

Name: Dr. MUZAFAR DIN AHMAD BHAT

Designation: Assistant Professor

Qualification: M.D (Moalajat)

Thrust Area: Cardiovascular diseases, Cognitive disorders, Scientific validation of the claims made by Unani scholars in clinical medicine

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Examination Passed	Year of Passing	Board/ University	Division/ Percentage	Remarks
BUMS	2003	AMU Aligarh	First / 70%	
MD Moalajat*	2007	2007	First / 70.7%	University Medal

Teaching Experience:

- Working as **Assistant Professor** from 31-07-2019 to till date in the **Department of Moalajat**, National Institute of Unani Medicine, Bangalore.
- Worked as **Lecturer** from 31-07-2014 to 30-07-2019 in the **Department of Moalajat**, National Institute of Unani Medicine Bangalore.
- Worked as **Resident Medical Officer** from 20.03.2012 to 30.07.2014 at National Institute of Unani Medicine, Bangalore.
- Worked as **Medical Officer** under NRHM Govt. of Jammu and Kashmir from 12.06.2008 to 19.03.2012.

- Worked as **Distt. Hospital Manager** Koraput under National Rural Health mission, Orissa from 10th April 2008- 31st May 2008

PUBLICATIONS: 39

1. S. Nizamudeen, **Muzafar Din Ahmad Bhat**, Rabia Malik, Mehjabeen Fatima, Radhika K, Firdous Ahmad Naja , Altaf Hussain Shah , f Effect of *Bergenia ligulata* (Wall.) in type 2 diabetes mellitus: A randomized placebo-controlled trial. *European Journal of Integrative Medicine* 67 (2024) 102359. **Impact Factor: 2.5**
2. Shabnum Khursheed Wani, **Muzafar Din Ahmad Bhat**, Rabia Malik, Efficacy of *Aristolochia rotunda* Linn in hyperuricemia: A randomised standard controlled study. *Clinical Nutrition ESPEN- Elsevier* 57 (2023) 764-769. **Impact Factor: 3**
3. **Muzafar Din Ahmad Bhat**, Shah Agaz Malik, Efficacy of *Nardostachys jatamansi* (D.Don) DC in essential hypertension: A randomized controlled study. *Complementary Therapies in Medicine- Elsevier* 53 (2020) 102532. **Impact Factor: 2.446**
4. Tabassiya K R, **Muzafar Din Ahmad Bhat**, Roohi Zaman, *Efficacy of Herbal Antimicrobial Soap in Tinea Corporis: A randomized controlled study*, *Journal of Ethnopharmacology- Elsevier* 287, (2022) 11493. **Impact Factor: 4.360**
5. Rabia Malik, Kouser Fathima Firdose, **Muzafar Din Ahmad Bhat**, *Efficacy of Nardostachys jatamansi DC. in the management of premenstrual syndrome: A randomized controlled study*, *Journal of Herbal Medicine-Elsevier* 14 (2018) 17–21 **Impact Factor: 3.032**
6. **M.D.A. Bhat**, *Taqashure Jild: Its similarities and differences with psoriasis*, *Clinics in Dermatology, -Elsevier* 39 (2021) 545–550 **Impact Factor: 3.541**
7. **Muzafar Din Ahmad Bhat**, A.B. Khan, M.H.Hakim, *Unani aspect of cardiac arrhythmia- A review*, *Ind. J. Traditional Knowledge* 9 (3), July 2010, pp-601-605 ISSN: 0972-5938 (Print) 0975-1068(Online) **Impact Factor: 0.757**

8. **Muzafar Din Ahmad Bhat**, Husain Ahmad, Efficacy of *Nardostachys jatamansi* (D.Don) DC in post-stroke depression: A randomized, double-blind, controlled trial. *Brain Behavior and Immunity Integrative- Elsevier* 2 (2023) 100012.
9. Faseeha Eram , M A Quamri , **M D A Bhat** , U Siddiqui , S Nida, 'Perspective of Ischemic Heart Disease (*Iqfari Marad-i-Qalb*) with reference to Unani Medicine' *Bangladesh Journal of Medical Science* Vol. 22 No. July 23, Impact Factor: 0.6
10. **Bhat MD**, Nazir A, Ahmad H, Wani SK, Najar FA. Melancholia a Psychiatric Disorder Described in Unani System of Medicine: Its Similarities and Differences with Depression. *Journal of Research on History of Medicine*. 2023 Feb 1;12(1):27-34.
11. **Bhat MD**, Malik R. Challenges in monitoring the safety of herbal medicines-an appraisal. *Journal of Pharmacovigilance and Drug Research*. 2022 Dec 1;3(4):3-8.
12. Md Anzar Alam, Mohd Aleemuddin Quamri, **Muzafar Din Ahmad Bhat**, Siddiqui Aafreen and Ghulamuddin Sofi, *Oxy+ (arthrospira) and its medicinal importance: an appraisal*. *Drug Metabol Pers Ther* 2020;20200152
13. Malik R, **Bhat MDA**, *The management of Premenstrual syndrome: A review*, *Bangladesh Journal of Medical Science* Vol. 17 No. 01 January'18, Impact Factor: 0.6
14. Khalid Eqbal, Md. Anzar Alam, Mohd Aleemuddin Quamri, Ghulamuddin Sofi and **Muzafar Din Ahmad Bhat**, *Efficacy of Qurs-e-Gulnar in Ziaabetes (type 2 Diabetes Mellitus): a single blind randomized controlled trial*. *J Complement Integr Med* 2020
15. **Muzafar Din Ahmad Bhat**, Abrar Mohd. Khan, Arisha Shahid, *Role of Hijama (Cupping) in the Management of Various Diseases and Probable Mechanism of Action*, *Research and Reviews: A Journal of Unani, Siddha and Homeopathy*. 2018; 5(2): 19–23
16. Mohammad Irfan Ansari, **Muzafar Din Ahmad Bhat**, *Efficacy of Unani Formulation in Wararm-E-Tajaweef Anaf Muzmin (Chronic Rhinosinusitis)*, *International Journal*

of Current Advanced Research 2018, 07(2), pp. 9855-9860.

17. Mohammad Irfan Ansari, **Muzafar Din Ahmad Bhat**, *Concept of Rhinosinusitis in the Unani Medicine: A Systematic Review*, Journal of AYUSH: Ayurveda, Yoga, Unani, Siddha and Homeopathy 2017; 6 (3) 33-41
18. **Muzafar D.A. Bhat**, Mohammad Irfan Ansari, Rabia Malik, *Dalk (Massage) in Unani Medicine: An Ancient Regimen for Preventive and Rehabilitative Treatment of Various Diseases*. Research and Reviews: A Journal of Unani, Siddha and Homeopathy. 2017; 4(1): 19–27
19. **Muzafar D.A. Bhat**, Rabia Malik, *Practices of Tadabeer Naumolod and Nigahdasht (Care of New-born) in Unani System of Medicine*, Journal of Nursing Science & Practice, 2017; 7(1): 32–35.
20. **Muzafar D.A. Bhat**, Rabia Malik, *Pharmacological Profile and Uses of Sumbul-ut-teeb (Nardostachys jatamansi) in Unani System of Medicine*, Cloud Publications International Journal of Advanced Complementary and Traditional Medicine 2017, Volume 3, Issue 1, pp. 51-58, Article ID Med-350
21. Abrar Mohd Khan, **M.D.A. Bhat**, Peer Abdul Waahid, Abdul Hafeez, Rabia Malik, *Evaluation of the effect of Hijama bi'l Shart in Waja-ul-Mafasil (Osteoarthritis Knee) - An open labelled randomized controlled clinical study*, Unani Medicus, ISSN 2230-8083 Volume 3, Issue 1 Jan- Dec 2016 pp.29-38
22. **Muzafar D A Bhat**, Rabia Malik, Mohd. Arshid I Wani, Firdous A Najar, *Wilson's Disease: A Case Report*, Research and Reviews Journal of Unani, Siddha and Homeopathy 2016; 3(2): 1–3p
23. **Muzafar D A Bhat**, Mohd Irfan, Rabia Malik, *Basoor Labniya (Acne Vulgaris) in Unani Medicine: A Review for its Better Management Strategy*, Research and Reviews: Journal of Unani, Siddha and Homeopathy 2016; 3(3): 17–21p

24. Rabia Malik, **Muzafar D.A. Bhat** *Premenstrual Syndrome and Its Historical Perspective*, International Journal of Advanced Complementary and Traditional Medicine 2016; 2(1), pp. 16-23,
25. **Muzafar D A Bhat**, Rabia Malik, *Leech therapy, a better approach to the treatment of Osteoarthritis-A retrospective study of reported studies*, Journal of research in Unani Medicine Vol (5) Issue 2, July- December 2016.
26. **Muzafar D A Bhat**, Mohd. Khalid, Mohd Irfan Ansari, Mohd Yasir, Rabia Malik, Mohd. Abrar Khan, Firdous A Najar, *Management Of Waja-Ul-Mafasil By Topical Unani Medicine: A Case Study*, International Journal of Institutional Pharmacy and Life Sciences 5(4): July-August 2015
27. **Dr Muzafar Din Ahmad Bhat**, Dr Rabia Malik, *An Overview of Pulse in Unani System of Medicine*, International Journal of Institutional Pharmacy and Life Sciences 5(2): March-April 2015
28. Rabia Malik, **Muzafar D A Bhat**, G. Sofi, Abiha A Khan, Kousar Fathima F, *Explanation Of Term 'Ikhtanak-Ur-Rehm' In Present Disease Categories Of ICD-10*, International Journal of Universal Pharmacy and Bio Sciences 4(2): March-April 2015
29. **Muzafar DA Bhat**, Rabia Malik, G Sofi, Arshid I Wani, *Cardiac Diseases and Its Causes in Unani Perspective*, Journal of Unani, Siddha and Homeopathy 2015; 2(3): 19–22
30. Arisha Shahid, Mohd Riyazuddin, **Muzafar Din Ahmad Bhat**, *Irritable Bowel Syndrome- Reviewed Through the Lens of Unani System of Medicine*. Research and Reviews: A Journal of Unani, Siddha and Homeopathy, 2020 Volume 7, Issue 1
31. Masarat Fatima, Asia Sultana, Mohd. Asif, S.S.Jamil, **Muzafar Din Ahmad Bhat**, Firdous Ahmad Najar, *A comparative study of physico-chemical standardization and*

Phytochemical Screening Of Market Sample Of Curcuma Longa, International Journal of Universal Pharmacy and Bio Sciences 3(4): July-August 2014

32. **Muzafar Din Ahmad Bhat**, A.B. Khan, M.H.Hakim, *Effect of Khamira-Marwareed on supraventricular tachyarrhythmia*, Journal of research in Unani Medicine Vol (1) Issue 1, July- December 2012
33. **Muzafar Din Ahmad Bhat**, A.B. Khan, M.H.Hakim, *Effect of Khamira- Marwareed (Unani formulation) on Bradyarrhythmia*, Unimed Kulliyat, A Journal of Unani medicine Vol (IV) issue 1 April-Sept 2008.
34. **Muzafar Din Ahmad Bhat**, Rabia Malik, *Ilaj-Bit- Tadbeer (Regimental therapy): An overview*, Unimed Kulliyat A Journal of Unani Medicine Vol (IV) issue 2 Oct. - March-Sept 2008.
35. **Muzafar Din Ahmad Bhat**, Mohd Rashid, *Efficacy of a Unani formulation in zeequn nafas shoabi (bronchial asthma): an open labelled single arm Clinical Study*, Journal of research in Unani Medicine 10 (1), 2021 ,**10-18**
36. Arshid Iqbal Wani, Prof. M. A Siddiqui, **Muzafar Din Ahmad Bhat**, *Efficacy of sharbat aftimoon (polyherbal formulation) in arterial stiffness: a randomized controlled trial*, International Journal of creative research thoughts 10 (1) 2022,
37. Firdous ahmad Najar, Masrat Fatima, **Muzafar Din Ahmad Bhat**, Mohd Faisal khessal Ahmad, *Amliyat Jarahat aur AIDS: jaiza aur tahfuzi tadabeer*, Tarjumane Tib 6(2), 2019, 56-61
38. Mohd Riyazuddin, Arisha Shahid, Muzafar Din Ahmad Bhat, Musab Ahmad, *Humai wabaya ka unani nazarya- ek jaiza*, Tarjumane Tib 9(2), 2022, 171-175
39. Anjum S, Bhat MD. Efficacy of Unani formulation in acne vulgaris: An openlabeled singlearm clinical trial. J Res Unani Med 2022;11:36-41.

Books Published:01

Musculoskeletal Diseases: Concept and Practice in Unani Medicine
(ISBN: 978-93-90307-94-4) INKART PUBLISHING

Dissertation Guidance at the PG level: (Awarded) till date

1. Abrar Mohammad Khan (2013) "Evaluation of the effect of *Hijama bi'l Shart in Waja-ul-Mafasil (Osteoarthritis Knee)* - An open labelled randomized controlled comparative clinical study".
2. Mohammad Irfan Ansari (2014) "Efficacy of Unani formulation in *Warm-e-Tajaweef Anaf Muzmin* (Chronic Rhinosinusitis)"
3. Mohd Rashid (2015) "Efficacy of a Unani formulation in *Zeequn nafas shoabi* (Bronchial Asthma)"
4. Shah Agaz Malik (2016) "Effect of *Sumbul-ut-teeb* as adjunct in the management of Essential Hypertension: A randomized controlled study"
5. S.Nizamudeen (2017) "Effect of *Pakhanbed (Bergenia ligulata Wall.)* as adjuvant in the management of Diabetes mellitus Type-2: A randomized controlled study"
6. Tabsiya Kausar (2017) "Design, development and evaluation of efficacy of anti-microbial soap"
7. Shabnum Khursheed (2018) "Effect of *Zarawand (Aristolochia)* as adjuvant in the management of Hyperuricemia: A randomized controlled study"
8. Sultana Anjum (2018) "Efficacy of Unani formulation in *Basoore labaniya* (Acne Vulgaris): an open labelled single arm clinical study".
9. Mohd Hussain (2019) "Effect of *Sumbul-ut-teeb* in the management of post stroke depression: a randomized controlled study".

10. **Asgar Nazir (2020)** “Efficacy of *Arjun Chāl* as adjunct in Essential hypertension: A Randomized controlled study”.

Dissertation Guidance at the PG level: (Ongoing) till date

1. **Mohd Asif (2021)** “Efficacy of *Kahu* in Insomnia disorder: A randomized double-blind controlled study”.
2. **Ruksar Ayesha (2022)** “Efficacy of *Waj Turki* in the management of post-stroke cognitive impairment: A Randomized Controlled Trial”
3. **Zarif Alfeeq Bin Zainurmallal (2023)** “Efficacy of *Badranjboya* as an add-on therapy in heart failure with reduced ejection fraction: A randomized double-blind placebo-controlled trial”