

National Institute of Unani Medicine

E-BOOK

Introduction:

National Institute of Unani Medicine (NIUM) Bangalore, is an autonomous organization under the Ministry of AYUSH, Government of India established in 1984 and functioning since 2004 as an apex institute of post graduate teaching, training and research in Unani System of Medicine, with the following objectives:

Objectives:

- To promote the growth and development of Unani System of Medicine
- To produce graduates and post-graduates of Unani System of Medicine
- To produce good clinicians and Researchers in Unani System of Medicine
- To undertake research in various disciplines of Unani System of Medicine
- To provide medical relief through Unani Medicine to the suffering humanity on 'No profit no Loss' basis

Major Activities / Achievements

- **Academic / Research Activities**
- **Dissemination of knowledge**
- **Patient Care**
- **Infrastructure Journey of NIUM**

Academic /Research Activities:

In this Institute research activities are fulfilled by higher education in Unani system of medicine, for which the Institute offers admission in three years PG courses MD/ MS based on entrance test of BUMS syllabus conducted usually in the months of September / October every year. The selection for admission is made purely on the basis of the merit of the entrance test, along with the directives on the reservation policies of the Govt. of India. It follows the curriculum prescribed by the Central Council of Indian Medicine (CCIM), and is affiliated to the Rajiv Gandhi University of Health Sciences, Karnataka.

Departments and Courses:

- Initially, in 2004-05, the admissions were started only in four departments, namely Moalajat (Medicine), Ilmu Advia (Pharmacology), Tahaffuzi wa Samaji Tib (Preventive and Social medicine) and Ilmu Qabalat wa Amraze Niswan (Obstetrics & Gynaecology).
- In 2009, one more department, namely Ilmu Saidla (Pharmacy) was added and admissions were started in the same session.
- In 2012, three more departments, namely Kulliyate Umoore Tabiyia (Basic Principles), Ilaj Bit Tadbeer (Regimenal Therapy) and Ilmu Jarahat (Surgery) were added. However admissions were started only in department of, Kulliyate Umoore Tabiyia (Basic Principles).
- In 2014 admissions were also started in the two remaining departments, namely Ilaj Bit Tadbeer (Regimenal Therapy) and Ilmu Jarahat (Surgery).
- So far, 182 students have been completed their post graduation in five disciplines.

- Now, institute offers post graduate courses in the following eight disciplines:
 - + Moalajat (Medicine)
 - + Ilmul Advia (Pharmacology)
 - + Tahaffuzi wa Samaji Tib (Preventive and Social medicine)
 - + Ilmul Qabalat wa Amraze Niswan (Obstetrics & Gynaecology)
 - + Ilmul Saidla (Pharmacy)
 - + Kulliyate Umoore Tabiyia (Basic Principles)
 - + Ilaj Bit Tadbeer (Regimenal Therapy)
 - + Ilmul Jarahat (Surgery)
- Post graduate courses in other specialisations namely Manafe ul Aza (Physiology), Ilmul Amraz (Pathology), Ilmul Atfal (Paediatrics), Amraz-e-Jild-o-Zohrawayia (Skin & Veneral diseases), Tashreehul-Badan (Anatomy), Amraz-e-Uzn, Anf-wa-Halaq (Ear, Nose & Throat) are under process and will be started in near future.
- NIUM has been approved as the Research centre for PhD programme in Unani System of Medicine by Rajiv Gandhi University of Health Sciences, Karnataka. Admission for PhD in Moalajat started for the year 2014-15.
- Participation of NIUM faculties in Induction Programme organized by Rajiv Gandhi University of Health Science Bangalore

Contact with other reputed Institutions:

- National Institute of Unani Medicine is also in regular touch with other reputed Institutions and Organizations such as Aligarh Muslim University Aligarh, Jamia Hamdard New Delhi, NIMHANS, Al-Ameen College of Pharmacy, Bangalore and various Medical Colleges of Bangalore for good quality of research.

Educational Tour:

- Normally one educational tour is being conducted for Post Graduate Scholars during second year. They are sent to similar institutions to exchange views on other aspects of Unani Medicine and to know about allied institutions.

Publications and Media

Journals

+ **Journal of Research in Unani Medicine (English):**

This institute launched its first issue of peer reviewed Bi-Annual English Journal, namely “Journal of Research in Unani Medicine”, on 8th December, 2012. The journal was released by Prof. K.M.Y. Amin. Till now four issues have been published.

+ **Tarjuman-e-Tib (Urdu):**

This institute launched its first issue of peer reviewed Bi-Annual Urdu Journal, namely “Tarjuman-e-Tib”, on 19th December, 2014. The journal was released by Padma Shri Prof. Hkm. Syed Zillur Rahman.

News Letter: A quarterly News Letter is being published since 2009 regularly

Books: So far 30 books have been authored by NIUM faculties.

Papers: Published in National and International Journals = **523**

MD Dissertation: till now **182** Dissertations have been successfully submitted.

Dissemination of knowledge

- ✚ Guest and extension lectures:
National Institute of Unani Medicine organizes good quality Guest and Extension lectures to elevate the standard of education and research in Unani system Medicine.
- ✚ TV Talks: NIUM faculty have been engaged in number of TV talks to promote and propagate Unani System of Medicine.
- ✚ Health Appraisal Programmes:
School Health appraisals Programmes for School going children are being conducted, time to time.
- ✚ Participation in AROGYA Mela:
NIUM ensures its active participation in all AROGYA Mela organized by Ministry of AYUSH, Govt. of India.
- ✚ Observation of Global Breast Feeding Week:
- ✚ Observation of Ovarian Cancer Awareness Month:
- ✚ Observation of Breast Cancer Awareness month:
- ✚ Observation of HIV/AIDS Awareness Week:
- ✚ Observation of Cervical Cancer Awareness Month:
- ✚ Communal Harmony Week Observed:
- ✚ Organization of Workshop on Different theme:
 - Matab wa Nuskha Navesi
 - Research Methodology
- ✚ Training Programme on Ilaj Bit Tadbeer
- ✚ Training Programme on Personality Development:
- ✚ Training programme on Care, Breeding and Management of Laboratory animals:
- ✚ Maternal and Child Health (MCH) Care Awareness Programme: 42
- ✚ Participation of faculty members and P.G. Scholars of NIUM in Seminars / Conferences / Workshops / Training Programmes/ CME/ ROTP: 500 (Approx)
- ✚ ROTP/ CME organized: = 14
- ✚ Mobile Clinics:
NIUM organizes Free Mobile Clinics from time to time in the surrounding as well as in the far flung areas of Bangalore which have limited accessibility to Unani treatment.

Patient Care / Hospital

The Hospital has an OPD wing and 180 bedded IPD wing constructed in a wide, well ventilated and in a serene atmosphere having separate wards for male and female patients. It possesses good infrastructure and skillful staff extending their services round the clock to the patients.

Registration for consultation and investigations:

- Nominal registration fee and minimal investigation charges are collected from the patients attending OPD, while No admission fee is charged for IPD patients.
- Free OPD registration and concession on all existing investigations are extended to the patients below poverty line (BPL), SCs, STs, Physically Disabled and Senior Citizens etc.

Dietary Management:

- Diet is provided to the admitted patients free of cost and is based on recommendation of respective physicians.

OPDs:

The following OPDs are functional in the hospital.

- *Moalajat* (General Medicine)
- *Qabalat wa Amraze Niswan* (Obstetrics & Gynaecology)
- *Jarahat* (Surgery)
- *Amraze Uzn, Anaf, Halaq* (ENT)
- *Amraze Asnan* (Dental)
- *Amraze Ain* (Ophthalmology)
- *Amraze Atfal* (Paediatrics)
- *Amraze Jild wa Tazeeniyat* (Skin Diseases and Cosmetology)
- *Tahaffuzi wa Samaji Tib* (Community Medicine)
- *Amraze Mafasil* (Joint Disorders)
- *Amraze Aasab* (Neurological Disorders)
- *Amraz Nizame Hazm wa Kabid* (Gastroenterology and Liver Diseases)
- *Tadabeere Mashaikh* (Geriatric Care)
- *Amraze Qalb wa Daurane Khoon* (Cardiovascular Disorders)
- *Amraze Nafsani* (Psychiatric Disorders)
- *Khandani Mansooba Bandi* (Family Planning)
- *Ziabitus* (Diabetes)
- *Farbahi* (Obesity)
- *Amraze Tanasul* (Sexual Diseases)

Ilaj Bit Tadbeer (Regimenal Therapy) Unit:

Ilaj Bit Tadbeer unit comprises of diverse treatment modalities based on the principles of modification in *Asbab-e-Sitta Zarooriya* (Six essential factors). This unit was started in a few rooms annexed to IPD section with limited facilities few years back, but now it has taken the shape of a department with almost all Regimenal treatment facilities functioning in full swing. Following regimens are operational for the treatment of a wide variety of diseases:

- *Dal'k* (Massage)
- *Hijamat* (Cupping)
- *Irsale Alaq* (Leeching)
- *Inkebab* (Medicated Steam Inhalation)

- *Nutool* (Irrigation)
- *Takmeed* (Fomentation)
- *Hammam* (Turkish Bath)
- *Fasd* (Venesection)
- *Riyazat* (Exercise)
- *Aabzan* (Sitz Bath)
- *Ishal* (Purgation)
- *Idrar* (Diuresis)
- *Ghusl Zahri* (Spinal bath)
- *Pashoya* (Foot bath)
- *Nafookh* (Insufflation)
- *Nashooq* (Insufflation)
- *Zimad* (Liniment)

Physiotherapy Unit:

Separate sections for Physiotherapy and secluded rooms for the female patients have been appropriated for the establishment of Regimenal treatment facilities:

The section of physiotherapy comprises of following treatment facilities:

- Short wave diathermy
- Ultrasound therapy unit
- Transcutaneous electrical nerve stimulator
- Interferential Therapy Unit
- Nerve muscle electrical stimulator unit
- Long wave diathermy Intermittent traction unit – Cervical/ Pelvic
- Hydro Collator moist heat therapy
- Cryotherapy (Hot/Cold gel pack)
- Therapeutic paraffin wax therapy
- Specific instruments for the exercise of upper and lower limbs

The above mentioned Regimenal and Physiotherapy treatment facilities are very useful in the treatment of the diseases like Hypertension, Diabetes, Obesity, various Neurological disorders such as Stroke, Cerebral Palsy, Neuropathies, Spinal Injury, Neuromuscular Disorders, Muscular Dystrophy, various types of Headaches, Motor Neuron Diseases, Degenerative Joint Disorders, Low Backache, Sciatica, Varicose Veins, Non-healing Ulcers, Chronic painful conditions, Sports injuries, Post Traumatic Rehabilitation, Post Operative Rehabilitation, Deformity Management etc.

✚ Vaccinations:

- Vaccination Unit (Free) for Polio, Diphtheria, Pertussis, Tetanus and Measles has been started with the collaboration of District Medical Authorities, Govt. of Karnataka, established in July 2006.
- Now all vaccinations are given which are mentioned under National Schedule of Vaccination. Viz.
 - Tuberculosis (BCG Vaccine)
 - Poliomyelitis (OPV)
 - Diphtheria, Pertusis, Tetanus (DPT Vaccine)
 - Hepatitis-B Vaccine (HBV)
 - Measles (Measles Vaccine)

DOTS Centre:

- DOTS centre under RNTCP has been started in August 2006.

Neuro-Rehabilitation Unit:

A variety of neurologic patients, considered as untreatable, come for the treatment to *Amraze Aasab* OPD, from where they are admitted in neuro-rehabilitation unit and most of them suffer from stroke. Besides this, the patients of Bell's Palsy, Epilepsy, neuromuscular diseases, motor neuron diseases, paraplegia, spinal cord injury, sciatica, muscular dystrophy, bulbar palsy, cranial nerve palsy, dysarthria, aphasia, cerebellar degeneration, Alzheimer's diseases, Parkinsonism, chorea etc. are also admitted.

In this unit the treatment of the diseases is based on the line of "*Tanqiy*" (Elimination), which is usually started with *Munzij* (the decoction of poly herbal Unani formulation) given in the morning for a specified duration followed by *Mushil* (purgation) for one day and then repeated after three days. After purgation, a variety of Regimenal therapies are utilized to strengthen the paralyzed and infirm limbs. These therapies include *Dal'k* with medicated oils, *Riyazat*, *Hijamat*, *Gharghara* (Medicated Gargle), *Nutool*, *Inkibab* (Steam bath), *Zimad* (application of paste of drugs), *Mazoogh* (Drugs for chewing), *Pashoya* (foot bath), *Shamoom* (Aromatherapy), *Atoos*, *Saoot*, *Qutoor* (Nasal/Ear Drops) etc.

The response of the treatment is satisfactory for the patients where hypertonia starts reducing from very first week and power in limbs starts improving from second week.

***Amraze Jild wa Tazeeniyat* (Skin Diseases and Cosmetology) OPD**

Skin and cosmetology OPD has gathered remarkable momentum since its inception. Patients of various skin diseases like leukoderma, psoriasis, eczema, pityriasis versicolor, urticaria, scabies and ring worm attend the skin and cosmetology OPD. As a matter of principle, Unani medicine deals with chronic disease either through *Munzij* and *mushil* therapy by which the morbid matter which is deeply infiltrated in the tissues is first brought to a state where it loses its sticky and infiltrating properties by the effect of *Nuzji*, and then is removed easily through the *Ishal*, or it is dealt with more efficacious drugs that act forcefully against the various aspects of the disease process by deteriorating and gradually removing the morbid matter on the one hand and improving the ability of tissues and organs to normalize themselves by the mediation of *tabiyat* (physis). We have selected the second regimen and treated the skin diseases successfully. This suggested that the Unani *Usoole Ilaj* in the treatment of chronic skin diseases especially the leucoderma, psoriasis, eczema, pityriasis versicolor is quite effective. The response of treatment is significant in most of the diseases.

***Jarahat* (Surgical) Unit:**

Presently, in *Jarahat* unit of the hospital, minor procedures like circumcision, fistula in ano, fissure in ano, hydrocele, abscess drainage, cyst removal, excision of lipomas, neurofibromas and all other skin tumors excision and biopsies, pilonidal sinus, hernia and diabetic foot, fibro-adenoma of breast etc. are going on nominal charges under local, regional and spinal anesthesia, while the procedures under GA are likely to be started soon.

Diagnostic Unit:

Though the line of treatment in National Institute of Unani Medicine is totally based on Unani Medicine, however the hospital is also facilitated with all the latest diagnostic tools which help in diagnosis and research and provide the best treatment to the sufferers.

- **Pathology and Biochemistry Laboratories:**

Pathology and Bio-chemistry laboratories are attached with the hospital to carry out almost all routine pathological, biochemical and microscopical tests under the expert guidance of a Bio-chemist, Pathologist and well trained and experienced technicians. It is equipped with latest instruments. The laboratory is operational on all the working days, where most of the Bio-chemical, Hematological tests, Hormonal assays and many other tests are done free of cost for the admitted patients and at 50% rebate to the SC, ST, BPL and senior Citizens of OPD. Pap smears and FNAC are done at a very reasonable cost.

- **ECG Laboratory:**

ECG laboratory is equipped with latest electrocardiograph operated by a well qualified and experienced ECG Technician. Other Instruments like PFT, Atherowin, Canwin, Spirowin and Periscope are also available in the laboratory for assessment of atherosclerosis, cardiovascular risk factors, neuropathy and pulmonary function test and for the diagnosis of various respiratory cardiac and neurological disorders. TMT, Echocardiography, and Holter Monitor have been inducted in the laboratory. The number of cardiac patients attending OPDs has increased tremendously due to availability of these investigative tools. These investigations are carried out under the expert guidance of cardiologist.

- **Radiology Unit:**

A 200 MA high frequency X-Ray machine and a 60 MA mobile X-Ray machine are operational under the expert guidance of Radiologist and Radio-technician. An Ultrasound Unit is also functioning and doing routine scans.

Private Wards:

Considering the demand of upgraded facility by well-off patients, private ward consisting of five semi special rooms has been started to provide better accommodation facility available on daily nominal charges.

Health Huts:

Four Health Huts cater to the privileged group of patients for a charge of Rs. 500/- per day as accommodation fee. Patients admitted in the health huts are charged for treatment modalities and various investigations as per the rates fixed by the hospital management. Health hut comprises of a patient room, visitor cum attendant room equipped with sofa set and centre table. A next to the visitor room is provided a kitchen facilitated with an Induction stove, potable water facility for daily chores of patient care. Both the rooms are air conditioned. A store room is attached with patient's cabin. A bathroom is provided adjacent to the patient's room.

Maternity Unit:

A well established Maternity Unit with spacious labour room, with attached operation theatre for gynaecological and obstetric cases only.

OPD Dispensary:

One week medicine prescribed by the consultant will be given Free of cost to the patients of local and nearby to the hospital. Patients coming from distant places and nearby states will be provided two weeks medicine.

IPD Dispensary:

Crude as well as compound Unani formulations are provided to the admitted patients free of cost on daily basis.

Pharmacy Unit:

A well equipped independent pharmacy unit is engaged in processing and preparing several formulations in different dosage forms to cater the needs of IPD and OPD patients like Safoof, Majoon, Sharbat, Arq, Roghan, Marham, Khamira etc. The pharmacy unit is well equipped for this purpose. Presently **70** compound formulations are prepared in this unit. To cope with the increasing demand of various formulations and also to establish the NIUM Pharmacy as a GMP certified, the Pharmacy building has been extended.

Other Activities of the Hospital:**+ Free Health Camps:**

Institute organizes Medical Health Camps like ANC and General Camps regularly and also on specific occasions in the adjoining areas of NIUM and also in the far flung/remote areas having limited accessibility to medical facilities.

+ Pulse Polio Programmes:

Pulse polio programmes were organized by the NIUM. In these programmes NIUM deputed their doctors and paramedical staffs for door to door campaign as well as booths were erected to immunize the children's. In one such programme Dr. Zarnigar and Dr. Malik Itrat along with Paramedical Staff were deputed at Pulse Polio Booth erected inside the NIUM on 23.02.2014. Around 222 children's were immunized in this programme.

+ Public Awareness Programmes:

NIUM hospital conducts medical awareness programme for IPD, OPD patients and common people fortnightly to spread awareness about the common diseases prevailing in the Bangalore and surrounding areas. The faculty members from the Institute deliver the lecture in simple and explicable languages on the selected topics and emphasis is laid upon the prophylactic aspect of the diseases.

Hospital Statistics (From 01.04.2013 To 31.03.2014)

a. Out Patient Department:	77162
b. Free Unani Camp	1631
c. OPD (BPL/ SC/ST/ Sr. Citizen):	10775
i. BPL:	4531
ii. SC/ST:	212
iii. Sr. Citizen:	6031
d. In Patient Department:	36161
e. Pathology Lab (Total No. of Tests):	39511
f. Pap Smear:	655
g. FNAC:	26
h. Semen Analysis:	45
i. ECG:	1292
j. TMT:	17
k. 2D ECHO:	77
l. Holter:	03
m. Atherowin:	81
n. Periscope:	74
o. PFT:	65
p. VPT:	277
q. Regimenal Therapy Unit Day Care Census:	10650
r. Regimenal Therapy (Various Procedures):	43071
s. X-Ray:	1574
t. USG:	2795
u. PHC, Hegganahalli:	108
v. Physiotherapy:	14688
w. No. of Deliveries conducted:	25
x. Minor Procedures conducted in Maternity Unit:	124
y. Pulse Polio Immunization Camp conducted:	222
z. Census of OT:	274

Infrastructure Journey of NIUM

- NIUM established in 1984
- Inaugurated on 28th Oct 2003 by then Honourable Minister of Health and Family welfare,
- During 2004 under 1st phase only following blocks were constructed:
 - i. Hospital-100 beds Capacity
 - ii. Boys Hostel
 - iii. Three Story Library Block
 - iv. Administrative Block
 - v. Academic Block
 - vi. Pharmacy
 - vii. Electrical Substation
 - viii. Underground Tank, 70000 liters capacity
- During 2008 under 2nd phase following blocks were constructed:
 - i. Director's Bungalow

- ii. Residential Quarters
 - iii. Girls Hostel
 - iv. Animal House
 - v. Fire fighting equipments have been installed on the advice of Karnataka fire service department.
 - vi. Maternity ward
 - vii. Indoor games hall
 - viii. Guest house
 - ix. Health huts
- During 2013 under 3rd phase following blocks were constructed:
 - i. Auditorium with 300 sitting capacity
 - ii. Regimental Therapy Building
 - iii. Extension of Pharmacy building
 - iv. Renovation of Canteen
 - v. Hamman
 - x. Nursing station
 - Proposed 4th phase construction plan:
 - i. Academic Blocks for UG and PG separately
 - ii. Hostel for UG and PG (Boys and Girls)
 - iii. Addition of Health huts
 - iv. Staff quarters -Type III, IV, V

Library

- The Institute library is started functioning in 2004 with a little collection of books, the collections of books day by day increasing. The collections including published books, photocopies of rare classical books, journals, CDs on Unani Medicine, etc.
 - ✚ Total number of Books (up to 31st March 2007) were 3868
 - ✚ Total number of Books (up to 31st March 2008) were 4581
 - ✚ Total number of Books (up to 31st March 2009) were 5518
 - ✚ Total number of Books (up to 31st March 2010) were 8395
 - ✚ Total number of Books (up to 31st March 2011) were 9455
 - ✚ Total number of Books (up to 31st March 2012) were 10185
 - ✚ Total number of Books (up to 31st March 2013) were 11789
 - ✚ Total number of Books (up to 31st March 2014) were 12576, in which the library has 6618 Unani Books, including 37 photocopies of rare classical books and manuscripts, 732 Ayurvedic Books and Encyclopedias, 5226 Medicine Books.
 - ✚ Total number of bind volumes of Journals are 141
 - ✚ Total number of Journals subscribed - 15 (248 online, through HELINET)
 - ✚ Total number of Newspapers subscribed - 07 (Regional and National)
 - ✚ Total periodicals - 03
 - ✚ CDs on Unani System of Medicine - 59
- The library also having the internet facility, e-resources, e-Journals and e-Books facilities.

- The library fully digitized and in this regard most of the books are bar coded and basic softwares are also installed, since this is the ongoing process throughout the year due to continuous purchase of new books, the process of digitization is under process.

Laboratories:

- Following Laboratories are operational in the Institute.
 - ✚ **Central Instrumentation Facility Laboratory (CIFL):**
Houses necessary equipments and basic infrastructure required to carry out quality research, like HPLC, Atomic Absorption Spectrophotometer, Microwave digestion system, UV/VIS Spectrometer and other basic equipments required for the routine works.
 - ✚ **Pharmacology Laboratory:**
The laboratory has polarizing microscope with cameras, Rota red apparatus, Activity meter apparatus, Raidal Maiz, Plus Maiz etc.
 - ✚ **Quality Control Laboratory: 2 one in Advia and one in Saidla**
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, production of medicines of superior quality to assure physicians, and consumers. This Laboratory also helps in the quality control of compound formulations prepared in the pharmacy of the institute 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. All the above laboratories are attached with academic departments.

Other Facilities:

- ✚ **Green House / Poly House:**
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 adequate irrigation facility. A Poly house was also developed in the existing for the germination of medicinal plants. This facility is being maintained for the identification and practical exposure for the students as well as researcher.
- ✚ **Drug Museum / Herbarium:**
A Drug Museum along with Herbarium to house drug and plant specimens has been established. The main motive for 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 has been conducted at NIUM. In future, it is hoped to serve as referral centre for drug authentication. The facility has been constructed on 1000 sq feet.
- ✚ **Games Hall:**
Hectic schedule all through the day leaves the students and staff members drained out, therefore outdoor activities may also be pursued for the purposes of finding peace in nature, enjoying life, and relaxing and thus, to stay cool from the stressful environment of OPD, IPD and research work, an indoor games hall has been constructed for P.G. Scholars / Doctors and other staff members to de-stress and rejuvenate them by indulging in indoor games during leisure time. Facility of Games Hall is available for indoor games such as Table Tennis, Badminton, Chess, and Carom etc. for P.G. Scholars / Doctors and other staff members for the

purposes of to stay cool and to rejuvenate them. Besides, a Gymnasium has also been constructed and equipped with all the state-of-the-art equipments.

Hospital

The Hospital has an OPD wing and 180 bedded IPD wing constructed in a wide, well ventilated and in a serene atmosphere having separate wards for male and female patients. It possesses good infrastructure.

OPDs: 10

***Ilaj Bit Tadbeer* (Regimenal Therapy) Unit:**

***Hamam* (Turkish Bath)**

Physiotherapy Unit:

Surgical Unit / OT:

Minor OT: 2

Major OT: 2

IPD-Wards

General Ward: 3

Male ward: 1

Female Ward: 1

Neuro-Rehabilitation Unit: 1

Private Wards: 5

Post operative ward: 1

Health Huts: 4

Maternity Unit: 1

OPD Dispensary: 1

Diagnostic Unit:

- Pathology and Biochemistry Laboratories:
- ECG, TMT, Echocardiography Laboratory:
- Radiology Unit:
 -  A 200 MA high frequency X-Ray machine
 -  A 60 MA mobile X-Ray machine
 -  An Ultrasound machine.

Pharmacy Unit:

A well equipped independent pharmacy unit is engaged in processing and preparing several formulations in different dosage forms to cater the needs of IPD and OPD patients.

Success Stories

Although the journey made by NIUM, since its establishment in 2004, is not very long, instead it gained an awesome praise from various corner of country and has a number of success stories in its history. Some major success stories may be classified in the following headings:

Success in Academics

- Initially, in 2004, there were only four departments, namely Moalajat (Medicine), Ilmu Advia (Pharmacology), Tahaffuzi wa Samaji Tib (Preventive and Social medicine) and Ilmu Qabalat wa Amraze Niswan (Obstetrics & Gynaecology).

- Now, institute offers post graduate courses in eight departments, Moalajat (Medicine), Ilmu Advia (Pharmacology), Tahaffuzi wa Samaji Tib (Preventive and Social medicine), Ilmu Qabalat wa Amraze Niswan (Obstetrics & Gynaecology), Ilmu Saidla (Pharmacy), Kulliyate Umoore Tabiyia (Basic Principles), Ilaj Bit Tadbeer (Regimenal Therapy), Ilmu Jarahat (Surgery).
- Initially only PG courses started, now PhD also started during the year 2014-15. (Moalajat).
- About 182 PG scholars almost 100% passed out from this institute in different disciplines are mostly engaged in teaching, training and patient care services in government / private sectors.
- NIUM faculty members received eight different prestigious awards from different organisations.

Success in patient care

- **OPD**

Number of patients increasing day by day, from 25 in the beginning to 300 approximately, at present.

- **Ilaj Bit Tadbeer / Neurology**

- The Department of Ilaj bit Tadbeer is particularly focusing on the treatment of various neurological disorders, considered as intractable in conventional medicine. Success stories of a few patients merit to be mentioned as under-
- A 15 years male patient with a diagnosis of G.B. Syndrome was treated as a case of Sue Mizaj Barid Yabis Aasabi in IPD of NIUM hospital, Bangalore. After two months of treatment, patient was 100% relieved in his complains and became near to normal.
- A female patient of 40 year old attended OPD of NIUM Hospital with weakness of left upper limb that prevented her from performing daily routine activities. With the intervention by Unani medicaments along with riyazat and dalk, she got satisfactory improvement.

- **Cases of spinal injury:**

🚩 **Case 1:** This 28 year old patient was admitted in the hospital with history of complete paralysis of both lower legs for last 12 years due to falling of a 200 kg steel load on his back causing fracture dislocation of spinal column at thoracic level. The patient underwent spinal fixation surgery followed by physiotherapy and concomitant drug therapy but could not recover favourably and had little movement in both legs. The patient was unable to sit properly, stand or walk and had become completely dependent on his family members for his activities of daily living. After the admission in neurology unit of NIUM hospital, The patient was treated in accordance to the principles of Unani medicine involving employment of Munzij-Mushil therapy followed by various regimens of Ilaj bit Tadbeer such as Riyazat (exercise), Dalk (massage) with medicated oils along with other nerve strengthening medications. The patient started recovering, slowly but steadily, over a period of one and half year. He is now able to stand, walk with support and do his activities of daily living without substantial support of family members.

- ✚ **Case 2:** This 22 year old patient was admitted with history of paraplegia, loss of sensation in both legs, incontinence of urine and bowel for last eight months due to spinal injury in lumbar region caused by a road traffic accident. The patient was catheterised, unable to take selfcare and completely bed-ridden at the time of admission in the hospital. This patient was also treated on the principles of unani medicine with special emphasis on Ilaj bit Tadbeer regimens such as Ghusl Zuhri (spinal bath), medicated Zimadat (liniments) and Takmeed (Poulticing). The patient started having sensation in both legs and a sense of micturition and defecation within a few days of the treatment. The catheter was removed. The patient thereafter had a fast recovery than usual and began to stand and walk with crutches. At the time of discharge, the patient became independent to do his activities of daily living.
- ✚ **Case 3:** This 23 year old patient, thin build, pursuing BCA course met a road traffic accident in January, 2012 crippling him below waist due to spinal injury in the lumbar region. The patient was treated at various private hospitals but to no avail. The patient was informed that he had little chance of recovery and resort to a bed-ridden life. The patient was admitted in the neurology ward and treated on the principles of Falij (paralysis). The patient had a flickering action in the legs at the time of admission which strengthened after a course of Munzij drugs. The patient continued to take treatment for five months and regained the power in legs and confidence to walk with support.

The success stories of a few patients suffering of spinal injury was published in “THE NEW INDIAN EXPRESS BANGALORE” dated 18th November, 2013.

- **Surgery**

- There were 05 cases of Non-healing leg ulcer, all with history of more than 05 years, who were cured fully in NIUM by Unani treatment, as mentioned below:
 - ✚ **Case 1:** A 30-year-old male patient was having leg varicosity with a non-healing leg ulcer since 12 years. He was being treated by regular cleaning and dressing with antibiotics in various hospitals and was operated twice for the same. Hence at the time of enrolment there was no tendency of healing. The patient was non-diabetic and non-hypertensive. There were two ulcers, one on each leg. One ulcer was present on medial aspect of the right foot just behind and slightly below the medial malleolus and the other was on the lateral aspect of the left foot just below the lateral malleolus. Both were having irregular margins, patches of slough on floor, illdefined edges with foul smelling serous discharge.
 - ✚ **Case 2:** This patient was a 72-year-old male. He was also operated twice. The patient was on antibiotics, antiseptic and had taken several treatments before coming to NIUM Hospital. He was with varicose veins and ulcer of 12 years with persistent oedema on lower extremities. The ulcer was located slightly above the medial malleolus on the left leg. The ulcer was 8 cm long, 6 cm wide and 2.5 cm deep with indefinite shape and floor was covered with pale granulation tissue with profuse serosanguinous discharge. Pus and necrotic tissue were present.
 - ✚ **Case 3:** This patient was a 45-year-old male, having two ulcers on the dorsal aspect of right foot with severe pain since 6 years. He was also non-diabetic and non-hypertensive. Of the two ulcers, the larger one was oval in shape and the smaller ulcer of round shape with profuse serous discharge. Oval shaped ulcer measured 3 cm long, 2 cm wide and 1 cm deep and the small round shaped ulcer

was 2 cm in diameter. Some necrotic tissue was present at the floor and at one site, metatarsal bone was visible.

✚ **Case 4:** This patient was a 38-year-old female and having three ulcers on a filarial foot (right lower limb) since 7 years. A large ulcer was on the dorsum of the right foot, which extended up to the medial and lateral side of the foot. Second and third ulcers were on the lateral side of the distal end of the right lower leg and on the medial aspect of the right foot just below the medial malleolus, respectively. All were irregular in shape, foul smelling with thickly fibrotic edges and floor was reddish and full of necrotic tissue. Areas adjacent to the ulcers were oedematous and hyper-pigmented with thick skin.

✚ **Case 5:** The patient was a 38-year-old female. She was having ulcer on both the legs since 8 years. One was on the right lower leg just above the medial malleolus (shaft of tibia) and the second was on the left lower leg just above the medial malleolus. Both were with fibrotic edges, floor consisted of slough with inflamed and hyper-pigmented adjacent area.

All five patients completed the trial and were cured completely. Healing signs were visible from the second visit onwards. No recurrence was reported by any of the patients.

- Patients of moderate to severe varicosity of lower limbs veins are being treated by leech therapy and Munaqqie Sawda in Ilaj bit Ttadbeer Unit of NIUM hospital on daily basis. In large number of patients varicosities have been subsided near to normal.
- A number of varicose ulcer patients are visiting NIUM Hospital for treatment. These patients usually having oedema, oozing hyperaemia, pain, ulcer, usually spreading in nature with black discolouration of surrounding skin. Most of them have been successfully treated by leech therapy in six week to two months.

Success in knowledge dissemination

- A faculty member of the institute has recently visited UAE to participate and present a paper in International Conference at Sharjah University, Sharjah UAE.

Success in Pharmacy

- The pharmacy of the institute was started in the year 2004, with manufacturing 05 formulations, as the demand increased and number of patients visiting the hospital increased the number of formulations increased to 70.