

Clinical Research Unit (Ayurved)
OPD No 260-261, 2nd floor
Main OPD Building, Safdarjung Hospital

1. Introduction:

The **Clinical Research Unit (CRU- Ayurved)** at **Safdarjung Hospital, New Delhi**, was established in **1996** to provide comprehensive Ayurveda-based healthcare and promote high quality clinical research with Ayurveda Services under Department of Ayush, Ministry of Health and Family Welfare, Government of India. Now the Unit is an extended unit of the Central Ayurveda Research Institute (CARI), New Delhi, operating under the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of AYUSH. The CRU offers free OPD consultation to patients by experienced specialist Ayurveda physicians. Ayurvedic medicines, procured from GMP-certified Government PSU pharmacies, are dispensed free of cost to patients. The Unit actively undertakes high-quality clinical research projects in collaboration with various departments of Safdarjung Hospital, including Gynecology & Obstetrics, Cardiology, ENT, and others. These projects address current and emerging health concerns of the Indian population and are being funded by CCRAS, Ministry of Ayush and ICMR. In accordance with NMC guidelines, the CRU provides 7-day compulsory rotational internship training for MBBS interns under the guidance of specialist Ayurveda doctor. The Unit also conducts teaching and induction training programs for MBBS students as allotted by VMMC & Safdarjung Hospital.

Additionally, the department regularly organizes health awareness camps and outreach programmes as part of national initiatives such as Ayurved Day, Poshan Maah Abhiyan and International Yoga Day etc. The CRU also offers counselling on dietary regimens, healthy lifestyle practices, and psychological well-being, aiming to improve the overall quality of life of citizens. In recent years, the Unit has expanded its scope through interdisciplinary collaborations with multiple departments of Safdarjung Hospital, strengthening the integration of Ayurveda with mainstream healthcare. The Unit is committed to do evidence based Ayurved by Integrative Research approached in scientific manner so it will be useful for academicians & practitioners in India and Internationally.

2. Services:

OPD services (Free Consultation, free distribution of Medicines).

OPD at Room No. 261, Second Floor Main OPD Building

Medicines Distribution – Room. No. 260, Second Floor Main OPD Building.

3. Faculties/Staff:

Sr. No.	Name	Designation/Duty	Post
1.	Dr. Shivshankar Rajput	R.O.(Ayu.), in-charge & OPD Consultation, research Projects, MBBS Students lecture, administrative work, Duties allotted by Authorities.	Permanent
2.	Shri Omprakash Dwivedi	MTS, registration & OPD Services	Permanent
3.	Shri Krishan Gopal	MTS, registration & OPD Services	Permanent
4.	Shri Ajeet Meghwal	Pharmacist, Dispensing of Medicines	Contractual

4. OPD Schedule:

Registration of patients – as per Safdarjung Hospital Timing.

Last Four Year data of OPD;

	New Patients						Follow up								Grand total
	Adult		Child		Total		Adult		Child		Total		Total		
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
2021-2022	4485	3319	148	106	4633	3425	6529	4754	209	84	6738	4838	11371	8263	19634
2022-2023	5468	4084	193	126	5661	4210	7466	5684	180	118	7646	5802	13307	10012	23319
2023-2024	5350	4211	162	135	5512	4346	9075	7101	175	139	9250	7240	14762	11586	26348
2024-2025	5647	4720	188	125	5835	4845	9551	8401	170	139	9721	8540	15556	13385	28941
Total															98242

5. Research & Publication: Last 4 Years

Sr. no.	Project Title	Funded by	Collaborative department	Status
1.	Clinical evaluation of the efficacy of “Ayush SS Granules” in exclusively breast feeding mothers with Insufficient Lactation (<i>Stanyalpata</i>)- Study protocol for a Randomized Double blind placebo control trial	ICMR	Obs & Gynaec.	Completed
2.	Clinical evaluation of Ayurvedic management in Allergic Rhinitis- A Randomized controlled trial”	CCRAS, Ministry of Ayush	ENT,	Completed
3	Clinical assessment of the efficacy of Ayurvedic management in PCOS – a randomized open-label control trial	CCRAS, Ministry of Ayush	Obs & Gynaec.	Completed
4.	Efficacy of Ayurveda interventions in the management of menorrhagia (Raktapradara) – A randomized controlled trial)”	CCRAS, Ministry of Ayush	Obs & Gynaec.	Completed
5.	Randomized controlled trial of “Anshumati Ksheer Paka” in hypertension induced left ventricular hypertrophy	CCRAS, Ministry of Ayush	Cardiology,	ongoing
6.	Efficacy of Ayurveda interventions against isoflavones in the management of Menopausal symptoms – A randomized open label controlled trial	CCRAS, Ministry of Ayush	Obs & Gynaec	Yet to be initiated
7.	Efficacy of the Ayurveda interventions (Pushkar Guggulu and Haritaki) as add-on to standard care in stable coronary Artery Disease: A Double -blind randomized controlled study	CCRAS, Ministry of Ayush	Cardiology,	ongoing

Publication: Last 4 Years

Sr. no.	Title of Article	Authors	Cite of article
1.	Clinical evaluation of Ayush-SS granules in exclusively breastfeeding mothers with insufficient lactation: A randomized, double-blind, placebo-controlled trial	Dr. Shivshankar Rajput Prof. Upma Saxena, (Safdarjung hospital) Dr. Sarada Ota	Saxena U, Ota S, Rajput S, Anand B, Tripathi A, Singhal R, Kumar A, Lachyan A. Clinical evaluation of Ayush-SS granules in exclusively breastfeeding mothers with insufficient lactation: A randomized, double-blind, placebo-controlled trial. Int Breastfeed J. 2025 Apr 5;20(1):26. doi: 10.1186/s13006-025-00721-9. PMID: 40188102; PMCID: PMC11972481.
2	Ayurveda Management of Allergic Rhinitis: Protocol for a Randomized Controlled Trial	Dr. Shivshankar Rajput Prof. Isha preet tuli, (Safdarjung hospital)	Mata S, Rajput S, Tuli IP, Mundada P, Gupta B, Srikanth N, Acharya R. Ayurveda Management of Allergic Rhinitis: Protocol for a Randomized Controlled Trial. JMIR Res Protoc. 2024 Sep 25;13:e56063. doi: 10.2196/56063. PMID: 39321461; PMCID: PMC11464932.
3	Clinical assessment of the efficacy of Ayurvedic management in PCOS: Study protocol for a randomized open-label standard control trial	Dr. Shivshankar Rajput Prof. Upma Saxena, (Safdarjung hospital) Dr. Shweta Mata	Rajput S, Mata S, Saxena U, Ota S, Tripathi A, Gupta B, et al. Clinical assessment of the efficacy of Ayurvedic management in PCOS: Study protocol for a randomized open-label standard control trial. J Res Ayurvedic Sci 2024;8:147-56.
4	Ayurveda Management of Menorrhagia (Raktapradara): Protocol for a Randomized Controlled Trial	Dr. Shivshankar Rajput Prof. Upma Saxena, (Safdarjung hospital) Dr. Shweta Mata	Rajput S, Mata S, Saxena U, Ota S, Gupta B. Ayurveda Management of Menorrhagia (Raktapradara): Protocol for a Randomized Controlled Trial. JMIR Res Protoc. 2025 Mar 31;14:e60801. doi: 10.2196/60801. PMID: 40163851; PMCID: PMC11997518.

6. Events & Gallery



Ayurveda OPD Running at Safdarjung Hospital.



**MoU for Collaborative Project between CARI, CCRAS and VMMC
Safdarjung Hospital on 18.11.2025**



Awareness Lectures delivered on the occasion of 10th Ayurveda Day w.s.r theme of Swasth Nari Sashakta Parivar Abhiyan



Lecture delivered on the Alternative Health care system in India as a part of foundation course for the batch 2025 MBBS students.



Participated in the workshop on WoMan-2024 Menopause: Awareness & Navigation organized by Central Health Education Bureau



11th International Yoga Day celebration at CRU, Safdarjung Unit