

## Research Activities

### **Intra Mural Research projects:      Ongoing – 18 (Nos)**

1. Clinical evaluation of Ayurvedic regimen (Virechana Karma followed by oral administration of KankayanaVati, Kanchanar Guggulu and Kumaryasava) in the management of Polycystic Ovarian Syndrome- A Randomized Controlled open label Clinical Trial.
2. Medico ethno Botanical Survey in the forest division of Thiruvananthapuram District.
3. A clinical consensus study for developing the standard operating procedures and the practice guidelines of Kabala and Gandoosha Karma
4. A prospective pragmatic observational study to document the possible adverse events of Nasya Karma
5. A Systematic survey of the labelling information of Ayurvedic drugs included in NLEAM and marketed in India in compliance with Rule 161 of the D&C Act 1940 and Rule 1945
6. An Analytical Cross-Sectional study to evaluate the Knowledge, Attitude and Practice of hair oil application (Siro abhyanga) among adult women in Kerala
7. An Observational Study on Possible Adverse Events during Vasti Karma - A Prospective Pragmatic Observational Study at RARI Trivandrum
8. Documentation of life profiles of Admirable Personalities to Transform ayurveda(APTA) -Dr C D Sahadevan
9. Documentation of life profiles of Admirable Personalities to Transform Ayurveda (APTA) - Kochunni Thampuran
10. Documentation of life profiles of Admirable Personalities to Transform ayurveda (APTA) - K. Kunjiraman Vaidyar\
11. Documentation of life profiles of Admirable Personalities to Transform ayurveda (APTA) -Shri. Itty Achudan
12. Documentation of life profiles of Admirable Personalities to Transform ayurveda(APTA) - Kuttan Vaidyan
13. Documentation of life profiles of Admirable Personalities to Transform ayurveda(APTA) - K S Manilal
14. Documentation of life profiles of Admirable Personalities to Transform ayurveda(APTA) K Narayanan Gurukkal
15. Documentation of ethnodietary practices indigenous to India.
16. Documentations of Plants, Metals, Minerals animal products and other materials used in various indigenous religious practices and rituals across India.
17. Survey and Documentation on Netra Kriya Kalpa practices among registered Ayurveda practitioners across India
18. A Clinical Consensus study for the development of Standard Operating Procedure and practice guidelines for Anjana Karma with a Feasibility study in Immature Cataract

## Completed - 27

1. Multi Centric Open Clinical trial of Rajapravartini vati in kashtartava (May 2011 to June 2012)
2. Clinical evaluation of Asokarishta, Aswagandha choorna and Pravala pishti in the management of Menopausal syndrome (May 2011 to April 2012)
3. Clinical evaluation of the efficacy of rajahpravartini vati, kanchanarguggulu and varunadi kwatha in the management of polycystic ovary syndrome (pcos): a pilot study (20.9.13 to 10.12.14)
4. Clinical evaluation of khadirarishta & kanchanara guggulu in the management of uterine fibroids – an exploratory study.(07.10.15 to 25.04.18)
5. Retrospective pharmaco-epidemiological study on safety and effectiveness of rasaushadhi (Apr 12 to March 18)
6. Clinical evaluation of ayush pe eye drops in the management of acute allergic conjunctivitis(30.04.19 to 28.12.19)
7. Clinical evaluation of the effect of sapthasaram kashaya and saraswatharishta in kashtarthava 24/03/18 to 2 years
8. 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 (21.10.20 to 15.02.21)
9. Ayurveda interventions in Diabetic Retinopathy:a systematic review(20.09.19 to 22.02.21)
10. Effective implementation of AYUSH- Hospital Management Information System (AHMIS) at RARILSD (April-2019 to 31.03.21)
11. Clinical evaluation of the effect of Shatavari guda and Ashokarishta in the management of Abnormal Uterine Bleeding (Asrigdara) (10.03.20) to March 2022)
12. Prospective open labelled observational study to document the potential safety issues and prescription trends in selected Rasausadhi's in CCRAS -OPD's across india (19.02.20 to 31.03.22)
13. Clinical evaluation of Ayurvedic formulations Pugakhanda and Ayush PVK gel in the management of Swetapradara (pathological leucorrhoea) (27.10.20 to 08.07.22)
14. Establishment of Herbal Garden and Nursery center at RARILSD, Poojappura, Thiruvananthapuram(31.03.21)
15. Clinical evaluation of ayurvedic formulation Shatavarigudam & Triphalakashaya in the management of leucorrhoea (Shwetapradara) 26.10.21 to Mar 2023)
16. Swasthya Rakshan Programme (Oct 15 to Mar 19).
17. Women and Child health Care Programme :-
  - (a) Women and Child health Care Programme under SCSP 2020-2021
  - (b) Women and Child health Care Programme under SCSP 2021-2022
  - (c) Women and Child health Care Programme under SCSP 2022-2023
  - (d) RCH-SCSP 2018-2019
18. AMHCP-SCSP:-
  - (a) AMHCP-SCSP-2015-2016
  - (b) AMHCP-SCSP-2016-2017
  - (c) AMHCP-SCSP-2017-2018
  - (d) AMHCP-SCSP-2018-2019
  - (e) AMHCP-SCSP-2019-2020
  - (f) AMHCP-SCSP-2020-2021
  - (g) AMHCP-SCSP-2021-2022

- (h) Clinical evaluation of efficacy of Ashwagandha on Quality of life in Geriatric Population- Prospective Double-blind placebo-controlled study under AMHCP
- (i) A prophylactic community based study to assess the impact of Ayuraksha Kit in COVID-19” under SCSP 2021-22
- (j) Documentation of efficacy of select Ayush drugs (AYUSH-64 and Kabasura Kudineer) in COVID-19 patients in home isolation- A prospective community-based study
- (k) AMHCP-SCSP-2022-2023
- 19. AMHCP-SCSP-2022-2023
- 20. WCH-2023-2024
- 21. WCH-2024-2025
- 22. Impact of Ayurveda Based Lifestyle Advocacy and Practices among apparently healthy individuals across selected cities in India- A Randomized Parallel Group Study
- 23. Clinical evaluation of Sanjivani Vati and Pippaladyasava in the management of Agnimandya - A Randomized Parallel group study
- 24. Documentation of life profile of luminaries in the field of Ayurveda 2023-Shri Kesavan Vaidyar
- 25. Documentation of life profile of luminaries in the field of Ayurveda 2023-Dr. K Rajagoplan
- 26. Documentation of life profile of luminaries in the field of Ayurveda 2023-Chittinkara Krishnapillai Vaidyan
- 27. Translation and Transliteration of Vakyapradeepika Commentary of Ashtangahridaya

### **Collaborative research projects**

**Ongoing - 02 (Nos)**

- Understanding prakriti and its inheritance pattern in health and predominant disease predisposition from a regional perspective- A genetic and epigenetic study (In collaboration with Rajiv Gandhi Centre for Biotechnology)
- Treatment tolerability, medication adherence and safety of Ayurvedic formulations in the management of psoriasis – An open label single arm study – SMART Programme

### **Extra Mural Research Projects: Completed - 01**

- Establishment of Herbal Garden and Nursery center at RARILSD, Poojappura, Thiruvananthapuram (31.03.21)

### **Outreach programs:**

**Ongoing (Nos) - 01**

- Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India

**Completed (Nos) - 06**

- Women and Child health Care Programme under SCSP 2024-25

- Ayurveda Mobile Health Care Programme under Scheduled Castes Sub Plan (AMHCP-SCSP)
- Swasthya Rakshan Program
- Clinical evaluation of efficacy of Ashwagandha on Quality of life in Geriatric Population- Prospective Double-blind placebo-controlled study under AMHCP
- A prophylactic community-based study to assess the impact of Ayuraksha Kit in COVID-19” under SCSP 2021-22.
- Documentation of efficacy of select Ayush drugs (AYUSH-64 and Kabasura Kudineer) in COVID-19 patients in home isolation- A prospective community-based study