

# **CCRUM MOBILE APPS LINK**

## **(1) Unani Treatment Guidelines for common diseases**

The Unani Treatment Guidelines for common diseases mobile app launched by CCRUM provides a Unani physician with easy access to information related to treatment of common diseases that a physician comes across during clinical practice. It contains details about the Principles of treatment, Pharmacotherapy through single and compound drugs, Regimenal therapy, dietary recommendations and restrictions and Preventions/Precautions related to the disease.

Web Link access: <https://apps.apple.com/in/app/unani-treatment-guideline/id1612445021>

Google Play Store Access - <https://play.google.com/store/apps/details?id=app.ccrum.com.ccrum>

Apple Play Store Access- <https://apps.apple.com/in/app/unani-treatment-guideline/id1612445021>

## **(2) Single Unani Drugs**

Unani medicine has a rich collection of information on single drugs which are documented in the classical texts as well as Unani Pharmacopoeia. Single Unani Drugs mobile application by CCRUM has been created with the objective of providing hands on information on single drugs, their temperament, uses, important formulations and dosage to Unani professionals and other stakeholders.

Web Link Access - <https://ccrumapp.in/>

Google Play Store Access - <https://apps.apple.com/us/app/common-remedies-in-unani-med/id1669546471>

Apple Play Store Access - <https://apps.apple.com/us/app/single-unani-drugs/id1609299629>

## **(3) Common Remedies in Unani Medicine**

The mobile app has simple prescriptions of Unani medicine for common ailments which are useful not only for Unani practitioner but for general public as well. Wide range of day to day illnesses are covered in the app. For each disease condition multiple prescriptions are given along with compound Unani formulations. The prescriptions are based on classical textbooks of Unani medicine. These prescription contain easily available, beneficial and cost-effective natural drugs. Information related to preparation, administration, storage is provided. List of scientific / botanical names along with Vernacular names and English names is also provided.

Web Link Access - <https://cr.ccrumapp.in/>

Google Play Store Access - <https://play.google.com/store/apps/details?id=com.kolkata.umpbook>

Apple Store Access - <https://play.google.com/store/search?q=single%20unani%20drugs&c=apps>

#### **(4) Know Your Temperament**

Every individual has a unique temperament. Identification of temperament of an individual is important to maintain health, diagnose and treat various diseases. 'Know your Temperament' is a web based temperament identification system which calculates the temperament of the individual through a simple quiz. It also includes advice on the most suitable diet for that temperament.

Know your temperament by clicking on the link: <https://unanitemperament.ccrumapps.in/>