

आयुर्वेद AYURVEDA

The Science and Art of Life
A focus on Research and Development



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES

Ministry of AYUSH, Government of India,
New Delhi - 110058



**E-Book
2nd Edition:2017**



**Shri Shripad Yesso Naik, Hon'ble MoS, IC, Ministry of AYUSH
&
President of Governing Body of CCRAS**



- The Central Council for Research in Ayurvedic Sciences (Formerly Central Council for Research in Ayurveda and Siddha established on 30th March, 1978 and reconstituted with present name on 11th April, 2011) is an autonomous body under Ministry of AYUSH, Government of India.
- It is an apex organization for undertaking, coordinating, formulating, developing and promoting research in Ayurvedic sciences on scientific lines.
- Core Research activities comprise of Medicinal Plant Research (Medico-Ethno Botanical Survey, Pharmacognosy and invitro-propagation technique), Drug Standardization, Pharmacological Research, Clinical Research, Literary Research & Documentation and Tribal Health Care Research Programme.
- Research activities are carried out through its 30 peripheral Institutes located across the country and also in collaboration with various Universities, Hospitals and Institutes.

VISION

“To strive for excellence and global leadership in the field of Ayurveda by comprehensive Research for quality assured and cost effective products to prevent/ manage/ cure various diseases”..

MISSION

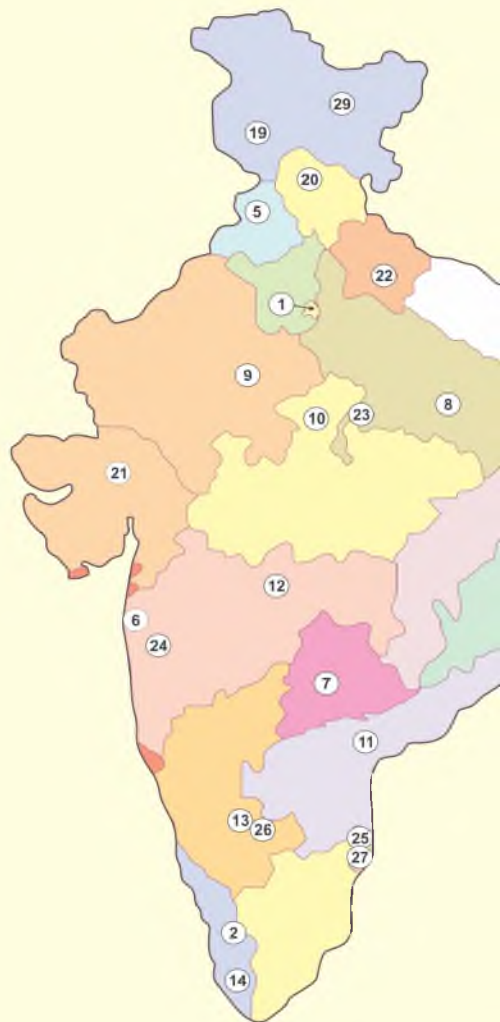
1. To develop CCRAS into a dynamic, vibrant, and model research organization for undertaking, coordinating, aiding, and promoting research in Ayurveda.
2. To bring-up modern scientific knowledge, technology to explore Ayurveda scientific treasure following prevalent scientific methods.
3. To attain global leadership in research for treatment and prevention of emerging important life style related disease and health requirement.

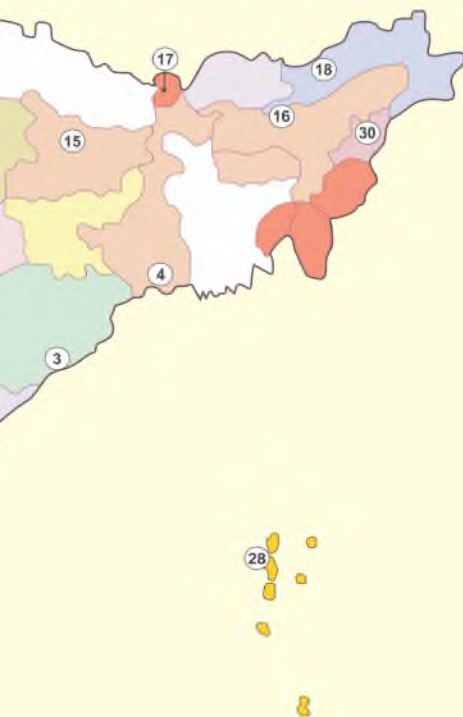
CORE OBJECTIVES

1. Development of safe, effective products and therapies for diseases of National and Global importance.
2. Validation of Classical Ayurvedic formulations & therapies for generating tangible evidence on safety and extent of use.
3. Capacity building programmes on Research methodology and drug development.
4. R&D support for academic, research institutes and industry.
5. Create awareness and promote competitiveness, excellence and innovation among the researchers in the field of Ayurveda.
6. Dissemination of research outcome through publications, research journals, websites etc.

CCRAS NETWORK

1. Central Ayurveda Research Institute for Cardiovascular Diseases, New Delhi
2. National Ayurveda Research Institute for Panchakarma, Cheruthuruthy
3. Central Ayurveda Research Institute for Hepatobiliary Disorders, Bhubaneswar
4. Central Ayurveda Research Institute for Drug Development, Kolkata
5. Central Ayurveda Research Institute for Respiratory Disorders, Patiala
6. Raja Ramdeo Anandilal Podar Central Ayurveda Research Institute for Cancer, Mumbai
7. National Institute of Indian Medical Heritage, Hyderabad
8. Regional Ayurveda Research Institute for Eye Diseases, Lucknow
9. M.S. Regional Ayurveda Research Institute for Endocrine Disorders, Jaipur
10. Regional Ayurveda Research Institute for Drug Development, Gwalior
11. Regional Ayurveda Research Institute for Skin disorders, Vijayawada
12. Regional Ayurveda Research Institute for Mother and Child Health, Nagpur
13. Regional Ayurveda Research Institute for Metabolic Disorders, Bangalore
14. Regional Ayurveda Research Institute for Life style related Disorders, Thiruvananthapuram





15. Regional Ayurveda Research Institute for Infectious Diseases, Patna
16. Research Ayurveda Regional Institute for Gastro-Intestinal Disorders, Guwahati
17. Regional Ayurveda Research Institute, Gangtok
18. Regional Ayurveda Research Institute, Itanagar
19. Regional Ayurveda Research Institute for Urinary Disorders, Jammu
20. Regional Ayurveda Research Institute for Nutritional Disorders, Mandi
21. Regional Ayurveda Research Institute for Skin Disorders, Ahmedabad
22. Regional Ayurveda Research Institute, Ranikhet
23. Regional Ayurveda Research Institute, Jhansi
24. Regional Ayurveda Institute for Fundamental Research, Pune
25. Captain Srinivasa Murthy Regional Ayurveda Drug Development Institute, Chennai
26. Advanced Center for Ayurveda in Mental Health & Neurosciences, Bangalore
27. Dr. Achanta Lakshmiapati Research Centre for Ayurveda, Chennai
28. Regional Research Center of Ayurveda, Port Blair
29. National Research Institute for Sowa-Rigpa, Leh
30. Herbal Ayurveda Research Centre (HARC), Nagaland University, Lumami, Nagaland

ORIENTATION PROGRAMME FOR CCRAS SCIENTISTS





Core Areas of Research

1. Medicinal Plant Research

- Medico-Ethno Botanical Survey
- Pharmacognosy
- Cultivation

2. Drug Development and Validation

- i. Standardization and Quality control research
- ii. Pharmacological & Toxicological studies

3. Clinical Research

4. Literary Research and Documentation

5. Outreach Activities

- Intergration of AYUSH (Ayurveda) with **National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS)**
- Tribal Health Care Research Programme (THCRP)
- Swasthya Rakshan Programme (SRP)
- Ayurveda Mobile Health Care Programme under Scheduled Castes Sub Plan (SCSP)





Inauguration of New Building at NARIP, Cheruthuruthy



- R&D activities are planned through rigorous consultative process and are monitored periodically for the quality output.
- Mechanism is in place for Redressal of Grievances.
- RTI applications are dealt with on top priority basis.
- The Council abide by the regulations of its Bye-laws and other guidelines.
- Complaints Committee is in place for dealing with cases of sexual harassment of working women at work place at CCRAS Hqrs and peripheral Institutes.
- Notice Inviting Tender (NIT) is issued at three websites i) www.ccras.nic.in, ii) www.tender.gov.in & iii) www.procurement.gov.in and bids are opened before the bidder to maintain transparency.
- The annual accounts of all peripheral Institutes of the Council are periodically monitored.
- Implimentation of Public Financial Managment System (PFMS)
- Capacity building and awareness generation through seminars, workshops and meetings on good governance are done periodically.



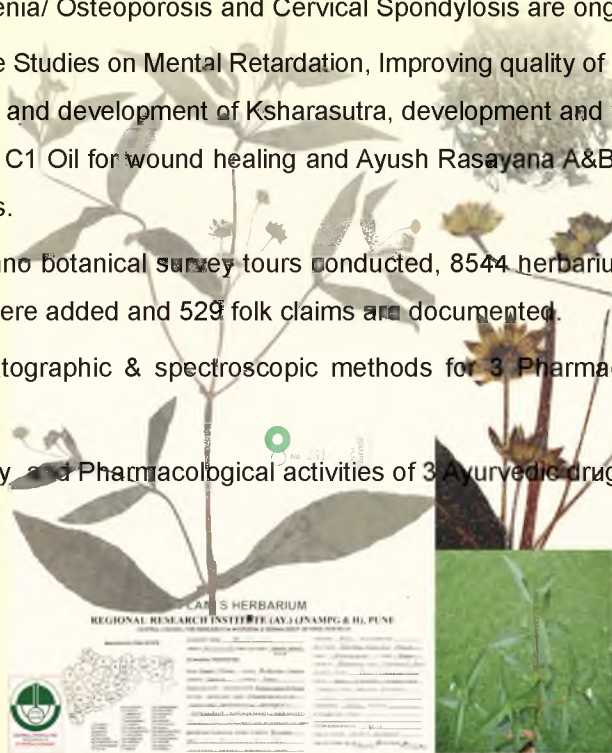
National Ayurveda Research Institute for Panchakarma, New Building at Cheruthuruthy

RECENT NOTABLE ACHIEVEMENTS



Research and Development

- 26 Intra Mural clinical research projects on Type-II Diabetes mellitus, Haemorrhoids, Bronchial Asthma, Chronic Bronchitis, Cognitive Deficit, Computer Vision Syndrome, Gout, Iron Deficiency Anaemia, Irritable Bowel Syndrome, Psoriasis, Mental Retardation, Generalized Anxiety Disorder, Osteoarthritis, Osteopenia/Osteoporosis, Polycystic Ovarian Syndrome (PCOS), Rasayana and Rheumatoid Arthritis are completed.
- 15 clinical projects on Psoriasis, Essential Hypertension, Urolithiasis, Uterine Fibroids, Rheumatoid Arthritis, Type II Diabetes Mellitus, Hemorrhoids, Obesity, Osteoarthritis, Gout, Osteopenia/ Osteoporosis and Cervical Spondylosis are ongoing.
- 2 Collaborative Studies on Mental Retardation, Improving quality of life in Breast cancer are completed and development of Ksharasutra, development and validation of Prakriti questionnaire, C1 Oil for wound healing and Ayush Rasayana A&B in Geriatric Health are in progress.
- 68 Medico-ethno botanical survey tours conducted, 8544 herbarium specimen & 156 crude drugs were added and 529 folk claims are documented.
- Novel chromatographic & spectroscopic methods for 3 Pharmacopoeial drugs are completed.
- Safety / toxicity and Pharmacological activities of 3 Ayurvedic drugs are completed.





Hon'ble Shri Shripad Yesso Naik, Minister of AYUSH, Govt. of India and Prof. Vaidya K.S. Dhiman, Director General CCRAS launching the NPCDCS AYUSH CLINIC at Mahatama Gandhi District Hospital, Bhilwara, Rajasthan



Prof.Vd.K.S.Dhiman, DG, CCRAS during the Training programme, Surendranagar, 11th Feb.2016

RECENT NOTABLE ACHIEVEMENTS



Outreach Activities

- **Integration of AYUSH (Ayurveda) with National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS)**

The programme was initiated in January, 2016 and is ongoing in 3 identified Districts viz. Bhilwara (Rajasthan), Surendranagar (Gujarat), Gaya (Bihar) with the objective to lower the burden of Non communicable diseases. Till March, 2017, a total no. of 47,305 and 31,910 patients have been screened and enrolled respectively for the management of selected NCDs. 760 camps are being conducted and 77,565 patients / healthy persons attended Yoga classes.

- **Tribal Health Care Research Programme (THCRP) under Tribal Sub Plan**

This programme was initiated with the aim to study the living conditions of tribal people, folk medicines and Local Health Traditions used by them, availability of medicinal plants in the area and for propagation of knowledge about hygiene, prevention of diseases, use of common medicinal plants in the area and to extend medical aid at their door steps and continued at 16 peripheral Institutes/Units in 15 States viz.. RARIDD Gwalior, RARIMCH Nagpur, RARIID Patna, RARIGID Guwahati, RRCA Port Blair, CARIHD Bhubaneswar, CARIDD Kolkata, RARIECD Jaipur, RARISD Vijayawada, RARIMD Bangalore, RARI Gangtok, RARIUD Jammu, RARIND Mandi, ALRCA Chennai, NRISR Leh and NIIMH, Hyderabad. The council has extended Health Care Services at **1734** Villages/Tribal pockets covering a population of 10,61,488 while medical aid and counseling was offered to 3,77,617 people. 927 folk claims/Local Health Traditions (LHTs) have been documented.

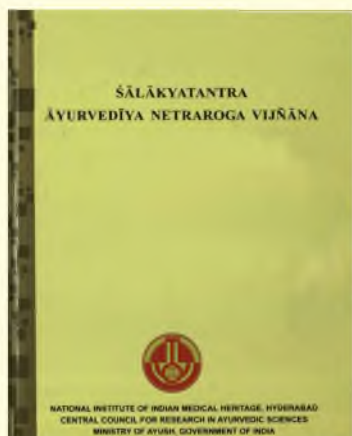
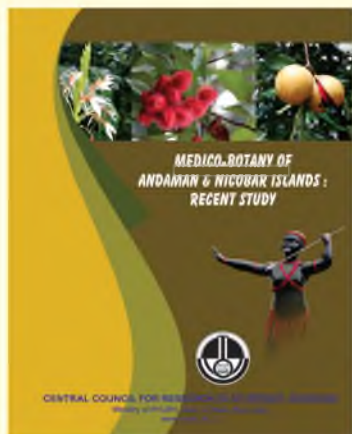
- **Swasthya Rakshan Programme (SRP)**

The Programme was initiated during the month of November, 2015 at 21 institutes in 19 states across the country with the aim to make people aware about the importance of good health, for propagation of knowledge about hygiene, awareness about cleanliness of domestic surroundings and environment and to provide medical aid to the patients of selected colonies/villages. A total 203 villages/colonies covered through 4609 tours in 19 states and medical aid provided to 138272 patients.

- **Ayurveda Mobile Health Care Programme under Scheduled Castes Sub Plan (SCSP)**

The programme was initiated during the month of November, 2015 at 20 institutes in 18 states across the country with the aim to study the living conditions of Scheduled Castes people, for propagation of knowledge about hygiene, prevention of diseases and to provide medical aid at their door steps. A total 308 villages/colonies covered through 3895 tours in 18 states and medical aid provided to 140986 patients.

RECENT PUBLICATIONS OF RESEARCH OUTCOME



RECENT NOTABLE ACHIEVEMENTS

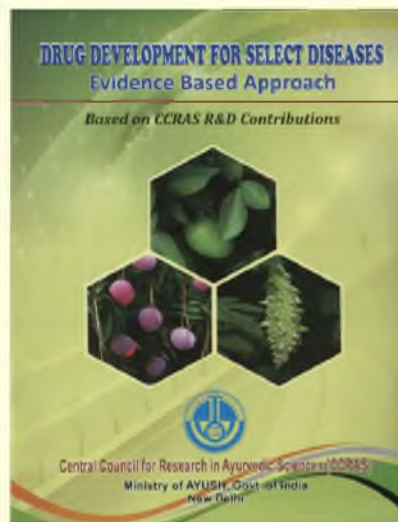


Publication of Research Outcome

- 9 books viz. Comprehensive Technical Dossier of Ayurvedic Medicinal Plants, Guggulu (Commiphora wightii) Series 1 No. 3 and Akshoda (Juglans regia) Series 1 No. 4, Herbal Wealth of Western Ghats – Agasthyamalai, Evidence Based Safety of Ayurvedic Medicines, Exploration of Veterinary Practices in Ayurveda, Drug Development for Select Diseases – Evidence Based Approach, History and accounts of literature written in Unani Medicine from 9th to 12th Century, Shalakyta Tantra – Ayurvediya Netra Roga Vigyan and Medico-botany of Andaman & Nicobar islands – A recent study are published based on the research outcome & review.
- The Council has published its routine periodicals Viz. Journal of Research in Ayurvedic Sciences; Journal of Drug Research in Ayurvedic Sciences. From the first issue of 2017 both the Journals are being published online.
- Digitized rare manuscripts and herbarium.

IPR & Commercialization

- Filed 3 Patents.
- Commercialized 3 Products namely AYUSH-64, AYUSH-82, AYUSH SG developed by CCRAS through National Research Development Corporation (NRDC), New Delhi to different Pharmaceutical companies.





AYUSH Research Portal

- (www.ayushportal.nic.in) - A web based portal for Research publications of Ayurveda, Yoga & Naturopathy, Unani, Siddha, Homoeopathy are successfully continued and the information being updated periodically.
- So far 23012 scientific publications are uploaded with an addition of about 2000 papers recently.

Launching of New Online Journal of Drug Research in Ayurvedic Sciences (JDRAS)

It is a peer-reviewed, open accessed journal of Central Council for Research in Ayurvedic Sciences (CCRAS). The journal is published quarterly and is available in both print and digital form. It is devoted to the Indian traditional knowledge especially in Ayurveda. The journal publishes editorials, original articles, case studies, review articles, research articles, correspondence, book reviews, etc. pertaining to Drug Research with special emphasis on Ayurveda in the following areas:

- Drug development and Pharmaceutical Research in Ayurveda (Dravyaguna, Rasa Shastra and Bhaishajya Kalpana etc.)
- Fundamental and Applied aspects of Drug Research in Ayurveda
- Phytochemistry, Quality Control and Drug Standardization including Pharmacognosy
- Pharmacology/Toxicology Research
- Biochemistry, Molecular Biology and Biotechnology
- Local Health Traditions (LHTs/ Folk Medicine/ Ethno-Medicine)
- Medicinal Plant Research (Medico-Ethno Botanical Survey and Cultivation of Medicinal Plants)
- Any other areas of related field etc.

CCRAS - WEB PORTALS

The screenshot shows the homepage of the Journal of Research in Ayurvedic Sciences. At the top, there is a navigation bar with links for Home, Instructions, Editorial Board, Current Issue, Published, Archives, Subscription, Advertisement, Contact Us, and Login. The main header features the journal's logo, ISSN 2455-5001, and RNI NO. DELBIL/2017/89872. Below the header, there is a search bar and a list of services including 'Most viewed article', 'Track your Manuscript', 'Indexing Information', 'Submit Expanded Scientific Abstract', 'Join as Reviewer', 'Subscribe to ATOC', 'Generate Online Invoice', 'Order hard copy', 'Order Reprints/ Offprints', 'Rights & Permissions', and 'Ahead of Print'. A 'Submit your Manuscript Here!' button is prominently displayed. The footer contains copyright information for the journal and its publisher, Jaypee Brothers Medical Publishers (P) Ltd.



SOME SUCCESS STORIES



Launching of New Online Journal of Research in Ayurvedic Sciences (JRAS)

It is a peer-reviewed, open access journal of Central Council for Research in Ayurvedic Sciences (CCRAS), New Delhi. The Journal is published quarterly and is available in both print and online form. It is devoted to Research in Ayurveda, the Indian traditional health care system. The Journal publishes Editorials, Original Articles, Case Studies, Reviews, Technical reports of projects, Correspondence and Book Reviews, etc. pertaining to Ayurveda with special focus on Original and Review Articles on the following:

- Clinical Research focusing on Clinical safety and Efficacy.
- Fundamental Research on various aspects Viz. diagnosis and development of diagnostic tools, disease course and disease management based on Ayurvedic concepts.
- Health promotion and preventive medicine.
- Studies on Health Seeking Attitude and Medico-Social aspects including medical anthropology.
- Health Systems Research with focus on Ayurveda and Traditional medicine.
- Epidemiological studies and health related demography.
- Development of methodologies of Clinical Research Related to Ayurveda and Traditional Medicines.
- Pharmacovigilance and pharmaco-epidemiology.
- Integrative Medicine.
- Any other areas of related field etc.

Launching of CCRAS-AYUSH Award Scheme

AYUSH Award scheme was introduced during year 2016-17 for four different categories namely Best Research Paper Award (Drug Research), Young Scientist Award (Clinical, Literary & Drug Research), Life Time Achievement Award (Best Academician & Best Researcher) and Best Teacher Award (Clinical Teaching) for encouragement of CCRAS scientists and other Ayurveda fraternity. The scheme was approved by Ministry of AYUSH.



Launching of New Dynamic website of CCRAS and Online JDRAS by Shri P. N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH, Government of India, New Delhi.

SOME SUCCESS STORIES



Seven Awardees were presented with certificate, cash prize & plaque on the occasion of 1st National Ayurveda Day celebrated on Dhanvantri Jayanti during the National Seminar on Prevention and Control of Diabetes through Ayurveda held on 28th October 2016 at Mavlankar Auditorium, Constitutional Club of India, Rafi Marg, New Delhi. One CCRAS Scientist received Young Scientist Award (Literary Research) on this occasion.

Launching of Ph.D. Fellowship Scheme

CCRAS initiated Ph.D. Fellowship Programme to encourage research in AYUSH systems and to further enhance research opportunities for meritorious AYUSH Scholars. The AYUSH-National Eligibility Test for Ph.D. Programme, Computer based online Examination was successfully conducted on 08/01/2017 at 5 cities namely Delhi-NCR, Chennai, Mumbai, Kolkata and Guwahati. 45 candidates qualified the AYUSH-NET in Ayurveda, Yoga & Naturopathy, Unani and Homoeopathy Streams. AYUSH-NET Qualifying Certificate was issued to all qualified candidates for getting themselves registered in CCRAS Institutes or Ayurveda Institutes/ Universities (conducting Ph.D. Programme) of their choice. The validity of the certificate is 2 years.

MEMORANDUM OF UNDERSTANDING (MoUs)



Memorandum of Understanding signed between CCRAS and University of Latvia, Directorate of the Centre of Complementary Medicine, Latvia.



Memorandum of Understanding signed between CCRAS and JAYPEE BROTHERS Medical Publishers P Ltd New Delhi



Important Memorandum of Understanding (MoUs) Signed

INTERNATIONAL

- UNIVERSITY OF DEBRECEN, HUNGARY
- NCNPR, MISSISSIPPI, USA.
- UNIVERSITY OF LATVIA, DIRECTORATE OF THE CENTRE OF COMPLEMENTARY MEDICINE, LATVIA.
- UNIVERSITY OF ALBERTA, EDMONTON, CANADA
- THE MEDICAL RESEARCH INFRASTRUCTURE AND HEALTH SERVICES, FUND OF THE TEL AVIV SOURASKY MEDICAL CENTER (TASMC), ISRAEL.

NATIONAL

- INDIAN COUNCIL OF MEDICAL RESEARCH (ICMR), NEW DELHI.
- NATIONAL RESEARCH DEVELOPMENT CORPORATION NEW DELHI.
- DABUR INDIA LTD, NEW DELHI.
- AKUMS DRUGS & PHARMACEUTICALS LTD., NEW DELHI.
- OUSHADHI, THE PHARMACEUTICAL CORPORATION (IM) KERALA LIMITED.
- BUNDELKHAND UNIVERSITY, JHANSI, UTTAR PRADESH.
- INDIAN COUNCIL OF FORESTRY RESEARCH & EDUCATION (ICFRE).
- NAGALAND UNIVERSITY.
- JIWAJI UNIVERSITY, GWALIOR, MADHYA PRADESH.
- GADVASU LUDHIANA.
- JAYPEE BROTHERS MEDICAL PUBLISHERS P LTD NEW DELHI.
- NATIONAL CANCER INSTITUTE INDIA AIIMS.

ROAD MAP

VISION DOCUMENT

Background

- The Sustainable Development Goals (SDGs), officially known as Transforming our world: the 2030 Agenda for Sustainable Development are an intergovernmental set of aspiration Goals with
- 169 targets. The Goals are contained in paragraph 54 United Nations Resolution A/ RES/70/1 of 25 September 2015.
- Considering the strength of Ayurveda, current unmet medical needs, the council has proposed the following strategy of R&D with focussed research outcomes in next 15 years focussing on development of investigational new drugs based on leads from classical Ayurvedic for diseases of national importance besides Systematic validation of classical formulations and therapies.

7 years strategy from 2017-18 to 2023-24

7 years strategy from 2017-18 to 2023-24 (long term vision) (A 7 years strategy from 2017-18 to 2023-24 to convert the long term vision into implementable policy and action as a part of the National Development Agenda with a midterm review after 3 years i.e. the year ending March 2020.)

Research plan (for 7 years)

- Development and validation of Ayurvedic drugs and regimen for inclusion in the important National programme viz.
- Development of add-on/ adjunct therapies for Multi Drugs Resistant (MDR), Tuberculosis for improvement of quality of life and introducing in National Tuberculosis Control Programme.
- Evidence based Ayurvedic intervention for improvement of vision and prevention of blindness for inclusion in the National Programme for Prevention and Control of Blindness for disease such as Glaucoma, Retinal disorders, Neuro ophthalmic conditions.
- Integration of Ayurveda in National Reproductive and Child Health Programme by developing evidence based Ayurvedic interventions for Ante Natal, Post Natal and Child Health Care.-



- Development of Ayurvedic interventions for improvement in quality of life in different types of cancers.
- General of evidence on Ayurvedic interventions and drugs as add-on/ adjunct therapies in HIV/ AIDS for inclusion in National AIDS control programme.
- Evidence based Ayurvedic drugs for National Control Programme for Vector borne /Infection diseases like Filariasis, Dengue and Malaria etc. which are challenging needs of the country.
- Development of products for chronic refractory Non communicable diseases and life style disorders where conventional system of medicine has limited role in management.viz. Diabetes mellitus , Hypertension, Osteoarthritis, Rheumatoid Arthritis, preventive cardiology, Skin diseases, allergic disorder, Hepato Biliary disorders, Mental health and Metabolic disorders.
- Development of drugs and products for improvement of memory and cognitive function and other psychiatric diseases such as Anxiety neurosis, dementia etc.
- Development of drugs and products for improvement of nutritional disorder like Anaemia
- Generation of scientific evidence on safety and toxicity of selected Ayurveda herbal and herbo- mineral drugs.

3 years Action document for 2017-18 to 2019-20

3 years Action document for 2017-18 to 2019-20 (A 3 years Action document for 2017-18 to 2019-20 aligned to the predictability of financial resources during the 14th Finance commission Award period. This is also to help translate into action the goals of the government to be achieved by 2019.)

Research plan (for 3 years)

- Development of the Directives addressing different research needs viz. i. Drug development (addressing issues of quality, shelf life, safety issues and other requirements), ii. Safety evaluation (pre-clinical) and iii. Clinical research for AYUSH interventions.
- Validation of Fundamental principles of Ayurveda including Ayurveda biology such as
 1. Standardization and validation of Panchakarma procedures including physiological/metabolic changes due to Panchakarma.

ROAD MAP

2. Panchakarma and microbiome
 3. Biology of gunas in health and disease
 4. Understanding of shat-kriyakala
 5. Scientific rationale of swasthavrita
 6. Understanding Rasa, Guna, Virya and Vipaka with reference to action of Ayurvedic drugs
 7. Development of wellness index and quality of life instruments based on Ayurveda
 8. Ayurvedic intervention for medicine and public health etc in a phased manner.
- Development of Standard Ayurvedic terminologies and its publication in different volume in a phased manner.
 - Short term Projects on Occupational Health such as respiratory disorders, Computer vision syndrome, Generalized Anxiety Disorder/Stress etc.
 - Development of Modules on Behavioural Change Communication focusing on Ayurveda based life style interventions for prevention, health promotion and disease management and mechanism for effective implementation of Ayurveda based behavioral interventions in association with clinical psychologists in CCRAS institutes.
 - Development of comprehensive, pragmatic, adaptable an Ayurvedic user's friendly format for clinical diagnosis and clinical examination for utilization among health care professionals and its validation.
 - 1CMR collaboration: Collaborative research with ICMR based on available leads with council viz. AYUSH 82 for diabetes, Sunthi Guggulu for Rheumatoid Arthritis identifying the gaps besides validation of Ayurvedic. Coded drug in the management of Dengue, fatty liver degeneration and hepato protection as add on to Anti tubercular Therapy (ATT).
 - Development and validation of Clinical Decision Support Systems and HIMS and e-management.
 - Development and commercialization of coded Ayurvedic drug AYUSH-QOL-2C for improvement of quality of life of cancer patients.



- Validation and value addition to standalone Ayurveda interventions (Carctol-S) for management of certain cancer such as cervical and ovarian cancer through collaborative research.
- Validation, product development and commercialization of Ayurvedic coded drug of CI oil for wound healing and eczema.
- Product development and commercialization of coded Ayurvedic drug AYUSH PJ-7 for management of Dengue.
- Development of dosage form for Hepato-protective agents (with focus on add-on/ adjuvant therapy to anti tubercular drugs) from Ayurvedic leads- Phaltrikadi Kwatha
- Clinical validation and product standardization of Gomutra Haritaki for the management of fatty liver degeneration.
- Development and commercialization of coded Ayurvedic drug AYUSH-D for Diabetes mellitus.
- Clinical safety and efficacy studies of classical Ayurveda drugs for chronic and refractory diseases Rheumatoid Arthritis, Osteoarthritis, Hypertension, Gout, Kidney stone, Urolithiasis, PCOS, Bronchial asthma, Chronic bronchitis
- Generation of scientific evidence on safety of 10 Metal/mineral based Ayurvedic formulations at GLP laboratories.
- Dissemination of Research Outcomes of the council through press release, audio visual documentary, AYUSH research journal etc. in a phased manner.
- Establishing linkages with CSIR and identification of areas for Collaborative Research.
- Outreach programmes for extending health care and documentation
 1. Tribal Health Care Research Programme (under Tribal Sub Plan) in 14 states.
 2. Swasthya Rakshan Programme linked with Swachha Bharat in 19 states.
 3. Ayurveda Mobile Health Care Programme under Scheduled Castes Sub Plan in 18 states.
 4. Intergration of AYUSH (Ayurveda) NPCDCS Programme.

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