</b>	<b>171</b>	<b>272</b>	<b>1224</b>	<b>2196</b>	<b>578</b>	<b>742</b>	<b>1802</b>	<b>2938</b>

### 5. Mean value of Hb% and blood sugar level

Pocket. No	No. of villages covered	Investigations											
		Mean Hb%								Mean Blood Sugar Level			
		SC				Other				SC		Other	
		MC (N=2)	M(N=501)	FC (N=5)	F (N=937)	MC (N=0)	M (N=233)	FC (N=4)	F (N=324)	M (N=603)	F (N=1045)	M (N=292)	F (N=351)
1.	Anjanapura	14.1	11.51	0	9.86	0	11.79	12.1	10.03	9.65	8.47	9.55	9.25
2.	Vijayanagar	13.1	11.88	0	10.05	0	12.19	10.7	10.52	10.18	8.59	8.87	8.58
3.	Kengeri	0	11.56	9.6	10.18	0	11.81	0	10.42	9.70	8.73	6.62	7.36
4.	Uttarahalli	0	12.04	10.45	9.99	0	11.44	0	10.80	7.76	7.89	8.23	8.14
5.	Nayandahalli	0	11.37	10.45	10.33	0	12.66	4.3	10.99	9.21	8.60	9.85	8.82
<b>Total</b>		<b>27.2</b>	<b>58.36</b>	<b>30.5</b>	<b>50.41</b>	<b>0</b>	<b>59.89</b>	<b>27.1</b>	<b>52.76</b>	<b>9.33</b>	<b>8.44</b>	<b>8.77</b>	<b>8.56</b>

### 6. Area wise distribution of Haemoglobin Status

Names of the village covered	Number of Screened Population	Haemoglobin Status(g/dl)							
		≥12		11–11.9		8–10.9		<8	
		n	%	n	%	n	%	n	%
Anjanapura	623	183	29.37	126	20.22	248	39.81	66	10.59
Vijayanagar	315	95	30.16	68	21.59	123	39.05	29	9.21
Kengeri	389	104	26.74	78	20.05	166	42.67	41	10.54
Uttarahalli	336	83	24.70	62	18.45	153	45.54	38	11.31
Nayandahalli	343	85	24.78	90	26.24	130	37.90	38	11.08
<b>Total</b>	<b>2006</b>	<b>550</b>	<b>27.42</b>	<b>424</b>	<b>21.14</b>	<b>820</b>	<b>40.88</b>	<b>212</b>	<b>10.57</b>

7. Area wise and Age wise distribution of Blood sugar level status

Names of the village covered	Age Group (in years)	Number of Screened Population		Random Blood Sugar(mg/dl)					
				<140		140-199		≥200	
		n	%	n	%	n	%	n	%
Anjanapura	18-40	150	22.42	109	32.44	26	18.71	15	7.73
	40-60	347	51.87	148	44.05	71	51.08	128	65.98
	60 and above	172	25.71	79	23.51	42	30.22	51	26.29
	<b>Total</b>	<b>669</b>	<b>100.00</b>	<b>336</b>	<b>50.22</b>	<b>139</b>	<b>20.78</b>	<b>194</b>	<b>29.00</b>
Vijayanagar	18-40	68	18.78	55	34.59	4	4.88	9	7.44
	40-60	157	43.37	62	38.99	39	47.56	56	46.28
	60 and above	137	37.85	42	26.42	39	47.56	56	46.28
	<b>Total</b>	<b>362</b>	<b>100.00</b>	<b>159</b>	<b>43.92</b>	<b>82</b>	<b>22.65</b>	<b>121</b>	<b>33.43</b>
Kengeri	18-40	111	23.47	85	34.41	17	14.53	9	8.26
	40-60	223	47.15	100	40.49	53	45.30	70	64.22
	60 and above	139	29.39	62	25.10	47	40.17	30	27.52
	<b>Total</b>	<b>473</b>	<b>100.00</b>	<b>247</b>	<b>52.22</b>	<b>117</b>	<b>24.74</b>	<b>109</b>	<b>23.04</b>
Uttarahalli	18-40	62	14.83	48	21.52	4	4.88	10	8.85
	40-60	239	57.18	122	54.71	42	51.22	75	66.37

	60 and above	117	27.99	53	23.77	36	43.90	28	24.78
	Total	<b>418</b>	<b>100.00</b>	<b>223</b>	<b>53.35</b>	<b>82</b>	<b>19.62</b>	<b>113</b>	<b>27.03</b>
Nayandahalli	18-40	109	30.28	87	48.33	14	17.28	8	8.08
	40-60	179	49.72	71	39.44	45	55.56	63	63.64
	60 and above	72	20.00	22	12.22	22	27.16	28	28.28
	Total	<b>360</b>	<b>100.00</b>	<b>180</b>	<b>50.00</b>	<b>81</b>	<b>22.50</b>	<b>99</b>	<b>27.50</b>
<b>Total</b>	18-40	500	21.91	384	33.54	65	12.97	51	8.02
	40-60	1145	50.18	503	43.93	250	49.90	392	61.64
	60 and above	637	27.91	258	22.53	186	37.13	193	30.35
	Total	<b>2282</b>	<b>100.00</b>	<b>1145</b>	<b>50.18</b>	<b>501</b>	<b>21.95</b>	<b>636</b>	<b>27.87</b>



### 8. 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
Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study	12-12-2023	44	Gr.I- 22	99	44	40	4	<ul style="list-style-type: none"> <li>• 2 patients due to religious practice (Ramzan)</li> <li>• 1 patient- due to medical emergency in his family</li> <li>• 1 Patient shifted away from the place of enrolment permanently</li> </ul>	Completion of the study was on 27-03-2023.
			Gr.II- 22						

## POSHAN 2.0

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

The program under Mission Vatsalya was formulated for ensuring comprehensive child welfare and protection.

The program was conducted for a duration of 2 months consisting of 4 visits that included before and after intervention examination of height, weight and Hb % analysis, distribution of medicines namely Chyawana Prasha, Aravindasava and KrimiMudgara Rasa, distribution of nutritional supplements like dry fruits, fruits, peanut bars.

Poshan vatika program- Distribution of medicinal and nutritional plants were undertaken. This programme helped students to get familiar with nutritional and medicinal plants. Lectures were given on topics of ‘Role of Dinacharya in maintaining Health’, Importance of Nutritional Diet in maintaining Health’, essay competition on the topic ‘Good Habits for Maintain Health’. These activities helped in bringing about awareness among the students regarding the importance of a nutritive diet and made the students understand the healthy way to lead a life and also introduced them to the system of Ayurveda and its principles which kindled their thought process.

A total of 107 students were involved in the program 22 of which were females and 85 males. The students were assessed with respect to height, weight, mid upper arm circumference (MUAC), and Hb% before and after the program for assessment. The changes in height, weight, MUAC, Hb% were found to be statistically significant with a p value of 0.0001.

The program overall was beneficial to the students in CCI’s in educating them and treating them with respect to various problems faced by them, it has also helped us to set up a good prototype that can be used for further studies with more assessment criteria with respect to not only the physical wellbeing but also on the mental wellbeing of the child and the effect of both on one another.

Objectives:

1. **Geographical coverage:** Activities were 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 5<sup>th</sup> 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.)

4. Date of IEC approval: 09.02.2023

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

6. Date of initiation: 10.02.2023

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

8. 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 <sup>th</sup> Jan 2023	31.01.2023

9. Chronological timeline & deliverables:

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

6. Current status: Target achieved

7. 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**

### **AYUSH OUSHADHI GUNAVATTA EVAM UTTPADAN SAMVARDHAN YOJANA (AOGUSY)**

#### **VISION:**

The scheme intends to promote and project quality, acceptability and visibility of Ayush products for enhancing people's confidence in their use for health care and for improving trade.

- i. To inculcate culture of quality production of Ayush products assured with safety and efficacy.
- ii. To enable Ayush drug industry in complying with national and global regulatory requirements and standards.
- iii. To build up visibility and demand- driven market presence of Ayush products.
- iv. To strengthen Ayush pharmaceutical industry for enhancing trade and exports.

#### **OBJECTIVES:**

- i. To enhance India's manufacturing capabilities and exports of traditional medicines and health promotion products under the initiative of Atmanirbhar Bharat.
- ii. To facilitate adequate infrastructural & technological up gradation and institutional activities in public and private sector for standardization, quality manufacturing and analytical testing of Ayush drugs & materials.
- iii. To strengthen regulatory frameworks at Central and State level for effective quality control, safety monitoring and surveillance of misleading advertisements of Ayush drugs.
- iv. To encourage building up synergies, collaborations and convergent approaches for promoting standards and quality of Ayush drugs & materials.

#### **COMPONENTS:**

- A. Strengthening and up-gradation of Ayush Pharmacies and Drug Testing Laboratories to achieve higher standards.
- B. Pharmacovigilance of ASU&H drugs including surveillance of misleading advertisements.
- C. Strengthening of Central and State regulatory frameworks including Technical Human Resource & Capacity Building programs for Ayush drugs.
- D. Support for development of standards and accreditation/ certification of Ayush products & materials in collaboration with BIS, QCI and other relevant scientific institutions and industrial R&D centres.

1. Participating centre along with PI:

Sl.No.	Name of the participating centre	Members of the program
1.	Central Ayurveda Research Institute, Bengaluru	<p><b>Co-ordinator</b> Dr. M.N Shubhashree R.O (S-3) Ayu.</p> <p><b>Programme Assistant</b> 1. Dr. Bhavana K R (18/07/2018 - 29/09/2018) 2. Dr. Sunona George (09/10/2018 - 31/01/2020) 3. Dr. Chandini Chandrasekharan N P (2/3/2020 - 15/10/2022) 4. Dr. Rahul (19/09/2022 – 12/10/2022) 5. Dr. Neha Kushwaha (20/10/2022 – 30/11/2022) 6. Dr. Shaily Agarwal G (05/12/2022 – 31/01/2023) 7. Dr. Arsha K S (27/02/2023 – 17/05/2023)</p> <p><b>Junior Research Fellow</b> 1. Dr. Arsha K S (20/05/2023 – Onwards)</p>

4. Date of initiation: 18<sup>th</sup> July 2018

5. Budget allocated: Rs.14,99,128.50 – Rs.71,135/- (Balance amount returned to AIIA New Delhi in April 2023) = Rs.14,27,993.50/- (budget allocated up to March 2023)

Rs.14,27,993.50 + Rs. 50,000 (Untied Fund 2023-24) + Rs.3,89,131 (Salary deposited directly to JRF personal account after 10% deduction from April 2023 - March 2024)

= Rs. 18,67,124.50/-

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 <sup>th</sup> 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
12	25,000/-	Mail Dated 30 <sup>th</sup> November 2023	30/11//2023	30/11//2023
13	25,000/-	Mail Dated 15 <sup>th</sup> January 2024	15/01/2024	15/01/2024
14	Rs.3,89,131/-	Salary Deposited directly to JRF personal account (April 2023-March 2024)	-	-

#### 6. Deliverables 2023 -2024

Sl.No.	Name of events	No.
1.	Total Misleading Advertisements Reported	154
2.	ADR	07
3.	CME Conducted /Awareness Program Conducted	11
4.	Participation in the training program	08
5.	Participation in CME as resource persons	03
6.	Articles Submitted/Published	02

**Awards:** Received first prize for best article from IPvC in the seminar held on 11<sup>th</sup> and 12<sup>th</sup> March 2024 at ITRA, Jamnagar, Gujarat.

**Survey:** 1 Knowledge Attitude and Practice (KAP) Survey was completed and 2 KAP Studies are ongoing under Pharmacovigilance Programme in the year 2023 – 2024.

#### **KAP Survey 1 – (Completed 2023 – 2024)**

A study to evaluate the knowledge attitude and practice of House surgeons towards Pharmacovigilance programme for ASU drugs- A cross sectional survey (2023-24)

#### **KAP Survey 2 (Ongoing 2023 – 2024)**

Awareness of Pharmacovigilance programme for ASU &H drugs among medical students (2023-24)

#### **KAP Survey 3 (Ongoing 2023 – 2024)**

Exploring the Knowledge and Consumption Behaviour of millets among Urban population of Bangalore, Karnataka.

#### **Proposal Submitted:**

Documentation of Prescription Trends in Osteoarthritis by Ayurveda Physicians – A Retrospective Cross-sectional study

**Awareness programme:** From CARI Bengaluru, 11 Awareness programmes were conducted for AYUSH Doctors, Interns of different Ayurveda Colleges, Pharmacists, paramedical staff and general public on different topics related to Pharmacovigilance and ADR reporting.

Co ordinator and JRF attended 8 awareness programmes on pharmacovigilance both online and offline mode conducted by different PPvC and IPvC.

Co ordinator participated as a resource person in 3 CME related to pharmacovigilance in GAMC Bengaluru, SDM Bengaluru and in CARI Bengaluru.

**ADR Reports:** Initiated at OPD level through personal visits by Co-ordinators and Junior Research Fellow for collection of ADRs. 7 ADR from CARI has been reported to NPvC in the year 2023-24

**Misleading Advertisements:** 154 Misleading advertisements published in print media, television, social media were collected and submitted to Ministry of AYUSH and state drug licensing authority with a request to take necessary action.

**Articles submitted/published:** Two articles related to Pharmacovigilance have been submitted for publication during the year 2023-24.

**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). The scheme got initiated in April 2021.

**Fund release details**

<b>Instalments released</b>	<b>Total amount released</b>	<b>Date of Sanction</b>
1 <sup>st</sup> Instalment	Rs.2,88,00,000/- *	05-03-2021
1 <sup>st</sup> part of 2 <sup>nd</sup> Instalment	Rs. 20,00,000/-	20-01-2023
2 <sup>nd</sup> part of 2 <sup>nd</sup> Instalment	Rs. 50,00,000/-	03-07- 2023
3rd part of 2 <sup>nd</sup> Instalment	Rs. 1,04,86,200/-	08-11-2023

\* Rs.1,92,160/- was returned to the Ministry on 16-06-2021as per the Ministry’s directions dated 15-06-2021.

**2. Summary of achievements against deliverables (April 2023 to March 2024)**

The Centre of Excellence scheme was sanctioned to CARI, Bengaluru with the following deliverables and targets for the second year. Achievements against deliverables are tabulated below:

<b>Sr. No.</b>	<b>Deliverables</b>	<b>Achievements under the CoE scheme</b>
1.	Validation of Ayurveda approaches for Diabetes mellitus and documentation of outcome of approaches – 200 patients	Treatment approaches 1395 OPD patients have been documented and validation of outcome of 200 patients completed (against the target of 200 patients).
2.	Prevention and management of Diabetes with multi-speciality approach of 500 pre-diabetics and diabetics	A total of 906 patients were under Multi specialty care during the reporting period : <ul style="list-style-type: none"> <li>• Yoga training to patients with special reference to diabetes management - 87 patients got benefited</li> <li>• Number of patients of Diabetes managed with combination of Modern medicine and Ayurveda is 819</li> <li>• Patients are also managed by different specialists of Ayurveda such as Shalya tantra (Diabetic foot, Diabetic ulcer, Venous insufficiency, anorectal disorders, Diabetic carbuncles etc.)- more than 304 patients got benefited</li> </ul>



		<ul style="list-style-type: none"> <li>• Shalakyā tantra (Diabetic retinopathy, cataract, hearing loss, tinnitus, periodontitis, gingivitis etc.)- more than 135 patients got benefited</li> <li>• Panchakarma- more than 62 patients got benefited</li> </ul>
3.	Initiation of Clinical trials for 2 selected anti-diabetic formulation	<ul style="list-style-type: none"> <li>• Pilot clinical studies on validation of 4 selected anti-diabetic formulations, initiated last year have been completed this year.</li> <li>• Further clinical trials by including advanced outcome parameters such as gut microbiome have been initiated on 2 shortlisted formulations, finalised based on results of animal studies and pilot clinical trials.</li> <li>• Screening of patients started after obtaining IEC clearance and CTRI registration under this clinical trial.</li> </ul>
4.	Development of SOPs for 2 ready to eat/cook food recipes through scientific validation	<ul style="list-style-type: none"> <li>• SOPs for 2 ready to cook food recipes developed in collaboration with Centre for Incubation, Innovation, Research and consultancy (CIIRC), Bengaluru.</li> <li>• Clinical trial to evaluate two ready to cook dietary supplements for its antidiabetic property in patients of type -2 diabetes mellitus has been initiated, after obtaining IEC clearance and CTRI registration.</li> </ul>
5.	Development of 5 IEC materials, audio visual aids	<ul style="list-style-type: none"> <li>• 5 IEC materials for general public are developed and uploaded on our website and social media platforms.</li> <li>• COE you tube channel is functional for reaching out to wider population <a href="https://www.youtube.com/channel/UC3TBI39pJCDvKRqUQculpSg">https://www.youtube.com/channel/UC3TBI39pJCDvKRqUQculpSg</a></li> <li>• Interviews with experts related to different aspects of Diabetes and video related to Diabetic diet are created for the CoE YouTube channel and 6 videos uploaded during the reporting period.</li> </ul>
6.	Training on diabetes and diet to public and patients– 10 camps	<ul style="list-style-type: none"> <li>• Conducted 20 trainings against the target of 10.</li> <li>• 10 Diabetes awareness talks for general public were conducted at various locations in Bengaluru with total beneficiaries being 748.</li> </ul>

		<ul style="list-style-type: none"> <li>• 10 special training programmes were conducted for patients of Diabetes at CARI Hospital focussing on understanding Diabetes, Diet in Diabetes and Lifestyle modifications in Diabetes with total beneficiaries –282.</li> </ul>
7.	Yoga training camps to public and patients – 10 camps	12 Yoga camps are conducted at CARI Hospital and in outreach camps with total beneficiaries 325
8.	Networking with local governance for camps – 30 camps	A total of 30 camps focussing mainly on Diabetes screening and management were conducted under the CoE scheme with total beneficiaries 915.
9.	Training for UG/PG students of Ayurveda- 10 programme	10 training programmes on Research methodology, Biostatistics, Chromatographic techniques and comprehensive management of Diabetes were conducted for Final year UG/First year PG students from different colleges of Karnataka with total number of trainees - 426
10.	e healthcare initiatives-development of portal for interaction with patients or community through SMS alerts, tele-consultation, maintenance of online medical record of 500 patients with population coverage of 10000	<p>E- health coverage is extended to more than 1,00,000 population</p> <ul style="list-style-type: none"> <li>• Institute website <a href="http://www.cari.gov.in">www.cari.gov.in</a> is fully functional with total impressions of 1,54,076</li> <li>• Lab and pharmacy data management software coverage is more than 32,000.</li> <li>• Teleconsultation portal is operating over the website since the month of January 2023 and 70 patients were registered under the teleconsultation portal during the reporting period</li> <li>• Patient data of 1395 OPD patients and 915 camp consultations is being maintained digitally during the reporting period.</li> <li>• A YouTube channel has been created for reaching out to wider population through audio-visual medium which is active since January 2023 with 6 videos uploaded during April2023-March 2024</li> </ul>

### 3. Comprehensive report

The report is broadly put under the heads of Clinical Services, Trainings and Research Activities, Upgradation of the Institute, Scientific Publications, IEC materials and Expenditure details.

### 3.1 Clinical services

**3.1.1 Special OPD for Diabetes:** Under the scheme, a specialized OPD for patients of Madhumeha is made functional since 22<sup>nd</sup> July 2021. The patients are provided with free consultation, medicines, laboratory investigations and food & lifestyle counselling. The specialized OPD has catered to 1395 diabetic patients and 6021 follow-up visits since inception offering Ayurveda treatment totalling up to 7416 visits during the reporting period. 869 patients have had free laboratory investigations under the scheme. 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
OPD New patients	837	558	1395
OPD Follow-up patients	3505	2516	6021
Total	4342	3074	7416

**3.1.2 Yoga advocacy:** Free yoga classes were conducted at CARI Hospital and in outreach camps and 412 patients have been benefitted during the reporting period. Classes are conducted under the guidance of professional Yoga teachers. 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. Additionally, Yoga camps have been conducted at different venues near the hospital reaching out to the high risk & Diabetic population.

**3.1.3 Outreach Camps:** 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. During the reporting period, 30 Medical camps were conducted under CoE, with the number of beneficiaries totalling to 915.

Sl. No.	Date	Camp location in Bengaluru	Beneficiaries		
			Male	Female	Total
1	25.05.2023	Maruti nagar, Utharahalli	5	16	21
2	16.06.2023	Nayandahalli	4	18	22
3	23.06.2023	BESCOM, Talaghattapura	30	0	30
4	18/07/2023	BBMP office, Vijayanagar	15	31	46
5	26/07/2023	Kengeri, Satellite Town	28	17	45
6	11/08/2023	Kaggalipura Police station	18	3	21
7	17/08/2023	Jain temple, Kaggalipura	6	16	22
8	17/08/2023	Shanthi Dama Old age home	7	15	22
9	24/08/2023	Anganwadi Maruthi nagara	15	21	36
10	24/08/2023	Ashraya seva trust	2	32	34

11	31/08/2023	Thulasi matta	19	13	32
12	01/09/2023	Tulasi Matta, Agara	16	20	36
13	02/09/2023	Tulasi Matta, Agara	14	17	31
14	23/09/2023	Royal palms layout, 1 block	8	14	22
15	23/09/2023	Royal palms layout, 2 block	06	23	29
16	23/09/2023	Royal palms layout, 3 block	09	13	22
17	30/09/2023	Vasudevapura	09	12	21
18	30/09/2023	Veerabadrswamy temple	07	14	21
19	11/10/2023	Kasturamma badavane, Kengeri	10	08	18
20	20/10/2023	Nayandadahalli	05	32	37
21	28/10/2023	Anjanapura	09	14	23
22	03/11/2023	Jawaharlal Nehru Centre For Advanced Scientific Research JNCASR –batch 1	24	15	39
23	03/11/2023	JNCASR- batch 2	22	17	39
24	6/11/2023	CSIR - National Aerospace Laboratories (NAL)	26	10	36
25	6/11/2023	CSIR - National Aero–batch 1space Laboratories (NAL) - batch 2	24	11	35
26	8/11/2023	CSIR Fourth Paradigm Institute	11	13	24
27	24/11/2023	RV College (Department Civil engineering) –batch 1	20	07	27
28	24/11/2023	RV College (Mechanical engineering) - batch 2	19	08	27
29	24/11/2023	RV College (Electrical engineering) –batch 3	15	23	38
30	20/01/2024	Sri Shanmahatma Temple	30	29	59
Total			433	482	915

**3.1.4 e-Healthcare initiatives:** Under the Centre of excellence scheme a static website [www.cari.gov.in](http://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 1,89,610 during the reporting period.

Sl.No	Initiative	Population coverage
1	e-Medical records (OPD and camp)	2310
2	Website impressions	154076
3	Teleconsultation	70
5	Social media reach	909
6	AYUSLAB-Clinical lab	4929
7	AYUSLAB-Pharmacy	27316
	<b>Total beneficiaries</b>	<b>189610</b>

### 3.2 Training programmes

Training programmes were conducted in four categories viz. 1. for general public 2. for patients 3. Yoga training camps and 4. Ayurveda UG/ PG students.

**3.2.1** Ten 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-748

Sl.No.	Date	location in Bengaluru	Resource person	Participants
1	23/06/2023	BESCOM office, Thalagattapura	Dr. Kavya, Dr.Monica	30
2	18/07/2023	BBMP office,Vijayanagar,	Dr. Kavya N	46
3	11/08/2023	Kaggalipura Police station	Dr Vrinda	21
4	17/08/2023	Shantidhama Old age home	Dr Kavya N	22
5	24/08/2023	Anganawadi, Maruti Nagar	Dr kavya N	36
6	24/08/2023	Ashraya Seva trust	Dr Chandni	34
7	21/09/2023	Students of Jyoti Institute of Technology- batch 1	Dr. Chandini Chandrashekar	45
8	21/09/2023	Students of, Jyoti Institute of Technology- batch 2	Dr. Kavya	38
9	21/09/2023	Students of Jyoti Institute of Technology- batch 3	Dr. Vrinda	34
10	23/09/2023	Royal palms layout, 1 <sup>st</sup> block	Dr. Kavya	22
11	11/10/2023	Kasturamma badavane, Kengeri	Dr. Vrinda	18
12	20/10/2023	Nayandadahalli	Dr. Kavya N	37
13	28/10/2023	Anjanapura, Bengaluru	Dr.Chandini	23
14	31/10/2023	Endocrinology Centre, Marenahalli	Dr. Vrinda Dr. Sharada	150
15	03/11/2023	Jawaharlal Nehru Centre For Advanced Scientific Research	Dr.Kavya N	78
16	6/11/2023	CSIR - NAL	Dr. Chandini	90
17	8/11/2023	CSIR Fourth Paradigm Institute	Dr.Kavya N	24
<b>Total</b>				<b>748</b>

**3.2.2** Ten training programmes for patients at CARI Hospital 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 -282.

Sl.No.	Date	Resource person	Participants
1	29.05.2023	Dr.Chandini Chandrasekharan, Dr.Monica	24
2	30.05.2023	Dr.Kavya N, Dr.Monica	32
3	20.06.2023	Dr.Vrinda, Dr Monica	26
4	10/07/2023	Dr. Chandni Chandrasekharan	31
5	12/07/2023	Dr Vrinda	29
6	08/08/2023	Dr Kavya N	35
7	18/08/2023	Dr Monica	18
8	19/10/2023	Dr Sharada Anand	19
9	01/01/2024	Dr. Chandni Chandrasekharan	35
10	30/01/2024	Dr. Kavya	33
<b>Total</b>			<b>282</b>

**3.2.3** Twelve Yoga training camps were held at various places in and around CARI Hospital with an intention to introduce Yoga and lifestyle changes in Diabetic and pre-diabetic populations with total beneficiaries -325.

Sl.No	Details	Location	Date	Beneficiaries
1.	Yoga training for KIIMS MBBS Internees	CARI, Hospital	4/04/2023	24
2.	Yoga training for KIIMS MBBS Internees	CARI, Hospital	18/04/2023	28
3.	Yoga training for KIIMS MBBS Internees	CARI, Hospital	25/04/2023	4
4.	Yoga training of patients and attenders	CARI, Hospital	29/05/2023	24
5.	Yoga training and attenders	CARI, Hospital	30/05/2023	32
6.	Yoga training of the officers & staff	BESCOM Office, Thalaghatapura	23/06/2023	30
7.	Yoga training of police personnel	Police station, Kaglipura	8/08/2023	35
8.	Yoga training of police personnel	Police station, Kaglipura	11/8/2023	21
9.	Yoga for elderly	Shantidhama Old age home	17/08/2023	22
10.	Yoga for elderly	Ashraya seva trust, Bengaluru	24/08/2023	34
11.	Yoga training of the officers & staff	NAL- batch 1	6/11/2023	36
12.	Yoga training of the officers & staff	NAL- batch 2	6/11/2023	35
		<b>Total</b>		<b>325</b>

**3.2.4** Ten training programmes have been conducted for the 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 426 students under the mentorship of Dr. Sulochana Bhat.

SL. No.	Date	Title	Resource persons	College	Participants
1	03/07/2023	Research Methodology	Dr. Chandini Chandrasekharan	Government Ayurveda Medical College, Bengaluru	45
		Biostatistics	Ms. Anjana K S		
		HPTLC	Mrs. H S Supriya		
		Comprehensive Management of Diabetes mellitus	Dr. Vrinda		

2	24/07/2023	Research Methodology & Biostatistics	Dr. Kavya	Atreya Ayurvedic Medical College, Hospital & Research Centre, Bengaluru	41
		Comprehensive Management of Diabetes mellitus	Dr. Chandini Chandrasekharan		
3	22/08/2023	Research Methodology	Dr. Vrinda	Ramakrishna Ayurveda Medical College, Bengaluru	47
		Biostatistics	Ms. Anjana K S		
		HPTLC	Mrs. H S Supriya		
		Comprehensive Management of Diabetes mellitus	Dr. Kavya		
4	03/10/2023	Research Methodology	Dr.Chandini Chandrasekharan	Sri Sri College of Ayurvedic Science & Research, Bengaluru	43
		Biostatistics	Ms. Anjana K S		
		HPTLC	Mrs. H S Supriya		
		Comprehensive Management of Diabetes mellitus	Dr.Vrinda		
5	04/11/2023	Research Methodology	Dr.Sharada Anand	Batch-1, Aadichunchanagiri Ayurvedic Medical College, Bengaluru	42
		Biostatistics	Ms. Anjana K S		
		HPTLC	Mrs. H S Supriya		
		Comprehensive Management of Diabetes mellitus	Dr. Chandini Chandrasekharan		
6	18/11/2023	Research Methodology	Dr.Vrinda	Batch-2, Aadichunchanagiri Ayurvedic Medical College, Bengaluru	50
		Biostatistics	Ms. Anjana K S		
		HPTLC	Mrs. H S Supriya		
		Comprehensive Management of Diabetes mellitus	Dr.Sharada Anand		
7	13/12/2023	Research Methodology	Dr. Kavya N	SDM Institute of Ayurvedic & Hospital, Bengaluru	34
		Biostatistics	Ms. Anjana K S		
		HPTLC	Mrs. H S Supriya		

		Comprehensive Management of Diabetes mellitus	Dr.Vrinda		
8	05/02/2024	Research Methodology	Dr. Chandini Chandrasekharan	KTG Ayurvedic medical college and hospital, Bengaluru	40
		HPTLC	Mrs. H S Supriya		
		Comprehensive Management of Diabetes mellitus	Dr. Kavya N		
9	12/03/2024	Research Methodology	Dr. Kavya N	Batch-1, Sri Sri College of Ayurvedic Science & Research, Bengaluru	44
		HPTLC	Mrs. H S Supriya		
		Comprehensive Management of Diabetes mellitus	Dr.Chandini Chandrasekharan		
10	13/03/2024	Research Methodology	Dr.Sharada Anand	Batch-2, Sri Sri College of Ayurvedic Science & Research, Bengaluru	40
		HPTLC	Mrs. H S Supriya		
		Comprehensive Management of Diabetes mellitus	Dr.Vrinda		
<b>Total</b>					<b>426</b>

### 3.3 Research activities

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

**3.3.1 Drug development:** The Centre of Excellence was mandated to initiate clinical trials on the shortlisted formulations during the reporting period.

During the previous years, 567 formulations pertaining to *Prameha* were compiled from 16 Ayurveda treatises. 150 single plants indicated in *Prameha* from 16 Nighantus were also compiled. Out of this search, four formulations having ingredients with known antidiabetic activity were short listed for pre-clinical studies. The literature search including Ayurveda texts and published research article of individual ingredients of selected 4 formulations were done.

Based on the leads collected from the literature, outcome of animal study conducted at Nagpur Veterinary College and pilot studies conducted at CARI, two formulations (Varadi kwatha and Mustadi kwatha) with the following details were finalised for further clinical trial by using advanced outcome parameters such as gutmicrobiome.



These two formulations have been manufactured at Central Ayurveda Research Institute, Jhansi, in the form of Ghanavati. Standards and SoP for preparation are developed by CCRAS-CARI Jhansi.

During the current year, both these formulations are taken up further for the clinical trial by using advanced outcome parameters such as gutmicrobiome, screening of the patients has been

Sl. No.	Formula tion	Reference	Ingredient s	Botanical source	Part used
1.	Varadi Kvatha (Kashaya kalpana)	<ul style="list-style-type: none"> <li>• Sharangadhara Samhita- Madhyama Khanda - 2/108,</li> <li>• Gada Nigraha Kayachikitsakha nda - Pramehadhikara - 30 – 57</li> <li>• Bhaishajya Ratnavali- Pramehadhikara</li> </ul>	Hareetaki	<i>Terminalia chebula</i> Retz	Fruit
			Vibhitaki	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit
			Amalaki	<i>Phyllanthus emblica</i> L.	Fruit
			Daru haridra	<i>Berberis aristata</i> DC.	Heartwo od/ Bark
			Musta	<i>Cyperus rotundus</i> L.	Rhizome
			Devadaru	<i>Cedrus deodara</i> (Roxb. ex D.Don) G.Don	Heartwo od
2.	Mustadi Kvatha (Kashaya kalpana)	Gada nigraha- Kayachikitsakhan da - Pramehadhikara - 30 – 90	Musta	<i>Cyperus rotundus</i> L.	Rhizome
			Indrayava	<i>Holarrhena antidysenterica</i> (Roth) Wall. ex A.DC.	Seeds
			Devadaru	<i>Cedrus deodara</i> (Roxb. ex D.Don) G.Don	Heartwo od
			Hareetaki	<i>Terminalia chebula</i> Retz	Fruit
			Vibhitaki	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit
			Amalaki	<i>Phyllanthus emblica</i> L.	Fruit

initiated after obtaining IEC clearance and CTIRI registration.

### 3.3.2 Pre-clinical anti-diabetic studies: 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

**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-

**Biochemical parameters:** Tested on 0<sup>th</sup>, 14<sup>th</sup> and 28<sup>th</sup> 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 28<sup>th</sup> day, representative animals (two from each group) has been sacrificed and histopathology of liver, pancreas and kidney collected.

**Final results received on 18-12-2023.**

**3.3.3. Clinical Research project:** 09 research projects as detailed below

**3.3.3.1 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
- Date of initiation: 29.10.2022
- Month of completion: May 2023

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, 12<sup>th</sup> week.

Total no of subjects screened	Total no of subjects enrolled	Total no of subjects completed	Total no of subjects dropped out
51	24	17	07

**3.3.3.2 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
- Date of initiation: 11.01.2023
- Month of completion: June 2023
- Date of initiation: 11.01.2023
- Month of completion: June 2023

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, 12<sup>th</sup> week.

Total no of subjects screened	Total no of subjects enrolled	Total no of subjects completed	Total no of subjects dropped out
09	06	05	01

### 3.3.3.3 Development of predictive system for diagnosing the risk of Diabetes using machine learning techniques.

- Principal 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** -Copyright has been obtained (SW-17879/2023) on 19.12.23

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

- Principal Investigator – Dr. Sulochana Bhat
- Co-Investigator – Dr. Vrinda, Dr. Monica KP, Dr. Kavya N
- IEC Obtained – F.No.6-5/2022-CARI/BNG/ETHI.COMMI./2404 dt 09.02.23
- CTRI registration - CTRI/2023/03/050478 on 09-03-2023
- Date of initiation: 20.02.2023
- Month of completion: June 2023

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 hospital present in Semi-urban/Rural and Urban region of Bangalore for a sample size of 1200 (300 in each of the four centres)

Total completed	1200
Males	621
Females	579

**3.3.3.5. Study title: 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/2022/07/044018 on 14-07-2022
- Date of initiation: 25.03.23
- Month of completion: February 2024

An open trial to validate the clinical efficacy of Yoga Capsule in reducing serum glucose levels in patients of Diabetes. The eligible participants were randomized in two groups. In group-1, the patient was 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 was monitored in the institute’s yoga hall and online platform. In group-2, the conventional treatment remained without any additional intervention. Both the groups were assessed for Diabetes Symptoms Questionnaire (DSQ) at baseline, 28 days 56 days and 84 days. Blood investigations like HbA1c, FBS, PPBS and Hemogram was validated before and after the intervention.

Total no of subjects screened	Total no of subjects enrolled	Total no of subjects completed	Total no of subjects dropped out
45	30	25	05

**3.3.3.6 Study title: Evaluation of bio-availability of Varadi and Mustadi ghana vati in healthy volunteers – A cross-over randomized clinical trial**

- Principal investigator –Dr. Sulochana Bhat
- Co-investigator –Dr. Tejaswini C, Dr. Sharada Anand
- IEC obtained – F. No. 6-60/2022-23/CARI/BNG/CoE/2725 dt 22.02,2024
- CTRI registration – CTRI/2024/03/064377 on 19-03-24

The study is taken to evaluate the bio-availability of the above said drugs. Gallic acid has been used as the standard comparator. Study involves healthy human volunteers (n=12) receiving the test formulations in a cross over design. Varadi Ghana vati and Mustadi Ghana vati in the dose of 2000mg will be administered (on two different days with a washout period in between). Blood will be drawn at 7 different intervals on a single day from the volunteers. Separated plasma from the blood will be used for HPLC and HPTLC analysis to assess the bio-availability of gallic acid in the test formulations. Study will be conducted on two different days with a wash out period of a minimum of seven days.

**Status** – Screening started, two medicines are awaited from CARI Jhansi

**3.3.3.7 Study title: Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of type-2 diabetes mellitus -A Randomized control trial**

- Principal investigator – Dr. Sulochana Bhat
- Co-investigator – Dr. Shubhashree MN, Dr. Vrinda

- IEC Obtained – F.No. 6-60/2022-23/CARI/Bng/COE/2726 dt 22.02.2024
- CTRI registration – CTRI/2024/03/064207 on 15-03-24

A randomized control clinical trial to evaluate the efficacy of two ready-to-cook dietary supplement namely Yavadi soopa and Khadiradi yoga on blood glucose levels and agni. The sample size is 78 with three groups (26 in each group). Each group will be asked to retain their treatment and diet as it is. Group-1 is the control group, group 2 and group 3 will receive Yavadi soopa and Khadiradi yoga respectively as an adjuvant diet supplement. Fasting blood glucose in the range 150-200 mg/dL and/or post prandial glucose of 180-300 mg/dL will be included in the study. Study period is of 42 days with 21day interval of follow up. FBS, PPBS, Plasma Insulin, HOMA IR and other safety parameters along with DSQ (Diabetes Symptom Questionnaire) and SNAQ (Simplified nutritional appetite questionnaire) will be evaluated in this study. Its effect on Agni and acceptability of the new form will also be assessed.

**Status** – Screening started, two formulations are getting ready at CIIRC Bengaluru

**3.3.3.8 Study title:** Safety and efficacy of Mustadi ghana vati and Varadi ghana vati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study

- Principal investigator –Dr. Sulochana Bhat
- Co-investigator – Dr. Sharada Anand
- IEC Obtained – F.No. 6-60/2022-23/CARI/Bng/COE/2727 dt 22.02.2024
- CTRI registration – CTRI/2024/03/064184 on 15-03-24

The study is envisaged to assess the safety and anti-diabetic efficacy of two classical Ayurveda poly-herbal formulations, Mustadi ghana vati and Varadi ghana vati in 120 drug naive patients of type-2 diabetes mellitus in comparison with Metformin (active comparator). The assessment parameters include glycemic parameters, drug safety and gut microbiome studies.

**Status** – Screening started, two medicines are awaited from CARI Jhansi.

**3.3.3.9 Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients – A cross-sectional study.**

- Principal investigator – Dr. Vidya Anchan
- Co-investigator – Dr. Chandini Chandrasekharan
- IEC Obtained – F. No. 6-60/2022-23/CARI/Bng/COE/2724 dt 22.02.2024
- CTRI registration – CTRI/2024/03/064317 on 18-03-24

A cross-sectional observational study will be conducted at CARI hospital among all adult known type-2 diabetic patients attending the out-patient department. After obtaining the written informed consent, a detailed medical history (disease and drug) and physical examination will be performed for eligible patients. All the enrolled patients will be subjected to a structured questionnaire, HbA1c, RBS, neurological examination, INLOW'S 60-second diabetic foot screening and Prakriti assessment. The main objective of this study is to determine the occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients. It is also intended to determine the risk factors associated with diabetic peripheral neuropathy, classify the risk for diabetic foot ulceration and amputation among type-2 diabetic patients. The total study period will be 12 months with a sample size of 400.

**Status** –initiated, 1<sup>st</sup> patient enrolled.

### 3.3.4 Food development for diabetes

The Centre of Excellence is mandated to develop 2 ready to cook/eat food recipes for clinical trials. Collaboration with Centre for Incubation, Innovation, Research and consultancy (CIIRC), Bengaluru has been done through MoU. Discussions were held with scientists of NIN- Hyderabad, Ayurveda experts for development of ready to eat / cook anti-diabetic food preparations, based on the extensive literature search and Ayurveda principles of pathyaahara. Among them, 2 preparations were finalised which include Yavadi soopa (soup powder) and Khadiradi yoga (developed in the form of ready to dissolve pellets), their quality has also been ensured. Extraction of ingredients of Khadiradi yoga was done by Himalaya Wellness Company and Yavadi soopa (soup powder) was manufactured at CIIRC for free of cost and have been taken up for clinical trial.

Food formulation-1 - Khadiradi yoga- dispersible pellets

Formulation	Reference	Ingredients	Botanical source	Part used	Ratio
Khadiradi yoga	Chakradatta-Prameha chikitsa - 35 - 18 / pg 216	Kadara	<i>Acacia polyantha Will.</i>	Bark	1 part
		Khadira	<i>Acacia catechu (L.f.) Willd.</i>	Heartwood	1 part
		Puga	<i>Areca catechu L.</i>	Nut	1 part
Indication: Kshoudra meha					

Food formulation-2-Yavadi soopa (ready to mix soup powder)

Formulation	Reference	Ingredients	Botanical source	Part used	Ratio
Yavadi soopa	Anubhoota yoga	Yava	<i>Hordeum vulgare L.</i>	Seeds	1 part
		Kulatha	<i>Macrotyloma uniflorum (Lam.) Verdc</i>	Seeds	1 part
		Mudga	<i>Vigna radiate (L.) Wilczek</i>	Seeds	1 part

### 3.3.5 Technical collaborations

- During the reporting period, MoU was signed with Government Ayurveda Research Centre, Mysore for collaboration on academic programmes, research partnerships, and training on 20-11-2023.
- The activities mentioned in the previous MoU signed with IISc Bengaluru, CSIR-Central Food Technology Research Institute Mysore, Centre for Incubation Innovation Research and Consultancy (CIIRC), Samatvam Endocrinology Diabetes Center Bengaluru are continuing.

- Our advisory panel has the experts from NIMHANS, Bengaluru, Bangalore Medical College, Karnataka Institute of Diabetology, ICMR- NIN Hyderabad, National Centre for Cell Science (NCCS) Pune and Interactive Research School for Health Affairs (IRSHA) Pune.
- We also work closely with the Panchayat, Anganwadi, near by Community Health Centre, Primary Health Centre - for outreach activities, referrals etc.
- CCRAS-CARI Jhansi is our partner in preparation of standardised medicines. Himalaya Drug Company has prepared the extracts for one of the food formulations.

### 3.3.6 Scientific Publications

Sl. No.	Title	Journal	Authors	Status
1.	Anti-diabetic formulations –A laghutrayee review	Journal of Ayurveda	1. Amulya Kannan 2. Raghavendra Naik 3. Vrinda 4. Shilpashree A T 5. Kavya N 6. Sulochana Bhat	Published
2.	Ayurvedic interventions in the management of Venous stasis dermatitis in a patient with diabetes- 2: A case report	Journal of Research in Ayurvedic Sciences	1. Dr. Chandini Chandrasekharan 2. Dr. Amulya Kannan 3. Miss.Anagha Jenu 4. Dr.Sulochana Bhat	Published
3.	A literary study of Rasa Tantra Sar Va Siddha Prayog samgraha with special reference to pramehaharayogas	Journal of Ayurveda	1. Vrinda 2. Kavya N 3. Sharada Anand 4. Sulochana Bhat	Published
4.	Potential effects of Mudga (Vigna radiata L.Wilczek )as a dietetic food and medication for diabetes	Journal of Ayurveda & Integrated medical sciences	1. Dr. Chandini Chandrasekharan 2. Dr. Sulochana Bhat	Published
5.	Non vegetarian diet as a risk factor of type 2diabetes: A retrospective study of cross-sectional population in Bengaluru	International Journal of Ayurveda Research	1. Dr. Chandini Chandrasekharan 2. Dr. Sulochana Bhat 3. Dr. Raghavendra Naik 4. Ms. Anjana K S	Under Review and revision
6.	Knowledge, attitude and practice related to diabetes with reference to Ayurveda and yoga	Indian Journal of Community Medicine	1. Dr. Vrinda 2. Dr. Sulochana Bhat 3. Ms. Anagha Jenu 4. Dr. Kavya 5. Dr. Monica K P	Under Review and revision

7.	Ayurveda Approach for Frozen Shoulder in Diabetes- A case series.	Journal of drug research in ayurvedic science	1. Dr. Amulya Kannan 2. Dr. Chandini Chandrasekharan 3. Dr. Sulochana Bhat	Submitted
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### 3.3.3.7 IEC materials

The below IEC materials have been developed and are being distributed to public at CARI Hospital, camps and other outreach programmes and the soft copies are available on the website. The videos are also available on website as well as in CARI social media platforms.

- i. Diabetic eye care charts for patients
- ii. Diabetic foot care charts for patients
- iii. Diabetic skin care charts for patients
- iv. IEC material on FAQs (Essentials of Madhumeha and its management)
- v. Flyer on Gestational Diabetes Mellitus in Kannada

### 3.3.3.8 Upgradation of the Institute

- a. Hospital services- Ultrasound machine was purchased under CoE scheme for the upgradation of the Institute.
- b. Botany section- upgradation of herbal garden.
- c. Drug Standardisation unit - Reagents and other lab consumables were purchased under CoE scheme for the conduction of analysis in HPTLC and DSRU units.
- d. Software purchased- STATA/SE 18 statistical software installed on 27.12.2023 to carry out plan the research studies and analyse the data.
- e. Maintenance of website and e health services.

## 4. Expenditure details

The total expenditure by the end of FY 2023-24 is as below under different heads.

Sub-heads	Total sanctioned in Rs.	Total expenditure in Rs.	Balance in Rs.
Salary	1,74,86,200.00	1,03,26,603.00	17,95,795.00
Non-recurring		19,93,600.00	
Recurring		33,70,200.00	
<b>Total</b>	<b>1,74,86,200.00</b>	<b>1,56,90,403.00</b>	<b>17,95,795.00</b>



### 7.3. Survey of Medicinal Plants Unit (SMPU)

#### I. Brief resume of work carried out since inception:

1) Name of the forest areas/division/range 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
Chickmagaluru	Chickmagaluru	Thungabhadra, Narasimhparvatha, 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	Tumakur	Forest of Bukkapatna, Manchaladorai, Kollikallu, Devarayan durga and Huliyyur Durga state forest
		Coorg	Virajpet	Pattikat reserve forest, Talacauvey, Urtyghat, Bhagamandala-Karika-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	Huliyyur durga state forest, manchaldorai state forest, Kollikallu 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, Chickmagalur 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 sollekal, Between kerti and Irti, Towards Wottekal

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, Kaiavar, 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, Linghamalli, 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	Sirsi-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
			Honnagara	Honnagara, 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	Sulliyya, 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 & Hiriyyur 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	Davanagere, 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 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	Kolar Kalaburagi Bidar Yadgir	1 MEBS tour in Kolar district 1 MEBS tour in Kalaburagi and Bidar districts 1 MEBS tour in Yadgir district

		Hassan	Hassan	1 MEBS tour in Hassan district
53	2023-24	Dakshnia Kannada&Udupi Hassan	Dakshnia Kannada & Udupi Hassan	1 MEBS tour in Dakshnia Kannada & Udupi districts 1 MEBS tour in Hassan district
<b>Special tours:</b>		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 : 33858  
a) Plant origin : 33836  
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 : 44471
- 5) Total number of Index Cards prepared : nil
- 6) Total number of drug samples in the museum : 784  
a) Plant origin : 762  
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 2023-24.

a) Areas surveyed during the reporting period:

Sl. No.	Name of the areas surveyed	Survey dates	No. of days (including journey)	No. of photographs documented
1.	Conducted Medico Ethno Botanical Survey in the forest areas of Dakshina Kannada and Udupi districts for documentation of missing photographs	20.09.2023 to 24.09.2023	5 days	95 plant photographs documented from the forest areas of Dakshina
	Journey from CARI Bengaluru to Mangalore and night stay.	20.09.2023	Day-1	

	Conducted survey in Karkala forest area, Dakshina Kannada district and documentation of missing photographs.	21.09.2023	Day-2	Kannada and Udupi districts
	Conducted survey in Neralakatte, Siddapura and Amasebailu forest areas, Udupi district and documentation of missing photographs.	22.09.2023	Day-3	
	Conducted survey in Neralakatte, Siddapura and Amasebailu forest areas, Udupi district and documentation of missing photographs.	23.09.2023	Day-4	
	Shooted plant photographs from Belathangady and Charmady forest areas Journey from Manipal to CARI Bengaluru	24.09.2023	Day-5	
2.	Conducted Medico Ethno Botanical Survey in the forest areas of Hassan district for documentation of missing photographs	25.10.2023 to 28.10.2023	4 days	55 plant photographs documented from the forest areas of Hassan district
	Journey from CARI Bengaluru to Hassan and night stay. Conducted survey in Mallappanabetta, Hassan district.	25.10.2023	Day-1	
	Conducted survey in Halekote forest areas of Hassan district and documented plant photographs	26.10.2023	Day-2	
	Conducted survey in Sakleshpura forest areas of Hassan district and documented plant photographs	27.10.2023	Day-3	
	Journey from Hassan to CARI Bengaluru	28.10.2023	Day-4	



b) Short tours (crude drug collection tours) conducted during 2023-24:

Sl. No.	Name of the areas surveyed	Date	Number of specimens / raw drugs/museum samples collected (kg)
1.	Devarayanadurga and CARI, Bengaluru surrounding forest areas	20.05.2023	Total 11.00 kg fresh crude drugs belonging to 5 plant species were collected
2.	Mysore and surrounding areas	02.06.2023	Total 7 kg fresh crude drugs belonging to 3 plant species were collected
3.	IIHR Hesarghatta, Bengaluru	09.06.2023	Total 20.00 kg fresh crude drugs belonging to 1 plant species were collected
4.	Hassan district and surrounding forest areas	26.06.2023-28.06.2023	Total 12.50 kg fresh crude drugs belonging to 10 plant species were collected
5.	Hesaraghatta, Yelahanka and CARI, Bengaluru and surrounding areas	12.07.2023	Total 32.60 kg fresh crude drugs belonging to 4 plant species were collected
6.	Davanagere and Haveri districts	09.08.2023-11.08.2023	Total 9.00 kg fresh crude drugs belonging to 6 plant species were collected
7.	Doddaballapura and Harohalli forest areas	18.08.2023-19.08.2023	Total 7.00 kg fresh crude drugs belonging to 4 plant species were collected
	CARI, Bengaluru surrounding areas		Total 23.50 kg fresh crude drugs belonging to 6 plant species were collected
8.	Forest areas of Dakshina Kannada and Udupi districts	20.09.2023-24.09.2023	Total 9.00 kg fresh crude drugs belonging to 4 plant species were collected
9.	Forest areas of Hassan district	25.10.2023-28.10.2023	Total 5.00 kg fresh crude drugs belonging to 2 plant species were collected
10.	Forest areas of Vijayanagar and Bellary districts	20.11.2023-22.11.2023	Total 26.00 kg fresh crude drugs belonging to 8 plant species were collected
11.	Devarayanadurga and surrounding forest areas	05.01.2024	Total 12.00 kg fresh crude drugs belonging to 6 plant species were collected
12.	Hassan district and surrounding forest areas	09.01.2024-11.01.2024	Total 14.50 kg fresh crude drugs belonging to 7 plant species were collected
13.	Savandurga and surrounding forest areas	25.01.2024	Total 10.50 kg fresh crude drugs belonging to 6 plant species were collected
14.	Doddaballpur surrounding areas	09.02.2024	Total 7.00 kg fresh crude drugs belonging to 2 plant species were collected
15.	Dharwad and surrounding forest areas	22.02.2024-24.02.2024	Total 34.50 kg fresh crude drugs belonging to 13 plant species were collected
16.	Hassan district and surrounding forest areas	20.03.2024-22.03.2024	Total 12.00 kg fresh crude drugs belonging to 7 plant species were collected

c) Tour wise details of herbarium specimens collected : 31 specimens under THCRP program

d) Total number of:

i) families of the collected specimens : 09 families

- ii) genera of the collected specimens : 12 genera
- iii) species of the collected specimens : 12 species
- e) Total number of plant specimens mounted for herbarium : 31 specimens
- f) Total number of plant specimens added to herbarium : 31 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 : nil
- i) Total number of unmounted specimens not identified : nil

j) Details of crude drug samples collected/procured and supplied during 2023-24:

Sl. No.	Sanskrit Name	Botanical Name	Part	Quantity collected		Quantity supplied	To whom	Purpose of supply	Balance
				Fresh wt. (kg)	Dry wt. (kg)	Dry wt. (kg)			
1.	Gambhari	<i>Gmelina arborea</i> Roxb.	Fruit	5.000	-	1.200	CSMCARI, Chennai	IMR Project	1.500
2.	-	<i>Croton bonplandianus</i> Baill.	Whole plant	2.500	-	1.200	RARI, Gwalior	IMR Project	0.000
3.	-	<i>Pterolobium hexapetalum</i> (Roth) Santapau & Wagh	Whole plant	2.000	-	1.200	RARI, Gwalior	IMR Project	0.000
4.	Patala	<i>Stereospermum chelonoides</i> DC.	Stem bark	0.500	-	0.160	RARI, Gwalior	IMR Project	0.000
5.	Patala	<i>Stereospermum chelonoides</i> DC.	Stem	0.500	-	0.140	RARI, Gwalior	IMR Project	0.000
6.	-	<i>Ipomoea carnea</i> Jacq.	Whole plant	2.500	-	1.550	CARI, Kolkata	IMR	0.000
7.	Chirivilva	<i>Holoptelea integrifolia</i> Planch.	Stem Bark	3.000	-	2.000	CARI, Jhansi	EMR & IMR	0.000
8.	Chirivilva	<i>Holoptelea integrifolia</i> Planch.	Leaves	1.000	-	0.700	CARI, Jhansi	EMR & IMR	0.000
9.	-	<i>Amaranthus spinosus</i> L.	Seed	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
10.	-	<i>Urena lobata</i> L.	Leaf	0.500	-	0.180	CARI, Kolkata	IMR Project	0.000
11.	-	<i>Urena lobata</i> L.	Stem	1.500	-	1.200	CARI, Kolkata	IMR Project	0.000
12.	-	<i>Cipadessa baccifera</i> Miq.	Leaf	4.000	-	2.000	RARI, Pune	IMR Project	0.000
13.	-	<i>Cipadessa baccifera</i> Miq.	Stem	7.000	-	5.200	RARI, Pune	IMR Project	0.000
14.	Karamarda	<i>Carissa carandas</i> L.	Fruit	20.000	-	-	Infected		0.000
15.	Bhustrna	<i>Hyptis suaveolens</i> (L.) Poit.	Whole Plant	3.000	-	1.000	RARI, Pune	IMR Project	0.000
16.	Jayanti veda	<i>Tridax procumbens</i> L.	Whole Plant	1.000	-	0.580	CARI, Kolkata	IMR Project	0.000
17.	-	<i>Trema orientalis</i> (L.) Blume	Whole Plant	4.000	-	2.000	CARI, Kolkata	IMR Project	0.000
18.	-	<i>Flacourtia indica</i> (Burm.f.) Merr.	Stem	2.000	-	1.500	CARI, Jhansi	IMR Project	0.000

19.	Ram Tulsi	<i>Ocimum gratissimum</i> Forssk.	Whole Plant	3.000	-	0.140	CARI, Kolkata	IMR Project	1.000
20.	Satavari	<i>Asparagus racemosus</i> Willd.	Root	2.000	-	0.500	CARI, Kolkata	IMR Project	0.000
21.	Vrkshamla	<i>Garcinia indica</i> (Thouars) Choisy	Fruit	1.000	-	0.300	CARI, Jhansi	IMR Project	0.000
22.	Bharangi	<i>Clerodendrum serratum</i> Moon	Stem Bark	1.000	-	0.450	CARI, Kolkata	IMR Project	0.000
23.	Plaksha	<i>Ficus virens</i> Aiton	Stem Bark	1.000	-	0.150	UAS, GKVK	IMR Project	0.000
24.	Kamala	<i>Nelumbo nucifera</i> Gaertn.	Flower	0.500	-	-	-	-	0.050
25.	-	<i>Commelina benghalensis</i> L.	Whole plant	2.000	-	-	Infected		0.000
26.	Karkandu	<i>Carissa carandas</i> L.	Fruit	12.600	-	5.500	CFTRI Mysuru	Collaborative project	0.000
27.	Agnimantha	<i>Premna serratifolia</i> L.	Leaf	2.000	-	-	-	-	0.200
28.	Agnimantha	<i>Premna serratifolia</i> L.	Stem bark	1.000	-	-	-	-	0.300
29.	Amra	<i>Mangifera indica</i> L.	Seed	15.000	-	10.000	CSMCARI, Chennai	IMR Project	0.000
30.	-	<i>Cullen corylifolium</i> (L.) Medik.	Whole plant	10.000	-	-	Infected		0.000
31.	-	<i>Alysicarpus vaginalis</i> (L.) DC.	Whole Plant	1.000	-	0.420	CARI, Kolkata	IMR Project	0.000
32.	-	<i>Waltheria indica</i> L.	Whole Plant	2.000	-	1.500	RARI, Gwalior	IMR Project	0.000
33.	Shatavari	<i>Asparagus racemosus</i> Willd.	Root	1.000	-	-	-	-	0.200
34.	-	<i>Ziziphus mauritiana</i> Lam.	Whole plant	3.000	-	-	-	-	1.000
35.	Bahupada/Vat	<i>Ficus benghalensis</i> L.	Stem bark	3.000	-	2.000	UAS-GKVK	Collaborative project	0.000
36.	-	<i>Orthosiphon pallidus</i> Royle ex Benth.	Aerial part	0.500	-	-	-	-	0.100
37.	-	<i>Leptadenia reticulata</i> (Retz.) Wight	Aerial part	1.500	-	-	-	-	0.100
38.	-	<i>Pupalia lappacea</i> (L.) Juss.	Aerial part	1.000	-	-	-	-	0.100
39.	Bhumibala	<i>Sida cordata</i> (Burm. f.) Borss. Waalk.	Root	0.500	-	-	-	-	0.100
40.	Bhumibala	<i>Sida cordata</i> (Burm. f.) Borss. Waalk.	Aerial part	1.000	-	-	-	-	0.050

41.	Aaragvadh	<i>Cassia fistula</i> L.	Leaf	2.000	-	0.200	CARI Kolkata	IMR	0.000
42.	-	<i>Sesbania bispinosa</i> (Jacq.) W.Wight	Stem	3.500	-	2.800	CSMCARI Chennai	IMR Project	0.000
43.	Plaksha	<i>Ficus virens</i> W. T. Aiton	Stem bark	2.000	-	0.900	UAS-GKVK	Collaborative Project	0.000
44.	Plaksha	<i>Ficus virens</i> W. T. Aiton	Stem	4.000	-	-	-	-	2.000
45.	Atibala	<i>Abutilon indicum</i> (L.) Sweet	Fruit	1.500	-	-	-	-	0.500
46.	Agasthi	<i>Sesbania grandiflora</i> (L.)Pers.	Flower	3.000	-	2.000	CSMCARI Chennai	IMR Project	0.000
47.	Pita chandan	<i>Coscinium fenestratum</i> (Gaertn.) Colebr.	Stem	2.000	-	0.380	CSMCARI Chennai	IMR Project	0.000
48.	Susavi	<i>Calycopteris floribunda</i> (Roxb.) Lam.	Root	4.000	-	3.200	CSMCARI Chennai	IMR Project	0.000
49.	Kaalmegh	<i>Andrographis paniculata</i> (Burm.f.) Wall.	Whole plant	2.000	-	0.100	Min. of AYUSH	Research	0.500
50.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Hook.f. & Thomson	Stem and leaf	1.000	-	0.100	Min. of AYUSH	Research	0.000
51.	Aragwadha	<i>Cassia fistula</i> L.	Leaf	1.000	-	-	-	-	0.200
52.	-	<i>Asparagus racemosus</i> Willd.	Root	1.000	-	-	-	-	0.200
53.	Atibala	<i>Abutilon indicum</i> (L.) Sweet	Whole plant	3.000	-	1.000	CSMCARI, Chennai	IMR	0.000
54.	-	<i>Vernonia amygdalina</i> Delile.	Stem	3.000	-	2.000	CSMCARI, Chennai	IMR	0.000
55.	Ashvattha	<i>Ficus religiosa</i> L.	Stem Bark	3.000	-	1.500	UAS-GKVK	Collaborative Project	0.000
56.	Udumbara	<i>Ficus racemosa</i> L.	Stem Bark	3.000	-	1.900	UAS-GKVK	Collaborative Project	0.000
57.	Patola	<i>Trichosanthes cucumerina</i> L.	Whole Plant	2.000	-	0.400	Min. of AYUSH	Research	0.000
58.	Atmagupta	<i>Mucuna pruriens</i> (L.) DC.	Seeds	-	5.000	5.000	CFTRI Mysuru	Collaborative project	0.000

59.	Shashtika shali	<i>Oryza sativa</i> L.	Seeds	-	5.000	5.000	CFTRI Mysuru	Collaborative project	0.000
60.	Vidari	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.	Tuber	-	5.000	5.000	CFTRI Mysuru	Collaborative project	0.000
61.	Ikshuraka	<i>Hygrophila auriculata</i> (Schumach.) Heine	Seeds	-	5.000	5.000	CFTRI Mysuru	Collaborative project	0.000
62.	Pippali	<i>Piper longum</i> L.	Fruit	-	3.000	3.000	CFTRI Mysuru	Collaborative project	0.000
63.	Tandula	<i>Amaranthus spinosus</i> L.	Seeds	-	5.000	5.000	CFTRI Mysuru	Collaborative project	0.000
64.	Patala	<i>Stereospermum chelonoides</i> DC.	Stem Bark	1.000	-	0.500	RARI, Gwalior	IMR Project	0.000
65.	Patala	<i>Stereospermum chelonoides</i> DC.	Branches	2.000	-	1.000	RARI, Gwalior	IMR Project	0.000
66.	Patala	<i>Stereospermum chelonoides</i> DC.	Leaf	1.000	-	0.500	RARI, Gwalior	IMR Project	0.000
67.	Salamali	<i>Bombax ceiba</i> L.	Whole Plant	2.000	-	-	-	-	0.500
68.	Visanika	<i>Pergularia daemia</i> (Forssk.) Chiov.	Whole Plant	2.000	-	-	Infected		0.000
69.	Svarnapatri	<i>Senna angustifolia</i> (Vahl) Batka	Leaf	3.000	-	1.700	CSMCARI Chennai	IMR Project	0.000
70.	Svarnapatri	<i>Senna angustifolia</i> (Vahl) Batka	Fruit	2.500	-	1.000	CSMCARI Chennai	IMR Project	0.000
71.	Sigru	<i>Moringa pterygosperma</i> Gaertn.	Leaf	3.000	-	1.500	CSMCARI Chennai	IMR Project	0.000
72.	Sigru	<i>Moringa pterygosperma</i> Gaertn.	Stem	3.000	-	2.000	CSMCARI Chennai	IMR Project	0.000
73.	Sprkka	<i>Anisomeles malabarica</i> (L.) R.Br.	Whole Plant	3.000	-	2.000	CSMCARI Chennai	IMR Project	0.000
74.	Kakanasika	<i>Martynia annua</i> L.	Seed	2.000	-	1.600	CSMCARI Chennai	IMR Project	0.000
75.	Vrddhadaruka	<i>Argyreia nervosa</i> (Burm.f.) Bojer	Leaf	2.000	-	0.700	CSMCARI Chennai	IMR Project	0.000
76.	Vrddhadaruka	<i>Argyreia nervosa</i> (Burm.f.) Boje	Stem	5.000	-	2.000	CSMCARI Chennai	IMR Project	0.000

77.	Goksura	<i>Tribulus terrestris</i> L.	Seed	0.500	-	-	-	-	0.100
78.	Arka	<i>Calotropis procera</i> (Ait.) R. Br.	Stem	3.000	-	1.000	CSMCARI Chennai	IMR Project	0.000
79.	Arka	<i>Calotropis procera</i> (Ait.) R. Br.	Leaf and flower	2.000	-	0.500	CSMCARI Chennai	IMR Project	0.000
80.	Ghrit kumari	<i>Aloe vera</i> (L.) Burm. f.	Whole plant	4.000	-	2.000	NARIP, Thrissur	IMR Project	0.000
81.	Vatvrksha	<i>Ficus benghalensis</i> L.	Stem bark	5.000	-	2.000	UAS, GKVK	Collaborative Project	0.000
82.	Ashvattha	<i>Ficus religiosa</i> L.	Stem bark	5.000	-	-	-	-	0.500
83.	Udumbara	<i>Ficus racemosa</i> L.	Stem bark	5.000	-	2.000	UAS, GKVK	Collaborative Project	0.000
84.	Nimba	<i>Azadirachta indica</i> A. Juss.	Stem bark	5.000	-	1.000	CSMCARI Chennai	IMR Project	0.000
85.	Shigru	<i>Moringa oleifera</i> L.	Stem bark	3.000	-	1.000	CSMCARI Chennai	IMR Project	0.000
86.	Lodhrah	<i>Desmodium pulchellum</i> (L.) Benth.	Aerial part	3.000	-	-	-	-	1.000
87.	Haladi gorate	<i>Barleria prionitis</i> L.	Whole plant	7.000	-	5.000	NARIP, Thrissur	IMR Project	0.000
88.	Khadira	<i>Acacia catechu</i> (L.f.) Willd.)	Heart wood	30.000	-	20.000	CARI Bengaluru	COE project	0.000
89.	Kadara	<i>Acacia polyantha</i> A.Spreng.	Bark/Heart wood	30.000	-	20.000	CARI Bengaluru	COE project	0.000
90.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Hook. f. and Thoms.	Stem	8.000	-	3.000	CSMCARI Chennai	IMR Project	0.000
91.	Putulika	<i>Trichosanthes dioica</i> Roxb.	Fruit	1.000	-	0.280	CSMCARI Chennai	IMR Project	0.000
92.	Atmagupta	<i>Mucuna pruriens</i> (L.) DC.	Seeds	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
93.	Shashtika shali	<i>Oryza sativa</i> L.	Seeds	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
94.	Vidari	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.	Tuber	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000

95.	Ikshuraka	<i>Hygrophila auriculata</i> (Schumach.) Heine	Seed	-	1.000	1.000	CFTRI Mysuru	Collaborative project	0.000
96.	Gambhari	<i>Gmelina arborea</i> Roxb.	Fruit	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
97.	Madhuka	<i>Madhuca indica</i> J.F.Gmel.	Flower	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
98.	Indu	<i>Cinnamomum camphora</i> (L.) J.Presl	Exudate	-	0.250	0.250	CFTRI Mysuru	Collaborative project	0.000
99.	Amalaka	<i>Phyllanthus emblica</i> L.	Fruit	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
100.	Pippali	<i>Piper longum</i> L.	Fruit	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
101.	Vahni	<i>Plumbago zeylanica</i> L.	Root	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
102.	Mahuva	<i>Madhuca longifolia</i> (Roxb.) A.Chev.	Flower	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
103.	Triphala	<i>Phyllanthus emblica</i> L. <i>Terminalia bellirica</i> (Gaertn.) Roxb. <i>Terminalia chebula</i> Retz.	Mix of all fruits	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
104.	Pippali	<i>Piper longum</i> L.	Fruit	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
105.	Pippali moola	<i>Piper longum</i> L.	Root	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
106.	Talisapatra	<i>Abies spectabilis</i> (D.Don) Mirb.	Leaf	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
107.	Aruskara	<i>Semecarpus anacardium</i> L.f.	Seed	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
108.	Vidanga	<i>Embelia ribes</i> Burm.f.	Fruit	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
109.	Vridha daraka	<i>Argyreia speciosa</i> (L.f.) Sweet	Stem	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000



110.	Bringaraja	<i>Eclipta prostrata</i> (L.) L.	Whole Plant	-	2.000	2.000	CFTRI Mysuru	Collaborative project	0.000
111.	Vacha	<i>Acorus calamus</i> L.	Rhizome	-	1.000	1.000	RARI, Gwalior	ICMR-EMR	0.000
112.	Yashtimadhu	<i>Glycyrrhiza glabra</i> L.	Stem	-	1.000	1.000	CARI, Kolkata	IMR Project	0.000
113.	-	<i>Inula racemosa</i> Hook.f.	Root	-	18.000	1.000	CARI, Kolkata	IMR Project	0.000
114.	Yashtimadhu	<i>Glycyrrhiza glabra</i> L.	Stem	-	1.000	1.000	CARI, Kolkata	IMR Project	0.000
115.	Shati	<i>Hedychium spicatum</i> Buch.-Ham. ex Sm.	Rhizome	-	0.500	0.500	CARI, Kolkata	IMR Project	0.000
116.	Haritaki	<i>Terminalia chebula</i> Retz.	Pulp	-	1.000	1.000	CSMCARI Chennai	IMR Project	0.000
117.	Bibhitaka	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Pulp	-	1.000	1.000	CSMCARI Chennai	IMR Project	0.000
118.	Amalaki	<i>Phyllanthus emblica</i> L.	Pulp	-	1.000	1.000	CSMCARI Chennai	IMR Project	0.000
119.	Katvi (Katuki)	<i>Picrorhiza kurroa</i> Royle ex Benth.	Root/Rhizome	-	1.000	1.000	CSMCARI Chennai	IMR Project	0.000
120.	Bhunimba (Kiratatikta)	<i>Swertia chirata</i> Buch.-Ham. ex Wall.	Plant	-	1.000	1.000	CSMCARI Chennai	IMR Project	0.000
121.	Darunisa	<i>Berberis aristata</i> DC.	Stem	-	1.000	1.000	CSMCARI Chennai	IMR Project	0.000
122.	Manjistha	<i>Rubia cordifolia</i> L.	Root	-	1.000	1.000	CSMCARI Chennai	IMR Project	0.000
123.	Kapikacchu	<i>Mucuna pruriens</i> (L.) DC.	Seed	-	2.000	2.000	CSMCARI, Chennai	IMR Project	0.000
124.	Madhuka	<i>Madhuca indica</i> J.F.Gmel.	Flower	-	2.000	2.000	CSMCARI, Chennai	IMR Project	0.000
125.	Vidari	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.	Root	-	2.000	2.000	CSMCARI, Chennai	IMR Project	0.000
126.	Padmabeeja	<i>Nelumbo nucifera</i> Gaertn.	Seed	-	2.000	2.000	CSMCARI, Chennai	IMR Project	0.000
127.	Maricha	<i>Piper nigrum</i> L.	Fruit	-	0.500	0.500	NARIP, Thrissur	IMR Project	0.000

128.	Sunti	<i>Zingiber officinale</i> Roscoe	Rhizome	-	0.500	0.500	NARIP, Thrissur	IMR Project	0.000
129.	Pippalli	<i>Piper longum</i> L.	Fruit	-	0.500	0.500	NARIP, Thrissur	IMR Project	0.000
130.	Kutaki	<i>Picrorhiza kurroa</i> Royle ex Benth.	Rhizome	-	0.500	0.500	NARIP, Thrissur	IMR Project	0.000
131.	Sunti	<i>Zingiber officinale</i> Roscoe	Rhizome	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
132.	Haritaki	<i>Terminalia chebula</i> Retz	Fruit	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
133.	Vibhitiki	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
134.	Amlaki	<i>Phyllanthus emblica</i> L.	Fruit	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
135.	Maricha	<i>Piper nigrum</i> L.	Fruit	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
136.	Pippalli	<i>Piper longum</i> L.	Fruit	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
137.	Vidanga	<i>Embelia ribes</i> Burm.f.	Fruit	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
138.	Vacha	<i>Acorus calamus</i> L.	Rhizome	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
139.	Mushta	<i>Cyperus rotundus</i> L.	Root tuber	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
140.	Guggulu	<i>Commiphora wightii</i> (Arn.) Bhandari	Exude	-	2.000	2.000	NARIP, Thrissur	IMR Project	0.000
141.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	-	1.500	1.500	NARIP, Thrissur	IMR Project	0.000
142.	Chamarpushpa	<i>Areca catechu</i> L.	Nut	-	20.000	20.000	CARI Bengaluru	COE project	0.000
143.	Vaca	<i>Acorus calamus</i> L.	Rhizome	-	1.000	1.000	CSMCARI Chennai	IMR Project	0.000
144.	Arjuna	<i>Terminalia arjuna</i> W. & A.	Stem bark	2.000	-	1.000	CSMCARI Chennai	IMR Project	0.000
145.	Arjuna	<i>Terminalia arjuna</i> W. & A.	Leaf	2.000	-	1.000	CSMCARI Chennai	IMR Project	0.000
146.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1.000	-	-	-	-	0.300
147.	Asvattha	<i>Ficus religiosa</i> L.	Stem bark	3.000	-	2.000	UAS, GKVK	Collaborative Project	0.000
148.	Parisha	<i>Thespesia populnea</i> (L.) Soland.	Stem bark	3.000	-	2.000	UAS, GKVK	Collaborative Project	0.000
149.	Puga	<i>Areca catechu</i> L.	Seed	2.000	-	-	-	-	0.820

150.	-	<i>Psydrax dicoccos</i> Gaertn.	Stem bark	1.000	-	0.420	CSMCARI, Chennai	IMR Project	0.000
151.	Kampillaka	<i>Mallotus philippinensis</i> Muell.-Arg.	Stem	2.000	-	-	-	-	0.500
152.	Kampillaka	<i>Mallotus philippinensis</i> Muell.-Arg.	Leaf	2.000	-	-	-	-	0.300
153.	Rakta indravaruni	<i>Trichosanthes bracteata</i> (Lam.) Voigt	Fruit	1.000	-	-	-	-	0.200
154.	Rakta indravaruni	<i>Trichosanthes bracteata</i> (Lam.) Voigt	Leaf	2.000	-	-	-	-	0.200
155.	Kakamaci	<i>Solanum nigrum</i> L.	Whole Plant	2.000	-	1.800	CSMCARI, Chennai	IMR Project	0.000
156.	Tulasi	<i>Ocimum tenuiflorum</i> L.	Leaf	1.000	-	-	-	-	0.200
157.	Plaksha	<i>Ficus virens</i> Aiton	Stem Bark	3.000	-	1.600	UAS, GKVK	Collaborative Project	0.000
158.	Mahabala	<i>Sida rhombifolia</i> L.	Whole Plant	1.500	-	0.850	CSMCARI Chennai	IMR Project	0.000
159.	Kampillaka	<i>Scoparia dulcis</i> L.	Whole Plant	0.500	-	-	-	-	0.100
160.	Nirgundi	<i>Vitex trifolia</i> L.	Leaf	2.000	-	1.800	CSMCARI Chennai	IMR Project	0.000
161.	Dhronapushpi	<i>Leucas aspera</i> L.	Whole plant	4.000	-	3.200	CSMCARI Chennai	IMR Project	0.000
162.	Tulasi	<i>Ocimum americanum</i> L.	Whole plant	1.000	-	-	-	-	0.300
163.	Agnimantha	<i>Clerodendrum phlomidis</i> L.f.	Stem	3.000	-	2.000	CSMCARI Chennai	IMR Project	0.000
164.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	2.000	-	-	-	-	0.500
165.	Kapitha	<i>Limonia acidissima</i> L.	Fruit	1.500	-	-	-	-	0.860
166.	Bhringaraj	<i>Eclipta alba</i> L.	Whole plant	2.000	-	0.350	CSMCARI, Chennai	IMR Project	0.000
167.	Tulasi	<i>Ocimum tenuiflorum</i> L.	Leaf	2.000	-	-	-	-	0.300
168.	Nishpava	<i>Dolichos trilobus</i> L.	Tuber	1.500	-	0.320	CSMCARI, Chennai	IMR Project	0.000

169.	Bakuchi	<i>Cullen corylifolium</i> L.	Whole plant	2.000	-	-	-	-	0.200
170.	Shigru	<i>Moringa oleifera</i> L.	Stem bark	2.000	-	0.900	CARI, Kolkata	IMR Project	0.000
171.	Pushkarmula	<i>Cheilocostus speciosus</i> (J. Koenig) C. Specht	Rhizome	3.000	-	-	-	-	1.000
172.	Hatisundi	<i>Heliotropium indicum</i> L.	Whole Plant	2.000	-	0.800	CSMCARI Chennai	IMR Project	0.000
173.	Karamarda	<i>Carissa carandas</i> L.	Stem Bark	3.000	-	1.000	CSMCARI Chennai	IMR Project	0.000
174.	Sakhotaka	<i>Streblus asper</i> Lour.	Stem Bark	1.000	-	-	-	IMR Project	0.360
175.	Sirisa	<i>Albizzia lebbeck</i> Benth.	Leaf	2.000	-	1.000	CSMCARI Chennai	IMR Project	0.000
176.	Sirisa	<i>Albizzia lebbeck</i> Benth.	Flower	1.000	-	0.500	CSMCARI Chennai	IMR Project	0.300
177.	Karnasphota	<i>Cardiospermum halicacabum</i> L.	Whole Plant	3.500	-	1.000	CSMCARI Chennai	IMR Project	0.000
178.	Mahabala	<i>Sida rhombifolia</i> L.	Whole Plant	1.000	-	-	-	-	0.500
179.	Aritha	<i>Sapindus emarginatus</i> Vahl	Fruit	0.500	-	-	-	-	0.350
180.	Arka	<i>Calotropis procera</i> Aiton	Whole Plant	7.000	-	1.980	CSMCARI Chennai	IMR Project	3.200
181.	Palasa	<i>Butea monosperma</i> Roxb.	Fruit	1.000	-	-	-	-	0.100
182.	-	<i>Ventilago maderaspatana</i> Gaertn.	Whole Plant	2.000	-	-	-	-	1.000
183.	Palandu	<i>Allium cepa</i> L.	Leaf	3.000	-	-	-	-	0.100
184.	Kusmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	12.000	-	-	-	-	0.200
185.	-	<i>Luffa cylindrica</i> L.	Seed	0.500	-	-	-	-	0.100
186.	-	<i>Luffa cylindrica</i> L.	Fruit	5.000	-	1.500	-	-	0.500
187.	Kadali	<i>Musa paradisiaca</i>	Whole plant	5.000	-	3.200	CSMCARI Chennai	IMR Project	0.000
188.	Ikshu	<i>Saccharum officinarum</i> L.	Whole plant	4.000	-	0.900	CSMCARI Chennai	IMR Project	0.000

189.	Bibitaki	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruits	3.000	-	2.200	CSMCARI Chennai	IMR Project	0.000
190.	Asvattha	<i>Ficus religiosa</i> L.	Stem bark	4.000	-	2.000	CSMCARI Chennai	IMR Project	0.000
191.	Danti	<i>Baliospermum montanum</i> Muell-Arg.	Seed	0.500	-	0.200	CSMCARI Chennai	IMR Project	0.000
192.	Plaksha	<i>Ficus virens</i> W. T. Aiton	Stem bark	3.000	-	2.000	UAS, GKVK	Collaborative Project	0.000
193.	Asana	<i>Pterocarpus marsupium</i> Roxb.	Heartwood	3.000	-	-	-	-	1.000
194.	Asana	<i>Pterocarpus marsupium</i> Roxb.	Stem Bark	2.000	-	-	-	-	0.500
195.	Amalika	<i>Tamarindus indica</i> L.	Leaf	0.500	-	-	-	-	0.050
196.	Karanja	<i>Pongamia pinnata</i> (L.) Pierre	Flower	1.000	-	0.500	RARI, Jammu	IMR	0.000
197.	Vatavrksha	<i>Ficus benghalensis</i> L.	Fruit	1.000	-	0.450	CARI, Jhansi	IMR	0.000
198.	Bhustrna	<i>Hyptis suaveolens</i> (L.) Poit.	Leaf	2.500	-	1.000	RARI, Pune	IMR Project	0.000
199.	Bhustrna	<i>Hyptis suaveolens</i> (L.) Poit.	Stem	2.500	-	1.200	RARI, Pune	IMR Project	0.000
200.	Bhustrna	<i>Hyptis suaveolens</i> (L.) Poit.	Root	2.000	-	0.900	RARI, Pune	IMR Project	0.000
201.	Dhanvayavasa	<i>Fagonia cretica</i> L.	Root	2.500	-	1.500	CARI, Jhansi	IMR Project	0.000
202.	Pushkaramula	<i>Inula racemosa</i> Hook.f.	Root	-	18.000	18.000	CARI, Jhansi	IMR Project	0.000
203.	Gunja	<i>Abrus precatorius</i> L.	Leaf	3.000	-	0.400	CSMCARI, Chennai	IMR Project	0.000
204.	Gunja	<i>Abrus precatorius</i> L.	Fruit	2.500	-	0.250	CSMCARI, Chennai	IMR Project	0.000
205.	Kadalika	<i>Musa paradisiaca</i> L.	flower	1.000	-	0.090	RARI, Jammu	IMR Project	0.000
206.	Parushaka	<i>Grewia asiatica</i> L.	Fruit	-	1.800	1.800	CFTRI Mysuru	Collaborative Project	0.000
207.	-	<i>Psydrax dicoccos</i> Gaertn.	Root	4.000	-	2.000	CSMCARI Chennai	IMR Project	0.000
208.	Tvak	<i>Cinnamomum verum</i> J.Presl	Stem Bark	-	2.500	2.500	CARI, Kolkata	IMR Project	0.000
209.	Ela	<i>Elettaria cardamomum</i> (L.) Maton	Fruit & Seed	-	2.500	2.500	CARI, Kolkata	IMR Project	0.000

210.	Patra	<i>Cinnamomum tamala</i> (Buch.-Ham.) T.Nees & C.H.Eberm.	Leaf	-	2.500	2.500	CARI, Kolkata	IMR Project	0.000
211.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f. & Thomson	Stem	-	2.500	2.500	CARI, Kolkata	IMR Project	0.000
212.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit Rind	-	2.500	2.500	CARI, Kolkata	IMR Project	0.000
213.	Bibhitaki	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit Rind	-	2.500	2.500	CARI, Kolkata	IMR Project	0.000
214.	Dhatri	<i>Phyllanthus emblica</i> L.	Fruit Rind	-	2.500	2.500	CARI, Kolkata	IMR Project	0.000
215.	Aushadha	<i>Zingiber officinale</i> Roscoe	Rhizome	-	2.500	2.500	CARI, Kolkata	IMR Project	0.000
216.	Bhringiraj	<i>Eclipta prostrata</i> (L.) L.	Whole Plant	-	2.500	2.500	CARI, Kolkata	IMR Project	0.000
217.	Bakuchi	<i>Cullen corylifolium</i> (L.) Medik.	Seed	-	0.200	0.200	CARI, Kolkata	IMR Project	0.000
218.	Haridra	<i>Curcuma longa</i> L.	Rhizome	-	0.500	0.500	CARI, Kolkata	IMR Project	0.000
219.	Daruharidra	<i>Berberis aristata</i> DC.	Stem	-	0.200	0.200	CARI, Kolkata	IMR Project	0.000
220.	Saraspā	<i>Brassica rapa</i> L.	Seed	-	0.200	0.200	CARI, Kolkata	IMR Project	0.000
221.	Kustha	<i>Saussurea costus</i> Falc.	Root	-	0.200	0.200	CARI, Kolkata	IMR Project	0.000
222.	Bhringraja	<i>Eclipta prostrata</i> (L.) L.	Whole plant	2.500	-	0.350	CSMCARI, Chennai	IMR Project	0.000
223.	Karanja	<i>Pongamia pinnata</i> (L.) Pierre	Seed	-	0.200	0.200	CARI, Kolkata	IMR Project	0.000
224.	Chakramarda	<i>Senna tora</i> (L.) Roxb.	Seed	-	0.200	0.200	CARI, Kolkata	IMR Project	0.000
225.	Hingu	<i>Ferula foetida</i> Regel	Exude	-	0.500	0.500	CARI, Kolkata	IMR Project	0.000
226.	Vaca	<i>Acorus calamus</i> L.	Rhizome	-	0.400	0.400	CARI, Kolkata	IMR Project	0.000
227.	Bilva	<i>Aegle marmelos</i> (L.) Correa	Leaf	-	0.400	0.400	CARI, Kolkata	IMR Project	0.000
228.	Lasuna	<i>Allium sativum</i> L.	Bulb	-	4.000	4.000	CARI, Kolkata	IMR Project	0.000
229.	Kiratatikta	<i>Swertia chirata</i> Buch.-Ham. ex Wall.	Whole plant	-	0.100	0.100	Min. of AYUSH	Research	0.000
230.	Vasa	<i>Justicia adhatoda</i> L.	Leaf	1.500	-	0.100	Min. of AYUSH	Research	0.000
231.	Abhaya	<i>Terminalia chebula</i> Retz.	Fruit	-	0.100	0.100	Min. of AYUSH	Research	0.000
232.	Shunthi	<i>Zingiber officinale</i> Roscoe	Rhizome	-	0.100	0.100	Min. of AYUSH	Research	0.000
233.	Amalaki	<i>Phyllanthus emblica</i> L.	Pulp	-	3.000	3.000	CARI, Kolkata	IMR Project	0.000

234.	Kantikari	<i>Solanum surattense</i> Burm.fil.	Plant	-	3.000	3.000	CARI, Kolkata	IMR Project	0.000
235.	Vaca	<i>Acorus calamus</i> L.	Rhizome	-	3.000	3.000	CARI, Kolkata	IMR Project	0.000
236.	Yasthimadhu	<i>Glycyrrhiza glabra</i> L.	Root	-	3.000	3.000	CARI, Kolkata	IMR Project	0.000
237.	Pippali	<i>Piper longum</i> L.	Fruit	-	3.000	3.000	CARI, Kolkata	IMR Project	0.000
238.	Marich	<i>Piper nigrum</i> L.	Fruit	-	3.000	3.000	CARI, Kolkata	IMR Project	0.000
239.	Sunthi	<i>Zingiber officinale</i> Roscoe.	Rhizome	-	3.000	3.000	CARI, Kolkata	IMR Project	0.000
240.	Saindhav lavan	Rock salt	Salt	-	2.000	2.000	CARI, Kolkata	IMR Project	0.000
241.	Hingu	<i>Ferula assa-foetida</i> L.	Oleo gum resin	-	0.250	0.250	Thrissur, Kerala	IMR Project	0.000
242.	Kurunda	<i>Boswellia serrata</i> Roxb. ex Colebr.	Exudate	-	2.000	2.000	Thrissur, Kerala	IMR Project	0.000
243.	Asana	<i>Pterocarpus marsupium</i> Roxb.	Heartwood	-	1.000	1.000	RARI, Gwalior.	IMR Project	0.000
244.	Vidanga	<i>Embelia ribes</i> Burm. f.	Seed	-	1.000	1.000	RARI, Gwalior.	IMR Project	0.000
245.	Haridra	<i>Curcuma longa</i> L.	Rhizome	-	1.000	1.000	RARI, Gwalior.	IMR Project	0.000
246.	Pippali	<i>Piper longum</i> L.	Fruit	-	1.000	1.000	RARI, Gwalior.	IMR Project	0.000
247.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.f. & Thoms.	Stem	-	1.000	1.000	RARI, Gwalior.	IMR Project	0.000
248.	Hareetaki	<i>Terminalia chebula</i> Retz.	Fruit	-	1.000	1.000	RARI, Gwalior.	IMR Project	0.000
249.	Vibheetaki	<i>Terminalia bellirica</i> (Gaertn.) roxb.	Fruit	-	1.000	1.000	RARI, Gwalior.	IMR Project	0.000
250.	Amalaki	<i>Phyllanthus emblica</i> L.	Fruit	-	1.000	1.000	RARI, Gwalior.	IMR Project	0.000
251.	Itkata	<i>Sesbania bispinosa</i> W.F.Wight	Root	1.000	-	0.300	CSMCARI, Chennai	IMR Project	0.000
252.	Tulsi	<i>Ocimum sanctum</i> L.	Leaf	6.000	-	3.000	CARI, Kolkata	IMR Project	0.000
253.	Danti	<i>Baliospermum montanum</i> Müll.Arg.	Root	2.000	-	0.750	CARI, Kolkata	IMR Project	0.000
254.	Jivanti	<i>Leptadenia pyrotechnica</i> (Forssk.) Decne.	Stem	-	2.500	2.500	CSMCARI, Chennai	IMR Project	0.000
255.	Indravaaruni	<i>Citrullus colocynthis</i> (L.) Schrad.	Root	-	1.800	1.800	CSMCARI, Chennai	IMR Project	0.000
256.	Bakuchi	<i>Cullen corylifolia</i> (L.) Medik.	Seeds	-	-	0.300	CSMCARI, Chennai	IMR Project	0.000













257.	Sana	<i>Crotalaria juncea</i> L.	Seed	-	-	0.500	CSMCARI, Chennai	IMR Project	0.000
258.	Safed musli	<i>Chlorophytum borivilianum</i> Santapau & R.R.Fern.	Tuberous root	-	2.000	2.000	CFTRI, Mysuru	Collaborative project	0.000
259.	Nagakeshara	<i>Mesua ferrea</i> L.	Flower	-	1.750	1.750	-	-	0.000
260.	Lonica	<i>Portulaca oleracea</i> L.	Whole Plant	3.000	-	-	-	-	1.000
261.	-	<i>Alysicarpus vaginalis</i> DC.	Whole Plant	0.300	-	-	-	-	0.100
262.	-	<i>Mucuna monosperma</i> Roxb. ex Wight	Fruit	0.100	-	-	-	-	0.100
<b>Total =</b>				<b>472.50</b>	<b>232.65</b>	<b>398.29</b>	<b>-</b>	<b>-</b>	<b>25.440</b>



**k) Details of folklore claims documented:**

Dr. V. Rama Rao, Research Officer (S-3) Botany as Co-I of THCRP program actively involved in documentation, identification and authentication of botanical raw drugs used by local healers and contributed to documentation of 09 LHTs from Davangere district during the reporting period. Mrs. Bhavana R, Research Assistant (Botany) involved in processing of herbarium specimens and accessioning.

**l) Medicinal plants photographs shot during crude drug collection tours during the reporting year 2023-24:**

		
Abrus precatorius fruit	Abutilon indicum habit	Albizzia lebbeck flower
		
Aloe vera habit	Alysicarpus vaginalis leaf	Amaranthus spinosus habit
		
Andrographis paniculata habit	Anisomeles malabarica twig	Areca catechu nut
		
Argyreia nervosa leaf	Aristolochia indica habit	Asparagus asiaticus habit



		
Asparagus racemosus habit	Asparagus racemosus tubers	Bacopa monnieri habit
		
Baliospermum montanum	Benincasa hispida habit	Boerhavia diffusa habit
		
Calotropis procera twig	Calycopteris floribanda twig	Carica papaya fruit
		
Carissa caranda fruit	Centella asiatica habit	Cipadessa baccifera leaf
		
Clerodendrum phlomidis twig	Commelina benghalensis habit	Cosciniium fenestratum leaf












		
Curcuma caesia flower	Ficus benghalensis twig	Ficus racemosa leaf
		
Ficus religiosa leaf	Ficus virens twig	Flacourtia indica habit
		
Gmelina arborea branch	Gmelina arborea fruits	<i>Heliotropium indicum</i> plant
		
Ipomoea carnea habit	Leptadenia reticulata leaf	Moringa pterygosperma flower
		
Nelumbo nucifera flower	Nelumbo nucifera fruit	Nerium oleander twig



		
Ocimum gratissimum leaves	Orthosiphon aristatus habit	Portulaca oleracea habit
		
Premna corymbosa twig	Psoralea corylifolia twig	Psydrax dicoccos twig
		
Pupalia lappacea habit	<i>Rauvolfia serpentina</i> -twig	<i>Salacia reticulata</i> -branch
		
Senna angustifolia fruit	Sesbania bispinosa habit	Sesbania grandiflora flower
		
Stereospermum chelonoides twig	Terminalia bellirica fruit	Terminalia chebula fruit



		
Thespesia populnea leaf	Tinospora cordifolia habit	Trema orientalis branch
		
Trichosanthes tricuspidata habit	Urena lobata twig	Ventilago maderaspatana-branch
		
Vitex trifolia leaf	Waltheria indica twig	Zingiber zerumbet habit
		
Plant sample collection from Bellary district	Plant sample collection from Hassan district	Plant sample collection from Hassan district
		
Demonstration of Herbarium and museum sample preparation to BAMS students, Atreya Ayurvedic Medical College, Hospital & Research Centre, Bengaluru		





Demonstration of Herbarium and museum sample preparation to B.Pharm students, T. John college of Pharmacy, Bengaluru



Demonstration of Herbarium and museum sample preparation to B.Pharm students, East West Point College of Pharmacy, Bangalore



Demonstration of Herbarium, museum sample preparation and herbal garden to 2<sup>nd</sup> year BAMS Students of Sri Sri College of Ayurveda, Bangalore



Visit by MBBS Internees- KIMS, Bengaluru

### **m) Identification and Authentication of plant samples during year 2023-24:**

1. Plant sample submitted by Porika Ramesh, Scholar, Dept. of Botany, Osmania University, Hyderabad has been authenticated as *Argyreia cuneata* Ker Gawl. of family Convolvulaceae (RRCBI-9573)
2. Plant sample submitted by P Dodamani, Scholar, Depat. of Livestock Prod. Management, SRS-NDRI, Bengaluru has been authenticated as *Withania somnifera* (L.) Dunal of Solanaceae (RRCBI-9103)
3. Plant sample submitted by Sirisha KN & Surabhi V, St. John's Pharmacy College, Bengaluru, has been authenticated as *Linum usitatissimum* L. belonging to the family Linaceae (RRCBI-mus176)
4. Plant sample submitted by Sajjath Aslam ST, et al., St. John's Pharmacy College, Bengaluru has been authenticated as *Albizia lebbeck* (L.) Benth. belonging to Fabaceae (RRCBI -1637)  
Plant sample submitted by Asrar Ahemad N, Sadhana ND, Jayshree A and Subiya Sadaf, VII Semester, St. John's Pharmacy College, Bengaluru has been authenticated as
5. *Aegle marmelos* (L.) Correa belonging to the family Rutaceae (RRCBI-19958)
6. *Psidium guajava* L. belonging to the family Myrtaceae (RRCBI-18272)
7. Plant sample submitted by Dr. Zohra Jabeen A, Scholar, Dept. of Ilmu Qabalat wa Amraze Niswan, NIUM, Bengaluru has been authenticated as *Centella asiatica* (L.) Urb. of Apiaceae (RRCBI-5724)  
Plant sample submitted by Dr. Kattubadi Ayeshabi, PG Scholar, Department of Ilmu Qabalat wa Amraze Niswan, NIUM, Bengaluru have been authenticated as
8. *Melissa officinalis* L. belonging to the family Lamiaceae (RRCBI-mus440)
9. *Fagonia arabica* L.) belonging to the family Zygophyllaceae (RRCBI-mus441)
10. *Foeniculum vulgare* Mill. belonging to the family Apiaceae (RRCBI- mus145)
11. Plant sample submitted by Dr. Yusra Qureshi, PG Scholar Dept. of Ilmu Qabalat wa Amraze Niswan, NIUM, Bengaluru has been authenticated as *Linum usitatissimum* L. of Linaceae (RRCBI-mus176)
12. Plant sample submitted by Dr. Ansari Uzma Shamim Ah, Scholar, Dept. of Ilmu Qabalat wa Amraze Niswan, NIUM, Bengaluru authenticated as *Tribulus terrestris* L. of Zygophyllaceae (RRCBI-3265)
13. Plant sample submitted by Dr. Aniya Afaq Khan, Scholar, Dept. of Ilmu Qabalat wa Amraze Niswan, NIUM, Bengaluru has been authenticated as *Punica granatum* L. family Lythraceae (RRCBI-13286)  
Plant samples submitted by Dr. Afifa Naaz, PG Scholar Department of Ilmu Qabalat wa Amraze Niswan, NIUM, Bengaluru has been authenticated as
14. *Trachyspermum ammi* Sprague belonging to the family Apiaceae (RRCBI-mus218)
15. *Foeniculum vulgare* Mill. belonging to the family Apiaceae (RRCBI- mus145)
16. *Acorus calamus* L. belonging to the family Acoraceae (RRCBI-18890)  
Plant sample submitted by Dr. Huma Khatoon, PG Scholar Department of Ilmu Qabalat wa Amraze Niswan, NIUM, Bengaluru has been authenticated as
17. *Punica granatum* L. belonging to the family Lythraceae (RRCBI-13286)
18. *Myrtus communis* L. belonging to the family Myrtaceae (RRCBI- mus341)
19. *Vachellia nilotica* subsp. *tomentosa* (Benth.) Kyal. & Boatwr. of Fabaceae family (RRCBI-mus350)
20. Sample submitted by Sadishkumar S, PES University, Hanumanthanagar has been authenticated as *Fragaria ananassa* (Duchesne ex Weston) Duchesne ex Rozier of family Rosaceae (RRCBI-mus442)
21. Plant sample submitted by Mohith S N, PES University Hanumanthanagar, Bengaluru has been authenticated as *Limonia acidissima* L. belonging to Rutaceae (RRCBI-10938)
22. Plant sample submitted by Prathiba R, PES University Hanumanthanagar, Bengaluru has been authenticated as *Capsicum annuum* L. of family Solanaceae (RRCBI-8263).
23. Plant sample submitted by Abhishek shirahatti, PES University Hanumanthanagar, Bengaluru has been authenticated as *Ficus benghalensis* L. belonging to Moraceae (RRCBI-20067)
24. Plant sample submitted by Priya Shree K, PES University Hanumanthanagar, Bengaluru has been authenticated as *Annona muricata* L. belonging to Annonaceae (RRCBI-mus185)
25. Sample submitted by Chaitra R, PES University Hanumanthanagar, Bengaluru has been authenticated as *Phyllanthus amarus* Schumach. & Thonn. belonging to the family Phyllanthaceae (RRCBI-10790)
26. Plant sample submitted by Nandish Gowda. R, PES University Hanumanthanagar, Bengaluru has been authenticated as *Ailanthus excelsa* Roxb. belonging to the family Simaroubaceae (RRCBI-19979)

27. Sample submitted by Ayesha Nida, et al., St. John's Pharmacy College, Bengaluru has been authenticated as *Ficus racemosa* Willd. belonging to the family Moraceae (RRCBI-19903)  
Plant sample submitted by Dr. Mahantagouda Biradar Ph.D scholar, N.K. Jabshetty Ayurvedic Medical College & P.G. Centre, Bidar has been authenticated as
28. *Sesamum indicum* L. (Oil) belonging to the family Pedaliaceae (RRCBI-19633)
29. *Rubia cordifolia* L. belonging to the family Rubiaceae (RRCBI-10554)
30. *Terminalia chebula* Retz. belonging to the family Combretaceae (RRCBI-11984)
31. *Terminalia bellirica* (Gaertn.) Roxb. belonging to the family Combretaceae (RRCBI-20578)
32. *Phyllanthus emblica* L. belonging to the family Phyllanthaceae (RRCBI-19993)
33. *Sida cordifolia* L. belonging to the family Malvaceae (RRCBI-3275)
34. *Curcuma longa* L. belonging to the family Zingiberaceae (RRCBI-mus277)
35. *Cyperus rotundus* L. belonging to the family Cyperaceae (RRCBI-mus316)
36. *Symplocos racemosa* Roxb. belonging to the family Symplocaceae (RRCBI-20020)
37. *Pandanus utilis* Bory belonging to the family Pandanaceae (RRCBI-mus443)
38. *Ficus benghalensis* L. belonging to the family Moraceae (RRCBI-20067)
39. *Cinnamomum tamala* T.Nees & Eberm. belonging to the family Lauraceae (RRCBI-12727)
40. *Citrus medica* L. belonging to the family Rutaceae (RRCBI-8199)
41. *Operculina turpethum* (L.) Silva Manso of family Convolvulaceae (RRCBI-mus426)
42. Sugar (RRCBI-mus447)
43. Honey (RRCBI-mus448)
44. *Cinnamomum verum* J.Presl belonging to the family Lauraceae (RRCBI-20516)
45. *Elettaria cardamomum* (L.) Maton belonging to the family Zingiberaceae (RRCBI-mus335)
46. *Cinnamomum tamala* T.Nees & Eberm. belonging to the family Lauraceae (RRCBI-mus444)
47. *Aegle marmelos* (L.) Correa belonging to the family Rutaceae (RRCBI-19958)
48. *Premna serratifolia* L. belonging to the family Lamiaceae (RRCBI-mus445)
49. *Oroxylum indicum* (L.) Benth. ex Kurz belonging to the family Bignoniaceae (RRCBI-4663)
50. *Stereospermum chelonoides* DC. belonging to the family Bignoniaceae (RRCBI-14330)
51. *Gmelina arborea* Roxb. belonging to the family Lamiaceae (RRCBI-781)
52. *Desmodium gangeticum* (L.) DC. belonging to the family Fabaceae (RRCBI-19694)
53. *Uraria picta* (Jacq.) Desv. ex DC. belonging to the family Fabaceae (RRCBI-446)
54. *Solanum violaceum* Blume belonging to the family Solanaceae. (RRCBI-20062)
55. *Solanum virginianum* L. belonging to the family Solanaceae (RRCBI-18642)
56. *Tribulus terrestris* L. belonging to the family Zygophyllaceae (RRCBI-3265)
57. Plant sample submitted by Sindhu D K, T John College of Pharmacy, Bengaluru has been authenticated as *Monstera deliciosa* Liebm. belonging to the family Araceae (RRCBI-mus385)
58. Plant sample submitted by Getteboina Prasad, et al., M.Sc., Nrupathunga University, Bengaluru has been authenticated as *Pleiogynium solandri* Engl. belonging to Anacardiaceae (RRCBI-mus452)
59. Sample submitted by Raveena Shree R, M. Pharm, Dept. of Pharmacology, Karnataka college of Pharmacy has been authenticated as *Psidium guajava* L. of family Myrtaceae (RRCBI-mus141)
60. Plant sample submitted by Shreenidhi S, M. Pharm, Department of Pharmacology, Karnataka college of Pharmacy, Bengaluru, has been authenticated as *Thunbergia erecta* T. Anderson belonging to Acanthaceae (RRCBI-mus450)
61. Plant sample submitted by S Manasa, M. Pharm, Department of Pharmacology, Karnataka college of Pharmacy, Bengaluru has been authenticated as *Epipremnum aureum* (Linden ex André) G.S. Bunting belonging to the family Araceae (RRCBI-mus380)
62. *Mucuna pruriens* (L.) DC. belonging to the family Fabaceae (RRCBI-7831)
63. *Oryza sativa* L. belonging to the family Poaceae (RRCBI-14075)
64. *Pueraria tuberosa* (Roxb. ex Willd.) DC. belonging to Fabaceae (RRCBI-19116)



65. *Hygrophila auriculata* (Schumach.) Heine of family Acanthaceae (RRCBI-9882)
66. *Gmelina arborea* Roxb. belonging to the family Lamiaceae (RRCBI-781)
67. *Madhuca indica* J.F.Gmel.) belonging to the family Sapotaceae (RRCBI-5536)
68. *Cinnamomum camphora* (L.) J.Presl belonging to Lauraceae (RRCBI-mus265)
69. *Phyllanthus emblica* L. belonging to the family Phyllanthaceae (RRCBI-mus237)
70. *Piper longum* L. belonging to the family Piperaceae (RRCBI-mus49)
71. *Plumbago zeylanica* L. belonging to the family Plumbaginaceae(RRCBI-12243)
72. *Madhuca longifolia* (Roxb.) A. Chev. belonging to Sapotaceae (RRCBI-5536)
73. *Phyllanthus emblica* L. belonging to the family Phyllanthaceae (RRCBI- mus237)
74. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae (RRCBI-4966)
75. *Terminalia chebula* Retz. belonging to the family Combretaceae (RRCBI-12326)
76. *Piper longum* L. belonging to the family Piperaceae (RRCBI- mus49)
77. *Piper longum* L. belonging to the family Piperaceae (RRCBI- mus454)
78. *Abies spectabilis* (D.Don) Mirb. belonging to the family Pinaceae (RRCBI-mus450)
79. *Semecarpus anacardium* L.f. belonging to the family Anacardiaceae (RRCBI-20114)
80. *Embelia ribes* Burm.f. belonging to the family Primulaceae (RRCBI-mus451)
81. *Argyreia nervosa* (Burm.f.) Bojer belonging to Convolvulaceae (RRCBI-771)
82. *Eclipta prostrata* Lour. belonging to the family Asteraceae (RRCBI-19571)
83. Plant sample submitted by Brinda L, Pooja M, Sindhu CR, M.Sc., Nrupathunga University, Bengaluru has been authenticated as *Passiflora incarnata* L. belonging to Passifloraceae (RRCBI-mus455)
84. Plant sample submitted by Hemanth Kumar J et al., M.Sc., Nrupathunga University, Bengaluru, has been authenticated as *Millettia pinnata* (L.) Panigrahi belonging to Fabaceae (RRCBI-10892)
85. Plant sample submitted by Sarina P. Khabade, Asst. Prof. of Biotechnology, Nrupathunga University, Bengaluru, has been authenticated as *Solanum lycopersicum* L. of family Solanaceae(RRCBI-mus246)
86. Sample submitted by Prajwal PR, Likitha N, Swapna R, M.Sc., Nrupathunga University, Bengaluru has been authenticated as *Coleus amboinicus* Lour. of family Lamiaceae (RRCBI-mus214)
- Plant sample submitted by Kiran Kumar DJ, Associate Professor, Department of Biotechnology, Nrupathunga University, Bengaluru, has been authenticated as
87. *Linum usitatissimum* L. belonging to the family Linaceae (RRCBI-mus176)
88. *Sesamum indicum* L. belonging to the family Pedaliaceae (RRCBI-mus24)
89. *Myristica fragrans* Houtt. belonging to the family Myristicaceae (RRCBI-mus199)
90. Plant sample submitted by Shreya S, Hemalata MS, Nrupathunga University, Bengaluru, has been authenticated as *Nepeta cataria* L. of family Lamiaceae (RRCBI-mus456)
- Plant samples submitted by Dr. Kouser Fathima firdose, Assistant Professor, Dept. of Ilmul Qabalatwa Amraze Niswan (OBG), NIUM, Bengaluru, have been authenticated as
91. *Phyllanthus emblica* L. belonging to the family Phyllanthaceae (RRCBI-19993)
92. *Piper nigrum* L. belonging to the family Piperaceae(RRCBI-4644)
93. *Valeriana jatamansi* D.Don belonging to the family Caprifoliaceae (RRCBI-mus193)
94. *Piper longum* L. belonging to the family Piperaceae (RRCBI- mus49)
95. *Anethum sowa* Roxb. belonging to the family Apiaceae (RRCBI-mus61)
96. *Zingiber officinale* Roscoe belonging to the family Zingiberaceae(RRCBI-mus205)
97. *Plumbago zeylanica* L. belonging to the family Plumbaginaceae(RRCBI-12243)
98. *Terminalia chebula* Retz. belonging to the family Combretaceae (RRCBI-12326)
99. *Terminalia bellirica* (Gaertn.) Roxb. belonging to the family Combretaceae(RRCBI-4966)
100. *Cyperus longus* Boeckeler belonging to the family Cyperaceae (RRCBI-mus316)
- Plant samples submitted by Gowthami R., Afsu Roohi I, Nirupama Shalinin V. and Kiranraj V., IV Semester, M.Sc.-Molecular Biology, Jnana Bharathi Campus, Bangalore University, Bengaluru, has been authenticated as

101. *Ocimum gratissimum* Forssk. belonging to the family Lamiaceae (RRCBI-mus79)
102. *Ocimum tenuiflorum* L. (Black variety) belonging to the family Lamiaceae (RRCBI-19505)
103. *Ocimum tenuiflorum* L. (Green variety) belonging to the family Lamiaceae (RRCBI-19505)
104. *Ocimum africanum* Lour. belonging to the family Lamiaceae (RRCBI- mus457)  
Plant samples submitted by Amrutha C., Research Scholar, Department of Natural Products, NIPER Hyderabad, Telangana has been authenticated as
105. *Vernonia amygdalina* Del. belonging to the family Asteraceae (RRCBI-mus458)
106. *Clerodendrum infortunatum* L. belonging to the family Lamiaceae (RRCBI-20199)
107. Plant sample submitted by Bhargavi A., Scholar, Dept. of Biotech., Ramaiah Institute of Tech., MSRIT, Bengaluru been authenticated as *Simarouba glauca* DC. Simaroubaceae (RRCBI-mus215)
108. Plant sample submitted by Rajitha KN., RFO, Anekal, Bengaluru has been authenticated as *Decalepis hamiltonii* Wight & Arn. belonging to Apocynaceae (RRCBI-8781)  
Plant samples submitted by Dr. Shavana Fathima, PG Scholar, Department of Moalajat, Luqman Unani Medical College, Vijayapura has been authenticated as
109. *Astragalus hamosus* L. belonging to the family Fabaceae (RRCBI-mus459)
110. *Matricaria chamomilla* L. belonging to the family Asteraceae (RRCBI-mus397)
111. *Withania somnifera* (L.) Dunal belonging to the family Solanaceae (RRCBI-9103)
112. *Solanum nigrum* L. belonging to the family Solanaceae (RRCBI-1896)
113. *Rheum emodii* Wall. ex Meisn belonging to the family Polygonaceae (RRCBI-mus265)
114. *Althaea officinalis* L. belonging to the family Malvaceae (RRCBI-mus288)
115. *Commiphora mukul* Engl. belonging to the family Burseraceae (RRCBI-17583)  
Plant samples submitted by Dr. Rubeena Parveen, PG Scholar, Dept. of Ilmu Qabalat wa Amraze Niswan, Luqman Unani Med. Coll., Hospital & Research Center, Vijayapura has been authenticated as
116. *Shorea robusta* C.F.Gaertn. belonging to the family Dipterocarpaceae (RRCBI-mus338)
117. *Quercus infectoria* Oliv. belonging to the family Fagaceae (RRCBI-mus371)
118. *Acacia arabica* (Lam.) Willd. belonging to the family Fabaceae (RRCBI-mus280)
119. *Solanum nigrum* L. belonging to the family Solanaceae (RRCBI-1896)
120. Plant sample submitted by Dr. Hina Bano Nurullah, PG Scholar, Department of Ilmu Qabalat wa Amraze Niswan, Luqman Unani Medical College, Vijayapura has been authenticated as *Asarum europaeum* L. belonging to Aristolochiaceae (RRCBI-mus458)  
Plant samples submitted by Rahul K, Murali CG, Bindu N.R, PG Scholar, Dept. of Microbiology, Biotech. & Food Tech., Bangalore University has been authenticated as
121. *Clitoria ternatea* L. belonging to the family Fabaceae (RRCBI-19968)
122. *Datura stramonium* L. belonging to the family Solanaceae (RRCBI-17080)
123. Plant sample submitted by Jincy Thomas, Asst. Prof., College of Pharmaceutical Sciences, DSU, Bengaluru authenticated as *Cassytha filiformis* L. of family Lauraceae (RRCBI-8951)
124. Sample submitted by Mudasir Pasha, et al., B.Pharm., Oxford College of Pharmacy, Bengaluru has been authenticated as *Salvia hispanica* L. belonging to the family Lamiaceae (RRCBI-mus189)
125. Sample submitted by Rachitha SV, et al. B-Pharm., Oxford College of Pharmacy, Bengaluru has been authenticated as *Nyctanthes arbor-tristis* L. belonging to the family Oleaceae (RRCBI-19385)
126. Sample submitted by Rachitha SV, et al. B-Pharm., Oxford College of Pharmacy, Bengaluru has been authenticated as *Tagetes patula* L. belonging to the family Asteraceae (RRCBI-mus138)
127. Sample submitted by Karthik M., Kavya M., Kavya N., Kavya Shree S., Kaviarasu S., B-Pharm., Oxford College of Pharmacy, Bengaluru has been authenticated as *Sida acuta* Burm. f. belonging to the family Malvaceae (RRCBI-3249)
128. Plant sample submitted by Sajeeda Sayyed, Shafahad Khan, Parvathy R., Subir Ahammed Mostafa, St. John's Pharmacy College, Bengaluru has been authenticated as *Piper nigrum* L. belonging to the family Piperaceae (RRCBI-4644)

129. Sample submitted by Sirisha KN, Dikshitha, St. John's Pharmacy College, Bengaluru has been authenticated as *Calotropis gigantea* (L.) Dryand. belonging to Apocynaceae (RRCBI-8770)
130. Plant sample submitted by Archana Sundar, et al. B. Pharm., T. John College of Pharmacy, Bengaluru has been authenticated as *Ixora coccinea* L. belonging to the family Rubiaceae (RRCBI-212)
131. Plant sample submitted by Yuaraj KL, Ankush Sarkar, Samjhana Choudhary, Yamini Joshi, B. Pharm., St. John's Pharmacy College, Bengaluru has been authenticated as *Tagetes erecta* L. belonging to the family Asteraceae (RRCBI- mus138)
132. Plant sample submitted by Yuaraj KL, et al. B. Pharm., St. John's Pharmacy College, Bengaluru has been authenticated as *Matricaria chamomilla* L. belonging to Asteraceae (RRCBI- mus397)
133. Plant sample submitted by Syed Md Irshad, Charan R, Tenzin Yega, Rashi C, B.Pharm., St. John's Pharmacy College, Bengaluru has been authenticated as *Moringa oleifera* Lam. belonging to the family Moringaceae (RRCBI- mus153)
- Samples submitted by Dr. Salma Khatoon, PG Scholar, Dept. of Moalajat, Luqman Unani Medical College Hospital & Research Center, Vijayapura has been authenticated as
134. *Aloe vera* (L.) Burm.f. (Dry gel) belonging to the family Xanthorrhoeaceae (RRCBI-mus375)
135. *Aloe vera* (L.) Burm.f. (Fresh gel) belonging to the family Xanthorrhoeaceae (RRCBI-mus375)
136. *Hyoscyamus niger* L. belonging to the family Solanaceae (RRCBI-mus283)
137. *Piper nigrum* L. belonging to the family Piperaceae (RRCBI-20302)
138. Borax (Sodium borate)
- Plant samples submitted by Dr. Archana Pagad, Assistant Professor, Dept. of Rasashastra and Bhiashajya Kalpana, SDM College of Ayurveda and Hospital, Hassan has been authenticated as
139. *Plumbago zeylanica* L. belonging to the family Plumbaginaceae (RRCBI-12243)
140. *Vitex negundo* L. belonging to the family Lamiaceae (RRCBI-12244)
141. *Nerium indicum* Mill. belonging to Apocynaceae (RRCBI-15290)
142. *Corchorus olitorius* L. belonging to the family Malvaceae (RRCBI-13978)
143. *Aconitum ferox* Wall. belonging to the family Ranunculaceae (RRCBI-mus460)
144. *Pongamia pinnata* (L.) Pierre belonging to the family Fabaceae (RRCBI-10892)
145. Sample submitted by Naresh Kumar G., Deepak Kumar, Abha Singh, Ankit Kumar Mishra, 8<sup>th</sup> semester, B. Pharm., St. John's Pharmacy College, Bengaluru has been authenticated as *Carica papaya* L. belonging to the family Caricaceae (RRCBI-mus139)
146. Sample submitted by Roshitha KR, Scholar, Department of Pharmaceutical analysis, NIPER Hyderabad, Telangana has been authenticated as *Cissus quadrangularis* L. belonging to the family Vitaceae (RRCBI-623)
147. Sample submitted by Mahesh V., Research Scholar, Department of Zoology, Bangalore University, Jnanabharathi, Bengaluru has been authenticated as *Lantana camara* L. belonging to the family Verbenaceae (RRCBI-15312)
- Samples submitted by Dr. Prasanna Kumar, Botanical Resource Center, Himalaya Wellness Company, Bengaluru has been authenticated as
148. *Vitis vinifera* L. of Vitaceae (RRCBI-mus287)
149. *Phoenix dactylifera* L. family Arecaceae (RRCBI-mus461)
150. *Phyllanthus amarus* Schumach. & Thonn. of family Phyllanthaceae (RRCBI-10790)
151. Plant sample submitted by Vinanthi Rajalakshmi K. S., Research Scholar, Department of Life Sciences, CHRIST University, Bengaluru has been authenticated as *Azolla pinnata* R.Br. belonging to the family Salviniaceae (RRCBI-mus462)
152. Plant sample submitted by Danilyn S. Omnes, Research Scholar, Department of Life Sciences, CHRIST (Deemed to be University), Bengaluru has been authenticated as *Strelitzia reginae* Banks belonging to the family Strelitziaceae (RRCBI-mus463)
153. Plant sample submitted by Dr. Mohd. Asif, PG Scholar, Department of Moalajat, NIUM, Bengaluru has been authenticated as *Lactuca sativa* L. belonging to the family Asteraceae (RRCBI-mus261)

154. Plant sample submitted by Dr. Sumanth M. V., Botanical Resource Center-BRC, Himalaya Wellness Company, Bengaluru has been authenticated as *Symplocos racemosa* Roxb. belonging to the family Symplocaceae (RRCBI-248)  
Plant samples submitted by Dr. Pramod Dodamani, Ph.D. Scholar, Dept. of Livestock Production Management, SRS-NDRI, Bengaluru has been authenticated as
155. *Withania somnifera* (L.) Dunal (Root) belonging to the family Solanaceae (RRCBI-9103)
156. *Curcuma longa* L. (Rhizome) belonging to the family Zingiberaceae (RRCBI-mus439)
157. *Aloe vera* (L.) Burm.f. belonging to the family Asphodelaceae (RRCBI- mus109)  
Samples submitted by Oxford College of Pharmacy, Bengaluru has been authenticated as
158. *Pistia stratiotes* L. belonging to Araceae (RRCBI-11740)
159. *Lemna minor* L. belonging to the family Araceae (RRCBI-mus428)  
Plant samples submitted by Dr. Mohammodu Nizar Mohamed Musthaq, PG Scholar, Dept. of Tahaffuzi WA Samaji Tib, NIUM, Bengaluru has been authenticated as
160. *Cassia fistula* L. belonging to the family Fabaceae (RRCBI-12062)
161. *Althaea officinalis* L. belonging to the family Malvaceae (RRCBI-mus288)
162. *Cordia latifolia* Roxb. belonging to the family Boraginaceae (RRCBI-mus466)
163. *Cassia senna* L. belonging to the family Fabaceae (RRCBI-mus001)
164. *Ziziphus jujuba* Mill. belonging to the family Rhamnaceae (RRCBI-mus465)  
Plant samples submitted by Dr. Shahul Hameed Fathima Riswana, PG Scholar, Dept. of Moalajat, NIUM, Bengaluru has been authenticated as
165. *Aloe barbadensis* Mill. belonging to the family Asphodelaceae (RRCBI-8952)
166. *Swertia chirata* Buch.-Ham. ex Wall. belonging to Gentianaceae (RRCBI-mus467)
167. *Myristica fragrans* Houtt. belonging to the family Myristicaceae (RRCBI-mus199)
168. *Apium graveolens* L. belonging to the family Apiaceae (RRCBI-mus289)
169. *Cuminum cyminum* L. belonging to the family Apiaceae (RRCBI-mus223)
170. *Centipeda orbicularis* Lour. belonging to the family Asteraceae (RRCBI-18461)  
Plant samples submitted by Dr. Ayisha fatima, PG Scholar, Dept. of Tahaffuzi WA Samaji Tib, NIUM, Bengaluru has been authenticated as
171. *Acacia arabica* (Lam.) Willd. belonging to the family Fabaceae (RRCBI-mus280)
172. *Areca catechu* L. belonging to the family Arecaceae (RRCBI-mus114)
173. *Zingiber officinale* Roscoe belonging to the family Zingiberaceae (RRCBI-mus205)
174. *Piper nigrum* L. belonging to the family Piperaceae (RRCBI-20302)
175. *Acacia catechu* (L.f.) Willd. belonging to the family Fabaceae (RRCBI-4756)  
Plant samples submitted by Akhildev MS, Jouharshan K., Shamini S, Naveen S, B. Pharm, T. John College of Pharmacy, Bengaluru has been authenticated as
176. *Mangifera indica* L. (Seed) belonging to the family Anacardiaceae (RRCBI-mus075)
177. *Cucumis sativus* L. (Fruit) belonging to the family Cucurbitaceae (RRCBI-mus282)  
Plant samples submitted by Dhayasekar S., Harshavardhan, B. Pharm, T. John College of Pharmacy, Bengaluru has been authenticated as
178. *Vitis vinifera* L. (Seed) belonging to the family Vitaceae (RRCBI-mus407)
179. *Punica granatum* L. (Seed) belonging to the family Lythraceae (RRCBI-13286)
180. *Moringa concanensis* Nimmo (Seed) belonging to the family Moringaceae (RRCBI-mus468)
181. Plant sample submitted by Dr. Ansari Mohd. Shaheryar, PG Scholar, Dept. of Moalajat, NIUM, Bengaluru has been authenticated as *Origanum vulgare* L. of family Lamiaceae (RRCBI-mus469)
182. Plant sample submitted by Kishor J.V., Manoj Kumar B.R., Triveda N., Students, Dept. of Biotechnology & Microbiology, Bangalore University, Bengaluru has been authenticated as *Alternanthera ficoidea* (L.) P. Beauv. belonging to the family Amaranthaceae (RRCBI-17252)

183. Plant sample submitted by Dr. Pinkey Rawal, Research Scholar, Department of Pharmacy (Pharmaceutical Chemistry), SRMIST, Kattankulathur, Tamil Nadu has been authenticated as *Cordia sinensis* Lam. belonging to the family Boraginaceae (RRCBI-mus470)
184. Plant sample submitted by Monisha N., et al., B Pharm, T. John College of Pharmacy, Bengaluru has been authenticated as *Tinospora cordifolia* (Willd.) Miers ex Hook.f. & Thomson belonging to the family Menispermaceae (RRCBI-8976)  
Plant samples submitted by Piyush Rajpoot, et al., B Pharm, Department of Pharmacognosy, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been authenticated as
185. *Ixora coccinea* L. belonging to the family Rubiaceae (RRCBI-212)
186. *Catharanthus roseus* (L.) G.Don belonging to the family Apocynaceae (RRCBI-744)
187. Plant sample submitted by B Pharmacy, Department of Pharmacognosy, East point college of pharmacy, Bidarahalli, Bengaluru has been authenticated as *Sphagneticola trilobata* (L.) Pruski. belonging to the family Asteraceae (RRCBI-mus294)
188. Plant sample submitted by Dr. Corbon G David, Principal Scientist, ICAR- National Institute of Animal Nutrition and Physiology, Adugodi, Bengaluru has been authenticated as *Withania somnifera* (L.) Dunal belonging to the family Solanaceae (RRCBI-9103)  
Plant samples submitted by Dr. Noorsabha, PG Scholar, Dept. of Tahaffuzi WA Samaji Tib, NIUM, Bengaluru has been authenticated as
189. *Myrtus communis* L. belonging to the family Myrtaceae (RRCBI-mus341)
190. *Phyllanthus emblica* L. belonging to the family Phyllanthaceae (RRCBI-mus237)
191. *Terminalia chebula* Retz. belonging to the family Combretaceae (RRCBI-11984)
192. *Terminalia bellirica* (Gaertn.) Roxb. belonging to the family Combretaceae (RRCBI-20578)
193. Plant samples submitted by Dr. Juwairiya Ilyas, PG Scholar, NIUM, Bengaluru has been authenticated as *Prunus amygdalus var. amara* (DC.) Focke of family Rosaceae (RRCBI-mus391)
194. Plant sample submitted by Pooja AR, Lavesh G Jain, Manjunath C., Surajit Dey, Sanjay S., B Pharm, St. John's Pharmacy College, Bengaluru has been authenticated as *Asparagus racemosus* Willd. belonging to Asparagaceae (RRCBI-1937)  
Plant samples submitted by Vishwamyna S., M. Pharmacy, Department of Pharmacognosy, Al-Ameen College of Pharmacy, Bengaluru has been authenticated as
195. *Ficus benghalensis* L. belonging to the family Moraceae (RRCBI-20067)
196. *Ficus racemosa* L. belonging to the family Moraceae (RRCBI-8021)
197. *Ficus religiosa* L. belonging to the family Moraceae (RRCBI-19623)
198. Plant sample submitted by Md. Aftab Quraishi, M. Pharmacy, Department of Pharmacognosy, Al-Ameen College of Pharmacy, Bengaluru has been authenticated as *Cocos nucifera* L. belonging to the family Arecaceae (RRCBI-mus395)
199. Plant sample submitted by Dr. Arshiya Sultana, Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM, Bengaluru has been authenticated as *Salvia haematodes* L. belonging to the family Lamiaceae (RRCBI-mus471)
200. Plant sample submitted by Yashwanth G., M Pharm Student, T. John College of Pharmacy, Bengaluru has been authenticated as *Parmotrema perlatum* (Hudson) M. Choisy belonging to the family Parmeliaceae (RRCBI-mus472)
201. Plant sample submitted by Karthik N., M Pharm Student, T. John College of Pharmacy, Bengaluru has been authenticated as *Limonia acidissima* L. of family Rutaceae (RRCBI-10938)
202. Plant sample submitted by Simran U Hammagi, BAMS, Dept. of Dravyaguna, SDM Institute of Ayurveda and Hospital, Bengaluru has been authenticated as *Ruta graveolens* L. belonging to the family Rutaceae (RRCBI-mus362)
203. Plant sample submitted by Rajashekar Valluru, Ph.D. Scholar, St. John's Pharmacy College, Bengaluru has been authenticated as *Lepidium sativum* L. of Brassicaceae (RRCBI-mus429)
204. Plant sample submitted by Divya C., M Pharm, T. John College of Pharmacy, Bengaluru has been authenticated as *Sphagneticola trilobata* (L.) Pruski of family Asteraceae (RRCBI-mus473)

205. Plant sample submitted by Monica M., M Pharm, T. John College of Pharmacy, Bengaluru has been authenticated as *Combretum indicum* (L.) DeFilipps of Combretaceae (RRCBI-mus253)
206. Plant sample submitted by Tejashwini V.D., M Pharm, Department of Pharmacology, Hillside College of Pharmacy, Bengaluru has been authenticated as *Delphinium denudatum* Wall. ex Hook.f. & Thomson belonging to the family Ranunculaceae (RRCBI-mus474)  
Plant samples submitted by Harikrishna, Rakshitha, Keerthi, Nikitha, Thanushree, B Pharm, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been authenticated as
207. *Azadirachta indica* A. Juss. belonging to the family Meliaceae (RRCBI-8970)
208. *Rosa damascena* P. Mill. belonging to the family Rosaceae (RRCBI-mus263)
209. *Carica papaya* L. belonging to the family Caricaceae (RRCBI-mus139)  
Plant sample submitted by Dr. Nimra Irfan, PG scholar, Dept. of Ilmu Qabalat wa Amraze Niswan (OBG), NIUM, Bengaluru have been authenticated as
210. *Valeriana jatamansi* Jones belonging to the family Caprifoliaceae (RRCBI-mus390)
211. *Nardostachys jatamansi* (D. Don) DC. belonging to the family Caprifoliaceae (RRCBI-mus193)
212. Plant sample submitted by Manoj SN, M. Pharm, College of Pharmaceutical Sciences, DSU, Bengaluru, has been authenticated as *Citrus aurantium* L. of family Rutaceae (RRCBI-mus475)  
Plant samples submitted by Sumanth.S, et al., B Pharm, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru has been authenticated as
213. *Hibiscus rosa-sinensis* L. belonging to the family Malvaceae (RRCBI-14094)
214. *Carica papaya* L. belonging to the family Caricaceae (RRCBI-mus139)  
Plant samples submitted by Ganashree, Harshan Gowda.M, Kiran Kumar C. Manikantha SI, B. Pharm, Nargund College of Pharmacy, Bengaluru has been authenticated as
215. *Catharanthus roseus* (L.) G. Don belonging to the family Apocynaceae (RRCBI-744)
216. *Ixora coccinea* L. belonging to the family Rubiaceae (RRCBI-212)  
Herbarium specimens received from RARI, Pune has been authenticated as
217. *Pleurolobus gangeticus* (L.) J.St.-Hil. ex H.Ohashi & K.Ohashi family Fabaceae (RRCBI-20802)
218. *Andrographis paniculata* (Burm.f.) Wall. belonging to the family Acanthaceae (RRCBI-20801)
219. *Wrightia tinctoria* R.Br. belonging to the family Apocynaceae. (RRCBI-20807)
220. *Saraca asoca* (Roxb.) Willd. belonging to the family Fabaceae. (RRCBI-20808)
221. *Holarrhena pubescens* Wall. & G. Don belonging to the family Apocynaceae. (RRCBI-20809)
222. Plant sample submitted by M. Pharm, T. John College of Pharmacy, Bengaluru has been authenticated as *Vitex negundo* L. belonging to Lamiaceae (RRCBI-12244)
223. Plant sample submitted by Sahana M., Ph.D. Student, Dayananda Sagar University, Bengaluru has been authenticated as *Mesua ferrea* L. belonging to Calophyllaceae (RRCBI-7658)
224. Sample submitted by Manoj AB, M. Pharm, Dept. of Pharmacology, Visveswarapura Inst. of Pharm. Sci., Bengaluru authenticated as *Euphorbia hirta* L. family Euphorbiaceae (RRCBI-11714)
225. Plant sample submitted by Sagar B. Yaligar, M. Pharm, Dept. of Pharmacology, Visveswarapura Inst. of Pharm. Sci., Bengaluru has been authenticated as *Dioscorea villosa* L. belonging to the family Dioscoreaceae (RRCBI-mus476)
226. Plant sample submitted by Sudeep KS, M. Pharm, Dept. of Pharmacology, Visveswarapura Inst. of Pharm. Sci., Bengaluru has been authenticated as *Inula racemosa* Hook.f. belonging to the family Asteraceae (RRCBI-mus217)
227. Plant sample submitted by Sweta Jeevan, Scholar, Dept. of Life Sciences, CHRIST University, Bengaluru has been authenticated as *Spinacia oleracea* L. of Amaranthaceae (RRCBI-mus477)
228. Plant sample submitted by Md Azam Siddique, M. Pharm Student, Dept. of Pharmacology, Visveswarapura Inst. of Pharm. Sci., Bengaluru has been authenticated as *Vitex negundo* L. belonging to the family Lamiaceae (RRCBI-12244)
229. Plant sample submitted by Bhavana Gowda KM, M. Pharm, Dept. of Pharmacology, Visveswarapura Inst. of Pharm. Sci., Bengaluru has been authenticated as *Polianthes tuberosa* L. belonging to the family Asparagaceae (RRCBI-mus399).

230. Plant sample submitted by Basavaraj KS, M. Pharm, Dept. of Pharmacology, Visveswarapura Inst. of Pharm. Sci., Bengaluru has been authenticated as *Oxalis latifolia* Kunth belonging to the family Oxalidaceae (RRCBI-mus478)
231. Plant sample submitted by Bhargav TD, M. Pharm, Dept. of Pharmacology, Visveswarapura Inst. of Pharm. Sci., Bengaluru has been authenticated as *Tylophora indica* (Burm. f.) Merr. belonging to Apocynaceae (RRCBI-5426)
232. Plant sample submitted by Nithyashree AC, M. Pharm, Dept. of Pharmacology, VIPS, Bengaluru authenticated as *Amaranthus viridis* L. belonging to Amaranthaceae (RRCBI-mus53).
233. Plant sample submitted by Deepika Dawas (Enroll. No. TDR2213047), PhD student, Teerthankar Mahaveer College of Pharmacy, Moradabad has been authenticated as *Terminalia chebula* Retz. belonging to the family Combretaceae (RRCBI-11984)
234. Plant sample submitted by Monica S, Scholar, Dept. of Life Sciences, CHRIST University has been authenticated as *Saraca asoca* (Roxb.) Willd. belonging to the family Fabaceae (RRCBI-11468)  
Plant samples submitted by Dr. Sadiya Sarwath, PG Scholar, Department of Amraze Jild wa Tazeeniyat, GUMC&H, Bengaluru has been authenticated as
235. *Linum usitatissimum* L. belonging to the family Linaceae (RRCBI-mus176)
236. *Eruca sativa* Mill. belonging to the family Brassicaceae (RRCBI-14155)
237. *Sinapis alba* L. belonging to the family Brassicaceae (RRCBI-mus481).
238. *Smilax ornata* Lem. belonging to the family Smilacaceae (RRCBI-mus482)
239. Vinegar
240. Plant sample submitted by Dr. Sumaiya Kouser, PG Scholar, Department of Ilmu Qabalat wa Amraze Niswan, GUMC&H, Bengaluru has been authenticated as *Plantago major* L. belonging to the family Plantaginaceae (RRCBI-mus479)  
Plant samples submitted by Dr. Noor Al Sabah, PG Scholar, Department of Amraze Jild wa Tazeeniyat, GUMC&H, Bengaluru has been authenticated as
241. *Fumaria parviflora* Lam. belonging to the family Papaveraceae (RRCBI-mus483)
242. *Quercus infectoria* Oliv. belonging to the family Fagaceae (RRCBI-mus371)
243. Sugarcane Vinegar.  
Plant samples submitted by Dr. Md. Muzammil, PG Scholar, Department of Amraze Jild wa Tazeeniyat, GUMC&H, Bengaluru has been authenticated as
244. *Nigella sativa* L. belonging to the family Ranunculaceae (RRCBI-mus393)
245. *Olea europaea* L. belonging to the family Oleaceae (RRCBI-mus484)  
Plant samples submitted by Dr. Hamida Bano, PG Scholar, Department of Ilmu Qabalat wa Amraze Niswan, GUMC&H, Bengaluru has been authenticated as
246. *Cymbopogon martini* (Roxb.) W. Watson belonging to the family Poaceae (RRCBI-18611)
247. *Myrtus communis* L. belonging to the family Myrtaceae (RRCBI-mus341)
248. *Rosa damascena* P. Mill. belonging to the family Rosaceae (RRCBI-mus263)
249. Plant sample submitted by Dr. Najma Fathima, Scholar, Department of Ilmu Qabalat wa Amraze Niswan, GUMC&H, Bengaluru has been authenticated as *Berberis aristata* DC. belonging to the family Berberidaceae (RRCBI-mus23)
250. Plant sample submitted by Dr. Salma Khanam H, Scholar, Dept. of Ilmu Qabalat wa Amraze Niswan, GUMC&H has been authenticated as *Iris ensata* Thunb. of Iridaceae (RRCBI-mus480)
251. Plant sample submitted by Pooja R, Post-graduate researcher, Department of Pharmacology, Government college of Pharmacy, Bengaluru has been authenticated as *Aegle marmelos* (L.) Correa belonging to the family Rutaceae (RRCBI-9076)
252. Plant sample submitted by Mounika GS, researcher, Dept. of Pharmacology, GCP, Bengaluru has been authenticated as *Plumeria rubra* L. belonging to the family Apocynaceae (RRCBI-mus485)
253. Sample submitted by Sahana M., Scholar, Dayananda Sagar University, Bengaluru has been authenticated as *Calycopteris floribunda* (Roxb.) Lam. ex Poir. of Combretaceae (RRCBI-11977)

Plant samples submitted by K Dharani Shree, Ph.D. Scholar, Department of Life Sciences, CHRIST University, Bengaluru has been authenticated as

254. *Clitoria ternatea* L. (Blue variety) belonging to the family Fabaceae (RRCBI-7801)
255. *Clitoria ternatea* L. (White variety) belonging to the family Fabaceae (RRCBI-19968)
256. Plant sample submitted by Divyashree R, Researcher, Department of Pharmacology, Government College of Pharmacy, Bengaluru has been authenticated as *Senegalia ferruginea* (DC.) Pedley belonging to Fabaceae (RRCBI-1641)

Plant and samples submitted by Dr. Naghma Sultana, PG Scholar, Department of Amraze Jild wa Tazeeniyat, Govert. Unani Medical College & Hospital, Bengaluru has been authenticated as

257. *Smilax china* L. belonging to the family Smilacaceae (RRCBI-mus489)
258. *Dalbergia sissoo* DC. belonging to the family Fabaceae (RRCBI-19217)
259. *Senna alexandrina* Mill. belonging to Fabaceae (RRCBI-mus490)
260. *Terminalia chebula* Retz. (Immature) belonging to the family Combretaceae (RRCBI-11984)
261. *Terminalia chebula* Retz. (Mature) belonging to the family Combretaceae (RRCBI-11984)
262. *Ziziphus jujuba* Mill. belonging to the family Rhamnaceae (RRCBI-mus465)
263. *Alhagi pseudalhagi* (M.Bieb.) Fisch. belonging to the family Fabaceae (RRCBI-mus491)
264. *Nigella sativa* L. belonging to the family Ranunculaceae (RRCBI-mus393)
265. Honey.
266. Vinegar.
267. Sugar.

Plant samples submitted by Mounashree U, Post-graduate researcher, Department of Pharmacology, Government College of Pharmacy, Bengaluru has been authenticated as

268. *Phyllanthus emblica* L. belonging to the family Phyllanthaceae (RRCBI-mus237)
269. *Citrus aurantium* L. [= *Citrus sinensis* (L.) Osbeck] belonging to Rutaceae (RRCBI-mus475)
270. *Punica granatum* L. belonging to the family Lythraceae (RRCBI-13286)
271. Plant sample submitted by Tejashree YS, B Pharm Student, Department of Pharmacology, T. John college of pharmacy has authenticated as *Averrhoa carambola* L. Oxalidaceae (RRCBI-mus420)
272. Plant sample submitted by Chaithra Shaji, M. Pharm, T. John College of Pharmacy, Bengaluru has been authenticated as *Ayapana triplinervis* (Vahl) R.M.King & H.Rob. belonging to the family Asteraceae (RRCBI-mus493)

Plant samples submitted by Suraj Agarwal, M. Pharm, T. John College of Pharmacy, Bengaluru has been authenticated as

273. *Viscum articulatum* Burm.f. belonging to the family Santalaceae (RRCBI-20017)
274. *Bergenia ciliata* (Haw.) Sternb. belonging to Saxifragaceae (RRCBI-mus494)
275. *Astilbe rivularis* Buch.-Ham. ex D.Don belonging to Saxifragaceae (RRCBI-mus495)
276. Plant sample submitted by Kalzang Bhutia, M. Pharm, T. John College of Pharmacy, Bengaluru has been authenticated as *Bergenia ciliata* (Haw.) Sternb. of Saxifragaceae (RRCBI-mus494)
277. Plant sample submitted by Manjula Sheshagiri, Scholar, Dept. of Food Science and Nutrition, Yuvaraja's College Mysore, UOM, Mysuru has been authenticated as *Launaea procumbens* (Roxb.) Ramayya & Rajagopal belonging to Asteraceae (RRCBI-18671)
278. Plant sample submitted by Ashoka SN, RA, Himalaya Wellness Company, Bangalore has been authenticated as *Parmelia perlata* (Huds.) Ach. belonging to Parmeliaceae (RRCBI-mus472)
279. Plant sample submitted by Kake Ramya, M.Pharm student, M.S Ramaiah University of Applied Sciences, Bengaluru has been identified and authenticated as *Cocculus hirsutus* (L.) W.Theob. belonging to the family Menispermaceae (RRCBI-10771)
280. Plant sample submitted by Dr. Sagar Puli, Assistant Professor, Dept. of Pharmacology, CDSIMER, DSU, Bengaluru has been identified and authenticated as *Tinospora cordifolia* (Willd.) Miers ex Hook.f. & Thomson belonging to Menispermaceae (RRCBI-8976)



281. Plant sample submitted by Mr. Sourav Tribedi, Ph.D. student, PES University, Hanumanthanagar, Bengaluru has been identified and authenticated as *Alternanthera brasiliensis* (L.) Kuntze belonging to the family Amaranthaceae (RRCBI-mus492)  
Herbarium specimens received from RARI, Pune have been authenticated as
282. *Centella asiatica* (L.) Urb. belonging to the family Apiaceae (RRCBI-20800)
283. *Cullen corylifolia* L. belonging to the family Fabaceae (RRCBI-20803)
284. *Piper longum* L. belonging to the family Piperaceae (RRCBI-20804)
285. *Plumbago zeylanica* L. belonging to the family Plumbaginaceae (RRCBI-20805)
286. *Phyllanthus emblica* L. belonging to the family Phyllanthaceae (RRCBI-20810)
287. *Azadirachta indica* belonging to the family Meliaceae (RRCBI-20811)
288. Plant sample submitted by Dr. Khan Raifa KMA, PG Scholar, Dept. of Ilmu-Saidla, NIUM authenticated as *Myrica esculenta* Buch.-Ham. ex D. Don of Myricaceae (RRCBI-mus496)  
The plant samples submitted by Subhra Panja, et al. B Pharm, Pharmaceutical Chemistry Department, St. John's Pharmacy College, Bengaluru has been authenticated as
289. *Fragaria ananassa* (Weston) Duchesne belonging to Rosaceae (RRCBI-mus442)
290. *Vaccinium myrtillus* L. belonging to the family Ericaceae (RRCBI-mus497)
291. Plant sample submitted by Prasanna CK, M. Pharm, Dept. of Pharmaceutical Chemistry, Krupanidhi College of Pharmacy authenticated as *Lactuca virosa* Hablitz of Asteraceae (RRCBI-mus498)
292. Plant sample submitted by Karthik G, M. Pharm, Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been authenticated as *Operculina turpethum* (L.) Silva Manso belonging to the family Convolvulaceae (RRCBI-mus426)
293. Plant sample submitted by Roopesh K R, M. Pharm, Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been authenticated as *Selaginella bryopteris* (L.) Baker belonging to the family Selaginellaceae (RRCBI-19713)
294. Plant sample submitted by Sushil Gurung, M. Pharm, Dept. of Pharmacology, Krupanidhi College of Pharmacy has been authenticated as *Sonchus wightianus* DC. of Asteraceae (RRCBI-mus499)  
The plant samples submitted by Mahesh Kumar, M. Pharm, Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been authenticated as
295. *Camellia sinensis* (L.) Kuntze belonging to the family Theaceae (RRCBI-8667)
296. *Macrotyloma uniflorum* (Lam.) Verdc. belonging to the family Fabaceae (RRCBI-13600)  
The plant samples submitted by Nishanth D.R, M. Pharm, Department of Pharmacology, Krupanidhi College of Pharmacy, Bengaluru has been authenticated as
297. *Camellia sinensis* (L.) Kuntze belonging to the family Theaceae (RRCBI-8667)
298. *Stevia rebaudiana* (Bertoni) Bertoni belonging to Asteraceae (RRCBI-mus356)
299. Sample submitted by Chandini CH, M. Pharm, Dept. of Pharmacology, Krupanidhi College of Pharm. has been authenticated as *Lemna minor* L. of family Araceae (RRCBI-mus428)
300. Plant sample submitted by Dr. P. Sivakami Sundari, Associate Professor, Department of Pharmacognosy, College of Pharmaceutical Sciences DSU, Bengaluru has been authenticated as *Coccinia grandis* (L.) Voigt belonging to the family Cucurbitaceae (RRCBI-5695)
301. Plant sample submitted by Sumadevi R, Post-graduate Researcher, Department of Pharmacognosy, Government college of Pharmacy, Bengaluru has been authenticated as *Ficus auriculata* Lour. belonging to the family Moraceae (RRCBI-8028)  
The plant samples submitted by Poorvika M N, Post-graduate Researcher, Department of Pharmacognosy, Government college of Pharmacy, Bengaluru has been authenticated as
302. *Solanum anguivi* Lam. belonging to the family Solanaceae (RRCBI-14060)
303. *Solanum incanum* L. belonging to the family Solanaceae (RRCBI-17161)
304. *Solanum trilobatum* L. belonging to the family Solanaceae (RRCBI-mus45)

305. Plant sample submitted by Poorvika JR, M Pharmacy, Department of Pharmacology, College of Pharmaceutical Sciences DSU, Bengaluru has been authenticated as *Abutilon hirtum* (Lam.) Sweet belonging to the family Malvaceae (RRCBI-8965)
306. Plant sample submitted by Srinivas K B, Post-graduate researcher, Dept. of Pharmacognosy, GCP, Bengaluru authenticated as *Jatropha glandulifera* Roxb. family Euphorbiaceae (RRCBI-mus59)
307. Plant sample submitted by Spurti. S. Awatimath, M Pharm, Department of Pharmacology, College of Pharmaceutical Sciences, DSU, Bengaluru has been authenticated as *Oroxylum indicum* (L.) Kurz belonging to the family Bignoniaceae (RRCBI-4663)
308. Plant sample submitted by Shreya, Pharm, Department of Pharmacology, College of Pharmaceutical Sciences, DSU, Bengaluru has been authenticated as *Citrus limetta* Risso belonging to the family Rutaceae (RRCBI-14108)
309. Plant sample submitted by Prajna TK, M Pharm, Dept of Pharmacology, College of Pharmaceutical Sciences, DSU, Bengaluru has been authenticated as *Acacia catechu* (L.f.) Willd. belonging to the family Fabaceae (RRCBI-4756)
310. Plant sample submitted by Ranjith Kumar K, Santhosh Kumar H S, Ramanan P, Rakshith Kumar R, Rahul Kumar, B. Pharm, St. John's Pharmacy College, Bengaluru has been authenticated as *Nigella sativa* L. belonging to the family Ranunculaceae (RRCBI-mus393)
311. Plant sample submitted by Mithun Yadav YD, Manjunath K S, Bharath NM, Charan Raj N, Neamath, B. Pharm, St. John's Pharmacy College, Bengaluru has been authenticated as *Mirabilis jalapa* L. belonging to Nyctaginaceae (RRCBI-14693)
312. Plant sample submitted by Mrs. Pruthvi N, Assistant Professor, Dept. of Pharmacognosy, College of Pharmaceutical Sciences, DSU, Bengaluru has been authenticated as *Basella alba* L. belonging to the family Basellaceae (RRCBI-14266)
313. Plant sample submitted by Anam Fathima, Researcher, Dept. of Pharmacognosy, GCP, Bengaluru authenticated as *Belosynapsis vivipara* (Dalzell) C.E.C.Fisch. of Commelinaceae (RRCBI-mus500)  
The plant samples submitted by Supreetha A, post graduate Researcher, Department of Pharmacognosy, Government College of Pharmacy, Bengaluru has been authenticated as
314. *Carissa carandus* L. belonging to the family Apocynaceae (RRCBI-mus505)
315. *Leucas aspera* (Willd.) Link belonging to the family Lamiaceae (RRCBI-5951)  
Plant sample submitted by Oxford College of Pharmacy, Bengaluru has been authenticated as
316. *Dracaena trifasciata* (Prain) Mabb. belonging to Asparagaceae (RRCBI-mus501)
317. *Abutilon indicum* (L.) Sweet belonging to Malvaceae (RRCBI-5528)
318. *Hylocereus undatus* (Haw.) Britton & Rose belonging to the family Cactaceae (RRCBI-mus502)
319. *Malvaviscus arboreus* Dill. ex Cav. belonging to Malvaceae (RRCBI-mus503)
320. *Epiphyllum oxypetalum* (DC.) Haw. belonging to Cactaceae (RRCBI-mus416)
321. *Limonia acidissima* L. belonging to the family Rutaceae (RRCBI-10938)
322. *Euphorbia hirta* L. belonging to Euphorbiaceae (RRCBI-11714)
323. *Luffa echinata* Roxb. belonging to Cucurbitaceae (RRCBI-mus504)
324. *Mitragyna parvifolia* (Roxb.) Korth. belonging to Rubiaceae (RRCBI-11434)
325. *Phyllanthus amarus* Schumach. & Thonn. belonging to Phyllanthaceae (RRCBI-10790)
326. *Ipomoea cairica* (L.) Sweet belonging to Convolvulaceae (RRCBI-7309)
327. *Mammea suriga* (Buch.-Ham. ex Roxb.) Kosterm. of family Calophyllaceae (RRCBI-20221)
328. *Portulaca oleracea* L. belonging to Portulacaceae (RRCBI-12339)
329. Plant sample submitted by Sapna K, B. Pharm, St. John's Pharmacy College, Bengaluru has been authenticated as *Mirabilis jalapa* L. belonging to Nyctaginaceae (RRCBI-14693)  
Samples submitted by Ulfat Bhat, Scholar, Department of Ilmu Advia, NIUM, Bengaluru has been authenticated as
330. *Abelmoschus moschatus* Medik. belonging to the family Malvaceae (RRCBI-13986)
331. *Bombax malabaricum* DC. belonging to the family Malvaceae (RRCBI-12352)
332. *Tamarix dioica* Roxb. ex Roth belonging to the family Tamaricaceae (RRCBI-mus368)

333. *Polypodium vulgare* L. belonging to the family Polypodiaceae (RRCBI-mus346)
334. *Smilax china* L. belonging to the family Smilacaceae (RRCBI-mus489)
335. *Areca catechu* L. belonging to the family Arecaceae (RRCBI-mus114)
336. *Myrtus communis* L. belonging to the family Myrtaceae (RRCBI-mus341)
337. *Hyssopus officinalis* L. belonging to the family Lamiaceae (RRCBI-mus506)
338. *Smilax ornata* Lem. belonging to the family Smilacaceae (RRCBI-mus482)
339. *Polygonum bistortum* Dulac belonging to the family Polygonaceae (RRCBI-mus507)
340. *Carum carvi* L. belonging to the family Apiaceae (RRCBI-mus201)
341. *Punica granatum* L. (Seeds) belonging to the family Lythraceae (RRCBI-13286)
342. *Apium graveolens* L. belonging to the family Apiaceae (RRCBI-mus289)
343. *Punica granatum* L. (Flower) belonging to the family Lythraceae (RRCBI-13286)
344. *Coriandrum sativum* L. belonging to the family Apiaceae (RRCBI-mus221)
345. *Tamarix dioica* Roxb. ex Roth belonging to the family Tamaricaceae (RRCBI-mus368)  
Plant samples submitted by Dr. Aafreen Ahmedabad, Scholar, Department of Ilmu Saidla, NIUM, Bengaluru has been authenticated as
346. *Lawsonia inermis* L. belonging to the family Lythraceae (RRCBI-5601)
347. *Azadirachta indica* A.Juss. belonging to the family Meliaceae (RRCBI-8970)
348. *Nerium indicum* Mill. belonging to the family Apocynaceae (RRCBI-15290)
349. *Senna tora* (L.) Roxb. belonging to the family Fabaceae (RRCBI-8830)
350. *Curcuma longa* L. belonging to the family Zingiberaceae (RRCBI-mus277)
351. Zinc oxide
352. Borax
353. Plant sample submitted by Sinchana R, Bharathi College of Pharmacy, Bharathinagar Mandya has been identified and authenticated as *Annona glabra* L. of family Annonaceae (RRCBI-mus508)
354. Sample submitted by Vaishali Bambal, Asst. Prof., Dept. of Pharmacognosy, College of Pharmaceutical Sciences, DSU has been authenticated as *Artemisia pallens* Wall. ex DC. of family Asteraceae (RRCBI-mus299)
355. Plant sample submitted by Singampalli A, Scholar, Dept. of Nat. Products, NIPER Hyderabad has been authenticated as *Pongamia pinnata* (L.) Pierre of family Fabaceae (RRCBI-10892)
356. Plant sample submitted by Suhas R, M Pharm, Dept. of Pharmacology, Nargund College of Pharmacy has been authenticated as *Vitex negundo* L. of family Lamiaceae (RRCBI-12244)
357. Sample submitted by Roopachand, M Pharm, Dept. of Pharmacology, Nargund College of Pharmacy authenticated as *Holarrhena antidysenterica* (G. Don) DC. of Apocynaceae (RRCBI-12232)
358. Plant sample submitted by Varun Kumar V, M Pharm, Department of Pharmacology, Nargund College of Pharmacy, Bengaluru has been identified and authenticated as *Aegle marmelos* (L.) Correa belonging to Rutaceae (RRCBI-9076)
359. Plant sample submitted by Shilpa Susan Scaria, Scholar, Dept. of Life Sciences, CHRIST University, Bengaluru has been authenticated as *Quassia indica* (Gaertn.) Noot. belonging to the family Simaroubaceae (RRCBI-mus509)  
Samples submitted by B Pharm, Oxford College of Pharmacy, Bengaluru has been authenticated as
360. *Thespesia populnea* (L.) Sol. ex Correa belonging to Malvaceae (RRCBI-16244)
361. *Leucas aspera* (Willd.) Link belonging to the family Lamiaceae (RRCBI-5951)
362. *Pongamia pinnata* (L.) Pierre belonging to the family Fabaceae (RRCBI-10892)
363. *Euphorbia hirta* L. belonging to the family Euphorbiaceae (RRCBI-11714)  
Samples submitted by B Pharm, Oxford College of Pharmacy, Bengaluru has been authenticated as
364. *Cucurbita pepo* L. belonging to the family Cucurbitaceae (RRCBI-mus179)
365. *Punica granatum* L. belonging to the family Lythraceae (RRCBI-13286)  
Sample submitted by B Pharm, Oxford College of Pharmacy, Bengaluru has been authenticated as
366. *Ricinus communis* L. belonging to the family Euphorbiaceae (RRCBI-854)
367. *Alternanthera sessilis* (L.) R.Br. ex DC. belonging to Amaranthaceae (RRCBI-9891)  
Plant sample submitted by B Pharm, Oxford College of Pharmacy, Bengaluru has been identified and authenticated as
368. *Mangifera indica* L. belonging to the family Anacardiaceae (RRCBI-mus110)
369. *Ocimum basilicum* L. belonging to the family Lamiaceae (RRCBI-5774)

370. *Mentha spicata* L. belonging to the family Lamiaceae (RRCBI-mus437)
371. Plant sample submitted by B Pharm, Department of Pharmacology, College of Pharmaceutical Sciences, DSU, Bengaluru has been identified and authenticated as *Ficus benghalensis* L. belonging to the family Moraceae (RRCBI-20067)
372. Plant sample submitted by Jacintha J Fernandes, Scholar, Vivekananda College of Pharm., Bengaluru authenticated as *Vitis vinifera* L. belonging to Vitaceae (RRCBI-mus406)  
Plant samples submitted by Dr. Syed Salman Ali, PG Scholar, Department of IImul-Saidla, NIUM, Bengaluru has been authenticated as
373. *Rhus coriaria* L. belonging to the family Anacardiaceae (RRCBI-mus511)
374. *Morus nigra* L. belonging to the family Moraceae (RRCBI-mus510)
375. *Juglans regia* L. belonging to the family Juglandaceae (RRCBI-mus512)
376. *Rosa damascena* P. Mill. belonging to the family Rosaceae (RRCBI-mus263)  
Plant samples submitted by Dr. Shaikh Rashmeen, PG Scholar, Department of IImul-Saidla, NIUM, Bengaluru has been authenticated as
377. *Azadirachta indica* A. Juss. belonging to the family Meliaceae (RRCBI-8970)
378. *Fumaria parviflora* Lam. belonging to the family Papaveraceae (RRCBI-mus483)
379. *Rosa damascena* P. Mill. belonging to the family Rosaceae (RRCBI-mus263)
380. *Swertia chirata* Buch.-Ham. ex Wall. belonging to Gentianaceae (RRCBI-mus467)  
Plant samples submitted by Dr. Parvati, Ph.D. Scholar, Dept. of Prasooti Tantra & Stree Roga, NKJ Ayurvedic Medical College and PG Centre Bidar has been authenticated as
381. *Zingiber officinale* Roscoe belonging to the family Zingiberaceae (RRCBI-mus205)
382. *Piper nigrum* L. belonging to the family Piperaceae (RRCBI-4644)
383. *Piper longum* L. belonging to the family Piperaceae (RRCBI-mus454)
384. *Mesua ferrea* L. belonging to the family Calophyllaceae (RRCBI-11533)
385. *Clitoria ternatea* L. belonging to the family Fabaceae (RRCBI-mus27)
386. Cow ghee
387. Goats milk
388. Plant sample submitted by B Pharm, College of Pharmaceutical Sciences, DSU Bengaluru has been identified and authenticated as *Fragaria ananassa* (Weston) Duchesne belonging to the family Rosaceae (RRCBI-mus442)
389. Sample submitted by Teja M, et al., B Pharm, Dept. of Pharmacognosy, Visveswarapura Inst. of Pharma. Sci. has been authenticated as *Asparagus racemosus* Willd. of Asparagaceae (RRCBI-1937)
390. Plant sample submitted by B Pharm, Oxford College of Pharmacy, Bengaluru has been authenticated as *Butea monosperma* (Lam.) Taub. of family Fabaceae (RRCBI-4962).

**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 have been prepared and submitted for the year 2023-24.

Information for CCRAS Newsletter:

- Information related to activities and work progress of IMR projects has been submitted to CARI Bengaluru periodically for preparation of CCRAS Newsletter.

Submission of IMR Collaborative Research Projects:

- The following two IMR research projects were prepared and presented in Internal Scrunity Committee (ISC) and final project proposals submitted in Project Evaluation and Monitoring Committee (PEMC) and got approved in principle.

Sl. No.	Project title	Budget sanctioned (Rs.)	Budget released (Rs.)
1.	Documentation of Wild Edible and Medicinal Plants available in different markets of southern part of Western Ghats in Karnataka State	Rs. 22,20,000/-	Nil
2.	Study and documentation of plant raw drugs for Substitution and Adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh & Telangana)	Rs. 23,20,000/-	Nil

#### **Information provided to CCRAS and other institutes during 2023-24:**

- Consent submitted to RARI Pune to provide services for identification and authentication of medicinal plants mentioned in API/AFI as a part of NABL proficiency testing.
- Smt. Ritu Sinha, RA (Botany) - Referred the availability and gathered information of Volumes of 3 Journals in the institute's library
  1. Indian forestry
  2. Indian journal of forestry
  3. Journal of economic and taxonomic botany
- Smt. R. Bhavana, RA (Botany) – was assigned work to coordinate with the staff (SRF-Botany, OA) of NIIMH, Hyderabad, who visited CARI, Bengaluru on LHT project-related work.
- Submitted information related of the plant specimen- *Salacia reticulata* (from the book *Illustrated Field Guide to 100 Red-Listed Medicinal Plants of Conservation Concern in southern India*) to MPR Section, CCRAS Headquarters.
- Smt. Ritu Sinha prepared the list of GPS Data of the plant samples supplied to CARI Jhansi, CSMCARI Chennai, RARI Gwalior and CARI Kolkata.

#### **Technical review meeting:**

- Organized and participated in MPR-MEBS Focus group meetings on 21.04.2023 and 04.05.2023, for new IMR project proposals.
- Participated in a Review meeting on the Anthology of pharmaceutical research outcomes of CCRAS on selected medicinal plants used in the ayurveda conducted by CCRAS, Head Quarters on 19.07.2023 and 18.08.2023.
- Dr. V. Rama Rao attended the ISC Meeting- New project proposal presentation conducted by CCRAS Hqrs. on 30.05.2023.

- Participated in the discussions in a review meeting on ongoing IMR and IMR-Collaborative project under MPR at CARI, Bengaluru conducted by MPR Section, CCRAS Headquarters on 30.06.2023.
- Attended Meeting on project proposal for “Development of Herbal Garden” under NMPB conducted by CCRAS Hqrs on 28.04.2023 and attended and presented new project proposals and concept notes in new project proposal presentation meeting on 01.09.2023, 05.10.2023, 09.10.2023, 07.12.2023, 11.12.2023, 01.02.2024.
- Attended ISC Meeting- New project proposal presentation on 24.01.2024 and presented 2 project proposals.
- Dr. V. Rama Rao R.O Botany & Smt. Nazneen RA Botany attended and presented 2 projects in 8<sup>th</sup> PEMC conducted by CCRAS Headquarters on 11.03.2024.
- Dr. V. Rama Rao, RO (Botany) reviewed four research articles for four journals and one book chapter reviewed as per the following details:
  1. Journal: Asian Journal of Biology
  2. Journal: European Journal of Medicinal Plants
  3. Journal: Asian Journal of Research in Agriculture and Forestry
  4. Journal: International Journal of Plant and Soil Science
  5. Book chapter: BP International

#### LHT Work:

- Assigned Field book and accession numbers to 4 herbarium samples given by THCRP Team, RARI, Nagpur.
- Prepared 27 herbarium samples (9 specimens- 3 each), allotted accession numbers and submitted the copies to the THCRP Team, CARI Bengaluru.

#### Organizing publication week:

Under the direction of Director General, CCRAS; SMPU, CARI Bengaluru has organized a publication program from 28.11.2023 to 02.12.2023. A total of 12 officers from CCRAS peripheral institutes and 7 from CARI Bengaluru participated in the program. During this publication week, pending research and review articles related to various IMR projects SMPU, CARI Bengaluru was completed. The current status of the articles is as below:

Sl. No.	Project name	Article Title (Tentative)	Project year	Article status
1.	Compendium of Ayurveda dietetics with reference to Oil Seeds	Review of nutritional and therapeutic effects of narikela Thaila an Ayurveda perspective	2018-2022	Plagiarism checked, incorporating suggestions
2.	Compendium of Ayurveda dietetics with reference to Oil Seeds	A review of Ayurvedic aspects of Kusumbha <i>Carthamus tinctorius</i> L towards a better understanding of medicinal properties	2018-2022	Plagiarism checked, incorporating suggestions

3.	Compendium of Ayurveda dietetics with reference to Oil Seeds	Evidence based review of pharmacological activities of Eranda taila ( <i>Ricinus communis</i> ) from an Ayurvedic perspective with special reference to Vrushya and Vayasthapaka property	2018-2022	Article communicated to JRAS in March 2024
4.	Compendium of Ayurveda dietetics with reference to Oil Seeds	Pharmaco therapeutic aspects of Karanja Beeja and Beeja taila [seed and seed oil of <i>Pongamia pinnata</i> (L.) Pierre] with special reference to Ayurveda	2018-2022	Plagiarism checked; article communicated to Annals of Ayurvedic Medicine in March 2024
5.	Development of Micro Forest of medicinal plants by using Miyawaki method of plantation	Study of growth pattern of selected medicinal plants under Miyawaki method of plantation	2019-2022	Plagiarism checked; article communicated to J of Agroforestry in March 2024
6.	Medico Ethno Botanical Survey of Dakshina Kannada and Udupi districts	Systematic Documentation Of Local Health Traditions Of Dashina Kannada And Udupi District, Karnataka	2018-19	Plagiarism checked; article communicated to Journal of Ayurveda
7.	Medico Ethno Botanical Survey of Dakshina Kannada and Udupi districts	Diversity and Distribution of Less Known Medicinal Plants from Dakshina Kannada and Udupi districts of Karnataka, India	2018-19	Received permission to publish the article in Indian J of Forestry after corrections
8.	Medico Ethno Botanical Survey of Vijayapura and Kolar districts	Floristic diversity survey and documentation of medicinal plants of Kolar district, Karnataka, India	2015-16	Plagiarism checked; received permission to publish the article, communicated to the Indian Forester

### Submission of Plant Photographs:

As per the directions from CCRAS Hqrs. for pharmacognosy project, GPS data and 30 good quality plant photographs belonging to 21 species as per the following:

1.*Abrus precatorius* (fruit, leaf), 2.*Abutilon indicum* (fruit), 3.*Acacia nilotica* fruit, 4.*Adhatoda zeylanica* (flower, whole plant), 5.*Aegle marmelos* (leaf, fruit, root), 6.*Albizia lebbeck* (habit, leaf, flower, fruit), 7.*Allium sativum* (leaf), 8.*Aloe vera* (plant), 9.*Argyrea nervosa* (leaf, stem, fruit), 10.*Asparagus racemosus* (fruit), 11.*Azadirachta indica* (seed), 12.*Bacopa monnieri* (leaf), 13.*Barleria cristata* (plant), 14.*Barleria prionotis* (root), 15.*Barleria strigosa* (whole plant), 16.*Benincasa hispida* (fruit), 17.*Calotropis procera* (whole plant), 18.*Cassia angustifolia* (fruit), 19.*Cassia tora* (leaf), 20.*Chrysanthemum indicum* (flower), 21.*Cocos nucifera* (fruit).

### **Administrative work:**

- Dr. V Rama Rao, R.O (Botany) attended staff recruitment related work at CARI Bengaluru.
- Assisted in the compilation, editing, formatting and final submission of annual progress report of the department and institute for the year 2022-2023.
- All the botany staff were actively involved in preparation and submission of SMPU annual progress report 2022-23.
- All botany staff were involved in annual physical verification work and submitted the records as per the duties allotted. Duties allotted are as follows-
  1. Dr.V.Rama Rao, R.O (Botany)- Equipment and furniture available in the assets have been issued to all the sections of Kanakapura Hospital, Thulasithotta hospital and also make sure that all items purchased have been entered to loan & issue register. Ongoing and completed project's equipment transferred to institute's property stock register and issue register.
  2. Mrs R. Bhavana. R A (Botany) - Library books, purchases of book register, sales of CCRAS publications account have been properly entered. vehicle (4 nos.), generator logbook verification, monthly diesel consumption entries, diesel a/c register.
  3. Mrs. Ritu Sinha R A (Botany)-Chemicals registers stock and issue available at DSRU, Pathological laboratory at Bengaluru.
- All botany staff attended Sparrow meeting- Discussion on general guidelines on Uploading of APAR on 17.05.2023.
- Dr. V. Rama Rao, R.O (Botany), member of selection committee for conducting interview for SRF Chemistry under IMR Collaborative research project "Comparative Evaluation of Field and Hydroponic Cultivation of selected Ayurvedic Medicinal Plants" on 18.05.2023.
- Dr. V. Rama Rao, R.O.(S-3) Botany has been nominated as one of 'Expert Committee' member for seeking technical guidance and support for the collaborative research project "Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products" with CFTRI, Mysuru.
- All botany staff are allotted duties, and were involved in different committees for - "Brainstorming sessions on Development of SoP and Standardization of Netra Kriyakalpa"
  1. Dr.V. Rama Rao, R.O. (Botany)-Transportation and Accommodation Committee.
  2. Mrs.Nazneen, R.A. (Botany)-Registration committee
  3. Mrs. R. Bhavana, R.A. (Botany) & Mrs.Ritu Sinha, R.A (Botany)-Stage committee.
- All botany staff are allotted duties and were involved in different committees for - "Brainstorming sessions on Geriatrics integrity approach and challenges".
  - 1.Dr.V. Rama Rao, R.O. (Botany) - Transportation and Accommodation committee.
  - 2.Mrs. Nazneen, R.A. (Botany) - Registration committee
  - 3.Mrs. R. Bhavana, R.A. (Botany)- Stage committee.
  - 4.Mrs. Ritu Sinha R.A. (Botany)-Collecting TA/DA forms from experts and participants. Honorarium to speakers.



- Mrs. R. Bhavana, R.A. (Botany) was the member of Scrutiny committee for the walk-in interview/written test conducted for SRF (Ay.), JRF (Ay.) and Consultant on 22.01.2024.
- Mrs. R. Bhavana, R.A. (Botany) - was allotted duty and was involved in registration committee for “AYUR RAKSHA- A national conference on Pharmacovigilance and Medical ethics”
- All botany staff were involved in annual physical verification work-2023-24. Duties allotted are as follows:
  - Dr. V. Rama Rao, R.O (Botany), Mrs. Nazneen R.A (Botany), Mrs. R. Bhavana, R A(Botany), Mrs. Ritu Sinha R A (Botany)- Library books, purchases of book register, sales of CCRAS Publications account have been properly entered. Vehicle (4 nos.), generator logbook verification, monthly diesel consumption entries, diesel a/c register.
- 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.

#### **Participation in Karnatak General Elections:**

- Dr. V. Rama Rao, R.O (Botany) - Attended Training programme for conducting election duty as “Presiding Officer” of Karnataka General Elections-2023 on 20.04.2023 & 04.05.2023. Participated mustering at Vidyavardhaka Sangha, Rajajinagar, Bengaluru as Presiding Officer of Karnataka General Elections-2023 on 09.05.2023. Participated and conducted polling duty as “Presiding Officer” of Karnataka General Elections-2023 in Karnataka General Assembly Polling at RES Kishore Kendra, Mahalakshi Layout Bengaluru on 10.05.2023
- Smt. Ritu Sinha, R.A (Botany)- Attended Training programme for conducting election duty as “Assistant Presiding Officer” of Karnataka General Elections-2023 on 20.04.2023 & 04.05.2023. Conducted election duty as APRO at MAM School, Vinayaknagara on 09.05.2023 & 10.05.2023.

#### **Sale of medicinal plants:**

- 150 medicinal plant saplings were provided by SMPU Department to Mahesh K, Project Director, Uvaka Sangha to promote young ambassadors of a green today.
- To create general awareness on cultivation of medicinal plants among public, the following saplings sold at CARI Bengaluru Nursery during the year 2023-24:

Sl. No.	Name of the species	Price per sapling	No. of saplings sold	Amount (Rs.)
1.	<i>Ocimum sanctum</i> L.	50.00	4	200
2.	<i>Aloe barbadensis</i> Miller.	50.00	5	250
3.	<i>Coleus amboinicus</i> Lour.	50.00	3	150
4.	<i>Bacopa monnieri</i> (L.) Pennell	50.00	2	100
5	<i>Azadirachta indica</i> A. Juss.	100.00	2	200
6	<i>Centella asiatica</i> (L.) Urban	50.00	2	100
7	<i>Adhatoda vasica</i> (L.) Nees	50.00	2	100
8	<i>Saraca asoca</i> (Roxb.) De. Wild	100.00	2	200
9	<i>Artocarpus heterophyllus</i> Lam.	100.00	2	200
			<b>24</b>	<b>1500</b>

## INTRA MURAL RESEARCH PROJECT

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 : 15.07.2021  
Date of Completion : Completed (14.01.2024)

### 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		TA/DA	Cont./Misc.	Total
1	Sanctioned Amount	2,00,000	3,00,000	5,00,000
2	Budget released	2,00,000	3,00,000	5,00,000
3	Expenditure	1,98,918	2,99,934	4,98,852
4	Unspent	1,082	66	1,148

### Installment wide budget details:

1<sup>st</sup> installment: Rs. 3,00,000/- released on 16<sup>th</sup> July 2021

(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)

Balance Rs. 1,096 remitted to council on 18.04.2022

2<sup>nd</sup> instalment: Rs.50,000 sanctioned on 23.06.2022,

(F.No. 3-3/2017-CCRAS/Admn/IMR/1589 Dtd. 23.06.2022), released on 05.07.2022

Rs. 97,941 sanctioned on 02.11.2022, released on 15.11.2022

Balance of Rs. 3,715 remitted to council on 31.03.2023

Rs. 56,870 sanctioned on 05.07.2023, released on 27.07.2023

Balance Rs. 1,148 remitted to council on 03.02.2024

### Work Progress:

The study is proposed to be completed in 2 years duration for compilation and final preparation of district wise monographs including fieldwork for documentation of photographs and gaps in the data for Bagalkot, Raichur, Vijayapura, Kolar, Kalaburagi, Bidar, Yadgir, Hassan, Dakshina Kannada and Udupi districts.

Details of MEBS tours conducted during the reporting period:

Sl. No.	Name of the areas surveyed	Survey dates	No. of days (including journey)	No. of photographs documented
1.	Conducted Medico Ethno Botanical Survey in the forest areas of Dakshina Kannada and Udupi districts for documentation of missing photographs	20.09.2023 to 24.09.2023	5 days	95 plant photographs documented from the forest areas of Dakshina Kannada districts
	Journey from CARI Bengaluru to Mangalore and night stay.	20.09.2023	Day-1	
	Conducted survey in Karkala forest area, Dakshina Kannada district and documentation of missing photographs.	21.09.2023	Day-2	
	Conducted survey in Neralakatte, Siddapura and Amasebailu forest areas, Udupi district and documentation of missing photographs.	22.09.2023	Day-3	
	Conducted survey in Neralakatte, Siddapura and Amasebailu forest areas, Udupi district and documentation of missing photographs.	23.09.2023	Day-4	
	Shooted plant photographs from Belathangady and Charmady forest areas Journey from Manipal to CARI Bengaluru	24.09.2023	Day-5	
2.	Conducted Medico Ethno Botanical Survey in the forest areas of Hassan district for documentation of missing photographs	25.10.2023 to 28.10.2023	4 days	55 plant photographs documented from the forest areas of Hassan district
	Journey from CARI Bengaluru to Hassan and night stay. Conducted survey in Mallappanabetta, Hassan district.	25.10.2023	Day-1	
	Conducted survey in Halekote forest areas of Hassan district and documented plant photographs	26.10.2023	Day-2	
	Conducted survey in Sakleshpura forest areas of Hassan district and documented plant photographs	27.10.2023	Day-3	
	Journey from Hassan to CARI Bengaluru	28.10.2023	Day-4	

Compilation of data of Bagalkhot, Raichur, Vijayapura, Kolar and Kalaburagi districts completed according to the format. Scanning of herbarium specimens of Bagalkhot, Raichur, Vijayapura and Kolar districts is completed. Compilation of floristic data of Bidar, Yadagir, Hassan, Dakshina Kannada and Udupi districts completed. Scanning of herbarium specimens of Bidar, Yadagir, Hassan, Dakshina Kannada and Udupi districts is under progress.

Present status: Completed (14 January 2024)

**IMR Collaborative Hydroponics Project with IIHR, Bengaluru**

Project title : **Comparative Evaluation of Field and Hydroponic Cultivation of selected Ayurvedic Medicinal Plants**  
 Principal Investigator : Dr. V. Rama Rao, Research Officer (S-2) Botany.  
 Co-Investigator(s) : Dr. Shiddamallayya, R.O.(Botany), CCRAS, New Delhi  
 Duration : 3 years  
 Date of Initiation : 09.02.2023  
 Date of completion : Ongoing

**Primary objective:**

- 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.

**Budgetary details:**

(Statement of expenditure from 01.04.2023 to 31-03-2024)

Sl. No	Head	Sanctioned Budget	Amount Released Till 31.03.2023	Total Expenditures/ Transferred till 31.03.2023	Amount Released During 2023-2024	Expenditure during 2023-24	Unspent balance (31.03.2024)
1	2	3	4	5	6	7	8
1	SRF, Salary	16, 00, 200	Nil	Nil	9, 59, 798/-	9, 59, 798/-	Nil
2	Non-Recurring	2, 00, 000					
	a. Electric weighing balance						
	b. Desktop Computer	1, 00, 000					
	c. pH meter	80, 000					
	d. Grinder	50, 000					
3	TA	1, 00, 000					
4	Consumables & Misc.,	3, 00, 000					
5	Contingency	2, 00, 000					
<b>Grand Total</b>		<b>26, 30, 200</b>					

**Instalments Details-**

**1<sup>st</sup> Instalment:** Rs. 5, 88,900/- released on 22-06-2023

(Ref: F. No. HQ-PROJ011/22/2023-PROJ/1470 dated: 08-06-2023)

**2<sup>nd</sup> Instalment:** Rs. 1, 58, 896/- released on 17-11-2023

(F. No. HQ-PROJ011/22/2023-PROJ/5346. Dated: 13-11-2023)

**3<sup>rd</sup> Instalment:** Rs. 2, 12,002/- released on 21-03-2024  
(Ref: F. No. HQ-PROJ011/22/2023-PROJ/. Dated: 21-03-2024)

Total budget sanctioned : Rs. 26, 30, 200/-  
Total budget released : Rs. 9, 59, 798/-  
Total expenditure incurred : Rs. 9, 59, 798/-  
Balance amount : Nil (as on 31.03.2024)

### **Work Progress at CARI, Bengaluru during June 2023 to March 2024**

#### **1. Preparation and Supply of Kunapajala**

Total 5 batches of Kunapajala and one batch of Jeevamrutha prepared at CARI Bengaluru to check its effectiveness on the five selected medicinal plants at ICAR-IIHR, Bengaluru. The standard operating procedure (SOP) was obtained from CARI, Jhansi used under observation of Ayurvedic officer. The following batches of kunapajala prepared:

S.No	Batch Name	Date of Preparation	Date of Supply	Quantity	Remarks
1.	1 <sup>st</sup> Batch	10-06-2023	27-06-2023	17 ltrs	Supplied
2.	2 <sup>nd</sup> Batch	04-08-2023	30-08-2023	7 ltrs	Supplied
3.	3 <sup>rd</sup> Batch	25-01-2024	28-02-2024	30 ltrs	Supplied
4.	4 <sup>th</sup> Batch	16-02-2024	-	15 ltrs	Used in CARI, herbal garden
5.	5 <sup>th</sup> Batch	30-03-2023	-	-	Under Process: Fermentation

#### **2. Preparation and Supply of Jeevamrutha:**

S.No	Batch Name	Date of Preparation	Date of Supply	Quantity	Remarks
1.	1 <sup>st</sup> Batch	25-07-2023	01-08-2023	50ltrs	Supplied

### **3. Supplying of Plant Material (seeds/samplings) for cost-effective production technology for soilless cultivation/hydroponics cultivation:**

#### **3.1. Saplings Supplied:**

- About 300 samplings of Pippali (*Piper longum*) have been purchased in two batches from University of Agricultural Sciences, GKVK, Bengaluru and supplied the same to ICAR-IIHR, Bengaluru for experimental trails under filed, hydroponics and cocoponics.
- About 200 samplings of Manjistha (*Rubia cordifolia* L.) have been purchased in two batches from University of Agricultural Sciences, GKVK, Bengaluru and supplied the same to ICAR-IIHR, Bengaluru for experimental trails under filed, hydroponics and cocoponics.

### **3.2. Supply of seed material:**

- Seed material of Manjistha (*Rubia cordifolia* L.), Prsniparni (*Uraria picta*), Shankapushpi (*Convolvulus pluricaulis*) and Rakta Punarnava (*Boerhavia diffusa*) have been procured from Regional Ayurveda Research Institute, Tarikhet; Regional Ayurveda Research Institute, Pune and CARI Bengaluru supplied to ICAR-IIHR, Bengaluru for experimental studies.

### **4. Procurement of Biomarkers, Chemicals, Glass wares, Instruments and Equipment:**

- Procurement of 13 major biomarkers listed from selected 5 medicinal plants available at Yucca Enterprises, Wadala, Mumbai, Maharashtra, for the estimation of phytochemicals.
- Purchased glass wares, chemicals and small instruments at Vasa Scientific Company (Head Office), Malleswaram, Bangalore for HPTLC purpose for phytochemical estimation.
- Purchased Desktop, weighting balance and centrifuge instrument through GEM and installed for the project files documentation purpose under IMR-Collaborative Research Project-Hydroponics contingency grant.

### **5. Monitoring of cultivation experiments at ICAR-IIHR, Bengaluru:**

- The Botany team from CARI Bengaluru have been visiting ICAR-IIHR, Bengaluru and monitoring agro-techniques of the selected medicinal plants under various experimental cultivation soil, soilless and hydroponic cultivation.
- Received samples of Rakta Punarnava (*Boerhavia diffusa*) for analysis of phytochemical, bioactive compounds.

### **6. Review of Literature and Publications:**

- Reviewed literature and collected information of selected medicinal plants viz. Manjistha (*Rubia cordifolia*), Prsniparni (*Uraria picta*), Shankapushpi (*Convolvulus pluricaulis*) Rakta Punarnava (*Boerhavia diffusa*) and Pippali (*Piper longum*) is under progress.
- One comprehensive Review article was communicated to UGC care listed Journal “Journal of Herbal Medicine” during the reporting period.

### **Work Progress at ICAR-IIHR Bengaluru during the reporting period**

Out of the five selected medicinal plants, field and cocoponic cultivation is taken up for pippali (*Piper longum*) and prishnaparni (*Uraria picta*); hydroponic experiments for pippali (*Piper longum*) and prishnaparni (*Uraria picta*) and punarnava (*Boerhavia diffusa*). These crops are under various treatments viz. inorganic fertilizer solution, kunapajala, jeevamrutha, combinations of farmyard manure, vermicompost and control group. Samples of *Piper longum* from various experiments have been collected and supplied to CARI Bengaluru for analysis.

### **IMR-Collaborative Project Panchavalkal with UAS-GKVK, Bengaluru**

Project title : Study of seasonal variation of bioactive compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda  
Principal Investigator : Dr. V. Rama Rao, Research Officer (S-2) Botany.  
Co-Investigator(s) : Dr. Shiddamallayya, R.O. (Botany), CCRAS, New Delhi  
Duration : 3 years  
Date of sanction : 14.02.2023  
Date of Initiation : 14.02.2023  
Date of completion : ongoing

#### **Primary objectives of the Project:**

- Exploration of wild population of Panchavalkal 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 Panchavalkal in six *ritus*.

#### **Budgetary details:**

(Statement of expenditure from 14.02.2023 to 31.03.2024)

Sl. No	Head	Sanctioned Budget	Amount released during 2023-2024	Expenditure during 2023-24 (23-02-2024)	Unspent balance till date
1	2	3	4	5	6
1.	MTA Salary	5, 76, 000	1, 23, 000	4, 05,800	Nil
2.	TA/DA	2, 50, 000	1, 23, 000		
3.	Consumables and Miscellaneous	1, 50, 000	1, 59, 800		
	Total	9, 76, 000	4, 05, 800	4,05,800	Nil

#### **Instalments Details:**

**1<sup>st</sup> Instalment:** Rs. 1, 23, 000/- released on 26-05-2023

(Ref: F. No. HQ-PROJ01124/2023-PROJ/1190; Dated 26-05-2023)

**2<sup>nd</sup> Instalment:** Rs. 1, 23, 000/- released on 06-11-2023

(Ref: F. No. HQ-PROJ01124/2023-PROJ/5342; Dated 06-11-2023)

**3<sup>rd</sup> Instalment:** Rs. 1, 59,800/- released on 21-03-2024

(Ref: F. No. HQ-PROJ01124/2023-PROJ/; Dated 14-03-2023)

Total budget sanctioned: Rs. 9,76,000/-

Total budget released: Rs. 4,05,800/-

Total expenditure incurred: Rs. 4,05,800/-

Balance amount: Nil (as on 31.03.2024)

## Work Progress of Panchavalkal project at CARI, Bengaluru

### 1. Survey and collection of plant samples:

Conducted survey in and around Bengaluru city surroundings and found sizeable populations of four selected medicinal plants under the study i.e. *Ficus benghalensis* L., *Ficus religiosa* L., *Ficus racemosa* L. and *Thespesia populnea* L. tours in Doddaballapur area; *Ficus virens* Aiton from Sakleshpura surrounding areas in Hassan district. The collected plant samples, after proper drying were supplied to UAS-GKVK Bengaluru for seasonal variation of bioactive compounds analysis. Sample collection date and their details as follow:

Sl. No	Season	Date of Collection	Quantity		Remarks
			Fresh	Dry	
1.	Vata ( <i>Ficus benghalensis</i> L.)				
2.	<b>Varsha</b> (monsoon)	18-08-2023	3kg	2kg	Supplied
3.	<b>Hemanta</b> (late autumn)	18-02-2023	3kg	2kg	Supplied
4.	<b>Shishira</b> (winter)	09-02-2024	3kg	2kg	Supplied
5.	Udumbara ( <i>Ficus racemosa</i> L.)				
6.	<b>Sharad</b> (autumn)	07-10-2023	3kg	2kg	Supplied
7.	<b>Hemanta</b> (late autumn)	16-12-2023	3kg	2kg	Supplied
8.	<b>Shishira</b> (winter)	09-02-2024	3kg	2kg	Supplied
9.	<b>Vasanta</b> (spring)	25-03-2024	3kg	2kg	Drying
10.	Ashwatha ( <i>Ficus religiosa</i> L.)				
11.	<b>Sharad</b> (autumn)	10-10-2023	4.250	3kg	Supplied
12.	<b>Hemanta</b> (late autumn)	16-12-2023	3kg	2kg	Supplied
13.	<b>Shishira</b> (winter)	09-02-2024	3kg	2kg	Supplied
14.	<b>Vasanta</b> (spring)	25-03-2024	3kg	2kg	Drying
15.	<i>Plaksha</i> ( <i>Ficus virens</i> Aiton)				
16.	<b>Grishma</b> (summer)	27-06-2023	3kg	2kg	Supplied
17.	<b>Varsha</b> (monsoon)	18-08-2023	3kg	2kg	Supplied
18.	<b>Sharad</b> (autumn)	20-09-2023	3kg	2kg	Supplied
19.	<b>Hemanta</b> (late autumn)	10-01-2024	3kg	2kg	Supplied
20.	<b>Shishira</b> (winter)	21-03-2024	3kg	2kg	Supplied
21.	Parisha ( <i>Thespesia populnea</i> L.)				
22.	<b>Hemanta</b> (late autumn)	17-11-2023	3kg	2kg	Supplied
23.	<b>Shishira</b> (winter)	09-02-2024	3kg	2kg	Supplied



### **Work Progress at UAS-GKVK, Bengaluru during the reporting period**

#### **2. Assessment of variation in bioactive compounds in four *Ficus species* and *Thespesia populnea* in six seasons.**

- Quality has been analysed for one ritu (Hemanth ritu) for procured samples through HPLC (High Performance Liquid Chromatography) for active bioactive compounds.
- Collected the samples of Shishira ritu and samples have been prepared for quality analysis and other four ritus sample collection and quality analysis is under progress.

#### **3. Research work which remains to be done under the project**

- Continued sample collection and quality analysis on panchvalkal-5 species of medicinal plants for rest of the ritus (four ritus) under experimentation.
- Compilation of data from different ritus, report writing and submission of research report to funding agency.

### III. Summary of the work carried out during the reporting year:

- a) Number of survey tour/s conducted with area and duration: 02 MEBS tours each one in the districts of Dakshina Kannada & Udupi and Hassan during 2023-24.
- b) Field numbers used in the register : 10 numbers
- c) Number of plant specimens collected : 31 specimens
- d) Number and name of plants identified : 13 plants
- e) Number of Herbarium specimens prepared : 31 specimens
- f) Number of specimens entered in the accession register : 10 numbers
- g) Number of local tours conducted for collection of raw drugs: 16 tours
- h) Number of museum samples collected : 20 samples
- i) Number of raw drugs collected : 262 crude drugs
- j) Quantity of raw drugs collected (fresh weight) : 472.50 kg  
Quantity of raw drugs collected (dry weight) : 232.65 kg
- k) Number of raw drugs supplied : 219 crude drugs
- l) Quantity of raw drugs supplied (dry weight) : 398.29 kg
- m) Folk-lore claims collected : 09 LHTs.
- n) Number of photographs shot (MEBS project) : 150 photographs  
Number of photographs shot (crude drugs) : 104 photographs
- o) Resource generation (Rs.) : 77,100 Rs.
- p) Publications (published) : nil  
Publications (communicated) : 07 articles

## 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 33 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 13 drugs have been completed, whereas phytochemical analysis of 7 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:

<b>Major Activities performed in the department and related section (s)</b>		
<b>Sl. No.</b>	<b>Title (s) of the Activities</b>	<b>Details of the Activities</b>
<b>I</b>	Experimental activities.	1) HPTLC analysis of caffeine on green tea sample, curcuminoids, leaf extract and mulberry was performed as a part of Hands on Training. 2) HPTLC analysis of Shunti, extract of leaves of Nimbu, Khaphapraneha hara churna, khadira, shunti (kashaya and swarasa), Shunti kashaya (in hot and cold water), shunti in different dosage forms, mustadi churna analysis, mustadi semi solid analysis, mustadi comparison, vaaradi churna analysis, mustadi kashaya, Mustadi ghanavati, Varunadi kashaya & Ghanavati, fresh rhizomes of ginger (comparative study), dry ginger comparative study, ginger in different solvents, bioavailability std& sample trial, mustadi analysis, varadi analysis, dry and wet ginger analysis, kashaya & ghanavati – comparative study, khadiradi kwath, human plasma trials, mustadi kashaya (MK), Mustadi kashaya at Room temperature and at regular

		<p>interval of 24 hrs, 48, 96 and 160<sup>th</sup> hrs.) was performed under the project Centre of Excellence for Diabetes.</p> <p>3) Physicochemical constant values such as loss on drying, water soluble extractive and alcohol soluble extractive of Karpuradi Varthi sample received from Sri Sri College of Ayurveda and Research were performed and report submitted.</p> <p>4) Samples Chaturbhadravaleha ; Ref. Vangasena/Jvaradhikar and Samaskar choorna ; Ref.B.Ra.Kanta rogadhikara received from SDM Institute of Ayurveda &amp; Hospital to be analyzed for physicochemical constant values such as foreign matter, loss on drying, ash values, acid insoluble ash, pH value, specific gravity, water soluble extractive value and alcohol soluble extractive value. Parameters were performed as per the methods prescribed in API and report submitted.</p> <p>5) Sample of <i>Annona glabra</i> Linn. (Ref. No. BET/BCP/G/2023-24, dated 16.02.2024) was received from outside stakeholder for T.S of Leaf, Stem Bark, Root with description, Powder microscopy of Leaf, Stem bark, Root with description.The asked parameters were performed and submitted.</p>
<b>II</b>	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.
<b>III</b>	Referencing of some research articles.	For pursuing of research activities, referencing of some research articles and journals were carried out.
<b>IV</b>	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>
<b>V</b>	Procurements of Instruments.	<p>List of instruments such as analytical weighing balance, pH meter, pulverizer, digital water bath, soxhlet apparatus, clevenger apparatus, moisture analyzer etc. required to be purchased under the project Hydroponics and other budgetary provisions were prepared.</p> <p>Specifications of these instruments and budget were decided and accordingly enquiries were made through GeM online portal and the same were purchased through GeM by following the prescribed procedure.</p>
<b>VI</b>	Installation, Servicing and Repairing of Instruments in the DSRU.	<p>1) Servicing of HPTLC system, which was done by the Service engineer of Anchrom Pvt. Ltd., Mumbai.</p> <p>2) Installation of analytical weighing balance, pH meter, Soxhlet apparatus, moisture analyzer were done by the respective service engineers.</p> <p>3) Pulverizer was installed and ensured its functioning.</p> <p>4) Rotary hot air oven, muffle furnace and incubator were repaired.</p>

<b>VII</b>	Safe disposal of glassware from the Institute	1) All sections of Institute were informed for broken, unused glasswares, hazardous and unused chemicals for the safe disposal. 2) Authentic vendors were contacted in this regard and disposed the waste and broken glassware accordingly.
<b>VIII</b>	Involvement in the Hospital Infection Control Committee and Code Red Committee for implementation of NABH & NABL standards to the Institute.	1) With reference to office order no.6-105/2021-22 dated 20.05.2022 and office order no.73/2022-23, and revised order no.682/2023-24, dated - 13.12.2023, "Hospital Infection Control Committee" and "Code Red Committee" was assisted by DSRU for the implementation of NABH and NABL Standards to the Institute. 2) As per the guidelines of NABH Standards, cleaning schedule (total numbers - approx.50) of all the area and / or rooms are being prepared month wise, updated on daily basis and kept in a safe custody as essential records to be submitted as and when required to be, to meet the compliance of NABH standards. 3) Store section of Hospital Infection Control Committee is established to maintain the inventories / consumables required for hospital section. Items under this section were indented from the main store section of Institute and delivered to the concerned sections / staffs as and when needed. 4) Under the code red committee, assisted to conduct the training for the patients, visitors and staff of the Institute to prevent any episode of the fire accidents and also to save from such episodes.
<b>IX</b>	<b>Miscellaneous activities (non-technical)</b>	1) Procurements of items for the institute through GeM procedure is being assisted and taken care of. 2) Dispensed the medicines in the Institute's pharmacy during May 2023 to October 2023. 3) Other work as and when assigned by the Seniors.

Apart from the above mentioned activities, training (total nos.28) pertaining to the Phytochemical Standardization of Ayurvedic Crude drugs and Medicinal plants was imparted to various research scholars, visitors, undergraduate, post graduate students of various Ayurveda Institutions 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, assisted to organize various programme such as Swatchhcta Pakhwada, Rajbhasha Hindi Pakhwada, Ayurveda Day, International Yoga Day, International Year of Millets, Interviews for the appointment of JRFs, SRFs and World Environment Day etc.

#### 9. **Literary Research:**

Documentation of life profile of luminaries in the field of Ayurveda was done.

**9. Family Welfare and RCH etc.:** No projects undertaken in 2023-24

### 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: <a href="mailto:dr.bavenkatesh@gmail.com">dr.bavenkatesh@gmail.com</a> Mob. No. 9845015567	Chairperson
2.	Dr. Prof. Geetha Dept. of Pharmacology, Bengaluru Medical College and Res. Institute, Fort K.R. Road, Bengaluru – 560002. <a href="mailto:geetha25bmcricri@gmail.com">geetha25bmcricri@gmail.com</a> 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 <a href="mailto:vikram_ayur@yahoo.com">vikram_ayur@yahoo.com</a> / <a href="mailto:drvikramayur@gmail.com">drvikramayur@gmail.com</a>	Member (Basic Medical Scientist)
4.	Dr. Anant Desai No.1580, B Block, 13 <sup>th</sup> Main, Sahakar Nagar, Bengaluru – 560 092. Mob. No.9448185896, <a href="mailto:Anantdesai30@gmail.com">Anantdesai30@gmail.com</a>	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-560 098 Mobile:09845295227,6361782197 Email: <a href="mailto:ravikeerthym@gmail.com">ravikeerthym@gmail.com</a>	Member (Clinician Modern Medicine)
6.	Smt. Swayamprabha.H.C. Advocate, 241, Ist floor, Nandi Mansion, Aralegudi compound, Cottonpet road, Bengaluru. Mob. No. 9844159464. <a href="mailto:swayamprabha.hc@gmail.com">swayamprabha.hc@gmail.com</a>	Member (Legal Expert)
7.	Mrs. Sarah Abraham Principal, No 1008, Sobha Hill view Apts, Thalaghattapura, Bengaluru – 560 109. Mobile No.9916334453. Email: <a href="mailto:sarahabraham56@gmail.com">sarahabraham56@gmail.com</a>	Member (Social Scientist)
8.	Shri. Krishna Kumar # 87, ‘SURABHI’ VISL Layout, Ist Main, 3 <sup>rd</sup> cross, “Silk Institute Metro Station” off Kanakapura Main Road, Thalaghattapura, (Near S.S. Vruddi Apartment) Bengaluru – 560 109. Mobile no.8073535371/9980631599. <a href="mailto:silkyman61@gmail.com">silkyman61@gmail.com</a>	Member (Lay person)
9.	Dr. Shubhashree MN Research Officer (Ayurveda) Central Ayurveda Research Institute, Bengaluru <a href="mailto:shubhathejas@gmail.com">shubhathejas@gmail.com</a> 9448016968	Member Secretary

## 11. Library

- i) No. of books available up to previous year: **2050**
- ii) No. of books purchased during the reporting year: **10**

<b>Sr. No:</b>	<b>Name of the books</b>	<b>Quantity</b>	<b>Cost (Rs.)</b>
1.	Vrksayurveda of Surapala (English)	04	490.00
2.	Vrksayurveda (Hindi)	05	613.00
3.	GFR-English	01	400.00
4.	GFR Hindi	01	269.10
5.	E office procedure	01	600.00
6.	RTI Hindi	01	300.00
7.	Swamy's Handbook for CGS(English) 2024	04	1796.00
8.	Swamy's Handbook for CGS(Hindi) 2024	02	921.00
9.	Books	04	1700.00
10.	Books	02	2803.00

## 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 Podar Ayurved Medical College, Mumbai	Prof. K R Kohli, Director, Directorate of AYUSH, Maharashtra, RA PodarAyurved Medical College, Mumbai.	Dr. Vyankatesh K. Shivane Mumbai Dr. Manohar Gundetti, RRAP Central Ayurveda Research Institute for Cancer Mumbai
4.	KAHER's Shri BMK Ayurveda	Dr. Basavaraj R Tubaki Professor & Head, Dept of	Dr. Kiran Kumar V Mutnali.



Mahavidyalaya, Belgavi, Karnataka	Kayachikitsa, KLEU's Shri BMK Ayurveda Mahavidyalaya Belgavi	Assoc. Prof. of Kayachikitsa Dr.AmarPatil, Asst Professor, Dept of Medicine, USM-KLE IMP, Belgavi Karnataka Dr. Rinky Devi Thakur, RO (Ay.), RARIMD Bengaluru
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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 <sup>st</sup> Installment	2 <sup>st</sup> Installment*	3 <sup>rd</sup> 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/-
	<b>Total</b>	<b>79,13,600/-</b>	<b>54,13,600/-</b>	<b>22,68,000/-</b>	<b>1,55,95,200/-</b>

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

SN	1 <sup>st</sup> 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 Belgavi)	15,78,200/-	F. No. 4-1/2018- RARIMD/BNG/Account Misc./1038	23.02.2018

S N	2 <sup>nd</sup> 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 Podar AMC, Mumbai	33	13	20
4.	Shri BMK AMC, Belagavi,	66	41	25
	<b>Total</b>	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 Dr. Yashdeep Gupta, Asst. Prof. of E&M, AIIMS, Dr. Amit, RO (Ay.), CARICD, New Delhi
3.	RA Podar Ayurved Medical College, Mumbai	Prof. K R Kohli, Director, Directorate of AYUSH, Maharashtra, RA Podar Ayurved Medical College, Mumbai	Dr. Vyankatesh K. Shivane, Dadar East, Mumbai Dr. Manohar Gundetti, 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. Ghansham Dass 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 <sup>st</sup> Installment	2 <sup>nd</sup> Installment*	3 <sup>rd</sup> 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/-
	<b>Total</b>	<b>78,80,000/-</b>	<b>53,80,000/-</b>	<b>22,51,200</b>	<b>1,55,11,200</b>

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 /Metforminv/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-	
	<b>Total</b>	<b>78,80,000/-</b>		

\*\*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 <sup>st</sup> Installment	Amount	Funds released order	Date
1.	AIIMS New Delhi	16,11,800/-	F. No. 4-1/2018-RARIMD/ BNG/Account Misc./333	19.06.2018
2.	RA Podar Mumbai	16,11,800/-	F. No. 4-1/2018-RARIMD/ BNG/Account Misc./1035	22.02.2018
3.	RGGPGAC, Paprola	15, 44,600/-	F. No. 4-1/2018-RARIMD/ BNG/Account Misc./1047	26.02.2018

S. N.	2 <sup>nd</sup> 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 4<sup>th</sup> IMR– PEMC, F.No.27-3/2018-CCRAS/Tech./Hq, dated 19<sup>th</sup> 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"> <li>• Dr. B.S. Prasad, Principal,</li> </ul> Co- Investigators <ul style="list-style-type: none"> <li>• Dr. V. A. Kothiwale, Vice principal, Prof.of General Medicine, Dean, Faculty of science (Inter-disciplinary studies /Research) JNMC, KLE University, Belagavi</li> <li>• Dr. S. L. Hoti, Scientist G, ICMR -National Institute of Traditional Medicine -NITM), Nehru Nagar, Belagavi.</li> <li>• Dr. M.V. Jali, M.D &amp; CEO, Dr. Prabhakar Kore Multispecialty Hospital &amp; Medical Research Centre, Nehru Nagar, Belagavi.</li> <li>• Rekha Patil, Prof &amp; HOD, Dept. of General Medicine, JNMC, Belagavi.</li> </ul>

		<ul style="list-style-type: none"> <li>• S. Unger, Scientist D, ICMR - NITM), Belagavi.</li> <li>• Dr. Sukumar Nandigoudar, Reader, Dept. of Kayachikitsa, Officer in charge, MRC, BMK Ayurveda Mahavidyalaya, Belagavi</li> </ul>
2.	Sri Devaraj Urs Academy And Higher Education and Research Kolar	Principal Investigator <ul style="list-style-type: none"> <li>• Dr.Nitin Kumar Patil, Assoc. Prof and Head Dept. of Integrative Medicine, Shri Sri Devaraj Urs Academy And Higher Education and Research Kolar</li> </ul> Co- Investigators <ul style="list-style-type: none"> <li>• Dr.Shubhashree M.N,RO (Ay.) RARIMD Bengaluru</li> <li>• Dr. Prabhakar K., Prof. of Gen Medicine, SDUMC Lokar</li> <li>• Dr. S L Hoti, Director In-charge ICMR NITM Belagavi</li> <li>• Dr. AVM Kutty, Registrar, SDUAHER, Kolar</li> </ul>

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 1<sup>st</sup> Sep 2017 (KLE), 1 August 2018 (Sri Devaraj Urs Academy and Higher Education and Research/ Kolar)

12.3.11. Budget allocated: -

SN	Centres	1 <sup>st</sup> Installment	2 <sup>st</sup> 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/-
<b>Total (Belagavi)</b>		<b>50,25,845/-</b>	<b>47,97,462/-</b>	<b>98, 23,307/-</b>
4	Sri Devaraj Urs Academy And Higher Education & Research Kolar	12, 60,000/-	9,99,000/-	22, 59,000/-
<b>Grand Total</b>		<b>62,85,845/-</b>	<b>57,96,462/-</b>	<b>1,20,82,307/-</b>

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 <sup>st</sup> (Belagavi Centre)	50,25,845	F. 3-42/2017/CCRAS/Admin /Dengue/1303 Dt. 02.08.2017	07.08.2017
2	2 <sup>nd</sup> (Belagavi Centre)	47,97,462	F. No. CB/Exp./CCRAS/Hq./2018-19/2000 Dt. 03.04.2019	30.03.2019
3	1 <sup>st</sup> (Kolar centre)*	12, 60,000/-	F. No. 3-14/2017-CCRAS/Admin/Dengue/388, Dt. 28.03.2018	03.04.2018

4	2 <sup>nd</sup> (Kolar centre)*	9,99,000/-	F. No. 3-14/2017-CCRAS/Admin/Dengue/6365, Dt. 01-01-2020.	10-02-2020
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**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 <sup>st</sup> (Belagavi Centre)	50,25,845	F. No. 6-63/2017/RARIMD/BNG/Tech /Dengue/412	10.08.2017
2	2 <sup>nd</sup> (Belagavi Centre)	47,97,462	F.No . 6-14/2017-CCRAS/Admn/Dengue/6086	29.03.1019
3	1 <sup>st</sup> (Kolar centre)	12, 60,000	F. No. 6-63/2018/RARIMD/BNG/Tech. /Dengue/26	09.04.2018
4	2 <sup>nd</sup> (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

Sr. 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 <sup>st</sup> Installment	2 <sup>st</sup> Installment*	3 <sup>rd</sup> Installment*	Total
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1.	SDM Hassan	5,92,000.00	1,96,000.00	-	7,84,000.00
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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:**

Sr. 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.	Belgavi Institute of Medical Sciences (BIMS)	4. CoI-Dr Sandeep Dandin, Pulmonologist MBBS, MD
4.	CARI Bengaluru	5. 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:

Sr. 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
4.	Rs. 9,84,484	HQ/PROJ011/184/2022/PROJ/3845	05/09/2023	13/09/2023

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 (150/100 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	150/100 (Revised)	61	21	11	29

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 18<sup>th</sup> 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. Avipatthikarachurna	21. Hingvastakachurnam
4. Balaguduchyadi oil	22. Vatariguggulu
5. Chyavanprasham	23. Rasnasaptakakwatha
6. DashamoolaHaritaki	24. Shuntichurna
7. Dashamoolarishta	25. Amruthothharamkashaya
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	Instalment	Sanction order	Date	Date of receipt of fund
01	Rs. 2,12,35,400	F. No. 3-116/2019-CCRAS/Admn/IMR/4783	18-11-2019	23-11-2019
02	Rs. 50,200	F.No. 3-22/2019-CCRAS/Admn/AYUSH-AGT/6293	17-02-2021	23-02-2021
03	Rs. 65,02,600	F. No. 3-116/2019-CCRAS/Admn/IMR/6994	19-03-2021	22-03-2021
04	Rs. 73,61,070	File No. 3-3/2017-CCRAS/Admn/PS/769	25-05-2021	28-05-2021
05	Rs. 25,00,000	F. No. 3-116/2019-CCRAS/Admn/IMR/1562	22-06-2022	24-06-2022
06	Rs. 59,04,328	F. No. 3-116/2019-CCRAS/Admn/IMR/4086	28-10-2022	15-11-2022
07	Rs. 52,14,939	File No. HQ-PROJ011/185/2022-PROJ/1936	26-06-2023	27-07-2023

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	32	08	09	15
2	AVP, Coimbatore	80	22	05	03	14
3	RRAP, CARI, Mumbai	80	17	05	02	10

	<b>Total</b>	<b>240</b>	<b>71</b>	<b>18</b>	<b>14</b>	<b>39</b>
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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. Objectives

**Primary objectives:**

To characterize urine exosome profile of healthy male adults of different Prakriti subtypes

identified through CCRAS Prakriti questionnaire through the following methods

i. To collect Prakriti determined Urine samples in coded form by 7 CCRAS centers as

per the protocol.

ii. To determine the urine exosome protein content similarities and differences between different Prakriti sub-type subjects.

**Secondary objective:**

To identify potential biological markers for different Prakriti through urine exosomes.

12.7.2. Study design- Clinical exploratory study

12.7.3. Sample Size- 392 participants (considering drop outs 392 will be recruited at CCRAS centers (8 from 7 Prakriti from 7 centers) : Collection of samples will be twice: once in Dakshinayana and once in Uttarayana from the same participant. Total samples will be  $392 \times 2 = 784$

12.7.1. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date-F. No.3-114/2019-CCRAS/Admn/Prakriti/Multiomics/2280 dated 24.08.2020

12.7.2. Duration of study- 2 years (according to the protocol) + 1 year extension has been sanctioned as the study got delayed due to COVID extn letter attached.

12.7.3. Interventions- Not applicable

12.7.4. Participating center along with PI:

<b>Sr. No.</b>	<b>Name of the participating centre</b>	<b>Name of PI, Co-Investigators</b>
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.)

12.7.5. Date of IEC approval: 22<sup>nd</sup> March 2021

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

12.7.7. Date of initiation: 1.11.2021- Study initiation started with MOU signed on 24 Feb 2021. IEC approval received on 3<sup>rd</sup> March 2021. HR recruited from October 2021.

12.7.8. Budget allocated: Rs 3,68,20,066/-

12.7.9. Installment wise release:

<b>Sr. No.</b>	<b>Installment</b>	<b>Sanctioned order</b>	<b>Date</b>	<b>Date receipt of fund</b>	<b>of</b>

1	First Installment of Rs 2,15,60,033/-	F.no4-1/2020-21/CARI/BNG/ account misc./1430	24.3.2021	24.3.2021
2	Second Installment of Rs 1,34,19,029.70	HQ-PROJ011/6/2023-PROJ/7633	27.3.2023	31.03.2023 Reverted back by RBI (PFMS)
3	Second Installment of Rs. 1,45,34,767/	HQ-PROJ011/6/2023-PROJ-Part (1)/8562	14.3.2024	18.3.2024

12.7.10. 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	
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 centres. 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	
5.	Participant screening and enrolment	4 to 14 months	Delayed due to Covid but currently sample collection completed from the CCRAS centres	Delayed but achieved
6.	Sample collection and transport to TDU from CCRAS centres	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 ongoing	Processing of collected samples are being done for exosome isolation and other required procedures. As the last batch of samples were received from CCRAS centres only by February 2024, it has impacted the delay in sample analysis.
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12.7.11. Current status: Instead of the target sample size of 784, 786 (2 additional) samples collected as per SOP from 7 CCRAS centers are received at TDU. Each center was supposed to collect 112 samples but some centers have not collected the same due to non-availability of required participants. Hence some centers have collected more to match the total target sample size. TDU has started the process sample analysis as and when we received the samples. Overall status though delayed due to unavoidable circumstances like Covid-19, all the processes as per the protocol is being followed for sample analysis.

Sl. No	Participating center	No. of samples collected till date	No. of samples processed till date	No. of samples analysed (MS analysis) till date
1.	National Ayurveda Research Institute for Panchakarma, Cheruthuruthy	115	115	58
2.	Central Ayurveda Research Institute for Hepatobiliary Disorders, Bhubaneswar	103	103	50
3.	Central Ayurveda Research Institute for Respiratory Disorders, Patiala	110	110	50
4.	Raja Ramdeo Anandilal Podar (RRAP) Central Ayurveda Research Institute for Cancer, Mumbai	114	114	57
5.	Regional Ayurveda Research Institute for Eye Diseases, Lucknow	113	113	57
6.	Regional Ayurveda Research Institute for Gastro-Intestinal Disorders, Guwahati	126	126	63
7.	Regional Ayurveda Research Institute, Tadung, Gangtok, Sikkim	105	105	53
<b>Total</b>		<b>786</b>	<b>786</b>	<b>388</b>

12.7.12. Relevant information, if any: As the study could not be initiated as per the sanctioned timelines due to COVID, as extension of the project has been requested till September 2024. An official confirmation letter is being awaited from the office of DG CCRAS.

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/-, 1<sup>st</sup> 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 <sup>st</sup> Ed.;Pg17)	Vitamin-E	Vitamin-E
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 &amp; Hospital</p> <p>c. Central Ayurveda Research Institute, Bangalore</p>	<p><b>Principal Investigators</b></p> <ol style="list-style-type: none"> <li>1. Dr. Manish Barvaliya, Scientist E (Medical), ICMR-NITM, Belagavi</li> <li>2. Dr. Pradeep Grampurohit, Prof., Dept. of Panchakarma, Shri BMK Ayurveda Mahavidyalaya, Belagavi</li> </ol> <p><b>Co-Investigators</b></p> <ol style="list-style-type: none"> <li>3. Dr. Suhas Kumar Shetty, Principal, KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi</li> <li>4. Dr. Keerthana Suresh, Associate Professor &amp; HOD, Dept of RogaNidana, KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi</li> <li>5. Dr. Subarna Roy, Scientist G &amp; Director ICMR- National Institute of Traditional Medicine- ICMR, Belagavi</li> </ol>

		6. Dr. Bhavya B.M Research Officer (Ayu.), Central Ayurveda Research Institute, Bangalore,
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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: Rs.55,32,925/-

12.8.13. Installment wise release

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 <sup>st</sup> Installment	F.NO.4-14/2021-22/CARI/BNG/Account Misc/716	01/09/2021	02/09/2021
2	2 <sup>nd</sup> Installment	F.6-75/2019/CARI/BNG/AYUSH GMH NAFLD/723	26/07/2022	25/07/2022

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. Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products

12.9.1. Objectives

- Development of SOPs for the preparation of atleast 10 traditional recipes of Ayurveda.
- Proximate composition analysis of atleast 10 traditional recipes of Ayurveda.



- Nutritional, safety & efficacy studies of atleast 4 traditional recipes of Ayurveda in experimental animals.

12.9.2. Study Design: Experimental

12.9.3. Sample Size: Not applicable

12.9.4. 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

12.9.5. Installment wise release: Rs.34,25,884/- 1<sup>st</sup> Installment released on 22.03.2023

12.9.6. Duration of Study: 3 years

12.9.7.. Interventions: Not applicable

12.9.8. 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"> <li>1. Dr Ramaprasad TR, Principal Scientist, CSIR-CFTRI, Mysore</li> <li>2. Dr Thejaswini C, Research Officer (Ayurveda), Central Ayurveda Research Institute, Bengaluru</li> <li>3. Dr. Bhavya B.M, Research Officer (Ayurveda), Central Ayurveda Research Institute, Bengaluru</li> <li>4. Dr. Bandi Venkateshwarlu, Assistant Director (Ayurveda), CCRAS, Hqrs, New Delhi</li> <li>5. Dr. Prabhasankar, Chief Scientist, CSIR-CFTRI, Mysore</li> <li>6. Dr. R. Chetana, Senior Technical Officer, , CSIR-CFTRI, Mysore</li> <li>7. Dr Singam Reddy Technical Officer, CSIR-CFTRI, Mysore</li> </ol>

12.9.9. Date of IEC approval: Not applicable

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

12.9.11. Date of initiation: 5<sup>th</sup> April 2023

12.9.12. Expected date of Completion : 31<sup>st</sup> March 2026

12.9.13. Details of installment wise budget release:

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 <sup>st</sup> Installment 34,25,884	F.No. HQ-PROJ 011/119/2023- PROJ/OO.1457	22.03.2023	24.03.2023

2	1 <sup>st</sup> Installment Rs 6,37,500	F.No. HQ-PROJ011/119/2023- PROJ/1149	25/05/2023	31/05/2023
2	2nd Installment Rs. 3,48,720	F.No. HQ-PROJ011/119/2023- PROJ/8872	22/03/2024	23/03/2024

#### 12.9.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	Development of SoPs, Proximate composition analysis Nutritional, safety & efficacy studies of atleast 4 traditional recipes of Ayurveda	3 yeas	(ongoing)	Nil

#### 12.9.15. Status

SL.No	Product	Product developed form	Progress report
1.	Kapikacchu Pupalika	Crispy flat biscuit bites in both sweet and spiced varieties	The product has been standardized as flat sweet biscuit bites and further studies are being carried out.
2.	Panchasara Panaka	Instant beverage mix powder	The product's proximate analysis, texture analysis, and storage studies need to be confirmed
3.	Navanga Yusha	RTC instant soup mix powder	The product's proximate analysis, texture analysis, and storage studies need to be initiated. Rheological and storage studies are in progress.
4.	Triphala Bhavita Yava Rotika	RTC instant flour mix powder is in progress.	final standardization of the product is still in progress
5.	Beeja Ladduka	RTE Nutri bar	The product's proximate analysis, texture analysis, and

			storage studies are going on.
6.	Vedanika	Stuffed parota and khakra	The product's proximate analysis, texture analysis, and storage studies need to be carried out.
7.	Panchamrita Yusha	RTC instant soup/porridge mix powder	The product's proximate analysis, texture analysis, and storage studies need to be initiated.
8.	Mohanbhog	Laddu and burfi sweet varieties	final standardization of the product is still in progress
9.	Ashtaguna Manda	RTC instant porridge mix powder	Initial trials are being carried out to formulate the product as RTC instant porridge mix powder.
10.	Surana Modaka	Toxicity studies cannot be carried out in CFTRI, hence it is requested to change or eliminate this product.	

## 12.10. Documentation of traditional food recipes of karnataka and their validation with ayurveda and nutritional perspective

### 12.10.1. 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.

12.10.2. Study Design: NA

12.10.3. Sample Size: NA

12.10.4. Approval of IMR- O.O. 1293/2022-23, dated 21st Feb 2023, total budget sanctioned Rs.47,14,936/-

12.10.5. Installment wise release: first Installment of Rs 20,20,868/- released on 21/02/2023

12.10.6. Duration of study: 2.5 years

12.10.7. Interventions: NA

12.10.8. 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,	<b>Principal Investigators</b> Dr. Sulochana Bhat, Incharge CARI, Bengaluru Dr. Megha, Associate Professor, TDU, Bengaluru <b>Co-Investigators</b> Dr. Shubhashree M.N., RO, CARI, Bengaluru Dr. Bandi Venkateshwarlu, AD, CCRAS Headquarters Dr. Subramanya Kumar, TDU, Bengaluru

12.10.9. Date of IEC approval: approved

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

12.10.11. Date of initiation: 24/03/2023

12.10.12. Budget allocated: Rs.47,14,936/-

12.10.13. Installment wise release

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 <sup>st</sup> Installment	O.O.1293/2022-23	21/02/2023	05/02/2023

12.10.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	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

12.10.15. Current status: One JRF has been appointed on 24/03/2023.

12.10.16. Relevant information, if any: Nothing Specific

**12.11. 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)**

12.11.1. Participating center along with PI:

S. No.	Name of the participating centre	Name of PI, Co investigators
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	<b>PI:</b> 1. Dr. John Vijaya Sagar <b>Co-PI:</b>

		1. Dr. Kishore Kumar R <b>Co-I:</b> 1. Dr. Umesh C 2. Dr. K. Gokul Krishna 3. Dr. MonojitDevnath 4. Dr. Rajendra K M 5. Dr. B.N. Roopesh 6. Dr. Shivkumar V 7. Dr. BharathHolla
2	CARI Bengaluru	<b>Project Coordinator-</b> Dr. Sulochana Bhat <b>Co-I:</b> Dr. SrinibashSahoo.

12.11.2. Date of IEC approval: 16.04.2021

12.11.2. CTRI Registration- CTRI/2021/07/035308 [Registered on: 30/07/2021].

12.11.2. Date of initiation: 31.12.2021

12.11.2. Budget allocated:

NIMHANS, Bengaluru: Rs.91,18,200/-

Central Ayurveda Research Institute, Bengaluru: Rs. 8,50,000/-

**Grand Total: Rs. 99, 68,200/-**

12.11.2. Installment wise release:

Sr. No.	Installment	Sanctioned order	Date	Date of receipt of fund
01	Rs. 39,25,800	Office Order No.984/2020-21	03-03-2021	23-11-2019
02	Rs. 2,50,000	F. No. 3-3/2017-CCRAS/Admn/PS/769	25-05-2021	28-05-2021
03	Rs. 7,63,000	F. No. 3-3/2017-CCRAS/Admn/IMR/1589	23-06-2022	05-07-2022
04	Rs. 15,65,546	File No. HQ-PROJ011/93/2022-PROJ/4359	10-11-2022	16-11-2022
05	Rs. 7,800	File No. HQ-PROJ011/93/2022-PROJ/1541	13-06-2023	27-07-2023

12.11.2. 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 (80 patients)	27 months	ongoing	--

12.11.2. 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 Reduced to 80	61	31	13	17

12.11.2. Relevant information, if any: Nil

**12.12. 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**

12.12.1. Participating center along with PI:

S. No.	Name of the participating centre	Name of PI, Co investigators
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	<b>PI:</b> 1. Dr. Umesh C <b>Co-PI:</b> 1. Dr. Pramod Kumar Pal <b>Co-I:</b> 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	<b>Project Coordinator-</b> Dr. Sulochana Bhat <b>Co-PI:</b> Dr. SrinibashSahoo.

12.12.1. Date of IEC approval: 07.01.2022

12.12.1. CTRI Registration/Reference (for clinical trials): CTRI/2022/01/039803  
[Registered on: 28/01/2022] -

12.12.1. Date of initiation: 07.01.2022

12.12.1. Budget allocated:

NIMHANS, Bengaluru: Rs.52,30,308/-

Central Ayurveda Research Institute, Bengaluru: Rs. 11,00,000/-

**Grand Total: Rs. 63, 30,308/-**

12.12.1. Installment wise release:

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
01	Rs. 10,00,000	Office Order No.29/2020-21	09-04-2021	11-05-2021
02	Rs. 7,50,000	File No. 3-3/2017- CCRAS/Admn/IMR/1589	23-06-2022	05-07-2022
03	Rs. 12,78,470	F.No. 3-29/2021-CCRAS/Admn/Coll/4062	27-10-2022	19-11-2022
04	Rs. 8,70,882	File No. HQ-PROJ011/73/2023-PROJ/1937	26-06-2023	27-07-2023

12.12.1. 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	--

12.12.1. 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	27	12	04	11

12.12.1. Relevant information, if any: Nil

**12.13. A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme**

12.13.1. Objectives

- Primary : To assess the medical adherence and tolerability of Ayush-SR in Generalized Anxiety Disorder(GAD).
- Secondary:
  - a. To assess the effect of Ayush SR in reducing the symptoms of GAD.
  - b. To assess the effect of Ayush SR on sleep quality of cases of GAD.
  - c. To assess the safety of Ayush SR in GAD
  - d. To assess the effect of Ayush SR on mental wellbeing of the study participants.
  - e. To assess the effect of Ayush SR on C-Reactive protein in GAD cases.

12.13.2. Study Design: Interventional, Single arm, prospective, clinical study.

12.13.3. Sample Size: 440

12.13.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date : Office Order No. 1422/2022-23, dated 17-03-2023

12.13.5. Installment wise release: 58,46,000/- 1<sup>st</sup> Installment released on 21.03.2024

12.13.6. Duration of Study: 2 years

12.13.7. Interventions

Intervention	AYUSH-SR (Ref. API, Part-I, Volume, VIII, pg.34-36)
Dose	2gm per day in divided doses( 2 tablets twice daily)
Dosage form	Tablets (500mg)
Route of Administration	Oral
Time of Administration	Twice daily post meals
Anupana	Water
Duration of therapy	3 months(90 days)

Packing Form	120 tablets in each bottle for each month.
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12.13.8. Participating centre along with PI:

Sl. No	Name of the participating centre	Name of Investigators
1.	Sri Sri college of Ayurvedic Science And Research	Principal Investigator: Dr GOPALA KRISHNA G, Professor and HOD, Dept. of PG Studies in Kayachikitsa Co-Investigator: Dr. Ashwathy Kavirajan, Assistant Professor, Dept. of PG Studies in Kayachikitsa.
2.	Adichunchanagiri Ayurvedic medical college, hospital & research center	Principal Investigator: Dr Byresh A, Principal & Professor Dept. of Kayachiitsa. Co-Investigator: Dr. Shashidhara R, Associate Professor, Dept. of Panchakarma.
3.	Shri B M Kankanvadi Ayurveda Mahavidhyalaya, Belagavi	Principal Investigator: Dr Suhas Shetty, Principal & Professor Dept. of Kayachikitsa. Co-Investigators: 1. Dr Sanjeev S Toni, Associate Professor, Dept of Swastawrutta. 2. Dr Hemalatha K, Assistant Professor, Dept. of Kayachikitsa.
4.	Vaidhyaratnam PS warrier Ayurveda Medical college, Kottakal	Principal Investigator: Dr Jithesh M, Professor Co-Investigators: 1. Dr Satheesh K, Associate Professor. 2. Dr Prathibha P Nair, Assistant Professor.
<b>Co-ordinating centre</b>		
5.	Central Ayurvedic Research Institute, Bengaluru	Principal Investigator: Dr G V Ramana, R.O(Ayu.) Co-investigator: Dr Srinibash Sahoo, R.O(Ayu.)

12.13.9. Date of IEC approval: F.6-5/CARI/BNG/IEC meet 2020-21/221 Approved, dated 02-05-2023

12.13.10. CTRI Registration/Reference (for clinical trials): CTRI/2023/05/053328 [Registered on: 31/05/2023]

12.13.11. Date of initiation: 17/3/2023

12.13.12. Budget allocated:

Institute	Budget
Sri Sri college of Ayurvedic Science and Research, Bengaluru	28,41,090/-
Adichunchanagiri Ayurvedic Medical College, Hospital & Research Centre, Bengaluru	28,41,090/-
Shri B M Kanakawadi Ayurveda Mahaidyalaya, Belgavi	27,61,710/-
Vaidyaratnam PS Varier Ayurveda College , kottakal	27,61,710
CARI, Bengaluru	26,66,800/-



Grand Total	1,38,72,400/-
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#### 12.13.13. Installment wise release

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 <sup>st</sup> Installment	File No. HQ-PROJ011/58/2023-PROJ	17/03/2023	21/03/2023

#### 12.13.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	440 Subjects	2 years	25(subjects)	Nil

#### 12.13.15. 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	Sri Sri College Of Ayurvedic Science And Research, Bengaluru	15	4	0	0	4	0
2	Adichunchanagiri Ayurvedic Medical College	13	5	1	1	3	1
3.	Shri B M Kanakavadi Ayurveda Mahavidyalaya, Belgavi	14	4	1	0	3	0
4.	Vpsv Ayurveda College, Kotakkal	35	15	0	0	15	0
	<b>Total</b>	<b>77</b>	<b>28</b>	<b>2</b>	<b>1</b>	<b>25</b>	<b>0</b>

#### 12.13.16. Relevant information, if any: Nothing Specific

### 12.14. Morbidity and Healthcare-seeking behaviour of the patients visiting the Ayurveda healthcare facilities of the DGAFMS Hospitals: A multicentre cross-sectional survey study

#### 12.14.1. Objectives

- b. Primary: To understand the care seeking behavior of the patients visiting the Ayurveda healthcare facilities established in the DGAFMS hospitals
- c. Secondary:
  - To determine the proportion of the prevalent disease conditions for which patients seek treatment from the Ayurveda healthcare facilities in the DGAFMS hospitals

- To act as a basis for determining the scope of service of these Ayurveda healthcare facilities.
- To serve as a starting point for in-depth research studies on management of specific diseases through Ayurveda interventions, for which patients seek treatment from the Ayurveda healthcare facilities in the DGAFMS hospitals.

12.14.2. Study Design: cross sectional observational study

12.14.3. Sample Size: All willing patients coming to DGAFMS Ayurveda facility

12.14.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. HQ. PROJ011/144/2023-PROJ Part (5), Office order no. 291/2023-24, dated 26.06.2023

12.14.5. Installment wise release: 1<sup>st</sup> Installment released on Rs. 5,13,380 on 26.06.2023

12.14.6. Duration of Study: 16 months

12.14.7. Interventions- Not applicable

12.14.8. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	a. Central Ayurveda Research Institute, Bangalore b. Command Hospital (Air Force), Bengaluru	<b>Principal Investigators</b> 1. Dr. Rajendra Kumar Research Officer (Ay.), CARI Bengaluru  <b>Co-Investigators</b> 2. Dr. Bhavya B.M. Research Officer (Ay.), CARI Bengaluru 3. Dr. Narayanan Subramanian Classified Specialist (Lieutenant Colonel), Command Hospital Air Force, Bengaluru 4. Col (Dr) Rajneesh Kumar Doshi Colonel (AFMS), DGAFMS, New Delhi

12.14.9. Date of IEC approval: Approved, dated 02-08-2023

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

12.14.11. Date of initiation: 08/08/2023

12.14.12. Budget allocated: Rs.8,42,300/-

12.14.13. Installment wise release

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 <sup>st</sup> Installment Rs. 5,13,380	F.No. HQ. PROJ011/144/2023-PROJ Part (5)/ Office order no. 291/2023-24	26.06.2023	27.07.2023

12.14.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
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1	No specific target	16 months	382 subjects (completed)	Nil
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12.14.15. 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	Command Hospital (Air Force), Bengaluru	382	382	00	382	00	NA

12.14.16. Relevant information, if any: Nothing Specific

**12.15. General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs**

12.15.1. Objectives

Primary objective

1. To screen the general health condition of the students of EMRS with special focus on Anemia, Haemoglobinopathies, Malnutrition and Tuberculosis.

Secondary objective

1. The management of Anemia, Haemoglobinopathies and Malnutrition through Ayurvedic interventions as standalone/add-on.
2. To inculcate healthy lifestyle practices in children as per principles of Ayurveda.

12.15.2. Study Design: Interventional, Single arm, prospective, clinical study.

12.15.3. Sample Size: Health screening of the students of 02 EMR Schools

12.15.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date :F.No. HQ-PROJ011/1/2024-PROJ-Part(1), dated- 12-03-2024

12.15.5. Installment wise release: 51,86,596/- 1<sup>st</sup> Installment released on 15.03.2024

12.15.6. Duration of Study: 18 months

12.15.7. Interventions

1. For Iron deficiency Anemia  
Punarnavadi Mandoor -(API Part 2 – Vol. 3)  
Drakshavaleha - AFI, Part – I, 3;15, pg- 40  
Krimudgar Rasa {AFI, Part-I, 20:10 Pg.260; CCRAS Monograph
2. Moderate Malnutrition  
Arvindasav - (AFI, Part – I, 1:4, pg- 44-46)  
Drakshavaleha - AFI, Part – I, 3;15, pg- 40
3. Sickle Cell Anaemia  
Dadimadi Ghrita (API Part II Volume II)  
Tab. Ayush-RP (a coded formulation developed by CCRAS)

12.15.8. Participating centre along with PI:

Sl. No	Name of the participating centre	Name of Investigators
1.	CARI, Bengaluru	Principal Investigator: Dr. S.H. Doddamani, Research officer (Ay.) Co-Investigator: Dr. Anchan Vidyashree, R.O (Pathology) Dr. Thejaswini C, R.O (Ay.)
2.	ICMR-National Institute of Research in Tribal Health, Jabalpur, Madhya Pradesh	Principal Investigator: Dr Ravindra Kumar Co-Investigator: Dr Suyesh Shrivastava

12.15.9. Date of IEC approval: Yet to be initiated.

12.15.10. CTRI Registration/Reference (for clinical trials): Yet to be initiated

12.15.11. Date of initiation: Yet to be initiated

12.15.12. Budget allocated: Rs. 51,86,596

12.15.13. Installment wise release

S.NO	Instalment	Sanction order	Date	Date of receipt of fund
01	Rs. 4,21,500	Office Order No. 1412/2023-24	05-03-2024	15-03-2024

12.15.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	Health screening of the students of 02 EMR Schools	18 mths	Yet to be initiated.	Nil

12.15.15. Current status: Yet to be initiated.

12.15.16. Relevant information, if any: Health screening of the students of 02 EMR schools for Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition. Based on the prevalence of disease conditions, a particular disease condition would be allocated to concerned centre for execution of the clinical trial.

## 12.16. Comparative Evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants

12.16.1. Objectives

- Primary:
  - a. Standardization of cost-effective production technology for soilless cultivation/hydroponics for selected herbs.
  - b. Evaluation of growth, yield, physicochemical, phytochemical, bioactive compounds in three systems of cultivation for selected herbs.
  - c. Multiplication of herbs through the three systems.
  - d. Economics of cultivation in three systems of cultivation for selected herbs.

- Hypothesis:
  - a. Proposed herbs can be grown in soilless media and hydroponics.
  - b. The quality and chemical content is on par with field grown /wild collection.
  - c. Alternate growth media can help in rapid multiplication and conservation of demanded medicinal plants.
  - d. Innovative methods can help in production of quality herbs throughout year.

12.16.2. Study Design:

12.16.3. Sample Size:

12.16.4. Approval of IMR- O.O. 1213/2022-23, dated 08.02.2023, total budget sanctioned Rs.61,14,252/-

12.16.5. Duration of Study: 3 years

12.16.6. Interventions: NA

12.16.7. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	ICAR-Indian Institute of Horticultural Research, Hesaraghatta, Bengaluru	<b>Principal Investigators</b> Dr. V Rama Rao, R.O. (S-3) Botany, CARI ,Bengaluru Dr. Hima Bindu, Principal Scientist, IIHR, Bengaluru <b>Co-Investigators</b> Dr. Shiddamallayya N, R.O. (Botany), CCRAS, New Delhi Dr. D Kalaivana, Senior Scientist, IIHR, Bengaluru Dr. Safeena, Senior Scientist, IIHR, Bengaluru

12.16.8. Date of IEC approval: NA

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

12.16.10. Date of initiation: 17/02/2023 (funds transferred to IIHR, Hesaraghatta)

12.16.11. Budget allocated: Rs. 61,14,252/-

12.16.12. Instalment wise release

Sl. No	Head	Sanctioned Budget	Amount Released Till 31.03.2023	Total Expenditures/ Transferred till 31.03.2023	Amount Released During 2023-2024	Expenditure during 2023-24	Unspent balance (31.03.2024)
1	2	3	4	5	6	7	8
1	SRF, Salary	16, 00, 200					
2	Non-Recurring	2, 00, 000					
	e. Electric weighing balance		Nil	Nil	9, 59, 798/-	9, 59, 798/-	Nil
	f. Desktop Computer	1, 00, 000					
	g. pH meter	80, 000					

	h. Grinder	50,000					
3	TA	1,00,000					
4	Consumables & Misc.,	3,00,000					
5	Contingency	2,00,000					
Grand Total		26,30,200					

**Instalments Details:**

**1<sup>st</sup> Instalment:** Rs. 5, 88,900/- released on 22-06-2023

(Ref: F. No. HQ-PROJ011/22/2023-PROJ/1470 dated: 08-06-2023)

**2<sup>nd</sup> Instalment:** Rs. 1, 58, 896/- released on 17-11-2023

(F. No. HQ-PROJ011/22/2023-PROJ/5346. Dated: 13-11-2023)

**3<sup>rd</sup> Instalment:** Rs. 2, 12,002/- released on 21-03-2024

(Ref: F. No. HQ-PROJ011/22/2023-PROJ/. Dated: 21-03-2024)

Total budget sanctioned : Rs. 26, 30, 200/-

Total budget released : Rs. 9, 59, 798/-

Total expenditure incurred : Rs. 9, 59, 798/-

Balance amount : Nil (as on 31.03.2024)

12.16.13. 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 hydroponics systems	36 months	Cultivation of selected medicinal plants initiated at IIHR, Bengaluru	NA

12.16.14. Current status:

**Supply of planting material:**

- About 300 samplings of Pippali (*Piper longum*) have been purchased in two batches from University of Agricultural Sciences, GKVK, Bengaluru and supplied the same to ICAR-IIHR, Bengaluru for experimental trails under filed, hydroponics and cocoponics.
- About 200 samplings of Manjistha (*Rubia cordifolia* L.) have been purchased in two batches from University of Agricultural Sciences, GKVK, Bengaluru and supplied the same to ICAR-IIHR, Bengaluru for experimental trails under filed, hydroponics and cocoponics.
- Seed material of Manjistha (*Rubia cordifolia* L.), Prsniparni (*Uraria picta*), Shankapushpi (*Convolvulus pluricaulis*) and Rakta Punarnava (*Boerhavia diffusa*) have been procured from Regional Ayurveda Research Institute, Tarikhet; Regional Ayurveda Research Institute, Pune and CARI Bengaluru supplied to ICAR-IIHR, Bengaluru for experimental studies.

**Procurement of Biomarkers, Chemicals, Glass wares, Instruments and Equipment:**

- Procurement of 13 major biomarkers listed from selected 5 medicinal plants available at Yucca Enterprises, Wadala, Mumbai, Maharashtra, for the estimation of phytochemicals.
- Purchased glass wares, chemicals and small instruments at Vasa Scientific Company (Head Office), Malleswaram, Bangalore for HPTLC purpose for phytochemical estimation.
- Purchased Desktop, weighting balance and centrifuge instrument through GEM and installed for the project files documentation purpose under IMR-Collaborative Research Project-Hydroponics contingency grant.

#### **Monitoring of cultivation experiments at ICAR-IIHR, Bengaluru:**

- The Botany team from CARI Bengaluru have been visiting ICAR-IIHR, Bengaluru and monitoring agro-techniques of the selected medicinal plants under various experimental cultivation soil, soilless and hydroponic cultivation.
- Received samples of Rakta Punarnava (*Boerhavia diffusa*) for analysis of phytochemical, bioactive compounds.

#### **Review of Literature and Publications:**

- Reviewed literature and collected information of selected medicinal plants viz. Manjistha (*Rubia cordifolia*), Prsniparni (*Uraria picta*), Shankapushpi (*Convolvulus pluricaulis*) Rakta Punarnava (*Boerhavia diffusa*) and Pippali (*Piper longum*) is under progress.
- One comprehensive Review article was communicated to UGC care listed Journal “Journal of Herbal Medicine” during the reporting period.

#### **Work Progress at ICAR-IIHR Bengaluru during the reporting period**

Out of the five selected medicinal plants, field and cocoponic cultivation is taken up for pippali (*Piper longum*) and prishnaparni (*Uraria picta*); hydroponic experiments for pippali (*Piper longum*) and prishnaparni (*Uraria picta*) and punarnava (*Boerhavia diffusa*). These crops are under various treatments viz. inorganic fertilizer solution, kunapajala, jeevamrutha, combinations of farmyard manure, vermicompost and control group. Samples of *Piper longum* from various experiments have been collected and supplied to CARI Bengaluru for analysis.

12.16.16. Relevant information, if any: Nothing specific

### **12.17. Study of seasonal variation on Bioactive Compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda**

#### 12.17.1. Objectives

- Primary:
  - a. Exploration of wild population of Panchavakala group of medicinal plants (*Ficus species* and *Thespesia populnea*) around Bengaluru, Karnataka
  - b. Assessment of seasonal variation in bioactive compounds in *Ficus species* and *Thespesia populnea* for Panchavalkala in six *ritus*.

#### 12.17.2. 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.

12.17.3. Sample size: Bark of five medicinal plants for study of variation in bioactive compounds

12.17.4. Approval of IMR- O.O. 1232/2022-23, dated 14.02.2023, total budget sanctioned Rs.28,64,480/-

12.17.5. Instalment wise release: 1<sup>st</sup> Instalment of Rs. 9,44,240/- of collaborative institute UAS, GKVK Bengaluru released on 17/02/2023

12.17.6. Duration of study: 2 years

12.17.7. Interventions: NA

12.17.8. 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. Srinivasappa, Professor, UAS, GKVK, Bengaluru Co-Investigators Dr. T S Manjunatha, Assistant Professor, UAS, GKVK, Bengaluru

12.17.9. Date of IEC approval: NA

12.17.10. CTIRI Registration/Reference (for clinical trials): NA

12.17.11. Date of initiation: 17/02/2023 (funds transferred to UAS, GKVK, Bengaluru)

12.17.12. Budget allocated: Rs. 9,76,000/- (CARI) Rs. 18,88,480/- (GKVK)

12.17.13. Installment wise budget release (CARI Bengaluru)

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 <sup>st</sup> Installment	CCRAS office order dated 26.05.2023	26/05/2023	26/05/2023



2	2 <sup>nd</sup> Installment	CCRAS office order dated 06.11.2023	06/11/2023	06/11/2023
3	3 <sup>rd</sup> Installment	CCRAS office order dated 05.02.2024	05/02/2024	14/03/2024

#### 12.17.14. 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

#### 12.17.15. Current status:

- Conducted survey in and around Bengaluru city surroundings and found sizeable populations of four selected medicinal plants under the study i.e. *Ficus bengalensis* L., *Ficus religiosa* L. *Ficus racemosa* L. and *Thespesia populnea* L. tours in Doddaballapur area; *Ficus virens* Aiton from Sakleshpura surrounding areas in Hassan district. The collected plant samples, after proper drying were supplied to UAS-GKVK Bengaluru for seasonal variation of bioactive compounds analysis.
- Quality has been analysed for one ritu (Hemanth ritu) for procured samples through HPLC (High Performance Liquid Chromatography) for active bioactive compounds.
- Collected the samples of Shishira ritu and samples have been prepared for quality analysis and other four ritus sample collection and quality analysis is under progress.

#### 12.17.16. Relevant information, if any: Nothing specific

### 12.18. Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations

#### 12.18.1. Objectives-

- a) Primary: To establish mechanisms of anti-hyperglycemic activity of selected herbal formulations.
- b) Secondary:
  - To evaluate the effect of herbal formulations on insulin sensitization in adipocytes, myocytes and hepatocytes.
  - To evaluate the effect of herbal formulations on insulin secretion in pancreatic Beta cells.
  - To evaluate  $\alpha$ -glucosidase inhibitory and DPP- IV inhibitory activity (in vitro) of herbal formulations.

#### 12.18.2. Study Design:

- The present project will be conducted to establish mechanisms of anti-hyperglycemic activity of selected herbal formulations. The in vitro experiments will be carried out on the following cell lines HepG2 liver cells, L6 myoblasts and 3T3-L1 pre-adipocyte cells will be used for studying the effect on insulin sensitization. RIN5F cells will be used for studying the effect on insulin secretion and  $\beta$ -cell regeneration.

The proper culture practice will be followed for the maintenance of cells. The highest concentration of herbal formulation to be used in subsequent assays will be determined. Further, the effect of anti-diabetic mechanisms will be studied in detail.

- Effect of herbal formulations on insulin sensitization.
- Insulin sensitization potential of the herbal formulations will be studied in terms of glucose uptake.
- Effect of these formulations on insulin sensitization (Glucose uptake) will be further studied by determining levels of glucose transporters (GLUT1 and GLUT 4) in these cell lines.
- Fatty acid profiling by ‘Gas chromatography’ will be done for these cell types.
- Effect of herbal formulations on insulin secretion.
- Insulin secretion will be studied in the RIN5F cell line.
- The effect of these formulations on maintaining and or improving functional cell mass (RIN5F) will be studied further.
- All these observed effects will be further confirmed by the western blot technique by determining levels of proteins involved in apoptosis (cleaved caspases), and cell proliferation (Ki67 and PCNA).
- Effect of herbal formulations on  $\alpha$ -glucosidase & DPP-IV Inhibition

12.18.3. Sample Size: 4 formulations

12.18.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Council’s Office Order No: 1144/2023-24 (F. No. HQ-PROJ011/270/2023-PROJ

12.18.5. Duration of Study: 2 years

Participating centre along with PI:

S.No	Name of the Institute	Name of Investigators
1.	Central Ayurveda Research Institute, Bengaluru	Principal Investigator: Dr. Vidyashree Anchan, RO (Ay.)  Co-Investigators: Dr SH Doddamani, RO (Ay.)
2.	Interactive Research School for Health Affairs Bharati Vidyapeeth Deemed to be University, Bharati Vidyapeeth Campus, Dhankawadi, Pune, Maharashtra - 411043 Telephone/ Mob: 020-24366920 E-mail: director.irsha@bharatividyaapeeth.edu	PI Dr. Supriya Sudhakar Balerao Associate Professor  CoI Asavari Joshi Scientiest Centre for Innovation in Nutrition Health Disease (CINHD), IRSHA, BVDU, Pune

Date of IEC approval: NA

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

12.18.7. Date of initiation: 19/03/2024

12.18.8. Budget allocated: Rs. 25,29,444/-

#### 12.18.9. Installment wise release

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 <sup>st</sup> Installment Rs. 2450694/-	Council's Office Order No: 1144/2023-24 (F. No. HQ- PROJ011/270/2023-PROJ	16.01.2024	13.03.2024

12.18.10. Expected date of Completion : 19/03/2026

12.18.11. Chronological timeline & deliverables: Yet to be initiated

Sl. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	Cell line studies of four formulations- Triphala, Trimada, Varadi Kvatha, Mustadi Kvatha	24 months	Yet to be started.	Not applicable

#### 12.18.12. Status

Opening of zero balance account, preparation of MOU, signing of MOU, communication with CCRAS Jhansi and order of trial medicine for the initial experiment, planning for recruitment.

**Important photographs of various activities of CARI during 2023-2024**



**Dr. Sulochana Bhat, AD I/c addressing the guest during the visit of AYUSH chair**



**Felicitation of AYUSH Chair by Dr. SH Doddamani.**



**Felicitation during students of Sri Sri College Training**



**कार्यस्थल पर योन उत्पीडन की रोकथाम हेतु जागरूकता कार्यक्रम I**



**CARI Canteen's inauguration by Prof. Dr. Rabinarayan Acharya, DG, and Dr. N.Srikant, DDG, CCRAS**



**Discussion about plantation based on Hydroponics technique**



**Felicitation to Representative of Govt. Ayurveda College**



**Ayurveda UG Students of Atreya Medical College for training at CARI Bengaluru.**



**Students of Adichunchunagiri College at CARI Bengaluru**



**SDM institute of Ayurveda Bengaluru**



**Students of KTG college at CARI Bengaluru.**





Students of KTG college at CARI Bengaluru.



Students of KTG college at CARI Bengaluru.



Training imparted by staff of CoE to Govt. Ayurveda College



Students of Dayanand Sagar College of Pharmacy, Bengaluru



Diabetes camp at CFTRI Mysore.



Debate competition on the occasion of Ayurveda Day at CARI Bengaluru.



Drawing competition on the occasion of Ayurveda Day at CARI Bengaluru.



Poster competition on the occasion of Ayurveda Day at CARI Bengaluru.



Ayurveda Recipe competition on the occasion of Ayurveda Day at CARI Bengaluru.



During institute visit by DG sir.



Oath taking ceremony during Vigilance Awareness Week.





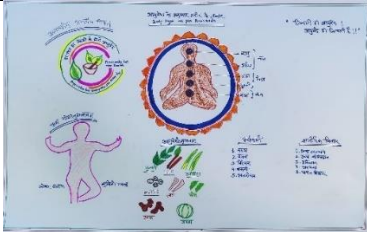
AMRA inspection by Dr. Furst.



Hospital staff with Dr. Furst during AMRA inspection.



Drawing competition during AYURVEDA DAY



Drawing done by the contestants during AYURVEDA DAY



Plantation during World Environment Day by Institute Incharge Dr. Sulochana Bhat and staff



During two days (5<sup>th</sup> -6<sup>th</sup> October 2023) workshop on "Geriatrics: Integrative approach and challenges"

		
<b>Prof. Rabinarayan Acharya, DG and other dignitaries during two days (5<sup>th</sup> -6<sup>th</sup> October 2023) workshop on “Geriatrics: Integrative approach and challenges</b>		
		
राजभाषा पखवाडा उद्घाटन सत्र।	संस्थान के हिंदी सहायक श्रीमती रश्मि कुलकर्णी, गृहमंत्री आयुष सचिव एवं परिषद् से प्राप्त सन्देश पढ़ते हुए।	डॉ. तेजस्विनी आयुर्वेद अनु अधिकारी राजभाषा पखवाडा के दौरान पुरस्कृत होते हुए।
		
श्रीमती रश्मि कुलकर्णी हिंदी सहायक राजभाषा हिंदी कार्यशाला में सभी का स्वागत करते हुए।	हुए। संस्थान प्रभारी राजभाषा हिंदी कार्यशाला के दौरान संस्थान को संबोधित करते हुए।	राजभाषा पखवाडा के दौरान अन्ताक्षरी प्रतियोगिता का आयोजन।
		
डॉ. रामाराव अनु अधिकारी वन. शास्त्र वाद विवाद प्रतियोगिता में अपने विचार साझा करते हुए।	कर्मचारियों हेतु राजभाषा पखवाडा के दौरान श्रुतलेखन प्रतियोगिता का आयोजन।	दिनांक 14 सितंबर 2023को पुणे में आयोजित तृतीय अखिल भारतीय हिंदी सम्मलेन में डॉ राजेंद्र कुमार संस्थान का प्रतिनिधित्व करते हुए।
		
संस्थान में आयोजित राजभाषा हिंदी कार्यशाला के दौरान संस्थान प्रभारी डॉ सुलोचना भट्ट, अतिथि वक्ता डॉ. नमिता सिंह का स्वागत करते हुए।	राजभाषा हिंदी कार्यशाला के दौरान संस्थान प्रभारी डॉ सुलोचना भट्ट संस्थान को संबोधित करते हुए।	





दिनांक 26 मार्च 2024 को संस्थान में आयोजित राजभाषा हिंदी कार्यशाला के दौरान संस्थान प्रभारी, सभी अधिकारी, संस्थान के कार्मिक अतिथि वक्ता के साथ।



स्वतंत्रता दिवस के दौरान संस्थान के सभी अधिकारी कार्मिक, संस्थान प्रभारी के साथ।



Institute Incharge Dr. Sulochana Bhat introducing the importance and uses of millets at CARI OPD block



Dr. Rama Rao, R.O. Botany introducing the cultivation and collection aspects of millets to the patients and visitors in the OPD block.



MoU between CCRAS and GARC, Mysuru



MoU between CCRAS New Delhi and CIIRC Bengaluru



CARI staff visited CFTRI Mysuru





राष्ट्रीय खेल दिवस-2023



फिट रहने की शपथ (राष्ट्रीय खेल दिवस-2023)



लघु दौड़ प्रतियोगिता (युवा वर्ग) (राष्ट्रीय खेल दिवस-2023)



लघु दौड़ प्रतियोगिता (वरिष्ठ वर्ग) (राष्ट्रीय खेल दिवस-2023)



फिट इण्डिया प्लेज (राष्ट्रीय खेल दिवस-2023)



फिट इण्डिया प्लेज (राष्ट्रीय खेल दिवस-2023)



Ayuraksha: National Conference on Pharmacovigilance & Medical Ethics





Ayurraksha: National Conference on Pharmacovigilance & Medical Ethics



Ayurraksha: National Conference on Pharmacovigilance & Medical Ethics



पोषण पखवाडा

Outreach activity by SCSP



पोषण पखवाडा

Outreach activity by SCSP



Interacting with local public during Poshan Maah 2023





Visit by Dr Anup Thakkar, Director, Institute of Teaching & Research in Ayurveda (ITRA), Jamanagar



Run for Ayurveda organized by CARI Bengaluru during Ayurveda Day 2023



International Day of Yoga 2023





International Day of Yoga 2023



Swachta hi Seva Campaign 2023



Swachta hi Seva Campaign 2023



Swachata Pledge



Organizing Swachta program 2023 at CARI Bengaluru





Visit of WHO team on 16.01.2024



DG & DDG , CCRAS Visit to CARI Garden/Museum

Visit by Dr. Danierl Furst



Demonstration of SMPU activities BAMS students, Sri Sri College of Ayurveda, Bangalore



CARI officers with Vaidya Somayaji handing over Certificate of Appreciation from CCRAS.

Officers and Staff of CARI Bengaluru at "YANTRA" International conference held on 23<sup>rd</sup> & 24<sup>th</sup> Nov 2023 at NIMHANS, Bengaluru.



Plantation at NAL OPD

Celebrations of Ayurveda Day 2023 at Govt. School, Thulasithota, Bengaluru

DG CCRAS Visit CARI Bengaluru

## हिंदी अनुभाग – वर्ष 2023-24 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 अधिकारी (आयु.) तथा श्रीमती रश्मि कुलकर्णी, हिंदी सहायक (संविदा सेवा) हैं। वर्ष 2023-24 के लिए प्रत्येक त्रैमासिक में संस्थान के “राजभाषा कार्यान्वयन समिति” की नियमित बैठक आयोजित किया गया है। जैसे प्रथम त्रैमासिक में दिनांक 19 जून 2023 को, द्वितीय त्रैमासिक में दिनांक 12 सितंबर 2023 को, तृतीय त्रैमासिक में दिनांक 18 दिसंबर 2023 को और चतुर्थ त्रैमासिक में दिनांक 18 मार्च 2024 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 1976 (5) 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-/2013/1/11018 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 2023-24 के लिए राजभाषा कार्यान्वयन समिति का गठन सन्दर्भ पत्र संख्या 1-23/2022-23/के.आ.अ.सं./बेंगलूरु/रा.भा./75, कार्यालय आदेश संख्या 16/2023-24, दिनांक 17.04.2023 के अनुसार गठित की गई है। जिसके सदस्य इस संस्थान के अध्यक्ष: डॉ. सुलोचना भट्ट, हिंदी प्रभारी: डॉ. राजेन्द्र कुमार, राजभाषा सदस्य: मिस सोनम चंद्रोक, श्रीमती रितु सिन्हा, 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 राजभाषा विभाग द्वारा जारी वार्षिक कार्यक्रम के बारे 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 HQ-HIN015/1/2023-HIN/3920 एवं HQ-HIN015/1/2023-HIN/3921, दिनांक 06 सितंबर 2023 के अनुसरण में राजभाषा हिंदी के अनुपालन के तहत संस्थान में दिनांक 14 सितंबर 2023 से 29 सितंबर 2023 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 22 जून 2023 को हिंदी कार्यशाला का आयोजन किया गया। कार्यशाला में डॉ. जयप्रकाश भोलानाथ राम, अनुसन्धान अधिकारी (आयुर्वेद) एवं राजभाषा अधिकारी, क्षेत्रीय आयुर्वेदीय अनुसंधान संस्थान, अहमदाबाद उपस्थित थे। मुख्य अतिथि ने हिंदी भाषा की वैज्ञानिकता पर व्याख्यान प्रस्तुत किया गया। व्याख्यान के दौरान डॉ. जयप्रकाश ने हिंदी और कन्नड़ भाषा की समानताये बताते हुए सभी भारतीय भाषाओं की उत्पत्ति संस्कृत से होने के तथ्य को प्रतिस्थापित किया। इसके उपरांत हिंदी भाषा वर्णमाला और इसके विभिन्न स्वर, व्यंजन, शब्द निर्माण इत्यादि के बारे में चर्चा करते हुए व्यंजनों के विभिन्न प्रकारों में छुपी भाषीय वैज्ञानिकता पर प्रकाश डाला गया। व्याख्यान में किसी भाषा को सिर्फ संप्रेषण माध्यम माने जाने की मानसिकता से आगे जाकर उसकी वैज्ञानिकता को पहचानने और किसी संस्कृति के उत्थान में उसके महत्त्व को समझने की आवश्यकता को रेखांकित किया गया। व्याख्यान के अंत में आयोजित हिंदी प्रश्नोत्तरी में अतिथि वक्ता ने संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये राजभाषा हिंदी और इसकी वैज्ञानिकता से संबंधित विभिन्न प्रश्नों के जवाब दिए।

द्वितीय त्रैमासिक में दिनांक 29 सितंबर 2023 को हिंदी कार्यशाला आयोजन किया गया। कार्यशाला के मुख्य अतिथि सम्मानीय अतिथि वक्ता श्री अजय कुमार श्रीवास्तव, सेवानिवृत्त प्रभारी सहायक निदेशक, हिंदी शिक्षण योजना, बेंगलुरु ने “हिंदी भाषा की राजभाषा के रूप में आवश्यकता, वैज्ञानिकता और महत्त्व” पर व्याख्यान प्रस्तुत किया गया। व्याख्यान के दौरान श्री अजय कुमार श्रीवास्तव ने बताया की हिंदी ने भारत के स्वतंत्रता संग्राम के दौरान भारत की संपर्क की भाषा बन कर पूरे देश को एक सूत्र में पिरोने का काम किया। स्वतंत्रता के बाद में आज भी भाषायी विविधता वाले लोकतांत्रिक देश भारत में हिंदी सबसे ज्यादा बोली और समझे जाने वाली भाषा बन कर देशवासियों में आपसी सवांद का प्रधान माध्यम है। आगे के व्याख्यान ने उन्होंने कार्यालय के रोजमर्रा के कामकाज के दौरान राजभाषा अधिनियम 1963 और राजभाषा नियम 1976 के अंतर्गत किये गये विभिन्न प्रावधानों और नियमो उपनियमो की पालना सुनिश्चित करने की जरूरत के बारे में बताया। साथ ही उन्होंने राजभाषा हिंदी के उत्तरोत्तर विकास और प्रगति के लिए कार्यालयों में हिंदी के अधिकाधिक प्रयोग के महत्त्व का वर्णन किया। व्याख्यान के अंत में आयोजित हिंदी प्रश्नोत्तरी में अतिथि वक्ता ने संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये राजभाषा हिंदी और इसकी वैज्ञानिकता से संबंधित विभिन्न प्रश्नों के जवाब दिए।

तृतीय त्रैमासिक में दिनांक 29 दिसंबर 2023 को हिंदी कार्यशाला मनाया गया था। कार्यशाला में मुख्य अतिथि अतिथि वक्ता डॉ. अरविंद कुमार, अनुसन्धान अधिकारी (आयुर्वेद) और प्रभारी हिंदी

अधिकारी, क्षेत्रीय आयुर्वेद अनुसन्धान संस्थान (क्षे. आ. अ. सं.), ईटानगर, अरुणाचल प्रदेश ने “राजभाषा हिंदी के कार्यालयी प्रयोग” पर व्याख्यान प्रस्तुत किया। व्याख्यान के दौरान डॉ. अरविंद कुमार ने क्षेत्रवार (क क्षेत्र, ख क्षेत्र और ग क्षेत्र) राजभाषा में कार्य करने के लक्ष्यों पर प्रकाश डालते हुए कार्यालयी कार्य के विभिन्न घटकों जैसे पत्राचार, टिप्पणी, आलेखन में हिंदी भाषा के नियमित प्रयोग करते रहने की आवश्यकता के बारे में बताया। साथ ही उन्होंने धारा 3 (3) के अंतर्गत आने वाले सभी दस्तावेजों के बारे में विस्तार से बताया और इन सभी दस्तावेजों को द्विभाषी जारी किये जाने की आवश्यकता के बारे में बताया। इसके उपरांत उन्होंने कार्यालय में मौजूद सभी कम्प्यूटर्स में हिंदी के फोंट और यूनिकोड इंस्टाल करने की अनिवार्यता के बारे में बताते हुए रोजमर्रा कार्य के साफ्टवेयर जैसे की AHMIS, संस्थान की वेबसाइट इत्यादि के भी द्विभाषी होने की जरूरत के बारे में प्रकाश डाला। साथ ही उन्होंने संसदीय राजभाषा समिति के द्वारा निरीक्षण के दौरान विशेष रूप से ध्यान दिये जाने वाले विषयों के ऊपर भी चर्चा की। उन्होंने हिंदी भाषा के ऑनलाइन शब्दकोश जैसे “हिंदी शब्द सिन्धु” और अंग्रेजी एवं अन्य भारतीय भाषाओं के साथ ऑनलाइन अनुवाद हेतु टूल जैसे की “कंठस्थ 2.0” के बारे में बताया। व्याख्यान के अंत में आयोजित प्रश्नोत्तरी में अतिथि वक्ता ने संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये राजभाषा हिंदी से संबंधित विभिन्न प्रश्नों के जवाब दिए।

चतुर्थ त्रैमासिक में दिनांक 23 मार्च 2024 को हिंदी कार्याशाला का आयोजन किया गया था। कार्याशाला में मुख्य अतिथि श्रीमती रमिता सिंह, सहायक निदेशक, कर्मचारी राज्य बीमा निगम (ई.एस.आई.सी.), बेंगलुरु, कर्नाटक ने “संघ की राजभाषा नीति और कार्यान्वयन” पर व्याख्यान प्रस्तुत किया। व्याख्यान के दौरान श्रीमती रमिता सिंह ने संविधान सभा द्वारा संघ की राजभाषा हिंदी तय करने के पीछे की भूमिका और आवश्यकता को रेखांकित किया। उन्होंने बताया कि कैसे संविधान सभा ने हिंदी को देश के सभी राज्यों और देशवासियों को आपस में जोड़ने का एक महत्वपूर्ण साधन मानते हुए ये निर्णय किया। उन्होंने किसी भी भाषा के उत्तरोत्तर विकास के लिए उस भाषा को सरल और आम जनमानस को समझने लायक बनाये रखने की आवश्यकता पर जोर दिया। आगे उन्होंने राजभाषा विभाग द्वारा वित्तीय वर्ष 2024-25 के लिए जारी किये गये वार्षिक कार्यक्रम के बारे में बताया। क्षेत्रवार (क क्षेत्र, ख क्षेत्र और ग क्षेत्र) राजभाषा में कार्य करने के लक्ष्यों पर प्रकाश डालते हुए कार्यालयी कार्य के विभिन्न घटकों जैसे पत्राचार, टिप्पणी, आलेखन में हिंदी भाषा के नियमित प्रयोग करते रहने की आवश्यकता के बारे में बताया। साथ ही उन्होंने धारा 3 (3) के अंतर्गत आने वाले सभी दस्तावेजों के बारे में विस्तार से बताया और इन सभी दस्तावेजों को द्विभाषी जारी किये जाने की आवश्यकता के बारे में बताया। साथ ही उन्होंने संसदीय राजभाषा समिति के द्वारा निरीक्षण के दौरान विशेष रूप से ध्यान दिये जाने वाले विषयों के ऊपर भी चर्चा की। उन्होंने हिंदी समेत सभी मुख्य भारतीय भाषाओं के भाषा के अंग्रेजी एवं अन्य भारतीय भाषाओं के साथ ऑनलाइन अनुवाद हेतु टूल “कंठस्थ 2.0” और इसके ई-आफिस के साथ समेकित होने के बारे में बताया। व्याख्यान के अंत में आयोजित प्रश्नोत्तरी में अतिथि वक्ता ने संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये राजभाषा हिंदी से संबंधित विभिन्न 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 2023-24 के लिए नराकास के तत्वाधान में संयुक्त हिंदी पखवाड़ा के शुभ अवसर पर आयोजित अंतर कार्यालयीन प्रतियोगिताओं में इस संस्थान में दिनांक 30 नवंबर 2023 को ऑनलाइन के माध्यम से “कहानी लेखन प्रतियोगिता” का आयोजन किया गया था।

### **3. संस्थान द्वारा राजभाषा सम्मलेन में प्रतिभागित्व:**

3.1 परिषद् कार्यालय आदेश संख्या 442/2023-24, दिनांक 08.09.2023 निर्देशों के अनुसार दिनांक 14 से 15 सितंबर 2023 को पुणे (महाराष्ट्र) में आयोजित हिंदी दिवस एवं तृतीय 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 19 जनवरी 2024 को बेंगलूरु में दक्षिण तथा दक्षिण पश्चिम क्षेत्र के लिए आयोजित एक दिवसीय संयुक्त क्षेत्रीय राजभाषा सम्मलेन में इस संस्थान के डॉ. सुलोचना भट्ट, प्रभारी सहायक निदेशक, डॉ. राजेन्द्र कुमार, प्रभारी राजभाषा अधिकारी एवं श्रीमती रश्मि कुलकर्णी, हिंदी सहायक ने प्रतिनिधित्व किया था।

3.3 नरकास के तत्वाधान में दिनांक 20 मार्च 2024 को क्षेत्रीय पासपोर्ट कार्यालय, बेंगलूरु में हिंदी अधिकारियों के लिए आयोजित राजभाषा सम्मलेन में इस संस्थान के डॉ. राजेन्द्र कुमार, प्रभारी राजभाषा अधिकारी ने प्रतिनिधित्व किया था।

### **4. संस्थान के अधिकारियों/कर्मचारियों द्वारा केन्द्रीय हिंदी प्रशिक्षण उप संस्थान/हिंदी शिक्षण योजना द्वारा आयोजित प्रशिक्षण कार्यक्रम में प्रतिभागित्व:**

4.1 केन्द्रीय हिंदी प्रशिक्षण उप संस्थान, बेंगलूरु द्वारा आयोजित “हिंदी शब्द संसाधन/टंकण अल्पकालिक गहन प्रशिक्षण” पूर्ण दिवसीय पाठ्यक्रम में इस संस्थान के श्रीमती ज्योति जी., कनिष्ठ श्रेणी लिपिक दिनांक 21.08.2023 से 18.10.2023 तक प्रतिनिधित्व किया गया।

4.2 केन्द्रीय हिंदी प्रशिक्षण उप संस्थान, बेंगलूरु द्वारा दिनांक 18.10.2023 को आयोजित हिंदी टंकण अल्पकालिक गहन प्रशिक्षण में इस संस्थान के श्रीमती ज्योति जी., अवर श्रेणी लिपिक ने प्रथम विशेष श्रेणी में उत्तीर्ण हुए हैं।

4.3 केन्द्रीय हिंदी प्रशिक्षण योजना, बेंगलूरु के अंतर्गत जनवरी से मई 2024 तक आयोजित होनेवाले प्राज्ञ प्रशिक्षण में इस संस्थान के श्री हेमावती के.एच., चिकित्सीय प्रयोगशाला तकनीशियन, श्री निलोय बनर्जी, फार्मासिस्ट एवं श्री सतीश ए., कनिष्ठ चिकित्सीय प्रयोगशाला तकनीशियन को भाग लेने के लिए नियुक्त किया गया है।

### **5. नगर राजभाषा कार्यान्वयन समिति के बैठक/कार्यशाला में संस्थान द्वारा प्रतिभागित्व:**

5.1 नराकास के तत्वाधान में दिनांक 27 जून 2023 को आयोजित वर्ष 2023 – 24 की प्रथम बैठक में संस्थान के डॉ. सुलोचना भट्ट, प्रभारी सहायक निदेशक, डॉ. राजेन्द्र कुमार, राजभाषा अधिकारी एवं

श्रीमती रश्मि कुलकर्णी, हिंदी सहायक ने प्रतिनिधित्व किया। इस बैठक में वर्ष 2023 - 24 के वार्षिक कार्यक्रम के बारे में चर्चा हुआ।

- 5.2 नराकास के तत्वाधान में दिनांक 15 दिसंबर 2023 को आयोजित वर्ष 2023 – 24 की द्वितीय बैठक में संस्थान के डॉ. राजेन्द्र कुमार, राजभाषा अधिकारी एवं श्रीमती रश्मि कुलकर्णी, हिंदी सहायक ने प्रतिनिधित्व किया। इस बैठक में नराकास के वार्षिक अंशदान एवं कावेरी गृह पत्रिका के बारे में चर्चा हुआ।
- 5.3 नराकास के तत्वाधान में दिनांक 10 जनवरी 2024 को यु.आर. राव उपगृह केंद्र द्वारा विश्व हिंदी दिवस के शुभ अवसर पर आयोजित ऑनलाइन कंप्यूटर के जरिए हिंदी में काम करने हेतु प्रशिक्षण में इस संस्थान के श्रीमती ज्योति, अवर श्रेणी लिपिक एवं श्रीमती रश्मि कुलकर्णी, हिंदी सहायक ने प्रतिनिधित्व किया।
- 5.4 दक्षिण क्षेत्र के टोलिक के सदस्य कार्यालयों के राजभाषा अधिकारी/कर्मचारियों के लिए दिनांक 14 फरवरी 2024 को आयोजित कंठस्थ प्रशिक्षण कार्यक्रम (कंठस्थ 2.0) में इस संस्था के डॉ. राजेन्द्र कुमार, प्रभारी राजभाषा अधिकारी एवं श्रीमती रश्मि कुलकर्णी, हिंदी सहायक ने भाग लिया।
- 5.5 केनरा बैंक, राजभाषा अनुभाग, मानव संसाधन विभाग, प्रधान कार्यालय द्वारा दिनांक 11 मार्च 2024 को अंतर्राष्ट्रीय महिला दिवस के अवसर पर केंद्र सरकार के कार्यालयों उपक्रमों/ बैंकों के महिला/ कर्मचारियों के लिए आयोजित एक दिवसीय कार्यशाला में इस संस्थान के श्रीमती रश्मि कुलकर्णी, हिंदी सहायक ने भाग लिया।

## **6. संस्थान के पुस्तकालय के लिए पुस्तकों की खरीद:**

- 6.1 इस वित्तीय वर्ष 2023-24 के लिए हिंदी किताबों की खरीद मेसर्स चौखंभा ओरिएंटलिया, बेंगलूरु एवं जेम के माध्यम से किए हैं। पुस्तकों की खरीद में कुल रूपए 3,328/- (रूपए तीन हजार तीन सौ अट्ठाईस मात्र) व्यय हुआ है।

### **13. Other activities during the year 2023-24**

#### **13.1. Celebration of Azadi Ka Amrit Mahotsav (AKAM)- II**

Azadi Ka Amrit Mahotsav 2 campaign with the Theme 'Health and Wellness' and Subtheme 'Mental Health & Stress Management' was initiated by CARI, Bengaluru on 16<sup>th</sup> May 2023. Under this theme, various public lectures, free awareness health camps were organized through OPD, outreach activities regarding role of Ayurveda in the management of Mental Health and Stress, and modes to reduce and improving the quality of life was highlighted. There was also free distribution of IEC materials during the camp.

#### **13.2. International Day of Yoga**

As per Council's direction vide F. No. 48-26/2021-CCRAS/Admin/IEC/1413 dated 17<sup>th</sup> June 2023, 9<sup>th</sup> International Day of Yoga with the theme "Yoga for Vasudaiva kutumbakam" was celebrated at CARI, Bengaluru on 21<sup>st</sup> June 2023. 100 participants including Officers/Staff of CARI & RARIMMMR, Patients of the CARI hospital participated in the event along with live streaming of the main event at Jabalpur, Madhya Pradesh led by Vice President of India. The programme concluded with presidential address by Dr. Sulochana Bhat, Assistant Director In charge followed by National Anthem.

#### **13.3. Celebration of National Sports Day 2023**

As per directions from Council, various events were organised in the Institute campus on 29<sup>th</sup> August 2023 to staff of CARI, Bengaluru. Events such as Plank Challenge, Pushup Challenge, Steep hill splint, Tugoff war and others. Photos and videos of the activities were uploaded on Fit India Portal. Fit India Pledge was also taken. Awareness lecture was conducted regarding celebration of National Sports Day 2023 by Dr. Rajendra Kumar, RO. on the inaugural day.

#### **13.4. Vigilance Awareness Week 2024**

Vigilance awareness week was observed from 30<sup>th</sup> October to 5<sup>th</sup> November 2023 with the theme "Say no to corruption, commit to the nation". The programme was inaugurated on 30<sup>th</sup> October 2023 at 11 AM by 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 6<sup>th</sup> November 2023 at 2.30 pm, the programme was concluded by an awareness lecture by Dr. Sulochana Bhat, Incharge CARI who addressed the gathering on the importance of anti-corruption practices, importance of cultivating the value of honesty in their daily life and not to embrace on short living happiness by taking or giving bribe which further helps in eradicating corruption.

#### **13.5. Ayurveda Day 2023**

8<sup>th</sup> Ayurveda Day was observed on 10<sup>th</sup> November 2023. Different activities were conducted from 3<sup>rd</sup> October to 10<sup>th</sup> November 2023. The theme of the 8<sup>th</sup> Ayurveda Day was "Ayurveda for one Health" with tagline "Ayurveda for everyone on everyday" i.e "Har Din Har Kisi keliye

Ayurveda” – focusing on human- animal- plant-environment interface. Various activities were carried out through OPD, Outreach programmes, Survey of Medicinal Plant unit by delivering public awareness lectures on various health topics, distribution of free medicinal plants, pathya ahara dravyas, nutritious foods and IEC material, focus medical camps on diseases like Diabetes, Dyslipidemia, Hypothyroidism, Diabetic Retinopathy etc. Prakriti assessment, Yoga training and awareness programme were also conducted for general public, OPD patients, general public and others. There was creation of selfie point at the hospital OPD and various places like Sri Sai Spiritual Centre, Vasanthpura, Bengaluru, Vallabharaya Temple, Bengaluru, ISKCON temple, Doddakalasangraha and others.

Several competitions were organized like slogan competition, poster making competition, Ayurveda recipe competition, research proposal designing competition for PG students of Ayurveda colleges, model making competition for faculty of Ayurveda colleges and Ayurveda practitioners, playwright competition, recording of short video messages from Ayush Distinguished Scientist Chair, online debate competition, millet rangoli competition, state level short video competition, National level short video competition by CCRAS and Ministry of AYUSH organized by CARI Bengaluru, elocution competition for school children, exhibition cum mini expo for school students, fireless cooking, colouring competition, Painting competition for Anganwadi children and many others. Run for Ayurveda was also organised on 7<sup>th</sup> November 2023. Dhanvantari pooja was conducted at hospital building on 10<sup>th</sup> November 2023. After Dhanvantari Pooja, fruits were distributed to general public followed by valedictory function and prize distribution. All the officers and staff of CARI, Bengaluru actively participated throughout the Ayurveda Day programme.

### **13.6. Brainstorming workshop on “Development of Standard Operative Procedures (SoPs) and Standardization of Netra Kriyakalpa” on 8th and 9th September 2023**

The CCRAS- Central Ayurveda Research Institute (CARI), Bengaluru had organized two days Brainstorming Session on “Development of Standard Operative Procedures (SoPs) and Standardization of Netra Kriyakalpa” on 8<sup>th</sup> and 9<sup>th</sup> September 2023 with a virtual pre event meeting on 30<sup>th</sup> August 2023. The main objective was to finalize research protocols for developing Standard Operative Procedures (SOPs) and to Standardize Netra Kriyakalpas in terms of dosage form, temperature level, time, height, quality and feasibility thereby it helps in improving the procedural quality, integrity and brings about best research and clinical outcomes.

Dr. Rabinaryan Acharya, DG, CCRAS, New Delhi delivered his key note address by highlighting on the recent developments in the field of Shalakyatantra and Nimitantra being the special branch of Shalakyatantra is less practiced, hence there is need for coordination, cooperation, contribution and active association of all committees of Shalaki's to scientifically validate, share their experiences through all their stakeholders such as academicians, clinicians, researchers and physicians regarding basic requirements for Shalakyatantra practice by conducting this brainstorming session. Dr. N. Srikanth, Deputy Director General, CCRAS, New Delhi in his key note address highlighted about importance of standardization of kriyakalpa which has gained more importance due to its mainstream treatment and generation of evidences.

The key note addressed was followed by the presentations of the invited experts through 4 parallel sessions such as, Presentation on “Standards and innovation indicators for Tarpana and Putapaka” by Dr. Manjusha Rajagopala, Prof. & HOD, Department of Shalakyatantra, All India Institute of Ayurveda, New Delhi; Presentation on “Current practice trend on operative guidelines for Seka and Aschyotana” by Dr. Shamsa Fiaz, Prof & HOD, Dept of Shalakyatantra, National Institute of Ayurveda, Jaipur, India; Presentation on “Standardization tools of current practice involved in AnjanaKriyakalpa” by Dr. Manjiri K, Prof & HOD, Dept of Shalakyatantra, Parul University, Vadodara, Gujarat; Presentation on Navigating Ocular Therapeutics, a roadmap to standardization in Pindi and Bidalaka by Dr. Vaidya M. Prasad, Director, Sunethri Ayurveda Ashrama, Trissur. The parallel sessions were moderated by Research officers (Ayurveda) specialized in Shalakyatantra from various Institutes of CCRAS and Draft zero proposal for sops on kriyakalpa was prepared based on inputs from expert panel. The presentations were followed by panel discussions wherein the queries raised by the panellists were taken by the respective experts. Based on the suggestions of the panelists, the following zero draft proposals were framed with regard to development of Standard operative procedures for Netrakriyakalpa on the before said focus areas.

Interactive session was held with the experts on development of standard validated protocols for practice of Kriyakalpa in specific disease conditions

### **13.7. Brainstorming Workshop on Geriatrics: Integrative Approach and Challenges held on 5<sup>th</sup>- 6<sup>th</sup> October 2023**

The CCRAS- Central Ayurveda Research Institute (CARI), Bengaluru had organized two days Brainstorming National workshop on Geriatrics: integrative approach and challenges on 5<sup>th</sup> and 6<sup>th</sup> October 2023 with a virtual pre event meeting on 23<sup>rd</sup> September 2023 at 10.00 am. The objective was to discuss about the holistic approach with multidisciplinary experts to adopt feasible and validated practices, management of the co-existing multiple diseases or co-morbid conditions seen in geriatric populations, to address the knowledge gap in geriatrics multidisciplinary practices and to plan research proposals in feasible areas. The Experts team and Research officers of CCRAS participated in the event in the presence of Dr. Rabinaryan Acharya, Director General, CCRAS, New Delhi with CCRAS team comprising of Dr. BCS Rao, AD (Ay.), and Dr. Babita Yadav, RO (Ay.), CCRAS, New Delhi, Dr. Sulochana Bhat, Assistant Director Incharge & other officers of CARI, Bengaluru. Dr. S. Srikanta, Samatvam Endocrinology Centre, Bengaluru delivered key note address on Integrative approach in geriatrics- Need, opportunities and challenges.

The key note addressed was followed by the presentations of the invited experts on the following topics:

1. Gap areas in the treatment and rehabilitation of degenerative joint disorders by Dr. Manjappa, Prof., MIMS, Mandya, Karnataka
2. Scope and need for integrative geriatric mental care and neurological disabilities by Dr. P T Sivakumar, Prof., NIMHANS, Bengaluru.

3. Scope and need for integrative approach in metabolic disorders with special reference to Diabetes and Dyslipidemia by Dr. S Srikantha, Samatvam Endocrinology Centre, Bengaluru.

4. Relevance and significance of Snehana, Moordhni Taila and Matra Basti in preventive care and Geriatric health conditions by Dr. Srinivas Hejamadi Acharya, Distinguished Prof., AIIA, Delhi

5. Preventive Geriatrics by Dr. Sanjay Kadlimatti, Principal, BLDEA's AVS Ayurveda Medical College & Hospital, Vijayapur, Karnataka.

After the presentations by experts, discussions within 5 break away groups for drafting of 2 research proposals were framed and were moderated by designated officers of CARI Bengaluru. The following 5 groups were on Degenerative diseases, Mental care & neurological disabilities, Metabolic disorders, Panchakarma in geriatrics, Preventive Geriatrics.

### **13.8. AYUSH Distinguished Chairs Visit**

The Five Distinguished Scientist Chairs appointed by the Ministry of Ayush visited Central Ayurveda Research Institute (CARI), Bengaluru on 31<sup>st</sup> October 2023 and provided orientation to the researchers. The renowned experts and their domains are: Dr. Nandini K. Kumar, former Deputy Director General Senior Grade of the Indian Council of Medical Research (Interdisciplinary Clinical Research), Dr. Madhu Dikshit, former Director, CSIR-Central Drug Research Institute, Lucknow (Pharmaceutical Drug Development), Dr. Sharmila Shekhar Mande, distinguished Chief Scientist at TCS Research (Ayurveda biology and Basic sciences), Dr. Arvind Chopra, Director and Chief Rheumatologist, at the Centre for Rheumatic Diseases, Pune (Public health and Epidemiology) and Padmashree Dr. B.N. Gangadhar, Chairman, National Medical Commission and former Director, NIMHANS Bengaluru (Consciousness and Cognitive Sciences).

### **13.9. BEST training programme for the investigators of GAD collaborative project under CCRAS SMART programme**

A one day investigators training programme was arranged at CARI, Bengaluru on 09th October 2023, for all PI's Co I's and SRF's recruited for the CCRAS - SMART research programme entitled 'A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder'. Investigators from all the four trial centres i.e VPSV Ayurveda college kottakkal, KLE Shri B M Kankan wadi Ayurveda Mahavidyalaya Belgaum, Adichunchanagiri Ayurvedic Medical College Hospital & Research Centre, Bengaluru and SRI SRI College of Ayurvedic Sciences and Research, Bengaluru. Investigators from collaborative centre CARI, Bengaluru and Dr. Pallavi Mundada and Dr Kalpana Kachre from CCRAS Hqrs were present in the training programme.

The program started with welcome address by Dr Sulochana bhat, AD in charge, CARI who gave an insight of the training program. Dr Srikanth, Dy DG, technical addressed the trainees. In his address he explained that the training program was intended to impart transparency,

ethical practices which are to be followed during clinical trials following good clinical practice guidelines. There were technical sessions on ‘Protocol presentation’ and ‘Standard Operating Procedures and Introduction to AE/ADR Reporting and Assessment of Tolerability in SMART GAD study, ‘Psychiatric assessment scales used in GAD’ and also on training on ‘Data Entry in CRF’ which was followed by a session on Practical Training on ‘CCRAS prakriti assessment portal’. Dr G V Ramana, R O (Ay), Co ordinator of the project proposed vote of thanks. The training program ended with national anthem.

### **13.10 WHO Delegation Visit**

A delegation from World Health Organization (WHO) visited CARI Bengaluru on 16th January, 2024. Elaborate discussions were held on the R&D endeavors of CCRAS with Dr. Rudi Eggers, Director, Integrated Health Services and Dr. Pradeep Dua, Technical Officer, WHO Headquarters, Geneva. WHO officials took keen interest in the developments happening in CCRAS, especially the collaborative and integrative approach and also made suggestions to optimize the scientific rigor.

### **13.11 Awareness Programme on Pharmacovigilance**

The Awareness Programme on Pharmacovigilance was conducted on 16<sup>th</sup> February 2024 at CARI, Bengaluru. Participants were Research Officers, Teaching Faculty, Medical Officers / Practitioners, Research Fellows, PG Scholars / House Surgeons. The topics covered were Medical Ethics by Dr. Sulochana Bhat, Assistant Director Incharge, CARI, Bengaluru; Pharmacovigilance of Herbal Drugs by Dr. Pratibha Nadig, Prof. and Head, Dept. Of Pharmacology, CDSIMER, Bengaluru, Food Drug interaction- An Ayurvedic Perspective by Dr. Seema Pradeep, Prof. and Head, Dept.of Dravyaguna, SSCASRH, Bengaluru; Cosmetovigilance – Beauty with Safety by Prof. Sanju Nanda Former HOD and Dean, Faculty of Pharmaceutical Sciences, MDU, Rohtak; Pharmacovigilance Perspectives of Panchakarma by Dr. Shashidhar H Doddamani, Research Officer (Ay.), CARI, Bengaluru and Experience Sharing on Drug Interaction by Dr. Shubhashree M N, Research Officer (Ay.), CARI, Bengaluru. The programme ended with valedictory function.

### **13.12 Poshana Maah 2023 & Poshan Pakhwada 2024**

As per the instructions from CCRAS Headquarters in the letter dated 6th Sept 2023, 6th Rashtriya Poshana Maah was celebrated with the theme “Suposhit Bharat, Sakshar Bharat Sashakt Bharat” at Central Ayurveda Research Institute, Bengaluru during the month of September 2023. Dr. Shubhashree M.N., Research officer was nominated as Nodal Officer/Coordinator for Poshana Maaha. Various awareness programmes, distribution of fruits, cooking competition of nutritious foods, webinar, plantation activities were held on the said themes.

As per the letter F.No 3-88/2020/CCRAS/Admn/8354 dated 08.03.2024, Poshan pakhwada was conducted at the Central Ayurveda Research Institute, Bangalore from 9th March 2024 to 23rd March 2024 with a focus on creating awareness on healthy dietary practices (regional and seasonal) as well as “Poshan Bhi Padhai Bhi”. In the preparatory meeting, it

was planned to approach nearby Schools/Anganwadi's to roll out different programmes related to Poshan Pakhwada and Dr. Shubhashree M.N., R.O. (Ay.) was nominated to coordinate the events. Awareness programmes were conducted on various topics related to nutrition and regional, seasonal foods at CARI OPD. Seasonally available fruits were distributed to children at OPD, 3 Anganwadi's i.e. Chowdeshwari nagar, Thataguni, Bangalore. Drakshadi lehya was distributed to children explaining the importance of nutrition supplements and also emphasizing on the consumption of regionally available foods. Apart from this, THCRP Team conducted awareness programmes at Anganwadi and schools in tribal populated villages at Davangere and distributed dry fruits, dry fruits laddu etc. Similarly, SCSP team also conducted awareness camp in SC populated areas like Panthara Nayandanahalli and distributed locally available "Karadantu" and dry fruits laddu to the children explaining the importance of consumption of regional and seasonal foods.

### **13.13 Institutional Ethical Committee (IEC) meeting**

1. IEC meeting was organized on 21<sup>st</sup> April 2023 for ethical approval of following Research Projects:
  - a. Tribal Health Care Research Programme (THCRP) under Tribal Sub-Plan (TSP)
  - b. Ayurveda mobile health care programme (AMHCP) under Scheduled Caste Sub-Plan (SCSP)
  - c. Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study
  - d. A Study to Evaluate the Knowledge, Attitude and Practice of House Surgeons towards Pharmacovigilance programme for ASU drugs- A Cross Sectional Survey
  - e. Awareness of Pharmacovigilance programme for ASU and H drugs among medical students
  - f. A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder
2. A virtual meeting of the Institutional Ethical Committee was held on 02/08/2023 at 3pm through Google Meet for the ethical approval of the project:
  - a. Morbidity and Healthcare-Seeking Behaviour of The Patients visiting the Ayurveda Healthcare Facilities of The DGAFMS Hospitals: A Cross-Sectional Survey Study
3. A Virtual Designated Ethics Committee Meeting of project-was held at 6.30PM on 31/01/2024 for continuing review of project-
  - a. A Double-blind double dummy prospective randomized study to evaluate the efficacy of classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA Study)
4. IEC meeting was organized on 22-02-2024, 2.00 pm for ethical approval of following Research Projects:
  - a. Safety and efficacy of Mustadighanavati and Varadi ghanavati in Madhumeha / Type-2 Diabetes Mellitus-An open labelled randomized controlled active comparator Phase II study.



- b. Evaluation of bioavailability of Varadi ghanavati and Mustadighanavati in healthy volunteers – A Crossover Randomized Clinical Trial
  - c. Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of diabetes - A randomized control trial
  - d. A cross-sectional study to assess the prevalence of peripheral neuropathy and its relationship with Prakriti among type 2 diabetic patients
  - e. Ayurvedic management of Pyoderma Gangrenosum as a viable alternative to conventional medicine - A case report
5. A Virtual Designated Ethics Committee Meeting of project-was held on 23/03/2024 for continuing review for notification and remediation related to project-
- a. A Double-blind double dummy prospective randomized study to evaluate the efficacy of classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA Study)

#### **13.14. Data Safety & Monitoring Board (DSMB) Meeting**

1. **AMRA Project:** A meeting was held in hybrid mode on 4th July 2023 at 3.00pm with the members of Data and Safety Monitoring board for the project “A double blind double dummy randomised controlled study to evaluate the efficiency of classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA Study)”. The adverse events from all the 3 participating centres collectively were put forth.
2. **ATT-PTK Project:** The Meeting was conducted in hybrid mode on 23rd March, 2024 from 11.00 am to 1.00 pm at CARI, Bengaluru under the chairmanship of Dr. B.S. Shridhara J.D, Dept of Ayush, to discuss about the Data Safety of the project entitled, “Evaluation of Hepatoprotective Activity of PTK as an-add on therapy in the patients of Tuberculosis on ATT – A Double Blind Randomized Control Clinical Trial”

#### **13.15. Swacchhta hi Sewa Campaign**

As per the direction of Ministry of Ayush CARI Bengaluru organized 3 campaigns during the period of 15<sup>th</sup> September 2023 to 31<sup>st</sup> October 2023. From 15<sup>th</sup>-30<sup>th</sup> September 2023, Swacchhta hi Sewa campaign under swatch Bharat mission under theme Garbage Free India was conducted. The second swatchatha campaign was conducted on 1<sup>st</sup> October 2023 outside the campus of CARI. The third campaign was conducted from 2<sup>nd</sup> October 2023 to 31<sup>st</sup> October 2023. The photos of the event were uploaded in the website provided.

## वार्षिक रिपोर्ट का सारांश: 2023-24

केन्द्रीय आयुर्वेद अनुसंधान संस्थान (CARI), केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद (CCRAS), आयुष मंत्रालय, भारत सरकार के तहत सन. 1971 से बेंगलुरु में कार्य कर रहा है। के.आ.अ.सं., 2019 में अपने स्वयं के परिसर में स्थानांतरित हो गया, जिसमें बाह्य रोगी विभाग (ओपीडी) के साथ अस्पताल ब्लॉक, 28 बिस्तरों वाला आंतरिक रोगी विभाग (आईपीडी) सुविधा (जल्द ही कार्यात्मक बनाया जाएगा), पंचकर्म, योग, शल्य और मर्म चिकित्सा, शालाक्य ( नेत्र और ईएनटी), चिकित्सीय प्रयोगशाला, फार्मसी, माइनर ऑपरेशन थिएटर, अल्ट्रासोनोग्राफी और अन्य सेवाएं सम्मिलित हैं। प्रशासनिक ब्लॉक में कार्यालय, वीडियो कॉन्फ्रेंसिंग सेटअप के साथ बैठक कक्ष, संगोष्ठी कक्ष, संग्रहालय, खाद्य प्रयोगशाला, पुस्तकालय, भंडार, माइक्रोबायोलॉजी, फार्माकोग्रांसी, रसायन विज्ञान, वनस्पति विज्ञान अनुभाग सम्मिलित हैं। संस्थान शुरू से ही आवंटित कार्यक्रमों के अनुसार लक्ष्यों को प्राप्त करने में सक्रिय रूप से कार्यरत है। वैज्ञानिकों आयुर्वेद की वैज्ञानिक मान्यता के केंद्रित उद्देश्य के साथ विभिन्न विषयों से काम कर रहे हैं।

स्थापना के बाद से, संस्थान में 477 वैज्ञानिक लेखों का प्रकाशन किया गया है, 9 मोनोग्राफ का प्रकाशन, 8 पुस्तकों की समीक्षा, संगोष्ठी/कार्यशालाओं में 1315 प्रस्तुतियां और सम्बंधित कार्यक्रमों में सहभागी हैं, इसके अलावा 3 स्वर्ण पदक, 4 सर्वश्रेष्ठ शोध पत्र और दो सर्वश्रेष्ठ प्रकाशनों के लिए भी संस्थान को प्रोत्साहन प्राप्त हुआ है। संस्थान में स्थित संदर्भ पुस्तकालय में बिक्री के लिए 2050 पुस्तकें, महत्वपूर्ण वैज्ञानिक पत्र-पत्रिकाओं और सीसीआरएएस प्रकाशनों का संग्रह उपलब्ध हैं। समीक्षाधीन अवधि के दौरान, संस्थान के वैज्ञानिकों द्वारा राष्ट्रीय और अंतर्राष्ट्रीय पत्रिकाओं में 9 शोध पत्रों का प्रकाशन हुआ है और 9 प्रकाशन हेतु प्रक्रियाधीन हैं। अधिकारियों ने 93 संगोष्ठी, वेबिनार, सम्मेलनों, बैठकों तथा प्रशिक्षण कार्यक्रमों में भाग लिया है। वर्तमान में संस्थान (सीएआरआई) बेंगलुरु में कुल 64 स्वीकृत पद है, जिसमें 25 स्थायी कर्मचारी कार्यरत हैं। इस वित्तीय वर्ष में संस्थान को 7.59 करोड़ रुपये का बजट आवंटन प्राप्त हुआ है।

इस समीक्षाधीन अवधि के दौरान संस्थान को सीओई के तहत "मशीन लर्निंग तकनीकों का उपयोग करके आयुर्वेद सिद्धांतों के आधार पर मधुमेह के संकट के निदान के लिए पूर्वानुमान प्रणाली का विकास" के लिए पेटेंट मिला है। के.आ.अ.सं., बेंगलुरु "मधुमेह के प्रबंधन के लिए आयुर्वेदिक हर्बल फॉर्मूलेशन (आयुष-डी) की तैयारी के लिए प्रक्रिया का आविष्कार" के लिए प्राप्त एक अन्य पेटेंट के लिए अध्ययन स्थल और नोडल केंद्र था।

आयुष मंत्रालय के पांच प्रतिष्ठित आयुष अध्यक्ष डॉ. नंदिनी के. कुमार, पूर्व उप महानिदेशक, भारतीय चिकित्सा अनुसंधान परिषद (आईसीएमआर); डॉ. मधु दीक्षित, पूर्व निदेशक, वैज्ञानिक एवं औद्योगिक अनुसंधान परिषद (सीएसआईआर)- केन्द्रीय औषधि अनुसंधान संस्थान (सीडीआरआई), लखनऊ; टीसीएस रिसर्च में प्रतिष्ठित मुख्य वैज्ञानिक डॉ. शर्मिला शेखर मांडे; डॉ. अरविंद चोपड़ा, निदेशक और मुख्य रुमेटोलॉजिस्ट, सेंटर फॉर रुमेटिक डिजीज, पुणे; पद्मश्री डॉ. बी.एन. गंगाधर, अध्यक्ष, राष्ट्रीय चिकित्सा आयोग (एनएमसी) और पूर्व निदेशक, राष्ट्रीय मानसिक स्वास्थ्य और तंत्रिका विज्ञान संस्थान (निम्हांस),

बेंगलुरु ने दिनांक 31 अक्टूबर 2023 को सीएआरआई, बेंगलुरु का दौरा किया और शोधकर्ताओं को मार्गदर्शन प्रदान किया।

विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) के एक प्रतिनिधिमंडल ने दिनांक 16 जनवरी, 2024 को सीएआरआई बेंगलुरु का दौरा किया। एकीकृत स्वास्थ्य सेवाओं के निदेशक डॉ. रूडी एगर्स और डब्ल्यूएचओ मुख्यालय जिनेवा के तकनीकी अधिकारी डॉ. प्रदीप दुआ के साथ सीसीआरएएस के अनुसंधान एवं विकास प्रयासों पर विस्तृत चर्चा हुई।

संस्थान ने विभिन्न कार्यशालाओं और प्रशिक्षण कार्यक्रमों का आयोजन किया है, जैसे- मानक संचालन प्रक्रियाओं (एसओपी) के विकास और नेत्र क्रियाकल्प के मानकीकरण पर विचार-मंथन सत्र; जराचिकित्सा पर विचार-मंथन; शिक्षण पेशेवरों में आयुर्वेद अनुसंधान को मुख्यधारा में लाने के दायरे के अन्वेषकों के लिए नैतिकता मानक पारदर्शिता (बेस्ट) प्रशिक्षण कार्यक्रम (स्मार्ट); आयुर-रक्षा- फार्माकोविजिलेंस और मेडिकल एथिक्स पर राष्ट्रीय सम्मेलन, इसके अलावा संस्थान द्वारा 10 फार्माकोविजिलेंस जागरूकता कार्यक्रम और राजभाषा हिंदी पर चार कार्यशालाएं भी आयोजित की गईं।

संस्थान द्वारा अंतर्राष्ट्रीय योग दिवस, आयुर्वेद दिवस, हिंदी पखवाड़ा, हिंदी दिवस, राष्ट्रीय आयुष कार्यक्रम जैसे पोषण माह, पोषण पखवाड़ा, स्वच्छता ही सेवा अभियान, सतर्कता जागरूकता सप्ताह, संविधान दिवस, खेल दिवस, अंग दान दिवस जैसी विभिन्न गतिविधियों का भी आयोजन किया। संस्थान ने अंतर्राष्ट्रीय सिरिधान्य वर्ष, आयुर्वेद दिवस समारोह और आजादी का अमृत महोत्सव-2 अभियान के तहत कई कार्यक्रमों का आयोजन किया।

सीसीआरएएस मुख्यालय द्वारा दैनिक शासकीय कार्यों में राजभाषा कार्यान्वयन से संबंधित संस्थान का ई-निरीक्षण दिनांक 15 मार्च 2024 को किया गया। संस्थान में राजभाषा के समुचित कार्यान्वयन के लिए मुख्यालय ने संस्थान की सराहना की। संस्थान ने एमबीबीएस इंटरनशिप कार्यक्रम के तहत प्रशिक्षुओं को आयुर्वेद अभिविन्यास और प्रशिक्षण प्रदान किया है। संस्थान में बीएएमएस प्रशिक्षुओं को भी इंटरनशिप के लिए तैनात किया गया था।

सीएआरआई, बेंगलुरु ने ओपीडी रोगियों को स्वास्थ्य सलाहकार सामग्री के साथ-साथ संशमनवटी, अश्वगंधा घन वटी जैसी आयुर्वेदिक रोगनिरोधी दवाएं वितरित कीं। आयुर्वेद को बढ़ावा देने और सीएआरआई बेंगलुरु, सीसीआरएएस, आयुष मंत्रालय को लोकप्रिय बनाने के लिए कर्नाटक के आयुर्वेद कॉलेजों में इन दवाओं का मुफ्त वितरण भी किया गया।

वर्तमान में, संस्थान एनएबीएच मान्यता प्राप्त अस्पताल और एनएबीएल मान्यता प्राप्त प्रयोगशाला के माध्यम से नैदानिक सेवाएं प्रदान कर रहा है। दो बाह्य रोगी विभाग (ओपीडी) जैसा की, एक चिकित्सीय विभाग, बलेपेट, बेंगलुरु में और दूसरा के.आ.अ.सं., मुख्य परिसर, कनकपुर रोड, बेंगलुरु में हैं। संस्थान बाह्य रोगी स्तर पर रोगियों को निःशुल्क दवाएँ वितरण के साथ प्राथमिक स्वास्थ्य देखभाल प्रदान करता है। सुविधाओं में निवारक और उपचारात्मक चिकित्सा देखभाल, प्रयोगशाला जांच (नियमित रोगविज्ञान और जैव रासायनिक), पंचकर्म उपचार, शल्य और मर्म चिकित्सा, शालाक्य (नेत्र और ईएनटी), योग, नशा मुक्ति और मानस रोग सम्मिलित हैं।

संस्थान की स्थापना के बाद से नैदानिक अनुसंधान इकाई ने 4,40,273 रोगियों की सेवा की है। रिपोर्टिंग अवधि के दौरान 41,026 रोगियों (सीएआरआई कैंपस कनकपुर रोड पर 34,049 और चिकित्सी विभाग, बलेपेट में 6,977) लाभान्वित हुए हैं। विशेष चिकित्सा सेवाओं के एक भाग के रूप में, 12,300 जेरियाट्रिक रोगियों, फ्लू जैसी बीमारी वाले 368 रोगियों का इलाज किया गया। ओपीडी आधारित पंचकर्म उपचार 5,387 पुरुषों और 5,005 महिलाओं सहित कुल 10,392 रोगियों को प्रदान किया गया। कुल 66,409 चिकित्सीय प्रयोगशाला परीक्षण की गई।

स्थापना के बाद से, चिकित्सीय अनुसंधान के क्षेत्र में संस्थान ने कुपोषण (कुपोषण), अर्श (बवासीर), मनोद्वेग (चिंता न्यूरोसिस), तमकश्वास (ब्रोन्कियल अस्थमा), व्यान बल वैषम्य (उच्च रक्तचाप), पांडु (आयरन की कमी से एनीमिया) में चिकित्सीय अनुसंधान सम्पूर्ण किया। इसके अतिरिक्त वेक्टर जनित रोगों, फ्लू जैसी बीमारी की रोकथाम और उपचार के दावों और आयुर्वेदिक दवाओं पर फार्माकोविजिलेंस अध्ययनों के बारे में जानकारी एकत्र करने का काम पूरा कर लिया गया है। संस्थान द्वारा इंद्रा मुरल अनुसंधान परियोजनाएँ (आईएमसीआरपी) के अंतर्गत वार्धक्य में रसायन (वृद्धावस्था में अश्वगंधवलेह और ब्रह्मरसायन) चिकित्सा का अध्ययन, कष्टार्तव (डिसमेनोरिया), स्थौल्या (मोटापा), संधिगत वात, अस्थि क्षय, गृध्रसी, रसौषधि, मधुमेह मेलिटस, आयुष-डी प्री-डायबिटी और टाइप 2 मधुमेह मेलिटस, डेंगू, स्तन कैंसर, मेदोरोग (मोटापा) पर अनुसंधान कार्य पूर्ण किया गया।

समीक्षाधीन अवधि के दौरान सीआरयू द्वारा मेदोरोगा (मोटापा) के प्रबंधन में विदंग चूर्ण और व्योषादि गुग्गुलु का नैदानिक मूल्यांकन, आयुर्वेद के दिग्गजों की जीवनियाँ; बुजुर्ग आबादी के जीवन की गुणवत्ता पर आयुष रसायन ए और बी की प्रभावशीलता - टीएचसीआरपी 2023-24 के तहत एक क्लस्टर यादृच्छिक अध्ययन; बुजुर्ग आबादी के जीवन की गुणवत्ता पर आयुष रसायन ए और बी की प्रभावशीलता-एससीएसपी 2023-24 के तहत एक क्लस्टर यादृच्छिक जैसे अनुसंधान परियोजनाएँ पूर्ण किया गया है।

सबक्लिनिकल हाइपोथायरायडिज्म में त्रिकटु के प्रभाव का मूल्यांकन करने के लिए डबल ब्लाइंड क्लिनिकल परीक्षण; मेदोरोगा (मोटापा) के प्रबंधन में लेखनिय गण कषाय और आरोग्यवर्धिनी गुटिका; डिस्लिपिडेमिया में आयुर्वेद सूत्रीकरण 'त्रिकटु' की प्रभावकारिता और सुरक्षा - एक संभावित यादृच्छिक डबल ब्लाइंड प्लेसबो नियंत्रित परीक्षण, डायबिटिक रेटिनोपैथी के साथ प्रकृति के सहयोग का पता लगाने के लिए एक क्रॉस सेक्शनल सर्वेक्षण जैसे चिकित्सीय अनुसंधान परियोजनाएँ संचालित हैं।

संस्थान ने बहु केन्द्रीय/सहयोगात्मक चिकित्सीय अनुसंधान परियोजनाओं की निगरानी कर रहा है - एक डबल ब्लाइंड डबल डमी प्रॉस्पेक्टिव रैंडमाइज्ड कंट्रोल रिसर्च प्रोजेक्ट ऑन क्लासिकल आयुर्वेद मैनेजमेंट जैसे मेथोट्रेक्सेट इन रूमेटाइड अर्थराइटिस (AMRA स्टडी); हल्के से मध्यम गैर-अल्कोहल फैटी लीवर रोग (एनएएफएलडी) के विषयों में आयुष जीएमएच का मूल्यांकन - एक डबल ब्लाइंड रैंडमाइज्ड नियंत्रित नैदानिक अध्ययन; एटीटी - ए, डबल ब्लाइंड रैंडमाइज्ड कंट्रोल क्लिनिकल स्टडी पर क्षय रोग के रोगियों में चिकित्सा के रूप में पीटीके की हेपाटो सुरक्षात्मक गतिविधि का मूल्यांकन; पारंपरिक उपचार में जोड़ने के रूप में आयुर्वेदिक हस्तक्षेप की प्रभावकारिता का मूल्यांकन करना और एपिजेनेटिक्स, न्यूरो/गट बायोमार्कर और बाल चिकित्सा एडीएचडी (अटेंशन डेफिसिट हाइपरएक्टिविटी डिसऑर्डर) में न्यूरोइमेजिंग की बातचीत

का पता लगाना; स्मार्ट कार्यक्रम के तहत सामान्यीकृत चिंता विकार में आयुष एसआर के उपचार पालन और सहनशीलता का आकलन करने के लिए एक बहु-केंद्र अध्ययन; डीजीएएफएमएस अस्पतालों की आयुर्वेद स्वास्थ्य सुविधाओं में आने वाले रोगियों की रुग्णता और स्वास्थ्य देखभाल चाहने वाला व्यवहार: एक बहुकेंद्रीय पार-अनुभागीय सर्वेक्षण अध्ययन; आयुष जनजातीय विषय - मंत्रालय के तहत कार्यरत एकलव्य मॉडल आवासीय विद्यालयों (ईएमआरएस) के छात्रों में बेहतर स्वास्थ्य परिणामों के लिए तपेदिक, एनीमिया, हीमोग्लोबिनोपैथी और कुपोषण और आयुर्वेदिक हस्तक्षेप पर विशेष ध्यान देने के साथ सामान्य स्वास्थ्य परीक्षण; आयुर्वेद व्यंजनों का निर्माण और उत्पाद विकास और चयनित उत्पादों का पोषण मूल्यांकन; कर्नाटक के पारंपरिक खाद्य व्यंजनों का प्रलेखन और आयुर्वेद और पोषण संबंधी परिप्रेक्ष्य के साथ उनका सत्यापन; चयनित हर्बल फॉर्मूलेशन की एंटी-हाइपरग्लाइसेमिक गतिविधि के तंत्र को स्पष्टता।

परियोजना मूल्यांकन और निगरानी समिति (पीईएमसी) में स्वीकृत परियोजनाओं में सम्मिलित हैं- एथेरोजेनिक डिस्लिपिडेमिया में मानक देखभाल के सहायक के रूप में अर्जुन [टर्मिनलिया अर्जुन (रॉक्सबी.वाइट एंड अर्न)] की प्रभावकारिता और सुरक्षा-एक यादृच्छिक डबल-ब्लाइंड प्लेसबो-नियंत्रित अध्ययन; पारंपरिक चिकित्सा के अतिरिक्त एक व्यापक आयुर्वेद दृष्टिकोण के माध्यम से बच्चों में ऑटिज़्म स्पेक्ट्रम विकार का प्रबंधन; बुजुर्गों में अनिद्रा विकार में हमेशा की तरह उपचार के सहायक के रूप में आयुर्वेदिक हस्तक्षेप की सुरक्षा और प्रभावकारिता का मूल्यांकन करने के लिए एक तुलनात्मक अध्ययन - एक संभावित यादृच्छिक ओपन ब्लाइंड एंडपॉइंट अध्ययन; आयुर्वेद चिकित्सकों द्वारा ऑस्टियोआर्थराइटिस में नुस्खे के रूझान का दस्तावेज़ीकरण- एक पूर्वव्यापी अध्ययन।

अन्य प्रस्तावित आईएमआर/सहयोगी परियोजनाएँ जैसे - संसर्जन परियोजना में बाजरा की प्रभावकारिता, अनुकूलता और सहनशीलता का आकलन करने के लिए संभावित नैदानिक परीक्षण; आयुष-82 की सुरक्षा और प्रभावकारिता का मूल्यांकन करने के लिए एक यादृच्छिक नैदानिक अध्ययन; गैर-क्रोनिक टाइप 2 मधुमेह मेलिटस पर आयुर्वेदिक सूत्रीकरण और इसका जैव-आणविक मूल्यांकन; संवहनी विकारों के निवारक उपाय के रूप में डिस्लिपिडेमिया में अर्जुनारिस्टा और नवाका गुग्गुलु की प्रभावकारिता और सुरक्षा का आकलन करने के लिए एक संभावित यादृच्छिक डबल ब्लाइंड नैदानिक परीक्षण; मधुमेह संबंधी पैर के अल्सर के विशेष संदर्भ में मधुमेहजन्य व्रण में मैगॉट डीब्रिडमेंट थेरेपी की सुरक्षा, प्रभावकारिता, स्वीकार्यता और सहनशीलता: एक यादृच्छिक नियंत्रित पायलट क्लिनिकल परीक्षण; मधुमेह से जुड़े अपवर्तक परिवर्तनों के प्रबंधन में आयुर्वेदिक हस्तक्षेप के प्रभाव का मूल्यांकन: एक रैंडमाइज्ड डबल ब्लाइंडेड प्लेसबो नियंत्रित क्लिनिकल परीक्षण; उनके प्रारंभिक प्रबंधन के लिए सर्जिकल स्थितियों का पता लगाना- बेंगलुरु दक्षिण तालुक में एक क्रॉस सेक्शनल सामुदायिक अध्ययन; चयनित आयुर्वेद औषधीय पौधों के वैकल्पिक वनस्पति स्रोतों का तुलनात्मक विश्लेषण और मानकीकरण; घुटने के ऑस्टियोआर्थराइटिस में मल्टीमॉडल आयुर्वेद आहार की प्रभावकारिता का मूल्यांकन - एक यादृच्छिक नियंत्रित परीक्षण (3 संयोजन); घुटने के जोड़ के ऑस्टियोआर्थराइटिस में अस्थिरक्षा-25 की प्रभावकारिता और सुरक्षा के मूल्यांकन के लिए एक यादृच्छिक नियंत्रित परीक्षण; वृद्धावस्था अवसाद/लेट लाइफ डिप्रेशन में ऐड-ऑन थेरेपी के रूप में एकीकृत आयुर्वेद और योग हस्तक्षेप की सुरक्षा और प्रभावकारिता का मूल्यांकन - एक संभावित यादृच्छिक ओपन ब्लाइंडेड एंडपॉइंट (प्रोब) अध्ययन; हल्के संज्ञानात्मक हानि (एमसीआई) (स्मृतिभ्रंश) के प्रबंधन में एकीकृत आयुर्वेदिक हस्तक्षेप की सुरक्षा और प्रभावकारिता - एक यादृच्छिक एकल अंधा नियंत्रित नैदानिक परीक्षण; (चयनित) के लिए

मोनोथेरेपी / ऐड-ऑन (एकीकृत) थेरेपी के रूप में (परीक्षण दवा) की सुरक्षा और प्रभावकारिता मानक) मधुमेह/टाइप-2 डायबिटीज मेलिटस/प्रीडायबिटीज में: एक खुला लेबल/सिंगल/डबल ब्लाइंड यादृच्छिक नियंत्रित चरण II/III अध्ययन; वृद्धावस्था आबादी की कार्यात्मक विकलांगता और जीवन की गुणवत्ता में सुधार में स्नेहन थेरेपी की प्रभावकारिता - एक संभावित यादृच्छिक ओपन ब्लाइंड एंडपॉइंट अध्ययन; शिलाजातवाड़ी योग के साथ उच्च जोखिम वाली आबादी में हृदय संबंधी विकारों के लिए निवारक दृष्टिकोण; उम्र बढ़ने पर 'वयस्थापन गण' घान वटी की सुरक्षा और प्रभावकारिता का आकलन करने के लिए एक नैदानिक अध्ययन, ऑस्टियोपेनिया/ऑस्टियोपोरोसिस के प्रबंधन में गंध थिला और कुक्कुटंडा त्वक भस्म का नैदानिक मूल्यांकन, क्रियाकल्प पर सर्वेक्षण रिपोर्ट और भारत में पारंपरिक चिकित्सकों सहित अन्य शालक्य संबंधी प्रथाओं पर सर्वेक्षण रिपोर्ट।

संस्थान की "औषधीय पौधों के सर्वेक्षण इकाई (एसएमपीयू) द्वारा आईएमआर परियोजना "मेडिको ईथनो बॉटनिकल सर्वे (एमईबीएस)" के सर्वेक्षण अनुसंधान परिणामों का संकलनपूर्ण कर ली गई है। आईएमआर-सहयोगात्मक परियोजना के तहत आईसीएआर-भारतीय बागवानी अनुसंधान संस्थान (आईआईएचआर), हेसरघट्टा, बेंगलुरु के साथ चयनित आयुर्वेदिक औषधीय पौधों के क्षेत्र और हाइड्रोपोनिक खेती का तुलनात्मक मूल्यांकन; कृषि विज्ञान विश्वविद्यालय, जीकेवीके, बेंगलुरु के साथ आयुर्वेद में उपयोग किए जाने वाले पंचवल्कल-05 औषधीय पौधों के बायोएक्टिव यौगिकों पर मौसमी भिन्नता का अध्ययन जारी है। प्रस्तावित दो आईएमआर परियोजनाएँ - दक्षिण भारत (कर्नाटक, केरल, तमिलनाडु, आंध्र प्रदेश और तेलंगाना) के बाजारों में प्रतिस्थापन और मिलावट के लिए पौधों की कच्ची दवाओं का अध्ययन और दस्तावेज़ीकरण: कर्नाटक राज्य के पश्चिमी घाट के दक्षिणी क्षेत्रके विभिन्न बाजारों में जंगली खद्य और औषधीय पौधों का दस्तावेज़ीकरण को पीईएमसी में मंजूरी दी गई थी।

समीक्षाधीन अवधि के दौरान, औषधि मानकीकरण और अनुसंधान इकाई (डीएसआरयू) में डिजिटल वॉटर बाथ, सॉक्सलेट उपकरण, मोइस्चर विश्लेषक और क्लेवेंजर उपकरण खरीदे और स्थापित किए गए। अनुभाग में कुछ महत्वपूर्ण मार्कर यौगिकों और अन्य आवश्यक रसायनों की भी खरीदी की गई। डीएसआरयू में एचपीटीएलसी, फिजिको केमिकल कांस्टेंट निर्धारण, फाइटोकेमिकल स्क्रीनिंग, पाउडर माइक्रोस्कोपी सहित कुल 35 नमूनों का विश्लेषण किया गया। विभिन्न आयुर्वेद मेडिकल कॉलेजों के छात्रों, केआईएमएस मेडिकल कॉलेज के यूजी छात्रों और अन्य आगंतुकों/हितधारकों कुल 28 के लिए डीएसआरयू में उपलब्ध सुविधाओं का प्रशिक्षण/प्रदर्शन आयोजित किया गया।

इसके अलावा, संस्थान द्वारा सार्वजनिक स्वास्थ्य अभिविन्यास के साथ जनजातीय स्वास्थ्य देखभाल अनुसंधान परियोजना (टीएचसीआरपी) और आयुर्वेद मोबाइल स्वास्थ्य देखभाल परियोजना (एएमएचसीपी) - अनुसूचित जाति उप योजना (एससीएसपी) जैसे आउटरीच गतिविधियां संचालित की गई हैं। संस्थान द्वारा निःशुल्क स्वास्थ्य शिविरों के आयोजन में भी भाग लिया गया तथा जरूरतमंद जनता को दवाएँ वितरित की गईं।

समीक्षाधीन अवधि के दौरान, जनजातीय स्वास्थ्य देखभाल अनुसंधान परियोजना (टीएचसीआरपी) के अन्तर्गत, 5 गांवों में 201 दौरे आयोजित किए गए। कुल 3,950 आदिवासी आबादी का सर्वेक्षण किया गया तथा 5,620 रोगियों का इलाज किया गया। कुल 3,081 प्रयोगशाला परिक्षण किये गए, जिनमें से 2,846

हीमोग्लोबिन/रैंडम ब्लड शुगर (आरबीएस) परीक्षण और 235 अन्य जांचें थीं। 09 लोककथाओं के दावों को प्रलेखित और मान्य किया गया। बुजुर्ग आबादी के जीवन की गुणवत्ता पर आयुष रसायन ए और बी की प्रभावशीलता- टीएचसीआरपी 2023-24 के अन्तर्गत एक क्लस्टर यादृच्छिक अध्ययन पूरा किया गया।

आयुर्वेद मोबाइल स्वास्थ्य देखभाल परियोजना- एससीएसपी (अनुसूचित जाति उप योजना) के अन्तर्गत, चयनित 8 गांवों में कुल 3,839 आबादी का सर्वेक्षण किया गया तथा 4,050 रोगियों का इलाज किया गया। रिपोर्टिंग वर्ष 2023-24 के दौरान 4,740 जांचें की गईं। बुजुर्ग आबादी के जीवन की गुणवत्ता पर आयुष रसायन ए और बी की प्रभावशीलता- एससीएसपी 2023-24 के अन्तर्गत एक क्लस्टर यादृच्छिक अध्ययन पूरा किया गया।

आयुष औषधि गुणवत्ता एवं उत्पादन संवर्धन योजना (एओजीयूएसवाई) के अन्तर्गत राष्ट्रीय फार्माकोविजिलेंस कार्यक्रम भी जारी है। इस कार्यक्रम के अन्तर्गत फार्माकोविजिलेंस के बारे में जागरूकता पैदा की जा रही है। भ्रामक विज्ञापनों के बारे में आवश्यक कार्रवाई के लिए उच्च अधिकारियों को भी सूचित किया जातारहा है।

संस्थान को आयुष मंत्रालय द्वारा मधुमेह (मधुमेह मेलिटस) में अनुसंधान और नैदानिक सेवाओं के लिए कुल रुपये 7,24,80,400/-की निधि के साथ “उत्कृष्टता केंद्र (सीओई)” के रूप में मान्यता प्राप्त है। उक्तयोजना के अन्तर्गत, मधुमेह के रोगियों के लिए एक विशेष ओपीडी कार्यरत है जहां रोगियों को मुफ्त परामर्श, प्रयोगशाला जांच और दवाएं प्रदान की जाती हैं। उक्त विशेष ओपीडी में रिपोर्टिंग वर्ष के दौरान 1,395 मधुमेह रोगियों (837 पुरुष और 558 महिला) और 6,021 रोगियों को अनुवर्ती दौरे के रूप में (3,505 पुरुष और 2,516 महिला) सहित कुल 7,416 रोगियों को सेवाएं दी गईं। कुल 915 लाभार्थियों के साथ सी. ए. आर. आई. संस्थान अस्पताल के आसपास विभिन्न स्थानों पर 30 मधुमेह शिविर आयोजित किए गए। कुल 42 प्रशिक्षण कार्यक्रम आयोजित किए गए जिनमें से 10 आम जनता के लिए, 10 रोगियों के लिए, 12 योग प्रशिक्षण शिविर और 10 छात्र प्रशिक्षण कार्यक्रम थे। इस

नागपुर पशु चिकित्सा महाविद्यालय, नागपुर में चार चयनित फॉर्मूलेशन की मधुमेह विरोधी प्रभावकारिता का मूल्यांकन में किया गया और चार चयनित फॉर्मूलेशन का उपयोग करके एक पायलट अध्ययन पूरा किया गया। पशु अध्ययन रिपोर्ट के आधार पर, क्लिनिकल परीक्षण के लिए दो फॉर्मूलेशन का चयन किया गया और अध्ययन शुरू किया गया। सेंटर फॉर इनक्यूबेशन इनोवेशन रिसर्च एंड कंसल्टेंसी (सीआईआईआरसी), बेंगलुरु के सहयोग से तैयार भोजन व्यंजनों के लिए दो एसओपी विकसित की गईं और टाइप -2 डायबिटीज मेलिटस के रोगियों में, पकाने हेतु तैयार दो आहार अनुपूरकों के एंटीडायबिटिक गुण के मूल्यांकन करने के लिए क्लिनिकल परीक्षण शुरू किया गया।

उत्कृष्टता केंद्र योजना के अन्तर्गत, मुख्य रूप से एक वेबसाइट [www.cari.gov.in](http://www.cari.gov.in) लॉन्च की गई है और कुल 1,89,610 आबादी को ई-हेल्थकेयर पहल के माध्यम से पहुंच प्राप्त की गई। संस्थान के उन्नयन के लिए सीओई योजना के तहत अल्ट्रासाउंड सोनोग्राफी मशीन खरीदी गई थी। डिलिवरेबल्स के अलावा, सीटीआरआई के तहत पंजीकृत 2 अनुसंधान परियोजनाएं शुरू की गईं (टाइप -2 मधुमेह रोगियों के बीच मधुमेह परिधीय न्यूरोपैथी की घटना और प्रकृति के साथ इसका संबंध - एक क्रॉस-अनुभागीय अध्ययन; स्वस्थ स्वयंसेवकों में वरदी और मुस्तादी घाना वटी की जैव उपलब्धता का मूल्यांकन - एक क्रॉस-ओवर रैंडमाइज्ड

क्लिनिकल ट्रायल), पियर समिक्षित पत्रिकाओं में 4 लेख प्रकाशित हुए तथा 3 को प्रकाशन के लिए सूचित किया गया।

प्रतिवेदन अवधि के दौरान संस्थान द्वारा कुल धनराशी रुपये रु. 17,37,518/- अर्जित की गई। संस्थान की चिकित्सकीय अनुसन्धान इकाई (क्लिनिकल रिसर्च यूनिट) द्वारा कुल धनराशी रुपये रु.15,83,391/- (पंद्रह लाख तिरासी हजार तीन सौ नित्यानवे रुपये मात्र) ओपीडी पंजीकरण, प्रयोगशाला जांच और पंचकर्म के माध्यम से अर्जित की गई। संस्थान की औषधीय पौधों के सर्वेक्षण इकाई द्वारा कुल धनराशी रुपये रु. 77,100/- (सत्तर हजार एक सौ रुपये मात्र) कूड ड्रग प्रमाणीकरण और औषधीय पौधों की बिक्री के माध्यम से अर्जित की गई। संस्थान के डीएसआरयू द्वारा कुल धनराशी रुपये 12,500 (बारह हजार पांच सौ रुपये मात्र)का राजस्व अर्जित किया गया। किताबों की बिक्री, सीसीआरएएस प्रकाशन आदि जैसे अन्य माध्यमों से कुल धनराशी रुपये 64,527 रुपये अर्जित किये गए।



**CENTRAL AYURVEDA RESEARCH INSTITUTE, BENGALURU**  
**(Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, Govt. of India)**

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**SUMMARY OF ANNUAL REPORT 2023-24**

Central Ayurveda Research Institute (CARI), under Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Govt. of India, has been functioning in Bengaluru since 1971. CARI shifted to its own campus in 2019, consisting of Hospital Block with Out Patient Department (OPD), 28-bedded In-patient Department (IPD) facility (to be made functional soon), Panchakarma, Yoga, Shalya & Marma Chikitsa, Shalaky (Eye & ENT), Clinical Laboratory, Pharmacy, Minor Operation Theatre, Ultrasonography and other services. The Administrative Block consists of Office, Meeting Hall with Video Conferencing set up, Seminar Hall, Museum, Food Laboratory, Library, Store, Microbiology, Pharmacognosy, Chemistry, Botany section. Since beginning, 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.

Since inception, the institute has 477 scientific publications and abstracts, 9 monographs, 8 book reviews, 1,315 presentations and participations and has got 3 gold medals, 4 best research papers and incentives for two best publications. The reference library hosts 2050 books, important scientific journals and CCRAS publications for sale. During the reporting year, scientists from CARI have published 09 research articles in national and international journals and 09 are in pipeline. Officers participated in 93 seminars, webinars, conferences, meetings and hands-on training. Presently there are 25 regular employees working at CARI, Bengaluru against the 64 sanctioned posts. The Institute received a budget allocation of 7.59 Crores.

In this reporting year, the institute has got a patent for “Development of predictive system for diagnosing the risk of Diabetes based on Ayurveda principles using Machine Learning techniques” under CoE. CARI, Bengaluru was one of the study site and nodal centre for another patent obtained for “Invention of the process for the preparation of an Ayurvedic herbal formulation (AYUSH-D) for the management of Diabetes”.

Five Distinguished Ayush Chairs from Ministry of Ayush visited CARI, Bengaluru on 31<sup>st</sup> October 2023 and provided orientation to the researchers. The renowned experts were Dr. Nandini K. Kumar, former Deputy Director General, Indian Council of Medical Research (ICMR); Dr. Madhu Dikshit, former Director, Council of Scientific & Industrial Research (CSIR)- Central Drug Research Institute (CDRI), Lucknow; Dr. Sharmila Shekhar Mande, distinguished Chief Scientist at TCS Research; Dr. Arvind Chopra, Director and Chief Rheumatologist, Centre for Rheumatic Diseases, Pune; Padmashree Dr. B.N. Gangadhar, Chairman, National Medical Commission (NMC) and former Director, National Institute of Mental Health & Neuro Sciences (NIMHANS), Bengaluru.

A delegation from World Health Organization (WHO) visited CARI Bengaluru on 16<sup>th</sup> January, 2024. Elaborate discussions were held on the R&D endeavors of CCRAS with Dr.

Rudi Eggers, Director, Integrated Health Services and Dr. Pradeep Dua, Technical Officer, WHO Headquarters, Geneva.

The institute has organized various workshops and training programmes viz- Brainstorming session on Development of Standard Operative Procedures (SoPs) & Standardization of Netra Kriyakalpa; Brainstorming on Geriatrics; Building Ethics Standards Transparency (BEST) training programme for Investigators of Scope of Mainstreaming of Ayurveda Research in Teaching professionals (SMART); Ayur-Raksha- National Conference on Pharmacovigilance and Medical Ethics, In addition to this 10 Pharmacovigilance awareness programmes and four workshops on Rajbhasha Hindi were also conducted by the institute.

CARI Bengaluru also organized various activities such as International Yoga Day, Ayurveda Day, Hindi Pakhwada, Hindi Diwas, National AYUSH programmes like Poshana Maah, Poshan Pakhwada, Swachata Hi Sewa Campaign, Vigilance awareness week, Constitution day, Sports day, Organ donation day. The institute organized series of events under International year of Millets, Ayurveda Day celebrations and Azadi Ka Amrit Mahotsav-2 campaign.

The e-inspection of institute related to the implementation of official language in the daily official work was done by CCRAS Headquarters on 15<sup>th</sup> March 2024. Headquarters appreciated the institute for proper implementation of official language in the institute. The institute has provided Ayurveda orientation & training to internees under MBBS Internship Programme. BAMS internees were also posted in the institute for internship.

CARI, Bengaluru distributed Ayurvedic prophylactic medicines like SamshamanaVati, Ashwagandha Ghana Vati along with health advisory materials to OPD patients. Free distribution of these medicines to Ayurveda colleges of Karnataka were also done for the promotion of Ayurveda & popularizing CARI Bengaluru, CCRAS, Ministry of Ayush.

Presently, the institute is rendering clinical services through NABH accredited hospital and NABL accredited Laboratory. There are two Out Patient Departments (OPDs), one at Clinical section, Balepete, Bengaluru and another at CARI main campus, Kanakapura Road, Bengaluru. The institute provides primary health care to the patients at outpatient level with dispensing of free medicines. The facilities include preventive and curative medical care, laboratory investigations (routine pathological & biochemical), Panchakarma treatment, Shalya & Marma Chikitsa, Shalakyia (Eye & ENT), Yoga, De-addiction & Manasa Roga.

Since inception, the Clinical Research Unit (CRU) of the institute has served 4,40,273 patients. During the reporting period 41,026 patients (34,049 at CARI Campus Kanakapura Road and 6,977 at Clinical Section Balepete) have been benefited. As a part of special medical services, 12,300 geriatric patients, 368 patients with flu like illness were treated. 10,392 OPD based Panchakarma procedure were performed including 5,387 males and 5,005 females. Total 66,409 clinical laboratory investigations were conducted.

Since inception, clinical research projects on Kuposhana (Malnutrition), Arsha (Haemorrhoids), Manodwega (Anxiety neurosis), Tamakashwasa (Bronchial Asthma), Vyanabala Vaishmya (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 Brahma Rasayana in geriatrics), Kashtartava (Dysmenorrhoea), Sthaulya (Obesity), Osteoarthritis Knee, Rasayana effect of Chyavanaprasha, Osteoporosis, Bronchial Asthma, Gridhrasi, Rasaushadhis, KAP study on Diabetes Mellitus, AYSUH-D in Pre-Diabetes and Type 2 Diabetes Mellitus, Dengue, Breast cancer, Medoroga (Obesity) have been completed.

During the reporting period, the CRU has completed Research Projects viz.- Clinical Evaluation of Vidangachurna and Vyoshadi Guggulu in the Management of Medoroga (Obesity); Biographies of Ayurveda Luminaries; Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study under THCRP 2023-24; Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study under SCSP 2023-24.

Double blind clinical trial to evaluate the effect of Trikatu in Subclinical Hypothyroidism; Lekhaniya Gana Kashaya and 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 are ongoing Intra Mural Research (IMR) projects in the institute.

CARI is executing 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; A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme; Morbidity and Healthcare-seeking behaviour of the patients visiting the Ayurveda healthcare facilities of the DGAFMS Hospitals: A multicentre cross-sectional survey study; General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs; 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; Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations.

Approved projects in Project Evaluation and Monitoring Committee (PEMC) include- Efficacy and safety of Arjuna [*Terminalia arjuna* (Roxb.Wight&Arn)] as adjunct to standard care in atherogenic dyslipidemia-A randomized double-blind placebo-controlled study; Management of Autism Spectrum Disorder in Children through a comprehensive Ayurveda approach as an add-on to conventional therapy; A comparative study to evaluate the safety and efficacy of Ayurvedic intervention as an adjunct to treatment as usual in Insomnia disorder in elderly – A prospective randomized open blind endpoint study; Documentation of prescription trends in Osteoarthritis by Ayurveda Physicians- A retrospective study.

Other proposed IMR/collaborative projects viz.- Prospective clinical trial to assess the efficacy, compatibility and tolerability of Millets in Samsarjana Project; 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; 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; Safety, Efficacy, Acceptability & Tolerability of Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial; Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes Associated with Diabetes: A Randomized Double Blinded Placebo Controlled Clinical Trial; Detection of surgical conditions for their early management- a cross sectional community study in Bengaluru South Taluk; Comparative analysis and standardization of alternative botanical sources of selected Ayurveda medicinal plants; Evaluation of efficacy of a multimodal Ayurveda regimen in Osteoarthritis of Knee – A randomized controlled trial (3 combinations); A Randomized controlled trial for evaluation of efficacy and safety of Asthiraksha-25 in Osteoarthritis of Knee joint; Evaluating Safety and Efficacy of Integrative Ayurveda and Yoga Intervention as add-on therapy in Geriatric depression/Late Life Depression -A Prospective Randomized Open Blinded Endpoint (PROBE) Study; Safety and efficacy of integrative Ayurvedic interventions in the management of Mild cognitive impairment (MCI) (Smritibhramsa) – a randomized single blind controlled clinical trial; Safety and efficacy of (trial drug) as monotherapy/add-on (integrative) therapy to (selected standard) in Madhumeha/Type-2 Diabetes Mellitus/Prediabetes: An open labelled/ single/double blind randomized controlled Phase II/III study; Efficacy of Snehana Therapy in Improving Functional Disability and Quality of Life of Geriatric Population – A prospective randomized open blind endpoint study; Preventive approach for Cardiovascular disorders in high risk Populations with Shilajatwadi yoga; A Clinical Study to assess the safety and efficacy of ‘Vayasthapana Gana’ Ghana Vati on Ageing, Clinical evaluation of Gandha Thaila and Kukkutanda tvak Bhasma in the management of Osteopenia/Osteoporosis, Survey report on Kriyakalpa and other Shalakya related practices including traditional healers in India.

Survey of Medicinal Plants Unit (SMPU) completed IMR project viz-Anthology of Survey Research outcomes of Medico Ethno Botanical Survey (MEBS). Under the IMR-Collaborative project- Comparative Evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants with ICAR-Indian Institute of Horticultural Research (IIHR), Hesaraghatta, Bengaluru; Study of seasonal variation on Bioactive Compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda with University of Agricultural Sciences, GKVK, Bengaluru are ongoing. Two IMR project proposals viz.- Study and documentation of plant raw drugs for Substitution and Adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh & Telangana): Documentation of Wild Edible and Medicinal Plants in different markets of southern part of Western Ghats in Karnataka State were approved in PEMC.

During the reporting period, Drug Standardization and Research Unit (DSRU) purchased and installed Digital Water bath, Soxhlet apparatus, Moisture analyzer and Clevenger apparatus. The unit also procured some important marker compounds and other required chemicals. Total 35 analysis including HPTLC, physicochemical constant values determination, phytochemical screening, powder microscopy was performed by DSRU. Total 28 Trainings/demonstration of facilities under DSRU were conducted for students of various Ayurveda Medical Colleges, UG students of KIMS Medical College and other visitors/stakeholders.

Besides, the Institute has conducted outreach activities viz.- Tribal Health Care Research Project (THCRP) and Ayurveda Mobile Health Care Project (AMHCP)- Scheduled Caste Sub Plan (SCSP) with public health orientation. The institute also took part in organizing the free health camps and distributed medicine to the needy public.

During the reporting period, under Tribal Health Care Research Project (THCRP), 201 tours were conducted at 5 villages. Total 3,950 tribal population have been surveyed and 5,620 patients were treated. Total 3,081 lab investigations were performed out of which 2,846 were Haemoglobin/Random Blood Sugar (RBS) tests and 235 other investigations. 09 folklore claims were documented and validated. Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study under THCRP 2023-24 was completed.

Under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan), total 3,839 population were surveyed and 4,050 patients were treated in selected 8 villages. 4,740 investigations conducted during the reporting year 2023-24. Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study under SCSP 2023-24 was completed.

The National Pharmacovigilance Program is also continuing under Ayush Oushadhi Gunvatta Evam Utpadan Samvardhan Yojana (AOGUSY). Awareness regarding pharmacovigilance is being created under this program. Misleading advertisements are also being reported to higher authorities for needful action.

The Institute is recognized as Centre of Excellence (CoE) for Research and Clinical services in Madhumeha (Diabetes mellitus) by Ministry of AYUSH with a total fund of Rs.7,24,80,400. Under the scheme, a specialized OPD for patients of Madhumeha is functional where patients are provided with free consultation, laboratory investigations and medicines. The specialized OPD has catered to 1,395 diabetic patients (837 Male & 558 Female) and 6,021 follow-up visits (3,505 Male & 2,516 Female) totaling to 7,416 during the reporting year. 30 Diabetes camps were conducted at different places around CARI hospital with total 915 beneficiaries. Total 42 training programmes were conducted of which 10 were for the general public, 10 for patients, 12 yoga training camps and 10 student training programmes.

The anti-diabetic efficacy of four selected formulations were evaluated at Nagpur Veterinary college, Nagpur and a pilot study completed using four selected formulations. Based on the animal study report, two formulations were selected for the clinical trial and the study initiated. Two SOPs for ready to cook food recipes developed in collaboration with Centre for Incubation, Innovation, Research and consultancy (CIIRC), Bengaluru and clinical trial initiated to evaluate the two ready to cook dietary supplements for its antidiabetic property in patients of type -2 diabetes mellitus.

Under the Centre of excellence scheme, a static website [www.cari.gov.in](http://www.cari.gov.in) is launched and 1,89,610 population covered under e-healthcare initiatives. Ultrasound machine was purchased under CoE scheme for the upgradation of the institute. In addition to the deliverables, 2 research projects registered under CTRI were initiated (Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients – A cross-sectional study, Evaluation of bio-availability of Varadi and Mustadi ghana vati in healthy volunteers – A cross-over randomized clinical trial), 4 articles were published in peer reviewed journals and 3 were communicated for publication.

The institute generated Rs. 17,37,518 revenue in the reporting year. The Clinical Research Unit has generated Rs. 15,83,391 (Rupees Fifteen lakh Eighty Three thousand three hundred and ninety one only) from OPD registration, laboratory investigations and Panchakarma. The Survey of Medicinal Plants Unit has generated Rs. 77,100/- (Rupees seventy-seven thousand and one hundred only) through crude drug authentication and sale of medicinal plants. DSRU has generated revenue of Rs. 12,500 (Rupees Twelve thousand and five hundred only). Rs 64,527 was generated by other means like sale of books, CCRAS publications etc.

**Background note on Intra Mural Research (IMR)/ Multi Centric Collaborative Research Projects (MCCRP)/Outside Funding Research Projects-**

Sr. No.	Title of the project	Target	Status	Remarks
<b>CLINICAL SECTION</b>				
<b>Intramural Clinical Research Projects – Ongoing</b>				
1.	A Randomized, Placebo-controlled, Double-blind Clinical Trial to Evaluate the Effect of Trikatu in Subclinical Hypothyroidism	90/50	Ongoing	Screened- 438 Enrolled- 55 Completed- 27 Drop out- 08 Continuing- 20
2.	Efficacy and safety of Ayurveda Formulation ‘Trikatu’ in Dyslipidemia – A Prospective Randomized Double Blind Placebo Controlled Trial	120	Ongoing	Screened-80 Screen Failure-31 Enrolled-49 Completed-34 Drop out-5 Ongoing- 10
3.	Clinical Evaluation of Lekhaniya Gana Kashaya and Arogyavardhini Gutika in the Management of Medoroga (Obesity)	50	Ongoing	Screened-54 Screen Failure-4 Enrolled-50 Completed-36 Drop out-11 Continuing-03
4.	A Cross Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy.	1350	Ongoing	Screened-485 Enrolled -484 Completed-484
<b>Other Intra Mural Projects - Ongoing</b>				
1.	-	-	-	-
<b>Intra Mural Clinical Research Projects –Completed</b>				
1.	Clinical Evaluation of Vidanga Churna and Vyoshadi Guggulu in the Management of Medoroga (Obesity) under Annual action plan 2018-19	50	Completed	Screened-51 Enrolled -50 Drop out-01 Completed-49
2.	Documentation of life profile of Luminaries in the field of Ayurveda	02	Completed	Submitted for publication.
3.	Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under THCRP 2023-24	40	Completed	Screened-73 Enrolled -40 Screen Failure- 33 Completed-38 Drop outs-02
4.	Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under SCSP 2023-24	44	Completed	Screened-99 Enrolled 44 Screen Failure-55 Drop outs-04 Completed-40
<b>Other Intra Mural Projects – Completed</b>				

1.	Anthology of Survey Research outcomes of Medico Ethno Botanical Survey (MEBS)	2 years (15 <sup>th</sup> July 2020 to 14 <sup>th</sup> July 2023)	Completed	Two research articles each for Hassan and Yadgir districts have been published. One research article each for Kolar; Dakshina Kannada and Udupi districts communicated.
<b>Collaborative Clinical Research Projects –Ongoing</b>				
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	Screened-129 Screen Failure-35 Enrolled-94 Completed-62 Drop out-08 Continuing-24
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	150/100 (Revised)	Ongoing	Screened- 71 Enrolled- 61 Completed- 21 Drop out- 11 Continuing-29
3.	Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans	Analysis of 784 urine samples	Ongoing	Collected-786 Processed-786 Analyzed-388
4.	A Double-blind, Double Dummy, Randomised Controlled Study to Evaluate the Efficacy of Classical Ayurvedic Management versus Methotrexate in Rheumatoid Arthritis	240 (3 centers)	Ongoing	Screened- 109 Enrolled-71 Completed-18 Dropout-14 Continuing-39
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 (Reduced to 80)	Ongoing	Screened-903 Enrolled-61 Completed-31 Dropout-13 Continuing-17 (Extended till 31.03.2025)
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-185 Enrolled-27 Completed-12 Dropout-04 Continuing-11 (Extended till 31.01.2026)
7.	A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme	440	Ongoing	Screened-77 Enrolled-28 Completed-01 Dropout-02 Continuing-25



8.	Morbidity and Healthcare-seeking behaviour of the patients visiting the Ayurveda healthcare facilities of the DGAFMS Hospitals: A multicentre cross-sectional survey study	No specific target	Ongoing	Screened-382 Enrolled -382 Completed-382
9.	General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs	NA	Ongoing	Under preparatory stage, Clinical study yet to be started.
<b>Other Collaborative Research Projects – Ongoing</b>				
1.	Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products	10 recipes	Ongoing	Finalizing SOPs of 10 Ayurveda food recipes.
2.	Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective	100 traditional recipes from 20 locations	Ongoing	<ul style="list-style-type: none"> <li>• No of location completed- 12 out of 22</li> <li>• No of recipes collected- 75/100</li> <li>• No of respondent meet on field- Approximately 68</li> <li>• 4. No of respondent contacted through call/directly - App 200 persons</li> </ul>
3.	Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations	cell line study on Hep G2 liver cells, L6 myoblasts and 3T3-L1 pre adipocyte cells	Ongoing	MOU done. Communication to CCRAS Jhansi for trial medicine has been done. Recruitment is being planned.
4.	Comparative evaluation of field and hydroponic cultivation of selected Ayurvedic medicinal plants	Cultivation of selected 5 medicinal plants	Ongoing	Cultivation of Piper longum, Uraria picta, Rubia cordifolia under field,

				hydroponica and cocoponics is under progress. Analysis of bioactive compounds is under progress for Piper longum
5.	Seasonal variation on bioactive compounds of Panchavalkal-05 medicinal plants used in Ayurveda	Study of seasonal variation of 05 medicinal plants		Collection and analysis of stem bark for bioactive compounds of Panchavalkal plants is under progress
<b>Collaborative Clinical Research Projects –Completed</b>				
1.	-	-	-	-
<b>Other Collaborative Projects - Completed</b>				
1.	-	-	-	-
<b>Outreach Programmes</b>				
<b>1. Tribal Health Care Research Programme (THCRP)</b>				
1.	Tribal Health Care Research Programme (THCRP)	Number of tours- 200 Population- 3750 LHTs- 08	Completed	Villages: 05 Total Visits: 201 Population covered: 3950 Patients treated: 5620 LHT claims: 09 Investigations conducted: 3081
<b>2. Scheduled Caste Sub Plan (SCSP)</b>				
1.	Ayurveda Mobile Health Care Project (AMHCP)- under Scheduled Caste Sub Plan (SCSP)	Number of tours- 200 Population- 3750	Completed	Pockets/ Areas: 5 pockets (11 areas) No. of tours completed- 221 Population covered: 3839 Patients treated:4050 Follow up: 1908 Investigations conducted: 4740 Screening of: • Anaemia:2006 • Diabetes Mellitus:2291 Health care initiatives: • Focus camps: 37

				<ul style="list-style-type: none"> <li>• Health Awareness camps: 63</li> <li>No. of clinical projects under SCSP: 1</li> </ul>
<b>3. Centre of Excellence (CoE) funded by Ministry of AYUSH</b>				
1.	Centre of Excellence (CoE) for Research & Clinical Services in Madhumeha (Diabetes Mellitus) From Ministry of AYUSH	NA	Ongoing	<ul style="list-style-type: none"> <li>• OPD patients treated- 1395 patients</li> <li>• Patients (Yoga)- 87 patients</li> <li>• Camps (Diabetes)-30 camps, 915 beneficiaries</li> <li>• Public training programmes-10 programmes with 748 beneficiaries</li> <li>• Patient training programmes-10 programmes with 282 beneficiaries</li> <li>• Ayurveda Student training programmes- 10 programmes with 426 trainees</li> <li>• Yoga training camps- 12 programmes with 325 beneficiaries</li> <li>• MoUs signed- 01</li> <li>• Population covered under e-Healthcare initiatives- 189610</li> <li>• No of minor projects under CoE – 9</li> <li>• Articles published- 04</li> </ul>

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 completed. Publication under process.
3.	Evaluation of bioavailability of four Ayurvedic poly-herbal formulations in healthy volunteers– A Crossover Randomized Clinical Trial	24	Completed	Screened-51 Enrolled-24 Completed-17 Dropped out-07
4.	Clinical evaluation of anti-diabetic efficacy of 'Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulations in Pre-diabetes –A pilot study.	06	Completed	Screened-09 Enrolled-06 Completed-05 Dropped out-01
5.	A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes	30	Completed	Screened-45 Enrolled-30 Completed-25 Dropped out-05
6.	A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes)	1200	Completed & funded under CoE Scheme	Under Publication.
7.	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 has been obtained (SW-17879/2023) on 19.12.23.
8.	Evaluation of bio-availability of Varadi and Mustadi ghana vati in healthy volunteers – A cross-over randomized clinical trial	12	Ongoing	Screened-01 Enrolled-00 Completed-00 Dropped out-00
9.	Safety and efficacy of Mustadi ghana vati and Varadi ghana vati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study.	120	Ongoing	Screened-01 Enrolled-00 Completed-00 Dropped out-00
10.	Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of type-2 diabetes mellitus -A Randomized control trial	78	Ongoing	Screened-01 Enrolled-00 Completed-00 Dropped out-00
11.	Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2	400	Ongoing	Enrolled-01 Completed-00 Dropped out-00
<b>Other Projects funded by Govt. of India under grant-in-aid scheme</b>				
1.	National Pharmacovigilance Program (From AIIA, New Delhi)	-	Ongoing	Total Misleading Advertisements Reported: 154

				ADR Reported: 07 CME Conducted /Awareness Program Conducted: 11 Participation in CME as resource persons: 03 Participation in the training program: 08 Publications: 02
<b>Survey of Medical Plants Unit (SMPU)</b>				
<b>Under Intra Mural Research Program</b>				
1.	-	-	-	-
<b>Research project proposals approved by PEMC/ To be initiated</b>				
1.	Efficacy and safety of Arjuna [ <i>Terminalia arjuna</i> (Roxb.Wight & Arn)] as Adjunct to Standard Care in Atherogenic Dyslipidemia- A Randomized double-blind Placebo Controlled Study			
2.	Management of Autism Spectrum Disorder in Children through a comprehensive Ayurveda approach as an add-on to conventional therapy			
3.	A comparative study to evaluate the safety and efficacy of Ayurvedic intervention as an adjunct to treatment as usual in Insomnia disorder in elderly – A prospective randomized open blind endpoint study			
4.	Documentation of prescription trends in Osteoarthritis by Ayurveda Physicians- A retrospective study			
<b>Research project proposals/concept note submitted</b>				
1.	Prospective clinical trial to assess the efficacy, compatibility and tolerability of Millets in Samsarjana Project			
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.	A prospective randomized double blind clinical trial to assess the efficacy and safety of <i>Arjunarista and Navaka guggulu</i> in Dyslipidemia as a preventive measure for vascular disorders			
4.	Safety, Efficacy, Acceptability & Tolerability of Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial			
5.	Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes Associated with Diabetes: A Randomized Double Blinded Placebo Controlled Clinical Trial			
6.	Detection of surgical conditions for their early management- a cross sectional community study in Bengaluru South Taluk (Submitted to Ministry of Ayush)			
7.	Documentation of Wild Edible and Medicinal Plants available in different markets of southern part of Western Ghats in Karnataka State			
8.	Study and documentation of plant raw drugs for Substitution and Adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh & Telangana)			

9.	Comparative analysis and standardization of alternative botanical sources of selected Ayurveda medicinal plants
10.	Evaluation of efficacy of a multimodal Ayurveda regimen in Osteoarthritis of Knee – A randomized controlled trial (3 combinations proposed )
11.	A Randomized controlled trial for evaluation of efficacy and safety of Asthiraksha-25 in Osteoarthritis of Knee joint
12.	Evaluating Safety and Efficacy of Integrative Ayurveda and Yoga Intervention as add-on therapy in Geriatric depression/ Late Life Depression -A Prospective Randomized Open Blinded Endpoint (PROBE) Study
13.	Safety and efficacy of integrative Ayurvedic interventions in the management of Mild cognitive impairment (MCI) (Smritibhramsa) – a randomized single blind controlled clinical trial
14.	Safety and efficacy of (trial drug) as monotherapy/ add-on (integrative) therapy to (selected standard) in Madhumeha/Type-2 Diabetes Mellitus/Prediabetes: An open labelled/ single/double blind randomized controlled Phase II/III study
15.	Efficacy of Snehana Therapy in Improving Functional Disability and Quality of Life of Geriatric Population – A prospective randomized open blind endpoint study.
16.	Preventive approach for Cardiovascular disorders in high risk Populations with Shilajatwadi yoga
17.	A Clinical Study to assess the safety and efficacy of ‘Vayasthapana Gana’ Ghana Vati on Ageing
18.	Survey report on Kriyakalpa and other Shalakyas related practices including traditional healers in India
19.	Clinical evaluation of Gandha Thaila and Kukkutanda tvak Bhasma in the management of Osteopenia/Osteoporosis (Submitted to ICMR)

#### 6. Brief details of Publications/Participation/Research Projects

Sl. No.	Particulars	Number
1.	Research papers published	09
2.	Research papers communicated	09
3.	Scientific presentations/participations	93
4.	Research projects ongoing	18
5.	Research projects completed	05
6.	Research projects to be initiated	04
7.	Research project proposals/concept note submitted	19