

Dr. Umar Jahangir

G-53, Wisdom Academy, First Floor, Shaheen Bagh, Jasola-Kalindi kunj Road, New Delhi, India.110025

+91 8285684500, +91 8766301609

umar@jamiyahamdard.ac.in; umar_jehangir@doctor.com; drumar.jahangir@gmail.com

An academican, senior Unani physician, and researcher with over 20plus years of experience in teaching, clinical practice, and research. Currently serving as Head and Associate Professor in the Department of Amraze Jild wa Tazeeniyat at Jamia Hamdard, New Delhi. My expertise includes Unani dermatology, regimenal therapies such as Hijamah and Irsal-i-Alaq, and clinical research methodology. Contributed extensively to evidence-based Unani medicine through numerous clinical trials, research publications, and postgraduate thesis supervision. Actively involved in NAAC accreditation, academic audits, and curriculum development. Recognized by CCRUM, Quality Council of India and NCISM as an expert. Work focused on integrating classical Unani principles with modern scientific approaches.

Work Status (present)

Head: Department of Amraze Jild wa Tazeeniyat, School of Unani Medical Education and Research, Jamia Hamdard (30th March, 2022- present)

Associat Professor: Department of Amraze Jild wa Tazeeniyat, School of Unani Medical Education and Research, Jamia Hamdard (27th January, 2022-present)

Assistant Proctor: Jamia Hamdard (March, 2019-Feb 2021) and January, 2022 to till date

Co-ordinator: Innovation and Entrepreneurship Development cell, School of Unani Medical Education and Research, Jamia Hamdard

Member :

Core Committee for preparation of fourth cycle of NAAC assessment and accreditation

Co-ordinator, Academic Audit Committee for SUMER, Jamia Hamdard (Feb 2021-Feb 2023)

Admission Committee (2020-2021)

Admission Committee (2018-2019)

Curriculum and Syllabus Preparing Committee for Introductory Short term Course for Forigen Nationals in Sep 2019

Work Experience

Assistant Professor: Department of Amraze Jild wa Tazeeniyat, School of Unani Medical Education and Research, Jamia Hamdard (21st Jan, 2014- 26th Jan, 2022)

Job duties include:

Guiding MD scholars in designing research protocols as well as thesis work and paper writing.

Carrying out independent OPD, conducting clinical bed side demonstrations as well as theory classes, pathology practicals and teaching Unani Medicine.

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

School of Unani Medical Education and Research, Jamia Hamdard

Job duties include:

IPD as well as OPD duties, conducting clinical bed side and pathology classes.

Reader: Department of Moalajat (5th Aug, 2007- 28th May, 2012)

Kashmir Tibbia College, Hospital & Research Centre, Kashmir

Job duties include:

Incharge Clinical Research and Regimenal Therapy Department

Acknowledged Expert in regimenal Therapy by University of Kashmir

On hand training in Regimenal Therapy to students,

Delivering lectures to students on medicine, conducting specialist OPD besides performing various regimens in associated hospitals

Senior Lecturer: Department of Moalajat (5th Aug, 2005- 4th Aug, 2007)

Kashmir Tibbia College, Hospital & Research Centre, Kashmir

Job duties include:

Delivering lectures, grading and assessing

OPD and IPD duties

Lecturer: Department of Moalajat (1st April, 2003-4th Aug, 2005)

Kashmir Tibbia College, Hospital & Research Centre, Kashmir

Job duties include:

Delivering lectures, grading and assessing students

OPD and IPD duties

Medical Officer: Health Services, Government of Jammu and Kashmir (20th Dec, 2001-30th March, 2003)

Job duties include:

Conducting OPD, implementing programmes such as RCH and Pulse polio, management and administration of health centre.

Lecturer: Department of Physiology

Kashmir Tibbia College, Hospital & Research Centre (5th Oct, 1999 – 31st May, 2000)

Job duties include:

Delivering lectures, grading and assessing students

OPD and IPD duties

Health Investigator: National Family Health Survey II (Feb 1999-May 1999)

Qualification

Doctor of Medicine (**M.D**) in **Moalajat (Medicine)** (2008-2011)

Jamia Hamdard, Hamdard Nagar, New Delhi

Involving:

OPD and IPD duties

Preparation of Research protocol for clinical research.

Standardizing the drugs including TLC and HPTLC

Conducting clinical trial on drug

Performing various regimens on patients

Bachelor of Unani Medicine and Surgery (1993-1999)

Jamia Hamdard, Hamdard Nagar, New Delhi

Certificates

Blood lead testing: National centre for environmental health; Centre for Disease Control and Prevention, USA. (1999) at IIPM, Mumbai.

Training for health investigator for NFHS-II: International Institute for Population Sciences, Mumbai. (1999).

Awards

Hakeem Abdul Hameed Best Teacher Award, conferred by the National Integrated Medical Association (NIMA), Uttar Pradesh Chapter on the occasion of National Unani Day 2025 (27 February 2025).

Other Achievements

- Successfully completed Training for Trainers on Entrepreneurship Development from 22 to 26 April, 2024 organized by ni-msme, Hyderabad sponsored by NCISM, New Delhi
- Appointed as Observer by President, Medical Assessment and Rating Board for ISM, National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India for visitation of ASU colleges for grant of permission session 2023-24 and 2024-25.
- Appointed as Visitor by President, Medical Assessment and Rating Board for ISM, National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India for visitation of ASU colleges for grant of permission session 2023-24 and 2024-25.
- Expert in preparing protocol and conducting clinical trials.
- Acknowledged Expert in cupping therapy by CCRUM, Department of AYUSH.
- Conducted training of officers of RRIUM, Badrak in Cupping therapy at RRIUM, Badrak, Orisa.
- Conducted Clinical Research on life style disorders as Principal Investigator (Trial no. NCT 01332747 at clinicaltrials.gov)
- Conducted two months (August-september) vocational training course in regimenal therapy on behalf of Kashmir Tibbia College, Hospital & Research Centre organized by directorate for life long learning, University of Kashmir. (August-september) 2012
- Proficient in Thin Layer Chromatography

- Proficient at MS Word, Excel, PowerPoint, Biostatistical softwares such as Graphpad and SPSS
- Outstanding team spirit and excellent communication skills have helped in making excellent team and achieving goals higher than those expected.
Proficient at English, Urdu Hindi and Kashmiri.

Research Projects

- Ministry of AYUSH, Government of India sponsored project entitled, "Clinical evaluation of a Unani formulation as adjuvant therapy/add-on therapy simultaneously with the allopathic treatment (regimen specific) in the Covid-19 patients" under EMR scheme as Co-PI.

Supervision/Co-supervision of MD Thesis work

- Evaluation of efficacy and safety of Irsal-i-Alaq (Leeching) in the management of Waja-al-Rukba (Knee Osteoarthritis) – Submitted and accepted. (2014-2017)
- Clinical Evaluation of Unani Formulations in the management of Busoor Labniyah (Acne Vulgaris) – Submitted and accepted. (2015-2018)
- Clinical evaluation of Hijamah-Bil-Shart (Wet cupping) in Waja-al-rukba (Knee osteoarthritis) - Submitted and accepted. (2015-2018)
- Clinical evaluation of Qust (*Saussurea lappa*) and Afsanteen (*Artemisia absinthium*) in the management of Chronic hepatitis B on Immunological Parameters – Submitted and accepted. (2016-2019)
- Clinical Evaluation of hydro-alcoholic extract of *Evolvulus alsinoides* Linn. On biochemical markers in the management of Essential Hypertension - Submitted and accepted. (2016-2019)
- Clinical study on comparative evaluation of Unani formulation in the management of Huzaz (Dandruff) - Submitted and accepted. (2016-2019)
- Clinical study on the efficacy of Javetri (*Myristica fragrans*) in dyslipidemia-pre and post observational analysis- ongoing
- Clinical study for the evaluation of efficacy and safety of Unani formulation in the management of cirrhosis of Liver. - ongoing.
- Randomized Double Blind Placebo Controlled Clinical study to Evaluate the Efficacy of Darchini (Cinnamoum Zaylanicum Blume.) in the management of Dyslipidiema. - ongoing
- Prevalence of knee osteoarthritis and efficacy of *Hijamah bila Shart* in its management: a hospital based study. Submitted and accepted
- Nephroprotective potential of Gul-e-Banafshah (*Viola odorata* Linn.) against Gentamicin induced nephrotoxicity in rats. - ongoing

Faculty Development Programmes

- One Week "Capacity building "Entrepreneurship Development" from 22 April 2024 TO 26 April 2024 sponsored by NCISM at National Institute for Micro, Small and Medium Enterprises (ni-msme), Hyderabad

- One week course on Research Methodology organized by UGC, Human Resource Development Centre, Jamia Millia Islamia, New Delhi from 5th to 11th December 2019
- One week continuing medical education (CME) programme on Moalajat for teachers organised by Department of Moalajat (Medicine), State Takmeel-ut- Tib college and hospital Lucknow, UP sponsored by Ministry of AYUSH, Govt. of India from 12th -17th November 2018.
- Managing Stress and Personality Deficits through Skill Development, organized by Internal Quality Assurance Cell (IQAC), Jamia Hamdard on 25th Feb 2016
- One day workshop on Framework of Multiple Choice Questions (MCQ's) organized by All India Institute of Ayurveda, new Delhi on 2nd May 2018
- Faculty Development Programme on Whole Brain Classroom and Modern Dynamics and Pedagogy organized by Internal Quality Assurance Cell (IQAC), Jamia Hamdard on 8th May 2018

Papers Published

1. Physico-chemical and Phyto-chemical Standardization of Gul-e- Banafshah (Flowers of *Viola odorata* Linn.). Wahab, A., Siddiqui, A., Jahngir, U., Kirmani, A., Jamal, A., & Javaid, R. (2026). *Bangladesh Journal of Medical Science*, 25(1), 62–67. <https://doi.org/10.3329/bjms.v25i1.86404>.
2. Physiological effect of cupping: Case series, *Journal of Bodywork and Movement Therapies*. Shaista Urooj, Ayesha Umar, **Umar Jahangir**; Volume 42, 2025, Pages 1025-1030, ISSN 1360-8592, <https://doi.org/10.1016/j.jbmt.2025.03.016>.
3. Mechanistic insights into novel cyano-pyrimidine pendant chalcone derivatives as LSD1 inhibitors by docking, ADMET, MM/GBSA, and molecular dynamics simulation. Amisha Gupta, Darakhshan Parveen, Faizul Azam, M. Shaquiquzzaman, Mymoon Akhter, Mariusz Jaremko, Abdul-Hamid Emwas, Mohammad Ahmed Khan, Suhel Parvez, Suruchi Khanna, Rituparna Palit, **Umar Jahangir**, M. Mumtaz Alam, *Biochemistry and Biophysics Reports*, Volume 41, 2025, 101937, ISSN 2405-5808, <https://doi.org/10.1016/j.bbrep.2025.101937>.
4. Physicochemical Characteristics and High-performance Thin-layer Chromatography Fingerprinting of Unani Pharmacopeial Formulation Habb-e-Tabashir. Fatima, Suhail; Anees, Saman; Parveen, Rani; Urooj, Shaista; **Jahangir, Umar***. *Hippocratic Journal of Unani Medicine* 19(3):p 108-115, Jul–Sep 2024. | DOI: 10.4103/hjum.hjum_55_25.
5. Standardization and High-performance Thin-layer Chromatography Fingerprinting of Unani Formulation Habb-e-Zahar Mohra. Fatima, Suhail; Anees, Saman; Parveen, Rani; **Jahangir, Umar**. *Hippocratic Journal of Unani Medicine* 19(2):p 64-70, Apr–Jun 2024. | DOI: 10.4103/hjum.hjum_54_25.
6. Clinical Evaluation of Unani Formulations as Adjunct Therapy/Add-on Therapy Simultaneously with the Allopathic Treatment (Regimen Specific) in COVID-19 Patients. Fatima, Suhail; Anees, Saman; Parveen, Rani; Urooj, Shaista; **Jahangir, Umar**. *Hippocratic Journal of Unani Medicine* 19(1):p 25-31, Jan–Mar 2024. | DOI: 10.4103/hjum.hjum_48_25.

7. Evaluation of the efficacy of hydro-alcoholic extract of *Evolvulus alsinoides* L. for the treatment of primary hypertension—A randomized controlled trial. Mantasha Bintah Siraj, Asim Ali Khan, **Umar Jahangir**, Ayshah Hashimi, Yasmeen Ahmad, Nazim Husain: *Journal of Ethnopharmacology*; 2024; 323; 117661. doi: 10.1016/j.jep.2023.117661. Epub 2023 Dec 28. PMID: 38159824.
8. Therapeutic Importance of Sumbul-ut-Teeb (*Nardostachys jatamansi* DC). Nuzhat Praween, Azhar Jabin, **Umar Jahangir**, Roohi, Bashir, Rasikh Javaid: *Research & Reviews: Journal of Unani, Siddha and Homeopathy*; 2023; 10(1): 10–17.
9. Comparative efficacy of Safoof e Muhazzil and its compressed tablets on parameters of weight reduction. **Jahangir U**, Khan AA, Kapoor P, Jalees F and Urooj S: *Int J Pharm Sci & Res* 2023; 14(6): 2977-83. doi: 10.13040/IJPSR.0975-8232.14(6).2977-83
10. Prospective Role of Unani Pharmacopeial Formulation Safoof Hijrul Yahood in Preventing Recurrence of Nephrolithiasis: An Open Labeled Clinical Study. Arjumand Shah, Huma, Arsheed Iqbal, **Umar Jahangir**, Kausar Shah, Sabia, Arif H Hanga, Shaista Urooj and TA Rafiqi. *Asian J Biol Life Sci.* 2023;12(1):144-50
11. A Quinquennial Review of Potent LSD1 Inhibitors explored for the treatment of different Cancers, with special focus on SAR studies. Sheikh KA, Iqbal A, Alam MM, Akhter M, Khan MA, Ehtaishamul Haque S, Parvez S, **Jahangir U**, Amir M, Khanna S, Shaquiquzzaman M. *Curr Med Chem.* 2023 Jan 30. doi: 10.2174/0929867330666230130093442. Epub ahead of print. PMID: 36718063.
12. Fatty Liver Disease: A Holistic Concept and Management in Unani System of Medicine. Azam, Roohi; Jabin, Azhar; Jeelani, Shazia; Nisar, Shubrin; **Jahangir, Umar**. *Fatty Liver Disease: Hippocratic Journal of Unani Medicine* 17(3):p 72-76, Jul–Sep 2022. | DOI: 10.4103/hjum.hjum_18_25
13. Efficacy of Unani Combination Therapy in the Management of Acne Vulgaris: A Randomised Standard Controlled Study. Khan S, Shamsi Y, **Jahangir U**, Manjhi M, Akhtar MW. *Chettinad Health City Med J.* 2022;11(3):10-16
14. Identification of the vulnerable section among the service class and the modes adopted for resilience. Anirban Rej, Shaista Urooj, Ananya Bhattacharyya, Arindam Rej, **Umar Jahangir**;** Hippocratic Journal of Unani Medicine, Oct-Dec 2021, Vol. 16 No. 4, Pages 63-78.*
15. Dyslipidemia from Unani prospective and its management with Safoof e Muhazzil: An update. Shaista Urooj, **Umar Jahangir***, Mohammad Maaz, Roohi Azam, *Phytomedicine Plus*, 2021: 1(4). <https://doi.org/10.1016/j.phyplu.2021.100103>.
16. Effectiveness of unani regimen in management of over active bladder: An open labelled, single arm clinical study. Urooj S, Shah A, Huma, Shah K, Ara N, Goswami A, Sultana S, Rej A, **Jahangir U***, *Journal of Drug Delivery and Therapeutics.* 2020; 10(5):293-300.
17. An old adage management perspective for dandruff. Ahmed Y, Shakir SJ, Hashimi A, Bintah MS and Jahangir U: *Int J Pharm Sci & Res* 2020; 11(6): 2557-65. doi: 10.13040/IJPSR.0975-8232.11(6).2557-65.
18. Safety evaluation of Maghz-e-Jamun (*Eugenia jambolana*) in Prediabetes -A Randomized Placebo Controlled Study. S Parveen, AA Khan, U Jahangir, QA Khan; *Research & Reviews: Journal of Herbal Science* 2019 8 (2), 19-27.

19. Therapeutic Potential of Evolvulusalsinoides; Siraj MB, Khan AA, **Jahangir U***, Journal of Drug Delivery and Therapeutics. 2019; 9(4-s):696-70.
20. 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.
21. Evolvulus alsinoides: A potential antihypertensive herb. MB Siraj, AA Khan, U Jahangir, A Hashimi, Y Ahmad, TANG [HUMANITAS MEDICINE] 2019; 9 (4), 1-1.
22. Rosa Damascene Mill. (Rose): A versatile herb in cosmetology. Yasmeen Ahmed, S.Shakir Jamil, Ayshah Hashimi, Mantasha Binth Siraj , Umar Jahangir, TANG [HUMANITAS MEDICINE] 2019; 9 (4), 2.1-2.4.
23. One for All-Artemisia absinthium (Afsanteen). Ayshah Hashimi, Mantasha Binth Siraj, Yasmeen Ahmed, Md. Akhtar Siddiqui, **Umar Jahangir***: TANG [HUMANITAS MEDICINE] 2019; 9 (4), 5.1-5.9
24. Efficacy of sankhaholi (evolvulus alsinoides linn.) In the management of essential hypertension: a randomized standard control clinical study. AA Khan, QA Khan, A Jabeen, U Jahangir, S Parveen; International Journal of Pharmaceutical Sciences and Research 2019; 10 (7), 3467-3473
25. 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).
26. Biological and therapeutic uses of Amomum Subulatum Roxb: A Review. U Parveen, M Maaz, M Mujeeb, U Jahangir; European Journal of Biomedical and Pharmaceutical Sciences 2018 5 (1), 167-176.
27. 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.
28. 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.
29. Therapeutic potential of Zimad-e-Muhasa in Acne Vulgaris. S Khan, Y Shamsi, U Jahangir; Ind. J. Unani Med. 2017 10 (2), 76-81
30. Shaqiqa (migraine) : a historic perspective in unani system of medicine. Roohi Azam*, Azhar Jabeen, Shazia Jilani, **Umar Jahangir**: International Journal of Institutional Pharmacy and Life Sciences 2017; 7 (6), 123-129.
31. Developments in leech therapy (Irsāl-i-‘alaq) through the ages. Amjad Waheed Yousuf*, Mohammad Akhtar Siddiqui, **Umar Jahangir** and Aasiy ul Erum: European Journal of Biomedical and Pharmaceutical sciences 2017; 4 (9), 233-237.
32. Leech therapy in the management of knee osteoarthritis-a review. Amjad Waheed Yousuf, Prof. Mohammad Akhtar Siddiqui*, **Umar Jahangir**, Aasiy U. L. Erum: World Journal of Pharmaceutical Research 2017; 6 (9), 302-309.
33. Habb-e-Suranjaan : A classical analgesic Unani formulation. Shahid Suhail, S. Shakir Jamil, Shazia Jilani, **Umar Jahangir**, Mohd. Wajeehul Qamar: Int J Adv Pharm Med Bioallied Sci. 2017; 2017:127.

34. Nutool therapy (irrigation) and its practical applications in unani system of medicine. Roohi Azam*, Shubrina Nisar, Azhar Jabeen, Shazia Jilani, **Umar Jahangir**, Shagufta Parveen. *World journal of pharmaceutical research* 2016; volume 5, issue 11, 599-607.
35. Anti hyperglycaemic activity of eugenia jambolana- a review. Shagufta Parveen*, Asim Ali Khan, **Umar Jahangir**, Amjad Waheed Yousuf, Shahid Suhail: *World journal of pharmaceutical research* 2016; volume 5, issue 10, 205-213.
36. A Review on Chiraita (Swertia chirata Bush. Ham.) –A Unani Herbal Medicine. Yasmeen Shamsi, Samreen Khan*, Paras Wani, **Umar Jahangir**, Kamar Sultan: *Ind. J. Unani Med.*, Vol. IX, Iss. 1, pp. 30-37, 2016.
37. Leech therapy in Dermatology. **Umar Jahangir**, Mohammad Akram and Shaista Urooj: *Journal of Pharmacognosy and phytochemistry* 2016; 5(3): 214-21.
38. Analgesic effect of cupping therapy in osteoarthritis on timeline: an open comparative clinical study. Urooj S, **Jahangir U***, Khan AA and Zaman F: *Int J Pharmacognosy* 2016; 3(7): 314-18.
39. Essential Hypertension: A Co Relational Approach in Unani Medicine. Khan QA*, Khan AA, Jabeen A, **Jahangir U**, Mohd Khalid and Ansari S: *Int J Pharmacognosy* 2016; 3(6): 240-45.
40. Efficacy of piper nigrum (Black pepper): A Review. Asim Ali Khan*, Jameel Ahmad, Prem Kapoor, **Umar Jahangir**, Shagufta Parveen, Qamar Alam Khan. *Innovare Journal of health sciences* Vol 4, Issue 4, 2016.
41. Hulbah (Trigonella Foenum-Graecum.): A Review. Khan QA*, Khan AA, Ansari S and **Jahangir U**: *Int J Pharmacognosy* 2015; 2(7): 315-19
42. A Review of Pharmacological & Clinical Researches on Shoneez (Nigella Sativa Linn.)-A Unani Medicine. Zehra Zaidi*, Asim Ali Khan, Azhar Jabeen, **Umar Jahangir**. *Indo American Journal of Pharmaceutical Research* 2015;5(09).
43. Modern and Unani concept of Suda (Headache), A review. Roohi Azam, Shafia Mushtaq*, Azhar Jabeen, Shubrin Nisar, **Umar Jahangir**. *International journal of pharamacology & pharmaceutical sciences* 2015; Vol: 2, issue 4, 6-10.
44. Evaluation of a classical unani pharmacopeial formulation safoof-e-muhazzil in hyperlipidemia: A randomized, standard controlled clinical study. **Jahangir U***, Khan AA, Kapoor P, Jalees F, Urooj S. *J Pharm Bioall Sci* 2014;6:167-79.
45. Management of knee osteoarthritis with cupping therapy. Khan AA, **Jahangir U***, Urooj S: *J Adv Pharm Technol Res* 2013;4:217-23
46. Efficacy of a classical antiobesity Unani pharmacopial formulation (Safoof-e-Muhazzil) in systolic and diastolic blood pressure: A randomized, open-label, controlled clinical study. *J Adv Pharm Technol Res* 2013;4:190-7
47. Efficacy of a classical antiobesity unani pharmacopial formulation (safoof-e-muhazzil): a randomized, standard controlled clinical study. Khan AA, **Jahangir U***, Jalees F, Kapoor P, Urooj S. in *International Journal of Analytical, Pharmaceutical and Biomedical Sciences* 2013;2(3):43-53
48. Chronic obstructive pulmonary disease in the light of unani medicine. Khan AA, Alam T, Shamsi Y, Jahangir U; *indian journal of unani medicine* 2013;1:95-101
49. A Comparative Clinical Trial of Rose Petal (Gul Gulaab), Rose Hydrosol Diluted (Arq Gulaab), and Rose Hydrosol (Ruh Gulaab) in Insomnia. **Umar Jahangir**,

- Shaista Urooj*, Arjumand Shah, Muhammad Ishaq, Arif Habib. *The Internet Journal of Neurology*. 2008 Volume 11 Number 2.
50. Chronic Stress in Unani Prospective. **Umar Jahangir**, Shaista Urooj*, Arjumand Shah, Muhammad Ishaq. *The Internet Journal of Neurology*. 2008. Volume 11 Number 2.

Books/Chapters Published

- Metabolic Syndrome and Alternative Medicine. Umar Jahangir, Shaista Urooj, Asim Ali Khan, Scholar Press, 18-07-2013, 360 pgs, ISBN-978-3-639-51619-7
- Osteoporosis: A porous Affair (Chapter) in: *Vegetables and Human Health*. Umar Jahangir, Shaista Urooj (Ed. Rana, M.K.). Scientific Publisher, Jodhpur, Rajasthan, pg. 254-265. ISBN: 978-81-7233-901-2
- Trachyspermum Ammi (Ajwain); Umar Jahangir (Ed. Sakhare DK), in *Advances in Multidisciplinary Research and Development*, Scripown Publications, New Delhi, 2024, Edition-1, Vol.14, chapter-21; pg. 227-240. ISBN: 978-81-19915-12-5.
- Borax (Bura Armani); Umar Jahangir (Ed. Dr. Anil Kumar Saxena), in *Innovative Research & Technology in Agriculture Sciences*, Scripown Publications, New Delhi, 2024, Edition-1, Vol-8; chapter-17; pg: 221-239. ISBN: 978-81-19915-27-9.
- Foeniculum vulgare (Badiyan); Umar Jahangir (Ed. Dr. Anil Kumar Saxena), in *Innovative Research & Technology in Agriculture Sciences*, Edition-1, Vol-8;chapter-21; pg: 267-285. ISBN: 978-81-19915-27-9.
- Lac (Luc Magsool; Laccifer Lacca); Umar Jahangir (Ed. Dr. Anil Kumar Saxena), in *Innovative Research & Technology in Agriculture Sciences*, Edition-1, Vol-8; chapter-24; pg: 308-322. ISBN: 978-81-19915-27-9.
- Origanum vulgare L. (Marzanjosh); Umar Jahangir (Ed. Dr. Anil Kumar Saxena), in *Innovative Research & Technology in Agriculture Sciences*, Edition-1, Vol-8; chapter-25; pg: 323-339. ISBN: 978-81-19915-27-9.
- Ruta Graveolans (Sudab); Umar Jahangir (Ed. Dr. Anil Kumar Saxena), in *Innovative Research & Technology in Agriculture Sciences*, Edition-1, Vol-8;chapter-27; pg: 347-364. ISBN: 978-81-19915-27-9.
- Carum carvi Linn (Zeera Siyah; Kamoon); Umar Jahangir (Ed. Dr. Anil Kumar Saxena), in *Innovative Research & Technology in Agriculture Sciences*, Edition-1, Vol-8; chapter-30; pg: 382-399. ISBN: 978-81-19915-27-9. ISBN: 978-81-19915-27-9.

Papers/Posters Presented

1. Recurrent Tinea Cruris: A case report in International AYUSH conclave-2024 organised by Islahi Healthcare Foundation held om 3rd to 5th February 2024 at Ansari auditorium, Jamia Millia Islamia, New Delhi
2. Cupping therapy in Dermatology; presented in International IASTAM Coclave 2022 on Multi-Targeted Therapeutics in Unani and Ayurvedic Medicine and Food Supplement organised by Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology) Bioactive natural product laboratory, Jamia Hamdard, New

- Delhi in association with IASTAM, Pune, India on 29-30th July, 2022 at Convention Centre, Jamia Hamdard, New Delhi.
3. Comparative efficacy of a unani pharmacopeial formulation safoof e muhazzil in its classical dosage form against its compressed tablets on parameters of weight reduction in International conference on “Role of Unani herbal drugs in present day scenario and lifestyle disorders organized by Department of Tahaffuzi wa Samaji Tibb, SUMER, Jamia Hamdard and National Environmental Science Academy, New Delhi at Convention Centre, Jamia Hamdard New Delhi on 29-30 March, 2022
 4. Immunomodulation in Neuroinflammation; presented in 4th One Day National Webinar titled New Horizons in Drug Discovery and Development on Innovative Research and Challenges in Pharmaceutical Sciences; organized by Department of Pharmaceutical Chemistry School of Pharmaceutical Education & Research, Jamia Hamdard on 11th March 2021
 5. Cosmology in Traditional Unani Medicine and its Contemporary Use; presented in National Seminar on “Tibb e Unani: Masai wa Wasail” organized by World Unani Foundation at Convention centre, Jamia Hamdard, New Delhi on 22nd February 2020.
 6. Gule Surkh (*Rosa Damascene*): A leading herb in skin care; presented in National seminar on “A journey through: An update on evidence based medical practices in Unani medicine” organized by School of Unani Medical Education and Research, Jamia Hamdard, New Delhi on 22nd – 23rd April, 2019.
 7. Prevention of Intithar al-shar (Hair Fall) through alteration in Asbabe sitta Zaruriya; presented in Ist UDMA Day, organised by Unani drug manufactures association at Jamia Millia Islamia, New Delhi on 14th October 2018.
 8. Quality control of Sankhaholi-AUnani single drug: presented in national conference on current trends in translational medicine and pharmacovigilance: Stress on skill development, organised by department of pharmacology, School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi on 5th – 6th October, 2018.
 9. Da-us-Sadaf (Psoriasis) in Unani perspective (poster) presented in National seminar on Unani day celebration: A dialogue between researchers and academia of Unani institutes in India organized by School of Unani Medical Education and Research, Jamia Hamdard, New Delhi on 6th March, 2018.
 10. Quality control of herbal drugs; presented in 3rd one day national seminar on regulations on herbal drugs and food supplements, organised by department of pharmacognosy and phytochemistry, School of Pharmaceutical Education and Research, Jamia Hamdard, New Delhi on 16th May, 2017.
 11. Leech therapy in dermatology; presented in one day national conference entitled, “A multidisciplinary approach to disease in present health scenario” organized by School of Unani Medicine, Jamia Hamdard, New Delhi on 23rd March, 2017.
 12. Haziq: A compendium of Mamoolat-e-Matab presented in One Day National Seminar Sub: Hakeem Ajmal Khan ki adabi khidmat organised by all India Unani Tibbi Congress in collaboration with National Council for Promotion of Urdu Language on 9th November 2016.
 13. Theory of four elements: from Aristotle to Imam Jaffar Sadiq^{AS}; presented in two day international seminar on translations of Islamic thoughts in Persian with a

- special focus on imam jaffar sadiq^{AS}, organized by Department of Persian, jamia millia islamia, New Delhi and idara taleem-e-islam, New Delhi at Jamia Millia Islamia, New Delhi on 21st - 22nd September, 2016.
14. Scope of Nanotechnology in Unani Medicine in two days workshop on recent advancements in molecular modelling and drug design organised by Department of Pharmaceutical Chemistry, Faculty of Pharmacy, Jamia Hamdard, New Delhi on 21st-22nd November 2015.
 15. Carum Carvi: A treasure trove; review paper presented in national seminar on “medicinal plants: markets to produce at Indian National Science Academy (INSA), Bahadur Shah Zafar Marg, New Delhi on 29th – 30th April, 2015.
 16. Efficacy of unani formulation *Safoof e Muhazzil* in Metabolic Syndrome; at national seminar on the role of Unani medicine in non-communicable diseases, organized by CCRUM on 14th – 15th January, 2015.
 17. AL-HIJAMAH [Cupping Therapy]: The underlying mechanism; at International conference on history of Islamic medicine (advances in alternative medicine) at University of Calicut, Kerala on 2nd – 4th January, 2015.
 18. Islamic Medicine and Ophthalmology; at International conference on revisiting Abul Qasim Alzahravi’s legacy in medicine and surgery organized by institute for objective studies in collaboration with muslim education social and cultural organization held from 13th – 15th December, 2013 at IICC, New Delhi.
 19. Efficacy of a compound unani formulation in the management of metabolic risk factors; Khan A.A, Jahangir U, Kapoor P, Jalees F. poster presented in the International Conference -2014 at American Society of Pharmacognosy (ASP) annual Meeting and the 14th Annual International Conference on the Science of Botanicals (ICSB), Oxford, Mississippi, USA (August 2- August 06, 2014).
 20. Evaluation of efficacy of a compound unani formulation in hyperlipidemia; Randomised, standard controlled clinical study; Khan A.A, Jahangir U, Kapoor P, Jalees F. poster presented in twelfth annual oxford international conference on the science of botanicals, April 15-18th, 2013, Oxford, Mississippi, USA.
 21. Cupping therapy- A treatment modality in the scientific session of 46th session of all india oriental conference, srinagar organized by Department of Sanskrit, university of kashmir on 1st October, 2012.
 22. Regimenal therapies in general practice; in district level CME organized by Delhi Bharatiya chikitsa parishad on panchkarma/ilaj bil tadbeer/ regimental therapy held on 21st february, 2012 at convention centre jamia hamdard, New Delhi.
 23. Cupping: Mechanism of action” at “National Conference on Environmental Aspects of Healthcare in Unani Medicine” at Convention Centre, Jamia Hamdard, New Delhi, Sponsored by Ministry of Health and Family Welfare, Deptt. Of AYUSH, organized by National Environmental Science Academy on 27th -28th March, 2011.
 24. Analysis of Biochemical substances in Leech Saliva – Review; in International Conference on Research Advances on Traditional Medicine – Challenges and Opportunities organized by Foundation for Promotion of Natural Products in collaboration with CCRYN, Jamia Hamdard, Medicity, Islahi Dawakhana on 30th October, 2007 at Convention Centre, jamia Hamdard.

25. Techniques in Unani System of Medicine to Combat Psychological Stress; in International conference on Hifzane Sehat and Maholiyaat (Hygiene and Environment) Organized by Department of Hifzane Sehat, Faculty of Unani Medicine, AMU, Aligarh, India on 29th - 30th March, 2005.

Invited Expert Lectures/ Resource Person/ Chairperson

- Classification and Diagnosis of Skin Lesions in CME programme for teachers organized by Department of Amraze Jild wa Zohrawiya, Faculty of Unani Medicine, AMU, Aligarh sponsored by ministry of AYUSH, Govt. of India on 11th December 2024 at AMU, Aligarh, UP.
- Basic Investigations in Amraz-e-Jild in CME programme for teachers organized by Department of Amraze Jild wa Zohrawiya, Faculty of Unani Medicine, AMU, Aligarh sponsored by ministry of AYUSH, Govt. of India 11th December 2024 at AMU, Aligarh, UP.
- Resource Person in PG Orientation Program (Unani) 2024-2025 (Transformation to Proficient Scholar) held from December 3-23, 2024 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Moderator in PG Orientation Program (Unani) 2024-2025 (Transformation to Proficient Scholar) from December 3-23, 2024 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Moderator in PG Orientation Program (Unani) 2024-2025 (Transformation to Proficient Scholar) from December 3-23, 2024 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Moderator in PG Orientation Program (Unani) 2024-2025 (Transformation to Proficient Scholar) held from December 3-23, 2024 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Resource Person in Transitional Curriculum BUMS First Professional Batch 2024-2025 held from December 3-23, 2024 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Resource Person in Transitional Curriculum BUMS First Professional Batch 2024-2025 held from December 3-23, 2024 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Resource Person in Transitional Curriculum BUMS First Professional Batch 2024-2025 held from December 3-23, 2024 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Moderator in Transitional Curriculum BUMS First Professional Batch 2024-2025 held from December 3-23, 2024 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Moderator in Transitional Curriculum BUMS First Professional Batch 2024-2025 held from December 3-23, 2024 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Chairperson in Technical session of International AYUSH conclave-2024 organised by Islahi Healthcare Foundation held on 3rd to 5th February 2024 at Ansari auditorium, Jamia Millia Islamia, New Delhi

- Resource person, in six days CME Programme from 19th-24th February 2024 for teachers of Ilmul Advia organized by Department of Ilmul Advia, SUMER, Jamia Hamdard and sponsored by Ministry of AYUSH, Govt. of India.
- Obesity:Unani and contemporary aspect in CME programme for AYUSH doctors organized by Kashmir Tibbia college, Hospital and Research Centre sponsored by Ministry of AYUSH, Govt of India from 15th-20th March 2024 at KTCHRC, Kashmir.
- Skin and its Lesions on 04-12-2023 in Transitional Curriculum Program held from 30th November to 20th December 2023 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Introduction to Institutional Hierarchy and Their Roles on 14-12-2023 in Transitional Curriculum Program held from 30th November to 20th December 2023 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Moderator on 04-12-2023 in Transitional Curriculum Program held from 30th November to 20th December 2023 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Chairperson in Technical session of 2nd World Unani Congress organised by World Unani Foundation held on March 4-6, 2023 at Jamia Millia Islamia, New Delhi.
- Invited Lecture on “Obesity: The fat epidemic” in National Conference on life style disorders for private unani practitioners sponsored by Ministry of AYUSH. Govt. of India and organised by Hakim Syed Zia-ul-Hassan Govt. Unani Medical College & Hospital, Bhopal from 27th – 28th February 2023 at HSZH Govt. Unani Medical College & Hospital, Bhopal, M.P.
- Lesions and Diagnosis in Amraz-e-Jild in CME programme for teachers organized by Department of Amraze Jild wa Zohrawiya, Faculty of Unani Medicine, AMU, Aligarh sponsored by ministry of AYUSH, Govt. of India on 24th January 2023 at AMU, Aligarh, UP.
- Practical Demonstration on “Diagnosis in Amraz-e-Jild” in CME programme for teachers organized by Department of Amraze Jild wa Zohrawiya, Faculty of Unani Medicine, AMU, Aligarh sponsored by ministry of AYUSH, Govt. of India on 24th January 2023 at AMU, Aligarh, UP.
- Resource person in Innovation Conclave-22 organized by Centre for teaching support and innovations (CTSI) Jamia Hamdard, New Delhi held on 17th November 2022.
- Skin Lesions and Basic Diagnosis in Transitional Curriculum Program held from 9th to 29th November 2022 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Importance of learning administration in student life in Transitional Curriculum Program held from 9th to 29th November 2022 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Electives as per NCISM Regulations in Transitional Curriculum Program held from 9th to 29th November 2022 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Chairperson in Technical session of 5th UDMA Day organised by Unani drug manufacturers association at Jamia Millia Islamia, New Delhi on 14-16th October 2022.

- Resource Person (Evaluator) in International IASTAM Coclave 2022 on Multi-Targeted Therapeutics in Unani and Ayurvedic Medicine and Food Supplement organised by Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology) Bioactive natural product laboratory, Jamia Hamdard, New Delhi in association with IASTAM, Pune, India on 29-30th July, 2022 at Covention Centre, Jamia Hamdard, New Delhi.
- Diagnosis in Dermatology in CME programme for teachers organized by Department of Amraze Jild wa Tazeeniyat, SUMC & H, Prayagraj sponsored by ministry of AYUSH, Govt. of India on 23-28 May 2022 at Prayagraj, UP.
- Vitiligo in a webinar on Science and Traditional Medicine in India as part of a series of Science Week 2022- Vigyan Sarvatra Pujyate organised by Regional Research Institute of Unani Medicine, Delhi on February 23rd 2022.
- Basics in Dermatology in 15 days”transitional Curriculum” programme for BUMS First Prof session 2020-21 organized by SUMER, Jamia Hamdard from 7th to 26th October 2021.
- Immunomodulation in unani perspective in a webinar on Unani medicine for immunomodulation organised by Regional Research Institute of Unani Medicine, Delhi on February 5th 2021.
- As Chairperson in National Seminar on “Tibb e Unani: Masai wa Wasail” organized by World Unani Foundation at Convention centre, Jamia Hamdard, New Delhi on 22nd February 2020.
- Chairperson in Technical session of 2nd UDMA Day organised by Unani drug manufacturers association at Jamia Millia Islamia, New Delhi on 11-13th October 2019.
- As resource person in Hands on Training cum Workshop on Hijamah (Cupping Therapy) organised by Department of Moalejat, SUMER, Jamia Hamdard, New Delhi on 26th-28th March 2018
- Cupping therapy in skin care in CME on “Unani treatment” organised by Majeedia unani Hospital and Alumini Association, School of Unani Medicine on 27th March 2017.
- Globalisation of Unani Medicine at 1st World Unani Congress – focal theme “Scientific Advancements, Novel Approaches and Future Challenges” organised by world unani foundation in collaboration with National Council for Promotion of Urdu Language at New Delhi on 6-7 March 2017.
- Metabolic syndrome (General understanding and usool-e-ilaj) in training of unani physicians of hamdard Lab’s India at Jamia Hamdard on 08-02-2016.
- Metabolic syndrome (General understanding and usool-e-ilaj) in training of unani physicians of hamdard Lab’s India at Jamia Hamdard on 09-12-2015.
- Cupping: Mechanism of action; at training programme on ilaj bit tadbeer (Regimenal therapy) for CCRUM officers organized by Department of Moalajat, Faculty of Medicine (Unani), Jamia Hamdard, New Delhi on 10th October, 2012.
- Resource person in Career counselling workshop for Unani graduates entitled, “Challenges and Opportunities for Unani graduates in United Arab Emirates at Convention centre, Jamia Hamdard, New Delhi on 19th December 2019.

Organised

- Organized Lecture series on Entrepreneurship development for Faculty, PG students and Interns on 5, 9 and 10 February 2026 at Seminar Hall, 2nd Floor, SUMER, Jamia Hamdard, New Delhi-110062.
- Organized Free Medical Camp "Innovating Skincare: Transforming Science into Beauty" Where Skin Aesthetics and Unani Medicine Converge on 25-11-2025 at Majeedia Unani Hospital, New Delhi-110062.
- Member, Organizing Committee, Anti Ragging Week from 12th to 18th August, 2024 organized by Protorial Committee of Jamia Hamdard at Jamia Hamdard, New Delhi.
- Organizing Chairman and Coordinator, Workshop Cum Training on Tobacco Cessation for Faculty, PG Students and Interns organized by the Department of Amraze Jild wa Tazeeniyat, SUMER, Jamia Hamdard in collaboration with Department of Public Health Dentistry, Centre for Dental Education and Research, AIIMS, New Delhi held on September 13th 2023 at Jamia Hamdard, New Delhi.
- Co-ordinator in Transitional Curriculum Program held from 3rd to 24th March 2023 at School of Unani Medical Education and Research, Jamia Hamdard, New Delhi.
- Convener, in Workshop cum Hands on Training on "Latest Developments and Diagnostic Techniques in Pathology" on 4th February 2024f organized by the Department of Mahiyatul Amraz, SUMER, Jamia Hamdard, New Delhi.
- Convener, in six days CME Programme from 19th-24th February 2024 for teachers of Ilmul Advia organized by Department of Ilmul Advia, Sumer, Jamia hamdard and sponsored by Ministry of AYUSH, Govt. of India.
- Co-oranizing Secretary of One week faculty development programme on Adaptation and Execution of National education Policy – 2020 for effective teaching and learning techniques organized by the Deptt of Amraze Niswa wa Qabalat (Obstetrics and Gynaecology), School of Unani Medical Educational and Research, Jamia Hamdard in collaboration with UGC, Human Resource Development Centre, Jamia Millia Islamia and supported by Jean Monnet Project, Centre for European Studies, School of International Studies, JNU from 14th December to 20th December 2022 held at Jamia Hamdard, New Delhi..
- Orannizing Secretary of Career counselling workshop for Unani graduates entitled, "Challenges and Opportunities for Unani graduates in United Arab Emirates at Convention centre, Jamia Hamdard, New Delhi on 19th December 2019.
- Co ordinator of Symposium on "The 2019 Noble Prizes:What Got Them the World's Most Prestigious Awards?" in Jamia hamdard on 25th November 2019

Institutional Co Cirricular Activities

- Convener Co-ordinator, Committee of Long jump and High Jump (Boys) during Hamdard Sports Meet 2020.
- Convener Co-ordinator, Committee of Long jump and High Jump (Boys) during Hamdard Sports Meet 2016.
- Convener Co-ordinator, Committee of Long jump and High Jump (Boys) during Hamdard Sports Meet 2015.