

The current mandate of the Institute is to provide:

- Clinical Research focussing on validation of Panchakarma procedures especially in Neuromuscular & Musculo-Skeletal Disorders
- Health care services through Out-Patient Department (OPD) and In-Patient Department (IPD)
- Special facility for Panchakarma
- Special Clinics for Geriatric Health Care & Marmachikitsa
- Panchakarma training
- Outreach Activities such as Ayurveda Mobile Healthcare Programme (Schedule Caste Sub Plan-SCSP) etc.
- Pharmacological Research
- Quality Control and Drug Standardization

#### **VISION:**

- Develop Scientific Evidence in Ayurvedic Science Through Extensive Research in Field of Neurological and Lifestyle Diseases
- To Conduct Academic and Research Programmes for Creating Efficient Manpower in the Relevant Fields
- To be a World Leader in Ayurvedic Research for Neurological and Musculo Skeletal Diseases

#### **MISSION:**

- To Create Scientific Evidence in Ayurveda with an Integrated Approach
- Provide Quality Healthcare and Research
- Participate in Public Healthcare Reforms Through Research, Training and Interventions

9/4

LIST OF IMR PROJECTS DURING 2023-24

COMPLETED PROJECTS

Sl.No.	Name of Project
<b>Clinical Research Projects</b>	
1.	Effect of Therapeutic Sneha on lipid profile: A Systematic Review
2.	Assessing the Knowledge, Attitudes, and Practices of Ayurvedic healthcare physicians in Kerala towards Millet-Based Recipes (MBR)- A Pilot Cross-Sectional Study
<b>Pharmacology Research Projects</b>	
1.	Evaluation of Anti -depressant/ Anxiolytic / Nootropic effect of Panchagavya ghrita in experimentally induced stress in Rats
2.	Evaluation of Vatariguggulu for anti-arthritic activity through different arthritis models in experimental animals
3.	Effect of Brahmadrakshyadi kashaya on chronic restraint stress (CRS) induced neurobehavioral alterations in experimental Rats

ONGOING PROJECTS

Sl. No.	Name of Project
<b>Clinical Research Projects</b>	
1.	Clinical Evaluation of LasunadiVati & Pippaladyasava in the management of Agnimandya
2.	Efficacy of Ayurveda Therapeutic Regimen versus Physiotherapy on Functional Disability and QoL in Post Stroke Rehabilitation - A prospective Randomized controlled trial
3.	Efficacy and Safety of Punarnavadi Mandura and Dadimadi Ghrita Vs standard care in Adolescents with Iron Deficiency Anemia in improving Hemoglobin level, Functional gut well-being and Cognitive performance- A Randomized active controlled trial
4.	A Clinical Consensus study for developing the practice guidelines of Marsa Nasya Karma with a multi centre Feasibility study in

	Cervical Spondylosis
5.	Randomized controlled clinical trial to evaluate the efficacy of Ayurveda treatment protocol in lumbar disc herniation with radiculopathy
6.	Evaluation of the efficacy of Ayush-BR Leham in the management of Moderate malnutrition among children aged 3-5 years – A Multicenter Randomized Controlled Pilot study trial.
7.	Clinical evaluation of Ayurvedic regimen (Virechana Karma followed by oral administration of Kankayana Vati, Kanchanara guggulu and Kumaryasava) in the management of Polycystic Ovarian Syndrome- A Randomized Controlled open label Clinical Trial”
8.	Clinical safety and efficacy of Triphala Ghrita and Anu Taila in the management of Dry Age Related Macular Degeneration (Jarajanya Drishtigata Roga)
9.	Efficacy and safety of Murivenna anal infiltration compared to Diltiazem topical application in chronic anal fissure: A prospective randomized open-label clinical trial
10.	An Analytical Cross-Sectional study to evaluate the Knowledge, Attitude, Practice of hair oil application (Siro abhyanga) among adult women in Kerala.
11.	Efficacy of <i>Arjuna</i> in improving clinical outcomes, quality of life and hemodynamic parameters in primary chronic venous disease: A Randomized, Double-Blind, Placebo-Controlled Trial
<b>Medicinal Plant Research Projects</b>	
1.	Medico Ethnobotanical survey in the forest areas of Wayanad district of Kerala
<b>Drug Standardization Research Projects</b>	
1.	QC-Analysis, Estimation of Markers/PRS & Shelf-life studies of Ayush M3 and Ayush SS Granules
2.	QC analysis and Estimation of makers in polyherbal formulation Jwarahara Kwatha Chooram( JKC ) for the effective treatment of fever
3.	Development of quality control protocols. identification and estimation of major bioactive constituents of Ayurvedic medicated oils ‘Murivenna’, ‘Durvadikera’, ‘Bhringamalakadi Kera’
4.	Development of SoP, Estimation of Marker compounds in polyherbal formulation: Tryushanadi Guggulu – A classical Ayurvedic formulation.
<b>Pharmacology Research Projects</b>	
1.	Comparative evaluation of selected Ayurvedic Pharmacopoeial source plants and their substitutes through Experimental Pharmacology

2.	Acute and sub chronic (90 days) repeated dose oral toxicity study of Ayush GMH in experimental animals
<b>Pharmaceutical Research Projects</b>	
1.	Pharmaceutical Standardization of Polyherbal Formulations MML Taila with Shelf-Life Study
2.	Pharmaceutical development and characterization of karuthamarmani gutika/tablet/shirastodadi gutika/ table

**ANNEXURE - III**

**LIST OF COLLABORATIVE RESEARCH PROJECTS DURING 2023-24**

**COMPLETED PROJECTS**

Sl.No.	Name of Project
<b>Fundamental Research – Collaborative Projects</b>	
1.	Systems Biology Approach to Delineate Molecular Signatures of Prakriti in Healthy Humans

**ONGOING PROJECTS**

Sl.No.	Name of Project
<b>Clinical Research - Collaborative Projects</b>	
1.	A Randomized Controlled Study to Assess the Effect of Marsha Nasya Karma in Motor, Sensory, Memory and Cognitive Parameters elicited through f – MRI in Apparently Healthy Individuals
2.	Topical Oil Pooling (Karnapurana) with Kshirabala Taila and supplementation of Ashwagandha Churna (TOPMAC) in presbycusis – An exploratory randomized controlled trial.
3.	Treatment adherence, tolerability and safety of Ayurveda therapeutic regimen in the management of Primary Knee OA – an OPD based study under SMART program
4.	General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Residential Model Schools (EMRS) functioning under M/o Tribal

	Affairs
<b>Medicinal Plant Research - Collaborative Projects</b>	
1.	In vitro propagation and genetic stability studies of <i>Ipomoea mauritiana</i> Jacq. – a rare medicinal plant
<b>Pharmacology Research - Collaborative Projects</b>	
1.	Toxicity profile of Swaskuthar Rasa in experimental animals
2.	Evaluation of <i>Brahmi Ghrita</i> in <i>in-vitro</i> and <i>in-vivo</i> models of Alzheimer's disease

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**NATIONAL AYURVEDA RESEARCH INSTITUTE FOR PANCHAKARMA, Cheruthuruthy**

**ANNEXURE IV**

**Ayurveda Mobile Health Care Program under SCSP**

**Work Carried out since inception March 2024**

Sl. No.	Project Year	No. of Tour	No. of Villages Covered	Population Surveyed	SC Patients Treated	Total Patients Treated
1.	2022-23	231	5	6052	5614	5946
2.	2023-24	222	5	3810	5856	6930

**Work carried out from April 2023 to March 2024**

During this period a total 3810 SC population were surveyed, 05 Villages/Colonies covered through 222 tours and medical aid provided to 6930 patients of which 5856 belonged to scheduled caste.

**Research Project During the Project 2023-24**

- “Effectiveness of Ayush Rasayana A & B on Quality of Life of Elderly population - A cluster randomized study” under AMHCP-SCSP

**Institute wise Status of work carried out under AMHCP under SCSP 2023-24**

Name of the Institute	No. of Villages Covered	No. of tours till date	Population Surveyed (SC) till date			Patients treated till date																	
			M	F	Total	New				Old				Total							Grand Total		
						SC		Other		SC		Other		SC			Other						
						M	F	M	F	M	F	M	F	M	F	Total	M	F	Total	M	F	Total	
NARIP, Cheruthuruthy	5	222	1862	1948	3810	879	2500	216	494	525	1952	101	263	1404	4452	5856	317	757	1074	1721	5209	6930	

Prevalent diseases AMHCP under SCSP 2023-2024

Name of Institute	List of Prevalent diseases
NARIP, CHERUTHURUTHY	1. SANDHIGATA VATA 2. VATAVYADHI 3. KASA 4. KATISHOOLA 5. AGNIMANDHYA 6. PRAMEHA 7. GRIDRASI 8. DOORBALYAM 9. SHWASA 10. VATARAKTA

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NATIONAL AYURVEDA RESEARCH INSTITUTE FOR PANCHAKARMA, CHERUTHURUTHY

I No.	Name of Officer/Official	Designation	Gross Monthly Remuneration
1	Dr.D Sudhakar	Director (Institute)	Rs.1,86,200/-+NPA (Level-13, Index-15)
2	Dr.Sudesh N Gaidhani	Assistant Director (Pharmacology)	Rs.1,47,000/-+NPA (Level-13,Index-7)
3	Dr.V.C.Deep	Assistant Director (Ay)	Rs.1,51,400/-+NPA (Level-13,Index-8)
4	Dr. N.Thamizh Selvam	Assistant Director (Bio- Chemistry)	Rs.1,34,500/- (Level-13, Index-4)
5	Dr.P.P.Pradeepkumar	Research Officer (AY)	Rs.71,800/- (Level 11,Index-3) +NPA
6	Dr. Krishna Kumar.V	Research Officer (AY)	Rs.71,800/- (Level 11,Index-3) +NPA
7	Dr.Devi.R.Nair	Research Officer (AY)	Rs.71,800/- (Level 11,Index-3) +NPA
8	Dr. K.M.Pratap Shankar	Research Officer (AY)	Rs.71,800/- (Level 11,Index-3) +NPA
9	Dr.Parvathy.G.Nair	Research Officer (AY)	Rs.71,800/- (Level 11,Index-3) +NPA
10	Dr.Remya.E	Research Officer (AY)	Rs.71,800/- (Level 11,Index-3) +NPA
11	Dr.Aswani.P.S	Research Officer (AY)	Rs.71,800/- (Level 11,Index-3) +NPA
12	Dr.Indu.P.P	Research Officer (AY)	Rs.71,800/- (Level 11,Index-3) +NPA
13	Dr.Kartika.A.P	Research Officer (AY)	Rs.71,800/- (Level 11,Index-3) +NPA
14	Dr.Binitha.P	Research Officer (AY)	Rs. 67,000/- (Level-10, Index-7)+ NPA
15	Dr.Aswathi Mohan P	Research Officer (AY)	Rs. 61,300/- (Level-10, Index-3)+ NPA
16	Dr.Sariga K S	Research Officer (AY)	Rs. 61,300/- (Level-10, Index-3)+ NPA
17	DR. Srikanth Ala	Research Officer (Pharmacology)	Rs.71,800/- (Level 11,Index-3) +NPA
18	Shri.Thirupataiah.B	Research Officer (Chemistry)	Rs.61,300/- (Level-10, Index-4)
19	Smt.Soumya.K.V	Assistant Matron	Rs.82,400/- (Level-10, Index-14)
20	Shri.Sheo Prasad	Administrative Officer	Rs.63,100/- Level-10, Index-5)
21	Smt. Tissy Joseph.K	Sister In Charge	Rs.78,800/- (Level-8, Index-18)
22	Smt.Sini Paul	Sister In Charge	Rs.66,000/- (Level-8, Index-12)
23	Shri. Najad.S	Staff Nurse	Rs.49,000/- (Level-7, Index-4)
24	Shri. Renjith Raghavan	Staff Nurse	Rs.49,000/- (Level-7, Index4)
25	Smt.Ukthi.R.U	Staff Nurse	Rs.46,200/- (Level-7, Index 2)

No.	Name	Designation	Gross Monthly Remuneration
26	Shri.P.K.Umesan Namboodiri	Assistant	Rs.52,000/-(Level-7, Index-6)
27	Shri.T.N.Venugopalan	Medical laboratory Technologist	Rs.64,100/-(Level-6, Index-21)
28	Smt.Neethu.K.R	Medical laboratory Technologist	Rs.39,900/-(Level-6, Index-5)
29	Ms.Thulasi.R	Research Assistant (Botany)	Rs.38,700/-(Level-6, Index-4)
30	Shri. Lakshmi Narayana Misro	Research Assistant (Chemistry)	Rs.38,700/-(Level-6, Index-4)
31	Smt.Bindu A S	Pharmacist	Rs.62,200/-(Level-7, Index-12)
32	Smt.Susmi K J	Pharmacist	Rs.58,600/-(Level-7, Index-10)
33	Smt K S Rema	Pharmacist	Rs.49,000/-(Level-6, Index-12)
34	Smt.Surya Purushothaman	Pharmacist	Rs.41,100/-(Level-6, Index-6)
35	Shri.Gaurav Pandey	Translator (Hindi Assistant)	Rs.37,600/-(Level-6 Index-3)
36	Smt.Ranjini.K.R	Laboratory Technician	Rs.40,400/-(Level-5, Index-12)
37	Shri.SanalGopi.C.G	Laboratory Technician	Rs.40,400/-(Level-5, Index-12)
38	Smt.Renjini.P.T	Panchakarma Technician	Rs.40,400/-(Level-5, Index-12)
39	Smt.Sumisha.T	Panchakarma Technician	Rs.40,400/-(Level-5, Index-12)
40	Shri.S.Dhayalan	Panchakarma Technician	Rs.35,300/-(Level-4, Index-12)
41	Smt.Sandhya.V.N	Panchakarma Technician	Rs.39,200/-(Level-5, Index-11)
42	Shri.Suresh Babu	Upper Division Clerk	Rs.36,400/-(Level-4, Index-13)
43	Smt.Chitra.M.S	Lower Division Clerk	Rs.37,200/-(Level-3, Index-19)
44	Shri.Himesh. A	Dark Room Assistant	Rs.31,100/-(Level-3, Index-13)
45	Smt.N.Krishnamma	Multi-Tasking Staff	Rs.38,300/-(Level-3, Index-20)
46	Shri.K.Sreekumaran	Multi-Tasking Staff	Rs.36,100/-(Level-3, Index-18)
47	Smt.A.K.Sujatha	Multi-Tasking Staff	Rs.33,000/-(Level-2, Index-18)
48	Smt.Ranjima.T.V	Multi-Tasking Staff	Rs.21,500/-(Level-1, Index-7)
49	Shr.Biju.T.P	Multi-Tasking Staff	Rs. 35,000/-(Level-3, Index-17)
50	Shri.K.Sivan	Multi-Tasking Staff	Rs.38,300/-(Level-3, Index-20)
51	Shri.C.V.Rajith	Multi-Tasking Staff	Rs 36,100/-(Level-3, Index-18)
52	Shri.Liju.P.Joy	Multi-Tasking Staff	Rs.35,000/-(Level-3, Index-17)

53	Shri.M.A.Mohanan	Multi-Tasking Staff	Rs.35,000/-(Level-3 Index-17)
54	Smt. Sobha.P.M	Multi-Tasking Staff	Rs.38,300/- (Level-3, Index-20)

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