



Janab Hammad Ahmed  
Chancellor  
Jamia Hamdard



Prof (Dr) M Afshar Alam  
Vice Chancellor  
Jamia Hamdard

# The CoE UM Bulletin

## Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology)

JAMIA HAMDARD

## UNANI AHAAR WAY FORWARD AND FUTURE SCOPE



### OUR SECTIONS

- Blending tradition with modern science for a healthier tomorrow: Featured research highlights
- Ayush & Unani Medicine
- CCRUM in Advancing Unani Medicine
- NCISM in Academic Excellence
- SUMER, Jamia Hamdard
- Yoga
- Major Regulatory updates in Ayush drugs
- Unani Ahaar
- Unani Drugs Manufacturers Association

### FOUNDER'S VISION



Late Janab Hakeem Abdul Hameed  
Physician, Founder & Chancellor

Late Janab Hakeem Abdul Hameed (1908-1999) was a visionary leader, physician, founder, Chancellor of Jamia Hamdard, and a pioneer in the field of Unani Medicine, who transformed the legacy of his father, Hakeem Hafiz Abdul Majeed, into a global symbol of excellence in traditional medicine.

It is due to his invaluable contribution and magnificent vision, Jamia Hamdard is known for its quality education and research. It was given the status of Deemed to be University in 1989, by the Ministry of Human Resource Development.

### CENTRE OF EXCELLENCE IN UNANI MEDICINE

- CoE UM
- BNPC 2025
- SECON 2025
- Events: Conferences, Workshops, Trainings, Lecture series
- Alumni Corner
- Glimpse of shared moments

### MEET THE EDITORIAL TEAM

#### EDITOR-IN-CHIEF



Prof (Dr) Sayeed Ahmad Prof (Dr) Asim Ali Khan



#### ASSOCIATE EDITORS



Dr. Rabea Parveen



Dr. Bushra Parveen

#### STUDENT EDITORIAL TEAM



Niharika  
Coordinator

• Haseeba	• Naveen
• Mukta Satsangi	• Aftab Alam
• Sanover	• Abdur Rehman
• Uzma	• Reyaz Alam Khan
• Archana	• Hammad Ahmed Khan
• Sana	• Hamad Ali
• Afeefa Khan	• Vansh Dhimann
• Shaheen Shabbir	
• Sharfa	



Prof (Dr) Sayeed Ahmad  
Editor-in-Chief

Welcome to the first edition of "The CoE UM Bulletin" newsletter of the "Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology), Jamia Hamdard, School of Interdisciplinary Sciences and Technology, Jamia Hamdard". This issue is dedicated to the theme of "Excellence in Research & Innovation in AYUSH Drugs", reflecting our commitment to advancing traditional medicine through evidence-based research, academic excellence, and innovation.

In this edition, you will find insightful articles, research updates, student achievements, and significant contributions from our faculty, all showcasing the impact of AYUSH systems in healthcare.

I extend my heartfelt gratitude to our dedicated team, esteemed faculty, and students who have made this edition possible. We are also deeply grateful for the visionary leadership and support of our Founder, Late Janab Hakeem Abdul Hameed, whose legacy of quality and integrity continues to guide us.

We offer a very sincere Thanks and Gratitude to our Honourable Chancellor: **Janab Hammad Ahmed**, Honourable Vice Chancellor: **Prof (Dr) M Afshar Alam**, Registrar: **Colonel Tahir Mustafa**. I give my best wishes to editorial team for upcoming editions. Wishing you an insightful and enriching reading experience. Happy reading!



# BLENDING TRADITION WITH MODERN SCIENCE FOR A HEALTHIER TOMORROW

A comprehensive review on Ayurvedic medicinal plants in the management of chronic kidney disease

Archana Kumari <sup>a</sup>, Rabea Parveen <sup>a,b</sup>, Bushra Parveen <sup>a,c</sup>, Sayeed Ahmad <sup>a</sup>

Show more ▾

+ Add to Mendeley Share Cite

<https://doi.org/10.1016/j.sajb.2025.04.038>

Get rights and content ▾

## Healing Roots: Ayurvedic Promise in Chronic Kidney Disease Care

This review explores the potential of Ayurvedic medicine in managing CKD, a global health challenge marked by declining kidney function and elevated biomarkers. While conventional treatments rely on expensive interventions like dialysis and transplants, Ayurvedic approaches offer cost-effective, plant-based alternatives. Nephroprotective herbs such as *Benincasa hispida*, *Clitoria ternatea*, and *Asparagus racemosus* have shown promise in reducing serum creatinine, urea, and uric acid, while combating oxidative stress and inflammation. Studies in vitro and in vivo support their efficacy, though further validation is needed for integration into mainstream care. This work reinforces AYUSH's mission to provide holistic, accessible healthcare by spotlighting scientifically backed nephroprotective herbs. It bridges traditional wisdom with modern biomedical insights, offering a complementary path for CKD management that aligns with public health goals and expands therapeutic options beyond conventional boundaries.

Therapeutic Potential of Polyphenols in Cellular Reversal of Patho-Mechanisms of Alzheimer's Disease Using In Vitro and In Vivo Models: A Comprehensive Review

Monalisha Samal <sup>1,2</sup>, Varsha Srivastava <sup>1,2</sup>, Muzayyana Khan <sup>1</sup>, Areeba Insaaf <sup>1,2</sup>, Naveen Reddy Penumalai <sup>1,3</sup>, Aftab Alam <sup>1,3</sup>, Bushra Parveen <sup>1,3</sup>, Shahid Hussain Ansari <sup>2</sup>, Sayeed Ahmad <sup>3,2</sup>

Affiliations + expand

PMID: 39496498 DOI: 10.1002/ptr.8344

## Polyphenols & Alzheimer's: Nature's Multitarget Strategy for Neuroprotection

This comprehensive study investigates the preclinical and clinical potential of 63 polyphenols in managing Alzheimer's disease (AD), a major neurodegenerative condition affecting older adults. Through database screening and analysis of clinical trials, four standout polyphenols emerged with promising efficacy. The study proposes a multimechanistic pathway for their neuroprotective action, including antioxidant, anti-inflammatory, and enzyme-modulating effects. Despite their potential, challenges like bioavailability and blood-brain barrier crossing remain, calling for advanced delivery systems and further research. This work supports AYUSH's integrative approach by highlighting naturally derived polyphenols as future phytopharmaceuticals. It bridges traditional plant wisdom with modern neuroscience, offering a complementary path to AD management. By validating polyphenols through rigorous scientific methods, it strengthens the case for plant-based interventions in neurodegenerative care and aligns with AYUSH's mission of holistic, evidence-backed wellness.

5-Hydroxymethylfurfural detection in honey: A critical review of historical methods and current analytical trends

Arshu Ojha <sup>a,b</sup>, Rabea Parveen <sup>b,c</sup>, Bushra Parveen <sup>b,d</sup>, Sayeed Ahmad <sup>a,b</sup>

Show more ▾

+ Add to Mendeley Share Cite

<https://doi.org/10.1016/j.foodchem.2025.145677>

## Sweet Science, Safer Honey: Tracking HMF for AYUSH-Driven Quality Assurance

This review maps the evolving landscape of HMF detection in honey—a key marker of adulteration and poor processing. Using bibliometric tools like Biblioshiny and VOS viewer, it highlights the dominance of chromatographic and spectroscopic methods, with a recent shift toward faster, eco-friendly techniques. Research momentum surged post-2005, peaking in 2024. This work strengthens AYUSH's commitment to safe, authentic natural products by spotlighting reliable HMF detection methods. It supports quality control in Ayurvedic formulations where honey is a key ingredient, ensuring consumer safety and regulatory compliance. The bibliometric insights also guide future research and standardization efforts within AYUSH frameworks.

**Identification of Anticholinesterase Active Compounds from the Ethylacetate Fraction of Hydroalcoholic Extract of Itrifal Sana Using TLC-bioautography-MS and Its Validation Using an In Silico Molecular Approach**

Monalisha Samal <sup>1,2</sup>, Aslam Siddiqui <sup>3</sup>, Mohammad Irfan Dar <sup>4</sup>, Varsha Srivastava <sup>1,2</sup>, Muzayyana Khan <sup>1</sup>, Rabea Parveen <sup>1,3</sup>, Shahid Hussain Ansari <sup>2</sup>, Sayeed Ahmad <sup>1,2</sup>

Affiliations + expand

PMID: 39673506 DOI: 10.1093/jaoacint/qxae095

## Unani Wisdom Meets Modern Science: Itrifal Sana's Promise in Alzheimer's Care

This pioneering study scientifically validates Itrifal Sana, a traditional Unani polyherbal formulation, for its potential in managing Alzheimer's disease. Using TLC-bioautography-MS and in silico molecular docking, researchers identified key bioactives—rosmarinic acid, kaempferol, and apigenin—with strong acetylcholinesterase inhibitory activity. UPLC-MS fingerprinting revealed 48 phytocompounds, with rosmarinic acid and lobeline showing the highest potential. These findings mark the first scientific evidence supporting Itrifal Sana's neuroprotective role. This work bridges Unani tradition with modern pharmacological validation, aligning with AYUSH's vision of integrating evidence-based traditional medicine into mainstream healthcare. By spotlighting Itrifal Sana's potential in neurodegenerative disease management, it opens new avenues for natural, cost-effective therapeutics rooted in India's heritage systems.

**Exploring the Nutritional and Antioxidant Potential of a Developed Fusion: Coconut Water and Orange Juice Beverage**

April 2025 - Journal of Food Quality 2025

DOI: 10.1155/jfqa/7288503

License: CC BY 4.0

Sana Khan · Sultan Zahiruddin · Anwar Husain Khan · Sayeed Ahmad

## Coconut Meets Citrus: A Potent Antioxidant Blend for Everyday Wellness

This study presents a novel therapeutic beverage combining 80% coconut water and 20% orange juice, optimized for taste and health benefits. Proximate and sensory analyses confirmed its stability over one month, while TLC and UPLC-MS identified key antioxidant compounds—gallic acid, hesperidin, and cinnamic acid. TLC-bioautography pinpointed gallic acid as the dominant antioxidant. Network pharmacology revealed multimechanistic antioxidant potential through interactions with target proteins and genes. This work aligns with AYUSH's emphasis on preventive and nutritional health by showcasing a scientifically validated, plant-based beverage rich in antioxidants. It bridges traditional knowledge with modern pharmacological tools, offering a functional drink that supports cardioprotection, digestion, and cellular defense—making it a promising addition to holistic wellness strategies.



Read More on our website: [www.bnpl.org.in](http://www.bnpl.org.in)





# CCRUM

## IN ADVANCING UNANI MEDICINE



Dr. N. Zaheer Ahmed  
Director General, CCRUM  
Ministry of Ayush,  
Govt. of India

The Central Council for Research in Unani Medicine (CCRUM) has been actively involved in several programs and initiatives, aimed at advancing the Unani system of medicine. Key activities during this period included a major International conference, research promotion schemes, and broader governmental efforts to integrate Unani medicine into the mainstream healthcare system.

### International conference on "Innovations in Unani Medicine for Integrative Health Solutions - A way forward"



The Central Council for Research in Unani Medicine (CCRUM) organized two-day International conference on Unani Day 2025 on the "Innovations in Unani Medicine for Integrative Health Solutions - A Way Forward" at the Vigyan Bhawan, New Delhi during 11-12 February, 2025. Smt. Droupadi Murmu, the Hon'ble President of India inaugurated the International Conference on the occasion of Unani Day in the august presence of Dr. Jitendra Singh, Minister of State (Independent Charge), Ministry of Science and Technology, Ministry of Earth Sciences, Minister of State, Prime Minister's Office, Ministry of Personnel, Public Grievances and Pensions, Department of Atomic Energy & Department of Space, Government of India; Shrim Prataprao Jadhav, Minister of State (Independent Charge), Ministry of Ayush & Minister of State for Health Family Welfare; Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush; Ms. Monalisa Dash, Joint Secretary, Ministry of Ayush; Dr. M. A Qasmi, Advisor (Unani), Ministry of Ayush; Dr. N. Zaheer Ahmed, Director General, CCRUM, Government of India and international delegates from nine countries and national delegates from reputed institutions attended the event.

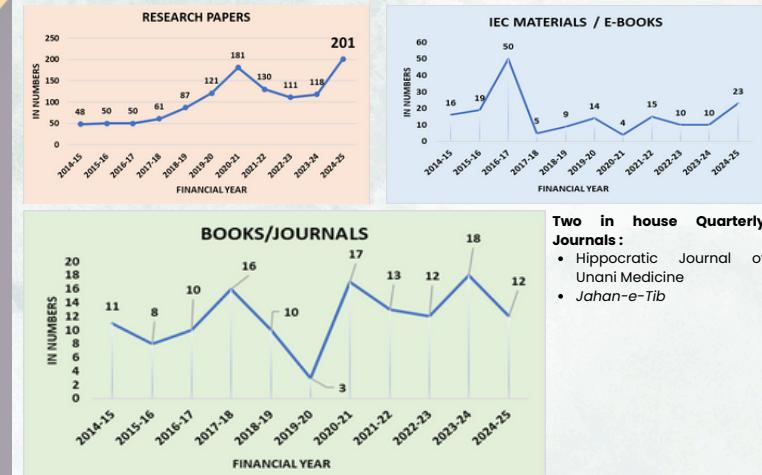
The International conference had nine scientific sessions which includes - Harnessing Artificial Intelligence and Machine learning for Ayush/Traditional Medicine: Prospects and Challenges, Unani Medicine for Globalized Health-Unlocking New Opportunities, Moving towards Sustainable Development Goal-3: Good Health and Well Being, Integrating Traditional Medicine into Healthcare Systems, Unani Perspectives on Mental Health and Well-Being, Development of Unani Ahar (Diet): through Scientific Approach, Evidence based recent research trends in Unani Medicine, Advancements in Regimental therapies (Ilaj biltadbir) and Translational Research in Unani/traditional systems of medicine.

### Key Outcomes of Conference

- 08 CCRUM publications
- Launch of 01 teaser and 03 videos
- Launch of Unani Ahaar- Talbeena cookies, Talbeena flakes, Talbeena instant dalia and fortified barley water
- Transfer of patented technology developed by CCRUM to Industry
- Presentation of NABH and NABL accreditation certificates to CCRUM Peripheral Institutes
- Presentation of certificates of appreciation for best research papers
- Outstanding contribution in Unani Medicine to eminent Hakims
- Best performing Institute.
- Unani toothpaste for dental care technology to Dehlvi Naturals
- Unani Regimen for Vitiligo treatment to Hamdard Laboratories



### PUBLICATION (2014 onwards)



### Two in house Quarterly Journals :

- Hippocratic Journal of Unani Medicine
- Jahan-e-Tib

### IEC RELATED ACTIVITIES

CCRUM actively participates in various IEC related activities through its peripheral Institutes

- Arogyas/Mela/Exhibitions
- Training Programmes
- Organization of Lectures/ Seminars/ Conferences/ Workshops/ Webinars
- National & International Conferences
- Jan Andolan Campaign - Poshan Abhiyan & Swachhata Abhiyan

- Ayush for Immunity Campaign
- IDY related activities
- Vigilance Awareness Activities
- TB Mukt Bharat, Fit India Movement etc.

#### Bureau of Indian Standards (BIS) - Ayush Vertical

- Standards for 14 Unani Single Drug and 06 Standards of Unani Terminology have been Published

#### Directorate General of Health Services (DGHS) - Ayush Vertical

- Developed Standard Treatment Guidelines for the management of musculoskeletal and metabolic disorders in Unani Medicine

#### Studentship Programme in Unani Research (SPUR)

- Opportunity to the final professional BUMS students to explore the research technologies and methods at an early stage

#### Pharmacovigilance Program

- Peripheral Pharmacovigilance Centre-08

#### Patents

- Total 19 Patents have been granted by Indian Patent Office.

#### Mobile Apps

- Total Five Mobile Apps on Know Your Temperament, Unani Treatment Guidelines, Common Remedies in Unani Medicine, Single Unani Drugs & Unani Murakkabat (Unani Compound Formulations) have been developed.

#### SOP/STGs

- Developed Standard Operating Procedures for Hijāmah (Cupping therapy)
- STGs on IPD based disorders (125) for Insurance sector

#### Implemented A-HMIS (Ayush Hospital Management Information System) in peripheral institutes of CCRUM for OPD Registration, OPD Consultation, Medicine Dispensing section

#### Ayush Bharat Digital Mission- ABDM

- CCRUM actively registered all its Healthcare Facilities and Healthcare Professionals working in different peripheral institutions

#### PFMS (Public Financial Management System) & Treasury Single Account (TSA) implemented

#### Implementation of e-Office at CCRUM Hqrs and Major Peripheral Institutes

#### Registration of Peripheral Institutes in ROHINI (Registry of Hospitals in Network of Insurance)

#### Digital Khabarnama (Fortnightly News) of CCRUM

### Technology and Innovation Initiatives

#### CCRUM demonstrated its commitment to modernization through:

- First-ever technology transfer in CCRUM's history
- Integration of AI and machine learning in traditional medicine research
- Development of new pharmaceutical formulations
- Advancement in standardization and quality control processes



# NCISM

LIST OF UNANI COLLEGES IN INDIA



The AYUSH sector experienced major regulatory reform and the implementation of impactful new schemes. These improvements, sponsored by the Ministry of Ayush and its allied entities such as the National Commission for Indian System of Medicine (NCISM), aim to modernize traditional medicine, improve educational standards, and cultivate a new generation of scholars.

## Key Amendment to the Drugs Rules: Modernizing Formulations

In a significant step towards product innovation, the Central Government amended the Drugs Rules, 1945, to officially recognize modern dosage forms for traditional medicines.

The Drugs (First Amendment) Rules, 2025, which were released on January 13, 2025, formally permit the manufacture and marketing of Ayurvedic, Siddha, and Unani (ASU) nasal sprays. This amendment includes "Schedule TB," which establishes precise rules for the development, manufacture, and quality control of these items. This initiative modernizes existing medicine delivery systems, making it more convenient and potentially more effective for patients.



The NCISM Board of Unani, Siddha and Sowa-Rigpa successfully conducted a 16-day physical workshop from March 17 to April 10, 2025. The initiative aimed to finalize four academic papers each for semesters 3 to 6 under the Postgraduate Curriculum Program for Siddha and Unani systems of medicine. The event was held under the leadership of Dr. K. Jaganathan, President of the Board of Unani, Siddha and Sowa-Rigpa, and marked a significant milestone in the advancement of postgraduate education in traditional Indian medicine. During the intensive workshop, a total of 24 papers were completed—covering 16 subjects in Siddha and 15 in Unani. The workshop witnessed the participation of 91 experts from both Subject Committees, who collaboratively contributed to shaping a forward-looking and comprehensive curriculum.

NCISM has introduced DM (Doctorate of Medicine) a three-year Super Speciality programs in Ayurveda. These programs are introduced with the intention to produce highly skilled specialist practitioners in the respective fields. To design the effective program structure and to achieve the program objective, a meeting of the experts is convened on 1st April 2025.

### WHO Certification of Pharmaceutical Products (COPP) Extension

The scheme for WHO Certification of Pharmaceutical Products (COPP) was extended to Ayurveda, Siddha, and Unani medicines (June 2025).

### WHO Traditional Medicine Agreement (May 24, 2025)

A landmark agreement between India and WHO was signed on May 24, 2025, towards developing Traditional Medicine Global Centre and strengthening evidence-based integration of traditional medicine systems.

### NTET 2025 Guidelines (June 12, 2025)

NCISM issued guidelines and circular for the National Teachers' Eligibility Test (NTET) 2025, establishing standardized criteria for teaching positions in Indian System of Medicine colleges.



Despite the curfew in Leh, the Ethics and Registration Board of the National Commission for Indian System of Medicine examined the documents of more than 60 Sowa-Rigpa practitioners at the Central Institute of Buddhist Studies, Leh-Ladakh on 25th and 26th September 2025, out of which 53 practitioners were granted National Registration Certificates.



The "Swachhotsav 2025" campaign, being celebrated from 17th September to 2nd October 2025, was launched today on 17th September 2025 at the National Commission for Indian System of Medicine (NCISM) campus.



Ayurveda Day was celebrated with great pomp on 23 September 2025 at the National Commission for Indian System of Medicine, New Delhi. After the tradition of celebrating Dhanvantari Day every year on Dhanteras, for the first time now Ayurveda Day will be celebrated on a fixed date on 23rd September every year, in this series it was formally started from this year. Earlier it was celebrated on Dhanvantari Jayanti. Now with the fixed date, Ayurveda has got global recognition. On the theme of 2025 "Ayurveda for the people, for the welfare of the earth", continuous programs were organized for a week (16th to 23rd September). In which, speech competition, essay writing competition, poster making competition, rangoli competition and Ayurveda diet competitions were organized as per the karma.

### Ayush Suraksha Portal Launch (May 30, 2025)



The Ministry of AYUSH launched the Ayush Suraksha Portal on May 30, 2025, marking a significant advancement in regulatory oversight and consumer protection<sup>2935</sup>.

#### Key Features:

Centralized dashboard for monitoring misleading advertisements and adverse drug reactions (ADRs)

- Real-time tracking and swift regulatory action capabilities
- Direct reporting channel for citizens, healthcare professionals, and regulatory authorities
- Integration with multiple authorities including CDSCO, Ministry of Information & Broadcasting, CCPA, NCISM, NCH, FSSAI, and State Licensing Authorities

#### Background and Compliance:

Developed in accordance with the Supreme Court's order dated July 30, 2024 (Writ Petition Civil No. 64/2022)

Launched ahead of the Court's June 2025 deadline

Pre-launch training for nodal officers conducted on April 9, 2025

#### Technical support provided by Central Council for Research in Siddha (CCRS)<sup>29</sup>

Union Minister Prataprao Jadhav stated: "With the launch of the AyushSuraksha Portal, we are empowering citizens and professionals alike to become active participants in safeguarding the integrity of Ayush systems. This platform will serve as a vigilant watchtower against misleading advertisements and ensure that only safe and credible products reach the people"



# SUMER

## JAMIA HAMDARD



Prof. Yasmeen Shamsi,  
Dean, SUMER  
Jamia Hamdard

The *School of Unani Medical Education and Research (SUMER)* is a premier constituent school of Jamia Hamdard, New Delhi, dedicated to higher learning in Unani medicine. Envisioned by its founder, **Hakeem Abdul Hameed**, it aims to produce top-tier professionals and advance the Unani system through rigorous academics and evidence-based research. The school is intrinsically linked with the 100-bedded Majeedia Unani Hospital, which serves as its primary teaching and clinical research hub. Recognized by the Ministry of AYUSH as a Centre of Excellence, SUMER focuses on lifestyle disorders, regimental therapies, and skin diseases. It offers a complete educational pathway from undergraduate (BUMS) to postgraduate (MD) and doctoral levels.

NEW

DEAN

Prof. Yasmeen Shamsi was appointed as the new Dean of the School of Unani Medical Education & Research (SUMER) in June 2025.

### DEPARTMENTAL HEAD APPOINTMENTS

- Dr. Aisha Siddique, Head of Department of *Ilmul Advia*, SUMER
- Prof. Suhail Fatima, Head of Department of *Amraz-e-Niswan*, SUMER
- Dr. Shahid Shah Chaudhary, Head of Department of *Ilmul Saidda*, SUMER
- Prof. Asim Ali Khan, Head of Department of *Moalajat*, SUMER, Ex- Dean, Ex- DG, CCRUM

### Vision & Mission

- **Vision:** To provide safe, effective, and affordable Unani healthcare, striving for world-class standards and making a positive community impact.
- **Mission:** To bring together top talent, advanced equipment, and best Unani practices to set benchmarks in Unani healthcare

### Activities



A Free Health Camp was organised by the Department of Tahaffuzi wa Samaji Tib, in collaboration with Department of Ilmul Atfal, School of Unani Medical Education and Research (SUMER) under the banner of Majeedia Unani Hospital (MUH) on 25 February, 2025, at Gali no 1, Ratiya Marg, Sangam Vihar, New Delhi.



The Department of Tahaffuzi wa Samaji Tib organised an Awareness Lecture on 'Latent Tuberculosis & its Prevention' followed by Awareness Drive for counselling of the patients of MUH on 16<sup>th</sup> April 2025 at Majeedia Unani Hospital, in alignment with the Hon'ble Prime Minister's TB Mukt Bharat Abhiyan, 100-day TB Elimination Awareness Program by MoHFW.



The Department of Tahaffuzi wa Samaji Tib organised an Awareness Walk on 17th April 2025 on 'Latent Tuberculosis & its Prevention' for the students and employees of Jamia Hamdard to create awareness among the students and employees of the University about "Latent Tuberculosis (LTB) Elimination through Ayurvedic Interventions." Hon'ble Vice Chancellor Prof. (Dr.) Afshar Alam flagged off the walk.



The Department of Tahaffuzi wa Samaji Tib organised a Free Health Check-up & Screening Camp for TB in collaboration with UNITED FOR HUMANITY, an NGO at Shram Vihar, New Delhi.



SUMER strengthened its research collaborations through:

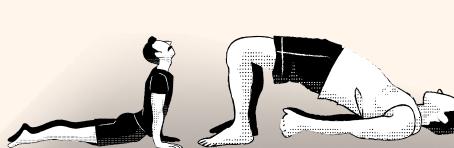
International partnerships like lotus holistic institute, UAE and Juma Al Majid , UAE for Unani medicine research, Industry collaborations with pharmaceutical companies

Inter-departmental projects within Jamia Hamdard

Government agency partnerships like Directorate of AYUSH, Govt. of NCT of Delhi, Ministry of AYUSH, Govt. of India, CCRUM, ICMR).



The Dept. of TST organised an Awareness Lecture on the occasion of World Mental Health Day on 10<sup>th</sup> Oct, 2025 in Majeedia Unani Hospital followed by Awareness Drive by the students of BUMS 2<sup>nd</sup> Prof. for the patients and attendants of MUH.



# YOGA



धैर्यं यस्य पिता क्षमा च जननी शान्तिश्चिरं गेहिनी  
सत्यं सूकुरयं दया च भगिनी भाता मनः संयमः।  
शरया भूमितलं दिशोऽपि वर्तनं जानामृतं भीजनं  
एते यस्य कुटिल्लिनः वद सखे कर्माद् भयं योगिनः॥

Meaning that by regularly practising Yoga, a person can imbibe some very good qualities like courage which protects like a father, forgiveness as possessed by a mother & mental peace which becomes a permanent friend. Through regular practise of Yoga truth becomes our child, mercy our sister, self-control our brother, the earth becomes our bed & knowledge satiates our hunger.



PM participated in the 11th International Day of Yoga celebrations at Visakhapatnam, in Andhra Pradesh on June 21.

International Yoga Day IDY 2025 marks the 11th global celebration on June 21st, dedicated to the invaluable gift of Yoga from ancient Indian tradition. This years theme, Yoga for One Earth, One Health, emphasizes that Yoga is not just crucial for our individual health and well-being but also a powerful tool for living in harmony with our planet and environment. This special occasion will highlight the holistic approach of Yoga, which involves the integration of mind, body, and spirit. The program will feature mass Yoga practice sessions where participants can engage in various asanas, pranayama, and meditation techniques under the guidance of experienced Yoga instructors. The aim is to raise awareness about the myriad benefits of Yoga, including improved physical strength, reduced mental stress, enhanced concentration, and emotional balance.



**Directorate of AYUSH, Government of NCT of Delhi celebrated 11th International Day of Yoga** at Deen Dayal Upadhyay Park, Delhi.



Hon'ble Minister of Health Dr. Pankaj Kumar Singh attended the event as Chief Guest. The celebration was attended by more than 1000 participants. On this occasion, video of "Yoga in pregnancy" for first trimester was released. The video explains the yogasana suitable for first three months of pregnancy and has been prepared in collaboration with *Morarji Desai National Institute of Yoga*, Directorate of AYUSH and Directorate of Family Welfare.



## YOGA EVENTS THROUGHOUT INDIA, #YOGADAY2025



The Union Minister for Defence, Shri Rajnath Singh participated in the celebration of the 11th International Day of Yoga 2025 at Northern Command, Udhampur, in Jammu & Kashmir on June 21, 2025.



The Union Minister of Agriculture and Farmers Welfare and Rural Development, Shri Shriyaj Singh Chouhan participated in the celebration of the 11th International Day of Yoga (IDY) 2025 at Kisan Mela Ground, IARI, in New Delhi on June 21, 2025.



Glimpses of 11th International Yoga Day celebrations in Air Force Station Palam on June.



Glimpses of 11th International Yoga Day celebrations organised by Ministry of Information



The Regional Research Institute of Unani Medicine (RRUI), Srinagar, organized a Yoga event at SKUAST-K, Shalimar Campus as part of pre-International Yoga Day celebrations.



Glimpses of 11th International Yoga Day celebrations at South Block, in New Delhi on June



The Chairman, UPSC, Dr. Ajay Kumar participates in 11th International Yoga Day celebrations at UPSC headquarter, in New Delhi on June 21on June.



The Union Minister for Finance and Corporate Affairs, Smt. Nirmala Sitharaman participated in the celebration of the 11th International Day of Yoga (IDY) 2025 lead by the Ministry of Finance at Arun Jaitley National Institute of Financial Management (AJNIFM), in Faridabad, Haryana on June 21, 2025.



# MAJOR REGULATORY UPDATES

## IN AYUSH DRUGS

### AYUSH Ministry Proposes Major Update to First Schedule of Drugs & Cosmetics Act



The Ministry of AYUSH has released a draft notification, S.O. 643(E), dated February 7, 2025, aiming to amend the First Schedule of the Drugs and Cosmetics Act, 1940. This schedule outlines authoritative classical texts for Ayurvedic, Siddha, and Unani (ASU) medicines, which serve as basis for formulations in the traditional pharma sector. The draft, issued under Section 33N of the Act following consultations with the Ayurvedic, Siddha, and Unani Drugs Technical Advisory Board (ASUDTAB), proposes a comprehensive replacement of the existing schedule. It includes an expanded list of over 227 Ayurvedic, 88 Siddha and 112 Unani Authoritative Books. The update incorporates regional language texts emphasizing classical authenticity while potentially broadening the scope for ASU drug.

Stakeholders in the pharmaceutical industry, particularly manufacturers of herbal and traditional medicines, were invited to submit objections or suggestions within three months from the gazette publication date.

Any objections and suggestions which may be received from any person in respect of draft amendment before the expiry of the aforesaid period above shall be considered by the Central Government.

Objections and suggestions to this draft amendment, if any, may be addressed to the Secretary, Ministry of AYUSH, AYUSH Bhawan, 'B' Block, GPO Complex, INA, New Delhi - 110023 or emailed at [dcc-ayush@nic.in](mailto:dcc-ayush@nic.in).

Draft Amendment

1. For the First Schedule to the Drugs and Cosmetics Act, 1940 (23 of 1940) and the entries relating thereto, the following shall be substituted, namely:-

"THE FIRST SCHEDULE  
(See Section 34)

### AYUSH Ministry Releases Draft Update to Schedule E(1) on Poisonous Substances in Traditional Medicines



G.S.R. 115(E)—The following draft amendment further to amend the Drugs Rules, 1945, the Central Government proposes to make in exercise of the powers conferred by section 33N of the Drugs and Cosmetics Act, 1940 (23 of 1940), in relation to the powers conferred by section 33N of the Drugs and Cosmetics Act, 1940 (23 of 1940), is hereby published for information of all persons likely to be affected thereby and notice is hereby given that said draft amendment shall be taken into consideration on or after the expiry of a period of thirty days from the date on which the copies of this notification, as published in the official Gazette, are made available to the public:

Any objections and suggestions which may be received from any person in respect of draft amendment before the expiry of the aforesaid period above shall be considered by the Central Government.

Objections and suggestions to this draft amendment, if any, may be addressed to the Secretary, Ministry of AYUSH, AYUSH Bhawan, 'B' Block, GPO Complex, INA, New Delhi - 110023 or emailed at [dcc-ayush@nic.in](mailto:dcc-ayush@nic.in).

The Ministry of AYUSH has issued a draft notification, G.S.R. 115(E), dated January 28, 2025, and gazetted on February 4, 2025, proposing a comprehensive revision to Schedule E(1) of the Drugs Rules, 1945. This schedule catalogues poisonous substances integral to Ayurvedic, Siddha, Sowa-Rigpa, and Unani formulations, aiming to enhance regulatory clarity and safety in their use. Following consultations with the Ayurvedic, Siddha, and Unani Drugs Technical Advisory Board (ASUDTAB), the draft replaces the existing list with an expanded inventory divided into three categories: plant-origin, animal-origin and mineral-origin. The move is expected to standardize labeling, handling, and manufacturing protocols for toxic ingredients, reducing risks in the ASU pharmaceutical sector. Stakeholders could submit objections or suggestions within 30 days from gazette availability to the Secretary, Ministry of AYUSH, or via email at [dcc-ayush@nic.in](mailto:dcc-ayush@nic.in).

### AYUSH Ministry Launches 'Ayush Suraksha' Portal for Pharmacovigilance and Ad Regulation



The Ministry of AYUSH has unveiled the 'Ayush Suraksha' national portal dedicated to pharmacovigilance of Ayurveda, Unani, Siddha, Sowa-Rigpa, and Homoeopathy (ASU&H) medicines. Officially launched on May 30, 2025, by Union Minister Prataprao Jadhav, the platform addresses Supreme Court directives from July 30, 2024, in Writ Petition (Civil) No. 645/2022, focusing on misleading advertisements and adverse drug reactions (ADRs).

Aimed at ensuring patient safety for every Indian citizen, the portal enables effective ADR documentation, smart capture of objectionable/misleading advertisements (OAs/MLAs), and enhanced public health via AYUSH systems. Key features include seamless database maintenance, causality assessments, and effortless reporting for National/Intermediate/Peripheral Pharmacovigilance Centres (NPvCC, IPvCs, PPvCs), alongside monitoring by authorities like CDSO, SLA, FSSAI, PCI, CCPA, NCISM, and NCH. Public reporting of OA compliance is accessible anytime, anywhere.

### AYUSH Ministry Notifies New Guidelines for ASU Nasal Sprays Under Drugs Rules

The Ministry of AYUSH has notified amendments to the Drugs Rules, 1945, via G.S.R. 28(E), dated January 10, 2025, and published on January 13, 2025. The update introduces nasal sprays as a recognized dosage form for Ayurvedic, Siddha, and Unani (ASU) medicines.

Following a draft published in December 2023 and consideration of public feedback, the amendment inserts sub-rule (VI) under Rule 158B, mandating licensing authorities to adhere to the newly added Schedule TB. This schedule outlines comprehensive guidelines for nasal spray development, including definitions (liquid or powder formulations delivered via container-device combo), distinctions from classical Nasya (which lacks specialized devices), selection criteria for active ingredients per Section 3(h) of the Drugs and Cosmetics Act, excipients under Rule 169, device specifications (e.g., bottle materials like glass or HDPE, pump dimensions), and optional finished product standards (e.g., pH, osmolarity, microbial limits, droplet size distribution).

The initiative emphasizes safety, such as avoiding irritants in formulations, and targets local nasal cavity delivery for conditions like sinusitis or epilepsy. Pharma experts view this as a step toward standardizing ASU products, potentially boosting herbal market by enabling innovative, device-integrated therapies. The rules took effect immediately upon gazette publication.



G.S.R. 28(E)—Whereas the draft of certain rules further to amend the Drugs Rules, 1945, was published as required by subsection (1) of section 33N of the Drugs and Cosmetics Act, 1940 (23 of 1940), in relation to the powers conferred by section 33N of the Drugs and Cosmetics Act, 1940 (23 of 1940), in exercise of the powers conferred by section 33N of the Drugs and Cosmetics Act, 1940 (23 of 1940), is hereby published for information of all persons likely to be affected thereby; notice is hereby given that said draft amendment shall be taken into consideration on or after the expiry of a period of thirty days from the date on which the copies of the Official Gazette containing the said notification were made available to the public;

### Supreme Court SC order dated 11th August, 2025 Lifts Stay on AYUSH Notification Omitting Rule 170 for ASU Drug Ads



In a significant ruling for the Ayurvedic, Siddha, and Unani (ASU) pharmaceutical sector, the Supreme Court has vacated its interim stay on the Ministry of AYUSH's July 1, 2024 notification (Drugs (Fourth Amendment) Rules) that omitted Rule 170 of the Drugs Rules, 1945. This effectively permits advertisements of ASU drugs without prior approval from licensing authorities, reversing the August 27, 2024 stay imposed for conflicting with prior court directives.

A bench comprising Justices BV Nagarathna and KV Vishwanathan disposed of a writ petition by the Indian Medical Association (IMA) on misleading advertisements, noting that core grievances under the Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954 had been addressed through earlier orders, including March 26, 2025 directives to states for stricter enforcement. The Court reserved liberty for aggrieved parties to challenge the omission in appropriate forums, keeping all contentions open.

Industry stakeholders hail the decision as a boost for ASU marketing freedom, potentially accelerating growth of traditional medicine market, while critics warn of increased risks from unverified claims. The omission aligns ASU ads with less stringent norms, though compliance with the DMA Act remains mandatory to curb objectionable promotions.

### AYUSH Ministry Proposes Comprehensive Amendments to Drugs Rules for ASU Sector



G.S.R. 140(E)—The following draft of certain rules further to amend the Drugs Rules, 1945, which the Central Government proposes to make in exercise of the powers conferred by section 33N of the Drugs and Cosmetics Act, 1940 (23 of 1940), in relation to the powers conferred by section 33N of the Drugs and Cosmetics Act, 1940 (23 of 1940), is hereby published as required by the said section for the information of all persons likely to be affected thereby; notice is hereby given that said draft amendment shall be taken into consideration on or after the expiry of a period of thirty days from the date on which the copies of the Official Gazette in which this notification is published, are made available to the public;

Any objections and suggestions, which may be received from any person in respect to the said draft rules within the period specified above, will be taken into consideration by the Central Government.

Objections and suggestions to this draft amendment, if any, may be addressed to the Secretary, Ministry of AYUSH, AYUSH Bhawan, 'B' Block, GPO Complex, INA, New Delhi - 110023 or emailed at [dcc-ayush@nic.in](mailto:dcc-ayush@nic.in).

The Ministry of AYUSH has released draft notification G.S.R. 140(E), dated February 14, 2025, and gazetted on February 19, 2025, seeking to amend the Drugs Rules, 1945, to enhance regulatory standards for Ayurvedic, Siddha, and Unani (ASU) medicines. Key changes include omitting certain provisions in Rules 156, 156A, and 157(1) to simplify processes; introducing a uniform license number format under Rule 158(B)(VI) with mandatory display in electronic, social, or print ads; and re-issue of existing licenses within one year; updated qualifications for technical experts and addition of microbiologists in Rule 160B; provisions for shelf-life based on accelerated stability studies in Rule 161B; risk-based inspections in Rule 162; use of NABL-accredited AYUSH labs for appeals in Rule 163B(B); inspector qualifications in Rule 167; and base material quantity on labels in Rule 169(3).

Significant revisions to Schedule T emphasize GMP, including sanitation, water purification, waste management, safety measures, work benches, container handling, and medical services for staff.





# Unani Aahar : Reviving Ancient Nutrition for Modern Wellness

Dr. Eram Rao, Professor, Bhaskaracharya College of Applied Sciences, DU, Immediate Past President AFST (I) Delhi Chapter



## Greetings!

The ancient Greek physician Hippocrates once said, "*Let food be thy medicine and medicine be thy food.*" For centuries, this principle has been a cornerstone of many traditional healing systems. Yet, in our modern world, we often find ourselves grappling with an epidemic of non-communicable diseases—diabetes, hypertension, heart disease, and cancer—many of which are profoundly linked to what we put on our plates. Modern nutritional science, with its focus on micronutrients, biochemical pathways, and evidence-based trials, has provided critical insights into human health. However, the global surge in lifestyle-related disorders—such as metabolic syndrome, type 2 diabetes, and cardiovascular diseases—highlights the limitations of a reductionist, one-size-fits-all approach. There is a growing imperative to embrace systems that offer personalized, preventive, and holistic dietary guidance. Today, I propose we look back to look forward. I am here to discuss a time-tested system of dietetics—Unani Aahar, not as a relic of the past, but as a complementary framework validated by growing scientific evidence. My talk will bridge the principles of Unani Aahar with modern nutritional science, highlighting its relevance in preventive healthcare, lifestyle management, and global nutrition strategies, under the overarching framework of India's AYUSH mission. The Unani system of medicine, enormously rooted in historical traditions, has traversed centuries and cultures, contributing to the healthcare landscape through its holistic and individualized approach. Developed by ancient physicians in Unani medicine, such as Hippocrates and Galen, Unani medicine amalgamates wisdom from Greek, Roman, Persian, and Indian sources, creating a comprehensive framework focused on reinstating and sustaining harmony among the body, mind, and spirit.

Health, in the Unani system, is a state of dynamic equilibrium, or homeostasis, of the body's four humors: (*Akhlat*): Blood (Dam), Phlegm (*Balgham*), Yellow Bile (*Safra*), and Black Bile (*Sauda*). This balance is not static; it is actively maintained by six essential prerequisites for life, known as *Asbab-e-Sitta Zarooriya*. This framework is remarkably comprehensive: Atmospheric Air (Quality of respiration), Drinks and Food (Nutrition and hydration), Sleep and Wakefulness (Circadian rhythm management), Excretion and Retention (Metabolic waste management), Physical Activity and Repose (Energy balance), Mental Activity and Repose (Psychological well-being).

This holistic model, dating back over a millennium, prefigures the modern biopsychosocial model of health. It correctly identifies that any disturbance in these six factors is a primary etiology of disease, making their regulation the cornerstone of prevention.

## The Science of Unani Aahar: Personalization and Food Classification

Within this framework, diet (Aahar) is a primary tool for intervention. Unani physicians like *Ibn Sina* (Avicenna) developed a sophisticated classification of consumables, recognizing a spectrum between food and medicine: *Ghiza* (Food): Primary role is nutrition, *Dawa* (Drug): Primary role is therapeutic, *Ghiza-e-Dawai* (Food cum Drug): Foods with significant medicinal properties, *Dawa-e-Ghizai* (Drug cum Food): Medicinals with significant nutritional value.

This classification underscores the principle of functional foods. Furthermore, Unani diet therapy is inherently personalized, based on an individual's unique *Mizaj* (temperament). An individual's constitution—be it sanguine, phlegmatic, choleric, or melancholic—dictates specific dietary recommendations to maintain humoral balance, a concept that aligns with the modern pursuit of personalized nutrition.

## Bridging Tradition with Modern Scientific Evidence

The principles of Unani Aahar are not merely historical concepts; they find robust validation in contemporary nutritional science.

- **Hypertension:** The Unani recommendation of cooling and moistening foods to counter heat and dryness is empirically supported by the DASH (Dietary Approaches to Stop Hypertension) diet. Clinical trials have demonstrated that a diet rich in fruits, vegetables, and whole grains—foods high in potassium, magnesium, and fiber—significantly lowers blood pressure (Sacks et al., 2001). This provides a scientific mechanism for the traditional "cooling" effect.
- **Diabetes Mellitus:** Unani emphasis on complex carbohydrates and fiber-rich foods like barley and fenugreek seeds (methi) is corroborated by modern guidelines. Research shows that low-glycemic index foods and high fiber intake improve glycemic control and insulin sensitivity, validating the traditional use of these specific dietary agents.
- **Chronic Obstructive Pulmonary Diseases (COPD):** The Unani focus on nutrient-dense, high-protein foods and anti-inflammatory agents like omega-3 fatty acids is critical. Scientific reviews confirm that omega-3 supplementation can reduce pulmonary inflammation, and adequate protein intake is essential to combat muscle wasting, or sarcopenia, a major comorbidity in COPD.

## A Holistic Approach to Preventive Healthcare

The power of Unani Ahaar extends beyond treating disease; it is a formidable strategy for prevention. The holistic approach advocated by AYUSH is perfectly embodied in Unani's principles, which are now supported by scientific inquiry: Moderation and Mindful Eating: Unani stress on meal timing and food combinations to optimize digestion directly addresses modern disorders like GERD and metabolic syndrome. This aligns with research linking irregular eating patterns to poor metabolic health. *Whole Foods over Processed:* The system's advocacy for natural, whole foods is the bedrock of modern healthy eating patterns, such as the Mediterranean diet, which is consistently associated with reduced NCD risk.

In conclusion, Unani Ahaar offers us a time-tested, scientifically resonant framework to address the global burden of non-communicable diseases. It moves us away from a reductionist view of "nutrients" and brings us back to a holistic understanding of "food" in the context of the individual's entire lifestyle. As we move forward, the integration of this traditional wisdom into mainstream healthcare, as championed by AYUSH, is not just an alternative—it is a necessity. Therefore, my call to action is threefold:

- *For the Research Community:* We must invest in robust mechanistic and clinical studies to further elucidate the biochemical pathways through which Unani dietary principles, such as balancing humors through specific food qualities, exert their effects.
- *For Healthcare Systems:* We must develop integrative models where Unani's holistic, preventive strategies complement conventional treatment, creating a more comprehensive and sustainable healthcare paradigm.
- *For Individuals:* Empower yourselves with this knowledge.

Assess your life through the lens of the Six Essential Factors. Choose foods that are both *Ghiza* and *Ghiza-e-Dawai*—nourishing and healing. Prioritize sleep, manage stress, and embrace physical activity.

Let us remember: the wisdom to heal ourselves has been cultivated for centuries. By marrying the personalized, holistic principles of Unani Ahaar with the empirical strength of modern science, we can develop more effective and compassionate global nutrition strategies. It is time we rediscovered this path, not as a relic of the past, but as a vital guide for a healthier future.

Thank you.



# UNANI DRUGS MANUFACTURERS ASSOCIATION (UDMA): ADVANCING UNANI MEDICINE


 Janab Hamid Ahmed SB  
 President, UDMA

## About UDMA

The Unani Drugs Manufacturers Association (UDMA) was formed collectively in 2017 by major manufacturers of Unani products from across India<sup>13</sup>. The association serves as a unified platform for stakeholders in the Unani medicine industry.

## Key Objectives

UDMA operates with comprehensive strategic objectives:

- Research and Development:** Establishing and managing organizations, institutions, and research centers for the development of Unani and allied herbal drugs covered by AYUSH
- Quality Control:** Providing information on the latest cultivation techniques of Unani herbs and quality control measures
- Public Awareness:** Creating awareness about Unani medicine through seminars, camps, workshops, conferences, and conventions
- Industry Advocacy:** Representing members before Central Government, State Government, and Statutory Bodies on issues related to Unani medicine manufacturing, cultivation, and scientific research
- Educational Support:** Providing scholarships and stipends to deserving BUMS (Bachelor of Unani Medicine and Surgery) and MD (Unani) students
- Healthcare Promotion:** Promoting research, healthcare programs, and good quality products through camps, clinics, seminars, exhibitions, and CMEs

## Advanced Analytical Methods for Quality Control Article

In January 2025, Maqbool Hasan, Founder-Patron of UDMA and Managing Director of Nature & Nurture Healthcare Pvt. Ltd., published a landmark article in the FITM Industry and Trade Newsletter titled "Advanced Analytical Methods for Quality Control of Unani Medicine: A Vision for the Future"



### Major Industry Event

The Unani Drugs Manufacturers Association (UDMA) successfully celebrated its 7th UDMA Day from 6th-8th December 2024 at the Atal Bihari Vajpayee Scientific Convention Centre, Lucknow. The event featured a 3-day Ayush Health Mela offering free health checkups and consultations from renowned Hakeems. Leading Unani manufacturers and organizations showcased their products, including Hamdard Foods India. The conference highlighted the growth, innovation, and potential of the Unani drug industry in India. It was a remarkable platform promoting holistic wellness through traditional Unani medicine.



### Upcoming Major Event

8th UDMA Day - December 6-7, 2025, Hyderabad  
 UDMA announced its flagship annual event, the 8th UDMA Day, scheduled for December 6-7, 2025, in Hyderabad.  
 Event Theme: "Research, Regulation & Innovation: The Future of Unani Medicine"

## Workshop on Responsible Advertising in AYUSH: Branding Compliance and Regulatory Awareness





# CENTRE OF EXCELLENCE in *Unani Medicine*



The Centre of Excellence in Unani Medicine is funded by the Ministry of AYUSH, continued its cutting-edge research activities. Its research areas focuses on advanced scientific investigations on Traditional Unani Medicine, Quality control and standardization of Unani drugs, Preclinical evaluation of Unani formulations, Development of evidence-based validation for traditional medicines. Over 25 research scholars including postdoctoral fellows, Ph.D. candidates, and master's students are working in this lab. The ongoing research projects are worth more than ₹15 crores. The State-of-the-art facilities including GC-MS, HP-LC, HPTLC, ICP-MS, LC-MS, Flash Chromatography, SCFE (Supercritical Fluid Extractor), Stability Chamber, Zebrafish Housing System Safety Equipment: BSL-3 (Biosafety Level 3) Laboratory, Biosafety Cabinet, Laminar Flow Hood, Fume Hoods and other sophisticated equipment and collection of over 500 reference standards and 350 preserved raw materials adds on to the lab's research infrastructure.

## MAJOR EQUIPMENT INSTALLED AT CENTRE OF EXCELLENCE IN UNANI MEDICINE

### HPTLC



### HPLC



### LCMS



A significant development under the AYURSWASTHYA Yojana's CoE component is the recent technological enhancement at the Centre of Excellence in Unani Medicine. Leveraging the scheme's financial support, the Centre has successfully procured and installed advanced analytical equipment, including:

- High-Performance Thin-Layer Chromatography (HPTLC)
- High-Performance Liquid Chromatography (HPLC)
- Liquid Chromatography-Mass Spectrometry (LCMS)

This major upgrade marks a transformative step for Unani research. The new equipment will empower researchers at the CoE-UM to conduct sophisticated analysis of Unani drugs, including fingerprinting of compounds, ensuring quality control, and validating the efficacy of traditional formulations with modern scientific precision. This enhancement significantly boosts the Centre's capacity for pioneering research and developing globally accepted, evidence-based Unani medicines.

The *AYURSWASTHYA Yojana* continues to be a driving force, empowering institutions like Jamia Hamdard to elevate the standards of AYUSH healthcare and solidify its role in the national and international health landscape.

## RESEARCH CORNER

- Ojha, A., Parveen, R., Parveen, B., & Ahmad, S. (2025). 5-Hydroxymethylfurfural detection in honey: A critical review of historical methods and current analytical trends. *Food Chemistry*, 145677.
- Kumari, A., Parveen, R., Parveen, B., & Ahmad, S. (2025). A comprehensive review on Ayurvedic medicinal plants in the management of chronic kidney disease. *South African Journal of Botany*, 182, 130-153.
- Samal, M., Siddiqui, A., Dar, M. I., Srivastava, V., Khan, M., Parveen, R., ... & Ahmad, S. (2025). Identification of Anticholinesterase Active Compounds from the Ethylacetate Fraction of Hydroalcoholic Extract of Itrifal Sana Using TLC-bioautography-MS and Its Validation Using an In Silico Molecular Approach. *Journal of AOAC International*, 108(2), 189-198.
- Khan, S., Zahiruddin, S., Khan, A. H., & Ahmad, S. (2025). Exploring the Nutritional and Antioxidant Potential of a Developed Fusion: Coconut Water and Orange Juice Beverage. *Journal of Food Quality*, 2025(1), 7286503.
- Samal, M., Srivastava, V., Khan, M., Insaf, A., Penumallu, N. R., Alam, A., ... & Ahmad, S. (2025). Therapeutic Potential of Polyphenols in Cellular Reversal of Patho-Mechanisms of Alzheimer's Disease Using In Vitro and In Vivo Models: A Comprehensive Review. *Phytotherapy Research*, 39(1), 25-50.



ONE OF THE LARGEST INTERNATIONAL EVENTS ON MEDICINAL PLANTS, HERBAL DRUGS AND TRADITIONAL MEDICINE

Major Event  
Announcement  
SECON 2025

# 12th (SECON 2025) CONVENTION

## Society for Ethnopharmacology India

International Conference

on  
“Traditional Medicine - Ancient  
& Modern Concordance”

### Promotional event for SECON 2025

- Herbal Awareness Walkathon (24 September 2025)
- Lemon Spoon Race & 3-Legges Race (24 September 2025)
- SECON Conference Champions Trophy (24 September 2025-26 September 2025)
- Unani Ahaar Short Article Competition (25 September 2025)
- Poster Making Competition on Importance of Shatavari (25 September 2025)
- All participants to receive participation certificates.
- All winners of the events to get free complimentary registration for free.
- Top participants to get complimentary registrations as Volunteer in SECON 2025 for free.
- About 500 registrations done for the promotional event SECON 2025.

### HIGHLIGHTS

Medicinal Plants | Traditional Ayurvedic, Unani, Siddha Medicine | Herbal Drugs and Formulations | Drug Discovery and Ethnopharmacology | Clinical and Translational Aspects | Chemistry of Natural Products | Metabolomics, Pharmacokinetics and Stability Studies | Artificial Intelligence and Traditional Medicine | Ayush Ahaar | Unani Medicine | Food Supplements, Nutraceuticals, Botanicals & Phytopharmaceuticals | Network Pharmacology | Industry & Academia Collaboration

### AWARDS WITH PRIZES



ORAL  
PRESENTATION  
AWARD



POSTER  
PRESENTATION  
AWARD



YOUNG  
ETHNOPHARMACOLOGIST  
AWARD

HAH YOUNG  
RESEARCHER  
AWARD



SUBMIT ABSTRACT &  
REGISTER ONLINE AT  
<https://www.bnpl.org.in>

REGISTER FOR  
WORKSHOP  
<https://forms.gle/rEWbT4rUmq4uj3f4>

30-31  
October 2025  
CONVENTION CENTER  
JAMIA HAMDARD  
NEW DELHI

ABSTRACT SUBMISSION DEADLINE  
30 September, 2025

EARLY BIRD REGISTRATION  
15 September, 2025

REGISTRATION DEADLINE  
15 October, 2025

Your Frontiers in Pharmacology, IF: 4.8  
Pharmacognosy Research, IF: 1.0  
Indian Journal of Traditional Knowledge, IF: 0.7  
Upcoming Book in Bentham Science



Organized By

Centre of Excellence in Unani Medicine  
(Pharmacognosy & Pharmacology)  
Bioactive Natural Product Laboratory  
JAMIA HAMDARD, New Delhi, India  
[www.bnpl.org.in](http://www.bnpl.org.in); [www.jamiahmdard.edu](http://www.jamiahmdard.edu)

In Association with  
Society for Ethnopharmacology  
Shaktigarh, Kolkata, India  
[www.ethnopharmacology.in](http://www.ethnopharmacology.in)

For Any Query:  
+91 9643138049  
[coe.secon@jamiahmdard.ac.in](mailto:coe.secon@jamiahmdard.ac.in)



# CENTRE OF EXCELLENCE IN UNANI MEDICINE

A promotional collage for the 'Entre of Excellence in Unani Medicine' featuring a collage of speakers and the JAMIA HAMDARD logo.

# PAST EVENTS AT COE UM 2025

## LAB VISITS/ LECTURES



The Rutgers Consulting Group (RCG)



Lab visit: Prof. Dr. Fang-Rong Chang, Pharmacognosy & Graduate Institute of Natural Products (GINP), College of Pharmacy, Kaohsiung Medical University (KMU), Taiwan



NCISM Board members visit to CoE UM



Visit of Physics wallah



P V V Siva Krishna, Assistant Professor, Vignan Pharmacy College, AP



Lab visit of few guests from various departments



Lab visit: Dr. Se-Zin Hwang, Dr. Jichung Song, Ms. Jinhyeon Park, Daegu Haany University



Lecture: Prof Taruna Ikrar, Kepala Badan Pengawas Obat dan Makanan, Indonesia

## WORKSHOPS/ TRAINING



Decode Your Destiny & Discover your Career Abroad: One Day Workshop



One Day Workshop on Clinical Trials of Herbal Drugs



Workshop on Nutritional Management of Maternal and Child Health (February 7, 2024)



6-Weeks Summer Industrial Training Program 2024 (June 6-July 18, 2025)



Bioactive Natural Product Conclave 2025



CoE UM organized Short Video Making Competition on World Environment Day 2025



Handmade Poster Making Competition on World Kidney Day 2025



Workshop on Responsible Advertising in AYUSH: Branding Compliance and Regulatory Awareness

## Shared Experiences at BNPL

**Dr. Rajesh Verma.** My PhD journey at BNPL, Jamia Hamdard, was truly a dream project, and it would not have been possible without the invaluable mentorship of Dr. Sayeed Ahmad. His constant encouragement to pursue unique and impactful research greatly shaped my industrial path. Under his guidance, I was able to publish three research papers in reputable journals with good impact factors.

The environment at BNPL was more than just a workplace—it was like a family. Every team member was supportive, and the collaborative spirit created a positive and motivating atmosphere. This sense of camaraderie and shared purpose constantly inspired me to think innovatively and push boundaries in my research.

I am deeply grateful for the guidance, teamwork, and learning experiences I gained during my PhD tenure at Jamia Hamdard. These memories and lessons will always remain a strong foundation in my professional journey.

**Dr. Tamboli E. T.** My years at the Bioactive Natural Product Laboratory (BNPL), Jamia Hamdard, New Delhi, remain among the most memorable, cheerful, and transformative phases of my academic and professional life. Between 2008 and 2013, I was deeply immersed in the world of plant tissue culture, chromatography, molecular fingerprinting, and many other fascinating aspects of natural product research.

The laboratory provided a vibrant environment where ideas, curiosity, and experimentation beautifully tangled. I was fortunate to work under the guidance of Prof. (Dr.) Sayeed Ahmad, an experienced mentor and a dedicated, passionate researcher. He was truly a lighthouse to all his students, including me, guiding us through the vast sea of research during our Ph.D. journeys.

Personally, I feel deeply obliged to my laboratory, which taught me the values of patience, dedication, truthfulness, and consistency. Beyond technical expertise, my time at BNPL nurtured a deeper scientific curiosity and a sense of belonging to a community devoted to discovery. Those five years not only strengthened my analytical and research skills but also shaped my personality—instilling in me teamwork, discipline, and academic integrity.

The bond I shared with my mentor, fellow labmates, and friends during that time continues to keep me lively and inspired even today. The lessons learned in that laboratory remain the foundation of my work as a teacher, researcher, and mentor. I truly consider myself fortunate to have been a part of BNPL.



**Dr. Rajesh Kumar Verma**

Sr. Manager  
R&D, Britannia  
Britannia Industries Limited



**Dr. Tamboli E. T.**

Head, Department of Pharmacongosy,  
Annasaheb Dange College of  
B. Pharmacy, Ashta, Sangli, MH 416301.

## ALUMNI CORNER

The scholars of BNPL

### Avash Aahar: Integrating Traditional Wisdom with Modern Nutrition Science - Dr Rajesh Kumar Verma

Avash Aahar (AA), rooted in the traditional AYUSH systems—Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa-Rigpa, and Homeopathy—represents an emerging dietary framework that harmonizes time-tested food practices with contemporary nutritional understanding. Based on the Ayurvedic principle of balance among the body, mind, and environment, AA views food as a foundation for both nourishment and disease prevention, aiming to sustain overall well-being through mindful dietary habits. In recent years, global curiosity toward traditional and holistic food systems has expanded remarkably, reflecting a shift toward natural, plant-based, and culturally meaningful nutrition. The Ayurveda-based products market, valued at approximately USD 14.4 billion in 2023, is expected to reach USD 76.91 billion by 2030, indicating a strong compound annual growth rate of 27.2%. This trend underscores the rising acceptance of holistic food philosophies like Avash Aahar at the international level. The formal recognition of AA within India's food regulatory structure, through the Ayurveda Aahara Regulations framed by the Food Safety and Standards Authority of India (FSSAI), marks a significant advancement in mainstreaming traditional diets. This legal acknowledgment promotes innovation, ensures safety and quality standards, and encourages the growth of start-ups and small-scale enterprises working on functional and traditional foods. Moreover, it has opened pathways for entrepreneurship and rural development by enhancing the commercial value of indigenous ingredients and recipes. To strengthen its scientific credibility, collaborative research between Ayurveda experts, nutritionists, food technologists, and regulatory bodies is essential. Key areas for advancement include standardizing formulations, validating health claims, and generating evidence-based safety data. Although many traditional AA items are regarded as "Generally Recognized as Safe (GRAS)" due to their historical use, establishing systematic protocols for preparation, handling, and storage remains vital for ensuring public safety. In essence, Avash Aahar represents a synergistic blend of traditional dietary intelligence and modern nutritional science. Its integration into the contemporary food system offers vast potential for improving population health, fostering sustainable diets, and reinforcing India's leadership in the global holistic nutrition landscape.

### Role of Unani Ahaar in the Management of Immunity-Related Diseases - Dr. Tamboli E. T.

In the present era, the world is facing multiple health challenges due to a rise in immunity-related diseases. These disorders, although rooted in biological mechanisms, are often influenced by changing lifestyles, poor dietary habits, and environmental degradation. Such conditions remind humanity to re-evaluate its needs and greed. The imbalance between these two is a major reason behind many lifestyle and immunity-related disorders. Hence, the world today faces a growing burden of diseases that weaken the human immune system. From a pathophysiological point of view, diseases may be classified as lifestyle-oriented, old age-oriented, or vector-oriented. A closer look at these categories reveals one fundamental cause common to all—diet. The human body is a complex biochemical system that requires continuous nourishment for the smooth functioning of its internal processes. Food serves as the raw material for maintaining physical and mental health. Despite being aware of the importance of a balanced diet, many people fail to adopt healthy eating habits. Consequently, their immunity weakens, making them more prone to various diseases. According to both modern and traditional medical sciences, especially the Unani system of medicine, Ahar (diet) plays a central role in health and disease management. In Unani philosophy, it is said that 'Ibtida-e-laj ghiza se hota hai' (Treatment begins with diet) or 'Ahar hi aushadhi hai'—food itself is medicine. Therefore, diet regulation (Ilaj-bil-ghiza) is considered the first step of treatment before any drug therapy is introduced. Unani philosophy emphasizes the concept of Mizaj (temperament)—the individual's natural constitution, which can be hot, cold, moist, or dry. The balance of these temperaments determines the state of health. The principle of Unani Ahaar is to maintain equilibrium in the body through diet suited to one's temperament, season, and environment. When it comes to immunity-related diseases, Unani Ahar provides valuable dietary guidelines. Foods rich in essential vitamins, minerals, and antioxidants are considered vital for maintaining a strong immune system. For example, citrus fruits such as amla, oranges, lemons, and kiwi are recommended for their high vitamin C content, which stimulates the production of white blood cells—key defenders against infections. Similarly, fruits like grapes, blueberries, blackberries, and strawberries, which contain anthocyanins, enhance the body's antioxidant defence mechanism and protect against oxidative stress, a major cause of immune dysfunction. Traditional Unani literature also highlights the use of herbs and condiments such as garlic (Lahsan), ginger (Adrak), and turmeric (Haldi) for maintaining internal balance and preventing infections. Garlic contains allyl disulfide compounds that exhibit antimicrobial and antiviral effects. Ginger, rich in gingerol and shogaol, helps relieve sore throat, cough, and digestive ailments, while turmeric, with its active constituent curcumin, possesses strong anti-inflammatory and rejuvenating properties. These natural substances not only enhance immune strength but also maintain the equilibrium of body temperament (Mizaj), a key principle in Unani healing. A balanced Unani Ahaar includes fresh fruits, vegetables, whole grains, pulses, moderate spices, and adequate hydration, tailored to individual needs and seasonal variations. Avoidance of excessively processed, fried, or unnatural foods is equally emphasized. Thus, the integration of Unani Ahar principles with modern nutritional science offers a holistic approach for managing immunity-related diseases. Strengthening immunity through proper diet, lifestyle balance, and mental calmness is the most sustainable strategy. Prevention through nourishment and moderation, as proposed by Unani medicine, is indeed better than cure.

# GLIMPSE OF SHARED MOMENTS

