



# Dr. Radhika. C

## Professor

**REG NO** : 7663

**DOB** : 17-05-1979

**EXPERIENCE** : 18YRS

**ACADEMIC QUALIFICATION:** BAMS, MD (AYU) PANCHAKARMA,  
MD (AYU) DRAVYAGUNA, PHD

**OTHER CONTRIBUTIONS:** WRITTEN BOOK ON MEDICINAL PLANTS  
IN PUBLIC INTEREST

**NO. OF PUBLICATIONS:** 12

### List of Publications

**Original Research article published in International quarterly journal as follows-**

- 1. A randomized controlled clinical trial to assess the efficacy of Nasya in reducing the signs and symptoms of cervical spondylosis. AYU-JAN-MAR 2012-VOL 33 ISSUE 1
- 2. Published an article in a monthly magazine "AROGYAMASIKA" titled "AYURVEDA FOR MENSTRUAL DISORDERS " JULY 2015
- 3. Published an article in a monthly magazine "AROGYAMASIKA" titled "SUMMER BORNE DISEASES AND TREATMENT IN AYURVEDA" APRIL 2016
- 4. Published an article in the souvenir of HOPE CHARITABLE TRUST (OUSHADHA SASAYAGANGAL) JAN. 2017
- 5. Written a chapter "Sources of Drugs and their identification " in the text book of "ANUSANDHANA" Published in JUNE 2018.
- 6. Published an article in a fortnightly magazine "GRIHALAKSHMI" titled "WOMENS HEALTH THROUGH AYURVEDA" 15-30,06|2017
- 7. Authored a book "MARUNNU CHADIKAL" on 12 DEC 2017
- 8. A critical review on KARAVELLA (MOMORDICA CHARANTIA L.), AMALAKI (EMBEICA OFFICINALIS. GARETH) AND HARIDRA (CURCUMA LONGA L.) AS FUNCTIONAL FOOD INGREDIENTS IN TYPE 2 DIABETES MELLITUS. IAMJ JOURNAL, Volume VII, Issue IV, April- 2019.
- 9. Published report on an original work titled "A randomised controlled clinical trial to assess the efficacy of TILA TAILA GANDOOSHA DHARANA in gingivitis" on 15 JAN. 2017 in the souvenir of VAJRA 2016 INTERNATIONAL AYURVEDA CONCLAVE.

- 10. Published report on an original work titled "Role of Tila taila (Sesame oil) gandoosha dharana (oral retention) as a prophylactic measure in Periodontal disease- A public health problem" in the souvenir of INTERNATIONAL AYUSH CONCLAVE 2019

### **Two recent Web of Science indexed journal Publications**

- 11. Radhika , C, Rekha, P.A.R.M.A.R. Phytochemical Screening of Roots of *Lepidagathis keralensis*. Bulletin of Environment, Pharmacology and Life Sciences. 2022;11(7): 208-
- 12. Radhika , C, Rekha, M.P. Acute Oral Toxicity study of *Lepidagathis keralensis* Madhus & NPSingh. International Journal of Ayurvedic Medicine. 2023;14(4): 478-482.