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**क्षेत्रीय आयुर्वेद अनुसंधान संस्थान, तादोंग, गान्तोक, सिक्किम- 737102**

**REGIONAL AYURVEDA RESEARCH INSTITUTE**

**TADONG, GANTOK, SIKKIM -737102**

**(Under Central Council for Research in Ayurvedic Sciences**

**Ministry of Ayush, Govt. of India)**

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### **Particulars of the Institute**

The Regional Ayurveda Research Institute was established in Gangtok, Sikkim on 9<sup>th</sup> June, 1979 as a peripheral institute under the control of the autonomous apex body 'Central Council for Research in Ayurvedic Sciences', Ministry of Ayush, Govt. of India. for organizing Research on scientific basis in Ayurvedic Sciences and to provide Health Care services in the State with the following objectives:-

1. Clinical Research on lifestyle related and non-communicable diseases focusing on Gout.
2. To undertake Clinical Trials for studying the safety and efficacy of Ayurvedic drugs.
3. To Survey and find out the new drug resources available in the State.
4. Health care services through Out Patient Department (O.P.D)
5. Special Clinic for Geriatric Health care.
6. Panchakarma and Ksharsautra therapy.
7. Outreach activities such as Tribal Health Care Research Programme (THCRP), Ayurvedic Mobile Health Care Program under Scheduled Caste Sub Plan (SCSP) and 3 'Ayurvedic Health Centres' as extension centres of RARI, Gangtok under North East Plan of CCRAS, New Delhi

The Out Patient Department (O.P.D) and Survey of Medicinal Plant Unit (S.M.P.U.) were started since inception. This institute is one and only Ayurvedic Research Institute in the entire state of Sikkim and it has tried to promote all its efforts for best possible service to the public with guidance and the works assigned by the CCRAS Headquarters.

### **Mandate of the Institute :**

- I. Health care services through Out Patient Department (OPD)
- II. Tribal Health Care Research
- III. Special Clinics for Geriatric Health Care

### **Achievements at a glance**

The activities carried out in the Institute at Gangtok and in three (3) Extension centers as an 'Ayurvedic Health Centers' located at Geyzing (West Sikkim), Jorethang (South Sikkim) and Mangan (North Sikkim) include Out Patient Department (O.P.D) services, Pathological and Biochemistry Investigations at subsidized rates and free distribution of Ayurvedic medicines along with Information, Education & Communciation (IEC) Materials. These also include clinical research (Intra Mural Research Programme), Medicinal Plant Research (Medico-Ethno-Botanical Survey), Literary research and documentation of Local Health Tradition (LHT/Folk claims) and Tribal Health Care Research Programme (THCRP) under Tribal Sub Plan (TSP) and Ayurvedic Mobile Health Care Program under Scheduled Caste Sub Plan (SCSP) which are running successfully for the welfare of masses.

- ❖ The institute NABH Ayush Entry level centre standard accreditation in the year 2023 valid from May 12, 2023 to May 11, 2025

### **Administrative Setup**

As per mandate (19.5.2016) of the Institute, the name Ayurveda Regional Research Institute (ARRI) was renamed as Regional Ayurveda Research Institute (RARI). Activities such as Health care services through Out Patients Department (OPD), special clinics for Geriatric Health care through institute's clinical section and three (3) Ayurveda Health Centres(AHCs) of Institute in three districts of Sikkim along with Outreach activities through 'Tribal Health Care Research Programme' (THCRP) under Tribal Sub Plan (TSP) and 'Ayurveda Mobile Health Care Programme' (AMHCP) under Scheduled Caste Sub Plan (SCSP) are successfully being carried out at the institute.

The Institute is running under the In-charge ship of Assistant Director (Ay.) and control of Director General CCRAS, Ministry of Ayush, Govt. of India with the present Manpower strength of Research Officers-2, Research Assistant-1, Lab Technician-1, UDC-1 and MTA (Peon)-3 (a total 9 regular staff) ; and 17 outsourcing staffs engaged against vacant regular posts in addition to 26 contractual staffs engaged in different projects.As on 08.05.2024, Group and Cataegory wise total number of manpowers include: in Group A- SC-0, ST-0, OBC-1, Gen-2, in Group B- SC- 0, ST- 0, OBC-1, Gen-0 and in group C- SC-5, ST-0, OBC-0, Gen-0 as per office records.

### **Brief report on Infrastructure of the Institute**

At present, the institute is functioning in a five storeyed rented building, each floor extending in about 1650 square feet. Total area of all floors is about 8838.70 square feet. The Ground Floor is used for Male Panchakarma and small guest house, Basement 1 for Female Panchakarma, Project room and Library, 2nd floor (at road level)- OPD, Pathology, Pharmacy and Garage; 1st floor- Administrative Block (Office Accounts and Admn), Meeting Hall and Doctors Chamber, 2<sup>nd</sup> floor- General stores and Medicines stores of different projects. This Institute is running with specialized O.P.Ds, Clinical Research Unit, Pathology & Bio-Chemical Laboratory, Panchakarma, Library and different research Projects.

#### **I. Staff position in working :**

- 9 staffs working on regular basis
- 17 outsourcing staff engaged against the vacant permanent posts
- 26 staffs are engaged in various projects

#### **II. Building Own or rented : Rented**

#### **III. Laboratory : Pathological & Biochemical Laboratory**

#### **IV. Library : Books related to Ayurveda & related medical sciences, Botany & Hindi books.**

**Ayurvedic Health Centres Under North East Plan (NEP) of CCRAS (Extension centers for North Eastern Institutes)**

The Three 'Ayurveda Health Centre'(AHCs), extension centres of RARI, Gangtok are running in three Districts of Sikkim and providing the health care services to general public at Geyzing (West Sikkim District), Jorethang (South Sikkim District), Mangan (North Sikkim District).

**List of Intramural Research Projects during the year 2023-24**

**Completed projects**

<p>➤ <b>Under Ayurveda Mobile Health Care Programme under SCSP</b> “Effectiveness of Ayush Rasayana A &amp; B on Quality of Life of elderly population- A cluster randomized study”</p>
<p>➤ <b>Under Tribal Health Care Research Programme under TSP</b> “Effectiveness of composite Ayurveda regimen in a black box design for the management of Rheumatoid arthritis- A community-based study under THCRP”</p>

**List of Collaborative Research Projects during the year 2023-24**

<b>Name of the project</b>	<b>Collaborative centres</b>	<b>Investigators</b>	<b>Status</b>
“Systems Biology Approach to Delineate Molecular Signatures of Prakriti in Healthy Humans.”	<p><b>1.CCRAS: 7 Peripheral Research institute</b></p> <p><b>2.School of life sciences &amp; school of biotechnology of Jaaharlal Nehru University (JNU), New Delhi</b></p> <p><b>3.International centre for Genetic Engineering and biotechnology (ICGEB) , New Delhi</b></p> <p><b>4.Centre for clinical research &amp; education, Institute of Ayurveda &amp; integrative Medicine, University of Trans-disciplinary Health sciences and technology</b></p>	<p>Principal Investigator: Dr. Sariga K S</p> <p>Co Investigator: Dr. Ashok Kumar Sinha</p>	Ongoing

	(TDU) Bengalure		
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	ICMR: National Institute of Research in Tribal Health (NIRTH) Jabalpur	Principal Investigator: Dr.Sariga K S Co-Investigators: Dr. Ashok Kumar Sinha Dr.Sreelakshmi R S	Ongoing

### **Ongoing medicinal plant research**

I. Medico Ethno Botanical Survey in the forest areas of Darjeeling district of West Bengal
II. Critical appraisal and validation of Local Health Traditions (LHTs), Oral Health Traditions (OHTs) and Ethno Medicinal Practices (EMPs): An inclusive study among Ethnic communities of North East India

### **Brief resume of the clinical Research Work Carried out (Problem wise) since inception up to 2023**

S. No.	Title	Year of starting	Year of Completion	Principle of Drug	Remarks
1.	To study the efficacy of Pippalichurna in Pratisaya (Running nose) in children	February 1981	February, 1984	Pippalichurna with Madhu	Completed
2.	To study the efficacy of Gandhak Druti-as external application in common skin disease (Twakroga)	February 1981	February, 1984	GandhakDruti-as external application	Completed
3.	To study the efficacy of compound Ayurvedic formulation in Pravahika (Diarrhea)	October, 1985	March, 1991	1.Jatiphaladi churna&MahasankhaVati 2.Hingwastak	Completed

				churna&ChitrakadiVati	
4.	To study the efficacy of compound Ayurvedic formulation in chronic Skin Diseases (Twakroga)	October, 1985	March, 1992	1.Suddha gandhak ,Haridrakhand with MahaManjistadiKwath. 2.Arogyavardhini withKhadirarista	Completed
5.	To study the efficacy of compound Ayurvedic formulation in Galaganda (Goiter)	October, 1985	March, 1993	1.Kanchanar Guggulu2.Punarnavam andur	Completed
6.	To study the efficacy of compound Ayurvedic formulation Ayush-64 in Visamjvara	October, 1985	March, 1993	Ayush-64 tab (A patent drug developed by the council)	Completed
7.	To study the efficacy of multiple Ayurvedic regimen in Sweta Pradar (White discharge)	October, 1994	March, 1996	1.Pusyanuga churna2.Chandraprabh avati 3.Patrangasava &Ashokarista	Completed
8.	To Study the efficacy of Bilvamajjachurna in “GrahniDosa	May, 2001	October, 2007	Bilwamajjachurna	Completed
9.	To Study the efficacy of HinguTriguna Tail and YograjGuggulu in GridhrasiRoga	May, 2001	October, 2007	HinguTriguna Tail and YograjGuggulu	Completed
10.	Multi-centric clinical trial on DhatriLauha on Iron deficiency Anemia	Dec, 2007	June, 2009	DhatriLauha	Completed
11.	Clinical Research- Intra Mural Research (IMR) Project	March, 2016	March, 2019	PunarnavaGuggulu and Rasnasaptaka Kshaya in Aamvata	Completed
12.	A 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	October, 2020	January, 2021	Ayurveda Raksha Kit containing 1.Ayush Kwath 2.Chyawanprash 3.Samshamani Vati 4.Anu Taila	Completed
13.	Impact of Ayu Raksha Kit in Covid-19 community-based prophylactic study.	January, 2022	March 2022	Ayu Raksha Kit containing 1.Ayush Kwath	Completed

				2.Chyawanprash 3.Samshamani Vati 4.Anu Taila	
14.	A prospective community based study for the evaluation of Yograj Guggulu, Ashwagandha churna and Narayana taila in Osteoarthritis knee (Janugata Sandhivata)	April 2021	March 2022	1.Yograj Guggulu, 2.Ashwagandha churna 3.Narayana taila	Completed
15.	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	April 2021	March 2022		Completed
16.	Profiling of Demographic, health status and Non communicable Disease profiling among Scheduled Tribe population in East District and West District of Sikkim– A descriptive, Cross-Sectional epidemiological Study	April 2021	March 2022		Completed
17.	A prospective community-based study for the evaluation of Dhatri Loha in the management of Anemia (Pandu)	April 2021	March 2022	Dhatri Loha	Completed
18.	A Prospective Community Based Study for The Evaluation of Effectiveness of Yograj Guggulu, Ashwagandha Churna and Narayana Taila in The Management of Osteoarthritis Knee (Janugat Sandhivata).	April 2021	March 2022	1.Yograj Guggulu, 2.Ashwagandha churna 3.Narayana taila	Completed
19.	“Effectiveness of Ayurveda based diet and Lifestyle advocacy on health-related	April 2021	March 2022		Completed

	Quality of life in schedule Caste population in Sikkim- a community based; cluster randomized controlled study”				
20.	Demographic and Non communicable Disease profiling among Scheduled caste population in East Sikkim and South Sikkim– A descriptive, Cross-Sectional epidemiological Study.	April 2021	March 2022		Completed
21.	Demographic and Non communicable Disease profiling among patients seeking Ayurveda treatment from Ayurveda Health Centres in selected North East regions in India – A descriptive, Cross-Sectional Study.	April 2021	March 2022		Completed
22.	Effectiveness of Ayurveda based Diet &Lifestyle advocacies and Ayurvedic treatment regimen in patients seeking Ayurveda treatment from Ayurveda health centers in selected North east regions of India.	April 2021	March 2022		Completed
23	Profiling of Demographic, Health Status and Non-communicable diseases among Scheduled Caste Population in East Sikkim- A Descriptive, Cross Sectional Epidemiological Study	April 2022	March 2023		Completed
24	A Randomized Placebo Control trial of Ayush SR in perceived stress	April 2022	March 2023		Completed
25	Cross sectional Survey to determine the prevalence of Non communicable Diseases and their risk factors among	April 2022	March 2023		Completed

	the Scheduled Tribes in East and West Sikkim				
26	Effect of Ayush SR on psychological status and quality of life of apparently healthy elderly population – A multicenter double blind placebo controlled study	April 2022	March 2023		Completed
27	Non Communicable diseases and associated factors among health seekers approaching the selected Ayurveda Health Centres in North East India	April 2022	March 2023		Completed
28.	Effectiveness of composite Ayurveda regimen in a black box design for the management of Rheumatoid arthritis- A community-based study under THCRP	December 2023	March 2024	Ayush Rasayana A Ayush Rasayana B	Completed
29	Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study.	December 2023	April 2024	Composite Ayurveda regimen	Completed

### **Tribal Health Care Research Programme (THCRP)**

Tribal Health Care Research Programme (THCRP) is a project under the Tribal Sub Plan (TSP) conducted by the Central Council of Research in Ayurvedic Sciences, an autonomous body of the Ministry of Ayush, Government of India. It was started in 1982, now being implemented in 14 states. The Tribal Health Care and Research Programme was started in Regional Ayurveda Research Institute, Gangtok, Sikkim in December 2014.

The project reaches out to the tribal community providing free treatment and free medicine to the people. By supplying pamphlets and conducting awareness meetings from time to time, the project creates awareness about health and hygiene among the tribal people. Another important aim and objective of the project is to collect and document folk medicine practiced by tribal folk healers.

The state has a large number of tribes, each unique in its tradition, culture, dress and exotic way of life. There were several tribes residing in Sikkim like Lepcha, Bhutia, Limboo, Tamang and Sherpa etc. The tribal population constitutes 33% of the total population of Sikkim. Of the

total ST population, the Lepchas and Bhutia are the major tribes followed by Limboo, Tamang and Sherpa. Lepchas were considered original dwellers found in North and West Sikkim.

❖ **Aims and Objectives:**

- Creation of health awareness to the tribal populations of Sikkim.
- Providing door step health facilities through Ayurveda among tribal population.
- Conduct door to door Survey to generate data regarding living standard, socio economic status, educational status, health status and other related information of Tribes.
- Providing free consultation, health check up, free distribution of Ayurvedic medicines to tribal patients.
- To collect data from local people and Traditional Healers for home remedies and treatment of common disease by using Medicinal plants or natural products.
- The documentation and scientific validation of folk claim and traditional knowledge is the part and parcel of the project.

**Area wise statement of Population Surveyed, Patients treated, Investigations done**

Year	No. of tours	Population Surveyed (ST)			Patient treated												Investigations	Folk claims documented
					New				Follow Up				Total					
		ST		Other		ST		Other		ST		Other						
		M	F	M	F	M	F	M	F	M	F	M	F	M	F			
2023-24	212	2662	2633	5295	1099	1442	463	460	540	707	177	167	1639	2149	640	627	6107	10
2022-23	218	4218	4275	8556	1875	2085	426	309	1080	1320	2549	219	2955	3405	680	528	6028	8

**Most prevalent disease conditions among adults during the year 2023-24**

Sl. No.	Disease
1.	<i>Sandhivata</i>
2.	<i>Katishula</i>
3.	<i>Amlapitta</i>
4.	<i>Shirshula</i>
5.	<i>Madhumeha</i>
6.	<i>Kasa</i>
7.	<i>Dourbalya</i>
8.	<i>Vatarakta</i>
9.	<i>Raktagatavata</i>
10.	<i>Vatavyadhi</i>

**Research projects under THCRP (TSP) :**

**2023-24** : "Effectiveness of composite Ayurveda regimen in a black box design for the management of Rheumatoid arthritis"

**2022-23** :

- i. "Cross-sectional survey to determine the prevalence of Non-communicable Diseases (NCDs) and their risk factor among Scheduled Tribes in selected states across India"
- ii. "Effect of Ayush SR on psychological status and quality of life of apparently healthy elderly population – A multicenter double-blind placebo-controlled study"

**Ayurveda Mobile Health Care Programme (AMHCP)**

Specially designed for the welfare of Scheduled Castes, this programme named ' **Ayurveda Mobile Health Care Programme**' under "**Scheduled Caste Sub Plan**" has been initiated at R.A.R.I, Gangtok, Sikkim since January 2016 with the following aims and objectives:

**❖ Aims and Objectives:**

- To provide medical aid at door steps of SC community.
- To study the living condition of the SC people.
- To study their dietetic habits.
- Collection of their Socio-demographic profile.
- To study the prevalence of diseases and to collect information related to health status.
- Propagation of knowledge about hygiene and prevention of diseases.
- Propagation of Ayurveda concepts on preventive health in relation to *Pathyaapathya* (Dos and Don'ts) and *Sadvritta* (noble life style).
- Collection and documentation of folklore claims.

**Area wise statement of Population Surveyed, Patients treated, Investigations done**

Year	No. of tours	SC Population Surveyed/Screened	Patient treated									Investigations (Survey + OPD)
			New			Follow Up			Total			
			SC	Other	Total	SC	Other	Total	SC	Other	Total	
2023-24	210	3772	1302	2465	3767	58	67	125	1360	2532	3892	4512
2022-23	219	6371	1328	1395	871	662	233	322	100	125	5036	6323

### Most prevalent disease conditions among adults during the year 2023-24

Sl. No.	Disease
1.	<i>Sandhivata</i>
2.	<i>Vatavyadhi</i>
3.	<i>Amlapitta</i>
4.	<i>Dourbalya</i>
5.	<i>Kasa</i>
6.	<i>Gridrasi</i>
7.	<i>Agnimamdya</i>
8.	<i>Shula</i>
9.	<i>Arsha</i>
10.	<i>Kustha</i>

### **Research projects under AMHCP (SCSP) :**

**2023-24** : “Effectiveness of Ayush Rasayana A&B on quality of life of elderly population”

**2022-23** :

- i. “Cross sectional survey to determine the prevalence of Non – Communicable diseases and their risk factors among Scheduled castes in selected states across India”
- ii. “A randomized placebo-controlled trial of Ayush SR in perceived stress”

### **DRUG RESEARCH PROGRAMME**

#### **I. Medico Ethno Botanical Survey in the forest areas of Darjeeling district of West Bengal**

In 2023-24, Medico-Ethnobotanical Survey (MEBS) was conducted in forest divisions of Darjeeling District of West Bengal. 132 folk claims were collected and 54 folk healers were interviewed. 402 specimens were collected belonging to 142 species and 100 folk claims were validated.

#### **II. Critical appraisal and validation of Local Health Traditions (LHTs), Oral Health Traditions (OHTs) and Ethno Medicinal Practices (EMPs): An inclusive study among Ethnic communities of North East India.**

From the ongoing NMPB project at RARI Gangtok, so far, a total number of 761 specimens of plants of 249 species were collected through field survey. 111 folk healers were interviewed and successfully documented total number of 329 folk claims from Sikkim & Meghalaya. From these 206 claims are validated, and 123 claim validation work is still in progress.

Name of the project	2023-24	2022-23
Medico Ethno Botanical Survey in the forest areas of Darjeeling district of West Bengal	<ul style="list-style-type: none"> <li>Collected 402 plant specimens belonging to 142 plant species</li> <li>149 herbarium specimens prepared</li> <li>33 museum samples / Raw drug collected in the quantity of 3.7 kg</li> <li>132 folklore claims collected by interviewing 54 folk healers.</li> </ul>	<ul style="list-style-type: none"> <li>Collected 228 plant specimens of which 46 species of plants were identified</li> <li>108 herbarium specimens prepared</li> <li>10 museum samples / Raw drug collected in the quantity of 4.8 kg</li> <li>50 folklore claims collected by interviewing 29 folk healers</li> </ul>
Critical appraisal and validation of Local Health Traditions (LHTs), Oral Health Traditions (OHTs) and Ethno Medicinal Practices (EMPs): An inclusive study among Ethnic communities of Northeast India.	<ul style="list-style-type: none"> <li>Collected 395 plant specimens, identified 112 species of plants</li> <li>321 herbarium specimens prepared</li> <li>33 museum samples / Raw drugs collected in the quantity of 4.8 kg</li> <li>244 folk lore claims collected by interviewing 78 folk healers</li> <li>112 plant species of 106 genera belonging to 54 families</li> </ul>	<ul style="list-style-type: none"> <li>Collected 366 plant specimens, identified 104 species of plants</li> <li>136 herbarium specimens prepared</li> <li>10 museum samples / Raw drug collected in the quantity of 1.4 kg</li> <li>85 folk lore claims collected by interviewing 33 folk healers</li> <li>104 plant species of 109 genera belonging to 41 families</li> </ul>

## HEALTH CARE SERVICES THROUGH OPD

### Statement of the number of patients who attended the OPD

Year	No. of patients attended at OPD												Grand Total
	New						Old						
	Adult		Child		Total		Adult		Child		Total		
	M	F	M	F	M	F	M	F	M	F	M	F	
23-24	2014	1835	134	139	2148	1974	2942	2462	57	29	2999	2491	9612
22-23	2068	1723	53	55	2121	1778	2414	2146	36	36	2451	2182	8531

### Special Clinic for Geriatric Health Care

#### Statement of Patients who attended the Geriatric OPD

Period	No. of Patients treated						
	New Patients		Old Patients		Total Patients		Grand Total
	M	F	M	F	M	F	M & F
2023-24	354	250	763	504	1117	754	1871

**Laboratory investigations(OPD 2023-24)**

Investigations	Total (Male)	Total (Female)	Grand Total
Pathological Investigations	557	720	1277
Biochemical Investigations	607	388	995
Radiological Investigations	0	0	0
ECG	0	0	0
Total	1164	1108	2272

**Panchakarma Therapy****Patient statement Karma / Therapy wise (OPD 2023-24):**

Sl.No.	Karma / Therapy	Male	Female	Total
1.	Sarvanga Snehana& Swedana	313	214	527
2.	Kati vasti	146	204	350
3.	Vamana	0	0	0
4.	Virechana	0	0	0
5.	Vasti	50	0	50
6.	Nasya	5	5	10
7.	Shira Dhara	44	7	51
8.	Shira vasti	0	0	0
9.	Rakta Mokshana (Jaloukaavacharan)	0	0	0
10.	Karna purana	0	0	0
11.	Agnikarma	0	0	0
12.	Netra tarpan	0	0	0
13.	Patra pinda sweda	731	530	1261
14.	Valuka sweda	661	473	1134
15.	Janu vasti	10	25	35
16.	Sarvanga Tailadhara	0	0	0
17.	Nadi Sweda	514	396	910
	<b>Total</b>	2474	1854	4328

## NORTH EAST PLAN

### Three Ayurveda Health Centres/ Extension Centres

#### Statement of Patients who attended the OPD during 2023-24

Name of Extension Centres	Number of patients attended														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	
Geyzing, West Sikkim	1360	902	123	99	1483	1001	1310	916	89	79	1399	995	2882	1996	4878
Jorethang, South Sikkim	1073	1085	85	66	1158	1151	1905	2015	29	27	1934	2042	3092	3193	6285
Mangan, North Sikkim	1066	836	88	86	1154	922	1576	1140	61	55	1637	1195	2791	2117	4908
<b>Total</b>	3499	2823	296	251	3795	3074	4791	4071	179	161	4970	4232	8765	7306	16071

### PHARMACOVIGILANCE PROGRAMME

The Pharmacovigilance Programme was initiated at this Institute on 1<sup>st</sup> October 2020 to monitor the safety of the drugs, to create awareness about Adverse Drug reaction (ADR) and to report misleading advertisements of ASU & H drugs / products and Practices in the state of Sikkim. 9 misleading advertisements were acquired, discovered and sent to respective SLA/DC and respective IPVC/NPvCC for further action in the year 2023-24.

#### Research papers published in Journals (During the last 3 years)

Sl No.	Name of the author	Title of research paper	Name of the Journal	Date of publication
1.	Dr. Animesh Sen	Metal-free, tert-butyl nitrite promoted C (sp <sup>2</sup> )-S coupling reaction: the synthesis of aryl dithiocarbamates and analysis of antimicrobial activity by 'in silico' and 'in vitro' methods for drug modification	Green Chemistry 25.23 (2023): 9847-9856.	25 Oct 2023
2.	Dr. Animesh Sen	In silico exploration	Journal of	21 Nov 2023

		and in vitro validation of the filarial thioredoxin reductase inhibitory activity of Scytonemin and its derivatives	Biomolecular Structure and Dynamics (2023): 1-13.	
3.	Dr. Shriprakash, Dr. Rahul D. Ghuse Dr. Rakesh Rana, Dr. Bhagwan Sahai Sharma, Dr. Shruti Khanduri, Dr. Vinod Kumar Shahi Dr. Narayanam Srikanth et al	Efficacy of Ayurveda intervention “Ayuraksha Kit” on COVID-19 incidence and outcomes: A prospective cluster randomized community- based study in India	Journal of Research in Ayurvedic Sciences Volume 6, Issue 4, page 160-168	December 2022
4.	Dr. Shriprakash, Dr. Rahul D.Ghuse Dr. Shrawan Kumar Sahu Dr. Ashok Kumar Sinha	Disease characteristics, care seeking behaviour and outcomes associated with the use of Ayush 64 in Covid 19 patients in Home isolation in India: A community based cross sectional analysis.	Frontiers in Public Health, Volume 10	July 2022
5.	Dr.Lijima C	Pharmacognostical and pharmaceutical analysis of Jeevantyadi Avaleha: A polyherbal Ayurvedic formulation	Journal of Drug Research in Ayurvedic Sciences, Volume 8, Issue 2	March 2023
6.	Dr.Shrawan Kumar Sahu, Dr. Rahul D.Ghuse, Dr.Ashok Kumar Sinha Dr.Sunil Kumar Pandey	Combating refractive errors with Ayurveda: Need of the hour	World Journal of Pharmaceutical and Life Sciences Volume 7,	2021

			Issue 7, page-49-52	
7.	Dr.Shrawan Kumar Sahu, Dr. Rahul D.Ghuse, Dr.Ashok Kumar Sinha Dr.Sunil Kumar Pandey	Role of Ayurveda in Managing Tinnitus	International Journal of Ayurveda and Pharma Research Volume- 9, Issue-6, page 75-80	2021
8.	Dr. Shrawan Kumar Sahu, Dr. Rahul D.Ghuse, Dr. Ashok Kumar Sinha Dr. Sunil Kumar Pandey	Role of Achara Rasayana(Sublime Behaviour) in Prevention of Non- communicable diseases in India	International Journal of Ayurveda and Pharma Research Volume 9, Issue 9, page-59-63	2021
9.	Dr. Shrawan Kumar Sahu, Dr. Rahul D.Ghuse, Dr. Ashok Kumar Sinha Dr. Sunil Kumar Pandey	Role of Ayurveda in the Prevention and Management of Nephrotoxicity	International Journal of Ayurveda and Pharma Research Volume 10, Issue 2, page-90-94	2022
10.	Dr.Animesh Sen	Management of Black Root Disease- Causing fungus Fusarium solani CRP1 by Endophytic Bacillus siamensis CNE6 through its metabolites and activation of plant defense genes	Microbiology Spectrum, e03082- 22	February 2023

**Staff Details**

<b>Sl No.</b>	<b>Name of the employee</b>	<b>Designation</b>	<b>Pay level</b>	<b>Gross monthly remuneration</b>
1.	Dr.Achintya Mitra	Assistant Director In Charge	13	Rs.313,270.00 /-
2.	Dr.Sreelakshmi R.S	Research Officer (Ayurveda)	10	Rs.124,322.00 /-
3.	Dr.Lijima C	Research Officer (Ayurveda)	10	Rs.124,322.00 /-
4.	Dr.Animesh Sen	Research Assistant(Botany)	6	Rs.71,103.00 /-
5.	Smt. Abigail Shanker	Lab Technician	6	Rs.80,469.00 /-
6.	Ms.Arpana Mothay	Upper Division Clerk	4	Rs.48,795.00 /-
7.	Sh.Joydev Konai	Multi Tasking Assistant	2	Rs.59,780.00 /-
8.	Sh.Prakash Sunar	Multi Tasking Assistant	2	Rs.59,780.00 /-
9.	Sh.Binod Kumar Baraily	Multi Tasking Assistant	2	Rs.59,780.00 /-