

CENTRAL AYURVEDA RESEARCH INSTITUTE BENGALURU

**#12, Uttarahalli Manavarthekeval, Uttarahalli Hobli
Kanakapura Main Road, Talaghattapura Post
Bengaluru, Karnataka-560 109**

ANNUAL PROGRESS REPORT 2025-26



**केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद्
आयुष मंत्रालय, भारत सरकार, नई दिल्ली**

**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of Ayush, Govt. of India, New Delhi**

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I. Administrative Report

1. Staff pattern for the year 2025-26 (01.04.2025 to 31.03.2026)

Sl. No.	Name of the sanctioned post	No. of posts sanctioned	Name & Designation of the persons working against post	No. of posts vacant	Sex M/F	Whether SC/ST/OBC	Remarks
1.	Asst. Director (Ay.)	01	Dr.Sulochana Bhat A.D. (Ay.) In charge	-	F	Neither	-
2.	Research Officer (Ay.)	06	Dr. Sanjay Kumar Giri* R.O. (Ay.)	-	M	OBC	-
3.			Dr.Shashidhar H. Doddamani R.O. (Ay.)		M	OBC	-
4.			Dr.Shubhashree M.N. R.O. (Ay.)		F	Neither	-
5.			Dr.Raghavendra Naik** R.O. (Ay.)		M	ST	Posted to BIS, New Delhi from November 2021
6.			Dr.Rajendra Kumar R.O. (Ay.)		M	Neither	-
7.			Dr.Bhavya B.M. R.O. (Ay.)		F	SC	-
8.	Research Officer (Path. -Medical)	01	Dr. Anchan Vidyashree Vittal, R.O. (Path.)	-	F	OBC	-
9.	Research Officer (Bio-Chem.)	01	Vacant	01	-	-	-
10.	Research Officer (Pharmacognosy)	01	Vacant	01	-	-	-
11.	Research Officer (Bot.)	01	Dr. V. Rama Rao R.O. (Bot.)	-	M	SC	-
12.	Assistant Research Officer (Chem.)	01	Vacant	01	-	-	-
13.	Assistant Research Officer (Pharmacognosy)	01	Vacant	01	-	-	-
14.	Research Assistant (Bot.)	02	Mrs. R. Bhavana R.A. (Bot.)	-1***	F	Neither	-

15.			Mrs. Ritu Sinha R.A. (Bot.)		F	Neither	-
16.			Dr. C. Srinivasulu, R.A. (Bot.)		M	OBC	
17.	Research Assistant (Chem.)	02	Mr. Suresh Kumar R.A (chem.)	01	M	OBC	-
18.	Sister-in-charge	01	Mrs. Bharathi M., Sister In charge	-1***	F	SC	-
19.			Mrs. Bhagyamma C., Sister In charge		F	OBC	
20.	Staff Nurse	03	Mr. Mallikarjun Neelavani, Staff Nurse	01	M	OBC	-
21.			Mr. Srinivas Iliger, Staff Nurse		M	Neither	
22.	Assistant	01	Vacant	01	-	-	-
23.	UDC	03	Mrs. Abitha J., UDC	02	F	OBC	-
24.	Stenographer Grade – I	01	Vacant	01	-	-	-
25.	Social Worker	01	Vacant	01	-	-	-
26.	Field Collector	01	Vacant	01	-	-	-
27.	Pharmacist Grade. I	02	Mr. Suraj Kumar, Pharmacist	01	M	OBC	-
28.	Lab. Technician	04	Mrs.G. Neetha M.L.T.	02	F	OBC	-
29.			Mrs. K. H. Hemavathi M.L.T		F	Neither	-
30.	Lab. Assistant	01	Mr. A. Sathish**** Jr M.L.T	-	M	SC	-
31.	LDC	03	Mrs. Jyothi. G. LDC	02	F	ST	-
32.	Lab Attendant	04	Mr. Delvin George Lab. Attendant	03	M	Neither	-
33.	Driver	01	Mr. H. Yathish Kumar Driver	-	M	ST	-
34.	Multi Task Staff (MTS) category						
35.	Attendant (Survey)	01	Vacant	01	-	-	-
36.	Cook	02	Vacant	02	-	-	-
37.	Field Attendant	02	Vacant	02	-	-	-

38.	Ward Aya	03	Vacant	03	-	-	-
39.	Chowkidar	03	Vacant	03	-	-	-
40.	Kitchen servant/Panchakarma Attendant	01	Mrs. G. Sowbhagya	00	F	SC	-
41.	Peon	03	Mr. Krishnamurthy K	01	M	OBC	-
42.			Mr. J. Santhosh, MTS		M	OBC	
43.	Safaiwala	03	Vacant	03	-	-	-
44.	Ward Boy	03	Mr. M.D. Rajanna	02	M	OBC	-
	Total	64	29 (Filled) + 2*****	37-2=35	-	-	-

*Dr. S.K. Giri, R.O. (Ay.) has retired on 31.03.2026 A/N and relieved on 30.03.2026 (as 31.03.2026 is being a General Holiday - Mahavir Jayanthi).

**Dr. Raghavendra Naik, R.O. (Ay.) is posted on loan basis in BIS, Delhi upto 20 May 2026.

***One each post of Research Assistant (Botany) and Sister In charge is surplus to the sanctioned posts.

****Shri A. Sathish., Junior Medical Laboratory Technologist is posted at CSMCARI, Chennai on temporary transfer basis w.e.f. 21.06.2025 A/N.

*****Shri Umesh B., Pharmacist and Shri Girish C., Panchakarma Technician (is deployed through the post does not exist) temporary transferred from RARIM&MMR., Goa to CARI, Bengaluru and they both have joined on 16.04.2025 F/N.

1.1 Services for the following categories obtained on Direct/ contract basis (Outsourcing)

Sl. No.	Designation	Name	Remarks
1.	Office Assistant (OA)	Mr. M Girijavallabhan	Directly engaged, Ex-Employee - Relieved on 31.10.2025 A/N
2.	Office Assistant	Mr. Simon Jose	Relieved on 15.04.2025 A/N
3.	Office Assistant (Hindi)	Mrs. Rashmi Kulkarni	-
4.	Office Assistant	Mr. Girish. C	-
5.		Mr. Chandranatha R.S	-
6.		Miss. Mahadevi Lingayat	-
7.		Mrs. Girija	Relieved on 12.12.2025 A/N
8.		Mrs. Pushpa M	From 15.12.2025 F/N
9.		Mr. Manoj	From 01.11.2025 F/N
10.	Staff Nurse	Mr. Jagannath H.B	-
11.		Mr. Santhosh	From 13.05.2025 F/N
12.	Laboratory Technician	Mr. Bharath V	Relieved on 30.09.2025 A/N
13.		Miss Ashwini	From 01.11.2025 F/N

14.	Radiology Technician	Mr. Mohan Kumar N	-
15.	Panchakarma Technician	Miss Jasmina P.P	-
16.	Panchakarma Attendant	Mrs. Pavithra	-
17.	Ward Aaya	Mrs. Nandini	-
18.		Mrs. Kaveri	-
19.		Mrs. Anitha	-
20.	Ward Boy	Mr. Sridhar Y	-
21.		Mr. Dulki fly	Relieved on 16.05.2025 A/N
22.		Mr. Tarun V.P	Relieved on 31.12.2025 A/N
23.		Mr. Ramesh B.L	From 01.01.2026 F/N
24.	Multi Tasking Attendant (MTA)	Mr. Sampath Kumar M	-
25.		Mr. Nagaraju	Relieved on 30.10.2025 A/N
26.		Mr. Gangadharaiah	-
27.		Mr. Sagar	-
28.		Mr. Shivashankar N	Relieved on 31.10.2025 A/N
29.		Miss. Anushree	Relieved on 31.03.2026 A/N
30.		Miss. Poornima	Relieved on 31.07.2025 A/N
31.		Mr. Nishanth	Joined on 15.05.2025 F/N Relieved on 21.01.2026 A/N
32.		Mr. Vinod Kumar	From 13.06.2025 F/N
33.		Mr. Mohammed Zabi Ulla	From 01.08.2025 F/N
34.		Mr. Venugopal C.V	Joined on 04.09.2025 Relieved on 31.10.2025
35.		Miss Divya H Nayak	From 08.09.2025 F/N
36.		Miss Nagalakshmi N	From 01.11.2025 F/N
37.		Mr. Shashidhar J	From 18.12.2025 F/N
38.		Mr. Venugopal L	From 24.01.2026 F/N

2. No. of staff according to group as on 31.03.2026:

Sl. No.	Group	General	SC	ST	OBC	Others	Total	Whether roster maintained or not
	A	3	2	1	3	-	9	Appointments made by HQ. office
	B	3	1	-	4	-	8	
	C	2	2	2	6	-	12	
Total		8	5	3	13	-	29	-

3. Expenditure

Sl. No.	Component	S.T. Category	Others	Total
1.	Male component	28,50,035	2,54,74,344	2,83,24,379
2.	Female component	5,42,194	2,43,13,887	2,48,56,081
Total		33,92,229	4,97,88,231	5,31,80,460

4. Brief reports on the Institute including infrastructure:

Central Ayurveda Research Institute (CARI), Bengaluru under Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Govt. of India, has been functioning in Bengaluru since 1971. The institute shifted from a state government building to its own campus in 2019, consists of Hospital Block with Out-Patient Department (OPD), 28-bedded In-patient Department (IPD), Specialty OPDs like Shalya & Marma Chikitsa, Shalakya (Eye & ENT), Diabetes, Manasaroga and Geriatrics. Other therapeutic facilities include Panchakarma, Yoga, Clinical Laboratory, Pharmacy, Minor OT, X-Ray, Ultrasonography (USG), and Echocardiography (ECG) and Hospital Canteen.

The Administrative Block of the institute houses key facilities including office, a meeting hall equipped with video conferencing, a seminar hall, raw drug museum and herbarium, food laboratory, library, store, and specialized laboratories such as microbiology, pharmacognosy, chemistry, and botany. Since its inception, the institute has been actively contributing towards achieving targets under assigned programmes with a multidisciplinary team of scientists working cohesively towards the scientific validation of Ayurveda.

Presently there are 31 regular employees working at CARI, Bengaluru against the 64 sanctioned posts. There are 13 (37%) permanent scientists including head of institute, 22 (63%) contractual researchers and 108 overall staff. Total 5 scientists and 22 contractual research staff at the institute are young women scientists and researchers. 28 (80%) among 35 total researchers are young scientists. 25 (71%) out of 35 are women scientists. The institute has supported all scientists and researchers for conferences, and training. 70% of the Officers have been deputed to provide training for various activities. All regular employees have undergone training and completed mandatory courses successfully under iGoT Karmayogi portal. 16 skill development programs have been conducted by the Institute in the reporting year. 8 training workshops and capacity building programs were organized by the Institute. 547 persons were benefitted by attending the skill development training. 25 awareness programmes and 2 health camps were conducted. Activities under Swachata action plan were successfully implemented. The institute has been providing training to BAMS & MBBS interneers of several medical and Ayurveda colleges.

Since its inception, the institute has made significant academic contributions with a total of 514 scientific publications and abstracts, 10 monographs, 8 published books, 8 book chapters, 11 book reviews and 1,613 presentations and participations, along with accolades including 3 gold medals, 4 best research paper awards, and incentives for two best publications. During the reporting year, scientists from the institute have published 22 research articles in national and international journals, 2 article is published in proceedings of the conference, 17 are in pipeline, 8 published books, 2 book chapter and 3 book reviews. The institute received 1014 citations for papers published over the preceding three financial years. Additionally, officers actively participated in 190 seminars, webinars, conferences, meetings, and hands-on training programmes. The institute's reference library houses 2,092 books, along with important scientific journals and CCRAS publications available for reference and sale. A total of 15 IEC materials related to outreach program and clinical services were prepared by the Institute. Audio visual material including video of Institute activities and recomposition of CCRAS Kulgeet was prepared. 3 scripts were submitted for production of docudrama episodes for Ministry of Ayush and for iGoT modules.

Institute has adopted AHMIS, AyusCare for Lab information management system (LIMS) and Drug inventory management system for patient care, Clinical laboratory and pharmacy respectively. The Institute has been conducting regular review meetings to monitor

the progress and has successfully conducted all the assigned activities as per the CCRAS calender.

The institute maintains a fully functional bilingual website (www.cari.gov.in), which recorded a total of 1,40,347 impressions during the reporting period and supported e-healthcare initiatives reaching 1,72,113 people. The website is differently abled friendly and adheres to all security protocols mandated by the Government of India. In addition, the institute operates a YouTube channel to promote health awareness and disseminate information on various activities and achievements of CARI, CCRAS, and the Ministry of Ayush.

During the reporting year, the institute received ₹17.59 crore from CCRAS Headquarters, of which ₹7.55 crore (42.9%) was utilized for R&D activities including IMR, EMR, collaborative, and outreach projects. Additionally, ₹1.58 crore was received from the Ministry of Ayush for the Centre of Excellence (CoE) on Diabetes. The institute generated a total revenue of ₹68,15,517, with the Clinical Research Unit contributing ₹58,77,686 through OPD/IPD services, Panchakarma procedures, minor OT, and diagnostic investigations such as X-ray, ECG, and USG. Other contributions included ₹1,59,750 from the Survey of Medicinal Plants Unit (SMPU), ₹58,100 from Chemistry/HPTLC activities of Drug Standardization & Research Unit (DSRU), ₹31,800 from sale of books and publications of CCRAS, ₹5,000 from tender processing fees, ₹6,05,450 from registration fees for an international conference and incubation projects, and ₹77,731 as interest from the savings bank account. An amount of ₹11.33 lakh (0.64%) remained unutilized and was returned.

More than 6 International and National programs like Conference/seminars/workshop were organized by CARI Bengaluru in this reporting year. The Officers have contributed to the Standard treatment guidelines of Metabolic Disorders published by Directorate General of Health Services (DGHS) and for regulatory policies of Incubation Centre at the Institute and for research methodology guidelines.

On the occasion of 57th foundation day of CCRAS, the institute organized a two-day International Conference on “Ayurveda and Integrative Approaches to Obesity and Metabolic Syndrome” on 1st - 2nd December 2025 at IISc Bengaluru in collaboration with IISc and NIMHANS. Around 850 delegates actively participated from about 85 institutes from India and abroad in a total of 24 parallel sessions with 240 presentations including pre-conference virtual event. The conference brought together experts from Ayurveda, Modern Medicine and allied sciences, which facilitated knowledge exchange, interdisciplinary collaboration, and key recommendations for strengthening integrative research and healthcare in metabolic diseases.

The Institute has established an incubation centre titled Ayurvedic Sciences Incubation Centre (ASIC) under the “Startup Incubation through AYUSH Institutions” scheme of the Ministry of Ayush for promotion of innovation and entrepreneurship in the Ayurveda sector by supporting startups with innovative product or service-based business ideas. With a sanctioned outlay of approximately ₹4.99 crore for a period of five years, ASIC aims to support startups across diverse domains including healthcare, nutraceuticals, supply chain, AI-based solutions, and social impact areas by providing mentorship, financial assistance, regulatory facilitation, and Intellectual Property Rights (IPR) support.

During the year 2025–26, the incubation centre formulated its Policy and Guidelines, constituted the Selection-cum-Review Committee and Project Approval Committee, and

developed initial infrastructure with dedicated workstations and office facilities. The Centre floated an Expression of Interest (EOI) through leading newspapers and social media platforms to invite applications from startups. In response, a total of 85 registrations and 25 business applications were received, out of which 23 applicants completed the mandatory processing requirements for further evaluation. Further screening and selection process is underway as per the prescribed timeline to identify suitable startups for incubation.

The institute has been certified by the Bureau of Indian Standards (BIS) under the IS/ISO 9001:2015 Quality Management System Certification Scheme for delivering quality healthcare services, following the successful completion of two stages of audits conducted by BIS authorities. An inspection by the National Accreditation Board for Testing and Calibration Laboratories (NABL) for accreditation of the institute's clinical laboratory was conducted on 31st January–1st February, 2026 for the Departments of Biochemistry and Hematology, covering a scope of 50 test parameters. This accomplishment marks our evolution from an entry-level facility to a fully established, NABL-accredited laboratory. CARI Bengaluru is the first CCRAS institute to be awarded ISO 15189:2022 accreditation for both Biochemistry and Haematology.

The institute played a key role in developing a proposal for establishing Department of Integrative medicine at upcoming Tata IISc Medical School, Bengaluru, which has been submitted to Ministry of Ayush after obtaining due approval from the Director IISc.

The institute is recognized as a Ph.D. centre by Datta Meghe Institute of Higher Education and Research (DMIHER), Sawangi, Wardha, Maharashtra, and as a Post-Doctoral Research Centre by Dayananda Sagar Academy of Technology and Management (DSATM), Bengaluru. The institute's application for recognition as a Ph.D. centre under Bangalore University is under progress. At present, three Ph.D. scholars are being guided through collaboration with DMIHER, and One Ph.D scholar is guided through JSS Academy of Higher Education and Research, Mysuru. One post-doctoral fellow is undergoing research under the institute's guidance. Two officers from the Institute have received Ayur vishwarathna award.

The Institute has received grants for one research project on Obesity from ICMR, for pharmacovigilance under AOGUSY Scheme and Centre for Excellence in Madhumeha, under Ayur Swasthya Scheme from Ministry of Ayush.

During the reporting period, the Internal Audit of institute was conducted by CCRAS Headquarters for the period 2017–18 to 2024–25, evaluated research activities, hospital services, and compliance with NABH, NABL, and BIS standards, confirming overall adherence to approved protocols and regulatory guidelines. The audit covered CCRAS-funded and outreach projects, hospital infrastructure, diagnostic facilities, and documentation systems, and highlighted key strengths such as 28 functional beds with round-the-clock health care, well-equipped laboratory services, and recognition as a Centre of Excellence (CoE) in diabetes management. The audit also emphasized the need to strengthen manpower in view of the increasing patient load to sustain quality healthcare services. Overall, the institute was found to be functioning satisfactorily, with identified corrective measures aimed at further enhancing operational efficiency and audit preparedness.

The inspection of the Central Ayurveda Research Institute (CARI), Bengaluru, was also conducted by Hindi Section of CCRAS Headquarters on 18.11.2025, focused on the implementation of Official Language (Hindi) policies and adherence to parliamentary

committee guidelines. The institute was advised to ensure compliance with prescribed targets for correspondence in Hindi, promote participation of officers in Hindi training programmes, and enhance the use of Hindi in meetings, publications, and official communications, with an emphasis on strengthening overall Rajbhasha implementation and compliance.

During the reporting period, the institute organized a wide range of national-level workshops, training programmes, and academic activities to strengthen research, clinical practices, and public health awareness. Major initiatives included a workshop on “Understanding Health and Wellness through Microbiome Research” held on 9–11 February 2026 in collaboration with the Distinguished Ayush Chair, Ministry of Ayush; a workshop on Pharmacovigilance and BIS standardization on 17 October 2025; and the seminar “Madhumeha Vimarsha” conducted on 14 November 2025 on the occasion of World Diabetes Day. A capacity-building and research orientation programme for Ayurveda professionals was held on 26 February 2026 at IISc Bengaluru, along with an expert clinical consensus meeting on SOP development of Netra Kriyakalpa at CARI Bhubaneswar on 2–3 March 2026. The institute also conducted an Investigator’s Training Programme on CCRAS standardized Prakriti and Swasthya Assessment Scale on 28 March 2026 for faculties of various Ayurveda colleges across Karnataka. Prakriti Assessment Training was also imparted to major institutes of Karnataka like Department of Integrative Medicine, National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru, SDM Institute of Ayurveda & Hospital, Bengaluru and JSS Ayurvedic Medical College & Hospital, Mysore; and a GCP training programme for Institutional Ethics Committee members in collaboration with City Health Care, Kolar, on 12 August 2025. In addition, workshops on pharmacovigilance awareness programmes at 12 Ayush colleges, training on research methodology and diabetes management for 12 batches of Ayurveda students, and 4 Rajbhasha Hindi workshops were also conducted during the reporting period.

The institute also actively observed important national and international days, including World Environment Day (5 June 2025), International Yoga Day (21 June 2025), Blood Donation Day (14 June 2025), Organ Donation Day (13 August 2025), Constitution Day (26 November 2025), Janjatiya Gaurav Divas (15 November 2025), Patient Rights Day (17 September 2025), World Patient Safety Day (17 September 2025), Ayurveda Day (29 October 2025), Hindi Pakhwada (14–28 September 2025), Hindi Diwas (14 September 2025), and national programmes such as Poshan Maah (September 2025), Swachhata Abhiyan, World Diabetes Day (14th November) and Vigilance Awareness Week (27 October–2 November 2025).

Under the Swachhata Hi Seva 2025 campaign, the institute organized various activities, including awareness programmes on sanitation, solid waste management, and biomedical waste management, and administered the Swachhata pledge to all staff, promoting environmental responsibility and public health awareness.

Presently, the institute is rendering clinical services through a NABH-certified hospital and an NABL-accredited laboratory, providing comprehensive primary healthcare at both outpatient and inpatient levels with free medicines. The facilities include preventive and curative care, routine pathological and biochemical laboratory investigations, Panchakarma, Shalya and Marma Chikitsa, Minor OT, Shalakya (Eye & ENT), Yoga, De-addiction and Manasa Roga services, along with diagnostic services such as Ultrasonography (USG), Color Doppler USG, X-ray, and Electrocardiography (ECG).

Since inception, the Clinical Research Unit (CRU) has served 5,35,123 patients. During the reporting period, a total of 49,757 patients (48,774 at CARI Campus, Kanakapura Road, and 983 at NAL OPD) were treated, with an average daily footfall of 165 patients. The Centre of Excellence (CoE) OPD managed 12,226 diabetic cases, including 1,749 new and 10,477 follow-up patients. Specialized services catered to 15,012 geriatric patients, 2,393 Shalya OPD patients, 2,870 Shalakya OPD patients, and 583 patients with flu-like illness. A total of 31,343 Panchakarma procedures and 381 para-surgical procedures were performed. Additionally, 1,55,576 investigations were conducted, including 1,52,978 laboratory tests, 1,619 USG/ECG, and 979 X-rays. The institute admitted 991 patients and discharged 984 patients during the period, maintaining a high bed occupancy rate of 97.76%. Furthermore, seven health camps were organized to extend healthcare services to the community.

Consultancy services of the Institute include drug authentication and standardization, demonstration of medical plant identification, herbarium methodology, and pharmacognosy apart clinical consultancy like e-health, health consultancy at other organizations like National Aerospace Laboratories (NAL).

Since inception, clinical research projects on Kuposhana (Malnutrition), Arsha (Haemorrhoids), Manodwega (Anxiety neurosis), Tamakashwasa (Bronchial Asthma), Vyanabala Vaishmya (Hypertension), Pandu (Iron deficiency Anemia) have been completed. Further, collection of information about claims of prevention and treatment of Vector Borne Diseases, Flu like illness and Pharmacovigilance studies on Ayurvedic medicines have been completed. Intramural Clinical Research Projects (IMCRP) on Rasayana (Aswagandhavalehya and Brahma Rasayana in geriatrics), Kashtartava (Dysmenorrhoea), Sthaulya (Obesity), Osteoarthritis Knee, Rasayana effect of Chyavanaprasha, Osteoporosis, Bronchial Asthma, Gridhrasi, Rasaushadhis, KAP study on Diabetes Mellitus, AYSUH-D in Pre-Diabetes and Type 2 Diabetes Mellitus, Dengue, Breast cancer, Medoroga (Obesity), Non Alcoholic Fatty Liver Disease (NAFLD), Health care seeking behavior, Ayurveda based community health care approach, Subclinical Hypothyroidism, Systems Biology approach to Prakriti, Diabetic Retinopathy, Dyslipidemia, Generalized Anxiety Disorder (GAD), Tuberculosis, Traditional food recipes, Prescription Trends in Osteoarthritis etc. have been completed.

Total 12 projects were completed under Centre of Excellence (CoE) for Diabetes viz- Evaluation of anti-diabetic efficacy of four selected classical Ayurvedic poly-herbal formulations in Type-2 Diabetes Mellitus–A randomized pilot study; Clinical evaluation of anti-diabetic efficacy of ‘Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulations in Pre-diabetes–A pilot study; A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes; A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes); Knowledge, Attitude and Practices related to Madhumeha (Diabetes); Development of predictive system for diagnosing the risk of Diabetes using machine learning techniques; Preclinical study of four antidiabetic formulations in high fat diet along with low dose of Streptozotocin induced diabetes in Wistar rats; Evaluation of bio-availability of Varadi and Mustadighanavati in healthy volunteers, A crossover randomized clinical trial; Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients. A cross-sectional study; Evaluation of two ready-to-cook dietary supplements for its anti- diabetic property in patients of type-2 diabetes mellitus-A Randomized control trial; Safety and efficacy of Mustadi ghanavati and Varadi ghanavati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study; Psychological assessment of type-2

diabetes mellitus through Manasikabhava Pareeksha and Diabetes Distress Scale: An observational study.

During the reporting period, the institute has completed fourteen research Projects viz.-Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans; A Cross-Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy; Efficacy and safety of Ayurveda Formulation ‘Trikatu’ in Dyslipidemia – A Prospective Randomized Double Blind Placebo Controlled Trial; A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme; Evaluation of Hepatoprotective activity of PTK as an add on therapy in the patients of Tuberculosis on ATT - A Double-Blind Randomized control clinical study; Evaluating the efficacy of Ayurvedic intervention as add on to conventional treatment and explore the interaction of epigenetics, neuro/gut biomarkers and neuroimaging in pediatric ADHD (attention deficit hyperactivity disorder); Seasonal variation on bioactive compounds of Panchavalkal-05 medicinal plants used in Ayurveda; Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective; Documentation of Prescription Trends in Osteoarthritis by Ayurveda Physicians–A Retrospective Analysis; Documentation of history and development of CCRAS: a chronological perspective; Documentation of Ethno - Dietary Practices Indigenous India (THCRP); Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India. (THCRP); Documentation of Ethno - Dietary Practices Indigenous India (SCSP); Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India. (SCSP); 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); Tolerability, treatment adherence and effectiveness of Ayurvedic Intervention (Drakshavaleha and Punarnava Mandura) in the management of moderate Iron Deficiency Anemia in students of selected Ekalavya Model Residential Schools: a collaborative study under EMRS project.

Out of these fifteen projects, extension was sought for nine projects. 40% of research projects completed on time. The technical reports of completed projects are being prepared and yet to be submitted by the institute.

Management of Autism Spectrum Disorder in children through a comprehensive Ayurveda approach as an add-on to conventional therapy - A randomized control clinical trial; A Clinical Consensus Study for developing the practice guidelines and Standardization of Tarpana & Putapaka with a Feasibility Study in Myopia; Survey and Documentation on Netra Kriyakalpa practices among registered Ayurveda practitioners across India; Effectiveness of Drakshavaleha in Improving the symptoms of Functional Gastrointestinal Disorders (FGD) - A Multi Centre Study; Study and documentation of plant raw drugs for substitution & adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh, Telangana); Documentation of Wild Edible and Medicinal Plants available in different markets of southern part of Western Ghats in Karnataka State of Karnataka; Medico Ethno Botanical Survey of Nallamala forests located in the states of Andhra Pradesh and Telangana; Ayurveda Sciences Incubation Centre (ASIC) are eight ongoing Intra Mural Research (IMR) projects in the institute.

CARI is executing Nine Multi Centric/Collaborative Clinical Research Projects (MCCR)- viz-Ayurveda therapeutic regimen as an Add-on to optimized conventional

management of Parkinson's disease: An RCT for assessment of Clinical, Cortical excitability, Neuroimmune and Autonomic function parameters; A Comparative study to evaluate the efficacy and safety of Ayurvedic Intervention in Insomnia disorder among the elderly – A prospective randomized open- label study; Efficacy and safety of Arjuna [*Terminalia arjuna* (Roxb.Wight&Arn)] as an adjunct to standard care in Atherogenic Dyslipidemia- A randomized double-blind placebo-controlled study; Safety, Efficacy, Acceptability & Tolerability of Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial; General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs; A Double-Blind Double Dummy Prospective Randomized Controlled Study to evaluate the efficacy of classical Ayurveda Management versus Methotrexate in Rheumatoid Arthritis (AMRA); Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products; Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations; Comparative evaluation of field and hydroponic cultivation of selected Ayurvedic medicinal plants.

One collaborative project in collaboration with Indian Institute of Science (IISc), Bengaluru is ongoing – “A Randomized active comparator controlled clinical trial of selected Ayurvedic formulations in Pre-Diabetes and Type 2 Diabetes”. Another collaborative project in collaboration with National Institute of Traditional Medicine (NITM), Belagavi and funded by Indian Council of Medical Research (ICMR). Previously titled as “Evaluation of Triphala as an Add-on Intervention for Sustained Weight Loss in Overweight and Obesity: A Randomized Placebo-Controlled Clinical Trial” but currently re-titled as “Evaluation of Triphala as an Add-on Intervention for Sustained Anti-obesity Effect in Central Obesity: A Randomized Placebo-Controlled Clinical Trial (TRUST-RCT-2024)” is also ongoing.

Total 9 projects are sanctioned but yet to be initiated viz-Safety & Efficacy of Integrative Ayurvedic Intervention in the management of Mild Neuro Cognitive Disorder (MNCD) (Smritibhramsa) – A Randomized Controlled Clinical Trial; Efficacy of Ayurveda coded formulation Ayush D in the management of Type 2 Diabetes Mellitus- A prospective multi-center randomized double-blind placebo-controlled clinical trial under SMART 2; Effect of Tagar (*Valeriana Wellichii*) on sleep outcomes in older adults with Insomnia: a multisite clinical trial under SMART 3; Evaluation of Comprehensive Ayurveda Interventions Against Standard Care in Osteoarthritis Knee – A Pragmatic Clinical Trial; A Comparative study to Evaluate Safety and Efficacy of Integrative Ayurveda and Yoga Intervention in Geriatric depressionat old age homes - A cluster randomization study; Efficacy of Ayurveda Nutritional Supplement (Ayush BL) in children aged 6 to 12 years with Moderate Acute Malnutrition – A Cluster Randomized clinical Trial; Development of Millet based dietary supplements for Type 2 Diabetes Mellitus patients; A cross-sectional survey to study the distribution pattern of different prakriti types across India -A multi centric study; Medico Ethno Botanical Survey of Chikkaballapura District, Karnataka state.

Total two projects were approved by Project Evaluation and Monitoring Committee (PEMC) but to be sanctioned include- Compliance assessment of marketed "Ayurvedic"/"Herbal"/ "Natural" positioned cosmetics in India with existing regulatory framework of D & C Act 1940 and Rule 1945, Cosmetics Rules 2020 and Cosmetic Amendment Rules 2025 and A Systematic Survey Study; CCRAS-Central Digital Database of Edible Fruits-Karnataka.

Total 2 projects were submitted to Project Evaluation and Monitoring Committee (PEMC) include- Prospective Documentation of Amruta Varicose Vein Syrup and Oil in the Management of Varicose Veins, Including Venous Ulcers and Chronic Venous Insufficiency; Efficacy of Ayush 64 as an add-on to Lifestyle advocacy in Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) – A Randomized controlled trial.

Other 7 proposed IMR/collaborative projects viz.-Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes Associated with Diabetes: A Randomized Double Blinded Placebo Controlled Clinical Trial; A comparative study to evaluate the efficacy and safety of Ayurvedic intervention in prediabetic and diabetes mellitus 2 subjects- A prospective randomized open label study; Integrative Ayurvedic Management of Early Non-Proliferative Diabetic Retinopathy: A Randomized Controlled Trial Assessing Retinal Structure and Visual Function (Submitted at the ICMR e-PMS portal); A Community based study on obesity using Ayurveda and Yoga Interventions (Submitted via Ayush NGO Portal under Ayurswathya Yojana of Ministry of Ayush); Efficacy of Ayurveda intervention in the management of Psoriasis and its association with Metabolic syndrome: A randomized controlled clinical trial; Standardization of oldest traditional organic manure - Kunapajala; Establishment of Regional Raw Drug Repository of Western Coastal Plain (Kerala, Maharashtra, Goa, Daman & Diu, Lakshadweep) are submitted for approval.

Under Medicinal Plants Research, about 110 botanical raw drugs weighing about 428.3 kg fresh/dry crude samples have been collected/purchased and after processing about 214.44 kg material supplied to various IMR/Collaborative research projects of CCRAS during the reporting year. Total 675 botanical samples have been identified, and authentication certificates are issued for academic/research students.

During the reporting period, total 335 samples were analyzed using HPTLC, physicochemical constant values determination, phytochemical screening, and powder microscopy. Provided demonstrative training on handling of HPTLC, Phytochemical and Physicochemical studies of plant material to about 632 students in batches of 20-30 students from various colleges such as SDM Ayurveda College, Atreya Ayurveda Medical College, Sri Sri Ayurveda College, Adichunchanagiri Ayurvedic Medical College, Kalabryaweshwara swami Ayurvedic Medical College and Hospital Research Centre, Govt Ayurveda Medical College; Nalanda Degree College, Chittoor, Andhra Pradesh.

Besides, the Institute has conducted outreach activities viz.- Tribal Health Care Research Project (THCRP), Ayurveda Mobile Health Care Project (AMHCP)- Scheduled Caste Sub Plan (SCSP) and Ekalavya Model Residential Schools (EMRS) with public health orientation. The institute also took part in organizing the free health camps and distributed medicine to the needy public.

During the reporting period, under Tribal Health Care Research Project (THCRP), 130 tours/field visits were conducted at 20 Blocks of 05 Districts of 02 states including Karnataka & Goa. Total 2314 patients were treated, and 147 lab investigations were performed. Total 44 awareness lectures were conducted in which 962 people benefitted. Under “Documentation of Ethno-Dietary Practices Indigenous India (THCRP)” project, the team documented total 178 recipes via conducting 100 In-depth Interviews (IDIs) and 20 Focused Group Discussion (FGDs) in selected areas of Karnataka & Goa. The team also visited 15 famous religious places and 3 Vedic Universities. Under “Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious

practices and rituals across India (THCRP)” project, the team documented total 135 rituals via conducting 93 In-depth Interviews (IDIs) and 20 Focused Group Discussion (FGDs) in selected areas of Karnataka & Goa. The team also visited 3 famous religious places and 1 Vedic University.

During the reporting period, under Ayurveda Mobile Health Care Programme under Scheduled Caste Subplan (AMHCP-SCSP), 98 tours/field visits were conducted at 20 Blocks of 06 Districts of Karnataka. Total 1705 patients were treated and 1944 lab investigations were performed. Total 22 awareness lectures were conducted in which 681 people benefited. Under “Documentation of Ethno - Dietary Practices Indigenous India” project, the team documented total 478 recipes via conducting 104 In-depth Interviews (IDIs) and 20 Focused Group Discussion (FGDs) in selected areas of Karnataka. The team also visited 35 famous religious places and 3 Vedic Universities. Under “Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India” project, the team documented total 238 rituals via conducting 100 In-depth Interviews (IDIs) and 20 Focused Group Discussion (FGDs) in selected areas of Karnataka. Total 72 rituals were documented via conducting 29 In-depth Interviews (IDIs) and 2 Focused Group Discussion (FGDs) in Famous religious places and 9 rituals via 1 IDI and 2 FGD at 3 Vedic Universities.

Ministry of Ayush, in collaboration with Ministry of Tribal Affairs & Indian Council of Medical Research- National Institute for Research in Tribal Health (ICMR-NIRTH), Jabalpur has jointly initiated the screening of Ekalavya Model Residential Schools (EMRS) students with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students. Under this programme, students diagnosed with mild Anemia given with intervention from February 2025 to June 2025, moderate Malnutrition from February 2025 to August 2025 and IDA from July 2025 to October 2025 and Lifestyle advocacy from June 2025 and is ongoing. In each visit conducted awareness lectures to students, provided Incidental support and do the follow up of the participants enrolled into the study. Distributed sports items to the students at both the schools. Yoga sessions were conducted to the students at both the schools. Total 62 visits for incidental support were conducted and the medicines distributed for the students, teachers and other staff.

To support Fit India movement, a classical Ayurveda based energy drink developed by CSIR-CFTRI, Mysuru. The product is developed. Planning for the clinical trial is underway. The Beeja Ladduka is a classical Ayurvedic preparation prepared in collaboration with CSIR-CFTRI, which is a nutritional supplement planned to be given in mild and moderate malnutrition in school children.

The National Pharmacovigilance Program is also continuing under Ayush Oushadhi Gunvatta Evam Utpadan Samvardhan Yojana (AOGUSY), Central Sector Scheme, Ministry of Ayush. Awareness regarding pharmacovigilance is being created under this program. Total 137 misleading advertisements, and 11 Adverse Drug Reactions (ADR) were reported. Total 12 awareness programs were conducted at various Ayush colleges and CARI Bengaluru.

The Central Ayurveda Research Institute (CARI), Bengaluru, is the first institute under CCRAS to be granted the Centre of Excellence scheme for Research and Clinical Services in Madhumeha (Diabetes Mellitus) by the Ministry of Ayush, with a total funding of ₹7,24,80,400/- for a period of five years. Under this scheme, a specialized OPD for Madhumeha patients is operational, providing free consultation, medicines, and laboratory

investigations. During the reporting period, the CoE OPD catered to a total of 12,226 patient visits, including 1,749 new diabetic patients (1,034 male and 715 female) and 10,477 follow-up visits (6,238 male and 4,239 female), offering comprehensive Ayurveda-based management of diabetes.

Total 20 training programmes were conducted of which 10 were for patients and 10 student training programmes. The anti-diabetic efficacy of four selected formulations was evaluated at Nagpur Veterinary college, Nagpur and a pilot study completed using four selected formulations. Based on the animal study report, two formulations were selected for the clinical trial and the study is completed (Safety and efficacy of Mustadi ghanavati and Varadi ghanavati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study). SOPs for two ready to cook food recipes developed in collaboration with Centre for Incubation, Innovation, Research, and consultancy (CIIRC), Bengaluru and clinical trial is completed to evaluate the two ready to cook dietary supplements for its antidiabetic property in patients of type -2 diabetes mellitus. Ultrasound sonography and ECG machine was purchased under CoE scheme during the previous year and is being utilized for the patients at CARI hospital. Risk assessment portal is developed using Artificial Intelligence (AI) technology and made available in the institute website for the viewers to assess the risk of Diabetes. 10 IEC materials have been developed and are being distributed to public, and the soft copies are available on the website.

In addition, 3 minor research projects, two initiated in the previous year (Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients – A cross-sectional study, Evaluation of bioavailability of Varadi and Mustadi ghanavati in healthy volunteers – A cross-over randomized clinical trial) and one initiated in the reporting period (Psychological assessment of type-2 diabetes mellitus through Manasika bhava Pareeksha and Diabetes Distress Scale: An observational study) were completed, and article in this regard is under submission. During the reporting period, two articles were published in peer reviewed journals and 4 were communicated for publication.

5. Resources generated during the year from OPD/DSRU/SMPU/Sale of Council's Publication/Library membership fee etc. (01.04.2025 to 31.03.2026)

Sl. No	Resources generated	Amount. (in thousands)
1.	Sale of Council's Pub./Books/CDs	700
2.	Service charges includes Library Membership fee, Authentication, Chemical analysis etc.	2,17,850
3.	OPD Registration fee	2,39,120
4.	Eye OPD	1,150
5.	Lab investigation charges	33,51,250
6.	Panchakarma charges	29,028
7.	Radiology	2,32,408
8.	IPD	19,96,490
9.	Minor OT Shalya	28,240
10.	Miscellaneous (Tender Processing Fee & etc.,)	9,058
11.	Sale of unserviceable items etc.	30,000
12.	Interest received in savings bank account of the institute	77,731

13.	Sale of medicinal plants	1,100
14.	Registration fees of international conference/ Business application fees of Incubation centre	6,05,450
	Total	68,19,575.00

6. Details of the budgetary provision of the Institute during reporting period (2025-26)

Sl. No.	Scheme	B.E. 2025-26 (in thousands)	Funds received (in thousands)	Actual expenditure (in thousands)
1.	Pay & Allowances	5,31,80,460	5,31,80,460	5,31,80,460
2.	TA	5,00,000	5,00,000	4,98,359
3.	Contingencies			
	Wages	10,00,000	10,00,000	9,99,788
	Office expenses	2,69,00,000	2,69,00,000	2,69,00,000
	Rent Rates Tax	1,79,991	1,79,991	1,79,991
	Digital equipments	1,00,000	1,00,000	1,00,000
	Other revenue expenses	75,000	75,000	75,000
	Advertisement	2,00,000	2,00,000	2,00,000
	Awards and prizes	10,000	10,000	10,000
	Professional service	2,50,000	2,50,000	2,49,120
4.	Research Activities	1,25,00,000	1,25,00,000	1,25,00,000
5.	Swachhta Action Plan	5,00,000	5,00,000	5,00,000
6.	AMHCP – SCSP	45,75,000	45,75,000	45,75,000
7.	Tribal Area Sub Plan-THCRP	50,02,500	50,02,500	50,02,500
9.	EMRS	25,71,991	25,71,991	25,71,991
10	UAE Fellowship	12,36,000	12,36,000	12,36,000
11	International conference	24,34,000	24,34,000	15,88,108
12	National workshop	6,60,000	6,60,000	5,65,455
13	Lifestyle advocacy SCSP	16,60,000	16,60,000	16,60,000
14	Ayush BL TSP	53,74,500	53,74,500	53,74,500
	Total	11,89,09,442	11,89,09,442	11,79,66,272

7. Committees in the institute

7.1 Expert Advisory Committee for Centre of Excellence in Madhumeha

Sl. No	Name & designation	Specialization
1.	Dr. S Srikanta, Medical Director, Samatvam Endocrinology Diabetes Centre	Endocrinology & Diabetology
2.	Dr.CR Jayanthi, Retd.Dean, Faculty of Medicine & Professor & HOD of Pharmacology, Bangalore Medical College & Research Institute, Bengaluru	Pharmacology
3.	Dr. Raveendra KR, Professor, Dept. Of Internal Medicine, Bangalore Medical College & Research Institute, Bengaluru	Endocrinology

4.	Dr. Yogesh S Shouche, Scientist G, National Centre for Cell Science (NCCS), Department of Biotechnology, Pune	Diabetology
5.	Dr Ravishankar B, Research Head, Sri Sri College of Ayurvedic Science and Research	Microbiology
6.	Dr. Kishore Kumar R, Professor of Ayurveda, Centre for Integrative Medicine and Research, NIMHANS, Bengaluru	Ayurveda & Clinical Research
7.	Dr Supriya Bhalerao, Associate Professor, Interactive Research School for Health Affairs (IRSHA), BharatiVidyapeeth, Pune	Ayurveda & Research
8.	Dr. Sridhar BN, Former Incharge, CARI, Bengaluru	Ayurveda & Dietetics
9.	Dr. Radhika MS, Scientist E & HOD, Department of Dietetics, ICMR-NIN	Food technology
10.	Dr. G. Bhanuprakash Reddy, Scientist-G & HoD, Biochemistry Division, ICMR-NIN, Hyderabad	Food Biochemistry
11.	Dr. N. Samarasimha Reddy, Scientist-E, Clinical Epidemiology Division, ICMR-NIN, Hyderabad	Clinical Epidemiology
12.	Dr. N. Girish, Additional Professor, Dept. Of Epidemiology, National Institute of Mental Health and Neuro Sciences, Bengaluru	Epidemiology
13.	Dr. KP. Suresh, Sr. Scientist, National Institute of Veterinary Epidemiology and Disease Informatics (NIVEDI)	Biostatistics
14.	Dr. Ashok B K, Sr. Research Scientist, R&D, Himalaya Drug Company, Bengaluru	Drug development

7.2 Institute Ethical Committee (IEC)

Sl. No.	Name with Contact no.	IEC status
1.	Dr. B. A. Venkatesh Ex. Principal, GAMC, Dhanvantari Road, Bengaluru 560009. E-mail: dr.bavenkatesh@gmail.com Mob. No. 9845015567	Chairperson
2.	Dr. Prof. Geetha Dept. of Pharmacology, Bengaluru Medical College and Res. Institute, Fort K.R. Road, Bengaluru – 560002. geetha25bmcri@gmail.com Mobile No.9886224085	Member (Basic Medical Scientist)
3.	Dr. Vikram.S. Prof & Head Dept. of Rasashastra & Bhaishajya Kalpana, Sri Sri College of Ay. Science & Res. Survey, Bengaluru – 560 082. Mobile No-9886262361 Email: vikram_ayur@yahoo.com / drvikramayur@gmail.com	Member (Basic Medical Scientist)
4.	Dr. Santosh Y, Professor & HOD Dept of PG studies in Panchakarma, Taranath Govt Ayurvedic Medical College, Ballari Ph-9902322355 Email-ayursantosh@yahoo.co.in	Member (Clinician Ayurveda)
5.	Dr. Raghavendra BM, Professor, Department of General Medicine, Bengaluru Medical College and Res. Institute (BMCRI) Fort K.R. Road, Bengaluru – 560002. 7892098260 drgrbm78@gmail.com	Member (Allopathic Physician)
6.	Miss Shivani Murthy, Advocate, 401, 4th floor, 29/8 Sri Ram Niketan, Nanjappa Road, Shantinagar, Bengaluru 560027 99163 11195 shivaniipmurthy@gmail.com	Member (Legal Expert)
7.	Mrs. Sarah Abraham Ex- Principal, No 1008, Sobha Hill view Apts, Thalaghattapura, Bengaluru – 560 109. Mobile No.9916334453. Email: sarahabraham56@gmail.com	Member (Social Scientist)
8.	Shri. Krishna Kumar # 87, ‘SURABHI’ VISL Layout, Ist Main, 3 rd cross, “Silk Institute Metro Station” off Kanakapura Main Road, Thalaghattapura, (Near S.S. Vruddi Apartment) Bengaluru – 560 109. Mobile no.-8073535371/9980631599. Email: silkyman61@gmail.com	Member (Lay person)
9.	Dr. Shubhashree MN Research Officer (Ayurveda) Central Ayurveda Research Institute, Bengaluru Email: shubhathejas@gmail.com , Mobile no.-9448016968	Member Secretary

7.3 Committee for prevention of Sexual Harassment of women in workplace

Sl. No.	Name & Designation	Status in Committee
1.	Dr. M.N. Shubhashree, R.O. (Ay.)	Chairman
2.	Dr. S.H. Doddamani, R.O. (Ay.)	Member
3.	Dr. Thejaswini C., R.O. (Ay.)	Member
4.	Smt. Hemavathi K.H, L.T. (Path.)	Member
5.	Ms. Shivani Murthy, Advocate	Legal Expert
6.	Ms. Jyothi G, LDC	Member Secretary

7.4 Official Language Implementation Committee (OLIC)

Sl. No.	Name & Designation	Status in Committee
1.	Dr. Sulochana Bhat, AD In-charge	Chairman
2.	Dr. Rajendra Kumar, RO (Ay.)	Raja Bhasha Officer
3.	Dr. Bhavya BM, RO (Ay.)	Member
4.	Smt. Ritu Sinha, R.A. (Bot.)	Member
5.	Mr. Suresh Kumar, RA (Chemistry)	Member
6.	Ms. Jyothi G, LDC	Member
7.	Smt. Rashmi Kulkarni, Hindi Assistant	Member

7.5 Purchase Committee

Sl. No.	Name & Designation	Status in Committee
1.	Dr. S.H. Doddamani, R.O. (Ay.)	Chairman
2.	Dr. M.N. Shubhashree, R.O. (Ay.)	Member
3.	Dr. V. Rama Rao, R.O. (Bot.)	Member
4.	Dr. Anchan Vidyashree Vittal, RO (Patho)	Member
5.	Shri. M. Girijavallabhan, Office Assistant	Supporting staff

7.6 Condemnation Committee

Sl. No.	Name and affiliation	Status
1.	Dr. Sanjay Kumar Giri, R.O. (Ay.)	Chairman
2.	Dr. Rajendra Kumar, R.O. (Ay.)	Member
3.	Dr. Bhavya B.M., R.O. (Ay.)	Member
4.	Shri. M. Girijavallabhan	Supporting staff

7.7 Technical Co-Ordination Committee

Sl. No.	Name & Designation	Status in Committee
1.	Dr. S.H. Doddamani, R.O. (Ay.)	Chairman
2.	Dr. M.N. Shubhashree, R.O. (Ay.).	Member
3.	Dr. V. Rama Rao, R.O. (Bot.)	Member

7.8 Swachhata Committee

Sl. No.	Name & Designation	Status in Committee
1.	Dr. Sulochana Bhat, A.D. In-charge	Chairman
2.	Dr. S H Doddamani, R.O. (Ay.).	Member
3.	Dr. Bhavya B.M, R.O. (Ay.)	Member

7.9 e-Office Committee

Sl. No	Name and affiliation	Status
1.	Dr. Rajendra Kumar, R.O. (Ay.)	Chairman
2.	Smt. Jyothi G., LDC	Member
3.	Sh. Delvin George, Lab. Attendant	Member

7.10 Media Management Committee

Sl. No.	Name and affiliation	Status
1.	Dr. M.N. Shubhashree, R.O. (Ay.)	Chairman
2.	Sh. Rahul Kumar, SRF (IT)	Member

7.11 Staff Grievance Committee

Sl. No.	Public Grievance Committee	Status
1.	Dr. Bhavya B.M., R.O. (Ay.)	Chairman
1.	Dr. Rajendra Kumar, R.O. (Ay.)	Member
2.	Smt. R. Bhavana, R.A. (Bot.)	Member
3.	Shri A. Sathish, Jr. MLT	Member
4.	Smt. Jyothi G., LDC	Member

7.12 Public Grievance Committee

Sl. No.	Public Grievance Committee	Status
1.	Dr. M.N. Shubhashree, R.O. (Ay.)	Chairman
2.	Dr. Anchan Vidyashree, R.O. (Path.)	Member

3.	Shri Mallikarjun Neelavani, Staff Nurse	Member
4.	Shri Niloy Banerjee, Pharmacist	Member
5.	Shri Girish C., Panchakarma Tech.	Member

7.13 Data Safety and Monitoring Board (DSMB) for ATT Project

Sl. No	Name and affiliation	Status
1.	Dr. Sridhar B. S, MD (Ay.) Joint Director, AYUSH Karnataka	Chairman
2.	Dr. Anil Singarajipura MD (Medicine) Joint Director, STO, Bengaluru	Member
3.	Dr. Srikumar M.Sc, Ph.D. (Pharmacology) NIMHANS, Bengaluru	Member
4.	Dr. K.P. Suresh Ph.D (Biostatistics) ICAR, Bengaluru	Member
5.	Dr. Sulochana Bhat AD Incharge, CARI, Bengaluru	Member Secretary

7.14 Data Safety and Monitoring Board (DSMB) for ADHD

Sl. No	Name and affiliation	Status
1.	Dr. Saraswathi S. Assistant Professor	Chairman
2.	Dr. Gopal Krishna Professor and HOD	Member
3.	Dr. Srikumar M.Sc , Ph.D. (Pharmacology)	Member
4.	Dr. K.P. Suresh Ph.D (Biostatistics)	Member
5.	Sh. Madhusudhan Adiga BA., LLB	Member
6.	Dr. Sulochana Bhat AD Incharge, CARI, Bengaluru	Member Secretary

7.15 Data Safety and Monitoring Board (DSMB) for Parkinson's Disease Project

Sl. No	Name and affiliation	Status
1.	Dr. G.R.K. Sarma Professor, Dept of Neurology, St. John's Medical College, Bengaluru	Chairman
2.	Dr. Gopal Krishna Professor, HOD, Kayachikitsa Sri Sir College of Ayurveda, Bengaluru	Member
3.	Dr. Srikumar M.Sc, Ph.D. (Pharmacology) NIMHANS, Benglauru	Member

4.	Dr. K.P. Suresh Ph.D (Biostatistics) ICAR, Bengaluru	Member
5.	Sh. Madhusudhan Adiga BA.,LLB, Bengaluru	Member
6.	Dr. Sulochana Bhat AD Incharge, CARI Bengaluru	Member Secretary

7.16 NABH Coordination Committee

Sl. No.	Members	Role
1.	Dr. Sulochana Bhat	Chairperson
2.	Dr. Rajendra Kumar	NABH Coordinator
3.	Dr. Vidyashree Anchan	NABH Co-Coordinator

7.17 Quality Management Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Rajendra Kumar	Chairperson
2.	Dr S.H. Doddamani	Member Secretary
3.	Mr. Niloy Banerji	Member

7.18 Clinical Audit Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Bhavya BM	Chairperson
2.	Dr. Thejaswini C	Member Secretary
3.	Mrs. Bhagyamma	Member
4.	Mr. Srinivas Iliger	Member

7.19 Medical Record Management Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Bhavya BM	Chairperson
2.	Dr. Thejaswini C	Member Secretary
3.	Mrs. Bhagyamma	Member
4.	Mr. Srinivas Iliger	Member

7.20 Pharmaco-Therapeutic Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Shubhashree MN	Chairperson
2.	Mr. Niloy Banerji	Member Secretary
3.	Mr. Umesh	Member

7.21 Hospital Infection Control Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Vidyashree	Chairperson
2.	Mrs. Bharathi	Member Secretary
3.	Mrs. Neetha	Member
4.	Mrs. Hemavathi	Member
5.	Mr. Mallikarjuna	Member
6.	Mr. Sathish	Member

7.22 Hospital Safety & Risk Management Committee (NABH)

Sl. No.	Members	Role
1.	Dr. S.K. Giri	Chairperson
2.	Dr. V. Rama Rao	Member Secretary
3.	Mr. Suresh Kumar	Member
4.	Mr. Sunil	Member
5.	Mrs. Hemavathi	Member

7.23 Medical Morbidity & Mortality Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Rajendra Kumar	Chairperson
2.	Dr. Vidyashree Anchan	Member Secretary
3.	Mrs. Bhagyamma	Member
4.	Mr. Sunil	Member

7.24 Human Resource Review Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Srinibash Sahoo	Chairperson
2.	Mrs. Jyothi	Member Secretary
3.	Mrs. Rashmi	Member
4.	Mr. Suresh Kumar	Member
5.	Mr. Krishnamurthy	Member

7.25 Disaster Management Committee (NABH)

Sl. No.	Members	Role
1.	Dr. S.H. Doddamani	Chairperson
2.	Dr. Shubhashree M.N.	Member
3.	Dr. Rajendra Kumar	Member

7.26 Code Blue Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Rajendra Kumar	Chairperson
2.	Dr. Vidyashree	Member Secretary
3.	Mr. Niloy Banerji	Member
4.	Mr. Sunil	Member

7.27 Code Red Committee (NABH)

Sl. No.	Members	Role
1.	Dr. V. Rama Rao	Chairperson
2.	Mr. Suresh Kumar	Member Secretary
3.	Mr. Sathish	Member
4.	Mr. Girish	Member

7.28 Code Pink Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Bhavya BM	Chairperson
2.	Dr. Thejaswini C	Member Secretary
3.	Mrs. Neetha	Member
4.	Mrs. Abitha	Member

7.29 Code Black Committee (NABH)

Sl. No.	Members	Role
1.	Dr. Srinibash Sahoo	Chairperson
2.	Dr. Bhavya BM	Member Secretary
3.	Mr. Girish	Member

7.30 Reservation cell

Sl. No	Name and affiliation	Status
1.	Dr. S. H. Doddamani, R.O. (Ay.)	Lisian Officer
2.	Dr. V. Rama Rao, R. O. (Botany)	Member
3.	Dr. Raghavendra Naik, R.O. (Ay.)	Member
4.	Dr. Sandhya Rao, GAMC, Bengaluru	Member

II. TECHNICAL REPORT

1. Programs allotted and completed during the reporting period

Sr. No	Title of the project	Target	Status	Remarks
Intramural Research Projects (Clinical)- Ongoing				
1.	Management of Autism Spectrum Disorder in children through a comprehensive Ayurveda approach as an add-on to conventional therapy - A randomized control clinical trial	80	Ongoing	Enrolled-15 Completed-0 Drop out-0 Ongoing- 15
2.	A Clinical Consensus Study for developing the practice guidelines and Standardization of Tarpana & Putapaka with a Feasibility Study in Myopia	Stage 1: Consensus meeting Stage 2: Feasibility Study on 30 patients of Myopia	Ongoing	Stage 1 completed- Consensus (1 Online & 1 Offline experts meeting, Scoping review) Stage 2: Feasibility study to be initiated.
3.	Survey and Documentation on Netra Kriyakalpa practices among registered Ayurveda practitioners across India	13 practitioners to be documented with minimum 10 Netra kriyakalpa practices	Ongoing	Netra Kriyakalpa practices of two practitioners are documented and submitted
4.	Effectiveness of Drakshavaleha in Improving the symptoms of Functional Gastrointestinal Disorders (FGD) - A Multi Centre Study	300	Ongoing	Screened- 122 Enrolled-122 Completed-92 Drop out-00 Ongoing- 30
Intra-Mural Projects (Others)- Ongoing				
1.	Study and documentation of plant raw drugs for substitution & adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh, Telangana)	NA	Ongoing	Available crud drugs from the local markets from Bengaluru, Chennai and Cheruthurthy, Vijayawada have been collected and pharmacognostical study is under progress
2.	Documentation of Wild Edible and Medicinal Plants available in different markets of southern part of Western Ghats in Karnataka State of Karnataka	Documentation of Wild edible plants from Mysuru, Kodagu, Hassan,	Ongoing	Survey and documentation of wild edible plants from some local markets in Hassan,

		Chikmagalur, Dakshina Kannada and Udupi districts		Mysuru, Chikmagalur, Udupi, Kodagu, districts were visited and documented wild edible plants.
3.	Medico Ethno Botanical Survey of Nallamala forests located in the states of Andhra Pradesh and Telangana	4 MEBS tours	Ongoing	Total 03 survey tours each in Andhra Pradesh and Telangana states conducted and documented medicinal plants and LHTs.
4.	Ayurveda Sciences Incubation Centre (ASIC)	To support 20 startups in 5 years	Ongoing	EoI floated. Total 23 application received.
Intramural Research Projects (Clinical) –Completed				
1.	Efficacy and safety of Ayurveda Formulation ‘Trikatu’ in Dyslipidemia – A Prospective Randomized Double-Blind Placebo Controlled Trial	120 (Extended for 9 months)	Completed	Screened- 189 Screen failure-69 Enrolled- 120 Completed- 112 Drop out- 08
2.	A Cross-Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy.	1350 (Extended for 18 months)	Completed	Screened- 1034 Enrolled- 1033 Completed- 1033
3.	Documentation of Prescription Trends in Osteoarthritis by Ayurveda Physicians–A Retrospective Analysis	20000 (case sheets)	Completed	Screened-2600
Intra-Mural Projects (Others) –Completed				
1.	Documentation of history and development of CCRAS: a chronological perspective	Office information since inception	Completed	Information about CARI Bengaluru submitted.
2.	Documentation of Ethno - Dietary Practices Indigenous India (THCRP)	4 districts of Karnataka & 1 district of Goa	Completed	Recipies-178 IDI-100 FGD-20 Religious place-15 Vedic university-3
3.	Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India. (THCRP)	4 districts of Karnataka & 1 district of Goa	Completed	Rituals-135 IDI-93 FGD-20 Religious place-3 Vedic university-1
4.	Documentation of Ethno - Dietary Practices Indigenous India (SCSP)	6 districts of Karnataka	Completed	Recipies-478 IDI-104 FGD-20 Vedic university-3

5.	Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India. (SCSP)	6 districts of Karnataka	Completed	Rituals-241 IDI-100 FGD-20 Religious place-35 Vedic university-3
Collaborative Research Projects (Clinical) –Ongoing				
1	Ayurveda therapeutic regimen as on Add-on to optimized conventional management of Parkinson's disease: An RCT for assessment of Clinical, Cortical excitability, Neuroimmune and Autonomic function parameters	80	ngoing (Extended till 31.09.2026)	lled-80 pleted-42 out-19 inuing-19
2	A Comparative study to evaluate the efficacy and safety of Ayurvedic Intervention in Insomnia disorder among the elderly – A prospective randomized open- label study	Target-140	Ongoing	ened- 29 lure- 7 lled-22 pleted-16 out-00 inuing-06
3	Efficacy and safety of Arjuna [Terminalia arjuna (Roxb.Wight&Arn)] as an adjunct to standard care in Atherogenic Dyslipidemia- A randomized double-blind placebo-controlled study	Target-170	Ongoing	lled-00 pleted-00 out-00 inuing-00
4	Safety, Efficacy, Acceptability & Tolerability of Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial	Target-30	Ongoing	MoU, IEC, CTRI, Procurement done. Clinical trial insurance being pursued.
5	A Double-Blind Double Dummy Prospective Randomized Controlled Study to evaluate the efficacy of classical Ayurveda Management versus Methotrexate in Rheumatoid Arthritis (AMRA 2.0)	140	Ongoing	approval awaited.
Collaborative Projects (Others)– Ongoing				
1.	Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products	10 recipes	Ongoing	Pesticide analysis of products and Molecular mechanism assessment under progress.

2.	Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations	Alpha Glucosidase inhibitory potential, cell viability (MTT assay in HepG2, RIN-5F, 3T3-L1 & L6 cell lines), fatty acid profiling, 2D colony formation assay in RIN-5F, Propidium Iodide assay in RIN-5F.	Ongoing	Glucose uptake assay in HepG2 and L6 cell lines in presence of Palmitic acid completed. • Insulin release by RIN-5F completed. • Evaluated effect of all the formulations on cell viability at 25 µg/mL in presence of Palmitic acid in 3T3-L1 cells by MTT assay
3.	Comparative evaluation of field and hydroponic cultivation of selected Ayurvedic medicinal plants	Cultivation of selected 5 medicinal plants	Ongoing	Field, hydroponic and soil less cultivation of Piper longum, Uraria picta, Rubia cordifolia, Convolvulus pluricaulis and Boerhavia diffusa completed. Analysis on bioactive compounds of Convolvulus pluricaulis and Boerhavia diffusa is under progress.

Collaborative Clinical Research Projects –Completed

1.	Evaluation of Hepatoprotective activity of PTK as an add on therapy in the patients of Tuberculosis on ATT - A Double Blind Randomized control clinical study	150/100 (Revised)	Completed	Screened-118 Screen Failure-18 Enrolled-100 Completed-89 Drop out-11
2.	Evaluating the efficacy of ayurvedic intervention as add on to conventional treatment and explore the interaction of epigenetics, neuro/gut biomarkers and neuroimaging in pediatric ADHD (attention deficit hyperactivity disorder)	) (Reduced to 80)	Completed	Screened-1055 Enrolled-80 Completed-60 Drop out-20
3.	A multi-centre study to assess the	440	Completed	Screened-539

	treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme			lled-444 pleted-403 out-41
4.	Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans	alysis of 786 urine samples	Completed	Collected-786 Processed-786 Analyzed-786
Other Collaborative Projects - Completed				
1.	Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective	100 traditional recipes from 20 locations	Ongoing	Phase 1: Completed Phase 2: Completed Total number of recipes recorded: 127/100
2.	Seasonal variation on bioactive compounds of Panchavalkal-05 medicinal plants used in Ayurveda	Study of seasonal variation of 05 medicinal plants	Ongoing	Seasonal collection and analysis of bioactive compounds from stem bark (secondary and tertiary branches) of Panchavalkal plants (04 Ficus and 01 Thespesia species) completed
Outreach Programmes				
1. Tribal Health Care Research Programme (THCRP)				
	Tribal Health Care Research Programme (THCRP)	NA	Completed	Duration-12 Months States - 02 (Karnataka & Goa) Districts-05 Blocks-20 Field Visits - 130 Total Recipes Documented - 178 Karnataka - 150 Recipes (80 IDIs, 16 FGDs) Goa - 28 Recipes (20 IDIs, 04 FGDs) Total Rituals Documented - 135

				Karnataka - 108 Rituals (74 IDIs, 16 FGDs, 15 famous religious places, 03-Vedic university) Goa - 27 Rituals (19 IDIs, 04 FGDs, 03 famous religious places, 01 Vedic university) Total No. of patients - 2,314 Lab Investigations - 147 Lectures - 44 Beneficiaries - 962
2. Scheduled Caste Sub Plan (SCSP)				
1.	Ayurveda Mobile Health Care Project (AMHCP)- under Scheduled Caste Sub Plan (SCSP)	NA	Completed	Duration-12 Months States - 01 (Karnataka) Districts-06 Blocks-20 Field Visits – 98 No of recipes- 478 No IDI - 104 FGD - 20 No of rituals - 238 No of IDI - 100 No of FGD - 20 Famous religious place No of rituals - 72 No of IDI - 29 No of FGD- 2 Vedic University No of rituals - 9 No of IDI - 1 No of FGD- 2 Total No. of patients 1705 Lab Investigations

				- 1944 No of Lectures - 20 Beneficiaries -683
2.	Ekalavya Model Residential Schools (EMRS)			
	a. General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs.	All students from 6 th -12 th standard students	Completed	Total 799 students screened from 2 EMRS schools
	b. Tolerability, treatment adherence and effectiveness of Ayurvedic Intervention (Drakshavaleha and Punarnava Mandura) in the management of Moderate Iron Deficiency Anemia in students of selected Ekalavya Model Residential Schools: a Collaborative study.	all target - 80 RI Bengaluru – 29	Completed	School-1 (Mangala) IDA Enrolled- 19 Completed-19 Dropout- 00 School-2 (GN Palli) IDA Enrolled- 10 Completed-10 Dropout- 00
	c. Effectiveness of Ayurveda based Lifestyle Advocacies and practices on Quality of Life among children of Ekalavya Model Residential Schools in India. (EMRS)	NA	Ongoing	School-1 (Mangala) Lifestyle Enrolled- 30 Ongoing-30 Dropout- 00 School-2 (GN Palli) Lifestyle Enrolled- 30 Ongoing-30 Dropout- 00
Centre of Excellence (CoE) funded by Ministry of Ayush				

1.	Centre of Excellence (CoE) for Research & Clinical Services in Madhumeha (Diabetes Mellitus) From Ministry of Ayush	NA	Ongoing	• OPD patients treated- 1749 patients • Patients (Yoga)- 637 patients • Patient training programmes-10 programmes with 387 beneficiaries • Ayurveda Student training programmes- 10 programmes with 547 trainees • Population covered under e-Healthcare initiatives- 1,72,113 • No of minor projects under CoE – 3 • Articles published- 02
2.	Evaluation of anti-diabetic efficacy of four selected classical Ayurvedic poly-herbal formulations in Type-2 Diabetes Mellitus – A randomized pilot study.	NA	Completed under CoE scheme	Publication under process.
3.	Clinical evaluation of anti-diabetic efficacy of 'Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulations in Pre-diabetes–A pilot study.	24	Completed under CoE	Article under publication
4.	A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes	06	Completed under CoE	Article published.
5.	A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes)	30	Completed under CoE	Article published.

6.	Knowledge, Attitude and Practices related to Madhumeha (Diabetes)	1200	Completed Under CoE	Article published.
7.	Development of predictive system for diagnosing the risk of Diabetes using machine learning techniques	1000	Completed under CoE	Risk assessment portal is developed and made available in the institute website for the viewers to assess the risk of diabetes.
8.	Preclinical study of four antidiabetic formulations in high fat diet along with low dose of Streptozotocin induced diabetes in Wistar rats	12	Completed under CoE	Article accepted for publication
9.	Evaluation of bio-availability of Varadi and Mustadi ghanavati in healthy volunteers – Across-over randomized clinical trial	120	Completed under CoE	Article accepted for publication
10.	Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients. A cross-sectional study	400	Completed under CoE	Article under publication
11.	Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of type-2 diabetes mellitus-A Randomized control trial	78	Completed under CoE	Article under publication
12.	Safety and efficacy of Mustadi ghanavati and Varadi ghanavati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study.	120	Completed under CoE	Gut microbiome studies and Statistical analysis on going
13.	Psychological assessment of type-2 diabetes mellitus through <i>Manasikabhava Pareeksha</i> and Diabetes Distress Scale: An observational study	200	Completed under CoE	Article under publication
Other Projects funded by Govt. of India under grant-in-aid scheme				
1.	National Pharmacovigilance Program (From AIIA, New Delhi)	-	Ongoing	Total Misleading Advertisements Reported: 137

				• ADR Reported: 11 • CME Conducted /Awareness Program Conducted: 12 • Participation in CME as resource persons: 05 • Participation in the training program: 08 • Participation in Poster presentation as judge: 01 • Paper Presentation in Seminar: 01 • Articles Published: 03 • Article accepted: 02
2.	Evaluation of Triphala as an Add-on Intervention for Sustained Weight Loss in Overweight and Obesity: A Randomized Placebo-Controlled Clinical Trial (ICMR-NITM, Belagavi)	127	Ongoing	Enrolled-15 Completed-00 Dropped out-05 Continuing-10
3.	A Randomized active comparator controlled clinical trial of selected Ayurvedic formulations in Pre-Diabetes and Type 2 Diabetes (CoE IISc, Bengaluru)	324	Ongoing	Enrolled-339 Completed-00 Dropped out-25 Continuing-314
Research projects Sanctioned & To be Initiated soon				
1.	Safety & Efficacy of Integrative Ayurvedic Intervention in the management of Mild Neuro Cognitive Disorder (MNCD) (Smritibhramsa) – A Randomized Controlled Clinical Trial			
2.	Efficacy of Ayurveda coded formulation Ayush D in the management of Type 2 Diabetes Mellitus- A prospective multi-center randomized double-blind placebo-controlled clinical trial under SMART 2			
3.	Effect of Tagar (Valeriana Wellichii) on sleep outcomes in older adults with Insomnia: a multisite clinical trial under SMART 3			
4.	Evaluation of Comprehensive Ayurveda Interventions Against Standard Care in Osteoarthritis Knee – A Pragmatic Clinical Trial			
5.	A Comparative study to Evaluate Safety and Efficacy of Integrative Ayurveda and Yoga Intervention in Geriatric depressionat old age homes - A cluster randomization study			
6.	Efficacy of Ayurveda Nutritional Supplement (Ayush BL) in children aged 6 to 12 years with Moderate Acute Malnutrition – A Cluster Randomized clinical Trial			
7.	Development of Millet based dietary supplements for Type 2 Diabetes Mellitus patients			

8.	A cross-sectional survey to study the distribution pattern of different prakriti types across India -A multi centric study
9.	Medico Ethno Botanical Survey of Chikkaballapura District, Karnataka state
Research projects Approved by PEMC & To be Sanctioned soon	
1.	Compliance assessment of marketed "Ayurvedic"/"Herbal"/ "Natural" positioned cosmetics in India with existing regulatory framework of D & C Act 1940 and Rule 1945, Cosmetics Rules 2020 and Cosmetic Amendment Rules 2025: A Systematic Survey Study
2.	CCRAS-Central Digital Database of Edible Fruits: Karnataka
Research project proposals submitted to PEMC	
1.	Prospective Documentation of Amruta Varicose Vein Syrup and Oil in the Management of Varicose Veins, Including Venous Ulcers and Chronic Venous Insufficiency
2.	Efficacy of Ayush 64 as an add-on to Lifestyle advocacy in Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) – A Randomized controlled trial
Research project proposals/concept note submitted	
1.	Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes Associated with Diabetes: A Randomized Double Blinded Placebo Controlled Clinical Trial
2.	A comparative study to evaluate the efficacy and safety of Ayurvedic intervention in prediabetic and diabetes mellitus 2 subjects- A prospective randomized open label study
3.	Integrative Ayurvedic Management of Early Non-Proliferative Diabetic Retinopathy: A Randomized Controlled Trial Assessing Retinal Structure and Visual Function (Submitted at the ICMR e-PMS portal)
4.	A Community based study on obesity using Ayurveda and Yoga Interventions (Submitted via Ayush NGO Portal under Ayurswathya Yojana of Ministry of Ayush)
5.	Efficacy of Ayurveda intervention in the management of Psoriasis and its association with Metabolic syndrome: A randomized controlled clinical trial
6.	Standardization of oldest traditional organic manure- Kunapajala
7.	Establishment of Regional Raw Drug Repository of Western Coastal Plain (Kerala, Maharashtra, Goa, Daman & Diu, Lakshadweep)

2. Submission of Information for Research outcomes published in reputed National/ International Journals for the current financial year 2025-26.

Sl. No	Name of the Corresponding author	Type of Research Publication	Citation of the Research Publication (Research Article) [Vancouver style]	Discipline	Date of publication	Indexing agency	DOI, ISSN	Name of Institute/ Centre
National journals:								
1	Manish Barvaliya	Research article	Yadav B, Rao BC, Grampurohit P, Barvaliya M, Jameela S, Madhusudhana BB, Prasad BS, Anabur CC, Panchalaiah PM, Rana R, Srikanth N. Ayush-GMH as an add-on to vitamin E in Grade I and II non-alcoholic fatty liver disease: A study protocol for double-blind randomized placebo-controlled clinical trial. Journal of Research in Ayurvedic Sciences. 2025 Jan 1;9(1):37-44.	Clinical Research	Jan-25	UGC care	DOI: 10.4103/jras.jras_300_24. ISSN Print: 2456-5601	National Institute of Traditional Medicine, Belagavi
2	C. Thejaswini	Review article	Thejaswini C, Rao VR, Shubhashree MN, Naik R, Bhat S, Shiddamallayya N, Srikanth N, Acharya R. A narrative overview of pharmacological activities of Eranda (Ricinus communis L.) beeja (seeds) and taila (oil): Ayurvedic and scientific perspectives. Journal of Drug Research in Ayurvedic Sciences. 2025 Mar 1;10(2):120-9.	Literary research	Mar-25	UGC care	DOI: 10.4103/jdras.jdras_96_24. ISSN Print: 2279-0357	CARI, Bengaluru
3	Bhavya BM	Research article	Bhavya BM and Arpitha . A Case report on the Management of Parkinson's disease through Ayurveda. Annals Ayurvedic Med. 2025; 14(3.1) 471-478	Clinical Research	May-25	Scopus	DOI.10.5455/AAM.147840. ISSN 2277-4092	CARI, Bengaluru
4	Shiddamallayya N	Research article	Pulicherla Y, Cheemanapalli S, Nagayya S, Bora D, Mandal TK, Taboh M, Bhardwaj Y, Bhuyan G, Rath C, Mangal AK, Srikanth N.	Medicinal Plant Research	Jun-25	UGC care	DOI: 10.4103/jdras.jdras_384_24. ISSN	CCRAS Hq, New Delhi

			Floristic and medicinal plant diversity of South Sikkim: An assessment of therapeutic potential, conservation status, and economic potential. Journal of Drug Research in Ayurvedic Sciences. 2025 May 1;10(3):222-43.				Print: 2279-0357	
5	Bidhan Mahajon	Research Article	Giri SK, Vedi SK, Doddamani S, Naik R, Sharma S, Gavali K, Sharma BS, Khanduri S, Mahajon B, Tripathi A, Rana RK. Clinical safety and efficacy of Ayurveda multi-herbal formulation in the management of obesity. Global Advances in Integrative Medicine and Health. 2025 Jun 25;14:27536130251356447.	Clinical Research	Jun-25	Sage	https://doi.org/10.1177/27536130251356447	CARI Bengaluru
6	Bhavya BM	Research article	Doddamani SH, Anchan V, Bhavya BM, Rao SM, Chikkavenkataramanappa T, kumar Giri S, Naik R. Ayurvedic management of coexisting hypothyroidism and PCOS: A case report. Journal of Ayurveda and Holistic Medicine (JAHM). 2025 Jul 17;13(6):138-44.	Clinical Research	Jul-25	Scopus	DOI: https://doi.org/10.70066/jahm.v13i6.1688e ISSN:-2321-1563	CARI, Bengaluru
7	Ashish Kumar Tripathi	Review article	Narayanan VR, Acharya R, Tripathi AK, Jameela S, Tripathi A, Rai AK, Sharma S, Sharma L, Maheshwar T, Choudhary K, Nirali S. Global research networking in traditional and complementary medicine: aligning with the objectives of the world health organization global traditional medicine center. Journal of Indian Medical Heritage. 2025 Oct 1;4(Suppl 1):S45-54.	Medicinal Plant Research	Aug-25	UGC care	DOI: 10.4103/jimh.jimh_87_25. ISSN: 0975-430X	CCRAS Hq, New Delhi
8	Kartar Singh Dhiman	Research article	Gopod SP, Kale K, Chikkavenkataravanappa T, Dhoke S, Avhad A, Doddamani SH, Khanduri S, Jameela S, Sharma BS, Naik R, Kunjibettu S. Clinical evaluation of the safety	Clinical Research	Aug-25	Scopus, SCI	https://doi.org/10.56042/ijtk.v24i8.13471 ISSN:	CCRAS Hq, New Delhi

			and therapeutic potential of an Ayurvedic lotion, Ayush AGT, in mild to moderate dandruff-an open-label prospective single-arm multicenter exploratory study: Clinical evaluation of an Ayurvedic lotion, Ayush AGT, in mild to moderate dandruff. Indian Journal of Traditional Knowledge (IJTK). 2025 Aug 20;24(8):733-41.				0972-5938	
9	Vidyashree V. Anchan	Research article	Anchan VV, Kanabur D. Diagnostic Utility of Cytology, Ascitic Fluid Total Protein, and Serum Ascites Albumin Gradient in Ascitic Fluid Analysis. DY Patil Journal of Health Sciences. 2025 Oct 1;13(4):242-50.	Clinical Research	Oct-25	UGC care	DOI: 10.4103 /DYPJ.DYPJ_40_25. ISSN: 2347-3665	CARI, Bengaluru
10	Shubhashree MN	Research article	Shubhashree MN, Naik R, Arsha KS, Chandrashekharan C, Bhat S. Knowledge, Attitude and Practice of pharmacovigilance and Adverse Drug Reaction (ADR) reporting among ayurveda house surgeons-A cross sectional study from Bengaluru, Karnataka. Annals of Ayurvedic Medicine. 2025 Nov 12;14(4):357-.	Clinical Research	Nov-25	Scopus	DOI: 10.5455 /AAM.21917 5. ISSN:2277-4092	CARI, Bengaluru
11	Shiddamallayya N	Research article	Srinivasulu C, Yugandar P, Shiddamallayya N, Devanjal B, Yeshapal B, Mandal TK, et al. Exploration of floristic composition and its Ayurvedic importance in Gyalshing district of Sikkim. Journal of Drug Research in Ayurvedic Sciences. 2025 Nov 1;10(6):481-99.	Medicinal Plant Research	Jan-26	UGC care	DOI: 10.4103 /jdras.jdras_476_24. ISSN Print: 2279-0357	CCRAS Hq, New Delhi
International journals:								
1	Mrs. Talat Anjum	Research Article	Tamchos S, Anjum T, Rao R, Nagayya S, Sharma G. Microscopical Investigation of Punica Granatum L. Flower: A Traditional	Literary research	Jun-25	Web Science of	DOI:10.5530/ pres.2025208 6 ISSN:0974-	RARI, Jammu

			Drug with Vivid Therapeutic Promise. Pharmacognosy Research. 2025;17(2):645-53.				8490	
2	Sulochana Bhat	Case study	Impact of yoga on glucose reduction: A pilot study.	Pilot study	Jul-14	Google scholar	DOI:10.22271/yogic.2024.v9.i2a.1614 ISSN: 2456-4419	CARI, Bengaluru
3	Ramanjaneyulu Golla	Research Article	Golla R, Jaiswal S, Jayan A, Cheemanapalli S. Transcriptomic analysis of human castration-resistant prostate cancer: insights into novel therapeutic strategies. Comput Biol Chem. 2025;118:108459.	Experimental Research	Apr-25	PubMed, Scopus	DOI.org/10.1016/j.compbiolchem.2025.108459. ISSN: 1476-9271	REVA University, Bengaluru
4	Sharada Ramesh	Research Article	Dr. Sharada Ramesh*, Supriya H. S., & Sulochana Bhat. (2025). "comparative analytical study of mustadi kwatha and mustadi ghana, two dosage forms of a classical ayurvedic formulation". World Journal of Pharmaceutical Science and Research, 4(4), 221–230.	Clinical Research	Jul-25	UGC care	10.5281/zenodo.16634099 ISSN: 2583-6579	CARI, Bengaluru
5	Sulochana Bhat Srinibash Sahoo John Vijay Sagar	Research Article	Chikkanna U, Kommu JV, Holla B, Mundada P, Debnath M, KM R, BN R, Sahoo S, Varambally S, Yadav B, Thakur R. Evaluating the efficacy of ayurvedic intervention as add on to conventional treatment and explore the interaction of epigenetics, neuro/gut biomarkers and neuroimaging in pediatric ADHD (attention deficit hyperactivity disorder). Medicine: Case Reports and Study Protocols. 2025 Aug 1;6(4):e00367.	Clinical Research	Aug-25	PubMed,, Scopus	DOI: 10.1097/MD9.0000000000000367 . ISSN: 2691-3895	NIMHAN S, Bengaluru

6	Animesh Sen	Research Article	Sen A, Chanda HM, Cheemanapalli S, Umamaheswari A, Rath J, Joardar N. In silico assessment of cyanobacterial alkaloids as probable medications against SARS-CoV-2. In Silico Research in Biomedicine. 2026 Jan 1;2:100215.	Literary research	Jan-26	Scopus	DOI:10.1016/j.ins.2026.100215 ISSN: 3050-7871	CARI, Kolkata
7	Umesh Chikkanna	Research Article	Chikkanna U, Pal PK, Jameela S, Mahale RR, Kamble N, Shivakumar V, Holla B, Yadav R, Holla VV, Sathyaprabha TN, Udupa K. Ayurvedic Therapeutic Regimen as an Add-On to Optimized Conventional Management of Parkinson Disease: Protocol for an Exploratory Randomized Controlled Trial Evaluating Clinical, Cortical Excitability, Neuroimmune, and Autonomic Function Parameters. JMIR Research Protocols. 2026 Jan 9;15(1):e83336.	Clinical Research	Jan-26	PubMed, Scopus, Web of Science	DOI:10.2196/83336. ISSN:1929-0748	NIMHAN S, Bengaluru
8	Arsha KS	Review article	Role of Pharmacovigilance in ensuring safety and efficiency of ayurvedic novel dosage forms: A review article	Research article	22-01-2026	-	DOI: 10.7897/2277-4343.17126. ISSN:2277-4343	CARI, Bengaluru
9	Anupam K. Mangal,	Research Article	Mangal AK, Abdullah S, Dahiya J, Bolleddu R, Ahmed I, Ghosh A, Shiddamallayya N, Nartunai G, Rao VR, Sen A, Gurmet P. Comparative study of different Rheum species to establish qualitative and quantitative standards for identification of Rheum emodi's adulterants. JPC–Journal of Planar Chromatography–Modern TLC. 2026 Mar 18:1-4.	Analytical Experimental research	Mar-26	Scopus, Web of Science Google Scholar	DOI https://doi.org/10.1007/s00764-026-00399-7. ISSN: 0933-4173	CARI Kolkata
10	Vrinda		Bhat S, Anjana KS, Kavya N, Monica KP.	Clinical	Dec	Google	DOI:	CARI,

			The correlation between knowledge, attitude, and practice related to diabetes involving ayurveda and yoga in two ayurveda and allopathy hospitals of Bengaluru. Journal of Integrated Health Sciences. 2024 Jul 1;12(2):135-41.	Research	2024	scholar	10.4103/jihs.jihs_28_24 ISSN:2347-6486	Bengaluru
11	Rajeswara Reddy Saddala	Research Article	Mayana IK, Cheemanapalli S, Thopireddy L, Yarrappagaari S, Tenkayala SR, Naik SNK, et al. A study on design, virtual screening, and docking analysis of new ferulic acid analogs against the NF-κB therapeutic target. Curr Issues Pharm Med Sci. 2025;38(2):AOP.	Experimental Research	May, 2025	Scopus	DOI: 10.12923/cipms-2025-0016. ISSN: 2084-980X	Dravidian University, Kuppam,

a. Communicated publications:

Sl. No .	Author(s) Name	Title of Paper / Article	Name of the Journal / Magazine etc.	Date of communication	Remarks
1.	Dr Srinibash Sahoo Dr. Vidyashree Anchan Dr Shubhashree MN	Dr. C. S. Somayaji: A Legacy of Simplicity and Compassion in Ayurveda	Journal of Indian Medical Heritage	Jan 2026	Accepted
2.	Dr.Shubhashree MN Dr. Arsha KS Dr. Bhavya BM Dr. Doddamani SH Dr. Sulochana Bhat	Metamorphosis of Ahara to Ayush Ahar-challenges, scope and future prospects	Journal of Drug Research in Ayurvedic Sciences (JDRAS)	Feb 2026	Accepted
3.	Dr. Vidyashree Anchan	Adaptive Therapeutic Plasma Exchange Technologies in Low-Resource Settings: Utilization, Safety, and Clinical Insights from 2,507 Neurological Cases	Annals of African Medicine	March 2026	Accepted
4.	Dr. Chandini, Dr. Sulochana Bhat Dr Vidyashree Anchan, Miss Anjana	Occurrence of diabetic peripheral neuropathy (DPN) and its relationship	Journal of Research in Ayurvedic Sciences	Sept 2025	Submitted
5.	Dr. Sharada Anand Dr. Sulochana Bhat Ms. Anjana KS	Effect of four ayurvedic formulations on Streptozotocin-Induced diabetic Wistar rats.	AYUHOME	October 2025	Accepted
6.	Dr. Vidyashree Anchan Dr. SH Doddamani Dr. Thejaswini	Integrative Ayurvedic Management of Metabolic Syndrome and Associated MASLD: A Case Report	Journal of Ayurveda and Integrative Medicine	Nov 2025	Submitted
7.	Dr. Vidyashree Anchan Dr SH Doddamani Dr Thejaswini C Dr Raghavendra Naik	Ayurvedic management of Pyoderma Gangrenosum as a viable alternative to	Indian Journal of Ayurveda and Integrative Medicine KLEU	Jan 2026	Submitted

		conventional medicine - A case report			
8.	Dr. Sulochana Bhat Dr. Vrinda Bhat Dr. Chaitra Rao Dr. Thejaswini C	Evaluation of antidiabetic properties of two ready-to-cook dietary supplements in patients with type 2 diabetes mellitus: A randomized controlled trial	Indian journal of traditional knowledge	Jan 2026	Submitted
9.	Rajesh Bolleddu Mangal AK Salik Abdullah Jyoti Dahiya Rama Rao V	Microscopical descriptions and HPTLC quantitative analysis of the roots, stems and leaves of <i>Merremiaemarginata</i> (Burm. f.) Hallier f.: Phyto pharmacognostical standardization of <i>Merremiaemarginata</i> (Burm. f.) Hallier f.	Submitted to Indian Journal of Traditional Knowledge.	February 2026	Communicated
10.	Dr. Shubhashree MN Dr. Arsha KS Raghavendra Naik Dr. Sulochana Bhat	A cross-sectional assessment of awareness on pharmacovigilance program for ASU and H drugs among MBBS House Surgeons in Bengaluru.	International Journal of Advanced Research	March 2026	Submitted
11.	Dr. Chaitra Rao Dr. Sulochana Bhat Dr. Sharada Anand	Evaluation of bioavailability of Varadi and Mustadighanavati in healthy volunteers- A cross-Over Randomized Clinical Trial	Journal of Ayurveda	March 2026	Accepted
12.	Dr. Bhavya BM Dr. Shubhashree MN Dr. Rajendra Kumar	Efficacy and Safety of Ayurvedic Formulations Lekhaniya Gana	International Journal of Ayurveda Research	August 2025	Peer review Manuscript no: "ijar_234_2

		Kashaya and ArogyavardhiniGutika in Managing Obesity: A Multicenter Open-Label Study			5"
13.	Dr Bhavya BM	Evaluating the Efficacy and Safety of Ayurvedic Interventions in Glaucoma Management: A Systematic Review and Meta-Analysis	Advances in Integrative Medicine	October 2025	Peer review (Manuscript Id: AIMED-D-25-00859)
14.	Dr Bhavya BM	Efficacy and Safety of Ayurveda Formulation 'Trikatu' in Dyslipidemia: A Study Protocol for a Prospective Randomized Double Blind Placebo Controlled Trial	JMIR Protocols	November 2025	Peer review (Manuscript Id: 87567)
15.	Dr Shubhashree MN Dr Bhavya BM	Dr. K.S. Jayashree: A Distinguished Luminary in Ayurveda	JIMH, Hyderabad	Feb 2026	CommunicatedJIMH_16_26
16.	Srinivasulu Cheemanapalli, Ramanjaneyulu Golla, Durgesh Paresh Bidye, Sheshagiri Dixit	Computational exploration of acetylcholinesterase inhibitors from Foxtail millet polyphenols for the Management of Alzheimer's disease	Chemistry Africa	October 2025	Peer review (Manuscript id: CHAF-D-25-01952R2)

b. Submission of Information about Book Chapter/Papers published in Seminar proceedings for the year 2025-26.

Sl. No	Name of the Corresponding author	Type of Research Publication	Citation of the Research Publication [Vancouver style]	Discipline	Date of publication (Month & Year)	ISBN	Name of Institute/ Centre
1.	Raghavendra Naik	Fundamental	Naik R, Ranade A, Acharya R. Nutri-Ayur to	Ayurveda	2025	-	CARI, Bengaluru

			enhance aphrodisiac activity. In: Kumar A, Maheshwari NV, Tripathi MK, Kumar S, editors. Innovations in Ayurvedic Nutrition: Translational Research and Applications. Singapore: Springer Nature Singapore; 2025. p. 201–223				
2.	Rajendra Paliwal	Literary	Paliwal R, Kaushik R, Krishanan A. Intellectual property rights in Ayush sector. In: Textbook of Research Methodology . New Delhi: CCRAS; [in press].	Ayurveda	2026	-	CARI, Bengaluru

c. Submission of Information about Book/Monograph published in the year 2025-26.

Sl. No.	Name of the Corresponding author	Type of Publication (Book/ Monograph)	Citation [Vancouver style]	Discipline	Date of publication (Month & Year)	ISBN	Name of Institute/ Centre
1.	Sulochana Bhat, Shubhashree MN	Sutrasthanasanjivini by Vengalagiri Suri	NA	Literary research	2025	978-93-92544-83-5	CCRAS
2.	Sulochana Bhat, Shubhashree MN	Ayurvedachintamani	NA	Literary research	2025	978-93-92544-72-9	CCRAS, Min of Ayush
3.	Venkateshwarlu .G Shubhashree	Kailasakaraka m (Volume 1)	NA	Literary research	2025	978-93-	CCRAS, Min

	MN					92544-23-1	of Ayush
4.	Venkateshwarlu .G Shubhashree MN	Vaidyasastradi pika (Ajnatakartrka)	NA	Literary research	2025	978-93-92544-70-5	CCRA S, Min of Ayush
5.	Venkateshwarlu .G Shubhashree MN	Vaidyahrdayan andam of Sri Yogi Praharaja	NA	Literary research	2025	978-93-92544-42-2	CCRA S, Min of Ayush
6.	Venkateshwarlu .G Shubhashree MN	Yogachintaman i	NA	Literary research	2025	978-93-92544-80-4	CCRA S, Min of Ayush
7.	Sulochana Bhat, Shubhashree MN Project team members	Selected Traditional Food Recipes of Karnataka with Ayurvedic and nutritional insights	NA	Literary research based on survey study	Nov 2025	978-93-92544-44-6	CCRA S & TDU
8.	Dr. Sulochana Bhatt, Dr Raghavendra Naik, Dr. MN Shubhashree, Dr. Thejaswini C Dr. Bhavya B.M, Dr. Rajendra Kumar,	Standard treatment guidelines on Management of Metabolic disorders In Ayurveda system of medicine	NA	Literary research	2025	Ayush Vertical, Directorate General of Health Services	CARI Bengaluru

d. Information about the Research outcomes presented in Seminar/ Workshop/ Conference in the year 2025-26.

Sl. No.	Name of the Author (S)	Title of the paper presented	Name of the conference/Seminar/ Webinar/Workshop	Name of the organizer and venue	Date of the event	Name of the Institute/ Centre
1.	Bhavya BM	A Case Report on the Management of Diabetic Retinopathy using Takradhara and Oral Vaasakadi	3 rd International Ayush Conference & Exhibition, 2026, Dubai, World Trade Centre	World Ayurveda Foundation, Science India Forum (UAE) Ministry of Ayush, GOI Dubai, World Trade Centre, Dubai	15-17 December 2025	CARI, Bengaluru

		Kwatha				
2.	Dr.Shubhashree MN, Dr.Sulochana Bhat	“Metamorphosis of ayurveda ahara to Ayush ahara and the way forward”.	International conference on” Intersecting nutrition, lifestyle medicine and sustainable healthcare”	Cauvery Ayurvedic Medical College and Hospital, Mysuru SDMIMD, Mysuru, Karnataka, India	December 2025	CARI, Bengaluru
3.	Dr. Shubhashree MN	Safety is just a click away- Pharmacovigilance awareness programme organized by		ALM Rao Ayurvedic medical college, Koppa	19.09. 2025	CARI, Bengaluru

3. Training/Seminar/Conference/Workshop/Webinar conducted by the Institutional staff.

Sl. No.	Name of the Participant (s)	Title of the Training / Seminar / Webinar / Conference / Workshop	Date	Remark (s), if any
1	Dr. Shubhashree M N, Dr. Tejaswini C	Training program on Prakriti Assessment Scale with AYUR Prakriti Web Portal at SDM Institute of Ayurveda & Hospital, Bengaluru.	24.04.2025 to 25.04.2025	26 participants
2	Dr. Chandni, Dr. Chaithra, Dr. Poorvi, Dr. Arsha, Mrs. Nazneen, Mrs. R. Bhavana, Mrs. Ritu Sinha, Mr. Suresh Kumar, Mr. Sharath	Training program on Pharmacovigilance for UG 2nd Year Students of SDM Ayurveda College Bengaluru	28.05.2025 to 29.05.2025	83 participants
3	Dr Chandini, Dr Poorvi, Miss. Anjana, Dr Chaithra, Dr Sharada, Mr. Suresh Kumar, Mr. Sharath, Dr. Srinivasulu, Mrs. Nazneen, Mrs.R.Bhavana, Mrs. Ritu Sinha	A training program was conducted on Comprehensive Management of Diabetes Mellitus (along with research methodology & Biostatistics lectures, HPTLC, Herbarium and museum demonstration) for Athreya Ayurvedic medical college (Bengaluru) students.	17.06.2025 to 18.06.2025	Participants-72

4	समस्त अधिकारी एवं कर्मचारी	त्रेमासिक राजभाषा हिंदी कार्यशाला	25.06.2025	आयोजित की गई
5	Dr. Shubhashree M N	Safety is just a click away- Pharmacovigilance awareness programme organized by ALM Rao Ayurvedic medical college, Koppa	19.09.2025	As a resource person in Webinar
6	All the institute staff	Workshop on Pharmacovigilance and BIS Standardization	17.10.2025	Dr. Shubhashree M N, Coordinator, PPvC
7	All institute staff and Ayurveda students and faculties from Bengaluru participated in the seminar which includes 80 members	“Madhumeha Vimarsha”	14.11.2025	Conducted under “Centre of Excellence in Madhumeha project. Dr. G.G. Gangadharan, former director, Ramaiah Indic Speciality Ayurveda restoration Hospital, Bengaluru delivered a class on holistic management of Madhumeha while a class on fundamentals of research methodology and hypothesis testing was given by Dr. Nagesh L. Retd. Professor Emeritus, Research and Development, Dayananda Sagar College of Dental Sciences, Bengaluru
8	All institute staff	International Conference on “Ayurveda & Integrative Approaches to Obesity & Metabolic Syndrome”	01.12.2025 to 02.12.2025	Organised by CARI, Bengaluru
9	Dr. Bhavya B.M	Training Programme on CCRAS ‘Prakriti Assessment Scale with AYUR Prakriti Web Portal’ at JSS Ayurveda Medical College, Mysuru	17.12.2025 to 18.12.2025	As a resource person

10	Dr. Bhavya B.M	Clinical Consensus Online Meeting with 19 experts under the project "A clinical Consensus study for developing the practice guidelines and Standardisation of Netra Kriyakalpa's	22.12.2025 to 26.12.2025 (virtual meet)	Co-ordinator, Presenter and moderator including other investigators of project of other centres of CCRAS
11	Dr.Shubhashree MN	International conference on Ahara, Vihara, Ayurveda Vichara	27.12.2025	Cauvery Ayurveda Medical College and Hospital, Mysuru. Presented a paper on Metamorphosis of Ahara to Ayush Ahara and the way forward .
12	All Ayurveda experts of the institute	Skill Development and Research Orientation Programme for Ayurveda Professionals	23.01.2026	Participation of PG students of Sri Sri College of Ayurvedic Science and Research, Bengaluru
13	Dr.Sulochana Bhat &Dr.Shubhashree MN	Meeting to discuss IISc Project under Ayurveda Biology Scheme of Ayush- Hormetic and Therapeutic Assessment of Katu Rasa Ayurvedic Bioactives and Their Interaction in Multi-Organ Aging Models	07.02.2026	Attended
14	All research officers of institute	Workshop on "Understanding Health and Wellness through Microbiome Research" held in CARI Bengaluru	09.02.2026 to 11.02. 2026	All the Research officers of the institute and delegates from various CCRAS institutes were participated.
15	Dr. Shubhashree MN & Dr. Arsha K S,	Pharmacovigilance Awareness Programme conducted at Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Center	13.02.2026	The session was delivered by Dr. Shubhashree M N, Research Officer (Ayu) and Dr. Arsha K S, Junior Research Fellow (Pharmacovigilance).

16	All Ayurveda doctors of the institute	Capacity Building and Research Orientation for Ayurveda Professionals	26.02.2026	It was organized by the Central Council for Research in Ayurvedic Sciences (CCRAS)– Central Ayurveda Research Institute, Bengaluru, in collaboration with the Indian Institute of Science (IISc), under the Centre of Excellence Scheme of the Ministry of Ayush.
17	Dr Bhavya B M, Dr Shubhashree M N	Offline Expert Consensus Meeting (Second Round) on SOP Development of Netra Kriyakalpa's, Netra Kriyakalpa Kaksha and Standard Validated Protocols of Netra Kriyakalpa's at CARI, Bhubaneswar organized by CARI, Bengaluru	02.03.2026 to 03.03.2026	Resource person and co-ordinator of meeting
20	Dr Bhavya B M, Dr. Shubhashree M N, Dr Srinibash Sahoo	The Investigators Training Programme on CCRAS Standardized Prakriti and Swasthya Assessment Scale, developed by CCRAS, Ministry of Ayush	28.03.2026	Resource persons

4. Seminar/ Webinar/ Conference/ Workshop/ Training/ Symposium attended or participated by the Staff or Officers of the Institute

Sr. No.	Name of the Participant (s)	Title of the Seminar / Webinar /Conference / Workshop / Training	Organizer(s)	Date of Participation	Remarks
1.	Mr. Suresh Kumar, Mrs. R. Bhavana Mrs. Ritu Sinha	Mastering HPTLC: A Step-by-Step Guide to Method Development	Anchorme, Mumbai	01.04.2025	Participated
2.	All officers CARI, Bengaluru	Meeting regarding the CCRAS strategy for submitting an application for WHO CC	CCRAS, New Delhi	03.04.2025	Participated
3.	Dr. Vidyashree Anchan	Webinar on “GLP & Lab Automation- Enhancing Accuracy and Efficiency” conducted by Dr. Yogesh Pawade& Mr.	Erba &Transasia company	17.04.2025	Participated

		Parthasarathy Sathyaji.			
4.	Dr. S.H. Doddamani	Suvarnakaya National conference on specialty practices in Kayachikitsa.	Dept. of PG studies in Kayachikitsa, GAMC, Mysuru	19.04.2025 to 20.04.2025	Participated
5.	Dr. Rajendra Kumar	Webinar on Quality Management Systems Certification by	Central Regional Office, Bureau of Indian Standards (BIS)	24.04.2025	Participated
6.	Dr. Shubhashree M N	Exploring Agada Tantra and Its Clinical Application	DR. S. Raneesh Assistant Medical Officer Ayurveda, Govt. Ayurveda Dispensary, Kanyakumari District, Tamil Nadu	27.04.2025	Participated
7.	Dr. Rajendra Kumar	Online Training of Trainers for the implementation of ICD-11 and TM-2 module in sync with the NAMASTE Portal in the Ayush sector	National Institute of Indian Medical Heritage (NIIMH), Hyderabad	28.04.2025 to 29.04.2025	Participated
8.	Dr. Vidyashree Anchan	Webinar on “Next Gen Hematology & The Role of Quality Control” Conducted by Dr. Anil Handoo and Mr. Arnab Banarjee.	Erba & Transasia company	08.05.2025	Participated
9.	Dr. Shubhashree MN	Advanced Ayurveda pharmaceuticals based on Sattva therapy”	DR. Jinal Vora – Director VEDALAY, House of Ayurveda Consultant Skandinaviska Ayurveda Akademin, Stockholm, Sweden Ayurveda Centre Bergen, Norway Les Joies D'avalon, Lausanne, Switzerland	11.05.2025	Participated

10.	Mrs. Nazneen Mrs. R.Bhavana Mrs. Ritu Sinha	International live interactive webinar on “Decoding the sugary secrets during the Plant-microbe interactions at the cell wall interface”	Bioingene	17.05.2025	Attended
11.	Dr. V. Rama Rao Mrs. Nazneen Mrs. R.Bhavana Mrs. Ritu Sinha	Training on “Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India”	CCRAS, New Delhi	19.05.2025 and 27.05.2025	Attended
12.	Dr. Vidyashree Anchan	Online 4 days training programme on “Laboratory Management Systems and Internal Audit as per ISO 15189:2022”	Medical Education & Learning Point (Regd.)- MELAP	28.05.2025 to 31.05.2025	Participated
13.	Dr. Rajendra Kumar	नगरराजभाषाकार्यान्वयनसमिति (कार्यालय3) बैठक	केंद्रीयसिल्कबोर्ड, बेंगलुरु	29.05.2025	Participated
14.	Dr Bhavya BM	Participated in meeting regarding International Day of Yoga (IDY) promotional activities	Ministry of Ayush	5.06.2025	Participated as a co-ordinator
15.	Dr. Bhavya B.M	Meeting regarding Organizing events under International Day of Yoga (IDY) 2025	CCRAS, New Delhi	10.06.2025	Participated as a co-ordinator
16.	Mrs. Nazneen	“Genomics of Root System Architecture in Rice: Unveiling Adaptive Traits for Stress Resilience”	Bioingene	11.06.2025	Attended
17.	Dr. Vidyashree Anchan	Webinar on “Automation in Urinalysis: Clinical Relevance” Conducted by Prof. Dr. Srinivas Chakravarthy N.	Erba &Transasia company	11.06.2025	Participated
18.	Dr. Bhavya B.M	A meeting for drafting and finalization of research activities	CCRAS, New Delhi	13.06.2025	Participated as a Research integrity officer of the Institute
19.	Dr. Bhavya B.M	A meeting on "Quality, timeliness, and	CCRAS, New Delhi	13.06.2025	Participated

		transparency of research outputs			
20.	Dr. Shubhashree MN	Vata Dosha in Disease Pathogenesis, Diagnostic Approaches and Therapeutic Strategies.”	Dr. Madhava Diggavi, BAMS, MD (Ayu), Professor and Head, PG Studies, (Tarana th Government Ayurvedic Medical College and Hospital, Ballari , Karnataka.	15.06.2025	Participated
21.	Dr. Bhavya B.M	Meeting scheduled under the chairmanship of DG, CCRAS for the celebration of International Day of Yoga	CCRAS, New Delhi	23.06.2025	Participated
22.	Dr. Bhavya B.M	Meeting of Focus Group for clinical research in eye and ENT diseases through video conferencing on Standard operative Procedure for Karna kriyakalpas, and Prevention of Myopia progression in children	Shalakya focus group, CCRAS	05.07.2025	Participated as a Co-Coordinator
23.	Dr. Bhavya B.M	Meeting scheduled under the chairmanship of DG, CCRAS regarding organizing WHO-CC activities in the Institute	CCRAS, New Delhi	10.07.2025	Participated as a Nodal officer
24.	Dr. Rajendra Kumar	Golden Jubilee Celebration Dept of Official Language Hyderabad	DoOL, MHA	10.07.2025	Participated
25.	Dr Vidyashree Anchan	KAPCON 2025, the 51st Annual Conference of the Karnataka Chapter Indian Association of Pathologists and Microbiologists (KCIAPM)		11.07.2025 to 13.07.2025	Participated
26.	Dr. Shubhashree	National conference on Yoga and Cardiology	Jayadeva institute of cardiology, Mysore	14.07.2025	Participated as a resource person in Cardio Yoga

27.	Dr. Bhavya B.M	Attended 4 days short course on "Biostatistics & CDM: From Data to Decision	Institute of Management Science and Research, Nagpur	28.07.25 to 31.07.25	Participated
28.	Dr. Bhavya B.M	Meeting of Focus Group for clinical research in eye and ENT diseases through video conferencing finalization of proposals on Standard operative Procedure for Karna kriyakalpas, and Prevention of Myopia progression in children	Shalakya focus group, CCRAS	29.07.2025	Participated as a Co-Coordinator
29.	Dr Thejaswini C	Training workshop on International Committee on Harmonization - Good Clinical Practices (ICH - GCP)	Magrath Hotel, Magrath Road, Bengaluru	12.08.2025	Participated
30.	Dr. Shubhashree MN	"Sadyophaladaya Chikitsa in Management of Acute Conditions of Pranavaha Srotas"	Dr. Dilkush M. Tamboli, Chief Ayurveda Physician Kankayan Ayurved Chikitsalaya Kolhapur, Maharashtra	17.08.2025	Participated
31.	Dr. Shubhashree MN	Bridging Ayurveda and Functional Medicine: Personalised, Precision-Based Root Cause Healthcare in Practice"	Dr. Vijay Murthy N D BAMS, MS, MPH, PhD, IFMCP Founder The Murthy Clinic, London	02.09.2025	Participated
32.	Dr. Rajendra Kumar	Akhil Bharitya Rajbhasha Sammellan 2025, Gandhinagar	DoOL, MHA	14.09.2025 to 15.09.2024	Participated
33.	Dr. Shubhashree MN	Role of Ayurveda in integrative oncology – A surgeons perspective	CARI, Bengaluru	18.09.2025	Organised and attended
34.	Dr. Vidyashree Anchan	Webinar on "Laboratory Documents-creation and management"	MELAP	01.10.2025	Participated
35.	Dr. Vidyashree Anchan	Webinar on "Unreliable Automated CBC results"	MELAP	15.10.2025	Participated
36.	All the institute staff	Workshop on Pharmacovigilance and BIS Standardization	CARI Bengaluru	17.10.2025	Participated

37.	Dr. Shubhashree MN	Practical application of Nadi pareeksha and Marma therapy for practioners	Dr.Navin Chandra Joshi , Senior Medical Officer Dehradun	26.10.2025	Participated
38.	All the institute staff	Cyber Vigilance and Security Awareness	CCRAS, New Delhi	29.10.2025	Participated
39.	Dr. Vidyashree Anchan	Webinar on “Cost & Quality in clinical lab”	MELAP	04.11.2025	Participated
40.	Dr. Rajendra Kumar	Hindi Inspection by CCRAS Hqrs	CARI Bengaluru	18.11.2025	Participated
41.	All Staff	Pre- conference online presentations on the eve of “international conference on ayurveda and integrative approaches to obesity and metabolic syndrome”	CARI Bengaluru	25.11.2025 to 27.11.2025	Total 109 virtual lectures have been delivered.
42.	All institute staff	International Conference on “Ayurveda & Integrative Approaches to Obesity & Metabolic Syndrome”	CARI Bengaluru	01.12.2025 to 02.12.2025	Participated
43.	Dr. Vidyashree Anchan	Webinar on “Enhance your Lab work”	MELAP	04.12.2025	Participated
44.	Dr. Bhavya B.M	Training Programme on CCRAS ‘Prakriti Assessment Scale with AYUR Prakriti Web Portal’ at JSS Ayurveda Medical College, Mysore	JSS Ayurveda College, Mysuru	17.12.2025 to 18.12.2025	As a resource person
45.	Dr. Rajendra Paliwal	Training of Trainers (ToT) on Medical Certification of Cause of Death (MCCD)	Centre for Cancer Epidemiology (CCE), TMC (Tata Memorial Centre) Mumbai	22 December 2025	Participated
46.	Dr. Bhavya B.M	Clinical Consensus Meeting with 19 experts under the project “ <i>A clinical Consensus study for developing the practice guidelines and Standardisation of Netra Kriyakalpa’s</i> ”	CARI, Bengaluru	22.12.2025 to 26.12.2025	Co-ordinator and moderator including other investigators of project of other centres of CCRAS

47.	Dr. Rajendra Kumar	3 rd Quarterly Hindi Workshop FY 2025-26	CARI Bengaluru	31.12.2025	Participated
48.	Dr. Vidyashree Anchan	Webinar on “Hematology parameters beyond CBC” Conducted by Dr Mamta Soni.	Erba &Transasia company	16.01.2026	Participated
49.	Dr. Shubhashree MN	To explore the possibilities of a collaborative study on Anti-microbial resistance	IISc, Bengaluru	21.01.2025	Participated
50.	Dr. Vidyashree Anchan	Webinar on “Hospital Infection Control”	MELAP	21.01.2026	Participated
51.	Dr. Shubhashree MN	Therapeutic Potential of Honey Research Evidence and emerging clinical applications	Dr.Satish Pai, Prof and Head, Dept of Dravyaguna, JSS Ayurveda Medical College, Mysuru	25.01.2026	Participated
52.	Dr Shubhashree MN	Webinar on “Reading a published clinical trial: the right way to interpret evidence”	Chennai liver foundation	29.01.2026	Participated
53.	Dr Shubhashree M N	On-line patient centric workshop	Forum for ethics review committees in India (FERCI)	31.01.2026	Participated
54.	Dr. Rajendra Kumar	Shalyacon 2k26: 26th Annual Conference of National Sushruta Association and Golden Jubilee Celebration of National Institute of Ayurveda (Deemed to be University), Jaipur	National Sushruta Association and Golden Jubilee Celebration of National Institute of Ayurveda (Deemed to be University), Jaipur	05.02.2026 to 07.02.2026	Participated
55.	Dr Shubhashree M N	Project under Ayurveda Biology Scheme of Ayush	IISc, Bengaluru	07.02.2026	Participated
56.	All research officers of institute	Workshop on "Understanding Health and Wellness through Microbiome Research" held in CARI Bengaluru	All the Research officers of the institute and delegates from various CCRAS institutes were	09.02.2026 to 11.02.2026	All research officers of institute

			participated.		
57.	Dr. Shubhashree MN	Annual Seminar on Pharmacovigilance	VPSV Ayurveda College, Kottakkal, Kerala	13.02.2026	Participated
58.	Dr. Vidyashree Anchan	Webinar on “Molecular Genetic Tests for Acute Myeloid Leukemia Diagnosis”	MELAP	18.02.2026	Participated
59.	Dr Shubhashree M N	Workshop on Capacity Building and Research methodology for Ayurveda professionals	IISc	25.02.2026	Participated
60.	Dr. Vidyashree Anchan	Webinar on “Interpretation of Microbiology report”	MELAP	25.02.2026	Participated
61.	Dr. Vidyashree Anchan, Dr Thejaswini C, Dr Srinibash Sahoo	One day GCP Training Program	CCRAS	26.02.2026	Participated
62.	Dr Shubhashree MN	Medical camp	RR Institute of Pharmacy	26.02.2026	Participated
63.	Dr.Shubhashree M N	Offline meet on “Consensus study on Netra Kriya kalpa and standard Validated protocols”	CARI Bengaluru and CARI Bhubneshwar	02.03.2026 to 03.03.2026	Participated in the Clinical consensus
64.	DrS.H.Doddamani, Dr Thejaswini, Dr Vidyashree Anchan, Dr Srinibash Sahoo, Dr Rajendra	Investigator’s training (SCSP, TSP, AHC-NE)	CCRAS, NIIMH Hyderabad	05.03.2026 to 07.03.2026	Participated
65.	Dr. Shubhashree MN	Amrita School of Ayurveda conducted a CME on PV- Amrita Suraksha 2026	Amrita School of Ayurveda, Kollam	07.03.2026	Participated in the CME on Pharmacovigilance
66.	Dr. Shubhashree M N	Post Budget 2026 Webinar regarding the conceptualisation and operationalisation of the proposed Regional Medical Hubs.	Webinar	09.03.2026	Participated
67.	Dr. Rajendra Kumar	Post Budget Webinar	Ministry of Ayush	09.03.2026	

68.	Dr. Shubhashree M N	National CME Ayush Suraksha Vimarsh	SDMIAH PPvC 020 Bengaluru	12.03.2026	Participated
69.	Dr. Shubhashree M N	A One-Day Training Programme on “Monitoring and Reporting of Misleading/Objectionable Advertisements” is scheduled on 13th March 2026 at under the aegis of the National Pharmacovigilance Centre for ASU & H, AIIA, New Delhi.	IPvC, ITRA, Jamnagar,	13.03.2026	Participated
70.	Dr. Shubhashree M N	Development of training module for Pharmacovigilance in Traditional medicine - meeting of experts from WHO South-East Asia Region (SEAR) Member States is scheduled to be held on 20th March 2026 at	WHO Collaborating centre for Traditional medicine, ITRA, Jamnagar.	20.03.2026	Participated
71.	Dr. Vidyashree Anchan	Webinar on “Diagnostic stewardship”	MELAP	25.03.2026	Participated
72.	Dr. Shubhashree M N	National Awareness Programme on pharmacovigilance was conducted by Peripheral pharmacovigilance centre PPvC (018) on at	Shri B M Kankanwadi Ayurved Mahavidyalaya Belagavi	26.03.2026	Participated
73.	Dr. Shubhashree MN	Two-day Orientation cum Hands on Training Program on the Ayush Suraksha Portal for Pharmacovigilance Personnel working	IPvC, NIUM, Bangalore	27.03.2026	Participated
74.	Dr Srinivasulu C	National Workshop on "Geospatial Technologies to Identify and Map Medicinal Plants in India	Centre for Technology in Traditional Medicine, Anna University, Chennai	24.03.2026 to 26.03.2026	Participated
75.	Dr Bhavya BM	Completed iGot course on Gen AI for everyone	Provided by Fractal organized by	30.03.2026	Participated

			iGotKarmayogi		
76.	Dr. Rajendra Kumar	4 th Quarterly Hindi Workshop FY 2025-26	CARI Bengaluru	30.12.2026	Participated

5. Any other activities

a. Presentation/participation/Guest lecture/Resource person in a program, meeting and course.

Sl. No.	Name of the Participants	Title of the presentation/ program / Lecture	Organizer (s)	Date of Participation	Remark (s), if any
1.	All officers CARI, Bengaluru	Meeting regarding the CCRAS strategy for submitting an application for WHO CC	CCRAS, New Delhi	03.04.2025	Participated
2.	Dr. V. Rama Rao Mrs. R. Bhavana Mrs. Ritu Sinha	Introductory meeting 2025-26	MPR Section, CCRAS, New Delhi	07.04.2025	Attended
3.	Dr. V. Rama Rao Mrs. R. Bhavana Mrs. Ritu Sinha	VC meeting NMPB-RRDR Project presentation	MPR Section, CCRAS, New Delhi	08.04.2025	Attended
4.	Dr. V. Rama Rao	“Capacity building program” for PG students	BM Kankanawadi Ayurved Mahavidyala ya, Belgavi	23.04.2025	Delivered a talk on “Pharmacognostical standardization of Ayush drugs”
5.	Dr. V. Rama Rao Mrs. Nazneen Mrs. R. Bhavana Mrs. Ritu Sinha	VC meeting on use of software to update the data during MEBS Tour	MPR Section, CCRAS, New Delhi	23.04.2025	Attended
6.	Dr. Tejaswini C	Guest lectures on CCRAS funded projects at Dept. of Kaumarabhrithya, SDMIAH, Bengaluru	CARI, Bengaluru	24.04.2025	Delivered Lecture
7.	Dr. Sulochana Bhat, Dr. Subhashree MN	Meeting with Secretary Ministry of Ayush Dr. Gangadhar president NMC, IISc and NIMHANS team regarding Integrative Medicine	CARI, Bengaluru	24.04.2025	Attended

8.	Dr. V. Rama Rao Mrs. Nazneen Mrs. R.Bhavana Mrs. Ritu Sinha	VC meeting to discuss concept notes and project proposals under Pharmacognosy	CCRAS, New Delhi	27.04.2025	Attended
9.	Dr. Bhavya BM	IMR Project Review meeting for the completed, ongoing and yet to be initiated	CCRAS, Headquarter New Delhi	01.05.2025	Attended
10.	Dr. V. Rama Rao Mrs. Nazneen Mrs. R.Bhavana Mrs. Ritu Sinha	Focus group meeting to discuss concept notes and project proposals under MEBS	CCRAS, Headquarter New Delhi	05.05.2025	Presented a concept note
11.	Dr. V. Rama Rao Mrs. Nazneen Mrs. R.Bhavana Mrs. Ritu Sinha	Meeting regarding execution of the studies titled Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India”	CCRAS, New Delhi	09.05.2025	Attended
12.	Dr. Rajendra Kumar	Meeting with Dr. Vasusev M Ural for project discussion submitted under CCRAS Agni Scheme	Dr. Ural's Varicose Vein Ayurveda Care, Sringeri, Karnataka	19.05.2025	Attended
13.	Dr. Thejaswini C	CCRAS Funded Projects at Department of Kaumarabhrithya, SDMIAH Bengaluru	SDMIAH Bengaluru	24.05.2025	Delivered a guest lecture
14.	Dr. Shubhashree MN	Importance of Pharmacovigilance and ADR reporting	CARI, Bengaluru For 2 nd year UG students, PG students and Teaching staff from SDM Institute of Ayurveda & Hospital, Bengaluru	28.05.2025	As a resource person
15.	Dr. V. Rama Rao Mrs. Nazneen Mrs. R.Bhavana Mrs. Ritu Sinha	MPR focus group meeting	MPR CCRAS, New Delhi	03.06.2025	Attended

	Dr. Srinivasulu				
16.	Dr. Bhavya B.M	Participated in meeting regarding International Day of Yoga (IDY) promotional activities	Ministry of Ayush	05.06.2025	Participated as a co-ordinator
17.	Dr. Bhavya B.M	Meeting regarding Organizing events under International Day of Yoga (IDY) 2025	CCRAS, New Delhi	10.06.2025	Participated as a co-ordinator
18.	Dr. V. Rama Rao Mrs. Nazneen Mrs. R.Bhavana Mrs. Ritu Sinha Dr. Srinivasulu	MPR Focus group meeting for discussing new project proposals	CCRAS, New Delhi	12.06.2025	Attended and presented a project proposal
19.	Dr. Bhavya B.M	A meeting for drafting and finalization of research activities	CCRAS, New Delhi	13.06.2025	Participated as a Research integrity officer of the Institute
20.	Dr. Bhavya B.M	A meeting on "Quality, timeliness, and transparency of research outputs	CCRAS, New Delhi	13.06.2025	Participated
21.	Dr. Shubhashree MN	Importance of Pharmacovigilance and ADR reporting	CARI, Bengaluru For Final year UG students and one Teaching staff from Atreya Ayurvedic Medical College Hospital and Research Centre,	18.06.2025	As Resource person
22.	Dr. Shubhashree MN	Continuing Medical Education (CME) programme Risk to Resilience-A paradigm shift-An integrative approach to preventive health	Jayadev Memorial Rashtrotthana Hospital & Research Centre	21.06.2025	Given lecture on "Panoramic view of Preventive Health Strategies"
23.	Dr. Bhavya B.M	Meeting scheduled under the chairmanship of DG, CCRAS for the celebration of	CCRAS, New Delhi	23.06.2025	Participated

		International Day of Yoga			
24.	Dr. Shubhashree MN	Various patient rights within the healthcare sector, ensuring safe, informed, and ethical use of medicines	CARI, Bengaluru patients attending OPD	25.06.2025	As Resource person
25.	Dr. V. Rama Rao Mrs. Nazneen Mrs. R.Bhavana Mrs. Ritu Sinha Dr. Srinivasulu	31 st ISC Meeting	CCRAS, New Delhi	25.06.2025- To 26.06.2025	Attended and presented a project proposal
26.	Dr. V. Rama Rao Mrs. Nazneen Mrs. R.Bhavana Mrs. Ritu Sinha	Review meeting of the studies titled Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India”	CCRAS, New Delhi	27.06.2026	Attended
27.	Dr. SH Doddamani	Selection Committee for the interview conducted for the post of Program Manager under the National Ayush Mission	The Department of Ayush, Karnataka	03.07.2025	Member of the selection committee
28.	Dr. Bhavya B.M	Meeting of Focus Group for clinical research in eye and ENT diseases through video conferencing on Standard operative Procedure for Karna kriyakalpas, and Prevention of Myopia progression in children	Shalakya focus group, CCRAS	05.07.2025	Participated as a Co-Coordinator
29.	Dr. Bhavya B.M	Meeting scheduled under the chairmanship of DG, CCRAS regarding organizing WHO-CC activities in the Institute	CCRAS, New Delhi	10.07.2025	Participated as a Nodal officer
30.	Dr. SH Doddamani	IEC meeting	Shri Kalabyreshwara Ayurvedic Medical College, Bengaluru	16.07.2025	Participated as Chairman

31.	Dr. Shubhashree MN	Faculty development program on Pharmacovigilance	Shri Shri Ayurvedic Medical College and Hospital, Bangalore	18.07.2025	Participated as a resource person
32.	Dr. Shubhashree MN	IEC committee	Shri Shri Ayurvedic Medical College, Bengaluru	18.07.2025 To 19.07.2025	Participated as a member
33.	Dr. Shubhashree MN	Meeting	DR.BN Gangadhar, Chairman, NMC, regarding integrative medicine	19.07.2025	Participated
34.	Dr. Shubhashree MN	IT-enabled portal, "Ayush Suraksha", online training session	Min of Ayush	21.07.2025	Attended
35.	Dr. Arsha K S	Importance of Pharmacovigilance and ADR reporting	CARI, Bengaluru For Final year UG students, four PG Students and two Teaching staff from Ramakrishna Ayurvedic Medical College,	22.07.2025	As Resource person
36.	Dr. Shashidhar Doddamani	IRC meeting	Taranatha Government Ayurvedic Medical College, Ballari	22.07.2025	Participated as a Member
37.	Dr. Shubhashree MN	IEC meeting	CARI Bengaluru	23.07.2025	As a Member Secretary
38.	Dr. Bhavya B.M	Meeting of Focus Group for clinical research in eye and ENT diseases through video conferencing finalization of proposals on Standard operative Procedure for Karna kriyakalpas, and Prevention of Myopia progression in children	Shalakya focus group, CCRAS	29-07-2025	Participated as a Co-Coordinator

39.	Dr. Shubhashree MN	IRC meeting	SDM College, Bengaluru	31.07.2025	Participated as a Member
40.	Dr. Sulochana Bhat and Dr. Shubhashree MN	Meeting	Integrative medicine with Min. of Ayush IISc NIMHANS, and CARI	-	Participated
41.	Dr. Thejaswini C	Review meeting of Pharmacovigilance Program for ASU &H Drugs & review of IMR project entitled "Knowledge, Attitude and Practice towards Pharmacovigilance of Ayurvedic Medicines among Registered Ayurvedic Medical Practitioners of the Respective States – a Multicentre Study	CCRAS Hqrs	06/08/2025	To present the status of documentation of prescription trends in osteoarthritis by ayurveda physicians - A retrospective cross-sectional study
42.	Dr. Thejaswini C	Review meeting to discuss the filled in formats with respect to IMR Project "1. Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India. & 2. Documentation of Ethno-dietary practices Indigenous to India.	NIIMH Hyderabad	06/08/2025	Attended
43.	Dr. Thejaswini C	Meeting to train online data entry format for documentation of rituals and religious practices	NIIMH Hyderabad	14/08/2025	Attended
44.	Dr. Thejaswini C	Bhagavad Ramanuja National Research Institute Melkote, Mandya, Karnataka	CARI, Bengaluru	16/08/2025	To obtain permission to conduct FGD
45.	Dr. Thejaswini C	Review the project "General health screening with special focus on selected disease conditions (Tuberculosis, Anemia, Sickle Cell Disease & Malnutrition) and Ayurveda management of Anemia& Malnutrition in students	CCRAS Hqrs	22/08/2025	Attended

		of Ekalavya Model Residential Schools (EMRS)			
46.	Dr. Thejaswini C	Meeting of Focus Group for metabolic and Lifestyle disorders	CARI, Bengaluru	22/08/2025	Organized
47.	Dr Thejaswini C	Review meetings for the project entitled” 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”	CCRAS Hqrs	25/08/2025	Attended
48.	Dr. SH Doddamani	Selection committee for faculty recruitment	BLDEA's AVS Ayurveda mahavidyalaya hospital and research center Vijayapura	02.09.2025 & 03.09.2025	As a member of selection committee
49.	Dr. SH Doddamani	Opportunities of research under Ayush	IRC, BLDEA's AVS Ayurveda mahavidyalaya hospital and research center Vijayapura	03.09.2025	As a guest lecture
50.	Dr. Shubhashree MN	Patients’ rights and safety	CARI, Bengaluru	17.9.2025	Awareness programme
51.	Dr. Shubhashree MN	Long term effects of junk food	Prayoga Institute of education and research ,Bengaluru	18.9.2025	As a resource person
52.	Dr. Shubhashree MN	Safety is just a click away- Pharmacovigilance awareness programme	ALM Rao Ayurvedic medical college, Koppa	19.09.2025	As a resource person
53.	Dr. Shubhashree MN	Swasth Naari Sashaktha Parivar -Addressing menopausal issues	UmiyaBhavan ,Bengaluru	22.9.2025	As a resource person
54.	Dr. Shubhashree MN	Awareness on Govt schemes to combat anemia, healthy pregnancy	Dept of Women and Child Development ,Vajrahalli Govt School, Bengaluru	26.9.2025	As a resource person
55.	Dr. Shubhashree	Understanding ADR and	GAMC,	29.9.2025	As a resource

	MN	developing reporting culture	Bengaluru		person
56.	Dr. Shubhashree MN	National level E-poster competition on Patient safety our priority	PPvC-048, ALGAC, Waranagal	30.9.2025	As a judge
57.	Dr. Shubhashree MN	Emerging Science, Technology and Innovation Conclave ESTIC- 2025	Dept of Science and Technology	03.10.2025 To 05.10.2025	As a Participant
58.	Dr Bhavya BM	IEC meeting for reviewing and approval of submitted proposals	Sri Sri Ayurveda Medical College, Bengaluru	13.10.2025	Participated as a member (Clinical Scientist)
59.	Dr. Shubhashree MN	10th Ayurveda Day Celebration	CSIR-CFTRI, Mysuru	15.10.2025	Dr. M.N. Shubhashree, delivered the talk entitled “Ayurveda and Ayush Aahar”
60.	Dr. Shubhashree MN	Workshop on Pharmacovigilance	CARI-BIS	17.10.2025	Dr. M.N. Shubhashree, delivered the talk entitled Clinical and Pharma perspectives of Pharmacovigilance
61.	Dr. M.N. Shubhashree	Internship orientation program 2025	Hillside ayurveda medical college & hospital, Bengaluru	27.10.2025	Delivered talk on “Ayurveda - bench to bedside for Interns”
62.	Doctors of CARI, Bengaluru	10th Ayurveda Day Celebration	4th Paradigm Institute, CSIR, Bengaluru	28.10.2025	Plantation and Free Health Camp conducted
63.	All staff	Madhumeha Vimarsha	CARI Bengaluru	14.11.2025	-
64.	Dr C Srinivasulu	A computational approach to explore the therapeutic potential of millet-based nutraceuticals for the	CARI Bengaluru	02.12.2025	International Conference on “Ayurveda

		management of obesity though inhibition of fat mass and obesity-associated (FTO) protein			& Integrative Approaches to Obesity & Metabolic Syndrome”
65.	Dr.Sulochana Bhat Dr.Shubhashree MN	Meeting with IISc scientists, Dr.KoustubhUpadhyaya ,Advisor ,Min of Ayush ,Dr.Srikanth.N, DDG, CCRAS	IISc, Bengaluru	26.12.2025	
66.	Dr.Shubhashree MN	PG Orientation program	JSS Ayurveda Medical College, Mysuru	27.12.2025	
67.	Dr.Shubhashree MN	Moderator-Panel discussion	Cauvery Ayurveda Medical College and Hospital, Mysuru	27.12.2025	CCARD International conference 2025
68.	Dr. SH Doddamani	Samskara-PG orientation program” – 2026	Government Ayurveda Medical College Dhanvantari Road, Bangalore	07-01-2026	Guest speaker
69.	Dr. SH Doddamani	Sanskara -2026 PG Orientation program	DGM Ayurveda medical college Gadag	14.01.2026	Chief Guest for valedictory function
70.	Dr Shubhashree MN	PG orientation program” – 2026	ALN Rao Ayurvedic Medical College	22.01.2026	Guest speaker
71.	Dr Shubhashree MN	Optimizing research funds strategies for effective utilization and management	SDM college of Ayurveda Bengaluru	03.02 2026	Resource person
72.	Dr Shubhashree MN	Pharmacovigilance awareness programme	Kalabyrawes hwara college	13.02.2026	Resource person
73.	Dr. Bhavya B.M	IEC meeting for reviewing and approval of submitted proposals	Sri Sri Ayurveda Medical	09.03.2026	Participated as a member

			College, Bengaluru		(Clinical Scientist)
74.	Dr. Shubhashree MN	Introduction to Pharmacovigilance and ADR reporting	CARI, Bengaluru UG Students, PG Students and Teaching Faculties from Sushrutha Ayurvedic Medical College & Hospital, Bengaluru	23.03.2026	Resource person
75.	Investigators of all participating Institute of Project participated	The Investigators Training Programme on CCRAS Standardized Prakriti and Swasthya Assessment Scale, developed by CCRAS, Ministry of Ayush	CARI Bengaluru	28.03.2026	Resource persons: Dr Bhavya BM, Dr. Shu bhashree MN, Dr Srinibash Sahoo

b. Arogya Fair/Exhibition/Mela/Camp attended by Officer

Sl. No.	Name of Mela/ Exhibition/ Camp	Participation	Organizer	Duration & Place	Inaugurated by	Activities
1.	Medical camp on Yoga and Prakruthi Parikshan 21st September 2025	1.Dr. SK Giri 2.Dr. Shubha Shree MN 3.Dr. Deepika 4.Dr. Arpitha 5.Dr. Vinushree 6.Sh. Umesh 7.Sh. Neelesh 8.Sh. Sunil 9.Sh. Yathish	Shree Jain Shwetambe r Terapanthi Sabha,	5 hours and Place: Vijayanag ar, Bengaluru	Shree Jain Shwetamber Terapanthi Sabha Trust	Medical camp and awareness talk about Swasth Nari Sashakt Pariwar Abhiyan No of beneficiaries – 57 patients
2.	Medical camp on 27th Feb 2026	1.Dr Shubhashree MN 2.Dr Deepika 3.Dr Preethi 4.Dulkifly 5.Neelesh	RR Pharmacy College	7 hours and Place: Chikkaban avara, Bengaluru	Dr Manjunath C N MP Bengaluru Rural	Medical camp and awareness talk about Ayurveda lifestyle advocacy

		6.Praveen				and Dinacharya No. of beneficiaries - 69 patient's
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c. Subhead Activities

Sl. No.	Sub Heads	Activity Description
1.	Technical Staff sponsored for Training outside the organization	1. Dr Vidyashree Anchan, RO (Pathology) attended KAPCON 2025, the 51st Annual Conference of the Karnataka Chapter Indian Association of Pathologists and Microbiologists (KCIAPM) conducted at Bangalore Medical College from 11.07.2025 to 13.07.2025. 2. Dr Vidyashree Anchan, RO (Pathology) and Mrs Neetha G (Medical Laboratory Technologist) attended Online 4 days training programme on “Laboratory Management Systems and Internal Audit as per ISO 15189:2022” conducted by Medical Education & Learning Point (Regd.)-MELAP from 28.05.2025 to 31.05.2025 3. Dr Shubhashree MN attended “Forum for ethics review committees in India (FERCI) PACER Online Patient-centric Workshop” on 31.1.2026 4. Mrs Hemavathi (Medical Laboratory Technologist) attended Online 4 days training programme on “Laboratory Management Systems and Internal Audit as per ISO 15189:2022” conducted by Medical Education & Learning Point (Regd.)-MELAP from 25.02.2026 to 28.02.2026 5. Shri Girish C (Panchakarma Technician), Smt Bharathi M, Smt Bhagyamma (Sister In-charge), Shri Mallikarjun Neelavani, Shri Srinivas Illiger (Staff Nurse), Shri K Krishnamurthy, Shri MD Rajanna and Smt G Sowbhagya (MTS) attended Exposure visit cum training programme conducted at AIIA, New Delhi on 17-7-2025, 24-7-2025 and 31-07-2025. 6. Dr. SH Doddamani, Dr. Shubhashree MN, Dr. Raghavendra Nayak, and Dr. Thejaswini C attended a workshop on standardization in the field of Ayurveda on 09 January 2026 at Manipal Academy of Higher Education (MAHE), Manipal.
2.	Organized Administrative Staff Training at institutional level	Nil
3.	Invited Guest Lectures, delivered Radio/TV Talks and Interviews/ Chaired Scientific	As per table no.

	sessions.	
4.	Honors/Awards received	Dr. SH Doddamani was awarded with Seva Namana at "SUVARANAKAYA" - National Conference on Speciality Practices in Kayachakitsa Organised by Department of Post graduate studies in Kayachakitsa, Government Ayurveda College, Mysore on April 19th and 20th, 2025.
5.	Association meetings (retire/working)	Organized superannuation of Dr. SK Giri, Research Officer (Ayurveda) on 31.03.2026

d. Completion of Course/ Program by staff(s)/officers(s) of the Institute.

Sl. No.	Name of the Staff (s) / Officer (s)	Title of the Course / Program	Organizer (s)	Date of Participation	Remarks
1.	Dr Bhavya BM	Biostatistics and CDM form Data to Decision	Institute of Management Sciences and Research (IMSR)	28 th - 31 st July 2025	Completed with credit score of 1
2.	Dr. Thejaswini C Dr. Rajendra Kumar Paliwal Dr Shubhashree MN	Medical Certification of Cause of Death (MCCD)	Centre for Cancer Epidemiology, Tata Memorial Centre	22nd December 2025	All assessment completed. Certificate received
3.	Dr Bhavya BM	Systematic Reviews and Meta Analysis	Resilient Foundation, Niti Ayog, GOI	28 th - 30 th November 2025	Completed

e. MoU with other Institutions regarding execution of various research projects:

Sl. No.	Name of the Officer(s) / Delegates	Title/ Context of the MoU	Participating Institutes	Date of Execution	Remarks if any
1.	Dr. Sulochana Bhat Dr. Rajendra Kumar	CCRAS guidelines for internship	1. Hillside Ayurveda Medical College & Hospital 2. Sri Paripoorna Sanathana Ayurveda Medical College Hospital & Research Centre (SPSAMC) 3. Sri Sri College of Ayurvedic Science and Research Hospital, Bengaluru (SSCASRH), Bengaluru 4. Dr. Chandramma Dayananda Sagar Institute of Medical	01.04.2025	Signed

			Education and Research (CDSIMER), Ramanagara 5. Kempegowda Institute of Medical Sciences (KIMS), Bengaluru		
2.	Dr. Sulochana Bhat Dr Vidyashree Anchan	Efficacy and Safety of Arjuna {Terminalia arjuna (Roxb. Wight & Arn)} as an adjunct to standard care in Atherogenic Dyslipidemia- A randomized double- blind placebo- controlled study	1. Indian Institute of Science (IISc), Bengaluru 2. Samatvam: Science & Research For Human Welfare Trust, Bengaluru	22.05.2025	Signed
3.	Dr. Sulochana Bhat Dr Srinibash Sahoo	Efficacy of Ayurveda coded formulation Ayush D in the management of Type 2 Diabetes Mellitus- A prospective multi-center randomized double-blind placebo- controlled clinical trial	1. S D M College of Ayurveda, Hassan, Karnataka 2. KAHER Shri BM Kankanawadi Ayurveda Mahavidyalaya, Belagavi, Karnataka	03.07.2025	Signed
4.	Dr. Sulochana Bhat Dr. Shubhashree MN	AMRA 2.0 Study	1. CARI Mumbai 2. AVPRF Coimbatore 3. ASA Kollam	01.08.2025	Signed
5.	Dr. Sulochana Bhat Dr Rajendra Kumar	Safety, Efficacy, Acceptability & Tolerability of Krimi	1. City Health Care (CHC), Kolar 2. Vamshodaya Hospital, Kolar	12.08.2025	Signed

		Chikitsa W.S.R. To Maggot Debridement Therapy In Madhumehajanya Vrana W.S.R. To Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial”			
6.	Dr. Sulochana Bhat Dr. Srinibash Sahoo	Safety and efficacy of an integrative Ayurvedic regimen against conventional care in the management of Mild Neuro Cognitive Disorder (MNCD) – A randomized controlled clinical trial’	National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru	10.11.2025	Signed
7.	Dr. Sulochana Bhat Dr. Shubhashree MN	AMRA 2.0 Study	ACTREC, TATA Memorial Centre, Navi Mumbai	19.2.2026	Signed
8.	Dr. Sulochana Bhat Dr. Srinibash Sahoo	Effect of Tagar (Valeriana Wallichii) on Sleep Outcomes in Older Adults with Insomnia: A Multi-Site Clinical Trial’	1. J S Ayurveda Mahavidyalaya, Nadiad 2. KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi, 3. Shri Dhanwantry Ayurvedic College and Hospital, Chandigarh 4. Dr. D. Y. Patil College of Ayurved & Research Centre, Pune 5. VPSV Ayurveda College, Kotakkal	13.03.2026	Signed

9.	Dr. Sulochana Bhat Dr. Thejaswini C	Efficacy of Ayurveda Nutritional Supplement (Ayush BL) In Children aged 6 to 12 years with Moderate Acute Malnutrition- A cluster Randomized Clinical Trial	1. CSIR- Central Food Technological Research Institute Mysore 2. JSS Ayurveda Medical College, Mysuru	16.3.2026	Signed
10.	Dr. Sulochana Bhat Dr. Thejaswini C	Development of Millet-Based Dietary Supplements for Patients with Type 2 Diabetes Mellitus	CSIR- Central Food Technological Research Institute Mysore	16.3.2026	Signed
11.	Dr. Sulochana Bhat Dr. Thejaswini C	Impact Assessment of Ayurveda-based lifestyle advocacy and utilization of medicinal plants in primary healthcare”	1. Shri Dharmasthala Manjunatheshwara College of Ayurveda, Udupi 2. Kaher’s Shri B. M Kankanwadi Ayurveda Mahavidyalaya Belagavi 3. JSS Ayurveda Medical College, Mysuru 3. Sri Sri College of Ayurvedic Science and Research, Bengaluru	23.03.2026	Signed

f. Organized Arogya/Mela/Exhibition/Camp/Others:

Sl. No.	Name of the Participant(s)	Title of the Fair/ Exhibition/Ceremony Program /Activity	Organizer(s)	Date of Participation	Remarks
-	-	-	-	-	-

g. Participated in Arogya Mela/Exhibition/Camps/others:

Sl. No.	Name of the Participant	Title of the Fair/ Exhibition/Ceremony Program	Organizer(s)	Date of Participation	Remarks
1.	Dr. V Rama Rao	4 th Edition of World Food India 2025	Ministry of Food Processing Industries, Govt. of India	25-28.09.2025	Displayed Ayush food produced developed by CFTRI Mysuru.

PART-A

7. CLINICAL RESEARCH

7.1. Brief progress report of allotted programmes as per format

i. Clinical Research (Brief resume of the clinical research carried out since inception)

1. Kuposhana (Malnutrition):

- a) Title of the study: Clinical evaluation of herbal formulations in the management of Kuposhana (Malnutrition)
b) Year and month of starting the study: 28th February 1996
c) Year and month of ending study: November 1996
d) Principal drugs taken for clinical evaluation / trial and supporting therapy.
Group I: 1. Ashwagandha Churna (A), 2. Shatavari Churna (S), 3. Amalaki Churna (A)
Group II: 1. Ashwagandha lehya
e) Duration of the treatment: 3 weeks
f) Diagnosis and response of the therapy based on Ayurvedic & modern parameters or both.
g) Results of the cases completed (Criteria for assessment)

DrugGroup	Good Response	Fair Response	Poor Response	No Response	LAMA	Total
ASA churna	9	0	0	0	1	10
AshwagandhavaLehya	9	0	0	0	1	10
Total	18	0	0	0	2	20

2. Arsha (Hemorrhoids)

- a) Title of the study: Clinical evaluation of herbo-mineral preparations in the management of Arsha (Haemorrhoids)
b) Year and month of starting the study: 13-10-2000
c) Year and month of ending the study: October 2007
d) Principal drugs taken for clinical evaluation / trial supporting therapy.

Group	Trial drugs	Dose
I.	KankayanaVati	500 mg thrice a day
	TriphalaChurna	5 gm at Bed time
	KasisadiTaila	2 ml before defecation (applied externally)
II.	Kravyadi Rasa	500 mg thrice a day
	TriphalaChurna	5 mg at Bed time
	KasisadiTaila	2 ml before defecation (applied externally)

- e) Duration of the treatment-21 days
f) Number of groups and number of cases under each group (year wise details together with study design is to be furnished).

Year of study	Group I	Group II	Total patients
2000-2001	10	2	12
2001-2002	25	16	41
2002-2003	19	18	37
2003-2004	13	11	24
2004-2005	21	10	31
2005-2006	14	11	25
2006-2007	11	7	18
2007-2008	7	10	17

Total	120	85	205
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g) Results of the cases completed (indicate relief assessment criteria under each group).

Drug Group	Good Response	Fair Response	Poor Response	No Response	LAMA	Total
Group I	33	42	5	5	35	120
Group II	11	23	9	4	38	85
Total	44	65	14	9	73	205

3. Manodvega (Anxiety neurosis):

- Title of the Study: Clinical evaluation of Brahmi Vachaghanavati in the management of Manodvega (Anxiety neurosis)
- Year and month of starting the study : January, 2001
- Year and month of closure of the study : October, 2007
- Principal drugs for clinical evaluation/ trial supporting therapy: Brahmi-Vachaghanavati
- Duration of the treatment : 6 weeks
- Diagnosis and therapy response based on Ayurveda& modern parameters or both.
- Number of groups and number of cases under each group (year wise details together with study design is to be furnished)

Year wise group-I study

2000-01	2001-02	2002-03	2003-04	2004-05	2005-06	2006-07	2007-08	Total
02	13	25	10	10	10	12	05	87

Study was conducted in a single group. It was planned to study 10 cases every year and to conduct open trial without standard or placebo.

h) Results of the cases completed (indicate relief assessment criteria under each group)

Drug Group	Good Response	Fair Response	Poor Response	No Response	LAMA	Total
Group I Brahmi Vacha Ghana vati	35	44	8	-	-	87

4. Tamaka Swasa (Bronchial asthma)

- Title of the problem: Evaluation of Shamana therapy and ShodanaChikitsa in the management of TamakaSwasa (Bronchial asthma)
- Year and month of starting the study : 1993 to 1994
- Year and month of ending the study : October 2007
- Principal drugs taken for clinical evaluation / trial and supporting therapy.
Group –I: Vardhamana pippali ksheera paka with Sameera Pannaga Rasa
Group –II: Shirishatwakkwatha
Group –III: Shodana therapy followed by Shirishatwakquatha
- Duration of the treatment- 6 weeks
- Number of groups and number of cases under each group (year wise details):
Patients were studied in 3 groups.
Group I - Vardhamanapippliksheerapaka, along with sameerapannaga rasa.
Group II - Shirishatwakkwatha.
Group III - Shodana followed by Shirishatwakquatha

In each group 5 patients were studied. It was an open trial so no standard or placebo was used.

S.No.	Year	Group I	Group II	Group III	Total
1.	1993-1994	5	5	nil	10
2.	2000-2001	1	7	nil	8
3.	2001-2002	1	13	11	25
4.	2002-2003	-	10	12	22
5.	2003-2004	Nil	8	1	9
6.	2004-2005	Nil	8	nil	8
7.	2005-2006	Nil	12	nil	12
8.	2006-2007	-	8	-	8
9.	2007-2008	Nil	6	nil	6
	Total	7	77	24	108

g) Results of the cases completed (indicate relief assessment criteria under each group).

SN	Drug Group	Good Resp	Fair Resp	Poor Resp.	No Resp.	Death	LAMA	Total
1.	VardamanaPippaliKsheerapaka, Sameerapannaga rasa	2	3	-	1	-	1	7
2.	Shirishatwakkwatha	32	20	10	6	nil	9	77
3.	Shodhana followed by shamana	21	3	nil	nil	nil	nil	24
	Total	55	26	10	7	-	10	108

5. Vyanabalavaishamya (Hypertension)

a) Title of the project: Clinical evaluation of herbal and herbomineral formulations in the management of Vyanabalavaishamya (Hypertension)

b) Year and month of starting the study : January, 2000

c) Year and month of ending study : October, 2007

d) Principal drugs, taken for clinical evaluation / trial and supporting therapy.

Group	Drugs	Dose
Group I	Vacha, Brahmi, Arjuna, Jatamansi	3gms x TDS
Group II	Chandraprabhavati Swetha Parpati Punarnava Mandura	500mg 500mg 500mg x TDS

e) Duration of treatment: 6 weeks

f) Diagnosis and response of therapy based on Ayurveda and modern parameter or both. Diagnosis and response to therapy was assessed as per C.C.R.A.S proforma

g) Number of group and number of cases under each group (Year wise details together with study design is to be furnished)

The study was conducted in two groups and it was proposed to study 10 patients every year in each group. The study was open trial and no placebo or standard was used.

Year of study	Group I	Group II	Total patients studied
2000-2001	11	2	13
2001-2002	14	11	25
2002-2003	8	10	18
2003-2004	12	9	21
2004-2005	11	1	12

2005-2006	12	5	17
2006-2007	11	11	22
2007-2008	7	1	8
Total	86	50	136

h). Results of the cases completed (indicate relief assessment criteria under each group)

Drug Group	Good Resp.	Fair Resp.	Poor Resp.	No Resp.	LAMA	Total
Group I: Arjuna Vachadi Yoga	21	25	15	5	20	86
Group II: ChandraPrabhadi yoga	13	13	12	6	6	50
Total	34	38	27	11	26	136

6. Iron Deficiency Anaemia

- Title of the project: A Multicentric Open Clinical Trial on Dhatri Louha in Iron Deficiency Anaemia
- Year and month of starting the study : December, 2007
- Year and month of ending study : December, 2008
- Principal drugs, for clinical evaluation / trial and supporting therapy: Dhatri Louha.
- Duration of treatment : 45 days
- Diagnosis and response of therapy based on Ayurveda and modern parameters or both
- Number of group and number of cases under each group: One group with 40 cases for one year duration. It was an open label, multicentric trial; no placebo/standard was used.
- Name of Investigators (with details of the study period conducted by each of them)

Principal investigator	Co- investigator
Dr.K.Gopakumar	Dr. B.N. Sridhar
Dr. B.N.Sridhar	Dr. G.Venkateshwarlu
	Dr. H. Pushpalatha

- Summary of the project
 - Screened : 115
 - Completed : 28
 - Drop outs : 03 (1 case showed drug reaction)
- Over all clinical assessment (Objective)
 - Improved : 20 {improved Hb%, but morphology did not change}
 - No change : Nil
 - Deteriorated : 08
- Overall impression of the well being (Subjective)
 - Improved : 25
 - No change : 03
 - Deteriorated : Nil

7. Documentation of Reported Episode of Prevention/Treatment of Vector Borne /Infectious Disease of Ayurveda and Siddha” under Intra Mural Research

Name of the Institute : NADRI, Bangalore
Reporting period : April, 2009 to March, 2011
a. Principal Investigator : Dr. B. N. Sridhar
b. Co- investigator(S) : Dr. G. Venkateshwarlu
Dr. Kishore Kumar R
Dr. S.H. Doddamani
Dr. Shubhashree MN

c. Date of initiation of the project : 28.07.2009

d. Details of the diseases/claims:

Details of the disease	CLAIMS	PUBLICATION		
	No. of claims compiled And forwarded to nodal institute RRI, Vijayavada	Research papers/ published by the Institute	Research papers/article communicated for publication	No of visit conducted to gather information
Post viral arthralgia (Chikungunya)	i. Tour visit claims :1304 ii. OPD Claims : 164 Total: 1468	-	-	31

e. Details of tour conducted in Karnataka

S.N.	Date of visit	Name of the Ayurveda/Siddha /traditional practitioners or Ayurveda/Siddha colleges /Hospitals /Institutions visited to gather information	Prevention claims	Treatment claims
1	28/7/2009	Govt. Ayush Hospital, Chitradurga	Nil	230
2	04/11/2009	Govt. Ayurvedic Hospital, Marenahaali, Bagaluru post, Bangalore North District, Bangalore	Nil	11
3	11/11/2009	Govt. Ayurvedic Dispensary, Bannerghatta, Bangalore	Nil	300
4	09/12/2009	Govt. Ayurvedic Dispensary, Byatha, HesaraghattaHobli, Bangalore North Taluk, Bangalore urban District	Nil	25
5	16/12/2009	Govt. Ayurvedic Dispensary, Mantanakurchi, Sondekoppa post, Nelamangala Taluk, Bangalore Urban	Nil	13
6	30/12/2009	Govt. Ayurvedic Dispensary, Yelahanka, Bangalore North Taluk, Bangalore	Nil	15
7	06/01/2010	Govt. Ayurvedic Dispensary, Machohalli, Bangalore North Taluk, Bangalore	Nil	10
8	27/01/2010	Govt. Ayurvedic Dispensary, Somanahalli, Kanakpura Road, Bangalore South Taluk, Bangalore Urban District	Nil	20
9	23/02/2010	Govt. Ayurvedic Dispensary, Mukkodlu, Kanakpura Road, Bangalore South Taluk, Bangalore Urban District	Nil	15
10	24/02/2010	Govt. Ayurvedic Dispensary, Hegganahalli,	Nil	15

		Devanahalli Taluk, Bangalore Rural District, Bangalore		
11	26/02/2010	Govt. Ayurvedic Dispensary, Yentaganahalli, Nelamangala Taluk, Bangalore Rural District	Nil	13
12	05/03/2010	Govt. Ayurvedic Hospital, D Cross, Doddaballapura, Bangalore Rural District	Nil	12
13	05/03/2010	Govt. Ayurvedic Dispensary, Kodihalli, Doddaballapura Taluk, Bangalore Rural District, Bangalore	Nil	12
14	11/03/2010	Govt. Ayurvedic Dispensary, Koligere, Doddaballapura Taluk, Bangalore Rural District, Bangalore	Nil	6
15	11/03/2010	Govt. Ayurvedic Dispensary, HanabeDoddaballapura Taluk, Bangalore Rural District, Bangalore	Nil	10
16	25/03/2010	Govt. Ayurvedic Dispensary, Ragihalli, Anekal Taluk, Bangalore Urban District	Nil	12
17	27/4/2010	Govt. Ayurvedic dispensary, Seesandra, Kolar district	Nil	00
18	27/4/2010	Govt. Ay. dispensary, Shivarapattana, Kolar district	Nil	00
19	17/5/2010	Govt. Ayurvedic Dispensary, Shivarapatna, Malur taluk, Kolar district	Nil	7
20	19/5/2010	Govt. Ayurvedic Dispensary, Seesandra, Kolar district	Nil	5
21	31/05/2010	Govt. Ayurvedic Dispensary, Srinivasapur, Kolar district	Nil	18
22	31/5/2010	Govt. Ayurvedic Dispensary, Somayajalahalli, Kolar district	Nil	45
23	21/6/2010	Govt. Ayurvedic Dispensary, AmblikalMulabagalu taluk, Kolar district	--	30
24	21/6/2010	Govt. Ayurvedic Dispensary, ChikkaTirupathi, Malur taluk, Kolar district	--	15
25	12/7/2010	Govt. Ayurvedic Dispensary, Hosur Byramangala, Ramanagara district	Nil	0
26	12/7/2010	Govt. Ayurvedic Dispensary, Thumbenahalli, Ramanagara district	Nil	175
27	12/7/2010	Govt. Ayurvedic Dispensary, Channapattana, Ramanagara dist.	Nil	235
28	25/8/2010	Govt. Ayurvedic Dispensary, Yelahalli, Kanaka pura taluk, Ramanagara district	Nil	15
29	30/8/2010	Govt. Ayurvedic Dispensary, Kolagondanahalli, Kanakapura taluk, Ramanagara district, Karnataka	Nil	12
30	22/9/2010	Govt. Ayurvedic Dispensary, Magadi Taluk, Ramanagara district	Nil	14
31	28/9/2010	Govt. Ayurvedic Dispensary, Kanakapura Tk, Ramanagaradist	Nil	14

Note: Observational study on VBD was stopped vide Council's letter No.F.5-15/2008- CCRAS/Tech/Hq/Part (2), dated 27.9.2010.

8. An observational study on Flu-Like Illness

Period of the study : 2009 to 2013

Disease wise statement of Patients of Flu like illnesses during the study period

Disease wise statement of Patients of Flu like illnesses during the study period															
SN	[Disease /Condition] Similar to Flu like illness (Examples)	Patients treated at OPD													
		New						OLD						Grand total	
		Adult		Child		Total		Adult		Child		Total			
		M	F	MC	FC	M	F	M	F	MC	FC	M	F	M	F
1	Vatikpratishyaya	24	7	0	7	24	14	56	44	3	1	59	45	80	57
2	Paitikpratishyaya	15	2	0	0	15	2	28	13	0	3	28	16	39	18
3	Kaphajpratishyaya	137	82	26	22	163	104	131	146	14	18	145	164	240	206
4	Vatashlaishmikjwara	63	37	6	17	69	54	51	63	5	8	56	71	106	109
5	Avian flu	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	Swine flu	0	0	0	0	0	0	0	0	0	0	0	0	0	0
7	Viral fever	0	0	0	0	0	0	0	0	0	0	0	0	0	0
8	Rhinitis with fever	3	3	0	0	3	3	0	0	0	0	0	0	0	0
9	Rhinitis with cough	43	16	8	6	51	22	0	0	0	0	0	0	0	0
10	Other flu like illnesses (if any)	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Total	285	147	40	52	325	199	266	266	22	30	288	296	465	390

9. Intra Mural and Collaborative Clinical Research Projects (IMCRP)

Brief resume of the IMCRPs carried out (Completed Programmes)

9.1. Title of the project: Multicentric Open clinical trial of Rajapravartinivati in Kastarthava (Dysmenorrhea)

- Name of the Institute/Department : NADRI, Bangalore.
- Date of initiation of the study : 13/5/2011
- Date of completion of the study : 12/06/2012
- Name of the Principal Investigator : Dr. Shubhashree MN

9.1.1. Brief Statement of patients/cases studied

Target cases	Cases screened	Screen failures	Cases enrolled	Cases completed	Drop outs	Remarks
40	53	11	42	41	01	Target achieved

9.1.2. Budget expenditure details

Sanctioned budget	Expenditure details in Rupees				Expenditure (Rs.)	Balance amount
	Lab charges	Pt.	Stationary	Miscellaneous		
5,00,000/-	1,80,666/-	28,800/-	3,591/-	3,104/-	2,16,161/-	2,83,839/-

9.2. Title of the project: Clinical evaluation on the Rasayana effect of Ashwagandha avalehya in apparently healthy elderly persons

- Name of the Institute/Department : NADRI Bangalore.
- Date of initiation of the study : 04/07/2011
- Date of completion of the study : 25/01/2012
- Name of the Principal Investigator : Dr. G. Venkateshwarlu
- Name of the Co-Investigator : Dr. S.H. Doddamani

9.2.1. Budget allocated: Rs.5, 00,000/-

9.2.2. Installment wise release: Released at once

Sr. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	1 st	O. Order No 3283/2010	15.03.2011	-

9.2.3. Brief Statement of participants studied

S. N.	Programme	Total Target cases	No. of cases screened	Screen failure	No. of cases Enrolled	No. of cases Completed	No. of cases continued	Drop outs	Remarks/ Status
1	IMCRP-Rasayana	50	59	03	56	52	00	04	Target achieved

9.3. Title of the project: Clinical evaluation of Vyoshadi Guggulu and Haritaki Churna in the management of Obesity (Sthaulya)

- Name of the Institute/Department : NADRI, Bangalore.
- Date of initiation of the study : 11.08.2011
- Date of completion of the study : 27.06.2012
- Name of the Principal Investigator : Dr. Kishore Kumar R
- Name of the Co-Investigator : Dr. Sanjay Kumar Giri

9.3.1. Brief Statement of patients/cases studied

Sl. No.	Disease/ Program	Target	Screened	S. Failure	Enrolled	Completed	Drop outs	Remarks/ Status
1.	IMCRP-Obesity	50	80	25	55	50	05	Target achieved

9.3.2. Statement of participants of trial

Target cases	Screened	Screen Failure	Enrolled	Completed	Drop outs	Remarks
50	80	25	55	50	5	Target achieved

9.3.3. Budget Expenditure (in Rupees)

Sanctioned Budget	Lab charges (Outsourcing)	Pt. Conveyance	Medical Eqpts & Stationery	Photocopying	Expenditure incurred	Balance Amount
5,00,000/-	1,44,640/-	42,200/-	6,055/-	5,371/-	1,98,266/-	3,01,734/-

9.4. Title of the project: Evaluation of Clinical Efficacy and Safety of Brahma Rasayana in Apparently Healthy Elderly persons

- Name of the Institute : NADRI Bangalore.
- Date of initiation of the study : 01/03/2013 [Enrolled date : 5.3.2013]
- Date of completion of the study : 24.2.2014
- Name of the Principal Investigator : Dr. G. Venkateshwarlu
- Name of the Co-Investigator(s) : Dr. S. H. Doddamani, Dr. S. K. Giri.
- Name of the SRF : Dr. Anand Kumar

9.4.1. Budget allocated : Rs.13, 74,000/-

9.4.2. Installment wise release

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	1 st Rs.8,24,400/-	Officer Order No 1951/2012-13	06.10.2012	-

9.4.3. Brief Statement of cases studied

S. N.	Study Programme	Target cases	Cases screened	Screening failure	Cases Enrolled	Cases continued	Cases completed	Drop outs	Status
1	IMCRP- Brahma Rasayana	60	73	13	60	00	58	02	Target achieved

9.5. Title of the project: Clinical evaluation of Vatariguggulu, Maharasnadi qwatha and Narayana Taila in the Management of Osteoarthritis Knee

- Name of the Institute : NADRI Bangalore.
- Date of initiation of the study : 21/10/2013
- Date of completion of the study : 08.08.2014
- Name of the Principal Investigator : Dr. Shubhashree M N
- Name of the Co-Investigator(s) : Dr. Kishore Kumar R, Dr. S K Giri
- Name of the SRF : Dr. Shwetha Singh
- Date of IEC approval : 05.07.2014

9.5.1. Budget allocated: Rs.12, 74,000/-

9.5.2. Installment wise release

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Installment Rs.7,64,400	F.No.CB/Adv/28/Hqrs. /CCRAS /2012 -13	Dt. 1.11.2012	-

9.5.3. Brief Statement of cases studied

S. N.	Study Programme	Target cases	screened	Scr. failure	Enrolled	completed	Drop outs	Remarks/ Status
1	IMCRP-OA Knee	60	65	05	60	58	02	Target achieved

9.6. Name of Project: Prospective, randomized, double blind, placebo controlled comparative trial to evaluate quality of life with AYUSH QOL 2C in patients of non Metastatic Breast Cancer as a adjuvant to Chemotherapy

- Date of initiation of the study : 03 August 2009
- Date of completion of the study : 31st March,2014

9.6.1. Investigators details

Name of the Collaborating Institute/Department	Name of the Investigators
1. St John's Medical College & Hospital, Bangalore. Division of Clinical Pharmacology & Surgical Oncology	1. Dr. Chanda Kulkarni (PI-) (Retd. On 16.10.2013) 2. Dr. Suraj Manjunath (PI-Surg. Oncology*) *Dr. Shiva Kumar.K (acting PI on behalf of No.2)
2. National Ayurveda Dietetics Research Institute,, Bangalore	3. Dr. B.N Sridhar (PI) (Retd. On 31.10.2013) 4. Dr. G.Venkateshwarlu(Co-Investigator)

9.6.2. Brief statement of patients studied: (period from Aug. 2009 to 20th Mar. 2014)

Study Programme	Target cases	screened	Scr. failure	Enrolled	Completed	Drop outs	Death	Remarks/ Status
AYUSH-QOL 2C in Breast Cancer	80	89	09	80	65	13	02	Study completed

9.6.3. Summary of the study between 1st April 2013 to 31st March 2014

Sl. No.	Details	No.of cases
1	No. of cases screened	00
2	No. of screen Failure	00
3	No. of recruited cases	00
4	No. of cases completed the study	27
5	No. of cases under study	00
6	No. of drop outs	02
7	No. of death	00
8	No. of cases showed S.A.E	01

9.6.4. Details on S.A.E. from 1st April 2013 to 31st March, 2014

SN	En. No	SAE.No.	SAE reporting date	Pt.Name	OPD No.	Screened date	Date of hospitalization	Reason
1.	075	16	25.5.2013	Sulochana Bai	3094262	01.02.2013	21.5.2013	Herpes Zoster infection

9.7. Name of Project: Clinical Trial to Study the effect of *Cyavanaprāśa* on Aging in Apparently Healthy Elderly Subjects

9.7.1. Participating centre along with PI

SN	Name of the participating centre	Name of PI
1.	National Ayurveda Dietetics Research Institute, Bangalore	PI: Dr. S. K. Giri Co-I: Dr. Kishore Kumar
2.	RRA Podar Ayurved Cancer Research Institute (RRAPACRI), Mumbai	PI: Dr. Sneha Marlewar
3.	Dr. Achanta Lakshmi pathi Research Centre for Ayurveda (ALRCA), Chennai	PI: Dr. Pitta Srinivas

9.7.2. Date of IEC approval: 05.07.2014

9.7.3. CTRI Registration (for clinical trials): CTRI/2016/03/006701

9.7.4. Date of initiation: 27-11-2014

9.7.5. Budget allocated: Rs. 20, 86,000/-

9.7.6. Instalment wise release: Released at once

SN	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st	O.O. No. 2394/13-14 [3-40/2013-CCRAS/Admn/AAP (Rasayan)]	18/02/2014	24.02.2014

9.7.7. Chronological timeline & deliverables

S. No.	Target For	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	70	12 months	Achieved	Not applicable

9.7.8. Current status: Completed

SN	Participating Centre	Cases enrolled	Cases completed	Drop outs	Cases continued
1	National Ayurveda Dietetic Research Institute, Bangalore.	70	68	02	00

9.7.9. Relevant information, if any: Nothing specific

9.8. Name of Project: Clinical Evaluation of Ashwagandha Churna and Praval Pishti in the Management of Osteopenia/Osteoporosis

9.8.1. Participating centre along with PI

SN	Name of the participating centre	Name of PI
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1.	National Ayurveda Dietetics Research Institute, Bangalore	PI: Dr. Kishore Kumar R. Co-I: Dr. S. K. Giri
2.	Raja RamdeoAnandilal Poddar Ay. Cancer Research Institute, Mumbai	PI: Dr. Manohar Gundeti
3.	Ayurveda Central Research Institute, (Safdarjung Hospital Unit), New Delhi	PI: Dr. Pratap Makhija

9.8.2. Date of IEC approval: 05.07.2014

9.8.3. CTRI Registration/Reference (for clinical trials): CTRI/2015/01/005406

9.8.4. Date of initiation: 10.12.2014

9.8.5. Budget allocated: Rs.15, 91,200/-

9.8.6. Instalment wise release: Released at once

SN	Installment	Sanctioned order	Date	Fund receipt Date
1.	1 st	O.O.No 2344/13-14 (3-18/2012-CCRAS/Admn/AAP/OO)	12.03.2014	26.03.2014

9.8.7. Chronological timeline & deliverables

S. No.	Target For	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	45	1-6 months	Achieved	Not applicable

9.8.8. Current status: completed

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	National Ayurveda Dietetics Research Institute, Bangalore	45	45	00	00

9.8.9. Relevant information, if any: Nothing specific

9.9. Name of Project: Clinical Evaluation of Kanakasava and Trivritachurna in the management of Bronchial Asthma (Tamakaswasa)

9.9.1. Participating centre along with PI

S.No.	Name of the participating centre	Name of PI
1.	National Ayurveda Dietetics Research Institute, Bangalore (Clinical section)	PI: Dr. SH. Doddamani Co-I: Dr. G. Venkateshwarlu SRF: Dr. Anand Kumar
2.	National Ayurveda Research Institute For Vector Borne Diseases, Vijayawada	Dr. R. K. Swamy
3.	Ayurveda Central Research Institute, Jaipur	Dr. Anu Bhatnagar

9.9.2. Date of IEC approval: 21.04.2014

9.9.3. CTRI Registration/Reference (for clinical trials) : REF/2014/05/007007

9.9.4. Date of initiation: 21.11.14

9.9.5. Budget allocated: Rs.14, 49, 130/-

9.9.6. Instalment wise release: Released at once

SN.	Installment	Sanctioned order	Date	fund receipt date
1.	1 st	Office Order No. 2366/13-14 (3-42/2013-CCRAS /Admn/AAP/BA)	11.02.2014	24.02.2014

9.9.7. Chronological timeline & deliverables

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	70	1-6 months	Achieved	Not applicable

9.9.8. Current status: completed

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	RARIMD Bengaluru	70	70	00	00

9.9.9. Relevant information, if any : Nothing Specific

9.10. Name of Project: Clinical evaluation on the efficacy of Mamajjakaghanavati in Madhumeha (Type-2 Diabetes Mellitus)

9.10.1. Participating centre along with PI

S.No.	Name of the participating centre	Name of PI
1.	Regional Ayurveda Research Institute for Metabolic Disorders, Bengaluru [National Ayurveda Dietetics Research Institute]	PI: Dr M N Shubhashree Co-I: Dr. S H Doddamani
2.	National Research Institute for Drug Development, Bhubaneshwar	P.I.- Dr. Bikartan Das Co.I- Dr. M.M. Rao
3.	National Veterinary – Ayurveda Research Institute and Hospital, Lucknow	P.I.- Dr. G.C. Nanda Co.I - Dr. Vimal Tiwari

9.10.2. Date of IEC approval: 14.03.2016

9.10.3. CTRI Registration/Reference (for clinical trials): REF/2016/06/011468

9.10.4. Date of initiation: 26/05/2016

9.10.5. Budget allocated: Rs. 10, 13,400/- (9th Feb 2016)

9.10.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st	Office Order No. 3-19/2016-CCRAS /Admn /Madhumeha/936	04/02/2016	23.02.2016

9.10.7. Chronological timeline & deliverables

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
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1.	60	1-3 months	Achieved	Not applicable
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9.10.8. Current status: completed

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	RARIMD Bengaluru	60	55	05	00

9.11. Name of Project: Retrospective Pharmaco-epidemiological Study on Safety & Effectiveness of Rasaushadhis

9.11.1. Objectives

1. Retrospective cross sectional analysis of available data from clinical records from CCRAS clinical research facilities during last 5 years i.e. 2012-2017.
2. Prospective documentation & information analysis in structured format to draw meaningful possible outcomes and conclusions with a pharmaco-epidemiological perspective.
3. Development of an Ayurvedic informatics database in a reverse way to substantiate and identify superiority and lacunae, in terms of gross effectiveness and safety indicators, of Ayurvedic interventions.

9.11.2. Participating centre along with PI:

S.No.	Name of the participating centre	Members
1	Regional Ayurveda Research Institute For Metabolic Disorders, Bengaluru.	P.I- Dr M.N Shubhashree R.O (Ayu). Co.I.- Dr. Raghavendra Naik R.O (Ayu)

9.11.3. Date of initiation: 22nd March 2018

9.11.4. Date of completion: 31st December 2018

9.11.5. Office Order number: F.No.1-27/2017-CCRAS/Tech/Hq/3798

SN	Year of entry	No. of OPD entries	IPD Entries	Total	ADR/AE reported in OPD cases	ADR/AE reported in IPD cases	Total	Remarks
1.	2012-13	1676	NA	1676	1	NA	1	Completed
2.	2013-14	1874	NA	1874	1	NA	1	Completed
3.	2014-15	1439	NA	1439	-	NA	-	Completed
4.	2015-16	1290	NA	1290	-	NA	-	Completed
5.	2016-17	1514	NA	1514	-	NA	-	Completed
6.	2017-18	1380	NA	1380	-	NA	-	Completed

NA: Not applicable as IP facility unavailable

9.11.6. Relevant information, if any : Nothing specific

9.12. Name of Project: Clinical Evaluation of the Efficacy of Trayodashanga Guggulu, Maharasnadi Kwatha and Prasaraani Taila in the Management of Gridhrasi (Sciatica)

SN	Name of the Institute	Name of the Principal	Name of the Co-
1	Regional Ayurveda Research Institute for Metabolic Disorders, Bangalore.	Dr. S. H. Doddamani, RO (Ay.) Dr. SK Giri, RO (Ay)	Dr. Kishore Kumar R RO (Ay.)

2	Advanced Center for Ayurveda in Mental Health&Neurosciences, Bangalore.	Dr. Srinibash Sahoo, R.O. (Ay.)	Dr. G. Venkateshwarlu, R.O. (Ay.)
3	Regional Ayurveda Research Institute for skin disorders,	Dr.G.Babu, A.D. (Ay.)	Dr.K.Midhuna Mohan, R.O.(Ay.)

9.12.1. Participating centre along with PI

9.12.2. Date of IEC approval: 15.09.2017

9.12.3. CTRI Registration/Reference (for clinical trials): CTRI/2017/11/010574

9.12.4. Date of initiation: 11/04/2018

9.12.5. Budget allocated: Rs.27, 71,600/-

9.12.6. Installment wise release:

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Installment Rs.21,59,800/-	Office Order No. F.N.3-31/2016ccras/tech/sciatica/984 Dated 23/05/2017	13.01.2017	23.01.2017

9.12.7. Chronological timeline & deliverables

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	60	24 Months	Achieved	Nil

9.12.8. Current status: completed

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	RARIMD Bengaluru	53	50	03	00

9.12.9. Relevant information, if any : Nothing specific

9.13. Name of Project: Clinical Evaluation of AYUSH PE Eye Drops in the Management of Acute Allergic Conjunctivitis

9.13.1. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	PI: Dr. Bhavya BM., RO (Ay.) Co-I: 1. Dr. BK. Bharali, AD i/c 2. Dr. Raghavendra Naik, RO (Ay.)
2.	CARICD Punjabi Bagh, New Delhi	PI: Dr. Nandini Jadhav Co-I: Dr. Mridula Dua
3.	RARI for Eye Diseases, Lucknow	PI: Dr. Alok Kumar Srivastav Co-I: 1. Dr. Kamble Pallavi Namdev 2. Dr. Praveen Balakrishnan

9.13.2. Date of IEC approval: 03.07.2018

9.13.3. CTRI Registration/Reference (for clinical trials): CTRI/2018/07/014801

9.13.4. Date of initiation: Initiated from 13th August 2018

9.13.5. Budget allocated: Rs. 4,19,650/-

9.13.6. Installment wise release: Released at once

SN	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st	Office Order No. 1076/18-19 [F.No. 3-15/2018-CCRAS/Admn/IMR/CAC]	22/06/2018	29/06/2018

9.13.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	55	12 months	Not Achieved	Not applicable

9.13.8. Current status: Study initiated from 13th August 2018, completed on 10th July 2019.

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Dropouts	No. of cases continued
1.	RARIMD Bengaluru	55	55	00	00

9.14. Name of Project: Safety and Efficacy of Ayurveda interventions for Glaucoma: A systematic review

9.14.1 Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	Dr. Bhavya BM, R.O. (Ay.) Co-I: Dr. MN. Shubhashree, Dr. Raghavendra Naik, R.O. (Ay.)

9.14.2. Date of IEC approval: NA

9.14.3. CTRI Registration/Reference (for clinical trials): NA

9.14.4. Date of initiation: 23/05/2019

9.14.5. Budget allocated: Rs. 30,600/-

9.14.6. Installment wise release: Released at once Rs.30,000/-

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund	Amount in Rs.
1.	1 st	O.O. No. 141/2019-20[3-59/2019-CCRAS/Admn/IMR	22.05.2019	31 st May 2019	30,000/-

9.14.7. Chronological timeline & deliverables: 9 months

9.14.8. Current status: Completed

9.14.9. Relevant information, if any: Nothing Specific

9.15 Name of Project: A prospective non-randomised open label controlled interventional study on the effect of Guduchi Ghan Vati/Sudarshan Ghan Vati as a prophylactic measure among Containment Zone population exposed to COVID 19

9.15.1. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	Dr. S.H.Doddamani, RO (S-3), Co-I: Dr.Rinky Thakur, RO (Ay.)

9.15.2. Date of IEC approval: F.No.1-12-2020-CARICD/Tech/CEC dated 19.05.2020

9.15.3. CTRI Registration/Reference: CTRI/2020/05/025385

9.15.4. Date of initiation: 8.06.2020

9.15.5. Budget allocated: Rs. 9,50,000/-

9.15.6. Installment wise release: Amount from Institute RA budget is utilized

9.15.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	1500	4 months	Achieved	Nil

9.15.8. Current status: Completed

9.15.9. Relevant information, if any: Nothing Specific

9.16. Name of Project: 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

9.16.1. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	Dr Rinky Thakur Research Officer (Ay). Co-Investigator: Dr Shubhashree RO (Ay.), Dr. Raghavendra Naik RO (Ay.)

9.16.2 Date of IEC approval: F.No.1-12/2020-CARICD/Tech/CEC dated 7/8/2020

9.16.3. CTRI Registration/Reference (for clinical trials): CTRI/2020/08/027316

9.16.4. Date of initiation: 15-09-2020

9.16.5. Budget allocated: Rs. 57,71,200

9.16.6. Installment wise release: Sanction amount - Rs. 57,71,200 (The unspent amount of Rs 56,16,321/- available under AMHCP-SCSP Project 2019-2020 has been transferred for this Project.)

9.16.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	8600	6 months	Achieved	Nil

9.16.8. Current status: Completed

Target	Enrolled patients	Completed	Dropouts
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8600	8600	8498	102
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9.16.9. Relevant information, if any: Nothing Specific

9.17 Name of Project: Knowledge, Attitude and Practice towards Ayurvedic medicine use among the Diabetics –a cross sectional study

9.17.1. Participating centre along with PI:

S.No.	Name of the participating centre	Members
1.	Regional Ayurveda Research Institute For Metabolic Disorders, Bengaluru	P.I- Dr. S H Doddamani RO (Ayu) Co-PI: Dr. Shubhashree MN, RO (Ay.)
2.	M.S. Regional Ayurveda Research Institute for Endocrine Disorders, Jaipur	PI- Dr. Indu P P, R.O (Ayu) Co-PI- Dr. Swati Sharma, R.O (Ayu) Dr. Monika Kumari, R.O (Ayu)

9.17.2. Date of IEC approval: 15-09-2017

9.17.3. CTRI Registration/Reference (for clinical trials): Not applicable

9.17.4. Date of initiation: Initiated form 28th November 2018

9.17.5. Budget allocated: -Nil

9.17.6. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	750	1 year	Achieved	Nil

9.17.7. Current status: Completed

9.17.8. Relevant information, if any: Nothing Specific

Target	Enrolled patients	Completed	Dropouts
750	750	750	00

9.18. Name of Project: AYUSH Hospital Management Information System (A-HMIS)

9.18.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI/Co-I
1	Regional Ayurveda Research Institute for Metabolic Disorders (RARIMD), CCRAS, Bangalore.	PI -Dr M.N Shubhashree R.O (Ay.) Co-I - Dr SH Doddamani R.O (Ay.)

9.18.2. Date of IEC approval: - Not applicable

9.18.3. CTRI Registration/Reference (for clinical trials): - Not applicable

9.18.4. Date of initiation: 1.05. 2019 (Initiated in old OPD, RARIMD, Bengaluru)

9.18.5. Budget allocated: Rs 10, 95,400/-

9.18.6. Installment wise release: Released at once

S.	Installment	Sanctioned order	Date	Date of receipt of
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No.				fund
1	10,95,400	File No.3-107/2019 CCRAS/Admin/IMR/3752.	03/09/2019	03/10/2019

9.18.7. Current status: Completed

9.18.8. Relevant information, if any: Nothing Specific

9.19. Name of Project: A prospective Open labeled Observational study to document the potential safety issues and prescription trends in selected Rasaushadhi's in CCRAS-OPD's across India.

9.19.1 Objectives:

- Primary: Development of an Ayurvedic informatics database of selected Rasaushadhi's in terms of clinical safety.
- Secondary: Prospective documentation and analysis of information related with prescription trends of selected *Rasaushadhi's* in a structured format to draw the meaningful possible outcomes and conclusions.

9.19.2 Study Design: Open Labeled Observational Study

9.19.3. Sample size: 110

9.19.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. 84-1/2019-CCRAS/Admn/Hq/7470, dated 19th Feb 2020.

9.19.5. Duration of study: 1 year

9.19.6. Interventions: Each prescription shall contain only one Rasaushadhi along with other herbal formulations.

List of formulations to be evaluated for clinical safety:

1. *Laxmi Vilas rasa (Naradiya)*-A.F.I, Part-I, 20:39,
2. *SutasekharRasa*- A.F.I, Part-I, 20:52,
3. *Tribhuvankirti Rasa*- A.F.I, Part-I, 20:20
4. *Swasakuthar Rasa*- A.F.I, Part-I, 20:39,
5. *ChandraprabhaVati*- A.F.I, Part-I, 12:10,
6. *GandhakaRasayana*- - A.F.I, Part-II, 7:5
7. *Rasa manikya Rasa*- A.F.I, Part-I, 20:33,
8. *Smritisagara Rasa*- A.F.I, Part-II, 16:64,
9. *Arogyavardhini Gutika* 250mg- A.F.I, Part-I, 20:4,
10. *Mahayogarajaguggulu*- A.F.I, Part-I, 5:6,
11. *PrabhakarVati*- A.F.I, Part-I, 12:15.

9.19.7. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	CARI, Bengaluru	Dr. S.H.Doddamani, RO (Ay.), Co-I: Dr.S.K.Giri R.O (Ay.) Dr. Bhavya BM R.O (Ay.)

9.19.8. Date of IEC approval: F.6-5/RARIMD/BNG/IECMeet/2018-19/107 dated 23.06.2020

9.19.9. CTRI Registration/Reference: CTRI/2020/05/025385

9.19.10. Date of initiation: 20th Jan 2021

9.19.11. Budget allocated: Rs. 6,21,000/-

9.19.12. Installment wise release: released on 19.2.2021

S N	Installment	Amount	Sanction order	Funds received date
1.	1st (CARI Bengaluru)	6,21,000/-	F. No.84-1/2019-CCRAS/Admin/HQ/7470 dt. 19.02.2020	28.02.2020

9.19.13. Current status: Completed

SN	Cases enrolled	Cases completed	Drop outs	Cases continued
1.	110	98	12	00

9.19.14. Relevant information, if any: Nothing Specific

9.20. Name of Project: “An open label clinical trial to evaluate clinical efficacy and safety of AYUSH AGT in Dandruff (Darunaka)”

9.20.1. Objectives:

- Primary: To assess the efficacy of Ayush AGT Lotion in dandruff
- Secondary: To assess the safety* of Ayush AGT Lotion in dandruff

Safety defined in terms of allergic responses (inflammation of scalp, hairfall, redness of eyes, skin pigmentation, uneven skin tone, breaking of hair, itching, rash on neck, forehead, shoulders and retro auricular area etc) and not to be identified with laboratory investigations.

9.20.2. Study Design: Open Clinical Trial

9.20.3. Sample Size: 50

9.20.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No 3-22/2019-CCRAS/Admn/AUB/5368, dated 27th Feb 2019

9.20.5. Duration of Study: 1 year

9.20.6. Interventions: AYUSH AGT coded drug

AYUSH AGT

Dosage : 10 gm
Route of Administration : Topical
Dosage form : Lotion
Time of Administration : Applied on head and washed after 1 hour.
Packing form : 200 ml (100 ml x 2 bottle)
Duration of therapy : 30 days
Follow up period : 15 days

9.20.7. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	Dr. Raghavendra Naik, RO (Ay.) Co-I: Dr. Bharali BK, In-charge, RARIMD Dr. Doddamani SH, RO (Ay.)

9.20.8. Date of IEC approval: 04-04-2019

9.20.9. CTRI Registration/Reference (for clinical trials): CTRI/2020/03/024092 [Registered on: 19/03/2020]

9.20.10 Date of initiation: 28/07/2021

9.20.11. Budget allocated: Rs.3,20,000/-

9.20.12. Installment wise release:

S N	Installment	Amount	Sanction order	Funds received date
1.	1st (RARIMD Bengaluru)	3,20,000/-	F. No.3-22/2019-CCRAS/Admin/AUB/5368 dated 27.02.2019	12.03.2019

9.20.13. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	50	1year	Achieved	None

9.20.14. Current status: Completed

SN	Cases enrolled	Cases completed	Drop outs	Cases continued
1.	50	44	06	00

9.20.15. Relevant information, if any: Nothing Specific

9.21. Name of Project: Safety and Efficacy of Ayurveda interventions for Urolithiasis: A systematic review

9.21.1. Objectives

1. Systematic review of selected studies, systematic review of the published, clinical data in safety, efficacy & effectiveness of Ayurveda intervention in management of Urolithiasis.
2. Meta-analysis of the published clinical data in view of safety and effectiveness of Ayurvedic interventions in the management of Urolithiasis.

9.21.2. Study design: Systematic Review, Meta Analysis

9.21.3. Sample Size: NA

9.21.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. 3-47/2019-CCRAS/Admn/IMR/Urolithiasis/6126 Dt. 30.03.2019.

9.21.5. Duration of study: 9 months

9.21.6. Interventions: NA

9.21.7. Participating centre along with PI:

SN	Name of the participating centre	Name of PI
1.	RARIMD, Bengaluru	PI: Dr. RaghavendraNaik, RO (Ay.) Co-I: 1. Dr. Sekhar Namburi UR, RO (Ay.) 2. Dr. Shobhit Kumar, RO (Ay.) 3. Dr. Bhavya BM, RO (Ay.)

9.21.8. Date of IEC approval: NA

9.21.9. CTRI Registration/Reference (for clinical trials): NA

9.21.10. Date of initiation: 10.4.2020

9.21.11. Budget allocated: Rs.30,000/-

9.21.12. Installment wise release: Released at once Rs.30,000/-

9.21.13. Chronological timeline & deliverables: 9 months

- i) Period required for Collection of data, analysis and preparation of report: 6 months
- ii) Period required for Preparation of manuscript, selection of journal and publication: 3 months

9.21.14. Current status: Complete

9.21.15. Relevant information, if any: Nothing Specific

9.22. Profiling of Demographic, Health status and Non-Communicable Diseases among Schedule Tribe population in selected States across India- a descriptive, cross sectional, Epidemiological study under THCRP

9.22.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1.	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal

9.22.2. Date of IEC approval: 28/06/2021

9.22.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034761 [Registered on: 12/07/2021]

9.22.4. Date of initiation: 15/07/2021

9.22.5. Budget allocated: 49,52,000

9.22.6. Installment wise release:

S. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st (Rs.14,02,500)	F.No. 50-15/2021-CCRAS/ Admn./THCRP/1068,	11-06-2021	16-06-2021.
2	2 nd (Rs.13,86,500)	Office Order No. 471/2021- 22, (F.No. 50-15/2021- CCRAS/ Admn./THCRP)	13-09-2021	15-09-2021
3	3 rd (Rs.7,00,000)	Office Order No. 911/2021- 22, (F.No. 50-15/2021- CCRAS/ Admn./THCRP)	16-12-2021	23-12-2022
4	4 th (Rs.14,63,000)	F F.No. 50-15/2021-CCRAS/ Admn./THCRP/6265/6423	14-03-2022	08-03-2022

9.22.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	6000	1year	Achieved	None

9.22.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI, Bengaluru	NA	NA	NA	NA

9.22.9. Relevant information, if any:

9.23. A Prospective Community based Study for the evaluation of Dhatri Loha in the Management of Anaemia (Pandu) under THCRP

9.23.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal

9.23.2. Date of IEC approval: 28/06/2021

9.23.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034967 [Registered on: 19/07/2021]

9.23.4. Date of initiation: 18/10/2021

9.23.5. Budget allocated: 49,52,000

9.23.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as Profiling of Demographic, Health status and Non Communicable Diseases among				

Schedule Tribe population in selected States across India- a descriptive, cross sectional, Epidemiological study

9.23.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	35	1year	Achieved	None

9.23.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI, Bengaluru	35	32	3	00

9.23.9. Relevant information, if any:

9.24. A Prospective Community based Study for the evaluation of Yogaraja Guggulu, Ashwagandha Churna & Narayana Taila in the Management of Osteoarthritis Knee (Janugata Sandhivata) under THCRP

9.24.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal

9.24.2. Date of IEC approval: 28/06/2021

9.24.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034967

9.24.4. Date of initiation: 18/10/2021

9.24.5. Budget allocated: 49,52,000

9.24.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as Profiling of Demographic, Health status and Non Communicable Diseases among Schedule Tribe population in selected States across India- a descriptive, cross sectional, Epidemiological study				

9.24.7. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	35	1year	Achieved	None

9.24.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	35	33	2	00

9.24.9. Relevant information, if any:

9.25. 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 under THCRP

9.25.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
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	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal oo
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9.25.2. Date of IEC approval: 28/06/2021

9.25.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034952

9.25.4. Date of initiation: 15/11/2021

9.25.5. Budget allocated: 49,52,000

9.25.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as mentioned under Profiling of Demographic, Health status and Non Communicable Diseases among Schedule Tribe population in selected States across India- a descriptive, cross sectional, Epidemiological study				

9.25.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	70	1year	Achieved	None

9.25.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	70	70	00	00

9.25.9. Relevant information, if any:

9.26. Impact of Ayu Raksha Kit in COVID-19 Community Based Prophylactic Study under THCRP 2021-22

9.26.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr. SH Doddamani, CoI- Dr. Rajendra Paliwal

9.26.2. Date of IEC approval: 24/01/2022

9.26.3. CTRI Registration/Reference (for clinical trials): REF/2022/01/051119

9.26.4. Date of initiation: 14/02/202

9.26.5. Budget allocated: 16,38,000

9.26.6. Installment wise release:

S. No.	Installment	Amount	Sanctioned order	Date	Date of receipt of fund
1.	1st	7,57,100	F.No.1-33/CCRAS/Cash/5600	02/02/22	31/01/2022
2.	2nd	8,80,900	F.No.50-15/2021-CCRAS/Admin/THCRP/6266	04/03/22	24/03/2022

9.26.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	2640	2 Months	Achieved	Nil

9.26.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
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	CARI Bengaluru	2640	2545	95	00
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9.26.9. Relevant information, if any: ADR Reported -12

9.27. Profiling of Demographic, health status and Non communicable Diseases among Scheduled Caste population in selected states across India- A descriptive, Cross sectional Epidemiological study under SCSP

9.27.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo

9.27.2. Date of IEC approval: 28/06/2021

9.27.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034761

9.27.4. Date of initiation: 12/07/2021

9.27.5. Budget allocated: 3064000

9.27.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st (Rs.8,20,750)	F.No. 65-1/2021-CCRAS/ Admn./SCSP-AMHCP/1074,	11-06-2021	11-06-2021.
2	2 nd (Rs.8,02,750)	O.O.No. 469/2021-22 (F.No. 65-1/2021-CCRAS/ Admn./SCSP-AMHCP)	13-09-2021	14-09-2021
3	3 rd (Rs.6,00,000)	F.No.65-1/2021/CCRAS/ Admn/ SCSP (Office order No.951/2021-22)	29-12-2021	29-01-2022
4	4 th (Rs.8,58,500)	F.No.65-1/2021-CCRAS/ Admn/SCSP/6350/6426	14-03-2022	10-03-2022

9.27.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	5800	1year	Achieved	None

9.27.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI, Bengaluru	NA	NA	NA	NA

9.27.9. Relevant information, if any:

9.28. A prospective community based study for the evaluation of Punarnavadi Mandura in Anemia (Pandu) under SCSP

9.28.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI: Dr Thejaswini C Co-I: Dr Srinibash Sahoo

9.28.2. Date of IEC approval: 28/06/2021

9.28.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034967

9.28.4. Date of initiation: 20/07/2021

9.28.5. Budget allocated: 3064000

9.28.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as Profiling of Demographic, health status and Non communicable Diseases among Scheduled Caste population in selected states across India- A descriptive , Cross sectional Epidemiological study				

9.28.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	50	1year	Achieved	None

9.28.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	50	41	9	00

9.28.9. Relevant information, if any:

9.29. Effectiveness of Ayurveda based diet and Lifestyle advocacy on health related Quality of life in Schedule Caste population in India- a Community based, cluster randomized controlled study undr SCSP

9.29.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C CoI- Dr Srinibash Sahoo

9.29.2. Date of IEC approval: 28/06/2021

9.29.3. CTRI Registration/Reference (for clinical trials): CTRI/2021/07/034952

9.29.4. Date of initiation: 29/07/2021

9.29.5. Budget allocated: 3064000

9.29.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as mentioned under Profiling of Demographic, health status and Non communicable Diseases among Scheduled Caste population in selected states across India- A descriptive, Cross sectional Epidemiological study				

9.29.7. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	70	1year	Achieved	None

9.29.8. Current status:

S.	Participating Centre	No. of cases	No. of cases	No. of cases	No. of cases
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No.		enrolled	completed	Drop outs	continued
1.	CARI, Bengaluru	70	70	00	00

9.29.8. Relevant information, if any:

9.30. A prophylactic community based study to assess the impact of Ayuraksha Kit in COVID-19 under SCSP

9.30.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1.	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo

9.30.2. Date of IEC approval: 24/01/2022

9.30.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/02/040156

9.30.4. Date of initiation: 14/02/2022

9.30.5. Budget allocated: 8,75,720/-

9.30.6. Installment wise release:

Sr. No.	Installment	Amount	Sanctioned order	Date	Date of receipt of fund
1.	1st	90000	F.No.65-1/2021/CCRAS/ Admin/SCSP/5885	10/02/22	25/02/2022
2.	2nd	785720	F.No.65-1/2021/CCRAS/ Admin/SCSP/6248	03/03/22	07/03/2022

9.30.7. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	693	2 months	Achieved	Follow up RTPCR tests cannot be achieved as most of the participants were rejected for test.

9.30.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
	CARI, Bengaluru	693	693	00	00

9.30.9. Relevant information, if any:

9.31. Cross sectional survey to determine the prevalence of Non-Communicable Diseases) and their risk factor among Scheduled Tribes in selected states across India under Tribal Health Care Research Programme (THCRP)

9.31.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	Dr. Shashidhar Doddamani, Dr. Rajendra Kumar Dr. Vidyashree Anchan

9.31.2. Date of IEC approval: 21/04/2022

9.31.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/07/043637

9.31.4. Date of initiation: 16/07/2022

9.31.5. Budget allocated: Funded under THCRP Programme or Rs. 46,18,000/-

9.31.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st (Rs. 10,56,250/-)	F.No.1-33/CCRAS/Cash/THCRP/552	10-05-2022	11-05-2022.
2	2 nd (Rs. 10,56,250/-)	F.No.50-15/2022-CCRAS/Admn/THCRP/1903	11-07-2022	29-07-2022
3	3 rd (Rs. 10,56,250/-)	Office Order No. 751/2022-23	01-11-2022	14-11-2022
4	4 th (Rs. 14,49,250/-)	F.No.HQ-PROJ012/16/2022-PROJ/6351	14-02-2023	21-02-2023

9.31.7. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	245	1year	Achieved	None

9.31.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	245	245	0	0

9.31.9. Relevant information, if any:

9.32. Evaluation of efficacy and tolerability of select Ayurveda formulations in moderate Iron Deficiency Anemia – A randomized controlled trial under Tribal Health Care Research Programme (THCRP)

9.32.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI - Dr. Shashidhar Doddamani, CoI- Dr. Rajendra Kumar CoI Dr. Vidyashree Anchan

9.32.2. Date of IEC approval: 20/04/2022

9.32.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/06/043097

9.32.4. Date of initiation: 18/11/2022

9.32.5. Budget allocated: Funded under THCRP Programme or Rs. 46,18,000/-

9.32.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Rs. 10,56,250/-	F.No.1-33/CCRAS/Cash/THCRP/552	10-05-2022	11-05-2022
2	2 nd	F.No.50-15/2022-	11-07-	29-07-2022

	Rs. 10,56,250/-	CCRAS/Admn/THCRP/1903	2022	
3	3 rd Rs. 10,56,250/-	Office Order No. 751/2022-23	01-11-2022	14-11-2022
4	4 th Rs. 14,49,250/-	F.No.HQ-PROJ012/16/2022-PROJ/6351	14-02-2023	21-02-2023

9.32.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	48	1year	Achieved	None

9.32.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	48	46	02	00

9.32.9: Relevant information, if any

9.33. Cross sectional survey to determine the prevalence of NCDs and their risk factors among scheduled castes across India under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)

9.33.1. Participating center along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI-Dr Srinibash Sahoo & Dr. Vidyashree Anchan

9.33.2. Date of IEC approval: 20/04/2022

9.33.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/07/043637

9.33.4. Date of initiation: 26/07/2022

9.33.5. Budget allocated: 34,99,000

9.33.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Rs.8,74,750	F.No. 65-1/2022-CCRAS/Admn./SCSP-AMHCP/421	02-05-2022	11-05-2022.
2	2 nd Rs.8,74,750	F.No. 65-1/2022-CCRAS/Admn./SCSPAMHCP/1974	14-07-2022	29-07-2022
3	3 rd Rs.8,74,750	F.No. 65-1/2022-CCRAS/Admn./SCSPAMHCP/4745	30-11-2022	09-12-2022
4	4 th Rs.8,74,750	F.No.65-1/2021-CCRAS/Admn./SCSP/7457	16-02-2023	25-03-2023

9.33.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	185	1year	Achieved	None

9.33.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
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1.	CARI, Bengaluru	185	185	0	0
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9.33.9. Relevant information, if any:

9.34. A randomized placebo controlled trial of Ayush SR in perceived stress under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)

9.34.1. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo & Dr. Vidyashree Anchan

9.34.2. Date of IEC approval: 20/04/2022

9.34.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/07/043667

9.34.4. Date of initiation: 14/10/2022

9.34.5. Budget allocated: 34,99,000

9.34.6. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
Same as cross sectional survey to determine the prevalence of NCDs and their risk factors among scheduled castes across India under Ayurveda Mobile Health Care Project- SCSP				

9.34.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	50	1year	Achieved	None

9.34.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	50	46	04	00

9.34.7. Relevant information, if any:

9.35. Clinical Evaluation of Vidanga churna and Vyoshadi Guggulu in the Management of Medoroga (Obesity) under Annual action plan 2018-19

9.35.1. Objectives:

a) Primary objective: To assess the clinical efficacy of Vyoshadi Guggulu and Vidangachurna in the Management of Medoroga (Obesity)

b) Secondary Objective: To assess the clinical safety of Vyoshadi Guggulu and Vidangachurna in the patients of of Medoroga (Obesity)

9.35.2. Study Design: Open Clinical Trial

9.35.3. Sample Size: 50

9.35.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No 13-67/2018-CCRAS/Tech/Hq./8304, dated 30th March 2020.

9.35.5. Duration of Study: 2 years, extended for another 1 year and 3 month

9.35.6. Interventions:

1. **Vyoshadi Guggulu** (AFI – Part – I, 5:9 ; API , Part –II, Vol. –II)

Dose : 1 gm (2 Tablets of 500mg each) thrice daily

Dosage form : Tablet

Route of Administration : Oral
 Time of Administration : Thrice a day after food
 Anupan : Lukewarm water
 Duration of therapy : 12 weeks

2. Vidanga Churna (API, Part –I, Vol. –II)

Dose : 3g.
 Dosage form : Powder
 Route of Administration : Oral
 Time of Administration : Twice a day after food
 Duration of therapy : 12weeks
 Follow-up Period : 2Weeks

9.35.7. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1.	CARI, Bengaluru	Dr. Sanjay Kumar Giri (PI) Dr. Doddamani. S.H (Co-I)

9.35.8. Date of IEC approval: 26.09.2020

9.35.9. CTRI Registration/Reference (for clinical trials): REF/2020/10/037389

9.35.10. Date of initiation: 18.09.2021

9.35.11. Budget allocated: Rs. 16,90,000/-

9.35.12. Installment wise release:

S.NO	Instalment	Sanction order	Date	Date of receipt
01	Rs. 10,15,000	F. No. 3-53/2020-CCRAS/Admn/IMR/8304	30-03-2020	02-04-2020
02	Rs. 5,62,527	F. No. 3-22/2019-CCRAS/Admn/AYUSH-AGT/6293	17-02-2021	23-02-2021
03	Rs. 4,76,236	F. No. 3-3/2017-CCRAS/Admn/PS/769	25-05-2021	28-05-2021
04	Rs. 1,86,000	F. No. 3-3/2017-CCRAS/Admn/IMR/1589	23-06-2022	05-07-2022
05	Rs. 2,42,837	File No.HQ-PROJ011/61/2022-PROJ/6047	03-02-2023	07-02-2023

9.35.13: Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/Not achieved	Causes of deviation, if any
1	50	2 years + 1 year & 3 month	Achieved	-

9.35.14: Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	CARI, Bengaluru	50	49	01	00

9.35.1: Relevant information, if any

9.36. Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under THCRP 23-24

9.36.1. Objectives:

a) Primary objective: 1) To assess effectiveness of Ayush Rasayana A & B on quality of life of elderly population

b) Secondary Objective: 1) To assess the effectiveness of Ayush Rasayana A & B on quality of sleep of elderly population

2) To assess the effectiveness of Ayush Rasayana A & B on functionality of elderly population

3) To assess the tolerability of Ayush Rasayana A & B among elderly population for 3 months

9.36.2. Study Design: Prospective Cluster Randomized multicenter study

9.36.3. Sample Size: 40

9.36.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Not applicable.

9.36.5. Duration of Study: 12 months

9.36.6. Interventions:

Group-I: (Details at Annexure I & II)

1) AyushRasayana A

- Dose: 10 gm daily
- Dosage form: Powder
- Anupana: lukewarm water
- Route of Administration: Orally
- Time of Administration: once daily after food at bed time
- Duration: 06 days (from the day of enrolment)

2) AyushRasayana B

- Dose: 1.5 gm per day in two divided doses (2 capsules twice a day)
- Dosage form: Capsule (each containing 375 mg extracts)
- Anupana: lukewarm water
- Route of Administration: Orally
- Time of Administration: twice daily before food
- Duration: 84 days (from 7th day onwards to 90th day)

3) Ancillary Care through Ayurveda

Group-II: Ancillary Care through Ayurveda

9.36.7. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Co-investigators, SRF's
	CARI, Bengaluru	PI- Dr SH Doddamani CoI- Dr Rajendra Kumar SRF- Dr. Anu Robert & Dr. Deepika R.

9.36.8. Date of IEC approval: 21/04/2023

9.36.9. CTRI Registration/Reference (for clinical trials): CTRI/2023/06/054204

9.36.10. Date of initiation: 19/12/2023

9.36.11. Budget allocated: Funded under THCRP Programme of Rs. 52,89,870/-

9.36.12. Installment wise release:

Sr. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st instalment 1,204,000	F.No.HQ-PROJ012/12/2023-PROJ/48	25-04-2023	30/05/2023
2	2 nd instalment 12,04,000/-	F.No.HQ-PROJ013(11)/7/2023-PROJ/3831	04-09-2023	01/08/2023
3	3 rd instalment 12,04,000/-	F.No. HQ-PROJ013(11)/7/2023-PROJ/5591	20-11-2023	23/11/2023
	4 th instalment 1,42,240/-	F.No. HQ-PROJ013(11)/7/2023-PROJ/8381	08-03-2024	11/03/2024
	13,20,760/-			
	2,14,870/-			

9.36.13. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	40	12 months	Achieved	None

9.36.14. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	40	38	02	00

9.36.15. Relevant information, if any

9.37. Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under SCSP 23-24

9.37.1. Objectives:

Primary:

- To assess effectiveness of Ayush Rasayana A & B on quality of life of elderly population

Secondary:

- To assess the effectiveness of Ayush Rasayana A & B on quality of sleep of elderly population
- To assess the effectiveness of Ayush Rasayana A & B on functionality of elderly population
- To assess the tolerability of Ayush Rasayana A & B among elderly population for 3 months

9.37.2. Study Design: Prospective Cluster Randomized multicenter study

9.37.3. Sample Size: 44

9.37.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: NA

9.37.5. Duration of Study: 12 months

9.37.6. Interventions:

Group-I: (Details at Annexure I & II)

1) AyushRasayana A

- Dose: 10 gm daily
- Dosage form : Powder
- Anupana: lukewarm water
- Route of Administration: Orally
- Time of Administration: once daily after food at bed time
- Duration: 06 days (from the day of enrolment)

2) AyushRasayana B

- Dose: 1.5 gm per day in two divided doses (2 capsules twice a day)
- Dosage form: Capsule (each containing 375 mg extracts)
- Anupana: lukewarm water
- Route of Administration: Orally
- Time of Administration: twice daily before food
- Duration: 84 days (from 7th day on wards to 90th day)

3) Ancillary Care through Ayurveda

Group-II: Ancillary Care through Ayurveda

9.37.7. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Co-investigators, SRF's
	CARI, Bengaluru	PI- Dr Thejaswini C, CoI- Dr Srinibash Sahoo & Dr. Vidyashree Anchan SRF- Dr Sindhu CV & Dr Tejaswi Kiran

9.37.8. Date of IEC approval: 21/04/2023

9.37.9. CTRI Registration/Reference (for clinical trials): CTRI/2023/06/054204

9.37.10. Date of initiation: 12/12/2023

9.37.11. Budget allocated: Funded under SCSP Programme of Rs. 40,24,000/-

9.37.12. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Rs. 9,60,750/-	F.No.HQ-PROJ013(11)/ 7/2023-PROJ/N93	26-05-2023	31-05-2023
2	2 nd Rs. 9,60,750/-	F.No.HQ-ROJ013(11)/ 7/2023-PROJ/3831	04-09-2023	07-09-2023
3	3 rd Rs 9,60,750 /-	F.No.HQ-PROJ013(11)/ 7/2023-PROJ/5591	20-11-2023	23-11-2023

4	4 th (Rs. 11,41,750/-)	F.No. HQ-PROJ013(11)/7/2023- PROJ/8381	08-03-2024	13-03-2024
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9.37.13. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	44	12 months	Achieved	None

9.37.14. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	CARI, Bengaluru	44	40	04	00

9.37.15. Relevant information, if any

9.38. Extension of activities being carried out under Poshan Abhiyaan to child care institutes (CCI's)

9.38.1. Objectives:

1. **Geographical coverage:** Activities were carried out through **25** CCRAS Institutes involved in clinical research across India.
2. **Target population:-**Children residing in the CCI (**2-3** CCIs nearby each participating Institutes)
3. **Services:**
 - a) Inculcating healthy lifestyle practices in children as per principles of Ayurveda.
 - b) Nutritional supplements as per the concept of Ayurveda to the children at CCI.
 - c) Periodically Health check-up for identification of MAM/SAM children, Anemia etc. and their management.
 - d) Development of Poshan vatika at CCI as per feasibility.
 - e) Group discussion on health, hygiene and cleanliness for children and staff of CCIs.
 - f) Poem/essay competition on promotion of health and prevention of diseases through Ayurveda principles what they understood through our programme.
 - g) Any other relevant activities.

9.38.2. Study Design: Observational Sample Size: 107 children (CCI's)

9.38.3. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No.: HQ-CR01 1/2/2022-CR/5469, dated 5th Jan 2023.

9.38.4. Duration of Study: 2 months

9.38.5. Interventions: Chyavanaprasha, Drakshavaleha, Arvindasava, Krimimudgar rasa & nutritional supplements

Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI
1.	Central Ayurveda Research Institute, Bengaluru	1. Dr. Shubhashree MN, R.O. (Ay.) 2. Dr. Bhavya B M, R.O.(Ay.)

9.38.6. Date of IEC approval: 09.02.2023

9.38.7. CTRI Registration/Reference (for clinical trials): NA

9.38.8. Date of initiation: 10.02.2023

9.38.9. Budget allocated: Rs. 3,50,900/-

9.38.10. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	Rs.3,50,900/-	F.No.: HQ-CR01 1/2/2022- CR/5469	5 th Jan 2023	31.01.2023

9.38.11. Chronological timeline & deliverables:

S.No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	Children residing in the CCI (2-3 CCIs nearby each participating institutes, around 100)	2 months	Completed	No

9.38.12. Current status: Target achieved

9.38.13. Relevant information, if any:

Sr. No.	Name of the CCI	Total number of students
1.	Bharatha Samskruthi Sampattu	13
2.	Surabhi Thirtha Ashrama	22
3.	Nele Foundation	72
	Total	107

9.39. A Randomized, Placebo-controlled, Double-blind Clinical Trial to Evaluate the Effect of Trikatu in Subclinical Hypothyroidism.

9.39.1. Objectives:

Primary: To evaluate the efficacy of Trikatu in the management of Subclinical Hypothyroidism.

Secondary: To Study the safety of Trikatu in the management of Subclinical Hypothyroidism.

9.39.2. Study Design: Randomized, Placebo control, Double blind

9.39.3. Sample Size: 90 (revised 50)

9.39.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No 3-69/2020-CCRAS/Admn/IMR/1669, dated 23rd July 2020

9.39.5. Duration of Study: 2 year, Extended for 6 months till September 2024.

9.39.6. Interventions: Trikatu Churna

Group I: Trikatu AFI.Vol.1, 322. (Bhaisajyaratnavali, Paribhshaprakarana16).

Dose : 1000 mg Powder
 Dosage form : Tab
 Route of Administration : Oral
 Anupana : Water
 Time of Administration : Twice a day, 30 minutes before food
 Duration of therapy : 84 days
 Packing : 30 Tab

Group II: Placebo

Dose : 1000 mg Powder
 Dosage form : Tab
 Route of Administration : Oral
 Anupana : Water
 Time of Administration : Twice a day, 30 minutes before food
 Duration of therapy : 84 days
 Packing : 30 Tab

9.39.7. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1	CARI Bengaluru	Dr. S H Doddamani, RO (Ay.) Dr. Bhavya BM, RO (Ay.)

9.39.8. Date of IEC approval: 26.09.2020

9.39.9. CTRI Registration/Reference (for clinical trials): 16.02.2022

9.39.10. Date of initiation: 10.02.2022

9.39.11. Budget allocated: 25,13,600/-

9.39.12. Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st installment Rs.13,56,800/-	CCRAS Sanction order number: F.No. 3-69/2020-CCRAS/ADMN/IMR/ 1669	23.07.20	31.07.2020
2	2 nd installment Rs. 6,78,400/-	CCRAS Sanction order number: F.No. 3-69/2020-CRAS/Admin/IMR/1669, Dt. 23.07.2020	25.05.21	28.05.2021
3	3 rd installment 5,06,000	F.No. 3-3/2017-CCRAS/Admn/IMR/1589	23.06.2022	04.07.2022
4	4 th installment 3,26,238	F.No. 1-33/Cash/CCRAS/22-23/262	20.01.2023	16.01.2023
5	5 th installment 2,89,200	F. No. HQ.-PROJ011/83/2023-PROJ-Part (1)/986	19.05.2023	29.05.2023
6	6 th installment 1,66,290	F No. HQ.-PROJ011/83/2023-PROJ-Part/4405	22.09.2023	25.10.2023
7	7 th installment 4,61,245	F No. HQ.-PROJ011/83/2023-PROJ/8901	23.03.2024	27.03.2024
8	8 th instalment 5,59,789	F No. HQ.-PROJ011/83/2023-PROJ/1100	22.054.2024	07.06.2024

9.39.13. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	90/50 (revised)	2 years	Achieved the revised target	-

9.39.14. Current status: Study completed

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs
1	CARI Bengaluru	55	46	09

9.39.15. Relevant information, if any: None

9.40. Clinical Evaluation of Lekhaniya Gana Kashaya and Arogyavardhini Gutika in the Management of Medoroga (Obesity)

9.40.1. Objectives

- a. **Primary:** To assess the clinical efficacy of *Lekhaniya Gana Kashaya* and *Arogyavardhini Gutika* in the management of *Medoroga* (Obesity)
- b. **Secondary:** To assess the clinical safety of *Lekhaniya Gana Kashaya* and *Arogyavardhini Gutika* in the patients of *Medoroga* (Obesity)

9.40.2. Study Design: Open label prospective clinical trial

9.40.3. Sample Size: 50 subjects

9.40.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. 3-141/2021-CCRAS/Admn/IMR (O.O No.952), dated 29.12.2021

9.40.5. Duration of Study: 30 months

9.40.6. Interventions:

1. *Lekhaniya Gana Kashaya* [Ch. Su.-4/9(3)]

- Dose : 25gms
- Dosage form : Kwatha churna
- Route of Administration : Oral
- Time of Administration : Twice a day after food
- Duration of therapy : 12 weeks

2. *Arogyavardhini Gutika* (AFI: Part-I, 20:4; Pg 258)

- Dose : 500gms (2 Tablets each of 250mg) twice daily
- Dosage form : Tablet
- Route of Administration : Oral
- Time of Administration : Twice a day after food
- Anupan : Lukewarm water
- Duration of therapy : 12 weeks

9.40.7. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
1.	Central Ayurveda Research Institute, Bengaluru	PI: Dr Bhavya B.M, RO (Ay.) Co-I : 1. Dr Rajendra Paliwal, RO (Ay.) 2. Dr. Shubhashree M.N RO (Ay.)

9.40.8. Date of IEC approval: 24.1.22

9.40.9. CTRI Registration/Reference (for clinical trials): "CTRI/2022/03/040819, dated 04/03/2022

9.40.10. Date of initiation: 29/12/2022

9.40.11. Budget allocated: 9,18,000/-+4,58,774=13,76,774

9.40.12. Installment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Installment Rs. 40,000/-	F.No. 3-141/2021-CCRAS/ Admn/IMR (O.O No.952)	29.12.2021	31.12.2021
2	2 nd Installment Rs. 3,54,000/-	F.No.: 3-3/2017- CCRAS/Admn/IMR/1589	23.06.2022	05.07.2022
3	3 rd Installment Rs. 4,58,774/-	F.No. 3-141/2021- CCRAS/Admn/IMR/2324	02.08.2022	06.08.2022
4	4 th installment Rs. 58,304/-	F.No.: HQ-PROJ011/65/ 2022-PROJ/6045	03.02.2023	09.02.2023
5	4 th Installment Rs. 85,984/-	.No.: HQ-PROJ011/65/ 2022-PROJ/1250	30.05.2023	03.06.2023
6	4 th Installment Rs. 85,984/-	.No.: HQ-PROJ011/65/ 2022-PROJ/3968	12.09.2023	25.10.2023
7	4 th Installment Rs. 97,285/-	.No.: HQ-PROJ011/65/ 2022-PROJ/7259	29.01.2024	19.03.2024
8.	5 th installment	No.: HQ-PROJ011/65/ 2022- PROJ/612	02.05.2024	21.05.2024

9.40.13. Chronological timeline & deliverables:

Sl. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	50	30 Months	Completed	Nil

9.40.14. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	CARI Bengaluru	50	36	11	00

9.40.15. Relevant information, if any: Final Completion report and UC submitted, article publication is under progress in peer review journal

9.41. Documentation of Life Profiles of Admirable Personalities to Transform Ayurveda (APTA)

9.41.1. Objectives: Compilation of data about luminaries of Ayurveda (Allotted from Hqrs)

9.41.2. Study Design: Not applicable

9.41.3. Sample Size: Not applicable

9.41.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date:

F.No HQ-PROJ011/92/2024-PROJ/3961 dated 25 Sept 2024

9.41.5. Duration of Study: Upto 31st March 2025 (6 months)

9.41.6. Interventions: Not Applicable

9.41.7. Participating centre along with PI:

Sl.no	Name of the participating Centre	Name of PI, Co investigators
1	CARI, Bengaluru	Investigators: Dr. Shubhashree MN Dr. Bhavya BM

9.41.8. Date of IEC approval: Not applicable

9.41.9. CTRI Registration/Reference (for Clinical trials): Not Applicable

9.41.10. Date of initiation: 1st October 2024

9.41.11. Budget allocated: From RA budget not exceeding Rs 14,000/-

9.41.12. Current Status: Draft of the research paper about APTA submitted to Headquarters

9.41.13. Relevant Information: Nothing Specific

9.42. Assessment of acceptability of the comprehensive Ayurveda-based health care approach in the tribal community and effectiveness of individualized health care - Cluster randomized study

9.42.1. Participating center along with PI:

SL. No.	Name of the Participating center	Name of PI,CO-I
1.	CARI Bengaluru	PI- Dr.S. H Doddamani CO-I-Dr.Rajendra Paliwal

9.42.2. IEC approval Date: 06/07/2024

9.42.3. CTRI registration /Reference (for clinical trials): CTRI/2024/07/07/0055

9.42.4. Date of Initiation: 29/04/202

9.42.5. Budget allocated:56,00,000

9.42.6. Installment wise release:

Sl. No.	Instalment	Amount	Sanction order	Date	Date of receipt of fund
1.	1 st instalment	13,75,000/-	F. No: HQ-PROJ012/1/2024-PROJ/249	22/04/2024	24/04/2024
2.	2 nd instalment	9,17,000/-	F. No:HQ-PROJ012/1/2024-PROJ/2930	07/08/2024	07/08/2024
3.	3 rd instalment	4,58,000/-	F. No: HQ-PROJ012/1/2024-PROJ/4292	10/10/2024	14/10/2024
4.	4 th instalment	13,75,000/-	F. No:HQ-PROJ012/1/2024-PROJ/4998	12/11/2024	14/11/2024
5.	5 th instalment	13,75,000/-	F. No: HQ-PROJ012/1/2024-PROJ/7015	6/02/2025	15/02/2025
6.	6 th instalment	1,00,000/-	F. No:HQ-PROJ012/1/2024-PROJ/8100	19/03/2025	20/03/2025

9.42.7. Chronological timeline and deliverables:

S. No.	Target	Timeline	Achieved / Not achieved	Causes of deviation if any
1.	520	12 months	Achieved	Nil

9.42.8. Current status:

S.No.	Participating center	No. of cases enrolled	No. of cases completed	No. of cases dropouts	No. of cases continued
1.	CARI Bengaluru	520	520	0	0

9.42.9. Relevant information, if any: None

Acceptability of the comprehensive Ayurveda-based health care approach in the community and effectiveness of individualized health care - Cluster randomized study

Participating center along with PI:

Sl. No.	Name of the Participating center	Name of PI, CO-I
1.	CARI Bengaluru	PI: Dr. Thejaswini.C Co-I: Dr. Srinibash Sahoo Dr. Vidyashree Anchan

1. IEC approval Date: 06/07/2024
2. CTRI registration /Reference (for clinical trials): CTRI/2024/07/069982 (Registered on: 04-07-2024)
3. Date of Initiation: 05/04/2024
4. Budget allocated:41,68,000/-
5. Installment wise release:

Sl. No.	Instalment	Amount	Sanction order	Date	Date of receipt of fund
1.	1 st instalment	10,42,000/-	File. No. HQ-PROJ013/1/2024-PROJ/470	30/04/2024	07/05/2024
2.	2 nd instalment	6,95,000/-	File. No. HQ-PROJ013/1/2024-PROJ/3066	08/08/2024	12/08/2024
3.	3 rd instalment	3,47,000/-	File. No. HQ-PROJ013/1/2024-PROJ/4218	08/10/2024	15/10/2024
4.	4 th instalment	10,42,000/-	File. No. HQ-PROJ013/1/2024-PROJ/5000	12/11/2024	20/11/2024
5.	5 th instalment	10,42,000/-	File. No. HQ-PROJ013/1/2024-PROJ/7381	27/02/2025	05/03/2025

6. Chronological timeline and deliverables:

S. No.	Target	Timeline	Achieved / Not achieved	Causes of deviation if any
01.	480	12 months	Achieved	Nil

7. Current status:

S.No.	Participating center	No. of cases enrolled	No. of cases completed	No. of cases dropouts	No. of cases continued
1.	CARI	480	476	4	0

	Bengaluru				
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8. Relevant information, if any: None

9.43 Documentation of traditional food recipes of Karnataka and their validation with ayurveda and nutritional perspective

9.43.1 Objectives:

Primary:

- Collect traditional food recipes from representative regions of Karnataka in a standardized format.
- Validate those recipes from Ayurveda and nutritional perspective.
- Present the recipes in the form of printed and e- book with accompanying video of preparation.

Secondary:

- Provide an easy-to-use traditional foods recipe book for laymen use.
- Increase Ayurveda and nutritional knowledge about traditional foods.
- Pilot a scalable technology for collection of community food knowledge.

9.43.2 Study Design: NA

9.43.3 Sample Size: NA

9.43.4 Approval of IMR- O.O. 1293/2022-23, dated 21st Feb 2023, total budget sanctioned Rs.47,14,936/-

9.43.5 Installment wise release: first Installment of Rs 20,20,868/- released on 21/02/2023

9.43.6 Duration of study: 2.5 years

9.43.7 Interventions: NA

9.43.8 Participating centre along with PI/Co.I:

Sl. No	9.44 Name of the participating centre	9.45 Name of Investigators
1	Trans Disciplinary University, Bengaluru Central Ayurveda Research Institute, Bengaluru 9.46	Principal Investigators Dr. Sulochana Bhat, Incharge CARI, Bengaluru Dr. Megha, Associate Professor, TDU, Bengaluru Co-Investigators Dr. Shubhashree M.N., RO, CARI, Bengaluru Dr. Bandi Venkateshwarlu, AD, CCRAS Headquarters 9.47 Dr. Subramanya Kumar, TDU,

		Bengaluru
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9.43.9 Date of IEC approval: Approved

9.43.10 CTRI Registration/Reference (for clinical trials): NA

9.43.11 Date of initiation: 24/03/2023

9.43.12 Budget allocated: Rs.47,14,936

9.43.13 Installment wise release:

Sl. No	Installment	Sanction order	Date	Amount	Date of receipt of fund
1.	1 st installment	O.O. 1293/2022-23	21.02.2023	20,20,868	25.02.2023
2.	2 nd installment	F.No. HQ-PROJ011/92/2023-PROJ/1228	29-05-2023	1,54,500	02-06-2023
3.	3 rd Installment	F.No. HQ-PROJ011/92/2023-PROJ/8905	23-03-2024	11,05,443	27-03-2024
4.	4th installment	F.No. HQ-PROJ011/92/2023-PROJ/8352	27.03.2025	11,31,132	31.03.2025
5.	5 th Installment	F.No. HQ-PROJ011/92/2023-PROJ/6233	24-11-2025	3,45,064	03-01-2026
6.	6 th installment	F.No. HQ-PROJ011/92/2023-PROJ / 8113	05.02.2026	3,17,554	16.02.2026

9.43.14 Chronological timeline & deliverables

Sl.No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	Preparatory Phase	6 months	Achieved	None
2.	Recipes Collection	18 months	Achieved	None
3.	Finalization	6 months	Achieved	None

9.43.15 Phase 1&2 -Completed Total number of recipes recorded -128/100

9.43.16 Phase-3

9.43.17 Edited videos of all recipes :128/128 , 90 uploaded to Youtube

9.43.18 Nutritional information on collected recipes -128/128

9.43.19 Ayurvedic perspective on collected recipes 128/128

9.43.20 Book design – completed.

9.44 Title of the project: Documentation of Prescription Trends in Osteoarthritis by Ayurveda Physicians – A Retrospective Analysis

- 9.44.1 Name of the Institute : CARI Bangalore.
- 9.44.2 Date of initiation of the study : 1st October 2024
- 9.44.3 Date of completion of the study : 31st January 2026 (after extension for 6 months F.No.HQ-PROJ011/71/2024-PROJ/2115 dated 08-07-2025 and second extension F.No.HQ-PROJ011/71/2024-PROJ/7513 dated 15-01-2026)
- 9.44.4 Name of the Principal Investigator : Dr.Shubhashree M N, R.O (Ayu), CARI, Bengaluru
- 9.44.5 Name of the Co-Investigator(s) : Dr.Tejaswini C, R.O (Ayu), CARI, Bengaluru
- 9.44.6 Name of the JRF : Dr.Arsha K S
- 9.44.7 Budget allocated : Rs. 45,000/-
- 9.44.8 Installment wise release

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
2.	1 st Rs.27,000/-	Officer Order No 242/2024-25	18.06.2024	-
3.	2 nd Rs.24,488/-	F.No.HQ-PROJ011/71/2024-PROJ/1556	16.06.2025	-

9.44.9 Brief Statement of cases studied

S. N.	Study Programme	Target cases	Cases screened	Screening failure	Cases Enrolled	Cases continued	Cases completed	Drop outs	Status
1	Prescription Audit (Retrospective)	20000	15000	NA	NA	NA	2600	Nil	Completed

9.44.10 Relevant information, if any: Nothing specific

9.45 Title of the project: Documentation of ethno-dietary practices indigenous to India

Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI, Coinvestigators
	CARI, Bengaluru	PI- Dr Thejaswini C, Co-I- Dr Srinibash Sahoo Co- I- Dr Vidyashree Anchan

- 9.45.1 Date of IEC approval: 16/05/2025
- 9.45.2 CTRI Registration/Reference (for clinical trials): -
- 9.45.3 Date of initiation: 02/04/2025
- 9.45.4 Budget allocated: 45,75,000
- 9.45.5 Installment wise release:

S.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st (Rs.12,24,000)	F.No. HQ- PROJ013(11)/1/2025-PROJ- /819	07/05/2025	07/05/2025
2	2 nd (Rs. 12,24,000)	F.No. HQ- PROJ013(11)/1/2025-PROJ- /3405	14/08/2025	14/08/2025
3	3 rd (Rs. 12,24,000)	F.No. HQ- PROJ013(11)/1/2025-PROJ- /5651	03/11/2025	03/11/2025
4	4 th (Rs.9,03,000)	F.No. HQ- PROJ013(11)/1/2025-PROJ- /7548	15/01/2026	15/01/2026

9.45.6 Chronological timeline & deliverables:

S . No .	N o. of T ou rs co nd uc te d	N o. of D is tri ct s (T a r g e t)	N o. of di str ict s co ve re d *(d i s t r i c t s i n w h i c h 4 b l o c k s h a v e	N o. of b l o c k s (T a r g e t)	N o. of b l o c k s co ve re d *(A r e a i n w h i c h 5 I D I o f b o t h d i e t a r y & r i t u a l & F G D h a v e b e e n c o m p l e t e d)	No. of Villages/ Ward s/ Areas covered ***(Area in which 5 IDI of both dietary & ritua l & FGD have been completed)	No. of Urba n/ Rural area covered		No. of SC/ST/ Other areas covered			N o. of F a m o u s R e l i g i o u s p l a c e s v i s i t e d	N o. of V e d i c U n i v e r s i t i e s / R e l i g i o u s I n s t i t u t e s c o v e r e d (i n w h i c h F G D h a v e b e e n c o m p l e t e d)	Ethno-dietary Practices		Religio us Practic es & Rituals		F a m o u s R e l i g i o u s P l a c e s	Vedi c Univ ersiti es/In stitut es	N o. of A w a r e n e s s L e c t u r e s d e l i v e r e d	No . of b e n e f i c i a r i e s (i n c i d e n t a l h e a l t h c a r e s e r v i c e s)
							U r b a n	R u r a l	S C	S T	O t h e r s			N o. of I D I c o v e r e d	N o. of F G D c o v e r e d	N o. of I D I c o v e r e d	N o. of F G D c o v e r e d	N o. of I D I / E	No. of FGD		

9.46.6. Interventions: Not applicable

9.46.7. Participating centre along with PI: CARI Bengaluru

1. Principal Investigator (CARI, Bengaluru):

Dr. Thejaswini.C., R.O (Ay.) Central Ayurveda Research Institute, Bengaluru

2.Co-Investigators:

Dr. Srinibas Sahoo., R.O (Ay.), Scientist-3

Dr. Vidyashree Anchan., R.O (Path.)

9.46.8. Date of IEC approval: F.6-5/CARI/BNG/IEC Meet/2020-21/364-16/05/2025

9.46.9. CTRI Registration/Reference (for clinical trials): Not applicable

9.46.10. Date of initiation: 2nd April 2025

9.46.11.Expected date of Completion: 30th March 2026

9.46.12. Details of Installment wise budget release:

Sl.No.	Sanctioned Date	Sanctioned Amount	Utilised Amount	Unspent Amount
1.	07/05/2025	12,24,000	45,75,000	0
2.	14/08/2025	12,24,000		
3.	03/11/2025	12,24,000		
4.	15/01/2026	9,03,000		

9.46.13. Chronological timeline & deliverables: Achieved

S.No.	No. of Districts	No. of Districts	No. of Districts	No. of Districts	No. of Districts	No. of Villages/Wards/As covered	No. of Urban/Rural area covered	No. of SC/ST/Other areas covered	No. of Families	No. of Vedic Universities / Religious Institutions	Ethno-dietary Practices	Religious Practices & Rituals	Famous Religious Places	Vedic Universities/Institutes	No. of Awarenesses	No. of beneficiaries (in incidental health care)

			s in w h i c h 4 b l o c k s h a v e b e e n c o v e r e d a r e t o b e c o u n t		ch 5 ID I of b o t h d i e t a r y & r i t u a l F G D h a v e b e e n c o m p l e t e	both dieta ry & ritua l & FGD have been com plete d)						vi sit ed	ute s co ver ed (in wh ich FG D h a v e b e e n c a r r i e d o u t)						ed	e ser vic es)	
							U r b a n	R u r a l	S C	S T	O t h e r s			N o. of I D Is c o n d u c t e d	N o. of F G D s c o n d u c t e d	N o. of I D Is c o n d u c t e d	N o. of F G D s c o n d u c t e d				N o. of I D I/ F G D
1 .	98	6	6	20	20	20	10	10	10	0	10	35	2 F G D- 1 ID I*	104	20	100	20	29 ID I 2- FG D	2(+1 IDI*)	22	1705

9.46.14. Status: Monograph and Article are being prepared

9.47 Name of the Project: Tribal healthcare research project (THCRP-TSP) 2025-26

Title: Documentation of Ethno-Dietary Practices Indigenous to India

9.47.1. Objectives

A. To systemically document the indigenous ethno-dietary practices in diverse geographical areas and communities across India.

B. To critically analyse the variation in indigenous dietary practices based on state, zone, region, cultural/ethnic group and community.

C. To assess the understanding and perception of the community about the relevance and health benefits of indigenous ethno-dietary practices

D. To validate the documented data regarding indigenous ethno-dietary practices.

9.47.2. Study Design: - Observational

9.47.3. Sample Size: Not applicable

9.47.4 Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: sanction (O.O.No.10/2025-26) file No. HQ- PROJ012/1/2025-PROJ dated: 02-04-2025

9.47.5 Duration of Study: 1 year

9.47.6. Interventions: Not applicable

9.47.7. Participating centre along with PI: CARI Bengaluru

1. Principal Investigator (CARI, Bengaluru):

Dr. S. H Doddamani, R.O(Ay.)

2. Co- Investigator (CARI, Bengaluru):

1. Dr. Rajendra Paliwal, R.O(Ay.)

2. Dr. V. Rama Rao, RO (Botany), R.O(Ay.)

9.47.8. Date of IEC approval: F.6-5/CARI/BNG/IEC Meet/2020-21/364 dt.16/05/2025

9.47.9. CTRI Registration/Reference (for clinical trials): Not applicable

9.47.10. Date of initiation: 2nd April 2025

9.47.11. Expected date of Completion: 30th March 2026

9.47.12. Details of Instalment wise budget release:

S.No.	Sanction order with Date	Sanctioned Amount	Utilised Amount	Unspent Amount
1.	File. No. HQ-PROJ012/1/2025-PROJ/853 09/05/2025	16,67,500/-	50,02,500	00
2.	File. No. HQ-PROJ012/1/2025-PROJ/853 08/08/2025	16,67,500/-		
3.	File. No. HQ-PROJ012/1/2025-PROJ/853 24/10/2025	16,67,500/-		

9.47.13. Chronological timeline & deliverables:

Sr. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	Preparatory phase	01 month	Achieved	--
2.	Field survey	09 months	Achieved	--
3.	Data analysis and report writing	02 months	Achieved	

Consolidated information about the work carried out From April 2025 to March 2026:

S. No.	No. of Tors	No. of Districts	No. of districts	No. of blocks	No. of Villages/ Wards / Areas covered	No. of Urban/ Rural area covered		No. of SC/ST/Other areas covered			No. of Famous Religious places visited	No. of Vedic Universities - FG D	Ethno-dietary Practices		Religious Practices & Rituals		Famous Religious Places	Vedic Universities	Awariness Lectures	Patients treated
						Urban	Rural	SC	ST	Others			IDS	FGDs	IDs	FGDs				
1	13	5(Ka	5	20	20	10	10	-	10	10	21	4	100	20	93	20	IDI	4	44	231

	PROJ/853 24/10/2025			
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9.48.13. Chronological timeline & deliverables:

Sr. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	Preparatory phase	01 month	Achieved	--
2.	Field survey	09 months	Achieved	--
3.	Data analysis and report writing	02 months	Achieved	

9.49 Name of Project: “A Cross-Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy”

9.49.1 Objectives

1. **Primary Outcome:** Type of Prakriti of the Diabetic Retinopathy cases
2. **Secondary Outcome:** Prevalence of other risk factors based on Ayurveda philosophy associated with Diabetic retinopathy_(assessed through a Survey form designed on the basis of Ayurvedic concept of unhealthy diet, lifestyle and behavioral practices)

9.49.2 Study Design: Observational project

9.49.3 Sample Size: 1350

9.49.4 Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: NA

9.49.5 Duration of Study: **1 year**

S. No	Period of extension	Office order
1.	18 months till 19.07.2025	F. No.: HQ-PROJ011/123/2022/-PROJ/7052) dated 18 th Jan 2024

9.49.6 Interventions- NIL

9.49.7 Participating center along with PI:

S.No.	Name of the Institute	Name of the Principal Investigator	Name of the Co-Investigator
1	Central Ayurveda Research Institute, Bengaluru	Dr Bhavya B.M, RO (Ay.)	Dr. Shubhashree M.N, RO (Ay.) Dr. S.H. Doddamani, RO (Ay.) Consultant: 1. Dr. Shwetha B.A, Ophthalmic consultant

9.49.8 Date of IEC approval: Approved, dated – 09-02-2023

9.49.9CTRI Registration/Reference (for clinical trials): : CTRI/2023/03/050574, dated 10-03-2023

9.49.10 Date of initiation: 14-03-2023

9.49.11 Budget allocated: 15,15,900 (F. No.: HQ-PROJ011/123/2022/PROJ/1105, dated 20.01.2023), 15,15,900 +6,92,619* = 22,08,519/-

9.49.12 Additional budget allocated Rs.6,92,619/- in salary head F. No.: HQ-PROJ011/123/2022/-PROJ/7052) dated 1st Aug 2024

9.49.13 Installment-wise release:

S.No	Installment number	Amount	Order number and date
1.	1 st Installment	Rs. 1,50,000/-	Council's Office Order No: 1105/2022-23, 20.01.2023
2.	1 st Installment	Rs. 3,39,355/-	HQ-PROJ011/123/2022-PROJ/1158, 25.5.23
3.	2 nd Installment	Rs. 2,89,355/-	HQ-PROJ011/123/2022-PROJ/3534, 22.8.23
4.	3 rd Installment	Rs. 73,275/-	HQ-PROJ011/123/2022-PROJ/7282,29.1.24
5.	4 th Installment	Rs. 1,00,475/-	HQ-PROJ011/123/2022-PROJ/8858, 21.3.24
6.	1 st Installment	Rs. 2,47,300/-	HQ-PROJ011/123/2022-PROJ/447,29.4.24
7.	2 nd Installment	Rs. 1,79,099/-	HQ-PROJ011/123/2022-PROJ/2750, 1.8.24
8.	3 rd Installment	Rs. 2,10,200/-	HQ-PROJ011/123/2022-PROJ/5473, 3.12.24
9.	4 th Installment	Rs. 2,25,900/-	HQ-PROJ011/123/2022-PROJ/6720,29.1.25
10.	1 st Installment	Rs. 3,93,603/-	HQ-PROJ011/123/2022-PROJ/643, 30.04.2025

9.49.14 Chronological timeline & deliverables: to be initiated

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	1350	12months +18 months extention	Achieved	None

9.49.15 Current status:

Sl. No	Participating center	No. of participants screened till date	No of Participants enrolled till date	No. of drop outs till date	No. of Participants successfully completed till date	No. of continuing participants till date	No. Of ADR/AE reported till date
1.	CARI Bengaluru	1034	1033	-	1033	-	-

9.49.16 Relevant information, if any: Sample size was reduced from 1350 to 1033 with sufficient data necessary for statistical analysis.

9.50 Name of Project: Efficacy and safety of Ayurveda Formulation ‘Trikatu’ in Dyslipidemia – A Prospective Randomized Double Blind Placebo Controlled Trial

9.50.1 Objectives

Primary objective:

- a. To assess the efficacy and safety of Ayurvedic Formulation “Trikatu” for improving lipid parameters in dyslipidemia

Secondary Objective:

- b. To assess the changes in Gut Microbiota Correlates in response to the trial interventions

9.50.2 Study Design: Clinical Randomized Interventional Study

9.50.3 Sample Size: 120

9.50.4 Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: -96,10,332/- + 5,49,376/- = 1,01,59,708/- (F. No.: HQ-PROJ011/2/2022/-PROJ/522, dated 30.08.2022)

9.50.5 Duration of Study: 2 years

S.No	Period of extension	Office order
1.	12 months (9months for manpower)	F. No.: HQ-PROJ011/2/2022/-PROJ/4454, 14 th October 2024
2.	2 months (till 29.10.2025)	F. No.: HQ-PROJ011/2/2022/-PROJ/1077, 19 th May 2025

9.50.6 Interventions

Group I:

Intervention	: Tablet Trikatu
Dose	: 1000 mg with Luke warm water
Dosage form	: Tablet
Route of Administration	: Oral
Time of Administration	: One hour after food twice daily
Anupan	: Lukewarm water
Duration of therapy	: 84 days

Group II

Intervention	: Matching placebo
Dose	: 1000 mg with Luke warm water
Dosage form	: Tablet
Route of Administration	: Oral
Time of Administration	: One hour after food twice daily
Anupan	: Lukewarm water
Duration of therapy	: 84 days

9.50.7 Participating center along with PI:

Name of the	Name of the Principal	Name of the Co-Investigator
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Institute	Investigator	
Central Ayurveda Research Institute Bengaluru	Dr Bhavya B.M, RO (Ay.)	Dr. Shubhashree M.N RO (Ay.) Dr Rajendra Paliwal, RO (Ay.) 3. Dr. Kuppan Gokulakrishnan, Asst. Prof., Neurochemistry, NIMHANS, Bengaluru 4. Dr. Vidyashree Anchan, RO (Pathology)

9.50.8 Date of IEC approval: Approved, dated – 07/06/2022, 22.2.2024 (progress report submitted)

9.50.9 CTRI Registration/Reference (for clinical trials): CTRI/2022/11/047322, dated 15/11/2022

9.50.10 Date of initiation: 29.12.2022

9.50.11 Budget allocated: 96,10,332/- + 5,49,376/- = 1,01,59,708/-

(F. No.: HQ-PROJ011/2/2022/-PROJ/522, dated 30.08.2022

Additional Budget sanction: F. No.: HQ-PROJ011/2/2022/-PROJ/4456, dated 14.10.2024 is **Rs. 5,49,376/-** in salary head

9.50.12 Installment-wise release:

S. No	Instalment number	Amount	Order number and date
1.	1 st instalment	Rs. 18,76,000/-,	Council's Office Order No. 522/22-23, 30.8.22
2.	2 nd instalment	Rs. 1,13,000/-	F.No.: HQ-PROJ011/2/2022-PROJ/6336, 14.2.23
3.	1 st instalment	Rs. 4,69,432/- + Rs. 64,497/- (IMPCL Recouped)	F. No.: HQ-PROJ011/2/2022-PROJ/1591, 14.6.23
4.	2 nd instalment	Rs. 5,13,929/-	F. No.: HQ-PROJ011/2/2022-PROJ/3655, 25.8.23
5.	3 rd Instalment	Rs. 7,73,404/-	F. No.: HQ-PROJ011/2/2022-PROJ/6595, 29.12.23
6.	4 th Instalment	Rs. 1,32,481/-	F. No.: HQ-PROJ011/2/2022-PROJ/8592, 15.3.24
7.	1 st instalment	Rs. 4,30,252	F. No.: HQ-PROJ011/2/2022/-PROJ/471, 30.4.24
8.	2 nd instalment	Rs. 4,79,722	F. No.: HQ-PROJ011/2/2022/-PROJ/4456, 14.10.24
9.	3 rd Instalment	Rs.4,71,307/-	F. No.: HQ-PROJ011/2/2022/-PROJ/5472, 3.12.24
10.	4 th Instalment	Rs. 7,37,732/-	F. No.: HQ-PROJ011/2/2022/-PROJ/7413, 12.2.25
		Rs. 75,959/-	F. No.: HQ-PROJ011/2/2022/-PROJ/8041, 19.3.25

11.	1 st instalment	Rs. 26,44,485/-	F. No.: HQ-PROJ011/2/2022/-PROJ/804, 7.05.2025
12.	2 nd instalment	Rs. 8,86,484/-	F. No.: HQ-PROJ011/2/2022/-PROJ/804, 18.09.2025

9.50.13 Chronological timeline & deliverables: completed

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	120 Subjects	2 years 12 months	Achieved	The adherence to study timeline is delayed due to narrow restrictive eligibility criteria which include borderline high cases of Total Cholesterol and LDL cholesterol with no associated co-morbidities.

9.50.14 Current status: Completed

Sl. No	Participating center	No. of participants screened till date	No of Participants enrolled till date	No. of drop outs till date	No. of Participants successfully completed till date	No. of continuing participants till date	No. Of ADR/AE reported till date
1.	CARI Bengaluru	189	120	8	112	-	-

9.50.15 Relevant information, if any: Protocol article submitted in JMIR Protocols with manuscript id: JRP ms#87567.

10. BRIEF RESUME OF ONGOING CLINICAL RESEARCH PROJECTS

10.1. Effectiveness of *Drakshavaleha* in Improving the Symptoms of Functional Gastrointestinal Disorders – A Multi-Centre Study

10.1.1. Objectives

Primary:

- To evaluate the effectiveness of *Drakshavaleha* in the remission of symptoms of Functional Gastrointestinal Disorders (such as dyspepsia, constipation, abdominal bloating, or distension) in adults

Secondary:

- To explore the effect of *Drakshavaleha* on the general well-being of the FGID cases
- To evaluate the effect of *Drakshavaleha* on the appetite of the FGID cases
- To assess the tolerability of *Drakshavaleha* in patients with FGID

- 10.1.2. Study Design: Multi-center, single-arm interventional
 10.1.3. Sample Size: 300 per institute (OPDs of 15 CCRAS Institutes- total 4500)
 10.1.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: HQ-PROJ011/69/2025-PROJ O.O. 688/2025-26 dated 29.8.2025
 10.1.5. Installment wise release: Not applicable
 10.1.6. Duration of Study: 1 year
 10.1.7. Interventions

Intervention	<i>Drakshavaleha</i>
Dose	10 gm
Dosage form	Lehya twice daily, before a meal,
Route of Administration	Oral
Time of Administration	Twice daily post meals
Anupana	Water
Duration of therapy	12 weeks of treatment
Intervention	

- 10.1.8. Participating centre along with PI:

Sl. No	Name of the participating center	Name of Investigators
1.	Central Ayurveda Research Institute, Bengaluru	PI: Dr S.K. Giri, R.O(Ay.) Co-I: Dr. S.H. Doddamani, R.O(Ay.) Dr. Shubhashree MN, R.O(Ay.) Dr. Raghavendra Naik, R.O(Ay.)

- 10.1.9. Date of IEC approval:

F.6-5/CARI/BNG/IEC meet /2024-25/1045 approved, dated 23.07.2025

- 10.1.10. CTRI Registration/Reference (for clinical trials): CTRI/2025/08/093158

- 10.1.11. Date of initiation: 24/11/2025

- 10.1.12. Budget allocated: From GIA of institute budget total-Rs 1,70,000

- 10.1.13. Instalment wise release-Not applicable

- 10.1.14. Chronological timeline & deliverables: 1 year

- 10.1.15. Current status:

Sl. No	Participating Center	No. Of Participants Screened till Date	No Of Participants Enrolled till Date	No. Of Drop Outs till Date	No. Of Participants Successfully Completed till Date	No. Of Continuing Participants till Date	No. Of ADR/AE Reported till Date
1	CARI Bengaluru	125	125	03	89	33	None

- 10.1.16. Relevant information, if any: Nothing Specific

10.2 Name of Project: “A Clinical Consensus study for developing the practice guidelines and Standardization of Tarpana & Putapaka with a Feasibility study in Myopia”

- 10.2.1 Objectives

Primary:

- I. To develop standard operative procedure and practice guidelines for Tarpana & Putapaka kriyakalpa procedure

Secondary:

- I. To prepare guidelines for procedure with respect to dosage form, temperature of medicine used, height of administration of medicaments, retention time for procedures and safety instructions
- II. Standardization of quality indicators of procedures to improve outcome
- III. To assess the feasibility, acceptability and potential effectiveness of the standardized dose and procedure of Tarpana and Putapaka in selected disease condition and intervention conducted at various zones of India i.e. Bengaluru, Kerala (Cheruthuruthy), New Delhi and Lucknow

10.2.2. Study Design: Open Clinical Study Feasibility study / Interventional (multicentric)

10.2.3. Sample Size: 30 in each center (for Feasibility Study)

10.2.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No: HQ-PROJ0114/2025-PROJ/660, dated 14th August 2025

10.2.5. Duration of Study: 12 Months- Clinical consensus Study for SOP development of NKK: 7 months, Feasibility study: 5 Months

10.2.6. Interventions:

Tarpana with Maha Triphaladi Ghrita for 5 days and Putapaka with Goat's yakrit 3 days in patients with Simple Myopia

10.2.7. Participating center along with PI:

Sl. No.	Name of the participating centre	Name of Investigators
1.	Central Ayurveda Research Institute Bengaluru	I. Principal Investigator – Dr. Bhavya B.M RO (Ay.) II. Co-Investigators- Dr. Shubhashree M.N RO (Ay.)
2.	National Ayurveda Research Institute for Pankchakarma, Cheruthurthy	Co-Investigator – Dr. Krishnakumar V. RO (Ay.)
3.	Central Ayurveda Research Institute. West Panjabi bagh, New Delhi	Co-Investigator- Dr. Mata Shweta RO (Ay.)
4.	Regional Ayurveda Research Institute, Lucknow	Co-Investigator – Dr. Kamble Pallavi Namdev RO (Ay.)

10.2.8. Date of IEC approval: Approved, dated – 30.10.2025

10.2.9. CTRI Registration/Reference (for clinical trials): CTRI/2026/01/101864

Acknowledgement Number: REF/2026/01/121414

10.2.10. Date of initiation: 01.11.2025

10.2.11. Budget allocated: Rs. 15,80,200/- (CARI, Bengaluru), Rs. 18,80,200 (including 4 centers)

10.2.12. Installment-wise release:

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 st Installment	File No.- HQ-PROJ0114/2025/545	27.10.2025	19.01.2026

2	2 nd Installment	File No.- HQ-PROJ011/4/2025/8731	23.02.2026	05.03.2026
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10.2.13. Chronological timeline & deliverables: to be initiated

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	30 Subjects	5 months	Not yet initiated feasibility study	NA

10.2.14. Current status: Recruitment not yet started for feasibility study

Sl. No	Participating center	No. of participants screened till date	No of Participants enrolled till date	No. of drop outs till date	No. of Participants successfully completed till date	No. of continuing participants till date	No. Of ADR/AE reported till date
1.	CARI Bengaluru	-	-	-	-	-	-

10.2.16. Relevant information, if any: None

10.3 Name of Project: “Survey and Documentation on Netra Kriyakalpa practices among registered Ayurveda practitioners across India”

10.3.1. Objectives

- Documentation and identification of Netra Kriyakalpa practices/ methods, medicines, modalities of use, indications among registered Ayurveda practitioners across India

10.3.2. Study Design: - Survey Documentation Study

10.3.3. Sample Size: Detailed documentation of minimum 10 practitioners from each zone with minimum of 10 cases from each practitioner (out of 7 kriyakalpa)

10.3.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No: HQ-PROJ011/12/2025-PROJ/809, dated 26.09.2025

10.3.6. Duration of Study: 12 months

10.3.7. Interventions- - Not Applicable

10.3.8. Participating center along with PI:

Sl. No	Name of the participating centre	Name of Investigators
1.	Central Ayurveda Research Institute Bengaluru	I. Principal Investigator – Dr. Bhavya B.M RO (Ay.) II. Co-Investigators- Dr. Shashidhar Doddamani RO (Ay.)
2.	National Ayurveda Research Institute for Pankchakarma, Cheruthurthy	Co-Investigator – Dr. Krishnakumar V. RO (Ay.)

3.	Central Ayurveda Research Institute. West Panjabi bagh, New Delhi	Co-Investigator- Dr. Mata Shweta RO (Ay.)
4.	Regional Ayurveda Research Institute for Mineral and Marine Medicinal Resources, Goa	Co-Investigator - Dr Nandini Jadhav RO (Ay.)
5.	Regional Ayurveda Research Institute, Lucknow	Co-Investigator – Dr. Kamble Pallavi Namdev
6.	Memorial Research Institute of Medical Sciences, Agamkuan, Patna	Co-Investigator- Dr. Kumari Archana

10.3.9. Date of IEC approval: Approved, dated – 30.10.2025

10.3.10. CTRI Registration/Reference (for clinical trials): - NA

10.3.11. Date of initiation: 30.01.2026 (1st survey visit)

10.3.12. Budget allocated: Total sanctioned budget – Rs. 10,79,200/- (CARI, Bengaluru)
Rs. 76,16,468/- (8 centers)

10.3.13. Installment-wise release:

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 st Installment	File No. HQ- PROJ011/12/2025-PROJ	11.11.2025	18.11.2025
2	2 nd Installment	File No. HQ- PROJ011/12/2025-PROJ	20.01.2026	31.01.2026

10.3.14. Chronological timeline & deliverables: to be initiated

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	13 practitioner (10 cases each of 7 Netra kriyakalpa)	12 months	2 practitioners – 15 kriyakalpa procedures documented	-

10.3.15. Current status:

Sl. No	Participating center	No. of participants screened till date	No of Participants enrolled till date	No. of drop outs till date	No. of Participants successfully completed till date	No. of continuing participants till date	No. Of ADR/AE reported till date
1.	CARI Bengaluru	15	2	NA	NA	NA	NA

10.3.16. Relevant information, if any: - None

10.4 Management of Autism Spectrum Disorder in children through a comprehensive Ayurveda approach as an add-on to conventional therapy - A randomized control clinical trial

10.4.1 Objectives:

Primary Objective:

- To evaluate the efficacy of the comprehensive Ayurveda approach as an add-on to the conventional therapy in children with autism spectrum disorder (ASD).

Secondary Objectives:

- To evaluate the intellectual ability of the child.
- To evaluate the daily living adaptive functioning of the child.
- To evaluate the quality of life of parents of children with autism.

10.4.2 Study Design: Randomized, open label, parallel group, active controlled clinical trial

10.4.3 Sample Size: 80

10.4.4 Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Council's Office Order No: 533/2024-25 (F. No. HQ-PROJ011/77/2024-PROJ/533 dated 23/08/24.

10.4.5 Duration of Study: 2 years

10.4.6 Interventions:

Group 1- Conventional Therapy

The participants will receive/continue their Intervention Therapy. The conventional therapy will be an integrated therapy program aiming to promote skills that lay the foundation for the child's academic learning in a group setting in the format 5 days/week, 3 hours/day. The therapy sessions and intervention program will be planned to provide occupational therapy and speech therapy integrated into functional activities, a multisensory approach to learning, an Individualized Education Plan (IEP), and parent training through workshops, training, demonstrations and discussions.

Group 2- Conventional Therapy + Comprehensive Ayurveda Approach

The comprehensive Ayurveda Approach includes

A. Saraswata Ghrita

Dose: 6 grams per
day, once
daily

Dosage form: Ghee

Route of Administration: Oral

Anupana: Warm water

Time of Administration: Before food, once daily

Duration: 6 months (180 days)

B. Ayush Manas

Dose: Two tablets of 250 mg twice daily

Dosage form: Tablet

Route of Administration: Oral

Anupana: Warm water

Time of Administration: After food

Duration: 6 months (180 days)

10.4.7 Participating centre along with PI:

Sl. No	Name of the Institute	Name of Investigators
1.	Central Ayurveda Research Institute, Bengaluru	Principal Investigator: Dr. Vidyashree Anch an, RO (Path.) Co-Investigators: Dr Thejaswini C, RO (Ay.) Dr Srinibash Sahoo, RO (Ayu.)

10.4.8 Date of IEC approval: 08/01/2025

10.4.9 CTRI Registration/Reference (for clinical trials): CTRI/2025/04/085035; dated 17/04/2025

10.4.10 Date of initiation: 03/12/2025

10.4.11 Budget allocated: Rs. 59,59,286/-

10.4.12 Installment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Installment Rs. 4,30,800/- (Rs. 2,24,152/- remitted to head qtrs.; dated 07-03-2025)	F. No. HQ-PROJ011/77/2024-PROJ/533	23/08/2024	30/10/2024
2.	2 nd Installment Rs. 1,09,200/-	F. No. HQ-PROJ011/77/2024-PROJ/768	06/05/2025	28/05/2025
3.	3 rd Installment Rs. 4,62,000/-	F. No. HQ-PROJ011/77/2024-PROJ/5360	28/10/2025	24/11/2025
4.	4 th Installment Rs. 5,64,140/-	F. No. HQ-PROJ011/77/2024-PROJ/8135	05/02/2026	16/02/2026

10.4.13 Expected date of Completion: Two years from date of initiation (03/12/2027)

10.4.14 Chronological timeline & deliverables: Study initiated

Sl. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	80 sample size	24 months	ongoing	Nil

10.4.15 Current status: Study initiated

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Dropouts	No. of cases continued
1	CARI Bengaluru	15	0	0	15

10.4.16 Relevant information, if any: Nothing Specific.

10.5. Ayurvedic Sciences Incubation Centre (ASIC) CCRAS-CARI Bengaluru: Host-Institution led Incubation Centre for Ayush Startups

10.5.1. Objectives:

- To benefit the Ayurveda ecosystem by promoting innovation and entrepreneurship and facilitating development of innovative products, services and technologies in Ayurveda.
- To support startups with innovative products or service ideas working in Ayurveda sector including healthcare, wellness, pharmaceuticals, nutraceuticals, and technology solutions by providing mentorship, funding, and regulatory guidance to Ayurveda entrepreneurs.

10.5.2. Study Design: NA

10.5.3. Sample Size: 4 startups per year, total 20 startups for duration of 5 years.

10.5.4. Approval (Ministry of Ayush) Letter F.No. L-19013/45/2023-AS, dated 29th August 2024

10.5.5. Duration: 5 years

10.5.6. Interventions: Not Applicable

10.5.7. Participating centre along with PI:

Sl. No.	Name of the participating Centre	Name of Nodal Officer
1	CARI, Bengaluru	Nodal Officer- Dr. Rajendra Kumar Research Officer (Ayurveda)

10.5.8. Approval (CCRAS): F.No.:32-39/2021-CCRAS/Admn/5841, dated 16th December 2024

10.5.9. CTRI Registration/Reference (for Clinical trials): Not Applicable

10.5.10. Date of initiation: 10th October 2025

10.5.11. Budget allocated: Rs.4,99,95,400/-

10.5.12. Installment wise release:

Sr. No	Installment	Sanctioned Order	Date	Date of receipt of fund
1.	1 st installment Rs.738800/-	F. No. HQ- ADMN018/26/2025- ADMN, Office Ordder No. 860/2025-26	10/10/2025	19/01/2026
2.	2 nd installment Rs.101775/-	F. No. HQ- ADMN018/26/2025- ADMN/9893	23/03/2026	25/03/2026

10.5.13. Chronological timeline and deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	Notification of committees	2 months	Achieved	Nil
2.	Drafting of Policy & Guidelines	2 months	Achieved	Nil
3.	Floating of Expression of Interest EoI	6 months	Achieved	None

10.5.14. Current Status: Worksations created. Portal for application created. Expression of Interest (EoI) floated.

10.5.15. Relevant Information: Nothing Specific

11. Sanctioned IMR Clinical Research Projects to Be Initiated

11.1 Name of Project: “A Cross-sectional Survey to study the distribution pattern of different prakriti types across India- A multi centric Study”

11.1.1. Objectives:

- a. **Primary:** To study the distribution pattern of different Prakriti types across India.
- b. **Secondary**
 - i. To study the Association between Prakriti and Memory status using PGI Memory scale (PGIMS)
 - ii. To study the association of different Prakriti types and health status

11.1.2. Study Design: A multi-center, cross-sectional survey

11.1.3. Sample Size: 6400 (**Prakriti & Swasthya Assessment**, 200 (Correlation study on Memory Status)

11.1.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: HQ – PROJ011/28/2026-PROJ/ 1837/2025-2026, dated 25th March 2026.

11.1.5. Duration of Study: 1 year

11.1.6. Interventions: NA

11.1.7. Participating centre along with PI:

1. Dr. Bhavya. B.M. R.O (Ay.),
Co I: 1. Dr Shubhashree M.N, R.O (Ay.),
2. Dr Srinibhash sahu R.O (Ay.)

Identified colleges are

- Govt. Ayurvedic Medical College , Dhanvantari Road, Majestic, Bengaluru-560009
- Sri Kalabyraveshwara Swamy Ayurvedic College Hospital And Research Center (SKAMC)10, Pipeline Rd, Vijayanagar 2nd stage, Hampi Nagar, RPC Layout, Vijayanagar, Bengaluru, Karnataka 560104.
- Sushrutha Ayurvedic medical college and Hospital , Prashanthi Kuteeram, Svyasa Campus, Jodi Bingipipura, Kallubalu Post, Jigani Hobli, Anekal Taluk, PIN – 560105
- Atreya Ayurvedic Medical College Hospital & Research Centre - Kakkali Road , Kodigehalli Post, Doddaballapura, Bangalore , Karnataka, PIN-561203
- KTG Ayurvedic Medical College and Hospital, Srigandhadakaval, Hegganahalli Cross, Sunkadakatte Road, Vishwaneedam Post, Bangalore 560091
- Hillside - # 9, Raghuvanahalli, Gubbalala Cross, Kanakapura Main Road, Bangalore-560062, Karnataka, India.
- SDM Institute Of Ayurveda, NH 275, Anchepalya, Challegatta, Bengaluru, Karnataka 560074
- Sri Sri College of Ayurvedic Science and Research, Bengaluru Survey No.269/270, B.M. Kaval, Udayapura P.O., 21 KM, Kanakapura Rd, Bangalore, Karnataka 560082
- Ramakrishna Ayurveda Medical College - 54/2, Yelahanka, Ramagondanahalli, Bengaluru, Karnataka, PIN – 560119
- Adichunchanagiri Ayurveda Medical Hospital & Research Centre - , #112, Nagarur colony, Dasanpura Hobli, Nelamangala, North, Bengaluru, Karnataka 562123

11.1.8. Date of IEC approval: Approved, dated : -Not yet
11.1.9. CTRI Registration/Reference (for clinical trials): -NA
11.1.10. Date of initiation: yet to be initiated
11.1.11. Budget allocated: 4,00,000/- for CARI, Bengaluru (Training – 1,00,000/-, travelling - 1,00,000/-, Contingency – 2,00,000/-)
11.1.12. Installment-wise release: - Rs. 4,00,000/- sanctioned amount -expenditure debitable to the Institute budget for the year 2026-27, under sub-head Research Activities
11.1.13. Chronological timeline & deliverables: -
11.1.14. Current status: Yet to be initiated
11.1.15. Relevant information, if any: The Investigator's Training Programme on CCRAS Standardized Prakriti and Swasthya Assessment Scale was conducted on 28.3.26 at CARI Bengaluru.

11.2. Name of the Project: A Comparative study to Evaluate Safety and Efficacy of Integrative Ayurveda and Yoga Intervention in Geriatric depression at old age homes - A cluster randomization study

11.2.1 PI :Dr. Tejaswini C, R.O. (Ay)
Co I: Dr. Vidyashree Anchan R.O. (Path)
Dr..Shrinibash Sahoo R.O. (Ay)

11.2.2 Sanction Order: F.No. HQ. - PROJ011/150/2025-PROJ/1377 dated: 16.01.2026

Total Amount Sanctioned: 66,70,800/-

11.2.3 Budget Released: F.No. 6-162/CARI/BNG/2025-26/Ger.Depression/65 dated: 09.04.2026 of 7,00,400/-

11.3. Name of the Project:

a. Assessment of Health-Care Seeking Behavior of the Population and Perception of Key Health System Stakeholders with special focus on Ayush system of medicine across India - A community-based cross-sectional study

b.Clinical evaluation of an Ayurvedic regimen in the management of Stable Chronic Bronchitis among Incense Stick Industry Workers

c.Association between *Viruddhaahara* practice and rheumatoid arthritis (*amavata*) - a case control study

d.Association between *ViruddhaAhara* practice and Psoriasis - A Case Control Study

11.3.1 PI: Dr. Dr. Tejaswini C, R.O. (Ay)

Co I: Dr. Srinibash Sahoo, R.O. (Ay)

11.3.2 Sanction Order: F.No. HQ. - PROJ013(11)/6/2026-PROJ dated: 07.04.2026

Total Amount Sanctioned: 66,04,000/-

11.3.3 Budget Released: NIL

12. Research Proposals Submitted for Approval to CCRAS Hqrs.

12.1 Research projects Approved by PEMC & To be Sanctioned soon

1. Compliance assessment of marketed "Ayurvedic"/"Herbal"/ "Natural" positioned cosmetics in India with existing regulatory framework of D & C Act 1940 and Rule 1945, Cosmetics Rules 2020 and Cosmetic Amendment Rules 2025: A Systematic Survey Study
2. CCRAS-Central Digital Database of Edible Fruits: Karnataka.

12.2 Research project proposals submitted to PEMC

1. Prospective Documentation of Amruta Varicose Vein Syrup and Oil in the Management of Varicose Veins, Including Venous Ulcers and Chronic Venous Insufficiency.
2. Efficacy of Ayush 64 as an add-on to Lifestyle advocacy in Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) – A Randomized controlled trial

12.3 Research project proposals/concept note submitted)

1. Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes Associated with Diabetes: A Randomized Double Blinded Placebo Controlled Clinical Trial.
2. A comparative study to evaluate the efficacy and safety of Ayurvedic intervention in prediabetic and diabetes mellitus 2 subjects- A prospective randomized open label study.
3. Integrative Ayurvedic Management of Early Non-Proliferative Diabetic Retinopathy: A Randomized Controlled Trial Assessing Retinal Structure and Visual Function (Submitted at the ICMR e-PMS portal).
4. A Community based study on obesity using Ayurveda and Yoga Interventions (Submitted via Ayush NGO Portal under Ayurswathya Yojana of Ministry of Ayush).
5. Efficacy of Ayurveda intervention in the management of Psoriasis and its association with Metabolic syndrome: A randomized controlled clinical trial.
6. Standardization of oldest traditional organic manure- Kunapajala.
7. Establishment of Regional Raw Drug Repository of Western Coastal Plain (Kerala, Maharashtra, Goa, Daman & Diu, Lakshadweep)

PART-B HOSPITAL STATISTICS

a. Outpatient Department

Statement of patients attended at OPD during different years (Since inception up to March 2026)

Year	New cases				Total		Old cases				Total		Grand total	
	M	F	MC	FC	M	F	M	F	MC	FC	M	F	M	F
1981-82	141	171	136	84	277	255	178	220	198	81	376	301	653	556
1982-83	633	854	430	377	1063	1231	1439	1719	473	510	1912	2229	2975	3460
1983-84	528	601	125	191	653	792	1303	1446	254	237	1557	1683	2210	2475
1984-85	527	621	223	182	750	803	1193	1731	263	238	1456	1969	2206	2772
1985-86	487	538	159	135	646	673	1066	1582	203	275	1269	1857	1915	2530
1986-87	519	549	134	152	653	701	1485	1674	228	225	1713	1899	2366	2600
1987-88	562	471	124	155	686	626	1579	1541	131	281	1710	1822	2396	2448
1988-89	519	429	89	130	608	559	1598	1488	214	269	1812	1757	2420	2316
1989-90	253	345	49	50	302	395	633	916	59	88	692	1004	994	1399
1990-91	320	334	65	76	385	410	843	803	83	80	926	883	1311	1293
1991-92	301	283	68	86	369	369	683	1158	92	86	775	1244	1144	1613
1992-93	359	561	70	97	429	658	869	1211	101	86	970	1297	1399	1955
1993-94	320	334	65	76	385	410	843	803	83	80	926	883	1311	1293
1994-95	273	345	49	50	322	395	633	916	59	88	692	1004	1014	1399
1995-96	327	316	76	99	403	415	924	1199	137	129	1061	1328	1464	1743
1996-97	436	686	111	148	547	834	1463	2731	324	314	1787	3045	2334	3879
1997-98	600	938	169	218	769	1156	1716	3268	350	296	2066	3564	2835	4720
1998-99	863	1136	202	190	1065	1326	2413	4098	450	459	2863	4557	3928	5883
1999-00	1251	1854	232	293	1483	2147	3553	6045	379	645	3932	6690	5415	8837
2000-01	1187	1495	165	253	1352	1748	2870	3915	171	325	3041	4240	4393	5988
2001-02	1158	1430	167	213	1325	1643	2997	3706	224	305	3221	4011	4546	5654
2002-03	1127	1279	175	222	1302	1501	2825	3425	297	295	3122	3720	4424	5221
2003-04	1017	1287	145	121	1162	1408	2823	3695	205	200	3028	3895	4190	5303
2004-05	1184	1015	91	107	1275	1122	1604	1990	88	154	1692	2144	2967	3266
2005-06	1371	977	122	97	1493	1074	3413	2770	141	131	3554	2901	5047	3975
2006-07	1408	971	88	85	1496	1056	3473	2937	124	126	3597	3063	5093	4119
2007-08	1312	866	75	93	1387	959	3194	2942	118	147	3312	3089	4699	4048
2008-09	1389	988	75	125	1464	1113	3210	2838	95	154	3305	2992	4769	4105
2009-10	1283	988	77	69	1360	1057	3273	2797	128	132	3401	2929	4761	3986
2010-11	1366	1123	81	89	1447	1212	4033	3704	116	130	4149	3834	5596	5046
2011-12	1524	1356	84	116	1608	1472	4979	4916	171	313	5150	5229	6758	6701
2012-13	1384	1216	84	69	1468	1285	5311	4664	196	120	5507	4784	6975	6069

2013-14	1583	1350	78	78	1661	1428	5198	4361	111	66	5309	4427	6970	5855
2014-15	1567	1280	78	62	1645	1342	4974	4465	75	89	5049	4554	6694	5896
2015-16	2145	1714	88	75	2233	1789	6590	5460	146	92	6736	5552	8969	7341
2016-17	1864	1510	78	66	1942	1576	4997	3786	86	62	5083	3848	7025	5424
2017-18	1854	1328	61	62	1915	1390	4609	3229	75	82	4684	3311	6599	4701
2018-19	3163	2178	125	106	3288	2284	6690	4705	153	71	6843	4776	10131	7060
2019-20	3787	2997	176	117	3963	3114	7942	6449	160	158	8102	6607	12065	9721
2020-21	3468	2604	165	148	3633	2752	7074	5077	200	182	7274	5259	10907	8011
2021-22	4041	3101	187	127	4228	3228	8215	6087	130	115	8345	6202	12573	9430
2022-23	5506	4623	271	158	5777	4781	11903	9865	264	125	12167	9990	17944	14771
2023-24	6711	6391	244	190	6955	6581	14252	12851	232	155	14484	13006	21439	19587
2024-25	8088	8030	269	185	8357	8215	14403	13707	218	193	14621	13900	22978	22115
2025-26	8757	9478	256	215	9013	9693	15173	15532	195	151	15368	15683	24381	25376
Total	78463	72941	6081	6037	84544	78978	180439	174422	8200	8540	188639	182962	273183	261940

- **Total number of patients treated since inception: 5,35,123**
- **In-Patient Department: 991** patients admitted.

8a. Statement of Patients attended OPD (Kankapura Road) during the reporting period for April 2025 to March 2026

Sl. No .	NAMC ID	NAMC Code	NAMC_Name	Short_definition	No. of patients treated														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	
1	147	AAC-12	आध्मानम्/ आनाहः	distension/tympanites/meteorism or painful abdominal distension	20	4	0	0	20	4	13	2	0	0	13	2	33	6	39
2	2983	AAC-12.4	विबन्ध	simple constipation	110	76	0	3	110	79	122	69	0	1	122	70	232	149	381
3	132	AAC-2	अपतन्त्रकः	convulsive fit	0	0	0	0	0	0	61	82	0	0	61	82	61	82	143
4	157	AAC-20	गृध्रसी	sciatica	535	590	1	3	536	593	615	756	0	0	615	756	1151	1349	2500
5	163	AAC-24	पक्षाघातः/पक्षवधः	hemiplegia/hemiparesis	73	21	1	1	74	22	176	37	0	0	176	37	250	59	309
6	241		Mamsagata vata	Mamsagata vata kosha	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
7	174	AAC-32	मन्यास्तम्भः	Stiff neck/torticollis/spasmodic torticollis	0	0	0	0	0	0	4	2	0	0	4	2	4	2	6
8	177	AAC-35	विश्वाची	brachial neuralgia /arm pain	25	38	0	1	25	39	7	16	0	0	7	16	32	55	87

9	141	AAC-8	अवबाहुकः	frozen shoulder	147	125	0	0	147	125	179	166	0	0	179	166	326	291	617
10	248	AAE-16	सन्धिवातः	osteo-arthritis	2158	3180	14	14	2172	3194	2642	4299	0	0	2642	4299	4814	7493	12307
11	285	ABB-24	दाहः	burning sensation	51	55	0	1	51	56	36	39	0	0	36	39	87	95	182
12	287	ABB-26	पालित्य	premature graying of hair	0	0	0	0	0	0	1	1	0	0	1	1	1	1	2
13	348	ACB-23	अग्निमान्द्यम्	impaired digestion / loss of appetite	16	11	7	5	23	16	9	1	1	0	10	1	33	17	50
14	480	EA-3	कासः	cough / tussis	254	251	48	32	302	283	269	269	40	31	309	300	611	583	1194
15	489	EA-4	श्वासः	dyspnoea	146	110	17	4	163	114	167	125	5	2	172	127	335	241	576
16	511	EA-6	उरःक्षतः / क्षतक्षीण	thoracic trauma	0	0	0	0	0	0	17	20	1	0	18	20	18	20	38
17	633	EB-10	शूलः	colicky pain/abdominal colic	184	192	6	2	190	194	127	154	5	1	132	155	322	349	671
18	643	EB-10.10	परिणामशूलः	duodenal ulcer	1	0	0	0	1	0	2	0	0	0	2	0	3	0	3
19	676	EB-12	परिकर्तिका	proctalgia	37	30	0	0	37	30	8	12	0	0	8	12	45	42	87
20	515	EB-2	अतिसारः	diarrhoea	4	0	1	0	5	0	7	3	0	0	7	3	12	3	15
21	536	EB-3	अजीर्णम्	indigestion	49	38	3	3	52	41	43	38	0	1	43	39	95	80	175

22	558	EB-4	अम्लपित्तम्	hyperacidity	39 5	29 8	3	1	398	29 9	303	275	1	0	304	275	70 2	57 4	1276
23	601	EB-7	ग्रहणीदोषः	disorders of lower gastro- intestinal tract	12	9	0	1	12	10	14	5	0	0	14	5	26	15	41
24	681	EC-2	हृद्रोगः	heart disease	17	9	1	0	18	9	38	13	0	0	38	13	56	22	78
25	689	EC-3	ज्वरः	fever / pyrexia	49	43	8	4	57	47	30	78	4	2	34	80	91	12 7	218
26	812	EC-5	पाण्डुरोगः	anaemia	11	40	0	0	11	40	2	41	0	0	2	41	13	81	94
27	823	EC-6	आमवातः	rheumatism due to आम	56	16 2	0	1	56	16 3	119	300	0	0	119	300	17 5	46 3	638
28	1029	ED-14	शीतपित्तम्	urticaria with <i>vata</i> predominance	32	32	3	0	35	32	19	8	2	0	21	8	56	40	96
29	1031	ED-15	उदरदः	urticaria with <i>kapha</i> predominance	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
30	838	ED-2.2	कण्डूः	pruritis	60	44	1	5	61	49	24	22	0	0	24	22	85	71	156
31	850	ED-2.8	निद्रानाशः / अनिद्रा	loss of sleep (insomnia)	47	23	1	0	48	23	17	7	1	0	18	7	66	30	96
32	874	ED-3	कामला	jaundice	41	35	2	2	43	37	74	46	2	3	76	49	11 9	86	205
33	883	ED-4	कुष्ठम्	integumentary disease	49 7	37 7	25	33	522	41 0	701	522	26	17	727	539	12 49	94 9	2198
34	905	ED-4.3.10	विचर्चिका	wet eczema	8	4	0	0	8	4	4	4	0	0	4	4	12	8	20

35	897	ED-4.3.3	किटिभः	psoriasis	73	40	2	1	75	41	82	24	0	0	82	24	157	65	222
36	898	ED-4.3.4	विपादिका	cracks in palms and soles	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
37	900	ED-4.3.6	दद्रु-कुष्ठः	ringworm / tinea	9	13	0	0	9	13	2	3	0	0	2	3	11	16	27
38	919	ED-5	शिवत्रः	vitiligo /leucoderma	20	9	2	1	22	10	15	5	2	0	17	5	39	15	54
39	2979	ED-6.10	रोमान्तिका	measles	0	0	1	0	1	0	0	0	0	0	0	0	1	0	1
40	944	ED-7	रक्तपित्तम्	bleeding disorder	0	0	0	0	0	0	3	2	0	0	3	2	3	2	5
41	956	ED-8	वातरक्तम्	rheumatism due to रक्त	12	13	0	0	12	13	7	8	0	0	7	8	19	21	40
42	1064	EE-2	अर्बुदः	tumor	7	5	0	0	7	5	3	8	0	0	3	8	10	13	23
43	1074	EE-3	अर्शः	haemorrhoids	119	77	2	0	121	77	167	114	0	0	167	114	288	191	479
44	1095	EE-4	ग्रन्थिः	cyst	26	34	0	1	26	35	21	46	0	0	21	46	47	81	128
45	1139	EF-2.4.4	मधुमेहः	diabetes mellitus	1399	865	2	2	1401	867	5795	3962	2	0	5797	3962	7198	4829	12027
46	1161	EF-3	मेदोरोगः	obesity	67	113	0	1	67	114	227	570	1	0	228	570	295	684	979
47	1248	EJ-2	अश्मरी	lithiasis/urolithiasis/nephrolithiasis	45	33	0	1	45	34	71	45	0	0	71	45	116	79	195

48	1258	EJ-3	मूत्राघातः	urinary retention	0	0	0	0	0	0	2	0	0	0	2	0	2	0	2
49	1266	EJ-3.6	वाताष्टीला	prostatic enlargement	2	0	0	0	2	0	1	0	0	0	1	0	3	0	3
50	1278	EJ-4	मूत्रकृच्छ्रम्	dysuria	46	33	3	1	49	34	165	39	2	0	167	39	21 6	73	289
51	1304	EK-3	श्वयथुः/शोथः/शोफः	oedema/inflammation	68	70	0	0	68	70	60	52	0	0	60	52	12 8	12 2	250
52	1337	EK-4.6	यकृद्दाल्युदरः	hepatomegaly	14	6	0	0	14	6	40	5	0	0	40	5	54	11	65
53	1360	EL-2.10	उदावर्तिनी	dysmennorrhoea	0	41 4	0	3	0	41 7	0	690	0	9	0	699	0	11 16	1116
54	1374	EL-2.24	वन्ध्या	female infertility	2	2	0	0	2	2	25	28	0	0	25	28	27	30	57
55	1392	EL-4	रक्तप्रदरः/असृग्दरः	menorrhagia / metrorrhagia / dysfunctional uterine bleeding (DUB)	4	4	0	0	4	4	0	2	0	0	0	2	4	6	10
56	1398	EL-5	श्वेतप्रदरः	leucorrhoea	2	39	1	2	3	41	0	10	0	1	0	11	3	52	55
57	1521	EM-11	भ्रमः	giddiness / dizziness / vertigo	15	19	0	0	15	19	14	9	0	0	14	9	29	28	57
58	1421		Manobahasrotavikar	Manobahasrotavikar	16	10	2	2	18	12	20	25	3	1	23	26	41	38	79
59	1457	EM-3	अपस्मारः	epilepsy	0	0	0	0	0	0	5	3	1	0	6	3	6	3	9

60	1466	EM-5	मदात्ययः	alcohol abuse	15	0	0	0	15	0	13	0	0	0	13	0	28	0	28
61	1522	F	शिरःशूल / शिरोरुक्	headache/cephalgia/cephalalgia	70	132	1	1	71	133	64	173	0	0	64	173	135	306	441
62	1530	F-8	अर्धावभेदकः	hemicrania	15	20	0	0	15	20	11	20	0	0	11	20	26	40	66
63	1543	FA-3	खलित्यम्	baldness / alopecia totalis	58	96	1	5	59	101	68	67	0	1	68	68	127	169	296
64	1548	FA-4	दारुणकः	pytirisias capitis	7	15	0	0	7	15	10	12	0	0	10	12	17	27	44
65	1583	GC	दन्तरोगः	tooth disorders	5	2	0	0	5	2	1	1	0	0	1	1	6	3	9
66	1604	GE-1	गलशुण्डिका	uvulitis/elongated uvula	0	0	0	0	0	0	3	1	0	0	3	1	3	1	4
67	1641	GF-17	गण्डमाला	scrofula	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
68	1643	GF-19	गलगण्डः	goiter	41	61	2	0	43	61	14	18	0	0	14	18	57	79	136
69	1649	GG	मुखपाकः	stomatitis	10	9	0	0	10	9	18	7	0	1	18	8	28	17	45
70	1662	H	अक्षिरोगः/नेत्ररोगः	ophthalmic diseases/ eye diseases	7	6	2	1	9	7	7	4	1	0	8	4	17	11	28
71	1761	HG-1	तिमिरः	partial or total blindness/amaurosis/ametropia/partial obstruction of vision	95	110	4	2	99	112	362	369	4	3	366	372	465	484	949
72	1785	HG-3	लिङ्गनाशः	complete blindness	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1

73	1813	I	नासारोगः	nose diseases	11	7	0	0	11	7	18	16	0	0	18	16	29	23	52
74	1814	I-1	प्रतिश्यायः /पीनसः	rhinitis	12 8	12 1	27	13	155	13 4	146	127	17	4	163	131	31 8	26 5	583
75	1860	J	कर्णरोगः	ear diseases	3	3	1	2	4	5	0	0	0	0	0	0	4	5	9
76	1880	J-14	कर्ण-स्रावः	otorrhoea	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
77	1896	J-19	बाधिर्यम्	deafness	0	0	0	0	0	0	8	14	0	1	8	15	8	15	23
78	1897	J-20	कर्णशूलः	earache/otalgia	14	6	2	1	16	7	4	6	0	0	4	6	20	13	33
79	1869	J-9	कर्ण-नादः	tinnitus	8	6	0	0	8	6	60	62	0	0	60	62	68	68	136
80	1913	K	व्रणः	wounds	29	10	0	0	29	10	55	6	0	0	55	6	84	16	100
81	1971	LA	भग्नः (अस्थिभग्नः)	fracture	8	3	1	1	9	4	8	1	1	0	9	1	18	5	23
82	2170	MD-11	दौर्बल्यम्	debility	89 3	87 8	37	39	930	91 7	1004	831	44	37	1048	868	19 78	17 85	3763
83	2184	N	कृमिः/सञ्जातकृमि	worm infestation	0	0	1	1	1	1	4	0	0	0	4	0	5	1	6
84	2250	O-14	कदरः	corn /callosity	4	0	2	0	6	0	9	8	0	0	9	8	15	8	23
85	2280	O-35	युवानपिडका (मुखदूषिका)	pimples	26	46	0	3	26	49	14	21	0	1	14	22	40	71	111
86	2284	O-39	इन्द्रलुप्तः	alopecia	0	0	0	0	0	0	12	1	0	0	12	1	12	1	13

87	2287	O-42	व्यङ्गः	black patches on face / melasma	1	9	0	0	1	9	0	0	0	0	0	0	1	9	10
88	401	BE-1	अतिस्टोलिया	obesity	36	46	0	1	36	47	19	47	0	0	19	47	55	94	149
89	1100	EE-45	सिराजग्रंथी	Vericose vain	37	24	0	0	37	24	82	45	0	0	82	45	11 9	69	188
90	40	AAB-24	कम्पावत	Parkinsons	15 0	15 5	0	0	150	15 5	270	255	0	0	270	255	42 0	41 0	830
			Total-		86 52	93 64	23 8	20 1	8890	95 65	1486 2	1517 4	16 6	11 7	1502 8	1529 1	23 91 8	24 85 6	4877 4

TOTAL NEW PATIENTS: 18455 TOTAL OLD PATIENTS: 30319 GRAND TOTAL: 48774

- Number of patients in New OPD : **48774**
 - Number of patients in NAL OPD : **983**
- Total : 49,757**

8b. Statement of Patients attended NAL OPD during the reporting period for April 2025 to March 2026

Sl. No	ID	कोडसं. Code No	रोग / Disease	No. of patients attended - NAL OPD												कुलयोग Grand Total		Total
				New						Old								
				वयस्क Adult		बच्चाChil d		कुलTota l		वयस्कAdul t		बच्चाChil d		कुलTota l				
				M	F	M	F	M	F	M	F	M	F	M	F	M	F	
1.	536	EB-3	AJIRNA	1	2	0	0	1	2	3	0	0	1	3	1	4	3	7
2.	823	EC-6	AMAVATA	0	0	0	0	0	0	9	1	0	0	9	1	9	1	10
3.	558	EB-4	AMLAPITTA	8	2	0	1	8	3	15	20	0	0	15	20	23	23	46
4.	1530	F-8	ARDHAVBHEDAK	0	0	0	0	0	0	0	3	0	0	0	3	0	3	3
5.	1074	EE-3	ARSHA	2	3	0	0	2	3	6	0	0	0	6	0	8	3	11
6.	1248	EJ-2	ASMARI	3	0	0	0	3	0	2	0	0	0	2	0	5	0	5
7.	1971	LA	ASTHI BHAGNA	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
8.	515	EB-2	ATISARA	2	0	0	0	2	0	0	0	0	0	0	0	2	0	2
9.	4	AA	AVAVAHUKA	0	2	0	0	0	2	1	3	0	0	1	3	1	5	6
10.	1521	EM-11	BHRAMA	0	2	0	0	0	2	0	1	0	0	0	1	0	3	3
11.	1565	GB	DANTAMULAROG	0	0	0	0	0	0	3	0	0	0	3	0	3	0	3
12.	2170	MD-11	DOURVALYA	2	5	1	0	3	5	2	6	1	0	3	6	6	11	17
13.	1173	EI-2	DWAJABHANGA	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
14.	1643	GF-19	GALAGANDA	0	0	0	0	0	0	1	5	0	0	1	5	1	5	6
15.	1813	I	GANDHANASA	0	0	0	0	0	0	0	11	0	0	0	11	0	11	11

16.	294 7	VG	GARBHINI	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
17.	601	EB-7	GRAHANI	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
18.	157	AAC-20	GRIDHRASI	0	0	0	0	0	0	0	7	0	0	0	7	0	7	7
19.	471	EA-2	HIKKA	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
20.	689	EC-3	JWARA	1	0	0	0	1	0	0	3	0	0	0	3	1	3	4
21.	874	ED-3	KAMALA	1	1	0	0	1	1	0	0	0	2	0	2	1	3	4
22.	4	AA	KAMPAVATA	0	0	0	0	0	0	0	4	0	0	0	4	0	4	4
23.	838	ED-2.2	KANDU	1	1	0	0	1	1	1	2	0	0	1	2	2	3	5
24.	160 4	GE-1	KANTHAROGA	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
25.	186 9	J-9	KARNA KSHEDA	0	0	0	0	0	0	4	0	0	0	4	0	4	0	4
26.	838	ED-2.2	KARNAKANDU	0	0	0	0	0	0	0	0	1	0	1	0	1	0	1
27.	189 7	J-20	KARNASHULA	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
28.	480	EA-3	KASA	6	4	2	4	8	8	11	13	6	6	17	19	25	27	52
29.	4	AA	KATISHULA	7	9	1	0	8	9	21	25	0	0	21	25	29	34	63
30.	154 3	FA-3	KHALITYA	2	2	0	4	2	6	4	17	1	2	5	19	7	25	32
31.	897	ED-4.3.3	KITIBHA	3	2	0	0	3	2	2	2	0	0	2	2	5	4	9
32.	117 3	EI-2	KLAIVYA	1	0	0	0	1	0	3	0	0	0	3	0	4	0	4
33.	113 9	EF-2.4.4	MADHUMEHA	5	1	0	0	5	1	48	11	0	0	48	11	53	12	65
34.	142 1	EM	MANASAMANDA TA	0	0	1	0	1	0	0	0	2	0	2	0	3	0	3
35.	142 1	EM	MANODWEGA	4	2	0	0	4	2	17	8	0	7	17	15	21	17	38
36.	4	AA	MANYASHULA	2	3	0	0	2	3	10	9	0	0	10	9	12	12	24
37.	116	EF-3	MEDOROGA	4	1	0	0	4	1	2	2	0	0	2	2	6	3	9

	1																	
38.	164 9	GG	MUKHAPAKA	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
39.	124 8	EJ-2	MUTRASMARI	0	0	0	0	0	0	2	0	0	0	2	0	2	0	2
40.	127 8	EJ-4	MUTRAKRCHHR A	1	2	1	0	2	2	8	8	1	0	9	8	11	10	21
41.	166 2	H	NETRAVIKARA	2	0	0	0	2	0	0	5	0	1	0	6	2	6	8
42.	850	ED-2.8	NIDRANASHA	0	0	0	0	0	0	1	6	0	0	1	6	1	6	7
43.	130 4	EK-3	PADA SOTHA	0	1	0	0	0	1	0	1	0	0	0	1	0	2	2
44.	163	AAC-24	PAKSHAGHATA	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
45.	812	EC-5	PANDU	0	1	0	0	0	1	0	1	0	0	0	1	0	2	2
46.	676	EB-12	PARIKARTIKA	1	0	0	0	1	0	1	0	0	0	1	0	2	0	2
47.	101 7	ED-12	PITTASMARI	2	6	0	0	2	6	3	13	0	0	3	13	5	19	24
48.	141 9	EL-9	PRASUTA/SUTIK A	0	0	0	0	0	0	0	2	0	0	0	2	0	2	2
49.	181 4	I-1	PRATISYAYA	3	4	6	3	9	7	13	21	6	7	19	28	28	35	63
50.	138 3	EL-3	RAJOVIKARA	0	11	0	0	0	11	0	36	0	5	0	41	0	52	52
51.	248	AAE-16	SANDHIVATA	12	21	1	0	13	21	41	38	2	0	43	38	56	59	115
52.	110 0	EE-4.5	SHIRAGRATHI	0	2	0	0	0	2	5	25	0	0	5	25	5	27	32
53.	152 2	F	SHIRASHULA	2	0	0	0	2	0	2	2	0	0	2	2	4	2	6
54.	102 9	ED-14	SHITAPITTA	1	1	0	0	1	1	0	1	0	0	0	1	1	2	3
55.	117	EI-2.4	SHUKRAVIKARA	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1

	7																	
56.	142 1	EM	SMRITIMANDYA	1	0	0	0	1	0	6	1	2	1	8	2	9	2	11
57.	840	ED-4	STHOULYA	0	2	0	0	0	2	1	0	0	0	1	0	1	2	3
58.	141 9	EL-9	SUTIKA ROGA	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
59.	489	EA-4	SWASA	2	1	1	1	3	2	9	4	1	1	10	5	13	7	20
60.	919	ED-5	SWITRA	3	0	0	0	3	0	0	0	1	0	1	0	4	0	4
61.	883	ED-4	TWAKVIKARA	10	6	4	0	14	6	23	12	3	0	26	12	40	18	58
62.	186	AAD-1.2	UCHHA RAKTACHAPA	0	0	0	0	0	0	2	3	0	0	2	3	2	3	5
63.	898	ED-4.3.4	VAIPADIKA	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
64.	137 4	EL-2.24	VANDHYA	0	1	0	0	0	1	0	2	0	0	0	2	0	3	3
65.	4	AAB-87	VATAKANTAKA	1	1	0	0	1	1	2	4	0	0	2	4	3	5	8
66.	956	ED-8	VATARAKTA	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
67.	4	AA	VATAVYADHI	6	6	0	0	6	6	15	11	0	0	15	11	21	17	38
68.	142 1	EM	VISHADA	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
69.	298 3	AAC- 12.4	VIVANDHA	1	1	0	1	1	2	7	4	0	1	7	5	8	7	15
70.	191 3	K	VRANA	0	0	0	0	0	0	0	1	0	0	0	1	0	1	1
71.	127 8	EJ-4	VRIKKA VIKARA	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
72.	133 7	EK-4.6	YAKRITVIKARA	1	0	0	0	1	0	0	0	0	0	0	0	1	0	1
73.	228 0	O-35	YOUVANAPIDAK A	0	0	0	0	0	0	0	0	2	0	2	0	2	0	2
			TOTAL	105	114	18	14	12 3	12 8	311	358	29	34	34 0	39 2	46 3	52 0	983

TOTAL NEW PATIENTS: 251 TOTAL OLD PATIENTS: 732 GRAND TOTAL:983

8c. Statement of Patients attended OPD during the reporting period with April 2025 to March 2026

Period /अवधि Reporting Period April 2025 - March 2026	New cases				Total		Old cases				Total		G. Total		Grand Total (M+F)
	M पु	F स्त्री	MC पु ब	FC क न्या	M पु	F स्त्री	M पु	F स्त्री	MC पु ब	FC कन्या	M पु	F स्त्री	M पु	F स्त्री	
New OPD	8652	9364	238	201	8890	9565	14862	15174	166	117	15028	15291	23918	24856	48774
NAL OPD	105	114	18	14	123	128	311	358	29	34	340	392	463	520	983
Total	8757	9478	256	215	9013	9693	15173	15532	195	151	15368	15683	24381	25376	49757

**8.1 Srotas wise No. of patients attended at OPD of this Institute for the reporting period
April 2025-March 2026**

Sl No.	Disease/ रोग	IPD	-- OPD --- No. of Patients						
			New / नया		Old/ पुराना		Total/ कुल		G.Total कुल
			M पु	F स्त्री	M पु	F स्त्री	M पु	F स्त्री	
1	Prana vaha srotasa roga (Respiratory diseases)	NA	465	397	481	427	946	824	1770
2	Anna vaha srotasa roga (Gastro intestinal diseases)	NA	812	644	669	570	1481	1214	2695
3	Rasa vaha srotasa roga (Lymphatic diseases)	NA	2486	1920	6967	4972	9453	6892	16345
4	Rakta vaha srotasa roga (Cardio vascular diseases)	NA	98	115	131	102	229	217	446
5	Mamsa vaha srotasa roga (Musculoskeletal/Skin diseases)	NA	1502	1519	1790	1814	3292	3333	6625
6	Medo Vaha srotasa roga (Lipid disorders)	NA	103	161	247	617	350	778	1128
7	Asthi/Majja vaha srotasa roga (Bone/Joint diseases)	NA	2193	3211	2661	4310	4854	7521	12375
8	Shukra vaha srotas roga (Male reproductive tract diseases)	NA	0	0	0	0	0	0	0
9	Mutra vaha srotasa roga (Urinary diseases)	NA	96	68	241	84	337	152	489
10	Purisha vaha srotasa roga (Excretary/Anorectal diseases)	NA	158	107	175	126	333	233	566
11	Artava vaha srotasa roga (Gynecological diseases)	NA	9	464	25	740	34	1204	1238
12	Vata vikara/Manasa roga (Neurological/Psychological diseases)	NA	499	400	826	639	1325	1039	2364
13	Urdhva jatrugata roga Eye/ ENT diseases	NA	469	559	815	890	1284	1449	2733
	Total / कुल		8890	9565	15028	15291	23918	24856	48774

9. Statement of patients attended Geriatric O.P.D during reporting period April 2025 – March 2026

Sl. No.	NAMC ID	NAMC Code	NAMC_Name	New patients		Follow up patients		Total		Grand Total (M+F)
				M	F	M	F	M	F	
1	147	AAC-12	आध्मानम्/ आनाहः	6	0	0	0	6	0	6
2	2983	AAC-12.4	विबन्ध	38	11	71	13	109	24	133
3	157	AAC-20	गृध्रसी	138	111	250	218	388	329	717
4	163	AAC-24	पक्षाघातः/पक्षवधः	29	6	71	4	100	10	110
5	166	AAC-24.2	बाल-पक्षाघातः	2	0	9	0	11	0	11
6	241		Mamsagata vata	0	0	1	0	1	0	1
7	174	AAC-32	मन्यास्तम्भः	0	0	1	0	1	0	1
8	177	AAC-35	विश्वाची	2	7	0	1	2	8	10
9	141	AAC-8	अवबाहुकः	44	24	64	49	108	73	181
10	142	AAC-9	ऊरुस्तम्भः	53	60	136	144	189	204	393
11	248	AAE-16	सन्धिवातः	789	954	1271	1403	2060	2357	4417
12	285	ABB-24	दाहः	17	17	20	9	37	26	63
13	348	ACB-23	अग्निमान्द्यम्	9	3	7	0	16	3	19
14	480	EA-3	कासः	79	64	117	86	196	150	346
15	489	EA-4	श्वासः	61	34	111	48	172	82	254
16	633	EB-10	शूलः	43	35	44	28	87	63	150
17	676	EB-12	परिकर्तिका	4	1	0	1	4	2	6
18	515	EB-2	अतिसारः	1	0	3	0	4	0	4
19	536	EB-3	अजीर्णम्	8	6	14	2	22	8	30
20	558	EB-4	अम्लपित्तम्	72	49	89	47	161	96	257
21	601	EB-7	ग्रहणीदोषः	1	1	5	1	6	2	8
22	681	EC-2	हृद्रोगः	7	3	17	2	24	5	29

23	689	EC-3	ज्वरः	3	4	5	11	8	15	23
24	812	EC-5	पाण्डुरोगः	0	3	2	0	2	3	5
25	823	EC-6	आमवातः	17	27	50	65	67	92	159
26	1029	ED-14	शीतपित्तम्	3	1	2	1	5	2	7
27	1031	ED-15	उदरदः	0	0	1	0	1	0	1
28	838	ED-2.2	कण्डूः	13	6	12	5	25	11	36
29	850	ED-2.8	निद्रानाशः / अनिद्रा	33	13	10	4	43	17	60
30	874	ED-3	कामला	6	3	24	9	30	12	42
31	883	ED-4	कुष्ठम्	92	55	275	91	367	146	513
32	905	ED-4.3.10	विचर्चिका	1	4	1	3	2	7	9
33	897	ED-4.3.3	किटिभः	13	6	23	8	36	14	50
34	900	ED-4.3.6	दद्रु-कुष्ठः	1	1	1	1	2	2	4
35	919	ED-5	श्वित्रः	4	0	2	2	6	2	8
36	944	ED-7	रक्तपित्तम्	0	0	4	0	4	0	4
37	956	ED-8	वातरक्तम्	1	3	3	1	4	4	8
38	1064	EE-2	अर्बुदः	5	3	3	2	8	5	13
39	1074	EE-3	अर्शः	19	16	54	28	73	44	117
40	1095	EE-4	ग्रन्थिः	9	4	7	0	16	4	20
41	1139	EF-2.4.4	मधुमेहः	526	280	2483	1121	3009	1401	4410
42	1161	EF-3	मेदोरोगः	9	6	36	41	45	47	92
43	1248	EJ-2	अश्मरी	11	2	18	5	29	7	36
44	1258	EJ-3	मूत्राघातः	0	0	2	0	2	0	2
45	1266	EJ-3.6	वाताघ्नीला	1	0	2	0	3	0	3
46	1278	EJ-4	मूत्रकृच्छ्रम्	24	6	120	5	144	11	155
47	1304	EK-3	श्वयथुः/शोथः/शोफः	25	17	28	18	53	35	88
48	1337	EK-4.6	यकृदाल्युदरः	2	1	9	0	11	1	12
49	1521	EM-11	भ्रमः	3	2	10	0	13	2	15
50	1421		मनोविकार	2	1	2	3	4	4	8
51	1457	EM-3	अपस्मारः	0	0	1	0	1	0	1
52	1466	EM-5	मदात्ययः	1	0	0	0	1	0	1
53	1522	F	शिरःशूल / शिरोरुक्	6	5	15	24	21	29	50

54	1530	F-8	अर्धावभेदकः	1	2	3	0	4	2	6
55	1543	FA-3	खलित्यम्	0	4	0	7	0	11	11
56	1583	GC	दन्तरोगः	1	0	0	0	1	0	1
57	1604	GE-1	गलशुण्डिका	0	0	2	0	2	0	2
58	1643	GF-19	गलगण्डः	6	3	2	1	8	4	12
59	1649	GG	मुखपाकः	2	3	8	4	10	7	17
60	1662	H	अक्षिरोगः/नेत्ररोगः	1	2	3	0	4	2	6
61	1761	HG-1	तिमिरः	40	37	183	117	223	154	377
62	1813	I	नासारोगः	0	1	0	3	0	4	4
63	1814	I-1	प्रतिश्यायः /पीनसः	11	6	26	10	37	16	53
64	1860	J	कर्णरोगः	0	1	0	0	0	1	1
65	1880	J-14	कर्ण-स्रावः	0	0	1	0	1	0	1
66	1896	J-19	बाधिर्यम्	0	0	8	2	8	2	10
67	1897	J-20	कर्णशूलः	2	2	0	1	2	3	5
68	1869	J-9	कर्ण-नादः	5	2	36	16	41	18	59
69	1913	K	व्रणः	12	3	24	3	36	6	42
70	1971	LA	भग्नः (अस्थिभग्नः)	1	1	3	0	4	1	5
71	2170	MD-11	दोर्बल्यम्	224	156	404	126	628	282	910
72	2184	N	कृमिः/सञ्जातकृमि	0	0	2	0	2	0	2
73	2250	O-14	कदरः	1	0	4	1	5	1	6
74	2280	O-35	युवानपिडका (मुखदूषिका)	1	1	1	0	2	1	3
75	401	BE-1	अतिस्टोलिया	5	1	2	0	7	1	8
76	1100	EE-45	सिराजग्रन्थी	14	4	40	12	54	16	70
77	40	AAB-24	कम्पावत	51	38	126	88	177	126	303
			Total-	2611	2122	6384	3895	8995	6017	15012

Total New Patients: 4733; Total Old Patients: 10279; Grand Total: 15012

9.2. Statement of patients of Flu Like Illnesses attended at OPD during April 2025 -March 2026

Period अवधि	New Cases				Total		Old Cases				Total		Grand Total	
	M पु	F स्त्री	MC पुब	FC क न्या	M पु	F स्त्री	M पु	F स्त्री	MC पुब	FC क न्या	M पु	F स्त्री	M पु	F स्त्री
New OPD (April 2025 - March 2026)	128	121	27	13	155	134	146	127	17	4	163	131	318	265

Total New Patients: 289 Total Old Patients: 294 Grand Total: 583

Special attention is given to the patients with high fever, cough, cold, upper respiratory tract infection and created awareness about Coronavirus and distributed medicines for boosting immunity in OPD and displayed the material on the notice board provided by the Council.

9.3. Statement of patients of Shalakya OPD during 2025-26

S. No.	NA MC ID	NA MC Cod e	NAMC_N ame	Short definition	No. of patients treated														Gra nd Tot al (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	
1.	152 2	F	शिरःशूल / शिरोरुक्	headache/ce phalgia/ceph alalgia	70	132	1	1	71	13 3	64	17 3	0	0	64	17 3	135	306	441
2.	153 0	F-8	अर्धाविभेदकः	hemicrania	15	20	0	0	15	20	11	20	0	0	11	20	26	40	66
3.	154 3	FA-3	खलित्यम्	baldness / alopecia totalis	58	96	1	5	59	10 1	68	67	0	1	68	68	127	169	296
4.	154 8	FA-4	दारुणकः	pytiritiasis capitis	7	15	0	0	7	15	10	12	0	0	10	12	17	27	44
5.	158 3	GC	दन्तरोगः	tooth disorders	5	2	0	0	5	2	1	1	0	0	1	1	6	3	9
6.	160 4	GE-1	गलशुण्डिका	uvulitis/elon gated uvula	0	0	0	0	0	0	3	1	0	0	3	1	3	1	4
7.	164 1	GF- 17	गण्डमाला	scrofula	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
8.	164 3	GF- 19	गलगण्डः	goiter	41	61	2	0	43	61	14	18	0	0	14	18	57	79	136
9.	164 9	GG	मुखपाकः	stomatitis	10	9	0	0	10	9	18	7	0	1	18	8	28	17	45
10.	166 2	H	अक्षिरोगः/नेत्ररोगः	ophthalmic diseases/ eye diseases	7	6	2	1	9	7	7	4	1	0	8	4	17	11	28

11.	176 1	HG- 1	तिमिरः	partial or total blindness/am aurosis/amet ropia/partial obstruction of vision	95	110	4	2	99	11 2	36 2	36 9	4	3	366	37 2	465	484	949
12.	178 5	HG- 3	लिङ्गनाशः	complete blindness	0	1	0	0	0	1	0	0	0	0	0	0	0	1	1
13.	181 3	I	नासारोगः	nose diseases	11	7	0	0	11	7	18	16	0	0	18	16	29	23	52
14.	181 4	I-1	प्रतिश्यायः /पीनसः	rhinitis	128	121	27	1 3	15 5	13 4	14 6	12 7	17	4	163	13 1	318	265	583
15.	186 0	J	कर्णरोगः	ear diseases	3	3	1	2	4	5	0	0	0	0	0	0	4	5	9
16.	188 0	J-14	कर्ण-स्रावः	otorrhoea	0	0	0	0	0	0	1	0	0	0	1	0	1	0	1
17.	189 6	J-19	बाधिर्यम्	deafness	0	0	0	0	0	0	8	14	0	1	8	15	8	15	23
18.	189 7	J-20	कर्णशूलः	earache/otal gia	14	6	2	1	16	7	4	6	0	0	4	6	20	13	33
19.	186 9	J-9	कर्ण-नादः	tinnitus	8	6	0	0	8	6	60	62	0	0	60	62	68	68	136
20.	228 4	O-39	इन्द्रलुप्तः	alopecia	0	0	0	0	0	0	12	1	0	0	12	1	12	1	13
21.			TOTAL		472	596	40	2 5	51 2	62 1	80 7	89 8	22	1 0	829	90 8	134 1	1529	287 0

TOTAL NEW PATIENTS: 1133 TOTAL OLD PATIENTS:1737 GRAND TOTAL: 2870

1.3. Statement of patients of Shalya & Marma OPD during 2025-26

S. No.	NA MC ID	NA MC Cod e	NAMC_N ame	Short definition	No. of patients treated														Gra nd Tot al (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	
1.	104	AAB -87	वातकण्ठकः	Calcaneal spur	6	24	0	0	6	24	18	47	0	0	18	47	24	71	95
2.	141	AAC -8	अवबाहुकः	frozen shoulder	13	8	0	0	13	8	23	37	0	0	23	37	36	45	81
3.	246	AAE -14	स्नायुगतवातः	Tennis elbow	3	8	0	0	3	8	13	8	0	0	13	8	16	16	32
4.	247	AAE -15	सिरागतवातः	DVT	6	2	0	0	6	2	8	5	0	0	8	5	14	7	21
5.	676	EB- 12	परिकर्तिका	proctalgia	57	59	0	0	57	59	29	42	0	0	29	42	86	101	187
6.	905	ED- 4.3.1 0	विचर्चिका	wet eczema	31	8	0	0	31	8	10 1	32	0	0	101	32	132	40	172
7.	972	ED-9	विद्रधिः	Abscess	7	5	0	0	7	5	6	6	0	0	6	6	13	11	24
8.	103 3	ED- 16	भगन्दरः	Fistula in Ano	7	1	0	0	7	1	4	1	0	0	4	1	11	2	13
9.	107 4	EE-3	अर्शः	haemorrhoid s	69	49	0	0	69	49	91	37	0	0	91	37	160	86	246
10.	109 5	EE-4	ग्रन्थिः	cyst	27	23	0	0	27	23	16	29	0	0	16	29	43	52	95
11.	110 0	EE- 45	सिराजग्रन्थी	Vericose vein	95	103	0	0	95	10 3	18 6	24 6	0	0	186	24 6	281	349	630

12.	124 8	EJ-2	अश्मरी	lithiasis/urolithiasis/nephrolithiasis	6	3	0	0	6	3	20	20	0	0	20	20	26	23	49
13.	126 6	EJ-3.6	वाताघ्नीला	prostatic enlargement	5	0	0	0	5	0	35	0	0	0	35	0	40	0	40
14.	127 8	EJ-4	मूत्रकृच्छ्रम्	dysuria	3	6	0	0	3	6	20	20	0	0	20	20	23	26	49
15.	130 4	EK-3	श्वयथुः/शोथः/शोफः	oedema/inflammation	14	6	0	0	14	6	29	22	0	0	29	22	43	28	71
16.	191 3	K	व्रणः	wounds	48	11	0	0	48	11	72	42	0	0	72	42	120	53	173
17.	197 1	LA	भग्नः (अस्थिभग्नः)	fracture	7	0	0	0	7	0	3	8	0	0	3	8	10	8	18
18.	225 0	O-14	कदरः	corn /callosity	11	18	0	0	11	18	33	53	0	0	33	53	44	71	115
19.	225 5	O-18	चर्मकीलः	Wartz	12	7	0	0	12	7	18	15	0	0	18	15	30	22	52
20.	298 3	AAC-12.4	विबन्ध	simple constipation	28	35	0	0	28	35	82	85	0	0	82	85	110	120	230
Total					455	376	0	0	455	376	807	755	0	0	807	755	1262	1131	2393

TOTAL NEW PATIENTS: 831 TOTAL OLD PATIENTS:1562 GRAND TOTAL: 2393

1.4. Statement of Panchakarma (OPD basis) Performed from April 2025 to March 2026

Sl. No.	Procedure	Male	Female	Total
1.	Abhyanga	208	108	316
2.	Swedana	72	52	124
3.	Shali Shashtika Pinda Swedan (SSPS)	8	0	8
4.	Patra Pinda Swedan (PPS)	119	78	197
5.	Jambir Pinda Sweda (JPS)	0	0	0
6.	Churna Pinda Sweda (CPS)	0	0	0
7.	Kukkutanda Pinda Sweda (KPS)	0	0	0
8.	IstikaSwedan	8	7	15
9.	ValukaSwedana	8	11	19
10.	Kaayaseka	0	0	0
11.	Upanaha	6	0	06
12.	Vamana	9	0	9
13.	Virechana	0	0	0
14.	Niruhavasti	27	0	27
15.	Anuvasanavasti	35	0	35
16.	Jaanuvasti	23	0	23
17.	Udwarthana	0	6	6
18.	Nasya	21	0	21
19.	Shirodhara	2	0	2
20.	Bidalaka	0	0	0
21.	Netra Seka	0	0	0
22.	Netratarpana	0	0	0
23.	Netrabasti	0	0	0
24.	Mukhalepana	0	0	0
25.	Shirovasti	0	0	0
26.	Thalam	0	0	0
27.	Parisheka	0	0	0
28.	Shiro Pichu	0	0	0
29.	Anna lepana	0	0	0
30.	Pindi	0	0	0
31.	Karnapurna	0	0	0
32.	Shiroabhyanga	0	0	0
33.	Takradhara	0	0	0
34.	Vaitharna vasti	8	0	8
35.	Lepana & Ksheera vasti	0	0	0
36.	Dhanyamalla dhara	0	0	0
37.	Prista basti	0	0	0
38.	Takra vasti	0	0	0
39.	Dashanga dhara	0	0	0
40.	Sneha pana	18	0	18
41.	Virechana	0	1	1
	Total	631	263	894

1.5. Statement of Panchakarma (IPD basis) Performed from April 2025 to March 2026

Sr. No.	Procedure	Male	Female	Total
1.	Abhyanga	4270	4379	8649
2.	Swedana	2022	3148	5170
3.	Shali Shashtika Pinda Swedan (SSPS)	120	38	158
4.	Patra Pinda Swedan (PPS)	2639	2831	5470
5.	Jambir Pinda Sweda (JPS)	0	0	0
6.	Churna Pinda Sweda (CPS)	0	10	10
7.	Kukkutanda Pinda Sweda (KPS)	7	10	17
8.	IstikaSwedan	15	83	98
9.	ValukaSwedana	130	244	374
10.	Kaayaseka	9	0	9
11.	Upanaha	45	88	133
12.	Vamana	3	2	5
13.	Virechana	23	16	39
14.	Niruhavasti	301	326	627
15.	Anuvasanavasti	515	499	1014
16.	Matravasti	306	373	679
17.	Kativasti	1138	1199	2337
18.	Greevavasti	340	1036	1376
19.	Jaanuvasti	750	1403	2153
20.	Udwarthana	58	119	177
21.	Nasya	280	308	588
22.	Shirodhara	102	17	119
23.	Bidalaka	128	150	278
24.	Netra Seka	174	162	336
25.	Netratarpana	77	12	89
26.	Netrabasti	0	0	0
27.	Mukhalepana	0	0	0
28.	Shirovasti	0	0	0
29.	Thalam	9	0	9
30.	Parisheka	6	6	12
31.	Shiro Pichu	10	38	48
32.	Anna lepana	0	0	0
33.	Pindi	45	15	60
34.	Karnapurna	0	27	27
35.	Shiroabhyanga	5	15	20
36.	Takradhara	0	0	0
37.	Vaitharna vasti	23	69	92
38.	Lepana	38	23	61
39.	Ksheera vasti	36	27	63
40.	Dhanyamalla dhara	7	0	7
41.	Prista basti	21	2	23
42.	Ksheera dhara	0	6	6

43.	Dashanga dhara	48	10	58
44.	Sneha pana	34	24	58
	TOTAL	13734	16715	30449

9.6. Statement of Panchakarma procedures performed during different years since 2020-21

Sl. No.	Name of Procedure	20-21	21-22	22-23	23-24	24-25	25-26	Total (Till 2025-26)
1.	Abhyanga	521	985	2079	3819	7183	8965	23552
2.	Swedana	287	636	1516	2051	4520	5294	14304
3.	Shali Shashtika Pinda Swedan (SSPS)	14	43	126	125	214	166	688
4.	Patra Pinda Swedan (PPS)	264	331	510	1191	2781	5667	10744
5.	Jambir Pinda Sweda (JPS)	6	7	13	21	0	0	47
6.	Churna Pinda Sweda (CPS)	3	35	104	51	18	10	221
7.	Kukkutanda Pinda Sweda (KPS)	12	20	20	12	0	17	81
8.	Istika Swedan	0	7	2	84	51	113	257
9.	Valuka Swedana	0	0	0	0	151	393	544
10.	Kaayaseka	0	7	6	0	3	9	25
11.	Mamsa Upanaha	7	0	12	25	22	139	205
12.	Vamana	0	0	0	0	8	14	22
13.	Virechana	0	0	0	0	0	40	40
14.	Niruhavasti	3	3	5	65	355	654	1085
15.	Anuvasanavasti	5	6	6	48	548	1049	1662
16.	Matravasti	13	18	103	84	424	680	1322
17.	Kativasti	235	312	652	963	1528	2388	6078
18.	Greevavasti	63	73	161	255	320	1383	2255
19.	Jaanuvasti	91	151	309	556	1442	2176	4725
20.	Udvardhana	26	96	270	333	355	183	1263
21.	Nasya	28	38	30	177	386	609	1268
22.	Shirodhara	73	49	119	203	217	121	782
23.	Bidalaka	0	17	17	57	162	278	531
24.	Netra Seka	0	38	37	103	315	336	829
25.	Netratarpana	0	5	29	56	127	89	306

26.	Netrabasti	0	0	0	0	0	0	0
27.	Mukhalepana	3	0	0	0	0	0	3
28.	Shirovasti	0	0	16	0	0	0	16
29.	Thalam	0	0	0	0	20	9	29
30.	Parisheka	0	0	20	0	0	12	32
31.	Shiro Pichu	0	0	0	4	13	48	65
32.	Anna lepana	0	0	0	10	9	0	19
33.	Pindi	0	0	0	38	14	60	112
34.	Karnapurna	0	0	0	24	28	27	79
35.	Kaya Seka	0	0	0	4	10	0	14
36.	Takradhara	0	0	0	11	0	0	11
37.	Lepana	0	0	0	7	71	61	139
38.	Vaitarnavasti	0	0	0	10	240	100	350
39.	Kashayadhara	0	0	0	5	6	0	11
40.	Ksheera vasti	0	0	0	0	78	63	141
41.	Dhanyamlla dhara	0	0	0	0	12	7	19
42.	Leech therapy	0	0	0	0	7	0	7
43.	Takra vasti	0	0	0	0	7	0	7
44.	Pristavasti	0	0	0	0	7	23	30
45.	Shiroabhyanga	0	0	0	0	25	20	45
46.	Agnikarma	0	0	0	0	5	0	5
47.	Ksheera dhara	0	0	0	0	5	6	11
48.	Dashanga dhara	0	0	0	0	0	58	58
49.	Snehapana	0	0	0	0	0	76	76
Total		1654	2877	6162	10392	21687	31343	74115

Statement of Parasurgical Procedures performed in Minor OT during FY 2025-26

Sl. No.	Name of Procedures	Male	Female	Total
1.	Vrana Karma (Wound Cleaning & Dressings)	61	11	72
2.	Agnikarma (Therapeutic Cauterization)	50	64	114
3.	Ksharakarma (Chemical Cauterization)	0	0	0
4.	Siravedha (Blood Letting)	34	39	73
5.	Jalaukavacharana (Leech Therapy)	28	5	33
6.	Matrabasti (Anal Oil Infiltration)	20	27	47
7.	Lekhana Karma (Scrapping)	20	18	38
8.	Others (I&D, Nail Removal)	2	2	4
	Grand Total	215	166	381

Statement of Parasurgical Procedures performed in Minor OT during different years since 2024-25

Sl. No.	Name of Procedures	FY 24-25	FY 25-26	Grand Total
1.	Vrana Karma (Wound Cleaning & Dressings)	135	72	207
2.	Agnikarma (Therapeutic Cauterization)	46	114	160
3.	Ksharakarma (Chemical Cauterization)	0	0	0
4.	Siravedha (Blood Letting)	20	73	93
5.	Jalaukavacharana (Leech Therapy)	10	33	43
6.	Matrabasti (Anal Oil Infiltration)	11	47	58
7.	Lekhana Karma (Scrapping)	7	38	45
8.	Others (I&D, Nail Removal)	0	4	4
	Grand Total	229	381	610

5.7. Statement of Investigations Performed at Clinical Laboratory from April 2025 to March 2026
Investigation Report (IPD):

Table showing No. of investigations done

S.No.	Investigations	Male	Female	Grand Total
1	Pathological Investigations	2462	2148	4610
2	Biochemical Investigations	4778	4383	9161
3	Radiological Investigations	79	82	161
4	Other Investigations viz <u>ECG, Ultrasound,</u> Endoscopies etc.	80	71	151
Total		7399	6684	14083

Sl. No.	Type of Investigation	Male	Female	Total
1	Hb%	240	213	453
2	T.L.C	237	205	442
3	D.L.C	237	205	442
4	E.S.R	189	161	350
5	R.B.C	237	205	442
6	P.C.V	237	205	442
7	PLT	237	205	442
8	MP	0	0	0
9	AEC	6	6	12
10	B.T./C.T	16	6	22
11	R.A. Factor	50	65	115
12	CRP	67	74	141
13	VDRL	0	0	0
14	Urine Routine/Microscopy	109	115	224
15	Stool Routine/Microscopy	0	0	0
16	Semen Analysis	0	0	0
17	Sputum for AFB	0	0	0
18	HIV I&2	6	5	11
19	HBsAg	10	8	18
20	HCV	4	2	6
21	(Chikanguniya) IgM	0	0	0
22	Blood Sugar	429	355	784
23	Total Cholesterol	210	183	393
24	Serum Triglyceride	210	184	394
25	H.D.L. Cholesterol	210	184	394

26	L.D.L. Cholesterol	210	183	393
27	V.L.D.L. Cholesterol	210	183	393
28	Serum Bilirubin	180	136	316
29	Direct Bilirubin	Included	Included	Included
30	Indirect Bilirubin	Included	Included	Included
31	Blood Urea	115	117	232
32	Serum Creatinine	136	132	268
33	Serum Uric Acid	129	113	242
34	S.G.O.T	180	136	316
35	S.G.P.T	180	136	316
36	Alkaline Phosphatase	180	136	316
37	Calcium	42	36	78
38	S. Protein	183	149	332
39	S. Albumin	183	149	332
40	S. Globulin	180	136	316
41	C/H	20	12	32
42	A/G Ratio	180	136	316
43	HbA1C	225	209	434
44	RA Qualitative	1	4	5
45	CRP Qualitative	4	6	10
46	Any other (specify)	1761	1836	3597
Total		7240	6531	13771

INVESTIGATION REPORT (Geriatric IPD)

Table showing No. of investigations done

S.No.	Investigations	Male	Female	Grand Total
1	Pathological Investigations	616	543	1159
2	Biochemical Investigations	1136	1151	2287
3	Radiological Investigations	47	46	93
4	Other Investigations viz ECG, Ultrasound, Endoscopies etc.	51	29	80
Total		1850	1769	3619

S.No.	Type of Investigation	Male	Female	Total
1	Hb%	60	54	114
2	T.L.C	59	51	110
3	D.L.C	59	51	110
4	E.S.R	46	40	86
5	R.B.C	59	51	110

6	P.C.V	59	51	110
7	PLT	59	51	110
8	MP	0	0	0
9	AEC	2	3	5
10	B.T./C.T	4	0	4
11	R.A. Factor	10	16	26
12	CRP	14	20	34
13	VDRL	0	0	0
14	Urine Routine/Microscopy	31	36	67
15	Stool Routine/Microscopy	0	0	0
16	Semen Analysis	0	0	0
17	Sputum for AFB	0	0	0
18	NSI	0	0	0
19	IGM	0	0	0
20	IGG	0	0	0
21	(Chikanguniya) IGM	0	0	0
22	Blood Sugar	99	97	196
23	Total Cholesterol	48	48	96
24	Serum Triglyceride	48	48	96
25	H.D.L. Cholesterol	48	48	96
26	L.D.L. Cholesterol	48	48	96
27	V.L.D.L. Cholesterol	48	48	96
28	Serum Bilirubin	44	37	81
29	Direct Bilirubin	Included	Included	Included
30	Indirect Bilirubin	Included	Included	Included
31	Blood Urea	30	33	63
32	Serum Creatinine	36	36	72
33	Serum Uric Acid	31	33	64
34	S.G.O.T	44	37	81
35	S.G.P.T	44	37	81
36	Alkaline Phosphatase	44	37	81
37	Calcium	9	8	17
38	S. Protein	44	40	84
39	S. Albumin	44	40	84
40	S. Globulin	44	37	81
41	C/H	1	3	4
42	AG Ratio	44	37	81
43	HbA1C	52	56	108
44	RA Qualitative	0	1	1

45	CRP Qualitative	0	1	1
46	Any other (specify)	440	460	900
Total		1752	1694	3446

b. Investigation Report (OPD)

Table showing No. of investigations done during the reporting period:

S.No.	Investigations	Male	Female	Grand Total
1	Pathological Investigations	22649	27189	49838
2	Biochemical Investigations	44006	45363	89369
3	Radiological Investigations	388	430	818
4	Other Investigations viz ECG, Ultrasound , Endoscopies etc.	679	789	1468
Total		67722	73771	141493

S.No.	Type of Investigation	Male	Female	Total
1	Hb%	1902	2491	4393
2	T.L.C	1806	2282	4088
3	D.L.C	1806	2282	4088
4	E.S.R	1328	1628	2956
5	R.B.C	1806	2282	4088
6	P.C.V	1806	2282	4088
7	PLT	1807	2282	4089
8	MP	14	16	30
9	AEC	198	193	391
10	B.T./C.T	76	81	157
11	R.A. Factor	299	464	763
12	CRP	461	601	1062
13	VDRL	0	0	0
14	Urine Routine/Microscopy	1884	1601	3485
15	Stool Routine/Microscopy	0	0	0
16	Semen Analysis	0	0	0
17	Sputum for AFB	0	0	0
18	HIV I&2	55	49	104
19	HBsAg	59	52	111
20	HCV	32	21	53
21	(Chikanguniya) IgM	0	0	0
22	Blood Sugar	5843	5182	11025
23	Total Cholesterol	1712	1747	3459
24	Serum Triglyceride	1711	1747	3458
25	H.D.L. Cholesterol	1711	1746	3457

26	L.D.L. Cholesterol	1711	1747	3458
27	V.L.D.L. Cholesterol	1711	1746	3457
28	Serum Bilirubin	1553	1410	2963
29	Direct Bilirubin	Included	Included	Included
30	Indirect Bilirubin	Included	Included	Included
31	Blood Urea	1395	1247	2642
32	Serum Creatinine	1492	1340	2832
33	Serum Uric Acid	1194	1153	2347
34	S.G.O.T	1555	1413	2968
35	S.G.P.T	1556	1414	2970
36	Alkaline Phosphatase	1553	1410	2963
37	Calcium	370	462	832
38	S. Protein	1721	1527	3248
39	S. Albumin	1721	1525	3246
40	S. Globulin	1553	1410	2963
41	C/H	124	108	232
42	A/G Ratio	1553	1410	2963
43	HbA1C	2907	2684	5591
44	RA Qualitative	45	60	105
45	CRP Qualitative	60	73	133
46	Any other (specify)	16565	21384	37949
Total		66655	72552	139207

c. INVESTIGATION REPORT (Geriatric OPD)

a. Table showing No. of investigations done

S.No.	Investigations	Male	Female	Grand Total
1	Pathological Investigations	3327	1990	5317
2	Biochemical Investigations	7487	4200	11687
3	Radiological Investigations	143	108	251
4	Other Investigations viz ECG, <u>Ultrasound</u> , Endoscopies etc.	288	123	411
Total		11245	6421	17666

Sl. No.	Type of Investigation	Male	Female	Total
10	Hb%	337	198	535
11	T.L.C	316	191	507
12	D.L.C	316	191	507
13	E.S.R	207	128	335
14	R.B.C	316	191	507
15	P.C.V	316	191	507
16	PLT	316	191	507
17	MP	0	0	0

18	AEC	16	14	30
19	B.T./C.T	16	14	30
20	R.A. Factor	49	49	98
21	CRP	81	64	145
22	VDRL	0	0	0
23	Urine Routine/Microscopy	202	98	300
24	Stool Routine/Microscopy	0	0	0
25	Semen Analysis	0	0	0
26	Sputum for AFB	0	0	0
27	NSI	0	0	0
28	IGM	0	0	0
29	IGG	1	0	1
30	(Chikanguniya) IGM	0	0	0
31	Blood Sugar	523	324	847
32	Total Cholesterol	316	180	496
33	Serum Triglyceride	316	180	496
34	H.D.L. Cholesterol	316	180	496
35	L.D.L. Cholesterol	316	180	496
36	V.L.D.L. Cholesterol	316	180	496
37	Serum Bilirubin	268	136	404
38	Direct Bilirubin	Included	Included	Included
39	Indirect Bilirubin	Included	Included	Included
40	Blood Urea	266	116	382
41	Serum Creatinine	290	125	415
42	Serum Uric Acid	204	104	308
43	S.G.O.T	268	137	405
44	S.G.P.T	269	137	406
45	Alkaline Phosphatase	268	136	404
46	Calcium	65	34	99
47	S. Protein	281	138	419
48	S. Albumin	281	138	419
49	S. Globulin	268	136	404
50	C/H	23	12	35
51	AG Ratio	268	136	404
52	HbA1C	300	185	485
53	RA Qualitative	8	3	11
54	CRP Qualitative	14	3	17
55	Any other (specify)	2881	1770	4651
	Total	10814	6190	17004

b). Inpatient Department: *In patient Section started functioning from 06.07.2024 and officially inaugurated on 08.07.2024

1. Statement of patients admitted/discharged during different years (since inception up to 31st March 2025)

Sl. No.	Year		No. of Patients attended at I.P.D															Carried Forward to next financial year
		Admitted								Discharged								
		Adults		Children		Total		GT	Adults		Children		Total		GT			
		M	F	M	F	M	F		M	F	M	F	M	F				
1.	06.07.2024 to 31.03.2025 (2024-25)	298	328	3	1	301	329	630	285	321	3	1	288	322	610	20		
2.	FY 2025-26	514	470	3	4	517	474	991	514	463	3	4	517	467	984	27		
	Total since inception	812	798	6	5	818	803	1621	799	784	6	5	805	789	1594	47		

6. Percentage of yearly bed occupancy during different years since inception up to the reporting year 2025-26

SLNo.	Year	No. of beds available	% of yearly bed occupancy
1.	2024-25	28	84.38
2.	2025-26	28	97.76

Percentage of yearly bed occupancy = $\frac{\text{Total care to the patients during the year}}{\text{No. of beds} \times \text{No. of days in a year}} \times 100$

5. Statement of patient's admitted/discharged at IPD (Disease wise) during the reporting year 2025-26:

SLN o.	NA MC ID	NA MC Code	NAMC Name	Carry forward from MARCH - 2025						Admission From APRIL 2025 - MARCH -26						Discharge From APRIL 2025 - MARCH -26						Carry Forward to APRIL-2026					
				Adu lt		Chil d		Tota l		Adult		Chil d		Total		Adult		Chil d		Total		Adul t		Chil d		Total	
				M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
1	348	ACB -23	Agnimand ya	0	0	0	0	0	0	1	1	0	0	1	1	1	1	0	0	1	1	0	0	0	0	0	0
2	823	EC-6	Amavata	0	0	0	0	0	0	8	19	0	0	8	19	7	18	0	0	7	18	1	1	0	0	1	1
3	558	EB-4	Amlapitta m	0	0	0	0	0	0	2	1	0	0	2	1	2	1	0	0	2	1	0	0	0	0	0	0
4	1457	EM- 3	Apsmara	0	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0	0	1	0	0	0	0	0	0
5	1530	F-8	Ardhavbed hak	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0	0	1	0	0	0	0	0	0	0
6	1248	EJ-2	Asmari	0	0	0	0	0	0	2	0	0	0	2	0	2	0	0	0	2	0	0	0	0	0	0	0
7	141	AAC -8	Avabahuka	1	1	0	0	1	1	13	10	0	0	13	10	14	11	0	0	14	11	0	0	0	0	0	0
8		M	Balaroga	0	0	0	0	0	0	0	0	1	0	1	0	0	0	1	0	1	0	0	0	0	0	0	0
9	1896	J-19	Bhadriyam	0	0	0	0	0	0	0	2	0	1	0	3	0	2	0	1	0	3	0	0	0	0	0	0
10	1971	LA	Bhagna	0	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0	0	1	0	0	0	0	0	0
11	285	ABB -24	Daha	0	0	0	0	0	0	2	0	0	0	2	0	2	0	0	0	2	0	0	0	0	0	0	0
12	141	AAC -8	Daurbalya	0	0	0	0	0	0	7	3	0	0	7	3	5	3	0	0	5	3	2	0	0	0	2	0
13	1643	GF- 19	Galaganda	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0	0	1	0	0	0	0	0	0	0
14	141	AAC -8	Gridrasi	3	1	0	0	3	1	11	83	0	0	11	83	12	81	0	0	12	81	2	3	0	0	2	3
15	2983	AAC	Kampavata	1	0	0	0	1	0	4	1	0	0	4	1	5	1	0	0	5	1	0	0	0	0	0	0

35	1304	EK-3	Sotha	0	0	0	0	0	0	2	1	0	0	2	1	2	1	0	0	2	1	0	0	0	0	0	0
36	1161	EF-3	Stoulya	0	0	0	0	0	0	7	10	0	0	7	10	7	10	0	0	7	10	0	0	0	0	0	0
37	489	EA-4	Swasa	0	0	0	0	0	0	4	0	0	0	4	0	4	0	0	0	4	0	0	0	0	0	0	0
38	919	ED-5	Switra	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0	0	1	0	0	0	0	0	0	0
39	1761	HG-1	Timira	0	0	0	0	0	0	4	4	1	0	5	4	4	3	1	0	5	3	0	1	0	0	0	1
40	329	ACB-4	Udard	0	0	0	0	0	0	2	0	0	0	2	0	2	0	0	0	2	0	0	0	0	0	0	0
41			Udarasula	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0	0	1	0	0	0	0	0	0	0
42	1374	EL-2.24	Vandhya	0	0	0	0	0	0	1	3	0	0	1	3	1	3	0	0	1	3	0	0	0	0	0	0
43	2983	AAC-12.4	Vatavyadhi	3	0	0	0	3	0	13	12	0	2	13	12	12	11	0	2	12	11	4	5	0	0	4	5
44	905	ED-4.3.10	Vicharchika	0	0	0	0	0	0	2	1	0	0	2	1	2	1	0	0	2	1	0	0	0	0	0	0
45	177	AAC-35	Vishwachi	0	1	0	0	0	1	2	3	0	0	2	3	2	4	0	0	2	4	0	0	0	0	0	0
46	1913	K	Vrana	0	0	0	0	0	0	2	0	0	0	2	0	2	0	0	0	2	0	0	0	0	0	0	0
47	1337	EK-4.6	Yakruthroga	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0	0	1	0	0	0	0	0	0	0
				1	7	0	0	1	7	51	47	3	4	51	47	51	46	3	4	51	46	1	1	0	0	1	1
				3				3		4	0			7	4	4	3			7	7	3	4			3	4

C/F from FY 23-24 – 20, प्रवेश की संख्या / No. of Admissions: 991 , छुटी की संख्या / No. of Discharges: 984 , C/F to FY 24-25: 27

7. List of OPD Medicines Purchased during the year 2025-26

SL No.	Bill Number	Bill Date	Company Name	Amount
1.	PISDB0028	26/06/25	IMPCOPS	5,97,492.00
2.	DL/2025-26/0924	06/08/25	IMPCL	2,17,571.00
3.	DL/2025-26/01124	16/09/25	IMPCL	43,533.00
4.	DL/2025-26/01125	16/09/25	IMPCL	10,739.00
5.	DL/2025-26/01282	30/09/25	IMPCL	9,14,688.00
6.	DL/2025-26/01308	04/10/25	IMPCL	14,383.00
7.	DL/2025-26/01372	11/10/25	IMPCL	60,805.00
8.	PISDB0116	26/12/25	IMPCOPS	4,73,917.00
9.	SDB/25-26/1851	09/02/26	IMPCOPS	76,545.00
10.	DL/2025-26/02530	16/02/26	IMPCL	3,42,082.00
11.	DL/2025-26/02703	28/02/26	IMPCL	53,011.00
12.	SDB/25-26/2070	13/03/26	IMPCOPS	43,249.00
			Total	28,48,015.00

8. List of OPD Medicines Purchased during the year 2025-26

SL No.	Bill Number	Bill Date	Company Name	Amount
13.	PISDB0028	26/06/25	IMPCOPS	5,97,492.00
14.	DL/2025-26/0924	06/08/25	IMPCL	2,17,571.00
15.	DL/2025-26/01124	16/09/25	IMPCL	43,533.00
16.	DL/2025-26/01125	16/09/25	IMPCL	10,739.00
17.	DL/2025-26/01282	30/09/25	IMPCL	9,14,688.00
18.	DL/2025-26/01308	04/10/25	IMPCL	14,383.00
19.	DL/2025-26/01372	11/10/25	IMPCL	60,805.00

20.	PISDB0116	26/12/25	IMPCOPS	4,73,917.00
21.	SDB/25-26/1851	09/02/26	IMPCOPS	76,545.00
22.	DL/2025-26/02530	16/02/26	IMPCL	3,42,082.00
23.	DL/2025-26/02703	28/02/26	IMPCL	53,011.00
24.	SDB/25-26/2070	13/03/26	IMPCOPS	43,249.00
			Total	28,48,015.00

9. List of Medicines purchased under THCRP Project during the year 2025-26

Sl. No.	Invoice No/Date	From Whom Received	Total amount
1	90393784 dt.28/08/2025	M/s,Oushadhi,Kerala	45,449.00
2	PISDB0062 dt.02/09/2025	M/s.IMPCOPS,Bengaluru	54,653.00
3	DL/2025-26/01307 dt.04-10-2025	M/s.IMPCL,New Delhi	1,49,503.00
4	PISDB0110 dt.21/01/2026	M/s.IMPCOPS,Bengaluru	50,395.00
Total			3,00,000.00

10. AMHCP-SCSP Medicines Purchased during the year 2025-26

Sl. No.	Invoice number	Invoice date	From whom received	Invoice value
1	PISDB0072	16-09-2025	M/s IMPCOPS,Bangalore-09	44735
2	PISDB0073	17-09-2025	M/s IMPCOPS,Bangalore-09	15290
3	90398224	03-10-2025	M/s OUSHADHI,Kerala	52319
4	DL/2025-26/01468	31-10-2025	M/s IMPCL,New Delhi	19776
5	DL/2025-26/01561	10-11-2025	M/s IMPCL,New Delhi	28338
6	DL/2025-26/01628	15-11-2025	M/s IMPCL,New Delhi	35505
7	90409551	22-12-2025	M/s OUSHADHI,Kerala	21040
8	PISDB0124	21-01-2026	M/s IMPCOPS,Bangalore-09	9473
9	90414790	29-01-2026	M/s OUSHADHI,Kerala	17055
10	SDB/25-26/1850	09-02-2026	M/s IMPCOPS,Bangalore-09	11916
11	SDB/25-26/2072	13-03-2026	M/s IMPCOPS,Bangalore-09	31531
12	SDB/25-26/2097	18-03-2026	M/s IMPCOPS,Bangalore-09	12956
13	3819	24-03-2026	HEALTH MEDIWORLD (SHOP)	66
Total				3,00,000

11. List of Equipment purchased during the financial year 2025-26:**A) Purchased under Institute's budget:**

Sl. No.	Item Name	Amount (Rs.)
1.	Generator Battery	35,585.00
2.	Bio Metric Machine	8,900.00
3.	Bio Metric Machine	23,498.00
4.	Bio Metric Machine	21,240.00
5.	Bio Metric Machine	28,699.00
6.	Ceiling Fan	9,456.00
7.	Grass Cutter Machine	26,000.00
8.	Q management System	85,600.00
9.	Q management System	15,900.00
10.	Refractometer	1,49,996.00
11.	HP All in one (Jyothi)	97,990.00
12.	Camera	1,40,000.00
13.	Exide Battery	6,500.00
14.	Induction Cook Top	14,620.00
15.	Acer All in One (Dr. Bhavya)	99,990.00
16.	Sony NP Battery	38,499.00
17.	HP Printer (Dr Vidyashree)	29,400.00
18.	All in One PC (Dr Vidyashree)	94,999.00
19.	All in One PC (Pharmacy)	82,900.00
20.	All in One PC (Chandrakanth)	82,900.00
21.	All in HP (Girish C)	90,560.00

B) Purchased under Project's budget:

Sl. No.	Item Name	Amount (Rs.)	Project
1.	HP Printer	16,437.00	Osteoarthritis project
2.	Nikon camera lens	18,682.00	Wild Edible Plants
3.	Samsung A36 8 128	28,070.00	THRCF
4.	Desktop All in One PC	80,000.00	Incubation
5.	Computer	1,77,900.00	Nallamala MEBS
6.	Hp Laser Printer	20,190.00	Incubation
7.	Nikon Mirror less Camera	2,40,000.00	Nallamala MEBS
8.	Memory Card	5,870.00	Nallamala MEBS
9.	Probe sonicator	175112.00	Post Doctorate Fellow-Dr. Raghavendra

आदिवासी स्वास्थ्य रक्षा अनुसंधान परियोजना 2025-26

TRIBAL HEALTH CARE RESEARCH PROJECT (THCRP) 2025-26

THCRP Team

Head of the Institute	Dr. Sulochana Bhat, Assistant Director Incharge
Monitoring officer	Dr. Shashidhar H. Doddamani RO (Ay.)
Team members	Dr. Rajendra Kumar, RO (Ay.) Dr. S K Giri, RO (Ay.) Dr. V. Rama Rao, RO (Botany) (CoI for LHT Documentation)
Senior Research Fellows (SRFs)	Dr. Sangamesh Jamshetty Dr. Tejaswini C
Lab Technician	-
Data Entry Operator	Mr. Prashanth K L
Pharmacists	Mr Neelesh Kumar
Multi Task Staff	Mr. Abhishek/Mr.Akshay
Driver	Mr. Praveen N

Background

Tribal Health Care Research Program has been initiated by CCRAS in 1982 with the core objectives encompassing study of the living conditions of tribal people, documentation of information available, use of medicinal plants in the area, study of dietetic habits including health-related demography, study of socio demographic profile, nature and frequency of prevalent diseases, propagation of knowledge about hygiene, and prevention of diseases, providing medical aid at their doorsteps, collection and documentation of folklore claims and LHTs^[11]. This program has been extended to 14 states through 14 CCRAS peripheral Institutes under the Tribal Sub Plan (TSP). The Tribal Health Care Research Project was initiated at Central Ayurveda Research Institute, Bengaluru in 2014 and the first Tribal Health Care Camp was conducted on 17.01.2015. India is characterized by vast cultural, ecological, and biological diversity, where traditional knowledge systems are deeply embedded in everyday life. Dietary habits and religious practices in India are closely interlinked, reflecting the use of locally available plants, animal products, metals, minerals, and other natural materials. These indigenous practices, preserved and transmitted across generations, represent a valuable repository of knowledge with cultural, nutritional, and therapeutic significance.

In this context, 02 complementary studies have been conceptualized to systematically document and preserve this traditional knowledge.

1) *Documentation of Ethno-Dietary Practices Indigenous to India.*

2) Documentation of Plants, Metals, Minerals, Animal Products, and Other Materials Used in Indigenous Religious Practices and Rituals across India.

During the current phase, both studies were undertaken in two states—Karnataka and Goa. In Karnataka, four districts—Chamarajanagar, Shivamogga, Uttara Kannada, and Bidar—were selected. Within each district, four blocks were chosen, ensuring representation from both rural and urban settings (two rural and two urban blocks) and inclusion of diverse population groups (two Scheduled Tribe (ST) and two others communities). This resulted in a total of 16 blocks/villages in Karnataka. In Goa, the study was conducted in North Goa district, 04 blocks/villages were chosen, ensuring representation from both rural and urban settings (two rural and two urban blocks) and inclusion of diverse population groups (two Scheduled Tribe (ST) and two others communities). Altogether, the studies covered 20 blocks/villages across the two states.

For the ethno-dietary study, in Karnataka, 80 in-depth interviews (IDIs) and 16 focus group discussions (FGDs) were conducted, resulting in the documentation of 120 recipes documented through IDIs and 30 recipes documented through FGDs. In Goa, 20 IDIs and 4 FGDs were conducted, documenting 22 recipes documented from IDIs and 6 recipes documented from FGDs.

For the study on indigenous religious practices, in Karnataka, 74 IDIs were conducted, documenting 74 rituals, and 16 FGDs were conducted, documenting 16 rituals. Additionally, 3 FGDs conducted in Vedic university settings documented 3 rituals. Further, 15 IDIs at famous religious places resulted in the documentation of 15 rituals. In Goa, 19 IDIs documented 19 rituals, while 4 FGDs documented 4 rituals. In addition, 1 FGD conducted in a Vedic university documented 1 ritual, and 3 IDIs conducted at famous religious places documented 3 rituals.

Alongside these documentation activities, community outreach and health service components were also undertaken. A total of 2,314 patients were treated for various medical conditions. Laboratory investigations included Random Blood Sugar (RBS) tests for 135 patients and Haemoglobin (Hb) estimation for 12 patients. Furthermore, 44 awareness lectures were conducted, benefiting 962 individuals.

Summary

Sl. No.	Particulars	Consolidated data of the study
1.	Duration of the programme	12 Months
2.	States Covered	02(Karnataka and Goa)
3.	Districts Covered	05(Karnataka-04 and Goa-01)
4.	Blocks/villages	20(Karnataka-16 and Goa-04)
5.	No. of Visits of team	130
6.	Ethno-Dietary Documentation total no. of recipes	178
6(a)	Karnataka-no. of IDIs and no. of recipes	80 IDIs (120 recipes)
6(b)	Karnataka- no. of FGDs and no. of recipes	16 FGDs (30 recipes)
6(c)	Goa-no. of IDIs and no. of recipes	20 IDIs (22 recipes)
6(d)	Goa- no. of FGDs and no. of recipes	04 FGDs (06 recipes)
7	Religious Practices Documentation total no. of rituals	135
7(a)	Karnataka-no. of IDIs and no. of rituals	74 IDIs (74 rituals)
7(b)	Karnataka- no. of FGDs and no. of rituals	16 FGDs (16 rituals)
7(c)	Karnataka –Vedic university	03 FGDs (03 rituals)
7(d)	Karnataka-famous religious places	15 IDIs (15 rituals)
7(e)	Goa-no. of IDIs and no. of rituals	19 IDIs (19 rituals)
7(f)	Goa- no. of FGDs and no. of rituals	04 FGDs (04 rituals)
7(g)	Goa –Vedic university	01 FGDs (01 rituals)
7(h)	Goa-famous religious places	03 IDIs (03 rituals)
8	Total No. of patients who attended OPD	2314
9	No. of Lab Investigations done	147
10	Total No. of awareness lectures	44
11	Number of Beneficiaries of the awareness lectures	962
12	Total Beneficiaries (OPD + Investigations + Awareness lectures)	3423
13	Research Project –THCRP-TSP(Studies) 1) <i>Documentation of Ethno-Dietary Practices Indigenous to India,</i> 2) <i>Documentation of Plants, Metals, Minerals, Animal Products, and Other Materials Used in Indigenous Religious Practices and Rituals across India.</i>	1) Ethno-Dietary Practices Documentation Karnataka-150 recipes Goa-28recipies 2) Indigenous Religious Practices Documentation Karntaka-108 rituals Goa-27 rituals

Consolidated information about the work carried out From April 2025 to March 2026

S. N o.	No. of To urs	No. of Distric ts	No. of dist rict s	No. of blo cks	No. of Villages /Wards/ Areas covered	No. of Urban/ Rural area covered		No. of SC/ST/Othe r areas covered			No. of Fam ous Reli giou s plac es visit ed	No. of Vedi c Uni versi ties-FG D	Ethno- dietary Practices		Religio us Practic es & Rituals		Fam ous Reli giou s Plac es	Vedic Unive rsities	Aw are nes s Le ctu res	Patie nts treat ed
						Ur ba n	Rur al	S C	ST	Ot her s			IDI s	F G Ds	I D Is	F G Ds	IDI/ FGD	FGD		
1	130	5(Kar nataka -04 Goa-01)	5	20	20	10	10	-	10	10	21	4	100	20	93	20	IDI-18	4	44	2314

Patients treated under Tribal Health Care Research Programme 2025-26:

District	Patients treated till date																Grand Total
	New				Follow Up				Total						Total		
	ST		Other		ST		Other		ST			Other					
	M	F	M	F	M	F	M	F	M	F	Total	M	F	Total	M	F	
Bidar	129	74	545	357	0	0	0	0	129	74	203	545	357	902	674	431	1105
Chamarajanagar	104	105	129	204	0	0	0	0	104	105	209	129	204	333	233	309	542
Shivamogga	17	11	33	30	0	0	0	0	17	11	28	33	30	63	50	41	91
Uttara Kannada	32	29	169	134	0	0	0	0	32	29	61	169	134	303	201	163	364
North Goa	01	01	87	123	0	0	0	0	01	01	02	87	123	210	88	124	212
Total	283	220	963	848	0	0	0	0	283	220	503	963	848	1811	1246	1068	2314

Investigation carried out under Tribal Health Care Research Programme 2025-26:

S. No .	Nane of the Distric t	Name of the Area	Investigations																							
			Hb (gm%)								Blood Sugar Level (mg/dl)				Total Investigations								Grand Total			
			ST				Other				ST		Other		ST				Other							
			M C	F C	M	F	M C	F C	M	F	M	F	M	F	M	F	M C	F C	M	F	M C	F C	M	F	M C	F C
1.	North Goa	Bicholim	0	0	0	0	0	0	0	0	0	0	1 3	2 8	0	0	0	0	0	0	1 3	2 8	0	0	1 3	2 8
2.	Bidar	Chidri,Bidar	0	0	0	0	0	01 5	0 6	0	0	0	4 4	5 0	0	0	0	0	0	01 9	4 6	5 6	0	01 9	4 6	5 6
Total			0	0	0	0	0	1	5	6	0	0	5 7	7 8	0	0	0	0	0	1	6 2	8 4	0	1	6 2	8 4

Name of the Project: 1) Documentation of Ethno-Dietary Practices Indigenous to India, 2) Documentation of Plants, Metals, Minerals, Animal Products, and Other Materials Used in Indigenous Religious Practices and Rituals across India.

1. Participating center along with PI:

SL.NO	Name of the Participating center	Name of PI,CO-I
1.	CARI Bengaluru	PI- Dr. S. H Doddamani CO-I Dr. Rajendra Paliwal (Co-I) Dr. V. Rama Rao, RO (Botany)

2. IEC approval Date(Ethno Dietary):F.6-5/CARI/BNG/IEC Meet/2020-21/364 dt.16/05/2025

3. IEC approval Date(Religious practices):F.6-5/CARI/BNG/IEC Meet/2020-21/362 dt.16/05/2025

4. CTRI registration /Reference (for clinical trials): N/A

5. Date of Initiation: 16/05/2025

6. Budget allocated:66,70,000 /- (50,02,500/-Utilized)

7. Installment wise release:

Sl. No.	Instalment	Amount	Sanction order	Date	Date of receipt of fund
1.	1 st instalment	16,67,500/-	File. No. HQ-PROJ012/1/2025-PROJ/853	09/05/2025	09/05/2025
2.	2 nd instalment	16,67,500/-	File. No. HQ-PROJ012/1/2025-PROJ/853	08/08/2025	21/08/2025
3.	3 rd instalment	16,67,500/-	File. No. HQ-PROJ012/1/2025-PROJ/853	24/10/2025	01/11/2025

Summary:

Category	Particulars	Consolidated Data
Duration of the program	Duration	12 Months
	States Covered	02 (Karnataka & Goa)
	Districts / Blocks	05 Districts / 20 Blocks
	Field Visits	130
Ethno-Dietary	Total Recipes Documented	178 Recipes
	Karnataka	150 Recipes (80 IDIs, 16 FGDs)
	Goa	28 Recipes (20 IDIs, 04 FGDs)
Religious Rituals	Total Rituals Documented	135 Rituals
	Karnataka	108 Rituals (74 IDIs, 16 FGDs, 15 famous religious places, 03-Vedic University)
	Goa	27 Rituals (19 IDIs, 04 FGDs, 03 famous religious places, 01 Vedic University)
Healthcare	Total No. of patients	2,314
	Lab Investigations	147
Awareness	Lectures / Beneficiaries	44 Lectures / 962 People

अनुसूचित जाति उपयोजना के अंतर्गत आयुर्वेद मोबाइल स्वास्थ्य सेवा कार्यक्रम 2025-26
Ayurveda Mobile Health Care Programme under Scheduled Caste Subplan (AMHCP-SCSP) 2025-26

AMHCP-SCSP Team

Head of the Institute	Dr. Sulochana Bhat, Assistant Director Incharge
Monitoring officer	Dr. Thejaswini.C, RO (Ay.)
Team members	Dr. Srinibash Sahoo, R.O. (Ay.) (Co-I) Dr Vidyashree Anchan R.O. (Patho) (Co-I)
Senior Research Fellows (SRFs)	Dr. Buvana V Mundargi (till December) Dr. Sindhushree Ballakuraya (from 1 January to till date) Dr. Harshitha SJ
Office Assistant	Mss. Sravanya D Pavar (Till July) Mss. Preethi (01 August 2025 to till date)
Pharmacists	Mr. Sourav
Multi Task Staff	Ms. Sravanya D Pavar (Till 07 December 2025) Mss. Keerthana (08 December 2025 to till date)
Driver	Mr. Sachin

Background

“Ayurveda Mobile Health Care Programme under Scheduled Caste Sub Plan (AMHCP-SCSP)”, is an outreach programme initiated by the Ministry of AYUSH and executed by Central Council for Research in Ayurvedic Science (CCRAS). Being existent from December 2015 till date, the programme has been implemented to conduct clinical research programmes with public health orientation for Scheduled caste population. The outreach programme aims to advocate Ayurveda based diet and lifestyle modification guidelines, provide health-care services for several ailments particularly focussing on non-communicable diseases, comprehend the health status of the target population with due respect to their socio-economic conditions and generate awareness regarding health, hygiene and nutrition. During the FY 2025-2026, projects, 02 complementary studies entitled- “Documentation of Ethno-Dietary Practices Indigenous to India” and “Documentation of Plants, Metals, Minerals, Animal Products, and Other Materials Used in Indigenous Religious Practices and Rituals across India” have been conceptualized to systematically document and preserve this traditional knowledge.

For the successful implementation of the program, six districts of Karnataka were selected. Within these districts, blocks and villages were categorized under both urban and rural areas to ensure balanced representation. A total of four blocks/villages each were selected from Belagavi, Mandya, Dakshina Kannada, and Bellary districts, while Hassan and Kodagu districts contributed two blocks/villages each. This distribution facilitated comprehensive coverage across diverse geographic and demographic settings. All 20 targeted blocks were successfully covered with required IDI and FGD activities completed.

A total of 98 tours were conducted covering all 6 target districts, achieving complete district-level coverage. The project covered 20 villages, ensuring adequate field-level implementation. Both urban (10) and rural (10) areas were equally represented in the study. Social category coverage included SC (10), ST (0), and Other (10) communities.

For the ethno-dietary study, in Karnataka, 104 in-depth interviews (IDIs) and 20 focus group discussions (FGDs) were conducted, resulting in the documentation of 372 recipes documented through IDIs and 106 recipes documented through FGDs.

For the study on indigenous religious practices, in Karnataka, 100 IDIs were conducted, documenting 176 rituals, and 20 FGDs were conducted, documenting 62 rituals. Further, 29 IDIs, 2 FGD at famous religious places resulted in the documentation of 72 rituals. In addition, 2 FGD and 1 IDI were conducted in a Vedic university documented 9 rituals.

Alongside these documentation activities, community outreach and health service components were also undertaken. A total of 1,705 patients were treated for various medical conditions and 1944 Laboratory investigations were performed. Furthermore, 22 awareness lectures were conducted, benefiting 681 individuals.

Summary

Sl. No.	Particulars	Consolidated data of the study
1	Duration of the programme	12 Months
2	States Covered	01 Karnataka
3	Districts Covered	06
4	Blocks/villages	20
5	No. of Visits of team	98
6	Ethno-Dietary Documentation total no. of recipes	478
6(a)	No. of IDIs and no. of recipes	104 IDIs (372 recipes)
6(b)	No. of FGDs and no. of recipes	20 FGDs (106 recipes)
7	Religious Practices Documentation total no. of rituals	238
7(a)	No. of IDIs and no. of rituals	100 IDIs (176 rituals)
7(b)	No. of FGDs and no. of rituals	20 FGDs (62 rituals)
7(c)	Vedic university	02 FGDs (04 rituals), 01 IDI (05 rituals)
7(d)	Famous religious places	29 IDIs (63 rituals), 2 FGD (9 rituals)
8	Total No. of patients who attended OPD	1705
9	No. of Lab Investigations done	1944
10	Total No. of awareness lectures	22
11	Number of Beneficiaries of the awareness lectures	681

12	Total Beneficiaries (OPD + Investigations + Awareness lectures)	4352
13	Research Project –AMHCP-SCSP(Studies) 1) Documentation of Ethno-Dietary Practices Indigenous to India, 2) Documentation of Plants, Metals, Minerals, Animal Products, and Other Materials Used in Indigenous Religious Practices and Rituals across India.	1) Ethno-Dietary Practices Documentation - 478 recipes 2) Indigenous Religious Practices Documentation-238 rituals

Consolidated information about the work carried out From April 2025 to March 2026

S.No.	No. of Tours	No. of Districts (Target)	No. of districts (covered)	No. of blocks	No. of Villages/Wards/ Areas covered	No. of Urban/Rural area covered		No. of SC/ST/Other areas covered			No. of Famous Religious places visited	No. of Vedic Universities-FGD	Ethno-dietary Practices		Religious Practices & Rituals		Famous Religious Places	Vedic Universities	Awareness Lectures	Patients treated
						Urban	Rural	SC	ST	Others			IDs	FGDs	IDs	FGDs	IDI/FGD	FGD		
1	98	6	6	20	20	10	10	10	-	10	35	FGD-2; IDI-1	104	20	100	20	IDI-29 FGD-2	FGD-2; IDI-1	22	1705

**Patients treated under Ayurveda Mobile HealthCare Programme under Scheduled Caste Subplan (AMHCP-SCSP)
2025-26:**

District	Patients treated till date																Grand Total
	New				Follow Up				Total						Total		
	SC		Other		SC		Other		SC			Other					
	M	F	M	F	M	F	M	F	M	F	Total	M	F	Total	M	F	
Belagavi	40	70	34	57	0	0	0	0	40	70	110	34	57	91	74	127	201
Ballary	60	125	60	105	0	0	0	0	60	125	185	60	105	165	120	230	350
Hassan	57	70	66	88	0	0	0	0	57	70	127	66	88	154	123	158	281
Kodagu	20	31	53	59	0	0	0	0	20	31	51	53	59	112	73	90	163
Dakshina Kannada	36	79	65	77	0	0	0	0	36	79	115	65	77	141	101	156	257
Mandya	141	156	101	46	2	7	0	0	143	163	306	101	46	147	244	209	453
TOTAL	354	531	379	432	2	7	0	0	356	538	894	379	432	810	735	970	1705

**Investigation carried out under Ayurveda Mobile HealthCare Programme under Scheduled Caste Subplan (AMHCP-SCSP)
2025-26:**

Sl. No.	Nane of the District	Name of the Area	Investigations																							
			Hb (gm%)								Blood Sugar Level (mg/dl)				Total Investigations								Grand Total			
			SC				Other				SC		Other		SC				Other							
			MC	FC	M	F	MC	FC	M	F	M	F	M	F	MC	FC	M	F	MC	FC	M	F	MC	FC	M	F
1.	Mandya	Nagamangala	0	0	39	12	0	0	21	5	39	12	21	5	0	0	78	24	0	0	42	10	0	0	120	34
2.	Mandya	Srirangapatna	0	0	7	1	0	0	31	16	18	5	44	21	0	0	25	6	0	0	75	37	0	0	100	43
3.	Mandya	Chikkadiganahalli	0	0	30	22	0	0	3	3	30	24	3	3	0	0	60	46	0	0	6	6	0	0	66	52
4.	Mandya	Malavalli	0	0	21	48	0	0	0	0	21	48	0	0	0	0	42	96	0	0	0	0	0	0	42	96
5.	Kodagu	Marur	0	0	19	29	0	0	8	20	19	29	8	20	0	0	38	58	0	0	16	40	0	0	54	98
6.	Kodagu	Madikeri	0	0	0	0	0	0	30	29	0	0	30	29	0	0	0	0	0	0	60	58	0	0	60	58
7.	Hassan	Belur	0	0	27	18	0	0	18	6	27	18	18	6	0	0	54	36	0	0	36	12	0	0	90	48
8.	Hassan	Banavase	0	0	10	20	0	0	0	1	10	20	0	1	0	0	20	40	0	0	0	2	0	0	20	42
9.	Hassan	Shravanabelagola	0	0	0	0	0	0	21	28	0	0	21	28	0	0	0	0	0	0	42	56	0	0	42	56
10.	Ballari	Sandur	0	0	5	10	0	0	16	63	5	10	16	63	0	0	10	20	0	0	32	126	0	0	42	146

11.	Ballari	Koralgundi	0	0	4	6	0	0	32	33	4	6	32	33	0	0	8	12	0	0	64	66	0	0	72	78
12.	Ballari	Kudligi	0	0	0	0	0	0	0	0	8	17	0	0	0	0	8	17	0	0	0	0	0	0	8	17
13.	Dakshina kannada	Punachpady	0	0	20	31	0	0	8	14	20	31	8	14	0	0	40	62	0	0	16	28	0	0	56	90
14.	Dakshina Kannada	Sullia	0	0	5	29	0	0	18	37	5	29	18	37	0	0	10	58	0	0	36	74	0	0	46	132
15.	Dakshina Kannada	Kokkradi	0	0	5	6	0	0	32	25	5	6	32	25	0	0	10	12	0	0	64	50	0	0	74	62
TOTAL			0	0	192	232	0	0	238	280	211	255	251	285	0	0	403	487	0	0	489	565	0	0	892	1052

Name of the Project:

1) Documentation of Ethno-Dietary Practices Indigenous to India

2) Documentation of Plants, Metals, Minerals, Animal Products, and Other Materials Used in Indigenous Religious Practices and Rituals across India.

9. Participating center along with PI:

Sl. No.	Name of the Participating center	Name of PI & CO-I
1.	CARI Bengaluru	PI: Dr. Thejaswini C, R.O (Ay.) CO-I: Dr. Srinibas Sahoo, R.O (Ay.) Dr. Vidyashree Anchan, R.O (Path.)

10. IEC approval Date (Ethno Dietary): F.6-5/CARI/BNG/IEC Meet/2020-21/364
dt.16/05/202511. IEC approval Date(Religious practices):F.6-5/CARI/BNG/IEC Meet/2020-21/362
dt.16/05/2025

12. CTRI registration /Reference (for clinical trials): N/A

13. Date of Initiation: 02/04/2025

14. Budget allocated: 45,75,000/-

15. Installment wise release:

Sl. No.	Instalment	Amount	Sanction order	Date	Date of receipt of fund
1.	1 st instalment	12,24,000	F.No.HQ- PROJ013(11)/1/2025-PROJ-/819	07/05/2025	16/05/2025
2.	2 nd instalment	12,24,000	F.No.HQ- PROJ013(11)/1/2025-PROJ-/3405	14/08/2025	21/08/2025
3.	3 rd instalment	12,24,000	F.No.HQ- PROJ013(11)/1/2025-PROJ-/5651	03/11/2025	17/11/2025
4.	4 th instalment	9,03,000	F.No.HQ- PROJ013(11)/1/2025-PROJ-/7548	15/01/2026	19/01/2026

Summary:

Category	Particulars	Consolidated Data
Duration of the program	Duration	12 Months
12 Months	States Covered	01 (Karnataka)
	Districts / Blocks	06 Districts / 20 Blocks
	Field Visits	98
Ethno-Dietary	Total Recipes Documented	478 Recipes (104 IDIs, 20FGDs)

Religious Rituals	Total Rituals Documented	238 Rituals (100 IDIs-176 rituals, 20 FGDs-62 rituals; Famous religious places- 29 IDI- 63 rituals, 2 FGD- 9 rituals; Vedic University- 2 FGD- 4 rituals, 1 IDI-5 rituals)
Healthcare	Total No. of patients	1,705
	Lab Investigations	1944
Awareness	Lectures / Beneficiaries	22 Lectures / 681 Beneficiaries

EKALAVYA MODEL RESIDENTIAL PROJECT (EMRS) 2025-26

EMRS Team

Head of the Institute	Dr. Sulochana Bhat, Assistant Director Incharge
Monitoring officer	Dr. Shashidhar H. Doddamani RO (Ay.)
Team members	Dr. Dr. Vidyashree Anchan, RO (Ay.) (Co-I) Dr. Thejaswini C, RO (Botany) (Co-I)
Senior Research Fellows (SRFs)	Dr. Kruthika Bheemappa Dr. Sindhushree Ballakuraya
Office Assistant	Mrs. Bindu N.
Multi Task Staff	Mr. Shashidhar J.

Background

“Tribal health in India is still an area of concern after more than seven decades of independence. Despite commendable efforts, there are several obstacles that hinder the successful delivery of healthcare services to these underserved populations. They struggle with malnutrition, anemia, stunting, wasting, and hunger. Child health indicators for the scheduled tribes are poor and worse than the general population. Recognizing the need of healthcare based on the understanding of the health conditions of the children of the EMRSs the M/o Ayush, Govt. of India and M/o of Tribal Affairs (MoTA), Govt. of India the Joint Working Group has decided to take a Program on health-related demographic trends and impact of Ayurveda based interventions & advocacies on general health outcomes in selected disease conditions in students of identified Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs.

Thus, **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)** project has been assigned to CARI Bengaluru.

Out of 57 EMRS schools selected all over country 2 are from Karnataka namely

1. EMRS Mangala, Chamarajnagar district
2. EMRS Gangannagripalli, Kolar district

Primary objective: To screen the general health condition of the students of EMRS with special focus in Anemia, Haemoglobinopathies, Malnutrition and Tuberculosis.

Secondary objective: The management Anemia, and Malnutrition through Ayurvedic interventions as standalone/add-on.

Under the heading of General Health screening 3 more projects also allotted for CARI, Bengaluru

1. Tolerability, treatment adherence and effectiveness of Ayurvedic Intervention (Drakshavaleha and Punarnava Mandura) in the management of moderate Iron Deficiency Anemia in students of selected Ekalavya Model Residential Schools: a collaborative study under EMRS project.
2. Effectiveness of Ayurveda-Based Lifestyle Advocacies and Practices on Quality of Life among Children of Ekalavya Model Residential School in India under EMRS project.
3. Tolerability, treatment adherence and effectiveness of Ayurvedic Intervention in the management of moderate Malnutrition in students of selected Ekalavya Model Residential Schools: a multicentric collaborative study.

Date of IEC approval: 07.07.2024

CTRI Registration/Reference (for clinical trials) REF/2024/09/092023DI

Date of initiation: 05.03.2024

Budget allocated: Rs. 62,83,396

Instalment wise release

S. No	Instalment	Sanction order	Date	Date of receipt of fund
01	Rs. 4,21,500	Office Order No. 1412/2023-24	05-03-2024	15-03-2024
02	Rs. 11,14,121	F.No. HQ-PROJ011/1/2024-PROJ/818	13-05-2024	15-04-2024
03	Rs. 6,07,000	F.No. HQ-PROJ011/1/2024-PROJ/3685	12-09-2024	17-09-2024
04	Rs. 10,27,427	F.No. HQ-PROJ011/1/2024-PROJ/5061	14-11-2024	20-11-2024
05	Rs. 5,41,357	F.No. HQ-PROJ011/1/2024-PROJ/7434	28-02-2025	05-03-2025
06	Rs.7,93,800	F.No. HQ-PROJ011/1/2024-PROJ/766	06-05-2025	08-05-2025
07	Rs. 5,46,000	F.No. HQ-PROJ011/1/2024-PROJ/3177	12-08-2025	19-08-2025
08	Rs. 1,35,391	F.No. HQ-PROJ011/1/2024-PROJ/4350	19-09-2025	25-09-2025
09	Rs. 10,36,800	F.No. HQ-PROJ011/1/2024-PROJ/6763	12-02-2025	15-12-2025
10	Rs.60,000	F.No. HQ-PROJ011/1/2024-PROJ/7567	16-01-2026	23-01-2026

Name of the school and diagnostic parameters studied:

Name of the school	Mild Anemia	Moderate Malnutrition	Mild Anemia / Moderate Malnutrition	Iron Deficiency Anemia	Life style advocacy
EMRS Mangala, Chamarajnagar Dist	Enrolled 71 Completed 53 Drop out 12	Enrolled 37 Completed 28 Drop out 09	Enrolled 11 Completed 09 Drop out 02	Enrolled 19 Completed 19 Drop out 0	Enrolled 30 Ongoing
EMRS Gangannagaripalli, Kolar Dist.	Enrolled 43 Completed 31 Drop out 12	Enrolled 24 Completed 19 Drop out 05	Enrolled 11 Completed 05 Drop out 06	Enrolled 10 Completed 10 Drop out 0	Enrolled 30 Ongoing

Students diagnosed with mild Anemia given with intervention from February 2025 to June 2025, moderate Malnutrition from February 2025 to August 2025 and IDA from July 2025 to October 2025 and Life style advocacy from June 2025 and is ongoing.

Activities Done from April 2025 to March 2026

In each visit conducted awareness lectures to students, provided Incidental support and do the follow up of the participants enrolled into the study.

Distributed sports items to the students at both the schools.

Yoga sessions were conducted to the students at both the schools.

Awareness lectures were conducted by

- Dr. S.H. Doddamani, PI, EMRS Project
- Dr. Vidyashree Anchan, Co-I, EMRS Project
- Dr. Thejaswini C, Co-I, EMRS Project
- Dr. Kruthika B, SRF (Ay.), EMRS Project
- Dr. Sindhushree B, SRF (Ay.), EMRS Project

School name	Total Number of awareness conducted
EMRS Mangala	62
EMRS Gangannagaripalli	57

Total 62 visits for incidental support were conducted and the medicines distributed for the students, teachers and other staff.

School name	Total number of beneficiaries		Total number of beneficiaries (Others)	
	New patient	Follow up	New patient	Follow up
EMRS Mangala	2034	01	85	0
EMRS Gangannagaripalli	1455	07	39	0

1. Effectiveness of Ayurveda-Based Lifestyle Advocacies and Practices on Quality of Life among Children of Ekalavya Model Residential School in India under EMRS project.

Primary objective: To assess the effectiveness of Ayurveda-based lifestyle Advocacies and Practices on Quality of Life among students of selected EMRSs in India.

Secondary objective: To assess the effectiveness of Ayurveda-based lifestyle Advocacies and Practices on oral health of the students of EMRSs.

To assess adherence of students to Ayurveda-based lifestyle Advocacies and Practices.

School name	Enrolled participants	Status
EMRS Mangala, Chamarajnagar Dist	30(Trial group)	Ongoing
EMRS Gangannagaripalli, Kolar Dist.	30(Control group)	Ongoing

1. Tolerability, treatment adherence and effectiveness of Ayurvedic Intervention (Drakshavaleha and Punarnava Mandura) in the management of moderate Iron Deficiency Anemia in students of selected Ekalavya Model Residential Schools: a collaborative study under EMRS project

Primary objective:

- To assess the effectiveness of Ayurveda Intervention (Punarnavadi mandoora and Drakshavaleha) on disease specific symptoms viz fatigue, general weakness and palpitation.

Secondary objective:

- To assess the effectiveness of Ayurveda Intervention in iron deficiency Anemia.
- To assess the treatment adherence to Ayurveda Intervention in Moderate iron deficiency Anemia.

School name	Mild Anemia	Iron Deficiency Anemia	Status
EMRS Mangala, Chamarajnagar Dist	Enrolled 71 Completed 53 Drop out 12	Enrolled 19 Completed 19 Drop out 0	Completed
EMRS Gangannagaripalli, Kolar Dist.	Enrolled 43 Completed 31 Drop out 12	Enrolled 10 Completed 10 Drop out 0	Completed

3. Tolerability, treatment adherence and effectiveness of Ayurvedic Intervention in the management of moderate Malnutrition in students of selected Ekalavya Model Residential Schools: a multicentric collaborative study.

Primary objective:

- To evaluate the effectiveness of Ayurveda Intervention (Aravindasava and Drakshavaleha) in moderate malnutrition among students of selected Ekalavya Model Residential Schools.

Secondary objective:

- To assess the tolerability of Ayurveda Intervention in malnutrition among students of selected Ekalavya Model Residential Schools.
- To assess the treatment adherence for Ayurveda Intervention in malnutrition among students of selected Ekalavya Model Residential Schools.

School name	Moderate Malnutrition	Mild Anemia / Moderate Malnutrition	Status
EMRS Mangala, Chamarajnagar Dist	Enrolled 37 Completed 28 Drop out 09	Enrolled 11 Completed 09 Drop out 02	Completed
EMRS Gangannagaripalli, Kolar Dist.	Enrolled 24 Completed 19 Drop out 05	Enrolled 11 Completed 05 Drop out 06	Completed

NATIONAL PHARMACOVIGILANCE PROGRAM

AYUSH OUSHADHI GUNAVATTA EVAM UTTPADAN SAMVARDHAN YOJANA (AOGUSY) 2025-26

Vision:

The scheme intends to promote and project quality, acceptability, and visibility of Ayush products for enhancing people's confidence in their use for health care and for improving trade.

- To inculcate culture of quality production of Ayush products assured with safety and efficacy.
- To enable Ayush drug industry in complying with national and global regulatory requirements and standards.
- To build up visibility and demand- driven market presence of Ayush products.
- To strengthen Ayush pharmaceutical industry for enhancing trade and exports.

Objectives:

1. To enhance India's manufacturing capabilities and exports of traditional medicines and health promotion products under the initiative of Atmanirbhar Bharat.
2. To facilitate adequate infrastructural & technological upgradation and institutional activities in public and private sector for standardization, quality manufacturing and analytical testing of Ayush drugs & materials.
3. To strengthen regulatory frameworks at Central and State level for effective quality control, safety monitoring and surveillance of misleading advertisements of Ayush drugs.
4. To encourage building up synergies, collaborations and convergent approaches for promoting standards and quality of Ayush drugs & materials.

Components:

A. Strengthening and up-gradation of Ayush Pharmacies and Drug Testing Laboratories to achieve higher standards.

B. Pharmacovigilance of ASU&H drugs including surveillance of misleading advertisements.

C. Strengthening of Central and State regulatory frameworks including Technical Human Resource & Capacity Building programs for Ayush drugs.

D. Support for development of standards and accreditation/ certification of Ayush products & materials in collaboration with BIS, QCI and other relevant scientific institutions and industrial R&D centres.

1. Participating centre along with PI:

Sl. No.	Name of the participating centre	Members of the program
1.	Central Ayurveda Research Institute, Bengaluru	Co-ordinator Dr. M.N Shubhashree R.O (Ayu.)

		Programme Assistant 1. Dr. Bhavana K R (18/07/2018 - 29/09/2018) 2. Dr. Sunona George (09/10/2018 - 31/01/2020) 3. Dr. Chandini Chandrasekharan N P (2/3/2020 - 15/10/2022) 4. Dr. Rahul (19/09/2022 – 12/10/2022) 5. Dr. Neha Kushwaha (20/10/2022 – 30/11/2022) 6. Dr. Shaily Agarwal G (05/12/2022 – 31/01/2023) 7. Dr. Arsha K S (27/02/2023 – 17/05/2023) Junior Research Fellow 1. Dr. Arsha K S (20/05/2023 – Onwards)
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4. Date of initiation: 18th July 2018

5. Budget allocated: Rs.18,67,124.50 + Rs. 50,000 (Untied Fund 2024-25) + Rs.4,92,485/- (Salary deposited directly to JRF personal account after 10% deduction from April 2024 - March 2025) = Rs. 24,09,609.50/- (budget allocated up to March 2025)

Rs. 24,09,609.50/- + Rs. 50,000 (Untied Fund 2024-25) + Rs.5,77,200/- (Salary deposited directly to JRF personal account after 10% deduction from April 2025 - March 2026) = Rs.30,36,809.5/-

6. Installment wise release:

Sl.No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1,05,000/-	(F.No.8-11003/5/9/2017-AIIA/760)	08/06/2018	12/06/2018
2	1,25,000/-	(F.No.B-11003/5/9/2017-AIIA/4195)	31/01/2019	25/01/2019
3	1,00,000/-	(F.No.B/11003/5/9/2017-AIIA/Fin./527)	30/05/2019	28/05/2019
4	1,00,000/-	(F.No.B/110035/5/9/2017-Alla/Fin./1194)	24/07/2019	26/07/2019
5	1,50,000/-	T-12012/2/2019-DCC (Dated 13 th August 2019)	05/11/2019	07/11/2019
6	2,60,000/-	(F.No.B-11003/5/9/2017-Alla/Fin./926)	05/08/2020	07/08/2020
7	50,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.-Payment/949	07/07/2021	07/07/2021
8	1,25,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.-Payment/2741	22/11/2021	22/11/2021
9	1,00,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.-Payment/3594	19/01/2022	19/01/2022
10	2,00,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.-Payment/1401	04/07/2022	04/07/2022
11	1,90,000/-	F.No.B-11003/5/9/2017-AIIA/Fin.-Payment/2969	23/09/2022	26/09/2022
12	25,000/-	Mail Dated 30 th November 2023	30/11//2023	30/11//2023

13	25,000/-	Mail Dated 15 th January 2024	15/01/2024	15/01/2024
14	Rs.3,89,131/-	Salary Deposited directly to JRF personal account (April 2023-March 2024)	-	-
15	50,000/-	Mail dated 2024	14/05/2024	14/05/2024
16	Rs.4,92,485/-	Salary Deposited directly to JRF personal account (April 2024-March 2025)	-	-
17	50,000/-	Mail dated 2025	28/08/2025	28/08/2025
18	Rs.5,19,480/-	Salary Deposited directly to JRF personal account (April 2025-March 2026)	-	-

1. Deliverables 2025 -2026

Sl.No.	Name of events	No.
1.	Total Misleading Advertisements Reported	137
2.	ADR	11
3.	CME Conducted /Awareness Program Conducted	12
4.	Participation in the training program	8
5.	Participation in CME as resource person	5
6.	Participation in Poster presentation as judge	1
7.	Paper Presentation in Seminar	1
8.	Articles Published	03
9.	Articles Submitted	02

Study (Completed on 31st January 2026)

Documentation of Prescription Trends in Osteoarthritis by Ayurveda Physicians – A Retrospective Analysis

Awareness programme: From CARI Bengaluru, 12 Awareness programmes were conducted for AYUSH Doctors, UG Students, Interns, PG Scholars and teaching staffs of different Ayurveda Colleges, Pharmacists, paramedical staff, OPD Patients in CARI and general public on different topics related to Pharmacovigilance and ADR reporting.

Coordinator and JRF attended 8 awareness programmes on pharmacovigilance both online and offline mode conducted by different IPvC and PPvC.

Coordinator participated as a resource person in 5 CME related to pharmacovigilance in GAMC Bengaluru, ALN Rao Ayurvedic Medical College Koppa, Sri Sri College of Ayurvedic Science and Research Hospital Bengaluru, SKAMC Bengaluru and in CARI Bengaluru.

ADR Reports: Initiated at OPD level through personal visits by Co-ordinators and Junior Research Fellow for collection of ADRs. Total 11 ADR from CARI has been reported to NPvC in the year 2025-26.

Misleading Advertisements: 137 Misleading advertisements published in print media, television, social media were collected and submitted to Ministry of AYUSH and state drug licensing authority through mail and AYUSH Suraksha portal with a request to take necessary action.

Articles submitted/published: Three articles under Pharmacovigilance are published and two articles related to Pharmacovigilance are submitted for publication during the year 2025-2026.

Published:

A) Knowledge, Attitude and Practice of pharmacovigilance and adverse drug reaction (ADR) reporting among ayurveda house surgeons – A crosssectional study from Bengaluru, Karnataka

B) Role of Pharmacovigilance in Ensuring Safety and Efficacy of Ayurvedic Novel Dosage Forms: A Review

Submitted:

A) Cross-sectional assessment of awareness on pharmacovigilance program for ASU and H drugs among MBBS house surgeons in Bengaluru

B) Emerging perspectives on ecopharmacovigilance in Ayurveda: A call for sustainable drug practices

Centre of Excellence for Research and Clinical services in Madhumeha (Diabetes mellitus) awarded by the Ministry of AYUSH, Govt. of India

1. Background

Central Ayurveda Research Institute was awarded “Centre of Excellence in Research and Clinical services for Madhumeha (Diabetes mellitus)” by the Ministry of AYUSH, Govt of India in March 2021. The total fund sanctioned is Rs.7,24,80,400/- for a duration of four years (3+1year extension upto March 2023 due to Covid pandemic). The scheme got initiated in April 2021.

With one year extension during Covid 19 i.e. 2022-23, the project will be technically getting completed during March 2025. The Ministry has been requested for the extension of the project on no additional cost basis to complete 2 clinical trials that are initiated during last year and sanction letter for the extension received on 12-03-2025 for a period of one year. Extension has been sought for another one year on no additional cost basis and sanction letter for the extension received on 23-01-2026.

Fund release details since inception:

Instalments released	Total amount released	Date of Sanction
1 st Instalment	Rs.2,88,00,000/- *	05-03-2021
1 st part of 2 nd Instalment	Rs. 20,00,000/-	20-01-2023
2 nd part of 2 nd Instalment	Rs. 50,00,000/-	03-07-2023
3 rd part of 2 nd Instalment	Rs. 1,04,86,200/-	08-11-2023
4 th part of 2 nd Instalment	Rs. 1,01,60,000	16-07-2024
3 rd Instalment	Rs. 1, 58,34,200/-	19-06-2025

* Rs. 1,92,160/- was returned to the Ministry on 16-06-2021 as per the Ministry's directions dated 15-06-2021.

2. Summary of achievements against deliverables (April 2025 to March 2026)

The Centre of Excellence scheme was sanctioned to CARI, Bengaluru with the following deliverables and targets for the fourth year. Achievements against deliverables are tabulated below:

Sl. No.	Deliverables	Achievements under the CoE scheme
1.	Validation of Ayurveda approaches for Diabetes mellitus and documentation of outcome of approaches – 200 patients	Treatment approaches 672 OPD patients have been documented and validation of outcome of 200 patients completed during the reporting period.
2.	Prevention and management of Diabetes with multi-	A total of 1310 patients were under Multi specialty care during the reporting period: Yoga training to patients with special reference to diabetes

	speciality approach of 500 pre-diabetics and diabetics	management - 128 patients got benefited • Number of patients of Diabetes managed with combination of Modern medicine and Ayurveda is 1182 • Patients are also managed by different specialists of Ayurveda such as Shalya tantra (Diabetic foot, Diabetic ulcer, Venous insufficiency, anorectal disorders, Diabetic carbuncles etc.)- more than 314 patients got benefited • Shalakya tantra (Diabetic retinopathy, cataract, hearing loss, tinnitus, periodontitis, gingivitis etc.)- more than 292 patients got benefited • Panchakarma- more than 125 patients got benefited
3.	Clinical trials for 2 selected anti-diabetic formulation	• During the reporting period, clinical trial by including advanced outcome parameters such as gut microbiome has completed on 2 shortlisted formulations, finalised based on results of animal studies and pilot clinical trials (120 sample size). Statistical analysis and gut microbiome analysis are under progress. • Collaboration is with IISc and Samatvam, Bengaluru.
4.	Training on diabetes and diet to public and patients– 10 camps	• 10 special training programmes were conducted for patients of Diabetes at CARI Hospital focussing on understanding Diabetes, Diet in Diabetes and Lifestyle modifications in Diabetes with total beneficiaries –397 during the reporting period.
5.	Training for UG/PG students of Ayurveda- 10 programme	10 training programmes on Research methodology, Biostatistics, Chromatographic techniques and comprehensive management of Diabetes were conducted for Final year UG/First year PG students from different colleges of Karnataka with total number of trainees – 547.
6.	e-healthcare initiatives- development of portal for interaction with patients or community through SMS alerts, tele-consultation, maintenance of online medical record of 500 patients with population coverage of 10000	E- health coverage is extended to more than 5,00,000 population • Institute website www.cari.gov.in is fully functional with total impressions of 1,39,820 during the reporting period. • Lab and pharmacy data management software coverage is more than 27818. • Teleconsultation portal is operating over the website since the month of January 2023 and 116 patients were registered under the teleconsultation portal during the reporting period. • Patient data of 672 OPD patients is being maintained digitally during the reporting period. • COE you tube channel is functional for reaching out to wider population. https://www.youtube.com/channel/UC3TBI39pJCDvKRqUQculpSg .

		Risk assessment portal is developed and made available in the institute website for the viewers to assess the risk of diabetes.
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3. Comprehensive report

The report is broadly put under the heads of Clinical Services, Trainings and Research Activities, Upgradation of the Institute, Scientific Publications, IEC materials and Expenditure details.

3.1 Clinical services

3.1.1 Special OPD for Diabetes: Under the scheme, a specialized OPD for patients of Madhumeha is made functional since 22nd July 2021. The patients are provided with free consultation, medicines, laboratory investigations and food & lifestyle counselling. The specialized OPD has catered to 1749 diabetic patients and 10477 follow-up visits offering Ayurveda treatment totalling up to 12226 visits during the reporting period. 4670 patients have had free laboratory investigations under the scheme. An extensive and detailed data was collected from all the patients attending the special diabetes OPD under CoE, which was digitally managed using e-formats.

Department	Male	Female	Total
OPD New patients	1034	715	1749
OPD Follow-up patients	6238	4239	10477
Total	7272	4954	12226

3.1.2 Yoga advocacy: Free yoga classes were conducted at CARI Hospital and 634 (for both OPD and IPD) patients have been benefitted during the reporting period. Classes are conducted under the guidance of professional Yoga teachers. A specialized Yoga module for Diabetes has been developed and is being instructed to patients of Diabetes on a regular basis. Translation of Common Yoga Protocol into Kannada has been done and in circulation.

3.1.3 e-Healthcare initiatives: Under the Centre of excellence scheme a static website www.cari.gov.in has been functional for the promotion and introducing e-healthcare initiatives, compliant with Digital India, to reach out to wider population. Total population coverage under e-healthcare initiatives is 172113 during the reporting period.

Sl. No	Initiative	Population coverage
1	e-Medical records (OPD)	672
2	Website impressions	139820
3	Teleconsultation	116
5	Social media reach	3687
6	AYUSLAB-Clinical lab	9356
7	AYUSLAB-Pharmacy	18462
	Total beneficiaries	172113

3.2 Training programmes

Training programmes were conducted in two categories viz. 1. For patients 2. For Ayurveda UG/ PG students.

3.2.1 Ten training programmes for patients at CARI Hospital about Diabetes, its diagnosis, prevention and management through diet and lifestyle followed by special training on food recipes and diet in Diabetes with total beneficiaries -397

Sl. No.	Date	Place	Resource Person	Total
1.	22/04/2025	CARI, Bengaluru	Dr. Chandini	40
2.	29/04/2025	CARI, Bengaluru	Dr. Vinushree	40
3.	27/05/2025	CARI, Bengaluru	Dr. Chaithra Rao	42
4.	24/06/2025	CARI, Bengaluru	Dr. Sharada	40
5.	29/07/2025	CARI, Bengaluru	Dr. Poorvi	40
6.	12/08/2025	CARI, Bengaluru	Dr. Chandini	40
7.	02/09/2025	CARI, Bengaluru	Dr. Sarada M K	35
8.	28/10/2025	CARI, Bengaluru	Dr. Sarada M K	40
9.	05/12/2025	CARI, Bengaluru	Dr. Vinushree	40
10.	16/12/2025	CARI, Bengaluru	Dr. Poorvi	40
Total				397

3.2.2 Ten training programmes have been conducted for the students from different Ayurveda colleges of Karnataka regarding research methodology, biostatistics, chromatography techniques and comprehensive management of Diabetes mellitus which was attended by a total of 547 students under the mentorship of Dr. Sulochana Bhat.

Sl. No.	Date	Name of the College	Topic	Resource person	Total number attended
1.	28-05-2025	SDMIAH, Bengaluru (batch-1)	1. Research methodology 2. Comprehensive management of Diabetes.	1. Dr Chaithra 2. Dr Poorvi	45
2.	29-05-2025	SDMIAH, Bengaluru (batch-2)	1. Research methodology 2. Comprehensive management of Diabetes.	1. Dr Chaithra 2. Dr Chandini	38
3.	17-06-2025	Athreya Ayurvedic medical college (batch-1), Bengaluru	1. Research methodology 2. Comprehensive management of Diabetes. 3. Biostatistics	1. Dr Chandini 2. Dr Poorvi 3. Miss. Anjana	39
4.	18-06-2025	Athreya Ayurvedic	1. Research methodology	1. Dr Chaithra 2. Dr Sharada	33

		medical college (batch-2), Bengaluru	2. Comprehensive management of Diabetes. 3. 3. Biostatistics	3. Miss. Anjana	
5.	22-07-2025	Ramakrishna Ayurvedic medical college, Bengaluru	1. Research methodology 2. Comprehensive management of Diabetes. 3. Biostatistics	3. Dr Chandini 4. Dr Poorvi Miss. Anjana	53
6.	26-09-2025	Adichunchanagiri Ayurveda Medical college, Bengaluru	1. Research methodology 2. Comprehensive management of Diabetes. 3. Biostatistics	1. Dr Chandini 2. Dr Vinushree 3. Dr Sarada M K	68
7.	14-11-2025	1. Sri Sri Ayurveda medical college, Bengaluru (batch-1) 2. Hillside Ayurveda Medical college, Bengaluru	1. Fundamentals of Research methodology and Hypothesis testing 2. Holistic management of Madhumeha	1. Dr. Nagesh L., Retd. Professor Emeritus, Research and Development, Dayananda Sagar College of Dental Sciences, Bengaluru 2. Prof. Dr G.G. Gangadharan, Former Director, Ramiah Indic Speciality Ayurveda restoration Hospital (RISA), Bengaluru	51
8.	23-01-2026	Sri Sri College of Ayurvedic Science and Research, Bengaluru (batch-2)	1. Diabetes Management: From Basics to Practice Holistic management of Madhumeha 2. Purpose and	1. Dr S Srikanta, Consultant-Endocrinology Diabetes and Physician Scientist, Samatvam Diabetes	56

			Process of medical research	Endocrinology and Medical Centre, Bengaluru 2. Dr. Kavitha Muniraj, Endocrinologist, Translational Medicine, Samatvam, Bengaluru 3. Dr. M. A. Shekar, Founder Director, Apoorva Diabetes Foundation, Mysuru and Former Director, Karnataka Institute of Endocrinology and Research	
9.	26-02-2026	1. JSS Ayurveda college, Mysuru, 2. GAMC, Bengaluru 3. HKEDT's Rajarajeshwari Ayurveda Medical College, Humnabad	1. Fundamentals of Research Methodology 2. Medication Safety for Ethical Clinical Practice 3. From Classical Wisdom to Contemporary Science: New Research Thinking in Ayurveda 4. Advanced Instrumentation for the Characterization of Complex Natural Products 5. Nanotechnology-Based Solutions for Metabolic Health	1. Dr. Praveen Kulkarni, Professor, Department of Community Medicine, JSS University, Mysuru 2. Dr. Pratibha Nadig, Founder-Director, Akshaisarathi Health care solutions Pvt Ltd, Bengaluru. 3. Dr. S. Swaminathan, Inaugural Chair & Prof. TATA IISc Medical School,	113

			Management 6. Molecular Basis of Metabolic Disorders and Modern Analytical & Therapeutic Technique of Mass Spectrometry	Bengaluru. 4. Dr. K. S. Nagabhushan a, Director – Research, Prayoga Institute of Education Research, Bengaluru. 5. Dr. Archini Paruthi, IISc Bengaluru 6. Dr. Madhumati S Vaishnav, IISc Bengaluru	
10.	23-03- 2026	Susrutha Ayurvedic college and hospital, Bengaluru	1. Research methodology 2. Comprehensive management of Diabetes. 3. Biostatistics	1. Dr Chandini 2. Dr Poorvi 3. Dr Vinushree	49
Total					547

3.3 Research activities

The research activities under the CoE are being carried out under different sub-heads.

3.3.1 Drug development: The Centre of Excellence was mandated to complete clinical trials on the shortlisted formulations during the reporting period.

During the previous years, 567 formulations pertaining to *Prameha* were compiled from 16 Ayurveda treatises. 150 single plants indicated in *Prameha* from 16 Nighantus were also compiled. Out of this search, four formulations having ingredients with known antidiabetic activity were short listed for pre-clinical studies. The literature search including Ayurveda texts and published research article of individual ingredients of selected 4 formulations were done.

Sl. No.	Formulation	Reference	Ingredients	Botanical source	Part used
1.	<i>Varadi Kvatha</i> (<i>Kashaya kalpana</i>)	• <i>Sharangadhara Samhita-Madhyama Khanda</i> - 2/108, • <i>Gada Nigraha Kayachikitsakha</i>	<i>Hareetaki</i>	<i>Terminalia chebula</i> Retz	Fruit
			<i>Vibhitaki</i>	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit
			<i>Amalaki</i>	<i>Phyllanthus emblica</i> L.	Fruit

		<i>nda</i> - <i>Pramehadhikara</i> - 30 – 57 • <i>Bhaishajya</i> <i>Ratnavali-</i> <i>Pramehadhikara</i>	<i>Daru haridra</i>	<i>Berberis aristata</i> DC.	Heartwood/ Bark
			<i>Musta</i>	<i>Cyperus rotundus</i> L.	Rhizome
			<i>Devadaru</i>	<i>Cedrus deodara</i> (Roxb. ex D.Don) G.Don	Heartwood
2.	<i>Mustadi Kvatha</i> <i>(Kashaya kalpana)</i>	• <i>Gada nigraha-</i> <i>Kayachikitsakha</i> <i>nda</i> - <i>Pramehadhikara</i> - 30 – 90	<i>Musta</i>	<i>Cyperus rotundus</i> L.	Rhizome
			<i>Indrayava</i>	<i>Holarrhena antidysenterica</i> (Roth) Wall. ex A.DC.	Seeds
			<i>Devadaru</i>	<i>Cedrus deodara</i> (Roxb. ex D.Don) G.Don	Heartwood
			<i>Hareetaki</i>	<i>Terminalia chebula</i> Retz	Fruit
			<i>Vibhitaki</i>	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit
			<i>Amalaki</i>	<i>Phyllanthus emblica</i> L.	Fruit

Based on the leads collected from the literature, outcome of animal study conducted at Nagpur Veterinary College and pilot studies conducted at CARI, two formulations (*Varadi kwatha* and

Mustadi kwatha) with the following details were finalised for further clinical trial by using advanced

Outcome parameters such as gut microbiome.

These two formulations have been manufactured at Central Ayurveda Research Institute, Jhansi, in the form of *Ghanavati*. Standards and SoP for preparation are developed by CCRAS-CARI Jhansi. Clinical trial for both these formulations is completed during the reporting period and gut microbiome analysis of the samples are under progress.

3.3.2. Clinical Research project: 03 research projects were undergoing during the reporting period as detailed below

3.3.2.1 Study title: Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of type-2 diabetes mellitus -A Randomized control trial

- Principal investigator – Dr. Sulochana Bhat
- Co-investigator – Dr. Shubhashree MN, Dr. Vrinda
- IEC Obtained – F.No. 6-60/2022-23/CARI/Bng/COE/2726 dt 22.02.2024
- CTRI registration – CTRI/2024/03/064207 on 15-03-24
- Date of initiation: 30-03-2024

A randomized control clinical trial to evaluate the efficacy of two ready-to-cook dietary supplement namely *Yavadi soopa* and *Khadiradi yoga* on blood glucose levels and *Agni*. The sample size is 78 with three groups (26 in each group). Each group will be asked to retain their treatment and diet as it is. Group-1 is the control group, group 2 and group 3 will receive *Yavadi soopa* and *Khadiradi yoga* respectively as an adjuvant diet supplement. Fasting blood glucose in the range 150-200 mg/dL and/or post prandial glucose of 180-300 mg/dL will be included in the study. Study period is of 42 days with 21day interval of follow up. FBS, PPBS, Plasma Insulin, HOMA IR and other safety parameters along with DSQ (Diabetes Symptom Questionnaire) and SNAQ (Simplified nutritional appetite questionnaire) will be evaluated in this study. Its effect on *Agni* and acceptability of the new form will also be assessed.

Status – Completed, article under publication

Total no of subjects screened	Total no of subjects enrolled	Total no of subjects completed	Total no of subjects dropped out
121	78	69	9

3.3.2.2 Study title: Safety and efficacy of *Mustadi ghana vati* and *Varadi ghana vati* in *Madhumeha*/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study.

- Principal investigator –Dr. Sulochana Bhat
- Co-investigator – Dr. S.H. Doddamani, Dr. Poorvi
- IEC Obtained – F.No. 6-60/2022-23/CARI/Bng/COE/2727 dt 22.02.2024
- CTRI registration – CTRI/2024/03/064184 on 15-03-24
- Date of initiation: 27-03-2024

The study is envisaged to assess the safety and anti-diabetic efficacy of two classical Ayurveda poly-herbal formulations, *Mustadi ghana vati* and *Varadi ghana vati* in 120 drug naive patients of type-2 diabetes mellitus in comparison with Metformin (active comparator). The assessment parameters include glycaemic parameters, drug safety and gut microbiome studies.

Status –Completed, gut microbiome analysis of the samples is under progress.

Total no of subjects screened	Total no of subjects enrolled	Total no of subjects completed	Total no of subjects dropped out
147	120	104	16

3.3.2.3 Psychological assessment of type-2 diabetes mellitus through *Manasikabhava Pareeksha* and Diabetes Distress Scale: An observational study

- Principal investigator – Dr. Sulochana Bhat
- Co-investigator – Dr. Sharada M K
- IEC Obtained – F. No. 6-5/CARI/BNG/IEC Meet/2025-26/ dt 30.10.2025
- Date of initiation: 11-11-2025

This cross-sectional study aimed to analyse the prevalence of diabetes distress, assess alterations in *Mānasika Bhāvas*, and explore their association with glycaemic status and clinical variables. A total of 200 patients attending the Diabetes Outpatient Department of Central Ayurveda Research Institute, Bengaluru, will be enrolled after informed consent. Sociodemographic and clinical details, including HbA1c levels will be recorded using a structured case record form. Diabetes-related psychological distress will be assessed using the validated Diabetes Distress Scale, while mental and emotional attributes described in Ayurveda will be evaluated through *Mānasika Bhāva Pareeksha* using the *Manasika Bhava* Assessment Scale developed at IPGT & RA, Jamnagar. Total study period is 3 months.

Status – Completed, article preparation is under progress.

3.3.3 Food development for diabetes

The Centre of Excellence is mandated to develop 2 ready to cook/eat food recipes for clinical trials. Collaboration with Centre for Incubation, Innovation, Research and consultancy (CIIRC), Bengaluru has been done through MoU. Discussions were held with scientists of NIN- Hyderabad, Ayurveda experts for development of ready to eat / cook anti-diabetic food preparations, based on the extensive literature search and Ayurveda principles of *Pathyaahara*. Among them, 2 preparations were finalised which include *Yavadi soopa* (soup powder) and *Khadiradi yoga* (developed in the form of ready to dissolve pellets), their quality has also been ensured. Extraction of ingredients of *Khadiradi yoga* and its manufacturing (pellets) was done by Himalaya Wellness Company and *Yavadi soopa* (soup powder) was manufactured at CIIRC for free of cost and have been taken up for clinical trial in the previous year. The study is completed during the reporting period and an article in this regard is submitted for publication.

a. Food formulation-1 - *Khadiradi yoga*- dispersible pellets

Formulation	Reference	Ingredients	Botanical source	Part used	Ratio
<i>Khadiradi yoga</i>	<i>Chakradatta-Prameha chikitsa</i> - 35 - 18 / pg 216	<i>Kadara</i>	<i>Acacia polyantha Will.</i>	Bark	1 part
		<i>Khadira</i>	<i>Acacia catechu (L.f.) Willd.</i>	Heartwood	1 part
		<i>Puga</i>	<i>Areca catechu L.</i>	Nut	1 part
Indication: <i>Kshoudra meha</i>					

b. Food formulation-2-*Yavadi soopa* (ready to mix soup powder)

Formulation	Reference	Ingredients	Botanical source	Part used	Ratio
<i>Yavadi soopa</i>	<i>Anubhoota yoga</i>	<i>Yava</i>	<i>Hordeum vulgare L.</i>	Seeds	1 part
		<i>Kulatha</i>	<i>Macrotyloma</i>	Seeds	1 part

			<i>uniflorum (Lam.) Verdc</i>		
		<i>Mudga</i>	<i>Vigna radiata (L.) Wilczek</i>	Seeds	1 part

3.3.4 Technical collaborations – continued from previous years

- MoU signed with Government Ayurveda Research Centre, Mysore (for collaboration on academic programmes, research partnerships, and training).
- MoU signed with IISc Bengaluru.
- MoU signed with CSIR-Central Food Technology Research Institute Mysore.
- MoU signed with Centre for Incubation Innovation Research and Consultancy (CIIRC).
- MoU signed with Samatvam Endocrinology Diabetes Center Bengaluru.
- Our advisory panel has the experts from NIMHANS, Bengaluru, Bangalore Medical College, Karnataka Institute of Diabetology, ICMR- NIN Hyderabad, National Centre for Cell Science (NCCS) Pune and Interactive Research School for Health Affairs (IRSHA) Pune.
- We also work closely with the Panchayat, Anganwadi, near by Community Health Centre, Primary Health Centre - for outreach activities, referrals etc.
- CCRAS-CARI Jhansi is our partner in preparation of standardised medicines. Himalaya Wellness Company has prepared the extracts and manufactured one of the food formulations.

3.3.5 IEC materials

The following IEC materials and the videos of interviews with experts related to different aspects of diabetes and diabetic diet (prepared during previous years) are available on website as well as in CARI social media platforms.

- Diabetic eye care charts for patients
- Diabetic foot care charts for patients
- Diabetic skin care charts for patients
- IEC material on FAQs (Essentials of *Madhumeha* and its management)
- Flyer on Gestational Diabetes Mellitus in Kannada
- Mustadi ghanavati* and *Varadi ghanavati* in diabetes
- Easy Yoga capsule in diabetes
- Risk factors of Type 11 diabetes
- Alarming signals of *Madhumeha* (diabetes)
- Chemistry behind familiar antidiabetic drugs

3.3.6 Upgradation of the Institute

- Botany section- Upgradation of herbal garden including construction of tank room.
- Maintenance of website and e-health services is ongoing.

3.3.7 Expenditure details

The total expenditure by the end of financial year 2025-26 is as below under different heads.

Sub-heads	Total sanctioned in Rs.	Total expenditure in Rs.	Balance in Rs.
Salary	₹1,72,99,811.00	₹ 93,94,693.00	₹ 34,29,439.00
Non-recurring		₹1,17,600.00	
Recurring		₹ 43,58,079.00	
Total	₹1,72,99,811.00	₹1,38,70,372.00	₹ 34,29,439.00

3.3.8 Scientific Publications during reporting period

Sl.No.	Name of the study	Title of published research article	Name of journals	Stage of publication	Name of the Authors
1.	Centre of excellence in research and clinical services for Madhumeha (Diabetes Mellitus)	Knowledge, attitude and practice related to diabetes with reference to Ayurveda and yoga: An Institutional Survey	International Research Journal of Ayurveda & Yoga (IRJAY)	Published	1. Dr. Vrinda 2. Dr. Sulochana Bhat 3. Ms. Anagha Jenu 4. Dr. Kavya 5. Dr. Monica KP
2.	Centre of excellence in research and clinical services for Madhumeha (Diabetes Mellitus)	Comparative analytical study of <i>Musthadi kwatha</i> and <i>Musthadi ghana</i> , two dosage forms of a classical ayurvedic formulation.	World journal of pharmaceutical science and research	Published	1. Dr. Sharada Anand 2. Mrs. Supriya H.S. 3. Dr. Sulochana Bhat
3.	Centre of excellence in research and clinical services for Madhumeha (Diabetes Mellitus)	Effect of four ayurvedic formulations on Streptozotocin-Induced diabetic Wistar rats	AYUHOME	Accepted	1. Dr. Sharada Anand 2. Dr. Sulochana Bhat 3. Ms. Anjana KS
4.	Centre of excellence in research and clinical services for Madhumeha (Diabetes Mellitus)	Evaluation of bioavailability of Varadi and Mustadi ghana vati in healthy volunteers- A cross -Over Randomized Clinical Trial	Journal of Ayurveda	Accepted	1. Dr. Chaitra Rao 2. Dr. Sulochana Bhat 3. Sharada Anand

5.	Centre of excellence in research and clinical services for Madhumeha (Diabetes Mellitus)	Occurrence of diabetic peripheral neuropathy (DPN) and its relationship with <i>Prakriti</i> among type 2 diabetic patients in Bengaluru - A cross-sectional study	Journal of Research in Ayurvedic Science	Peer review	1. Dr. Chandini 2. Dr. Sulochana Bhat 3. Dr. Vidyashree 4. Miss. Anjana
6.	Centre of excellence in research and clinical services for Madhumeha (Diabetes Mellitus)	Evaluation of antidiabetic properties of two ready-to-cook dietary supplements in patients with type 2 diabetes mellitus: A randomized controlled trial	Indian journal of traditional knowledge	Submitted	1. Dr. Sulochana Bhat 2. Dr. Vrinda Bhat 3. Dr. Chaitra Rao 4. Dr. Thejaswini C

Ayurvedic Sciences Incubation Centre (ASIC), CCRAS–CARI Bengaluru

The Central Ayurveda Research Institute (CARI), Bengaluru, under the Central Council for Research in Ayurvedic Sciences (CCRAS), has established the Ayurvedic Sciences Incubation Centre (ASIC) as a host-institution led incubation facility under the “Startup Incubation through AYUSH Institutions” scheme of the Ministry of Ayush, Government of India. The initiative is aimed at promoting innovation, entrepreneurship, and startup development in the Ayurveda sector by supporting startups with innovative product and service-based ideas. A total outlay of approximately ₹4.99 crore has been sanctioned for a period of five years for implementation of the programme.

The primary objective of ASIC is to strengthen the Ayurveda ecosystem by facilitating the development, validation, and commercialization of innovative ideas across domains such as healthcare, wellness, pharmaceuticals, nutraceuticals, supply chain, and digital health technologies. The Centre seeks to provide a comprehensive incubation ecosystem through mentorship, financial assistance, regulatory facilitation, infrastructure support, networking opportunities, and Intellectual Property Rights (IPR) assistance. The focus areas identified under ASIC include cultivation and quality improvement of raw materials, value addition in products and services, innovative nutraceuticals and lifestyle solutions, AI-based healthcare applications, and socially relevant interventions in the Ayurveda sector.

Under the incubation programme, selected startups will be provided financial support of up to ₹20 lakhs per startup as grant-in-aid to facilitate product development, validation, and scaling of their innovations. The Centre envisages supporting approximately four startups per year, with a total of 20 startups over a period of five years, in a phased manner based on merit and approval of the competent authority.

During the year 2025–26, significant progress was achieved in operationalizing the Incubation Centre. Multiple rounds of internal deliberations and consultations were conducted for finalization of the operational framework, including preparation and approval of the Policy and Guidelines governing the incubation programme. The Selection-cum-Review Committee and Project Approval Committee were constituted with the approval of the competent authority to ensure transparent and objective evaluation of applications.

Selection-cum-Review Committee

Sr. No.	Name	Designation	Role
1.	Dr. N. Srikanth	DDG, CCRAS	Chairperson
2.	Dr. Ashok B.K.	Senior Manager, Ayush and Scientific Affairs, Himalaya Wellness Company, Bengaluru	Member
3.	Sh. Vedamata Muddepal	Founder Director, Argoprudent Technologies Private Limited, # 43/41 Sujatha 2nd floor, 12th Main Padmanabha Nagar, Bangalore -560070	Member
4.	Dr. Amit Aggarwal	CEO Natural Remedies Pvt Ltd. Bengaluru	Member
5.	Dr. Nagalakshmi V.	Managing Director, IMIS pharmaceuticals company, Vijaywada, Andhra Pradesh	Member

6.	Dr. S. Sreenivasa Reddy	Scientist D(Bio- Chemistry) NIN, Hyderabad	Member
7.	Dr. Neel Sarovar Bhavesh	Group Leader Transcription Regulation International Centre for Genetic Engineering and Biotechnology, Aruna Asaf Ali Marg, New Delhi	Member
8.	Dr. Ram N Kumar	CEO, Nirog Street	Member
9.	Mr. Bala Pasala	CEO, Ayur.AI and CTO, Aduvo diagnostics	Member
10.	Dr. Pratap Makhija	Assistant Director (Ay.), CCRAS Hqrs.	Programme officer
11.	All programme officers and co-opted members	As per requirement	Member
12.	Dr. Subhash Sharma	Research Officer (Ay.), CCRAS Hqrs.	Nodal Officer
13.	Dr. Rajendra Paliwal	Research Officer (Ay.) & Nodal Officer Incubation, CARI Bengaluru	Member
14.	Dr. Sulochana Bhatt	Assistant Director Incharge, CARI, Bengaluru	Member Secretary

Project Approval Committee

Sr. No.	Name	Designation	Role
1.	Prof. Rabinarayan Acharaya	DG, CCRAS	Chairperson
2.	Dr. N.Srikanth	DDG, CCRAS	Member
3.	Dr. Krishna Venkatesh	Founder – Director, Centre for Innovation, Incubation, Research & Consultancy (CIIRC), Jyothi Institute of Technology, Bengaluru	Member
4.	Dr. Sridevi Annapuran Singh	Former Director, CSIR- Central Food Technological Research Insitute (CFTRI), Mysuru	Member
5.	Dr. C.K. Katiyar	Former CEO Technical Healthcare, Emami Ltd, Kolkata	Member
6.	Dr. Vipin Kumar	Chief Scientist F, National Innovation Foundation, Noida, Uttar Pradesh	Member
7.	Dr. Rupesh Chaturvedi	M.Sc, Ph.D Cancer Biology, Genomics School of Biotechnology, Jawaharlal Nehru University, New Mehrauli Road, New Delhi -110067	Member
8.	Dr. Trimultulu Golakoti	Senior Vice President, R &D, Laila Nutraceuticals JRD Tata Industrial Estate, Survey	Member

		No. 181/4B, 181/3, 181/2, Kanur, Vijaywada - 520007	
9.	Dr. Sulochana Bhat	Assistant Director Incharge, CARI, Bengaluru	Member Secretary

As part of outreach and awareness activities, an Expression of Interest (EOI) along with detailed guidelines was released in the last week of February 2026 through official websites, print media, and social media platforms. The response to the EOI was encouraging, with a total of 85 registrations and 25 business applications received from startups across various domains of Ayurveda. Out of these, 23 applications were found eligible after completion of mandatory requirements and were taken up for further evaluation.

To facilitate a structured and transparent evaluation process, a comprehensive Evaluation Framework-cum-Scoring System was developed for use by the Selection-cum-Review Committee. The framework consists of ten criteria of equal weightage, covering key parameters such as problem relevance, innovation, feasibility, team strength, market potential, sectoral alignment, regulatory and ethical compliance, financial justification, impact potential, and overall quality of the proposal. The evaluation process has been designed to ensure objective assessment through independent scoring by committee members, followed by compilation and averaging of scores for final shortlisting of proposals.

In parallel, necessary physical infrastructure has been developed at CARI, Bengaluru to support incubation activities. Dedicated workspace comprising 10 workstations has been established, along with procurement of essential equipment such as computers and office utilities to facilitate smooth functioning of the Centre. The Incubation Centre is being developed as a hub for interaction between researchers, entrepreneurs, and industry stakeholders to promote translational research and commercialization of Ayurveda-based innovations.

The proposals received under the EOI reflect a diverse range of innovative ideas, including development of nutraceutical products, AI-based healthcare platforms, supply chain optimization solutions, cultivation and processing of medicinal plants, and evidence-based clinical and wellness interventions. Many proposals also emphasize scientific validation, standardization, and scalability of Ayurveda-based products and services, aligning with the broader objectives of strengthening evidence-based Ayurveda.

The screening and evaluation of applications are being carried out through the duly constituted Selection-cum-Review Committee as per the prescribed timeline. The shortlisted proposals will be recommended to the Project Approval Committee for further consideration and approval. The incubation support will be extended to selected startups in a phased manner, enabling them to develop, validate, and scale their innovations.

Overall, the establishment and operationalization of the Ayurvedic Sciences Incubation Centre (ASIC) mark a significant step towards fostering a robust innovation ecosystem in the Ayurveda sector. The Centre is expected to play a pivotal role in bridging the gap between traditional knowledge and modern entrepreneurship, thereby contributing to the growth of evidence-based Ayurveda and creation of sustainable startup ventures.

1.3. Survey of Medicinal Plants Unit (SMPU)

I. Brief resume of work carried out since inception:

1) Name of the forest areas/division/range covered:

Sl. No.	Year	Name of the district	Name of the forest division	Forest areas (ranges/beats) surveyed
1.	1971-1972	Bengaluru	Bengaluru	Bannerghatta, Suvarnamukhi
		Chickmagaluru	Chikmagaluru	Charmadi ghats, Moodigere, Bhagavathi vally, Malleswara
			Koppa	Gangamool, Kigga forests
		Chamarajnagar	Chamarajnagar	Attikan (B R Hills), Karti kere, Honnamatti, Bedgudi, kati devar gudi forest (B R Hills)
			Kollegal	Bedaguli, Gopal swamy hills forests
		Mysore	Mysore	Kakanakote forests
2.	1972-1973	Chickmagaluru	Chickmagaluru	Charmadi ghats, Kudure Mukh, Begaru, Bhairapura, Magundi, Balehole-Kalasa, Sonanakadu, Hondagane, Bhagavathi, Yelnir ghat
		Chamrajnagar	Kollegal	Arakanakadu, Kuppe betta, Palar river, malai Mahadeshwara hills forests, K.Gudi, B. R. Hills
3.	1973-1974	Chickmagaluru	Chickmagaluru	Keseve, Keseve-halag, Kumbar gundi-Talabidare, Kage mane giri, Keseve-Mald Kargalebyle (Muthodi & Hebbe)
		Shimoga	Bhadra Wild life	Baba budan hills, Kalhattigiri, Hebbe forest, Shankar shoal forest (Tarikere range), Bhadra Sanctuary, Lakkavalli state forest
		Chamarajanagar	B R wild life	B R hills
			Bandipura	Gopala swamy hills
			Kollegal	Malai Mahadeshwara hills
		Mysore	Hunsur	Kakanakote forest
		Chickmagalur	Chickmagalur	Thungabhadra, Narasimhaparvatha, Kigga forest, Hirebyle, Samse
4.	1974-1975	Tumkur	Tumkur	Huliyur durga, Ugne, Devarayana durga, Kollikallu, Siddarabetta, Madhugiri, Timlapuara
		Chickmagaluru	Chickmagalur	Charmadi ghats, Kottigehar, Muthodi, Kesuve-Yelnir ghats, Samse and Malleshwar
		Koppa	Koppa	Gangamoola forest, Kerekatte
		Shimoga	Bhadra Wild life	Baba budan hills, Sankashola, Suklahatti Kalhattigiri, Lakavalli state forest
5.	1975-1976	Kameng district (Arunachal Pradesh)	Kameng	Kameng district forest
		Nilgiris (TN)	Nilgiris	Nilgiris forest

6.	1976-1977	Tumkur	Tumakur	Forest of Bukkapatna, Manchaladorai, Kollikallu, Devarayan durga and Huliur Durga state forest
		Coorg	Virajpet	Pattikat reserve forest, Talacauvey, Urty ghat, Bhagamandala-Karika-Kerty ghat, Kakabbe-Aramane
		Bengaluru	Bengaluru	Bannerghatta
7.	1977-1978	Coorg	Virajpet	Kadamakkal, Pattikat, Sampaje, Anekad, Athur, Kushal nagar, Mathikode reserve forests
		Mysore	Hunasur	Thithimathi
8.	1978-1979	Tumakaur	Tumakur	Huliur durga state forest, manchaldorai state forest, Kolikallu state forest, Timlapura state forest, Devarayan durga state forest
		Hoshangabadh (MP)	Hoshangabadh	Pachmarhi areas
		Annupur (MP)	Annupur	Amarakantak areas
		Satna (MP)	Satna	Chitrakoot areas
9.	1979-1980	Tumakur	Tumkur	Bannehalla, Hosahalli, Kondli cross, Kalasapura, Chickmangalur Range, Kadur Camp, Yemmedoddi, Kadur range
		Chickmagalur	Chickmagalur	Gunavati, Koppa, Adada, Hariharapura, Kuskal, Chikkagrahara, Muttikoppa, Aramballi, NR Pura Range, Mallandura, Aaduvalli-Kalale, Chickagrahara, Mudigere-NR pura transit Honnur
10.	1980-1981	Andaman & Nicobar	Andaman and Nicobar	Andaman and Nicobar
		Ramanagar	Cauvery Wild life	Manjunatha state forest, Bididale, kanakapura range
11.	1981-1982	Ramanagar	Cauvery Wild life	Bididale, Sangam forest
		Coorg	Virajpet	Kerty reserve forest towards thovtipalam, Forest towards sollekal, Between kerti and Irti, Towards Wottekalli
12.	1982-1983	Coorg	Mercara	Mattara, Brahmagiri, Irupu, Srimangala, Birunani, nagar Hole, Kushala Nagar, Mercara, Talcauvery, Jodapala, Kakabbe
		Bengaluru	Bengaluru	Bannerghatta
13.	1983-1984	Coorg	Mercara	Kundalli, Heggade mane, Pusphagiri, Shanthalli, Abbi, Tadiandamole, kakabbe, Bhagamandal, Talacauvery, Karika, Sidapura, Mercara, Nagarahole, Birunani, Makut, Brahmagiri, Srimangala, Sampaje, Somavarapet, Koothi, Jakkannahalli, Jodapaala
			Virajapet	Sulya, Karika, Virajapet, makut, Shanivarshante, Napoklu, Kakabbe, Sollekolli, Wotekolli, Macut state border,

				Arabbi tittu, Koottu hole
14.	1984-1985	Coorg	Madikeri	Somvarpet, Shanivar santhe, gangavar, Igoor, Mercara, sampaje, Jodupala, Nagarahole, Kutta
			Virajpet	Shrimangala, Virajpet, Sollekalli, Wottekalli, Makutta
15.	1985-1986	Coorg	Coorg	Coorg
		Kolar	Kolar	Nandi hills, Haristhal, Nadagudi, Kaivar, Kolar, Mulabaga, Nagali, Srinivasapura, Ramachandrapura, Sololadappandoddi, Maravapalli, Bhagepalli, CB pura, Narasimha betta, Varlakonda, KR Pura
		Chikkaballapur	Chikkaballapur	Chikkaballapur
16.	1986-1987	Kolar	Kolar	Solalappana dinne, Haristhala, Kanive, Nandi hills
		Coorg	Virajpet	Makut-Virajpet, Somavarpet, Kundalli, Shanthalli, Abbe Falls
			Madikeri	Mercara, Bhagamangala, Talacauvery, Napoklu, Karike, Nagarahole, Irpu, Kutta
17.	1987-1988	Shimoga	Shimoga	Theertha halli, Nagara-Sampekatte, Hulikal Ghats, Nagodi-Sampekatte, Agumbe, Masthikatte-Yedur, Hulikalghats, Sampekatte, Hosanagar-Humcha-Nivane, Sampekatte-Nittur, Chakranagar, Begar-Agumbe, Hosanagar, Wotekalli-Makut, Shanthalli-Puspagiri
18.	1988-1989	Shimoga	Shimoga	Indnodi, Nagara, Nagodi, Mastikatte, Tankebailu, Yedur, Hulikal, Savehaklu, Hosanagar, mavinhole, Linganhalli, Sorab, Holekoppa, Sampegudda, Kuppegadde, Talaguppa, Hiremane, Kargal, Jog, Kumsi, Anandapur, Hosagadde, Agumbe, Kundadri
			Sagar	Sagar, Tagarathi, Inchavalli, Shikaripur, Nagavalli, Govardhan giri, Kogar, Sampekatte, Kodachadri, Nagara, Hulikal ghats, Agumbe, Onakabbe falls
19.	1989-1990		No survey tours conducted	
20.	1990-1991	Shimoga	Sagar	Joga surrounding, Hosanagar
			Shimoga	Kodachadri range, Nagara fort, Agumbe
21.	1991-1992	North Canara	Sirsi	Hulikal, Kolbis cross, Khurse ghats, Bandal Ghats, Unchalli, Janmane, Mavingudi forest, Magodu falls,
			Yellapur	Ganesh Gudi, Anshi ghat, Patoli, Gund forest
		Shimoga	Shimoga	Agumbe forest
		Ramanagar	Ramanagar	Savanadurga

		Bengaluru rural	Bengaluru rural	Thippagondanahalli, Muthyal madu, Anekal
22.	1992-1993	North Canara	Dandeli	Patoli, Guad, dandeli, Kulgi forest, Anshi ghats, Kumbharwada
			Karawar	Karwar, Gokarna
		Bengaluru	Bengaluru Rural	Muthyalamadu, Tippagondanhalli,
		Ramnagar	Ramanagar	Savanadurga, Magadi, Ramanagaram, Kanva
23.	1993-1994	-	-	No Survey tours conducted
24.	1994-1995	Uttara Kannada	Sirsi	Sirsi-Yellapur, Bedati, Hunesettikoppa, Sidligundi, Kyakodu, Bhatkal, Hejjulu, Karni, Ganesh gudi, Ramanagar, Patoli, Kanasi, Arebail, Bisgod, Sathodi
25.	1995-1996	Uttara Kannada	Dandeli	Dandeli, Patoli, Ansi Ghats, Siddapur
			Sirsi	Sirsi
		Belgaum	Belgaum	Castle rock, Supa, Tinnai ghats
26.	1996-1997	Uttara Kannada	Dandeli	Dandeli, Tinaighats, Sintheri rocks, Ulavi, Hadsa-Joida, Berchi-Ganesh Gudi, Anmod Ghats
			Sirsi	Sirsi, Sirsi-Yellapur
			Yellapur	Yellapur, sathodi, Magodu, Patoli, Gokarna
			Honnavaara	Honnavaara, Gersoppa
27.	1997-1998	-	-	Medico Botanical tour was suspended
28.	1998-1999	Belgaum	Belgaum	Kulgi, Anashi, Supa, Belgaum, Khanapur, Tinnai ghat, Londa, Vercaud, AnmolHemmadaga, Jagal, Nagaragali
		Uttara Kannada	Dandeli	Dandeli
29.	1999-2000	Belgaum	Belgaum	Naagaragali, Kanakumbi, jamboti, Mahadayi
30.	2000-2001	Belgaum	Belgaum	Pandhari river, Tinnai ghats, Hemadaga, Khanapur, Nagaragali, Londa, Astholi, Anamod, Durki river
			Gokak	Gokak, Thukkanetti,
31.	2001-2002	Belgaum	Belgaum	Naagaragali, Hemmadga, Khanapur, Jamboti, Castle rock, Anmod, Jaglebet and Ramanagra
32.	2002-2003	Belgaum	Belgaum	Anmod lower and Upper, jamboti, Kanakumbi, Castle rock, Savaragaali, Khanapur, Kumbarda, Nagaragali, Shirol, Hemmadaga
33.	2003-2004	Belgaum	Belgaum	Londha range, Khanapur, Pandhari river bank (Londha), Khanapur Belgaum road, Bidi.
34.	2004-2005	South Canara	Udupi	Halakkihole, Ballala, Kambradi, Kundapura
		South Canara	Mangalore	Anjheri camp, Moodibidre, Hatti angadi,
35.	2005-2006	South Canara	Mangalore	Sulliyya, Kumar Parvata, Subramanya, Pottur, Panja

36.	2006-2007	Hassan	Hassana	Bellur and Halebeedu (Pushpagiri) forest range, Hagare reserve forest, Rama devar hally reserve forest
37.	2007-2008	Hassan	Hassana	Shakleshpura and Alur forest ranges
38.	2008-2009	Mandya	Mandya	Hulikere lower and upper block Mandya range, Srirangapattan, Maddur, Melkote, K R Pet ranges
39.	2009-2010	Mandya	Mandya	Naagamangala & Malavalli forest ranges
		Chitradurga	Chitradurga	Chitradurga, Hodalkere, Molakalmuru, Chelikere, Hosadurga & Hiriya forest ranges
40.	2010-2011	Dharwad	Dharwad	Kalaghatagi, Hubli and Darwad forest ranges
41.	2011-2012	Bellary	Bellary	Bellary, Hospet, Sandur, Kudligi, Hadagali, Hagari bommanalli ranges
42.	2012-2013	Davanagere	Davanagere	Davangere, Harappanahalli, Honnali & Jagalur ranges
		Haveri	Haveri	Hanagal, Haveri, Herikerur and Shiggaon ranges
43.	2013-2014	Gadag	Gadag	Gadag, Mundargi, Shirhatti and Ron forest ranges
		Koppal	Koppal	Koppal, Gangavati and Kushtagi forest ranges
44.	2014-2015	Bagalkot	Bagalkot	Bagalkot, Hunagund, Badami, Jamakhandi, Mudhol, Bilagi forest ranges
		Raichur	Raichur	Raichur, Lingasugur, Devadurga, Sindhanur and Manvi forest ranges
45.	2015-2016	Kolar	Kolar	Malur, Kolar, Mulbagalu, Bangarpet, Srinivasapura
		Vijayapura	Vijayapura	Sindagi, Bagevadi, Bijapur, Indi and Muddebihal
46.	2016-2017	Kalaburagi	Kalaburagi	Sedum, Kalaburagi, Aland and Chincholi ranges
		Bidar	Bidar	Aurad, Humnabad, Basavakalyan, Bhalki and Bidar
47.	2017-2018	Hassan	Hassan	Arsikere, Alur, Belur, Yeslur, Sakleshpur, Hassan, Holenarsipur, Chennarayapatna forest ranges
		Yadgir	Yadgir	Shorapur and Yadgir forest ranges
48.	2018-2019	Dakshina Kannada	Dakshina Kannada	Mangalore, Belthangady, Sullia, Uppinangady, Puttur, Bantwal, Subramanya, Panja ranges
		Udupi	Udupi	Udupi, Byndoor, Kundapura, Shankaranayana, Hebri, Karkala, Moodibidri, Venoor ranges
49.	2019-2020	-	-	No survey tour conducted
50.	2020-2021	-	-	No survey tour conducted
51.	2021-2022	Bagalkot and	Bagalkot&Raichur	1 MEBS tour in Bagalkot and Raichur

		Raichur Vijayapura Kolar	Vijayapura Kolar	districts 1 MEBS tour in Vijayapura district 1 MEBS tour in Kolar district
52.	2022-2023	Kolar Kalaburagi Bidar Yadgir Hassan	Kolar Kalaburagi Bidar Yadgir Hassan	1 MEBS tour in Kolar district 1 MEBS tour in Kalaburagi and Bidar districts 1 MEBS tour in Yadgir district 1 MEBS tour in Hassan district
53.	2023-2024	Dakshnia Kannada&Udupi Hassan	Dakshnia Kannada & Udupi Hassan	1 MEBS tour in Dakshnia Kannada & Udupi districts 1 MEBS tour in Hassan district
54.	2024-2025	-	-	02 survey tours conducted in Hassan district to document wild edible plants under IMR project
		Special tours:	Nilgiris- South and North divisions Andaman & Nicobar Islands. Madhya Pradesh, Arunachal Pradesh Siddharabatta Hills (Tumkur District) Karnataka State (in 2005-06)	
55.	2025-26		Nandyala	Chelama range: Gajulapalli beat, Kotakonda beat and Dongabavi beat. Rudravaram range: Ahobilam south beat
		Nandyala dt, Andhra Pradesh	Atmakur	Bairluty Range: Kurutlapenta beat, Bairluty beat and Pechheruvu West. Velugodu range: Pangidi beat and Abbarajukunta beat. Srisailam range: Sundipenta beat and Peddachama beat
		Prakasam dt, Andhra Pradesh	Markapuram	Korraprolu range: Peddamantanala beat. Dornala range: Tummalabailu beat. Erragondapalem range: Mallapalem beat
		Nagarkurnool dt, Telangana	Amrabad	Mannanur range: Mannanur beat, Mallapur beat and Gundam east beat. Achampet range: Umamaheswaram beat. Turkapally range: Kollampenta beat
			Achampet	Achampet range: Rangapur north beat. Kollapur range: Somasila beat
		Nalgonda dt, Telangana	Nagarjuna Sagar	Nagarjuna Sagar range: Nagarjuna Sagar beat and Yellapur beat. Devarakonda range: Dasarapalli beat. Kambalapally range: Rekularam beat
		Kodagu and Mysuru dts, Karnataka	-	02 survey tours conducted in local markets to document wild edible and medicinal plants under IMR project
		Chikkamagaluru dt, Karnataka	-	02 survey tours conducted in local markets to document wild edible and medicinal plants under IMR project
		Udupi dt,	-	01 survey tour conducted in local

		Karnataka		markets to document wild edible and medicinal plants under IMR project
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- 1) Total number of specimens collected : 33937
 - a) Plant origin : 33915
 - b) Mineral origin : 20
 - c) Animal origin : 02
- 2) Total number of
 - a) Families collected : 261
 - b) Genera collected : 2089
 - c) Species collected : 2839
- 3) Total number of plant specimen in the herbarium : 44506
- 4) Total number of Index Cards prepared : nil
- 5) Total number of drug samples in the museum : 797
 - a) Plant origin : 775
 - b) Mineral origin : 20
 - c) Animal origin : 02
- 6) Total number of mounted plant specimens identified and not yet added to the herbarium (accession number not given) : nil
- 7) Total number of unmounted specimens not identified : nil
- 8) Details of medicinal plants (used in Ayurveda & Siddha system of medicine collected and their frequency status in the area):

Ayurvedic medicinal plants in Nallamala:

Sl. No.	Sanskrit name	Botanical name	Family	Part used	Source
1.	Gunja	<i>Abrus precatorius</i> L.	Fabaceae	Seeds/Root	Wild
2.	Khadira	<i>Acacia catechu</i> (L.f.) Willd.	Fabaceae	Heart wood/bark/ flowers	Wild
3.	Apamarga	<i>Achyranthes aspera</i> L.	Amaranthaceae	Panchanga	Wild
4.	Bilva	<i>Aegle marmelos</i> (L.) Correa	Rutaceae	Leaves /Root	Wild/Planted
5.	Priyangu	<i>Aglaia elaeagnoidea</i> (A.Juss.) Benth.	Meliaceae	Inflorescence	Wild
6.	Ankolah	<i>Alangium salviifolium</i> (L.f.) Wangerin.	Cornaceae	Seeds/Root	Wild
7.	Shirisha	<i>Albizia lebbeck</i> (L.) Benth.	Fabaceae	Stem Bark	Wild/Planted
8.	Saptaparni	<i>Alstonia scholaris</i> (Linn.)	Apocynaceae	Bark/Latex	Wild/Planted
9.	Kalamegha	<i>Andrographis paniculata</i> (Burm.f.) Wall. ex Nees	Acanthaceae	Whole Plant	Wild/Cultivated

10.	Sitaphal	<i>Annona squamosa</i> L.	Annonaceae	Leaf	Wild/Planted
11.	Svarnakshiri	<i>Argemone mexicana</i> L.	Papaveraceae	Latex	Wild
12.	Shatavari	<i>Asparagus racemosus</i> Willd.	Asparagaceae	Tuberous Root	Wild/Cultivated
13.	Nimba	<i>Azadirachta indica</i> A.Juss.	Meliaceae	Panchanga	Wild/Planted
14.	Brahmi	<i>Bacopa monnieri</i> (L.) Wettst.	Plantaginaceae	Whole Plant	Wild
15.	Vamsha	<i>Bambusa bambos</i>	Poaceae	Tender Shoots	Wild/Planted
16.	Sahachara	<i>Barleria prionitis</i> L.	Acanthaceae	Root	Wild
17.	Ashmantaka	<i>Bauhinia racemosa</i> Lam.	Fabaceae	Stem Bark	Wild
18.	Kovidarah	<i>Bauhinia variegata</i> Linn.	Fabaceae	Panchanga	Planted
19.	Punarnava	<i>Boerhavia diffusa</i> L.	Nyctaginaceae	Panchanga	Wild
20.	Shalmali	<i>Bombax ceiba</i> L.	Malvaceae	Flower	Wild
21.	Shallaki	<i>Boswellia serrata</i> Roxb.	Burseraceae	Gum resin	Wild
22.	Priyala	<i>Buchanania lanzan</i> Spreng.	Anacardiaceae	Bark	Wild
23.	Palasa	<i>Butea monosperma</i> (Lam.) Taub.	Fabaceae	Flower	Wild
24.	Latakaranja	<i>Caesalpinia bonduc</i> (L.) Roxb.	Fabaceae	Fruit	Wild
25.	Arka	<i>Calotropis procera</i> (Aiton) Dryand.	Apocynaceae	Panchanga	Wild
26.	Vyaghranakhi	<i>Capparis zeylanica</i> L.	Capparaceae	Root	Wild
27.	Kumbhi	<i>Careya arborea</i> Roxb.	Lecythidaceae	Bark	Wild
28.	Swarnapatri	<i>Cassia angustifolia</i> Vahl	Fabaceae	Leaves/Root	Wild/Cultivated
29.	Aragwada	<i>Cassia fistula</i> L.	Fabaceae	Phala majja	Wild
30.	Jyotismati	<i>Celastrus paniculatus</i> Willd.	Celastraceae	Panchanga	Wild
31.	Laghu patha	<i>Cissampelos pareira</i> L.	Menispermaceae	Root	Wild
32.	Asthishrnkala	<i>Cissus quadrangularis</i> L.	Vitaceae	Panchanga	Wild
33.	Patalagarudi	<i>Cocculus hirsutus</i> (L.) W.Theob.	Menispermaceae	Root	Wild
34.	Guggulu	<i>Commiphora wightii</i> (Arn.) Bhandari	Burseraceae	Gum resin	Wild
35.	Sleshmataka	<i>Cordia dichotoma</i> G. First.	Boraginaceae	Fruit	Planted
36.	Sahadevi	<i>Cyanthillium cinereum</i> (L.) H.Rob.	Asteraceae	Whole plant	Wild
37.	Dhatura	<i>Datura metel</i> Linn.	Solanaceae	Seeds/Roots	Wild/Planted
38.	Saliparni	<i>Desmodium gangeticum</i> (L.) DC.	Fabaceae	Root	Wild
39.	Tinduka	<i>Diospyros chloroxylon</i> Roxb.	Ebenaceae	Fruits	Wild
40.	Vata	<i>Ficus benghalensis</i> L.	Moraceae	Bark	Wild/Planted
41.	Kākodumbara	<i>Ficus hispida</i> L.f.	Moraceae	Fruit	Wild
42.	Plaksha	<i>Ficus macrocarpa</i> L.f.	Moraceae	Bark	Wild/Planted

43.	Udumbara	<i>Ficus racemosa</i> Linn.	Moraceae	Bark	Wild/Planted
44.	Aswattha	<i>Ficus religiosa</i> L.	Moraceae	Bark	Wild/Planted
45.	Plaksha	<i>Ficus virens</i> Aiton	Moraceae	Bark	Wild
46.	Langali	<i>Gloriosa superba</i> L.	Colchicaceae	Tuberous Root	Wild
47.	Gambhari	<i>Gmelina arborea</i> Roxb.	Lamiaceae	Root bark	Wild
48.	Dhanwana	<i>Grewia tiliifolia</i> Vahl.	Malvaceae	Stem Bark	Wild
49.	Hamsapadi	<i>Grona triflora</i> (L.) H.Ohashi & K.Ohashi	Fabaceae	Whole Plant	Wild
50.	Meshashringi	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex Sm.	Apocynaceae	Leaves/Root	Wild
51.	Mrgasringi	<i>Helicteres isora</i> L.	Malvaceae	Fruit	Wild
52.	Sariva	<i>Hemidesmus indicus</i> (L.) R.Br. ex Schult.	Apocynaceae	Root	Wild
53.	Chirabilva	<i>Holoptelea integrifolia</i> (Roxb.) Planch.	Ulmaceae	Stem Bark	Wild/Planted
54.	Kutaja	<i>Holorrhena antidiysenterica</i> (G.Don) Wall. ex A.DC.	Apocynaceae	Bark	Wild
55.	Nili	<i>Indigofera tinctoria</i> L.	Fabaceae	Fruit	Wild
56.	Jeevanthi	<i>Leptadenia reticulata</i> (Retz.) Wight & Arn.	Apocynaceae	Root & Leaves	Wild
57.	Kapitha	<i>Limonia acidissima</i> L.	Rutaceae	Fruits	Wild
58.	Madhuka	<i>Madhuca longifolia</i> (Koen.) Macbride	Sapotaceae	Flower	Planted/Wild
59.	Kampillaka	<i>Mallotus philippensis</i> (Lam.) Muell. - Arg.	Euphorbiaceae	Fruit	Wild
60.	Amra	<i>Mangifera indica</i> L.	Anacardiaceae	Fruits	Wild/Cultivated
61.	Akshipphala	<i>Morinda citrifolia</i> L.	Rubiaceae	Fruit	Wild/Cultivated
62.	Kapikacchu	<i>Mucuna pruriens</i> (L.) DC.	Fabaceae	Seeds	Common / Wild
63.	Kaidarya	<i>Murraya koenigii</i> (L.) Spreng.	Rutaceae	Leaves	Wild/Cultivated
64.	Amalaki	<i>Phyllanthus emblica</i> L.	Phyllanthaceae	Fruit	Wild/Cultivated
65.	Bhumyamalaki	<i>Phyllanthus amarus</i> Schum. & Thonn.	Phyllanthaceae	Whole Plant	Wild/Cultivated
66.	Lodhra	<i>Phyllodium pulchellum</i> (L.) Desv.	Fabaceae	Root	Wild
67.	Chitraka	<i>Plumbago zeylanica</i> L.	Plumbaginaceae	Root Bark	Wild/Cultivated

68.	Karanja	<i>Pongamia pinnata</i> (L.) Pierre.	Fabaceae	Seeds	Wild/Planted
69.	Agnimantha	<i>Premna tomentosa</i> Willd.	Lamiaceae	Root Bark	Wild
70.	Asana	<i>Pterocarpus marsupium</i> Roxb.	Fabaceae	Heartwood	Wild
71.	Madana	<i>Randia dumetorum</i> (Retz.) Poir.	Rubiaceae	Fruit	Wild/Occasional
72.	Arishtaka	<i>Sapindus trifolius</i> L.	Sapindaceae	Fruit	Wild/Cultivated
73.	Koshamra	<i>Schleichera oleosa</i> (Lour.) Oken	Sapindaceae	Seed	Wild
74.	Bhallataka	<i>Semecarpus anacardium</i> L.f.	Anacardiaceae	Fruit	Wild
75.	Bala	<i>Sida cordifolia</i> L.	Malvaceae	Roots	Wild
76.	Patala	<i>Stereospermum suaveolens</i> (Roxb.) DC.	Bignoniaceae	Root Bark	Wild
77.	Kupilu	<i>Strychnos nux-vomica</i> L.	Loganiaceae	Seeds	Wild
78.	Kataka	<i>Strychnos potatorum</i> L.f.	Loganiaceae	Seeds	Wild
79.	Tila	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	Seeds	Wild/Planted
80.	Amlika	<i>Tamarindus indica</i> L.	Fabaceae	Fruit	Wild/Planted
81.	Shaka	<i>Tectona grandis</i> L. f.	Lamiaceae	Flower	Wild
82.	Arjuna	<i>Terminalia arjuna</i> (Roxb.) Wight & Arn.	Combretaceae	Twak	Wild
83.	Bibhitaki	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Combretaceae	Fruit	Wild
84.	Guduchi	<i>Tinospora cordifolia</i> (Willd.)	Menispermaceae	Panchanga	Wild
85.	Goksura	<i>Tribulus terrestris</i> L.	Zygophyllaceae	Panchanga	Wild
86.	Raktavallī	<i>Ventilago madraspatana</i> Gaertn.	Rhamnaceae	Root Bark	Wild
87.	Aswagandha	<i>Withania somnifera</i> (L.) Dunal	Solanaceae	Root	Wild/Cultivated
88.	Svetakutaja	<i>Wrightia tinctoria</i> R.Br.	Apocynaceae	Bark	Wild
89.	Karkandhu	<i>Ziziphus oenoplia</i> (L.) Mill.	Rhamnaceae	Root Bark	Wild

- 9) Rare, Endangered or Threatened medicinal plants collected (please provide the details i.e name of the plant, family, part used, place of collection, threat status etc. in tabular form):
None

II. Details of the work carried out during the year 2025-26.

- a) Areas surveyed during the reporting period:

Sl. No.	Name of the areas surveyed	Survey dates	No. of days (including journey)	No. of photographs documented
1.	Six-day tour of Nallamala forest offices in Andhra Pradesh and Telangana	14.07.2025 to 19.07.2025	6 days	Collected contact details of key forest personnel and survey maps of concerned forest divisions and ranges in Andhra Pradesh and Telangana
2.	MEBS tour of Nallamala forests in Andhra Pradesh and Telangana	28.07.2025 to 08.08.2025	12 days	451 plants with photographs and 1 LHT were documented
3.	Survey and documentation of wild edible plants from local markets in Kodagu and Mysuru districts of Karnataka	11.08.2025 to 14.08.2025	4 days	Information on 41 wild edible plants has been documented.
4.	Survey and documentation of wild edible plants from local markets in Chikkamagaluru district of Karnataka	24.09.2025 to 27.09.2025	4 days	mation on 07 medicinal plants uses has been documented
5.	MEBS tour of Nallamala forests in Telangana	17.11.2025 to 22.11.2025	6 Days	360 plants with photographs and 3 LHTs were documented
6.	Survey and documentation of wild edible plants from local markets in Udupi district of Karnataka.	16.12.2025 to 19.12.2025	4 days	Information documented on ethno-dietary practices and ritual practices of local people of Udupi district. 6 crude drugs, 9 museum samples and 15 wild edible plants were documented
7.	MEBS tour of Nallamala forests in Andhra Pradesh	02.01.2026 to 09.01.2026	8 Days	310 plants with photographs and 5 LHTs were documented

8.	Survey and documentation of wild edible plants from local markets in Chikkamagaluru district of Karnataka	19.01.2026 to 22.01.2026	4 days	10 wild edible plants were purchased for garden purposes. IDIs (02 ethno-dietary & 01 religious) and FGDs (01 ethnodietary & 01 religious) of ethno-dietary and religious practices were documented
9.	MEBS tour of Nallamala forests in Telangana	23.02.2026 to 28.02.2026	6 Days	334 plants with photographs and 3 LHTs were documented
10.	MEBS tour of Nallamala forests in Andhra Pradesh	05.03.2026 to 11.03.2026	6 Days	350 plants with photographs and 3 LHTs were documented
11.	Survey and documentation of wild edible plants from local markets in Southern part of Western Ghats in Karnataka State.	23.03.2026 to 26.03.2026	4 days	Procured 5 wild edible fruit yielding plants for garden purposes and collected 4 museum samples from Kodagu and Mysuru districts

b) Short tours (crude drug collection tours) conducted during 2025-26: None

c) Tour wise details of herbarium specimens collected : 71 (64 specimens under SCSP program & 07 specimens under wild edible project)

d) Total number of:

i) families of the collected specimens : 27 families

ii) genera of the collected specimens : 55 genera

iii) species of the collected specimens : 61 species

e) Total number of plant specimens mounted for herbarium : 68 specimens

f) Total number of plant specimens added to herbarium : 68 specimens

g) Total number of seed samples added to the museum : 02

h) Total number of mounted plant specimens identified

and not added to the herbarium : nil
i) Total number of unmounted specimens not identified : nil

j) Details of crude drug samples collected/procured and supplied during 2025-26:

Sl. No.	Sanskrit Name	Botanical Name	Part	Quantity collected		Quantity supplied	To whom	Purpose of supply	Balance
				Fresh wt. (kg)	Dry wt. (kg)	Dry wt. (kg)			
1.	Gambhari	<i>Gmelina arborea</i> L.	Seed	1.000	-	-	-	-	0.300
2.	Bringaraj	<i>Eclipta alba</i> (L.) Hassak	Whole plant	1.000	-	-	-	-	0.400
3.	Vata	<i>Ficus benghalensis</i> L.	Young Stem Bark	3.000	-	0.700	UAS, GKV, Bengaluru	Collaborative Project	0.000
4.	Vata	<i>Ficus benghalensis</i> L.	Matured Stem Bark	3.000	-	2.000	UAS, GKV, Bengaluru	Collaborative Project	0.000
5.	Ashvattha	<i>Ficus religiosa</i> L.	Young Stem Bark	3.000	-	2.000	UAS, GKV, Bengaluru	Collaborative Project	0.000
6.	Ashvattha	<i>Ficus religiosa</i> L.	Matured Stem Bark	3.000	-	2.000	UAS, GKV, Bengaluru	Collaborative Project	0.000
7.	Udumbara	<i>Ficus racemosa</i> L.	Young Stem Bark	3.000	-	1.700	UAS, GKV, Bengaluru	Collaborative Project	0.000
8.	Udumbara	<i>Ficus racemosa</i> L.	Matured Stem Bark	3.000	-	2.000	UAS, GKV, Bengaluru	Collaborative Project	0.000
9.	Plaksa	<i>Ficus virens</i> Aiton.	Young Stem Bark	3.000	-	2.000	UAS, GKV, Bengaluru	Collaborative Project	0.000
10.	Plaksa	<i>Ficus virens</i> Aiton.	Matured Stem Bark	3.000	-	2.000	UAS, GKV, Bengaluru	Collaborative Project	0.000
11.	Charudaru	<i>Thespesia populnea</i> Sol. ex Corrêa	Young Stem Bark	3.000	-	2.000	UAS, GKV, Bengaluru	Collaborative Project	0.000
12.	Charudaru	<i>Thespesia populnea</i> Sol. ex Corrêa	Matured Stem Bark	3.000	-	2.000	UAS, GKV, Bengaluru	Collaborative Project	0.000
13.	Chitramulika	<i>Plumbago zeylanica</i> L.	Root	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000

14.	Agnimantha	<i>Premna serratifolia</i> L.	Stem Bark	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
15.	Bakuchi	<i>Psoralea corylifolia</i> L.	Seed	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
16.	Madan	<i>Catunaregam spinosa</i> (Thunb.) Tirveng.	Fruit	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
17.	Manjishtha	<i>Rubia cordifolia</i> L.	Root	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
18.	Katuki	<i>Picrorhiza kurroa</i> Royle ex Benth.	Root	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
19.	Jatamansi	<i>Nardostachys jatamansi</i> (D.Don)DC.	Root	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
20.	Daruharidra	<i>Berberis aristata</i> DC.	Stem	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
21.	Ashoka	<i>Saraca asoca</i> (Roxb.) Willd.	Stem Bark	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
22.	Arjuna	<i>Terminalia arjuna</i> (Roxb. ex DC.) Wight & Arn.	Stem Bark	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
23.	Talispatra	<i>Abies webbiana</i> (Wall. ex D.Don) Lindl	Leaf	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
24.	Satavari	<i>Asparagus racemosus</i> Willd.	Root	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
25.	Tulsi	<i>Ocimum tenuiflorum</i> L.	Leaf	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
26.	Amlaparni	<i>Rheum emodi</i> Wall.	Root	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
27.	Kankola	<i>Piper cubeba</i> L.f.	Fruit	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
28.	Chavya.	<i>Piper retrofractum</i> Vahl	Fruit	-	0.250	0.250	CARI, Kolkata	IMR Project	0.000
29.	Shatavari	<i>Asparagus racemosus</i> Willd.	Root	5.000	-	-	-	-	1.000
30.	Rasna	<i>Dodonaea viscosa</i> Jacq.	Leaf	3.000	-	-	-	-	0.100
31.	Kadamba	<i>Neolamarckia cadamba</i> (Roxb.) Bosser	Flower	2.000	-	-	-	-	0.100
32.	Kumbikah	<i>Careya arborea</i> Roxb.	Flower	0.500	-	0.250	RARI, Jammu	IMR Project	0.000
33.	Varuna	<i>Crateva magna</i> (Lour.) DC.	Flower	0.500	-	0.250	RARI, Jammu	IMR Project	0.000
34.	Vanda	<i>Dendrophthoe falcata</i> (L.f.) Ettingsh.	Flower	1.000	-	0.500	RARI, Jammu	IMR Project	0.000
35.	Shankhpushpi	<i>Convolvulus prostratus</i> Forssk	Seeds	5.000	-	3.000	ICAR-IIHR,	Collaborative	0.000

							Bengaluru	project	
36.	Atmagupta	<i>Mucuna pruriens</i> (L.) DC.	Seed	-	0.500	0.500	R-CFTRI Mysuru	Collaborative Project	0.000
37.	Ikshuraka	<i>Hygrophila auriculata</i> (Schumach.) Heine	Seed	-	0.500	0.500	R-CFTRI Mysuru	Collaborative Project	0.000
38.	Vidari	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.	Tuber	-	0.500	0.500	R-CFTRI Mysuru	Collaborative Project	0.000
39.	Pippali	<i>Piper longum</i> L.	Fruit	-	0.500	0.500	R-CFTRI Mysuru	Collaborative Project	0.000
40.	Triphala	<i>Phyllanthus emblica</i> , <i>Terminalia bellirica</i> , <i>Terminalia chebula</i>	Fruit	-	1.500	1.500	R-CFTRI Mysuru	Collaborative Project	0.000
41.	Madhuka	<i>Madhuca indica</i> J.F.Gmel.)	Flower	-	0.500	0.500	R-CFTRI Mysuru	Collaborative Project	0.000
42.	Indu	<i>Cinnamomum camphora</i> (L.) J.Presl	Exudate	-	0.500	0.500	R-CFTRI Mysuru	Collaborative Project	0.000
43.	Plaksa	<i>Ficus virens</i> Aiton	Matured Stem Bark	4.000	-	2.000	UAS, GKVK, Bengaluru	Collaborative Project	0.000
44.	Plaksa	<i>Ficus virens</i> Aiton	Young Stem Bark	4.000	-	2.000	UAS, GKVK, Bengaluru	Collaborative Project	0.000
45.	Charudaru	<i>Thespesia populnea</i> Sol. ex Correa	Matured Stem Bark	4.000	-	2.000	UAS, GKVK, Bengaluru	Collaborative Project	0.000
46.	Charudaru,	<i>Thespesia populnea</i> Sol. ex Correa	Young Stem Bark	4.000	-	2.000	UAS, GKVK, Bengaluru	Collaborative Project	0.000
47.	Vata	<i>Ficus benghalensis</i> L.	Matured Stem Bark	4.000	-	2.000	UAS, GKVK, Bengaluru	Collaborative Project	0.000
48.	Vata	<i>Ficus benghalensis</i> L.	Young Stem Bark	4.000	-	2.000	UAS, GKVK, Bengaluru	Collaborative Project	0.000
49.	Ashvattha	<i>Ficus religiosa</i> L.	Matured Stem Bark	7.000	-	2.000	UAS, GKVK, Bengaluru	Collaborative Project	0.000
50.	Ashvattha	<i>Ficus religiosa</i> L.	Young Stem	4.500	-	1.700	UAS, GKVK, Bengaluru	Collaborative Project	0.000

			Bark				Bengaluru	Project	
51.	Udumbara	<i>Ficus racemosa</i> L.	Matured Stem Bark	7.000	-	2.000	UAS, GKVK, Bengaluru	Collaborative Project	0.000
52.	Udumbara	<i>Ficus racemosa</i> L.	Young Stem Bark	4.000	-	1.400	UAS, GKVK, Bengaluru	Collaborative Project	0.000
53.	Shashtika shali	<i>Oryza sativa</i> L.	Seed	-	1.000	1.000	R-CFTRI Mysuru	Collaborative Project	0.000
54.	Karkandu	<i>Carissa carandas</i> L.	Dried Fruit	-	0.500	0.500	R-CFTRI Mysuru	Collaborative Project	0.000
55.	Nagakeshara	<i>Mesua ferrea</i> L.	Flower	0.500	-	0.500	R-CFTRI Mysuru	Collaborative Project	0.000
56.	Ashvattha	<i>Ficus religiosa</i> L.	Matured Stem Bark	3.500	-	-	-	-	0.500
57.	Ashvattha	<i>Ficus religiosa</i> L.	Young Stem Bark	3.000	-	-	-	-	0.500
58.	Udumbara	<i>Ficus racemosa</i> L.	Matured Stem Bark	3.500	-	-	-	-	0.500
59.	Udumbara	<i>Ficus racemosa</i> L.	Young Stem Bark	3.000	-	-	-	-	0.500
60.	Citraka	<i>Plumbago zeylanica</i> L.	Root	3.000	-	0.500	MCARI, Chennai	IMR Project	0.000
61.	Eranda	<i>Ricinus communis</i> L.	Root	3.000	-	0.500	MCARI, Chennai	IMR Project	0.000
62.	Lodhra	<i>Symplocos racemosa</i> Roxb.	Stem Bark	-	5.000	5.000	CARI, Jhansi	Collaborative Project	0.000
63.	Priyangu	<i>Callicarpa macrophylla</i> Vahl	Fruit	-	5.000	5.000	CARI, Jhansi	Collaborative Project	0.000
64.	Mulethi	<i>Glycyrrhiza glabra</i> L.	Stem & Root	-	5.000	5.000	CARI, Jhansi	Collaborative Project	0.000

65.	Vacha	<i>Acorus calamus</i> L.	Root	-	1.000	1.000	RARI Gwalior	Post-Doctoral Project	0.000
66.	Mandukaparni	<i>Centella asiatica</i> (L.) Urb.	Whole Plant	10.00 0	-	1.000	RARI Gwalior	Post-Doctoral Project	0.000
67.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Hook. f. & Thomson.	Stem	8.000	-	1.000	RARI Gwalior	Post-Doctoral Project	0.000
68.	Jal kumbi	<i>Eichhornia crassipes</i> (Mart.) Solms.	Flower	1.000	-	0.040	RARI, Jammu	IMR Project	0.000
69.	Sinduria	<i>Bixa orellana</i> L.	Flower	2.500		0.100	RARI, Jammu	IMR Project	0.000
70.	Darvi, Daruharidra	<i>Berberis aristata</i> DC.	Stem	-	3.000	3.000	NARIP, Trissur, Kerela	IMR Project	0.000
71.	Punarnava	<i>Boerhavia diffusa</i> Linn	Whole plant	0.500	-	-	-	-	Infected
72.	Pippali	<i>Piper longum</i> L.	Fruit	0.500	-	-	-	-	Infected
73.	Tulsi	<i>Ocimum americanum</i> L.	Whole plant	1.000	-	-	-	-	0.500
74.	Haridra	<i>Curcuma longa</i> L.	Rhizome powder	-	5.000	3.000	CARI, Bengaluru	OPD Canteen	0.000
75.	Mallika	<i>Jasminum sambac</i> (L.) Aiton	Flower	-	0.120	0.120	RARI, Jammu	IMR Project	0.000
76.	Shveta Punarnava	<i>Trianthema portulacastrum</i> L.	Whole plant	0.500	-	0.270	CARI, Jhansi	IMR Project	0.000
77.	<u>Kakamachi</u>	<i>Solanum nigrum</i> L.	Fruit	0.400	-	0.180	CARI, Jhansi	IMR Project	0.000
78.	<u>Kakamachi</u>	<i>Solanum nigrum</i> L.	Leaf	0.800	-	0.300	CARI, Jhansi	IMR Project	0.000
79.	Gheekumari	<i>Aloe vera</i> (L.) Burm.f	Leaf	3.500	-	-	-	-	1.000
80.	Sudarsana	<i>Tinospora sinensis</i>	Stem	5.000	-	-	-	-	2.000
81.	Plaksha	<i>Ficus virens</i>	Stem Bark	1.500	-	-	-	-	0.500

82.	Asvakarnah	<i>Terminalia paniculata</i>	Stem Bark	2.500	-	-	-	-	1.000
83.	-	<i>Lygodium flexuosum</i>	Root	0.400	-	-	-	-	0.100
84.	Raj patha	<i>Cyclea peltata</i>	Root	0.100	-	-	-	-	0.000
85.	Kakanasa	<i>Trichosanthes palmata</i> L.	Whole Plant	4.000	-	3.400	RARI, Gwalior	IMR Project	0.000
86.	Kakanasa	<i>Trichosanthes palmata</i> L.	Fruit	0.800	-	0.680	RARI, Gwalior	IMR Project	0.000
87.	-	<i>Hydnocarpus pentandrus</i> (Buch.-Ham.) Oken	Fresh fruit	12.00 0	-	12.000	RARI, Pune	IMR Project	0.000
88.	Bakuchi	<i>Psoralea corylifolia</i> L.	Seed	0.500	-	-	-	-	0.100
89.	Bakuchi	<i>Portulaca oleracea</i> L.	Whole plant	10.00 0	-	-	-	-	0.700
90.	Bhumyamalaki	<i>Phyllanthus maderaspatensis</i> L.	Whole plant	1.000	-	-	-	-	0.500
91.	Tamraparna	<i>Nicotiana tabacum</i> L.	Whole plant	3.000	-	-	-	-	0.600
92.	Bibhitaki	<i>Terminalia bellirica</i> (Gaertn.) roxb. (Bahera)	Fruit	5.000	-	-	-	-	3.000
93.	Babbula	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Stem Bark	5.000	-	-	-	-	3.000
94.	Aragvadha	<i>Cassia fistula</i> L.	Fruit	2.000	-	-	-	-	1.000
95.	Rajapiluh	<i>Coffea arabica</i> L.	Fruit	2.000	-	-	-	-	0.500
96.	Amritha	<i>Tinospora cordifolia</i> (Willd.) Hook.f. & Thomson	Stem	-	1.500	1.500	RARI, Lucknow	IMR Project	0.000
97.	Useera	<i>Vetiveria zizanioides</i> (L.) Stapf.	Root	-	2.000	2.000	RARI, Lucknow	IMR Project	0.000
98.	Musta	<i>Cyperus rotundus</i> L.	Rhizome	-	2.000	2.000	RARI, Lucknow	IMR Project	0.000

99.	Bhoonimba	<i>Swertia chirayita</i> (Roxb.) H.Karst.	Whole plant	-	1.500	1.500	RARI, Lucknow	IMR Project	0.000
100.	Parpataka	<i>Fumaria indica</i> (Hauskn.) Pugsley	Whole plant	-	2.000	2.000	RARI, Lucknow	IMR Project	0.000
101.	Dhaniyaka	<i>Coriandrum sativum</i> L.	Fruit	-	1.500	1.500	RARI, Lucknow	IMR Project	0.000
102.	Chalachhada	<i>Tecomella undulata</i> (Sm.) Seem.	Stem Bark	-	4.000	0.700	CARI, Kolkata	IMR Project	0.000
103.	Chalachhada	<i>Tecomella undulata</i> (Sm.) Seem.	Small stem branch	-	5.000	0.800	CARI, Kolkata	IMR Project	0.000
104.	Chalachhada	<i>Tecomella undulata</i> (Sm.) Seem.	Leaves	-	2.000	0.500	CARI, Kolkata	IMR Project	0.000
105.	Agnimantha	<i>Premna serratifolia</i> L	Stem Bark	1.000	-	0.200	CARI, Kolkata	IMR Project	0.000
106.	Agnimantha	<i>Premna serratifolia</i> L	Root	1.000	-	0.200	CARI, Kolkata	IMR Project	0.000
107.	Madanaphala	<i>Catunaregam spinosa</i> (Thunb.) Tirveng.	Fruit	1.000	-	0.250	CARI, Kolkata	IMR Project	0.000
108.	Bakuchi	<i>Psorelia corylifolia</i> L.	Leaves	3.000	-	0.250	CARI, Kolkata	IMR Project	0.000
109.	Bakuchi	<i>Psorelia corylifolia</i> L.	Leaves (CARI)	1.000	-	0.250	CARI, Kolkata	IMR Project	0.000
110.	Jivanti	<i>Leptadenia reticulata</i> (Retz.) Wight & Arn.	Root	-	2.000	2.000	CARI, Jhansi	IMR Project	0.000
111.	Hriversa	<i>Coleus vettiveroides</i> K.C.Jacob	Root	-	2.000	2.000	CARI, Jhansi	IMR Project	0.000
112.	Svet Sariva	<i>Hemidesmus indicus</i> (L.) R.Br. ex Schult.	Root	-	2.000	2.000	CARI, Jhansi	IMR Project	0.000
113.	Brihati	<i>Solanum indicum</i> L.	Whole Plant	3.500	-	2.000	CARI, Jhansi	IMR Project	0.000
114.	Shikakai	<i>Acacia concinna</i> (Willd.) DC.	Fruit	5.000	-	-	-	-	2.000

115.	Agasti	<i>Sesbania grandiflora</i> (L.) Poir.	Pod	1.000	-	-	-	-	0.400
116.	Karanja	<i>Pongamia pinnata</i> (L.) Pierre	fruit	1.000	-	-	-	-	0.200
117.	Dronapushpi	<i>Leucas aspera</i> (Willd.) Link	Whole plant	2.000	-	-	-	-	0.100
118.	Prishnaparni	<i>Uraria picta</i> (Jacq.) Desv. ex DC.	Whole Plant	4.000	-	2.000	CARI, Jhansi	IMR Project	0.000
119.	Raksatika	<i>Gossypium arboreum</i> L.	Root	2.500	-	1.300	CARI, Jhansi	NRDR Project	0.000
120.	Kantavalli	<i>Acacia sinuata</i> (Lour.) Merr.	Fruit	2.000	-	0.500	CARI, Jhansi	NRDR Project	0.000
121.	Gorakshi	<i>Adansonia digitata</i> L.	Fruit	1.200	-	0.670	CARI, Jhansi	NRDR Project	0.000
122.	Saireyaka	<i>Barleria cristata</i> L.	Root	-	1.600	0.780	CARI, Jhansi	NRDR Project	0.000
123.	Patrangah	<i>Caesalpinia sappan</i> L.	Heart Wood	2.000	-	1.500	CARI, Jhansi	NRDR Project	0.000
124.	Bhustrina	<i>Cymbopogon citratus</i> (DC.) Stapf	Whole Plant	1.000	-	1.000	CARI, Jhansi	NRDR Project	0.000
125.	Siddheshvara	<i>Delonix elata</i> (L.) Gamble	Leaves	-	-	0.470	CARI, Jhansi	NRDR Project	0.000
126.	Madhulika.	<i>Eleusine coracana</i> (L.) Gaertn.	Root	-	-	1.100	CARI, Jhansi	NRDR Project	0.000
127.	Ajaka	<i>Ocimum gratissimum</i> L.	Seeds	2.000	-	1.000	CARI, Jhansi	NRDR Project	0.000
128.	Agnimantha	<i>Premna tomentosa</i> Willd.	Stem Bark	2.500	-	1.500	CARI, Jhansi	NRDR Project	0.000
129.	Karnikara	<i>Pterospermum acerifolium</i> (L.) Willd.	Flowers	2.000	-	0.650	CARI, Jhansi	NRDR Project	0.000
130.	Kundali	<i>Volkameria inermis</i> L.	Whole plant	6.000	-	1.200	CARI, Jhansi	NRDR Project	0.000
131.	Śaṇapušpī	<i>Crotalaria retusa</i> L.	Whole plant	2.000	-	0.660	CARI, Jhansi	NRDR Project	0.000
132.	Karpasa	<i>Gossypium herbaceum</i> L.	Root	-	-	0.550	CARI, Jhansi	NRDR Project	0.000
133.	Shanapushpi	<i>Crotalaria verrucosa</i> L.	Fruit	1.000	-	0.260	CARI, Jhansi	NRDR Project	0.000
134.	Indravaruni	<i>Cucumis trigonus</i> Roxb.	Fruit (Seeds)	3.000	-	0.100	CARI, Jhansi	NRDR Project	0.000
135.	Ajaka	<i>Ocimum gratissimum</i> L.	Whole plant	-	2.300	1.800	CARI, Jhansi	NRDR Project	0.000

136.	Kumuda	<i>Nymphaea alba</i> L.	Flower	0.350	-	0.100	CARI, Jhansi	NRDR Project	0.000
137.	Pitabhrngarajah	<i>Wedelia chinensis</i> Merr.	Whole Plant	-	3.200	1.560	CARI, Jhansi	NRDR Project	0.000
138.	Kadaraha	<i>Acacia polyantha</i> Spreng. ex Benth.	Stem	30.00 0	-	20.000	CARI, Bengaluru	CoE Project	0.000
139.	Khadira	<i>Acacia catechu</i> (L.f.) Willd.	Heart wood	80.00 0	-	40.000	CoE, Bengaluru	CoE Project	30.000
140.	Guvaka	<i>Areca catechu</i> L.	Seed	-	26.000	20.000	CoE, Bengaluru	CoE Project	0.000
141.	Pilu	<i>Salvadora persica</i> L.	Root	2.500	-	-	-	-	1.000
142.	Bibhitaki	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit	5.000	-	-	-	-	3.000
143.	Hemapushpi	<i>Chrysanthemum indicum</i> L.	Leaf	5.000	-	-	-	-	1.000
144.	Kākajāṅghā	<i>Peristrophe bicalyculata</i> (Retz.) Nees.	Whole plant	4.500	-	-	-	-	1.000
145.	Raktavalli	<i>Ventilago madraspatana</i> Gaertn.	StemBark	2.800	-	-	-	-	1.000
146.	Garuphala	<i>Hydnocarpus pentandrus</i> (Buch.-Ham.) Oken	Fresh fruit	6.000	-	-	-	-	3.500
147.	Chandrashoor	<i>Lepidium sativum</i> L.	Seeds	-	1.000	-	-	-	1.000
148.	Suvarnapatri	<i>Senna angustifolia</i>	leaf	-	1.000	-	-	-	1.000
149.	Anasa	<i>Ananas comosus</i> (L.) Merr.	Fruit	20.00 0	-	-	-	-	1.600
150.	Karkaru	<i>Cucurbita maxima</i> L.	Fruit	20.00 0	-	-	-	-	1.600
151.	Trapusha	<i>Cucumis sativus</i> L.	Fruit	3.000	-	-	-	-	0.960
Total				428.3 50	96.72	214.44	-	-	67.76

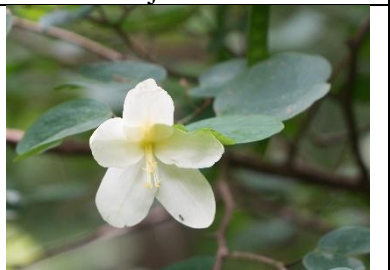
k) Details of folklore claims documented:

During the reporting period, documentation, identification and authentication of botanical raw drugs used by local healers and contributed to documentation of 15 LHTs from Nallamala forest survey in Andhra Pradesh & Telangana and 20 LHT from wild edible project survey conducted in Karnataka. Active participation of Dr. Srinivasulu C, RA (Bot.), Mrs. Bhavana R, RA (Bot.), Mrs. Ritu Sinha, RA (Bot.) and project staff including Dr. Dharnesh, SRF (Ay.) and Mr. Kumar Y, JRF (Botany) helped in processing of herbarium specimens and accessioning.

l) Medicinal plants photographs shooted during crude drug collection tours during the reporting year 2025-26:

		
Aglaia elaeagnoidea	Cochlospermum religiosum	Barleria prionitis
		
Euphorbia cristata	Erythroxylum monogynum	Crateva magna
		
Ochna obtusata	Grewia flavescens	Opuntia dillenii
		
Mundulea sericea	Dodonaea viscosa	Entada rheedei

		
Catunaregam spinosa	Urginea indica	Solanum incanum
		
Canthium coromandelicum	Givotia moluccana	Phyllanthus pinnatus
		
Strychnos potatorum	Strychnos nux-vomica	Hiptage benghalensis
		
Sida cordifolia	Ceropegia juncea	Cissus quadrangularis
		
Cynanchum acidum	Dichrostachys cineraria	Helicteres isora

		
Mallotus philippensis	Adina cordifolia	Maerua apetala
		
Euphorbia antiquorum	Guettarda speciosa	Cansjera rheedei
		
Euphorbia neriifolia	Theriophonum minutum	Bauhinia tomentosa
		
Spigelia anthelmia	Barleria strigosa	Cissus pallida
		
Manilkara hexandra	Pterocarpus marsupium	Acacia horrida
		
Grewia rhamnifolia	Grewia villosa	Grewia hirsuta

Glipse of medico ethno botanical activities



MEBS survey conducting at Nallamala forest, Andhra Pradesh



MEBS survey conducting at Nallamala forest, Telangana



MEBS survey team from CARI Bengaluru and RARI Vijawada during Nallamala forest survey in Andhra Pradesh



MEBS survey team from CARI Bengaluru and NIIMH Hyderabad during Nallamala forest survey in Telangana



LHT documentation from Mr. Bayanna (Age.42Y), Amrabad forest, Telangana



LHT documentation from the Mr. Kathravat Shakru Naik (Age.63Y) from Achampet forest, Telangana

m) Identification and Authentication of plant samples during year 2025-26:

1. Plant sample submitted by Spandana R, M Pharm, Dept. of Pharmacology, Nargund College of Pharmacy, Bengaluru authenticated as *Syzygium aqueum* (Burm.f.) Alston belonging to Myrtaceae (RRCBI-mus611).
2. Plant sample submitted by K.M Kavya, M. Sc., Centre for Applied Genetics, Dept. of Zoology, Bangalore University, Bengaluru authenticated as *Pterocarpus santalinus* L.f. belonging to Fabaceae (RRCBI-12941).
Plant sample submitted by Dr. Ahamed Shifak Fathima Shifra, , Dept. of Tahaffuzi-wa-Samaji-Tib, NIUM, Bengaluru authenticated as-
3. *Bambusa bambos* (L.) Voss belonging to Poaceae (RRCBI-18307)
4. *Lactuca sativa* L. belonging to Asteraceae (RRCBI-mus261)
5. *Portulaca oleracea* L. belonging to Portulacaceae (RRCBI-12339)
6. *Rosa damascena* Mill. belonging to Rosaceae (RRCBI-mus263)
7. *Punica granatum* L. (Peel) belonging to Lythraceae (RRCBI-13286).
8. *Vachellia nilotica* subsp. tomentosa (Benth.) Kyal. & Boatwr. belonging to Fabaceae (RRCBI-mus280)
9. Plant sample submitted by Dr. P. Sivakami Sundari, Associate professor, Dept. of Pharmacognosy, College of Pharmaceutical Sciences, Bengaluru authenticated as *Psidium guajava* L. belonging to Myrtaceae (RRCBI-18272)
Plant sample submitted by Dr. P. Sivakami Sundari, Associate professor, Dept. of Pharmacognosy, College of Pharmaceutical Sciences, Bengaluru authenticated as
10. *Averrhoa bilimbi* L. belonging to Oxalidaceae (RRCBI-mus618).
11. *Sapindus laurifolius* Vahl belonging to Sapindaceae (RRCBI-11235).
12. *Acacia auriculiformis* A.Cunn. ex Benth. belonging to Fabaceae (RRCBI-8977).
13. Plant sample submitted by s of Dayananda Sagar University, College of Pharmaceutical Sciences, Bengaluru authenticated as *Mimosa pudica* L. belonging to Fabaceae (RRCBI-20566).
14. Plant sample submitted by Dr. H. N. Shivaprasad, Chief Scientific officer, Botanic Healthcare Pvt. Ltd, Bengaluru authenticated as *Crateva nurvala* Buch.-Ham. belonging to Capparaceae (RRCBI-11815).
15. Plant sample submitted by Nishmita, M Pharm Pharmacology, College of Pharmaceutical Sciences, Dayananda Sagar University, Bengaluru authenticated as *Leucas lavandulifolia* Sm. belonging to Lamiaceae (RRCBI-361).
16. Plant sample submitted by Sangeetha SJ, M Pharm Pharmacology, College of Pharmac. Sciences, Dayananda Sagar University, Bengaluru authenticated as *Breynia retusa* (Dennst.) Alston belonging to Phyllanthaceae (RRCBI-7743).
17. Plant sample submitted by Pruthvi Raj R, M Pharm Pharmacology, College of Pharmaceutical Sciences, Dayananda Sagar University, Bengaluru authenticated as *Strobilanthes ciliata* Nees belonging to Acanthaceae (RRCBI-20263).
18. Plant sample submitted by Sai Sindhushree. G, M. Sc., Centre for Applied Genetics, Dept. of Zoology, Bangalore University, Bengaluru authenticated as *Millingtonia hortensis* L.f. belonging to Fabaceae (RRCBI-mus210).
19. Plant sample submitted by Priyanka K, M.Sc , Dept. of Microbiology, Biotechnology & food Technology, Jnana Bharthi Campus, Bengaluru authenticated as *Ficus religiosa* L. belonging to Moraceae (RRCBI-19623).
20. Plant sample submitted by Sameena B, M.Sc , Dept. of Microbiology, Biotechnology & food Technology, Jnana Bharthi Campus, Bengaluru authenticated as *Pongamia pinnata* (L.) Pierre belonging to Fabaceae (RRCBI-10892)

21. Plant sample submitted by Kusuma R, M.Sc., Dept. of Microbiology, Biotechnology & food Technology, Jnana Bharthi Campus, Bengaluru authenticated as *Cymbopogon citratus* (DC.) Stapf belonging to Poaceae (RRCBI-mus230).
22. Plant sample submitted by Ankitha T. N, M. Sc., Centre for Applied Genetics, Dept. of Zoology, Bangalore University, Bengaluru authenticated as *Santalum album* L. belonging to Santalaceae (RRCBI- 10880).
Plant sample submitted by Ms. Mais Diab, Ph. D scholar, Dept. of Chemistry and Biochemistry, Jain (Deemed to be university), Bengaluru authenticated as
23. *Petroselinum crispum* (Mill.) Fuss belonging to Apiaceae (RRCBI-mus619).
24. *Piper betle* L. belonging to Piperaceae (RRCBI-mus113).
25. Plant sample submitted by Mr. Adarsha NY, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as *Epiphyllum oxypetalum* (DC.) Haw. belonging to Cactaceae (RRCBI-mus416).
Plant sample submitted by Ms. Anushree VB, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as
26. *Camellia sinensis* (L.) Kuntze belonging to Theaceae (RRCBI-8667).
27. *Cinnamomum verum* J.Presl belonging to Lauraceae (RRCBI-20516).
28. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277)
29. *Syzygium aromaticum* (L.) Merr. & L.M.Perry belonging to Myrtaceae (RRCBI-mus151).
30. *Elettaria cardamomum* (L.) Maton belonging to Zingiberaceae (RRCBI-mus335).
31. Plant sample submitted by Ms. Arpita Dey, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as *Tarenna asiatica* (L.) Kuntze ex K.Schum. belonging to Rubiaceae (RRCBI-9069).
32. Plant sample submitted by Mr. Bidyut Bikash Bordoloi, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as *Momordica dioica* Roxb. ex Willd. belonging to Cucurbitaceae (RRCBI-7694)
33. Plant sample submitted by Ms. Chandana KB, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as *Tabernaemontana divaricata* (L.) R.Br. ex Roem. & Schult. belonging to Apocynaceae (RRCBI-13918).
34. Plant sample submitted by Ms. Nayana D R, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as *Delonix regia* (Bojer ex Hook.) Raf. belonging to Fabaceae (RRCBI-8836).
35. Plant sample submitted by Ms. Prakruthi TN, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644).
Plant sample submitted by Ms. Sadhana MS, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as
36. *Datura metel* L. belonging to Solanaceae (RRCBI-6784).
37. *Annona muricata* L. belonging to Annonaceae (RRCBI-mus188)
38. Plant sample submitted by Ms. Sherlin SK, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as *Strobilanthes alternata* (Burm.f.) Moylan ex J.R.I.Wood belonging to Acanthaceae (RRCBI-mus601).
39. Plant sample submitted by Ms. Y Bharathi, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as *Celastrus paniculatus* Willd. belonging to Celastraceae (RRCBI-5345).
Plant sample submitted by Dr. Masum Sharma, M.D. Scholar Kayachikitsa, Govt. Ayurveda College, Raipur, Chhattisgarh authenticated as
40. *Piper longum* L. belonging to Piperaceae (RRCBI-mus49).
41. *Plumbago zeylanica* L. belonging to Plumbaginaceae (RRCBI-12243).
42. *Zingiber officinale* Roscoe belonging to Zingiberaceae (RRCBI-mus205).

43. *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644).
 44. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
 45. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae (RRCBI-4966).
 46. *Phyllanthus emblica* L. belonging to Phyllanthaceae (RRCBI-11214).
 47. *Cyperus rotundus* L. belonging to Cyperaceae (RRCBI-mus316).
 48. *Embelia ribes* Burm.f. belonging to Primulaceae (RRCBI-11256).
 49. *Commiphora wightii* (Arn.) Bhandari belonging to Burseraceae (RRCBI-mus224).
 50. *Terminalia arjuna* (Thunb.) Meris. belonging to Combretaceae (RRCBI-11397).
 51. *Allium sativum* L. belonging to Amaryllidaceae (RRCBI-mus360).
 52. *Premna serratifolia* L. belonging to Lamiaceae (RRCBI-mus445).
 53. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277).
 54. *Cuminum cyminum* L. belonging to Apiaceae (RRCBI-mus223).
 55. *Picrorhiza kurroa* Royle ex Benth. belonging to Plantaginaceae (RRCBI-mus117).
 56. *Inula racemosa* Hook.f. belonging to Asteraceae (RRCBI-mus217).
- Plant sample submitted by Dr. Ruchi Tirkey, M.D. Scholar Kayachikitsa, Govt. Ayurved College, Raipur, Chhattisgarh authenticated as –
57. *Zingiber officinale* Roscoe belonging to Zingiberaceae (RRCBI-mus205).
 58. *Piper longum* L. belonging to Piperaceae (RRCBI-mus49).
 59. *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644).
 60. *Piper longum* L. belonging to Piperaceae (RRCBI-mus454).
 61. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
 62. *Plumbago zeylanica* L. belonging to Plumbaginaceae (RRCBI-12243).
 63. *Bunium bulbocastanum* L. belonging to Apiaceae (RRCBI-mus620).
 64. *Psammogeton involucratus* (Roxb.) Mousavi, Mozaff. & Zarre belonging to Apiaceae (RRCBI-mus621).
 65. *Cyclospermum leptophyllum* (Pers.) Sprague belonging to Apiaceae (RRCBI-mus220).
 66. *Trachyspermum ammi* Sprague belonging to Apiaceae (RRCBI-mus218).
 67. *Acorus calamus* L. belonging to Acoraceae (RRCBI-mus119).
 68. *Psoralea corylifolia* L. belonging to Fabaceae (RRCBI-mus94).
 69. Sendhav Lavan (RRCBI-mus624).
 70. Sauvarchal Lavan (RRCBI-mus625).
 71. Vid Lavan (RRCBI-mus626).
 72. *Hordeum vulgare* L. belonging to Poaceae (RRCBI-mus273).
 73. *Seidlitzia stocksii* (Boiss.) Assadi belonging to Amaranthaceae (RRCBI-mus627).
 74. *Commiphora wightii* (Arn.) Bhandari belonging to Burseraceae (RRCBI-mus224).
 75. *Garcinia pedunculata* Roxb. ex Buch.-Ham. belonging to Clusiaceae (RRCBI-mus628).
 76. *Ziziphus nummularia* (Burm.f.) Wight & Arn. of Rhamnaceae (RRCBI-mus629).
 77. *Macrotyloma biflorum* var. *biflorum* belonging to Fabaceae (RRCBI-mus134).
 78. *Cedrus deodara* (Roxb. ex D.Don) G.Don belonging to Pinaceae (RRCBI-mus315).
 79. *Pluchea lanceolata* (DC.) C.B. Clarke belonging to Asteraceae (RRCBI-mus551).
 80. *Vigna mungo* (L.) Hepper belonging to Fabaceae (RRCBI-mus630).
 81. *Linum usitatissimum* L. belonging to Linaceae (RRCBI-mus176).
 82. *Ricinus communis* L. belonging to Euphorbiaceae (RRCBI-854).
 83. *Saussurea costus* (Falc.) Lipsch. belonging to (RRCBI-mus243).
 84. *Anethum graveolens* L. belonging to Apiaceae (RRCBI-mus354).
- Plant sample submitted by Dr. Vandana Sidar, M.D. Scholar Kayachikitsa, Govt. Ayurved College, Raipur, Chhattisgarh authenticated as –
85. *Commiphora wightii* (Arn.) Bhandari belonging to Burseraceae (RRCBI-mus224).
 86. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
 87. *Phyllanthus emblica* L. belonging to Phyllanthaceae (RRCBI-11214).

88. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae(RRCBI-4966).
89. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
90. *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644).
91. *Piper longum* L. belonging to Piperaceae (RRCBI-mus49).
92. *Zingiber officinale* Roscoe belonging to Zingiberaceae (RRCBI-mus205).
93. *Justicia adhatoda* L. belonging to (RRCBI-19141)
94. *Bauhinia variegata* L. belonging to Fabaceae (RRCBI-1629).
95. *Tinospora cordifolia* (Thunb.) Meirs belonging to Menispermaceae (RRCBI-8976).
96. *Adiantum philippense* subsp. *Philippense* belonging to Pteridaceae (RRCBI-mus622).
Plant sample submitted by Dr. Ritik Kumar Tiwari, M.D. Scholar Kayachikitsa, Govt. Ayurveda College, Raipur, Chhattisgarh authenticated as
97. *Psoralea corylifolia* L. belonging to Fabaceae (RRCBI-mus94)
98. *Plumbago zeylanica* L. belonging to Plumbaginaceae (RRCBI-12243).
99. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277)
100. *Embelia ribes* Burm.f. belonging to Primulaceae (RRCBI-11256).
101. *Hydnocarpus pentandrus* (Buch.-Ham.) Oken (= *Hydnocarpus laurifolius* Sleumer) belonging to Achariaceae (RRCBI-5378).
102. *Semecarpus anacardium* L.f. belonging to Anacardiaceae (RRCBI-20114).
103. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
104. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae(RRCBI-4966).
105. *Phyllanthus emblica* L belonging to Phyllanthaceae (RRCBI-11214).
106. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
107. *Trichosanthes dioica* Roxb. belonging to Cucurbitaceae (RRCBI-mus623)
108. *Rubia cordifolia* L. belonging to Rubiaceae (RRCBI-10554).
109. *Picrorhiza kurroa* Royle ex Benth. belonging to Plantaginaceae (RRCBI- mus117)
110. *Acorus calamus* L. belonging to Acoraceae (RRCBI-mus119).
Plant sample submitted by Dr. Pramod Ekka, M.D. Scholar Kayachikitsa, Govt. Ayurveda College, Raipur, Chhattisgarh authenticated as –
111. *Psammodictyon involucreatum* (Roxb.) Mousavi, Mozaff. & Zarre belonging to Apiaceae (RRCBI-mus621).
112. *Piper longum* L. (Fruit) belonging to Piperaceae (RRCBI-mus49).
113. *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644).
114. *Embelia ribes* Burm.f. belonging to Primulaceae (RRCBI-11256).
115. *Plumbago zeylanica* L. belonging to Plumbaginaceae (RRCBI-12243).
116. *Cedrus deodara* (Roxb. ex D.Don) G.Don belonging to Pinaceae (RRCBI-mus315).
117. *Foeniculum vulgare* Mill. belonging to Apiaceae (RRCBI-mus145).
118. Sendhav Lavan (RRCBI-mus624).
119. *Zingiber officinale* Roscoe belonging to Zingiberaceae (RRCBI-mus205).
120. *Argyrea nervosa* (Burm.f.) Bojer (= *Argyrea speciosa* (L.f.) Sweet) belonging to Convolvulaceae (RRCBI-771)
121. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
122. *Convolvulus prostratus* Forssk. (= *Convolvulus pluricaulis* Choisy) belonging to Convolvulaceae (RRCBI-mus242).
123. *Tinospora cordifolia* (Thunb.) Miers belonging to Menispermaceae (RRCBI-8976).
124. *Operculina turpethum* (L.) Silva Manso belonging to Convolvulaceae (RRCBI-mus426).
125. *Ricinus communis* L. belonging to Euphorbiaceae (RRCBI-854).
126. *Dioscorea bulbifera* L. belonging to Dioscoreaceae (RRCBI-11923).
127. *Solanum virginianum* L. belonging to Solanaceae (RRCBI-3722).
128. *Hellenia speciosa* (J.Koenig) S.R.Dutta belonging to Costaceae (RRCBI-10056).
129. *Moringa oleifera* Lam. belonging to Moringaceae (RRCBI-19929).

130. *Piper longum* L. (Root) belonging to Piperaceae (RRCBI-mus454).
131. Plant sample submitted by Shreyasi Karmakar (Research Scholar), Dept. of Natural Products, NIPER Hyderabad, Telangana authenticated as *Salvia rosmarinus* Spenn. belonging to Lamiaceae (RRCBI-mus18).
Plant sample submitted by Dr. Nandoliya Soban Arifbhai, PG Scholar, Dept. of Moalajat, Luqman Unani Medical College & Hospital, Bijapur authenticated as -
132. *Myrtus communis* L. belonging to Myrtaceae (RRCBI-mus341).
133. *Phyllanthus emblica* L. belonging to Phyllanthaceae (RRCBI-11214).
134. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
135. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae (RRCBI-4966).
136. *Areca catechu* L. belonging to Arecaceae (RRCBI-mus114).
137. *Pistacia lentiscus* L. belonging to Anacardiaceae (RRCBI-mus339).
138. *Cistus ladanifer* L. belonging to Cistaceae (RRCBI-mus631).
139. *Adiantum capillus-veneris* L. belonging to Pteridaceae (RRCBI-mus303).
140. *Bambusa bambos* (L.) Voss belonging to Poaceae (RRCBI-mus632).
Plant sample submitted by Dr. Asiya Arbin, PG Scholar, Dept. of Moalajat, Luqman Unani Medical College & Hospital, Bijapur authenticated as -
141. *Nigella sativa* L. belonging to Ranunculaceae (RRCBI-mus175).
142. *Ficus carica* L. belonging to Moraceae (RRCBI-17613).
Plant sample submitted by Dr. Muhammed Ubaide, PG Scholar, Dept. of Moalajat, Luqman Unani Medical College & Hospital, Bijapur authenticated as -
143. *Hyoscyamus niger* L. belonging to Solanaceae (RRCBI-mus283).
144. *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644).
145. *Aloe vera* (L.) Burm.f. (Fresh Leaf Juice) belonging to Asphodelaceae (RRCBI-8952)
146. *Aloe vera* (L.) Burm.f. (Dried powder) belonging to Asphodelaceae (RRCBI-mus375).
Plant sample submitted by Dr. Syeda Nashim Banu, PG Scholar, Dept. of Moalajat, Luqman Unani Medical College & Hospital, Bijapur authenticated as -
147. *Ficus hispida* L.f. belonging to Moraceae (RRCBI-4342).
148. *Psoralea corylifolia* L. belonging to Fabaceae (RRCBI-mus94).
149. *Senna tora* (L.) Roxb. belonging to Fabaceae (RRCBI-8830).
150. *Zingiber zerumbet* (L.) Sm. belonging to Zingiberaceae (RRCBI- 20627).
Plant sample submitted by Dr. Tabassum Kudchi, Dept. of Ilmul Qabalat wa Amraze Niswan, Luqman Unani Medical College & Hospital, Bijapur authenticated as
151. *Asparagus racemosus* Willd. belonging to Asparagaceae (RRCBI-1937).
152. *Gossypium hirsutum* L. belonging to Malvaceae (RRCBI-633).
153. *Foeniculum vulgare* Mill. belonging to Apiaceae (RRCBI-mus145).
154. *Cuminum cyminum* L. belonging to Apiaceae (RRCBI-mus223).
Plant sample submitted by Dr. Shahila Nigar, PG Scholar, Dept. of Dept. of Ilmul Qabalat wa Amraze Niswan, Luqman Unani Medical College & Hospital, Bijapur authenticated as
155. *Sesamum indicum* L. belonging to Pedaliaceae (RRCBI-mus24).
156. *Trachyspermum ammi* Sprague belonging to Apiaceae (RRCBI-mus218).
157. Plant sample submitted by Dr. Venkateshwarlu K, Ayurlife Health Solution, Bengaluru authenticated as *Bauhinia variegata* L. belonging to Fabaceae (RRCBI-1629).
158. Plant sample submitted by Vaishali Bambal, Assistant Professor, College of Pharmaceutical Sciences, Dayanand Sagar University, Bengaluru authenticated as *Piper betle* L. belonging to Piperaceae (RRCBI-mus113).
Plant samples submitted by Dr. Shalik Ram Verma, M.D. Scholar Kayachikitsa, Govt. Ayurveda College, Raipur, Chhattisgarh authenticated as
159. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).

160. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae (RRCBI-4966).
161. *Phyllanthus emblica* L. belonging to Phyllanthaceae (RRCBI-11214).
162. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
163. *Rubia cordifolia* L. belonging to Rubiaceae (RRCBI-10554).
164. *Acorus calamus* L. belonging to Acoraceae (RRCBI-mus119).
165. *Picrorhiza kurroa* Royle ex Benth. belonging to Plantaginaceae (RRCBI-mus117)
166. *Tinospora cordifolia* (Thunb.) Miers belonging to Menispermaceae (RRCBI-8976)
167. *Berberis aristata* DC. belonging to Berberidaceae (RRCBI-mus617).
168. Plant sample submitted by Ms. Pratibha Ray, Dept. of Pharmacology, Karnataka College of Pharmacy, Bengaluru authenticated as *Vachellia farnesiana* (L.) Wight & Arn. belonging to Fabaceae. (RRCBI-10886).
169. Plant sample submitted by MD Aslam, M. Pharm, Dayanand Sagar University, Bengaluru authenticated as *Smilax zeylanica* L. belonging to Smilacaceae (RRCBI-2319).
Plant sample submitted by Dr. Nikhat Ara, PG Scholar, Dept. of Amraze Jild Wa Tazeeniyat, NIUM, Bengaluru authenticated as
170. *Berberis aristata* DC. belonging to Berberidaceae (RRCBI-mus617).
171. *Plantago ovata* Forssk. belonging to Plantaginaceae (RRCBI-mus634).
Plant sample submitted by Mrs. Tanuja, Assistant Professor, Sharda Vilas college of Pharmacy, Mysuru authenticated as
172. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
173. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae (RRCBI-4966).
174. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
175. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277).
Plant sample submitted by Ms. Meghana Sunil Nair, Dept. of Life Science, Christ (Deemed to be University), Bengaluru authenticated as
176. *Colocasia esculenta* (L.) Schott belonging to Araceae (RRCBI-8357)
177. *Murraya koenigii* (L.) Spreng belonging to Rutaceae (RRCBI-mus635).
178. *Brassica juncea* (L.) Czern. belonging to Brassicaceae (RRCBI-13306)
179. *Ocimum tenuiflorum* L. belonging to Lamiaceae (RRCBI-19505).
180. Plant sample submitted by Ms. A Ashika Devi, Dept. of Life Science, Christ (Deemed to be University), Bengaluru authenticated as *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
Plant samples submitted by Ms. Sharon A Gabriella, Dept. of Life Science, Christ (Deemed to be University), Bengaluru authenticated as
181. *Moringa oleifera* Lam. belonging to Moringaceae (RRCBI-19929).
182. *Citrus × aurantium* L. belonging to Rutaceae (RRCBI-mus475)
Plant samples submitted by Ms. Hannah Leah Lijo, Dept. of Life Science, Christ (Deemed to be University), Bengaluru authenticated as
183. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
184. *Chromolaena odorata* (L.) R.M.King & H.Rob. of Asteraceae (RRCBI-11710).
Plant samples submitted by B. Pharm, Vydehi Institute of Pharmacy, Bengaluru authenticated as
185. *Gymnema sylvestre* (Retz.) R.Br. ex Sm. belonging to Apocynaceae (RRCBI-10848).
186. *Mucuna pruriens* (L.) DC. belonging to Fabaceae (RRCBI-7831)
187. *Monoon longifolium* (Sonn.) B.Xue & R.M.K.Saunders belonging to Annonaceae (RRCBI-mus196).
188. Plant sample submitted by H K Hithyanth Naik, Dept. of Pharmacology, College of Pharmaceutical Sciences, Dayanand Sagar University, Bengaluru authenticated as *Breynia retusa* (Dennst.) Alston belonging to Phyllanthaceae (RRCBI-7743).

- Plant sample submitted by Jahnavi Mahesh, B. Pharm, College of Pharmaceutical Sciences, Dayanand Sagar University, Bengaluru authenticated as
189. *Salvia rosmarinus* Spenn. belonging to Lamiaceae (RRCBI-mus18).
 190. *Annona muricata* L. belonging to Annonaceae (RRCBI-mus188).
Plant samples submitted by Kalidas Shivani, B. Pharm, College of Pharmaceutical Sciences, Dayanand Sagar University, Bengaluru authenticated as
 191. *Mangifera indica* L. belonging to Anacardiaceae (RRCBI-mus110)
 192. *Calendula officinalis* L. belonging to Asteraceae (RRCBI-mus321)
 193. *Acalypha indica* L. belonging to Euphorbiaceae (RRCBI-849).
 194. *Melaleuca alternifolia* (Maiden & Betche) Cheel belonging to Myrtaceae (RRCBI-mus636).
 195. Plant sample submitted by Yash Mhetre, et al., B. Pharm s, T. John College of Pharmacy, Bengaluru authenticated as *Ocimum gratissimum* L. belonging to Lamiaceae (RRCBI-17609).
 196. Plant sample submitted by Mr. Sagar A and Chinmayee Patel, B Pharm, T. John College of Pharmacy, Bengaluru authenticated as *Santalum album* L. belonging to Santalaceae (RRCBI- 10880).
Plant sample submitted by Aarthi Kumari, Tarun N, Ranjith Gowda C V, Rubel Aziz, Puneeth K C and Shakthidharan A, VIII semester, B. Pharm s, St. John's Pharmacy College, Bengaluru authenticated as
 197. *Ficus religiosa* L. belonging to Moraceae (RRCBI-19623).
 198. *Centella asiatica* (L.) Urb. belonging to Apiaceae (RRCBI-5724).
Plant sample submitted by Dabre Venus Vijay, et al., B. Pharm, St. John's Pharmacy College, Bengaluru authenticated as
 199. *Ipomoea batatas* (L.) Lam. belonging to Convolvulaceae (RRCBI-mus103).
 200. *Capsicum annuum* L. belonging to Solanaceae (RRCBI-8263).
 201. *Musa × paradisiaca* L. belonging to Musaceae (RRCBI- mus342).
 202. *Ipomoea batatas* (L.) Lam. belonging to Convolvulaceae (RRCBI-mus103).
 203. Plant sample submitted by Madhushree U, Dept. of Microbiology and Biotechnology, Bengaluru authenticated as *Centratherum punctatum* Cass., family zAsteraceae (RRCBI-20613).
 204. Plant sample submitted by Yogeshwari D, Haritha V R and Narotham BP, M. Sc. s, Bengaluru authenticated as *Commiphora caudata* (Wight & Arn.) Engl. belonging to Burseraceae (RRCBI-605).
 205. Plant sample submitted by B. Pharm, Vydehi Institute of Pharmacy, Bengaluru authenticated as *Centratherum punctatum* Cass. belonging to Asteraceae (RRCBI-20613).
 206. *Selenicereus undatus* (Haw.) D.R.Hunt belonging to Cactaceae (RRCBI-mus638).
 207. *Cucumis sativus* L. belonging to Cucurbitaceae (RRCBI-15367).
 208. *Prunus amygdalus* Batsch belonging to Rosaceae (RRCBI-mus391).
Plant sample submitted by B. Pharm, 8 semester s, The Oxford College of Pharmacy, Bengaluru authenticated as
 209. *Punica granatum* L. belongi ng to the family Lythraceae (RRCBI-13286).
 210. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277).
Plant sample submitted by B. Pharm, 8 semester s, The Oxford College of Pharmacy, Bengaluru authenticated as
 211. *Ocimum tenuiflorum* L. belonging to Lamiaceae (RRCBI-19505).
 212. *Centella asiatica* (L.) Urb. belonging to Apiaceae (RRCBI-5724).
 213. *Tinospora cordifolia* (Thunb.) Meiers belonging to Menispermaceae (RRCBI-8976).

214. Plant sample submitted by B. Pharm, The Oxford College of Pharmacy, Bengaluru authenticated as *Annona muricata* L. belonging to Annonaceae (RRCBI-mus185).
215. Plant sample submitted by Chethana R, PhD s, St. John's Pharmacy College, Bengaluru authenticated as *Dracaena trifasciata* (Prain) Mabb. belonging to Asparagaceae (RRCBI-mus501).
The plant samples submitted by Meghana G S, Pratheek K J, Yashwanth Raj, Yashwanth K & Stella Mary, St. John's Pharmacy College, Bengaluru authenticated as
216. *Zea mays* L. belonging to Poaceae (RRCBI-mus208).
217. *Moringa oleifera* Lam. belonging to Moringaceae (RRCBI-19929).
218. Plant sample submitted by Anusha S, Anand Das, Manjunath H, Naveen M and Om Prakash, UG s, St. John's Pharmacy College, Bengaluru authenticated as *Piper betle* L. belonging to Piperaceae (RRCBI-mus113).
219. Plant sample submitted by Bindushree K S, Gayatri S, Harshavardhini K R and Sindhu T, B Pharm s, R R College of Pharmacy, Bengaluru authenticated as *Pseudosasa japonica* Makino belonging to Poaceae (RRCBI-mus639).
- The plant samples submitted by Abhishek Panth, Bhoomika, Dinu M Karthik, Vinay G & Mohan J, UG s, St. John's Pharmacy College, Bengaluru authenticated as-
220. *Piper betle* L. belonging to Piperaceae (RRCBI-mus113).
221. *Coleus amboinicus* Lour. belonging to Lamiaceae (RRCBI-mus214).
222. Plant sample submitted by Mr. P Raghu, Mr. Gagan CL, Mr. Vivek R and Ms. Kusuma J, B Pharm s, R R College of Pharmacy, Bengaluru authenticated as *Daucus carota* L. belonging to Apiaceae (RRCBI-mus424).
223. Plant sample submitted by Mr. Binayak Paul, Ms. Neha Gupta, Mr. Mohammad Shaleen and Ms. Aleena PB, B. Pharm s, R R College of Pharmacy, Bengaluru authenticated as *Benincasa hispida* Cogn. belonging to Cucurbitaceae (RRCBI-mus641).
Plant sample submitted by Mr. Vishnudas, Mr. Yubraj, Ms. Akshita and Ms. Thanuja B N, B Pharm., R R College of Pharmacy, Bengaluru authenticated as-
224. *Moringa oleifera* Lam. belonging to Moringaceae (RRCBI-19929).
225. *Litchi chinensis* Sonn. belonging to Sapindaceae (RRCBI-mus640).
226. *Withania somnifera* (L.) Dunal belonging to Solanaceae (RRCBI-9103)
227. Plant sample submitted by Sharath Kumar Y D, Manoj Muttu, S Mohammed Basith, Jai Kiran S and M Gurukiran, St. John's Pharmacy College, Bengaluru authenticated as *Apium graveolens* L. belonging to Apiaceae (RRCBI-mus289).
228. Plant sample submitted by Ms. Meghana M, et al. B. Pharm, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Phyllanthus emblica* L. belonging to Phyllanthaceae (RRCBI-11214).
229. Plant sample submitted by Ms. Swathi D S, Mr. Chandankumar K R, Mr. Kishor S, Mr. Dhanush M B, Mr. Mohan Prasad D J, 8th Sem, B. Pharm, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Selenicereus undatus* (Haw.) D.R.Hunt belonging to Cactaceae (RRCBI- mus638).
Plant sample submitted by Ms. Shubhashree TR, et al., B. Pharm s, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as
230. *Rubia cordifolia* L. belonging to Rubiaceae (RRCBI-10554).
231. *Clitoria ternatea* L. belonging to Fabaceae (RRCBI-19968).
232. Plant sample submitted by Laxmi Narayan, Punith P, Kishor R, Sravya B and Dhakshinya P, B. Pharm, T. John College of Pharmacy, Bengaluru authenticated as *Tectona grandis* L.f. belonging to Lamiaceae (RRCBI-13426).
233. Plant sample submitted by Bhavana V Raj, M. Sc. Dept. of Microbiology, Biotechnology, and Food Technology, Bangalore University, Bengaluru authenticated as *Neolitsea cassia* (L.) Kosterm. belonging to (RRCBI-mus206).

234. Plant sample submitted by Shashank G. M, M. Sc. Dept. of Microbiology, Biotechnology, and Food Technology, Bangalore University, Bengaluru authenticated as *Allium sativum* L. belonging to Amaryllidaceae (RRCBI-mus360).
235. Plant sample submitted by Dr. Prasanna Kumar C N, Himalaya Wellness Company, Bengaluru authenticated as *Linum usitatissimum* L. belonging to Linaceae (RRCBI-mus176).
Plant samples submitted by Vinutha A, et al., Acharya & BM Reddy College of Pharmacy, Bengaluru authenticated as
236. *Manilkara zapota* (L.) P.Royen belonging to Sapotaceae (RRCBI-mus142).
237. *Vitis vinifera* L. belonging to Vitaceae (RRCBI-mus407).
Plant samples submitted by Dhyan B.R, M. Sc. Dept. of Microbiology, Biotechnology, and Food Technology, Bangalore University, Bengaluru authenticated as
238. *Aegle marmelos* (L.) Corrêa belonging to Rutaceae (RRCBI-9076).
239. *Citrus limon* (L.) Osbeck belonging to Rutaceae (RRCBI-14108).
240. Plant sample submitted by Yamnee B, M. Sc., Dept. of Zoology Bangalore University, Bengaluru authenticated as *Sapindus laurifolius* Vahl belonging to Sapindaceae (RRCBI-11235).
241. Plant sample submitted by Ankush Nath, Imran Pasha, Dhanush E, Chimaye P, Purnima Malik, St. John's Pharmacy College, Bengaluru authenticated as *Zephyranthes candida* (Lindl.) Herb. belonging to Amaryllidaceae (RRCBI-mus642).
242. Plant sample submitted by Ms Bhagyalakshmi K, B.Pharmacy 4th year, T John College of Pharmacy, Bengaluru authenticated as *Dodonaea viscosa* (L.) Jacq. belonging to Sapindaceae (RRCBI-5409).
243. Plant sample submitted by Bhagyalakshmi K, et al., B.Pharmacy, T John College of Pharmacy, Bengaluru authenticated as *Terminalia arjuna* (Roxb. ex DC.) Wight & Arn. belonging to Combretaceae (RRCBI-11397).
Plant sample submitted by Mrs. Jyothi Lakshmi N, Dept. of Pharmacology, Institute of Pharmacy, PES University, Bengaluru authenticated as-
244. *Tephrosia villosa* (L.) Pers. belonging to Fabaceae (RRCBI-19554).
245. *Tephrosia tinctoria* (L.) Pers. belonging to Fabaceae (RRCBI-19777).
246. Plant sample submitted by Mr. Tilak Kumar M., M.Pharmacy, PESU Institute of Pharmacy, PES University, Bangalore authenticated as *Syzygium cumini* (L.) Skeels belonging to Myrtaceae (RRCBI-20554)
247. Plant sample submitted by Ms.Lekhana H.T, Ms. Bonagiri Sannitha, Ms. Adhwaita sudheesh, Ms. Poorva B.T, B.Pharmacy, Harsha College of Pharmacy, authenticated as *Codiaeum variegatum* (L.) A.Juss. (Leaves) belonging to Euphorbiaceae (RRCBI-mus643).
Plant samples submitted by Md. Sarfaraz Hossain, Ms Banribha Rymbai, Ms Barnali Singha, Mr. Muhamed Murshid C, Ms Puja Ghosh, 8th semester, B.Pharmacy, Harsha College of Pharmacy, authenticated as
248. *Zingiber officinale* Roscoe (Rhizome) belonging to Zingiberaceae (RRCBI-mus205)
249. *Allium sativum* L. (Clove) belonging to Amaryllidaceae (RRCBI-mus360)
Plant sample submitted by Mr Padaval Vinayak Prakash, Mr Satya Prakash, Mr Sujit Adak, Ms Sunanda Bera, Mr Yadav Kumar Jaihind, B.Pharmacy, Harsha College of Pharmacy, authenticated as
250. *Mangifera indica* L. (Leaves) belonging to Anacardiaceae (RRCBI-20521)
251. *Coccinia grandis* (L.) Voigt (Leaves) belonging to Cucurbitaceae (RRCBI-19610)
252. Plant sample submitted by Ms Aditi Saha, et al., B.Pharm., Harsha College of Pharmacy, authenticated as *Catharanthus roseus* (L.) G.Don of Apocynaceae (RRCBI-19305).
Plant sample submitted by Ms. Naorem Priyanka Devi, Mr. Sk Remin, Ms.

- Phibalapynhun Thangikhiew, Mr. Raju Majumder, B.Pharmacy, Harsha College of Pharmacy, authenticated as
253. *Zea mays* L. (Cornsilk) belonging to Poaceae (RRCBI-mus208)
 254. *Piper nigrum* L. (Black pepper) belonging to Piperaceae (RRCBI-20302)
 255. Plant sample submitted by Mr. Keinoumayum Amjad Khan, Ms. Koijam Pushpa Devi, Ms. Riakor Syiemiong, Ms. Younica L Marshiangbai, 8th semester, B.Pharmacy, Harsha College of Pharmacy, authenticated as *Perilla frutescens* (L.) Britton (Seeds) belonging to Lamiaceae (RRCBI-mus644)
 256. Plant sample submitted by Arpan Bhattarai, Gayathri C, Lakshmi Priya M, Sushmitha R B, Tejaswar P M, B.Pharmacy s, T. John College of Pharmacy, Bengaluru authenticated as *Equisetum arvense* L. belonging to Equisetaceae (RRCBI-mus645).
 257. Plant sample submitted by Mr.Suman Maji, Ms. Bhoomawati Rana, Ms Jyothi kumari Sah and Ms. Lisha Bera, 8th Semester, B.Pharmacy, R R College of Pharmacy, Bengaluru authenticated as *Cocculus hirsutus* (L.) W.Theob. belonging to Menispermaceae (RRCBI-20323).
 258. Plant sample submitted by Gowthami G.S, Gowthami G, Harshitha K, Harshitha H.S, Harshitha, 7th Semester, B.Pharmacy, Nargund College of Pharmacy, Bangalore authenticated as *Hydrocotyle vulgaris* L. belonging to Araliaceae (RRCBI-mus646)
 259. Plant sample submitted by Guruprasad R, M. Pharmacy, Dept. of Pharmacognosy, KLE College of Pharmacy, Bengaluru authenticated as *Euonymus pushpagiriensis* N. V. Page & T. U. Thackeray belonging to Celastraceae (RRCBI-mus647).
 260. Plant sample submitted by N S Bhavana, Sahana S, Sampa Samanta, Sapna K and Sougata Samanta, VIII Semester, B.Pharmacy, St.John's Pharmacy College, Bengaluru authenticated as *Oryza sativa* L. belonging to Poaceae (RRCBI-14075).
Plant sample submitted by Ms Lavanya K, Ms.Tandle Sahana, Mr.Sujan Gowda A T, Mr Hashim Moideen and Mr. Arun Kumar D, 8th Semester, B.Pharm, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as
 261. *Artocarpus heterophyllus* Lam. belonging to Moraceae (RRCBI-18296)
 262. *Pongamia pinnata* (L.) Pierre belonging to Fabaceae (RRCBI-19328)
 263. Plant sample submitted by Ms. Tanushree CM, et al., B.Pharm., Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Myristica fragrans* Houtt. belonging to Myristicaceae (RRCBI-mus199).
 264. Plant sample submitted by Mrs. Swathi E, PhD Scholar, Dayanand Sagar University, Bangalore authenticated as *Catharanthus roseus* (L.) G.Don belonging to Apocynaceae (RRCBI-19305).
Plant samples submitted by Ms. Ranjitha N, VIII Semester, B.Pharmacy, Ikon Pharmacy College, Bangalore, authenticated as
 265. *Pennisetum glaucum* (L.) R.Br. belonging to Poaceae (RRCBI-mus648).
 266. *Foeniculum vulgare* Mill. belonging to Apiaceae (RRCBI-mus145)
 267. *Cuminum cyminum* L. belonging to Apiaceae (RRCBI- mus223)
 268. *Zingiber officinale* Roscoe belonging to Zingiberaceae (RRCBI-mus205)
Plant samples submitted by Aishwarya M, Bhoomika K V, Gangothri A, Ranjitha N, Varsha V, B.Pharmacy, Ikon Pharmacy College, Bangalore, authenticated as
 269. *Carica papaya* L. belonging to Caricaceae (RRCBI-mus649).
 270. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus439)
 271. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-19476)
 272. Plant samples submitted by Enbaraj. A, Sushmitha. M, Khadar Basha and Priyanka L.S, B. Pharm s, T. John College of Pharmacy, Bengaluru authenticated as *Morus alba* L. belonging to Moraceae (RRCBI-mus170).

273. Plant sample submitted by P.B. B Rabia Basree, et al., B. Pharm s, T. John College of Pharmacy, Bengaluru authenticated as *Nelumbo nucifera* Gaertn. belonging to Nelumbonaceae (RRCBI-8427).
274. Plant sample submitted by Pavan Kumar R, et al., B. Pharm s, T. John College of Pharmacy, Bengaluru authenticated as
275. *Citrus × aurantium* L. belonging to Rutaceae (RRCBI-mus475).
276. *Punica granatum* L. belonging to Lythraceae (RRCBI-13286).
277. Plant sample submitted by Ms. Rakshitha M, Ms. Reshma, Ms. Roshini P, Ms. Sahana B R and Ms. Sakshi R, 8th Semester, B.Pharm, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Artocarpus heterophyllus* Lam. belonging to Moraceae (RRCBI-8037).
278. Plant sample submitted by Md. Sufiyan eillahi, et al., B.Pharm, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Hibiscus sabdariffa* L. belonging to Malvaceae (RRCBI-mus165).
279. Plant sample submitted by S. Fahees asheer, et al. B.Pharm, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Chromolaena odorata* (L.) R.M.King & H.Rob. belonging to Asteraceae (RRCBI-11710).
- Plant sample submitted by Gowdra Sampathkumar, et al., B.Pharmacy, Nargund College of Pharmacy, Bangalore authenticated as
280. *Hibiscus rosa-sinensis* L. belonging to Malvaceae (RRCBI-1131).
281. *Carica papaya* L. belonging to Caricaceae (RRCBI-mus139).
282. Plant sample submitted by Dr. Nischintha H R, final year PG scholar, Development of Shalya tantra, SDM Institutet of Ayurveda and Hospital, Bengaluru authenticated as *Sinapis alba* L. belonging to Brassicaceae (RRCBI-mus481).
283. Plant sample submitted by Dr. Anjala Jabeen K., scholar, Development of Shalya tantra, SDM Inst. of Ayurveda and Hospital, Bengaluru authenticated as *Strobilanthes alternata* (Burm.f.) Moylan ex J.R.I.Wood to Acanthaceae (RRCBI-mus601).
- Plant sample submitted by Ashley James, et al.B. Pharm s, T. John College of Pharmacy, Bengaluru authenticated as
284. *Allium cepa* L. belonging to Amaryllidaceae (RRCBI-19475).
285. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
286. *Psidium guajava* L. belonging to Myrtaceae (RRCBI-18272)
287. Plant sample submitted by Riyashree Ningthoujam, Ms. Yania Sindik, Mr. Nilesh Kumar Yadav, Mr. Kyrhai Lyngdoh Nongum, B. Pharma, Harsha College of Pharmacy, Bengaluru authenticated as *Vitex negundo* L. belonging to Lamiaceae (RRCBI-12244).
288. Plant sample submitted by Punya D Gowda, B. Pharma, Ikon Pharmacy College, Bengaluru authenticated as *Limonia acidissima* L. belonging to Rutaceae (RRCBI-10938).
289. Plant sample submitted by Pooja R S, B. Pharma, Ikon Pharmacy College, Bengaluru authenticated as *Basella alba* L. belonging to Basellaceae (RRCBI-19196).
290. Plant sample submitted by Dr. Mohd Shahid, Scholar, Dept. of Moalajat, NIUM, Bengaluru authenticated as *Acorus calamus* L. belonging to Acoraceae (RRCBI-mus119).
- Plant samples submitted by Abhishek Gowda RG. et al., B Pharm., Vivekanand College of Pharmacy, Bengaluru authenticated as
291. *Phyllanthus emblica* L. belonging to Phyllanthaceae (RRCBI-11214).
292. *Sapindus mukorossi* Gaertn. belonging to Sapindaceae (RRCBI-mus425).
293. *Acacia concinna* (Willd.) DC. belonging to Fabaceae (RRCBI-mus594).

294. Plant sample submitted by Debantika Ghosh, M. Pharmacy, Gautham College of Pharmacy, Bengaluru authenticated as *Manihot esculenta* Crantz. belonging to Euphorbiaceae (RRCBI-mus168).
295. Plant sample submitted by Prashant Sharma, Asst. Prof., Dept. of Pharmacology, School of Medical Sciences and Research of Sharda University, Greater Noida, UP authenticated as *Taraxacum officinale* (L.) Weber ex F.H.Wigg. belonging to Asteraceae (RRCBI-mus651).
296. Plant sample submitted by Aman, B Pharm, East West College of Pharmacy, Bengaluru authenticated as *Piper betle* L. belonging to Piperaceae (RRCBI-mus113).
297. Plant sample submitted by Nagi Teja Reddy, Research Scholar, Dept. of Biotechnology, School Applied Sciences, Reva University, Bengaluru authenticated as *Erigeron canadensis* L. belonging to Asteraceae (RRCBI-mus652).
Plant sample submitted by Harshan Gowda M, M. Pharm, Dept. of Pharmacology, Nargund College of Pharmacy, Bengaluru authenticated as-
298. *Mangifera indica* L. belonging to Anacardiaceae (RRCBI-mus110).
299. *Swertia chirayita* (Roxb.) H.Karst. belonging to Gentianaceae (RRCBI-mus467).
300. *Senna tora* (L.) Roxb. belonging to Fabaceae (RRCBI-8830).
301. Plant sample submitted by Pruthvi Raj S., B. Pharm s, T. John College of Pharmacy, Bengaluru authenticated as *Scoparia dulcis* L. belonging to Plantaginaceae (RRCBI-8233).
302. Plant sample submitted by Manjunath C, M. Pharm (PG) s, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Matricaria chamomilla* L. belonging to Asteraceae (RRCBI-653).
Plant samples submitted by Nethravathi N, M. Pharm (PG) s, Al-Ameen College of Pharmacy, Bengaluru authenticated as
303. *Myristica fragrans* Houtt. belonging to Myristicaceae (RRCBI-mus199).
304. *Carum carvi* L. belonging to Apiaceae (RRCBI-mus267).
305. Plant sample submitted by Usman Ghani, final year B. Pharm, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Euphorbia milii* Des Moul. belonging to Euphorbiaceae (RRCBI-mus654).
306. Plant sample submitted by Ms. Rakshitha C, M Pharm, Bharathi College of Pharmacy, Bengaluru authenticated as *Allamanda blanchetii* A. DC. belonging to Apocynaceae (RRCBI-mus655).
307. Plant sample submitted by Ms. Shalini B V, M Pharm, Bharathi College of Pharmacy, Bengaluru authenticated as *Garcinia gummi-gutta* (L.) N.Robson belonging to Clusiaceae (RRCBI-11240).
308. Plant sample submitted Saptam Deb, M. Pharm, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Tupistra nutans* Wall. ex Lindl. belonging to Asparagaceae (RRCBI-mus656).
309. Plant sample submitted by Shahinsha PT, et al., B. Pharm, T. John College of Pharmacy, Bengaluru authenticated as *Glycyrrhiza glabra* L. of Fabaceae (RRCBI-mus149).
310. Plant sample submitted by Alint Roy, et al., B.Pharm, Nirmala College of Health Science, Chalakudy, Thrissur authenticated as *Cochlospermum vitifolium* (Willd.) Spreng. belonging to Bixaceae (RRCBI-mus657).
Plant sample submitted by N S Bhavana, et al., B. Pharm s, St. John's Pharmacy College, Bengaluru authenticated as
311. *Clitoria ternatea* L. belonging to Fabaceae (RRCBI-19968)
312. *Centella asiatica* (L.) Urb. belonging to Apiaceae (RRCBI-5724).

313. Plant sample submitted by Shreyas G T, B. Pharm, Nargund College of Pharmacy, Bangaluru authenticated as *Pongamia pinnata* (L.) Pierre belonging to Fabaceae (RRCBI-10892)
314. Plant sample submitted by Dr. Bushra Khan, PG Scholar, Dept. of Dermatology & Cosmetology, Hakeem Sayed Ziaul Hasan Government Autonomous Unani Medical College & Hospital Bhopal, Madhya Pradesh authenticated as *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277).
Plant samples submitted by Dr. Abdul Rehman Ali, PG Scholar, Dept. of Dermatology & Cosmetology Hakeem Sayed Ziaul Hasan Government Autonomous Unani Medical College & Hospital Bhopal, Madhya Pradesh authenticated as
315. *Senna tora* (L.) Roxb. belonging to Fabaceae (RRCBI-8830).
316. *Senegalia catechu* (L.f.) P.J.H.Hurter & Mabb. belonging to Fabaceae (RRCBI-4756)
Plant sample submitted by Dr. Asma Md Abid, PG Scholar, Dept. of Amraz-e-Jild wa Tazeeniyat (dermatology & cosmetology), Hakeem Sayed Ziaul Hasan Government Autonomous Unani Medical College & Hospital Bhopal, Madhya Pradesh authenticated as
317. *Mentha arvensis* L. belonging to Lamiaceae (RRCBI-mus111).
318. *Bambusa bambos* (L.) Voss belonging to Poaceae (RRCBI-18307)
319. *Rosa damascena* Mill. belonging to Rosaceae (RRCBI-mus263)
320. *Cinnamomum camphora* (L.) J.Presl belonging to Lauraceae (RRCBI-mus256).
321. Plant sample submitted by Dr. Yougshi Ilahi, Scholar, Dept. of Dermatology & Cosmetology, HSZH Govt. Unani Medical College & Hospital Bhopal, MP authenticated as *Linum usitatissimum* L. belonging to Linaceae (RRCBI-mus176).
Plant samples submitted by Dr. Bushra Ansari, Scholar, Dept. of Dermatology & Cosmetology, HSZH Govt. Unani Medical College & Hospital Bhopal, MP authenticated as
322. *Fumaria officinalis* L. belonging to Papaveraceae (RRCBI-mus658).
323. *Sphaeranthus indicus* L. belonging to Asteraceae (RRCBI-12141).
324. *Ziziphus jujuba* Mill. belonging to Rhamnaceae (RRCBI-mus465).
325. *Swertia chirayita* (Roxb.) H.Karst. belonging to Gentianaceae (RRCBI-mus467).
326. *Tephrosia purpurea* (L.) Pers. belonging to Fabaceae (RRCBI-8934).
327. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
328. *Rosa damascena* Mill. belonging to Rosaceae (RRCBI-mus263).
329. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277)
330. Plant sample submitted by Dr. Reema Lobo, Assistant professor, Dept. of Zoology and Genetics, Jyoti Nivas College Autonomous, Bengaluru authenticated as *Nyctanthes arbor-tristis* L. belonging to Oleaceae (RRCBI-19385).
Plant sample submitted by Dr. Chitra Priya M.H, PG Scholar, Dept. of Ilmul Saidla at NIUM, Bengaluru authenticated as-
331. *Albizia lebbeck* (L.) Benth. belonging to Fabaceae (RRCBI-1637).
332. *Glycyrrhiza glabra* L. belonging to Fabaceae (RRCBI-mus149).
333. *Sapindus laurifolius* Vahl belonging to Sapindaceae (RRCBI-11235).
334. *Mesua ferrea* L. belonging to Calophyllaceae (RRCBI-7658).
335. *Citrus limon* (L.) Osbeck belonging to Rutaceae (RRCBI-14108).
336. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277).
337. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
338. *Nigella sativa* L. belonging to Ranunculaceae (RRCBI-mus393).
339. *Curcuma amada* Roxb belonging to Zingiberaceae (RRCBI-4671).
340. *Cinnamomum verum* J.Presl to Lauraceae (RRCBI-20516).
341. *Symplocos racemosa* Roxb. belonging to Symplocaceae (RRCBI-248).

342. Plant sample submitted by Komalakshi KV, Scholar, Dept. of Applied Botany, Mangalore University, Mangaluru authenticated as *Allophylus concanicus* Radlk. belonging to Sapindaceae (RRCBI-mus659).
Plant sample submitted by Dr. Nadeem Iqbal, PG Scholar, Dept. of Amraz-e-Jild wa Tazeeniyat (dermatology & cosmetology), HSZH Govt. Unani Medical College & Hospital Bhopal, MP authenticated as
343. *Cinnamomum camphora* (L.) J.Presl belonging to Lauraceae (RRCBI-mus256).
344. *Santalum album* L. belonging to Santalaceae (RRCBI- 10880).
345. Plant sample submitted by Dr. Tazeen Naved, PG Scholar, Dept. of Ilaj Bit Tadbeer (Regimenal therapy), Hakeem Sayed Ziaul Hasan Government Autonomous Unani Medical College & Hospital Bhopal, Madhya Pradesh authenticated as *Anethum graveolens* L. belonging to Apiaceae (RRCBI-mus354).
346. Plant sample submitted by Dr Bhanupriya CH, Dept. of Microbiology, MS Ramaiah College of Arts Science and Commerce, Bengaluru authenticated as *Symphorema involucratum* Roxb. belonging to Lamiaceae (RRCBI-18582).
347. Plant sample submitted by Dr Varuni B G, Associate of Dr. K. Venkateshwarlu, Anasuya Ayurveda Clinic, Basavannagudi, Bengaluru authenticated as *Ocimum tenuiflorum* L. belonging to Lamiaceae (RRCBI-19505).
Plant samples submitted by Dr. Rajani Kagga, Ph. D Scholar, from the Dept. of Prasuti Tantra & Stree Roga of Yashwanth Ayurvedic College, Post Graduate Training & Research Centre, Kodoli authenticated as
348. *Withania somnifera* (L.) Dunel belonging to Solanaceae (RRCBI-mus 301).
349. *Tribulus terrestris* L. belonging to Zygophyllaceae (RRCBI- 3265).
350. *Berberis aristata* DC. belonging to Berberidaceae (RRCBI- mus 618).
Plant samples submitted by Dr. Sooda Aslam, a Post Graduate Scholar from the Dept. of Ilmul Saidla at the NIUM, Bengaluru authenticated as
351. *Juniperus communis* L. belonging to Cupressaceae (RRCBI-mus344).
352. *Pimpinella anisum* L. belonging to Apiaceae (RRCBI-mus343).
353. *Asarum Europaeum* L. belonging to Apiaceae (RRCBI- mus458).
354. *Apium graveolens* L. belonging to Apiaceae (RRCBI- mus289).
355. *Foeniculum vulgare* Mill. belonging to Apiaceae (RRCBI- mus145).
356. *Cinnamomum zeylanicum* Blume. belonging to Lauraceae (RRCBI- 933).
357. *Mentha viridis* L. (*Syn. Mentha spicata*) belonging to Lamiaceae (RRCBI- mus437).
358. Plant sample submitted by Dr. Sumbul Alam, Post Graduate Scholar from the Dept. of Niswan-wa-Qabalat, State Takmeel-ut-Tib College & Hospital, Luknow, U.P. authenticated as *Nigella sativa* L. belonging to Ranunculaceae (RRCBI-mus175).
Plant samples submitted by Dr. Sayeed Azami, a PG Scholar from the Dept. of Ilmul Saidla at the NIUM, Bengaluru authenticated as-
359. *Punica granatum* L. (Flower) belonging to Lythraceae (RRCBI-13286).
360. *Quercus infectoria* G. Olivier. belonging to Fagaceae (RRCBI-mus371).
361. *Punica granatum* L. (Rind) belonging to Lythraceae (RRCBI-13286).
Plant samples submitted by Dr. U. Farheen Fathima, PG Scholar from the Dept. of Ilmul Saidla at the NIUM, Bengaluru authenticated as -
362. *Ferula asafoetida* L. belonging to Apiaceae (RRCBI-mus128)
363. *Piper nigrum* L. belonging to Piperaceae (RRCBI-4466).
364. *Ruta graveolens* L. belonging to Rutaceae (RRCBI-mus362).
365. *Commiphora myrrha* (T. Nees) Engl. belonging to Burseraceae (RRCBI-mus257).
366. Plant sample submitted by Dr. Momin Nabeela Nikhat, PG Scholar from the Dept. of Ilmul Saidla at the NIUM, Bengaluru authenticated as *Ricinus communis* L. belonging to Euphorbiaceae (RRCBI-854).

367. Plant sample submitted by MD. Aftab, B. Pharm, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Sida cordifolia* L. belonging to Malvaceae (RRCBI-1815).
368. Plant sample submitted by Sheik Mohamed Khan S, B. Pharm, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Acalypha indica* L. of Euphorbiaceae (RRCBI-849).
Plant sample submitted by Priyanka V, Scholar, Dept. of Botany, Bangalore University, Bengaluru authenticated as
369. *Coleus vettiveroides* K.C.Jacob belonging to Lamiaceae (RRCBI-mus660).
370. *Kigelia africana* (Lam.) Benth. belonging to Bignoniaceae (RRCBI-mus539).
371. Plant sample submitted by Manya K. R and Saniya Khanum, final year, B. Pharm, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Cleome viscosa* L. belonging to Capparaceae (RRCBI-10958).
Plant samples submitted by Vighneshwar G, Post-Graduate Researcher, Dept. of Pharmaceutics, Government College of Pharmacy, Bengaluru authenticated as
372. *Lepidium sativum* L. belonging to Brassicaceae (RRCBI-mus429).\
373. *Citrus × aurantium* L. belonging to Rutaceae (RRCBI-mus475)
Plant samples submitted by Dr. Salman Nagori, PG Scholar, Dept. of Ilaj Bit Tadbeer (Regimenal therapy), Hakeem Sayed Ziaul Hasan Government Autonomous Unani Medical College & Hospital Bhopal, Madhya Pradesh authenticated as
374. *Ocimum tenuiflorum* L. belonging to Lamiaceae (RRCBI-19505).
375. *Mentha × piperita* L. belonging to Lamiaceae (RRCBI-mus112).
376. *Trigonella uncata* Boiss. & Noe belonging to Fabaceae (RRCBI-mus664).
377. *Eucalyptus globulus* Labill. belonging to Myrtaceae (RRCBI-17965).
378. Plant sample submitted by Dr. Tehmina Parveen, PG Scholar, Dept. of Ilaj Bit Tadbeer (Regimenal therapy), HSZH Govt. Unani Medical College & Hospital Bhopal, MP authenticated as *Terminalia arjuna* (Roxb. ex DC.) Wight & Arn. belonging to Combretaceae (RRCBI-11397).
Plant samples submitted by Dr. Aarif Baig, Scholar, Dept. of Dermatology & Cosmetology, HSZH Govt. Unani Medical College & Hospital Bhopal, MP authenticated as
379. *Lavandula stoechas* L. belonging to Lamiaceae (RRCBI-mus616).
380. *Coriandrum sativum* L. belonging to Apiaceae (RRCBI-16806).
381. *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644).
Plant samples submitted by Dr. Adeeba Noureen, PG Scholar, Dept. of Ilaj Bit Tadbeer, HSZH Govt. Unani Medical College & Hospital Bhopal, MP authenticated as
382. *Cenchrus americanus* (L.) Morrone belonging to Poaceae (RRCBI-mus648).
383. *Triticum aestivum* L. belonging to Poaceae (RRCBI-18717).
Plant samples submitted by Dr. Naziya Noman, PG Scholar, Dept. of Ilaj Bit Tadbeer (Regimenal therapy), HSZH Govt. Unani Medical College & Hospital Bhopal, MP authenticated as-
384. *Trigonella foenum-graecum* L. belonging to Fabaceae (RRCBI-19461).
385. *Matricaria chamomilla* L. belonging to Asteraceae (RRCBI-mus653).
386. *Hyssopus officinalis* L. belonging to Lamiaceae (RRCBI-mus506).
387. *Origanum vulgare* L. belonging to Lamiaceae (RRCBI-mus469).
388. *Mentha spicata* L. belonging to Lamiaceae (RRCBI-mus437).
389. *Thymus vulgaris* L. belonging to Lamiaceae (RRCBI-mus661).
Plant samples submitted by Dr. Mohd Sameer, PG Scholar, Dept. of Ilaj Bit Tadbeer (Regimenal therapy), HSZH Govt. Unani Medical College & Hospital Bhopal, MP authenticated as
390. *Saussurea lappa* (Decne.) C.B. Clarke belonging to Asteraceae (RRCBI-mus248).

391. *Anacyclus pyrethrum* (L.) Lag. belonging to Asteraceae (RRCBI-mus662).
392. *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644).
393. *Euphorbia resinifera* O.Berg belonging to Euphorbiaceae (RRCBI-mus663).
394. *Sesamum indicum* L. belonging to Pedaliaceae (RRCBI-19633).
395. Plant sample submitted by Dr. Ankur Garg, Professor, Vivek College of Technical Education, Noorpur Moradabad Road, Bijnor, Uttar Pradesh authenticated as *Portulaca grandiflora* Hook. belonging to Portulacaceae (RRCBI-mus665).
396. Plant sample submitted by Ms. Niveditha R, Research Scholar, Dept. of Zoology, Bangalore University authenticated as *Nelumbo nucifera* Gaertn. belonging to Nelumbonaceae (RRCBI-19626).
397. Plant sample submitted by Mr. Nishanth HV, M. Pharm Pharmacology R.R. College of Pharmacy, Chikkabanavara, Bangalore authenticated as *Limonia acidissima* L. leaf belonging to Rutaceae (RRCBI-10938).
398. Plant sample submitted by Mr. Calvin Joyson, M. Pharm Pharmacology, R.R. College of Pharmacy, Chikkabanavara, Bangalore authenticated as *Nelumbo nucifera* Gaertn. Seeds belonging to Nelumbonaceae (RRCBI-19626).
399. Plant sample submitted by Dr. Summaiya M, Dept. of Ilmul Qabala twa Amraze Niswan, Govt. Unani Medical College and Hospital, Basaveshwaranagar, Bangalore authenticated as *Matricaria chamomilla* L. belonging to Asteraceae (RRCBI-mus397).
400. Plant sample submitted by Shaik Humayun SK, M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Jatropha podagrica* Hook. belonging to Euphorbiaceae (RRCBI-mus667)
401. Plant sample submitted by Jeevan U.H., M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Jatropha podagrica* Hook. belonging to Euphorbiaceae (RRCBI-mus667)
402. Plant sample submitted by Bramhotri Rout. R., M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Salacia reticulata* Wight. belonging to Araceae (RRCBI-mus428)
403. Plant sample submitted by Monika G.M., M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Paeonia officinalis* L. belonging to Paeoniaceae (RRCBI-mus666)
404. Plant sample submitted by Arpitha. R., M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Thespesia populnea* (L.) Sol. ex Corr. belonging to Malvaceae (RRCBI-16244)
405. Plant sample submitted by Monika GM. M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Amaranthus spinosus* L. belonging to Amaranthaceae (RRCBI-19288)
406. Plant sample submitted by Bhuvaneshwari C., M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Salvinia natans* (L.) All. belonging to Salviniaceae (RRCBI-mus618)
407. Plant sample submitted by Gagana. K., M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Lemna minor* L. belonging to Araceae (RRCBI-mus428)
408. Plant sample submitted by SG. Shreya S & Dr. Keserala B, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Lemna minor* L. belonging to Araceae (RRCBI-mus428)
409. Plant sample submitted by Savitha S., M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Impatiens balsamina* L. belonging to Balsaminaceae (RRCBI-18599)

410. Plant sample submitted by Preethu. K., M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Impatiens balsamina* L. belonging to Balsaminaceae (RRCBI-18599)
411. Plant sample submitted by Dr. Humera Sadiya, Dept. of Ilmul Qabala twa Amraze Niswan, Govt. Unani Medical College and Hospital, Basaveshwaranagar, Bangalore authenticated as *Shibe Yamani* (Potash alum)- mineral (RRCBI-mus349)
412. Plant sample submitted by Ms. Meghana SN, M S Ramaiah University of Applied Sciences, Bangalore authenticated as *Hygrophila schulli* (Ham.) M. R. & S. M. Almedia Seeds belonging to Acanthaceae (RRCBI-13997)
Plant samples submitted by Kavya. C., scholar, Dept. of Zoology, Yuvaraja's College, Mysore authenticated as
413. *Selaginella tenera* (Hook. & Grev.) Spring belonging to Selaginellaceae (RRCBI-mus668)
414. *Selaginella bryopteris* (L.) Baker belonging to Selaginellaceae (RRCBI-mus669)
415. Plant sample submitted by Mrs. Aranya K Sreekumar, Dept. of Pharmacy Practise, Institute of Pharmacy, PES university, Bengaluru authenticated as *Passiflora quadrangularis* L. belonging to Passifloraceae (RRCBI-mus670)
416. Plant sample submitted by Mrs. Joice K Joseph, PhD scholar, Dept. of Biotechnology, Reva University, Bengaluru authenticated as *Elettaria cardamomum* (L.) Maton belonging to Zingiberaceae (RRCBI-mus335)
Plant sample submitted by Dr. Shama Parveen, scholar, Dept. of Ilmul Qabalat wa Amraze Niswan, National Inst. of Unani Medicine, Bengaluru authenticated as
417. *Quercus infectoria* Oliv. belonging to Fagaceae (RRCBI-mus371).
418. Hydrated Magnesium Silicate (RRCBI-mus671).
Plant sample submitted by Dr. Marlin Saffron. S, PG scholar, Dept. of Ilmul Qabalat wa Amraze Niswan, National Inst. of Unani Medicine, Bengaluru authenticated as
419. *Asparagus racemosus* Willd. belonging to Asparagaceae (RRCBI-1937).
420. *Tribulus terrestris* L. belonging to Zygophyllaceae (RRCBI-3265).
421. *Chlorophytum arundinaceum* Baker belonging to Asparagaceae (RRCBI-8419).
422. *Curculigo orchioides* Gaertn. belonging to Hypoxidaceae (RRCBI-19696).
423. *Blepharis edulis* (Forssk.) Pers. belonging to Acanthaceae (RRCBI-mus529).
424. *Commiphora myrrha* (T.Nees) Engl. belonging to Burseraceae (RRCBI-mus337).
425. *Nardostachys jatamansi* (D.Don) DC. belonging to Caprifoliaceae (RRCBI-mus266).
426. Plant sample submitted by Dr. Rifat Jahan, PG scholar, Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM, Bengaluru authenticated as *Acorus calamus* L. belonging to Acoraceae (RRCBI-mus119).
427. Plant sample submitted by Dr. Hiba Fatima, PG scholar, Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM, Bengaluru authenticated as *Quercus infectoria* Oliv. belonging to Fagaceae (RRCBI-mus371).
428. Plant sample submitted by Dr. Nahid Parveen, PG scholar, Dept. of Ilmul Qabalat wa Amraze Niswan, NIUM, Bengaluru authenticated as *Cymbopogon citratus* (DC.) Stapf belonging to Poaceae (RRCBI-mus230).
Plant samples submitted by Dr. Shaikh Saniya scholar, Dept. of Ilmul Qabalat wa Amraze Niswan, National Inst. of Unani Medicine, Bengaluru authenticated as
429. *Adiantum capillus-veneris* L. belonging to Pteridaceae (RRCBI-mus303).
430. *Cassia fistula* L. belonging to Fabaceae (RRCBI-12062).
431. *Mentha longifolia* (L.) L. belonging to Lamiaceae (RRCBI-mus671).
Plant sample submitted by Dr. Farhat Quamar, scholar, Dept. of Ilmul Qabalat wa Amraze Niswan, National Inst. of Unani Medicine, Bengaluru authenticated as
432. *Vateria indica* L. Maton belonging to Dipterocarpaceae (RRCBI-11840).

433. Bees wax (Mom zard) (RRCBI-mus348).
434. Plant sample submitted by C Povindhar, Pharmacology, The Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Hydrocharis laevigata* (Humb. & Bonpl. ex Willd.) Byng & Christenh. belonging to Hydrocharitaceae (RRCBI-mus617).
435. Plant sample submitted by Jayashree BS, M. Pharm Pharmacology, Oxford College of Pharmacy, Hongasandra, Bangalore authenticated as *Hydrocharis laevigata* (Humb. & Bonpl. ex Willd.) Byng & Christenh. belonging to Hydrocharitaceae (RRCBI-mus617).
436. Plant sample submitted by Mr. Punith S, M pharm, MS Ramaiah University of Applied Sciences, Bengaluru authenticated as *Clitoria ternatea* L. belonging to Fabaceae (RRCBI-19968).
437. Plant sample submitted by Mr. Dheeraj P, II-year, M pharm, Dept. of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Abrus precatorius* L. belonging to Fabaceae (RRCBI-5180).
438. Plant sample submitted by Ms. Sinchana K, Dept. of Pharmaceutical Analysis, Institute of Pharmacy, PES university, Bengaluru authenticated as *Grewia hirsuta* Vahl belonging to Malvaceae (RRCBI-5570).
439. Plant sample submitted by Jagdish., post-graduate researcher, Dept. of Pharmacology, Government college of pharmacy, Bengaluru authenticated as *Euphorbia hirta* L. belonging to Euphorbiaceae (RRCBI-11714).
440. Plant sample submitted by Ms. Deepthi B Y, M Pharm, Dept. of Pharmacognosy, Sri Adichunchanagiri College of Pharmacy, Bengaluru authenticated as *Withania somnifera* (L.) Dunal belonging to Solanaceae (RRCBI-9103).
441. Plant sample submitted by Ms. Pooja V, M Pharm, Dept. of Pharmacognosy, Sri Adichunchanagiri College of Pharmacy, Bengaluru authenticated as *Garcinia cowa* Roxb. ex Choisy belonging to Clusiaceae (RRCBI-7654).
Plant sample submitted by Dr. Bushra Fasiha Abdul Rahman Sheikh, Scholar, Dept. of Ilmu Advia, NIUM, Bengaluru authenticated as
442. *Vachellia nilotica* subsp. *tomentosa* (Benth.) Kyal. & Boatwr. belonging to Fabaceae (RRCBI-mus351).
443. *Rosa damascena* Mill. belonging to Rosaceae (RRCBI-mus263).
444. *Punica granatum* L. belonging to Lythraceae (RRCBI-13286).
445. *Vachellia nilotica* subsp. *tomentosa* (Benth.) Kyal. & Boatwr. belonging to Fabaceae (RRCBI-mus351).
446. *Astragalus gummifer* Labill. belonging to Fabaceae (RRCBI-mus673).
447. *Plantago ovata* Forssk. belonging to Plantaginaceae (RRCBI-mus634).
448. Plant sample submitted by Ms Nikita MJ, Dept. of Zoology, Bangalore University, authenticated as *Zingiber officinale* Roscoe of Zingiberaceae (RRCBI-mus205).
449. Plant sample submitted by Ms Ashwini D. G., Dept. of Zoology, Bangalore University, Bengaluru authenticated as *Coleus amboinicus* Lour. of Lamiaceae (RRCBI-mus214).
Plant sample submitted by Agastya Ayurveda Medical College and Hospital, Koppal, Karnataka State authenticated as
450. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
451. *Syzygium aromaticum* (L.) Merr. & L.M.Perry belonging to Myrtaceae (RRCBI-mus151).
452. *Cinnamomum camphora* (L.) J.Presl belonging to Lauraceae (RRCBI-mus256).
453. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
454. *Mimusops elengi* L. belonging to Sapotaceae (RRCBI-244).
455. *Senegalia catechu* (L.f.) P.J.H.Hurter & Mabb. belonging to Fabaceae (RRCBI-4756).
456. *Phyllanthus emblica* L belonging to Phyllanthaceae (RRCBI-11214).
457. *Pongamia pinnata* (L.) Pierre belonging to Fabaceae (RRCBI-10892).
458. *Elettaria cardamomum* (L.) Maton belonging to Zingiberaceae (RRCBI-mus335).

459. *Achyranthes aspera* L. belonging to Amaranthaceae (RRCBI-11069).
460. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae (RRCBI-4966).
461. Plant sample submitted by Mr. Sharuq Devoor, M. Pharm, R R College of Pharmacy, Bengaluru authenticated as *Stephanotis volubilis* (L.f.) S.Reuss, Liede & Meve belonging to Apocynaceae (RRCBI-mus675).
462. Plant sample submitted by Ms. Spoorthi K, M. Pharm, R R College of Pharmacy, Bengaluru authenticated as *Saussurea obvallata* (DC.) Edgew. belonging to Asteraceae (RRCBI-mus604).
463. Plant sample submitted by Ms. Hamsaveni L, M. Pharm, R R College of Pharmacy, Bengaluru authenticated as *Phyllanthus emblica* L. belonging to Phyllanthaceae (RRCBI-11214).
464. Plant sample submitted by Ms. Sneha H M, M. Pharm, R R College of Pharmacy, Bengaluru authenticated as *Tinospora cordifolia* (Willd.) Hook.f. & Thomson belonging to Menispermaceae (RRCBI-8976).
465. Plant sample submitted by Ms. Tejaswini S, M. Pharm, R R College of Pharmacy, Bengaluru authenticated as *Bacopa monnieri* (L.) Wettst. belonging to Plantaginaceae (RRCBI-5683).
466. Plant sample submitted by S N Suma, researcher, Government College of Pharmacy, Bengaluru authenticated as *Trichosanthes dioica* Roxb. belonging to Cucurbitaceae (RRCBI-mus624).
467. Plant sample submitted by Ms. Dhanalakshmi KP, M pharm, Dept. of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Spondias mombin* L. belonging to Anacardiaceae (RRCBI-mus676).
468. Plant sample submitted by Dr. Shaikh Mariya Mumtaz, scholar, Dept. of Tahaffuzi wa Samaji Tib, NIUM, Bengaluru authenticated as *Withania somnifera* (L.) Dunal (A) belonging to Solanaceae (RRCBI-9103).
469. Plant sample submitted by Dr. Shaikh Mariya Mumtaz, scholar, Dept. of Tahaffuzi wa Samaji Tib, NIUM, Bengaluru authenticated as *Withania somnifera* (L.) Dunal (B) belonging to Solanaceae (RRCBI-9103).
470. Plant sample submitted by Mr. Noor Hasham Khan, researcher, Government College of Pharmacy, Bengaluru authenticated as *Cestrum nocturnum* L. belonging to Solanaceae (RRCBI-mus677).
471. Plant sample submitted by Mr. Lohith L., researcher, Government College of Pharmacy, Bengaluru authenticated as *Grevillea robusta* A.Cunn. ex R.Br. belonging to Proteaceae (RRCBI-2339).
472. Plant sample submitted by Dayanand Budihal, researcher, Government College of Pharmacy, Bengaluru authenticated as *Manihot esculenta* Crantz belonging to Euphorbiaceae (RRCBI-mus168).
473. Plant sample submitted by Ms. Ganashree N A, M pharm, Dept. of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Tragia involucrata* L. belonging to Euphorbiaceae (RRCBI-11968).
474. Plant sample submitted by Ms. Dharani B V, II-year, M pharm, Dept. of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Chenopodium quinoa* Willd. belonging to Amaranthaceae (RRCBI-mus678).
475. Plant sample submitted by Mr. Vinay S K, M pharm, Dept. of Pharmacology, Visveswarapura Inst. of Pharmaceutical Sciences, Bengaluru authenticated as *Thunbergia mysorensis* (Wight) T.Anderson belonging to Acanthaceae (RRCBI-4347).
Plant sample submitted by Mr. Arun Koteppa Arera, M pharm, Dept. of Pharmacology, Hillside College of Pharmacy and Research Centre, Bengaluru authenticated as
476. *Symplocos racemosa* Roxb. belonging to Symplocaceae (RRCBI-248).

477. *Neolitsea cassia* (L.) Kosterm. belonging to (RRCBI-mus206).
478. Plant sample submitted by Ms. Sana Fathima, B. pharm, Dept. of Pharmacology, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Matricaria chamomilla* L. belonging to Asteraceae (RRCBI-mus653).
Plant sample submitted by Dr. Divya B. S, Ph.D Scholar, Dept. of Dravyaguna, Government Ayurveda Medical College, Bengaluru authenticated as-
479. *Tragia involucrata* L. belonging to Euphorbiaceae (RRCBI-11968).
480. *Alhagi pseudalhagi* (M.Bieb.) Desv. ex Wangerin belonging to (RRCBI-mus536).
481. Plant sample submitted by Ms. Lalitha S, II-year, M pharm, Dept. of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Streblus asper* Lour. belonging to Moraceae (RRCBI-12038)
Plant sample submitted by Dr. Juwairia Mohammed Ismail, Ph.D Scholar, Dept. of Ilmul Advia, NIUM, Bengaluru authenticated as
482. *Coccus lacca* (Resin)belonging to (RRCBI-mus679)
483. *Saussurea lappa* (Decne.) C.B.Clarke (Root)belonging to (RRCBI-mus248)
484. *Cymbopogon martini* (Roxb.) Watson belonging to Asteraceae (RRCB-18611)
485. *Lupinus albus* L. (Seed) belonging to Fabaceae (RRCBI-mus680)
486. *Laurus nobilis* L. (Fruit)belonging to Lauraceae (RRCBI-mus681)
487. *Rheum australe* D.Don belonging to Polygonaceae (RRCBI-mus265)
Plant sample submitted by Dr. Aiman Saeed Ansari, Ph.D Scholar, Dept. of Ilmul Advia, NIUM, Bengaluru authenticated as
488. *Aloe vera* (L.) Burm.f. belonging to Asphodelaceae (RRCBI-8952)
489. *Commiphora myrrha* (T.Nees) Engl. (Regin) belonging to Burseraceae (RRCBI-mus337).
Plant sample submitted by Dr. Asma Tabassum, Scholar, Dept. of Ilmul Advia, NIUM, Bengaluru authenticated as
490. *Artemisia absinthium* L. (Dried whole herb) belonging to Asteraceae (RRCBI-mus525).
491. *Pimpinella anisum* L. (Fruit)belonging to (Apiaceae)
492. *Asarum europaeum* L. (Root)belonging to Aristolochiaceae (RRCBI-mus458)
493. *Foeniculum vulgare* Mill. (Dried fruit) belonging to Apiaceae (RRCBI-mus145)
494. *Cymbopogon martini* (Roxb.) Will.Watson (Root)belonging to Poaceae (RRCB-18611)
495. *Apium graveolens* L. (Seed)belonging to Apiaceae (RRCBI-mus289).
496. Plant sample submitted by Mr. Lohith B, M Pharm, Dept. of Pharmacology, N.E.T. Pharmacy College, Raichur authenticated as *Dracaena roxburghiana* (Schult.f.) Byng & Christenh. belonging to Asparagaceae (RRCBI-mus683)
497. Plant sample submitted by Mr. Nagaraja Basappa Amblikoppa, M Pharm, Dept. of Pharmacology, N.E.T. Pharmacy College, Raichur authenticated as *Cascabela thevetia* (L.) Lippold belonging to Apocynaceae (RRCBI-19606)
498. Plant sample submitted by Mr. Vinod, M Pharm, Dept. of Pharmacology, Dayananda Sagar University, Bengaluru authenticated as *Strobilanthes ciliata* Nees belonging to Acanthaceae (RRCBI-20263)
499. Plant sample submitted by Mr. Madhu G S, M Pharm, Dept. of Pharmacology, Dayananda Sagar University, Bengaluru authenticated as *Barleria prionitis* L. belonging to Acanthaceae (RRCBI-19601)
500. Plant sample submitted by Mr. Premal Kumar S, M Pharm, Dept. of Pharmacology, Dayananda Sagar University, Bengaluru authenticated as *Casearia tomentosa* Roxb. belonging to Salicaceae (RRCBI-12394)
501. Plant sample submitted by Ms. Meghana D, M Pharm, Dept. of Pharmacology, Dayananda Sagar University, Bengaluru authenticated as *Putranjiva roxburghii* Wall. belonging to Putranjivaceae (RRCBI-mus559)

502. Plant sample submitted by Mr. Shashank R Gowda, M Pharm, Dayananda Sagar University, Bengaluru authenticated as *Musa acuminata* Colla belonging to Musaceae (RRCBI-mus394)
503. Plant sample submitted by Mr. Likhith S V, M Pharm, Dept. of Pharmacology, Dayananda Sagar University, Bengaluru authenticated as *Casearia tomentosa* Roxb. belonging to Salicaceae (RRCBI-12394)
Plant samples submitted by Sneha V, Vaishnavi J, Shashikala N and Rasika Arya, Final year, B. Pharm s, Vidhya Siri College of Pharmacy, Bengaluru authenticated as
504. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970)
505. *Aloe vera* (L.) Burm.f. belonging to Asphodelaceae (RRCBI-8952)
506. Plant sample submitted by Vinod Kumar BG, M. Pharm, Dept. of Pharmacology, Dayananda Sagar University, Bengaluru authenticated as *Clerodendrum phlomidis* L.f. belonging to Lamiaceae (RRCBI-785)
507. Plant sample submitted by Vidyashree R, M. Pharm, Dept. of Pharmacology, PES University, Bengaluru authenticated as *Clerodendrum phlomidis* L.f. belonging to Lamiaceae (RRCBI-785)
Plant sample submitted by Dr. Qudsiyah Tasneem R, PG Scholar, Dept. of Moalajat, NIUM, Bengaluru authenticated as
508. *Plantago ovata* Forssk. (Seed)belonging to Plantaginaceae (RRCBI-mus635)
509. *Phyllanthus maderaspatensis* L. (Seed) belonging to Phyllanthaceae (RRCBI-3228)
510. *Plantago major* L. (Seed)belonging to Plantaginaceae (RRCBI-mus479)
511. *Ocimum basilicum* L. (Seed) belonging to Lamiaceae (RRCBI-5774)
512. Plant sample submitted by Dr. Syed Aafreen Jahan, PG Scholar, Dept. of Moalajat, NIUM, Bengaluru authenticated as *Berberis aristata* DC. (Bark)belonging to Berberidaceae (RRCBI-mus23)
513. Plant sample submitted by Dr. Ansari Ambareen Ansari Mohammad Javeed, Scholar, Dept. of Moalajat, NIUM, Bengaluru authenticated as *Terminalia arjuna* (Roxb. ex DC.) Wight & Arn (Bark) belonging to Combretaceae (RRCBI-11397)
514. Plant sample submitted by Mr. Chandan G, M. Pharm, Dept. of Pharmacology, Hillside College of Pharmacy, Bengaluru authenticated as *Withania somnifera* (L.) Dunal belonging to Solanaceae (RRCBI-9103)
515. Plant sample submitted by Poornima S, M. Pharm, Dept. of Pharmacology, PES University, Bengaluru authenticated as *Cordia myxa* L. belonging to Cordiaceae (RRCBI-mus684)
516. Plant sample submitted by Smitha Blossom Mendonca, M. Pharm, Dept. of Pharmacology, PES University, Bengaluru authenticated as *Basella alba* L. belonging to Basellaceae (RRCBI-19196)
517. Plant sample submitted by Shashank Gowda S, M. Pharm, Dept. of Pharmacology, PES University, Bengaluru authenticated as *Carica papaya* L. (Seed) belonging to Caricaceae (RRCBI-mus649)
518. Plant sample submitted by Varsha S, M. Pharm, Dept. of Pharmacology, PES University, Bengaluru authenticated as *Homalomena aromatica* (Spreng.) Schott belonging to Araceae (RRCBI-mus685)
Plant samples submitted by Prajwal M, Dept. of Pharmacognosy, Government college of Pharmacy, Bengaluru authenticated as
519. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277)
520. *Phoenix sylvestris* (L.) Roxb. belonging to Arecaceae (RRCBI-4981)
521. Sample submitted by Tanmay Paul, B Pharmacy, Nargund College of Pharm., Bengaluru authenticated as *Tridax procumbens* L. belonging to Asteraceae (RRCBI-9916)

522. Sample submitted by Amrutha C, NIPER Hyderabad, Telangana authenticated as *Garcinia mangostana* L. belonging to Clusiaceae (RRCBI-mus686)
523. Sample submitted by Pooja VK, College of Pharmac. Sciences, Dayananda Sagar Univ., Bengaluru authenticated as *Abutilon indicum* (L.) Sweet of Malvaceae (RRCBI-5485)
Plant sample submitted by Pushpa Kumari, Keshavan S and Smitha G.V, Final year, B. Pharm, Vidhya Siri College of Pharmacy, Bengaluru authenticated as
524. *Zingiber officinale* Roscoe belonging to Zingiberaceae (RRCBI-mus205)
525. *Musa acuminata* Colla belonging to Musaceae (RRCBI-mus394)
526. *Aloe vera* (L.) Burm.f. belonging to Asphodelaceae (RRCBI-8952)
527. Plant sample submitted by Miss Tanishka Rajput (Reg. No.200210050034629), Bonafide of M Pharm, In Vivek College of Technical Education, Bijnor authenticated as *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644)
Plant sample submitted by Dr. Simran, scholar, Dept. of Moalajat, Luqman Unani Medical College & Hospital and Research Centre, Vijayapura authenticated as
528. *Vitis vinifera* L. belonging to Vitaceae (RRCBI-mus407)
529. *Piper nigrum* L. belonging to Piperaceae (RRCBI-4644)
530. *Foeniculum vulgare* Mill. belonging to Apiaceae (RRCBI-mus145)
Plant sample submitted by Dr. Swaleha Kousar Neginal, PG scholar, Dept. of Moalajat, Luqman Unani Medical College & Hospital, Vijayapura authenticated as-
531. *Matricaria chamomilla* L. belonging to Asteraceae (RRCBI-mus653)
532. *Vicia faba* L. belonging to Fabaceae (RRCBI-mus687)
533. Plant sample submitted by Halima, Dept. of Moalajat, Luqman Unani Medical College & Hospital, Vijayapura authenticated as *Quercus infectoria* Oliv. belonging to Fagaceae (RRCBI-mus371)
534. Sample submitted by Ms. Aishwarya R, MS Ramaiah University of App. Sci., Bengaluru authenticated as *Clitoria ternatea* L. of Fabaceae (RRCBI-7801)
535. Plant sample submitted by Mr. Venkatesha Veerappa Chikkadi, M Pharm, Bapuji Pharmacy College, Davanagere authenticated as *Tecoma stans* (L.) Juss. belonging to Bignoniaceae (RRCBI-18387)
536. Plant sample submitted by Mr. Sunil Kumar N., M Pharm, Bapuji Pharmacy College, Davanagere has been identified and authenticated *Plumeria pudica* Jacq. belonging to Apocynaceae (RRCBI-mus688)
537. Plant sample submitted by Ms. Ujala G Raichur, M Pharm, Bapuji Pharmacy College, Davanagere authenticated as *Millingtonia hortensis* L.f. belonging to Bignoniaceae (RRCBI-mus689)
Plant sample submitted by Dr. Masiha Banu, PG Scholar, Dept. of Amraz-e-Jild-wa-Tazeeniyat, Govt. Unani Medical Coll. & Hospital, Bengaluru authenticated as
538. *Cuscuta reflexa* Roxb. belonging to Convolvulaceae (RRCBI-5682)
539. *Pueraria montana* (Lour.) Merr. belonging to Fabaceae (RRCBI-mus690)
540. *Rosa damascena* Mill. belonging to Rosaceae (RRCBI-mus263)
541. *Vicia lens* (L.) Coss. & Germ. belonging to Fabaceae (RRCBI-mus431)
Sample submitted by Dr. Rumana Shabnum, Dept. of Amraz-e-Jild-wa-Tazeeniyat, Government Unani Medical College and Hospital, Bengaluru authenticated as
542. *Tamarindus indica* L. belonging to Fabaceae (RRCBI-5177).
543. *Hordeum vulgare* L. belonging to Poaceae (RRCBI-mus273).
Plant sample submitted by Dr. Sadiya Siddiqui, PG Scholar, Dept. of Amraz-e-Jild-wa-Tazeeniyat, Government Unani Medical College and Hospital, Bengaluru authenticated as
544. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
545. *Commiphora mukul* Engl. belonging to Burseraceae (RRCBI-17583)

546. *Ferula ammoniacum* (D.Don) Spalik, M.Panahi, Piwczynski & Puchalka (= *Dorema ammoniacum* D.Don) belonging to Apiaceae (RRCBI-mus305).
547. *Trigonella foenum-graecum* L. belonging to Fabaceae (RRCBI-19461).
548. Plant sample submitted by Dr. Badroon Nisha Warsi, PG scholar, Dept. of Amraze Niswan wa Qabalat, Luqman Unani Medical College & Hospital, Vijayapura authenticated as *Punica granatum* L. belonging to Lythraceae (RRCBI-13286).
549. Sample submitted by Dr. Neelofar, Dept. of Moalajat, Luqman Unani Medical College & Hospital, Vijayapura authenticated as *Ferula ammoniacum* (D.Don) Spalik, M.Panahi, Piwczynski & Puchalka belonging to Apiaceae (RRCBI-mus305). Plant sample submitted by Khan Arbaz Mohammed Ashfaq, UG, Dept. of Moalajat, Luqman Unani Medical College & Hospital, Vijayapura authenticated as-
550. *Astragalus sarcocolla* Dymock belonging to Fabaceae (RRCBI-mus285).
551. *Hordeum vulgare* L. belonging to Poaceae (RRCBI- mus273).
552. *Cydonia oblonga* Mill. belonging to Rosaceae (RRCBI-mus284).
553. Sample submitted by Pavithra. M, Dept. of Zoology, Bangalore University authenticated as *Euphorbia hirta* L. belonging to Euphorbiaceae (RRCBI-11714).
554. Sample submitted by Sushmita N, Dept. of Zoology, Bangalore University authenticated as *Emilia praetermissa* Milne-Redh. belonging to Asteraceae (RRCBI-mus691).
555. Sample submitted by Anusha M, Dept. of Zoology, Bangalore University authenticated as *Datura stramonium* L. belonging to Solanaceae (RRCBI-17080).
556. Plant sample submitted by Mr. Hemanth Gowda, II-year, M pharm, Dept. of Pharmacology, Visveswarapura Institute of Pharmaceutical Sciences, Bengaluru authenticated as *Pavetta indica* L. belonging to Rubiaceae (RRCBI-715).
557. Plant sample submitted by Anujamukthasena G, Sowmiya M, Pavani B S, and Sirilakshmi B M, M.Sc s, Dept. of microbiology, Biotechnology and Food Technology, Bangalore University, Bengaluru authenticated as *Hibiscus rosa-sinensis* L. belonging to Malvaceae (RRCBI-1131).
558. Plant sample submitted by Miss Bhuvana Gowri, P.G , Dept. of Pharmacology, Government College of Pharmacy, Bengaluru authenticated as *Elettaria cardamomum* (L.) Maton belonging to Zingiberaceae (RRCBI-mus335).
559. Plant sample submitted by Mr. Akshay C N, P.G , Dept. of Pharmacology, Government College of Pharmacy, Bengaluru authenticated as *Thymus vulgaris* L. belonging to Lamiaceae (RRCBI-mus661).
560. Smples submitted by Ms. Chandana GL, Dept. Govt. College of Pharmacy, Bengaluru authenticated as *Coriandrum sativum* L. belonging to Apiaceae (RRCBI-16806). Plant sample submitted by Dr. Mohd Tabish Jamal Hasham, Scholar, Dept. of Ilmul Jarahat, NIUM, Bengaluru authenticated as
561. *Astragalus sarcocolla* Dymock belonging to Fabaceae (RRCBI-mus285).
562. Honey-(RRCBI-mus448)
Plant sample submitted by Dr. Khan Afa Khatoon Naseem Ahmed, PG Scholar, Dept. of Ilmul Jarahat, NIUM, Bengaluru authenticated as-
563. *Lawsonia inermis* L. belonging to Lythraceae (RRCBI-18913).
564. *Rosa damascena* Mill. belonging to Rosaceae (RRCBI-mus263).
Plant sample submitted by Dr. Khan Mohammad Arbaz, PG Scholar, Dept. of Ilmul Jarahat, NIUM, Bengaluru authenticated as-
565. *Vateria indica* C.F.Gaertn. belonging to Dipterocarpaceae (RRCBI-11840).
566. *Pistacia lentiscus* L. belonging to Anacardiaceae (RRCBI-mus339).
567. *Brassica juncea* (L.) Czern. belonging to Brassicaceae (RRCBI-mus228).
Plant sample submitted by Dr. Nazmeen Mohammed Jameel, PG Scholar, Dept. of Ilmul Jarahat, NIUM, Bengaluru authenticated as-

568. *Berberis aristata* DC. belonging to Berberidaceae (RRCBI-mus618).
569. *Quercus infectoria* Oliv. belonging to Fagaceae (RRCBI-mus371).
570. Sample submitted by Mr. Aishiq HG, Scholar, College of Pharmaceutical Sciences, Dayananda Sagar University, Bengaluru authenticated as *Cardiospermum halicacabum* L. belonging to Sapindaceae (RRCBI-5770).
Plant sample submitted by Dr. Sonam A, PG Scholar, Dept. of Ilmu Jarahat, NIUM, Bengaluru authenticated as
571. *Punica granatum* L. belonging to Lythraceae (RRCBI-13286).
572. *Myrtus communis* L. belonging to Myrtaceae (RRCBI-mus341).
573. *Cymbopogon jwarancusa* (Jones) Schultes belonging to Poaceae (RRCBI-mus307).
574. Plant sample submitted by Dr Talat afza, PG scholar, Dept. of Ilmu Qabalat wa Amraze Niswan, Luqman Unani Medical College & Hospital, Vijayapura authenticated as *Ruta graveolens* L. belonging to Rutaceae (RRCBI-mus362).
575. Plant sample submitted by Ms. Imrongnaro, M. pharm, Dept. of Pharmacology, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Linum usitatissimum* L. belonging to Linaceae (RRCBI-mus176).
576. Plant sample submitted by Ms. Neerajapriya V, M. pharm, Dept. of Pharmacology, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Zea mays* L. belonging to Poaceae (RRCBI-mus208).
577. Plant sample submitted by Dr. Syed Hashir, PG scholar, Dept. of Moalajat, Luqman Unani Medical College & Hospital and Research Centre, Vijayapura authenticated as *Morus alba* L. belonging to Moraceae (RRCBI-mus170).
578. Sample submitted by Shruthi, Sivaram Research Foundation, Bangalore authenticated as *Acmella oleracea* (L.) R.K.Jansen belonging to Asteraceae (RRCBI-mus692).
579. Plant sample submitted by Dr. Seethalaxmi Madhukar Sankolli, Researcher, Dept. of Biotechnology, Surana college, Bengaluru authenticated as *Calophyllum inophyllum* L. belonging to Calophyllaceae (RRCBI-11341).
Plant sample submitted by Mr. Vishwa R, Ph.D scholar, Dept. of Studies in Food Technology, Davanagere University, Davanagere authenticated as-
580. *Terminalia arjuna* (Roxb. ex DC.) Wight & Arn belonging to Combretaceae (RRCBI-11397).
581. *Allium sativum* L. belonging to Amaryllidaceae (RRCBI-mus360).
582. *Withania somnifera* (L.) Dunal belonging to Solanaceae (RRCBI-9103)
583. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277).
Plant sample submitted by Dr. Neha Dubey, M.D. scholar of Samhita Siddhanta, Government Ayurveda College, Raipur (C.G) authenticated as
584. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
585. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae (RRCBI-4966).
586. *Phyllanthus emblica* L. belonging to Phyllanthaceae (RRCBI-11214).
587. *Andrographis paniculata* (Burm. f.) Wall. & Nees of Acanthaceae (RRCBI-956)
588. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277).
589. *Azadirachta indica* A.Juss. belonging to Meliaceae (RRCBI-8970).
590. *Tinospora cordifolia* (Thunb.) Miers belonging to Menispermaceae (RRCBI-8976).
Plant sample submitted by Dr. Subhendu Mohanty, M.D. scholar of Kayachikitsa, Government Ayurveda College, Raipur (C.G) authenticated as-
591. *Ricinus communis* L. belonging to Euphorbiaceae (RRCBI-1431).
592. *Piper longum* L. belonging to Piperaceae (RRCBI-mus49).
593. *Sida cordifolia* L. belonging to Malvaceae (RRCBI-1815).
594. *Vigna mungo* (L.) Hepper belonging to Fabaceae (RRCBI-mus631).
595. *Plumbago zeylanica* L. belonging to Plumbaginaceae (RRCBI-12243).

596. *Cedrus deodara* (Roxb. ex D.Don) G.Don belonging to Pinaceae (RRCBI-mus315).
597. *Mucuna pruriens* (L.) DC. belonging to Fabaceae (RRCBI-7831).
598. Saindhav Lavana (RRCBI-mus625).
599. *Cymbopogon citratus* (DC.) Stapf belonging to Poaceae (RRCBI-mus230)
600. *Pluchea lanceolata* (DC.) C.B.Clarke belonging to Asteraceae (RRCBI-mus551).
601. *Withania somnifera* (L.) Dunal belonging to Solanaceae (RRCBI-9103)
602. *Ferula narthex* Boiss. belonging to Apiaceae (RRCBI-mus421).
603. *Anethum graveolens* L. belonging to Apiaceae (RRCBI-mus354).
604. *Semecarpus anacardium* L.f. belonging to Anacardiaceae (RRCBI-20114).
605. *Scindapsus officinalis* (Roxb.) Schott belonging to Araceae (RRCBI-mus693).
606. *Nardostachys jatamansi* (D.Don) DC. belonging to Caprifoliaceae (RRCBI-mus266).
607. *Glycyrrhiza glabra* L. belonging to Fabaceae (RRCBI-mus149).
608. *Acorus calamus* L. belonging to Acoraceae (RRCBI-mus119).
609. *Paederia foetida* L. belonging to Rubiaceae (RRCBI-mus694).
610. Sample submitted by Ms. Bhargavi V, M. pharm, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Malva sylvestris* L. of Malvaceae (RRCBI-mus278).
611. Plant sample submitted by Shakeel Ahmed Z, B. pharm, Dept. of Pharmacognosy, Al-Ameen College of Pharmacy, Bengaluru authenticated as *Bryophyllum pinnatum* (Lam.) Oken belonging to Crassulaceae (RRCBI-7692).
612. Plant sample submitted by Ms. Nisarga B V, M. Pharm, Dept. of Pharmacology, R R College of Pharmacy, Bengaluru authenticated as *Bauhinia purpurea* L. belonging to Fabaceae (RRCBI-14087).
613. Plant sample submitted by Mr. Abhisheka C, M. Pharm, Dept. of Pharmacology, R R College of Pharmacy, Bengaluru authenticated as *Jasminum officinale* L. belonging to Oleaceae (RRCBI-5593).
614. Plant sample submitted by Mr. Chiranjeevi TS, 3rd Semester M. Pharm, Dept. of Pharmacology, R R College of Pharmacy, Bengaluru authenticated as *Cucumis sativus* L. belonging to Cucurbitaceae (RRCBI-15367).
615. Plant sample submitted by Ms. Kunuturu Nandini, undergraduate, Dept. of Pharmacognosy, East West College of Pharmacy, Bengaluru authenticated as *Cassytha filiformis* L. belonging to Lauraceae (RRCBI-8951).
616. Sample submitted by Sowjanya M, B. Pharm, Oxford College of Pharmacy, Bengaluru authenticated as *Aloe vera* (L.) Burm.f. belonging to Asphodelaceae (RRCBI-8952)
617. Plant sample submitted by Pooja Poonia, Scholar, Dept. of Biotechnology, PES University, Bengaluru authenticated as *Osbeckia zeylanica* L.f. belonging to Melastomataceae (RRCBI-19206)
618. Plant sample submitted by Ms. Manjula SG, M. Pharmacy, Dept. of Pharmaceutics, Government College of Pharmacy, Bengaluru authenticated as *Bacopa monnieri* (L.) Wettst. belonging to Plantaginaceae (RRCBI-5683).
Plant sample submitted by Dr. Varsha Paikra, M.D. scholar of Kayachikitsa, Government Ayurveda College, Raipur (C.G) authenticated as
619. *Boerhavia diffusa* L. belonging to Nyctaginaceae (RRCBI-19937).
620. *Tinospora cordifolia* (Thub.) Miers belonging to Menispermaceae (RRCBI-8976).
621. *Zingiber officinale* Roscoe belonging to Zingiberaceae (RRCBI-mus205).
622. *Foeniculum vulgare* Mill. belonging to Apiaceae (RRCBI-mus145).
623. *Curcuma zedoaria* (Christm.) Roscoe belonging to Zingiberaceae (RRCBI-1865).
624. *Sphaeranthus indicus* L. belonging to Asteraceae (RRCBI-12141).
625. *Vachellia nilotica* subsp. *tomentosa* (Benth.) Kyal. & Boatwr. belonging to Fabaceae (RRCBI-mus280).
626. *Pluchea lanceolata* (DC.) C.B.Clarke belonging to Asteraceae (RRCBI-mus551).

627. *Withania somnifera* (L.) Dunal belonging to Solanaceae (RRCBI-9103).
628. *Juniperus communis* L. belonging to Cupressaceae (RRCBI-mus344).
629. *Argyreia nervosa* (Burm.f.) Bojer Sweet) belonging to Convolvulaceae (RRCBI-771).
630. *Trachyspermum ammi* (L.) Sprague belonging to Apiaceae (RRCBI-mus218).
631. *Psammogeton involucratum* (Roxb.) Mousavi, Mozaff. & Zarre belonging to Apiaceae (RRCBI-mus622).
632. *Anethum graveolens* L. belonging to Apiaceae (RRCBI-mus354).
633. *Asparagus racemosus* Willd. belonging to Asparagaceae (RRCBI-1937).
634. *Acorus calamus* L. belonging to Acoraceae (RRCBI-mus119).
635. *Moringa oleifera* Lam. belonging to Moringaceae (RRCBI-19929).
636. *Tribulus terrestris* L. belonging to Zygophyllaceae (RRCBI-3265).
637. *Crateva nurvala* Buch.-Ham. belonging to Capparaceae (RRCBI-11815).
638. *Cyanthillium cinereum* (L.) H.Rob. belonging to Asteraceae (RRCBI-19652).
639. *Paederia foetida* L. belonging to Rubiaceae (RRCBI-mus694).
640. *Sesbania sesban* (L.) Merr. belonging to Fabaceae (RRCBI-19448).
641. *Ferula narthex* Boiss. belonging to Apiaceae (RRCBI-mus421).
Plant samples submitted by Dr. Diksha Dhiraj, M.D. scholar of Kayachikitsa, Government Ayurveda College, Raipur (C.G) authenticated as-
642. *Cyperus rotundus* L. belonging to Cyperaceae (RRCBI-mus316).
643. *Saussurea lappa* (Decne.) C.B.Clarke belonging to Asteraceae (RRCBI-mus248).
644. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277).
645. *Berberis aristata* DC. belonging to Berberidaceae (RRCBI-mus623).
646. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
647. *Plumbago zeylanica* L. belonging to Plumbaginaceae (RRCBI-12243).
648. *Acorus calamus* L. belonging to Acoraceae (RRCBI-mus119).
649. *Aconitum heterophyllum* Wall. belonging to Ranunculaceae (RRCBI-mus526).
650. *Picrorhiza kurroa* Royle ex Benth. belonging to Plantaginaceae (RRCBI-mus117).
651. *Iris ensata* Thunb. belonging to Iridaceae (RRCBI-mus480).
652. *Commiphora mukul* Engl. belonging to Burseraceae (RRCBI-17583)
Plant samples submitted by Dr. Shilpi Gangwani, M.D. scholar of Kayachikitsa, Government Ayurveda College, Raipur (C.G) authenticated as-
653. *Semecarpus anacardium* L.f. belonging to Anacardiaceae (RRCBI-20114).
654. *Embelia ribes* Burm.f. belonging to Primulaceae (RRCBI-11256).
655. *Cullen corylifolium* (L.) Medik. belonging to Fabaceae (RRCBI-mus94).
656. *Bacopa monnieri* (L.) Wettst. belonging to Plantaginaceae (RRCBI-5683).
657. *Terminalia chebula* Retz. belonging to Combretaceae (RRCBI-11984).
658. *Terminalia bellirica* (Gaertn.) Roxb. belonging to Combretaceae (RRCBI-4966).
659. *Phyllanthus emblica* L. belonging to Phyllanthaceae (RRCBI-11214).
660. *Eclipta prostrata* (L.) L. belonging to Asteraceae (RRCBI-8810).
661. *Convolvulus prostratus* Forssk. belonging to Convolvulaceae (RRCBI-mus242).
662. *Acorus calamus* L. belonging to Acoraceae (RRCBI-mus119).
663. *Piper longum* L. belonging to Piperaceae (RRCBI-mus49).
664. *Piper retrofractum* Vahl belonging to Piperaceae (RRCBI-mus322).
665. *Berberis aristata* DC. belonging to Berberidaceae (RRCBI-mus618).
666. *Brassica juncea* (L.) Czern. belonging to Brassicaceae (RRCBI-13306).
667. *Saussurea lappa* (Decne.) C.B.Clarke belonging to Asteraceae (RRCBI-mus23).
668. *Curcuma longa* L. belonging to Zingiberaceae (RRCBI-mus277).
669. *Pongamia pinnata* (L.) Pierre belonging to Fabaceae (RRCBI-10892).
670. *Senna tora* (L.) Roxb. belonging to Fabaceae (RRCBI-8830).
671. *Cassia fistula* L. belonging to Fabaceae (RRCBI-12062).

o) Any other information, please specify:

Submission of SMPU progress reports to CCRAS Hqrs., New Delhi:

- Prepared and submitted the annual progress report of the Survey of Medicinal Plants Unit to CCRAS Headquarters for the period 2024-25.
- Monthly and quarterly reports of SMPU have been prepared and submitted for the year 2025-26.

Submission of IMR Research Projects:

- The following IMR research project was prepared and presented in Internal Scrunity Committee (ISC) and final project proposals submitted in Project Evaluation and Monitoring Committee (PEMC) and got sanctioned.

Sl. No.	Project title	Budget approved (Rs.)	Budget released (Rs.)
1.	CCRAS-Central Digital Database of Edible Fruits: Karnataka	Rs. 95,02,920/-	Nil

Dr. V. Rama Rao, RO (Botany) External Reviewer for CCRAS “STUDENTSHIP PROGRAM FOR AYURVEDA RESEARCH KEN (SPARK) - 4.0 (2025-26) and reviewed 08 research projects and 01 research articles for five journals reviewed for Asian J Agriculture and Allied Sciences-Sindh.

Cultivation of Medicinal Plants at CARI, Bengaluru botanical garden

S. No	Plant name	Local name	English name
1.	<i>Clausena indica</i> (Dalzell) Oliv.	Majjige hannu	Indian Wampi
2.	<i>Chrysophyllum roxburghii</i> G. Don.	Hale, Bokale	Wild Star Apple
3.	<i>Garcinia gummi-gutta</i> (L.) N.Robson	Kachampuli	Malabar Tamarind
4.	<i>Prunus avium</i> L.	Wild Cherry	Cherry
5.	<i>Pouteria campechiana</i> Kunth (Baehni)	Motte hannu	Egg fruit/ Yellow sapota
6.	<i>Flacourtia montana</i> J. Graham.	Sampige hannu	Mountain Sweet Thorn
7.	<i>Carissa gangetica</i> Stapf ex Gamble	Karamanji	Carandas Cherry
8.	<i>Garcinia mangostana</i> L.	Hannu gala rani	Mangoosten
9.	<i>Garcinia indica</i> L.	Punarpuli	Kokum
10.	<i>Casimiroa edulis</i> La Llave.	-	White sapota
11.	<i>Citrus reticulata</i> Blanco.	-	Coorg orange
12.	<i>Cayratia pedata</i> (Lam.) Juss. ex Gagnep.	Eidakula kura	Birdfoot Grape- Vine
13.	<i>Crinum asiaticum</i> L.	-	Spider lilly
14.	<i>Caralluma fimbriata</i> L.	Kundelu kummulu	Edible cactus
15.	<i>Euphorbia neriifolia</i> L.	-	-
16.	<i>Dioscorea</i> sp.	-	-
17.	<i>Commiphora caudata</i> (Wight & Arn.) Engl.	Konda mamidi	-
18.	<i>Tecomella undulata</i> (Sm.) Seem.	-	Desert teak

19.	<i>Clerodendrum inerme</i> (L.) Gaertn.	-	-
20.	<i>Crotalaria verrucosa</i> L.	-	-
21.	<i>Allium canadense</i>	-	Wild onion

List of museum samples collected during reporting period:

Samples collected in MEBS survey of Udupi district, Karnataka from 16th-19th December 2025:

S. No	Scientific name of plant	Local name/ English name	Part	Useful information
1	<i>Zanthoxylum rhetsa</i> (Roxb.) DC.	Teppal	Fruit	Essential spice in Udupi cuisine for distinctive citrusy aroma and a unique, tongue-tingling sensation to seafood and vegetable dishes.
2	<i>Curcuma amada</i> Roxb.	Mango ginger	Rhizome	Used in traditional cooking
3	<i>Dioscorea alata</i> L.	Sambrani	Tuber	Edible as fry or curry
4	<i>Mangifera indica</i> L.	Appemidi/midi maavu	Fruit	GI tag (2009) of local mango variety from the Western Ghats' Malnad belt, KA
5	<i>Solanum melongena</i> var. Mattu Gulla.	Mattu Gulla brinjal	Fruit	GI tag (2011) of Mattu Gulla is a unique, green, spherical brinjal from the Mattu village area near Udupi, Karnataka
6	<i>Spondias pinnata</i> (L.f.) Kurz.	Amtekai (Kannada), Ambade (Tulu and Konkani)	Fruit	Souring agent in various traditional dishes
7	<i>Artocarpus lacucha</i> Buch.-Ham.	Vaate huli (Monkey jack fruit)	Fruit	Replace tamarind as souring agent
8	<i>Garcinia morella</i> (Gaertn.) Desr.	Jarige huli	Fruit	used for fish curries and other vegetarian dishes as a substitute for tamarind
9	<i>Garcinia indica</i> (Thouars) Choisy.	Punarpuli (Kokum)	Fruit	Dry fruit used as tamarind substitute. Fresh fruit used for juice preparation which helps acidity and dehydration.

Samples collected in MEBS survey of Chikkamagaluru district, Karnataka from 19th-22nd January 2026:

S. No	Scientific name of plant	Local/English name	Part	Useful information
1	<i>Styrax benzoin</i> Dryand.	Sambrani	Latex	A traditional resin-based incense
2	<i>Ocimum basilicum</i> L.	Sabja	Seed	Helps in digestion, weight management, and hydration
3	<i>Salvia hispanica</i> L.	Chia	Seed	Helps in digestion, promote weight loss, support heart health, and boost energy

4	<i>Capsicum annuum</i> L.	Kanthari/Bird's eye chilli	Fruit	A highly potent pepper (50,000–100,000 Scoville units) known for intense, immediate heat.
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Administrative work:

- All botany staff were involved in SMPU Annual progress report and CARI Bengaluru progress reports preparation.
- Dr. V. Rama Rao, R.O. (Botany), Dr. C. Srinivasulu, R.A. (Botany), Mrs. Ritu Sinha, R.A. (Botany) and Mrs. R. Bhavana, Research Assistant (Botany) involved in the events of medicinal plant expo, distribution, herbal garden and plant campaigns during 10th Ayurveda Day 2025. (F.No.9-15/2024/CARI/BNG/10th Ay. Day /1489, dated 08.09.2025).
- Dr. V. Rama Rao, R.O. (Botany) and Dr. C. Srinivasulu, R.A. (Botany) – Members of Transport committee; Mrs. Ritu Sinha, R.A. (Botany) – Member of Registration committee at the International Conference held on “Ayurveda and Integrative Approaches to Obesity & Metabolic Syndrome” at IISc, Bengaluru under the Union Ministry of Ayush in collaboration with IISc and NIMHANS during Dec 1-2, 2025 (Office order: 632/2025-26, F.No.9-15/2025/CARI/Bengaluru/Committees/1907, dated:29.10.2025)
- Dr. V. Rama Rao, R.O. (Botany) and Dr. C. Srinivasulu, R.A. (Botany) – Members of Transport committee; Mrs. Ritu Sinha, R.A. (Botany) – Member of Registration committee at the national workshop on “Understanding Health and Wellness through microbiome Research” conducted by CARI Bengaluru from 9-11 Feb, 2026 (F.No. 6-07/CARI/BNG/2023-24/Tech./Seminar/Workshop/2775; dtd: 22.01.2026).
- Dr. V. Rama Rao, R.O. (Botany), Dr. C. Srinivasulu, R.A. (Botany) and Mrs. Ritu Sinha, R.A. (Botany) - Members of scrutiny committee- for walk-in interview for the post of SRF (Chemistry) and JRF (Botany) for the upcoming projects (F.No.2-4/2021/CARI/BNG/Sel.Com./3271, Office order.1104/2024-25, dtd: 02.03.2026)”.
• All the botany staff were actively involved during the internal audit held during 06-10 Oct 2025 (F. No. 4-211. Audit/CARI/ BNG/ 2025-26/1526 dated:12-09-2025).
- All the botany staff are actively involved in maintaining the greenery and cleanliness of CARI campus by instructing the MTS staff (on daily basis) from time to time.

iGOT Karmayogi Training:

- Dr. V. Rama Rao, R.O. (Botany) and Mrs. Ritu Sinha, R.A. (Botany) attended the iGOT Karmayogi Training program conducted by CCRAS team, New Delhi at CARI Bengaluru on 10/11/2025.
- Dr. C. Srinivasulu, R.A. (Botany) attended the iGOT Karmayogi Training program conducted by CCRAS team, New Delhi at NIIMH Hyderabad on 22.11.2025.

Information provided to CCRAS and other institutes during 2025-26:

- Authentication of five herbarium specimens was done for RARI Pune (File No. 3-63/2025-26/RARI/Pune/NABL/Botany/1177, dated: 26.11.2025).

Online GeM training:

- Dr. V Rama Rao, RO (Bot.) attended Online training on Government e Marketplace Training session on 01/05/2025

Technical review meetings:

- Attended introductory meeting 2025-26 conducted by MPR section, CCRAS hqs, New Delhi on 07.04.2025.
- Attended VC meeting on NMPB-RRDR Project presentation by MPR Section, CCRAS, New Delhi on 08.04.2025.
- Attended VC meeting on use of software to update the data during MEBS Tour MPR Section, CCRAS, New Delhi on 23.04.2025.
- Attended VC meeting to discuss concept notes and project proposals under Pharmacognosy conducted by CCRAS, New Delhi on 27.04.2025.
- Attended Focus group meeting to discuss concept notes and project proposals under MEBS projects conducted by MPR Section, CCRAS, New Delhi on 05.05.2025.
- Attended Meeting regarding execution of the studies titled” Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India” by CCRAS, New Delhi on 09.05.2025.
- Attended Training on “Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India” by CCRAS, New Delhi on 19.05.2025 & 27.05.2025.
- Attended and presented a project proposal during 31st ISC Meeting conducted by CCRAS, New Delhi on 25.06.2025 & 26.06.2025.
- Attended Review meeting of the studies titled Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India by CCRAS, New Delhi on 27.06.2025.
- Attended and presented a project proposal (by R. Bhavana) in PEMC Meeting conducted by CCRAS, New Delhi on 02.07.2025.
- Attended Review meeting of the studies titled Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India conducted by CCRAS, New Delhi on 18.07.2025, 26.07.2025 & 25.08.2025.
- Attended and presented work status on completed and ongoing IMR projects in VC review meeting conducted by CCRAS hq. on 12.08.2025.
- Attended VC meeting between MEBS team of CCRAS Peripheral Institute & NRDR, Jhansi for complete and ongoing IMR projects held on 02.09.2025 at CCRAS, New Delhi.
- Attended VC meeting to discuss MPR activities for 10th Ayurveda Day conducted on 10.09.2025 CCRAS
- Attended VC meeting between MEBS team of CCRAS Peripheral Institute & NRDR, Jhansi for complete and ongoing IMR projects. 07.10.2025 CCRAS
- Attended VC Meeting related to cultivation conducted by CCRAS, New Delhi on 03.11.2025.
- Attended CCRAS Focus group meeting for discussion of new proposal or concept held on 04.11.2025
- Attended CCRAS MEBS focus group meeting held on 05.12.2025.
- Dr Rama Rao presented a project proposal on “Integrating Ayurvedic Knowledge with Phytochemical and Nutritional Profiling of Fruits of Karnataka: A Documentation and Database Approach” in ISC meeting of IMR projects conducted by CCRAS on 16.01.2026.
- Attended CCRAS 16 PEMC Meeting (Medicinal Plant Research, Drug standardization Research, Pharmacology research & Pharmaceutical Research) on 04.02.2026

- Attended VC Meeting on QR Code Project: Progress Review and Road map conducted by CCRAS on 25.03.2025.

Demonstrative training provided to academic students during the year 2025-26

Sl. No	Name of the College	Date	No. of students	Remarks
1.	SDM Ayurveda College, Bengaluru (UG 2 nd year students)	28.05.2025 & 29.05.2025	91	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis. Conducted quiz on occasion of World Environment Day.
2.	Atreya Ayurveda Medical College, Bengaluru (UG 2 nd year students)	17.06.2025 & 18.06.2025	60	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
3.	Ramakrishna Ayurveda Medical College, Bengaluru (2 nd year students)	22.07.2025	62	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
4.	Sri Sri Ayurveda Medical College, Bengaluru (UG students)	13.08.2025 & 14.08.2025	72	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
5.	Nalanda Degree College, V. Kota, Chittoor dt, Andhra Pradesh	18/09/2025	40	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
6.	Adichunchanagiri Ayurvedic Medical College, (BAMS Final year)	26/09/2025	40	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
7.	Kalabryaweshwara swami Ayurvedic Medical College and Hospital Research Centre (2 nd year BAMS students)	04/11/2025 & 06/11/2025	80	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
8.	Hillside Ayurveda Medical College & Hospital, Bengluru (1 st year BAMS students)	11/11/2025	25	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
9.	Govt Ayurveda Medical	17/01/2026	35	Demonstration of Herbarium

	College, Bengaluru			and museum sample preparation and storage. Demonstration of HPTLC analysis.
10.	SDM Institute of Ayurveda and Hospital, Bengaluru (2 nd year BAMS students)	22.01.2026 & 23.01.2026	92	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
11.	Hillside Ayurveda Medical College and Hospital, Bengaluru	05/02/2026 & 06/02/2026	32	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
12.	St. John's College of Nursing, Bengaluru.	16/02/2026	50	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
13.	T. John College of Pharmacy, B. Pharm Bengaluru	10/03/2026	30	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
14.	Susrutha Ayurvedic Medical College and Hospital, Bengaluru (UG and PG students)	23/03/2026	49	Demonstration of Herbarium and museum sample preparation and storage. Demonstration of HPTLC analysis.
Total no. of students visited			790	

INTRA MURAL RESEARCH PROJECT-1

Project title	: Study and documentation of plant raw drugs for Substitution and Adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh & Telangana.
Principal Investigator	: R Bhavana, RA (Botany)
Co-Investigator(s)	: Dr. V. Rama Rao, R.O. (Botany), Co-I (name): Dr. Tejaswini C., R.O. (Ayurveda), Dr. C Srinivasulu, R.A (Botany), Sh. Suresh Kumar, R.A. (Chemistry), Dr. Thulasi R., R.A. (Botany) and Dr. Akansha Pandey, R.A. (Botany).
Santion Order	: O.O.392/2024-25; F.No. HQ-PROJ011/79/2024-PROJ, Dated 19.07.2024
Duration	: 2 years
Date of Initiation	: 19/07/2024
Date of completion	: 18/07/2026

Objectives:

- Study of raw drugs from local markets of South India including Karnataka, Kerala, Tamil Nadu, Andhra Pradesh and Telangana.
- Observation of macro, microscopic & powder microscopic characters for authenticity of the collected raw drugs.
- Identification of alternative botanical sources of original raw material and their substitutes.
- Documentation of important diagnostic characters for the correct identification of selected raw drugs.

Budgetary details:

Statement of expenditure from 2024-25 and 2025-26.

Sl. No.	Year	Total sanctioned budget	Budget released	Expenditure	Unspent
1.	2024-25	21,60,160/-	4,00,000/-	4,00,000/-	Nil
2.	2025-26		4,10,060/-	4,10,060/-	Nil

Budget instalment details:

2024-25:

1st Instalment: Rs. 4,00,000/- released on 22-06-2023

(Ref: F. No. HQ-PROJ011/79/2024-PROJ O.O No. 392/2024-25 dated: 19-07-2024)

2025-26:

1st Instalment: Rs. 4,10,060/- released on 09-06-2025.

(Ref: F. No. HQ-PROJ011/79/2024-PROJ/933, dated: 15-05-2025)

Work Progress at CARI, Bengaluru during April 2025 to March 2026

- Completed the microscopical studies of the 7 drugs procured from Chennai.
- Completed the pharmacognostical study of 53 drugs collected from Markets of Malappuram, Palakkad, Chennai, Bangalor.
- Plant raw drugs for pharmacognostical study have been received from RARI Vijayawada.
- Procurement of raw drugs from NIIMH Hyderabad is under process.

Sl. No.	Plant name	Part	Raw drugs received from the market/place
1.	Apmarga	Root	Chennai
2.	Swarnpatri	Leaf	Chennai
3.	Tvak	Bark	Chennai
4.	Tvakpatra	Leaf	Chennai
5.	Pashanbheda	Root	Chennai
6.	Vasa	Leaf	Chennai
7.	Lodhra	Bark	Chennai
8.	Manjistha	Stem	Chennai
9.	Patha	Root	Bengaluru
10.	Datura	Seed	Chennai
11.	Apmarga	Seed & Root	Chennai
12.	Bharangi	Root	Chennai
13.	Sahachara	Leaf, Petiole & Stem	Chennai
14.	Bharangi	Root	Palakkad
15.	Senna	Leaf	Palakkad
16.	Vasa	Stem	Palakkad
17.	Datura	Seed	Bengaluru
18.	Brahmi	Stem, Root, leaf	Bengaluru
19.	Brahmi	Leaf	Chennai
20.	Chavya	Stem (powder)	Palakkad
21.	Lodhra	Bark	Malappuram
22.	Manjishtha	Root	Malappuram
23.	Bharangi	Root	Malappuram
24.	Senna	Leaf	Malappuram
25.	Vasa	Stem	Malappuram
26.	Tejpatta	Leaf	Malappuram
27.	Siyah jeera	Fruit	Malappuram
28.	Pasanabheda	Rhizome	Malappuram
29.	Datura	Seed	Malappuram
30.	Nagadanti	Root	Malappuram

INTRA MURAL RESEARCH PROJECT-II

Project title : Documentation of Wild Edible and Medicinal Plants Available in different market of southern part of Western Ghats in Karnataka State (Project code: IBO0057)”

Principal Investigator : Dr. V. Rama Rao, R. O. (Bot.)

Co-Investigator(s) : Dr. S H Doodamani, R. O. (Ayu.)
: Dr. Thejaswini C., R. O. (Ayu.)
: Dr. C. Srinivasulu, RA. (Bot.)
: Mrs. Bhavana R., R.A. (Bot.)
: Mrs. Ritu Sinha, R.A. (Bot.)

Sanction Order No. : F. No. HQ-PROJ011/80/2024-PROJ; O.O.587/2024-25,
Dated 10.09.2024

Duration : 2 years

Date of Initiation : 10.09.2024

Expected date of completion : 10.03.2027

Primary Objectives:

- Survey of documentation of wild edible and medicinal plants from the local vegetable markets/ weekly santhe in southern Western Ghats of Karnataka State.
- Study of morphological characters and key identification features of wild edible and medicinal plants for further validation.
- Documentation of voucher specimens, museum samples, GPS location along with good quality photographs of useful parts.

Secondary objective:

- To update the raw drug repository of important wild edible and medicinal plants at CARI Bengaluru

Budget and Expenditure details

Year	Financial Year	Total Sanctioned Amount	Released Amount	Expenditure	Balance
	2024-25	19,80,160/-	7,00,000/-	7,00,000/-	Nil
	2025-26		6,95,450/-	6,95,450/-	Nil

2024-25:

1st installment: Rs. 7,00,000/- released on 17th February 2023 (Sanction order: O.O. No: 587/2024-25, dated. 10.09.2024)

2025-26:

1st instalment: Rs. 1,72,450/- released on 29th July 2025 (Sanction order: F. No. HQ-PROJ011/80/2024-PROJ/1535, dated:16.06.2025)

2nd instalment: Rs. 3,00,000/- released on 5th January 2026 (Sanction order: F. No. HQ-PROJ011/80/2024-PROJ/5473, dated:27.10.2025)

3rd instalment: Rs. 2,23,000/- released on 16th March 2026 (Sanction order: F. No. HQ-PROJ011/80/2024-PROJ/88.38, dated:25.02.2026)

Work Progress during 2025-26:

During the reporting period, the project team has conducted 5 local market survey tours in 4 districts of Karnataka (Kodagu, Mysuru, Chikkaballapur, Udupi). In overall survey, the team documented information on 56 wild edible plants and 7 medicinal plants; collected 13 museum samples, 23 plant saplings and 6 raw drugs. Herbarium specimens of medicinal plants were collected and processed. Nikon Z6III camera and hard disk have been purchased under the project budget.

Details of tours conducted during the reporting period:

Sl. No.	Name of the areas surveyed	Survey dates	No. of days (including journey)	No. of photographs documented
1	Documentation of wild edible plants from local markets in Kodagu and Mysuru districts of Karnataka	11.08.2025 to 14.08.2025	4 days	Information on 41 wild edible plants has been documented from local markets of Kodagu and Mysuru districts (Annexure I).
	Journey from CARI, Bengaluru and stayed at Madikeri	11.08.2025	Day-1	
	Survey conducted in Madikeri, Kedakal, Sontikoppa, Dubare, Chettalli, and Somavara pete (Kushalnagara) local markets in Kodagu dt.	12.08.2025	Day-2	
	Survey conducted in Virajpet, Gonokoppal, Murnad, and Ponnempet local markets in Kodagu dt.	13.08.2025	Day-3	
	Survey conducted in Gun House market and Devaraja markets in Mysuru, and Srirangapatna markets then reached CARI Bengaluru.	14.08.2025	Day-4	
	During above survey, our team visited the college of forestry at Ponnempet, Kodagu district, and purchased 08 wild edible fruit-yielding plant saplings for garden. The plants are <i>Clausena indica</i> (Dalzell) Oliv. <i>Chrysophyllum roxburghii</i> G.Don. <i>Garcinia gummi-gutta</i> (L.) N.Robson., <i>Prunus avium</i> L., <i>Pouteria campechiana</i> Kunth (Baehni), <i>Flacourtia montana</i> J. Graham., <i>Carissa gangetica</i> Stapf ex Gamble and, <i>Garcinia mangostana</i> L.			
2	Survey and documentation of wild edible plants from local markets in Chikkamagaluru district of Karnataka	24.09.2025 to 27.09.2025	4 days	Information on 07 medicinal plants uses has been documented from local markets of Chikkamagaluru district.
	Journey from CARI Bengaluru to Hassan and night stay. Collected the contact information regarding documentation of ritual practices and ethno-dietary practices from SDM Ayurveda college staff in Hassan	24.09.2025	Day-1	
	Documented one FGD on ethno-dietary practices and, 1 IDI on ritual practices in Mandalmane. Documented one IDI on	25.09.2025	Day-2	

	ethno-dietary practices at SDM Ayurveda hospital, Chikkamagaluru			
	Documented one IDI on ethno-dietary practices followed by market survey and LHT documentation in Devagondanahalli village.	26.09.2025	Day-3	
	Journey from Chikkamagaluru to CARI Bengaluru. Documented LHT's in Lakya cross and Gendehalli villages of Chikkamagaluru and Beluru Taluks	27.09.2025	Day-4	
	The list of 7 medicinal plants are <i>Diospyros montana</i> Roxb., <i>Holoptelea integrifolia</i> (Roxb.) Planch., <i>Galinsoga parviflora</i> Cav., <i>Celosia argentea</i> L., <i>Ruta graveolens</i> L., <i>Cucumis sativus</i> var. <i>hardwickii</i> ., <i>Leucas aspera</i> (Willd.) Link.			
3	Survey and documentation of wild edible plants from local markets in Udupi district of Karnataka.	16.12.2025 to 19.12.2025	4 days	Information documented on ethno-dietary practices and ritual practices of local people of Udupi district. During survey, 6 crude drugs, 9 museum samples and 15 wild edible plants were documented. (Annexure II)
	Journey from CARI, Bengaluru to Udupi.	16.12.2025	Day-1	
	Documented ethno-dietary practices and ritual practices in Santhe katte village and Ambalapadi, Udupi dt.	17.12.2025	Day-2	
	1.Documented ethnodietary practices and ritual practices in Katpadi, Udupi dt. 2. Collected crude drugs of 2 samples. 3. Market survey has been conducted in Hebri town, Udupi dt. for wild edible plants.	18.12.2025	Day-3	
	Documented ethnodietary practices and ritual practices from Jain community at Karkala, Udupi dt and returned to Bengaluru	19.12.2025	Day-4	
	The crude drugs were collected from above tour are <i>Tinospora sinensis</i> (stem), <i>Ficus virens</i> (stembark), <i>Terminalia paniculata</i> (stembark), <i>Lygodium flexuosum</i> (root), <i>Nymphaea alba</i> (flower), <i>Cyclea peltata</i> (root).			
4	Survey and documentation of wild edible plants from local markets in Chikkamagaluru district of Karnataka	19.01.2026 To 22.01.2026	4 days	10 wild edible plants were purchased for garden purpose. IDIs (02 ethno-dietary & 01 religious) and FGDs (01 ethnodietary & 01 religious) of ethno-dietary and religious practices were documented during the survey.
	Journey from CARI Bengaluru to Chikkamagaluru	19.01.2026	Day-1	
	Survey was conducted in Chikkamagaluru local markets	20.01.2026	Day-2	
	Documentation of ethno-dietary and religious practices in Chikkamagaluru dt.	21.01.2026	Day-3	
	Journey from Chikkamagaluru to CARI Bengaluru	22.01.2026	Day-4	
5	Survey and documentation of wild edible	23.03.2026	4 days	Procured 5 wild

plants from local markets in Southern part of Western Ghats in Karnataka State from.	to 26.03.2026		edible fruit yielding plants for garden purposes and collected 4 museum samples
Journey from CARI, Bengaluru to Mysuru and visited Devaraja Urs Market.	23.03.2026	Day-1	
Started from Mysuru, visited market of HD Kote, visited EMRS School, Sollepura HD Kote and reached Kodagu.	24.03.2026	Day-2	
Started from Kodagu, visited IIHR, Chettalli purchased plant saplings, and visited farm at Perur Village, Napoklu listed of plants and photograph documented.	25.03.2026	Day-3	
Journey from Kodagu to CARI Bengaluru	26.03.2026	Day-4	
The plants purchased are <i>Garcinia mangostana</i> L., <i>Garcinia indica</i> L., <i>Casimiroa edulis</i> La Llave., <i>Citrus reticulata</i> Blanco., <i>Diospyros blancoi</i>). Museum samples collected: Sambrani (<i>Styrax benzoin</i> Dryand.), Sabja seeds (<i>Ocimum basilicum</i> L.), Chia seeds (<i>Salvia hispanica</i> L.) and Bird's eye chilli (<i>Capsicum annuum</i> L).			

Information on wild edible plants documented from the local markets of Kodagu and Mysuru districts, Karnataka, during 11th-14th August 2025 (data collection format):

Sl. No	Plant name	Local name	Part used	Mode of use and benefit
1	<i>Diplazium esculentum</i> (Retz.) Sw.	Charme soppu	Leaf	Fresh leaves can be boiled or fried with spices. Digestive
2	Bamboo (Fluit bamboo)	Kalile	Shoot	Fresh shoots can be soaked in water for 3 days, then boiled or fried with spices
3	Bamboo (spiny bamboo)	Kalile	Shoot	-do-
4	<i>Alocasia</i> sp.	Marakesa	Leaf	Fresh leaves can be boiled or fried with spices. Throat infections
5	<i>Musa</i> sp.	Boodu banana	Fruit	Consumed as fruit for Inflammations, diabetes, and kidney stones
6	<i>Musa</i> sp.	Red dacca	Fruit	-do-
7	<i>Nephelium lappaceum</i> L.	Rambutan	Fruit	Nutrition purpose
8	<i>Solanum nigrum</i> L.	Ganake soppu	Leaf	Fresh leaves can be prepared as curry or sambar or fry. Mouth and stomach diseases
9	<i>Rumex</i> sp.	Chikki soppu/ Huli soppu	Leaf	Iron and calcium source
10	<i>Celosia argentea</i> L.	Anne soppu	Leaf	Iron and calcium source
11	<i>Citrus</i> sp.	Yelli kayi	Fruit	Used for pickle preparation
12	<i>Manihot esculenta</i> Crantz.	Kasave soppu	Root	Fry or sambar
13	Unidentified	Karekayi	Fruit	Used to prepare fry by removing the seed. Indigestion and skin diseases
14	<i>Alocasia</i> sp	-	Tuber	Fry or sambar
15	<i>Alternanthera</i> sp.	Honagone soppu	Leaf	Fry of curry. Iron and calcium source
16	<i>Spinacia oleracea</i> L.	Palak soppu	Leaf	Fry or curry
17	<i>Anethum graveolens</i> L.	Sabsige soppu	Leaf	Fry, sambar, snacks. Digestion
18	<i>Colocasia esculenta</i> (L.) Schott.	Mara-kembu	Leaf	Fry, sambar. Reduce body heat
19	<i>Colocasia esculenta</i> (L.) Schott.	Kembu	Petiole	Fry, sambar
20	<i>Allium ursinum</i> L.	Monne soppu	Leaf	Fry
21	<i>Diplazium esculentum</i> (Retz.) Sw.	Therme thoppu	Leaf	Fry and curry. Anti- diabetes
22	<i>Solanum nigrum</i> L.	Ganike	Leaf	Fry and curry

		soppu		
23	Bamboo sp.	Kalile	Shoot	Fresh can be soaked in water for 3 days then boiled or fry with spices
24	<i>Manihot esculenta</i> Crantz.	Maragenasu	Root	Fry or sambar
25	<i>Celosia Argentina</i> L.	Anne soppu	Leaf	Fresh leaf can be prepared as curry or sambar or fry
26	<i>Solanum nigrum</i> L.	Ganike soppu	Leaf	Fry and curry
27	<i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson	Suvarna gadde	Root Tuber	Fry and sambar
28	<i>Solanum nigrum</i> L.	Ganike soppu	Leaf	Fry and curry
29	<i>Alternanthera</i> sp.	Honagone soppu	Leaf	Fry of curry. Iron and calcium source
30	<i>Alternanthera sessilis</i> L.	Honagone soppu	Leaf	Fry of curry. Iron and calcium source
31	<i>Musa</i> sp.	Bala dindu	Stem	Fry, juice. Kidney stones
32	<i>Amaranthus spinosus</i> L.	Ilkire soppu	Leaf	Curry. Iron and calcium source
33	<i>Bambusa balcooa</i> Roxb.	Kalile	Shoot	Fry
34	<i>Musa</i> sp.	-	Flower	Fry or sambar
35	<i>Sesbania sesban</i> L. Merr.	-	Leaf	Agasi soppu. Iron and calcium source/ Anti-diabetic
36	<i>Centella asiatica</i> L.	Vandele soppu	Leaf	Chutney. Eye diseases
37	<i>Benincasa fistulosa</i> (Stocks) H.Schaeff. & S.S.Renner	Tinda	Fruit	Curry, soups, etc
38	<i>Manihot esculenta</i> Crantz.	Kasave soppu	Root	Fry or sambar
39	<i>Ocimum basilicum</i> L.	Ooty soppu	Leaf	Flavour in soups and salads
40	<i>Allium sativum</i> L.	-	The young, immature bulbs are harvested	Fry, curry, salads
41	<i>Moringa oleifera</i> L.	Nugge soppu	Leaf	Fry, curry, etc

Annexure II

List of museum samples collected during Udupi survey (16.12.2025 To 19.12.2025):

Sl. No	Scientific name	Local name	Part	Other information
1	<i>Zanthoxylum rhetsa</i> (Roxb.) DC.	Teppal	Fruit	Essential spice in Udupi cuisine for distinctive citrusy aroma and a unique, tongue-tingling sensation to seafood and vegetable dishes.
2	<i>Curcuma amada</i> Roxb.	Mango ginger	Rhizome	Used in traditional cooking
3	<i>Dioscorea alata</i> L.	Sambrani	Tuber	Edible as fry or curry
4	<i>Mangifera indica</i> L.	Appemidi/midi maavu	Fruit	GI tag (2009) of local mango variety from the Western Ghats' Malnad belt, KA
5	<i>Solanum melongena</i> var. Mattu Gulla.	Mattu Gulla brinjal	Fruit	GI tag (2011) of Mattu Gulla is a unique, green, spherical brinjal from the Mattu village area near Udupi, Karnataka
6	<i>Spondias pinnata</i> (L.f.) Kurz.	Amtekai (Kannada), Ambade (Tulu and Konkani)	Fruit	Souring agent in various traditional dishes
7	<i>Artocarpus lacucha</i> Buch.-Ham.	Vaate huli (Monkey jack fruit)	Fruit	Replace tamarind as souring agent
8	<i>Garcinia morella</i> (Gaertn.) Desr.	Jarige huli	Fruit	used for fish curries and other vegetarian dishes as a substitute for tamarind
9	<i>Garcinia indica</i> (Thouars) Choisy.	Punarpuli (Kokum)	Fruit	Dry fruit used as tamarind substitute. Fresh fruit used for juice preparation which helps acidity and dehydration.

INTRA MURAL RESEARCH PROJECT - III

Project title : **“Medico Ethno Botanical Survey of Nallamala forest located in the states of Andhra Pradesh and Telangana” (Project code: IBO0067)**

Principal Investigator (s) : Dr. V Rama Rao, R.O. (Bot.), CARI, Bengaluru
: Dr. GP Prasad, A.D i/c, NIIMH, Hyderabad
: Dr.B.Venkateshwarulu, A.D i/c., RARI, Vijayawada

Co-I (names) : Dr. AVJ Sai Prasad, R. O. (Ayu.), RARI, Vijayawada
: Dr. Shubhashree MN, R. O. (Ayu.), CARI, Bengaluru
: Dr. Saketh Ram T, R. O. (Ayu.), NIIMH, Hyderabad
: Dr. Santhosh S Mane, R.O. (Ayu.), NIIMH, Hyderabad
: Dr. Raghavendra Naik, R. O. (Ayu.), CARI, Bengaluru
: Dr. Nishanth K, R. O. (Ayu.), RARI, Vijayawada
: Dr. C. Srinivasulu, R.A.(Botany), CARI, Bengaluru
: Mrs. Bhavana R, R.A. (Botany), CARI, Bengaluru
: Mrs. Ritu Sinha, R.A. (Botany), CARI, Bengaluru

Project fellows : Dr. Dharanas S, SRF (Ayurveda), CARI, Bengaluru
: Mr. Kumar Y, JRF (Botany), CARI, Bengaluru
: Mr. Murali, MTA, CARI, Bengaluru

Sanction Order No. : F. No. HQ-PROJ011/21/2025-PROJ, O.O.1384/2025-26; Dated 21.03.2025

Duration of the project : 2 years

Date of Initiation : 21.03.2025

Expected date of completion: 20.03.2027

Objectives:

(a). Primary objectives:

- Study of floristic diversity, morphological characterization and documentation of medicinal plant species available in Nallamala forests.
- Documentation and validation of Local Health Traditions (LHTs) and Ethno Medicinal Practices (EMPs) of the selected area

(b) Secondary objectives:

- Preparation of state wise comprehensive monograph on medicinal plant wealth of Nallamala forests.
- Publication of the Local Health Traditions (LHTs) and Ethno Medicinal Practices (EMPs).
- Digitization of herbarium specimens documented from Nallamala forests

Budgetary and Expenditure details:

Sl. No	Year	Total Sanctioned Amount	Released Amount	Expenditure	Unspent
1	2025-2026	Rs. 85,04,960/-	Rs.27,08,700/-	Rs.27,08,700/-	Nil

1stinstallment: Rs.27,08,700/- released on 15 May 2025 (Sanction order: O.O. No:

Work Progress:

During the reporting period, 06 MEBS tours were conducted in Nallamala forests located in Kurnool, Nandyala and Prakasam districts in Andhra Pradesh (03 tours) and Mahaboob Nagar, Nagarkurnool and Nalgonda districts in Telangana (03 tours). Documented information on Nallamala forest flora (Andhra Pradesh: 1030 plants, Telangana: 1145 plants), and 15 LHTs (Andhra Pradesh:08, Telangana:07) reported from the local people. Procurement of video workstation, camera, and other non-recurring items was completed by following the codal formalities.

Details of tours conducted during the reporting period:

Sl. No.	Name of the areas surveyed	Survey dates	No. of days (including journey)	No. of plants and photographs documented
1.	Six-day tour of Nallamala forest offices in Andhra Pradesh and Telangana	14.07.2025 to 19.07.2025	6 days	Collected contact details of key forest personnel and survey maps of concerned forest divisions and ranges in Andhra Pradesh and Telangana.
	Journey from CARI Bengaluru to Nandyala. Dr. B Venkateshwarlu, AD I/c, RARI, Vijayawada joined at Nandyala.	14.07.2025	Day-1	
	Met the Deputy Conservator of Forests (DCF) of Nandyala and Atmakur divisions; collected contact details of Forest Range Officers (FROs) of Nandyala, Bandi Atmakuru, Chalama, Gundla Brahmeswaram ranges of Nandyala division; Atmakur, Velugodu, Bairluty and Nagaluty ranges of Atmakur division and discussed about the Nallamala survey project.	15.07.2025	Day-2	
	Journey from Nandyala to Markapuram. Met the Deputy Director (DD) of Markapuram. Collected the FROs details and maps of Markapuram, Erragondapalem, GV Palli, Vijayapura South, Vijayapura North, Dornala, Nakkanti, Korrapolu ranges of Markapuram division. Visited Ahobilam and met the priest of the temple for and got permission to meet designated poojari's related to "Religious Practices and Rituals under MEBS Nallamalla Forests" project. Dr. Sakhet Ram, RO (Ayu.) met the Assistant Chief Conservator of Forests (ACF), Nagarkurnool at Mannanur and got permission to conduct MEBS survey.	16.07.2025	Day-3	
	Journey from Nandyala to Nalgonda and visited the office of Deputy Conservator of	17.07.2025	Day-4	

	Forests at Nalgonda. Due to visit of Conservator of Forest (CF), the survey team could not meet the DCF. Dr. Sakhet Ram, RO (Ayu.) joined from NIIHM, Hyderabad.			
	Met the Deputy Conservator of Forests, Nalgonda, Forest Divisional Officer and FROs. Met the Forest Division Officer at Nagarjuna Sagar and collected contact details of the Forest Range Officer of Nagarjuna Sagar and Devarakonda ranges and obtained forest maps, discussed about the Nallamala survey project etc. Journey from Nagarjunasagar to Kurnool.	18.07.2025	Day-5	
	Return journey from Kurnool to CARI Bengaluru.	19.07.2025	Day-6	
2.	MEBS tour of Nallamala forests in Andhra Pradesh and Telangana	28.07.2025 to 08.08.2025	12 days	451 plants with photographs and 1 LHT were documented.
	Journey from CARI Bengaluru to Nandyala. Dr. B Venkateshwarlu, AD I/c, RARI, Vijayawada joined at Nandyala.	28.07.2025	Day-1	
	A survey conducted in Gajulapalli beat, Chelama range, Nandyala division and documented about 152 plants (listing and photographs).	29.07.2025	Day-2	
	A survey conducted in Ahobilam (south) beat, Rudravaram range, Nandyala division and documented about 105 plants (listing and photographs).	30.07.2025	Day-3	
	Visited Deputy Director office at Giddaluru and discussed about the MEBS activity in Giddaluru division of Nallamala forests. Conducted survey in Peddamantanala beat, Korrapolu range, Markapuram division and documented about 114 plants (listing and photographs).	31.07.2025	Day-4	
	Conducted survey in Kurutlapenta beat, Bailuty Range, Atmakur division and documented about 122 plants (listing and photographs).	01.08.2025	Day-5	
	Conducted survey in Pangidi beat, Velugodu range, Atmakur division and documented about 116 plants (listing and photographs).	02.08.2025	Day-6	
	Dr. Dharanesh S, SRF (Ayu.) and Sh. Mohan, MTA travelled from CARI, Bengaluru to Nandyala. Dr. V. Rama Rao, RO (Botany) and Sh. Y. Kumar, JRF (Botany) joined the team at Nandyala.	03.08.2025	Day-7	

	Travelled from Nandyala to Mannanur in Telangana state.			
	Dr. Sakhet Ram, RO (Ayu.) joined from NIIHM, Hyderabad Conducted survey in Mannanur beat, Mannanur Range, Amrabad division and documented about 129 plants (listing and photographs).	04.08.2025	Day-8	
	Conducted survey in Umamaheswaram beat, Achampet range, Amrabad division and documented about 96 plants (listing and photographs).	05.08.2025	Day-9	
	Conducted survey in Dasarapalli beat, Devarakonda range, Nagarjuna Sagar division and documented the available 131 plants (listing and photographs).	06.08.2025	Day-10	
	Conducted survey in Nagarjuna Sagar beat, Nagarjuna Sagar range, Nalgonda division and documented about 95 plants (listing and photographs).	08.08.2025	Day-11	
	Return journey from Mannanur to CARI, Bengaluru.	07.08.2025	Day-12	
3.	MEBS tour of Nallamala forests in Telangana	17.11.2025 to 22.11.2025	6 Days	360 plants with photographs and 3 LHTs were documented.
	Journey from CARI Bengaluru to Mannanur.	17.11.2025	Day-1	
	Conducted survey Mallapur beat, Farhabad section, Amrabad forest division and listed of 95 plants and documented of photographs.	18.11.2025	Day-2	
	Conducted survey in Kollampenta beat, Turkapally range, Amrabad division and listed of 125 plants and documented of photographs.	19.11.2025	Day-3	
	Conducted survey in Rangapur north beat, Achampet range, Achampet division and listed of 85 plants and documented photographs.	20.11.2025	Day-4	
	Conducted survey in Somasila beat, Kollapur range, Achampet division and listed of 55 plants and documented photographs.	21.11.2025	Day-5	
	Return journey from Mannanur to CARI, Bengaluru.	22.11.2025	Day-6	
4.	MEBS tour of Nallamala forests in Andhra Pradesh	02.01.2026 to 09.01.2026	8 Days	310 plants and concerned photographs were documented. 5 LHTs were documented
	Journey from CARI Bengaluru to Nandyala.	02.01.2026	Day-1	
	Conducted survey Tummalabailu beat, Dornala range, Markapuram division and listed of 65 plants and documented of photographs.	03.01.2026	Day-2	

	Conducted survey in Peddamantanala beat, Korraprolu range, Markapuram division and listed of 65 plants and documented of photographs.	04.01.2026	Day-3	
	Conducted survey in Dongabavi beat, Chalama range, Nandyala division and listed of 70 plants and documented of photographs.	05.01.2026	Day-4	
	Conducted survey in Ahobilam south beat, Rudravaram range, Nandyala division and listed of 105 plants and documented of photographs.	06.01.2026	Day-5	
	Conducted survey in Pechheruvu West, Bairluty range, Atmakuru division and listed of 65 plants and documented of photographs.	07.01.2026	Day-6	
	Conducted survey in Abbarajukunta beat, Velugodu range, Atmakuru division and listed of 80 plants and documented of photographs.	08.01.2026	Day-7	
	Return journey from Nandyala to CARI, Bengaluru.	09.01.2026	Day-8	
5.	MEBS tour of Nallamala forests in Telangana	23.02.2026 to 28.02.2026	6 Days	334 plants and concerned photographs were documented. 3 LHTs documented.
	Journey from CARI Bengaluru to Mannanur.	23.02.2026	Day-1	
	Conducted survey in Yellapur beat, Rajavaram section, Nagarjuna Sagar range and division and listed of 76 plants and documented of photographs.	24.02.2026	Day-2	
	Conducted survey in Rekularam beat and section, Kambalapally range, Nagarjuna Sagar division and listed of 85 plants and documented of photographs.	25.02.2026	Day-3	
	Conducted survey in Umamaheswara beat, Rangapur section, Achampet range and division and listed of 120 plants and documented of photographs.	26.02.2026	Day-4	
	Conducted survey in Gundam east, Mannanur section and range, Amrabad division and listed of 53 plants and documented of photographs.	27.02.2026	Day-5	
	Return journey from Mannanur to CARI, Bengaluru.	28.02.2026	Day-6	
6.	MEBS tour of Nallamala forests in Andhra Pradesh from 05.03.2026 to 11.03.2026.	05.03.2026 to 11.03.2026	6 Days	350 plants and concerned photographs were documented. 3 LHTs were documented.
	Journey from CARI Bengaluru to Nandyala.	05.03.2026	Day-1	
	Conducted survey in Sundipenta beat, Srisailam section and Range, Atmakur division and listed of 47 plants and documented of photographs.	06.03.2026	Day-2	

Conducted survey in Peddachama beat, Srisailam section and Range, Atmakur division and listed of 129 plants and documented of photographs.	07.03.2026	Day-3	
Conducted survey in Mallapalem beat, Erragondapalem section and Range and Markapuram division and listed of 104 plants and documented of photographs.	08.03.2026	Day-4	
Conducted survey in Kotakonda beat, Pedda Kammaluru section, Chalama Range, and Nandyala division and listed of 84 plants and documented of photographs.	09.03.2026	Day-5	
Conducted survey in Bairluty beat, Section and Range and Nandyala division and listed of 77 plants and documented of photographs.	10.03.2026	Day-6	
Return journey from Nandyala to CARI, Bengaluru.	11.03.2026	Day-7	

Details of plants documented from Nallamala forests in Andhra Pradesh and Telangana during the reporting period:

Sl. No.	Botanical Name	Family
1.	<i>Abrus precatorius</i> L.	Fabaceae
2.	<i>Abutilon indicum</i> (L.) sweet	Malvaceae
3.	<i>Acacia leucophloea</i> (Roxb.) Willd.	Fabaceae
4.	<i>Acacia nilotica</i> (L.) Willd. ex Delile	Fabaceae
5.	<i>Acalypha capitata</i> Willd.	Euphorbiaceae
6.	<i>Acalypha ciliata</i> Forssk.	Euphorbiaceae
7.	<i>Achyranthes aspera</i> L.	Amaranthaceae
8.	<i>Actiniopteris radiata</i> (Sw.) Link	Pteridaceae
9.	<i>Adiantum caudatum</i> L.	Pteridaceae
10.	<i>Adiantum philippense</i> L.	Pteridaceae
11.	<i>Adina cordifolia</i> (Roxb.) Brandis	Rubiaceae
12.	<i>Aegle marmelos</i> (L.) Corrêa	Rutaceae
13.	<i>Aerva lanata</i> (L.) Juss.	Amaranthaceae
14.	<i>Aeschynomene indica</i> L.	Fabaceae
15.	<i>Ageratum conyzoides</i> L.	Asteraceae
16.	<i>Ailanthus excelsus</i> Roxb.	Simaroubaceae
17.	<i>Alangium salviifolium</i> (L.f.) Wangerin	Cornaceae
18.	<i>Albizia lebbek</i> (L.) Benth.	Fabaceae
19.	<i>Albizia odoratissima</i> (L.f.) Benth.	Fabaceae
20.	<i>Albizia thompsonii</i> Brandis	Fabaceae
21.	<i>Allophylus cobbe</i> (L.) Raeusch.	Sapindaceae
22.	<i>Alternanthera pungens</i> Kunth	Amaranthaceae
23.	<i>Alternanthera sessilis</i> (L.) DC.	Amaranthaceae
24.	<i>Alysicarpus vaginalis</i> (L.) DC.	Fabaceae
25.	<i>Ammannia baccifera</i> L.	Lythraceae
26.	<i>Ampelocissus latifolia</i> (Roxb.) Planch.	Vitaceae
27.	<i>Ampelocissus tomentosa</i> (Roth) Planch.	Vitaceae
28.	<i>Andrographis beddomei</i> C.B.Clarke	Acanthaceae

29.	<i>Andrographis echiioides</i> (L.) Nees	Acanthaceae
30.	<i>Andrographis paniculata</i> (Burm.f.) Wall. ex Nees	Acanthaceae
31.	<i>Anisochilus carnosus</i> (L.f.) Wall.	Lamiaceae
32.	<i>Anisomeles indica</i> (L.) Kuntze	Lamiaceae
33.	<i>Annona squamosa</i> L.	Annonaceae
34.	<i>Anogeissus latifolia</i> (DC.) Wall. ex Guill. & Perr.	Combretaceae
35.	<i>Antidesma ghaesembilla</i> Gaertner	Euphorbiaceae
36.	<i>Argyreia nervosa</i> (Burm.f.) Bojer	Convolvulaceae
37.	<i>Aristolochia indica</i> L.	Aristolchiaceae
38.	<i>Asparagus racemosus</i> Willd.	Asparagaceae
39.	<i>Aspidopterys cordata</i> A.Juss.	Malpighiaceae
40.	<i>Azadirachta indica</i> A.Juss.	Meliaceae
41.	<i>Azanza lampas</i> Alef.	Malvaceae
42.	<i>Bacopa monnieri</i> (L.) Wettst.	Plantaginaceae
43.	<i>Balanites aegyptiaca</i> (L.) Delile	Zygophyllaceae
44.	<i>Barleria acuminata</i> Nees	Acanthaceae
45.	<i>Barleria prionitis</i> L.	Acanthaceae
46.	<i>Barleria strigosa</i> Willd.	Acanthaceae
47.	<i>Bauhinia racemosa</i> Lam.	Fabaceae
48.	<i>Bauhinia tomentosa</i> L.	Fabaceae
49.	<i>Bauhinia variegata</i> L.	Fabaceae
50.	<i>Bidens biternata</i> (Lour.) Merr. & Sherff	Asteraceae
51.	<i>Biophytum sensitivum</i> (L.) DC.	Oxalidaceae
52.	<i>Blainvillea acmella</i> (L.) Philipson	Asteraceae
53.	<i>Blumea virens</i> DC.	Asteraceae
54.	<i>Boerhavia chinensis</i> (L.) Rottb.	Nyctaginaceae
55.	<i>Boerhavia diffusa</i> L.	Nyctaginaceae
56.	<i>Boswellia serrata</i> Roxb.	Burseraceae
57.	<i>Breynia retusa</i> (Dennst.) Alston	Phyllanthaceae
58.	<i>Bridelia retusa</i> (L.) A.Juss.	Phyllanthaceae
59.	<i>Buchanania axillaris</i> (Desr.) Ramamoorthy	Anacardiaceae
60.	<i>Calotropis gigantea</i> (L.) W.T.Aiton	Apocynaceae
61.	<i>Canavalia gladiata</i> (Jacq.) DC.	Fabaceae
62.	<i>Canscora diffusa</i> (Vahl) R.Br. ex Roem. & Schult.	Gentianaceae
63.	<i>Cansjera rheedei</i> Gmelin	Opiliaceae
64.	<i>Canthium coromandelicum</i> (Burm.f.) Alston	Rubiaceae
65.	<i>Capparis divaricata</i> Lam.	Capparaceae
66.	<i>Capparis sepiaria</i> L.	Capparaceae
67.	<i>Capparis zeylanica</i> L.	Capparaceae
68.	<i>Cardiospermum halicacabum</i> L.	Sapindaceae
69.	<i>Careya arborea</i> Roxb.	Lecythidaceae
70.	<i>Carissa spinarum</i> L.	Apocynaceae
71.	<i>Casearia elliptica</i> Willd.	Flacourtiaceae
72.	<i>Cassia fistula</i> L.	Fabaceae
73.	<i>Cassytha filiformis</i> L.	Lauraceae
74.	<i>Catunaregam spinosa</i> (Thunb.) Tirveng.	Rubiaceae
75.	<i>Cayratia pedata</i> (Lam.) Juss. ex Gagnep.	Vitaceae
76.	<i>Cayratia trifolia</i> (L.) Domin	Vitaceae

77.	<i>Celastrus paniculatus</i> Willd.	Celastraceae
78.	<i>Celosia argentea</i> L.	Amaranthaceae
79.	<i>Centella asiatica</i> (L.) Urb.	Apiaceae
80.	<i>Chamaecrista absus</i> (L.) H.S.Irwin & Barneby	Fabaceae
81.	<i>Chamaecrista pumila</i> (Lam.) V.Singh	Fabaceae
82.	<i>Chlorophytum arundinaceum</i> Baker	Asparagaceae
83.	<i>Chlorophytum tuberosum</i> (Roxb.) Baker	Asparagaceae
84.	<i>Chloroxylon swietenia</i> DC.	Rutaceae
85.	<i>Cissampelos pareira</i> L.	Menispermaceae
86.	<i>Cissus pallida</i> (Wight & Arn.) Steud.	Vitaceae
87.	<i>Cissus quadrangularis</i> L.	Vitaceae
88.	<i>Cissus vitiginea</i> L.	Vitaceae
89.	<i>Cleistanthus collinus</i> (Roxb.) Benth. ex Hook.f.	Phyllanthaceae
90.	<i>Cleome viscosa</i> L.	Capparaceae
91.	<i>Clerodendrum serratum</i> (L.) Moon.	Lamiaceae
92.	<i>Coccinia grandis</i> (L.) Voigt	Cucurbitaceae
93.	<i>Cocculus hirsutus</i> (L.) W.Theob.	Menispermaceae
94.	<i>Cochlospermum religiosum</i> (L.) Alston	Bixaceae
95.	<i>Coldenia procumbens</i> L.	Boraginaceae
96.	<i>Combretum albidum</i> G.Don	Combretaceae
97.	<i>Commelina benghalensis</i> L.	Commelinaceae
98.	<i>Commelina diffusa</i> Burm.f.	Commelinaceae
99.	<i>Commelina erecta</i> L.	Commelinaceae
100.	<i>Commiphora caudata</i> (Wight & Arn.) Engl.	Burseraceae
101.	<i>Corchorus aestus</i> L.	Malvaceae
102.	<i>Cordia dichotoma</i> G.Forst.	Boraginaceae
103.	<i>Cordia monoica</i> Roxb.	Boraginaceae
104.	<i>Crassocephalum crepidioides</i> S.Moore	Asteraceae
105.	<i>Crotalaria calycina</i> Schrank	Fabaceae
106.	<i>Crotalaria medicaginea</i> Lam.	Fabaceae
107.	<i>Crotalaria mysorensis</i> Roth	Fabaceae
108.	<i>Crotalaria prostrata</i> Rottler ex Willd.	Fabaceae
109.	<i>Crotalaria pusilla</i> Roxb. ex Roth	Fabaceae
110.	<i>Crotalaria ramosissima</i> var. <i>ramosissima</i>	Fabaceae
111.	<i>Crotalaria verrucosa</i> L.	Fabaceae
112.	<i>Cryptolepis dubia</i> (Burm.f.) M.R.Almeida	Apocynaceae
113.	<i>Curculigo orchiioides</i> Gaertn.	Hypoxidaceae
114.	<i>Cyanotis tuberosa</i> (Roxb.) Schult.f.	Commelinaceae
115.	<i>Cyanthillium albicans</i> (DC.) H.Rob.	Asteraceae
116.	<i>Cyanthillium cinereum</i> (L.) H.Rob.	Asteraceae
117.	<i>Cymbopogon flexuosus</i> (Nees ex Steud.) Will. Watson	Poaceae
118.	<i>Cynanchum annularium</i> (Roxb.) Liede & Khanum	Apocynaceae
119.	<i>Cynanchum sarcomedium</i> Meve & Liede	Apocynaceae
120.	<i>Cynoglossum zeylanicum</i> (Sw. ex Lehm.) Thunb. ex Brand	Boraginaceae
121.	<i>Cyphostemma auriculatum</i> (Roxb.) P.Singh & B.V.Shetty	Vitaceae
122.	<i>Dalbergia lanceolaria</i> L.f.	Fabaceae
123.	<i>Dalbergia latifolia</i> Roxb.	Fabaceae
124.	<i>Dalbergia volubilis</i> Roxb.	Fabaceae

125.	<i>Datura metel</i> L.	Solanaceae
126.	<i>Dendrophthoe falcata</i> (L.f.) Ettingsh.	Loranthaceae
127.	<i>Desmodium gangeticum</i> (L.) DC.	Fabaceae
128.	<i>Desmodium heterocarpon</i> (L.) DC.	Fabaceae
129.	<i>Desmodium pulchellum</i> (L.) Benth.	Fabaceae
130.	<i>Desmodium triflorum</i> (L.) DC.	Fabaceae
131.	<i>Desmodium triquetrum</i> (L.) DC.	Fabaceae
132.	<i>Desmodium velutinum</i> (Willd.) DC.	Fabaceae
133.	<i>Dichrostachys cinerea</i> (L.) Wight & Arn.	Fabaceae
134.	<i>Dicliptera cuneata</i> Nees	Acanthaceae
135.	<i>Dillenia pentagyna</i> Roxb.	Dilleniaceae
136.	<i>Dioscorea bulbifera</i> L.	Dioscoreaceae
137.	<i>Dioscorea hispida</i> Dennst.	Dioscoreaceae
138.	<i>Dioscorea pentaphylla</i> L.	Dioscoreaceae
139.	<i>Diospyros chloroxylon</i> Roxb.	Ebenaceae
140.	<i>Diospyros melanoxylon</i> Roxb.	Ebenaceae
141.	<i>Diplocyclos palmatus</i> (L.) C.Jeffrey	Cucurbitaceae
142.	<i>Dodonaea viscosa</i> Jacq.	Sapindaceae
143.	<i>Dolichandrone atrovirens</i> (Roth) K.Schum.	Bignoniaceae
144.	<i>Dolichandrone falcata</i> (Wall. ex DC.) Seem.	Bignoniaceae
145.	<i>Drypetes sepiaria</i> (Wight & Arn.) Pax & K.Hoffm.	Putranjivaceae
146.	<i>Dyschoriste vagans</i> (Wight) Kuntze	Acanthaceae
147.	<i>Eclipta prostrata</i> (L.) L.	Asteraceae
148.	<i>Ehretia aspera</i> Willd.	Boraginaceae
149.	<i>Ehretia laevis</i> Roxb.	Boraginaceae
150.	<i>Ehretia microphylla</i> Lam.	Boraginaceae
151.	<i>Elaeodendron glaucum</i> (Rottb.) Pers.	Celastraceae
152.	<i>Emilia sonchifolia</i> (L.) DC.	Asteraceae
153.	<i>Endostemon viscosus</i> (Roth) M.R.Ashby	Lamiaceae
154.	<i>Enicostema axillare</i> subsp. <i>axillare</i>	Gentianaceae
155.	<i>Entada rheedei</i> Spreng.	Fabaceae
156.	<i>Eranthemum purpurascens</i> Wight ex Nees	Acanthaceae
157.	<i>Erigeron bonariensis</i> L.	Asteraceae
158.	<i>Erythrina stricta</i> Roxb.	Fabaceae
159.	<i>Erythroxylum monogynum</i> Roxb.	Erythroxylaceae
160.	<i>Eulophia picta</i> (R.Br.) Ormerod	Orchidaceae
161.	<i>Euphorbia antiquorum</i> L.	Euphorbiaceae
162.	<i>Euphorbia deccanensis</i> V.S.Raju	Euphorbiaceae
163.	<i>Euphorbia fusiformis</i> Buch.-Ham. ex D.Don	Euphorbiaceae
164.	<i>Euphorbia heterophylla</i> var. <i>heterophylla</i>	Euphorbiaceae
165.	<i>Euphorbia hirta</i> L.	Euphorbiaceae
166.	<i>Euphorbia longistyla</i> Boiss.	Euphorbiaceae
167.	<i>Euphorbia neriifolia</i> L.	Euphorbiaceae
168.	<i>Evolvulus alsinoides</i> L.	Convolvulaceae
169.	<i>Exacum pedunculatum</i> L.	Gentianaceae
170.	<i>Ficus benghalensis</i> L.	Moraceae
171.	<i>Ficus hispida</i> L.f.	Moraceae
172.	<i>Ficus microcarpa</i> L.f.	Moraceae

173.	<i>Ficus mollis</i> Vahl	Moraceae
174.	<i>Ficus racemosa</i> L.	Moraceae
175.	<i>Ficus virens</i> Aiton	Moraceae
176.	<i>Firmiana colorata</i> (Roxb.) R.Br.	Malvaceae
177.	<i>Flacortia indica</i> (Burm.f.) Merr.	Flacourtiaceae
178.	<i>Flemingia bracteata</i> (Roxb.) Wight	Fabaceae
179.	<i>Flueggea virosa</i> (Roxb. ex Willd.) Royle	Phyllanthaceae
180.	<i>Gardenia gummifera</i> L.f.	Rubiaceae
181.	<i>Gardenia latifolia</i> Aiton	Rubiaceae
182.	<i>Gardenia resinifera</i> Roth	Rubiaceae
183.	<i>Gardenia turgida</i> Roxb.	Rubiaceae
184.	<i>Garuga pinnata</i> Roxb.	Burseraceae
185.	<i>Getonia floribunda</i> Roxb.	Combretaceae
186.	<i>Givotia moluccana</i> (L.) Sreem.	Euphorbiaceae
187.	<i>Globba bulbifera</i> Roxb.	Zingiberaceae
188.	<i>Glochidion heyneanum</i> var. <i>heyneanum</i>	Phyllanthaceae
189.	<i>Gloriosa superba</i> L.	Colchicaceae
190.	<i>Gmelina arborea</i> Roxb.	Verbenaceae
191.	<i>Gmelina asiatica</i> L.	Lamiaceae
192.	<i>Grangea maderaspatana</i> (L.) Poir.	Asteraceae
193.	<i>Grewia flavescens</i> Juss.	Malvaceae
194.	<i>Grewia hirsuta</i> Vahl	Malvaceae
195.	<i>Grewia orbiculata</i> Rottler	Malvaceae
196.	<i>Grewia rhamnifolia</i> Roth	Malvaceae
197.	<i>Grewia tenax</i> (Forssk.) Fiori	Malvaceae
198.	<i>Grewia tiliifolia</i> Vahl	Malvaceae
199.	<i>Grewia villosa</i> Willd.	Malvaceae
200.	<i>Guettarda speciosa</i> L.	Rubiaceae
201.	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex Sm.	Apocynaceae
202.	<i>Gymnosporia emarginata</i> (Willd.) Thwaites	Celastraceae
203.	<i>Gyrocarpus americanus</i> Jacq.	Hernandiaceae
204.	<i>Habenaria roxburghii</i> Nicolson	Orchidaceae
205.	<i>Hardwickia binata</i> Roxb.	Fabaceae
206.	<i>Helichrysum indicum</i> (L.) Grierson	Asteraceae
207.	<i>Helicteres isora</i> L.	Malvaceae
208.	<i>Heliotropium ovalifolia</i> (Forssk.) Diane & Hilger	Boraginaceae
209.	<i>Heliotropium supinum</i> L.	Boraginaceae
210.	<i>Hellenia speciosa</i> (J.Koenig) S.R.Dutta	Costaceae
211.	<i>Hemidesmus indicus</i> (L.) R.Br. ex Schult.	Apocynaceae
212.	<i>Hemigraphis crenata</i> (Benth.) Bremek.	Acanthaceae
213.	<i>Heteropogon contortus</i> (L.) P.Beauv. ex Roem. & Schult.	Poaceae
214.	<i>Heterostemma disciflorum</i> (Hook.f.) Swarupan. & Mangaly	Apocynaceae
215.	<i>Hibiscus lobatus</i> (Murray) Kuntze	Malvaceae
216.	<i>Hibiscus vitifolius</i> L.	Malvaceae
217.	<i>Hiptage benghalensis</i> (L.) Kurz	Malpighiaceae
218.	<i>Holarrhena pubescens</i> Wall. ex G.Don	Apocynaceae
219.	<i>Holoptelea integrifolia</i> (Roxb.) Planch.	Ulmaceae
220.	<i>Homonoia riparia</i> Lour.	Euphorbiaceae

221.	<i>Hybanthus enneaspermus</i> (L.) F.V.Muell.	Violaceae
222.	<i>Hymenodictyon orixense</i> (Roxb.) Mabb.	Rubiaceae
223.	<i>Hyptis suaveolens</i> (L.) Poit.	Lamiaceae
224.	<i>Ichnocarpus frutescens</i> (L.) W.T.Aiton	Apocynaceae
225.	<i>Indigofera cassioides</i> Rottler ex DC.	Fabaceae
226.	<i>Indigofera cordifolia</i> B.Heyne ex Roth	Fabaceae
227.	<i>Indigofera glabra</i> L.	Fabaceae
228.	<i>Indigofera hirsuta</i> L.	Fabaceae
229.	<i>Indigofera linifolia</i> (L.f.) Retz.	Fabaceae
230.	<i>Indigofera mysorensis</i> Rottler ex DC.	Fabaceae
231.	<i>Indigofera tinctoria</i> L.	Fabaceae
232.	<i>Indigofera trita</i> L.f.	Fabaceae
233.	<i>Iphigenia indica</i> (L.) A.Gray ex Kunth	Colchicaceae
234.	<i>Ipomoea hederifolia</i> L.	Convolvulaceae
235.	<i>Ipomoea pes-tigridis</i> L.	Convolvulaceae
236.	<i>Ipomoea staphylina</i> Roem. & Schult.	Convolvulaceae
237.	<i>Ixora pavetta</i> Andrews	Rubiaceae
238.	<i>Jacquemontia paniculata</i> Hallier f.	Convolvulaceae
239.	<i>Jasminum auriculatum</i> Vahl	Oleaceae
240.	<i>Jasminum cuspidatum</i> Rottler	Oleaceae
241.	<i>Jasminum malabaricum</i> Wight	Oleaceae
242.	<i>Jatropha gossypifolia</i> L.	Euphorbiaceae
243.	<i>Jatropha heynei</i> N.P.Balakr.	Euphorbiaceae
244.	<i>Justicia glauca</i> Rottler	Acanthaceae
245.	<i>Kleinia grandiflora</i> (Wall. ex DC.) N.Rani	Asteraceae
246.	<i>Knoxia sumatrensis</i> (Retz.) DC.	Rubiaceae
247.	<i>Lagascea mollis</i> Cav.	Asteraceae
248.	<i>Lagerstroemia parviflora</i> Roxb.	Lythraceae
249.	<i>Laggera alata</i> (DC.) Sch.Bip. ex Oliv.	Asteraceae
250.	<i>Lannea coromandelica</i> (Houtt.) Merr.	Anacardiaceae
251.	<i>Lantana camara</i> L.	Verbenaceae
252.	<i>Leea indica</i> (Burm.f.) Merr.	Vitaceae
253.	<i>Leonotis nepetifolia</i> (L.) R.Br.	Lamiaceae
254.	<i>Lepidagathis cristata</i> Willd.	Acanthaceae
255.	<i>Leucas aspera</i> (Willd.) Link	Lamiaceae
256.	<i>Leucas mollissima</i> Wall. ex Benth.	Lamiaceae
257.	<i>Leucas stricta</i> Benth.	Lamiaceae
258.	<i>Limonia acidissima</i> L.	Rutaceae
259.	<i>Lindenbergia muraria</i> (Roxb. ex D.Don) Brühl	Orobanchaceae
260.	<i>Loeseneriella africana</i> (Willd.) Wilczek	Hippocrateaceae
261.	<i>Ludwigia octovalvis</i> (Jacq.) P.H.Raven	Onagraceae
262.	<i>Ludwigia perennis</i> L.	Onagraceae
263.	<i>Lygodium flexuosum</i> (L.) Sw.	Lygodiaceae
264.	<i>Madhuca longifolia</i> var. <i>latifolia</i> (Roxb.) A.Chev.	Sapotaceae
265.	<i>Maerua apetala</i> (B.Heyne ex Roth) M.Jacobs	Capparaceae
266.	<i>Maerua oblongifolia</i> (Forssk) A.Richard	Capparaceae
267.	<i>Mallotus philippensis</i> (Lam.) Müll.Arg.	Euphorbiaceae
268.	<i>Mangifera indica</i> L.	Anacardiaceae

269.	<i>Manilkara hexandra</i> Dubard	Sapotaceae
270.	<i>Martynia annua</i> L.	Martyniaceae
271.	<i>Melia dubia</i> Cav.	Meliaceae
272.	<i>Melochia corchorifolia</i> L.	Malvaceae
273.	<i>Memecylon umbellatum</i> Burm.f.	Melastomataceae
274.	<i>Merremia hederacea</i> (Burm.f.) Hallier f.	Convolvulaceae
275.	<i>Microstachys chamaelea</i> (L.) Müll.Arg.	Euphorbiaceae
276.	<i>Mimosa hamata</i> Willd.	Fabaceae
277.	<i>Mirabilis jalapa</i> L.	Nyctaginaceae
278.	<i>Mitragyna parvifolia</i> (Roxb.) Korth.	Rubiaceae
279.	<i>Mollugo pentaphylla</i> L.	Molluginaceae
280.	<i>Morinda coreia</i> Buch.-Ham.	Rubiaceae
281.	<i>Moringa concanensis</i> Nimmo ex Dalzell & A.Gibson	Moringaceae
282.	<i>Mucuna pruriens</i> (L.) DC.	Fabaceae
283.	<i>Mucuna pruriens</i> var. <i>hirsuta</i> (Wight & Arn.) Wilmot-Dear	Fabaceae
284.	<i>Mundulea sericea</i> (Willd.) A.Chev.	Fabaceae
285.	<i>Murdannia juncoides</i> (Wight) R.S.Rao & Kammathy	Commelinaceae
286.	<i>Murdannia nudiflora</i> (L.) Brenan	Commelinaceae
287.	<i>Murraya koenigii</i> (L.) Spreng.	Rutaceae
288.	<i>Naringi crenulata</i> (Roxb.) Nicolson	Rutaceae
289.	<i>Nicoteba betonica</i> (L.) Lindau	Acanthaceae
290.	<i>Nothosaerva brachiata</i> Wight	Amaranthaceae
291.	<i>Nyctanthes arbor-tristis</i> L.	Oleaceae
292.	<i>Ochna obtusata</i> DC.	Ochnaceae
293.	<i>Ocimum tenuiflorum</i> L.	Lamiaceae
294.	<i>Olex scandens</i> Roxb.	Olacaceae
295.	<i>Oldenlandia corymbosa</i> L.	Rubiaceae
296.	<i>Oldenlandia umbellata</i> L.	Rubiaceae
297.	<i>Operculina turpethum</i> (L.) Silva Manso	Convolvulaceae
298.	<i>Oroxylum indicum</i> (L.) Kurz	Bignoniaceae
299.	<i>Orthosiphon pallidus</i> Royle ex Benth.	Lamiaceae
300.	<i>Oxalis corniculata</i> L.	Oxalidaceae
301.	<i>Parthenium hysterophorus</i> L.	Asteraceae
302.	<i>Passiflora foetida</i> L.	Passifloraceae
303.	<i>Pavetta indica</i> L.	Rubiaceae
304.	<i>Pavonia zeylanica</i> (L.) Cav.	Malvaceae
305.	<i>Pentanema indicum</i> (L.) Y.Ling	Asteraceae
306.	<i>Pergularia daemia</i> (Forssk.) Chiov.	Apocynaceae
307.	<i>Peristylus goodyeroides</i> (D.Don) Lindl.	Orchidaceae
308.	<i>Perotis indica</i> (L.) Kuntze	Poaceae
309.	<i>Persicaria barbata</i> (L.) Hara	Polygonaceae
310.	<i>Phanera vahlii</i> (Wight & Arn.) Benth.	Fabaceae
311.	<i>Phyllanthus amarus</i> Schumach. & Thonn.	Phyllanthaceae
312.	<i>Phyllanthus debilis</i> J.G.Klein ex Willd.	Phyllanthaceae
313.	<i>Phyllanthus emblica</i> L.	Phyllanthaceae
314.	<i>Phyllanthus maderaspatensis</i> L.	Phyllanthaceae
315.	<i>Phyllanthus polyphyllus</i> Willd.	Phyllanthaceae
316.	<i>Phyllanthus reticulatus</i> Poir.	Phyllanthaceae

317.	<i>Phyllanthus virgatus</i> G.Forst.	Phyllanthaceae
318.	<i>Physalis minima</i> L.	Solanaceae
319.	<i>Pleiospermium alatum</i> Swingle	Rutaceae
320.	<i>Plumbago zeylanica</i> L.	Plumbaginaceae
321.	<i>Pogonatherum paniceum</i> (Lam.) Hack.	Poaceae
322.	<i>Polyalthia cerasoides</i> (Roxb.) Bedd.	Annonaceae
323.	<i>Polycarpaea corymbosa</i> (L.) Lam.	Caryophyllaceae
324.	<i>Polygala arvensis</i> Willd.	Polygalaceae
325.	<i>Polygonum plebeium</i> R.Br.	Polygonaceae
326.	<i>Pongamia pinnata</i> (L.) Pierre	Fabaceae
327.	<i>Pouzolzia zeylanica</i> (L.) Benn.	Urticaceae
328.	<i>Premna mollissima</i> Roth	Lamiaceae
329.	<i>Premna tomentosa</i> Willd.	Lamiaceae
330.	<i>Psydrax dicoccos</i> var. <i>dicoccos</i>	Rubiaceae
331.	<i>Pterocarpus marsupium</i> Roxb.	Fabaceae
332.	<i>Pterolobium hexapetalum</i> Roth Santapu	Fabaceae
333.	<i>Pterospermum xylocarpum</i> (Gaertn.) Oken	Malvaceae
334.	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.	Fabaceae
335.	<i>Pulicaria wightiana</i> (C.B.Clarke) C.B.Clarke	Asteraceae
336.	<i>Pupalia lappacea</i> (L.) Juss.	Amaranthaceae
337.	<i>Rhinacanthus nasutus</i> (L.) Kurz	Acanthaceae
338.	<i>Rhynchosia aurea</i> (Willd.) DC.	Fabaceae
339.	<i>Rhynchosia cana</i> (Willd.) DC.	Fabaceae
340.	<i>Rhynchosia minima</i> (L.) DC.	Fabaceae
341.	<i>Rhynchosia rufescens</i> (Willd.) DC.	Fabaceae
342.	<i>Rivea hypocrateriformis</i> Choisy	Convolvulaceae
343.	<i>Rivea ornata</i> Choisy	Convolvulaceae
344.	<i>Rotala mexicana</i> Schltld. & Cham.	Lythraceae
345.	<i>Ruellia patula</i> Jacq.	Acanthaceae
346.	<i>Ruellia prostrata</i> Poir.	Acanthaceae
347.	<i>Sansevieria roxburghiana</i> Schult. & Schult.f.	Asparagaceae
348.	<i>Santalum album</i> L.	Santalaceae
349.	<i>Sapindus trifoliatus</i> L.	Sapindaceae
350.	<i>Schefflera venulosa</i> (Wight & Arn.) Harms	Araliaceae
351.	<i>Schleichera oleosa</i> (Lour.) Oken	Sapindaceae
352.	<i>Schrebera swietenoides</i> Roxb.	Oleaceae
353.	<i>Scleria lithosperma</i> (L.) Sw.	Cyperaceae
354.	<i>Scoparia dulcis</i> L.	Plantaginaceae
355.	<i>Selaginella inaequalifolia</i> (Hook. & Grev.) Spring	Selaginellaceae
356.	<i>Semecarpus anacardium</i> L.f.	Anacardiaceae
357.	<i>Senegalia chundra</i> (Roxb. ex Rottler) Maslin	Fabaceae
358.	<i>Senegalia pennata</i> (L.) Maslin	Fabaceae
359.	<i>Senna auriculata</i> (L.) Roxb.	Fabaceae
360.	<i>Senna occidentalis</i> (L.) Link	Fabaceae
361.	<i>Senna tora</i> (L.) Roxb.	Fabaceae
362.	<i>Sida acuta</i> Burm.f.	Malvaceae
363.	<i>Sida cordata</i> (Burm.f.) Borss. Waalk.	Malvaceae
364.	<i>Sida cordifolia</i> L.	Malvaceae

365.	<i>Sida rhombifolia</i> L.	Malvaceae
366.	<i>Smilax zeylanica</i> L.	Smilacaceae
367.	<i>Solanum nigrum</i> L.	Solanaceae
368.	<i>Solanum virginianum</i> L.	Solanaceae
369.	<i>Solena heterophylla</i> Lour.	Rubiaceae
370.	<i>Soymida febrifuga</i> (Roxb.) A.Juss.	Meliaceae
371.	<i>Spermacoce articularis</i> L.f.	Rubiaceae
372.	<i>Spermacoce ocymoides</i> Burm.f.	Rubiaceae
373.	<i>Sphaeranthus indicus</i> L.	Asteraceae
374.	<i>Spigelia anthelmia</i> L.	Loganiaceae
375.	<i>Sterculia urens</i> Roxb.	Malvaceae
376.	<i>Stereospermum chelonoides</i> (L.f.) DC.	Bignoniaceae
377.	<i>Stereospermum colais</i> (Buch.-Ham. ex Dillwyn) Mabb.	Bignoniaceae
378.	<i>Striga angustifolia</i> (D.Don) C.J.Saldanha	Orobanchaceae
379.	<i>Striga gesnerioides</i> (Willd.) Vatke	Orobanchaceae
380.	<i>Strychnos nux-vomica</i> L.	Loganiaceae
381.	<i>Strychnos potatorum</i> L.f.	Loganiaceae
382.	<i>Stylosanthes fruticosa</i> (Retz.) Alston	Fabaceae
383.	<i>Symphorema involucratum</i> Roxb.	Lamiaceae
384.	<i>Synedrella nodiflora</i> (L.) Gaertn.	Asteraceae
385.	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae
386.	<i>Tacca leontopetaloides</i> (L.) Kuntze	Dioscoreaceae
387.	<i>Tamarindus indica</i> L.	Fabaceae
388.	<i>Tamilnadia uliginosa</i> (Retz.) Tirveng. & Sastre	Rubiaceae
389.	<i>Tarenna asiatica</i> (L.) Kuntze ex K.Schum.	Rubiaceae
390.	<i>Taxillus heyneanus</i> (Schult.f.) Danser	Loranthaceae
391.	<i>Tectona grandis</i> L.f.	Lamiaceae
392.	<i>Tephrosia pumila</i> (Lam.) Pers.	Fabaceae
393.	<i>Tephrosia purpurea</i> (L.) Pers.	Fabaceae
394.	<i>Tephrosia tinctoria</i> (L.) Pers.	Fabaceae
395.	<i>Tephrosia villosa</i> (L.) Pers.	Fabaceae
396.	<i>Terminalia alata</i> Heyne ex Roth	Combretaceae
397.	<i>Terminalia arjuna</i> (Roxb. ex DC.) Wight & Arn.	Combretaceae
398.	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Combretaceae
399.	<i>Terminalia chebula</i> Retz.	Combretaceae
400.	<i>Terminalia elliptica</i> Willd.	Combretaceae
401.	<i>Theriophonum minutum</i> (Willd.) Baill.	Araceae
402.	<i>Thunbergia fragrans</i> Roxb.	Acanthaceae
403.	<i>Thunbergia hawtayneana</i> Wall.	Acanthaceae
404.	<i>Tiliacora acuminata</i> (Lam.) Miers	Menispermaceae
405.	<i>Tinospora cordifolia</i> (Willd.) Hook.f. & Thomson	Menispermaceae
406.	<i>Tragia plukenetii</i> Radcl.-Sm.	Euphorbiaceae
407.	<i>Trema orientale</i> (L.) Blume	Cannabaceae
408.	<i>Tribulus terrestris</i> L.	Zygophyllaceae
409.	<i>Trichodesma zeylanicum</i> (Burm.f.) R.Br.	Boraginaceae
410.	<i>Trichosanthes cucumerina</i> L.	Cucurbitaceae
411.	<i>Trichuriella monsoniae</i> (L.f.) Bennet	Amaranthaceae
412.	<i>Tridax procumbens</i> L.	Asteraceae

413.	<i>Triumfetta pentandra</i> A.Rich.	Malvaceae
414.	<i>Triumfetta rhomboidea</i> Jacq.	Malvaceae
415.	<i>Uraria picta</i> (Jacq.) Desv. ex DC.	Fabaceae
416.	<i>Urena lobata subsp. sinuata</i> (L.) Borss.Waalk.	Malvaceae
417.	<i>Vanda tessellata</i> (Roxb.) Hook. ex G.Don	Orchidaceae
418.	<i>Ventilago madraspatana</i> Gaertn.	Rhamnaceae
419.	<i>Vernonia divergens</i> (DC.) Edgew.	Asteraceae
420.	<i>Viscum nepalense</i> Spreng.	Santalaceae
421.	<i>Vitex altissima</i> L.f.	Lamiaceae
422.	<i>Vitex leucoxylon</i> L.f.	Lamiaceae
423.	<i>Waltheria indica</i> L.	Malvaceae
424.	<i>Wattakaka volubilis</i> Stapf	Apocynaceae
425.	<i>Wendlandia tinctoria</i> (Roxb.) DC.	Rubiaceae
426.	<i>Woodfordia fruticosa</i> (L.) Kurz	Lythraceae
427.	<i>Wrightia arborea</i> (Dennst.) Mabb.	Apocynaceae
428.	<i>Wrightia tinctoria</i> R.Br.	Apocynaceae
429.	<i>Xanthium strumarium</i> L.	Asteraceae
430.	<i>Ximenia americana</i> L.	Olacaceae
431.	<i>Zingiber zerumbet</i> (L.) Sm.	Zingiberaceae
432.	<i>Ziziphus mauritiana</i> Lam.	Rhamnaceae
433.	<i>Ziziphus nummularia</i> (Burm.f.) Wight & Arn.	Rhamnaceae
434.	<i>Ziziphus oenoplia</i> (L.) Mill.	Rhamnaceae
435.	<i>Ziziphus xylopyrus</i> (Retz.) Willd.	Rhamnaceae
436.	<i>Zornia gibbosa</i> Span.	Fabaceae

INTRA MURAL RESEARCH PROJECT – IV

Project title : “Documentation of Ethno-Dietary Practices Indigenous to India & Documentation of Plants, Metals, Minerals, Animal Products, and Other Materials Used in Indigenous Religious Practices and Rituals across India”

Principal Investigator : Dr. V. Rama Rao, R.O. (Botany)

Co-Investigator(s) : Dr. C Srinivasulu, RA (Botany), Mrs. Bhavana R, R.A. (Botany), Mrs. Ritu Sinha, R.A. (Botany)

Santion Order : F.No. HQ-PROJ011/67/2025-PROJ/4083, Dated 11.09.2025

Duration : 01 year

Date of Initiation : 02/04/2025

Date of completion : 31/03/2026

Objectives:

- To systematically document plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across different regions, cultural groups, and communities of India.
- To critically analyse the variation in indigenous religious practices and rituals across different states, zones, regions, cultures, and communities within India.
- To assess the understanding and perception in the community about the relevance and health benefits of indigenous religious practices and rituals.
- To validate the documented data regarding indigenous religious practices and rituals.

S. No	No. of Tours	No. of Districts	No. of blocks	No. of Villages/Wards/Areas covered	No. of Urban/Rural area covered		No. of SC/ST/Other areas covered			No. of Famous Religious places visited	No. of Vedic Universities-FGD	Ethno-dietary Practices		Religious Practices & Rituals		Famous Religious Places	Vedic Universities
					Urban	Rural	SC	ST	Others			IDIs	FGDs	IDIs	FGDs	IDI/FGD	IDI
1	05	4 (Karnataka-02 Andhrapradesh-01 Telangana-01)	5	6	3	6	-	03	04	3	0	6	5	4	1	IDI-3	0

Collaborative Hydroponics Project with IIHR, Bengaluru

Title: “Comparative Evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants”

Objectives:

Primary:

- Standardization of cost-effective production technology for soilless cultivation/hydroponics for selected herbs.
- Evaluation of growth, yield, physicochemical, phytochemical, bioactive compounds in three systems of cultivation for selected herbs.
- Multiplication of herbs through the three systems.
- Economics of cultivation in three systems of cultivation for selected herbs.

Hypothesis:

- Proposed herbs can be grown in soilless media and hydroponics.
- The quality and chemical content is on par with field grown /wild collection.
- Alternate growth media can help in rapid multiplication and conservation of demanded medicinal plants.
- Innovative methods can help in production of quality herbs throughout year.

Study Design: Field, Hydroponic and Soilless cultivation

Sample Size: Five medicinal plants to be cultivated under hydroponic and soilless

Approval letter No. : O.O. 1213/2022-23, F.No. HQ-PROJ011/22/2023-PROJ, dated 08.02.2023, total budget sanctioned Rs.61,14,252/-

Duration of Study : 3 years

Interventions : NA

Participating centre along with PI:

Sl. No	Name of the participating centre	Name of Investigators
1.	CCRAS-CARI, Bengaluru	PI: Dr. V Rama Rao, R.O. (Botany) Co-I: Dr. Shiddamallayya N, R.O. (Botany), CCRAS, New Delhi
2.	ICAR-IIHR, Bengaluru	PI: Dr. Hima Bindu, Principal Scientist Co-I: Dr. D Kalaivana, Senior Scientist Dr. Safeena, Senior Scientist

Date of IEC approval: NA

CTRI Registration/Reference (for clinical trials): NA

Date of initiation: 17/02/2023 (funds transferred to IIHR, Hesaraghatta)

Budgetary details:

(Statement of expenditure from 01.04.2025 to 31-03-2026)

S.No.	Head	Sanctioned	Amount	Expenditure	Unspent
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		budget	released (2025-2026)		balance as on (31.03.2026)
1	Salary	16,00,200	16,75,468/-	11,08,863	NIL
2	Non-Recurring	4,30,000		3,75,714	
3	TA	1,00,000		21,863	
4	Consumables & Miscellaneous	3,00,000		98,358	
5	Contingency	2,00,000		70,670	
Total		26,30,200	16,75,468/-	16,75,468	

Instalments Details:

1st Instalment: Rs. 2,13,800/- released on 16-06-2025

(Ref: F. No. HQ-PROJ011/22/2023-PROJ/1534 dated: 16-06-2025)

2nd Instalment: Rs. 1,94,676/- released on 17-09-2025

(Ref. No.F. No. HQ-PROJ011/22/2023-PROJ/4245. Dated: 17-09-2025)

3rd Instalment: Rs. 2,72,600/- released on 13-02-2026

(Ref: F. No. HQ-PROJ011/22/2023-PROJ/8540. Dated: 13-02-2026)

Rs 9,48,096/- was transferred to ICAR-IIHR, Bengaluru

(Ref: F. No. HQ-PROJ011/22/2023-PROJ/8728. Dated: 23-02-2026)

Chronological timeline & deliverables:

Sl. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	Marker compounds to be studied for field, soilless and hydroponics systems	36 months	Cultivation of selected medicinal plants completed at IIHR, Bengaluru. Analysis part (HPTLC) done by CARI Bengaluru.	NA

Current status of project: Ongoing

Procurement of planting material for cultivation at IIHR, Bengaluru:

- About 500 plant saplings of *Rubia cordifolia* L. were procured from the plant nursery at University of Agricultural Sciences, GKV, Bengaluru and same have been supplied to IIHR, Bengaluru for cultivation under filed, hydroponic and soilless cultivation.
- Planting material (seeds) of *Convolvulus pluricaulis* L. has been procured from Rajasthan to do experiments.
- Quality planting material (seed) of *Boerhavia diffusa* L. collected from field sounding Bengaluru and raising of samplings using seedling trays is completed at CARI, Bengaluru.

Monitoring of cultivation experiments at ICAR-IIHR, Bengaluru:

- The botany team from CARI Bengaluru have been visiting ICAR-IIHR, Bengaluru and monitoring agro-techniques of the selected medicinal plants under filed, hydroponic and soilless cultivation.
- Comparative analysis of Prsniparni (*Uraria picta* Jacq.) grown in Cocoponics S1N1-S3N5 (5MAP), Field (5MAP), Field Shoot (10 MAP), Hydroponics Sample (S3N1-S3N5) , Cocoponics Shoot (5MAP), Cocoponics Shoot (10 MAP) samples analysis is completed at CARI, Bengaluru (Note: SN represents Sample and Nutrient; MAP- Month After Plantation).

- Comparative analysis of 2nd season Shankpushpi (*Convolvulus pluricaulis*) grown in Fields and its analysis part is completed at CARI, Bengaluru.
- Collection of Rakta Punarnava *Boerhavia diffusa* grown in Cocoponics samples from IIHR, Bengaluru is completed.
- CARI, Bengaluru received samples from field, hydroponic and soilless cultivation of Manjistha (*Rubia cordifolia*), Prsniparni (*Uraria picta*), Shankpushpi (*Convolvulus pluricaulis*) Rakta Punarnava (*Boerhavia diffusa*) and Pippali (*Piper longum*) for analysis of phytochemical, bioactive compounds samples analysis is Completed at CARI, Bengaluru.

Review of Literature and Publications:

- Reviewed literature and collected information of selected medicinal plants viz. Manjistha (*Rubia cordifolia*), Shankpushpi (*Convolvulus pluricaulis*) Rakta Punarnava (*Boerhavia diffusa*) has been published in the Journal of Pharmacognosy Reviews (Vendrapati RR, Bhat S, Bindu KH, Mahadevaswamy SR, Abdul Latheef SS, Kalaivanan D, Shiddamallayya N, Narayanam S, Acharya R. A Comprehensive Review of Selected Traditional Medicinal Plants: Status, Phytochemistry, Medicinal Properties, Cultivation, and Demand. Pharmacognosy Reviews. 2024 Jan 1;18(35).
- Comparative evaluation of field and hydroponic cultivation of selected ayurvedic medicinal plants Analysis has been prepared and communicated to “Pharmacological research-modern Chinese medicine” (Article ID No. PRMCM-D-25-00646).
- A research article on “Validation of a High-Performance Thin-Layer Chromatography (HPTLC) Method for the Quantitative Analysis of Lupeol in *Uraria picta* Extract” has been prepared and communicated to “Journal of Plant Biochemistry and Biotechnology” (Article ID No. JPBB-D-25-00131).
- Comparative Phytoconstituent Profiling of *Piper longum* Cultivated in Traditional Soil versus Cocoponics: A Densitometric HPTLC Analysis has been prepared and communicated to “Journal of planar Chromatography” (Article ID No. JPLC-D-25-00103).

Work Progress at ICAR-IIHR Bengaluru during the reporting period:

- 1. *Uraria picta*- Second trial comparative evaluation of field and soilless cultivation (cocoponics) has been completed. Roots and shoots have been harvested at 5 MAP and 10 MAP from both field and Cocoponics and samples has been given to CARI for Rhoifolin analysis.
- 2. *Boerhavia diffusa*- Second trial comparative evaluation of field and soilless cultivation (Cocoponics) has been completed. Roots and shoots have been harvested at 5 MAP from both field and Cocoponics and samples are ready for content analysis.
- 3. *Rubia cordifolia*- Comparative evaluation of field and soilless cultivation (Cocoponics) has been completed. First trial roots and shoot samples has been harvested and given to CARI for content analysis. Second trial evaluation of field and soilless cultivation is completed; root harvest is in process.
- 4. *Convolvulus pluricaulis*- First trial comparative evaluation of field and hydroponic cultivation is completed. Samples given to CARI for content analysis. Second trial root and shoot harvest from both field and Cocoponics is in process.
- Observations on growth attributes have been recorded in all system of cultivation.



Uraria picta harvesting (10 MAP) in soilless cultivation



Uraria picta root yield in soilless cultivation



Sankhpushpi- (*Convolvulus prostratus*) field cultivation



Sankhpushpi- (*Convolvulus prostratus*) Soilless cultivation



Punarnava- (*Boerhavia diffusa*) field cultivation



Punarnava- (*Boerhavia diffusa*) soilless cultivation



***Piper longum* soilless cultivation**



***Piper longum* Field cultivation**

Collaborative Project Panchavalkal with UAS-GKVK, Bengaluru

Project title : Study of seasonal variation of bioactive compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda

Principal Investigator : Dr. V. Rama Rao, Research Officer (S-2) Botany.

Co-Investigator(s) : Dr. Shiddamallayya, R.O. (Botany), CCRAS, New Delhi

Duration : 2 years (extended up to 31.10.2026)

Date of sanction : 14.02.2023

Date of Initiation : 14.02.2023

Date of completion : 31.10.2026

Primary objectives of the Project:

- Exploration of wild population of Panchavalkal group of medicinal plants (*Ficus species* and *Thespesia populnea*) around Bengaluru, Karnataka
- Assessment of seasonal variation in bioactive compounds in *Ficus species* and *Thespesia populnea* for Panchavalkal in six *ritus*.

Budgetary details:

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	85,000	CCRAS office order dated 02.06.2023	02/06/2023	26/06/2023
2	1,23,000	CCRAS office order dated 14.11.2023	14/11/2023	16/11/2023
3	1,59,000	CCRAS office order dated 14.03.2024	14/03/2024	14/03/2024
4	2,75,821	CCRAS office order dated 17.12.2024	17/12/2024	17/12/2024
5	84,253	CCRAS office order dated 20.03.2025	20/03/2025	25.03.2025
6	85,794	Ref: F. No. HQ-PROJ011/24/2023-PROJ/477; Dated 04-07-2025	04.07.2025	04.07.2025

Instalments Details during 2025-26:

1st Instalment: Rs. 85, 794/- released on 04-07-2025

Total budget sanctioned: Rs. 9,76,000/-

Total budget released: Rs. 8,51,668/-

Total expenditure incurred: Rs. 8,39,909/-

Amount returned to CCRAS: Rs. 11,759/-

Balance amount: Nil (as on 31.03.2026)

Work Progress of Panchavalkal project at CARI, Bengaluru

1. Survey and collection of plant samples:

Since the beining of the project, SMPU had conducted seasonal survey in and around Bengaluru city and collected useful part (Stem Bark) of the four selected medicinal plants (*Ficus bengalensis* L., *Ficus religiosa* L. *Ficus racemosa* L. and *Thespesia populnea* L.). One of the species viz., *Ficus virens* Aiton collected seasonally from Sakleshpura surrounding areas in Hassan district. To main uniformity in seasonal collection, viable population of the selected species used for sample collection. Around 3 kg sample was collected for each species and part for six seasons and two consecutive years as per the proposed study.

Sl. No.	Seasons as per Ayurveda
1	Shishira (Winter) Mid-January to mid-March
2	Vasanta (Spring) Mid- March to mid-May
3	Grishma (Summer) Mid-May to mid-July
4	Varsha (Monsoon) Mid-July to mid- September
5	Sharad (Autumn) Mid-September to mid-November
6	Hemanta (late autumn) Mid-November to mid-January

Then the collected stem bark samples, both mature and young branches, after properly dried under shade, powdered and supplied to University of Agricultural Sciences, GKVK Bengaluru for analysis of bioactive compounds to see the seasonal variation.

Details of locations of the Panchavalkal plants in Karnataka State:

Species	Location	GPS coordinates
<i>Ficus bengalensis</i> L.	Challahalli, Doddaballapur, Bengaluru Rural, Karnataka	13° 13' 17.85" N 77° 29' 27.67" E
<i>Ficus racemose</i> L.	Badamanavarathekaval, Agara, Bengaluru south, Karnataka	12° 50' 28.70" N 77° 28' 51.99" E
<i>Ficus religiosa</i> L.	Nagegowdanapalya, Kengerihobli, Bengaluru South, Karnataka	12° 51' 59.79" N 77° 30' 44.02" E
<i>Ficus virens</i> Aiton	Kollahali, Sakaleshpur, Hassan, Karnataka	12° 57' 03.57" N 75° 49' 10.05" E
<i>Thespesia populnea</i> L.	Yelahanka Satellite Town, Bengaluru North, Karnataka	13° 05' 36.16" N 77° 35' 18.39" E

Work Progress at UAS-GKVK, Bengaluru during the reporting period

Sample preparation of bark samples for quality analysis

The powdered sample is subjected to extraction with 80% methanol using Soxhlet. Dry the extract using rotary evaporator at 40° C. Partitioning of methanolic extract using water and butanol. Aqueous fractions formed are dispersed in methanol and drop wisely added diethylether. Precipitates formed in different fractions are separated by centrifuge. Supernatant formed is collected and used for quality analysis (Raafat and Wurglics (2019).

Estimation of bioactive compounds content of Panchavalkal group medicinal plants by HPLC

High Performance Liquid Chromatography (HPLC) analysis was carried out to estimate the caffeic acid, lupeol, begapten, β - sitosterol, stigmasterol, bergenin and gossypol in bark of Panchavalkal group medicinal plants (*Ficus species and Thespesia populnea*).

Sigma make markers were procured and prepared to make stock solution of 1mg/ml concentration for comparison. Calibration was done for the selected markers like caffeic acid, lupeol, beta-sitosterol, stigmasterol, bergapten, bergenin and gossypol. Mobile phase was prepared with HPLC grade water and formic acid (0.1 %) as mobile phase A and HPLC grade Methanol as mobile phase B at 0 min 10 %, @ 5 min 28 %, @ 30 min 45 % and @ 45 min 80%. The column used for separation was amide (NH₂) column (250mmx4.6mm) and the injection volume was 20 μ L, and flow rate of 0.7 ml/min, detection wave length of 254 nm. The total run time was 50 min. quantification of selected marker compound for different ritus (seasons) carried out for five selected species.

Table showing concentration of various marker compounds in Panchavalkal species

Sl. No.	Species and marker	Varsha ritu		Sharad ritu		Hemanta ritu		Grishma ritu		Shishira ritu		Vasanta ritu	
		Mat ure	Sma ll	Matu re	Sma ll	Mat ure	Sma ll	Mat ure	Sma ll	Matu re	Sma ll	Mat ure	Sma ll
1.	Ficus benghalensis												
	Caffie acid	1.97	1.23	2.23	2.01	1.8	1.51	1.74	1.51	1.92	1.65	2	1.71
2.	Ficus religiosa												
	Caffie acid	1.95	1.05	2.51	2	2.09	1.95	1.91	1.6	2	1.71	2.01	1.85
	B- sitosterol	2.59	2.39	3.5	2.63	3.03	2.57	2.43	2.31	3.01	2.67	3.03	2.75
	Stigmast erol	2.45	2.03	2.65	2.5	2.76	2.13	1.76	1.65	2.76	2.21	2.51	2.32

	Bergapten	8.95	7.97	9.25	8.96	8.97	7.77	7.27	6.25	8.89	7.56	8.23	7.81
3.	Ficus racemosa												
	Lupeol	8.33	5.36	8.66	7.23	7.42	7.3	7.05	5.65	7.33	6.25	7.02	5.91
4.	Ficus virens												
	Caffeic acid	2	1.6	2.56	2.33	2.14	1.66	1.33	1.01	1.45	1.35	1.97	1.53
	Bergenin	1.61	1.55	2.37	1.73	2.08	1.95	2.08	1.73	2.11	1.96	2.45	2.13
5.	Thespesia populnea												
	Gossypol	2.07	1.78	2.27	2.11	2.05	2	1.93	1.81	2.15	1.97	2	1.65

Among the six *ritus* (seasons), the concentration and potency of bioactive compounds in bark are observed to be highest during Sharad Ritu, corresponding to peak pharmacological activity. During this season, most plants exhibit optimal maturity and maximum accumulation of active constituents.

In the present investigation, Shishira and Hemanta Ritu also showed relatively higher levels of bioactive compounds, following Sharad Ritu. In contrast, Grishma Ritu recorded the lowest activity, which may be attributed to dehydration of plant tissues and reduced water content in plant parts, leading to diminished phytochemical accumulation.

III. Summary of the work carried out during the reporting year:

- a) Number of survey tour/s conducted with area and duration: 11 survey tours (6 MEBS tours conducted in Nallamala forest of Andhra Pradesh & Telangana; 5 local market survey tours conducted under Wild Edible Project in Chikkamagaluru, Udupi, Mysuru and Kodagu districts of Karnataka).
- b) Field numbers used in the register : 07 numbers
- c) Number of plant specimens collected : 07 specimens
- d) Number and name of plants identified : 07 plants
- e) Number of Herbarium specimens prepared : 68 specimens
- f) Number of specimens entered in the accession register : Nil
- g) Number of local tours conducted for collection of raw drugs: None
- h) Number of museum samples collected : 13 samples
- i) Number of raw drugs collected : 151 crude drugs
- j) Quantity of raw drugs collected (fresh weight) : 428.350 kg
Quantity of raw drugs collected (dry weight) : 096.720 kg
- k) Number of raw drugs supplied : 110 crude drugs
- l) Quantity of raw drugs supplied (dry weight) : 214.440 kg
- m) Folk-lore claims collected : 35 LHTs
- n) Number of photographs shooted : 1815 photographs
- o) Resource generation (Rs.) : Rs. 1,71,650
- p) Number of crude drugs authenticated : 673 samples
- q) Publications (published) : 06 articles
Publications (communicated) : 04 articles

II. 7.6. & 7.7 Drug Standardization Research (DSRU)- 2025-26

The unit is engaged in Chemico-Pharmacognostical studies on single drugs (plant/animal/mineral origin), compound formulations and related literature compilations in order to lay down Pharmacopoeial / Pharmacognostical standards.

Under Ayurvedic Preparation of compound formulations and chemical analysis, 120 formulations have been prepared and chemically analyzed. The chemical analysis involved physico-chemical studies, qualitative and quantitative estimations and chromatographic studies. Chemical analysis on 200 single drugs which are the ingredients of compound formulations, Pharmacognostical studies on 120 single drugs, TLC studies and Powder studies of 20 single drugs from the allotted list have been carried out, whereas HPTLC studies of 335 drug samples have been performed.

Chemical studies include physico- chemical, inorganic, Organic analysis, T.L.C and UV studies. Pharmacognostical studies include micro & macroscopic studies and in some cases powder analysis. Method of manufacture/ preparation has also been chemically standardized for few formulations. About 23 compound formulations were prepared and analyzed for periodical study and for the expiry period/shelf life study including the effect of packing material, time and light factors on the constituents of the compound formulations.

Under the allotted preparation of single drug Pharmacopoeial monograph, pharmacognostical studies (macroscopic & microscopic characters and powder microscopy with camera Lucida drawings) of 10 drugs have been completed. Likewise, quantitative parameters and TLC finger print profiles of drug powder, water -alcohol extract and water extracts of 20 drugs have been completed, whereas phytochemical analysis of 15 drug samples have been done. Till date, monograph work for 60 compound formulations and 113 single drugs has been prepared and submitted to the Council.

During the reporting period, the following activities have been done:

I) Experimental Activities:

1) Under the project entitled “Comparative evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants”

A) Analysis of *uraria Picta* Plant for season -1

Details of sample are as following:

Root (08 Sample) -: R1T1, R1T2, R1T3, R1T4, R1T5, R1T6, R1T7, R1T8

Cocoponics grown bags (12 sample): S1N1, S1N2, S1N3, S1N4
S2N1, S2N2, S2N3, S2N4
S3N1, S3N2, S3N3, S3N4

Total samples: 20

Analysis of *Uraria Picta* plant for season-2

Details of sample are as following-

Root (08 Sample) -: R1T1, R1T2, R1T3, R1T4, R1T5, R1T6, R1T7, R1T8

Cocoponics grown bags (12 sample): S1N1, S1N2, S1N3, S1N4
S2N1, S2N2, S2N3, S2N4
S3N1, S3N2, S3N3, S3N4

Total sample – season 1 + season 2 = 20+20 = 40

A) Analysis of *shankhpushpi* plant samples season-1:

Root (08 Sample) -: R1T1, R1T2, R1T3, R1T4, R1T5, R1T6, R1T7, R1T8

Cocoponics grown bags (12 sample) – S1N1, S1N2, S1N3, S1N4
S2N1, S2N2, S2N3, S2N4
S3N1, S3N2, S3N3, S3N4

Total samples: 20

B) Analysis of *Convolvulus pluricaulis* (shankhpushpi) plant samples season-2:

Root (08 Sample) -: R1T1, R1T2, R1T3, R1T4, R1T5, R1T6, R1T7, R1T8

Cocoponics grown bags (12 sample) – S1N1, S1N2, S1N3, S1N4
S2N1, S2N2, S2N3, S2N4
S3N1, S3N2, S3N3, S3N4

Total samples: season 1 + season 2 = 20+20 = 40

A) Analysis of *rubia cordifolia* (manjista) Plant for season -1

Details of sample are as following:

Root (08 Sample) -: R1T1, R1T2, R1T3, R1T4, R1T5, R1T6, R1T7, R1T8

Cocoponics grown bags (12 sample): S1N1, S1N2, S1N3, S1N4
S2N1, S2N2, S2N3, S2N4
S3N1, S3N2, S3N3, S3N4

Total samples: 20

Analysis of *Rubia cordifolia* (manjista) plant for season-2

Details of sample are as following-

Root (08 Sample) -: R1T1, R1T2, R1T3, R1T4, R1T5, R1T6, R1T7, R1T8

Cocoponics grown bags (12 sample): S1N1, S1N2, S1N3, S1N4
S2N1, S2N2, S2N3, S2N4
S3N1, S3N2, S3N3, S3N4

Total sample – season 1 + season 2 = 20+20 = 40

Abbreviation- R1T1 i.e. Root 1 Treatment 1, R1T8 i.e. Root 1 Treatment 8.

S1N1 i.e. Substrate 1 Nutrient 1, S1N4 i.e. Substrate 1 Nutrient 4

From above it is concluded that, HPTLC of 120 number of samples of plant *Uraria Picta*, *Convolvulus pluricaulis* and *Rubia cordifolia* has been performed under the project Hydroponics.

2) HPTLC of total 96 number of samples of out sourcing samples were performed, details of which are as following-

Sl. No.	Name of Sample	Total samples	Date
1.	36E-58E-65M	06	13/02/2026
2.	43E-60E-83M	06	13/02/2026
3.	53M-25M-95M	06	13/02/2026
4.	67E-67M	06	13/02/2026
5.	82M-75M	06	13/02/2026
6.	86H-47M	06	13/02/2026
7.	97MF-2M-61M	06	13/02/2026
8.	97ML-71M-78E	06	13/02/2026
9.	36E-58E-65M	06	13/02/2026
10.	43E-60E-83M	06	13/02/2026
11.	53M-25M-95M	06	13/02/2026

12.	67E-67M	06	13/02/2026
13.	82M-75M	06	13/02/2026
14.	86H-47M	06	13/02/2026
15.	97MF-2M-61M	06	13/02/2026
16.	97ML-71M-78E	06	13/02/2026

3) HPTLC of total 15 number of samples received from various Institutions were performed, details of which are as follows:

Sr. No.	Name of Institute	Name of sample	Remark
1.	Govt Ayurveda Medical College, Bengaluru	DNDRF HAE Infusion and Shampoo	Physicochemical constients and Phytochemical analysis and HPTLC analysis.
2.	Govt Ayurveda Medical College, Bengaluru	Jatipatradi Churna and Tooth paste	HPTLC analysis.
3.	Govt Ayurveda Medical College, Bengaluru	Vayasthapana Churna	HPTLC analysis.
4.	Govt Ayurveda Medical College, Bengaluru	Vaysthapna Gana Granules	HPTLC analysis.
5.	Govt Ayurveda Medical College, Bengaluru	Shalaykya Drabhishek	HPTLC analysis.

II) Resource generation:

During the reporting period, Rs. 47,300 (Rupees Forty-seven thousand three hundred only) has been generated as revenue by DSRU section.

8. Literary Research:

8.1 Title- Documentation of history and development of CCRAS: a chronological perspective Project code: ILI0068

- 15.1.1 Content provider : Dr. Shubhashree MN, R.O. (Ayd)
- 15.1.2 CTRI application no.: Not Applicable
- 15.1.3 8.1.3 IEC application no.: Not Applicable
- 15.1.4 Date of sanction/release of money: Not Applicable
- 15.1.5 Date of commencement: 23.7.2025
- 15.1.6 Duration:1 year
- 15.1.7 Budget – None
- 15.1.8 Approval - Sanction order -File No: HQ-PROJ011/50/2024-PROJ/2016 dated 2nd July 2025
- 15.1.9 Deliverables – Data submitted in the required format about CARI, Bengaluru
- 15.1.10Status- About to be published

8.2 Documentation of Life Profiles of Admirable Personalities to Transform Ayurveda (APTA)

Objectives: Compilation of data about luminaries of Ayurveda (Allotted from Hqrs)

- 8.2.1 Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date:
- 8.2.2 F.No HQ-PROJ011/92/2024-PROJ/3961 dated 25 Sept 2024
- 8.2.3 Budget allocated: From RA budget not exceeding Rs 14,000/-
- 8.2.4 Current Status: Research paper about APTA submitted to JIMH journal for publication.

9. Family Welfare & RCH etc.: No projects under Family Welfare & RCH during 2025-26.

10. List of Institute Ethical Committee

Sr. No.	Name with Contact no.	IEC status
1.	Dr. B. A. Venkatesh Ex. Principal, No.269/270, BM Kaval, Udayapura, (PO) 21 Kanakapura road, Bengaluru 560 082. E-mail: dr.bavenkatesh@gmail.com Mob. No. 9845015567	Chairperson
2.	Dr. Prof. Geetha Dept. of Pharmacology, Bengaluru Medical College and Res. Institute, Fort K.R. Road, Bengaluru – 560002. geetha25bmcric@gmail.com Mobile No.9886224085	Member (Basic Medical Scientist)
3.	Dr. Vikram.S. Prof & Head Dept. of Rasashastra & Bhaishajya Kalpana, Sri Sri College of Ay. Science & Res. Survey, Bengaluru – 560 082. Mobile No-9886262361 Email:vikram_ayur@yahoo.com / drvikramayur@gmail.com	Member (Basic Medical Scientist)
4.	Dr.Raghavendra BM, Professor, Department of General Medicine, Bengaluru Medical College and Res. Institute (BMCRI)Fort K.R. Road, Bengaluru – 560002. 7892098260drrgbm78@gmail.com	Member (Clinician Ayurveda)
5.	Dr.Santosh Y, Professor & HOD Dept of PG studies in Panchakarma, Taranath Govt Ayurvedic Medical College, Ballari Ph-9902322355 Email- ayursantosh@yahoo.co.in	Member (Clinician Modern Medicine)
6.	Miss Shivani Murthy,Advocate , 401, 4th floor, 29/8 Sri Ram Niketan, Nanjappa Road, Shantinagar, Bengaluru 560027 9916311195shivanipmurthy@gmail.com	Member (Legal Expert)
7.	Mrs. Sarah Abraham Principal, No 1008, Sobha Hill view Apts, Thalaghattapura, Bengaluru – 560 109. Mobile No.9916334453. Email: sarahabraham56@gmail.com	Member (Social Scientist)
8.	Shri. Krishna Kumar # 87, ‘SURABHI’ VISL Layout, Ist Main, 3 rd cross, “Silk Institute Metro Station” off Kanakapura Main Road, Thalaghattapura, (Near S.S. Vruddi Apartment) Bengaluru – 560 109. Mobile no.8073535371/9980631599. silkyman61@gmail.com	Member (Lay person)
9.	Dr. Shubhashree MN Research Officer (Ayurveda) Central Ayurveda Research Institute, Bengaluru shubhathejas@gmail.com 9448016968	Member Secretary

11. Library

- i) i. No. of books available up to previous year: 2074
- ii) No. of books purchased during the reporting year: **18**

Sl. no:	Name of the books	Quantity	Net amount excluding tax & Postal charges (Rs.)
1.	Tietz textbook of Clinical chemistry and Molecular diagnostics	01	5901
2.	Kaiyadeva Nighantu	01	292.50
3.	Bhewaprakasha Nighantu (English Translation)	01	406.25
4.	Dhanvantari Nighantu	01	211.25
5.	Dravyaguna Sangraha	01	126.75
6.	Abhidhanaratnamala	01	61.75
7.	Abhidana Manjari of Bhishagarya	01	390.00
8.	Hridaya Dipaka Nighantu	01	191.75
9.	Madanapal Nighantu (English)	01	812.50
10.	Raj Nighantu by Dr. Deepika	01	1,231.75
11.	Swamy's Hand Book 2026	01	580.00
12.	Swamy's Hand Book (Hindi)	01	580.00
13.	LTC – Swamy's Compilation of LTC rules Edition 2026	01	260.00
14.	Shabdakalpadruma Vol. 01 to 05	05	14,000.00
	Total (Rupees twenty five thousand forty five and fifty paisa only)	18	25,045.50

12. Collaborative studies taken up by the Institute:

12.1. A Randomized Placebo Controlled Prospective Phase II Clinical Study of Ayurvedic coded drug 'AYUSH D' on Glycemic control in Prediabetic Subjects

Coordinating Institute: RARIMD, Bengaluru

12.1.1. Objectives

- Primary Objective: To evaluate the clinical efficacy of 'AYUSH-D' as therapy for glycemic control in the management of pre-diabetes.
- Secondary Objective: To evaluate the clinical safety of 'AYUSH- D' as therapy for glycemic control in the management of pre-diabetes.

12.1.2. Study Design: Randomized Placebo Controlled Double blind Phase -2 Clinical Study.

12.1.3. Sample Size: 264 (66 in each centre)

12.1.4. Approval of IMR-F.No. 27-24/2015-CCRAS/Tech/Hq/589 dt. 26.05.2016

12.1.5. Duration of Study: 30 months

12.1.6. Interventions

- Group 1:** Diet & Lifestyle modification + AYUSH D (2 tablets of 1 gram each thrice daily) before meals.
- Group 2:** Diet & Lifestyle modification + Placebo (2 tablets of 1 gram each thrice daily) before meals.

12.1.7. Participating center along with PI:

Sl. No	Name of the Institute	Name of the Principal Investigator	Name of the Co-Investigator
1.	Regional Ayurveda Research Institute for Metabolic Disorders, Bangalore	Dr. Shubhashree M.N Research Officer (Ay.) Dr. Kishore Kumar R., RO (Ay.) Co-PI - Dr. Raveendra K R Prof. of Medicine, BMCRI, Bengaluru.	Dr. C. R. Jayanthi Principal & Professor, Dept of Pharmacology, BMCRI, Bengaluru Dr. RaghavendraNaik Research Officer (Ay.)
2.	All India Institute of Medical Sciences (AIIMS), New Delhi	Dr. Rajesh Khadgawat Professor, Department of Endocrinology & Metabolism (DoEM), All India Institute of Medical Sciences (AIIMS)	Dr. Vikram Naval, Prof., Dept of Medicine, AIIMS, New Delhi Dr. Yashdeep Gupta, Asst. Prof., Dept. of EM, AIIMS, New Delhi. Dr. Amit, CARICD, New Delhi.
3.	RA Podar Ayurved Medical College, Mumbai	Prof. K R Kohli, Director, Directorate of AYUSH, Maharashtra, RA Podar Ayurved Medical College, Mumbai.	Dr. Vyankatesh K. Shivane Mumbai Dr. Manohar Gundetti, RRAP Central Ayurveda Research Institute for Cancer Mumbai
4.	KAHER's Shri BMK Ayurveda	Dr. Basavaraj R Tubaki Professor & Head, Dept of	Dr. Kiran Kumar V Mutnali.

	Mahavidyalaya, Belgavi, Karnataka	Kayachikitsa, KLEU's Shri BMK Ayurveda Mahavidyalaya Belgavi	Assoc. Prof. of Kayachikitsa Dr.AmarPatil, Asst Professor, Dept of Medicine, USM-KLE IMP, Belgavi Karnataka Dr. Rinky Devi Thakur, RO (Ay.), RARIMD Bengaluru
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12.1.8. Date of IEC approval: 15.09.2017

12.1.9. CTRI Registration/Reference (for clinical trials): CTRI/2017/11/010716dt. 30/11/2017

12.1.10. Date of initiation: 09/10/2018

12.1.11. Budget allocated- Total Sanctioned Budget

SN	Study Centre	1 st Installment	2 nd Installment*	3 rd Installment*	Total
1.	RARIMD Bengaluru	31,11,800/-	13,61,800/-	5,71,200/-	50,44,800/-
2.	AIIMS, New Delhi	16,11,800/-	13,61,800/-	5,71,200/-	35,44,800/-
3.	RA Podar AMC, Mumbai	16,11,800/-	13,61,800/-	5,71,200/-	35,44,800/-
4.	KAHER's BMK AMC Belgavi	15,78,200/-	13,28,200/-	5,54,400/-	34,60,800/-
	Total	79,13,600/-	54,13,600/-	22,68,000/-	1,55,95,200/-

Funds received by RARIMD from CCRAS

- Total sanctioned Budget Amount of 1, 55, 95,200/- (for all installments and all centers as described above) has been received by RARIMD Bengaluru from CCRAS vide ltr.no. 3-3/2017/CCRAS/Admin/PS/949 dt. 10.07.2017. Receipt of fund was on 26.12.2017.

12.1.12. Installment wise release of funds

- Funds disbursed by RARIMD Bengaluru to Study centers

S N	1 st Installment*	Amount	Funds released order	Date
1.	1st (AIIMS New Delhi)	16,11,800/-	F. No. 4-1/2018-RARIMD/BNG/ Account Misc./333	19.06.2018
2.	1st (RA Podar Mumbai)	16,11,800/-	F. No. 4-1/2018-RARIMD/BNG/ Account Misc./1035	22.02.2018
3.	1st (KAHER's BMK AM Belgavi)	15,78,200/-	F. No. 4-1/2018- RARIMD/BNG/Account Misc./1038	23.02.2018

S N	2 nd Installment	Amount	Date
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1.	AIIMS New Delhi	13,61,800/-	17.09.2019
2.	RA Podar Mumbai	13,61,800/-	
3.	KAHER's BMK AM Belagavi	13,28,200/-	

12.1.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	deviation Causes (if any)
1	Preparatory Phase	4 months - June– Sept 2018	Achieved	Nil
2	Recruitment phase	14 months – Oct– Nov 2019	Achieved	Nil
3	Follow up phase	8 months - Dec 2019 – July 2020	Achieved	Nil
4	Data analysis phase	4 months - Aug 2020 – Nov 2020	Achieved	Nil

12.1.14. Current status:

SN	Participating Centre	cases enrolled	cases completed	Drop outs
1.	RARIMD, Bengaluru	65	57	08
2.	AIIMS, New Delhi	11	07	04
3.	RA PodarAMC, Mumbai	33	13	20
4.	Shri BMK AMC, Belagavi,	66	41	25
	Total	175	118	57

12.1.15. Relevant information, if any: Nothing Specific

12.2. “A Randomized Placebo Controlled Phase -2 Clinical Study of an Ayurvedic Coded Drug ‘AYUSH D’ in the Management of Type 2-Diabetes Mellitus as add on Therapy to Metformin”

Coordinating Institute: RARIMD, Bengaluru

12.2.1. Objectives:

Primary: To evaluate the clinical efficacy of AYUSH- Das add on therapy to Metformin for Glycemic control in the management of Type 2 Diabetes Mellitus.

Secondary: To evaluate the clinical safety of AYUSH- D as add on therapy to Metformin in type 2 Diabetes Mellitus.

12.2.2. Study Design: Randomized Placebo Controlled Double blind Phase -2 Clinical Study.

12.2.3. Sample Size: 264 (66 in each centre)

12.2.4. Approval of IMR-F.No. 27-24/2015-CCRAS/Tech/Hq/589 dt. 26.05.2016

12.2.5. Duration of Study: 30 months

12.2.6. Interventions

- Group 1: Metformin in the dose as optimized to each individual subject at the time of screening will be continued or 500 mg dose upto 3 times a day in drug naïve patients & 2 tablets of AYUSH D 1 gm. each x 3 times /day before food with lukewarm water with Diet & Lifestyle modification for 24 weeks

- b. Group 2: Metformin in the dose as optimized to each individual subject at the time of screening will be continued or 500 mg dose upto 3 times a day in drug naïve patients and 2 tablets of Placebo 1 gm. each x 3 times /day with Diet & Lifestyle modification before food with lukewarm water.

12.2.7. Participating centre along with PI:

SN	Institute Name	Name of the Principal Investigator	Name of the Co-Investigator
1.	RARIMD Bengaluru and Bangalore Medical college & Research Centre (BMC&RI)	Dr. Shubhashree M.N, RO (Ay.) Dr. Kishore Kumar R., RO (Ay.) Co-PI - Dr. Raveendra K R Professor, Dept of Medicine, BMCRI, Bengaluru	Dr. C. R. Jayanthi Prof. of Pharmac. BMCRI Dr. Bhavya BM, RO (Ay.) RARIMD Bengaluru
2.	All India Institute of Medical Sciences (AIIMS), New Delhi	Dr. Rajesh Khadgawat Professor, Dept. of Endocrinology & Metabolism (Dept. of E & M), All India Institute of Medical Sciences (AIIMS), New Delhi	Dr. Vikram Naval , Prof. of Medicine, AIIMS, New Delhi Dr Yashdeep Gupta, Asst. Prof. of E&M, AIIMS, Dr. Amit, RO (Ay.), CARICD, New Delhi
3.	RA Podar Ayurved Medical College, Mumbai	Prof. K R Kohli, Director, Directorate of AYUSH, Maharashtra, RA Podar Ayurved Medical College, Mumbai	Dr. Vyankatesh K. Shivane, Dadar East, Mumbai Dr. Manohar Gundetti, RO (S-2, Ay.) RRAPCARIC, Mumbai
4.	Rajiv Gandhi Government Post Graduate Ayurveda College, Paprola	Dr. Vijay Chaudhary, Prof. of Kayachikitsa, Rajiv Gandhi Government Post Graduate Ayurveda College Paprola, District Kangra, Himachal Pradesh	Dr. Ghansham Dass Mehta, Retd. CMO Government of Himachal Pradesh Dr. Chris Antony, RO (Ay), RARIND Gandhi Bhawan, Mandi

12.2.8. Date of IEC approval: 15.09.2017

12.2.9 CTRI Registration (for clinical trials): CTRI/2017/11/010716 dated 30/11/2017

12.2.10. Date of initiation: 10/10/2018

12.2.11. Budget allocated:

SN	Study Centre	1 st Installment	2 st Installment*	3 rd Installment*	Total
1.	RARIMD Bengaluru	31,11,800/-	13,61,800/-	5,71,200/-	50,44,800/-
2.	AIIMS, New Delhi	16,11,800/-	13,61,800/-	5,71,200/-	35,44,800/-
3.	RA Podar AMC, Mumbai	16,11,800/-	13,61,800/-	5,71,200/-	35,44,800/-

4.	RGPGAC, Paprola	15, 44,600/-	12,94,600/-	5,37,600/-	33,76,800/-
	Total	78,80,000/-	53,80,000/-	22,51,200	1,55,11,200

12.2.12. Installment wise release:

Funds received by RARIMD from CCRAS

S N	Installment	Amount	Sanction order	Funds received date
1	1st (RARIMD Bengaluru)	31,11,800/-	F. No.3-2/2017-CCRAS/Admin /Metforminv/2580 dt. 18.12.2017	20.12.2017
2	1st (AIIMS New Delhi)	16,11,800/-	-do-	
3	1st (RA Podar Mumbai)	16,11,800/-	-do-	
4	1st (RGPGAC, Paprola)	15, 44,600/-	-do-	
	Total	78,80,000/-		

**2nd Installment of Rs. 37,18,200/- received at RARIMD, Bengaluru. for 3 centers, AIIMS New Delhi, RA Podar Mumbai & RGPGAC, Paprola on 10-02-2020.

Funds disbursed by RARIMD Bengaluru to Study centers

S N	1 st Installment	Amount	Funds released order	Date
1.	AIIMS New Delhi	16,11,800/-	F. No. 4-1/2018-RARIMD/ BNG/Account Misc./333	19.06.2018
2.	RA Podar Mumbai	16,11,800/-	F. No. 4-1/2018-RARIMD/ BNG/Account Misc./1035	22.02.2018
3.	RGPGAC, Paprola	15, 44,600/-	F. No. 4-1/2018-RARIMD/ BNG/Account Misc./1047	26.02.2018

S. N.	2 nd Installment	Amount	Date
4.	AIIMS New Delhi	12,61,800/-	10.02.2020
5.	RA Podar Mumbai	12,61,800/-	10.02.2020
6.	RGPGAC, Paprola	11, 94,600/-	10.02.2020

12.2.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	Preparatory Phase	4 months - June 2018 – Sept 2018	Achieved	Nil
2.	Recruitment phase	14 months - Oct 2018 – Nov 2019	Achieved	Nil
3.	Follow up phase	8 months - Dec 2019 – July 2020	Achieved	Nil
4.	Data analysis phase	4 months - Aug 2020 – Nov 2020	Achieved	Nil

12.2.14. Current status

SN	Participating Centre	Cases	Cases	Drop outs
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		enrolled	completed	
1.	RARIMD, Bengaluru	66	54	12
2.	AIIMS, New Delhi	66	57	09
3.	RA PodarAMC, Mumbai	54	28	26
4.	RGGPG Ayurveda College, Paprola	43	33	10
	Total	229	172	57

12.3. "Evaluation of add on efficacy & safety of An Ayurvedic Formulation in the Management of Dengue Fever & Prevention of its complications - A Double Blind Clinical Study"

Coordinating Institute: RARIMD, Bengaluru

Coordinating Officer: Dr. Shubhashree M.N, R.O. (Ay.)

12.3.1. Objectives: Primary Objective: To test the efficacy and safety of the trial formulation.

12.3.2. Study Design: Double blind, Placebo controlled, Prospective Clinical Trial

12.3.3. Sample Size: 150 (75 trial & 75 placebo; both groups receives standard care)

100 (50 trial & 50 placebo; both groups receives standard care)

12.3.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Approval of 4th IMR– PEMC, F.No.27-3/2018-CCRAS/Tech./Hq, dated 19th June 2018.

12.3.5. Duration of Study: 2 year

12.3.6. Interventions: Patients will receive standard Dengue treatment plus trial drug/placebo 700mg (350mg × 2 Tablet), twice daily for 10 days. Randomization has been done by CCRAS

12.3.7. Participating centre along with PI:

SN	Name of participating centre	Name of PI and Co-I
1.	KLEU Shri BMK Ayurveda Mahavidyalaya, Belagavi	Principal Investigator. • Dr. B.S. Prasad, Principal, Co- Investigators • Dr. V. A. Kothiwale, Vice principal, Prof.of General Medicine, Dean, Faculty of science (Inter-disciplinary studies /Research) JNMC, KLE University, Belagavi • Dr. S. L. Hoti, Scientist G, ICMR -National Institute of Traditional Medicine -NITM), Nehru Nagar, Belagavi. • Dr. M.V. Jali, M.D & CEO, Dr. Prabhakar Kore Multispecialty Hospital & Medical Research Centre, Nehru Nagar, Belagavi. • Rekha Patil, Prof & HOD, Dept. of General Medicine, JNMC, Belagavi. • S. Unger, Scientist D, ICMR - NITM), Belagavi. • Dr. Sukumar Nandigoudar, Reader, Dept. of Kayachikitsa,

		Officer in charge, MRC, BMK Ayurveda Mahavidyalaya, Belagavi
2.	Sri Devaraj Urs Academy And Higher Education and Research Kolar	Principal Investigator • Dr.Nitin Kumar Patil, Assoc. Prof and Head Dept. of Integrative Medicine, Shri Sri Devaraj Urs Academy And Higher Education and Research Kolar Co- Investigators • Dr.Shubhashree M.N,RO (Ay.) RARIMD Bengaluru • Dr. Prabhakar K., Prof. of Gen Medicine, SDUMC Lokar • Dr. S L Hoti, Director In-charge ICMR NITM Belagavi • Dr. AVM Kutty, Registrar, SDUAHER, Kolar

12.3.8. Date of IEC approval: - 25.03.2017; EC Approved Protocol: BMK/17/ESP/05; Renewal was obtained on 19.02.2019.

Kolar centre: SDUAHER/KLR/CEC/18/2017-18, dated 22nd Jan 2018.

12.3.9. CTRI Registration/Reference (for clinical trials): CTRI/2017/11/010586 Dt. 22.01.2018

12.3.10. Date of initiation: Initiated form 1st Sep 2017 (KLE), 1 August 2018 (Sri Devaraj Urs Academy and Higher Education and Research/ Kolar)

12.3.11. Budget allocated: -

SN	Centres	1 st Installment	2 st Installment	Total
1	ICMR-NITM Belagavi	13, 07,795/-	12,98,200/-	26,05,995/-
2	KLEU Shri BMK Ayurveda Mahavidyalaya, Belagavi	5, 19,020/-	5,06,200/-	10,25,220/-
3	Jawahar Lal Nehru Medical College Belagavi	31, 99,030/-	29, 93, 062/-	61,92,092/-
Total (Belagavi)		50,25,845/-	47,97,462/-	98, 23,307/-
4	Sri Devaraj Urs Academy And Higher Education& Research Kolar	12, 60,000/-	9,99,000/-	22, 59,000/-
Grand Total		62,85,845/-	57,96,462/-	1,20,82,307/-

12.3.12. Installment wise received and released

Funds received by RARIMD from CCRAS

S N	Installment	Amount in Rs.	Sanction order	Funds received date
1	1 st (Belagavi Centre)	50,25,845	F. 3-42/2017/CCRAS/Admin /Dengue/1303 Dt. 02.08.2017	07.08.2017
2	2 nd (Belagavi Centre)	47,97,462	F. No. CB/Exp./CCRAS/Hq./2018-19/2000 Dt. 03.04.2019	30.03.2019
3	1 st (Kolar centre)*	12, 60,000/-	F. No. 3-14/2017-CCRAS/Admin/Dengue/388, Dt. 28.03.2018	03.04.2018
4	2 nd (Kolar centre)*	9,99,000/-	F. No. 3-14/2017-CCRAS/Admin/Dengue/6365, Dt. 01-01-2020.	10-02-2020

Funds disbursed by RARIMD Bengaluru to ICMR-NITM for onward transmission to Belagavi and Kolar centers

S N	Installment	Amount	Funds released order	Date
1	1 st (Belagavi Centre)	50,25,845	F. No. 6-63/2017/RARIMD/BNG/ Tech /Dengue/412	10.08.2017
2	2 nd (Belagavi Centre)	47,97,462	F.No . 6-14/2017-CCRAS/Admn/Dengue/6086	29.03.1019
3	1 st (Kolar centre)	12, 60,000	F. No. 6-63/2018/RARIMD/BNG/Tech. /Dengue/26	09.04.2018
4	2 nd (Kolar centre)*	9,99,000/-	F. No. 3-14/2017-CCRAS/Admin/Dengue/6365, Dt. 01-01-2020.	10-02-2020

12.3.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved
1.	150 (Belagavi)	24 months	Achieved
2.	100 (Kolar)	24 months	Stopped at 89 due to COVID

12.3.14. Current status: Data collection (clinical intervention) is under progress (Kolar centre).

SN	Participating Centre	enrolled cases	completed cases	Drop outs
1.	KLEU Shri BMK Ayurveda Mahavidyalaya, Belagavi	150	141	09
2.	Sri Devaraj Urs Academy And Higher Education/ Kolar	89	76	02

12.3.15. Relevant information, if any: Nothing Specific

12.4. Name of Project: Validation and Reliability Testing of Ayurvedic Diagnostic Tools

12.4.1. Participating centre along with PI: Sri Dharmastala Manjunatheshwara College of Ayurveda and Hospital Hassan

Sr. No.	Name of the Institute	Name of the Principal Investigator	Name of the Co-Investigator
1.	SDM Hassan	Dr. Girish K J	Dr. Shubashree M N

12.4.2. Date of IEC approval: 04/12/2019

12.4.3. CTRI Registration/Reference (for clinical trials): Not approved

12.4.4. Date of initiation: 13/02/2020

12.4.5. Budget allocated: 17,76,000.00

12.4.6. Installment wise release:

Sr. No.	Study Centre	1 st Installment	2 st Installment*	3 rd Installment*	Total
1.	SDM Hassan	5,92,000.00	1,96,000.00	-	7,84,000.00

12.4.7. Chronological timeline & deliverables:

Sr. No.	Target	Time line	Achieved/ Not achieved	deviation Causes (if any)
1	Kasa	Feb-2020 to Oct- 2020	Achieved	---
2	Shwasa	Feb-2020 to Sept-2020	Achieved	---
3	Jwara	Aug-2020 to Sept-2020	Achieved	---
4	Grahani	Sept-2020 to Jan-2021	Achieved	---
5	Prameha	Feb-2021 to May-2021	Achieved	---
6	Pandu	July 2022	Achieved	-

12.5. Morbidity and Healthcare-seeking behaviour of the patients visiting the Ayurveda healthcare facilities of the DGAFMS Hospitals: A multicentre cross-sectional survey study

12.5.1 Objectives

- Primary: To understand the care seeking behavior of the patients visiting the Ayurveda healthcare facilities established in the DGAFMS hospitals
- Secondary:
 - To determine the proportion of the prevalent disease conditions for which patients seek treatment from the Ayurveda healthcare facilities in the DGAFMS hospitals
 - To act as a basis for determining the scope of service of these Ayurveda healthcare facilities.
 - To serve as a starting point for in-depth research studies on management of specific diseases through Ayurveda interventions, for which patients seek treatment from the Ayurveda healthcare facilities in the DGAFMS hospitals.

12.5.2. Study Design: cross sectional observational study

12.5.3. Sample Size: All willing patients coming to DGAFMS Ayurveda facility

12.5.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. HQ. PROJ011/144/2023-PROJ Part (5), Office order no. 291/2023-24, dated 26.06.2023

12.5.5. Installment wise release: 1st Installment released on Rs. 5,13,380 on 26.06.2023

12.5.6. Duration of Study: 16 months

12.5.7. Interventions- Not applicable

12.5.8. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	a. Central Ayurveda Research Institute, Bangalore b. Command Hospital (Air Force), Bengaluru	Principal Investigators 1. Dr. Rajendra Kumar Research Officer (Ay.), CARI Bengaluru Co-Investigators 2. Dr. Bhavya B.M. Research Officer (Ay.), CARI Bengaluru 3. Dr. Narayanan Subramanian Classified Specialist (Lieutenant Colonel), Command Hospital Air Force, Bengaluru

		4. Co-I: Dr. Rajneesh Kumar Doshi Colonel (AFMS), DGAFMS, New Delhi
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12.5.9. Date of IEC approval: Approved, dated 02-08-2023

12.5.10. CTRI Registration/Reference (for clinical trials): Not applicable

12.5.11. Date of initiation: 08/08/2023

12.5.12. Budget allocated: Rs.8,42,300/-

12.5.13. Installment wise release

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 st Installment Rs. 5,13,380	F.No. HQ. PROJ011/144/2023-PROJ Part (5)/ Office order no. 291/2023-24	26.06.2023	27.07.2023
2	2 nd Installment Rs. 2,18,650	F.No. HQ. PROJ011/144/2023-PROJ Part (5)/1125	24.05.2024	03.06.2024
3	3 rd Installment Rs. 1,58,340	F.No. HQ. PROJ011/144/2023-PROJ Part 5/3587	09.09.2024	26.10.2024
Total	8,90,370	-		

12.5.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	No specific target	16 months	598 subjects (completed)	Nil

12.5.15. Current status: Completed

Sl. No	Participating center	No. of participants screened till date	No of Participants enrolled till date	No. of drop outs till date	No. of Participants successfully completed till date	No. of continuing participants till date	No. Of ADR/AE reported till date
1	Command Hospital (Air Force), Bengaluru	598	598	00	598	00	NA

12.5.16. Relevant information, if any: Nothing Specific

12.6. A Double blind double dummy prospective randomized controlled study to evaluate the efficacy of classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA Study).

12.6.1. Objectives:

- Primary Objective: To compare the efficacy of Ayurvedic management vs Methotrexate in participants of Rheumatoid arthritis.
- Secondary Objectives: To evaluate the safety of Ayurvedic management in participants of Rheumatoid arthritis.

12.6.2. Study Design: A Double blind double dummy prospective randomized controlled study to evaluate the efficacy of classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA Study) in 3 centers..

- Purpose : Treatment
- Level of study :OPD
- Masking : Double blind double dummy
- Control : Controlled
- Timing : Prospective
- End Point : Safety and efficacy
- No. of Groups : Two
- Sample Size: 240 patients (120 in each group)
- Centres: Multicentric.

12.6.3. Sample Size: 240 (Trial group: 120 and Placebo group: 120).

12.6.4. Approval of IMR-PEMC, Annual Action Plan, RFD, etc. along with date: F.No 3-116/2019-CCRAS/Admin/IMR/4783 dated 18th Nov 2019

12.6.5. Duration of Study: 2 Years

12.6.6. Interventions:

Group-1 Ayurveda plus Methotrexate (MTX) placebo

Group-2 Methotrexate (MTX) plus Ayurveda placebo.

Allopathic Treatment. Since there will be an array of Ayurvedic approaches for the Ayurvedic physicians to individualize treatment, an equivalent range of MTX (7.5 to 25 mg/wk) will be allowed, according to the following algorithm:

7.5 mg/week for 2 weeks

10 mg/week for 2 weeks

12.5 mg/week for 2 weeks

15 mg/week for 2 weeks

17.5 mg/week for 2 weeks

20 mg/week for 4 weeks

20 mg/week for 4 weeks

22.5 mg/week for 4 weeks

Then: 25 mg/week for the rest of the study.

Participants will be managed with internal medicines and oils for external use, like outpatient treatment of RA.

List of the drugs to be used in RA

1. Agastyarasayanam	19. Yogarajaguggulu
2. Amritharishtam	20. Simhanadaguggulu
3. Avipatthikarachurna	21. Hingvastakachurna
4. Balaguduchyadi oil	22. Vatariguggulu
5. Chyavanprasham	23. Rasnasaptakakwatha
6. DashamoolaHaritaki	24. Shuntichurna
7. Dashamoolarishta	25. Amruthoththaramkashaya
8. Dhanvantaramthaila	26. Rasnadikashyam
9. IndukanthaGhritha	27. Brihatsaindhvadithaila
10. KaishoraGuggulu	28. Rasnadikashyam
11. Kalyanagulam	29. Indukantamkashaya
12. Kottamchukkadithailam	30. Kokilakshakashaya
13. Lohasavam	31. Manjistadikashaya
14. Narayanathailam	32. Shaddharanachurna
15. Pindathailam	33. Balaguduchyadikashayam
16. Punarnavasavam	34. Brahma rasayanam
17. Trivritthlehyam	35. Chandraprabhavati
18. Vaishwanarachurna	

12.6.7. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI
1	Central Ayurveda Research Institute, (CARI), CCRAS, Bangalore.	Dr M.N Shubhashree R.O (Ay.) Co-PI: Dr. SH Doddamani, RO (Ay.) Dr. Bhavya BM, RO (Ay.) Dr. Prasanna T., MS, Ortho Dr. Dwajini, Pharmacology
2	RRAP Central Ayurveda Research Institute for Cancer (CARIC), CCRAS, Mumbai	Dr. Manohar S. Gundeti Co-PI: Dr. Kuldeep Chaudhary Dr. Lakshaman Burkhe
3	Aryavaidya Pharmacy, Coimbatore	PI: Dr K G Raveendran, Co-PI: Dr. Somit

12.6.8. Date of IEC approval: 29.10.2022

12.6.9. CTRI Registration/Reference (for clinical trials): CTRI/2022/12/047807, 01.12.2022

12.6.10. Date of initiation: 07.01.2023

12.6.11. Budget allocated: Rs 1,67,53,000/

12.6.12. Installment wise release:

S. No.	Instalment	Sanction order	Date	Date of receipt of fund
1	Rs. 2,12,35,400	F. No. 3-116/2019-CCRAS/Admn/IMR/4783	18-11-2019	23-11-2019
2	Rs. 50,200	F.No. 3-22/2019-CCRAS/Admn/AYUSH-AGT/6293	17-02-2021	23-02-2021
3	Rs. 65,02,600	F. No. 3-116/2019-CCRAS/Admn/IMR/6994	19-03-2021	22-03-2021
4	Rs. 73,61,070	File No. 3-3/2017-CCRAS/Admn/PS/769	25-05-2021	28-05-2021

5	Rs. 25,00,000	F. No. 3-116/2019-CCRAS/Admn/IMR/1562	22-06-2022	24-06-2022
6	Rs. 59,04,328	F. No. 3-116/2019-CCRAS/Admn/IMR/4086	28-10-2022	15-11-2022
7	Rs. 52,14,939	File No. HQ-PROJ011/185/2022-PROJ/1936	26-06-2023	27-07-2023
8.	Rs 7,00,000	F.No HQ/PRO O11/185/2022-PROJ/2122	09.07.24	13.07.2024
9	Rs 30,64,882	F.No HQ/PRO O11/185/3102-PROJ/2122	09.08.24	13.09.2024
10	Rs 15, 61,179	FOR AVP unspent balance	05.11.24	05.11.2024

12.6.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	Pre –Trial period	03 month	Achieved	--
2	Recruitment (240 patients)	24 months	ongoing	--

12.6.14. Current status: Terminated as per instructions from Hqrs

S. No.	Participating Centre	Target	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	CARI Bengaluru	80	32	08	09	15
2	AVP, Coimbatore	80	22	05	03	14
3	RRAP, CARI, Mumbai	80	17	05	02	10
	Total	240	71	18	14	39

12.7. Evaluation of AYUSH GMH in the subjects of mild to moderate non-alcoholic fatty liver disease (NAFLD) - A Double Blind Randomized Control Clinical study

12.7.1. Objectives

- Primary: To assess the efficacy of AYUSH-GMH in the subjects of NAFLD
- Secondary: To assess the safety of AYUSH-GMH in the subjects of NAFLD

12.7.2. Study Design: Masking-double blinded

12.7.3. Sample Size: 100

12.7.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: F.No. 3-6/2019-CCRAS/Admn/F.L/5730, dated- 18-03-2019

12.7.5. Installment wise release: 23, 03,200/-, 1st Installment released on 29.03.2018(Returned to Hqrs.)

14,50,250/-, 1st Installment released on 01.09.2021

3,97,000/-, 2nd Installment released on 26.07.2022

14,40,600/- 3rd Installment released on 28.06.2023

1,23,900/- 4th Installment for SRF salary arrears on 22.03.2024

11,44,448/- 5th Installment on 21.06.2024

12.7.6. Duration of Study: 3 years

12.7.7. IStudy Design: Masking-double blinded

Interventions

Intervention modalities	GROUP-I		GROUP-II	
Intervention	Ayush-GMH (API-Part III;1 st Ed.;Pg17)	Vitamin-E	Vitamin-E	Matching Placebo of AYUSH-GMH
Dose	500mg	400mg	400mg	500mg
Dosage form	Ghanvati	Gel capsule	Gel capsule	Ghanvati
Route of Administration	Oral	Oral	Oral	Oral
Time of Administration	Twice daily after food	Once daily after food	Once daily after food	Twice a day after food
Anupana	Water	Water	Water	Water
Duration of therapy	6 months	6 months	6 months	6 months
Packing Form	Blister pack of 60 capsules	Blister pack of 30 capsules	Blister pack of 30 capsules	Blister pack of 60 capsules

12.7.8. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	a. National Institute of Traditional Medicine- ICMR Belagavi b. KAHER BMK Ayurveda Mahavidyalaya & Hospital c. Central Ayurveda Research Institute, Bangalore	Principal Investigators 1. Dr. Manish Barvaliya, Scientist E (Medical), ICMR-NITM, Belagavi 2. Dr. Pradeep Grampurohit, Prof., Dept. of Panchakarma, Shri BMK Ayurveda Mahavidyalaya, Belagavi Co-Investigators 3. Dr. Suhas Kumar Shetty, Principal, KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi 4. Dr. Keerthana Suresh, Associate Professor & HOD, Dept of RogaNidana, KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi 5. Dr. Subarna Roy, Scientist G & Director ICMR- National Institute of Traditional Medicine- ICMR, Belagavi 6. Dr. Bhavya B.M Research Officer (Ayu.), Central Ayurveda Research Institute, Bangalore,

12.7.9. Date of IEC approval: Approved, dated 26-02-2019, Renewal obtained on 25/05/2022

12.7.10. CTRI Registration/Reference (for clinical trials): CTRI/2022/06/042985, dated 02/06/2022

12.7.11. Date of initiation: 31/05/2022

12.7.12. Budget allocated: Rs.55,32,925/-

12.7.13. Installment wise release

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 st Installment	F.NO.4-14/2021-22/CARI/BNG/Account Misc/716	01/09/2021	02/09/2021
2	2 nd Installment	F.6-75/2019/CARI/BNG/AYUSH GMH NAFLD/723	26/07/2022	25/07/2022
3	3 rd Installment	F.6-75/2019/CARI/BNG/AYUSH GMH NAFLD/613	23/06/2023	28/06/2023
4	4 th Installment	File No/HQ-PROJ011/109/2023-PROJ/8448	03.2024	22.03.2024
5	5 th Installment	File No/HQ-PROJ011/109/2023-PROJ/1759	21.06.2024	14.08.2024

12.7.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	100 Subjects	36 months	Achieved	Nil

12.7.15. Current status:

Sl. No	Participating center	No. of participants screened till date	No of Participants enrolled till date	No. of drop outs till date	No. of Participants successfully completed till date	No. of continuing participants till date	No. Of ADR/AE reported till date
1	ICMR-National Institute of Traditional Medicine, Belagavi KAHER BMK Ayurveda Mahavidyalaya & Hospital, Belagavi	138	100	13	87	00	04

12.7.16. Relevant information, if any: Nothing Specific

12.8 Name of Project: “Evaluation of Hepatoprotective activity of PTK as an add on therapy in the patients of Tuberculosis on ATT – A Double blind Randomized control clinical study”

12.8.1 Participating centre along with PI:

Sr. No.	Name of the participating centre	Name of PI, CO-Investigators
1.	KAHERs Shri BMK Ayurveda Mahavidyalaya, Shahpur, Belagavi-590003	1. PI-Dr. Ashok Patil PhD (Ayu) 2. Co-I Dr. Swarada Uppin MD (Ayu)
2.	KAHERs JN Medical College, Nehru nagar, Belagavi-590010	3. Co-I Dr. Bhagyashri Patil MD (Chest)
3.	Belagavi Institute of Medical Sciences (BIMS)	4. Co-I Dr. Sandeep Dandin, Pulmonologist – MBBS, MD
4.	CARI Bengaluru	5. Co-I Dr. Shashidhar H. Doddamani, RO (Ay.)

12.8.2. Date of IEC approval: 30-07-2021 and 31-07-2021

12.8.3. CTRI Registration/References (for clinical trials): 12-11-2021

12.8.4. Date of Initiation: 15-11-2021

12.8.5. Budget allocated:

1. KAHERs Shri BMK Ayurveda Mahavidyalaya, Belagavi- Rs.56,39,830/-

2. Central Ayurveda Research Institute (CARI), Bengaluru- Rs.10,50,000/-

Grand Total- Rs. 66,89,830/-

12.8.6. Installment wise release:

Sr. No.	Installment	Sanctioned Order	Date	Date of Receipt of Fund
1.	Rs. 5,50,000/-	Sanction order no. 1096/2020-21	25-03-2021	31-03-2021
2.	Rs. 13,09,650/-	Sanctioned order no. 3-3/2017-CCRAS/Adm/PS/769	25-05-2021	28-05-2021
3.	Rs. 3,07,960/-	Sanctioned order no. 3-30/2021/CCRAS/Admn/IMR/Cool/4515	17-11-2022	05-12-2022
4.	Rs. 9,84,484/-	HQ/PROJ011/184/2022/PROJ/3845	05-09-2023	13-09-2023
5.	Rs. 18,09,217/-	HQ/PROJ011/184/2022/PROJ/1446	10-06-2024	06-08-2024

12.8.7. Chronological timeline & deliverables:

Sr. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	Pre-Trial period	6 months	Achieved	--
2.	Recruitment (150/100 patients)	27 months	Ongoing	--

12.8.8. Current status:

Sr. No.	Participating Centre	Target	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1.	KAHERs Shri BMK Ayurveda Mahavidyalaya, Shahapur, Belagavi-590003.	150/100 (Revised)	110	89	11	00

12.9. Evaluating the efficacy of Ayurvedic intervention as add on to conventional treatment and explore the interaction of Epigenetics, Neuro/gut biomarkers and Neuroimaging in Pediatric ADHD (Attention Deficit Hyperactivity Disorder)

12.9.1. Participating center along with PI:

S. No.	Name of the participating centre	Name of PI, Co investigators
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	PI: Dr. John Vijaya Sagar Co-PI: Dr. Kishore Kumar R Co-I: 1. Dr. Umesh C 2. Dr. K. Gokul Krishna 3. Dr. MonojitDevnath 4. Dr. Rajendra K M 5. Dr. BN. Roopesh 6. Dr. Shivkumar V 7. Dr. Bharath Holla
2	CARI Bengaluru	Project Coordinator: Dr. Sulochana Bhat Co-I: Dr. Srinibash Sahoo

12.9.2. Date of IEC approval: 16.04.2021

12.9.3. CTRI Registration: CTRI/2021/07/035308 [Registered on: 30/07/2021].

12.9.4. Date of initiation: 31.12.2021

12.9.5. Budget allocated:

NIMHANS, Bengaluru: Rs.91,18,200/-

CARI, Bengaluru: Rs. 8,50,000/-

Grand Total: Rs. 99, 68,200/-

12.9.6. Installment wise release:

Sr. No.	Installment	Sanctioned order	Date	Date of receipt of fund
01	Rs. 39,25,800	Office Order No.984/2020-21	03-03-2021	23-11-2019
02	Rs. 2,50,000	F. No. 3-3/2017-CCRAS/Admn/PS/769	25-05-2021	28-05-2021
03	Rs. 7,63,000	F. No. 3-3/2017-CCRAS/Admn/IMR/1589	23-06-2022	05-07-2022
04	Rs. 15,65,546	File No. HQ-PROJ011/93/2022-PROJ/4359	10-11-2022	16-11-2022
05	Rs. 33,77,948	File No. HQ-PROJ011/93/2022-PROJ/4249	09-10-2024	30-10-2024
06	Rs. 30,130	File No. HQ-PROJ011/93/2022-PROJ/7973	18-03-2025	24-03-2025
07	Rs 1,82,302	File No. HQ-PROJ011/93/2022-PROJ/2034	02.07.2025	29.07.2025

12.9.7. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	Pre –Trial period	6 months	Achieved	--
2	Recruitment including Follow-up (80 patients)	28 months	Achived	--
3	Statistical Analysis and Article Publishing	02 months	Project is Completed. Statistical Analysis is going on	--

12.9.8. Current status:

S. No.	Participating Centre	Target	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	160 Reduced to 80	80	60	20	00

12.9.9. Relevant information, if any: Nil

12.10. A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme

12.10.1. Objectives

Primary:

- To assess the medical adherence and tolerability of Ayush-SR in Generalized Anxiety Disorder (GAD)

Secondary:

- To assess the effect of Ayush SR in reducing the symptoms of GAD.
- To assess the effect of Ayush SR on sleep quality of cases of GAD.
- To assess the safety of Ayush SR in GAD
- To assess the effect of Ayush SR on mental wellbeing of the study participants.
- To assess the effect of Ayush SR on C-Reactive protein in GAD cases.

12.10.2. Study Design: Interventional, Single arm, prospective, clinical study.

12.10.3. Sample Size: 440

12.10.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Office Order No. 1422/2022-23, dated 17-03-2023

12.10.5. Installment wise release: 58,46,000/- 1st Installment released on 21.03.2024

12.10.6. Duration of Study: 2 years

12.10.7. Interventions

Intervention	AYUSH-SR (Ref. API, Part-I, Volume, VIII, pg.34-36)
Dose	2gm per day in divided doses (2 tablets twice daily)
Dosage form	Tablets (500mg)

Route of Administration	Oral
Time of Administration	Twice daily post meals
Anupana	Water
Duration of therapy	3 months(90 days)
Intervention	AYUSH-SR (Ref. API, Part-I, Volume, VIII, pg.34-36)

12.10.8. Participating centre along with PI:

Sl. No	Name of the participating centre	Name of Investigators
1.	Sri Sri college of Ayurvedic Science and Research	PI: Dr Gopala Krishna G, Professor Co-I: Dr. Ashwathy Kavirajan, Assistant Professor
2.	Adichunchanagiri Ayurvedic medical college, hospital & research center	PI: Dr Byresh A, Principal & Professor Co-I: Dr. Shashidhara R, Associate Professor
3.	Shri B M Kankanvadi Ayurveda Mahavidhyalaya, Belagavi	PI: Dr Suhas Shetty, Principal & Professor Co-I: 1. Dr Sanjeev S Toni, Associate Professor 2. Dr Hemalatha K, Assistant Professor
4.	Vaidhyaratnam PS warrier Ayurveda Medical college, Kottakal	PI: Dr Jithesh M, Professor Co-I: 1. Dr Satheesh K, Associate Professor. 2. Dr Prathibha P Nair, Assistant Professor.
	Co-ordinating centre	
5.	Central Ayurvedic Research Institute, Bengaluru	PI: Dr GV Ramana, R.O. (Ayu.) Co-I: Dr Srinibash Sahoo, R.O. (Ayu.)

12.10.9. Date of IEC approval: F.6-5/CARI/BNG/IEC meet 2020-21/221 approved, dated 02-05-2023

12.10.10. CTRI Registration/Reference (for clinical trials): CTRI/2023/05/053328 [Registered on: 31/05/2023]

12.10.11. Date of initiation: 17/3/2023

12.10.12. Budget allocated:

Institute	Budget
Sri Sri College of Ayurvedic Science and Research, Bengaluru	28,41,090/-
Adichunchanagiri Ayurvedic Medical College, Hospital & Research Centre, Bengaluru	28,41,090/-
Shri B M Kanakawadi Ayurveda Mahavidyalaya, Belgavi	27,61,710/-
Vaidyaratnam PS Varier Ayurveda College, Kottakal	27,61,710
CARI, Bengaluru	26,66,800/-
Grand Total	1,38,72,400/-

12.10.13. Instalment wise release

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	58,46,000/-	File No. HQ-PROJ011/58/2023-PROJ	17/03/2023	21/03/2023
2	2,60,100/-	F.No. HQ-PROJ11/58/2023-PROJ/1508	11-06-2024	06-08-2024

3	5,15,000/-	F.No. HQ-PROJ11/58/2023-PROJ/3611	10-09-2024	16-10-2024
4	43,96,663/-	File No. HQ-PROJ011/58/2023-PROJ /7977	18.03.2025	21.03.2025
5	1,90,800	File No. HQ-PROJ011/58/2023-PROJ/699	02.05.2025	28.05.2025
6	4,37,992	File No. HQ-PROJ011/58/2023-PROJ/3001	06.08.2025	09.10.2025

12.10.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	440 Subjects	2 years	Achieved	Nil

12.10.15. Current status:

Sl. No	Participating Center	No. Of Participants Screened Till Date	No Of Participants Enrolled Till Date	No. Of Drop Outs Till Date	No. Of Participants Successfully Completed Till Date	No. Of Continuing Participants Till Date	No. Of ADR/AE Reported Till Date
1	Sri Sri College Of Ayurvedic Science And Research, Bengaluru	128	110	7	103	00	5
2	Adichunchanagiri Ayurvedic Medical College	135	114	8	106	00	7
3.	Shri B M Kanakavadi Ayurveda Mahavidyalaya , Belgavi	136	110	13	97	00	2
4.	Vpsv Ayurveda College, Kotakkal	140	110	13	97	00	7
	Total	539	444	403	41	00	21

12.10.16. Relevant information, if any: Nothing Specific

12.11. Documentation of traditional food recipes of Karnataka and their validation with ayurveda and nutritional perspective

12.11.1 Objectives:

- Collect traditional food recipes from representative regions of Karnataka in a standardized format.
- Validate those recipes from Ayurveda and nutritional perspective.
- Present the recipes in the form of printed and e- book with accompanying video of preparation.

Primary:

- Collect traditional food recipes from representative regions of Karnataka in a standardized format.
- Validate those recipes from Ayurveda and nutritional perspective.
- Present the recipes in the form of printed and e- book with accompanying video of preparation.

Secondary:

- Provide an easy-to-use traditional foods recipe book for laymen use.
- Increase Ayurveda and nutritional knowledge about traditional foods.
- Pilot a scalable technology for collection of community food knowledge.

12.11.2 Study Design: NA

12.11.3 Sample Size: NA

12.11.4 Approval of IMR- O.O. 1293/2022-23, dated 21st Feb 2023, total budget sanctioned Rs.47,14,936/-

12.11.5 Installment wise release: first Installment of Rs 20,20,868/- released on 21/02/2023

12.11.6 Duration of study: 2.5 years

12.11.7 Interventions: NA

12.11.8 Participating centre along with PI/Co.I:

12.12 Sl. No	12.13 Name of the participating centre	12.14 Name of Investigators
12.15 1	Trans Disciplinary University, Bengaluru Central Ayurveda Research Institute, Bengaluru 12.16	Principal Investigators Dr. Sulochana Bhat, Incharge CARI, Bengaluru Dr. Megha, Associate Professor, TDU, Bengaluru Co-Investigators Dr. Shubhashree M.N., RO, CARI, Bengaluru

		Dr. Bandi Venkateshwarlu, AD, CCRAS Headquarters 12.17 Dr. Subramanya Kumar, TDU, Bengaluru
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12.11.9 Date of IEC approval: Approved

12.11.11CTRI Registration/Reference (for clinical trials): NA

12.11.11 Date of initiation: 24/03/2023

12.11.12 Budget allocated: Rs.47,14,936

Installment wise release:

Sl. No	Installment	Sanction order	Date	Amount	Date of receipt of fund
1.	1 st installment	O.O. 1293/2022-23	21.02.2023	20,20,868	25.02.2023
2.	2 nd installment	F.No. HQ-PROJ011/ 92/2023-PROJ/1228	29-05-2023	1,54,500	02-06-2023
3.	3 rd Installment	F.No. HQ-PROJ011/ 92/2023-PROJ/8905	23-03-2024	11,05,443	27-03-2024
4.	4th installment	F.No. HQ-PROJ011/ 92/2023-PROJ/8352	27.03.2025	11,31,132	31.03.2025
5.	5 th Installment	F.No. HQ-PROJ011/ 92/2023-PROJ/6233	24-11-2025	3,45,064	03-01-2026
6.	6 th installment	F.No. HQ-PROJ011/ 92/2023-PROJ / 8113	05.02.2026	3,17,554	16.02.2026

12.11.13 Chronological timeline & deliverables

Sl.No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	Preparatory Phase	6 months	Achieved	None
2.	Recipes Collection	18 months	Achieved	None
3.	Finalization	6 months	Achieved	None

Phase 1&2 -Completed Total number of recipes recorded -128/100

Phase-3 –

- Edited videos of all recipes :128/128 , 90 uploaded to Youtube
- Nutritional information on collected recipes -128/128
- Ayurvedic perspective on collected recipes 128/128
- Book design – completed.

12.12. Name of the Project: Ekalavya Model Residential Project (EMRS) 2025-26

Title: Tolerability, treatment adherence and effectiveness of Ayurvedic Intervention (Drakshavaleha and Punarnava Mandura) in the management of moderate Iron Deficiency Anemia in students of selected Ekalavya Model Residential Schools: a collaborative study under EMRS project

12.12.1 Objectives

A. Primary objective: To assess the effectiveness of Ayurveda Intervention (Punarnavadi mandoora and Drakshavaleha) on disease specific symptoms viz fatigue, general weakness and palpitation.

B. Secondary objective: To assess the effectiveness of Ayurveda Intervention in iron deficiency Anemia.

12.12.2 Study Design: - Open label interventional single arm, collaborative study

12.12.3 Sample Size: Not applicable

12.12.4 Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date

File No. HQ-PROJ011/1/2024-PROJ dated 05-03-2024

12.12.5 Duration of Study: 3months (extension 6 months)

12.12.6 Interventions: Not applicable

12.12.7 Participating centre along with PI: CARI Bengaluru

1. Principal Investigator (CARI, Bengaluru):

Dr. S. H Doddamani, R.O(Ay.)

2. Co- Investigator (CARI, Bengaluru):

1. Dr. Dr. Vidyashree Anchan, RO (Ay.)

2. Dr. Thejaswini C, RO (Botany)

12.12.8 Date of IEC approval: F.6-5/CARI/BNG/IEC Meet/2020-21/1631, dt.13.09.2024

12.12.9 CTRI Registration/Reference (for clinical trials): REF/2024/09/092023DI

12.12.10 Date of initiation: 05.03.2024

12.12.11 Expected date of Completion:29/10/2025

12.12.12 Details of Instalment wise budget release: Rs 51,86596(additional budget Rs. 10,96,800)

S.No.	Sanction order with Date	Sanctioned Amount	Utilised Amount	Unspent Amount
1.	Office Order No. 1412/2023-24	Rs. 4,21,500	Rs. 62,83,396	00
2.	F.No. HQ-PROJ011/1/2024-PROJ/818	Rs. 11,14,121		
3.	F.No. HQ-PROJ011/1/2024-PROJ/3685	Rs. 6,07,000		
4.	F.No. HQ-PROJ011/1/2024-PROJ/5061	Rs. 10,27,427		
5.	F.No. HQ-PROJ011/1/2024-PROJ/7434	Rs. 5,41,357		
6.	F.No. HQ-PROJ011/1/2024-PROJ/766	Rs.7,93,800		
7.	F.No. HQ-PROJ011/1/2024-PROJ/3177	Rs. 5,46,000		
8.	F.No. HQ-PROJ011/1/2024-	Rs. 1,35,391		

	PROJ/4350			
9.	F.No. HQ-PROJ011/1/2024-PROJ/6763	Rs. 10,36,800		
10.	F.No. HQ-PROJ011/1/2024-PROJ/7567	Rs.60,000		

12.12.13 Chronological timeline & deliverables:

Sr. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	Preparatory phase	0-03 months	Achieved	--
2.	Execution of work like Health Screening enrollment of patients, treatment, laboratory work, data collection, survey <i>etc.</i>	4 to 20 months	Achieved	--
3.	Data analysis and report writing	21-24 months	Achieved	-

12.12.14 Consolidated information about the work carried out From April 2025 to March 2026:

School name	Mild Anemia	Iron Deficiency Anemia	Status
EMRS Mangala, Chamarajnagar Dist	Enrolled 71 Completed 53 Drop out 12	Enrolled 19 Completed 19 Drop out 0	Completed
EMRS Gangannagaripalli, Kolar Dist.	Enrolled 43 Completed 31 Drop out 12	Enrolled 10 Completed 10 Drop out 0	Completed

12.12.15 Status: Completed

12.13. Name of the Project: Ekalavya Model Residential Project (EMRS) 2025-26

Title: 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)

12.13.1 Objectives

A. Primary objective: To screen the general health condition of the students of EMRS with special focus in Anemia, Haemoglobinopathies, Malnutrition and Tuberculosis.

B. Secondary objective: The management Anemia, and Malnutrition through Ayurvedic interventions as standalone/add-on.

12.13.2 Study Design: - Collaborative multicentric study

12.13.3 Sample Size: Not applicable

12.13.4 Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: sanction File No. HQ-PROJ011/1/2024-PROJ dated 05-03-2024

12.13.5 Duration of Study: 18months (extension 6 months)

12.13.6 Interventions: Not applicable

12.13.7 Participating centre along with PI: CARI Bengaluru

1. Principal Investigator (CARI, Bengaluru):
Dr. S. H Doddamani, R.O(Ay.)

2. Co- Investigator (CARI, Bengaluru):

1. Dr. Dr. Vidyashree Anchan, RO (Ay.)
2. Dr. Thejaswini C, RO (Ay.)

12.13.8 Date of IEC approval: F.6-5/CARI/BNG/IEC Meet/2020-21/890, dt.06.07.2024

12.13.9 CTRI Registration/Reference (for clinical trials): REF/2024/09/092023DI

12.13.10 Date of initiation: 05.03.2024

12.13.11 Expected date of Completion: November 2025

12.13.12 Details of Instalment wise budget release: Rs 51,86596(additional budget Rs. 10,96,800)

S.No.	Sanction order with Date	Sanctioned Amount	Utilised Amount	Unspent Amount
1.	Office Order No. 1412/2023-24	Rs. 4,21,500	Rs. 62,83,396	00
2.	F.No. HQ-PROJ011/1/2024-PROJ/818	Rs. 11,14,121		
3.	F.No. HQ-PROJ011/1/2024-PROJ/3685	Rs. 6,07,000		
4.	F.No. HQ-PROJ011/1/2024-PROJ/5061	Rs. 10,27,427		
5.	F.No. HQ-PROJ011/1/2024-PROJ/7434	Rs. 5,41,357		
6.	F.No. HQ-PROJ011/1/2024-PROJ/766	Rs.7,93,800		
7.	F.No. HQ-PROJ011/1/2024-PROJ/3177	Rs. 5,46,000		
8.	F.No. HQ-PROJ011/1/2024-PROJ/4350	Rs. 1,35,391		
9.	F.No. HQ-PROJ011/1/2024-PROJ/6763	Rs. 10,36,800		
10.	F.No. HQ-PROJ011/1/2024-PROJ/7567	Rs.60,000		

12.13.13. Chronological timeline & deliverables:

Sr. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	Preparatory phase	0-03 months	Achieved	--
2.	Execution of work like Health Screening	4 to 20 months	Achieved	--

	enrollment of patients, treatment, laboratory work, data collection, survey <i>etc.</i>			
3.	Data analysis and report writing	21-24 months	Achieved	-

12.13.14 Consolidated information about the work carried out From April 2025 to March 2026:

Total 62 visits for incidental support were conducted and the medicines distributed for the students, teachers and other staff.

School name	Total Number of awareness conducted
EMRS Mangala	62
EMRS Gangannagaripalli	57

School name	Total number of beneficiaries		Total number of beneficiaries (Others)	
	New patient	Follow up	New patient	Follow up
EMRS Mangala	2034	01	85	0
EMRS Gangannagaripalli	1455	07	39	0

12.13.14. Status: Completed

12.14. Name of Project: Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans

12.14.1. Objectives

Primary objectives:

- To characterize urine exosome profile of healthy male adults of different Prakriti subtypes identified through CCRAS Prakriti questionnaire through the following methods
- To collect Prakriti determined Urine samples in coded form by 7 CCRAS centers as per the protocol.
- To determine the urine exosome protein content similarities and differences between different Prakriti sub-type subjects.

Secondary objective:

- To identify potential biological markers for different Prakriti through urine exosomes.

12.14.2. Study design- Clinical exploratory study

12.14.3. Sample Size- 392 participants (considering drop outs 392 will be recruited at CCRAS centers (8-7 Prakriti from 7 centers). Collection of samples will be twice, once in Dakshinayana and Uttarayana from the same participant. Total samples will be $392 \times 2 = 784$

12.14.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date-F. No.3-114/2019-CCRAS/Admn/Prakriti/Multiomics/2280 dated 24.08.2020

12.14.5. Duration of study: 2 years (according to the protocol) + 1 year extension has been sanctioned as the study got delayed due to COVID extn letter attached.

12.14.6. Interventions- Not applicable

12.14.7. Participating center along with PI:

Sr. No.	Name of the participating centre	Name of PI, Co-Investigators
1	The University of Transdisciplinary Health Sciences and Technology	Dr. Poornima HVR (PI) Dr. Ashwini Godbole (Co-I) Dr. Vishnuprasad CN (Co-I)
2.	CARI, Bengaluru	Dr. Rajendra Kumar Research Officer (Ay.)

12.14.8. Date of IEC approval: 22nd March 2021

12.14.9. CTRI Registration/Reference (for clinical trials): NA

12.14.10. Date of initiation: 01.11.2021-Study initiation with MoU signed on 24.02.2021. IEC approval received on 3rd March 2021. HR recruited from October 2021.

12.14.11. Budget allocated: Rs 3,68,20,066/-

12.14.12. Installment wise release:

Sr. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	First Installment of Rs 2,15,60,033/-	F.no4-1/2020-21/CARI/BNG/ account misc./1430	24.3.2021	24.3.2021
2	Second Installment of Rs 1,34,19,029.70	HQ-PROJ011/6/2023-PROJ/7633	27.3.2023	31.03.2023 Reverted back by RBI (PFMS)
3	Second Installment of Rs. 1,45,34,767/	HQ-PROJ011/6/2023-PROJ- Part (1)/8562	14.3.2024	18.3.2024
4.	Remittance of Rs. 66,34, 625 (Rs. 53,01,102 unspent amount + Rs. 13,33,523 interest earned in saving account) back to CCRAS	F.F.6-96/2021/CARI/BNG/Tech./Prakrit – Multiomics/2112	22.11.2025	Transferred back to CCRAS Headquarters

12.14.13. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	The signing of MoU	0-3 months of sanctioning of the project	Got delayed due to COVID	Though the project was sanctioned on 24.8.2020, MOU was signed on 16/2/2021. Because of COVID, it got delayed.
2.	IEC approval from TDU	0-3 months of the signing of MOU	Achieved	-
3.	Recruitment of HR	0-3 months of sanctioning of budget	Delayed	Delay in HR recruitment was done as the collection of samples was projected to be delayed at CCRAS centres due to Covid. TDU work starts only after sample collection and transportation from CCRAS centres. To balance that we did not recruit the HR as per the timeline.
4.	Purchase of required equipment	1 to 4 months after the budget is released.	Achieved	-
5.	Participant screening and enrolment	4 to 14 months	Delayed due to Covid but currently sample collection completed from the CCRAS centres	Delayed but achieved
6.	Sample collection and transport to TDU from CCRAS centres	4 to 14 months	Delayed but achieved	Collected Samples received at TDU from CCRAS centres.
7.	Exosome isolation, data collection, sequencing, and processing	4 to 14 months	Delayed but ongoing	Done.

12.14.14. Current status: Exosome isolation, data collection, sequencing, and processing of 786 Samples has been completed. SoE and UC submitted.

Sl. No	Participating center	No. of samples collected till date	No. of samples processed till date	No. of samples analysed (MS analysis) till date
1.	National Ayurveda Research Institute for Panchakarma, Cheruthuruthy	115	115	58
2.	Central Ayurveda Research Institute for Hepatobiliary Disorders, Bhubaneswar	103	103	50
3.	Central Ayurveda Research Institute for Respiratory Disorders, Patiala	110	110	50
4.	Raja Ramdeo Anandilal Podar (RRAP) Central Ayurveda Research Institute for Cancer, Mumbai	114	114	57
5.	Regional Ayurveda Research Institute for Eye Diseases, Lucknow	113	113	57
6.	Regional Ayurveda Research Institute for Gastro-Intestinal Disorders, Guwahati	126	126	63
7.	Regional Ayurveda Research Institute, Tadung, Gangtok, Sikkim	105	105	53
Total		786	786	388

12.14.15. Relevant information, if any: As the study could not be initiated as per the sanctioned timelines due to COVID, so the extension of the project was granted till September 2025.

12.15. Study of seasonal variation on Bioactive Compounds of Panchavalkal-05 Medicinal Plants used in Ayurveda

12.19.1. Objectives

- Exploration of wild population of Panchavalkala group of medicinal plants (*Ficus species* and *Thespesia populnea*) around Bengaluru, Karnataka
- Assessment of seasonal variation in bioactive compounds in *Ficus species* and *Thespesia populnea* for Panchavalkala in six *ritus*.

12.19.2. Study Design:

- Exploration and identification of available sources of Panchavalkala plants viz. Vata (*Ficus benghalensis*), Udumbara (*Ficus racemosa*), Ashwatta (*Ficus religiosa*), Plaksha (*Ficus lacor*) and Parisha (*Thespesia populnea*) from Bengaluru surrounding areas for seasonal study. One source with maximum raw drug availability will be selected for the collection of the raw material in all six *ritus*.
- Collection of useful part (bark) of Panchavalkala plants in six consecutive seasons according to Ayurveda i.e. *Shishira* (winter) from mid-January to mid-March; *Vasanta* (spring)-mid-March to mid-May; *Grishma* (summer) from mid-May to mid-July; *Varsha* (monsoon) from mid-July to mid-September; *Sharad* (autumn) from mid-

September to mid-November; *Hemanta* (late autumn) from mid-November to mid-January.

- Analysis of commonly available and useful bio-active compounds in 3 replicant samples for each species for six seasons/*ritus*. Comparative studies will be conducted on the selected bio active compounds extracted from the useful part in all the 6 *ritus* by using markers
- Assessment Criteria:
Availability and comparative studies to be conducted on selected and useful bio-active compounds extracted from the useful part (BARK) of Panchavalkala group of plants in 6 *ritus* i.e. *Shishira* (winter); *Vasanta* (spring); *Grishma* (summer); *Varsha* (monsoon); *Sharad* (autumn); *Hemanta* (late autumn) to find out best season for collection of the crude drug.

12.19.3. Sample size: Bark of five medicinal plants for study of variation in bioactive compounds

12.19.4. Approval of IMR: O.O. 1232/2022-23, dated 14.02.2023, total budget sanctioned Rs.29,81,828/- (revised-F.No. HQ-PROJ011/24/2023-PROJ/3314 dtd. 23.08.2024)

12.19.5. Instalment wise release: 1st Instalment of Rs. 9,44,240/- of collaborative institute UAS, GKVK Bengaluru released on 17/02/2023; 2nd Instalment (revised) of Rs. 11,85,920/- released on 23.08.2024 to the collaborative institute.

12.19.6. Duration of study: 2 years (extended up to 31.10.2025 without additional budget)

12.19.7. Interventions: NA

12.19.8. Participating centre along with PI:

Sl. No.	Name of the participating centre	Name of Investigators
1.	CCRAS-CARI, Bengaluru	PI: Dr. V Rama Rao, R. O. (Botany) Co-I: Dr. Dr. Shiddamallayya, R.O. (Botany), CCRAS, New Delhi
2.	UAS, GKVK, Bengaluru	PI: Dr. Srinivasappa, Professor Co-I: Dr. T S Manjunatha, Assistant Professor

12.19.9. Date of IEC approval: NA

12.19.10. CTRI Registration/Reference (for clinical trials): NA

12.19.11. Date of initiation: 17/02/2023 (funds transferred to UAS, GKVK, Bengaluru)

12.19.12. Budget allocated: Rs. 9,76,000/- (CARI) Rs. 20,05,828/- (revised for GKVK)

12.19.13. Instalment wise budget release (CARI Bengaluru)

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1,23,000	CCRAS office order dated 02.06.2023	02/06/2023	26/06/2023
2	1,23,000	CCRAS office order dated 14.11.2023	14/11/2023	16/11/2023

3	1,59,000	CCRAS office order dated 14.03.2024	14/03/2024	14/03/2024
4	2,75,821	CCRAS office order dated 17.12.2024	17/12/2024	17/12/2024
5	84,253	CCRAS office order dated 20.03.2025	20/03/2025	25.03.2025
6	85,794	HQ-PROJ011/24/2023-PROJ/477; Dated 04-07-2025	04.07.2025	04.07.2025

12.19.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	Assessment of seasonal variation in bioactive compounds in bark of five medicinal plants	24 months	Project duration ended on 13.02.2025. extension sanctioned up to 31.10.2025	Project period extension due to delay in initiation of the project to study seasonal variation of bioactive compounds

12.19.15. Current status:

- Collection of stem bark samples (mature and young branches) of Panchavalkal plants for six consecutive seasons (for two years) was completed. The samples were studied for seasonal variation of bioactive compounds through HPTLC study. Various marker compounds were used to estimate the bioactive chemicals in different seasons. The study is concluded and final report preparation is under progress.

12.15.16. Relevant information, if any: Nothing specific

12.16 Ongoing Collaborative studies monitored by the institute

12.16.1 Ayurveda therapeutic regimens an add-on to optimized conventional management of Parkinson's disease: An RCT for assessment of Clinical, Corticolic excitability, Neuroimmune and Autonomic function parameters

12.16.2. Participating center along with PI:

S. No.	Name of the participating centre	Name of PI, Co investigators
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	PI: Dr. Umesh C Co-PI: Dr. Pramod Kumar Pal Co-I: 1. Dr. Sathyaprabha T N 2. Dr. Kishore Kumar R 3. Dr. K. Gokul Krishne 4. Dr. Nitesh Kamble 5. Dr. Manjunath M V 6. Dr. Shivakumar V 7. Dr. Bharatha Holla 8. Dr. Kaviraj Udupa
2	CARI Bengaluru	Project Coordinator: Dr. Sulochana Bhat Co-PI: Dr. Srinibash Sahoo

12.16.2. Date of IEC approval: 07.01.2022

12.16.3. CTRI Registration/Reference (for clinical trials): CTRI/2022/01/039803

[Registered on: 28/01/2022] -

12.16.4. Date of initiation: 07.01.2022

12.16.5. Budget allocated:

NIMHANS, Bengaluru: Rs.52,30,308/-

CARI, Bengaluru: Rs. 17,00,000/-

Grand Total: Rs. 69, 30,308/-

12.16.6. Installment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
01	Rs. 10,00,000	O.O. No. 29/2020-21	09-04-2021	11-05-2021
02	Rs. 7,50,000	F. No. 3-3/2017-CCRAS/Admn/IMR/1589	23-06-2022	05-07-2022
03	Rs. 12,78,470	F.No. 3-29/2021-CCRAS/Admn/Coll/4062	27-10-2022	19-11-2022
04	Rs. 8,70,882	F. No. HQ-PROJ011/73/2023-PROJ/1937	26-06-2023	27-07-2023
05	Rs. 12,54,180	F. No. HQ-PROJ011/73/2023-PROJ/1413	06-06-2024	06-08-2024
6	Rs. 35,84,376	F. No. HQ-PROJ011/73/2023-PROJ/1118	20.05.2025	24.07.2025

12.16.7. Chronological timeline & deliverables:

Sl. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	Pre –Trial period	6 month	Achieved	--
2	Recruitment (160 patients reduced to 80 patients)	28 months	ongoing	--
3	Statistical Analysis and Article Publishing	02 months	Project is ongoing	--

12.16.8. Current status:

Sl. No.	Participating Centre	Target	No. of cases enrolled	No. of cases completed	No. of cases Dropouts	No. of cases continued
1	Dept. of Integrative Medicine, NIMHANS, Bengaluru	80	80	42	19	19

12.16.9. Relevant information, if any: Nil

12.17 Randomized Active Comparator Controlled Clinical Trial of Selected Ayurvedic Formulations in Prediabetes and Type 2 Diabetes

12.17.1. Participating centre along with PI:

Sl. No.	Name of the participating centre	Name of PI, Co investigators
1.	Indian Institute of Science, Bangalore	PI: Prof Navakanta Bhat Co-PI: Dr Sona Rajakumari
2.	Central Ayurveda Research Institute	Co-PI: Dr Sulochana Bhat Co-PI: Dr Shubhashree MN
3.	Samatvam: Science and Research for Human Welfare Trust, Bangalore	PI: Dr S Srikanta Co-PI: Dr Kavitha Muniraj
4.	Prayoga Institute of Education Research, Bangalore	PI: Dr K S Nagabhushana

12.17.2. Date of IEC approval: CARI ICE Approval date: 22 Feb 2024 and Samatvam Science and Research for Human Welfare Trust: 8 June 2024

12.17.3. CTRI Registration/Reference (for clinical trials): CTRI/2024/08/073058 dated 28/Aug/2024

12.17.4. Date of initiation: 10 May 2024

12.17.5. Budget allocated: Ayurswathya Yojana. Ministry of Ayush: 9,56,41,953 INR Grand Total -Rs. 9,56,41,953 INR

12.17.6. Instalment wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	Rs.2,00,00,000/-	S-12011/18/2022-SCHEME (CoE)	22 MAR 2024	22 MAR 2024
2.	Rs.1,82,35,400/-	S-12011/18/2022-SCHEME (CoE)	24 June,2024	24 June,2024

12.17.7. Chronological timeline & deliverables:

Sl. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	Recruitment	First Year	Achieved	
2	Effects on insulin resistance and beta cell dysfunction (in vivo)	First Year	Achieved	
3	Simultaneous monitoring of Hemoglobin, HbA1c, and Glucose using Point of Care device to demonstrate improved diabetes care outcomes	First Year	Ongoing	
4	Point of Care tests using anuPathTM Lab on Palm	First Year	Ongoing	
5	Effects of Ayurvedic formulations on albumin molecular modifications - Glycation and Oxidation (in vitro)	First Year		
6	Cellular and molecular mechanisms of the selected Ayurvedic formulations in	First Year	Ongoing	

	prediabetes and type 2 diabetes (in vivo and in vitro studies)			
7	To validate and standardize the efficacy and quality of Ayurvedic Formulations	First Year	Ongoing	
8	Conferences on “Integrated Approach to the Management of Diabetes” and Workshops/training to impart training on “Molecular biology and Nano-Technology”	First Year	Achieved	

12.17.8. Current status:

Sl. No.	Participating Centre	Target	No. of cases enrolled	No. of cases completed	No. of cases Drop outs	No. of cases continued
1	Samatvam: Science and Research for Human Welfare Trust, Bangalore	First Year (100)	186	0	0	186

12.17.9. Relevant information, if any:

12.18 Name of Project: A comparative study to evaluate the efficacy and safety of Ayurvedic intervention in Insomnia disorder among the elderly – A prospective randomized open-label study.

12.18.1 Participating center along with PI:

S N	Name of the participating centre	Name of PI
1.	Central Ayurveda Research Institute Bengaluru	PI: Dr. Shashidhar. H. Doddamani M D (Ay.) Co-I: 1. Dr. Thejaswini C M D (Ay.) 2. Dr Vidyashree Anchan MBBS, MD (Pathology),
2.	Raja Rajeswari Medical College and Hospital, Bengaluru	PI: Dr. G. Vishnu Vardhan (MBBS, MD Psychiatry) Co-I: 1. Dr. Vidhyavathi Malyam (MBBS, MD Psychiatry) 2. Dr. Harish K S MBBS, MD Psychiatry

12.18.2. Date of IEC approval: 08.01.2025

9.18.3. CTRI Registration/Reference (for clinical trials): CTRI/2025/05/086196

9.18.4. Date of initiation: **10.07.2025**

9.18.5. Budget allocated: Total Budget Rs =17,68,422/ on **24.09.2024**

9.18.6. Installment wise release:

SN	Installment	Sanctioned order	Date	Date of receipt of fund
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1	1st Installment	File No HQ-PROJ/78/2024-PROJ Office order No- 620	24/09/ 2025	27/09/2024
2	2 nd Installment	File No HQ-PROJ/78/2024-PROJ Office order No- 654	30/04/2025	06/05/2025

9.18.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	140	3yrs	16 COMPLETED	-

9.18.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Dropouts	No. of cases continued
1.	CARI, Bengaluru	11	08	00	03
2	RRMCH Bengaluru	11	08	00	03

12.19 Name of Project: Evaluation of Triphala as an Add- on Intervention for Sustained Weight Loss in Overweight and Obesity: A Randomized Placebo- Controlled Clinical trial

12.19.1. Participating centre along with PI:

S N	Name of the participating centre	Name of PI
1.	Central Ayurveda Research Institute Bengaluru	PI: Dr. Sulochana Bhat (AD Incharge) Co-I: 1.Dr Rajendra Kumar (R.O Ayu)
2.	Interactive Research School for Health Affairs, Bharati Vidyapeeth (Deemed to be) University	PI: Dr Supriya BhaleRao Co-I: 1.Dr. Prachee Makashir 2. Dr. Sonali Palkar
3.	KAHER- Dr Prabhakar Kore Hospital And MRC	PI: Dr. Mallikarjun V Jali Co-I: 1. Dr. Apeksha Athanikar 2. Dr. Jyoti V Nirwani

12.19.2. Date of IEC approval: 08.01.2025

12.19.3. CTRI Registration/Reference (for clinical trials): CTRI/2025/04/085727

12.19.4. Date of initiation: 24.6.2025

12.19.5. Budget allocated:

12.19.6. Installment wise release:

SN	Installment	Sanctioned order	Date	Date of receipt of fund
Budget of the project is handled at ICMR-NITM				

12.19.7. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1.	130			

12.19.8. Current status:

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Dropouts	No. of cases continued
1.	CARI Bengaluru	15	00	05	10

12.20. Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products

12.20.1. Objectives

- Development of SOPs for the preparation of atleast 10 traditional recipes of Ayurveda.
- Proximate composition analysis of atleast 10 traditional recipes of Ayurveda.
- Nutritional, safety & efficacy studies of atleast 4 traditional recipes of Ayurveda in experimental animals.

12.20.2. Study Design: Experimental

12.20.3. Sample Size: Not applicable

12.20.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date:

F.No. HQ-PROJ 011/119/2023-PROJ/OO.1457/22-23, dated- 22-03-2023

12.20.5. Installment wise release: Rs.34,25,884/- 1st Installment released on 22.03.2023

12.20.6. Duration of Study: 3 years

12.20.7. Interventions: Not applicable

12.20.8. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	CARI Bengaluru & CSIR-CFTRI, Mysore	I. Principal Investigator (CARI, Bengaluru): Dr. Sulochana Bhat, Assistant Director Incharge, Central Ayurveda Research Institute, Bengaluru II. Principal Investigator (CSIR-CFTRI, Mysore): Dr. Sridevi Annapurna Singh, Director, CFTRI, Mysore III. Co-Investigators: 1. Dr Ramaprasad TR, Principal Scientist, CSIR-CFTRI, Mysuru 2. Dr Thejaswini C, Research Officer (Ayurveda), Central Ayurveda Research Institute, Bengaluru 3. Dr. Bhavya B.M, Research Officer (Ayurveda), Central Ayurveda Research Institute, Bengaluru

		4. Dr. Bandi Venkateshwarlu, Assistant Director (Ayurveda), CCRAS, Hqrs, New Delhi 5. Dr. Prabhasankar, Chief Scientist, CSIR-CFTRI, Mysore 6. Dr. R. Chetana, Senior Technical Officer, , CSIR-CFTRI, Mysuru 7. Dr Singam Reddy, Technical Officer, CSIR-CFTRI, Mysuru
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12.20.9. Date of IEC approval: Not applicable

12.20.10. CTRI Registration/Reference (for clinical trials): Not applicable

12.20.11. Date of initiation: 5th April 2023

12.20.12. Expected date of Completion : 31st March 2026, extension till 30th Sept 2026 without any financial implication due to delay in supply of assay kits for efficacy studies.

12.20.13. Details of installment wise budget release:

Sl. No.	Installment	Sanction order	Date	Date of receipt of fund
1	1 st Installment 34,25,884	F.No. HQ-PROJ 011/119/2023-PROJ/OO.1457	22.03.2023	24.03.2023
2	1 st Installment Rs 6,37,500	F.No. HQ-PROJ011/119/2023-PROJ/1149	25/05/2023	31/05/2023
3	2 nd Installment Rs. 3,48,720	F.No. HQ-PROJ011/119/2023-PROJ/8872	22/03/2024	23/03/2024
4.	3 rd Instalment Rs 37,18,384/-	F.No. HQ-PROJ011/119/2023-PROJ/1417	07/06/2024	06/08/2024
5	Rs.47,68,384	F.No.HQ-PROJ011/119/2023-PROJ/1555	29.07.2025	16.06.2025

12.20.14. Chronological timeline & deliverables:

Sl. No	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	Development of SoPs, Proximate composition analysis Nutritional, safety & efficacy studies of atleast 4 traditional recipes of Ayurveda	3 yeas	(ongoing)	Nil

12.20.15. **Status:** Dyslipidemia and diabetic parameters of animal experiment has been completed. Other parameters along with Pesticide analysis of products and Molecular mechanism assessment with animal tissue samples are ongoing.

12.21. Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations

12.21.1 Objectives:

Primary:

- To establish mechanisms of anti-hyperglycemic activity of selected herbal formulations.

Secondary:

- To evaluate the effect of herbal formulations on insulin sensitization in adipocytes, myocytes and hepatocytes.
- To evaluate the effect of herbal formulations on insulin secretion in pancreatic Beta cells.
- To evaluate α -glucosidase inhibitory and DPP- IV inhibitory activity (in vitro) of herbal formulations.

12.21.2. Study Design:

The present study aims to elucidate the mechanisms underlying the anti hyperglycemic activity of selected herbal formulations through a series of in vitro experiments. The study will involve multiple cell lines, including HepG2 (liver cells), L6 (myoblasts), and 3T3-L1 (pre-adipocytes) to assess insulin sensitization via glucose uptake and the expression of glucose transporters (GLUT1 and GLUT4). RIN5F cells will be used to evaluate the formulations' effects on insulin secretion and β -cell regeneration. Fatty acid profiling of the treated cells will be performed using gas chromatography. The optimal concentrations of herbal formulations will be standardized prior to detailed assays. Furthermore, the potential of these formulations in promoting cell survival and proliferation will be investigated through Western blot analysis targeting apoptosis (cleaved caspases) and proliferation markers (Ki67, PCNA). Additionally, the inhibitory effects of the formulations on α -glucosidase and DPP-IV enzymes will be studied to explore their role in postprandial glucose regulation.

12.21.3. Sample Size: 4 formulations

12.21.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Council's Office Order No: 1144/2023-24 (F. No. HQ-PROJ011/270/2023-PROJ/1144 dated 16/01/24.

12.21.5. Duration of Study: 2 years

Participating centre along with PI:

S.	Name of the Institute	Name of Investigators
1.	Central Ayurveda Research Institute, Bengaluru	Principal Investigator: Dr. Vidyashree Anchan, RO (Path.) Co-Investigators: Dr SH Doddamani, RO (Ay.)
2.	Interactive Research School for Health Affairs Bharati Vidyapeeth Deemed to be University, Bharati Vidyapeeth	PI: Dr. Supriya Sudhakar Bhalerao Associate Professor Co-I: Asavari Joshi, Scientist

Campus, Dhankawadi, Pune, Maharashtra - 411043 Telephone/ Mob: 020-24366920 E-mail: director.irsha@bharativedyapeeth.edu	Centre for Innovation in Nutrition Health Disease (CINH), IRSHA, BVDU, Pune
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Date of IEC approval: NA

12.21.6. CTRI Registration/Reference (for clinical trials): NA

12.21.7. Date of initiation: 19/03/2024

12.21.8. Budget allocated: Rs. 55,53,648/-

12.21.9. Installment wise release

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	1 st Installment Rs. 24,50,694/-	Council's Office Order No: 1144/2023-24 (F. No. HQ-PROJ011/270/2023-PROJ/1144	16/01/24	13/03/24
2	2 nd Installment Rs. 40,000/-	Council's Office Order No: 1144/2023-24 (F. No. HQ-PROJ011/270/2023-PROJ/1380	5/8/24	6/8/24
3	3 rd Installment Rs. 1,461/-	Council's Office Order No: 1144/2023-24 (F. No. HQ-PROJ011/270/2023-PROJ/7420	28/2/25	20/3/25
4	4 th Installment Rs 28,10,080/-	Council's Office Order No: 2113/2024-25 (F. No. HQ-PROJ011/270/2023-PROJ/2113	08/07/25	08/08/25

12.21.10. Expected date of Completion : 30/06/2026

12.21.11. Chronological timeline & deliverables: Yet to be initiated

Sl. No.	Target	Timeline	Achieved	Causes of deviation, if any
1.	Cell line studies of four formulations- Triphala, Trimada, Varadi Kvatha, Mustadi Kvatha	24 months	The 2D colony formation assay using selected formulations in RIN-5F cells has been completed. Studies evaluating the effect of pre-treatment and co-treatment with formulations and palmitic acid (PA) on cell viability in HepG2 and L6 cell lines have also been completed, along with similar co-treatment assessments in L6 myotubes.	As per timeline

			Fatty acid analysis using gas chromatography (GC) with various concentrations of PA in HepG2 and L6 cell lines has been completed, while GC-based fatty acid analysis involving co-treatment of PA and formulations in L6 myotubes is currently ongoing. Additionally, MTT-based cell viability assays in differentiated 3T3-L1 cells using selected formulations in combination with PA are in progress. Standardization of assays for glucose uptake and insulin secretion in RIN-5F cells is also underway.	
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12.22. Title of the project: Efficacy and safety of Arjuna [*Terminalia arjuna* (Roxb. Wight & Arn)] as an adjunct to standard care in Atherogenic Dyslipidemia- A randomized double-blind placebo-controlled study.

12.22.1. Objectives:

Primary Objective:

- To assess the efficacy of Arjuna [*Terminalia arjuna* (Roxb.) Wight & Arn] as an adjunct to Standard Care in Atherogenic Dyslipidemia in improving lipid metabolism at 12 and 24 weeks.

Secondary Objectives:

- To assess the efficacy of ‘Arjuna’ [*Terminalia arjuna* (Roxb.) Wight & Arn] as an adjunct to standard care on
 - (a) biomarkers of risk for cardiovascular disease such as total Apo A concentration, apolipoprotein AI and AII proteoforms, cholesterol efflux capacity, pro B-type natriuretic peptide (NT-proBNP) and insulin resistance;
 - (b) inflammatory biomarkers such as hsc-reactive protein, interleukin 6 and tumor necrosis factor alpha;
 - (c) BMI, weight, waist circumference, body fat composition; and
 - (d) other surrogate biomarkers of atherogenesis, at 12 and 24 weeks.
- To assess the safety of Arjuna as an adjunct to standard care in dyslipidemia.

12.22.2. Study Design: Randomized, double-blind, placebo-controlled clinical trial

12.22.3. Sample Size: 170

12.22.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: Council’s Office Order No: 1319/2024-25 (F. No. HQ-PROJ011/111/2024-PROJ/1319 dated 05/03/25.

12.22.5. Duration of study: 2.5 years

12.22.6. Interventions:

Group I: Arjuna Tab. (Hydroalcoholic extract) 500 mg twice daily with lukewarm water + Rosuvastatin 10 mg per day, one hour after food for 168 days.

Group II: Rosuvastatin 10 mg per day + Placebo, one hour after food for 168 days

12.22.7 . Participating Centre along with PI:

S.	Name of the Institute	Name of Investigators
1.	Central Ayurveda Research Institute, Bengaluru	PI: Dr. Vidyashree Anchan, RO (Path.) Co-I: Dr Sulochana Bhat, AD (Ayu.) Dr Raghavendra Naik, RO (Ayu.)
2.	Indian Institute of Science, Bangalore (IISC) Centre for Nano Science and Engineering; CV Raman Rd, Bengaluru, Karnataka 560012 Telephone/ Mob: 80-2293 3276, 80-2293 3291; 80 2293331 E-mail: registrar@iisc.ac.in; office.cense@iisc.ac.in; navakant@iisc.ac.in	PI: Dr Prof Navakanta Bhat Dean, Division of Interdisciplinary Sciences, Professor, Centre for Nano Science and Engineering. IISc, Bangalore Co-I: Prof AJ Vinaya Simha Visiting Professor Indian Institute of Science, Bengaluru
3.	Samatvam: Science and Research for Human Welfare Trust, Bengaluru Jnana Sanjeevini, 2, 1 A Cross Marenahalli, JP Nagar Phase 2; Bangalore 560078, India, 560078 Telephone/ Mob: 91-80-266374 E-mail: samatvam@gmail.com	Co-I: Dr S Srikanta Distinguished Physician Scientist and Consultant Endocrinology Diabetes Translational Science, Samatvam CoI : Dr Kavitha Muniraj Medical Director and Senior Consultant Endocrinology Diabetes and Trustee, Samatvam

12.22.8. Date of IEC approval: 06.01.2026

12.22.9. CTRI Registration/Reference (for clinical trials): CTRI/2025/05/086200; dated 02/05/2025

12.22.10. Date of initiation: Not yet initiated

12.22.11 . Budget allocated: Rs. 87,53,211/-

12.22.12 . Instalment-wise release:

Sl. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1.	1 st Installment Rs. 45,02,033/-	F. No. HQ-PROJ011/111/ 2024-PROJ/5368	30/10/2025	03/01/2026

12.22.13 Expected date of Completion: Two years from date of initiation

12.22.14 Chronological timeline & deliverables: Study yet to be initiated

Sl. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	170 sample size	24 months	Ongoing	Nil

12.22.15 Current status: Study yet to be initiated

12.22.16 Relevant information, if any:

12.22.17 Revised IEC and CTRI obtained due to changes in baseline assessment parameters.

12.22.18 Pre-trial preparations completed.

12.22.19 Study to be initiated at the earliest.

12.23. Name of Project:

Evaluation of Triphala as an Add-on Intervention for Sustained Anti-Obesity Effect in Central Obesity: A Randomized Placebo-Controlled Clinical Trial (TRUST-RCT-2024) (New title)

Evaluation of Triphala as an Add-on Intervention for Sustained Weight Loss in Overweight and Obesity: A Randomized Placebo-Controlled Clinical Trial (TRUST-RCT-2024) (Old title)

12.23.1. Objectives

- Primary Objective:
 - To evaluate the sustained waist circumference reduction by a 3-month Triphala add-on intervention compared to placebo in individuals with abdominal/central obesity over a one-year follow-up period
- Secondary Objectives:
 - To evaluate changes in cardio-metabolic parameters viz., blood glucose, lipid profile, and blood pressure.
 - To assess changes in waist circumference, sagittal abdominal diameter, waist-hip ratio, body weight, and BMI over a period of 15 months.
 - To assess changes in lean body mass and resting metabolic rate.

12.23.2. Study design- Randomized Controlled Clinical Trial

12.23.3. Sample Size- 110 participants (revised as 220)

12.23.4. Approval of ICMR- F.No.IntramuralProject/IIRP/2023-0000125/BSU/2024-NCD-II, dated 07.02.2024

12.23.5. Duration of study: 2 years (according to the protocol)

12.23.6. Interventions-

- Intervention: Triphala tablets (500 mg), two tablets to be consumed two times a day before food/empty stomach with lukewarm water for three months as an add-on to standard care/standard lifestyle advice (calorie restriction & moderate physical activity as per Endocrine Society of India (ESI) clinical practice guidelines), (identical across arms).
- Comparison: Placebo (look-alike tablets), two tablets to be consumed two times a day before food/empty stomach with lukewarm water for three months as an add-on to standard care/standard lifestyle advice (calorie restriction & moderate physical activity as per Endocrine Society of India (ESI) clinical practice guidelines)
- Standardized Lifestyle Advice: All participants receive standard lifestyle advice based on ESI guidelines: 150 min/week moderate activity, caloric moderation, high-fiber balanced diet, and avoidance of sugar-sweetened beverages
- Treatment duration: 12 weeks (90 days)

12.23.7. Participating center along with PI:

SN	Name of the participating centre	Name of PI
1.	Central Ayurveda Research Institute Bengaluru	PI: Dr. Sulochana Bhat (AD Incharge) Co-I: Dr Rajendra Kumar (R.O Ayu)
2.	Interactive Research School for Health Affairs, Bharati Vidyapeeth (Deemed to be) University	PI: Dr Supriya BhaleRao Co-I: 1.Dr. Prachee Makashir 2. Dr. Sonali Palkar
3.	KAHER- Dr Prabhakar Kore Hospital And MRC	PI: Dr. Mallikarjun V Jali Co-I: 1. Dr. Apeksha Athanikar 2. Dr. Jyoti V Nirwani

12.23.8. Date of IEC approval:

- 08.01.2025 (1st IEC approval)
- 11.06.2025 (Acknowledgement of subsequent amendments)
- 30.03.2026 (Major modification in the protocol including title)

12.23.9. CTRI Registration/Reference (for clinical trials): CTRI/2025/04/085727

[Registered on: 28/04/2025]

12.23.10. Date of initiation: 24.6.2025. MoU signed on 30.10.2024.

12.23.11. Budget allocated: Rs 95,75,360/-

12.23.12. Installment wise release: No budget released to CARI Bengaluru. Budget is being released by ICMR to NITM Belagavi. All payments is being done by NITM Belagavi on submitting the bill by CARI Bengaluru.

12.23.13. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
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1.	The signing of MoU	0-3 months of sanctioning of the project	Achieved	NA
2.	IEC approval at CARI Bengaluru	0-3 months of the signing of MOU	Achieved	NA
3.	IEC Apporval at CHC Other centres.	0-3 months of the signing of MOU	Achieved	NA
4.	CTRI Registration	0-3 months of the signing of MOU	Achieved	Done immediately after reciving IEC approval from all centres.
5.	Procurment of materials & equipments	0-3 months of the releasing of budget	Achieved	Done by NITM Belagavi and supplied to CARI Bengaluru.
6.	Clinical Trial Insurance	0-3 months of sanctioning of budget	Achieved	NA
7.	Recruitment of manpower	0-3 months of sanctioning of budget	Achieved	Project Research Scientist recruited by NITM Belagavi and deputed at CARI Bengaluru.
8.	Participant screening and enrolment	4 to 24 months	Under progress	Ongoing

12.23.14. Current status: Ongoing

S. No.	Participating Centre	No. of cases enrolled	No. of cases completed	No. of cases Dropouts	No. of cases continued
1.	CARI Bengaluru	15	00	05	10

12.23.15. Relevant information, if any: Nil

12.24 Effectiveness of Ayurveda-Based Lifestyle Advocacies and Practices on Quality of Life among Children of Ekalavya Model Residential School in India under EMRS project.

12.24.1. Objectives

- Primary objective: To assess the effectiveness of Ayurveda-based lifestyle Advocacies and Practices on Quality of Life among students of selected EMRSs in India.
- Secondary objective: To assess the effectiveness of Ayurveda-based lifestyle Advocacies and Practices on oral health of the students of EMRSs.

12. 24.2. Study Design: Prospective, open label, double arm interventional study

12. 24.3. Sample Size: 60(30 trial and 30 control)

12. 24.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: HQ- File No. HQ-PROJ011/1/2024-PROJ dated 05-03-2024

12. 24.5. Installment wise release: Applicable

12.24.6. Duration of Study: 1 year

12.24.7. Interventions

Intervention	<i>Dasana samskara churna</i>
Dose	10 gm
Dosage form	twice daily
Route of Administration	Oral
Time of Administration	Twice daily post meals
Anupana	Water
Duration of therapy	12 months of treatment

Intervention	<i>Tila taila</i>
Dose	10 ml
Dosage form	Once a day
Route of Administration	E/A
Time of Administration	HS
Anupana	Nil
Duration of therapy	12 months of treatment

12.24.8. Participating centre along with PI:

Sl. No	Name of the participating center	Name of Investigators
1.	Central Ayurveda Research Institute, Bengaluru	Dr. S.H. Doddamani – PI Dr. Vidyashree Anchan- Co- I Dr. Thejaswini C- Co- I

12.24.9. Date of IEC approval:

F.6-5/CARI/BNG/IEC Meet/2020-21/888, dt.06.07.2024

12.24.10. CTRI Registration/Reference (for clinical trials): REF/2024/09/092023DI

12.24.11. Date of initiation: 05.03.2024

12.24.12. Budget allocated: Rs 51,86,596(additional budget Rs. 10,96,800)

12.24.13. Instalment wise release-applicable

S.No.	Sanction order with Date	Sanctioned Amount	Utilised Amount	Unspent Amount
1.	Office Order No. 1412/2023-24	Rs. 4,21,500	Rs. 62,83,396	00
2.	F.No. HQ-PROJ011/1/2024-PROJ/818	Rs. 11,14,121		
3.	F.No. HQ-PROJ011/1/2024-PROJ/3685	Rs. 6,07,000		
4.	F.No. HQ-PROJ011/1/2024-PROJ/5061	Rs. 10,27,427		
5.	F.No. HQ-PROJ011/1/2024-PROJ/7434	Rs. 5,41,357		
6.	F.No. HQ-PROJ011/1/2024-PROJ/766	Rs.7,93,800		
7.	F.No. HQ-PROJ011/1/2024-PROJ/3177	Rs. 5,46,000		
8.	F.No. HQ-PROJ011/1/2024-PROJ/4350	Rs. 1,35,391		
9.	F.No. HQ-PROJ011/1/2024-	Rs. 10,36,800		

	PROJ/6763			
10.	F.No. HQ-PROJ011/1/2024-PROJ/7567	Rs.60,000		

12.24.14. Chronological timeline & deliverables: 1 year

12.24.15. Current status: Ongoing

Sl. No	Participating Center	No Of Participants Enrolled till Date	No. Of Drop Outs till Date	No. Of Continuing Participants till Date	No. Of ADR/AE Reported till Date
1	CARI Bengaluru	60	00	60	None

12.2416. Relevant information, if any: Nothing Specific

12.25. Name of Project: Safety, Efficacy, Acceptability & Tolerability of Krimi Chikitsa w.s.r. to Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial

12.25.1. Objectives

Primary objectives:

- To evaluate the safety & efficacy of Maggot Debridement Therapy in patients with Diabetic Foot Ulcers

Secondary objective:

- To assess the acceptability & tolerability of Maggot Debridement Therapy

12.25.2. Study design- Randomized Controlled Pilot Clinical Trial

12.25.3. Sample Size- 30 participants

12.25.4. Approval of PEMC, F.No.HQ/ADMN018/33/202-ADMIN/5436, dated 03.12.2024

12.25.5. Duration of study: 2 years (according to the protocol)

12.25.6. Interventions- Maggot Debridement Therapy (Medical grade Maggots- Green Bottle Houseflies- Chrysomya/Lucilia sericata); 15-20 maggots' eggs per cm square of wound; local application for 24-72 hours, 3-5 sittings with interval of 24 hours till achievement of full debridement.

12.25.7. Participating center along with PI:

Sr. No.	Name of the participating centre	Name of PI, Co-Investigators
1	CARI, Bengaluru	Dr. Rajendra Kumar Research Officer (Ay.) (PI) Dr. Sulochana Bhat (Co-I) Assistant Director Incharge Dr. Vidyshree Anchan Research Officer (Ay.) (Co-I)
2.	City Health Care (CHC), Kolar	Dr. B.R.Srinivas (PI) Dr. Subramanya BP (Co-I) Dr. Vishnuprasad CN (Co-I)

12.25.8. Date of IEC approval: 16.01.2026 (CHC Kolar); 27.07.2025 (CARI Bengaluru)

12.25.9. CTRI Registration/Reference (for clinical trials): CTRI/2026/01/102444
[Registered on: 29/01/2026]

12.25.10. Date of initiation: MoU signed on 12.08.2026. Recruitment yet to be initiated.

12.25.11. Budget allocated: Rs 37,31,570/-

12.25.12. Installment wise release:

Sr. No.	Installment	Sanctioned order	Date	Date of receipt of fund
1	First Installment of Rs 15,88,285/-	HQ-PROJ011/48/2025-PROJ/5842, Office Order No. 348/2025-26	13.06.2025	24.3.2021
2	Second Installment of Rs 3,67,500	HQ-PROJ011/48/2025-PROJ/5842	06.11.2025	31.03.2023
3.	Remittance Rs. 78928	F.No.6-151/CARI/BNG/2025-26/MaggotTherapy /3339	05.03.2026	Tranferred to CCRAS Hqrs

12.25.13. Chronological timeline & deliverables:

S. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1.	The signing of MoU	0-3 months of sanctioning of the project	Achieved	NA
2.	IEC approval at CARI Bengaluru	0-3 months of the signing of MOU	Achieved	NA
3.	IEC Apporval at CHC Kolar	0-3 months of the signing of MOU	Achieved	Slightly delayed as IEC was freshly constituted at CHC Kolar and registrered at DHR as well as CDSCO
4.	CTRI Registration	0-3 months of the signing of MOU	Achieved	Done immediately after reciving IEC approval from CHC Kolar.
5.	Funds transfer to CHC Kolar	0-3 months of the signing of MOU	Achieved	Rs 15,88,285 transferredon 11.02.2026 to CHC Kolar after reciving IEC approval from CHC Kolar.
6.	Procurment of materials & equipments	0-3 months of the releasing of budget	Achieved	Done after reciving IEC approval from CHC Kolar.
7.	Clinical Trial Insurance	0-3 months of sanctioning of budget	Not yet	Process under progress. Received two quotations. Waiting for one more.
8.	Recruitment of	0-3 months of	Not yet	Process under progress.

	manpower	sanctioning of budget		Appointment to be issued soon.
9.	Participant screening and enrolment	4 to 24 months	Not yet	To be initiated soon.

12.25.14. Current status: IEC Done. CTIRI Done. Procurement done. Trial insurance and recruitment of manpower under progress. Recruitment of participant yet to be started.

12.25.15. Relevant information, if any: Nil

12.26: Name of Project: Effectiveness of Ayurveda-Based Lifestyle Advocacies and Practices on Quality of Life among Children of Ekalavya Model Residential School in India under EMRS project.

12.26.1. Objectives

- Primary objective: To assess the effectiveness of Ayurveda-based lifestyle Advocacies and Practices on Quality of Life among students of selected EMRSs in India.
- Secondary objective: To assess the effectiveness of Ayurveda-based lifestyle Advocacies and Practices on oral health of the students of EMRSs.

12.26.2. Study Design: Prospective, open label, double arm interventional study

12.26.3. Sample Size: 60(30 trial and 30 control)

12.26.4. Approval of IMR-PEMC, Annual Action Plan, RFD etc. along with date: HQ- File No. HQ-PROJ011/1/2024-PROJ dated 05-03-2024

12.26.5. Installment wise release: Applicable

12.26.6. Duration of Study: 1 year

12.26.7. Interventions

Intervention	<i>Dasana samskara churna</i>
Dose	10 gm
Dosage form	twice daily
Route of Administration	Oral
Time of Administration	Twice daily post meals
Anupana	Water
Duration of therapy	12 months of treatment

Intervention	<i>Tila taila</i>
Dose	10 ml
Dosage form	Once a day
Route of Administration	E/A
Time of Administration	HS
Anupana	Nil
Duration of therapy	12 months of treatment

12.26.8. Participating centre along with PI:

Sl. No	Name of the participating center	Name of Investigators
1.	Central Ayurveda Research Institute, Bengaluru	Dr. S.H. Doddamani – PI Dr. Vidyashree Anchan- Co- I Dr. Thejaswini C- Co- I

12.26.9. Date of IEC approval:

F.6-5/CARI/BNG/IEC Meet/2020-21/888, dt.06.07.2024

12.26.10. CTRI Registration/Reference (for clinical trials): REF/2024/09/092023DI
 12.26.11. Date of initiation: 05.03.2024
 12.26.12. Budget allocated: Rs 51,86596(additional budget Rs. 10,96,800)
 12.26.13. Instalment wise release-applicable

S.No.	Sanction order with Date	Sanctioned Amount	Utilised Amount	Unspent Amount
1.	Office Order No. 1412/2023-24	Rs. 4,21,500	Rs. 62,83,396	00
2.	F.No. HQ-PROJ011/1/2024-PROJ/818	Rs. 11,14,121		
3.	F.No. HQ-PROJ011/1/2024-PROJ/3685	Rs. 6,07,000		
4.	F.No. HQ-PROJ011/1/2024-PROJ/5061	Rs. 10,27,427		
5.	F.No. HQ-PROJ011/1/2024-PROJ/7434	Rs. 5,41,357		
6.	F.No. HQ-PROJ011/1/2024-PROJ/766	Rs.7,93,800		
7.	F.No. HQ-PROJ011/1/2024-PROJ/3177	Rs. 5,46,000		
8.	F.No. HQ-PROJ011/1/2024-PROJ/4350	Rs. 1,35,391		
9.	F.No. HQ-PROJ011/1/2024-PROJ/6763	Rs. 10,36,800		
10.	F.No. HQ-PROJ011/1/2024-PROJ/7567	Rs.60,000		

12.26.14. Chronological timeline & deliverables: 1 year
 12.26.15. Current status: Ongoing

Sl. No	Participating Center	No Of Participants Enrolled till Date	No. Of Drop Outs till Date	No. Of Continuing Participants till Date	No. Of ADR/AE Reported till Date
1	CARI Bengaluru	60	00	60	None

12.26.16. Relevant information, if any: Nothing Specific

12.27. Comparative Evaluation of field and hydroponic cultivation of selected Ayurvedic Medicinal Plants

12.18.1. Objectives

Primary:

- Standardization of cost-effective production technology for soilless cultivation/hydroponics for selected herbs.
- Evaluation of growth, yield, physicochemical, phytochemical, bioactive compounds in three systems of cultivation for selected herbs.
- Multiplication of herbs through the three systems.

- Economics of cultivation in three systems of cultivation for selected herbs.

Hypothesis:

- Proposed herbs can be grown in soilless media and hydroponics.
- The quality and chemical content is on par with field grown /wild collection.
- Alternate growth media can help in rapid multiplication and conservation of demanded medicinal plants.
- Innovative methods can help in production of quality herbs throughout year.

12.18.2. Study Design: Field, Hydroponic and Soilless cultivation

12.18.3. Sample Size: Five medicinal plants to be cultivated under hydroponic and soilless

12.18.4. Approval of IMR- O.O. 1213/2022-23, dated 08.02.2023, total budget sanctioned Rs.61,14,252/-

12.18.5. Duration of Study: 3 years

12.18.6. Interventions: NA

12.18.7. Participating centre along with PI:

S. No	Name of the participating centre	Name of Investigators
1.	CCRAS-CARI, Bengaluru	PI: Dr. V Rama Rao, R.O. (Botany) Co-I: Dr. Shiddamallayya N, R.O. (Botany), CCRAS, New Delhi
2.	ICAR-IIHR, Bengaluru	PI: Dr. Hima Bindu, Principal Scientist Co-I: Dr. D Kalaivana, Senior Scientist Dr. Safeena, Senior Scientist

12.18.8. Date of IEC approval: NA

12.18.9. CTRI Registration/Reference (for clinical trials): NA

12.18.10. Date of initiation: 17/02/2023 (funds transferred to IIHR, Hesaraghatta)

12.18.11. Budget allocated: Rs. 61,14,252/-

12.18.12. Instalment wise release

Budgetary details:

(Statement of expenditure from 01.04.2024 to 31-03-2025)

S.No.	Head	Sanctioned budget	Amount released	Expenditure	Unspent balance as on (31.03.2025)
1	Salary	16,00,200	7,15,670	6,09,490	NIL
2	Non-Recurring	4,30,000		-	
3	TA	1,00,000		21,285	
4	Consumables & Miscellaneous	3,00,000		68,196	
5	Contingency	2,00,000		16,699	
6	Total	26,30,200	7,15,670	7,15,670	

Budget instalments details:

1st Instalment: Rs. 2,13,800/- released on 16-06-2025

(Ref: F. No. HQ-PROJ011/22/2023-PROJ/1534 dated: 16-06-2025)

2nd Instalment: Rs. 1,94,676/- released on 17-09-2025

(Ref. No. F. No. HQ-PROJ011/22/2023-PROJ/4245. Dated: 17-09-2025)

3rd Instalment: Rs. 2,72,600/- released on 13-02-2026

(Ref: F. No. HQ-PROJ011/22/2023-PROJ/8540. Dated: 13-02-2026)

Rs 9,48,096/- was transferred to ICAR-IIHR, Bengaluru

(Ref: F. No. HQ-PROJ011/22/2023-PROJ/8728. Dated: 23-02-2026)

12.18.13. Chronological timeline & deliverables:

Sl. No.	Target	Timeline	Achieved/ Not achieved	Causes of deviation, if any
1	Bioactive compounds to be studied for field, soilless and hydroponics systems	36 months	Cultivation of selected medicinal plants initiated at IIHR, Bengaluru	NA

12.18.14. Current status: Ongoing

- Analysis of phytochemical, bioactive compounds of *Convolvulus pluricaulis*, *Rubia cordifolia* and *Boerhavia diffusa* for second season is under progress.
- Preparation of final report is under progress.

Publications:

- Comparative evaluation of field and hydroponic cultivation of selected ayurvedic medicinal plants Analysis has been prepared and communicated to “Pharmacological research-modern Chinese medicine” (Article ID No. PRMCM-D-25-00646).
- A research article on “Validation of a High-Performance Thin-Layer Chromatography (HPTLC) Method for the Quantitative Analysis of Lupeol in *Uraria picta* Extract” has been prepared and communicated to “Journal of Plant Biochemistry and Biotechnology” (Article ID No. JPBB-D-25-00131).
- Comparative Phytoconstituent Profiling of *Piper longum* Cultivated in Traditional Soil versus Cocoponics: A Densitometric HPTLC Analysis has been prepared and communicated to “Journal of planar Chromatography” (Article ID No. JPLC-D-25-00103).

Work Progress at ICAR-IIHR Bengaluru during the reporting period:

- 1. Second trial cultivation of *Uraria picta* (field and soilless) has been completed. Roots and shoots have been harvested at 5 MAP and 10 MAP from both field and Cocoponics and samples has been given to CARI for Rhoifolin analysis.
- 2. Second trial *Boerhavia diffusa* cultivation (field and soilless) (Cocoponics) has been completed. Roots and shoots have been harvested at 5 MAP from both field and Cocoponics and samples are ready for content analysis.
- 3. Comparative evaluation of *Rubia cordifolia* for field and soilless cultivation (Cocoponics) has been completed. First trial roots and shoot samples has been harvested.
- 4. *Convolvulus pluricaulis*- First trial comparative evaluation of field and hydroponic cultivation is completed. Samples given to CARI for content analysis. Second trial root and shoot harvest from both field and Cocoponics is in process.

12.18.15. Relevant information, if any: The project officially concluded at IIHR, Bengaluru.

Final report is yet to be received.

Collaborative Projects yet to be initiated 2025-26:

12.28. A Double blind double dummy randomized controlled study to evaluate the efficacy of classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA 2.0 Study).

12.28.1. Objectives:

- Primary Objective: To assess the efficacy of Ayurveda management versus Methotrexate in Rheumatoid Arthritis (RA).
- Secondary Objectives:
 - To explore and assess the response of inflammatory markers and cytokines to treatment with Methotrexate or Ayurveda in patients with Rheumatoid Arthritis.
 - To demonstrate the safety profile of classical Ayurveda management in RA
 - To assess the impact of Ayurveda management on Quality of Life (QoL) and functional disability in RA patients.

12.28.2. Study Design: A Double blind double dummy prospective randomized controlled study to evaluate the efficacy of classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA Study) in 4 centers..

- Purpose : Treatment
- Level of study :OPD
- Masking : Double blind double dummy
- Control : Controlled
- Timing : Prospective
- End Point : Safety and efficacy
- No. of Groups : Two
- Sample Size: 136 total (68 per arm)
- Centres: Multicentric.

12.28.3. Sample Size: 140 (Trial group: 70 and Placebo group: 70).

12.28.4. Approval of IMR-PEMC, Annual Action Plan, RFD, etc. along with date: NA

12.28.5. Duration of Study: 2 Years

12.28.6. Interventions:

Group-1 Methotrexate (MTX) plus Ayurveda dummy

Group-2 Ayurveda therapy plus Methotrexate (MTX) dummy.

Allopathic Treatment. Since there will be an array of Ayurvedic approaches for the Ayurvedic physicians to individualize treatment, an equivalent range of MTX (7.5 to 25 mg/wk) will be allowed, according to the following algorithm:

7.5 mg/week for 2 weeks

10 mg/week for 2 weeks
 12.5 mg/week for 2 weeks
 15 mg/week for 2 weeks
 17.5 mg/week for 2 weeks
 20 mg/week for 4 weeks
 20 mg/week for 4 weeks
 22.5 mg/week for 4 weeks
 Then: 25 mg/week for the rest of the study.

Participants will be managed with internal medicines and oils for external use, like outpatient treatment of RA.

List of the drugs to be used in RA

1. Agastyaharitaki rasayanam	19. Kalyanagulam
2. Amritharishtam	20. Kokilaksham Kashayam
3. Amrutotharam kashayam	21. Kottamchukkadithailam
4. Avipatthikara churna	22. Lohasavam
5. Balaguduchyadi Oil	23. Mahamanjishtadi Kashayam
6. Balaguduchyadi Kashayam	24. Narayanathailam
7. Brahmrasyanam	25. Pindathailam
8. BrihatSaindhavadya Thailam	26. Punarnavasavam
9. Chandraprabhavati	27. Rasnaerandadi Kashayam
10. Chyavanprasham	28. Rasnasaptaka kwath
11. DashamoolaHaritaki	29. Shaddharana Choornam
12. Dashamoolarishta	30. Shunthi Churna
13. Dhanvantaramthaila	31. Simhanad Guggulu
14. GugguluthikthakamGritham	32. Trivritthlehyam
15. Hinguvastaka Choornam	33. Varanadi Kashayam
16. IndukanthaGhritha	34. Vaishwanarachurnam
17. Indukantham Kashayam	35. VatariGuggulu
18. KaishoraGuggulu	36. Yogarajaguggulu

12.28.7. Participating centre along with PI:

S.No.	Name of the participating centre	Name of PI
1	Central Ayurveda Research Institute, (CARI), CCRAS, Bangalore.	Dr M.N Shubhashree R.O (Ay.) Co-PI: Dr. S H Doddamani, RO (Ay.) Dr. Bhavya B M, RO (Ay.) Dr. Bharath Bharadwaj M.S, MS, Ortho
2	RRAP Central Ayurveda Research Institute, Mumbai	Dr. Manohar S. Gundeti Co-PI: Dr. R. Govind Reddy Dr. Lakshaman Burkhe
3	AVP Research Foundation, Coimbatore	PI: Dr Somit Kumar Co-PI: Dr Sreedevi Dr Srinivasan A
4	Amrita School Of Ayurveda	PI: Dr.P Ram Manohar Co-PI: Dr. Anusree Dileep

		Dr. Devipriya Soman Dr. Sujithra M
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12.28.8. Date of IEC approval: Yet to be obtained

12.28.9. CTRI Registration/Reference (for clinical trials): Yet to be done

12.28.10. Date of initiation: Yet to be initiated

12.28.11. Budget allocated: Rs 3,21,19,830/-

12.28.12. Installment wise release:

S.No.	Instalment	Sanction order	Date	Date of receipt of fund
1	Rs. 10,00,000/-	F. No. HQ-PROJ011/68/2025-PROJ/3853	02-09-2025	03-09-2025
2	Rs. 1,02,07,719/-	F.No. HQ-PROJ011/68/2025-PROJ/6453	03/12/2025	19-01-2026

12.28.13. Chronological timeline & deliverables:

S. No.	Target	Time line	Achieved/ Not achieved	Causes of deviation, if any
1	Pre –Trial period	02 month		--
2	Recruitment (140 patients)	12 months		--
3	Data cleaning and statistical analysis	02 months		--

12.28.14. Current status: Yet to begin

12.28.15. Relevant information, if any: Nothing Specific

12.29. Name of the Project: “Impact assessment of Ayurveda-based lifestyle advocacy and utilization of medicinal plants in primary healthcare”

S. No.	Coordinator Institutes	Name of the College	PI Names	Co-I Names
1.	CARI, Bengaluru	Shri Dharmasthala Manjunatheshwara College of Ayurveda, Udupi, Karnataka,	Dr. Suma V. Mallya M.D.(Ayu) PhD (Dravyaguna)	DrYogeshAchraya Department of Swasthavritta& Yoga
2.		KLE SBM Kanakwadi Ayurveda MahavidyalayBelgavi	Dr. AdaveshHolyache	Dr. Siddhi Prabhudesai
3.		JSS Ayurveda Medical College, Lalithadripura Road, Alanahalli, Mysuru – 570028, Karnataka	Dr. P. Sudhakar Reddy	Dr. Santosh V. Rangannavar
4.		SRI SRI COLLEGE OF AYURVEDIC SCIENCE AND RESEARCH	Dr. Naveen V	Dr. Ashoka A

Participating Colleges:

1. Shri Dharmasthala Manjunatheshwara College of Ayurveda, Udupi, Karnataka
2. KLE SBM Kanakwadi Ayurveda Mahavidyalaya Belgavi
3. JSS Ayurveda Medical College, Lalithadripura Road, Alanahalli, Mysuru – 570028, Karnataka
4. SRI SRI COLLEGE OF AYURVEDIC SCIENCE AND RESEARCH

Sanction Order: F HQ – PROJ013(11)/1/2025-PROJ-/9725, dated 18th March 2026.

Total Amount Sanctioned: 20,00,000/-

(SDMCAU-5,00,000/-, KLE, Belagavi-5,00,000/-,

JSSAMC-5,00,000/-, SSCASAR BENGALURU- 5,00,000/-)

Budget Released: 16,60,000/-

12.30 Name of the Project: Efficacy of Ayurveda Nutritional Supplements (Beeja Ladduka) in Children aged 6 to 12 years with Moderate Acute Malnutrition-Randomized clinical Trials

12.30.1.PI: Dr. Tejaswini C, R.O. (Ay)

Co I: Dr. Shashidhar H Doddamani. (Ay)

Sanction Order: F.No. HQ. - PROJ012/2/2026-PROJ dated: 11.03.2026

12.30.2 Total Amount Sanctioned: 64,86,170/-

Institutes	1 st year	Total
Central Food Technological Research Institute, Mysuru, CFTRI, Mysuru	35,67,920/-	35,67,920/-
JSS Ayurveda college Mysore.	26,18,250/-	26,18,250/-
Central Ayurveda Research Institute (CARI) Bengaluru	3,00,000/-	3,00,000/-
Total	64,86,170/-	64,86,170/-

12.30.3 Budget Released: F.No. HQ. - PROJ012/2/2026-PROJ/10130 dated: 27.03.2026; 2,35,513/- (CARI, BENGALURU)

12.30.4 Overall released budget: F.No. HQ. - PROJ012/2/2026-PROJ/10023 dated: 25.03.2026; 51,38,987/-

12.31 Name of the Project: Development of Millet based dietary supplements for Type 2 Diabetes Mellitus patients (Project code- CCL0108)

12.31.1 PI: Dr. Tejaswini C, R.O. (Ay)

Co I: Dr. Shashidhar H Doddamani. (Ay),

12.31.2 Sanction Order: F.No. HQ. - PROJ011/87/2025-PROJ/1600 dated: 27.02.2026

12.31.3 Total Amount Sanctioned: 35,61,725/-

Institutes	1 st year	2 nd year	Total
Central Food Technological Research Institute,	27,09,205/-	6,72,520/-	33,81,725/-

Mysuru, CFTRI, Mysuru			
Central Ayurveda Research Institute (CARI) Bengaluru	00	1,80,000/-	1,80,000/-
Total	27,09,205/-	8,52,520/-	35,61,725/-

12.31.4 Budget Released: F.No. 6-164/CARI/BNG/2025-26/Millet-DM/3535 dated: 18.03.2026; 27,09,205/- (CSIR-CFTRI, Mysuru). 1-33/cash/CCRAS/24-25/9721 dated: 18.03.2026; 1,55,831/- (CARI, BENGALURU)

12.32. Name of the Project: Evaluation of Comprehensive Ayurveda Interventions Against Standard Care in Osteoarthritis Knee- A Pragmatic Clinical Trial- (Project Code -CCL0109)

12.32.1. PI : Dr. Tejaswini C, R.O. (Ay)

PI: Dr. Suresh I, Professor and HOD

Co-I: Dr. Vidyashree Anchan R.O. (Path)

Dr. Shashidhar H Doddamani. (Ay)

Dr. Balasubrahmanian

Institutes	Budget
Central Ayurveda Research Institute (CARI) Bengaluru	47,03,855/-
Raja Rajeshwari Medical College and Hospital Bengaluru.	11,33,000/-
Total	58,36,855/-

12.32.2 Sanction Order: F.No. HQ. - PROJ011/2/2026-PROJ/1703 dated: 13.03.2026

12.32.3 Total Amount Sanctioned: 58,36,855/-

12 32.4 Budget Released: F.No. 6-169/CARI/BNG/2026-27/Pragmatic Trial/66 dated: 09.04.2026 of 12,37,000/-.

12.33 Title of the Project: MNCD Project: Name of the Project: Safety and efficacy of an integrative Ayurvedic regimen against conventional care in the management of Mild Neuro Cognitive Disorder (MNCD) – A randomized controlled clinical trial.

12.33.1 PI: Dr. Srinibash Sahoo

Co-I: Dr. M.N.Shubhashree

12.33.2 Collaborative Center:

National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru

12.33.2 Sanction Order: No: F.No. HQ. - PROJ011/71/2025-PROJ dated: 03.09.2025

12.33.3. Total Amount Sanctioned: 1,19,94,368/- (NIMHANS-10944368/-, CARI-10, 50,000/-)

12.33.4. Budget not released.

12.34. Name of the Project: Efficacy of Ayurveda coded formulation Ayush D in the management of Type 2 Diabetes Mellitus- A prospective multi-center randomized double-blind placebo-controlled clinical trial (Ayush-D Project under SMART-2 Programme)

12.34.1PI: Dr. Srinibash Sahoo

Co-I: Dr. MN Shubhashree

12.34.2 Participating Colleges:

1. S D M College of Ayurveda, Hassan, Karnataka
2. KAHER Shri BM Kankanawadi Ayurveda Mahavidyalaya, Belagavi, Karnataka

12.34.3 Sanction Order: F.No. HQ. - PROJ011/25/2025-PROJ dated: 15.01.2026

12.34.4 Total Amount Sanctioned: 81,35,127/- (SDM, Hassan-24,69,544.48, KLE, Belagavi-26,10,448.48, CARI, Bengaluru-30,55,134/-)

12.34.5. Budget Released to the Colleges: F.No. HQ. - PROJ011/25/2025-PROJ dated: 10.02.2026 Amount of 26, 29,780/-

- a. SDM Hassan:12,78,890/- F.No.6/148/CARI/BNG/2025-26/Ayush-D-DM/3540 Dated:13.03.2026
- b. KLE Belagavi:13,50,890/- F.No.6/148/CARI/BNG/2025-26/Ayush-D-DM/3543 Dated:18.03.2026

12.35 Title of the Project: Effect of Tagar (Valeriana Wallichii) on Sleep Outcomes in Older Adults with Insomnia: A Multi-Site Clinical Trial (Older Adult Insomnia Project under SMART-3 Programme)

12.35.1. PI: Dr. Srinibash Sahoo

Co-I: Dr. Vidyashree Anchan

12.35.2 Participating Colleges:

1. J S Ayurveda Mahavidyalaya, Nadiad
2. KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi
3. Shri Dhanwantry Ayurvedic College and Hospital, Chandigarh
4. Dr. D. Y. Patil College of Ayurved & Research Centre, Pune
5. VPSV Ayurveda College, Kotakkal

12.35.3 Sanction Order: F.No. HQ. - PROJ011/5/2026-PROJ dated: 20.03.2026

12.35.4 Total Amount Sanctioned: 1, 18, 83, 904/-

(JSAM, Nadiad-1924800/-, KLE, Belagavi-2025600/-, SDAC, Chandigarh-2025600/-, Dr.DYPCA&RC, Pune-2025600/-, VPSV AMC, Kottakkal-1924800/-, CARI, Bengaluru-1957504/-)

12.35.5 Budget Released: 54, 63,200/- (F.No. HQ. - PROJ011/5/2026-PROJ dated: 20.03.2026)

1. J S Ayurveda Mahavidyalaya, Nadiad- 1062400/- F.No.6/167/CARI/BNG/2025-26/Older Adult Insomnia/3586 Dated:24.03.2026
2. KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi-1112800/- F.No.6/167/CARI/BNG/2025-26/Older Adult Insomnia/3586 Dated:24.03.2026
3. Shri Dhanwantry Ayurvedic College and Hospital, Chandigarh-1112800/- F.No.6/167/CARI/BNG/2025-26/Older Adult Insomnia/3586 Dated:24.03.2026
4. Dr. D. Y. Patil College of Ayurved & Research Centre, Pune-1112800/- F.No.6/167/CARI/BNG/2025-26/Older Adult Insomnia/3586 Dated:24.03.2026
5. VPSV Ayurveda College, Kotakkal-1062400/- F.No.6/167/CARI/BNG/2025-26/Older Adult Insomnia/3586 Dated:24.03.2026

Important photographs of various activities of CARI during 2025-26

Receiving of NABH Renewal Certificate	Exchange of MoU with Ayurveda Colleges for Older Adult Insomnia Project under SMART-3 Program	Exchange of MoU with Ayurveda Colleges for Older Adult Insomnia Project under SMART-3 Program
		
Dr.MN Shubhashree, RO (Ay.) talkon GCP Compliance & Inspection Readiness for IECs	Dr. MN Shubhashree, RO (Ay.), attended Continuing Medical Education (CME) program on 02.04.2025	“Prakriti Assessment Scale Workshop held at SDM College, Bengaluru on 24-25.04.2025
		
Awareness and practice of International Yoga Day-2025 at CARI, Bengaluru		
		
Importance of individuals' responsibility on minimizing the use of plastic during World Environment Day-2025 at CARI, Bengaluru on 26.05.2025		
		



Ending Global Plastic Pollution: Quiz competition on 29.05.2025



Ending Global Plastic Pollution: Cleaning of the institute premises



World Environment Day 2025: pledge on "Ending Plastic Pollution Globally"



World Environment Day 2025: plantation program and plant distribution



International Yoga Day-2025: Plantation at Karnataka State Reserve Police (KSRP), Bengaluru on 17.06.2025





International Day of Yoga 2025: 'Yoga Samavesha' Jyothi Institute of Technology, Bengaluru 19.06.2025



International Yoga Day-2025: participation of all staff on 21.06.2025



Meri Maati Mera Desh Campaign: CARI staff participated in Pancha Pran Pledge on 11.08.2025



Veeron Ka Vandhan: CARI, Bengaluru honored Shri. Ravi T H, retired defense personnel



Vasudha Vandhan organized at Government School, Agara Gram Panchayat, on 14.08.2025



Flag hoisting and Rashtragan program, 15.08.2025

Nasha Mukta Bharat Abhiyan pledge by CARI staff



Participation of Sri Sri Ayurveda Medical College, Bangalore students in Nasha Mukta Bharat Abhiyan pledge



National Sports Day-2025 organized at CARI, Bengaluru



Patient training program on Diabetes was conducted at CARI hospital on 02.09.2025



BIS stage- II audit team visited the CARI Bengaluru 8-9, September 2025



Plant distributions and plantation at Government Higher school, Kaggalahalli 10th Ayurveda Day 2025



Ayurveda Day 2025: Medicinal plant campaign organized at CARI hospital



Ayurveda Day 2025: Essay competition was conducted at EMRS School, Gangannagaripalli, Kolar district



Ayurveda Day 2025: Drawing competition for EMRS students, Mangala, Chamarajanagar district



Ayurveda Day 2025: No-Flame Cooking Competition



Ek Bharat Shreshtha Bharat initiative: Cooking Competition on Uttarakhand Recipes on 15.09.2025



Hindi Pakhwada-2025: inauguration of a fortnight-long celebration



Talk on "traditional foods and their nutritional benefits" to patients at CARI OPD

Plant distribution event titled "Ek Ped Maa Ke Naam"

IEC materials distributed to the public & patients



Hindi Pakhawada 2025: Essay and short writing competition



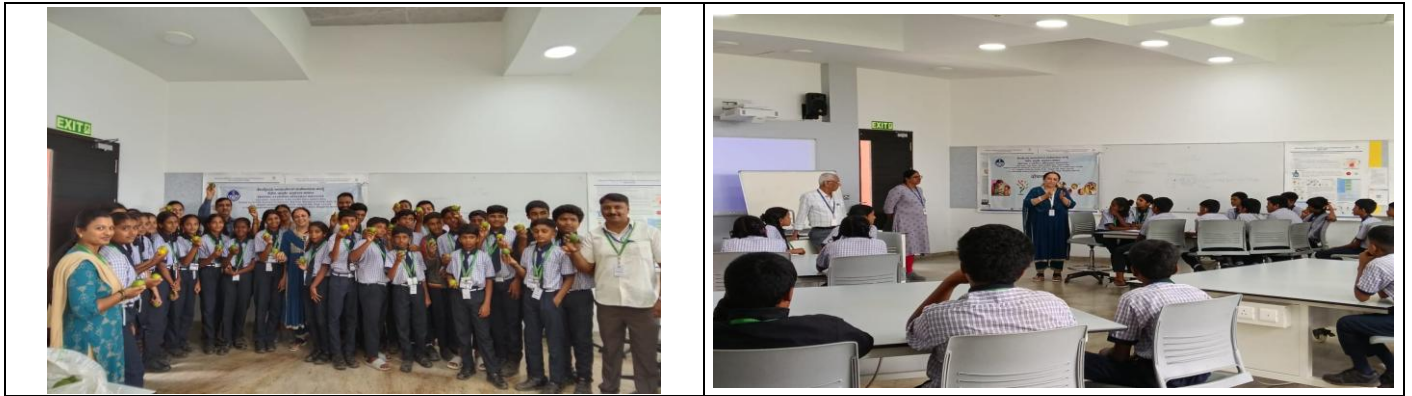
Medicinal plant campaign and plantation drive conducted at CARI hospital



Yoga Awareness campaign at CARI Hospital



Poshana Maah and awareness programme on long term effects of junk food on growth and nutrition



Student visit from Nalanda Degree College, V.Kota, Chittoor dt, Andhra Pradesh on 18.09.2025



'Run for Ayurveda' on 20.09.2025 under celebration of Ayurveda Day 2025



National Ayurveda Day 2025: debated, rangoli and drawing competitions



Ayurveda Day and Poshan Maah: Medical camp conducted at Umiya Bhavan, Vijayanagar on 21.09.25



Ayurveda day 2025: Final event on 23.09.2025



"Swasth naari Sashakt parivar" delivered by Dr. MN Shubhashree at Umiya Bhavan , Bengaluru



Training on research methodology and diabetes at Adichunchanagiri Ayurveda medical college, Bengaluru on 26.09.2025



Swast Naari sashakt Parivar awareness programme at Govt Ayurveda Medical College Bengaluru



Hindi Quiz Competition organized on 24.09.2025

Hindi Antakshri organized on 25.09.2025

Closing Ceremony of Hindi Fortnight 2025 & Hindi Pakhwada



Third party evaluation of Centre of Excellence scheme on 04.10.2025



Poshana Maah and Swasth Naari Sashakt Pariwar, 14.10.2025



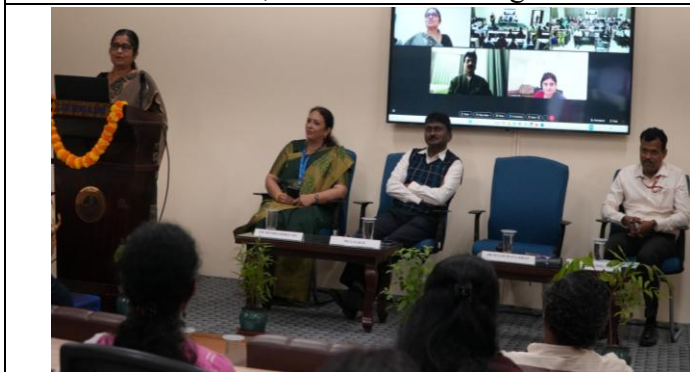
Celebration of Ayurveda Day 2025 at Cheluvamba Hall, CSIR-CFTRI Campus on 15.10.2025



Vaidya Jayant Deopujari, former Chairperson of NCISM during Bureau of Indian Standards (BIS), New Delhi meeting at CARI, Bengaluru on 16.10.2025



Dr.Galib R, Coordinator during National Pharmacovigilance workshop held on 17.10.2025





Diabetes awareness program was conducted at CARI Hospital on 28.10.2025



Plantation and Free Health Camp conducted at 4th Paradigm, CSIR-NAL, Bengaluru on 28.10.2025



Vigilance Awareness Program



Celebration of the Kannada rajyotsava by CARI, Bengaluru staff



Visit of BAMS students from Dept. of Dravyaguna, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Vijayanagar, Bangalore on 04.11.2025



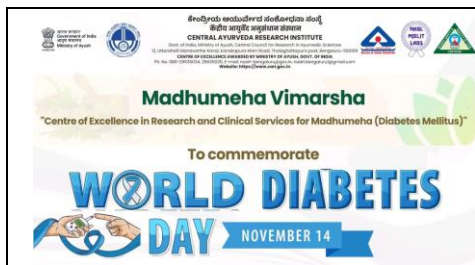
on “iGOT Karmayogi” Training program conducted on 10.11.2025



BAMS students from Hillside Ayurveda Medical College and Hospital, Agara Village, Bangalore on 11.11.2025



Special program “Madhumeha Vimarsha” was organised as part of World Diabetes Day 14.11.2025



Diabetes screening camp at Samatvam Diabetic Centre, Bengaluru on the occasion of World Diabetes Day on 14.11.2025 & 16.11.2025 at CARI, Bengaluru



International Conference on “Ayurveda & Integrative Approaches to Obesity & Metabolic Syndrome” on 1-2 December 2025 at IISc Bengaluru



collaborative research project meeting held with Prof. Deepak Saini, Department of Biological Sciences, IISc, Bengaluru on 26.12.2025



PG students of Government Ayurveda Medical College, Bengaluru visited CARI Bengaluru today as part of their induction programme on 17.01.2026



Skill Development and Research Orientation Programme for PG students on 23.01.2026



Visit of students from SDM Institute of Ayurveda and Hospital, Bengaluru 24.01.2026



Visit of students from Hillside Ayurveda medical college and Hospital, Bengaluru 05.02.2026



Workshop on "Understanding Health and Wellness through Microbiome Research" held 9-11.02.2026





Pharmacovigilance Awareness Programme conducted at Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Center on 13.02.2026



Dr. Sulochana Bhat, PI, Centre of Excellence during meeting at Advanced Centre for Treatment, Research and Education in Cancer (ACTREC), Tata Memorial Centre, Navi Mumbai on 14.02.2026



Capacity Building and Research Orientation for Ayurveda Professionals” organized by CCRAS-CARI, Bengaluru, at IISc, Bengaluru on 26 February 2026





CARI Bengaluru participated Mega Health camp organised by RR college of Pharmacy on 27.02.2026



Students from T. John's Pharmacy College, Bengaluru visited CARI Bengaluru



“Efficacy of Ayurveda Nutritional Supplement (Ayush BL) in Children with CSIR-CFTRI & JSS Ayurveda Medical College, Mysuru

MoU signed with CFTRI, Mysure “Development of Millet-Based Dietary Supplements for Patients with Type 2 Diabetes Mellitus.”



research orientation programme conducted for the students of Sushrutha Ayurvedic Medical College and Hospital, Bengaluru, on 23.03.2026



Sriramanavami marks the birth of Lord Rama, an embodiment of Dharma (righteousness and ideal living) on 26.03.2026



Investigators Training Programme on CCRAS Standardized Prakriti and Swasthya Assessment Scale held on 28.3.26



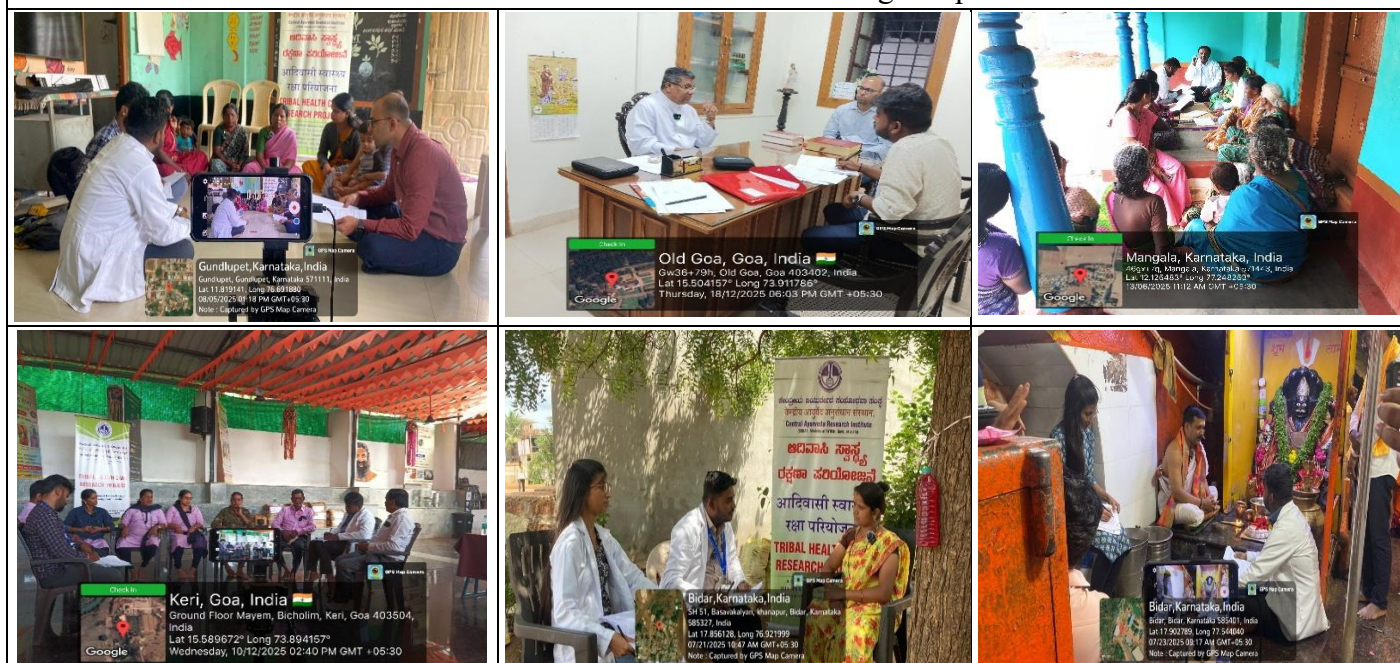
Superannuation of Dr SK Giri, RO (Ayu.) on 31.03.2026



Overview of Ethno-Dietary Documentation, Indigenous Ritual Materials Study, and Health Outreach under THCRP-TSP (2025-2026)
Medical Camp and Awareness lectures



THCRP-TSP 2025-26 Documentation of Ethno and religious practices IDI and FGD



Glimpses of activities under Ekalavya Model Residential Schools, 2025-26





Glimpses of activities of AMHCP-SCSP during 2025-26 Documentation of Ethno and religious practices IDI and FGD



हिंदी अनुभाग – वर्ष 2025-26 प्रगति प्रतिवेदन

प्रस्तावना:

- (i) “केन्द्रीय आयुर्वेद अनुसंधान संस्थान, उत्तरहल्ली मनवर्ते कावल, बेंगलूरु” में राजभाषा हिंदी उपयोग से संबंधित वार्षिक कार्यक्रम का अनुपालन नियमित रूप से किया जा रहा है। संस्थान में राजभाषा कार्यान्वयन समिति का गठन किया गया है। संस्थान में राजभाषा हिंदी से संबंधित कार्यों की देखरेख के लिए राजभाषा अधिकारी डॉ. राजेन्द्र कुमार, अनुसंधान अधिकारी (आयु.) तथा श्रीमती रश्मि कुलकर्णी, हिंदी सहायक (संविदा सेवा) हैं। वर्ष 2025-26 के लिए प्रत्येक त्रैमासिक में संस्थान के “राजभाषा कार्यान्वयन समिति” की नियमित बैठक आयोजित किया गया है। जैसे प्रथम त्रैमासिक में दिनांक 21 जून 2025 को, द्वितीय त्रैमासिक में दिनांक 12 सितंबर 2025 को, तृतीय त्रैमासिक में दिनांक 06 दिसंबर 2025 को और चतुर्थ त्रैमासिक में दिनांक 26 मार्च 2026 को आयोजित किया गया है।
- (ii) संस्थान में प्रत्येक त्रैमासिक के अंत में राजभाषा हिंदी उपयोग से संबंधित, राजभाषा विभाग द्वारा जारी त्रैमासिक प्रोफार्मा को भरकर ऑनलाइन के माध्यम से राजभाषा विभाग को तथा केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद् (सी.सी.आर.ए.एस) मुख्यालय, नई दिल्ली एवं नगर राजभाषा कार्यान्वयन समिति (नराकास), कार्यालय बेंगलूरु को प्रेषित किया जाता है।
- (iii) संस्थान में राजभाषा नियम धारा 3 (3) के तहत बनाए गए नियमों का पूर्ण रूप से अनुपालन हो रहा है। राजभाषा नियम 1976 (5) का अनुपालन पूर्ण रूप से किया जा रहा है। संस्थान में प्राप्त हिंदी पत्रों का उत्तर हिंदी में ही भेजा जा रहा है।
- (iv) राजभाषा विभाग द्वारा जारी “ग” क्षेत्र में स्थित कार्यालयों के लिए हिंदी पत्रों की प्रगति प्रतिशत के अनुसार संस्थान से नियमानुसार हिंदी पत्रों का प्रगामी प्रतिशत प्रत्येक तिमाही में निरंतर प्रगतिशील है।
- (v) वर्ष 2025-26 के दौरान अप्रैल माह 2025 से जून माह 2025 के त्रैमासिक, जुलाई माह 2025 से सितंबर माह 2025 के त्रैमासिक और अक्टूबर माह 2025 से दिसंबर माह 2025 के त्रैमासिक के लिए संस्थान में राजभाषा हिंदी के अनुपालन की प्रगतिगामी स्थिति के संबंध में सीसीआरएएस., मुख्यालय, नई दिल्ली से प्रशंसा पत्र प्राप्त हुआ है।
(प्रशंसा पत्र संख्या HQ-HIN011/1/2022-HIN/6628 दिनांक 09 दिसंबर 2025, HQ-HIN011/1/2022-HIN/8531 दिनांक 13 फरवरी 2026 और HQ-HIN011/1/2022-HIN/183 दिनांक 13 अप्रैल 2026)
- (vi) राजभाषा नियम 1976 के नियम 10 के उपनियम (4) के अंतर्गत संस्थान को आयुष मंत्रालय पत्रांक संख्या ई-/2013/1/11018 आयुष-रा.भा., दिनांक 14.09.2015 के माध्यम से राजपत्रित में अधिसूचित किया गया है।

1. संस्थान में राजभाषा कार्यान्वयन समिति का गठन:

- 1.1 संस्थान में वर्ष 2025-26 के लिए राजभाषा कार्यान्वयन समिति का गठन सन्दर्भ पत्र संख्या 1-23/2022-23/के.आ.अ.सं./बेंगलूरु/रा.भा./309, कार्यालय आदेश संख्या 82/2025-26, दिनांक 13.05.2025 के अनुसार गठित की गई है। जिसके सदस्य इस संस्थान के अध्यक्ष: डॉ. सुलोचना

भट्ट, हिंदी प्रभारी: डॉ. राजेन्द्र कुमार, राजभाषा सदस्य: डॉ. एस.के. गिरि, डॉ. एस.एच. दोददमनी, डॉ. एम.एन. शुभश्री, डॉ. भव्या बी.एम., डॉ. वि. रामाराव, डॉ. आँचन विद्यश्री विट्टल, श्री सुरेश कुमार, श्रीमती रितु सिन्हा, श्रीमती अबिता जे., श्रीमती ज्योति जी., एवं हिंदी सहायक श्रीमती रश्मि कुलकर्णी हैं।

यह समिति प्रत्येक त्रैमासिक में “हिंदी बैठक” प्रभारी के उपस्थिति में करते हैं। बैठक में राजभाषा विभाग द्वारा जारी वार्षिक कार्यक्रम के बारे में, विभिन्न विभागों में हिंदी प्रगति के लिए बढ़ावा देने हेतु ठोस कदम लेने के लिए चर्चा की जाती है। हिंदी कार्यशाला, हिंदी पखवाड़ा के आयोजन के बारे में चर्चा की जाती है एवं हिंदी कार्यशाला में मुख्य वक्ता और कार्यशाला विषय पर भी चर्चा की जाती है।

2. संस्थान में राजभाषा हिंदी के तहत आयोजित कार्यक्रम:

2.1 संस्थान में परिषद् पत्र संख्या HQ-HIN015/1/2023-HIN/4025 एवं HQ-HIN015/1/2023-HIN/4029, दिनांक 09 सितंबर 2025 के अनुसरण में राजभाषा हिंदी के अनुपालन के तहत संस्थान में दिनांक 14 सितंबर 2025 से 30 सितंबर 2025 तक “हिंदी पखवाड़ा” का आयोजन किया गया था।

2.2 संस्थान में राजभाषा हिंदी के अनुपालनार्थ प्रत्येक त्रैमासिक में “हिंदी कार्यशाला” का आयोजन किया गया था। जैसे:-

प्रथम त्रैमासिक में दिनांक 25 जून 2025 को हिंदी कार्यशाला का आयोजन किया गया। कार्यशाला में मुख्य अतिथि वक्ता श्री अशोक कुमार बिल्लुरे, सेवानिवृत्त संयुक्त निदेशक (राजभाषा), अंतरिक्ष विभाग, भारत सरकार ने “राजभाषा हिंदी संबंधी प्रावधानों का कार्यालयी कार्यों में कार्यान्वयन” पर व्याख्यान प्रस्तुत किया गया। व्याख्यान के दौरान श्री बिल्लुरे ने राजभाषा अधिनियम की धारा 3 (3) के अंतर्गत आने वाले दस्तावेजों और उनको द्विभाषी जारी करने की आवश्यकता के बारे में बताया। उन्होंने CARI बेंगलूरु को राजभाषा अधिनियम की धारा 10(4) के अंतर्गत अधिसूचित कार्यालय होने के लिए बधाई दी और संस्थान के सभी कर्मचारियों को हिंदी में अधिकाधिक कार्य करने की तरीकों के बारे में बताया। उन्होंने संस्थान प्रमुख द्वारा हिंदी वार्षिक कार्यक्रम की अनुपालना सुनिश्चित करने हेतु जारी किये जाने वाले जांच बिन्दुओं पर चर्चा की। व्याख्यान के अंत में आयोजित प्रश्नोत्तरी में अतिथि वक्ताने संस्थान स्टाफ द्वारा पूछे गये राजभाषा हिंदी संबंधित विभिन्न प्रश्नों के जवाब दिए।

द्वितीय त्रैमासिक में दिनांक 30 सितंबर 2025 को हिंदी कार्यशाला आयोजन किया गया। कार्यशाला के मुख्य अतिथि वक्ता डॉ. टी.रवीन्द्रन, हिंदी विभागाध्यक्ष, सेंट जोसफ प्री यूनिवर्सिटी कॉलेज, बेंगलूरु ने “हिंदी टाइपिंग और कंप्यूटर अनुप्रयोगों में हिंदी का प्रयोग” पर व्याख्यान प्रस्तुत किया गया। व्याख्यान के दौरान श्री रवीन्द्रन जी ने वर्तमान युग सूचना और संचार तकनीक का युग है। कार्यालयीन कार्यों से लेकर जनसंपर्क तक, हर क्षेत्र में कंप्यूटर का प्रयोग अनिवार्य हो गया है। ऐसे में

यह आवश्यक है कि हमारी राजभाषा हिंदी भी इस तकनीकी प्रवाह में समान रूप से समाहित हो। हिंदी टाइपिंग की दक्षता केवल एक भाषा कौशल नहीं, बल्कि यह प्रशासनिक दक्षता का भी प्रतीक बन चुकी है। इनस्क्रिप्ट, रेमिंगटन और फोनेटिक जैसे कीबोर्ड लेआउट हिंदी टाइपिंग को सरल बनाते हैं, और यूनिकोड जैसे मानक यह सुनिश्चित करते हैं कि हिंदी में लिखा गया पाठ सभी डिजिटल प्लेटफॉर्म पर एक समान दिखाई दे। आज MS Word, Excel, PowerPoint, ई-ऑफिस, ई-मेल, और सरकारी पोर्टल्स — सभी में हिंदी का प्रयोग संभव है। यह न केवल राजभाषा नियमों के अनुपालन की दिशा में एक कदम है, बल्कि यह प्रशासन को जनमानस के और अधिक निकट लाने का माध्यम भी है। मुझे यह देखकर प्रसन्नता हो रही है कि हमारे कार्यालयों में हिंदी टाइपिंग और कंप्यूटर अनुप्रयोगों में हिंदी के प्रयोग को लेकर जागरूकता बढ़ रही है। यह कार्यशाला और पखवाड़ा इसी दिशा में एक प्रेरणादायक पहल है। व्याख्यान के अंत में आयोजित प्रश्नोत्तरी में अतिथि वक्ताने संस्थान स्टाफ द्वारा पूछे गये राजभाषा हिंदी संबंधित विभिन्न प्रश्नों के जवाब दिए।

तृतीय त्रैमासिक में दिनांक 31 दिसंबर 2025 को हिंदी कार्यशाला मनाया गया था। कार्यशाला में मुख्य अतिथि वक्ता श्रीमति रमिता सिंह, सहायक निदेशक (राजभाषा), कर्मचारी राज्य बीमा निगम, पीन्या बेंगलूरु ने “संघ की राजभाषा नीति और इसका कार्यान्वयन” विषयपर व्याख्यान दिया। इस व्याख्यान में इन्होंने भारत की राजभाषा और संविधान की आठवी अनुसूची और उसमें सम्मिलित अन्य 22 भारतीय भाषाओं के बारे में भी चर्चा की। संघ की राजभाषा नीति के अंतर्गत आने वाले विभिन्न विषयों जैसे की राजभाषा संबंधी संवैधानिक प्रावधान (अनुच्छेद 343 से लेकर 353), राष्ट्रपति के आदेश 1960, राजभाषा अधिनियम 1963, राजभाषा संकल्प 1968, राजभाषा नियम 1976 इत्यादि पर प्रकाश डाला गया।

व्याख्यान में अतिथि वक्ता द्वारा राजभाषा हिंदी से संबंधित विभिन्न समितियों और कार्यालयों जैसे की केन्द्रीय हिंदी समिति, संसदीय राजभाषा समिति, क्षेत्रीय राजभाषा कार्यान्वयन कार्यालय (क्षेराकाका), नगर राजभाषा कार्यान्वयन समिति (नराकास), संस्थानिक राजभाषा कार्यान्वयन समिति (सराकास) इत्यादि के बारे में चर्चा करते हुए इनकी कार्यों, शक्तियों और उत्तरदायित्वों के बारे में जानकारी दी गयी।

सभी प्रतिभागियों को राजभाषा विभाग द्वारा जारी किये गये हिंदी वार्षिक कार्यक्रम 2025 के तहत हिंदी के प्रयोग हेतु दिये गये लक्ष्यों के बारे में अवगत कराते हुए सभी से लक्ष्य प्राप्ति हेतु उन्होंने रोजमर्रा के कार्यालय के कार्यों में निरंतर हिंदी का प्रयोग करते रहने की आवश्यकता के बारे में बताया गया।

कार्यशाला में प्रतिभागियों को हिंदी प्रशिक्षण के बारे में बताते हुए हिंदी शिक्षण योजना के तहत चलाये जा रहे विभिन्न प्रशिक्षण कार्यक्रमों जैसे की प्रबोध, प्रवीण, प्राज्ञ/प्रवाह, पारंगत, हिंदी टंकण, हिंदी आशुलिपि टंकण इत्यादिके बारे में जानकारी दी गयी।

इसके अलावा राजभाषा विभाग, गृह मंत्रालय और इसके द्वारा हिंदी प्रचार प्रसार के लिए की जा रही विभिन्न गतिविधियों पर चर्चा की गयी। व्याख्यान में प्रतिभागियों को राजभाषा

विभागद्वारा राजभाषा हिंदी के प्रचार प्रसार के लिए जारी किये गये तकनीकी टूल जैसे की "कंठस्थ 2.0"- स्मृति आधारित अनुवाद सॉफ्टवेयर/टूल, "हिंदी शब्द सिन्धु"- आनलाइन हिंदी शब्द कोश, "लीला" हिंदी एप्प के बारे में जानकारी देते हुए इन टूल्स के उपयोग करने के तरीके का प्रदर्शन करके बताया गया।

राजभाषा विभाग द्वारा हिंदी के क्षेत्र में दिये जा रहे पुरस्कारों जैसे की राजभाषा गौरव पुरस्कार, राजभाषा कीर्ति पुरस्कार के बारे में भी कार्यशाला के प्रतिभागियों की जानकारी दी गयी। व्याख्यान के अंत में आयोजित हिंदी प्रश्नोत्तरी में अतिथि वक्ताने संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये राजभाषा से संबंधित विभिन्न प्रश्नों के जवाब दिए।

चतुर्थ त्रैमासिक में दिनांक 30 मार्च 2026 को हिंदी कार्यशाला का आयोजन किया गया था। कार्यशाला में संस्थान के हिंदी अधिकारी डॉ. राजेन्द्र कुमार ने "राजभाषा संबंधी संवैधानिक प्रावधान और राजभाषा हिंदी के प्रचार-प्रसार एवं विकास हेतु राजभाषा विभाग द्वारा चलायी जा रही विभिन्न गतिविधियां" विषय पर व्याख्यान दिया। इस व्याख्यान में इन्होंने भारत की राजभाषा और संविधान की आठवी अनुसूची और उसमें सम्मिलित अन्य 22 भारतीय भाषाओं के बारे में भी चर्चा की। संघ की राजभाषा नीति के अंतर्गत आने वाले विभिन्न विषयों जैसे की राजभाषा संबंधी संवैधानिक प्रावधान (अनुच्छेद 343 से लेकर 353), राष्ट्रपति के आदेश 1960, राजभाषा अधिनियम 1963, राजभाषा संकल्प 1968, राजभाषा नियम 1976 इत्यादि पर प्रकाश डाला गया।

व्याख्यान में संस्थान के हिंदी अधिकारी द्वारा राजभाषा हिंदी से संबंधित विभिन्न समितियों और कार्यालयों जैसे की केन्द्रीय हिंदी समिति, संसदीय राजभाषा समिति, क्षेत्रीय राजभाषा कार्यान्वयन कार्यालय (क्षेराकाका), नगर राजभाषा कार्यान्वयन समिति (नराकास), संस्थानिक राजभाषा कार्यान्वयन समिति (सराकास) इत्यादि के बारे में चर्चा करते हुए इनकी कार्यो, शक्तियों और उत्तरदायित्वों के बारे में जानकारी दी गयी।

इसके अलावा राजभाषा विभाग, गृह मंत्रालय और इसके द्वारा हिंदी प्रचार प्रसार के लिए की जा रही विभिन्न गतिविधियों पर चर्चा की गयी। व्याख्यान में प्रतिभागियों को राजभाषा विभाग द्वारा राजभाषा हिंदी के प्रचार प्रसार के लिए जारी किये गये तकनीकी टूल जैसे की "कंठस्थ 2.0"- स्मृति आधारित अनुवाद सॉफ्टवेयर/टूल, "हिंदी शब्द सिन्धु"- आनलाइन हिंदी शब्द कोश, "लीला" हिंदी एप्प के बारे में जानकारी देते हुए इन टूल्स के उपयोग करने के तरीके का प्रदर्शन करके बताया गया।

कार्यशाला में प्रतिभागियों को हिंदी प्रशिक्षण के बारे में बताते हुए हिंदी शिक्षण योजना के तहत चलाये जा रहे विभिन्न प्रशिक्षण कार्यक्रमों जैसे की प्रबोध, प्रवीण, प्राज्ञ/प्रवाह, पारंगत, हिंदी टंकण, हिंदी आशुलिपि टंकण इत्यादि के बारे में जानकारी दी गयी। राजभाषा विभाग द्वारा हिंदी के क्षेत्र में दिये जा रहे पुरस्कारों जैसे की राजभाषा गौरव पुरस्कार, राजभाषा कीर्ति पुरस्कार के बारे में भी कार्यशाला के प्रतिभागियों की जानकारी दी गयी। व्याख्यान के अंत में आयोजित हिंदी प्रश्नोत्तरी में प्रभारी हिंदी अधिकारी ने संस्थान के अधिकारियों और कर्मचारियों द्वारा पूछे गये

हिंदी के विभिन्न संवैधानिक प्रावधानों और प्रशिक्षण कार्यक्रमों से संबंधित प्रश्नों के जवाब दिए। प्रत्येक कार्यशाला में राजभाषा द्वारा जारी विषयों पर प्रशिक्षण दिया गया, जो सी.सी.आर.ए.एस., मुख्यालय नई दिल्ली द्वारा संस्थान को प्राप्त हुआ था। प्रत्येक कार्यशाला में संस्थान के सभी अधिकारियों/कर्मचारियों ने उत्साहपूर्वक भाग लिया था।

2.3 नराकास (कार्यालय – 03), बेंगलूरु के तत्वाधान में संयुक्त हिंदी दिवस के अवसर पर अगस्त 2025 माह के दौरान आयोजित अंतर कार्यालयीन प्रतियोगिताओं में इस संस्थान द्वारा दिनांक 25.08.2025 को नारा लेखन प्रतियोगिता का आयोजन किया गया।

3. संस्थान द्वारा राजभाषा सम्मलेन में प्रतिभागित्व:

3.1 परिषद् निर्देशों के अनुसार दिनांक 11 जुलाई 2025 को हैदराबाद में राजभाषा विभाग द्वारा आयोजित स्वर्ण जयंती समारोह में इस संस्थान के डॉ. राजेन्द्र कुमार, अनुसंधान अधिकारी (आयु.) एवं प्रभारी राजभाषा अधिकारी ने प्रतिनिधित्व किया।

3.2 परिषद् निर्देशों के अनुसार दिनांक 14 से 15 सितंबर 2025 को गांधीनगर, गुजरात में आयोजित हिंदी दिवस एवं पंचम अखिल भारतीय राजभाषा सम्मलेन में इस संस्थान के डॉ. राजेन्द्र कुमार, अनुसंधान अधिकारी (आयु.) एवं प्रभारी राजभाषा अधिकारी ने प्रतिनिधित्व किया।

4. नगर राजभाषा कार्यान्वयन समिति के बैठक/कार्यशाला में संस्थान द्वारा प्रतिभागित्व:

4.1 नराकास के तत्वाधान में दिनांक 07 मई 2025 को केन्द्रीय रेशम बोर्ड, बेंगलूरु में आयोजित हिंदी कार्यशाला में इस संस्थान के रश्मि कुलकर्णी, हिंदी सहायक ने भाग लिया।

4.2 नराकास के तत्वाधान में दिनांक 29 मई 2025 को केन्द्रीय रेशम बोर्ड, बेंगलूरु में आयोजित वर्ष 2025 की पहली बैठक में इस संस्थान के डॉ. राजेंद्र कुमार, राजभाषा अधिकारी एवं श्रीमती रश्मि कुलकर्णी, हिंदी सहायक ने भाग लिया।

4.3 क्षेत्रीय कार्यान्वयन कार्यालय (दक्षिण) के तत्वाधान में दिनांक 10 सितंबर 2025 को स्थानीय प्रधान कार्यालय, भारतीय स्टेट बैंक, बेंगलूरु में आयोजित एक दिवसीय विशेष राजभाषा कार्यशाला में इस संस्थान के डॉ. राजेन्द्र कुमार, अनुसंधान अधिकारी (आयु.) एवं प्रभारी राजभाषा अधिकारी ने प्रतिनिधित्व किया।

4.4 नराकास के तत्वाधान में दिनांक 30.10.2025 को सॉफ्टवेर टेक्नोलॉजी पार्क्स ऑफ़ इंडिया, इलेक्ट्रॉनिक सिटी, बेंगलूरु में आयोजित वर्ष 2025 की द्वितीय बैठक में इस संस्थान के डॉ. सुलोचना भट्ट, प्रभारी सहायक निदेशक एवं डॉ. राजेन्द्र कुमार, राजभाषा अधिकारी ने प्रतिनिधित्व किया।

5. संस्थान के अधिकारियों/कर्मचारियों द्वारा हिंदी प्रतियोगिताओं में प्रतिभागित्व:

5.1 नराकास (कार्यालय – 03), बेंगलूरु के तत्वाधान में संयुक्त हिंदी दिवस - अंतर कार्यालयीन प्रतियोगिताओं में दिनांक 21 अगस्त 2025 को आयोजित कविता पाठ प्रतियोगिता में इस संस्थान के श्रीमती रितू सिन्हा, अनुसंधान सहायक (वन.) एवं श्री सुरेश कुमार, अनुसंधान सहायक (रसा.) ने उत्साहपूर्वक से भाग लिए। इस प्रतियोगिता में श्री सुरेश कुमार, अनु. सहा. (रसा.) को तृतीय पुरस्कार प्राप्त हुआ है।

- 5.2 नराकास (कार्यालय – 03), बेंगलूरु के तत्वाधान में संयुक्त हिंदी दिवस - अंतर कार्यालयीन प्रतियोगिताओं में दिनांक 22 अगस्त 2025 को आयोजित आशुभाषण प्रतियोगिता में इस संस्थान के श्रीमती रितू सिन्हा, अनुसंधान सहायक (वन.) एवं श्री सुरेश कुमार, अनुसंधान सहायक (रसा.) ने उत्साहपूर्वक से भाग लिए। इस प्रतियोगिता में श्री सुरेश कुमार, अनु. सहा. (रसा.) को द्वितीय पुरस्कार प्राप्त हुआ है।
- 5.3 नराकास (कार्यालय – 03), बेंगलूरु के तत्वाधान में संयुक्त हिंदी दिवस - अंतर कार्यालयीन प्रतियोगिताओं में दिनांक 25 अगस्त 2025 को आयोजित तस्वीर देखकर कविता लिखें प्रतियोगिता में इस संस्थान के श्रीमती रितू सिन्हा, अनुसंधान सहायक (वन.) एवं श्री सुरेश कुमार, अनुसंधान सहायक (रसा.) ने उत्साहपूर्वक से भाग लिए। इस प्रतियोगिता में श्री सुरेश कुमार, अनु. सहा. (रसा.) को प्रथम पुरस्कार एवं श्रीमती रितू सिन्हा, अनु. सहा. (वन.) को तृतीय पुरस्कार प्राप्त हुआ है।
- 5.4 नराकास (कार्यालय – 03), बेंगलूरु के तत्वाधान में संयुक्त हिंदी दिवस - अंतर कार्यालयीन प्रतियोगिताओं में दिनांक 21 अगस्त 2025 को आयोजित स्वरचित कविता प्रतियोगिता में इस संस्थान के श्रीमती रितू सिन्हा, अनुसंधान सहायक (वन.) एवं श्री सुरेश कुमार, अनुसंधान सहायक (रसा.) ने उत्साहपूर्वक से भाग लिए। इस प्रतियोगिता में श्रीमती रितू सिन्हा, अनु. सहा. (वन.) को प्रोत्साहन पुरस्कार प्राप्त हुआ है।
- 5.5 नराकास (कार्यालय – 03), बेंगलूरु के तत्वाधान में संयुक्त हिंदी दिवस - अंतर कार्यालयीन प्रतियोगिताओं में दिनांक 29 अगस्त 2025 को आयोजित एकल गायन प्रतियोगिता में इस संस्थान के श्रीमती रितू सिन्हा, अनुसंधान सहायक (वन.) एवं श्री सुरेश कुमार, अनुसंधान सहायक (रसा.) ने उत्साहपूर्वक से भाग लिए। इस प्रतियोगिता में श्रीमती रितू सिन्हा, अनु. सहा. (वन.) को प्रोत्साहन पुरस्कार प्राप्त हुआ है।

6. संस्थान के पुस्तकालय के लिए पुस्तकों की खरीद:

- 6.1 इस वित्तीय वर्ष 2025-26 के लिए हिंदी किताबों की खरीद मेसर्स चौखंभा ओरिएंटलिया, बेंगलूरु एवं जेम के माध्यम से किए हैं। पुस्तकों की खरीद में कुल रूपए 17,725/- (रूपए सत्रह हजार सात सौ पच्चीस मात्र) व्यय हुआ है।

7. राजभाषा संबंधी निरीक्षण:

- 7.1 केंद्रीय आयुर्वेद अनुसंधान संस्थान, बेंगलुरु का निरीक्षण सी.सी.आर.ए.एस., मुख्यालय के हिंदी अनुभाग द्वारा दिनांक 18.11.2025 को संपन्न किया गया। यह निरीक्षण राजभाषा (हिंदी) नीतियों के क्रियान्वयन तथा संसदीय समिति के दिशा-निर्देशों के अनुपालन पर केंद्रित था। संस्थान को परामर्श दिया गया कि पत्राचार में निर्धारित लक्ष्यों के अनुरूप हिंदी का प्रयोग सुनिश्चित किया जाए, अधिकारियों की हिंदी प्रशिक्षण कार्यक्रमों में सक्रिय भागीदारी को प्रोत्साहित किया जाए, तथा बैठकों, प्रकाशनों और आधिकारिक संचार में हिंदी के उपयोग को और अधिक बढ़ावा दिया जाए। निरीक्षण में समग्र रूप से राजभाषा कार्यान्वयन एवं अनुपालन को सुदृढ़ करने पर विशेष बल दिया गया।

13. Other activities observed/conducted at CARI, Bengaluru during the year 2025-26

13.1. World Environment Day 2025

As per the directions received from CCRAS, New Delhi and as per the directives of the Ministry of Environment, Forest & Climate Change, the activities were planned with the theme 'Ending Plastic Pollution Globally'. Various activities were conducted during World Environment Day celebration-2025, where medicinal plant plantation and plant distribution, OPD/IPD/ Students awareness lecture was given during pre-campaign from 22nd May 2025 to 5th June 2025 and medicinal plantation on 05.06.2025 at hospital campus of CARI, Bengaluru with Dr. Sulochana Bhat, Asst. Director Incharge, CARI Bengaluru, Dr Rama Rao, RO (Bot.) co-ordinator of the event, officers and staff of CARI Bengaluru actively participating in the event. Details of the event and photographs were sent to council.

13.2. Count down for International Yoga Day (IDY) 2025

11th International Day of Yoga with the theme "Yoga for One Earth One Health" was observed at Central Ayurveda Research Institute, Bengaluru on 21st June 2025. The 100 days' celebration leading up to the IDY 2025 was culminated with a practice of the Common Yoga Protocol, synchronised with the Hon'ble Prime Minister's mass yoga event held at Visakhapatnam. A total of over 300 participants including Officers and Staffs of the Institute, patients, NGOs' and local public participated in the final event. Several programmes were selected like regular patient training, staff Yoga practice, outreach sessions at community, schools, colleges and Govt. Organisations on the theme of Yoga Samavesh, Harit Yoga and Yoga Sangam. The final yoga day event was graced by Prof. Sundar Swaminathan from IISc Bengaluru and Commodore H.G. Harsha, Chairman of Sri Sri Ravishankar Vidya Mandir Trust (a unit of the Art of Living Foundation).

13.3. Poshan Maah 2025 & Swasth Pariwar Nari Sashakt

Poshan Maah in convergence with Swasth Pariwar Nari Sashakt Campaign was organised from 16.9.2025 to 30.09.2025, Dr.Shubhashree MN R.O(Ayu) coordinated various activities like awareness programmes, distribution of plants, medical camps, traditional food competitions, awareness talks for Anganawadi teachers, webinar on role of Ayurveda in Integrative oncology focusing on breast cancer and many more to count.

These activities included lectures by various experts for OPD patients on traditional foods and their health benefits, plant distribution drives like "Ek Ped Maa Ke Naam," and awareness programmes for school children about the harmful effects of junk food and reducing oil, salt, and sugar intake. A webinar on the role of Ayurveda in integrative oncology was also conducted. Other efforts included distributing IEC materials to patients, organizing a medical camp, and conducting awareness sessions on nutrition for menopausal women, obesity management, and preventing anaemia through an Ayurvedic diet. Programmes held in collaboration with the Government of Karnataka at a primary school in Vajrahalli included activities for Anganwadi workers such as a traditional food competition, as well as baby shower and Annaprashana ceremonies, along with awareness talks. The activities concluded with a session on government schemes to improve the health of women and children.

13.4. Workshop on “Understanding Health and Wellness through Microbiome Research” CARI, Bengaluru |

The CCRAS- Central Ayurveda Research Institute (CARI), Bengaluru had organized three days’ workshop on Microbiome Research from 9th February to 11th February 2026. The inaugural session was graced by Dr. Srikanth N. (DDG, CCRAS), Shri Deepak Kocchar (DDA CCRAS) Dr. Sulochana Bhat (Assistant Director In-charge, CARI Bengaluru), Dr. Sharmila S. Mande (Ayush Distinguished Scientist Chair, Ministry of Ayush), Dr. Tarini Ghosh (IIIT Delhi), and Dr. Rajiv Vasudevan (Founder & CEO, Apollo AyurVAID Hospitals). Dr. Rabinarayan Acharya, DG CCRAS addressed the participants online highlighting the need of understanding gut microbiome and urged the CCRAS scientists to chalk out new proposal related to gut microbiome for a better understanding of Agni and related concepts. A total of 12 technical sessions were held across 3 days with tremendous amount of information exchange. The scientific sessions offered a comprehensive overview of microbiome research and its connection to Ayurveda and overall health. The programme started with an introduction to the human microbiome as a “second genome,” explaining its role in digestion, immunity, and metabolism, along with its similarities to Ayurvedic concepts like Agni and Dosha. It then covered metagenomic methods, including sample collection, sequencing, and analysis of microbial communities. Sessions also explained computational approaches for analyzing 16S rRNA and whole-genome data, focusing on quality control, diversity analysis, and functional profiling. Case studies, especially on diet–microbiome relationships such as the Mediterranean diet, highlighted how microbes influence health outcomes like inflammation, cognition, and metabolic health. Participants were also introduced to important microbiome databases and bioinformatics tools. Advanced discussions included gut health markers, butyrate production, and the use of microbiome data for personalized nutrition and treatment. The sessions further explored antibiotic resistance, microbiome recovery, and the role of gut microbes in aging.

13.5. Madhumeha Vimarsha - World Diabetes Day 2025

A one-day seminar “Madhumeha Vimarsha” was held at CARI, Bengaluru on 14th November 2025, to commemorate ‘World Diabetes Day’. Prof. Dr. Gangadharan, Former Director RISA, Bengaluru, engaged the first technical session on the topic, Holistic Management of Madhumeha followed by a session on the Fundamentals of Research methodology and Hypothesis testing by Dr. Nagesh L, Retd. Professor Emeritus Research & Development, Dayanada Sagar College of Dental Sciences, Bengaluru. The session concluded with discussion and interaction.

13.6. Swachhata Hi Sewa 2025

As per the direction of Ministry of Ayush, CARI Bengaluru organized Swachhata hi Sewa campaign. “Cleanliness is next to Godliness” said Mahatma Gandhiji founding father our Nation. The famous slogan of Swachha Bharat “Ek Kadam Swachhata ki Aur” is the driving force towards swachhata and good habits. The event was organised with activities involving all the staff of the Institute and emphasized about solid waste management, sanitation coverage, waste management to get rid of diseases. Swachha Hi Seva Pledge was taken during the programme. During the campaign, Cleanliness drive was conducted by general cleaning of in and around the premises of CARI, OPD and Administrative building campus along with instruction to maintain greenery environment with herbal garden. It was also instructed to keep premises plastic free and providing of clean drinking water for IPD/OPD patients and staff of the institute. Several steps have been taken to avoid the single

use plastic in all sections of institute premises including Hospital canteen and continues effort will be made to maintain the cleanliness in the hospital and administrative wing for the benefit of staff and patients.

13.7. Pharmaco Vigilance Awareness Programme

A workshop on Pharmacovigilance & BIS Standardisation was conducted at CARI, Bengaluru in collaboration with Bureau of Indian Standards on 17.10.2025. About 100 participants who attended the workshop included Research Officers, Teaching Faculty, Medical Officers / Practitioners, Research Fellows, PG Scholars /PhD Scholars/ House Surgeons. Topics included Clinical and Pharma perspectives of Pharmacovigilance, Emerging perspectives on Ethno-pharmacovigilance in Ayurveda, Importance of National and International Standards, Standards formulation process, BIS Standardization portal and Academic Dashboard and Overview of Standardization in the field of Ayush

13.8. World Menopausal Day 2025

As per directions from Council, the World Menopause Day was celebrated on 18th October 2025. Under this programme, the activity such as awareness lectures, Special OPD lecture and camp was conducted. The digital display of the banner was displayed as per template in OPD campus with name Swastha Nari Sashkta Pariwar and Institute name- CARI Bengaluru and documentation of the events were done with photographs.

13.9. 10th Ayurveda Day 2025

As part of Ayurveda day celebrations, a wide range of activities and events were conducted by CARI Bengaluru, from 9th September 2025 to 23rd September 2025. A variety of activities were conducted across Bengaluru to mark the 10th Ayurveda Day, aiming to spread awareness about Ayurveda and holistic living. These included distribution and plantation of medicinal plants, along with initiatives promoting home herbal gardens among the public and patients. Educational programmes such as essay and drawing competitions were organized for students, alongside awareness sessions on healthy eating and the ill effects of junk food. Public engagement was further strengthened through social media outreach and distribution of IEC materials. Health-related initiatives included medical camps with consultations, Nadi Pariksha, yoga sessions, and talks on nutrition, women's health, and preventive care. Community-based events like no-flame cooking competitions, yoga awareness drives, "Run for Ayurveda," and campaigns such as "Ek Ped Maa Ke Naam" encouraged participation and sustainability. Webinars, student sessions, and lectures on traditional foods also contributed to academic outreach. Overall, the activities reflected the theme "Ayurveda for People and Planet," highlighting preventive health, environmental responsibility, and the relevance of traditional knowledge in modern life.

13.10. International Conference on Ayurveda and Integrative Approaches to Obesity & Metabolic Syndrome at Indian Institute of Science (IISc), Bengaluru

The CCRAS- Central Ayurveda Research Institute (CARI), Bengaluru has organized two days International Conference on *Ayurveda and Integrative Approaches to Obesity & Metabolic Syndrome* in collaboration with IISc and NIMHANS, Bengaluru to commemorate 57th CCRAS Foundation Day held on 1st - 2nd December 2025 at AV Rama Rao Auditorium, IISc Bengaluru. The Pre-Conference Virtual Presentations involving 9 sessions, 109 presentations was held between 25th November to 27th November 2025 through zoom meet.

The programme was inaugurated by Prof. Navakanta Bhat, Dean, Centre for Nano Science & Engineering (CeNSE), Indian Institute of Science (IISc), Bengaluru, Dr. Kousthubha Upadhyaya, Advisor (Ayurveda), Ministry of Ayush, Govt. of India, Dr. BN Gangadhar, Former Chairman, National Medical Council & National Ayush Chair, Professor Emeritus Integrative Medicine, Former Director, NIMHANS, Prof. Rabinarayan Acharya, Director General, CCRAS, Ministry of Ayush, Govt. of India, Sh. Deepak Kochhar, Deputy Director (Administration), CCRAS, New Delhi. **Hall-wise Parallel Sessions** were conducted across **four halls**, namely Rajarshi Bhattacharya Memorial (RBM) Hall, AG 12, AG 04 Lecture Hall at A. V. Rama Rao Auditorium Complex & CeNSE building - GF 07, Indian Institute of Science (IISc), Bengaluru. A total of **three sessions were conducted in each hall per day**. Across both days, six technical sessions were held, featuring a total of 60 research presentations by scholars and clinicians in each hall with a total of 240 presentations. The sessions addressed Ayurvedic formulations, lifestyle interventions, pharmacological studies, panchakarma, and integrative models for obesity and metabolic disorders. These sessions were co-ordinated by the Research Officers, CARI, Bengaluru, along with the research staff, ensuring the smooth conduct of all sessions. The session chairs included CCRAS In charges, reputed principals of Ayurveda Institutes, and resource persons, who provided expert evaluations and facilitated academic discussions, while Best Paper Awards were presented to recognize outstanding research contributions.

13.11. Vigilance Awareness Week 2025

In accordance with the instructions from Central Vigilance Commission vide OM No 025/VGL/059 dated 08.08. 2025, Vigilance awareness week was observed with the theme “Vigilance our shared responsibility” at CARI, Bengaluru from 27th October 2025 to 2nd November 2025 at CARI, Bengaluru.

As a part of the awareness programme, various activities were held in the institute. Vigilance awareness Banner was displayed at the entrance of the institute for public awareness. E- Pledge was taken by the employees of the institute. Dr. Sulochana Bhat, Incharge of the Institute addressed the audience regarding Vigilance – a shared responsibility. Dr. Shubhashree.MN, Research Officer (Ayu) was nominated as the coordinator for the programme. A talk was organized by Chartered accountant Mr. Kumar Prasad regarding financial aspects pertaining to Vigilance on 31st Oct 2025. Various events like debate and pick and speak were organized for the officers and staff of CARI, Bengaluru. Some of the photos are given below in the format desired. Prizes were distributed to the winners during the Valedictory event on 3rd Nov 2025.

13.12. Constitution Day 2025

Constitution Day of India was celebrated on 26.11.2025 at CARI, Bengaluru. All the staff has taken pledge in connection with the occasion.

13.13.- Ek Bharath Shreshtha Bharat 2025

As part of the Ek Bharat Shreshtha Bharat programme, awareness activities on the ethno-diversity of the paired state Uttarakhand were conducted. Under the Awareness activity category to know your paired state, Ethnic attire display, cooking competition and Essay competition were conducted on 23.09.2025, 15.09.2025 and 16.02.2026 respectively. The above-mentioned activities were conducted to impart knowledge on food, culture, geographical condition, weather and traditional food and its nutritional value of the paired

state Uttarakhand was organized at Central Ayurveda Research Institute Bengaluru. About 120 participants were benefited from the programme.

13.14 Offline Expert Consensus Meeting (Second Round) on SOP Development of Netra Kriyakalpa's, Netra Kriyakalpa Kaksha and Standard Validated Protocols of Netra Kriyakalpa's at CARI, Bhubaneswar

As per the Council's order HQ- PROJ011/4/2025-PROJ-Part (1)/1546, dated 20th Feb 2026, the Offline Expert Consensus Meeting (Second Round) on SOP Development of Netra Kriyakalpa's, Netra Kriyakalpa Kaksha and Standard Validated Protocols of Netra Kriyakalpa's was conducted on 2nd and 3rd March 2026 at CARI, Bhubaneswar.

The two days meeting was inaugurated by Prof.Vd. Rabinarayan Acharya, DG, CCRAS, Dr. Srikanth N, DDG, CCRAS and Mr. Debasis Satapathy, Chief General Manager (Human Resources) at NBCC (India) Limited, New Delhi. The Clinical consensus Study on Netra Kriyakalpa included 17 experts out of which 15 experts joined offline from across India and two of them have joined online, one local expert Dr. Prasanta Kumar Sahoo, SMO and Head, Dept of Ayush, AIIMS, Bhubaneswar also participated in the offline meeting held at Bhubaneswar. There was a total of six sessions on the 'Summary of Reviewed & Rated Questionnaires of Standard Validated Protocols of Netra Kriyakalpa's, Netra Kriyakalpa Kaksha and Standard Validated Protocols of Netra Kriyakalpa's' which were presented by the Project Investigators namely Dr. Bhavya B.M, RO (Ay.), Dr. Krishna Kumar V, RO (Ay.), Dr. Pallavi Kamble, RO (Ay.), Dr. Kumari Archana, RO (Ay.), Dr. Shrawan Kumar Sahu, RO (Ay.), Dr. Nandini Jadhav, RO (Ay.), Dr. Shweta Mata, RO (Ay.), Dr. Praveen Balakrishnan, RO (Ay.). There were facilitators, for each session along with reporting officers and co-ordinators from CCRAS Institutes and Headquarters. The Valedictory Ceremony was conducted with the distribution of certificates to all participants. The opinions and feedback of the experts were also collected. In addition, the Post-Panel Questionnaires and Summary Rating Forms were obtained from all the experts.

13.15 CCRAS Standardized Prakriti and Swasthya Assessment Scale Training

Training programme on Investigators Training Programme on CCRAS Standardized Prakriti and Swasthya Assessment Scale as a part of multicentric project on "A Cross-sectional Survey to study the distribution pattern of different prakriti types across India- A multi centric Study" was held at CARI, Bengaluru on 28th March 2026. The event was conducted and coordinated by Research Officers, Dr. Bhavya B.M, Dr. Srinibash Sahoo and Dr. Shubhashree M. N from CARI Bengaluru. Training on Prakriti and Swasthya assessment scale along with hands on training was done to all the Investigators from various colleges across Karnataka. A discussion, feedback, post assessment, and interactive session were conducted at the end of the event.

13.16 IEC Meetings held at CARI, Bengaluru

1. IEC meeting was held on 15/05/2025 for reviewing "Documentation of Ethno-Dietary Practices Indigenous to India" and "Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India"

2. IEC meeting was held on 15/05/2025 for reviewing “Evaluating safety and efficacy of integrative Ayurveda and yoga Intervention in depression among geriatric population at old age homes – A cluster randomization study”
3. IEC meeting was held on 30/10/2025 for reviewing “Management of Autism Spectrum Disorder in Children through a comprehensive Ayurveda approach as an add-on to conventional therapy- A Randomised Controlled Clinical Trial”
4. IEC meeting was held on 30/10/2025 for reviewing “A Double-Blind, Double Dummy Randomized Controlled Study to evaluate the efficacy of Classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA 2.0)”
5. CEC meeting was held on 19/02/2026 for reviewing “A Double-Blind, Double Dummy Randomized Controlled Study to evaluate the efficacy of Classical Ayurveda management versus Methotrexate in Rheumatoid Arthritis (AMRA 2.0)”.

केन्द्रीय आयुर्वेद अनुसंधान संस्थान, बेंगलूरु (केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान संस्थान, आयुष मंत्रालय, भारत सरकार)

वार्षिक रिपोर्ट 2025-26 का सारांश

केन्द्रीय आयुर्वेद अनुसंधान संस्थान (CARI), बेंगलूरु, केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद (CCRAS), आयुष मंत्रालय, भारत सरकार के अंतर्गत, सन 1971 से बेंगलूरु में कार्यरत है। यह संस्थान 2019 में राज्य सरकार की इमारत से अपने स्वयं के परिसर में स्थानांतरित हुआ। इसमें अस्पताल ब्लॉक है, जिसमें बाह्य रोगी विभाग (OPD), 28-बिस्तरों वाला आंतरिक रोगी विभाग (IPD), तथा विशेष OPD जैसे शल्य एवं मर्म चिकित्सा, शालाक्य (नेत्र एवं ईएनटी), मधुमेह, मानस रोग और वृद्धावस्था शामिल हैं। अन्य चिकित्सीय सुविधाओं में पंचकर्म, योग, चिकित्सीय प्रयोगशाला, औषधालय, लघु ऑपरेशन थिएटर, एक्स-रे, अल्ट्रासोनोग्राफी (USG), ईकोकार्डियोग्राफी (ECG) और अस्पताल कैंटीन उपलब्ध हैं।

संस्थान का प्रशासनिक ब्लॉक अनेक महत्वपूर्ण सुविधाओं का केंद्र है, जिनमें कार्यालय, वीडियो कॉन्फ्रेंसिंग से युक्त बैठक कक्ष, सेमिनार हॉल, कच्ची औषधियों का संग्रहालय एवं हर्बेरियम, खाद्य प्रयोगशाला, पुस्तकालय, भंडारगृह तथा विशेष प्रयोगशालाएँ जैसे सूक्ष्मजीव विज्ञान, औषधि विज्ञान (फार्माकोग्नोसी), रसायन विज्ञान और वनस्पति विज्ञान सम्मिलित हैं। अपनी स्थापना से ही यह संस्थान सौंपे गए कार्यक्रमों के लक्ष्यों की प्राप्ति में सक्रिय योगदान देता आ रहा है। यहाँ बहु-विषयक वैज्ञानिकों की संगठित समूह आयुर्वेद के वैज्ञानिक प्रमाणीकरण और अनुसंधान को सुदृढ़ बनाने के लिए निरंतर कार्यरत है।

वर्तमान में सीएआरआई, बेंगलूरु में 64 स्वीकृत पदों के विरुद्ध 31 नियमित कर्मचारी कार्यरत हैं। इनमें 13 (37%) स्थायी वैज्ञानिक (संस्थान प्रमुख सहित), 22 (63%) संविदा शोधकर्ता तथा कुल 108 कर्मचारी सम्मिलित हैं। संस्थान में 5 वैज्ञानिक और 22 संविदा शोधकर्ता युवा महिला वैज्ञानिक एवं शोधकर्ता हैं। कुल 35 शोधकर्ताओं में से 28 (80%) युवा वैज्ञानिक हैं, जिनमें 25 (71%) महिला वैज्ञानिक हैं। संस्थान ने सभी वैज्ञानिकों और शोधकर्ताओं को सम्मेलन एवं प्रशिक्षण हेतु सहयोग प्रदान किया है। अधिकारियों में से 70% को विभिन्न गतिविधियों के प्रशिक्षण के लिए प्रतिनियुक्त किया गया है। सभी नियमित कर्मचारियों ने iGoT कर्मयोगी पोर्टल के अंतर्गत प्रशिक्षण प्राप्त कर अनिवार्य पाठ्यक्रम सफलतापूर्वक पूर्ण किए हैं। रिपोर्टिंग वर्ष में संस्थान द्वारा 16 कौशल विकास कार्यक्रम आयोजित किए गए। इसके अतिरिक्त, 8 प्रशिक्षण कार्यशालाएँ एवं क्षमता निर्माण कार्यक्रम भी संपन्न हुए, जिनसे 547 प्रतिभागियों को लाभ प्राप्त हुआ। संस्थान ने 25 जन-जागरूकता कार्यक्रम और 2 स्वास्थ्य शिविर आयोजित किए। स्वच्छता कार्य योजना के अंतर्गत

गतिविधियाँ सफलतापूर्वक लागू की गईं। साथ ही, संस्थान विभिन्न आयुर्वेद एवं चिकित्सा महाविद्यालयों के बीएएमएस एवं एमबीबीएस इंटर्न को प्रशिक्षण प्रदान कर रहा है।

अपनी स्थापना से ही संस्थान ने उल्लेखनीय शैक्षणिक योगदान दिए हैं। कुल 514 वैज्ञानिक प्रकाशन एवं सारांश, 10 मोनोग्राफ, 8 प्रकाशित पुस्तकें, 8 पुस्तक अध्याय, 11 पुस्तक समीक्षाएँ और 1,613 प्रस्तुतियाँ एवं सहभागिताएँ संस्थान की उपलब्धियों में शामिल हैं। साथ ही इसे 3 स्वर्ण पदक, 4 सर्वश्रेष्ठ शोध-पत्र पुरस्कार और 2 श्रेष्ठ प्रकाशनों के लिए प्रोत्साहन प्राप्त हुआ है। समीक्षाधीन अवधि के दौरान संस्थान के वैज्ञानिकों ने राष्ट्रीय एवं अंतरराष्ट्रीय पत्रिकाओं में 22 शोध लेख प्रकाशित किए, 2 लेख सम्मेलन की कार्यवाही में प्रकाशित हुए, 17 लेख प्रकाशनाधीन हैं, साथ ही 8 पुस्तकें, 2 पुस्तक अध्याय और 3 पुस्तक समीक्षाएँ प्रकाशित हुईं। पिछले तीन वित्तीय वर्षों में प्रकाशित शोध-पत्रों को 1014 उद्धरण प्राप्त हुए। इसके अतिरिक्त अधिकारियों ने 190 संगोष्ठियों, वेबिनार, सम्मेलनों, बैठकों और व्यावहारिक प्रशिक्षण कार्यक्रमों में सक्रिय भागीदारी की। संस्थान का संदर्भ पुस्तकालय 2,092 पुस्तकों का संग्रह रखता है, जिसमें महत्वपूर्ण वैज्ञानिक पत्रिकाएँ और CCRAS प्रकाशन संदर्भ एवं बिक्री हेतु उपलब्ध हैं। संस्थान द्वारा कुल 15 आईईसी (IEC) सामग्री तैयार की गई हैं, जो जनसंपर्क कार्यक्रमों और नैदानिक सेवाओं से संबंधित हैं। ऑडियो-वीजुअल सामग्री भी विकसित की गई है, जिसमें संस्थान की गतिविधियों का वीडियो तथा सीसीआरएस कुलगीत का पुनर्संयोजन शामिल है। मंत्रालय आयुष के लिए 3 डॉक्यूड्रामा एपिसोड के निर्माण हेतु दो पटकथाएँ प्रस्तुत की गई हैं।

संस्थान ने रोगी देखभाल, नैदानिक प्रयोगशाला और औषधालय के लिए क्रमशः एएचएमआईएस (AHMIS), आयुषकेयर (Ayush Care) आधारित प्रयोगशाला सूचना प्रबंधन प्रणाली (LIMS) तथा औषधि भंडार प्रबंधन प्रणाली को अपनाया है। संस्थान नियमित रूप से समीक्षा बैठकें आयोजित कर प्रगति की निगरानी करता है और सीसीआरएस कैलेंडर के अनुसार सभी निर्धारित गतिविधियाँ सफलतापूर्वक संपन्न की हैं।

संस्थान एक पूर्ण रूप से कार्यशील द्विभाषी वेबसाइट (www.cari.gov.in) संचालित करता है, जिसने समीक्षाधीन अवधि के दौरान कुल 1,40,347 इंप्रेशन दर्ज किए और ई-हेल्थकेयर पहलों के माध्यम से 1,72,113 लोगों तक पहुँच बनाई। संस्थान की वेबसाइट दिव्यांगजन अनुकूल है तथा भारत सरकार द्वारा निर्धारित सभी सुरक्षा प्रोटोकॉल का पूर्णतः अनुपालन करती है। इसके अतिरिक्त, संस्थान स्वास्थ्य जागरूकता को बढ़ावा देने और सीएआरआई, सीसीआरएस तथा आयुष मंत्रालय की विभिन्न गतिविधियों एवं उपलब्धियों का प्रसार करने हेतु एक यूट्यूब चैनल संचालित करता है।

समीक्षाधीन अवधि के दौरान संस्थान को CCRAS मुख्यालय से ₹17.59 करोड़ प्राप्त हुए, जिनमें से ₹7.55 करोड़ का उपयोग अनुसंधान एवं विकास गतिविधियों (IMR, EMR, सहयोगात्मक और आउटरीच परियोजनाओं) के लिए किया गया। इसके अतिरिक्त, आयुष मंत्रालय से मधुमेह पर उत्कृष्टता केंद्र (CoE) हेतु ₹1.58 करोड़ प्राप्त हुए। संस्थान ने कुल ₹68,15,517 का राजस्व अर्जित किया, जिसमें क्लिनिकल रिसर्च यूनिट ने OPD/IPD सेवाओं, पंचकर्म प्रक्रियाओं, लघु ऑपरेशन थिएटर तथा एक्स-रे, ECG और USG जैसी नैदानिक जाँचों के माध्यम से ₹58,77,686 का योगदान दिया। अन्य योगदानों में औषधीय पौधों सर्वेक्षण इकाई (SMPU) से ₹1,59,750, औषध मानकीकरण एवं अनुसंधान इकाई (DSRU) की रसायन/HPTLC गतिविधियों से ₹58,100, CCRAS की पुस्तकों एवं प्रकाशनों की बिक्री से ₹31,800, निविदा प्रसंस्करण शुल्क से ₹5,000, अंतरराष्ट्रीय सम्मेलन एवं इनक्यूबेशन परियोजनाओं के पंजीकरण शुल्क से ₹6,05,450 तथा बचत बैंक खाते से ब्याज स्वरूप ₹77,731 सम्मिलित हैं। कुल ₹11.33 (0.64%) लाख अप्रयुक्त रहे जिन्हें वापस कर दिया गया।

समीक्षाधीन अवधि के दौरान सीएआरआई, बेंगलुरु द्वारा छह से अधिक अंतरराष्ट्रीय एवं राष्ट्रीय कार्यक्रम जैसे सम्मेलन, संगोष्ठी और कार्यशालाएँ सफलतापूर्वक आयोजित किए गए। संस्थान के अधिकारियों ने *मेटाबॉलिक विकारों हेतु मानक उपचार दिशानिर्देश* (Standard Treatment Guidelines) के निर्माण में महत्वपूर्ण योगदान दिया, जिसे स्वास्थ्य सेवाओं के महानिदेशालय (DGHS) द्वारा प्रकाशित किया गया है। इसके अतिरिक्त, अधिकारियों ने संस्थान के इनक्यूबेशन सेंटर की नियामक नीतियों तथा शोध पद्धति संबंधी दिशानिर्देशों के निर्माण में भी सक्रिय भूमिका निभाई है।

सीसीआरएस के 57वें स्थापना दिवस के उपलक्ष्य में संस्थान ने 1-2 दिसंबर 2025 को आईआईएससी बेंगलुरु में, आईआईएससी तथा निम्हांस के सहयोग से, “आयुर्वेद एवं मोटापा तथा मेटाबॉलिक सिंड्रोम के लिए एकीकृत दृष्टिकोण” विषय पर दो दिवसीय अंतरराष्ट्रीय सम्मेलन का आयोजन किया। इस सम्मेलन में भारत एवं विदेश के लगभग 85 संस्थानों से 850 से अधिक प्रतिनिधियों ने सक्रिय भागीदारी की। कुल 24 समानांतर सत्रों में 240 शोध प्रस्तुतियाँ हुईं, जिनमें पूर्व-सम्मेलन वर्चुअल कार्यक्रम भी सम्मिलित था। सम्मेलन ने आयुर्वेद, आधुनिक चिकित्सा तथा संबद्ध विज्ञानों के विशेषज्ञों को एक साझा मंच प्रदान किया। इससे ज्ञान-विनिमय, अंतर्विषयक सहयोग तथा मेटाबॉलिक रोगों में एकीकृत अनुसंधान एवं स्वास्थ्य सेवाओं को सुदृढ़ करने हेतु महत्वपूर्ण अनुशंसाएँ प्राप्त हुईं।

संस्थान ने आयुष मंत्रालय की “Startup Incubation through AYUSH Institutions” योजना के अंतर्गत *Ayurvedic Sciences Incubation Centre (ASIC)* की स्थापना की है। इसका उद्देश्य आयुर्वेद क्षेत्र में नवाचार और उद्यमिता को बढ़ावा देना है, जिसके तहत संस्थान

नवाचारपूर्ण उत्पाद या सेवा-आधारित व्यावसायिक विचारों वाले स्टार्टअप्स को सहयोग प्रदान करता है। लगभग ₹4.99 करोड़ की स्वीकृत राशि पाँच वर्षों की अवधि के लिए निर्धारित की गई है। ASIC का लक्ष्य स्वास्थ्य सेवा, न्यूट्रास्यूटिकल्स, सप्लाइ चेन, कृत्रिम बुद्धिमत्ता-आधारित समाधान और सामाजिक प्रभाव जैसे विविध क्षेत्रों में स्टार्टअप्स को सहयोग देना है। इसके अंतर्गत परामर्श, वित्तीय सहायता, नियामक सुविधा और बौद्धिक संपदा अधिकार (IPR) समर्थन प्रदान किया जाता है।

वित्तीय वर्ष 2025-26 के दौरान, इनक्यूबेशन केन्द्र ने अपनी नीति एवं दिशा-निर्देश तैयार किए, चयन-cum-समीक्षा समिति तथा परियोजना अनुमोदन समिति का गठन किया, तथा समर्पित कार्यस्थलों और कार्यालय सुविधाओं सहित प्रारंभिक अधोसंरचना का विकास किया। केन्द्र ने स्टार्टअप्स से आवेदन आमंत्रित करने हेतु प्रमुख समाचार पत्रों और सोशल मीडिया प्लेटफॉर्मों के माध्यम से अभिरुचि अभिव्यक्ति (EOI) जारी की। इसके प्रत्युत्तर में कुल 85 पंजीकरण और 25 व्यावसायिक आवेदन प्राप्त हुए, जिनमें से 23 आवेदकों ने आगे मूल्यांकन हेतु अनिवार्य प्रसंस्करण आवश्यकताओं को पूरा किया। उपयुक्त स्टार्टअप्स की पहचान के लिए निर्धारित समयरेखा के अनुसार आगे की स्क्रीनिंग एवं चयन प्रक्रिया प्रगति पर है।

संस्थान को भारतीय मानक ब्यूरो (BIS) द्वारा आईएस/आईएसओ 9001:2015 गुणवत्ता प्रबंधन प्रणाली प्रमाणन योजना के अंतर्गत प्रमाणित किया गया है। यह प्रमाणन स्वास्थ्य सेवाओं की गुणवत्ता सुनिश्चित करने हेतु दो चरणों की ऑडिट प्रक्रिया को सफलतापूर्वक पूर्ण करने के बाद प्रदान किया गया। साथ ही, राष्ट्रीय प्रत्यायन बोर्ड (NABL) द्वारा 31 जनवरी से 1 फरवरी, 2026 के बीच संस्थान की नैदानिक प्रयोगशाला का निरीक्षण किया गया, जिसमें जैव-रसायन एवं रक्तविज्ञान विभागों के लिए 50 परीक्षण मानकों का आकलन किया गया। इस उपलब्धि के साथ संस्थान एक प्रारंभिक स्तर की सुविधा से विकसित होकर पूर्णतः स्थापित, एनएबीएल-प्रमाणित प्रयोगशाला बन गया है। उल्लेखनीय है कि सीएआरआई, बेंगलुरु सीसीआरएएस का पहला संस्थान है जिसे जैव-रसायन और रक्तविज्ञान दोनों के लिए आईएसओ 15189:2022 प्रत्यायन प्राप्त हुआ है।

संस्थान ने आगामी टाटा-आईआईएससी मेडिकल स्कूल, बेंगलुरु में *इंटीग्रेटिव मेडिसिन विभाग* की स्थापना हेतु प्रस्ताव तैयार करने में भी प्रमुख भूमिका निभाई है। यह प्रस्ताव निदेशक, आईआईएससी की स्वीकृति प्राप्त करने के पश्चात आयुष मंत्रालय को प्रस्तुत किया गया है।

संस्थान को दत्ता मेघे उच्च शिक्षा एवं अनुसंधान संस्थान (DMIHER), सावंगी, वर्धा, महाराष्ट्र द्वारा पीएच.डी. केंद्र तथा दयानंद सागर अकादमी ऑफ टेक्नोलॉजी एंड मैनेजमेंट (DSATM), बेंगलुरु द्वारा पोस्ट-डॉक्टोरल अनुसंधान केंद्र के रूप में मान्यता प्राप्त है। बेंगलुरु विश्वविद्यालय के अंतर्गत पीएच.डी. केंद्र के रूप में मान्यता हेतु संस्थान का आवेदन प्रगति पर है। वर्तमान में संस्थान डीएमआईएचआईआर के सहयोग से तीन पीएच.डी. शोधार्थियों का मार्गदर्शन कर रहा है, जबकि एक पीएच.डी. शोधार्थी का मार्गदर्शन जेएसएस उच्च शिक्षा एवं अनुसंधान अकादमी,

मैसूरु के माध्यम से किया जा रहा है। इसके अतिरिक्त, एक पोस्ट-डॉक्टरल फेलो संस्थान के मार्गदर्शन में शोध कार्य कर रहा है। संस्थान के दो अधिकारियों को *आयुर विश्वरत्न* पुरस्कार से सम्मानित किया गया है।

संस्थान को भारतीय आयुर्विज्ञान अनुसंधान परिषद (ICMR) से मोटापा पर एक शोध परियोजना हेतु अनुदान प्राप्त हुआ है। इसके अतिरिक्त, संस्थान को एओजीयूएसवाई योजना के अंतर्गत फार्माकोविजिलेंस तथा आयुष मंत्रालय की आयुष स्वास्थ्य योजना के अंतर्गत मधुमेह उत्कृष्टता केंद्र के लिए भी अनुदान प्रदान किया गया है।

समीक्षाधीन अवधि के दौरान, संस्थान का आंतरिक लेखा-परीक्षण (Internal Audit) CCRAS मुख्यालय द्वारा वर्ष 2017-18 से 2024-25 तक की अवधि के लिए संपन्न किया गया। इस लेखा-परीक्षण में अनुसंधान गतिविधियों, अस्पताल सेवाओं तथा NABH, NABL और BIS मानकों के अनुपालन का मूल्यांकन किया गया, जिससे यह पुष्टि हुई कि संस्थान स्वीकृत प्रोटोकॉल और नियामक दिशा-निर्देशों का समुचित पालन कर रहा है। लेखा-परीक्षण में CCRAS द्वारा वित्तपोषित एवं आउटरीच परियोजनाएँ, अस्पताल अधोसंरचना, निदान सुविधाएँ तथा प्रलेखन प्रणाली शामिल थीं। इसमें प्रमुख उपलब्धियों को रेखांकित किया गया, जैसे—28 कार्यशील शैय्याओं के साथ चौबीसों घंटे स्वास्थ्य सेवाएँ, सुसज्जित प्रयोगशाला सुविधाएँ, तथा मधुमेह प्रबंधन में उत्कृष्टता केन्द्र (CoE) के रूप में मान्यता। साथ ही, लेखा-परीक्षण ने बढ़ते रोगी भार को ध्यान में रखते हुए गुणवत्तापूर्ण स्वास्थ्य सेवाओं की निरंतरता सुनिश्चित करने हेतु जनशक्ति सुदृढ़ करने की आवश्यकता पर बल दिया। समग्र रूप से, संस्थान का कार्य निष्पादन संतोषजनक पाया गया, तथा पहचाने गए सुधारात्मक उपायों का उद्देश्य परिचालन दक्षता और लेखा-परीक्षण तैयारी को और सुदृढ़ करना है।

केंद्रीय आयुर्वेद अनुसंधान संस्थान (CARI), बेंगलुरु का निरीक्षण CCRAS मुख्यालय के हिंदी अनुभाग द्वारा दिनांक 18.11.2025 को संपन्न किया गया। यह निरीक्षण राजभाषा (हिंदी) नीतियों के क्रियान्वयन तथा संसदीय समिति के दिशा-निर्देशों के अनुपालन पर केंद्रित था। संस्थान को परामर्श दिया गया कि पत्राचार में निर्धारित लक्ष्यों के अनुरूप हिंदी का प्रयोग सुनिश्चित किया जाए, अधिकारियों की हिंदी प्रशिक्षण कार्यक्रमों में सक्रिय भागीदारी को प्रोत्साहित किया जाए, तथा बैठकों, प्रकाशनों और आधिकारिक संचार में हिंदी के उपयोग को और अधिक बढ़ावा दिया जाए। निरीक्षण में समग्र रूप से राजभाषा कार्यान्वयन एवं अनुपालन को सुदृढ़ करने पर विशेष बल दिया गया।

समीक्षाधीन अवधि के दौरान संस्थान द्वारा अनुसंधान, नैदानिक प्रथाओं तथा जनस्वास्थ्य जागरूकता को सुदृढ़ करने हेतु राष्ट्रीय स्तर पर विविध कार्यशालाएँ, प्रशिक्षण कार्यक्रम एवं शैक्षणिक गतिविधियाँ आयोजित की गईं। प्रमुख पहलों में 9-11 फरवरी 2026 को आयुष मंत्रालय के *Distinguished Ayush Chair* के सहयोग से “माइक्रोबायोम अनुसंधान के माध्यम से स्वास्थ्य एवं कल्याण की समझ” विषयक कार्यशाला; 17 अक्टूबर 2025 को *फार्माकोविजिलेंस* एवं बीआईएस मानकीकरण पर कार्यशाला; तथा 14 नवम्बर 2025 को *विश्व मधुमेह दिवस* के अवसर पर “मधुमेह विमर्श” संगोष्ठी सम्मिलित हैं। 26 फरवरी 2026 को आईआईएससी, बेंगलुरु में आयुर्वेद विशेषज्ञों हेतु क्षमता निर्माण एवं अनुसंधान अभिमुखीकरण कार्यक्रम आयोजित किया गया। इसी क्रम में 2-3 मार्च 2026 को सीएआरआई, भुवनेश्वर में *नेत्र क्रियाकल्प* की मानक संचालन प्रक्रिया (SOP) विकास पर विशेषज्ञ नैदानिक सहमति बैठक संपन्न हुई। संस्थान ने 28 मार्च 2026 को विभिन्न आयुर्वेद महाविद्यालयों के शिक्षकों हेतु *सीसीआरएस मानकीकृत प्रकृति एवं स्वास्थ्य मूल्यांकन स्केल पर इन्वेस्टिगेटर ट्रेनिंग प्रोग्राम* आयोजित किया। इसके अतिरिक्त, कर्नाटक के प्रमुख संस्थानों—*इंटीग्रेटिव मेडिसिन विभाग, एनआईएमएचएनएस बेंगलुरु; एसडीएम आयुर्वेद संस्थान एवं अस्पताल, बेंगलुरु; तथा जेएसएस आयुर्वेदिक मेडिकल कॉलेज एवं अस्पताल, मैसूर*—में भी प्रकृति मूल्यांकन प्रशिक्षण प्रदान किया गया। 12 अगस्त 2025 को *सिटी हेल्थ केयर, कोलार* के सहयोग से *संस्थागत नैतिक समिति के सदस्यों हेतु जीसीपी प्रशिक्षण कार्यक्रम* आयोजित किया गया। इसके अतिरिक्त, समीक्षाधीन अवधिमें बारह आयुष महाविद्यालयों में *फार्माकोविजिलेंस जागरूकता कार्यक्रम*, बारह बच्चों के आयुर्वेद छात्रों हेतु *अनुसंधान पद्धति एवं मधुमेह प्रबंधन प्रशिक्षण*, तथा चार राजभाषा हिंदी कार्यशालाएँ भी आयोजित की गईं।

संस्थान ने समीक्षाधीन अवधि के दौरान महत्वपूर्ण राष्ट्रीय एवं अंतरराष्ट्रीय दिवसों का सक्रिय रूप से आयोजन एवं पालन किया। इनमें *विश्व पर्यावरण दिवस* (5 जून 2025), *अंतरराष्ट्रीय योग दिवस* (21 जून 2025), *रक्तदान दिवस* (14 जून 2025), *अंगदान दिवस* (13 अगस्त 2025), *संविधान दिवस* (26 नवम्बर 2025), *जनजातीय गौरव दिवस* (15 नवम्बर 2025), *रोगी अधिकार दिवस* (17 सितम्बर 2025), *विश्व रोगी सुरक्षा दिवस* (17 सितम्बर 2025), *आयुर्वेद दिवस* (29 अक्टूबर 2025), *हिंदी पखवाड़ा* (14-28 सितम्बर 2025), *हिंदी दिवस* (14 सितम्बर 2025) सम्मिलित हैं। इसके अतिरिक्त, संस्थान ने *राष्ट्रीय पोषण माह* (सितम्बर 2025), *स्वच्छता अभियान* तथा *सतर्कता जागरूकता सप्ताह* (27 अक्टूबर-2 नवम्बर 2025) जैसे राष्ट्रीय कार्यक्रमों का भी आयोजन किया।

स्वच्छता ही सेवा 2025 अभियान के अंतर्गत संस्थान द्वारा विभिन्न गतिविधियों का आयोजन किया गया, जिनमें स्वच्छता, ठोस अपशिष्ट प्रबंधन तथा जैव-चिकित्सीय अपशिष्ट प्रबंधन पर जागरूकता कार्यक्रम शामिल थे। सभी कर्मचारियों को स्वच्छता शपथ दिलाई गई, जिससे पर्यावरणीय जिम्मेदारी और जनस्वास्थ्य जागरूकता को बढ़ावा मिला।

वर्तमान में संस्थान एनएबीएच प्रमाणित अस्पताल तथा एनएबीएल मान्यता प्राप्त प्रयोगशाला के माध्यम से नैदानिक सेवाएँ प्रदान कर रहा है। संस्थान बाह्य एवं आंतरिक रोगियों को समग्र प्राथमिक स्वास्थ्य सेवाएँ उपलब्ध करा रहा है, जिनमें निःशुल्क औषधि वितरण भी सम्मिलित है। संस्थान की सुविधाओं में *निवारक एवं उपचारात्मक देखभाल, नियमित पैथोलॉजिकल एवं बायोकेमिकल परीक्षण, पंचकर्म चिकित्सा, शल्य एवं मर्म चिकित्सा, लघु शल्य कक्ष (Minor OT), शलाक्य (नेत्र एवं ईएनटी), योग चिकित्सा, नशामुक्ति सेवाएँ तथा मानस रोग उपचार* सम्मिलित हैं। नैदानिक सेवाओं में *अल्ट्रासोनोग्राफी (USG), कलर डॉपलर USG, एक्स-रे तथा इलेक्ट्रोकार्डियोग्राफी (ECG)* जैसी आधुनिक जाँच सुविधाएँ भी उपलब्ध कराई जा रही हैं।

स्थापना से अब तक क्लिनिकल रिसर्च यूनिट (CRU) ने कुल 5,35,123 रोगियों को सेवाएँ प्रदान की हैं। समीक्षाधीन अवधि के दौरान 49,757 रोगियों का उपचार किया गया, जिनमें 48,774 रोगी CARI परिसर, कनकपुरा रोड पर तथा 983 रोगी NAL OPD में उपचारित हुए, औसतन प्रतिदिन 165 रोगियों की उपस्थिति दर्ज की गई। उत्कृष्टता केंद्र (CoE) OPD ने 12,226 मधुमेह रोगियों का प्रबंधन किया, जिनमें 1,749 नए तथा 10,477 अनुवर्ती रोगी सम्मिलित थे। विशेष सेवाओं के अंतर्गत 15,012 जेरियाट्रिक रोगी, 2,393 शल्य OPD रोगी, 2,870 शलाक्य OPD रोगी तथा 583 फ्लू जैसे रोगों से पीड़ित रोगियों का उपचार किया गया। इस अवधि में कुल 31,343 पंचकर्म प्रक्रियाएँ और 390 पराशल्य प्रक्रियाएँ संपन्न की गईं। साथ ही 1,55,576 जाँचें की गईं, जिनमें 1,52,978 प्रयोगशाला परीक्षण, 1,619 USG/ECG तथा 979 एक्स-रे सम्मिलित हैं। संस्थान ने इस अवधि में 991 रोगियों को भर्ती किया तथा 984 रोगियों को छुट्टी दी, जिससे 97.76% बिस्तर अधिभोग दर बनाए रखी गई। इसके अतिरिक्त, समुदाय को स्वास्थ्य सेवाएँ उपलब्ध कराने हेतु कुल सात स्वास्थ्य शिविरों का आयोजन किया गया।

संस्थान की परामर्श सेवाओं में औषधि प्रमाणीकरण और मानकीकरण, औषधीय पौधों की पहचान का प्रदर्शन, हरबारियम पद्धति तथा औषधि-वनस्पति विज्ञान सम्मिलित हैं। इसके साथ ही, संस्थान ई-हेल्थ सेवाएँ, स्वास्थ्य परामर्श तथा अन्य संगठनों जैसे नेशनल एयरोस्पेस लेबोरेट्रीज़ (NAL) में स्वास्थ्य परामर्श भी प्रदान करता है।

स्थापना से अब तक क्लिनिकल रिसर्च यूनिट द्वारा कुपोषण (Malnutrition), अर्श (Haemorrhoids), मनोद्वेग (Anxiety neurosis), तमकश्वास (Bronchial Asthma), व्यानबल वैषम्य (Hypertension) तथा पाण्डु (Iron deficiency Anemia) पर अनुसंधान परियोजनाएँ पूर्ण की गई हैं। इसके अतिरिक्त, वेक्टर जनित रोगों की रोकथाम एवं उपचार संबंधी दावों, फ्लू जैसे रोगों तथा आयुर्वेदिक औषधियों पर फार्माकोविजिलेंस अध्ययन की जानकारी संकलित की गई है। संस्थान द्वारा आंतरिक नैदानिक अनुसंधान परियोजनाएँ (IMCRP) भी पूर्ण की गई हैं, जिनमें रसयान (अश्वगंधावलेह्य एवं ब्रह्मा रसयान जेरियाट्रिक में), कष्टार्तव

(Dysmenorrhoea), स्थूलता (Obesity), ऑस्टियोआर्थराइटिस घुटना, च्यवनप्राश का रसयान प्रभाव, ऑस्टियोपोरोसिस, तमकश्वास, गृध्रसी, रसौषधियाँ, डायबिटीज मेलिटस पर KAP अध्ययन, AYUSH-D प्री-डायबिटीज एवं टाइप 2 डायबिटीज मेलिटस में, डेंगू, स्तन कैंसर, मेदरोग (Obesity), नॉन-अल्कोहलिक फैटी लिवर डिजीज (NAFLD), स्वास्थ्य सेवा ग्रहण व्यवहार, आयुर्वेद आधारित सामुदायिक स्वास्थ्य दृष्टिकोण, सबक्लिनिकल हाइपोथायरॉइडिज्म, प्रकृति पर सिस्टम्स बायोलॉजी दृष्टिकोण, डायबिटिक रेटिनोपैथी, डिस्लिपिडेमिया, जनरलाइज्ड एंगजायटी डिसऑर्डर (GAD), क्षय रोग (Tuberculosis), पारंपरिक खाद्य व्यंजन तथा ऑस्टियोआर्थराइटिस में प्रिस्क्रिप्शन प्रवृत्तियाँ सम्मिलित हैं।

स्थापना से अब तक Centre of Excellence (CoE) for Diabetes के अंतर्गत कुल बारह परियोजनाएँ पूर्ण की गई हैं जिनमें टाइप-2 डायबिटीज मेलिटस में चार चयनित शास्त्रीय आयुर्वेदिक बहु-औषधीय संयोजनों की एंटी-डायबिटिक प्रभावकारिता का मूल्यांकन (रैंडमाइज्ड पायलट अध्ययन), प्री-डायबिटीज में 'कफज प्रमेहर योग' नामक आयुर्वेदिक बहु-औषधीय संयोजन की एंटी-डायबिटिक प्रभावकारिता का नैदानिक मूल्यांकन (पायलट अध्ययन), डायबिटीज में योगा कैप्सूल को सहायक उपचार के रूप में प्रयोग कर सीरम ग्लूकोज़ स्तर कम करने की भूमिका का पायलट अध्ययन, मधुमेह से संबंधित ज्ञान, दृष्टिकोण और व्यवहार का क्रॉस-सेक्शनल अध्ययन, मशीन लर्निंग तकनीकों का उपयोग कर डायबिटीज जोखिम के निदान हेतु पूर्वानुमान प्रणाली का विकास, उच्च वसा आहार और स्ट्रेप्टोजोटोसिन प्रेरित डायबिटीज में चार एंटी-डायबिटिक संयोजनों का प्रीक्लिनिकल अध्ययन, स्वस्थ स्वयंसेवकों में वरादी और मुस्तादी घनवटी की जैव-उपलब्धता का मूल्यांकन (क्रॉस-ओवर रैंडमाइज्ड क्लिनिकल ट्रायल), टाइप-2 डायबिटीज रोगियों में डायबिटिक पेरिफेरल न्यूरोपैथी की घटना और प्रकृति (Prakriti) के साथ उसका संबंध (क्रॉस-सेक्शनल अध्ययन), टाइप-2 डायबिटीज रोगियों में दो रेडी-टू-कुक आहार अनुपूरकों की एंटी-डायबिटिक क्षमता का मूल्यांकन (रैंडमाइज्ड कंट्रोल ट्रायल), मधुमेह/टाइप-2 डायबिटीज मेलिटस में मुस्तादी घनवटी और वरादी घनवटी की सुरक्षा एवं प्रभावकारिता का मूल्यांकन (मेटफॉर्मिन की तुलना में ओपन लेबल रैंडमाइज्ड कंट्रोल्ड फेज-II अध्ययन) तथा टाइप-2 डायबिटीज मेलिटस रोगियों का मनोवैज्ञानिक आकलन (मानसिक भाव परीक्षा और डायबिटीज डिस्ट्रेस स्केल के माध्यम से प्रेक्षणात्मक अध्ययन) सम्मिलित हैं।

समीक्षाधीन अवधि के दौरान संस्थान ने कुल चौदह शोध परियोजनाएँ पूर्ण कीं, जिनमें स्वस्थ व्यक्तियों में प्रकृति की आणविक विशेषताओं को स्पष्ट करने हेतु सिस्टम्स बायोलॉजी दृष्टिकोण, डायबिटिक रेटिनोपैथी के साथ प्रकृति के संबंध का अध्ययन, डिस्लिपिडेमिया में आयुर्वेदिक औषधि त्रिकटु की प्रभावकारिता और सुरक्षा का मूल्यांकन, जनरलाइज्ड एंगजायटी डिसऑर्डर में आयुष SR की उपचार अनुपालन और सहनशीलता का बहु-केन्द्रित अध्ययन, टीबी रोगियों में पीटीके की यकृत-संरक्षक गतिविधि का मूल्यांकन, बाल्यकालीन ADHD में आयुर्वेदिक हस्तक्षेप की प्रभावकारिता और

बायोमार्कर/न्यूरोइमेजिंग अध्ययन, पंचवल्कल-05 औषधीय पौधों में जैव सक्रिय यौगिकों का मौसमी अध्ययन, कर्नाटक के पारंपरिक खाद्य व्यंजनों का दस्तावेजीकरण और पोषण दृष्टिकोण से सत्यापन, ऑस्टियोआर्थराइटिस में आयुर्वेद चिकित्सकों की प्रिस्क्रिप्शन प्रवृत्तियों का विश्लेषण, सीसीआरएस का इतिहास और विकास, भारत की पारंपरिक आहार पद्धतियों एवं धार्मिक अनुष्ठानों में प्रयुक्त वनस्पतियों, धातुओं, खनिजों और पशु उत्पादों का दस्तावेजीकरण (THCRP और SCSP) तथा एकलव्य मॉडल रेजिडेंशियल स्कूलों में सामान्य स्वास्थ्य परीक्षण और विशेषकर टीबी, एनीमिया, सिकल सेल रोग एवं कुपोषण पर केंद्रित अध्ययन शामिल हैं। इन अध्ययनों के अंतर्गत छात्रों में एनीमिया और कुपोषण के आयुर्वेदिक प्रबंधन का मूल्यांकन किया गया तथा द्राक्षावलेह और पुनर्नवा मण्डूर जैसी आयुर्वेदिक औषधियों की सहनशीलता, उपचार अनुपालन और प्रभावकारिता का परीक्षण किया गया, जो मध्यम आयरन डेफिशिएंसी एनीमिया के प्रबंधन में उपयोगी सिद्ध हुआ। इन पंद्रह परियोजनाओं में से नौ के लिए विस्तार का अनुरोध किया गया, जबकि 40 प्रतिशत परियोजनाएँ समय पर पूर्ण की गईं। पूर्ण परियोजनाओं की तकनीकी रिपोर्टें तैयार की जा रही हैं और संस्थान द्वारा प्रस्तुत की जानी शेष हैं।

समीक्षाधीन अवधि के दौरान संस्थान में आठ आंतरिक अनुसंधान (IMR) परियोजनाएँ संचालित हो रही हैं जिनमें बच्चों में ऑटिज़्म स्पेक्ट्रम डिसऑर्डर के प्रबंधन हेतु पारंपरिक उपचार के साथ आयुर्वेदिक समग्र दृष्टिकोण का उपयोग (रैंडमाइज़्ड कंट्रोल क्लिनिकल ट्रायल), मायोपिया में तर्पण एवं पुटपाक की मानकीकरण और व्यवहार्यता अध्ययन के साथ अभ्यास दिशानिर्देश विकसित करने हेतु क्लिनिकल कंसेंसस अध्ययन, भारतभर में पंजीकृत आयुर्वेद चिकित्सकों के बीच नेत्र क्रियाकल्प प्रथाओं का सर्वेक्षण एवं दस्तावेजीकरण, फंक्शनल गैस्ट्रोइंटेस्टाइनल डिसऑर्डर (FGD) के लक्षणों में सुधार हेतु द्राक्षावलेह की प्रभावकारिता का बहु-केन्द्र अध्ययन, दक्षिण भारत (कर्नाटक, केरल, तमिलनाडु, आंध्र प्रदेश, तेलंगाना) के बाज़ारों में औषधीय पौधों के विकल्प एवं मिलावट का अध्ययन एवं दस्तावेजीकरण, पश्चिमी घाट के दक्षिणी भाग के कर्नाटक राज्य के विभिन्न बाज़ारों में उपलब्ध जंगली खाद्य एवं औषधीय पौधों का दस्तावेजीकरण, आंध्र प्रदेश और तेलंगाना राज्यों में स्थित नल्लमाला वनों का मेडिको एथ्नो बॉटनिकल सर्वेक्षण तथा आयुर्वेद साइंसेज़ इनक्यूबेशन सेंटर (ASIC) सम्मिलित हैं। इन परियोजनाओं के माध्यम से संस्थान आयुर्वेद आधारित अनुसंधान को सुदृढ़ करने और पारंपरिक ज्ञान को वैज्ञानिक दृष्टिकोण से प्रमाणित करने की दिशा में महत्वपूर्ण योगदान दे रहा है।

समीक्षाधीन अवधि के दौरान CARI द्वारा नौ बहु-केन्द्रित/सहयोगात्मक नैदानिक अनुसंधान परियोजनाएँ (MCCR) संचालित की जा रही हैं जिनमें पार्किंसन रोग के प्रबंधन हेतु अनुकूलित पारंपरिक उपचार के साथ आयुर्वेदिक चिकित्सीय पद्धति का उपयोग (RCT अध्ययन जिसमें नैदानिक, कॉर्टिकल एक्साइटेबिलिटी, न्यूरोइम्यून और ऑटोनाॅमिक फंक्शन पैरामीटर का मूल्यांकन किया जा रहा है), वृद्धजनों में अनिद्रा विकार के उपचार हेतु आयुर्वेदिक हस्तक्षेप की

प्रभावकारिता और सुरक्षा का तुलनात्मक अध्ययन (प्रॉस्पेक्टिव रैंडमाइज़्ड ओपन लेबल अध्ययन), एथेरोजेनिक डिस्लिपिडेमिया में मानक उपचार के साथ सहायक रूप में अर्जुन (*Terminalia arjuna*) की प्रभावकारिता और सुरक्षा का मूल्यांकन (रैंडमाइज़्ड डबल ब्लाइंड प्लेसबो कंट्रोल्ड अध्ययन), मधुमेहजन्य व्रण (डायबिटिक फुट अल्सर) में मैगॉट डिब्राइडमेंट थेरेपी की सुरक्षा, प्रभावकारिता, स्वीकार्यता और सहनशीलता का मूल्यांकन (रैंडमाइज़्ड कंट्रोल्ड पायलट क्लिनिकल ट्रायल), एकलव्य मॉडल रेजिडेंशियल स्कूलों (EMRS) के छात्रों में सामान्य स्वास्थ्य परीक्षण विशेषकर क्षय रोग, एनीमिया, हीमोग्लोबिनोपैथी और कुपोषण पर ध्यान केंद्रित करते हुए आयुर्वेदिक हस्तक्षेपों के माध्यम से बेहतर स्वास्थ्य परिणाम प्राप्त करने का अध्ययन, रुमेटॉइड आर्थराइटिस में शास्त्रीय आयुर्वेदिक प्रबंधन बनाम मेथोट्रेक्सेट की प्रभावकारिता का मूल्यांकन (डबल ब्लाइंड डबल डमी प्रॉस्पेक्टिव रैंडमाइज़्ड कंट्रोल्ड अध्ययन), आयुर्वेदिक व्यंजनों का निर्माण एवं उत्पाद विकास तथा चयनित उत्पादों का पोषण मूल्यांकन, चयनित हर्बल संयोजनों की एंटी-हाइपरग्लाइसेमिक गतिविधि के तंत्रों का स्पष्टीकरण और चयनित आयुर्वेदिक औषधीय पौधों की फील्ड एवं हाइड्रोपोनिक खेती का तुलनात्मक मूल्यांकन सम्मिलित हैं।

वर्तमान में संस्थान द्वारा दो सहयोगात्मक परियोजनाएँ संचालित की जा रही हैं। पहली परियोजना भारतीय विज्ञान संस्थान (IISc), बेंगलुरु के सहयोग से चल रही है जिसका शीर्षक है “प्री-डायबिटीज और टाइप-2 डायबिटीज में चयनित आयुर्वेदिक औषधीय संयोजनों का रैंडमाइज़्ड एक्टिव कम्परेटर कंट्रोल्ड क्लिनिकल ट्रायल”। दूसरी परियोजना राष्ट्रीय पारंपरिक चिकित्सा संस्थान (NITM), बेलगावी के सहयोग से और भारतीय आयुर्विज्ञान अनुसंधान परिषद (ICMR) द्वारा वित्तपोषित है। यह परियोजना पूर्व में “अधिक वजन और मोटापे में स्थायी वजन घटाने हेतु सहायक हस्तक्षेप के रूप में त्रिफला का मूल्यांकन: रैंडमाइज़्ड प्लेसबो-कंट्रोल्ड क्लिनिकल ट्रायल” शीर्षक से संचालित थी, जिसे वर्तमान में संशोधित कर “केंद्रीय मोटापे में स्थायी एंटी-ओबेसिटी प्रभाव हेतु सहायक हस्तक्षेप के रूप में त्रिफला का मूल्यांकन: रैंडमाइज़्ड प्लेसबो-कंट्रोल्ड क्लिनिकल ट्रायल (TRUST-RCT-2024)” नाम दिया गया है। दोनों परियोजनाएँ प्रगति पर हैं।

समीक्षाधीन अवधि के दौरान कुल नौ परियोजनाएँ स्वीकृत हुई हैं, जिन्हें अभी प्रारंभ किया जाना शेष है। इनमें हल्के न्यूरो कॉग्निटिव डिसऑर्डर (MNCD/स्मृतिभ्रम) के प्रबंधन में एकीकृत आयुर्वेदिक हस्तक्षेप की सुरक्षा एवं प्रभावकारिता का मूल्यांकन (रैंडमाइज़्ड कंट्रोल्ड क्लिनिकल ट्रायल), टाइप-2 डायबिटीज मेलिटस के प्रबंधन में आयुष D नामक आयुर्वेदिक संयोजन की प्रभावकारिता का मूल्यांकन (प्रॉस्पेक्टिव मल्टी-सेंटर रैंडमाइज़्ड डबल ब्लाइंड प्लेसबो कंट्रोल्ड क्लिनिकल ट्रायल, SMART 2), वृद्धजनों में अनिद्रा के उपचार हेतु टगर (*Valeriana Wellichii*) के प्रभाव का अध्ययन (मल्टीसाइट क्लिनिकल ट्रायल, SMART 3), ऑस्टियोआर्थराइटिस घुटना में मानक उपचार की तुलना में समग्र आयुर्वेदिक हस्तक्षेप का मूल्यांकन (प्रेग्मेटिक क्लिनिकल ट्रायल), वृद्धाश्रमों में जेरियाट्रिक डिप्रेशन के प्रबंधन हेतु आयुर्वेद एवं योग के एकीकृत हस्तक्षेप की सुरक्षा एवं

प्रभावकारिता का तुलनात्मक अध्ययन (क्लस्टर रैंडमाइज़ेशन अध्ययन), 6 से 12 वर्ष आयु के बच्चों में मध्यम तीव्र कुपोषण के उपचार हेतु आयुष BL पोषण अनुपूरक की प्रभावकारिता का मूल्यांकन (क्लस्टर रैंडमाइज़्ड क्लिनिकल ट्रायल), टाइप-2 डायबिटीज रोगियों के लिए बाजरा आधारित आहार अनुपूरकों का विकास, भारतभर में विभिन्न प्रकृति (Prakriti) प्रकारों के वितरण पैटर्न का अध्ययन (मल्टीसेंट्रिक क्रॉस-सेक्शनल सर्वेक्षण) तथा कर्नाटक राज्य के चिक्कबल्लापुर जिले का मेडिको एथनो बॉटनिकल सर्वेक्षण सम्मिलित हैं। इन परियोजनाओं के माध्यम से संस्थान आयुर्वेदिक अनुसंधान को नए आयाम देने, पारंपरिक ज्ञान को वैज्ञानिक प्रमाणिकता प्रदान करने और जनस्वास्थ्य की दिशा में ठोस योगदान सुनिश्चित करने की दिशा में अग्रसर है।

परियोजना मूल्यांकन एवं निगरानी समिति (PEMC) द्वारा कुल दो परियोजनाएँ अनुमोदित की गई हैं जिन्हें अभी स्वीकृत किया जाना शेष है। इनमें भारत में विपणन किए जा रहे "आयुर्वेदिक"/"हर्बल"/"नेचुरल" श्रेणी के कॉस्मेटिक्स की अनुपालन स्थिति का मूल्यांकन वर्तमान नियामक ढाँचे (D & C Act 1940, Rule 1945, Cosmetics Rules 2020 तथा Cosmetic Amendment Rules 2025) के अंतर्गत एक व्यवस्थित सर्वेक्षण अध्ययन के रूप में तथा CCRAS-केंद्रीय डिजिटल डेटाबेस ऑफ़ एडिबल फूट्स-कर्नाटक सम्मिलित हैं। दोनों परियोजनाएँ संस्थान के अनुसंधान कार्य को नियामक अनुपालन, पारंपरिक ज्ञान के दस्तावेजीकरण और डिजिटल डेटाबेस निर्माण की दिशा में सुदृढ़ करने हेतु महत्वपूर्ण कदम हैं।

परियोजना मूल्यांकन एवं निगरानी समिति (PEMC) को प्रस्तुत की गई कुल दो परियोजनाएँ हैं। इनमें अमृता वैरिकोज़ वेन सिरप एवं तेल का वैरिकोज़ वेन्स, वेनस अल्सर और क्रॉनिक वेनस इनसफिशिएंसी के प्रबंधन में प्रॉस्पेक्टिव दस्तावेजीकरण सम्मिलित है। दूसरी परियोजना मेटाबॉलिक डिस्फंक्शन-एसोसिएटेड स्टियाटोटिक लिवर डिजीज (MASLD) में जीवनशैली परामर्श के साथ सहायक हस्तक्षेप के रूप में आयुष 64 की प्रभावकारिता का मूल्यांकन है, जिसे रैंडमाइज़्ड कंट्रोल्ड ट्रायल के रूप में प्रस्तुत किया गया है।

कुल सात प्रस्तावित आंतरिक/सहयोगात्मक अनुसंधान परियोजनाएँ स्वीकृति हेतु प्रस्तुत की गई हैं। इनमें डायबिटीज से संबंधित रिफ्रैक्टिव परिवर्तनों के प्रबंधन में आयुर्वेदिक हस्तक्षेपों की प्रभावकारिता का मूल्यांकन (रैंडमाइज़्ड डबल ब्लाइंड प्लेसबो कंट्रोल्ड क्लिनिकल ट्रायल), प्रीडायबिटीज और टाइप-2 डायबिटीज मेलिटस रोगियों में आयुर्वेदिक हस्तक्षेप की सुरक्षा एवं प्रभावकारिता का तुलनात्मक अध्ययन (प्रॉस्पेक्टिव रैंडमाइज़्ड ओपन लेबल अध्ययन), प्रारंभिक नॉन-प्रोलिफेरेटिव डायबिटिक रेटिनोपैथी के प्रबंधन हेतु एकीकृत आयुर्वेदिक दृष्टिकोण का मूल्यांकन (ICMR e-PMS पोर्टल पर प्रस्तुत), मोटापे पर सामुदायिक आधारित अध्ययन जिसमें आयुर्वेद एवं योग हस्तक्षेपों का उपयोग किया जाएगा (आयुष मंत्रालय की आयुरस्वास्थ्य योजना के अंतर्गत आयुष NGO पोर्टल पर प्रस्तुत), सोरायसिस के प्रबंधन में आयुर्वेदिक हस्तक्षेप की प्रभावकारिता और

इसका मेटाबॉलिक सिंड्रोम से संबंध (रैंडमाइज्ड कंट्रोलड क्लिनिकल ट्रायल), सबसे प्राचीन पारंपरिक जैविक खाद 'कुनपजला' का मानकीकरण तथा पश्चिमी तटीय क्षेत्र (केरल, महाराष्ट्र, गोवा, दमन एवं दीव, लक्षद्वीप) का क्षेत्रीय कच्ची औषधि भंडार (Regional Raw Drug Repository) की स्थापना सम्मिलित हैं।

औषधीय पौधों के अनुसंधान के अंतर्गत लगभग 110 वनस्पति कच्ची औषधियाँ (ताज़ा/सूखी) जिनका कुल भार लगभग 532.6 किलोग्राम था, संग्रहित/क्रय की गई। इनका प्रसंस्करण करने के पश्चात लगभग 214.44 किलोग्राम सामग्री विभिन्न आंतरिक एवं सहयोगात्मक अनुसंधान परियोजनाओं (IMR/Collaborative projects) हेतु CCRAS को समीक्षाधीन अवधि में उपलब्ध कराई गई। कुल 675 वनस्पति नमूनों की पहचान की गई तथा शैक्षणिक एवं अनुसंधान छात्रों को प्रमाणीकरण प्रमाणपत्र जारी किए गए।

समीक्षाधीन अवधि के दौरान कुल 335 नमूनों का विश्लेषण किया गया, जिसमें HPTLC, भौतिक-रासायनिक स्थिरांक मान निर्धारण, फाइटोकेमिकल स्क्रीनिंग और पाउडर माइक्रोस्कोपी जैसी तकनीकों का उपयोग किया गया। इस विश्लेषण से औषधीय पौधों की गुणवत्ता और मानकीकरण सुनिश्चित करने में महत्वपूर्ण योगदान मिला। साथ ही लगभग 632 छात्रों को बैचों में (प्रत्येक 20-30 छात्र) प्रयोगात्मक प्रशिक्षण प्रदान किया गया। प्रशिक्षण में HPTLC की हैंडलिंग, फाइटोकेमिकल और भौतिक-रासायनिक अध्ययन की विधियाँ शामिल थीं। इसमें SDM आयुर्वेद कॉलेज, आत्रेय आयुर्वेद मेडिकल कॉलेज, श्री श्री आयुर्वेद कॉलेज, आदिचुंचनगिरी आयुर्वेदिक मेडिकल कॉलेज, कलब्रयावेश्वर स्वामी आयुर्वेदिक मेडिकल कॉलेज एवं हॉस्पिटल रिसर्च सेंटर, सरकारी आयुर्वेद मेडिकल कॉलेज तथा नालंदा डिग्री कॉलेज, चित्तूर (आंध्र प्रदेश) के विद्यार्थी सम्मिलित रहे।

समीक्षाधीन अवधि के दौरान संस्थान ने कई जनसंपर्क गतिविधियाँ संचालित कीं। इनमें जनजातीय स्वास्थ्य देखभाल अनुसंधान परियोजना (THCRP), आयुर्वेद मोबाइल हेल्थ केयर परियोजना (AMHCP)-अनुसूचित जाति उप योजना (SCSP) तथा एकलव्य मॉडल रेजिडेंशियल स्कूल (EMRS) शामिल हैं, जिनका उद्देश्य जनस्वास्थ्य उन्मुख सेवाएँ प्रदान करना रहा। इसके अतिरिक्त, संस्थान ने निःशुल्क स्वास्थ्य शिविरों के आयोजन में भाग लिया और ज़रूरतमंद जनता को औषधियाँ वितरित कीं, जिससे समुदाय स्तर पर आयुर्वेद आधारित स्वास्थ्य सेवाओं का लाभ व्यापक रूप से पहुँचाया जा सका।

समीक्षाधीन अवधि के दौरान जनजातीय स्वास्थ्य देखभाल अनुसंधान परियोजना (THCRP) के अंतर्गत कुल 130 दौरे/मैदानी भ्रमण 02 राज्यों (कर्नाटक एवं गोवा) के 05 जिलों के 20 ब्लॉकों में किए गए, जिनमें 2314 रोगियों का उपचार किया गया तथा 147 लैब जाँचें की गईं। कुल 44 जनजागरूकता व्याख्यान आयोजित किए गए जिनसे 962 लोग लाभान्वित हुए। भारत में

पारंपरिक आहार संबंधी प्रथाओं का दस्तावेजीकरण (THCRP) परियोजना के अंतर्गत टीम ने 100 गहन साक्षात्कार (IDIs) और 20 फोकस ग्रुप डिस्कशन (FGDs) के माध्यम से कुल 178 पारंपरिक व्यंजनों का दस्तावेजीकरण किया तथा 15 प्रमुख धार्मिक स्थलों और 3 वैदिक विश्वविद्यालयों का भ्रमण किया। इसी प्रकार भारत में विभिन्न पारंपरिक धार्मिक प्रथाओं और अनुष्ठानों में प्रयुक्त पौधों, धातुओं, खनिजों, पशु उत्पादों तथा अन्य सामग्रियों का दस्तावेजीकरण (THCRP) परियोजना के अंतर्गत 93 गहन साक्षात्कार और 20 फोकस ग्रुप डिस्कशन के माध्यम से कुल 135 धार्मिक अनुष्ठानों का दस्तावेजीकरण किया गया। इस दौरान टीम ने 3 प्रमुख धार्मिक स्थलों और 1 वैदिक विश्वविद्यालय का भी दौरा किया।

समीक्षाधीन अवधि के दौरान *अनुसूचित जाति उप योजना (AMHCP-SCSP) अंतर्गत आयुर्वेद मोबाइल स्वास्थ्य सेवा कार्यक्रम* के अंतर्गत कुल 98 दौरे/मैदानी भ्रमण कर्नाटक राज्य के 06 जिलों के 20 ब्लॉकों में किए गए, जिनमें 1705 रोगियों का उपचार किया गया तथा 1944 लैब जाँचें की गईं। कुल 22 जनजागरूकता व्याख्यान आयोजित किए गए जिनसे 683 लोग लाभान्वित हुए। भारत में पारंपरिक आहार संबंधी प्रथाओं का दस्तावेजीकरण परियोजना के अंतर्गत टीम ने 104 गहन साक्षात्कार (IDIs) और 20 फोकस ग्रुप डिस्कशन (FGDs) के माध्यम से कुल 478 पारंपरिक व्यंजनों का दस्तावेजीकरण किया तथा 35 प्रमुख धार्मिक स्थलों और 3 वैदिक विश्वविद्यालयों का भ्रमण किया। इसी प्रकार भारत में विभिन्न पारंपरिक धार्मिक प्रथाओं और अनुष्ठानों में प्रयुक्त पौधों, धातुओं, खनिजों, पशु उत्पादों तथा अन्य सामग्रियों का दस्तावेजीकरण परियोजना के अंतर्गत टीम ने कर्नाटक के चयनित क्षेत्रों में 100 गहन साक्षात्कार और 20 फोकस ग्रुप डिस्कशन के माध्यम से कुल 241 धार्मिक अनुष्ठानों का दस्तावेजीकरण किया। इसके अतिरिक्त, प्रसिद्ध धार्मिक स्थलों पर 29 गहन साक्षात्कार और 2 फोकस ग्रुप डिस्कशन के माध्यम से 72 अनुष्ठानों का तथा 3 वैदिक विश्वविद्यालयों में 2 गहन साक्षात्कार और 1 फोकस ग्रुप डिस्कशन के माध्यम से 9 अनुष्ठानों का दस्तावेजीकरण किया गया।

समीक्षाधीन अवधि के दौरान आयुष मंत्रालय ने जनजातीय कार्य मंत्रालय एवं भारतीय आयुर्विज्ञान अनुसंधान परिषद – जनजातीय स्वास्थ्य अनुसंधान राष्ट्रीय संस्थान (ICMR-NIRTH), जबलपुर के सहयोग से एकलव्य मॉडल रेजिडेंशियल स्कूल (EMRS) के छात्रों की स्क्रीनिंग की पहल की, जिसमें विशेष रूप से क्षय रोग (Tuberculosis), एनीमिया, हीमोग्लोबिनोपैथीज़ एवं कुपोषण पर ध्यान केंद्रित किया गया तथा बेहतर स्वास्थ्य परिणामों के लिए आयुर्वेदिक हस्तक्षेप किए गए। इस कार्यक्रम के अंतर्गत हल्के एनीमिया से ग्रसित छात्रों को फरवरी 2025 से जून 2025 तक, मध्यम कुपोषण वाले छात्रों को फरवरी 2025 से अगस्त 2025 तक, आयरन डेफिशिएंसी एनीमिया (IDA) वाले छात्रों को जुलाई 2025 से अक्टूबर 2025 तक आयुर्वेदिक हस्तक्षेप प्रदान किए गए, जबकि जीवनशैली परामर्श जून 2025 से प्रारंभ होकर निरंतर जारी है। प्रत्येक दौरे में छात्रों को जागरूकता व्याख्यान दिए गए, आकस्मिक सहयोग प्रदान किया गया तथा अध्ययन में नामांकित प्रतिभागियों

का फॉलो-अप किया गया। दोनों विद्यालयों में छात्रों को खेल सामग्री वितरित की गई और योग सत्र आयोजित किए गए। कुल 62 दौरे आकस्मिक सहयोग हेतु किए गए तथा छात्रों, शिक्षकों और अन्य स्टाफ को औषधियाँ वितरित की गईं।

समीक्षाधीन अवधि के दौरान फिट इंडिया आंदोलन के समर्थन में सीएसआईआर-सीएफटीआरआई, मैसूरू द्वारा शास्त्रीय आयुर्वेद आधारित ऊर्जा पेय विकसित किया गया है। उत्पाद का विकास पूर्ण हो चुका है तथा इसके नैदानिक परीक्षण की योजना प्रगति पर है। इसके अतिरिक्त, बीजा लड्डुका नामक शास्त्रीय आयुर्वेदिक तैयारी भी सीएसआईआर-सीएफटीआरआई के सहयोग से तैयार की गई है, जो एक पोषण अनुपूरक है और इसे विद्यालयी बच्चों में हल्के एवं मध्यम कुपोषण की स्थिति में प्रदान करने की योजना है।

राष्ट्रीय औषधि सतर्कता कार्यक्रम (National Pharmacovigilance Program) आयुष मंत्रालय की आयुष औषधि गुणवत्ता एवं उत्पादन संवर्धन योजना (AOGUSY), केंद्रीय क्षेत्र योजना के अंतर्गत निरंतर संचालित है। इस कार्यक्रम के अंतर्गत औषधि सतर्कता के प्रति जागरूकता उत्पन्न की जा रही है। समीक्षाधीन अवधिमें कुल 137 भ्रामक विज्ञापनों और 11 प्रतिकूल औषधि प्रतिक्रियाओं (Adverse Drug Reactions - ADR) की सूचना दर्ज की गई। इसके अतिरिक्त कुल 12 जागरूकता कार्यक्रम विभिन्न आयुष महाविद्यालयों तथा CARI बेंगलुरु में आयोजित किए गए।

केंद्रीय आयुर्वेद अनुसंधान संस्थान (CARI), बेंगलुरु, CCRAS के अंतर्गत पहला ऐसा संस्थान है जिसे आयुष मंत्रालय द्वारा *मधुमेह (Diabetes Mellitus)* पर अनुसंधान और नैदानिक सेवाओं के लिए *Centre of Excellence (CoE)* योजना प्रदान की गई है। इस योजना के लिए कुल ₹7,24,80,400/- की निधि पाँच वर्षों की अवधि हेतु स्वीकृत की गई है। इस योजना के अंतर्गत मधुमेह रोगियों के लिए एक विशेष ओपीडी संचालित है, जहाँ निःशुल्क परामर्श, औषधियाँ और प्रयोगशाला जाँचें उपलब्ध कराई जाती हैं। समीक्षाधीन अवधिमें CoE ओपीडी ने कुल 12,226 रोगी विज़िट्स को सेवाएँ प्रदान कीं, जिनमें 1,749 नए मधुमेह रोगी (1,034 पुरुष और 715 महिला) तथा 10,477 फॉलो-अप विज़िट्स (6,238 पुरुष और 4,239 महिला) शामिल हैं। इस प्रकार रोगियों को आयुर्वेद आधारित मधुमेह प्रबंधन की व्यापक सेवाएँ उपलब्ध कराई गईं।

समीक्षाधीन अवधिमें कुल 20 प्रशिक्षण कार्यक्रम आयोजित किए गए, जिनमें से 10 रोगियों के लिए और 10 छात्रों के लिए थे। चार चयनित आयुर्वेदिक योगों की मधुमेह-रोधी क्षमता का मूल्यांकन नागपुर वेटरनरी कॉलेज, नागपुर में किया गया और इन पर आधारित एक पायलट अध्ययन पूरा किया गया। पशु अध्ययन रिपोर्ट के आधार पर दो योगों का चयन नैदानिक परीक्षण हेतु किया गया और अध्ययन सफलतापूर्वक पूरा हुआ (मधुमेह/टाइप-2 डायबिटीज़ मेलिटस में मुस्तादी घन वटी और वरादी घन वटी की सुरक्षा एवं प्रभावकारिता: एक ओपन लेबल रैंडमाइज़्ड

कंट्रोलड एक्टिव कम्पेरेटर [Metformin] फेज-II अध्ययन)। दो रेडी टू कुक खाद्य व्यंजनों के लिए मानक संचालन प्रक्रिया (SOPs) विकसित की गईं, जिन्हें Centre for Incubation, Innovation, Research, and Consultancy (CIIRC), बेंगलुरु के सहयोग से तैयार किया गया। इन दोनों आहार अनुपूरकों की मधुमेह-रोधी क्षमता का मूल्यांकन करने हेतु नैदानिक परीक्षण भी पूरा किया गया। CoE योजना के अंतर्गत पिछले वर्ष अल्ट्रासाउंड सोनोग्राफी और ECG मशीन खरीदी गई थी, जो वर्तमान में CARI अस्पताल में रोगियों के लिए उपयोग की जा रही है। कृत्रिम बुद्धिमत्ता (AI) तकनीक का उपयोग कर एक जोखिम मूल्यांकन पोर्टल विकसित किया गया है, जिसे संस्थान की वेबसाइट पर उपलब्ध कराया गया है ताकि दर्शक मधुमेह के जोखिम का आकलन कर सकें। इसके अतिरिक्त कुल 10 IEC सामग्रियाँ विकसित की गईं, जिन्हें जनसाधारण में वितरित किया जा रहा है और इनके सॉफ्ट कॉपी भी वेबसाइट पर उपलब्ध हैं।

समीक्षाधीन अवधि में कुल तीन लघु अनुसंधान परियोजनाएँ पूर्ण की गईं, जिनमें से दो पिछले वर्ष प्रारंभ हुई थीं – टाइप-2 मधुमेह रोगियों में डायबिटिक पेरिफेरल न्यूरोपैथी की घटना और उसकी प्रकृति (Prakriti) से संबंध पर आधारित क्रॉस-सेक्शनल अध्ययन तथा स्वस्थ स्वयंसेवकों में वरादी और मुस्तादी घन वटीकी जैवउपलब्धता का मूल्यांकन करने हेतु क्रॉस-ओवर रैंडमाइज़्ड क्लिनिकल ट्रायल, जबकि समीक्षाधीन अवधिमें एक नई परियोजना प्रारंभ कर पूर्ण की गई – मानासिकभाव परीक्षा और डायबिटीज़ डिस्ट्रेस स्केल के माध्यम से टाइप-2 मधुमेह रोगियों का मनोवैज्ञानिक आकलन (एक प्रेक्षणात्मक अध्ययन)। इन अध्ययनों से संबंधित एक शोध लेख प्रस्तुतिकरण हेतु भेजा गया है। समीक्षाधीन अवधिमें दो शोध लेख समीक्षित पत्रिकाओं में प्रकाशित हुए तथा चार लेख प्रकाशन हेतु संप्रेषित किए गए।

CENTRAL AYURVEDA RESEARCH INSTITUTE, BENGALURU
(Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, Govt. of India)

SUMMARY OF ANNUAL REPORT 2025-26

Central Ayurveda Research Institute (CARI), Bengaluru under Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Govt. of India, has been functioning in Bengaluru since 1971. The institute shifted from a state government building to its own campus in 2019, consists of Hospital Block with Out-Patient Department (OPD), 28-bedded In-patient Department (IPD), Specialty OPDs like Shalya & Marma Chikitsa, Shalakya (Eye & ENT), Diabetes, Manasaroga and Geriatrics. Other therapeutic facilities include Panchakarma, Yoga, Clinical Laboratory, Pharmacy, Minor OT, X-Ray, Ultrasonography (USG), and Echocardiography (ECG) and Hospital Canteen.

The Administrative Block of the institute houses key facilities including office, a meeting hall equipped with video conferencing, a seminar hall, raw drug museum and herbarium, food laboratory, library, store, and specialized laboratories such as microbiology, pharmacognosy, chemistry, and botany. Since its inception, the institute has been actively contributing towards achieving targets under assigned programmes with a multidisciplinary team of scientists working cohesively towards the scientific validation of Ayurveda.

Presently there are 31 regular employees working at CARI, Bengaluru against the 64 sanctioned posts. There are 13 (37%) permanent scientists including head of institute, 22 (63%) contractual researchers and 108 overall staff. Total 5 scientists and 22 contractual research staff at the institute are young women scientists and researchers. 28 (80%) among 35 total researchers are young scientists. 25 (71%) out of 35 are women scientists. The institute has supported all scientists and researchers for conferences, and training. 70% of the Officers have been deputed to provide training for various activities. All regular employees have undergone training and completed mandatory courses successfully under iGoT Karmayogi portal. 16 skill development programs have been conducted by the Institute in the reporting year. 8 training workshops and capacity building programs were organized by the Institute. 547 persons were benefitted by attending the skill development training. 25 awareness programmes and 2 health camps were conducted. Activities under Swachata action plan were successfully implemented. The institute has been providing training to BAMS & MBBS internees of several medical and Ayurveda colleges.

Since its inception, the institute has made significant academic contributions with a total of 514 scientific publications and abstracts, 10 monographs, 8 published books, 8 book chapters, 11 book reviews and 1,613 presentations and participations, along with accolades including 3 gold medals, 4 best research paper awards, and incentives for two best publications. During the reporting year, scientists from the institute have published 22 research articles in national and international journals, 2 article is published in proceedings of the conference, 17 are in pipeline, 8 published books, 2 book chapter and 3 book reviews. The institute received 1014 citations for papers published over the preceding three financial years. Additionally, officers actively participated in 190 seminars, webinars, conferences, meetings, and hands-on training programmes. The institute's reference library houses 2,092 books, along with important scientific journals and CCRAS publications available for reference and sale. A total of 15 IEC materials related to outreach program and clinical

services were prepared by the Institute. Audio visual material including video of Institute activities and recomposition of CCRAS Kulgeet was prepared. 3 scripts were submitted for production of docudrama episodes for Ministry of Ayush and for iGoT modules.

Institute has adopted AHMIS, AyusCare for Lab information management system (LIMS) and Drug inventory management system for patient care, Clinical laboratory and pharmacy respectively. The Institute has been conducting regular review meetings to monitor the progress and has successfully conducted all the assigned activities as per the CCRAS calender.

The institute maintains a fully functional bilingual website (www.cari.gov.in), which recorded a total of 1,40,347 impressions during the reporting period and supported e-healthcare initiatives reaching 1,72,113 people. The website is differently abled friendly and adheres to all security protocols mandated by the Government of India. In addition, the institute operates a YouTube channel to promote health awareness and disseminate information on various activities and achievements of CARI, CCRAS, and the Ministry of Ayush.

During the reporting year, the institute received ₹17.59 crore from CCRAS Headquarters, of which ₹7.55 crore (42.9%) was utilized for R&D activities including IMR, EMR, collaborative, and outreach projects. Additionally, ₹1.58 crore was received from the Ministry of Ayush for the Centre of Excellence (CoE) on Diabetes. The institute generated a total revenue of ₹68,15,517, with the Clinical Research Unit contributing ₹58,77,686 through OPD/IPD services, Panchakarma procedures, minor OT, and diagnostic investigations such as X-ray, ECG, and USG. Other contributions included ₹1,59,750 from the Survey of Medicinal Plants Unit (SMPU), ₹58,100 from Chemistry/HPTLC activities of Drug Standardization & Research Unit (DSRU), ₹31,800 from sale of books and publications of CCRAS, ₹5,000 from tender processing fees, ₹6,05,450 from registration fees for an international conference and incubation projects, and ₹77,731 as interest from the savings bank account. An amount of ₹11.33 lakh (0.64%) remained unutilized and was returned.

More than 6 International and National programs like Conference/seminars/workshop were organized by CARI Bengaluru in this reporting year. The Officers have contributed to the Standard treatment guidelines of Metabolic Disorders published by Directorate General of Health Services (DGHS) and for regulatory policies of Incubation Centre at the Institute and for research methodology guidelines.

On the occasion of 57th foundation day of CCRAS, the institute organized a two-day International Conference on “Ayurveda and Integrative Approaches to Obesity and Metabolic Syndrome” on 1st - 2nd December 2025 at IISc Bengaluru in collaboration with IISc and NIMHANS. Around 850 delegates actively participated from about 85 institutes from India and abroad in a total of 24 parallel sessions with 240 presentations including pre-conference virtual event. The conference brought together experts from Ayurveda, Modern Medicine and allied sciences, which facilitated knowledge exchange, interdisciplinary collaboration, and key recommendations for strengthening integrative research and healthcare in metabolic diseases.

The Institute has established an incubation centre titled Ayurvedic Sciences Incubation Centre (ASIC) under the “Startup Incubation through AYUSH Institutions” scheme of the Ministry of Ayush for promotion of innovation and entrepreneurship in the Ayurveda sector by supporting startups with innovative product or service-based business

ideas. With a sanctioned outlay of approximately ₹4.99 crore for a period of five years, ASIC aims to support startups across diverse domains including healthcare, nutraceuticals, supply chain, AI-based solutions, and social impact areas by providing mentorship, financial assistance, regulatory facilitation, and Intellectual Property Rights (IPR) support.

During the year 2025–26, the incubation centre formulated its Policy and Guidelines, constituted the Selection-cum-Review Committee and Project Approval Committee, and developed initial infrastructure with dedicated workstations and office facilities. The Centre floated an Expression of Interest (EOI) through leading newspapers and social media platforms to invite applications from startups. In response, a total of 85 registrations and 25 business applications were received, out of which 23 applicants completed the mandatory processing requirements for further evaluation. Further screening and selection process is underway as per the prescribed timeline to identify suitable startups for incubation.

The institute has been certified by the Bureau of Indian Standards (BIS) under the IS/ISO 9001:2015 Quality Management System Certification Scheme for delivering quality healthcare services, following the successful completion of two stages of audits conducted by BIS authorities. An inspection by the National Accreditation Board for Testing and Calibration Laboratories (NABL) for accreditation of the institute's clinical laboratory was conducted on 31st January–1st February, 2026 for the Departments of Biochemistry and Hematology, covering a scope of 50 test parameters. This accomplishment marks our evolution from an entry-level facility to a fully established, NABL-accredited laboratory. CARI Bengaluru is the first CCRAS institute to be awarded ISO 15189:2022 accreditation for both Biochemistry and Haematology.

The institute played a key role in developing a proposal for establishing Department of Integrative medicine at upcoming Tata IISc Medical School, Bengaluru, which has been submitted to Ministry of Ayush after obtaining due approval from the Director IISc.

The institute is recognized as a Ph.D. centre by Datta Meghe Institute of Higher Education and Research (DMIHER), Sawangi, Wardha, Maharashtra, and as a Post-Doctoral Research Centre by Dayananda Sagar Academy of Technology and Management (DSATM), Bengaluru. The institute's application for recognition as a Ph.D. centre under Bangalore University is under progress. At present, three Ph.D. scholars are being guided through collaboration with DMIHER, and One Ph.D scholar is guided through JSS Academy of Higher Education and Research, Mysuru. One post-doctoral fellow is undergoing research under the institute's guidance. Two officers from the Institute have received Ayur vishwarathna award.

The Institute has received grants for one research project on Obesity from ICMR, for pharmacovigilance under AOGUSY Scheme and Centre for Excellence in Madhumeha, under Ayur Swasthya Scheme from Ministry of Ayush.

During the reporting period, the Internal Audit of institute was conducted by CCRAS Headquarters for the period 2017–18 to 2024–25, evaluated research activities, hospital services, and compliance with NABH, NABL, and BIS standards, confirming overall adherence to approved protocols and regulatory guidelines. The audit covered CCRAS-funded and outreach projects, hospital infrastructure, diagnostic facilities, and documentation systems, and highlighted key strengths such as 28 functional beds with round-the-clock health care, well-equipped laboratory services, and recognition as a Centre of Excellence (CoE) in diabetes management. The audit also emphasized the need to strengthen manpower

in view of the increasing patient load to sustain quality healthcare services. Overall, the institute was found to be functioning satisfactorily, with identified corrective measures aimed at further enhancing operational efficiency and audit preparedness.

The inspection of the Central Ayurveda Research Institute (CARI), Bengaluru, was also conducted by Hindi Section of CCRAS Headquarters on 18.11.2025, focused on the implementation of Official Language (Hindi) policies and adherence to parliamentary committee guidelines. The institute was advised to ensure compliance with prescribed targets for correspondence in Hindi, promote participation of officers in Hindi training programmes, and enhance the use of Hindi in meetings, publications, and official communications, with an emphasis on strengthening overall Rajbhasha implementation and compliance.

During the reporting period, the institute organized a wide range of national-level workshops, training programmes, and academic activities to strengthen research, clinical practices, and public health awareness. Major initiatives included a workshop on “Understanding Health and Wellness through Microbiome Research” held on 9–11 February 2026 in collaboration with the Distinguished Ayush Chair, Ministry of Ayush; a workshop on Pharmacovigilance and BIS standardization on 17 October 2025; and the seminar “Madhumeha Vimarsha” conducted on 14 November 2025 on the occasion of World Diabetes Day. A capacity-building and research orientation programme for Ayurveda professionals was held on 26 February 2026 at IISc Bengaluru, along with an expert clinical consensus meeting on SOP development of Netra Kriyakalpa at CARI Bhubaneswar on 2–3 March 2026. The institute also conducted an Investigator’s Training Programme on CCRAS standardized Prakriti and Swasthya Assessment Scale on 28 March 2026 for faculties of various Ayurveda colleges across Karnataka. Prakriti Assessment Training was also imparted to major institutes of Karnataka like Department of Integrative Medicine, National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru, SDM Institute of Ayurveda & Hospital, Bengaluru and JSS Ayurvedic Medical College & Hospital, Mysore; and a GCP training programme for Institutional Ethics Committee members in collaboration with City Health Care, Kolar, on 12 August 2025. In addition, workshops on pharmacovigilance awareness programmes at 12 Ayush colleges, training on research methodology and diabetes management for 12 batches of Ayurveda students, and 4 Rajbhasha Hindi workshops were also conducted during the reporting period.

The institute also actively observed important national and international days, including World Environment Day (5 June 2025), International Yoga Day (21 June 2025), Blood Donation Day (14 June 2025), Organ Donation Day (13 August 2025), Constitution Day (26 November 2025), Janjatiya Gaurav Divas (15 November 2025), Patient Rights Day (17 September 2025), World Patient Safety Day (17 September 2025), Ayurveda Day (29 October 2025), Hindi Pakhwada (14–28 September 2025), Hindi Diwas (14 September 2025), and national programmes such as Poshan Maah (September 2025), Swachhata Abhiyan, World Diabetes Day (14th November) and Vigilance Awareness Week (27 October–2 November 2025).

Under the Swachhata Hi Seva 2025 campaign, the institute organized various activities, including awareness programmes on sanitation, solid waste management, and biomedical waste management, and administered the Swachhata pledge to all staff, promoting environmental responsibility and public health awareness.

Presently, the institute is rendering clinical services through a NABH-certified hospital and an NABL-accredited laboratory, providing comprehensive primary healthcare at

both outpatient and inpatient levels with free medicines. The facilities include preventive and curative care, routine pathological and biochemical laboratory investigations, Panchakarma, Shalya and Marma Chikitsa, Minor OT, Shalakya (Eye & ENT), Yoga, De-addiction and Manasa Roga services, along with diagnostic services such as Ultrasonography (USG), Color Doppler USG, X-ray, and Electrocardiography (ECG).

Since inception, the Clinical Research Unit (CRU) has served 5,35,123 patients. During the reporting period, a total of 49,757 patients (48,774 at CARI Campus, Kanakapura Road, and 983 at NAL OPD) were treated, with an average daily footfall of 165 patients. The Centre of Excellence (CoE) OPD managed 12,226 diabetic cases, including 1,749 new and 10,477 follow-up patients. Specialized services catered to 15,012 geriatric patients, 2,393 Shalya OPD patients, 2,870 Shalakya OPD patients, and 583 patients with flu-like illness. A total of 31,343 Panchakarma procedures and 381 para-surgical procedures were performed. Additionally, 1,55,576 investigations were conducted, including 1,52,978 laboratory tests, 1,619 USG/ECG, and 979 X-rays. The institute admitted 991 patients and discharged 984 patients during the period, maintaining a high bed occupancy rate of 97.76%. Furthermore, seven health camps were organized to extend healthcare services to the community.

Consultancy services of the Institute include drug authentication and standardization, demonstration of medical plant identification, herbarium methodology, and pharmacognosy apart clinical consultancy like e-health, health consultancy at other organizations like National Aerospace Laboratories (NAL).

Since inception, clinical research projects on Kuposhana (Malnutrition), Arsha (Haemorrhoids), Manodwega (Anxiety neurosis), Tamakashwasa (Bronchial Asthma), Vyanabala Vaishamya (Hypertension), Pandu (Iron deficiency Anemia) have been completed. Further, collection of information about claims of prevention and treatment of Vector Borne Diseases, Flu like illness and Pharmacovigilance studies on Ayurvedic medicines have been completed. Intramural Clinical Research Projects (IMCRP) on Rasayana (Aswagandhavalehya and Brahma Rasayana in geriatrics), Kashtartava (Dysmenorrhoea), Sthaulya (Obesity), Osteoarthritis Knee, Rasayana effect of Chyavanaprasha, Osteoporosis, Bronchial Asthma, Gridhrasi, Rasaushadhis, KAP study on Diabetes Mellitus, AYSUH-D in Pre-Diabetes and Type 2 Diabetes Mellitus, Dengue, Breast cancer, Medoroga (Obesity), Non Alcoholic Fatty Liver Disease (NAFLD), Health care seeking behavior, Ayurveda based community health care approach, Subclinical Hypothyroidism, Systems Biology approach to Prakriti, Diabetic Retinopathy, Dyslipidemia, Generalized Anxiety Disorder (GAD), Tuberculosis, Traditional food recipes, Prescription Trends in Osteoarthritis etc. have been completed.

Total 12 projects were completed under Centre of Excellence (CoE) for Diabetes viz- Evaluation of anti-diabetic efficacy of four selected classical Ayurvedic poly-herbal formulations in Type-2 Diabetes Mellitus—A randomized pilot study; Clinical evaluation of anti-diabetic efficacy of ‘Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulations in Pre-diabetes—A pilot study; A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes; A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes); Knowledge, Attitude and Practices related to Madhumeha (Diabetes); Development of predictive system for diagnosing the risk of Diabetes using machine learning techniques; Preclinical study of four antidiabetic formulations in high fat diet along with low dose of Streptozotocin induced diabetes in Wistar rats; Evaluation of bio-availability of Varadi and Mustadighanavati in healthy volunteers, A

crossover randomized clinical trial; Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients. A cross-sectional study; Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of type-2 diabetes mellitus-A Randomized control trial; Safety and efficacy of Mustadi ghanavati and Varadi ghanavati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study; Psychological assessment of type-2 diabetes mellitus through Manasikabhava Pareeksha and Diabetes Distress Scale: An observational study.

During the reporting period, the institute has completed fourteen research Projects viz.-Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans; A Cross-Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy; Efficacy and safety of Ayurveda Formulation 'Trikatu' in Dyslipidemia – A Prospective Randomized Double Blind Placebo Controlled Trial; A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme; Evaluation of Hepatoprotective activity of PTK as an add on therapy in the patients of Tuberculosis on ATT - A Double-Blind Randomized control clinical study; Evaluating the efficacy of Ayurvedic intervention as add on to conventional treatment and explore the interaction of epigenetics, neuro/gut biomarkers and neuroimaging in pediatric ADHD (attention deficit hyperactivity disorder); Seasonal variation on bioactive compounds of Panchavalkal-05 medicinal plants used in Ayurveda; Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective; Documentation of Prescription Trends in Osteoarthritis by Ayurveda Physicians-A Retrospective Analysis; Documentation of history and development of CCRAS: a chronological perspective; Documentation of Ethno - Dietary Practices Indigenous India (THCRP); Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India. (THCRP); Documentation of Ethno - Dietary Practices Indigenous India (SCSP); Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India. (SCSP); 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); Tolerability, treatment adherence and effectiveness of Ayurvedic Intervention (Drakshavaleha and Punarnava Mandura) in the management of moderate Iron Deficiency Anemia in students of selected Ekalavya Model Residential Schools: a collaborative study under EMRS project.

Out of these fifteen projects, extension was sought for nine projects. 40% of research projects completed on time. The technical reports of completed projects are being prepared and yet to be submitted by the institute.

Management of Autism Spectrum Disorder in children through a comprehensive Ayurveda approach as an add-on to conventional therapy - A randomized control clinical trial; A Clinical Consensus Study for developing the practice guidelines and Standardization of Tarpana & Putapaka with a Feasibility Study in Myopia; Survey and Documentation on Netra Kriyakalpa practices among registered Ayurveda practitioners across India; Effectiveness of Drakshavaleha in Improving the symptoms of Functional Gastrointestinal Disorders (FGD) - A Multi Centre Study; Study and documentation of plant raw drugs for substitution & adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh, Telangana); Documentation of Wild Edible and Medicinal Plants available

in different markets of southern part of Western Ghats in Karnataka State of Karnataka; Medico Ethno Botanical Survey of Nallamala forests located in the states of Andhra Pradesh and Telangana; Ayurveda Sciences Incubation Centre (ASIC) are eight ongoing Intra Mural Research (IMR) projects in the institute.

CARI is executing Nine Multi Centric/Collaborative Clinical Research Projects (MCCR)- viz-Ayurveda therapeutic regimen as an Add-on to optimized conventional management of Parkinson's disease: An RCT for assessment of Clinical, Cortical excitability, Neuroimmune and Autonomic function parameters; A Comparative study to evaluate the efficacy and safety of Ayurvedic Intervention in Insomnia disorder among the elderly – A prospective randomized open- label study; Efficacy and safety of Arjuna [*Terminalia arjuna* (Roxb. Wight & Arn)] as an adjunct to standard care in Atherogenic Dyslipidemia- A randomized double-blind placebo-controlled study; Safety, Efficacy, Acceptability & Tolerability of Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial; General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs; A Double-Blind Double Dummy Prospective Randomized Controlled Study to evaluate the efficacy of classical Ayurveda Management versus Methotrexate in Rheumatoid Arthritis (AMRA); Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products; Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations; Comparative evaluation of field and hydroponic cultivation of selected Ayurvedic medicinal plants.

One collaborative project in collaboration with Indian Institute of Science (IISc), Bengaluru is ongoing – “A Randomized active comparator controlled clinical trial of selected Ayurvedic formulations in Pre-Diabetes and Type 2 Diabetes”. Another collaborative project in collaboration with National Institute of Traditional Medicine (NITM), Belagavi and funded by Indian Council of Medical Research (ICMR). Previously titled as “Evaluation of Triphala as an Add-on Intervention for Sustained Weight Loss in Overweight and Obesity: A Randomized Placebo-Controlled Clinical Trial” but currently re-titled as “Evaluation of Triphala as an Add-on Intervention for Sustained Anti-obesity Effect in Central Obesity: A Randomized Placebo-Controlled Clinical Trial (TRUST-RCT-2024)” is also ongoing.

Total 9 projects are sanctioned but yet to be initiated viz-Safety & Efficacy of Integrative Ayurvedic Intervention in the management of Mild Neuro Cognitive Disorder (MNCD) (Smritibhramsa) – A Randomized Controlled Clinical Trial; Efficacy of Ayurveda coded formulation Ayush D in the management of Type 2 Diabetes Mellitus- A prospective multi-center randomized double-blind placebo-controlled clinical trial under SMART 2; Effect of Tagar (*Valeriana Wellichii*) on sleep outcomes in older adults with Insomnia: a multisite clinical trial under SMART 3; Evaluation of Comprehensive Ayurveda Interventions Against Standard Care in Osteoarthritis Knee – A Pragmatic Clinical Trial; A Comparative study to Evaluate Safety and Efficacy of Integrative Ayurveda and Yoga Intervention in Geriatric depression at old age homes - A cluster randomization study; Efficacy of Ayurveda Nutritional Supplement (Ayush BL) in children aged 6 to 12 years with Moderate Acute Malnutrition – A Cluster Randomized clinical Trial; Development of Millet based dietary supplements for Type 2 Diabetes Mellitus patients; A cross-sectional survey to study the distribution pattern of different prakriti types across India -A multi centric study; Medico Ethno Botanical Survey of Chikkaballapura District, Karnataka state.

Total two projects were approved by Project Evaluation and Monitoring Committee (PEMC) but to be sanctioned include- Compliance assessment of marketed "Ayurvedic"/"Herbal"/ "Natural" positioned cosmetics in India with existing regulatory framework of D & C Act 1940 and Rule 1945, Cosmetics Rules 2020 and Cosmetic Amendment Rules 2025 and A Systematic Survey Study; CCRAS-Central Digital Database of Edible Fruits-Karnataka.

Total 2 projects were submitted to Project Evaluation and Monitoring Committee (PEMC) include- Prospective Documentation of Amruta Varicose Vein Syrup and Oil in the Management of Varicose Veins, Including Venous Ulcers and Chronic Venous Insufficiency; Efficacy of Ayush 64 as an add-on to Lifestyle advocacy in Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) – A Randomized controlled trial.

Other 7 proposed IMR/collaborative projects viz.-Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes Associated with Diabetes: A Randomized Double Blinded Placebo Controlled Clinical Trial; A comparative study to evaluate the efficacy and safety of Ayurvedic intervention in prediabetic and diabetes mellitus 2 subjects- A prospective randomized open label study; Integrative Ayurvedic Management of Early Non-Proliferative Diabetic Retinopathy: A Randomized Controlled Trial Assessing Retinal Structure and Visual Function (Submitted at the ICMR e-PMS portal); A Community based study on obesity using Ayurveda and Yoga Interventions (Submitted via Ayush NGO Portal under Ayurswathya Yojana of Ministry of Ayush); Efficacy of Ayurveda intervention in the management of Psoriasis and its association with Metabolic syndrome: A randomized controlled clinical trial; Standardization of oldest traditional organic manure - Kunapajala; Establishment of Regional Raw Drug Repository of Western Coastal Plain (Kerala, Maharashtra, Goa, Daman & Diu, Lakshadweep) are submitted for approval.

Under Medicinal Plants Research, about 110 botanical raw drugs weighing about 428.3 kg fresh/dry crude samples have been collected/purchased and after processing about 214.44 kg material supplied to various IMR/Collaborative research projects of CCRAS during the reporting year. Total 675 botanical samples have been identified, and authentication certificates are issued for academic/research students.

During the reporting period, total 335 samples were analyzed using HPTLC, physicochemical constant values determination, phytochemical screening, and powder microscopy. Provided demonstrative training on handling of HPTLC, Phytochemical and Physicochemical studies of plant material to about 632 students in batches of 20-30 students from various colleges such as SDM Ayurveda College, Atreya Ayurveda Medical College, Sri Sri Ayurveda College, Adichunchanagiri Ayurvedic Medical College, Kalabryaweshwara swami Ayurvedic Medical College and Hospital Research Centre, Govt Ayurveda Medical College; Nalanda Degree College, Chittoor, Andhra Pradesh.

Besides, the Institute has conducted outreach activities viz.- Tribal Health Care Research Project (THCRP), Ayurveda Mobile Health Care Project (AMHCP)- Scheduled Caste Sub Plan (SCSP) and Ekalavya Model Residential Schools (EMRS) with public health orientation. The institute also took part in organizing the free health camps and distributed medicine to the needy public.

During the reporting period, under Tribal Health Care Research Project (THCRP), 130 tours/field visits were conducted at 20 Blocks of 05 Districts of 02 states including

Karnataka & Goa. Total 2314 patients were treated, and 147 lab investigations were performed. Total 44 awareness lectures were conducted in which 962 people benefitted. Under “Documentation of Ethno-Dietary Practices Indigenous India (THCRP)” project, the team documented total 178 recipes via conducting 100 In-depth Interviews (IDIs) and 20 Focused Group Discussion (FGDs) in selected areas of Karnataka & Goa. The team also visited 15 famous religious places and 3 Vedic Universities. Under “Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India (THCRP)” project, the team documented total 135 rituals via conducting 93 In-depth Interviews (IDIs) and 20 Focused Group Discussion (FGDs) in selected areas of Karnataka & Goa. The team also visited 3 famous religious places and 1 Vedic University.

During the reporting period, under Ayurveda Mobile Health Care Programme under Scheduled Caste Subplan (AMHCP-SCSP), 98 tours/field visits were conducted at 20 Blocks of 06 Districts of Karnataka. Total 1705 patients were treated and 1944 lab investigations were performed. Total 22 awareness lectures were conducted in which 681 people benefitted. Under “Documentation of Ethno - Dietary Practices Indigenous India” project, the team documented total 478 recipes via conducting 104 In-depth Interviews (IDIs) and 20 Focused Group Discussion (FGDs) in selected areas of Karnataka. The team also visited 35 famous religious places and 3 Vedic Universities. Under “Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India” project, the team documented total 238 rituals via conducting 100 In-depth Interviews (IDIs) and 20 Focused Group Discussion (FGDs) in selected areas of Karnataka. Total 72 rituals were documented via conducting 29 In-depth Interviews (IDIs) and 2 Focused Group Discussion (FGDs) in Famous religious places and 9 rituals via 1 IDI and 2 FGD at 3 Vedic Universities.

Ministry of Ayush, in collaboration with Ministry of Tribal Affairs & Indian Council of Medical Research- National Institute for Research in Tribal Health (ICMR-NIRTH), Jabalpur has jointly initiated the screening of Ekalavya Model Residential Schools (EMRS) students with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students. Under this programme, students diagnosed with mild Anemia given with intervention from February 2025 to June 2025, moderate Malnutrition from February 2025 to August 2025 and IDA from July 2025 to October 2025 and Lifestyle advocacy from June 2025 and is ongoing. In each visit conducted awareness lectures to students, provided Incidental support and do the follow up of the participants enrolled into the study. Distributed sports items to the students at both the schools. Yoga sessions were conducted to the students at both the schools. Total 62 visits for incidental support were conducted and the medicines distributed for the students, teachers and other staff.

To support Fit India movement, a classical Ayurveda based energy drink developed by CSIR-CFTRI, Mysuru. The product is developed. Planning for the clinical trial is underway. The Beeja Ladduka is a classical Ayurvedic preparation prepared in collaboration with CSIR-CFTRI, which is a nutritional supplement planned to be given in mild and moderate malnutrition in school children.

The National Pharmacovigilance Program is also continuing under Ayush Oushadhi Gunvatta Evam Utpadan Samvardhan Yojana (AOGUSY), Central Sector Scheme, Ministry of Ayush. Awareness regarding pharmacovigilance is being created under this program. Total

137 misleading advertisements, and 11 Adverse Drug Reactions (ADR) were reported. Total 12 awareness programs were conducted at various Ayush colleges and CARI Bengaluru.

The Central Ayurveda Research Institute (CARI), Bengaluru, is the first institute under CCRAS to be granted the Centre of Excellence scheme for Research and Clinical Services in Madhumeha (Diabetes Mellitus) by the Ministry of Ayush, with a total funding of ₹7,24,80,400/- for a period of five years. Under this scheme, a specialized OPD for Madhumeha patients is operational, providing free consultation, medicines, and laboratory investigations. During the reporting period, the CoE OPD catered to a total of 12,226 patient visits, including 1,749 new diabetic patients (1,034 male and 715 female) and 10,477 follow-up visits (6,238 male and 4,239 female), offering comprehensive Ayurveda-based management of diabetes.

Total 20 training programmes were conducted of which 10 were for patients and 10 student training programmes. The anti-diabetic efficacy of four selected formulations was evaluated at Nagpur Veterinary college, Nagpur and a pilot study completed using four selected formulations. Based on the animal study report, two formulations were selected for the clinical trial and the study is completed (Safety and efficacy of Mustadi ghanavati and Varadi ghanavati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study). SOPs for two ready to cook food recipes developed in collaboration with Centre for Incubation, Innovation, Research, and consultancy (CIIRC), Bengaluru and clinical trial is completed to evaluate the two ready to cook dietary supplements for its antidiabetic property in patients of type -2 diabetes mellitus. Ultrasound sonography and ECG machine was purchased under CoE scheme during the previous year and is being utilized for the patients at CARI hospital. Risk assessment portal is developed using Artificial Intelligence (AI) technology and made available in the institute website for the viewers to assess the risk of Diabetes. 10 IEC materials have been developed and are being distributed to public, and the soft copies are available on the website.

In addition, 3 minor research projects, two initiated in the previous year (Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients – A cross-sectional study, Evaluation of bioavailability of Varadi and Mustadi ghanavati in healthy volunteers – A cross-over randomized clinical trial) and one initiated in the reporting period (Psychological assessment of type-2 diabetes mellitus through Manasika bhava Pareeksha and Diabetes Distress Scale: An observational study) were completed, and article in this regard is under submission. During the reporting period, two articles were published in peer reviewed journals and 4 were communicated for publication.

Background note on Intra Mural Research (IMR)/ Multi Centric Collaborative Research Projects (MCCRP)/Outside Funding Research Projects-

Sl. No.	Title of the project	Target	Status	Remarks
Intramural Research Projects (Clinical)- Ongoing				
5.	Management of Autism Spectrum Disorder in children through a comprehensive Ayurveda approach as an add-on to conventional therapy - A	80	Ongoing	Enrolled-15 Completed-0 Drop out-0 Ongoing- 15

	randomized control clinical trial			
6.	A Clinical Consensus Study for developing the practice guidelines and Standardization of Tarpana & Putapaka with a Feasibility Study in Myopia	Stage 1: Consensus meeting Stage 2: Feasibility Study on 30 patients of Myopia	Ongoing	Stage 1 completed- Consensus (1 Online & 1 Offline experts meeting, Scoping review) Stage 2: Feasibility study to be initiated.
7.	Survey and Documentation on Netra Kriyakalpa practices among registered Ayurveda practitioners across India	13 practitioners to be documented with minimum 10 Netra kriyakalpa practices	Ongoing	Netra Kriyakalpa practices of two practitioners are documented and submitted
8.	Effectiveness of Drakshavaleha in Improving the symptoms of Functional Gastrointestinal Disorders (FGD) - A Multi Centre Study	300	Ongoing	Screened- 122 Enrolled-122 Completed-92 Drop out-00 Ongoing- 30
Intra-Mural Projects (Others)- Ongoing				
5.	Study and documentation of plant raw drugs for substitution & adulteration in the markets of South India (Karnataka, Kerala, Tamil Nadu, Andhra Pradesh, Telangana)	NA	Ongoing	Available crud drugs from the local markets from Bengaluru, Chennai and Cheruthurthy, Vijayawada have been collected and pharmacognostical study is under progress
6.	Documentation of Wild Edible and Medicinal Plants available in different markets of southern part of Western Ghats in Karnataka State of Karnataka	Documentation of Wild edible plants from Mysuru, Kodagu, Hassan, Chikmagalur, Dakshina Kannada and Udupi districts	Ongoing	Survey and documentation of wild edible plants from some local markets in Hassan, Mysuru, Chikmagalur, Udupi, Kodagu, districts were visited and documented wild edible plants.

7.	Medico Ethno Botanical Survey of Nallamala forests located in the states of Andhra Pradesh and Telangana	4 MEBS tours	Ongoing	Total 03 survey tours each in Andhra Pradesh and Telangana states conducted and documented medicinal plants and LHTs.
8.	Ayurveda Sciences Incubation Centre (ASIC)	To support 20 startups in 5 years	Ongoing	EoI floated. Total 23 application received.

Intramural Research Projects (Clinical) –Completed

4.	Efficacy and safety of Ayurveda Formulation ‘Trikatu’ in Dyslipidemia – A Prospective Randomized Double-Blind Placebo Controlled Trial	120 (Extended for 9 months)	Completed	Screened- 189 Screen failure-69 Enrolled- 120 Completed- 112 Drop out- 08
5.	A Cross-Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy.	1350 (Extended for 18 months)	Completed	Screened- 1034 Enrolled- 1033 Completed- 1033
6.	Documentation of Prescription Trends in Osteoarthritis by Ayurveda Physicians–A Retrospective Analysis	20000 (case sheets)	Completed	Screened-2600

Intra-Mural Projects (Others) –Completed

6.	Documentation of history and development of CCRAS: a chronological perspective	Office information since inception	Completed	Information about CARI Bengaluru submitted.
7.	Documentation of Ethno - Dietary Practices Indigenous India (THCRP)	4 districts of Karnataka & 1 district of Goa	Completed	Recipies-178 IDI-100 FGD-20 Religious place-15 Vedic university-3
8.	Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India. (THCRP)	4 districts of Karnataka & 1 district of Goa	Completed	Rituals-135 IDI-93 FGD-20 Religious place-3 Vedic university-1
9.	Documentation of Ethno - Dietary Practices Indigenous India (SCSP)	6 districts of Karnataka	Completed	Recipies-478 IDI-104 FGD-20 Vedic university-3
10.	Documentation of plants, metals, minerals, animal products and other materials used in various Indigenous religious practices and rituals across India. (SCSP)	6 districts of Karnataka	Completed	Rituals-241 IDI-100 FGD-20 Religious place-35 Vedic university-3

Collaborative Research Projects (Clinical) –Ongoing

1	Ayurveda therapeutic regimen as on Add-on to optimized conventional management of Parkinson's disease: An RCT for assessment of Clinical, Cortical excitability, Neuroimmune and Autonomic function parameters	80	oing (Extended till 31.09.2026)	Enrolled-80 Completed-42 Dropout-19 Continuing-19
2	A Comparative study to evaluate the efficacy and safety of Ayurvedic Intervention in Insomnia disorder among the elderly – A prospective randomized open- label study	Target-140	Ongoing	Screened- 29 S. failure- 7 Enrolled-22 Completed-16 Dropout-00 Continuing-06
3	Efficacy and safety of Arjuna [Terminalia arjuna (Roxb.Wight&Arn)] as an adjunct to standard care in Atherogenic Dyslipidemia- A randomized double-blind placebo-controlled study	Target-170	Ongoing	Enrolled-00 Completed-00 Dropout-00 Continuing-00
4	Safety, Efficacy, Acceptability & Tolerability of Maggot Debridement Therapy in Madhumehajanya Vrana w.s.r. to Diabetic Foot Ulcer: A Randomized Controlled Pilot Clinical Trial	Target-30	Ongoing	MoU, IEC, CTRI, Procurement done. Clinical trial insurance being pursued.
5	A Double-Blind Double Dummy Prospective Randomized Controlled Study to evaluate the efficacy of classical Ayurveda Management versus Methotrexate in Rheumatoid Arthritis (AMRA 2.0)	140	Ongoing	IEC approval awaited
Collaborative Projects (Others)– Ongoing				
1	Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products	10 recipes	Ongoing	Pesticide analysis of products and Molecular mechanism assessment under progress.
2	Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations	Alpha Glucosidase inhibitory potential, cell viability (MTT assay in HepG2, RIN-5F, 3T3-L1 & L6 cell lines),	Ongoing	Glucose uptake assay in HepG2 and L6 cell lines in presence of Palmitic acid completed. • Insulin release by RIN-5F

		fatty acid profiling, 2D colony formation assay in RIN-5F, Propidium Iodide assay in RIN-5F.		completed. • Evaluated effect of all the formulations on cell viability at 25 µg/mL in presence of Palmitic acid in 3T3-L1 cells by MTT assay
3	Comparative evaluation of field and hydroponic cultivation of selected Ayurvedic medicinal plants	Cultivation of selected 5 medicinal plants	Ongoing	Field, hydroponic and soil less cultivation of Piper longum, Uraria picta, Rubia cordifolia, Convolvulus pluricaulis and Boerhavia diffusa completed. Analysis on bioactive compounds of Convolvulus pluricaulis and Boerhavia diffusa is under progress.
Collaborative Clinical Research Projects –Completed				
1	Evaluation of Hepatoprotective activity of PTK as an add on therapy in the patients of Tuberculosis on ATT - A Double Blind Randomized control clinical study	150/100 (Revised)	Completed	Screened-118 Screen Failure-18 Enrolled-100 Completed-89 Drop out-11
2	Evaluating the efficacy of ayurvedic intervention as add on to conventional treatment and explore the interaction of epigenetics, neuro/gut biomarkers and neuroimaging in pediatric ADHD (attention deficit hyperactivity disorder)	100 (Reduced to 80)	Completed	Screened-1055 Enrolled-80 Completed-60 Drop out-20
3	A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme	440	Completed	Screened-539 Enrolled-444 Completed-403 Drop out-41
4	Systems Biology approach to delineate molecular signatures of	Analysis of 786 urine samples	Completed	Collected-786 Processed-786

	Prakriti in healthy humans			Analyzed-786
Other Collaborative Projects - Completed				
1	Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective	100 traditional recipes from 20 locations	Ongoing	Phase 1: Completed Phase 2: Completed Total number of recipes recorded: 127/100
2	Seasonal variation on bioactive compounds of Panchavalkal-05 medicinal plants used in Ayurveda	Study of seasonal variation of 05 medicinal plants	Ongoing	Seasonal collection and analysis of bioactive compounds from stem bark (secondary and tertiary branches) of Panchavalkal plants (04 Ficus and 01 Thespesia species) completed
Outreach Programmes				
1. Tribal Health Care Research Programme (THCRP)				
1	Tribal Health Care Research Programme (THCRP)	NA	Completed	Duration-12 Months States - 02 (Karnataka & Goa) Districts-05 Blocks-20 Field Visits - 130 Total Recipes Documented - 178 Karnataka - 150 Recipes (80 IDIs, 16 FGDs) Goa - 28 Recipes (20 IDIs, 04 FGDs) Total Rituals Documented - 135 Karnataka - 108 Rituals (74 IDIs, 16 FGDs, 15 famous religious places, 03-Vedic university)

				Goa - 27 Rituals (19 IDIs, 04 FGDs, 03 famous religious places,01 Vedic university) Total No. of patients - 2,314 Lab Investigations -147 Lectures - 44 Beneficiaries - 962
2. Scheduled Caste Sub Plan (SCSP)				
1	Ayurveda Mobile Health Care Project (AMHCP)- under Scheduled Caste Sub Plan (SCSP)	NA	Completed	Duration-12 Months States - 01 (Karnataka) Districts-06 Blocks-20 Field Visits – 98 No of recipes- 478 No IDI - 104 FGD - 20 No of rituals - 238 No of IDI - 100 No of FGD -20 Famous religious place No of rituals - 72 No of IDI -29 No of FGD- 2 Vedic University No of rituals - 9 No of IDI - 1 No of FGD- 2 Total No. of patients 1705 Lab Investigations - 1944 No of Lectures - 20 Beneficiaries -683
3.	Ekalavya Model Residential Schools (EMRS)			
1	a. General health screening with special focus on Tuberculosis,	All students from 6 th -12 th	Completed	Total 799 students screened from 2

	Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs. b. Tolerability, treatment adherence and effectiveness of Ayurvedic Intervention (Drakshavaleha and Punarnava Mandura) in the management of Moderate Iron Deficiency Anemia in students of selected Ekalavya Model Residential Schools: a Collaborative study. c. Effectiveness of Ayurveda based Lifestyle Advocacies and practices on Quality of Life among children of Ekalavya Model Residential Schools in India. (EMRS)	standard students Overall target - 80 CARI Bengaluru – 29 NA	Completed Ongoing	EMRS schools School-1 (Mangala) IDA Enrolled- 19 Completed-19 Dropout- 00 School-2 (GN Palli) IDA Enrolled- 10 Completed-10 Dropout- 00 School-1 (Mangala) Lifestyle Enrolled- 30 Ongoing-30 Dropout- 00 School-2 (GN Palli) Lifestyle Enrolled- 30 Ongoing-30 Dropout- 00
Centre of Excellence (CoE) funded by Ministry of Ayush				
1	Centre of Excellence (CoE) for Research & Clinical Services in Madhumeha (Diabetes Mellitus) From Ministry of Ayush	NA	Ongoing	- OPD patients treated- 1749 patients - Patients (Yoga)- 637 patients - Patient training programmes-10 programmes with 387 beneficiaries

				• Ayurveda Student training programmes- 10 programmes with 547 trainees • Population covered under e-Healthcare initiatives- 1,72,113 • No of minor projects under CoE – 3 • Articles published- 02
2.	Evaluation of anti-diabetic efficacy of four selected classical Ayurvedic poly-herbal formulations in Type-2 Diabetes Mellitus – A randomized pilot study.	NA	Completed under CoE scheme	Publication under process.
3.	Clinical evaluation of anti-diabetic efficacy of ‘Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulations in Pre-diabetes–A pilot study.	24	Completed under CoE	Article under publication
4.	A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes	06	Completed under CoE	Article published.
5.	A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes)	30	Completed under CoE	Article published.
6.	Knowledge, Attitude and Practices related to Madhumeha (Diabetes)	1200	Completed Under CoE	Article published.
7.	Development of predictive system for diagnosing the risk of Diabetes using machine learning techniques	1000	Completed under CoE	Risk assessment portal is developed and made available in the institute website for the viewers to assess the risk of diabetes.

8.	Preclinical study of four antidiabetic formulations in high fat diet along with low dose of Streptozotocin induced diabetes in Wistar rats	12	Completed under CoE	Article accepted for publication
9.	Evaluation of bio-availability of Varadi and Mustadi ghanavati in healthy volunteers – Across-over randomized clinical trial	120	Completed under CoE	Article accepted for publication
10.	Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients. A cross-sectional study	400	Completed under CoE	Article under publication
11.	Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of type-2 diabetes mellitus-A Randomized control trial	78	Completed under CoE	Article under publication
12.	Safety and efficacy of Mustadi ghanavati and Varadi ghanavati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study.	120	Completed under CoE	Gut microbiome studies and Statistical analysis on going
13.	Psychological assessment of type-2 diabetes mellitus through <i>Manasikabhava Pareeksha</i> and Diabetes Distress Scale: An observational study	200	Completed under CoE	Article under publication

Other Projects funded by Govt. of India under grant-in-aid scheme

1.	National Pharmacovigilance Program (From AIIA, New Delhi)	-	Ongoing	• Total Misleading Advertisements Reported: 137 • ADR Reported: 11 • CME Conducted /Awareness Program Conducted: 12 • Participation in CME as resource persons: 05 • Participation in
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				the training program: 08 • Participation in Poster presentation as judge: 01 • Paper Presentation in Seminar: 01 • Articles Published: 03 • Article accepted: 02
2.	Evaluation of Triphala as an Add-on Intervention for Sustained Weight Loss in Overweight and Obesity: A Randomized Placebo-Controlled Clinical Trial (ICMR-NITM, Belagavi)	127	Ongoing	Enrolled-15 Completed-00 Dropped out-05 Continuing-10
3.	A Randomized active comparator controlled clinical trial of selected Ayurvedic formulations in Pre-Diabetes and Type 2 Diabetes (CoE IISc, Bengaluru)	324	Ongoing	Enrolled-339 Completed-00 Dropped out-25 Continuing-314
Research projects sanctioned & to be initiated soon				
1.	Safety & Efficacy of Integrative Ayurvedic Intervention in the management of Mild Neuro Cognitive Disorder (MNCD) (Smritibhramsa) – A Randomized Controlled Clinical Trial			
2.	Efficacy of Ayurveda coded formulation Ayush D in the management of Type 2 Diabetes Mellitus- A prospective multi-center randomized double-blind placebo-controlled clinical trial under SMART 2			
3.	Effect of Tagar (Valeriana Wellichii) on sleep outcomes in older adults with Insomnia: a multisite clinical trial under SMART 3			
4.	Evaluation of Comprehensive Ayurveda Interventions Against Standard Care in Osteoarthritis Knee – A Pragmatic Clinical Trial			
5.	A Comparative study to Evaluate Safety and Efficacy of Integrative Ayurveda and Yoga Intervention in Geriatric depressionat old age homes - A cluster randomization study			
6.	Efficacy of Ayurveda Nutritional Supplement (Ayush BL) in children aged 6 to 12 years with Moderate Acute Malnutrition – A Cluster Randomized clinical Trial			
7.	Development of Millet based dietary supplements for Type 2 Diabetes Mellitus patients			
8.	A cross-sectional survey to study the distribution pattern of different prakriti types across India -A multi centric study			
9.	Medico Ethno Botanical Survey of Chikkaballapura District, Karnataka state			
Research projects approved by PEMC & to be sanctioned soon				
3.	Compliance assessment of marketed "Ayurvedic"/"Herbal"/ "Natural" positioned cosmetics in India with existing regulatory framework of D & C Act 1940 and Rule 1945, Cosmetics Rules 2020 and Cosmetic Amendment Rules 2025: A Systematic Survey Study			
4.	CCRAS-Central Digital Database of Edible Fruits: Karnataka			

Research project proposals submitted to PEMC	
3.	Prospective Documentation of Amruta Varicose Vein Syrup and Oil in the Management of Varicose Veins, Including Venous Ulcers and Chronic Venous Insufficiency
4.	Efficacy of Ayush 64 as an add-on to Lifestyle advocacy in Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) – A Randomized controlled trial
Research project proposals/concept note submitted	
8.	Evaluation of Effect of Ayurvedic Interventions in the Management of Refractive changes Associated with Diabetes: A Randomized Double Blinded Placebo Controlled Clinical Trial
9.	A comparative study to evaluate the efficacy and safety of Ayurvedic intervention in prediabetic and diabetes mellitus 2 subjects- A prospective randomized open label study
10.	Integrative Ayurvedic Management of Early Non-Proliferative Diabetic Retinopathy: A Randomized Controlled Trial Assessing Retinal Structure and Visual Function (Submitted at the ICMR e-PMS portal)
11.	A Community based study on obesity using Ayurveda and Yoga Interventions (Submitted via Ayush NGO Portal under Ayurswathya Yojana of Ministry of Ayush)
12.	Efficacy of Ayurveda intervention in the management of Psoriasis and its association with Metabolic syndrome: A randomized controlled clinical trial
13.	Standardization of oldest traditional organic manure- Kunapajala
14.	Establishment of Regional Raw Drug Repository of Western Coastal Plain (Kerala, Maharashtra, Goa, Daman & Diu, Lakshadweep)

6. Brief details of Publications/Participation/Research Projects

Sl. No.	Particulars	Number
1.	Research papers published	22
2.	Research papers communicated	17
3.	Scientific presentations/participations	190
4.	Research projects ongoing (IMR)	08
5.	Research projects ongoing (Collaborative)	(09+02) 11
6.	Research projects ongoing (CoE)	01
7.	Research projects completed (IMR)	08
8.	Research projects completed (Collaborative)	06
9.	Research projects completed (CoE)	11
10.	Research projects sanctioned but yet to be initiated	09
11.	Research projects approved in PEMC but yet to be sanctioned	02
12.	Research project proposals submitted to PEMC	02
13.	Research project proposals/concept note submitted	07