

## Curriculum Vitae

DR.RICHA SINGHAL

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### Areas of interest

Clinical trials, Epidemiology, dengue, malaria, vector borne diseases, anemia, diabetes, cancer research, Community medicine, Knowledge, Attitude and Practice studies, validation of the questionnaires and tool development,

### Academic Qualifications

Ph.D (Statistics), Institute of Social Sciences, Dr.Bhim Rao Ambedkar University, Agra

Master of Statistics (M.STAT), Institute of Social Sciences, Dr.Bhim Rao Ambedkar University, Agra

### Work Experience

Scientist – C (Biostatistics/ Statistics), National Institute of malaria Research (NIMR), ICMR.

Statistical Investigator, Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush

Statistical Assistant, Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush

Senior Research Fellow (Statistics), Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush

### Projects handled as PI, Co-I, Coordinator

- Evaluation of Add on efficacy and safety of an Ayurvedic coded formulation (Ayush PJ - 7) in the management of Dengue Fever and prevention of its complications. Clinical trial was executed in collaboration with National Institute of Traditional Medicine (NITM), Belgavi, ICMR. Handled the project as a part of the study team.

- A Cross-sectional Community-based Study on Healthcare seeking Behavior of Elderly Women for Urogenital Symptoms, handled the project as co-investigator. The project was sponsored by SEED division of Department of Science and Technology (DST).
- Assessment of Prakriti (Ayurveda body constitution) of patients with Cervical and Ovarian Cancer – A Case control study in collaboration with Tata Memorial Cancer Hospital, Mumbai. Handled the project as Co-investigator.
- Framing of Research Methodologies for traditional Medicine of WHO South East Asia Region –part of working group.
- Efficacy and safety of Ayurveda interventions for acid peptic disease: A systematic review – Handled the project as Co-investigator
- Disease Characteristics, Care-Seeking Behavior, and Outcomes Associated with the use of AYUSH-64 in COVID-19 Patients in Home Isolation in India: A Community-Based study – Handled the project as a part of the study team
- Mobile App-Reported Use of Traditional Medicine for Maintenance of Health in India During the COVID-19 Pandemic: Cross-sectional Questionnaire Study - Handled the project as a part of the study team
- Prospective Double blind Randomized controlled clinical study on Ayurvedic intervention (Sarpgandha Mishran) vs Amlodipine for the management of stage-I Primary Hypertension. Project was done in collaboration with AIIMS. Delhi - Handled the project as a part of the study team.
- Evaluating the Efficacy of Ayurvedic Intervention as Add-on to Conventional Treatment and Explore the Interaction of Epigenetics, Neuro/Gut Biomarkers and Neuro-Imaging in Pediatric ADHD (Attention Deficit Hyperactivity Disorder). Project was done in collaboration with NIMHANS, Bengaluru. Handled the project as a part of the study team.
- Randomized control study to evaluate the efficacy of Ayush Card tea (AYUSH CCT) and Rajyog meditation versus conventional treatment on clinical recovery and post-operative outcomes following Elective Adult Cardiovascular Surgeries. Project was done in collaboration with AIIMS. Delhi. Handled the project as a part of the study team.
- A Randomized control trial to evaluate the efficacy of Ayurvedic interventions (Agastya Haritaki and Ashwagandha) and Yoga in long term effects of COVID-19. Handled the project as a part of the study team.

## **Research Publications**

1. Srikanth N, Kumar A, Chandrasekhararao B, **Singhal R**, Yadav B, Khanduri S, Jameela S, Rai AK, Tripathi A, Rana R, Ahmad A, Sharma BS, Jaiswal A, Kotecha R and State Level Collaborators (2022) Disease Characteristics, Care-Seeking Behavior, and Outcomes Associated With the Use of AYUSH-64 in COVID-19 Patients in Home Isolation in India: A Community-Based Cross-Sectional Analysis. *Front. Public Health* 10:904279. doi: 10.3389/fpubh.2022.904279
2. Srikanth N, Rana R, **Singhal R**, Jameela S, Singh R, Khanduri S, Tripathi A, Goel S, Chhatre L, Chandra A, Rao BCS, Dhiman KS. Mobile App-Reported Use of Traditional Medicine for Maintenance of Health in India During the COVID-19 Pandemic: Cross-sectional Questionnaire Study. *JMIRx Med.* 2021 May 7;2(2):e25703. doi: 10.2196/25703. PMID: 34032815; PMCID: PMC8110045.
3. Yadav B, Rai A, Mundada PS, **Singhal R**, Rao BCS, Rana R, Srikanth N. Safety and efficacy of Ayurvedic interventions and Yoga on long term effects of COVID-19: A structured summary of a study protocol for a randomized controlled trial. *Trials.* 2021 Jun 3;22 (1):378. doi: 10.1186/s13063-021-05326-1. PMID: 34082792; PMCID: PMC8173507.
4. Singh H, Srivastava S, Yadav B, Rai AK, Jameela S, Muralidharan S, Mohan R, Chaudhary S, **Singhal R**, Rana R, Khanduri S, Sharma BS, Chandrasekhararao B, Srikanth N, Chaturvedi S. AYUSH-64 as an adjunct to standard care in mild to moderate COVID-19: An open-label randomized controlled trial in Chandigarh, India. *Complement Ther Med.* 2022 Jun;66: 102814. doi: 10.1016/j.ctim.2022.102814. Epub 2022 Feb 8. PMID: 35149205; PMCID: PMC8824368.
5. Lamba CD, Gupta VK, van Haselen R, Rutten L, Mahajan N, Molla AM, **Singhal R**. Evaluation of the Modified Naranjo Criteria for Assessing Causal Attribution of Clinical Outcome to Homeopathic Intervention as Presented in Case Reports. *Homeopathy.* 2020 Nov; 109 (4):191-197. doi: 10.1055/s-0040-1701251. Epub 2020 Mar 25. Erratum in: *Homeopathy.* 2020 Oct 21; PMID: 32215892.
6. Kataria S, Sharma P, Ram JP, Deswal V, Singh M, Rana R, **Singhal R**, Tripathi A, Kumar K, Trehan N. A pilot clinical study of an add-on Ayurvedic formulation containing *Tinospora cordifolia* and *Piper longum* in mild to moderate COVID-19. *J Ayurveda Integr*

- Med. 2022 Apr-Jun;13(2):100454. doi: 10.1016/j.jaim.2021.05.008. Epub 2021 Jun 10. PMID: 34127896; PMCID: PMC8189796.
7. Gundeti MS, Bhurke LW, Mundada PS, Murudkar S, Surve A, Sharma R, Mata S, Rana R, **Singhal R**, Vyas N, Khanduri S, Sharma BS, Srikanth N, Dhiman KS. AYUSH 64, a polyherbal Ayurvedic formulation in Influenza-like illness - Results of a pilot study. *J Ayurveda Integr Med.* 2022 Jan-Mar; 13 (1):100325. doi: 10.1016/j.jaim.2020.05.010. Epub 2020 May 14. PMID: 33446377; PMCID: PMC8718941.
  8. Sharma R, Goyal A, Singh R, Khanduri S, Ota S, Goel S, Rana RK, **Singhal R**, Shahi VK, Srikanth N, Swasticharan L, Dhiman KS. Effect of Ayurveda intervention in the integrated management of essential hypertension- a retrospective observational study. *J Ayurveda Integr Med.* 2021 Jul-Sep;12(3):521-528. doi: 10.1016/j.jaim.2021.04.012. Epub 2021 Aug 4. PMID: 34362604; PMCID: PMC8377180.
  9. Sudhanshu A, Sharma U, Vadiraja HS, Rana RK, **Singhal R**. Impact of Yoga on Periodontal Disease and Stress Management. *Int J Yoga.* 2017 Sep-Dec;10 (3):121-127. doi: 10.4103/0973-6131.213468. PMID: 29422742; PMCID: PMC5793006.
  10. Rana RK, **Singhal R**, Dua P. Deciphering the dilemma of parametric and nonparametric tests. *J Pract Cardiovasc Sci* 2016;2:95-8.
  11. **Singhal R**, Rana R. Preeminence and prerequisites of sample size calculations in clinical trials. *J Pract Cardiovasc Sci* 2015;1: 285-8.
  12. Rana R, **Singhal R**. Chi-square test and its application in hypothesis testing. *J Pract Cardiovasc Sci* 2015;1:69-71.
  13. **Singhal R**, Rana R. Intricacy of missing data in clinical trials: Deterrence and management. *Int J Appl Basic Med Res.* 2014 Sep;4 (Suppl 1):S2-5. doi: 10.4103/2229-516X.140706. PMID: 25298936; PMCID: PMC4181125.
  14. Singh V, Rana RK, **Singhal R**. Analysis of repeated measurement data in the clinical trials. *J Ayurveda Integr Med.* 2013 Apr;4(2):77-81. doi: 10.4103/0975-9476.113872. PMID: 23930038; PMCID: PMC3737450.