



# NATIONAL INSTITUTE OF UNANI MEDICINE

(An autonomous body under Ministry of AYUSH, Govt. of India)  
Kottigepalya, Magadi Main Road, Bengaluru – 560 091  
(Accredited to NABH)



## Continuing Medical Education (CME) for Teachers of Ilaj bit Tadbeer

(11<sup>th</sup> -16<sup>th</sup> September 2023)

Organized by

Department of Ilaj bit Tadbeer, National Institute of Unani Medicine, Bengaluru – 560091

Sponsored by

**Ministry of AYUSH, Govt. of India, New Delhi**

**Dear Sir/Madam**

**Department of Ilaj bit Tadbeer, National Institute of Unani Medicine, Bengaluru is announcing a 6-day Continuing Medical Education (CME) Programme for Teachers of Unani Medicine from 11<sup>th</sup>-16<sup>th</sup> September 2023.**

Ilaj bit Tadbeer has lately emerged as the most relevant and effective mode of treatment among Unani therapeutic approaches, especially in lifestyle disorders due to its brass tacks of six essential factors governing the lifestyle of a person. The sustained advancement in modern technology leading to development of sci-fi gadgetry and contraptions has enormously deviated the human life from established natural laws of living. The result is a variety of lifestyle disorders such as obesity, diabetes, hypertension, stroke, cancers, stress, anxiety, musculoskeletal disorders, and various forms of degenerative disorders. The Unani medicine conceptualizes the origin of these disorders in abnormal accumulation of various toxic metabolic products and therefore, emphasizes in their evacuation from the body through various regimens of *Istifragh* to attain the balance in four humours to regain health. The recent rise of Ilaj bit Tadbeer with all its component regimens such as *Hijama*, *Irsale Alaq*, *Nutool*, *Fasd*, *Dalk*, *Tareeq*, *Hammam*, *Qai*, *Ishal*, and *Riyazat* etc. is the testimony of renewed interest exhibited by medical fraternity owing to subdued effectiveness of other therapeutic alternatives to contain the morbidity and mortality imposed by the epidemic of non-communicable diseases.

The emergence of Ilaj bit Tadbeer in the form of potential and promising constellation of various regimens has led to mushrooming of unqualified and ill-qualified, self-styled mavericks, masquerading as the connoisseur of the art, has spawned more problems than solutions. This CME looks into the opportunities of learning the nuances and niceties of best practices of Ilaj bit Tadbeer and shun and curb their perversion into malpractices. The CME is all optimistic to focus on unaddressed and unresolved issues around the legitimacy of various regimens such as SOPs, doubtful efficacy and hyperbolic claims, mechanism of action, reproducibility of results, filtering practicable from imprudent indications, safety concerns and research avenues. The CME for the teachers of the Ilaj bit Tadbeer will prove a milestone in enhancing the classic and contemporary knowledge, adopting rational and righteous practices and saving the humanity from pain and suffering with simple and humble regimens.

Applications with duly filled proforma are invited from interested candidates addressing to the coordinator by post or through email at [ilajbittadbeernium@gmail.com](mailto:ilajbittadbeernium@gmail.com) latest by **14<sup>th</sup> August 2023**. The maximum intake is thirty (30) and priority will be given to early bird registration. Participants will be paid AC-II rail fare by shortest route or AC-bus subject to providing of original tickets. Boarding and lodging will be provided by the organizers as per the rules.

**Patron**  
**Prof. Abdul Wadud**  
Director, NIUM

**Prof. Abdul Nasir Ansari**  
Organizing Chairman

**Dr. Mohd Nayab**  
Organizing Secretary

**Dr. Abdul Azeez**  
Coordinator

**Corresponding Address**

Department of Ilaj bit Tadbeer, National Institute of Unani Medicine, Kottigepalya, Magadi Main Road, Bengaluru-560091

**REGISTRATION FORM**

**Continuing Medical Education (CME) for Teachers of Ilaj bit Tadbeer  
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Self attested  
photograph

Name of Delegate: .....

Designation: ..... Registration Number.....

Name of Department/ College.....

..... State.....

Date of first continuous appointment..... Total experience.....

Address for Communication: .....

.....

.....

Email Id: ..... Mobile No.: .....

Whether the candidate has attended any other CME in same academic year 2023-24. Yes/ No. ....

Total number of CMEs attended by the applicant.....

Bank Account No: ..... Name as per Bank A/c .....

IFSC code..... Bank Name & Branch .....

Signature of Delegate

Name & Designation of forwarding authority.....

Remark: .....

Signature of Forwarding Authority  
(Seal)

**Instructions:**

1. The application should be forwarded by the competent authority i.e. D.O./Director/ Principal/Head of Institution.
2. The total number of trainees to be taken is thirty (30).
3. Participants will be selected as per the guidelines of AYUSH.
4. Participants will be required to furnish a copy of their Aadhar card and Registration certificate from the respective medical board.

No amount will be paid to the trainees except reimbursement of travelling expenses. TA will be paid for AC-II class train fare/AC-Bus to the trainees subject to providing of original tickets. However, boarding and lodging will be provided by the institute as per the CME rules.