

## Frequently Asked Questions (FAQs)

### *Central Council for Research in Unani Medicine (CCRUM)*

1. What is CCRUM?

The Central Council for Research in Unani Medicine (CCRUM) is an autonomous organization under the Ministry of Ayush, Government of India. Since its establishment in 1978, the CCRUM as the apex government organization for research in Unani Medicine has been engaged in conducting scientific research on the applied as well as fundamental aspects of Unani system of medicine.

2. What is Unani Medicine?

The Unani System of Medicine is a comprehensive medical system, which meticulously deals with the various states of health and disease. It provides promotive, preventive, curative and rehabilitative healthcare. The fundamentals, diagnosis and treatment modalities of the system are based on scientific principles and holistic concepts of health and healing. Its holistic approach considers individual in relation to his environment and stresses on health of body, mind and soul. Temperament (Mizāj) of a patient is given great importance in diagnosis and treatment of diseases with natural remedies derived mostly from plants. Temperament is also taken into consideration for identifying the most suitable diet and lifestyle for promoting the health of a particular individual.

3. What does CCRUM do?

Over the past four decades of its existence, the Council has made significant strides in clinical research, drug standardization, survey and cultivation of medicinal plants, and literary research. Besides, research-oriented health extension services, and information, education and communication (IEC) activities have also been part of the Council's programmes. Extension of Healthcare services under the scheme of collocation of Ayush centres in Allopathic Hospital in Delhi, several Unani Medical Centres were established at RML Hospital, DDU Hospital, AIIA and at Safdarjung Hospital. With the efforts of the scientists and technical manpower at its 23 research centres spread across the country, the Council has won appreciation from various quarters for its patents which are 19 in number, innovative research outcomes, and scientific publications.

4. Is Unani Medicine recognized in India?

Yes. The Unani System of Medicine is an officially recognized system of medicine in India under the Ministry of Ayush.

5. What is the basic philosophy of Unani Medicine?

The Unani System of Medicine considers the entire universe including human being, disease, drugs, environmental factors, etc. to be intrinsically defined by four primary Qualities - Hot: Cold and Dry: Wet. These Qualities are reflected in all the basic concepts of Unani System of Medicine such as Elements, Temperament and Humours which are used for describing and correlating human health and disease with promotive and curative factors, e.g. diet and drugs.

6. What are the four humours in Unani Medicine?

According to Unani principles, the body contains four humours:

- i. Dam (Blood)
- ii. Balgham (Phlegm)
- iii. Safra (Yellow Bile)
- iv. Sawda (Black Bile)

Maintaining their balance is considered essential for good health.

7. What are the strengths of the Unani System of Medicine?

Some major strengths include:

- i. Holistic and individualized treatment
- ii. Emphasis on prevention
- iii. Lifestyle-based healthcare
- iv. Natural medicines
- v. Effective management of many chronic disorders
- vi. Promotion of overall well-being

8. What types of medicines are used in Unani?

Unani medicines are prepared from natural sources such as:

- Plants
- Minerals
- Animal origin substances (where applicable)

9. Can Unani Medicine be used for prevention of diseases?

Yes. Prevention is one of the core principles of Unani Medicine. It encourages healthy lifestyle practices, balanced diet, exercise, adequate sleep, and maintenance of mental well-being.

10. Does CCRUM conduct scientific research?

Yes. CCRUM carries out scientific and evidence-based research through its institutes and research centres across India to validate Unani therapies and medicines.