

CCRAS–SPARK-03 Research Achievements (2024–25)

Mandsaur Institute of Ayurved Education & Research (MIAER), Mandsaur proudly announces a significant research milestone with the selection of **two undergraduate students under the CCRAS Studentship Programme for Ayurveda Research Ken (SPARK-03), Ministry of Ayush, Government of India**. Both projects have been successfully completed and awarded “**Very Good**” grade, with a **studentship of ₹50,000/- each**.

Awarded Student Research Projects

1. Ms. Alefiya Kathirya (4th Year)

Guide: Dr. Kapil Mehar, Assistant Professor

Department: Shalakya Tantra

Research Title: *“Assessment of Knowledge, Attitude, and Practices towards Diabetic Eye Disease among the General Population in Central India – A Questionnaire-Based Cross-Sectional Survey Study.”*

Study Output: The objective of this research was to assess the level of awareness, perception, and health-seeking behavior related to diabetic eye complications among the general population in Central India, where diabetes prevalence is steadily increasing. Using a structured and validated questionnaire, the study evaluated participants’ knowledge regarding diabetic eye disease, their attitude towards regular eye examinations and early intervention, and their actual practices related to diabetes control and ophthalmic care. The results revealed important gaps between knowledge and practice, underscoring the need for improved community education and preventive strategies. The study provides valuable inputs for planning targeted awareness programs and integrating preventive eye care into diabetes management, thereby contributing to the prevention of avoidable visual impairment and blindness.



2. Ms. Lavina Rangwani (2nd Year)

Guide: Dr. Kamal Kishore, Associate Professor

Department: Rog Nidan evam Vikriti Vigyan

Research Title: *“A Prospective Clinico-Pathological Correlative Study Evaluating Decreased HDL Levels in Establishing Samprapti of Meda Kshaya in Pandu Patients.”*

Study Output: This study was undertaken to explore the Ayurvedic concept of Pandu Roga in correlation with modern biochemical parameters. Pandu is described in Ayurveda as a condition involving disturbances in Rasa and Rakta Dhatu, with Meda Kshaya playing a significant role in its pathogenesis. This prospective study assessed patients clinically on the basis of classical Ayurvedic symptoms and signs, while simultaneously evaluating laboratory parameters, particularly serum HDL levels, to establish a clinico-pathological correlation. The research attempted to scientifically interpret the Ayurvedic concept of Meda Kshaya by correlating its features with decreased HDL levels, which are indicative of altered lipid metabolism. By integrating Ayurvedic clinical assessment with modern pathological investigations, the study contributed to a better understanding of the Samprapti of Pandu from an evidence-based perspective.



Highlights

- Sponsored by Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Govt. of India
- Total grant received: ₹1,00,000/-
- Projects graded “Very Good” by CCRAS
- Strengthening undergraduate research culture in Ayurveda