

VISION DOCUMENT 2030

- 15 years vision document
- 7 years strategy from 2017-18 to 2023-24
- 3 years Action document for 2017-18 to 2019-20



**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
MINISTRY OF AYUSH, GOVERNMENT OF INDIA
JANAKPURI, NEW DELHI**

Background

The **Sustainable Development Goals (SDGs)**, officially known as **Transforming our world: the 2030 Agenda for Sustainable Development** are an intergovernmental set of aspiration Goals with 169 targets. The Goals are contained in paragraph 54 United Nations Resolution A/RES/70/1 of 25 September 2015.

Considering the strength of Ayurveda, current unmet medical needs, the council has proposed the following strategy of R&D with focussed research outcomes in next 15 years focussing on development of investigational new drugs based on leads from classical Ayurvedic for diseases of national importance besides Systematic validation of classical formulations and therapies.

I. Vision 2030

Vision Statement of CCRAS: To develop scientific evidence in Ayurvedic Principles, drug therapies by way of integrating ancient wisdom with modern technology and to bring Ayurveda to the people through innovations related diagnostics, preventive, promotive as well as treatment methods and also introduce scientific research for sustained availability of quality natural resources, to translate them into products and processes and in synergy with concerned organizations to introduce these innovations into public health systems.

Sustainable Development Goals (SDGs) of CCRAS for vision 2030 (15 years)

- ❖ Translation of research outcome into clinical practice through commercialization of new drugs developed by CCRAS through translational research for making them accessible to the public.
- ❖ Main streaming of Ayurveda therapies through integration and including them in a National Health Programme.
- ❖ Development of new drugs/combinations based on the leads from classical literature and also from local health traditions on different conditions to meet the demand of unmet medical needs.
- ❖ Development of safe /effective products for diseases of national and global importance as add-on/ adjuvant therapies and also for standalone management for improvement of quality of life.
- ❖ Generation of scientific evidence on safety of Ayurvedic formulations and therapies.
- ❖ Revalidation of certain Classical formulations for evidence on safety and efficacy.
- ❖ Dissemination of research outcome through appropriate media for sustainable utilization by medical practitioners and public
- ❖ R&D infrastructure development to improve the quality of research.

II. 7 years strategy from 2017-18 to 2023-24 (long term vision) (A 7 years strategy from 2017-18 to 2023-24 to convert the long term vision into implementable policy and action as a part of the National Development Agenda with a midterm review after 3 years i.e. the year ending March 2020.)

Development and validation of Ayurvedic drugs and regimen for inclusion in the important National programme viz.

- Development of add-on/ adjuvant therapies for Multi Drugs Resistant (MDR), Tuberculosis for improvement of quality of life and introducing in National Tuberculosis Control Programme.
- Evidence based Ayurvedic intervention for improvement of vision and prevention of blindness for inclusion in the *National Programme for Prevention and Control of Blindness* for disease such as Glaucoma, Retinal disorders, Neuro ophthalmic conditions.
- Integration of Ayurveda in *National Reproductive and Child Health Programme* by developing evidence based Ayurvedic interventions for Anti Natal, Post Natal and Child Health Care.
- Development of Ayurvedic interventions for improvement in quality of life in different types of *cancers*.
- General of evidence on Ayurvedic interventions and drugs as add-on/ adjuvant therapies in HIV/ AIDS for inclusion in National AIDS control programme.
- Evidence based Ayurvedic drugs for National Control Programme for Vector borne /Infection diseases like Filariasis, Dengue and Malaria etc. which are challenging needs of the country.
- Development of products for chronic refractory Non communicable diseases and life style disorders where conventional system of medicine has limited role in management.viz. Diabetes mellitus , Hypertension, Osteoarthritis, Rheumatoid Arthritis, preventive cardiology, Skin diseases, allergic disorder, Hepato Billiary disorders, Mental health and Metabolic disorders.
- Development of drugs and products for improvement of memory and cognitive function and other psychiatric diseases such as Anxiety neurosis, dementia etc.
- Development of drugs and products for improvement of nutritional disorder like Anaemia
- Generation of scientific evidence on safety and toxicity of selected Ayurveda herbal and herbo- mineral drugs.

III. **3 years Action document for 2017-18 to 2019-20** (*A 3 years Action document for 2017-18 to 2019-20 aligned to the predictability of financial resources during the 14th Finance commission Award period. This is also to help translate into action the goals of the government to be achieved by 2019.*)

Research plan (for 3 years)

1. **Development of the Directives** addressing different research needs viz. i. Drug development (addressing issues of quality, shelf life, safety issues and other requirements), ii. Safety evaluation (pre-clinical) and iii. Clinical research for AYUSH interventions
2. Validation of **Fundamental principles of Ayurveda** including **Ayurveda biology** such as
 - Standardization and validation of Panchakarma procedures including physiological/metabolic changes due to Panchakarma
 - Panchakarma and microbiome
 - Biology of gunas in health and disease
 - Understanding of shat-kriyakala
 - Scientific rationale of swasthavrita

- Understanding Rasa, Guna, Virya and Vipaka with reference to action of Ayurvedic drugs
 - Development of wellness index and quality of life instruments based on Ayurveda
 - Ayurvedic intervention for medicine and public health etc in a phased manner.
3. Development of **Standard Ayurvedic terminologies** and its publication in different volume in a phased manner.
 4. Short term Projects on **Occupational Health** such as respiratory disorders, Computer vision syndrome, Generalized Anxiety Disorder/Stress etc.
 5. Development of Modules on **Behavioural Change Communication** focusing on Ayurveda based life style interventions for prevention, health promotion and disease management and mechanism for effective implementation of Ayurveda based behavioral interventions in association with clinical psychologists in CCRAS institutes.
 6. Development of comprehensive, pragmatic, adaptable an Ayurvedic user's friendly format for **clinical diagnosis and clinical examination** for utilization among health care professionals and its validation.
 7. **ICMR collaboration:** Collaborative research with ICMR based on available leads with council viz. AYUSH 82 for diabetes, Sunthi Guggulu for Rheumatoid Arthritis identifying the gaps besides validation of Ayurvedic Coded drug in the management of Dengue, fatty liver degeneration and hepato protection as add on to Anti tubercular Therapy (ATT).
 8. Development and validation of Clinical Decision Support Systems and HIMS and e-management.
 9. Development and commercialization of coded Ayurvedic drug AYUSH-QOL-2C for improvement of quality of life of cancer patients.
 10. Validation and value addition to standalone Ayurveda interventions (Carctol-S) for management of certain cancer such as cervical and ovarian cancer through collaborative research.
 11. Validation, product development and commercialization of Ayurvedic coded drug of C1 oil for wound healing and eczema.
 12. Product development and commercialization of coded Ayurvedic drug AYUSH PJ-7 for management of Dengue.
 13. Development of dosage form for Hepato-protective agents (with focus on add-on/adjuvant therapy to anti tubercular drugs) from Ayurvedic leads- *Phaltrikadi Kwatha*
 14. Clinical validation and product standardization of *Gomutra Haritaki* for the management of fatty liver degeneration.
 15. Development and commercialization of coded Ayurvedic drug AYUSH-D for Diabetes mellitus.
 16. Clinical safety and efficacy studies of classical Ayurveda drugs for chronic and refractory diseases Rheumatoid Arthritis, Osteoarthritis, Hypertension, Gout, Kidney stone, Urolithiasis, PCOS, Bronchial asthma, Chronic bronchitis
 17. Generation of scientific evidence on safety of 10 Metal/mineral based Ayurvedic formulations at GLP laboratories.

18. **Dissemination of Research Outcomes** of the council through press release, audio visual documentary, AYUSH research journal etc. in a phased manner.
19. **Establishing linkages with CSIR** and identification of areas for Collaborative Research.
20. Outreach programmes for extending health care and documentation
 - Tribal Health Care Research Programme (under Tribal Sub Plan) in 14 states.
 - Swasthya Rakshan Programme linked with Swachha Bharat in 19 states.
 - Ayurveda Mobile Health Care Programme under Scheduled Castes Sub Plan in 18 states.
 - NPCDCS Programme.