

Departmental Research Initiatives and Completed Projects

The **Department of Ayurveda and Yoga** has been actively involved in Ayurveda research for over three decades, undertaking several government-funded and collaborative projects. In 2020, the Department established an independent research centre to promote fundamental research in Ayurveda and Yoga. This initiative led to the inauguration of the Lokmanya Tilak International Research Centre for Fundamental Research in Ayurveda and Yoga (LTIRCFRAY) on 20 February 2020 under the guidance of Dr. Deepak J. Tilak.

The department has collaborated with institutions such as the **Central Council for Research in Ayurvedic Sciences (CCRAS)** and several research laboratories and universities in India and abroad to promote interdisciplinary research in Ayurveda and Nutrition. On 6 November 2025, the centre was renamed the **Late Dr. Deepak Tilak Holistic Centre of Excellence for Research in Yogic and Ayurvedic Sciences (DHEYA)** in his memory and in recognition of his contributions.

For giving an overview of demonstration of a strong commitment to meticulous, outcome-based research and commitment to deliver excellent outcomes, following is the brief outline of the projects undertaken and completed by the department over the years:

1. The project “**Triskandha Kosha: Laksana Kosha, Hetu Kosha & Aushadha Kosha**”, was undertaken with the support of ISM & H (now AYUSH) and CSIR under the Ministry of Health & Family Welfare, Government of India. It resulted in the creation of a comprehensive & exhaustive compilation of three aforementioned database of ancient Ayurvedic knowledge of causative factors, symptoms & remedies.
2. “**Critical Edition of Charak Nidana Sthana**”, funded by the Department of AYUSH, was undertaken.
3. The Marathi Ayurvedic Compendium “**Chikitsa Prabhakar**” was translated into **English** under the support of CCRAS, Ministry of AYUSH, New Delhi.
4. An additional translation of “**Chikitsa Prabhakar**” into **Hindi** was carried out with funding from CCRAS, Ministry of AYUSH, New Delhi.
5. The project “**Digitalization Of Triskandha Kosha**”, into web portal with translation into English ensuring a global and quick access to comprehensive and exhaustive compilation of three database of Ayurvedic causative factors, symptoms and therapeutics.
6. The translation of ‘**Hastyayurved**’, ‘**Ashwavaidyakam**’ and ‘**Ashwachikitsam**’ to English granted access to ancient but advanced veterinary knowledge to all students, researchers and academicians.
7. An Analytical Study on “**Immune-modulating properties of selected recipes from Classical Ayurvedic texts- Bhojankutuhalam and Kshemkutuhalam**” was conducted repositioning some

daily food items as immunity boosters in the purview of provisioning for epidemics even in future.

8. An Exhaustive **“Collection of health-related references from Vedic Literature and Systematic Documentation of Selected Vedic Practices”** was converted to a repository of information and references relating to health in its various domains like physiology and anatomy, various diseases, their causes-treatment and various medicinal herbs which can be a valuable database for the potential researchers once it is published in 4 volumes.

9. **“A comprehensive and systematic study of Potential of Millets in Maintaining and Managing Human Health from Vedic & Contemporary Nutrition Science”** was done to promote the diversity and nutritional and ecological benefits of millets, in turn highlighting the colossal magnitude of millets with respect to its nutritional and therapeutic benefits.

10. An International project undertaken to **“mitigate the side effects of Chemotherapy in Cancer patients with the help of Ayuryoga”** - the mind body approach of Ayurveda, Traditional Ayurvedic Dietary Practices, and Yoga, lower the distress and side effects caused due to chemotherapy. The project aimed at collection and systematic review of existent literature to bridge the gap between ancient and contemporary oncology advocating evidence based and holistic modalities to address global burden of cancer.

11. In addition, the department has undertaken a project titled **“Development of Inventory of Diet and Dietetics from Vedic and Ayurvedic Literature of India.”** The objective of this project is to systematically compile dietary references from Vedic and Ayurvedic texts into a structured inventory aiming to trace the historical evolution of Indian nutritional knowledge and create a reliable academic resource for future research.

12. In light of the received recognition for its expertise in developing Ayurvedic databases and scholarly orientation works, the **Government of Maharashtra** has sanctioned a project titled **“Maharashtra Khadya Sanskriti Kosha”** which focuses on systematically documenting traditional Maharashtrian food culture, including regional food and beverage preparations, traditional methods of preparation, and their cultural, nutritional, and therapeutic significance. The study aims to analyze dietary traditions across various regions of Maharashtra and compile them into a comprehensive repository that highlights their cultural and health relevance.

In addition to major funded projects, several Ph.D. theses in Ayurveda and Nutrition have been completed, focusing on traditional Indian foods, regional dietary practices, and therapeutic diet principles. These studies emphasized the standardization of Ayurvedic dietary concepts, evaluation of nutritional composition using modern laboratory methods, and assessment of diet therapy in disease prevention and management. The department has also supported research in integrative cancer care, exploring Ayurvedic interventions to improve quality of life and treatment outcomes in cancer patients.

More than 100 M.Sc. dissertations in Nutrition and Food Science have also been completed, covering areas such as standardization of traditional food preparations, laboratory analysis, nutritional evaluation, and therapeutic dietetics. These studies aim to scientifically validate traditional dietary practices and Ayurvedic nutritional principles, while examining the role of diet in disease prevention, lifestyle disorders, and integrative health management.