

**SDM INSTITUTE OF AYURVEDA AND HOSPITAL, BENGALURU**  
**RESEARCH PROJECTS/ACTIVITIES AND PUBLICATIONS – STAFF**  
**AND STUDENTS**

**JANUARY 2026**

<p>Research Activities</p> <ul style="list-style-type: none"> <li>-Faculties</li> <li>Publications details (in UGC recognized journals/ Scopus/ Web of science)</li> <li>a. Details of Research Projects sanctioned/ ongoing (Major/ Minor) -</li> <li>b. Proposal submitted for Research Projects <b>-nil</b></li> <li>c. Paper / poster presentation (University level and above)</li> <li>d. Details of Patents Awarded-nil</li> </ul>	<p><b>PG and Staff Paper Presentations.</b></p> <ol style="list-style-type: none"> <li>1. Dr Sowjanya J presented Oral Paper on the topic “A critical analysis of Cervical and Lumbar Spondylosis through an Ayurvedic perspective- A Case study” at National Conference Spine Spectrum-2026 organized by Ayurveda Mahavidyalaya Hubli on 29 th Jan 2026.</li> </ol> <p><b>PG and Staff publication</b></p> <ol style="list-style-type: none"> <li>2. Dr Divya K published article on Bio accumulation and Bio magnification in environmental toxicology: An ayurvedic interpretation through Dhushi visha &amp; gara visha, EJPMEMR vol 12 issue 12.</li> <li>3. Dr Sowjanya J published an article entitled “An Ayurvedic management of Ureteric calculus induced Hydro-Uretero-Nephrosis- A case study” in AYUSH4U JOURNAL, January 2026 edition, Issue 03, Volume 01, GARC MYSORE.</li> <li>4. Dr. Reena K (HOD and Professor, Department of Kaumarabhritya) and Dr. Nivedita S (Final year PG scholar) published a scientific paper in JAHM titled Analytical profile of Swarnaprashana.Publied on Dec.2025.</li> <li>5. Dr Srilakshmi wrote article in Vaidya Loka in January issue on autism makkalige uttama nidre (Magazine article) Dr Srilakshmi wrote article on from screams to smiles unlocking secrets of temper tantrum in health vision magazine in January issue (Magazine article)</li> </ol>
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## FEBRUARY 2026

<p>Research Activities</p> <ul style="list-style-type: none"><li>-Faculties</li><li>Publications details (in UGC recognized journals/ Scopus/ Web of science)</li><li>e. Details of Research Projects sanctioned/ ongoing (Major/ Minor) -</li><li>f. Proposal submitted for Research Projects -<b>nil</b></li><li>g. Paper / poster presentation (University level and above)</li><li>h. Details of Patents Awarded-<b>nil</b></li></ul>	<p><b>PG and Staff Paper Presentations.</b></p> <ol style="list-style-type: none"><li>1. Article was published in Magazine Manjuvani by Dr Dipti G Godbole, Associate professor Department of Shareera Rachana on topic- Vruddhara</li><li>2. Dr. Pratiksha kore, Dr.Sreerenjini , Dr.Vrudhi, Dr. Navya, Dr. Saru, Dr. Sanjai, Dr.Divya,Dr.Madhu, Dr.Luptika, Dr.Renuka, Dr.Pooja have presented oral paper &amp; participated in reels making competition, Dr. Ishmilan, Dr. Nandini, Dr. Megha, Dr. Arpitha, Dr. Dev Krishna, Dr.Priyanka participated in reels making competition in Matrushree Ratnamma Heggade memorial one day National seminar &amp;quot;UNMEELANAM 2026&amp;quot; exploring systemic insights in Shalaky- Eye &amp; ENT practice was organized by Department of Shalaky Tantra SDM College of Ayurveda, Hospital &amp; research center, Kuthpady, Udupi on Saturday, 14-2-2026 Dr.Vrudhi, Dr. Navya &amp; Dr.Luptika have presented poster in Matrushree Ratnamma Heggade memorial one day National seminar UNMEELANAM 2026 exploring systemic insights in Shalaky-Eye &amp; ENT practice was organized by Department of Shalaky Tantra SDM College of Ayurveda,Hospital &amp;research center, Kuthpady, Udupi on Saturday, 14-2-2026others.</li><li>3. Dr. Nivedita S (Final year PG scholar) published a scientific paper in Journal of research in Ayurvedic science titled Efficacy of oral Swarnaprashana and Ayurveda therapeutic interventions versus occupational therapy in children with autism spectrum disorder and sensory processing abnormalities A protocol of an open-label,randomized controlled study:Published on 23 feb.2026.</li><li>4. Dr. Krutika Ramesh Nirbhavane (IInd yer PG scholar) published a scientific paper in IJFMR Journal on the topic Efficacy of Eladi choorna Lozenges in Management of Tundikeri,Chronic tonsilitis in children aged 5-15 years: An open labelled Randomized controlled trial,published in February 2026.</li><li>5. Dr. Sharanubasu Mallappa Sajjan (IInd yer PG scholar) published an article on the topic Efficacy of Shunthyadi Churna and Pratimarsha Nasya with Kalingadi Taila in Kantha Shaluka, Adenoid Enlargement in Children- Protocol for A Randomized Controlled Trial, International Journal for Multidisciplinary Research (IJFMR) published on 09 Feb 2026, volume 8, issue 1 Dr Karthik honnali(2 nd year pg scholar) published a scientific paper in IJFMR on the topic Efficacy of Tagaradi ghana vati in generalised Anxiety disorders,chittodvega in adolescents of age 14-16 years-A double blind randomized controlled trial.Published on February 2026.</li><li>6. Dr.Reshma Krishnadas (2 nd year pg scholar) published a scientific paper in IJFMR on the topic Efficacy of Chatushkuvalaya ghrita on attention deficit hyperactivity disorder in children -An open label randomized controlled trial published on February 2026</li></ol>
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## MARCH 2026

<p>Research Activities</p> <ul style="list-style-type: none"><li>-Faculties</li><li>Publications details (in UGC recognized journals/ Scopus/ Web of science)</li><li>i. Details of Research Projects sanctioned/ ongoing (Major/ Minor) -</li><li>j. Proposal submitted for Research Projects -<b>nil</b></li><li>k. Paper / poster presentation (University level and above)</li><li>l. Details of Patents Awarded-<b>nil</b></li></ul>	<p><b>PG and Staff Paper Presentations.</b></p> <ol style="list-style-type: none"><li>7. Dr. Smitha Jain, Associate professor Department of RSBK published a paper titled “Assessment of Therapeutic Efficacy of Sarjaadi Pada Pramajana Yoga in Padadari (Foot Xerosis): A Double-Blind, Randomised, within-Individual, Comparative Clinical Study” in AYUSHDHARA Vol 13, Issue 1: January-February 2026.</li><li>8. Dr.Priyanka H.S. Assistant professor, Dr.Pravitha P Assistant professor of Kaumarabritya Department co-authored an article entitled ‘ayurvedic therapeutic approaches in spastic cerebral palsy with respect to Phakka roga -a case report’ published in WJPR journal on 1-03- 2026.</li><li>9. Dr.Pravitha P Assistant professor published an article in WJPR journal on topic “Randomised controlled clinical study to evaluate the effect of saindhavadi choorna in vataja udarashoola in infants W.S.R.to infantile colic”on 6-3-2026.</li><li>10. Dr K Smruthi, PG Scholar of Kaumarabritya department wrote an article on “Efficacy of Hingvastaka Churna Arka with Vilvadi Gutika in the Management of Functional Gastrointestinal Disorders in Children with Autism Spectrum Disorder”.A Randomized Controlled Trial. Journal of Ayurveda and Holistic Medicine (JAHM). DOI: <a href="https://doi.org/10.70066/jahm.v14i2.2633">https://doi.org/10.70066/jahm.v14i2.2633</a>ate of Publication: 20.03.2026</li><li>11. Dr K Smruthi, PG Scholar of Kaumarabritya department, Exploring Ayurvedic and Yogic Parallels in the Uma Samhita of the Siva Purana: A Comparative Study. Journal of Ayurveda (JOA). DOI: <a href="https://doi.org/10.4103/joa.joa_262_24">https://doi.org/10.4103/joa.joa_262_24</a> and Date of Publication: 20.03.2026</li><li>12. Dr. Soumya.S published Stanyaposhaka Modaka and Matr shakti, Ksheerapaka: A Comprehensive Review of Traditional Galactagogue Recipes In Integration with Ayurveda, Got published in International Journal of Creative Research thoughts (IJCRT) under the guidance of Dr Girish Kumar SV in March 2026.</li></ol>
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