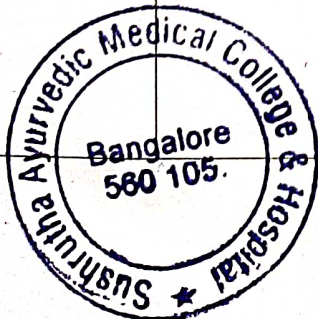


Sushruta Ayurvedic Medical College and Hospital, Bengaluru
Research activities till December 2023

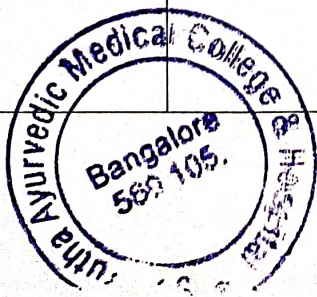
Total scientific publications- 10
Completed projects- 4
Ongoing funded projects- 4
Submitted for funding to CCRAS-10
Undergoing staff project-1

Department	Publications	CME/ Conferences	Research Projects
Kriya Sharira	Nil	Dr Arpitha A Warriar - Attended CME on Respiratory Disorders organized by Arya Vaidya Sala, Kottakal at Hubli on 15/07/2023	Nil
Samhita Siddhanta	Dr Divya Nagari N Submitted 1. Research article- Clinical Efficacy of Varnyadashemani with special reference to Ushna and Sheeta Veerya Varnya Dravya 2. An Outlook on Ayurvedic treatment Protocol of Kumbha Kamala with Jalodara by administration of Gomutra and Gokshira – A case report'	Dr Divya Nagari N Attended CME at NIA, Jaipur from Nov 14 th - Nov 21 st 2022 2. Attended Scientific Writing Workshop at CARI, Bangalore from Dec 15 th - Dec 17 th 2022 3. Presented a paper at an International Seminar "PANCHAGAVYA" in DMIMS, Wardha on March 12 th 2023 on the topic "An outlook on Ayurvedic treatment protocol of Kumbha Kamala with Jalodara by	Dr. Pavitra RGUHS students research project on Charmakeela undergoing

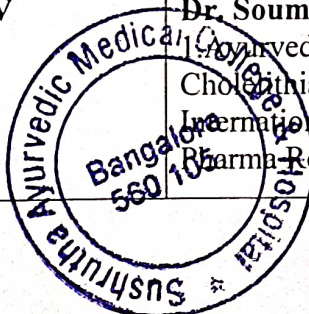


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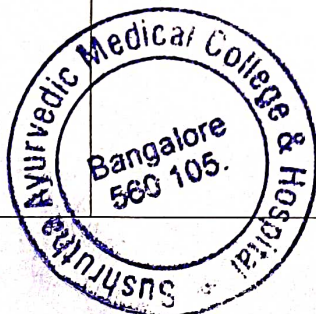
		administration of Gomutra and Goksheera- A case report 2. Delivered a Guest lecture on "Trisutra" for Under Graduation students at Sri Sri Ayurvedic College, Bangalore in 2022	
Rachana Sharira	Nil	Dr. Remitha 1. Delivered a lecture on 'Recent advances in Rachana Shareera Research an individual specific approach' to PG and PhD Scholars at SDM Udupi. 2. Delivered a lecture on "Anatomy of Skin - An Overview" at KASE, Kottakkal, VPSV Ayurveda Medical College, Kerala	Dr. Remitha Associate Editor, RGUHS Journal of AYUSH Sciences, RGUHS, Bangalore.
Dravyaguna	Dr Sunitha M P Sunitha M P, Nischal P. Comparative Analytical Study of Madana Shalatu (Unripen Fruit of <i>Randia Dumetorum</i> Lam) and <i>Phalapippali</i> (Processed Fruits Of <i>Randia Dumetorum</i> Lam) - A Study of <i>Abhava Pratinidhi Dravya</i> . International Journal of Ayurveda and Pharma Research. 2022;10(12):1-11.		Dr Sunitha M P Guided student research project titled - An Analytical Study wrt to <i>Sookshma Guna</i> - Particle Size reduction and potentiation of <i>Pippali</i> (<i>Piper longum</i>) subjected to various <i>samskara</i> (<i>Churna</i> , <i>Kshara</i> , <i>Chousasta</i>)



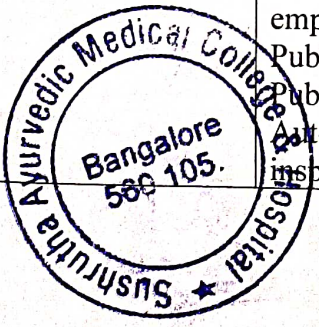
			<p><i>Prahara</i>) Dr Nischal P – PI in RGUHS funded Research Project titled – ‘Method- development of Assessment and Quantification of Veerya with special reference to Dwividha veerya and Surface temperature - A comparative analytic- observational pilot study.’ – Ongoing</p>
RSBK	Nil	<p>Dr. Abhishek Biswas Participated in Ayu Emergency Yatra online in month of July 2023, Organised by KLE college</p>	<p>Dr Anupama Janakiram RGUHS student Research project Completed in the year 2023 Title: A comparative pharmaceutical and analytical study of four different methods of Gandhaka shodhana</p> <p>Dr. Abhishek Biswas Ongoing research project- Analytical and Clinical study of Patoladi Kwatha on Amlapitta in Post Virechana Karma Patients</p>
RNVV	<p>Dr. Soumya H Ayurvedic management of Cholelithiasis -A case study on International Journal of Ayurveda and Pharma-Research volume 10, issue 4</p>	<p>DR. RASHMI Attended National level seminar on Pain and inflammation</p>	<p>Dr. Soumya H Ongoing student Research Project: An in- vitro based pathologist blinded</p>



	<p>2. Review article on Autoimmune disorders on Avabhodini Souvenir– National seminar on Auto- immune disorders.</p> <p>Ongoing article</p> <p>1. Ayurvedic management of Guttate psoriasis –A case study</p> <p>2. Ayurvedic management of CKD –A case study</p> <p>3. Ayurvedic management of Autoimmune hepatitis –A case study</p>	<p>an integrated approach – Trishula as a delegate</p> <p>Ongoing article:</p> <p>1. Ayurvedic management of vasculitis –A case study</p>	<p>Azithromycin controlled observational study to assess the bactericidal action of Parnayavani on gram positive and gram negative bacteria in the sputum of the patients of RTI</p>
<p>Agada Tantra</p>	<p>Dr. Swathi Sharma</p> <p>1. Management of Radiation induced ulcers in chest wall post-surgery through integrated Ayurveda- A case report, JAIM 2023</p> <p>2. Contemporary Relevance of Gara Visha Adhistan (An Ancient method of poisoning) with present day contact dermatitis, Indian Journal of Drugs in Dermatology, 2023</p>	<p>Dr. Swathi Sharma</p> <p>1. National seminar on Non-healing Ulcers- VRANASIDDHI at Astangam Ayurveda Vidyapeetham, Kerala, December 2022</p> <p>2. Cancer Research in Ayurveda, Arya vaidya sala at Kottakal. February 2023</p> <p>3. PANCHAGAVYA seminar held at Mahatma Gandhi institute of Ayurveda, DMIMS Wardha. Maharashtra March 2023</p> <p>4. Workshop and training for research coordinators at NCISM New Delhi, August 2023.</p> <p>5. 2nd International Conference on Natural Products,</p>	<p>Dr. Swathi Sharma completed:</p> <p>➤ RGUHS- Undergraduate Research Project titled “Evaluation of Antimicrobial Activity of Kshara Agada in UTI Enterobacteriaceae – An in Vitro Microbial Study.”</p>



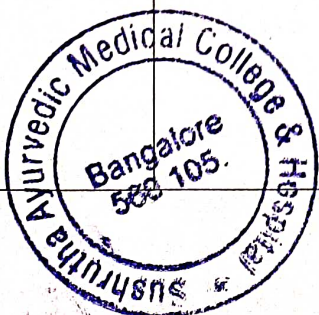
		<p>Medicinal Plants, and Traditional Medicines held during September 2023.</p> <p>Awards and Achievements:</p> <p>1. Best Paper at National seminar on Non-healing Ulcers-VRANASIDDHI on “Management of Radiation induced ulcers in chest wall post-surgery through integrated Ayurveda- A case report at Astangam Ayurveda Vidyapeetham, Kerala, December 2022</p> <p>2. Speaker presentation on the “Management of Hypothyroidism through Ayurveda (Traditional Indian Medicine) - Case Series” at “2nd International Conference on Natural Products, Medicinal Plants, and Traditional Medicines” held during September 2023.</p>	
Swastha	<p>Dr. Nikhila B Hiremath Book on Yoga and Health for working employees Publishers: Published under CSR project from SEG Automotive India Private Limited, With inspiration from: Department of</p>	Nil	Nil



	Factories, Boilers, Industrial Safety & Health, Govt of Karnataka		
Kaumarabhritya	<p>Dr. Champa Pant 1. <i>Bijadushti Janya Asthi Dhatu Kshaya</i> with special reference to Progressive Pseudo-rheumatoid Arthropathy (dysplasia) of childhood – A case report, Year: 2023, Volume: 10, Issue: 1, Page no. 52-58, DOI: 10.26463/rjas.10_1_1</p> <p>2. The effect of <i>Satvavajaya chikitsa</i> w s r Carnatic Classical Music on cognitive functions and awareness in Adolescents, International Journal of Ayurveda Research , Jul-Sep 2023,4(3):171-176</p> <p>3. Has prevalence of myopia in school going children changed after onset of Corona Pandemic? An exploratory survey Study. Rajas</p> <p>4. An observational study to apprehend the prevalence of malnutrition w s r to <i>karshya</i> and <i>Sthaulya</i> in school going children in Rural and Urban areas of Bangalore. Under Review in Journal of Ayurveda (NIA Jaipur)</p> <p>5. Impact of <i>Daivavayapashraya Chikitsa</i> w s r to Ma Chanting on <i>Smrithi</i> (Memory) in healthy Children, Accepted for publication in Journal of Indian System of Medicine. (J-ISM)</p> <p>6. Management of Ahiputana (~diaper rash) in a child with surgically corrected Hirschsprung's disease – A case report Under review in Journal of Ayurveda Case Reports Ayucare)</p>	<p>Dr Sindhu N</p> <p>1. Baalajeevanam -2023 National Seminar on the occasion of World Breast Feeding week – 2023 Organised by Department of Kaumarabhritya, BVVS Ayurveda Medical College and Hospital, Bagalkot</p> <p>2. National level Awareness Programme on "Pharmacovigilance for Ayurvedic drugs" on 27.12.2022, Organised by - KAHER's Shri B.M.Kankanawadi Ayurveda Mahavidyalaya, Belagavi.</p> <p>3. Jeevakiya-2022 – A national workshop on comprehending Kashyapa samhitha organized by department of kaumarabhritya KAHER's Shri B.M.Kankanawadi Ayurveda Mahavidyalaya, Belagavi.</p> <p>4. Online One Day Workshop On Postnatal Care In Ayurveda – Organized By</p>	<p>Dr. Champa Pant Ongoing Research Projects: RGUHS Students project An experimental study on the effect of <i>Shodashanga Dhupa</i>, a novel <i>Dhupa</i> formulation on the microbial concentration in <i>Kaumaragara</i> (Pediatric OPD/IPD) Year 22-23 Ongoing research project</p>



		The Antient Ayurveda-10th August 2023-2023 organised by Department of Kaumarabhritya, BVVS Ayurveda Medical College and Hospital, Bagalkot	
PTSR	Nil	Nil	Nil
Shalya	Nil	Dr. Maya Varghese 1.Agnikarma worshop-IIAM,Bangalore-27/11/22 2. Shalyatantra conference ,shruta yu-2022,30 th September parul institute,Vadodara	Dr. Maya Varghese Student research RGUHS-A clinical comparative study to evaluate the effect of arka prathisaraneeya kshara and apamarga pratisaraneeya kshara in the management of charmakeela.
Shalakya	Dr Harish G Influence of Ocular Therapies on Spherical and Cylindrical Power of the Eye: A Case Report (published in RGUHS journal of AYUSH Sciences)	Dr. Renu VT 1.CME on "Diagnostic techniques in Ophthalmology" at govt.Ayurveda college Trivandrum 2021"Karkadaka m" CME series June 2023 2.Guest speaker on topic "Procedure of Nasya (with pactical demonstration)" Webinar organized by team Pratigna 2022	



		<p>3. Guest Speaker on topic "Aschyotana- An effective Kriyakalpa" online CME organized by Sai Ram Ayurveda College, Chennai November 2022</p> <p>Dr Harish G Attended National level workshop on Functional Endoscopic Sinus surgery and Anterior skullbase surgery course on 13th and 14th May 2023 at Trustwell Hospitals, Bengaluru.</p> <p>Selected for SPARK research project</p>	
Panchakarma	Nil	<p>Dr. Ramya R V # Participated in Ayu Emergency Yatra online in month of July 2023, Organised by KLE college # As an expert on 5th and 6th CCRAS- Central Ayurveda Research Institute, Bengaluru for Brainstorming Workshop on Geriatrics: Integrative Approach and Challenges</p>	<p>Ongoing projects 1. Effect of Varshika Basti w.s.r Yukta Ratha Basti in Swasthya Purusha- A Pilot Study. 2. Pilot study on efficacy of Doshahara Basti in Upasthambita Vata Vyadhis in Varsha Ritu</p>



Publications by faculty in year 2023

Dr. Champa Pant

1. Bijadushti Janya Asthi Dhatu Kshaya with Special Reference to Progressive Pseudo Rheumatoid Arthropathy (Dysplasia) of Childhood – A Case Report Year: 2023, Volume: 10, Issue: 1, Page no. 52-58, DOI:[10.26463/rjas.10_1_1](https://doi.org/10.26463/rjas.10_1_1)
2. The effect of *Satvavajaya chikitsa* w s r to Carnatic Classical Music on cognitive functions and awareness in Adolescents, International Journal of Ayurveda Research , Jul-Sep 2023,4(3):171-176
3. Has prevalence of myopia in school going children changed after onset of Corona Pandemic? – An exploratory survey Study. RIAS 2023;10(2):37-41
4. Impact of *Daivavayapashraya Chikitsa* w s r to Mantra Chanting on *Smrithi* (Memory) in health Children: A nonpharmacological interventional study. Journal of Indian System of Medicine 11(3):p 156-162, July-September 2023. | DOI: [10.4103/jism.jism_37_23](https://doi.org/10.4103/jism.jism_37_23)

Dr. Swathi Sharma

1. Management of Radiation induced ulcers in chest wall post-surgery through integrated Ayurveda- A case report, JAIM 2023
2. Contemporary Relevance of Gara Visha Adhisthan (An Ancient method of poisoning) with present day contact dermatitis, Indian Journal of Drugs in Dermatology, 2023

Dr Harish G

Influence of Ocular Therapies on Spherical and Cylindrical Power of the Eye: A Case Report (published in RGUHS journal of AYUSH Sciences)

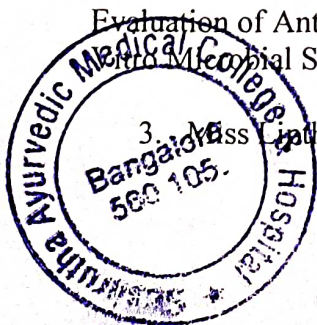
Students projects RGUHS (completed)

1. Mr Sachin Masan BAMS 3rd yr, Guide Dr Sunitha M P, An Analytical Study wsr to *Sookshma Guna* -Particle Size reduction and potentiation of *Pippali* (*Piper longum*) subjected to various *samskara* (*Churna, Kshara, Chousasta Prahara*)

2. Mr Prajwal BAMS 3rd year. Guide Dr. Swathi Sharma

Evaluation of Antimicrobial Activity of Kshara Agada in UTI Enterobacteriaceae – An in vitro Microbial Study.”

3. Ms. Anitha BAMS 3rd year Guide Dr Anupama Janakiram



Title: A comparative pharmaceutical and analytical study of four different methods of Gandhaka shodhana

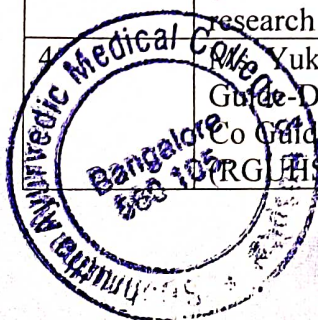
Students projects RGUHS (Approved) for year 2023-24

1	Mr. Sourabh D S Guide-Dr. Champa Pant	An experimental study on the effect of <i>Shodashanga Dhupa</i> , a novel <i>Dhupa</i> formulation on the microbial concentration in <i>Kaumaragara</i> (Pediatric OPD/IPD)
2	Ms. Monika Guide-Dr. Soumya H	An In-vitro based pathologist blinded Azithromycin controlled Observational Analytical study to assess the bactericidal action of <i>parnayavani (coleus amboinicus)</i> on gram-positive and gram-negative bacteriae m the sputum of the patients of respiratory tract infection
3	Ms. Laiqa S. Guide-Dr. Maya	A Clinical Comparative Study to Evaluate the Effect of Arka Pratisaraniya Kshara and Apamarga Pratisaraniya Kshara in Management of Charmakeela
4	Ms. Yukta Guide-Dr. Pavitra, Co Guide-Dr. Kishor	A comparative study to evaluate the Efficacy of pippali agni karma in Charmakila(wart)”

Ethics committee activities

Following studies have been submitted for ethical review to SAMC & H-IEC. Review meeting held on 5/10/2023 cleared following research projects/PG synopsis.

Sl No	Name of the Presenter	Title of the Study
1	Mr. Sourabh D S Guide-Dr. Champa Pant (RGUHS students research project)	An experimental study on the effect of <i>Shodashanga Dhupa</i> , a novel <i>Dhupa</i> formulation on the microbial concentration in <i>Kaumaragara</i> (Pediatric OPD/IPD)
2	Ms. Monika Guide-Dr. Soumya H (RGUHS students research project)	An In-vitro based pathologist blinded Azithromycin controlled Observational Analytical study to assess the bactericidal action of <i>parnayavani (coleus amboinicus)</i> on gram-positive and gram-negative bacteriae m the sputum of the patients of respiratory tract infection
3	Ms. Laiqa S. Guide-Dr. Maya (RGUHS students research project)	A Clinical Comparative Study to Evaluate the Effect of Arka Pratisaraniya Kshara and Apamarga Pratisaraniya Kshara in Management of Charmakeela
4	Ms. Yukta Guide-Dr. Pavitra, Co Guide-Dr. Kishor (RGUHS students)	A comparative study to evaluate the Efficacy of pippali agni karma in Charmakila(wart)”



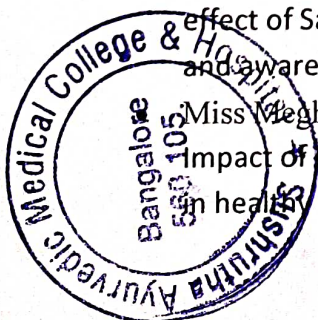
	research project)	
5	Dr. Abhishek Biswas (Self funded faculty project)	"An Analytical and Clinical Study to Evaluate Effect of Patoladi Kwatha Churna on Amlapitta in Post Virechana Karma Patients"
6	Dr Ramya Biswas (Self funded faculty project)	"Effect of Varshika Basti in Swasthya Purusha as Preventive measure w.s.r Yukta Ratha Basti"
7	Dr Ramya Biswas (Self funded faculty project)	"Study of efficacy of Doshahara Basti in Upasthambita Vata Vyadhis – A case series"
8	Dr Varshini H R (PG synopsis)	Single group clinical study to evaluate the efficacy of <i>varahi ghrita</i> as <i>matra basti</i> and the same <i>ghrita</i> internally in the management of <i>asthi kshaya</i> vis-à-vis osteoporosis".
9	Dr Deepu C N (PG synopsis)	A randomized comparative clinical study to evaluate the efficacy of japa pushpa churna and karnapoorana with ksheerabala taila in the management of anidra vis-à-vis insomnia.
10	Dr Harish Gopal (Self funded faculty project)	A Comparative Clinical Study to Evaluate the Efficacy of Yashtimadhu Chakshushya Basti with Triphala Ghrita Tarpana in Myopia (Prathama Patalagata Timira
11	Dr Champa Pant (Self funded faculty project)	Effect of <i>Shrivestaka Malahara</i> in <i>Padadaari</i> (cracked heels): Ascertaining the efficacy of a folklore medicine- A double blind Randomized vehicle controlled trial.

Registration of SAMC & H-IEC with ICMR is under progress.

The meeting was attended by chairperson Dr. Ramesh Mavathur, Dr. Sanghamitra Patnaik, Dr. Sridhar MK, Dr. Ajay MR, Dr. Ram Reddy, Dr. Sunitha MP, Dr. Champa Pant.

Presentations

- Intern case presentations- Total 41 case presented by interns from SAMC & H hospital IPD.
- Miss Samana 4th year BAMS presented her completed RGUHS research Project Title- Effect of Covid Pandemic on the prevalence of Myopia in Children on 23/3/23 Under the guidance of Dr. Champa Pant.
- Miss Shravani Intern presented her completed RGUHS research Project Title-The effect of Satvavajaya chikitsa w s r to Carnatic Classical Music on cognitive functions and awareness in Adolescent.
- Miss Meghala C intern presented her completed RGUHS research Project Title- Impact of Daivavayapashraya Chikitsa w s r to Mantra Chanting on Smrithi (Memory) in healthy Children,



Ethics Committee meeting 25/12/23

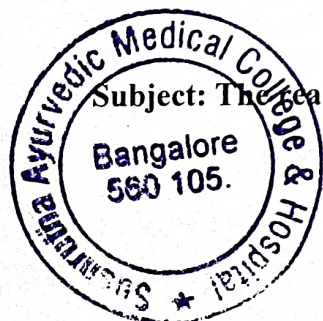
Following projects were approved in ethics committee meeting

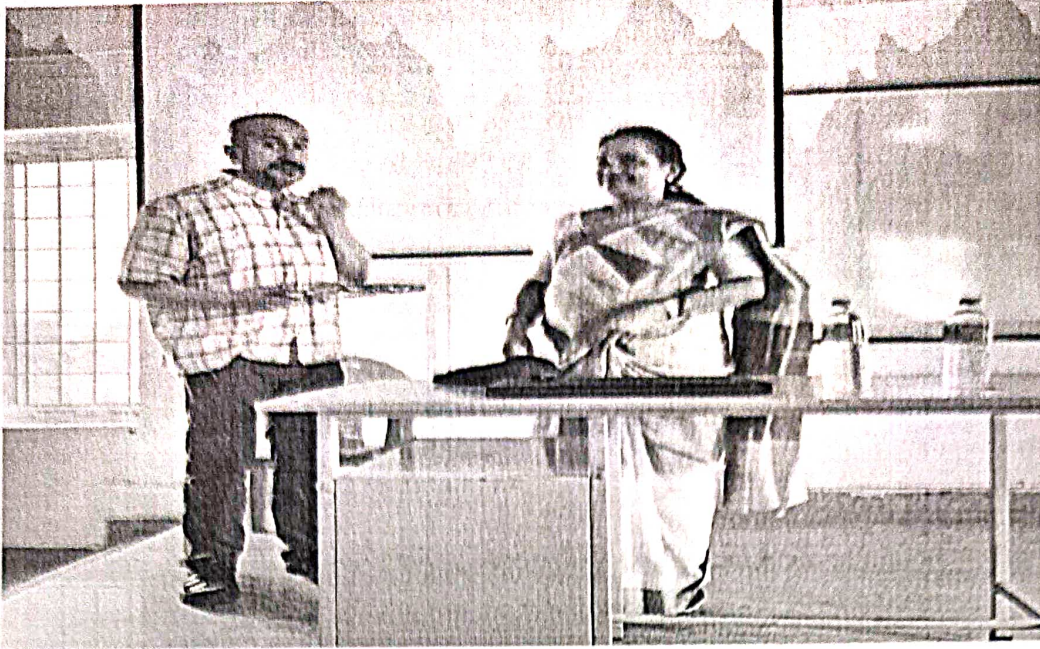
Sl No	Name of the Presenter	Title of the Study
1	Miss Medha	An Analytical and Clinical Study to evaluate the efficacy of Panchanana Rasa in Hyperlipidemia
2	Mr Rehan	Effect of Astamangala Gritha on IQ and Social Competence in children with Borderline Intellectual Functioning (delayed Development of Theory of Mind) - An Open labeled Clinical trial"
3	Miss Harini	Effect of <i>Danta-dhawana</i> on salivary parameters and concentration of <i>Mukha-Krimi</i> (oral microbes) with w s r to <i>Streptococcus mutans</i> -A triple-blind, n-of-1, randomized controlled, experimental study.
4	Miss Shriharshitha	To evaluate the effect of Kesharanjana yoga application on scalp in the management of Akala Palitya
5	Miss Vidyashree	To evaluate the effect of Kumkumadi ghrita Lepana in the management of infra orbital dark circles.
6	Miss Rakshita	To evaluate the efficacy of Samskarita Madanaphala Twak Choorna (Fruit Bark) in Vamana Karma – A Randomized control trial.
7	Dr Champa Pant	Effect of Preenana modaka, an Ayurvedic nutraceutical preparation and Hyderabad mix (supplementary food for malnutrition) on growth parameters in underweight children of under-five age group: A double blind, randomized controlled, pilot study.
8	Dr. Ramya	Effect of Aragvaddha Majja Churna with Hridya Dravya as Shardiya Virechana Yoga for Ritu Shodhana in Swasthya Purusha – A Pilot Study.

Other Activities

1. Guest Lecture By Dr. L Eduardo Cardona Sanclemete

Subject: The ideal solution for today's Chronic disease



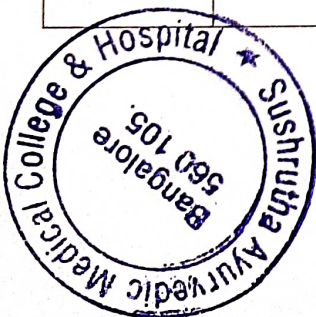



2. Bangalore Urban Mental Health Initiative- A day long workshop for mental health workshop was conducted for the interns by NIMHANS team on 29th August 2023

SPARK research grants from CCRAS.

Departments of Kaumarabhritya, Agada Tantra, RSBK, Shalakya got grants for following projects.

SI No	Name of the Presenter	Title of the Study
1	Miss Medha	An Analytical and Clinical Study to evaluate the efficacy of Panchanana Rasa in Hyperlipidemia
2	Miss Shriharshitha	To evaluate the effect of Kesharanjana yoga application on scalp in the management of Akala Palitya
3	Mr sourbh D S	Effect of <i>Shrivestaka Malahara</i> in <i>Padadaari</i> (cracked heels): Ascertainning the efficacy of a folklore medicine- A double blind Randomized vehicle controlled trial.
4	Ms. Roma Sylvania Mohan	Effect of Kshara Agada In Colon Cancer Cell Lines- In Vitro Anticancer and Biocompatibility Assay Study



Principal 
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