Global status of Unani Medicine

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The Unani System of Medicine originated in Greece and introduced in India by Arab and Persian settlers.

Unani Medicine is a synthesis of contemporary systems of traditional medicine in Egypt, Syria, Iraq, Iran, China, India and other far east countries.

This is popular in different part of the world in different names.

- Greeco Arab Medicine.
- Arabic Medicine.
- Tibb-e-Sunnati.
- Traditional Iranian Medicine.
- Eastern Medicine.
- Uighur Medicine.
This system has been defined as:

- “Tibb (Medicine) is the knowledge of states of human body in health and decline in health, its purpose is to preserve health and endeavour to restore it whenever lost.”
  
  “Ibn Sina”

The system is not only limited to the treatment of some symptoms of diseases but has a comprehensive approach for curing the diseases and preservation of health too.

Further this has been divided into:

- **Amali**
  - Theoretical
- **Nazari**
  - Practical
Theoretical part:

**Ilme Umure Tabiya** (Human Biochemistry and Physiology)

**Ilme Tashreeh** (Human Anatomy)

**Ilme Ehwale Badan** (Pathology)

**Ilme Asbabo Alamat** (Etiology & Symptomatology)

**Ilme Advia Wa Dawasazi** (Pharmacology and Pharmacy)
Practical part:

- **Ilme Hifz-e-sehat** (Preservation of Health)

- **Ilmul Ilaj** (Treatment)
  - Ilaj Bil Ghiza
  - Ilaj Bil Dawa
  - Ilaj Bil Yad
  - Ilaj Bil Tadbeer
Ilmul Ilaj (Treatment)

Ilaj bil Ghiza (Dieto-therapy): Before medicinal treatment Unani physicians advise restriction or alteration in daily diet and that should be adjusted according to disease and may wait for few days because some diseases can be cured even by diet so advised and during the treatment specific diets are advised according to disease.
Ilaj bil dawa (Pharmacotherapy): It is again significant that this system is based on crude/whole drug therapy in which active principle of a drug is not isolated but is allowed to co-exist with other natural parts of a plant to counteract the side effects. In this crude drug therapy, in most of the cases, there is no direct attack on the causative organism of the disease but the internal atmosphere of the body is altered due to that the causative organism are dead or become inactive and many herbs acts through immuno modulators of the body by encouraging the defence mechanism of a person.
In Unani emphasis has given on single drug therapy after due consideration of temperament of the drug and patients.

Compound formulations are given as a second choice for synergetic action.

Standardisation and quality control has given an important place in Pharmacy (Dawa sazi) since its beginning to minimise the side effects and toxicity of the drugs.
Infrastructure of Unani System of Medicine in India

- **Courses of Study**
  - Degree course five and Half Year – **BUMS**
  - Post Graduate Courses Three years – **MD /MS (Unani)**

- **UG Colleges – 37**
  - Govt Colleges 09  Pvt.- 26  central University managed-2

- **PG College – 07**

- **National Institute of Unani Medicine. (NIUM) Banglore.** Course started 2004 in 4 discipline in first Phase 2 seats reserved every year for foreign nationals.

- **Admission capacity at UG Level -1525**
- **Admission capacity at PG Level -73**
The PG education is available in following 07 disciplines.

- Unani Pharmacology (Ilmul Advia)
- Medicine (Moalejat)
- Basic Principles (Kulliat-e-Tibb)
- Gynaecology (Amraz-e-Niswan)
- Community medicine (Hifzan-e-Sehat)
- Paediatrics (Amraz-e-Atfal)
- Surgery (Jarahat)
ACHIEVEMENT IN THE CLINICAL RESEARCH

- Diseases undertaken for clinical studies - 30
- Drugs formulation undertaken for screening - 120
- Formulations undertaken for extensive clinical trials - 55
- Single/compound Unani drugs studied for their pharmacological action and safety evaluation - 100
- Formulations/drugs developed for various diseases - 30
- Formulation decoded and studies published - 12
- Formulations filed for Grant of patent rights - 08
DRUGS FILED FOR GRANT OF PATENT RIGHTS

- Rheumatoid Arthritis: 2 drugs
- Bronchial Asthma: 2 drugs
- Infective Hepatitis: 2 drugs
- Malaria: 1 drug
- Gingivitis/Dental Plaque: 1 drug

Total: 8 drugs

DRUGS FINALISED 7 MONOGRAPHS PUBLISHED

- Vitiligo: 6 drugs
- Infective Hepatitis: 1 drug
- Filariasis: 3 drugs
- Guineaworm infestation: 2 drugs
- Total: 12 drugs
DISEASES IN WHICH TREATMENT LEADS ACHIEVED

- Skin diseases – Vitiligo, Eczema & Psoriasis
- Liver disorders – Acute & Chronic Hepatitis
- Musculoskeletal disorders – Rheumatoid arthritis and Osteoarthritis
- Pulmonary disease – Bronchial asthma
- Sinus disease – Sinusitis
- Communicable diseases – Malaria (*P. vivax*) and (Lymphatic)
  - Filariasis
  - Dental disease: Gingivitis

STUDIES FINALISED AND DATA UNDER PROCESS FOR PATENTING

- Eczema/Psoriasis
  - 3 drugs
- Sinusitis
  - 3 drugs
- Infective Hepatitis
  - 3 drugs
- Leucorrhoea
  - 1 drug
- Infantile Diarrhoea
  - 1 drug
- Diabetes Mellitus
  - 1 drug
<table>
<thead>
<tr>
<th>Institution</th>
<th>Research Focus</th>
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<tbody>
<tr>
<td>Deptt. of Malaria MC Chennai</td>
<td>Clinical trials on Malaria</td>
</tr>
<tr>
<td>Stanley Govt. Med. College, Chennai</td>
<td>Clinical trials on Filariasis, Malaria</td>
</tr>
<tr>
<td>Centre of Liver</td>
<td>Clinical pharmacological</td>
</tr>
<tr>
<td>Diseases Deccan Med.</td>
<td>Study on Infective Hepatitis</td>
</tr>
<tr>
<td>Taramani Hospital &amp; Res. Centre, Chennai</td>
<td>Clinical study on Hepatitis-B</td>
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<tr>
<td>Osmania Gen. Hospital Hyderabad</td>
<td>Clinical study on Duodenal ulcer</td>
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<tr>
<td>Himalayan Institute of Med. Sci., Dehradun</td>
<td>Comparative trials on Vitiligo</td>
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<tr>
<td>Deptt. of Dermatology Gandhi Medical College,</td>
<td>Clinical trials on Eczema</td>
</tr>
<tr>
<td>Bhopal</td>
<td>Clinical trials on Diabetes mellitus</td>
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<tr>
<td>Deptt. of medicine, Gandhi Med. College Bhopal</td>
<td>Clinical trials on Bronchial asthma.</td>
</tr>
<tr>
<td>Deptt. of Pharmacology V.B. Patel Chest Institute</td>
<td>Standardisation and to develop Bio active molecule of Unani Med.</td>
</tr>
<tr>
<td>CSIR New Delhi</td>
<td>Drug development on vitiligo etc.</td>
</tr>
<tr>
<td>ICMR ,New Delhi</td>
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</table>
Drug Standardisation

- Evolved Standards 222 single drugs
- Monograph 122 Single drugs (incorporated in UPC)
- Evolved standards 385 Unani Compound formulations
- Chemical studies conducted on 113 medicinal plants
- Active compound isolated from Unani plants 50

Literary Research

- Published translation of important manuscripts and classical Books 46
- Compiled 20 book/brochures on Unani Medicine/Medicinal Plants in Eng./Urdu/Hindi/and other regional languages

Survey and Cultivation of Medicinal Plants

- Council has six survey and cultivation of Medicinal plants Units attached with RRI and CRI Council

IEC (Information, education and communication)

- Promote awareness about the potential of Unani medicine in promotive and preventive health care.
<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
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<tbody>
<tr>
<td>Registered Medical practitioners</td>
<td>43,000</td>
</tr>
<tr>
<td>Licensed Pharmacies</td>
<td>453</td>
</tr>
<tr>
<td>Unani Dispensaries in CGHS</td>
<td>10</td>
</tr>
<tr>
<td>State Unani Dispensaries</td>
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<tr>
<td>Govt</td>
<td>1109</td>
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<tr>
<td>Others</td>
<td>42</td>
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<tr>
<td>Unani Hospitals</td>
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</tr>
<tr>
<td>Govt</td>
<td>50</td>
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<tr>
<td>Others</td>
<td>24</td>
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</table>
UNANI FORMULARY AND UNANI PHARMACOPOEIA

Published ___ National Formulary of Unani Medicine (NFUM), Part-I 441 formulations English

Published _____ NFUM, Part-I 441 formulations Urdu.

Published _____ NFUM, Part-II 202 formulations in English.

Published _____ NFUM, Part-III 103 formulations in English.

Published _____ NFUM, Part-IV 166 formulations in English.

Published _____ Unani Pharmacopoeia of India (UPI), Part-I, Vol. I 45 monographs of single drugs.

UPI part II & III 105 monograph on single drugs.

(Under publication)
Global Status

- **Bangla Desh**: Five years degree course in Unani Medicine recognised by the University of Dhaka and other University.

- **Pakistan**: Four years degree course and diploma course in Eastern medicine and P. hd in Eastern medicine.

- **Srilanka**: Five years degree course in Unani medicine at Institute of indigenous medicine University of Colombo Srilanka
- **Iran**: Practice allowed as traditional Iranian Medicine. Traditional Medicine and Materia Medica Research Centre (TMRC) established at Shaheed Beheshti University of Medical University, Tehran Iran.

- **Saudi Arabia (KSA)**: Centre of traditional Medicine at Ministry of Health Riyadh

- **Kuwait**: Centre of Islamic Medicine Kuwait

- **UAE Govt.**: has allowed graduate and post graduate of Unani Medicine as practitioner after qualifying a Test
China  Degree Course in in Uighur Medicine (Greeco Arab Medicine) at Xinjiang Uighur Medical College and Research Centre. West Beiging Road, Khotan City, Xinjiang China.

U.K  Diploma in Eastern medicine at Mohsin Institute of Tibb, Leicester U.K

South Africa  Two years diploma course in Unani Medicine for Health providers like nurses etc.

Five years degree course (Bachelor of Unani Tibb Medicine (BUTM). Awarded by the University of the western Cape. Cape Town after one year intern-ship a Registered as practitioner.
Thank you

Best Wishes for Health

and

Health through Unani Medicine