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Professor Murthy has been involved in several reforms in mental health care and addiction treatment services in India. She was a co-author of two seminal reports commissioned by the country's National Human Rights Commission on issues in mental health care in institutions, which led to significant improvements in institutional care and funding for mental illness. She also led a team looking at the condition of women in psychiatric institutions and published a report for the National Commission for Women. She was the lead author of a Technical Report on Mental Health for the NHRC in 2015, which catalyzed the preparation of a road map for mental health by the Ministry of Health and Family Welfare, Govt of India. Dr Murthy has also been involved in a report on mental health and substance use problems in prison and continues to guide initiatives in this area. She is a specialist in addiction interventions and has been involved in the formulation of national guidelines for tobacco and other substance dependence management and has provided policy guidance and training at the international and national levels.