



NEWSLETTER

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CCRUM participates in *Arogya* at Hoshiarpur

HFM announces cancer hospital for Hoshiarpur

Union Minister for Health & Family Welfare Mr. Ghulam Nabi Azad announced a tertiary cancer hospital for Hoshiarpur at the inaugural function of *Arogya-2013*, a health fair held in Garhdiwala tehsil of Hoshiarpur district in Punjab during 5-6 October. The *Arogya* was jointly organized by Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health & Family Welfare, Government of India; and the Government of Punjab.



Mr. Ghulam Nabi Azad, Union Minister for Health & Family Welfare delivering his inaugural address to *Arogya* fair jointly organized by Department of AYUSH, Ministry of Health & Family Welfare, Government of India; and the Government of Punjab in Garhdiwala tehsil of Hoshiarpur district in Punjab during 5-6 October. To Mr. Azad's left is Mrs. Santosh Chowdhary, Minister of State for Health & Family Welfare, Government of India, and to his right is Mr. Sangat Singh Gilzian, MLA, Tanda, Hoshiarpur.

The Central Council for Research in Unani Medicine (CCRUM) as well as other Research Councils and Institutions under Department of AYUSH had active participation in the two-day health fair which showcased the strengths, activities and achievements of the AYUSH systems.

Inaugurating the event on 5 October, Union Minister for Health & Family Welfare Mr. Ghulam Nabi Azad announced a tertiary cancer hospital for Hoshiarpur – the most backward district of Punjab – to be built up with a cost amounting to Rs. 45 crore, and urged the State Government to consult with the local MP and district administration and designate a suitable piece of land for the hospital at the earliest.

Mr. Azad said that this hospital would be in addition to the cancer institute that the Health Ministry had already promised to the state. This hospital would also benefit the people of nearby Jalandhar,

Gurdaspur and Pathankot districts, he added.

The Minister said that the Central Government aims to provide better health services in villages as well as urban areas. He said that the Central Government had established diagnostic centers for cancer, diabetes and cardiac diseases in 100 districts. Under the National Health Programme, the Government was also establishing hospitals in these districts to provide health services to elderly persons.

Mr. Azad emphasized the importance of good dietary habits in preventing diseases and promoting health and urged to promote the use of traditional systems of medicine including Unani, Ayurveda, Siddha, and Homoeopathy for treatment.

Mrs. Santosh Chowdhary, Minister of State for Health & Family



A view of audience at the inaugural function of Arogya fair organized by Department of AYUSH and the Government of Punjab at Garhdiwala tehsil of Hoshiarpur district during 5-6 October.

Welfare, Government of India; Mr. Surjit Kumar Jiyani, Health & Family Welfare Minister, Government of Punjab; and Mr. Sham Sunder Arora, MLA, Hoshiarpur also spoke on the occasion. Earlier, Mrs. Vini

Mahajan, Principal Secretary, Health & Family Welfare, Government of Punjab welcomed the Union Minister on behalf of the State Government. Among the dignitaries present on the occasion were Mr. Sangat Singh Gilzian, MLA; Mr. Anil Kumar Ganeriwala, Joint Secretary, Department of AYUSH, Ministry of Health & Family Welfare, Government of India; Prof. S. Shakir Jamil, Director General, CCRUM; and Prof. Abhimanyu Kumar, Director General, Central Council for Research in Ayurvedic Sciences (CCRAS).



Mr. Ghulam Nabi Azad, Union Minister for Health & Family Welfare signing in the Visitors' Book at the pavilion of Central Council for Research in Unani Medicine on the inaugural day of Arogya fair in Garhdiwala tehsil of Hoshiarpur in Punjab.

After the inaugural ceremony, Mr. Ghulam Nabi Azad, Mrs. Santosh Chowdhary, Mrs. Vini Mahajan and various other dignitaries went round the CCRUM's pavilion as well as other stalls at the fair. At the Arogya, the Department of AYUSH was represented by the Research Councils and other Institutions functioning under its aegis. These included CCRUM, CCRAS, Central Council for Research in Yoga and Naturopathy

(CCRYN), Central Council for Research in Homoeopathy (CCRH), National Medicinal Plants Board (NMPB), and Morarji Desai National Institute of Yoga (MDNIY). At the fair, these organizations displayed their strengths and progress in their respective research programmes.

The CCRUM pavilion at the *Arogya* displayed the Council's progress in its research programmes namely clinical research, drug standardization, survey and cultivation of medicinal plants, and literary research. On display were also the Council's publications. The Council's staff managing the stall distributed Information, Education and Communication (IEC) material in Hindi, English, Punjabi and Urdu languages on Unani Medicine. Video CDs produced by the Council on history of Unani Medicine, skin care, management of arthritis, health

promoting Unani medicinal plants, etc. were also played.

Besides, to enhance awareness about health and wellness, and disease prevention measures, public lectures by experts were organized during the fair. Hakim Abdul Rahim and Hakim Tamanna Nazli, both Research Officers (Unani) at the Council's Regional Research Institute of Unani Medicine (RRIUM), New Delhi delivered lectures on *"Role of Unani Medicine in joint disorders"* and *"Role of Unani Medicine in skin diseases"* respectively.

A free health clinic was also put up by the Council at the fair to provide free health check-up and treatment to the visitors. The Unani physicians attended to the patients and provided them with free-of-cost medicines. They also provided them advisory on healthy living. The Unani

physicians who offered their services at the clinic included Hakim Azma and Hakim Waseem Ahmad from the Council's Literary Research Institute of Unani Medicine, New Delhi and Hakim Shaur Ahmad Khan from Government Ayurvedic Dispensary, Behlalpur, Ludhiana (Punjab). Over 300 patients benefited from the clinic. Mr. Shaukeen Alvi, Pharmacist at RRIUM, New Delhi distributed medicines to the patients.

The CCRUM pavilion was managed by Dr. P.K. Yadav, Research Officer (Clinical Pharmacology); Mr. Aminuddin, Research Officer (Botany); Mr. Haseeb Ahmad (Senior Production Assistant); Mr. Ranbir Singh, Messenger; and Mr. Sompal Singh, Messenger, all from the CCRUM headquarters.

• *MAK and Niyaz with inputs from Aminuddin and P.K. Yadav*

RRIUM, Mumbai holds free health camp

The RRIUM, Mumbai organized a free health camp in Mumbai on 6 July to screen patients for various research projects of the Institute.



Patients waiting to get Unani medicines at the free health camp in Mumbai on 6 July.

At the camp more than hundred patients, including 47 women, were attended to by the Institute's Unani physicians. They were screened for research projects of essential hypertension, arthritis, and common cold and cough, and were referred to the Institute for Unani treatment.

Health-based Unani literature was also distributed at the camp to create awareness about Unani

system of medicine and educate the people about health and hygiene.

The Institute staff who managed the camp included Dr. Mohammad Raza, Research Officer (Unani) (Scientist-4); Dr. Munawwar Hussain, Research Officer (Unani) (Scientist-4); Dr. Mohammad Naseem, Research Officer (Unani) (Scientist-3); Mrs. Shobha K. Shewate, Staff Nurse; Mrs. Saeeda Janwadkar, Social Worker; Mr. Qamrul Islam, Pharmacist; Mrs. Salma H. Reza, Lab Technician; Mr. Nasir S. Shah, Lab Attendant; Mrs. Khursheed, M.M., Cook; and Mr. Nitin Waghela, Driver.

• *Niyaz with inputs from RRIUM, Mumbai*

Council's Scientific Advisory Committee meets

The Council's Scientific Advisory Committee (SAC) met at its headquarters in New Delhi on 3 September exclusively to discuss in detail the revised draft of its Intra-mural Research (IMR) Policy 2013. Discussing the initial draft in its earlier meeting, the Committee had recommended for a dedicated meeting to consider the policy document.

Welcoming the Chairman and the Members of the Committee, Prof. Syed Shakir Jamil, Director General, CCRUM and Member-Secretary of the SAC informed the Committee that most of the actions suggested by the committee in the previous meeting were taken up by the Council. He briefed the SAC about the key activities and initiatives undertaken by the Council since the last meeting of the Committee. He informed that the Committee of Parliament on Official Language inspected the progress made by the Central Research Institute of Unani Medicine (CRIUM), Hyderabad in the direction of implementing the Official Language Policy and found that the activities being undertaken by the Institute for promoting Hindi language and increasing its use in official works were satisfactory. Appreciating the functioning of the Institute, the Committee awarded Yellow Book to its Deputy Director In-charge Dr. M.A. Waheed and later sent a letter of excellence to the Institute. Talking about the Council's IMR Policy, Prof. Jamil said that as recommended by the SAC in its last meeting held in the month of May, the initial draft of the policy was sent to the In-charges of the Council's Institutes to look into the applied part of the policy. The draft

was also discussed in the meeting of the In-charges of the Council's Institutes held during 26-27 June 2013 at CCRUM headquarters, New Delhi and their suggestions were incorporated in the document after discussion with the experts of the field. Going ahead, he informed that a meeting of experts on the subject was called on 27 August 2013 at the CCRUM headquarters which exhaustively discussed the policy document and after detailed discussions, their suggestions were incorporated in the document. He hoped that the new policy would provide required time to the officers at the headquarters for coordinating and monitoring research activities of the Institutes and would be helpful in fulfilling the objectives of the Council.

The SAC discussed the revised draft of IMR Policy-2013 that emphasizes streamlining of research projects and increasing involvement of the researchers at each level. Under the new policy, the institutes should design and submit project proposals to the Council headquarters for review, contrary to the existing practice of allocation of projects from the Council. The projects approved by the headquarters should be taken up at the Institutes/Units.

During the discussion, the SAC suggested that some more areas, like maternal health, pre-natal and post-natal care, and chronic renal diseases might be added to the priority areas of research in the policy. It was also suggested that research priorities should be categorized under two heads - first line and second line priorities, according to their incidence and promising intervention of the Unani medicines.

The SAC also suggested that protocols for IMR research might be developed in consultation with scientific organizations such as ICMR/CSIR institutes and other academic institutions. The scientists of these institutions might be engaged in problem selection, protocol designing and monitoring. These types of studies should be helpful in improving the output and outcomes in a stipulated time frame. The Council's IMR Policy 2013 was recommended by the SAC.

The meeting was presided over by the SAC Chairman Prof. M.A. Jafri, Department of Ilm-ul Advia, Jamia Hamdard, New Delhi. Members of the Committee who attended the meeting included Prof. Rais-ur-Rahman, Department of AYUSH, New Delhi; Dr. Ahmad Kamal, Indian Institute of Chemical Technology (CSIR), Hyderabad; Dr. O.P. Agarwal, Emeritus Scientist, ICMR, New Delhi; and Dr. Nandini K. Kumar, former Deputy Director General, ICMR, New Delhi. Hakim Abdul Hannan, Joint Director; Dr. Khalid M. Siddiqui, Assistant Director (Hqrs.); and other officers of the Council also attended the meeting. ● *Jamal Akhtar*

Secretary (AYUSH) visits CCRUM

Mr. Nilanjan Sanyal, Secretary to Government of India, Department of AYUSH, Ministry of Health & Family Welfare visited the Central Council for Research in Unani Medicine (CCRUM) on 9 September. Accompanied by Mr. Bala Prasad, Joint Secretary, Department of AYUSH, he also visited other Research Councils of AYUSH.



Mr. Nilanjan Sanyal, Secretary to Government of India, Department of AYUSH in a meeting with the officers of CCRUM, New Delhi on his maiden visit. To his right is Mr. Bala Prasad, Joint Secretary, Department of AYUSH, and to his left is Prof. S. Shakir Jamil, Director General, CCRUM. The other two officers are (from left to right) Mr. Aminuddin, Research Officer (Botany) and Mr. Shamsul Arfin, Research Officer (Chemistry).

Addressing the Council's officers on his first visit after taking the charge of Secretary (AYUSH), Mr. Sanyal laid emphasis on capacity building and infrastructure development of the Council and its Institutes. He especially asked to upgrade the Regional Research Institute of Unani Medicine (RRIUM), New Delhi, and RRIUM, Chennai to Central Research Institute of Unani Medicine. The Council should talk with Jamia Millia Islamia, Delhi Development Authority, Noida Authority and Ghaziabad Development Authority to get land for constructing its own building for RRIUM, New Delhi, which is running in a rental building, he said.

Earlier, Prof. Syed Shakir Jamil, Director General, CCRUM welcomed

Mr. Sanyal and Mr. Prasad to the Council with bouquets of flowers. He also made a PowerPoint presentation on the brief history and development of Unani Medicine in India and other parts of the world, establishment of CCRUM, its institutional set-up, major activities and achievements in the area of research, and its intellectual properties and patents. He informed that the Council had attained significant success in clinical research on the efficacy of Unani medicines in the treatment of vitiligo, rheumatoid arthritis, hypertension, diabetes mellitus, etc. He further said that under its drug standardization programme, the Council had developed pharmacopoeial standards for 298 single and 100 compound Unani drugs, and had published

eight volumes of Unani Pharmacopoeia of India, besides six volumes of National Formulary of Unani Medicine. Briefing its success in survey and cultivation of medicinal plants programme, he said that the Council had published seven volumes containing 12,000 folk medicinal claims collected from tribal population in different forest areas. He also made a special mention of the Council's eight patents and 33 patent applications it had filed.

Commenting on the PowerPoint presentation made by the Director General, Mr. Sanyal appreciated the Council for significant number of patent applications and asked to pursue them and file more applications in the coming years. He also took a brief account of the Council's fund utilization over the previous few years and urged to take new research and developmental initiatives, assuring his full support in release of funds.

Speaking on the occasion, Mr. Bala Prasad said that he recently visited RRIUM, Chennai and found its research activities satisfactory and commendable. He further said that the Institute's building needed urgent expansion for which a proposal might be submitted.

During his short visit, Mr. Sanyal had a brief introduction of officers at the Council headquarters. He also took a facility tour of the CCRUM.

• Niyaz

Parliamentary Committee inspects Council's Hindi works

To review the progress made by the Council in the use of Hindi for official purposes, the third Sub-Committee of the Committee of Parliament on Official Language conducted inspection of Hindi works of the CCRUM headquarters, New Delhi as well as its Hyderabad-based Institute – Central Research Institute of Unani Medicine (CRIUM) on 18 September and 8 July respectively.



Prof. Alka Balram Kshatriya, Member of Parliament, presenting Yellow Book to Prof. S. Shakir Jamil, Director General, CCRUM on the success of the Council in the inspection of its Hindi works by the third Sub-Committee of the Committee of Parliament on Official Language on 18 September in New Delhi. The other dignitaries are (left) Dr. Ram Prakash, Member of Parliament and (right) Mr. Pradeep Kumar Sharma, Senior Research Officer, Committee of Parliament on Official Language.



Prof. Alka Balram Kshatriya, Chairperson of the Parliamentary Committee inspecting Hindi works of CRIUM, Hyderabad is being greeted by Dr. M.A. Waheed, Deputy Director In-charge, CRIUM on 8 July in Hyderabad.

The committee that conducted inspection of Hindi works of the CCRUM headquarters comprised Hon'ble Members of Parliament Dr. Nirmal Khatri as Vice President, Prof. Alka Balram Kshatriya as Organizer, and Dr. Raghuvansh Prasad Singh, Mr. Hukmdev Narayan Yadav, Prof. Ramgopal Yadav, Mr. Prabhat Jha, Mr. J.M. Aaroon Rasheed, Mr. Madan Lal Sharma, Dr. Ram Prakash and Mrs. Jharna Das Baidya, all as members. Besides, Mr. Pradeep Kumar Sharma, Senior Research Officer, Committee of Parliament on Official Language and two press reporters were also present during the inspection process. The Council was represented by Mr. Bala Prasad, Joint Secretary, Department of AYUSH, Ministry of Health & Family Welfare, Government of India; Prof. S. Shakir Jamil, Director General, CCRUM; Hakim Abdul Hannan, Joint Director, CCRUM; Mr. Kailash Chand Bhatt, Assistant Director (Rajbhasha), Department of AYUSH; Dr. Khalid Mehmood Siddiqui, Assistant Director (Hqrs.), CCRUM; Dr. Misbahuddin Azhar, Research Officer (Unani) (Scientist-2) and In-charge of Hindi Section, CCRUM; and Mrs. Akhtar Parveen, Hindi Assistant, CCRUM.

Prof. Alka Balram discussed with DG, CCRUM the inspection questionnaires submitted by the



Hon'ble Members of Parliament (from left to right) Mr. J.M. Aaroon Rasheed, Dr. Ram Prakash, Prof. Alka Balram Kshatriya, and Mr. Pradeep Kumar Sharma, Senior Research Officer, Committee of Parliament on Official Language during the inspection of Hindi works of CCRUM headquarters on 18 September in New Delhi.

Council and suggested to bring out publication on Unani literature in Hindi language. She also praised the achievements and success attained by the Council in the area of implementing the Official Language Policy. Other members of the committee also shared their valuable advices with regard to future programmes and activities for promotion of Hindi language. Mr. Bala Prashad and Prof. Jamil assured the committee about incorporating their advices in their future course of action for implementing the Official Language Policy.

At the end of the inspection, the committee expressed its satisfaction over the works done by the Council and presented the Yellow Book, the symbol of success in the inspection, to Prof. Jamil, Director General, CCRUM.

The meeting to review the official language works of CRIUM, Hyderabad was headed by Prof. Alka Balram

Kshatriya, Member of Parliament and attended by Members of Parliament Dr. Raghuvansh Prasad Singh and Mr. Hukmdev Narayan Yadav including Mr. Pradeep Kumar Sharma, Senior Research Officer and



Prof. S. Shakir Jamil, Director General, CCRUM (second from left), Mr. S. Srinivas, Deputy Secretary, Department of AYUSH (second from right), Dr. M.A. Waheed, Deputy Director In-charge, Central Research Institute of Unani Medicine (CRIUM), Hyderabad (centre), Dr. Misbahuddin Azhar, Research Officer (Unani) (Scientist-2) and In-charge of Hindi Section, CCRUM headquarters and Dr. Alokandanda Chakraborty, Research Officer, CRIUM representing the Institute during the inspection of Hindi works of CRIUM on 8 July in Hyderabad.

other members from the Committee of Parliament on Official Language. Mr. S. Srinivas, Deputy Secretary, Department of AYUSH, Ministry of Health & Family Welfare; Prof. S. Shakir Jamil, Director General, CCRUM, New Delhi; Dr. M.A. Waheed, Deputy Director In-charge, CRIUM; Dr. Misbahuddin Azhar, Research Officer (Unani) (Scientist-2) and In-charge of Hindi Section, CCRUM; and Dr. Alokandanda Chakraborty, Research Officer, CRIUM represented the Institute.

Initiating the meeting, Dr. M.A. Waheed introduced Mr. Srinivas, Prof. Shakir Jamil and others to the inspecting committee. He also made a PowerPoint presentation on initiatives undertaken by the Institute for implementing the Official Language Policy. He also highlighted achievements of the Institute in the area of clinical

research, drug standardization, survey and cultivation of medicinal plants, and literary research. The members of the house appreciated the Institute for its achievements and leads in treatment of vitiligo and some other diseases showcased through the display of before- and after-treatment photographs.

Prof. Alka Balram Kshatriya, Chairperson of the inspecting team, explained the importance of implementing the Official Language Policy in the entire activity of an institution. She also gave her advice on how best to

train the officials and utilize their skills in the implementation of the official language programme. The Chairperson had detailed interaction with Mr. Srinivas and Prof. Jamil about the measures taken by Department of AYUSH and the CCRUM for implementing the Official Language Policy at the Council headquarters and its different institutes.

Summing up the inspection and review, the Chairperson called up Dr. Waheed and handed over the Yellow Book. She also extended vote of thanks to those

involved in the entire process of the inspection.

In a recent development, Dr. M.A. Waheed has received a letter of appreciation from Prof. Alka Balram Kshatriya for excellence in implementation of the Official Language Policy. She has offered him her best wishes for success in future planning and activities of increasing the use of the official language at CRIUM, Hyderabad under his leadership.

• *Niyaz with inputs from M.U. Azhar and CRIUM, Hyderabad*

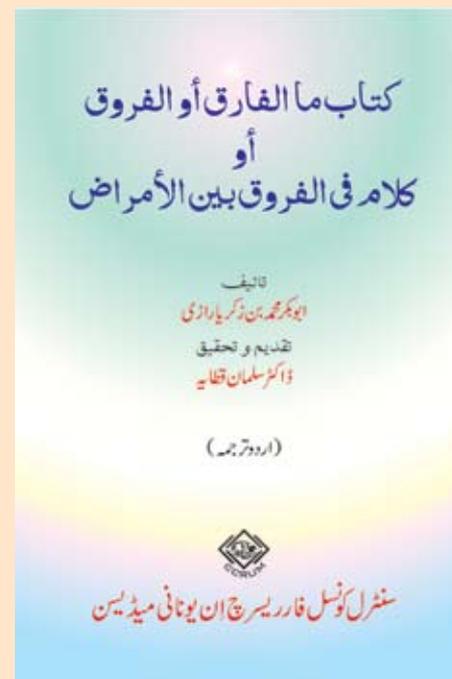
Urdu translation of *Kitab Ma al-Fariq aw al-Furuq* published

The Council has published Urdu translation of a classical work of Unani Medicine, *Kitab Ma al-Fariq aw al-Furuq* written by a distinguished Iranian scholar and physician, Muhammad b. Zakariya Razi (d.925) in Arabic on the subject of differential diagnosis. Razi had vast clinical experience and keenly observed the changes taking place in sign and symptoms during the course of a disease.

Kitab Ma al-Fariq aw al-Furuq carries a systematic account on clinical features and differential diagnosis of diseases. Dr. Salman Qitaya of Jamia Halb, Syria edited the work comparing its three manuscripts preserved in London, Tehran and Baghdad, which was published by Mahad al-Turas al-Ilmi, Jamia Halb, Syria in 1978. The present publication of the Council is the Urdu translation of Qitaya's version.

The book is divided into five chapters based on description of

diseases related to different body systems. The first chapter deals with differential diagnosis of diseases of head and covers 28 such diseases. The second chapter provides details of clinical features and differential diagnosis of various diseases of oral cavity, chest and heart, while the third chapter describes diseases of digestive and genitourinary systems. The fourth chapter discusses different types of fevers, inflammations and wounds. The fifth and final chapter carries details of resembling types of *Nabz* (Pulse) and *Bawl* (Urine)



along with their distinguishing features.

A glossary of technical terms described in the original Arabic text, along with their Urdu equivalents, has been appended to this Urdu publication. • *Amanullah*

National Conference on Managing Information Resources in Digital Environment

Need to digitize Unani manuscripts stressed

The CCRUM and the Society for Information Research and Studies (SIRs), New Delhi jointly organized a National Conference on Managing Information Resources in Digital Environment in New Delhi on 21 September.



Prof. Rais-ur-Rahman, Advisor (Unani), Department of AYUSH (centre); Prof. S. Shakir Jamil, Director General, CCRUM (second from left); Organizing Secretary Mr. M. Azhar Khan, Assistant Library & Information Officer, CCRUM (left most); Dr. A. M. Siddiqui, Director, SIRs (second from right); and Mr. Anand Jha, Organizing Secretary from SIRs releasing the Souvenir of National Conference on Managing Information Resources in Digital Environment at CCRUM headquarters in New Delhi on 21 September.



A view of audience at the inaugural session of National Conference on Managing Information Resources in Digital Environment held in New Delhi on 21 September.

Inaugurating the conference, the Chief Guest Prof. Rais-ur-Rahman, Advisor (Unani), Department of AYUSH, Ministry of Health & Family Welfare, Government of India highlighted the importance of information and its management. He said that it was very important to enrich our knowledge base and adopt modern technologies to preserve the knowledge for the global community.

Prof. Syed Shakir Jamil, Director General, CCRUM stressed the need to digitize the manuscripts and rare books of Unani Medicine on priority basis. He said that the knowledge and information on Unani Medicine, preserved in the manuscripts of libraries in different parts of the country, needed to be made accessible to the researchers and practitioners at global level. He informed that the Council had digitized some of the manuscripts available at the Council headquarters and the work on the rest continued. He said that a state-of-the-art library is essential for research, and underscored the need for networking of the Council's libraries at its different centres.

Dr. A. M. Siddiqui, Director, SIRs said that digitization was the current trend in the field of library and information sciences. He said that in developed countries libraries had been digitized, and the developing

countries were following them and progressing in that direction.

The dignitaries at the conference released the volume of technical papers to be presented during the technical sessions of the conference.

Earlier, welcoming the invitees and delegates, Organizing Secretary Mr. M. Azhar Khan, Assistant Library & Information Officer, CCRUM said that this conference was an opportunity to understand the importance of digitization which has already been taken up by most of the well-budgeted libraries. He called the delegates to share their experience and problems and discuss ways to achieve the goal of digitization. He also extended his gratitude to the SIRs for proposing to jointly organize the conference.

The conference had three technical sessions wherein 36 papers were presented by researchers and information-based professionals. The areas covered in these papers

included planning and managing resources, sourcing and organizing information, managing audio-visual resources, digitization and e-documentation of information, planning and management of digital libraries, knowledge creation through information services, etc.

In the valedictory session, Dr. Khalid M. Siddiqui, Assistant Director, CCRUM highlighted the objective of CCRUM and its progress in its research programmes. Appreciating the conference he said that it was equally beneficial for the Council's researchers as well as the library and information professionals.

The conference was summed up by Mr. S. Shuaib Ahmad, Library & Information Assistant, CCRUM, who was Coordinator of the Conference. Presenting the highlights, he said that adoption of latest technology and remodelling of libraries as per the needs of the information seekers were the need of the hour.



Prof. Rais-ur-Rahman, Advisor (Unani), Department of AYUSH delivering his inaugural address to National Conference on Managing Information Resources in Digital Environment at CCRUM headquarters in New Delhi on 21 September.

He further said that the conference addressed all the issues related to digitization and offered new ideas about information management.

The conference was attended by Dr. Rajesh Singh, University of Delhi, Delhi; Dr. N.K. Bar, former Director, National Archives of India, New Delhi; Hakim Abdul Hannan, Joint-Director, CCRUM, New Delhi; Mr. Uzzwal Madhav, Executive Director, Lakshya Foundation, New Delhi; Mr. Khalid Kamal Faruqi, former Librarian, Jamia Hamdard, New Delhi; Dr. Mohammad Fazil Khan, Research Officer, CCRUM, New Delhi; Dr. R.N. Malviya, University Librarian, Lingaya's University, Faridabad; and officers from the Council's headquarters and its Delhi-based institutes.



A view of a section of audience at the Council's National Conference on Managing Information Resources in Digital Environment held in New Delhi on 21 September.

Hindi Pakhwara and Hindi Diwas Celebration

Need to make sincere efforts for greater promotion of Hindi emphasized

With a view to motivating employees to create an environment for implementation of the Official Language Policy in day-to-day work, Hindi Pakhwara (fortnight) was celebrated at the CCRUM headquarters in New Delhi and its different institutes including RRIUM, Srinagar. Section-wise review of Hindi works done at the headquarters was also conducted besides organizing various competitions during the event.

The Pakhwara at the CCRUM headquarters was conducted during 06 and 25 September, however the valedictory and prize distribution function was held on 27 September. Speaking on the occasion, the Chief Guest Mr. R. P. Singh, Joint Secretary, Department of AYUSH, Ministry of Health & Family Welfare, Government of India said that the implementation of

the Official Language Policy in official work is the moral and constitutional responsibility of all and hence we should make our best efforts to promote its use in official work as well as in our day-to-day activities. He appreciated the Council for organizing the Pakhwara with great enthusiasm and spirit.

Addressing the audience, Prof. Shakir Jamil, Director General, CCRUM

said that sincere efforts at each level were needed for greater promotion of Hindi language. He also expressed his satisfaction on the increased use of Hindi at the Council during the year.

In his address, the Guest of Honour Mr. Pradeep Kumar Sharma, Senior Research Officer, Committee of Parliament on Official Language, New Delhi said that Hindi is our national language and it is our collective responsibility to work for its greater promotion. He acknowledged that the Council had been doing well in that direction.

At the function, Mr. R. P. Singh as well as Prof. Jamil handed over prizes to the winners of the competitions organized during the Pakhwara. These competitions included Hindi dictation (for C and D grade employees); Translation; Debate; Note writing; Self-composed poetry; and Essay writing. The competitions were open for the Council's employees at the headquarters and its centres in Delhi - Regional Research Institute of Unani Medicine (RRIUM), Literary Research Institute of Unani Medicine (LRIUM), and Drug Standardization Research Unit (DSRU), and the Ghaziabad-based Drug Standardization Research



Prof. S. Shakir Jamil, Director General, CCRUM welcoming the Chief Guest Mr. R. P. Singh, Joint Secretary, Department of AYUSH, Ministry of Health & Family Welfare, Government of India to the prize distribution function of Hindi Pakhwara at CCRUM headquarters in New Delhi on 27 September.



Mr. R. P. Singh, Joint Secretary, Department of AYUSH addressing the prize distribution function of Hindi Pakhwara at CCRUM, New Delhi on 27 September.

Institute (DSRI). Competition-wise details of the winners of prizes are as follows:

In Hindi dictation (for C and D grade employees), Mr. Sompal Singh, Attendant; Mr. Ishrat Ali, Messenger; and Mr. Mahesh Shah, Attendant, all from the Council headquarters won the first, second, and third prizes, respectively. Mr. Ramanad and Mr. Ranvir Singh, both Messengers at the CCRUM headquarters, were given consolation prizes.

In Hindi translation, Mrs. Kiran Negi, Senior Scientific Assistant, DSRU bagged the first prize, whereas Mr. Reyaz Ahmad, LDC and Mr. Parwez Ahmad, UDC, both from the CCRUM headquarters, won the second and third prizes, respectively. Consolation prize was shared by Mr. Shah Nawaz, Junior Stenographer and Mr. Shakeb Hasan, Data Entry Operator (DEO), both from the CCRUM headquarters.

In Note writing, following employees from the Council's headquarters were the winners of different prizes. First Prize: Dr. Jamal Akhtar, Research Officer (Unani) (Scientist-2); Second Prize: Mr. Shakeb Hasan, DEO; Third Prize: Mrs. Gayatri Chawla, UDC; and Consolation Prize: Mr. Wajid Khan, DEO, and Ms. Neha Sachdewa, DEO.

In Debate competition, Mrs. Veena Sharma, LDC at the Council headquarters won the first prize, Mr. Mahboob Hasan, Pharmacy Attendant at the Council's Unani Specialty Clinic in Deen Dayal Upadhyay Hospital, New Delhi second prize, and Syed Shuaib Ahmad, Library and Information Assistant at the headquarters third prize. The consolation prize was shared by Mrs. Gayatri Chawla, and Mr. Shyam Kumar, both UDC at the headquarters.

In Self-composed poetry, Ms. Shabnam Siddiqui, DEO won the first

prize, Mr. Mohammad Niyaz Ahmad, Research Officer (Publication) second prize, and Mrs. Veena Sharma, LDC third prize. Mr. Syed Shuaib Ahmad, Library and Information Assistant, and Mr. Mohammad Asif, DEO were given the consolation prize. All the winners were from the Council headquarters.

In Essay writing competition, following were the winners of different prizes. Mrs. Kiran Negi, Senior Scientific Assistant, DSRU won the first prize, Mrs. Sonali Sajwan, Research Assistant (Botany), DSRI the second prize, and Ms. Shabnam Siddiqui, DEO at the headquarters the third prize. The consolation prize was shared by Mr. Ved Prakash, Cashier and Mr. Wajid Khan, DEO, both from the headquarters.

At the conclusion, Hakim Abdul Hannan, Joint Director, CCRUM delivered vote of thanks to the Chief Guest, the Guest of Honour, and the organizers of Hindi Pakhwara as well



A view of audience at the prize distribution function of Hindi Pakhwara at CCRUM headquarters in New Delhi on 27 September.



A view of audience at the inaugural function of Hindi Pakhwara organized by CCRUM at its headquarters in New Delhi on 6 September.

as the participants of competitions and all the employees of the Council.

Earlier inaugurating Pakhwara on 6 September, Prof. Shakir Jamil, the Chief Guest for the occasion, said that the use of Hindi had increased at the Council during the past few years. He appreciated the staff for undertaking activities to promote Hindi and urged them to initiate new measures to further increase its use in official as well as day-to-day life. He asked the officers to organize during the Pakhwara such competitions that can attract entire workforce of the Council and officers of all levels can participate in those programmes.

Addressing the audience, the Guest of Honour for the occasion Dr. R. P. Roy, Hindi Officer, Central Council for Research in Ayurvedic Sciences (CCRAS), New Delhi said that for greater promotion of Hindi we should avoid the use of difficult

words and encourage the use of simple words in day-to-day life. He also praised the Council's Director General and Hindi section for taking right decisions for promoting the use of the language.

Speaking on the occasion, Hakim Abdul Hannan said that Hindi is a scientific language, which is easy to read, write, speak, and learn. One needs to take interest in and devote some time for it.

Dr. Khalid M. Siddiqui, Assistant Director (Hqrs.), CCRUM said that Hindi is our national language and it is our moral and constitutional duty to work for its promotion and use it to the optimum level in day-to-day life. He further said that the efforts for the purpose should continue throughout the year and should not be restricted to the Pakhwara.

Dr. Mohammad Fazil Khan, Research Officer (Unani) (Scientist-4), CCRUM also spoke on the occasion

and observed that the use of Hindi had significantly increased that year comparing to the previous year. He said that the entire workforce of the Council deserved appreciation for that achievement.

Dr. Vinod Lavania, Research Officer, CCRAS recited his poetry on the occasion. The function was conducted by Dr. Misbahuddin Azhar, Research Officer (Unani) and In-charge of Hindi section at the Council. He, along with Mrs. Akhtar Praween, Hindi Assistant, was also engaged in the successful organization of Pakhwara at the Council.

Both the inaugural as well as concluding functions were attended by the officials of the Council headquarters and its centres in the national capital region. They included Dr. Meraj ul Haq, Dr. Jamal Akhtar, Dr. Nighat Anjum, Dr. Usama Akram, Dr. Ahmad Sayeed, Dr. Amanullah, Dr. M.U. Azhar, all Research Officers (Unani); Mr. Shamsul Arfin, Research Officer (Chemistry); Mr. Aminuddin, Research Officer (Botany), Dr. Sadia Ayyub, Research Officer (Biochemistry), Dr. Pawan Kumar Yadav, Research Officer (Clinical Pharmacology) and Dr. Pradeep Kumar, Research Officer (Pathology).

Celebrating Hindi Pakhwara, RRIUM, Srinagar also organized various competitive activities during 23 September and 7 October. The Officers and auxiliary staff of the Institute keenly participated in the event.

The Pakhwara was inaugurated on 23 September by Dr. Ruby Zutshi, Associate Professor, Hindi

Department, University of Kashmir, Srinagar. In her inaugural address, Dr. Zutshi, the Chief Guest for the occasion, expressed her pleasure over the celebration of Hindi Pakhwada at the Institute. She said that Hindi is our national language and it is our duty to make its use in the offices and personal routine of our life as well.

Speaking on the occasion, Dr. M.A. Wajid, Deputy Director In-charge of the Institute urged the employees to increase the use of Hindi at greater level and adopt it for interpersonal communication as well. The other speakers also laid emphasis on making the use of Hindi to the best possible extent in routine life.

The RRIUM also organized competitions on the line of CCRUM headquarters which included Hindi dictation; Hindi translation; Hindi debate; Self-composed Hindi poetry; and Essay writing.

In Hindi dictation, Mr. Syed Meirajul Yasin, Dr. Kousar, and Dr. Zahoor Ahmad Dar were declared first, second and third respectively, while in Hindi poetry Mr. Showkat Ahmad Teli, Mr. Arif Habib Hanga and Dr. Kousar won the first three positions. In Essay writing competition, Mr. Arif Habib Hanga, Dr. Huma and Dr. Sabiha won the first, second and third prizes respectively. Mr. Mirza Abul Hassan Beg secured the first position while Mr. Nazir Ahmad and Mr. Syed Meirajul Yasin won the second and third positions in Hindi translation. In Hindi debate, Mr. M. Mudasir Bhat was declared the best speaker, while Mr. Ghulam Mohi-ud-din and Mr. Bashir Ahmad Rathar got second and third positions respectively.

The concluding ceremony of the programme was held on 7 October in the Avicenna Auditorium of the Institute. On this occasion too, Dr. Ruby Zutshi was the Chief Guest. Dr. Zutshi and Dr. M.A. Wajid



Dr. Ruby Zutshi, Associate Professor, University of Kashmir, Srinagar delivering her inaugural address to Hindi Pakhwara at RRIUM, Srinagar on 23 September.

distributed the prizes/awards to the winners of different competitions. Speaking on the occasion, Dr. Zutshi expressed her pleasure over the activities undertaken at the Institute during Hindi Pakhwada. She congratulated the Deputy Director, the organizing team and all winners and the participants of the Institute.

Concluding the event, Mr. Parwez Ahmad, Research Assistant (Botany) and In-charge of Hindi section who managed the event, said that the programme was organized to inspire, promote and encourage the people to make use of Hindi in their day to day routine. He said that organizing such programmes creates interest among the audience to strengthen their knowledge of the language.

• *Niyaz with input from M.U. Azhar and Parwez Ahmad*



A view of audience at the prize distribution ceremony of Hindi Pakhwara held at the Council's Regional Research Institute of Unani Medicine, Srinagar on 7 October.

BSS on Survey and Cultivation of Medicinal Plants and Drug Standardization Research

The Council organized a Brainstorming Session (BSS) on two of its research programmes - Survey and Cultivation of Medicinal Plants, and Drug Standardization Research in New Delhi on 1 October. The BSS aimed at expanding the research activities and introducing a mechanism for better utilization of its staff and infrastructure related to Botany and Chemistry.

At the outset, Prof. Shakir Jamil, Director General, CCRUM welcomed the experts and gave a detailed background of the BSS. He requested the experts to suggest new areas of research. After introductory remarks, a presentation on the ongoing research in the area of Botany and Chemistry activities was made by Mr. Aminuddin, Research Officer (Botany), CCRUM headquarters.

Addressing the session, Prof. Wazahat Husain, formerly Head, Department of Botany, Aligarh Muslim University, Aligarh suggested that while collecting the plant specimens, the observations like presence of latex with its colour and smell, and the colour of flowers and presence of hairs on leaves should be recorded in the field diary. He also suggested that seeds of plants should also be collected and displayed on herbarium sheet.

Prof. M.A. Jafri, Jamia Hamdard, New Delhi said that the Council may collaborate with National Institute of Unani Medicine, Bangalore and Jamia Hamdard, New Delhi for large-scale cultivation of plants to cater its drug manufacturing needs. Prof. Naeem Ahmad Khan, AK Tibbia College, AMU, Aligarh suggested that Matrook Adviya (out-of-use drugs) should be identified and re-introduced for their medicinal

potential. Dr. Y.S. Bedi, Indian Institute of Integrative Medicine, Jammu suggested that the Council should initiate digitization of herbarium specimens. It was supported by Dr. Shoaib Ahmad, Rayat & Bahra Institute of Pharmacy, Punjab.

Dr. Shamsul Afaq, former Deputy Advisor, Department of AYUSH said that collection of plant material for drug manufacturing should be done at appropriate time, keeping in view the stage of specific part required. He also suggested that while collecting the drugs, period of maturity of plant may also be kept in mind. Dr. Shariq Ali Khan, Research Officer (Scientist-4), RRIUM, Aligarh suggested that information collected on folk claims should be authenticated through clinical trials. He also advocated that temperament of plants or their parts collected during ethnopharmacological surveys should also be established.

The Council's researchers suggested that a centralized herbarium and museum may be established for reference and record purposes. It was also suggested that farmers should be encouraged for cultivation of medicinal plants required for preparation of Unani formulations and their passport data may be developed.

The Director General advised that the work of digitization of herbarium specimens as suggested by the experts may be taken up. He emphasized to identify some important folk claims for Phytochemical, toxicological and other scientific studies in order to identify clues for development of new drugs. He also said that the work of cultivation of medicinal plants may be planned in such a way that ingredients of one or two formulations may be produced. The available area of land at the Council's centers in Aligarh, Chennai, Srinagar and Hyderabad may be utilized for the purpose. He especially instructed that Banafsha (*Viola odorata*) and Ustukhudoos (*Lavandula species*) may be grown by SMP unit of RRIUM, Srinagar for preparation of Sharbat Banafsha and Sharbat Ustukhudoos.

The BSS was attended by the members of the Scientific Advisory Committee's Sub-committees for Survey and Cultivation of Medicinal Plants, and Drug Standardization Research Programmes and the Council's officers working in the field of Botany and Chemistry at its headquarters and various institutes functioning throughout the country. Other Senior Officers at the Council headquarters were also present during the BSS.

• *Aminuddin and Shamsul Arfin*

Health camp held in Patna

The RRIUM, Patna organized a free health camp on 8 June at Isapur, Phulwari Sharif, Patna.

The camp benefited 425 patients including 298 females. The patients suffering from diarrhea, cold and cough, indigestion, fever, joint pain, skin diseases, bronchial asthma, hyperacidity, gynecological ailments etc. were treated with free-of-cost Unani drugs. However, the research cases like arthritis and hyperacidity were referred to RRIUM, Patna for proper diagnosis and treatment.

Inaugurating the camp, Mr. Mohammad Aftab Alam, Social Activist emphasized the need for creating awareness about healthy living and the potentials of various Indian systems of medicine in the treatment of communicable and non-communicable diseases.

Mrs. Anjum Parveen, Councilor, Patna Municipal Corporation also

addressed the visitors and talked about the changing trends in patients' behavior and their attraction towards traditional and herbal medicines for treatment due to side effects of allopathic medicines. Mr. Farooq Alam and Mr. Rehan Alam also attended the inaugural programme.

After the inaugural ceremony, Dr. Mohammad Ayub Khan, Deputy Director In-charge of the Institute delivered a lecture on Immunization Programme in India.

An exhibition was also held to showcase the activities and achievements of the institute; create awareness about some specific diseases like swine flu, chicken guinya, dengue fever; and educate the people about preventive measures and healthy lifestyle.

The camp was managed by Dr. Mohammad Ishtiyah Alam, Dr. Mohammad Wasim Ahmad, Dr. Tasleem Ahmad, Mr. Nadeem Akhtar, Mr. S. Khan, Mr. Meraj Ahmad, Mr. Rafi Ahmad and Mr. Ram Naryan Singh.



A view of the patients' crowd at the free health camp conducted by the Council's Regional Research Institute of Unani Medicine, Patna on 8 June in Isapur, Phulwari Sharif.

• Niyaz with inputs from RRIUM, Patna

RRC, Allahabad organizes free health camp

The Council's Regional Research Centre (RRC) at Allahabad organized a free health camp at Syed Sarawan, Allahabad.

The camp was held to provide free-of-cost Unani treatment especially for problems relating to mother and child health and

geriatrics, and propagate Unani Medicine among the masses. The RRC also organized a guest lecture on mother and child health.

The camp benefited 95 patients including 53 males and 42 females. They were examined by Unani physicians of the centre and most of them were found to be suffering from gastroenteritis, bronchitis, facial hyper pigmentation, indigestion, leucorrhoea, urinary tract infection, dysmenorrhoea, arthritis, malnutrition, hypertension, etc. They were given free-of-cost Unani medicines.



World Senior Citizens' Day celebrated at RRIUM, Patna

The Council's Regional Research Institute of Unani Medicine (RRIUM), Patna celebrated World Senior Citizens' Day on 8 August to make people recognize and appreciate the elderly population for their values and contributions to their families and the society.

To mark the day, grandparents were invited to share their stories and views with the public. The function was presided over by Dr. Syed Sikandar Ali Khan, former Research Officer (Unani) (Scientist-4) at the Institute, who delivered a lecture on the role of elderly population in the development and well-being of the society. He emphasized the need to give due respect and provide

the needful care to the elderly. Appreciating the efforts of the elderly people in the making of the society, Dr. Khan said that grandparents are like a big tree that saves us from the scorching heat and rain and no society can succeed without the heritage and blessings of the elderly.

Dr. Manzar Ahsan and Mr. M. Ishtiyaq Alam also spoke on the

occasion and highlighted the need to provide healthcare services and social security to elderly so that they could contribute their share in the development of society. The celebration aimed to acknowledge the wisdom and potential of senior citizens and to advocate for the rights of the elderly in India and other parts of the globe.

On this occasion, the Institute also organized a health camp to provide free-of-cost consultancy, screening and treatment to senior citizens. The camp benefited more than hundred patients who were provided free-of-cost Unani treatment for various ailments. • *Niyaz with input from RRIUM, Patna*

Sadbhavana Diwas observed at CCRUM

The Central Council for Research in Unani Medicine (CCRUM) observed Sadbhavana Diwas at its headquarters on 20 August to promote integrity and communal harmony among its staff.

Sadbhavana Diwas is observed country-wide every year on the birth anniversary of the late Prime Minister of India Mr. Rajiv Gandhi. The theme of Sadbhavana is to promote national integrity and communal harmony among the citizens of India belonging to all religions, languages, regions, and social groups. The idea behind observing Sadbhavana is to make commitment to eradicate corruption in all spheres of life, and to realize sincerity and responsibility towards works.

Speaking on the occasion, Prof. S. Shakir Jamil, Director General, CCRUM urged the Council's staff to adhere to the values of national integrity and communal harmony, and bring peace, social health and integrity to their companions and to the society at large. He also instructed the employees to avoid any act of unlawful discrimination against anyone on the basis of caste, community, race, religion, or region in professional as well as personal life.

On this occasion, the entire staff of the Council pledged that they would continuously strive to bring about integrity in the society and transparency in their activities and that they would work unstintingly to eradicate corruption in all spheres of life. They also pledged that they would remain vigilant and work towards the growth and reputation of the Council through their collective efforts, and that they would resolve all differences among themselves through dialogue and constitutional means without resorting to violence.

All the officers and supporting staff of the Council headquarters attended the Sadbhavana Diwas programme.

• *Niyaz*

RRIUM, Chennai organizes free health camps

The Regional Research Institute of Unani Medicine (RRIUM), Chennai functioning under the Central Council for Research in Unani Medicine organized two free health camps, one at Tondiarpet on 18 August, and the other at the Center of Unani Ilaj Bit Tadbeer, Puduvoyal Village, Gummidipoondi on 29 August.



Unani physicians of the Council's Regional Research Institute of Unani Medicine (RRIUM), Chennai attending to patients at the free health camp held in Tondiarpet, Chennai on 29 August.



Unani physicians of RRIUM, Chennai explaining doses of medicines to patients at the free health camp organized by the Institute in Gummidipoondi, Chennai on 18 August.

For the camp held at Tondiarpet on 18 August, the RRIUM partnered with Manimegalai Amity Social Services, Chennai. The camp benefited 110 patients who were checked for various ailments and provided free-of-cost Unani treatment.

Alongside the health camp, the Institute also held an exhibition showcasing activities and achievements of the Council. Publicity literature produced by the Council was also distributed to propagate unique health benefits of Unani Medicine and create public awareness about healthy living.

The camp was managed by the Institute staff including Hakim Aijaz Ahmad, Research Officer (Unani) (Scientist-3); Hakim K. Kabiruddin Ahmed, Research Officer (Unani) (Scientist-3); Mrs. Nancy Priscilla,

Social Worker; Mr. A.R. Mohammad John, Compounder; Mrs. R Lakshami, Staff Nurse; Mr. A.S.M. Basheeruddin, Lab Technician; and Mr. Syed Shahul Hameed, Messenger.

The camp held on 29 August at the Center of Unani Ilaj Bit Tadbeer, Puduvoyal Village was inaugurated by Mr. Prabhakaran, President, Puduvoyal Panchayat, and Mr. Pagalavan, Councilor, Sholvaram. A total of 82 patients including 40 men, 35 women, three boys and four girls benefited from the camp. Most of the patients were from weaker economic section of the society. They had joint pain, neurological disorders, respiratory disorders, and malnutrition problems. They were provided free counseling and consultation and were treated with free-of-cost Unani medicines. They were also given

advisory on exercise, balanced diet, and healthy nutrition.

At the camp, the RRIUM staff also distributed pamphlets, magazines, and leaflets on Unani system of medicine and healthy living, besides literature on activities and achievements of the Institute as well as the Council.

The RRIUM team which managed the camp consisted of Hakim Aijaz Ahmad, Research Officer (Unani) (Scientist-3); Hakim Shaikh Nikhat Parveen, Research Officer (Unani); Mr. Rasheed Latheef, Lab Technician; Mr. A.R. Mohammad John, Compounder; Mrs. R Lakshami, Staff Nurse; Hakim T. Shahida Begum, Pharmacy In-charge; and Mr. S.M. Siraj, Messenger.

• *Niyaz with inputs from RRIUM, Chennai*

RRIUM, Patna observes World Breastfeeding Week

The Council's Regional Research Institute of Unani Medicine (RRIUM), Patna observed World Breastfeeding Week from 1 August to 7 August, and organized a free screening and treatment camp for lactating mothers at its Mother and Child Health (MCH) department.

The Institute's MCH department works in collaboration with Guru Gobind Singh Hospital, Patna City, and offers free Unani treatment to mothers and children. The Unani physicians at the Institute also provide free consultation to mothers about maternal health, new born and child health, immunization, and nutritional issues, besides offering general health information.

Inaugurating the World Breastfeeding Week at the RRIUM, Patna on 1 August, Dr. Mohammad Sajjad Ahmad, Surveillance Officer and In-charge of WHO Unit, Patna highlighted the present state of women in society and stressed the need for raising their health standards as well as ensuring their socio-economic development. He underscored the importance of breastfeeding for mother and child health. Breast milk provides the ideal nutrition to infants which has the perfect mixture of vitamins, proteins and fat essential for proper growth of the baby.

Mrs. Mumtaz Jahan, Ward Councilor, Patna Medical College Hospital laid emphasis on the importance of breastfeeding from day one to six months on priority basis and suggested to extend it up to two years, if possible, with nutritious diet and rest.

Dr. Syed Sikandar Ali Khan, former Research Officer in charge of RRIUM, Patna urged that every individual should come forward to promote breastfeeding so that mother can be prevented from breast cancer. He said that initial few days after birth produce the ideal 'First Milk', also known as colostrums. Colostrums help a newborn's digestive tract develop and prepare itself to digest breast milk.

Presiding over the function, Dr. S. Manzar Ahsan, Research Officer (Scientist-4) at the Institute highlighted the progress made by the Council as well as the Institute. He also asked the people to make use of the healthcare facilities available at the Institute.

Other officers of the Institute also delivered lectures on mother and child health related topics. Dr. M. Ishtiyag Alam, Research Officer (Scientist-4) delivered a public lecture on mother and child health. Dr. N. Sehar, Research Officer (Scientist-3) spoke on breastfeeding to infants. Dr. Mohammad Wasim Ahmad, Research Officer delivered a lecture on common remedies in Unani Medicine for various ailments of women and children. Dr. Tasleem Ahmad, Research Officer (Bio-chemistry) spoke on diet and medicine for lactating mothers.

Mr. Krishna Singh concluded the function and delivered vote of thanks to all the guests and visitors.

Dr. Awdhesh Kumar Kashyap, Superintendent, Guru Gobind Singh Hospital, Patna City; Dr. V.K. Singh; and physicians and staff of the Institute were present at the inaugural function.

Observing the Breastfeeding Week, a free-of-charge special OPD for mothers and infants was organized from 1 to 7 August in which health check-up of 304 persons was carried out. Out of the 304 beneficiaries, 207 were lactating women, 37 male infants, and 40 female infants. Of them, 119 women, 17 male infants, and 15 female infants were suffering from anemia, mastitis, hypothyroidism, lumbago, giddiness, anorexia, gynecological diseases, distension abdomen, loss of weight, teeth grinding, infantile diarrhea and abdomen pain, etc. They were given free-of-cost Unani pharmacopoeial drugs prepared by the Council. During the week, visitors were given literature on mother and child health and healthy living, besides publicity material on the activities and achievements of the Institute as well as the Council.

The concluding function on 7 August had Dr. Sikandar Ali Khan as the Chief Guest, and was presided over by Dr. S. Manzar Ahsan. Dr. N. Sehar conducted the proceedings of the function.

The event was organized with the efforts of Dr. S. Manzar Ahsan, Dr. N. Sehar, Mr. Krishna Singh, Mrs. Neeta Kumari, and Mr. Danish Ahmad.

• Niyaz

CCRUM participates in *Pharmacognosy 2013*

The Central Council for Research in Unani Medicine (CCRUM), New Delhi participated in *Pharmacognosy 2013* – an International Conference and Exhibition on Pharmacognosy, Phyto-chemistry and Natural Products held at Hyderabad from 21–23 October. It was the 148th OMICS Group conference organized under its scientific programme.

The main theme of the conference was “accelerating plant-based drug discovery for safer drug development”. The conference brought together a diversified bunch of participants from pharmaceutical, bio-tech and herbal companies, universities and research institutes working in the field of plants and herbal products in India and other parts of the world. It provided them an opportunity to share experience, promote collaborations across industry and academia as well as to exchange views on emerging scientific updates across the globe by means of thought provoking keynote deliberations, oral talks, and poster presentations.

The CCRUM researchers from its headquarters, Central Research Institute of Unani Medicine (CRIUM), Hyderabad and Regional Research Institute of Unani Medicine (RRIUM), Chennai participated in the event and presented their papers. Through their presentations, the participants discussed in detail the related issues and exchanged their views with the delegates and experts.

The event was inaugurated by Dr. Chandrakant Kokate, Vice Chancellor, KLE University, India. The invited lectures included: ‘Paradigm shift in herbal drug utility: Indian perspective’ by Dr. Chandrakant Kokate; ‘Anti atherosclerotic drugs from natural products’ by Dr.

Alexander N. Orekhov, Institute of Atherosclerosis Research, Russia; ‘Herbal medicines: potential benefits against memory disorders’ by Dr. Chandiswar Nath, Central Drug Research Institute, CSIR, India; ‘An overview on *in vitro* biomass production for secondary metabolites’ by Dr. S. Mohan Jain, University of Helsinki, Finland; and ‘Importance of bio-prospecting and new approaches to drug development’ by Dr. Bhushan Patwardhan, University of Pune.

Other dignitaries who attended the conference included Dr. Claudia Lima, Brazil; Dr. Luigi Silvestro, Germany; Dr. Karim M. Raafat, Lebanon; Dr. Jian-ye Zhang, China; Dr. Shirley Motaung, South Africa; Dr. Florence Nkem, Nigeria; Dr. Irem Tatli, Turkey; Dr. Vellingiri Vadivel, Italy; and Dr. Nyoman Kertia, Indonesia.

The following officers of the Council participated in the conference: Dr. M.A. Waheed, Deputy Director In-charge, CRIUM, Hyderabad; Dr. Rampratap Meena, Research Officer (Chemistry), RRIUM, Chennai; Mr. Shamsul Arfin, Research Officer (Chemistry), CCRUM headquarters; and Mr. Aminuddin, Research Officer (Botany), CCRUM headquarters.



Dr. M.A. Waheed, Deputy Director In-charge, Central Research Institute of Unani Medicine, Hyderabad handing over certificate of participation to a participant at *Pharmacognosy 2013* organized by OMICS Group during 21–23 October in Hyderabad.

• *Niyaz with inputs from Aminuddin and Shamsul Arfin*

Ethno-botanical survey of Naranag forest in Kashmir Valley

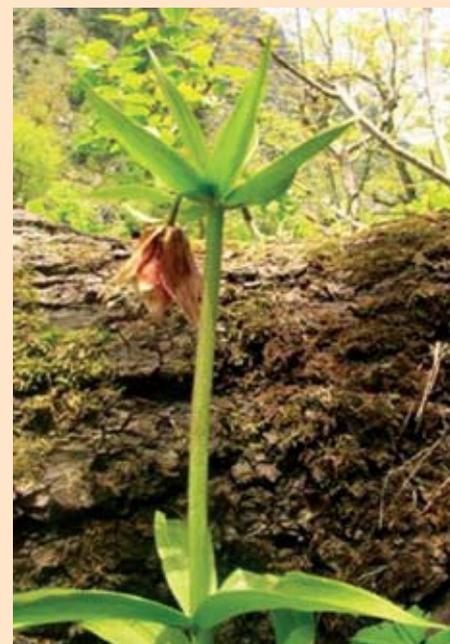
Researchers from the Council's Regional Research Institute of Unani Medicine (RRIUM), Srinagar (Jammu & Kashmir) conducted an ethno-botanical survey in Naranag forest area of Sindh Valley forest division in Kashmir Valley. The survey aimed at collecting medicinal plants, especially those used in Unani Medicine, from the area, and record folk medicinal claims from the tribal and other rural folks.

The areas surveyed included Naranag and its adjoining localities viz., Baba Nagri (earlier known as Peth-lar), Wangat, Dhumail and the foothills of Gangabal. Naranag falls in the Sindh valley forest division in Ganderbal district. The areas are hilly and mountainous and fall in the altitudinal gradient of 1500-2000 m above sea level. The general vegetation pattern is mixed deciduous and coniferous type in Wangat and Babanagri and coniferous type in Naranag, Dhumail and foothills of Gangabal area. The deciduous elements are dominated by genera like *Populus*, *Salix*, *Prunus*, *Malus* and *Juglans* (cultivated). The coniferous forests are densely

wooded and are dominated by *Cedrus deodara* Roxb. G. Don. (Deodar), *Pinus wallichiana* A. B. Jacks (Kail) and few scattered population of *Picea smithiana* Wall. ex Boiss (Fur).

Naranag and its adjoining areas are inhabited by mixed population of Gujjars and Kashmiri villagers except at Dhumail and foothills of Gangabal where Bakerwalls (nomads) are found living in Behaks (one room hut) and tents.

During the trip, the surveyors collected 78 botanical specimens belonging to 20 species. Some important medicinal plants including those used in Unani



Shitkar (*Fritillaria roylei* Hooker)

system of medicine collected from the study area are: *Rumex nepalensis* Spreng (Humaz), *Juglans regia* L. (Akhrot), *Arnebia benthami* Wall. ex G. Don. (Gaozaban), *Viola odorata* L. (Banafsha), *Adiantum capillus-veneris* L. (Parshiaoshan) etc. Other plant species, popular among the locals, such as *Fragaria nubicola* L. (Jungli istober), *Geranium wallichianum* D. Don. (Kawshud), *Aesculus indica* (Wall. ex Camb.) Hk. f. (Mewa), *Sambucus wightiana* Wall. ex Wight & Arn (Gunaar), *Fritillaria roylei* Hooker (Shitkar), etc., were also collected.

The survey team also collected seven folk claims about the plants used by the tribal and other rural inhabitants for treating different ailments. Some of these claims are: *Rumex nepalensis* Spreng (Oola) - leaves are used to treat pain and the root juice to cure chest congestion and cough; *Arnebia benthami* Wall. ex G. Don (Kahzaban) - for excessive



The Surveyors collecting folk claims from tribal inhabitants in Naranag forest area.

sweating; and *Sambucus wightiana* Wall. ex Wight & Arn. (Gunaar) – root paste is applied on boils.

The survey team also collected saplings of *Fritillaria roylei* Hooker

(Shitkar) for propagation in the herbal garden of the Institute.

The team that conducted the survey was led by Mr. Tariq Ahmad Butt, Research Officer (Botany), and

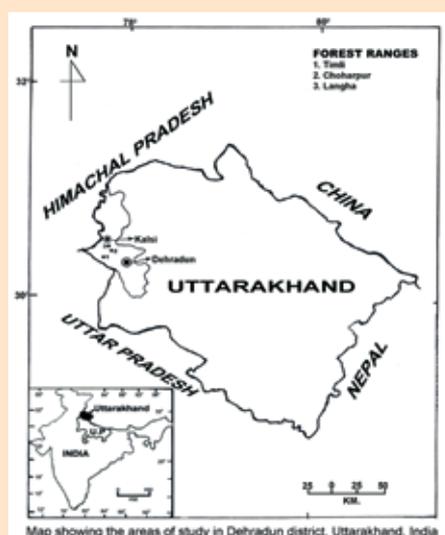
included Dr. Syed Basharat, Technical Officer (Unani); Mr. Parwez Ahmad, Research Assistant (Botany) and other auxiliary staff from RRIUM, Srinagar. • **Aminuddin with inputs from RRIUM, Srinagar**

Ethno-botanical exploration of Kalsi forests in Uttarakhand

Researchers from the Council's Regional Research Institute of Unani Medicine (RRIUM), Aligarh conducted an ethno-botanical survey in Kalsi Soil Conservation Forest Division in Doon Valley of Uttarakhand. The survey recorded information on availability and distribution of medicinal plants including those used in Unani Medicine, and folk medicinal claims prevalent among the rural and indigenous communities of the area.

Kalsi Soil Conservation Forest Division is situated between 30° 19' - 30° 32' N latitude and 77° 34' - 78° 0' E longitude in Dehradun district of Uttarakhand. There are three territorial ranges in this division, namely Timli, Choharpur and Langha with an area of 23,321.30 hectares. This forest division is one of the important parts of Doon Valley in the foothills of the Himalayas. It is rich in vegetation which has both tropical and sub-temperate elements. The area is inhabited by various tribal communities such as Jaunsaris and Vangujjars.

The surveyors collected 266 plant specimens belonging to 120 species. These included many plants used in Unani Medicine such as Akhrot (*Juglans regia* L.), Amaltas (*Cassia fistula* L.), Amla (*Phyllanthus emblica* L.), Arusa (*Justicia adhatoda* L.), Asrol (*Rauvolfia serpentina* (L.)



Benth. ex Kurz), Baladur (*Semecarpus anacardium* L. f.), Balela (*Terminalia bellirica* (Gaertn.) Roxb.), Belarikand (*Pueraria tuberosa* (Roxb. ex Willd.) DC.), Bel (*Aegle marmelos* (L.) Corr.), Cheer (*Pinus roxburghii* Sarg.), Chironji (*Buchanania cochinchinensis* (Lour.) Almeida), Dhawa (*Woodfordia fruticosa* (L.) Kurz), Gilo (*Tinospora glabra* (Burm. f.) Merr.), Halela

(*Terminalia chebula* Retz.), Inderjo Talkh (*Holarrhena pubescens* (Buch.-Ham.) Wallich ex G. Don), Isqeel (*Drimia indica* (Roxb.) Jessop.), Juft-e-Baloot (*Quercus leucotrichophora* A. Camus), Kabab-e-Khandan (*Zanthoxylum armatum* DC.), Kaiphal (*Myrica esculenta* Buch.-Ham. ex D. Don), Kamela (*Mallotus philippensis* (Lam.) Muell.-Arg.), Kath (*Acacia catechu* (L. f.) Willd.), Mahua (*Madhuca longifolia* (Koenig) Macbr.), Malkangni (*Celastrus paniculatus* Willd.), Marorphali (*Helicteres isora* L.), Medalakri (*Litsea glutinosa* (Lour.) Robins.), Musli Siyah (*Curculigo orchioides* Gaertn.), Palas (*Butea monosperma* (Lam.) Taub.), Pakhanbed (*Bergenia ligulata* Engl.), Piyaranga (*Thalictrum foliolosum* DC.), Sambhalu (*Vitex negundo* L.), Sainbhal (*Bombax ceiba* L.), Sapistan (*Cordia dichotoma* Forst. f.), Shah Baloot (*Aesculus indica* (Wallich. ex Cambess.) Hook. f.), and Vaj (*Acorus calamus* L.).

The surveyors also recorded 30 folk medicinal claims for treating various diseases and conditions of humans and cattle from the local medicine men and other knowledgeable villagers during their visit to villages adjacent to the forests. Some of the folk medicinal plant uses include the following: Ankh (*Calotropis procera* (Ait.) R. Br.)



Asrol (*Rauwolfia serpentina* (L.) Benth. ex Kurz)



Aroosa (*Justicia adhatoda* L.)

– Latex is applied locally to draw out spine from the body; Aru (*Prunus persica* (L.) Batsch.) – Leaf paste is given for worm infestation; Banafsha (*Viola pilosa* Blume) – Decoction of flowers is given for common cold; Barmi (*Centella asiatica* (L.) Urban) – Leaf paste is given for vertigo; Bhamolan (*Solanum nigrum* L.) – Cooked leaves are given for pedal oedema; Bhilmora (*Rumex hastatus* D. Don) – Fresh leaves are rubbed for healing of cracked palms; Chhapa Ghans (*Adiantum* sp.) – Powder of frond is sprinkled on prolapsed uterus in cows; Chitta (*Plumbago zeylanica* L.) – Root paste is applied on piles and ringworm; Guiral



Piuli (*Reinwardtia indica* Dumort.)

(*Bauhinia purpurea* L.) – Stem bark paste is used as plaster for bone fracture; Guma (*Leucas cephalotes* (Roth) Spreng.) – Decoction of inflorescence is given for fever; Jangli Kadu (*Roylea cineria* (D. Don) Baill.) – Leaves are given in diabetes; Kadu (*Clerodendrum cordatum* D. Don) – Leaf decoction is given in diabetes and flatulence; Kashmoi (*Berberis aristata* DC.) – Root infusion is given in diabetes; Kharenti (*Sida cordifolia* L.) – Leaf paste is applied locally for suppuration of abscess; Kurri (*Nyctanthes arbor-tristis* L.) – Leaf paste is given in jaundice; Para (*Cissampelos pareira* L.) – Leaf juice is given for spermatorrhoea; Piuli (*Reinwardtia indica* Dumort.) – Leaf paste is applied on fungal infection of scalp; Sal (*Shorea robusta* Roxb. ex Gaertn. f.) – Gum-resin is used for spermatorrhoea; Sharaoli (*Asparagus adscendens* Roxb.) – Roots are given to cattle in flatulence; Sueda (*Solanum erianthum* D. Don) – Leaf juice is used for pterygium in cattle; Suru (*Euphorbia royleana* Boiss.) – Poultice of branches is used for sprain and bruises; Thaner (*Ceriscoides*

turgida (Roxb.) Tirveng.) – Fruit paste is applied locally for mastitis in cows; Ultakurra (*Achyranthes aspera* L.) – Stem-bits are chewed in jaundice.

The survey team also collected some authentic samples of crude drugs/plant parts from their natural habitats for preservation and display in the museum. Saplings of *Abrus pulchellus* Wallich ex Thw., *Adiantum* spp., *Centella asiatica* (L.) Urban, *Chlorophytum tuberosum* Baker, *Curculigo orchioides* Gaertn, *Drimia indica* (D. Don) Baill., *Roylea cineria* (D. Don), *Shorea robusta* Roxb. ex Gaertn. f., *Thalictrum foliolosum* DC., *Woodfordia fruticosa* (L.) Kurz were also collected for plantation in the herb garden of the institute.

The team that conducted the survey was headed by Mr. Zaheer Anwar Ali, Research Officer (Botany) and included Hakim Sarfraz Ahmad, Research Officer (Unani); Mr. Sohail Ahmad, Driver and Mr. Zamarrut Ali, Field Attendant.

• **Aminuddin with inputs from RRIUM, Aligahr**

Joint Secretary (AYUSH) visits RRIUM, Chennai

Registration No. 34691/80

About CCRUM Newsletter

Mr. Bala Prasad, Joint Secretary, Department of AYUSH, Ministry of Health & Family Welfare, Government of India visited the Council's Regional Research Institute of Unani Medicine (RRIUM) at Chennai on 2 August.

During his visit, Mr. Prasad went round the Out-patient Department (OPD), In-patient Department (IPD), Radiology, Chemistry, Pathology and other sections of the Institute. He also interacted with the patients in the IPD and enquired about their health and well-being. He was also given a demonstration of dry cupping used in regimetal therapy.

Mr. Prasad also had a meeting with the Deputy Director In-charge and technical officers of the Institute, and discussed the Institute's progress in various research projects. He also instructed the technical officers to expedite the work on current projects and take up more and

more projects in the days to come. He expressed his satisfaction over the functioning of the Institute and appreciated the research work being carried out there.

On the occasion, Dr. Rafath Mehmooda, Deputy Director in charge of the Institute made a PowerPoint presentation highlighting the achievements and activities of the Institute. She also requested the Joint Secretary to consider the sanction for construction of the second floor to the Institute building in order to expand its research infrastructure. Dr. Sheikh Nikhat, Research Officer (Unani) demonstrated the practical application of the cupping therapy, a unique mode of regimetal therapy.

Mrs. Rafath Mehmooda, Deputy Director in charge of the Institute, expressed her gratitude to Mr. Prasad for his visit and providing the officers with valuable guidance.

• **Niyaz with inputs from RRIUM, Chennai**

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Mr. Bala Prasad, Joint Secretary, Department of AYUSH, Ministry of Health & Family Welfare, Government of India (second from right) watching the application of cupping therapy at the In-patient Department (IPD) of RRIUM, Chennai on 2 August