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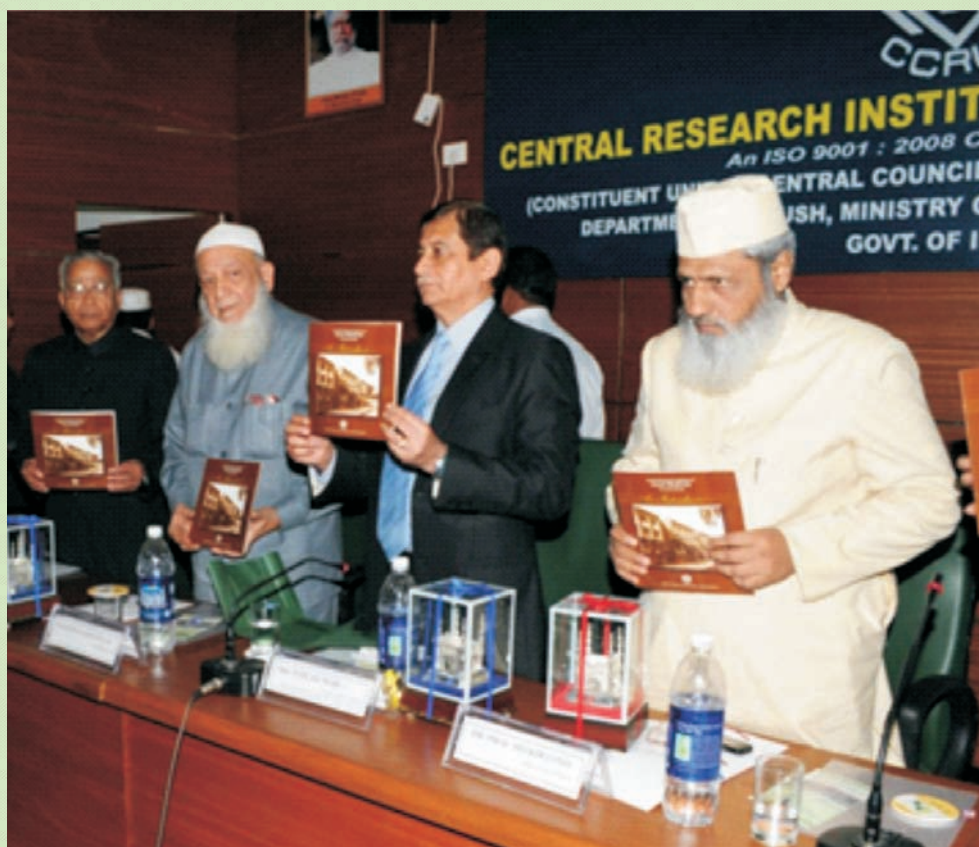
May - June 2012

National Workshop on Clinical Research Methodology

All India Institute of Unani Medicine may be set up in 12th Plan

The Planning Commission of India has in principle agreed to a proposal for setting up an All India Institute of Unani Medicine, which will be the first ever in the history of Unani Medicine. This was announced by Mr. Anil Kumar, Secretary to Government of India, Ministry of Health and Family Welfare, Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) inaugurating a four-day workshop organized by Central Council for Research in Unani Medicine (CCRUM) on clinical research methodology in Unani Medicine in Hyderabad on 13 February.

Mr. Anil Kumar, Secretary to Government of India, Ministry of Health and Family Welfare, Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) (second from right) releasing a booklet published by Central Council for Research in Unani Medicine (CCRUM) on Central Research Institute of Unani Medicine (CRIUM), Hyderabad at the inaugural ceremony of the four-day National Workshop on Clinical Research Methodology in Unani Medicine in Hyderabad on 13 February. The workshop was organized by the CCRUM. Others in the picture are Prof. Syed Shakir Jamil, Director General, CCRUM (right), Hakim Syed Khaleefathullah, Vice President, Central Council of Indian Medicine (CCIM) and Member of the CCRUM governing body (second from left) and Prof. Hakim Syed Zillur Rahman, President, Ibn Sina Academy, Aligarh.



The workshop was organized at the Council's Hyderabad-based Central Research Institute of Unani Medicine (CRIUM) – the leading institute of scientific research in Unani Medicine in the country. The CCRUM is an autonomous organization under Ministry of Health and Family Welfare, Government of India, Department of AYUSH.

Inaugurating the workshop, Mr. Kumar informed that the Central Government also planned to establish a first ever referral hospital of Unani Medicine at National Institute of Unani Medicine, Bangalore that will offer specialized treatments in Unani Medicine. Such referral hospitals for other Indian systems of medicine will also be set up at their respective national institutes in the country.

The Secretary underlined the importance of streamlining the educational and regulatory systems in AYUSH systems as well as health care and research facilities in these systems. He stressed the need for further improving the quality of education and research in Unani Medicine as well as other AYUSH systems.

He said that the CRIUM, Hyderabad, which is the premier research institute functioning under the CCRUM, had earned great fame for its research work and so had the other centres of the Council. Yet there was a need to raise the level of research in Unani Medicine as well as other Indian systems to international standards. He observed that good quality education was essential for developing quality research in the system.

Mr. Kumar said that India was



Mr. Anil Kumar, Secretary to Government of India, Ministry of Health and Family Welfare, Department of AYUSH delivering his inaugural address to the National Workshop on Clinical Research Methodology in Unani Medicine, organized by the CCRUM, in Hyderabad on 13 February.

unique in having various very well-developed traditional systems of medicine including Ayurveda, Unani, Siddha, Yoga & Naturopathy, and Homoeopathy with a wide network of educational, research and healthcare institutions of the systems. The country is the world leader in these systems and the government is developing international cooperation

“ India has signed a Memorandum of Association with South Africa and established a Chair for Unani Medicine at the University of Cape Town. The University of Colombo, Sri Lanka has recently requested India to establish a Chair for Unani Medicine there. ”

for developing and promoting these systems in foreign countries.

He informed that the Indian Government had signed a Memorandum of Association with South Africa and established a Chair for Unani Medicine at the University of Cape Town. The University of Colombo, Sri Lanka has recently requested India to establish a Chair for Unani Medicine there. Efforts to set up similar chairs for Ayurveda, Unani and Homoeopathy in some other countries are also going on.

Mr. Anil Kumar also released an introductory booklet on CRIUM, Hyderabad published by the CCRUM. Another book *Kitabul Mufradat* written on single drugs of Unani Medicine by Dr. Mohammad Ataullah Shareef, Deputy Director, CRIUM, Hyderabad was also released.

Prof. Mohammad Miyan, Vice-Chancellor, Maulana Azad National Urdu University (MANUU), Hyderabad, who was the guest of honor for the occasion, emphasized that researchers of Unani Medicine should come up with satisfactory solutions to contemporary health challenges. He also stressed the importance of research design and statistical methods in clinical research. He said that the MANUU would like to collaborate with the CCRUM in areas of mutual interest including translation, diploma course in Unani pharmacy, etc.

In his welcome address, Prof. Syed Shakir Jamil, Director General, CCRUM said that the CRIUM, Hyderabad had over the last four decades gained international fame for developing



Mr. Anil Kumar, Secretary to Government of India, Ministry of Health and Family Welfare, Department of AYUSH (centre) at the inaugural ceremony of the National Workshop on Clinical Research Methodology in Unani Medicine in Hyderabad on 13 February. To Mr. Kumar's left are Prof. Syed Shakir Jamil, Director General, CCRUM; and Prof. Mohammad Miyan, Vice Chancellor, Maulana Azad National Urdu University (MANUU), Hyderabad, and to Mr. Kumar's right are Hakim Syed Khaleefathullah, Vice President, CCIM and Member of the CCRUM governing body and Prof. Hakim Syed Zillur Rahman, President, Ibn Sina Academy, Aligarh.

successful treatment for Bars (Vitiligo) or leucoderma. He spelt out some of the success stories of the Council in clinical research, drug standardization, survey and cultivation of medicinal plants, and literary research. He said that besides the CRIUM, Hyderabad, 22 other centres of the Council were functioning in various parts of the country.

Under its clinical research programme the Council has developed safe and satisfactory treatments in the areas of skin diseases, liver and musculo-skeletal disorders/

respiratory diseases, malaria and filariasis. The CCRUM has obtained patents on six Unani drugs. Besides, its applications for grant of patents

“ The CCRUM has obtained patents on six Unani drugs. Besides, its applications for grant of patents on 35 other Unani formulations are under active consideration of the concerned authority. ”

on 35 other Unani formulations are under active consideration of the concerned authority. Under the survey and cultivation of medicinal plants programme, the Council has developed a database of over 72000 medicinal plants collected from different forest areas, besides collecting over 11000 medicinal folk claims from different tribes.

Under its drug standardization research programme, the Council's main emphasis is on developing pharmacopoeial standards of single drugs and standard operating

procedures (SOPs) for manufacture of compound formulations. The Council has evolved standards for 277 single and 385 compound drugs, which is a new record in the history of Unani system of medicine. Of these standards, 122 have been adopted by the Unani Pharmacopoeia Committee (UPC) for the *Unani Pharmacopoeia of India*. The Council, as Secretariat for the UPC, has brought out seven volumes of the first part and two volumes of the second part of the *Unani Pharmacopoeia of India*.

In the field of literary research, the Council has translated and published about 60 classical books on Unani Medicine, which were originally written in Arabic and Persian

languages. Besides, it has also printed about 50 out-of-the-print rare books on various aspects of Unani Medicine.

The Council is also documenting the R&D work carried out at different postgraduate institutions of Unani Medicine. The Council has developed collaborations with some of the leading scientific organizations in the country.

Prof. Shakir Jamil underscored that for international acceptance of Unani Medicine quality control and standardization of Unani drugs as well as their safety studies and good clinical trials were essential. Researching into Unani Medicine as well as other Indian medicines,

in their traditional forms, would be difficult and working out the research methodology suited to them would require tremendous abilities. The CCRUM is trying to develop objective and scientific parameters for clinical research in Unani Medicine.

Speaking at the occasion, Prof. Syed Khaleefathullah, Vice-President, Central Council of Indian Medicine (CCIM) and Member of the CCRUM governing body laid emphasis on the development of protocols for research in Unani Medicine while taking stock of the research work carried out over the last three decades at the CCRUM.

Prof. Syed Zillur Rahman, President, Ibn Sina Academy, Aligarh said that Unani Medicine was different



A section of the audience at the inaugural ceremony of the National Workshop on Clinical Research Methodology in Unani Medicine in Hyderabad on 13 February.



Mr. Anil Kumar, Secretary, Department of AYUSH, Ministry of Health and Family Welfare, Government of India planting a sapling at the herb garden at CRIUM, Hyderabad just before inaugurating the National Workshop on Clinical Research Methodology in Unani Medicine on 13 February. Extending a helping hand are Prof. Syed Shakir Jamil, Director General, CCRUM and staff of the CRIUM.

from allopathy and other medicines in both its fundamentals and practice. Therefore the line of research in Unani Medicine should be different from that in other systems. He observed that if the basic concepts of Unani Medicine such as Mizaj (temperaments) were validated scientifically it would be a great achievement.

Earlier, Director in charge of CRIUM, Hyderabad, Dr. Mohammed Ataullah Shareef gave a brief account of the activities and achievements of the Institute. Mr. Mehr-e-Alam Khan,

Consultant (Portal), CCRUM was master of the ceremony.

After the inaugural session, Prof. S. Shakir Jamil, Director General, CCRUM started the scientific deliberations with his lecture on Practical Problems in Clinical Research in Unani Medicine. The post-lunch session had three lectures. Mr. U.V. Narsimha Murthy in his lecture gave an Introduction to Clinical Research whereas Dr. Qaiser Jamil, Director, Mahavir Research Institute, Hyderabad focused his attention on the importance of

Hypothesis and Research Questions. Dr. M.M.H. Siddiqui from Aligarh lectured on Clinical Research and Literary Survey in Unani Medicine.

The forenoon session on 14 February had five lectures. Dr. M.U.R. Naidu, former Dean, National Institute of Medical Sciences, in his lecture gave an Introduction to ICH/ GCP. He also gave a lecture on Protocol Planning. Dr. A. Mukherji from New Delhi gave a talk on Guidelines for Clinical Research. Dr. Nandini K. Kumar lectured on Ethical Issues in Clinical

Research, and Dr. M.A. Waheed gave his lecture on Research – An Initiative: Applied Thought in the post-lunch session. Dr. Srinivas gave a talk on Quality Assurance in Clinical Trials whereas Dr. Ramesh Yadav threw light on Audit and Inspection. Dr. Srinivas also lectured on Regulatory Issues in Clinical Research. On 15 February the forenoon session started with Dr. Ravi Chand's lecture on Subject Recruitment, Inclusion, Exclusion, Withdrawal and Termination Criteria. He also delivered a lecture on Clinical Trial Monitoring.

Dr. Mushtaq Ahmad, Director, CRIUM, Hyderabad lectured on Types of Research Studies and Mr. Sampath Kalluri gave a lecture on Statistics in Clinical Research. The post-lunch session had three lectures

– Mr. Sampath Kumar's lecture on Randomization and Blinding Methods, Mr. U.V. Narsimha Murthy's lecture on Clinical Data Management, and Dr. Ramesh Yadav's lecture on Essential Documents.

On the concluding day on 16 February the participants were divided into teams and given functional exercise regarding protocol planning. The protocol plannings submitted by the participants were evaluated by a panel of experts.

The panel comprised Prof. S. Shakir Jamil, Director General, CCRUM; Prof. S. Zillur Rahman, President, Ibn Sina Academy, Aligarh; Dr. Mushtaq Ahmad, Director, CRIUM, Hyderabad; Dr. Mansoor Ahmed; Dr. M.U.R. Naidu, Consultant; Dr. M.A. Shareef, Deputy

Director, CRIUM, Hyderabad; and Dr. M.A. Waheed, Deputy Director, CRIUM, Hyderabad. The members of the panel guided the participants on how to design and develop protocols according to the GCP Guidelines. There was also a panel discussion on role of adjuvant therapy in the management of stubborn, resistant and complicated diseases.

At the Valedictory Session, Prof S. Shakir Jamil, Director General, CCRUM emphasized the significance of protocol planning in conducting research. Dr. Mushtaq Ahmad, Director, CRIUM, Hyderabad thanked the participants and the organizing committee.

● **Mehr-e-Alam Khan (MAK)**

Standard Unani Medical Terminology published

The Central Council for Research in Unani Medicine (CCRUM) has recently published a volume entitled *Standard Unani Medical Terminology* containing 4028 standard clinical and non-clinical terms used in Unani Medicine. The volume is based on a project on standardization of Unani medical terminology carried out by the Council's researchers. The project was funded by World Health Organization (WHO).

The work was undertaken keeping in view the recent advances in Medicine as well as the classical literature of Unani Medicine. The document carries the terms transliterated in English and their English equivalents along with the original Arabic, Persian or Urdu terms. Standard diacritical marks have been used to facilitate pronunciation of the terms for those who are not well versed in Arabic, Persian

and Urdu languages. Wherever needed, concepts behind the terms have been described in a simple and lucid language to make them understandable for a wider audience. The project has been completed in 10 months. The work, carried out by the Council's researchers, has been reviewed by external experts, subject experts and peer group. Non-clinical terms have been worked out by researchers at the Council's Literary

Research Institute of Unani Medicine (LRIUM), New Delhi whereas clinical terms have been compiled by the researchers at Regional Research Institute of Unani Medicine (RRIUM), New Delhi.

Hakim Ziauddin Ahmad and Hakim Khalid Mehmood Siddiqui, both Assistant Directors (Unani) at CCRUM headquarters, were associated with the project as Principal Investigator and Co-Principal Investigator, respectively. Hakim Abdul Hannan, Deputy Director in charge of RRIUM, New Delhi worked as Investigator and Hakim Bilal Ahmad, Research Officer (Unani) LRIUM, New Delhi and Hakim Neelam Quddusi, Research Officer (Unani), RRIUM, New Delhi as Co-Investigators. ● **MAK with inputs from Bilal Ahmad and Neelam Quddusi, RRIUM, New Delhi**

Silver Jubilee celebrations at RRIUM, Aligarh

Seminar on innovative trends in Unani Medicine

The Council's Regional Research Institute of Unani Medicine (RRIUM) at Aligarh organized a national seminar on innovative trends in Unani Medicine as part of the Institute's Silver Jubilee celebrations on 3 and 4 March.



The chief guest Prof. Sibghatullah Farooqui, Vice-Chancellor, Aligarh Muslim University (AMU), Aligarh (fourth from left) at the inaugural ceremony of the National Seminar on Innovative Trends in Unani Medicine organized by Central Council for Research in Unani Medicine (CCRUM) at Aligarh on 3 March. To his right are Prof Syed Shakir Jamil, Director General, CCRUM; Prof. Syed Zillur Rahman, President, Ibn Sina Academy, Aligarh; and Dr. Saud Ali Khan, Principal, Ajmal Khan Tibbiya College, AMU, Aligarh. To the chief guest's left are Prof. S.C. Jain, Vice-Chancellor, Manglayatan University, Aligarh; Nawab Ibn-e Sayeed Khan of Chhatari; Dr. Mohammed Khalid Siddiqui, former Director General, CCRUM; and Dr. Latafat Ali Khan, Deputy Director in charge of the Council's Regional Research Institute of Unani Medicine (RRIUM), Aligarh.

Prof. Sibghatullah Farooqui, Vice-Chancellor, Aligarh Muslim University (AMU), Aligarh inaugurated the celebrations and the seminar in the Kennedy Auditorium of the University on 3 March. The function was presided over by Nawab Ibn-e Sayeed Khan of Chhatari. The guests of honor for the

occasion were Prof. S.C. Jain, Vice-Chancellor, Manglayatan University, Aligarh, Prof. Syed Zillur Rahman, President, Ibn Sina Academy, Aligarh; Dr. Mohammed Khalid Siddiqui, former Director General, CCRUM; and Dr. Saud Ali Khan, Principal Ajmal Khan Tibbiya College, AMU, Aligarh.

Prof. Sibghatullah Farooqui, Vice-Chancellor, AMU, Aligarh in his inaugural address stressed the need for further raising standards of education and research in Unani Medicine. He appreciated the research progress of the CCRUM and said that better ties between the University and the CCRUM should be developed.

Prof. S.C. Jain, Vice-Chancellor, Mangalayatan University, Aligarh emphasized the importance of the indigenous medicines including Unani Medicine and urged the researchers to scientifically prove the worth of their system for their wider acceptance.

Nawab Ibn-e Sayeed Khan of Chhatari in his presidential address urged the Government to extend increasing grants and support for the multi-pronged development of Unani Medicine in the country. He appreciated the research progress of the Council as well as the Institute.

Dr. Mohammed Khalid Siddiqui, former Director General, CCRUM stressed the need for human resource development in Unani Medicine for the multi-faceted development of the system. He said that the academics as well as researchers of Unani Medicine should strive to achieve global standards in their respective areas.

Dr. Siddiqui was also for building better interaction among academics, researchers and practitioners of Unani Medicine for better and faster development of their system.

Prof. Syed Zillur Rahman, President, Ibn Sina Academy, Aligarh

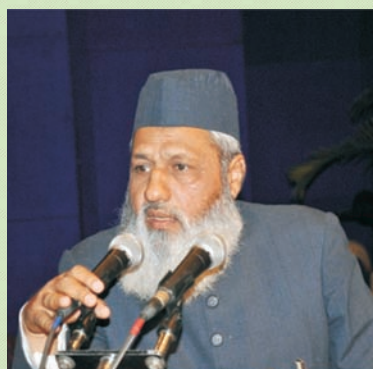
appealed to the CCRUM to establish a Literary Research Unit (LRU) at RRIUM, Aligarh. He said that the Council's LRU functioning at Aligarh in the 1970s had made important contributions in the advancement of literary research in Unani Medicine.

Speaking on the occasion, Prof. Syed Shakir Jamil, Director General, Central Council for Research in Unani Medicine (CCRUM) urged the researchers of Unani Medicine to so direct their researches as to find out safe and dependable solutions to modern health challenges such as Cancers, HIV-AIDS, and several other diseases for which no system of medicine offered complete cure.

The Council has over the last three decades made important strides in research on both fundamental and applied aspects of Unani Medicine and gained international attention of the scientific world for its success stories especially in the areas of clinical trials and quality control of Unani drugs as well as literary research, and survey and cultivation of medicinal plants.

Prof. Shakir Jamil said that the Council was busy developing collaborations with leading scientific organizations and Universities in the country to develop good quality research in the system and validate its strengths and concepts for global acceptance.

Prof. Jamil thanked the AMU for providing suitable accommodation for the Council's RRIUM at Aligarh, and appreciated the linkages developing



Prof. Syed Shakir Jamil, Director General, Central Council for Research in Unani Medicine (CCRUM) addressing the national seminar on innovative trends in Unani Medicine organized at the Council's Regional Research Institute of Unani Medicine (RRIUM), Aligarh as part of the Institute's Silver Jubilee celebrations on 3 March.

between the two institutions.

Dr. Latafat Ali Khan, Deputy Director in charge of RRIUM welcomed the guests and Dr. Shariq Ali Khan, Chairman, Organizing Committee presented vote of thanks. Dr. Amir Abbas, Assistant Director (Unani) anchored the function.

After the inaugural ceremony the scientific deliberations started in the afternoon with a lecture on Adjuvant Therapy and Unani Medicine by Prof. Syed Shakir Jamil, Director General, CCRUM. The scientific sessions that followed had about 25 research presentations on recent advances in Unani Medicine.

On 4 March there was an invited talk on "Hypertension and its management according to Unani Medicine" by Prof. Raisur Rehman of

Ayurvedic & Unani Tibbia College, New Delhi.

Dr. Nandini K. Kumar, former Deputy Director General, Indian Council of Medical Research, New Delhi delivered a guest lecture on "Current ethical issues in clinical trials in innovative era". Also, there was an invited talk by Dr. Mushtaq Ahmad, Director, Central Research Institute of Unani Medicine (CRIUM), Hyderabad on "Consent of subjects in clinical research: Why & How?"

The experts who chaired different scientific sessions included Prof. Khalid Zaman Khan, Chairman, Department of Kulliyat; Prof. Qamar Akhtar Kazmi, Chairperson, Department of Amraz-e-Niswan-o-Qabalat; and Prof. KMY Amin, Department of Ilmul Advia - all three from Ajmal Khan Tibbiya College, AMU, Aligarh; Prof. Raisur Rehman, Head, Department of Moalejat, A&U Tibbia College, New Delhi; and Dr. Mushtaq Ahmad, Director, CRIUM, Hyderabad.

At the concluding day there was a symposium on "Methodology for validation of pharmacopoeial preparations". Prof. Syed Shakir Jamil, Director General, CCRUM was in chair. The participants included Prof. Anis A. Ansari, Dr. Mushtaq Ahmad, Prof. Khalid Zaman Khan, Prof. M.M.W. Amin, Prof. Raisur Rehman, Hakim Abdul Hannan, Dr. Latafat Ali Khan and Dr. Maqbool Ahmad. Dr. Shariq Ali Khan moderated the discussion.

● **MAK with inputs from Shariq Ali Khan, RRIUM, Aligarh**

CCRUM participates in ethnopharmacology meet

The Council's researchers from the headquarters and Regional Research Institute of Unani Medicine (RRIUM), Chennai participated in the 12th International Congress of Ethnopharmacology (ISE 2012) held at Kolkata from 17 to 19 February. The theme of the congress was "Traditional Medicines and Globalization – The future of ancient systems of medicine".

The Congress, organized jointly by International Society for Ethnopharmacology, UK and School of Natural Products Studies, Jadavpur University, Kolkata, India, aimed to address some of the crucial and contemporary issues relating to natural products, that are helpful in the development of new ideas on traditional medicine that inspire development and the promotion of

global trade. The conference provided a global platform to the researchers, manufacturers of medicines, phytomedicines, pharmaceuticals, dietary and food supplements; representatives of conventional and traditional health care systems; regulatory authorities; raw material traders, contract laboratories and research organizations, NGOs, academicians, scientists, students

and healthcare professionals. World renowned scholars from more than 50 countries participated in the event.

Dr. A.P.J. Abdul Kalam, former President of India inaugurated the Congress on 17 February in the presence of Mr. Shekhar Dutt, Governor of Chhattisgarh; Mr. Partha Chatterjee, Minister in charge of Commerce and Industries, Parliamentary Affairs, Industrial Reconstruction & Information Technology, Government of West Bengal; Prof. Pradip Narayan Ghosh, Vice-Chancellor, Jadavpur University, Kolkata; Dr. Marce Leonti, President, International Society for Ethnopharmacology; Prof. B. Suresh, President, Pharmacy Council of India, New Delhi; Dr. V. M. Katoch, Secretary – DHR & DG – ICMR, Government of



The chief guest Dr. A.P.J. Abdul Kalam, former President of India (centre) at the inaugural ceremony of the 12th International Congress of Ethnopharmacology (ICE) at Kolkata on 17 February. To the chief guest's left are Prof. Pradip Narayan Ghosh, Vice-Chancellor, Jadavpur University, Kolkata; and Mr. Shekhar Dutt, Governor of Chhattisgarh; and to Dr. Kalam's right are Mr. Partha Chatterjee, Minister in charge of Commerce and Industries, Parliamentary Affairs, Industrial Reconstruction & Information Technology, Government of West Bengal; and Prof. Siddhartha Datta, Chairman of the ICE and Pro-Vice Chancellor, Jadavpur University, Kolkata.

India; Dr. Nirmal Maji, Chairman, West Bengal State Medicinal Plants Board & WBPPDC, Government of West Bengal; Prof. Siddhartha Datta, Chairman, 12th ISE Congress & Pro-Vice Chancellor, Jadavpur University and Dr. Pulok K. Mukherjee, Director, School of Natural Products Studies, Jadavpur University, Kolkata and Organizing Secretary ISE 2012.

Prof. Luc Montagnier, Nobel Laureate in Medicine and President, World Foundation AIDS Research Prevention, Paris, France delivered his keynote address on "Prospects for 21st Century Medicine". On this occasion a special lecture on "New Strategies for the Globalization of Traditional Medicine", was also delivered by Prof. Geoffrey A. Cordell, Emeritus Professor, University of Florida, Gainesville, USA.

A pre-conference workshop was also held in the forenoon session on 17 February. The theme of the workshop was "Publishing your Research in Impact Journals". Prof. Luc Montagnier, Nobel Laureate in Medicine and President, World Foundation AIDS Research & Prevention, Paris, France, inaugurated the workshop in the presence of eminent scientists and researchers.

Prof. Robert Verpoorte, Editor-in-Chief, *Journal of Ethnopharmacology*, delivered keynote address to the workshop. The workshop had two sessions covering five lectures each. The first session was devoted to the theme "Criteria for publishing scientific papers in Impact Journal". The second session had lectures under "Ask the Editors – About their views on writing different components of a paper: guidelines of journals".



Two of the Council's researchers - Dr. Shamsul Arfin, Research Officer (Chemistry) from the CCRUM headquarters and Mr. R. Murugeswaran, Assistant Director (Botany) from the Council's Regional Research Institute of Unani Medicine, Chennai interacting with the fellow delegates to the Congress at Kolkata on 17 February.

The Congress was sponsored by 27 different organizations including government and non-government bodies. Some of the government institutions and research organizations included Indian Council of Agricultural Research (ICAR); Department of Science & Technology (DST), Ministry of Science & Technology; Council of Scientific and Industrial Research (CSIR); Indian National Science Academy (INSA); Board of Research in Nuclear Science (BRNS); Department of AYUSH, National Medicinal Plants Board (NMPB); Department of Biotechnology (DBT); etc. About 800 delegates from over 50 countries participated in the programme. More than 600 research papers were presented in parallel sessions in oral and poster presentation series along with special lectures by stalwarts in the area of research around the globe. The subjects covered in the deliberations included ethnopharmacological perspectives from traditional to modern pharmaceuticals, traditional medicine, drug discovery and development,

promotion and development of natural products, ethnopharmacology and bio-cultural diversity, phyto-chemical studies, scientific validation, pharmacological and clinical studies of natural products, polypharmacology of herbal medicine, global trade and commercialization of Ayurveda, Unani, Siddha and other ancient systems of medicine. The Council's researchers who attended the conference as delegates included Dr. Shamsul Arfin, Research Officer (Chemistry); Mr. Aminuddin, Research Officer (Botany); Dr. Jamal Akhtar; Dr. Misbahuddin Azhar; Dr. Amanullah; Dr. Ahmad Sayeed and Dr. Usama Akram—all five Research Officers (Unani) from Council's headquarters in New Delhi; and Mr. R. Murugeswaran, Assistant Director (Botany) and Mr. R. P. Meena, Research Officer (Chemistry) from the Council's Regional Research Institute of Unani Medicine, Chennai. All these officers presented their papers based on research findings from their respective discipline.

● **Aminuddin and Shamsul Arfin**

CCRUM's participation in Arogya-2012 at Jaipur

The Central Council for Research in Unani Medicine (CCRUM) participated in Arogya-2012 - the fair on traditional Indian systems of medicine – held at Jaipur, Rajasthan from 6 to 9 January.

The fair aimed to showcase the strengths of AYUSH systems and the inevitable linkages with the industry, was jointly organized by Department of AYUSH, Ministry of Health & Family Welfare, Government of India; Department of Ayurveda, ISM, Government of Rajasthan; and Federation of Indian Chambers of Commerce and Industry (FICCI).

Rajasthan Chief Minister Mr. Ashok Gehlot inaugurated the event on 6 January. Organized along side

with Pravasi Bharatiya Divas, held at Jaipur from 7 to 9 January, the *Arogya* saw a large turnout right from the first day. Mr. Gehlot also visited the Regimenal Therapy Clinic put up by the CCRUM at the fair and discussed with the Council's researchers the benefits and efficacy of the therapy. During the fair, a total of 170 patients benefited from the clinic. Rajasthan Health & Family Welfare Minister Mr. Aimaduddin Ahmad Khan also visited the Council's pavilion, besides other State Government officials.

The CCRUM pavilion displayed the Council's progress in clinical research, drug standardization, survey and cultivation of medicinal plants, and literary research. The Council's Regimenal Therapy Clinic was the main attraction for the visitors from India and abroad.

The CCRUM pavilion was managed by Dr. Pawan Kumar Yadav, Assistant Director (Clinical Pathology) and Dr. Jamal Akhtar, Research Officer (Unani) – both from the headquarters and Dr. Shaista Urooj, Research Officer (Unani) at Regional Research Institute of Unani Medicine, Srinagar. Mr. Haseeb Ahmad, Senior Production Assistant at the headquarters managed display of the Council's publications.

● **MAK with inputs from**
Jamal Akhtar

World Health Day celebrated at CCRUM

The Council celebrated World Health Day on 7 April at the headquarters and its different centres in the country. On this occasion, lectures on various aspects of health of the elderly and exhibitions highlighting strengths of Unani Medicine for geriatric care were organized.

World Health Day is a global campaign, inviting everyone, from global leaders to the public in all countries – to focus on a single health challenge with global impact. Focusing on new and emerging health issues, World Health Day provides an opportunity to start collective action to protect people's health and well-being. The topic of World Health Day in 2012 is Ageing and health with the theme "Good health adds life to

years". The focus is how good health throughout life can help older men and women lead full and productive lives and be a resource for their families and communities.

In his message to researchers of Central Council for Research in Unani Medicine (CCRUM), Prof. Syed Shakir Jamil, Director General, CCRUM emphasized that Unani Medicine attached great importance to healthy

aging. He said that there was an urgent need to explore scientifically the treasures of Unani Medicine and tell the world what this system offers for the treatment of geriatric disorders and maintenance of good health of the aged.

The Council has been running a special out-patient department facility for the elderly since 2008 every Monday at four of its centres – Central Research Institute of Unani Medicine (CRIUM), Hyderabad; CRIUM, Lucknow; Regional Research Institute of Unani Medicine, Chennai and Regional Research Centre of Unani Medicine, Allahabad.

● **MAK with inputs from**
Jamal Akhtar

Council participates in conference on medicinal and aromatic plants

The Council's researchers working at its Regional Research Institute of Unani Medicine (RRIUM), Srinagar participated in a national conference on current trends in medicinal and aromatic plants and plant products held at Osmania University, Hyderabad, Andhra Pradesh on 17 and 18 March. The conference aimed to discuss various issues related to medicinal plants in general and exchange experience among researchers, academics and students engaged in the field of medicinal plants research.



Mr. Parwez Ahmad, Research Assistant (Botany) at the Council's RRIUM, Srinagar explaining the contents of his poster presentation at the national conference on current trends in medicinal and aromatic plants and plant products at Hyderabad on 17 March.

Inaugurating the conference, Prof. S. Satyanarayan, Vice-Chancellor, Osmania University, Hyderabad highlighted the importance of medicinal plants. He said that medicinal plants were not only a major resource base for the traditional medicine and herbal industry but also provided livelihood and health security.

Dr. K. P. Srivasuki, Chief Executive Officer, Andhra Pradesh State Medicinal & Aromatic Plants Board said that Government of India had sanctioned substantial amount for conservation of medicinal plants, agriculture, development of new nurseries, and for the development of latest techniques to improve the cultivated as well as wild species of medicinal plants.

Prof. S. Padmaja, Dean, Faculty of Science, Osmania University, Hyderabad spoke on the utilization and importance of medicinal and aromatic plants in traditional systems of medicine like Ayurveda, Unani and Siddha as well as folk systems prevalent among rural population. He also pointed out about the day-to-day needs of plants and plant products.

Chairman of the Conference Prof. B. Badraiah, who is Head, Department of Botany, Osmania University, gave a brief account of the research and academic activities, areas of specialization and significant contribution and infrastructure of the Department.

Prof. S. Gangadhar Rao, Organizing Secretary of the conference, delivered a lecture on cultivation of medicinal and aromatic plants in India and presented the vote of thanks.

After the inaugural function, lectures were delivered by the invited scholars from universities and research organizations viz., K. Nagaiah (CSIR); D. J. Bagyaraj (NASI) and C. Sudhakar Reddy (ISRO).

Over a hundred research papers were presented at the conference. Mr. Parwez Ahmad, Research Assistant (Botany) from RRIUM, Srinagar presented his research paper on the ethno-pharmacological uses of plants among tribal and rural folks of Banihal forest area of Kashmir in the poster session.

• MAK with inputs from Parwez Ahmad, RRIUM, Srinagar

Survey of Chittoor forests in Andhra Pradesh

The Council's researchers from its Central Research of Unani Medicine (CRIUM), Hyderabad conducted an ethnobotanical survey in Chittoor district forests of Andhra Pradesh from 16 to 30 March. The survey team collected medicinal plants particularly those used in Unani Medicine, and recorded information from local inhabitants on folk medicinal uses of plants from the study area.

The Chittoor district lies between 12° 37' to 14° 8' North latitude and 78° 33' to 80° 3' East longitude. It is surrounded on the East by Nellore district of Andhra Pradesh and Chengalpet district of Tamil Nadu; on the West by Kolar district of Karnataka; on the North by Kadappa district of Andhra Pradesh; and on the South by North Arcot and Dharmapuri districts of Tamil Nadu. The total geographical area of the district is 15152 sq km, out of which forest area comprises of 4513.4 sq km. The forest area forms 29.8 per cent of the total geographical area. The district consists of two main

forest divisions - Chittoor East Forest Division and Chittoor West Forest Division.

The present study was conducted in both the forest divisions. During the survey 304 plants specimens belonging to 151 species were collected from different localities along with relevant field data. Some of the important species collected from the area included *Alangium salviifolium* (L.F.) Wang. (Uduga); *Adhatoda vasica* Nees. (Addasaram); *Albizia lebbeck* (L.) Benth. (Dirisana); *Anisomeles malabarica* R. Br. (Maga Beera); *Anthocephalus cadamba*

Miq. (Kadamba); *Antigonon leptopus* Hook. & Arn. (Erra Batani Palla Teega); *Balanites aegyptia* (L.) Del. (Gara Chettu); *Bombax ceiba* L. (Mulla Buraga); *Cadaba fruticosa* (L.) Druce. (Aadamorinika); *Cocculus hirsutus* (L.) Diels. (Dusaratiga); *Decalepis hamiltonii* Wight & Arn. (Maredu Kommulu); *Ficus hispida* L.f. (Bramha Medi); *Hiptage benghalensis* (L.) Kurz. (Adavi Puttangi); *Jatropha gassypifolia* L. (Yerra Nepalamu); *Memecylon umbellatum* Burm. F. (Manchiyalli); *Muntingia calabura* L. (Nakkaraegu); *Passiflora foetida* L. (Thellajumiki); *Pergularia daemia* (Forsk.) Choiv. (Dusthapu Theega); *Piper trioicum* Roxb. (Pamu Miriyaalu); *Polygonum glabrum* Willd. (Burada Gogu); *Sarcostemma secamone* (Linn.) Bennet. (Yeddu pullani teega); *Sida acuta* Linn. (Chittimutti); *Shorea roxburghii* G. Don. (Jaalari Chettu); *Solanum Pubescens* Heyne. ex Walp. (Adavimulaga); *Spondias pinnata* (L.F.) Kurz. (Adavimaamidi); *Toddalia asiatica* (L.) Lam. (Konda Mirapa); *Tragia involucrata* L. (Duradaguntaku);



Cocculus hirsutus (L.) Diels.



Mucuna pruriens (Linn.) DC.



Capparis zeylanica L.



Anthocephalus cadamba Miq.

Vicoa indica (Linn.) DC. (Adivi proddu turgudu); *Vitex altissima* L.f. (Nemaliadugu); *Wattakaka volubilis* (L.f.) Stapf. (Paalathige); *Xanthium strumarium* L. (Marula-Matangi), etc.

Some important Unani medicinal plants collected from the area included Adoosa (*Adhatoda vasica* Nees); Belgiri (*Aegle marmelos* (L.) Correa.); Siras (*Albizia lebeck* (L.) Benth.); Kalmegh (*Andrographis paniculata* Nees; Zarawand Hindi (*Aristolochia indica* L.); Amaltas (*Cassia fistula* Linn.); Palas (*Butea monosperma* (Lam.) Taub.) ; Oontkatara (*Echinops echinatus* Roxb.); Kibr (*Capparis zeylanica* L.); Kavir (*Feronia elephantum* Correa.); Anjir Dashti (*Ficus hispida* L.f.); Dhamani (*Grewia tiliaefolia* Vahl.); Ushba (*Hemidesmus indicus* (Linn.) R. Br.); Mahua (*Madhuca longifolia* (Linn.) Macbride); Maulsari (*Mimusops elengi* L.) Kaunch; (*Mucuna pruriens* (Linn.) DC.); Shitaraj (*Plumbago zeylanica* Linn.); Bijasar (*Pterocarpus marsupium* Roxb.); Reetha (*Sapindus emarginatus* Vahl.); Anantmul (*Tylophora asthmatica* Wt. & Arn.) Nakh-chhikni

(*Wattakaka volubilis* (Linn. f.) Stapf.); Asgandh (*Withania somnifera* (Linn.) Dunal.); Inderjau-Shireen (*Wrightia tinctoria* R.Br.), etc.

The surveyors also recorded information on folk medicinal uses of 70 plant species from the tribal and other inhabitants for different common ailments, such as urinary disorders, cold and cough, fever, sexual disorders, diarrhoea, skin diseases, piles, jaundice, diabetes, body pains, rheumatic arthritis, dysentery, and as cooling agent, health tonic, etc. Some of these plants and their folk uses are: Uduga (*Alangium salviifolium* (L.F.) Wang) fruits are used for burning micturition; root bark is applied as antidote for snake bite; Dirisana (*Albizia lebeck* (L.) Benth.) bark and leaf powder is administered orally as antidote for scorpion sting; inhaling the smoke of dried leaves of Maga Beera (*Anisomeles malabarica* R.Br.) powder relieves cold; Gara Chettu. (*Balanites aegyptia* (L.) Del.) stem bark powder is used as anthelmintic;

Mulla Buraga (*Bombax ceiba* L.) gum is used as aphrodisiac; Aadamorinika (*Cadaba fruticosa* (L.) Druce.) leaf paste is applied locally on eczema; decoction of leaves of Goodda-Korinda (*Caesalpinia sepiaria* Roxb.) is given for intermittent fevers; Esurugaddalu (*Decalepis hamiltonii* Wight & Arn.) root decoction is used as a drink for controlling heat of body; Adivi Gogu (*Decaschistia crotonifolia* Wt. & Arn.) leaf powder is applied in hydrocele; Virochanaku (*Euphorbia heterophylla* L.) leaves are used as laxative; Patti-Chettu (*Gossypium arboreum* L.) seeds powder is given to relieve diarrhoea; Koringi (*Ixora parviflora* Vahl.) bark powder is given orally in case of liver enlargement; Yerra Nepalamu (*Jatropha gossypifolia* L.) latex from the leaf is applied on mouth ulcers; Seema Ranapala (*Kalanchoe tubiflora* (Harv.) Raym.) leaf paste is externally applied on cuts and wounds; Manchiyal (*Memecylon umbellatum* Burm. f.) leaf juice is used as eye drop to get relief from watering of eyes; Burada Gogu (*Polygonum glabrum* Willd.) root powder is given

to cure Jaundice; Saga (*Sansevieria roxburghiana* Schult. F.) latex from rhizome is pored into ear to get relief from earache; Chittimuti (*Sida acuta* Burm. f.) leaf paste is rubbed on knees to get relief from joints' pain; Konda Mirapa (*Toddalia asiatica* (L.) Lam.) rootbark powder and leaf powder are given orally to treat malarial fever and intermittent fevers; Adivi Proddu Tirgudu (*Vicoa indica* (L.) DC.) root powder is administered orally as antidote for scorpion sting; Marula-Matangi teega (*Xanthium strumarium* L.) raw fruit paste is applied on eczema.

Dried samples of 18 medicinal plants were collected for display

in the Institute's museum. These included *Aristolochia indica* Linn. (Fruits), *Caesalpinia sepiaria* Roxb. (Fruits), *Balanites aegyptia* (L.) Del. (Fruits), *Butea monosperma* (Lam.) Taub. (Flowers and fruits), *Dioscorea oppositifolia* Linn. (Fruits and tuberous roots), *Catunargeum spinosa* (Thumb.) Tirven. (Fruits), *Calophyllum inophyllum* L. (Fruits), *Cassia fistula* L. (Fruits), *Coffea arabica* L. (Fruits), *Cochlospermum religiosum* (L.) Alston. (Fruits), *Decalepis hamiltonii* Wt. & Arn. (Fruits), *Echinops echinatus* Roxb. (Fruits), *Jacaranda acutifolia* Humb. (Fruits), *Mucuna pruriens* DC. (Fruits and seeds), *Thespesia populnea* (L.) Soland. (Fruits), *Wattakaka volubilis* (L.f.) Stapf. (Fruits), *Wrightia tinctoria*

R. Br. (Fruits) and *Lagenaria siceraria* (Molina.) Standley. (Fruits).

The survey team also collected saplings of three plants, namely Hadjoda (*Cissus quadrangularis* L.), Seema Ranapala (*Kalanchoe tubiflora* (Harv.) Raym.) and Kundeti Kommulu (*Caralluma umbellata* Haw.) for transplanting in the Institute's garden. The survey team comprised Dr. Asiya Khanum, Assistant Director (Unani); Mr. G. Penchala Pratap, Senior Research Fellow (Botany) and auxiliary staff.

● **Aminuddin with inputs from Asiya Khanum and G. Penchala Pratap**

Brainstorming on fundamentals of Unani Medicine

The Council organized a brainstorming session on research on fundamentals of Unani Medicine at its headquarters in New Delhi on 27 March. The session aimed to review the progress made in the project on fundamental research going on at the Council's Central research Institute of Unani Medicine (CRIUM), Hyderabad and to finalize future course of the study.

Addressing the meeting, Prof. Syed Shakir Jamil, Director General, Central Council for Research in Unani Medicine (CCRUM) stressed the need for developing empirical evidence in favour of the fundamental principles of Unani Medicine and communicate them to the world scientific community.

He also focused on finding scientific explanation to the theory of Mizaj (Temperament) utilizing knowledge of modern genetics. To realize the idea, the Council has

developed collaboration with the Centre for Cellular and Molecular Biology (CCMB), Hyderabad. Besides, the Council is also launching a new project on "Genome-wide analysis for understanding the science behind the principles of Unani Medicine" in collaboration with the CCMB, Hyderabad shortly.

Research on fundamentals of Unani Medicine started at CRIUM, Hyderabad in 1985 and since then much work has been carried out with regard to clinical validation of the Theory of Akhlat (Humors) and Mizaj

(Temperament) in healthy individuals as well as in cases of Bars (Vitiligo), Iltehab-e-Tajaweef-e-Anf (Sinusitis), Iltehab-e-Kabid (Infective Hepatitis), etc.

At the meeting, the format for the assessment of Mizaj (Temperament) was revised in accordance with the ten Unani parameters (Ajnas-e-Ashrah). It was also decided to update the protocols of the on-going studies. Eminent experts including Prof. K.M.Y. Amin, Prof. M.M. Wamiq Amin and Prof. Abdul Mannan – all three from Ajmal Khan Tibbiya College, Aligarh Muslim University (AMU), Aligarh; and Dr. G.G.A. Shadab, Department of Zoology, AMU, Aligarh; and Dr. Ashhar Qadeer, Dr. Yasmin Shamsi and Dr. Asiya Sultana – all three from Jamia Hamdard, New Delhi attended the meeting.

● **MAK with inputs from Ahmad Sayeed**

Urdu translation of *Muhit-i Azam* published

The Council has published the Urdu translation of the first volume of *Muhit-i Azam* - a Persian book on Unani Medicine - authored by a renowned Indian scholar and physician Hakim Muhammad Azam Khan in the 19th Century. The book, which is based on classical sources of Unani Medicine, and to some extent also of Ayurveda, is considered as the most comprehensive work on single drugs used in Unani Medicine.

The original Persian text running into four volumes was first published in the last decade of the 19th Century from Matba Nizami, Kanpur. The description covers mostly plant-origin drugs though drugs of animal and mineral origin have also been described.

The first volume starts with an introduction to the subject that comprises 12 chapters on the various aspects of single Unani drugs including their philosophy, terminology, temperaments, actions and uses, etc.

Following the introduction, the

book carries monographs on the single drugs in alphabetical order.

Each monograph has a description on a single drug giving its type, characteristics, temperament, actions and uses, dosage, side-effects, antidotes, substitutes, etc., besides its names in Arabic, Persian, Urdu, Greek, Latin, English and different Indian languages.

The present Urdu translation provides modern equivalents of the old weights and measures like Ser, Chhatank, Tola, Masha, etc., besides giving a list of content in the beginning and an index at the end.

● **MAK with inputs from Amanullah**

Council participates in summit on medicinal and aromatic products

The Council participated in the fourth annual herbal international summit-cum-exhibition on medicinal and aromatic products, spices and finished products (hi-MAPS) organized by Associated Chambers of Commerce and Industry of India in New Delhi on 14 -15 April.

The summit aimed to bring together cultivators, traders and manufacturers of medicinal plants, showcasing their new technological innovation, products and services to promote local business and export. Renowned companies and buyers/speakers and regulators from different countries including Canada and Malaysia as well as European and Asian countries took part in the event. Mr. Bala Prasad, Joint Secretary

to Government of India, Ministry of Health & Family Welfare, Department of AYUSH and Chief Executive Officer (CEO), National Medicinal Plants Board (NMPB), New Delhi presented overview of the present scenario of medicinal plants sector. The country has huge potential of medicinal plants of all qualities and contributes to eight percent of global trade in this sector. India has robust technical and scientific network together

with manufacturing units with 1600 Ayurveda, Siddha and Unani (ASU) plants under extensive use.

According to a study almost 960 medicinal plants are traded in India of which 170 species are traded in bulk quantity. The total turnover from the export has grown from Rs. 640 crore in 2006-07 to Rs. 1166 crore in 2009 registering thereby 80.72 percent increase in two years, he added.

Mr. Prasad also visited the Council's pavilion and appreciated the research progress displayed. The CCRUM pavilion was managed by Mr. Aminuddin, Research Officer (Botany), Dr. Jamal Akhtar and Dr. Usama Akram - both Research Officers (Unani) from the Council headquarters.

● **Jamal Akhtar**

Farmers' meet on cultivation of medicinal plants in Trivallur, Tamil Nadu

The Council's researchers working at the Survey of Medicinal Plants Unit of Regional Research Institute of Unani Medicine (RRIUM), Chennai organized a farmers' meeting at Pudevayal village of Gummidipoondi Block in Tiruvallur district of Tamil Nadu on 30 January.

The meeting aimed to create awareness among the farmers about the importance of cultivation of medicinal plants and to provide training on various aspects of cultivation and marketing of medicinal plants.

The chief guest for the occasion, Dr. A. Ameer Jahan, Chairman of the All India Medicinal Herbs Cultivators,

Processors, Manufacturers & Research Industrial Cooperative Society, Chennai, in his keynote address, said that many of the medicinal plants like *Withania somnifera* Dunal (Asgand), *Vinca rosea* L. (Sadabhar), *Cassia senna* L. (Senna), *Aloe vera* Linn. (Geekawar), etc. are in high demand in the local as well as global market. He said that there was a need to boost production of value added herbal products like

Aloe vera gel, powder, juice, extracts and oils of the other important medicinal plants as they could prove more beneficial to the farmers.

Presiding over the meeting, Prof. Hakim Syed Kaleefathullah, Vice-President, Central Council of Indian Medicine, and President, Niamath Science Academy, Chennai appreciated the CCRUM's efforts to promote large scale cultivation of medicinal plants by farmers. He said that the Council had been playing important role in raising public awareness about conservation and farming of medicinal plants.

Inaugurating the meeting, Mr. A. Prabakaran, President, Pudevayal village, highlighted the importance of conservation of medicinal plants and encouraged the farmers to take



Hakim Syed Khaleefathullah, Vice President, Central Council of Indian Medicine (CCIM) and Member of the CCRUM governing body (third from right) addressing the farmers' meet at Centre for Unani Ilaj Bit Tadbeer (CUIBT), Pudevayal village of Gummidipoondi Block in Tiruvallur district of Tamil Nadu on 30 January. Sitting on his right is the chief guest for the occasion Dr. A. Ameer Jahan, Chairman, All India Medicinal Herbs Cultivators, Processors, Manufacturers & Research Industrial Cooperative Society, Chennai.



A view of the audience at the farmers' meet at Puduvayal village of Gummidipoondi Block in Tiruvallur district of Tamil Nadu on 30 January.

up their cultivation. He said that medicinal plants cultivation can be a good alternative source of income.

Mr. N. Ganapathysamy, Agronomist, Natural Remedies Pvt. Ltd., Bangalore spoke on marketing of medicinal plants and the schemes of the contract farming and buy-back agreements for the cultivation of selected medicinal plants.

Earlier, Mr. R. Murugeswaran, Assistant Director (Botany) in his welcome speech highlighted the importance, need and advantages of cultivation of important Unani medicinal plants such as Makoh

(*Solanum nigrum* L.), Kalmegh (*Andrographis paniculata* Nees) Rehan (*Ocimum tenuiflorum* L.), Asgand (*Withania somnifera* Dunal) and Gurmarbuti (*Gymnema sylvestre* R.Br.), etc. He explained the CCRUM's expansion activities about training to farmers for cultivation and marketing of the medicinal plants. He also informed about the schemes and financial aids offered by the National Medicinal Plants Board for promoting medicinal plants cultivation.

Over 60 farmers from Puduvayal, Kollamedu, Mallikuppam, Kottakarai, Nellur, Kottakarai, Chinnampedu, and Agaram villages participated in the event. The participants were provided

with agronomical notes of three important medicinal plants.

Dr. K. Venkatesan, Research Assistant (Botany) interacted with farmers and proposed a vote of thanks to the guests and other participants.

Mr. R. Murugeswaran, Assistant Director (Botany) along with Dr. K. Venkatesan, Research Assistant (Botany) and other auxiliary staff of Regional Research Institute of Unani Medicine, Chennai coordinated the event.

• **Aminuddin with inputs from R. Murugeswaran, RRIUM, Chennai**

Survey of Anantnag and Kulgham forests in Jammu & Kashmir

The Council's researchers from its Regional Research Institute of Unani Medicine (RRIUM), Srinagar conducted an ethnobotanical exploration in forest areas of Anantnag and Kulgham districts (Jammu & Kashmir) in April 2012. The survey aimed to collect medicinal plants, especially those used in Unani Medicine, besides recording folk medicinal claims from the tribal and other rural inhabitants of the study area.



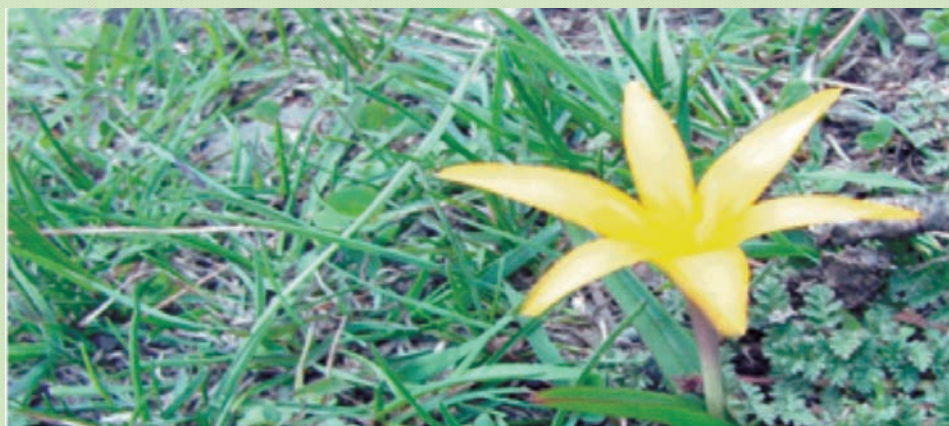
Researchers from the Council's Regional Research Institute of Unani Medicine (RRIUM), Srinagar interacting with the local informant during the ethnobotanical survey.

The areas surveyed included Aru, Chandanwari, Pahalgam and Langanbal of Anantnag district and Shopian, Sedhaw, Aharbal and Kungwattan of Kulgham district. The areas are hilly and mountainous and fall in the altitudinal gradient between 1800-3500 m above sea level. As far as the general vegetation is concerned, the explored areas support deciduous elements in the plains i.e. lower heights and coniferous type of

vegetation at upper reaches. The deciduous elements are dominated by the species of *Sallix*, *Populus*, *Robinia*, *Prunus* (cultivated) and scattered populations of *Juglans regia* along the roadsides and wastelands.

The coniferous forests are densely wooded from Langanbal onwards up to Aru in Pahalgam-Aru forest area and from Sedhaw onwards up to Kongwattan in Aharbal-Kongwattan forest area. The main coniferous elements found growing in these areas include the species of *Pinus wallichiana* A.B. Jackson (Kail), *Picea smithiana* Wall. ex Boiss (Fur), *Cedrus deodara* Roxb. ex G. Don. (Deodar) and *Abies pindrow* Royle (Shahteer). *Viburnum grandiflora* Wallich ex Dc. (Kulmach) is common and is growing as forest undergrowth in both the areas.

The survey team collected 152 botanical specimens belonging to 39 species. Some important medicinal plants including those used in Unani Medicine collected from the study area included *Colchicum luteum* Baker (Suranjan), *Paeonia emodi* Wall.



Colchicum luteum Baker



Anemone obtusiloba D. Don.



Taraxacum officinale F. H. Wigg

(Ood-e-Saleeb), *Fumaria parviflora* Lam. (Shahtara), *Anemone obtusiloba* D. Don (Ratanjot), *Viola odorata* L. (Banafsha), *Viburnum grandiflora* Wallich ex Dc. (Kulmach), *Adiantum capillus-veneris* L. (Parsiaoshan), *Ulmus wallichiana* Planch. (Bren), *Bergenia*

himalaica Boriss (Pakhanbed), etc.

The surveyors also collected folk uses of seven plant species used by the tribals and other rural inhabitants for different common ailments. Some of the information on plants used as

medicine for the treatment of common ailments recorded during field studies are: *Viola odorata* L. (Banafsha) is employed to cure chest congestion and other respiratory ailments; *Plantago lanceolata* L. (Bartang) is used as laxative; *Taraxacum officinale* F. H. Wigg (Handh) is given to women in the form of vegetable as tonic; *Artemisia absinthium* L. (Afsanteen) poultice is used to cure acne, etc. The surveyors also collected seven saplings of plants for plantation and experimental trials in the herbal garden.

The survey team was led by Mr. Tariq Ahmad Bhat, Research Officer (Botany) at RRIUM, Srinagar. Other members of the team were Dr. Younis Iftikhar Munshi, Assistant Director (Unani); Mr. Parwez Ahmad, Research Assistant (Botany), Mr. Mudassir Ahmad, Consultant (Botany) and other auxiliary staff.



Bergenia himalaica Boriss

• **Aminuddin with inputs from Tariq Ahmad Bhat, RRIUM, Srinagar**

German scholar visits CCRUM

Ms. Kira Schmidt Stiedenroth, a research scholar from Institute for Oriental and Islamic Studies, Faculty of Philology, Ruhr University Bochum, Germany visited the headquarters of Central Council for Research in Unani Medicine (CCRUM) and its centres in New Delhi, Hyderabad and Chennai during May and June.

A medical anthropologist, Ms. Kira Schmidt Stiedenroth is associated with a research project on "Medical Knowledge and Plural Culture: Graeco-Islamic Medicine (Tibb-eyunani, Unani Medicine) and its Representation in South Asia" since 2011. Funded by the German Research Fund (DGF) and led by Prof. Dr. Stefan Reichmuth, chair of the Department for Oriental and Islamic Studies, Ruhr University Bochum, this interdisciplinary project has been looking since 2008 into how Graeco-Islamic medicine is portrayed in text and images from the 17th Century to date.

Ms. Stiedenroth is here to meet hakims, patients, students, lecturers, researchers, and representatives of the most important educational, research and healthcare institutions of Unani Medicine in the country. She is mainly concerned with the contemporary institutions and practices of Unani Medicine, analyzing, among other things, the influences that different globalization-related processes have on the relationship between theory and practice. She expressed her deep gratitude to Prof. Syed Shakir Jamil, Director General, CCRUM, for facilitating her visits to different centres under the Council and giving the unique opportunity "to observe face-to-face how research following international standards is being conducted on Unani Medicine".



Ms. Kira Schmidt Stiedenroth

Ms. Stiedenroth paid two visits to the CCRUM headquarters – one on 2 May and the other on 24 May – where she met and had interesting discussions with the Council's researchers of Unani Medicine, Botany and Chemistry. She also went round the library and the exposition.

On 8 May, Ms. Kira Stiedenroth visited the CCRUM's Unani Medical Centre at Dr. Ram Manohar Lohia Hospital, New Delhi. On 24 May, she had a meeting with Mrs. Shailaja Chandra, former Secretary to Government of India, Ministry of Health and Family Welfare, Department of AYUSH and discussed with her about the public acceptance and usefulness of Unani Medicine in the country. Her visits were coordinated by Mr. Mehr-e-Alam Khan, Consultant (Portal) to the CCRUM. Also, she was briefed by him about the researches going on in Unani Medicine under the Council.

Ms. Stiedenroth was at the CCRUM's Regional Research Institute of Unani Medicine (RRIUM), New Delhi on 30 May. On 5 June, she visited the Council's Central Research Institute of Unani Medicine (CRIUM) in Hyderabad and on 11 June the RRIUM, Chennai. On 12 June, she met Hakim Syed Khaleefathullah, Vice-President, Central Council of Indian Medicine (CCIM) and Member, Governing Body, CCRUM, at his set-up - *SK Herbs* in Chennai. She also plans to visit the CRIUM, Lucknow and RRIUM, Aligarh.

Cooperation between the CCRUM and the Department for Oriental and Islamic Studies, Ruhr University Bochum, Germany has been increasing since March 2010 when Prof. Dr. Stefan Reichmuth, the chair of the Department and leader of the project on "Medical Knowledge and Plural Culture: Graeco-Islamic Medicine (Tibb-e yunani, Unani Medicine) and its Representation in South Asia", first visited the CCRUM. In December 2010, he sent two of his students Drs. Claudia Preckel and Susanne Kurz to the CCRUM to gather material for their respective studies. Dr. Preckel again visited the Council in March 2011.

Recently, Prof. Reichmuth invited Prof. Syed Shakir Jamil, Director General, CCRUM to an International Conference on History, Culture and Science: Asian and European Perspectives on Complementary and Alternative Medicine (CAM) organized by the Seminar for Oriental and Islamic Studies at Ruhr University Bochum, Germany from 12 to 15 March 2012.

● **MAK**

Farmers' meet on medicinal plants in Mehboob Nagar, Andhra Pradesh

The Council's Central Research Institute of Unani Medicine (CRIUM), Hyderabad organized a farmers' meeting in Shadnagar Mandal of Mahboob Nagar district, Andhra Pradesh on 13 March. The programme mainly aimed to raise awareness on cultivation of medicinal plants.

Inaugurating the meeting, Mr. T. Raja Ratnam, Assistant Director (Agriculture), Shadnagar Division called upon the farmers to undertake large scale cultivation of medicinal

plants suitable to the agro-climatic conditions of the region. On this occasion Mr. Linga Rao, Deputy Conservator Officer of Andhra Pradesh Medicinal and Aromatic

Plants Board, Hyderabad highlighted the importance of medicinal plants widely growing in the forests of Andhra Pradesh. He emphasized the need for cultivation of selected species having high demand by the pharmaceutical industry. He said that this would help the farmers to earn additional income.

Mr. Rao also informed about different schemes for getting financial aid from the Medicinal Plants Board. He encouraged the farmers to cultivate medicinal plants with financial support and benefits



Mr. T. Raja Ratnam, Assistant Director (Agriculture) Shadnagar Division addressing the farmers' meeting in Shadnagar Mandal of Mahboob Nagar district, Andhra Pradesh on 13 March, while Dr. Asiya Khanum Assistant Director (Unani), CRIUM, Hyderabad and Mr. Linga Rao, Deputy Conservator Officer of Andhra Pradesh Medicinal and Aromatic Plants Board, Hyderabad are all ears.



A view of the audience at the farmers' meeting organized by the CCRUM in Shadnagar Mandal of Mahboob Nagar district, Andhra Pradesh on 13 March.

of subsidiary for seeds, seedlings and farmyard manure and fertilizers from State Medicinal Plants Board (SMPB), Hyderabad.

Dr. Asiya Khanum, Assistant Director (Unani), CRIUM, Hyderabad highlighted the importance of Unani medicinal plants in primary health care. She also pointed out the importance of genuine raw drugs used in various formulations of Unani Medicine. The drug plants discussed with farmers included Asgandh (*Withania somnifera* Dunal.); Jal Brahmi (*Bacopa monnieri* (L.) Penn.); Satawar (*Asparagus racemosus* Willd.); Gheekwar (*Aloe barbadensis* Mill.); Sudaab (*Ruta graveolens* L.); Kuppi (*Acalypha indica* L.) and Mahua (*Madhuca indica* Gmel.).

At the meeting, some important medicinal plants were also exhibited

and their uses were explained to the farmers by Dr. G. Panchala Pratap, SRF (Botany). These included Bach (*Acorus calamus* L.); Asrol (*Rauwolfia serpentina* Benth.); Sudaab (*Ruta graveolens* L.); Kateera Gum (*Sterculia urens* Roxb.); Bhilawan (*Semecarpus anacardium* Linn. f.); Haleela (*Terminalia chebula* Retz.); Asgand (*Withania somnifera* Dunal.); Gulnar Farsi (*Punica granatum* L. (Abortive variety)); Shisham (*Dalbergia sissoo* Roxb.) (Skeels); Bhangra (*Eclipta prostrata* Roxb.); Pangra (*Erythrina indica* Lam.); Palas (*Butea monosperma* (Lam.) Taub.) Kavit (*Feronia limonia* (L.) Swingle.), Amaltas (*Cassia fistula* L.), Jangli Anar (*Dodonaea viscosa* (L.) Jacq.) and Gul-e-Abbas (*Mirabilis jalapa* Linn.).

Seedlings of some important medicinal plants were also distributed to the farmers free of cost for plantation in their fields. The farmers

were also informed about their uses in health care and treatment of common diseases. These included: Atrilal (*Ammi majus* Linn.) – Seeds are used for skin diseases and leucoderma; Kachnal (*Bauhinia racemosa* Lam.) – Bark is astringent and used in diarrhoea and dysentery; Bhilawan (*Semecarpus anacardium* Linn. f.) – Gum used in leprosy, psoriasis and abdominal disorders; Palas (*Butea monosperma* (Lam.) Taub.) – Flowers are diuretic and aphrodisiac; Amla (*Emblica officinalis* Gaertn.) – Amla fruit is a rich source of Vitamin C; Ashoka (*Saraca indica* L.) – Bark is astringent and is used for uterine affections.; Sambhalu (*Vitex negundo* L.) – Leaves are used as vermifuge and their decoction employed in medicinal baths for rheumatic affections.; Maulsari (*Mimusops elengi* L.) – Dried flowers are used to heal wounds; Ushba (*Hemidesmus indicus* R.Br.) – Root decoction is used as blood purifier and cooling agent. Siras (*Albizia lebbek* (L.) Benth.) – Bark and seeds are astringent and given in piles; Mahua (*Madhuca longifolia* (Koen.) Macbride) – Seed oil is used for foot cracks; Isapghol (*Plantago ovata* Forsk.) – Seeds are laxative; Afsanteen (*Artemisia absinthium* Linn.) – Decoction of the whole plant is given as anthelmintic.

Ninety-five farmers from 10 villages participated in the meeting. They were given free Unani literature in Telugu language on cultivation practices and marketing of some high demand medicinal plants.

● **Aminuddin with inputs from CRIUM, Hyderabad**

Council participates in Mumbai Arogya

The Council's Regional Research Institute of Unani Medicine (RRIUM), Mumbai participated in a health exhibition, *Arogya Expo*, in Mumbai from 20 to 22 April. The exhibition showcased the strengths of different Indian systems of medicine - Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH).



Mr. Bala Prasad, Joint Secretary to Government of India, Ministry of Health and Family Welfare, Department of AYUSH (third from left) going round the CCRUM pavilion at Arogya, Mumbai on 20 April while Dr. M. Raza, in charge of the Council's Regional Research Institute of Unani Medicine, Mumbai, explains about the exhibits.

The *Arogya Expo* was inaugurated by Dr. Arun Jamkar, Vice-Chancellor, Maharashtra University of Health Sciences, Nashik. Parallel sessions sponsored by Ayurvedic Drug Manufacturers' Association (ADMA) were also organized in the adjacent hall.

Mr. Bala Prasad, Joint Secretary, Department of AYUSH, Ministry of Health & Family Welfare, Government of India was the chief guest at the interactive meet of stakeholders in medicinal plants on 22 April.

At the meet he made a presentation on "Emergence of India as global leader in the medicinal plants sector during the 12th Five Year Plan". In the afternoon, Mr. Bala Prasad visited the CCRUM stall, and appreciated the display of the Council's progress. He also gave some tips to make the show more impressive. He was briefed by the officers of the RRIUM, Mumbai about the Institute's research activities and achievements.

● **MAK with inputs from RRIUM, Mumbai**

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Director General,
Editor-in-Chief, Printer & Publisher:
Prof. Syed Shakir Jamil

Executive Editor:
Mehr-e-Alam Khan

Editorial Board:
Shamshad A. Khan, K.M. Siddiqui,
S.M. Adhami, Z.A. Nadvji, Jamal Akhtar

Editorial Office :
CENTRAL COUNCIL FOR
RESEARCH IN UNANI MEDICINE
61-65, Institutional Area
Janakpuri, New Delhi - 110 058 (India)
Telephone : +91-11/28521981, 28525982,
28525983, 28525831, 28525852, 28525862,
28525883, 28525897, 28520501, 28522524
Fax : +91-11/28522965
E-mail: unanimedicine@gmail.com
Web site : www.ccrum.net

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