

Dr. Achanta Lakshmi pathi Regional Ayurveda Research Institute, Chennai
Central Council for Research in Ayurvedic Sciences,
Ministry of AYUSH, Government of India

Major activities of Dr.ALRARI, Chennai

SI. No.	Major activities and services
1.	Clinical Research in life-style related & non communicable Diseases Other Activities <ol style="list-style-type: none">1. Health Care Services through Out Patient Department(OPD)2. Special Clinics for Geriatric Health Care3. Marma Specialty Clinic4. Research oriented public health care Services(outreach activities) i.e.,<ul style="list-style-type: none">• Tribal Health Care Research Programme under TSP• Ayurveda Mobile Health Care Programme under SCSP5. Any other assignment of National importance related to Research & Development in Ayurveda

LIST OF CLINICAL RESEARCH PROJECTS DURING 2023-24
On Going Project

SI. No.	Name of the Project
Clinical Research Projects	
1.	Clinical Evaluation of Nimbadi Churna, Khadirarishta and Arjuna Lepa in the management of Yuvan Pidika (Acne)
2.	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-A Collaborative Study (CCRAS-ICMR-NIRTH)

Programme/Project allotted and completed during the reporting period- 2023-2024

Sl. No	Programme Name	Old programme		New Programme		Remarks
		Annual target	Target achieved	Annual target	Target achieved	
1	Tribal health care research project - TSP Annual Action Plan i) Cross sectional survey study under Tribal health care research project	--	--	1.Pockets to be selected 5 2. Population to be covered: 3750	Total 4548 population covered from 5pockets; Provided treatment to 4665 patients: Blood investigations also carried out for 3826 population;8 LHT's collected.	Project completed
	ii) Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study.	--	--	44 cases	Study initiated on 20.12.2023. Total 44 patients enrolled.	Study completed
2	Ayurveda Mobile Health Care Programme under Scheduled Caste Sub Plan under Annual action plan i) Cross-sectional survey study under Ayurveda Mobile Health Care Programme under Scheduled Castes Sub-Plan (AMHCP-SCSP)	--	--	1.Pockets to be selected 5 2. Population to be covered: 3750 SC population	No. of SC population covered: 3787 in 5 pockets, Provided treatment to 4896 patients and Blood investigations were carried out to 5225population.	Project completed
	ii) Effectiveness of composite Ayurveda regimen in a black box design for the management of Rheumatoid arthritis	--	--	40cases	Study initiated on 4/12/2023. Enrolled 40 participants, 36 participants completed the trial and there were 4 dropouts	Study completed
3	Clinical Evaluation of Khadirarishta,	40 cases	Study initiated on 17/12/21.	-	-	Study Completed

	KaishoraGuggulu and GandhakadiMalahara in the management of Vicharchika (Eczema)		Total 40 participants enrolled, 37 completed the trial, 3 dropped out			
4	National Pharmacovigilance programme for Ayurveda, Siddha and Unani drugs	-	Total 3448 cases were observed during this year	-	-	No Adverse Drug Reactions (ADR) was found
5	Clinical evaluation of Nimbadi Churna, Khadirarishta and Arjuna Lepa in the management of Yuvan Pidika (Acne)	40 cases	The study was initiated on 19.05.2023. Total 38 subjects screened till date, 35 subjects were enrolled in the trial, 14 subjects completed the study, 02 dropouts and 19 subjects are continuing in the study.	-	-	Study continuing
6	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-A Collaborative Study (CCRAS-ICMR-NIRTH)	-	-	2 EMR Schools	Visited EMR schools to assess feasibility of study	Study continuing

Statement of work carried out during the reporting year: May-2023-March 2024 under THCRP-2023-24

1. Area wise statement of number of Tours, No. of house surveyed, Population Surveyed, Patients treated: (M/F distribution)

Pocket No.	No. of tours till 31 st March	No. of Houses Surveyed till 31 st March	Population Surveyed (ST) till date			Patients treated till date												Investigations done			
			M	F	Total	New				Old				Total					Grand Total		
						ST	F	M	Other	ST	F	M	Other	ST	F	Total	M			F	Total
Pocket 1	47	326	487	505	992	326	518	0	0	79	195	0	0	405	713	1118	0	0	0	1118	890
Pocket 2	45	277	399	408	807	354	496	0	0	62	209	0	0	416	705	1121	0	0	0	1121	903
Pocket 3	36	252	394	419	813	254	438	0	0	34	118	0	0	288	556	844	0	0	0	844	587
Pocket 4	43	411	491	509	1000	305	466	0	0	48	129	0	0	353	595	948	0	0	0	948	977
Pocket 5	30	273	470	466	936	191	338	0	0	25	80	0	0	216	418	634	0	0	0	634	469
Total	201	1539	2241	2307	4548	1430	2256	0	0	248	731	0	0	1678	2987	4665	0	0	0	4665	3826

Prevalent diseases under THCRP-2023-24

SI. No	Name of the Institute	List of 20 prevalent diseases
1.	ALRARI, Chennai	Vatavyadi
2.		Kasam
3.		Sandivata
4.		Kateeshoolam
5.		Agnimandyam
6.		Swetapradaram
7.		Dourbalyam
8.		Kandu
9.		Jwaram
10.		Shirashulam
11.		Vyanavatakopam
12.		Twakrogam
13.		Greevashoolam
14.		Amadosham
15.		Ajeernam
16.		Prameham
17.		Apanavatakopa
18.		Amlapitham
19.		Vatarakta
20.		Vatakoapam

Number of Tours, Population surveyed and patients treated during 2023-24 AMHCP under SCSP 2023-24:

Pocket No.	No. of tours till date	No. of House Surveys till date	Population Surveyed (SC) till date			Patients treated till date												Grand Total	Inve stigations done till date		
			M	F	Total	New			Old			Total			Other	Grand Total					
						SC	Other	Total	SC	Other	Total	SC	Other	Total							
Pocket 1	44	218	355	415	770	194	570	0	0	80	237	0	0	274	807	1081	0	0	0	1081	1220
Pocket 2	37	227	350	406	756	196	478	2	2	59	215	0	1	255	693	948	2	3	5	953	1110
Pocket 3	44	221	346	407	753	224	462	6	25	138	320	8	7	362	782	1144	14	32	46	1190	1011
Pocket 4	41	231	347	404	751	193	489	4	9	55	222	0	0	248	711	959	4	9	13	972	1156
Pocket 5	40	212	351	406	757	109	312	4	2	62	210	1	0	171	522	693	5	2	7	700	728
Total	206	1109	1749	2038	3787	916	2311	16	38	394	1204	9	8	1310	3515	4825	25	46	71	4896	5225

Prevalent diseases AMHCP under SCSP 2023-24:

S.No.	Name of Institute	List of 20 Prevalent diseases
1	Dr.ALRARI- CHENNAI	Sandhivata
2		Madhumeha
3		Dourbalya
4		Pratishyaya
5		Kasa
6		Kushta
7		Kateesoola
8		Vatavyadhi
9		VyanavataKopa
10		Jwara
11		Angamarda
12		Agnimandya
13		Gridhrasi
15		Vataraktam
16		Soola
17		Kandu
18		Swasa
19		Abhighata
20		Shirasoola

Contact Details of Officers and Officials of Dr.ALARARI

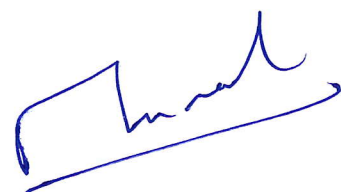
Sl. No.	Name of Post	Name of Officer/ Official	Phone No.	Email ID
1	Assistant Director-In-charge	Dr.C. Murali Krishna	044-29508034	muralikrishna.c@gov.in
2	Research Officer (Ay.)	Dr.K. Prameela Devi	044-29508035	prameela.k@ccras.nic.in
3	Research Officer (Ay.)	Dr. P. Srinivas	044-29508035	drsrinivas.p@ccras.nic.in
4	Research Officer (Ay.)	Dr.S.Asha	044-29508035	asha.s@ccras.nic.in
5	Assistant	Smt. Rajani Manoj	044-29508035	rajani.manoj@ccras.nic.in
6	Lower Division Clerk	Shri. Ravinivasan.S	044-29508035	ravi.nivasan93@ccras.nic.in
7	MTS(Attendant	Shri.K. Balasubramanian	044-29508035	bvjybvjy@gmail.com

List of Employees with Gross Monthly Remuneration of Dr.ALARARI

Sl. No.	Name of Officer/ Official	Designation	Pay Level	Gross Monthly Remuneration
1	Dr.C. Murali Krishna	Assistant Director-In-Charge	13	Rs.282471.00
2	Dr.K. Prameela Devi	Research Officer (Ay.)	13	Rs.274585.00
3	Dr. P. Srinivas	Research Officer (Ay.)	13	Rs.274585.00
4	Dr.S.Asha	Research Officer (Ay.)	10	Rs.145986.00
5	Smt. Rajani Manoj	Assistant	6	Rs.72207.00
6	Shri. Ravinivasan.S	Lower Division Clerk	2	Rs.40212.00
7	Shri.K. Balasubramanian	MTS(Attendant	3	Rs.69612.00

Details of the budgetary provision to the Institute (2023-24):

HEADS	SUB-HEADS	Budget Estimate	Revised Estimate	Release	Expenditure
GIA GENERAL	TA (for Domestic)	100,000	110,000	111,562	111,562
	CONTINGENCIES AS PER DFPR				
	i. Wages	830,000	586,000	591,758	591,758
	ii. Office expenses	900,000	1,262,000	1,262,000	1,262,000
	iii. Other admn expenses	50,000	38,000	38,000	38,000
	iv. Professional services	1,744,000	2,279,000	2,279,000	2,279,000
	RESEARCH ACTIVITY	1,100,000	1,100,000	1,100,000	1,100,000
	SEMINAR & CONFERENCE		38,000	38000	38,000
GIA GENERAL TOTAL (A)		4,724,000	5,413,000	5,420,320	5,420,320
GIA SALARY (B)		12000000	14900000	13,780,613	13,780,613
GIA SCSP (C)		3,743,000	3,847,000	3,847,000	3,847,000
GIA TSP (D)		4,888,000	5,427,600	5,427,600	5,427,600
GIA SAP (E)		50,000	50,000	50,000	50,000
GIA CAPITAL (F)				350,000	350,000
TOTAL (A+B+C+D+E+F+G)		25,405,000	29,637,600	28,875,533	28,875,533
PROJECTS (IMR, collaborative, etc)				191,933	191,933
(a) TA (HQrs)				49,421	49,421
(c) Ayurveda Day				200,000	200,000
(d)EMRS				405,400	405,400



डॉ. सी. मुरली कृष्णा / Dr. C. Murali Krishna
 प्रभारी सहायक निदेशक/Assistant Director In-Charge
 डॉ. ए.एन.आर.ए.आर.आई, सी.सी.आर.ए.एम/Dr. ALRARI, CCRAS
 आयुष मंत्रालय, भारत सरकार/Ministry of AYUSH, Govt. of India
 वी.एच.एम. अस्पताल परिसर, तारमणी, चेन्नै - 600 113.
 VHS Hospital Campus, Taramani, Chennai 600113