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Prof (Dr) M Afshar Alam
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The CoE UM Bulletin

Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology)

JAMIA HAMDARD

EXCELLENCE IN RESEARCH & INNOVATION IN AYUSH DRUGS



OUR SECTIONS

- Blending tradition with modern science for a healthier tomorrow: Featured research highlights
- Ministry of Ayush Initiatives
- Ayush & Unani Medicine
- CCRUM in Advancing Unani Medicine
- NCISM in Academic Excellence & SUMER, Jamia Hamdard
- Regulatory updates in Ayush drugs
- Unani Drugs Manufacturers Association
- Ayush Aahara: Government Initiatives to Promote Ayush Aahara

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

- About CoE UM
- Events: Conferences, Workshops, Trainings, Lecture series
- Scholar's Corner
- Awards and Honours
- Publications
- Alumni Corner
- Glimpse of shared moments

MEET THE EDITORIAL TEAM

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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: **Janaab Hammad Ahmed**, Honourable Vice Chancellor: **Prof (Dr) M Afshar Alam**, Registrar: **Dr Sarfaraz Ahsan**. I give my best wishes to editorial team for upcoming editions. Wishing you an insightful and enriching reading experience. Happy reading!

**CoE UM Bulletin, Edition 1,
December 2024 issue**



BLENDING TRADITION WITH MODERN SCIENCE FOR A HEALTHIER TOMORROW

INTRODUCTION

This newsletter highlights breakthrough research, novel drug discoveries, quality control innovations, and interdisciplinary approaches driving the integration of AYUSH formulations into mainstream medicine. From AI-driven phytochemical profiling to molecular docking studies and clinical trials, we delve into how research and innovation shape the future of natural and holistic healing. Recent advancements integrate traditional knowledge with modern scientific approaches with focus on standardization, clinical validation, and sustainability. Prominent research projects have contributed to evidence-based practices in AYUSH, enhancing its credibility and trust. Standardization of herbal products is crucial for increasing trust and ensuring quality in AYUSH practices. The focus on clinical studies within AYUSH has resulted in valuable insights and improved healthcare practices.



The field of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy) is undergoing a remarkable transformation as scientific advancements continue to validate and enhance the efficacy of traditional medicines. With a growing global emphasis on evidence-based herbal therapeutics, pharmacological standardization, and cutting-edge biotechnological interventions, AYUSH systems are evolving to meet modern healthcare challenges.



PIONEERING RESEARCH IN AYUSH DRUGS



> J AOAC Int. 2025 Mar 1;108(2):189-198. doi: 10.1093/jaoacint/qsa095.

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 ^{1,2}, Aslam Siddiqui ³, Mohammad Irfan Dar ⁴, Varsha Srivastava ^{1,2}, Muzayyana Khan ¹, Rabea Parveen ^{1,5}, Shahid Hussain Ansari ², Sayeed Ahmad ^{1,2}

JOURNAL ARTICLE

Quality Control and Stability Testing of Arq Formulations of Unani Pharmacopeia of India Using HPTLC and GC-MS

Sultan Zahiruddin, Abida Parveen, Washim Khan, Mohammad Ibrahim, Jamal Akhtar, Asim Ali Khan, S H Ansari, Sayeed Ahmad Author Notes

Journal of AOAC INTERNATIONAL, Volume 103, Issue 3, May-June 2020, Pages 699-704, <https://doi.org/10.5740/jaoacint.19-0230>

Quality Control and Standardization: Arqiyat and Itrifalat



Elevating Unani Formulations: The Science of Standardizing Arqiyat and Itrifalat

In the realm of traditional Unani medicine, Arq (herbal distillates) and Itrifals (herbal electuaries) have been cherished for their therapeutic virtues. However, ensuring their quality, safety, and efficacy in contemporary practice necessitates rigorous standardization. Recent scientific endeavors have illuminated pathways to achieve this, merging age-old wisdom with modern analytical precision. Using modern analytical techniques like HPTLC and GC-MS, this technique has been pivotal in developing chemical fingerprints for Arq formulations, facilitating the identification and quantification of bioactive constituents, thus ensuring consistency and purity. For Itrifals, UPLC-MS/MS has been instrumental in quantifying key metabolites, ensuring each batch meets therapeutic standards. Through meticulous standardization, Arq and Itrifals are transformed from traditional remedies into validated therapeutic agents, ensuring that their time-honored benefits are both safe and reliable for contemporary use.



Monalisha Samal
Section Editor

Read More on our website: www.bnpl.org.in



FEATURED RESEARCH HIGHLIGHTS

BREAKING STONES, RESTORING BALANCE!

With pre-clinical evaluations aligning with its historical claim, the Safoof-e-Pathar Phori a polyherbal Unani formulation is paving the way for integrative urolithiasis management. As further research bridges the gap between heritage and evidence-based medicine, Safoof-e-Pathar Phori stands out as a natural, safe, and effective approach to kidney stone prevention and treatment. Studies confirm its ability to inhibit calcium oxalate crystal formation, reducing stone burden naturally. Enhances urine flow, flushing out stone-forming salts and toxins. Protects renal tissues from oxidative stress, a key factor in stone recurrence. Powered by flavonoids, saponins, and alkaloids, working synergistically to dissolve and prevent kidney stones.



► *Front Pharmacol.* 2021 Apr 14;12:597990. doi: [10.3389/fphar.2021.597990](https://doi.org/10.3389/fphar.2021.597990)

Pharmacological Evaluation of Safoof-e-Pathar Phori- A Polyherbal Unani Formulation for Urolithiasis

Wasim Ahmad ^{1,2,*}, Mohammad Ahmed Khan ³, Kamran Ashraf ⁴, Ayaz Ahmad ^{1,✉}, Mohammad Daud Ali ¹, Mohd Nazam Ansari ^{5,✉}, YT Kamal ⁶, Shadma Wahab ⁶, SM Arif Zaidi ⁷, Mohd Mujeeb ², Sayeed Ahmad ^{2,✉}

► Author information ► Article notes ► Copyright and License information

PMCID: PMC8081291 PMID: [33935697](https://pubmed.ncbi.nlm.nih.gov/33935697/)

Safoof-e-Pathar Phori for Urolithiasis



Journal of Ethnopharmacology
Volume 318, Part A, 10 January 2024, 116900

Ameliorative effect of traditional polyherbal formulation on TNF- α , IL-1 β and Caspase-3 expression in kidneys of wistar rats against sodium fluoride induced oxidative stress

Mohammad Umar Khan ^{a b c}, Parakh Basist ^{a b}, Gaurav ^{a b d}, Sultan Zahiruddin ^{a b}, Naveen Reddy Penumallu ^{a b}, Sayeed Ahmad ^{a b c d}

Sharbat-e-Bazoori Motadil for Nephroprotection

Science meets Tradition: one step at a time

Interdisciplinary collaborations between AYUSH practitioners and modern scientists of CoEUM are driving innovative research solutions. From traditional claim to scientific validation, Sharbat-e-Bazoori Motadil has demonstrated significant nephroprotective potential in pre-clinical studies, reinforcing its role in renal health management. Rooted in Unani medicine, this classical polyherbal formulation has been systematically explored for its pharmacological efficacy, quality control, and standardization, bridging the gap between ancient wisdom and modern therapeutics. As research progresses, this Unani formulation holds promise for clinical translation, reaffirming the role of AYUSH medicine in holistic renal care.

Scientific Exploration: Deciphering Itrifal Muqawwi Dimagh Neuroprotective Mechanisms

In the rich tapestry of Unani medicine, *Itrifal Muqawwi Dimagh* stands out as a polyherbal formulation traditionally acclaimed for enhancing cognitive functions and memory. Through thin-layer chromatography-bioautography-mass spectrometry (TLC-bioautography-MS), specific metabolites were identified that exhibit inhibitory activity against AChE, an enzyme linked to neurodegenerative diseases like Alzheimer's. Complementing the experimental findings, with computational molecular docking studies were conducted to predict and validate the interaction between IMD's compounds and AChE, reinforcing the formulation's potential efficacy. Such interdisciplinary studies are instrumental in expanding our arsenal against neurodegenerative disorders, offering hope for natural and effective therapeutic options.

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Phytotherapy Research

REVIEW

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, Varsha Srivastava, Muzayyana Khan, Areeba Insaf, Naveen Reddy Penumallu, Aftab Alam, Bushra Parveen, Shahid Hussain Ansari, Sayeed Ahmad

First published: 04 November 2024 | <https://doi.org/10.1002/ptr.8344>

Read the full text >

PDF TOOLS SHARE

Neuroprotective activity: Itrifal Muqawwi Dimagh



MINISTRY OF **Ayush** INITIATIVES

Shri Prataprao Ganpatrao Jadhav

The Ministry of Ayush, established in 2014 by the Government of India, is dedicated to the development, education, research, and global promotion of **traditional Indian medicine systems**—Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy. Its initiatives focus on integrating these systems into mainstream healthcare, expanding infrastructure, fostering research and innovation, and increasing public awareness both nationally and internationally. The ministry has played a transformative role in advancing holistic healthcare, supporting state-level implementation through the National Ayush Mission, and achieving significant global recognition for Indian traditional medicine, currently under the able guidance and support of Honourable Minister of State, Independent charges of Ministry of Ayush Shri Prataprao Ganpatrao Jadhav, ji.



Minister of State (Independent Charge) of Ministry of Ayush, Minister of State of Ministry of Health and Family Welfare, Government of India



**Dr. Rajesh Kotekar
Secretary
Ministry of Ayush**

The Man behind the many folds growth and development of Ministry of Ayush, showcasing global presence of Ayush and Indian System of Medicine. Dr. Kotekar has played a pivotal role in expanding the National AYUSH Mission, increasing funding, and promoting innovative and integrative health initiatives. Under his able leadership, the Ministry has played major role in development of Ayush sector including research initiatives on medicinal plants and inculcating trust in masses about Ayush medicine.



**Dr. M.A. Qasmi
Advisor, Ayurveda
Ministry of Ayush**

Dr. Qasmi is recognized for his contributions to public health initiatives, particularly in highlighting the relevance of Unani medicine for immunity and holistic wellness, and is actively involved in government committees related to AYUSH and healthcare. He plays a key role in shaping policies, promoting research, and integrating the Unani system of medicine into the national healthcare framework.



**Dr. Kousthubha Upadhyaya
Adviser,
Ministry of Ayush**

Dr. Kousthubha Upadhyaya is a senior official involved in policy, regulatory, and developmental matters related to Ayurveda and the broader AYUSH sector. He supports the Ministry's efforts to upgrade institutions to Centres of Excellence, and takes care of various schemes of Ministry of Ayush including COE, Ayurveda etc and help in shaping the future of Ayush in India and abroad through his visionary research initiatives.

AYURSWASTHYA YOJANA



AYURSWASTHYA Yojana is a Central Sector Scheme by the Ministry of AYUSH, running from 2021-22 to 2025-26, formed by merging two previous initiatives to streamline AYUSH interventions. It has two components: AYUSH & Public Health (PHI), which promotes AYUSH in community healthcare and integrates it into national programs, and Centre of Excellence (CoE), which offers financial support (up to ₹10 crore for three years) to upgrade AYUSH institutions for advanced research, education, technology, and innovation. The scheme focuses on strengthening AYUSH professionals and enhancing the quality of AYUSH healthcare services nationally and internationally.



Inauguration ceremony of Centre of Excellence facility at Jamia Hamdard by Honourable Minister of Ayush Shri Prataprao Ganpatrao Jadhav

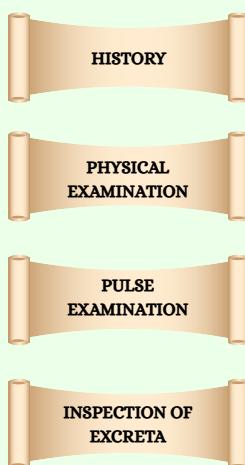


AYUSH & UNANI MEDICINE

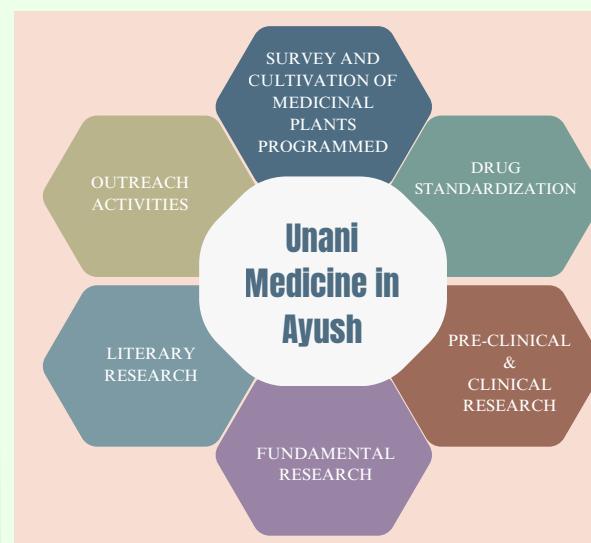
Disease target of Unani Medicine in Ayush

- The Unani System of Medicine defines both health and disease as well as an intermediate state.
- In great majority of illnesses, the disease is basically an imbalance in the normal temperament and also comprises of disorganization and discontinuity of structure. However, these three basic pathologies may exist independently too.

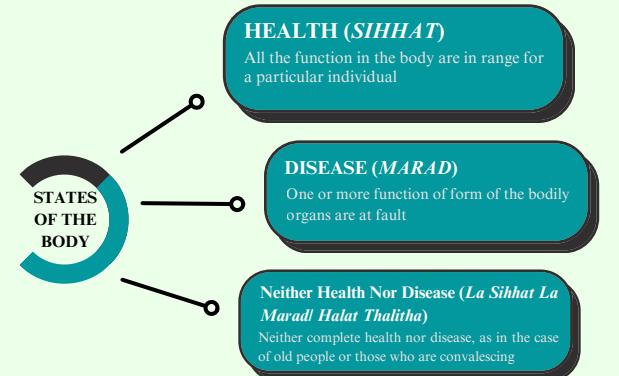
Diagnostics of Unani Medicine



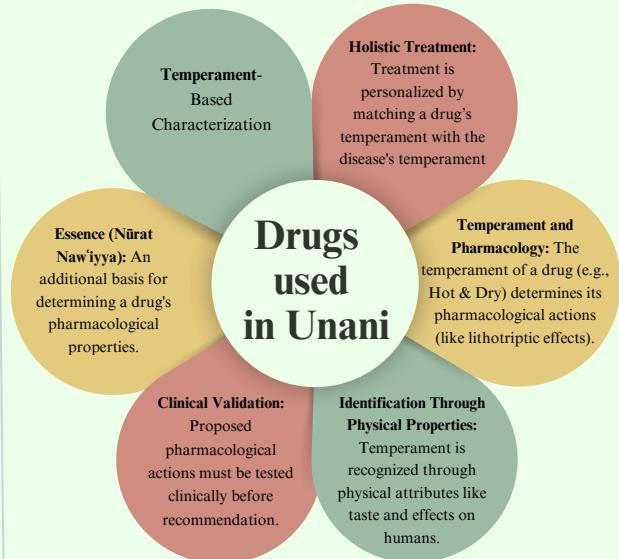
Unani, one of the oldest medical systems, traces its origins to ancient Greece (Unan), rooted in the teachings of Hippocrates (460 BC), the "Father of Medicine." It emphasizes a holistic approach to health, covering preventive, promotive, curative, and rehabilitative care. Initially developed in Arab and Persian regions, Unani medicine was introduced to the Indian subcontinent about a millennium ago, where it flourished and achieved significant scientific advancement. **Central Council for Research in Unani Medicine (CCRUM)** stands out as a significant contributor to the preservation, promotion, and globalization of Unani Medicine.



Modes of Treatment



Drugs in Unani System of Medicine



Principles of Treatment (Usūl-e-Ilāj)

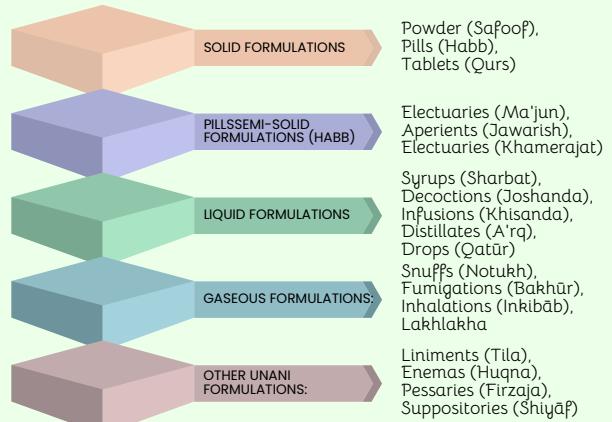


- The Seven Natural Factors (*Umür-e-Tabiyya*), essential factors for the constitution of human body
- The basics of Pathology (*Kulliyat-e-Ilm al-Amrad*)
- The Principles of Diagnosis (*Usul-e-Tashkhis*)
- The Principles of Treatment (*Usūl-e-Ilaj*)



AYUSH & UNANI MEDICINE

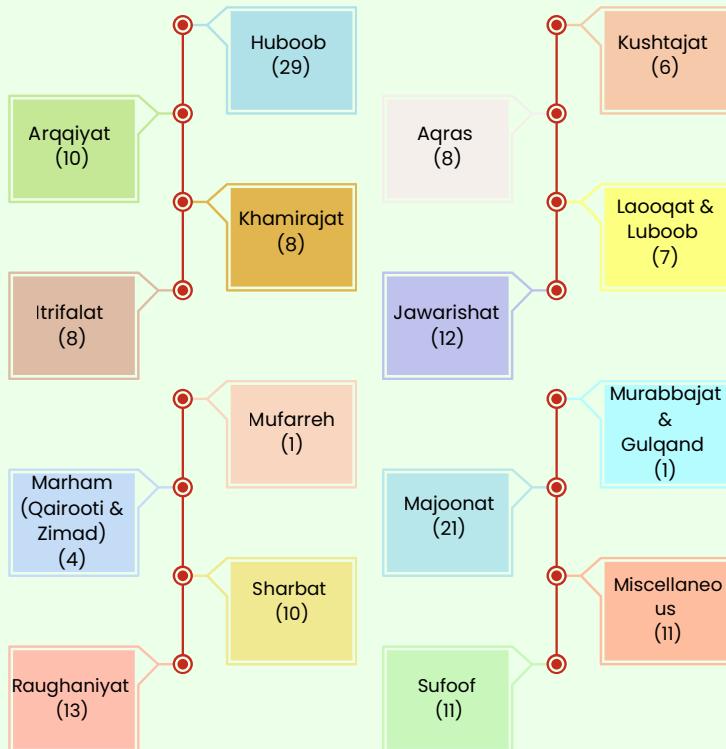
Types of Compound Drug Formulations in the Unani System of Medicine



Essential Drugs List (EDL)

- Promote health equity by ensuring access to effective and safe medicines.
- Guide the procurement, manufacturing, and supply of essential Unani medicines in adequate amounts and appropriate dosage forms.
- Support rational prescribing and use of Unani medicines in public health programs

The EDL ensures consistent access to quality medicines at affordable prices within healthcare systems. Developed through expert consultation, it guides procurement and supply for dispensaries and hospitals, optimizing resource use and enhancing public confidence in healthcare services.



Following are details of National Formularies of Unani Medicine and Unani Pharmacopoeias of India already published:

	Volume	No. of formulations	Year of publications
National formulary of Unani medicine	I.	441	August 1984, (Revised), 2025
	II.	202	1994, Reprinted in August 2007
	III.	103	December 2001
	IV.	166	September 2006
	V.	178	July 2008
	VI.	139	April 2011
Formulary specification of Ayush Safūf-i-Joshānda (Stand-alone)	01		2021
Total		1230	

	Volume	No. of formulations	Year of publications
Unani Pharmacopoeia of India Part- I (Single drugs)	I	45	February 2007
	II	50	February 2007
	III	53	February 2007
	IV	50	August 2007
	V	52	January 2008
	VI	48	June 2009
	VII	40	2022
Total		338	

	Volume	No. of formulations	Year of publications
Unani Pharmacopoeia of India Part-II (Compound formulation)	I	50	September 2009
	II	50	May 2010
	III	50	2016
	IV	50	2019
	Pharmacopoeial Monograph of Ayush Safūf-i-Joshānda (Stand-alone)	01	2021
Total		201	

At present, India is one of the leading nations that practice the Unani system of medicines and has the largest number of institutions that focus on Unani education, research, and healthcare.



Archana
Section Editor



CCRUM IN ADVANCING UNANI MEDICINE



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

National Formulary of Unani Medicine (NFUM):

- ✓ Standardized compilation of Unani formulations.
- ✓ Quality standards for drug manufacturers and practitioners.
- ✓ Revised Part IV of NFUM.

Recent Developments & Ministry of AYUSH:

- Presidential inauguration of international conference.
- Ministry of AYUSH & Minority Affairs grant for Unani facilities.
- Webinars on quality standards.
- Patented technologies transferred to Dehlvi Naturals and Hamdard Laboratories.
- AYUSH market growth.
- New volumes of API and UPI published.
- Pharmacopoeial monographs for *Ayush Kvātha Cūrṇa* and *Ayush Safūf-i-Joshānda*.

CCRUM Overview

- **Established:** 1978
- Apex Governmental Organization for Unani Medicine in India.
- **Focus:** Scientific Exploration, Clinical Research, Drug Standardization, Medicinal Plant Surveys, Literary Research.

Research & Development:

- **Clinical Research:** Studies on various health conditions.
- **Drug Standardization:** SOPs and pharmacopoeial standards.
- **Medicinal Plant Surveys:** Collection, documentation, and digitization.
- **Literary Research:** Translation and standardization of Unani texts.
- **2022:** 35 Intra Mural Research Projects for Drug Standardization initiated. 20 completed, 19 Patents held.
- **Ayush Research Portal:** over 43,000 studies.

Key Initiatives:

- **International Conference:** Innovations in Unani Medicine for Integrative Health Solutions.
- **Studentship Program for Unani Research (SPUR).**
- **Mobile applications and digital platforms.**

Key Data Highlights:

- 43,000+ studies on the Ayush Research Portal.
- 35 Intra Mural Research projects initiated in 2022 and 22 completed.
- 19 patents held by CCRUM.
- ₹12,850 crore in health projects launched.
- Revised Part IV of NFUM.





NCISM

LIST OF UNANI COLLEGES IN INDIA

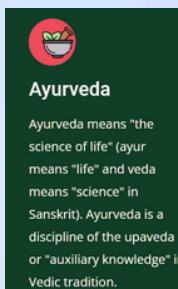


In pursuance of the provisions of National Commission for Indian System of Medicine (NCISM) Act 2020 (14 of 2020), the Indian Medicine Central Council (IMCC) Act 1970 (48 of 1970) has been repealed and all the provisions of the National Commission for Indian System of Medicine (NCISM) has been come into force with effect from the 11th day of June 2021. Under the provisions of section 59 (2) of NCISM Act 2020 the Central Government has constituted the Commission and four Autonomous boards on the same day. Medical standards, requirements and other provisions of the IMCC Act 1970 and the rules and regulations made thereunder shall continue to be in force and operate till new standards or requirements as specified under new act or rules and regulations made thereunder come into force. However, the provisions of concerned regulations which are inconsistent with the provisions of NCISM Act 2020 shall not be applicable.

Vision & Mission

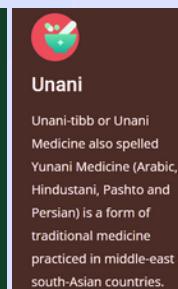
The Aims and objectives of the National Commission for Indian System of Medicine are to –

- Improve access to quality and affordable Ayurveda, Unani, Siddha and Sowa-Rigpa (AUS&SR) medical education
- Ensure availability of adequate and high quality AUS&SR medical professionals in all parts of the country;
- Promote equitable and universal healthcare that encourages community health perspective and makes services of AUS&SR medical professionals accessible to all the citizens;
- Encourage medical professionals to adopt latest medical research in their work and to contribute to research;
- Objectively assess and rate medical institutions periodically in a transparent manner;
- Maintain a National AUS&SR medical register for India;
- Enforce high ethical standards in all aspects of AUS&SR medical services;
- Have an effective grievance redressal mechanism.



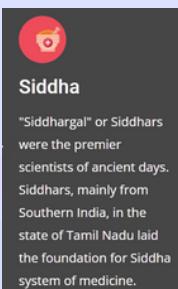
Ayurveda

Ayurveda means "the science of life" (ayur means "life" and veda means "science" in Sanskrit). Ayurveda is a discipline of the upaveda or "auxiliary knowledge" in Vedic tradition.



Unani

Unani-tibb or Unani Medicine also spelled Yunani Medicine (Arabic, Hindustani, Pashto and Persian) is a form of traditional medicine practiced in middle-east & south-Asian countries.



Siddha

"Siddhargal" or Siddhars were the premier scientists of ancient days. Siddhars, mainly from Southern India, in the state of Tamil Nadu laid the foundation for Siddha system of medicine.



Sowa Rigpa

Sowa Rigpa is a centuries-old traditional medical system that employs a complex approach to diagnosis, incorporating techniques such as pulse analysis and urinalysis.

THE TRADITIONAL MEDICAL SYSTEMS LIKE AYURVEDA, UNANI, SIDDHA & SOWA RIGPA COME UNDER THE HEADING OF INDIAN SYSTEMS OF MEDICINE.

NATIONAL INSTITUTE OF UNANI MEDICINE(NIUM)

The National Institute of Unani Medicine (NIUM) is a premier institution dedicated to education, research, and patient care in Unani medicine, functioning under the Ministry of AYUSH, Government of India. It operates its main campus in Bangalore and a satellite campus in Ghaziabad, both serving as important centers for Unani medical services and training.

BANGALORE

Academic and Clinical Facilities

- NIUM Bangalore is a model institute for postgraduate teaching, training, and research in Unani medicine, established in 2004.
- The campus includes an academic block, hospital, library, pharmacy, herbal garden, and residential facilities.
- It offers postgraduate courses (MD/MS) in eight Unani disciplines, such as *Moalajat* (Medicine), *Ilmul Advia* (Pharmacology), *Tahaffuzi wa Samaji Tib* (Preventive and Social Medicine), and *Ilmul Qabalat wa Amraze Niswan* (Obstetrics and Gynaecology).

Patient Care

- The NIUM hospital in Bangalore is a tertiary care center and was the first Unani hospital in India to receive NABH accreditation, ensuring high-quality standards.
- Patient care is available 24/7, and most medical services are provided at minimal or no cost, making Unani healthcare accessible to a broad population.
- Patients report high satisfaction due to the quality of care, accessibility, and affordability.

Recent Development

- NIUM Bangalore has received significant government funding for infrastructure, including a *Vishram Girah* (rest house) for patients' attendants and a skill center for Unani cosmetic care and pharmacy.

GHAZIABAD

Academic and Clinical Facilities

- The NIUM Ghaziabad campus operates as a satellite center, located at Kamala Nehru Nagar, near CBI Academy, Hapur Road.
- The Ghaziabad center focuses on providing Unani consultations and treatments to the local community.
- The center is staffed by qualified Unani practitioners and supports patient care as part of NIUM's broader mission.

Patient Care

- The National Institute of Unani Medicine (NIUM) Ghaziabad operates a comprehensive Outpatient Department (OPD) that sees approximately 800–900 patients daily. The OPD functions from 9:00 AM to 4:30 PM, Monday to Saturday (except second Saturdays and gazetted holidays).
- The Indoor Patient Department (IPD) has recently become operational, with 15 patients currently admitted as of early 2024. The hospital is equipped with 200 beds, making it the largest Unani hospital in North India.

Recent Development

- The institute is set to begin surgeries, expand laboratory services, and launch doctoral programs, positioning itself as a leader in Unani healthcare and innovation in North India.
- The hospital is also preparing to launch its pathology lab and other diagnostic services, enhancing its capacity for comprehensive medical evaluation.

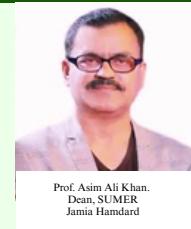


Sana Khan
Section Editor



SUMER

JAMIA HAMDARD



Prof. Asim Ali Khan,
Dean, SUMER
Jamia Hamdard



SUMER (School of Unani Medical Education & Research) is a prestigious school under Jamia Hamdard, New Delhi, dedicated to providing quality education and training in the Unani system of medicine. It is associated with a teaching hospital that supports practical learning and research in Unani medicine. SUMER focuses on preserving and advancing Unani medical knowledge through education, research, and clinical practice.

Jamia Hamdard itself is a deemed-to-be university known for excellence in various fields, including Unani medicine. SUMER is one of its key schools, contributing to the university's status as a Centre for Excellence in Unani Medicine recognized by the Ministry of AYUSH, Government of India.

Majeedia



UNANI HOSPITAL

- Capacity:** 100 beds (general and private)
- Role:** Teaching hospital for SUMER, providing clinical training and research opportunities for students
- Specialties:** Offers care for a wide range of illnesses, including hepatitis, diabetic foot, non-healing ulcers, musculoskeletal and skin diseases, lifestyle disorders (hypertension, diabetes, obesity), and chronic ailments

Special Modalities and Facilities

- Ilaj Biltadbeer Centre (Regiminal Therapy)
- Hijamah (Cupping Therapy)
- Taleeqe (Leech Therapy)
- Fasd (Venesection)
- Bukhoor Therapy (Medicated Steam)
- Hammam (Sauna Bath)
- Nutool Therapy
- Dalak (Massage Therapy)
- Riyazat (Exercise Therapy)

Additional facilities include:

- Emergency Department
- Dental OPD
- Dialysis Unit
- Laboratory (Pathology, Haematology, Biochemistry)
- Operation Theatre and Labour Room

Key Treatments Offered

- Diabetic foot and non-healing ulcers
- Chronic liver disease
- Knee osteoarthritis
- Cervical and lumbar spondylosis
- Infertility (male & female)
- Allergic conditions (e.g., urticaria)
- Digestive and skin disorders (e.g., vitiligo, psoriasis, acne)
- Kidney stones
- Sexual disorders (male & female)

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

Departments and OPDs

The hospital houses several specialized departments and outpatient services:

- Moalajat (Medicine)
- Jarahat (Surgery)
- Amraz-e-Niswan-wa-Qabala (Obstetrics & Gynaecology)
- Atfal (Paediatrics)
- Tahaffuzi-wa-Samaji Tibb (Community Medicine)
- Ilaj-bit-Tadbeer (Regiminal Therapy)
- Ain-Uzn-Anaf-wa-Halaq (Eye & ENT)
- Amraz-e-Jild wa Tazeeniyat (Skin and Cosmetology)

Community and Outreach Activities

SUMER and Majeedia Unani Hospital regularly organize free health camps in various locations in and around New Delhi, including Dwarka, Tughlakabad Extension, Ashok Vihar, and rural areas in Uttar Pradesh. These camps provide health promotion, education, screening, counseling, and preventive healthcare services, especially targeting underprivileged communities. All services, including consultations, therapies, investigations, and medicines, are provided free of charge at these camps.



Yoga is an ancient Indian discipline that integrates physical postures, breathing techniques, and meditation to promote harmony between body, mind, and spirit. The word "Yoga" comes from the Sanskrit root "Yuj," meaning "to unite," symbolizing the union of individual consciousness with universal consciousness. Traditionally, yoga is structured around eight limbs (Ashtanga Yoga), including ethical principles, physical practices (asanas), breath control (pranayama), concentration, meditation, and ultimately, self-realization.

Why Yoga?

Yoga is recognized for its holistic benefits: it helps prevent disease, promotes health, and is especially effective in managing lifestyle-related and psychosomatic disorders such as stress and anxiety. Its practices foster mental clarity, emotional balance, and physical vitality, making it a powerful tool for overall well-being.



Prime Minister Narendra Modi interacts with people after the yoga session, on International Day of Yoga, in Srinagar, on June 21, 2024.

Yoga and Ayush

Yoga is a core pillar within the Ministry of AYUSH, which aims to integrate traditional Indian health systems—including Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy—into mainstream healthcare. The Ministry actively promotes yoga as a means to improve public health, prevent disease, and enhance quality of life. Initiatives like the "Yoga Break" protocol and the inclusion of yoga in workplace wellness programs highlight its importance in the AYUSH framework.

News and Developments in Yoga

10th International Day of Yoga:

On June 21, 2024, the world celebrated the 10th International Day of Yoga with the theme "Yoga for Self and Society." Events were held globally—including large gatherings in places like Kargil—to highlight yoga's role in personal and societal well-being. The day emphasized yoga's power to bring peace and balance in today's hectic world.

Emerging Trends:

- Immersive Yoga Retreats:** Yoga retreats in scenic locations are increasingly popular, offering holistic experiences with meditation, nature walks, and wellness activities.
- Technology-Enhanced Yoga:** Virtual reality yoga, AI-driven personal yoga assistants, and smart yoga mats are making yoga more accessible and personalized.
- Inclusive Yoga:** There is a strong movement toward making yoga accessible for all ages, abilities, and body types, with adaptive classes and body-positive communities.
- Yoga Therapy:** Yoga is being more widely used as a therapy for chronic conditions like high blood pressure and back pain, and as a complementary approach to traditional medical treatments.
- Integration with Ayurveda:** Yoga practices are increasingly being combined with Ayurvedic principles for a more holistic wellness experience.

IMPORTANCE OF YOGA IN AYUSH

Yoga's is vital for several reasons:

- It bridges traditional wisdom with modern wellness needs.
- It offers non-pharmacological, preventive, and therapeutic benefits.
- It supports the Ministry's vision of holistic, accessible, and sustainable healthcare.
- Its global appeal strengthens India's leadership in traditional medicine and wellness.





Regulatory updates

IN AYUSH DRUGS

Key Regulatory Updates in Ayush Drugs

a) The Drugs and Cosmetics Act, 1940 and Rules, 1945

- Ayush drugs, including Unani medicines, are regulated under the Drugs and Cosmetics Act, 1940.
- Rule 158-B specifies the licensing requirements for the manufacture of Ayush drugs.
- Recent amendments emphasize Good Manufacturing Practices (GMPs) and scientific validation for safety and efficacy.

b) The Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954

- The act prohibits misleading advertisements of Ayush drugs claiming to cure diseases like diabetes, cancer, or infertility.
- In 2023, the Ministry of Ayush issued a notification to curb false claims in traditional medicines.

c) Ayush Premium Mark & WHO-GMP Certification

- The Ayush Premium Mark is a quality certification scheme for traditional medicines adhering to international standards.
- WHO-GMP certification is being made mandatory for Ayush exports to ensure global acceptance.

d) Pharmacovigilance and Quality Control

- The **Pharmacovigilance Program for Ayush (PPVAYUSH)** was strengthened to monitor adverse drug reactions and quality concerns.
- Laboratories under Pharmacopoeial Commission for Indian Medicine & Homoeopathy (PCIM&H) standardize Unani formulations.

Key Regulatory Updates in UNANI Medicine

a) National Unani Pharmacopoeia & Standards

- The National Formulary of Unani Medicine (NFUM) has been updated with revised monographs for standardized drug formulations.
- Unani Pharmacopoeia of India (UPI) provides detailed quality parameters for classical and proprietary Unani medicines.

b) Ayush Grid & Digital Health Initiatives

- **E-AUSHADHI Portal** facilitates online licensing, monitoring, and tracking of Unani drug approvals.
- Ayush Research Portal promotes evidence-based research in Unani pharmacology.

c) Integration with Modern Medicine & Research

- Collaborative efforts with ICMR, CSIR, and AIIMS are ongoing for clinical validation of Unani formulations.
- Ayush hospitals and dispensaries have expanded, promoting Unani treatment for lifestyle disorders.

d) Ayush premium mark for international trade

- The Ayush Premium Mark certification scheme, launched by **Quality Council of India (QCI)**, ensures that Unani and other AYUSH products meet international quality and safety standards for export.
- This is particularly important for exporting Unani drugs to Middle Eastern and European markets.



Dr. Yogita Munjal, Deputy Director, Ayush Govt. of NCT of Delhi



Dr. Mohammad Khalid Asstt. Drugs Controller, (Unani) Ayush Govt. of NCT of Delhi



Dr. Vijay Kumar Drugs Controller, Ayush Govt. of NCT of Delhi

The regulation of Ayush (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy) drugs in India is overseen by the Ministry of Ayush and the Central Drugs Standard Control Organization (CDSCO). Over the years, regulatory frameworks have evolved to ensure the safety, efficacy, and quality of these traditional medicines, including Unani formulations.

The regulatory landscape of Ayush drugs, particularly Unani, is evolving towards stricter quality control, global recognition and scientific validation. These reforms aim to integrate Unani medicine into mainstream healthcare while ensuring patient safety and therapeutic efficacy.

NEWS AND UPDATES

1. AYURGYAN Scheme (2021-2026): Approved to promote **education, research, and innovation** in AYUSH through academic activities, training, and capacity building. This scheme supports extramural research and education in AYUSH systems.

2. AYURSWASTHYA Yojana: Provides **financial assistance** to eligible organizations for establishing and upgrading AYUSH functions, facilities, and **research & development** activities under its **Centre of Excellence** component.

3. National Ayush Mission (NAM): Implemented through States/UTs to improve access to AYUSH services by increasing AYUSH hospitals and dispensaries, upgrading facilities, operationalizing AYUSH **Health and Wellness Centres**, and mainstreaming AYUSH at primary and district health centers.

4. Research and Innovation: The **AYUSH Research Portal** hosts over 43,000 studies, including key developments like AYUSH-64 and Kabasur Kudineer used in COVID-19 management.

5. WHO Global Centre for Traditional Medicine (GCTM): India signed an agreement with WHO to establish this center in Jamnagar, Gujarat, with a commitment of US\$85 million, enhancing global traditional medicine promotion.

6. E-AUSHADHI Portal: Digital regulatory system for Unani and other Ayush drug approvals.

7. AYUSH Educational Portal and Digital Learning Platforms: Focus on education lifecycle management and digital collaboration to enhance AYUSH education and training nationwide.

8. Launch of Ayush Suraksha Portal: In June 2025, the Ministry launched the Ayush Suraksha Portal, a centralized platform to monitor and address misleading advertisements and adverse drug reactions (ADRs) related to AYUSH products.



Varsha Srivastava
Section Editor



QUALITY COUNCIL® OF INDIA
Creating an Ecosystem for Quality



UNANI DRUGS MANUFACTURERS ASSOCIATION (UDMA): ADVANCING UNANI MEDICINE


 Janab Hamid Ahmed Sb
 President, UDMA

About

The Unani Drugs Manufacturers Association (UDMA) is a collective body established in 2017 by major Unani product manufacturers from across India. With over 88 member companies, including those producing Sharbats and health supplements under FSSAI, UDMA represents the interests of the Unani industry at national and international levels. Its primary vision is the sustainable development of the Unani sector, safeguarding industry interests, and providing a unified voice for advocacy on government, public, and private platforms.

Key Objectives

- Establishing research centres and institutions for the development of Unani and herbal drugs.
- Promoting the cultivation and quality control of Unani herbs.
- Raising public awareness through seminars, workshops, and health campaigns.
- Collaborating with government bodies and statutory organizations to address regulatory challenges.
- Supporting education by offering scholarships to B.U.M.S. and M.D. (Unani) students.
- Encouraging high standards of manufacturing and quality within the Unani sector.



Conferences & Workshops

UDMA is actively involved in organizing and participating in a range of conferences, seminars, workshops, and awareness programs to advance the Unani system of medicine. Some key activities include:

- Annual UDMA Day:** UDMA celebrates its foundation and achievements through events like UDMA Day, which includes scientific sessions, lectures, and awards for academic excellence among Unani practitioners and students. The 7th UDMA Day featured a comprehensive program with lectures, poster presentations, and recognition of top BUMS graduates.
- International Conferences and Workshops:** UDMA collaborates with leading institutions such as Jamia Hamdard to organize international conferences and national workshops. These events focus on current trends in Unani research, quality and regulatory aspects, modernization of dosage forms, and capacity building for AYUSH professionals. Recent conferences have included sessions on scientific validation, AI in data analytics, and advanced pharmacological screening methods.
- Collaborations and MoUs:** UDMA has signed Memorandums of Understanding (MoUs) with academic and research institutions like the Islamic University of Science and Technology (IUST) to foster research, innovation, and capacity building in Unani medicine.
- Skill Development and CME Programs:** The association organizes Continuing Medical Education (CME) programs and hands-on workshops for practitioners and researchers, focusing on quality control, standardization, and emerging research methodologies in Unani medicine.
- Public Awareness and Health Melas:** UDMA participates in public health outreach activities, including AYUSH Health Melas, to promote Unani medicine and educate the public about its benefits and scientific advancements.



Role in Quality Control and Standardization

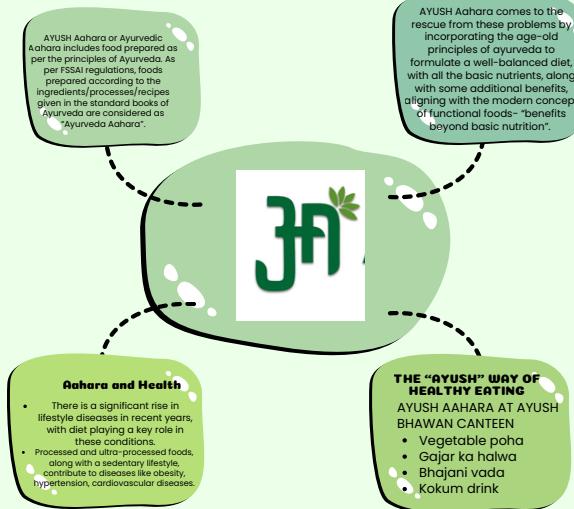
UDMA is committed to advancing quality control and standardization in Unani drug manufacturing. The association advocates for the adoption of advanced analytical techniques to ensure product safety, efficacy, and consistency—aligning with global pharmaceutical standards. This includes promoting rigorous testing for contaminants, standardizing formulations, and integrating modern technologies in production and quality assurance.


 Haseeba
 Ph.D. Scholar, CoE




Ayush AAH ARA

A concoction of Traditional Indian Medicine & Nutrition



FSSAI REGULATIONS

- FSSAI has introduced the Food Safety and Standards (Ayurveda Ahara) Regulations, 2022.
- The aim of these regulations is to ensure production of safe and quality products as well as paving way for the Make in India products in the international market, popularizing the Indian Traditional Medicine systems.
- Ayurvedic drugs, proprietary medicines, products under Ayurvedic formulations, cosmetics, narcotics, and psychotropic substances, herbs mentioned under Schedule E-1 of the Drugs & Cosmetics Act, 1940, metal-based Ayurvedic drugs, bhasma, or pishti, daily use food items such as pulses, rice, flour, and vegetables except when Ayurveda ingredients are added shall not be considered in Ayurvedic aahara.
- Labelling requirements laid down by FSSAI mandate the printing of "AYURVEDA AAHARA" on the package of all such products
- for easy identification by consumers, a logo for Ayurveda Ahara has been given launched on June 7, 2022, by the Minister for Health and Family Welfare. A statutory warning - "Only for dietary use", shall also be printed on the label.
- These products are not recommended for children below the age of 2 years.



Government Initiatives to Promote Ayush Ahara

- Ayush Pavilion at the India International Trade Fair (IITF):** The Ministry of Ayush established an interactive pavilion at the 43rd IITF, showcasing innovative dietary solutions rooted in traditional knowledge. Features included live demonstrations, expert consultations, and recipe exhibitions highlighting the efficacy of Ayush-based nutrition.
- Participation in Poshan Abhiyan:** The Ministry of Ayush actively participates in the Poshan Abhiyan, collaborating with the Ministry of Women and Child Development. Activities include awareness campaigns on Ayurveda for well-being, promoting regional and seasonal foods, traditional diets for maternal and child health, and organizing recipe competitions.
- Introduction of Ayush Mark and Ayush Parks:** The government announced the development of a special Ayush mark to certify the quality of Ayush products. Additionally, plans are underway to establish a network of Ayush parks to promote research, manufacturing, and promotion of Ayush products across the country.
- Ayush Visa Initiative:** A special Ayush Visa category has been introduced for foreign nationals seeking Ayush therapy in India, aiming to boost medical tourism and global engagement with India's traditional wellness practices.
- MoU with the Ministry of Women and Child Development:** The Ministry of Ayush signed a Memorandum of Understanding with the Ministry of Women and Child Development to improve nutrition among adolescent girls through Ayurveda interventions, focusing on anemia control in five districts under Mission Utkarsh.



Ayush Ahara at World Food India, 2024

At World Food India (WFI) 2024, held from September 19 to 21, 2024, at Pragati Maidan, New Delhi, the Ministry of Ayush showcased the significance of Ayush Ahara—dietary products rooted in traditional Ayurvedic principles.

Ayurvedic Food Products



Anshu Ojha
M.Tech, Food Technology
Section Editor



Minnu Saji
M. Tech, Food Technology
Section Editor



CENTRE OF EXCELLENCE

in

Unani Medicine

The **Centre of Excellence in Unani Medicine (CoE UM)** (Pharmacognosy and Pharmacology) is a state-of-the-art research facility at the School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi. CoE UM is **funded by the Ministry of AYUSH, Government of India**, and is dedicated for conducting advanced scientific investigations on Traditional Unani Medicine **Under Ayurswasthya Yojana Scheme**. With ongoing projects worth more than 15 crores, it has successfully acquired modern sophisticated equipment through project grants. Additionally, a vast collection of over 500 costly reference standards and 350 preserved raw materials are invaluable to our research endeavors.



VISION

- To provide highest quality cutting-edge research in the field of traditional Indian medicine especially Unani, encompassing a holistic and integrative approach to healthcare to meet societal needs by utilizing modern concepts of drug development.

MISSION

- Development of a world class accredited laboratory for strengthening of research on AYUSH (Unani) Medicine and Food supplements.
- Development of a Center for Training and Research on AYUSH drugs and food products for their quality control, preclinical evaluation and for certification.
- Development of a Center for excellence in quality analysis of AYUSH drugs for quality product development at par with the global consumer needs.

FACILITIES



- Micro-centrifuge
- Fume Hoods
- Cold Storage (4 °C)
- Upright Microscope
- pH Meter
- Digital Precision Weighing Balance
- Stability chamber
- Tray Dryer
- HPTLC
- GCMS
- Ultrasonicate
- Digital water bath
- Refrigerated Circulating Bath
- Melting Point Apparatus
- Reference standards and marker storage

- Flash Chromatography
- Motic Microscope
- Zebra Fish Facility
- Cell Culture facility
- Supercritical Fluid Extractor
- Fume hoods
- Biosafety Cabinet
- BSL-3 (Biosafety Level 3) Laboratory
- Software Tools: Biorender, Mass Fragmenter, XL-Stat, GraphPad Prism
- Conference Hall with Seating for 80 Attendees Equipped with Digital Audio/Visual Projector and high-definition Video Cameras for presentations and recordings
- On-site cafeteria

Mukta Satsangi
Section Editor



The Centre of Excellence in Unani Medicine (Pharmacognosy & Pharmacology) has marked a significant milestone by launching its PhD program in Traditional Indian Medicine for the first time. This pioneering initiative aims to advance research and innovation in Unani and allied traditional systems, fostering a new generation of scholars dedicated to evidence-based exploration of ancient healing practices.

The program currently enrolls scholars working on diverse topics, such as the development of synergy-based Unani formulations for chronic kidney disease, pharmacological evaluation of traditional compounds, and clinical studies on immunomodulation. This step underscores the Centre's commitment to integrating traditional wisdom with modern scientific rigor, positioning it as a leader in the field of Indian medical sciences.

With the support of an esteemed Board of Studies and a multidisciplinary team of supervisors, the Centre is set to become a hub for cutting-edge research and academic excellence in Traditional Indian Medicine.

BOS Members of CoE UM



Dr. CK Katiyar



Dr. MA Qasmi



Prof. Ubaidullah Khan



Prof. Abdul Wadud



Prof. Asim Ali Khan



Prof. Anwar Hussain



Dr. Mohammad Ahmed Khan

Active PhD Scholars as on Date

PHD IN TRADITIONAL INDIAN MEDICINE



Zehra Khatoon Zaidi
In-Service Candidate Research Scholar
Title
Development of a Unani Formulation for Management of Chronic Rhinosinusitis



Uzma Bano
In-Service Candidate Research Scholar
Title
Development and Pharmacological Evaluation of Unani Formulation for Abdominal Discomfort in Pediatric Population



Jamal Akhtar
MoU Candidate CCRUM Research Scholar
Title
Redesigning, Quality Control and Pharmacological Evaluation of Majoon-e-Dabeed ul Ward: A Classical Unani Formulation



Hammad Ahmed Khan
Regular Research Scholar
Title
Development of Synergy Based Unani Formulation for Chronic Kidney Disease: Quality Control, Preclinical and a Pilot Study



Rishu
Research Scholar

PHD IN INTERDISCIPLINARY SCIENCES



Azhar Jabin
In-Service Candidate Research Scholar
Title
Redesigning and exploration of Lauq katan for Asthma: Using in-vivo, in-vitro and Quality Control Approaches



Shazia Jilani
In-Service Candidate Research Scholar
Title
Pharmacological Evaluation of Majoon-e-Dabeed ul Ward in Non-Alcoholic Fatty Liver Disease (NAFLD)



Shahid Shah Chaudhary
In-Service Candidate Research Scholar
Title
Development of SOP, Quality Control and Pharmacological Evaluation of a Unani Hematitic Formulation: Shrabat Faulad





PAST EVENTS AT COE UM



COE LECTURE SERIES



Dr. Debprasad Chattopadhyay
Former Director ICMR,
Regional Center, Belagavi

Lecture 1



Dr Neeraj Tandon
Former Head, Division of
Medicinal Plants &
Publication and information,
ICMR, New Delhi

Lecture 2



Dr. M Tanwir Athar
Burydha, Al Qasim,
Saudi Arabia

Lecture 3



Prof. Ziyaur Rahman
Dept. of Pharmaceutical
Sciences
Texas A & M University,
United States

Lecture 4



CONFERENCES/WORKSHOPS/TRAINING

International Conference on Scientific Research in Unani Medicine: Current Trends and Approaches (February 21-22, 2024)



National Workshop on Capacity Building of AYUSH Professionals (February 23-25, 2024)



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



5-Day Training Programme on Ayurveda Ahara & Herbal Medicine (July 8-12, 2024)



GAIN Capacity Building Program on Micronutrient Testing in Fortified Edible Oil & Wheat Flour (January 10, 2024)



6-Weeks Summer Industrial Training Program 2024 (June 11-July 19, 2024)





AWARDS & HONOURS



APTI Best Pharmaceutical Scientist Award - 2024 (Dr. Manjusree Pal Memorial Award) to Dr. Sayeed Ahmad by School of Pharmaceutical Education, Jamia Hamdard, New Delhi at 27th Annual National Convention (APTICON 2024), Utkal University, Odisha, India.



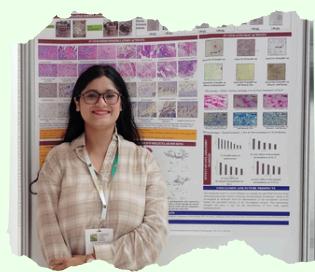
SFE - Young Ethnopharmacologist Award (2024)
- **P.K. Debnath Memorial Award** to Ms. Monalisha Samal for Best Oral Presentation in Ethnopharmacology & Medicinal Plant Research at 11th International Congress of Society for Ethnopharmacology (SFEC 2024), Jammu, India.



1st Prize in Poster Presentation to Mr. Naveen Reddy at 36th Conference of the International Society for Fluoride Research (ISFR) 2024, AIIMS, New Delhi, India.



Best Oral Presentation Award to Mr. Naveen Reddy at 7th Annual Meeting of the Society for Alternatives to Animal Experiments-India (SAAE-India) & 4th Asian Congress for Alternatives to Animal Experiments (ACAAE) 2024, Jamia Hamdard, New Delhi, India.



Travel Grant Award for International Conference on Natural Products Research, Poland (2024) to Ms. Varsha Srivastava by Anusandhan National Research Foundation (ANRF), Govt. of India and Department of Biotechnology (DBT), Govt. of India.

RESEARCH CORNER

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- 4. Indian Patent: Sayeed Ahmad, 2021. An Herbal Formulation for Management of Neurodegenerative Disorders and A Method of Preparation Thereof, Application No: 202111022162, P.2204.IN
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ALUMNI CORNER



MD TANWIR ATHAR, PhD

Asst. Professor,
Department of Pharmacognosy and Pharmaceutical Chemistry,
College of Dentistry and Pharmacy, Buraydah Colleges,
Buraydah, Al-Qassim, Saudi Arabia



Experience at CoE UM

It is a privilege to have completed my BPharm, MPharm, and PhD in Pharmacognosy at Hamdard University, where I conducted my doctoral research in the BNPL laboratory. My PhD work focused on the anti-psoriatic AYUSH formulation, providing in-depth understanding of AYUSH drugs and enhancing my expertise in medicinal plant research and evidence-based herbal formulations. During this journey, I acquired essential tools and techniques fundamental to herbal drug research—skills that have become lifelong assets. I extend my heartfelt gratitude and best wishes to my alma mater, which has given me far more than I ever expected.

-MD TANWIR ATHAR

THE ROLE OF AYUSH & COEUM IN ADVANCING UNANI MEDICINE

Unani medicine, a time-honored system of healthcare rooted in Greco-Arabic traditions, continues to evolve in modern India, thanks to strategic efforts by Ministry of AYUSH and Centre for Excellence in Unani Medicine (CoE UM) Hamdard University. These efforts aim to preserve, validate, and promote this integrative medical science in both national and global contexts. The Ministry of AYUSH plays a central role by providing policy support, research funding, and infrastructure development for Unani medicine. Through its continuous effort, it fosters evidence-based studies and clinical trials, helping to bridge traditional knowledge with modern healthcare standards. Hamdard University, particularly through its CoEUM, stands as a beacon of academic excellence and innovation. The centre offers rigorous training programs, advanced research facilities, and a strong focus on pharmacopeial standardization. Its integration of traditional wisdom with scientific inquiry has contributed significantly to the credibility and global outreach of Unani medicine. Together, AYUSH and CoEUM are not only preserving ancient heritage but also shaping its future. By promoting scientific research, education, and awareness, they are ensuring that Unani medicine remains a viable and respected part of integrative healthcare.



Maqsood Ali, M. Pharm, PhD

Professor & Head of the department
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Experience at CoE UM

As a proud alumnus of Jamia Hamdard, where I completed my B. Pharm, M. Pharm, and Doctorate in Pharmacognosy & Phytochemistry, I am deeply grateful for the department of pharmacognosy invaluable knowledge, mentorship, and opportunities that shaped my career in natural product research, traditional medicines and drug designing. The state-of-the-art facilities, dedicated faculty, and vibrant academic community at School of pharmaceutical education and Research (SPER) from UG level to Doctorate, not only refined my expertise but also instilled a lifelong passion for advancing my research and academia. I am honored to stay connected with my alma mater through the humble and professional guiding touch with my very supportive, beloved Professors (Prof. Sayeed Ahmad Sb and Prof. S. H. Ansari Sb). I look forward to contributing to department's legacy by mentoring future Pharmacognosy scholars and supporting the department, lab (BNPL), and Centre of Excellence (CoE)'s mission through the best available means and resources to drive innovation in healthcare. This beautiful journey always reflects a sense of belongingness to Jamia Hamdard which is always a precious asset to my life.

- MAQSOOD ALI

UNANI SYSTEM OF MEDICINE AND COE

Unani system of medicine, as the approved system under AYUSH ministry, is serving mankind for the treatment of various ailments in India and preventive care with a global recognition. The system is based upon overall physical, mental, and spiritual states of the patient and therapeutically categorized into four major sections to adopt the complete practice. Regimenal therapy ('Ilāj bi'l-Tadbér), Dietotherapy ('Ilāj bi'l-Ghidhā), Pharmacotherapy ('Ilāj bi'l-Dawā') and Surgery ('Ilāj bi'l-Yad). The approach also emphasizes upon the importance of psychiatric treatment ('Ilāj Nafsāné) in the management of various disorders. Apart from the traditional practice, the Unani formulations are supposed to be validated and standardized for a safe utilization. By constantly rising technological advancement the scientific validation of Unani drugs comprises the quality, safety, and efficacy standards as mentioned in the Unani Pharmacopoeia of India (UPI) and CCRUM guidelines. Such validations are attribute of interdisciplinary lab facilities and personnel coordination with advanced analytical, pharmacological, microbiological, and biochemical interventions. Unani medicines with its affordability, accessibility, and minimized adversities make it more ideal to be used for therapeutic concern specially for rural and compromised economic strata of the societies. Centre of Excellence (CoE), Jamia Hamdard funded by Ministry of Ayush, Govt. of India is fully equipped with all facilities which establishes a collaborative MoU with Indian and global organizations to explore the dynamic potential of traditional medicines. As an organization and Unani center of excellence it is a great privilege to embrace holistic health paradigms to serve and lead a great healthy Nation.

ASHWAGANDHA

The Ancient Root with Modern Power

In today's fast-paced lifestyle, we often feel exhausted, or simply out of energy trying to catch up on things. While modern healthcare provides many remedies, some of the most effective solutions have been around for centuries. One such timeless remedy is Ashwagandha, a traditional herb that's gaining renewed attention in the world of natural wellness.

Ashwagandha (*Withania somnifera*) is a small, xerophytic shrub native to the dry regions of India especially in Punjab, Gujarat, Madhya Pradesh, Uttar Pradesh, Maharashtra, West Bengal and Rajasthan. In Madhya Pradesh, Neemuch is the hub of Ashwagandha.

It has been described as a valuable therapeutic plant in great demand in domestic and global markets by the National Medicinal Plant Board (NMPB) and designated as the "Sattvic Kapha Rasayana"- a rejuvenator that promotes longevity, vitality, and overall health in Ayurveda. For centuries, it has been used to ease stress, support sleep, boost energy, and even sharpen the mind.

PRODUCTS RELATED TO *Ashwagandha*

Ashwagandha is not just raw roots- it fuels a vast ecosystem of products:

- Raw and powdered root:** Traditionally used in Ayurveda for decoctions and powders.
- Standardized extracts:** Most common is the KSM-66® extract, standardized to 5% withanolides, used extensively in clinical studies
- Capsules and tablets:** Convenient oral dosage forms containing pure extract or combined formulations with other herbs.
- Tinctures and liquid extracts:** Alcohol or glycerin-based concentrated forms for easier absorption.
- Functional beverages:** Ashwagandha-infused teas, coffee blends, and energy drinks have emerged recently to cater to wellness consumers.
- Cosmetic formulations:** Face creams, oils, and hair care products leverage Ashwagandha's antioxidant and anti-inflammatory properties.
- Powder blends with other herbs:** Frequently combined with turmeric, holy basil (Tulsi), and Brahmi for enhanced adaptogenic and cognitive benefits.

Note: While it's generally safe for most people, it's always best to consult a healthcare provider, especially if you're pregnant, breastfeeding, or on medication.



ASHWAGANDHA EXPORT AND IMPORT: GLOBAL TRADE DYNAMICS

Ashwagandha, prized for its medicinal and adaptogenic properties, has seen a remarkable surge in global trade, especially with rising demand from wellness, pharmaceutical and nutraceutical sectors.

- According to the Indian Ministry of Commerce & Industry (2023), India dominates the export market, accounting for approximately 70% of global Ashwagandha exports. The main export destinations include the USA, Europe (Germany, UK, Netherlands), Japan, and Australia.
- The Global Herbal Products Market Report (2024) states that Ashwagandha root powder, extracts, capsules, and tinctures are the primary forms traded internationally. Export volumes of Ashwagandha root powder from India grew at a CAGR of 12% between 2018 and 2023, reaching over 1200 metric tons annually. Data Bridge Market Research shows that the global Ashwagandha market will grow at a CAGR of 11.4% from 2022 to 2029 and is expected to reach USD 102.7 million by 2029.
- On the import side, countries with limited cultivation capacity, like the USA and Europe, import Ashwagandha mainly for use in dietary supplements. The US International Trade Commission (2023) reports imports valued at over \$20 million annually, with a growing trend of organic and standardized extracts favored.
- China, despite being a major herbal medicine player, imports significant quantities of Ashwagandha raw material, mainly from India and Nepal, driven by increasing interest in adaptogens.

Roots that are brittle, robust, and lengthy have a higher market value. The starchy, brittle roots are highly prized because they are easy to grind into powder and are considered to be the essence of the textural features of commercial Ashwagandha.

Benefits

- Stress and Anxiety Relief:** One of the most researched effects is its ability to lower cortisol, the body's main stress hormone. Clinical trials have shown that people who take ashwagandha regularly often report feeling calmer and more balanced.
- Improved Sleep:** Ashwagandha helps regulate the body's sleep-wake cycle and has shown potential in improving sleep quality in people with insomnia.
- Cognitive Benefits:** Some studies suggest it may enhance memory, focus, and overall brain function, especially during periods of high mental fatigue.
- Boosted Immunity and Energy:** As an adaptogen, it helps the body resist physical and mental stress, leading to more sustained energy and better immunity.
- Other Emerging Areas:** Research is also exploring its role in managing blood sugar levels, thyroid function, and even physical performance in athletes.

Many research studies regarding phytochemical composition and its associated pharmacological activities have already been conducted extensively. At our laboratory, we're focusing on a different—but crucial—aspect of Ashwagandha roots: post-harvest storage. Once harvested and dried, the roots are often stored before they are processed into powders, capsules, or extracts. But how does this storage affect the root's quality? Can surrounding environment and time change its beneficial compounds? Our goal is to help producers and consumers get the most effective and safe form of the herb.

So, the next time you're feeling the weight of a hectic day, remember: the humble ashwagandha root might just have your back.



GLIMPSE OF SHARED MOMENTS

