



SIX-DAY CME PROGRAMME for

**“Ayush Paramedics/ Health workers/ Instructors/
Therapists in ‘Ilāj bi’l Tadbīr (Regimenal Therapy)”**

Sponsored by
Ministry of Ayush, under Ayurgyan Scheme, Govt. of India

Coordinated by
Rashtriya Ayurveda Vidyapeeth, New Delhi

22nd – 27th September 2025

Organized by
REGIONAL RESEARCH INSTITUTE OF UNANI MEDICINE, CHENNAI
(NABH & NABL ACCREDITED)
Central Council for Research in Unani Medicine, New Delhi,
Ministry of AYUSH, Govt. of India



About the Institute and CME

Regional Research Institute of Unani Medicine, Chennai (NABH & NABL Accredited) is one of the premier institutes functioning under the Central Council for Research in Unani Medicine, New Delhi, Ministry of Ayush, Govt. of India, established on 6th July 1979, with the objective of undertaking scientific research on various aspects of Unani medicine. The institute is engaged in providing healthcare facilities through OPD, IPD, Mobile Clinic Research program, and School Health program. So far, more than three million patients with different ailments have been benefitted at the institute with high patient satisfaction index. The main focus of the institute is in the field of clinical and drug research, where voluminous quality research work has been carried out on different ailments, including musculoskeletal, gastrointestinal, renal, neurological, skin diseases, etc. The institute has well-developed clinical laboratories, including Biochemistry, Pathology, Radiology, ECG, etc. The institute has a well-established Drug Standardization Research laboratory equipped with state-of-the-art instruments, and is an approved drug testing laboratory by the State Drug Licensing Authority of Indian Medicine, Govt. of Tamil Nadu. The institute received the status of NABH and NABL accreditation for various scope of services. The GMP-certified Pharmacy of the institute is equipped with cutting-edge machineries and equipment.

‘Ilāj bi’l Tadbīr (Regimenal Therapy) is one of the most important modes of Unani treatment, focusing on restoring and maintaining health through non-pharmacological, physical, and lifestyle-based regimens. It encompasses a wide range of preventive, promotive, and therapeutic interventions aimed at eliminating morbid matters, restoring humoral balance, and enhancing the body’s innate healing potential (Quwwat-i-Mudabbira-i-Badan). Commonly practiced regimens, include Hijāma bilā Shart (cupping without scarification), Hijāma bi’l Shart (cupping with scarification), Hijāma bi’l Nār (fire cupping), Hijāma Mutharrika (moving cupping), Ta‘līq al-‘Alaq (hirudotherapy), Ishal (purgation), Riyādat (exercise), Dalk (massage), Tadhīn (oiling), Takmīd (fomentation), Sakūb (douching), Nutūl (Irrigation), Inkibāb (vapor therapy), Pāshoya (foot bath), Dāshtshoya (arm bath), Full-body steam, Sauna bath, Spinal bath, Jacuzzi bath, Cervical and lumbar traction, etc. These therapies are effectively applied in managing musculoskeletal, metabolic, neurological, dermatological, respiratory, gastrointestinal, and stress-related disorders, as well as for health promotion.

The Six-Day CME Programme for Paramedics/ Health workers/ Instructors/ is designed to enhance classical and contemporary knowledge, improve procedural skills, and standardize best practices in Ilāj bi’l Tadbīr. Participants will gain hands-on-training, updated theoretical understanding, and exposure to case-based applications, empowering them to deliver quality regimenal therapy services in various healthcare settings.

Patron

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Central Council for Research in Unani Medicine

Ministry of Ayush, Govt. of India

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For rules and regulations, Kindly see the below link

<https://ayush.gov.in/resources/pdf/schemes/ayurgyan/ayurgyan.pdf>

*The scanned copy of the dully filled application form along with self-attested degree and registration certificate and Aadhar card should be uploaded through google form and the same should be mailed to rriumchennai@gmail.com on or before 30.08.2025. The hard copy of the same should also be sent to

RRIUM, Chennai, through post/ courier.

Note: The CME may either be postponed or cancelled due to any administrative reasons.

For registration details,
please scan the QR code or
copy the link given below

<https://forms.gle/gB7W459L79hueZhW6>

