

Charak Clinical Research Center takes its name from the noted Indian physician from the 1st century, Charak, the author of one of the oldest books on medicine, *The Charak Samhita*. Charak was one of the first medical practitioners to adopt the principles that knowledge of all available remedies and a thorough understanding of the patient are the critical elements to providing the most appropriate care for each unique individual.

## Our Mission

The mission of Charak Clinical Research Center is not only to increase our knowledge of the latest available treatments, but also to achieve the fullest understanding of our patients. This two-fold approach assures our patients of the best possible care.

### The Principal Investigator



#### Rakesh Ranjan, MD, CPI

Dr. Rakesh Ranjan is Executive Medical Director and Founder of Charak Clinical Research Center, President of Rakesh Ranjan, MD & Associates, Inc., and President and CEO of Spectrum Home Health Care, LLC.

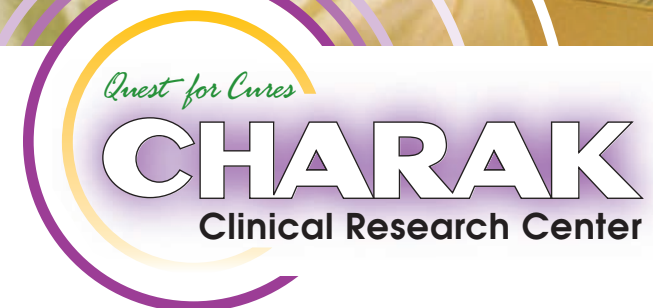
Involved with clinical research for 13 years, Dr. Ranjan has been the clinical investigator for over 100 clinical trials. The clinical trials have included major depression, bipolar disorder, schizophrenia, post-traumatic stress disorder (PTSD), attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), dementia, autism and sexual disorders.

Dr. Ranjan has authored several peer-reviewed journal articles and book chapters on psychopharmacology, and has been the recipient of several research grants and awards. He is also an Assistant Clinical Professor of Psychiatry at Case Western Reserve University.

In addition to his other roles, Dr. Ranjan provides clinical care to patients on a daily basis. He is certified by the American Board of Psychiatry and Neurology. He is one of the few research physicians certified by the American Council of Research Professionals (ACRP). He has served on the Advisory Board of the local National Alliance on Mental Illness (NAMI) chapter and he is involved in educating the public and increasing awareness of mental illness.



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# Clinical Trials

The development of new medications, plays a central role in the advancement of medical treatments, and the improvement of quality of life for patients. All new medications go through several stages, or phases of testing, to demonstrate their safety and effectiveness, before physicians can prescribe them to patients. At the heart of this process, are research studies called clinical trials. In a clinical trial, the new medication is typically compared to either a currently approved medication, or to a placebo (a pill that looks like the new medication but contains no active ingredients).

In the case of behavioral health clinical trials, remarkable progress has been made, over the past 20 years in defining and treating the various forms of mental illness. Many treatments, however, produce different degrees of effectiveness, for different people, or may produce significant side effects in some individuals. As a result, there is an ongoing need, for the development of new medications within the mental health field.



## Clinical Trial Participants

There is no single reason why individuals choose to participate in clinical trials. Many do so in the hope that the new medication will provide them with relief from their symptoms, and produce few and/or mild side effects. Some choose to participate, because they recognize that even if they do not experience a direct personal benefit from participating in the trial, the research study results, will potentially increase the level of understanding of a disorder, and contribute to the development of more effective forms of treatment.

## Informed Consent

Participation in a clinical trial is completely voluntary. The decision to participate should only be made after thorough consideration of all available information. Prior to a person's entry into a clinical trial, the study doctor and staff will fully describe to the participant, the purpose of the study, what is expected of the participant, and the potential risks and benefits that the participant may experience.

## Benefits of Clinical Trial Participation

Some of the benefits of participating in a clinical trial include the following:

- Participants take an active role in their own treatment.
- Opportunity to receive treatments not otherwise available.
- Participants receive skilled medical care for the target illness and receive medical monitoring of general physical health — both at no financial cost.
- Opportunity to contribute to the current state of medical knowledge.

## Safety and Well-Being

The safety and well being of a participant in a clinical trial are primary concerns of the clinical trial staff, so each participant will meet with the trial doctor and staff, on a frequent basis to monitor progress. It is very important that the participant attends all visits, honestly answers all questions regarding the trial medication and his or her health, and follows the instructions of the clinical trial staff.

## Current Clinical Trials

Charak Clinical Research Center is currently conducting clinical trials involving the following mental health diagnoses:

- Bipolar Disorder
- Schizophrenia
- Major Depressive Disorder

At any given time, the Center may be conducting clinical trials for other mental health diagnoses. Should you wish to receive more information regarding the clinical trials currently being conducted at Charak Clinical Research Center, please contact us at: (216) 464-5201, extension 320, or Toll-free at (877) 4-NewMed (877-463-9633). You may also send an e-mail to [jsedenik@charakresearch.com](mailto:jsedenik@charakresearch.com).

