

Clinical Studies

The Clinical Research Programme of the Council deals with the methods of diagnosis and treatment of diseases and aims at critical appraisal of the theory of pathogenesis, symptomatology, clinical methods of diagnosis, principles and methods of treatment, and the drug and diet therapies peculiar to Unani Medicine. Under this programme, clinical studies on different diseases were undertaken with a view to develop safe and effective Unani treatments. Besides, clinical validation of safety and efficacy of Unani pharmacopoeial formulations was conducted. Clinical validation of Unani pharmacopoeial fast-acting drugs in different diseases was also undertaken. The programme continued at the following centres:

- National Research Institute of Unani Medicine for Skin Disorders (NRIUMSD), Hyderabad
- Central Research Institute of Unani Medicine (CRIUM), Lucknow
- Regional Research Institute of Unani Medicine (RRIUM), Chennai
- Regional Research Institute of Unani Medicine (RRIUM), Bhadrak
- Regional Research Institute of Unani Medicine (RRIUM), Patna
- Regional Research Institute of Unani Medicine (RRIUM), Aligarh
- Regional Research Institute of Unani Medicine (RRIUM), Mumbai
- Regional Research Institute of Unani Medicine (RRIUM), Srinagar
- Regional Research Institute of Unani Medicine (RRIUM), Kolkata
- Regional Research Institute of Unani Medicine (RRIUM), New Delhi
- Regional Research Institute of Unani Medicine (RRIUM), Silchar
- Regional Research Centre (RRC), Allahabad
- Clinical Research Unit (CRU), Bengaluru
- Clinical Research Unit (CRU), Meerut
- Clinical Research Unit (CRU), Bhopal
- Clinical Research Unit (CRU), Burhanpur
- Clinical Research Unit (CRU), Edathala
- Clinical Research Unit (CRU), Imphal
- Clinical Research Unit (CRU), Kurnool

CENTRE-WISE ALLOCATION OF DISEASES FOR CLINICAL STUDIES ON SAFETY AND EFFICACY OF UNANI DRUGS

Centre	Diseases
National Research Institute of Unani Medicine for Skin Disorders (NRIUMSD), Hyderabad	<i>Ḥaṣāt al-Kulya</i> (nephrolithiasis), <i>Ḍuʿf al-Miʿda</i> (functional dyspepsia), <i>Kathrat al-Ṭamth</i> (heavy menstrual bleeding), <i>Iḥtibās al-Ṭamth</i> (amenorrhoea), <i>Ḍīq al-Nafas</i> (bronchial asthma), <i>Mālankhūliyā</i> (mixed anxiety depressive disorder), <i>Ziabetus Sukkari</i> (Diabetes Mellitus), <i>Sūʿ al-Qinya</i> (anaemia), <i>Ḥummā</i> (fever), <i>Kathrat al-Bawl</i> (overactive bladder), <i>Amrāḍ-i-Jild</i> (skin eruptions) and <i>Qūbā</i> (dermatophytosis)
Central Research Institute of Unani Medicine (CRIUM), Lucknow	<i>Sūʿ al-Qinya</i> (anaemia), <i>Kathrat al-Ṭamth</i> (heavy menstrual bleeding), <i>Ḥummā</i> (fever), <i>Iḥtibās al-Ṭamth</i> (amenorrhoea), <i>Sayalān al-Raḥim</i> (leucorrhoea), <i>Suʿ al-Ḥaḍm</i> (dyspepsia), <i>Wajaʿ al-Mafāṣil</i> (rheumatoid arthritis), <i>Sūʿ al-Qinya</i> (anaemia), <i>Ḍuʿf al-Dimāgh</i> (cerebrasthenia), <i>Ḍīq al-Nafas</i> (bronchial asthma), <i>Ḍuʿf al-Miʿda</i> (dyspepsia), <i>Mālankhūliyā</i> (mixed anxiety depressive disorder) and <i>Ḥaṣāt al-Kulya</i> (nephrolithiasis)
Regional Research Institute of Unani Medicine (RRIUM), Chennai	<i>Ḥaṣāt al-Kulya</i> (nephrolithiasis), <i>Ḥummā</i> (fever), <i>Qūbā</i> (dermatophytosis), <i>Ḍīq al-Nafas</i> (bronchial asthma), <i>Ḍuʿf al-Dimāgh</i> (cerebrasthenia), <i>Mālankhūliyā</i> (mixed anxiety depressive disorder), <i>Sahar</i> (insomnia), <i>Wajaʿ al-Mafāṣil</i> (rheumatoid arthritis), <i>Fālij</i> (hemiplegia) and <i>Sayalān al-Raḥim</i> (leucorrhoea)
Regional Research Institute of Unani Medicine (RRIUM), Bhadrak	<i>Buthūr al-Jild</i> (macules / pustules), <i>Surʿat al-Inzāl</i> (premature ejaculation), <i>Ḍuʿf al-Miʿda</i> (functional dyspepsia), <i>Ḍīq al-Nafas</i> (bronchial asthma), <i>Khafaqān</i> (palpitation), <i>Jarab</i> (scabies), <i>Wajaʿ al-Mafāṣil</i> (rheumatoid arthritis) and <i>Bahaq Abyaḍ / Aswad</i> (Pityriasis alba/nigra)
Regional Research Institute of Unani Medicine (RRIUM), Patna	<i>Sūʿ al-Qinya</i> (anaemia), <i>Nazla Muzmin</i> (chronic rhinosinusitis), <i>Niqris</i> (gout), <i>Wajaʿ al-Mafāṣil</i> (rheumatoid arthritis), <i>Ḍuʿf al-Dimāgh</i> (Cerebroasthenia), <i>Ḍuʿf al-Miʿda</i> (dyspepsia), <i>Qubā</i> (dermatophytosis), <i>Bawāsir Dāmiya</i> (bleeding piles) and <i>Sahar</i> (insomnia)

Centre	Diseases
Regional Research Institute of Unani Medicine (RRIUM), Aligarh	<i>Ḍīq al-Nafas</i> (bronchial asthma), <i>Ḍuʿf al-Miʿda</i> (functional dyspepsia), <i>Sayalān al-Raḥim</i> (leucorrhoea), <i>Ḥummā Ajāmiyya</i> (malaria), <i>Ḍuʿf al-Dimāgh</i> (cerebrasthenia), <i>Qulāʿ</i> (stomatitis), <i>Niqris</i> (Gout), <i>Ḥumūḍat al-Miʿda</i> (hyperacidity), <i>Jildī Qurūḥ</i> (cutaneous ulcers), <i>Sūʿ al-Haḍm</i> (functional dyspepsia), <i>Ḍuʿf al-Ishtihāʿ</i> (anorexia), and <i>Waram al-Hanjara</i> (laryngitis)
Regional Research Institute of Unani Medicine (RRIUM), Mumbai	<i>Sūʿ al-Qinya</i> (anaemia), <i>Ḥaṣāt al-Kulya</i> (nephrolithiasis), <i>Iḥtibās al-Ṭamth</i> (amenorrhoea), <i>Qūbā</i> (dermatophytosis), <i>Niqris</i> (gout), <i>Sayalān al-Raḥim</i> (leucorrhoea), <i>Mālankhūliya</i> (mixed anxiety depressivedisorder), <i>Khafaqān</i> (palpitation), <i>Nisyān</i> (amnesia), <i>Salas al-Bawl</i> (stress urinary incontinence), <i>Ḍīq al-Nafas</i> (bronchial asthma) and <i>Qurūḥ</i> (healing ulcers)
Regional Research Institute of Unani Medicine (RRIUM), Srinagar	<i>Ḍīq al-Nafas</i> (bronchial asthma), <i>Ḍuʿf al-Miʿda</i> (functional dyspepsia), <i>Ḥummā</i> (fever), <i>Sayalān al-Raḥim</i> (leucorrhoea), <i>Mālankhūliya</i> (mixed anxiety depressive disorder), <i>Ziabetes Sukkari</i> (Diabetes Mellitus), <i>Ḍagḥt al-Dam Qawī</i> (hypertension), <i>Kathrat al-Ṭamth</i> (heavy menstrual bleeding), <i>Iḥtibās al-Ṭamth</i> (amenorrhoea) and <i>Niqris</i> (gout)
Regional Research Institute of Unani Medicine (RRIUM), Kolkata	<i>Nazla Muzmin</i> (chronic rhinosinusitis), <i>Ḍuʿf al-Ishtihāʿ</i> (anorexia) and <i>Sūʿ al-Qinya</i> (anaemia)
Regional Research Institute of Unani Medicine (RRIUM), New Delhi	<i>Buthūr al-Jild</i> (skin eruptions), <i>Sūʿ al-Qinya</i> (anaemia), <i>Kathrat al-Ṭamth</i> (heavy menstrual bleeding), <i>Sūʿ al-Haḍm</i> (dyspepsia), <i>Ziabetes Sukkari</i> (Diabetes Mellitus), <i>Khafaqān</i> (palpitation), <i>Sayalān al-Raḥim</i> (leucorrhoea), <i>ʿIrqal-Nasā</i> (sciatica), <i>Nisyān</i> (amnesia) and <i>Ḍuʿf al-Aʿṣāb</i> (neurasthenia)
Regional Research Centre (RRC), Allahabad	<i>Nazla Ḥārr</i> (common cold), <i>Niqris</i> (gout), <i>Wajaʿ al-Mafāṣil</i> (rheumatoid arthritis), <i>Sūʿ al-Qinya</i> (anaemia), <i>Suʿāl Yābis</i> (dry cough), <i>Sahar</i> (insomnia) and <i>Ḍīq al-Nafas</i> (bronchial asthma)

Centre	Diseases
Regional Research Institute of Unani Medicine (RRIUM), Silchar	<i>Buthūr al-Jild</i> (skin eruptions), <i>Waja' al- Asnān</i> (toothache), <i>Sū' al- Qinya</i> (anaemia), <i>Sahar</i> (insomnia) and <i>Bahaq Abyaḍ / Aswad</i> (pityriasis alba/nigra)
Clinical Research Unit (CRU), Bengaluru	<i>Waja' al-Asnān</i> (toothache) <i>Nazla Ḥārr</i> (common cold), <i>Ziabetes Sukkari</i> (Diabetes Mellitus), and <i>Fālij</i> (hemiplegia)
Clinical Research Unit (CRU), Meerut	<i>Ḍu'f al-Ishtihā'</i> (anorexia), <i>Nazla Muzmin</i> (chronic rhinosinusitis), <i>Sayalān al-Raḥim</i> (leucorrhoea), <i>Sū' al-Ḥaḍm</i> (dyspepsia), <i>Su'āl Yābis</i> (dry cough), <i>Ḍīq al-Nāfas</i> (bronchial asthma), <i>Salas al-Bawl</i> (stress urinary incontinence), <i>Bawāsīr Dāmiya</i> (bleeding piles) and <i>Waram al-Ḥanjara</i> (laryngitis)
Clinical Research Unit (CRU), Bhopal	<i>Ḍu'f al-Ishtihā'</i> (anorexia), <i>Sayalān al-Raḥim</i> (leucorrhoea) and <i>Mālankhūliya</i> (mixed anxiety depressive disorder)
Clinical Research Unit (CRU), Burhanpur	<i>Sur'at al-Inzāl</i> (premature ejaculation), <i>Nazla-e-har</i> (common cold), <i>Sū' al-Qinya</i> (anaemia) and <i>Sū' al-Ḥaḍm</i> (functional dyspepsia)
Clinical Research Unit (CRU), Kerala	<i>Sur'at al-Inzāl</i> (premature ejaculation), <i>Nazla</i> (common cold) and <i>Sahar</i> (Insomnia)
Clinical Research Unit (CRU), Kurnool	<i>Ḍu'f al-Ishtihā'</i> (anorexia), <i>Waja' al-Asnān</i> (toothache), <i>Qulā'</i> (stomatitis) and <i>Amrāḍ-i-Jild</i> (skin eruptions)