

CURRICULUM VITAE

Name: Tariq Nadeem Khan
Father's Name: Late Dr. Abdul Hafeez Khan
Date of Birth: 1st of June 1978
Place of Birth: Kakrala, Budaun, UP, India
Marital status: Married
Designation: Associate Professor & HoD (Kulliyat)
Mailing Address: Department of Kulliyat e Tib, National Inst. Of Unani Medicine, Bengaluru, India.
Permanent Address: Post office and Town Kakrala, Distt. Budaun, UP, India, 243637

Educational qualifications:

Exam Passed Board/University	Year of Passing	Subjects	Div. / Posi.	% of Marks
Sr. Sec. School JMI	1995	Math, Science, social Sc., Urdu, Islamic studies	2 nd	54
Intermediate. UPB	1998	PCB	2 nd	48
B.U.M.S. (AMU)	2006	All Medical Subjects	1 st	67
M.D. (AMU)	2010	Kulliyat wa Ilmul Amraz	1 st / Topper	72
P.G.D.H.M. Annamalai T.N.	2008	Hospital management	NA	NA
Short course In Educational Methodology (RGUHS)	2015	Teaching Methodology	NA	NA
M.S. Word office (AMU)	2007	Computer application	NA	NA

M.D. Thesis:

Evaluation of colour of Skin by dermal photometer in determination of Temperaments in males.

Experience:

Academic:

- **Associate professor**, From 20th March 2022 till Now in the department of Kulliyat e Tib, National Institute of Unani Medicine, Bangalore.
- **Assistant Professor**, from 20th March 2017 to 19th March 2022 in the department of Kulliyat e Tib, National Institute of Unani Medicine, Bangalore.
- **Lecturer**, from 20th March 2012 to 19th March 2017 in the department of Kulliyat e Tib, National Institute of Unani Medicine, Bangalore.

Administrative Activities:

- **Head of the department** from 17th March 2023 till now.
- **Warden of Boys Hostel** of National Institute of Unani Medicine, Bangalore, November 2014 to November 2015.
- **Member of Board of studies** in Unani (PG) Rajiv Gandhi University of Health and sciences Karnataka (2018-2021).
- **Member of Organising committee for Extra Mural Lectures in NIUM**, Bengaluru from 2016 - 2019.
- **Editorial Board Member** of Tarjumane Tib a peer reviewed journal published from NIUM, Bangalore.
- **In charge departmental** weekly seminar From- 2013 Till now.
- **Nodal officers for AYUSH 64** (Corona Treatment programme) outreach distribution program of Ministry of AYUSH, New Delhi India.

Research and Teaching:

Research projects:

In Hand:

1- Evaluation of Surface Disinfection Efficiency of Vinegar and Asafoetida.

Rajiv Gandhi University of Health and science.

In Process:

1- Development of mobile based application for the assessment of Mizaj (Mizaj App).

Submitted in the CCRUM, under the Expression of interest Scheme. (waiting for the response)

Research Guidance:

S. No	Name of the student	Research title	Year	Capacity
01	Mohd. Abubakar	Estimation of the Ajza-e <i>Mohallilah</i> as a Determinant of <i>Rutoobat</i> in Three Vital Organs of animals	2016	Supervisor
02	Tasfia Hakeem Ansari	Explanation and compilation of <i>Tadabeer-e-Tabiyat</i> in Taghziya-e-Badan	2017	Supervisor
03	Fateh Ali Tipo	Contrivances of Tabiyat in regulation of body temperature	2018	Supervisor
04	Mohammed Mubeen	Akhlat (Humours) as defining factor for the conceptual understanding of health	2019	Supervisor
05	Nabila Subhan	A Study on changes in colour and viscosity of urine of the patients on <i>Munzij</i> therapy	2020	Supervisor
06	Farheen Musharraf	Role of Mizaj in Tashkheese Amraz	2021	Supervisor
07	Masarrat Yousf	Study of Classification of Diseases	2021	Supervisor

		in Unani system of Medicine		
08	Afshana Nabi	An Explanatory study on Afal Haiwaniyya and their related abnormalities	2022	Supervisor
09	Tabish Bashir	Explanation of Su-i- Mizaj har jigar and its systemic manifestations	2022	Co-Supervisor
10	Yezam Akhtar Jiyyul Mustafa	Development and Validation of a Screening tool for the assessment of <i>Quwwat ghādhīya</i> (Nutritive faculty)	2022	Co-Supervisor
11	Masarat Begum	Development of standardized healthy lifestyle plans for different temperaments based on Unani parameters.	2023	Supervisor
12	Anam Sughra	An exploratory study to elucidate the Mizaji factors related with lifestyle disorders	Ongoing	Supervisor
13	Fauzia Shahabuddin	Evaluation of Mosquito repellent activity of Afsanteen (Artemisia Absinthium)	Ongoing	Co-Supervisor
14	Aqsa Shafi	An explanatory study on Usoole Ilaj (treatment principles) of Maddi Amraz.	Ongoing	Supervisor
15	Hala Fahad	The pathogenesis of emerging viral fevers from the perspective of Unani Medicine – A descriptive study.	Ongoing	Supervisor
16	Shaikh Gulnar Abdur Rauf	A Literary study to explore the concept of Nutraceuticals and Functional Foods in Unani Medicine.	Ongoing	Supervisor

Continuing medical Education (CME), on pharmacovigilance of Unani drugs, in Intermediary pharmacovigilance centre (IPvcc) for Unani drugs, NIUM, Bangalore

Publications:

Books (4):

- 1- Unani Dietetics Principles and practices, Published BY Blue Rose International Publisher, Nov. 2021 ISBN (9789354726781)
- 2- Research Methodology and Biostatistics Published BY MedTech Science Press, A division of Sientific International ISBN (9789393168634)
- 3- Kitabul Mizaj, Tafheem, Shanakhti tareeqae kaar Aur Ilaqui umoor (Basic understanding, determination and significance of Human Temperament) BY Kutub Khana Hamidiya, Jama Masjid Delhi **110006** ISBN (9789392024191).
- 4- Arka'an Arba'a from past to present, Communicaion Level

Chapters (2):

1- Unani Medicine and Healthy Living, Published in **Encyclopaedia of Gerontology and Population aging**, Springer publisher United Nation America.

2- Concept of Health and disease in Unani Medicine, Cambridge Scholars Publishing, United Kingdom. (Ongoing)

Papers/Articles published/ Accepted				
S. No.	Title of the Paper	Name of the Journal	Impact factor If any	UGC Listed journal Yes/No
1	Cardio protective approach of Unani dietotherapy with special reference to Avicenna's <i>Risaala Adwiyah al Qalbiyah</i>	Current Traditional Medicine (Bentham Science), Vol.10, Issue.1, Published on Feb.2023	0.83 (Taylor & Francis)	Scopus Indexed journal
2	Unani medicinal herbs as potential air disinfectants: an evidence-based review.	Reviews on environmental health, August 2021 (De Gruyter)	4.1 (Taylor & Francis)	PubMed, Scopus, Web of Science
3	Public health approach of Unani Medicine to cope and stay safe in hot environmental Conditions	journal of basic and clinical physiology and pharmacology (De Gruyter)	2.5 (Taylor & Francis)	PubMed, Scopus, Web of Science
4	Epidemic containment measures in Unani Medicine and their contemporary relevance: A Review	Journal of Indian system of medicine wolters Kluwer - Medknow, ISSN No. 2320-4419, 2020; 8:84-90.	-----	yes
5	Changes in Colour of Urine in the Patients on Concoctive (<i>Munzija</i>) Therapy:	Traditional and integrative medicine, Volume 7, Issue 3, Summer 2022	-----	Scopus Indexed journal
6	Nazarya-e- nuzuj tashkheese amraz wa sehat aur maddi amraz ke ilajo mualeje ke zimm mein.	Jihane Tib, Volume 22, Issue, 3, July-Sep. 2020, CCRUM, New Delhi.	-----	Yes
7	Concept of transformation and incorporation of nutriment in the body: A review	International journal of Food science and nutrition, Vol. 04, Issue. 03, ISSN: 2455-4898	5.1(RJIF)	Yes (At the time of publication)
8	Conundrum of life and Innate Heat.	International Journal of Physiology, Nutrition and Physical Education, volume-2, Issue-New Delhi 2017; 2(1): 209- 211.	5.4(RJIF)	Yes (At the time of publication)
9	Farbahi- Tibbe Unani ke Aine mein.	Tarjuman-e-Tibb, July-December-2015, Volume-2, Issue-2, NIUM, Bangalore, ISSN No. ISF 2454-4507	-----	No (At the time of publication)
10	Shanakht Mizaje Insani mein A'aza-e- Badan ki ahmiyat	Tarjuman-e-Tibb, Jan-June-2016, Volume-3, Issue-1,	-----	No (At the time of

		NIUM, Blr. ISSN No. ISF 2454-4507		publication)
11	Bar-us-sa'ah, Zakariya Razi's Approach to Emergency Management of Diseases: A Review	International Journal of Research and Review Vol.7; Issue: 2,2020, pp,311-314	-----	Yes (At the time of publication)
12	Nutriments and Its Recommendation for a Healthy Life in Unani System of Medicine: A Review	International journal of Health science and research, Vol.9; Issue: 9,2019, Pp,281-284	-----	Yes (At the time of publication)
13	Understanding the need of Nutrition and concept of <i>Tahallul</i> (Dissolution): A review	International Journal of Food Science and Nutrition, Volume 4; Issue 2; March 2019,pp,114-116	5.14(RJIF)	Yes (At the time of publication)
14	Dissolution, replenishment, and vital organ: Liver, in Unani perspective	International Journal of Physiology, Nutrition and Physical Education, volume-2,Issue-NewDelhi 2017 ; 2(1): 209-211.	5.4(RJIF)	Yes (At the time of publication)
15	Validation of Mizaj of Brain by estimation of moisture content in vital organs of three Species of animals.	International Journal of Herbal Medicine, New Delhi 2017; 5(4): 51-54.	2.4(RJIF)	Yes (At the time of publication)
16	Concept Health A Unique Concept in Unani System of Medicine.	International Journal of Physiology, Nutrition and Physical Education, volume-4,Issue-1	5.4(RJIF)	Yes (At the time of publication)
17	Conceptual explanation of Asbab-e-Sitta Zarooriya (six essentials), their effect on vital heat and human health, A Unani perspective	International Journal of Physiology, Nutrition and Physical Education, volume-4,Issue-1, ISSN:2456-0057.	5.4(RJIF)	Yes (At the time of publication)
18	Organogenesis Philosophy VS Science	A journal of Unani, Siddha and Homeopathy, vol-5, Issue-01.	-----	Yes (At the time of publication)
19	Hararat-e- Ghariziyah ki Tanzeem aur Tadabeere Tabiyat	Nawa-i-Tib-o-Sehat, Volume, 26, Issue – 3, ISSN:2348-9669.	-----	No
20	Role of <i>Harārat Gharīziyya</i> (Vital Heat) and <i>Tabi'At</i> (Physis) During Growth and Process of Ageing: A Review	International journal of Health science and research, Vol.9; Issue: 4; April 2019, Pp,298-301	-----	Yes (At the time of publication)
21	Exploratory approach of hararate ghariziyah (Innate heat) in Greek-o- Arab Medicine: A review	International Journal of Recent Scientific Research Vol. 10, Issue, 03 March, 2019,pp,575-578	-----	Yes (At the time of publication)

22	Nazariya-e Sehat Tibb-e-Unani ka – eik Munfarad Nazariya	Nawa-i-Tib-o-Sehat, Vol.27, Issue-3, ISSN:2348-9669.	-----	No
23	Nazariya-e Arkan Mukhtalif falasfa ki Nazar mein – eik mudallal bahes	Nawa-i-Tib-o- Sehat, Volume – 26, Issue – 2, ISSN:2348-9669	----	No
24	The explanation and Elucidation of the concept of Humours –Literary and Fundamental Studies	Journal of Research in Unani Medicine, Volume-3, Issue-1, January-June-2014, ISSN: 2320-8015.	----	Yes (At the time of publication)
25	Al quwa-al- Tabbaiya- Eik mutala	Tarjuman-e-Tibb, Volume-1, Issue-1, July-dec.-2014, p61-64, ISSN: ISF 2454-4507.	-----	No (At the time of publication)
26	Jabir bin Hayyan eik hamageer Shakhsiat.	Nawa-i-Tib-o-Sehat, Vol. 22, Issue 4, Oct.-December-2013, p35-39. ISSN:2348-9669.	-----	No
27	Formation and properties of Rasub Mahmud in Urine.	Journal of biological and scientific opinion, Vol.8, Issue-3, ISSN No. 2321–6328	-----	No
28	Ismail Jurjani’s description of the pathophysiology of Psychiatric Disorders in Zakhira Khwarizam Shahi.	International journal of current advanced research, ISSN No. 2319-6475	5.14(RJIF)	Yes, (Scopus indexed)
29	Unani Tibb- Tahqeeqati Taqaze aur Tareeqa-e- kaar.	Tarjuman-e-Tibb, Vol.-2, Issue-1, January-June- 2015, p 11-16, ISSN: ISF 2454-4507.	-----	No
30	Validation of Mizaj of The Heart by determining the ash value of vital Organs of three species.	Medical Journal of Islamic World Academy of Sciences, vol.24, Issue1, Jan-16, Ankara Turkey, p 14-19, ISSN: 2415-1297	-----	Yes (At the time of publication)
31	Unani Medicine in Arabian Era –A Research Perspective.	Journal of Research in Unani Medicine, Volume-2, Issue-1, p 47-85, ISSN: 2320-8015.	-----	Yes (At the time of publication)
32	Understanding concept of <i>Tabiat</i> (Physis) in the view of Unani physicians: A literature review.	International Journal of Research and Analytical Reviews, vol. 6 ISSUE 1, 2019, Pp,265-268	-----	Yes (At the time of publication)
33	Study on Formation of MANĪ (Semen and Sperms)	International journal of Health and Allied sciences,	-----	Yes (At the time of

		Vol. 9, Issue 3.		publication)
34	Urinalysis: A Diagnostic tool in Unani system of Medicine.	International journal of Health and Allied sciences, July- September Volume 7, Issue 3, ISSN 1658-7774.	-----	Yes (At the time of publication)
35	Surat, Mizaj Aur Quwa ke mabain Talluq aur Tabiyat Mudabbir-e- Badan –eik mutala.	Tarjuman-e-Tibb, Volume-2, Issue-2, NIUM, Bangalore, ISSN No. ISF 2454-4507.	-----	No (At the time of publication)
36	The Concept of Black Bile and Its Importance in Maintenance of Health.	International Journal of Health Sciences and Research, Vol.11; Issue: 4; April 2021.	-----	No
37	Nutūl as an effective and time tested regimenal modality in Unani system of medicine: An Overview	Journal of Drug Delivery and Therapeutics, 11(3):132-137	-----	No
38	Nazariya e waba aur Tahfuzzi tadabeer.	Jihane Tib, CCRUM, Delhi. (ACCEPTED)	-----	Yes
39	Nazariya ghiza aur mukhtalif mizajo me ghizai Tadabeer.	Jihane Tib, Volue-23, Issue-1-4, Jan- December, CCRUM, New Delhi.	-----	Yes
40	Nafsani Amraz mein khilte safra ka kirdar- eik tajziyati muta'la	Jihane Tib, Volue-23, Issue-1-4, Jan- December, CCRUM, New Delhi.	-----	Yes
41	Bawaseer Miqad- Qadeem wa jaded tehqeeqat ki roshani mein	Jihane Tib, Volue-23, Issue-1-4, Jan- December, CCRUM, New Delhi.	-----	Yes
42	Tibbi adbiyat e Aaliya mein Hifzane sehat ke mashmulat	Jihane Tib, Volue-23, Issue-1-4, Jan- December, CCRUM, New Delhi	-----	Yes
43	Impact of Seasonal Changes on Human Health in Light of Unani Medicine and Future Prospects	Journal of Research in Unani Medicine, Vol.10, Issue 2. NIUM, Bangalore ISSN: 2320-8015, wolters Kluwer	-----	NO
44	Choosing a profession as per one's personality traits and temperament	World journal of pharmacy and pharmaceutical sciences, Vol-11, Issue-2, Jan-2022	7.632 (SJIF)	NO
45	Descriptive explanation of vegetative faculty (Quwwate Tabiya) as an imperative faculty For nutrition, replenishment, and reproduction-	Indian journal of traditional knowledge, (ACCEPTED)	-----	Yes

46	Nzariya aaraz e nafsania-tib Unani ki Roshni mein	Tarjuman-e-Tibb, Volue-23, Issue-1-4, Jan- December, CCRUM, New Delhi (ACCEPTED)	-----	Yes
47	Mukhtalif Mizaj ashkhas mein hifz sehat ki mujawwaza tadabeer	Tarjuman-e-Tibb, Volume-2, Issue-2, NIUM, Bangalore, (ACCEPTED)		Yes
48	Sue Mizaj Har jigger asbab wa awarizat	Tarjuman-e- Tibb (ACCEPTED)		Yes
49	Nazaria mutwazn ghiza Mizaj wa Akhlat ke ziman mein	Tarjuman-e-Tibb, CCRUM, New Delhi (ACCEPTED)		Yes
50	Warm ghudda mazi ka tahqiqi jaeza	Tarjuman-e-Tibb, NIUM, Bangalore, (ACCEPTED)		Yes
51	Tibbiya college aur is k baaniyon ki tibbi khidmat-ek amla jaeza	Tarjuman-e-Tibb, NIUM, Bangalore, ISSN No. ISF 2454-4507 (ACCEPTED)		Yes
52	Development and validation of a questionnaire to assess the functional state of quwwat ghadhiya (nutritive faculty)	Journal of Indian system of medicine wolters Kluwer - Medknow, ISSN No. 2320-4419, Vol.11, Issue-2, April-June-2023		Yes
53	Conceptual understanding of the preventive strategies for metabolic disorders in Unani medicine -analytic review	Journal of Drug metabolism and personalised therapy, De Gruyter. (ACCEPTED)		Yes
54	Covid -19 me Unani tahaffuzi tadabeer ki manwiyat	Jihane TibCCRUM, New Delhi (ACCEPTED)		Yes
55	Istahalati Amrazki taqweem me quwwate Ghazia ka kirdar	Tarjuman-e-Tibb, Bangalore, ISSN No. ISF 2454-4507 (ACCEPTED)		Yes
56	Wabai nazla aur mumasil alamaat me Tibbe Unani ki ifadiyat- eik mushahidati jaiza	Jihane Tib, CCRUM, New Delhi (ACCEPTED)		Yes

Participation/paper presented in workshops/seminars/conferences:

Total number 13, National – 11, International – 02

AS an Organiser:

- 1- Organising secretary, National webinar, on Falsafae Akhlat ba lihaze halite badan on 19 Feb-2022, organised by Deptt. Of Kulliyat NIUM, Bengaluru
- 2- Organising secretary, National webinar, on Akhlat ki Tafheem are hazir me on June-2022, organised by Deptt. Of Kulliyat NIUM, Bengaluru.
3. Organising chairman

As a Guest speaker:

- 1- Concept of diet in Unani medicine in context of health and disease, at Gov. Tibbiya college Patna Bihar, In transitional curriculum, by CCIM, 8th to 29th April 2021
- 2- Importance of basic principles of Unani Medicine and its itlaqui umoor, National Institute of Unani Medicine, Bangalore, In orientation program for P.G. scholars.
- 3- Kulliyate Tib Understanding and applications, at Gov. Tibbiya college Patna Bihar, In orientation program for P.G. scholars.

Paper presented:

- 1- Conceptual evaluation of etiological factors of *Farbahi* in Unani system of Medicine” at **National seminar on prevention and control of noncommunicable diseases**, by Deptt. of TST, NIUM Bangalore, 16-17 Dec.2019.
- 2- *Concept of Health in context of Umooor-e- Tabiya*, at **International Conference on Unani Medicine**, Organised by NIUM, 25-27 October 2016, **Bengaluru**.
- 3- *New techniques to find out exact human skin colour* at **National Conference on Unani Medicine**, Organised by Mohammadia Tibbiya College and Assayer Hospital, Malegaon, 8-9 March 2008, Nasik.
- 4- *The pros and cons of U.V. rays on Human Skin*, at **National Seminar on Hifzane Sehat Aur Maholiyat**, Organised by **State Unani Medical College and H.A.H.R.O.M. Hospital**, 2-3 August 2008, **Allahbad**.
- 5- *Concept of massage and its therapeutic applications”*, at **National Seminar on Hifzane Sehat and Unani medicine**, Organised by **Ahmad Gharib Unani medical college and As-Salam hospital**, 11-12 April. 2009, **Akkal Kuwa**.
- 6- *Unani Herbs A ray of Hope to remove post surgical Skin scars*, at **JCON**, Organised by **Dept. of Jarahat A.K.T.C., A.M.U.**, 21-22-February 2009, **Aligarh**.
- 7- *Role of Massage in Diabetes -A Review Paper”*, at **National Seminar on prevention and management of metabolic diseases in Unani system of medicine** Organised by P.G. Dept. of Moalajat, Jamia Tibbiya, 16-17,2008, **Deoband**.

Participation:

- 1- International Conference on Holistic approach of Unani medicine in lifestyle diseases Organised by Department of kulliyat A.M.U., 5-7 November 2007 Aligarh.
- 2- National seminar on nutrition in health and Disease Organised by Global Welfare Society at AKTC AMU,15 March, 2007Aligarh.
- 3- National workshop on Akhlat- Philosophy V/s Scientific validation by department of Kulliyat AMU, 23-25, Nov. 2009, Aligarh
- 4- Workshop on Research Methodology in Unani medicine,Organised by Dept. of Moalajat, NIUM, 8-9 Dec. 2012 Bangalore.
- 5- Workshop on Research methodology for fundamental principles in Unani medicine By NIUM, 11-12 June 2015 Bangalore.

Member organizing committees:

- 1-** International Conference on Holistic approach of Unani medicine in lifestyle diseases by Department of kulliyat AMU in 2007.
- 2-** National seminar on nutrition in health and Disease at AKTC AMU Aligarh in 2007.
- 3-** National workshop on Akhlat- Philosophy V/s scientific validation by department of Kulliyat, AMU in 2009.
- 4-** Workshop on Research methodology for fundamental principles in Unani medicine by NIUM Bangalore in 2015.
- 5-** International conference on Unani medicine by NIUM Bangalore in 2016.
- 6-** National Seminar on Unani Medicine for Public Health 2019.
- 7-** National seminar on prevention and control of noncommunicable diseases, NIUM, Bangalore.

Training Programs on Information Technology and research Activities:

- 1- Skill Development Programme** in Computer Fundamentals & MS office. From Nodal Centre A.M.U. Aligarh Sponsored by AICTE Gov. of India.
- 3- Short course in Educational Methodology**, R.G.U.H.S. Karnataka
- 4- Training programme** on Emotional Intelligence at Workplace for scientists/Technologists (Sponsored by Department of Science and Technology)
- 5-** Attended a three-month training programme on “**Capacity building lecture series** for AYUSH professionals (Group 3), from July to October 2020
- 6-** Completed a two months program on **Foundation course in Educational Methodology**, May – June -2022, from RGUHS, Karnataka.
- 7-** completed online **short-term course on Inclusive Health**, from UGCHRDC, AMU, Aligarh

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I hereby declare that all the information given above is true to the best of my knowledge.

Date: 01-08-2024

Place: Bengaluru

Tariq Nadeem Khan