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Rasikh Javaid Nengroo

Career Objective:

Looking forward to pursue a career in Unani Medicine as an Academician, Clinician, Practitioner as well as Researcher where I can execute my knowledge and skills with more responsibility and commitment and at the same time get enriched with practical knowledge.

Education Qualification:

- **MD (Unani)** Pharmacology , Jamia Hamdard, New Delhi in 2009 (First Division)
- BUMS , Jamia Hamdard, New Delhi in 2006 (First Division)
- 10+2 Sir Syed Memorial Institute ,Srinagar in 1999 (First Division)
- 10th Iqbal Memorial Institute, Anantnag in 1997 (First Division)

Experience:

Research Experience / project undertaken:

- Three years experience in my MD Thesis work entitled "Evaluation of Nephroprotective activity of *Cinnamomum zeylanicum* (Darchini) and *Ferula foetida* (Hing) in Rats", (2006 - 2009).

Teaching:

- Currently working as Assistant Professor In Dept. of Ilmu Advia, SUMER, Jamia Hamdard from 01.02.2022 till date. (**04 Years**)
- Worked as a lecturer in Kashmir Tibbiya College to teach Ilmu Saidla and Ilmu Advia subjects from June 2009 to Sep 2010 (**1Year and 03 Months**)

Research and Technical:

- Worked as Research Associate (Unani) in CCRUM, New Delhi from 13.12.2017 to 31.01.2022. (**4 Years and 2 Months**)

- Worked as a Senior Technical Associate (Unani)/Unani Expert at Central Council of Indian Medicin, (**CCIM**) New Delhi from w.e.f. 29.04.2013 to 12.12.2017 (**4 Years and 7 Months**)
- Worked as Senior Research Fellow in CCRUM funded project under Prof M. Iqbal, Founder Head Dept of Botany Jamia Hamdard, from June 2011 to March 2013. (**1 Year and 10 Months**)
- Worked a Consultant Unani at CCRUM under Mrs. Shailaja Chandra, former Secretary AYUSH & Chief Secretary Delhi Govt from Oct 2010 to May 2011. (**8 Months**)

Proficiencies:

- Teaching
- Technical matters
- File documentation
- Drafting of Regulations
- Animal handling
- Biochemical Estimation
- Histopathological studies
- Data operation of Medicinal plants
- Data recording
- Electronic herbarium
- Computer software's

Paper Presentations

- Participated and presented a paper as co-author on physicochemical Standardization of Hab-ul-Aas (Berries of Myrtus communis) in "RCH Pharmamed 2009" Organized by Faculty of Medicine (Unani), and Pharmacy, Jamia Hamdard, in collaboration with CCRUM, New Delhi; April 17-18, 2009.
- Presented a paper on 'Bronchial Asthma and its Unani management' on 26-27 November, 2006 at Mamta Dharmarth Samiti, Seelampur New Delhi
- Delivered a Lecture "Understanding NCISM rules and regulations related to Unani Medical Education" at NRIUMSD, Hyderabad on 04.12.2024.

Research Papers/Articles

1. **Rasikh Javaid**, Mohd Aslam, Qudsia Nizami, Raheela Javaid. Role of Antioxidant Herbal Drugs in Renal Disorders: An Overview, Free Radicals and Antioxidants, 2012; 2(1):2-5.
2. **Rasikh Javaid**, Mohd Aslam, Raheela Javaid, Qudsia Nizami. Nephroprotective effect of Ferula foetida (Hing) in Cisplatin induced Nephrotoxicity. International Journal of Universal Pharmacy and Life Sciences, 2012; 2(2): 318-327.

3. **Rasikh Javaid**, Mohd Aslam, Raheela Javaid, Qudsia Nizami, Kalim Javed, M.U. Azhar. "extract of *Ferula foetida* regel reverses Gentamicin induced nephrotoxicity in rats" EXCLI Journal 2012;11:760-766
4. **Rasikh Javaid**, Raheela Javaid, Mohmd Aslam, Azhar Jabeen. (2012). Medicinal Importance of Persiaoshan (*Adiantum capillus veneris*): An Overview. Indian Journal of Unani Medicine, 5(1), 117-119. (ISSN NO.0974-6056)
5. Raheela Javaid, Asim Ali Khan, Azhar Jabeen, **Rasikh Javaid**. Clinical Evaluation of the efficacy of herbal formulation in the management of Hyperlipidaemia" International Journal of Universal Pharmacy and Life Sciences 2(2): March-April 2012; 328-335
6. Mushtaq Ahmed Payer, Raheela Javaid, Akhtar Siddiqui, M.Maaz, **Rasikh Javaid**. "Unani management of Osteoarthritis (Waja-ul-Mufasil): A review" Indian Journal of Unani Medicine 2012; (5):109-112
7. **Rasikh Javaid**, Raheela J, Asim Ali Khan, "Ajwain (*Ptychotis ajowan*)-A Review" Hamdard Medicus 2012; (55)(3): 12-16
8. Raheela J, **Rasikh Javaid**, Asim Ali Khan, Mushtaq Ahmad Payer "Parsiaoshan (*Adiantum capillus Veneris*)-A Review" Hamdard Medicus 2012; (55)(4): 32-34
9. Asim Ali Khan, Raheela Javed, **Rasikh Javed** and Yasmeeen Shamsi. (2013). Caraway (*Carum carvi* Linn.): A Review. Indian Journal of Unani Medicine, 6(1), 115-119. ISSN: 0974-6056
10. Raheela J, Asim Ali Khan, **Rasikh Javaid**, Mushtaq Ahmad Payer. (2014). Clinical study on evaluation of efficacy and safety of Unani formulation in obesity. International Journal of Institutional Pharmacy and Life Sciences 4(2), pp 374-380. (ISSN : 2249-6807)
11. Mushtaq Ahmed Payer, Raheela Javaid, Akhtar Siddiqui, **Rasikh Javaid**. "Relationship between Oxidative Stress and Osteoarthritis-A Review" International Journal of Institutional Pharmacy and Life Sciences 4(2), pp 368-373 (ISSN : 2249-6807)
12. Anju, **Rasikh Javaid**, Ghazala Javed. Concept of Qaraha Hamoozi (Peptic Ulcer) In Unani System of Medicine. International Journal of Advanced and Innovative Research.2019; Vol 8(8):1-3.
13. Anju, Ghazala Javed, **Rasikh Javaid**, Farah Ahmed. Kasni (*Cichorium intybus*): A Unani Hepatoprotective Drug. Journal of Drug Delivery & Therapeutics. 2020; 10(4):238-241.
14. Anju, **Rasikh Javaid**, Ghazala Javed. Concept of Adulteration and Substitution of Drugs in Unani System of Medicine. International Journal of Pharma and Bio Sciences. 2020; 11(3), B67-70.
15. Munawwar Hussain Kazmi,T. Shahida Begum,Hafiz. C. Md. Aslam, Ghazala Javed, Nighat Anjum, Anju and **Rasikh Javaid**. Efficacy and Safety Study on Unani Formulation Majun Nisyän in Nisyän (Amnesia). Hippocratic Journal of Unani Medicine. 2020; Vol 15(2):67-75.
16. Anju, **Rasikh Javaid** and Ghazala Javed. Bawasir (Haemorrhoids): An Overview. Hippocratic Journal of Unani Medicine. 2020; Vol 15(1):25-32.
17. Anju, **Rasikh Javaid** and Ghazala Javed. Nisyän (Amnesia): A Review. Hippocratic Journal of Unani Medicine. 2020; Vol 14(3):17-22
18. **Rasikh Javaid**, Raheela Javaid, Anju Singh and Ghazala Javed. The Physico-Chemical studies of Khar-e-Khasak (*Tribulus terrestris* Linn.). International Journal of Phytomedicine. 2020; 12(2):042-045.

19. **Rasikh Javaid**, Ghazala Javed, Raheela Javaid, Anju, Asim Ali Khan. Concept of kidney disorders & its treatment in Unani system of medicine. *Int J Health Sci Res.* 2020; 10(9):290-295.
20. **Javaid R**, Javed G, Javaid R, Anju, Ahmed F, Khan AA, HING (*Ferula foetida* Regel): A potent Unani Herb with its descriptive parameters of pharmacognosy and pharmacology: A Review, *Journal of Drug Delivery and Therapeutics.* 2020;10(5):362-367 <http://dx.doi.org/10.22270/jddt.v10i5.4372>
21. **Rasikh Javaid**, Ghazala Javed, Raheela Javaid, Anju, Asim Ali Khan Understanding Kidney Disorders in times of Coronavirus-COVID19-A/ *Int J Biol Med Res.* 2020;11(4):7179-7183
22. Anju, **Rasikh Javaid** and Ghazala Javed. Qarha Humuzi (Peptic Ulcer): An Overview. *Hippocratic Journal of Unani Medicine.* 2020; Vol 15(3):09-13.
23. **Rasikh Javaid**, Ghazala Javed, Mohd Aslam, Aisha Siddiqui, Raheela Javaid, Farah Ahmed, Darchini (*Cinnamomum Zeylanicum* J. Presl) -A Potent Unani Herb With Its Descriptive Parameters of Pharmacognosy And Pharmacology-A Review- *Journal of Pharmaceutical Negative Results*, Volume 13 , Special Issue 9, 2022
24. Nafees MZ, Siddiqui A, Aslam M, Chaudhary SS, and **Nengroo RJ**, , ETHNOBOTANY AND PHARMACOGNOSY OF TURANJ (*CITRUS MEDICA* LINN.): A COMPREHENSIVE REVIEW *IJBPAS*, April, 2023, 12(4)
25. Nuzhat Praween, Azhar Jabin, Umar Jahangir, Roohi Bashir, Rasikh Javaid, Therapeutic Importance of Sumbul-ut-Teeb (*Nardostachys jatamansi* DC) Research & Reviews: *Journal of Unani, Siddha and Homeopathy*, Volume 10, Issue 1, 2023, DOI (Journal): 10.37591/RRJoUSH, ISSN: 2394-1960
26. Khursheed N, Jabin A, Jilani S, Azam R, **Javed R**. Therapeutic potential and pharmacological properties, phytochemical constituents of *Butea monosperma* (Lam.) Kuntze Syn. *B. frondosa* Roxb. ex Willd. (*Gul-i-Tesū*). *Hippocratic J Unani Med* 2023;18:9-17.
27. Ayman Danish Kirmani, Abdul Wahab, Mohammad Aslam, **Rasikh Javed**, Aisha Siddiqui, Faiza Mukhtar, Ajwain (*Trachyspermum ammi* Linn. an evidence based review on its phytochemical aspect, ethnopharmacology, therapeutic potential and its dermatological benefits, *World Journal of Pharmaceutical Research* Volume 13, Issue 3, 535-549. Review Article ISSN 2277–7105
28. Ayman Kirmani, **Rasikh Javaid**, M. Aslam, Abdul Wahab, Aisha Siddiqui and Faiza Mukhtar, Pharmacognostic insights and extractive profile of *Trachyspermum ammi* fruits through HPTLC techniques, **World Journal of Pharmaceutical Research**, Volume 13, Issue 20, 755-761. Research Article ISSN 2277–7105
29. Mukhtar F, Aslam M, Siddiqui A, Javed R, Chaudhary SS. The concept of nephrotoxicity and recent research in nephroprotective herbal plants. *Hippocratic J Unani Med* 2023;18:85-93.
30. Faiza, Mohammad Aslam, Aisha Siddiqui, **Rasikh Javaid**, Shahid Shah Choudhary, GC-MS analysis of Bioactive compounds on aqueous and hydroalcoholic fruit extract of *Pedalium murex* Linn. **International journal of All research Education and scientific methods**, ISSN: 2455-6211, Volume 12, Issue 12, December-2024
31. Sumaiya Akhlaq, Aisha Siddiqui, Shahid Shah Chaudhary, Rasikh Javed, Margubul Fatma and Shaheen AkhlaQ, *Gulnar* (*Punica granatum* L. Flowers): A comprehensive review of phytochemistry, pharmacological properties, and Unani perspectives *International Journal of Unani and Integrative Medicine* 2025; 9(3): 310-314

32. Aqsa, **Rasikh Javaid Nengroo**, Aisha Siddiqui, Sana Rehman and Qooba Naaz, “An overview of Prunus cerasus (Aalu balu):Traditional knowledge and pharmacological insights” International Journal of Unani and Integrative Medicine 2025; 9(3): 191-195
33. Abdul Wahab, Aisha Siddiqui , Umar Jahngir , Ayman Kirmani , Anwar Jamal , **Rasikh Javaid**, Physico-chemical and Phyto-chemical Standardization of Gul-eBanafshah (Flowers of Viola odorata Linn.) Bangladesh Journal of Medical Science Volume 25 No. 01 January 2026
34. Kirmani A, **Nengroo RJ**, Aslam M, Wahab A, Siddiqui A. Trachyspermum ammi (L.) in vitro analyses on pharmacognostical, physicochemical, phytochemical, and antioxidant aspects in Unani medicine. Hippocratic J Unani Med 2026;21:1-5.

Conferences and workshops Attended as Participant/Resource Person/Invited Lectures

- Attended Indo-US symposium on Novel therapeutic approaches for the treatment of neurological disorders organized by AIIMS, New Delhi on 19th November ,2007
- Attended 2-days National seminar on Bronchial Asthma and Presented a paper on ‘Bronchial Asthma and its Unani management’ on 26-27 November, 2006
- Attended a regional seminar on Intellectual property protection and management organized by CCRUM, New Delhi on 11-12 Feb. 2009
- Attended a National workshop on recent trends in Arthritis and Unani medicine organized by faculty of medicine, Jamia Hamdard, New-Delhi on 16-17, March 2007.
- As an Unani Expert for framing the policy document for 11th 5 year plan for Dept. of Ayush, Govt. of Inida Under Smt. Shailja Chandra, (Former, Secretary, Ayush, Govt. of India) during 2010-2011.
- Attended a National Seminar on Medicinal Plants Research in India organized by Department of Botany, Jamia Hamdard UGC-SAP DRS-I sponsored, 2012.
- Attended a Workshop on research Methodology organised by CCRUM, New Delhi, 2018.
- Attended a Workshop on advanced Social Media Insights for AYUSH Professionals, organised by CCRAS, New Delhi 23.12.2018.
- Attended International Conference on Unani Medicine held on 10-11 Feb 2018 organised by CCRUM, New Delhi.
- Attended National Conference on Unani Medicine held on 11-12 Feb 2019 organised by CCRUM, New Delhi.
- Attended International Conference on Unani Medicine, held on 11-12 Feb 2020 organised by CCRUM, New Delhi.
- Attended National Conference on Unani Medicine, held on 11 Feb 2021 organised by CCRUM, New Delhi.
- Attended International Conference of “Unani Medicine for Public Health” Organized by CCRUM, Ministry of AYUSH, held on 10-11th Feb, 2023.
- Participated in a National Seminar on the Role of Unani Medicine in Public Health & Wellness held on 02.02.2023 at Vigyan Bhawan, New Delhi organized by RRIUM, New Delhi as a part of Pre activity for 7th Unani day 2023.

- Attended a National Workshop on Competency Development of AYUSH Professionals CoE Workshop 2022 organized by of Centre of Excellence in Unani Medicine (Pharmacognosy and Pharmacology) Bioactive Natural Product Laboratory, Jamia Hamdard, New Delhi during 27-29 July 2022.
- Lecture delivered on "Introduction to Curriculum for ASU- Colleges, An Initiative of NCISM" organized by School of Unani Medical Education & Research (SUMER), Jamia Hamdard held on 9 to 29 November, 2022.
- Participated in a resource person in a CME "organized by Dept. Of Ilmu Advia, Faculty of Unani Medicine, AMU, Aligarh held on 25th February, 2023.
- Moderator during the 15 days Transitional Curriculum Programme organized by SUMER, Jamia Hamdard, New Delhi from 3rd -24th March, 2023.
- Organising Secretary for 06 Days CME for Ilmu Advia teachers, organised by Department of Ilmu Advia, SUMER, Jamia Hamdard under Ayurgyan Scheme, Ministry of Ayush. From 19.02.2024 to 24.02.2024
- Organising Secretary 15 days Transitional Curriculum Programme organized by SUMER, Jamia Hamdard, New Delhi from 2 December -23 December 2024.
- Subject Expert for Post Graduate Course in ilmu Advia for 03 days workshop organised by BUSS, NCISM, Govt. of India at Msme Hyderabad during 29-30 Sept – 01-10-2024
- Convener for 15 PG Orientation Programme organized by SUMER, Jamia Hamdard, New Delhi from 24 November 12-12-2025.
- Participated as a Consultant in the Medical Camp "Inovating Skincare- Transforming Science Into Beauty" organised by Dpet. of Skin, SUMER, & Majeedia Unani Hospital Jamia, Hamdard.
- Lecture delivered on "NCISM rules and regulations with significance of Electives in course" in 15 days Transitional Curriculum Programme organized by School of Unani Medical Education & Research (SUMER), Jamia Hamdard held on 2nd December to 22 December, 2025.
- Participated as a resource person and organised various components in 15 days Transitional Curriculum Programme organized by School of Unani Medical Education & Research (SUMER), Jamia Hamdard held on 2nd December to 22 December, 2025.
- Moderator during the 15 days Transitional Curriculum Programme organized by SUMER, Jamia Hamdard, New Delhi 2nd December to 22 December, 2025.

Membership:

- President of All India Tibbi Unani congress (J&K State)

Co-Curricular Activities:

- NSS volunteer for period of Two years, Jamia Hamdard, New Delhi.
- Active member in Pulse Polio eradication programme in India.
- Participated in more than 50 multi/various Health run(s) and related programmes at Delhi.

Personal Profile:

Father's Name : Mr. Javaid Ahmad Nengroo
Date of Birth : 01-10-1981
Languages known : English, Urdu, Hindi and Kashmiri

(Rasikh Javaid Nengroo)