

**SUO-MOTO DISCLOSURE UNDER SECTION 4(1)(b) OF  
RIGHT TO INFORMATION ACT, 2005**

**(Updated in April, 2024)**

**Central Ayurveda Research Institute**  
{Under Central Council for Research in Ayurvedic Sciences,  
Ministry of AYUSH, Govt. of India}

**Punjabi Bagh (West), Road No.66,  
New Delhi- 110026**

## **RTI APPLICATION FORM**

1. Particulars of the Applicant :

(a) Name :

(b) Address :

(c) E-mail address:

(d) Phone/Fax No.:

2. Date of Submission of Application :

3. Subject Matter :

4. Details of Information requested :

5. Period to which the information relates:

6. Fee enclosed (in cash/DD/Banker's Cheque/IPO) :

7. Due date by which information is to be furnished (30 days from submission of application):

8. How the applicant would like his information to be sent :

(a) By Post :

(b) To be collected by hand :

(c) By e-mail :

(d) By fax :

**CARI, New Delhi STAFF PATTERN**

S.No.	Name of the Sanctioned post	No. of posts Sanctioned
1	Director(Institute)	01
2	Assistant Director (Ayurveda)	01
3	Assistant Director (Medicine)	01
4	Assistant Director (Bio-Chem.)	01
5	Assistant Director (Pathology)	01
6	Administrative Officer	01
7	Research Officer (Ayurveda)	20
8	Research Officer (Path.)	01
9	Assistant Matron	01
10	Asst. Research Officer (Physiotherapy)	01
11	Sister-in - charge	02
12	Statistical Assistant	01
13	HindiAssistant	01
14	StaffNurse	08
15	Pharmacist Gr-I	07
16	Radiographer	01
17	Security In-charge	01
18	SocialWorker	01
19	Stenographer Grade-'I'	01
20	Assistant	01
21	Electrician	01
22	LaboratoryTechnician	06
23	Panchakarma Technician	04(2 M+ 2F)
24	PrivateSecretary	01
25	Upper Division Clerk	05
26	Dark Room Assistant	01
27	Library& Information Assistant	01
28	Driver	02
29	Gestetner Operator	01
30	Lower Division Clerk	05
31	LaboratoryAssistant	01
32	Laboratory Attendant	03
33	Cook	03
34	Dresser	01
35	Panchakarma Attendant	08
36	Ward Aya	06
37	Chowkidar	04
38	Dhobhi	01
39	Kitchen Servant	03
40	Labourer/FarmaAttendant	03
41	Mali	02
42	Peon	08
43	Safaiwala	06
44	Ward Boy	06
45	Female Attendant (MTS)	01

## The Particulars of its Organization, Functions and Duties

### INTRODUCTION:-

Central Ayurveda Research Institute, New Delhi was established in the year 1979 (under Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, Govt. of India). This Institute is devoted to Clinical Research in the field of Ayurveda. This Institute is housed in a rented building and caters to health care services of general public besides conducting Clinical Research Studies on various chronic disease conditions and diseases from priority areas of the country.

The Clinical Research and patients care services are being carried out through various Units/Sections like, *Panchakarma*, *Ksharasutra*, Pharmacy, *Jalukavacharana*, *Kriyakalpas*, Clinical Laboratory, Physiotherapy, Library and specialty clinics like Geriatric, Eye, Preventive Cardiology, ENT, Arthritis etc.

**Following sections are functioning in this Institute:**

1. *Technical Section*
2. *Administrative Section*

**The technical section deals with the following activities**

➤ **RESEARCH ACTIVITIES**

- Collaborative Projects
- IMR Projects
- Annual Action Plan Projects
- Outreach Activities

➤ **TREATMENT FACILITY**

- ✓ IPD facility at CARI, New Delhi
- ✓ OPD facility at CARI, New Delhi
- ✓ O.P.D. facility at satellite centres at:
  - ATC, Safdarjung Hospital
  - ATC, Lady Hardinge Hospital
  - Ayurvedic Unit- FAP, Supreme Court
  - Ayurveda Treatment Center, ABVIMS, Dr. Ram Manohar Lohia Hospital
  - Ayush Wellness Clinic at President's Estate.
  - CCRAS-JNU Treatment & Research facility, JNU, New Delhi
  - CSIR-NPL, New Delhi
  - Press club of India, New Delhi

**Administrative Section:** Administration section of the institute includes Admin Department, Accounts, Recruitment & Establishment section and management of the Institute and Hospital.



### **IN-PATIENT DEPARTMENT (IPD)**

Total admitted patients in the reporting period i.e. 2023-24 are **602** out of which **273** are male (including **39** male child) and **329** are female (including 15 female child). During the reporting period **622** patients were discharged out of which **278** males and **344** females including **41** male child and **17** female child respectively. Annual bed occupancy is **53.14%**

### **OUT-PATIENT DEPARTMENT (OPD)**

#### **CARI, Punjabi Bagh, New Delhi**

CARI, New Delhi is providing OPD facilities to the patients, in morning shift (9:00 am to 1pm). Special clinics like Ano Rectal, Preventive Cardiology Clinic, Arthritis Clinic, ENT clinic, Eye Clinic, Pediatric clinic and Geriatric Clinics are functioning on designated days. During the reporting year the Institute has provided OPD services to **97918** numbers of patients and dispensed medicines free of cost. Out of which **50757** patients were males, **47157** were females and 4 were transgenders. During the reporting year total **32082** new and **65836** old patients attended the OPD. Preference in registration and consultation has also been provided to senior citizens and research participants. During the reporting period **6433** cases availed treatment for various Geriatric Disorders. Most of the patients reported with conditions like *Sandhivata, Madhumeha, Vatavikara, RaktagataVata, Shwas, Mutakriccha, Daurbalya* etc.

#### **ATC, Safdarjung Hospital, New Delhi:-**

Ayurveda Treatment Centre was established in Jan, 1998. Two big rooms have been provided to ATC at Room no. 260-261 second floor, main OPD building, VMMC & SAFDARJUNG Hospital. One room is being used for consultation, research activities and another room for registration, store and dispensing of medicines.

During the reporting period the total no. of **26,348** patients attended O.P.D. out of which **14,762** patients were males and **11,586** patients were females. Common diseases found in the O.P.D were *Vataroga, Sandhivata, Amavata, Madhumeh, Arsha* and *Twakrogas* etc.

In the recent year, **MoUs for five research projects have been signed with the Department of Gynecology & Obstetrics, Department of Cardiology, and Department of ENT at VMMC & SAFDARJUNG Hospital.** Additionally, the unit has actively participated in various ministry campaigns such as Ayurveda Day, Yoga Day, and Poshan Maah, conducting awareness lectures for patients.

#### **Ayurvedic Treatment Center, Lady Hardinge Medical College and Hospital, New Delhi:**

Ayurvedic Treatment center at Lady Hardinge Medical College was established on 19<sup>th</sup> September, 2009. During the reporting year a total no. of **10091** patients attended the OPD out of which **5660** patients were males and **4431** patients were females. It was observed that most of the patients who attended the O.P.D were of *Sandhivata, Pratishyay, Daurbalyam, Kasa, Vibandh, Arsha, Amlapittam* etc. The competent authority of Lady Harding Medical College and Hospital permitted to conduct various laboratory investigations and other specific investigations in laboratory of LHMC, New Delhi.

### **Ayurveda Treatment Center, ABVIMS, Dr. Ram Manohar Lohia Hospital, New Delhi:**

Ayurvedic Treatment center at PGIMER-Dr. Ram ManoharLohia Hospital is functional since 14<sup>th</sup> January, 2016. During the reporting year a total no. of **13177** patients attended the OPD out of which **7412** patients were males and **5765** patients were females. It was observed that most of the patients who attended the O.P.D were suffering from *Sandhivata, Vatavyadhi, Vibandh, Raktagata Vata, Manovahsroto Vikar, Kasa, Gridhrasi, Shirahshoola, Varicose veins etc.*

### **Ayush Wellness Clinic, President's Estate**

Ayush Wellness Clinic, at President's Estate had been started since July, 2015 under CARI, New Delhi. This center is rendering O.P.D. services along with Panchakarma therapy to the patients. During reporting year a total of **4601** patients were treated, out of which **3168** were male patients and **1433** were female patients. Most of the patients attending the OPD were suffering from *Trikshoola, Daurbalyam, Sandhivata, Kasa, Raktagata Vata etc.*

### **Ayurveda Unit: FAP- Supreme Court, New Delhi**

The Ayurveda Unit, FAP at Supreme Court of India has been functional in the Supreme Court premises since 2008. The Unit is rendering services to Hon'ble Judges and Registry in the Supreme Court of India. At present one senior doctor, one Pharmacist and one Pharmacy attendant are rendering their services in this unit. During current reporting period a total of **7192** patients were treated in FAP Supreme Court out of which **4844** were males and **2348** were female patients. Most of the patients were suffering from *Madhumeha, Daurbalyam, Amavata, Mlapitta, Ajirnam, Kasa etc.*

### **CCRAS-JNU Treatment & Research Facility, New Delhi**

A new unit of CCRAS in collaboration JNU has been initiated on 25/01/2023. The unit is providing consultations to the students and employees (working & retired) of the university campus thrice a week. During current reporting period total **3606** patients were been given consultation, of which **2089** are males and **1517** are females.

## **SECTION-WISE ACTIVITIES**

### **Panchakarma Section:-**

Panchakarma section has been functioning in the institute since February 1981, offering the following procedures to patients as per the need: *Vamana* (therapeutic emesis), *Virechana* (therapeutic purgation), *Anuvasana vasti* (oil enema), *Asthapana vasti* (decoction enema) and *Nasya* (nasal insufflations). Apart from these, some other procedures of traditional *Keraliya Chikitsa* are also being practiced in this unit successfully. These include *Shashtika shali Pinda Sweda, Patra Pinda Sweda, Snehadhara, Shirodhara, Shirobasti, Katibasti, Janubast etc.* Being safe and effective these procedures are effectively used for prevention and management of number of health problems like *Pakshavadha, Pangu, Gridhrasi, Amavata, Sandhivata, Sthaulya, Greeva Stambha, Katishula, Katigraha, Jirna Pratishaya, Ardita, Ardhavabhedaka etc.*

During the reporting period, Panchakarma section provided treatment to **980** patients. A total of 17021 sittings of specialized procedures of *Panchakarma* was done at IPD level predominantly *Abhyanga* (2782), *Sarvangasweda* (224), *JanuBast i*(3054), *Nasya* (328), *Katibasti* (961), *Udhvartana* (217), *Matra basti* (2515), *Niruh Basti* (387), *Vaitran Basti* (244), etc. were administered to the patients to provide them better results.



### **Kshara Sutra Section (Ano-Rectal Clinic):-**

During reporting period **8975** patients attended the *Kshara Sutra* Section out of which 2757 patients were of *Arsha*, 2471 patients were of *Bhagandara*, 2707 patients were of *Parikartika*, 33 patients were *Nadivrana* and 1007 patients were of *Gudapaka*.

### **Leech Therapy Clinic :-**

Leech Therapy Clinic caters to patients of various disease conditions like *Twakarog*, *Sira-Shotha*, *Shlipad*, *Shvitra* etc. During reporting period, total **377** patients attended the clinics for various disease conditions. Out of these 42 patients were of *Kushtha*, 332 patients of *Sirajala*. Total 331 patients were males and 46 patients were females.

### **Physiotherapy Section:-**

The Physiotherapy section was established in 1999. As per the need and requirement of the hospital, the section is equipped with required modalities. Both IPD and OPD patients are being treated on daily basis for conditions like osteoarthritis, rheumatoid arthritis, Adhesive capsulitis, cervical and lumbar spondylosis, ankylosing spondylitis, prolapsed inter-vertebral disc, post polio residual paralysis, neurological conditions like stroke, quadriplegia, paraplegia, cerebral palsy, Parkinson's disease, peripheral nerve injuries, muscular dystrophies, bell's palsy, motor neuron disease; Sport's injuries like tennis elbow, rotator cuff tear, meniscal tear and General conditions like obesity, varicose veins, peripheral vascular disorders etc.

During the reporting period total **2568** patients were treated of which **1391** were males and **1177** were females.

### **Eye Clinic**

The Eye clinic has been functioning efficiently and giving service to eye patients from 18<sup>th</sup> February 2017 onwards on OPD and IPD basis. Within the existing facility we are also doing *Kriyakalpas* to selected patients throughout the week. During the reporting period (2023-24) there were **5231** patients out of whom **2546** patients were males and **2685** were female patients. Most commonly found eye diseases were *Timira*, *Abhishyanda*, *Kacha*, *Shushkakshipaka*, *Adhimantha*, *Lingnasha* etc. Various *Kriyakalpsa* were carried out to treat eye diseases which included 2200 of *Nasya*, 1574 of *Tarpana*, 144 of *Karnapooran* etc.

### **Ent OPD**

ENT OPD caters to patients of various disease conditions like *Pratishyaya/Pinasa*, *Badhira*, *Ardhavabhedaka*, *Karnashola*, *Karnanada* etc. During reporting period total **2862** patients attended the clinics those were successfully treated for various disease conditions. Out of these 92 patients were of *kasa*, 80 of *Sirahshoola*, 634 patients were of *Pratishyaya*, 306 patients were of *Badhiryam*, 660 patients of *Minmim (Nasal voice)*, 128 patients of *Karnasrava* etc. Total 1430 patients were males and 1432 patients were females.

### **Arthritis Clinic**

During reporting period **2122** patients (668 male and 1454 female) attended the *Arthritis clinic* out of which 1208 patients were of *Sandhivata*, 316 *Amavata*, 324 *Vatavyadhi*, 142 were of *Katishool*, 70 of *Gridhrasi* etc

### **BalRog Clinic:**

During reporting year 5746 children (3048 male, 2698 female) were treated in OPD for various childhood disorders like *Pidika, Vatavyadhi, Shool, Krimi, Shwitra, Pangu, Kushtha, Pratishtyay* etc.

### **Consultation at Press Club of India**

As per the direction received by Ministry of Ayush, (Letter No.W-13030/46/2022-IEC dated 09.01.2023 and institutes order no.972/2022-23 dated 20.01.2023, Dr. Kishor Patel, R.O.(Ay.), CARI, New Delhi has been nominated through CCRAS as nodal officer to visit "Press Club of India" once in a week (on Saturday) for providing general consultation along with free distribution of medicine as per the requirement to Press Club of India members and their family members.

The consultation and counseling was initiated in January 2023 and discontinued from July, 2023. Total 190 patients got consultation along with free distribution of Ayurvedic medicine during April 2023 to June 2023.

As per order no. F.N. Hq-Estt 11012/109/2023-ESTT/7274 dated 29.01.2024 and institute letter no. F.S.4-38/2022-23/CARI/Admn-Office Order No.1248/2023-24 dated 08.02.2024 weekly clinic at press club of India was reinitiated along with the deputation of one Ayurvedic consultant on every Saturday since 10<sup>th</sup> Feb 2024. Total no. of patients consulted is 100 till 31<sup>st</sup> March, 2023.

### **Ayurvedic Treatment Centre, NPL, CSIR, New Delhi**

In compliance to Council's letter vide File No. HQ-ESTT012/65/2022-ESTT/4999 dated 25.10.2023, an Ayurvedic Treatment Centre was initiated on 27.03.2023 at National Physical Laboratory, CSIR, New Delhi for the health benefit of their officers and officials. During the reporting period, total 318 patients, which comprised of 197 male and 121 female patients, were consulted and given free Ayurvedic medicines for their ailments. Common disorders found in the OPD were Sandhivata, Vatavyadhi, Adhman, Amlapitta, Pratishtyaya, Vivandh, Arsha, Daurbalya, Madhumeha, Agnimandya, Kasa etc. Most of the patients found great improvement in their complaints.

### **Library**

The Library section of the Institute is having 1819 books in Hindi and English. The library remains open for readers from 9:30 am to 4:30 pm.

### **Clinical Laboratory:-**

The NABL Accredited laboratory section provides services to both general patients from OPD, IPD and research subjects. A total no. of 18635 investigations were carried out during the reporting year.

### **Bio-chemical Investigations**

Routine Biochemical investigations including Blood Sugar, Lipid Profile, Renal Function Test and Liver Function Tests are conducted in Biochemistry section of the Institute. Total 12831 investigations were carried out during the year 2023-24.

### **Pathological Investigations**

Routine pathological investigations of blood, urine and stool were done. Total 5804 investigations were carried out during the year 2023-24.



### **Pharmacy**

At present CARI pharmacy is coordinating purchase as well as distribution of the medicine for OPD and IPD of CARI along with for all the attached peripheral units under the institute as Lady Harding, Dr RML hospital, Supreme Court, Safdarjung Hospital and President Estate Ayurveda treatment Centre. The Pharmacy also keeps balance in demand and supply of medicines for clinical projects. In this current year pharmacy has procured medicines worth Rs. **2,17,29,035.00** for meeting the demand.

### **Hindi Section**

Hindi section has been playing a leading role to follow *Official Language Rules* such as issuing all documents related to Section 3 (3) in bilingual, answering the letters in Hindi and keeping continuous efforts towards meeting the annual target. All quarterly progress reports, half-yearly progress reports are prepared on time and submitted to the Official Language Department and NARAKAS (*Town Official Language Implementation Committee*) by email and online. *Vibhagiya Rajbhasha Karyanvayan Samiti* meeting is being organized in each trimester to observe the official & technical work in Hindi in every department. *Hindi Pakhwada* was successfully organized from 14th Sept to 29th Sept, 2023. This year four “*One Day Hindi workshops*” were organized. In the half-yearly meetings organized by the Town Official Language Implementation Committee, the institution was praised for increasing percentage towards achieving the annual target. The institute had also been lauded for their efforts in the E- Nirikshan done by CCRAS HQs on 28.12.2023

Hindi workshops: 1. 28.06.2023 2. 30.09.2023 3. 26.12.2023 4. 27.03.2024

### **Medicinal Plant Garden**

Institute is maintaining a medicinal plant garden for dual purposes i.e. for demonstration as well as for providing raw herbs for panchakarma and ksharasutra therapy. For identification and demonstration purposes, all the plants have their specific nameplates with their classical names, botanical names, family, and main uses. This Medicinal garden is continuously providing raw herbs for various Panchakarma procedures and Ksharasutra eg. *Madhuyashti, Narikel, Shigru, Haritaki, Ashvagandha, Guduchi, Bhrami, Isabgol, Nirgundi, Agnimantha, jati*, etc.

### **Major activities (Ayurveda)**

Clinical research on lifestyle related and Non-communicable disorders focusing on Cardiovascular Diseases

#### **Other Activities :**

- Health care services through Out-Patient Department (OPD) and In-Patient Departments (IPD)
- Special facility for Ksharasutra & Panchkarma
- Special Clinics for Geriatric Health Care
- Training Centre for Clinical Research and Para-Medical Subjects
- Research oriented Public Health care services (outreach activities) i.e. Ayurveda Mobile Health Care Project under SCSP
- Any other assignment of National importance related to Research & Development in Ayurveda.

#### Activities organized by Institute during 2023-24

1. Organized the **IEC (Institutional Ethical Committee)** meeting through video conferencing under the Chairmanship of Prof. Dr. S.K. Maulik on 12.04.2023
2. Organized "**Fire Safety Mock drill And Yoga session**" as an activity under Fire Safety week on 19.04.2023
3. Organised awareness lectures as activity under celebration of **World Environment Day** in May and June, 2023.
4. Observance of **World Environment Day and distribution of plants** i.e. Tulasi and Guduchi on 05.06.2023
5. Observance of **World Accreditation Day** at CARI, New Delhi on 09.06.2023
6. Organized a Blood group checking camp under the observance of **Rakta ka Amrit Mahotsava on World Blood Donors Day** on 14.06.2023.
7. Organized a national webinar entitled, "**Pharmacovigilance for ASU & H drugs**" at CARI, New Delhi, Peripheral Pharmacovigilance Centre (PPvC) ON 15.6.2023
8. Organized **9th International Yoga Day-2023** on 21.06.2023
9. Organized the National Seminar on **Millet- Aahara for Good Health**, organized by CARI, New Delhi on 26.06.2023
10. Organized a virtual Hindi Workshop on topic "कंप्यूटर पर हिंदी में काम तथा राजभाषा में प्रशासनिक कार्य का अभ्यास" on 28.06.2023
11. Organized **Induction training to Nurses** (including A-HMIS) on 20.07.2023.
12. Organized various lectures under **Azadi Ka Amrit Mahotsava 2.0** at CARI, New Delhi from August 2023- September, 2023
13. Organized **National Sports Day celebration under the Fit India Mission** from 21.08.2023- 29.08.2023
14. Observance of **Rashtriya PoshanaMaah** in September, 2023.
15. Observance of **Hindi Pakhwada** from 14.09.2023-29.09.2023
16. Observance of **Swachhata Pakhwada** from 15.09.2023-30.09.2023
17. Organized a national training program related to "**Capacity Building of Preventive Vigilance on Public Procurement and Ethics & Governance**" under the observance of the Vigilance Awareness Campaign at CARI, New Delhi on 07.10.2023
18. Organized one-day **national training program of CCRAS-BEST Training for SMART Investigators for the collaborative Research Projects under SMART program of Iron Deficiency Anaemia** on 27.10.2023
19. Observance of **Vigilance Awareness week** in October, 2023
20. Organized one day training on "**Ethics Guidelines for Biomedical & Health Research involving Human Participants**" organized by CARI, New Delhi at Ayush Auditorium, CCRAS, Hqrs. on 03.11.2023
21. Organized the program of **Biker's Rally** at CARI, New Delhi as a part of the observance of Ayurveda day celebration, 2023 on 05.11.2023
22. Organized **Run for Ayurveda**- an activity of 8<sup>th</sup> Ayurveda Day celebration on 07.11.2023
23. **Observance of 8<sup>th</sup> Ayurveda day** (organized lectures, webinar/ health camps, Prakriti Parikshana camp etc.) from 10.10.2023 to 10.11.2023



## Section 4(I)(b)(i)

### Grievances Redressal Mechanism

There is a Public Grievances Committee to redress the grievances of the Public/Staff

#### Committee for Public Grievances

Sl.No.	Name of the Officer/Official	Designation
1.	Dr H. Panigrahi	Research Officer (Ay)
2.	Dr Seema Jain	Research Officer (Ay)
3.	Dr Shrawan Sahu	Research Officer (Ay)
4.	Dr Renu Rani	Research Officer (Ay)
5.	Shri Mukesh Kumar	Assistant

#### Committee for Staff Grievances

Sl.No.	Name of the Officer/Official	Designation
1.	Dr Sakshi Sharma	Research Officer (Ay)
2.	Dr Babita Yadav	Research Officer (Ay)
3.	Dr Kishor Patel	Research Officer (Ay)
4.	Dr Shaizi Layeeq	Research Officer (Ay)
5.	Shri Ankit Thakran	UDC

#### Postal address of the Institute :

**Central Ayurveda Research Institute**

Punjabi Bagh (West), Road No.66,

New Delhi – 110026

Under Central Council for Research in Ayurvedic Sciences, Ministry of  
AYUSH, Govt. of India

#### Detailment of Central Public Information Officer (CPIO)

Dr Hemant Panigrahi,

Research Officer (Ayurveda)

Central Ayurveda Research Institute

Punjabi Bagh, New Delhi- 110026

e-mail Id: drhemanta71@gmail.com

Mobile No.: 9968074400



**List of Intra Mural Research Projects completed in 2023-24 and ongoing projects 2024-25**

**Completed in 2023**

Sl. No.	Name of Project
1.	Evaluation of AYUSH- SR tablet in Occupational Stress Among Nurses – A Randomized Double-Blind Placebo Controlled Clinical Study”

**On Going Project during 2024-25**

Sl. No.	Name of Project
1	Evaluation of Efficacy and Safety of AYUSH-HR in the Management of Pre-Hypertension – A Double-blind Randomized control clinical study
2	Clinical assessment of the efficacy of Ayurvedic management in PCOS –a randomized open-label control trial
3	Comparing the efficacy of Yashtimadhu Ghrita anal infiltration and Diltiazem topical application in the management of chronic anal fissure –An open-label randomized controlled trial
4	“Clinical Efficacy and safety of Arogyavardhini Vati and Pippalyadyasava in the management of Non-Alcoholic Fatty Liver Disease (NAFLD) –A randomized open level prospective clinical trial”
5	A Clinical Consensus study for developing the practice guidelines of Marsa Nasya Karma with a multi centre Feasibility study in Cervical Spondylosis
6	“Efficacy and Safety of AYUSH SR tablet in the management of stress among university students –A double-blind randomized placebo-controlled study

## **Details of Collaborative Research Projects**

### **Completed Projects during 2023-24**

<b>Sl. No.</b>	<b>Name of Project</b>
1	Double Blind Randomized Placebo Controlled Multicentric Clinical Trial of Ayush M-3 in the Management of Migraine. (CARI, New Delhi)
2	Development and Validation of Computerized Niruha Basti Yantra (A medicated Enema tool) - <i>Collaborative project with IIT</i>
3	Prospective Double-Blind Randomized Controlled Clinical Study On Ayurvedic Intervention (Sarpagandha Mishran) Vs Amlodipine For The Management Of Stage-I Primary Hypertension
4	Efficacy of Ayurveda Nutritional Supplements and Yoga Protocol in the prevention and reduction of the Severity of Acute Mountain Sickness: An Open-Label Randomized Controlled Study

### **On Going Project during 2024-25**

<b>Sl. No.</b>	<b>Name of Project</b>
1	Double Blind Randomized Placebo Controlled Multicentric Clinical Trial of Ayush M-3 in the Management of Migraine. (RML, New Delhi)
2	Randomized Double-Blind Placebo controlled Clinical Study of Ayurvedic coded drug AYUSH-A in the management of Bronchial Asthma (Tamak Shwas)- Collaborative study with AIIMS
3	Study the physiological basis and gut bacterial modulations induced by Virechana (Purgation therapy) in Healthy adults: A prospective longitudinal study
4	A Randomized controlled trial to evaluate the efficacy of multimodal Ayurveda interventions in Jaanu Sandhigatavata (Primary Knee Osteoarthritis)
5	Clinical evaluation of Ayurvedic management in Allergic Rhinitis-A Randomized Controlled trial
6	Efficacy of Ayurveda interventions in the management of menorrhagia (Raktapradara) - A randomized controlled trial
7	Clinical study on tolerability, treatment adherence and safety of an Ayurvedic intervention- <i>Dhatri Lauha</i> in the management of Iron Deficiency Anemia: An open label single arm study
8	Treatment adherence, tolerability and safety of Ayurveda therapeutic regimen in the management of Primary Knee Osteoarthritis: An OPD-based study
9	Efficacy of Ayurveda Interventions (Pushkar Guggulu and Haritaki) as add-on to Standard Care in Stable Coronary Artery Disease: A Double-blind Randomized Controlled Study

## **Ayurveda Mobile Health Care Program under Scheduled Caste sub Plan(SCSP)**

**Aim:** To provide health care through Ayurveda in the areas predominantly dwelled by scheduled castes.

### **Objectives:**

- 1) To understand the health status of the target population in context with their socio-demographic conditions
- 2) To treat the patients willing to get Ayurveda interventions as adjuvant to the conventional concomitant medication or as stand-alone for various disease conditions
- 3) To provide Ayurveda based lifestyle advocacy for maintenance of health and prevention of diseases among the people willing to practice the same
- 4) To know about perception of the study population regarding Ayurveda for health care

### **Sample Size :**

- Population Target -3750
- Villages target-5-10
- Tours Target-220

**Duration of Study:** 1 year

### **Participating centre along with PI:**

S.No.	Name of the participating centre	Name of PI
1.	CARI, New Delhi	Dr. Seema Jain, R.O. (Ay )

**Current status: COMPLETED**

S.No.	Particulars	Consolidated data of the study
1.	Durations of the study	1 year
2.	Villages covered	5
3.	Visits made	192
4.	Population covered	3892
5.	No. of patients treated	7076
6.	No. of SC patients treated	4922
7.	No. of Investigations done	11137

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{Section 4(1)(b)(v)}

**The rules, regulations, instructions, manuals and records, held by it or under its control or used by its employees for discharging its functions**

1. Manual of Office Procedure
2. Fundamental Rules and Supplementary Rules (FR&SR)
3. CCS (Classification, Control and Appeal) Rules 1965
4. CCS (Conduct) Rules 1964
5. General Financial Rules (GFR)
6. Delegation of Financial Power Rules
7. CCRAS (Pension) rules in line with CCS (Pension) Rules
8. Central Civil Services (Medical Attendance) Rules
9. Central Civil Services (Leave) Rules
10. Central Civil Services (Leave Travel Concession) Rules
11. Central Civil Services (Travelling Allowance) Rules

**List of Employees with Gross Monthly remuneration of CARI New  
Delhi  
Group 'A**

Sl.No	Officers Name And Designation	Pay Level And Index	Gross Total
	<b>Director</b>		
1	Dr Bharti	L- 13, I- 13	<b>385056</b>
	<b>Assistant Director (Path)</b>		
2	Dr.Reenu Makhija	L- 13, I- 11	<b>363528</b>
	<b>Research Officers (Ayu)</b>		
3	Dr. Hemanta Kumar Panigrahi	L- 13, I- 03	<b>297495</b>
4	Dr. Anu Bhatnagar	L- 13, I- 03	<b>300015</b>
5	Dr. Sakshi Sharma	L- 12, I- 10	<b>223596</b>
6	Dr. Seema Jain	L- 12, I- 10	<b>223596</b>
7	Dr. Babita Yadav	L- 12, I- 10	<b>223596</b>
8	Dr. Swati sharma		<b>159426</b>
9	Dr. Rajput shivshankar Akhileshwar	L- 11, I- 03	<b>170226</b>
10	Dr. Sweta Mata	L- 11, I- 04	<b>159426</b>
11	Dr. Patel Kishor Premaji	L- 11, I- 04	<b>159426</b>
12	Dr. C Ashwin	L- 11, I- 03	<b>159426</b>
13	Dr. Athira S	L- 11, I- 03	<b>140040</b>
14	Dr. Shaizi Layeeq	L- 11, I- 03	<b>159426</b>
15	Dr. Saroj Devi	L- 10, I- 05	<b>118901</b>
16	Dr. Sudha Kumari	L- 11, I- 03	<b>159426</b>
17	Dr. Sweta Choudhary	L- 11, I- 03	<b>148626</b>
18	Dr. Neha Dubey	L- 11, I- 03	<b>159426</b>
19	Dr. Rincky Devi thakur	L- 11, I- 03	<b>140040</b>
20	Dr. Kuldeep	L- 11, I- 03	<b>159426</b>
21	Dr. Ashima Jain- Pathology	L- 07, I- 01	<b>137691</b>
22	Dr. Renu Rani	L- 07, I- 02	<b>137691</b>
23	Dr. Shrawan Kumar Sahu	L- 11, I- 03	<b>159426</b>
24	Dr. Meenakshi Suri- Path	L- 07, I- 04	<b>137691</b>
25	Dr. Meenakshi Suri- Path-5 days pay		<b>22207</b>

**CARI, New Delhi**  
**Employees Group B and C**

Sl.No	Officers Name And Designation	Pay Level And Index	Gross Total
	<b>Assistant Matron</b>		
1	Ms Moutusi Biswas	L- 10, I- 12	<b>157211</b>
	<b>Assistant Research Officer-Psychologist</b>		
2	Ms. Astha Dawar	L- 07, I- 04	<b>92130</b>
3	Ms. Sonam Chandhok	L- 07, I- 04	<b>92130</b>
	<b>Phsiotherapist</b>		
4	Ms.Disha Garg	L- 07, I- 04	<b>92130</b>
	<b>Sister In-Charge</b>		
5	Smt. Shalubhai mangte	l-8, I-13	<b>129863</b>
6	Smt. Seema Hutait	L-8, I-06	<b>106676</b>
	<b>Staff Nurse</b>		
7	Ms. Shweta Choudhary	L- 07, I- 02	<b>92693</b>
8	Ms. Priya Chugh	L- 07, I- 02	<b>92693</b>
9	Ms. Aakansha Sharma	L- 07, I- 02	<b>92693</b>
10	Ms. Ekta Sharma	L- 07, I- 02	<b>92693</b>
11	Smt. Arannya Mukharjee	L- 07, I- 02	<b>90215</b>
12	Ms. Monu Sharma	L- 07, I- 02	<b>87737</b>
13	Sh. Muneesh kumar Meena	L- 07, I- 02	<b>87737</b>
14	Sh. Depinder	L- 07, I- 02	<b>87737</b>
	<b>Assistant</b>		
15	Sh. Rajnath Rawat	L- 06, I-01	<b>80271</b>
16	Sh. Mukesh Kumar	L- 06, I-05	<b>76023</b>
	<b>Hindi Assistant</b>		
17	Smt. Sonali sharma	L- 06, I- 06	<b>80271</b>
	<b>Library and Information Assistant</b>		
18	Sh. Ashish Bajpai		<b>73899</b>
	<b>UDC</b>		
19	Sh. Ankit Thakkan	L- 04, I- 1	<b>51951</b>
	<b>LDC</b>		
20	Sh. Himanshu	L- 02, I- 08	<b>49465</b>
21	Sh. Sonu	L- 02, I- 01	<b>40335</b>
	<b>Medical Laboratory Technologist</b>		
22	Sh. Abhishek Gautam	L- 06, I- 04	<b>76263</b>
23	Sh. Lakhmi chand yadav	L- 06, I- 01	<b>70245</b>
	<b>Lab Tech</b>		
24	Sh. Vijay Shankar Pandey	L- 05, I- 17	<b>95025</b>
25	Sh. Nempal Singh	L- 05, I- 10	<b>75024</b>



	<b>Pharmasist</b>		
26	Sh. Pramod Jha	L- 07, I- 14	133257
27	Sh. Bachcharaj	L- 05, I- 02	60510
28	Sh. Manish Kumar Sharma	L- 05, I- 01	58917
29	Sh. Gorav Kumar Nagar	L- 05, I- 01	58917
30	Sh. Virender Gupta	L- 05, I- 01	58917
	<b>Lab Attendant</b>		
31	Sh. Surender Mohan Sihara	L- 03, I- 17	69537
32	Sh. Amit	L- 02, I- 07	49005
33	Sh. Bhupinder	L- 02, I- 01	38550
	<b>Dark Room Assistant</b>		
34	Smt. Shweta Bhardwaj	L-02, I- 01	38550
	<b>Driver</b>		
35	Sh. Sunil Kumar	L- 05, I- 14	83697
	<b>Panchkarma Tech</b>		
36	Sh. Pradeep Mehta	L-4, I-01	50775
37	Sh. Vinod Kumar	L-4, I-01	50775
	<b>Panchkarma Attendant</b>		
38	Smt. P Kalawati MTS	L- 06, I- 11	92370
39	Sh. Raghubir Singh Rawat	L- 04, I- 18	82635
40	Sh. Anil Kumar	L- 03, I- 19	76086
41	Sh. Om Prakash	L- 03, I- 20	75378
42	Sh. Kirodh Kumar	L- 03, I- 17	69537
43	Sh. Bhim Sen	L- 03, I- 17	69537
44	Sh. Vijay Kumar	L- 03, I- 16	65820
45	Smt. Roopa	L- 02, I- 17	64050
46	Sh. Krishan Gopal	L- 02, I- 14	59094
47	Sh. Rahul	L- 01, I- 05	42621
48	Sh. Dharamveer Singh	L- 01, I- 08	42621
49	Sh. Nagendra Singh	L- 01, I- 07	41382
50	Sh. Ravinder	L- 01, I- 03	39258
51	Sh. Sunil Kumar	L- 01, I- 03	37215
52	Sh. Kumar Vivek	L-01, I-01	35415
53	Sh. Deepak Chuhan	L-01, I-01	35415
54	Sh. Shivraj Meena	L-01, I-01	35415
55	Sh. Manjeet	L-01, I-01	35415
56	Sh. Aman	L-01, I-01	35415
57	Sh. Sagar	L-01, I-01	37440