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2. Name: FIRDOUS AHMAD NAJAR
3. Designation: Associate Professor
4. Qualification: M.S. Jarahat
5. Thrust area: Colorectal
6. Address: 2/3 Chandrappa Building, Kottigepalya, Magadi Main Road, Bangalore-91.
7. Mobile number: 7483144988
8. Email: [drfirdous2012@gmail.com](mailto:drfirdous2012@gmail.com), [drfirdous2012@gov.in](mailto:drfirdous2012@gov.in)
9. Date of birth: 28.11.1975
10. Nationality: Indian
11. Religion: Muslim
12. Registration certificate number: 1225
13. Passport No. S8381584

**Academic Qualification:**

Examination Passed	Year of passing	University/Board	Division/Percentage
BUMS	2003	AMU Aligarh	65.35 %
MS Jarahat	2008	AMU Aligarh	58.12%

14. **Professional details:** PG Teaching & Research Experience - 15 years
- Worked as **JRF** for two years in Short Term Project of CCRUM at Dept. of Jarahat, AMU, Aligarh.
  - Worked as **Lecturer** at National Institute of Unani Medicine, **Bangalore**.
  - Worked as **Assistant Professor** Dept. of Jarahat, NIUM Bengaluru since 20.03.2017 till date.
  - Presently working as **Associate Professor & Head Dept.** of Jarahat, NIUM Bengaluru.

#### 15. Publications till date:

- Masarat Fatima, Asia Sultana, **Firdous Ahmad**. Evaluation Of Quality of Life in Acne Vulgaris Patients. Unimed Kulliyat 2012 March; Volume V Issue 1 to Volume VII Issue 2: 19-25. ISSN 2249-5703.
- Hamiduddin, **Najar F A**, Ali W. Irfan. Pharmacotherapy of Jarahat (wounds) in Unani Medicine with Recent Advancement. Journal for Research in Unani Medicine, 2014 Jan – Jun; 3(1): 55-73. ISSN 2320-8015.
- Masarat Fatima, Asia Sultana, Mohd. Asif, **Firdous Ahamd Najar**. Efficacy and Safety of Fumeria Indica (Aqueous Extract) In the Treatment of Acne Vulgaris. International Journal of Institutional Pharmacy and Life Sciences. 2014 Nov-Dec; 4(6): 47-58. (ISSN): 2249-6807.
- Masarat Fatima, Asia Sultana, Mohd. Asif, S.S.Jamil, Muzafar Din Ahmad Bhat, **Firdous Ahamd Najar**. A Comparative Study of Physico-Chemical Standardisation and Phytochemical Screening of Market Sample of Curcuma Longa. International Journal of Universal Pharmacy and Bio Sciences. 2014 July-Aug; 3(4):193-198. (ISSN): 2319-8141.
- Muzafar Din Ahmad Bhat, **Firdous Ahmad Najar**, Management of Wajaul Mufasil by Topical Unani Medicine: A case study. Intrnational Journal of Institutional Pharmacy and Life Sciences 2015 Jul-Aug; 5(4):58-64. (ISSN): 2249-6807.
- **Firdous Ahmad Najar**, Mohd. Faisal, khesal Ahmad, Ansari Tahzeeb. Ziabetes Shakri, Unani Nuqtah Nazar Se: Ek Ajmali Khakah. Unimed Kulliyat; A Journal of Unani Meidcine April 2015-March 2016;9(1): 40-45.
- **Firdous Ahmad Najar**, Javed A. Khan, Masarat Fatima, Khesal Ahmad, Mohd Faisal. Efficacy of Taleeq (Leech Therapy) in The Management of Bawaseer (Haemorrhoid): A case series. Research And Reviews: Journal of Unani, Siddha and Homeopathy 2016; 3(1):5-8. ISSN: 2394-1960(online).
- Muzafar D.A. Bhat, Rabia Malik, Arshid I. Wani, **Firdous A. Najar**. Wilson's Disease: A case report. Research and Reviews: Journal of Unani, Siddha and Homeopathy. 2016; 3(2): 1-4 ISSN: 2394-1960.
- Khesal Ahmad, Mohd. Faisal, S.Shah Alam, **Firdous Ahmad Najar**, Mehjabeen Fatimah, Mohammad Shakeel Ansari. Amal-E-Takhdeer Aur Adviah Mukhaddirah- Ek Takeekhi Jayzah. Unimed Kulliyat. 2016 April 2014-March 2015;8(2): 26-33. ISSN 2249-5703.
- **Firdous Ahmad Najar**, Mohd. Faisal, Khesal Ahmad, Ansari Tahzeeb. Prevalence and Risk Factors of Anal Fissure Among the Patients Visiting Surgery (Jarahat) OPD in NIUM. Journal of Ayush: Ayurveda, Yoga, Unani, Siddha, and Homeopathy 2017; 6(1): 35-37. ISSN: 2278-2214 (Online), ISSN: 2321-6484.

- **Najar F.A.**, Faisal M., Khesal A., Ansari T.A. Metabolic Syndrome and its Association with Benign Prostatic Hyperplasia with Special Reference to Unani System of Medicine: A Review. *Journal of Biological & Scientific Opinion* 2017; 5(3):43-46. ISSN 2321 – 6328.
- Khesal Ahmad, **F A Najar**, Mohd Faisal, Ansari TA. Efficacy of Banadiqul-Buzoor in Improving the Quality of Life of Patients of Benign Prostatic Hypertrophy; An Open Labeled Observational Clinical Study. *Research & Reviews: Journal of Surgery* 2017; 6(3):7-11. ISSN: 2319-3425 (ONLINE), ISSN: 2349-3712.
- Junaid Nazir Dandroo, Mehjabeen Fatimah, Saiyad Shah Alam, Mohd. Shakeel Ansari, **Firdous Ahmad Najar**. An Overview of Haemorrhoids (Bawaseer) with Surgical Interventions from Ancient to Modern Era. *Research and Reviews: A Journal of Ayurvedic Science, Yoga and Naturopathy* 2017, 4(3); 23-30. ISSN: 2395-6682 (Online).
- **Firdous Ahmad Najar**, Mohd. Faisal, Khesal Ahmad, Ansari Tahzeeb. Prevalence and Risk Factors of Hemorrhoids among The Patients Visiting Surgery (Jarahat) OPD in NIUM. *European Journal of Biomedical and Pharmaceutical Sciences* 2018; 5 (1): 435-437. ISSN 2349-8870.
- Faisal M, **F A Najar**, Khesal A, Junaid Nazir Dandroo, S Shifa Zaidi. Type 2 Diabetes Mellitus and Diabetic foot in Unani system of Medicine: A comprehensive review. *Journal of Biological & Scientific Opinion* 2018, 6(3); 54-57. ISSN 2321 – 6328
- Saiyad Shah Alam, **Firdous Ahmad Najar**, Md. Rizwanullah, Waseem Ahmad. Non-Healing Ulcer Treated with Unani Formulation Zaroor-E-Qawi: A case report. *Journal of Surgery* 2018;14(2):75-77. ISSN: 1584-9341.
- **F A Najar**, S. S Alam, Khesal Ahmad, Faisal M, T A Tahezeeb, Nazmeen. Concept of Fistula in Ano (Nasoore-E-Maqad) and its Management in Unani System of Medicine. *Journal of Biological & Scientific Opinion* 2018; 6 (4): 79-82. ISSN 2321 – 6328.
- Faisal M, **Najar F.A.**, Khesal A, Ansari T.A, Zainab Azmi. Subjective and Objective Outcomes in Men with LUTS Due to BPH treated with Safufe Bisehri Booti: An Open Labelled Observational Clinical Study. *International Journal of Research and Analytical Reviews* 2019; 6(1): 170-175. E-ISSN 2348-1269, P- ISSN 2349-5138.
- Faisal M., **F. A. Najar**, Ansari T. A. and Nazmeen Shakeel. A Review Article Of Bisheri Booti (Aerva Lanata) -Its Traditional Uses And Pharmacological Actions. *World Journal of Pharmaceutical Research* 2019; 9(1):785-793. ISSN 2277– 7105.

- **Firdous Ahmad Najar**, Iqbal Aziz, Anis Ismail, Masarat Fatima. Role of Iron in Gall Stone Formation. *International Journal of Molecular Biotechnology* 2019; 5(2):24-29.
- Ansari Tahezeeb Afroz, **Firdous Ahmad Najar**, Mohd Faisal, Ansari Ayesha Suleman, Effect of Unani Formulation in the Management of Sheqaq Al-Maq'ad (Anal Fissure); An Open Labelled Single Blinded Clinical Study. *International Journal of Research and Analytical Reviews* 2020 ;7(2):545-553. E-ISSN 2348-1269, P- ISSN 2349-5138 .
- Tahezeeb Afroz, **Firdous Ahmad Najar**, Mohd Faisal, Masarat Fatima. Effect of Irsale Alaq (leech therapy) in thrombosed pile mass: a case study. *International Journal of Scientific Reports* 2020; 6(6): 220-222. pISSN 2454-2156 | eISSN 2454-2164
- **F A Najar**, TA Ansari, M Faisal, Nazmin S, Ayisha K, Masarat Fatima. Importance of Histopathology in the Diagnosis of Rectal Adenocarcinoma: A case report. *Journal of Biological & Scientific Opinion* 2020; 8(2):18-20. ISSN 2321 – 6328
- Masarat Fatima, MA Quamri, **Firdous Ahmad Najar**, Prevalence of pruritis in psoriasis, its association with severity of disease and quality of life. *Journal of Research in Unani Medicine* 2021; 10(1): 31-37.
- Tabassiya Kowser R, Muzafar Din Ahmad Bhat, Roohi Zaman, **Firdous Ahmad Najar**. Efficacy of herbal anti-microbial soap in Tinea corporis: A randomized controlled study. *Journal of Ethnopharmacology* 287 (2022) 114934.
- Ansari MS, **Najar FA**, Tasleem M, Fatimah M. Warm-e-Gudda Mudhi ka Ilmi Jaizah, Unani Tib ki Roshni Mein. *Tarjuman-e-Tib*. Jan-Dec 2022;9(1-2): 51-57.
- Bhat MDA, Nazir A, Ahmad H, Wani SK, **Najar FA**. *Melancholia* a Psychiatric Disorder Described in Unani System of Medicine: Its Similarities and Differences with Depression. *Research on History of Medicine/* 2023 Feb; 12(1): 27-34.
- Wani UH, Alam SS, Sofi G, **Najar FA**, Phytochemical and Pharmacological Studies of *Berberis Vulgaris* and its Active Constituent-Berberine: A Review. *International Journal of Research and Analytical Reviews*. April 2024; 11(2): 36-48.
- Nizamudeen S, Bhat MD, Malik R, Fatima M, Radhika K, **Najar FA**, Shah AH. Effect of *Bergenia ligulata* (Wall.) in type 2 diabetes mellitus: A randomized placebo-controlled trial. *European Journal of Integrative Medicine*. 2024 Apr 1;67.

- Wani UH, et al. Cystoscopic extraction of a wired earphone from male urinary bladder. Journal of Integrative Medicine and Research | Volume 2 | Issue 3 | July-September 2024

16. Papers at conferences (with detail):

- **Presented a paper** entitled “Prophets teachings on personal Hygiene” in two days National Seminar on Prophetic Medicine in Hyderabad on 12<sup>th</sup> And 13<sup>th</sup> Oct. 2002.
- **Presented a paper entitled** “Correlation of Iron Deficiency and the Type of Gallstone Formation” in National Conference “JCON 2009” on 21<sup>st</sup> & 22<sup>nd</sup> Feb. 2009.
- **Presented a paper entitled** “Management of Diabetes with reference to diet and Plant origin drug in Unani Medicine” in National Seminar on Lifestyle Disorders and Role of Unani Medicine on 6<sup>th</sup> March 2012 at Jamia Hamdard New Delhi.
- **Presented a paper entitled** “Role of Iron Deficiency in Gall Stone Formation-An Observational Clinical Study” in International Conference “ICUM” at NIUM Bengaluru in 2016.

17. Attendance in conferences/workshops/seminars/oral presentations/webinars.

➤ **Conferences/Seminars:**

- Attended a National Conference on Need-Based Physical Education and Sports in India on 25<sup>th</sup> and 26<sup>th</sup> Oct 2002, Aligarh.
- Attended 16<sup>th</sup> Annual Conference of U.P. Chapter of Association of Plastic Surgeons of India on 16<sup>th</sup>– 18<sup>th</sup> Feb. 2008 in J.N. Medical College, Aligarh.
- Participated in National Seminar on Unani Medicine in Hyderabad on 30<sup>th</sup> & 31<sup>st</sup> January 2017.
- Participated in one day National Seminar on “Unani Medicine for Public Health” on 14<sup>th</sup> Feb.2019.
- Worked as a member of the scientific committee in National Seminar on Prevention and Control of Non-Communicable Diseases at NIUM Bengaluru on 16<sup>th</sup> &17<sup>th</sup> Dec. 2019.
- Attended as Chairperson in scientific session in National Seminar on Prevention and Control of Non-Communicable Diseases at NIUM Bengaluru on 16<sup>th</sup> &17<sup>th</sup> Dec. 2019.
- Received Certificate of Appreciation in National Seminar on Prevention and Control of Non-Communicable Diseases at NIUM Bengaluru on 16<sup>th</sup> &17<sup>th</sup> Dec. 2019.

- Attended a one-day conference 'islet 2020' on 19<sup>th</sup> January 2020 in Bengaluru.
- Attended a two-day National Conference on 'Scientific Writing' for Unani Teachers on 20<sup>th</sup> and 21<sup>st</sup> September 2023 at NIUM Bangalore.

➤ **Workshops:**

- Attended a workshop "Surgery Update 2008" from 8<sup>th</sup>-10<sup>th</sup> March 2008 at J.N.M.C. Aligarh.
- Participated in International workshop and Treatment Camp of Facial Cleft patient on 30<sup>th</sup> March- 12<sup>th</sup> April 2008 at Doctor Ziauddin Ahmad Dental College and Hospital AMU College.
- Attended a workshop on Biomedical Ethics organised by ICMR and CCRUM, New Delhi at AMU Aligarh on 2<sup>nd</sup> Aug.2008.
- Attended workshop on Research Methodology in Unani Medicine on 8<sup>th</sup> & 9<sup>th</sup> Dec. 2012 at NIUM Bangalore.
- Attended Workshop on Research Methodology for Fundamental Principles in Unani Medicine in 2015 at NIUM Bangalore.
- Attended a three-day Programme on Implementation of NABH Standards for Unani Hospitals at NIUM Bengaluru from 01-12-2016 to 03-12-2016.
- Attended a live workshop on Laparoscopic & Endoscopic Procedures in International Conference (JCON 4) "Re-visiting Ilmul Jarahat(Surgery)" on 26-28 Feb 2018 at AMU Aligarh.
- Attended one-day live workshop on Anastomosis & Endosuturing at NIUM on 30-10-2019
- Attended a one-day workshop on "Medical Astrology" at NIUM Bengaluru on 8<sup>th</sup> January 2020.
- Organised One-day workshop on Anastomosis in the Dept of Ilmul Jarahat NIUM Bangalore on 30<sup>th</sup> October 2019.
- Organised One-day workshop on Endo-Suturing in the Dept of Ilmul Jarahat NIUM Bangalore on 30<sup>th</sup> October 2019.
- Organised a One-day Workshop on Laser Proctology & Sphincterometry at NIUM Bangalore on 04-08-02021
- Attended a one-day training on First Aid and BLS Training Session 03-02-2023.

- Attended a National Workshop cum Brainstorming Session on the Development of Standard Operating Procedures in Hijama on 29<sup>th</sup> January 2024 in New Delhi as Special Invitee.

➤ **CME:**

- Participated in CME organised by Dept. of Qabalat wa Niswan, AMU on 3<sup>rd</sup> & 4<sup>th</sup> Aug. 2008.
- Participated in TOT on Ksharasutra Therapy at BHU Varansi from 3<sup>rd</sup>-8<sup>th</sup> Sept. 2012.
- Attended a CME on Pharmacovigilance of Unani Drugs at NIUM on 15<sup>th</sup> & 16<sup>th</sup> January 2019.
- Attended CME on Science of Energy at NIUM on 24<sup>th</sup> August 2019.
- Attended one day CME as Chairperson on Science of Energy on 24<sup>th</sup> August 2019.
- Attended a one-day Interdisciplinary CME on Awareness on Sehat-e-Atfal on 04-04-2022.
- Attended a one-day CME on Unani and Contemporary view on Diabetic Complications and their Management on 03-09-2022.
- Attended a one-day CME program on Data Analysis using SPSS on Jan 24<sup>th</sup> and 25<sup>th</sup> 2023.
- Attended a one-day interdisciplinary CME on Advances in Infertility Management and IVF specialty care on 08-02-2023.

➤ **Oral Presentations:**

- Delivered a lecture as Resource Person on Warm-e-Loztain (Tonsillitis) and its Management in a CME organised by Dept. of ENT Mohammadia Tibbia College Malegaon on 07-12-2023.
- Delivered a lecture as Resource Person on Warm-e-Loztain (Tonsillitis) and its Management in a CME organised by Dept. of ENT Mohammadia Tibbia College Malegaon on 07-12-2023
- Delivered a lecture on “Appendicitis” in Public Awareness programme organized by National Institute of Unani Medicine, Hospital Bangalore
- Delivered a lecture on “Hemorrhoids” in Public Awareness programme organized by National Institute of Unani Medicine, Hospital Bangalore.
- Delivered a lecture on “Varicose veins” in Public Awareness programme

organized by National Institute of Unani Medicine, Hospital Bangalore in 2020.

- Delivered a lecture on “Fissure in Ano” in Public Awareness programme organized by National Institute of Unani Medicine, Hospital Bangalore.
- Delivered a lecture on “Varicose veins” in Public Awareness programme organized by National Institute of Unani Medicine, Hospital Bangalore in 2021-22.

➤ **Webinars:**

- Participated in a webinar on “Risks to Surgeon & OT Team During Surgery of COVID-19 (SARS NCOV-2) Positive Patients” organised by Z.V.M. Unani Medical College & Hospital Pune on 25<sup>th</sup> August 2020.
- Participated online in one day national webinar on “An Integrated Approach to Common Gynaecological Diseases (Amraz Niswan)” organised by Dept. of Ilmu Qabalat wa Amraze Niswan, National Institute of Unani Medicine, Bangalore 2021.
- Convened a webinar on “Ilmul Jarahat Updates 2022” organised by Dept. of Jarahat, NIUM Bangalore on 23<sup>rd</sup> March 2022.
- Participated in a webinar on “Ilmul Jarahat Updates 2022” organised by Dept. of Jarahat, NIUM Bangalore on 23<sup>rd</sup> April 2022.
- Participated in a webinar on “Ilmul Jarahat Updates 2022” organised by Dept. of Jarahat, NIUM Bangalore on 4<sup>th</sup> June 2022.
- Participated in a webinar on “Bloodletting Procedure in Ilaj Bit Tadbeer” organised by Dept. of Ilaj Bit Tadbeer, NIUM Bangalore on 18<sup>th</sup> June 2022.
- Participated in a webinar on “The Concept of Nutraceuticals and Dietary Guidelines in Unani System of Medicine” organised by Dept. of Tahaffuzi wa Samaji Tib, NIUM Bangalore on 22<sup>nd</sup> June 2022.
- Delivered a Lecture “Fissure in Ano, treatment updates, where do we stand in 2022” organised by Dept. of Jarahat, NIUM Bangalore on 24<sup>th</sup> June 2022.
- Participated in one day National Webinar on “Innovative Approaches in Ilmul Advia” organised by Dept. of Ilmul Advia, National Institute of Unani Medicine, Bangalore on 25<sup>th</sup> June 2022.



- Participated in a webinar on “Modification and recent advancement in Unani dosage forms” organised by Dept. of Ilmul Saidla, NIUM Bangalore on 29<sup>th</sup> June 2022.
- Participated online in hybrid Seminar “Anesthesia in Obstetrics & Labour Room Protocols” organised by Dept. of Ilmul Qabalat wa Amraze Niswan, National Institute of Unani Medicine, Bangalore on 19<sup>th</sup> June 2024.
- Organised a webinar on “Ilmul Jarahat Updates 2024” as Organising Chairman Dept. of Jarahat, NIUM Bangalore on 26<sup>th</sup> June 2024.

18. Attendance in Aogya Melas- 02

19. Supervision to MD Thesis (Topic and PG)

<b>S.No</b>	<b>Title of the Research</b>	<b>Name of the PG Scholar</b>
1.	Efficacy of Banadiq-Ul-Buzoor in Benign Prostatic Hypertrophy like Symptoms	Dr. Khesal Ahmad
2.	Efficacy of Bisehri Booti in Warm Ghudda-i-Madhi Sulb	Dr. Mohd Faisal
3.	Effect of a Unani Formulation in the Management of Anal Fissure: An Observational Clinical Study.	Dr. Ansari Tahezeeb Afroz Nazeer Iqbal
4.	Effect of a Unani formulation in Shiqaqe Maqad Haad (Acute anal fissure) - an observational clinical study	Dr. Nazmeen Shakeel
5.	Effect of Marham-e-Kafoori in shiqaq e maqad (anal fissure) – an observational clinical study	Dr. Ayisha K
6.	A Comparative Study of Marham-e-Safedab with Diltiazam Gel 2% in Shqaqe Maqad (Anal Fissure)	Dr. Wazeef Akhtar Momin
7.	A Comparative Study of Marham-e-Kafoori with Ligocaine Ointment 5% in Shqaqe-Al-Maqad (Anal Fissure)	Dr. Anjum Ansari

Thesis Under Supervision (Topic and PG)

<b>S.No</b>	<b>Title of the Research</b>	<b>Name of the PG Scholar</b>
1.	A comparative study on efficacy of unani formulation with diltiazem 2% in Shuqaq ul Miqad - A randomized controlled clinical study.	Dr. Mahaboob Pasha
2.	Prevalence of Fissure in Ano and its Risk Factors among Anorectal Cases: A Cross Sectional Study.	Dr. Anil Kumar
3.	Comparative evaluation of Itrifal Muqil and Habb-e-Barg-e-Neeb in Bawaseer Ghaira (Internal Haemorrhoids)- A Randomized Clinical Trial.	Dr. Hafsa Naaz T A
4.	A comparative clinical study of Unani formulation (aelwa, murmakki, anzaroot, kundur) and povidone iodine betadiene 5% ointment in the management of Non Healing Ulcer- A randomised controlled study.	Dr. Ramlah Hussain