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**डॉ.अचंट लक्ष्मीपति क्षेत्रीय आयुर्वेद अनुसंधान संस्थान
Dr. ACHANTA LAKSHMIPATHI REGIONAL AYURVEDA RESEARCH INSTITUTE**

Central Council for Research in Ayurvedic Sciences

(Ministry of AYUSH, Government of India)

VHS Hospital Campus, Taramani, Chennai, Tamil Nadu-PIN:600 113

About Institute

Dr. Achanta Lakshmi pathi Research Centre for Ayurveda was established on 1st February 1965 under the Central Council for Ayurvedic Research, Ministry of Health, Government of India. The Unit was subsequently taken over by the Central Council for Research in Indian Medicine and Homoeopathy (CCRIM&H), New Delhi on 1st August 1971, and later by the Central Council for Research in Ayurveda and Siddha (CCRAS) on 7th January 1979. It was upgraded as a Research Centre in June 1985 and renamed as Dr. Achanta Lakshmi pathi Regional Ayurveda Research Institute vide Letter No. F.No.12-39/2015-CCRAS/Estt.4788, dated 22nd December 2020. The Institute is located on the second floor of the Voluntary Health Services (VHS) Campus, established through the generous endowment of Dr. Achanta Lakshmi pathi, a distinguished Allopathic physician. Situated within the VHS Hospital premises, Taramani, a key locality in South Chennai, the Institute lies close to the IT Corridor along Rajiv Gandhi Salai (Old Mahabalipuram Road), at approximately 12.9862° N latitude and 80.2469° E longitude, making it easily accessible from all major parts of the city. The Outpatient Department (O.P.D.) functions in a separate block on the ground floor of the same campus, providing a comprehensive framework for quality service delivery and patient care. It houses the OPD Unit for patient consultation and management, and a specialized Marma Chikitsa facility offering traditional therapeutic procedures. The Institute continues to serve as a vital institute for Ayurveda healthcare and research, catering to the needs of both local communities and people across Tamil Nadu.

Mandate

The institute is entrusted with mandate of Clinical Research on life-style related and non-communicable diseases

Scope: Dr. Achanta Lakshmi pathi Regional Ayurveda Research Institute, Chennai encompasses all operational, clinical, therapeutic and research activities undertaken by the institute. The Scope of institute's is defined as 'ALRARI, Chennai provides quality and safety-oriented health care services to the public through various departments/ sections.

Vision:

To develop scientific evidence through Ayurvedic principles, drug therapies and marma procedures by integrating ancient wisdom with modern technology and to bring Ayurveda to the people through scientific innovation related to diagnosis, preventive, promotive and treatment methods and also introduce scientific research for public health and system.

Mission:

- a. To promote good quality healthcare services through evidence-based Ayurvedic principles and practices.
- b. To carry out research activities in Ayurveda practices coordinated by Central Council of Research in Ayurveda Science.
- c. To bring out scientific evidence for preventive and curative aspects.
- d. To focus on the prevention of non-communicable diseases through lifestyle modification, yoga, Asana, and Pranayama.
- e. To spread the health-giving benefits of Ayurveda to mankind by organizing various activities and programs.

Activities and achievements

The Institute has been actively engaged in clinical research on various disease conditions such as Malaria, Mental Retardation, Dysmenorrhea, Type II Diabetes Mellitus, Obesity and Lipid Disorders, Postnatal care, Indigestion (Amajirna), Eczema, COVID-19, Acne, and several others. In addition to clinical studies, the Institute has also completed several significant literary works, contributing to the enrichment of Ayurvedic knowledge and documentation. Since its inception, it has served as a centre of excellence for pioneering basic and clinical research in Ayurveda, earning 13 gold medals, 2 silver medals, and multiple cash awards from various national bodies in recognition of its outstanding contributions to Ayurvedic research and development.

The Institute provides comprehensive Ayurveda healthcare services through its General OPD, a Specialty OPD for Flu-like Illnesses functioning daily, a Geriatric Specialty OPD operating every Tuesday, and a Marma Chikitsa facility offering specialized therapeutic care every Wednesday, between 9:00 a.m. and 1:00 p.m. Beyond campus-based services, the Institute extends its outreach through community-oriented initiatives such as the Tribal Health Care Research Project (THCRP), the Ayurveda Mobile Health Care Programme under the Scheduled Caste Sub-Plan (AMHCP-SCSP), health screening programmes for Eklavya Model Residential School (EMRS) students, and Community based study on Iron deficiency Anemia under Ayush & Public Health Component of Ayurwashthya Yojana of the Ministry of Ayush, Government of India. The Institute also houses a well-equipped library, featuring an extensive collection of books and manuscripts, including rare works transferred from the Saraswathi Mandal Library, Thanjavur, serving as a valuable resource for Ayurvedic scholars and researchers.

ADMINISTRATIVE REPORT:**1. Staff Pattern as on 31.3.2025, as per format given: (Council's Lr.No.F.12-45/2015-CCRAS/Estt /4912, dt. 23.2.2017 and mail dated 13.07.2021).**

Sl. No.	Name of the Post	No. of sanctioned posts	Staff in position	Category	Remarks
1.	Assistant Director (Ay) I/c	1	Dr.C.Murali Krishna, Assistant Director I/c	General	-
2.	Research Officer (Ay)	3	1. Dr.K.Prameela Devi 2. Dr.P.Srinivas 3. Dr. S. Asha	General OBC General	-
3.	Research Officer (Pathology) Medical	1	Vacant	-	Revert back from NRISR, Leh on 13.07.2021
4.	Research Asst. (Bio-chem.)	1	Vacant	-	Vacant from 01.01.2010
5.	Assistant	1	Mrs. Rajani Manoj	General	Joined this institute on 03.6.2022
6.	Pharmacist (Grade – I)	2	Mrs. M. Abarnashree	OBC	One Vacant since Aug 2019
7.	Stenographer (Gr-II)	1	Vacant	-	Vacant from 08.01.2017
8.	Upper Division Clerk	1	Vacant	-	Vacant w.e.f 16.10.17
9.	Lower Division Clerk	2	Mr.S.Ravinivasan	OBC	One post vacant
10.	Lab.Attendant	1	Vacant	-	-
11.	Attendant	2	Mr.K.Balasubramanian	SC	1 post vacant w.e.f. 1.12.2014
Total No. of sanctioned posts		16	08	-	-

2. No. of staff according to group as on 31.3.25 (Filled in post)

Sl.No.	Group	Name of the staff						Whether roster maintained or not
		General	SC	ST	OBC	Others	Total	
1	A	3	-	-	1	-	4	At Hqrs.Office
2	B	1	-	-	-	-	1	
3	C	-	1	-	2	-	3	Yes
	Total	4	1	-	3	-	8	

3. Expenditure

Sl. No.	Components	S. T. Category	Others	Total
1.	Male Component	-	-	Rs.86,89,622/-
2.	Female Component	-	-	Rs. 70,55,597/-
3.	ST Component	-	-	-
	Total	-	-	Rs. 1,57,45,219/-

4. Clinical Research:

This Institute has carried out the following research activities since inception

Fundamental Studies	- 06
Clinical Studies	- 59
Survey on Nutrition	- 01
Vector Born Diseases claims collection	- 01
Pharmaco-vigilance programme for ASU Drugs	- 01
Monograph prepared-	- 16- Malaria, Manasamandata, Pradara, THCRP (1. 2014-15, 2015-16 &2016-17 together, 2. 2017-18, 3. 2018-19 and 4. 2019-20) AMHCP-SCSP (1.2015-16&2016-17 together, 2. 2017-18, 3.

2018-19 and 4.2019-20 5. 2020-21),
SRP, Chyavanaprasha, RCH under
SCSP, Menopausal Syndrome
Outreach Programmes - THCRP, AMHCP-SCSP, SRP, RCH
under SCSP & PHI under Ayurwashthya
Yojana

Literary Research:

Literary Research Unit of Thanjavur was merged with A.L. Regional Ayurveda Research Institute on 1.9.1999. Translation of 11 classical literatures was carried out and published.

Staff Working - 08

08 employees are working in this Centre comprising both technical and administrative staff.

Building own or Rented - Building is under lease for 99 years at Rs.1/- P.A.

Laboratory - Not available.







The list of Ongoing Projects



Name of the Project

1. Clinical evaluation of NimbadiChurna, Khadirarishta and Arjuna Lepa in the management of Yuvan Pidika (Acne).
2. 'Documentation of Ethno-Dietary Practices Indigenous to India' & 'Documentation of Plants, Metals, Minerals, Animal Products and Other Materials Used in Various Indigenous Religious Practices and Rituals Across India', under Ayurveda Mobile Health Care Programme under Scheduled Caste Sub Plan – Scheduled Caste Sub-Plan.
3. 'Documentation of Ethno-Dietary Practices Indigenous to India' & 'Documentation of Plants, Metals, Minerals, Animal Products and Other Materials Used in Various Indigenous Religious Practices and Rituals Across India', under Tribal Health Caste Research Programme – Tribal Sub-Plan.
4. General health screening with special focus on selected disease conditions (Tuberculosis, Anemia, Sickle Cell Disease & Malnutrition) and Ayurveda management of Anemia & Malnutrition in students of Ekalavya Model Residential Schools (EMRS).
5. A Community based study to assess the role of Ayurvedic intervention and lifestyle advocacy on IDA in women of reproductive age in Chengalpattu district of Tamilnadu
6. Transcription of Malayalam Manuscript-Vaidyamalika.

7. Documentation of Life-profiles of Admirable Personalities to Transform Ayurveda (APTA) – 2024.
8. Comprehensive Drug Inventory for analysis of utilization of Ayurvedic Medicines in CCRAS during the year 2023-24.
9. Evaluation of the Ayurveda Studentship Program for Ayurveda Research Ken (SPARK) scheme of the Central Council for Research in Ayurvedic Sciences (CCRAS) [SPARK-CCRAS], India.

Name and details of the Employees

S.No.	Name	Designation	Email	Photo
1.	Dr.C.Murali Krishna	Assistant Director I/C	muralikrishna.c@gov.in	
2.	Dr.K.Prameela Devi	Research Officer (Ay.)	prameela.k.@ccras.nic.in	
3.	Dr.P. Srinivas	Research Officer (Ay.)	dr.srinivas.p@ccras.nic.in	
4.	Dr. S. Asha	Research Officer (Ay.)	asha.s@ccras.nic.in	
5.	Smt. Radha Rani	Assistant	radharanib@ccras.nic.in	
6.	Shri. S.Ravinivasan	LDC	ravi.nivasan93@ccras.nic.in	

7.	Smt. M.Abarnashree	Pharmacist	abarnashree@ccras.nic.in	
8.	Shri. K. Balasubramanian	MTS(Attendant)	k.bala@ccras.nic.in	

Details of the budgetary provision to the Institute (2025-26)

		Dr.ALARARI, Chennai			Actuals are in Rs.		
HEADS	SUB-HEADS	Budget Estimate	Release	Revised Estimate	Expenditure	Balance	Remarks
GIA GENERAL	TA (for Domestic)	1,20,000	1,64,000	1,64,000	1,64,000	0	
	CONTINGENCIES AS PER DFPR						
	i. Wages	3,60,000	3,37,000	3,37,106	3,37,106	0	Rs.106 inter adjusted from OE
	ii. Office expenses	12,00,000	12,00,000	11,99,894	11,99,894	0	Rs.106 inter adjusted to wages
	iii. Rent, rates and taxes						
	iv. Other admn expenses	40,000	63,000	63,000	63,000	0	
	v. Advertising and publicity						
	vi. Professional services	31,61,000	34,47,000	34,47,000	34,47,000	0	
	vii. POL (Petrol, oil and Lubricants)						
	viii. Printing and Publication						
	ix. Training and Program						
	x. Minor Works						
	xi. Other Charges						
	RESEARCH ACTIVITY	15,00,000	15,00,000	15,00,000	15,00,000	0	
	SEMINAR & CONFERENCE						
GIA GENERAL TOTAL (A)		63,81,000	67,11,000	67,11,000	67,11,000	0	
GIA SALARY (B)		1,48,00,000	1,57,12,070	1,57,12,070	1,44,72,733	12,39,337	
GIA SCSP (C)		43,16,000	40,84,273	40,84,273	40,84,273	0	
GIA TSP (D)		58,00,000	60,45,000	60,45,000	60,45,000	0	
GIA SAP (E)		50,000	50,000	50,000	50,000	0	
GIA CAPITAL (F)							
NE PLAN (G)							
TOTAL (A+B+C+D+E+F+G)		3,13,47,000	3,26,02,343	3,26,02,343	3,13,63,006	12,39,337	
PROJECTS (IMR, collaborative, etc)			60,393	60,393	60,393	0	
OTHERS - IF ANY							
(a) TA (HQrs)			28,267	28,267	28,267	0	
(b)SCSP (HQrs)			21,000	21,000	21,000	0	
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(d)EMRS			32,87,364	32,87,364	32,87,364	0	
Total		3,13,47,000	3,59,99,367	3,59,99,367	3,47,60,030	12,39,337	

Institute In-charge

Vigilance officer

The names, designations and other particulars of the Public Information Officers

Sl. No.	Name of the Officer	Designation	Contact No.	E mail ID
1.	Dr. C. Murali Krishna	Assistant Director (Ayurveda) & In-Charge (Head of the Institution)	9492030564	mkchagamreddy@gmail.com
2.	Dr. P. Srinivas	Research Officer (Ayurveda) & Vigilance Officer	9840879433	drsrinivaspitta@gmail.com

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