

CCRUM MOBILE APPS & WEB 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://play.google.com/store/apps/details?id=com.kolkata.ump>

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 is 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 prescriptions 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://apps.apple.com/in/app/common-remedies-in-unani-med/id1669546471>

(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/>

(5) Unani Murakkabat Formulation

The Unani Murakkabat or compound formulations are a harmonious blend of two or more drugs which are combined together in the formulations. The Unani Murakkabat or compound formulations are a distinctive hallmark of Unani medicine. They are a harmonious blend of two or more drugs which are combined together in the formulations according to the unique preparation process described in the classical reference books called Quarabadeen (pharmacopeias). There are four classical forms of Murakkabat- solid, semi-solid, liquid and vapours. Solid dosage forms are pill (Ḥabb), tablet (Qurs), powder (Safūf) etc., semi-solid dosage forms are of various types e.g. Jawarish, Majun, Khamira, Lauq, Iṭrifal etc. liquid dosage forms are decoction (Joshanda), infusion (Khasanda), distillate (Arq), syrup (Sharbat), drops (Qaṭur) etc. Vapourous dosage forms are fumigation (Bakhur), steam inhalation (Inkibab), Lakhlakha etc. The diversity in dosage forms serves many purposes right from facilitating easy administration to influencing absorption rates, preserving medicinal properties, extending drug life, and addressing situations where single drug therapy cannot yield the desired results. Furthermore, they play a crucial role in moderating potency of drugs and detoxifying drugs to eliminate their side effects. This mobile application gives useful information on those formulations which are included in the Essential Drug List (EDL) of Unani Medicine. Details regarding their composition, actions, therapeutic uses, dose, and mode of administration are described which would be of benefit to the Unani practitioners, academicians and scholars.

Web Link Access - <https://www.formulations.ccrumapps.in/>

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

Apple Store Access - <https://apps.apple.com/in/app/unani-murakkabat/id6476906960>