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Research Projects Completed Successfully in 2021

- 1. As principal investigator successfully completed and submitted a research project (A prospective, interventional, case control study to observe and assess the safety and efficacy of Unani regimen in preventing the progression of severity of the disease in hospitalized SARS-CoV2 tested positive asymptomatic/ mild to moderate symptomatic COVID-19 cases, manage as Govt. of India COVID-19 management guidelines, at a COVID-19 management facility) to CCRUM (Ministry of AYUSH).**
- 2. A clinical study on Ziabetes Shakri Qism Doem (Diabetes Mellitus Type 2) and its Management with Unani formulation, A Randomised Standard Controlled Study.**
- 3. Clinical Study in Gauty Arthritis (Niqris) and efficacy of a Unani formulation in its treatment.**

Ongoing Research Projects

- 1. A clinical study on the management of urinary tract infection (Tadiya-e-majra-e-baul) caused by E. coli with a Unani polyherbal formulation.**
- 2. A clinical study on subclinical hypothyroidism and its management with an extract of Jawarish-e-bisbaasa formulation- A randomised double blind placebo clinical trial.**

3. A clinical study on the management of essential hypertension grade-2 (zaght-uddam qavi ibtidai darja doem) with a Unani polyherbal formulation- a randomised standard controlled clinical trial.
4. A clinical study on the management of primary hypothyroidism with a Unani polyherbal formulation- an open label single arm study.
5. A clinical study on the management of E.coli induced Urinary Tract infection with a Unani polyherbal formulation- a randomised standard controlled trial.
6. A randomised standard controlled clinical trial to evaluate the effect of a Unani polyherbal formulation on ziabetes sukri qism doem (Diabetes Mellitus Type-2).

RESEARCH PUBLICATIONS

1. **“Clinical Evaluation of Naqooh Shahtara in the Management of Type 2 Diabetes Mellitus”** Journal of Ayush, Volume 5, Issue-1, page no. 32-36.
2. **“Blood Purifier: Unique concept of Treatment in Unani System of Medicine for Various Disorders”** International Journal on Biological Science 6(2)105-110 July to December.
3. **“A clinical study on Qooba (Dermatophytosis) and a comparative evaluation of Naqooh shahtara and zimad daad with Fluconazole and Clotrimazole in its Management”** Indian Journal Unani Medicine Vol. VIII issue 3, page no. 132-137.

CME/ CONFERENCES/ ACADEMIC ACTIVITIES

1. Participated as a delegate in the live webinar on **‘Common Ailments in Childhood and Management with Unani Medicine’** organised by A&U Tibbia College, 9th January 2021.

2. Participated in the live webinar on '**COVID-19 FIELD EXPERIENCES**' organised by: the Examining Body for Para-Medical Training for Bhartiya Chikitsa, Delhi, on 15th January, 2021.
3. Participated as a delegate in the live webinar on '**Revising Unani Formulation in Management of COVID-19**' organised by P.G. Department of Ilmul Saidla, A&U Tibbia College, on 16th January, 2021.
4. Participated in the International webinar on World Unani Day, 2021 entitled '**Health Promotion and Disease Prevention in the New Normal through Unani System of Medicine**' organised by Study Unit of Moalejat, Institute of Indigenous Medicine, University of Colombo, on 11th February 2021.
5. Participated as a Delegate in the virtual conference by Ministry of AYUSH, Govt. of India, from 9th to 11th September 2021.
6. Participated in lecture series on Research Methodology by A&U Tibbia College in collaboration with MGAC Wardha on 2nd and 3rd September 2021.
7. Successfully participated in 'COVID-12 training' for government PUHC's, Mty. Homes and Hospitals, Govt. of NCT Delhi.
8. Deputed as a Nodal Officer, Adverse effect of Followinf (AEFI).
9. Deputed as a Unani Dispensary In-charge, A&U Tibbia College and Hospital, Karol Bagh.
10. Deputed as a Member committee for research and development of Unani Medicine in A&U Tibbia College and Hospital, Karol Bagh.
11. Deputed as a Member to manage quarantine facility for COVID-19 in A&U Tibbia College and Hospital, Karol Bagh.
12. Member Medical Board, A&U Tibbia College and Hospital, Karol Bagh.

13. Deputed as Convenor CCIM visitation.

14. Member of Cultural and Sport Committee for faculty events and for exhibition in in Centenary celebration.

AWARDS AND ACHIEVEMENTS

1. Certificate of Achievement, **Hakim Abdul Aziz Khan National Award 2021** for '**Best Unani Physician Award**' on the occasion of World Unani Medicine Day-2021, on 7th February 2021 by Hamara Unani Research And Training Center, Sharanpur.