

Outpatient Department (OPD)

Consultation through the Outpatient Department is available from Monday to Saturday (Except Government Holidays and Second Saturday) from 9 AM to 1 PM.

The Central Ayurveda Research Institute (CARI), New Delhi, provides OPD services during the morning shift from 9:00 AM to 1:00 PM. The Institute also runs special clinics on designated days, including Ano-Rectal, Preventive Cardiology, Arthritis, ENT, Eye, Paediatric, and Geriatric Clinics. During the year 2025-26, the institute served a total of 1,07,205 patients through its OPD services, with free medicines dispensed to all. Among them, 55,994 were male, 51,211 were female, and there were no transgender patients. The OPD recorded 35,468 new and 71,737 follow-up cases. During the reporting year, i.e., 2026-27, from 1st April to 31st August, the institute served a total of **46,174** patients through its OPD services, with free medicines dispensed to all. Among them, **23,538** were male, **22,636** were female, and there were no transgender patients. The OPD recorded **16,910** new and **29,264** follow-up cases.

Specialty OPD and consultations

1. Ksharasutra (Ano-Rectal)_OPD
2. Preventive Cardiology & Lifestyle Clinic
3. Leech therapy OPD
4. Sandhi Roga (Arthritis) OPD
5. Jararoga (Geriatric) OPD
6. Netraroga (Eye) OPD
7. Karna Nasa evum Kanthagata roga (ENT) OPD
8. Balroga (Paediatrics) OPD
9. Physiotherapy
10. Naidanik Manovigyan (Clinical Psychology OPD)

Various OPDs at CARI, New Delhi

Kshara Sutra Section (Ano-Rectal Clinic)

During the year 2025-26, **9358** patients attended the *Kshara Sutra* Section, out of which 6963 were male and 2395 were female. During the reporting year, i.e., 2026-27, from 1st April to 31st August, **3905** patients attended the *Kshara Sutra* Section.

Leech Therapy Clinic

Leech Therapy Clinic caters to patients with various disease conditions like Twakarog, Sira-Shotha, Shlipad, Shvitra, etc. During the year 2025-26, a total of **212** patients attended the clinic for various disease conditions. During the reporting year, i.e., 2026-27, from 1st April to 31st August, a total of **59** patients attended the clinic for various disease conditions.

Physiotherapy Section

The Physiotherapy section was established in 1999. As per the need and requirement of the hospital, the section is equipped with the required modalities. Both IPD and OPD patients are being treated on daily basis for conditions like osteoarthritis, rheumatoid arthritis, Adhesive capsulitis, cervical and lumbar spondylosis, ankylosing spondylitis, prolapsed intervertebral disc, post polio residual paralysis, neurological conditions like stroke, quadriplegia, paraplegia, cerebral palsy, Parkinson's disease, peripheral nerve injuries, muscular dystrophies, bell's palsy, motor neuron disease; Sport's injuries like tennis elbow, rotator cuff tear, meniscal tear and General conditions like obesity, varicose veins, peripheral vascular disorders etc. During the year 2025-26, a total of **3660** patients were treated, of which **1638** were male, and **2022** were female. During the reporting year, i.e., 2026-27, from 1st April to 31st August, a total of **1159** patients were treated.

Eye Clinic

The Eye Clinic has been functioning efficiently and providing service to eye patients from 18th February 2017 onwards on OPD and IPD basis. Within the existing facility, *Kriyakalpas is being done* for selected patients throughout the week. During the year 2025-26, there were **4723** patients, out of whom **2243** patients were male and **2480** were female patients. Most commonly found eye diseases were *Timira, Abhishyanda, Kacha, Shushkakshipaka, Adhimantha, Lingnash*, etc. Various *Kriyakalpa* carried out to treat eye diseases included 1935 of *Nasya*, 1204 of *Tarpana*, 555 of *Shiropichu*, etc. During the reporting year, i.e., 2026-27, from 1st April to 31st August, there were **1623** patients. Various *Kriyakalpa* carried out to treat eye diseases included 1935 of *Nasya*, 1204 of *Tarpana*, 555 of *Shiropichu*, etc.

ENT OPD

ENT OPD caters to patients with various disease conditions like *Pratishyaya/Pinasa, Badhirya, Ardhavabhedaka, Karnashola, Karnanada*, etc. During the year 2025-26, a total of **1335** patients attended the clinics and were successfully treated for various disease conditions. A total of 730 patients were male, and 605 patients were female. During the reporting year, i.e., 2026-27, from 1st April to 31st August, a total of **601** patients attended the clinics and were successfully treated for various disease conditions.

Arthritis Clinic

During the year 2025-26, **2221** patients (706 male and 1515 female) attended the *Arthritis clinic*. During the reporting year, i.e., 2026-27, from 1st April to 31st August, **858** patients

attended the *Arthritis clinic* for various musculoskeletal disorders, primarily *Amavata*, *Sandhigatavata*, *Gridhrasi*, *Katigatavata*, etc.

Bal Rog Clinic

During the reporting year, i.e., 2025-26, **1881** children (1133 male, 748 female) were treated in OPD for various childhood disorders. During the reporting year, i.e., 2026-27, from 1st April to 31st August, **957** children were treated in OPD for various childhood disorders like *Pidika*, *Vatavyadhi*, *Shool*, *Krimi*, *Shwitra*, *Pangu*, *Kushtha*, *Pratishyay* etc.

Preventive Cardiology & Lifestyle Clinic

Preventive Cardiology & Lifestyle Clinic is functioning on Tuesday and Friday. During the year 2025-26, **1473 patients** were benefitted and documented through A-HMIS. Out of these, 845 patients were males, and 628 were females. During the reporting year, i.e., 2026-27, from 1st April to 31st August, **367** patients were consulted and documented through A-HMIS. Most of the patients reported conditions like Hridya roga, Ucchraktachap, Madhumeha, and Sthaulya etc.

Jararoga (Geriatric) OPD

During the reporting year, i.e., 2026-27, from 1st April to 31st August, **2786** patients attended the Geriatric OPD. Most of the patients reported conditions like Ucchraktachap, Madhumeha, Daurbalya, Sandhigatavata, Vatavyadhi, Mutra vikara, Oja Kshaya, etc.

Naidanik Manovigyan (Clinical Psychology)

Special OPD in the domain of Clinical Psychology started functioning from July 2021 onwards. In the year April 2025-March 2026, a total of 130 psychological sessions were conducted for patients across all age groups for issues like generalized anxiety, stress, burnout, cognitive problems, hyperactivity, sleep disturbances, depressive symptoms, etc. A total of seventy psychological sessions for females and sixty psychological sessions for males were conducted. Many of them are continuing for follow-up sessions also.

Satellite OPDs of CARI, New Delhi

1. ATC, Safdarjung Hospital
2. ATC, RML Hospital
3. ATC, Lady Hardinge
4. Ayush Wellness Clinic, Rashtrapati Bhavan
5. FAP, Supreme Court
6. CCRAS-JNU Treatment & Research Facility, New Delhi

7. CSIR-NPL
8. Press Club of India
9. CARI, Rohini

CRU, Safdarjung Hospital, New Delhi:-

Ayurvedic Chikitsa Kendra was established in Jan., 1998. Two big rooms have been provided to the Ayurvedic Chikitsa Kendra. One room is used for consultation and another room for registration, store, and dispensing of medicines.

During the year 2025-26, a total no. of **25,537** patients attended O.P.D., out of which **14213** patients were male and **11324** patients were female. Common diseases found in the O.P.D were *Sandhivata, Raktapradara, Mutrakricchra, Shotha, Klaibya, Arsha, Cyst, Amavata, Madhumeha, Kushtha, Artavakshaya, Kasa, Amlapittam, Shweta Pradar, Pratishyaya, Khalitya*, etc. During the reporting year, i.e., 2026-27, , from 1st April to 31st August, a total no. of **10,874** patients attended O.P.D., out of which **6164** patients were male and **4710** patients were female.

Ayurvedic Treatment Centre, Lady Hardinge Medical College and Hospital, New Delhi:

Ayurvedic Treatment Centre at Lady Hardinge Medical College was established on 19th September, 2009. During the year 2025-26, a total no. of **20645** patients attended the OPD, out of which **9799** patients were male and **10846** patients were female. It was observed that most of the patients who attended the O.P.D. were of *Aadhman, Sandhivata, Aamvata, Kandu, Vatarakta, Pratishyay, Daurbalyam, Kasa, Vibandh, Arsha, Amlapittam, Madhumeha, Ashmari*, etc. The competent authority of Lady Harding Medical College and Hospital permitted to conduct various laboratory investigations and other specific investigations in the laboratory of LHMC, New Delhi. During the reporting year, i.e., 2026-27, from 1st April to 31st August, a total no. of **11,454** patients attended O.P.D., out of which **5,406** patients were male and **6,048** patients were female.

Ayurvedic Chikitsa Kendra, PGIMER, Dr. Ram Manohar Lohia Hospital, New Delhi:

Ayurvedic Treatment Centre at PGIMER-Dr. Ram Manohar Lohia Hospital has been functional since 14th January, 2016. During the reporting year, i.e., 2025-26, a total no. of **8722** patients attended the OPD, out of which **5084** patients were male and **3638** patients were female. It was observed that most of the patients who attended the O.P.D. were suffering from *Manovahsrotos Vikar Sandhivata, Aadhmana, Vibandh Vatavyadhi, Amlapitta, Shirahshool, Raktagata Vata, Kasa, Gridhrasi, Ashmari, Mutrakricchra etc.* During the reporting year, i.e., 2026-27, from 1st April to 31st August, a total no. of **4,203** patients attended O.P.D., out of which **2,668** patients were male and **1,535** patients were female.

Ayush Wellness Clinic, President's Estate

Ayush Wellness Clinic at President's Estate has been running since July, 2015 under CARI, New Delhi. This centre is rendering O.P.D. services along with Panchakarma therapy to the patients. During the reporting year, i.e., 2025-26, a total of **4394** patients were treated, out of which **3016** were male patients and **1378** were female patients. Most of the patients attending the OPD were suffering from *Vatavyadhi, Triakshoola, Arsha, Madhumeha, Medoroga, Daurbalyam, Sandhivata, Kasa, Ajirna, Amlapittam*, etc. During the reporting year, i.e., 2026-27, from 1st April to 31st August, a total no. of **1,905** patients attended O.P.D.

Ayurveda Unit: FAP- Supreme Court, New Delhi

The Ayurveda Unit, FAP at the Supreme Court of India has been functional in the Supreme Court premises since 2008. The Unit is rendering services to Hon'ble Judges and the Registry in the Supreme Court of India. At present, one senior doctor, one pharmacist, and one Pharmacy attendant are rendering their services in this unit. During the year 2025-26, a total of **6036** patients were treated in FAP Supreme Court, out of which **4151** were male and **1885** were female patients. Most of the patients were suffering from *Vibandh, Aadhman, Gridhrasi, Kasa, Sandhivata, , Udavarta, Ajirnam, Amlapiitam, Amavata, Madhumeha, Arsha, Yakkritdalyudar* etc. During the reporting year, i.e., 2026-27, from 1st April to 31st August, a total no. of **2,420** patients attended O.P.D.

CCRAS-JNU Treatment & Research Facility, New Delhi

A new unit of CCRAS in collaboration with JNU has been initiated on 25/01/2023. The unit is providing consultations to the students and employees (working & retired) of the university campus thrice a week. During the year 2025-26, a total of **3731** patients were given consultation, of which **1903** are male and **1828** are female. Most of the patients were suffering from *Vibandh, Sandhivata, Kasa, Aadhman, Ajirnam, Gridhrasi, Madhumeha, Arsha, Mutrakricchra, Pratishyaya, Daurbalyam, Shwasa, Janubhed, etc.* During the reporting year, i.e., 2026-27, from 1st April to 31st August, a total no. of **1,392** patients attended O.P.D.

Consultation at Press Club of India

As per order no. F.N. HQ-Estt 11012/109/2023-ESTT/7274 dated 29.01.2024 and institute letter no. F.S.4-41/2023-24/CARI/Admn-Office Order No.1230/2023-24 dated 03.02.2024, the weekly clinic at "Press Club of India" is continued with the deputation of one Ayurvedic consultant every Saturday in financial year 2025-26, for the benefit of journalists and other press club members. During the year 2025-26, the total no. of patients consulted was 1143, out of which 912 were male and 231 were female. During the reporting year, i.e., 2026-27, from

1st April to 31st August, a total no. of **596** patients attended O.P.D. Press Club clinic reported the prevalence of gastrointestinal disorders along with fatty Liver. General consultation and follow-up sessions were given along with the free distribution of medicine as per the requirement of members of Press Club of India and their family members.



केन्द्रीय आयुर्वेद अनुसंधान संस्थान

रोड नं 66, पंजाबी बाग (पश्चिम), नई दिल्ली-110026

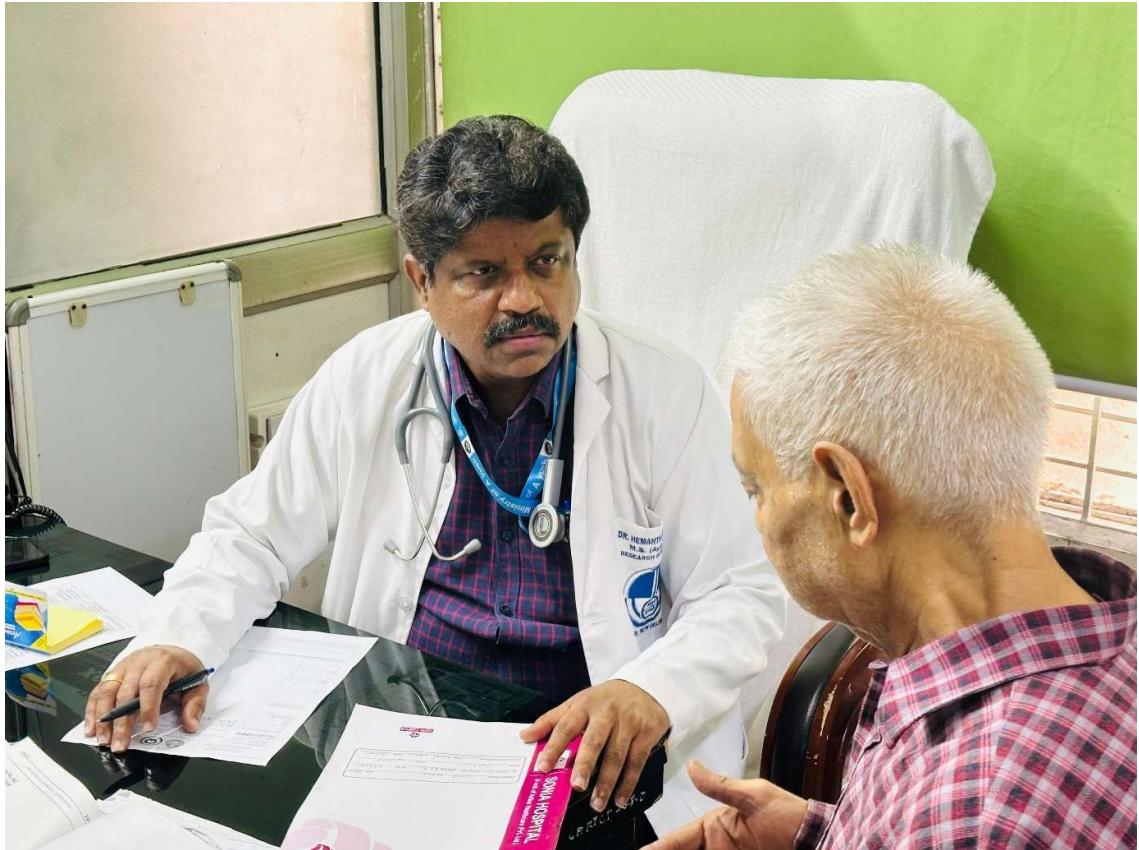
सामान्य बाह्यरोग विभाग (General OPD)

समय (Time) 9:00 AM to 12:30 PM

क्रम. सं. S. No.	दिवस Day	चिकित्सक Physician
1.	सोमवार Monday	डॉ. किशोर पटेल, आर.ओ. (आयु.) Dr. Kishor Patel, R.O. (Ay.) डॉ. ललिता शर्मा, आर.ओ. (आयु.) Dr. Lalita Sharma, R.O. (Ay.)
2.	मंगलवार Tuesday	डॉ. बबिता यादव, आर.ओ. (आयु.) Dr. Babita Yadav, R.O. (Ay.) डॉ. शाईजी लईक, आर.ओ. (आयु.) Dr. Shaizi Layeeq, R.O. (Ay.) डॉ. आयश्वर्या, आर.ओ. (आयु.) Dr. Aishwarya, R.O. (Ay.)
3.	बुधवार Wednesday	डॉ. हेमंत पाणिग्रही, आर.ओ. (आयु.) Dr. H. Panigrahi, R.O. (Ay.)
4.	गुरुवार Thursday	डॉ. सीमा जैन, आर.ओ. (आयु.) Dr. Seema Jain, R.O. (Ay.) डॉ. रथीश पी., आर.ओ. (आयु.) Dr. Ratheesh P., R.O. (Ay.) डॉ. करिश्मा, आर.ओ. (आयु.) Dr. Karishma, R.O. (Ay.)
5.	शुक्रवार Friday	डॉ. साक्षी शर्मा, आर.ओ. (आयु.) Dr. Sakshi Sharma, R.O. (Ay.) डॉ. श्वेता माता, आर.ओ. (आयु.) Dr. Shweta Mata, R.O. (Ay.)
6.	शनिवार Saturday	डॉ. सरोज देवी, आर.ओ. (आयु.) Dr. Saroj Devi, R.O. (Ay.) डॉ. रेनू रानी, आर.ओ. (आयु.) Dr. Renu Rani, R.O. (Ay.)

राजपत्रित अवकाश, रविवार तथा हर माह के दूसरे शनिवार को ओ. पी. डी. सेवा बन्द रहेगी।

OPD services will remain closed on gazetted holidays, Sunday & 2nd Saturday of every month.



General OPD at, CARI, New Delhi



BalRoga (Pediatrics) OPD at, CARL, New Delhi





Registration counter for OPD at, CARI, New Delhi



Extension OPD at CARI, Rohini



Registration counter for Extension OPD at CARI, Rohini