



Name: Dr. Tasfiya Hakeem Ansari

Designation: Lecturer

Qualification: BUMS, MD (Unani)

Thrust Area: Diagnostic and Prognostic tools, *Sui mizaj, Amrad maddi*

Address: Dept. of Mahiyatul Amraz, NIUM, Bangalore

Mobile no.: 9886071155

Email: tasfiya.hakeem@gmail.com

Date of Birth: 25-09-1989

Nationality: Indian

Religion: Islam

Registration certificate number: 16676

Academic qualifications:

S.No.	Examination passed	University/ Board	Year of Passing
1.	MD (Kulliyate Umoore Tabiya)	NIUM, RGHUS, Bangalore	2017
2.	BUMS (Gold medalist)	AKTC, Aligarh Muslim University, Aligarh	2014

Professional details:

PG Teaching:

- Currently working as a Lecturer in the department of Mahiyatul Amraz, National Institute of Unani Medicine, Bangalore, since February 2019.

UG Teaching:

- Worked as an Assistant Professor in the Department of Kulliyat, Hayat Unani Medical College & Research Centre, Jaipur, from November 2018 to February 2019.

- Worked as an Assistant Professor in the department of Munafeul Aza, Rajasthan Unani Medical College, Jaipur, from January 2018 to September 2018.

Publication details:

1. Salman M, Ansari TH, Ansari AS, Kulsoom U, Ahmed SKA. Understanding the Unani Concept of Amrād-i-shakl (Morphological Diseases): A Review. *Acta Scientific Medical Sciences*. 2024 Feb;8(2):44-50.
2. Salman M, Ansari TH, Arjunagi SR, Nasimuddin ABQ. Classification of Diseases in Unani System of Medicine. *Int J Sci Res*. 2023 Nov;12(11):47-51.
3. Arjunagi SR, Ansari TH, Salman M, Ahmed SKA. The Hippocratic Book of Prognostics. *J Res Hist Med*. 2023 Nov;12(4):281-292.
4. Ahmed SKA, Ahmed OR, Ansari TH, Arjunagi SR, Salman M. Parameters of Temperament (Mizaj) & Their Significance to Determine Human Temperament. *Int J Res Rev*. 2023 Oct;10(10):115-120.
5. Kulsoom U, Ansari TH, Arjunagi SR, Salman M, Ansari AA. Principles and Practices of Geriatric in the Unani System of Medicine. *Int J Res Rev*. 2023 Sep;10(9):536-542.
6. Ahmed SKA, Zafar SA, Ansari TH. An Exploration of Unani Concept of Pain with Conventional Medicine. *J Res Hist Med*. 2023 Aug;12(9):163-172.
7. Sidra, Ansari TH, Sheema. Humma-e-Yaum (Ephemeral Fever): A Unique Concept of Humma (Fever) in the Unani System of Medicine. *Acta Scientific Medical Sciences*. 2023 May;7(5):143-149.
8. Sidra, Ahmed SKA, Ansari TH, Ansari AA, Rahman A, Rasool A, Sheema. The fascinating chronicle of Uroscopy: From the era of Qarurah and Matula to the Microscope. *J Res Hist Med*. 2023 Feb;12(1).
9. Yasir M, Itrat M, Ansari TH, Khan TN. Impact of seasonal changes on human health in light of Unani Medicine and Future prospects. *J Res Unani Med*. 2021 Dec;10(2):32-38.
10. Ansari TH, Ahmed SKA, Zulkifle M, Yousf M, Bharti N. Role of Ruh-i-nafsāniyya in Causation of duwār (vertigo) and sadr (dizziness). *World J Pharm Pharm Sci*. 2021 Apr;10(4):1617-1622.

11. Ahmad G, Sumera A, Ansari TH, Shiraz M, Tauheed MM, Ahmad SM, Hussain S. Kitab Chahar maqala: Ek Taruf. Tarjumane Tib. 2020 Jan-Dec;7(1-2):50-54.
12. Khan TN, Itrat M, Ansari TH. Public Health approach of Unani Medicine to cope and stay safe in hot environmental conditions. J Basic Clin Physiol Pharmacol. 2021:1-7.
13. Ahmed SKA, Ansari TH, Ahmed OR, Zaidi A. Pistacia integerrima (Kakrasinghi): A review on medicinal utility from the perspective of Unani Medicine. J Res Unani Med. 2020 Jul-Dec;9(2):1-5.
14. Naaz I, Shahid M, Jamal A, Ansari TH. Holistic Unani Solutions for Sheeb Sha'ar (Premature Graying of Hair). J Res Unani Med. 2020 Jul-Dec;9(2):59-63.
15. Kauser S, Zulkifle M, Ansari TH, Bukhari STT. Relationship between fusool arba'a (four seasons) and akhlat arba'a: A Review. Int J Curr Med Pharm Res. 2020;6(11-A):5404-5406.
16. Ansari TH, Zulkifle M. Relationship between Poor Digestion and Disease in Perspective of Greco-Arab Medicine. Indian J Res. 2020;9(10):46-47.
17. Ahmed SKA, Ansari TH, Ahmed OR, Zaidi A. *Pistacia integerrima* (Kakrasinghi): A Review on medicinal utility from the perspective of Unani Medicine. J Res Unani Med. 2020 Jul- Dec; 9 (2): 1-5.
18. Naaz I, Shahid M, Jamal A, Ansari TH. Holistic Unani Solutions for Sheeb Sha'ar (Premature Graying of Hair). J Res Unani Med. 2020 Jul- Dec; 9 (2): 59-63.
19. Zulkifle M, Ansari TH. Comprehension, Obligation, and Determination of Mizaj. J Res Indian Med. 2020 Oct;15(2-addendum 1):1-12.
20. Ahmed SKA , Ansari TH, Khan TN. Ismail Jurjani's description of Pathophysiology of Psychiatric Disorders in Zakhira Khwarizam Shahi. Int J Curr Adv Res. 2020;9(6).
21. Ansari TH, Zulkifle M, Khan TN. Formation and Properties of Rasub Mahmud in Urine: A Review. J Biol Sci Opin. 2020;8(3):1-2.
22. Zulkifle M, Ahmad S, Ansari TH. Efficacy of Tab Damvi and Syrup Jigreen in Su al-Qiniya (Anaemia)-A Case Report. Int J Res Rev. 2020;7(5):22-24.
23. Ansari TH, Khan TN, Zulkifle M, Bakhtiari SS. Bar-us-sa'ah, Zakariya Razi's Approach to Emergency Management of Diseases: A Review. Int J Res Rev. 2020;7(2):311-314.

24. Zulkifl M, Ansari TH, Khan MR. A Case of Management of Pruritus (Hikka) by Unani Medicine. *Indian Pract.* 2020;73(1):34-35
25. Zulkifl M, Ansari TH. Greco-Arab treasure of knowledge of the Central Nervous System. *J Res Indian Med.* 2019;14(2)(Addendum 4).
26. Ansari TH, Khan TN, Zulkifl M, Qamruddeen GA. Nutriment and Its Recommendation for a Healthy Life in Unani System of Medicine: A Review. *Int J Health Sci Res.* 2019;9(9):281-285.
27. Khan TN, Ansari TH, Zulkifl M. Concept of transformation and incorporation of Nutriment in the body: A review. *Int J Food Sci Nutr.* 2019;4(3):93-96.
28. Ansari TH, Khan TN. Understanding the need for nutrition and the concept of Tahallul (dissolution): A Review. *Int J Food Sci Nutr.* 2019;4(2):114-166.
29. Ahmad G, Sumaira A, Zulkifl M, Ansari TH. "*Ruh and Ruh-e-Nafsaniyah : A literary research*". *International Journal of Unani and Integrative Medicine*, 2017; 1(1): 08-11.

Papers presented at conferences/webinar:

1. Lecture delivered on "Urine examination: From uroscopy to the era of microscopy" in National Webinar on "Urine: A diagnostic Tool" organized by Department of Mahiyatul Amraz, National Institute of Unani Medicine, Bengaluru on 23rd June 2022.
2. Paper entitled "*A review on sartan (cancer) in perspective of Greco-Arab Medicine*" presented in the national seminar on *Prevention and Control of Non-Communicable Diseases* held on 16-17 December 2019 at the Department of Tahaffuzi wa Samaji Tib, National Institute of Unani Medicine, Bangalore, India.
3. Paper entitled "Quwwat-e-Ghaziya: A tool of Tabiyat" Presented at International Conference on "Unani Medicine ICUM-2016 from tradition to evidence-based medicine" held on 25th - 27th October 2016, organized by NIUM, Bangalore.

Conferences/ workshops/ seminars/ webinars attended:

1. Attended National Conference on "Interdisciplinary Approach for Cardiovascular Health" organized by Dept. of Ilmul Qabalat wa Amraze Niswan, National Institute of

- Unani Medicine, Bengaluru in collaboration with Govt. Unani Medical College and Hospital, Bengaluru on 6 July 2024.
2. Attended Hybrid Seminar on “Anaesthesia in Obstetrics & Labour Room Protocols” organized by Dept. of Ilmul Qabalat wa Amraze Niswan, National Institute of Unani Medicine, Bengaluru on 19 June 2024.
 3. Attended Webinar on “Khalal Ghudda Darqiya (Thyroid Dysfunction) in Females as a part of International Thyroid Awareness Week observation” organized by Dept. of Ilmul Qabalat wa Amraze Niswan, National Institute of Unani Medicine, Bengaluru on 31 May 2024.
 4. Attended 32nd SPSR Webinar on “From Lab to Life: Unraveling Chemotherapy-Induced Neuropathic Pain with Cutting-Edge Animal Models” organized by the Society of Pharmaceutical Sciences and Research (SPSR) on 3rd December 2023.
 5. Attended Webinar on “Role of Traditional and Regional Nutritious Food Focusing on Millets under POSHAN PAKHWADA 2023 Organized by National Institute of Unani Medicine, Bengaluru on 3rd April 2023.
 6. Participated in the CME Program on “Data Analysis Using SPSS” Organized by the National Institute of Unani Medicine, Bengaluru on 24th -25th January 2023.
 7. Attended the International Symposium on Lifestyle and Metabolic Disorders” organized by the Department of Moalejat, Ajmal Khan Tibbiya College, Faculty of Unani Medicine. AMU, Aligarh on 19th November 2022.
 8. Participated as a delegate in the CME Cum Awareness Programme on Pharmacovigilance of ASU & H Drugs, organized by Peripheral Pharmacovigilance Centre, AKTC, AMU, Aligarh on 18th January 2022.
 9. Participated as a delegate in “Interdisciplinary CME on Awareness on Sehat-e- Atfal” on 4th April 2022 organized by the National Institute of Unani Medicine (NIUM), Bangalore on the occasion of ‘Azadi ka Amrit Mahotsav 2021-22’.
 10. Attended a Webinar on “TORCH infections- screening vs. diagnosis” on Aug 17th, 2022 organized by Labroots Science Network.
 11. Attended a one-day National webinar on “Innovative Approaches of Research in Ilmul Advia”, organized by the Department of Ilmul Advia, National Institute of Unani Medicine (NIUM), Bangalore on 25th June 2022.
 12. Attended a one-day National Webinar on “Ilmul Jarahat updates-2022” organized by the Department of Ilmul Jarahat, National Institute of Unani Medicine, Bengaluru on 4th June 2022.
 13. Attended Webinar on “Importance of Mahiyatul Amraz in Unani System of Medicine” organized by the Department of Mahiyatul Amraz, National Institute of Unani Medicine, Bengaluru on 14th June 2022.
 14. Attended a one-day National Webinar on “Bloodletting Procedures in Ilaj Bit Tadbeer” organized by the Department of Ilaj Bit Tadbeer, National Institute of Unani Medicine, Bengaluru on 18th June 2022.
 15. Attended Webinar on “Akhlāt ki Tafheem aur uski asri manwiyat” organized by the Department of Kulliyat-e-Tib, National Institute of Unani Medicine, Bengaluru on 29th June 2022.

16. Attended a Webinar on A cGMP Compatible, Non-Viral CAR T Cell Manufacturing Process on 25th May 2022 organized by Labroots Science Network.
17. Attended a one-day National Webinar on “Ilmul Jarahat updates-2022” organized by the Department of Ilmul Jarahat, National Institute of Unani Medicine, Bengaluru on 23rd March 2022.
18. Attended the National Webinar on “*Research Perspective in Mahiyatul Amraz*” on 10th March 2021, organized by the department of Ilmul Amraz, AMU Aligarh.
19. Attended a webinar on “Taking Care of Mental Health During and After COVID-19” organized by CCRUM, Ministry of Ayush, held on 20th December 2021.
20. Attended webinar on “*Evidence-based Approach*” on 16th February 2021, organized by the department of Ilmul Qabalat Wa Amraz-e-Niswan, NIUM Bangalore.
21. Attended National webinar on “*Understanding the Unani Concept of Disease*” on 12th February 2021, organized by the department of Mahiyatul Amraz, NIUM Bangalore.
22. Attended webinar on “*5th Unani Day Celebration & Webinar on scope of Integrated Research in Unani medicine*”, Bangalore, in collaboration with dept. of Unani, All India Institute of Unani Medical Sciences, on 12th February, 2021, organized by Raipur and NIUM, Bangalore.
23. Attended One Day Virtual Conference on “*Maternal and Child Health*” on the Eve of 5th Unani Day 2021, on 9th February, 2021, organized by department of Ilmul Qabalat Wa Amraz-e-Niswan, NIUM Bangalore.
24. Attended webinar on “*Gynaecological Malignancies- A Holistic Approach*” on 22nd - 23rd January 2021, organized by department of Ilmul Qabalat Wa Amraz-e-Niswan, NIUM Bangalore.
25. Attended webinar on Awareness Program on “*Pharmacovigilance of ASU & H Drugs*” on 19th January 2021, organized by Peripheral Pharmacovigilance Centre, Govt. Tibbi College & Hospital, Patna.
26. Attended webinar on “*Revisiting Unani formulations in management of COVID-19*” on 16th January 2021, organized by the P.G. department of Ilmul Saidla A&U Tibbiya College and Hospital, Delhi.
27. Attended Webinar on “*Common Ailments in Childhood and Management with Unani Medicine*” on 9th January 2021, A & U Tibbiya College & Hospital, Delhi.

28. Attended Awareness Program on “Pharmacovigilance of ASU & H Drugs” 16th December 2020, organized by Peripheral Pharmacovigilance centre for Unani Drugs, Dr. Abdul Haq Unani Medical College, Kurnool, Andhra Pradesh.
29. Attended CME cum Awareness Programme on “Pharmacovigilance of ASU&H Drugs” held on 8th December 2020 at Peripheral Pharmacovigilance Centre, Ajmal Khan Tibbiya College, AMU, Aligarh.
30. Attended International webinar on “*Understanding COVID-19 Pandemic - An Integrated Approach*” held on 07th-08th October 2020, organized by the department of Moalajat, NIUM Bangalore.
31. Attended webinar on “*Unani perspective of Wabai Amrad (Epidemic/Pandemic Diseases) and COVID-like conditions, and their prevention through Tabiat (Medicatrix Naturae) and Asbab Sitta Dharuriyya (Six Essentials Factors)*” held on 1st October 2020, Regional Research Institute of Unani Medicine, Srinagar CCRUM, Ministry of AYUSH, Govt. of India.
32. Attended national webinar on “*Pharmacovigilance of ASU & H Drugs “AYUSHSURAKSHA-2020”* on 15th-16th September 2020, organized by Intermediary Pharmacovigilance Centre for Unani Drugs, NIUM Bangalore.
33. Attended webinar on “*Evidence-based Unani Practice in Obstetrics & Gynecology*” on 19th.July 2020, Markaz Unani Medical College & Hospital, Kerala.
34. Attended a National webinar on “*Optimizing Tabiat (Physis) & Boosting Immunity as cure - all in epidemics and pandemics*” organized by the department. of Munafeul Aza, AKTC, AMU, Aligarh held on 12th June 2020.
35. Attended webinar on “*Advancing Scientific knowledge in times of Pandemics in the area of COVID-19*”, organized by C. L. Baid Mehta College of Pharmacy, Chennai held on 10th June 2020.
36. Attended webinar on “*Online Teaching & Learning and its Effect on Social Life*” held on 4th June 2020, organized by the Department of Automobile Engineering, M. H. Sabbo Siddik College of Engineering, Mumbai.
37. Attended webinar Integrative Medicine and COVID-19” held on 30th May, 2020 organized by Tehran University of Medical Sciences, Iran.
38. Participated in a day workshop on “*Medical Astrology - An Integral Part of Prevention, Diagnosis and Therapeutics of Diseases*” held on 8th January, 2020 at the National Institute of Unani Medicine (NIUM) organized by the Institute of Indian Knowledge of Apex Professional University in Collaboration with NIUM.

39. Participated in the National Seminar on “*Prevention and Control of Non-Communicable Diseases*” held on 16th-17th December 2019 organized by the department of Tahaffuzi wa Samaji Tib, National Institute of Unani Medicine, Bangalore, India.
40. “*Global Wellness Meet-2016*” held on 26th-27th February 2016 to commemorate the golden jubilee of the Karnataka Ayurveda and Unani Practitioners Board at Bangalore, India.
41. Attended seminar on “*Single Drugs and its uses for clinical practice & how to be a good Unani physician in the current scenario*” held on 10th February 2019 at Hayat Unani Medical College & Research Centre in collaboration with International Unani Forum, Lucknow.
42. Attended a seminar on “*Unani Medicine for Public Health*” at the National Institute of Unani Medicine, Bangalore held on 14th February 2019.
43. Attended CME Programme on “*Basics of Emergency & Critical Care*” held on 4th August 2019 at Shifaa Hospital, Bangalore organized by Shifaa Health Foundation Trust.
44. Attended seminar on “*Prevention and Treatment of Alzheimer’s Disease*” at the department of Kulliyat, A.K. Tibbiya College, AMU, Aligarh held on 21st September 2011.

Supervision of MD Thesis:

Submitted

- Study of classification of Amrad-i- khilqat in reference to ICD-11 submitted by Dr. Mohd. Salman in 2023.
- Prognostic importance of Rasūb-e-Bawl (urine sediments) in Diseases of Urinary System submitted by Dr. Sabiha Rasul Arjunagi in 2022.
- Study of the role of Sū’-i-Mizāj in Amraz-i-Nizam-i-A’ṣab submitted by Dr. Sana Kauser Ateeque Ahmed in 2021.

Ongoing

- Impact of lack of sleep on brain functions in Unani perspective - Dr. Aiman Shakeel Ansari
- Study of the effect of lack of sleep on hudhum: A Literary Research – Dr. Ayesha Begum

- Study of Sue Mizaj Barid Jigar and its systemic manifestation: A Review – Dr. Momin Afeefa