

SECOND BEST PRACTICE:

1. Title of the Practice:

Integrative and Holistic model of Healthcare: Preservation of Traditional knowledge (Unani medicine) and transforming it into evidence-based medicine through an interdisciplinary approach.

2. Objective of the Practice

- Working towards mainstreaming the potential of AYUSH (Unani) within a pluralistic system of Integrative healthcare in absolute consonance with the vision of Jamia Hamdard and National Health Policy.
- Jamia Hamdard is an exemplary model of integration and interdisciplinary research, critically assisting an eventual rational use of traditional medicine through the generation of scientific data making it evidence-based medicine through rigorous interdisciplinary and collaborative research
- Contribute significantly to the transformation and upgradation of Unani education and research in India and to be valued as an institution leader and torch bearer in bringing the highest standards of Unani health care, education, and research, nationally and internationally.

3. Context:

Unani Medicine, one of the oldest traditional systems of medicine, is an integral part of the AYUSH healthcare system of India. The National Health Policy (NHP) 2017 uses a new language of ‘medical pluralism’ and has strongly advocated mainstreaming the potential of AYUSH within a pluralistic system of Integrative healthcare. This is in absolute consonance with the vision of Jamia Hamdard which encompasses a holistic and integrative approach to healthcare through the promotion of both modern and traditional medicine systems (especially Unani). The name Hamdard itself has become symbolic of Unani Medicine in India. It has played a vital role in the transformation and upgradation of Unani education and research in India and is valued as an institution leader and torch bearer in bringing the highest standards of Unani health care, education, and research, nationally and internationally.

The strength and edge of Jamia Hamdard over any other institute is that best of all resources for interdisciplinary and collaborative research are available i.e. the best of pharmacy, modern and traditional medicines, and science and technology schools under one roof of Jamia Hamdard. It is an exceptional model of integration with the confluence and complementing of various disciplines and resources for concerted action by key stakeholders, and health professionals, to ensure the proper use of traditional medicine an important component contributing to the health of all people.

The Unani System of Medicine is holistic in nature and takes into account the whole personality rather than a reductionist approach towards disease. Evaluations of traditional treatments, however, have complex methodological and practical challenges, depending on the goals of the research so research in this area must be intensified. The widespread and global acceptance and utilization of traditional treatments are suggestive of their safety and efficacy. However, the international scientific community is obliged to evaluate the safety and efficacy of these treatments because of their potential impact on global public health.

Evidence of the efficacy of traditional medicine may be factual and not mere opinions. It is argued that more data generation is needed to assess the safety and efficacy. The

goal is to facilitate the scientific evaluation and the eventual integration of traditional medicine into the national healthcare system, critically assisting an eventual rational use of traditional medicine through the generation of scientific data making it evidence-based medicine.

This type of fusion requires rigorous scientific exploration and an evaluation of advantages and justifications for this integrated approach. Jamia Hamdard provides a platform in which academicians, physicians, and researchers from different fields present a joint approach for the development of evidence-based integrative medical science, the growing need of the hour towards a holistic approach. In recognition of high quality research on Unani Medicine at Jamia Hamdard, Ministry of AYUSH have granted approval of a Centre of Excellence in Unani Medicine for advanced research on Pharmacognosy and Pharmacology of Pharmacopoeial Drugs of Unani Medicine under Ayurswastha Yojana of Ministry of AYUSH

4.The practice:

- Academics: outstanding, exemplary and Extensive training of undergraduate and Post graduate students to develop competent Unani clinicians, academicians and researchers with extensive knowledge of the fundamentals of Unani system of medicine coupled with the latest medical knowledge Transformative learning process A learner centric Professional updation of knowledge of teachers
- Proficient, skilled and competent qualified staff for imparting Unani education with continuous updation of their knowledge and skills
- The teaching and training practice encompasses a deep insight of traditional knowledge and its application towards Rational, critical decision making for implementation in healthcare sectors.
- Organisation of collaborative, interdisciplinary training programmes, conferences, workshops for promotion and propagation of Unani Medicine
- Research and Publication

- **The School of Unani Medicine focuses on**
 - Immunomodulation and adjuvant therapies
 - Lifestyle disorders
 - Palliative and rehabilitative care
 - Validation and standardisation of regimenal therapies
 - Skin Diseases and Cosmetology
 - Neurological and Psychotic Disorders
 - Development of new dosage forms-:
 - Extracts, Granules, Nano- forms etc
 - Safety and Toxicity Studies
 - Formulation Development
 - Authentication & Standardization
 - Pre-Clinical Pharmacodynamic Studies
 - Pre clinical and Clinical research studies of Unani Medicine in various disorders, carried out in collaboration with other Institutions.
 - Various publications in reputed Journals.

MajeediaUnani Hospital

Majeedia Unani Hospital is a state of art world class hospital dealing in Unani System of Medicine under the auspices of Jamia Hamdard. It was conceived a long back as a seat of higher learning in Unani tibb (medicine) by Padamshree Hakeem Abdul Hameed. It is a teaching hospital associated with School of Unani Medical Education and Research (SUMER) to provide quality Unani medical education and training to the students.

Majeedia Unani Hospital is a 100 bedded hospital offering quality healthcare services in Unani System of Medicine at affordable cost. The hospital is run by well-experienced staff. The hospital is known for its specialty services in a wide range of illnesses right from hepatitis, diabetic foot, non-healing ulcers, musculoskeletal disorders, skin diseases to various life-style disorders like Hypertension, Diabetes Mellitus, obesity, allergic conditions etc. beside others chronic ailments.

Availability of medical facilities:

- Moalajat (Medicine).
- Jarahat (Surgery).
- Amraz –e- Niswa –wa- Qabala (Obstetrics & Gynae).
- Atfal (Paediatrics).
- Tahaffuzi-wa-samajitibb (Community Medicine)
- Ilaj-bit-tadbeer (Regiminal Therapy)
- Ain- uzn- anaf-wa-Halaq (Eye &ENT)
- Amraz-e-jild (Dermatology)

Emergency Department

Laboratory Facilities

- Pathology
- Haematology
- Biochemistry

Special Treatment Modalities:

- Wet Cupping Therapy
- Leech Therapy
- Venesection
- Bukhoor Therapy
- Hammam
- Nutool Therapy

Effective Treatment offered in:

- Diabetic foot
- Non healing ulcer
- Infertility (Male & Female)
- Allergic manifestations e.g Urticaria
- Digestive system disorders e.g Jaundice, Hepatitis B & C, Cirrhosis of liver & Irritable bowel syndrome (IBS), Acid peptic disease (APD).
- Chronic constipation
- Piles
- Male & Female Sexual disorders
- Skin disorders e.g. Vitiligo, Psoriasis, Acne
- Kidney Stones

4. Evidence of success:

⇒ Significant Contribution of SUMER/ MUH, Jamia Hamdard, to healthcare system during

Activities during Covid -19 pandemic

- **Awareness and Prevention for Preparedness Response Training on COVID-19 Pandemic----** COVID-19 expertise through online lectures and seminars,
- **Training of Trainers for COVID-19 Pandemic**
- **Telemedicine: consultation through audio and video conferencing**
- **Establishment of Quarantine isolation center for COVID-19**
- **COVID-19 treatment center**
- **Screening OPD for Covid-19**
- **Fever OPD**
- **Vaccination drive**
- **Vaccination center**
- a. Total Vaccination done = 22352
- b. Vaccination Kits Distribution = 20000
- c. Blanket Distribution = 800
- **Research on Unani formulation in the management of COVID-19 infection(Project funded by AYUSH)**
- **Publications on Covid 19 pandemic**

Covid-19 pandemic-Seminar and webinar series (national & international) were held during 2020 Covid pandemic.



Jamia Hamdard

Deemed to be University

Accredited in 'A' Grade by NAAC

Declared to be designated as Institute of Eminence (IoE) by MHRD, GOI

School of Unani Medical Education and Research

Majeedia Unani Hospital



School of Unani Medical Education and Research

Department of Moalajat

Department of Ilmul Advia

Department of Tahaffuzi Wa Samaji Tibb

Department of Kulliyat

Department of Tashreeh (Anatomy)

Department of Munafeul Aza

Department of Ilmul Saidla

Department of Jarahiyat

Department of Amraz-e-Niswan Wa Qabalat

Department of Atfaal

Department of Mahiyatul Amraz

Department of Jild

Department of Ilaj Bil Tadbeer

Department of Ain, Uzn Anaf Wa Halaq



PROJECTS CARRIED OUT IN THE SCHOOL

S. No.	Title of the clinical study/clinical trials/Animal study	Sponsoring agency
1	Clinical Evaluation of a Unani formulation as adjunct therapy/ add-on therapy simultaneously with the Allopathic treatment (regimen specific) in the Covid – 19 pateints	AYUSH
2	Clinical Evaluation of a Unani adjuvant formulation for enhancement of efficacy of anti tubercular treatment	CCRUM
3	Clinical Evaluation of a Unani formulation in the treatment of Osteoarthritis with special reference to evaluation of its antioxidant activity	CCRUM
4	Drafting of WHO Bench Marks for Practice in Unani Medicine	WHO
5	A Study of a herbal drug “0394” as an adjuvant Drug. in the treatment of pulmonary Tuberculosis.	Panacea Biotec Ltd. New Delhi

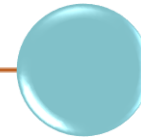
PROJECTS CARRIED OUT IN THE SCHOOL

S. No.	Title of the clinical study/clinical trials/Animal study	Sponsoring Agency
7	Development of Quality Control, standardisation and clinical evaluation of a herbo mineral formulation using in urolithiasis	AYUSH
8	Classical Methods of Tadbeer (Detoxification) of Toxic Unani Drugs and their Comparative Chemical Analysis	AYUSH
9	Applicability and cost effectiveness of LAMP-based marker as a tool for the authentication of medicinal Plants	AYUSH
10	Development of Nano Formulation of Unani Medicine & their Biological Activity Evaluation	AYUSH
11	Evaluation of Role of Unani Formulation for improving Cognitive Functions in the Management of Neuro-developmental Disabilities	AYUSH

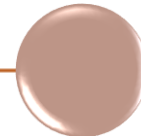
**Awards and
recognitions
by Ministry
of AYUSH**



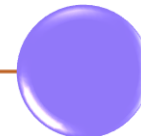
**Young
scientist (01)**



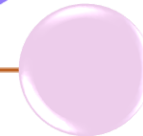
**Best scientific
paper (02)**



Best researcher (01)

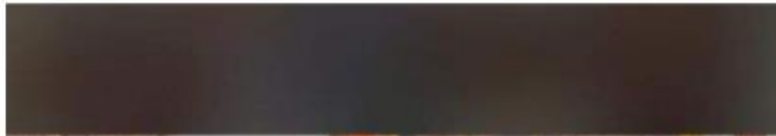


**Life Time
Achievement (02)**



**Best teacher
(02)**

**Treatment of cirrhosis of liver/
liver failure in Unani medicine
medicine .Honorable president
of India Shri RAM NATH
KOVIND Sahab appreciated the
efforts of Prof M Akhtar
Siddiqui for successful Unani
treatment of cirrhosis of liver**



Also awarded Best Teacher by Ministry of
Ayush, CCRUM

Life time achievement award in Unani Medicine by
AYUSH



Best Scientist Award in Unani Medicine by AUSH

Organized by

Central Council for Research in Unani Medicine
Ministry of AYUSH, Government of India



Life Time Achievement award in Unani

11-12 February, 2019 | Vigyan Bhawan, New Delhi

Organized by

Central Council for Research in Unani Medicine
Ministry of AYUSH, Government of India



International Conference on Unani Medicine
Unani Medicine - Towards Achieving the Sustainable Development Goal (SDG-3) of "Good Health & Well-Being"
11-12 February 2019 | Vigyan Bhawan, New Delhi

Organized by
Central Council for Research in Unani Medicine
Ministry of AYUSH, Government of India



Jamia Hamdard Professor Mohd. Aftab Ahmad receiving the award from Union Minister Rajnath Singh.

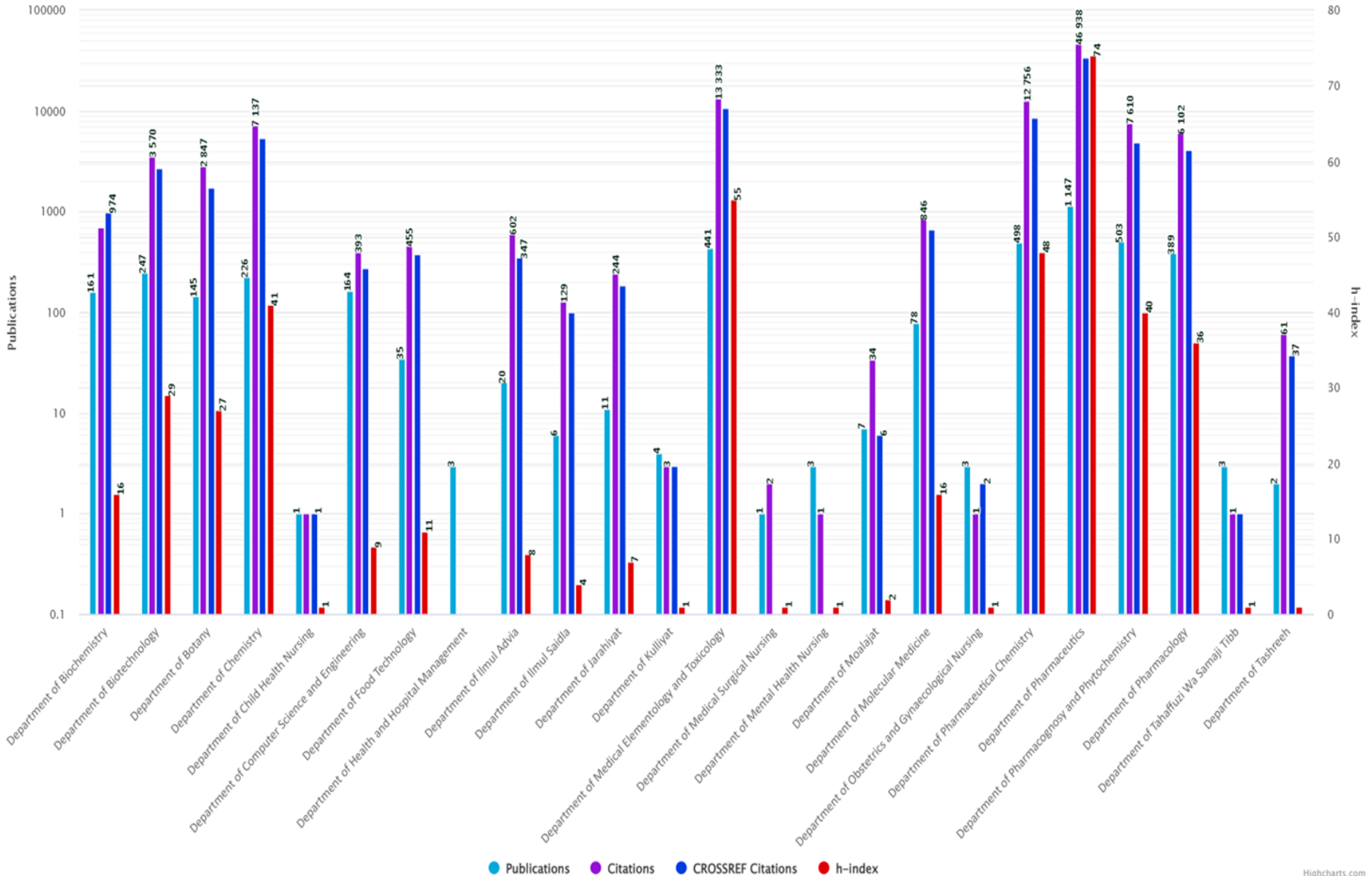
Professor Mohd. Aftab Ahmad of School of Unani Medicinal Education and Research(SUMER), Jamia Hamdard has been awarded by the Ministry of Ayush, Govt of India for his contribution in Unani Medicine at International Conference on Unani Medicine.



Publications/Projects/workshops/Awards etc. (in last five years)

Name of Activity	Total No.
Publications	226
Books	12
Projects	06
Conferences organised	07
Training workshops organised	18
Awards	23
Camps Organised	50

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Contribution of SUMER

CONSULTANCY



Consultancy to CCRUM, Dept. Of AYUSH, for Training to their Research Officers

Consultancy to Hamdard Wakf Laboratories India, for training their physicians

Consultancy to W.H.O. for drafting benchmarks of practice in Unani Medicine

Consultancy given to various Unani Institutions in India and abroad

SCHOLARSHIP TO STUDENTS

Dr. Maqbool Husain Jafri Memorial scholarship

Akhtar Hussain Memorial Merit Scholarship

Lat Moulvi Shabir Ahmad Scholarship

Late Janab Haji Mohammad Ahmad Khan Education Reward scholarship

Mrs. Aquil-un-Nisa Alam Scholarship

Heading the apex body of Unani, CCRUM and premiere Unani institutes

Notable achievement is that three out of total five Director Generals of CCRUM are from SUMER, Jamia Hamdard

Director of National institute of Unani medicine

Director of Indian system of Medicine, Jammu and Kashmir

Majeedia Unani Hospital

OPDs

Moalajat (Unani Medicine)

Ilmul Jarahat (Sugery)

Ain, Uzn, Anaf wa Halaq (ENT)

Amraze Jild (Skin and Cosmetology)

Qabalat wa Amraze Niswan
(Gynaecology and Obstetrics)

Amraz Atfal (Paediatrics)

Hifzan Sehat (Community Medicine)

Ilaj Bit Tadbeer

Geriatrics

Unani Clinical Research OPD

IPD (100 bedded)

Outdoor & Indoor
Unani Pharmacy

Ilaj Bit Tadabeer
Unit (Regimenal
Therapy)

Pathology Lab and
Minor OT

COVID Center at Majeedia Unani Hospital



Covid Vaccination Centre at Majeedia Unani Hospital



Ilaj Bit Tadbeer

Well equipped Ilaj bit Tadbeer for the management of various non communicable and Musculo skeletal disorders



Hijamah(Cupping)



Taleeq (Leeching)



Nuzj wa Ishal (Concoction and Purgation)



Fasd (Venesection)



Hammam (Turkish bath)



Dalak (Massage)



Nutool (Wet fomentation)



Bukhoor (Steam fomentation)



Taareeq (Sweating)



Takmeed (Dry fomentation)



Riyazat (Exercise)

Establishment and advancement of Ilaj bil Tadabeer (Regimenal therapy) SUMER being the pioneer in revival of this mode of treatment in India

Extension of health care facility to underprivileged areas as part of community service

HIJAMAH (CUPPING THERAPY)

Hijamah (Cupping therapy) refers to a mode of treatment which is carried out by creating a partial vacuum in the cupping glasses, placed on the body surface, by means of heat or suction.



Hijamah bil shart (Wet Cupping Therapy)



Taaleeq (LEECH THERAPY)

Taaleeqe is an important mode of *Ilaj bil Tadbeer* in which medicinal leeches are applied on the affected part of the body in order to get rid of morbid humors (*Mawaad-e-fasida*).



BUKHOOR (VAPORIZATION)

This regimen includes the exposure of the diseased part or the entire body to medicated steam of various unani herbs.



FASD (VENESECTION)

Fasd is a procedure in which an incision is given to any of the superficial veins, and blood containing *madda-e-fasida* (waste material) is allowed to flow.



MUNZIJ - MUS'HIL (CONCOCTIVE AND PURGATIVE) THERAPY

Munzij-mus'hil therapy is a part of regimenal therapy which is directed towards excretion of morbidly retained humors through purgation.



NUTOOL (IRRIGATION)

It is a novel method in which the decoction of certain drugs or medicated oils are poured over specific sites of the body in certain diseases like insomnia, pains of various types, headaches, migraine, stiffness etc.



Hammam (Diaphoresis)

Tareeqe (Diaphoresis) is used for medicinal purposes for the removal of morbid humors for the body which leads to detoxification. diaphoresis may be induced in *hammam*, sauna or with the help of certain medicines.



Success stories



DIABETIC GANGRENE

ON FIRST VISIT



AFTER 03 MONTHS



NON HEALING ULCER

ON FIRST VISIT



AFTER 03 MONTHS



NON HEALING ULCER

ON FIRST VISIT



AFTER 28 DAYS



DIABETIC THREATENED GANGRENE

ON FIRST VISIT



AFTER 03 MONTHS



Case of lymphangiectasia

Pre treatment



Post treatment





Leech Therapy in dermatitis

First therapy



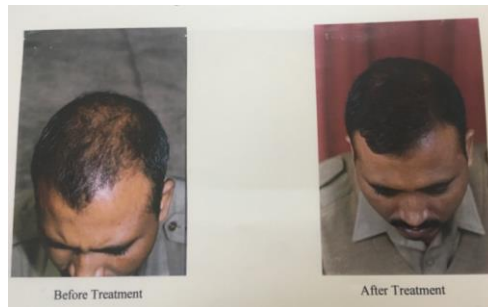
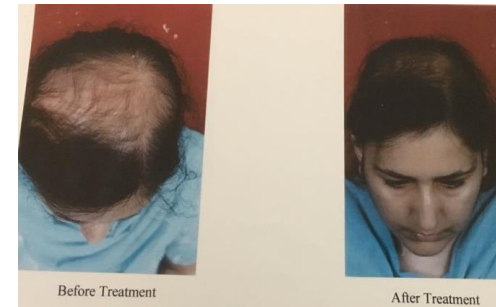
Third Therapy



Leech Therapy in Psoriasis



Clinical Studies in Skin & Cosmetology



Treatment for alopecia areata in Unani medicine



Extension and social/ community outreach

Extension of health care facility to underprivileged areas as part of community service

Health Melas and Health Awareness programmes at various underprivileged areas in Delhi

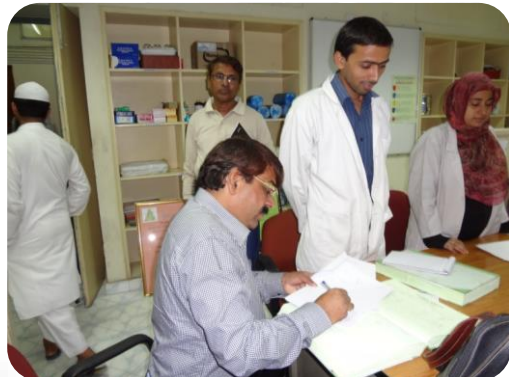
Health Camps



Khursheed Ahmad Ansari
 23 Nov 2021

मर्जीदिया हस्पताल युनानी संस्था और #दुबएलएक व नैजी संस्था द्वारा, मुख्य युनानी चिकित्सा शिविर आयोजित

आज 21 नवम्बर 2021 को स्कूल ऑफ युनानी मेडिसिन और राष्ट्रीय सेवा योजना व मेरी संगठन के सहयोग से मर्जीदिया हॉस्पिटल, हमदर्द युनिवर्सिटी में युनानी चिकित्सा का मुख्य हेल्थ जांच आयोजित किया गया। साथ ही कि आज़मदी का अमल मशीनका के अंतर्गत "इमरत" आशुत हमार स्वास्थ्य "कार्यक्रम देस भर में आशुत पद्धतियों को बढ़ावा देने, जागरूकता फैलाने और राष्ट्रीय स्वास्थ्य मिशन को सकारक भागीदारी देने हेतु जन सामान्य तक युनानी आयुर्वेद, सिद्ध और योग चिकित्सा को पहुंचाया जा रहा है। इसी शुक्रवार से नैजी ने मर्जीदिया युनानी हॉस्पिटल हमदर्द जिले में एक मुख्य चिकित्सा शिविर आयोजित किया। नैजी एक महिला सशक्तिकरण का उदाहरण है जो महिलाओं द्वारा देस के चारों महलें फैलनी, अलमरक, देसदाल व इतरे आदि स्थानों पर अपने स्वास्थ्य संबंधी समस्याओं के साथ स्वास्थ्य सेवाएं जन जन तक पहुंचा रही है। इसमें राष्ट्रीय सेवा योजना के स्वयं सेवकों द्वारा भाग लिया गया। कोविड प्रोटोकाल का अनुपालन करते हुए डॉ उस्ता खानी, मुख्य चिकित्साधिकार डॉ मिनाज अहमद (एम एस) संकाय अध्यक्ष प्रोफेसर अदिक जैदी, उप स्वास्थ्य अधीक्षक डॉ एहलेथाम खतमान, डॉ खुरशैद अहमद के समन्वय से एक मुख्य शिविर लगाया गया, जिसमें 200 से अधिक रोगियों को परामर्श, निःशुल्क दवाओं का वितरण करने के साथ ही साथ रक्तचाप, शुगर, वजन की स्थिति जानने के लिए मुख्य जांच की भी सुविधा दी गई। देस के सुविख्यात शिक्षण व बोध संस्थानों में एक हमदर्द जिले अपनी शैक्षिक गुणवत्ता के साथ अपने सामाजिक उत्तर दायित्वों का निर्वाह कुलाधिपति श्री हमिद अहमद जी व कुलपति प्रोफेसर अफसर आलम के नेतृत्व में दिशानिर्देशन में निरंतर कर रहा है।



Health Camps



CME/Guest Lectures



Health Awareness Walks



Health Awareness Walks





Sensitization through Drama

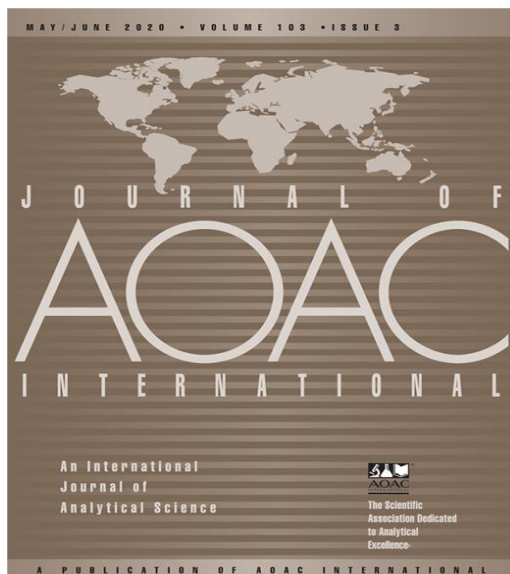


Sensitization through Drama



NSS Programmes





ANALYSIS AND REGULATION OF TRADITIONAL INDIAN UNANI MEDICINES

Sayeed Ahmad,
Jamia Hamdard, India



Research Topic

Metabolomics and Ethnopharmacology in the Development of Herbal and Traditional Medicine

Submit your abstract Submit your manuscript Participate / Refer a colleague

We welcome in our Research Topic, Reviews and Original Research articles on the following subtopics of research on medicinal plants, herbal and traditional medicines with a focus on complex preparations from a single or several botanical drugs:

- Quality control analysis and stability studies of botanicals and traditional formulations.
- Metabolomics and Pharmacokinetic studies.
- *In-vitro*, *In-vivo*, safety, and efficacy studies.
- Phytochemistry and bioactivity guided isolation and characterization.
- Chromatographic analysis and Thin Layer Chromatography-bioautography.
- Clinical studies.

In this Research Topic, we especially welcome studies on AYUSH drugs, as well as works presented in the abstracts of SFEC 2020 (<http://www.bnpl.org.in/first-announcements.html>).

Submission Deadlines	
15 August 2020	Abstract
15 November 2020	Manuscript

<https://www.frontiersin.org/research-topics/14729/metabolomics-and-ethnopharmacology-in-the-development-of-herbal-and-traditional-medicine>

Topic Editors



Sayeed Ahmad
Jamia Hamdard University
New Delhi, India

176 publications



Chandra Kant Katiyar
Emami (India)
Calcutta, India

29 publications



PROF PULKUMAR
MUKHERJEE
JADAVPUR UNIVERSITY
Kolkata, India

252 publications



Gudrun S. Ulrich-Merzenich
University Hospital Bonn
Bonn, Germany

49 publications

Publications of PI on Unani medicine/

MODERN METHODS FOR QUALITY CONTROL OF UNANI FORMULATIONS (ARQIYAT/AROMATIC WATERS)

Chapter 1: An Overview of Traditionally Used Aromatic Waters: The Arqiyat of Unani System of Medicine Abida Parveen, Bushra Parveen, Rabea Parveen, Sayeed Ahmad	1
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Chapter 3: Quality Control Analysis of Arqiyat Using HPTLC Densitometric Analysis Sultan Zahiruddin, Monalisha Samal, Gaurav, Sayeed Ahmad	35
Chapter 4: Quality Control analysis of Arqiyat Using GC-MS Sultan Zahiruddin, Varsha Srivastav, Mohammad Ibrahim, Sayeed Ahmad	72
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Chapter 6: Pharmacokinetic Studies of Arqiyat Sultan Zahiruddin, Abida Parveen, Shahid H Ansari, Sayeed Ahmad	124
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NOTABLE CONTRIBUTION IN UNANI/AYUSH MEDICINE