UNANI MEDICINE IN INDIA
- An Overview

Dr Mohammed Khalid Siddiqui
Director
CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE
Ministry of Health & Family Welfare, Govt. Of India
Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homoeopathy (AYUSH)
Unani Tibb (Medicine) - Science of which we learn the various states of body, in health and when not in health, and the means by which health is likely to be lost and, when lost is likely to be restored.
Historical Perspective

- Origin - Greece
- Hippocrates - Father of Unani Medicine
- Eminent Iranian physicians like Tabari, Rhazes, Majoosi, Avicenna and Jurjani etc.
- Philosophy greatly influenced by thoughts of Iranian physicians - anatomy, physiology and pathology
- Medical school in Jundishapur in 3rd century AD.
- Jundishapur - a mile stone in medical teaching/training for many centuries.
- Scholars translated Greek medical text of Hippocrates and Galen & provided Philosophy of Unani medicine.
- Egypt, Syria, Iraq and Spain – also contributed.
- Unani Medicine in India 13th Century.
- Mughal period - Hay Days.
- Many eminent Unani physicians from Iran and Central Asia settled in India.
- India - the world leader in Unani Medicine
- Popular and practiced in Pakistan, Bangladesh, Malaysia, Indonesia, China, Sri Lanka, Kuwait, Dubai, Saudi Arabia & South Africa etc., with different names.
Salient Features

- Science of health & disease.
- Provides principles of healthy living.
- Based on Hippocratic theory of four humors and temperaments.
- Specific methods of diagnosis
- Eco-friendly practices, therapies and remedies.
- Natural raw materials mainly from plant origin
- Individualized and holistic approach
- Do’s and don’ts related to food
- Preventive, curative, meditation and rehabilitation.
- Comprehensive approach of treatment in non-communicable, metabolic, degenerative, psychosomatic and lifestyle disorders.
## Infrastructure

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Institutionally qualified practitioners</td>
<td>45,000</td>
</tr>
<tr>
<td>Colleges/teaching institutions (Undergraduate -37 &amp; Postgraduate-08)</td>
<td>45</td>
</tr>
<tr>
<td>Admission capacity undergraduate colleges</td>
<td>1435</td>
</tr>
<tr>
<td>Admission capacity P.G. colleges</td>
<td>70</td>
</tr>
<tr>
<td>Drug manufacturing units</td>
<td>453</td>
</tr>
<tr>
<td>Hospitals</td>
<td>177</td>
</tr>
<tr>
<td>Dispensaries</td>
<td>958</td>
</tr>
<tr>
<td>Beds in Government Hospitals</td>
<td>3892</td>
</tr>
<tr>
<td>State Directorates</td>
<td>22 States</td>
</tr>
<tr>
<td>State Boards/Councils of ASU</td>
<td>21 States</td>
</tr>
<tr>
<td>State Boards/Councils of Homoeopathy</td>
<td>22 States</td>
</tr>
<tr>
<td>National and State Medicinal Plants Boards</td>
<td>30</td>
</tr>
</tbody>
</table>
Education & Practice

- Education is regulated by Central Council of Indian Medicine, a statutory body set-up by an Act of Parliament known as IMCC Act of 1970.
- Affiliation to different Universities
- Graduate course of four and half years duration is offered followed by one year internship training - Bachelor of Unani Medicine and Surgery (BUMS).
- Postgraduate courses in 6 subjects of three years duration - M.D (Unani)
- National Institute of Unani Medicine
Good Manufacturing Practices (GMP)

- Good Manufacturing Practices (GMP) for preparing the drugs
- State Licensing Authorities
- Infrastructure of factories.
- Storage of raw material.
- Manufacturing area, machines & processing
- Record keeping
- In-house quality control & quality assurance
- Finished goods store
- Hygienic Working conditions
- PLIM/Drug Testing labs.
Traditional Knowledge Digital Library (TKDL)

- Documentation of traditional knowledge.
- 1,10,000 formulations from 14 Unani classical texts.
- Available in English, Spanish, French, German and Japanese languages in international patent compatible format.
Quality Control of Drugs

- Drug Technical Advisory Board under Drugs & Cosmetics Act 1940 for ASU drugs
- Drugs Consultative Committee
Unani Pharmacopoeia Committee

- Unani Pharmacopoeia Committee
- CCRUM - secretariat for Unani Pharmacopoeia Committee.
- National Formulary Volume-VI
Fundamentals of Unani Medicine

- Unani Medicine - Concept of elementology i.e. groups of four elements, air, water, fire and earth.
- Hippocratic theory of four humours i.e. blood, phlegm, bile and black bile.
- Every physical existence is the combination of above four groups of elements.
- Human body is a microcosm developed with the combination of above groups of elements.
Concept of Immunity & Principles of Treatment

- Healthy state of individual - unique humoral constitution.
- Medicatrix naturae.
- Strengthening medicatrix naturae
- Balancing of disturbed humoral composition by-
  - Diversion of diseased matter
  - Evacuation of diseased matter
- Normalizing the disturbed temperament
- Restoring the weakened faculties of systems, organs, tissues and cells
Modes of Treatment

- **Regimental therapy**
- **Dietotherapy**
- **Pharmacotherapy**
- **Surgery**
Regimental Therapies

- Cupping (Hajamat)
- Leaching (Taleeq)
- Venesection (Fasad)
- Dalak (Massage)
- Hammam (Turkish bath)
- Exercise (Riyazat)

- Diuresis (Idrar)
- Sweating (Tareeq)
- Cauterization (Kai)
- Counter irritation (Imala)
- Purging (Ishal)
- Vomiting (Qai)
Dieto - Therapy

- Dietary irregularities – measure cause
- Dietary regimen
- Principle of eating - two parts for food, one each for water and air.
- Eat only when hungry.
- Dietary restrictions
- Many diseases are treated only by regulating diet.
- Dieto-Therapy
Pharmacotherapy

- Unique temperament of each drug.
- Herbal, mineral & animal origin drugs

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Herbal</td>
<td>90%</td>
</tr>
<tr>
<td>Mineral</td>
<td>5-6%</td>
</tr>
<tr>
<td>Animal</td>
<td>4-5%</td>
</tr>
</tbody>
</table>

- Four potency levels of drugs.
- Single as well as compound formulation
- Special drugs - indicated for particular humoral diseases.
- Special compound preparation - Khamira, Majoon, Tiryaq, Itrifal, Jawarish, Sharbat, Kushta, Tila, Zemad, Decoction, Infusion etc.
- Opposite temperamental drugs - used to counter the humoral imbalance
Areas of Strength (Potentialities)

- Anti-ageing
- Immunomodulatory
- Hepato-protective
- Chronic inflammatory diseases.
- Autoimmune disorders
- Gastrointestinal disorders
- Hepato-billiary diseases
- Sexual disorders.
- Articular and bone diseases
- Psychosomatic disorders
- Neurological disorders
- Skin and blood related diseases.
- Cardio vascular diseases
- Life style and communicable diseases
Research Programme

- Clinical Research
- Pharmacology and safety evaluation
- Validation of Hippocratic fundamentals
- Drug Standardization
- Literary and Medico-historical Research
- Ethno-botanical Survey, Collection, Experimental and Large scale Cultivation of Unani Medicinal Plants
- IEC and HRD programmes
Clinical Research Programme

Pharmacological/Safety Studies

• Reverse pharmacological studies for classical Unani products.

• Clinical trials of Unani drugs are carried out as per WHO guidelines on set protocols in collaboration with modern hospitals/institutions.

• Efficacy and safety evaluation - recorded by Joint Investigators from Modern and Unani discipline.

• Global standards - followed for drug development and standardisation of Unani drugs.

• Pharmacological studies on 120 drugs based on modern pharmacological method.
Diseases on which extensive clinical studies have been undertaken & leads achieved

- Vitiligo
- Eczema/Psoriasis
- Infective hepatitis
- Acid peptic disease
- Bronchial asthma
- Hypertension

- Malaria
- Filariasis
- Diabetes mellitus
- Rheumatoid arthritis
- Sinusitis
- Hyperlipidemia
Some of the Achievements in Clinical Research
Bars (Vitiligo)

- Treated over 1,00,000 patients of Bars (vitiligo)
- Conducted extensive clinical studies on 30,000 cases
- 6 formulations with 60% to 89% efficacy
- Package - includes oral and a topical application
- No side effects recorded
- Incompatible diet - one of causative factor
- Duration of treatment
- Myths
  - Herredo-familial studies - 20%-30% inheritance
  - Gastro intestinal disorders, allergy, worm infestation and use of antibiotics aggravate the disease
Iltehab-e-Tajaweef Anf (Sinusitis)

• Two oral and one drug for inhalation
• The poly herbal formulation - found effective in 6-8 weeks in Radiologically positive cases.
• No side effects
• No relapse.
• Radiological findings
• 78-80% efficacy.
Waja-ul-Mafasil (Rheumatoid Arthritis)

- Multicentric clinical studies of poly herbal Unani formulations in collaboration with modern hospital was conducted on 400 cases.
- Oral drug - administered along with local application on effected joints.
- Efficacy rate - 70-80%
- No side effect
- No gastric irritation and hyperacidity.
- Mobility of the joints - significantly improved.
Zeequn Nafas (Bronchial Asthma)

- Poly herbal Unani drug
- Multicentric trial
- 1200 cases
- 74% efficacy
- Periodicity of the attack - reduced
- Frequency reduced.
Nar-e-Farsi/Dausadaf (Eczema/ Psoriasis)

- 04 formulations (local + oral) studied in different types of Eczema and Psoriasis
- 68%-75% efficacy
- Recurrence 20%-25% cases
- Duration varied with the chronicity of the disease
Response

Before treatment

After treatment
Gul-e-Babuna
(Matricaria chamomilla)

Asgandh
(Withania somnifera)
Some of the Medicinal Plants Used in formulations

Zanjabeel
(Zingiber officinale)

Chadela
(Parmilia perlata)
Turbud sufaid
(*Operculina tupethum*)

Majeeth Irani
(*Rubia cordifolia*)
Sad kufi

(Cyperus rotundus)

Kaifal

(Myrica nagi)
Waj
(Acorus calamus)

Gul-e-Tesu
(Butea monosperma)
Qaranfal
(Syzygium aromaticum)

Narkachoor
(Zingiber zerumbet)
Khulanjan
(Alpinia galanga)

Suranjan Shirin
(Colchicum autumnale)
## Patents (29 drugs) Filed

<table>
<thead>
<tr>
<th>UNIM 05 (Hepatitis)</th>
<th>UNIM 2008 (Capsule Tinkar)</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNIM 270 (Filariasis)</td>
<td>UNIM 2009 (Capsule Musaffi)</td>
</tr>
<tr>
<td>UNIM 005 (Leucoderma)</td>
<td>UNIM 2010 (Qurs e Hza)</td>
</tr>
<tr>
<td>UNIM 304 (Rheumatoid arthritis)</td>
<td>UNIM 2011 (Qurs e Mayyan)</td>
</tr>
<tr>
<td>UNIM 401 &amp; UNIM 03 (Eczema)</td>
<td>UNIM 2012 (Qurs e Masil)</td>
</tr>
<tr>
<td>UNIM 2001 (Capsule Deedan)</td>
<td>UNIM 2013 (Qurs e Mayyan)</td>
</tr>
<tr>
<td>UNIM 2002 (Capsule Habis)</td>
<td>UNIM 2014 (Qurs e Mawwi)</td>
</tr>
<tr>
<td>UNIM 2003 (Capsule Hudar)</td>
<td>UNIM 2015 (Qurs e Maffi)</td>
</tr>
<tr>
<td>UNIM 2004 (Capsule Mubarak)</td>
<td>UNIM 2016 (Qurs e Srfa)</td>
</tr>
<tr>
<td>UNIM 2005 (Capsule Nazla)</td>
<td>UNIM-2017 (Qurs-e-Tursh Mushtahi)</td>
</tr>
<tr>
<td>UNIM 2006 (Capsule Shaqeeqa)</td>
<td>Drug for (Rheumatoid arthritis)</td>
</tr>
<tr>
<td>UNIM 2007 (Capsule Sirus)</td>
<td>Drug for (Gingivitis)</td>
</tr>
</tbody>
</table>
Collaborations with Scientific Organizations

• All India Institute of Medical Sciences, New Delhi
• Vallabh Bhai Patel Chest Institute, Delhi
• Lady Harding Medical College, New Delhi
• Aligarh Muslim University
• Jamia Hamdard, New Delhi
• Deccan Medical College, Hyderabad.
• CSIR
• ICMR
• KGMC Etc.
Unani Medical Centre at Dr. RML Hospital New Delhi

- GOPD and Specialty Clinics
- Average attendance is 250 patients
- More than 4 lakhs patients registered and treated so far.
- Good percentage of referred cases - from Modern Medicine OPDs.
- Higher acceptability of the system and high public appreciation.
- Old age patients - much benefited.
Mobile Clinical Research Programme

• Treatment facilities through Unani Medicine at the door steps of the population in the rural and far flung areas.
• Mobile units visits the adopted pockets twice weekly and provide treatment to the patients.
• 23,00,000 populations covered
• 220 villages covered.
Drugs Standardization Research

- Evolving Pharmacopoeial standards for single and compound Unani drugs
- Developing SOP for compound Unani formulations.
- 250 single drugs
- 300 compound drugs
Literary Research Programme

• Editing, collation, and translation of classical Persian and Arabic manuscripts and rare books of Unani Medicine

• Compilation of books and literature on Unani Medicine in different languages.

• Reprinting of out of print classical Unani books.

• Digitalization of classical Unani books.

• Persian, Arabic, Uzabaki, Thai, German languages – Literature publication
Survey and Cultivation of Medicinal Plants Programme

- Survey of different forest regions
- Collection of information on tribal medicinal folk claims
- Experimental cultivation of important Unani Medicinal Plants
- Large scale cultivation of important medicinal plants
- Data base of 62,500 specimen of Unani Medicinal plants
- A database of 6500 tribal medicinal folk claims and published in 7 volumes
- Agro techniques developed for 25 Unani Medicinal plants some of the native of Egypt such as Atrilal (Ammi majus Linn ), Gulnar Farsi (Punica granatumum Linn), Ustukhudoos
Collection and dissemination of information

• Research and reference library
• 12,000 books
• International and National Seminars
• 40 National and 2 International
• 1650 research papers
Publications

- Hippocratic journal of Unani medicine – half yearly
- Urdu journal Jahan-e-Tib- Quarterly
- Newsletter - quarterly
- Hand book of common remedies in Unani Medicine in 16 languages
- 195 publications including monographs, technical reports, booklets/leaflets.
- CDs/Video documentary/Audio films
Areas of Collaboration

- Educational programmes
- Exchange of information on drug manufacturing technology of Unani medicine.
- Exchange of visitors.
- Setting up of an Institute of collaborative research programme
- Sharing of TKDL database
- Replication of Dr. RML Hospital module
- Unani medicine kit
- Mutual collaboration for export and import of single drugs and compound formulations
- Exchange of manpower
Thanks