



Ayurveda Mental Health Institute (GARIM)

Govt. of Kerala

GARIM

Government Ayurveda Research Institute for
Mental Diseases, Kottakkal, Kerala

**Unique institute in the field of
Ayurvedic Psychiatry established
in 1974**

- A Premier institute in Ayurvedic mental health care in Government sector
- Authentic Ayurvedic treatment for mental disorders
- 10000 OP cases and 600 IP cases per year
- Management of chronic mental disorders with Quality of Life improvement
- Management of Alcoholism and substance use disorders



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Projects under GARIM

1. SUDHEERAM

To address the adolescent psychological issues with special reference to exam phobia

2. SUSMRUTHAM

Management of mild cognitive impairment of population above the age of 50 yeears

3. KUSRUTHI

Comprehensive multi dimensional intervention on Attention Deficit Hyperactivity Disorder (ADHD)"

4. PRATHEEKSHA

Project for the improvement of the quality of life of differently abled children of special schools

5. MEDHA

Early identification and intervention of students with scholastic backwardness.

State level Projects under GARIM

1. Manasikarogya

Service of an Ayurvedic Psychiatrist in each district of Kerala

2. Harsham

60 Anti-depression clinics across Kerala

3. Anavadya

Management of the psychological issues of transgenders

