

BIODATA OF DR. MD ANZAR ALAM



PERSONAL INFORMATION

Name: Dr. Md Anzar Alam
Designation: Assistant Professor
Department: Moalajat (Unani Medicine)
Qualification: MD (Medicine), Ph.D. (Medicine)
Date of Birth: 10-04-1984
Registration No.: DBCP/U/7553
ABHA No.: 91-5178-4162-8582
Date of Joining: 18-02-2022
Email: dranzarnium@gmail.com dranzaralam@jamiahamdard.ac.in

Contact No.: +91-9916164662

Languages Known: English, Urdu, Hindi, Bengali, Persian, Arabic, Kannada

Permanent Address: Village Ambari, PS- Paharkatta, Block- Pothia, Post Raipur, District Kishanganj, Bihar – 855107

Current Address: RZ-2678 A/29, Tughlakabad Extension, New Delhi-110019

Rank in PG Common Entrance Examination (2012): Secured First Rank among 324 applicants in the Postgraduate Entrance Examination, National Institute of Unani Medicine (NIUM), Bengaluru.

ACADEMIC QUALIFICATIONS

Degree/Qualification	Awarding Body
High School (Matriculation)	BSEB-Patna
Intermediate (10+2)	BIEC-Patna
Diploma in Industrial Safety	NILEM
BUMS	Jamia Hamdard, New Delhi
MBA (Hospital Management)	Annamali University, Chennai
MD (Moalajat i.e. Medicine)	NIUM-RGUHS-Bangalore, Karnataka
Ph.D. (Moalajat i.e. Medicine)	NIUM-RGUHS-Bangalore, Karnataka
Research Title for Ph.D.	Evaluation of the add on effect of Majoon-e-Sarakhs with Levothyroxine in Primary Hypothyroidism

ACHIEVEMENTS AND AWARDS

1. AYUSH “**Best Research Paper Award**” in Unani medicine in the “**Literary Category**”. The award was conferred in the function of ‘Unani Day’ held on Monday, 11th February 2020 at Vigyan Bhawan, New Delhi with a cash prize of 50,000/-
2. AYUSH “**Best Research Paper Award**” in Unani medicine in the “**Literary Category**”. The award was conferred in the function of ‘Unani Day’ held on Sunday, 10th February 2018 at Vigyan Bhawan, New Delhi as one of the Authors of the paper.
3. Published research papers in international journals with high impact factors and cite scores. All the papers are indexed in Pubmed, Medline, Scopus, Web of Science, Google Scholar, etc.
4. Completed two projects working as Senior Research Fellow at Jamia Millia University and ICMR, New Delhi. The project details are:
 - Worked as SRF (Unani), Dept. of Biosciences Jamia Millia University, New Delhi, 20-04- 2011 to 23.02.2012, under **Prof. Tasneem Fatma** Dept. of Biosciences for the project entitled “**Evaluation of Hypoglycaemic compound from Cyanobacteria.**”
 - Worked as SRF (Unani), Dept. of Basic Medical Sciences, Indian Council of Medical Research (ICMR), New Delhi, 24-02-2012 to 17-09-2012, under **Dr. O. P. Agarwal**, Emeritus Scientist CSIR, for the project entitled “**Identification of effective products of Unani medicine through innovative analysis.**”
 - Co-PI in EMR Project at NIUM, by RGUHS, Karnataka.

Papers Presented at National & International Conferences/Seminars

1. Delivered an expert lecture as a Resource Person on “Vitiligo and Its Management in Unani Medicine: An Evidence-Based Approach” during Dermat-25, organized on the occasion of the 9th World Unani Day Celebration on 16th February 2025 at Government Tibbi College & Hospital (GTCH), Patna, organized by Association of Unani Physician of Bihar (AUP,) Bihar.
2. Invited Speaker - Presented a research paper titled “Evaluation of the Add-on Effect of Majoon-e-Sarakhs with Levothyroxine in Primary Hypothyroidism – A Randomised Standard Control Trial” at the 2nd International Conference on Pharmaceutical Sciences, Pharmacy Practice, and Traditional Medicines, organized by the Department of Pharmacy, Faculty of Pharmacy, University of Dhaka, Bangladesh, 10-11 February 2023.
3. Presenter - Delivered a paper on “Evidence-Based Approach of Unani Medicine for the Management of Lifestyle Disorders” at the International Conference on Role of Unani Herbal Drugs in Present Day Scenario and Lifestyle Disorders, organized by the Department of Tahaffuzi wa Samaji Tibb, School of Unani Medical Education and Research (SUMER), Jamia Hamdard, and the National Environmental Science Academy, New Delhi, 29–30 March 2022.
4. Guest Speaker – Presented a paper titled “Potential Herbal Drugs Used as Anti-Cancerous Agents” during the 6th World Unani Day (ONCON-22) organized by AUP Bihar and Buddha Cancer Centre, Patna, 13 March 2022.
5. Guest Speaker (Webinar) – Delivered a talk on “Amraze Wabai and Their Management in Unani Medicine” organized by Government Tibbi College & Hospital, Patna, 31 January 2022.
6. Guest Speaker (Webinar) - Presented a lecture on “Importance of Ph.D. in Unani Medicine”, hosted by Government Tibbi College & Hospital, Patna, 13 April 2021.
7. Presenter - Presented a paper on “Effect of Thyroid Disorders on Skin and Their Management Through Unani Medicine” at Unani Utsav, organized by the Department of AYUSH, Karnataka, 11 February 2019.
8. Presenter - Delivered a lecture titled “Historical Background of Endocrinology in Unani Medicine” during the 1st World History of Unani Medicine Conference 2019, organized by Nayyer-e-Tibb Hakim Ahmed Ashraf Academy for Public Health and Medical Heritage, Hyderabad, 29 November 2019.
9. Presenter - Presented a paper on “Consequences of Hypothyroidism on the Gastrointestinal Tract” at the National Seminar on Gastroenterology, Hepatobiliary and Lifestyle Disorders, organized by UMDA–Telangana, 23 February 2019.
10. Presenter - Co-authored and presented a paper titled “Evidence-Based Medicine for Diabetes: Claims for Insulin Mimetic Activity and DPP-4 Inhibitors from Non-Pancreatic Sources” at the International Conference on Unani Medicine, organized by NIUM, Bengaluru, October 2016.

11. Presenter - Delivered a paper on “Cardioprotective Drugs in Unani Medicine” at the National Seminar, organized by Lugman Unani Medical College, Hospital & Research Centre, April 2016.
12. Presenter - Co-presented a paper titled “Dementia (Nisyan) and Its Health Promotive Approach Described in the Unani System of Medicine” at the International Seminar on Paralysis (NEUROSEM-2015) held in Hyderabad.
13. Presenter - Representing ICMR, presented a research paper titled “Antioxidant & Immunomodulatory Properties of Tahlab and Other Medicinal Plants” at the International Conference on Islamic Medicine, organized by the Islamic Health Organisation and Faculty of Medicine (Unani), Jamia Hamdard, New Delhi, 2012.
14. Presenter (First Prize Winner) - Representing ICMR, presented a paper titled “Hypoglycaemic Effect of Medicinal Plants and Spirulina” at the National Seminar on Lifestyle Disorders and Role of Unani Medicine, organized by the Faculty of Medicine (Unani), Jamia Hamdard, New Delhi, 2012.

LECTURES DELIVERED / RESOURCE PERSON

1. Delivered a lecture on “Role of Unani Medicine in COVID-19” as part of the Transitional Curriculum Programme organized by SUMER, Jamia Hamdard, an initiative of NCISM, for BUMS First Professional students, in November 2022.
2. Delivered a lecture on “Demonstration of Journal Club” during the Transitional Curriculum Programme organized by SUMER, Jamia Hamdard, an initiative of NCISM, for Postgraduate students, in May 2023.
3. Invited as a Resource Person to deliver a lecture on “Unani Fundamentals and Their Applications”, organized by SUMER, Jamia Hamdard, under the NCISM initiative, for BUMS First Professional students, on 7th December 2023.
4. Invited as a Resource Person for a lecture on “Importance and Overview of Institutional Research Committee”, organized by SUMER, Jamia Hamdard, under the NCISM initiative, for BUMS First Professional students, in March 2024.
5. Delivered an invited lecture on “How to Criticize a Research Article in Journal Club Presentation” on the occasion of World Hypertension Day, organized by Government Tibbi College and Hospital (GTCH), Patna, on 16th May 2024.
6. Delivered an invited lecture on “Trends and Possibilities of Research in Unani Medicine in the Current Scenario”, organized by GTCH, Patna, on 25th September 2024.
7. Delivered an invited lecture on “How to Write a Review Article for Peer-Reviewed and Indexed Journals”, organized by GTCH, Patna, on 2nd January 2025.
8. Delivered an invited lecture on “Role of Adjuvant Therapy in Cancer Management through Unani Medicine”, organized by GTCH, Patna, on 2nd January 2025.

EXPERIENCE IN TEACHING AND NON-TEACHING

Period	Designation	Employer	Duration
20-04-2011 - 23-02-2012	SRF (Unani)	Jamia Millia Islamia, New Delhi	10 months 3 days
24-02-2012 - 17-09-2012	SRF (Unani)	ICMR, New Delhi	6 months 24 days
31-12-2015 - 30-03-2016	RMO (Contractual)	NIUM, Bangalore	3 months
01-04-2016 - 21-10-2016	Assistant Professor	Luqman Unani Medical College, Bijapur	6 months 20 days
17-01-2020 - 16-12-2020	Lecturer (Contract Basis)	NIUM, Bangalore	11 months
21-12-2020 - 08-06-2021	Lecturer (Contract Basis)	NIUM, Bangalore	5 months 18 days
22-06-2021 - 17-02-2022	Clinical Registrar	NIUM Bangalore	7 months 25 days
18-02-2022 -Present	Assistant Professor	SUMER, Jamia Hamdard	Ongoing

BOOK CHAPTER PUBLISHED

1. Use of Machine Learning in Diagnosing COVID-19 Infection. In COVID-19: Causes, Transmission, Diagnosis, and Treatment. 2024 Nov 25 (pp. 218-242). Bentham Science Publishers.
2. Mutational landscape and emerging variants of SARS-CoV-2. In Diagnosis and Analysis of COVID-19 Using Artificial Intelligence and Machine Learning-based Techniques 2024 Jan 1 (pp. 181-210). Academic Press.
3. Plant-Based Medicine for the Treatment of Endocrinal Disorders in the Unani System of Medicine. Apple Academic Press (CRC Press, a Taylor & Francis Group). 2025. Page 323-336.
4. Unani Pharmacotherapy in the Management of Parkinson's disease: A Therapeutic Approach. In: Pharmacological Foundations of Parkinson's Disease: From Mechanisms to Clinical Practice. 1st ed. Academic Press, Elsevier; 2026. ISBN: 9780443277023 (Print), 9780443277030 (eBook).

BOOKS BY AUTHOR

1. *A Historical Journey of Diabetes Mellitus: From Ancient Descriptions to the Discovery of Insulin*. BlueRose Publishers Pvt. Ltd.; 2025. ISBN: 978-9373109138.
2. Research Methodology with Special Emphasis on Unani Medicine-Under Process.

3. Unani Medicine and Its Role in Addressing Sexual Problems: A Holistic Approach-Under Process.

PUBLICATIONS LIST: FROM JANUARY 2013 TO TILL DATE

2013

1. Spirulina: Possible Pharmacological Evaluation for Insulin-Like Protein. *Journal of Applied Phycology*. 2013;25(3):883–889. (IF: 3.8)
2. Cancer (Sartan) and Its Management in Unani (Greco-Arab) System of Medicine. *International Journal of Pharmamedix India*. 2013;1(4):612–630.
3. Dafe'-e-Sart'an (Anticancer) Activity of T'ah'lab (Spirulina): A Review. *International Journal of Pharma and BioSciences*. 2013;4(4):B1148–1155.
4. Unani Approach for Simn-e-Mufrit/Farbahi (Obesity) Management: A Review. *Asian Academic Research Journal of Multidisciplinary*. 2013;1(12):278–292.
5. Dalk (Therapeutic Massage) & Their Indication for Musculoskeletal Disorder in Unani Medicine. *International Journal of Advanced Ayurveda, Yoga, Unani, Siddha and Homeopathy*. 2013;2(1):59–70.
6. Therapeutic Use of Gilo (*Tinospora cordifolia*) in Unani Medicine: An Overview. *International Journal of Universal Pharmacy and Life Sciences*. 2013;3(4):187–198.
7. Drugs Indicated for the Management of Ziabetus Shakri (Diabetes Mellitus) in Unani Medicine: An Overview. *International Journal of Pharmamedix India*. 2013;1(3):460–474.
8. Irqunnasa aur Zakriya Razi: Ek Tahqeeqi Jayeza. *Jahane Tibb*. 2013;15:43–47.
9. Tahlab (Spirulina) and Few Other Medicinal Plants Having Antioxidant & Immunomodulatory Properties Described in Unani Medicine: A Review. *International Journal of Pharmaceutical Sciences and Research*. 2013;4(11):4158–4164.
10. Medicinal Use of Lehsun (*Allium sativum* Linn.): A Well-Known Unani Medicine. *International Journal of Universal Pharmacy and Life Sciences*. 2013;3(6):9–14.
11. Rihan (Basil): An Important Medicinal Herb. *International Journal of Universal Pharmacy and Bio Sciences*. 2013;2(4):133–145.
12. Kabab Chini (*Piper cubeba*) & Its Healing Corollary in Unani Medicine: An Overview. *American Journal of Pharmacy & Health Research*. 2013;1(6):1–9.
13. Qust (*Saussurea lappa* Clarke): A Potent Herb of Unani Medicine: A Review. *International Journal of Current Pharmaceutical Research*. 2013;5(4):1–4.
14. Agrimonia eupatoria Linn.: A Traditional Herb and Its Scientific Testimony—A Review. *American Journal of Pharmacy & Health Research*. 2013;1(6):25–36.
15. Kalonji (*Nigella sativa*): The Blessed Medicinal Herb. *International Journal of Universal Pharmacy and Life Sciences*. 2013;3(4):177–186.
16. Ustukhuddus (*Lavandula stoechas* Linn.): A Traditional Herb with Versatile Pharmacological Activity: Overview. *American Journal of Pharmacy & Health Research*. 2013;1(6):38–46.

2014

17. Faqr-ud-Dam (Anaemia): An Age-Old Malady in Unani Medicine-An Overview. *International Journal of Pharmamedix India*. 2014;2(4):782–789.
18. Muscular Dystrophy (Istirkha) and Its Management through Unani Medicine: A Review. *International Journal of Herbal Medicine*. 2014;2(4):1–4.
19. Versatile Pharmacological Action and Compound Formulation of Kundur in Unani Medicine: A Review. *International Journal of Pharmacognosy*. 2014;1(10):627–631.
20. Efficacy of Joshanda Zeequnnafas and Habbe Hindi Zeeqi in Zeequnnafas (Bronchial Asthma): An Observational Open Clinical Trial. *International Journal of Pharmamedix India*. 2014;2(4):772–781.
21. Iksir-e-Badan (Elixir): Unique Influence from Unani Medicine—A Review. *International Journal of Herbal Medicine*. 2014;1(6):37–42.
22. Al-Arkan Theory of Origin and Continuation of Life: Misunderstood and Ignored. *Medical Journal of Islamic World Academy of Sciences*. 2014;22(1):50–55.
23. Concept and Management of Fatty Liver Disease in Unani Medicine Vis-à-Vis Conventional Medicine: A Review. *Spatula DD*. 2014;4(4):233–241.
24. Regimenal Therapy in Unani Medicine with Focus on Purgatives-Avicenna's Approach. *International Journal of Pharmacognosy*. 2014;1(7):409–414.
25. Hepatocentric Activity of Afsanteen (*Artemisia absinthium* L.) in Unani Medicine-An Appraisal. *International Journal of Pharmamedix India*. 2014;2(3):804–814.
26. Sibr (Aloe vera) and Its Therapeutic Efficacy Described in Unani Medicine: A Review. *Journal of Scientific and Innovative Research*. 2014;3(5):545–551.
27. Pain Alleviation in Unani Medicine: A Conceptual Analysis. *International Journal of Pharma Sciences and Research*. 2014;5(12):927–934.
28. Hepatoprotective, Anticancer & Antiviral Effects of Bhui Amla in Unani Medicine: An Overview. *Journal of Medicinal Plants Studies*. 2014;2(6):50–52.

2015

29. Shoneez (*Nigella sativa*) and Its Therapeutic Effect in Unani Medicine: A Review. *International Journal of Pharmaceutical Sciences and Research (IJPSR)*. 2015;6(1):12–14.
30. Aqer Qerha (*Anacyclus pyrethrum* DC.): A Nobel Drug of Unani System of Medicine-A Review. *International Journal of Pharmacognosy*. 2015;2(3):116–122.
31. Biskhapra (*Trianthema portulacastrum* Linn.) and Its Medicinal Utility Mentioned in Unani System of Medicine—A Review. *International Journal of Pharma Sciences and Research*. 2015;6(4):790–795.
32. Ilaj Bil Ghiza (Dietotherapy): A Core Principle of Unani Treatment-An Appraisal. *Journal of Biological & Scientific Opinion*. 2015;3(1):52–56.
33. An Insight on Malankholia (Melancholia): Unani Perspective. *Medical Journal of Islamic World Academy of Sciences*. 2015;23(4):140–146.
34. Geriatric Care and Concept of Anti-Aging in Unani System of Medicine and Western Perspective: A Review. *Journal of Gerontology & Geriatric Research*. 2015;4(2):1–6.
35. Time-Tested, Safe and Effect-Oriented Drugs in Unani Medicine for Dyslipidemia: A Review. *Journal of Homeopathy & Ayurvedic Medicine*. 2015;4(1):1–6.
36. Evaluation of Antispasmodic Activity of Petroleum Ether Extract of Seeds of *Apium graveolens* Linn. (PEESAG) on Acetylcholine-Induced Contraction in

Guinea Pigs' Ileum: An Experimental Study. *International Journal of Pharma Sciences and Research*. 2015;6(12):1397–1400.

2016

37. Efficacy of Spirulina (Tahlab) in Patients of Type 2 Diabetes Mellitus (Ziabetus Shakri): A Randomized Controlled Trial. *Journal of Diabetes and Metabolism*. 2016. doi:10.4172/2155-6156.1000710.
38. Clinical Efficacy of Unani Formulation in the Management of Chronic Cervicitis: An Observational Clinical Study. *International Journal of Medical and Health Research*. 2016;2(3):100–103.
39. Antispasmodic Activity of Petroleum Ether Extract of Seeds of *Apium graveolens* (PEESAG) on Histamine-Induced Contraction in Guinea Pig's Ileum. *International Journal of Pharmaceutical Sciences and Research*. 2016;7(4):181–184.
40. Diet, Diabetes and Unani Medicine: An Evidence-Based Approach. *International Journal of Applied Research*. 2016;2(4):337–339.
41. Nephroprotective Effect and Unani Medicine: A Review. *Journal of Nephrology & Therapeutics*. 2016;6(1). doi:10.4172/2161-0959.1000236.
42. Efficacy of Unani Formulation in the Management of Chronic Cervicitis: A Prospective Observational Study. *International Journal of Herbal Medicine*. 2016;4(2):1–4.

2017

43. Efficacy of Kanduri (*Coccinia indica*) in Diabetes-Associated Dyslipidemia: A Randomized Single-Blind Standard-Controlled Study. *International Journal of Unani and Integrative Medicine*. 2017;1(1):1–4.
44. Management of Wajaur Raqaba (Cervical Spondylosis) by Hijama Bish-Shart (Wet Cupping) and Majoon Azaraqi: A Case Study. *International Journal of Unani and Integrative Medicine*. 2017;1(1):5–7.
45. Efficacy of Unani Formulation and Roghan-e-Dhatura in Adhesive Capsulitis: An Open-Label Interventional Study. *International Journal of Herbal Medicine*. 2017;5(4):29–32.
46. Unani Approach to Cancer (Sartan) and Its Management: A Review. *International Journal of Unani and Integrative Medicine*. 2017;1(2):1–3.
47. Design and Development of Unani Anti-Inflammatory Cream. *Journal of Ayurveda and Integrative Medicine*. 2017;8(3):140–144.
48. Concept and Management of Hypertension: A Review. *International Journal of Unani and Integrative Medicine*. 2017;1(1):17–20.
49. Preventive, Promotive and Curative Aspects of Dementia in Complementary Medicine (Unani) through Black Box Design. *International Journal of Herbal Medicine*. 2017;5(1):1–5.
50. Nephroprotective Effect of Beekh Kasni (Roots of *Cichorium intybus*) in the Form of Methanolic and Aqueous Extract in Gentamicin-Induced Rat Models. *Journal of Pharmacognosy and Phytochemistry*. 2017;6(3):337–341.
51. Nephroprotective Agents Used in Unani Medicine—An Evidence-Based Approach. *Journal of Nephrology & Therapeutics*. 2017;7(3):296. doi:10.4172/2161-0959.1000296.

2018

52. Efficacy and Safety of Spirulina in Type 2 Diabetes—A Randomized Standard-Control Trial. *Journal of Research in Unani Medicine*. 2018;7(1):24–29.

53. Efficacy of Kanduri in Type 2 DM (Ziabetes Shakri): A Randomized Single-Blind Standard-Controlled Clinical Trial. *International Journal of Applied Research*. 2018;4(5):157–161.
54. Approach of Understanding Dyslipidemia in Unani Medicine. *The Pharma Innovation Journal*. 2018;7(12):235.

2019

55. Understanding Hypothyroidism in Unani Medicine. *Journal of Integrative Medicine*. 2019;17(6):387–391. (IF:5.2)
56. Clinical Efficacy of Polyherbal Unani Formulation in Patients of Newly Diagnosed Diabetes Mellitus: A Case Series Study. *International Journal of Physiology, Nutrition and Physical Education*. 2019;4(1):985–987.
57. Clinical Efficacy and Safety of Unani Formulation for the Management of Sharaa (Urticaria): A Case Series Study. *The Pharma Innovation Journal*. 2019;8(2):454–455.

2020

58. A Brief Review of Halelajat (*Terminalia chebula*) in Unani Medicine. *Journal of Complementary Medicine Research*. 2020.
59. A Randomized Single-Blind Controlled Clinical Trial on Safety and Efficacy of a Unani Formulation (Itrifal-e-Sagheer) in Dyslipidemia. *CELLMED*. 2020;10(1):8–1.
60. Efficacy of Qurs-e-Gulnar in Ziabetes (Type 2 Diabetes Mellitus): A Single-Blind Randomized Controlled Trial. *Journal of Complementary and Integrative Medicine*. 2020;18(2):0072. doi:10.1515/jcim-2020-0072.
61. Chronology of COVID-19 Pandemic—The Un-Flatten Curve. *International Journal of Pharma Sciences and Research*. 2020;11(5):87–96. doi:10.21817/ijpsr/2020/v11i5/201103025.
62. Condition, Causes and Type of Imtizaj Determine the Quality of Life: An Appraisal. *Journal of Medicinal Plants Studies*. 2020;8(3):136–140.
63. Understanding COVID-19 in the Light of Epidemic Disease Described in Unani Medicine. *Drug Metabolism and Personalized Therapy*. 2020. doi:10.1515/dmdi-2020-0136.
64. Possible Role of Unani Pharmacology in COVID-19: A Narrative Review. *Reviews on Environmental Health*. 2020;36(3):391–396. doi:10.1515/reveh-2020-0106. (IF:5.5)
65. Clinical Efficacy and Safety of ‘Oxy+’ in Type 2 Diabetes: A Pilot Study. *International Journal of Health and Human Services*. 2020;5:96–100.
66. Understanding Hormones in Terms of Humours (Akhlāt) in Unani System of Medicine. *Journal of Complementary and Integrative Medicine*. 2020;18(3):459–467. doi:10.1515/jcim-2020-0003.
67. Update of Hypothyroidism and Its Management in Unani Medicine. *Journal of Basic and Clinical Physiology and Pharmacology*. 2020;32(2):1–10. doi:10.1515/jbcpp-2020-0121.
68. Herbal Preparations in the Management of Hypothyroidism in Unani Medicine. *Drug Metabolism and Personalized Therapy*. 2020. doi:10.1515/dmdi-2020-0123.
69. Herbal Approach for the Management of COVID-19: An Overview. *Drug Metabolism and Personalized Therapy*. 2020. doi:10.1515/dmdi-2020-0150.
70. Oxy+ (Arthrospira) and Its Medicinal Importance: An Appraisal. *Drug Metabolism and Personalized Therapy*. 2020. doi:10.1515/dmdi-2020-0152.

2021

71. Understanding Humma-e-Wabai (Epidemic Fever) and Amraz-e-Wabai (Epidemic Disease) in the Light of Unani Medicine. *Journal of Complementary and Integrative Medicine*. 2021;18(3):469–476. doi:10.1515/jcim-2020-0124.
72. Historical Account of Endocrinal Disorders in Unani Medicine. *Journal of Basic and Clinical Physiology and Pharmacology*. 2021;32(6):1013–1019. doi:10.1515/jbcpp-2020-0231.
73. Efficacy and Safety of Barg-e-Sahajna (*Moringa oleifera* Lam.) in Primary Hypothyroidism. *Drug Metabolism and Personalized Therapy*. 2021. doi:10.1515/dmpt-2021-0136.
74. Understanding Holism in the Light of Principle Underlying Practice of Unani Medicine. *Reviews on Environmental Health*. 2021. doi:10.1515/reveh-2021-0009. (IF:5.5)
75. Migraine (Shaqeeqa) and Its Management in Unani Medicine. *Drug Metabolism and Personalized Therapy*. 2021. doi:10.1515/dmdi-2021-0146.
76. Efficacy of Habb-e-Asab in Diabetic Peripheral Neuropathy: A Randomized Placebo-Control Study. *Journal of Basic and Clinical Physiology and Pharmacology*. 2022;33? [publication record supplied as 2022 Jan 14]. doi:10.1515/jbcpp-2021-0330.
77. Efficacy of Majoon-e-Seer Alvi Khan in Dyslipidemia: A Single-Blind Randomized Standard-Controlled Clinical Trial. *Drug Metabolism and Personalized Therapy*. 2021. doi:10.1515/dmdi-2021-0117.

2022

78. Synergistic Anti-Cancer Effects of *Nigella sativa* Seed Oil and Conventional Cytotoxic Agent against Human Breast Cancer. *Drug Metabolism and Personalized Therapy*. 2022;37(3):315–321. doi:10.1515/dmpt-2021-0229.
79. Hypolipidemic Activity of Medicinal Plants: An Overview. *Hippocratic Journal of Unani Medicine*. 2022;17(1):6–11.

2023

80. Exploring Drug De-Addiction Treatment in Unani Medicine. *Alternative Therapies in Health and Medicine*. 2023;29(6):220–225. (IF:1.3)
81. The Perspective of Unani Medicine in Understanding Hyperthyroidism. *Alternative Therapies in Health and Medicine*. 2023;29(7):262–267. (IF:1.3)

2024

82. Study to Assess the Effectiveness of Behavioural Change Communication Aid for Anger Management in Adolescents: A Quasi-Experimental Study in the Selected Juvenile Aid Center, New Delhi. *Brain, Behavior, & Immunity—Integrative*. 2024;6:100057.
83. Effect of Leech Therapy in Dermatophytosis: A Randomized Standard-Controlled Trial. *Brain, Behavior, & Immunity—Integrative*. 2024;8:100090.
84. Efficacy of Roghan-i-Chameli (Jasmine Oil) in the Management of Intithar Al-Sha'r (Diffuse Hair Loss): A Case Report. *World Journal of Pharmaceutical Research*. 2024;13(23):983–988. doi:10.20959/wjpr202423-34728.

2025

85. Evaluation of the Add-On Effect of Majoone Sarkhas with Levothyroxine in Primary Hypothyroidism: A Randomized Standard-Controlled Adjuvant Clinical Study. *Drug Metabolism and Personalized Therapy*. 2025;40(2):121–130. doi:10.1515/dmpt-2024-0096. PMID:39976613.

86. Clinical Efficacy of Leech Therapy (Ta'liq al-'Alaq) in Eczema (Nār Fārsī): An Open-Label Single-Arm Clinical Study. *Alternative Therapies in Health and Medicine*. 2025. PMID:40293844. (IF:1.3)
 87. Therapeutic Evaluation of Syrup Nexoliv™ for Liver Health Support. *Journal of Drug Delivery & Therapeutics*. 2025;15(5):123–131.
 88. Efficacy of Majoon Chobchini versus Majoon Ushba with Roghan-e-Surkh in Post-Chikungunya Arthritis: A Randomized Single-Blind Comparative Clinical Trial. *RGUHS Journal of AYUSH Sciences*. 2025;12(1):22–28.
 89. Profiling HIV-1–Host Protein–Protein Interaction Networks in Patient-Derived Exosome Proteins: Impact on Pathophysiology and Innate Immune Pathways. *Springer*. 2025. doi:10.1186/s12985-025-02717-7. (IF:4.0)
 90. The Therapeutic Importance of Oxy+: An Overview. *Hippocratic Journal of Unani Medicine*. 2025. 2024 Jan 1;19(1):6-14.
- 2026**
91. Efficacy of Jadwar (Delphinium denudatum Wall. ex Hook.f. & Thomson) in subclinical hypothyroid patients: A single-blind, randomized placebo controlled trial. **Phytomedicine**. 2026 Apr;153:157925. doi: 10.1016/j.phymed.2026.157925. (IF:11.3).

RESEARCHER PROFILES AND SCHOLARLY METRICS

- **Google Scholar:**
[<https://scholar.google.com/citations?hl=en&user=S60pwwwAAAAJ>]
- **ResearchGate:** [<https://www.researchgate.net/profile/Md-Alam-791>]
- **ORCID:** [<https://orcid.org/0000-0002-3548-8873>]
- **Scopus:**
[<https://www.scopus.com/authid/detail.uri?authorId=57215133312>]
- **h-index:** 11
- **i10-index:** 17

PEER REVIEWER FOR SCIENTIFIC JOURNALS

Actively serving as a reviewer for several reputed national and international journals in the field of traditional medicine, pharmacology, and biomedical sciences, including: *Journal of Traditional and Complementary Medicine* (Elsevier), *Journal of Herbal Medicine* (Elsevier), *Explore* (Elsevier), *Alternative Therapies in Health and Medicine*, *Indian Journal of Traditional Knowledge* (NISCAIR), *Pharmacognosy Research* (Wolters Kluwer), *Indian Journal of Biochemistry and Biophysics* (NISCAIR), *Horticulture International Journal* (MedCrave Group), *Biomedical and Pharmacology Journal*, *Journal of Complementary and Integrative Medicine* (De Gruyter), *Drug Metabolism and Personalized Therapy* (De Gruyter), *Clinical Interventions in Aging* (Dove Medical Press), *European Journal of Medicinal Plants*, *Journal of Evidence-Based Complementary & Alternative Medicine* (SAGE Publications), *Journal of*

Research in Unani Medicine (NIUM-Wolters Kluwer), Ethnopharmacology ((Elsevier), Phytomedicine ((Elsevier) etc.

ADDITIONAL ROLES & RESPONSIBILITIES

- Nodal Officer, Immunity Boosting Drug Distribution, during COVID-19, at NIUM, Bengaluru (Past)
- Core Committee Member, NABH Accreditation, Majeedia Hospital, Jamia Hamdard (Past)
- Core Committee Member, SUMER Library Development, Jamia Hamdard (Past)
- Deputy Coordinator, NSS Programme, Jamia Hamdard (Present)
- Expert Member, Competency-Based Curriculum and Syllabus Framing Committee for Unani Postgraduate Programme, NCISM (Present).
- Member, Society for Ethnopharmacology, India (SFE-India).

RESEARCH THRUST AREAS

- Pulse Diagnosis (*Nabbaz*) and its application in Chronic Diseases including Cancer, Dyslipidemia, CVS problems
- Nephrotic and Renal Disorders
- Sexual Disorders and Infertility
- Hepatobiliary Disorders and Liver Function Dysregulation
- Metabolic Disorders (including Diabetes and Obesity)
- Endocrine Disorders (including Thyroid and Hormonal Imbalances)
- Immunological Disorders and Immune Response Modulation
- Neuromusculoskeletal Disorders (including Joint, Nerve, and Muscular Conditions)

EXAMINER AND THESIS EVALUATOR

Demonstrated academic integrity, subject expertise, and evaluative rigor in reviewing postgraduate dissertations and conducting examinations in the field of Unani Medicine and allied disciplines.

- Appointed as **External Examiner** and **PG & Ph.D Thesis Evaluator** by reputed institutions including:
 - ❖ **Rajiv Gandhi University of Health Sciences (RGUHS), Karnataka**
 - ❖ **Maharashtra University of Health Sciences (MUHS), Nashik**
 - ❖ **University of Delhi (DU)**
 - ❖ **Aryabhatta Knowledge University (AKU), Bihar.**

SUPERVISOR/CO- SUPERVISOR FOR MD THESIS

- **Supervisor: 03**

- **Co-supervisor: 01**

CONTINUING MEDICAL EDUCATION (CME) PROGRAMS ATTENDED

- Attended a CME Program on Panchkarma / Ilaj Bit Tadbeer (Regimenal Therapy), conducted by Delhi Bhartiya Chikitsa Parishad at Jamia Hamdard, on 21st February 2012.
- Participated in a 2-Day CME Program on “Pharmacovigilance of Unani Drugs”, organized by the Intermediary Pharmacovigilance Centre (IPvCC) for Unani Drugs, NIUM, Bengaluru, on 15th and 16th January 2019.
- Participated in the CME program organized by the Department of Amraze Niswan wa Atfal, Faculty of Unani Medicine, Aligarh Muslim University, held from 26th September to 1st October 2022, sponsored by the Ministry of AYUSH, Government of India.
- Attended the CME program conducted by the Ilaj Bit Tadbeer (IBT), National Institute of Unani Medicine (NIUM), Bengaluru, from 11th to 16th September 2023, sponsored by the Ministry of AYUSH, Government of India.

FACULTY DEVELOPMENT PROGRAMME (FDP)

- Attended a One-Week Faculty Development Programme on “Adaptation and Execution of National Education Policy (NEP) 2020 for Effective Teaching and Learning Techniques”, aimed at enhancing pedagogical skills and aligning teaching practices with NEP 2020 guidelines.

WORKSHOPS ATTENDED

- Attended a Workshop on “Matab wa Nuskha Navesi in Unani Medicine”, organized by the Department of Moalajat, National Institute of Unani Medicine (NIUM), Bengaluru, on 18th December 2013.
- Participated in a Two-Day Workshop on “Recent Developments in Unani Dawasazi”, organized by the Department of Ilmul Saidla, NIUM, Bengaluru, on 3rd and 4th March 2014.
- Participated in a 3-Day National Workshop organized by the Centre of Excellence in Unani Medicine on “Competency Development of AYUSH Professionals”, held from 27th to 29th July 2022.
- Attended a One-Day Workshop organized by the Centre of Excellence in Unani Medicine – Bioactive Natural Product Laboratory, Jamia Hamdard, on “IPR Issues and Patenting of Herbal Drugs” on 22nd November 2022.
- Participated in a One-Day Workshop cum Training on “Tobacco Cessation”, organized by the Department of Amraze Jild wa Tazeeniyat, Jamia Hamdard, in collaboration with the Department of Public Health Dentistry, AIIMS, on 13th September 2023.
- Attended a One-Day Workshop and Hands-on Training on “Manual Therapies in Musculoskeletal Disorders”, organized by the Department of Ilaj bit Tadbeer, SUMER, Jamia Hamdard, on 12th October 2023.

- Participated in a One-Day Workshop on “Administration, Scoring & Reporting of Achievement Test”, organized by the Rufaida College of Nursing, Jamia Hamdard, on 21st November 2023.

RENOWNED FOR

- Mastery in Pulse Diagnosis (Nabbaz), a traditional Unani diagnostic method, with exceptional accuracy-capable of identifying complex diseases without laboratory investigations.
- Successful treatment of chronic and life-threatening illnesses including Cancer, Hepatitis, Chronic Kidney Disease (CKD), Infertility, and Autoimmune Disorders through integrative Unani medicine.
- Contributions to Unani clinical research and education, particularly in advancing curriculum development, clinical protocols, and traditional diagnostic techniques.
- Leadership in community health initiatives, including immunity-boosting drug distribution and public health outreach under national programs.
- Active involvement in academic and institutional development, including syllabus framing.

SOCIAL AND COMMUNITY SERVICE

- **Active Volunteer**, *National Service Scheme (NSS), Jamia Hamdard (2005–2010)*
Actively participated in a wide range of community outreach programs, including free medical camps, health awareness drives, and social welfare initiatives.
- **Organizer**, *Free Medical Camps & Awareness Programs*-Played a key role in organizing and executing health camps focused on preventive care, hygiene, and disease awareness under the NSS banner.
- **Environmental and Civic Engagement**-Advocated for environmental sustainability and civic responsibility through campaigns and awareness activities.
- **Supporter of Rural Education and Youth Empowerment**-Engaged in initiatives promoting education and empowerment of underprivileged youth, particularly in Bihar and Delhi.
- **Recognized for Ethical and Compassionate Service**- Known for dedication to selfless service, ethical medical practice, and a strong commitment to social justice and public health.
- **NCC Cadet** (*National Cadet Corps*)-Successfully completed NCC training and awarded the ‘**B**’ **Certificate**, reflecting strong discipline, leadership qualities, and national service orientation.

UNIQUE CONTRIBUTIONS

Unique Contribution during COVID-19 Pandemic-“**Promoted Unani Home Remedies as Preventive Care**”. During the early phase of the COVID-19 outbreak, proactively shared Unani-based home remedies (*Joshandah/Kadha*) through social media platforms such as **Facebook** and **WhatsApp** on **14 March 2020**, to promote immunity and respiratory health among the public.

- **Initiative Communicated to ICMR-** Further emphasized the relevance of traditional preventive approaches by officially communicating the formulation and its potential benefits to the **Indian Council of Medical Research (ICMR)** via email on **29 March 2020**. This early initiative reflected a commitment to public health, integration of traditional knowledge with modern awareness, and timely dissemination of preventive strategies during a global health crisis.
- Revived and modernized **pulse diagnosis** into a scientifically validated diagnostic tool
- Treated thousands of patients, including those with Cancer, Hepatitis, CKD, and infertility, often without modern investigations
- Delivered affordable and accessible healthcare to underserved and rural populations
- Actively engaged in **women’s empowerment, education advocacy, dowry-free marriage**, and **addiction-free society campaigns**.

PERSONAL VALUES

Dr. Md Anzar Alam values integrity, scientific excellence, compassionate patient care, and continuous learning. He is committed to advancing evidence-based Unani medicine through innovative research, clinical practice, teaching, and academic collaboration. He believes in professionalism, ethical conduct, teamwork, and translating traditional medical knowledge into safe, effective, and scientifically validated healthcare solutions.

Conclusion

Dr. Md Anzar Alam’s story is not just about personal success-it is a reflection of the harsh socio-economic realities that countless individuals in rural India continue to face. His life is a testament to unbreakable spirit, self-belief, and the transformative power of education. Rising from the crushing weight of poverty, societal pressure, and personal loss, Dr. Alam carved a path that inspires countless others who dare to dream amidst despair.

He stands today not only as a symbol of perseverance, but also as a beacon of hope, reminding us that no struggle is too great when matched with determination and faith.

ENGAGEMENT AFTER DUTY FROM FACULTY

He runs his clinic under the brand name "**Herbo Heal India Wellness**" every evening from **6:30 PM to 10:00 PM at Shaheen Bagh**. This schedule allows him to serve patients who are available only after their work hours. His aim is to promote and preserve the traditional Unani system of medicine by making it accessible to the wider community through dedicated evening consultations.

VISION STATEMENT

"Every human being, regardless of background, deserves education, dignity, and accessible healthcare. We are all children of Adam, and it is our duty to uplift one another."

(Dr. Md Anzar Alam)

Assistant Professor,

Department of Moalajat (Medicine)

School of Unani Medical Education and Research (SUMER)

Jamia Hamdard, Hamdard Nagar, New Delhi- 110062

Place: New Delhi

Dated: 28.08.2026