

Outpatient Department (OPD)

Consultation through outpatient Department is available from Monday to Saturday (Except Government Holidays and Second Saturday) from 9 AM to 1 PM.

The Central Ayurveda Research Institute (CARI), New Delhi, provides OPD services during the morning shift from 9:00 AM to 1:00 PM. The Institute also runs special clinics on designated days, including Ano-Rectal, Preventive Cardiology, Arthritis, ENT, Eye, Pediatric, and Geriatric Clinics. During the reporting year i.e. 2024-25, the institute served a total of 1,01,194 patients through its OPD services, with free medicines dispensed to all. Among them, 53,411 were male, 47,782 were female, and 1 was a transgender patient. The OPD recorded 32,331 new and 68,863 follow-up cases.

Specialty OPD and consultations

1. Ksharasutra (Ano-Rectal)_OPD
2. Preventive Cardiology & Life style clinic
3. Leech therapy OPD
4. Sandhi Roga (Arthritis) OPD
5. Jararoga (Geriatric) OPD
6. Netraroga (Eye) OPD
7. Karna Nasa evum Kanthagata roga (ENT) OPD
8. Balroga (Pediatrics) OPD
9. Physiotherapy
10. Naidanik Manovigyan (Clinical Psychology OPD)

Kshara Sutra Section (Ano-Rectal) OPD:-

During the reporting year, 10,137 patients visited the Kshara Sutra section. The distribution of cases was as follows: Arsha (Piles) – 3,118 Bhagandara (Fistula-in-ano) – 2,971 Parikartika (Fissure-in-ano) – 2,777 Nadivrana (Sinus) – 119 Gudapaka (Perianal abscess) – 1,152

Preventive Cardiology & Lifestyle Clinic

This clinic operates on Tuesdays and Fridays, offering preventive and therapeutic care for lifestyle-related disorders. In 2024–25, 968 patients were consulted (637 males and 331 females). The commonly treated conditions included Hridroga (cardiac ailments), Uccharaktachapa (hypertension), Madhumeha (diabetes), and Sthaulya (obesity).

Leech Therapy OPD :-

The Leech Therapy Clinic addressed various conditions such as TwakRoga (skin disorders), Sira-Shotha (vascular inflammation), Shlipada (filariasis), and Shvitra (vitiligo). A total of 275 patients availed this therapy during the reporting period i.e. 2024-25.

Sandhi Roga (Arthritis) OPD

During the reporting period of April 2024- March 2025 a total of 2,181 patients visited the Arthritis Clinic, with 792 males and 1,389 females. Key conditions managed included: Sandhivata – 853 Amavata – 406 Vatavyadhi – 405 Katishool – 204 Gridhrasi – 177

Jararoga (Geriatric) OPD

Senior citizens and research participants were given priority in registration and consultation. During the reporting period of April 2024- March 2025 a total of 7,763 patients received treatment for various geriatric conditions, with common ailments including Sandhivata (osteoarthritis), Madhumeha (diabetes), Vatavikara (neurological disorders), Raktagata Vata (vascular disorders), Shwas (respiratory disorders), Mutrakriccha (urinary disorders), and Daurbalya (general debility).

Netraroga (Eye) OPD:-

The Eye Clinic has been operational since 18th February 2017, offering OPD and IPD services along with Kriyakalpa procedures throughout the week. During 2024–25, a total of 4,223 patients were treated (2,213 male and 2,010 female). Commonly treated conditions included Timira (refractive error), Abhishyanda (conjunctivitis), Kacha (cataract), Shushkakshipaka (dry eye), Adhimantha (glaucoma), and Linganasha (vision loss). Kriyakalpas administered included: Nasya – 1,935 Tarpana – 1,204 Shiropichu – 555

Karna Nasa evum Kanthagata roga (ENT) OPD

The ENT OPD catered to 1,438 patients during the reporting period of April 2024- March 2025, including 857 males and 581 females. Common conditions treated were: Pratishyaya / Pinasa (rhinitis) – 433 Badhirya (hearing loss) – 171 Karnasrava (ear discharge) – 109 Karnanada (tinnitus) – 104

BalRoga (Pediatrics) OPD

During the reporting year April 2024- March 2025, 1,534 children (808 male and 726 female) received treatment for conditions such as Pidika (boils), Vatavyadhi (neurological disorders), Shool (abdominal pain), Krimi (worm infestation), Shwitra (vitiligo), Pangu (paralysis), Kushtha (skin disorders), and Pratishyaya (cold/rhinitis).

Physiotherapy :-

Established in 1999, the Physiotherapy Section is equipped with essential modalities to treat both OPD and IPD patients. It caters to a wide range of conditions, including: Musculoskeletal Disorders: osteoarthritis, rheumatoid arthritis, frozen shoulder, spondylosis, prolapsed intervertebral disc Neurological Conditions: stroke, quadriplegia, paraplegia, cerebral palsy, Parkinson's disease, peripheral nerve injuries, muscular dystrophies, Bell's palsy, motor neuron disease Sports Injuries: tennis elbow,

rotator cuff tear, meniscal injury General Conditions: obesity, varicose veins, peripheral vascular disorders During the reporting year, 3,993 patients were treated, comprising 1,702 male and 2,291 female patients.

During the reporting period of April 2024- March 2025 total **2568** patients were treated of which **1391** were males and **1177** were females.

Naidanik Manovigyan (Clinical Psychology OPD)

The Clinical Psychology OPD has been functional since July 2021. During April 2024– March 2025, 132 psychological sessions were conducted—67 for female and 65 for male patients— addressing issues like generalized anxiety, cognitive challenges, hyperactivity, sleep disturbances, and depressive symptoms. Several patients are continuing with follow-up sessions.



केन्द्रीय आयुर्वेद अनुसंधान संस्थान

रोड नं 66, पंजाबी बाग (पश्चिम), नई दिल्ली-110026

सामान्य बहिरंग विभाग (General OPD)

समय (Time) 9:00 AM to 12:30 PM

क्रम. सं. S. No.	दिवस Day	चिकित्सक Physician
1.	सोमवार Monday	डॉ. किशोर पटेल, अनु. अधि. (आयु.) Dr. Kishor Patel, R.O.(Ay.) डॉ. सरोज देवी, अनु. अधि. (आयु.) Dr. Saroj Devi, R.O. (Ay.)
2.	मंगलवार Tuesday	डॉ. बबीता यादव, अनु. अधि. (आयु.) Dr. Babita Yadav, R.O.(Ay.) डॉ. शैजी लईक, अनु. अधि. (आयु.) Dr. Shaizi Layeeq, R.O. (Ay.) डॉ. ऐश्वर्या के., अनु. अधि. (आयु.) Dr. Aishwarya K., R.O. (Ay.)
3.	बुधवार Wednesday	डॉ. हेमंत पाणिग्राही, अनु. अधि. (आयु.) Dr. Hemanta Panigrahi, R.O.(Ay.)
4.	गुरुवार Thursday	डॉ. सीमा जैन, अनु. अधि. (आयु.) Dr. Seema Jain, R.O.(Ay.) डॉ. रतीष पी., अनु. अधि. (आयु.) Dr. Ratheesh P., R.O.(Ay.)
5.	शुक्रवार Friday	डॉ. साक्षी शर्मा, अनु. अधि. (आयु.) Dr. Sakshi Sharma, R.O.(Ay.) डॉ. श्वेता माटा, अनु. अधि. (आयु.) Dr. Shweta Mata, R.O.(Ay.)
6.	शनिवार Saturday	डॉ. सरोज देवी, अनु. अधि. (आयु.) Dr. Saroj Devi, R.O.(Ay.) डॉ. रेणु रानी, अनु. अधि. (आयु.) Dr. Renu Rani, R.O.(Ay.)

राजपत्रित अवकाश, रविवार तथा हर माह के दूसरे शनिवार को ओ. पी. डी. सेवा बन्द रहेगी।

OPD services will remain closed on gazetted holidays, Sunday & 2nd Saturday of every month.



केन्द्रीय आयुर्वेद अनुसंधान संस्थान

रोड नं 66, पंजाबी बाग (पश्चिम), नई दिल्ली-110026

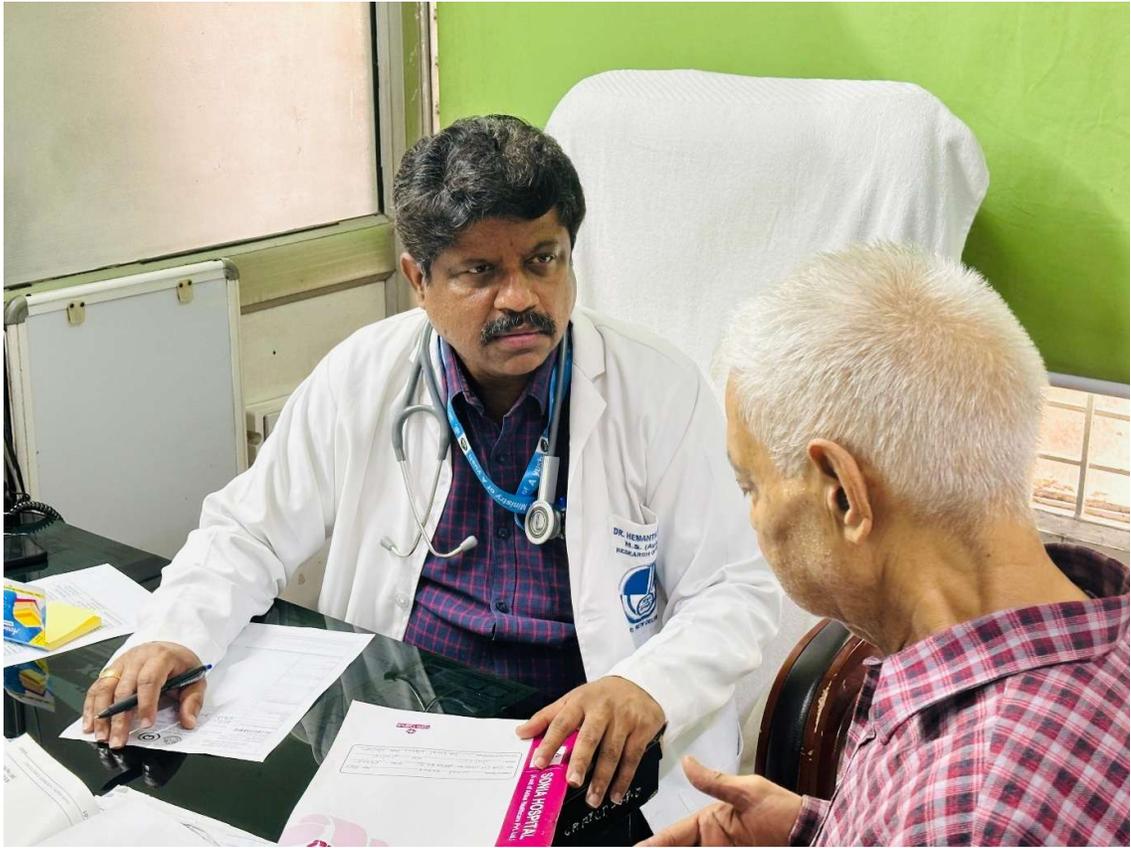
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General OPD at, CARI, New Delhi



BalRoga (Pediatrics) OPD at, CARI, New Delhi





Patient waiting area for OPD at, CARI, New Delhi



Registration counter for OPD at, CARI, New Delhi