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Past Experience Detail:

Lecturer: Department of Physiology  
Kashmir Tibbia College, Hospital & Research Centre (5<sup>th</sup> Oct, 1999 – 31<sup>st</sup> May, 2000)

Medical Officer

Health Services, Government of Jammu and Kashmir (20<sup>th</sup> Dec, 2001-30<sup>th</sup> March, 2003)

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Kashmir Tibbia College, Hospital & Research Centre, Kashmir

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Clinical Registrar: Majeedia Unani Hospital (29<sup>th</sup> May, 2012-20<sup>th</sup> Jan, 2014)

Total Experience: .....

Publications List: From January 2018 to till date

1. Therapeutic Potential of *Evolvulus alsinoides*, Siraj MB, Khan AA, **Jahangir U\***, Journal of Drug Delivery and Therapeutics. 2019; 9(4-s):696-701 <http://dx.doi.org/10.22270/jddt.v9i4-s.3302>
2. Cupping therapy a treatment modality in knee osteoarthritis pain management. Uzma Parveen, **Umar Jahangir**, Roohi Azam, Bibhu Prasad Panda and Mohd Maaz; The Pharma Innovation Journal. 2018; 7(7): 700-704.
3. Efficacy of Sankhaholi (*Evolvulus alsinoides* Linn.) In the management of essential hypertension: a randomized standard control clinical study. Khan QA, Khan AA, Jabeen A, **Jahangir U** and Parveen S: Int J Pharm Sci & Res 2019; 10(7): 3467-73. doi: 10.13040/IJPSR.0975-8232.10(7).3467-73.
4. Safety evaluation of Maghz-e-Jamun (*Eugenia jambolana*) in Prediabetes - A Randomized Placebo Controlled Study. Shagufta Parveen, Asim Ali Khan, **Umar Jahangir**, Qamar Alam Khan; Research & Reviews: Journal of Herbal Science. 2019; 8(2): 19–27p.
5. Alteration in asbabe-sitta-zaruriyah (six essential pre-requisite for maintaining health) to prevent intithār al-sha ‘r (telogen effluvium): an insight. Y Ahmed, SS Jamil, **U Jahangir\***, FJ Ahmad: Journal of Drug Delivery and Therapeutics 2019; 9 (1), 318-322.

6. Siris (albizzia lebbeck (L.) benth.) in view of unani and contemporary pharmacology. Samreen Khan, Yasmeen Shamsi, **Umar Jahangir\***: International Journal of Green Pharmacy (IJGP) 2018; 12 (02)
7. Pyridinoline: A narrative biomarker for osteoarthritis. Uzma parveen, Mohd maaz, **Umar Jahangir\***, Roohi azam and Bibhu Prasad panda: The Pharma Innovation Journal 2018; 7(6): 136-140.
8. Cupping therapy a treatment modality in knee osteoarthritis pain management. Uzma Parveen, **Umar Jahangir**, Roohi Azam, Bibhu Prasad Panda and Mohd Maaz: The Pharma Innovation Journal 2018; 7(7): 700-704.

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