### Regional Ayurveda Research Institute, Jammu

Institute	Activities
RARI Jammu	Clinical Research focusing on Urinary disorders and Gout
	Other Activities 1. Health care services through NABH accredited Out Patient
	Department (OPD) and In Patient Departments (IPDs)
	2. Special Clinics for Geriatric Health Care.
	3. Ultra sonography, X-Ray and NABL certified pathology laboratory.
	4. Special facility for Panchakarma.
	5. Facility of Ksharasutra.
	6. Facilities of Marmachikitsa.
	7. Research oriented public health care services (outreach activities) i.e.
	Tribal Health Care Research Programme under TSP
	Ayurveda Mobile Health Care Project under SCSP.
	8. Pharmacognosy research
	9. Skill India Certified Panchakarma Technician Course.
	10. Any other assignment of National importance related to Research &
	Development in Ayurveda.

# Intra mural Research

Projects completed till date

S. No.	Title of the project
1.	Preliminary clinical study of Arka Mula Tvaka Curna on Atisara, Pravahika and Grahani.
2.	Preliminary clinical trial of Vata (Ficus bengalensis, Linn.) Twaka Curna on Sveta Pradara.
3.	Clinical trial of Ayush –64 tablets in the treatment of Malaria/Visama Jvara.
4.	Preliminary clinical trial of Trikustha guggulu in Amavata.
5.	Preliminary clinical trial of Trikustha guggulu in Sandhigata vata.
6.	To evaluate the effect of Ayurvedic drugs in the management of Mutrasmari (Urolithiasis)
7	To establish the therapeutic efficacy of the treatment available in the ancient classics for the management of Kamala (ineffective hepatitis)

8	Comparison of effects of different drug schedules under different groups of Grahani Roga.
9	Effect of Sphatika on Tundikeri (Tonsillitis-Streptococcal infection)
10	To evaluate the hypoglycemic effect of M-93 compound in the cases of Madhumeha (Diabetes mellitus)
11	To study the anti-arthritic effect of C.G. compound tabs. (Chakramarda and Guggulu) in the management of Rheumatoid Arthritis (Amavata)
12	Clinical evaluation of Aswagandha curna in Amavata
13	To assess the therapeutic efficacy of herbo-mineral combination (Combination of Sphatika and Rasanjana in rose water) in the management of Acute-conjunctivitis (Tivra-netrabhisyanda).
14	Clinical evaluation of single/compound/ herbo-mineral drugs in the management of Madhumeha
15	Clinical evaluation of herbal compound drugs in the management of VyanaBala Vaisamya.
16	Comparative clinical evaluation of Samana cikitsa vis-a-vis Panchakarma therapy in the Management of Amavata (Rheumatoid Arthritis).
17	Evaluation of the therapeutic effect of single drugs / compound Ayurvedic formulations in the management of Kitibha (Psoriasis)
18	Clinical evaluation of Single/Compound drugs in the management of Asmari (Urolithiasis)
19	Clinical evaluation of herbo-mineral preparations in the management of Arsha (Haemorrhoids)
20	Clinical evaluation of herbo-mineral preparations in the management of Vyana Bala Vaishamaja (Hypertension)
21	To assess the therapeutic efficacy of the combination of vaca and Kutki in equal ratio in the management Medoroga (Lipid disorder).
22	Multi centric open clinical trial of Dhatri Lauha in Iron Deficiency Anaemia.
23	Implementation of WHO guidelines for the pharmacolviligance system for traditional medicines.
24	Documentation of Reported Episodes Of Prevention/ Treatment for Vector Borne/ Infectious Diseases of Ayurveda & Siddha Drugs (Intra Mural Research)
25	Multi Centric Open clinical trial of Rajahpravartini Vati in Kastarthava (Dysmenorrohoea)
26	Clinical Evaluation of Bilvadi leha in the Management of Irritable Bowel Syndrome (IBS).
27	An Open label efficacy study of Guggulu and Pinda Tail in the management of hyperuricemia in Gout (Vatarakta) Patients.
28	Clinical Evaluation of Kutajarishta in the Management of Irritable Bowel Syndrome (IBS)
29	Swasthya Rakshan Programme (SRP) through Mobile Health Services
30	Reproductive and Child Health Care under Ayurveda Mobile Health Care, SCSP Program (RCH-SCSP)
31	Pharmaco-epidemiological studies (retrospective) on safety and effectiveness of

	Rasoushadhis
32	A 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
33	Clinical Evaluation of Varunadi Kwath Churna and Apamarga Kshara in the Management of Mutrashmari (Urolithiasis)
34	A Prospective open labelled observational study to document the potential safety issues and prescription trends in selected Rasoushadhis in CCRAS OPD's across India
35	Qualitative authentication of selected market samples of crude drugs available in various markets of India'
36	Clinical Evaluation of Gokshuradi Guggulu and Nimbadi Churna in Vatarakta (Gout)
37	Documentation of life profiles of luminaries of Ayurveda

### Ongoing projects during 2023-24.

1.	Clinical evaluation of Sanjivani Vati and Pippaladyasava in the management of Agnimandya - A Randomized Parallel group study
2.	Evaluation of the efficacy and safety of Chandraprabha vati with Gokshuradi Guggulu in the management of Benign Prostatic Hyperplasia- A randomized, standard controlled clinical trial
3.	Documentation and Validation of Local Health Traditions and Ethno medicinal, Ethno veterinary and dietary practices in Sunderbani block of District Rajouri, Jammu and Kashmir
4.	Pharmacognostical and chemical profiling of some selected Indian medicinal flowers.
5.	Ayurveda treatment for Benign Prostatic Hyperplasia (BPH): A Systematic Review
6.	Development and digitalisation of authentic Ayurvedic raw drugs an herbarium for the medicinal plants appearing in the Ayurvedic formularies of India in mandatory drug testing laboratories of CCRAS.
7.	Evaluation of seasonal and geographical variation on phyto-constituents / marker compounds in selected Ayurvedic medicinal plants.
8.	Eklavya Modal Residential School

# <u>SCSP</u>

S. No.	Project year	No. of tour	No. of villages covered	Population surveyed	SC patients treated	Total patients treated
1	2022-2023	220	5	6170	3979	4920
2	2023-2024	211	5	3778	4311	4803

## Prevalent diseases under SCSP

S. no	Year	Name of diseases
1	2022-23	Kasa, Panduroga Rajodosh Uvanpidika Sandhivata Vatvyadhi
2	2023-24	Kasa, Daurbalya, Amlapitta, Shirshula, Sandhivata, Vibandha, Madhumeha, Vyanvatkopa

# Institute wise status of work carried out under Ayurveda Mobile Health Care Pragramme (SCSP) during 2023-24

Name of	No. of	No. of	No. of (SC)			Patient treated       New     Follow up     Total									Grand Total					
the Institute	villages covered	tours	М	F	Total	S	С	Other	•	S	С	Other		SC	Ot	ther		М	F	Total
				_		Μ	F	Μ	F	Μ	F	Μ	F	Μ	F	Μ	F			
RARI, Jammu	5	211	1896	1880	3778	1696	2041	214	238	244	330	21	19	1940	2371	235	257	2175	2628	4803

# **THCR** Project

Project Year	Name of Institute	No. of Villages Covered	Population Surveyed	Provided medical aid to ST Patients treated	LHT
2022-23	RARI, Jammu	6	6425	3245	8
2023-24	RARI, Jammu	10	3864	3762	8

### 2. Work done under THCRP during 2022-23

S.No	Institute Name	No. of Villages	ST Popn. Surveyed			ST Patient			Other Patients			Grand Total	Folk Claims
5.110	Institute Maine	No. of villages	Male	Female	Total	Male	Female	Total	Male	Female	Total	Grand Total	FOIR Claims
1	RARI, JAMMU	6	3315	3110	6425	1570	1675	3245	451	592	1043	4288	8

#### 3. Work done under THCRP during 2023-24

S.No	Institute Name	No. of Villages	ST Popn. Surveyed			ST Patient			Ot	her Patier	nts	Grand Total	Folk Claims	
			Male	Male Female Total		Male	Male Female Total		Male Female Total					
1	RARI, JAMMU	10	2041	1823	3864	1822	1940	3762	863	978	1841	5603	8	

#### 4. List of Prevalent Diseases:

RARI, JAMM U	2022 -23	,, _,, _
RARI,	2023	
JAMM	-24	

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