



वार्षिक रिपोर्ट Annual Report 2021-22



राष्ट्रीय यूनानी चिकित्सा संस्थान, बेंगलुरु
NATIONAL INSTITUTE OF UNANI MEDICINE, BENGALURU



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National Institute of Unani Medicine

(An autonomous body under the Ministry of Ayush, Govt. of India)

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INTRODUCTION

National Institute of Unani Medicine was established in 1984 as an autonomous body under the Department of Ayush, Ministry of Health & Family Welfare (Now Ministry of Ayush), Government of India, and registered under the Karnataka Society Act 1960. The Academic activities were started in 2004-05. The Institute is affiliated with Rajiv Gandhi University of Health Sciences (RGUHS), Karnataka, Bengaluru, and follows the curriculum prescribed by the National Council of Indian System of Medicine (NCISM) as approved by the RGUHS.

The Institute offers Post Graduate courses in 10 disciplines of Unani Medicine, viz. Moalajat (Medicine), Ilmul Advia (Pharmacology), Tahaffuzi wa Samaji Tib (PSM), Qabalat wa Amraze Niswan (OBG), Ilmul Saidla (Unani Pharmacy), Kuliyat Umoore Tabiya (Basic Principles of Unani Medicine), Ilaj Bit Tadbeer (Regimenal Therapy), Ilmul Jarahat (Surgery), Mahiyatul Amraz (Pathology), and Amraze Jild wa Tazeeniyat (Skin).

The Vision of the institute is to strengthen and promote excellence in education, research, and patient care in the Unani System of Medicine. The institute is spread over 50 acres of land and consists of a 180-bed hospital, academic block, administrative block, library, guest house, indoor games hall, separate hostel buildings for boys and girls, canteen, pharmacy unit, animal house, herbarium, herbal garden, central instrumentation facility laboratory, drug standardization laboratory and certain other laboratories attached to the hospital and academic block. The library is having classical, latest books, manuscripts, journals, etc. with the facility of a reading room, which is equipped with an internet facility for staff and students. An auditorium has also been constructed on the campus for organizing various academic activities like conferences, workshops, seminars, etc.

The Institute is trying its best to set the highest standard of teaching and research in the Unani System of Medicine, serving the goal of popularizing the system. The academic departments of the Institute are engaged in conducting research to validate the Unani concepts and generate data for the safety and efficacy of Unani drugs. The main areas of research are pre-clinical and clinical studies, studies on basic principles of



Unani medicine, and surveys. The quality of research is monitored by the Institutional Ethics Committee (IEC) for biomedical research, Institutional Animal Ethics Committee (IAEC), and the Scientific Advisory Committee (SAC). Faculty members and P.G. Scholars are regularly publishing their research papers in indexed and peer-reviewed National and International Journals. The institute is also in touch with the premier scientific institutions such as Aligarh Muslim University, Aligarh, Jamia Hamdard, New Delhi, Al-Ameen College of Pharmacy, and National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru to enhance teaching and research standards.

The Institute publishes two Bi-annual Journals, namely "Journal of Research in Unani Medicine" in English and "Tarjuman-e-Tib" in Urdu, and a Newsletter.

The institute regularly organizes academic activities like CMEs, Workshops, Seminars Guest Lectures etc. Faculty members are also deputed to various training programs to enhance their professional skills. The institute actively participates in AROGYA melas held across the country to popularize Unani System of Medicine.



ADMINISTRATIVE SET-UP

The management of the Institute is entrusted to the Governing Body constituted under the rules and regulations of the Institute. The Governing Body consists of 15 officials and non-official members. Honorable Union Minister of Ayush is the President of the Governing Body, while the Minister of Medical Education, Govt. of Karnataka is the Vice President. There is also a Standing Finance Committee that meets regularly to take decisions on the financial matters of the institute.

The details are as follows:

- A) Director: Prof. Abdul Wadud, from 14.02.2019 to till date
- B) Governing Body: The Governing Body keeps a close watch on the functioning of the institute. The compositions of the Governing Body are as follows:

Honorable Minister of Ayush, Govt. of India	President
Minister In-Charge of Medical Education (ISM), Govt. of Karnataka	Vice President
Secretary, Ministry of Ayush, Govt. of India	Member
Special Secretary, Ministry of Ayush, Govt. of India	Member
Additional Secretary & Financial Advisor In-charge Ayush, Govt. of India	Member
Secretary, Medical Education, Govt. of Karnataka	Member
Secretary (Finance), Govt. of Karnataka	Member
Vice Chancellor of the affiliating University (RGUHS, Karnataka)	Member
Advisor (Unani) / Deputy Advisor (Unani), Ministry of Ayush, Govt. of India	Member
Principal of Post Graduate College of Unani Medicine (To be nominated by the President)	Member
President, Board of Unani, Siddha, and Sowa Rigpa	Member
Director General, CCRUM	Member
Two Teachers / Researchers (to be nominated by the President)	Member
Director, NIUM, Bengaluru	Member Secretary



Governing Body Meeting

The meeting of 12th Governing Body of NIUM, Bengaluru was held on 1st April 2016.

Standing Finance Committee (SFC)

The functioning of the Standing Finance Committee is as follows:

1. To conduct and recommend annual budget estimates of the Institute for approval of the Governing body.
2. To consider and recommend annual audited accounts of the Institute for approval of the Governing body.
3. To consider and recommend for approval of new financial proposals which may arise during the year between different heads of expenditure.
4. To consider quarterly reports submitted by the Director and to examine from time to time, the functioning of the institute and to make appropriate recommendations to the Governing body.
5. All the proposals for the creation of new posts and all matters relating to the invitation and acceptance of tenders for various works.

Composition of the Standing Finance Committee

Joint Secretary, Ministry of AYUSH, Govt. of India	Chairman
Additional Secretary & Financial Advisor, Ministry of Health and Family Welfare, Govt. of India	Member
Secretary, Medical Education, Government of Karnataka	Member
Secretary, Finance Department, Government of Karnataka	Member
One member of the Governing Body of the Institute	Member
One Professor of the Institute	Member
Director, NIUM	Member Secretary

SFC meetings held during the reporting period

54th Standing Finance Committee Meeting was held on 14th July 2021, through virtual mode under the chairmanship of Shri Pramod Kumar Pathak, Special Secretary, Ministry of Ayush, Govt. of India.



INFRASTRUCTURE DEVELOPMENT

Future Planning of Infrastructure Development

1. Extension of Academic block for the newly started departments which includes faculty member chambers, classrooms, and other related infrastructure.
2. Construction of new staff quarters
3. Separate sewage treatment plant.
4. Extension of girls' hostel
5. Renovation of old boys' and girls' hostel

Hospital Block

NIUM has a remarkable healthcare facility that is being viewed as a model among the Alternate System of Medicine or Indian System of Medicine. NIUM hospital is primarily designed to provide subsidized healthcare services not only to the masses and deprived section of the society but also handles the cases referred from other hospitals. Presently the NIUM hospital is a NABH Accredited hospital. It has an OPD wing and 180 beds IPD having separate wards for male and female patients. It possesses good infrastructure and skillful staff extending their services round the clock to the patients. The treatment of poor patients in the OPD is free of cost (Distribution of Medicines). Food is also provided to the patients of IPD at free of cost. No registration fee is collected from patients, while senior citizens are offered 50% rebate on all medical investigations. Almost all the investigations are done at free of cost for the IPD patients. BPL (below poverty line) patients are also treated similarly.

The following OPDs are functional in the hospital. The treatment is based on Unani Medicine as per the NABH norms. The hospital is also functional with NABL accredited diagnostic facilities.

OPDs

- a. Moalajat (Medicine)
- b. Qabalat wa Amraze Niswan (Obstetrics & Gynaecology)
- c. Jarahat including Uzn, Anaf, wa Halaq (Surgery including ENT)



- d. Amraze Ain (Ophthalmology OPD)
- e. Amraze Asnan (Dentistry OPD)
- f. Amraze Atfal (Paediatrics)
- g. Amraze Jild wa Tazeeniyat (Skin diseases and Cosmetology)
- h. Tahaffuzi wa Samaji Tib (Community Medicine)
- i. Amraze Mafasil (Joint Diseases)
- j. Amraze Aasab (Neurological Diseases)
- k. Amraze Nizame Hazm (Gastroenterology and Liver Diseases)
- l. Amraze Shaikhukhat (Geriatrics)
- m. Amraze Qalb (Cardiovascular disorders)
- n. Amraze Nafsaniya (Psychiatric Disorders)
- o. Khandani Mansubabandi (Family Planning)
- p. Ziabetes, Simne Mufrit, and Zigtud dam (Diabetes, Obesity and Hypertension)
- q. Ilaj Bit Tadbeer (Regimenal Therapy)

Other Facilities Available in Hospital

In Unani System of Medicine, Ilaj bil Tadbeer are very useful in the treatment of the various Neurological disorders, Lifestyle disorders Degenerative Joint Disorders, Low Backache, Sciatica, and other diseases like Skin Diseases, Dawaalee (Varicose Veins), Non-Healing Ulcers, Chronic painful conditions, Sports Injuries, Post Traumatic Rehabilitation, Deformity Management etc. Keeping this in view NIUM hospital is having Regimenal and Physiotherapy section to facilitate patients visiting hospital.

Regimenal Therapy unit

Regimenal Therapy unit is based on the principles of modification in Asbab-e-Sitta Zarooriya (six essential factors) and covers various treatment modalities. In NIUM there are separate sections of Regimenal therapy for male and female patients. A separate physiotherapy unit is also engaged with a Regimenal therapy unit with all modern facilities for patients of various neurological and musculoskeletal disabilities. Presently all



the therapies are provided by following the standard operative procedures as per the NABH norms. The following regimens are operational for the treatment of a wide variety of diseases.

- a. Dalk (Massage)
- b. Hijama (Cupping)
- c. Hammam (Turkish Bath)
- d. Irsale Alaq (Leeching)
- e. Ishal (Purgation)
- f. Takmeed Bukhari (Steam Bath)
- g. Aabzan (Sitz Bath)
- h. Ghusl-i-Zahiri (Spinal Bath)
- i. Ghusl-i-Warki (Hip Bath)
- j. Nutool (Irrigation)
- k. Pashoya (Foot Bath)
- l. Dastshoya (Arm Bath)
- m. Nafookh (Insufflations of drugs through nostril, oral or other routes)
- n. Nashooq (Insufflations of drugs through nostril)
- o. Qai (Emesis)
- p. Huqna (Enema)

Physiotherapy section consists of the following facilities

- i. Short wave diathermy
- ii. Ultrasound therapy
- iii. Transcutaneous electrical nerve stimulator
- iv. Interferential therapy
- v. Nerve muscle electrical simulator
- vi. Long wave diathermy



- vii. Intermittent traction unit-cervical/pelvic
- viii. Hydrocollator moist heat therapy
- ix. Cryotherapy (hot/cold gel pack)
- x. Therapeutic paraffin wax therapy
- xi. Specific instruments for the exercise of upper and lower limbs

All the above-mentioned regimenal and physiotherapy facilities are very useful in the treatment of various neurological disorders, lifestyle disorders Degenerative Joint Disorders, Skin Disease, Varicose Veins, Non-Healing Ulcers, Sports Injuries, Post Traumatic Rehabilitation, Deformity Management etc.

Neuro-Rehabilitation Unit

The neurology Unit of NIUM has gathered considerable momentum since its inception because the outcome of the treatment of OPD and IPD patient is quite pleasing. A variety of neurological patients, come for the treatment of neurology OPD. Among patients visiting the Neurology unit, most of them suffer from stroke. These patients are admitted for the purpose of treatment and rehabilitation employing various Regimenal therapy procedures. The response of the treatment is satisfactory, especially in patients with stroke.

Private Wards

To cope with the increasing demand of upgraded facilities by well-off patients, a private ward consisting of six special rooms and five semi-special rooms is functional to provide better services and facilities to IPD patients.

Health Huts

The health huts are also operational for patients who demand full privacy with all upgraded facilities. The health huts comprise of patient room, visitor cum attendant room with store room, kitchen and bathroom.

Pathology and Biochemistry Laboratories

Pathology and Biochemistry laboratories attached with the hospital are operational with all modern equipment to carry out routine pathological, biochemical, and microscopic tests under the expert guidance of a biochemist, pathologist, and lab technicians. It is equipped with most up-to-date instruments. The



laboratory is operational on all working days, where most of the biochemical, hematological tests, hormonal assays and many other tests are done free of costs for IPD patients and at 50% rebate to the SC, ST, BPL, and senior citizens patients visiting OPD. Pap smear and FNAC are also done at a very nominal cost.

E.C.G. Laboratory

It is equipped with latest electrocardiographs handled by experienced ECG technician. The lab is also equipped with instruments like PFT, Atherowin, Canwin, Periscope for the diagnosis of various respiratory and cardiac disorders. Beside this, TMT, Echocardiography and Holter facility is also available.

Radiology Unit

Radiology is one such branch which help doctors in the diagnosis and confirmation of disease and diseased parts. Therefore, the Radiology unit was set up at the institute. A 2000mAs frequency X-Ray machine and 600mAs mobile X-Ray machine are operational under the professional and expert guidance of Radiologist and Radio-technician. Beside this all the safety measure are taken like radiation safety, radiation effects on human body etc. Recently a digital X-Ray machine has been installed in the Unit.

Ultrasonography Unit

Presently the NIUM has HITACHI diagnostic Ultrasound System and color doppler system ARIETTA 65 with four probe. Thyroid, Breast Obstetric scans, Transvaginal pelvis, Venous and Arterial colour Doppler studies of both limbs (upper and lower) Carotid, Scrotal Doppler, Cardiac 2D Echocardiography etc. are the routine investigation being performed under the expert guidance of Radiologist / Ultrasonologist and technician.

Pharmacy Unit

A well-established pharmacy unit is housed and annexed to the NIUM hospital to cope the demand of medicines of IPD and OPD. It was established in the year 2004 with few instruments, now the pharmacy has the latest equipment and is engaged in the processing and preparation of several formulations in different forms like Arq, Khameera, Majoon, Jawarish, Joshanda, Sufoof, Hab, Qurs, Roghan, Sharbat, Marham,



Zamad, Zulal etc. for fulfilling the demands of OPD and IPD. The Pharmacy also has good storage capacity for storing crude drugs in a hygienic and aseptic environment. Manufacturing, storing, and dispensing of drugs is made under the guidance of experienced pharmacist and also follows NABH norms and guidelines. During the reporting period 60 formulations were being prepared at NIUM pharmacy.

Laboratories and Other Units attached to Academics

a. Central Instrumentation Facility Laboratory (CIFL)

The Central Instrumentation Facility of NIUM houses the necessary equipments and basic infrastructure facility to carry out quality research in the field of Unani Medicine. It is common for all the departments of the institute. Presently, it is used for research activities of the institute and helps in the identification, standardization, and quality control of Unani drugs and also in clinical and experimental studies. This laboratory has HPCL, an atomic absorption spectrometer, a microwave digestion system, UV/UIS spectrometer and other equipment required for routine works.

Pharmacology Laboratory

The purpose of the establishment of a Pharmacology laboratory is to carry out experimental work on laboratory animals and to promote evidence-based research on herbal drugs including efficacy and toxicity which would later pave the way for safer trials of these experimentally tested drugs in human beings. The laboratory has a polarizing microscope with cameras, rota rod apparatus, activity meter apparatus, radial maiz, plus maiz etc.

a. Quality Control Laboratory

This laboratory is established to bring out research in Unani Pharmaceutical products. The main motive of this laboratory is to check and direct degree and grade of excellence of processes and products, and production of medicines of superior quality to assure physicians and consumers. This laboratory also helps in the quality control of compound formulations prepared in NIUM pharmacy and the drugs for experimental studies and to provide best facilities to the students and researchers to improve the standard of various Unani dosage forms.



b. Drug Standardization Laboratory

This laboratory is established to standardize Unani drugs. This laboratory also helps in the quality control of drugs for experimental studies and provides best facilities to the students and researchers to improve the standard of Unani drugs.

c. Pharmacognosy Laboratory

The Pharmacognosy laboratory is established to identify and standardize Unani drugs with the help of macroscopy, microscopy, micrometry, fluorescence analysis, and chromatography procedures. Most pharmacognostic studies are carried out in this laboratory.

d. Animal House

Central animal house facility has got its registration renewed in April 2017. It is functional under an in-charge scientist, a veterinarian and two attendants. It houses small animals for animal experimentation. The thrust areas of the projects involving animals are drug screening and completed animal toxicity studies.

e. Herbal Garden

The institute has established an herbal garden with the financial support of the National Medicinal Plant Board (NMPB), Govt. of India with the main aim to conserve medicinal plants and practical demonstration to the students. The herbal garden is situated at the centre of the institute. The area of herbal garden is 4 acres with landscaped area comprising around 195 species and in total 2500 plants in a number containing medicinal herbs, shrubs, trees and climbers are present. Herbal garden is equipped with an appropriate water sources, tools, and other materials required for the better development of plants. It has a facility of Green House and Polyhouse for better propagation and preservation of medicinal plants/herbs. It is maintained by skilled gardeners under the supervision of the garden in-charge who have sound knowledge of plant anatomy, physiology, taxonomy, plant breeding, genetics, herbalism, and its habitat etc. The herbal garden facilitates the academic and research need of the institute. The main objective is to facilitate the training and teaching of medicinal plants by their identification and demonstration.

f. Green House/Poly House



The Green house has been established in NIUM to house medicinal plants to remain green for the whole year. It has been developed in one hundred square meters with an adequate irrigation facility. A polyhouse was also developed in the existing area for the germination of medicinal plants.

g. Drug Museum / Herbarium

A drug museum along with a Herbarium to house drug and plant specimens has been established in the NIUM. The main aim of the development of Drug Museum and Herbarium is to display various Unani drug samples for teaching and authentication of drug samples. The herbarium also helps to store authenticated specimens of Unani drugs and store all the samples over which research have been conducted at NIUM. In the future, it is hoped to serve as a referral centre for drug authentication. This facility is approximately in the area of 100 sq.ft.

h. Games hall

Indoor games such as table tennis, badminton, chess, carom, etc. are available in the games hall. Inside the games hall, gymnasium is also available with all the necessary equipment. Temporary playground is also made available for the students and staff to play cricket, football etc.



Academic Departments

An academic department is a division of an Institute or University faculty devoted to a particular academic discipline. It is the basic administrative unit within the institute organized to carry on and develop academic instructional and research activities. In the National Institute of Unani Medicine 10 academic departments are offering Post Graduate courses in the following disciplines.

1. Moalajat (Medicine)
2. Ilmul Advia (Pharmacology)
3. Tahaffuzi wa Samaji Tib (Preventive and Social Medicine)
4. Qabalat wa Amraze Niswan (Obstetrics and Gynaecology)
5. Ilmul Saidla (Unani Pharmacy)
6. Kuliyat Umoore Tabiya (Basic Principles of Unani Medicine)
7. Ilaj Bit Tadbeer (Regimenal Therapy)
8. Ilmul Jarahat (Surgery)
9. Mahiyatul Amraz (Pathology)
10. Amraze Jild wa Tazeeniyat (Skin)

The institute is able to attract students from almost all parts of the country and also from abroad. It follows the curriculum prescribed by NCISM for admission to M.D. / M.S. (Unani) courses. Admission to P.G courses is based on AIPGET conducted under the supervision of the Ministry of Ayush, Govt. of India. The entrance test is based on the UG syllabus. The selection is made purely on the basis of merit of the entrance test and the reservation policies framed by the Government of India.

The NIUM also offers PhD programs in Moalajat and Ilmul Advia. During the reporting period 01 students has been given admission in PhD Courses as per the RGUHS norms. The admission was given on basis of internal examination and the presentation of PhD topics.



DEPARTMENT OF MOALAJAT

The department of Moalajat is one of the first established departments of the institute functioning since 2004. The Moalajat equivalent with General Medicine in contemporary science, specialty focuses on understanding the health and diseases of the human body with reference to the theories and concepts of the Unani System of Medicine and management of all such ailments with its principles of treatment either by Ilaj Bil Dawa and Ilaj Bil Tadbeer and Ilaj Bil Ghiza.

This department offers Post Graduate and PhD level teaching, patient care, and clinical research through Unani Medicine. As on date 130 Postgraduate research protocols registered, out of which 108, were completed and dissertations submitted to the affiliating University. Under PhD Program 03 out of 06 scholars submitted a thesis and provisionally completed PhD. The department covered research areas Amraze Nizame Hazm (Gastro-intestinal diseases), Amraze Nizame Aasab (Neurological diseases), Amraze Nizame Tanaffus (respiratory diseases), Amraze Jild (Skin diseases), Amraze Mafasil (Musculo-Skeletal diseases), Amraze Nafsaniya (Psychiatric diseases), Amraze Istehala (Metabolic diseases), and Lifestyle disorders.

Teaching Staff

S. No.	Name	Designation	Qualification
1	Dr. Mansoor Ahmad Siddiqui	Professor (Contract)	BUMS, MD
2	Dr. MDA Bhat	Assistant Professor	BUMS, MD
3	Dr. Abdul Mobeen	Assistant Professor	BUMS, MD
4	Dr. Mohd Riyazuddin	Assistant Professor (Contract)	BUMS, MD
5	Dr. Mariyam Ahad	Assistant Professor (Contract)	BUMS, MD

Academic activities

MD Students	23
PhD. Scholar	03
MD Degree Awarded	08
MD Thesis submitted	08
Departmental Seminar + Journal Club	46
Case Presentation	40
Paper Published	04
Book Published	01



List of Publications

1. Tabassiya KR, Muzafar Din Ahmad Bhat, Roohi Zaman. Efficacy of Herbal Anti-microbial Soap in Tinea Corporis: A randomized controlled study. *Journal of Ethnopharmacology* 2022;287:11493.
2. Muzafar Din Ahmad Bhat. Taqashure Jild: Its similarities and differences with psoriasis. *Clinics in Dermatology* 2021; 39:545-50.
3. Mobeen A, Ahmad A, Quamri MA, Ansari AN. Clinical Efficacy of Medicinal Leech Therapy in Treating Third-and Fourth-Degree Hemorrhoids. *Journal of Coloproctology* 2021; 41:124-30.
4. Shahid M, Ali SJ, Mobeen A and Waseem M. Efficacy of Unani Polyherbal Formulation (Sharbat-e-Unnab) in Grade-I Primary Hypertension-An Open Labeled Randomized Standard Controlled Study. *International Journal of Emerging Technologies and Innovative Research* 2021; 8 (7): 329-340.

Book Published

- Muzafar Din Ahmad Bhat. *Musculoskeletal Diseases: Concept and Practice in Unani Medicine*



DEPARTMENT OF ILMUL ADVIA

The department of Ilmul Advia was established in 2004 with the commencement of academic activities of the institute. It was established with the aim to integrate the research for drug development with traditional Unani practice. The main aim of the department is to establish drugs with standard purity and efficacy. Apart from training of various students in the disciplines, it also aims at integrating rational practice of drugs used by Unani practitioners. The thrust areas of research for the department include, Unani Pharmacology, Drug Standardization, Pharmacognosy and basic research in Ilmul Advia. Presently, the area of research at priority includes quality control, screening of Unani drugs and validating the Unani claims of various crude drugs especially analgesics, anti-pyretic, anti-ulcer, hepato-protective, de-addiction activity, wound healing activity, immuno-modulator etc.

Teaching Staff

S. No.	Name of the Faculty	Designation	Qualification
1	Dr. Abdul Wadud	Professor & Director	BUMS, MD
2	Dr. Ghulamuddin Sofi	Professor & HoD	BUMS, MD
3	Dr. Najeeb Jahan	Professor	BUMS, MD
4	Dr. Nasreen Jahan	Professor	BUMS, MD
5	Dr. Md Imran Khan	Assistant Professor	BUMS, MD

Academic activities

MD Students	28
PhD Scholar	03
PhD Thesis Submitted	03
MD Degree Awarded	08
MD Thesis submitted	08
Departmental Seminar + Journal Club	57
Paper Published	14



List of Publications

1. M Aleem, MI Khan, M Danish, QI Usmani, A Ahmad. Unani perspective on covid-19 and the possible role of Tiryaq Wabai in its management: A review. *Journal of drug delivery and therapeutics*, 2021;11(5):158-173.
2. M Aleem, MI Khan, M Danish, FN Jamaldeen. Jawarish Jalinoos: A Polyherbal Unani formulation for gastrointestinal disorders. *International Journal of Green Pharmacy*. 2022;16(1):1-12.
3. KA Hafiz, D Kumar, MI Khan, K Ahmad. Majun Sana: An Important Unani formulation for the management of multiple diseases. *IJAYUSH*. 2021; 10(5):114-131.
4. Siddiqui MA, Itrat M, Mobeen A, Khan MI. Efficacy of Khār-i-khasak (*Tribulus terrestris* Linn.) in prehypertension: a randomized, double-blind, placebo-controlled trial. *J Complement Integr Med*. 2021;18(4):783-789.
5. Alam MA, Quamri MA, Bhat MD, Aafreen S, Sofi G. Oxy+ (arthrospira) and its medicinal importance: an appraisal. *Drug metabolism and personalized therapy*. 2021;36(4):251-7.
6. Aameena Yasmeen, Ghulamuddin Sofi, Ghulam Mohammad Loan and Kaleemullah Khan. A Review on forced degradation and its regulatory guidelines - A Reliable and Necessary Tool in Stability Studies and Development of Stability Indicating Methods. *Int J of Allied Med Sci and Clin Res* 2021; 9(2): 356-364.
7. Aameena Yasmeen, Ghulamuddin Sofi, Kaleemullah Khan. Factors affecting drug stability-A Major Concern to the Pharmaceutical Industry in the Drug Development and its Commercialization. *Int. J. of Res. in Pharmacology & Pharmacotherapeutics* 2021; 10(3): 205-218.
8. Ansari MZ, Sofi G, Hamiduddin H, Ahmad H, Basri R, Alam A. Optimization of the whole extract of Zarawand Mudaharaj (*Aristolochia rotunda* L.) root by Response Surface Methodology (RSM). *CELLMED*. 2021;11(3):15.
9. Ahmad H, Wadud A, Jahan N, Sofi G. Toxicity Studies on Kushta Khabasul Hadeed (calcined iron rust) prepared by Classical and Muffle Furnace Methods. *Journal of drug delivery and Therapeutics*. 2021;11(3):31-40.



10. Alam MA, Quamri MA, Sofi G. Understanding hormones in terms of humours (Akhlāt) in Unani system of medicine. *Journal of Complementary and Integrative Medicine*. 2021;18(3):459-67.
11. Eqbal K, Alam MA, Quamri MA, Sofi G, Bhat MD. Efficacy of Qurs-e-Gulnar in Ziabetes (type 2 Diabetes Mellitus): a single blind randomized controlled trial. *Journal of Complementary and Integrative Medicine*. 2021;18(1):147-53.
12. Qamrul Islam Usmani, Nasreen Jahan, Mohd. Aleem, Syed Ameer Hasan, Aatrilal (Ammi majus L.) An important drug of Unani system of Medicine: A review, *Journal of Ethnopharmacology*, 2021; 276:1-14.
13. MAleem, MI Khan, QI Usmani. Review of Habb e Azaraqi as an important Pharmacopeial preparation in Unani Medicine. *Journal of Research in Unani Medicine*, 2021;10 (1): 46-55.
14. Ahmad K, Nayaab J, Kausar SH, Irshaad S; “Cardioprotective effect of Sandalwood (*Santelum album* Linn): an experimental trial. *Int.J.Pharm Sci and Res*; 2022:13 (8):3304-33A.



DEPARTMENT OF ILMUL QABALAT WA AMRAZE NISWAN

Department of Ilmul Qabalat wa Amraze Niswan was established in 2004. The infrastructure of the department is adequate with modern facilities. Presently the department has separate obstetrics and gynecological units in the hospital and a Labour room, family planning services, conducting normal labour, infertility management, antenatal and postnatal care, and treating gynecological cases a variety of teaching and learning techniques are employed to impart knowledge and skills to PG scholars. The department organizes health awareness programs related to mother and child health to provide information and health education and motivate them to translate this health information into action. The department organizes National and International health awareness programs including Cervical cancer awareness, Ovarian cancer awareness with the screening-whole month of September; Breast cancer awareness with screening – the whole month of October.

Teaching Staff

S. No.	Name of the Staff	Designation	Qualification
1.	Dr. Wajeeha Begum	Professor & HoD	BUMS, BAMS, MD
2.	Dr. Ismath Shameem	Professor	BUMS, MD
3.	Dr. Arshiya Sultana	Reader	BUMS, MD
4.	Dr. Kouser Fathima Firdose	Assistant Professor	BUMS, MD

Academic activities

MS Students	23
MS Degree Awarded	07
MS Thesis submitted	07
Departmental Seminar + Journal Club	44
Case Presentation	37
Paper Published	15



List of Publications

1. Shameem Ansari, Wajeeha Begum. *Trigonella foenum graecum* (Methi): An important botanical drug of Unani system of medicine for the management of gynecological disorders. *Journal of Drug Delivery and Therapeutics*. 2021; 11(2-s):167-174.
2. Arshiya Sultana, MJA Fazmiya, Khaleequr Rahman. *Mundi* (*Sphaeranthus indicus* Linn): The best blood purifier and immunomodulatory Unani herb with versatile ethnomedicinal uses and pharmacological activities. *CellMed* 2021;11(2): e10
3. Arshiya Sultana, Rahman K. Evaluation of general body temperament and uterine dystemperament in amenorrhoea: a cross-sectional analytical study. *Journal of Complementary and Integrative Medicine* 2021.
4. Nayab Anjum, Wajeeha Begum, Kouser Fathima Firdose. Effect of Qust in premenstrual syndrome: A Randomized controlled study. *Journal of Research in Indian Medicine*; 16 (1):
5. Nasreen Aklaque, Wajeeha Begum. *Rubia Cordifolia* Linn: A Traditional Herb with Versatile Pharmacological Potential. *European Journal of Pharmaceutical and Medical Research*. 2021; 8 (7): 657-60.
6. Ismath Shameem, Khan Sabira Khatoon Shahmeer. A comprehensive review of Heavy Menstrual Bleeding (Kaṭhrat-i-Tamṭh) in Unani Medicine – An evidence-based approach *Journal of Emerging Technologies and Innovative Research* 2021;8(7): G84-95.
7. Anjum AA, Tabassum K, Sultana A. Therapeutic Efficacy of an Unani Polyherbal Formulation in Leucorrhoea: A Prospective Pre-and Post-treatment Clinical Study *International Journal of Current Research and Review* 2021;13(15).
8. Syeda Summaiya, Wajeeha Begum. Qust-A Review. *International journal of Advance research Ideas and Innovations in technology* 2022; 8(1):174-179.
9. Shazamzni S, Wajeeha Begum, Syeda Summaiya. *Tukhm Khitmi* (*Althea officinalis* Linnaeus): A review. *International journal of Advance Research. Ideas and Innovations in technology* 2022; 8(1):258-263.
10. Ismath Shameem, Khan Sabira Mohammed Shameer. Nutritional and therapeutic application of Date



- fruit in Unani system of medicine-A Review. Journal of Research in Indian Medicine 2022;17(1):1-10.
11. Tooba Fahad, Ismath Shameem. Effectiveness of an Unani Formulation as Topical Medication in Cervical Ectopy-An Open Observational Study. International Journal of General Medicine & Surgery 2022; 6(5):1-11.
 12. Kouser Fathima Firdose, Wajeeha Begum. Effect of Majune Idrare Haize in PCOS -A pilot study. Cell med. Orthocellular medicine and pharmacological association 2022; 12(1):1-7.
 13. Najeeb Ghufraan, Begum Wajeeha, Sumaiya Syeda. Qurs-i-Shibb: A review on polyherbal Unani formulation in the management of Kathrat-i-Tamth (HMB). Journal of Drug Delivery and Therapeutics. 2022; 12(1-s):180-185.
 14. Shabnam Bano, Wajeeha Begum, Syeda Sumaiya. Saleekha (Cinnamomum cassia Blume): A Review. Indo American Journal of Pharmaceutical Research, 2022; 12 (02).
 15. Shabnam Banu, Wajeeha Begum. Majeeth (Rubia cordifolia Linn)- A review. International journal of Advance Research. Ideas and Innovations in technology 2022; 8(1):225-228.



DEPARTMENT OF TAHAFFUZI WA SAMAJI TIB

The department was established in 2004 as a department of Hifzane Sehat. Owing to the growing of social factors in the causation as well as in the prevention of diseases, the department was renamed in 2006 as the Department of Tahaffuzi wa Samaji Tib (Preventive & Social Medicine / Community Medicine) with the objective of developing skilled and motivated public health professionals.

The department is imparting quality teaching and training of Unani Postgraduates and is deeply committed to train the coming generation in public health for promoting healthy and prolong life & efficiency across the life of people and in all segments of population through research, education and training & community outreach services and health promotion campaigns.

Major thrust of the department is on harnessing the potential of Unani System of Medicine in preventive health care services through literary research, nutritional health & wellbeing, epidemiological studies, cross-sectional and population-based studies, risk factor and preventive trials, secondary prevention and managing and controlling lifestyle disorders, IEC. The department organizes health awareness programs, health camps and appraisals for school children and mobile clinics, HIV/AIDS and TB co-infection awareness procession /rallies and observation of important health days to provide promotive and preventive health care services to the community.

Teaching Staff

S. No.	Name of the Staff	Designation	Qualification
1.	Dr. Arish MK Sherwani	Professor & HoD	BUMS, MD
2.	Dr. Zarnigar	Professor	BUMS, MD
3.	Dr. Abdul Haseeb Ansari	Professor	BUMS, MD
4.	Dr. Malik Itrat	Assistant Professor	BUMS, MD



Academic activities

MD Students	22
MD Degree Awarded	07
MD Thesis submitted	07
Departmental Seminar + Journal Club	46
Case Presentation	40
Paper Published	06
Chapter Published in Book	01

List of Publications

1. Saima Saleem, Abdul Haseeb Ansari, Aysha Ansari. Effect of Arjun Chāl on cardiovascular risk factors – a randomized controlled clinical trial. J Complement Integr Med 2021;18(02):1-10.
2. Arish MK Sherwani. Prevalence of Lower Back pain in a sample population of Musculo-skeletal disorders-Cross Sectional Community Based Study. Research & Reviews: A Journal of Medicine 2021; 11 (2).
3. Arish MK Sherwani, Knowledge and Attitude of Unani system of Medicine among the two selected localities of Bangalore with special reference to National Ayush mission. European Journal of Pharmaceutical and Medical Research 2021; 8(7): 506-51.
4. Mahfooz S, Itrat M, Uddin H, Khan TN. Unani medicinal herbs as potential air disinfectants: an evidence- based review. Rev Environ Health. 2021.
5. Mahfooz S, Itrat M, Uddin H. Effect of Plant-Products Fumigation on Air-Borne Microbes. Journal of Pharmaceutical Research International 2021; 33(49A):124-32.
6. Itrat M, Akhlaq S. Prevalence, pattern, and perceived benefits of Unani Medicines usage in diabetes: A patient-based survey at a Primary Health Centre of Bengaluru, India. Journal of Herbal Medicine 2022; 35: 100591.



Books / Chapters published

- AMK Sherwani, A chapter on medico-legal and ethical legislation (in Urdu) in a book of Tibbe Qanoon wa Ilmus Samoom (Jurisprudence and Toxicology) published by NCPUL (National council for the promotion of Urdu language). 2021. Chapter: 2, PP: 09-20



DEPARTMENT OF ILMUL SAIDLA

Department of Ilmul Saidla (Unani Pharmacy) was started in 2009 in view of preparing well trained Post Graduates in Unani Pharmacy. State-of-Art laboratories have been established in this department equipped with necessary instruments with latest technology as well as classical Unani equipments. These laboratories provide best available facilities to the students and researchers of the system to improve various dosage forms used in Unani Medicine, for preparing of newer dosage forms and standardization and quality assurance of the finished products. The department is attached with full functioning and well-established pharmacy unit where more than 40 formulations are regularly prepared and dispensed to the IPD and OPD Unit of NIUM hospital. Department has various labs namely, Quality Control Unit, Compound formulation Unit, Ilmul Takhlees Unit and Microbiology Unit. These labs/units are well equipped with analytical tools and pharmaceutical machineries like Lyophilizer, Tablet disintegration apparatus, Dissolution apparatus, Melting point apparatus, Granulator, pH meter, Horizontal shaker, Autoclave, Colorimeter, Humidifier, Dehumidifier Magnetic Stirrer, Muffle furnace, Stability chamber, Hot air oven, Ball Mill, Paper Chromatography cabinet, Friability tester, Electronic balance, Water bath shaker, Emulsifier, Deep Freezer and Vacuum Oven, Moisture balance, Pulverizer, Capsule filling machine, BOD Incubator. Laminar air flow, Digital colony counter and Silverson Emulsifier.

Teaching Staff

Sl. No.	Name of the Staff	Designation	Qualification
1.	Dr. Roohi Zaman	Professor & HoD	BUMS, MD
2.	Dr. Hamiduddin	Assistant Professor	BUMS, MD
3.	Dr. Khaleequr Rehman	Assistant Professor	BUMS, MD
4.	Dr. Shariq Shamsi	Assistant Professor	BUMS, MD



Academic Activities

MD Students	15
MD Degree Awarded	04
MD Thesis submitted	04
Papers presented including Guest lectures	05
Training program / CME attended	05
Paper Published	10
Book Published	01

List of Publications

1. Mazhar Husain, M. Zaigham, Hamiduddin, Abdul Wadud, Mohd Akhtar Ali. A Review on Pharmacological and Phytochemical Profile of Khatmi (*Althaea officinalis* Linn.): An important mucilaginous plant and its utilization in Unani system of medicine. *Int. J. Res. Ayurveda Pharm.* 2021;12(3):63-72.
2. Mehfooz S, Wadud A, Hamiduddin, Ranjan R. Scientific Appraisal of Classical Calcination Process of Kushta (calx) in Reference to Calx of Copper Sulphate. *Int. J. Pharm. Investigation.* 2021;11(4):368-73.
3. Ahmad H, Wadud A, Jahan N, Sofi G, Hamiduddin, Toxicity Studies on Kushta Khabasul Hadeed (calcined iron rust) prepared by Classical and Muffle Furnace Methods. *Journal of Drug Delivery and Therapeutics* 2021; 11(3):31-40.
4. Mahfooz S, Itrat M, Hamiduddin, Khan TN. Unani medicinal herbs as potential air disinfectants: an evidence-based review. *Reviews on environmental health.* 2021.
5. Siraj M, Hamiduddin, Naquibuddin M and Nagor S: Zea mays linn and corn silk: a phyto - pharmacological review and its utilization in Unani medicine. *Int J Pharm Sci & Res* 2021; 12(09): 4647-54.
6. Mohd Akhtar Ali, Hamiduddin. Qarābādhīn (Pharmacopoeia) in Greco-Arabian era: A Historical and Regulatory Perspective. *International Journal of Human and Health Sciences* 2021; 05(04): 388-404.



7. Shaista Mahfooz, Malik Itrat and Hamiduddin, Effect of Plant-Products Fumigation on Air-Borne Microbes, *Journal of Pharmaceutical Research International* 2021; 33(49A): 124-132.
8. Md. Naquibuddin, Hamiduddin, Zeera siyah (*Carum carvi* Linn.): A Culinary spice and an important drug of Unani medicine. *International Journal of Herbal Medicine* 2021; 9(4): 101-105.
9. Shamsi S, Anjum H, Shahbaaz M, Khan MS, Ataya FS, Alamri A, Alhumaydhi FA, Husain FM, Rehman MT, Mohammad T, Islam A, Anjum F, Shamsi A. A computational study on active constituents of Habb-ul-aas and Tabasheer as inhibitors of SARS-CoV-2 main protease. *J Biomol Struct Dyn.* 2021;1-12.
10. Rehana Parveen, Abdul Wadud, Shariq Shamsi, Shaista Parveen. Antilithiatic activity of a non-pharmacopoeial Unani formulation in chemically induced urolithiasis in rats. *J Complement Integr Med*, 2021.

Books published

- Shariq Shamsi, “Standardization of Unani Drugs: Chromatographic and Spectroscopic Techniques” 2021.



DEPARTMENT OF ILMUL JARAHAT

Department of Ilmul Jarahat was established in the year 2012 with the objective of developing competent Unani surgeons, academicians and researchers. The department is trying to use Unani drugs / formulations in surgical patients pre-operatively, post-operatively as well as in conservative management of surgical diseases. Presently, the department is performing various operations involving general surgeries. All the operations are performed following the standard operative procedures and under the guidance of expert surgeons, anaesthetists and other trained unit in a fully aseptic environment. OT is equipped with advance Anaesthesia work station, Laparoscopic instruments, harmonic scalpel and with advance bipolar electrodiathermy along with Centralized Sterile Supply Division. Faculty members of the department are actively engaged in imparting surgical skills through dedicated teaching and research activities. This department is also imparting surgical skills, teaching and training of OT, ward teaching, case presentation and seminar presentation.

Teaching Staff

S. No.	Name of the Staff	Designation	Qualification
1.	Dr. S. Shah Alam	Professor & HoD	BUMS, MS
2.	Dr. Mohammad Shakeel Ansari	Assistant Professor	BUMS, MS
3.	Dr. Firdous Ahmad Najar	Assistant Professor	BUMS, MS
4.	Dr. Mehjabeen Fathima	Assistant Professor	BUMS, MS

Academic Activities

MS Students	15
MS Degree Awarded	03
MS Thesis submitted	03
Departmental Seminar + Journal Club	77
Case Presentation	37
Paper Published	07



List of Publications

1. Mohammad Shakeel Ansari, Hemorrhoids (Bawaseer) in Unani System of Medicine: A Review. Research & Reviews: Journal of Surgery 2021; 10 (1).
2. Mohammad Shakeel Ansari, Rabia Nizam. Recovery of voice in a patient suffering from acquired aphonia after surgical intervention: A Case Report. Journal of Research in Unani Medicine 2021; 10 (1): 7-9.
3. Rabia Nizam, Mohammad Shakeel Ansari. Effect of Elwa (Aloe barbadensis Mill.) in fissure in Ano: A prospective study. Advances in Integrative Medicine.
4. 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.
5. 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 2022;114934.
6. Rabba Tabassum M, Saiyad Shah Alam, Ghulamuddin Sofi. Efficacy of Unani formulation in the management of non-healing ulcer: A Case Series. Journal of Biological & Scientific Opinion 2022; 10 (1).
7. Fazlur Rehman, Saiyad Shah Alam. Historical Aspect from Ancient to Modern Era with Advanced Techniques for Nephrolithiasis: A Review. Journal of emerging technologies and innovative reasearch 2022;9(2).



DEPARTMENT OF ILAJ BIT TADBEER

The Department of Ilaj bit Tadbeer was established in the year 2012 with the objective of imparting quality education to produce competent post graduates in the specialty. The department has been developed upon; first of the three basic components of treatment of Unani medicine known as Ilaj bit Tadbeer, Ilaj bil Dawa and Ilaj bil Yad. Ilaj bit Tadbeer focuses on the modification and correction of Asbabe Sitta Zarooriya, which largely constitute the lifestyle of a person. The department rose to prominence within few years of its inception for offering diverse, usually safe and effective treatment regimens for the control and cure of various lifestyle disorders such as Obesity, Hypertension, Diabetes Mellitus, Coronary Artery Diseases and Neurological disorders etc. which are threatening to take the shape of epidemics. Various treatment regimens comprise Hijama, Dalk, Irsale Alaq, Hammam, Fasd, Huqna, Abzan, Nutool, Qai, Hammam Bukhari, Pashoya, Nafookh, Nashooq, Inkebab, Ghusle Zohri and Ghushl Warki etc.

Teaching Staff

Sl. No.	Name of the Staff	Designation	Qualification
1.	Dr. Abdul Nasir Ansari	Professor & HoD	BUMS, MD
2.	Dr. Hamid Ali	Assistant Professor	BUMS, MD
3.	Dr. Mohd Nayab	Assistant Professor	BUMS, MD
4.	Dr. Abdul Azeez	Assistant Professor	BUMS, MD

Academic Activities

MD Students	12
MD Degree Awarded	05
MD Thesis submitted	05
Departmental Seminar + Journal Club	35
Case Presentation	35
Paper Published	16
Book Published	01



List of Publications

1. Mohd Nayab, Hina Kouser V, Abdul Nasir Ansari. Tanqiya wa Tadeel (Evacuation and Rejuvenation): The Unani Concept as Evolutionary Basis for Conventional Stroke Management. *Journal of Drug Delivery and Therapeutics* 2021;11(1):195-200.
2. Mohd Nayab, Abdul Nasir Ansari, Fatima Khan. A Panoramic view of most commonly used Regimenal Modalities (Tadabeer) for joint pain in Unani System of Medicine: A Critical Review. *Journal of Drug Delivery and Therapeutics*, 2021; 11(2):228-231.
3. Hina Kouser V, Fatima Khan, Ayesha Tehseen, Mohd Nayab, Abdul Nasir Ansari. Understanding the concept of Purgation (Ishal) in Unani Medicine: A Review, *Journal of Drug Delivery and Therapeutics* 2021; 11(2):241-246.
4. Ahmad I, Nayab M, Ahmad T. Effect of gliding cupping with Roghan-e-Surkh in low back ache (Waja-uz-Zahr): a case series study. *Drug Metabolism and Personalized Therapy* 2021;36(3): 247-250.
5. Meraj Ul Islam, Mohd Nayab, Abdul Nasir Ansari. Effect of dry cupping versus soft and prolonged massage in the management of knee osteoarthritis-A randomized controlled clinical trial. *Journal of Complementary and Integrative Medicine* 2021.
6. Meraj Ul Islam, Mohd Nayab, Abdul Nasir Ansari. An Overview of Waja-ur-Rukbah (Knee Osteoarthritis) with Reference to Waja-ul-Mafasil and its Regimenal Management (Ilaj bit tadbeer) in Unani System of Medicine *Asian Journal of Traditional, Complementary and Alternative Medicines* 2021;4(1-2):19-29.
7. Mohd Nayab, Fatima Khan, Abdul Nasir Ansari, Tariq Nadeem Khan, Malik Itrat. Nutūl as an effective and time tested regimenal modality in Unani system of medicine-An Overview, *Journal of Drug Delivery and Therapeutics*, 2021; 11(3):132-137.
8. Fatima Khan, Mohd Nayab, Abdul Nasir Ansari, Mohd Zubair. Medicinal Properties of Māsh (Vigna mungo (Linn.) Hepper): A Comprehensive Review. *Journal of Drug Delivery and Therapeutics* 2021; 11(3-s):121-124.



9. Mohammad Zaki Ahmad, Abdul Nasir Ansari, Mohd Nayab. Efficacy of Hammām-i-yābis (dry bath) in Metabolic Syndrome: A single arm, open-labelled clinical trial. *Journal of Complementary and Integrative Medicine* 2021.
10. Hina V Kouser, Mohd Nayab, Ayesha Tehseen, Shaista Mahfooz, Baig Ruqaiyya, Mohd Anwar. Evidence-Based Therapeutic Benefits of Cupping Therapy (Hijāma): A Comprehensive Review. *Journal of Drug Delivery & Therapeutics* 2021; 11(4-S):258-262.
11. Fatima Khan, Mohd Nayab, Abdul Nasir Ansari. Zanjabeel (*Zingiber officinale* Roscoe.): An Evidence-Based Review of Anti-nociceptive, Anti-inflammatory, Antioxidant, and Antimicrobial Properties. *Journal of Complementary and Alternative Medical Research* 2021; 15(3): 26-35.
12. Aysha Ansari, Mohd Nayab, Saima Saleem, Abdul Nasir Ansari. Effect of soft and prolonged Graeco-Arabic massage in low back pain - A randomized controlled clinical trial. *Journal of Bodywork & Movement Therapies*. 2022; 29: 232-238.
13. Fatima Khan, Abdul Nasir Ansari, Mohd Nayab. Rationalistic Approach in COVID-19 Prevention through Intervention of Unani Medicine Prevalent in Epidemic - A Review. *Journal of Herbal Medicine*. 2021;30: 1-9.
14. Umar Afzal, Abdul Nasir Ansari, Mohd Nayab. Efficacy of Nutūl-i-Ḥār (Hot Irrigation), a Polyherbal Unani Formulation, in the Treatment of Shaqīqa-i-Muzmin (Chronic Migraine): An Open Single-Arm Exploratory Clinical Trial. *Trad Integr Med*. 2021: 6 (4):386-397.
15. Abdul Wadud, Abdul Nasir Ansari, Mohd Nayab, Malik Itrat. Prophylactic efficacy of Unani herbal and herbo-mineral preparations in population at risk of COVID-19-A randomised controlled prospective field trial. *Indian J Tradit Know* 2022; 21(1): 97-105.
16. Mobassir Abbas, Abdul Nasir Ansari, Mohd Nayab, Umar Afzal, Adil Abdalrahman Abalkhail. Efficacy of Hot and Dry Bath (Hammām-i-Hār Yābis) in Activities of Daily Living for Management of Post Stroke Hemiplegia: An Exploratory Clinical Trial. *Journal of Clinical and Diagnostic Research* 2022;16(3): KC05-KC08.



Books Published

- Mohd Nayab. “Fundamentals of Hijama Therapy.” Blue Rose Publisher 2021.





DEPARTMENT OF KULLIYAT UMOORE TABIYAH

Department of Kulliyat Umoore Tabiya is concerned with the teaching, research and training in basic principles of Unani Medicine. Basically, this system consists of two parts, the first part encompasses the general description of the factors that are related to health, preservation of health as well as disease prevention. While the second part deals with restoration of health from diseased state. In the Unani literature both aspects are present to the satisfactory extent, but in later part of the development, Unani Scholars focused themselves to the extensive description of practical aspect of Unani Medicine. Consequent upon so many Unani voluminous texts were written in that period without giving any place to the basic principles. These texts were written either assuming that readers were much aware about principles or need of principle was not realized. Another important cause was lack of satisfactory knowledge of logic and philosophy. Logic and philosophy were the tools for description of basic principles. It is beyond doubt that without understanding of basic principles both objectives of Unani Medicine i.e. Maintenance of health and restoration of health cannot be achieved satisfactorily. After the Galen and fall of Roman Empire, except few exceptions, most authors started to write basic principles of Unani Medicine in simple way because they believed in comprehension and conciseness, while need of exploration and explanation was still there. Instead of the better one they presented the simplest. Though Arab and their proceeding physicians were expert of general principles of Unani medicine, but they remained totally ignorant towards the comprehension, simplification, research accomplishment and systemization of general principles.

Now once more the need for exploration and explanation of basic principles was realized and to make the principles comprehensive, complete, systemize and cultured PG department of Kulliyat Tib was established in 2012. The department is deftly committed to impart high quality teaching, training to PG Scholars. In addition, it is also involved in re-structuring of Post Graduate syllabi, designing of own research modules, means of proper understanding of classical knowledge of provoking process of study of basic principles within institute and beyond.



Teaching Staff

Sl. No.	Name of the Staff	Designation	Qualification
1.	Dr. Mohd Zulkifle	Professor & HoD	BUMS, MD, MS
2.	Dr. Tariq Nadeem Khan	Assistant Professor	BUMS, MD
3.	Dr. Wasim Ahmad	Assistant Professor	BUMS, MD

Academic Activities

MD Students	14
MD Degree Awarded	04
MD Thesis submitted	04
Departmental Seminar conducted	42
Paper Published	07
Book Published	01
Chapter Published in Book	03

List of Publications

1. Wasim Ahmad. Understanding Holism in the light of Principle Underlying Practice of Unani Medicine, Review on Environmental Health 2021; 1-11.
2. Saher, Syeda Kharshiya, Mohd Zulkifle, Wasim Ahmad, Tariq Nadeem Khan. The Concept of Black Bile, and Its Importance in Maintenance of Health: International Journal of Health Sciences and Research 2021; 11(4).
3. Mohammad Kaleem, Mariyam Perwaiz, Shuza Mohammad Noor, Abdul Rasheed O Abdul Rahman, Wasim Ahmad, Fahad AAl-Abbasi, Vikas Kumar, Mohammad Ajmal Kamal, Firoz Anwar, Epigenetics of Triple-negative breast cancer via natural compounds: Curr Med Chem 2021.
4. Sadaf Afreen, Wasim Ahmad, Obaidur Rahman, Azizur Rahman, Abid Ali Ansari, Iftikhar Ahmad, Understanding of Quwā (power) in the perspective of Unani system of medicine: A review. Journal of Biological & Scientific Opinion 2021; 9 (2).



5. Khan Nazia Zubair, Shaikh Saleem Ahmad, Wasim Ahmad, Mohd Zulkifle, Shahnawaz. Resources of Ilmul Amraaz during early Abbasid Caliph (7th-9th C.E.) up to the Work of Al Razi. Bangladesh Journal of Medical Science 2021; 20(2): 228-33
6. Tariq Nadeem Khan, Malik Itrat, Tasfiya H Ansari. Public health approach of Unani Medicine to cope and stay safe in hot environmental Conditions, journal of basic and clinical physiology and pharmacology 2021; 15(33).
7. Tariq Nadeem Khan. The Concept of Black Bile and Its Importance in Maintenance of Health, International Journal of Health Sciences and Research 2021; 11(4).

Books / Chapters Published

1. Tariq Nadeem Khan, Mohd Zulkifle, Malik Itrat. Unani Dietetics: Principles and practices. Blue Rose International Publisher 2022.
2. Waseem Ahmad. Membrane bioreactor as an advanced wastewater treatment technology, Development in Wastewater Treatment Research and Processes-Removal of Emerging Contaminants from Wastewater through Bio-nanotechnology, edited by Susana Rodriguez-Couto Maulin P. Shah, Jayanta Kumar Biswas: Elsevier 2022; 401-434
3. Waseem Ahmad. Epigenetic Basis of Polyphenols in Cancer Prevention and Therapy, Polyphenols-based Nanotherapeutics for Cancer Management Edited by Shams Tabrez, Mohammad Imran Khan, Springer 2021; 189- 238.
4. Waseem Ahmad. Contributed Chapters in Book on Kulliyat̃ Umūr Tabi'iyya. published by NCPUL, Ministry of HRD, Govt. of India, New Delhi: 2021; 179-288.



DEPARTMENT OF AMRAZE JILD WA TAZEENIYAT

Department of Amraze Jild wa Tazeeniyat established in the year 2018 and offered admission in post-graduation course i.e., MD in the same year of its establishment with the intake of five students initially. As Unani System of Medicine has very potential in treating general ailments of the human body by the same time it proved very effective in treating chronic and resistant cases of skin ailments.

The Department was established with aim to promote higher level of education and health care delivery through Unani medicine and quality research in dermatology and cosmetics, and to validate the classical claims of treatment scientifically. As the Unani medicine literature enriched with the anecdotal success stories of treating skin disease and cosmetological issues.

As of now the department is offering its clinical services and cosmetological procedures as treatment with significant outcome evidence in skin disease like Psoriasis, Vitiligo, Dermatitis, Eczema, Urticaria, Tinea, Pityriasis, Hair fall, Seborrhea, Melasma, Lichen, Acne, and Alopecia and cosmetological procedure Ghaza, Inkbaab, Ghusoole Shaar, Pashoya, cautery, facials, etc

Teaching Staff

Sl. No	Name of the Staff	Designation	Qualification
1	Dr. Mohd Aleemuddin Quamri	Professor & HoD	MSc, BUMS, MD
2	Dr. Arshad Jamal	Associate Professor	BUMS, MD
3	Dr. Iram Naaz	Assistant Professor	BUMS, MD

Academic Activities

MD Students	17
MD Degree Awarded	05
MD Thesis submitted	05
Departmental Seminar + Journal Club	55
Case Presentation	36



DEPARTMENT OF MAHIYATUL AMRAZ

Mahiyatul Amraz (Pathology) is a branch of Unani Medicine concerned with the study of abnormal state of body i.e., disease. It deals with morphological and functional changes occurring in the body i.e., Alamat (signs and symptoms) and their Asbab (cause) as well as course of diseases. It is concerned with the diagnosis of the diseases and its pathogenesis. The department is striving at generalizing the concepts of Marziyyat i.e., Asbab and Alamat. The department of Mahiyatul Amraz was established in 2018 with the aim of explanation, exploration, and comprehension of etiopathogenesis of diseases. The department is committed to shape the skilled future professionals by providing high quality teaching and lab training to the P.G. scholars. The department also conducts journal club, seminar, symposium, and workshops on regular basis for better understanding of the subject. The staffs of department are actively involved in teaching and training of PG students. Beside this, faculty members are also involved in publication of research papers and books.

Teaching Staff

Sl. No	Name of the Staff	Designation	Qualification
1.	Prof. Abid Ali Ansari	Professor & HoD	BUMS, MD
2.	Dr. Sadique Ali	Associate Professor	BUMS, MD
3.	Dr. Azizur Rahman	Assistant Professor	BUMS, MD
4.	Dr. Tasfiya Hakeem Ansari	Assistant Professor	BUMS, MD

Academic Activities

MD Students	22
MD Degree Awarded	05
MD Thesis submitted	05
Departmental Seminar + Journal Club	22
Paper Published	04
Book Published	01
Chapter Published in Book	01



List of Publications

1. Sadaf Afreen, Wasim Ahmad, Obaidur Rahman, Azizur Rahman, Abid Ali Ansari, Iftikhar Ahmad. Understanding of Quwa (Power) in the Perspective of Unani System of Medicine: A Review. Journal of Biological & Scientific Opinion 2021.
2. Safia Husain, S. Javed Ali, Azizur Rahman. Combating Covid-19 and Related Psychological Disorders through Unani System of Medicine: A Review. International Journal on Emerging Technologies 2021.
3. Md Khursid Alam Ansari, Azizur Rahman. Shastri Shankar Daji Pade: A Master Healers of AYUSH in the modern era, Research & Reviews Journal of AYUSH 2021.
4. Ansari TH, Ahmed SKA, Zulkifle M, Yousf M, Bharti N. Role of ruh-i-nafsāniyya in the causation of duwār (vertigo) and sadr (dizziness). World journal of pharmacy and pharmaceutical sciences 2021; 10 (4).

Books/Chapters published

1. Mohd Zulkifle, Azizur Rahman, Naseebullah. Tahqeeq Ke Bunyadi Marahil. Patna: Unicure UHCC Publication.
2. Azizur Rahman. Common Plants Used in Unani Medicine for Stroke Management. Published in Book entitled “Research trends in Medicinal Plant Sciences (Volume-12).



LIBRARY

A book is a heart, that only beats in the chest of another, and Library is the Temple of Learning. Therefore, NIUM is trying its best from its inception to keep the standard of library, superlative. The institute has a good library having almost all the facility to facilitate the P.G. Scholars, Researchers, and faculty members for easy access on a particular topic by selecting high quality articles or studies that are relevant, meaningful, important and valid. For further assistance to P.G. Scholars, Researchers and Faculty members, internet facility, e- resources e-Journals and e-Books facility under the Helinet Consortium for accessing the e-Journals from RGUHS are also available in the library. At present, library has 7886 Unani; 905 Ayurveda, encyclopedias, dictionaries, Hindi Books and 6414 allied medical sciences books.

Library Holdings

Total number of Books (up to 31st March 2022)	15205
Current Journals (Total no. of Titles)	07
Bound volumes of Journals	165
Monographs	01
Total number of Newspapers subscribed	07
Total number of CDs (Modern & Unani)	108
Total number of magazines subscribed	03



OTHER ACADEMIC ACTIVITIES

Training Program s/Webinars/ Seminars Attended by NIUM PG/Faculty

1. Dr MDA Bhat attended an e-training program on Emotional Intelligence at Workplace for Scientists and Technologists Sponsored by The Department of Science and Technology, Ministry of Science & Technology, Government of India from 21st-25th February 2022.
2. Dr Arshiya Sultana attended and completed PRAYASH TMC-ECHO cancer screening training program for health professionals on cervical, breast, and oral cancer from 12th June 2021-11th September 2021 organized by Tata Medical Centre, Kolkata.
3. Dr Arshiya Sultana completed 8th week of online training program in the Current regulatory requirement for conducting clinical trials in India (version 3.0) organized by Swayam NPTEL Online Certification Course (Funded by the Ministry of HRD, Govt. of India), in the months of Feb-April 2021.
4. Dr Arshiya Sultana attended an online training program conducted by COD Hyderabad “on emotional intelligence at Workplace for Scientists and Technologists from 20th-24th Sept. 2021.
5. Prof. Wajeeha Begum, Prof. Ismath Shameem, Dr. Arshiya Sultana and Dr. Kouser Fathima Firdose attended mass lecture series at NIUM, Bengaluru on various topics like on “Drug De Addiction in Unani Medicine” by Prof. G Sofi on 14th Oct 2021, “Case Presentation on Psoriasis” by Prof. Zulkifile on 15th Oct 2021, general talk on “preventive vigilance” on the occasion Vigilance Awareness Week-21 by Dr Mohammad Asjad Khan, Clinical Registrar, on 27th Oct 2021.
6. Dr Hamiduddin Participated in Regulatory Training Program for Ayush Drug regulators, Industry personnel, and other stakeholders organized by the Ministry of Ayush at the National Institute of Unani Medicine , Bengaluru, (South zone) on 6th and 7th Jan 2022.
7. Dr Azizur Rahman and Dr Tasfiya Hakeem Ansari, participated in a short-term course on “The Art & Science of Scientific Communication and Ethics” organized by Padmashree Institute of Management and Sciences in association with Radiant research and MLAC. From 18th – 29th January 2022.



8. Dr Azizur Rahman and Dr Tasfiya Hakeem Ansari, participated in “Survey on knowledge attitude, and practices on pharmacovigilance of ASU & H drugs” organized by Intermediary Pharmacovigilance Centre, NIUM, Bengaluru, held on 15th September 2021.
9. Prof. Wajeeha Begum, Prof. Ismath Shameem, Dr Arshiya Sultana, Dr. Kouser Fathima Firdose participated in the National webinar on Pharmacovigilance for ASU & H drugs “AyushSuraksha 2021, organized by Intermediary pharmacovigilance centre, National Institute of Homeopathy, Kolkata, Ministry of Ayush, Govt. of India on 26th and 27th August 2021.
10. Prof. Wajeeha Begum, Prof. Ismath Shameem, Dr Arshiya Sultana, Dr. Kouser Fathima Firdose attended a national webinar on a holistic approach to the health on the occasion of International Yoga Day on 17th June 2021 organized by GUMC, Bengaluru.
11. Prof. Ismath Shameem attended a Webinar on How to register & use Up to date Advanced-Clinical Decision Support Tool on 3rd August 2021 organized by CCRH.
12. Prof. Ismath Shameem attended a National webinar on Tips on article writing and editing methodology on 5th August 2021.
13. Prof. Ismath Shameem attended a National Webinar on "Use of Technology in education" on 10th August 2021, organized by GUMC, Bengaluru.
14. Prof. Ismath Shameem attended a Webinar on "A way to Journal Publication" on 25th August 2021 organized by Karpagam Institute of Technology, Coimbatore.
15. Dr. Ismath Shameem attended the Webinar on “Approach to Multivalvular Heart Diseases” organized by Manipal Hospital, Bengaluru on 6th Sept 2021.
16. Dr. Ismath Shameem attended a Webinar on “Changing Landscape of Health Care-Our Rules and Responsibility” on 19th September 2021 organized by Millet Foundation, Bengaluru.
17. Prof. Ismath Shameem, Dr. Arshiya Sultana, and Dr. Kouser Fathima Firdose attended as a delegate in an International Webinar on “Breast Cancer Awareness Month” on 8th October, 2021 organized by the



Institute of Indigenous Medicine, University of Colombo, Srilanka.

18. Prof. Ismath Shameem attended as a delegate in Ayush Samriddhi International Webinar on “Ayush best mental health care” on 10th October 2021 and on Ayush Samriddhi on 9th December 2021 organized by the Independent Research Ethics Society.
19. Prof. Ismath Shameem, Dr Arshiya Sultana, Dr Kouser Fathima Firdose attended a Webinar series as a delegate on “COVID -19 Pandemic: Experiences & Lessons Learned” organized by CCRUM, Ministry of Ayush from 15th-21st December 2021.
20. Prof. Wajeeha Begum, Prof. Ismath Shameem, Dr Arshiya Sultana, Dr. Kouser Fathima Firdose attended a National Webinar as a delegate on “Drug Development in Unani Medicine” organized by RRUM, Chennai, Ministry of Ayush, Govt. of India. on 27th January 2022.
21. Prof. Wajeeha Begum, Prof. Ismath Shameem, Dr Arshiya Sultana, Dr. Kouser Fathima Firdose attended a National Webinar as a delegate on “Fundamental Aspects of Unani Medicine” organized by NRIUM, Hyderabad, CRUM, Ministry of Ayush, Govt. of India on 31st January 2022.
22. Prof. Abdul Haseeb Ansari attended a webinar on the topics of “Role of Nutrition in Maintaining Health”, “Management of COVID-19 Cases: Experience Sharing”, “Taking Care of Mental Health During and After COVID-19”, and “Post-COVID Complications and Care” organized by CCRUM, Ministry of AYUSH, Govt. of India, New Delhi. From 15th – 21st December 2021.
23. Prof. Arish MK Sherwani attended an awareness program on Pharmacovigilance of ASU & H drugs on 17th July 2021 organized by Govt. Tibbi college & Hospital, Patna, Bihar.
24. Prof. Arish MK Sherwani attended a virtual international conference on COVID-19 and Beyond on 17th July 2021 organized by CETI & IIPH Gandhinagar, Gujarat.
25. Prof. Arish MK Sherwani attended an online Workshop on Patent Filing, Technology Transfer & Commercialization on 18th September 2021 organized by IPC, AMU, Aligarh
26. Prof. Arish MK Sherwani, HoD, Dept of TST and Dr Hamiduddin, faculty, Dept of Ilmul Saidla, attended



a Webinar on Assessment Methods for the Unani, Yoga & Naturopathy Faculty held on 17th February 2022 at RGUHS, Karnataka.

27. Prof. Abid Ali Ansari attended an International Webinar on Histology for Cryo-sectioning organized by Labroots, Yorba Linda, California, USA, on 1st March 2022.
28. Prof. Abid Ali Ansari attended a National Webinar on Awareness on Pharmacovigilance of ASU & H Drugs organized by Regional Research Institute of Unani Medicine, Mumbai, on 16th March 2022.
29. Prof. Abid Ali Ansari attended a National Webinar on Bio-Ethics with emphasis on GCP Guidelines organized by RRIUM, Chennai, CCRUM, Ministry of Ayush, Govt of India on 5th February 2022.
30. Prof. Abid Ali Ansari attended a National Webinar on Concept of Akhlaat as per the modern medical parameters, Organized by the Govt. Tibbi College & Hospital, Patna, Bihar. on 11th -12th February 2022.
31. Prof. Abid Ali Ansari attended a National Webinar on Pharmacovigilance for ASU & H Drugs “AyushSuraksha-2021” on 26th- 27th August 2021 organized by Intermediary Pharmacovigilance Centre, National Institute of Homoeopathy, Kolkata, WB.
32. Prof. Abid Ali Ansari attended a National Seminar on Drug Development in Unani Medicine, organized by the RRIUM, Chennai, on 27th January 2022.
33. Prof. Abid Ali Ansari attended a National Webinar on Lessons Learned During COVID-19 Pandemic organized and on Taking Care of Mental Health During and After COVID-19 by CCRUM, Ministry of Ayush, Govt. of India, New Delhi, on 15th and 20th December 2021.
34. Prof. Abid Ali Ansari attended a National Webinar on Ilaj bil Ghiza & Unani Medicine in today's Perspective, organized by Dept. of Ilaj bil Tadbeer, AKTC, AMU on 26th February 2022.
35. Dr Sadique Ali attended a National Webinar on "Awareness of Pharmacovigilance of ASU & H Drugs" organized by RRIUM, Mumbai, on 16th March 2022.
36. Dr Sadique Ali Attended a National Webinar on "Awareness of Pharmacovigilance of ASU & H Drugs"



organized by HSZH Govt. Unani Medical College, Bhopal, on 20th December 2021.

37. Dr Sadique Ali attended an Educational CME on Approaches to manage Female Sexual Dysfunctions, and on Solution-Focused Therapy Organized by the Indian Psychiatry Society, Odisha State Branch on 9th September and 16th December 2021.
38. Dr Aziz ur Rahman and Dr Tsafiya Hakeem Ansari attended a National seminar on Unani Medicine, organized by NIUM, Bangalore on 22nd March 2022

Guest Lectures delivered/Papers presented in Conferences by NIUM Faculty

1. Prof. Abdul Haseeb Ansari delivered a lecture on “Ilaj bil Ghiza-its Relevance in Today's Health Scenario” held on 7th- 8th March 2022, organized by the Dept. of Ilaj bit Tadbeer, AKTC, AMU, Aligarh, U.P, sponsored by Ministry of Ayush, Govt. of India.
2. Dr. Muzafar Din Ahmad Bhat presented a research paper entitled “Effect of *Bergenia ligulata* Wall as an adjuvant in the management of Diabetes mellitus Type-2: A randomized controlled study” in 2nd National Seminar (Virtual) on “Integrative Approach for Research in Unani Medicine in the Department of Ilmul Advia, AKTC, AMU, Aligarh, U.P. held on 2nd-3rd March 2022.
3. Dr. Abdul Mobein, Assistant Professor, Dept. of Moalajat, NIUM, Bengaluru, invited as a Resource person to deliver a lecture on “GERD and its management through Unani Medicine” in a six-day CME Program organized by the Dept. of Moalajat, Deoband Unani Medical College, Hospital & Research Centre, Deoband, U.P, sponsored by Ministry of Ayush, Govt. of India from 4th- 9th October 2021.
4. Prof. Wajeeha Begum HoD, Ilmul Qabalat wa Amraze Niswan invited as a Guest speaker to deliver a talk on the topic “Gynecological problems in Geriatric women- An Unani perspective” on 12th April 2021 in the international webinar on Women Health with a theme -Á life course approach to Reproductive aging, Organized by GUMC in coordination with RGUHS, Bengaluru.
5. Dr Arshiya Sultana delivered a lecture on topic Clinical trial protocol: A window to research in the



celebration of one year of National Education Policy (NEP) 2020, organized by GUMC in association with Ministry of Education Govt. of India.

6. Dr. Kouser Fathima Firdose deliver a talk on topic “Prevention of Anaemia during Pregnancy through Unani medicine” on 13th September 2021 in a webinar organized by CRIUM Lucknow, U.P.
7. Dr. Arshiya Sultana deliver a lecture on Recent Advances in the Mechanism of Labour in webinar conducted at GUMC on 21st September 2021.
8. Prof. Wajeeha Begum was invited as a guest speaker in the International webinar on breast cancer awareness organized by the Institute of Indigenous medicine, University of Colombo, Rajagiriya, Srilanka, on 8th October 2021.
9. Prof. Wajeeha Begum delivered a lecture on “Evaluation and management of Benign Genital Tumors in Females. A Unani Approach” in the NHM program for Unani Medical Officers organized by the Director of Ayush, Govt of Karnataka, from 2nd -5th December 2021.
10. Dr Arshiya Sultana delivered a lecture on Mental Health in Pregnancy during COVID-19 Pandemic and Unani Medicine organized by the Institute of Indigenous Medicine, University of Colombo, Srilanka, on 11th February 2022.
11. Dr. Malik Itrat delivered an online lecture on “Current trends and Future Scope of Research in Tahaffuzi wa Samaji Tib” on 17th August 2021 at Govt. Unani Tibbi College, Patna, Bihar.
12. Dr. Malik Itrat delivered an online lecture on “Unani Medicinal Herbs as Potential Air Disinfectants” on 5th March 2022 at Govt. Unani Tibbi College, Patna, Bihar.
13. Prof. Abdul Haseeb Ansari delivered a Guest Lecture on “Ek Khoobsurat Sehatmand Duniya ki Taameer” held on 7th April 2021, organized by Dept. of TST, AKTC, AMU, Aligarh, U.P.
14. Prof. Abdul Haseeb Ansari delivered an online Lecture on “Tibb Unani me Hifzaan-e-Sehat ki Tafheem” organized by PG Dept. TST, Govt. Tibbi College & Hospital, Patna, Bihar.
15. Dr Hamiduddin delivered a lecture as a resource person on the topic “Utilization of Shangarf (Red



Sulphide of Mercury) in therapeutics of Unani Medicine with its safety assessment” in Ayush Samriddhi International Webinar, organized by Independent Research Ethics Society and ZANDU on 1st November 2021.

16. Dr Hamiduddin delivered a lecture in CME on the Prospects of New Dosage form in Unani Medicine on 11th August 2021 organized by the World Unani Foundation (WUF) and Jamia Hamdard.
17. Dr Hamiduddin delivered a lecture for Unani Medical officers on topic 'Immunomodulatory drugs in Unani System of medicine' organized by the Health and Family welfare training center Govt. of Maharashtra on 31st January 2022 to 2nd February 2022.
18. Dr Hamiduddin delivered a lecture as a resource person on the topic 'Update on GMP for ASU drug' in Ayush Samriddhi International Webinar on “Importance of Good Manufacturing Practices” organized by Independent Research Ethics Society and ZANDU on 11th January 2022.
19. Prof. Abdul Nasir Ansari delivered a lecture on “Intervention of Ilaj bit Tadbeer in Neurorehabilitation” in a one-day seminar organized by UDMA and Markaz Unani Medical College, Kerala on 27th February 2022.
20. Prof. Abdul Nasir Ansari delivered a webinar lecture on the topic “Ilaj bit Tadbeer and Neurological Disorders” on 21st February 2022 in a national webinar organized by Haziq wellness and Training Centre, Saharanpur, U.P.
21. Dr Wasim Ahmad delivered a lecture on “Research Innovation & Ranking” by Govt. Unani Medical College & Hospital, Bengaluru on 9th August 2021.
22. Dr Wasim Ahmad delivered a lecture on Fundamental aspects of Unani Medicine on the topic “Hypertension in the viewpoint of Unani System of medicine” at the National Research Institute of Unani medicine for Skin Disorders, Hyderabad on 31st January 2022.
23. Dr Wasim Ahmad delivered a lecture in virtual National Seminar on the topic “Akhlāt ki Tafheem aur Uski 'Asri Ma'nviyyat” at PG Department of Kulliyat Govt. Tibbi College & Hospital, Patna, Bihar on



11th & 12th February 2022.

24. Dr Malik Itrat presented a paper entitled “In-vitro and In-situ Evaluation of Polyherbal Unani Formulation's Extract and Fumigation against Air-borne Microbes” at the 2nd Annual National Conference of Epidemiology Foundation of India held on 29th-30th October 2021, Organized by Community Medicine & Family Medicine and School of Public Health, AIIMS Jodhpur, Rajasthan.

Training Programs/Webinars/Seminars Organized by NIUM, Bengaluru

- Regulatory Training Program for Ayush Drug regulators, Industry personnel, and other stakeholders organized by the Ministry of Ayush at the NIUM, Bengaluru (South zone) on 6th and 7th January 2022.
- A Two-Months Certificate Course for Cupping Therapy Assistants from 1st February - 31st March 2022, organized by the Dept. of Ilaj bit Tadbeer, NIUM, Bengaluru under the Central Sector Scheme for Skill Development under the Champion Sector Scheme for Medical Value Travel Launched by the Ayush Development Section, Ministry of Ayush, Govt. of India.
- A National webinar on Falsafae Akhlat ba lihaze halaate Badan on 19th February 2022 organized by the Dept. of Kuliyat NIUM, Bengaluru.
- Dept. of Ilmul Qabalat wa Amraze Niswan and the Dept. of Mahiyatul Amraz NIUM, Bengaluru organized a women awareness week and Anemia Camp on 28th March 2022.
- Dept. of Ilmul Qabalat wa Amraze Niswan organized an awareness program on World Health Day 7th April 2021.
- A One-day National Webinar was organized by the Dept. of Ilmul Jarahat on 23rd March 2022 with the theme of “Ilmul Jarahat Updates 2022”.
- Dept. of Tahaffuzi wa Samaji Tib organized an Essay and Poster competition on World Diabetes Day - 2021.
- A one-day “Hands-on Training program on Causality Assessment and ADR reporting” for the



Coordinators, Program Assistants, and Program Associates of Pharmacovigilance Program for Unani Drugs was organized by Intermediary Pharmacovigilance Centre for Unani Drugs, NIUM, Bengaluru on 19th February 2022. The program was sponsored by the Ministry of Ayush Govt. of India.

- In commemoration of 75th India's Independence Celebration, an Awareness Program on Pharmacovigilance of ASU & H Drugs for postgraduate students on 8th September and 13th October 2021 was conducted by the IPvC, NIUM, Bengaluru.
- On World Patient Safety Day, WHO urges all stakeholders to "Act now for safe and respectful childbirth" with the theme "Safe maternal and newborn care". To join the global campaign, the Intermediary Pharmacovigilance Centre for Unani Drugs the NIUM, Bengaluru organized an awareness program on Pharmacovigilance of ASU & H Drugs on 15th September 2021.

Awards Received by the Faculty and Staff Members of the Institute

The National Institute of Unani Medicine was established in 1984 as an autonomous body, but the academic and research activities started only in the year 2004. Since then, the NIUM has notched up remarkable successes and achievements in various spheres of research and academic activities. The faculty has been successful in producing quality research and well-groomed postgraduate doctors. While the research articles continue to be published in peer-reviewed journals of national and international repute, the alumni are recognized for their academic excellence and sheer hard work as employees at various teaching and research Institutes in the country. Recognizing the work in the field of Unani Medicine, the following faculty members were conferred with the following awards on national and international platforms:

1. Prof. Wajeeha Begum was awarded and Honored as an Eminent teacher in the field of health sciences (Unani faculty) on 6th September 2021 at Dhanvanthri Hall of RGUHS, Bengaluru Karnataka.
2. Prof. Ismath Shameem, received Bharat Shiksha Gaurav Puruskar Award from KTK foundation for outstanding achievements and remarkable contributions in the field of education in virtual award



ceremony on 29th August 2021 at New Delhi, India.

3. Dr. Rabia Malik, Program Associate Intermediary Pharmacovigilance Centre, NIUM Bengaluru, has received a certificate of appreciation in recognition of her contributions, dedication, time, and services in operating the Pharmacovigilance program for ASU & H Drugs during 2021-22 from All India Institute of Ayurveda, National Pharmacovigilance Coordination Centre, New Delhi.

Other Activities

Observation of Hindi Pakhwada (14th -29th September 2022)

Hindi Diwas commemorates the adoption of Hindi as an official language of India. The day is observed annually on September 14. On this day in 1949, Hindi, written in Devanagari script, was adopted as the official language of India by the Constituent Assembly of India. The Hindi Diwas was established due to the efforts of several stalwarts who rallied and lobbied in favour of Hindi across India. The most notable among them was Beohar Rajendra Simha. He, along with other pro-Hindi speakers including Hazari Prasad Dwivedi, Kaka Kalelkar, Maithili Sharan Gupta, and Seth Govind Das, even debated in Parliament on the issue. The Institute celebrated Hindi Diwas on 14th September 2022.

Constitution Day Celebration

In this reporting year constitution day or Samvidhan Divas was celebrated on 26th November 2021 at NIUM, Bengaluru. The significance of this day is, that on this day in the year 1949, the Constituent Assembly of India adopted the Constitution of India.

Unani Day Celebration

National Unani Day is observed on 11th February every year to mark the birth anniversary of "Hakim Ajmal Khan", an eminent Indian Unani physician. The main objective is to spread awareness among the masses and action about healthcare delivery through the Unani system of medicine. This day was organized in the NIUM, as it has been every year since 2017, on 11th February 2022. On this occasion, various academic, cultural, and



sporting events took place. The celebration was started a week before Unani Day.

Vigilance Awareness Week

Vigilance Awareness Week was organized by NIUM Bengaluru from 26th October 2021 to 1st November 2021. The Observance of VAW 2021 began with the Integrity pledge by all the NIUM staff on 26th October 2021 at 11 am. The theme of VAW 2021 was “Independent India @ 75: Self-Reliance with Integrity”. On this occasion workshops, sensitization programs, orientation programs and awareness programs also organized for Employees, PG scholars and for public visiting to NIUM hospital.



Hospital Related Activities

Hospitals play a vital role in the health care system. Hospitals are healthcare institutions that have an organized medical and other qualified staff to deliver medical, nursing, radiology, laboratory, and related services every day and all the time. NIUM Hospitals offer a variable range of treatments for various chronic illnesses, using Unani treatment modalities like Ilaj Bil Dawa, Ilaj Bit Tadbeer, Ilaj Bil Ghiza, and Ilaj Bil Yad, on the basis of OPD and IPD. Apart from that, from time to time, NIUM hospital also organizes various awareness campaigns and free medical camps on the occasions of national and international days related to health care. During this reporting year following programs are organized by Hospital.

Poshan Maah

The Department of Tahaffuzi wa Samaaji Tib and The Department of Ilmul Qabalat wa Amraze Niswan organized by the awareness programs on Rashtriya Poshan Maah from 8th September 2021 to 15th September 2021. All the faculty members, P.G. Scholars, and other supporting staff participated in this program. The department of TST conducted special programs in the hospital reception area for awareness among patients attending NIUM hospital OPD.

The following are the highlights of the program:

- Patients and their family members were informed about the benefits of following the month wise dietary regimen, day-to-day activities, and medicinal regimen according to Unani medicine.
- Campaigning was also done to bring awareness about the various do's and don'ts regarding diet and lifestyle during the antenatal period.
- Regular exercise, especially during the antenatal and postnatal periods, was advised.
- Awareness regarding Unani medicines that enhance milk production in the lactating mother was also explained to the postnatal mother and caretakers.
- Awareness of the Unani system of medicine beneficial for the growth and development of children was provided to the public attending NIUM.

The Department of Ilmul Qabalat wa Amraze Niswan conducted following programs in the NIUM hospital OPD.

- Nutrition during pregnancy and lactation on 8th September 2021



- Antenatal care and its importance on 9th September 2021.
- Anemia in pregnancy and its management on 13th September 2021.
- Nutrition in pregnancy on 15th September 2021.

School Health Camps / Programs

During the reporting period, the Department of Tahaffuzi wa Samaji Tib organized school health appraisal camps, in which children were examined regularly for health check-up. Faculty and PG scholars of TST Dept. were deputed for these camps. Awareness about balanced diet among boys and girls of Primary, Middle and High school was also done. The same group of children were made aware of hand washing, sanitization and cleanliness.

Programs Under Swachh Bharat Abhiyan

In this reporting year, NIUM observed Swachhta Abhiyan, all the departments of the institute actively participated in the program, following tasks had been successfully completed:

- All the staff members of NIUM took the pledge on the Swachhta Pakhwada. Banners were displayed at the hospital entrance, OPD Block, and the Library Seminar Hall.
 - All the corridors of the hospital were cleaned. The observance of Swachhta in various departments such as OPD, Dispensary, Diagnostic Unit, and Physiotherapy Unit was done successfully.
 - Medical records in the department and in the hospital were segregated into separate racks. Labelling of the racks as per the disposal records was done.
 - Disposal of unwanted records and cleaning was undertaken in the administrative area and from all the departments. All the unwanted records were removed from the area and handed over to the concerned person.
- Apart from the above, the institute is getting fumigation, pest control, etc. to get rid of insects, flies, cockroaches, mosquitoes, reptiles, etc.

Pulse Polio Program

Eradication of Polio was started with the Global initiative of eradication of polio in India in 1988 following World Health Assembly resolution in 1988. Pulse Polio immunization program was launched in India in 1995 with the initiatives of Govt. of India. To endorse the Govt. of India orders, NIUM organized Pulse Polio immunization drive on 21st February 2022 at National Institute of Unani Medicine. On this occasion, a polio



booth was conducted inside the campus and door to door immunization campaign was also done. Doctors, P.G. Scholars, paramedical staff, and other supporting staff were deputed to reach the maximum number of children for immunization so that the Govt. of India dream of Polio Free India can be fulfilled.

Observance of Azadi ka Amrit Mohotsav by NIUM

In this reporting year, the NIUM has observed "Azadi Ka Amrit Mohotsav" by distributing free Ayush prophylactic medicine and guidelines on diet and lifestyle, with a special focus on geriatrics, to commemorate the 75th year of independence. The program was started on 31st August 2021, by Prof. Abdul Wadud, Director NIUM. This program was also graced by Dr. Sayeeda Yasmeen, Deputy Director of Ayush, Karnataka, as a chief guest, and Prof. Manjula Parasad, Principal of GUMCH, Bengaluru, Karnataka, as a guest of honor on 2nd September 2021. Dr. Arshiya Sultana was appointed a nodal officer for the awareness program for celebrating Azadi ka Amrut Mahotsava from 5th September 2021, to 15th August 2022. There were many camps organized in localities: Kachohalli, Chandra Layout, Gauripallya, Padarayanapura, Sunkadakatte, Banshankari, Vijaynagar, etc., of Bengaluru.



Observation of International Health days during the Reporting Period

National Institute of Unani Medicine promotes various extra-curricular activities which gives direct or indirect benefit to the patients as well as for the development of students, teachers and other staff.

Major highlights of such activities during the reporting period are as follows:

· World Health Day	07th April 2021
· National Safe Motherhood Day	11th April 2021
· Anti-Tobacco Day	31st May 2021
· World Environment Day	5th June 2021
· World Nutrition Week	1-7th September 2021
· World Arthritis Day	12th October 2021
· World Malaria Day	20th September 2021
· World Cardiovascular /Heart Day	29th September 2021
· World Mental Health Day	10th October 2021
· World Immunization Day	10th October 2021
· World Diabetes Day	14th November 2021
· World HIV/AIDS Day	1st December 2021

The detail of some of the above are as follows:

WORLD HEALTH DAY CELEBRATION 2021

World health day was celebrated at NIUM on dated 7th April 2021 under the caption of “Building a fairer and healthier world for everyone” focusing on the challenges of COVID-19. On this occasion, an awareness program had also been organized in the NIUM hospital seminar hall for staffs, PG scholars, and patients, in view pandemics of COVID-19 all the Govt. guidelines had been followed.

The proceedings of the program were as follow.

- Prof. Arish Mohd Khan Sherwani, HoD, TST, initiated the program with brief introduction focusing on importance of health.



- Dr. Mohd. Aazam, Clinical Registrar, focused on hand washing techniques and demonstrated for the same. He also highlighted some immunity boosting Unani medicine as preventive measures against COVID-19.
- Dr. Malik Itrat, lecturer, Dept of TST delivered his point of view on prevention of health and how to maintain healthy life during COVID-19 pandemic situation?
- On closing of the program Prof. Saiyad Shah Alam concluded the session focusing on importance of use of personal protective equipment like mask, importance of social distancing, and Vaccination.

The participants of this program were hospital staff, PG scholars and patients who visited to NIUM hospital.

Observation of Anti-Tobacco Day

In this reporting year, TST Dept. NIUM, Bengaluru organized a campaign on Anti-Tobacco Day, 31st May 2021 and tried to educate people by revealing the harmful effects of tobacco. On this occasion, lectures were delivered by the faculty members with the presentation of data on the mortality rate and cancer rate caused by the consumption of tobacco, both active and passive, all over the world and within India itself.

Observation of World Population Day and Heart Day

The goal of World Population Day is to raise public awareness of various population issues such as the importance of family planning, gender equality, poverty, maternal health, and human rights. Therefore, the Department of Tahaffuzi wa Samaji Tib celebrated World Population Day on 11th July 2021 in the Institute. In addition, on 29th September 2021, the institute celebrated World Heart Day. NIUM doctors delivered valuable lectures to the general public regarding dos and don'ts for a healthy heart, like quitting smoking, getting exercise, and starting to eat healthy.

Observation of World Mental Health Day

Depression and anxiety are common mental disorders that have an impact on our ability to work. Employers who encourage colleagues who may be struggling with mental disorders see gains not only in the health of their employees but also in their productivity at work. Therefore, to decrease the gap between employees and employers, the National Institute of Unani Medicine organized World Mental Health Day on 10th October



2021 in the institute under the department of Preventive and Social Medicine. Various valuable lectures were delivered by the teachers on this occasion. Awareness about various stress-buster techniques was also given to the audience.

Observation of World Arthritis Day

The theme of World Arthritis Day (WAD) in 2021 is “Don't delay, connect today: time to work” to make people aware of rheumatic, musculoskeletal, and other degenerative diseases directly or indirectly related to musculoskeletal diseases. Therefore, to make the public aware of arthritis, the National Institute of Unani Medicine, with the assistance of the department of Tahaffuzi wa Samaji Tib, organized World Arthritis Day on 12th October 2021. In this program, faculty members made the public aware of the prevention of musculoskeletal diseases, especially arthritis.

Observation of World HIV/AIDS Day

On World AIDS Day 2021, WHO is calling on global leaders and citizens to rally for "global solidarity" to overcome the challenges posed by COVID-19 on the HIV response. WHO has chosen to focus on "global solidarity and resilient HIV services" as the WHO theme for World AIDS Day this year. On this occasion, the Dept of TST, NIUM, Bangalore also participated in the same on 1st December 2021 program organized by the same following all the COVID protocol.

Observation of World Breast Feeding Week

Breastfeeding is an ideal way for a mother and baby to bond. In addition to that, there are other advantages to both. For the baby, it provides balanced nutrition, immunity and reduces infection risks. It is easily digested and absorbed, reducing the chances of allergies and promoting mental abilities and cognitive faculty. In a mother, it helps with uterine contractions and restores the body to its prenatal condition. It provides natural contraception, reduces the risk of breast cancer and ovarian cancer, and is also effective in helping mothers lose weight. The Department of Ilmul Qabalat wa Amraze Niswan organized and observed World Breast Feeding Week from 1st -7th August 2021 at the Institute Hospital, public health awareness program was given



& pamphlets was distributed among the patients. The staff and students actively participate in this program.

Ovarian Cancer Awareness Program

The Department of Ilmul Qabalat wa Amraze Niswan has observed Ovarian cancer awareness month & breast cancer awareness month from 15th September to 31st October 2021. Public health awareness program was conducted & pamphlets was distributed among the patients and free USG Pelvis and Breast was done for 10% of the patients attending the gynecology OPD. The staff and students actively participated in this program.

Observation of Breast Cancer Awareness month

The Department of Ilmul Qabalat wa Amraze Niswan, in collaboration with the hospital staff and PG scholars, observed breast cancer awareness month from 1st October to 31st October 2021. Banners and charts showing the importance of breast cancer awareness were depicted in covering different areas of the institute's hospital to bring awareness to the general public in the local languages of Kannada, English, and Urdu. On this occasion, pamphlets were distributed among patients and attenders. During the program, the COVID protocol was also followed. The program successfully ended on 31st October 2021.

Observation of Cervical Cancer Awareness month

Cervical cancer is the 2nd most common cancer and the 5th most deadly cancer in women. It affects 16 lakh women per year and kills 9 lakh per year. Cervical cancer is the greatest risk factor for HPV infection. Other risk factors include HIV, chlamydial infection, skin related disorders, dietary factors, hormonal contraception, multiple pregnancies, exposure to DES, familial, early marriage, early use of OC pills. A Pap smear is an important screening test for the detection of cervical cancer. January 2022 was observed as Cervical Cancer Awareness and Screening Month by the Department of Ilmul Qabalat wa Amraze Niswan NIUM. An awareness and campaign for cervical cancer was conducted for OPD and IPD patients daily in different languages. Door-to-door campaign in nearby residential areas such as Karnataka layout, Kottigepalya, Peenya, Nayednahalli, Kareemsab layout, Leggare, and Heganahalli, among others. Detailed, informative pamphlets in Kannada, English, and Urdu regarding cervical cancer and the importance of Pap



smear were distributed among them. The significance of using Unani herbal antioxidants, immunomodulators, taking a daily bath, and maintaining cleanliness were also discussed. A Pap smear facility was also provided free of cost to some patients. All doubtful patients were referred to higher centers for further treatment.





CAMPS ORGANIZED BY HOSPITAL

S. N.	Date	Camp venue	Type of camp	Total no. of patients
01	29.04.2021	Free medicine distribution camp at Tree by Provident, Syndicate bank layout, Herohalli, Bengaluru	Distribution of <i>Arq-e-Ajeeb</i> and <i>Joshanda Nazla Wabayi</i>	205
02	07.05.2021	Free Medical Camp at Kottigepalya	Distribution of <i>Arq-e-Ajeeb</i> and <i>Joshanda Nazla Wabayi</i>	432
03	22.05.2021	Free Medical Camp at Madina Masjid	Distribution of <i>Arq-e-Ajeeb</i> and <i>Joshanda Nazla Wabayi</i>	134
04	26.04.2021- 26.06.2021	Free medicine distribution of <i>Arq-e-Ajeeb</i> and <i>Joshanda Nazla Wabayi</i> for prevention of COVID -19 at National Institute of Unani Medicine, Bengaluru	Distribution of <i>Arq-e-Ajeeb</i> and <i>Joshanda Nazla Wabayi</i>	13689
05	23.10.2021	Near Govt. Urdu school, Kachohalli village, Magadi main road, Bengaluru, Karnataka	Free Unani medical camp	125
06	26.02.2022	Al-Hilal English School, Hindupur, Andhra Pradesh	Free Unani medical camp	242
07	05.03.2022	Near HMS Unani medical college, Tumkur, Karnataka	Free Unani medical camp	317
08	09.03.2022	Islamic Baitul Mall, Shivaji Nagar, Bengaluru, Karnataka	Free Unani medical camp	67
09	26.03.2022	Meraj English School #4, 8 th cross, Someshwarnagar (Tank Garden), Bengaluru, Karnataka	Free Unani medical camp	625



FUTURE PLANNING

- A. To get Deemed to be University Status for the Institute.
- B. To start PhD program in other disciplines of Unani Medicine.
- C. To get NAAC accreditation.
- D. To start a certificate course in Hijama.
- E. To start a certificate course in Unani Medicine for allied health professionals.
- F. To start a certificate course for foreigners and a certificate course in Ilaj Bit Tadbeer.

CONCLUSION

Under the guidance of the Ministry of Ayush, Govt. of India, the Institute aims to be a model for Postgraduate, Ph.D. teaching, patient care, and research in the Unani System of Medicine.



Hospital Statistics: (1st April 2021 to 31st Mar 2022)

OUTPATIENT DEPARTMENT

S. N.	Months	Male	Female	Children	Total
1.	April 2021	2566	2872	230	5668
2.	May 2021	2724	1997	164	4885
3.	June 2021	2277	2581	197	5055
4.	July 2021	2656	3352	314	6322
5.	August 2021	3185	3876	405	7466
6.	September 2021	3332	3882	405	7619
7.	October 2021	3164	3618	381	7163
8.	November 2021	3109	3519	431	7059
9.	December 2021	3571	3920	412	7903
10.	January 2022	3180	3351	438	6969
11.	February 2022	2898	3229	388	6515
12.	March 2022	3455	4155	492	8102
Grand Total		80726			



BPL, SC/ST/Sr. CITIZEN OUTPATIENTS

S. N.	Months	Below Poverty Line	SC/ST	PD/PH	Sr. Citizen	Total
1.	April 2021	1250	02	01	226	1479
2.	May 2021	1040	01	03	146	1190
3.	June 2021	1538	02	06	245	1791
4.	July 2021	1364	13	03	249	1629
5.	August 2021	1533	261	08	06	1808
6.	September 2021	1555	283	09	12	1859
7.	October 2021	1359	10	04	264	1637
8.	November 2021	1256	04	11	262	1533
9.	December 2021	1396	06	06	298	1706
10.	January 2022	1210	19	16	283	1528
11.	February 2022	1079	13	17	292	1401
12.	March 2022	1611	17	08	360	1996



OPD Census (Department wise)

S. No	Name of the Department	Apr 2021	May 2021	June 2021	July 2021	Aug 2021	Sep 2021	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	Mar 2022	Dept. Total
1.	Moalajat + IBT	4176	1917	2704	4464	4779	5353	5137	4620	5778	4880	4608	5653	54069
2.	Amraze Jild wa Tazeeniyat	703	357	725	996	980	1023	794	924	1066	1000	933	1169	10670
3.	Jararhat & Ain, Uzn, Anaf wa Halaq	730	352	531	732	795	909	881	999	1294	1041	980	1155	10399
4.	Qabalat wa Amraze Niswan	651	219	764	855	964	1084	1064	826	975	1311	1231	1503	11447
5.	Amraze Atfal	62	177	48	60	135	247	118	129	122	115	99	96	1408
6.	TST	229	168	255	311	282	327	290	360	291	246	212	265	3236
	Month Total	6551	3190	5027	7418	7935	8943	8284	7858	9526	8593	8063	9841	91229



IPD Census

I) As per bed occupancy (Total bed occupied)

S. N.	Name of the Department	Apr 2021	May 2021	June 2021	July 2021	Aug 2021	Sep 2021	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	Mar 2022	Dept. Total
1.	Moalajat + IBT + Amraze Jild + Daycare	526	-	-	301	938	1012	1120	1158	978	757	608	1569	8967
2.	Jarahat & Ain Uzn, Anaf, Halaq	340	-	08	276	411	402	499	427	464	306	261	610	4004
3.	Qabalat wa Amraze Niswan	30	07	60	51	49	50	55	52	87	33	80	215	769
4.	Amraze Atfal	19	-	-	-	-	02	41	35	-	-	-	43	140
	Month Total	915	07	68	628	1398	1466	1715	1672	1529	1096	949	2437	13880

II) New Admissions

S. No	Name of the Department	Apr 2021	May 2021	June 2021	July 2021	Aug 2021	Sep 2021	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	Mar 2022	Total
1.	Moalajat + IBT + Amraze Jild	10	-	-	20	49	35	31	33	39	16	30	90	353
2	Jarahat & Ain-Uzn-Anf-Halaq wa Asnan	11	-	04	35	36	50	47	43	35	27	25	52	365
3	Amraz Niswan wa Qabalat	14	07	19	10	23	14	18	14	16	13	19	35	202
4	Amraze Atfal	00	-	-		01	03	01	01	-	-	01	05	12
	Month Total	35	07	23	65	109	102	97	91	90	56	75	182	932



Diagnostic Facilities

Laboratory Census

S. N.	Name of the Tests	Apr 2021	May 2021	June 2021	July 2021	Aug 2021	Sep 2021	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	Mar 2022	Total
1	Biochemical	1475	528	974	3035	3424	3677	3353	2952	2799	1654	1866	2915	28652
2	Serological	269	103	166	395	407	465	405	370	356	328	416	471	4151
3	Hematological	1444	507	1020	2149	2623	2785	2458	2175	2024	1483	1621	2170	22459
4	Microbiology (Urine / Stool)	614	219	511	1121	1211	1216	1328	1065	1206	847	1046	2118	12502
5	Cytopathology	-	04	41	48	30	47	35	50	50	50	20	43	418
6	Semen Analysis	-	01	04	09	04	08	19	07	09	08	09	07	85
7	FNAC	-	-	02	-	-	-	01	-	-	02	03	00	08
Month Total		3802	1362	2718	6757	7699	8198	7599	6619	6444	4372	4981	7724	68275



X-RAY Unit and USG Census

S. N.	Name of the Tests	Apr 2021	May 2021	June 021	July 2021	Aug 2021	Sep 2021	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	Mar 2022	Total
1	X-rays	86	33	100	150	205	189	151	134	152	120	165	175	1660
2	USG	203	111	205	254	256	230	210	199	195	175	192	268	2498
Total		289	144	305	404	461	419	361	333	347	295	357	443	4158

LAB (Non-invasive Procedures) Census

S. N.	Name of the Tests	Apr 2021	May 2021	Jun 2021	July 2021	Aug 2021	Sep 2021	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	Mar 2022	Total
1	ECG	63	23	57	132	209	173	180	205	167	80	118	131	1538
2	2D ECHO	06	04	08	09	23	24	20	17	23	10	11	12	167
3	VPT	-	-	04	-	-	-	-	02	01	03	04	02	16
4	TMT	01	-	03	-	-	-	-	-	-	-	-	-	04
5	HOLTER	-	-	-	-	-	01	-	-	-	-	-	-	01
Total		70	27	72	141	232	198	200	224	191	93	133	145	1726



Other Censuses

S. N.	Name of the Department	Apr 2021	May 2021	June 2021	July 2021	Aug 2021	Sep 2021	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	Mar 2022	Total
1.	Physiotherapy Unit	687	-	47	455	834	1099	964	1137	1112	897	766	1640	9638
2.	Regimenal Therapy Unit	628	-	-	357	1804	1753	1842	2368	2513	1611	1370	3184	17430
3	Surgical procedure	13	-	03	38	39	41	41	46	34	33	35	57	380
4	Dressing	135	65	45	196	239	191	203	258	234	174	166	262	2168
5	Maternity Unit	181	73	163	148	337	179	156	159	95	133	135	166	1925



**SEPARATE AUDIT REPORT ON THE ACCOUNTS OF NATIONAL INSTITUTE OF UNANI
MEDICINE, BENGALURU FOR THE YEAR ENDED 31ST MARCH 2022**

1. We have audited the attached Balance Sheet of National Institute of Unani Medicine (NIUM), Bengaluru as at 31 March 2022 and the Income & Expenditure Account / Receipts & Payment Account for the year ended on that date under Section 20(1) of the Comptroller and Auditor General's Duties, Powers and Conditions of Service Act, 1971. These financial statements are the responsibility of the Institute's management. Our responsibility is to express an opinion on these financial statements based on our audit.
2. This Separate Audit Report contains the comments of the Comptroller and Auditor General of India (CAG) on the accounting treatment only with regard to classification, conformity with the best accounting practices, accounting standards and disclosure norms, etc. Audit observations on financial transactions with regard to compliance with the Law, Rules and Regulations (Propriety and Regularity) and efficiency-cum-performance aspects etc., if any, are reported through Inspection Reports / CAG's Audit Reports separately.
3. We have conducted our audit in accordance with auditing standards generally accepted in India. These standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material mis-statements. An audit includes examining on a test basis, evidences supporting the amounts and disclosure in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall presentation of financial statements. We believe that our audit provides a reasonable basis for our opinion.
4. Based on our audit, we report that:
 - i) We have obtained all the information and explanations, which to the best of our knowledge and belief were necessary for the purpose of our audit.
 - ii) The Balance Sheet and Income & Expenditure Account/Receipt & Payment Account dealt with by this report have been drawn up in the format prescribed by the Government of India, Ministry of Ayush.
 - iii) In our opinion, proper books of accounts and other relevant records have been maintained by the Institute in so far as it appears from our examination of such books.



iv) We further report that:

A. FINANCIAL POSITION/GRANTS-IN-AID:

The Financial position of NIUM for the year 2021-22 is as detailed below:

(Amount in Rupees)

S. N.	Details	Grants brought forward	Grants Received during the year	Total	Grants utilized	Balance
Received from Govt of India (Under Plan Scheme)						
1	Grants in aid General	Nil	17,35,00,000	17,35,00,000	17,35,00,000	Nil
2	Grants in aid Capital	Nil	150,00,00,000	150,00,00,000	150,00,00,000	Nil
3	Grants in aid Salaries	Nil	15,87,00,000	15,87,00,000	15,87,00,000	Nil
Under Different Schemes						
4	Grants for Pharmacovigilance Unit (GOI)	8,92,988	8,10,000	17,02,988	12,09,610	4,93,378
5	Grants for development of Digital infrastructure at this institute (GOI)	30,00,000	45,50,000	75,50,000	68,38,078	7,11,922
6	Grants under CSSS- Cupping Therapy program (GOI)	Nil	6,95,000	6,95,000	6,23,000	72,000
7	Grants for Drug regulatory training program (GOI)	Nil	4,49,708	4,49,708	4,49,708	Nil
8	Grants for Short film production (GOI)	Nil	9,62,772	9,62,772	9,62,772	Nil
9	Grants under CSSS - Azadi ka Amrith Mahotsav (GOI)	Nil	2,16,28,600	2,16,28,600	36,38,841	1,79,89,759
10	Grants received for EMR (RGUHS, Karnataka)	Nil	1,65,000	1,65,000	47,330	1,17,670



B. COMMENTS ON ACCOUNTS: --NIL--

C. REVISION OF ACCOUNTS

The NIUM revised the accounts based on audit observations and resubmitted the revised accounts on 19.09.2022. The effect of revision is as follows.

(a) The "Capital Fund & Liabilities" and "Assets" increased by Rs.14,04,759 from Rs.390,59,11,520.58 to Rs.390,73,16,279.58.

(b) Income increased by Rs. 51,79,356 from Rs.43,10,60,880.00 to Rs.43,62,40,236.00.

(c) Expenditure decreased by Rs.5,44,887 from Rs.36,19,18,246.85 to Rs.36,13,73,359.85.

v) Subject to our observation in the preceding paragraphs we report that the Balance Sheet and Income & Expenditure Account/Receipt & Payment Account dealt with by this Report are in agreement with the books of accounts.

vi) In our opinion and to the best of our information and according to the explanations given to us, the said financial statements read with the Accounting Policies and Notes on Accounts and subject to the matters mentioned in Annexure to this Audit Report, give a true and fair view in conformity with accounting principles generally accepted in India.

(a) In so far as it relates to the Balance Sheet, of the state of affairs of the National Institute of Unani Medicine, Bengaluru as at 31 March 2022; and

(b) In so far as it relates to Income & Expenditure Account of the surplus for the year ended on that date.

For and on behalf of the C & AG of India

Sd/-

**PRINCIPAL DIRECTOR OF AUDIT (CENTRAL)
BENGALURU**



ANNEXURE

1. Adequacy of Internal Audit System:

Internal Audit is an independent appraisal of activity for the review of the accounting, financial and other operations of an organisation as a service to management. The internal audit helps to provide managerial control and is designed to add value to and improve the quality of the organisation's entire operations. The unit is expected to provide for a complete and continuous audit of the accounts and records of revenue and expenditure, assets, allocated and unallocated stores. Therefore, the internal audit should be conducted every year.

It was observed that the last internal audit of the Institute was conducted in April 2018 for the period 2017-18 by Central Internal Audit Party, Ministry of Health and Family Welfare, Bengaluru.

2. Adequacy of Internal Control System:

The Institute has not made an attempt to establish Internal Audit Mechanism of the Institute.

3. System of Physical Verification of Fixed Assets and Inventories:

Physical Verification of Fixed Assets has been conducted during the financial year 2021-22, however action is yet to be taken on the material deficiency noticed during the physical verification. Committees were formed for physical verification of inventories. However, the certificate does not list out missing and damaged items.

The Institute does not maintain proper accounts of civil work completed, under tendering and work in progress in respect of all deposit works, even though CPWD furnishes the progress of works undertaken by them in form-65 from time to time, the same is not reconciled with the records of the Institute. Thereby, the Institute does not have proper information regarding no. of buildings/ maintenance works completed or WIP as on a particular date.

4. Regularity in payment of statutory dues:

As per Accounts no statutory dues of more than six months were outstanding as on 31.03.2022.

Sd/-

PRINCIPAL DIRECTOR OF AUDIT (CENTRAL)
BENGALURU



NATIONAL INSTITUTE OF UNANI MEDICINE, BENGALURU-560 091

BALANCE SHEET AS AT 31.03.2022

S.No.	Particulars	Schedule	Current Year	Previous Year
			(Rs)	(Rs)
A.	<u>CAPITAL FUND AND LIABILITIES:</u>			
	a. Capital Fund	1	3840772491.58	2353189301.43
	b. Reserves & Surplus	2		
	c. Earmarked / Endowment Funds	3		
	d. Secured Loans and Borrowings	4		
	e. Unsecured Loans and Borrowings	5		
	f. Deferred Credit Liabilities	6		
	g. Current Liabilities and Provisions	7	66543788.00	26638830.00
	TOTAL		3907316279.58	2379828131.43
B.	<u>ASSETS:</u>			
	a. Fixed Assets	8	503564518.00	472862948.00
	Work in progress	8	135755593.00	56583273.00
	b. Investments - from Earmarked / Endowment Funds	9		
	c. Investments - Others	10		
	d. Current Assets, Loans, Advances etc.	11	3267996168.58	1850381910.43
	Miscellaneous Expenditure (to the extent not w/o or adjusted)			
	TOTAL		3907316279.58	2379828131.43
	SIGNIFICANT ACCOUNTING POLICIES	24		
	NOTES ON ACCOUNTS	25		

CERTIFIED THAT:

1. The Balance Sheet has been prepared in accordance with the instructions issued by the Govt of India.
2. The Balance Sheet represent the true and fair picture of the financial position of the Institute as on 31.03.2022
3. The Cash in hand mentioned in the Balance Sheet has been physically verified and found correct.
4. The Balance with the Bank has been got certified by the Bank and the certificate is kept on record and balance as per Cash Book and the Bank Statement has been reconciled and the Bank Reconciliation Statement is enclosed/incorporated below.
5. The value of Assets as shown in the Balance Sheet tallies with the total of Assets Register.

Sd/-
(Suresha)
Account Officer

Sd/-
(Prof. Abdul Wadud)
Director



NATIONAL INSTITUTE OF UNANI MEDICINE, BENGALURU-560 091
INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD/YEAR ENDED 31.03.2022

S.N.	PARTICULARS	Schedule	Current Year (Rs)	Previous Year (Rs)
	INCOME			
1	Income from Sales / Services	12	3181875.00	1350105.00
2	Grants/Subsidies	13	410941558.00	345820000.00
3	Fees & Subscriptions	14	15286877.00	15943889.00
4	Income from Investments	15	0.00	0.00
5	Income from Royalty, Publications etc.,	16	0.00	0.00
6	Interest Earned	17	5349310.00	1467116.00
7	Other Income	18	1480616.00	895109.00
	SUB-TOTAL(A)		436240236.00	365476219.00
	EXPENDITURE			
1	Stock of finished goods & work in progress	19	7593110.72	4619090.29
2	Establishment expenditure	20	281706124.00	263394901.00
3	Other Administrative Expenses	21	52759578.13	58082024.28
4	Expenditure on Grants, Subsidies Etc.	22	0.00	
5	Interest	23	1439974.00	2453764.00
6	Depreciation for the current year	8	17874573.00	15873286.00
	SUB-TOTAL(B)		361373359.85	344423065.57
	Balance being excess of Income over Expenditure (A-B)		74866876.15	21053153.43
	Prior period adjustments		9590735.00	31821.00
	Transfer to Special Reserve (Specify each)			
	Transfer to / from General Reserve			
	BALANCE BEING SURPLUS CARRIED TO CORPUS/CAPITAL FUND		65276141.15	21021332.43

Sd/-
(Suresha)
Account Officer

Sd/-
(Prof. Abdul Wadud)
Director



NATIONAL INSTITUTE OF UNANI MEDICINE, BENGALURU:560 091

RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD / YEAR ENDED 31.03.2022

S. N.	RECEIPTS	Sch	Current Year (Rs)	Previous Year (Rs)	Sl. No.	PAYMENTS	Sch	Current Year (Rs)	Previous Year (Rs)
1	OPENING BALANCE AS ON 01.04.2021				1	ESTABLISHMENT EXPENSES:	20	268878469.00	274914166.00
	i. CASH IN HAND	11	122610.00	-					
	ii. CASH AT BANK	11	38218569.72	22335754.00	2	ADMINISTRATIVE EXPENSES			
	iii. IMPREST.	11	50000.00	30000.00		a) RECURRING EXPENDITURES:	19,21	55190811.44	69114314.28
						b) Expenditure on Fixed Assets & Capital Work in progress			
2	GRANTS IN AID RECEIVED FROM MINISTRY								
	i. Govt of India - (NIUM Bangalore)	13	410131558.00	372500000.00		- Purchase of Fixed Assets	8	24107328.00	13393953.00
	ii. Govt of India - (NIUM Ghaziabad branch)	1	1422068442.00	1365000000.00		- NIUM Ghaziabad unit expenditure	11	1422068442.00	1365000000.00
3	GRANTS RECEIVED FROM MINISTRY FOR OTHER PURPOSES:				3	GRANTS RECEIVED FROM MINISTRY FOR OTHER PURPOSES:			
	i. Govt of India - CSSS (Digitalisation)	7	4550000.00	3000000.00		i. Govt of India - CSSS (Digitalisation)	7	6838078.00	-
	ii. Govt of India - CSSS (Skill Development)	7	695000.00	-		ii. Govt of India - CSSS (Skill Development)	7	623000.00	-
	iii. Govt of India (Short film production)	7	962772.00	-		iii. Govt of India (Short film production)	7	962772.00	-
	iv. Govt of India (AKAM)	7	21628600.00	-		iv. Govt of India (AKAM)	7	3638841.00	-
	v. Govt of India (Drug regulatory tr. Prog)		449708.00	-		v. Govt of India (Drug regulatory tr. Progr.)	7	449708.00	-
	vi. Govt of Karnataka - RGUHS (EMR)	7	165000.00	-		vi. Govt. of Karnataka - RGUHS (EMR)	7	47330.00	-
	vii. Govt of India (EMR project)	7	-	596808.00					
	viii Govt of India - (Pharmacovigilance Unit)	13	810000.00	820000.00					
4	INTEREST RECEIVED ON				4	Loans & Advances:			
	i. SB Account	17	142425.00	20396.00		a) Interest Bearing Advances:			
	ii. Deposits/ MOD balance	17	-	-		i. Conveyance / Computer advance		-	-
						ii. Other Advances		-	-
5	Loans & Advances:					b) Non-Interest Bearing Advances:			
	a) Interest Bearing Advances:					i. Travelling/LTC Advance	11	664400.00	1868079.00
	i. Conveyance / Computer advance	11	4600.00	16600.00		ii. Other Advances & ROP	11	437900.00	96100.00
	ii. Other Advances			-					
	Total		1899999284.72	1764319558.00		Total		1783907079.44	1724386612.28



Sl. No.	RECEIPTS	Sch	Current Year (Rs)	Previous Year (Rs)	Sl. No.	PAYMENTS	Sch	Current Year (Rs)	Previous Year (Rs)
	Balance B/F from page 1		1899999284.72	1764319558.00		Balance B/F from page 1		1783907079.44	1724386612.28
6	INTERNAL RECEIPTS:				5	Deposit with Construction Agency:			
	i. NIUM fees	14	11309960.00	10428790.00		- towards Construction Works	11	116000612.00	19946500.00
	ii. Hostel fees	14	3975723.00	5470467.00					
	iii. OPD Registration / Hospital receipts	12	3162425.00	1350105.00	6	E.M.D /Security Deposit/Caution Deposit			
	iv. Licence fee recovery	18	302178.00	384872.00		- Refunded to Contractors/Suppliers (Liability)	7	3500000.00	3975000.00
	v. Electricity & Water charges recovery	18	321333.00	189438.00					
	vi. Sale of Tender Form	18	-	17700.00	7	Unspent Balance remitted to the Ministry			
	vii. Xerox Charges from Library section	18	88896.00	56208.00		i. Interest earned on grants.	23	1439974.00	4224960.00
	viii. Sale of Scrap etc	18	14077.00	7719.00		ii. Unutilised balance returned (EMR prfected)	7	-	596808.00
	ix. Rent - canteen/auditorium /ATM etc	18	292938.00	113600.00					
	x. Rent received from guest house	18	138202.00	103200.00					
	xi. Interest on advances	17	21980.00	26269.00					
	xii. Reg.fees for workshop/seminar etc	14	-	44000.00					
	xiii. Sale of NIUM books	18	59700.00	23400.00					
	xiv. Others	14,18	178026.00	79454.00					
7	Other Remittances:				8	Other Remittances:			
	i. New Pension Recovery from Staff	7	32274820.00	21000736.00		i. New Pension Recovery from Staff	7	23668825.00	21000736.00
	ii. CGEGIS Recovery from Staff	7	119220.00	119220.00		ii. CGEGIS Recovery from Staff	7	119220.00	119220.00
	iii. Professional Tax recovery from Staff	7	253400.00	243400.00		iii. Professional Tax recovery from Staff	7	255400.00	242400.00
8	iv. LIC Premium Recovery from Staff.	7	1448840.00	1406466.00		iv. LIC Premium recovery from staff.	7	1448840.00	1406466.00
	v. Income-Tax Recovery from Staff	7	20966330.00	16922302.00		v. Income-Tax Recovery from Staff	7	20966330.00	16922302.00
	vi. PM care Fund recovery from staff	7	-	206334.00		vi. PM care Fund recovery from staff	7	-	206334.00
	vii. TDS Recovery from Contractors	7	2819448.00	615115.00		vii. TDS Recovery from Contractors	7	2623048.00	471184.00
	viii. University Fees - from students	7	462000.00	455000.00		viii. University Fees paid -collected from students	7	462000.00	455000.00
9	ix. Examination remuneration - RGUHS	7	34662.00	-		ix. Examination remuneration paid (RGUHS)	7	34662.00	19680.00
	x. Collection from sale of flags	7	-	-		x. GST remitted to the department	7	2763266.00	984912.00
	xi. Teachers fund - from PGs	7	-	-		xi. Exam Fees paid to University	7	884250.00	708500.00
	xii. GST collected	7	2833214.00	1143622.00					
10	xiii. Exam fees RGUHS collected	7	884250.00	708500.00					
	Total		1981960906.72	1825435475.00		Total		1958073506.44	1795666614.28



Sl.	RECEIPTS	Sch	Current Year (Rs)	Previous Year (Rs)	Sl.	PAYMENTS	Sch	Current Year (Rs)	Previous Year (Rs)
No.					No.				
	Balance B/F from page 2		1981960906.72	1825435475.00		Balance B/F from page 2		1958073506.44	1795666614.28
11	b) Non-Interest Bearing Advances:				9	CLOSING BALANCE AS ON 31.03.2022			
	i. Travelling/LTC Advance	11	588200.00	2351326.00		i. Cash in hand (incl. Cheques, Drafts etc)	11	144371.00	122610.00
	ii Other Advances.	11	409900.00	98100.00		ii. Cash at Bank	11	27102236.28	38218569.72
						iii. Imprest	11	50000.00	50000.00
12	Unspent Balance Received:								
	i. Construction Works.	1	238607.00	1010393.00					
	ii. Maintenance & Repairs Works.			-					
13	Earnest Money & Security Deposits:								
	i. Received from Contractor/Suppliers	7	2172500.00	5162500.00					
	(Liability Side)								
	GRAND TOTAL		1985370113.72	1834057794.00		GRAND TOTAL		1985370113.72	1834057794.00

Sd/-

(Suresha)

Account Officer

Sd/-

(Prof. Abdul Wadud)

Director



**Regulatory Training Program for Ayush Drug Regulators, Industry Personnel
and other Stakeholders**

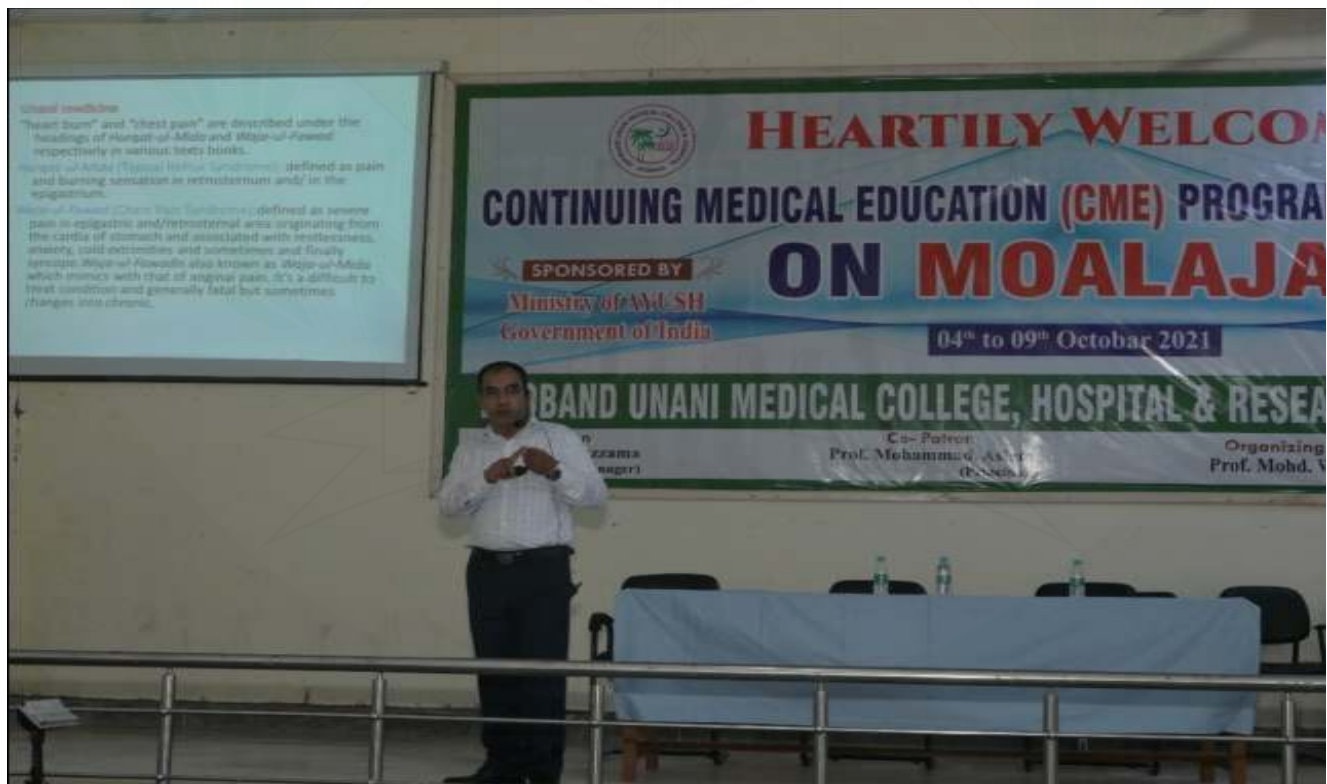




Inauguration of Cupping Therapy Assistant Course



Certificate Distribution of Cupping Therapy Assistant Course



Guest Lectures Delivered by NIUM Faculty Members in Various Colleges



Guest Lectures Delivered by NIUM Faculty Members in Various Colleges



Health Awareness Programmes on Various Health Days



Health Awareness Programmes on Various Health Days



Health Awareness Programmes on Various Health Days



Unani Day Celebration



Unani Day Celebration



Pulse Polio Drive



Prophylactic Unani Drugs Distribution



Prophylactic Unani Drugs Distribution



World Health Day



Awareness Programmes by IPVC, NIUM



Awareness Programmes by IPVC, NIUM



Hands-on training on Causality Assessment and ADR Reporting



Hands-on training on Causality Assessment and ADR Reporting